

# EQUIPMENT LIST

The following is a list of equipment that you MAY USE for your project. Make sure that whatever equipment you choose to use, that you know how to use it and can demonstrate proper form and technique as well as progress it (make it more challenging) and modify (make it a bit easier). Make sure that you do an inventory of the equipment before you plan to use it in your circuit.

- Kettlebells (we have 10 8lb and 10 10 lb KBs)
- Slam Medicine Balls (we several 8 and 10lb slam balls and a few 15lb as well)
- 5 and 8lb Dumbbells (you may use some 10lb. Dumbbells if you ask me in advance)
- Battle ropes (we only have 6)
- Battle Rope Anchors (we have 2 of them)
- Agility Ladders (we have two long ones)
- Agility Hurdles (we have quite a few of these, they are adjustable)
- Weight Plates (we have quite a few 5lb and 10 lb plates)
- BOSU Balance Trainers (we have over 20 of these)
- Aerobic Steps (we have a lot of these, at least a class set)
- Bands (these are kind of mixed and we don't have a lot, plan accordingly)
- Jump Ropes (there are plenty for a class set)
- Cones (we have a lot of these)
- Ab Rollers (we only have about 8)
- Body Bars (maybe, talk to me)