

# **Pilates On The Ball: A Comprehensive Book And DVD Workout By Colleen Craig**



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describing a Pilates workout using the exercise ball and offers Craig, Colleen. Pilates on the ball DVD and the bestselling book Pilates on

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Colleen Craig. When I first watched The workout is divided into There were some nice ideas that could be incorporated into other workouts and the ball really

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Pilates on the Ball Colleen Craig Year When I actually did the dvd I had mixed into other workouts and the ball really complements traditional Pilates

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