

Equipment List

Exercise Ball



Also known as a 'Swiss Ball', 'Yoga Ball' or 'Fit Ball'

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it.

Your height is the quickest way to estimate which size ball you will want. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Height

Ball Size

Under 4'8"/142cm

45cm Ball

4'8" to 5'3"/142-160cm

55cm Ball

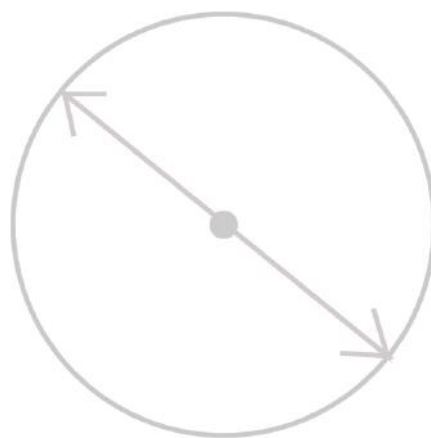
5'4" to 5'10"/160-178cm

65cm Ball

5'10" to 6'4"/178-193cm

75cm Ball

****The measurement of the ball is diameter ****



Fusion ball (Medium soft ball)



Known as a soft stability ball or pilates soft ball. It is recommended to have 3 of these balls as different amounts of inflation are required for certain exercises.

Size: Between 7-10 inches in diameter.



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Equipment List

Theraband / Resistance Band



10Ft -15FT in length and 3"- 6" wide is required.
The strength should be medium strength. If your band is narrow (3") you may need a longer length.

Please note: the color of the band and associated strength changes depending on the supplier.

Racquet Ball



Also known as a hand ball, lacrosse ball, massage ball or pinky ball.

A tennis ball is not recommended.



Yoga Mat

