

AT HOME EQUIPMENT

current podcast on at home training!

➡ <https://open.spotify.com/episode/1cX10Q3wji5zg3aw0vBvWt?si=OvaYVXu0Qy2aIC5HU2frUg>

➡ <https://podcasts.apple.com/us/podcast/brunch-with-desb-podcast/id1505846969?i=1000499784329>

Bosu ball: <https://rstyle.me/cz-n/erf9vqcgwdp>

Terra Core: ("desb25" saves 25%!)
https://www.terracorefitness.com/?sca_ref=527006.7oygD2hB5N

Tube Bands: <https://rstyle.me/cz-n/erf9ihcgwdp>

Step bench: <https://rstyle.me/cz-n/erf9mgcgwdp>

DB rack: <https://rstyle.me/cz-n/erf8vncgwdp>

Incline Bench: <https://rstyle.me/cz-n/erf9e5cgwdp>

Flat Bench: <https://rstyle.me/cz-n/erf9gdcgwdp>

Squat rack: <https://rstyle.me/cz-n/erf87xcgwdp>

TRX: <https://rstyle.me/cz-n/erf9pdcgwdp>

Adjustable DB: <https://rstyle.me/cz-n/erf82fcgwdp>

Home Treadmill: <https://rstyle.me/cz-n/e5u4yjcgtwdp>

5-25 Hex DBs: <https://rstyle.me/cz-n/erjgnwcgtwdp>

Garage mirrors: <https://rstyle.me/cz-n/erjqvjcgtwdp>

Mirror Mounting: <https://rstyle.me/cz-n/erjqyzcgtwdp>

Glute Bands: my own, available on my website: <https://desbfittraining.myshopify.com>