

10X

Home Equipment List

Tier 1

These are basic pieces of equipment that will allow you to do at least one basic variation of all exercises. Think of them as your minimum to be able to train and progress on your results.

- **Resistance bands.** One set of looped resistance bands (1 light, 1 medium, and 1 heavy resistance).
- **Dumbbells:** 3 pairs of dumbbells, at least. Adjustable dumbbells are more expensive but a much more convenient option. More sets of dumbbells, if that's available for you, will support faster progress.
 - Light: 4-8 Kg for men | 2-4 Kg for women.
 - Medium: 10-14 Kg for men | 6-10 Kg for women.
 - Heavy: 16 Kg or above for men | 12 Kg or above for women.
- **Pull-up bar.** Anything you can hang yourself from and can attach resistance bands to will work. The cheapest, most convenient and also one of the best options is the type of bar you can place in the doorway with no holes or screws.

Tier 2

These will allow you to perform all exercises of this program that don't require gym only equipment and to progress towards the heaviest and most challenging forms of each exercise. If you're not sure whether you'll want them, try the exercises of week 1 first and make your call after that in case there's an exercise you want to do that requires some of these items.

- **Gym bench.** A flat, cheaper bench allows for all the main exercises like bench press one-arm dumbbell rows. An adjustable bench that can be set in different angles is an upgrade that allows a few extra, minor exercises, like the dumbbell overhead press (that can also be done while standing, although seated is more convenient) and inclined bicep curl.
- **Swiss ball.** Used for one variation of the squat movement and one variation of a hamstring exercise.
- **Gymnastic rings.** Used for an advanced type of push up and an advanced back exercise, the inverted row. A TRX band works just as well.

Gym Equipment List

If you looking for a gym, this is a checklist of the equipment you're going to need. These are often the most common gym equipment items:

Basic Free Weight Equipment

- Dumbbells.
- Benches. Flat and adjustable.

Machines

Tier 1: along with the basics free weight equipment, these machines allow for all the main exercises of the program. Any variation of each of the following machines will work.

- Leg Press machine.
- Lat pulldown cable station or lat pulldown machine.
- Cable row or horizontal row machine (not to mistake with cardio rowing machines).
- Chest press.
- Shoulder press.

Tier 2: this allows for extra exercises you can choose to do to emphasise results on specific muscles.

- Cable crossover station.
- Pull up bar.
- Leg curl.
- Leg extension.
- Back extension bench or machine.
- Calf raise machine.

Other Equipment

These items allow for a few specific exercise options. If they're not available, you can still easily use the tier 1 machines or free weights instead.

- Swiss ball.
- Gymnastic rings or TRX.