

Everything you need to know about building a home gym. We cover the exercises, equipment needed to be successful without a gym membership.

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Want to take the hassle out of heading to the gym? By creating a workout space within your home, you'll have a perfect place to get away. In this article we'll be taking a look at the ultimate guide on building your own home gym, weighing up the pros and cons, plus looking at some of the best pieces. If you're looking to build a budget home gym, then you NEED to read this post. It's not as hard as it looks. By following these easy steps, your. Essential Equipment. Barbell & plate set. This is the most important piece of equipment you'll need for your home gym and will be the foundation of pretty much all of your workouts. Bench. To make the most of your barbell sets, you'll need a bench. Rack. Flooring. Kettlebells. If you want to know what the best home gym equipment is and how to build a home gym without emptying your wallet, then you want to read. Sick of sissy commercial gyms and the gimmicks of the home workout industry? Build your own insane training space with these 5 pieces of.

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