

Equipment Forecast for ACL Strong Courses

ACL Strong courses introduce new exercises each week. To help ensure that you will be prepared, here is a detailed list of the equipment that you will need in each week.

To order equipment, go to the [Equipment page](#) or the Equipment Lesson in the Intro Module.

Week	Required Equipment	Optional Equipment
Week 1	Resistance Mini Band	BOSU Balance Trainer Stretch Strap
Week 2	Resistance Mini Band BOSU Balance Trainer	
Week 3	Resistance Mini Band BOSU Balance Trainer	Foam Roller
Week 4	Resistance Mini Band BOSU Balance Trainer Medium-sized ball (if no ball available, use a towel on slick floor)	Stretch Strap
BONUS Weeks	Resistance Mini Band BOSU Balance Trainer Stretch Strap	Stretch Strap

Click or copy/paste this url to order equipment:

<https://aclstrong.com/equipment/>