



Pilates On The Ball Pilates Exercises On The Swiss Ball

Jennifer Pohlman, Rodney Searle



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Pilates on the Ball Colleen Craig, 2001-09 Fitness expert Craig presents a unique and exciting synthesis of two highly acclaimed fitness techniques Pilates Method and the Swiss exercise ball 200 photos **Strength Training on the Ball** Colleen Craig, 2005-04-13 A unique series of Pilates strength building exercises using the Swiss exercise ball resistance bands and weights From the bestselling author of *Pilates on the Ball* and *Abs on the Ball* Features specialized strength training workouts for readers of all ages and fitness levels Chapters include check points to help readers set realistic goals and tips for physical educators coaches and Pilates teachers In *Strength Training on the Ball* Colleen Craig shows readers of all fitness levels how to build strong bones improve balance and reduce body fat while toning and defining the body Combining the unique functions of the exercise ball with the endurance and flexibility building benefits of strength training Craig presents 75 ball exercises using weights resistance bands and the body's own resistance Her exercise variations make strength training safe for beginners children teenagers and seniors and challenging enough for the seasoned athlete *Strength Training on the Ball* is modeled after Craig's groundbreaking and bestselling works *Pilates on the Ball* and *Abs on the Ball* It contains step by step photographs for each of the exercises check points to help readers set realistic yet motivating goals and teaching tips for physical educators coaches and Pilates teachers The book concludes with three specialized strength workouts a therapeutic workout for those recovering from injuries a basic workout for absolute beginners and a challenging workout for athletes and gym enthusiasts *Pilates on the Ball* Colleen Craig, 2001-09-01 A unique and exciting synthesis of two highly acclaimed fitness techniques Pilates Method and the Swiss exercise ball Non impact Pilates exercises on the ball can be adapted for all levels of ability from fitness trainers and weekend athletes to those healing from injury or chronic back pain 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 is a highly effective workout technique that strengthens the body while engaging the mind Developed in the early twentieth century by accomplished boxer and gymnast Joseph Pilates the Pilates Method 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 In a first of its kind fusion *Pilates on the Ball* merges the principles and exercises of the highly effective Pilates Method of body conditioning with the unique functions of the exercise ball used by Olympic coaches dancers and athletes to fine tune body awareness and enhance physical performance The ball magnifies the benefits of the carefully developed and refined Pilates Method Because maintaining balance on the ball recruits the deep stabilizing muscles of the spine the postural muscles are strengthened 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 successive movements to challenge all levels of ability and watch points for careful evaluation of your form Intense enough to engage seasoned athletes yet accessible enough to

use as an everyday exercise routine or to alleviate chronic pain Pilates on the Ball builds strong bodies and engaged minds

10 Minute Pilates with Ball Lesley Ackland,2003 Pilates expert Lesley Ackland offers easy to follow routines using an exercise ball that take only 10 minutes to complete daily *Abs on the Ball* Colleen Craig,2003-03-27 Innovative abdominal exercises to help tone the abdomen improve posture and build a strong back using the Swiss exercise ball Offers a 10 minute and 20 minute workout for all levels of fitness Shows how the mobility of the ball targets underutilized muscles Shows how traditional sit ups and ab machines limit how much abdominal muscles can be trained and also aggravate lower back pain and neck tension The exercise ball has long been recommended by doctors physical therapists and Olympic coaches for people suffering from back pain Now Colleen Craig author of the bestselling book Pilates on the Ball reveals why the exercise ball is unmatched as a tool for building superb abdominal strength She presents a selection of over 80 innovative exercises including some of the key powerhouse builders from the Pilates Method all of which she has adapted specifically to the ball Craig shows how traditional sit ups and ab machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension In contrast the very mobility of the ball targets underutilized muscles recruiting both deep and superficial abdominal muscle fibers to enhance results Abs on the Ball includes exercises for all ability levels that show how to properly use the breath and how to activate the correct muscles during a workout from the core exercises of the Waterfall Oblique Curls and Full Abdominal Curls to the more advanced Side Twist Plank the Teaser and Backward Crunch The author also offers a 10 and 20 minute workout designed not only to build the abdominal core but also to strengthen and train deep muscles in the back and hip in order to soothe lower back pain and increase overall body strength balance and coordination Simply Ball Workout Jennifer Pohlman,Rodney Searle,2003 This kit contains Simply Ball with Pilates Principles book with 64 pages of full color photographs with step by step instructions explain how to exercise effectively to improve muscle tone and strength and to increase your energy The exercises can easily be carried out at home The book also includes an introduction to the philosophy and principles of Pilates and an explanation of how using the exercise ball can improve your muscle endurance coordination and reflexes Simply Ball with Pilates Principles video in which Jennifer Pohlman and Rodney Searle take you through the 25 exercises demonstrating clearly the techniques and correct positions and also show how to focus on the exact techniques for maximum benefit They guide you through the movements step by step so that you can master these exercises and experience a positive lift in your fitness level *Simply Ball* Jennifer Pohlman,Rodney Searle,2005-06-01 The exercise ball has become an essential popular part of many fitness training programs Working with it can improve overall strength tone helping create a strong supple body This unique workout combining exercises with the ball movements following the Pilates principles will improve muscle endurance help you achieve greater coordination general well being With 25 beginner level exercises more than 80 full color photos this book guides you through an easy to follow program that will inspire you to include these exercises in your fitness routine You will

gain balance strength control of your body while improving your overall health Includes a 36 minute DVD with complete exercise ball workout **Exercise Balls For Dummies** LaReine Chabut,2005-05-06 If you want to shape up or lose weight get on the ball It s inexpensive It s something you can do at home It s effective However unless you have a personal trainer using the exercise ball correctly to get maximum results can be tricky That s where Exercise Balls For Dummies comes in You ll discover how to turn an ordinary workout into a super workout that builds strength increases flexibility and sculpts a great looking body The book includes Step by step details on using exercise balls in your regular workout program Tips on selecting and maintaining equipment Illustrated exercises covering a complete muscle workout shoulders and upper back biceps triceps and forearms chest abdominals and lower back legs and hips flexibility in general Specific applications for Pilates weight training stretching and aerobic exercise Mat workout routines Admitted couch potatoes can start at the beginning fitness fanatics can jump right in and integrate the exercise ball into their routines Exercise Balls For Dummies was written by LaReine Chabut a fitness model actress and writer who owns a women s workout spa and stars in workout videos Of course she makes it look easy *Stability Ball Exercises* Marina Aagaard,2011-04-19 The most comprehensive compilation of stability ball exercises available Over 450 exercises with the stability ball also know as the Swiss ball or strength ball Plus even more variations Efficient one on one partner and group exercises at all levels for beginners intermediate and advanced exercisers including Olympic Athletes With more than 900 photos and step by step text on proper exercise technique And a guide to progression of ball exercises As a unique feature the book includes the most effective and enjoyable warm up cardio and stretching exercises with the ball Stability Ball Exercises a Scandinavian bestseller is a valuable reference book for any coach trainer physical exercise leader personal trainer group exercise instructor physiotherapist and PE teacher as well as exercisers at all levels 10-Minute Pilates with the Ball: Simple Routines for a Strong, Toned Body - includes exercises for pregnancy Lesley Ackland,2013-12-12 Easy to follow 10 minute routines using the Pilates exercise ball to enhance your Pilates workout from the bestselling Lesley Ackland Used by Olympic coaches ballet dancers and athletes to achieve optimal performance this safe and effective exercise regime is also suitable for anyone wanting to get fit and toned as well as pregnant women

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