


WHAT YOU NEED

Food scale



Calorie tracking app (My Fitness Pal, My Net Diary or Fat Secret)

Gym membership or home equipment

- set of adjustable dumbbells (between 1-2kg and 12-16kg)
 - resistance bands (with handles or close looped)
 - Padded bench (not essential, can use an exercise ball, bench seat or the floor at a push)
 - Non-slip exercise mat
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Step counter (pedometer, health app, apple watch, fitbit, garmin, oura ring etc)

Bodyweight scale



Measuring tape

