

○ 1 / *Pinky Ball*



Fabulous and super portable tool for releasing and mobilizing stuck muscles and fascia all over the body.

[Buy Here](#)

○ 2 / *Franklin Balls*



Multifaceted and fascia friendly set of balls that can do everything from releasing muscle tension to mobilizing sticky joints to activating the core.

[Buy Here](#)

○ 3 / *Yoga Block*



This foam block assists with finding correct pelvic positioning in seated exercises, provides stability to the pelvis and shoulders, and adds a level of challenging instability to standing balance work.

[Buy Here](#)

○ 4 / *Foam Roller*



The soft one! Great roller that is a bit more gentle on the body, coaxing muscles and fascia into a happier state without the discomfort of a harder roller.

[Buy Here](#)

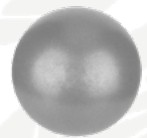
○ 5 / *Resistance Band*



This band is longer and wider than others on the market giving greater potential for use.

[Buy Here](#)

○ 6 / *8-10 in. Ball*



Fabulous and sturdy ball with a lovely texture. Great for core activation and stability challenges as well as abdominal massage.

[Buy Here](#)

○ 7 / *Oov*



Take your home studio to a whole new level with the Oov. Providing instability in three dimensions with a fascia friendly material that challenges stability while relaxing the nervous system, the Oov is one of the most innovative and effective products on the market.

[Buy Here](#)

○ 8 / *Magic Circle*



Add resistance, strengthening and challenge to your workout with the versatile and strong Ultra-Fit Circle. Medium size recommended.

[Buy Here](#)

○ 9 / *Weights*



Light hand weights are perfect for adding load to Pilates exercises to increase strength, build muscle and promote bone health.

[Buy Here](#)