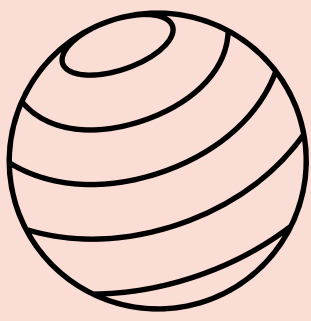


ESSENTIAL EQUIPMENT FOR YOUR HOME PILATES WORKOUT



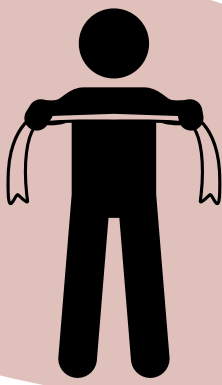
PILATES RING

Add resistance and promote alignment and control while targeting arms, legs, and core muscles. Elevate your Pilates sessions with this essential tool.



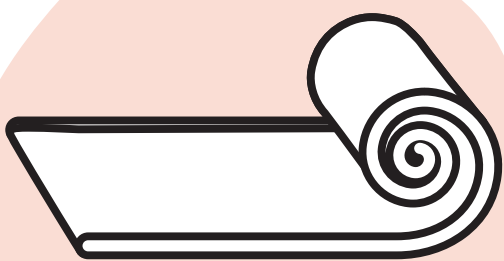
PILATES BALL

Engage your core, improve balance, and enhance flexibility with this versatile prop. Perfect for targeting specific muscle groups and adding variety to your workouts.



THERABANDS

Strengthen, stretch, and stabilize muscles with these versatile resistance bands. Ideal for enhancing strength, flexibility, and overall stability in your Pilates practice.



PILATES MAT

Invest in a high-quality, thick Pilates mat for superior support and cushioning during floor exercises. Ensure comfort and stability as you engage in Pilates movements.



BREATH, BALANCE & BLOOM