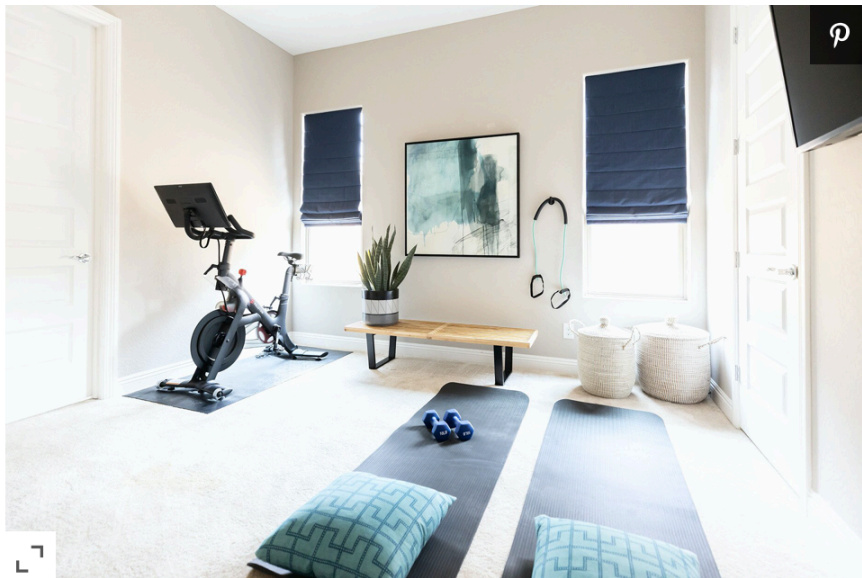


Better Homes & Gardens

How to Carve Out a Workout Area in Any Room of Your Home

You don't need an entire room to create a home gym. Use these expert tips to set up an effective home fitness area in the space you have.



2. Get creative with available space.

Look for empty areas within your home that could work for your fitness needs. "Believe it or not, a walk-in closet is a great place to carve out a small workout space," says Dallas-based designer [Abbe Fenimore of Studio Ten 25](#). Even tight spots like a hallway or the area behind a sofa can work if you typically use smaller aerobic moves or portable equipment like dumbbells and resistance bands, says Carole Malloy of [Josephine Design House](#). "Basically any area of the home that allows for this movement can be designated for a workout nook," she says.