



## PROPS FOR PREGNANCY:

[5% ONE TIME discount at Balanced Body: Code# PIL0220](#)

Magic Circles

Foam Roller – full round, full length (6X36”) <https://amzn.to/3lcTUMX>  
and ½ rollers full length <https://amzn.to/3Ng02zH>  
*Search for better prices*

Padded Foot Plate – from Cadillac

<https://amzn.to/3yGaNYj>

or Balanced Body: <https://www.pilates.com/store/equipment-accessories/pilates-tower-accessories/padded-foot-stopper>

Airex (Balance) Pad (there are substitutes, make sure they aren't slippery material)

<https://amzn.to/3t0JmF1>

Small hand weights 1-3lbs

Velcro straps (large and small) from Cadillac or order from Balanced Body

<https://amzn.to/3MwuGEY>

Standard boxes

Moon Boxes & 1/2 Moon Box

Large Thera balls 55cm

<https://amzn.to/3NgEwLd>

Small “playground” ball – find at toy store or Target. 4-5” approx.

<https://amzn.to/3Psnfk7>

Wedge Pillow - at Bed Bath & Beyond or Balanced Body or rehab catalog

<https://www.pilates.com/store/accessories/non-slip/wedge>

Side Wedge Pillow

<https://amzn.to/3MdS7D3>

Small Pillow – Airplane/Camping Pillow at Bed Bath & Beyond with pillowcase or Reformer Pillow by “Stamina” Try QVC, Amazon or Google

<https://amzn.to/3MzK9Vb>

OR cotton pillow with case <https://amzn.to/3t1jxoj>

Donut Pillow -

<https://amzn.to/3lboFln>

Or use a Neck Pillow - <https://amzn.to/39pnuvQ>

Also always avail at Marshalls / Home Goods / TJ Max in travel section

Small towels – hand towel sized

Jump Board – Balanced Body

<https://amzn.to/3FNOIbA>

OR <https://www.pilates.com/store/equipment-accessories/accessories/padded-foot-plate>

Gondola Poles / Dowel from lumberyard – various sizes (dowel length and standing length)

<https://amzn.to/39Xv94N>

OR

<https://www.pilates.com/store/accessories/poles/gondola>

Therabands – various density -we like this brand, latex free, cut to order roll. REPS

<https://amzn.to/3szApSE>

Mats – Balanced Body or OPTP etc.

Handles (neoprene) – Balanced Body <https://www.pilates.com/store/equipment-accessories/loops-and-handles/handles>

OR <https://amzn.to/3wvR0bd>

Less expensive and wipeable:

<https://amzn.to/3LkJK7g>

Pads (foam or neoprene) – Balanced Body <https://www.pilates.com/store/accessories/non-slip/non-skid>

Better price! <https://amzn.to/3yGbNve>

Non-slip material – kitchen dept. of any home store or Balanced Body

<https://amzn.to/3witG1K>

“Perfect Push Up”

<https://amzn.to/3FP8ROt>

Wrist Roller - (weight plate sold sep.)

<https://amzn.to/3wutP14>

Breast Pillow -

<https://amzn.to/3NeKGM3>

Massage Stick for IT Band etc.

<https://amzn.to/3FPTAwY>

Or the one used in the video at the workshop

<https://amzn.to/3MfLNee>

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