Home Gym Layout & Spacing Guide

Map out your floor plan and train safely in your new space.

Transform your spare bedroom into a high-performance workout space. Use these structural checks and spacing guidelines to create a safe, highly functional gym.



Clearances & Specifications

3/4 inch
stall mats for heavy impacts

20 in
mirror base gap above floor

4000K
cool lighting to boost alertness

96 in
minimum ceiling height for pull-ups

36 in
clear runoff space behind treadmills

24 in
walkway space between stationary machines

18 in
clearance from weight racks to walls

12 in
lighting clearance above highest reach

Smart Equipment Flow

Group heavy cardio machines near power sources and leave the center completely open for dynamic floor exercises and safe barbell loading.

Sound & Structure Upgrades

Find your row: **Your room's location**

Your room's location	Your pick	Why
Upper floor lifting	Perpendicular plywood base	Spans multiple floor joists
Shared interior walls	1/8-in mass-loaded vinyl	Blocks low-frequency thuds
Main hallway entry	1 3/4-in solid door	Traps gym noise inside
High humidity space	30-pint dehumidifier	Protects metal from oxidizing

Pre-Installation Checks

- ○ Check your electrical panel for a dedicated 20-amp plug.
- ○ Locate underlying floor joists before bringing in heavy motorized equipment.
- ○ Consult professionals for your floor's exact live load weight capacity.
- ○ Verify commercial-grade surge protector ratings for sensitive digital displays.
- ○ Confirm wall studs for anchoring continuous aluminum J-channels.

Organization & Safety

- ☐ Keep accessories visible with pegboard band storage.
- ☐ Place the heaviest metal attachments on the lowest hooks.
- ☐ Install heavy-duty steel anchor rings directly into wall studs.
- ☐ Route thick equipment cables along baseboards using rigid concealers.
- ☐ Position overhead light fixtures parallel to your mirrors.
- ☐ Stagger dense rubber mat seams in a brick-like pattern.
- ☐ Mount your smart television on an articulating arm.

Room Measurements

Enjoy building a beautiful, high-performance space that keeps you motivated every single day!