

To complete the program, we recommend having:

- 1 light jumpstretch band and 1 medium jumpstretch band
- 1 kettlebell that you are able to press overhead
- 1 heavier kettlebell that is appropriate for lower body work
- A pull-up bar (Optional: We will provide a non pull-up bar option for every workout!)

We have links to purchase products below. You're welcome to buy other equipment brands. The reason we're recommending these sellers is because we own these brands and know how they feel and hold up over time.

[Click here to watch an equipment video tutorial.](#)

Jumpstretch Bands:

Jumpstretch bands are often referred to as pull up bands, or 41 inch loop resistance bands. If you own a smaller loop band, like a monster band, this WILL NOT work as a substitute.

[Click here to purchase the rubber jumpstretch bands](#), which are more cost effective.

If you purchase the rubber bands, we recommend the #0 Orange band and #1 Red band. You may want to consider purchasing the #4 Green band if you think you will want to do assisted pull ups as you progress through the program.

[Click here to purchase the fabric jumpstretch bands](#), which are latex free, easier on the hands, and machine washable, but cost a bit more.

We recommend purchasing the Light, Basic (Gray) and the Medium (Green).

Kettlebells:

For most women, here are the ranges of kettlebells that you might want to start with:

- For a lighter kettlebell: 4 kg, 6 kg, or 8 kg (9lbs, 13lbs, or 18lbs)
- For a heavier kettlebell: 12 kg or 16 kg (26lbs, 36lbs)

*These ranges are usually appropriate for people of all genders getting started with kettlebells. Some people may need to start with the heavier ranges, but not always.

We recommend starting with at least 2 kettlebells: one lighter that you can press over head, and one heavier for leg based exercises.

As you go through the program, you may find that you actually need a third kettlebell as you might need something in between the light and heavy.

When purchasing, look for a “standard size” kettlebell. We DO NOT recommend “competition” style kettlebells as their shape and size can be tricky to work with.

We also DO NOT recommend purchasing plastic kettlebells or adjustable kettlebells that let you take off or add weights.

Some kettlebells have a glossier finish and others have a powder coat finish. The powder coat finish is a rougher texture and can be helpful for getting a good grip on the bell, especially if your hands tend to get sweaty. Some people find the powder coat too rough, so this is ultimately personal preference.

Kettlebells (Continued):

If you're looking for a high quality kettlebell available on Amazon, we recommend Rep Fitness. Their handles are slimmer, and may feel better especially if you have smaller hands. [Click here to purchase!](#)

We also recommend Rogue fitness if you are looking to invest in a high quality kettlebell with a very good reputation. Rogue kettlebells are more pricey than options on Amazon, but they are known for their quality. The handles on Rogue kettlebells are a bit thicker, which some people will find harder to grip. [Click here to purchase!](#)

Pull-Up Bar (Optional):

We will have non pull-up bar exercises for every workout, so it is not required.

If you do want to get one that doesn't break the bank or require drilling into your wall, we recommend [the one linked here that is available on Amazon.](#)

Still confused about what equipment to buy?

Email us at hello@naablevy.com and we'll help you figure it out!