Free sample from The Home Gym Build Planner. This is worksheet 3 of 11. Get all 11 worksheets: homegymcave.com/kit/home-gym-planner

Floor Plan, Footprint & Walkways

Where the rack goes and where you still walk

Name	**Date**
Room size (ft)	**Space type**

A 7 ft bar needs about 9 ft of clear width, because you have to get plates on and off both ends. Footprint is what the equipment covers. Working area is what you actually need, and it is always larger.

The room as it is

Measurement	Value	Notes
Room length (ft)		
Room width (ft)		
Usable floor area (sq ft)		After posts, stairs and stored items
Door position and swing		
Posts, stairs, water heater, panel		
Parking bay to keep clear		Garage builds only
Power outlets, positions		
Route the equipment comes in by		Measure the narrowest point

The route in is the check people skip. A power rack upright is long, a bench is heavy and awkward, and a stall mat does not bend around a stair turn.

Footprint by item

Item	Footprint (ft)	Working area needed	In the plan?
Full power cage			
Squat stand, short			
Folding wall rack, open			
Adjustable bench, outside a rack			
Adjustable bench, inside a cage			
Barbell and plate storage			
Adjustable dumbbells and stand			
Cable machine or functional trainer			
Treadmill with rear clearance			
Lifting platform			

Take these from the gym space planner at homegymcave.com rather than from a product page. Manufacturers publish the footprint and never the working area.

Clearance check, walked through with a tape

- [ ] Bar loads on both sides without hitting a wall
- [ ] About 3 ft to walk past the rack while it is loaded
- [ ] Door opens fully with everything in position
- [ ] Bench pulls out of the cage without moving the rack
- [ ] Garage door track clears the rack through its full travel
- [ ] Nothing blocks the exit route or the electrical panel
- [ ] Enough room behind a treadmill for the belt run-off

Racks, once the footprint is settled

Buy the rack the room takes, not the rack the video showed.

- **REP PR-1100 Power Rack**: The full cage most builds should start at, if the room and the ceiling both allow it.
- **Titan Fitness T-3 Series 73.5 inch Squat Stand**: Short enough for a low basement, and it gives back the floor a cage takes.
- **Titan Fitness T-3 Series Wall Mounted Folding Power Rack, 82 inch**: Folds flat when the garage has to be a garage again.

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.