EQUIPMENT LIST

Each piece of gear is chosen for versatility and simplicity.

STRENGTH & POWER

Dumbbells & Kettlebells → Build functional strength, improve control, and power everyday movements.

Barbells & Body Bars → Train foundational strength patterns.

Slam Balls → Train explosive full-body power.

TRX Straps → Build strength and control using bodyweight.

Adjustable Weight Vest → Add resistance to functional movements.

Pull-Up Bar → Master pulling & grip strength.

Compact Sled → Develop total-body strength and power through push & pull work.

Ankle Weights → Add targeted resistance for controlled strength work.

Resistance Bands → Strengthen, stretch, and challenge muscles in multiple planes.

Adjustable Bench → Support a wide range of exercises.

AGILITY & CONDITIONING

Agility Cones → Develop speed, reaction time, and movement precision.

Agility Ladder → Improve footwork, coordination, and quickness.

Agility Hurdles → Train rapid leg turnover and knee drive.

Aerobic Steps → Enhance lower-body efficiency and endurance.

Battle Ropes → Build full-body strength and cardiovascular fitness with every wave.

Assault Bike → Train through intervals for endurance and power output.

CORE & BALANCE

Stability Balls → Improve core strength, posture, and balance.

Bala Sliders → Strengthen core, enhance stability, and add a smooth, low-impact challenge to bodyweight exercises.

MOBILITY & RECOVERY

Massage Balls → Release tight spots and restore range of motion.

Foam Rollers → Improve tissue quality and circulation.

Yoga Mats → Support mobility, recovery, and fluid movement.