

## Abdominales con Balón: Aprovechando Pilates para construir Excelentes Abdominales

By Colleen Craig

Download now

Read Online →

### Abdominales con Balón: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig

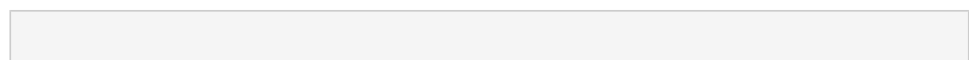
Innovative abdominal exercises to help tone the abdomen, improve posture, and build a strong back using the Swiss exercise ball

- Offers a 15-minute and 30-minute workout for all levels of fitness
- Shows how the mobility of the ball targets underutilized muscles
- Shows how traditional sit-ups and “ab” machines limit how much abdominal muscles can be trained and also aggravate lower back pain and neck tension

The exercise ball has long been recommended by doctors, physical therapists, and Olympic coaches for people suffering from back pain. Now Colleen Craig, author of the bestselling book *Pilates on the Ball*, reveals why the exercise ball is unmatched as a tool for building superb abdominal strength. She presents a selection of over 100 innovative exercises, including some of the key powerhouse-builders from the Pilates Method, all of which she has adapted specifically to the ball.

Craig shows how traditional sit-ups and “ab” machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension. In contrast, the very mobility of the ball targets underutilized muscles, recruiting both deep and superficial abdominal muscle fibers to enhance results.

*Abdominales con Balón* includes exercises for all ability levels and a 15- and 30-minute workout designed not only to build the abdominal core, but also to strengthen and train deep muscles in the back and hip in order to soothe lower back pain and increase overall body strength, balance, and coordination.



 [Download Abdominales con Balon: Aprovechando Pilates para c ...pdf](#)

 [Read Online Abdominales con Balon: Aprovechando Pilates para ...pdf](#)

# Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales

By Colleen Craig

**Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales** By Colleen Craig

Innovative abdominal exercises to help tone the abdomen, improve posture, and build a strong back using the Swiss exercise ball

- Offers a 15-minute and 30-minute workout for all levels of fitness
- Shows how the mobility of the ball targets underutilized muscles
- Shows how traditional sit-ups and “ab” machines limit how much abdominal muscles can be trained and also aggravate lower back pain and neck tension

The exercise ball has long been recommended by doctors, physical therapists, and Olympic coaches for people suffering from back pain. Now Colleen Craig, author of the bestselling book *Pilates on the Ball*, reveals why the exercise ball is unmatched as a tool for building superb abdominal strength. She presents a selection of over 100 innovative exercises, including some of the key powerhouse-builders from the Pilates Method, all of which she has adapted specifically to the ball.

Craig shows how traditional sit-ups and "ab" machines actually limit the degree to which abdominal muscles can be trained and can even aggravate lower back pain and neck tension. In contrast, the very mobility of the ball targets underutilized muscles, recruiting both deep and superficial abdominal muscle fibers to enhance results.

*Abdominales con Balón* includes exercises for all ability levels and a 15- and 30-minute workout designed not only to build the abdominal core, but also to strengthen and train deep muscles in the back and hip in order to soothe lower back pain and increase overall body strength, balance, and coordination.

**Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales** By Colleen Craig **Bibliography**

- Sales Rank: #4060464 in Books
- Brand: Brand: Inner Traditions en Español
- Published on: 2004-07-30
- Released on: 2004-05-21
- Original language: Spanish
- Number of items: 1
- Dimensions: 10.00" h x .60" w x 8.00" l, 1.11 pounds
- Binding: Paperback
- 200 pages

 [Download Abdominales con Balon: Aprovechando Pilates para c ...pdf](#)

 [Read Online Abdominales con Balon: Aprovechando Pilates para ...pdf](#)

## **Download and Read Free Online Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig**

---

### **Editorial Review**

#### Review

" . . . brings a fresh element to fitness training that will complement basic exercise collections in both public and academic libraries." (*Deborah Anne Broocker, Library Journal, May 1, 2003*)

"Ms. Craig offers a refreshing approach to abdominal training while using some of the very effective and popular Pilates techniques." (*Susannah Kent, Vitality Magazine, June 2003*)

#### From the Back Cover

#### **SALUD / ACONDICIONAMIENTO FÍSICO**

En *Abdominales con Balón*, Colleen Craig, autora del best-seller *Pilates con Balón*, revela el motivo por el cual el balón de ejercicios es insustituible, como herramienta para construir una excelente fuerza abdominal. *Abdominales con Balón* utiliza un acercamiento Pilates: un inigualable método de ejercicios, famoso por construir largos, y esculpturales músculos, así como una espalda y centro abdominal fuerte. En este innovador libro, Craig muestra cómo las tradicionales sentadillas y máquinas para hacer "abdominales" en realidad limitan el grado en el que los músculos abdominales se pueden entrenar, y es posible que hasta agraven el dolor de espalda baja y la tensión en el cuello. En contraste, la misma movilidad del balón de ejercicio dispara los músculos que se utilizan poco, reclutando las fibras de los músculos abdominales profundos y los superficiales, para lograr rápidos resultados.

*Abdominales con Balón* presenta una selección de más de 100 innovadores ejercicios, incluyendo muchos de los constructores clave de la central de fuerza del Método Pilates, adaptados especialmente a balones de ejercicios, grandes y pequeños, para acentuar el trabajo de tapete Pilates para los principiantes o los atletas experimentados. Las instrucciones se detallan, paso a paso, en más de 250 fotografías. La autora también ofrece sesiones de ejercicios de 15 y 30 minutos, para todos los niveles de habilidad. Estas sesiones no sólo construyen el centro abdominal, sino que también fortalecen y entrenan a los músculos profundos, para calmar el dolor de espalda baja y aumentar la fortaleza, el equilibrio y la coordinación corporal general.

Si usted está buscando desarrollar los abdominales, mejorar su desempeño deportivo, apoyar la espalda baja o simplemente sentir su cuerpo fuerte y con tono, el innovador y completo sistema que se presenta en *Abdominales con Balón*, le guiará para alcanzar sus metas--en menos tiempo del que se imagina.

COLLEEN CRAIG es una entrenadora certificada en Stott-Pilates y escritora, que desarrolló una técnica única de acondicionamiento corporal, al adaptar el Método Pilates al ejercicio con un balón. Colleen vive en Toronto y enseña en talleres por todo el mundo.

#### About the Author

Colleen Craig is a Certified Stott Pilates Trainer and a writer who developed a unique body conditioning technique by adapting the Pilates Method to the exercise ball. She lives in Toronto and teaches workshops throughout the world.

### **Users Review**

#### **From reader reviews:**

**Kurt Haney:**

As people who live in the actual modest era should be change about what going on or info even knowledge to make these keep up with the era which is always change and move ahead. Some of you maybe will probably update themselves by reading through books. It is a good choice in your case but the problems coming to anyone is you don't know which you should start with. This Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales is our recommendation to help you keep up with the world. Why, as this book serves what you want and need in this era.

**Charity Reulet:**

Hey guys, do you would like to finds a new book to learn? May be the book with the concept Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales suitable to you? The particular book was written by famous writer in this era. The particular book untitled Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales is the main of several books this everyone read now. That book was inspired lots of people in the world. When you read this guide you will enter the new dimension that you ever know before. The author explained their strategy in the simple way, consequently all of people can easily to understand the core of this book. This book will give you a lot of information about this world now. To help you to see the represented of the world with this book.

**Oliver Crites:**

Are you kind of hectic person, only have 10 or maybe 15 minute in your time to upgrading your mind expertise or thinking skill also analytical thinking? Then you have problem with the book when compared with can satisfy your limited time to read it because this time you only find book that need more time to be go through. Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales can be your answer as it can be read by you who have those short free time problems.

**Andrew Howe:**

Do you like reading a reserve? Confuse to looking for your preferred book? Or your book had been rare? Why so many question for the book? But any kind of people feel that they enjoy with regard to reading. Some people likes reading through, not only science book but additionally novel and Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales or maybe others sources were given understanding for you. After you know how the good a book, you feel wish to read more and more. Science e-book was created for teacher or perhaps students especially. Those ebooks are helping them to include their knowledge. In other case, beside science book, any other book likes Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales to make your spare time a lot more colorful. Many types of book like this.

**Download and Read Online Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig #1OYJSH03Z42**

## **Read Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig for online ebook**

Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig books to read online.

### **Online Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig ebook PDF download**

**Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig Doc**

**Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig Mobipocket**

**Abdominales con Balon: Aprovechando Pilates para construir Excelentes Abdominales By Colleen Craig EPub**