



The 1 x 1 of Calisthenics Equipment

Your practical guide



SUPREME FORCE

By the specialist



Lucas Hügerich

HOMEGYM A BUILDERS

INTRODUCTION

Welcome to the ABCs of Calisthenics Equipment – the ultimate guide for all studio and home gym owners!

Content:

- Introduction,
- Basics of Calisthenics Equipment
- Grip and Safety: Key Factors for Effectiveness
- The Importance of a Width-Adjustable Dip Bar
- Efficiently Designing Training Space
- Performance Enhancement through Optimal Equipment
- Professional Equipment: Our Uniquely Developed Devices
- Summary and Your Next Steps

Are you ready to take your training to the next level and create a training environment that is not only functional but also inspiring? Then you are in the right place! In this guide, we dive deep into the world of Calisthenics equipment. We cover everything – from the basics to insider tips that will revolutionize your training. Whether you're new to Calisthenics or an experienced studio owner, there's knowledge and insights for everyone.

Why is the right equipment so crucial?

Imagine being able to train for years without injuries and ailments, thus improving your strength without interruption, no matter how good your genetics are, you would make enormous progress. Doesn't that sound fantastic? That's exactly what the right equipment enables you to do. It is the key to effective, safe, and long-term training. But don't worry, we won't make you a material fetishist – it's about choosing wisely and purposefully!

What to expect from this guide?

From efficiently designing your training area to choosing the perfect equipment and care tips that will make your devices last longer – we've thought of everything. And because we know a bit of humor makes learning easier, you'll find a few chuckles here and there.

Ready to start your Calisthenics journey? Grab a cup of coffee (or protein shake, we don't judge!) and let's get started!





Basics of Calisthenics Equipment

A Strong Foundation

Welcome to the heart of your Calisthenics realm! To build a solid training foundation, it's crucial to have the right tools at hand. Here are the essential pieces of equipment you need.

1. What are the basic pieces of equipment in Calisthenics?

- **Rigs & Rags with Pull-up Bars:** The bread and butter of Calisthenics. Whether wall, ceiling, or door frame, the choice depends on your available space and personal preferences. They allow a variety of exercises, from freestyle, pull-ups to weighted muscle-ups. Basic exercises like squats, bench presses, etc., can also be performed here.
- **Barbell:** Essential for specifically performing the basic exercises.
- **Dip Bars:** Indispensable for training chest, shoulders, and triceps. The width and height should be adjustable to adapt them to different body sizes and exercises.
- **Parallettes:** Small but mighty! Ideal for handstands, L-sits, and push-ups. They take your bodyweight training to a new level.
- **Wooden Plyo Boxes:** Essential for an elevated entry for dips, muscle-ups, and pull-ups.
- **Rings:** Essential for performing ring muscle-ups and also offering beginners a way to start.
- **Weight Belt:** Ideal for making pull-ups and dips more intense by adding weights. A MUST for real progress.
- **Weight Plates:** Combine them with the weight belt and barbell to make your exercises more challenging.
- **Weight Vests and Resistance Bands:** If you're ready to take the next step, these tools increase resistance and help you push your limits.



Basics of Calisthenics Equipment

2. Why is a grippy surface important on all devices?

A reliable grip is fundamental for the safety and efficiency of your training. It allows for longer, harder sessions and helps prevent injuries. Because if there's no grip, even the strongest force cannot be efficiently transferred. It's like if a Formula 1 car were to drive on standard winter tires. Our specially treated surfaces offer you a firm hold even during the most sweat-inducing workouts.

Summary: The perfect setup

With the right basic equipment and a deep understanding of the importance of grip, you lay the foundation for successful Calisthenics training. Quality always pays off, so invest wisely – your training success and your body will thank you.

[Get in touch](#)





Grip and Safety

Key factors for effectiveness

The crucial role of grip

A solid grip can make the difference between a good and an extraordinary workout. In Calisthenics, where every movement counts and each repetition contributes to your strength and endurance, grip is crucial. A slippery pull-up bar or dip bars can not only hinder your progress but also pose a safety risk. That's why we place special emphasis on the grip of our equipment, comparable to the tire grip of a Formula 1 car on the track – it allows perfect power transfer without loss of compensation.

Material knowledge: Our equipment under scrutiny

We rely on high-quality steels that are not only robust and durable but also rust-free. A special surface treatment also ensures unparalleled grip. This combination of premium material and innovative technology allows you to maximize your performance without your body having to compensate unnecessarily, thereby preventing loss of performance.

Safety aspects and care tips

An important part of training with Calisthenics equipment is the maintenance and care of the devices.

- **Cleaning:** Keep pull-up bars and dip bar grips clean regularly. Remove chalk after each session, especially if liquid chalk was used. Use a plastic brush to avoid damaging the surface. For fine dust and disinfection, a cloth with disinfectant is suitable.
- **Maintenance:** Regularly check that all screws are tightened. Over time, something can loosen due to constant stress.
- **Rust treatment:** Should rust form despite all precautions, use a rust remover and let it work. Then remove the rust with a brush and liquid.

The same care also applies to barbell bars. Regular maintenance and care not only ensure the longevity of your equipment but also ensure that you can train safely and effectively.



The importance of a width-adjustable dip bar

Flexibility that protects your health

In the world of calisthenics, the adaptability of your body is reflected in the adaptability of your equipment. A key element here is the width-adjustable dip bar, which not only adapts to your body but also to your growing abilities. A crucial detail that cannot be overlooked is the parallel bars or handles – they are the foundation for a balanced and effective execution.

The crucial role of adjustability

The adjustability of your dip bar allows you to adjust the width so that it fits your height and shape perfectly. Honestly, how can a woman who is 150 cm tall and a man who is 200 cm tall be able to train on the same dip bar if you can't adjust it to their height? That might work if the woman is as wide as she is tall and the man is a "wimp". But otherwise it's a compromise at the expense of health!

We have already received feedback from many athletes that the ability to adjust the width precisely has meant that they can now train more pain-free. And of course the progress was "suddenly" much better!

Why parallel bars are so important

When choosing your equipment, it is crucial that the bars or handles are parallel to each other. This ensures a natural hand and arm position, which in turn ensures correct muscle activation and development. Don't get me wrong, if they are arranged in a V-shape, you won't die because of it. But the fact is, if the bar is adjustable in width, then it's nonsense to make the bars V-shaped, because it's easier to train with parallel bars!



The importance of a width-adjustable dip bar

Advantages of adjustability and parallel bars

- **Customization:** Adjust it to your body size
- **Variety in training:** Use the adjustability of the width to diversify your training plan and get the most out of it.
- **Safety and comfort:** Avoid excessive stress on joints and muscles through optimal alignment and stability.

Putting it into practice: A guide

Maximize the effectiveness of your training with a width-adjustable dip bar by doing the following:

- **Adjustment and Variation:** Experiment with different settings to find what grip width and position works best for you. To start with, use a width that is approximately the length of your forearm with your hand outstretched. This is the best starting point.

Conclusion: An essential tool for your success

A width-adjustable parallel handle dip bar is more than just a piece of equipment - it's a crucial factor in your calisthenics journey. By properly setting up and using this versatile tool, you can ensure that your workout is not only effective, but also safe and balanced.

[make contact](#)





Design your training area efficiently

A space that inspires growth

Your training area is more than just a place where you sweat – it is your personal fitness sanctuary. The right design can not only increase your motivation, but also improve the safety and effectiveness of your training. In this chapter, you will learn how to optimally use and design your training area.

Basics of interior design

The first step to creating your ideal workout environment is planning. Consider the size of the room, the type of exercises you want to perform, and the equipment you need. A well-organized, clutter-free space promotes a positive workout atmosphere and helps minimize distractions.

Integration of various equipment

Efficiently arranging your calisthenics equipment is crucial to making the most of the space available. A common mistake here is not making sure you leave enough space around each station to be able to perform movements safely and without restrictions. Especially when using rigs and racks, you have to take the width of the long bars into account. These are usually 220 cm long. Also make sure that you buy equipment that you can set up modularly or even combine. In the past, many manufacturers have not focused on this and you quickly waste expensive space. Think carefully about which equipment you use most often and position it so that it is easily accessible. Because if you do an exercise once a week, it is not as annoying and annoying if the effort to get there is high as if it is an exercise that you do almost every day.



Design your training area efficiently

Practical examples

- If your space is limited, consider using multifunctional devices or foldable solutions.
- Use walls and ceilings to attach pull-up bars or sling trainers and keep the floor space free.
- Consider whether you want to set up areas for specific types of training such as strength training, flexibility or cardio and design them “multifunctional”

Safety and well-being

Safety should always come first. Make sure your flooring is non-slip and offers enough cushioning to absorb shocks. From experience, I can tell you that some studio owners have had to dig deep into their pockets to replace their broken flooring. This was significantly more expensive than using a good flooring straight away.

Good lighting and adequate ventilation are also important to ensure a pleasant and safe training experience.

Personalized elements

Don't forget to add personal elements that motivate and inspire you. Whether it's motivational posters, your favorite music, or special lighting, design the room to reflect your goals and personality. Because nothing motivates you more than an environment that triggers the right emotions in you.

Summary: Your space, your success

A well-designed training area not only makes training more enjoyable and safer, but can also have a significant impact on your performance and progress. Invest time and thought into designing your training area and create an environment that will take you to new heights.



Increased performance through optimal equipment

Real stories, real progress

In this chapter, we use concrete case studies to illustrate how the right equipment can make a difference in performance in sports. Using real-life examples, we show that investing in high-quality equipment is much more than just a purchase – it is a step towards personal growth and improved performance.

Case Study 1: Calisthenics Athlet

Tonio, the master of the weighted dip. At first he used cheap, unstable equipment. His progress stagnated, he was afraid that the equipment might give way before some dip attempts. After investing in a high-quality, adjustable dip bar and a professional pull-up bar, his technique and strength improved noticeably. He now had the opportunity to finally dip at his own width and was no longer forced to use the width that some engineer had thought up. Within a year, Tonio was not only able to set a new world record, but also significantly increased his pull-ups and dips. Dip by 35 kg in 9 months

Case Study 2: Calisthenics Athlet

Anton's experience with a professional dip bar was also impressive. Before using the device, he suffered from chronic elbow pain caused by the unnatural rotation position of the arms on conventional dip stations. After switching to a dip bar, which allows a parallel arm position, Anton experienced a significant reduction in pain and was able to intensify his training. The dip bar not only enabled better posture and thus more effective and safer exercise execution, but also offered the possibility of individual adjustment, especially with regard to the width of the handles. These adjustments led to improved performance and injury prevention. In six months, Anton was able to increase his dip performance by 17.5 kg.



Increased performance through optimal equipment

Case Study 3: Powerlifting Athlet

Pascal is a national squad athlete and has not only learned the Dipholm from us, but also the Belt Squat, the Leg Curl/Extension & the Jammer Arms. Pascal often had problems with his patellar tendon. A targeted increase in load with our special equipment helped him to solve these problems. He can now squat around 300 kg with a body weight of 93 kg!

What we can learn

These case studies illustrate that the right equipment not only improves safety and well-being, but also has a direct impact on training performance. By considering individual needs and investing in high-quality equipment, both beginners and advanced athletes can achieve their goals more efficiently.

Summary: Your equipment, your future

Each of these stories shows that investing in the right equipment is an investment in yourself and your future in calisthenics. Choose equipment that fits your goals, level and personal needs and experience how it will boost your performance and results!



[make contact](#)





Professional equipment: Our uniquely developed devices

Why our equipment meets the requirements

Our range of calisthenics equipment is the result of extensive research and development, with the aim of creating products that are unrivalled in terms of safety, effectiveness and durability. We use only the best materials and the latest technology to ensure that every piece of equipment meets the high demands of our customers.

BUT the most important point is that we work together with the absolute professionals in this sport and thus develop equipment that can withstand all athletes!

Equipment for the World Cup

Because we place such high value on quality, stability and design, the organizers of the Weighted Calisthenics World Championships also took notice of us. This resulted in a partnership that has revolutionized the sport! And this is the only way competitions are currently possible, as no other manufacturers can guarantee the load capacity when dipping up to 200 kg.





Professional equipment: Our uniquely developed devices

Advantages of our principle

Our philosophy is based on three pillars: innovation, quality and customer satisfaction. Every product we develop is designed to embody these values and enable our customers to achieve their training goals in an efficient and safe way.

- **Innovation:** Through constant research and development, we bring products to market that complement and expand current training methods.
- **Quality:** We use only the best materials and manufacturing techniques to ensure the durability and safety of our equipment.
- **Customer Satisfaction:** Our goal is to not only meet our customers' expectations, but to exceed them by offering equipment developed in collaboration with professional athletes.

Summary: A springboard to exceptional achievements

Our commitment to innovation, quality and customer satisfaction makes our equipment an essential for anyone looking to make serious progress in calisthenics.





SUPREME FORCE



BY LUCAS HÜGERICH

Summary and your next step

Your way to the best Calisthenics equipment

Together we discussed the importance of having the right equipment, the efficient design of your training area and the need for regular maintenance and care of your equipment. Each aspect plays a crucial role in your journey to new personal bests.

Implementation in your own studio or home gym

Whether you own a gym or are setting up your own home gym, applying the principles presented in this guide can improve your training environment and increase workout efficiency.

This is how you can take the next step!

To improve your training space and upgrade your calisthenics equipment, we are here to assist you with expertise and high-quality products. If you are ready to expand your equipment with calisthenics equipment or have specific questions, we invite you to contact us directly. Our goal is to support you with equipment that not only meets your needs, but even exceeds them.



Florian Schachner
Managing Director & Sales Manager
+43 2237 20 300 - 11
florian.schachner@supreme-force.com



Lucas Hügerich
Chief Engineer
+49 176 179 72 029
lucas.huegerich@supreme-force.com

#BREAK LIMITS, NOT EQUIPMENT