



PVC “PARALLEL” BARS



Fully Assembled 2” Rack



Even fits in a
Mini Cooper!



Disassembled Rack for Travel

This is another fairly simple PVC rack. While a little harder to build than the low “*Paralette*” racks, the full-size parallel bars with the larger diameter 2” pipe are great plus these can be made to breakdown for traveling too.

**Special thanks to Misko Stephane from Canada for the idea and inspiration!*

PVC & Tool List (All pipe and fittings 2” diameter size): ≈34’ feet PVC Pipe (**Schedule #40**), 90° Degree Fittings (4), “End Cap” Fittings (8), “T” Fittings (12), PVC Cement (Medium Clear), Tape Measure, Marker Pen, Pencil, Saw, Square, & Rag.

Additional Materials (makes easier & safer): Mitre Box, File, Gloves, Safety Glasses, & Tarp.

Layout: *Measure twice-cut once!* After cutting all pieces, layout on ground, measure again to make sure. Have all your materials ready to go because when it’s time to glue--it’s GO time! You only have a few seconds after slipping pieces together until glue sets--so make sure you have the right piece in right position!

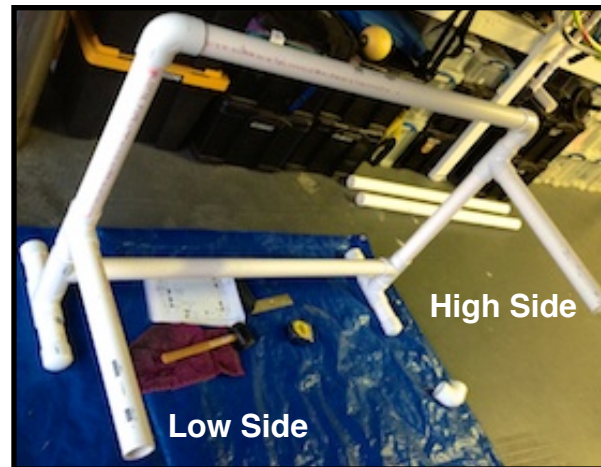


CONSTRUCTION TIPS



Pipe Sections: You'll need about 34 feet of pipe, so get 40 feet to cover a few mistakes if you make them. They come in 10' sections.

- **Top/Bottom Rails** (4 X 46")
- **Cross Pieces** (2 X 21")
- **Feet Top Stubs** (2 X 6")
- **Above High Cross Section Stubs** (2 X 3")
- **Above Low Cross Section Stubs** (2 X 20")
- **Feet** (8 X 6")



Glueing!!! Cement both ends-pipe end and fitting end. Use plenty of glue so pipe is slippery and penetrates all the way to end of fitting--rag is helpful here for wiping off excess. After inserting, twist slightly into final position--and be quick about it!

Glueing Order: We found this order helpful, but if you find a better method, let us know. **1)** Feet with "stub" pipe pieces out of top of Ts; **2)** Side #1 90s, vertical posts, top rails. **3)** Side #1 vertical posts Ts. **4)** Begin same process for Side #2, but remember it must "mirror" Side #1 when upright! If you make Side #2 "exactly" like Side #1, your offset height cross pieces will not line up. ***When you stand both sides up--you need the high-high and low-low to match in height.*** *Use hard flat floor to keep everything at proper angles during glueing! Make sure to keep 90s lined up evenly with floor and T fittings at right angles to floor! Use carpenter square to assist but also "eyeball" your angles and fittings **BEFORE** glueing to make sure. Allow glue to fully dry then use to get fit--have FUN!



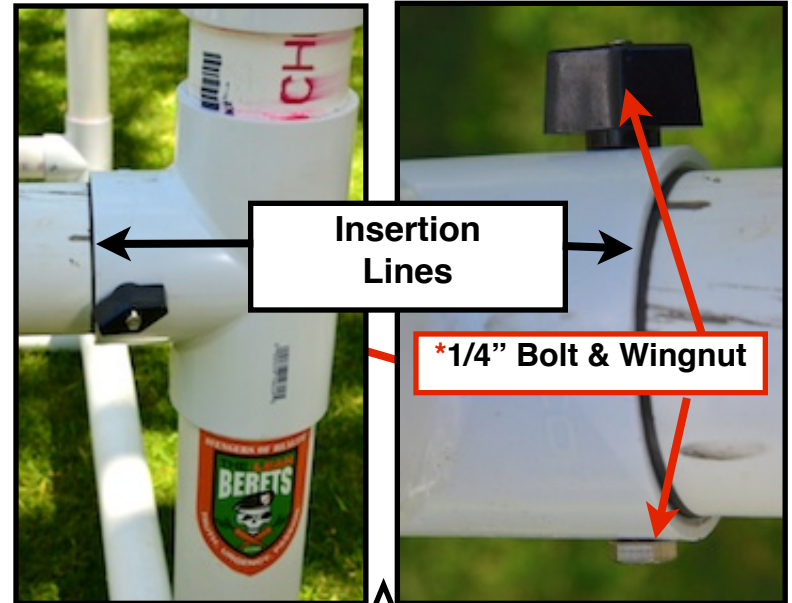
LAYOUT & CONSTRUCTION PHOTOS



Make sure to layout second side BEFORE glueing! Second side should "mirror" the upright glued side.
Remember--one cross section is "high" and the other is "low." **DO NOT GLUE** cross sections or "T" feet into rack if you want these need to be removable!



Our cross pieces measure **21"** which creates about 23" from center to center on top rails. This is nice width for adults but can be wide for kids. If you choose to keep the rack portable, the cross pieces are removable. **Simply make a second set more narrow for younger children**--it only takes seconds to change them out.

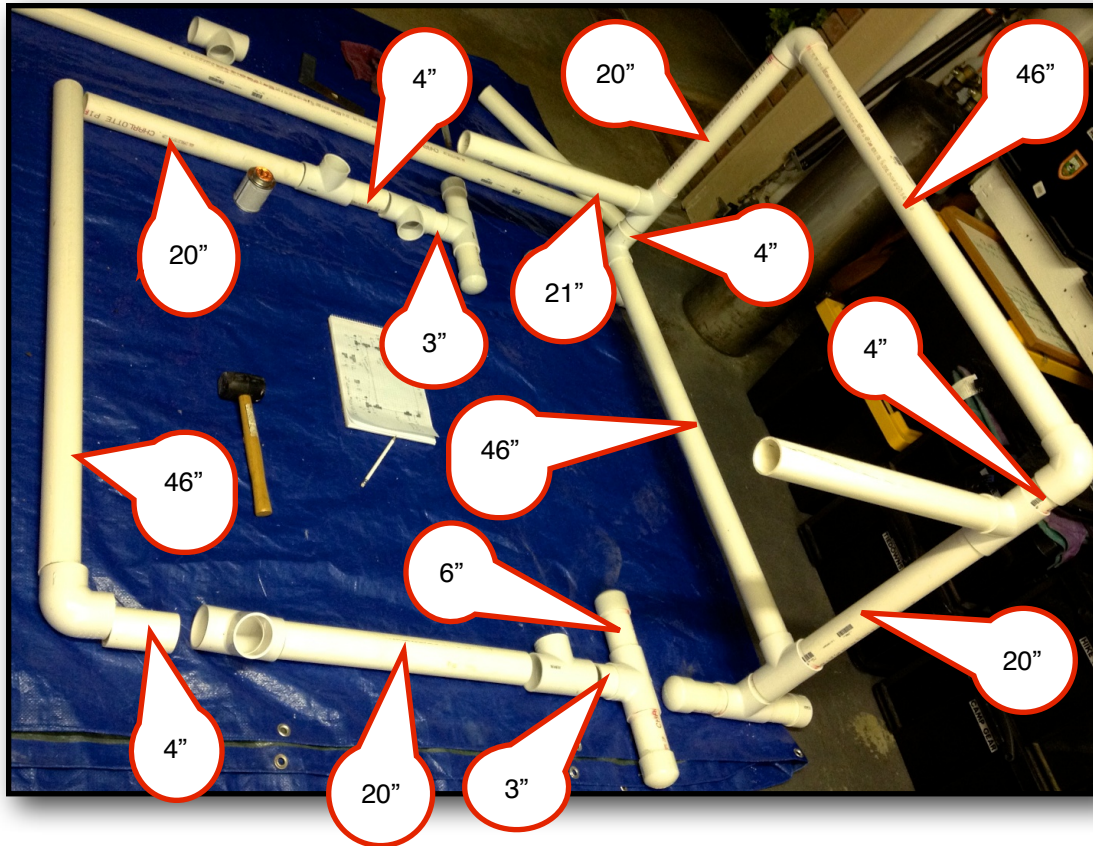


We decided to "mark" a full insertion line around cross pieces so we could monitor rack tightness during use.
*Note: If you make rack "portable," these sections will NOT be glued.

To add **extra protection** from rack coming apart during use, we drilled and inserted 1/4" bolts with wingnuts in cross pieces. "T" foot supports should be fine as your body weight is pressing the uprights into "T" sections on ground preventing them from slipping apart. If desired, just glue or secure to your satisfaction.



MEASUREMENT SPECS



Note that both sides “mirror” each other. Each side will have the same amount of fittings and pipe lengths--but in a “mirrored” layout. We labeled as many sections as possible so you could get the idea.



For more info on bars, calisthenics, and home exercise, visit our *Lean Berets* “Resources” section. See you there!

