

A hand is holding a dark gray, oval-shaped object. The object has a matte finish and features a white logo in the center. The logo consists of the word 'core' in a bold, sans-serif font, with horizontal lines extending from the left and right sides. Below 'core' is the word 'balance' in a lighter, sans-serif font. A small registered trademark symbol (®) is located to the upper right of 'balance'.

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Colleen Craig



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Pilates on the Ball Colleen Craig, 2001-09-01 A unique and exciting synthesis of two highly acclaimed fitness techniques Pilates Method and the Swiss exercise ball Non impact Pilates exercises on the ball can be adapted for all levels of ability from fitness trainers and weekend athletes to those healing from injury or chronic back pain Shows how to practice Pilates techniques without expensive equipment Profusely illustrated with black and white photographs for maximal learning The Pilates Method of body conditioning is a highly effective workout technique that strengthens the body while engaging the mind Developed in the early twentieth century by accomplished boxer and gymnast Joseph Pilates the Pilates Method aligns the body builds long lean muscles and develops core abdominal strength Many lifestyle and fitness magazines have named Pilates the hottest workout of the decade In a first of its kind fusion *Pilates on the Ball* merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball used by Olympic coaches dancers and athletes to fine tune body awareness and enhance physical performance The ball magnifies the benefits of the carefully developed and refined Pilates Method Because maintaining balance on the ball recruits the deep stabilizing muscles of the spine the postural muscles are strengthened The ball intensifies athletic performance by increasing resistance and heightening awareness of how the body moves in space Chapters detail the Pilates principles step by step with successive movements to challenge all levels of ability and watch points for careful evaluation of your form Intense enough to engage seasoned athletes yet accessible enough to use as an everyday exercise routine or to alleviate chronic pain Pilates on the Ball builds strong bodies and engaged minds *p-i-l-a-t-e-s Core Stability Ball Instructor Manual Levels 1 - 5* Catherine Wilks - Hoffman, 2016-05-05 The *p i l a t e s* Core Stability Ball Instructor Manual contains 76 detailed exercises A challenging piece of equipment the Core Stability Ball gives you a fantastic workout due to its multidirectional movement capacity This manual is the final of the 27 *p i l a t e s* Instructor Series currently the largest Pilates exercise resource in the world Simply Ball Jennifer Pohlman, Rodney Searle, 2005-06-01 The exercise ball has become an essential popular part of many fitness training programs Working with it can improve overall strength tone helping create a strong supple body This unique workout combining exercises with the ball movements following the Pilates principles will improve muscle endurance help you achieve greater coordination general well being With 25 beginner level exercises more than 80 full color photos this book guides you through an easy to follow program that will inspire you to include these exercises in your fitness routine You will gain balance strength control of your body while improving your overall health Includes a 36 minute DVD with complete exercise ball workout **Simply Ball Workout** Jennifer Pohlman, Rodney Searle, 2003 This kit contains *Simply Ball* with Pilates Principles book with 64 pages of full color photographs with step by step instructions explain how to exercise effectively to improve muscle tone and strength and to increase your energy The exercises can easily be carried out at home The book also includes an introduction to the philosophy and principles of Pilates and an explanation of how using the

exercise ball can improve your muscle endurance coordination and reflexes Simply Ball with Pilates Principles video in which Jennifer Pohlman and Rodney Searle take you through the 25 exercises demonstrating clearly the techniques and correct positions and also show how to focus on the exact techniques for maximum benefit They guide you through the movements step by step so that you can master these exercises and experience a positive lift in your fitness level **Pilates on the Ball** Gemma Wright,2006 Core stability is essential for physical well being This exciting new exercise system combines two highly effective workouts into a single routine that works to build strength from within and develop core stability Clear instructions and step by step illustrations accompany each exercise Everyone from the novice to the professional athlete will enjoy this great 2 in 1 workout and in time anyone will see the benefits in all areas of daily life *Simply Ball with Pilates Principles* ,2011

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
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