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

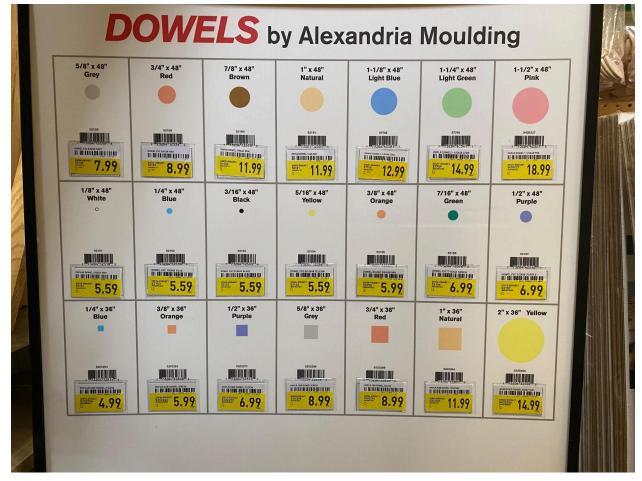


6. WEIGHTS: Separate or a set: good value <u>Start with two lbs pair of dumbbells</u> As we proceed, you can add more. I'll help you choose.



- 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 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...





8b.Add the tips for extra security:

9. <u>8 ft. Yoga Strap (optional)</u>