

Recommended:

- Sturdy chair. Example:

https://www.amazon.com/Winsome-Wood-34232-Benjamin-Seating/dp/B000Y1RS50/ref=sr_1_5

- Yoga mat. Example:

https://www.amazon.com/Gruper-Friendly-Exercise-Exercises-Thickness-6mm/dp/B07JQCVBBZ/ref=sr_1_9

- Loop resistance bands and long resistance bands. Example:

https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_17
https://www.amazon.com/TheraBand-Resistance-Professional-Non-Latex-Exercise/dp/B01A58FHQ8/ref=sr_1_3_sspa

- Hand weights (1 kg, 1.5 kg, 2 kg). Example:

https://www.amazon.com/Amazon-Basics-Hexagon-Workout-Dumbbell/dp/B07FNXDYR4/ref=sr_1_5

- Balance pad. Example:

https://www.amazon.com/Yes4All-Foam-Pads-Balance-Board/dp/B01B2HT2US/ref=sr_1_1_sspa

- Pilates ball (can be replaced with a pillow). Example:

https://www.amazon.com/Mini-Exercise-Ball-Stability-Training/dp/B010TJC4IM/ref=sr_1_1_sspa

Optional:

- 2 yoga blocks. Example:

https://www.amazon.com/Stretching-Meditation-Exercise-Lightweight-Essentials/dp/B0D9V6G2SZ/ref=sr_1_6

- Fitness ball (choose the diameter based on your height). Example:

https://www.amazon.com/ProBody-Pilates-Exercise-Ball-65cm/dp/B010TIO30U/ref=sr_1_3_sspa

- Tennis ball. Example:

https://www.amazon.com/Teloon-Championship-Tennis-Balls-Pressurized/dp/B0F9FJ45ZD/ref=sr_1_7

-Ankle/wrist weights. Example:

https://www.amazon.com/Weights-Adjustable-Strength-Weighted-Physical/dp/B0DG2XF21L/ref=sr_1_2_sspa