

55 Fit Virtual Class: Equipment List

(Things you have or can make if cannot procure them.)

Chair-very important. No wheels. Solid seating.

Weights-regular is great. If you have no weights, cans can work for you.

Body towel-this is a full sized towel rolled on the short end as tight as possible and secured on both ends and in the middle.

Sliders-for carpet, paper or shiny cardboard will do. For tile or laminate, two dry wash cloths. Or actual furniture movers will work as well.

Bands: Many of you have some type of band. Therapy, 12 inch loops, handled bands. We mostly use bands in a looped set up. 12 inch looped bands are our primary use. Therapy bands can be tied to this size. Handled bands can be wrapped and held in place. Or you can skip the band entirely and just use weights or nothing at all—just movement. (Looped bands available from instructor upon request.)

Box (of Doom): use a box in the 3 x 4 x 9 dimension (think **Yoga block** or pasta box size). Not much smaller and not much bigger. Tape securely closed. We use this as a target and a step over.

Squishy ball or pillow: used for press resistance. A child's play ball is great (6-9 dia.) or a decorative small pillow you can mush up.

Marching pillow: any old, dead pillow you have in the house (I know you have one—we all do!) I use an older memory foam pillow for marching resistance. Be aware: make sure your pillow is on a non-skid surface when you are using it.