

3 Tools to Train Your Core

1. Foam Roll

- Cylinder of foam often used for rolling out your muscles
- Very versatile, has many more uses than rolling
- My favorite use: Posture training
- Types: Soft/White, Firm/Black, Ribbed/Any Color
- Where to Buy: Amazon, Big 5, Sports Authority, any sporting goods store
- Cost: ~\$10



2. Resistance Band

- Stretchy band that provides resistance in exercise
- Unlimited uses, use your imagination
- My favorite use: Strapped around thighs for glute strengthening in the Bridge
- Types: Many colors have varying levels of resistance
- Where to Buy: Amazon, Big 5, Sports Authority, any sporting goods store
- Cost: ~\$5-\$10, or free if you know a Physical Therapist



3. Yoga Mat

- For performing exercise on the ground, not just yoga.
- Creates an exercise “space” in your home or on the go.
- My favorite use: To dedicate a space in my home for my daily exercise routine for exercises like Anchor Back, Anchor Belly, The Bridge. Taking it camping.
- Types: Different materials, organic/eco-friendly or synthetic. Different thicknesses
- Cost: You can spend as much as you want on a yoga mat, from \$7-\$120



***Optional Extra* - BOSU Ball**

- Half exercise ball, half flat surface used for balance training
- Unstable surface to make any exercise more challenging
- My favorite use: Performing the Bridge with my back on the flat side which creates better spinal alignment and more hip excursion. Single Leg Bridge is more challenging.
- Other options for The Bridge: Rocker Board, any flat surface about 1-2 feet off the ground (mattress)
- Cost: BOSU ball ~\$100; Rocker Board ~\$20; Get creative ~Free

