



## Equipment List

Purchase or borrow the following basic equipment:

Our preferred equipment provider is Perform Better [performbetter.com](https://performbetter.com), but you can source from anywhere... Amazon, Walmart, Target, etc.

- 1 yellow, 1 green and 1 blue mini resistance bands
- 1 long 1" resistance band
- 1 set of light 3-5 lb. dumbbells
- 1 set of medium 8-10 lb. dumbbells
- 1 set of heavy 12-15 lb. dumbbells

\*feel free to go heavier or lighter with the weights based on your individual needs. The goal is to feel fatigued at the end of a weight set. Be careful not to compromise form when lifting heavier weights. If you can't maintain proper form please decrease the weight.