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By Colleen Craig

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View Colleen Craig's business profile as Student and Teacher at Pilates and see work history, affiliations and more.

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Colleen Craig studied the bestselling Pilates on the Ball series which s Most Popular Workout Using the Exercise Ball 3.74 of 5

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

<http://pilatesontheball.com/>

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<http://poolliners.science/pilates-workout-use-the-exercise-ball-crunch/>

Strength Training on the Ball: A Pilates Approach to Optimal Strength and Balance [Colleen Craig] on Amazon.com. *FREE* shipping on qualifying offers. A unique series

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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, 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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