

The Master's Hammer & Chisel

EQUIPMENT CHECKLIST



REQUIRED EQUIPMENT:

- | | |
|--------------------------|---------------------------------------------------|
| <input type="checkbox"/> | Dumbbells (<i>suggested 5-20 lbs for women</i>) |
| <input type="checkbox"/> | Pull-up bar |
| <input type="checkbox"/> | -or- band & door attachment |
| <input type="checkbox"/> | Weight bench |
| <input type="checkbox"/> | -or- stability ball |
| <input type="checkbox"/> | Workout sheets & pen |

Want support while you're getting ripped with The Master's Hammer & Chisel?
Visit BeachbodyCoach.com/JacquiGrimes and click JOIN to make me your free coach!



OPTIONAL EQUIPMENT:

- | | |
|--------------------------|------------------------------------|
| <input type="checkbox"/> | Water bottle |
| <input type="checkbox"/> | Towel |
| <input type="checkbox"/> | Team Beachbody Club Membership |
| <input type="checkbox"/> | Phone (see blog post!) |
| <input type="checkbox"/> | Performance Recover post w/o drink |
| <input type="checkbox"/> | Performance Recharge (overnight) |
| <input type="checkbox"/> | Badass attitude |

Enjoy a Free
Printable!

Jacqui

Weigh to MAINTAIN.COM