

# ACTIVDISPENS<sup>®</sup>

Sporthalle / salle de sport / palestra / sports hall / halla da sport

**For all exercises the following maximum material is required:**

**2 balloons**

**3 footbag**

**3 juggling balls**

**2 PET bottles (0,5-1,0 l)**

**Elastic-Band (different thicknesses)**

**2 volleyballs**

**1 basketball**

**1 gymnastics ball**

**1 tennis ball**

**1 bench**

**1 box**

**1-3 thin mats**

**1 rod / towel**

**1 skipping rope**

**1 hometrainer (if available)**

**1 hoop**

**Fixing option for Elastic Band (e.g. wall bars, climbing pole, etc.)**