

Offseason Conditioning Program Equipment List

✓ 1 Weighted Jump Rope



Fitness Gear Weighted Speed Rope

ITEM NUMBER: 19614376

Price: \$19.99

★★★★★ 4.5
[Read all 2 reviews](#) [Write a review](#)

Free Shipping Eligible on Qualifying Purchases Over \$49! Up to \$15 Shipping Credit. ([See Promotion Details](#))

1 COLOR : BLACK/GREY

✓ 1 2-lb medicine ball OR 2 1-lb wrist weights (2 in a box for \$5)



BAY SHORE

Market At Bay Shore

1851 Sunrise Highway, Bay Shore, NY 11706

Store Hours:

Mon: 10:00 am - 9:00 pm

Tue: 10:00 am - 9:00 pm

Wed: 10:00 am - 9:00 pm

Thu: 10:00 am - 9:00 pm

Fri: 10:00 am - 9:00 pm

Sat: 10:00 am - 9:00 pm

Sun: 10:00 am - 6:00 pm

Phone:

631-665-0497

✓ 2 golf balls taped together and put into a sock

✓ 1 Baseball

✓ Your Glove

✓ 1 kitchen towel