



NTPP0192

Ultra Pilates Kit

KIT INCLUDES:

PILATES INSTRUCTIONAL VIDEO - A certified instructor demonstrates 40 Pilates poses, with relaxing music and beautiful Big Sur, California as an inspiring backdrop

2 PILATES BEGINNER WORKOUTS - A 20-minute beginner band workout and 20-minute beginner ball workout each feature calming music and step-by-step instruction.

PILATES GUIDE BOOK - A visual reference for 40 Pilates poses with detailed instruction, as well as basic Pilates tips and facts. Also stores your Pilates workout CD.

3 EXTRA-THICK PILATES BANDS - Three extra-thick, elastic body-sculpting bands offer challenging levels of increasing resistance to help you increase strength, improve flexibility and build lean muscle.

CARRYALL BAG - The mesh/nylon carryall bag provides convenient storage and transport