

# Required Supplemental Equipment

## Foam Rolls

AmazonBasics High-Density Round Foam Roller, Black



<https://www.amazon.com/AmazonBasics-High-Density-Round-Roller-24-inches/dp/B071P2MQ5D/>

## Lacrosse Ball

Kieba Massage Lacrosse Balls



<https://www.amazon.com/Kieba-Massage-Lacrosse-Myofascial-Therapy/dp/B017V7UKW2>

## Thera Cane Massager

Thera Cane Massager



<https://www.amazon.com/Thera-Cane-No-Model-Massager/dp/B00NH0XG7E/>