# Home Program - Follow Along Workout Checklist

For this program, if you have access to more equipment than listed, then I would encourage you to use it. The more load the better!! For ease, we have created an Amazon shopping list of equipment and accessories that would be a good idea to purchase for this program.

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|---|---|---|---|
| amazon | amazon | amazon | amazon |
| US customers<br>CLICK HERE | UK customers<br>CLICK HERE | AUS customers<br>CLICK HERE | CAN customers<br>CLICK HERE |

- ☐ Glute bands
- ☐ Set of dumbbells
- ☐ A sturdy chairs