Gym Program Equipment Checklist

For this program, you will need access to a gym with a full range of machines, barbells, dumbbells and attachments. Listed below is the equipment needed to complete this program. If your gym does not have a piece of equipment, a simple google search can help you find an alternative. For ease, we have created an Amazon shopping list of accessories that would be a good idea to purchase for this program.

amazon	amazon	amazon	amazon
US customers CLICK HERE	UK customers CLICK HERE	AUS customers CLICK HERE	CAN customers CLICK HERE

- ☐ Smith machine
- ☐ Leg press machine
- ☐ Cable machine
- ☐ Lat pull down machine
- ☐ Leg extension machine
- ☐ Lying leg curl machine
- ☐ Barbells
- ☐ Dumbbells
- ☐ Adjustable bench
- ☐ Cable straight bar attachment
- ☐ Cable tricep rope attachment
- ☐ Cable exercise D attachments
- ☐ Cobra grips or Bear grips
- ☐ Cable machine ankle attachment

Home Gym - Barbells and Dumbbells Program Equipment Checklist

For this program, you will need access to a commercial gym or a well kitted home gym with a wide range of barbells, dumbbells and weight plates. The more load the better! For ease, we have created an Amazon shopping list of equipment and accessories that would be a good idea to purchase for this program.

amazon	amazon	amazon	amazon
US customers CLICK HERE	UK customers CLICK HERE	AUS customers CLICK HERE	CAN customers CLICK HERE

- ☐ Squat rack
- ☐ Weight plates
- ☐ Barbells
- ☐ Dumbbells
- ☐ Adjustable bench
- ☐ Long looped resistance bands
- ☐ Chin up bar
- ☐ Cobra grips or Bear grips

Home Program - Follow Along Workout Checklist

For this program, if you have access to more equipment than listed, then I would encourage you to use it. The more load the better!! For ease, we have created an Amazon shopping list of equipment and accessories that would be a good idea to purchase for this program.

amazon	amazon	amazon	amazon
US customers CLICK HERE	UK customers CLICK HERE	AUS customers CLICK HERE	CAN customers CLICK HERE

- ☐ Set of dumbbells
- ☐ Long looped resistance bands (only if you don't wish to use dumbbells)