

total package
equipment guide



Total Package Strength is a templated program with exercise swaps that allow you to follow the workouts at home or in the gym.

Below you will find the equipment split into two categories.

Equipment that you must have to follow the program and equipment that will be used in some of the exercises, but will not be required.

**Please note that not all gyms will have jumpstretch bands or small props, so you may want to check if you need to bring those tools with you. However, many of the jumpstretch band exercises can also be done on a cable machine if you're in the gym.*

I've included links to purchase the equipment below. You're welcome to buy other equipment brands. I recommended sellers based on if I had used that brand before or if it was reasonably priced as compared to similar products.

REQUIRED Equipment for Total Package Strength

Jumpstretch bands and a door anchor

Jumpstretch bands are often referred to as pull up bands, or 41 inch loop resistance bands. If you own a smaller loop band, like a monster band, this WILL NOT work as a substitute.

I would highly recommended investing in a bundle / kit with multiple resistances as you will use them for upper and lower body exercises.

The door anchor fits most standard doors and allows you to attach the jumpstretch bands at various heights, including overhead, so you can perform exercises like rows, standing chest presses, angled overhead presses, and lat pulldowns.

[CLICK HERE](#) to purchase a kit that includes jumpstretch bands, a door anchor, and handles.

[CLICK HERE](#) to purchase just the door anchor.

Dumbbells

These are ranges of dumbbells that you may want to start with:

- For a lighter set of dumbbells: 5 lbs, 8 lbs, or 10 lbs per dumbbell
- For a heavier set of dumbbells: 12 lbs, 15 lbs, or 20 lbs per dumbbell

If you are not new to strength training, you obviously may need to go heavier or already have a sense of what weights you need, so please take these weight recommendations with a grain of salt. They are not universal.

This is also why I recommend investing in adjustable dumbbells. They are more space efficient and can be adjusted based on how much weight you need for each exercise.

Final note on the adjustable dumbbells, don't undersell how quickly your strength can improve if you've never done a long term dedicated strength training program. Buy heavier than you think you need so you can "grow" into them. I'd personally recommend getting the 105 lb pair (52.5 lbs per side).

[CLICK HERE](#) to purchase adjustable dumbbells.

[CLICK HERE](#) to purchase individual sets of dumbbells.

You can also sometimes find dumbbells on craigslist or FB Market Place.

Mini Bands

You can purchase these individually, but it's more cost effective to buy a variety pack of them at different levels of resistance. Then you have options when you need them.

[CLICK HERE](#) to buy a variety pack of mini bands.

Equipment NOT required for Total Package Strength

The equipment listed below is NOT required to follow the program, but having access to it will give you more exercise variety and in the case of small props can be used for modifications and mobility work.

If you pick one thing to invest in from this list, I would recommend investing in a weight bench.

Weight bench

Uses for a weight bench. You can sit on it. Step on it. Lie on it and get more range of motion in exercises like chest presses. Do hip thrusts off it. Elevate your push-ups as a modification. It's more sturdy than a chair. ;-)

If it's adjustable, then you get more exercise options. That being said, in Total Package Strength, I can tell you the the first year of exercises does have some options with a bench, but none of them require an adjustable bench.

[CLICK HERE](#) for a non adjustable weight bench (500 lb weight limit)

[CLICK HERE](#) for an adjustable weight bench. (660 lb weight limit)

FB marketplace might be another place to scout for benches.

Potential alternatives to a weight bench

I'm sharing these just in case they make more sense for you than a weight bench ;-)

[CLICK HERE](#) for a step aerobics bench. (550 lb weight limit)

These are helpful if you need / don't mind a lower step for exercises like step ups and you can still use it for exercises bench pressing. They may be easier to store too if you have limited space.

You can also purchase a plyo box. They come in [wood](#) (weight limit 450 lbs) and [metal](#) (weight limit 550 lbs). They may feel more stable to step on than a weight bench, but a weight bench generally has more utility unless you want to do box jumps / plyometric work. Note, there is nothing in the first year of the program that requires a plyo box.

Pull-Up Bar

Get any pull-up bar that works with your set up. They're all very similar.

[CLICK HERE](#) to buy a pull-up bar (440 lb weight limit)

Small Props

Small props give you more exercise options and may be helpful for modifying exercises and mobility work.

[CLICK HERE](#) to purchase a foam roller.

[CLICK HERE](#) to purchase foam yoga blocks.

Barbells / Squat Rack / Plates

Total Package Strength includes barbell options for folks with basic barbell education who have access to one, but they are OPTIONAL. You do NOT need barbell experience to be successful with the program.

[CLICK HERE](#) for squat rack I own. It's sturdy and perfect for low ceilings. I like Rep Fitness for squat racks, but you can also find one on Amazon.

[CLICK HERE](#) to purchase bumper plates.

[CLICK HERE](#) to purchase clips that don't suck.

[CLICK HERE](#) to purchase a standard barbell.

[CLICK HERE](#) to purchase barbell fractional plates. Note, these are slippery. You will need to use clips if you buy these if you don't want to dent your floor.

Kettlebells

For the vast majority of the exercises in the program, dumbbells work fine, but there are a few where kettlebells are a better choice (e.g. swings or swing to lunge variations)

[CLICK HERE](#) to purchase kettlebells.

Gliding discs

[CLICK HERE](#) to purchase gliding discs.

Note: Furniture sliders, paper plates, or wash clothes often will work in place of gliding discs depending on your flooring.

Still confused about what equipment to buy?

Email me at hello@naablevy.com and I'll help you figure it out.

Please note that I am based in the United States. If you are overseas, I may not be able to source an alternative link for you.