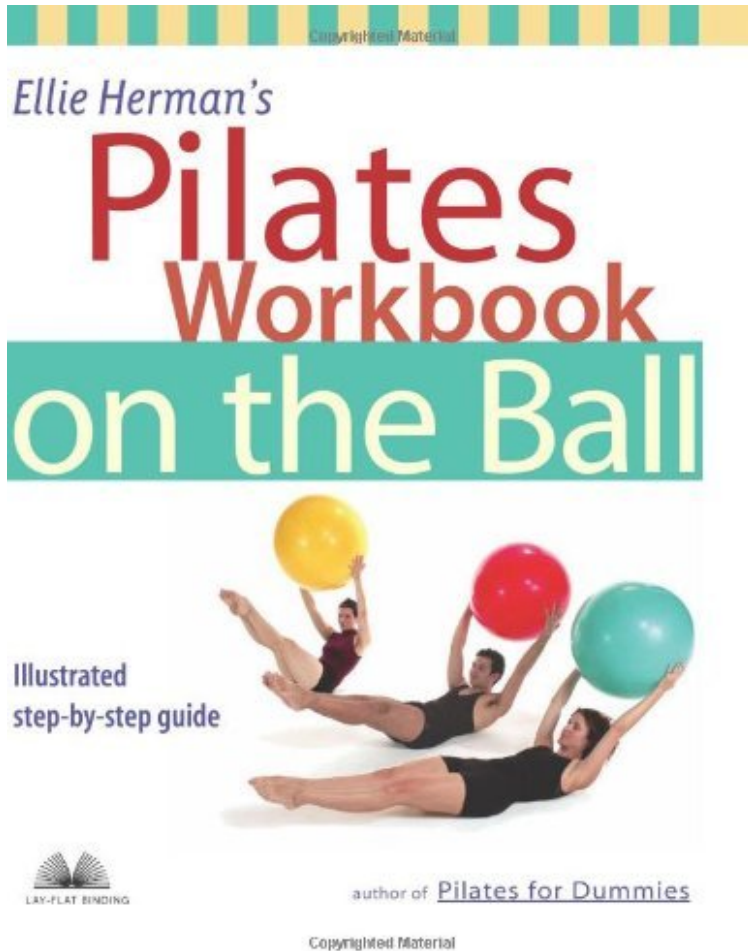


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FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND
EASILY LEARN OVER 50 PILATES-BASED MOVEMENTS PERFORMED ON THE EXERCISE
BALLSpecially designed by San Franciscobased Pilates expert Ellie Herman for her studio clients, the
exercises in this book combine the powerful slimming and shaping effects of Pilates with the low-impact,
high-intensity workout of the ball. Adding fun, variety and increased effectiveness, the ball transforms
traditional Pilates moves into an unparalleled workout offering:
Aerobic conditioning
Muscle toning
Body sculpting
Fat burning
Improved posture
Mental concentration