



Equipment for Kettlebell Progressive Program

- [Choosing what kettlebells to get](#)
- [Choosing how heavy or light your kettlebells should be](#)
- [Slam ball](#) (recommend 6-8lbs).
- [Jump stretch bands](#) (highly recommended, but optional)
 - *You can get a whole set, or look for one relatively light and one relatively heavy band option for some versatility.*
- [Jump rope](#)
 - Your jump rope should be your height + 2.5 to 3 feet.