



the booty parlour

# essential equipment for home strength training

Exercise at home might look a little different for many of you throughout these difficult times and social isolation. Deciding how you would like to use your time while practising social distancing is completely up to you and what you're comfortable with. Some people are using the time to do daily bodyweight workouts and home yoga practice. Others are staying on a training program with their online coach to stay accountable and continue chipping away at their goals.

For those of you who are eager and able to keep up strength training while at home, I've developed a list of the equipment you may like to source.

I'd urge you to explore the online stores such as Verve, Sam's fitness, Gym Direct (less expensive options), or Aussie Strength, Ironedge, Rogue, Alphafit (more expensive but typically higher quality options).

I know there has been a huge frenzy of people buying equipment so it may be a little more difficult/slower process than normal, but it may be worthwhile if you want to keep up your regime. Rebel sport, Kmart and those sort of retail stores are all out of stock from my understanding, and are limited in terms of choice.

If that's still a little confusing for you, I've put together an equipment list of basic essentials v. the more comfortable/familiar list of strength equipment for you to refer to. In the meantime, my recommendation would be to get whatever you feel you're most likely to use alone and in your own space.

Feel free to even get creative and make your own equipment such as sand-bags, kegs, stones etc and just take photos/list these for me to work with for your custom program. One of my amazing clients made her own weight plates out of concrete – talk about resourceful!

## Stay moving and progressing. At least:

### Kettlebells

- One lighter weight; comfortable for warm ups or shoulder pressing
- One or more at a heavier weight, appropriate for squats/deadlifts/lunges

### Bands

- A hip circle/abduction band
- A longer light band such as what we use for banded pull aparts or chin-ups

### Sliding discs

I know you guys all adore these! You can also use paper plates or a towel under your feet on a tiled surface

### A foam roller / massage ball

## Keep up your strength training regime

The next level would be to then get a barbell and some weight plates, which is a little more of a financial and space commitment. But you'll forever be able to get decent accessory sessions done at your home, so it may be an option for you if you're more of an intermediate-advanced lifter.

- 20kg barbell
- Flat bench
- Free standing rack / squat stand (e.g. this one) - I love these. Buy the safety supports and you can use them for various exercises, for example squats, bench press and rack pulls
- Bumper plates or any weight plates for a barbell up to 100kg, depending on how much you plan to lift while training at home. A pair of 2.5kg, 5kg, 10kg at a minimum. I'd get some 20kg too though, or you'll quickly get bored.

## Optional extras

- Boxing gloves if you want to have some fun with your quarantine buddy
- Ab wheel roller
- Swiss ball
- Some dumbbells (any weights you can get your hands on, but I'd say a dumbbell that you can do bicep curls with, and something for back rows. So 1 x light and 1 x heavy)
- Chin-up bar for your doorway (for the lol's when it falls.... no just joking, they are actually really good quality these days!)

For the clients I work with that have sourced equipment to use at home, we have put together a "training at home inventory list" per person that they can add to. I can then refer to this list easily to make sure their training program can be optimised and appropriate, incorporating the equipment they've got on hand.

This is a great way to be able to keep up a customised program that will help you maximise what you can work on and progress at even while your favourite gym is closed for a little while.

Try to make your home gym feel a little special by adding an indoor plant or buying a nice yoga matt to do your warm up/stretching in it. Guaranteed more motivation and good vibes!

**Jess**

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