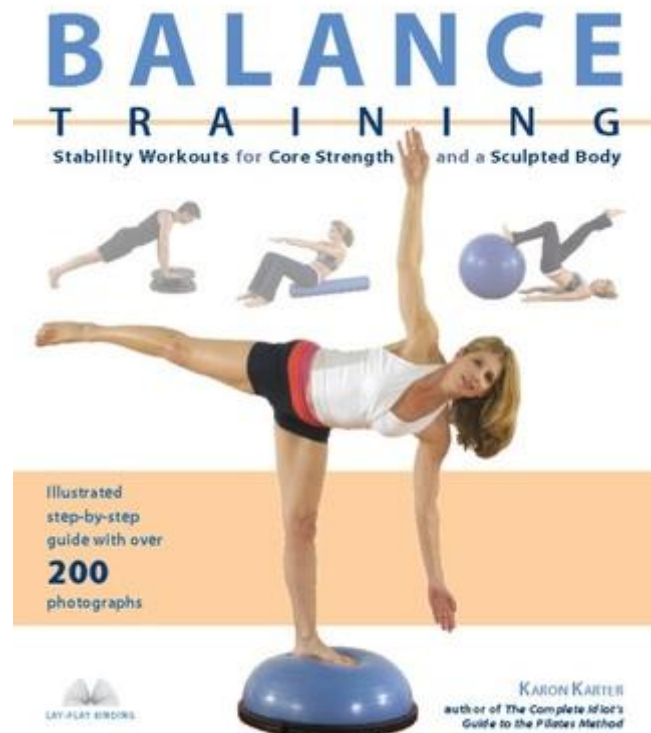


Balance Training - Karon Karter



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Thanks to the incredible popularity of the exercise ball, millions of Americans have discovered the benefits of stability training—simultaneously strengthening primary muscles, stabilizer muscles, and the body's core. But the ball was just the start. This book takes balance training to the next level by offering a full range of exercises, including those incorporating cool, new pieces of equipment such as the balance cushion, the BOSU, the Balance Board and the wobble board. By working various muscle groups in coordination with one another, amazing results can be produced in a short amount of time. From creating a lean body shape to increasing balance and decreasing back pain, these exercises bring together the benefits of yoga and Pilates as well as strength and core training—all in one easy-to-follow program. Balance Training offers workouts for all levels of physical fitness and describes each exercise in detail, including step-by-step photos showing proper positioning and form. Author: Karter, Karon Publisher: Ulysses Press Illustration: N Language: ENG Title: Balance Training Pages: 00144 (Encrypted PDF) On Sale: 2007-05-12 SKU-13/ISBN: 9781569756058 Category: Health & Fitness : Exercise

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