

Inflatable Ball for Pilates
with Base and Resistance Tubing BF7732




Inflatable Ball for Pilates with Base and Resistance Tubing is ideal for active stretching, exercise, and strengthening core muscles. The sturdy, ring base enhances alignment, balance, and control; increasing flexibility, strength, and endurance. Train your abdominals, back, arms, chest, and buttocks using your own body as resistance. For more variations, simply remove the ball from base to perform traditional ball exercises.

- Enhances alignment, balance, and control.
- Great for all fitness levels.
- Convenient, take it anywhere.
- 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.