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

OP-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

0W-9SH5-F80Z
Ohio Fitness Garage Deadlift Jack Platform Laminated Wooden Pulling Block Stand For Overlanding 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)

- Simple Interlocking Barbell 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

*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*
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 Band 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.
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
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 wont 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
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 wont 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
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 ½”-wide headbands lets you keep one wherever a workout opportunity may arise
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

Softball

AV-863S-PM18
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 Dice.

*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
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
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.

*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.
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)

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*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 ¼" hardwood pegs *One of the best most versatile pegboards in the market

NW-6UZS-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
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&quot; diameter. SET consists of one 10&quot;x47&quot;x1.5&quot; pegboard and two 7&quot;x1 ¼&quot; hardwood pegs.
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-ONPO0-YEEO
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

01-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"

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 Bar Simple Torsion Design to Keep Constant Tension on the Plates Set of 4, 5 oz (.14 KG) Spring Clamp Plate Restraints Durable 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
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 Five Zinc Steel Carabiners Spring Clip Snap Hook Ideal for Outdoor Use (Screw, 3/16)

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)

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)

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)

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)

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 Springboard Made in The USA 24x24x8 Footprint Designed for the 80lb or less Athlete

SB-Stripe-24x24
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 Collars Heavy Duty Ideal for use with heavy weights Black long lasting Zinc Finish Fits any Olympic Bar Sturdy and durable- designed for long-term use

S2-MUXK-QZMZ
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.
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
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
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)

Made out of 1.5" laminated plywood wood
Manufactured in Columbus Ohio
Shipped 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.
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 though 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

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-EWO5
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 corrections 100% foam 8x3x4 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 though 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*
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.
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)

roll-4-teal
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 reflexesHigh intensity helps burn calories while improving endurance, coordination, agility for total body conditioningDurable vinyl-coated wire cord is fully adjustable up to 3 m - just cut and screw back on; Fits anyonePerfect for beginners and trained athletes. Ideal for tennis players, runners, boxers, and cardioCompact, colorful design is great for travel, the gym, outdoor, or home workouts. Makes learning easy!
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"")

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

ALWAYS EARNED NEVER GIVEN

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" 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
*12" x 8" Climbing Sign Warning
*Made out of White ABS Plastic
*Generic Climbing Safety Sign

2L-K7TZ-44HM
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.

*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.
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 everyday 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
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
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 wont 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
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.
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-4UT0-9LOC
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
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, ½" 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

*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**
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 gripping, core, or stability Strength. They’re used by all kinds of athletes, including gymnasts, strongman, power lifters, weightlifters, functional fitnessters, 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
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.

*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.
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)

- Value Vertical Single Barbell Holder
- Low Profile Easy Two 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 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

I do this for HARDWARE

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 gripping, 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 gripping, 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
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.

*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.
LA-AA7W-6CHV

10 Pack

[Image of a black hook with two holes]
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 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 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

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

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)

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)

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 board Made in The USA 24x24x8 Footprint Designed for the 80 lb 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
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.
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
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
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
8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15, Can survive workouts and tough jobs
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
8 mm wide Red Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15, Can survive workouts and tough jobs
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
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
8 mm wide Blue Silicone Wedding Ring, Thin 2mm Thick, Simple Breakaway Design, Men's sizes 8 - 15,
Can survive workouts and tough jobs
(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 Finnish
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

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.
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