**WHAT EQUIPMENT DO I NEED?**

Classes are designed for all levels. If you are just starting out, no equipment is needed. As you get stronger, you can level up with resistance bands, stability ball, hand weights, ankle weights and sliders.  We recommend a mat or soft surface for abs and floor work.

I don’t have any weights – You can use household items listed below for some options and weight exchanges

16.9 Water Bottle = 1.1 pounds

28-ounce can =1.75 pounds

33.8 Liter bottle = 2.11 pounds

103 ounces of liquid laundry detergent = 6.4375 pounds

120 Ounces – gallon of water = 8.3 pounds

12 pack of 12-ounce soda cans = about 9.5 pounds

24 pack of 12-ounce soda can weighs = about 19 pounds

5 Gallons of water = 41.7 pounds