

AthLEAN-X

How to Create the ULTIMATE HOME GYM for less than a 6 month membership at your local gym!

The 10 most inexpensive pieces of equipment you'll ever need to buy to convert your ordinary home gym into the ultimate "AthLEAN body creating factory" around!

NOTE: Prices obtained from performbetter.com

1. First Place Kettlebells – 16kg (\$62.95)



2. All Pro Weighted Vest – 20lb vest (adjustable to 40lb) (\$89.95)



3. Mini Slide Board – (\$99.95)



4. First Place Medicine Balls – 5kg (\$41.25)



5. BOSU Balance Trainer – (\$119.95)



6. Hip Exercise Minibands – Green – medium (\$2.95)
Black – Extra Heavy (\$3.50)

7. Economy Tubing with Handles – Magenta – medium (\$7.95)
Black – heavy (\$8.95)



8. EVA Foam Roller – 3ft. long 6 inch round (\$34.95)



9. ABC Speed /Agility Ladder – (\$74.95)



10. 65cm Physioball – (\$24.95)



TOTAL COST OF EQUIPMENT: **\$572.95**

FINALLY ACHIEVING THE **AthLEAN** BODY YOU ALWAYS DREAMED OF HAVING ALL IN THE

COMFORT OF YOUR OWN HOME: **\$\$PRICELESS**