

# Wellbeats™

## RECOMMENDED EQUIPMENT LIST BY CHANNEL



### RECOMMENDED EQUIPMENT



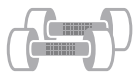
#### Resistance Bands

- eXpress
- Kinetics
- Definitions
- Transitions
- Pregnancy Express
- Time Savers
- Office Breaks
- Fusion
- Kettle Power
- Bar Strong
- TKO



#### Yoga mat

- eXpress
- Kinetics
- Definitions
- Transitions
- Pregnancy Express
- Time Savers
- Fusion
- Kettle Power
- Bar Strong



#### Dumbbells

- eXpress
- Kinetics
- Definitions
- Transitions
- Pregnancy Express
- Office Breaks
- Fusion
- Stomp



#### Steps and Risers

- eXpress
- Kinetics
- Definitions
- Transitions
- Pregnancy Express
- Kettle Power
- Bar Strong
- Stomp



#### Studio Cycle Bike

- Rev



#### Kettlebells

- Kettle Power



#### Barbells

- Bar Strong

### OPTIONAL EQUIPMENT (used less frequently)



#### Stability ball

- eXpress
- Transitions
- Fusion
- Time Savers
- Office Breaks



#### Yoga block

- Fusion
- Pregnancy Express



#### Medicine ball

- eXpress



#### Body bar

- Pregnancy Express



#### Foam roller

- eXpress



#### Yoga strap

- eXpress