

By Colleen Craig Pilates On The Ball: The World's Most Popular Workout Using The Exercise Ball Pilates On The Ball [Paperback] By Colleen Craig

By Colleen Craig

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Colleen Craig uses the exercise ball to enhance Joseph Pilates' original work by adding resistance, challenge and variety to the matwork.

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Editorial Reviews Arizona Networking News "Craig offers a unique and exciting synthesis of the Pilates Method of body conditioning and the Swiss exercise ball

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HEALTH / BODYWORK In "Abs on the Ball" Colleen Craig, author of the bestselling "Pilates on the Ball", reveals why the exercise ball is unmatched as a tool for
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<http://www.livestrong.com/article/533070-does-bouncing-on-an-exercise-ball-help-strengthen-your-core/>

Colleen Craig is a certified Stott Pilates Trainer and writer. Her second book, Abs on the Ball, features over 100 innovative core-strengthening exercises using small

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Colleen Craig. When I first watched it, I thought that it would be quite enjoyable. The workout is divided into several sections, beginning with some traditional

<http://www.videofitness.com/reviews/craig-pb.php>

Colleen Craig, "Pilates on the Ball: The World's Most Popular Workout Using the Exercise Ball" English | ISBN: 0892819812 | 2001 | EPUB | 192 pages | 3,9

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Colleen Craig, author of the bestselling Pilates on the Ball and Abs on the Ball, is a Certified Stott Pilates trainer and writer. She lives in Toronto and

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Colleen Craig, author of the bestselling Pilates on the Ball and Abs on the Ball, is a Certified Stott Pilates trainer and writer. She lives in Toronto and teaches

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