

SWIFT UNLIMITED

Garden Rooms / Living Annexes / Extensions

GYM GUIDE

SWIFT Garden Rooms are versatile and adaptable, always providing a permanent and appealing space. You can enjoy the advantages of a home gym, giving you the convenience of virtually zero travelling time and total flexibility. You can select the exact equipment that suits your plans and create the environment that is the most motivational and rewarding.

Here are some guidelines to help you understand the key features and questions that often arise in the planning of a home gym.



OVERVIEW

A home gym, like any other permanent garden room, should be designed to give you the greatest fulfilment. Its usage does place specific demands on the design, and these should be clearly identified. The size and weight of equipment, the space that is needed for exercises, the temperature, privacy, and overall feel of the building are all important factors. We have designed and installed numerous gym and fitness suites and will enjoy helping you with the process of creating an exciting, functional, and personalised room. Whether a perfectly positioned ceiling hook for a punch-bag or TRX system, or a strengthened floor for serious weightlifting, we will help you to get it right.

SIZE (FOOTPRINT)

As with any new room, you should consider everything that you want to put into the room and all the additional space that you need. We suggest making a list of all the elements that will demand floor-space, such as:

- Running machine, rower, bike, cross-trainer...
- Floor exercise and stretch-out area
- Weight machines, benches, and frames
- Weight and equipment racks
- Sitting / relaxation zone

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HEIGHT

Many buildings we design are installed without the need for Planning Permission and must adhere to Permitted Development Rights regulations. This often limits the overall height of the building to 2.5metres, where it is within 2metres of a garden boundary. The internal headroom will be around 2.15 metres (this may vary with different size buildings. This will not usually give sufficient headroom for a full range of gym and fitness activities. Please consider the activities that you want to be able to perform:

- Cross trainer (you reach heights significantly above your body height on some models)
- Free weightlifting
- TRX activities
- Anti-Gravity Yoga
- Trampoline

If additional ceiling height is essential, then this may be achieved by locating the building further away from the boundary (if possible and acceptable). Higher structures are permitted which will give greater headroom. Alternatively, we can discuss applying for planning permission for a taller building.

WINDOWS AND DOORS

Here are questions that will help in deciding the amount of glazing and the location of windows and doors:

- Which way does the building face? – does lots of sunshine appeal, or a little more shade?
- Do you require lots of wall space for equipment and / or mirrors?
- Will the room be used for other uses – general family space, office, etc?
- Do you want to be able to open the room up to the garden?

Will this room need to be adapted to other uses in the future? For instance, if you were to move to a new house then the new owners may be more excited over an art studio or children's room. The doors and windows have a big impact on the appearance, usage and, sometimes, cost of the garden room, so we will help guide you when you have clarified your priorities.

INSIDE / OUTSIDE AREAS

Would you like to extend your exercises outside? Or maybe create an outside sitting area that you can relax in after a work-out? This will influence the doors and opening configuration and the creation of a deck or patio area, and perhaps a veranda that could be anything from a simple frame to a partially enclosed "outdoor room"

FLOORING

The type of flooring must make for a safe, hygienic, robust, and attractive room. Here are some popular choices:

- Rubber matting: great for grip, resilience, and practicality. Not as good looking for multi-use areas as some alternatives.
- Laminate flooring: A great all-rounder which has some very good-looking finishes.
- Click Vinyl: Similar to above but more resilient, very hard wearing and a good combination of style and practicality.

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- Engineered wood: Always looks and feels great but can be affected by strong sunlight and is less durable.



HEATING AND COOLING

How hot or cold do you want the room to be. Warm for yoga, cool for running, fans for cycling or open air for anytime? Here are the most common features and their pro's and cons:

- Air conditioning / climate control: Perfect for cooling and for economical heating in the winter. Simple, to use, not too intrusive, though there will be the external unit to position. This is always a popular choice.
- Underfloor heating: A gentle heat that suits yoga. No intrusion of wall or floor space and accurate controls. This is not suitable for placing under heavy equipment or thick matting so may not be the best choice for multi-purpose gyms.
- Opening Windows and doors: If you like fresh air, then this is the answer. The size of openings and the ability to create a through draught is important, even in poor weather.
- Window blinds: To protect against solar gain, blinds can be important. Integrated into the glass or simply attached to window surrounds – we can advise.

FACILITIES

Will a toilet or shower be an advantage? This will make the room more self-contained which could be useful if it is some distance from the main house. The addition of these, and the connections to water and drainage does add significant cost, and in a more compact room, will take up valuable space. Careful consideration should be given as to whether this is a sound, long-term choice. What about a sauna or steam room, maybe a hot tub?

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ELECTRICAL INSTALLATIONS

High quality, dimmable LED down-lighting comes as standard with our buildings as do plenty of power sockets, including USB chargers. Other features that may be appealing include:

- Wall mounted TV
- Built-in sound system
- Mood lighting and remote switching capabilities
- Internet connection
- Floor sockets for machines
- CCTV and security systems

PLANNING PERMISSION

The use of your room as a gym does not influence general planning regulations. Providing the room is providing accommodation that is ancillary to the main dwelling. Please ask for our Swift Guide to Planning Permission – it will help clarify the key points for you.

WHAT NEXT?...

Your Swift team are keen to work with you and create a building that matches your aspirations. Something that makes you smile with satisfaction whenever you use it. Please contact us on 01625 875588 or support@swiftorg.co.uk so that we can continue that process.



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