



Swiss Ball Core Workout

By Declan Condon

Sterling Publishing Co Inc. Paperback. Book Condition: new. BRAND NEW, Swiss Ball Core Workout, Declan Condon, Two inspired ideas join forces: the Swiss exercise ball and the concept of a workout for all the muscles of the body core. The workouts, which use dumbbells or ankle weights to tone muscles and promote weight loss, also build better coordination, improve posture and equalize the tensions that cause stiffness and back pain. The wide choice of routines - all of which include strength and cardio - provide an exciting change from traditional weight training. Fitness buffs will get results and have a ball!.



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