

Forum:[Hack Forums](#)

Thread: [In Home Gym Or Going To A Gym](#)

Natalie Dormerr - February 8, 2016, 9:10 am

Well, which should I do? I have a treadmill and a couple 5 pound weights. Should I start buying some? I have kind of a athletic body from playing sports and I want to stay ripped and not become fat lol no offence. How long before I switch to 10 pounds? I usally do about 30-100 reps each arms and some push ups every other night but I feal like I need to step it up a bit (I have a physical job)

Cap - February 8, 2016, 9:17 am

I'd suggest going to a gym since they'll have all of the equipment you need to progress properly. You can definitely go passed five pound weights. It's going to be way cheaper to purchase a gym membership than purchasing your own equipment. You should be able to progress each week or every other week in terms of increase in weight.

EvaOura - February 8, 2016, 9:46 am

Unless you are willing to scrape up some money to buy a power rack, Olympic bar, metal plates, bench press chair and dumbbells then get a gym membership.

Natalie Dormerr - February 8, 2016, 9:50 am

(Feb 8, 2016 10:17 AM)I Flawless I Wrote: [\[CITE\]](#) I'd suggest going to a gym since they'll have all of the equipment you need to progress properly. You can definitely go passed five pound weights. It's going to be way cheaper to purchase a gym membership than purchasing your own equipment. You should be able to progress each week or every other week in terms of increase in weight.Funny thing is, I used to go to the gym a lot not anymore though and I might want to now because that may be a good way to get some cute girls lol

Grimzyy - February 8, 2016, 10:53 am

What is your goal?

I don't know ANYBODY that does 100 reps each arm, no benefit to it.

Maximum - February 8, 2016, 1:50 pm

(Feb 8, 2016 10:50 AM)Proxy Chief Wrote: [\[CITE\]](#) Funny thing is, I used to go to the gym a lot not anymore though and I might want to now because that may be a good way to get some cute girls lol You'll see much more progress at the gym especially since you don't really have that much equipment, also I find doing home workouts not as motivating as it would be compared to being at the gym.

3301 - February 8, 2016, 6:02 pm

Take advantage of all your local gyms equipment.

minimalist - February 8, 2016, 6:25 pm

You'll get a much better workout at the gym at a cheaper price, assuming that you're not about to shell out thousands of dollars on gym equipment to use in your house.

However, I've moved from going to local & university gyms to walking down to my basement with multiple pieces of equipment. This includes:

A power rack (~\$400)

Pulley system (~\$130)
A barbell (~\$160)
400lbs of weights (~\$260)
A pair of chrome dumbbell handles (~\$60)
Shitty dumbbell steel weights (~\$80)
Horse stall mats (=\$150)
A chinup bar (=\$30)

A few other things, like a treadmill, elliptical, etc. which really don't add much to a workout. Don't get crap for cardio if you really don't have to (~\$6500)

The first six pieces of equipment are probably the bare minimum that you'll want to get if you want to lift with the kind of satisfaction that you'll get with a gym membership. That brought me to about \$1300 without factoring in any of the other crap that I bought. This doesn't even come close to any of the extravagant setups you'll see on [the homegym subreddit](#), made by people whose dedication towards fitness is on a whole new level.

If you can follow my math, the equipment would have paid for itself after 2 years ($\$60 \times 12 \times 2 = \$1440$).

Long story short: don't invest anything too big into fitness until you can ensure that it's something that you really want to get into. I know that you're not looking to get fat (or bulky, or whatever you want to call it), so just go for a gym membership. It'll probably total out to be a hell of a lot cheaper than the amounts that I've put into bettering myself. I don't know, go for a one-week trial, try it out, follow a strength routine, eat well, and see if you like it.

Good luck.

shreder - February 9, 2016, 12:04 am

Gym unless you got room for all those stuff. 5lb weight is going to do jack after the first week.