



Exercise Equipment Survey

Name (optional): _____

List Strength Equipment (include the weight if you know). (i.e. dumbbells, kettlebells, Bodybar, Vopr, barbells, etc)

List Cardio Equipment (i.e. treadmill, elliptical, stepper, Jacobs ladder, etc)

List Miscellaneous Equipment (i.e. TRX/Jungle Gym straps, BOSU ball, Swiss ball, Medicine Ball, agility ladder, hurdles, aerobic steps, plyo box, ankle bands, super bands)