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Home gym equipment guide



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General tips

When buying equipment for home, it is best to plan ahead and think of the future.

Select equipment that will enable you to progress over time. Certain pieces of equipment might seem beyond your current requirement to start off with, but may save you having to upgrade as you progress.

Make your set-up as practical and easily accessible as possible. This will simplify set-up and make it more likely that you will use it!

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Where to buy

If you have a good idea of what you are looking for, Facebook marketplace can be a great place to find second hand equipment that is in good condition. It's good for the environment, too!

If you prefer to purchase new, sports stores and department stores such as Rebel sport and Kmart have quite a lot of affordable options both in-store and online.

If you are happy buying online, [gymplus.com.au](https://www.gymplus.com.au) is reliable and has good options, often coming in package deals that are good value.





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Essentials



Dumbbells

Dumbbells provide a versatile option that you can use for a wide variety of different exercises. While it is possible to purchase set weight dumbbells at shops such as Kmart or Rebel, the limiting factor of these is that they do not update with you as you get stronger.

Purchasing a pair of 3kg, 5kg, 8kg and 10kg dumbbells (links lead to kmart store) would be suitable for most beginners to intermediates. Heavier weights are available online.

Adjustable dumbbells

Adjustable dumbbells can provide a wider variety of weights and only require a one off purchase. For example, [these dumbbells available on Amazon](#) go up to 24kgs each (48kgs of weight in total). They start off light (2.5kgs each) and so are suitable for beginners through to more advanced lifters.





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Essentials

Basic bench

A gym bench is helpful for a number of exercises. It is possible to purchase a basic bench from Kmart.



Or, an adjustable bench

Another option is an adjustable bench that can go on an incline as pictured (likely to be a little more expensive) as this gives more exercise variety options again. Gym plus sells one here.



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Advanced

Barbell and collars

It is important to purchase an **olympic barbell** specifically, as this refers to its size & what other pieces of equipment it will fit with.

Olympic barbells can be 15kg or 20kg. The width of the barbell will fit the holes in the size of olympic plates, i.e. 50mm/2 inches.

If you are brand new to using barbells, the 15kg bar (6 feet long) makes sense. If you are more confident, the 20kg bar (7 foot long) is the way to go.

Gym plus has a lot of options for barbells with plate combos. You can also check Facebook marketplace once you know what you are looking for.

The collars pictured hold the weights in place. This style is the most easy to use as opposed to the metal clamps.



Collars



Barbell



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Advanced

If you are wanting to get more serious about your lifting, it might be time to invest in a barbell. Owning a squat rack and bench will ensure you get the most out of your barbell. There are lots of different options for racks, including more space-effective options that can fold away. These are some basic suggestions.



Half-rack

A half rack can be used for squats as well as bench press and can also be used for chin ups if you get one with a bar across the top (recommended).

Power rack

A full rack is more sturdy and enables the use of safety bars (bars across the inside to catch weight if it is dropped).





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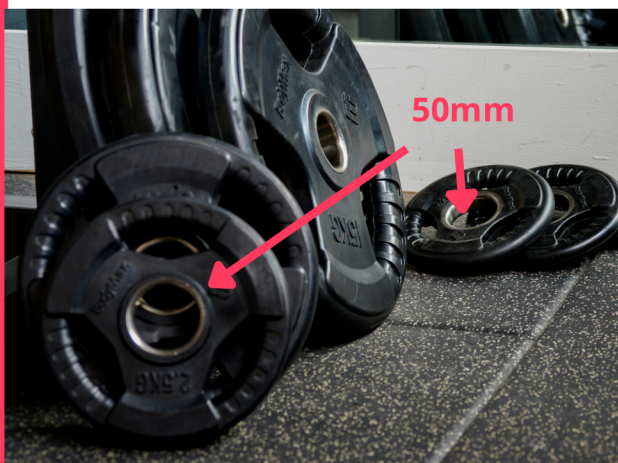
Advanced

Weight plates

Make sure all weights are olympic sized i.e. they have a 50mm/2 inch hole to fit the bar. Gym plus has a lot of options for barbells & plate combos. You can also check Facebook marketplace once you know what you are looking for. I recommend the following:

Bumper plates

Bumper plates are coated in rubber and are the same height whether they are 5kg or 25kgs. The benefit is that when you are deadlifting, the bar will always be a consistent height from the floor. Start with a pair of 5kg plates.



Fractional plates

I also recommend getting a pair of 2.5kg and 1.25kg plates so that you can increase your strength incrementally.

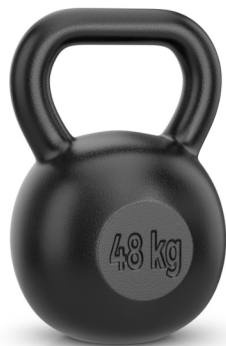


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Optional extras

Kettlebells



In my opinion kettlebells are less versatile/easy to use than dumbbells for regular weight lifting programs, but they could be useful to provide a heavier weight for deadlifting. It is possible to buy 20kg and 24kgs at [Rebel sport here](#).

It is cheaper to purchase these same weights and heavier on Amazon, or through sports specific stores, & likely lots of options on marketplace.

Resistance bands

Long, looped resistance bands are useful for exercises that involve pulling and can be used to assist chin ups or tricep dips if you have the appropriate bar attachments. [Big W sells them here](#).





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Optional extras

Small loop resistance bands

These can provide a few extra options for hip and knee exercises, are low cost and are portable, but by no means essential. [Kmart sells these here](#). I recommend the fabric ones.



Exercise balls and foam rollers

Exercise balls and foam rollers provide a few more options for some exercises, such as core exercises and hamstring exercises. They are by no means essential, but often available to pick up [inexpensively at kmart](#) or on marketplace.

