

Amazon Links:

Books:

<https://amzn.to/4d94A7z>

Endure: <https://amzn.to/4e8rGwl>

The brave athlete: <https://amzn.to/4eumTVV>

Good for a girl: <https://amzn.to/3TCCTDn>

Elite Minds: <https://amzn.to/4eumTVV>

Born To run: <https://amzn.to/3TA3qLF>

Equipment:

Fabric Theraband: <https://amzn.to/3TA3qLF>

Therabands: <https://amzn.to/3TA3qLF>

Pull up assistance band: <https://amzn.to/3ZyK6SC>

Foam roller: <https://amzn.to/3XPTgJc>

Massage gun: <https://amzn.to/4e86lOt>

Compression boots: <https://amzn.to/3XztUxJ>

Toe spacers: <https://amzn.to/47By7WE>

Theracane: <https://amzn.to/3ZvMg5C>

Peanut: <https://amzn.to/4dfCHuO>

Shoulder Pulley: <https://amzn.to/47vCUJ3>

Thoracic Mobilization Wedge: <https://amzn.to/4hpcaya>

Tri/running gear:

<https://amzn.to/4e8KuvA>