

Recommended Equipment List

Equipment is not required but I do recommend having some equipment.
Here are some basics I recomend:

- Dumbbells (1-2 different weights depending on your fitness level)
- Resistance Bands (small loop bands or long bands)
- Yoga Mat

Where can you get equipment?

- Amazon - click [HERE](#) to see my recommendations on my fitness list
- [Sport Chek](#)
- Walmart
- Dollar Store
- Winners/Marshalls
- Shoppers DrugMart
- [Treadmill Factory](#)

Things you can use around the house

- Laundry detergent
- Cans of food
- Bottles of water - small or big
- Backpack with cans of food
- Heavy books
- Wine bottles
- BeerPillows
- Broom stick
- Couch - squats, push ups, etc
- Chair- squats, push ups, lifting, etc.
- Heavy pots/pans for upper body strength
- A laundry basked full of clothes for things like deadlifts and bent over rows
- A duffel bag full of clothes for weight
- Pillow - used as bosu or "slam" balls
- Bags of flour/rice
- Jug of milk or juice - think goblet squats and kettlebell swings
- Towel or Leggings instead of resistnce bands