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**Developing Excellence in your S&C
Program on a Budget**

Peanuts, get your Peanuts!

➤ Electric tape (\$5.25 for 10 pack) & Ball of choice

1) Golf Balls

2) Tennis Balls

3) Baseballs

4) Softballs



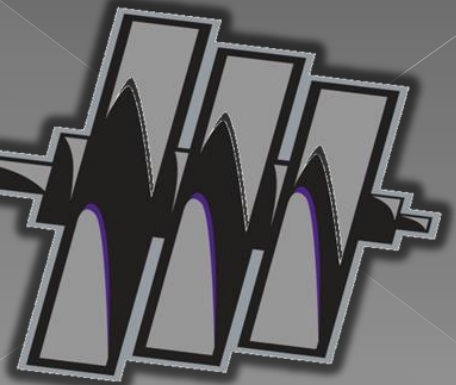
Grenade!

- I-bolt (\$1.47), Washer (\$0.23), Nut (\$0.22), Loctite (\$4.48), Steel Chain Quick Link (\$2.24), & Ball of choice

1) Baseballs

2) Softballs

3) Towels – Electric Tape



Wood Work!

➤ 2 x 4 x 8 ft. (\$2.91)

1) Blocks – Screws (\$5.58)& Velcro (\$19.97)

2) Block Push

3) Pinch Blocks (Attachments)



PVC!

- 2 in. x 10 ft. (\$7.36), 4 in. x 10 ft. (\$16.98)
 - 1) Forearm / Grip Strengthener (Nylon Rope-100 ft. \$18.98)
 - 2) Handle Attachments (Regular & Fat Grip)
 - 3) Slosh Pipes (End Caps \$8.34 per)
 - 4) Dowels



Suspension Trainer!

➤ Cam Buckle Tie-Down 6 ft. (4-pack for \$12.98)

1) Push Ups

2) Inverted Rows

3) Single Leg Squats

