

Two women are standing behind a black barbell with two large black bumper plates. The woman on the left is wearing a blue tank top and purple leggings, and the woman on the right is wearing a maroon tank top and dark blue leggings. They are both smiling and looking towards the camera. A blue banner with white text is overlaid across the top of the image.

## WELCOME TO OUR BARBELL EQUIPMENT GUIDE

### Ready to design your home gym and get started with barbells?

This guide has everything you need—pictures, descriptions, and product links.

Use this guide to:

- Understand the equipment you need for barbell training. We recommend using Olympic barbells with any 2-inch sleeve plates, but highly recommend include at least one pair of 18-inch bumper plates. These will set the bar at the proper height for deadlifts and hip thrusts.
- Find lighter barbell options if you suspect the weight of a women's Olympic barbell may be too heavy for you.
- Shop for the best deals locally or online (Amazon may not have the best deals).
- Plan ahead so when the time is right, you know what you need, how much to invest, and where it will go in your home.
- Let a loved one know what you'd like for your birthday!

**Want more guidance?**

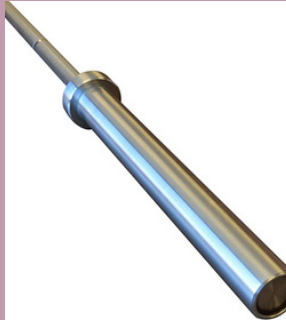
Check out [Episode 44](#) of the [Movement Logic® Podcast!](#)



# EQUIPMENT GUIDE

[Images and text link to products on Amazon]

## Priority #1: Get a bar.



### 15LB BAR - 6'

300lb max load  
7kg (15lbs)  
6' long

For people who want to start with a lighter bar.



### 15 LB BAR - 4'

350lb max load  
7kg (15lbs)  
4' long

For people who need to start light and want a shorter bar. **Not ideal if you are over 5'4' (165cm).**



### 35LB BAR - 6'

1,000lb max load  
15kg (35lbs)  
25mm grip

Women's Olympic weightlifting bar, preferred over men's for smaller grip size.



### 45LB BAR - 7'

1,000lb max load  
20kg (45lbs)  
28mm grip

Men's Olympic weightlifting bar, preferred over women's for larger grip size.

## Notes on buying a bar:

All the bars linked have 2 inch “sleeves” (the ends where the plates slide on). Therefore, when selecting your plates, make sure they have a 2 inch hole, so they fit on these bar sleeves. We highly recommend getting at least one pair of bumper plates that are 18 inches in diameter. These will set the bar at the proper height for deadlifts and hip thrusts.

If you suspect you need a lighter bar to start, make sure you get a bar that still fits your frame. A 6 foot long bar is likely to fit everyone, whereas a 4 foot long bar isn't. We don't recommend 4 foot bars for folks over 5'4" or who have broader shoulders. Additionally, 4 foot bars are not long enough to fit cages (see page 3). Therefore, if you get a 4 foot bar, either purchase adjustable racks or make sure your wall-mounted rack will hold the bar's shaft (not sleeves) in the j hooks.

On Amazon, you can select for different sized bars on all of the products linked. The two most important considerations are length and weight of the bar. Make sure you've selected the correct bar before checking out.

## Priority #2: Get some plates.

### **NORMAL PLATES**

Get a whole 95lb set.

Or purchase individually below:

2.5lb Pair

5lb Pair

10lb Pair

25lb Pair

35lb Pair

45lb Pair



### **BUMPER PLATES**

Get a whole 230lb set.

Or purchase individually below:

2.5lb Pair (not in a set)

5lb Pair (not in a set)

10lb Pair

15lb Pair

25lb Pair

35lb Pair

45lb Pair



## **Notes on buying plates:**

All the linked plates fit barbells with 2-inch sleeves, so make sure your barbell is compatible.

We recommend getting at least one pair of 18-inch diameter plates (ideally 15 lbs or heavier for durability). These will raise the bar to the proper height for deadlifts and hip thrusts, making the exercises easier to perform.

Bumper plates, made of rubber, are gentler on your floors and will bounce if dropped.

When buying plates, start with smaller increments. If you only need a few to begin with, get 2.5s, 5s, and 10s. Avoid large gaps between weights (e.g., skipping from 5s to 25s).

Be sure to include 2.5 and 5lb plates (change plates) so you can increase the load gradually, regardless of your current strength.

Plates can also double as free weights, offering an alternative to dumbbells. You can stack them to create a sturdy elevated surface for step-ups, push-ups, and other exercises.



## Priority #3: Get a rack.



### **ADJUSTABLE**

**Pros:** affordable, space saving, portable, easy install.

**Cons:** no safety bars, generally less versatile, more tippy.



### **FOLD UP**

**Pros:** very stable, safety bars for bench & squat, versatile, space saving, portable, easy install.

**Cons:** more expensive



### **WALL-MOUNTED**

**Pros:** stable, space saving.

**Cons:** no safety bars, requires expert installation.



### **CAGE**

**Pros:** very stable, safety bars for bench & squat.

**Cons:** more expensive, takes up space, not as easy to move.

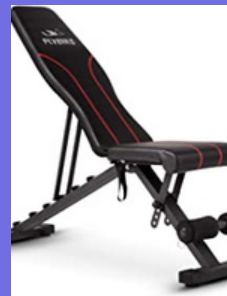
## Priority #4: Get a bench.



### **FLAT BENCH**

**Pros:** affordable, space saving, typically sits lower—better for shorter people.

**Cons:** less versatile.



### **ADJUSTABLE BENCH**

**Pros:** more versatile

**Cons:** higher cost, takes up space, typically sits higher—better for taller people.

## Required: don't forget lock collars!



### **LOCK COLLARS**

These don't cost much and they keep plates from sliding off the bar.

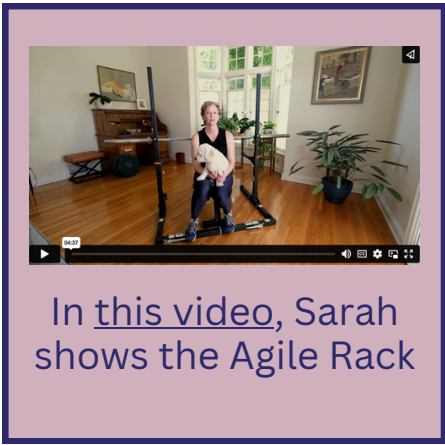
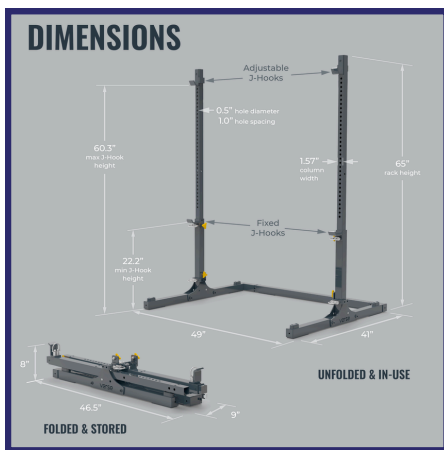
Check if your barbell comes with lock collars already, in which case you don't need to buy extra.

# We've Partnered with Verse!

When we saw this barbell rack online we knew it was perfect for many of our students. We've since partnered with Verse to offer you an exclusive discount on their solid, well-made, fold up Agile Rack.



Click here, then enter coupon **MovementLogic50OFF** to receive \$50 off your purchase at checkout.



Enter coupon **MovementLogic50OFF** to receive \$50 off your purchase at checkout.

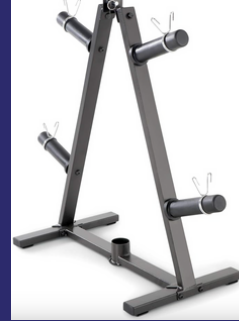
[Click to learn more and purchase!](#)

## Optional equipment that is less necessary, but nice to have.



### **PLYO BOX**

The 16x14x12 inch box is perfect for sit to stands, hip thrusts, step ups, and plyometric exercises, to name a few!



### **PLATE TREE**

This plate tree holds your barbell and plates together for easy access and storage in an approximately 16x38" footprint.



### **ADJUSTABLE DUMBBELLS**

For a variety of weight options, or if some exercises are too heavy with the barbell you selected.

## **Notes on optional equipment:**

None of this equipment is necessary. Plates can be used similarly to adjustable dumbbells for many (not all) exercises. Stacked plates, a sturdy bench, or household furniture can act in place of a plyo box. And plate and barbell organization may not be necessary for your set up. However, all of this additional equipment can make strength training more convenient and enjoyable—key factors for habit-building!

Depending on your budget and your level of personal investment, you may want to get all of the equipment at once, or you may start with the bar and plates, see how that feels, then go from there. We approve of both approaches!

Remember though: when you find that strength training has become arduous or boring, apart from maybe needing good coaching and programming, or a community to train with, you might also simply lack the appropriate equipment to train without hassle, and to continuously challenge yourself with a variety of exercises and loads.

With that, happy shopping (and getting strong AF!)

And if you have more questions, feel free to reach out on [our website](#).

Sincerely,

*Laurel & Sarah*

