FITNESS
with Julia

EQUIPMENT GUIDE
EVERYTHING YOU NEED TO GET FIT FROM HOME

1   DUMBBELLS

For dumbbells, I recommend 3 sets: a light, medium, and challenging weight set. Increments such as 3lb, 5lb, 8lb, or 5lb, 10lb and 15lb are a good start.

2   MINI / HIP BAND

Also known as "booty bands" - these small circular resistance bands are made from rubber or fabric. I recommend a light and medium weight.

3   RESISTANCE BAND / SUPER BAND

Super bands are the full sized version of a mini band (they're a circle), or alternatively you can get resistance bands with handles. I suggest a light band to start (~10 - 20lbs resistance).

4   DOOR ANCHOR

The door anchor allows you to safely anchor your resistance bands to a door frame. By doing this, you can do any exercise that requires a cable machine from home!

5   YOGA MAT

Yoga mats come in various thicknesses ranging from 3mm to 8mm. I recommend a medium thickness of 4mm or 5mm, however if you have sensitive knees or prefer more cushioning, go for a thicker mat that is 6mm to 8mm.

![Fitness with Julia logo]

FITNESS
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DIY EQUIPMENT GUIDE
EVERYTHING YOU NEED TO GET FIT FROM HOME

1

DUMBBELLS

No weights? You can substitute using soup cans, bottles of water, wine bottles (be careful!), or Ziploc bags filled with dirt / sand (double bag it!)

2

MINI / HIP BAND

You can use anything with stretch! Think braided elastic (like whats in the waist of stretchy pants), old yoga pants, pantyhose etc. Tie it to make a small circular band that will go around your thighs.

3

RESISTANCE BAND / SUPER BAND

You can use anything with stretch! Think bungee cords, braided elastic (like whats in the waist of stretchy pants), old yoga pants, pantyhose etc.

4

DOOR ANCHOR

Grab an old t-shirt and watch this wicked tutorial on how to make your own! Click here for video tutorial!

5

YOGA MAT

If you are working out carpet, you may not need a mat, but in the absence of a yoga mat, use a towel / blanket instead. You can also use small pillows to protect knees from hard surfaces.