Equipment List

1.) Ball (4-5 inch)  Discount School Supply  
   -discountschoolsupply.com  
   - item #5PG

2.) 1-2 lb. Cuff Weights - Meyer Distributing  
   -meyerpt.com  
   - 1 800-472-4221

3. Thera loops - Stretchwell  
   -www.stretchwell.com  
   - 1-888-396-2430  
   - comes in packs of 10 ($12-$15/pack)

4. Therabands - Stretchwell  
   -$45-$60 per roll (150 feet/roll)

5. Theratubing - Stretchwell  
   -$35 per roll (100 feet/roll)

6. Step Up Blocks ( 2 inch, 4 inch, 6 inch ) - Dynatronics  
   - www.dynatronics.com

7. Pool Noodles (Cut into 10-12 inch lengths)
