

EQUIPMENT GUIDE

FROM STRONG WITH STEPH



From Steph Gaudreau, NASM-CPT, CISSN

EQUIPPED FOR SUCCESS!

Being prepared is key for success in life, including strength training. This equipment guide walks you through the gear you'll need to get the most out of the Strong with Steph (SWS) program.

We've broken it down into the regular, barbell version and SWS LITE, without barbells. Note that you can also find most of this equipment in strength & conditioning gyms.



In this guide, you'll find sample suggestions for the type of equipment you need for best results in the SWS program. Note that some of these suggestions may contain affiliate links. If you purchase through these links, we may earn a small commission, though the price remains the same for you.

Note that there may be several other brands that offer the same equipment at comparable quality, so feel free to shop around.

Strong with Steph is a 12-month progressive strength training program purpose built for women over 40 to improve strength, muscle, and fitness.

If you'd like to see a sample of the Strong with Steph program, [click here](#).

[Find out all the details and enroll in Strong with Steph here.](#)

STRONG WITH STEPH

BARBELL EDITION

- Barbell
 - 35 pound bar is ideal for smaller hands
 - ex: [Rogue Bella bar](#)
 - 45 pound bar is a standard lifting bar
 - ex: [Rogue Ohio bar](#)
- [Bumper plates](#)
- [Change plates](#)
- [Barbell clips](#) / [spring collars](#)
- [Squat rack](#)
- Bench - incline is ideal but a flat bench will work just fine
 - [Incline bench](#)
 - [Flat bench](#)
- [Dumbbells](#) - you'll need several sets ranging from light (for isolation work) to heavy (for compound exercises)
- [Pull up bar](#)
- Cable machine with handles, lat pulldown handle, row handle, etc or [squat rack pulley system](#)
- [Resistance bands](#)
- [Mini resistance loops](#)
- [Box](#) for step ups / plyo work
- [Light slam ball](#) (ex: 8-10 lb) and / or [medicine ball](#) (ex: 4-8 lb)

STRONG WITH STEPH WITHOUT BARBELLS

- [Dumbbells](#)
- [Resistance bands with doorway anchor](#)
 - highly recommend the doorway anchor so you have more options
- [Mini resistance loops](#)
- [Bench](#) or [box](#) for step ups / plyo work
- [Light slam ball](#) (ex: 8-10 lb) and / or [medicine ball](#) (ex: 4-8 lb)
- [Doorway pull up bar](#)

EXTRAS / NICE TO HAVES

- [Ruck](#) or [weight vest](#) plus [ruck plates](#)
 - This gives you options for making walking more challenging / getting into zone 2 more easily
 - I recommend GORUCK, code FUELYOURSTRENGTH saves 10%
- [Sandbags](#)
 - It's nice to have options for tossing around odd objects, sandbags and sand training equipment like sand medicine balls, jerry cans, bags, etc are often more affordable than weights
 - I recommend GORUCK, code FUELYOURSTRENGTH saves 10%
- [Landmine attachment](#) or [barbell bomb](#) (creates portable landmine)
- [TRX](#) or other similar suspension trainer
 - Options for core work and balance assistance
- [Kettlebells](#)
 - Can give you variation in different exercises due to the shape and weight distribution, recommend powder coated for best longevity
 - Best bet is to buy locally because shipping can be very expensive
- [Yoga mat](#)
 - A more comfortable place to warm up, cool down, and do kneeling exercises
- [Lifting straps](#)
 - Useful if grip is a limiter and you're building that up
- [Cable machine ankle straps](#)
 - For cable kickbacks, but these tend to be a uni-tasker

YOUR NEXT STEP...

it's time to start strength training!

[Strong with Steph](#) is a templated, progressive 12 month strength program purpose built to help you improve your strength, muscle and fitness.

We've taken care of all the details for you so you can stop guessing and start training.

Around here, we don't half ass anything, so inside Strong with Steph...



You'll find a full mobile app with everything you need to show up and train with confidence. You'll get a program with movement prep, balance work, plyo and power, strength, accessory work (including muscle building) and cool downs.

Did we mention it comes in two versions: with barbells for those ready to take it to the next level or without barbells if you'd rather stick with that. And there's the option to get personalized feedback from a real human coach who's invested in your progress. There's someone on the other side of the program!

Every time a new phase (4 weeks) begins, you'll receive a detailed email filling you in on what you're doing and why. And as a bonus, you'll get access to The Mental Gym, detailed video tutorials to help you get the most out of your training.

Strong with Steph is best for someone with at least 3-6 months of lifting experience. If you have no lifting experience at all, we recommend completing [Dynamic Dumbbells](#) first.

We hope to see you crushing your training and living a big, bold life in your 40s and beyond!

GET STRONG WITH STEPH

Strong. Fit. Athletic. It's your time!

Strong with Steph is a 12 month progressive strength training program for women over 40. Take the guesswork out of strength training with your 40+ physiology in mind. Walk into the gym with a plan so you feel confident and actually enjoy training!

"Ok I'm so ridiculously excited right now. I spent the day out in the yard doing some mid summer weeding turning over dirt and planting in the 85 degree heat and my body feels amazing. I'm strong again and I LOVE it!! 😊" - Heather V.

[ENROLL HERE](#)

