



Equipment Required For Progressing Ballet Technique

Below in pink is the equipment required for MPA's PBT classes. The links below are for reference only. Please use whatever resource you'd like to make your purchases.

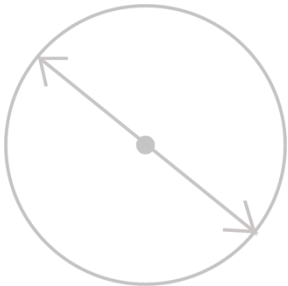
The PBT resistance band is required and can be purchased at the front desk.



Exercise Ball

Use your height to size up your ball. When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first. If you have longer legs, you may have to go a size up from the information listed below. Make sure the exercise ball is properly filled with air to ensure it is the correct size for you.

Height	Ball Size
Under 4'8"	45 cm ball
4'8" to 5'3"	55 cm ball
5'3" to 5'10"	65 cm ball
5'10" to 6'4"	75 cm ball



* The measurement of the ball is the diameter (measuring from one side of the ball to the other).

Link For Reference:

https://www.amazon.com/estabilidad-entrenamiento-garantizado-profesional-explosiones/dp/B01N46NOQ7/ref=sxin_13?ascsubtag=amzn1.osa.a75491d0-2c74-48cb-aa3e-decb59f1a23d.ATVPDKIKX0DER.en_US&creativeASIN=B010MVAJZ2&cv_ct_cx=exercise%2Bball&cv_ct_id=amzn1.osa.a75491d0-2c74-48cb-aa3e-decb59f1a23d.ATVPDKIKX0DER.en_US&cv_ct_pg=search&cv_ct_wn=osp-single-source-gl-ranking&dchild=1&keywords=exercise%2Bball&linkCode=oas&pd_rd_i=B010MVAJZ2&pd_rd_r=f5312bfc-aaa4-4345-8a10-361a67ac61a5&pd_rd_w=enmBh&pd_rd_wg=8HqUO&pf_rd_p=69c78df1-b3ce-40ba-9ee0-ecaea903b011&pf_rd_r=SPJEDGYMZTWMHDN10DBZ&qid=1599212460&sr=1-2-d9dc7690-f7e1-44eb-ad06-aebbef559a37&tag=aimassociatesyj-20&th=1

Fusion Ball

It is recommended you have a ball with a stopper so you can take air out and add air in. **Size:** Between 20-23 cm in diameter or close to 22" in circumference (measurement around the ball).



Link For Reference:

<https://www.amazon.com/Exercise-Stability-Training-Resistant->

[Inflatable/dp/B07CPR21X7/ref=sr_1_2_sspa?dchild=1&keywords=fusion+ball&qid=1599213284&s=sporting-goods&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlnaWVyPUEyTIVGVVNGVkcXVkrZJmVuY3J5cHRIZElkPUeWMDYzMjk4M0xIQ1A5OUFTRDM5NiZlbnNyeXB0ZWRBZEIkPUeWOTUxNjE3M0w3WldSM1E4M0Y2SCZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.com/Exercise-Stability-Training-Resistant-Inflatable/dp/B07CPR21X7/ref=sr_1_2_sspa?dchild=1&keywords=fusion+ball&qid=1599213284&s=sporting-goods&sr=1-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlnaWVyPUEyTIVGVVNGVkcXVkrZJmVuY3J5cHRIZElkPUeWMDYzMjk4M0xIQ1A5OUFTRDM5NiZlbnNyeXB0ZWRBZEIkPUeWOTUxNjE3M0w3WldSM1E4M0Y2SCZ3aWRnZXROYW1IPXNwX2F0ZiZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)



Resistance Band

This official PBT resistance band is required for all Progressing Ballet Technique classes at Midwest Performing Arts. This band is a medium strength resistance and extremely durable, measuring at the proper length of 9 feet. This resistance band can be purchased at the front desk.

Pilates/Yoga Mat (Optional) and Water Bottle

The pilates mat is used for comfort and to provide a non-slip surface to execute exercises. This is optional for you. Please bring a water bottle to your class.

Link For Reference:

https://www.amazon.com/LOKATSE-HOME-Carrying-Non-Slip-Exercise/dp/B07V4JL6GC/ref=sr_1_8?dchild=1&keywords=pilates+mat&qid=1599213767&sr=8-8

Golf Ball or Racquetball.

If you have a golf ball from your Pre-pointe classes, these will work just fine. Size for the racquetball is approximately 8" in circumference and 2.5" in diameter.

Link For Reference:

https://www.amazon.com/Wilson-Racquetball-Ball-Can-Pink/dp/B005VQBxV8/ref=sr_1_2?crd=3PHDFWWA6RBVD&dchild=1&keywords=racquetball%2Bballs&qid=1599214314&srefix=raquetba%2Caps%2C172&sr=8-2&th=1

Attire

Girls wear a black leotard with pink convertible tights. No shorts or pants. Roll up your convertible tights and no ballet shoes as you will be bare foot. Hair secured away from the face in a neat ballet bun. Boys wear black tights or pants with a white t-shirt tucked in, no ballet shoes.