



NEURO
INTENSIVE
EXERCISE

Virtual Training Equipment Recommendations

(clickable links)

Level 1 - Highly Recommended to Have:

- Exercise Mat
- Band Set
- Weight Set
- Yoga Blocks
- Step/Bench

Level 2 - Advanced Equipment:

- Cardio: Treadmill or Recumbent/Upright Bike
- Stability Ball
- Adjustable Dumbbells
- Minibands
- Medicine Ball

Nice to Have:

- | | |
|---|--|
| <input type="checkbox"/> Tennis Ball | <input type="checkbox"/> Vibration Foam Roller |
| <input type="checkbox"/> Stretch Strap | <input type="checkbox"/> Standard Foam Roller |
| <input type="checkbox"/> Hurdles | <input type="checkbox"/> Massage Gun |
| <input type="checkbox"/> Hand-Eye Coordination Tool | <input type="checkbox"/> PVC Balance Pipe |