

Resistance Bands Purchase Guide

This page contains general resistance band information. It also contains the information you will need to purchase bands for *all* Yoga with Resistance Bands classes, including each individual class.

When deciding which bands to purchase you have 2 options:

Option 1: COMPLETE EXPERIENCE

This option gives you more choices resistance levels when taking the classes. Also, you will not have to retie bands during the classes.

Option 2: BARE MINIMUM

This is the simplest and most affordable option. You may have to tie and retie bands during class, but it shouldn't be a big issue.

Note: This document includes purchase links for all of the bands.

Choosing the right level of resistance:

The resistance level you work with should depend on your current level of strength and fitness. I suggest using a range of resistance levels using the language light, mild and moderate.

As your strength progresses you can move up in resistance, but for now, my suggestions are a place to start.

COMPLETE EXPERIENCE all classes

2 loops each 1 ft. in diameter — tied into loops or purchased already as loops

- 1 of moderate resistance
- 1 of mild resistance

7 bands cut to at least 5 feet

- 2 bands of light resistance (both need same resistance level) — *ex. Theraband yellow*
- 1 band of mild resistance — *ex. Theraband red*
- 4 bands of moderate resistance (two of these need same resistance level) —*ex. Theraband green (light moderate) or blue (heavy moderate)*

PURCHASE LINKS COMPLETE EXPERIENCE all classes

[Source Ortho](#), you can make do with one roll of red (mild), and one roll of green (light moderate), about \$32.

Add yellow (light) and blue (heavy moderate) to your purchase for more options, for an additional \$32.

[Spri loop mild resistance](#) about \$6

[Spri loop moderate resistance](#) about \$6

BARE MINIMUM all classes

5 Bands cut to at least 5 feet

(you will tie and retie these bands into small loops and other ways as needed during the class)

- 2 bands of light or mild resistance (two need same resistance level) — ex. *Theraband yellow or red*
- 3 bands of moderate resistance (two of these need same resistance level) —ex. *Theraband green (light moderate) or blue (heavy moderate)*

PURCHASE LINKS BARE MINIMUM all classes

[Source Ortho](#), one roll of red and one roll of green, about \$32.

COMPLETE EXPERIENCE Half Moon

2 loops each 1 ft. in diameter — tied into loops or purchased already as loops

- 1 of moderate resistance
- 1 of mild resistance

3 Bands cut to at least 5 feet

- 1 band of mild resistance — *ex. Theraband red*
- 2 bands of moderate resistance —*ex. Theraband green (light moderate) or blue (heavy moderate)*

PURCHASE LINKS COMPLETE EXPERIENCE Half Moon

[Source Ortho](#), you can make do with one roll of green (light moderate), about \$16.

Add red (mild) and blue (heavy moderate) to your purchase for more options, for an additional \$32.

[Spri loop mild resistance](#) about \$6

[Spri loop moderate resistance](#) about \$6

BARE MINIMUM Half Moon

3 Bands cut to at least 5 feet

- 1 bands of light or mild resistance — *ex. Theraband yellow or red*
- 2 bands of moderate resistance —*ex. Theraband green (light moderate) or blue (heavy moderate)*

PURCHASE LINKS BARE MINIMUM Half Moon

[Source Ortho](#), one roll of green, about \$16

COMPLETE EXPERIENCE Handstand

4 Bands cut to at least 5 feet

- 3 bands of light moderate resistance — *ex. Theraband green*
- 1 band of heavy moderate resistance —*ex. Theraband blue*

PURCHASE LINKS COMPLETE EXPERIENCE Handstand

[Source Ortho](#): you can make due with one roll of green (light moderate), about \$16.

Add blue (heavy moderate) to your purchase for more options, for an additional \$16.

BARE MINIMUM Handstand

3 Bands cut to at least 5 feet

(you will tie and retie these bands into small loops and other ways as needed during the class)

3 bands of light moderate resistance — *ex. Theraband green*

PURCHASE LINKS BARE MINIMUM Handstand

[Source Ortho](#), you can make due with one roll of green (light moderate), about \$16.

COMPLETE EXPERIENCE Side Plank

2 loops each 1 ft. in diameter — tied into loops or purchased already as loops

- 1 of moderate resistance
- 1 of mild resistance

3 Bands cut to at least 5 feet

- 2 bands of light resistance (both need same resistance level) — *ex. Theraband yellow*
- 1 band of mild resistance — *ex. Theraband red*
- 2 bands of moderate resistance —*ex. Theraband green (light moderate) or blue (heavy moderate)*

PURCHASE LINKS COMPLETE EXPERIENCE Handstand

[Source Ortho](#) - you can make do with one roll of yellow (light) and one roll of green (light moderate), about \$32

Add red (mild) and blue (heavy moderate) to your purchase for more options, for an additional \$32.

[Spri loop mild resistance about \\$6](#)

[Spri loop moderate resistance about \\$6](#)

BARE MINIMUM Side Plank

5 Bands cut to at least 5 feet

- 2 bands of light or mild resistance (two need same resistance level) — *ex. Theraband yellow or red*
- 3 bands of moderate resistance (two of these need same resistance level) —*ex. Theraband green (light moderate)*

BARE MINIMUM Side Plank

[Source Ortho](#) - you can make do with one roll of yellow or red (light or mild) and one roll of green (light moderate), about \$32

Additional Information

[Therapists Choice](#) is latex-free and another great brand to check out.

[THIS VIDEO OUTLINES RESISTANCE BAND NEED TO KNOWS](#)

To Review

Length of bands: It's best to purchase or cut your long bands at least 5 feet. This length allows you to tie them in a variety of ways for a variety of purposes.

Ways to tie: In the video below and at the start of each class, I explain how to tie each band. You can tie and retie bands during the class, however some poses and exercises utilize more than one band, and it's simply easier if you have all the bands pre-tied before you start of the class. That way you can efficiently grab the band you need to use as the sequence progresses.

[THIS VIDEO EXPLAINS THE RESISTANCE BANDS YOU NEED FOR EACH CLASS](#)

00:11 - Half Moon Hip Resilience

01:50 - Handstand Core Integration

03:15 - Side Plank Shoulder and Wrist Reset