

Core Integration & Strengthening ONLINE *Equipment List*

WEEK 1

DAY	EQUIPMENT
1	Mat Towel
2	Mat Stability Ball Towel
3	Mat Chair Massage Ball 1 Weight 5-10 lbs Towel
4	Mat Stability Ball Towel
5	Chair Yoga Block or Books Mat Dumbbell 5-10 lbs Towel

WEEK 2

DAY	EQUIPMENT
1	Chair Massage Ball Yoga Block or Books Stability Ball Mat Towel
2	Chair Massage Ball Dumbbell 5-10 lbs Mat Stability Ball Towel
3	Stability Ball Mat Small Pillow Dumbbell 5-10 lbs Towel
4	Chair

	Yoga Block or Books Stability Ball Dumbbells 5-10 lbs Mat Towel
5	Mat Dumbbell 5-10 lbs Stability Ball Towel

WEEK 3

DAY	EQUIPMENT
1	Chair Yoga Block or Books Stability Ball Dumbbells 5-10 lbs Mat Towel
2	Chair Massage Ball Mat Dumbbell 5-10 lbs Towel x2
3	Stability Ball Mat Chair Dumbbell 5-10 lbs Towel
4	Mat Dumbbells 5-10 lbs Towel
5	Chair Massage Ball Mat Stability Ball Dumbbell 5-10 lbs Towel

Week 4

DAY	EQUIPMENT
1	Chair Yoga Block or Books Dumbbell 5-10 lbs Mat Towel
2	Mat Dumbbells 5-10 lbs Towel
3	Mat Stability Ball Chair Massage Ball Dumbbells 5-10 lbs Towel
4	Chair Yoga Block or Books Dumbbells 5-10 lbs Mat Stability Ball Towel
5	Chair Yoga Block or Books Mat Stability Ball Dumbbell 5-10 lbs Towel