

Home Gym Essentials (Complete Home Gym for \$3500~)



My home gym setup requires only 150 square feet of space with a minimum 7 foot ceiling. I recommend these products to my in-person and online clients, friends, and family. These are top quality products that are durable. Most of these products have been purchased from **Treadmill Factory**, **Northern Fitness**, and **Fitness Depot** in Toronto and surrounding areas. I believe they also ship worldwide or at least nationally.

Ironmaster Super Bench and all the attachments (pull-up bar, leg developer, ab attachment, *Hypercore*. And dip attachment).

PowerBlock adjustable dumbbell set up to 50lbs or 90lbs.

Set of Competition Style Kettlebells - Pairs of 8kg, 12kg, and 16kgs.

Strength Bands - 2 sets of 3 increments of resistance bands – usually red, black, and purple.

Mini Bands, “Booty Bands”, Strength Loops (Set of 3)

Landmine Floor Base Rotational Trainer

Olympic Barbell, Plates, and Collars (2x35, 2x25, 2x10)

Massage Therapy Set – Foam Roller *Rumble Roller* and *Trigger Point Therapy TPT* Therapy Set, and Dr. Cohen’s ***Acuball*** Spiky Mini Balls

Stability Ball (*Sissel* ideally or another anti-burst ball that can handle significant weight). 65cm diameter is suitable for most heights.

Ab Slings/Straps (*Harbinger* ideally)

Grippers - ***IronMind Captain of Crush Grippers*** 100lb to 160lb (set of 4), and ***IronMind*** finger extensor bands