



Thanks for inquiring about what you need to take classes in the Virtual Studio. Here is a list of equipment and props we frequently make use of in the classes.

You do not need to have everything on this list to benefit from the classes in the Virtual Studio, but depending on your interests (i.e. Yoga with Bands, Prepare to Pull Up, or Kettlebell Gym) you may want to prioritize having some props over others.

The Virtual Studio class library of 150+ classes allows you to filter for classes according to the props you have or want to use.

For all kettlebell classes and strength classes:

- [Go here for What Kettlebells to Get](#)
- [Go here for What Size Weights to Get.](#)

For Yoga with Bands, mobility, and some strength classes:

- [Go here for What Bands to Get](#)

For the Prepare to Pull Up program:

- A **pull up bar** or any bar-like structure you can safely hang from with your arms overhead.
 - here are some product links for pull up bars. Read to make sure these will work with your door frame.
 - [option 1](#)
 - [option 2](#)
 - [option 3](#)
- [Jump stretch bands](#) (highly recommended, but optional)
 - *whole set, or one relatively light and one relatively heavy band option*

For self-massage, and some yoga and mobility classes:

- 2 small therapy balls (tennis ball or pinky ball size or smaller). [I like Yoga Tune Up balls.](#)
- 1 core massage ball ([I recommend the Coregeous ball.](#))

For classes across all categories:

- 2 blocks, 1 belt, 2 blankets, a bolster
- a yoga chair
- a sturdy dowel