

THE PATH TO YOUR HOME GYM

Your Home Gym in 7 Clear Phases



Ramona Krenn

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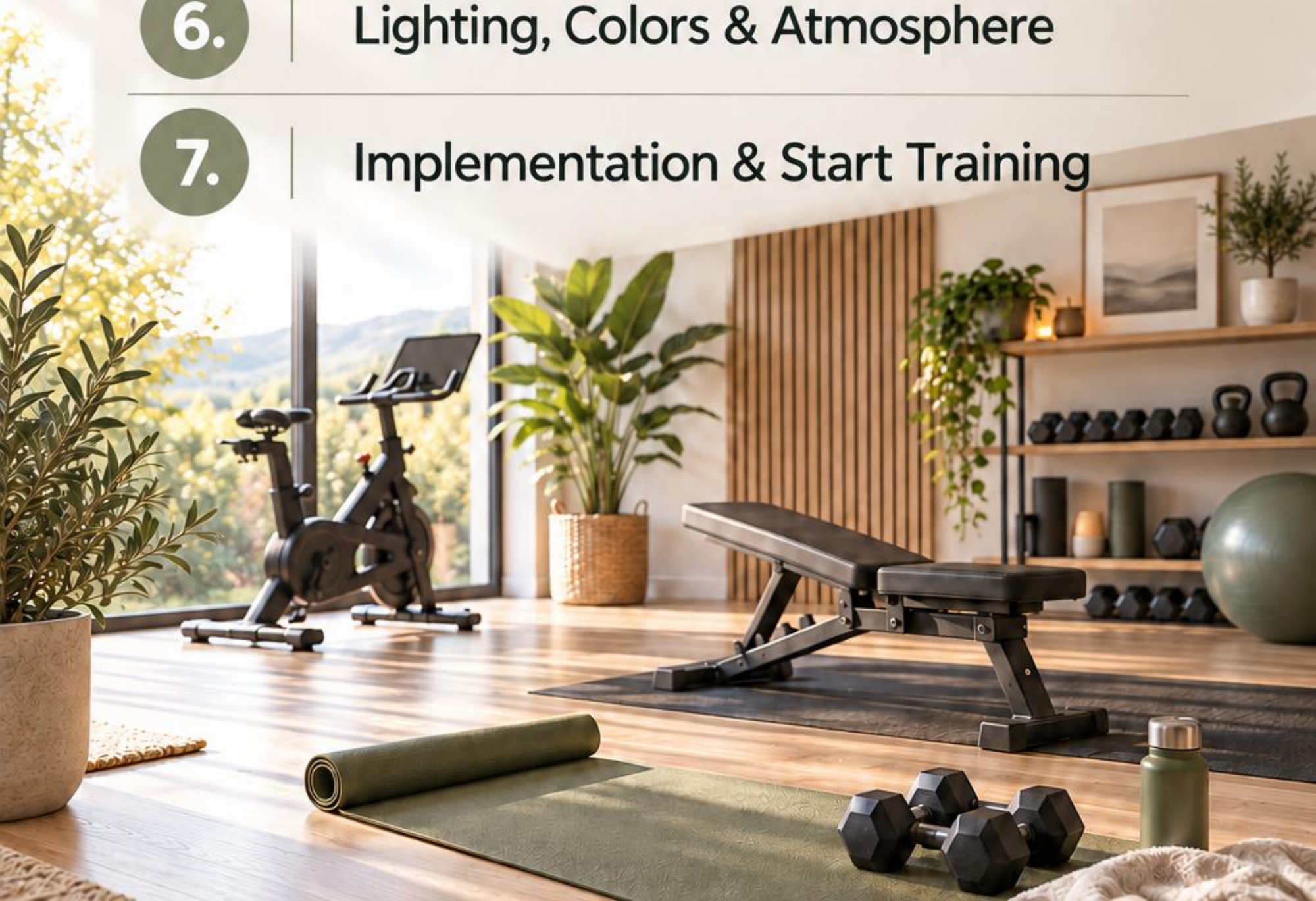
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INTRODUCTION

Your own fitness room is more than just a place to work out – it is a space for motivation, well-being and renewed energy. In seven clear phases, you will develop, step by step, a concept that suits your goals, your home and your everyday life. The result is a personal training space that inspires you anew every day.



CHAPTER 1

Define Goals & Needs



CHAPTER 1

Define Goals & Needs

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Set Personal Fitness Goals

A dedicated home gym should align perfectly with your personal goals. Therefore, start by considering what you want to achieve with your workouts. Do you want to improve your endurance, build muscle, increase flexibility, lose weight, or find a way to unwind from daily life? Clear goals help you plan the space effectively and select the right equipment.

Formulate your objectives as concretely and realistically as possible. Instead of simply resolving to "get fitter," you might decide, for instance, to do strength training twice a week, practice yoga regularly, or gradually improve your stamina. Ensure your goals suit your current fitness level, your daily routine, and the time you have available.

Also, distinguish between short-term and long-term goals. Small milestones provide a sense of quick accomplishment and boost your motivation. A long-term goal gives you a clear direction and helps you stick with your training in the long run.

Ultimately, your fitness goals determine which workout areas and equipment you need. Dumbbells and a weight bench make sense for strength training, whereas open floor space is more important for yoga or flexibility exercises. If you want to improve your endurance, you might plan for a treadmill, an elliptical trainer, or a stationary bike.

Write down your key goals. This creates a reliable foundation for your personal home gym—a space that supports and motivates you while fitting seamlessly into your life.



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YOUR JOURNEY STARTS NOW

Your idea has become a clear plan.
Now you can bring your personal fitness room to life step by step – a place that combines movement, motivation and well-being.
Stay true to your goals, celebrate every step forward and create a space that inspires you time and again.

Enjoy the journey to your own fitness room!

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