

# Equipment

- [A set of latex resistance loops](#)
- [A set of pull up bands](#)
- [A step or bench](#)
- [3, 5, 10, 15, 20, 25, and 30 lb dumbbells](#)
- [Ankle weights \(1.5 pounds for beginners, 3lb for advanced\)](#)
- Your tracking sheets and calendars (printed off in a folder)
- Something to write with

Click on each item to view it . We do not receive commissions on any Amazon purchases, the links are for you to view the items so you know what they look like! You may be able to find them for more affordable costs from other venders.

**Everyone will need a set of 3 and 5-lb dumbbells**, but it's okay if your other weights (10, 15, 20, 25, and 30) vary slightly from these numbers. The goal is that based on YOUR current level of strength, you have the weights you need that in order to grow. For example, if you can do a bicep curl with a 10lb dumbbell at the beginning of the program, plan on doubling this by the end of the program. Therefore, you know you need to have access to a set of 20lb dumbbells. You'll be able to figure out what weight changes, if any, you need to make as you progress through the program. You can always order more as you go!

