



# 65 cm Pilates Ball



## This Kit Includes:

**Medium Pilates Ball** - Tone and strengthen your body, specifically emphasizing your core abdominal and back muscles. This ball inflates to 65 cm, allowing a comfortable fit for heights ranging from 5'6" to 5'11".

**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.