

LifeFitness

HOME GYM ROOM GUIDE

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WHERE SHOULD YOU SET UP YOUR HOME GYM?

Deciding which area would be best for your equipment and home gym can be challenging depending on space. Here are some of the most common areas used for equipment placement to create the best home gym experience.

HOW TO BUILD A HOME GYM IN YOUR GARAGE

The garage is a great place for strength, functional and bodyweight training. It's a home fitness space that allows you to have serious workouts and throw around some weight without damaging your home. A garage can be large enough to create an impressive dedicated space to home workouts. And you can create a motivating environment with music, lighting and whatever design elements you can think of.

BENEFITS

- Excellent for a large functional workout or strength training space.
- Allows you to exercise in a separate part of the home away from distractions.
- Ample space gives you the opportunity to add equipment over time and slowly build up your home gym.

EQUIPMENT IDEAS

- One or two pieces of cardio equipment
- A half rack or Smith machine
- Dumbbells
- Weight bench or crunch bench
- Bars and weight plates

ADDED CONSIDERATIONS

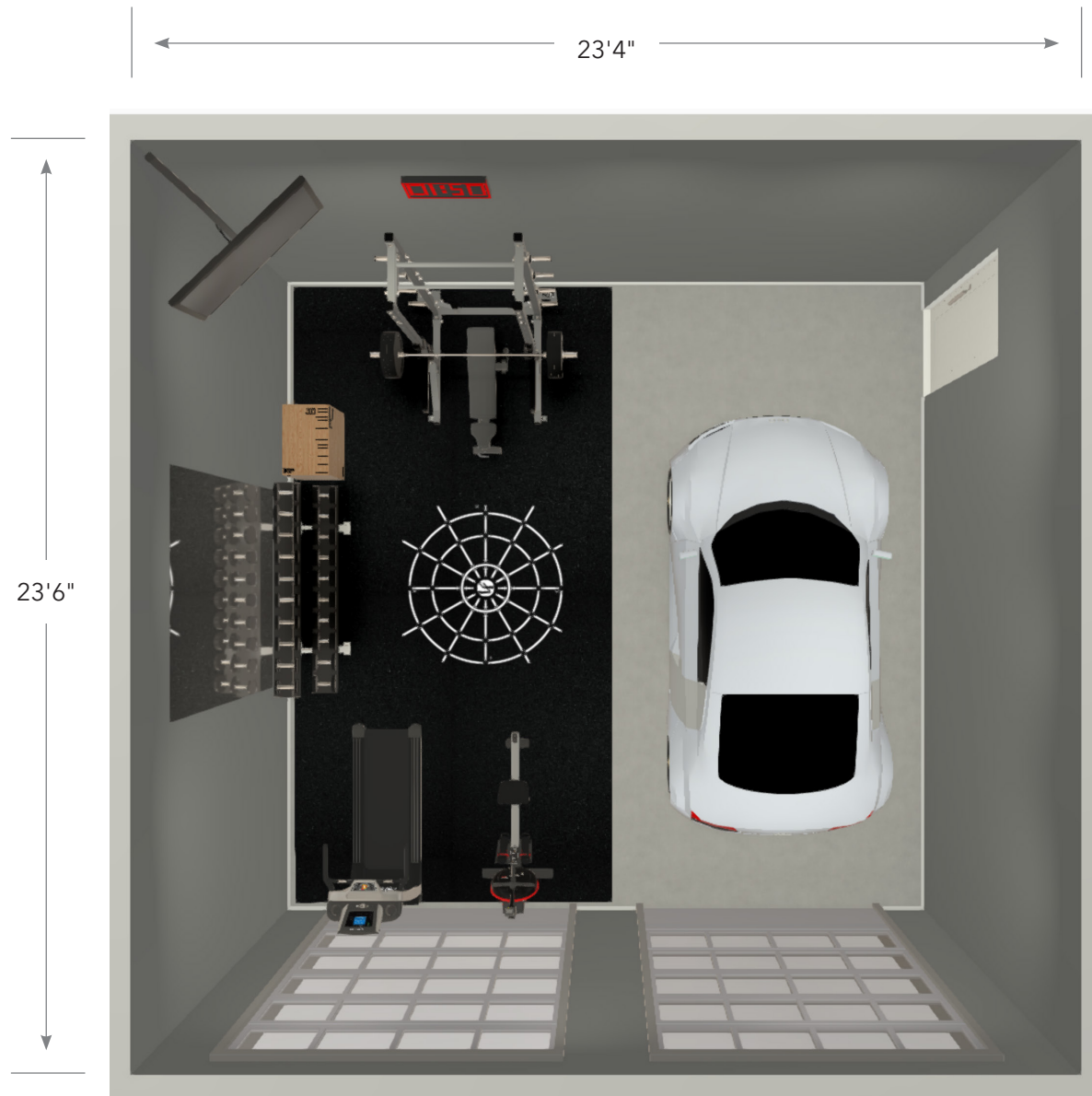
Additional flooring is ideal for garage gyms outfitted with rugged strength training equipment. Rubber flooring can be purchased online or at most hardware stores. Standard 24" x 24" square interlocking tiles vary in thickness and are easy to install.



CARDIO EQUIPMENT ELECTRICAL REQUIREMENTS

Life Fitness equipment must be properly installed and grounded. Do not use an extension cord or power strip.

- **15A CIRCUIT:** Life Fitness consumer treadmills should be powered off a 120V 15Amp outlet. No more than one treadmill should be installed on each circuit. One non-tread cardio machine may be hooked up to the circuit. Best performance comes with a dedicated breaker and circuit for all treads.
- **20A CIRCUIT:** One treadmill and up to two non-tread cardio machines can be plugged into outlets served by the same 20A circuit. Lamps or other non-motorized electrical devices up to a total 200 Watts can be plugged into outlets served by the same 20A circuit together with the treadmill.







HOW TO BUILD A HOME GYM IN YOUR BASEMENT

Basement gyms range from equipment placed off to the side of an entertainment center to full rooms dedicated to training. Basements are great for weight training due to the resiliency of the space. With a basement gym you often have the rugged durability needed for serious training but in a space that is more refined and better temperature controlled than a garage.

BENEFITS

- Basements can offer a dedicated workout space that allows for multiple equipment options and larger fitness equipment.
- This part of the house is generally cooler than above-ground floors, which is a plus during strenuous workouts.
- Basements generally have a concrete foundation, meaning they can handle a fair amount of weight.

EQUIPMENT IDEAS

- One or two pieces of cardio equipment. Consider a treadmill and a rower or bike.
- Weight training tools like a home gym, bench, kettlebells, dumbbells and barbells.
- Other accessories like stability balls, a stretch mat and a foam roller.

ADDED CONSIDERATIONS

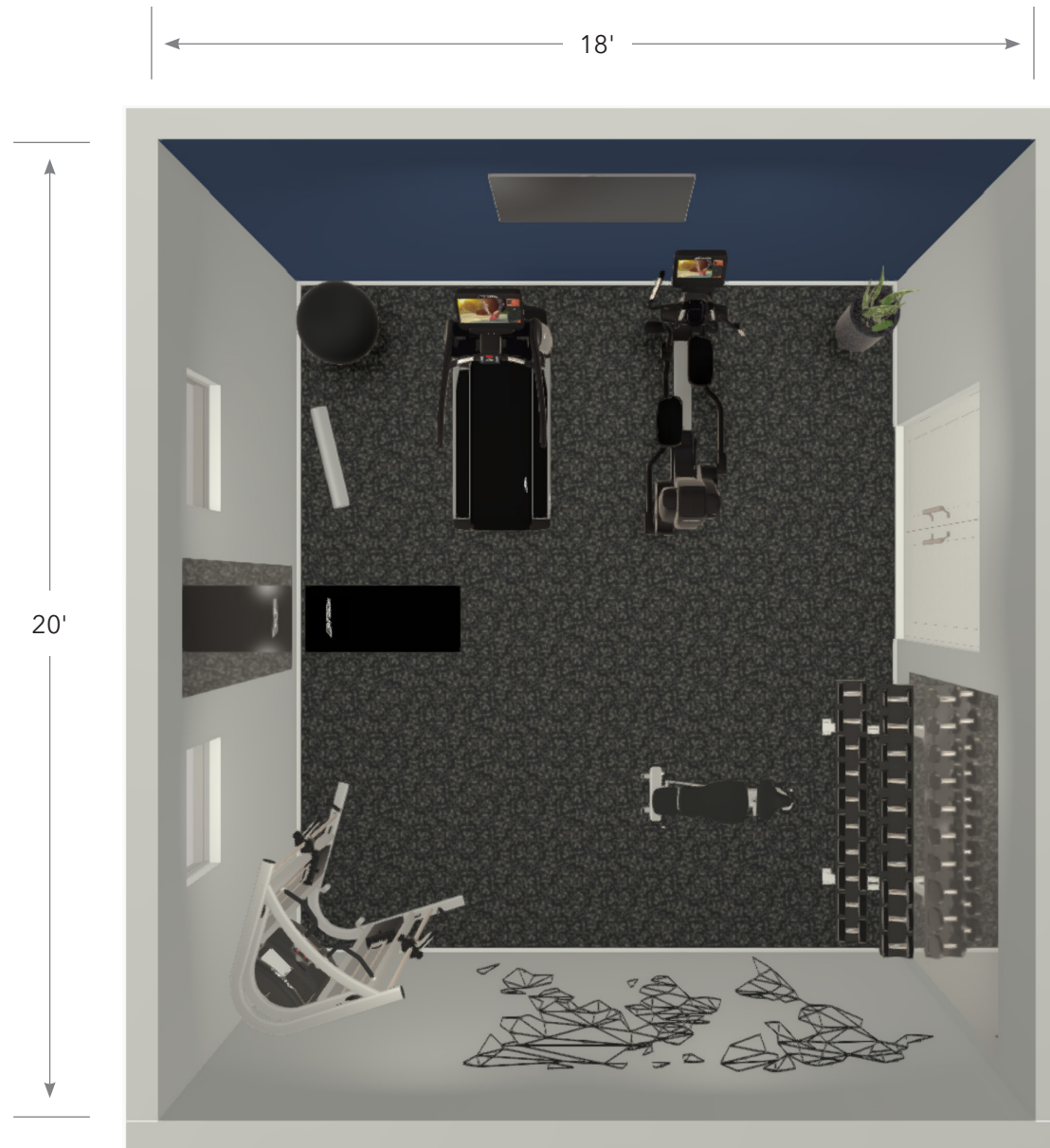
Additional flooring is ideal for basement gyms outfitted with rugged strength training equipment. Rubber flooring can be purchased online or at most hardware stores. Standard 24" x 24" square interlocking tiles vary in thickness and are easy to install.



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HOW TO BUILD A HOME GYM IN YOUR BEDROOM

When space is tight, home fitness equipment can end up in a bedroom. While this doesn't give you a dedicated space to train, it can be all you need to keep your workouts top of mind. Here are a few things to keep in mind while making a fitness space in your bedroom.

BENEFITS

- Easy access to your fitness equipment makes it easier to get workouts in.
- If your bedroom has a flatscreen TV it can take your mind off of your cardio workouts, just be sure to angle any cardio equipment so that there's a clear view of the TV.
- A room away from common areas provides privacy during workouts and keeps equipment out of view when you have guests.

EQUIPMENT IDEAS

- One piece of cardio equipment placed near an outlet (if required). Consider more compact options like foldable treadmills, stationary bikes, rowers or compact cross-trainers that tend to have a small footprint.
- Yoga mat for stretching and yoga sessions.
- Stock up on accessories like stability balls, resistance bands or dumbbells. They provide plenty of added workout options, don't require a large amount of storage space and can be easily stored out of sight in a closet or under the bed.

ADDED CONSIDERATIONS

- If noise is an issue, consider cardio equipment like cross-trainers that have nearly silent operation.
- Avoid hanging clothes on your cardio equipment because it's easy to decide not to work out when you have to clear off your treadmill first.



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HOW TO BUILD A HOME GYM IN YOUR OFFICE

If your home has one, an office is a great option for a home workout area. Outfitting an office with fitness equipment gives you a private workout space outside of your main living area.

BENEFITS

- A room away from common areas provides privacy during workouts and keeps equipment out of view.
- Offices are often underutilized. Installing a home gym makes the most out of your living space.

EQUIPMENT IDEAS

- One piece of cardio equipment, placed near an outlet (if required) and in full view of a TV if you have one in the room.
- If the room serves as a guest bedroom, consider more portable equipment like foldable treadmills, rowers and exercise bikes that can be easily moved out of the way.
- Yoga mat for stretching and yoga sessions.
- Accessories like stability balls, resistance bands or dumbbells provide added workout options, don't require a large amount of storage space and can be easily stored out of sight in a closet.



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HOW TO BUILD A HOME GYM IN YOUR LIVING ROOM

When space is tight, home fitness equipment can end up in the living room. While this doesn't give you a dedicated space to train, it can be all you need to keep your workout routine intact and top of mind. Here are a few things to keep in mind while creating a fitness space in your living room.

BENEFITS

- A living room may be full of entertainment options like TV and music, which can take your mind off of your workouts.
- Easy access to your fitness equipment makes it easier to get workouts in.

EQUIPMENT IDEAS

- One piece of cardio equipment. Consider a foldable treadmill, indoor cycle or rower, all of which can be easily moved out of the way when not in use.
- Strength training tools like kettlebells and dumbbells that can be stored out of view, and an exercise mat for stretching and yoga.

ADDED CONSIDERATIONS

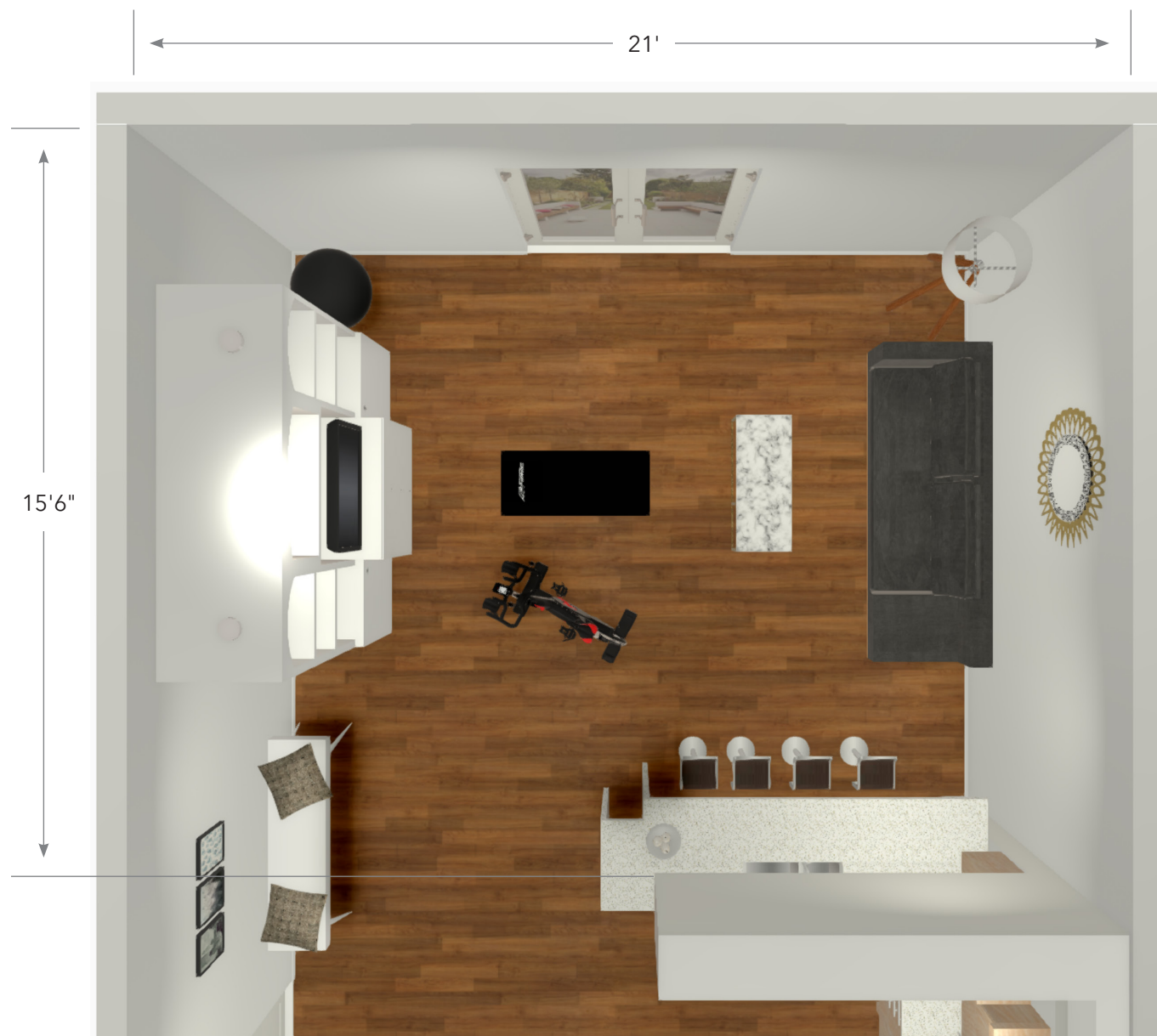
- Consider the aesthetics of the equipment. Cardio equipment like an IC5 indoor cycle or Row HX trainer have design elements that you might not mind showing off.
- If noise is an issue, consider cardio equipment like cross-trainers that have nearly silent operation.



CARDIO EQUIPMENT ELECTRICAL REQUIREMENTS

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