



Equipment List

Can be purchased at www.power-systems.com

■ What you will need to start:

- **Exercise Mat** - choose one that is 1/4" and has a non-slip surface (rubber material)
- **Hand weights (dumbbells)**
To start, choose a set of light and heavier based on your level (Beg., Int., Adv.). Later when you are stronger, you can purchase heavier weights to continue to challenge your body.

- Ladies:	(3lb, 5lb, 8lb & 10lb)
- Men:	(5lb, 8lb, 10lb & 12lb)
- **Stability Ball** - burst proof

55cm	inflates to 21 inches high	5'to 5'7"
65cm	inflates to 25 inches high	5'8" to 6'3"
75cm	inflates to 29 inches high	Taller than 6'3"
- **Jump Rope** - choose a speed rope. To find out the proper length for your height, take a string or rope and hold an end of the rope (or string) in each hand, and stand on the middle. The ends should reach your armpits. Measure the length with a tape measure to determine the proper length for you.



Exercise Mat



Dumbbell



Stability Ball



Jump Rope

■ Additional pieces to add when you can:

- **Medicine Ball** - 2lbs - 8lbs depending on your experience. I'd start with a 2lb., if you're a beginner.
- **Versa Bands** - this 2" flat band fits comfortably around the upper or lower legs, so you can exercise the muscles of the hips and legs

- Yellow	Very Light	Beginner
- Green	Light	Moderately Fit (Average Women, 50% more resistant than Yellow)
- Red	Medium	Fit (Active Women or Average Man, 40% more resistant than Green)
- Blue	Heavy	Very Fit (Advanced Men or Women, 42% more resistant than Red)
- Black	Ultra Heavy	Extremely Fit (Elite Men or Women, 20% more resistant than Blue)
- **Resistance Tubing** - Either purchase a resistance tubing or slastix. Resistance tubing allows exercisers to work in multiple planes of movement during each exercise. See chart above (versa bands)
- **Step** - The step targets the total body, involving primary muscles, stabilizing muscles, joints, and cardio



Medicine Ball



Versa Band



Slastix



Resistance Tubing



Step