



**ITEMS AVAILABLE
FOR CHECKOUT**



AB WHEEL



The primary purpose of an ab wheel, also known as an ab roller, is to strengthen and stabilize the core muscles, including the abs, obliques, and lower back. It achieves this by engaging these muscles to maintain balance and control as you roll the wheel forward and backward. This helps improve overall core strength, posture, and can even reduce the risk of back pain.

ALDRIDGE ARM HARNESS

~LEFT AND RIGHT~



Experience a new level of strength training with the Equip Products Aldridge Arm™ Deadlift Strap.

Designed for athletes with a missing or injured arm, this innovative strap allows you to perform deadlifts and other heavy lifts with ease and confidence.



ANKLE & WRIST STRAPS



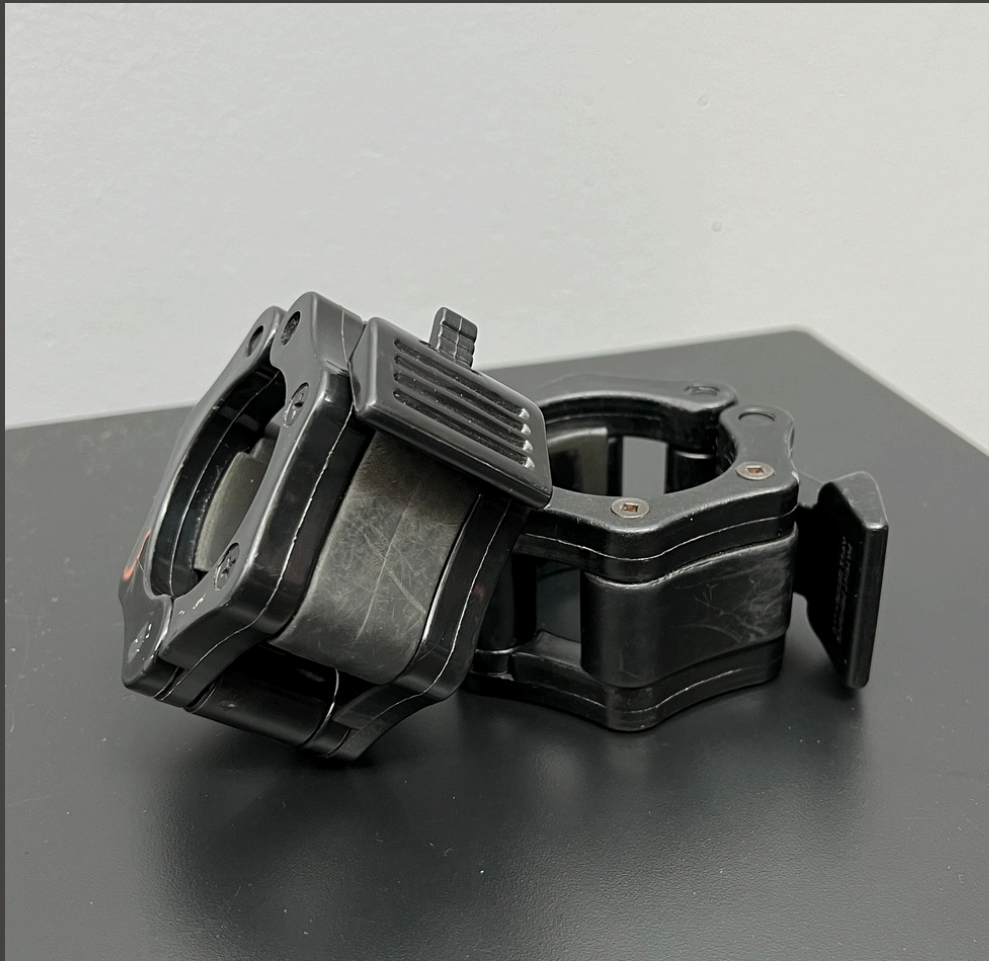
AVAILABLE IN FITNESS CENTER

BADMINTON RACKETS



Badminton rackets are available
for checkout. Courts can be
readied by the operation leads

BARBELL CLIPS



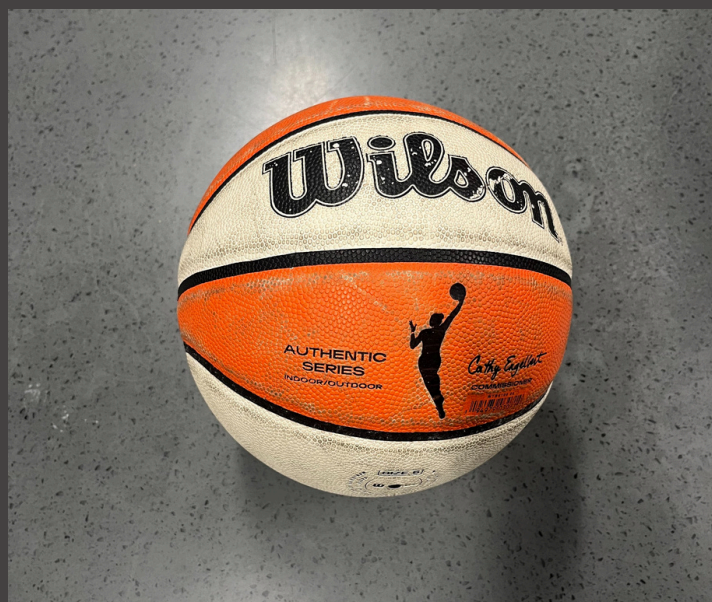
Barbell clips are locking devices used to secure weight plates on a barbell, ensuring stability and safety during lifting exercises.

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BASKETBALLS



Basketballs can be checked out for use in the courts. We have both men's (29.5 oz.) and women's basketballs (28.5 oz.) available.



BIKE LOCKS



Bike locks provide secure protection for your bicycle, offering peace of mind while you work out.

AVAILABLE IN THE FRONT DESK

BOXING GLOVES

Boxing gloves can be checked out.

Boxing gloves or hand wraps **MUST** be worn at any time using the punching bags on the second floor.



DIP BELT



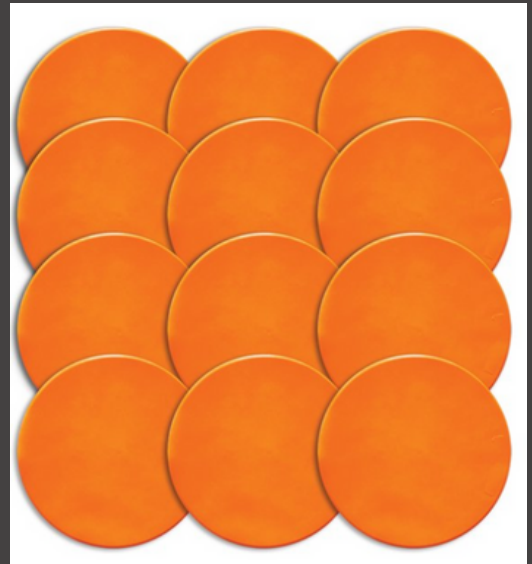
Dip belts are belts with an attached chain used to add extra weight for bodyweight exercises like dips and pull-ups, enhancing strength training.



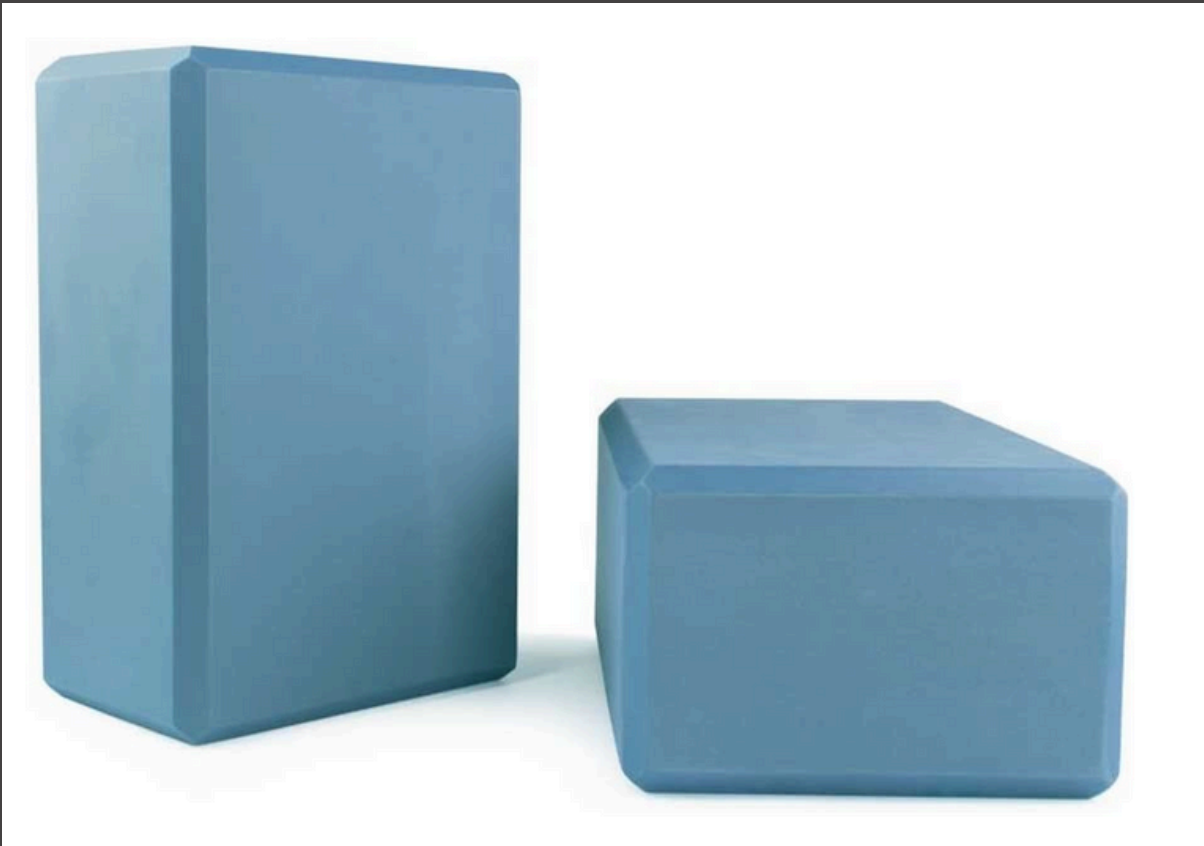
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EXERCISE DOTS

You can use dots for a variety of drills. Dot Drills involve dots placed in a pattern on the floor. These drills can be used to help improve conditioning, improve your foot speed, quickness and agility, or work as cones.

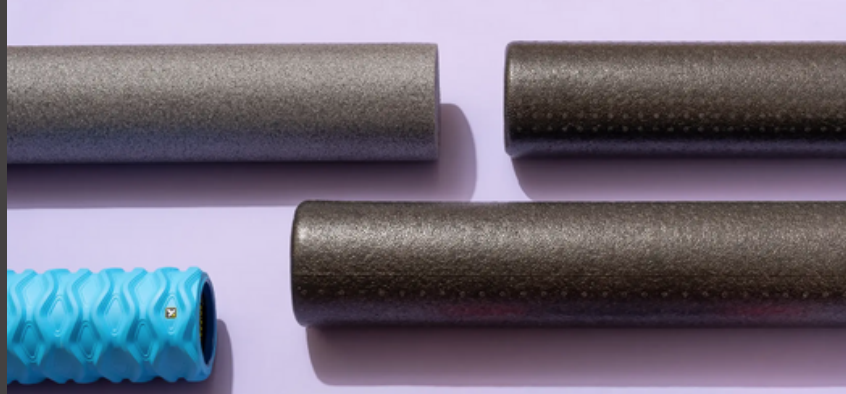


FOAM BLOCKS



Foam blocks can be checked out to support different yoga or stretching positions.

FOAM ROLLERS



Our 36 inch foam rollers can be checked out for recovery and rolling out.

FOOTBALLS



Footballs are also available for checkout. They can be passed indoors or outdoors, as long as they are returned before you leave the RAW. There are both big and small footballs available.

FRISBEES



Frisbees are also available for checkout. They can be used indoors or outdoors, as long as they are returned before you leave the RAW.

FUTSAL BALLS



Futsal balls are available for checkout and can be used on the indoor courts.

HAIRDRYERS



Basic hairdryers and attachment hair dryers (for coily, curly, and wavy hair) are available for checkout.

HAND WRAPS

Hand wraps may be checked out for use of the punching bags on the second floor.

Hand wraps and boxing gloves can also be used together.



HULA HOOPS

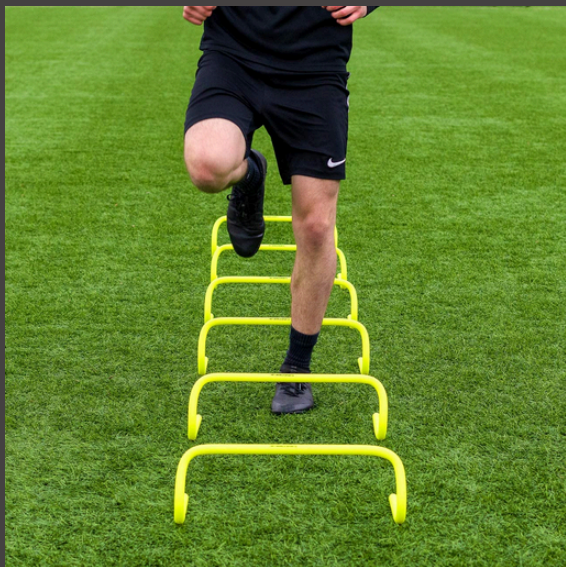


Hula hoops can be checked out for use as well. Hula hooping is a great cardiovascular exercise and may help improve balance, core strength, and lower body muscles.

HURDLES



Hurdles can be checked out for a variety of workouts, including jumping, footwork, and agility drills on the courts or studio floors.



JUMP ROPES

Jump ropes can be checked out in 3 different sizes:

- 8ft
- 9ft
- 10ft

Jump ropes can be used in the first and second floor fitness centers, in the boxing area, on the courts, or in studios A or B.

They are useful for cardiovascular workouts, improving footwork, or as a warm-up for further exercise.



MANTIS MITTS



These mitts are designed for boxing training, particularly for sparring with a partner. They have a curved striking surface which improves the feel when you're hitting and sets the holder up for catching punches. The mesh helps to keep the holders hands cool.



MASSAGE BARS



An effective way to warm up without impacting performance. The ridged massage feels great for recovery and pain relief.

Delivers self-massage for legs, neck, shoulders, and lower back.

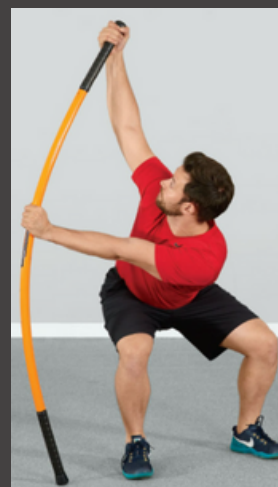
Clinically proven to improve range of motion and flexibility.

MOBILITY STICKS



A mobility stick can assist with stretching and mobility. It includes applying leverage to stretch with greater ease and safety. It can also help re-pattern spinal movements and posture, as well as provide balance when performing specific exercises. We offer several sizes of mobility sticks for check out, which you can select depending on your height and need.

Basic Mobility Routine:



MONOROPE



The monorope is an adaptive jump rope designed for individuals with a missing or injured arm. It features a single handle attached to a weighted rope, allowing users to mimic the motion of jumping rope and engage in cardiovascular exercise effectively.



PADLOCKS



Padlocks offer secure, reliable protection for gym lockers and equipment, ensuring your belongings stay safe during workouts.

PICKLEBALL PADDLES



Pickleball paddles are available for checkout. Courts can be readied by the operation leads

PING PONG PADDLES



Ping pong paddles are available
for checkout. Tables can be
readied by the operation leads

POWER WHEEL



The power wheel can be used to increase balance, coordination, and stamina while strengthening core, upper and lower body.

You can place hands shoulder width apart or feet in stirrups for more exercise options

The handles have comfortable, soft foam grip to limit hand fatigue.

PUSH-UP BOARDS



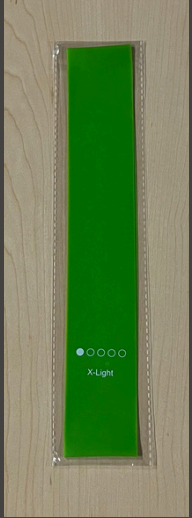
Push-up boards are a great tool to target different muscle groups such as:

Shoulders (red), Chest (Blue),
Triceps (Green) and Back (Yellow).

Just adjust your grip on the colors you wish to target.

AVAILABLE IN FITNESS CENTER

RESISTANCE BANDS



X-Light



Medium



X-Heavy



Light



Heavy

Resistance bands are flexible, portable tools for strength, flexibility, and rehab exercises, offering variable resistance for a full-body workout.

SAFETY SQUAT BAR



The safety squat bar is a specialized barbell with padded shoulder supports and angled handles, designed to reduce strain on the shoulders and wrists while improving stability during squats.

AVAILABLE IN FITNESS CENTER

SLASTIX TONERS

Slastix toners are resistance bands with a protective fabric sleeve, designed for safe and durable strength and flexibility training.

- Very heavy
- Heavy
- Medium
- Light
- Extra light



SLIDERS

Sliders can turn any surface into a training zone. You can use them to do a diverse range of exercises, including mountain climbers, push-ups, lunges and plank walk-outs. They're also great for deepening stretches.



SOCCER BALLS



- Indoor

- Outdoor

Soccer balls are also available for checkout. They can be used on both indoor and outdoor fields, as long as they are returned before you leave the RAW.

SPEED LADDER



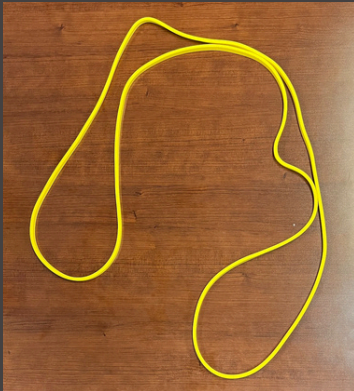
A speed ladder can be checked out and used to perform agility drills and improve foot speed. Ladder drills can be fun and require both focus and precision, while getting your heart rate up!

STRETCHING MATS



Stretching mats provide a comfortable surface for stretching or working out. The mat can also help prevent slipping on the studio floor and provide you with your own personal space.

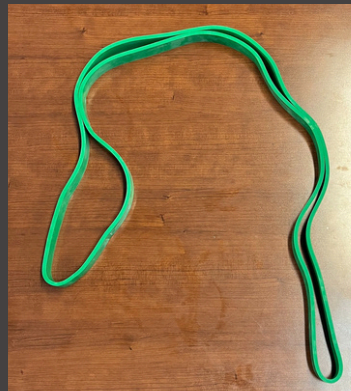
STRETCHING STRAPS



5lbs-15lbs



15lbs-35lbs



25lbs-65lbs



35lbs-85lbs



50lbs-125lbs

Stretching straps are longer, adjustable tools that assist in improving flexibility and range of motion during stretches and rehabilitation exercises.

STRIKING GLOVES



These striking gloves are ideal for grappling and sparring workouts, or in the RAW use of our speed bag. They have an open-palm design, thumb padding, and reinforced finger loops that offer mobility and protection. There is also a wrist strap for extra support and protection.

TENNIS RACKETS



Tennis rackets are available for checkout. They can be used on the outdoor courts, as long as they are returned before you leave the RAW. Tennis balls may also be available for checkout.

TOWELS (BATH, SWEAT & FITNESS)



Bath and sweat towels can be taken at EQR. Red towels can be found in the fitness centers. Toss them in the towel bins when you're done using them!

VERSA LOOPS

Light (Green)



Medium (Red)



Heavy (Blue)



Extra Heavy (Purple)



Extra Extra Heavy (Grey)



Versa Loops are versatile, flat resistance bands used for strength, flexibility, and rehabilitation exercises.

VOLLEYBALLS



- Outdoor



- Indoor

Volleyballs are also available for checkout. We offer both indoor and outdoor balls that can be used on both indoor and outdoor courts.

WEIGHTLIFTING BELTS

Weightlifting belts are supportive belts worn around the waist to stabilize the core and reduce strain on the lower back during heavy lifting exercises.



- Extra Small
- Small
- Medium
- Large
- Extra large
- Extra Extra Large



WEIGHTLIFTING GLOVES



Weight gloves provide grip and comfort during weightlifting and strength training. Available in sizes S-XL, they help protect hands while enhancing performance.

WEIGHTLIFTING PADS



Barbell pads are cushioned sleeves that wrap around a barbell to provide comfort and reduce pressure on the neck, shoulders, or hips during exercises like squats or hip thrusts.



AVAILABLE IN FITNESS CENTER

WEIGHTLIFTING STRAPS



Lifting straps are designed to provide you with better grip control for heavier reps.



WOBBLE BOARD



Test your ankle flexibility
by renting out the
Wobble Board!

YOGA MATS & YOGA STRAPS



Yoga mats offer a stable, non-slip surface for a comfortable and safe practice, enhancing your poses and stretches.





Yoga straps help deepen stretches and improve flexibility by providing extra reach and support during poses.



EQUIPMENT AVAILABLE FOR RESERVATION

***Reservations can be made
online through the RAW
website, and they must be made
48 hours in advance.**



BOCCE BALL



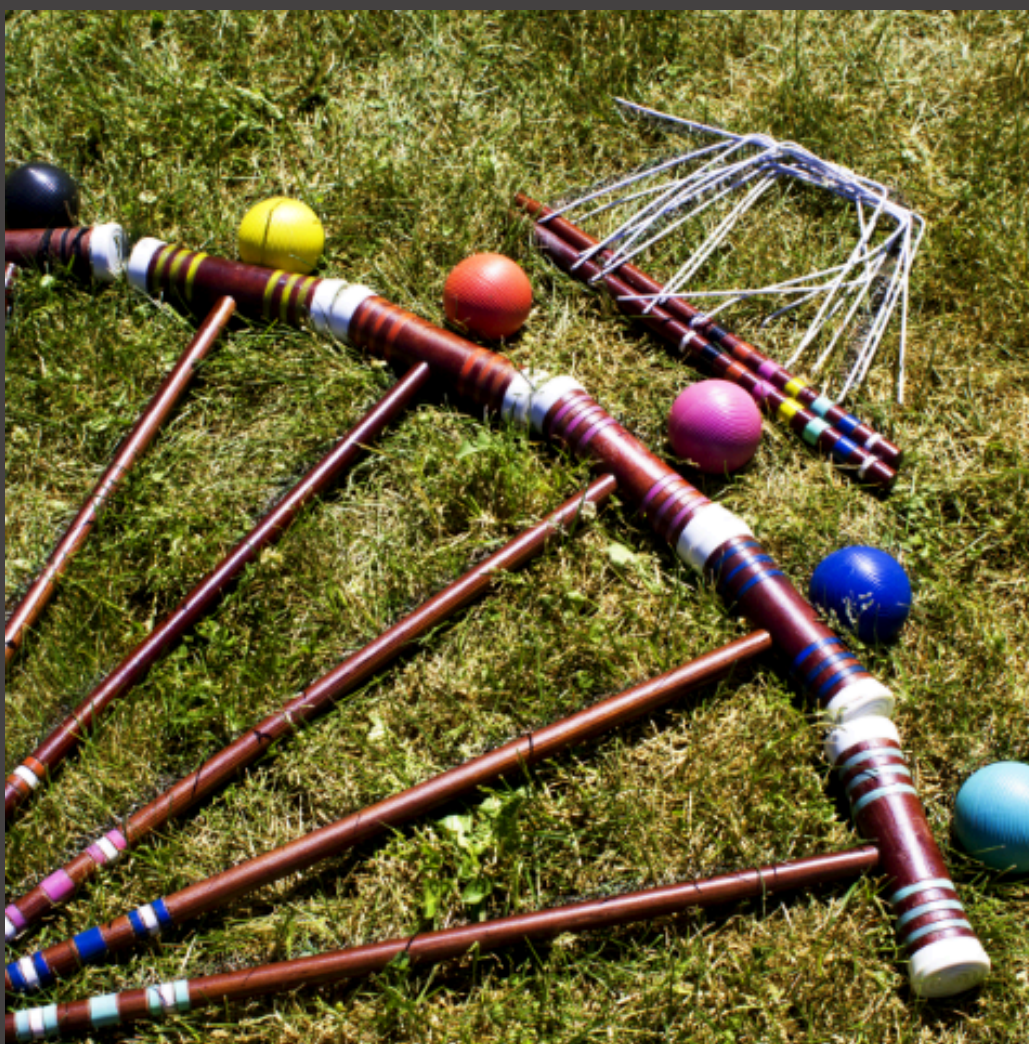
BOWLING



CORNHOLE



CROQUET



DODGEBALL



FLAG FOOTBALL



HULA HOOPS



KICKBALL



OUTDOOR BADMINTON



OUTDOOR PICKLEBALL



OUTDOOR VOLLEYBALL



SPIKE BALL



SOCCER



TETHERBALL

