

PBT EQUIPMENT RECOMMENDED

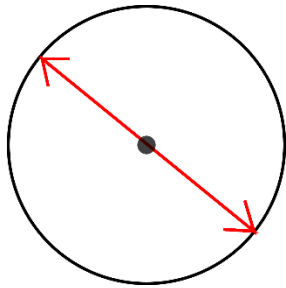
YOGA MAT

EXERCISE BALL



Using your height to size up your 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. 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	Recommended ball size (measurement of the ball is diameter from one side to the other)
Under 4'8	45cm ball
4'8 to 5'3	55cm ball
5'4 to 5'10	65cm ball
5'10 to 6'4	75cm ball

Fusion Ball

Known as Stability Ball or Pilates Soft Ball



Size between 20"-23" cm in diameter or closest to 54cm in circumference (measurement around the ball)



Resistance Band

Also known as TheraBand

9.8ft X 6" wide

Medium strength (color of strength changes depending on brand)



Lacrosse Ball/Racquetball

Closest to 8" in circumference or 2.5" in diameter

Note: A tennis ball is not recommended



Mini Loop Band

Also known as resistance loop band

Medium strength up to Advanced

Advanced students use Heavy strength