



Here's what you need for Debra's Zoom Classes

BUTTS & GUTS:

Recommended equipment:

- Resistance Bands (3 different sizes ideal)
A 3 pack is available at Walmart.com for less than \$10 (SPRI Mini Loop #577908276) or equivalent.
- Exercise mat for floorwork or use a beach towel
- Consider having your water bottle and face towel nearby

Deb's Butts n' Gutts Suggested Playlist:

Create this playlist any way you listen to music.

Burnin For You	Blue Oyster Cult
Walk This Way	Aerosmith
Sweet Talking Woman	ELO - Electric Light Orchestra
Flirting With Disaster	Molly Hatchet
Layla	Derek & The Dominos
Evil Woman	ELO - Electric Light Orchestra
No One Like You	Scorpions
I Can't Wait	Nu Shooz
Crocodile Rock	Elton John
Caught Up In You	38 Special
Rock Steady	The Whispers

*You're welcome to play your own music during class.
Just make sure your mic remains muted at all times to
eliminate any background noise. Thanks!*