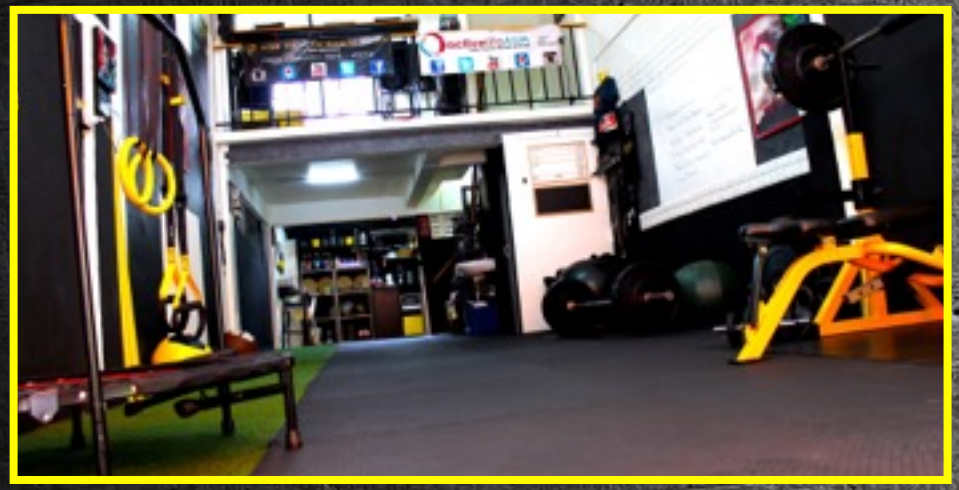
METCON

FITNESS | STRENGTH | CARDIO

THE METCON QUICK GUIDE TO:

GARAGE / HOME GYM FITNESS



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INTRODUCTION

A garage / home gym (which for the rest of the book will simply be called a GHG is the absolute BEST investment you can make for both your own fitness and health, and your career.

The benefits of a home gym are enormous, from saving time, to saving A LOT of money, to making A LOT money without paying commercial fees or commercial rents, avoiding city and government road blocks and strict zoning laws.

In this picture to the right, and on the following page, you can see my own home gym. In fact, I have 3 floors of gyms, the bottom level is my METCON Studio, followed by my rooftop kickboxing studio, and my Mobility / Yoga Studio.

With this gym, both myself and my girlfriend have managed to get a number of clients, and make very good money without having to leave our front door. And as you will see it was both EASY and very cheap to create.

ROOFTOP KICKBOX STUDIO

MAIN FLOOR METCON STUDIO

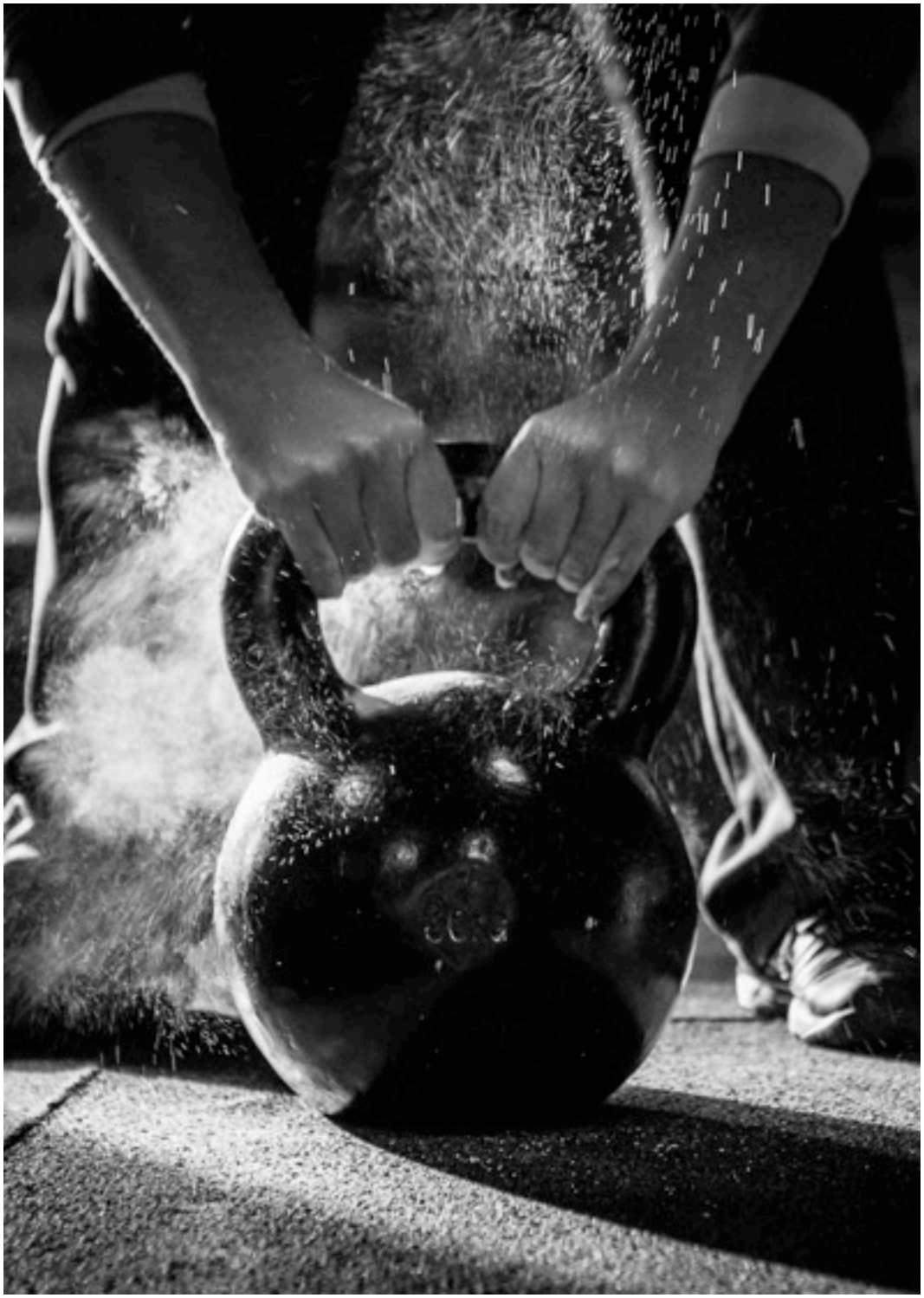
SECOND FLOOR YOGA STUDIO

THE METCON GARAGE GYM

For the most part of this book I will be discussing the more typical conditioning and strength GHG that METCON has been developed for, but at the end of the book, I will give you some other ideas incase you have A - More Space, B - Other interests, or C - Want to have even more additional sources of revenue beside METCON.

The aspects I will be discussing for you home gym will easily enable you to properly training and condition all 11 of the METCON Foundational Movements with as little opening as possible, yet still allow for optimal workouts regardless of the METCON Phase your in, from the comfort of your own home.

- **Vertical/Horizontal Push**
- **Vertical/Horizontal Pull**
- **Squat**
- **Cross Lunge**
- **Twist**
- **Hinge**
- **Triple Ext.**
- **Crawl**
- **Gait**



WHY YOU NEED A GHG

There are so many reasons that you will want to develop a GHG in your home that the list could literally go on for ever, but here are the top ones I have.

The aspects I will be discussing for you home gym will easily enable you to properly training and condition all 11 of the METCON Foundational Movements with as little opening as possible, yet still allow for optimal workouts regardless of the METCON Phase your in, from the comfort of your own home.

- **Save you lots of time! Think about this, you no longer need to travel 20,30, even 40 minutes to get to the gym. You just go down (or up) stairs.**
- **You don't need to carry clothes, food, shakers, and post wet, stinky clothes with you all day. Who wants to carry extra shorts, shirt, towel, soaps, and shoes all day with them anyway?!**
- **Allows you to spend more time with your family and even get them motivated.**
- **Neighbours will see you training and start**

to inquire about training too. maybe coming them selves or sending their kids to train with you.

- Takes away ALL the excuses to workout!
- Want to make more friends? GHG!
- Want to look better? GHG!
- Get more done in your day. Instead of wasting all that time travelling, you can get more passion projects done. For example, I work from my loft, come down and workout, and am BACK to work in my loft all within 45-60 minutes! I get so much more done now.
- Like as I said in the intro, you can make a lot more money from not leaving home. My girlfriend for instance makes AS MUCH money training clients from out METCON studio on the main floor, as she did travelling to her old job each day, travelling an hour each way, and working 9 hour days. And she only has 6 clients! I also get paid over $100 USD per session to workout of of my house! This is a no brainer!
- The average gym membership is $58/month, and many more gyms are now nearing or surpassing $100 / month!

DO WE HONESTLY NEED ANYMORE REASONS?!

WHERE TO START

Starting as GHG is VERY easy and extremely affordable, as you will see I spent very little money on my studio, and I mean all 3 levels. People are always shocked at how little I spent, and I will give you the tips and hacks to make a little money got a long way!

Where to start!

The first thing you need to decide, is "What kind of gym do I need for myself first, and my clients second"? We need to answer this as it will dictate the kinds and quality of equipment you will need, and this of course will dictate the costs to a point.
Do you need only good home grade equipment? Lite commercial grade equipment? Or heavy duty equipment?
Will you need specialty equipment, or just common equipment?
Can you use adjustable equipment? Or do you need solid weight equipment?
Once you decide on what you need for your needs, then see if it matches your target clients needs.

For example. Are you a heavy lifter? Are you going to be looking at training big guys and strong guys? In that case you may need a solid power rack that can hold a thousand pounds, and you can slam the bars down onto.

Or are you more concerned with basic fitness? Staying in shape and dealing with the common regular client? In this case maybe you only need an adjustable standing squat rack that holds 300-400 pounds and needs to be treated a bit more lightly.

Now as we can see, the former power rack will cost you a lot more. A decent power rack starts at about $400, and can go into the thousands of dollars. The standing rack on the other hand may only cost you $99 - $200. And I have even seen these used with no problems in commercial gyms. Even today at one of the original METCON gyms their coach uses basic bench press to squat racks as most of his clients are women, and they focus more on conditioning than total strength. And in my personal METCON Home Gym I also use a lite commercial grade Bench to Squat rack (see image to left).

BASIC EQUIPMENT LIST

Starting as GHG is VERY easy and extremely affordable, as you will see I spent very little money on my studio, and I mean all 3 levels. People are always shocked at how little I spent, and I will give you the tips and hacks to make a little money got a long way!

- **Bench & Rack capable of going from Bench Press, to Incline Press, to Back Squat/Overhead Press**
- **Barbell (45 lb men, 35 lb women) **dropable bar***
- **Bumper Plates *(Up to strength, but I think 300 pounds is a good starting point)***
- **<u>Adjustable</u> Dumbbells (from 5 pounds to 50 pounds)**
- **Pull-up Bar**
- **Jump Rope(s)**
- **Safe Running Space**
- **Gym Rings**
- **Bands (lite, medium, heavy)**
- **Kettlebells (depends on strength, but a later for single hand, and a heavy for double hand)**
- **Soft Medball (7 - 10 lb, 15 - 20 lb)**
- **PVC Pipe & Mobility Kit**
- **White board or Black Board**
- **Yoga / Exercise Mats (no image)**

IRON COMPANY
DEMOLITION
14lb
YORK

OPTIONAL EQUIPMENT LIST

Once you have the basics, you can start to do some optional add ons. Below I have listed my favourites, they range from very cheap, and up to over $1000, so think if you really need/want it before you purchase.

- **Fat Gripz**
- **Climbing Rope**
- **Battle Ropes**
- **Sandbags / Waterbeds**
- **TRX**
- **Mini Trampoline**
- **EZ Curl Bars**
- **Hex Dumbbells**
- **GHD machine**
- **Cable Machine**
- **Slam Balls**
- **Atlas Stones (or DIY mold)**
- **Aerodyne Bike**
- **C2 Rower**
- **Treadmill (no image)**
- **Towels (for grip pull-up. No image)**
- **Heavy Bag (personally I think this one should be a MUST have).**
- **Boxes (no image)**
- **Prowler Sled or Flat Sled (no image)**

EVERLAST
FITGRIPZ
90
70
50
ALPHA STRONG
TRX
concept 2

CLIENT CARE & EQUIPMENT

While we all love to discuss the fitness side, we also have to look at the health care side as well, particularity when we have paying clients.

below I have listed all the basic equipment and materials you should have in your GHG

- **Liability Waivers**
- **Risk Acceptance Waiver**
- **Body Weight Scale**
- **Body Fat % Reader (callipers or BEI)**
- **Measuring Tape**
- **Height Scale**
- **BMI Chart**
- **RHR Chart**
- **PR Recording Board / Book**
- **Waist to Hip ratio Chart**

**** Some of these charts can be added together onto one chart**

WHERE TO PUT YOUR GYM

For the most part, you have 2 options. A garage or basement. However depending on the kinds of exercises you will be doing, you may be able yo get away with a spare room (providing no dropping of weights). And I have even seen people rent storage lockers and turn them into gyms. If you live in a sunny area, you can also conducer and outdoor gym.

You need to consider the following:

- **Are the ceilings high enough for overhead pressing or jump rope?**
- **Is the floor strong enough? I suggest ground floor and concrete.**
- **Will there be running? If so, is the basement a good idea?**
- **Again, if running, are you in a safe area to run? My GHG is located on a dead end road, so it is perfect! I looked for this when deciding on a house.**
- **Will your clients or you cause a nuance to neighbours and have them complain?**
- **Is there enough room for burps and other big movements?**
- **Is there enough room for you and at least 1 client?**

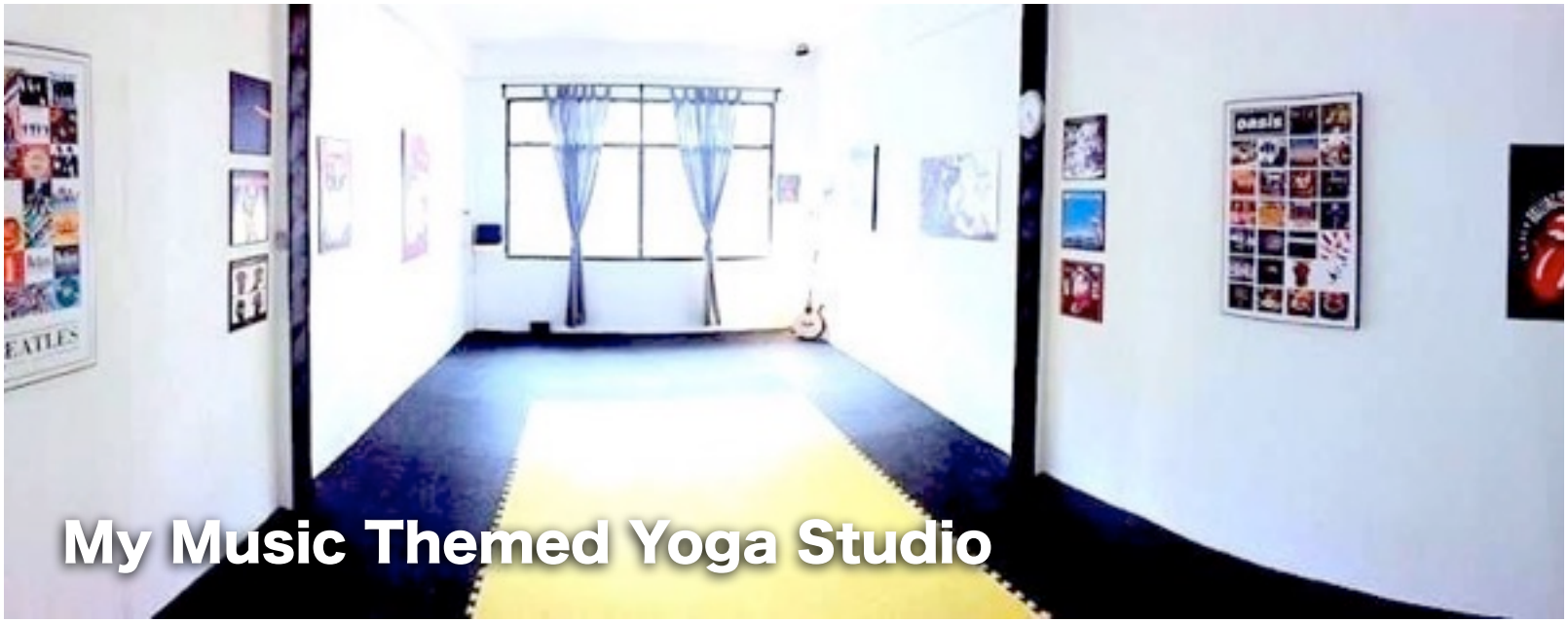
A Backyard Gym

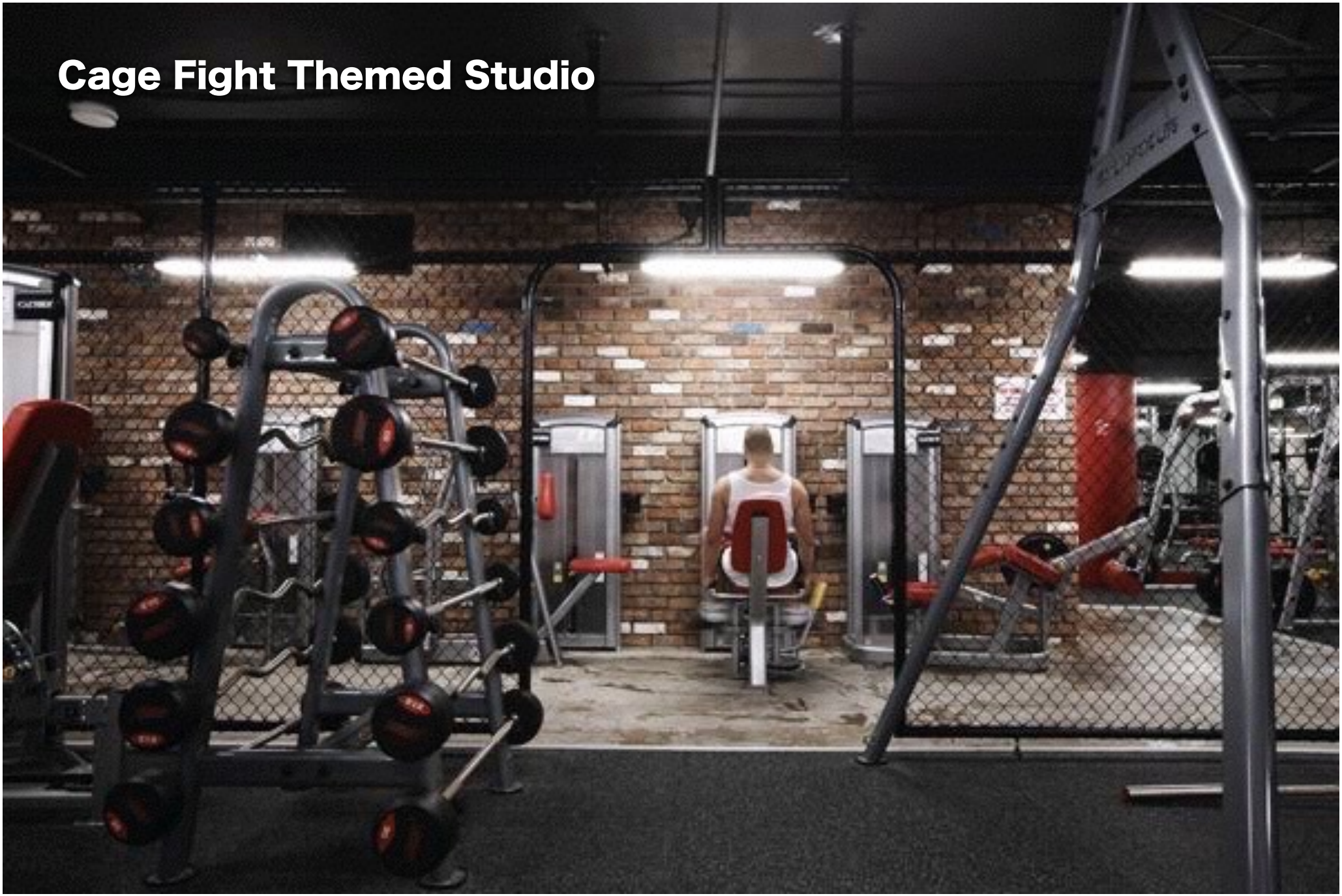
FUN WITH THEMES

Having these can be inspirational and fun, and will let your clients know the kind of trainer you are!

Some Ideas:

- **Superhero**
- **Geographical Theme (Asia, Africa, ocean, beach, mountains, etc).**
- **Grunge / Hardcore**
- **Dance / Music Theme**
- **Jungle / Urban**
- **Eccentric Theme**
- **Night Club Theme**
- **Fight Club Theme**
- **Sports Theme**
- **even Prison Theme**



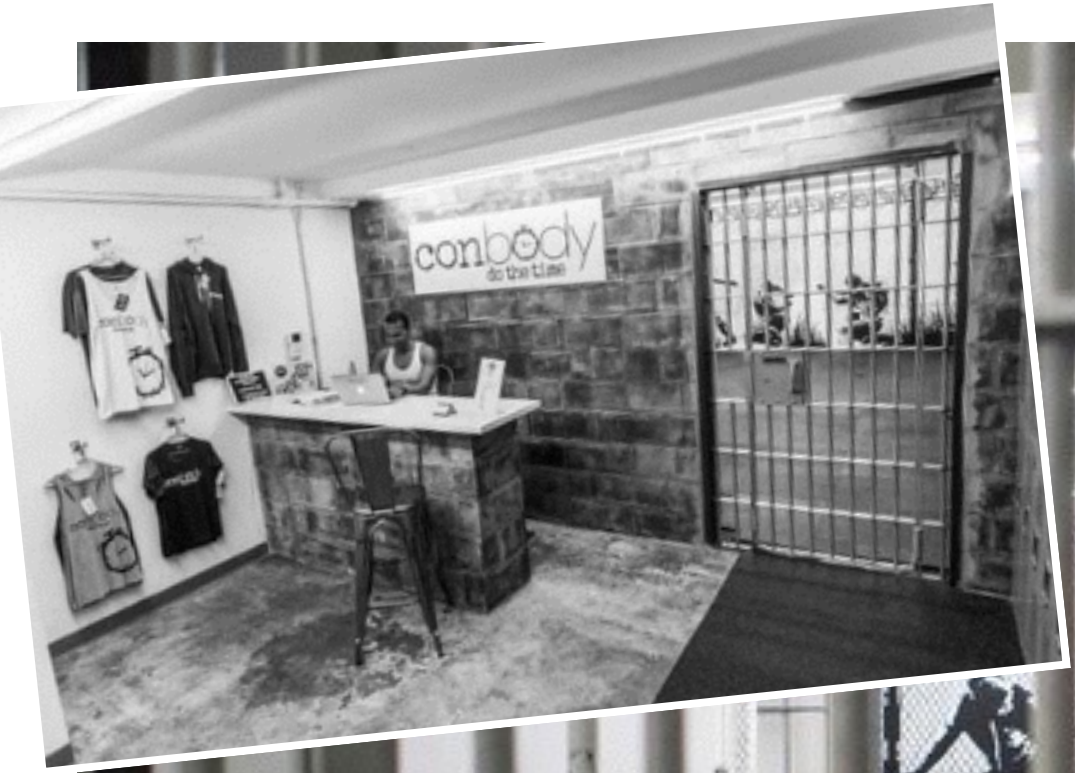

Cage Fight Themed Studio

Eccentric Themed Studio

Night Club Themed Gyms

Bali/Thailand Club Themed Studio

Under Ocean Themed Studio



Prison Themed Studio

Sports Fan Themed Studio

Jungle / Camo Themed Studio

Ghetto / Graffiti Themed Gym

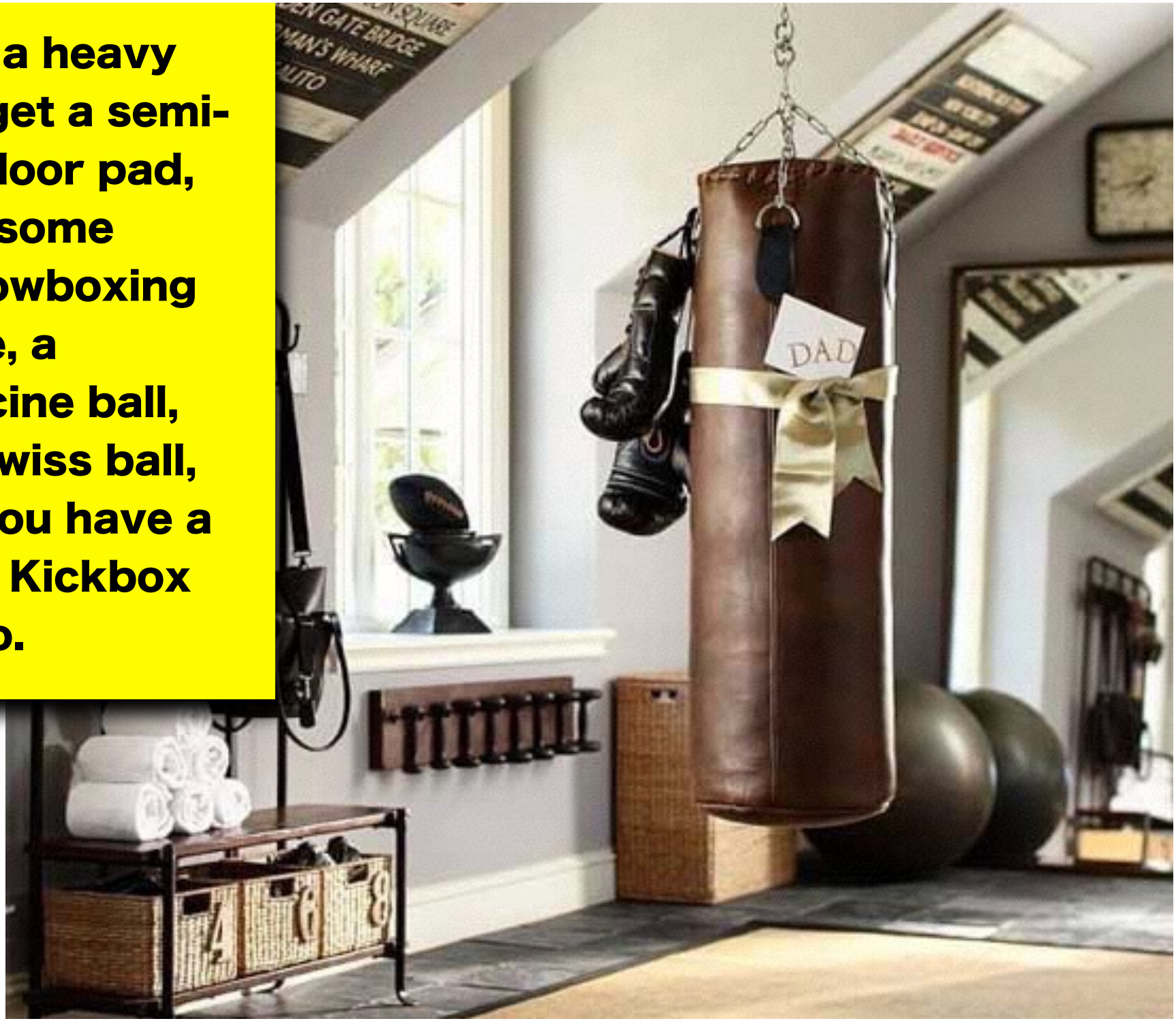
OTHER HOME GYMS

While this book is about METCON Home Gyms, you may not have a home that can accommodate a METCON GHG or you may have space for more than just 1 Studio

Here are some great ideas for home gyms, that can be even CHEAPER than building a metcon, and can be as low as a couple hundred dollars only.

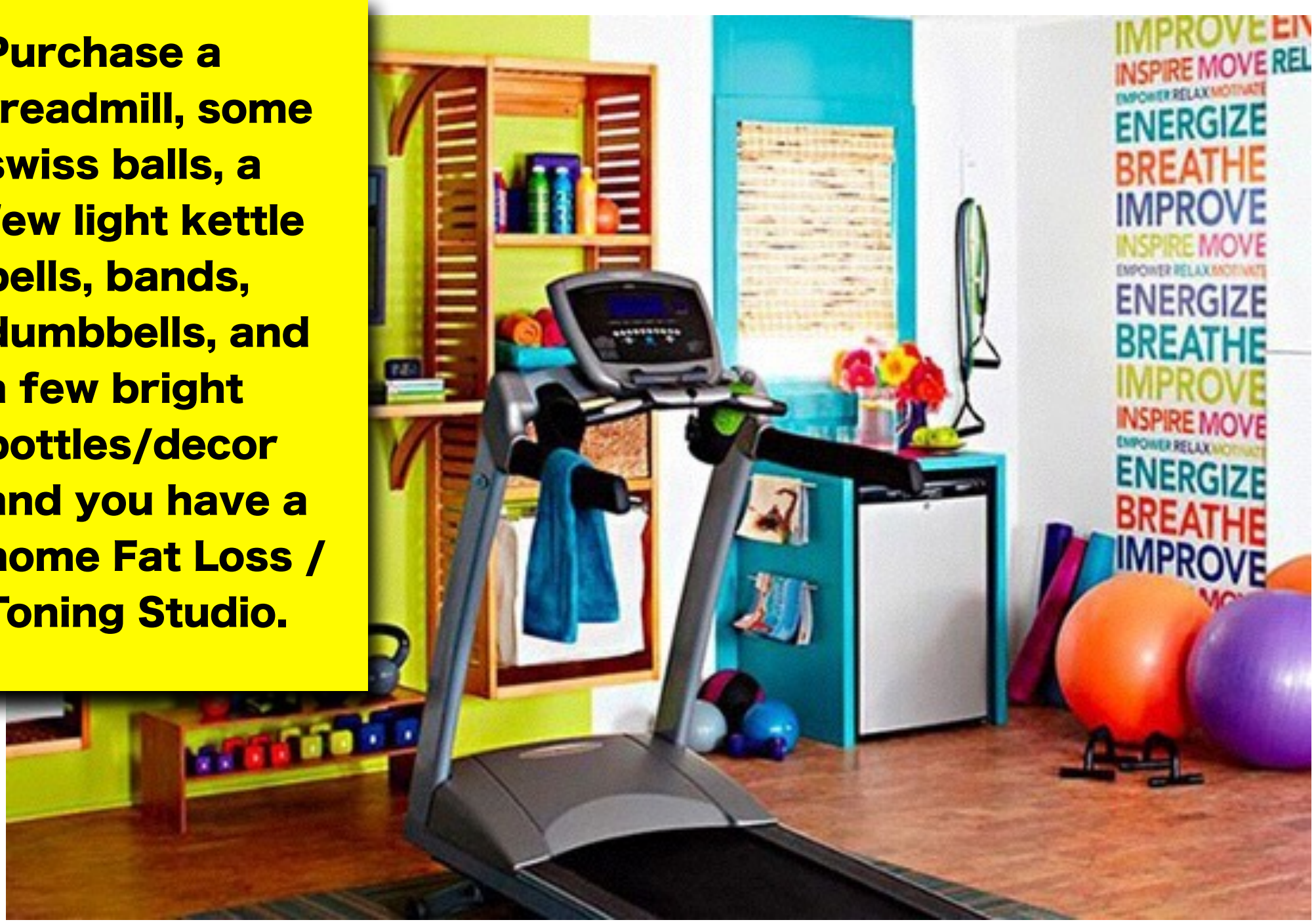
- **Home Kickbox / Boxing Studio**
- **Home Yoga Studio**
- **Home Private / Small Group Rebounder Studio**
- **Home Pilates Studio**
- **Home Toning Studio**
- **Home Strength & Fitness Studio**
- **Massage / Physio Studio**

Hang a heavy bag, get a semi-soft floor pad, have some shadowboxing space, a medicine ball, and swiss ball, and you have a home Kickbox studio.

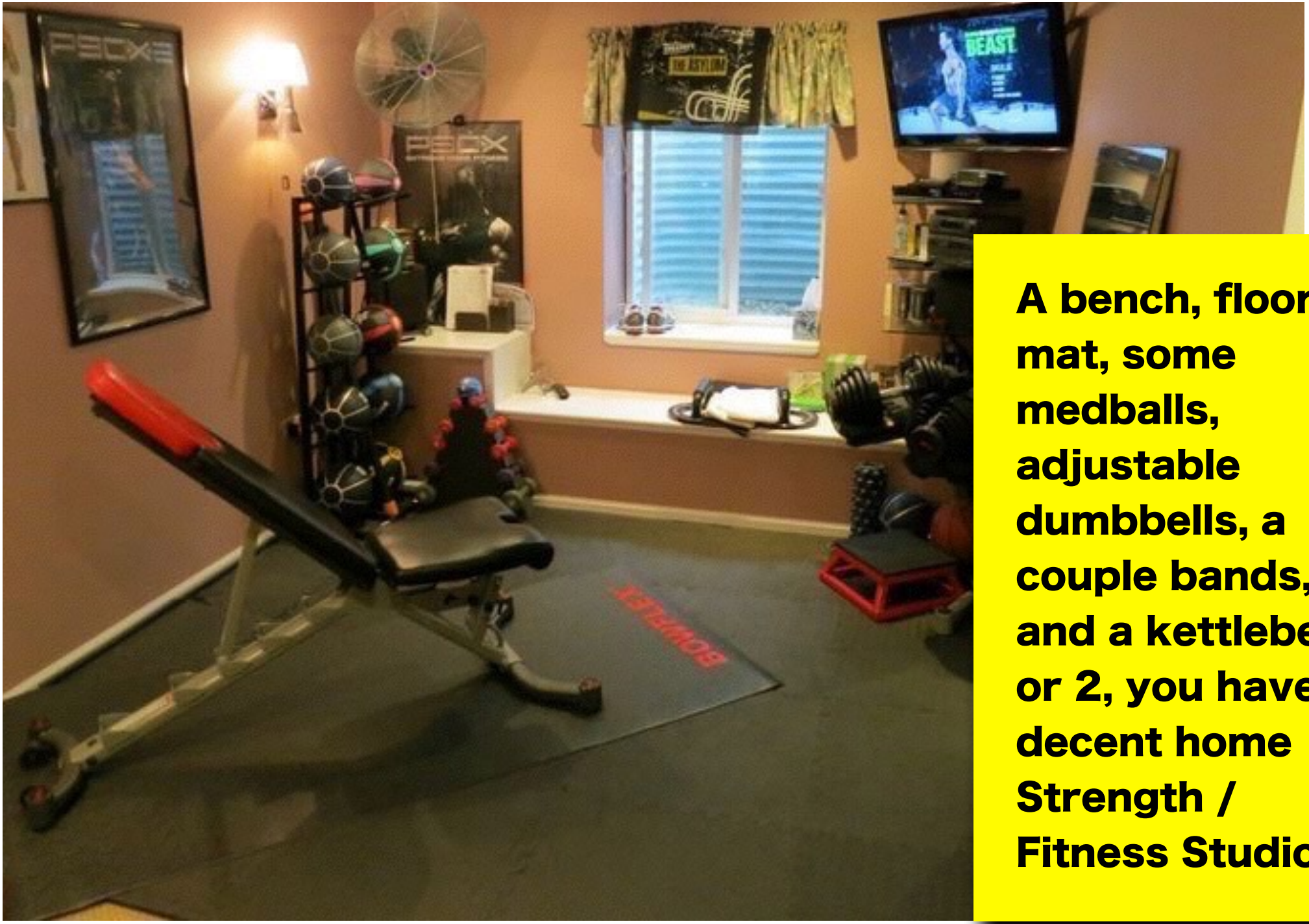


Slap on some soft & pastels paint, have lots of natural light, scented air, a plant or two, a wood, or fake wood floor, and you have a home Yoga studio.

Purchase a treadmill, some swiss balls, a few light kettle bells, bands, dumbbells, and a few bright bottles/decor and you have a home Fat Loss / Toning Studio.



Similar to the Yoga Studio, add a reformer and you have a Pilates Studio, or save the money and teach Mat Pilates.



A bench, floor mat, some medballs, adjustable dumbbells, a couple bands, and a kettlebell or 2, you have a decent home Strength / Fitness Studio

While not a fitness studio, a home Thai Massage / Physio Studio can earn you some nice money too! Just a massage bed and some relaxing decor.

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