



55 cm Pilates Ball



This Kit Includes:

Small Pilates Ball - Tone and strengthen your body, specifically emphasizing your core abdominal and back muscles. This ball inflates to 55 cm, allowing a comfortable fit for heights ranging from 5'0" to 5'5".

Air Pump - Inflate your Pilates ball efficiently and easily.

Reebok University Guidebook - This guidebook gives you instruction on additional Pilates exercises, proper nutrition and other information on the importance of mental and physical conditioning.

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.