

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 purchase. 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 pound dumbbells](#)
- [Ankle weights \(1.5 pounds for beginners, 3 pounds for advanced\)](#)
- [A 15-pound 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.
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, and purchasing your own is not necessary.

Everyone will need a set of 3 and 5-pound 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 in order to grow.