

360 Restore

Strengthening & Stretching

Simple Equipment Guide - Version 3

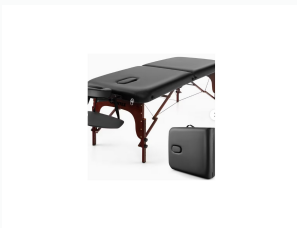
Equipment Used in Both Class Types



Dyno Disc



Folding Chair



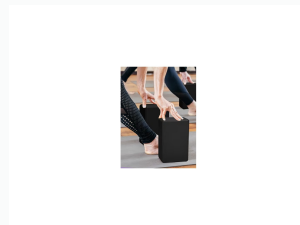
Massage Table



Pillow for Head Support



Stretch Strap



Yoga Block



Yoga Grip Mat

Some sessions may not use every item. Similar safe, stable equipment is fine.

Additional Strengthening Equipment

Strengthening classes may also use the following items:



Adjustable Ankle and Wrist Weights



Latex-Free Rubber TheraBand Kit



Resistance Bands with Buckle Kit

Also Needed

Strengthening classes may also use the equipment shown on page 1.

Equipment photos are examples only. 360 Restore LLC does not endorse a specific brand or retailer.

Safety Reminder

Please move with care

Move slowly and listen to your body. Stop if you feel sharp pain, dizziness, chest pain, unusual shortness of breath, numbness, or anything that does not feel right.

These classes are for general wellness and mindful movement. They are not a substitute for medical care, physical therapy, or advice from your healthcare provider.

If you have an injury, recent surgery, balance concern, medical condition, or you are unsure whether this class is right for you, please check with your healthcare provider first.

Come prepared. Move slowly. Breathe deeply.

Choose the version of each movement that feels best for your body.