

## Starter Kit for Pilates BF7738



### Kit includes:

#### Ball/Pump

- Tone, trim and tighten abdominal, lower back and leg muscles.
- Inflatable ball with inflator tube and plug.
- Two-way action pump provides quicker inflation.

#### Stretch Band

- Move deeper into stretches.
- Heavy-duty band for full body toning.


#### Training DVD

- Full exercise program, including the use of the ball, power band and slimmer belt.



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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.