

# **Exercise Balls For Dummies (Paperback)**

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## Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book. *(Ms. Ora Buckridge)* 

## **EXERCISE BALLS FOR DUMMIES (PAPERBACK)**



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John Wiley Sons Inc, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. If you want to shape up or lose weight, get on the ball! It s inexpensive. It s something you can do at home. It s effective! However, unless you have a personal trainer, using the exercise ball correctly to get maximum results can be tricky. That s where Exercise Balls For Dummies comes in. You II discover how to turn an ordinary workout into a super workout that builds strength, increases flexibility, and sculpts a great-looking body. The book includes: Step-by-step details on using exercise balls in your regular workout programTips on selecting and maintaining equipmentIllustrated exercises covering a complete muscle workout: shoulders and upper back; biceps, triceps, and forearms; chest abdominals and lower back; legs and hips: flexibility in generalSpecific applications for Pilates, weight training, stretching, and aerobic exerciseMat workout routines. Admitted couch potatoes can start at the beginning; fitness fanatics can jump right in and integrate the exercise ball into their routines. Exercise Balls For Dummies was written by LaReine Chabut, a fitness model, actress, and writer who owns a women s workout spa and stars in workout videos. Of course, she makes it look easy!.

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