



## 272 Shift™ 7-Day Challenge: Equipment List

You won't need a full gym for this challenge — just a few basics to support your movement, rest, and mobility. Here's everything you'll need (or easy alternatives):



### Foundational Items

- **Yoga Mat** (for floor work, meditation, stretching)
- **Cushion or Pillow** (for seated breathwork, yin poses, or back support)



### Strength Days (Day 1 & Day 7)

- **Light Dumbbells** (*10, 15 or 20 lbs based on your level*)
- **Resistance Band** (*Optional — for glutes/core activation*)



### Restorative / Mobility Days (Day 3 & Day 6)

- **Yoga Blocks or Towels** (*Optional for support in stretches*)



### Fun Movement Day (Day 5)

- **Wireless Speaker or Headphones** (for dance party or walking audio)
- **Sneakers** (*if walking outside*)

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### Optional Add-ons (for extra comfort):

- Sweat towel
- Water bottle
- Journal or notepad for daily prompts
- Blanket for Day 6 Yin Yoga or final meditation