

HOME FITNESS EQUIPMENT RECOMMENDATIONS

This list is designed for most women looking to work out at home.

TOP Suggested Tools

- Free Hand Weights (sets of 2) - From 5 lbs. and up
- Weighted Vest - 10 lbs. or more
- CoreFirst Pilates Stretch Bands
- Resistance Bands - Of all sizes and weights

Additional Suggestions

TRX Suspension Trainer System

Yoga Mat, Yoga Blocks

Fitness Smart Watch - If you don't have a smartwatch or iWatch.

Kettle Bell(s) - 10 lbs. and up

SlamBall - 10 lbs. and up

Fitness Bench - Preferably one with incline, decline, and flat position options

Les Mills Smart Bar & Smart Bar Weights

<https://shop.lesmills.com/us>

On – Performance Shoes and Gear

<https://www.on.com/en-us/>

Most things listed here are in an EMPOWERED Amazon Wish List

This link is also on the EMPOWERED website

https://www.amazon.com/hz/wishlist/ls/14NYY93WYQUNT?ref_=wl_share

Professional Grade Gym Equipment

<https://www.roguefitness.com>

Are you looking for a good online or streaming workout or class option?!?

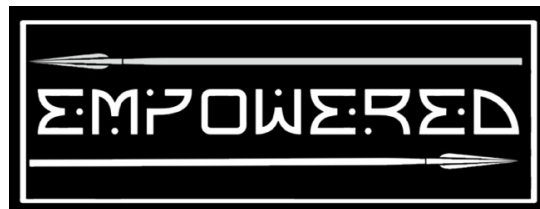


There are many online, YouTube, and streaming options for fitness classes and workouts. I have personal experience with one, in particular, the brand Les Mills. I have certifications in several of their class disciplines (BodyFlow/BodyBalance, BodyJam and CXWorx) and taught these classes for many years. For over 30 years, Les Mills classes have been considered one of the best in the fitness industry.

Les Mills also offers a streaming service (Les Mills +) that offers a vast number of its classes. Go to lesmills.com for more information, class examples, and information on Les Mills +.

Primary Classes

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|------------------------------------|---|
| BodyPump | Strength - Full body weights workout. Requires a weighted bar and or hand weights. |
| BodyAttack | Cardio – high-energy |
| BodyBalance | Flexibility – combination of Tai Chi, Yoga & Pilates Requires a yoga mat |
| BodyStep | Cardio – step-tastic, fun, full-body workout Requires a standard step class step and possibly hand weights |
| BodyCombat | Cardio – high-energy, martial arts-inspired, non-contact workout |
| BodyJam | Dance – If you love to dance, this is your class! |
| LesMills RPM | Cardio, indoor cycling class Requires a stationary bike |
| LesMills Core (formerly CXWorx) | Core (abs) specific workout |
| And other classes. | |



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