

Koncept Gyms Launches Home Gym Design and Installation Service

August 24, 2026

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Koncept Gyms has launched a design and installation service for residential fitness spaces, offering Austin homeowners a custom home gym in Austin, TX built around the available space and how the space will be used.

The service begins with a consultation covering fitness goals, spatial constraints, and design preferences, according to the company. Jeff Julia, the owner of Koncept Gyms, said the consultation determines what equipment fits before any purchasing decisions are made, since equipment selection depends on dimensions and ceiling height as much as on preference.

Julia said projects range from a portion of an existing room to a dedicated space. He said smaller footprints require different equipment choices than dedicated rooms, with multifunctional equipment often replacing separate machines, and that the consultation identifies which approach a given space supports.

Equipment options include cardio machines, free weights and strength-training apparatus, according to the company. Julia said selection is driven by what a client will actually use rather than by assembling a comprehensive setup, since equipment that goes unused occupies space that could serve another purpose.

Structural considerations factor into most projects, according to the company. Julia said flooring, ceiling clearance and whether a space can support loaded weight influence what can be installed, and that these are assessed during consultation rather than discovered during installation.

Ventilation and climate control come up frequently in Austin projects, according to the company. Julia said garage conversions are common locally but require attention to heat during summer months, and that projects in unconditioned spaces typically involve decisions about airflow before equipment is selected.

Homeowners considering a custom home gym in Austin, TX generally weigh available space, budget and how their routine is likely to change over time, according to the company. Julia said clients often ask whether

a setup can be expanded later, and that layouts are planned with that possibility in mind where the space allows.

The company has also launched a blog series covering home gym design. Topics include maximizing small spaces, selecting versatile equipment and configuring a workout environment, according to the company. Julia said the material addresses both people setting up a first space and those reworking an existing one.

Installation is handled by the company rather than left to the client, according to Julia. He said equipment assembly, placement and flooring work are completed before handoff, and that clients receive a walkthrough of the finished space and its equipment.

Julia said timelines vary depending on the scope of the project and equipment availability. He said projects requiring flooring, electrical work or structural modification take longer than equipment placement alone, and that clients receive an estimated timeline following the consultation.

Julia said noise is another consideration clients raise, particularly in homes where a gym shares a wall or floor with living space. He said flooring selection and equipment placement both affect how much sound carries, and that these decisions are made during design rather than addressed after installation.

Storage is addressed during layout planning as well, according to the company. Julia said weights, mats and accessories occupy more space than clients anticipate, and that leaving room for storage keeps a space usable rather than requiring equipment to be moved before each session.

The company said mirrors, lighting and flooring are handled as part of the design rather than treated as additions. According to Julia, these elements affect how a space functions during use, and addressing them alongside equipment selection produces a more consistent result than adding them afterward.

The company said it plans to review the service as demand develops. Julia said decisions about expanding into additional project types will depend on the mix of requests received over the coming months, and that no timeline has been set.

Homeowners interested in a custom home gym can find information about the service and the blog series through the Koncept Gyms website.

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