

Resources & Products

I've mentioned several different products and services in the eating and exercise plans that I recommend buying. Here are links to each.

FLEXPRO MEALS

I have been using FlexPro Meals for a few years now. They get shipped straight to your door and have a great protein-to-calorie ratio. They have higher and lower calorie meal options.

These meals work great as Staple Meals.

If you use the code "**CARTER20**" you'll save 20% on your order.

[CLICK HERE](#) to learn more about FlexPro Meals.

ADJUSTABLE BANDS

This is the most cost-effective home workout equipment you can buy!

They only cost around \$20-\$30, and since they're adjustable, you can mix and match different bands to get the right amount of resistance.

[CLICK HERE](#) to learn more about them.

ADJUSTABLE DUMBBELLS

If you want to build a solid home gym, adjustable dumbbells are a must. There are several options on Amazon — some more affordable than others.

Like everything, you get what you pay for.

Here are a few options:

PowerBlock Elite Adjustable Dumbbells (\$\$\$)

These are the adjustable dumbbells I own. I love these dumbbells because they're well designed and have expansion kits

The core set can adjust up to 50 pounds per dumbbell, but you can buy expansion kits that allow you to get up to 90 pounds per dumbbell, which is basically as much as anyone would need for life!

[CLICK HERE](#) to learn more about them.

Funcode Adjustable Dumbbells (\$\$)

I've never used this set before, but I have several clients who purchased them during the COVID lockdown in 2020. They're about \$100 cheaper than other sets.

Only problem is that you can't add more weight to these, but again, for most people, two 55-pound dumbbells is plenty.

[CLICK HERE](#) to learn more about them.

Yes4All Adjustable Cast Iron Dumbbells (\$)

This is the most affordable set you can buy, and it's pretty obvious why. In order to change the weights, you have to add and remove plates. There's also an annoying screw on the sides that can get in the way.

But hey... they work!

These are the dumbbells I bought my parents when they were building their home gym, and again, they work just fine. Similar to the PowerBlocks, you can expand these dumbbells to go up to 100 pounds each!

[CLICK HERE](#) to learn more about them.