Home gym planning checklist

Check the room and your plan before buying anything.

Space available

Budget limit

Exercises I already plan to do

Storage plan

Space and access

- [ ] Measure the usable floor area
- [ ] Check ceiling clearance and movement space
- [ ] Keep exits and walkways clear
- [ ] Check the floor, noise and building restrictions
- [ ] Plan storage away from children and pets

Equipment fit

- [ ] List the exercises your existing plan needs
- [ ] Check dimensions and manufacturer's clearances
- [ ] Check compatibility of bars, plates and attachments
- [ ] Read rated capacities and assembly instructions
- [ ] Check whether installation needs a professional

Before ordering

- [ ] Compare the complete cost including delivery and assembly
- [ ] Check returns, warranty and replacement parts
- [ ] Plan inspection and maintenance
- [ ] Start with what you will use; leave optional upgrades blank

My additions

This sheet organises your questions. It is not a structural or equipment-safety assessment.

Follow manufacturer instructions and obtain suitable advice for installation or load-bearing questions.