

Improve Your Skills With an In-Home Boxing Studio

Are you passionate about boxing? Depending on your health concerns, your in-studio training at [Mayweather Boxing and Fitness](https://mayweather.fit/) may be set back because of the COVID-19 pandemic, but you can keep your skills sharp with an in-home boxing studio. The following resources are packed with all of the information you need to design a top-notch studio space where you can practice at home.

**The Best Space for Your Studio**

If you design your boxing studio as a multipurpose room, it can boost your property value. As you consider different spaces, think about how the studio could also be used as a home gym, office, or child’s playroom.

* The extra space in your basement could easily be utilized as a boxing studio if you follow these basic [finishing tips](https://www.thespruce.com/basement-remodeling-basics-1821285).
* What if your garage and basement are already in use? Consider clearing out your [attic](https://www.atticguys.com/tips-clean-homes-attic/) to create a studio upstairs.
* Remember, [upgrades](https://www.redfin.com/guides/how-to-increase-your-home-appraisal-value-now) like a remodeled garage or a finished basement can go a long way toward increasing your home’s value should you ever decide to list it.

**Shopping for Equipment**

Once you’ve chosen a studio space, stocking up on quality boxing gear is next on your to-do list. Keep these tips in mind while you’re shopping!

* If you don’t already have one, you should err on the safe side and buy a [mouthguard](https://www.mysmilect.com/mouthguard-protection/). (Even the great [Muhammad Ali](https://www.sportingnews.com/us/boxing/news/mouthpiece-boxing-oral-history-best-moments/xqhko4x4d76a1geoy3t4r5xrk) knew the importance of wearing one!)
* There are countless varieties of boxing gloves on the market - consider [these important factors](https://www.boxinginsider.com/training-and-conditioning/choosing-boxing-gloves-for-fitness-boxing/) before buying a new pair.
* Need recommendations on specific brands for equipment, athletic wear, and more? Find out which companies are preferred by your favorite boxing studio.

**Studio Cleaning Tips**

You don’t want to walk into your studio one day only to notice a lingering odor. After practice sessions, it’s time to break out your cleaning products!

* Keep [these products](https://alphaclean.com.au/6-essential-products-keeping-gym-clean/) on hand so that you can speed-clean your studio whenever it’s necessary.
* Follow [this cleaning schedule](https://www.thecleanerhome.com/blog/tips-for-cleaning-your-home-gym) to ensure that you’re regularly wiping down your boxing equipment.
* After a tough practice session, your workout clothes will probably smell sweaty - [these tips](https://embassycleaners.com/cleaning-workout-clothing/) will help you get them totally clean!

Setting up an in-home boxing studio can actually be quite affordable, especially if you’re willing to clean out the space yourself and wait for equipment to go on sale. Once you complete this project, you’ll be pumped to keep practicing, even when you can’t make it to your professional studio!

***Are you ready to get back in the studio with professional trainers? Contact*** [***Mayweather Boxing and Fitness***](https://mayweather.fit/) ***to get a jump on your training, no matter your fitness level!***

Photo via [Pixabay](https://pixabay.com/photos/people-girl-boxing-gloves-fitness-2583466/)