






BASEFIT Train to win



RECOMMENDED EQUIPMENT LIST: BASE FIT OLD SCHOOL

Very Important

 Gym Mat	 Skipping/Jump Rope	 Swiss/Physio Ball	 Bench	 3 x Dumbbell Sets	Ladies: 3kgs, 6kgs and 8kgs Men: 5kgs, 8kgs and 12kgs	TheraBand's
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The above items are what we use most regularly and are the important basics you need to train effectively.

Great Extras

 Pull Up Bar	 Bosu	 Aerobic Step	 Battle Rope	 TRX
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 Truck Tyre	 Sledgehammer	 Ankle Weights	Ladies: 1kg each Men: 2kgs each	Ladies: 3kg Men: 5kg 
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The above items also used in the programs but are not imperative.