



# Strength Ball Exercises for the Chest

*Lorne Goldenberg, Peter Twist*

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**Strength Ball Exercises for the Chest** Lorne Goldenberg, Peter Twist

Strength Ball Exercises for the Chest contains 13 exercises to help you develop upper-body strength. This mini e-book provides you with the tools for building an effective workout program at home or in the gym that activates the pectoral and deltoid muscles, improves balance, and enhances stabilization.

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