

Jolly Bodies Digital Studio

Equipment list

The following items are needed for the Jolly Bodies digital studio. We do not receive commissions on any Amazon purchases. The links below are for you to view the items so you know what they look like.

- [A set of latex resistance loops](#)
- [A set of pull up bands](#)
- [A step or bench](#)
- [3, 5, 10, 15, 20, 25, and 30 lb dumbbells](#)
- [Ankle weights \(1.5 pounds for beginners, 3lb for advanced\)](#)
- [A 15 lb deadball](#)
- [One set of sliding discs](#)
- [A Pilates ring](#)

Please keep in mind:

1) you may be able to find these items at better prices from other vendors,

and

2) if you already have a gym membership at a multipurpose facility and plan to do your digital studio workouts there, these items may already be there for you to use (vs. purchasing your own).

Everyone will need a set of 3 and 5-lb dumbbells, but it's okay if your other weights (10, 15, 20, 25, and 30) vary slightly from these numbers. The goal is that based on YOUR current level of strength, you have the weights you need that in order to grow.