

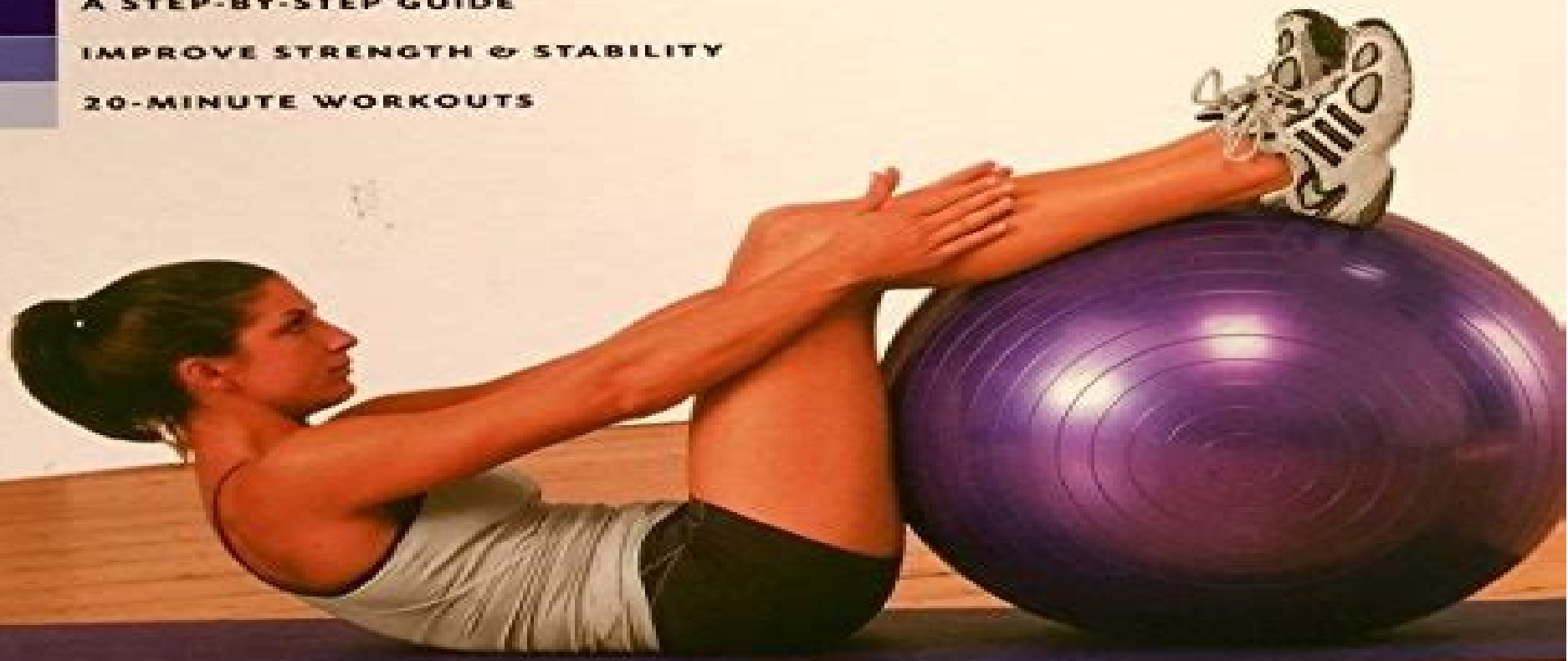
Swiss Ball

For Total Fitness

A STEP-BY-STEP GUIDE

IMPROVE STRENGTH & STABILITY

20-MINUTE WORKOUTS



James Milligan

Swiss Ball For Total Fitness A Stepbystep Guide Improve Strength And Stability 20minute Workouts

Gold's Gym

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Swiss Ball for Total Fitness James Milligan,2005 Because it s so effective and easy to use even at home the Swiss ball has become an essential part of a total fitness regime especially in tandem with free weights and a medicine ball These exercises from beginner to advanced will help you utilize its full potential for building core strength and more as they work the muscles in the midsection chest back shoulders arms and legs **The Total Fitness Manual** Gold's Gym,2017-01-03 Transform your body in just 12 weeks Take the challenge Cover American Book Publishing Record ,2005 **Integrative Medicine**

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