



Welcome to SWAT X Defensa Training !

Although equipment isn't a necessity for these Virtual Training Sessions, we do recommend purchasing a few small items for your workout space. Strategically selecting pieces of equipment can enhance your workouts by increasing the variety of exercise options and progressions to your Virtual Training sessions.

Exercise equipment is in high-demand right now and can be hard to find but we have compiled a few options with reasonable prices and fast shipping.

We recommend the following for purchasing:

1. **Resistance Bands of varying weight**
2. **Loop Bands**
3. **Foam Roller**

These items can be found @ home:

1. **Textbook or step stool**
2. **A Chair**
3. **A dowel/hockey stick/Broomstick**

RESISTANCE BANDS



[MIBOTE 17 Piece Resistance Bands, Loop Band, Door Anchor Set - \\$44.99](#)

- FREE 1 Week Delivery w/ Amazon Prime



LOOP BANDS



[Kivorich Fit Loop Band Set - \\$12.54](#)

- FREE 1 Week Delivery w/ Amazon Prime

FOAM ROLLER



[Amazon Foam Roller - \\$15.66](#)

- FREE 1 Week Delivery w/ Amazon Prime