



# 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                                  |              |

# Excel Gym Equipment Checklist Sheet

**Raffaela Di Napoli**

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