

# Home Gym Specs Highlights Small-Space Planning as Fitness at Home Returns to ACSM Top 20

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Home Gym Specs, a founder-led educational resource focused on the engineering of home training spaces, is drawing attention to room-first planning following the return of at-home fitness to a widely followed industry ranking.

On October 20, 2026, the American College of Sports Medicine released its 2027 Worldwide Fitness Trends report, which returned "Fitness at Home" to the Top 20 rankings at No. 20. The category had appeared in 2022 and 2023 before falling outside the Top 20 from 2024 through 2026. The report is based on assessments from fitness professionals rather than a consumer purchasing survey, and it retained 1,433 valid responses from 1,709 participants who rated 50 potential trends. The same report ranked mobile exercise apps at No. 2 and traditional strength training at No. 5, and it described home fitness and commercial gym participation as increasingly complementary rather than mutually exclusive.

For homeowners weaving exercise into bedrooms, home offices and living rooms, Home Gym Specs notes

that a functional training area requires more than compact equipment. The space needed while exercising, moving around machines, reaching furniture and storing gear is frequently larger than the dimensions shown in a product listing. As an example, Concept2 lists its RowErg at 8 feet by 2 feet when assembled, yet recommends 9 feet by 4 feet with clearance for use, a difference between 16 square feet of footprint and 36 square feet of operating space for that particular model.

"The listed size of a machine describes where it sits, not where a person moves," said Oded Feigin, founder and lead author at Home Gym Specs. "When hybrid training brings workouts back into shared rooms, the room itself has to support the activity. That means measuring working clearance first and choosing equipment second."

Home Gym Specs explains that a single room can accommodate several workout types without every item remaining in place at once. A mat area, adjustable dumbbells and compact cardio equipment can share the same floor at different times, provided each activity has appropriate clearance and the access paths stay usable. Bedroom doors, desk chairs, closet openings and ordinary household circulation should continue functioning when equipment is deployed. The company's Home Gym Specs Small-Space Home Gyms Guide addresses how to assess equipment by its working envelope rather than its stored footprint across bedrooms, offices, living rooms and apartments.

Storage is treated as part of the room design rather than an afterthought. Benches, weights and accessories need designated locations that do not occupy the exercise area or block routes, a theme covered in the Home Gym Specs Small Home Gym Storage Guide.

Feigin added that safety-critical steps deserve professional attention. "Wall anchoring, structural loading and electrical work should be assessed by qualified professionals," he said. "Planning is where homeowners have the most control, and it is where small mistakes are easiest to avoid." For selecting equipment suited to tight footprints, the Home Gym Specs Guide to Small Home Gym Equipment Clearance centers on the space required during use.

Home Gym Specs provides engineering and planning guides for home gyms, helping homeowners treat a strength space as a system that considers structural readiness, airflow, lighting, clearance and storage before equipment is installed. Founded by Oded Feigin, who brings a background in mechanical engineering and residential construction, the company also publishes decision-friendly equipment reviews and organized topic hubs covering strength zone design, compact equipment and garage gym setups.

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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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