

### How to Design a Home Gym That You'll Actually Use

By David Karpman, a fitness expert who has helped thousands of people design their home gyms. He offers advice on how to make the most of your space and budget.



Photo by David Karpman for The New York Times. A home gym with various exercise machines.

**3** **Make a Plan**  
As you plan your home gym, it's important to think about how you'll use it. Will you use it for cardio, strength training, or a mix of both? Will you use it for group workouts or just for yourself? These questions will help you design a gym that meets your needs.



Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.

### Choose the Room

Choosing the right room for your home gym is crucial. You want a space that is well-ventilated, has good lighting, and is convenient to access. A spare bedroom or a converted garage are common choices.



Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.

### Table-Top of Your Equipment

When choosing equipment, consider the space you have and the type of workouts you want to do. A treadmill and an elliptical are good for cardio, while a free-weight rack and a bench are better for strength training.



Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.

### Designing a Plan

Designing a plan for your home gym involves thinking about the layout, lighting, and ventilation. You want a space that is functional and comfortable to use.



Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.

### Address the Floor and Walls

The floor and walls of your home gym are important. You want a floor that is durable and easy to clean, and walls that are soundproofed to prevent noise from disturbing others.

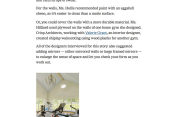


Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.

### Pay Attention to Lighting

Lighting is a key factor in designing a home gym. You want a space that is well-lit, with natural light if possible, and artificial lighting that is bright and even.



Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.

### Finish It Off

Finishing your home gym involves choosing the right flooring, paint, and accessories. You want a space that is functional, comfortable, and aesthetically pleasing.



Photo by David Karpman for The New York Times. A home gym with a large window and a treadmill.