

Red Panda Tai Chi Institute

Mobility Balls

At the Red Panda Tai Chi Institute, we employ **1 lb. mobility balls** as part of the Qigong Wellness classes on Zoom. They are not required, but highly, strongly recommended in order to get the most out of your experience.

Here are some options. Unless noted, all of these prices are for ONE ball, so you will need to purchase TWO.

Perform Better x DVRT Mobility Ball

<https://www.performbetter.com/USB-Softmed-Medicine-Ball/>

Gymnic Heavymed Ball (get the green ones, 500g)

https://www.amazon.com/GYMNIC-9705-Heavy-MED-500/dp/B004W7HO2E/ref=sr_1_7

Champion Barbell Hand Held Fitness Ball

https://www.amazon.com/Champion-Barbell-Fitness-Kelly-1-Pound/dp/B001QTU4M8/ref=sr_1_6

Aeromat Mini Weight Balls (PAIR)

https://www.amazon.com/dp/B00KBMXEQE?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1

Alternatives

If your hands are smaller or have compromised grip strength (due to injury, arthritis, etc.), here are some alternatives.

For balls that are still close in size to the mobility balls, but lighter, get a pair of regulation-size softballs (12-inch circumference, 6.25-7.0 ounces) such as these:

<https://www.amazon.com/Rawlings-Official-Leather-Fastpitch-Softballs/dp/B0FQL5G88C/>

For balls that are smaller, but still have a bit of weight to them, get a pair of regulation-size lacrosse balls (7.75-8.0 inches in circumference, 5.0-5.25 ounces) or baseballs (9.0-9.25 inches in circumference, 5.0-5.25 ounces) such as these:

<https://www.amazon.com/Champion-Sports-LBO2SET-Official-Lacrosse/dp/B079Q2VK45/>

<https://www.amazon.com/Rawlings-Official-League-Practice-Baseballs/dp/B0BBPD2515/>

Balls that are small AND light, such as tennis balls, etc., are NOT recommended! They simply do not have enough substance to create the proper tactile feel!