

Checklist for your exercise equipment and props

- Kitchen Chair
- Bandana or handkerchief
- Ankle Weights - 2 pounds for each ankle
- Bath towel - small
- Basket - to store your items
- Ruler or yardstick
- Hand weights - 1-2 pounds for women, 3-5 pounds for men
- Two spoons
- 3 plastic cups
- Throw pillow - small
- Flashlight - small (dollar store kind)
- Tennis ball
- Small Plastic Children's ball
-