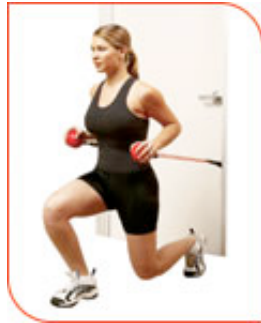


Core Sculpting Weights For Pilates  
Door Anchor & Training DVD Included BF3431




With the Core Sculpting Weights you can tone your body without adding bulk. Change your body appearance by adding resistance to your workout. Soft, easy to grip sculpting weights attach and detach easily to light or heavy resistance tubing. Vary your resistance as you build strength. The included door anchor will add variety to your workout. Tone your core area and stretch your muscles...get the body you've always wanted!



- Full body core resistance workout
- Each Core Sculpting Weight weighs 11lb; 21b pair
- Two sets of resistance tubing: light & heavy
- Attach and detach easily from resistance tubing
- Weights are soft and easy to grip
- 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.