



# YOUR WELLNESS NERD

yourwellnessnerd.com

## EQUIPMENT LIST:

Below is a list of equipment used in this course.

- Power Band
- Lacrosse Ball (or Tennis Ball)
- Booty Band
- Soft Mid-Sized Ball



Please note, you do not need to buy this equipment to complete the course. Each item will help in some way of course, but you are most welcome to use these items as a guide. Obviously, if you have any or all of these items already, absolutely use those instead. My goal is to help fix your back pain, not force you to buy equipment!

*\*The above are Amazon Affiliate links and I will receive a small commission if you chose to buy them.*



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