

Land Equipment List (Excluding Stingers and Club Blue Squads)

Based on the guidelines for Squad Entry Requirements, please find the specific land training equipment selections and purchasing links for your reference.

Resistance training - Land Equipment

[1x Blue Looped Resistance band \(5kg\)](#)

[1x Green Looped Resistance band \(10kg\)](#)

[1x Pack Mini bands](#)

2x Thera bands - [1x blue \(low\)](#), [1x burgundy \(medium\)](#)

1x Jump Rope

(Can select own alternative)

[Option A](#) - Foam Skipping Rope JR500

[Option B](#) - JR100 Skipping Rope

[1x Foam Roller](#)

(Can select own alternative)

1x [Swim Dry Bag](#) (Optional)

(To store land equipment)