

Pilates Ball with Adjustable
Resistance Tubing and DVD BF7692



Full Body Workout and Core Strengthening! Two products in one: train your abdominals, back, arms, chest, and buttocks with additional resistance; or simply remove the tubing for traditional ball exercises. Heavy duty resistance tubing is fully adjustable, providing strong tension for strengthening and toning muscles.

With so many usage options, the Pilates Ball with Resistance Tubing & DVD is recommended for all fitness levels! A fun combination of the training tools you already know and love: the exercise ball and resistance tubing. The Pilates Ball with Tubing is ideal for active stretching and exercise. Simply clip the tubing on or off for full body strengthening and toning. Includes 20 minute workout video that will put you on the road to fitness!



- Large 26" inflatable ball gives maximum support for balance and stability.
- Fitness DVD included.



! 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.