

Equipment Needed

I can recommend substitutions if you don't have the equipment used in the videos. There are many possible equipment options, or you may be able to use something you have laying around your house.

- Rocker board or nonslip board – doesn't have to rock
- 2-on/2-off board, travel plank, or aerobic bench
- K9FITbones, large and small balance discs
- Peanut
- KLIMBS or platforms
- Cavalettis, agility jumps, or poles on soda cans