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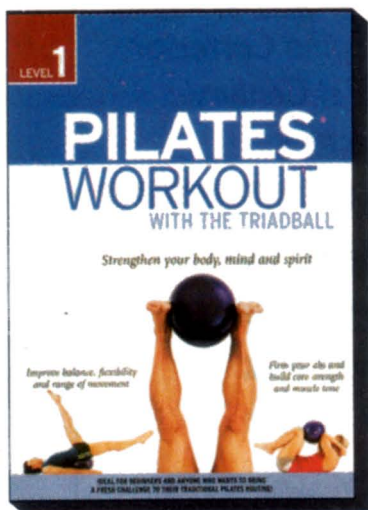


# *Pilates Workout With the Triadball: Level 1*

**Instructors:** Michael Fritzke and Ton Voogt

**Level:** Beginner

**Equipment:** Mat, Triadball



Props can enhance your Pilates workout, or just get in the way. Luckily, with Michael and Ton's new Triadball program, the small, inflated ball really does help deepen

the core connection. Many traditional exercises are easier to perform correctly with the Triadball, and the clear cueing makes working with this new tool simple. While Criss-Cross seems more advanced than some of the gentler exercises, the workout is well-suited for beginners, and can also help increase the core connection for more advanced students. **Bottom Line:** A good first prop, the Triadball can be mastered at home.

**55 minutes. DVD (\$24.95, \$39.95 with ball).**

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