



EVOLVE Strong Online Program - Equipment List

Welcome to the EVOLVE Strong Online training program! We are thrilled that you are joining our online community.

We designed the program to be completed with fairly standard home or commercial gym equipment. In an effort to make the program as accessible as possible, we have a small set of required equipment, and a larger set of recommended equipment.

The program will make use of everything from the recommended equipment list. However, if you only have the required equipment, we will suggest alternate exercises using only the required equipment.

All of the blue text are clickable links to recommended equipment. We do not receive any commissions or financial incentives for this equipment. These links are up to date as of March, 2024. If a link is not working, you will likely be able to find a similar piece of equipment with a quick Google search.

Equipment Checklist

Required Equipment	<input checked="" type="checkbox"/>	Additional Recommended Equipment	<input checked="" type="checkbox"/>
Dumbbells of various weights (or adjustable set)		Olympic barbell and bumper plates	
Mini bands of various strengths		Squat rack with pull up bar	
Power bands (or pull up assist bands) of various strengths		Kettlebells of various weights	
Medicine / slam ball		Incline/adjustable bench	
A sturdy 12" step or box		Plyometric boxes of various heights	
A sturdy 6-8" step or box		Stationary cardio equipment (bike, rower, treadmill, SkiErg)	
Foam roller			
A comfortable way to get out of breath			

Required Equipment Details:

- Dumbbells of various weights
 - We recommend pairs of 5lbs up through at least 35lbs, ideally 40-50lbs.
 - If you are training at home, an [adjustable dumbbell set](#) is great investment
 - [Standard dumbbells](#) can be expensive, and are often out of stock on online retailers. You might consider searching on Craigslist or a similar local used marketplace.
- [Mini-bands](#) of various strengths (heavy, medium, light)
 - [Fabric mini-bands](#) are slightly more expensive, but a nice upgrade
 - If you have difficulty getting mini-bands on and off your legs, [fabric mini-bands](#) with a buckle, or [adjustable fabric mini-bands](#), are another option
- [Power bands, or pull-up assist bands](#), of 4 strengths (extra light, light, medium, heavy)
- [A medicine ball](#): a 10-15lb ball is typically great to start.
 - We find that a "slam" or "dead" ball that does not bounce, is most versatile.
- [A sturdy box or step](#), approximately 12" tall



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- [A smaller step](#), approximately 6-8" tall (a step in your home, or even a cinderblock can work great in a pinch!)
- [A foam roller](#)
 - This does not have to be fancy. A cheap, 18" roller works just fine.
- A comfortable way for you to get out of breath
 - A piece of stationary cardiovascular equipment is on our required list, as we make use of interval training and circuits in most workouts.
 - However, you do not necessarily have to invest in one if you have an alternative, comfortable way to get out of breath. This could be: [side shuffling](#), [jumping rope](#), up/down stairs, jogging, etc.
 - We cannot attest to the quality, but Amazon does have [reasonably priced stationary bikes](#)

Recommended Equipment

- All required equipment
- [A standard Olympic barbell](#) with [weight plates](#)
 - We recommend rubber "bumper plates," as they get the bar slightly higher off the ground for exercises like deadlifts than metal plates.
 - Choosing a barbell and plate set can be a deep rabbit hole. There are dozens if not hundreds of supplies. We've gotten most of our equipment over the years from [GetRx](#), [Fringe Sports](#), or [Rep Fitness](#), as they hit the mark of decent pricing for high quality gear.
 - Be sure to calculate shipping into when comparing prices.
- [A squat rack with a pull-up bar](#)
- [Kettlebells of various weights](#) (typically three are sufficient - light (10-15lbs), medium (25-35lbs), and heavy (40-50lbs))
 - As of 2024, we don't recommend adjustable kettlebells. They don't seem as versatile as adjustable dumbbells.
- Incline bench - If you are going to invest in a bench, spend a little more to get an adjustable one.
 - We have this [Rep Fitness bench in our gym](#) and love it. [This is a more affordable option](#) that works fine, but the difference in quality is noticeable.
- [Plyometric boxes of various heights](#) (12", 14", and 16" are the most versatile)
- Some type of cardiovascular equipment (a jump rope can work, but ideally a [stationary bike](#), treadmill, [rower](#), [SkiErg](#), or similar)
 - We have found that [cardio equipment from GetRx / Xebex](#) is comparable in quality to name brands like Concept2 and can sometimes be found at a lower price. However, their shipping can get expensive.
 - We do not currently have a treadmill recommendation.