

# All Prop Checklist

To make workouts fun, unique, and effective, I may use several household items in addition to hand weights and ankle weights.



Kitchen Chair



Bandana



Ankle weights



Bath towel



Small Basket



Ruler or yardstick



Hand weights



Small Flash light



2 Spoons



3 plastic cups



Small Throw pillow



Tennis ball



Small Children's play ball



Resistance band 48"  
Long with handles



Stepper