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The Bender Ball Method

The revolutionary system of Selective Stabilization™ developed by Leslee Bender maximizes your workout routine. Every position targets your abdominal core, intensifying and focusing the exercises.

Crunches Versus Bender Ball Workout

You can achieve great abdominals quickly. The Bender Ball workout has been shown to be over 400% more effective than a regular routine of crunches.

The Bender Method of Core Training was created by fitness expert Leslee Bender.

ORDER NOW!



ONLY **\$9⁹⁹** PLUS S&H

ORDER NOW



"It's quick, it's right to the point, gets right to the abs. You will see results quickly, and that's the best part."
- Kitty Howard



Great results can be your when you follow Leslee Bender's Method of Core Training. Leslee has developed a whole routine of moves that implement her Selective Stabilization™ system, perfecting every ab sculpting position. Your abdominal muscle groups are engaged and defined when following the Bender Ball workout, including your upper abs, side abs, and even your tough to reach lower abs.

Money Back GUARANTEE



