Suggested Equipment and Supplies

The suggestions listed below are not required for the course; however, you will find these supplies to be helpful to your progress. We encourage you to have these supplies available for your use.

- Crate
- Long-line for outdoor distance work
- Balance disk
- Chair
- Bed sheet
- Low, tread-safe platform
- Hula hoop
- Wooden plank (2-foot x 10-inch board)
- A laundry basket
- A skateboard
- A ladder
- Access to a wooded area with logs