

Shopping list to build the Lap Trainer:

Where to buy:

| | |
|---|--|
|  | Migros Do-It link: where? |
|---|--|

What to buy:

1)The box



The case
link: [case](#)



Wooden rod or knitting needle
link: [wooden rod](#)



Stabiliser for wooden rod
("Socle à coller" 27 x 27 mm)
link: [stabiliser](#)



The thread and needle to sew the neoprene
link: [fil multifort](#)
link: [needle](#)


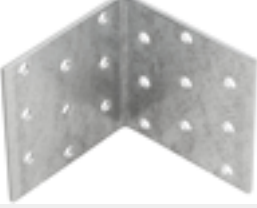



Velcro support for tablet/phone
link: [velcro](#)



We cut the neoprene from a neoprene diving hood bought at Decathlon (15€).

2)The exercises

| | |
|---|--------------------------------|
|  | Wooden plate for exercises |
|  | Metal bracket |
|  | Wooden base for exercise plate |

Suggestions:

