

Home Gym Specs Urges Basement Radon Testing Before Converting Lower Levels Into Workout Spaces

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New York, New York - November 06, 2026 -
Home Gym Specs, an engineering-led publisher of home gym planning resources, is advising homeowners to test basement air quality for radon before building out a below-grade workout space, citing recent federal and nonprofit guidance on radon exposure.

The guidance follows an American Lung Association evaluation released on October 27, 2026, which examined radon test-kit distribution programs and identified practical barriers that prevent distributed kits from being used and returned. The findings arrive ahead of November's Lung Cancer Awareness Month activities, including National Lung Cancer Screening Day on November 14, 2026. The Lung Association study did not examine home gyms; the basement-gym implications represent the expert interpretation of Home Gym Specs.

The core concern centers on how basement use changes once a space becomes a regular workout area. Radon can accumulate indoors, particularly in lower levels, and exposure depends on both concentration and

time spent in the space. On August 26, 2026, the Centers for Disease Control and Prevention recommended testing before lifestyle changes that increase time spent in basements or lower-level rooms. Converting an occasionally used basement into a space with racks, cardio equipment, and mats represents exactly that kind of change.

The CDC has identified radon as the second-leading cause of lung cancer in the United States, associated with more than 21,000 estimated deaths annually, a nationwide figure rather than a home-gym-specific statistic. The Environmental Protection Agency recommends professional radon reduction at levels of 4 pCi/L or higher and advises that action also be considered at levels between 2 and 4 pCi/L.

Home Gym Specs emphasizes that a dry, well-prepared basement is not automatically ready for regular occupancy. A clean concrete slab or a working dehumidifier addresses dampness but does not establish acceptable radon levels. The company notes that moisture testing and radon testing answer different questions, and that general airflow improvements are not a verified substitute for proper testing and mitigation.

The company recommends that homeowners address both air quality and dampness before installation, drawing on resources such as the Home Gym Specs Basement Gym Planning Guide.

"A basement can pass every moisture check and still require attention to the air before it becomes a daily training space," said Oded Feigin, founder of Home Gym Specs. "Checking the air belongs early in the planning sequence, alongside water and humidity assessment, before anyone commits to permanent floor finishes or equipment layouts."

The Home Gym Specs Basement Moisture Testing Guide covers room-readiness sequencing in detail.

"The editorial takeaway is simple," Feigin added. "Check the air before investing in the equipment. Qualified radon specialists should assess elevated readings and handle any mitigation, because that work falls outside what a homeowner can confirm alone."

Home Gym Specs provides engineering and planning guidance for home gyms, treating each room as a system that accounts for structural readiness, airflow, lighting, clearance, and storage before equipment is installed. Founded by Oded Feigin, who holds B.Sc. and M.Sc. degrees in mechanical engineering and brings a background in engineering operations and residential renovation planning, the company also

publishes equipment reviews and organized topic hubs covering strength zone design, compact equipment, and garage gym setups.

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Home Gym Specs

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