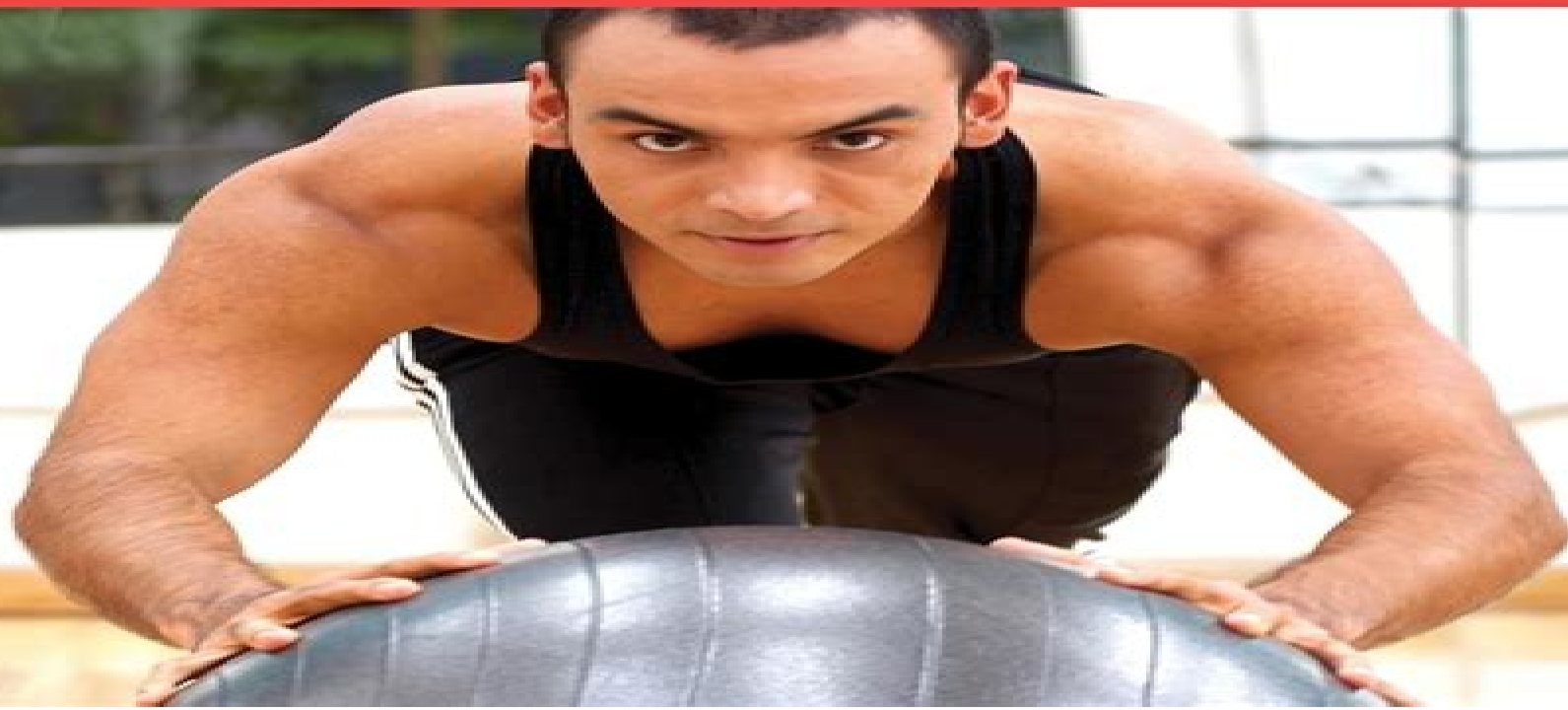


101

EXERCISE IDEAS

WITH A GYM BALL

PERSONAL TRAINING TRADE SECRETS



STEVE BARRETT

Total Gym Ball Workout

Chrissie Gallagher-Mundy

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Swiss Ball for Total Fitness James Milligan, 2005 Because it's so effective and easy to use even at home the Swiss ball has become an essential part of a total fitness regime especially in tandem with free weights and a medicine ball These exercises from beginner to advanced will help you utilize its full potential for building core strength and more as they work the muscles in the midsection chest back shoulders arms and legs

Anybody's Guide to Total Fitness Len Kravitz, 2000-10 Men's Health Total Fitness Guide, 2002

Training & Conditioning, 2003

Exercise Ball for Beginners Chrissie Gallagher-Mundy, 2004 Exercise balls have grown in popularity at the gym since they were first introduced in the 1960s and now Exercise Ball for Beginners brings this fun versatile workout home The newest addition to the HarperResource popular stand up series features exercises designed to target specific muscle groups The exercise ball workout builds strength and flexibility relieves tension and improves balance and coordination Important safety information is also included Exercise Ball for Beginners features step by step instructional photos and a unique hands free design

Brands and Their Companies, 2000

JCPenney [catalog], 2006

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