

Body Weight

Body weight training is a functional way to improve your strength. Range of motion is free and allows for almost any exercise type.



Dumbbell

The dumbbell is a free weight that can be held in one hand. The design of the dumbbell allows for an increased range of motion during exercise. There are also three main types of dumbbells.

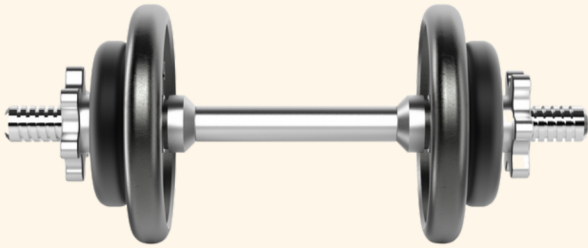
Fixed Weight Dumbbell

This style is the most common in gyms and is regarded as a more sturdy option of dumbbell.



Loadable Dumbbells

This type of dumbbell is ideal for home workouts. It provides a customizable weight option with loadable plates.



Adjustable Dumbbells

These dumbbells also can be used for home workouts. They are able to adjust without loading and unloading plates. They also are made to hold heavier weights than loadable dumbbells.



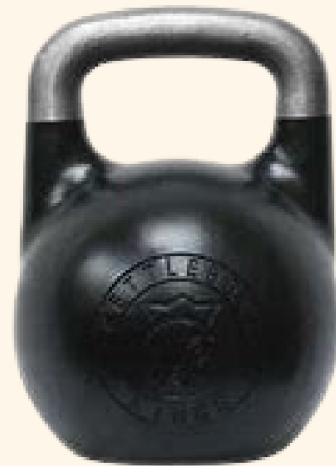
Kettlebell

The kettlebell is a free weight that is designed to have weight at the bottom and a handle at the top. It allows for a free range of motion and a variety of handholds. There are two main types of kettlebells. Standard, which has a wider handle and Competition, which has a narrower handle.

Standard Kettlebell



Competition Kettlebell



Barbell

The barbell is a piece of equipment that has more of a fixed range of motion and allows for more weight to be added to it.

Standard Barbell

This barbell weighs 45lbs and is commonly used for bench press, squat, and deadlift.



Fixed Barbell

This barbell comes preset with a weight. It usually comes in lighter weights and is not used with squat racks.



EZ Barbell

This barbell is designed to be shorter than the standard barbell and is bent to provide a different style of hand hold. This bar is typically used for upper body training.



Machines

Strength machines provide the most stability than any other piece of equipment.

Strength machines can train either combination movements or single joint movements depending on the machine type.



Cable Machines

Cable machines have fixed and free motion aspects. The weight and angle of the cable are adjustable, but the motion of the cable machine is fixed. Cable machines also come with a variety of handles to increase its training versatility.

