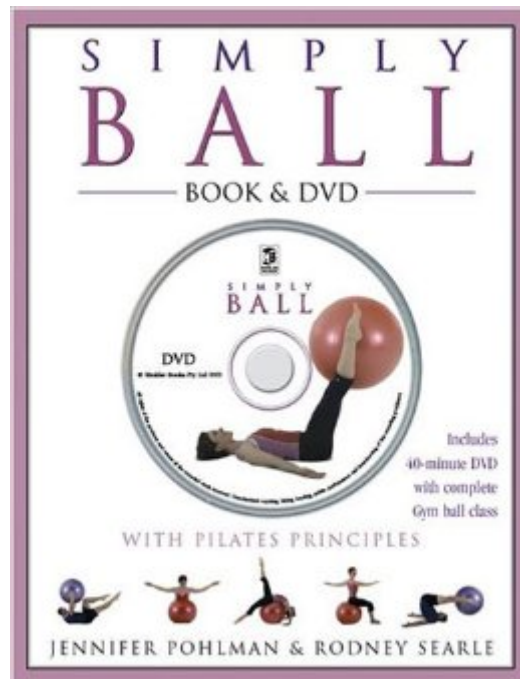


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# Simply Ball: With Pilates Principles



## Synopsis

Simply Ball is the ideal exercise ball workout with Pilates principles. Experts Jennifer Pohlman and Rodney Searle guide you through the movements and demonstrate the correct techniques in a 64 page full-colour booklet and 36-minute DVD.

## Book Information

Hardcover: 64 pages

Publisher: Hinkler Books Pty Ltd; Har/DVD edition (March 2004)

Language: English

ISBN-10: 1741213576

ISBN-13: 978-1741213577

Product Dimensions: 0.5 x 8.5 x 11.8 inches

Shipping Weight: 1.4 pounds

Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,675,948 in Books (See Top 100 in Books) #280 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#)

## Customer Reviews

An excellent introduction to balance ball workouts, and the book provides good instruction on proper techniques. Neither Jennifer Pohlman nor Rodney Searle are "show-offs" with regard to their range of motion or ability level (for a comparative example, see "The Method Pilates - Target Specifics" starring Jennifer Kries.) All in all, a well-rounded (no pun intended) program.

ok

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