

Forum:[Hack Forums](#)

Thread: [Anyone else build a home gym?](#)

TaylorCTU? - May 15, 2020, 7:56 am

Idk about everyone else but my gym has been shut down for over 2 months. When the whole quarantine thing was being rumored I immediately started looking for gym equipment. As soon as the first state shut down the next day I was at a warehouse buying bars/plates. I thought it was only going to be for 2 weeks at the time.

Anyway over the course of 2 months I've put around 3k into a home gym. Everything is commercial grade except for my rack (the main piece of the gym I know). But it's definitely been a challenge getting a hold of stuff during this time but I'm happy with the current Setup.

Current Gym pieces- https://www.instagram.com/p/B_YIOXDy8M/?igshid=wu65gcn9x09d

Most of what I bought is hammer strength, which in my opinion is the best you can buy. Plus all this for 3k is pretty good imo.

If you have a home gym, bought a home gym/equipment, or just want to review mine let me know! This has definitely turned into a new project.

SoulZeh - May 15, 2020, 8:01 am

It looks pretty decent mate, also my friend has got himself a shed and it's a home gym now, it's pretty big and whatnot I'll try get some pictures next time I'm there.

TaylorCTU? - May 15, 2020, 8:21 am

(May 15, 2020 08:01 AM)SoulZeh Wrote: [\[CITE\]](#) It looks pretty decent mate, also my friend has got himself a shed and it's a home gym now, it's pretty big and whatnot I'll try get some pictures next time I'm there.

Nice! Yeah def get some pictures. Love checking out setups.

This is just a temporary location btw. Plan on building a new house soon. I'll either get a metal building or just have the home garage expanded.

Perileos - May 15, 2020, 8:26 am

I built a small home gym not long ago, mainly boxing/strength.

TaylorCTU? - May 15, 2020, 8:44 am

(May 15, 2020 08:26 AM)Perileos Wrote: [\[CITE\]](#) I built a small home gym not long ago, mainly boxing/strength.

I'm all about strength. Working on Squat/bench/deadlift. Would like to do a meet one day.

Perileos - May 15, 2020, 9:22 am

(May 15, 2020 08:44 AM)TaylorCTU? Wrote: [\[CITE\]](#) I'm all about strength. Working on Squat/bench/deadlift. Would like to do a meet one day.

What's your PR's? Personally I don't squat but I bench 80kg, deadlift 140kg. I'm 190cm and 70kg.

TaylorCTU? - May 15, 2020, 10:30 am

(May 15, 2020 09:22 AM)Perileos Wrote: [\[CITE\]](#) What's your PR's? Personally I don't squat but I

bench 80kg, deadlift 140kg. I'm 190cm and 70kg.

I'm 6 foot 205 pounds so my numbers aren't really impressive for my weight class but:

Bench- 300 lbs

Squat- 425 lbs

Deadlift- 465 lbs

I'm guessing my deadlift is higher though. I'm on a program and I haven't tried a 1rm in 16 weeks. I hit 455x3 last week. All my lifts are on my Instagram @taylorctu.

A + - May 17, 2020, 8:06 am

That's really nice man. Unfortunately I'm kind of stuck with a set of dumbbells, but it's a lot better than nothing. You got the hook up, especially for 3k.

TaylorCTU? - May 17, 2020, 4:44 pm

(May 17, 2020 08:06 AM)SuitedPear Wrote: [\[CITE\]](#) That's really nice man. Unfortunately I'm kind of stuck with a set of dumbbells, but it's a lot better than nothing. You got the hook up, especially for 3k. Thanks bro. My best deal was probably the Hammer Strength bench in almost perfect condition for \$100. But hopefully the gyms should open up in the states within the next week or so.

shreder - May 18, 2020, 4:50 pm

dang nice setup man I wish i had the space to do that haha.

A + - May 18, 2020, 4:53 pm

I broke down and went to the gym yesterday. They opened 3 days ago. I had to lift something heavy man, I was over it.

Yin Yang - May 18, 2020, 4:55 pm

I ended up getting resistance bands, flat/incline bench and adjustable dumbbells.

Probably gonna need other stuff like a pull/chin up bar, but prob won't be getting anything like a squat rack.

A + - May 18, 2020, 5:02 pm

(May 18, 2020 04:55 PM)Yin Yang Wrote: [\[CITE\]](#) I ended up getting resistance bands, flat/incline bench and adjustable dumbbells.

Probably gonna need other stuff like a pull/chin up bar, but prob won't be getting anything like a squat rack.

I wanted an incline bench so bad. You can get those pull up bars that hang on your door frame for around \$15 I believe.

Yin Yang - May 18, 2020, 5:04 pm

(May 18, 2020 05:02 PM)SuitedPear Wrote: [\[CITE\]](#) I wanted an incline bench so bad. You can get those pull up bars that hang on your door frame for around \$15 I believe. Yeah I got one off of amazon for a decent price. But the pull up bars are ripoffs and over priced.

Like I feel like I can snag one at walmart, or any other store for the low.

A + - May 18, 2020, 5:13 pm

(May 18, 2020 05:04 PM)Yin Yang Wrote: [\[CITE\]](#) Yeah I got one off of amazon for a decent price. But the pull up bars are ripoffs and over priced.

Like I feel like I can snag one at walmart, or any other store for the low.

Omg I just checked. They are expensive. I did some volunteer work at the salvation army. It was kind of like a Goodwill where people donate things and we sell them for cheap. They had a couple of those with the grips and everything that hang over a door for maybe \$5. I got a bulky set of 20lbs dumbbells for \$3. Glad I bought them. They're old school (you have to tighten the weight holder with a wrench, and the look like they way 50lbs), and nowhere near heavy enough, but it could have been a worse quarantine.

TaylorCTU? - May 18, 2020, 9:05 pm

(May 18, 2020 04:55 PM)Yin Yang Wrote: [\[CITE\]](#) I ended up getting resistance bands, flat/incline bench and adjustable dumbbells.

Probably gonna need other stuff like a pull/chin up bar, but prob won't be getting anything like a squat rack.

You can do so much with a rack bro. That's all you need. You can bench in the rack, incline bench, OHP, Pullups, seated calves, prob more I'm missing. All you need is a rack and an adjustable bench.

(May 18, 2020 04:50 PM)shreder Wrote: [\[CITE\]](#) dang nice setup man I wish i had the space to do that haha.

Thanks bro. I'm actually looking to find somewhere new/expand.

GENT - May 19, 2020, 11:19 am

I only a lot of weights (dumbbells and a bar) and am improvising with all the stuff in my house (chairs, tables etc.) You can make a pretty practical gym at home actually - if you're creative enough.

TaylorCTU? - May 21, 2020, 8:16 pm

(May 19, 2020 11:19 AM)GENT Wrote: [\[CITE\]](#) I only a lot of weights (dumbbells and a bar) and am improvising with all the stuff in my house (chairs, tables etc.) You can make a pretty practical gym at home actually - if you're creative enough.

Idk once you get into squatting 4 plates and 300+ bench all that stuff just isn't the same imo. Bench Press is \$100, bar \$200, plates idk. Gotta make it happen.

Bacardi Cola Lime - May 22, 2020, 7:24 am

The investment for a home gym is pretty high. It would be really convenient to be able to build a full functional home gym but I don't see me doing it in hard times like there. How does it feel compared to a commercial gym?

TaylorCTU? - May 22, 2020, 10:00 am

(May 22, 2020 07:24 AM)Bacardi Cola Lime Wrote: [\[CITE\]](#) The investment for a home gym is pretty high. It would be really convenient to be able to build a full functional home gym but I don't see me doing it in hard times like there. How does it feel compared to a commercial gym?

When I'm doing chest, Tris, shoulders, biceps I'm not really missing anything so it's great.

Deadlifts are great because unlike some commerical gyms I actually have the correct bar, I have bumper plates, and there's no rules against chalk, loud music, slamming weights, etc.

For legs I'm missing a few key pieces that I haven't been able to find. I'd also like to upgrade my squat rack. For back I'd like to have a few things as well.

But it feels great to have access to a solid set-up that's how I want it and I don't have to deal with anyone. But I'd be lying if I said it was as nice as a commercial gym.

JakartaMan - May 25, 2020, 4:48 am

I've been working on it, however I only have dumbbells and a pull up bar (up to 100kg) so far. I just bought some mats which should be in about a week or two due to this corona bullcrap. Tbh it is much more worth it since I'll not have to go to the gym and pay monthly for something.

Herbert - May 25, 2020, 1:34 pm

I bought about 100 KG dumbbells and kettlebells a couple of years ago.

I have them placed in the shower, so every time I go shower, there is no excuse.

It's a win-win.

TSLAstock3000USDez - June 20, 2020, 9:46 am

Yeah I did build my own gym, well invested moneyz