HOW TO

CREATE A HOME GYM IN ANY SIZE SPACE

Whether you live in a house with a backyard, a studio apartment, or something in between, you can outfit your space with a gym that's ready for a well-rounded EXOS workout. It's easy to get overwhelmed with all of the options out there, but you only need enough space for total-body movements and a few, select pieces of equipment.

EXOS®

EQUIPMENT GUIDE

You may need some of this, or you may benefit from all of it. Use this guide to get familiar with the equipment and snag some discounts. Then use the space guidelines starting on page five to build your home gym based on the size of your space.

FOAM ROLLER

Recommended:
+ Hyperice Vyper
+ Hyperice Relaxroll
+ TRX Rocker

SELECTORIZED DUMBBELLS

Recommended:
+ PowerBlock

MASSAGE BALL

Recommended:
+ Hyperice Hypersphere
+ Hyperice SphereX
+ TriggerPoint MB5 Massage Ball

KETTLEBELLS

Recommended:
+ TRX Kettlebells
+ Onnit Kettlebells
+ Primal Kettlebells

MINI BANDS

Recommended:
+ TRX
+ Perform Better
+ SKLZ

SLIDES

Recommended:
+ Valslide
+ SKLZ Slidez

RESISTANCE BANDS

Recommended:
+ TRX
+ Perform Better
+ SKLZ

5-POUND CLUB

Recommended:
+ Onnit Steel Club

MAT

Recommended:
+ TRX
+ SKLZ

10-POUND MACE

Recommended:
+ Onnit Steel Mace

SUSPENSION TRAINER

Recommended:
+ TRX

AIR-RESISTANCE BIKE

Recommended:
+ Keiser M3i Total Body Trainer
+ Assault AirBike
+ Rogue Echo

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PULLUP BAR

Recommended:
+ Rogue P-3 Pull-Up System
+ Perfect Fitness Multi Gym Pro

WEIGHTED VEST

Recommended:
+ SKLZ
+ Perform Better

CHOP / LIFT BAR

Recommended:
+ TRX Rip Trainer
+ SKLZ Chop Bar
+ Gray Cook Cable Bar

MEDICINE BALL

Recommended:
+ TRX

SLAM BALL

Recommended:
+ TRX

BATTLE ROPES

Recommended:
+ SKLZ
+ Onnit
+ First Place

HALF RACK (FIXED OR FOLDING)

Recommended:
+ Keiser
+ Precor
+ PRx Performance

VERSACLIMBER

Recommended:
+ VersaClimber LX
+ VersaClimber HP

BENCH

Recommended:
+ Keiser Power Adjustable Bench
+ Precor Home Bench
+ PowerBlock Sports Bench

CABLE FUNCTIONAL TRAINER

Recommended:
+ Keiser Functional Trainer
+ Precor FTS Glide Functional Training System

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ROWER

Recommended:
+ Assault AirRower Elite
+ Concept2 Model E or Model D

RUNNER

Recommended:
+ Woodway Curve
+ Technogym Skillmill
+ Assault AirRunner

COMPRESSION RECOVERY

Recommended:
+ NormaTec Pulse

PHYSIOBALL

Recommended:
+ TRX
+ SKLZ
+ Perform Better

DISCOUNTS

Interested in any of the products above? Here are some discounts from our partners.

PERFORM BETTER: Save 15% with code **PB15**, plus get free shipping.

KEISER: Save 10% on strength equipment and 15% on cardio equipment with code **EXOSHOME20**. Doesn't include shipping.

HYPERICE: Get $100 off a Normatec and Hyperice bundle which includes Hyperice Volt, Hypershpere Mini, and Normatec Pulse 2.0 System. Use code **NFLPA100**.

WOODWAY: Get $1000 off a 4Front, Pro, or ProXL treadmill, $500 off a certified preowned or refurbished treadmill, or $400 off the Curve treadmill. Email exoshome@woodway.com.

ONNIT: Save 15% with code **EXOS15** (Good for both equipment and nutrition).

TRX: Save 30% on a suspension trainer and 25% on all other equipment with code **TRX-NFLPA**. Valid through March 31, 2020.

PRECOR: Save 20% on any fitness equipment and/or accessories with code **EXOS20**. Please note that the discount doesn't apply to shipping, installation, or tax.

TECHNOGYM: Get preferred pricing by reaching out to Todd Monrad at tmonrad@technogym.com.

POWERBLOCK: Save 10% with code **EXOS2020**. Good through April 19, 2020.

POWERPLATE: Save 20% on MOVE, My7, Pro5, and Pro7 with code **NFLPA**. Good through May 31, 2020.

SKLZ: Save 40% with code **NFLPA40**.

INTEK: Receive 20% off bumpers, plates, bars, dumbbells, and trap bars. Email Tom Johnston at tomj@intekstrength.com.

REMEMBER: **Fueling optimally is also part of a great home workout experience. Use code EXOS30 to get 30% off your first order of meal delivery through Trifecta.**

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A FEW BASIC PRINCIPLES

SPACE GUIDELINES

YOUR HOME GYM SHOULD BE:

PERSONALIZED

Providing only what will help you progress toward your goals — nothing extra for extra's sake.

COMPREHENSIVE AND COMPLETE

Allowing for a full workout, from warmup and weight training to cardio and recovery.

SIMPLE AND VERSATILE

Including only quality, reliable equipment that you'll actually use in your workouts, allowing you to get as much out of each piece of equipment as possible.

COMFORTABLE

Designed with your preferences top of mind so you actually want to use the space.

Now let's apply these gym design principles, adjusting for space size.

NO SPACE

Temporary area in a room with stowable equipment

ESSENTIALS

- FOAM ROLLER
- MASSAGE BALL
- MINI BANDS
- RESISTANCE BANDS
- SLIDES

NICE TO HAVE

- MAT
- SUSPENSION TRAINER

SMALL SPACE

Designated area of a room

ESSENTIALS

- FOAM ROLLER
- MASSAGE BALL
- MINI BANDS
- RESISTANCE BANDS
- MAT
- SUSPENSION TRAINER

NICE TO HAVE

- SELECTORIZED DUMBBELLS
- KETTLEBELLS
  - We recommend 20-24 kilograms

MEDIUM SPACE

Full room or patio

ESSENTIALS

- FOAM ROLLER
- MASSAGE BALL
- MINI BANDS
- RESISTANCE BANDS
- MAT
- SUSPENSION TRAINER
- SELECTORIZED DUMBBELLS
- KETTLEBELLS
  - We recommend 20-24 kilograms

NICE TO HAVE

- 5-POUND CLUB
- 10-POUND MACE
- AIR-RESISTANCE BIKE
- PULLUP BAR
- WEIGHTED VEST
- PHYSIOBALLS

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LARGE SPACE

Garage or backyard

ESSENTIALS

- **FOAM ROLLER**
- **MASSAGE BALL**
- **MINI BANDS**
- **RESISTANCE BANDS**
- **MAT**
- **SUSPENSION TRAINER**
- **SELECTORIZED DUMBBELLS**
- **KETTLEBELLS**
  - We recommend 20-24 kilograms
- **5-POUND CLUB**
- **10-POUND MACE**
- **AIR-RESISTANCE BIKE**
- **PULLUP BAR**

NICE TO HAVE

- **CHOP / LIFT BAR**
- **MEDICINE BALL**
- **SLAM BALL**
- **BATTLE ROPES**
- **HALF RACK**
- **BENCH**
- **CABLE FUNCTIONAL TRAINER**
- **ROWER**
- **RUNNERS**
- **COMPRESSION RECOVERY**
- **VERSACLIMBER**

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