

Pilates Sculpt & Tone



IFPL0182

This Kit Includes:

3 Pilates Bands - Increase your strength, improve flexibility and build lean muscles. These three elastic body-sculpting bands offer increasing levels of resistance that allow you to progress as you get stronger.

Pilates Ball - Tone and strengthen your body, specifically emphasizing your core abdominal and back muscles. This ball inflates to a range of 55-65 cm, allowing a comfortable fit for heights up to 5' 11".

Air Pump - Inflate the Pilates Ball efficiently and easily.

2 Pilates CD Workouts - Designed especially to accompany your Sculpt & Tone Kit, this CD provides a 20-minute band workout and 20-minute ball workout. Both workouts feature soft music along with the guidance of a certified Pilates instructor.

Guidebook - This guidebook gives you a visual reference for 35 yoga poses and also stores your CD workouts.

Pilates Instructional Video - This video provides you with a virtual encyclopedia of 40 Pilates exercises, providing a visual demonstration of proper form as well as step-by-step instructor narration.