

Build Your Own CrossFit Box Without Breaking The Bank

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Ready to build your ideal CrossFit home box without breaking the bank? We're here to make it happen!

Scroll below and find everything you need for your home CrossFit box from ab mats to rings, bumper plates to jump boxes. We have gathered 26 pieces of CrossFit equipment to design your perfect box for your favorite WODs and METCONs!

1. Multipurpose Olympic Barbell



Want to build some serious muscle? Train with the staple for every box - a steel Olympic-grade barbell! Perform power lifts, squats, presses, rows and so much more to complete your CrossFit workouts. The 2" sleeves fit standard bumper plates.

2. Weight Lifting Wrist Wraps



Your wrists withstand heavy weight from barbells and bodyweight exercises. Strap on a pair of wrist wraps for extra support and protection when you train.

3. Color Training Bumper Plates



No CrossFit box is complete without IWF competition standard bumper plates! Marked to IWF competition standards and calibrated for weight accuracy, these colorful plates are perfect for CrossFit training and general strength training.

4. Solid Rubber Bumper Plates



Prevent floor damage from weightlifting with these durable solid rubber plates. Designed for low bounce and durability so you can drop your weights without damaging your floors or your plates!

5. Weight Bench



An adjustable weight bench provides flexibility to your home CrossFit box! You'll want a bench that allows you to perform various strength exercises like bench presses, dumbbell flies, and more!

6. Weight Lifting Wraps



As a CrossFitter, you know protecting your hands from strain is vital during your workouts. That's why weight lifting wraps are a key element when building your box. The straps provide a buffer between your hands and the metal barbell that can make all the difference in your workout.

7. Weighted Vest



Enhance your bodyweight exercises like pistol squats, ring dips, and more with sleek, convenient resistance. The hands-free weight creates a bigger challenge and helps boost cardio power, endurance, and strength.

8. Abdominal Mat



In your home CrossFit box, perform your sit-ups like the pros! The high-density foam mat essential in every box as it naturally supports your lower back to provide a full range of motion to strengthen optimal abdominal muscles.

9. Kettlebells



What is a box without kettlebells! Perform killer CrossFit exercises like kettlebell snatches, swings, cleans, and more! Strengthen all muscle groups with versatile workouts made possible with kettlebells!

10. Soft Medicine Ball



Perform wall balls in your home box! The weighted balls offer versatile workouts that improve your endurance, strength, and explosive power! The durable leather shell makes it ideal for catching and tossing.

11. Plyometric Box



In your home box, don't forget about box jumps - one of the best exercises! A jump box also known as a plyometric box lets you perform high-intensity exercises like box jumps, split squats, and more!

12. Foam Rollers



Nothing compares to a good foam rolling session after an intense workout! Foam rollers are key to reducing recovery time and must-have in every box! The high-density foam is perfect for rolling out knots and tight muscles in your back, legs, glutes, and more!

13. Speed Jump Rope



Get your cardio in with this simple yet essential item! The durable wire cable and lightweight handles make speed jumping and double-unders easy to achieve. Easily store on a hook for quick access and to avoid tangled ropes.

14. Gymnastic Rings



Perform staple CrossFit exercises like ring dips and muscles ups with a pair of gymnastic rings. The adjustable straps let you customize the height of the rings for every exercise. Perform muscle-ups, rows, and more!

15. Gymnastics Hand Grips



When using gymnastic rings, you'll want to protect your palms from strain and blisters. The leather palms provide a better grip and help you get more reps in without stopping from pain or discomfort!

16. Wall-Mounted Pull-Up Bar



By installing a wall-mounted pull-up bar in your home CrossFit box, you can perfect your strict pull-ups and work towards kipping and butterfly pull-ups. Make sure to follow the proper installation instructions and ensure it can support your weight.

17. Lacrosse Massage Balls



When you're feeling tight or sore after a good workout, a lacrosse massage ball is a necessity! It allows you to target deep knots in smaller, deeper areas that a foam roller can't reach.

18. Dip Station



Tricep dips are essential for your CrossFit training! Train on these dip bars to master your tricep dips, L-sits, and bodyweight rows. Using a dip station can also boost your performance on the gymnastic rings.

19. Barbell Pad



Make sure you include barbell pads in your gym! The thick foam padding will provide a comfortable barrier between the heavy metal barbell and your back, shoulders, and hips. A necessity for back squats, lunges, and hip thrusts!

20. Slam Ball



Relieve some stress during WODs and METCONs with slam balls! They are as much fun as they are effective. Perform various exercises that work your core, upper and lower body like ball slams, throws, squats, and more.

21. Olympic Barbell Clamp Collars



It is vital to prevent your weight plates from sliding off your barbell during powerlifting sessions. Barbell clamp collars let you lock weights in place and release them with ease for quick plate changes. Make sure your clamp collars have a rubber insert to secure them in place on the sleeve.

22. Massage Stick Roller



After an intense WOD in your home box, reduce leg cramps and sore muscles with a massage stick roller! The rolling beads help increase blood circulation and reduce soreness so you can shorten recovery time and continue your training as soon as possible.

23. Xfit Power Resistance Bands



Whether you're a beginner or a seasoned CrossFitter, long-looped resistance bands are a box staple! These bands are great for extra assistance during pull-ups or triceps and add more of a challenge to weightlifting exercises. Anchor one end of the band for an alternative workout partner!

24. Knee Sleeves



You'll most likely train more often in your home CrossFit box so you'll want to protect your joints and muscles even more! Provide your muscles and joints more support as you weight train with a knee sleeve. The comfortable compression helps reduce the discomfort that can occur during workouts. The sleeve also keeps your joints warm which helps with movement.

25. Gym Chalk



As a CrossFitter, you know a secure grip makes all the difference when it comes to workouts on rings, barbells, and pull-up bars. Using gym chalk in your home box will reduce moisture on your hands and create a non-slip grip so you can get the most out of your workout!

26. Barbell Grips



If you're wanting more of a challenge in your home box, you'll want a pair of barbell grips. The wide diameter mimics a thick barbell or pull-up bar which will exercise different muscles in your hand and arm that don't activate for standard size bars. The thick grip can also help reduce pressure on joints in your hand as your lift.

Money-Saving Tip: Shop directly from ProsourceFit.com for the lowest possible prices and avoid reseller markups!

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What do you think?
