



**Body Ball Upper & Lower Body Exercise  
Laminated Poster/Chart - Total Upper & Lower  
Body Workout - Your Personal Trainer, Fitness  
Program for Women & ... Your Legs -Glutes &  
Upper Body - Motivational**

*Andre Noel Potvin*

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\* This poster features 17 exercises to work both the upper and lower body with a ball.

\* Use this poster to quickly reference different ball exercises for neck, shoulders, chest, triceps, hamstrings, abductors, adductors and quadriceps muscles.

The Body Ball or Fitness Ball is a versatile tool used in many different fitness applications.

All exercises are clearly explained with step-by- step instructions and descriptive photos.

Created with fitness experts.

Poster is 24 x 36 inches and laminated.

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