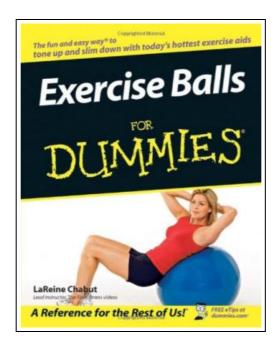
Exercise Balls For Dummies



Filesize: 7.43 MB

Reviews

I actually started reading this publication. It is full of knowledge and wisdom You wont sense monotony at at any time of your respective time (that's what catalogs are for relating to should you check with me).

(Vilma Bayer III)

EXERCISE BALLS FOR DUMMIES



John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Exercise Balls For Dummies, LaReine Chabut, 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'll 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 program* Tips on selecting and maintaining equipment* Illustrated exercises covering a complete muscle workout: shoulders and upper back; biceps, triceps, and forearms; chest abdominals and lower back; legs and hips: flexibility in general* Specific applications for Pilates, weight training, stretching, and aerobic exercise* Mat 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!.



Other Books



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.

Read eBook »



Read Write Inc. Phonics: Orange Set 4 Storybook 2 | Think | Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read... Read eBook »



Genuine] teachers in self-cultivation Books --- the pursue the education of Wutuobangbao into in J57(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date: 2012-05-01 Pages: 212 Publisher: Jilin Publishing Title: teachers' self-cultivation Books ---...

Read eBook »



I Want to Thank My Brain for Remembering Me: A Memoir

 $Back\ Bay\ Books.\ PAPERBACK.\ Book\ Condition: New.\ 0316118796\ Never\ Read-12+ year\ old\ Paperback\ book\ with\ dust\ jacket-may\ have\ light\ shelf\ or\ handling\ wear-has\ a\ price\ sticker\ or\ price\ written\ inside\ front\ or\ back\ cover-publishers\ mark-Good...$

Read eBook »



I Want to Play This!: Lilac

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, I Want to Play This!: Lilac, Catherine Baker, Bug Club is the first whole-school reading programme that joins books and an online reading world to teach...

Read eBook »