

Required: Dumbbells, Mini Band (Loop Band), Pilates Ball, Long Flex Band, Mat

Optional: Yoga Block, Fitness Bench

Dumbbells



WeGym

WeGym has square, soft-grip dumbbells that range from 2 to 20 pounds. They feel great to work with, and the square shape makes them very functional. Use the link below for 10% off (automatic at checkout)

Individual sets: <http://wegymfit.com/PILATESFT?q=dumbbells-sandstone>

Full set: <https://wegymfit.com/PILATESFT?q=dumbbell-set-with-rack-full-set>

Resistance Bands



Resistance Loop Bands

Resistance bands are cost-effective, and they can be used for a wide variety of exercises. They also make a great travel partner.

<https://amzn.to/4jQjqUa>

Long Flex Band

I don't have a discount code for one of these, but here is a band on Amazon.

<https://amzn.to/4IMx38Z>



WeGym Resistance Bands

Resistance bands are cost-effective, and they can be used for a wide variety of exercises. For the lower body in particular, it is very helpful to have a fabric band with a grip inside. Use the link below for 10% off (automatic at checkout)

<https://wegymfit.com/PILATESFT?q=resistance-bands>

Mat



WeGym

WeGym has several options for yoga mats, and they are all super high quality, soft, and beautiful! You'll notice the color palette matches the dumbbells, so you can have a coordinated home workout setup. Use the link below for 10% off (automatic at checkout).

<https://wegymfit.com/products/4mm-yoga-mat-suede>

Fitness Bench

WeGym

My favorite exercise bench is from WEGYM. It is beautiful, comfortable, and so fantastic to use. Use the link below for 10% off (automatic at checkout).

<https://wegymfit.com/products/fitness-bench>



Yoga Block



WeGym

WeGym's yoga blocks are soft and come in either beautiful colored foam or cork. Use the link below for 10% off (automatic at checkout).

<https://wegymfit.com/PILATESFT?q=foam-yoga-block>

Gaiam

A more affordable option is available from Gaiam on Amazon.

<https://amzn.to/4cQiCMS>



Pilates Ball



Pilates Mini-Core Stability Ball

Find this Pilates ball on Amazon.

<https://amzn.to/43a2lbR>

pilates
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