



EQUIPMENT GUIDE

You can begin the programme with no equipment at all. All exercises in the daily mobility and bodyweight workouts can be done without any equipment.

However, **adding a resistance band to your bodyweight workouts is strongly recommended**, as it allows you to build strength more effectively and progress faster at home.

If you'd like to take part in the optional strength sessions, you'll need a resistance band, a set of dumbbells and a kettlebell.

Below are the recommended options.

Resistance bands

Two long loop resistance bands:

- Lighter band for mobility and activation work
 - Approx. 5–8kg tension / 6mm thickness
- Heavier band for strength work
 - Approx. 10–20kg tension / 13mm thickness

Here are a couple of options:

[Decathlon](#)

[SuperBand](#)

Recommended Weights for Absolute Beginners*:

Set of 2 dumbbells (for controlled overhead pressing – you should be able to press the weights overhead at least 10 times, but start to feel fatigued between 10-15 reps)

- Women: 2 – 4kg dumbbells
- Men: 4 – 8kg dumbbells

One kettlebell, or dumbbell (for lower body and pulling strength – choose a weight you can hold securely, but that provides real resistance when you move):

- Women: 6 - 12kg kettlebell
- Men: 12 – 30kg kettlebell

* These are general starting points. The best weight for you is one that feels challenging

but controlled, if possible, try a few options before buying. Don't worry if you need lighter or heavier than we've suggested; everyone's strength is different.

Heavier Weight Options

For those with training experience, or for progression as you get stronger:

Heavier set of two dumbbells

- Women: 5 – 10kg dumbbells
- Men: 10 – 15kg dumbbells

Heavier kettlebell, or dumbbell

- Women: 10 - 22kg kettlebell
- Men: 20 – 30kg kettlebell

Start with weights that suit your current strength level. As you get stronger, you'll want heavier weights to keep challenging yourself.