



Equipment & Resources

Below are some of the equipment and resources required to effectively run SquashFit programmes.



SquashFit Resources



25 inch racket



27 inch racket



Intro ball



Progress ball



Competition ball



2.44m Skipping ropes



2.74m Skipping ropes



Small cone



Saucer cone



Spot markers



Exercise mats



Speed ladder



Countdown timer



Whistle



Stopwatch