



The Complete Idiot's Guide to Body Ball Fitness Illustrated

Karon Karter

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Get fit and have a ball doing it.

The Complete Idiot's Guide to Body Ball Fitness Illustrated is just the thing to introduce readers of all fitness levels to the latest fitness craze. The stability ball keeps workouts fun and interesting while challenging the body. Karon Karter draws upon her experience as a Pilates instructor to introduce dozens of illustrated exercises that help tighten and tone the body while jazzing up balance and strength training using the stability ball.

- Features three complete workouts of 10-12 exercises each, for varying fitness levels that can be done at home or the gym
- Contains an additional complete “Pilates on the ball” workout
- Includes a series of restorative stretches to ease muscles and back and hundreds of helpful, informative photographs



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Gail Beattie:

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