

**BUILD IT  
BUILD IT  
STRONGER**

**BETTER**

**SMALLER**



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### 3. Weight plates

An empty barbell only goes so far in getting stronger and bigger. That means you need some weight plates to be able to get stronger. Adding weight to the bar and moving it is what makes you stronger and grows muscle. There are tons of different weight plates that will all do the job.



Weight plates are pretty simple. They have to be heavy and have a hole in the middle to fit them on the barbell.

Weight plates come in different weights. By getting a selection of different weights you can adjust the weight on the barbell in very small increments. This allows you to control the amount of weight on the bar very tightly. That is what allows you to increase the load slow enough to build up your strength and muscles.

To be able to increase the load on the bar with small increments you need the following basic set:

- **2x 1lbs./0.5 kg**
- **2x 2.5lbs./1 kg**
- **4x 10lbs./5 kg**
- **2x 25lbs./10 kg**
- **4x 45lbs./20 kg**

Including the barbell (44 lbs.) you have a total weight of 331 lbs./148 kg. This com-



## Odd shapes

Most gym equipment has a square or rectangular footprint. That means that a room with 90-degree corners can be used the most efficiently. Not every room is square or rectangular. Most of them are but other shapes exist and can pose interesting challenges.

Oddly shaped rooms can be used less efficiently so you'll need a bit more overall floor space to create the same setup you could in a rectangular room. On the other hand, it allows for more creativity. Below will be some examples of odd-shaped rooms to get your creative juices going.

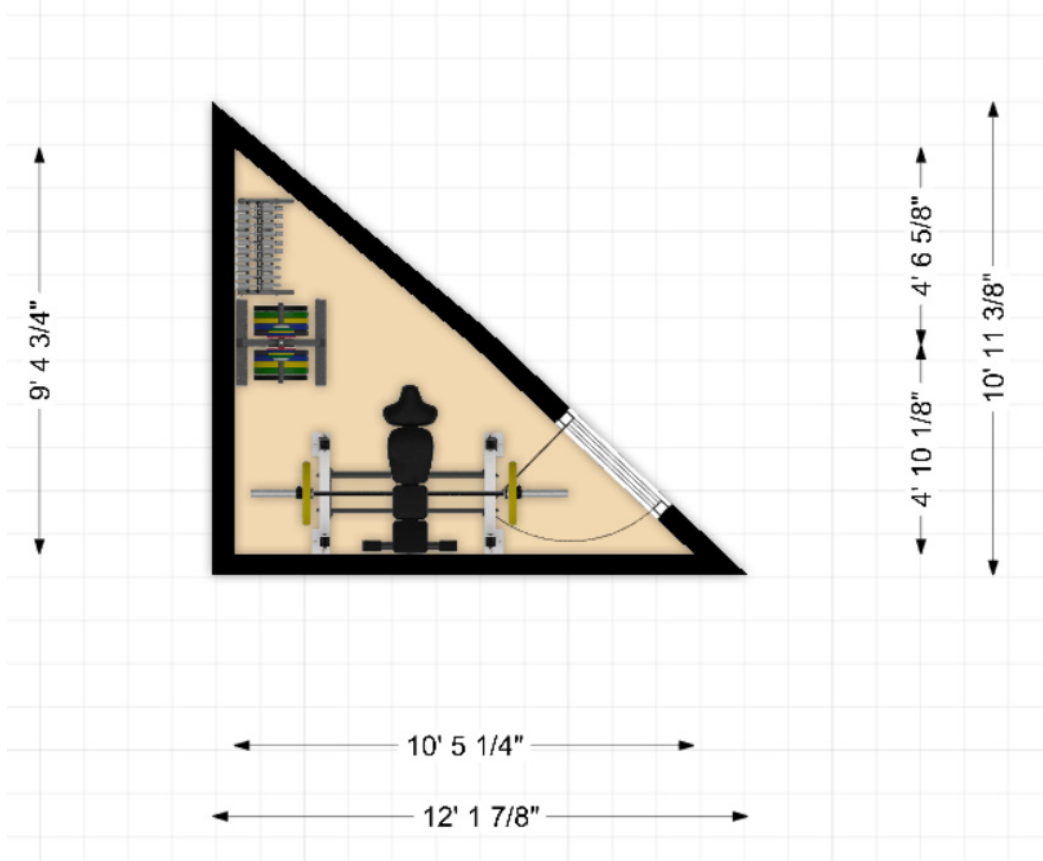
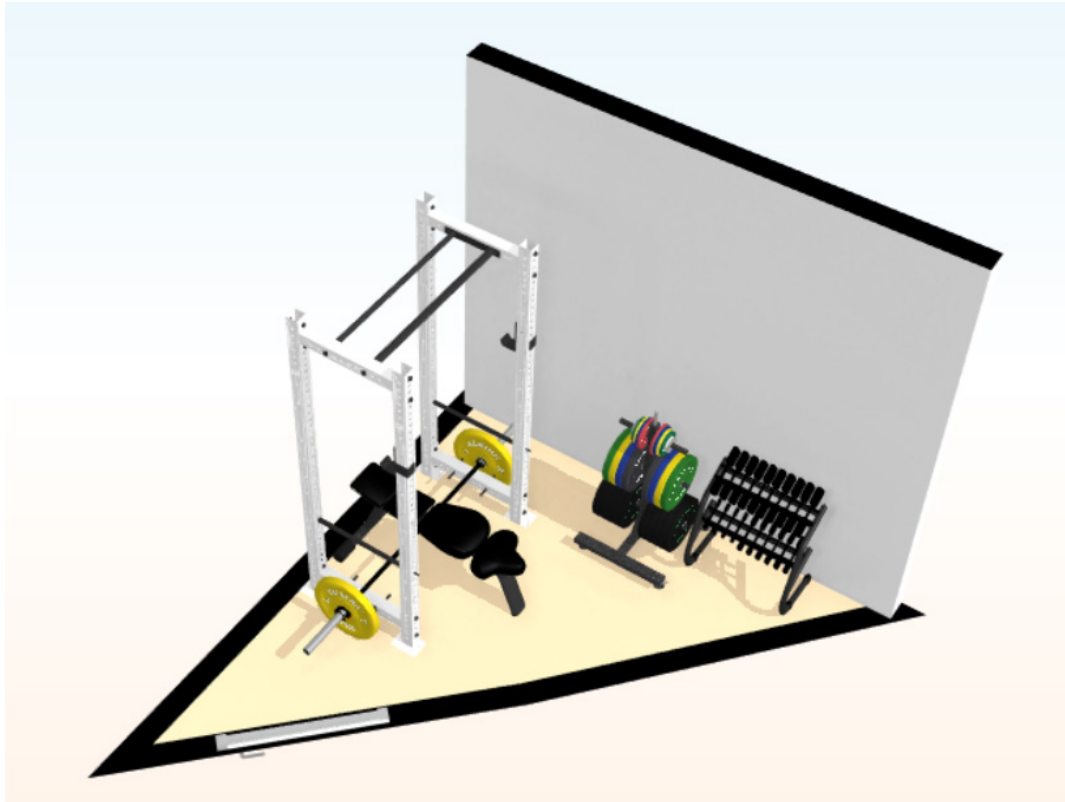
### Triangular

Starting this category off with a bang is a triangular setup. This is a 50 square feet triangle and although it has more floor space than the smallest complete gym, it's going to be a bit more difficult to use. The dumbbell rack is stuffed away in the corner. That means you'll have to squeeze past the plate tree, grab your dumbbells and move back to the power rack. Not impossible but annoying.

As long as the wall you put the power rack against is long enough you can still have a full-sized power rack and barbell.

That means you still have a complete weightlifting setup that functions.





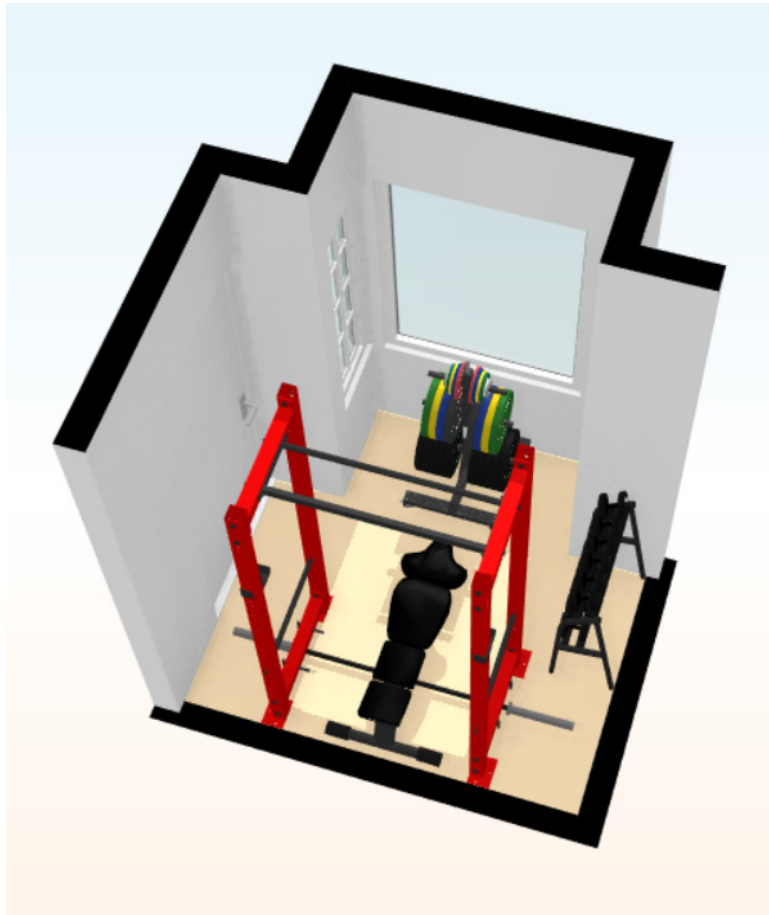
## Other

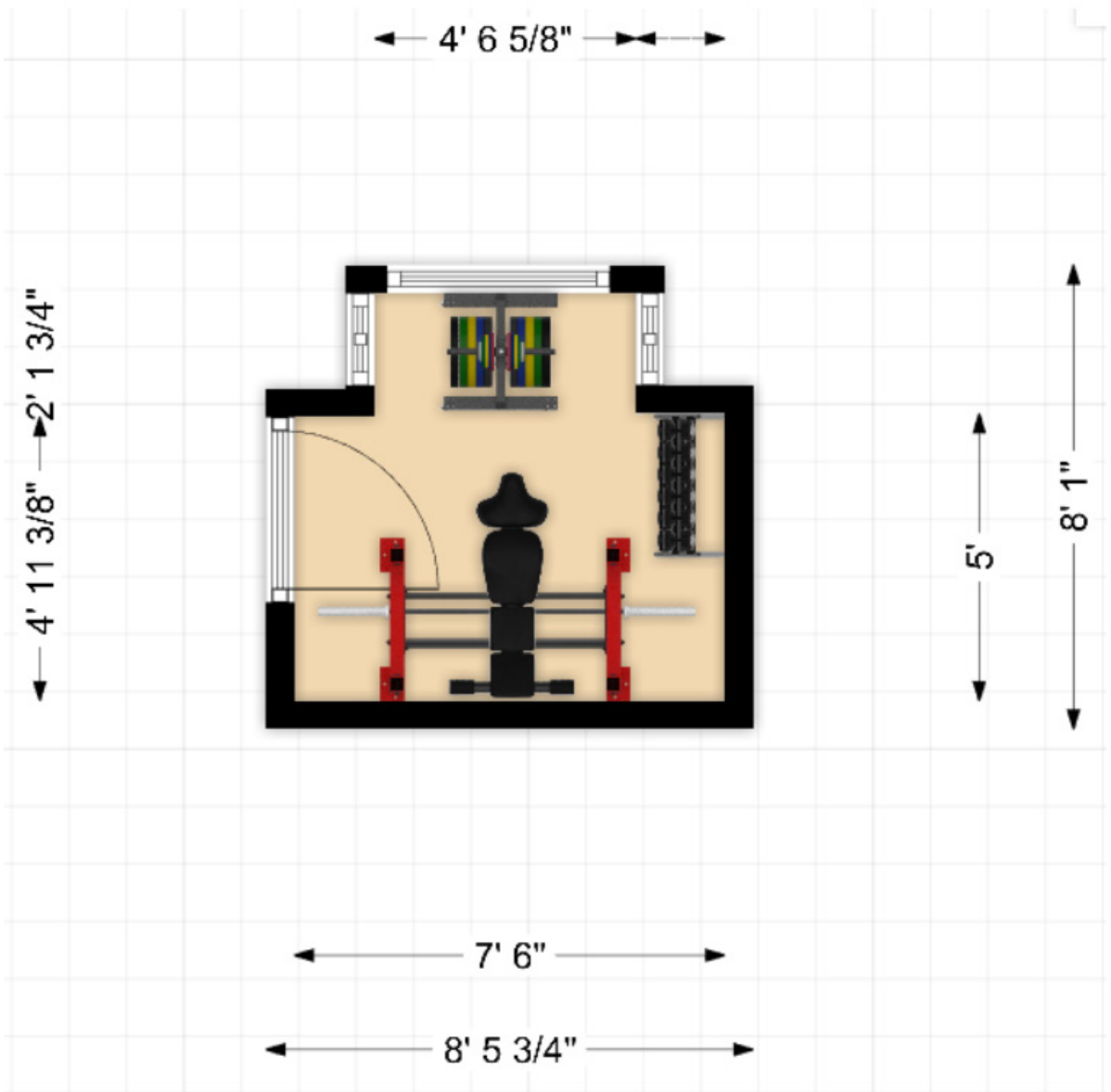
Here are a few more floor plans that might be interesting for different reasons. There are things here you could use in your own gym or see things you might want to avoid. All these floor plans have something different that could be applicable in your space. While the whole floor plan might not translate exactly to your situation, there can be interesting details you could use.

Most of these plans have strange corners and/or different equipment.

### 47 square feet

A full weightlifting setup with 6' barbell fits in this space. The bay window isn't large enough to put any other equipment in other than a plate tree or dumbbell rack. You can interchange those two.





## XII

### Logistics of building a home gym

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The previous chapters talked mainly about what you need and how to plan for a home gym. And planning is very important, especially when lacking space. But with planning alone, you're not going to get to a finished gym. So many projects stall and never get finished because people don't really know what's involved in finishing them.

So here is what the steps are to create a home gym from start to finish and how to execute them. Some things might seem obvious, some less obvious but doing everything in the right order makes the whole process so much smoother and easier.

#### 1. Pick a space

Where are you going to build your home gym? There are better and worse places in any house to build your home gym in, but any space is better than nothing. As you can see from the floor plans, you'll need at least about 42 square feet of space in the room.

Common picks are the basement or garage. It's possible to take a small part of the garage or basement to build your home gym and use the other part for parking and/or storage. Bedrooms are good too, especially bedrooms on the ground floor. Bedrooms on the first and other floors can have issues with the load limit of the floors.

A shed in the yard can also be a good option.

Of course, most people don't have the luxury of picking the best room in their house.

