

LES MILLS

Set up your ultimate home workout space.

Six ways to create the perfect home workout space and set yourself up for home exercise success.



For more information, please contact us at
INFO@LESMILLS.COM

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1. Find the Right Space

A garage or spare room is perfect, but you can make a corner, hallway or shared area work well too. Ideally, you want a space that is 10ftx10ft square with a ceiling height of 9ft.

If you don't have that much room, learn how to make the most of a smaller space [HERE](#)

2. Make Your Space Motivating + Distraction-Free

Keep the floorspace clean, tidy and clutter-free – it's good for aesthetics and health and safety. Bring energy, focus and motivation to your space with photos, artwork or motivational quotes.

Avoid the risk of distraction by using doors, curtains, or even baby gates to stop people (and pets) interrupting you mid-workout.

+ TIPS

Add mirrors to a small space. It makes space seem lighter and brighter, and it's easy to check your form.

Have a dedicated place to put your phone that is away from your line of sight. Remember to put it on silent.



3. Have Good Ventilation + Flooring

Airflow is so important, so if you're in a closed-off space, invest in some fans – it will make your workouts more comfortable, and prevent moisture and odor from building up.

Firm, slip-free flooring lets you execute moves more easily and your joints will thank you too. Commercial-quality interlocking foam flooring is a great option as it fits any space, protects your floors, your equipment and your joints, and it can reduce noise. If adding flooring is not an option go for a multi-use gym mat like the [MBX MAT™](#)

4. Get Tech Savvy

The bigger the screen the more motivation. You can easily stream to a Smart TV, or by using an HDMI cable. Apple TV, Roku and Chromecast also makes this easy.

Using good headphones means you can enjoy motivating loud music without disturbing others. They can also help you stay immersed in your workout, especially if you're exercising outdoors.

Investing in lighting, sound and visual setup can help you increase the intensity of your training.

Making sure your equipment is easy to access and set up can be the difference between making that 6am workout and going back to bed.



5. Choose Smart Equipment

It's tempting to go all in and buy a full home gym set up, but it's best to start with some weights and a bar, and maybe a resistance band, and then build from there.

SMART TECH™ weights can be used in multiple ways, replacing weight plates and dumbbells in your home gym set up.

6. Sort Your Storage

Good storage keeps your space clutter-free. Wall units (that bolt to the wall for safety) are good for keeping everything off the floor. Storage consoles that double as a bench and great. Slim equipment that can slide underneath existing furniture is also a smart choice.

How to Stay Motivated Once You're All Set Up

The best way to stay motivated is to mix up your exercise with a variety of fun and effective workouts.

LES MILLS™ + gives you access to 1000+ of the world's best workouts. You can also choose to use a coaching service like **LES MILLS Coach** to help keep you accountable and on track to achieve your goals.

Ready to invest in your home workout space?

Take a look at award-winning equipment designed by Les Mills for optimal workout performance.



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