

## The Design Brief

The clients approached us to design and build a gym in their new home in Fulham. They wanted the gym to be in one area of the basement space they had created. They wanted a gym with a mixture of cardio equipment and free weights as well as a boxing zone.



## The Concept

We came up with several plans and layouts which made use of all the available space and which would allow the clients to workout comfortably together. As both clients were keen exercisers it was important we selected equipment that they both enjoyed using.

## The Final Design

As the gym area was in the basement towards the front of the property, we decided to fit two long windows that would let lots of natural light flood into the gym brightening up the room and allowing fresh air to circulate. We selected a robust and reliable treadmill that would satisfy their running needs, whilst a heavy duty Lonsdale punchbag catered to their enjoyment of boxing focused workouts. The addition of a bike provided cardio variety and a selection of free weights to ensure they could add strength work to their training programmes.



## The Gym

Once the room had been painted and all the flooring down we organized a convenient time to deliver and install the equipment, including securing to the ceiling the heavy duty punch bag which finished off a fantastic home gym space.

*"We are delighted with our home gym... we are now able to exercise more often as we have all the right tools on our doorstep."*

David and Jo Smith