

PBT required class tools

You do not have to buy these brands from the links we've listed below, they are just for reference

Resistance band

“Medium” strength. Must be 3 yards long

[Click here](#) *(you can get two bands out of this, so splitting the cost with a friend is a great idea!)*

Pilates Ball, 9 inch

[Click here](#)

Exercise Ball

Please leave this at the studio with your name on it; they are big and we have shelves to store them on. Please see chart to the right for size reference.

[Click here](#)

OPTIONAL Mini loop band

Medium strength. This is optional as they can use their long resistance band and wrap it to make it smaller.

[Click here](#)

Also know as a 'Swiss Ball' or 'Fit 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
Under 4'8"/142cm	45 cm ball
4'8" to 5'3"/142-160cm	55 cm ball
5'4" to 5'10"/160-178cm	65 cm ball
5'10" to 6'4"/178-193cm	75 cm ball