

COVAL

PHYSICIAN VITALITY COLLECTIVE

***THE ULTIMATE
HOME GYM SOLUTION
FOR PHYSICIANS***

The Ultimate Home Gym Solution for Physicians

Introduction

As a physician, you understand the critical importance of your physical health and how much it positively impacts all areas of your life. The demands of your profession can be overwhelming, often leaving little time or energy for regular trips to the gym. However, the solution to this challenge might be simpler than you think: a home gym tailored specifically for your needs.

Creating a home gym may seem daunting at first glance. Questions about space, equipment choices, and investment might flood your mind. Yet, building an effective and personalized home gym is more achievable than it appears. With thoughtful planning and a clear understanding of your fitness goals, you can create a space that not only fits into your lifestyle but also enhances it significantly.

The benefits of having a home gym are profound. It eliminates the barriers of time and convenience, allowing you to integrate fitness seamlessly into your daily routine. No more long commutes to the gym or waiting for equipment to become available. Your gym is always open, ready for a quick workout between shifts or a longer session on your days off. This level of accessibility increases the likelihood of maintaining a consistent exercise routine, which is crucial for long-term success.

Moreover, a home gym provides a private and comfortable environment, where you can focus entirely on your fitness without the distractions and pressures of a public gym. This personal space can become a sanctuary for your well-being, a place where you can recharge physically and mentally.

In "The Ultimate Home Gym For Physicians," I will guide you through every step of the process, from selecting the right equipment to optimizing your workout space. Together, we will transform your fitness journey, ensuring that your home gym not only meets your needs but also inspires and motivates you to achieve your best health. Your journey to a healthier, fitter, and more balanced life starts here.

The Space

You don't need a lot of room, but I recommend at least a 100 square foot space in your home. Ideally, the floor is firm and not cushy carpet. The softer the surface, the more unstable the surface. You want your feet to be able to full absorb the forces of the ground and it's difficult to do that without a firm surface.

With that said, if carpet is all you have, then carpet is all you have.

If you need some inspiration for building your space, then below are photos of at-home gyms the physicians I work with have built out for themselves!

Equipment Recommendations

We have the essentials first.

Then we will have the "nice to haves" or items you have preference for.

Budget: \$750-\$3k+ Can be on the higher end depending on how much you buy and which brand of equipment you choose.

The Ultimate Home Gym Solution for Physicians

The Essentials

- **Adjustable Bench**
- **Adjustable Dumbbells** – PowerBlock or Rep Fitness The PowerBlock dumbbells go up to 50 lbs. If you ever progress beyond the 50's then there are expandable kits you can purchase that will take them to 70 lbs and then another expansion kit that will increase them to 90 lbs.
Rep Fitness maxes out at 60 lbs, but are great option to with as well.
- **Foam Roller** – think of this as self-massage. Benefits are mixed in the research, but anecdotally I've found them very helpful with managing tissue stiffness with clients and myself.
- **Lacrosse Ball**- self-massage tool for smaller areas like plantar fascia, pec minor, posterior deltoid, infraspinatus, teres minor, rhomboids, suboccipital muscles, and quadratus lumborum.
- **1/2 Foam Roller** – excellent option for those who have excessive neck tension/stiffness when lying supine on an exercise. The ½ roller is placed underneath the occipital bone to relieve tension in the neck
- **Aerobic Step** – adds variety for lower body and core exercises. Also, great tool for specific exercises if you're someone with knee pain.
- **Physioball** – great tool to add variety of exercise selection
- **Exercise Mat** – not 100% necessary, but if you're sensitive to lying on the ground, then I'd recommend getting one for exercises where you're lying on the ground.
- **Bands** – Orange, Thin Red, & Blue. You may need more if you want to have chin ups and push ups in your program but can't currently do a bodyweight chin up and/or push up.
- **Squat Wedge** – absolute game changer for those who have lower body mobility issues, knee pain, etc.
- **Medicine Ball** – Go with a 6 lb or 8lb (max weight). Honestly, could even go with the "kids" 4lb version for many of you. The purpose of a medicine ball is to train at high velocities with various exercises, but when you get too heavy with the ball, then the movement slows down considerably and the likelihood of injury goes up while decreasing the intended benefit of the exercise. Trust me. I have pitchers in the NCAA, who throw over 90 mph, I train who don't go over 8 lbs. Very unlikely you should either.

The Ultimate Home Gym Solution for Physicians

Nice-To-Haves

Half-Rack – When it comes to racks, I go with Rogue every time. This is what I have at my facility where I train clients and they will last you a lifetime. Very high quality and very fairly priced. Just make sure you can bolt it to the floor OR you can use sand bags to make sure it stays secure to the ground.

Fold-Back Wall Mount Rack – if you have limited space and/or want to make sure your squat rack isn't taking up too much space in your home, then this is an excellent option. Honestly, it's what I have at my home.

Barbell – I mainly use the barbell for upper body pressing variations and nothing more. But, if you like using the barbell for other lifts, then that's your call. I have this barbell in both my facility where I train clients and my home gym. You'll never have to buy another bar.

Safety Squat Bar – I do like using this bar for back squat variations, split squat variations, and lunge variations. In my opinion, this is the best SSB on the market.

Transformer Bar – if you want something more versatile than the SSB, then go with the Transformer Bar. I have one of these at my facility, and it's hands down my favorite bar. Rather than bore you with the details, click the link and go check the description.

Trap Bar – my preferred bar for deadlifting. For the majority of people, this will be a much better position to deadlift from rather than with a barbell which is lower and more anterior to your center of gravity which increases torque at your lumbar spine.

Kettlebells – I debated between putting kettlebells between “essentials” and “nice-to-haves”. I had to use logic and not my bias, hence why they're here in “nice-to-haves”. They're such a versatile tool and can provide a better stimulus than the dumbbell with certain exercises due to its structure. Your needs of which pair and how many of which pair will vary depending on which exercises/lifts you want to implement, goals, etc. I can't personally vouch for my next recommendation as I haven't used them, but the [adjustable kettlebells](#) from REP Fitness have great reviews and I like how they're constructed versus most adjustable kettlebells.

Bumper Plates – if you plan on doing any Olympic Lifts then these are necessary. Personally, I still go for these over steel plates (at least 45 lb plates) as they're more friendly to the bar. The only downside is they cost more than steel plates and the more they weigh, the more obnoxiously large they are and therefore end up taking up more bar space.

Steel Plates – 2.5's, 5's, and 10's. Those are all you need. Can do 25's and 45's here instead of bumpers as well if you don't plan on doing Olympic Lifts. Don't waste your money on 35's.

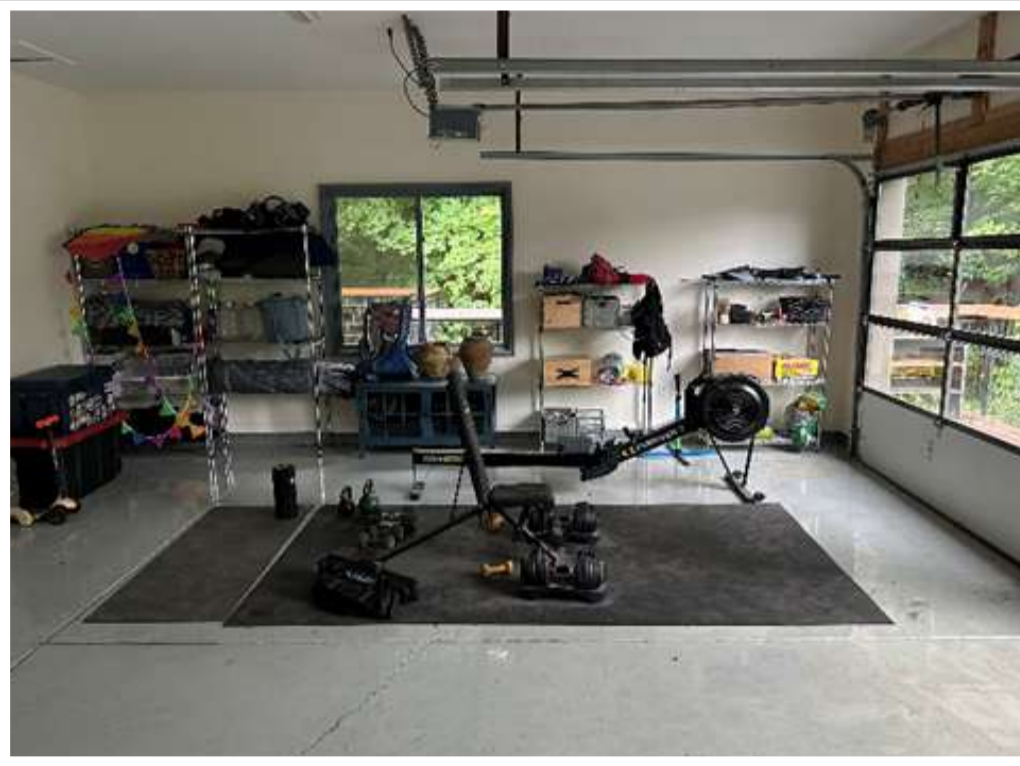
Fractional Plates – most people scoff at fractional plates because they think it's silly to go up by .5 to 2 lb increments. However, these are awesome to use when you might be hesitant about going up 5-10lbs. You still accomplish the goal of creating overload.

TRX Straps – these things are either insanely overhyped or completely written off by people in my industry. My opinion falls in the middle. There are certain things I don't like about them (it's hard to quantify progress and ensure you're creating a stimulus for adaptation) and things I do like about them (some great core exercises you can do with them, good for introducing pull up/chin up progressions, and great for hamstrings curls if you don't have a leg curl machine or physioball).

Furniture Sliders – create versatility with a number of core exercises. They're dirt cheap too. Too cheap to not get.

The Ultimate Home Gym Solution for Physicians

Examples of Gym Set Ups from Physicians I Work With

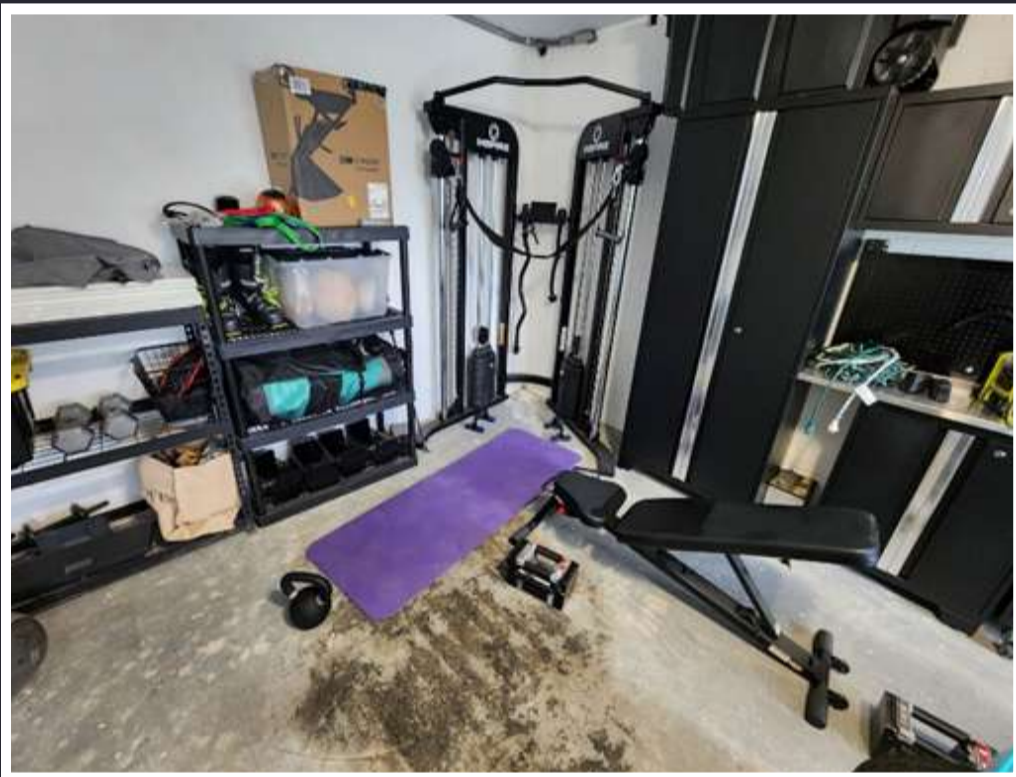


→ *Nice garage gym setup from one of my physicians who lives in a rural area*

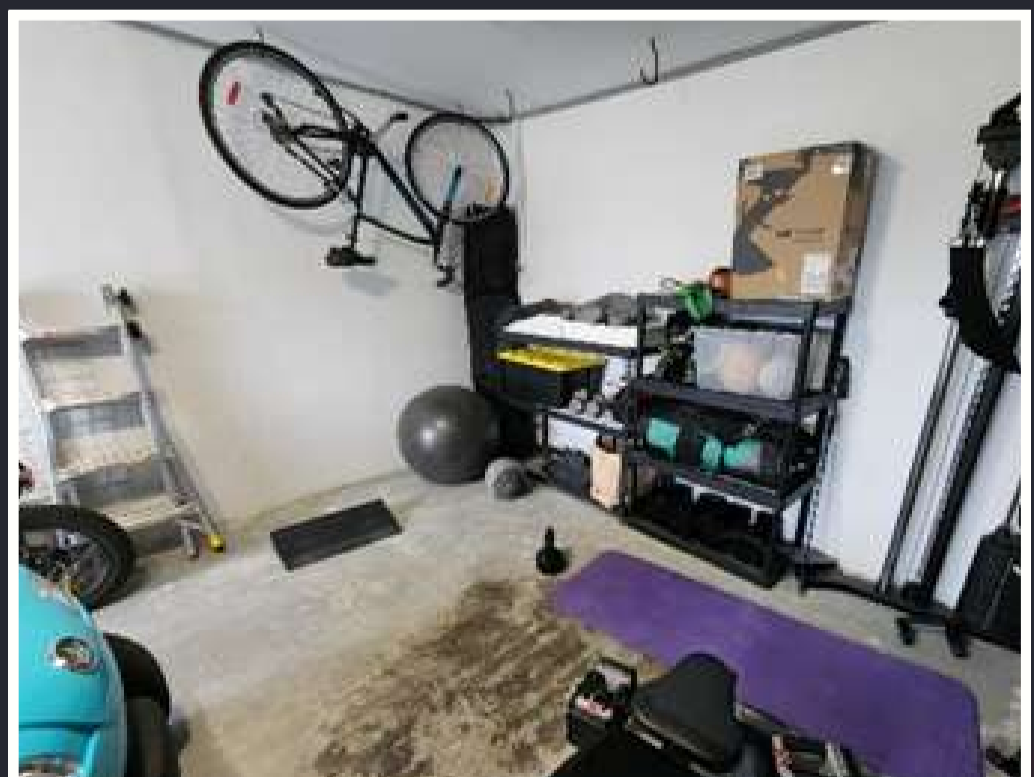


→ *One of my Anesthesiologist is able to get some pretty diverse workouts in this space which address his strength, athleticism, and body composition goals.*

The Ultimate Home Gym Solution for Physicians



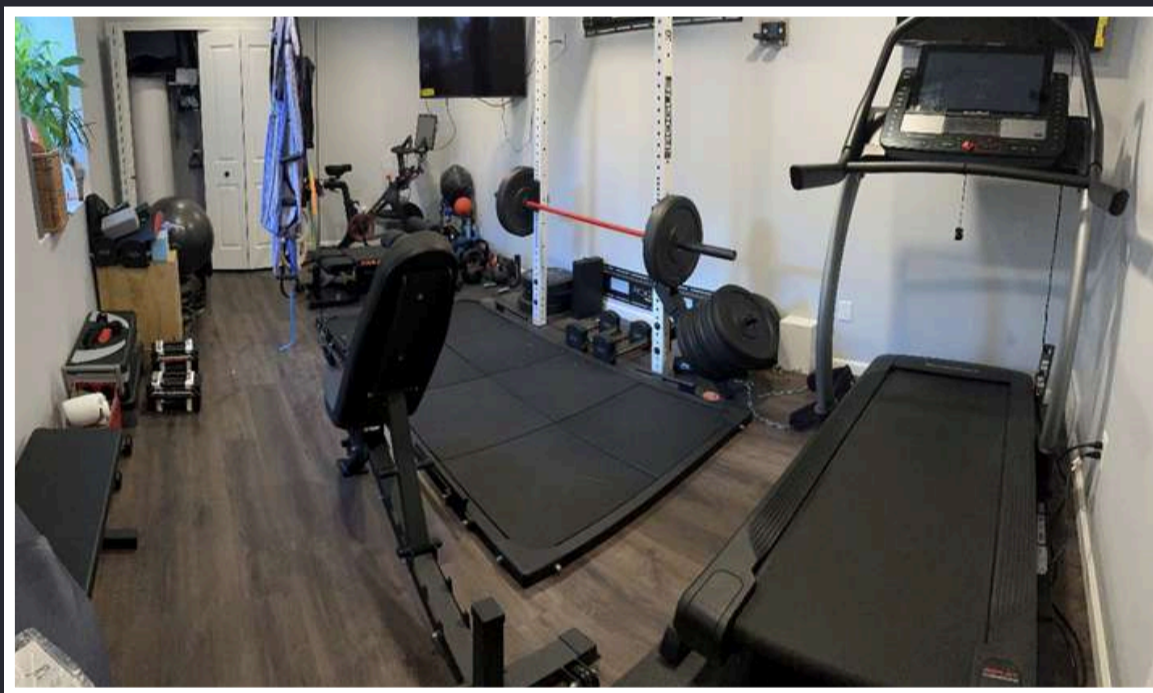
*One of my
Radiologist with a
nice garage set up
out in California*



The Ultimate Home Gym Solution for Physicians



→ *Nice basement set up from an Anesthesiologist I work with. Squat rack with a rowing machine, kettlebells, dumbbells, and an aerobic step. He also purchased some horse stall mats for flooring. I use these at my gym and they're an amazing flooring option if you have concrete floor.*



↓
This is actually my at-home gym. The rack folds away so it can be flat against the wall when not in use. We also have a reinforced wall in the left corner of the room so we can throw medicine balls against it without doing any damage.

The Ultimate Home Gym Solution for Physicians

Closing

By now, you should feel empowered with the knowledge and confidence to build a space that supports your unique fitness goals and busy lifestyle.

Remember, the two of the major keys to long-term success lies in consistency and convenience. Your home gym removes many common barriers to regular exercise, providing a private, accessible, and efficient way to stay fit. This space is not just a gym; it's an investment in your health, well-being, family, and professional performance.

As you embark on this journey, keep in mind that progress is personal. Celebrate the small victories and be patient with yourself. The demands of your profession are immense, but dedicating time to your fitness will pay dividends in your energy levels, stress levels, and overall quality of life.

Stay committed, and don't hesitate to revisit this guide whenever you need inspiration or guidance. Your home gym is a dynamic space that can evolve with you, adapting to new fitness goals and challenges.

Thank you for trusting me to guide you.

Here's to your success in creating a home gym that empowers you to be your healthiest, happiest, and most resilient self!

Dedicated to Your Success,

