

Resistance Bands Purchasing Guide

TIP: Order your bands ahead of time so they arrive in time for the course launch date. You'll learn more about how to use and tie the bands safely when you start the course.

NOTE: Bands at the links below may be more expensive than usual. Make sure to spend a few minutes researching to find the best price.



Props you'll need for the course:

[A] 2 BIG LOOPS and [B] 2 STIRRUPS

- You'll need two small spools of resistance bands.
- Start with a level of resistance that you're confident you'll be able to manage. With practice you'll be able to move up in resistance.
- I recommend Theraband resistance bands (about \$16 per spool), starting with a light band (Yellow or Red) and moderate band (Green or Blue).

[C] A SET OF MINI BANDS

- A set of five mini bands means you can level up or down as needed.
- I recommend Insonder bands (about \$15), which are color-coded the same as the Therabands for easy reference.

[D] 2 BLOCKS

[E] 2 BLANKETS

If you don't have blocks and blankets at home, you can use similar household items—such as crates, chair seats, soup cans—in place of blocks. Feel free to add a yoga mat and any additional props you normally use in your practice..

