What to Use PVC Pipe For When Creating a Gym at Home

Are you someone that doesn’t want to go to the gym? Maybe you’re uncomfortable exercising in front of all of those people or maybe you’re someone that just doesn’t have time. A busy schedule will prevent you from going.

You want to work out at home, but let’s be honest gym equipment is expensive. Especially the top of the line ones. And not everyone can afford to buy the gear that they need in order to reach their fitness goals. Discouraged – they abandon their goals altogether.

But don’t let this reason stop you from working out in the comfort of your own home. There is no reason why you should not work on improving your health and body.

Not having a huge budget to buy gym equipment is not something that should prevent you from working out because below you’ll find ways you can build a gym with only easily accessible and cheap materials.

For instance, the DIY instructions below can teach you how to use PVC in order to furnish your home gym. This might not be the best looking gym, but it will definitely tone your body and get you in shape. Plus you’ll be able to get it done on a budget.

**Pull-Up Bar**

If you are trying to bulk up your biceps or gain upper body strength then you’ll want to put pull-ups in your workout routine. The best thing about this exercise is that a PVC pull-up bar is fairly easy to make. All you need are the pipes and a load-bearing doorway to hang it up in.

For more information on how to make the PVC pull-up bar go to the Celtic Kane website. You’ll get step by step instructions, plus all the measurements you’ll need.

<http://celtickane.com/projects/homemade-pullup-bar/>

**Farmer’s Walk Bars**

The farmer’s walk bar is another great piece of equipment that you can make fairly easy. This exercise is found in Strongman competitions, but will also work as part of your exercise routine. It is inspired by how farmer’s carry heavy loads while walking a thin plank of wood.

With a couple of pipes and a piece of lumber you can put this together. Check out DIY Strength Gear website for instructions on how to make it. <http://diystrengthgear.blogspot.com/2011/05/diy-farmers-walk-bars.html>

**Parallettes**

Another DIY piece of equipment is the Parallettes. You would use this if you want to improve your agility and coordination. This is effective way to target your biceps and back. Plus this is a great one if you don’t have a lot of room because this does take up much space and can be easily stored.

A little glue, PVC and and tape is all you need to make parallettes. Take a look at these directions. <http://library.crossfit.com/free/pdf/13_03_Parallettes.pdf>

**Makeshift Free Weights**

You can even make free weights with PVC and a bottle of water. Secure two empty bottle of water on each side of the PVC pipe. The size of the bottle depends on how heavy you want to lift. Once they are secured, pour water in the bottle. This will allow you to make it as heavy as you’d like it.

PVC is very inexpensive, but sturdy material that can be used in building your own home gym. You don’t need all of the expensive gym equipment to get a good workout and results. Do what you can now and start your own home gym today.