

Forum:[Hack Forums](#)

Thread: [What do I need in a home gym?](#)

393904304 - July 23, 2016, 10:17 pm

Been going to a gym for a few months now, and due to some circumstances regarding transport, and the with me being under 18, I can not perform the workout I'd like too; 6 day P/P/L. I'm now wanting to set up a home gym in the spare room in my house.

The room is decently big, but not massive. Should be able to fit something like a power rack, a bench, etc. Probably like 4x5?

Price is a factor, but I'd like to get something that will do the job, and can last me until I'm 18. So if it's an absolute necessity, include it.

Some of the workouts I'll be performing:

- Chin ups
- A lot of Dumbbell work
- Incline bench, Flat bench, etc
- Deadlift, Squat, Lunge
- Face pulls, Tricep pushdown, Cable row
- Leg press

I don't think leg press will be in my budget, so an alternative will be good. As well as anything cable related (cable row, tri push, f pulls).

Cheers

Deutsche Bank - July 24, 2016, 12:04 am

A power rack (a decent one not one where the 'safety' pins break at 400lb), a decent 7ft olympic bar and a large weight set + flat bench and a glute/ham bench (optional).

Literally all you need to squat, deadlift and bench and pendlay row, as well as hyperextensions.

Can do pullups on the rack if you get one with the option. Can also do dips.

fuck dumbbells who needs those just do a good strength program. If you really want to do accessories then do icf 5x5.

Unless you can squat 315, deadlift 400+ and bench 220, you don't need anything else.

congrats you now have a home gym and aren't wasting time or money. thank me later.

edit: might also want to get some floor surface tiles/material so you don't break the ground with your new sik lifts.

d4rkj4y - July 24, 2016, 12:25 am

Just buy a power rack you can squat from, chin up from ect..

Like this;

[img]<http://stronglifts.com/wp-content/uploads/stronglifts-5x5.jpg>[/img]

Any more is waste,

Get the 3 big movements down; Squat, bench press, deadlifts + military press, barbell rows/chin

ups.

Try not get all special on your workouts and try target individual muscle fibres, follow 80/20 rule (minimize exercises - less learning, maximize gains/strength)

393904304 - July 24, 2016, 1:08 am

Yeah I was wanting to get something like that.

How does this look?

<http://www.australianfitnesssupplies.com.au/index.php/force-usa-home-power-rack-combo.html>
<https://www.youtube.com/watch?v=3tx3NEf5c6Y>

or

<http://www.ebay.com.au/itm/POWER-SQUAT-RACK-CAGE-STAND-LAT-PULLDOWN-MACHINE-HOME-GYM-BENCH-PRESS-ROWS-CABLE-/182178914969>

It's a power rack, can dip, chin up, etc and it has a pulley system that comes with it.

d4rkj4y - July 24, 2016, 1:14 am

(Jul 24, 2016 01:08 AM)?Mason Wrote: [\[CITE\]](#) Yeah I was wanting to get something like that.

How does this look?

<http://www.australianfitnesssupplies.com.au/index.php/force-usa-home-power-rack-combo.html>
<https://www.youtube.com/watch?v=3tx3NEf5c6Y>

or

<http://www.ebay.com.au/itm/POWER-SQUAT-RACK-CAGE-STAND-LAT-PULLDOWN-MACHINE-HOME-GYM-BENCH-PRESS-ROWS-CABLE-/182178914969>

It's a power rack, can dip, chin up, etc and it has a pulley system that comes with it.

You don't need a pulley system my man. But if it's what you want then go for it.

Think 80/20. Don't waste your time doing shit that will only provide minimal results, focus on the 10-20% that will provide maximum results.

+ i'm sure it is cheaper without the pullys ?

Deutsche Bank - July 24, 2016, 1:34 am

(Jul 24, 2016 01:08 AM)?Mason Wrote: [\[CITE\]](#) Yeah I was wanting to get something like that.

How does this look?

<http://www.australianfitnesssupplies.com.au/index.php/force-usa-home-power-rack-combo.html>
<https://www.youtube.com/watch?v=3tx3NEf5c6Y>

or

<http://www.ebay.com.au/itm/POWER-SQUAT-RACK-CAGE-STAND-LAT-PULLDOWN-MACHINE-HOME-GYM-BENCH-PRESS-ROWS-CABLE-/182178914969>

It's a power rack, can dip, chin up, etc and it has a pulley system that comes with it.

<http://www.cyberfit.com.au/cyberfit-lc2-power-rack-180kg-olympic-weight-set-flat-bench-p-593.html>

//thread

Pebbles - July 24, 2016, 11:46 am

I didn't realise how expensive it was to have a at home gym. I've always wanted to get equipment for it but I really enjoy the feel of going to the gym. It would be a lot more convenient to have one at home though. Ill be looking into this now, thanks.

Flux - July 24, 2016, 11:49 am

A power rack can be used for multiple exercises. Make sure you also get durable mats also to prevent damaging the floor if you drop weights.

393904304 - July 24, 2016, 10:37 pm

Should I get a flat bench or an adjustable one?

Flat is a lot cheaper but usually in the gym I incline press etc because they have an adjustable one.

minimalist - July 25, 2016, 8:58 am

(Jul 24, 2016 10:37 PM)?Mason Wrote: [\[CITE\]](#) Should I get a flat bench or an adjustable one?

Flat is a lot cheaper but usually in the gym I incline press etc because they have an adjustable one. You don't need to do incline bench or decline bench exercises. If your budget allows, it's nice to have those options, but you really do not need an adjustable bench.

My area at home consists of a power rack, a half rack, a shit ton of weights, a tricep bar, a few olympic 7ft bars, and some bands. You don't need anything else unless your goals differ from mine.

I also have a treadmill and elliptical for cardio but you can just go outside for cardio.

aimware - July 25, 2016, 7:13 pm

If I had the money, I'd get one of those all in one adjustable cable cross thingamajiggers

<https://www.2ndwindexercise.com/strength/home-gyms/v-express>, a real cable cross, a power rack, an adjustable bench, a nice dumbbell set, an all purpose barbell, and some decent bumper plates.

shreder - July 25, 2016, 9:21 pm

power rack would be a bad idea like others have suggested(with proper bars and plates), a bench(turns into a seat/incline/decline), dumbbells, and pull up/dip station.

Richard Sherman - July 25, 2016, 9:38 pm

wights and a bench. that was all i had when i first started. then got a power cage. shit is cash fam. has saved me on many occasion.