

# How to Build the Ultimate Man Cave

*Design Your Own Mindblowing Hangout for Dudes*

**AUGUST 1, 2010, FORT LAUDERDALE, FL** – Welcome to the Man Cave, that rugged realm of testosterone where workday annoyances can be shaken off, and fellow dudes can congregate to watch a game, work out, or just kick back and enjoy a beer.

According to CableOrganizer.com Product Specialist Christina Hansen, “Decorating a Man Cave is all about freestyling – no rules!” But regardless of your theme, there are a few basic first steps to building the ultimate guys’ hangout. Tool belts ready? It’s time to build a Man Cave.

## **Step 1: Scout Out the Perfect Location**

Don’t have the megabucks for a residential lair like Bruce Wayne’s or Tony Stark’s? Not to worry. Have an unused basement, guest room or garage where no one else in the family wants to hang out? That’s all you need. It may look rough now, but with a little creativity and some DIY skills, pretty much any space can be transformed over a weekend or two.

## **Step 2: Temperature and Volume Control**

Once you’ve got dibs on a location, check out the insulation factor, for both temperature and sound. If you’re setting up shop in or above a home garage, you may need to insulate to keep things comfortable temp-wise. Remember that audio systems and power tools make noise, so if you want to engage in manly pursuits without complaints from everyone else in the house, install acoustical drywall or sound-deadening room treatments. An added plus? You won’t hear *them* either.

## **Step 3: Power Up**

You’re going to need power, and lots of it. Make sure that your home theater equipment, gaming consoles and power tools have a convenient source of energy by choosing the right surge protector or power strip for the space. Max out the manliness of your [workbench](#) with a heavy duty Diamond Plate power strip, or if you’re geared toward A/V and gaming, go for a home theater PDU that can protect electronic devices and coax lines from power surges and spikes.

## **Step 4: Where’s the TV Going to Go?**

The one Man Cave non-negotiable is a flat panel, high-def TV. So that leaves only one question: where are you going to put it? Suspending your HDTV on a [ceiling mount](#) not only makes you feel like you’re hanging out at a sports bar, but gives you extra space for kick-back furniture and wall décor.

## **Step 5: Don’t Forget the Snacks**

Fact: sometimes you just won’t feel like leaving your manly domain in search of sustenance. Even the smallest space has enough room for a cabinet stocked with your junk foods of choice, but you can always go all-out with a wet bar/microwave/mini-fridge combo. Want eats on wheels? Load everything into a rolling [tool chest](#) or [tool cart](#), and take it where you need it.

You're started on the right track, but don't forget – this is only the beginning. The details are up to you. Go crazy, run with the theme you love, and don't stop until you've built the ultimate Man Cave.

Consumers may order a wide selection of tool storage and home theater online at <http://CableOrganizer.com> or via toll-free telephone at 1-866-222-0030.

**Note to Editors:** Hi-res story artwork and review samples available. Contact: Leanne Naidoo, [leanne@cableorganizer.com](mailto:leanne@cableorganizer.com), 954-861-6349.