Free sample from The Home Gym Build Planner. This is worksheet 6 of 11. Get all 11 worksheets: homegymcave.com/kit/home-gym-planner

Bar & Plate Inventory

What you own, what it loads to, and what is missing

Name _____ **Date** _____

Bar _____ **Plate type** _____

Most home gyms have the wrong plate mix rather than too little weight. Two 45s and nothing small means the smallest jump you can make is 45 lb, and that is not a training plan.

Bar record

Spec	Value
Model	
Bar weight	
Shaft diameter	
Knurl pattern, and centre knurl or not	
Sleeve length	
Whip and tensile rating	
Rated capacity	
Finish	

A 20 kg bar is 44.1 lb, not 45. If you train in pounds against a kilogram bar, every total you write down is about a pound out.

Plate pairs owned

Plate size	Pairs owned	Total weight	Pairs to add
45 lb / 20 kg			

Plate size	Pairs owned	Total weight	Pairs to add
35 lb / 15 kg			
25 lb / 10 kg			
10 lb / 5 kg			
5 lb / 2.5 kg			
2.5 lb / 1.25 kg			
Fractional			
Total weight owned			

Buy the small pairs before the second pair of 45s. The small ones are what let you add 5 lb to a press instead of stalling.

Loading check

Target total	Load per side	Plates per side, heaviest first	Sleeve used

Bumpers are thick. A sleeve fills with bumpers long before it fills with iron, and that ceiling arrives sooner on a short bar. Work out your own maximum on the plate loading calculator at homegymcave.com.

Mixed units, and the trap in them

Pound and kilogram plates on the same bar produce totals nobody can repeat. Pick one unit for the gym, label anything that is the other unit, and keep them off the same sleeve.

Unit chosen, and what is labelled

Unit chosen, and what is labelled

Bar, plates and somewhere to put them

- **Synergee Regional 20 kg Barbell, Hard Chrome**: The bar most home gyms should stop at. Hard chrome survives a garage better than bare steel.
- **CAP 260 lb Economy Olympic Bumper Plate Weight Set**: Bumpers for anything that gets dropped, which on a home floor is most things.
- **Titan Fitness Wall Mounted Weight Plate Storage Rack, 4 Peg, 800 lb**: Plates on the floor are a trip hazard and a rusting problem. Storage is the cheapest square footage you will buy.

Current prices and our latest picks for each item: **homegymcave.com/kit/home-gym-planner/gear/**

Researched guidance, not professional advice. This kit is researched planning guidance, not professional advice. Check your own floor, your rack manufacturer's rated capacity and installation instructions before you drill or load anything.