Free sample from The Home Gym Build Planner. This is worksheet 4 of 11. Get all 11 worksheets: homegymcave.com/kit/home-gym-planner

Floor Loading & Flooring Plan

What the floor carries, and what goes on top of it

Name	**Date**
Floor type	**Area to cover**

A slab on grade takes anything a home gym will do to it. Wood joists over a living space are a different question, and the question is about point load under a rack foot rather than the total in the room.

Total load on the floor

Item	Weight (lb)	Notes
Rack		
Bar or bars		
Plates, every one of them		
Dumbbells or kettlebells		
Bench		
Cable machine or other equipment		
Flooring		Rubber is heavier than people expect
Heaviest lifter, plus the loaded bar		
Total		

Point load check

Question	Your answer
What is under the gym	

Question	Your answer
Joist direction and span, if wood	
Is the rack across joists or sitting along one	
Load spread by a platform or a plywood layer	
Anything questionable checked by an engineer	

Concentrated load is the whole issue. Four rack feet carrying a loaded rack put more into a small area than the same weight spread across a room, and a platform that spans two or three joists is the real fix upstairs.

Flooring quantity and cost

Input	Value
Are you flooring the whole room or the lifting area only	
Area to cover (sq ft)	
Flooring type chosen	
Coverage per piece (sq ft)	
Pieces needed, rounded up	
Price per piece	
Total flooring cost	
Weight the flooring adds	

Order the offcut allowance now. Cutting rubber to fit around a post wastes a mat and there is never a spare in the pile.

What each thickness actually protects against

Flooring	Protects against	Used where
Half inch EVA foam tile	Bodyweight work and controlled dumbbells only	
Quarter inch rubber roll	Traction, traffic and equipment feet	
Three quarter inch rubber stall mat	Dropped barbells on a slab	
Thick rubber tile	Dropped barbells plus impact noise into a wood floor	
Plywood and rubber platform	Spreading a point load across joists	

Flooring

Floor the drop zone properly, then floor the rest to whatever budget is left.

- **Heavy Duty Rubber Stall Mat, 4 by 6 ft, three quarter inch**: The garage gym default, and the only one of these that takes a dropped barbell on a slab.
- **ProsourceFit Exercise Puzzle Mat, half inch EVA Foam Tiles**: Cheap cover for the areas that never see a drop. Not for under a rack.

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.