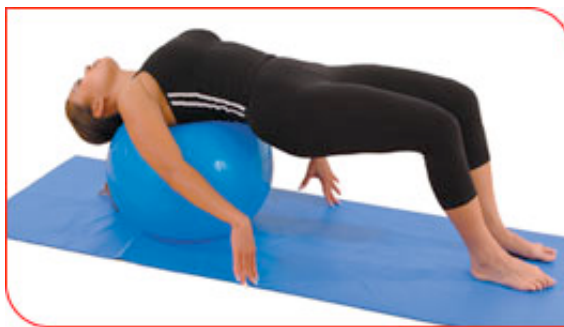


Yoga Fitness Kit II
Ball/Pump, Mat & Video BF2216



Kit includes: 22" Inflatable Ball with Pump, 24"x 68" Yoga Mat, and Workout Video.

Yoga Fitness improves muscle strength, flexibility and coordination. Its emphasis on rhythmic movements, deep breathing and non-competitive focus promotes feelings of relaxation. With yoga, you can stretch anywhere, strengthening the lower back, buttocks, abdomen, chest and arms. Bally's lightweight, durable Yoga Fitness products will help you move deeper into your pose, yielding maximum benefit from your workout.

Ball/Pump – Tone, trim and tighten abdomen, lower back and leg muscles from a variety of angles. Strengthen the lower back, buttocks, abdomen, chest and arms. Release tension. Includes inflatable ball with inflator tube and plug, and two way action pump that makes inflating faster.

Non-Slip Mat – Feel the comfort. Its portable design allows you to carry it easily from your home, to work or gym. Combines cushioning comfort and stabilization through your workout. The Yoga Mat is designed to help enhance your flexibility, vitality and muscle tone, while strengthening the lower back, buttocks, abdomen, chest and arms.

Video – Filled with HOW-TOs. Complete exercise program, including proper usage of all the kit components. The training video takes you on a yoga journey, right in the privacy of your own home.



! The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.

- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.
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