

THE STRONG MOM COLLECTIVE RECOMMENDED EQUIPMENT

Not all workouts will require equipment, but in order to maximize your workouts and results, here is a recommended list of equipment:

- A set of mini resistance bands, with resistances from light- heavy. You can purchase a pack [here](#).
- 1-2 long resistance bands, light and medium resistance. I love [these](#) .Purchase the red and black ones only.
- Door anchor for resistance bands like this [one](#) .
- Set of 5, 10, 15 and 20 lb Dumbbells. You can get a set of adjustable ones [here](#) or buy the weights you need individually.
- A pilates ball like this [one](#).
- [Yoga block](#), if you do not want to buy a yoga block, a throw pillow or a thicker textbook will work as well.
- [Glider discs](#), but if you don't want to buy gliders you can always use a sock or a dish rag on the sliding foot on hardwood. On carpet a paper plate or thin book work great.
- Short Roller like this [one](#). This [travel roller](#) will last longer and is great for travel because you can shove socks, underwear etc into it.