



# Equipment List

## Essentials

- Journal/notebook
- Instagram account to access the workout plan, you will be given access to the workouts in Module 1.
- Facebook account to access the Facebook support group - [UDOU Online Course Members](#)

## Non Essentials

You only need the following workout equipment if you choose to do the workouts using weights. If you want to workout without any equipment, you can follow the body weight workout program.

Beginner - Intermediate level

- Workout mat or yoga mat
- A set of 4 - 5kg dumbbells
- A 12 - 16kg kettlebell

Advanced level;

- Workout mat or yoga mat
- A set of 6 - 7kg dumbbells
- A 12 - 16kg kettlebell plus a 20 kg kettlebell