

4 Steps to Designing Your Perfect At-Home Gym

Follow these 4 steps to avoid frustration and failure with your at-home exercise program



1. Start with a Self Check-In

This is the most important step, yet most people skip it. When they do, not only do they usually fall short of their goals, in many cases they end up going backwards! Ask yourself the following questions to start:

- **Health History** - What injuries and/or conditions could affect my choices?
- **Exercise History** - What types of exercise (did I/do I) enjoy?
- **Hobbies & Lifestyle** - What other activities do I love that would benefit from my home exercise program?

2. Invest in Quality

When purchasing equipment, it's important to do it the right way the first time to avoid buyers remorse. It may cost more upfront, but you'll get much more out of your workouts and your new space:

- Buy quality, built to last equipment
- Try any equipment before you buy it



3. Think Through the Details

Your home gym isn't just about the weight rack or treadmill. Make sure you also consider other important details, such as:

- Storage
- Ventilation
- Water and towels
- Phone & emergency plan

4. Make it Fun

Fitness can be fun, even at home. Adding some extras can make your space more enjoyable and enticing:

- Think about a sound system, TV, or projector
- A ping pong table, basketball hoop, or even interactive video games can be fun extras to add

Get Started

Inner Circle Fitness can help you design your perfect home gym. From ideas to installation, we'll guide you through the entire process and create a space that you'll enjoy spending time in. We also have the best trainers around to come train you in your beautiful new home gym! **Contact us for a free consultation!**

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