

P3 EQUIPMENT LIST:

WEEK 1

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

WEEK 2

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

WEEK 3

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

WEEK 4

DAY 1	Chair / Massage Ball / Mat / Stability Ball / Dumbbells 5-10 lbs / Towel
DAY 2	Mat / Dumbbells 5-10 lbs / Stability Ball
DAY 3	Mat / Stability Ball / Dumbbells 5-10 lbs / Towel
DAY 4	*BONUS DAY* Your baby (s) kid (s) Stability Ball / Mat