



## EQUIPMENT NEEDED

- A wall
  - A chair
  - 2 weights between 1 and 8 lbs, depending on your strength and physical capacity
    - For beginners, we recommend starting with 1 or 2 lbs
  - If you don't have dumbbells, here are some common household items:
    - Water bottles (fill with water or rocks)
    - Soup cans
    - Bottle of laundry detergent
    - Filled grocery bag
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