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Product Dimensions : 5 x 0.25 x 8.25 inches Publisher : Productive Fitness Publishing (November 30, 2010)
Item Weight : 3.2 ounces Language: : English Amazon.com: The Great Medicine Ball Handbook ... Gym Roll, Item #s 38444 & 38445. Using a ball as a chair in a classroom. Use the ball in the classroom for increasing attention span, core strength and postural control. Use the ball when reading, writing at the desk, writing on the chalkboard, and/or completing craft projects. Activity Guide Therapy & Exercise Balls Trideer Exercise Ball (45-85cm) Extra Thick Yoga Ball Chair, Anti-Burst Heavy Duty Stability Ball Supports 2200lbs, Birthing Ball with Quick Pump (Office & Home & Gym) by Trideer \$19.95 \$ 19 . 95 -

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back, and abdomen muscles, often referred to as your core. Core exercises are not just about getting a 6-pack or flat tummy—a strong core is important to ... 5 Exercises to Do on an Exercise Ball—from Easy to Advanced Exercise Balls. If the gym isn't your thing, it's good to know that you can get a vigorous fitness workout at home with the right equipment. Fitness balls come in a variety of sizes and styles for a wide range of exercises that you can perform in the comfort of your own home. Exercise Balls for sale | In Stock | eBay Millions of people today suffer from muscular aches and pains. If you have muscular pains, poor posture or lead a stressful life and you can't figure out how to get rid of your backache, stiff shoulder or

restless risks then this book is for you. This sequel to The Airobic Ball Strengthening Workout presents Swiss Ball exercises designed to enhance flexibility while improving posture, balance and coordination. Airobic Ball Stretching Book - Healthy Back Store This flexibility routine calls for the following stretching exercises, each done 8 to 12 times. To reduce the chances of injury, it is best to move slowly and avoid bouncing or jerking movements. Hip rotator. While sitting upright on the exercise ball and keeping the knees still, move the hips gently from side to side and keep the ball stationary. Flexibility Routine for Exercise Ball Stability balls also are known as exercise balls, Swiss balls or yoga balls are one of the best fitness tools you can

own. They are a great way to improve your fitness, balance, flexibility, and strength in the core. In fact, research shows abs and core exercises done on a ball activates the core muscles 38% more than floor crunch, sit-ups, planks, and push-ups. 5 Best Abs and Core Exercises With a Stability Ball for ... Inpany Exercise Ball(45-85cm) - Extra Thick Yoga Ball Chair, Anti-Burst Stability Ball Supports 2200lbs,Birthing Ball with Quick Pump for Office & Home & Gym 4.4 out of 5 stars 405 \$19.98

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