Garage Gym Equipment Shopping Checklist

Mats	Ab Bench
Olympic Bar	Plyometrics Boxes
Olympic Bumper Plates	Kettlebells
Dumbbells	Jump Rope
Pull-Up Bar	Medicine Balls
Dip Station	"Just Jump or Run"
Flat Bench	Block and Tackle
Squat Racks	Harness
Portable Power Racks	Ankle Straps
Rower	Road or Mountain Bike
Parallettes	Digital Video Camera
Still Rings	Stopwatch
Still Rings	Stopwatch
 Still Rings Landing Mats 	 Stopwatch Marker Board
 Still Rings Landing Mats Rope 	 Stopwatch Marker Board AV System
 Still Rings Landing Mats Rope Climbing Holds 	 Stopwatch Marker Board AV System Fitness Library

AbMat