

Measure first. Build with a clear plan.

Print this checklist before ordering equipment. Start with your room, your training needs and an amount you can afford to spend.

1. Measure the space you can actually use

- ☐ Measure usable width, length and ceiling height. Mark the garage door, tracks, stored items, sockets and walkways.
- ☐ Use the exact rack, bar and exercise dimensions. Allow space to load both bar ends, move the bench and enter or exit; a footprint alone is not enough.
- ☐ Check overhead movement for the actual user and exercise. Ask a qualified professional about uncertain floor loads, anchoring or structural limits.

2. Choose a starting setup

- ☐ List the movements you want to train. Choose equipment that supports them; a rack and full barbell setup is not the right starting point for everyone.
- ☐ Prioritize a stable setup, usable clearances and manufacturer instructions. Add accessories only after you know what the initial setup lacks.

3. Check the total before buying

- ☐ Include delivery, tax, flooring, collars, mounting hardware and storage where relevant. Compare the delivered total with your spending limit.
- ☐ Confirm the exact model, dimensions, condition, return terms and current availability. For used equipment, check missing parts, damage and applicable recalls.
- ☐ Tape the proposed layout on the floor and walk through it. Keep access paths clear before committing to an order.

Want a planning workbook and interactive layout tool?

The optional \$29 Build Kit includes the gym planning PDF and downloadable Garage Planner. Review the contents and a sample at garagegymbuilder.net/build-kit. Equipment prices and availability must be checked separately.

Updated September 4, 2026. A planning aid, not approval of a room, installation or exercise setup. Follow the equipment manufacturer's instructions.