

# HOME GYM ESSENTIALS



- SET OF DUMBBELLS (NEOPRENE FOR LIGHT WEIGHTS 2-5 LBS/ADJUSTABLE BARBELLS)
- BENCH
- CARDIO EQUIPMENT (TREADMILL, SPIN BIKE, ELLIPTICAL, ETC.)
- IPAD/IPHONE/TABLET
- HEART RATE MONITOR
- RESISTANCE BANDS
- FOAM ROLLER
- FOAM MATS
- YOGA MAT
- LARGE MIRROR
- FAN
- OPTIONAL: LAT PULLDOWN MACHINE, PULL-UP BAR, KETTLEBELL, STABILITY BALL