
Active HEALTH

Vol. 3, #3

Designing your own home gym

5 tips for creating a home environment for a lasting exercise program

**“Working with
you through the
weight loss
process has been
so helpful- thank
you Sean!”
Azore Harris**

**“Your education
about nutrition and
how to achieve my
fitness goals have
really helped me.”**

Eric Mason, RPT

With the fast pace of life and struggle to find time for fitness, many are choosing to exercise from their home. A home gym can make it easy to fit a daily workout into a busy schedule.

Home exercise is not only convenient, but also provides privacy and an environment free of distractions often found in large health clubs. Designing the right home gym for your goals, space, and budget ensures you’ll look forward to a workout and put equipment to good use.

Designing a home gym

Designing the right home gym for you involves planning—both for now and the future. Listed below are five tips to guide you through that process:

1. Define goals

The first factor to consider in designing a home gym is your personal fitness goals. Your personal fitness goals will deter-

mine your exercise regime; thus prioritizing the equipment most valuable to you.

Whether your focus is on weight loss, general strength and conditioning, or overall fitness; most will benefit from investing in a combination of equipment for performing both cardiovascular and resistance training exercise.

2. Make a budget

While your budget will determine the amount of equipment you’re able to invest in (and your initial investment may be significant), ultimately saving are made in the long run by eliminating “renting” monthly health club memberships endlessly.

Listed below are equipments suggestions for three budget level:

- *\$500-\$1,000* light adjustable dumbbells (invest in a model such as [Powerblocks™](#) that can be expanded later), stability ball, medicine ball, jump rope, heart monitor
- *\$1500-\$3,000* recumbent bike, adjustable dumbbells, adjustable bench, stability ball, heart monitor



*High quality
equipment*

lasts for years

and provides

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each time

you exercise

- \$5,000-\$10,000 high quality treadmill with built in heart monitor functions, cable resistance training machine, pull-up/dip station, adjustable dumbbells, adjustable bench, stability balls, medicine balls

3. Choose your space

Another important factor to consider is the amount of room available. Are you using a spare bedroom or dedicated fitness space? Or are you in a full living area with minimum room available?

Even a full house can accommodate small pieces of equipment that can be stored in a closet or under the bed for removal during a dedicated time for use.

4. Invest in quality

There is nothing worse than buying cheap equipment that breaks down or is uncomfortable to use. It's important to note that there is a dramatic difference between consumer and commercial grade fitness equipment (think of the cheap winding treadmill compared with the smooth workhorse models used in large health clubs).

Invest in the best equipment you can afford, even if you have to purchase pieces separately over time. High quality equipment lasts for years (in most cases a lifetime) and will provide an enjoyable experience each time you exercise—ensuring you'll look forward to using it!

5. Make your space inviting

Once you've chosen the right equipment for your goals, space and budget make sure to add the finishing touches to make your space inviting.

While many find motivation in upbeat music, others prefer their fitness time to be more about relaxation and a calm atmosphere (conducive to yoga or Pilates type workouts).

Consider that which supports your efforts in creating a focused environment to succeed. While some enjoy a wall mounted television and DVD player, others prefer listening to their favorite I-Pod or mp3 play list.

A great benefit of working out at home is that you get to decide what works best for you—*and don't have to compromise with other gym members.*

Conclusion

Designing a home gym helps many fit workouts into a busy schedule. Take time to consider these tips to ensure creating an environment you'll benefit from and look forward to using for years.

For more information

Call Sean Greeley at 407.574.6406 or e-mail Sean@WakeUpTraining.com for more information on designing a home gym and customizing a fitness and nutrition program to achieve your goals.



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