

## Workout Box

Accessibility to fitness equipment is one of the biggest barriers to starting and maintaining an exercise program. The following list is a guide to assist you with development of your personal gym. This equipment does not take up a lot of space and can easily be stowed in the trunk of a car or in a box under the bed. Additionally, the below equipment is not expensive and will provide a lot of diversity to your workouts.

### Strength Box

#### Kettle Bells

2 sizes that you curl and press overhead and 1 size that you can swing

Women 2x 10 lbs. 2x 15 lbs. and 1x 25lbs.-35 lbs. \$60-100

Men 2x 15-25 lbs. and 1x 35-55 lbs. \$100-\$140

#### Slam Ball

Women: 10 or 15 lbs. @\$25-30

Men: 20 lbs. \$30-40

**Medicine Ball** (you can substitute the slam ball for medicine ball exercises for cost reduction)

Women 10-14 lbs. - \$45-60

Men: 18-20 lbs. \$50

**Resistance Band Set with Over Door Pulley @ \$35**

**Resistance Loop Band Set \$15**

**Jump Rope \$5-10**

**Plyometric Box, Step, or Mat for Box Jumps/Steps/Single Leg Lunges Etc.** – Free if you are creative! Bleachers work great if you are at a sports facility.

### Mobility Box

Foam Roller \$20

Yoga Mat \$15-20

Lacrosse Balls (2) \$5

**Women Total Cost:** approximately \$235-300

**Men Total Cost:** approximately \$275-\$350