



## **Pre-natal Clinical Pilates Series – Equipment List**

Item	More Information
Exercise mat	15mm Pilates mat is used during the series, you can use any mat you feel comfortable with or even just a rug/towel. As long as it's not slippery.
Fit ball	Ideal size when seated on the ball with feet flat on floor the angle at the hip is 90° and the angle at the knee is 90° (see size guide below).
Hand weights	1-2kg, alternatively cans of tinned food or a couple of water bottles (same size/weight).
Resistance band	Medium resistance 1.2m band is used throughout the series, you are welcome to go lighter or heavier, just pick a resistance that works for you.
Strap	Any strap you can find that is long enough to wrap around the base of your ribcage and cross over at the front. Non-stretch is ideal i.e. yoga strap, tie-down strap, dressing gown tie, rope, dog lead...
Foam roller	90cm medium density is ideal (not super hard), you can use a shorter roller if you already have one but you may have to modify as needed to suit the length of your roller.
Pillows	These are to keep you comfortable (rest your head on) and can be used instead of the mini ball for knee squeezes.
Water	Small sips recommended throughout each session.
Pants	Optional.

## **Fit Ball Size Guide**

Your Height	Ball Size
Under 155cm	38cm ball
155cm to 170cm	55cm ball
170cm to 185cm	65cm ball
185cm +	75cm ball