

HOME GYM: NOTTING HILL, LONDON

Private Client

CASE STUDY

The motive8 home gym design service is suitable for clients wanting to maximise the use of a small space or those looking to convert an outbuilding or build a gym from scratch.

Our most recent home gym installation is for another motive8 client who has been training with Personal Training Manager, Gareth Traves, for the past 2 years.

Prior to her home gym installation, the client used to train at a local gym in Kensington as well as in nearby Hyde Park, where she was in training for a half marathon.



Located in the basement of the client's house in Kensington, the gym space was created following the renovation of other parts of the property. In order to achieve a truly varied workout, motive8 recommended a Technogym Kinesis Personal Heritage, a stunning piece of equipment that caters for more than 200 exercises to help build endurance, balance, strength and flexibility. It can be also be used with a Swiss Ball. This was complemented by a complete set of free weights and a multi-adjustable bench.

For cardiovascular exercise, we installed a high end treadmill, an Octane cross trainer and a Power Plate vibration platform.

Since having her gym installed, our client now trains twice a week with motive8 in the comfort of her own home. The client's husband has also recently become a motive8 client, training once a week with our Rehab and Pilates Specialist, Sarah Cleland-Smith, focusing on Pilates, postural work and core strength.

