



NTPP0392

Elite 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.

PILATES BALL - The inflatable 55- 65 cm Pilates ball accommodates heights up to 5'11" and is designed to tone and strengthen muscles in your entire body, targeting your core (abdominal and back) muscles.

AIR PUMP - The plastic air pump inflates Pilates ball quickly and easily.