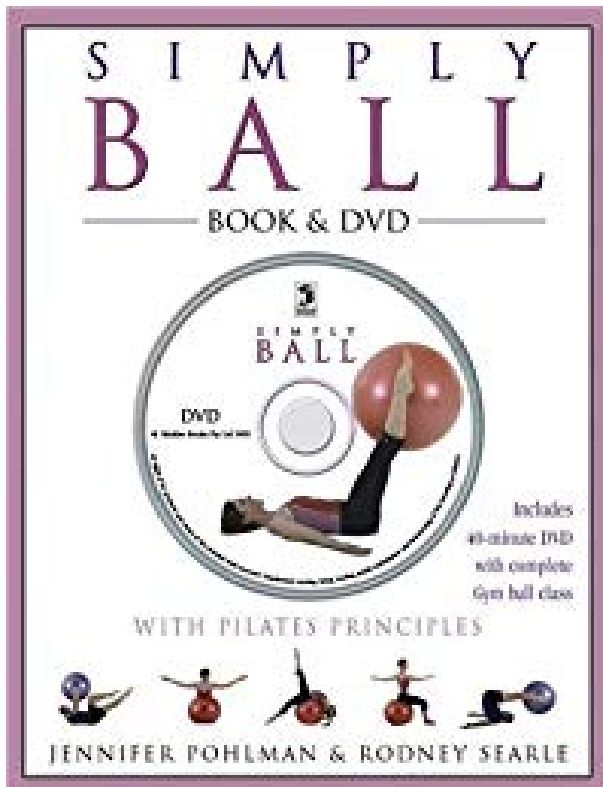


# Simply Ball: With Pilates Principles [With DVD]



<b>Author:</b>	Jennifer Pohlman
<b>ISBN10:</b>	1741213576
<b>Goodreads Rating:</b>	2.50
<b>Published:</b>	March 1st 2004 by Hinkler Books (AU)
<b>Genre:</b>	Sports
<b>ISBN13:</b>	9781741213577
<b>Language</b>	English
<b>Pages:</b>	64

[Simply Ball: With Pilates Principles \[With DVD\].pdf](#)

[Simply Ball: With Pilates Principles \[With DVD\].epub](#)

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-color booklet and 36-minute DVD.