



## Simply Ball: With Pilates Principles

*Jennifer Pohlman, Rodney Searle*

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**Simply Ball: With Pilates Principles** Jennifer Pohlman, Rodney Searle

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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