
Autophagy **Enhancer** MasterClass

As discussed in the main [ATG course](#), exercise is great for enhancing autophagy and improving blood sugar health. Here are some tools and resources we discussed on the live training.

Buying Used Gear:

[Facebook Marketplace](#) is arguably the best way to find used gear; craigslist is another option. (The items below are staples you can use with or without any actual equipment.)

Books:

The Glute Lab Book <https://amzn.to/2x5ttCV>

Notes: Great visuals and tutorials for lower body

Lower Body Tools:

Sling Shot Hip Circle: <https://amzn.to/3de4uxN>

Notes: Using hip thrusts and quadraped

Perform Better Exercise Superband: <https://amzn.to/3b8hpQ2>

Notes: These are great for firing the glutes

The BC T Bell: <https://www.bcstrength.com/products/bc-t-bell>

Notes: This one piece of equipment obviates the need to have dozens of kettle bells.

Upper Body Tools:

TRX Suspension Training: <https://amzn.to/2WyT9SX>

Notes: You can also buy [Gymnastic Rings](#); they function similarly

Serious Steel Resistance Bands: <https://amzn.to/3dc8ezS>

Notes: This four bend set is nice to have, but maybe overkill.

*I'd also suggest this three-band set as an alternative: <https://amzn.to/33y144M>

Sling Shot Push Up <https://amzn.to/2waExPb>

Misc. Health Items I Think You Could Benefit From:

3M Micropore Tape: <https://amzn.to/3a4ZV6X>

NeilMed Nasal Rinse: <https://amzn.to/3aaIPVy>

Notes: use this with Redmond real salt to rinse your nose after being in public

Breath Right Strips: <https://amzn.to/3dgH5vw>