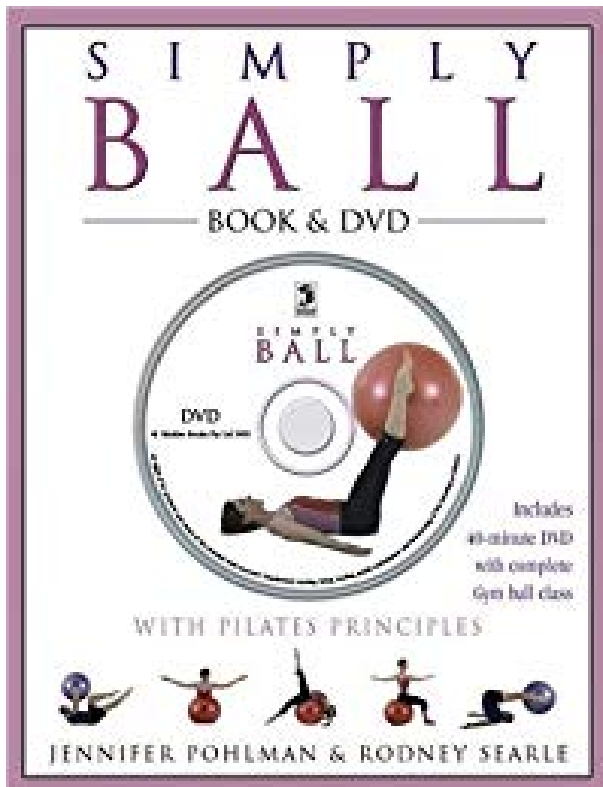


Simply Ball: With Pilates Principles [With DVD]



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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.