



Body Ball Exercises-Core Laminated (Poster)

Andre Noel Potvin

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Work your abs and lower back and train for strength and balance using the 15 ball exercises featured on this poster. All exercises are clearly explained with step-by-step instructions and descriptive photos. Laminated chart; 24" x 36". (Poster) (Bodyball) (Body-ball) (Swiss ball) (Swissball) (Swiss-ball)

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