



# Exercise Equipment



Exercise matt

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# Resistance Band Colors

Black - heaviest resistance , hardest bands to stretch and pull

Blue- heavy resistance

Green - medium to heavy resistance

Red - medium resistance

Yellow - light resistance, very stretchy

ADVANCED



BEGINNER








exercise balls

# stepper

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A woman in a bright blue tracksuit is walking on a treadmill in a modern gym. The gym has a red carpeted floor, several treadmills in a row, and large windows on the left side. The ceiling is high with a patterned design. In the background, other people are visible working out.

**Warm up  
5-10 minutes**