

ADULT KITS

EXERCISE

Hiking Kit

2 Hiking books (Best Day Hikes Boise & Hiking Idaho: A guide to the State's Greatest Hiking Adventures), 1 First-aid kit, 1 Binoculars, 1 Compass, 1 Emergency Whistle & 2 Flashlights, and Backpack

Jump rope Kit

1 jump rope; 1 book (101 Best Jump Rope Workouts)

Resistance Bands Kit

1 set resistance bands (set of 6); 1 jump rope; 2 books

Complete Slackline Kit

Main and training slacklines, ratchet with cover & protector, arm trainer, tree protectors, carry bag, instructional booklet.

Workout and Weights Kit

1 workout DVD with accompanying book, jump rope, 2 weights. Weights can be 3, 5 or 8 lbs. The kit will contain 2 of the same weight.

Yoga Kit

1 Yoga Mat, 2 Yoga Blocks, 1 Yoga Strap, 1 DVD (Gentle Yoga: 7 Practices for Your Day, with Jane Adams)

Click on the kit you're interested in to be directed to the catalog listing