



# Strength Training on the Ball: A Pilates Approach to Optimal Strength and Balance

*Colleen Craig*

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**Strength Training on the Ball: A Pilates Approach to Optimal Strength and Balance** Colleen Craig

A unique series of Pilates strength-building exercises using the Swiss exercise ball, resistance bands, and weights

- From the bestselling author of *Pilates on the Ball* and *Abs on the Ball*
- Features specialized strength-training workouts for readers of all ages and fitness levels
- Chapters include check points to help readers set realistic goals and tips for physical educators, coaches, and Pilates teachers

In *Strength Training on the Ball* Colleen Craig shows readers of all fitness levels how to build strong bones, improve balance, and reduce body fat while toning and defining the body. Combining the unique functions of the exercise ball with the endurance- and flexibility-building benefits of strength training, Craig presents 75 ball exercises using weights, resistance bands, and the body's own resistance. Her exercise variations make strength training safe for beginners, children, teenagers, and seniors and challenging enough for the seasoned athlete.

*Strength Training on the Ball* is modeled after Craig's groundbreaking and bestselling works *Pilates on the Ball* and *Abs on the Ball*. It contains step-by-step photographs for each of the exercises, check points to help readers set realistic yet motivating goals, and teaching tips for physical educators, coaches, and Pilates teachers. The book concludes with three specialized strength workouts: a therapeutic workout for those recovering from injuries, a basic workout for absolute beginners, and a challenging workout for athletes and gym enthusiasts.

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