

Equipment List:

Kettlebells:

Suggested Weights: 2x8kg, 1x12kg, 1x16kg

<https://www.kettlebellkings.com/products/powder-coat-kettlebell>

<https://www.roguefitness.com/rogue-kettlebells>

<https://www.performbetter.com/First-Place-Gravity-Kettlebell>

Bands:

Suggested : one large loop band, one small loop band

<https://www.performbetter.com/First-Place-Superbands?custcol4=25&color=1&custcol29=3>

<https://www.roguefitness.com/rogue-echo-resistance-bands>

Box/Bench:

https://www.amazon.com/Yes4All-Exercise-Crossfit-Training-Plyometric/dp/B073Z8DFL2/ref=sr_1_2_sspa?crid=DSCAB6PZNIK4&keywords=plyo+box&qid=1698417882&srefix=plo+box%2Caps%2C240&sr=8-2-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

https://www.amazon.com/Titan-Fitness-Plyometric-Jumping-Exercise/dp/B01JZT5W8G/ref=sr_1_4_sspa?crid=DSCAB6PZNIK4&keywords=plyo+box&qid=1698417882&srefix=plo+box%2Caps%2C240&sr=8-4-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9hdGY&psc=1

https://www.amazon.com/AmazonBasics-WB-Flat-Weight-Bench/dp/B072Z1WN4S/ref=sr_1_28?crid=8332LHZ55DM1&keywords=weight+bences+for+home+gym&qid=1698417949&srefix=weight+bench%2Caps%2C138&sr=8-28