



MORRISON BRUCE CENTER
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Creating Your Own Home Gym



Having a home gym is a dream for many but recently, plenty of people — more than 25 million according to recent stats — get their sweat on in the privacy of their own homes! Interested in hopping on this bandwagon? Read more to learn about some of the best tips on making your personalized home gym!

One of the first steps people take to getting and staying active is to join their local gym. Although these facilities are great environments to meet one's fitness goals,

memberships can cause an increase in monthly bills, there can be significant wait time to use equipment, and transportation may be a barrier. An easy solution to these issues is build your own home gym that you can use anytime!

Home gyms are created by you, for you, in the comfort of your own home and can include high-tech equipment or just a simple collection of dumbbells and resistance bands. The two biggest stigmas against home gyms are that they are expensive and require a lot of space in your home.¹ In reality, home gyms can be modified based on your own budget and the allotted space that you have to create one. With the right steps, your home gym can be cheap, personalized to fit your goals, and, at a minimum, take up six feet of space, while still making it feel like you are in the midst of the local fitness center.

The first step in creating your own fitness space is identifying your health and fitness goals. Based on what your goals are, you can incorporate the right features to achieve those goals. The next step is determining how much space you have. You can use any type of open space, from a garage to a backyard to a minimum of 6 feet in an empty bedroom. This area will help determine the amount and type of equipment you incorporate. There are different kinds of equipment you can use based your price range and aesthetic feeling for your workspace.²

Engineering your own training space has several benefits! A major benefit is that it can be a big money-saver.³ Besides the initial investment of getting equipment, you will save

money from not having to pay a monthly membership fee. It also helps to include workouts to your schedule since your home gym is open all the time.^{3,4} The freedom of having a personalized workout environment can make working out more interesting; based on your personality, you can make exercise fun and comfortable. Last but not least, your home gym can be cleaner and safer than most other gyms since people in your household are the only members using the equipment.

All in all, building your own home gym can have a big and meaningful impact on your health and fitness journey. It is something that you can personalize based on your own needs and goals in order to maximize your workout experience. There are also a plethora of other benefits that make the idea that much more appealing. So, next time you consider making the trip to your local gym, just imagine how great it could be to train in the comfort of your own home.



References:

1. <https://www.openfit.com/building-a-home-gym>
2. <https://garagegymlab.com/ultimate-guide-budget-home-gym/>
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4. <https://garagegymlab.com/home-gym-benefits/>