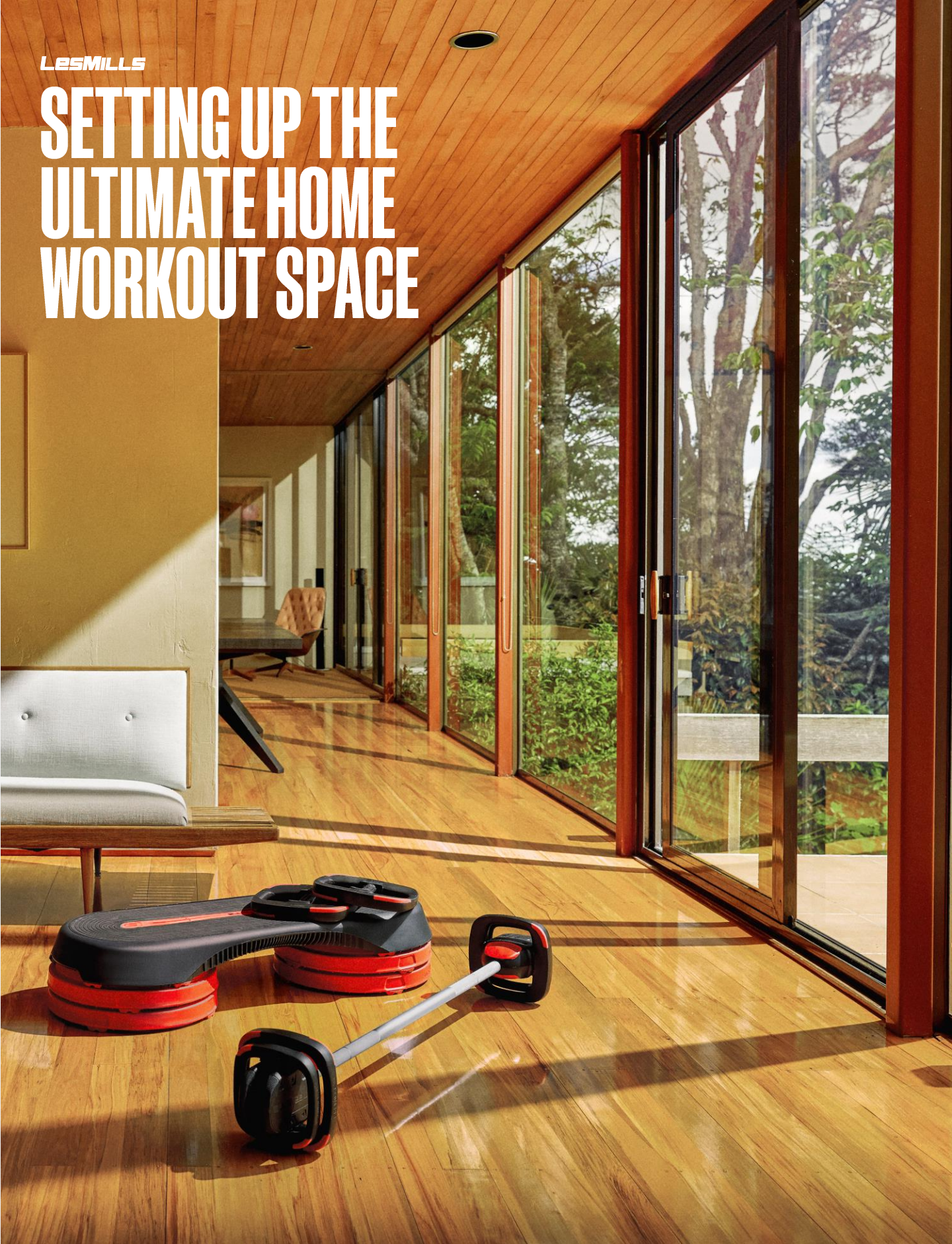


LES MILLS

SETTING UP THE ULTIMATE HOME WORKOUT SPACE



READY TO INVEST IN YOUR HOME WORKOUT SPACE?

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

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THE ULTIMATE HOME WORKOUT SPACE

More and more people are adding some sort of home fitness routine into their lives.

If you are thinking about creating a fitness space at home, then we are here to help. Check out our guide below on things to consider to take your space to the next level.

When it comes to home exercise there are five basic steps to success – and a crucial one of those is creating a great space to train. If you want to really raise the bar and make sure you get the most from your home workouts, read on and consider these insider tips from those who've been successfully working out at home for years.



HOW MUCH SPACE DO I NEED?

A key consideration here is flexibility. Create a space that can be used for lots of different types of fitness activity and you'll always be bringing something fresh to your workout. Fill your space with one-dimensional machines and you'll be drying your laundry on them in no time.

If you have a garage or spare room then you can really go all-in to create a great space. If you just have a corner, hallway or shared space, then you'll have to be a bit cleverer but it can be done.

“THE HOUR WHEN I DO MY EXERCISE IS WHEN I DON'T NEED TO STRESS, ALL I HAVE TO DO IS FOLLOW THE SCREEN. I CAN FORGET ABOUT EVERYTHING AND IN THE END, I WILL FEEL AMAZING. THAT IS WHY I LOOK FORWARD TO IT EVERY DAY.” GOSIA MIDER.



MAKE A SPACE THAT MOTIVATES YOU

Staying fit can be hard. When it comes to creating a space for working out in you need to make it as motivating as possible.

Consider things that will bring you energy and focus, and motivation. This could include some artwork, pictures, photos or motivational quotes, anything that brings you joy. Keeping your space clear of clutter and clean is also key, not only for aesthetics but from a health and safety point-of-view.

TIP

The old architects' trick of using mirrors in a smaller space is great for your workout area. Mirrors not only let you check your form but make the space feel lighter and bigger. If you're not interested in staring at yourself when you work out then orientate your space so you are not facing them.

ROOM DIMENSIONS

If you can, look for a space that is at least 10ft x 10ft square and a ceiling space of 9ft. This allows you room for weights, cardio equipment and lets you have space for lateral and vertical movement like the clean and press in BODYPUMP® or the shuffle taps in LES MILLS GRIT®.

If you can't spare this space, don't worry. You can do a lot with a smaller space, even with drastically lower ceilings by modifying your routines. Watch and learn how to make the most of a smaller space [here](#).

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VENTILATION + FLOORING

Airflow is very important, so ensuring you have good ventilation will stop you turning your workout space into a sauna in summer. Good airflow also prevents moisture and odor building up from your sweat sessions. If you are in a basement or garage, then invest in some decent fans for airflow.

Flooring is often overlooked but can make a huge difference to your workout. Firm, slip-free flooring lets you execute bear crawls and lateral jumps with ease and will make your planks much less uncomfortable. Your joints will thank you too.

Concrete floors can wear-out your equipment quickly, and wooden floors can take a beating from equipment that is not PVC or rubber-coated.

Commercial-quality interlocking foam flooring fits any size of home gyms, while protecting your equipment, floors and your joints.

Gym flooring can also significantly reduce noise, so if you are in an apartment building or have a sleeping baby in the next-door room then it's a must-have.

If adding flooring is not possible then grab a multi-use gym mat like the LES MILLS MBX Mat that can be used for yoga as well as more active exercises.

AVOID DISTRACTION

When you're working out in a gym you're surrounded by fellow exercisers, the focus on fitness is absolute and the chance of distraction seeping in is slim. At home it's a different story. Kids, neighbors, your pets, your phone...they're all on standby ready to sabotage your exercise.

If you want to successfully tick off an at-home workout you need to eliminate potential interferences before they take hold.

TIP

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

If at all possible, find a space that you can get away from other people to work out. Use doors, curtains or even baby gates to stop people (and pets) interrupting you when you are trying to work out.



GET YOUR TECH SET-UP SORTED

While streaming from your mobile or iPad is perfectly okay, you get a much more motivating experience if you're hooked up to a bigger screen. This can easily be done by using an HDMI cable to connect your mobile or iPad to the big screen. If you have a Smart TV you can stream most workouts on your television and many believe that investing in Apple TV, Roku or Chromecast is also worthwhile.

Good headphones are also a sensible investment. Katarina Berggren from Sweden says she loves working out with a good sound system, and uses headphones to make sure she doesn't wake the family during her early morning workouts. Others say using headphones helps immerse them in the workout more, particularly if they're working out outdoors.

Invest in your lighting, sound and visual set-up and it will pay dividends for how you feel. It's harder to lose yourself in a workout playing through your mobile phone speakers.

"WE'VE ALWAYS HAD A COMPLETELY DEDICATED WORKOUT SPACE IN EVERY HOUSE WE'VE OWNED – IT'S HOW WE STAY ACCOUNTABLE!" - LAURIE A LUCAS

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THE RIGHT EQUIPMENT

Getting the right equipment for your space is essential. The right choice will depend a lot on the type of workout you want to do, are you lifting heavy weights, doing cardio and HIIT training or will you use for yoga and stretch classes.

One key principle to keep in mind is that a few flexible, higher quality equipment pieces are a better investment in the long run.

It's tempting to go all in and buy the latest weights, machines and racks in the dream that you will be hitting the gym every day. It's a far more economical approach to start with some weights and a bar, and maybe some resistance bands and build from there.

“HIGH QUALITY EQUIPMENT HELPS TO MOTIVATE ME, AND I KNOW I AM PUTTING MY MONEY TO GOOD USE – CATHY SHEPPARD

LES MILLS SMART TECH Weights can be used in multiple ways, replacing weight plates and dumb-bells in your home gym set-up.

Depending on your flooring solution or preferred workout style – fitness mats like the MBX Mat are also great to make your session more comfortable and effective.

STORAGE

A small amount of storage goes a long way. It keeps equipment clean and the space clear and tidy. Wall units (ensure they are bolted to the wall for safety) can keep everything off the floor with a very small footprint.

By keeping any workout equipment organized in a basket or tidy spot you'll stay motivated, and remove the hassle of getting “set up” every time you think about exercise.

It's also a great way to make sure your space is clean, clutter free and welcoming.

TIP

For small spaces, dedicated storage for your equipment that is easy to unload and set-up can be the difference between making that 6am workout or going back to bed. If you have limited space then try a storage console that can double as a bench or other furniture, and look for equipment with a slim profile that can slide underneath existing furniture.



WORKOUT INSPIRATION

Today there are a million different ways to work out at home, but not all of it is high-quality and it can be easy for monotony to set-in. Fitness ultimately still comes down to motivation and enjoyment, so consider if signing up to a fitness platform like LES MILLS On Demand or a coaching service like LES MILLS Coach will keep you accountable and on track to your fitness goals.

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