Strength for Hypermobility Equipment Guide

The equipment used in this program can be found in most commercial gyms, but can also done at home assuming you have the following equipment:

- 1 light jumpstretch band, 1 medium jumpstretch band
- 2 lighter dumbbells of the same size that you can press overhead
- 2 heavier dumbbells of the same size that you can use for lower body work
- A pull-up bar (the one that fits on a door is fine!)
- A box, bench, OR sturdy chair
- 2 yoga blocks
- 2 wash clothes
- A large bath towel OR blanket
- A medicine ball (optional!)

**Please note that all gyms will have jumpstretch bands or small props, so you may want to check if you need to bring those tools with you.*

We've included links to purchase products below. You're welcome to buy other equipment brands. We recommended these sellers simply because we've used them before and they were reasonably priced when compared to similar products.

Jumpstretch Bands:

Jumpstretch bands are often referred to as pull up bands, or 41 inch loop resistance bands. If you own a smaller loop band, like a monster band, this WILL NOT work as a substitute.

Click here to purchase the rubber jumpstretch bands, which are more cost effective.

If you purchase the rubber bands, we recommend the #0 Orange band and #1 Red band.

Click here to purchase the fabric jumpstretch bands, which are latex free, easier on the hands, and machine washable, but cost a bit more.

We recommend purchasing the Light, Basic (Gray) and the Medium (Green)

Dumbbells:

These are ranges of dumbbells that you may want to start with:

- For a lighter set of dumbbells: 5 lbs, 8 lbs, or 10 lbs per dumbbell
- For a heavier set of dumbbells: 12 lbs, 15 lbs, or 20 lbs per dumbbell

Click here to purchase individual sets of dumbbells.

Click here to purchase adjustable dumbbells.

The adjustable dumbbells are more cost effective than individual sets of dumbbells. However, the hand hold on them is different from a typical dumbbell, but they should be fine to use.

The "40 lb pair" of the adjustable dumbbells gives you options for 2.5 lbs per dumbbell to 20 lbs per dumbbell. The "50 lb pair" will gives you options for 3 lbs per dumbbell to 25 lbs per dumbbell. Either works as a starter set.

You can also sometimes find dumbbells on craigslist or FB Market Place.

Pull-Up Bar:

Click here to purchase a pull-up bar.

Weight limit of this pull-up bar is 300 lbs.

Boxes & Benches:

Click here to purchase a box.

Click here to purchase a weight bench.

Click here to purchase an adjustable step / bench.

Boxes and weight benches work well for box squats and squat modifications. However, you can perform all of these modifications using a sturdy chair as well.

They may work for step-ups, but only if you have the strength to step up to that height. Most people have to start with a lower surface such as a stair, adjustable step / bench, Pilates reformer box, or oversized yoga block.

Benches are often easier to assemble than boxes. Both require assembly.

The adjustable step / bench works well for step-ups, but you can use a stair, oversized yoga block, Pilates box, or other sturdy surface instead. The adjustable step / bench won't work for box squats or squat modifications.

You do NOT need to purchase ANY boxes or benches for this program if you have alternative options.

Foam Yoga Blocks & Blanket

Click here to purchase 2 yoga blocks.

These aren't anything special. You can use any yoga blocks.

Click here to purchase a yoga blanket.

Note, you can use a large bath towel instead.

Medicine Ball

Click here to purchase a medicine ball.

For most people a 10 or 15 lb medicine ball will be the right weight. If you're brand new to strength, you may want to start with the lighter option.

You do NOT need to purchase a medicine ball to complete this program. Some people just find it easier to navigate than a dumbbell, so it may be a nice alternative.

Still confused about what equipment to buy?

Email us at hello@naablevy.com and we'll help you figure it out!

Please note that we are based in the United States. If you are overseas, we may not be able to source an alternative link for you.