

Gym Contractors Ultimate Guide to Your Home Gym

Thank You! Thank you for your love, trust, and continued support! We appreciate you for downloading you Ultimate Guide to Your Home Gym!

To be honest no equipment is needed to get healthy and in shape. There is only a five-foot diameter circle in the middle of the floor for space needed. So even a room is unnecessary.

For all those who are familiar with the desire to get healthy and in shape we know that there has ALWAYS been a designated area for doing so.

Whether it be in the corner of the basement with our few pieces, a specific room, garage, basement, or a warehouse after you have had all of those! I am laughing and smiling because that was and is me currently!

We now offer our 40+ years of expertise to help you create “Your Ultimate Home Gym!”

We offer Online Consultations, In-person Consultations, for Home Gyms or Commercial Gyms!

Follow the simple steps and you too will have an amazing place that motivates, makes it convenient, keeps you consistent, and keeps you accountable to yourself, family, and your goals!

Step 1 – Determine Your Goals

This will put everything in clear perspective. Determine how you plan on accomplishing your goals? Budget is a mindset, when you want something, you spend gladly, when you are unsure things are too expensive.

- Is this a casual keep me moving room or pieces of equipment?
- I plan on taking things seriously and need an arsenal of weapons to crush my goals!

Either way, you are going to need space, and several pieces of equipment.

You can be the minimalist and get several specific pieces of equipment to get in amazing shape!

You can out fit the whole room to the point it looks like a small “Big Box Gym”

Once again, either way we got you covered! Schedule your Discovery Call now, below just click the link.

<https://bit.ly/gFTProFit-DiscoveryCall>

One of our Pro Team Members will gladly assist you with determining what you need to accomplish your goals!

Step 2 – Pick a Room

This could be decided after you determine your equipment that you want or need.

Or you adjust the equipment you want due to the space available.

- Unfinished –
 - Remodel
 - Wall covering and paint
 - Flooring – Rubber or Padded
 - Lighting
 - Insulation
- Finished –
 - Repair
 - Paint
 - Flooring – Rubber or Padded
 - Lighting
 - Shelving
 - Mirrors
 - Sound System

These are just a couple of short lists to get the juicy thoughts going!

Nothing is cast in stone; you can always adjust!

Avoid getting caught in all the details, start the process, then refine it or get on a call with us so we can help!

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To determine space availability, grab a tape measure lock it on 24-36 inches. Put it on your bellybutton, turn in place a couple of times to see what type of space is needed for yourself to move freely. Or to see what space would be needed for a certain piece of equipment.

3 – Picking Your Equipment – FINALLY the fun part!

Your goals have pretty much dictated this. You already have a good idea of what you want. If you want it? Get it! Get the priorities first, then you can add on as you go, and you will, I promise! (Yes, I am laughing, I have a shed full of equipment that are add-ons!)

Remember that racks, benches, and barbells are not necessary.

Your skillset will also determine the equipment you purchase.

The Minimalist List –

Beginner – Advanced and the difference in the equipment will be mainly the weight of the following.

- Dumbbells – skillset and strength will determine
- Bands – several tension colors
- Med-ball – Various size and weight
- Jump Rope
- Myo-Fascia Therapy – Rollers & Balls
- Stability Ball
- Chin-up Bar

(There are several more items we could add to make this the Ultimate Minimalists Gym, barbell, landmine bomb, thruster bench, just to name a few)

The Ultimate Power Gym List -

- Everything Above
- Power Rack – Too many to list an specifics
- Benches – Too many to list an specifics
- Cable Equipment – Too many to list an specifics
- Conditioning Equipment – Too many to list an specifics

We have manufactures we use due to the quality of the equipment. We will not compromise on this; we use what we do because we have seen it all over 40+ years

We want to provide the service with the best equipment, we have standards, we have knowledge, we want to make it easier on you!

Get started by committing to YOU! Commit to being the healthiest best version of YOU! We want to help and would love to be a part of that Journey! Let us help get you convenient, consistent, and accountable! Once we determine what is needed, and you have your goals mapped out, we can get started on the order, the install, and you accomplishing your goals NOW!

We do Online Consulting or In-person Consulting for Commercial or Residential. Click the link below to get the process started with your Discovery Call today!

<https://bit.ly/gFTProFit-DiscoveryCall>

After your gym is setup what now? What are you going to do?

Bonus #1 – getFITwithTY Professional Fitness will set you up with a 30-Day Jump Start Program Online - \$347 value

Bonus #2 – Gym Contractors is giving you \$150 in gym Bucks to go towards your purchase! (coupon link on Gym Contractors page)

We thank you for your love, trust, and continued support!