

Balance - Required Tools

Day 1 – ruler & pencil



Day 8 – toe separators (or paper towel) – drug store or Amazon



Day 12 – Rumble Roller (or similar foam roller) rumbleroller.com or Amazon



Section 5 – free metronome app



App Store



Google play

Section 5 – Hacky Sack (or bean bag) toy store or Amazon

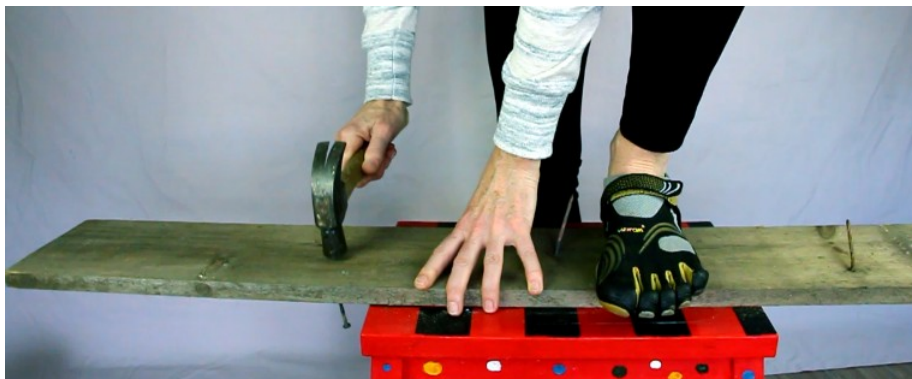


Optional

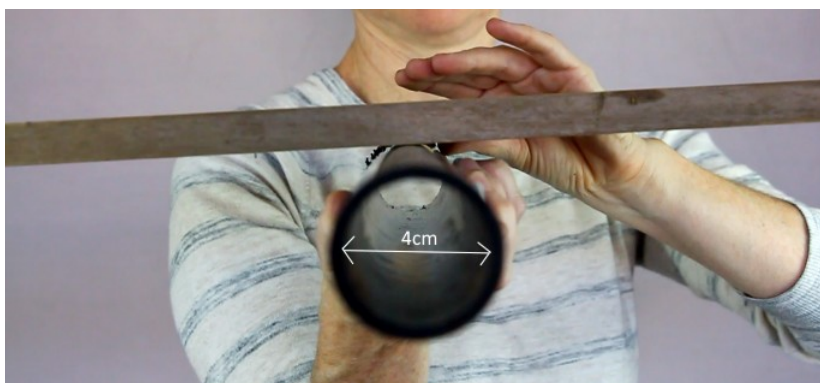
For Outdoor Exercises - Barefoot shoes (e.g. Vibrams) www.barefootfingers.com



Day 29 – 1x6 piece of scrap lumbar



Day 29 – Plastic Plumbing (approx 1 foot long after cut)



Day 30 – Kickbike (or children's scooter)

BONUS!

