



WHAT EQUIPMENT WILL YOU NEED?

Restore: The Core Program requires a few pieces of training equipment in order to successfully complete all THREE levels of training.

Below in the bulleted area is a summary of what is needed.

Continue down the page to find specific links and information for each piece of equipment. PLEASE NOTE: I recommend you purchase any heavier weights you need from a local source as shipping costs may be extensive and thus prohibitive.

- **Biopressure Feedback Stabilizer** for the Basic Abdominal Brace.
- **Progressive-resistance mini-bands** for Crab Bridge and Hurdle Holds.
- **Dumbbells or Kettlebells** for the Vertical Quadruped.
- **Longer resistance band** for Monster Walks.
- **Stability Ball** for Swiss Ball Bridging and Curls, and the Swiss Ball Side Plank.
- **Exercise Wheel** for “Ab-Wheel” Roll-Outs.

Regarding the **progressive-resistance mini-bands**: You have likely already purchased these for Restoration and Foundation. If not, go to the “What Equipment Will You Need?” page by using this hyperlink – and get your bands!

Next, the MOST important piece of equipment you need to truly MASTER the basic abdominal brace and receive the objective feedback you need, is the...

Biopressure Feedback Stabilizer.

If you don't own one of these (and I seriously doubt that you would), you can get your hands on one very easily by using the link you will see just below these words, to place an order directly from Amazon. In my experience, this IS the best source for this valuable tool. Don't wait, get it now!

Thera-Band Pro Series Stability Balls:

Also, you will need a stability ball to perform a few different movements in the program.

The best source for these balls is a company called **Perform Better**. The balls are available in four different sizes. You should choose the right size ball based on your height. Here's a guide to help you:

45 cm (suggested body height between 4'7" – 5'0") **YELLOW**

55 cm (suggested body height between 5'1" – 5'6") **RED**

65 cm (suggested body height between 5'7" – 6'1") **GREEN**

75 cm (suggested body height between 6'2" – 6'8") **BLUE**

These balls are high quality at an affordable price.

- They feature superior comfort without being excessively soft.
- You'll get two plugs, an inflation adapter, and a measuring tape to help insure proper inflation.

To purchase the ball you need for these movements, use the images and links below: Right-click on the image to select "open in new window" and place your order! Don't wait!

Exercise Wheel (aka "ab" wheel)

When you get to Level 3, you will be rocking and rolling a more stable and strong core and trunk. One of the movements in Level 3 is the Ab-Wheel Roll-Out.

Right-click on the image to select “open in new window” and order a wheel if you need one. Don’t wait!

First Place Superband: 1 1/8 in. Purple

The best all-around size for most people for the Monster Walk exercise is the 1 1/8in. band. At this thickness and resistance, it provides enough resistance to make the movement challenging to load, but not so much that it is difficult to move the hip/leg laterally.

Right-click on the image to select “open in new window” and order a band if you need one. Don’t wait!