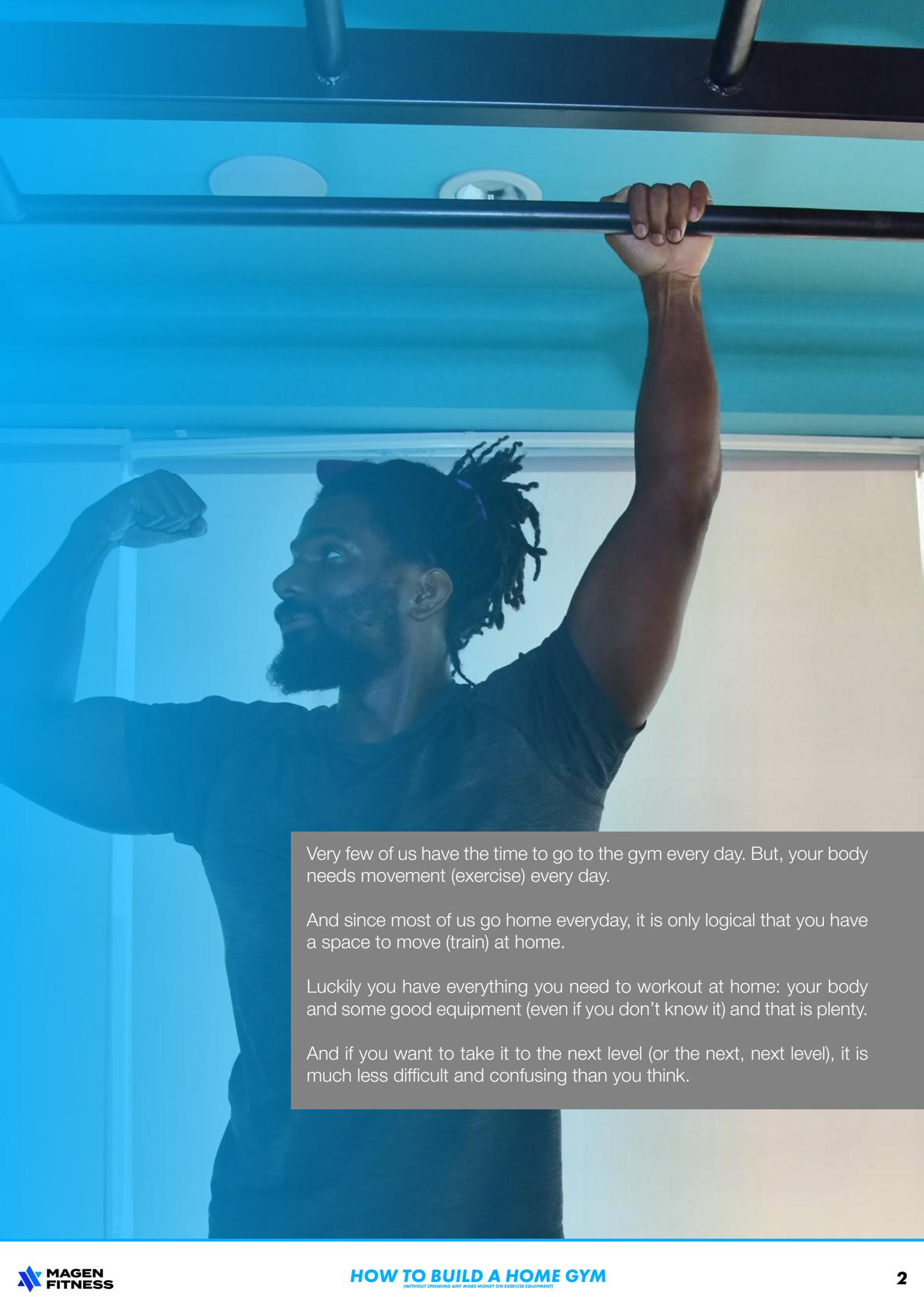
A woman with her hair in a bun, wearing a pink sleeveless hoodie and black leggings, is shown in profile from the waist down. She is in a lunge position, holding two green dumbbells. The background is a white paneled wall. The entire image has a light blue tint.

**HOW TO BUILD A**

# **HOME GYM**

**WITHOUT SPENDING ANY MORE MONEY  
ON EXERCISE EQUIPMENT**



Very few of us have the time to go to the gym every day. But, your body needs movement (exercise) every day.

And since most of us go home everyday, it is only logical that you have a space to move (train) at home.

Luckily you have everything you need to workout at home: your body and some good equipment (even if you don't know it) and that is plenty.

And if you want to take it to the next level (or the next, next level), it is much less difficult and confusing than you think.



## Step 1

# FIND YOUR LEVEL

There are 3 levels of effort you can put into a home workout space.

**Level 1** is using only items that are common in a home and that you already have.

**Level 2** is adding small “exercise” equipment. These are often light and inexpensive. You might already have some laying around. Designating a place will help you use it more consistently. And you might make an ongoing commitment to slowly expanding your options.

I personally prefer level 2 for myself. It gives me the option of squeezing in my workouts when life gets crazy and I can’t make it to a fully equipped facility. Also many level 2 items travel well giving me options to use on the road.

**Level 3** is larger, more expensive equipment. Stuff that you can’t put in the closet if you wanted to hide your exercise habits (Do you hide your books as well?). Additionally a dedicated exercise room or garage set-up falls into this category.

Everyone can do level 1. All the stuff that you need is already in your home. If you have a body and a floor you have the ability and a place to exercise. And there are many other everyday items that can be used for exercise.

Most people can make it to level 2. Exercise equipment has become so popular that you often can buy exercise equipment in the pharmacy, department store, or mall that you frequent already. Additionally, the convenience of the internet has made ordering equipment cheaper and more convenient.

Often people are at this level and don’t even realize it. If you bought some exercise equipment such as a yoga mat, band, small dumbbells or kettlebell or such you have already made it! The trick is to set up a space for exercise and use it. We will go over that in a following section.

Few people make it to level 3. Gyms are relatively cheap and accessible. For most people it isn’t worth it to make the larger investments. This equipment takes up large amounts of space and often people don’t have the room for it. But some people want to make the investment, have the space, and prefer to have all the equipment conveniently accessible and available when they want it. (You will never have to wait for a bench again if you have your own bench.)

I want to emphasize, want. You don’t need level 3 equipment or even level 2 equipment to get great results. If all you have is a home and the willingness to get started and stay committed, you can still get amazing results.

## Step 2

# DESIGNATE A SPACE

Look around your house for a space that you can turn into your Exercise Space.

### Level 1:

The basic requirements are:

- A wall, preferably clear enough that you can lean on it with arms stretched overhead
- A floor with enough space to move around on it without hitting furniture
- Protection from the elements

*While you can (and should) train outside regularly, bad weather is a weak excuse not to exercise. If you have a home you won't be unable to exercise because of the elements. Some people choose to do both so they have an option of outdoor workouts when the weather cooperates.*



### Level 2:

The requirements are:

- All items from level 1
- Additional space for storing equipment  
*If your equipment isn't stored in your exercise area you will probably not use it or the space. Make sure when you are scoping out your house you think about where you will store the equipment so you use it.*



### Level 3:

Look around your house and all your property and decide how big a project this will be.

It can be as small as dedicating an entire room or garage to be an exercise space, or as big as an additional room, building, or pool on your property.

Your dreams (and budget) are the limit.



## Step 3:

# ASSEMBLE YOUR EQUIPMENT.

### Level 1: Stuff you most definitely have.

There are many household items that you can use in your home workout space. An excellent start would be the following:

- Chair
- Towel
- Belt or length of rope
- Soup cans, water bottles, or laundry detergent jugs
- Broom
- Paper or plastic plates (especially if your workout area is carpeted or has a rug)
- Backpack and/or duffel bag
- Heavy books



### Level 2: "Exercise" Equipment

Many people have already invested in small items for exercising at home. Now is the time to gather them together and start using them regularly.

Some common items I have found in people's houses before starting an at-home training program are:

- Mat
- Resistance band
- Small dumbbells
- Ankle weights
- Sports balls
- Self-massage devices (such as balls or foam roller)
- Small kettlebells
- Hand gripper
- Jump rope



### Level 3:

Larger, more expensive items that take up more space. I generally consider any item that either costs more than \$100 and/or cannot be easily stored out of sight as level 3.

You may already have invested in some things like this (or you might be looking to upgrade):

Insert pictures

- Treadmill
- Barbell
- Dumbbell set
- Kettlebell set
- Exercise bench
- Stationary bike
- Punching bag

The sky (and budget) is the limit for level 3!



## Step 4

# ORGANIZE YOUR EQUIPMENT

At this point you should have picked out your space and assembled all your equipment in or near it. This might look like anything from a chair with a few items placed on it near a wall to a room.

You have two goals with this step:

Figure out how you can easily get the stuff out so you can exercise

Figure out how it will be stored so that you are happy in your home when not exercising

### Level 1:

If you have some convenient storage space such as a drawer or closet nearby you can put your stuff in there.

If you don't, the best solution I have found is to put it all in a bag next to the wall when not in use. If the bag is too much of an eyesore, invest in something that can hold your equipment that works for you.



**Level 2:** With the increase in stuff also comes an increase in the need to organize.

If you live on your own then you can just leave your stuff out - you are done! But if you live with roommates or a wife (and/or kids) then you need to organize the items in a way that is acceptable to everyone in the house.

If your items are small enough then you might have the option of storing them so they are easily transportable. Such as all in one duffel bag or box that you take out when you exercise.

### Level 3:

At this level you have already created a thing of beauty (or an eyesore) and there is no hiding it. If you dedicated a room (or garage) to exercise then still make sure to organize your stuff so you can find what you want when you want it. If you didn't then try to keep the room functional for its other purpose(s) as well.

Also it is important to ensure you properly maintain your equipment. Some items are indestructible (such as a high quality kettlebells), some will need to be replaced overtime (bands wear out) and some require ongoing maintenance such as an ergometer, treadmill, or stationary bike.



## Step 5:

# USE YOUR GYM

This might be the most important part and you could write an entire book on it. In fact, many people have!

Using your workout space isn't just for burning calories, it also is for learning how to use your body to do the things you want to do.

Find options that speak to your goals, whether that is to lose a few pounds, get stronger, or just be able to play with your kids as you age and they grow up.

There are free videos on YouTube, free and paid apps on your smartphone, affordable books and DVDs, as well as personalized coaching which can be done via Skype or through an app.

If the gazillion options are too much to deal with, send me an email ([David@Magenfitness](mailto:David@Magenfitness)) and I will see how I can help.

In general, I recommend that you to stick to this step for a while before you move on to the next one.



## Step 6:

# EXPAND YOUR OPTIONS

Once you get rolling and you are using the gym you have (whether you are Level 1, 2, or 3) then you can expand your space.

This might mean seeking more education, watching videos from new sources, buying new books, taking new courses, and perhaps getting a trainer.

With just your body and some floor space there are tons of options: yoga, Pilates, gymnastics, bodyweight resistance training, etc. If you never want to invest another penny in exercise equipment you can still be in great shape and never run out of things to do.

My Personal Favorites are Yoga and StrongFirst Bodyweight resistance training.

A great source on Yoga is the [Ray Long Mat Series](#) and the best intro to Strongfirst Bodyweight training is "[The Naked Warrior](#)" by Pavel

There are also at-home variations of most resistance training exercises you see in the gym.

For example here is a video of me demonstrating [How to do a Chair Squat](#)

This might mean equipment. Taking your Level 1 to a Level 2 or investing in more equipment to transform your Level 2 into a level 3.

The more equipment you have the more options you have. My recommendations on the essentials that aren't too expensive (or big) on the Top 5 are:

1. Kettlebell(s)
2. Foam roller
3. Suspension Trainer
4. Resistance Bands
  - Large Resistance bands (find name for this it is in PN)
  - Cook Bands
  - Mini Bands
5. Jump Rope



## ***CLOSING THOUGHTS***

No matter what level you pick you have just made a huge investment in your life and happiness. You have saved an enormous amount of commute time and brought the ability to keep your body fit into your own home.

Stay on the path!

If you every have any questions, or just need some guidance, I am always available by email.  
[David@MagenFitness.com](mailto:David@MagenFitness.com)