

## ***P2 Core Integration & Strengthening Equipment***

### **WEEK 1**

DAY 1	Mat, Dumbbells 5-10 lbs, Stability Ball, Towel
DAY 2	Chair, Massage Ball, Yoga Block or Chairs, Mat, Stability Ball, Towel
DAY 3	Mat, Stability Ball, Pillow, Towel

### **WEEK 2**

DAY 1	Mat, Stability Ball, Dumbbells 5-10 lbs, Towel
DAY 2	Mat, Stability Ball, Dumbbells 5-10 lbs, Towel
DAY 3	Mat, Chair, Massage Ball, Dumbbells 5-10 lbs, Towel

### **WEEK 3**

DAY 1	Stability ball, Mat, Dumbbell 5-10lbs, Towel
DAY 2	Stability Ball, Dumbbell 5 lbs, Mat
DAY 3	Chair, Yoga Block or Books, Dumbbell 5-10 lbs, Mat

### **WEEK 4**

DAY 1	Chair, Mat, Dumbbell 5-10 lbs, Massage Ball, Towel
DAY 2	Mat, Stability Ball, Dumbbells 5-10 lbs, Massage Ball
DAY 3	Chair, Massage Ball, Mat, Dumbbell 5-10 lbs, Stability Ball, Towel