



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**

Each of the movements—from beginner bounces to super-advanced balances—are explained with clear captions and easy-to-follow photo sequences.

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