



Premier League and England Player, wanted to convert garage space into a gym space for home workouts to keep on top of strength work during times away from the training ground. The gym space was also to be used for their family to exercise too.

The room has 30mm strength flooring installed to allow for Olympic lifting and heavy drops. Other equipment included a performance power rack and squat stands.

The room was set up to keep some open room for free weight activities as well as jumps to be performed on the plyo box set.

Also, the design took into consideration the large doors to open out in warm weather to allow for a larger functional space.



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## CASE STUDY LYMM HOME GYM

### EQUIPMENT

Performance Power Rack

Adjustable Flat to Incline

Bench

Olympic Bars

Dumbbell Set

Dumbbell Rack

Plyo Box Set

Flooring

C8 Pro Pilates Reformer