

# HOME GYM: EAST SHEEN, LONDON

Private Client

## CASE STUDY

This home gym project was a result of both homeowners coming to motive8 as rehabilitation clients.

As their injuries began to heal, it was recommended that some gentle exercise be undertaken to aid recovery.

Not keen on visiting commercial gyms, we suggested the possibility of a home gym.



With a garage at the bottom of the garden that was only used for occasional storage, Geoff and Shelagh decided to pursue the concept and, within a month, the garage had been converted into a fully-functional, state-of-the-art home gym facility.

To ensure a comprehensive full body workout could be achieved, we recommended a combination of equipment; this included a Concept2 rowing machine, a Life Fitness G5 Multi-Gym, a Life Fitness Treadmill, a Swiss Ball and floor matting alongside a range of different free weights.

**“ I love both the convenience and comfort offered by my own home gym. I was never really at ease with going to commercial gyms and now I can exercise in private whenever it suits me. There really is no excuse not to workout anymore! ”**  
SB