

## **Fitness Equipment List**

***Step 360 or Terra Core Step***

***Yoga Mat***

***Spin Bike***

***Hand Weights Kettlebells***

***Medicine balls***

***Fitness Bands Resistance Tubing***

***Slam Balls***

For assistance with FitX Videos  
[service@fitxondemand.com](mailto:service@fitxondemand.com) | 800.279.4356