

HOME GYM, ON A BUDGET

EQUIPMENT - \$100

Exercise Mat - Create a comfortable, designated workout space

\$12.99, [amazon.com](https://www.amazon.com)

Jump Rope - An affordable, convenient piece of cardio equipment

\$13.89, [amazon.com](https://www.amazon.com)

Kettlebell - A versatile piece for resistance training and cardio exercise

\$27.99, [walmart.com](https://www.walmart.com)

Resistance Bands - Budget friendly and adds resistance for strengthening

Loops - \$15.89, [amazon.com](https://www.amazon.com)

Alternate: Tube w/ handles - \$27.99, [amazon.com](https://www.amazon.com)

Slam Ball - Use like a medicine ball, or for plyometric exercises

\$21.99, [amazon.com](https://www.amazon.com)

Alternate: Medicine ball - \$19.99, [target.com](https://www.target.com)

ADD-ONS - \$75

Puzzle Mat Tiles (12 sq. feet) - Adds extra cushion to your workout space

\$15.99, [amazon.com](https://www.amazon.com)

Mini Exercise Ball - Improves balance, core strength and toning

\$6.99, [amazon.com](https://www.amazon.com)

Stability Ball - Creates instability and challenges your core

\$11.99, [amazon.com](https://www.amazon.com)

Exercise Gliders - Deceivingly challenging, engages your muscles further

\$14.99, [amazon.com](https://www.amazon.com)

36" Foam Roller - Helps stretch and restore tight muscles

\$20.99, [amazon.com](https://www.amazon.com)

Contact your onsite Health Coach for more information:



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