

We will be using a ball, a foam roll, and exercise tubing. Here are links.

Ball https://www.amazon.com/Black-Mountain-Ball-Purple-65cm/dp/B00K5VUQRG/ref=sr_1_5?s=exercise-and-fitness&ie=UTF8&qid=1510053370&sr=1-5&keywords=exercise+ball
under 5': 45 cm, 5'-5'10": 55 cm, over 5'10": 65 cm

Foam roll: https://www.amazon.com/AmazonBasics-High-Density-Round-Foam-Roller/dp/B00XM2MRGI/ref=sr_1_3?s=sporting-goods&ie=UTF8&qid=1510053533&sr=1-3&keywords=foam+roll

Tubing https://www.amazon.com/Perform-Better-Purpose-Exercise-Yellow/dp/B00030NDQU/ref=sr_1_sc_1?s=sporting-goods&ie=UTF8&qid=1510053889&sr=1-1-spell&keywords=performbetter%2Ball%2Bpurpose%2Bexercise%2Bbands&th=1 light pink.