

# Our Fave At-Home Gear

LEVEL UP YOUR WORKOUTS WITHOUT BREAKING THE BANK WITH THESE KEY PIECES OF EQUIPMENT



## 1. MINI-BANDS

Mini Bands are the perfect piece of equipment to take a basic exercise next level! Perfect for travel or to throw in your bag when you head to the park with the kids. **We recommend: YogiBands**



## 2. GLIDING DISCS

Gliding Discs challenge you to build stability in your core and body. Try discs that have two sides for carpet or hard floors, to target smaller muscles that don't get a lot of love. **We recommend: Synergiee Sliders**



## 3. YOGA BLOCKS

Blocks aren't just for serious yogis; they help make certain poses feel more manageable, enjoyable and ultimately, more effective! We love using these to balance on taking standing exercises next level! **We recommend: Teeyar Cork Blocks**



## 4. NO-SLIP YOGA MAT

Mats come at various price points but a higher quality mat will last for years while keeping you from slipping. A good mat also has enough padding for kneeling work or when you're lying on the floor. **We recommend: Halfmoon Studio Mat**



## 5. RESISTANCE BAND

If you don't have a lot of room for weights this is a great way to add different levels of resistance to an exercise. They're easy to use, easy to store and so versatile! Grab a few in varying tensions. **We recommend: CoreFX 4ft Medium Toner Band**



## 6. DUMBBELLS

Dumbbells are a great one-time investment but can also be found secondhand. If you're starting out, 3-10 pounds is a good range. When you're ready, add 10-20 pounds or more to your collection to build serious strength. **We recommend: AmazonBasics Dumbbell Set**