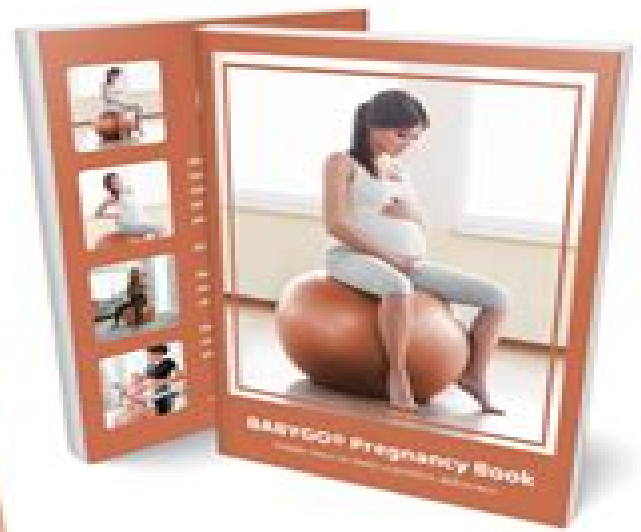




Exercise Ball Book

Chrissie Gallagher-Mundy



Exercise Ball Book:

Strength Ball Training for Sports Performance Sean Cochran, 2015-10-30 Develop strength balance and power for improved sports performance Strength Ball Training for Sports Performance combines expert instruction exercise descriptions with illustrations and sample strength ball training programs within the covers of this book Sean Cochran one of the most recognized sports performance coaches with over 15 years of experience at the highest level of two professional sports demonstrates over 100 medicine ball and stability ball exercises to develop flexibility joint mobility core strength endurance and total body power This book brings to life the versatility and benefits of the medicine ball stability ball and how these pieces of equipment can train your body for improved sports performance A wide spectrum of exercises progressions and sample training programs are found within the covers of this book providing any reader the materials needed to develop a strength and conditioning program to improve their base athleticism Whether you are an amateur athlete professional weekend warrior or fitness professional Strength Ball Training for Sports Performance is the ideal resource for cutting edge information exercises and training programs for the betterment of your game Take the next step to improved performance with Sean Cochran and Strength Ball Training for Sports Performance

Exercise Ball for Beginners Chrissie Gallagher-Mundy, 2004 Exercise balls have grown in popularity at the gym since they were first introduced in the 1960s and now Exercise Ball for Beginners brings this fun versatile workout home The newest addition to the HarperResource popular stand up series features exercises designed to target specific muscle groups The exercise ball workout builds strength and flexibility relieves tension and improves balance and coordination Important safety information is also included Exercise Ball for Beginners features step by step instructional photos and a unique hands free design

Exercise Ball for Weight Loss Lucy Knight, 2007

Exercise Ball Sara Rose, 2005 Demonstrates how to use exercise balls for a total body workout

Swiss Ball Maureen Flett, 2003 With more than 300 color photos Swiss Ball shows how to choose the right ball perform gentle warm ups and do exercises for each area of the body Includes cardiovascular routines Full color

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 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 **Exercise Ball for Weight Loss** Lucy Knight,2005 Exercise balls have become extremely popular and are stocked in almost all health and fitness centres This book shows how to use the ball to help lose weight with cardiovascular aerobics **Exercise Ball** Chrissie Gallagher-Mundy,2004-03-01 **Women with Balls** Lisa M. Wolfe,2006 Use fitness balls to create safe effective muscle building exercises

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