

**Equipment Purchasing Information**

**What do I need?**

We estimate what you would need for hand weights, ankle weights, and storage, for a class size of 15.

**Where can I get them?**

Hand weights can be purchased here: https:[//w](http://www.elivatefitness.com/)ww[.elivatefitness.com/](http://www.elivatefitness.com/)

 -Neoprene dipped dumbbells-black

 -All Pro Adjustable weights

*They can also be purchased locally.*

You will also need adjustable ankle weights (2 per person) OR you can save on costs by having participants switch the ankle weight on their leg when appropriate.

**How many should I get, and how heavy?**

Below we have two kit types for 15 people in a LIFT class. Notably, some instructors have shared that male participants prefer 8-12 lb. weights. A set means two (e.g., one weight per side).

**Example Kit 1:** If your group is primarily INACTIVE (not doing any activity before your program):

| **Weight Amount** | **How many**  | **Cost per weight** | **Subtotal** |
| --- | --- | --- | --- |
| 1lb  | 10 weights (5 sets) | $4.22 | $42.20 |
| 2lb | 10 weights (5 sets) | $7.99 | $79.90 |
| 5lb | 8 weights (4 sets) | $11.06 | $88.48 |
| 8lb | 2 weights (1 set) | $21.11 | $42.22 |
| Set of 5lb adjustable ankle weights | 15 | $29.07 | $436.05 |
|  |  | **15 people** | **$688.85** |

**Example Kit 2:** If your group is primarily INSUFFICIENTLY active (doing some physical activity but not meeting guidelines):

| **Weight Amount** | **How many sets?** | **Cost per weight** | **Subtotal** |
| --- | --- | --- | --- |
| 1lb  | 2 weights (1 set) | $4.22 | $8.44 |
| 2lb | 6 weights (3 sets) | $7.99 | $47.94 |
| 3lb | 6 weights (3 sets) | $7.99 | $47.94 |
| 5lb | 8 weights (4 sets) | $11.06 | $88.48 |
| 8lb | 4 weights (2 sets) | $21.11 | $84.44 |
| 10lb | 4 weights (2 sets) | $22.16 | $88.64 |
| Set of 5lb adjustable ankle weights | 15 | $29.07 | $436.05 |
|  |  | **15 people** | **$801.93** |

**What else do I need to consider?**

Totes to store weights: [www.Globalindustrial.com](http://www.globalindustrial.com/)

 Straight wall container 12 x 15x15 – Item# WB652741

 $23.75 each plus shipping

Cart for weights: [www.Globalindustrial.com](http://www.globalindustrial.com/)

 Steel Deck Truck 36x24 1000lb capacity Item# 952105

 $211.95 plus shipping

Shipping is based on weight of order: approximately $200

**I still have questions:**

Contact the LIFT program manager at vcelift@gmail.com