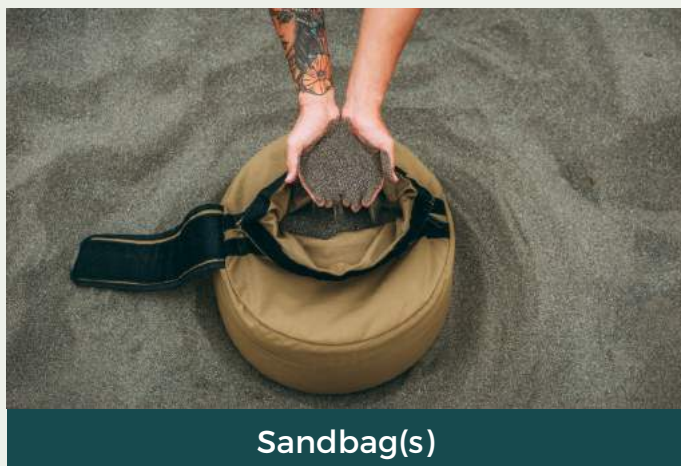


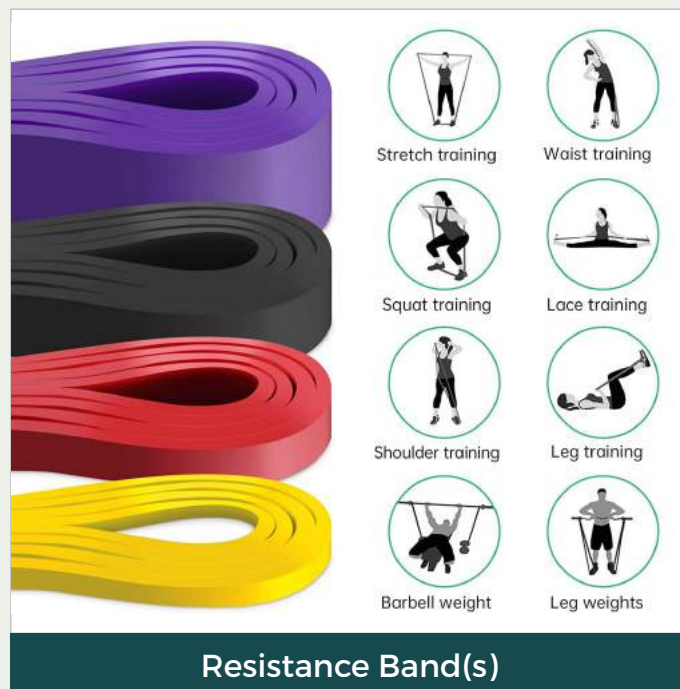
Congratulations on getting started with MM Fit!

As you get prepared to jump into your prescribed workouts, you will need some tools on hand. You can purchase or obtain the below items from wherever you like. We did provide links in the event you would like suggestions. Please let us know if you have any questions!



Sandbag(s)

[Click Here](#)



Resistance Band(s)

[Click Here](#)



Dumbbell or Kettlebell Set(s)

[Click Here](#)



Foam Roller

[Click Here](#)

Notes and Instructions:

Clients in the MM Fit Endurance & Weight Loss need 1-2 weight and resistance varieties for the sandbag, dumbbell/kettlebell and resistance bands for best results.

Clients in the MM Fit Strength & Muscle Gain Program should consider at least 3 weight and resistance varieties for the sandbag, dumbbell/kettlebell and resistance bands for best results.