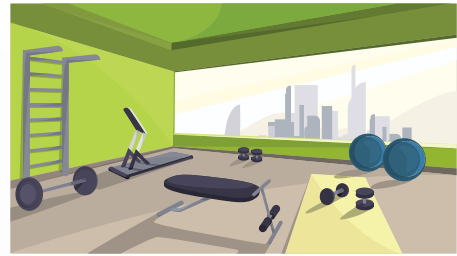


# How to build a home gym on a budget



Think getting in shape means spending a fortune on a gym? Not true.

You can create a home gym that actually works without needing a big budget or a spare room. With smart choices and a bit of planning, you'll have your own workout space that fits your goals and your wallet.

Here's how to do it, step by step.

## Why working out at home just makes sense

A home gym saves you money and time and helps you stay more consistent with your training. Here's why more people are choosing to train from home:

- No monthly membership fees
- No wasted time driving to the gym
- Train when you want (no opening hours)
- Wear what you want, play your own music
- Fewer excuses, more consistency

And best of all? It's your space. Your pace. Your rules.

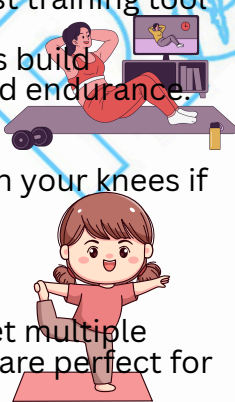
## 2: Use your body as your gym

Your body is your best training tool and it's free.

Bodyweight exercises build strength, balance, and endurance. Focus on moves like:

- Push-ups (start on your knees if needed)
- Burpees
- Dips
- .....

These exercises target multiple muscles at once and are perfect for small spaces.



## 1: Start with the basics

You don't need a full gym setup from day one. Start simple. Pick a few key items that give you the most value:

- Resistance bands.
- A pair of dumbbells or adjustable weights
- Yoga mat or any non-slip surface for floor exercises
- Pull-up bar.

Once you've got the basics down, you can add more equipment over time, like:

- Kettlebells
- Adjustable bench
- Barbell and weight plates.

## 3: Make the most of your space

You don't need a garage or basement.

Even a small corner in your living room can become your gym.

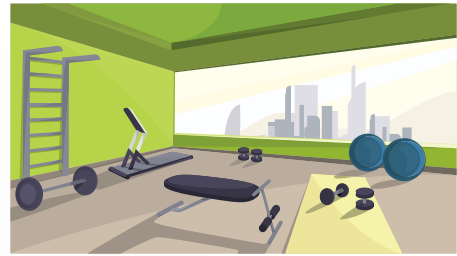
Simple tips to save space:

- Use foldable mats or roll-up surfaces
- Choose gear that's easy to store (bands, small weights)
- A mirror can make your space feel bigger and help you check your form
- Doorway pull-up bars are strong and compact

It's not about how much space you have, it's about how you use it.



# How to build a home gym on a budget



## 4: Track your progress and stay motivated

Just because you're training at home doesn't mean you're alone. Keep yourself on track with:

- A notebook or app to log your workouts
- A weekly schedule you can follow
- Progress photos or a chart on your wall
- A coach to guide you (we've got you at Lèt'z Roar)

Make your space not just a place to train but a daily reminder of your goals.

## 5: Make workouts easier to stick with

One of the biggest perks of a home gym? You're always just steps away from your next workout.

No more:

- Waiting for machines
- Skipping the gym because you're short on time
- Dealing with crowded locker rooms

Having a gym at home helps build consistency. And that's the real secret to long-term results.



## Conclusion

You don't need fancy machines or a big budget to get results. You just need the right mindset, a bit of space, and the commitment to show up for yourself. Building a home gym means building a routine that works for your life not the other way around.

## Lèt'z Roar: fitness that fits your life

At Lèt'z Roar, we teach you to do it on your own. We design custom home workouts to help you stay strong, focused, and consistent no matter your space or schedule.

- No gym? No problem.
- No time? We make it work.
- No clue where to start? We'll guide you.

Train where you are. Become who you want to be.

Always remember: **Once a lion, always a lion.**  
**In the meantime, Lèt'z Roar**

