

HOME GYM SETUP CHECKLIST

Start small | Buy in stages | Keep it safe

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STEP 1 MEASURE YOUR SPACE

Floor area: _____ x _____ ft Ceiling height: _____ ft Floor type: _____

Noise limits (neighbors/family): _____ Storage spot: _____

STEP 2 STARTER KIT

- ☐ Exercise mat
- ☐ Resistance bands (light to heavy)
- ☐ Adjustable dumbbells or kettlebell
- ☐ Sturdy chair or bench
- ☐ Jump rope (optional)
- ☐ Water bottle and towel

STEP 3 GROW LATER

- ☐ Adjustable bench
- ☐ Pull-up bar (check door frame)
- ☐ Rubber flooring or mats
- ☐ Squat rack (needs ceiling space)
- ☐ Barbell and plates
- ☐ Mirror for form checks

SAFETY CHECK

- ☐ Floor is flat and not slippery
- ☐ Clear space around you
- ☐ Equipment is stable
- ☐ Know how to stop a lift safely
- ☐ Warm up before every session
- ☐ Ask a pro if unsure

FLOORING GUIDE

- ☐ Rubber mats: durable, absorb impact
- ☐ Foam tiles: cheap, lighter loads
- ☐ Bare floor: use a mat under weights
- ☐ Check weight limits on the label
- ☐ Measure before you buy

BUDGET NOTES

Starter budget: \$ _____ Next purchase: _____ Date: _____

Tip: use what you buy for 2-4 weeks before adding the next item.

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General fitness and nutrition information, not medical advice. Check with your doctor before starting any exercise or eating plan.