

Steenfit-Virtual Training Tools

The items below were selected because they are affordable, generally available on Amazon, have good reviews, and have been used by other Steenfit clients. They are not officially endorsed by Steenfit or Nikki Steen, nor does Steenfit / Nikki Steen have any commercial affiliation with the manufacturers / sellers of the items. These are simply good examples of useful training tools. The client is at their discretion to select similar or different as they prefer.

Please consider the following for virtual training:

- **High quality, "burst resistant" stability Ball w/inflatable base:**

https://www.amazon.com/Exercise-Ball-Chair-Stability-Resistance/dp/B01GZJSAGK/ref=sr_1_14?dchild=1&keywords=burst%2Bresistant%2Bstability%2Bball%2Bwith%2Binflatable%2Bbase&qid=1626758665&sr=8-14&th=1&psc=1

- **Resistance tubes w/handles, door anchor, & ankle cuffs**

https://www.amazon.com/TheFitLife-Exercise-Resistance-Bands-Handles/dp/B077HV3RW5/ref=sr_1_16?dchild=1&keywords=resistance%2Btubes%2Bw%2Fhandles&qid=1626758903&sr=8-16&th=1

- **Infinity bands in varying sizes**

https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_2_ssapa?dchild=1&keywords=resistance+bands+set&qid=1626759043&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFQOTNSS0JCUDYwSUQmZW5jcnlwdGVkSWQ9QTA5NDE4NTZFMk9HMkc3VVRBT0omZW5jcnlwdGVkQWRJZD1BMDI5NDY4MDFYSEVBQ1oxMDRaT1Mmd2lkZ2V0TmFtZT1zcF9hdGYmYWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3Rmb2dDbGljaz10cnVl

- **Medicine ball:**

https://www.amazon.com/TheraBand-Diameter-Isometric-Exercises-Strengthening/dp/B00BLDUDUW/ref=sr_1_44?dchild=1&keywords=soft%2Bmedicine%2Bball&qid=1626759084&sr=8-44&th=1

- **Yoga block(s):**

https://www.amazon.com/dimok-Yoga-Blocks-Strap-Set/dp/B07F8K6X6R/ref=sr_1_2_ssapa?dchild=1&keywords=yoga+blocks&qid=1626759704&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUFMNTA4TkxLMFhYQ0wmZW5jcnlwdGVkSWQ9QT AyMjY3MzlyOU5GNzZaTUdZRE8zJmVuY3J5cHRlZEFkSWQ9QTA0NTkxMTQxOTFaODISMVY5TVRGJndpZGdlE5hbWU9c3BfYXRmJmFjdGlvcj1jbGlja1JlZGlyZW50TG9nQ2xpY2s9dHJ1ZQ==

- **Pilates ring:**

https://www.amazon.com/Gaiam-Pilates-Ring-Fitness-Circle/dp/B086HNGNFZ/ref=sr_1_5?dchild=1&keywords=pilates+ring&qid=1626759187&sr=8-5

- **Light free weights set:**

https://www.amazon.com/fit-Dumbbell-Neoprene-Non-Chip-Dumbbells/dp/B00B4RVYPS/ref=sr_1_9?dchild=1&keywords=neoprene+free+weights+set&qid=1626759228&sr=8-9

- **Medium free weights set:**

https://www.amazon.com/fit-Dumbbell-Neoprene-Non-Chip-Dumbbells/dp/B079PNO73Q/ref=sr_1_9?dchild=1&keywords=neoprene%2Bfree%2Bweights%2Bset&qid=1626759228&sr=8-9&th=1

- **Step stool:**

https://www.amazon.com/gp/product/B07XY5Q2Y5/ref=ox_sc_saved_title_3?smid=AVF6AYUSLV497&psc=1

- **Folding metal utility chair:**

https://www.amazon.com/gp/product/B08F1YDB67/ref=ox_sc_saved_title_5?smid=&psc=1