

Forum:[Hack Forums](#)

Thread: [Home gym or public gym?](#)

Jake Johnson - October 19, 2024, 7:19 pm

I personally work out at home at the moment.

Do you have a home gym or do you go to a public gym?

Bastille - October 20, 2024, 2:19 am

I used to go to the public gym, at 6AM before my work so nobody in the gym, way better than going to 6PM when it's full ...

However I went through a burn out since October 2023, currently recovering, not able yet to go to the gym but I'm working out at home to rehabilitate my muscles to work again. I mostly do squats, push ups, boxing, and I have few weights for shoulders and biceps

Chrome - October 20, 2024, 2:24 am

I don't really go to the gym anymore, I can't find the time to at the moment. I hit the heavy bag in my garage from time to time and I play pickleball to get my cardio in.

Jake Johnson - October 20, 2024, 7:01 am

(Oct 20, 2024 02:19 AM)Bastille Wrote: [\[CITE\]](#) I used to go to the public gym, at 6AM before my work so nobody in the gym, way better than going to 6PM when it's full ...

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I would do the same thing of going to the public gym at 6AM to avoid having to deal with a full gym in the evening. Awesome that you are working out at home like that!

(Oct 20, 2024 02:24 AM)Chrome products Wrote: [\[CITE\]](#) I don't really go to the gym anymore, I can't find the time to at the moment. I hit the heavy bag in my garage from time to time and I play pickleball to get my cardio in.

I know how it goes with trying to find the time. I always do my workout first thing in the morning when I wake up so I get it done and out of the way. It also sets me up to be successful the rest of the day.

Eran - October 20, 2024, 9:28 am

Love my workouts at home, hope to have an extra room for a home gym one day.

Jake Johnson - October 20, 2024, 12:01 pm

(Oct 20, 2024 09:28 AM)Eran Wrote: [\[CITE\]](#) Love my workouts at home, hope to have an extra room for a home gym one day.

I love working out at home too. I plan on building a mini-home gym in the basement soon. Mainly weights etc... I have an indoor spin bike upstairs that I like to burn 500 calories on in the mornings. Other workouts I do are more core-related without any equipment at the moment.

SuseGD - October 20, 2024, 12:51 pm

I personally go to a public gym, it's not too far from where I live either, so distance isn't really an

issue. It forces me to get up and get moving, rather than just working out at home, which is really nice for me.

Morphh - October 20, 2024, 1:02 pm

I'm working out at home at the moment, but I think public gyms are better when you want to be around people. I work out better at home because I go heavier, but I love the public gym because you can socialize there. Going into the pool after a session feels so good also.

Jake Johnson - October 20, 2024, 1:13 pm

(Oct 20, 2024 12:51 PM)SuseGD Wrote: [\[CITE\]](#) I personally go to a public gym, it's not too far from where I live either, so distance isn't really an issue. It forces me to get up and get moving, rather than just working out at home, which is really nice for me.

That's great!

(Oct 20, 2024 01:02 PM)Morphh Wrote: [\[CITE\]](#) I'm working out at home at the moment, but I think public gyms are better when you want to be around people. I work out better at home because I go heavier, but I love the public gym because you can socialize there. Going into the pool after a session feels so good also.

I agree that public gyms are a great way to meet others and socialize.

sharn - October 26, 2024, 4:11 am

I am a fan of public gyms.

I love the energy and motivation from being around others.

DashPHP - October 26, 2024, 5:15 am

Public gyms are cool.

Have been working out at home for like a year now due to being so damn busy.

Resistance bands and some small weights is what I got

Rakso666 - October 26, 2024, 5:27 am

Spam push ups everyday and smash public gym at 4:30am every day, just stay consistent my bro

RangoWorld - November 23, 2024, 11:05 pm

For some reason I have been more consistent at doing workouts at home than gym. I kinda get distracted by people in public gym

cloudz4me - December 6, 2024, 6:06 pm

I do both public gym and my home gym

Rubysplash - December 6, 2024, 9:22 pm

(Oct 19, 2024 07:19 PM)Jake Johnson Wrote: [\[CITE\]](#) I personally work out at home at the moment.

Do you have a home gym or do you go to a public gym?
home gym

I take one for the team

No one wants to pay to see my fat ass

blackrose_x0x0 - December 8, 2024, 11:04 am

I recently switched to a public gym. I feel like I go harder in a public gym and the eye candy is

always nice too. I like having the wide array of options from all of the weight machines, cardio machines, and free weight sections with benches, squat racks, etc... For me, making the switch back to a public gym has been a positive.