(Recommended but Optional) Home Training Equipment

Hey Team! Here are some very handy items to have at home when training through the program. They are optional as you can be creative with whatever you already have at home and makeshift weights, steps, etc. Most everyone already has a mat & foam roller, but I personally found these other tools super valuable when training at home or a park were the only options. I would highly recommend getting at least bands and 1-2 kettlebells or dumbbells if you don't already have some. That way you can keep making gains long after you finish the program :)
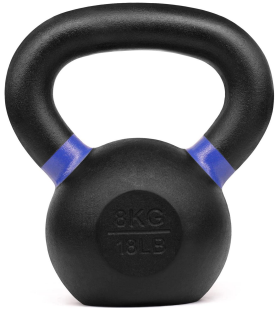
	[Redneck Convent Spiked Tree Felling Wedges for Tree Cutting](#) *8in Green Plastic Felling Wedge, Logging Tools – 2 Pack* **For elevating your heels/toes in lower body exercises; to guide foot pronation. Books, socks, small weight plates, folded cardboard may be used as alternatives.**
	[MaxKare Steppers for Exercise Step Aerobics Platform](#) *Fitness Step Platform with 4 Adjustable Risers Non-Slip for Indoor Home Use* **For varying step heights and jumps. Stacked textbooks, stools, boxes, stairs, chairs, etc may be used as alternatives.**
	[Serious Steel Assisted Pull-Up Band, Resistance & Stretch Band, Powerlifting Band & Pull-up Assist Loop Band (Single Band)](#) *Purple and/or Red resistance depending on your strength level* **For upper body exercises, assisted squat variations, resisted jumps**

	[6lb Yes4All Wall Ball (Black, Blue Camo)](#) *Soft Medicine Ball/Wall Medicine Ball for Full Body Dynamic Exercises* **For rotational exercises, fake throws. Heavy textbook may be used as an alternative.**
	[Yes4All Powder Coated Kettlebell](#) *18-31lb depending on your strength level* **For some of the squats, split squats & plyos. Wine bottles, textbooks, water jugs, pets, etc. may be used as alternatives.**
	[Uvex Skyper Blue Light Blocking Computer Glasses](#) **Not for the exercises, but to help you recover! I wear them starting 2 hours before bed if I'm looking at screens or exposed to light in general and have slept much better since I got them.**