

Total Body Workout

Instructor: Jackline Daneshrad

Please find the list of equipment needed for my classes.

Total Body Workout:

- 2 sets of hand weights (light 5 lb or less depending on fitness level, and heavy weights 5 lb and over depending on fitness level)
- a circular band (Amazon)
- a band with handles (Amazon)
- Pilates ball 4-7 " (Amazon)
- a mat

Note if you need to contact your instructor, you can find their email address within the class confirmation email you received after registering for their class.