Free sample from The Home Gym Build Planner. This is worksheet 2 of 11. Get all 11 worksheets: homegymcave.com/kit/home-gym-planner

Room & Ceiling Clearance

The measurement that decides which lifts you get

Name	**Date**
Room	**Your height**

Ceiling height is the one constraint you cannot buy your way out of. Measure to the lowest obstruction, not to the ceiling, because the duct is what your bar hits.

Measure to the lowest obstruction

Take the measurement in three places across the lifting area. Basements are rarely level and garages slope to the door.

Measurement	Value (in)	Notes
Floor to ceiling or joists, position 1		
Position 2		
Position 3		
Lowest duct, pipe, beam or light fitting		This is usually the real ceiling
Garage door track at full open		Check it opened, not closed
Flooring thickness you plan to add		Comes straight off your height
Clear working height		Lowest obstruction minus flooring

Write the clear working height at the top of every other sheet. Every rack and lift decision below is measured against that number and not against the number on the survey.

Lift by lift, against your clear height

The lift that decides most basements is the standing barbell overhead press, because the bar has to finish above your locked-out reach and the plate radius sits above that again.

Lift	What sets the clearance	Height needed	Fits?
Standing barbell overhead press	Locked-out bar height plus plate radius and margin		
Push press or jerk	Bar is driven above the lockout position		
Snatch or overhead squat	The highest barbell position there is		
Standing dumbbell press	No sleeve, so much friendlier overhead		
Pull-up or chin-up	Head travels above the bar at the top		
Kettlebell American swing	Bell height above the hands		
Box jump, 24 in box	Box plus flight plus head margin		
Jump rope	Rope arc, not your head		
Back squat and bench press	Effectively never ceiling limited		

Run your own height and your own clear ceiling through the ceiling height calculator at homegymcave.com and copy the answers in. A rule of thumb about eight feet being fine is not your room.

What you lose, and what replaces it

A low ceiling removes lifts, it does not remove training. Record the substitution now so you are not improvising at the rack.

Lift you cannot do	Substitute	Chosen
Standing barbell press	Landmine press	
Standing barbell press	Half kneeling or seated press	
Standing barbell press	Incline press	
Pull-ups from a rack bar	Pull-ups from a lower bar, feet tucked	
Box jumps	Broad jumps or step-ups	

Rack assembly clearance

A rack needs more height to be stood up than it needs to stand. If the ceiling clears the finished rack by two inches you may not be able to raise it into position in the room at all, and a rack assembled lying down has to be tipped up somewhere.

Rack height, ceiling, and how it gets stood up

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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.