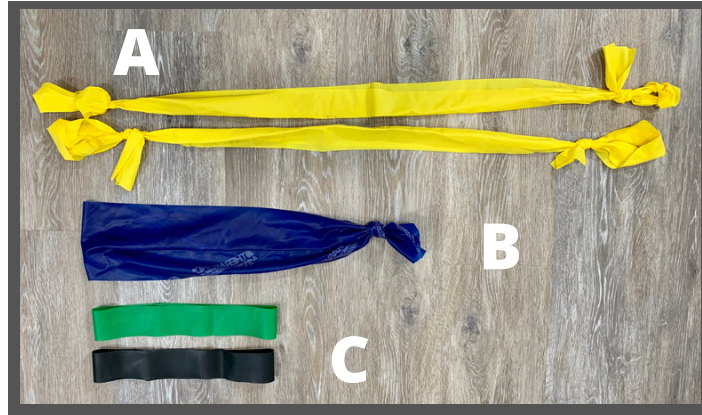




## The Bands & Configurations You Need



Click here to  
watch a video  
tutorial!



### [A] 2 STIRRUP BANDS

*(choose Theraband brand yellow or red, yellow is a little lighter than red)*

### [B] 1 BIG LOOP

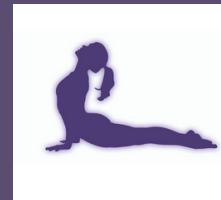
*(choose Theraband brand green or blue, green is a little lighter than blue)*

### What to purchase to make [A] & [B]

- two small spools of resistance bands
- Start with a level of resistance that you're confident you'll be able to manage.
- Laurel recommends Therabands.
  - [Theraband spool YELLOW](#) (about \$14)
  - [Theraband spool RED](#) (about \$16)
  - [Theraband spool GREEN](#) (about \$12)
  - [Theraband spool BLUE](#) (about \$12)

### C] 2 MINI BANDS

- Either purchase one heavy and one light mini band, or just get a set of five.
- Laurel recommends Insonder.
  - [Insonder bands](#) (about \$7)
    - For easier reference, choose the primary colors (yellow, red, green, blue, black) to match Therabands color coding.



## Props



### [D] 2 BLOCKS

- Note that if you don't have blocks at home, you can use similar household items—such as crates, chair seats, soup cans—in place of blocks.

### [E] 1 BLANKET

- Note that any thick, dense blanket works
- Feel free to add a yoga mat and any additional props you normally use in your practice.

## Jump Stretch Bands (optional)



### [G] 2 JUMP STRETCH BANDS

- Note that you do not need these bands for the live training content. However, there are band tutorials within the pre-recorded content that teach you how to use jump stretch bands in your own personal practice or if working one-on-one or in small groups with students.
- Laurel recommends Whatafit.
  - [Whatafit](#) (about \$30)