

THE RESET CO.

Home Gym Setup

Everything you need for under \$60 — and what to lift when you have nothing

STRENGTH FILE 5 OF 6

The Whole Shopping List ($\leq \$60$)

First, breathe: **you need nothing for Weeks 1–4**. Phase 1 runs on your body, a chair, a wall, a doorway, and a backpack with books or water jugs in it. You have four full weeks to shop, which is exactly the point — buy dumbbells after you’ve proven to yourself you’ll use them.

For Phase 2 onward, pick **one** of two routes:

Route	What to buy	Typical cost	Best for
A. One adjustable pair	Adjustable dumbbell pair covering roughly 5–25 lb (plate-style or dial-style)	\$40–60 used, \$50–60 new (basic plate-style)	Small spaces; one purchase and done
B. Three fixed pairs	Pairs at roughly 8, 15, and 25 lb	~\$1/lb used = \$45–50 for all three	Simplicity; no adjusting mid-session; can buy one pair at a time
Optional either way	Exercise mat (floor work + floor protection)	\$10–20	Hard floors, knees that like padding

Route B can even be staged: the 8s cover your first Phase 2 sessions, the 15s arrive when rows and squats outgrow the 8s (they will), the 25s by Phase 3 for carries, squats, and hip thrusts. You never need to be more than one pair ahead of your log.

Where to buy used — dumbbells don’t wear out, so used iron is a straight discount:

- **Facebook Marketplace / Craigslist / OfferUp:** search “dumbbells.” The going rate for used fixed dumbbells is about **\$1 per pound** — pay that or less. January and September are flush with barely-used pairs from abandoned resolutions.
- **Play It Again Sports** and similar used-gear stores: slightly more than Marketplace, but you can hold them first.
- **Garage sales and thrift stores:** hit or miss, but \$10 for a pair of 15s happens all the time.
- Quick used-buying check: grip feels secure in your hand, no wobble in the handle, plates don’t rattle (adjustables: collars tighten firmly). Rust is cosmetic; wobble is a no.

TAKE THIS WITH YOU

You do not need a bench, a barbell, a rack, bands, straps, gloves, or anything sold in a January “home gym bundle.” The sofa is your hip-thrust bench. The floor is your press bench. The backpack you already own is your backup dumbbell. This program was built around that on purpose — spend the \$60, then stop spending.

Picking Your Starting Weights (Phase 2)

The right starting weight feels *almost embarrassingly light* on Set 1 — you should finish 12 reps knowing you had 4 or 5 more in you. That’s not underachieving; that’s week one of double progression doing its job. The weight catches up to you within two or three sessions, and the log gets to record the climb.

Conservative ranges for a true beginner. Start at the low end if you’ve never lifted or any joint is cranky; the high end if Phase 1 finished feeling easy.

Exercise	Start here (lb)	You’ll likely reach by Wk 12 (lb)
Goblet Squat	10–15 (one DB, held at chest)	20–30
DB Romanian Deadlift	10–15 per hand	20–30 per hand
One-Arm DB Row	8–12	15–25
DB Floor Press	8–10 per hand	12–20 per hand
Half-Kneeling DB Overhead Press	5–8 per hand	10–15 per hand
Suitcase / Farmer Carry	15–20 per hand	25–35 per hand
DB Step-Up	8–10 per hand	12–20 per hand
Glute Bridge (DB on hips)	10–15	20–30

Phase 3 movements borrow from this table: **Double-DB Front Squat** starts around your Week-8 Goblet Squat weight *split across two hands* (two 10s or two 12s), and **DB Hip Thrust** starts at your Glute Bridge weight and climbs fast — hips are strong.

Two notes on reading this table:

- **“Reach by Week 12” is a typical range, not a quota.** Your log is the truth; these columns just prove the \$60 setup covers the whole journey. If you beat the range — and plenty of women do, especially on carries and hip thrusts — that’s what the PR tracker is for.
- **Overhead pressing starts humbler than everything else.** 5 lb overhead is a legitimate, correct starting weight for the Half-Kneeling DB Overhead Press. Shoulders are small; the number grows. Nobody strong got there by starting heavy — they got there by starting.

No Dumbbells Yet? The Substitution Table

Every dumbbell movement in Phases 2 and 3 has a household version — a loaded backpack (books, water bottles, bags of rice; a bathroom scale tells you what it weighs) or gallon jugs (a full gallon $\approx$ 8.3 lb; cap them tight). These are full-credit substitutes, not placeholders: the pattern and effort are identical, and double progression still works — add books instead of changing dumbbells.

Program movement	Household version
Goblet Squat	Backpack hugged to your chest, both arms wrapped around it
DB Romanian Deadlift	Backpack held hanging in both hands — or one jug per hand
One-Arm DB Row	Backpack Row, one hand on the chair (you already know this one from Phase 1)
DB Floor Press	One jug (or heavy book) per hand, pressed slowly — or slow-tempo Incline Pushups (3 seconds down)
Half-Kneeling DB Overhead Press	One jug or a filled tote bag with short handles, pressed overhead
Suitcase Carry	Loaded tote, bucket, or jug in one hand — swap sides
Farmer Carry (DBs)	One jug or loaded bag per hand
DB Step-Up	Backpack worn on your back, hands free
Glute Bridge (add DB on hips)	Backpack or a stack of books resting on your hips

Program movement	Household version
Double-DB Front Squat	Your heaviest backpack hugged high at your chest
DB Hip Thrust	Backpack across your hips, shoulders on the sofa
Backpack/DB Row	Already the backpack version — load it heavier

(Incline-to-Floor Pushup, Side Plank, Bird Dog, Dead Bug, planks, Calf Raise, Heel Drops, and Low Hops never needed equipment in the first place.)

The honest limit: around Week 8–10, squats, carries, and hip thrusts start outgrowing what a backpack comfortably holds, and jugs get awkward before they get heavy. The substitutions buy you weeks, not forever — a used pair of 15s or 25s for \$20 is the fix when your log tells you it's time.

Small-Space Setup & Safety

Space. Your entire gym is about 6 × 4 feet — enough to lie down with arms out, plus a lane to walk 30–40 carry steps (a hallway, a driveway, laps around the kitchen island; turning around counts). Near a wall, a doorway, and your sturdy chair and you have every “machine” the program uses.

Floor. Carpet or a rug is ideal — quiet, padded, protects both floor and dumbbells. On hardwood or tile, use the mat or a folded towel for floor work, and *place* weights down rather than dropping them. Heel Drops and Low Hops are happiest on a firm surface, not squishy foam.

Shoes are optional. Barefoot or grippy socks are genuinely great for squats, hinges, and bridges — your feet feel the floor and your balance improves. Prefer shoes? Pick something flat and stable (sneakers with squishy running soles make balance work harder). Just don't lift in slick socks on a slick floor.

The set-down rule. More home tweaks come from putting weights down carelessly than from any exercise. End every carry and every set the way you started it: hips back, chest proud, lower the weight under control. The set isn't over until the dumbbell is quietly on the floor.

Kids and pets. Dumbbells live on the floor or a low shelf — never overhead, never anywhere they could fall onto small feet. Between sessions, store them where a toddler can't tip one over onto themselves; a rolling dumbbell is heavy in ways kids don't predict. Mid-session, the golden rule is a closed door or a

timing choice: a cat weaving through your carry lane or a helpful dog joining your floor press is charming right up until it isn't. Naptime and early mornings exist for a reason.

Storage. Under the bed, a closet corner, or a \$10 crate by the wall. One real suggestion: keep them *visible* if you can. A pair of dumbbells next to the TV is a quiet reminder that Session B is Thursday. Gear you can see gets used; gear in the garage attic becomes a story you tell.
