



**ELEVATE**   
**EXERCISE EQUIPMENT**

# EXERCISE EQUIPMENT

To get the most out of your coaching program, it's essential to have a few high-quality tools that support your training, recovery, and mobility work, especially when time and convenience are key.



*Gavin Walsh*

**Head Coach**

The equipment listed on the next page has been carefully selected to help you train effectively at home or in a private space, without the need for a commercial gym.

These are versatile, space-efficient items that will allow us to tailor your program to your goals, whether you're focusing on strength, fat loss, mobility, or overall energy.

Think of this as your "executive gym starter kit." Each recommendation balances quality, practicality, and value for money.

You don't need to purchase everything at once, but having this gear available will give you the best chance of staying consistent and seeing results, no matter how busy life gets.

Let's get you setup for success!

# 1. Exercise Mat



**Use Case:** Core work, stretching, mobility, and floor-based exercises.

## **Recommendation:**

✓ Choose a mat with moderate cushioning, comfortable enough for joints but firm enough for stability during planks and balance exercises.

## **Suggested Product:**

[KEPLIN Exercise Mat – Amazon UK](#)

Durable, non-slip, and suitable for indoor use on most floor types.

## 2. 90cm Foam Roller



**Use Case:** Recovery tool for myofascial release, reducing soreness, improving mobility, and preparing the body for training.

### **Recommendation:**

✓ Opt for a medium-density roller to balance comfort and effectiveness.

### **Suggested Product:**

[Amazon Basics 90cm Foam Roller – Amazon UK](#)

Long enough to support spine-aligned mobility drills and back rolling.

### 3. Adjustable Dumbbells (24kg Pair)



**Use Case:** Strength training, progressive overload, time-efficient workouts. Ideal for full-body workouts with limited space.

#### **Recommendation:**

✓ Look for weight-adjustable dumbbells with a compact footprint and quick-change mechanism.

#### **Suggested Product:**

[HAKENO Adjustable Dumbbells \(2pcs\) – Amazon UK](#)

*Note: Many similar models are sold under different brand names. Check for reviews and delivery terms before purchase.*

## 4. Adjustable Bench



**Use Case:** Versatility for strength training with incline/decline pressing, single-arm rows, seated curls, and core work.

### **Recommendation:**

✓ Look for adjustable back and seat angles. A heavier, sturdier frame is ideal for longevity and support.

### **Suggested Product:**

[YOLEO Adjustable Strength Bench – Amazon UK](#)

Good budget option. For frequent use, consider investing £150+ in a premium model.

## 5. Resistance Bands



**Use Case:** Portable strength training for travel or at home. Use for mobility, warm-ups, added resistance for bodyweight movements and to mimic traditional dumbbell moves.

### **Recommendation:**

✓ Choose a set with a range of resistance levels and secure clip attachments.

### **Suggested Product:**

[350lbs Resistance Band Set - Amazon UK](#)

High quality, multi-band system suitable for strength circuits, rehab, and travel workouts.

## 6. Mini Bands



**Use Case:** Ideal for glute activation, core control, warm-ups, mobility circuits, and travel workouts.

### **Recommendation:**

✓ Choose a set of fabric or anti-slip rubber bands in varying resistance levels. Fabric bands tend to be more durable and don't roll up during use.

### **Suggested Product:**

[Fabric Resistance Band Set – Amazon UK](#)

High-quality fabric, anti-slip design, great for lower body circuits and dynamic warm-ups.