

SIMPLE

GYM



The Minimalist Home Gym Setup
for Getting Lean and Strong

MARK WEBB

The Simple Gym

You've probably been told you need:

- A gym membership
- A bunch of equipment
- A dedicated space

You don't.

All you really need is a way to train consistently and keep progressing.

That's it.

Everything else is extra.

Start With What You Have

You don't need to buy anything to start. You can train right now with your body and what's around you.

Things like:

- Push ups on the floor
- Rows using a bed sheet over a door
- Pull ups on a park bar or tree branch
- Air squats

It's not fancy...

But it works.

The point is simple...

You don't need perfect conditions. You just need to start.

Level 1: Your Foundation Setup

Now we make a small upgrade.

You only need 2 things:

- A way to pull
- A way to hinge

The simplest way to do that:

1. Gymnastics Rings. Cheap, versatile, portable. If rings aren't an option, a doorway pull up bar or any mounted/ pull up station will work.
2. Nordic stick. Again, cheap and portable. If you've got a door, you can use a nord stick.

That's it.

With just this, you can train:

- Your entire upper body
- Your legs
- Your posterior chain

And build muscle and strength.

Level 2: Add Load If You Want

At some point...

You may want to progress past bodyweight alone. This is where you add resistance.

You only need **one** of these:

- Dip belt & adjustable dumbbells/ kettlebell
- OR a weighted vest

I like the dip belt + adjustable dumbbells combo because you can use them for multiple exercises. But use what you like.

If you can make the movement harder... you can keep progressing.

That's all that matters.

Level 3: Extras (Nice, Not Necessary)

These are optional.

They won't make or break your results.

Good Add-Ons

- Sandbags
- Jump rope
- Grip tools
- Parralletes
- Neck harness
- Squat wedge/ slant board

You can add these later if you want a bit more variety in your training or have a specific area you want to work on.

How It All Works Together

This setup covers everything:

- **Rings** → Push + pull movements
- **Nordic strap** → Hinge work
- **Added weight** → progression
- **Jump rope** → Warm-up + conditioning

Simple Setup. Full Training.

No gym required.

No excuses.

The Real Advantage

This isn't about equipment.

It's about removing friction.

When your setup is:

- Simple
- Easy to access
- Easy to use

You stay consistent.

And that's what gets results.

Not the perfect gym.

Not the perfect setup.

Consistency.

Final Thought

You don't need more.

You need something that works...

Anywhere...

Anytime...

Without excuses.

This is that setup.