



# Pilates Equipment List

To keep things simple, I have listed the links to all the products I use that you may need for the online and in person courses. Check with me before ordering everything on the list!

Click on the links below.

**Mat – eco-friendly, non-slip**

<https://shop.appihealthgroup.com/product/appi-jute-pilates-mat/?ref=205>

I use.....15mm mat (comfort for my back on a hard floor)

<https://physioworldshop.co.uk/products>

**Head Cushions** (you may need 2 x small head cushions depending on your neck position)

<https://shop.appihealthgroup.com/product/pilates-head-pad-1-inch-blue/?ref=205>

<https://shop.appihealthgroup.com/product/pilates-head-pad-3-inch-blue/?ref=205>

**Balls**

Soft pilates ball:

<https://shop.appihealthgroup.com/product/soft-pilates-ball/?ref=205>

Massage/prickle balls – ORDER 2 (one for each foot)

<https://shop.appihealthgroup.com/product/appi-massage-balls-medium/?ref=205>

NB For seniors with very thin skin on the soles of your feet or smaller feet, order 2 x 7cm balls from here:

<https://www.mad-hq.com/spikey-massage-ball-7cm-small>

**Bands**

Resistance Bands

<https://shop.appihealthgroup.com/product/pilates-band-arms/?ref=205>

<https://shop.appihealthgroup.com/product/pilates-band-legs-single/?ref=205>

Loop Bands

<https://shop.appihealthgroup.com/product/appi-resistance-loop-bands-set-of-5/?ref=205>



## Weighted balls

<https://shop.appihealthgroup.com/product/appi-weighted-balls-0-5kg-pair/?ref=205>

## Sitting block

<https://shop.appihealthgroup.com/product/pilates-sitting-block-purple/?ref=205>

## Oval pads

<https://shop.appihealthgroup.com/product/oval-balance-pads-blue/?ref=205>

## Rehab extras

For those that have seen me for their 1:1 assessment and know they have been recommended to use these products:

- Loop band for hips and knees  
<https://shop.appihealthgroup.com/product/appi-resistance-loop-bands-set-of-5/?ref=205>
- Miracle Balls: The Miracle Ball Method by Elaine Petrone – 2 x balls and a small book. Releasing muscle tension & realigning the body. Try ebay.
- Push Up Grips to support wrists – Decathlon  
[Push-Up Bar Grips CORENGTH - Decathlon](#)