

# At Home Exercise Equipment

In our current situation without our regular weight room access we have provided the following recommendations for players looking for at home exercise equipment. We realize that it's not likely that everyone has access to Olympic style weights at home.

We Recommend Items 1, 2, and 3 to fill in gaps of your workouts that you may be currently missing.

Items 1, 2, &3 Would total about \$68.75 (Leg/Body Bands, Stronger Resistance Band, and a Slam Ball. (Make sure to not get a medicine ball but a Slam Ball)

**Item 1:** The **Bands** are great for strengthening and injury prevention for the lower body. They can also be used for the upper body as well in injury prevention movements.

**Item 2:** A **heavier duty band** just like the bands found in our weight room to achieve the upper body strengthening and injury prevention exercises that we perform. Can also be used with leg exercises as well.

**Item 3:** A good **slam ball** for explosive movements. Make sure you purchase a slam ball and NOT a medicine ball as the medicine ball's will breakdown. At Home: Do NOT throw on drywall!

If you currently have any of these items at home then you can just order the other items that you would like to have. We are not requiring these items but making recommendations for players looking for additional at home exercise equipment.

Angela our trainer also provided some additional recommendations below (Items 4 & 5)

Take Care!

Coach Maxwell

GO FALCONS!

# Item 1: Leg Bands/body bands \$17.85

[Amazon.com : Fit Simplify Resistance Loop Exercise Bands with Instruction Guide, Carry Bag, Ebook and Online Workout Videos, Set of 5 : Sports & Outdoors](#)

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## Fit Simplify Resistance Loop Exercise Bands with Instruction Guide, Carry Bag, Ebook and Online Workout Videos, Set of 5

by Fit Simplify

★★★★☆ 18,323 ratings

Amazon's Choice for "resistance bands"

Price: \$17.85 ✓prime & FREE Returns

Get \$125 off: Pay \$0.00 upon approval for the Amazon Business Prime Card. Terms apply.

Color: Green, Blue, Yellow, Red, Black



\$17.85

✓prime



\$15.95

✓prime

- High end exercise bands. Our 12" by 2" heavy duty resistance loop bands are made of 100% natural latex – free of TPE – and come in 5 varying resistance levels. This makes them perfect whether you are just starting to workout or a seasoned workout warrior.

## Item 2: Stronger Resistance Band \$17.95:

[https://www.amazon.com/WSAKOUE-Resistance-Exercise-Stretching-Powerlifting/dp/B0827WRN1B/ref=sr\\_1\\_15\\_sspa?dchild=1&keywords=upper%2Bbody%2Bexercise%2Bbands&qid=1588963499&s=exercise-and-fitness&sr=1-15-spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzVkw0WUUyUEZPT0tKJmVuY3J5cHRlZEIkPUEwMTU0OTY3RU1aNU5BN0RENjFFJmVuY3J5cHRIZEFkSWQ9QTA1MTIzNjcxS0oxRU03T0s0WlpJJndpZGdldE5hbWU9c3BfbXRmJmFjdGlvbj1jbGlja1JIZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ&th=1](https://www.amazon.com/WSAKOUE-Resistance-Exercise-Stretching-Powerlifting/dp/B0827WRN1B/ref=sr_1_15_sspa?dchild=1&keywords=upper%2Bbody%2Bexercise%2Bbands&qid=1588963499&s=exercise-and-fitness&sr=1-15-spons&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzVkw0WUUyUEZPT0tKJmVuY3J5cHRlZEIkPUEwMTU0OTY3RU1aNU5BN0RENjFFJmVuY3J5cHRIZEFkSWQ9QTA1MTIzNjcxS0oxRU03T0s0WlpJJndpZGdldE5hbWU9c3BfbXRmJmFjdGlvbj1jbGlja1JIZGlyZWNoJmRvTm90TG9nQ2xpY2s9dHJ1ZQ&th=1)



# Item 3: Slam Ball \$32.95: (Recommending the 15-25 Pound Range)

[https://www.amazon.com/FIT1ST-Easy-Grip-Training-Crossfit-LBS/dp/B07P9D14MJ/ref=sr\\_1\\_6?crid=3385HH7O4NEON&dchild=1&keywords=slam%2Bball%2Bfor%2Bexercise&qid=1588963756&s=sporting-goods&sprefix=slam%2Bball%2Csporting%2C222&sr=1-6&th=1&psc=1](https://www.amazon.com/FIT1ST-Easy-Grip-Training-Crossfit-LBS/dp/B07P9D14MJ/ref=sr_1_6?crid=3385HH7O4NEON&dchild=1&keywords=slam%2Bball%2Bfor%2Bexercise&qid=1588963756&s=sporting-goods&sprefix=slam%2Bball%2Csporting%2C222&sr=1-6&th=1&psc=1)



Roll over image to zoom in

## FIT1ST Fitness First Slam Ball, Easy-Grip, Weight Training Crossfit WOD (10-50 LBS)

by FIT1ST

★★★★☆ 40 ratings

List Price: \$37.95

Price: **\$32.95** + \$14.95 shipping

You Save: \$5.00 (13%)

Get \$125 off: Pay \$0.00 upon approval for the [Amazon Business Prime Card](#). Terms apply.

Not eligible for Amazon Prime.

Size:

15 lbs ▾

Color: **Black**

- Great for cross training CrossFit plyometric and cardio workouts
- Great texture for gripping
- Will not bounce back
- Sand filled

[Report incorrect product information.](#)



Vivora Luno - Sitting Ball Chair for Office, Dorm, and Home, Lightweight Self-Standing Ergonomic Posture Activating...

# Additional Items

## Item 4: QB Item: Theraband Resistance Band Set \$16.85

Recommended for QB's and baseball players

### QB Items: TheraBand Resistance Bands Set,

Professional Non-Latex Elastic Band, Yellow/Red/Green - Beginner Set 1  
by Amazon.com

Learn more: [https://www.amazon.com/dp/B003YR7G8K/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_sjBTEbKS4Y8R0](https://www.amazon.com/dp/B003YR7G8K/ref=cm_sw_em_r_mt_dp_U_sjBTEbKS4Y8R0)



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## Item 5: Full Body workout bans with handles. \$49.99

**Recommended for: Some of you who don't have a whole lot of weights at home could benefit from a Band workout body set with handles. Band Set**

[https://www.amazon.com/Mokani-Resistance-Exercise-Equipment-Training/dp/B087CM6CN2/ref=sr\\_1\\_9?dchild=1&keywords=resistance+bands&qid=1588962836&sr=8-9](https://www.amazon.com/Mokani-Resistance-Exercise-Equipment-Training/dp/B087CM6CN2/ref=sr_1_9?dchild=1&keywords=resistance+bands&qid=1588962836&sr=8-9)



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