



# Pilates con Balon: El ejercicio mas popular del mundo usando un balon

*Colleen Craig*

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An exciting synthesis of two highly acclaimed fitness techniques: Pilates Method and the Swiss exercise ball

- Exercises for all ability levels
- Shows how to practice Pilates techniques without expensive equipment
- Profusely illustrated with black-and-white photographs for maximal learning

The Pilates Method of body conditioning aligns the body, builds long, lean muscles, and develops core abdominal strength. Many lifestyle and fitness magazines have named Pilates the hottest workout of the decade.

*Pilates on the Ball* merges the principles and exercises of the Pilates Method with the unique functions of the exercise ball. The ball intensifies athletic performance by increasing resistance and heightening awareness of how the body moves in space. Chapters detail the Pilates principles step by step, with movements intense enough to engage seasoned athletes, yet accessible enough to use as an everyday exercise routine.

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