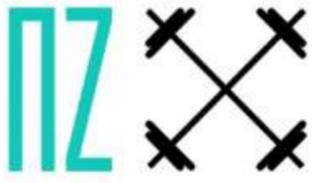




DIY PARALLETES



Why buy when you can build? Parallettes are proof that you don't need a fancy gym or a big budget to train like an athlete. All you need is a bit of PVC pipe and the know how. CrossFit's original DIY guide paved the way years ago, and it's just as relevant today as it was back then. This refreshed version brings that same spirit forward and here to hand you the blueprint with clear steps, helpful tips, the confidence, and a friendly nudge to roll up your sleeves and get it done. By the time you're finished, you'll have more than just equipment, you'll have a training tool that represents your grit, creativity, and commitment to getting stronger.

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Materials & Tools

Materials:

- 10 feet of 1 ½" PVC
- 4 Elbows
- 4 T's
- 8 End caps
- PVC glue and primer
- Electrical tape
- Rags
- Newspaper

Tools:

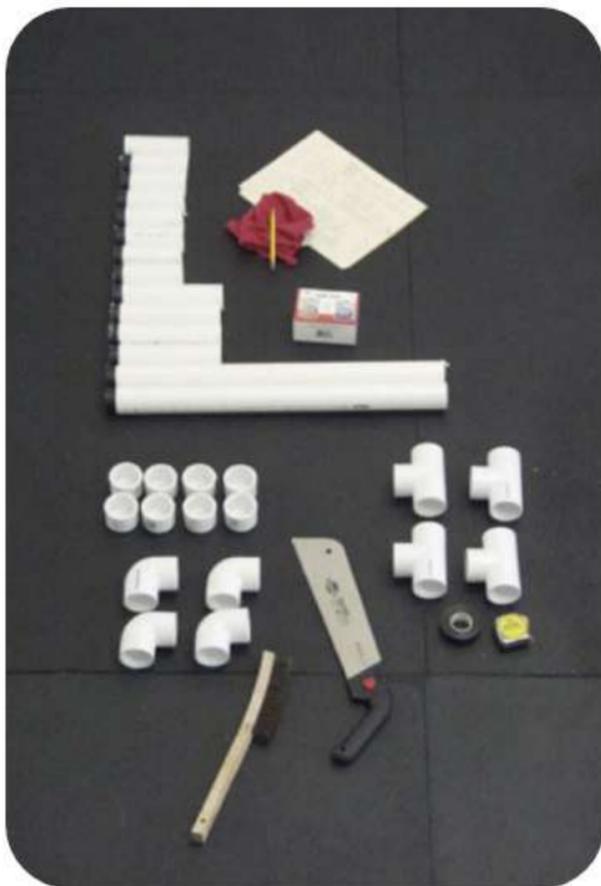
- Fine tooth hand saw
- Tape measure
- Wire brush or sandpaper
- Pencil





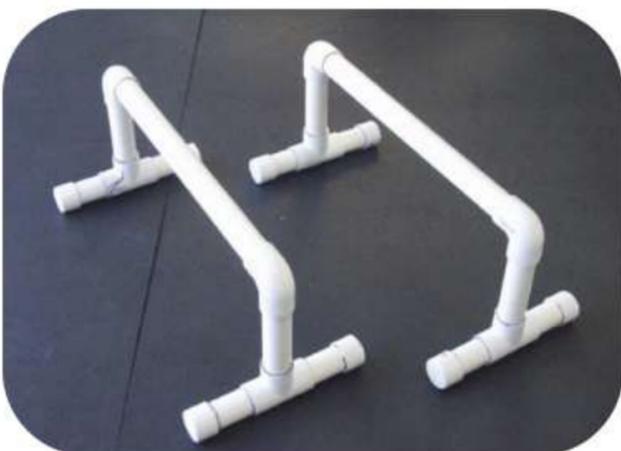
Build Procedure

- Clean and dry a ten-foot section of 1 1/2" PVC pipe.
- Measure and mark with a pencil at 24, 48, 56, 64, 72, 80, 85, 90, 95, 100, 105, 110, and 115 inches from one end of the pipe.
- Run electrical tape around the pipe so that the leading edge of the tape exactly aligns with the measured marks.
- Cut the pipe at the leading edge of each band of tape. This yields two 24", four 8", and eight 5" sections. Don't cut into the tape, and keep your cuts reasonably perpendicular to the pipe's length.





- Read the directions on PVC glue and primer carefully.
- Primer and glue (P&G) one elbow on each (4) 8" section. These are the "legs."
- P&G legs to ends of both 24" sections. Make sure that legs are parallel on each piece.
- Set finished "tops" (two assemblies of 24" sections with "legs") aside.
- P&G 5" sections into each of the four T's.
- P&G end caps onto each of the four T assemblies. These are the "feet."
- P&G "feet" to "tops" at "legs."
- Sand or wire brush the top tubes, roughing them up so that they'll hold chalk. (Sanding works best.)





Exercise List

Here are some fun bodyweight position drills and movement progressions to add in to into your daily or weekly training rotation.

- Shoot Throughs
- Dips
- Front Support Static Holds With Floor Assist
- Tuck Rocks
- Rear Foot Elevated Split Squat
- Rear Foot Elevated RDL
- Jump Tuck Handstand
- Pike HSPU With Feet Elevated On Box/Bench
- Front Support With Straight Leg Raise
- Foot Assisted Tuck Rock
- Tuck Sit
- L-Sit
- Tuck Planche
- Straddle Press To Handstand Against Wall
- Handstand Against Wall
- Handstand Pushups Against Wall
- Push-Ups
- Handstand
- Handstand Forward 1/2 Pirouettes
- V Sit
- Tuck Planche To Straddle Planche
- L-Sit Press To Tuck Or Straddle Planche
- Straddle Press To Handstand (No Wall)
- Pike Press To Handstand Against Wall
- Planche Push-Ups
- Pike Press (No Wall)
- Straight-Body Planche (Feet Together & On A Box)
- Straddle Planche Press To Handstand