

Equipment

1 Kettlebells

[Proiron](#)

[Amazon basics](#) (a bit cheaper)

2 Resistance Loop bands

[Corezone](#)

[Amazon Basics](#)

3 Resistance Bands - assisted pull-ups

[Proiron](#)

4 Weights

[Proiron](#) up to 10 Kg

5 Ankle Weights

[Sportneer](#) 1-4.5 Kg (they feel great)

[York Fitness](#) up to 5 kg (a bit more expensive)

6 Resistance Hip Band

[Atemi Sports](#) (normal resistance)

[Atemi Sports](#) (heavy duty)

7 Ab roller

[Gallant](#)

8 Chin-up bar

[BeMax](#) (check the dimensions prior to buying)

[Innovation Fitness](#) (slightly smaller)

9 Cork Blocks

[Yoga Matters](#)

10 Sliders

[UrbanFit](#)