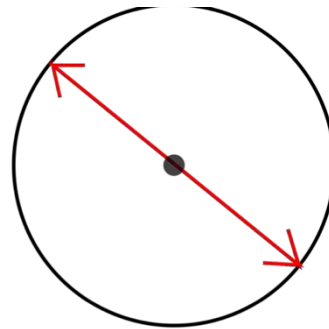


PBT Equipment Requirements

- **Exercise Ball** (also known as a 'Swiss Ball' or 'Fit Ball')
Use 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 to the floor. Find your height and see which ball size you should try:

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



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



You can buy these from just about anywhere - Kmart, Big W, Rebel Sport, or Online from PBT:

<https://pbtstore.com/products/exercise-ball>

- **Pilates Ball** (also known as a soft stability ball). A Soft Toy Ball can be used and found in many toy shops.
Size: Between 20 to 23cm in diameter.



You can buy these from Rebel Sport, Big W, PBT Online, or look for a Toy ball at Kmart or Big W.

- **Resistance Band** (also known as a TheraBand)

9 feet / 2,7m in length & 6" / 15cm wide in
Medium strength

This is SUPER LONG! Most off-the-shelf resistance bands will be too short for what we use them for in PBT, so please check the length.



These ones from PBT are perfect:

<https://pbtstore.com/products/resistance-band-theraband-single>

As are these ones from Bloch:

<https://www.bloch.com.au/products/90224-bloch-x-long-exercise-band>

- **Hard Massage Ball** (also known as a Lacrosse Ball or Hand Ball).
Approx 6cm/2.5" in diameter. Very firm & not spikey.

You can also get these from Kmart, Big W, or Rebel Sport.



- **Pilates Mat**

Any Yoga/Pilates mat is perfect!



- **(Optional) - Backalast**

The Backalast is a garment aimed at improving dancers' posture by providing them with the ability to strengthen their thoracic spine as well as, assist them in finding a neutral position for their head, neck and shoulders.

Backalasts are recommended for PBT class, however are not mandatory.

They can be purchased here:

<https://pbtstore.com/products/backalast>

