

## PRIVATE CROSSFIT L1 GEAR CHECKLIST

Please let us know if you do not have all of the specified gear amounts listed below.

GEAR	AMOUNT REQUIRED	NOTES
Automated External Defibrillator (AED)	1	
Basic First-Aid Kit	1	
Central Heat/Air Conditioning	1	If no centralized heat/air unit, please procure necessary equipment to maintain a comfortable learning environment.
Toilets or Portable Toilets	1 for every 10 participants	
Chairs	1 for each participant and test only	
Clipboards (or similar writing surface)	1 for each participant and test only	
No. 2 Pencils	1 for each participant and test only	
Small Tables (must seat at least two people, side by side)	2	
Whiteboard	1	Minimum of 4 by 6 ft (1.2 by 1.8 meters)
Dry Erase Markers + Eraser	Minimum of 2 black (four different colors would be ideal).	Please provide a towel and spray-on cleaner to erase the board.
PVC/Dowels	1 for each participant, plus 5 extra.	
AbMat	1	
Medicine Balls— 8-20 lb (3-9 kg) (any brand)	1 per participant	
Weightlifting Barbells—35 lb (15 kg)	1 per 3 female participants	Minimum of 1 barbell (any weight) per every 3 participants.
Weightlifting Barbells—45 lb (20 kg)	1 per 3 male participants	Minimum of 1 barbell (any weight) per every 3 participants.
Weight Plates	Enough weight to load each 35-lb bar to a total weight of 65 lb with scalable options.	A variety of weight plates is ideal.
Weight Plates	Enough weight to load each 45-lb bar to a total weight of 95 lb with scalable options.	A variety of weight plates is ideal.
Dumbbells—5-35 lb	1 pair of each	
Plyo Boxes—20 in	4	
Plyo Boxes—24 in	4	
Rings	1 pair for every 3 participants	
Pull-up Rig	1	Rig should be large enough to support 15 people at once.
Glute-Ham Developer (GHD)	1	