



Pilates Ball with Grip Texture



This Kit Includes:

Textured Pilates Ball – Tone and strengthen your body, specifically emphasizing your core abdominal and back muscles. The ball has a specially designed surface with bumps to keep your ball from slipping, even through the most technical exercises. This ball inflates to 65 cm to fit heights from 5'6" to 5'11".

Air Pump - Inflate your Pilates ball quickly 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.

Supplemental Exercise Card - Get instructions and descriptions of even more exercises that can be done with your Pilates ball.

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