

How to Build DIY Weights for Farmer's Walks

Get Lean & Strong Carrying Heavy Loads

The Product

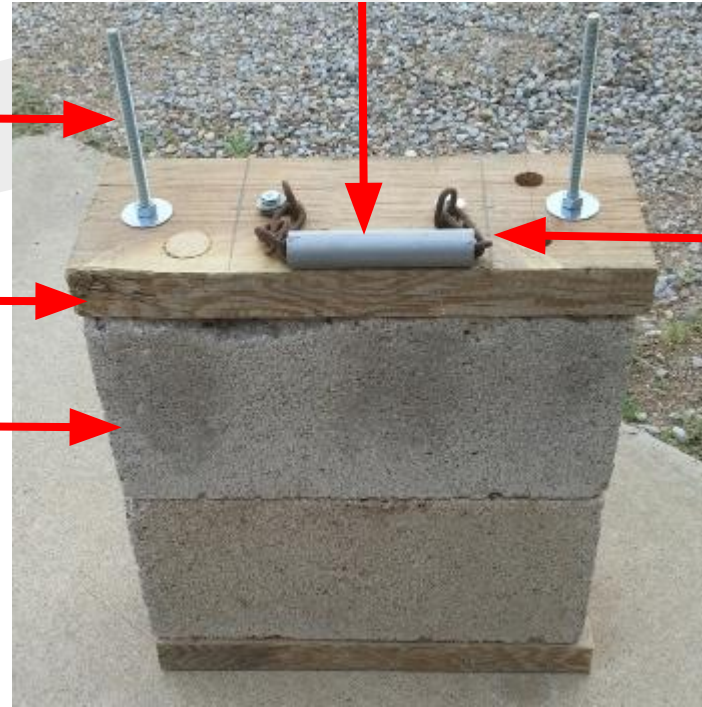
24 inch threaded rods
(washers & nuts)

2x6 from old project
(top and bottom)

concrete block

1 inch tube from clothing rod

chain



The Product

- I used stuff I had laying around.
- These are the narrow concrete blocks (6 inches wide)
- These weigh about 52 pounds (the block inner cells are open)



The Process

- Cut the 2x6's to length (16 in.)
- Drill for threaded rods
- Suggest drilling to the outside of the block (as shown) so you can load extra weights (5 & 10 lb plates) over the rods.
- Countersink holes in the bottom board to recess nuts inside (so it sits flat)
- Drill for handle bolts (top board)



The Process

- Cut your handle to length. I used 5 inches. PVC pipe would probably work fine too.
- This is 1 inch material which is easy to grip.
- Note that as you go with a larger diameter handle, it gets **a lot harder** to pick up.
- A good modification would be interchangeable handles.



The Process

- I'm sure there are many ways to attach your handles.
- I used chain because I had it.
- A cable could work.
- I just drilled for 4 inch hex bolts and attached with washers and nuts through the chain links.



The Process

- Put threaded rod with washers and nut through bottom board
- Make sure washer fits up inside your countersink hole
- Stack on blocks, line them up
- Put on top board
- Assemble top washers and nuts, hand tighten
- Turn on side and tighten it up using box wrench and ratchet



The Future

- I'll fill the inner cells with gravel to increase the weight
- Probably go to concrete filled for max weight after that
- Might modify for interchangeable handles-would be nice to have 1.5 and 2 inch options



The Workout

- Pick them up
- Walk around
- Repeat
- Don't worry what your neighbors think



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