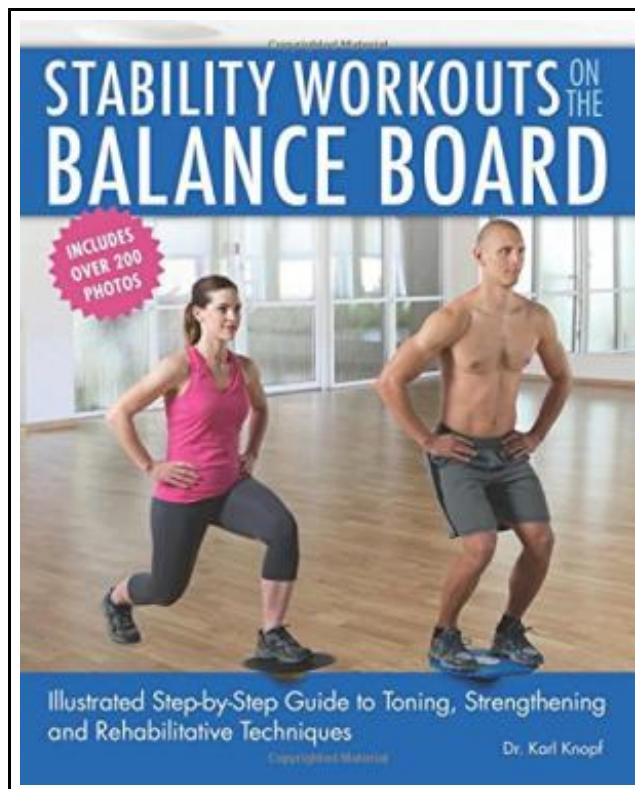


Stability Workouts on the Balance Board: Illustrated Step-by-Step Guide to Toning, Strengthening and Rehabilitative Techniques



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Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

(Prof. London Gerlach)

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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Stability Workouts on the Balance Board: Illustrated Step-by-Step Guide to Toning, Strengthening and Rehabilitative Techniques, Karl G. Knopf, THE FIRST BOOK DEDICATED EXCLUSIVELY TO THE BALANCE BOARD FEATURING OVER 200 STEP-BY-STEP PHOTOS Unleashing the power of the balance board, this guide provides highly effective workouts that quickly produce noticeable results. Whether you're looking to sculpt a stunning physique, tone muscles or improve general fitness, there's a specifically designed program to address your individual needs. Stability Workouts on the Balance Board offers over 100 safe, straightforward exercises that teach beginners good posture, balance and strength while helping more advanced athletes enhance their sporting lives. With your balance board and this book, you'll quickly learn how to build strength in both primary and secondary muscles throughout the body as well as: *Increase core strength *Improve balance *Tone muscles *Release tension *Rehabilitate Injuries.



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