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# Swiss Ball

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Swiss Ball

Pilates on the Ball

Having a Ball

The Swiss Ball

Stability Ball Exercises

Swiss Ball for Core Strength

The Core Workout

Swiss Ball Applications for Orthopedic and Sports Medicine

Abs on the Ball

Naturopathic Physical Medicine

Weights on the Ball Workbook

Exercise Ball

Men's Health

Swiss Ball : Exercises

Swiss Ball Core Workout

The Swiss Ball

Exercise Balls For Dummies

Swiss Ball

p-i-l-a-t-e-s Core Stability Ball Instructor Manual Levels 1 - 5

Pilates on the Ball

101 Ways to Work Out on the Ball

Get on the Ball

The Men's Health Big Book of Exercises

The Women's Health Big Book of Exercises

Therapeutic Exercise for Musculoskeletal Injuries

Swiss Ball for Total Fitness

Fitness on the Ball

The Total Gym Ball Workout

Yoga on the Ball

Body at Home

Orthopaedic Knowledge Update: Sports Medicine 5th Edition

The Exercise Ball Bible

Hardcore Circuit Training for Men

Strength Training on the Ball

Swiss Ball Systems

Therapeutic Exercises Using the Swiss Ball

Kids on the Ball

Exercise Ball  
Swiss ball  
Swiss Ball

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## **DECKER NADIA**

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Swiss Ball Sterling  
Publishing (NY)

With more than 300 color photos, "Swiss Ball" shows how to choose the right ball, perform gentle warm ups, and do exercises for each area of the body. Includes cardiovascular routines. Full color.

### **Pilates on the Ball**

Sterling/Main Street  
Blends the ancient science of yoga with the unique training possibilities of the exercise ball to create an innovative and effective workout. • A unique combination of Hatha Yoga asanas and ball work that builds lean muscles while providing natural stress relief. • Includes a comprehensive workout adaptable to the needs of the beginner and those

with a more advanced practice. Written by Certified Medical Exercise Specialist Carol Mitchell, Yoga on the Ball combines the science of yoga with the technology of the exercise ball to create a workout that can be tailored to all fitness levels. Moving through yoga postures while using the exercise ball is meditation in motion. It allows you to engage several muscle groups

simultaneously to create a total body workout and to lose weight naturally as your metabolism increases with special breathing techniques. The exercise ball provides a soft and cushioning base for the strong stretches and graceful movements of the yoga exercises, and with only a slight roll of the ball, the deep stretches can be altered to target different areas of the muscles. The complete workout lets you choose between sculpting your muscles with cardiovascular and

muscle-toning exercises or relaxing your body and mind with stretching and breathing exercises. Yoga on the Ball pairs breathing and movement to create a rejuvenating flow of energy that will realign your mind and body, leaving you feeling calm, strong, and centered.

Having a Ball Fair Winds Press

A unique series of Pilates strength-building exercises using the Swiss exercise ball, resistance bands, and weights • From the bestselling author of Pilates on the

Ball and Abs on the Ball • Features specialized strength-training workouts for readers of all ages and fitness levels • Chapters include check points to help readers set realistic goals and tips for physical educators, coaches, and Pilates teachers In Strength Training on the Ball Colleen Craig shows readers of all fitness levels how to build strong bones, improve balance, and reduce body fat while toning and defining the body. Combining the unique functions of the exercise ball with the

endurance- and flexibility-building benefits of strength training, Craig presents 75 ball exercises using weights, resistance bands, and the body's own resistance. Her exercise variations make strength training safe for beginners, children, teenagers, and seniors and challenging enough for the seasoned athlete. *Strength Training on the Ball* is modeled after Craig's groundbreaking and bestselling works *Pilates on the Ball* and *Abs on the Ball*. It contains step-by-step photographs

for each of the exercises, check points to help readers set realistic yet motivating goals, and teaching tips for physical educators, coaches, and Pilates teachers. The book concludes with three specialized strength workouts: a therapeutic workout for those recovering from injuries, a basic workout for absolute beginners, and a challenging workout for athletes and gym enthusiasts.

*The Swiss Ball* Human Kinetics

Demonstrates how to use

exercise balls for a total body workout.

*Stability Ball Exercises*  
Ulysses Press

The *Exercise Ball Bible* is the most up-to-date, authoritative and comprehensive guide to maximizing the use of this ever-popular exercise equipment. Whether your goal is to stay trim and toned or you need to correct your posture, professional dancer and fitness trainer Lucy Knight offers over 200 exercises to help you lose weight and improve your strength and flexibility.

With more than 300 full-color photographs, this book demonstrates the many different ways you can make use of your ball and offers a workout option for every stage of life. Chapters include exercises for getting toned, tight, and strong; fun cardio routines for burning fat; ball-assisted pilates and yoga; ball stretches for a healthy back and posture; and ball exercises for easier pregnancy and birthing.

**Swiss Ball for Core Strength** Human Kinetics

With exercises suited for

all skill levels, Stiefel describes safe, proper training methods and shows how to simultaneously use weights and the exercise ball for the ultimate total-body workout.

The Core Workout Human Kinetics

NATUROPATHIC PHYSICAL MEDICINE provides a philosophical naturopathic perspective, as well as practical clinical applications, for manual and physical approaches to health care. A wide range of bodywork and movement approaches

and modalities are evaluated in relation to their ability to be appropriately used in naturopathic treatment and rehabilitation settings. The model of care emphasised in this text recognizes that naturopathically oriented therapeutic interventions usually focus on achieving one or all of the following: enhancement of function so that the person, system or part, can better self-regulate in response to adaptive demands; modification or removal of adaptive load factors; and

symptomatic relief without creation of significant additional adaptive changes.

*Swiss Ball Applications for Orthopedic and Sports Medicine* Laval, Que. : Édition RC

If you want to shape up or lose weight, get on the ball! It's inexpensive. It's something you can do at home. It's effective!

However, unless you have a personal trainer, using the exercise ball correctly to get maximum results can be tricky. That's where *Exercise Balls For Dummies* comes in. You'll

discover how to turn an ordinary workout into a super workout that builds strength, increases flexibility, and sculpts a great-looking body. The book includes: Step-by-step details on using exercise balls in your regular workout program  
Tips on selecting and maintaining equipment  
Illustrated exercises covering a complete muscle workout:  
shoulders and upper back; biceps, triceps, and forearms; chest abdominals and lower back; legs and hips;

flexibility in general  
Specific applications for Pilates, weight training, stretching, and aerobic exercise  
Mat workout routines  
Admitted couch potatoes can start at the beginning; fitness fanatics can jump right in and integrate the exercise ball into their routines.  
*Exercise Balls For Dummies* was written by LaReine Chabut, a fitness model, actress, and writer who owns a women's workout spa and stars in workout videos. Of course, she makes it look easy!

Abs on the Ball Lulu.com  
 The ultimate 'one stop' guide to using this bestselling piece of equipment - not just in the gym but at home too. Practical and easily accessible, The Total Gym Ball Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern

and logical way. The Total Gym Ball Workout is brimming with ideas for using this popular piece of fitness equipment. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear. - Each exercise idea is organised by fitness level and includes follow-up and extension ideas. - Written in a jargon-free and concise style, this book is

light on the science and background, heavy on practicality. Naturopathic Physical Medicine Ball Dynamics International, Incorporated Facile d'utilisation et amusant, le Swiss Ball permet de réaliser des exercices particulièrement bénéfiques pour le corps, adaptés aux débutants comme aux initiés. Il permet notamment de tonifier les muscles et de développer leur souplesse. Les exercices proposés sont variés :



renforcement de la ceinture abdominale ; travail avec des haltères ; postures de yoga ; mouvements empruntés à la méthode Pilates.

### **Weights on the Ball**

**Workbook** Lippincott Williams & Wilkins

Think circuit training is for the feeble and faintofheart? Think again. This book revolutionizes the way circuit training is viewed by men all over the world. In addition to its truly hardcore workouts, this book provides links to dozens of Web sites for

elaboration on its principles and examples of its techniques. Its workouts are intense, diverse, creative, and, most importantly, proven. One of its workouts is the exact one used by the cast of 300 as it prepared for filming. "Hardcore Circuit Training for Men" is a nonsense approach to high intensity fitness training. The exercises and circuits provided will give you the motivation you need to get super fit, and the expertise required to dramatically improve your muscular

strength and aerobic fitness. In a park, a hotel room, a gym, or even the living room - there is a circuit here to suit every man's needs.

**Exercise Ball** Price World Publishing

Ready to save money and get fit? Jorge Cruise's Body at Home is a two-in-one book for women and men that guarantees results in just two weeks with no fancy equipment, gym membership, or serious time commitment. Fitness expert Cruise has designed a series of exercises that rev up your

metabolism—without running up your credit card bill—no matter what your age. In Part 1, women will discover his customized plan for slimming trouble zones. In only twenty minutes, three times a week—just an hour a week—you'll:

- Shed inches from your belly, thighs, hips, and butt
- Get healthier and look sexier and younger
- Learn to eat better without counting calories or sacrificing the foods you love

In Part 2, Cruise offers a distinct plan for men that guarantees the

desired results. You will learn how to:

- Get the perfect V-shape: full chest, rounded, broad shoulders, and lean waist
- Get rid of that beer belly for good
- Reduce your risk of heart disease, diabetes, cancer, and even Alzheimer's

Cruise's exercises are designed to help you build and maintain lean muscle mass—the key to keeping your metabolism revved twenty-four hours a day. He shares his eating right plan—complete with easy, delicious recipes. But best of all, he reveals his

breakthrough method for gender and age customization: The Priority Solution.™ This strategy will ignite your personal motivation to make permanent changes in your life. Body at Home is filled with stories of real men and women of all ages who've gotten in shape thanks to Cruise's methods. This is the plan you'll be using to give yourself the body you've always wanted—for life.

Men's Health Human Kinetics Publishers  
 OKU: Sports Medicine 5  
 brings together the most

relevant literature and the latest research, including extensive updates in knee and shoulder, from the past five years. Top notch experts collaborated on this succinct review of pertinent advances in sports medicine. Find brand-new content on bone loss instability, proximal biceps injuries, ACL reconstruction, meniscal posterior horn tears, and much more. *Swiss Ball : Exercises* John Wiley & Sons  
Fitness expert Craig presents a unique and exciting synthesis of two

highly acclaimed fitness techniques: Pilates Method and the Swiss exercise ball. 200 photos. [Swiss Ball Core Workout](#) Rodale  
Use a Swiss ball to strengthen your core muscles, lose weight, and develop a more perfect body. Choose from three progressively challenging fitness levels, each including four or five workouts that use a Swiss ball, light dumbbells, and ankle weights. Target your routine further by selecting either the muscle toning or weight-

loss track that's provided for each workout. You'll love the fantastic results that can be achieved at your own pace. *The Swiss Ball* Springer Science & Business Media  
I have known Beate Carriere for several years and have always been impressed by her deep understanding of the whole field of physiotherapy. In our discussions her questions and comments have been inspiring and demonstrate that her knowledge is not only based on reading but rather on life-long clinical

practice and experience. Thus, it is no wonder that her book is exceptional, presenting the physiology, the pathophysiology, and a technical description of recommended exercises and their clinical application - and not as general recommendations but with convincing examples. All three of the sections are written in clear, understandable language. The author discusses the use of the Swiss ball; however, she did not limit herself to a technical description. Instead she set out to

discover the underlying physiological mechanisms and has succeeded in showing how a knowledgeable physiotherapist can contribute to the development of physiotherapy as a science. Though based on the concept of S. Klein-Vogelbach, Beate Carriere has added so many of her own exercises, descriptions, and explanations that we are justified in speaking about the Carriere concept of using the Swiss ball. What I appreciate in particular

is her critical view and attempt to see the patient and his problems from all possible aspects.

Therefore, she does not consider the Swiss ball program the one and only means of treatment but incorporates other approaches as well.

### **Exercise Balls For Dummies**

Harmony The p-i-l-a-t-e-s Core Stability Ball Instructor Manual contains 76 detailed exercises. A challenging piece of equipment, the Core Stability Ball gives you a fantastic workout due to

it's multidirectional movement capacity. This manual is the final of the 27 p-i-l-a-t-e-s Instructor Series, currently the largest Pilates exercise resource in the world.

**Swiss Ball** A&C Black  
Grade level: 1, 2, 3, 4, 5,  
6, 7, 8, 9, 10, 11, 12, k, p,  
e, i, s, t.

*p-i-l-a-t-e-s Core Stability  
Ball Instructor Manual  
Levels 1 - 5* Simon and  
Schuster

Men's Health magazine  
contains daily tips and  
articles on fitness,  
nutrition, relationships,  
sex, career and lifestyle.

*Pilates on the Ball* Fair  
Winds Press

The focus of this text is to

improve individualized  
clinical, work, recreational  
and home exercise  
programmes by  
presenting exercise  
instructions using the  
Swiss ball. It provides  
illustrated exercises for  
the therapist,  
chiropractor, physical or  
healthcare professional.