

Equipment Required for Workshops

You can find locations of where to purchase this equipment at the bottom of the following page www.pbt.dance/equipment/ otherwise, a good resource is Amazon.



Exercise Ball

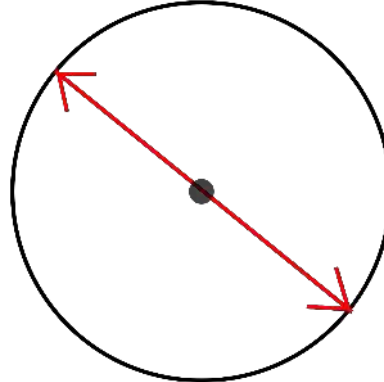
Also known as a 'Swiss Ball' or 'Fit Ball'

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

For children who are 5 years and younger, always use a 45 cm ball.



**The measurement of the ball is diameter (measuring from what side of the ball to the other)

*Please note that we will provide pumps at the workshop, so you can bring your exercise ball deflated. (unbold) This ball, as well as the other equipment needed, should fit within a carry-on suitcase.



Medium Soft Ball

Known as a Soft Stability Ball or Pilates Soft Ball. A Soft Toy Ball can be used and found in many toy shops.

Size: Between 20 to 23cm in diameter. Or closest to 54cm (22") in circumference (measurement around the ball)

Resistance Band

Also known as a TheraBand

9 feet / 2,7m in length & 6" / 15cm wide Medium strength

Note: the colour of the strength changes depending on the supplier.



Lacrosse Ball

Also known as a Hand Ball or Pink Ball

Closest to the size of 8" or 20.5cm in circumference (measurement around the ball) Or 6.3cm / 2.5" in diameter

*A Tennis Ball is not recommended. If above balls are not available, next best option is a pet fetch ball

** All equipment needed should fit within a carry-on suitcase.

Pilates Mat and Water Bottle



Attire

You will need to wear normal teaching clothes, roll tights or pants to the knee. You will be placed into small groups to learn each exercise and questions are encouraged as we work through each level.

* Workshop notes that have been sent to you and a pen for extra notes you may wish to include.