



Premise Health presents:

# Wellbeing 360°

A virtual mind and body expo

## Developing Your At Home Workout Space

Caitlin Sullivan

Premise Health.



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## Caitlin Sullivan

### Fitness Manager

Caitlin Sullivan is a certified personal trainer through the National Strength and Conditioning Association, as well as a Kettlebell Concepts level 1 instructor. Caitlin trains her clients with this motto - “Mind, Movement & Muscle” in order to allow her clients to focus on the muscle she wants them to work, as well as consciously focus on what their body is doing in order to produce the proper movement pattern and reap the benefits of each exercise. Caitlin enjoys training herself in this same way through Olympic lifting, HIIT training as well as getting outdoors with her family through hiking in some of the many great trails near her home.



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## Session Disclaimer

This program is provided to you by Premise Health to support your overall wellbeing. Educational programs such as the one that follows are introductory in nature and are meant to encourage your further exploration and conversation with your provider. It is not a substitute for that relationship. You should consult the appropriate healthcare professional should you have a condition that warrants medical attention or advice and support.

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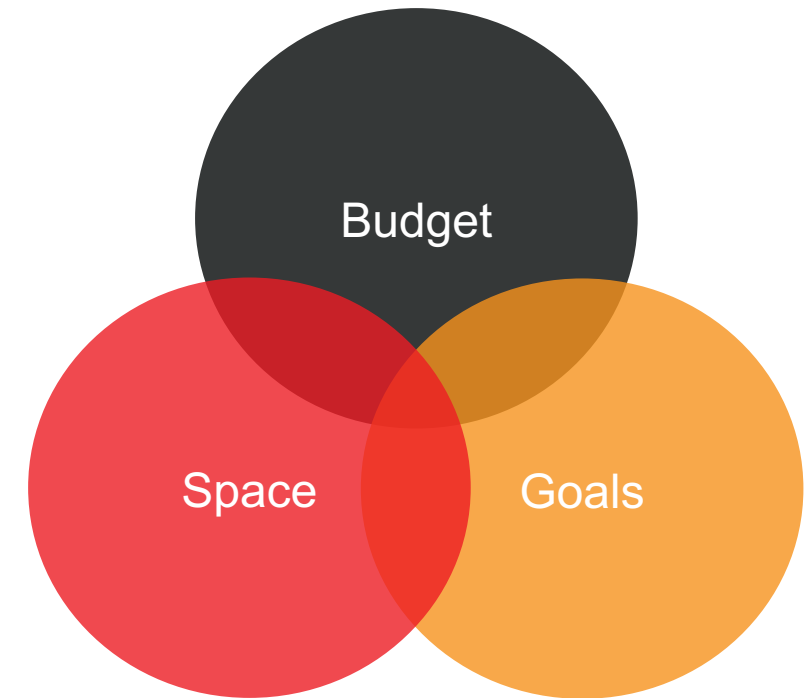
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## Developing Your At Home Workout Space

### Agenda

- Prioritize Your Goals
- Consider Your Space
- Identify Your Budget
- Budget And Equipment Options
- Call To Action





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## Prioritize Your Goals

- Establish 1-2 goals
- Consider long term use
- Consider if other people will use the equipment
- Work with your onsite Premise Health team member

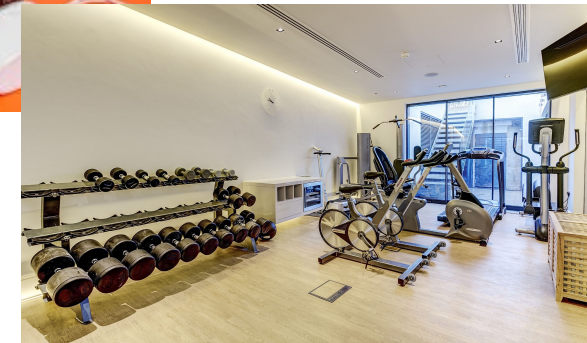
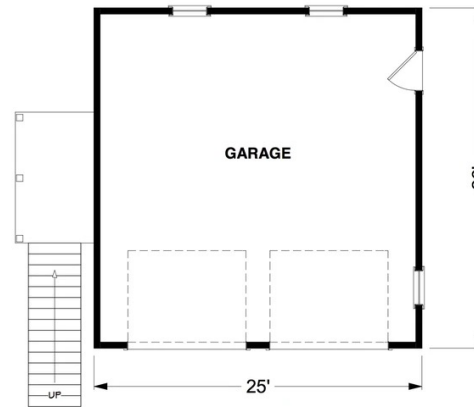


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## Consider Your Space

- Physical space
  - Square footage
  - Height
- Environmental
  - Heating & cooling
  - Sound
  - Lighting

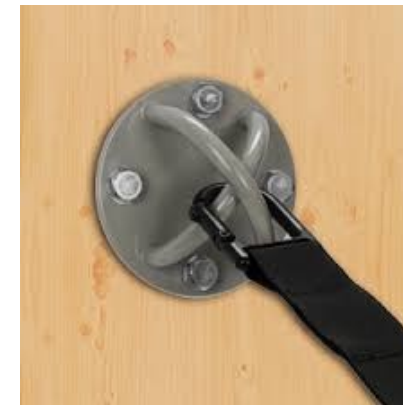
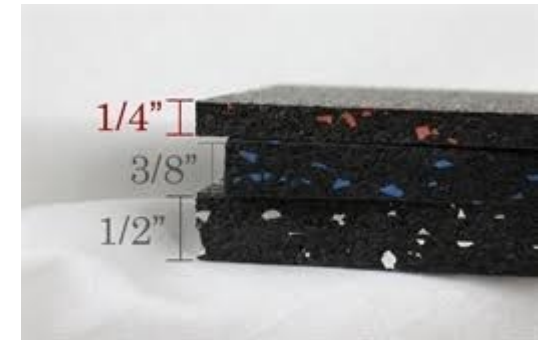
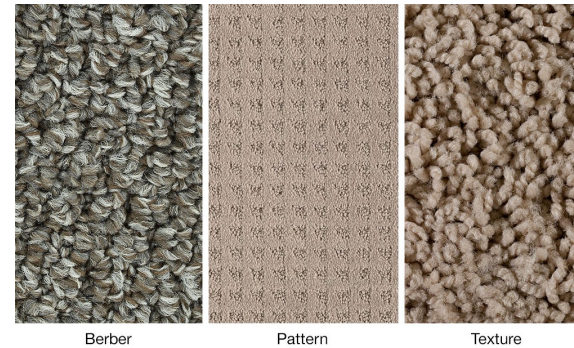


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## Consider Your Space

- Flooring
  - Carpet
  - Wood floors
  - Rubber
- Mounting & Storage
  - Hooks & mounts
  - Fold away equipment



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## Developing Your At Home Workout Space

### Identifying Your Budget

- Premium
  - Moderate to high cost
  - Larger space
  - Size of equipment can vary from small to large
- Moderate
  - Low to moderate cost
  - Medium space
  - Size of equipment is generally small to medium
- Basic
  - No or minimal cost
  - Limited space needed
  - Size of equipment can vary from small to medium



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## Developing Your At Home Workout Space

### Budget Equipment Options

	Basic - \$	Moderate - \$\$	Premium - \$\$\$
Cardio	<ul style="list-style-type: none"> <li>◆ <u>Air Rope</u></li> <li>◆ <u>Sliders</u></li> <li>◆ <u>Penalty Box</u></li> <li>● <u>Jump Rope</u></li> </ul>	<ul style="list-style-type: none"> <li>● <u>Indoor Cycle Bike</u></li> <li>● <u>Foldable Treadmill</u></li> <li>■ <u>Elliptical</u></li> <li>■ <u>Max Trainer</u></li> </ul>	<ul style="list-style-type: none"> <li>● <u>Stationary Bike</u></li> <li>■ <u>AMT</u></li> <li>■ <u>Treadmill</u></li> <li>■ <u>Elliptical</u></li> <li>■ <u>Rower</u></li> </ul>
Strength	<ul style="list-style-type: none"> <li>◆ <u>Dumbbells / Bench</u></li> <li>◆ <u>Mini Bands</u></li> <li>◆ <u>Resistance Tubing</u></li> <li>◆ <u>Stability Ball</u></li> <li>◆ <u>Slam Ball / Wall Balls</u></li> </ul>	<ul style="list-style-type: none"> <li>◆ <u>Kettlebell</u></li> <li>◆ <u>Adjustable Weights</u></li> <li>◆ <u>Plyo Box</u></li> <li>● <u>Bench</u></li> <li>● <u>TRX System</u></li> <li>■ <u>Adjustable Bar Bell</u></li> </ul>	<ul style="list-style-type: none"> <li>● <u>Dumbbell Rack Set</u></li> <li>● <u>Foldable Half Rack</u></li> <li>■ <u>Cable System</u></li> <li>■ <u>Half Rack</u></li> <li>■ <u>Multi Station System</u></li> </ul>
Recovery	<ul style="list-style-type: none"> <li>◆ <u>Mat</u></li> <li>◆ <u>Stretching Strap</u></li> <li>◆ <u>Yoga Blocks</u></li> <li>◆ <u>Foam Roller</u></li> </ul>	<ul style="list-style-type: none"> <li>◆ <u>Hypersphere / Mini</u></li> <li>◆ <u>Vyper Foam Roller</u></li> <li>◆ <u>Personal Power Plate</u></li> </ul>	<ul style="list-style-type: none"> <li>◆ <u>Hypervolt</u></li> <li>◆ <u>Venom Back Wrap</u></li> <li>● <u>Power Plate – My5</u></li> </ul>

#### Space Identifier Key

- ◆ Small
- Medium
- Large

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## Developing Your At Home Workout Space

### Moderate



Price: \$649

#### Schwinn IC3 Indoor Spin Bike

- Simple Design
- LCD Screen with RPM, distance, time
- Equipped to connect with Heart Rate monitor (not included)
- Options to have tablet holder

### Premium



Price: \$3,899

#### LifeFitness Upright Bike

- LED TouchScreen with streaming apps
- Built-in workout classes
- Connects with most smart watches
- Built-in Heart Rate sensors

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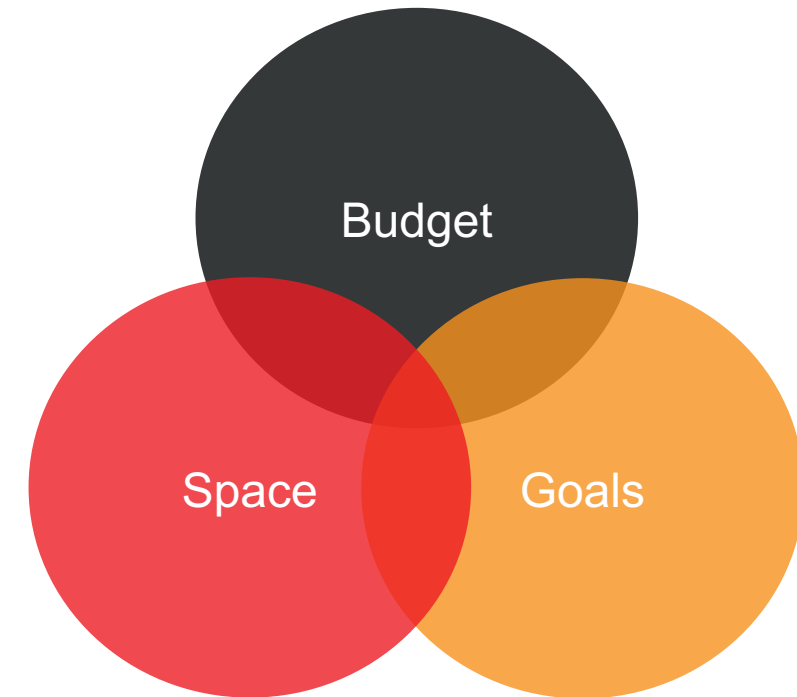
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### Call To Action

- Looking to get started today?  
Contact your onsite Premise Health team members for assistance!





Thank you for attending.



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## References

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Presentations will be available for reference on the event landing page after the full-day event has ended.

