



GYM EQUIPMENT CHECKLIST

FIND THE RIGHT GYM WITH EVERYTHING YOU NEED!

| Equipment | Status (Y/N) |
|---|--------------|
| Lying Hamstring Curl | |
| Plate Loaded Leg Press | |
| Hack Squat | |
| Free Weight Squat rack (w/ adjustable safety pin heights) | |
| Open Area For Walking Lunges (approx 8-10 stride Length) | |
| Glute Abductor Machine | |
| Flat & Adjustable Incline Benches | |
| Dumbbells Up To 100lbs (you want room to grow) | |
| Plate loaded or Selectable Stack Incline Machine Chest Press | |
| Plate Loaded or Selectable Stack Flat Machine Chest Press | |
| Pec Deck Fly Machine | |
| Free Weight Incline Barbell Bench or Smith Machine | |
| Cable Station For Flys, Rope Press Downs, Crunches | |
| Plate Loaded or Selectable Stack Dip Machine | |
| Lat-Pull Down w/ Close and Wide Grip Attachments | |
| Plate loaded or Selectable Stack Chest Supported Row | |
| Cable Row w/ Various Attachments | |
| T-Bar Row (you can use a barbell & v-grip attachment in a corner) | |
| Plate Loaded or Selectable Stack Preacher Curl | |
| Leg Raise Station | |
| Elliptical | |
| Bike | |
| Treadmill | |
| Foam Rollers | |
| Various Bands | |
| Assorted Barbells & Ez Curl Bars | |