



THE LEAN BERETS

AVENGERS OF HEALTH!

“Restorative Movement Start-Up Gear”



“Restorative Arts” was one of the three main content areas of classical PE (1885-1920). The idea was “restore” the body to a *natural state* while teaching precision and safety of movement before focusing on increased weight, volume, intensity, and sports. The Restorative Arts provided “*life skills for self-care*” with simple tools and gravity training through increased physical literacy. *These vintage methods are just as important for the modern world.* Learn these and more at our upcoming “Restorative Movement” workshops. ☺

Gear Recommendations: These are the “life tools” for getting started with Restorative Arts. We teach people how to use all of these tools and more in our workshops. We use different vendors depending upon the specific tool and application. *To Your Health “Through” Movement! –RJ ☺*

PHASE I: THE BASICS

Health Wand: (Revolution Clubs) Wands are the simplest way to begin and highly recommended. Organic wooden wands feel better than plastic or metal. *Use “*ronjones*” coupon code.

- http://www.revolutionclubs.net/Exercise_Wand_p/exercise.wand.1.60.htm
- Approximate Cost: 1 x 24.99=\$24.99 (+tax & shipping)

Indian Clubs: (Revolution Clubs) Don’t start with anything over one pound no matter how strong or fit. If just getting one pair—the priority is one pounders. If you can, get both the one pound pair and the ¾ pair. The lighter ¾ clubs are better for the wrist drills. *Use “*ronjones*” coupon code.

- 1# Pair: http://www.revolutionclubs.net/1lb_Oak_Indian_Clubs_Pair_p/1lb-oak.htm
- ¾# Pair: http://www.revolutionclubs.net/3_4lb_Oak_Indian_Clubs_Pair_p/0.75lb-oak.htm
- Approximate Costs: 1 Pounders=\$54.00; ¾ Pounders=\$39.95 (+tax & shipping)



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Indian Clubs Fundamentals DVD (Ron Jones & The Lean Berets) This is an excellent training DVD for getting started with the absolute fundamentals. I carefully cover the form, safety, nuance details, and even some of the history on these amazing restorative tools from the past. **Use “ronjones” for coupon code.*

- http://www.revolutionclubs.net/DVD_Fundamental_Indian_Club_Movements_p/dvd-fundamental.htm

Meel Stick: (Revolution Clubs) This was an idea I had to help people transition from actual Indian Clubs into the heavier and longer Persian “Meel” clubs. They are amazing restorative tools as I teach them. **Use “ronjones” coupon code.*

- http://www.revolutionclubs.net/Meel_Stick_1_1_2_Round_p/meel.stick.round.htm
- Approximate Cost: 1 x 34.75=\$34.75 (+tax & shipping)

SandBells: (HyperWear) While not “vintage” tools, the movement patterns I teach with them is historically based. Amazing restorative tools and fun to use! Start with the lightest ones which are only two pounds.

- **2# Pre-Filled:** <https://www.hyperwear.com/shop/sandbell-free-weights/filled-sandbells.html>
- Approximate Cost: 2 x 12.99=\$25.98 (+tax & shipping)

PHASE II: INTERMEDIATE

Persian “Mini Meel” Club: (Rosewater Kinetics) This is a transition tool to go from the “Meel Stick” to the actual full Meel Club. The lightest full-size meel club is about six pounds and too heavy for most women and many men too. This smaller version is shorter and lighter at only two pounds—perfect for practicing patterns and safety before adding more load.

- <http://www.rosewaterkinetics.com>
- Approximate Cost: 1 x 80.00=\$80.00 (+tax & shipping)

Persian Meel Club: (Revolution Clubs) This is the best club by classical design in the six pound category and my personal favorite. When you work up to this lever length and weight—be prepared to get stronger! **Use “ronjones” for coupon code.*

- http://www.revolutionclubs.net/6lb_Persian_Meel_Single_Dark_Finish_p/meel-6lb-single.htm
- Approximate cost: 1 x 104.50=\$104.50 (+tax & shipping)

Pull-Up Bar: Nothing fancy here. For restoratives, you only need a straight bar. Too many options to list, but go to the park, make your own, buy a portable unit, etc...just get on the bar and start stretching out to restore postural line and help shoulder mobility and grip strength.

- ✓ These are my top recommendations for restorative tools. There are many more, but these are truly “restorative” when used with the classical methods. *More options?* Make your own or just use body weight—but do something to restore the body from modern life, extended technology use, and sitting.

* *By Ron Jones, MS, Credentialed PE & Health Science Teacher, Historical Kinesiologist*