



resistance bands

Resistant bands are compact, portable, and allow for a wide range of motion. These bands can be used pretty much any way that a dumbbell can be used plus, you can adjust the amount of resistance in seconds.

stability ball

The stability ball is a fun, yet challenging way to stretch, tone, and tighten your body. The unstable surface strengthens the core muscles, resulting in improved balance, alignment and posture. It can be used for a wide range of functions, from a desk chair to an apparatus for your weight training routine.

jump rope

Our bodies are made to move! Adding cardio to your regimen is a great way to achieve weight loss, strengthen the heart and lungs, and increase bone density.

medicine ball

Medicine ball training is suitable for all ages, fitness levels and sizes and allows for increased range of motion, and improves core strength, coordination, flexibility, joint integrity, and upper and lower body strength. Use the medicine ball with a partner or simply use a solid, sturdy wall.

velcro ankle bands

Ankle bands are a perfect conditioning tool for the entire lower body. The soft padded ankle cuffs stay firmly in place while providing freedom of motion in all directions. Strap band around ankles so that the Velcro strap is on the inside of the ankles. Step forward, backward, side-to-side or diagonally keeping tension in the band.

walking shoes

Walking is the number one exercise for strengthening bones and joints. Choose proper footwear; the shoes you buy should be specific to the activity that you will be using them for. Walking shoes provide more support and tend to be stiffer and heavier than running shoes.

foam roll

The foam roll is a great body-training tool that helps to relieve muscle tension, improve core strength, balance, and flexibility while also improving posture and skeletal alignment.

exercise mat

This staple item is perfect for any floor exercise program and can be lightweight and easy to carry.

kettlebell

A great whole-body conditioning tool used for rotational training and improving core function. Kettlebells allow you to mimic many of the same exercises you would do in a gym with machines or free weights; but controlling a kettlebell forces the entire body, and specifically the core, to contract as a group, building both strength and stability at the same time.

dumbbells

Dumbbells are perfect for home workouts, aerobics, step training or walking. Start slowly and gradually build up duration and intensity by increasing repetitions and weight.



Please consult your physician or health care provider with any health related concerns, including changing your diet or starting an exercise routine.