

# **Simply Ball: With Pilates Principles**

Jennifer Pohlman, Rodney Searle



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### **Simply Ball: With Pilates Principles**

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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-colour booklet and 36-minute DVD.



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