



# TRIADBALL™

**new!** TRIADBALL™

Get the benefits of a costly Pilates studio equipment workout anywhere, anytime with the unique TRIADBALL™. This ball was designed to align and sculpt your body without the use of Pilates equipment. Ball features a unique texture, size and material composition designed to help you build more core strength while intensifying and deepening your Pilates workout. The TRIADBALL can be customized to support your individual comfort level and ability. Inflation straw included. Purple – approximately 24cm.

- TRIADBALL™ (#LE8012) ..... \$17.95
- TRIADBALL™ with Manual (#8493PKG) ..... \$52.95

**new!** **optp exclusive**

**Pilates TRIADBALL™ Manual**

This manual contains more than 250 exercises and variations to strengthen, align and sculpt your body without Pilates equipment. This is the first and only manual on the market today for a ball its size. Numerous personal trainers, yoga instructors, group fitness instructors and physical therapists are utilizing the dynamic nature and elements of the TRIADBALL™ to successfully integrate the TRIADBALL™ into their sessions and classes. This manual will serve you as a starting point and reference point in working and integrating the TRIADBALL™ into your workouts and sessions. The Pilates TRIADBALL™ Manual is extremely user friendly, and a sample workout is included as a great starting point for you and your clients! Illustrated. Softcover, 180 pages.

- Pilates TRIADBALL™ Manual (#8493) ..... \$39.95

**new!**

**Pilates Workout with the TRIADBALL™ DVD – Level 1**

Pilates Master Teachers Michael Fritzke and Ton Voogt lead you through a complete set of low-impact Pilates exercises with the TRIADBALL™ designed to improve muscle tone, build core strength and increase flexibility. Get the benefits of a costly Pilates studio equipment workout anywhere, anytime with this unique workout. Michael and Ton ease your way into versatile, controlled movements that focus on correct breathing, proper body alignment and good posture. Ideal for beginners and anyone who wants to bring a fresh challenge to their traditional Pilates routine. *This workout was the "Critic's Pick" of Time Out New York magazine, July 2005 and was reviewed by Pilates Style™ in the May/June 2006 issue.* Running time approximately 57 minutes. TRIADBALL™ sold separately.

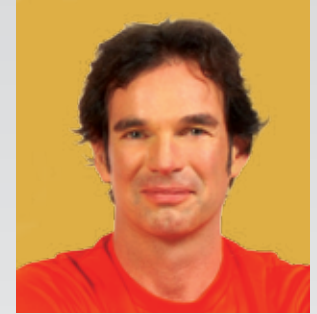
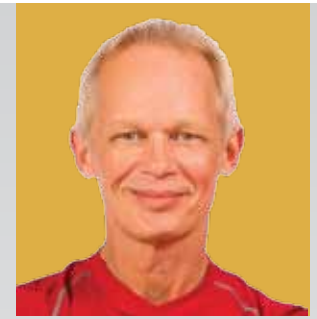
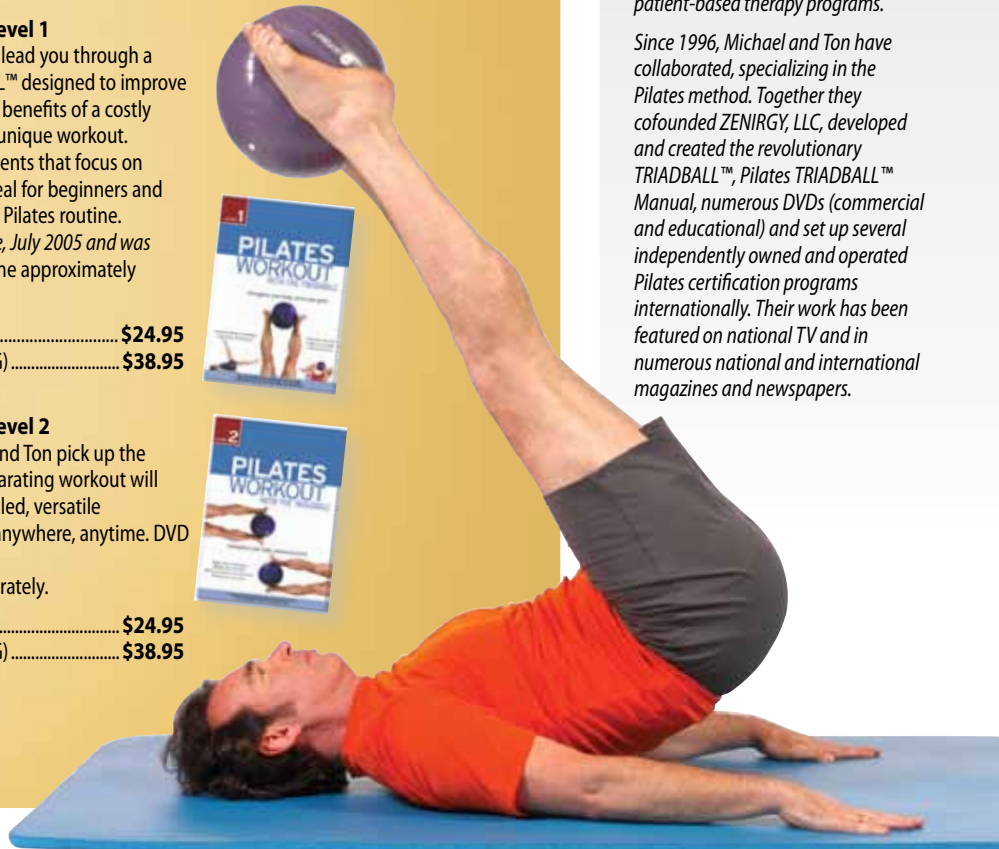
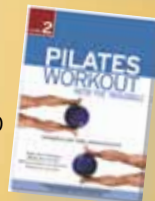
- Pilates Workout with the TRIADBALL™ DVD – Level 1 (#9491DVD) ..... \$24.95
- Pilates Workout DVD – Level 1 and TRIADBALL package (#9491PKG) ..... \$38.95

**new!**

**Pilates Workout with the TRIADBALL™ DVD – Level 2**

Take the workout you love to the next level! Michael and Ton pick up the pace with 10 exciting new exercises and 15 variations. This exhilarating workout will challenge your mind, body and spirit with a full-range of controlled, versatile movements. Get the benefits of a costly Pilates studio workout anywhere, anytime. DVD focuses on core strength, muscle tone, balance and technique. Running time approximately 55 Minutes. TRIADBALL™ sold separately.

- Pilates Workout with the TRIADBALL™ DVD – Level 2 (#9492DVD) ..... \$24.95
- Pilates Workout DVD – Level 2 and TRIADBALL package (#9492PKG) ..... \$38.95



*Michael Fritzke & Ton Voogt are internationally recognized Pilates Master Teachers, presenters, educators, consultants, and innovators. Both worked with Romana Kryzanowska, one of Joseph Pilates protégés, for over a decade in New York City where they were Teacher Trainers for her original international Pilates certification program. They have also collaborated with a wide range of physical therapists to integrate the Pilates method into patient-based therapy programs.*

*Since 1996, Michael and Ton have collaborated, specializing in the Pilates method. Together they cofounded ZENIRGY, LLC, developed and created the revolutionary TRIADBALL™, Pilates TRIADBALL™ Manual, numerous DVDs (commercial and educational) and set up several independently owned and operated Pilates certification programs internationally. Their work has been featured on national TV and in numerous national and international magazines and newspapers.*