

Minibands

Mini bands come in different strengths- Light to Heavy

Resistance Bands

Long band with loops, come in different strengths- Light to Heavy (CLX Band, Resistance tubing with handles)

Dumbbells

It's good to have three different weights. For example you would want two of each- 5lb, 10lb, and 15lb

Stability Ball

When selecting the right stability ball, make sure you find the size chart to get the right size for you.

Sliders

Two round discs that can be used on carpet or hard flooring depending on which side is facing down (paper plates and sock or towel can also be used)

TRX

TRX travel set recommended. You can use a door that closes towards you.

Yoga Mat & Block

Choose a mat thickness that gives your body the support needed. May need a yoga block for extra support in your yoga classes.

Kettlebells

Choose three weights. Light, medium and heavy. E.g 10/20/30lb or 15/25/40lb