

Home Gym Equipment Global Market Report 2025: Economic Trends Power Growth

The Business Research Company's Home Gym Equipment Global Market Report 2025 - Market Size, Trends, And Global Forecast 2025-2034

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[The home gym equipment market](#) has seen steady growth in recent years, fueled by a rise in health consciousness and awareness about fitness. With an increase in disposable income, an expansion of e-commerce platforms, and the influence of fitness influencers, the market size grew from \$4.77 billion in 2024 to an estimated \$5.20 billion in 2025. Further development is projected with a compound annual growth rate CAGR of 9.1%.

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What's Fueling The Growth Of The Home Gym Equipment Market Going Forward?

Looking ahead, the home gym equipment market is primed for strong growth, with an anticipated market size of \$7.26 billion by 2029. This translates to a compound

annual growth rate CAGR of 8.7%. This predicted expansion will be driven by a surge in home renovations and dedicated workout spaces, a rise in popularity of fitness apps, increased awareness of mental health benefits of exercise, government initiatives promoting fitness, and a growing interest in strength training.

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What's Driving The Home Gym Equipment Market Growth?

Unfortunately, the rise of cardiovascular diseases and obesity is a significant factor propelling the market. Poor dietary habits from high consumption of processed foods, high in unhealthy fats, sugars, and salt, lead to weight gain and health-related issues. This alarming reality fuels the demand for home gym equipment, providing easy access to regular physical activity vital for heart health, metabolism boost, and weight management, among others.

In the U.S, the American Heart Association reported a significant increase in cardiovascular disease-related deaths in 2022, recording a total of 941,652 deaths, 10,000 more than the deaths recorded in 2021. On a global scale, the World Health Organization observed that more than 390 million children and adolescents aged 5-19 were overweight in 2022, with 160 million affected by obesity. This crisis is estimated to translate to \$3 trillion annually by 2030, and an increase to a whopping \$18 trillion by 2060.

What Key Player Strategies Are Driving The Home Gym Equipment Market?

The home gym equipment market involves several major companies, among them Louis Vuitton Malletier S.A., Amer Sports Oyj, Peloton Interactive Inc., Johnson Health Tech Co., Technogym S.p.A., Life Fitness LLC, Nautilus Inc., Precor Incorporated, Impulse Qingdao Health Tech Co. Ltd., Hammer Sport AG, Speediance Technology Co. Ltd., True Fitness Technology Inc., HOIST Fitness Systems Inc., Cybex International Inc., NordicTrack Inc., ICON Health & Fitness Inc., NOHrD GmbH, Tunturi New Fitness B.V.

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What Are The Emerging Trends In The Home Gym Equipment Market?

Emerging trends that will enhance the market include technological advancements in gym equipment, the integration of smart technology in workout machines, customization of fitness programs, and an increasing demand for compact and space-saving gear. Fitness wearables and tracking devices will also contribute significantly to the growth of the home gym equipment market. These industry-leading companies are exploring innovative solutions, such as personalized workout plans, to make fitness routines more effective.

How Is The Home Gym Equipment Market Segmented?

The home gym equipment market is segmented by equipment type, category, price range, and distribution channel. The equipment types include cardiovascular training equipment and strength training equipment. The categories are conventional equipment and smart equipment. There are also different price ranges low, medium, high, or premium and distribution channels

online, offline.

What Are The Regional Insights In The Home Gym Equipment Market?

In 2024, North America was the largest region in the home gym equipment market. Asia-Pacific, however, is expected to be the fastest-growing region in the forecast period, covering Asia-Pacific, Western Europe, Eastern Europe, North America, South America, Middle East, and Africa.

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