






Zoom Fitness Equipment List

You will need an area where you can move around get active. Please also use the list below as a guide to the resources and equipment you will need each week.

EQUIPMENT NEEDED

WEEK 1	Hand weights and a mat <i>* use soup cans or filled water bottles!</i>	
WEEK 2	Hand weights and a mat	
WEEK 3	Kettlebell and a mat <i>* use a backpack filled with heavy items or even a bottle of</i>	
WEEK 4	Hand weights and a mat	
WEEK 5	Kettlebell and a mat <i>* use a backpack filled with heavy items or even a bottle of</i>	
WEEK 6	No equipment needed	