

## Core Sculpting System for Pilates with Training DVD BF3430




The Core Sculpting System is all you need to work the muscles that really matter...the ones that make you look good! Develop your core strength using movements based in the principles of Pilates. The Inflatable Stabilization Ring helps you balance and enables you to try more challenging exercises with confidence. The Sculpting Weights easily attach to the inflatable ball, adding resistance to your workout; as well as more exercise combinations. Combining resistance with core training will give you the look you've always wanted!

- Full body core resistance workout system
- Core Sculpting System includes two 11lb weights; 2lb pair
- Sculpting weights are soft and easy to grip
- Use the inflatable ball to perform traditional ball exercises
- Dual action pump for easy inflation
- Training DVD guides you through product use and exercises
- Large wall chart fitness guide included

 **DOWNLOAD  
FITNESS GUIDE**

 **PRINT  
PRODUCT SHEET**

 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.