








What Exercise Equipment is Good for Your Home Weight Room?

 Kettlebells	 Free Weights	 Resistance Bands	 Suspension Systems	 Medicine Balls	 Total Trainer System	 Weight Machine System
✓ Requires user skill & technique	✓ Requires user skill & technique	✓ Requires user skill & technique	✓ Requires user skill & technique	✓ Requires user skill & technique	✗ Requires user skill & technique	✗ Requires user skill & technique
✗ Portable	✗ Portable	✓ Portable	✓ Portable	✗ Portable	✗ Portable	✗ Portable
✗ Safety features	✓ Safety features*	✓ Safety features*	✗ Safety features	✗ Safety features	✓ Safety features*	✓ Safety features*
✗ Maintenance required	✗ Maintenance required	✓ Maintenance required	✗ Maintenance required	✗ Maintenance required	✓ Maintenance required	✓ Maintenance required
Muscle size gains: small to moderate	Muscle size gains: small to large	Muscle size gains: Small	Muscle size gains: small to moderate	Muscle size gains: small	Muscle size gains: small to moderate	Muscle size gains: small to moderate
Space required: small	Space required: small to moderate	Space required: small	Space required: small	Space required: small	Space required: large	Space required: large
Cost: low	Cost: low to high	Cost: low	Cost: low	Cost: low	Cost: high	Cost: very high
	*Collars for barbells or dumbbells	*Safety mechanism to protect against overstretch			*Hard stops on sled; adjustable resistance	*Weight stack pins and covers; safety mechanism to protect against overstretch

Equipment needs are different for each person's home gym. Know your health and fitness goals, what you enjoy doing, and create a budget. Consider whether you need a second person for safety "spotting" during some exercises. Test before you buy to make sure the equipment fits your body, and look for consumer ratings on product quality. Check warranties, customer service and manufacturer ratings before buying.