

Equipment Availability

Please select which equipment you have access to. It will help me customize your workout:

Strength:

- Complete Commercial Gym Equipment
- Stability Ball
- Medicine Ball
- Fitness Tubing
- Adjustable Bench
- Kettelbell
- Freeweights
- Dumbbells
- Fitness Bands
- Bosu

Other

Cardio:

- Treadmill
- Seated Bike
- Recumbent Bike
- Stairmaster
- Rower
- Skier
- Elliptical Trainer
- Cones
- Hoops
- Box
- Step
- Jump Rope

Other

