

THE EDGE



# HOME TRAINING EQUIPMENT GUIDE

# WHAT KIT DO YOU NEED?

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## INTRODUCTION

- Firstly, let's be clear... you DON'T need a fully equipped gym, or even home gym, to get GENUINELY AMAZING RESULTS.
- But, it does help if you have a few basic bits of kit in order to provide resistance where necessary.
- And if you want to get optimal results with minimal equipment, it should ideally be as versatile and as portable as possible.
- So, below I will explain what equipment I recommend. This is exactly what I have been using in my own training and also with my clients for years.

## SUMMARY

- To get optimal results with minimal kit, I recommend having...
  - 2 x KETTLEBELLS (1 HEAVY & 1 LIGHT)
  - 2 x RESISTANCE BANDS (1 HEAVY & 1 LIGHT)
- Having this kit available to you will allow you to perform a wide variety of exercises, be free to train wherever you want, and be able to keep progressing and challenging your body in the right way.
- Below I will go into more details about each.

## 1. RESISTANCE BANDS

- Resistance bands are one of the most underrated fitness products out there.
- Whilst some people think of them as being just for rehab, they can be effectively used to train all the basic movement patterns to improve strength, power and body composition.
- And, because the resistance is provided by elastic tension rather than gravitational force, we can use resistance bands in unique ways that you simply can't replicate using weights or bodyweight alone.
- They also don't restrict your movement, but allow you the freedom to move in the way that is optimal for your body.
- Plus, they are light and easy to pack, so are really handy if you are going away for a few days.



# RESISTANCE BANDS

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## RESISTANCE BAND EXERCISES

- There are numerous exercises that we can perform using resistance bands. They tend to fall into the following categories...
  - Specific resistance band exercises (e.g. Band Pull Apart)
  - Adding resistance to traditional exercises (e.g. Band Resisted Push Up)
  - Band assisted exercises: Using the band to make traditional exercises easier (e.g. Band Assisted Pull Up).
- You may find a variety of these exercises in your program.



## BAND RESISTANCE

- The strength of the band is dictated by how thick it is. The thicker the band, the stronger it is and the more resistance it provides.
- However, unlike with weights, it's not possible to state exactly how much resistance a band provides, as the resistance varies depending on how you use the band.
- So, the band that you need for a particular exercise will depend on what the exercise is and how strong you are.
- This is why I recommend having at least 2 different strength bands. So you can use the lighter band for some exercises and the stronger band for others. You can also combine the bands to create even more resistance as you progress.



# RESISTANCE BANDS

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## BUYING YOUR BANDS

- I recommend that you buy the loop bands that are 41 inches long.
- They are also known as *Superbands*, *Powerbands* or *Monsterbands*
- Please note that different companies may use different colour systems, so the colour of a band does not necessarily represent its strength.
- There are also no standard band sizes (widths), so there may be slight discrepancies between similar sized bands from different companies.
- As such, getting the right band for you tends to be a bit of trial and error. However, I've put together a basic guide in the table opposite.
- It's always best to start with the lighter bands and add stronger bands if you need to.
- Firstly, because if a band is too heavy it will impact movement quality, and secondly because the lighter bands are cheaper to buy!
- Also, you may find it easiest to order a pack of 3 or more bands, just so you know that you have it covered.
- Just make sure that you get something that's good quality.
- To give you an idea, I currently use the black band (22 mm / 0.86 inches) and the purple band (29 mm / 1.14 inches) from TOORX.

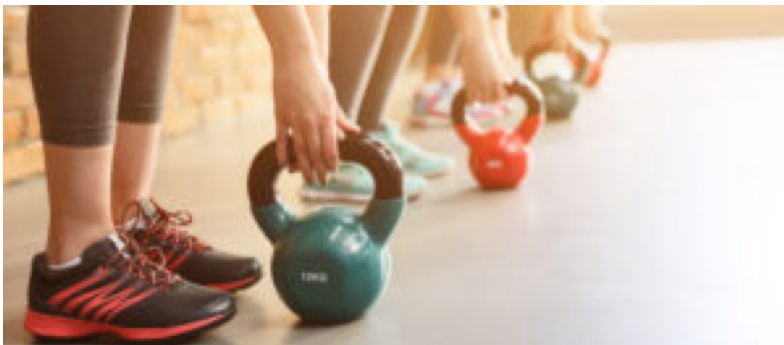
SUGGESTED RESISTANCE BAND WIDTHS		
	BEGINNER	INTERMEDIATE - ADVANCED
Lighter Band	0.5 inches wide	0.85 - 1.0 inches wide
Heavier Band	0.85 - 1.0 inches wide	1.25 - 1.5 inches wide

## LIMITATIONS OF RESISTANCE BANDS

- Whilst you can create an effective training program using just resistance bands, there is one main limitation: the resistance is not the same throughout the movement, but increases as the band is stretched.
- Now, this is actually often beneficial, as the tension tends to increase as you are getting towards the end of the movement, where you tend to be strongest. This is great for training power and also challenge the muscle in a novel way.
- However, it is not ideal if you want to emphasise the middle point of the movement, where you tend to be weakest.
- And, that's why, I also recommend that you have a couple of kettlebells...

## 2. KETTLEBELLS

- A kettlebell is basically a cast iron ball with a handle on top. These days they often come with a plastic or rubber coating for aesthetic reasons and to prevent damage to the floor *etc.*
- They originate from Eastern Europe and Russia, where they were first used to weigh crops in the markets.
- People soon realised their potential, and started using them for training and competitive kettlebell lifting. Legend has it that circus strongmen would train exclusively with kettlebells until they could perform a Turkish Get Up with 50 kg in 1 hand!!
- Don't worry, I won't be asking you to do that. It's actually very important to ditch the ego, start with the lighter kettlebells, and build it up as you get stronger and learn how to control the movements.



## KETTLEBELL TRAINING

- Kettlebells are both functional and versatile, and can be used in anything from rehab to power training, endurance and sports performance.
- They are also an excellent way to enhance body composition whilst improving posture, movement quality and general function.
- As well as all the traditional exercises, the design of the kettlebell also allows us to perform more dynamic or explosive exercises.
- You can train unilaterally (to focus on 1 side and challenge core stability), bilaterally (to increase the weight used), or you can use uneven loading (for a combination of these 2).
- As always it's important to make sure that you have the right kit for the job...



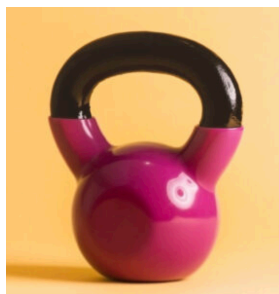
# KETTLEBELLS

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## BUYING YOUR KETTLEBELLS

- Kettlebells come in a variety of shapes and sizes. Apart from the size, the main functional difference is the shape of the handle.
- Personally, I like the kettlebells shaped like the one in the picture, as I find the handle is easy to grip.

- You can't go far wrong with these, but if you want to try the other variations, feel free! The best way to find out what you prefer is to try them for yourself.



- As far as the weight goes, obviously you need to find what works for you, but you can use the table opposite as a guide.
- like I said, it's important that you don't go too heavy too soon. If the weight is too heavy, it will alter movement patterns and potentially lead to injury in the muscles and joints.
- So, If you're not sure which combination of kettlebells you should get, I strongly recommend that you get the lighter ones and work up from there.
- Remember, this is about long-term sustainable progress!

### SUGGESTED KETTLEBELL WEIGHT

	BEGINNER	INTERMEDIATE / ADVANCED	SUPER ADVANCED
MEN	8 kg + 16 kg	10 kg + 20 kg	12 kg + 24 kg
WOMEN	6 kg + 10 - 12 kg	8 kg + 12 - 16 kg	10 kg + 16 - 20 kg

- Of course you can make up your own combination, or get a few different weights so you know that you are covered. The important thing is that you are comfortable with what you re using.

So, now you know what things to consider when purchasing your kit.

Always ensure that you are using good quality equipment, and know that whatever equipment you get is an investment in your health, your fitness and your future.