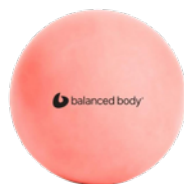


ROOT & LIMB

PROP LIST

○ 1 / Pinky Ball



Fabulous and super portable tool for releasing and mobilizing stuck muscles and fascia all over the body.

[Buy Here](#)

○ 2 / Franklin Balls



Multifaceted and fascia friendly set of balls that can do everything from releasing muscle tension to mobilizing sticky joints to activating the core.

[Buy Here](#)

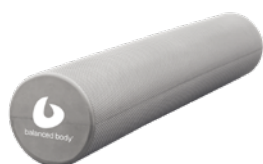
○ 3 / Yoga Block



3inch foam block assists with finding correct pelvic positioning in seated exercises, provides stability to the pelvis and shoulders and adds a level of challenging instability to standing balance work.

[Buy Here](#)

○ 4 / Foam Roller



The soft one! Great roller that is a bit more gentle on the body, coaxing muscles and fascia into a happier state without the discomfort of a harder roller.

[Buy Here](#)

○ 5 / Resistance Band



This band is longer and wider than others on the market giving greater potential for use.

[Buy Here](#)

○ 6 / 8-10 in. Ball



Fabulous and sturdy ball with a lovely texture. Great for core activation and stability challenges as well as abdominal massage.

[Buy Here](#)

○ 7 / Oov



Take your home studio to a whole new level with the Oov. Providing instability in three dimensions with a fascia friendly material that challenges stability while relaxing the nervous system, the Oov is one of the most innovative and effective products on the market.

[Buy Here](#)

○ 8 / Magic Circle



Add resistance, strengthening and challenge to your workout with the versatile and strong Ultra-Fit Circle. Medium size recommended.

[Buy Here](#)