

The Corner Gym Plan

Transform a spare nook into a full-body workout space

Claim your space and protect your floors in a single weekend. Use these exact measurements and checks to build a safe, heavy-duty lifting zone.

● Key Measurements

2 × 2 m

Clear floor space for the nook

19 mm

Thickness of farm-store horse mats

3 heights

Door straps at ankle, chest, overhead

30 cm

Mirror distance off the floor

75-90 cm

Bells shelved hip-high for your height

Anchor on the hinge side

Always install anchors on the hinge side of a door that pulls away from you, so your body weight pulls the door shut safely.



● Cutting Rubber Mats

- 1 Elevate the cut** Slide a piece of scrap wood directly under your intended cut line.
- 2 Align a straightedge** Place a heavy metal straightedge exactly along your tape mark.
- 3 Score the rubber** Make multiple shallow, continuous scores with a sharp utility knife rather than one deep slice.
- 4 Bend and snap** Bend the rubber downward to snap the remaining fibers clean without dulling your blade.

● Choose Your Anchor Setup

Find your row: Door type you own

Door type you own	Your pick	Why
Solid-core wood or metal	Use fabric door anchors	Handles repetitive horizontal tension safely
Hollow-core interior door	Anchor into wall studs	Prevents the fragile door from warping

● Select Your Mat Size

Find your row: Your transport capacity

Your transport capacity	Your pick	Why
Can move 45 kg	1.2 × 1.8 m standard	Maximum seamless commercial floor protection
Need lighter 22 kg	1.2 × 0.9 m half-size	Easier to carry and position
Need 2.4 m length	12 mm trailer mat	Longer footprint but slightly thinner

● Pre-Installation Checks

- ☐ Verify no swinging doors or walkways cross into your active zone.
- ☐ Test arm clearance to avoid bumping into hallway entrances.
- ☐ Map out floor vents so solid rubber won't disrupt room circulation.
- ☐ Locate the wooden wall studs for your mirror and shelves.
- ☐ Check shelf bracket packaging to confirm the proper weight rating.

● Hardware & Decor List

- ☐ Black rubber stall mats and a sharp utility knife
- ☐ High-density foam crash pads for heavy lifts
- ☐ Fabric-wrapped resistance bands, coral for the lightest
- ☐ Wide wall mirror and heavy-duty mounting clips
- ☐ Heavy-duty steel L-brackets and thick lag screws
- ☐ U-shaped hook for vertical foam roller storage
- ☐ Resilient trailing plants like Pothos, Philodendron, or Ivy
- ☐ Small dry-erase board and a quiet oscillating fan

● Room Notes & Measurements

Enjoy your focused new workout zone and celebrate every single lifting milestone!