THE ITEMS SHOULD NOT HAVE FREE SHIPPING

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| stackable step | http://www.workoutz.com/shop/aerobic-steps/the-stackable-step.html |
| the step platform storage rack | http://www.workoutz.com/shop/aerobic-steps/the-step-platform-storage-rack.html |
| the step riser storage rack | http://www.workoutz.com/shop/aerobic-steps/the-step-riser-storage-rack.html |
| pool noodles | http://www.workoutz.com/shop/aquatics/pool-noodles.html |
| bosu storage cart | http://www.workoutz.com/shop/balance-products/bosu-storage-cart.html |
| lebert equalizer | http://www.workoutz.com/shop/bodyweight-training-equipment/lebert-equalizer.html |
| body solid weighted vest | <http://www.workoutz.com/shop/boxing-mma-equipment/body-solid-adjustable-weighted-vest.html> |
| motion master grappling dummy | http://www.workoutz.com/shop/boxing-mma-equipment/motion-master-grappling-dummy.html |
| Body solid vest | http://www.workoutz.com/shop/boxing-mma-equipment/body-solid-adjustable-weighted-vest.html |
| Title weighted vest | http://www.workoutz.com/shop/boxing-mma-equipment/title-boxing-power-weighted-vest.html |
| Troy comp bumpers | http://www.workoutz.com/shop/bumper-plates-bars-collars/troy-competition-bumper-plates.html |
| Olympic weight plate sets | http://www.workoutz.com/shop/bumper-plates-bars-collars.html |
| Body solid chrome bar | http://www.workoutz.com/shop/bumper-plates-bars-collars/body-solid-7ft-chrome-olympic-bar.html |
| CFF farmers walk han | http://www.workoutz.com/shop/bumper-plates-bars-collars/cff-farmer-s-walk-handles-pair.html |
| Dual grip strongman | http://www.workoutz.com/shop/bumper-plates-bars-collars/cff-dual-grip-strongman-log.html |
| Cff high hex bar | http://www.workoutz.com/shop/bumper-plates-bars-collars/cff-high-hex-bar.html |
| Olympic 9 bar holder | <http://www.workoutz.com/shop/bumper-plates-bars-collars/olympic-9-bar-holder.html> |
| 5 bar holder | http://www.workoutz.com/shop/bumper-plates-bars-collars/body-solid-5-bar-holder.html |
| Bumper plate rack | http://www.workoutz.com/shop/bumper-plates-bars-collars/body-solid-bumper-plate-rack.html |
| Bumper and weight tree | http://www.workoutz.com/shop/bumper-plates-bars-collars/cff-bumper-weight-plate-tree.html |
| Body solid Olympic bar and plate holder | http://www.workoutz.com/shop/bumper-plates-bars-collars/body-solid-olympic-bar-plate-holder.html |
| Gun rack | http://www.workoutz.com/shop/bumper-plates-bars-collars/cff-olympic-bar-gun-rack.html |
| Triple layer workout mat | http://www.workoutz.com/shop/exercise-workout-mats/triple-layer-workout-mat.html |
| Bouncewell medicine ball | http://www.workoutz.com/shop/medicine-balls/bouncewell-medicine-ball.html |
| Aeromat elite | http://www.workoutz.com/shop/medicine-balls/aeromat-elite-power-rope-medicine-ball.html |
| Soft gel filled | http://www.workoutz.com/shop/medicine-balls/soft-medicine-ball-gel-filled.html |
| Med ball rack 5 | http://www.workoutz.com/shop/medicine-balls/medicine-ball-rack-5-ball.html |
| Med ball rack 10 | http://www.workoutz.com/shop/medicine-balls/medicine-ball-rack-10-ball.html |
| Promax wall ball | http://www.workoutz.com/shop/medicine-balls/rhino-promax-wall-balls.html |
| Aeromat dual grip | http://www.workoutz.com/shop/medicine-balls/aeromat-dual-grip-power-ball.html |
| Vertimax | http://www.workoutz.com/shop/speed-agility/vertimax.html |
| Slide board | http://www.workoutz.com/shop/speed-agility/professional-slide-board.html |
| Plyo box | http://www.workoutz.com/shop/speed-agility/plyo-box.html |
| Body solid soft plyo | http://www.workoutz.com/shop/speed-agility/body-solid-soft-plyo-box.html |
| Step over dummy | http://www.workoutz.com/shop/speed-agility/step-over-dummy.html |
| Triangle bar | http://www.workoutz.com/shop/squat-racks-stands/triangle-bar.html |
| Wall ball target | http://www.workoutz.com/shop/squat-racks-stands/wall-ball-target.html |
| Dip station | http://www.workoutz.com/shop/squat-racks-stands/dip-station.html |
| Removable dip | http://www.workoutz.com/shop/squat-racks-stands/removable-dip-attachment.html |
| Spotter arms | http://www.workoutz.com/shop/squat-racks-stands/spotter-arms-pair.html |
| Powermax squat stand | http://www.workoutz.com/shop/squat-racks-stands/powermax-portable-squat-stands.html |
| Pulling stands | http://www.workoutz.com/shop/squat-racks-stands/powermax-pulling-stands.html |
| Powermax elite lifting platform | http://www.workoutz.com/shop/squat-racks-stands/powermax-elite-lifting-platform.html |
| Body solid flat bench | http://www.workoutz.com/shop/squat-racks-stands/body-solid-flat-bench.html |
| Kettlebells | http://www.workoutz.com/shop/weights/kettlebells.html |
| Soft weights | http://www.workoutz.com/shop/weights/thera-band-soft-weights.html |
| Body sport dumbbells | http://www.workoutz.com/shop/weights/vinyl-coated-dumbbells.html |
| Wall balls | http://www.workoutz.com/shop/weights/rhino-promax-wall-balls.html |
| Gel filled med ball | http://www.workoutz.com/shop/weights/soft-medicine-ball-gel-filled.html |
| Bouncewell | http://www.workoutz.com/shop/weights/bouncewell-medicine-ball.html |
| Rubber hex singles | http://www.workoutz.com/shop/weights/rubber-hex-dumbbells-single.html |
| Surge fluid resistance  | http://www.workoutz.com/shop/weights/surge-fluid-resistance-trainer.html |
| Weighted bar | <http://www.workoutz.com/shop/weights/weighted-bar.html> |
| Workoutz dumbbells | http://www.workoutz.com/shop/weights/workoutz-aerobic-vinyl-dumbbells.html |

Ended with speed and agility