

BONECENTRICS™ PROGRAM PROP LIST:

All items listed and underlined may be clicked for direct purchase from Amazon. As an Amazon affiliate, I do get a tiny commission from the items you purchase. That said, for years, I recommended these very products, purchased from Amazon for all my clients. In some cases, prices may be lower from other sites but with the cost of shipping (amazon prime members seldom pay shipping), these are the best deals I know of.

1. [Milk Crate by Jezero on Amazon](#)



2. [Theraband Beginner Set](#)



- 2b. [Theraband Intermediate/Advanced Set](#)



3. [Loop Band-Single \(medium\)](#)



3b. [Or a package of three bands \(recommended\)](#)



4. [Yoga Blocks: non-slip and thicker ones](#)



5. [FRANKLIN textured Massage Balls Set of two](#)



5b. [Franklin Smooth Ball Set](#)



6. WEIGHTS: Separate or a set: good value
[Start with two lbs pair of dumbbells](#)
 As we proceed, you can add more. I'll help you choose.



7. [Soft Density Foam Roller](#)

8. **Dowel**, I suggest you go to your neighborhood hardware store. It will be the very best deal unless you want 10. Ace offers different sizes. I've found them at every Ace hardware I've ever been to:

1 inch by 48 inches and then I do recommend ends on them which you can find at the hardware store or at amazon. But since you're already there...

DOWELS by Alexandria Moulding						
5/8" x 48" Grey	3/4" x 48" Red	7/8" x 48" Brown	1" x 48" Natural	1-1/8" x 48" Light Blue	1-1/4" x 48" Light Green	1-1/2" x 48" Pink
82158	82159	82160	82161	82162	82163	848227
7.99	8.99	11.99	11.99	12.99	14.99	18.99
1/8" x 48" White	1/4" x 48" Blue	3/16" x 48" Black	5/16" x 48" Yellow	3/8" x 48" Orange	7/16" x 48" Green	1/2" x 48" Purple
82181	82182	82183	82184	82185	82186	82187
5.59	5.59	5.59	5.59	5.99	6.99	6.99
1/4" x 36" Blue	3/8" x 36" Orange	1/2" x 36" Purple	5/8" x 36" Grey	3/4" x 36" Red	1" x 36" Natural	2" x 36" Yellow
820254	820262	820270	820288	820296	820304	848230
4.99	5.99	6.99	8.99	8.99	11.99	14.99

8b. Add the tips for extra security:

9. [8 ft. Yoga Strap \(optional\)](#)

