



RECOMMENDED PERSONAL SHOPPING LIST

1. Heart Rate Monitor

2. Dumbbells:

2 x 5 lbs

2 x 8 lbs

2 x 10 lbs

2 x 15 lbs

3. Physioball:

55

65

75

4. Cushioned Floor Mat

5. Jump Rope

6. Reebok Step Bench

All equipment listed above can be purchased at Sports Authority for a very reasonable price.

7. Running Shoes that have been professionally fitted (check out "Running Room" or "Fleet Feet")

8. Foam rollers & myo-balls:

<http://www.power-systems.com/s-30-body-rolling.aspx>