



Ellie Herman's Pilates Workbook on the Ball: Illustrated Step-by-Step Guide

Ellie Herman

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**FOLLOW THE STEP-BY-STEP PHOTOS IN THIS BOOK TO QUICKLY AND EASILY LEARN
OVER 50 PILATES-BASED MOVEMENTS PERFORMED ON THE EXERCISE BALL**

Specially designed by San Francisco—based Pilates expert Ellie Herman for her studio clients, the exercises in this book combine the powerful slimming and shaping effects of Pilates with the low-impact, high-intensity workout of the ball. Adding fun, variety and increased effectiveness, the ball transforms traditional Pilates moves into an unparalleled workout offering:

- Aerobic conditioning
- Muscle toning
- Body sculpting
- Fat burning
- Improved posture
- Mental concentration

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