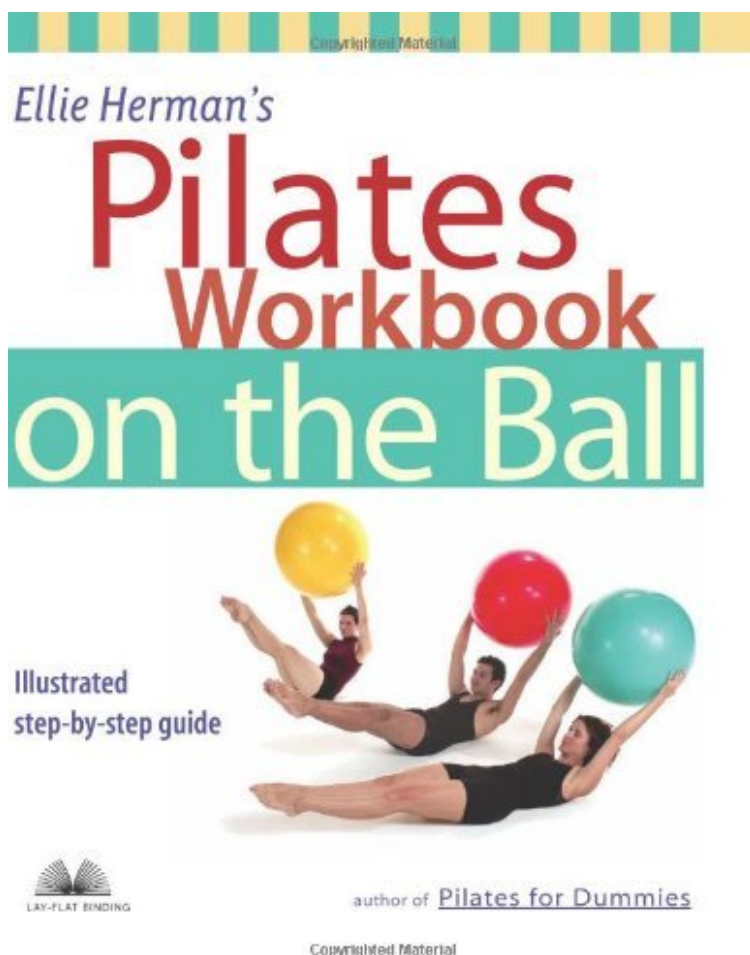


[Ebook free] File size: 33.Mb

# Ellie Herman's Pilates Workbook on the Ball: Illustrated Step-by-Step Guide



Par Ellie Herman  
DOC | \*audiobook | ebooks | Download  
PDF | ePub

Dtails sur le produit Rang parmi les  
ventes : #244977 dans eBooksPubli le:  
2009-06-01Sorti le: 2009-06-01Format:  
Ebook Kindle

[Ebook free] Ellie Herman's Pilates  
Workbook on the Ball: Illustrated Step-by-  
Step Guide

Par Ellie Herman : **Ellie Herman's Pilates  
Workbook on the Ball: Illustrated Step-by-  
Step Guide** before purchasing it in order to  
gage whether or not it would be worth my  
time, and all praised Ellie Herman's Pilates  
Workbook on the Ball: Illustrated Step-by-  
Step Guide:

Download

Read Online

## Description :

Prsentation de l'diteur FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND  
EASILY LEARN OVER 50 PILATES-BASED MOVEMENTS PERFORMED ON THE EXERCISE  
BALLSpecially designed by San Franciscobased Pilates expert Ellie Herman for her studio clients, the  
exercises in this book combine the powerful slimming and shaping effects of Pilates with the low-impact,  
high-intensity workout of the ball. Adding fun, variety and increased effectiveness, the ball transforms  
traditional Pilates moves into an unparalleled workout offering: Aerobic conditioning Muscle toning Body  
sculpting Fat burning Improved posture Mental concentration