

F3 On The Fly Equipment List

Our preferred equipment provider is Perform Better 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 lb. dumbbells

1 set of medium 8 lb. dumbbells

1 set of heavy 12 lb. dumbbells