

JPDC PBT EQUIPMENT LIST



Exercise ball

Important: Please ensure all balls are inflated prior to First Class.

Also know as a 'Swiss Ball' or 'Fit Ball' Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it.

When you sit on the ball, knees should be bent at a 90- degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Height	Ball Size
Under 4'8"/142cm	45cm Ball
4'8" to 5'3"/142-160cm	55cm Ball
5'4" to 5'10"/160-178cm	65cm Ball
5'10" to 6'4"/178-193cm	75cm Ball

**The measurement of the ball is diameter (measuring from one side of the ball to the other)

Where to find:

<https://www.amazon.com/GalSports-Exercise-Anti-Burst-Supports-Stability/>



Fusion ball (Medium soft ball)

Known as a soft stability ball or pilates soft ball. A soft toy ball can be used and found in many toy shops.

You will need to bring Two (2).

Many of the top balls can't be inflated and deflated which is okay but one will need to be able to be deflated / inflated (will be used half inflated)

Size: Between 20-23cm in diameter or closest to 54cm (22") in circumference (measurement around the ball).

Where to find:

https://www.amazon.com/dp/B07CPR21X7/ref=cm_sw_r_cp_api_glt_fabc_H4E29G6V0EQW7AQCY8TE



Lacrosse Ball

Also known as a hand ball, racketball, massage ball or pinky ball.

Size is approx. 8" or 20.5cm in circumference (measurement around the ball). Or 6.3cm / 2.5" in diameter.

A tennis ball is not recommended.

If above ball option is not available, the next best option is a pet fetch ball.

Where to find:

https://www.amazon.com/dp/B07P7833DK/ref=cm_sw_r_cp_api_glt_fabc_X1XKY47SA255G0R8X73Z

Theraband:Body Sport Exercise Bands - medium strength. We will be ordering these for each of the dancer's so you won't have to. Please have your dancer bring \$5 cash to cover the cost of the theraband.

ARE YOU READY FOR YOUR FIRST CLASS?

- Exercise Ball Inflated
- Two fusion balls
- Lacross ball
- \$5 cash for the Theraband, you will turn this into Miss Amanda or the office.