



# INDUSTRIAL ATHLETIC

## GARAGE GYM EQUIPMENT CHECKLIST

The garage gym tradition is revered and respected. The number of athletes training in garages, barns and abandoned buildings is legion.

You can build, rather inexpensively, a world-class strength-and-conditioning facility in your garage! We know you have a lot to consider when setting up your garage gym - equipment, layout, construction and cost.

We have compiled an easy to follow checklist, and broken it down into 4 easy sections to help you plan how to build your facility and get the gear you want, in the order you need them. You'll find some great tips on using our online wishlist to manage your budget and some finance options too.

### 1. Fit-Out Considerations

- Wall mounted rack
- Pull-up rig
- Rubber flooring
- Bench
- Industrial fan
- Storage for:
  - Barbells
  - Bumper plates
  - Balls
  - Bands
  - Kettlebells
  - Dumbbells

### 2. The Essentials

- Barbells
  - 20KG, 15KG
- Bumper plates
  - 25KG, 20KG, 15KG, 10KG, 5KG
- Medicine balls
  - 1KG, 2KG, 3KG, 6KG, 9KG, 12KG
- Kettlebells
  - 8KG, 12KG, 16KG, 20KG, 24KG, 32KG
- Plyo Boxes
  - Plywood, Foam
- Pull-up bar
- Barbell collars
- Speed rope
- Chalk/Clean Grip
- Foam rollers
- Mobility bands
- Rings

### 3. Extras

- Change plates
- Dumbbells
- Climbing rope
- Sled
- Weight vest
- Slam balls
- Fractional plates
- Abmat
- Lacrosse balls for mobility
- Specialty barbells
- Weight lifting belt

### 4. The Big Tickets

- Assault bikes
- Rowers
- Olympic platform
- GHD

### Tools to help manage the garage gym process:

#### WISHLISTS

[www.industrialathletic.com](http://www.industrialathletic.com)

Add your entire gym plan to a wishlist, and buy as you need.

#### LAYBUY

[6 Easy Payments](#)

Fast approval, interest free

\*conditions apply

#### FLEXIRENT

[Business Finance](#)

Low fees, personal service, various term options

