



## Equipment Requirement Sheet

### 101 Ways to Bootcamp

Bootcamp classes are challenging, fun, and a fantastic workout! If you're looking for new ideas then this workshop is for you! Refresh your classes with intense, explosive routines designed to melt fat, increase cardiovascular efficiency and increase strength. The ideas generated in this nonstop, action packed, high energy workshop will push participants to new levels and leave you with new formats, techniques, and ideas to include in your bootcamp classes all year long.

#### Space Needed:

Group Exercise Studio: 8am – 1pm

#### Equipment Required:

\_\_\_ Dumbbells and/or Kettlebells

\_\_\_ Medicine Balls

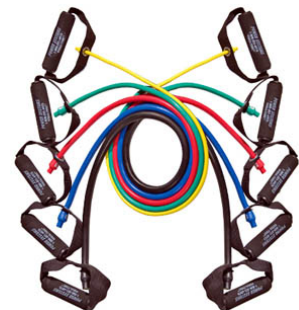
\_\_\_ Cones

\_\_\_ Resistance Bands

\_\_\_ Mats

#### Optional Equipment:

\_\_\_ Bodybars



Questions regarding equipment please contact: Darci at [darci@netafit.org](mailto:darci@netafit.org)