

# — THE 2026 — **DIY HOME GYM**

## **STARTER BLUEPRINT**

**BUILD SMARTER • AVOID MISTAKES • TRAIN BETTER**



## **+ 5 ESSENTIAL SECTIONS**

- 1**  **CORE DECISIONS**
- 2**  **BUILD ORDER**
- 3**  **COMMON MISTAKES**
- 4**  **BRAND LANDSCAPE → PREMIUM)**
- 5**  **FIRST UPGRADES**

# 1 THE 4 CORE DECISIONS

EVERY HOME GYM OWNER MUST MAKE

## 1 SPACE

- ✓ Ceiling Height
- ✓ Flooring
- ✓ Location



## 2 BUDGET

- ✓ Total Cost
- ✓ Priorities
- ✓ Buffer 15%+

## 3 TRAINING GOALS

- ✓ Strength /
- ✓ Hypertrophy
- ✓ Conditioning

## 4 LONG-TERM PLAN

- ✓ Start Simple
- Scale Later



DECIDE BEFORE YOU BUY



# **2** BUILD ORDER

MOST MEMBERS FOLLOW THIS PATH

## **PHASE 1** FOUNDATION

Rack • Barbell • Plates • Bench



## **PHASE 2** FUNCTION & SAFETY

Storage • Flooring • Accessories



## **PHASE 3** EXPANSION

Cable • Cardio • Specialty Bars



**START → BUILD → GROW**

**3**

## MOST COMMON **BEGINNER MISTAKES**

(AND HOW TO AVOID THEM)

✗ Cheap Bar – Replace Soon

✗ Wrong Rack Size

✗ No Storage

✗ Too Many 45s,  
No Smaller Plates

✗ Attachments First (Waste \$)

✗ **BUY ONCE • BUY RIGHT**



# 4

# BRAND LANDSCAPE

BUDGET → MID-RANGE → PREMIUM

## BUDGET

 **TITAN**

 **BELLS OF STEEL**

 **REP**  
**FITNESS**

## MID-RANGE

**REP**

**BELLS OF STEEL**

**ROGUE**  
**ECHO**

## PREMIUM

**ROGUE**

*The* **TEXAS**  
**POWER BAR**

**AMERICAN**  
**BARBELL**



**CHOOSE BASED ON NEEDS, NOT HYPE**

# 5

# FIRST UPGRADES

HIGHEST ROI AFTER FOUNDATION

1

Barbell Upgrade



IMPACT



2

Better Bench



IMPACT



3

Cable System



IMPACT



4

Storage Solutions



IMPACT



5

Plates & Bumpers



IMPACT



# SPACE PLANNING

CEILINGS • FOOTPRINT • LAYOUT

**8' CEILING**



**8' 4" CEILING**



✓ Rack Placement

✓ Clearance Zones

**10'x12' Ideal Setup**



# BUDGET BREAKDOWN

WHERE YOUR MONEY GOES

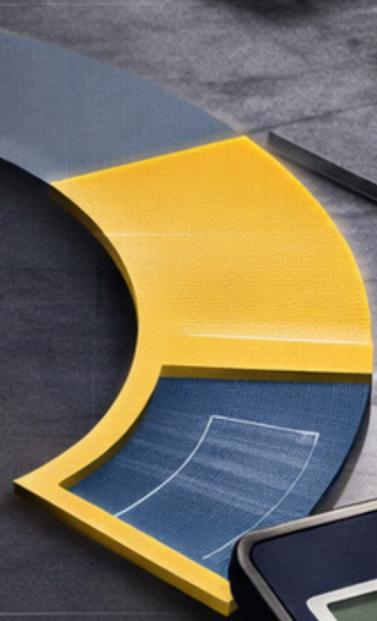
**40%** Essentials  
Rack; Bar, Plates

**25%** Flooring  
& Safety

**20%** Bench &  
Accessories

**15%** Storage &  
Extras

**IMPACT**



# BUILD TIMELINE

## 90-DAY ROADMAP

### MONTH 1

#### Foundation

- ✓ Rack,  
Bar,  
Plates

### MONTH 2

#### Add Function

- ✓ Bench  
Storage

### MONTH 3

#### Optional

- ✓ Cable  
Finish
- ✓



# LIFTER PROFILES

## PICK YOUR PATH

### POWERLIFTER



### POWERLIFTER

- ✓ Primary Focus
- ✓ Squat
- ✓ Bench
- ✓ Deadlift

### Upgrade Focus:

- ✓ Specialty bar
- ✓ Competition bench
- ✓ Calibrated plates

### BODYBUILDER



### BODYBUILDER

- ✓ Priority Equipment
- ✓ Hypertrophy
- ✓ Isolation
- ✓ Volume

### Upgrade Focus:

- ✓ Specialty handles
- ✓ More weight increments
- ✓ Lat / low row setup

### HYBRID



### HYBRID

- ✓ Primary Focus
- ✓ Strength
- ✓ Conditioning
- ✓ General fitness

### Upgrade Focus:

- ✓ Sled
- ✓ Cable attachment
- ✓ Storage optimization

Build around **YOUR** training style – **not someone else's setup.**

# MISTAKE CHECKLIST

## BEFORE YOU BUY

Ceiling Height

Rack footprint mapped

Budget includes 10-15%

Flooring accounted for

Plate storage planned

Clearance for benching confirmed

Buying foundation before attachments

Buying quality bar first

Ceiling Height measured

Rack footprint mapped

Budget includes 10-15% buffer

Flooring accounted for

Plate storage planned

Clearance for benching confirmed

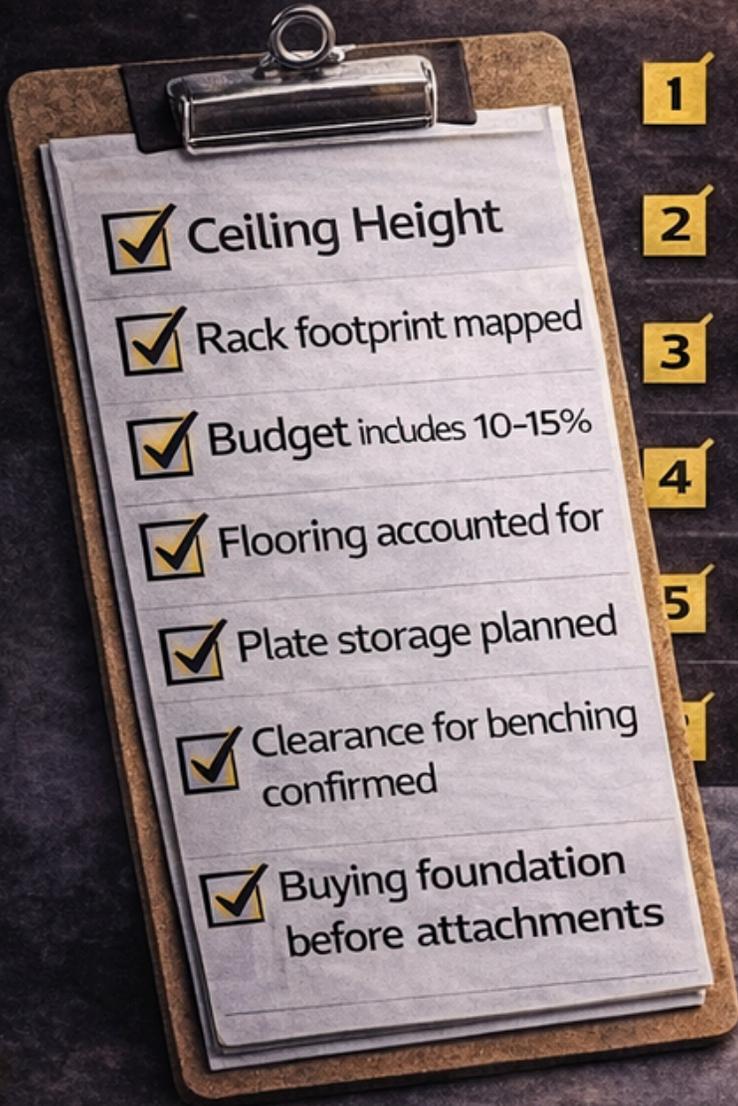
Buying foundation before attachments

Buying quality bar first

**Measure twice. Buy once.**

# FINAL BUILD PRINCIPLES

BUILD SMART • TRAIN HARD



- 1 Start Simple**
- 2 Prioritize Safety**
- 3 Invest in What You Use Most**
- 4 Upgrade Slowly**
- 5 Avoid Trend Purchases**
- 6 Build for 3-5 Years, Not 3 Weeks**

This guide reflects patterns from thousands of real-world setups inside the DIY Home Gym community.