

BUILD THE PERFECT HOME GYM



A STEP-BY-STEP GUIDE

stamina
PRODUCTS, INC.

INTRODUCTION

Are you tired of paying higher prices for a monthly gym membership? Maybe the fitness center is charging you for services or equipment that you don't even want or use. Maybe, even with that membership you can't get yourself to the gym at all – why would you bother having to deal with masses of people every time you go?

Perhaps you've never been that into fitness, but you'd like to start. Creating a personal gym is a great start once you've figured out your goal, be it weight loss, toning or putting on muscle mass.

For many, the prospect of being able to work out within the comfort of their own home sounds extremely enticing. While it may appear daunting, building your own gym is

actually quite easy with proper planning and knowing exactly what you want.

Your home gym could be as small as a yoga mat or one piece of cardio equipment. A home gym can also be a full array of machines, weights, and racks to accommodate any workout.

This short guide will walk you through all of the steps you need to build your own perfect home gym, tailor-made to your own needs. Chapters I, II and III give you a framework for planning everything needed in constructing the perfect home gym. **Chapter I: Why Build a Home Gym?** focuses on the positives and negatives of owning a home gym. **Chapter II: How to Do It**, walks you through the nitty gritty of determining what exactly you will need in

your home gym (such as locational needs and budget).

Chapter III: What You'll Need, discusses the bare essentials of equipment you should consider purchasing, along with an exploration of extras for those desiring to take their fitness a step further.

Chapters IV and V examine what you should do after you've created your gym. **Chapter IV: Where to Go Next** offers advice on determining a fitting workout in your home gym. **Chapter V: Safety** has some brief notes on important exercise tips, since proper care must be taken training in the home without the help of a certified personal trainer.

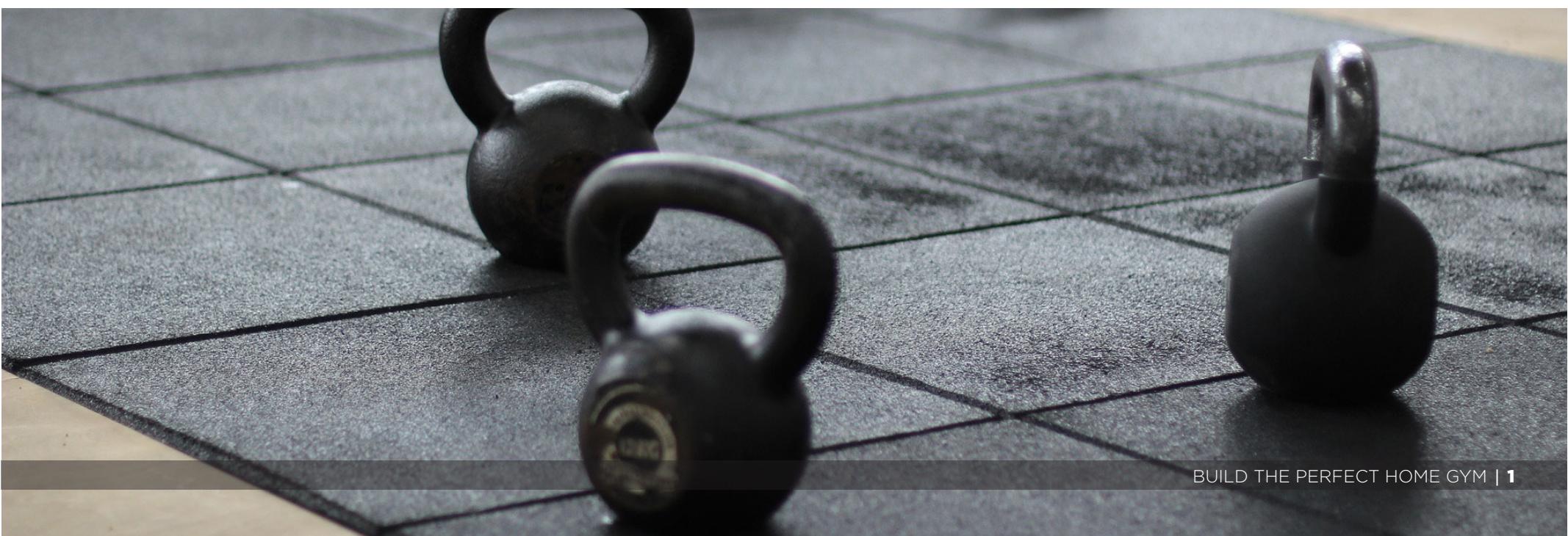


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WHY BUILD A HOME GYM?

WHY WORK OUT AT HOME?

The first, and perhaps most important question you should ask yourself in this process is: Why do I want my own home gym? Creating a home gym can be a significant investment of both time and money. Consider the list below of pros and cons for owning your own home gym.

PROS TO CONSIDER

CONVENIENCE

One huge advantage of a home gym is the convenience of having it in your own home. Forget the days of making a commute in long traffic after work hours to get to the gym. With a home gym, simply drive home and it's right there. This could come particularly in handy for those with children. Home gyms minimize the need to go anywhere. Plus, as soon as you're done you can move on to other tasks you need to attend to. Some gyms are only open during limited hours. Going to a commercial gym may require more strict planning of your time, just to be able to work out when their doors are open. This is not the case for a personal home gym – workouts are done on your terms.

NO MEMBERSHIP FEES

Depending on the specific gym and level of membership you get, some fitness centers are expensive. This can add up in the long run. It can be difficult to find the money to pay for a gym membership if money is tight. With home gyms, paying is a one-and-done deal.

MORE COST-EFFECTIVE IN THE LONG RUN

As an extension of the previous point, while home gyms may at first seem expensive, their dividends will quickly pay off compared to a commercial gym membership. Plus, you're not limited to only letting yourself use the equipment. Friends and family members can, too, saving you the money from multiple gym memberships.

YOU'RE IN CONTROL

Because you're the one creating a gym, the space will be tailored exactly to your own desires. This is proven not only in terms of equipment, but how the room itself will be arranged.

(See right for examples)

Some examples of personalized spaces include:

- A wide-open, well-lit area, designed for yoga, Pilates or calisthenics.
- A basic weight room with a squat rack and weights.
- A combination of rowers, bikes, treadmills and a television, for those who are primarily focused on cardio.
- A corner of a bedroom with your chosen piece of equipment.



WHY BUILD A HOME GYM?

SOLACE IN SOLITUDE

During peak hours, commercial gyms can be extremely crowded. For anyone who feels anxious or irritated in a large group, getting a home gym should be a significant consideration. Home gyms allow a person to work out with a chosen workout buddy or completely alone, in silence and solitude.

CONS TO CONSIDER

LACK OF GUIDANCE

The added freedom and independence of home gyms comes with a price to pay: no one is there to guide or watch you for the sake of progress and safety. At a home gym, unless you hire a personal consultant, personal trainers are less likely to be around. You will more likely be required to figure things out on your own. This extends to safety protocol. Extra care must be taken in a home gym, especially when you are working out alone (see Chapter V for more information on safety in the gym).

Luckily, some products come with workout videos that you can simply follow along with. There also is an ample number of free videos and advice online.

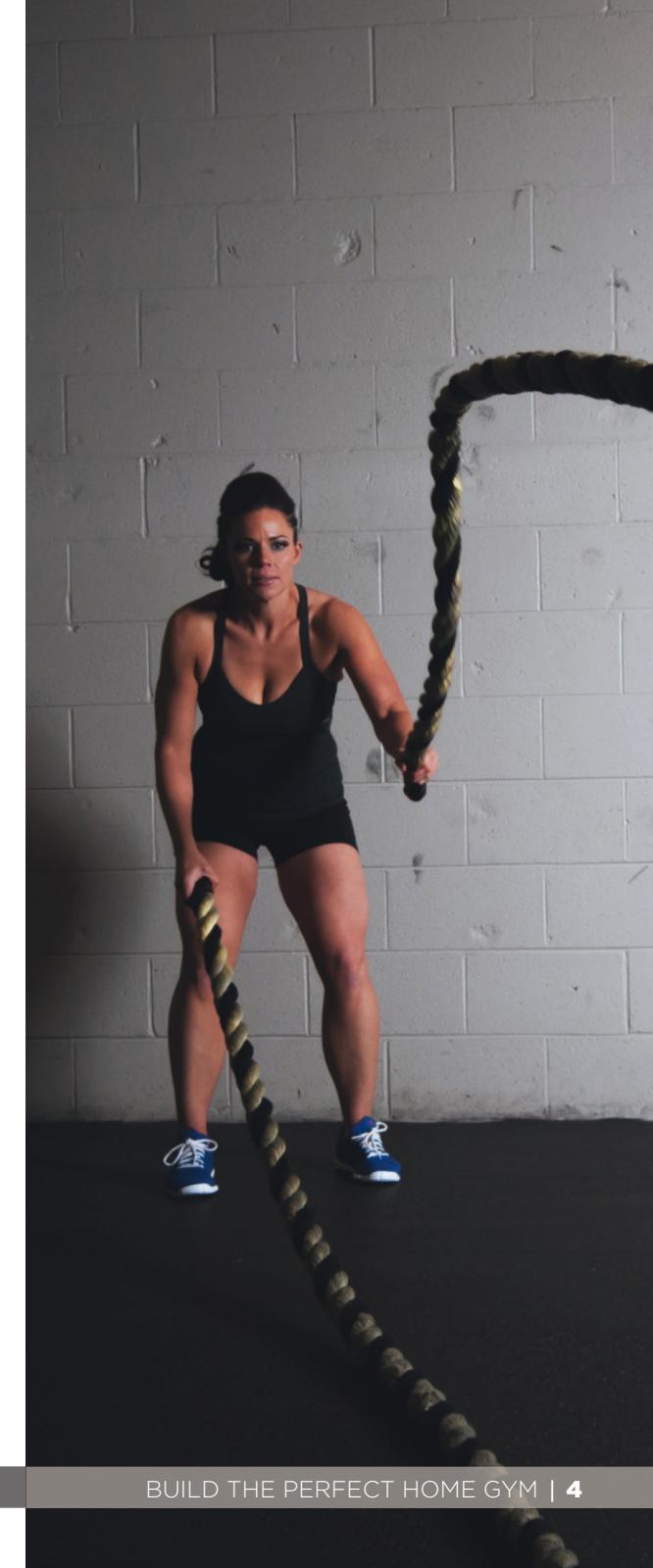
LESS SPACE AND EQUIPMENT

Commercial gyms will have significantly larger and more stocked spaces. If you are building a home gym, you will need to decide what you want, especially if space is limited. Whereas many commercial gyms have equipment you would need for any kind of a workout, depending on the budget you may need to make your home gym much more specialized. One solution that many home gym owners employ is storage solutions. Even if space is tight, you can find ways to store your equipment. Many machines and weights are designed for storage and fold, roll, etc.

COSTLY IN THE SHORT-RUN

It will pay-off long-term, but expect the initial investment to be more than joining a gym in the first month.

However, you can expect your equipment to last a long time. Furthermore, you can start off small and build your gym piece-by-piece. There's no need to buy it all at once.



WHY BUILD A HOME GYM?

LESS SOCIAL INTERACTION

If you are the kind of person who enjoys stopping for a quick chat with a gym buddy or surrounding yourself with other people, you may be out of luck. Some people desire more social interaction when they are at the gym. If you feel this way, a home gym may not be the right fit for you. However, don't let that stop you from considering it. Family members and friends can join your home gym, too.

To recount, here is a chart comparing the pros and cons of owning a home gym:

PROS	CONS
CONVENIENT	LACK OF GUIDANCE
NO MEMBERSHIP FEES	LESS SPACE / EQUIPMENT
COST-EFFECTIVE LONG-TERM	HIGHER INITIAL INVESTMENT
CUSTOMIZABLE	LESS SOCIAL INTERACTION
QUIET AND SOLITARY	



HOW TO DO IT

SOME DECIDING FACTORS

So, after considering the pros and cons you've finally made a decision. You're ready to begin planning the perfect home gym! But, it still seems like a daunting job. Don't worry, we've got it all figured out for you. You just need to determine a couple more factors before you're ready to pinpoint purchasing specific items.

GOALS

The first, and perhaps most significant consideration of building your own home gym is: Why?

Although your goals may change, it is good to start with an initial goal in mind. You can always add more equipment later. Your goals will determine everything about your gym, including equipment purchased and the configuration.

BUDGET

Another consideration is your budget. How much are you comfortable spending on exercise equipment? There are a wide array of options at many price points.

Budgeting your gym isn't simply figuring out how much money you want to spend on

purchasing equipment or reformatting a space. Be realistic on what you are willing to invest. Consider these other points about budgeting:

QUALITY

Purchasing weights and exercise equipment can add up pretty quickly. So, you'll want to shop for quality equipment from reputable brands. The level of quality is the first thing you should figure out when determining a budget for your home gym. Online reviews are a great way to find honest opinions from real users.

QUANTITY

How many people are going to be using your home gym? There will be a difference in budget consideration between just you and a family of 5. The amount of people will determine budget in terms of equipment, and where you decide upon a location.

ORDER

Are you wanting to purchase all of the equipment for your home gym at once? Or, perhaps you are planning to opt for purchasing it piece-by-piece. If you are in the latter camp, it may be beneficial to think about what you'd like to own first. Once you've decided the quality and



HOW TO DO IT

quantity of your budget, you can figure out what equipment you'd like to own as time passes by. The equipment you expect to use the most, for example, could be your first purchase.

LOCATION

Next, you need to figure out where you'd like your gym to be. Take a moment and think about what kind of space you desire or need. Everyone is trying to achieve different goals in their fitness journey. Your gym should accommodate those goals to help maximize the chances of you reaching them. Here's some subpoints to look at for deciding upon a location.

SIZE

How much space do you require? Do you have a place in your home that can meet this requirement? If the answer is no, don't fear. Many people find a way to have their own gym amidst space limitations. Look around your property and determine some possible spaces. Here's some locations you might consider:

- Spare bedroom
- Garage
- Outdoor area

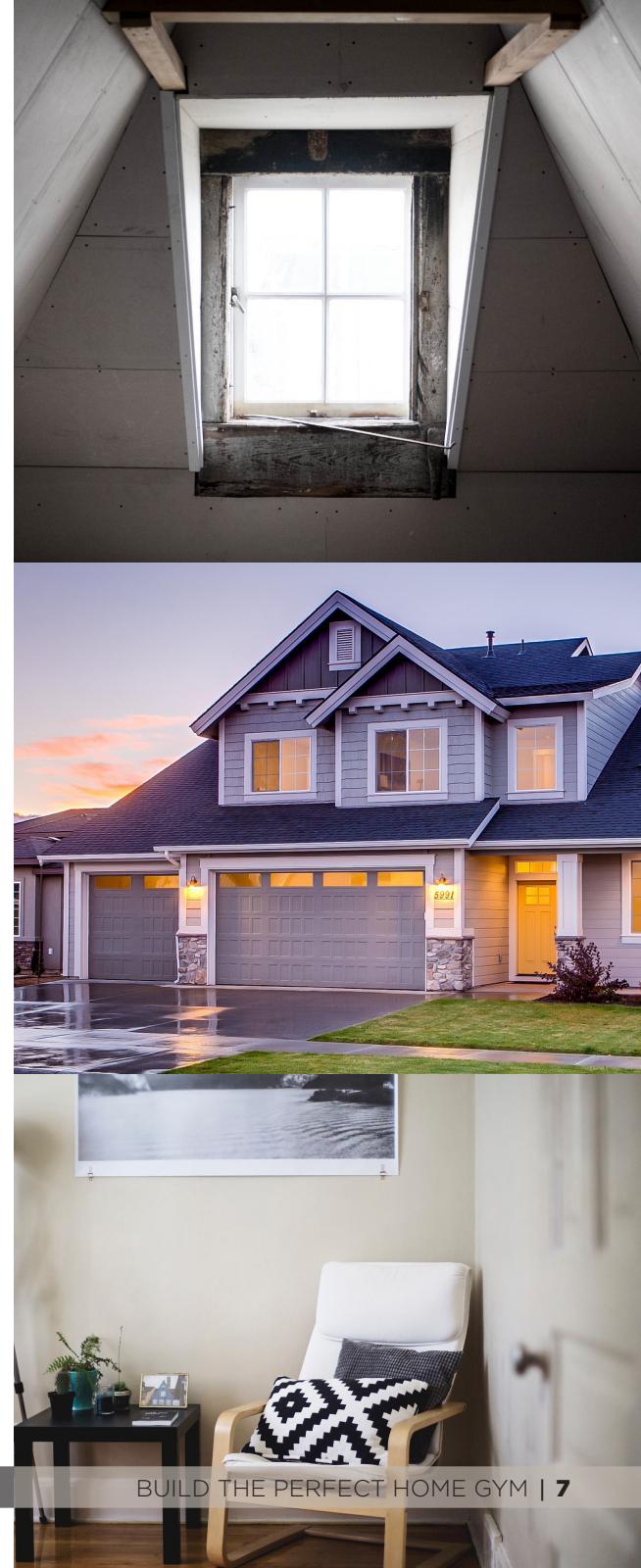
- Guest house
- Home office
- Attic
- Basement
- A corner of any room

MOOD

People often get a certain 'vibe' when entering a space. How does entering into a room make you feel? Motivation is wildly important for achieving your goals. If the location makes you feel uneasy or puts you in a bad psychological headspace, it will be harder to achieve exactly what you want. Try to find a place that is warm, inviting and bearable, because you may be spending extended periods of time here as you delve into your workouts. Visualize yourself in this space. If it's easy to imagine working out here, you know you've likely made the right decision.

MOVING

The last thing to think about location is how it figures in to the equipment. If you have an idea that your gym will have large, bulky equipment or will take up a lot of space, you may consider choosing a bigger space for your home gym. This will make moving the equipment in and out immensely easier.



WHAT YOU'LL NEED

Ok, ok. Great. You've figured out that you want a home gym. You've determined your goals, budget and location. Now it's time for the fun part.

One of the awesome things about home gyms is the fact that you can build it piece-by-piece, instead of all at once. Or, if the budget allows, you can stock your fresh home gym with everything you need.

First, we'll explore the essentials that every gym is recommended to have, regardless of your goals or individual needs. These are basic items that will take your workout a surprisingly long way. Then, a list of more specialized categories will help you know exactly what you should purchase for your own goals.

BASIC STARTER ITEMS



YOGA/EQUIPMENT MAT

Whether the surface of your gym floor is hard tile or plush carpet, you will likely need a stable, padded surface to do bodyweight exercises and keep your equipment secure. Yoga or equipment mats are an important addition to any gym.

RESISTANCE BANDS

Resistance bands are extremely affordable and infinitely useful. They can be used to work any muscle in the body and require no extra equipment. You can strengthen and tone your whole body with the help of resistance bands.

JUMP ROPE

Jump ropes cost next-to-nothing and are a great-low impact way to get a quick cardiovascular workout in.

DUMBBELLS

The weight is up to you, but it's recommended to have a couple of dumbbells to start out with. Dumbbells are an effective way to get in a strength training session. For a more convenient and space-saving option, consider adjustable dumbbells.

MORE ITEMS TO CONSIDER

Now we can get to the meat of the home gym creation-process. You've figured out what your goals are fitness-wise. It's time to buy equipment that will help you accomplish that goal. Following are specialized suggestions depending on your aim.

DO YOU WANT TO...

LOSE WEIGHT, BURN FAT OR IMPROVE CARDIOVASCULAR ENDURANCE?



EXERCISE BIKE

Bikes are an affordable and space-saving way to get your heart pumping. Biking is a lower-intensity exercise compared to running, which is harder on your joints and limbs. Better yet, many bikes include function monitors, where you can track your statistics. This is a good starting point for tracking your fitness progress over time.



ROWING MACHINE

Rowing is a great cardiovascular alternative to running. It works your heart without a high-impact to your joints or hips. If burning calories is your desire, a rowing machine could help you reach that goal quickly. This is a good starting point for tracking your fitness progress over time.



TRAMPOLINE

Trampolines, often referred to as rebounders, will bring back the fun of being a kid combined with a great leg and core workout. These are small, portable and space-saving. Many fold in half for easy storage.



ELLIPTICAL

If you're not the biggest fan of rowing or running, another alternative is the elliptical. Ellipticals are low-impact, too.

MORE ITEMS TO CONSIDER

LOSE WEIGHT, BURN FAT OR IMPROVE CARDIOVASCULAR ENDURANCE?



TREADMILL

Convenient and customizable to your own workout needs, treadmills are a great starting point for fat burning and cardiovascular gains. Better yet, many treadmills come with preset workouts to shake up the intensity.

PILATES REFORMER

Pilates is a low-impact full-body exercise system that lengthens and strengthens every muscle in your entire body. With the AeroPilates Cardio Rebounder, you can achieve more.



STEPPER

You can really push your limits with a stepper. Climbing stairs is a great workout and the benefits are incredible. Steppers are especially useful for people looking to lose some weight while toning their core and lower body.

MORE ITEMS TO CONSIDER

DO YOU WANT TO...

BUILD MUSCLE OR STRENGTH?



POWER TOWER

A Power Tower is a great stand-alone item that adds versatility to your workout. With pull-ups, dips, sit-ups, and push-ups, you can take your workout to the next level.



BARBELL AND PLATE SET

A barbell and set of plates are the foundational crux for anyone desiring a resistance-based, strength-building workout. You will be able to work both the upper and lower body with these two pieces of equipment. Consider purchasing a full-sized Olympic bar and a set of rubberized plates for sturdiness and safety (especially if you expect to drop the weights on the floor).



AB/HYPER BENCH

Engaging the core muscles is a highly effective way to burn fat and build strength. An adjustable ab bench allows you to do core exercises and even works your back.

AB WHEELS

Ab wheels are a simple but practical way of building the core muscles, allowing for greater mobility.

ADJUSTABLE BENCH

By itself, the adjustable bench allows for a wide range of exercises with both bodyweight and dumbbells, a barbell or kettlebells. When combined with the squat rack, you now also have a bench press.

SQUAT RACK

Anyone who wants to build muscle should consider purchasing a squat rack. Squat racks are versatile in that they provide you with the means of doing exercises for both the lower and upper bodies. And, if you expect to lift without a spotter, a squat rack will help protect you in the event of an accident or drop. Many squat racks come with pull-up bars.

MORE ITEMS TO CONSIDER

DO YOU WANT TO...

BUILD MUSCLE OR STRENGTH?



DOOR GYM (left)

If buying a Power Tower is too far out of budget, an alternative option exists. Doorway pull-up bars are extremely affordable, easy-to-install and give a great upper-body workout.

PLATFORM

A platform is an important piece to own if you plan on doing Olympic-style lifts, including squats, deadlifts or cleans. Platforms will protect your floor and lessen the sound of your heavy lifting.

MULTI-GYM

When space is an issue, a multi-gym can be a versatile and space-saving solution for resistance workouts. These machines can move in many directions, allowing for a wide range of exercises.

INCREASE YOUR FLEXIBILITY?



PILATES REFORMERS

Pilates is a low-impact full-body exercise system that lengthens and strengthens every muscle in your entire body. You can even do cardio on some reformers.



BACK MASSAGER

For anyone looking to feel more limber and mobile, a back massager is a great place to start. It will help loosen up tight and tense back muscles.



BACK TRACTION DEVICES

Whether you're using an inversion chair/table or another type of back health item, it is always of great benefit to decompress your spine to combat the impact from daily life.



FOAM ROLLERS

Foam rollers are another way to loosen the body into a relaxed state. Roll out any part of the body for a great stretch.

WHERE TO GO NEXT

You've determined the location, budget and all the equipment you need. Perhaps you've even gotten to the point where you have your home gym set up and ready to use. One question remains: **what do I do now?**

BEGINNERS, LOOK HERE

If you know nothing at all about fitness or exercise, start here.

One important thing for any program or workout routine is understanding the underlying movement or muscle you are working. Every exercise should be done consciously and carefully to minimize risk of injury (see the next section, Safety, for more information).

FINDING A ROUTINE

Now you need to pick out a routine. There are thousands out there. Search long enough and you will likely find one perfectly suited to your own needs.

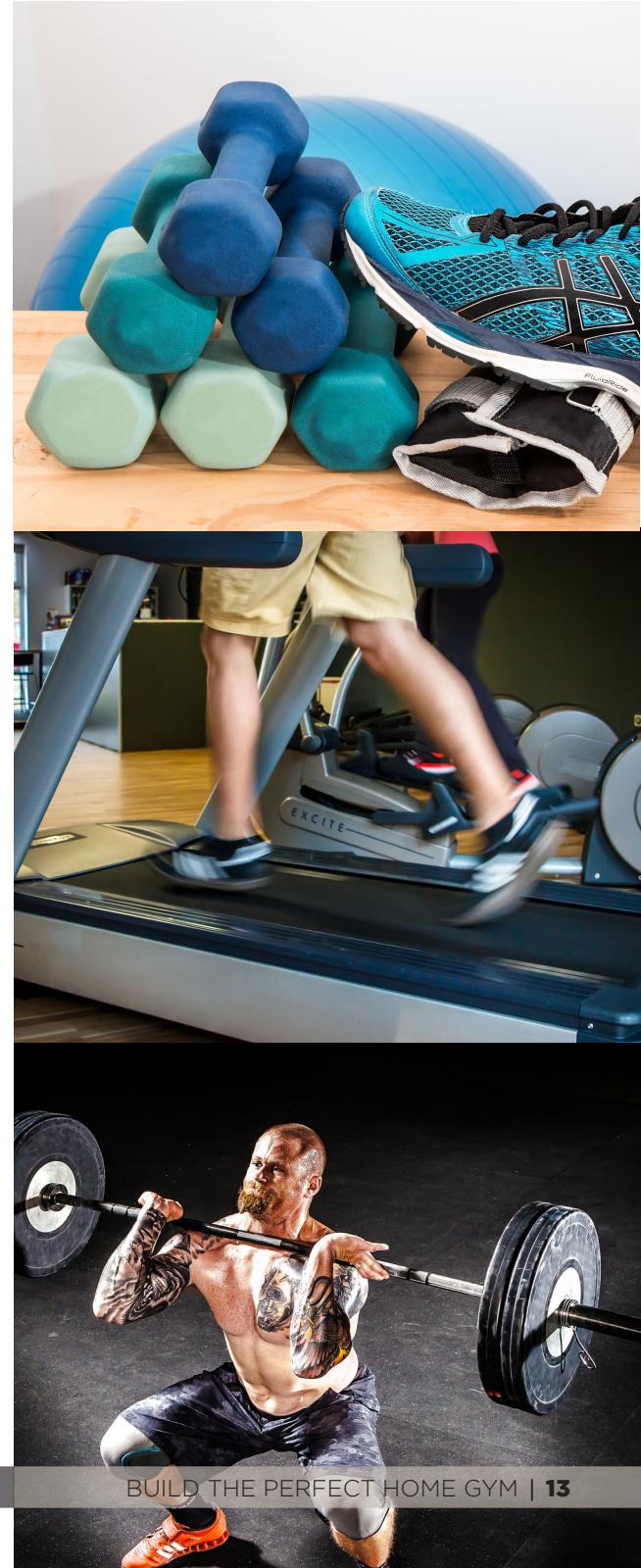
You may be surprised (or not) to learn that even goal-specific routines can widely vary. Some workouts are centered around high-repetitions or long amounts of low intensity; others, low-repetition and high weight or short amounts of more intensity.

For the inexperienced, starting a fitness journey can seem daunting. It doesn't have to be that way, though. As you've already figured out what your goal is, you simply need to take the next step in that direction.

Many websites have great walkthrough videos showing you how to do a particular exercise with step-by-step instructions.

Choosing a workout routine doesn't need to be difficult. Try following these steps.

1. **Ask yourself some more questions:** How much time do I have each day to dedicate to exercise? How many days a week do I want to work out? What are my strengths, in regards to conditioning, cardiovascular endurance or lifting ability?
2. Once you've answered these questions, **consider searching online.** There are a lot of beginner-friendly workouts that will help achieve your goals in no time.
3. If you are desiring something a little bit more in-depth and guided, you may **think about buying a workout DVD.** There are DVDs available for many different kinds of workouts. Some are even included with the purchase of specific equipment!

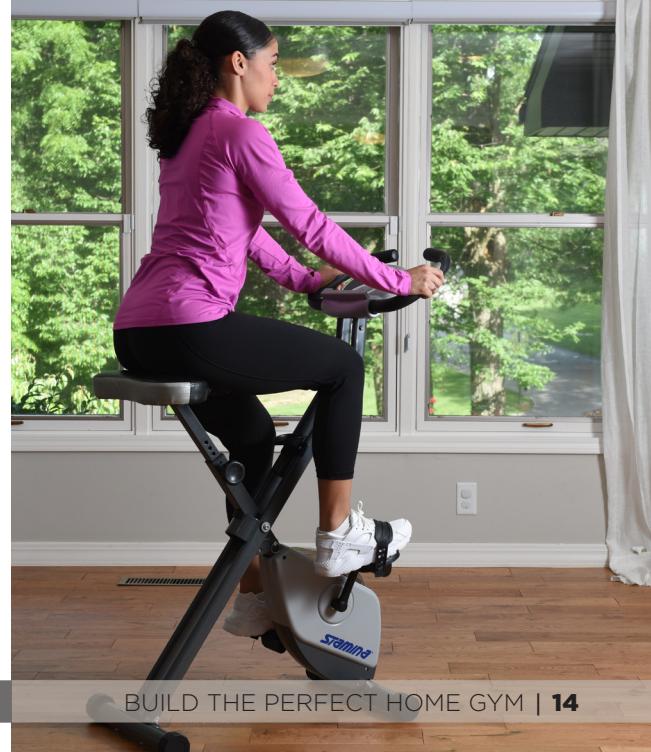


SAFETY

Safety is extremely important and should always be considered when doing a workout in your home gym. Without the watchful eye of a trained professional, it can become easier to injure yourself if you aren't careful. **Follow these 8 tips for a solid start on practicing safety during your workouts.**

1. **Warm up:** Stretching out your muscles and raising your body temperature will maximize your productivity in the gym. You will feel more prepared to safely handle the stress of physical work.
2. **Follow directions:** Make sure you fully understand how every single exercise is done properly. Correct form is of dire importance. Also, proper handling of equipment is necessary. Always refer to the manufacturer's instructions if you are unsure how to operate it.
3. **Keep everything organized:** Regardless of whether you are doing exercises in a locked position or not, you should ensure that your space is free of clutter to reduce the chance of an accident. When doing weighted exercises, always make sure you have re-racked unused weights or equipment. Falling on a weight backwards mid-workout is not exactly an ideal situation. Your clean space will also put you in a better and more motivated mood.

4. **Breathe:** It's never a good idea to hold your breath while exercising. Always breathe in and out. Your lungs will thank you for it.
5. **Know your limits:** You may reach a point when it is necessary to halt or slow down your workout, especially if you are doing high-intensity exercises. If you are lifting heavy weights, it's highly recommended to have a friend or family member spot you as a safety precaution.
6. **Listen to your body:** If you're feeling exhausted or dizzy, there's a reason. Always listen to how your body is communicating.
7. **Have an emergency backup plan:** Though you may think it unlikely to occur, it's always a great idea to be prepared for any emergencies. Consider buying a first-aid kit and medicine, then place it in an accessible place in your gym. Also, having your phone nearby is always important.
8. **Speak with your doctor:** Speak with your primary care physician before beginning a workout of any kind.



CONCLUSION

Congratulations! After following this guide, you should now have developed a plan for building your own perfect home gym. Before wrapping up, here's a quick recap of everything discussed:

1. There are pros and cons to owning a home gym. For most, especially if it fits your particular needs, the pros typically outweigh the cons.
2. After you've figured out the positives and negatives of building your own gym, you should delve into the fundamentals of creation, including:
 - Goals
 - Budget (quality, quantity and order)
 - Location (size, mood and moving
3. Follow the list of basic starter items one should consider for a gym. After that, figure out what your goal specifically is. Find your category for further equipment suggestions.
4. Find a routine either online or by purchasing a DVD if you think you'll need some extra guidance.
5. Always practice extra safety.



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