

How to create a stylish home gym for any space or budget

These double duty solutions include flip-up beds to turn your bedroom into a yoga studio and offices that double as HIIT spaces

By Jessica Doyle

2 January 2021 • 6:00am



More of us have been utilising indoor spaces for home workouts | CREDIT: Rachael Smith Photography

Exercising at home is a lockdown trend that is, it seems, here to stay. According to research carried out by online fitness platform Ponzu, 59 per cent of us are planning not to renew expensive memberships now that we have got into the habit of getting our endorphin fix elsewhere. Most of us don't have the luxury of a room we can dedicate entirely to exercise, however; in which case, the key is to find a way to incorporate an area for your chosen activity within another room – whether that's the office, the spare room or the living room. Here are some examples of workout spaces that multitask in style.

The living room

This ad hoc workout space was put together in a corner of the living room during last year's first lockdown. 'The gym was closed, so we thought it was best to use a portion of our open-plan living area,' says the owner of the house, Rachael Smith. 'If the exercise equipment isn't in view it's an excuse not to use it.' She and her husband chose a stylish rowing machine, 'as we knew we would be looking at it a lot,' plus exercise mats and free weights that can be stored easily. 'It's a good place to have the kit overlooking the garden,' she adds, 'and we can open up the doors when we get hot.' Her plan is to keep this part of the room as an exercise area, and paint the wall to zone it within the space.

The office



This room was designed by by Interior designers [Cass & Nico](#) | CREDIT: Bess Friday Photography



This restful space, by interior designers [Cass & Nico](#), was intended as an exercise and relaxation room, but could easily double as a home office with its useful wall-hung shelving and desk area. It has been fitted with minimal equipment, but enough to cater for different moods – a punchbag for boxing, a barre in front of a floor-length mirror for ballet, and a large mat for yoga or HIIT training.

It has been fitted with a variety of different light sources, including table and floor lamps, rather than harsh overhead spotlights, to help ensure it's a pleasant place to be, and the wallpaper adds further visual interest (this one was custom-designed, but find similar patterns at [wallsauce.com](https://www.wallsauce.com)). The vintage leather punchbag was found on Etsy and partly reupholstered in canvas for a softer look.

The guest room



Transform the under-used guest room into a regular workout space | CREDIT: Phil Crozier

This very neat solution for a spare room involves a flip-up wall bed, which is concealed seamlessly within the cabinetry when the bed isn't in use (try [wallbeds.co.uk](https://www.wallbeds.co.uk) for folding beds). The full-size mirror on the base of the bed is a clever trick that instantly turns the room from bedroom to yoga studio, and the wallpaper on the ceiling (from [troveline.com](https://www.troveline.com)) adds a decorative flourish for both yogis and guests to enjoy. The fitted cabinets and storage bench provide plenty of space to stash yoga equipment and weights. Design by [Reena Sotropa](https://www.reena-sotropa.com) In House Design Group.



This is a very neat solution for a small space | CREDIT: Phil Crozier

The exercise nook



Suspension rings or straps can help save on space | CREDIT: WeMakeGyms

Where space is tight, opt for low-footprint equipment rather than bulky machinery, for example suspension rings or straps that are hung from the ceiling, or wall bars that can be used with TRX straps for a number of different exercises. There are also multifunctional pieces of equipment, such as gym benches, that offer various different types of exercises in a space-saving format.

The wellness room



The perfect post-workout relaxation room | CREDIT: Tony Murray

If you do have the space to devote a whole room to exercise, why not turn a corner of it into a post-workout relaxation area? This basement room includes a seating area with daybeds, lounge chairs and plants, which gives it a spa-like vibe. The neutral colour scheme adds to the calming feel, and the floor-to-ceiling wall of mirrors both increases the light and makes the room look twice its size. Design by [Millier](#)