



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	
Rec 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	

Excel Gym Equipment Checklist Sheet

CO Houle



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