

OFG Soccer -Medal Hanger - Ribbon Holder - Displaying Sports Awards on Rack Shelf

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Soccer, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



0P-6LS6-IHKX

## OFG Climbing Pegboard - Aluminum Dowel Peg

- \*1.25 x 7 inch Diameter
- \*Solid Aluminum
- \*One Quarter Round Side
- \*2 Climbing Dowels
- \* Lightly Knurled Textured Handle for an Improved Grip



**OW-9SH5-F80Z**

Ohio Fitness Garage Deadlift Jack Platform Laminated Wooden Pulling Block Stand For  
Overloading Your Lift to Increase Strength (11x11x4 inch)

Made out of 4 laminated 3/4" pieces of B/C grade plywood. It has stoppers and plastic feet

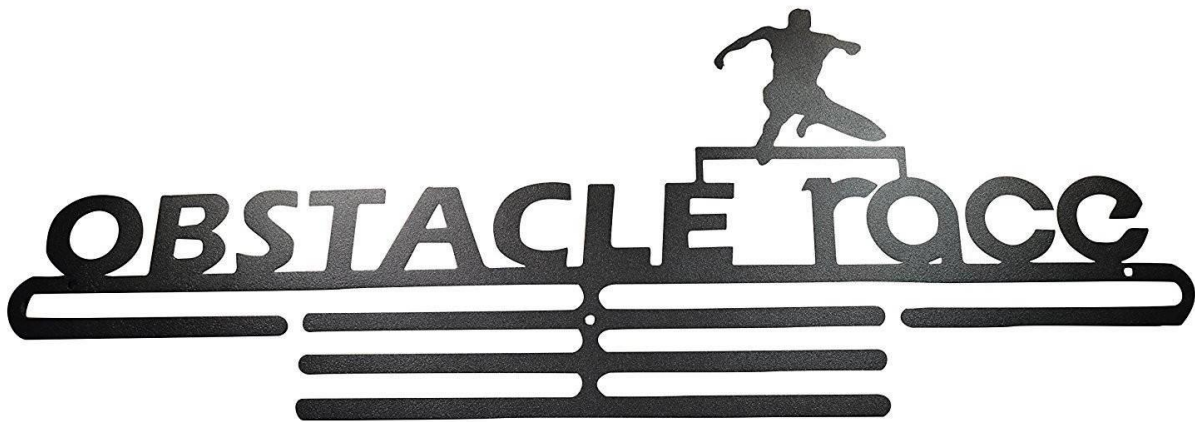
\*Heavy Duty Deadlifting Pulling Blocks \*Perfect Tool for any Serious Lifter Looking to Increase Their  
Deadlift \*Used to Improve Your Lift by Overloading and Speed Drills \*11x11x4 inch Block \*Can  
Search The Internet for Instruction on How to Use Pulling Block and Overloading routines



11x11x4pullblock

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Obstacle Race, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Obstacle Race, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



1J-SV1J-9SZL



OFG Interlocking Barbell Holders Wall Mounted Designed for Minimal Space (4 Holder)

OFG Interlocking Barbell Holders Wall Mounted Designed for Minimal Space (4 Holder) \*Simple Interlocking Barbel Holder with 16" on Center Bolt holes \*Low Profile Easy 4 Screw Hole Insulation Great for Storage In Small Gyms \*Built From Durable 1/4 Inch Solid Steel With A Commercial Textured Powder Coated Finish \*One Olympic Style 2 inch Barbell Holding Rack With 4 Slots, 4 3/8" bolts and 4 Washers \*Made In Columbus Ohio

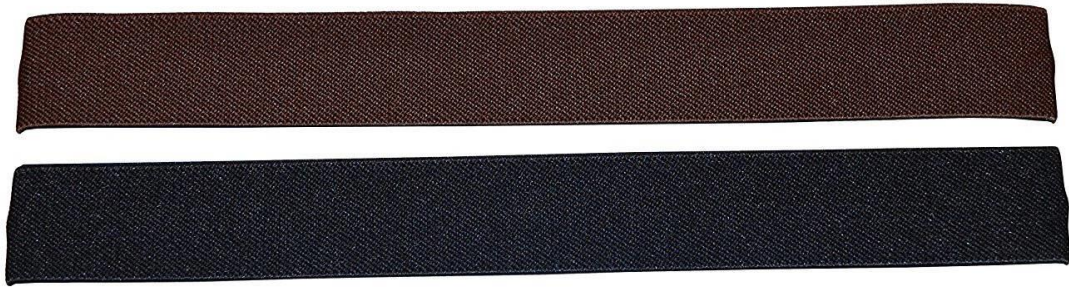


1L-RYNI-8H4X

OFG Brown Black 1 inch Elastic Sports Headband No Slip with Silicone Grip Polyester Blend for Adult Teen High Performance Hairband

OFG Brown Black 1 inch Elastic Sports Headband No Slip with Silicone Grip Polyester Blend for Adult Teen High Performance Hairband

- \*Holds hair back during rigorous workouts and participation sports, preventing obstruction of vision
- \*Non-slip silicone grip keeps headband firmly in place during sweaty, high-intensity activities
- \*One size accommodates most 44 cm (17.5) hair bands without adjustments
- \*Machine washable blend of 55% polyester, 30% spandex and 15% silicone gives long-lasting elasticity
- \*Multipack of two - 1 wide headbands lets you keep one wherever a workout opportunity may arise



1S-X3JH-BM9H

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (10)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone

Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the

OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



## 3-8mm-BK-SZ10

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (11)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



3-8mm-BK-SZ11

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (12)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



3-8mm-BK-SZ12

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (13)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today

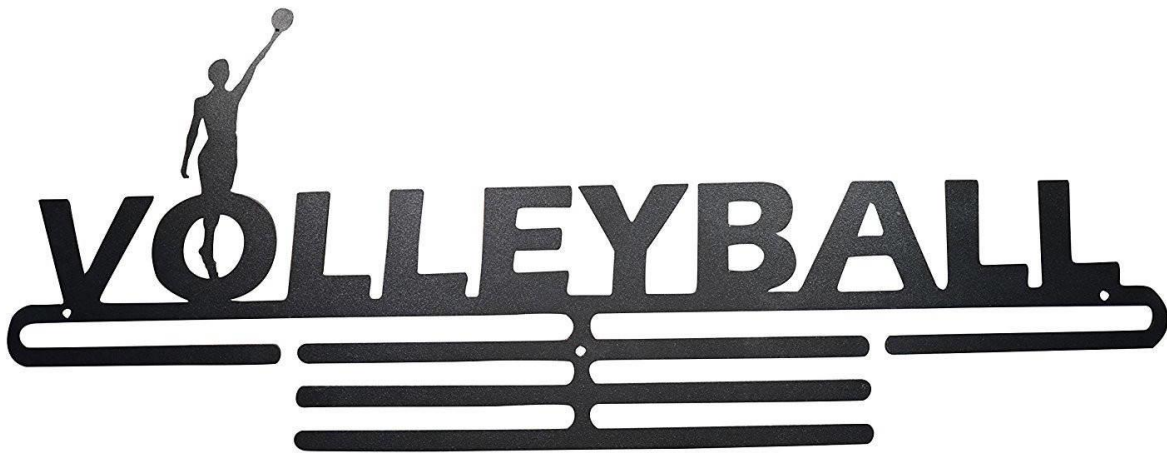


3-8mm-BK-SZ13



OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Volleyball, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Volleyball, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



AD-7B82-39H5

4 BLACK, 1/2 INCH Elastic Sports Headband No Slip with Silicone Grip Polyester Blend For Adult  
Teen High Performance Hairband

Stop fly-away hair and perspiration from impeding your workout or sports activity Ohio Fitness Garage OFG Elastic Sports Headbands comfortably keep ponytails, wisps of hair, and sweat under control during high-intensity training, athletic competition and other physically demanding endeavors. These 17.5  
\*HOLDS HAIR BACK during rigorous workouts and participation sports, preventing obstruction of vision  
\*NON-SLIP SILICONE GRIP keeps headband firmly in place during sweaty, high-intensity activities \*ONE  
SIZE accommodates most 44cm (17.5") hair bands without adjustments \*MACHINE WASHABLE  
blend of 55% Polyester, 30% Spandex and 15% silicone gives long-lasting elasticity \*MULTIPACK  
OF FOUR 1/2"-wide headbands lets you keep one wherever a workout opportunity may arise



AN-FQ3K-C7PV

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Softball, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Softball, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



AV-863S-PM18

1 Swole Dice Set Of 6 Laser Printed 19mm Dice 46K Random Fitness Routines 5 No-Equipment, 1 Equipment Add Variety Spontaneity To Workout Gym Strength Training Weight Lifting Circuit

Variety is the key to enjoying your workout. If you reach a point where you are bored and watch the clock the whole time, you are more likely to skip the gym. SWOLE Dice bring variety to your fitness routine, wherever you are at. Our set of 6 workout dice will give you 46,000 different workout combinations, so every workout will be different than the previous one. One die calls for some light equipment, while the other six dice dictate repetition numbers and targeted workout groups such as cardio, upper body, lower body, and core. No aspect of a complete workout is overlooked by SWOLE Dice. Fun is a big motivational factor to workout success, too. Use SWOLE Dice with fitness partners to infuse fun and competition. SWOLE Dice are six durable laser-printed dice that are completely transportable. Slip them into a jacket pocket, a lunch bag, a gym bag or luggage. SWOLE Dice bring the variety and fun with them, no matter where they go. Add SWOLE Dice to your cart today, and reinvent your fitness routine with every roll of SWOLE

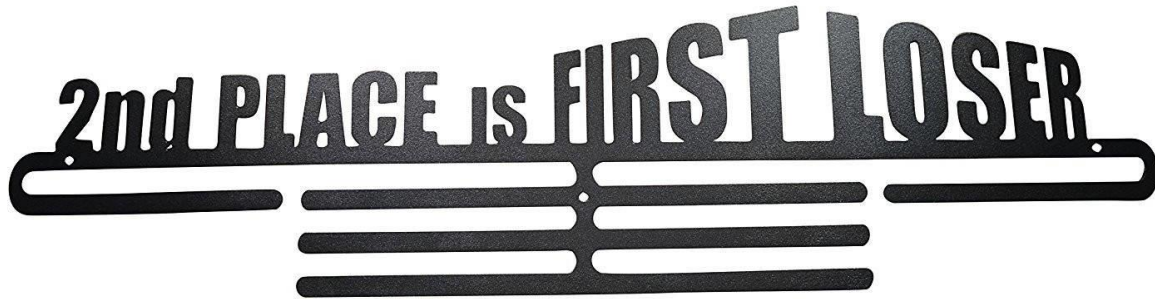
- \*VARIETY keeps workouts interesting. 46,000+ possible workout combinations
- \*COMPETE with others to add fun and motivation to your exercise regimen
- \*TARGETED aspect of for each die: repetitions; upper body; lower body; cardio; the core
- \*SIX laser-embossed white dice. Five require no equipment; one calls for equipment
- \*1 Set of 6 Dice



# BOOTTAG0AG FBA

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (2nd Place is First Loser, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (2nd Place is First Loser, Black)      \*OFG Medal Hanger to Display Your Hardware With Pride  
\*Simple 8 Hook Laser Cut Steel Design      \*Mounting Holes are Spaced 16 inches on Center for Easy Mounting      \*18 inches Long      \*Package includes 1 Ribbon Rack, and 3 mounting screws



BA-JDJ1-LXCK

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Gymnastics, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Gymnastics, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



E2-FALJ-4P4V



## (2) OFG Black Single Coat Hook 2 Prong .25 Steel Heavy Duty 1.75 x 3.75 Inch (2 Pack)"

Organization meets simplicityWall space is often overlooked as a storage solution. OFG Coat Hooks let you get jump ropes, boxing gloves, weight belts and more up off the floor for better equipment control and safety. These robust hooks accommodate the organizational needs of industrial organizations, commercial gyms and your own home gym in your garage. Whether you want to give your clients a place to hang their towels between reps or keep your gardening tools from taking up limited floor space, these uncomplicated hooks are the answer to your de-cluttering dilemma.Built to lastOFG Coat Hooks are made of heavy-duty quarter-inch thick steel for long-lasting durability. This ensures that the prongs have superior load capacities without bending or breaking. A factory-applied powder coating adds eye-appealing texture and makes the hooks impervious to corrosion. OFG Hooks are perfect for the humid environment of school or commercial gym locker rooms. Two pre-drilled holes make installation easy and enhance the hook's load-bearing capacity. They are perfect for your garage or garden shed to organize tools and equipment.Customer Satisfaction is our top priorityWe use the highest quality materials and manufacturing processes to bring you these premium Coat Hooks. We confidently offer a 30 Day Money Back Guarantee for your peace of mind. In the unlikely event that our product does not perform to your expectations, return it for a full refund of your purchase price. No questions asked. Conquer your gym storage and organization hang-ups. Add the OFG Coat and Hat Hooks 2-Pack to your cart today.

\*2-PACK of Heavy-Duty Powder Coated Steel Hooks featuring 2 prongs each. These home hardware accessories are rugged enough to use in commercial gyms, schools and industrial facilities.

\*INDUSTRIAL STRENGTH steel measures 0.25" thick. Dimensions of each hook are 1.75"H x 3.75"W. Hooks can be mounted on walls, doors, commercial gym equipment for hanging gym bags, boxing gloves and more.

\*POWDER COATING is factory applied for maximum chip resistance. This textured coating protects your OFG hooks from corrosion, and also gives them an industrial look that complements workout equipment.

\*PRE-DRILLED for easy installation. These sturdy coat hooks are formed from a single piece of heavy-duty steel to resist bending and breaking. Organize a home gym or provide towel hooks in shower areas.

\*MADE IN THE USA in our Columbus, OH factory. Includes a 30 Day Money Back Guarantee to ensure your satisfaction. If you are not delighted with our product, return it for a 100% refund of your purchase price.

**2 Pack**



**LA-AA7X-6CHV**

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Dancer, Black)

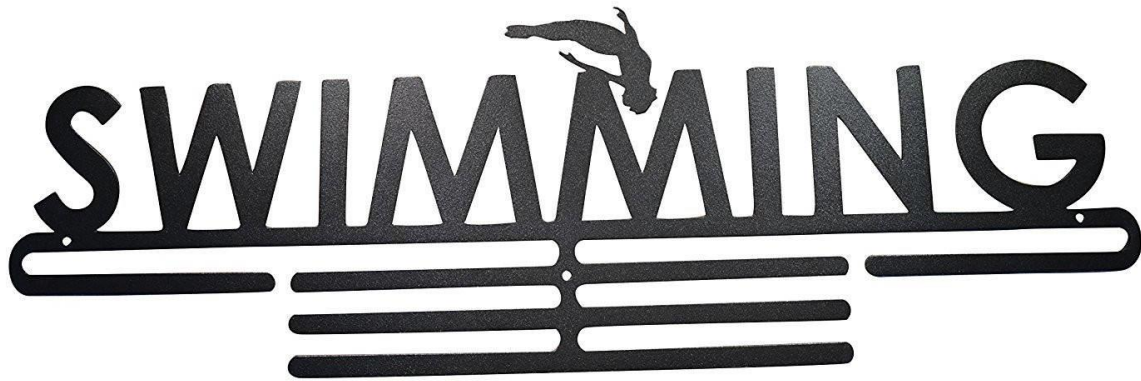
OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Dancer, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



LU-S2LF-8V1N

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Swimming, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Swimming, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



NM-5OU5-RPP7

OFG Best Pegboard Climbing Board Hybrid Wall Mounted For Residential Commercial Heavy-Duty Institutional Use Fitness (Birch 16", 8 Hole)

The Ohio Fitness Garage climbing pegboard is a simple fitness apparatus that delivers a complete upper body workout in minimal gym space. Pegboard climbing incorporates a wider range of freestyle movement than rope-climbing, working all of the muscles in your arms, upper back, mid back and shoulders. Holding a pair of 1" x 4" finger ledges at various depths and width for grip training. \*BUILT from cabinet grade Birch plywood. Laminated with 20-ton press. CNC Routed. \*Eight holes of 1-5/16" diameter. \*SET consists of one 16"x23"x1.5" pegboard and two 7"x1 1/4" hardwood pegs. \*One of the best most versatile pegboards in the market.



NW-6UZZS-SE23

2 OFG 20" Mounting Brackets For Climbing Pegboard Pre Drilled 16" on Center Universal  
Laminated Plywood

Parts for mounting an Ohio Fitness Garage Pegboard      \*Universal Mounting Bracket      \*Pre Drilled  
Holes for 16" on Center Walls      \*Glue Laminated Pine Plywood      \*Dimensions (20x2.5x1.5) Inch  
\*Package of 2

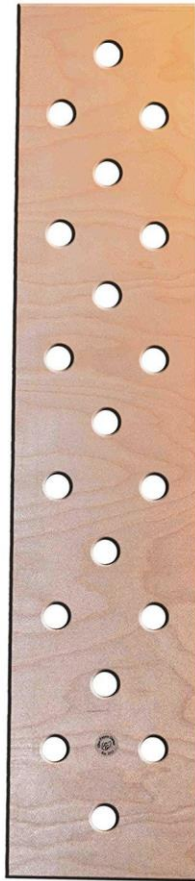


OFG-2-20inch-Brkt



OFG Best Durable Plywood Pegboard 18-Hole Climbing Board For Residential Commercial Heavy-Duty Institutional Use Fitness 10x47"x1.5" Laminated Cabinet Grade (Birch Plywood 47 Inches)"

The Ohio Fitness Garage climbing pegboard is a simple fitness apparatus that delivers a complete upper body workout in minimal gym space. Pegboard climbing incorporates a wider range of freestyle movement than rope-climbing, working all of the muscles in your arms, upper back, mid back and shoulders. Holding a pair of 1". DEVELOP upper body strength through working out muscles in the arms, shoulders, forearms, hands, upper body and core. Pegboards develop back muscles not addressed by traditional pull-ups or rock climbing". SMALL footprint for home, commercial gyms and institutional. Ideal alternative to rope climbs". BUILT from cabinet grade Birch plywood. Laminated with 20-ton press. CNC Routed". EIGHTEEN holes of 1-5/16" diameter". SET consists of one 10"x47"x1.5" pegboard and two 7"x1 1/4" hardwood pegs



OFG-Birch-47x10

## OFG Climbing Pegboard Replacement Parts (Black Aluminum Peg)

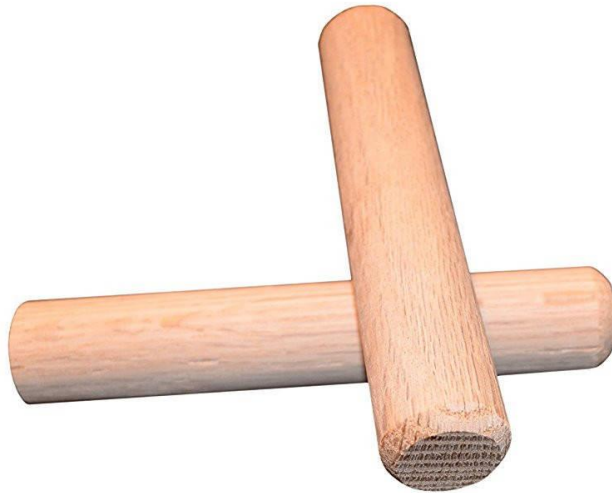
Parts for mounting an Ohio Fitness Garage Pegboard      \*1.25 x 7 inch Diameter      \*Solid  
Aluminum with a Black Matte Factory Applied Zinc Finish      \*One Quarter Round Side      \*2  
Climbing Dowels      \*4.5" Lightly Knurled Textured Handle for an Improved Grip



# OFG-Blk-Alum-Peg

## 2 OFG Oak 1.25" x 7" Chamfered Replacement Peg Dowel Rod For Climbing Pegboard

Parts for mounting an Ohio Fitness Garage Pegboard      \*1.25 inch Diameter      \*7 inch long      \*One  
Quarter Round Side      \*2 Climbing Dowels      \*Oak Wood



# OFG-OAK-1.25x7-peg

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Martial Arts, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Martial Arts, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



ZP-ONPO-YEEO

Two OFG 1 INCH Elastic Sports Headband No Slip with Silicone Grip Polyester Blend for Adult Teen High Performance Hairband (Two Black)

Two OFG 1 INCH Elastic Sports Headband No Slip with Silicone Grip Polyester Blend for Adult Teen High Performance Hairband (Two Black) \*Holds hair back during rigorous workouts and participation sports, preventing obstruction of vision \*Non-slip silicone grip keeps headband firmly in place during sweaty, high-intensity activities \*One size accommodates most 44 cm (17.5) hair bands without adjustments \*Machine washable blend of 55% polyester, 30% spandex and 15% silicone gives long-lasting elasticity \*Multipack of two - 1 wide headbands lets you keep one wherever a workout opportunity may arise



twooneinch-fba

OFG 1.5" x 40 floor Bar Wood Plywood Single Rail gymnastics Parallette training and great for strength training, station work during bar work-outs, teaching handstands transitions  
Unfinished

Wooden Laminated Single Rail Floor Bar, For gymnastics Parallette training and great for strength training, station work during bar work-outs, teaching handstands and transitions



0I-U465-8LZT

OFG Climbing Pegboard Replacement Peg 1.25" x 7" (Aluminum Rubber )

OFG Replacement Climbing Pegs



6E-D1L3-X71D



OFG Steel Salmon 12 inch spacing Ladder, 24"

OFG Steel Salmon 12 inch spacing Ladder, 24"



8R-URVZ-J0IF

5 inch tall Gymnastics Laminated Parallettes Wood (Unfinished, 12 inches Long)

Made out of 1" laminated plywood wood Manufactured in Columbus Ohio Strong Wood  
Parallettes shipped fully assembled



A9-N1DZ-5LTE

DV1631 Professional Handheld Glue Trough Roller Applicator with Stand For Spreading  
Adhesives Efficiently (3 Inch, Green)

Widely used in the furniture factory, wood factory, leather factory, carton factory, studio and other coating operations. Available glue: pvc glue, latex, wood glue and other types of liquid-based glue



**BJ-D175-9151**

OFG 4 Pack 2 Black Spring Clip Barbell Collar Zinc Plated Steel Simple Quick Release Design for Olympic Bars"

2 inch (50mm) Olympic Style Barbell Spring Collar Used to Hold Weight on a BarSimple Torsion Design to Keep Constant Tension on the PlatesSet of 4, 5 oz (.14 KG) Spring Clamp Plate RestraintsDurable Factory Applied Long Lasting Steel With Zinc Finish



BLK-SPG-cllr

OFG 2" Weightlifting Collars chain loop (Pair) for Barbells Strongman Farmers Walk Curl Bar  
(Black, 2 Inches)

Heavy duty lifting collars



D3-457M-YBJ8



OFG Bearing PVC & Speed Cable Jump Ropes Adjustable with Carrying Case Great for Cross Speed Training Double Unders RX Wod and Agility (Black PVC, 10 ft)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



F2-QJXG-UP9X

## OFG Kids Stall Bar / 58" Unfinished Birch

Child Swedish Ladder Stretching Bars  
Curved to Increase Flexibility  
Performing Range of Motion Exercises  
from Sitting or Standing Positions  
Made of Durable Stable 1 Inch Baltic Birch Plywood  
58" Tall, 24" Wide,  
With 8 Rungs



# Stallbar-kds-unfsh



OFG Rollable Carpet Foam Floor Balance Beam 8 Foot Long 4 Inches Wide (Green)

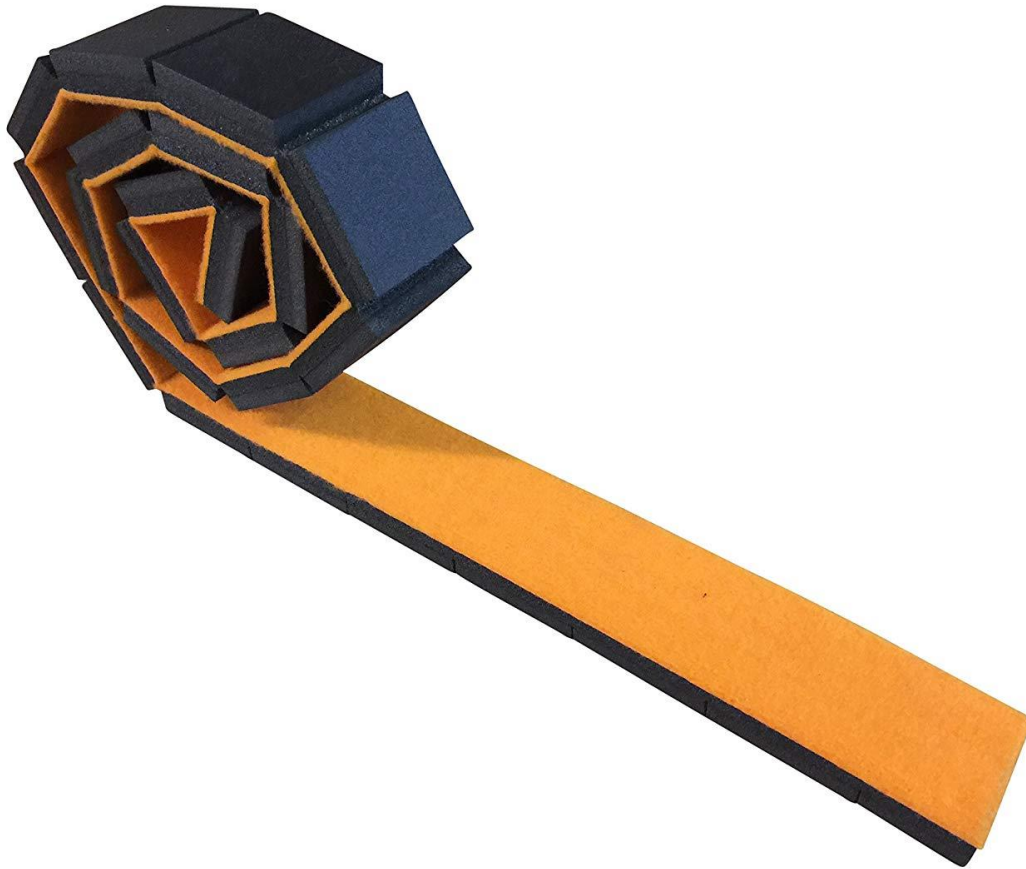
OFG Rollable Carpet Foam Floor Balance Beam 8 Foot Long 4 Inches Wide (Green)



roll-4-green

OFG Rollable Carpet Foam Floor Balance Beam 8 Foot Long 4 Inches Wide (Orange)

OFG Rollable Carpet Foam Floor Balance Beam 8 Foot Long 4 Inches Wide (Orange)



roll-4-orange

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 3/16)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 3/16)

**Screw Snap Hook**



Not Rated For Climbing or Load Tested

cl-screw-3/16

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 3/16)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 3/16)

**Snap Hook**



Not Rated For Climbing or Load Tested

cl-snp-3/16

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 5/16)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 5/16)

**Snap Hook**



Not Rated For Climbing or Load Tested

cl-snp-5/16

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 1/4)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 1/4)

**Screw Snap Hook**



Not Rated For Climbing or Load Tested

clr-screw-1/4

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 15/32)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 15/32)

**Screw Snap Hook**



Not Rated For Climbing or Load Tested

clr-screw-15/32



## OFG Board Press - Plywood (5 Board (7.5"))

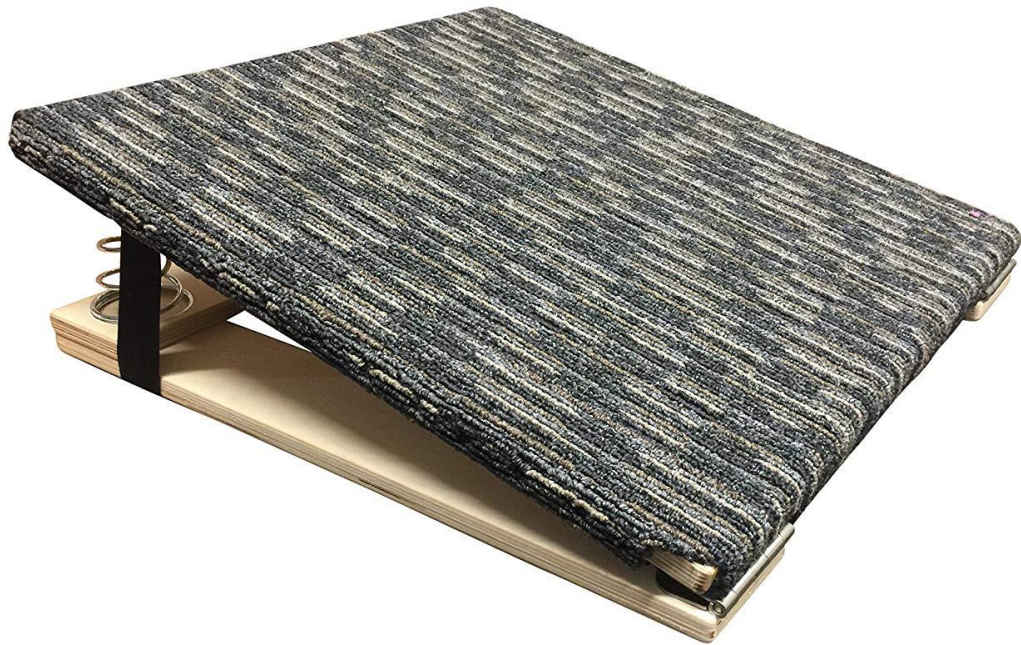
1 board = 1.5" Thickness 2 Board = 3" Thickness 3 Board = 4.5" Thickness 4 Board = 6" Thickness 5 Board = 7.5" Thickness



# OFG-5-Board

OFG Stripe 24x24 Springboard For Gymnastics Recreational Pre-School Vaulting Training

OFG Gymnastics Recreational Pre- School Vaulting Training Spring boardMade in The USA24x24x8  
FootprintDesigned for the 80lb or less Athlete



SB-Stripe-24x24

OFG Aerial Ninja Parkour Calastenic Fitness Equipment (Hand Flare, 2")

OFG Aerial Ninja Parkour Calastenic Fitness Equipment (Hand Flare, 2")



ZP-V0I7-7NG2

## OFG Black Gymnastics Balance Beam 9ft

Gymnastics Foldable Floor Balanced Beam Training Aid for the Novice Heavy Weight Fabric 100% Light Weight Foldable Foam Core 1 Foldable 9 Foot long 4 top 6" Bottom Beam 3 inches Thick Made in China"



100beam-9ft-black

OFG Bearing PVC & Speed Cable Jump Ropes Adjustable with Carrying Case Great for Cross Speed Training Double Unders RX Wod and Agility (Blue Cable, 10)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



CP-QKPF-S4NT

### OFG Speed Cable Jump Ropes Adjustable (Multi Color, 8 Units)

Blurring speeds for greater staminaMaster impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



# HJ-W8SY-H7DF

OFG 2" Collars (Pair No Chain Hook)Olympic Weightlifting for Barbells Strongman Farmers Walk  
Curl Bar

Pair of 2" Black Barbell CollarsHeavy Duty Ideal for use with heavy weightsBlack long lasting Zinc  
FinishFits any Olympic BarSturdy and durable- designed for long-term use



S2-MUXK-QZMZ



## OFG - Wrist Wrap & Pulling Straps - Red White Blue - 12" Wrap & Strap

Bench pressing and overhead lifts put tremendous strain on your wrists and call for a strong grip. A weak grip results to fewer repetitions and less effective workouts. OFG Wrist Support Wraps with Pulling Straps allow you to maintain proper form by supporting and stabilizing your wrists. This minimizes your risk of injury or joint damage. Heavy-duty thumb-and-hook-loop closure lets you do and remove our premium wrist wraps with ease. Because different workouts require different support these 3-wide straps are available in your choice of lengths: 12" Olympic Lifts; 18" Olympic Powerlifting; or 24" Powerlifting Strongman. OFG Wrist Support Wraps with Pulling Straps are always made with pride. They are appropriately red-white-and-blue in color. OFG also knows your struggle with laundry fuzz



# G9-DXUR-E03F

## OFG - Wrist Wrap & Pulling Straps - Red White Blue - 18" Wrap & Strap

Premium Quality Wrist Brace for stabilization During Athletic Activities Multi Color Can Be Adhered and Removed Quickly Due to the Thumb and Hook Loop Closure Construction One Pair (Wraps and Straps) and a Small Laundry Bag - To Help Win The Battle Between Having No Washer Fuzz on The Gear 3 inches wide and it comes in 12" Olympic Lifts, 18" Olympic Powerlifting, 24" Powerlifting Strongman length 50% Cotton 40% Elastic 10% Polyester



# IB-CIW3-TSRH

OFG - 8mm Army Green Silicone Military Wedding Ring - 8

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ8**

OFG - 8mm Army Green Silicone Military Wedding Ring - 9

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ9**

OFG - 8mm Army Green Silicone Military Wedding Ring - 10

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ10**

OFG - 8mm Army Green Silicone Military Wedding Ring - 11

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ11**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 8

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ8**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 9

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ9**



OFG - 8mm Firefighter Red Silicone Wedding Ring - 10

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ10**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 11

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ11**

OFG - 8mm Police Blue Silicone Military Wedding Ring - 8

8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ8**

OFG - 8mm Police Blue Silicone Military Wedding Ring - 9

8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ9**

OFG - 8mm Police Blue Silicone Military Wedding Ring - 10

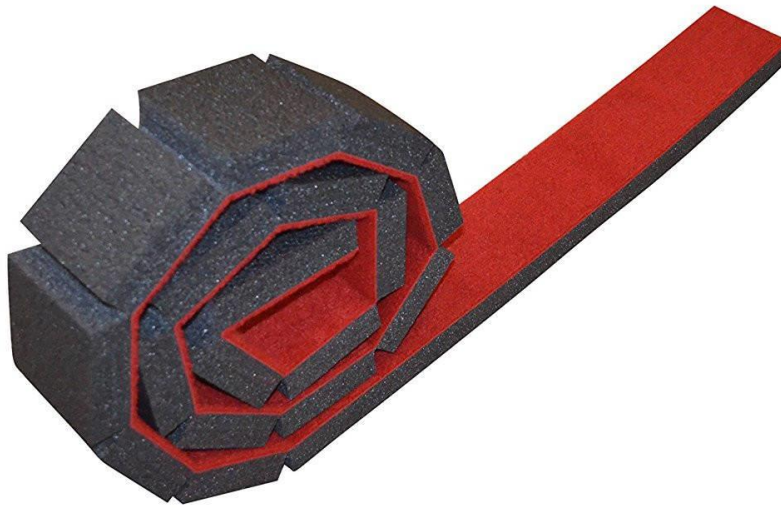
8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ10**

OFG Roll-able Roll-Up Gymnastics Balance Beam (Red, 4" wide)

Gymnastics Roll-Up Balance Beam Made in the USA      \*Gymnastics Rollable Floor Balance Beam  
Training Aid for the Novice      \*Carpet Bounded Foam      \*Light And Easy to transport      \*1  
Rollable Beam 8 foot by 4 inches



YG-H1QB-98BD

OFG Bearing PVC & Speed Cable Jump Ropes Adjustable with Carrying Case Great for Cross Speed Training Double Unders RX Wod and Agility (Yellow Cable, 10)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



**GU-NQS3-NPZX**

OFG Parallettes Push Up Bar (HD 2" dowel 6" High, 12 inches Long)

Size: 12 inches Long OFG Parallettes Push Up Bar (HD 2" dowel 6" High, 12 inches Long)Made out of 1.5" laminated plywood woodManufactured in Columbus OhioShipped fully assembled



HG-0CC4-PRYT



OFG Bearing PVC & Speed Cable Jump Ropes Adjustable with Carrying Case Great for Cross  
Speed Training Double Unders RX Wod and Agility (Black Cable, 10)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



KZ-KWUT-JBC1

## ABS Steel Standard Pommel Horse Handles (Sold in Pairs) Gymnastic Men Boys Vault Horses

This pair of pommels are made from ABS with a steel rod embedded completely through the center.

Hardware is not included! Standard ABS Gymnastics Pommel Horse Handles Great Lower Cost Replacement Handles Has a metal bar in the handle for extra support Set of 2 Steel base Abs Handles painted an aluminum color Dimensions 1.25 inch handle, Bolt slot 5/8 inch by 2-5/8 inch, Base 12 x h inches



ohiofitnessgarage



# LR-0JHZ-W605

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Baseball, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Baseball, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



M4-2JAQ-16QA

OFG Bearing PVC & Speed Cable Jump Ropes Adjustable with Carrying Case Great for Cross Speed Training Double Unders RX Wod and Agility (Gray Cable, 10)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



P4-I2XF-EW05

OFG Foldable Floor Balance Beam 8 Foot Long 4 inch wide 100% Foam Fabric For Beginner  
Gymnast (Green 9ft)

OFG Foldable Floor Balance Beam 8 Foot Long 4 inch wide 100% Foam Fabric For Beginner Gymnast  
(Green 9ft)



100beam-9ft-green

OFG Foam Cheerleader Stand for Balance Training (Cloth Pink (8x4x3) inch)

Challenges cheerleader flyers to learn proper balance corrections100% foam8x3x4 inches with a 6 inch wide base



21-67XV-SNGY

## ABS Standard Pommel Horse Handles (Sold in Pairs) For Gymnastic Men Boys Vault Horses

This pair of pommels are made from ABS with a steel rod embedded completely through the center. Hardware is not included!

*Standard ABS Gymnastics Pommel Horse Handles	*Great Lower	
Cost Replacement Handles	*Has a metal bar in the handle for extra support	*Set of 2 For
beginning athletes.	*Dimensions 1.25 inch handle, Bolt slot 5/8 inch by 2-5/8 inch, Base 12 x h	inches



# 67-VW6L-TLUY

## OFG Strongman Micro Strongman Farmers Walk Handles

Most compact farmers handles available 9 inches of Loadable Area Perfectly Balanced - Sold as Pair Uses

Olympic Plates Sturdy and durable- designed for long-term use Legal Disclaimer High Risk Activity Products sold by OHIO FITNESS GARAGE include equipment and gear used in gymnastics, yoga, fitness, weight training, cross-training, high intensity athletic activity and demonstration. Participation in any of these activities is a high-risk sports activity. You participate in any of these activities at your own risk.

You agree to consult with your personal physician before participating in any of these high-risk activities.

Read, understand, and follow specific warnings and instructions on products and in product literature or inserts before using the product. Save these documents for reference. Assumption of the Risk By buying,

using, providing, or allowing the use of OHIO FITNESS GARAGE \s products, you understand and agree

that gymnastics, yoga, fitness, weight training, cross-training, high intensity athletic activity and demonstration are high risk activities and, to the extent permitted by law, YOU EXPRESSLY AND

VOLUNTARILY ASSUME THE RISK OF DEATH OR OTHER PERSONAL INJURY SUSTAINED WHILE PARTICIPATING IN SUCH ACTIVITIES WHETHER OR NOT CAUSED BY THE NEGLIGENCE OR ANY OTHER FAULT of OHIO FITNESS GARAGE including but not limited to equipment malfunction from whatever cause, or any other fault of OHIO FITNESS GARAGE . Additionally, you agree to indemnify, defend and hold OHIO FITNESS GARAGE harmless from any third party claims arising from such High Risk Activities or any other OHIO FITNESS GARAGE product.



# OFG-Micro-Farm-hndl



DV1631 Record Weight Stabilizer Aluminum 375 Gram

Aluminum Weight Stabilizer A Not Too Heavy Turntable Weight (or Record Clamp) For Better Signal  
Weighing approx. 375 grams or approximately 14 ounces Stable Sound Image, Less Distortion, Natural  
Harmonics



JH-KABD-E525

## OFG Gym Plywood Chalk Bucket Stand Holder Station For 5 Gallon Bucket

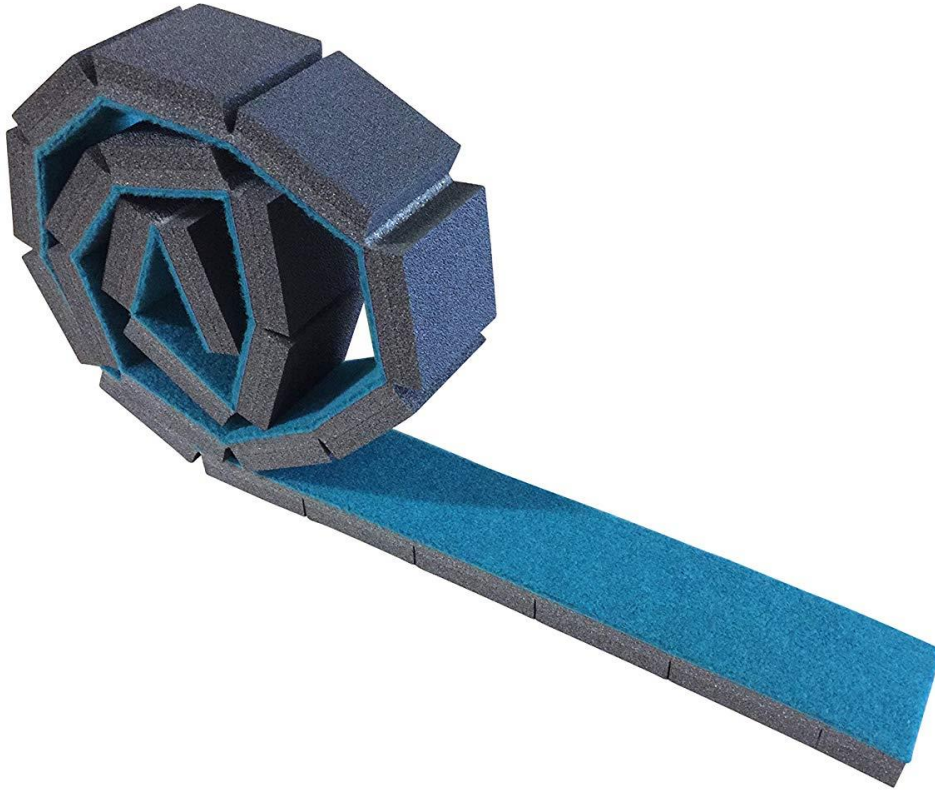
5 Gal Bucket Stand Simple Flat Pack Interlocking Plywood Design Effortlessly Remove Chalk or Balls at a Comfortable Height 14 inches Wide, 18 inches tall (floor to bottom of bucket) One Plywood Bucket Pedestal and Screws



# HW-HRWY-O51M

OFG Rollable Carpet Foam Floor Balance Beam 8 Foot Long 4 Inches Wide (Teal)

OFG Rollable Carpet Foam Floor Balance Beam 8 Foot Long 4 Inches Wide (Teal)



roll-4-teal

## Orange Speed Cable Jump Rope 10 Feet

ProSource Speed Jump Rope is a must have for everyone. Perfect for beginners as well as advanced jumpers. This rope will make crossing moves, double unders and even triple unders easier and fun. ProSource Speed Jump Rope is a one size fits all. Simply measure rope by standing on the middle of the cord and the end of the handles come up to the top of the jumper's shoulders. Will fit anyone up to up to 6' 6" tall. Simply adjust the length with an easy screw/lock using fingers or a screw driver (recommended). Make sure it is clamped tight before jumping. As an option you can cut off the extra cable. Thin rope with lightweight plastic handles is fast and easy to turn, great for double-unders, and targeting reflexes. High intensity helps burn calories while improving endurance, coordination, agility for total body conditioning. Durable vinyl-coated wire cord is fully adjustable up to 3 m - just cut and screw back on; Fits anyone. Perfect for beginners and trained athletes. Ideal for tennis players, runners, boxers, and cardio. Compact, colorful design is great for travel, the gym, outdoor, or home workouts. Makes learning easy!



# 2D-XNIR-L5BJ

## Red Speed Cable Jump Rope Adjustable 10 Foot Long

This jump rope is fully adjustable, super easy to adjust to your desired length. And no need to cut off the excess length. Best skipping rope for people of all ages. **FULLY ADJUSTABLE** - 10 ft rope that can be quickly and easily adjusted to your desired length. **DURABLE & TANGLE FREE** - The steel jump rope cable is coated with a PVC sleeve for protection and better durability also 100% tangle free. **SMOOTH & FAST** - The ball bearing system in the handles ensures you get the smoothest and fastest rotations. **ANTI-SLIP & COMFORTABLE** - 7.1 Inch long anti-slip handles allow for an easy, comfortable grip of the jump rope



# 8K-TEMQ-WJBP

### OFG Speed Cable Jump Ropes Adjustable (Random Color, 8 Units)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



# 4P-Q5XK-3IDN

OFG Ninja Equipment (Lilly Pad, 11")

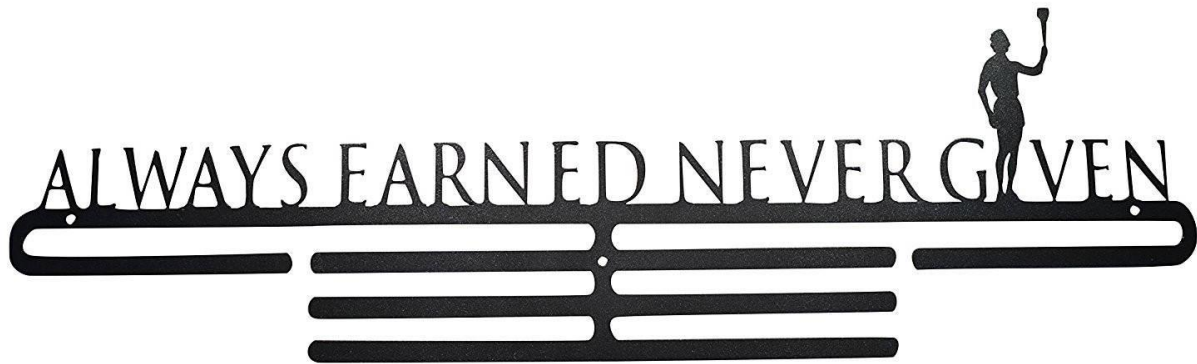
OFG Ninja Equipment (Lilly Pad, 11")



**AS-IJMB-HGNI**

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Always Earned Never Given, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Always Earned Never Given, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws

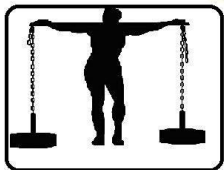


22-3UND-AHFN



OFG Yoke kit, 2" Olympic Weightlifting Collars (Pair) with U hook for chain and Loading pin  
(Chain Yoke kit)

Heavy duty lifting Yoke kit loading pin and collars Made in Columbus Ohio \*Pair of 2" Black  
Barbell Collars and Loading Pins \*Heavy Duty Ideal for use with heavy weights \*Painted Black With  
double Weld \*Fits any Olympic Bar \*Sturdy and durable- designed for long-term use



2K-PK8O-Q6ZE

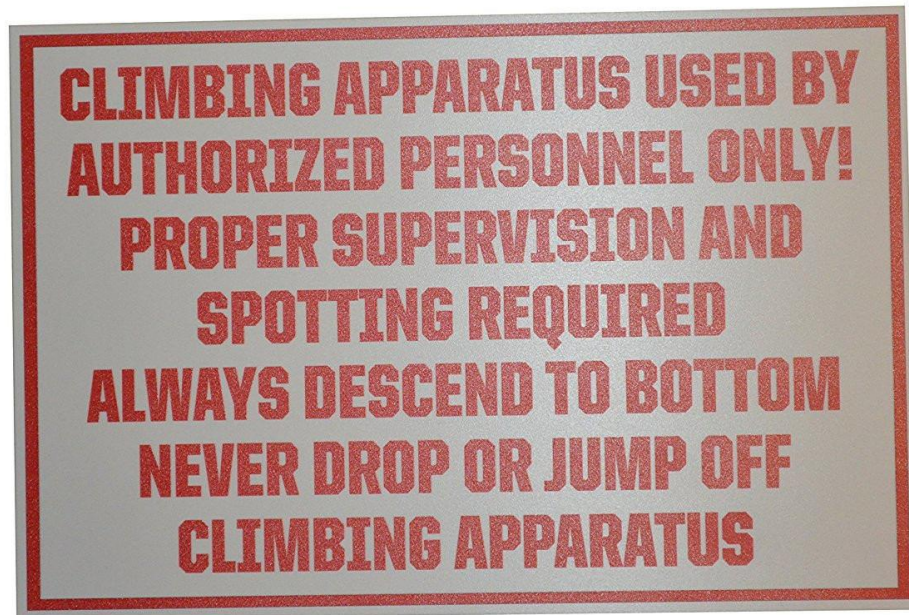
OFG Climbing Pegboard Replacement Parts (12"x 8" Climbing Sign)

Parts for mounting an Ohio Fitness Garage Pegboard  
Sign

\*Made out of White ABS Plastic

\*12"x 8" Climbing Sign Warning

\*Generic Climbing Safety Sign



2L-K7TZ-44HM

## (1) OFG Black Single Coat Hook 2 Prong .25 Steel Heavy Duty 1.75 x 3.75 Inch (1 Pack)"

Organization meets simplicityWall space is often overlooked as a storage solution. OFG Coat Hooks let you get jump ropes, boxing gloves, weight belts and more up off the floor for better equipment control and safety. These robust hooks accommodate the organizational needs of industrial organizations, commercial gyms and your own home gym in your garage. Whether you want to give your clients a place to hang their towels between reps or keep your gardening tools from taking up limited floor space, these uncomplicated hooks are the answer to your de-cluttering dilemma.Built to lastOFG Coat Hooks are made of heavy-duty quarter-inch thick steel for long-lasting durability. This ensures that the prongs have superior load capacities without bending or breaking. A factory-applied powder coating adds eye-appealing texture and makes the hooks impervious to corrosion. OFG Hooks are perfect for the humid environment of school or commercial gym locker rooms. Two pre-drilled holes make installation easy and enhance the hook's load-bearing capacity. They are perfect for your garage or garden shed to organize tools and equipment.Customer Satisfaction is our top priorityWe use the highest quality materials and manufacturing processes to bring you these premium Coat Hooks. We confidently offer a 30 Day Money Back Guarantee for your peace of mind. In the unlikely event that our product does not perform to your expectations, return it for a full refund of your purchase price. No questions asked. Conquer your gym storage and organization hang-ups. Add the OFG Coat and Hat Hooks 2-Pack to your cart today.

\*1-PACK of Heavy-Duty Powder Coated Steel Hooks featuring 2 prongs each. These home hardware accessories are rugged enough to use in commercial gyms, schools and industrial facilities.

\*INDUSTRIAL STRENGTH steel measures 0.25" thick. Dimensions of each hook are 1.75"H x 3.75"W. Hooks can be mounted on walls, doors, commercial gym equipment for hanging gym bags, boxing gloves and more.

\*POWDER COATING is factory applied for maximum chip resistance. This textured coating protects your OFG hooks from corrosion, and also gives them an industrial look that complements workout equipment.

\*PRE-DRILLED for easy installation. These sturdy coat hooks are formed from a single piece of heavy-duty steel to resist bending and breaking. Organize a home gym or provide towel hooks in shower areas.

\*MADE IN THE USA in our Columbus, OH factory. Includes a 30 Day Money Back Guarantee to ensure your satisfaction. If you are not delighted with our product, return it for a 100% refund of your purchase price.



2R-G3LP-RSF3

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (14)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



## 3-8mm-BK-SZ14

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (15)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



## 3-8mm-BK-SZ15

### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (8)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



## 3-8mm-BK-SZ8



### 3 Black 8mm Men OFG Gen II Silicone Rubber Wedding Band Hypoallergenic Safety Band Ideal for Gym and Military (9)

Go with love The OFG Gen II Silicone Wedding Band is the safe alternative for anyone who works with their hands or partakes in strenuous sports and activities. This sophisticated band is durable enough for abrasive endeavors like rock climbing, yet fashionable enough for every-day wear. With the OFG Silicone Wedding Band, you never have to be without this symbol of your eternal commitment. The safe wedding ring for every career or activity The OFG Gen II Silicone Wedding Band is the most realistic silicone wedding ring available. It has no tell-tale mold lines or embossed textures to indicate that it is anything except traditional. We molded it to a nominal thickness of just 2mm so it is unobtrusive, unlike other bulkier silicone rings. The OFG Gen II Silicone Wedding Band is hypoallergenic and non-reactive, never irritating skin or becoming altered by chemicals. It breaks apart when subjected to more than 40 pounds of pressure so mechanics and machinists can wear it safely. Its non-conductive properties won't convey electricity, making it safe for electricians, EMTs and other emergency responders. Best of all, the OFG Gen II Silicone Wedding Band fits comfortably, even over the biggest knuckles. Sophisticated enough to be your full-time wedding ring The OFG Gen II Silicone Wedding Ring is ideal as a stand-in for your metal ring while you lift weights, attend weekend drill or re-wire the house. Tuck away your expensive ring for safe keeping in a drawer while you wear the OFG Wedding Ring to the gym. Or make the OFG Wedding Ring your full-time band. Honor your love in all that you do. Add the OFG Gen II Silicone Wedding Band to your cart today



3-8mm-BK-SZ9



## OFG Custom Pegboard Forstner Drill Bit 32.8mm 1-9/32 1.29 inch

Parts for mounting an Ohio Fitness Garage Pegboard      \*Custom Pegboard bit for 1.25 inch dowels 3.5  
Inch Overall Length, Right-Hand Rotation      \*32.8 mm (1-9/32) inch Forstner Bits Run at 500 RPM  
or less      \*2 spurs, 2 precision ground cutting edges, long-lasting cutting performance      \*Drill precise  
flat bottom holes with no chipping in any thickness of soft wood      \*Steel Bits Work Better on Soft Wood  
than Carbide Bits



# 32.8mm-bit

### OFG Laser Cut Coat Hook Industrial Modern Steampunk Style (BLK 48" (9 Hook))

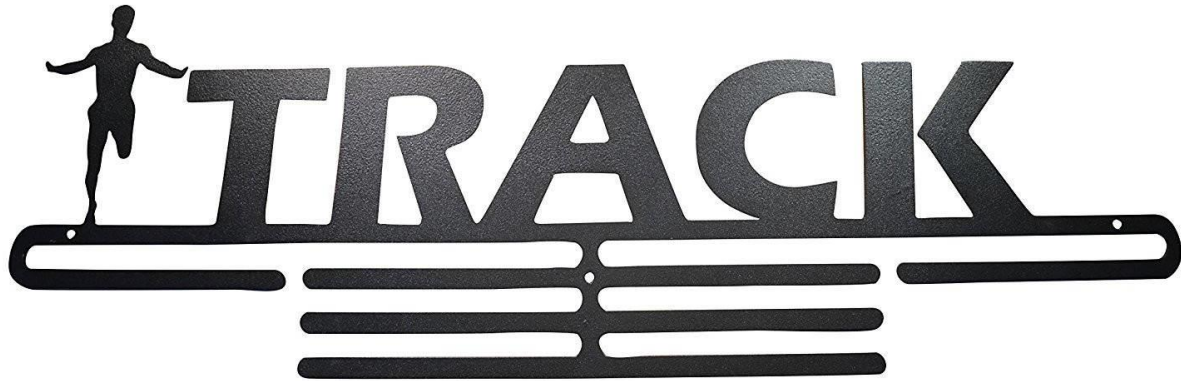
Organization meets simplicity Wall space is often overlooked as a storage solution. OFG Coat Hooks let you get jump ropes, boxing gloves, weight belts and more up off the floor for better equipment control and safety. These robust hooks accommodate the organizational needs of industrial organizations, commercial gyms and your own home gym in your garage. Whether you want to give your clients a place to hang their towels between reps or keep your gardening tools from taking up limited floor space, these uncomplicated hooks are the answer to your de-cluttering dilemma. Built to last OFG Coat Hooks are made of heavy-duty quarter-inch thick steel for long-lasting durability. This ensures that the prongs have superior load capacities without bending or breaking. A factory-applied powder coating adds eye-appealing texture and makes the hooks impervious to corrosion. OFG Hooks are perfect for the humid environment of school or commercial gym locker rooms. Two pre-drilled holes make installation easy and enhance the hook's load-bearing capacity. They are perfect for your garage or garden shed to organize tools and equipment. Customer Satisfaction is our top priority We use the highest quality materials and manufacturing processes to bring you these premium Coat Hooks. We confidently offer a 30 Day Money Back Guarantee for your peace of mind. In the unlikely event that our product does not perform to your expectations, return it for a full refund of your purchase price. No questions asked Conquer your gym storage and organization hang-ups. Add the OFG Coat and Hat Hooks 2-Pack to your cart today. Interlocking 48 Inch Long 9 Hook of Heavy-Duty Powder Coated Steel Hooks featuring 2 prongs each. These home hardware accessories are rugged enough to use in commercial gyms, schools and industrial facilities. Mounting hole Spaced for both 16" and 24" on Center Wall Studs steel measures 0.25" thick. Dimensions of each hook are 1.75"H x 3.75"W. Hooks can be mounted on walls, doors, commercial gym equipment for hanging gym bags, boxing gloves and more. POWDER COATING is factory applied for maximum chip resistance. This textured coating protects your OFG hooks from corrosion, and also gives them an industrial look that complements workout equipment PRE-DRILLED for easy installation. These sturdy coat hooks are formed from a single piece of heavy-duty steel to resist bending and breaking. Organize a home gym or provide towel hooks in shower areas. MADE IN THE USA in our Columbus, OH factory. Includes a 30 Day Money Back Guarantee to ensure your satisfaction. If you are not delighted with our product, return it for a 100% refund of your purchase price.



## 54-518U-WK49

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Track, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Track, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



5Y-QILC-MOVD

OFG Rollable Carpet Foam Floor Balance Beam For Beginner Gymnast Practice Training (Blue 8'x4")

Gymnastics Roll-Up Balance Beam Made in the USA      \*Gymnastics Rollable Floor Balance Beam  
Training Aid for the Novice      \*Carpet Bounded Foam      \*Light And Easy to transport      \*1  
Rollable Blue Beam 96 inch x 4 inch



6T-0KO4-3SC1

OFG Handstand Block For Gymnastics Yoga acrobatic and hand balancing 3x5 inch

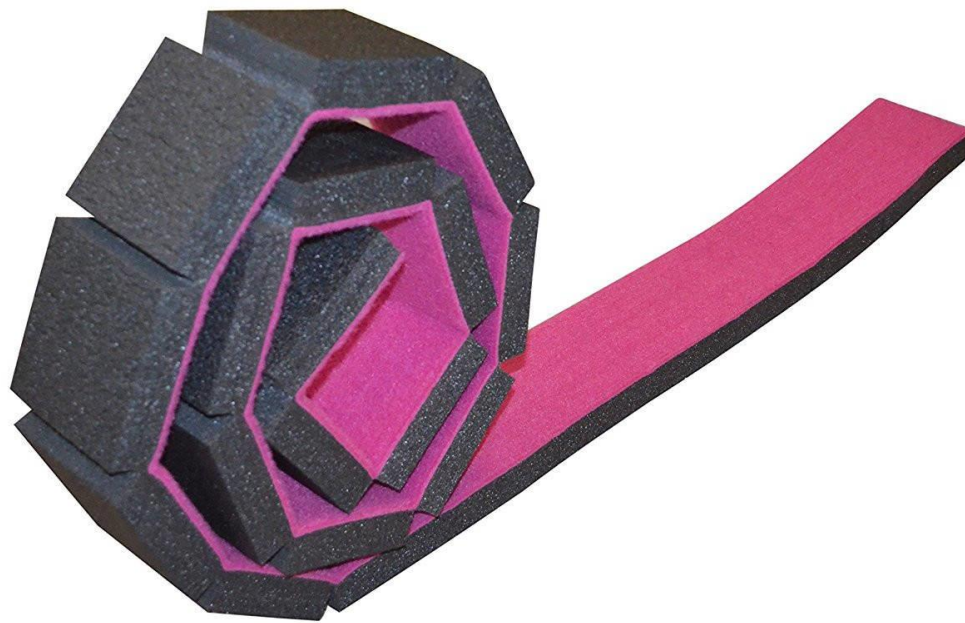
OFG HANDSTAND TRAINING EQUIPMENT      \*5x3.5x3.5      \*Increase Control When Doing  
Handstand      \*Part of the Freestanding handstand progression      \*Great for beginners Helps  
build shoulder strength      \*Made in Columbus Ohio



9D-4UT0-9L0C

OFG Rollable Carpet Foam Floor Balance Beam For Beginner Gymnast Practice Training (Pink, 4" wide)

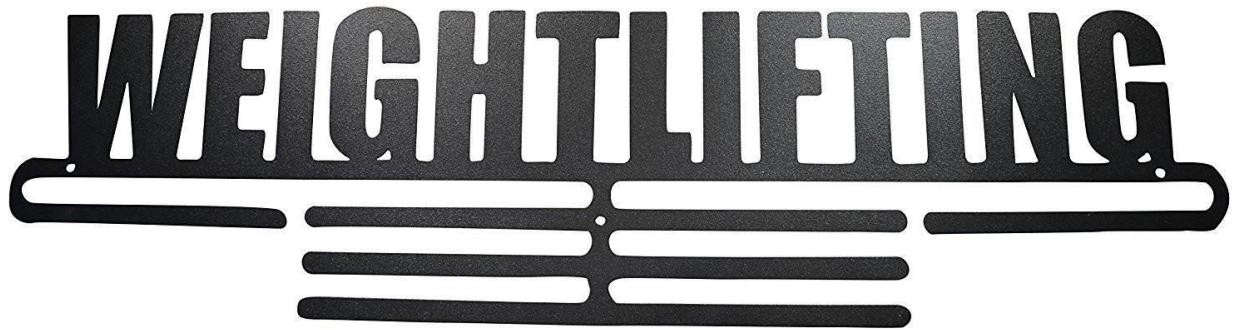
Gymnastics Roll-Up Balance Beam Made in the USA      \*Gymnastics Rollable Floor Balance Beam  
Training Aid for the Novice      \*Carpet Bounded Foam      \*Light And Easy to transport      \*1  
Rollable Beam 8 foot by 4 inches



EI-N1U9-0GR1

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Weightlifting, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Weightlifting, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



F4-VV7L-5IEN



## ORG RD GR BK 1/2 INCH OFG Sports Headband No Slip with Silicone

Stop fly-away hair and perspiration from impeding your workout or sports activity Ohio Fitness Garage OFG Elastic Sports Headbands comfortably keep ponytails, wisps of hair, and sweat under control during high-intensity training, athletic competition and other physically demanding endeavors. These 17.5

\*55% Polyester, 30% Spandex. And 15% Silicone \*1" Pack of 2, 1/2" Pack of 4 \*44 cm (17.5 inches) long



# FK-4JP7-KXDV



Camo Black OFG 1 INCH Elastic Sports Headband No Slip with Silicone Grip Polyester Blend for Adult Teen High Performance Hairband

Camo Black OFG 1 INCH Elastic Sports Headband No Slip with Silicone Grip Polyester Blend for Adult Teen High Performance Hairband

- \*Holds hair back during rigorous workouts and participation sports, preventing obstruction of vision
- \*Non-slip silicone grip keeps headband firmly in place during sweaty, high-intensity activities
- \*One size accommodates most 44 cm (17.5) hair bands without adjustments
- \*Machine washable blend of 55% polyester, 30% spandex and 15% silicone gives long-lasting elasticity
- \*Multipack of two - 1 wide headbands lets you keep one wherever a workout opportunity may arise



FO-SQHY-4JBK

OFG 1/4" Pinch Plate Strength Equipment for Exercise Training in Gripping Wrist Forearm and Strongman Climbing Black Powder Coated Steel

Pinch Plate Strength Equipment for Exercise Training Ohio Fitness Garage Manufactures tools to increase your Strength,including but not limited to equipment to build and test your griping, core, or stability Strength. They\'re used by all kinds of athletes, including gymnasts, strongman, power lifters, weightlifters, functional fitnessers, and much more. Pinch Gripping for Increasing Forearm Wrist & Finger Strength Target Your Pinching Muscles Different Ways Through Using a Loading Pin With Pinch Blocks Made Out of Steel with a Heavy Duty Black Textured Factory Applied Powder Coating Great Tool For Improving Your Strength in Lifts,Holds,Walks, and Climbing Packing Includes (1/4x6x6) inch Pinch Plate



FY-IZSD-RB5H

## (5) OFG Black Single Coat Hook 2 Prong .25 Steel Heavy Duty 1.75 x 3.75 Inch (5 Pack)"

Organization meets simplicityWall space is often overlooked as a storage solution. OFG Coat Hooks let you get jump ropes, boxing gloves, weight belts and more up off the floor for better equipment control and safety. These robust hooks accommodate the organizational needs of industrial organizations, commercial gyms and your own home gym in your garage. Whether you want to give your clients a place to hang their towels between reps or keep your gardening tools from taking up limited floor space, these uncomplicated hooks are the answer to your de-cluttering dilemma.Built to lastOFG Coat Hooks are made of heavy-duty quarter-inch thick steel for long-lasting durability. This ensures that the prongs have superior load capacities without bending or breaking. A factory-applied powder coating adds eye-appealing texture and makes the hooks impervious to corrosion. OFG Hooks are perfect for the humid environment of school or commercial gym locker rooms. Two pre-drilled holes make installation easy and enhance the hook's load-bearing capacity. They are perfect for your garage or garden shed to organize tools and equipment.Customer Satisfaction is our top priorityWe use the highest quality materials and manufacturing processes to bring you these premium Coat Hooks. We confidently offer a 30 Day Money Back Guarantee for your peace of mind. In the unlikely event that our product does not perform to your expectations, return it for a full refund of your purchase price. No questions asked. Conquer your gym storage and organization hang-ups. Add the OFG Coat and Hat Hooks 2-Pack to your cart today.      \*5-PACK of Heavy-Duty Powder Coated Steel Hooks featuring 2 prongs each. These home hardware accessories are rugged enough to use in commercial gyms, schools and industrial facilities.      \*INDUSTRIAL STRENGTH steel measures 0.25" thick. Dimensions of each hook are 1.75"H x 3.75"W. Hooks can be mounted on walls, doors, commercial gym equipment for hanging gym bags, boxing gloves and more.      \*POWDER COATING is factory applied for maximum chip resistance. This textured coating protects your OFG hooks from corrosion, and also gives them an industrial look that complements workout equipment.      \*PRE-DRILLED for easy installation. These sturdy coat hooks are formed from a single piece of heavy-duty steel to resist bending and breaking. Organize a home gym or provide towel hooks in shower areas.      \*MADE IN THE USA in our Columbus, OH factory. Includes a 30 Day Money Back Guarantee to ensure your satisfaction. If you are not delighted with our product, return it for a 100% refund of your purchase price.

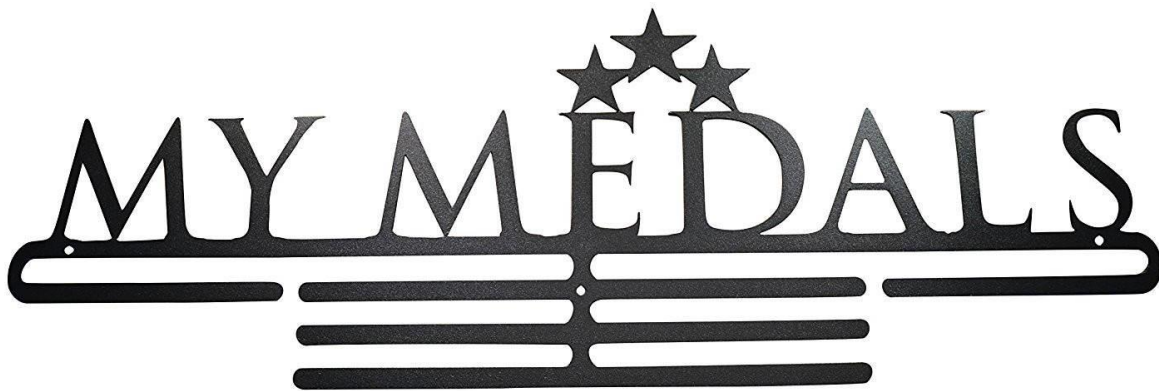
**5 Pack**



**GN-BQKD-KPH6**

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (My Medals, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (My Medals, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



IA-5TEU-LJ2H

OFG Barbell Plate Holders Wall and or Rig Mounted Rack, Designed for Minimal Space (Value Sng Holder)

OFG Barbell Plate Holders Wall and or Rig Mounted Rack, Designed for Minimal Space (Value Sng Holder) \*Value Vertical Single Barbell Holder \*Low Profile Easy Two Screw Hole Installation Great for Storage In Small Gyms \*Built From Durable 1/4 Inch Solid Steel With A Commercial Textured Powder Coated Finish \*One Olympic Style 2 inch Barbell Holding Rack With One Slots, 2 bolts \*Dimensions are 4x3 inches



K4-4PP7-Q9T9

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (I Do This For Hardware, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (I Do This For Hardware, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



KE-WW2X-Q0EQ

OFG 3" Cannon Ball Strength Equipment for Exercise Training in Gripping Wrist Forearm and Strongman Climbing Black Powder Coated Steel

Ohio Fitness Garage Manufactures tools to increase your Strength,including but not limited to equipment to build and test your griping, core, or stability Strength. They're used by all kinds of athletes, including gymnasts, strongman, power lifters, weightlifters, crossfitters, and much more.

\*Pinch Gripping for Increasing Forearm Wrist & Finger Strength \*Target Your Pinching Muscles  
Different Ways Through Using a Loading Pin With Pinch Blocks \*Made Out of Steel with a Heavy Duty  
Black Textured Factory Applied Powder Coating \*Great Tool For Improving Your Strength in  
Lifts,Holds,Walks, and Climbing \*Packing Includes One 3 Inch Cannon (Wrecking) ball



KO-AM5F-WK3W



OFG 10" Loading Pin Strength Equipment for Exercise Training in Gripping Wrist Forearm and Strongman Climbing Black Powder Coated Steel

Ohio Fitness Garage Manufactures tools to increase your Strength,including but not limited to equipment to build and test your griping, core, or stability Strength. They're used by all kinds of athletes, including gymnasts, strongman, power lifters, weightlifters, crossfitters, and much more.

\*Pinch Gripping for Increasing Forearm Wrist & Finger Strength \*Target Your Pinching Muscles  
Different Ways Through Using a Loading Pin With Pinch Blocks \*Made Out of Steel with a Heavy Duty  
Black Textured Factory Applied Powder Coating \*Great Tool For Improving Your Strength in  
Lifts,Holds,Walks, and Climbing \*Packing Includes One 10 inch long Olympic (1.9" OD) Loading Pin



KO-AM5K-WK3W

## (10) OFG Black Single Coat Hook 2 Prong .25 Steel Heavy Duty 1.75 x 3.75 Inch (10 Pack)"

Organization meets simplicityWall space is often overlooked as a storage solution. OFG Coat Hooks let you get jump ropes, boxing gloves, weight belts and more up off the floor for better equipment control and safety. These robust hooks accommodate the organizational needs of industrial organizations, commercial gyms and your own home gym in your garage. Whether you want to give your clients a place to hang their towels between reps or keep your gardening tools from taking up limited floor space, these uncomplicated hooks are the answer to your de-cluttering dilemma.Built to lastOFG Coat Hooks are made of heavy-duty quarter-inch thick steel for long-lasting durability. This ensures that the prongs have superior load capacities without bending or breaking. A factory-applied powder coating adds eye-appealing texture and makes the hooks impervious to corrosion. OFG Hooks are perfect for the humid environment of school or commercial gym locker rooms. Two pre-drilled holes make installation easy and enhance the hook's load-bearing capacity. They are perfect for your garage or garden shed to organize tools and equipment.Customer Satisfaction is our top priorityWe use the highest quality materials and manufacturing processes to bring you these premium Coat Hooks. We confidently offer a 30 Day Money Back Guarantee for your peace of mind. In the unlikely event that our product does not perform to your expectations, return it for a full refund of your purchase price. No questions asked. Conquer your gym storage and organization hang-ups. Add the OFG Coat and Hat Hooks 2-Pack to your cart today.      \*10-PACK of Heavy-Duty Powder Coated Steel Hooks featuring 2 prongs each. These home hardware accessories are rugged enough to use in commercial gyms, schools and industrial facilities.      \*INDUSTRIAL STRENGTH steel measures 0.25" thick. Dimensions of each hook are 1.75"H x 3.75"W. Hooks can be mounted on walls, doors, commercial gym equipment for hanging gym bags, boxing gloves and more.      \*POWDER COATING is factory applied for maximum chip resistance. This textured coating protects your OFG hooks from corrosion, and also gives them an industrial look that complements workout equipment.      \*PRE-DRILLED for easy installation. These sturdy coat hooks are formed from a single piece of heavy-duty steel to resist bending and breaking. Organize a home gym or provide towel hooks in shower areas.      \*MADE IN THE USA in our Columbus, OH factory. Includes a 30 Day Money Back Guarantee to ensure your satisfaction. If you are not delighted with our product, return it for a 100% refund of your purchase price.

**10  
Pack**



**LA-AA7W-6CHV**

## 2 OFG Poplar 1.25" x 7" Chamfered Replacement Peg Dowel Rod For Climbing Pegboard

Parts for mounting an Ohio Fitness Garage Pegboard      \*1.25 inch Diameter      \*7 inch long      \*One  
Quarter Round Side      \*2 Climbing Dowels      \*Poplar Wood



# OFG-Poplar-1.25x7-peg

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Basketball, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Basketball, Black) \*OFG Medal Hanger to Display Your Hardware With Pride \*Simple 8 Hook Laser Cut Steel Design \*Mounting Holes are Spaced 16 inches on Center for Easy Mounting \*18 inches Long \*Package includes 1 Ribbon Rack, and 3 mounting screws



ON-FZ24-HPYT

OFG Rollable Carpet Foam Floor Balance Beam For Beginner Gymnast Practice Training (Black 8'x 4")

Gymnastics Roll-Up Balance Beam Made in the USA

\*Gymnastics Rollable Floor Balance Beam

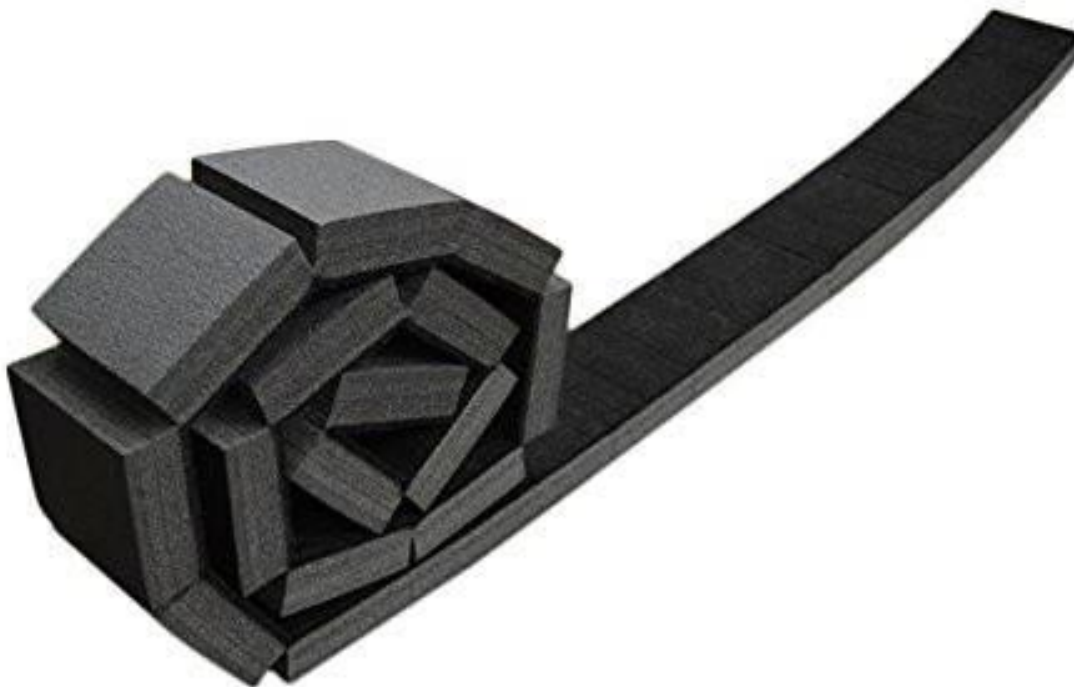
Training Aid for the Novice

\*Carpet Bounded Foam

\*Light And Easy to transport

\*1

Rollable Black Beam 96 inch x 4 inch



PB-URAD-ICES

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Runner, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Runner, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



PR-E87P-HSDA

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Cheerleader, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Cheerleader, Black) OFG Medal Hanger to Display Your Hardware With Pride Simple 8 Hook Laser Cut Steel Design Mounting Holes are Spaced 16 inches on Center for Easy Mounting 18 inches Long Package includes 1 Ribbon Rack, and 3 mounting screws



QU-MA1J-B6F8



OFG Trapeze Swinging Circus Pull Up Bar Heavy Duty Indoor Outdoor 1.3 Diameter Black  
Textured 40" Long"

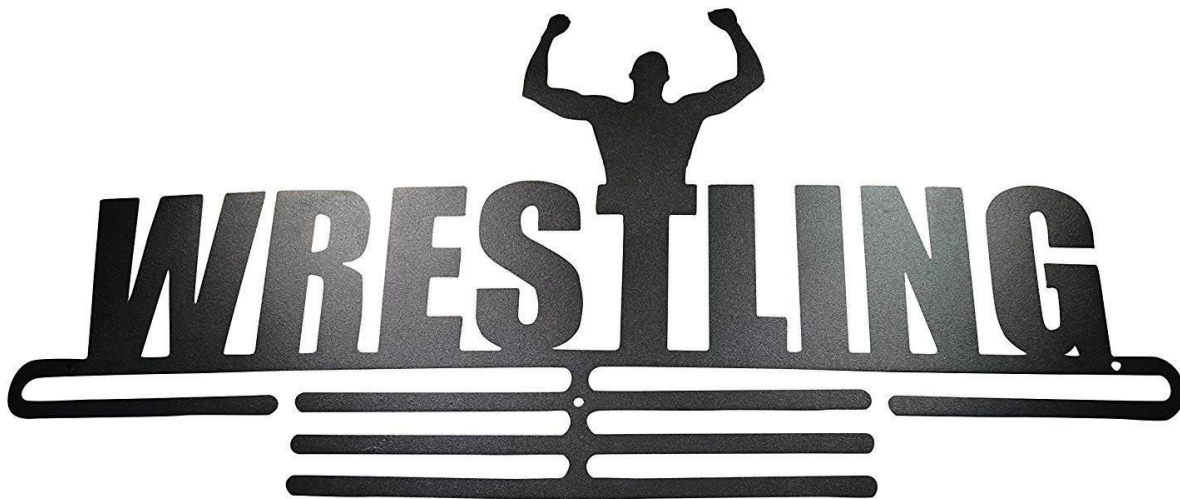
OFG Trapeze Swinging Circus Pull Up Bar Heavy Duty Indoor Outdoor 1.3" Diameter Black  
Textured 40" Long \*One Swinging Trapeze Chin UP Pole \*Factory Applied Durable Black  
Textured Powder Coated Finish \*Develop Stabilizer Muscles By Controlling Trunk Muscles \*(1-  
5/16x40) Inches w/ 1-7/16 Eyelets \*Not Load Tested Made in Columbus Ohio



RH-QEUC-HQHX

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Wrestling, Black)

OFG Medal Hanger for Displaying and Hanging Ribbons on a Rack Out of Black Powder Coat Steel (Wrestling, Black) \*OFG Medal Hanger to Display Your Hardware With Pride \*Simple 8 Hook Laser Cut Steel Design \*Mounting Holes are Spaced 16 inches on Center for Easy Mounting \*18 inches Long \*Package includes 1 Ribbon Rack, and 3 mounting screws



U8-L17Q-4IQ8

## OFG Laser Cut Coat Hook Industrial Modern Steampunk Style (BLK 27" (5 Hook)

Organization meets simplicityWall space is often overlooked as a storage solution. OFG Coat Hooks let you get jump ropes, boxing gloves, weight belts and more up off the floor for better equipment control and safety. These robust hooks accommodate the organizational needs of industrial organizations, commercial gyms and your own home gym in your garage. Whether you want to give your clients a place to hang their towels between reps or keep your gardening tools from taking up limited floor space, these uncomplicated hooks are the answer to your de-cluttering dilemma.Built to lastOFG Coat Hooks are made of heavy-duty quarter-inch thick steel for long-lasting durability. This ensures that the prongs have superior load capacities without bending or breaking. A factory-applied powder coating adds eye-appealing texture and makes the hooks impervious to corrosion. OFG Hooks are perfect for the humid environment of school or commercial gym locker rooms. Two pre-drilled holes make installation easy and enhance the hook's load-bearing capacity. They are perfect for your garage or garden shed to organize tools and equipment.Customer Satisfaction is our top priorityWe use the highest quality materials and manufacturing processes to bring you these premium Coat Hooks. We confidently offer a 30 Day Money Back Guarantee for your peace of mind. In the unlikely event that our product does not perform to your expectations, return it for a full refund of your purchase price. No questions asked. Conquer your gym storage and organization hang-ups. Add the OFG Coat and Hat Hooks 2-Pack to your cart today. \*27 Inch Long 5 Hook of Heavy-Duty Powder Coated Steel Hooks featuring 2 prongs each. These home hardware accessories are rugged enough to use in commercial gyms, schools and industrial facilities. \*Mounting hole Spaced for both 16" and 24" on Center Wall Studs steel measures 0.25" thick. Dimensions of each hook are 1.75"H x 3.75"W. Hooks can be mounted on walls, doors, commercial gym equipment for hanging gym bags, boxing gloves and more. \*POWDER COATING is factory applied for maximum chip resistance. This textured coating protects your OFG hooks from corrosion, and also gives them an industrial look that complements workout equipment. \*PRE-DRILLED for easy installation. These sturdy coat hooks are formed from a single piece of heavy-duty steel to resist bending and breaking. Organize a home gym or provide towel hooks in shower areas. \*MADE IN THE USA in our Columbus, OH factory. Includes a 30 Day Money Back Guarantee to ensure your satisfaction. If you are not delighted with our product, return it for a 100% refund of your purchase price.



# UD-54D9-3IUD

### OFG Bearing PVC Jump Ropes (15 Black, Multi Size)

Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



## CP-SU0Q-SCH9

OFG Pipe Holder, 4" for Ninja Course

OFG Pipe Holder, 4" for Ninja Course



JQ-R121-RJ3X

## OFG Speed Cable Jump Ropes Adjustable (Black, 8 Units)

Blurring speeds for greater staminaMaster impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



# M6-USGJ-2UE4

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 3/8)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 3/8)

**Screw Snap Hook**



Not Rated For Climbing or Load Tested

clr-screw-3/8

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 5/16)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 5/16)

**Screw Snap Hook**



Not Rated For Climbing or Load Tested

clr-screw-5/16



OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 15/32)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 15/32)

**Snap Hook**



Not Rated For Climbing or Load Tested

clr-snp-15/32

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 3/8)

OFG Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Snap, 3/8)

**Snap Hook**



Not Rated For Climbing or Load Tested

clr-snp-3/8

## OFG Board Press - Plywood (1 Board (1.5"))

1 board = 1.5" Thickness 2 Board = 3" Thickness 3 Board = 4.5" Thickness 4 Board = 6" Thickness 5 Board = 7.5" Thickness



# OFG-1-Board

## OFG Board Press - Plywood (3 Board (4.5"))

1 board = 1.5" Thickness 2 Board = 3" Thickness 3 Board = 4.5" Thickness 4 Board = 6" Thickness 5 Board = 7.5" Thickness



# OFG-3-Board

## OFG Board Press - Plywood (4 Board (6"))

1 board = 1.5" Thickness 2 Board = 3" Thickness 3 Board = 4.5" Thickness 4 Board = 6" Thickness 5 Board = 7.5" Thickness



# OFG-4-Board

## OFG - Wrist Wrap & Pulling Straps - Red White Blue - 24" Wrap & Strap

Bench pressing and overhead lifts put tremendous strain on your wrists and call for a strong grip. A weak grip results to fewer repetitions and less effective workouts. OFG Wrist Support Wraps with Pulling Straps allow you to maintain proper form by supporting and stabilizing your wrists. This minimizes your risk of injury or joint damage. Heavy-duty thumb-and-hook-loop closure lets you do and remove our premium wrist wraps with ease. Because different workouts require different support these 3-wide straps are available in your choice of lengths: 12" Olympic Lifts; 18" Olympic Powerlifting; or 24" Powerlifting Strongman. OFG Wrist Support Wraps with Pulling Straps are always made with pride. They are appropriately red-white-and-blue in color. OFG also knows your struggle with laundry fuzz



# 3U-MFMR-R833

## OFG - Wrist Wrap & Pulling Straps - Red White Blue - 12" Wrap

Color: Red White Blue  
Size: 12 inch Premium Quality Wrist Brace for stabilization During Athletic Activities  
Red White And Blue Colors That Were Created in the Official USA Flag Tones  
Can Be Adhered and Removed Quickly Due to the Thumb and Hook Loop Closure Construction  
One Pair (NO Logo Waps)  
To Help Win The Battle Between Having No Washer Fuzz on The Gear  
3 inches wide and it comes in 12" Olympic Lifts, 18" Olympic Powerlifting, 24" Powerlifting Strongman length  
50% Cotton 40% Elastic 10% Polyester



# QE-53ZV-HWFA

PL 1-1/2 in. x 1-1/2 in. x 31 in. Sand Composite Square Baluster (36-Pack)

1-1/2 in. x 1-1/2 in. x 31 in. Sand Composite Square Baluster 24" Concave Chamfer 36-Pack - Box



# Sand-Blaster-box



PL 1-1/2 in. x 1-1/2 in. x 31 in. White Composite Square Baluster (36-Pack)

1-1/2 in. x 1-1/2 in. x 31 in. Sand Composite Square Baluster 24" Concave Chamfer 36-Pack - Box



# White-Blaster-box

OFG Orange 24x24 Springboard For Gymnastics Recreational Pre-School Vaulting Training

OFG Gymnastics Recreational Pre- School Vaulting Training Spring boardMade in The USA24x24x8  
FootprintDesigned for the 80lb or less Athlete



SB-Orange-24x24

## Quintuple Steps - 4 Steps - Ninja Obstacles - 15 Inch

Quintuple Steps Made in the USA out of Plywood. They are shipped assembled in a package of 4 steps.

Available in multi-height and widths. Can also add custom padding and vinyl to the face. 23 Inch

StepBase 33 InchesHeight 16 inchesFace is 23x23 inches15 Inch StepBase 23 inchesHeight 12 inchesFace 13x15 inchesYou can create your own obstacle course with our other equipment.



# NINJA-STEP-15INCH

## Kids Wooden Gymnastic Rings & Premium Adjustable Straps

Our Kids Wooden Gymnastics Rings are perfect for smaller hands! This set includes a pair of rings and 1in wide adjustable straps. Ring Thickness: 1.1" Outer Diameter: 5.75" Inner Diameter: 3.55"



xtrain-kidsrings

## OFG Green Speed Cable Jump Ropes 10 Foot

Modifiable Span Cable Jump Rope, Designed to reduce hand fatigue during longer workouts, Crafted out of Long Lasting heavy duty plastics, Rope and Bag 8x11 Drawstring Bag, 10ft maximum length



# GRN-RP-10

## OFG Pink Speed Cable Jump Ropes 10 ft

Modifiable Span Cable Jump Rope Designed to reduce hand fatigue during longer workouts Crafted out of Long Lasting heavy duty plastics Rope and Bag 8x11 Drawstring Bag 10ft maximum length



# PINK-RP-10

Ohio Fitness Garage OFG Bearing PVC & Speed Cable Jump Ropes 10 Foot Adjustable with Carrying Case Great for Cross Speed Training Double Unders RX WOD and Agility (Purple, 10)

Modifiable Span Cable Jump Rope Designed to reduce hand fatigue during longer workouts Crafted out of Long Lasting heavy duty plastics Rope and Bag 8x11 Drawstring Bag 10ft maximum length Blurring speeds for greater stamina Master impressive double unders and achieve wind-whipping repetitions with the OFG Speed Cable Jump Rope. This premium PVC jump rope is adjustable to accommodate individuals of any height, and the ball-bearing handles support fast, smooth rotation for high-intensity cardio workouts. The custom 6 grips are ergonomically molded to reduce hand fatigue



PURPLE-RP-10

OFG - 8mm Army Green Silicone Military Wedding Ring - 12

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ12**



OFG - 8mm Army Green Silicone Military Wedding Ring - 13

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ13**

OFG - 8mm Army Green Silicone Military Wedding Ring - 14

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ14**

OFG - 8mm Army Green Silicone Military Wedding Ring - 15

8 mm wide Army Green Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes  
8 - 15, Can survive workouts and tough jobs



**AG-8MM-SZ15**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 12

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ12**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 13

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ13**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 14

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ14**

OFG - 8mm Firefighter Red Silicone Wedding Ring - 15

8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men\'s sizes 8 - 15,  
Can survive workouts and tough jobs



**RD-8MM-SZ15**

OFG - 8mm Police Blue Silicone Military Wedding Ring - 12

8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ12**



OFG - 8mm Police Blue Silicone Military Wedding Ring - 13

8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ13**

OFG - 8mm Police Blue Silicone Military Wedding Ring - 14

8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ14**

OFG - 8mm Police Blue Silicone Military Wedding Ring - 15

8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,  
Can survive workouts and tough jobs



**NB-8MM-SZ15**

(3 Pack) Poplar Wooden Dowel Rods - 8" x 1.5"

(3 Pack) Poplar Wooden Dowel Rods - 8" x 1.5"



3-POPDWL-1.5

20 PCS Silver Folding Butt Hinge (75 mm x 70 mm) 3" x 2.75"

Hole Size: 6.5 mm / .25" Material: Steel with Silver Finish Open Size (L W H): 75 mm x 70 mm x 1 mm / 3" x 2.75" x .04" Closed Size (L W H): 75 mm x 31 mm x 1 mm / 3" x 1.22" x .04" Package Size: 20 Pieces



3x2.75-Hinge

Oval Unfinished Wooden Arts and Craft Block (5.25"x2.5"x1") for Montessori Teaching Aids and  
Puzzle Making

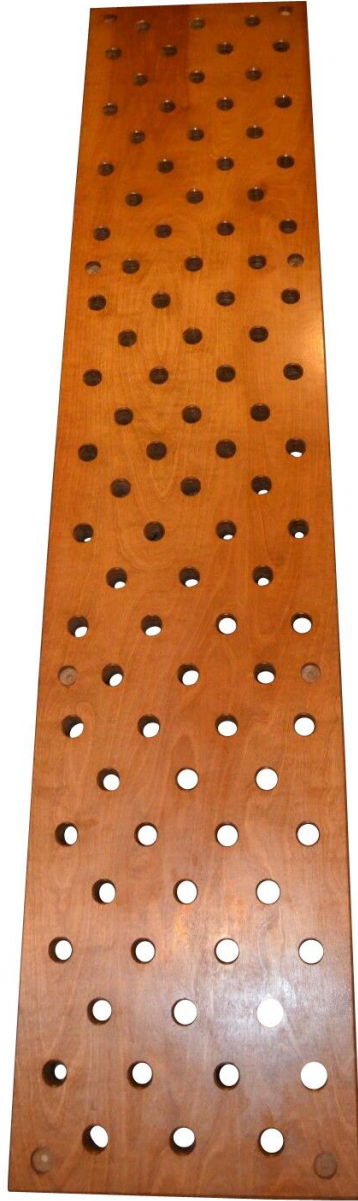
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**BCH-OVL-5x3x1**

### 94" x 20" Climbing Peg board Stained and Finished

This climbing pegboard is 2.25 inches thick, 94 inches long (7ft -10inch), is pre-drilled for 16" on center wall studs, has a golden oak stain with a polyurethane finish. The holes are 1-5/16 in diameter to accommodate an 1.25" dowel. This item will ship by freight will take up to 3 weeks for delivery



## 94x20-pegboard

## 84" Black Axle Cambered Bench Press Bar Row Barbell

Barbell length: 7' or 84 inches Bar weight: 20 lbs Inside Camber: 3 inches Outside Camber: 5 inches  
Loadable Sleeve: 15 Inches Bar Diameter: 1.9" Standard 50 mm 2" collars will not fit must use specialty collars



# CMB-AXL-BLK



## OFG - Single Rail Gymnastics Floor Bar 2" Steel and Wood 43"

OFG Single Rail gymnastics Floor Horizontal Bar for Parallette training and great for strength training station work during bar work-outs, teaching handstands and transitions (2 Inch Steel) Durable Steel Gymnastics Floor Handstand Bar and Strength Training Equipment Ideal for any Gymnast 9" width 7" High 43" Long 2 inch Hard Wood dowel Made in Columbus Ohio



# QF-Z67Z-6Bar