

EQUIPMENT LIST

Each piece of gear is chosen for versatility and simplicity.

STRENGTH & POWER

Pull-Up Bar → Master pulling & grip strength.

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

Slam Balls → Train explosive power.

TRX Straps → Enhance total-body strength and stability.

Adjustable Weight Vest → Increase resistance in bodyweight movements to build strength and endurance.

Compact Sled → Develop total-body strength, power, and cardiovascular conditioning through pushing & pulling.

AGILITY & CONDITIONING

Agility Ladder → Improve footwork, coordination, and quickness for athletic performance.

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

Agility Hurdles → Train lower-body strength and control.

Aerobic Step → Improve lower-body explosiveness, balance, and cardiovascular conditioning.

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

CORE & BALANCE

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

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

MOBILITY & RECOVERY

Yoga Mat → Support mobility, recovery, and fluid movement to prevent injuries.

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