



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://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 weigh	Subtotal
1lb	10 weights (5 sets)	\$2.99	29.99
2lb	10 weights (5 sets)	\$4.99	49.99
5lb	8 weights (4 sets)	\$6.99	55.92
8lb	2 weights (1 set)	\$10.99	21.98
Set of 5lb adjustable ankle weights	15	\$24.99	374.85
		15 people	\$532.73

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)	\$2.99	5.98
2lb	6 weights (3 sets)	\$4.99	29.94
3lb	6 weights (3 sets)	\$4.99	29.94
5lb	8 weights (4 sets)	\$6.99	55.92
8lb	4 weights (2 sets)	\$10.99	43.96
10lb	4 weights (2 sets)	\$13.99	55.96
Set of 5lb adjustable ankle weights	15	\$24.99	374.85
		15 people	\$596.55

What else do I need to consider?

Totes to store weights: www.Globalindustrial.com

Straight wall container 12 x 15x15 – Item# WB652741

\$8.70 each plus shipping

Cart for weights: www.Globalindustrial.com

Steel Deck Truck 36x24 1000lb capacity Item# 952105

\$136.95 plus shipping

Shipping is based on weight of order: approximately \$200