

Station Essentials



As a new exerciser you probably will not use the risers during the cardio section of the class until you gain confidence and strength. We use the risers to raise the height of the platform for the strength tracks, so you will use them there.

Everyone is responsible for setting up their own equipment for class. You will need a STEP platform and 4 risers.



Additionally, you will need weights for the strength tracks. The program is designed in such a way that you keep the same weight on for the three weighted tracks, Back, Chest and Arms.

Ladies should set up the following:

- 2 dumbbell bars**
- 4 clips**
- 4 small weights**
- 1 spare small plate**



Men should set up the following:

- 2 dumbbell bars**
- 4 clips**
- 4 medium weights**
- 1 spare medium plate**

If you are a regular exerciser using Group Active as a 1-stop destination, adjust your weight as you see fit.

What to bring to class

Bring a towel, a water bottle and your energy, and wear something comfortable like sweat pants and a t-shirt. Be sure to wear proper athletic shoes and socks for exercising so your feet are well supported.



