

Mandatory Equipment for 13&O Practice

1. Therabands

a.

Recommended: https://smile.amazon.com/gp/product/B00WIRQDCM/ref=ox_sc_act_title_1?ie=UTF8&smid=ATVPDKIKX0DER&th=1

2. Yoga Mat

3. Yoga Blocks

4. Adjustable Jump Rope

a. Recommended one: https://www.amazon.com/MALACHI-Tangle-Free-Bearing-Skipping-Adjustable/dp/B088CQTF56/ref=sr_1_1_sspacrid=2EQ749A3GXDJ9&keywords=adjustable%2B

5. Ankle weights (recommended 3 pounds total)

6. Collapsible Water Jugs

a. Recommended ones: <https://www.amazon.com/Coghlan-Collapsible-Water-Container-5-Gallon/dp/B006EHACXS>

7. Toe Bands- We sell these at the Andover front desk

8. Fins (fit to your own feet)