

Additional Suggested Tools

Alpha Ball - Great for furthered mobility, specifically core, hips and chest.



https://www.amazon.com/Tune-Up-Fitness-Self-Massage-Performance/dp/B00NP280XY/ref=sr_1_3?keywords=alpha+ball&qid=1564765248&s=gateway&sr=8-3

Foam Roller Deep Tissue - Great for furthered mobility, specifically IT's, glutes and core. Comes in several different colors.



https://www.amazon.com/321-STRONG-Foam-Roller-Myofascial/dp/B01FOS1WJK/ref=sr_1_5?keywords=foam+roller&qid=1564765801&s=gateway&sr=8-5

Foam Roller long - Great for furthered mobility, specifically glutes and core as well as back stretch. Comes in several different colors.



https://www.amazon.com/AmazonBasics-High-Density-Round-Roller-36-inches/dp/B00XM2MRGI/ref=sxin_3_ac_d_pm?ac_md=1-0-VW5kZXIqJDI1-ac_d_pm&keywords=foam+roller&pd_rd_i=B00XM2MRGI&pd_rd_r=942ad2bc-0056-4a4c-91c6-2b3a07704ac4&pd_rd_w=9tA7T&pd_rd_wg=03q6r&pf_rd_p=be5d8dec-444e-4770-91df-1e16a8c46da8&pf_rd_r=NGTNDJ4KRAJ9K99QR96P&qid=1564765849&s=gateway

Wrist Tape - Great for weak wrists. Comes in several different colors.



https://www.amazon.com/Athletic-Residue-Trainers-Lacrosse-Climbers/dp/B072MCYFMG/ref=sr_1_6?keywords=wrst+tape&qid=1564765496&s=gateway&sr=8-6

pH RESTORE Alkaline Water Pitcher - Super Clean water!



https://smile.amazon.com/gp/product/B07PZC8BCC/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

Water Bottle A - Clean healthy water!



https://smile.amazon.com/gp/product/B07PZCWY8C/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

Water Bottle B - Great for tracking. Comes in several different colors.



https://www.amazon.com/BuildLife-Motivational-BPA-Free-Throughout-Gallon-Green/dp/B07KK5852M/ref=pd_bxgy_200_img_3/130-3990781-4609033?_encoding=UTF8&pd_rd_i=B07C4X116L&pd_rd_r=26837855-2df9-450a-8efb-07f6a648b7fc&pd_rd_w=dU6in&pd_rd_wg=xIRPt&pf_rd_p=a2006322-0bc0-4db9-a08e-d168c18ce6f0&pf_rd_r=XB77R1A4YCV2C7C7Y7S0&refRID=XB77R1A4YCV2C7C7Y7S0&th=1&psc=1

True Lime - Great for a little flavor in water. They have lemon and lime flavors.



https://smile.amazon.com/gp/product/B004AMHIJU/ref=ppx_yo_dt_b_asin_title_o04_s00?ie=UTF8&psc=1

Voodoo Floss - Great for recovery in hot spots.



https://www.amazon.com/WOD-Nation-Recovery-Flossing-Increasing/dp/B00YE4J63K/ref=sr_1_4?keywords=voodoo+floss&qid=1564765524&s=gateway&sr=8-4

Cryosphere Ball - Great for pre- and post-workout recovery, Gives relief from pain, The roller ball easily gets to your neck and parts, Improves circulation and mobility, Recoup Fitness cold roller ball release, Reduces inflammation



https://smile.amazon.com/Recoup-Fitness-Cold-Massage-Roller/dp/B01EKMN9LA/ref=sr_1_2?keywords=recovery+freezer+ball&qid=1565379558&s=grocery&sr=8-2

Doterra Deep Blue - Great for sore muscles as well as injury.



https://www.amazon.com/doTERRA-3890-Deep-Blue-Rub/dp/B005MQ2BQI/ref=sr_1_4?keywords=deep%2Bblue&qid=1564766525&s=gateway&sr=8-4&th=1

Nutriblender - Easy to make smoothies and take on the go. No large blenders to clean by hand.



https://smile.amazon.com/NutriBullet-NBR-1201-12-Piece-High-Speed-Blender/dp/B007TIE0GQ/ref=sr_1_6?keywords=small+blender&qid=1565379854&s=gateway&sr=8-

Home Equipment - 1 Kettlebell and or 1-2 sets of different weighted dumbbells. Look for deals on Letgo, FB Marketplace, etc for cheapest. Or Carolina Fitness Equipment here in town. Or even Walmart or Target are fine for these items.



Fitness/Wellness/Sleep Trackers:

Whoop -



<https://www.whoop.com/>

Oura Ring -



<https://ouraring.com/products/>

Posture Trainer - Great for improving posture.



https://www.amazon.com/Posture-Corrector-Men-Women-Truwo/dp/B07DKHTKP3/ref=pd_lpo_sbs_107_t_1?encoding=UTF8&pvc=1&refRID=8RTPXBK1MDGHHQQ6P7TE

Massage Device (The Hypervolt) - Portable, Helps Relieve Muscle Soreness and Stiffness.



https://www.amazon.com/Hyperice-Hypervolt-Portable-Massage-Device/dp/B07BDLGRTN/ref=sr_1_1?keywords=hypervolt&qid=1564776635&s=books&sr=8-1

Christian Meditation App - FREE - "Abide": Christian Guided Meditation & Daily Prayers



Abide - Christian Meditation

Meditation & bedtime stories

[Carpenters Code Inc.](#)

#110 in Health & Fitness

★★★★★ 4.8, 29.7K Ratings

Free · Offers In-App Purchases

Meditation App - FREE - Meditation and Breathing



Oak - Meditation & Breathing

meditate, breathe, sleep

[Courtney Circle](#)

★★★★★ 4.8, 18.1K Ratings

Free · Offers In-App Purchases

Shoes - Shoes are a very personal item. That said, here are a few of our top favorite brands. The flatter cross-training shoes are great for MissionFIT.

- No Bulls
- Reebok Nanos
- Nike frees