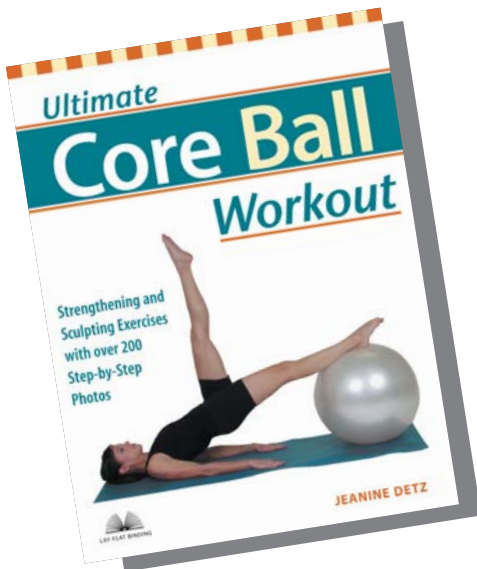


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### **About the Author**

Jeanine Detz is an editor for *Muscle & Fitness* magazine, contributing editor for *Muscle & Fitness Hers*, and has edited several fitness books. She lives in Los Angeles.

# **Ultimate Core Ball Workout**

## **Illustrated Step-by-Step Guide**

People have begun to see the link between weak core muscles and back pain, making core strengthening the main focus for today's exercise enthusiasts. Now, **Ultimate Core Ball Workout** takes core training to a higher level with its on-the-ball variations of traditional mat exercises.

The unique benefits of ball training enable the program in **Ultimate Core Ball Workout** to produce better results in less time. Any crunch will work the abs, but this book's crunch on the ball simultaneously engages the stabilizing muscles of the abdomen and lower body, working more muscle and producing a more sculpted midsection—faster.

Offering more than just good-looking abs, the program in **Ultimate Core Ball Workout** produces numerous health and fitness benefits, including a stronger, more supportive back, improved posture, better performance in sports and even more enjoyable sex. Plus, each exercise is presented with tips and modifications to increase the challenge so readers can continue to improve and get stronger over time.

*If you doubt that merely sitting on one of these balls works your abs, try this experiment: Sit on the ball for a half-hour. Don't do any exercises, just sit—you can watch TV, read or work on your computer—but the key is to just be seated in an upright position. The next day, your abs will be sore, indicating they were worked. Now if you can work your core by merely sitting on the ball, imagine what can happen when you perform exercises on one. (page 6)*

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