

**TheraPilates® Virtual Exercise Classes**

**Supply List**

Here is the list of supplies that will be used in our classes. Feel free to use equipment you already have at home. Click the links for seeing examples of the supplies online. Watch the companion video here: **[https://youtu.be/tBwKq\_fmY9Y](https://youtu.be/tBwKq_fmY9Y%22%20%5Ct%20%22_blank)**

[**Poplar Raw Wood** **Dowel**](https://www.homedepot.com/p/1-in-x-48-in-Raw-Wood-Round-Dowel-HDDH148/203360196) **48" x 1"** (or use a broomstick)

12”x12” Pillow to cushion ribs in prone on the floor

[**Rubber Stoppers**](https://www.homedepot.com/p/Everbilt-1-in-Black-Rubber-Leg-Caps-for-Table-Chair-and-Furniture-Leg-Floor-Protection-4-Pack-49128/203661031)for the Dowel (needed if you are on hardwood or tile floors):

**Box for Deadlift:** [**Option 1**](https://www.amazon.com/iDesign-Modulon-BPA-Free-Recycled-Stackable/dp/B00022EX4A?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&smid=ATVPDKIKX0DER&th=1) **,** [**Option 2**](https://www.staples.com/advantus-extra-large-open-lid-storage-bin-black-37519/product_24468683?cid=PS%3AGS%3ASBD%3APLA%3AOS&gclid=CjwKCAiAqt-dBhBcEiwATw-ggFGNcTPBD-VjaVq7EehAZSBYrZg8btBDfr77l6zm1wqp6DyImCIcjRoCG4wQAvD_BwE) **,** [**Option 3**](https://www.staples.com/advantus-extra-large-open-lid-storage-bin-black-37519/product_24468683?cid=PS%3AGS%3ASBD%3APLA%3AOS&gclid=CjwKCAiAqt-dBhBcEiwATw-ggFGNcTPBD-VjaVq7EehAZSBYrZg8btBDfr77l6zm1wqp6DyImCIcjRoCG4wQAvD_BwE)

**8” Balls for Thoracic Extension:** [**Option 1**](https://www.yamunausa.com/products/silver-ball?_pos=1&_sid=cbf1b143a&_ss=r&variant=689811979)**,** [**Option 2**](https://www.optp.com/Balls-for-Body-Work?kw=massage+ball)

**Therabands:**

[**Beginner (GREEN) 6 yd box**](https://www.amazon.com/TheraBand-Resistance-Professional-Exercise-Intermediate/dp/B000E3Y5HW/ref%3Dsr_1_7?crid=2S81YBTR43LKQ&keywords=theraband%2Bresistance%2Bband&qid=1673054123&sprefix=theraband%2Caps%2C427&sr=8-7&th=1)

[**Intermediate (BLUE) 6 yd box**](https://www.amazon.com/TheraBand-Resistance-Professional-Exercise-Intermediate/dp/B001CPP6DS/ref%3Dsr_1_7?crid=2S81YBTR43LKQ&keywords=theraband%2Bresistance%2Bband&qid=1673054123&sprefix=theraband%2Caps%2C427&sr=8-7&th=1)

[**Resistance Loops**](https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref%3Dsr_1_1_sspa?crid=DL1C79R78F04&keywords=fit%2Bsimply%2Bresistance%2Bloop%2Bexercise%2Bbands&qid=1675956918&sprefix=simply%2Bfit%2Bloops%2Caps%2C463&sr=8-1-spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFKV0JaSlZXNElCVDEmZW5jcnlwdGVkSWQ9QTAyNDYwMjYyVDlERktTWkpFWU9UJmVuY3J5cHRlZEFkSWQ9QTA3Mzg0MzYxRjhTQ1BLMFhHODVHJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ%3D%3D&th=1)

**Pilates Mat:**

[**High Quality Airex Coronella**](https://www.amazon.com/SPRI-Airex-Coronella-Exercise-0-6-Inch/dp/B008DSJK0C/ref%3Dsr_1_3?dchild=1&keywords=airex+coronella+terra+mat&qid=1618928199&sr=8-3)

[**Affordable Aero Mat**](https://www.amazon.com/AmazonBasics-Extra-Thick-Exercise-Carrying/dp/B01LP0V4JY/ref%3Dsr_1_1_sspa?dchild=1&keywords=Pilates%2BMat&qid=1618928240&sr=8-1-spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFVTEI4SFI5TjE1TFomZW5jcnlwdGVkSWQ9QTAyOTQyNDAyUzlRTlZJT1dFWE1CJmVuY3J5cHRlZEFkSWQ9QTA5MDMwOTYzRVZVS0JPVjdZWFRQJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWN0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ%3D%3D&th=1)

[**Backpack**](https://www.amazon.com/dp/B09R3TCC6V?ref_=cm_sw_r_apin_dp_ZHP5RRRQXPBM8EQFN80V) **for Back Squats** (or use another that has a sturdy padded back, padded shoulder straps and a pelvic strap or waist belt if your shoulders are sensitive

[**Foam Roller**](https://www.amazon.com/ProSource-Half-Round-Physical-Exercises-Stabilization/dp/B00EDTEIAM/ref%3Dsr_1_8?crid=OD7N42KC4UBV&dchild=1&keywords=foam%2Broller%2B36%2Binch&qid=1610052931&s=sporting-goods&sprefix=foam%2Broller%2Csporting%2C189&sr=1-8&th=1) **6”x36”**

**When you can lift 40# and are ready for a barbell:**

**5 Foot Barbell (2” Diameter)**

[**Walmart**](https://www.walmart.com/ip/BalanceFrom-2-In-Olympic-Weightlifting-Barbell-Weight-Bar-5-Ft-700-Lb-Capacity/911272600?wmlspartner=wlpa&selectedSellerId=0&adid=22222222227000000000&wl0=&wl1=g&wl2=c&wl3=42423897272&wl4=aud-393207457166%3Apla-51320962143&wl5=9025470&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=911272600&veh=sem&gclid=CjwKCAiAqt-dBhBcEiwATw-ggP4uQ0KcMaCr14Lqo1wFfuBsm2qeA0AWgWOimHOHefU3gBRGeNRH4RoCMqIQAvD_BwE)

[**Amazon**](https://www.amazon.com/CAP-Barbell-5-Foot-Olympic-OBIS-60/dp/B0BBKSNHDD/ref%3Dsr_1_5?crid=2LMKME5GNF5YH&keywords=barbell%2B5%2Bfoot&qid=1673053172&sprefix=barbell%2B5%2Bfoot%2Caps%2C121&sr=8-5&th=1)

[**Barbell Clamps**](https://www.amazon.com/barbell-olympic-standard-threaded-adjustable/dp/B01DJJW3TO/ref%3Dsr_1_5?crid=1LR1UCSR3K16S&dchild=1&keywords=dark+iron+fitness+barbell+clamps&qid=1627914639&sprefix=dark+iron+fitness+barbell%2Caps%2C234&sr=8-5) **(to hold weight plates on)**

**Rubber Coated Bumper Plates**

[**Option 1 (Large Set)**](https://www.amazon.com/papababe-Fractional-Designed-Barbells-Strength/dp/B08FX64MD5/ref%3Dsr_1_6?crid=22ZTH2JB9CSIL&dchild=1&keywords=5%2Blb%2Bbumper%2Bplates%2Bset%2Bof%2B2&qid=1629748353&s=sporting-goods&sprefix=5%2Blb%2Bbumper%2Bplate%2Csporting%2C229&sr=1-6&th=1&redirectFromSmile=1)

[**Option 2 (Small Set)**](https://www.amazon.com/dp/B0B4RHL3L3/ref%3Daod_recs_desktop_prsubs_4?redirectFromSmile=1)

[**Wrist Weights**](https://www.amazon.com/BalanceFrom-GoFit-Fully-Adjustable-Weights/dp/B079RTGYM1/ref%3Dsr_1_9?crid=18SEX0SY04DG4&keywords=wrist%2Bweights%2B1.5%2Blb&qid=1675957019&s=sporting-goods&sprefix=wrist%2Bweights%2B1.5%2Blb%2Csporting%2C118&sr=1-9&th=1&psc=1) **(for going up very gradually in resistance)**

[**Magic Circle**](https://www.amazon.com/Pilates-Ring-Workout-Equipment/dp/B07BJH8TLN/ref%3Dsr_1_5?crid=27E7SA3SF3IDB&keywords=magic%2Bcircle&qid=1683761870&s=sporting-goods&sprefix=magic%2Bcircle%2Csporting%2C127&sr=1-5&th=1&psc=1) **(Optional)**

Feel free to log in and observe a class to see how the supplies are used. Please let us know if you have any questions by emailing info@therapilates.com.

See you in class!

Dr. Sherri Betz and TheraPilates® Team