

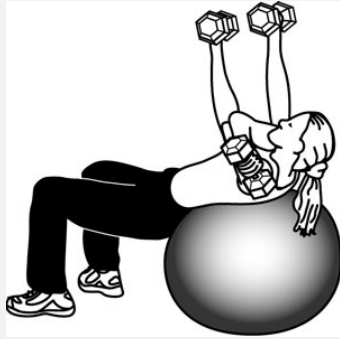
LOST TEMPLE FITNESS

EQUIPMENT used in this book

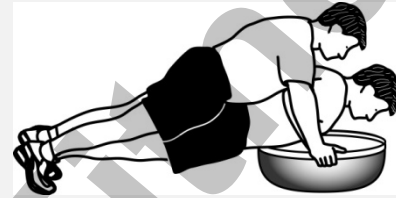
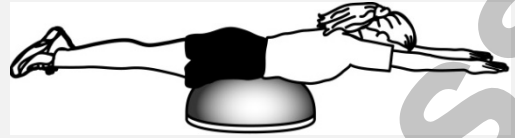
Don't buy a lot of equipment before knowing what your goals are.

Stability / Exercise Ball Bosu

These can replace an exercise bench if you do not have the space. It is also used for many of the core strengthening exercises



Should be inflated so that when you sit on it you are at a 90 degree angle.

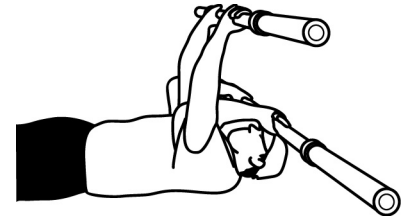
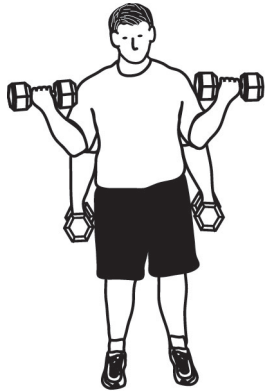


Dumbbells

Kettle Bell (optional)

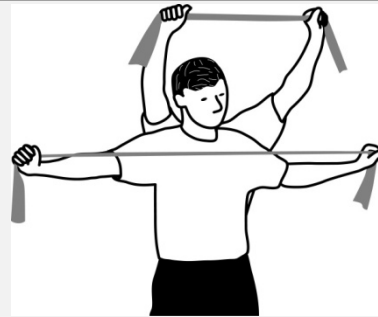
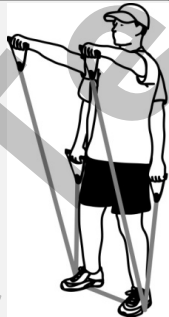
Dowel with/without weight

These will be needed for your strength exercises. See *Strengthening* section on for resistance.



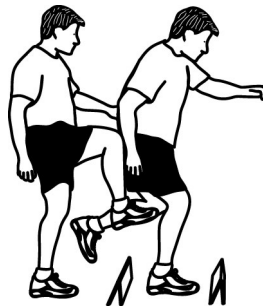
Resistance bands

In different weights/ resistance.



Agility Equipment

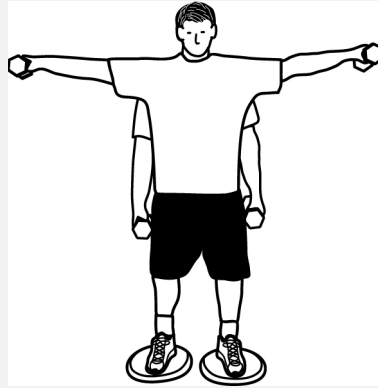
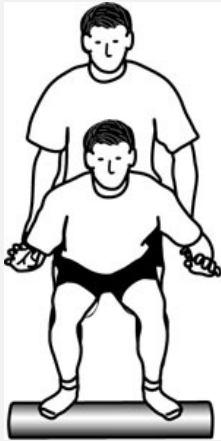
Cone hurdles, Speed hurdles, Agility ladder/rings/poles, Bosu, Stair step, Jump rope.



LOST TEMPLE FITNESS

Balance Equipment

Can include:
Foam rollers
(also see Myofascial below)
Balance discs
Balance pad
Cones
Stepper
Bosu



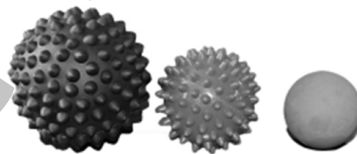
Exercise Bench (Optional)

The type really depends on what you will use it for. You can get a plain bench just for support (as above you can use a stability ball) or you can get all the bells and whistles. Some have pieces for leg extensions and curls, as well as arm pieces for butterflies. If you do not already have one, I suggest waiting until you start your exercise program and see what you feel you will need to advance.



Examples For Myofascial

Massage, Tennis or Lacrosse Ball



Foam/Textured Rollers *(also balance)*



Not Shown

- Exercise mat for floor exercises
- Ankle Weights
- Bed, couch or high table/mat
- Chair with/without arms - High or Low

- 10 inch play ball
- Pillow
- Towel roll
- Strap for stretches