



# A Beginner Home Gym Equipment List to get you Started

Are you looking to create your own home gym but are overwhelmed by the number of equipment choices out there? Building a home gym can be a fun and rewarding experience, but it can also be a daunting task. In this article, we'll provide you with a beginner home gym equipment list that will help you get started on your fitness journey.

## ✂️ Half Rack/Power Rack

Let's talk about racks—not the kind that hold your grandma's secret spice collection, but the muscle-building marvels that belong front and center in your home gym. Yes, I'm talking about that versatile star of the home gym, the rack. Power rack, half rack, wall-mounted foldable rack, you name it. It's like having your own Swiss Army knife but for muscles.

Now, before you envision me benching, squatting, and deadlifting, let's talk attachments. Attach a landmine or roller pad, and suddenly you're in a whole new galaxy of exercises. Want to dip like you're swiping into the VIP section of fitness? Add some dips or TRX/rings off the pull-up bar.

But hey, let's not forget the unsung heroes, the spotter arms. Think of them as your trusty wingman for those last-rep, maxing-out, 'I'm-home-alone-and-this-is-getting-real' moments.

So go ahead, embrace the rack, and let your fitness imagination run wild. Just remember, a rack is only as good as the creativity you bring to it.

## **Dumbbells**

Dumbbells, the faithful hounds of the home gym, always there to lend a hand (or weight). Versatile, forgiving to beginners, they're the best friends you didn't know your biceps needed.

## **Pull-Up Bar**

The pull-up bar – it's not just for pull-ups and chin-ups anymore. Hanging leg raises, anyone? Embrace gravity; make it work for you.

## **Kettlebell**

Kettlebell, the chameleon of gym gear. Full-body workouts, strength, endurance, flexibility – this beauty's got it all. Swing into your fitness future.

## **Suspension Trainer**

If bodyweight exercises are your jam, a suspension trainer like TRX might just be your next best friend. Balance, core strength, and a bit of playful hanging around all in one.

## **Resistance Bands**

Resistance bands: like the superhero sidekick of your home gym. Affordable and adaptable, whether you're stretching into your day or resisting temptation to skip a workout.

## 📌 Jump Rope

Jump ropes aren't just for playgrounds. They're the calorie-torching, coordination-honing maestros of cardio. Plus, they fit in your pocket, so no excuses.

## 🧘 Yoga Mat

Yoga mat: your personal piece of tranquility. Stretching, yoga, floor exercises – it's like a first-class ticket to flexibility city, without the airport hassle





## zzz Recovery Equipment

Last but far from least, recovery equipment. Foam rollers, massage balls, and massage guns are like a personal spa day for your muscles. Loosen up, and keep that mobility flowing.

Creating a home gym is about more than just equipment; it's a commitment to yourself. Start with the essentials, build your collection, and invest in quality. You're crafting a space for a healthier, happier you, and that's something worth lifting a dumbbell or two about.

💪 PRODUCT	💰 BUDGET OPTION	🏆 MY OPTION	📝 MY NOTES
POWER RACK/HALF RACK	TITAN FITNESS	SORINEX	XL Half Rack, Custom, Branded, Lot of Attachments, \$\$\$\$
BARBELL	REP FITNESS	ROGUE	Ohio Bar, Multi Purpose
BUMPER PLATES	TITAN/FB MARKETPLACE	SPX FIT	Custom, Branded to Match Equipment, High Grade Urethane

 PRODUCT	 BUDGET OPTION	 MY OPTION	 MY NOTES
BAR COLLARS	AMAZON	TITAN	Titan Pro Collars, Pretty Cool, Convenient
RINGS	AMAZON	AMAZON	Simple add for dips, pullup variants, rows
DUMBBELLS	FB MARKETPLACE/ROGUE	NUOBELL/URETHANE/HEX HEAD	You can get adjustable DBs from 5-80lbs, but be careful the plastic. Otherwise you can get away with any DB set if you have the space.
DUMBBELL RACK	FB MARKETPLACE	ROGUE/REP FITNESS	Inexpensive DB rack, if you get round dumbbells you will need saddles on the DB rack
KETTLEBELLS	FB MARKETPLACE	ROGUE/KETTLEBELL KINGS	Simple, look for the best deal
MEDICINE BALLS	TITAN	DYNAMAX	Dynamax is the old reliable, but Titan is a great budget option
RESISTANCE BANDS	AMAZON	AMAZON	Take a look at what you'd like
CARDIO	FITNESS SUPERSTORE (Add warranty)/JUMP ROPE	PELOTON/ROGUE/ ASSAULT	This is a tough one, I'd prefer an aerodyne bike, or concept2 rower/ski

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LANDMINE	DIY TENNIS BALL	ABMAT	The abmat landmine solution works on any surface
ADJUSTABLE BENCH	REP FITNESS	ROGUE MANTA	I'd go with REPs Blackwing Bench and will stand the test of time.
PILATES RING	AMAZON	AMAZON	Take a look at what you'd like
YOGA MAT	AMAZON	STAKT	Foldable, Great for a variety of movements and exercises
FLOORING	KODIAK	ECORE	ECORE Performance Motivate - best in class performance, durability, and versatility, \$\$\$\$

Have something bigger, better and more special in mind? Contact us at [info@spxfit.com](mailto:info@spxfit.com)