



Home Gym Specs Highlights Strength Zone Design as New Injury Study Renews Home Training Safety Discussion

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A June 2026 study using U.S. Consumer Product Safety Commission NEISS data estimated 546,655 weightlifting-related emergency-department injuries in the United States between 2014 and 2023. Published June 11, 2026 in Sports Medicine International Open by Liu and colleagues, the analysis found that injuries were concentrated in the trunk (70.1%) and in phalanges such as fingers and toes (13.7%), and that estimated injuries rebounded above pre-pandemic levels by 2023. In response, home-gym planning resource Home Gym Specs is directing attention to a controllable layer of home training that the study did not examine: the physical strength zone where loaded movements take place.

The study does not establish that home-gym layouts caused these injuries. Its weightlifting definition excluded passive incidents such as tripping over weights, and the authors noted they lacked detailed information on training setting, supervision, load, experience and exact injury mechanism. The dataset also cannot determine comparative injury risk, because participation and exposure denominators were unavailable. The renewed attention is timely because the American College of Sports Medicine lists traditional strength training as its number seven worldwide fitness trend for 2026.

The company frames its strength zone approach around one operating envelope rather than isolated pieces of equipment. In its view, a rack technically fitting between two walls is not the same as having room for the full barbell length, plate loading and unloading, bench movement and circulation around the rack. The Home Gym Specs Strength Zone Design Guide treats the rack, bar, bench, plates, storage, ceiling, floor and working clearances as a connected system.

Home Gym Specs founder and lead author Oded Feigin, who holds B.Sc. and M.Sc. degrees in Mechanical Engineering along with experience in residential construction and renovation planning, emphasized that room planning addresses a different variable than technique or load.

"The study does not show that home-gym layout causes injuries, so no one should claim room planning would have prevented them," Feigin said. "What it does provide is a timely reason to examine the environment where loaded movements happen. The question is not only which rack someone should buy, but what physical working envelope the training actually requires."

Compact spaces require more planning rather than less. The Home Gym Specs Compact Strength Guide reinforces a room-first method, mapping the room and walking paths before selecting multifunction or folding equipment.

Feigin added that project-specific structural or safety-critical decisions should be referred to qualified professionals, and that the company provides engineering-informed educational guidance rather than structural certification or load calculations.

"Technique happens during the lift," Feigin said. "Strength-zone planning happens before it."

For wall-mounted setups, the wall itself becomes part of the gym, and the Home Gym Specs Folding Squat Rack Guide walks through wall construction, framing, available width, room depth and ceiling obstructions.

Home Gym Specs is an educational, room-first home-gym planning resource founded by Oded Feigin. The company provides expert-led guidance, decision-friendly equipment reviews and organized topic hubs covering strength zone design, compact home gym equipment, folding squat racks and garage gym equipment. Treating the room as a system, its guidance considers structural readiness, airflow, lighting, clearance and storage. Home Gym Specs is a reader-supported site that earns income through affiliate links.

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Home Gym Specs

Home Gym Specs provides engineering-informed home gym planning, covering structure, airflow, lighting, clearance and organization to help homeowners, garage gym users and longevity-focused lifters design safer, stronger, more durable home training spaces.

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