



BASICS PROGRAM

EQUIPMENT LIST

PVC PIPES

REPLACEMENT EXAMPLES:

- Broom Sticks
- Hockey / Lacrosse Sticks



YOGA BLOCKS

REPLACEMENT EXAMPLES

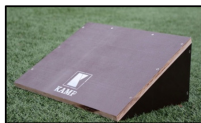
- Books
- Squat Rack Post
- Foam Roller
- Cement Block



SLANT BOARD

REPLACEMENTS EXAMPLES:

- Thick Door Wedges
- Slightly Elevated Surface



BAR FOR HANGING

EXAMPLES:

- Rings
- A sturdy Pull-up Bar
- Any sturdy bar that can support your bodyweight



BARBELL, PLATES, & SQUAT RACK

A barbell, weightlifting plates, and a squat rack are NOT necessities for this program but are very helpful tools for certain movements within the Basics Program and are a staple for future programs and movements within Range of Strength that we will work towards.

OBJECTS FOR ELEVATION

The use of elevation is very frequent in the Basics Program. Boxes, chairs, benches, stairs, and weightlifting plates are all examples of what you could use to create elevation but there are infinite ways that elevation could be made to help you throughout the program.

SLIDERS

REPLACEMENTS EXAMPLES:

- Socks and a semi-slippery surface (ex. wooden floor)
- Towels / rags



INDIAN CLUBS

REPLACEMENTS EXAMPLES:

- Hammer / Sledgehammer
- PVC Pipe
- Broom



THE BASICS PODCAST

APPLE LINK

<https://podcasts.apple.com/ca/podcast/episode-33-the-basics/id1487886433?i=1000531496190>

SPOTIFY LINK

<https://open.spotify.com/episode/1tYB0Vqnz5qvMs-dieYv8zl?si=VdGikElfQ3SM4b4XGz0eCg&nd=1>