

# SPEEDIANCE AUSTRALIA THE ULTIMATE HOME GYM EQUIPMENT GUIDE

## 1 POWER RACK OR SQUAT RACK

A power rack or squat rack is a versatile piece of equipment that allows you to perform various compound exercises safely, such as squats, bench presses, and overhead presses. Look for one with a pull-up bar attachment for added functionality.

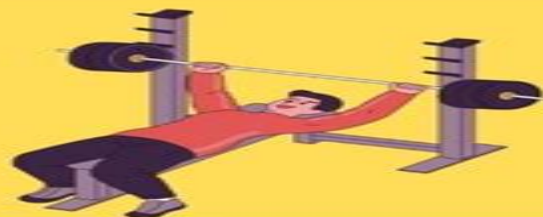


## 2 ADJUSTABLE DUMBBELLS

Adjustable dumbbells are space-efficient and versatile, offering a wide range of weight options in a single set. This allows you to perform various exercises targeting different muscle groups without cluttering your workout space with multiple dumbbells.

## 3 MULTI-FUNCTIONAL BENCH

A sturdy and adjustable bench is crucial for exercises like bench presses, incline presses, and various dumbbell exercises. Look for a bench that can be adjusted for different incline levels to add variety to your workouts.



## 4 CARDIO EQUIPMENT - ROWING MACHINE

A rowing machine provides a full-body workout, combining cardiovascular exercise with strength training. It's low-impact, making it suitable for people of all fitness levels. Look for a rowing machine with adjustable resistance settings.

## 5 FLOORING AND MATTING

Ensure you have proper flooring or matting to create a comfortable and safe workout environment. This is especially important if you're lifting weights or performing high-impact exercises. Interlocking foam mats or rubber flooring can protect your floors and provide a non-slip surface.



# Home Gym Equipment Guide

**Wolfgang Guggemos**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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