

Prop swaps

The beauty of Pilates is that you can get an amazing workout using only your body weight, but when you want to increase the resistance and build the challenge, adding a prop is a great way to do that.

If you don't already have props at home, fret not! Below is a small list of a few of my favourite props that you can swap out for some common household items!

SWAP THIS..

Sliders



Resistance bands



Hand weights



Pilates ball



FOR THAT..

Hard floors: Socks / tea towels / dish cloth

Carpet: Paper plates / cardboard

Stockings

Use an old pair of stockings and tie them in a loop

Wine bottles! / tinned food / water bottles

Cushion

Grab a cushion from the couch and double it over. It's not an exact substitute, but it will do in a pinch

Travel tip: If you're going on holiday and would like to take a prop or two with you, my favourite ones to pack are sliders, resistance bands or the Pilates ball. Each of these are lightweight and pack flat!