



## Onero Licensee Equipment Starter Kit V4.0

The following is a list of equipment. You do not need to purchase this exact brand or model. An alternative brand to perform the same duty is perfectly acceptable. You can always google image the equipment listed to get a better idea of what it looks like.

This is the bare minimum to allow 6-8 people to train comfortably. Increase purchasing weights and bars and maybe an additional squat rack as you increase your numbers. Some standard bars and weights will be helpful.

Description:	QTY:
Force USA Squat Stands – Half (picture attached) Used for squats, presses and drop-chins.	2
OR	
Single squat racks (for easier storage if you are renting or sharing space)	2 x 2
Olympic 10k bar + spring collar or lock-jaw collar	2
Pump set (for the first 12 weeks training) <a href="https://evolutionfinessequipment.com.au/product/elite-pump-studio-barbell-weight-set-20kg/?gclid=CjwKCAjw9ailBhA1EiwAJ_GTSrSUMd6qMbWaU4SQCTsyZSrtzFRXn_cQC4Jz9Y6hwoMzspnL2LFhOhoCTM8QAvD_BwE">https://evolutionfinessequipment.com.au/product/elite-pump-studio-barbell-weight-set-20kg/?gclid=CjwKCAjw9ailBhA1EiwAJ_GTSrSUMd6qMbWaU4SQCTsyZSrtzFRXn_cQC4Jz9Y6hwoMzspnL2LFhOhoCTM8QAvD_BwE</a>	2
5kg Olympic Weight Plate	4
2.5kg Olympic Weight Plate	4
1.25kg Olympic Weight Plate	4
5kg Commercial Colour Bumper Plate	2
10kg Commercial Colour Bumper Plate	2
A range of micro plates (0.25-1.5)	1 set
Wooden plates - four to fit pump set + 2 to fit olympic bars. You can make your own – you will get 6 to one MDF sheet (see attached specifications) or purchase. There are different kinds – Aussie Licensees might like the 1.5kg Hippy Chippy plates but there are also 2.5s.	6
Storage (optional)	
Wall Mounted Barbell Rack	1
Wall Mounted Plate Rack	1
Pull up A frame (if you are using single squat racks you will need one of these unless you have an existing pull up bar or equivalent.)	1



**Force USA Squat Racks (half) - can be used for Presses, Squats and Drop-Chins**

**Accommodates only 7 foot barbells.**



**Single Squat Racks (presses and squats) - accommodates all barbells**

**VERVE Squat Stands V3**





**Microplates**



1.5KG technique plates <https://www.hippychippyaustralia.com.au/>



**Pump Set**





**Storage - Weight Trees and Barbell Storage**

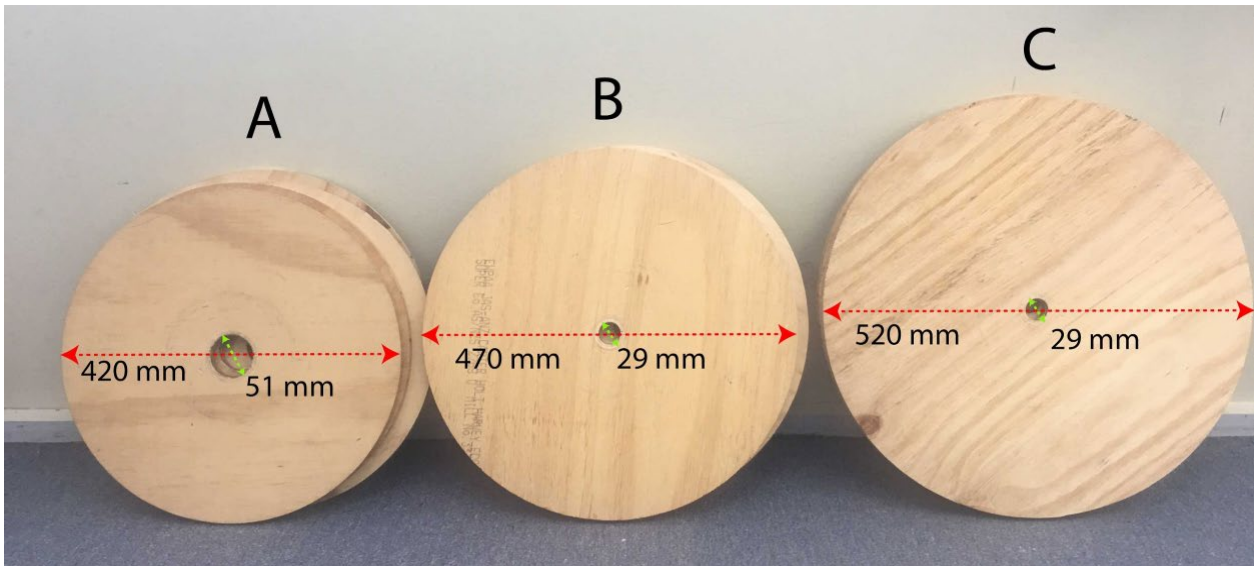




**Pull Up Bar Foldable Pull Up Station Aerial Yoga Stand Frame Swing Stand Frame**  
(Available on ebay \$152.00 29/12/23)



## Making your own wooden weight (technique) plates



At The Bone Clinic we have made our own wooden-starter “bumper” plates which weigh about 100 grams.

- A) The standard Olympic size plate is 420 mm in diameter with a centre hole diameter of approximately 51 mm. We have plates this size that can fit both a standard bar with a centre hole diameter of approximately 29 mm and the Olympic bar with a centre hole diameter of 51 mm (pictured).

They are made out of 12-14 mm thick Plywood direct from Bunnings.

- B) We also have 470 mm diameter starter plates with a centre hole diameter of 29 mm. These are made for a standard bar. They raise the bar a further 50 mm up the person’s shin. Perfect for clients with hip-mobility limitations.

They are made out of 20 mm thick Plywood direct from Bunnings.

- C) And we have 520 mm diameter starter plates with a centre hole diameter of 29 mm. These are made for a standard bar. They raise the bar 100 mm up the person’s shin from the standard bumper plates. Perfect for clients with both hip-mobility and movement pattern issues.

They are made out of 20 mm thick Plywood direct from Bunnings.

Another great thing about these wooden bumpers is that you can add *change* plates to them. *Change* plates are also known as fractional or micro plates and are weight plates made in smaller sizes ranging from 0.25 kg through to 5 kg.