



VIVEACTIVE

MAT AND REFORMER PROPS



MAT PROPS

Yoga or Pilates Mat - 6mm thick

<https://www.hart sport.com.au/fitness/yoga-and-pilates/pilates-mats-and-accessories/hart-pilates-mat-blue>



DUMBBELL SET 1KG

2kg / 3kg / 4kg / 5kg / 8kg / 10kg / 12.5kg / 15kg

<https://www.hart sport.com.au/fitness/weight-training/dumbbells/hart-rubber-hex-dumbbell-1kg>



RESISTANCE BAND

Light / Medium / Heavy

<https://www.hart sport.com.au/fitness/resistance-bands-and-tubing/resistance-bands/hart-resistance-band-1-2m-green-light>



RELEASE BALL

<https://www.rebelsport.com.au/p/ptp-soft-and-firm-massage-balls-lime-black-367854.html>



BENCH

<https://www.hart sport.com.au/fitness/pump-step-and-spin/aerobics-steps/hart-aerobics-step-small>



FOAM ROLLER

<https://www.hart sport.com.au/fitness/foam-rollers-and-self-massage/foam-rollers/hart-pro-45-foam-roller-30cm-x-15cm>





RING (OPTIONAL)

<https://www.hartport.com.au/fitness/yoga-and-pilates/pilates-mats-and-accessories/hart-pilates-ring-soft>



SLIDING DISCS

<https://www.hartport.com.au/fitness/balance-and-core-strength/ab-products/hart-sliding-discs>



VIVEACTIVE

REFORMER PROPS



BOX

<https://pilatesworld.com.au/collections/accessories/products/pioneer-pilates-large-sitting-box>



POLE

<https://www.balancedbody.com.au/pilates-poles>



DUMBBELL SETS

1kg / 2kg / 3kg / 4kg / 5kg / 8kg / 10kg / 12.5kg / 15kg

<https://www.hartsport.com.au/fitness/weight-training/dumbbells/hart-rubber-hex-dumbbell-1kg>



RING (EXTRA STRONG)

<https://www.hartsport.com.au/fitness/yoga-and-pilates/pilates-mats-and-accessories/hart-pilates-ring-soft>



SOFT WEIGHT BALL 1KG

<https://www.hartsport.com.au/hart-soft-touch-weight-balls-2-x-1-0kg>



RESISTANCE LOOP

Light / Medium / Heavy

<https://www.hartsport.com.au/fitness/resistance-bands-and-tubing/resistance-bands/hart-resista-loop-yellow>

