

Simply Ball & Band with Pilates Principles: Three Great Workouts For Beginners To Advanced Cardio, Strength & Core Stability At Home

By Matty, Dina and Mark Richardson

Hinkler Books Pty Ltd, Dingley Victoria, Australia, 2005. Trade Paperback. Book Condition: New. Weiss, Glenn (illustrator). Illustrated throughout with color photographs. 64 pages. Media Mail, US Priority and some International shipping include free tracking information. Size: 8vo - over 7³/4" - 9³/4" tall.



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