

# MOVEMENT

## Merax Deluxe Adjustable Dial Dumbbell with Weight Plate

Price point: ~\$640

amazon.com

If space is limited, these adjustable dumbbells are great for both lightweight and heavier weight home workouts.

Personal note: I used to shy away from lifting (didn't want to get "bulky") but the opposite happened. I leaned out. I love these!



## Flybird Adjustable Bench

Price point: \$130

amazon.com

With over 18,000 reviews on Amazon, this is the only bench you'll need to perform countless exercises.

## Saje Extra Strength Oil Blend

Price point: \$48

<https://www.saje.com/product/extra-strength-701083.html>

With all that lifting, you're going to need to show those muscles some TLC. Apply pre-workout to awaken you or post-workout for muscle relief.

