



# Equipment Wish List

Not every piece of equipment will be used in each workout/ each month... but, it will come into play. There is always an alternative to make it work, if you don't have something listed below.

## The Minimalist

What you will need for the Minimalist Fitness Stream workouts

EQUIPMENT	PREFERRED	WHAT CAN ALSO WORK
Weights	Kettle Bell	Dumbbells
Something to Pull	Suspension Trainer (TRX)	Stretchy Band

## The A Team

In addition to the Minimalist Group's equipment, add.... (I would consider the items at the top of the list 'more important')

\*\* it is not necessary to buy everything \*\*

EQUIPMENT	EXERCISES USED WITH	WHAT CAN ALSO WORK
Box	Box jumps/ incline pushups	Stairs, coffee table, rock
Pull-up Bar	Pull-up, knee-hangs, pulldowns	A suspension trainer
Mini Band	1/2 squat walk/ all the fun stuff	Long stretchy band (tied)
Slam Ball	Ball slams, ball throws	Basketball filled with sand
Stability Ball	ALL the fun core work	super cheap ;)
Medicine Ball	Wall balls	could use a slam ball
Battle Ropes	Slams, speed, cardio work	
Bumper Plate	Ground-OH, OH walking lunges	Any weight (kb/dumbbell/rock)

There are 'cheaper' ways to buying your equipment, just search in google.

\*\*Cheap TRX is a great place to start ;) Thetreadmillfactory.com has very reasonable prices for ALL equipment! Consider it an investment, that you'll use for the rest of your life.