

# Dr. Justin Albright's Equipment recommendations

## Helpful equipment for home gym

### Flossing bands



Small



Medium



Large



### Foam rollers



Large



Small



Foot



Slant board



Single foot wedge



Castle Flexx



Calf/hamstring stretch



### Sled



Magnetic resistant wheels



Weighted sled



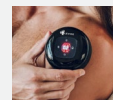
### Nordic curl



Door attachment



Bench



Levide Cup



At home red light therapy



Toe spacers



THE FOOT COLLECTIVE™

Solemate foot training program/equipment



Leg balance board



Resistance band

