



PVC “PARALLETTE” BARS



Visit our “Bar Project” page for more home equipment ideas!

We like to keep exercise simple at The Lean Berets--and cost effective too. A pair of low “Parallette Bars” made out of simple PVC pipe are great tools for both general exercise and sport team use. They can be used for gymnastic moves like L-Sits, knee tucks, and handstands but are also great for hurdles, modified push ups, and obstacle courses. For about \$20, you can make your own in less than an hour! *Let's get started!*



CONSTRUCTION TIPS



Here's what you need *(All pipe and fittings 1.5" diameter size): 7 feet PVC Pipe (Schedule #40), 90° Degree Fittings (4), "End Cap" Fittings (8), "T" Fittings (4), PVC Cement (Medium Clear), Tape Measure, Marker Pen, Pencil, Saw, & Rag.

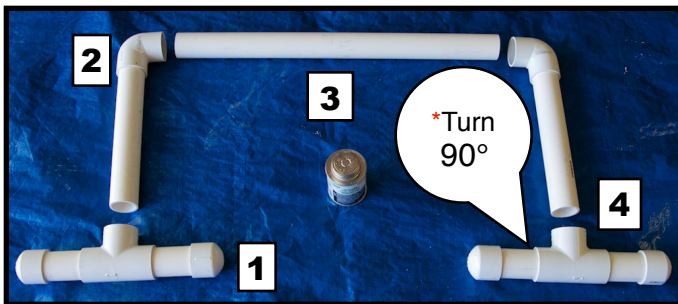
Additional Materials (makes easier & safer): Mitre Box, File, Square, Gloves, Safety Glasses, & Tarp.



File helpful for knocking off debris before glueing.

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!

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: 1) Feet; 2) Uprights + 90s; 3) Uprights + Top Rail; 4) Feet + Uprights & Top Rail. We found this order helpful. Be sure when glueing last 90 to top rail that you firmly press both sides into the ground so they stay at even angles. *When glueing feet to uprights, "eyeball" the rack from the top down to make sure the feet are at square 90 degree angles to top rail. Allow glue to fully dry then use to get fit and have FUN!!!