

# The Best Travel-Friendly Fitness Equipment of 2025



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| ✓                     | ITEM                                    | ESSENTIAL BECAUSE   | PURCHASE LINK   |
|-----------------------|---|---|---|
| <input type="radio"/> | <u>Jump Rope</u>                        | Great for cardio and postural strength, use as part of a Tabata program                     | <a href="https://amzn.to/3FZn8wz">https://amzn.to/3FZn8wz</a>   |
| <input type="radio"/> | <u>Core Sliders</u>                     | Dual-sided for carpeted and wood floors, your core muscles will thank you                   | <a href="https://amzn.to/4klzF6o">https://amzn.to/4klzF6o</a>   |
| <input type="radio"/> | <u>TRX Suspension Trainer System</u>    | Perfect for a total body workout, ideal for beginners and experienced athletes              | <a href="https://amzn.to/3GllGIZ">https://amzn.to/3GllGIZ</a>   |
| <input type="radio"/> | <u>Tube Bands</u>                       | Longer bands offer more options for upper body strength exercises, opt for a set!           | <a href="https://www.roguefitness.com/rogue-tube-bands">https://www.roguefitness.com/rogue-tube-bands</a> |
| <input type="radio"/> | <u>Foldable Yoga Mat</u>                | Folds for easy packing and transport, fits in carry-on bag, latex-free, lightweight at 2 lb | <a href="https://amzn.to/4klwTOO">https://amzn.to/4klwTOO</a>   |
| <input type="radio"/> | <u>Running Belt</u>                     | Folds for easy packing and transport, fits in carry-on bag, latex-free, lightweight at 2 lb | <a href="https://amzn.to/4jWagFj">https://amzn.to/4jWagFj</a>   |
| <input type="radio"/> | <u>Foam Roller</u>                      | Self-massage your muscles and treat muscle soreness on-the-go, pack items inside of it      | <a href="https://amzn.to/4d9lKBi">https://amzn.to/4d9lKBi</a>   |
| <input type="radio"/> | <u>Fabric Resistance Bands - 5 pack</u> | Perfect for lower body resistance exercises, fabric material for longevity and comfort      | <a href="https://amzn.to/3FSaMGG">https://amzn.to/3FSaMGG</a>   |
| <input type="radio"/> | <u>Peanut Massage Ball</u>              | Massage tension in your back muscles pre/post workout, made of rubber for comfort           | <a href="https://amzn.to/44oZ545">https://amzn.to/44oZ545</a>   |
| <input type="radio"/> | <u>Stretch Out Strap</u>                | Stretch out tight hamstrings & other lower body muscles with this multi-loop strap          | <a href="https://amzn.to/4jPqP6O">https://amzn.to/4jPqP6O</a>   |
| <input type="radio"/> | <u>Lacrosse ball - 2 pack</u>           | Great for massage and release of tightness & knots in the glutes, shoulder, calves, feet    | <a href="https://amzn.to/3GFVjtp">https://amzn.to/3GFVjtp</a>   |
| <input type="radio"/> | <u>Performance Running Hat</u>          | Lightweight, breathable, moisture-wicking, machine washable - and fun prints                | <a href="https://amzn.to/3ZyQPeI">https://amzn.to/3ZyQPeI</a>   |

## NOTES

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