



# **Fitness Ball: Reference to Go: 50 Exercises for Toning, Balance, and Building Core Strength**

*Olivia H. Miller*

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This ebook of toning techniques uses one simple and versatile tool—the fitness ball—and provides 50 ways to help tone and strengthen core stabilizers and maintain balance. First used in physical therapy to build resistance and regain strength in particular parts of the body following injury, fitness balls have rolled into the mainstream as popular and effective tools for muscle conditioning and for enhancing any overall fitness program. You'll have a ball!

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