

LIVING FIT AT HOME

A HOME GYM

A home gym can be just the thing you need to help you reach your fitness goals. It saves time, it's set up specifically for YOU, you have privacy, and the equipment is not exposed to other people's germs, sweat and smells, plus, you set your own rules. With a "there's nothing stopping you now" approach, how do you figure out what you need and how to set it up?

The first three questions you need to consider are:

1. What type of workouts do I want to do; what are my fitness goals?
2. What space do I have that I can use for a home gym?
3. How much will it cost?

So let's break it down. What type of workouts do I want to do; what are my fitness goals? The answer to this question will determine what equipment my home gym needs.

If you are new to training, or just want a way to get in your training on the days you can't make it to the gym, you may want to begin with mats, a fitness ball, foam roller, bands, and light dumbbells. Even a 4' x 8' space is enough to get started!

If you are looking for a little more intensity, dumbbells that go from light to heavy, an adjustable weight bench, a long bar and a short bar i.e an Olympic bar and an ez curl bar. These two bars give you the most versatility in terms of exercises you can do even if you are not lifting super heavy. You may still want to have some bands at various strengths or you may decide you want a cable with a high and low pulley or functional trainer cable machine. Most of the cable machines come with a couple of attachments like a short straight bar, handle, and ankle strap but there are tons of other attachments you can add over time. If you have the space and budget, these machines can be a great addition to your home gym.



**GARAGE
GYM**

**PERSONAL
WORKOUT
AREA**

If you are wanting a serious home gym then a squat rack is a must! The type you get is up to you but I have found that a good smith machine works well because you can do a lot with it but it also has a self spotting feature. Safety is important especially if you are training alone! How heavy you plan to lift will determine the type of machine you feel you need ranging from home gym to commercial use.

Of course, a piece of cardio equipment can be added. Remember, it's necessary to have electrical outlets nearby, so you don't have extension cords snaking across the room. When possible, floor outlets can be added directly below the machines. Just don't forget to leave room for floor exercises! Other items to consider include medicine balls, kettlebells, plyo boxes, jump rope, you don't need all of these, but one or two will provide you with endless options. Once you start training in your home gym, you will discover what other pieces you want to add over time.

All-in-one gym systems can also be an option depending on your training style. They save space and can be much safer when training but can be costly. One other consideration is the amount of weight they start with. If the lowest weight is 20lbs, depending on your strength, you may be limited on what you can do for some body parts like shoulders or unilateral upper body movements. The key to investing in any equipment is how versatile is that piece? Can I do more than one exercise with it and weigh that against the cost and space.



SPARE ROOM

Storage racks for mats, bars, bands, plates and dumbbells get things off the floor and out of the way and can also increase the life of your equipment.

Having been a personal trainer for over 30 years, in the past I have had a small home gym, a full home gym (where I trained clients for several years), and now I own a 10,000 square foot personal training facility full of gym equipment and a full size stage for posing where we training contest prep and lifestyle fit clients. Let's look at the space you are planning to create your home gym.



BASEMENT GYM

Finally, in addition to the equipment, two other items to look at are the flooring and storage. You will want to keep your floors safe from heavy weights. Thick matting comes in rolls like carpet or interlocking pieces, are durable, easy to clean, and is the most common and easiest way to protect your floor. Individual mats can also be placed under equipment like stationary bikes and squat racks, to dampen noise and catch drops of sweat.

A spare room can provide you with enough space to do what you want to do, plus it already has heat, air and electricity for cardio or interactive fitness systems. If you are a seasoned athlete looking to create a serious training space, a basement or garage may be a better location. You may need to add some way to heat and cool the area and in a garage you'll need to decide if that area is going to be a multi-purpose area (workshop or



LUXURY HOME GYM



SPA

BOLD



parking) or will it be dedicated gym space? Can you utilize vertical storage, wall-mounted or folding solutions for storing the equipment? When considering a basement you need to consider the ceiling height. Outdoors or a backyard shed can also be an option but weather plays a bigger factor. At the end of the day, your home gym has got to be usable, functional, and convenient within the space..

One of the best things about a home gym is that you can create a space that motivates you by personalizing it. Painting the walls and floor in dark colors will create a sense of drama. Pro Tip: paint with an eggshell sheen is easiest to clean. Motivational pictures and quotes are inexpensive ways to make it your own. Mirrored walls or large framed mirrors enlarge the sense of space and let you check your form as you work out. A combination of soft, recessed ceiling

lighting panels, spotlights and dimmers can allow light levels to be adjusted for various activities. Pro Tip: Consider the position of the light in relation to your exercise so you're not looking right into a bright light when you are trying to bench press! A portable LED lantern can create relaxing, atmospheric light without installing new wiring. Audio equipment is also an option to portable speakers or headphones. Furniture and accessories can be used to keep your gym neat and clean. Cabinetry and cased goods are ideal, or even a group of baskets on the floor are great ways to store foam rollers, resistance bands or boxing gloves. Adding a bench, stool or chair provides a place to catch your breath between exercises, as well as a spot to throw a towel. If you have the room, a kitchenette type station with a small refrigerator for cold drinks and space to make protein shakes as well as an area for clean towels and a hamper for used ones can be useful.

If possible, it's best to put the gym near a bathroom, and if you're going all out, consider installing spa like features like a steam shower or a sauna. Level up your home gym with a blending of luxury and technology in the gym. Place beautiful objects along with Interactive fitness systems like Mirror, Tonal and Forme which are unobtrusive. Streamlined stationary bikes and treadmills like Peloton or stationary smart trainers like Wahoo and Tacx allow carbon-fiber racing bicycles to be used indoors just to name a few. Changing the way exercise looks is one of the biggest trends for 2023!

It all comes down to the budget. On average, the cost of buying brand new home gym equipment will cost somewhere between \$500 and \$3,000. For some, this will be all they need and for others this is a good starting point. Used equipment can be a cost saving consideration from places like Facebook Marketplace, Craigslist, OfferUp, LetGo, Local garage sales/ estate sales. Iron versus bumper plates is personal preference and depends largely on where at home you are going to use them. Prices on average can range \$1-\$3 per pound. Stick to the 2" hole for your weight plates so it fits a variety

of bars and will keep resale value. Like plates, dumbbells are typically sold by the pound. Inspire, Hoist, Marcy multi-functional all-in-one machines can range between 1000-8000\$.

Whether you are just looking to workout whenever you want, create a personal workout area, make a serious effort to move your body more, develop your overall fitness and transform your physique, or you're a seasoned athlete looking to create a dedicated home space to train, versatile equipment is essential to getting the most bang for your buck. Think about what equipment you'd want for your home gym, set up a budget based on those pieces and current prices for quality equipment, and start constructing it one piece at a time. Start off with a few things you know you'll use right away and build from there. Once you get comfortable in your new space and know that you want to grow the gym, more fun items can be added. A home gym provides you with a great opportunity to achieve your goals and is a great investment, even if you love going to a traditional gym. Your health is your greatest asset and easy access to fitness is something that everyone can benefit from.

MARCY
SMITH MACHINE
CAGE SYSTEM



HOIST M17
FUNCTIONAL TRAINING
SYSTEM



INSPIRE FT1
FUNCTIONAL
TRAINER

