

EQUIPMENT LIST

CARDIO

- Treadmill
- Elliptical
- Stationary Bike
- Outdoor Bike

- Arm Ergometer
- Rowing Machine
- Stepper
- Other _____

DUMBBELLS

- 1 lb x ____ (qty)
- 2 lb x _____
- 3 lb x _____
- 4 lb x _____
- 5 lb x _____
- 6 lb x _____

- 7 lb x _____
- 8 lb x _____
- 9 lb x _____
- 10 lb x _____
- 12 lb x _____
- 15 lb x _____
- Other _____

TUBING

- Light
- Medium
- Heavy
- Tubing Covered
- Tubing Uncovered

- Very Heavy
- Ultra
- Physio bands
- Tubing Door Attach.

BALLS

- Stability Ball 45 cm
- Stability Ball 55 cm
- Medicine Ball
- Med Ball Weight _____

- Stability Ball 75 cm
- Bender/or
- Small inflated ball
- BOSU Ball

BARBELLS

- Weight _____
- Weight _____

- Weight _____

OTHER

- Gliding Discs
 - Decline Bench
 - Bowflex
 - Step Platform
 - Foam/Ridged Roller
 - Push Up Stands
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- Incline Bench
 - Skipping Rope
 - Multi-station unit
 - Step Platform Risers
 - # of Risers _____
 - Strap-on Weights
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