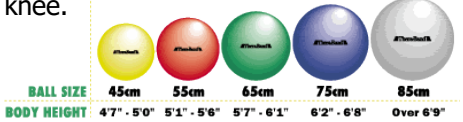
Equipment List Guide

RESILIENT FITNESS & LIFESTYLE Mama

Dumbbells 	Minimum - 2 Sets: Light & Moderate Better - 3 Sets: Light, Moderate, & Heavy Light 5-8lbs Med 8-15lbs Heavy 12-25lbs Type can be coated, iron, or rubber hex	https://www.scheels.com/p/vtx-neoprene-dumbbell/2919-GTD-VTX.html#q=dumbbells&srule=Price+(Ascending)&start=2&sz=24 https://www.scheels.com/p/usa-sports-rubber-encased-dumbbell/2919-HDR.html#q=dumbbells&srule=Price+(Ascending)&start=15&sz=24	https://www.amazon.com/BalanceFrom-Rubber-Encased-Dumbbell-Pairs/dp/B096L54LY8/ref=sr_1_6?keywords=dumbbells&qid=1638657495&sr=8-6 https://www.amazon.com/AmazonBasics-Neoprene-Workout-Dumbbell-Weights/dp/B01LR5SM74/ref=sr_1_14?keywords=dumbbells&qid=1638657554&sr=8-14	https://www.power-systems.com/shop/product/premium-neoprene-dumbbell-black https://www.power-systems.com/shop/product/rubber-hex-dumbbell
Resistance Bands 	Minimum - 2: Light & Medium Better - 3-4: Light, Medium, Heavy, & Extra Heavy Most bands are universal color coated Green = light Red = Medium Blue = Heavy	https://www.scheels.com/p/gofit-smart-weight-power-tubes/687339-GF-4TT.html#q=resistance%2Bbands&lang=en_US&start=16	https://www.amazon.com/Walito-Resistance-Exercise-Including-Stackable/dp/B088FHSXVW/ref=sr_1_2?key-words=resistance+bands&qid=1638657692&sr=8-2https://www.amazon.com/RitFit-Resistance-Exercise-Comfortable-Handles/dp/B074GMV3FP/ref=sr_1_10?crid=2MH0LP4GC3G44&keywords=resistance+bands+with+handles&qid=1638657794&sprefix=resistance+ban%2Caps%2C200&sr=8-10	https://www.power-systems.com/shop/product/versa-tube
Door Anchor 	I prefer one with ball or large cylinder on back vs. a strap to ensure strap doesn't slip through.	https://www.scheels.com/p/gofit-door-anchor/68733921440.html	https://www.amazon.com/EddHomes-Resistance-Attachment-Fitness-Workout/dp/B08B3MW4VK/ref=sr_1_6?key-words=resistance+band+door+anchor&qid=1638657848&sr=8-6	https://www.power-systems.com/shop/product/vector-door-anchor
Carabiner 	Minimum - 1 Better - 2-3: If I'm setting up 2 different things or they do tend to "disappear" somehow :)	https://www.scheels.com/p/black-diamond-jiverwire-accessory-carabiner/793661-800190.html#q=carabiner&srule=Price+(Ascending)&start=1&sz=24	https://www.amazon.com/Sprookber-Stainless-Steel-Spring-Carabiner/dp/B0796NN5YY/ref=sr_1_16?keywords=carabiner&qid=1638658017&sr=8-16	https://www.power-systems.com/shop/product/vector-carabiner
Mini Bands 	Minimum - 2: Light & Medium Better: 3: Light, Medium, Heavy There are 2 different materials: Rubber & fabric They both have their pros and cons, but my preference would be fabric	https://www.scheels.com/p/gofit-power-loops/68733924010.html#q=resistance%2Bbands&lang=en_US&start=16	https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_5?key-words=resistance+bands&qid=1638657629&sr=8-5 https://www.amazon.com/Te-Rich-Resistance-Exercise-Non-Slip-Training/dp/B07XZ1ZKK7/ref=sr_1_12?key-words=resistance+bands&qid=1638657692&sr=8-12	https://www.power-systems.com/shop/product/versa-loops
Wooden Dowel 	This can also be anything .75-1in in diameter. Just be sure it is solid and won't bend	Menards	Lowes	Home Depot
Pilates Ball/Small Child's Ball 	Ball just needs to fit into your hand. You can purchase a "Pilates" ball, but any small rubber child's ball will do. Looking for something around 9-11in		https://www.amazon.com/Trideer-Exercise-Training-Physical-Improves/dp/B077QD9TFF/ref=sr_1_6?keywords=pilates+ball&qid=1638657884&sr=8-6 https://www.amazon.com/Marbleized-New-Bounce-Birthdays-Activities/dp/B073PHPM3C/ref=sr_1_6?keywords=9in+child%27s+ball&qid=1638657951&sr=8-6	https://www.power-systems.com/shop/product/poz-a-ball
Exercise Ball 	Ball circumference is dependent on your height. Ball should come be no higher than a few inches above your knee. 	https://www.scheels.com/p/gofit-stability-ball/687339-GF-55BALL.html#q=exercise%2Bball&lang=en_US&start=3	https://www.amazon.com/Exercise-Ball-Professional-Anti-Burst-Stability/dp/B078KL1HK6/ref=sxin_12_pa_sp_search_thematic_sspa?cv_ct_cx=exercise%2Bball&keywords=exercise%2B-ball&pd_rd_i=B078KL1HK6&pd_rd_r=62dcd7eb-65ff-4a63-812a-e39155cf7a25&pd_rd_w=YrFS8&pd Little Nicer Ball	https://www.power-systems.com/shop/product/versaball-stability-ball