

* 1 The Stick – To segmentally compress and stretch muscles.
* Prevent and prodict muscle injuries
* Dramatically improve strength, flexibility and endurance
* Rapidly prepare muscles for physical activity
* Disperse the effects of lactic acid following activity
* Accelerate muscle recovery

2 The golf ball – To relieve tight muscle and prevent inflammation or prevent fasciitis.

**Step 1:** Take off your shoes and socks and place a golf ball under one foot. Starting from the front, work the ball back toward your heel. (Freezing the golf ball ahead of time can help relieve inflammation.)

**Step 2:** As you roll the ball, apply pressure where needed. “If you find a spot that is particularly tender, hold it there for at least 15 to 20 seconds,” Warren says. “Move on, but revisit it again one more time.”

3 Yoga band – For strengthening ankle and improving flexibility and mobility

4 Resistance loop band – For strengthening hips glutes helping prevent itb issues

MSD band anckleciser – For strengthening ankle and tendons. Full excercises on www.msd-band.com