



Balance Training: Stability Workouts for Core Strength and a Sculpted Body

Karon Karter

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GO BEYOND THE BALL WITH TODAY'S NEWEST STRENGTH AND BALANCE EXERCISES.

Balance training—or working out on unstable surfaces like the BOSU, ball and core board—forces you to use the deep, inner muscles that other workouts miss. These are the muscles that make you look sleek, toned and sexy.

Whether exercising on the mat at home or working on a balance tool at the gym, *Balance Training* will help you dramatically sculpt your legs, butt and stomach while improving overall strength and posture. Your core and foundational muscles will never be weak and flabby again.

This book takes balance training to the next level, providing the benefits of yoga and Pilates as well as strength and core training—all in one easy-to-follow program.

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