Logo

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Pilates Small Equipment – Jan 2022

**White Foam roller -** £11.12 incl VAT

A picture containing rolling pin

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4” x 35”

<https://www.physicalcompany.co.uk/foam-rollers>

**Blue Memory foam latex free Foam Roller -** £26.90 incl VAT

A picture containing tool

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<https://www.physicalcompany.co.uk/club-core-rollers-blue>

4” x 38”

NEWYEAR 22 for 22% discount

**Small Spongy Ball - £6.49**

A picture containing text, person

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<https://www.amazon.co.uk/Core-Balance-Pilates-Burst-Inflation/dp/B08HSG2KDW/ref=sr_1_7?adgrpid=53483944299&gclid=EAIaIQobChMIyZDPkPGp9QIVDNTtCh0seA2DEAAYAyAAEgJDbfD_BwE&hvadid=259101612891&hvdev=c&hvlocphy=1006753&hvnetw=g&hvqmt=e&hvrand=533442233588914269&hvtargid=kwd-315409825819&hydadcr=18748_1727058&keywords=pilates%2Bsmall%2Bsoft%2Bball&qid=1641910473&sr=8-7&th=1>

**Prickle Balls - £12.50 for a pair**



<https://www.physicalcompany.co.uk/prickle-stimulating-ball>

Yoga Block – £6.99

Shape

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<https://www.amazon.co.uk/Yoga-Mad-YBLEVAB2-PUR-Full-Block/dp/B0014DMJV0/ref=sr_1_5?crid=2J2ELCERANXAX&keywords=pilates+block&qid=1641910824&sprefix=pilates+block%2Caps%2C78&sr=8-5>

2” Platinum Block - £4.99

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<https://www.physicalcompany.co.uk/bodyzen-yoga-bricks-and-blocks>

**Resistance Bands** - £7.99 each Choose Purple 1.5m Medium strength

https://www.amazon.co.uk/Essentials-Resisitance-Stretch-Exercise-Pink-1-5m/dp/B07DVCS8SF/ref=sr\_1\_17\_sspa?crid=19BJWB9AUM66N&keywords=resistance%2Bband&qid=1641911288&sprefix=resistance%2Bband%2Caps%2C87&sr=8-17-spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUExSFdNTEJBRTlDRzFKJmVuY3J5cHRlZElkPUEwMTUyOTMxM1QxSEpDWjMzM0tPMSZlbmNyeXB0ZWRBZElkPUEwNDI1MTU4MjQ3MEZITUdOTlo5WiZ3aWRnZXROYW1lPXNwX210ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU&th=1&psc=1

4 pack of Supaflex Band Loops ( different strengths) £4.91 inc VAT

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https://www.physicalcompany.co.uk/supaflex-x-band-loop-pack-4-pack

These bands are optional, but we do use them occasionally. You can also use the long strip above and tie it together.

**Light Hand weights**

I would suggest either 0.5 Kilo to 1.5 kilo. £9.99 - £15.44

A picture containing metalware, earplug, dumbbell, accessory

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<https://www.amazon.co.uk/Neoprene-Dumbbell-Weights-Fitness-Exercise/dp/B07H71MJKD/ref=sr_1_6?crid=133AJDJ9KRTTP&keywords=light%2Bhand%2Bweights&qid=1641912422&sprefix=light%2Bhand%2Bweights%2Caps%2C70&sr=8-6&th=1>

Neoprene Hand weights – 1kg 6.99

A picture containing dumbbell

Description automatically generated

<https://www.amazon.co.uk/Neoprene-Dumbbell-Weights-Fitness-Exercise/dp/B07H71MJKD/ref=sr_1_6?crid=133AJDJ9KRTTP&keywords=light%2Bhand%2Bweights&qid=1641912422&sprefix=light%2Bhand%2Bweights%2Caps%2C70&sr=8-6&th=1>

Neo Hex Dumbbells – 1kg £7.58

A picture containing dumbbell

Description automatically generated

<https://www.physicalcompany.co.uk/neo-hex-dumbbells-pair>

**Pilates Mats**

This is very personal. If your joints suffer from being on the floor, then this is the mat for you. Its thick and cushioned. It is not the easiest to roll but by far the most comfortable.

13mm soft ( not very easy to roll) Pilates Mat - £29.59

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<https://www.physicalcompany.co.uk/pilates-mats>

Core Balance Pilates Mat, Extra Thick Foam 10mm, Non Slip - £14.99

I have never bought one of these, but they look quite good and are nice and thick and come with a rolling elastic and carry handle by the looks of it.

A picture containing graphical user interface

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<https://www.amazon.co.uk/Core-Balance-Extra-Thick-Eco-Friendly-Exercises/dp/B01MZ74I83/ref=sr_1_5?crid=1ZIDOZLL2BN2M&keywords=pilates%2Bmat&qid=1641913169&sprefix=pilates%2Bmat%2Caps%2C114&sr=8-5&th=1>

It is always worth looking in TKMAX they have a great range of fitness equipment from time to time and I like their mats. They are usually good value.

If you need any further help, please do get in touch

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