

# Exercise Equipment - At Home Substitutes



## WEIGHTS

1/2 Liter of water weighs 1.1 lbs

1/2 Liter of wet sand weighs 2.5 lbs

1lb	2 - 3 lbs	5 lbs	10 lbs	15 lbs	20 lbs	30+ lbs
1 x 500 ml water bottle	a tote bag with some bottles	1L of wet sand or 2L of water	2L of wet sand  Or 4L of water	3L of wet sand	4L of wet sand	a tote bag with variations
						

The images are a visual representation. Find your own bottles that you can hold onto comfortably and fill with the required amount of sand or water or combination of both. Write the weight on your bottles and place them in your workout area.

The weights are not exact but they are close!

Secure the bottle tops!



### Heavier Weight Option

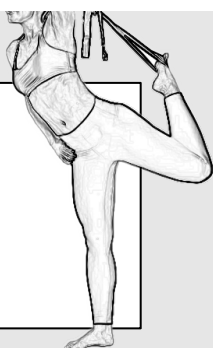
Fill a backpack with various items. You can wear the backpack for lunges and squats, or you can hold the backpack like a bar.



## YOGA EQUIPMENT

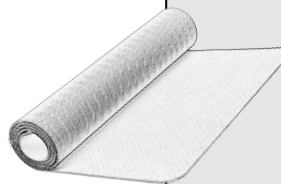
### Straps

Bath robe tie  
Necktie  
Scarf  
Towel



### Mats

Blanket  
Towel  
Rug  
Bath mat



### Blocks

Rolled up blanket  
Rolled up towel  
Books  
Firm pillow

