

# 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.

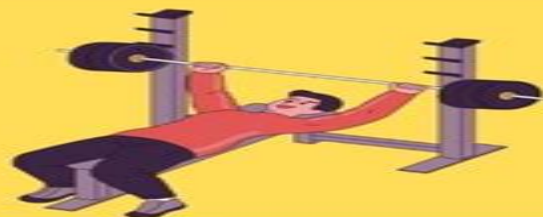


## 2 ADJUSTABLE DUMBBELLS

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

**D Kirk**



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web played 109 061 times adventure games your turn to die yttdd is a japanese horror adventure game that takes place as a visual novel separated into chapters play as sara chidouin a japanese high school student who is going to be kidnapped when she comes home from school with her friend joe tazuna you will wake up tied up on a bed and

web i can see the kitchen through the glass investigate chandelier an elegant chandelier investigate back of the cafeteria there s a pitch black area in the back of the cafeteria investigate dart with sou there s something on the table obtained a small dart

web your turn to die is a visual novel adventure game besides the negotiation tactics employed in the discussion sections each chapter of yttd also has a number of minigames chapter 1 has a few escape room style puzzles chapter 2

web deceased a category for the characters that have died currently no matter the path chosen the category is hidden for obvious spoiler reasons

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web as of chapter 2 part two there is only one named ending not considered a basic game over ending 1 massacre 1 minagoroshi endo ichi minagoroshi is the first official ending it s possible to reach at the end of the second main game in chapter 2 part two during the second voting phase if sara votes for nao egokoro who is the

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