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Healing Arts Press. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.9in. x 8.0in. x 0.5in. A unique and exciting synthesis of two highly acclaimed fitness techniques: Pilates Method and the Swiss exercise ball. Non-impact Pilates exercises on the ball can be adapted for all levels of ability, from fitness trainers and weekend athletes to those healing from injury or chronic back pain. Shows how to practice Pilates techniques without expensive equipment. Profusely illustrated with black-and-white photographs for maximal learning. The...

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