

# Gym Equipment

## names of gym equipment

**source :**

[Gym Equipment Names with Pictures and How-Tos](#)

### **Squat Rack / Power cage**

- A cage or four-post rack that's used to perform a variety of barbell movements such as the squat, bench press, and more

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- Suitable For: Back squats, bench presses, shoulder presses, and other strength exercises

### **Barbell**

- A bar loaded with weight plates on either side that's used to perform strength training moves

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- Total-body resistance training exercises, isolation exercises, compound exercises

### **Weight Plates**

- Weight plates are circular objects that are used to make barbells and some plate-loaded machines heavier, which helps the trainee achieve strength and hypertrophy (increasing a muscle's size) goals. They can be made of rubber, iron, steel, or other materials, each having its own benefit.

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## Dumbbells

- One of, if not the most popular, piece of strength training equipment ever invented. A dumbbell can be made of just about any material but always has a handle that connects two heads, which increase in size as the dumbbell's weight goes up
- Biceps curls, shoulder presses, and other resistance training exercises

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## Kettlebell

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- How to Use: It depends on what moves you're going to do with it. Regardless, you want to get a nice tight grip on the handle with one or two hands so that it doesn't slip at any time
- Suitable For: Kettlebell swings and other full-body movements

## Resistance Bands

- An elastic band, typically made with latex rubber, that's sometimes used in place of barbells, dumbbells, and kettlebells in resistance training, but generally used for physical rehab or warming up. These bands generally have handles on each end

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## Weight Bench

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How to Use: Varies depending on what exercises you're doing; you can do step-ups on a bench, lie on it face-up for bench press, or lie on it face-down for rows

## Functional Trainer

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How to Use: Select the weight you want to use, grab the handles, and perform moves like cable crossovers, curls, rows, and even crunches.

## Lat Pulldown Machine

A strength training machine that's used to help develop back muscles, primarily the latissimus dorsi, or the V-shaped muscles that connect your arms to your spinal area.

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How to Use: Sit and adjust the knee pad so you're seated securely. Place your feet on the floor, retract your scapula muscles, and grab the bar with a wide grip (a little more than shoulder width). Pull through your elbows until your lat muscles squeeze together and your shoulder blades come together. Slowly raise the bar until it's back in the starting position.

## EZ Curl Bar

A type of specialty barbell used mostly for biceps and triceps exercises. The "W" shape of the bar allows for multiple grip options and can take the stress off of wrists, elbows, and even shoulders

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How to Use: Load weight on either end of the barbell, grip it in a comfortable position, and perform a variety of biceps and triceps exercises, like reverse curls, preacher curls, or tricep extensions.

## **Pull-up Bar**

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How to Use: Portable pull-up bars can be mounted in a door jam, while other more permanent options need to be screwed securely into the wall or a rack or rig. Once set up, grip the bars with an overhand grip slightly wider than shoulder-width apart, lift your feet up off the floor by bending your knees, and pull your chin up above the bar.

## **Smith Machine**

What It Is: A barbell within a safety rail system. The barbell will follow a designated path, which provides an added element of stability, but it can limit the span of exercises that can be performed.

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## **Preacher Curl Bench**

How to Use: Hold weight in one or both hands and make sure your armpits are touching the pad (palms up!). From there, fully extend down from the elbows and then curl back up.

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## **Barbell Collars**

What It Is: A pair of small devices used to keep weight plates securely on a barbell's sleeves

How to Use: Clamp a collar on each barbell sleeve when you are lifting with a barbell and weight plates

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## **Ab Roller**

What It Is: An ab roller is a small training device that looks like a small wheel with a handle stuck through the middle

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**Jump Rope**

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**Treadmill**

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**Landmine Attachment**

Gym Equipment.jpeg

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