

# **Homemade Equipment for exercises**

Some items you can just pick up and lift. Others may require a little DIY to make into something you can use. Here is a list of some things you may have at your house or nearby that you can use:

## **1. 5-Gallon Jugs**

The big 5-gallon water bottles for water coolers work best. Many of these have handles too. They weigh in at 40 lbs when full, so, definitely a substantial amount of weight. The size of them makes them impractical for a lot of upper body exercises, but deadlifts, rows, and sumo squats are some of the many options you have. You can even strap two together and do narrow parallel grip bench presses!

## **2. Gallon Jugs**

When filled with water these are 8 lbs each. They can also be filled with water, sand, rocks, or whatever you have. They can be used as makeshift dumbbells. If using rocks or some other non-uniform filler, be sure to weight them to track what you are lifting.

## **3. Buckets**

For buckets, the bigger, the heavier it can be. You can use a pole for a handle and secure a bucket to each end. Or you can lift the buckets by the handle for independent movement on each side.

## **4. Grocery Bags**

The strappy reusable ones made of cloth. These are very strong and can be loaded with books or cans etc. Very versatile and can be used to perform a ton of exercises from curls and dumbbell presses to straight legged deadlifts and Clean and Presses.

## **5. Backpack**

This is a good option if you want to walk or run with added resistance. Or, if you want to do squats etc.

Simply fill the backpack with books, or water bottles, or weights(!) And go. It is strapped to your torso.

## **6. Suitcases**

Suitcases are great because they have handles! They are also designed to carry quite a bit of weight. Fill with books, clothes, basketballs, cans of beans, 100lb dumbbells etc.

## 7. Fillers

- **Water** – best for sealed containers due to the sloshing. Although, if you fill buckets with water and lift them in the living room, there's an incentive for slow, controlled repetitions!
- **Rocks** – denser than water so will allow for added weight. Small, driveway pebbles will work the best. Less empty space in your containers, more weight.
- **Sand** – also more-dense than water. Many entry-level plastic weights are filled with this.
- **Trinkets** – matchbox cars, marbles, be creative.
- **Cans of Food** – canned groceries are heavy too. Use cans of corned beef or green beans to get beefy!
- **Books** – Dictionaries, Bible's, hymnals. Any good sized book will work. Stacks of newspapers are also very heavy.
- **Olympic Gold Medals** – how many do you have laying around? Well, they're pretty heavy too I've heard.

## 8. Chains

Chains are very heavy and the weight adds up fast. One great idea with chains is to hook the end of two chains to the end of a bar with the chains hanging partially on the floor. When you lift it up, more of the chain comes off the floor – making it progressively heavier as you move into the stronger range of the movements (i.e. the end of the motion)!

## 9. Rope

Very thick, heavy rope can be used in the same manner as chains. You can also do rope whips. This is something of a trendy exercise that is in fact a very effective and very strenuous exercise.

## 10. Homemade Equipment

I have seen guys use cinder blocks, buckets of rocks, on the ends of a barbell or broom handle. Some PVC pipe and 2-gallon jugs of sand... you get the idea.

## 11. Bags of Dog Food/Bird Seed/Kitty Litter

Dog/Cat food is available in 50 lb bags. If you're a pet owner, start buying in bulk. You can carry these up-stairs, or lift them overhead. Do squats, Calf raises etc. Sit down, rest a back on your feet and burn out with leg extensions.

## **12. Mulch/Soil**

Outdoor products are also sold in large bags. Mulch and soil are some examples. If you are into gardening, maybe you'll have some of these laying around.

Put them on your shoulders and do squats. You can hold one of them in front of you and do front squats. Front raises for the shoulders.

## **13. Logs/Wood**

Grab a big log and you can do many of the same exercises that you can do with a barbell. The beauty of using logs is the great variance in weight. If you need more weight, grab a heavier log!

If you have stacks of unused planks of wood, you can strap them into bundles. Make handles of rope or cloth and tape.

## **14. Tires**

This is another great tool that a lot of people will have laying around in a garage, or basement, even in the front yard! Tires are heavy and they can take a beating. You can tie a rope to it, sling it over a tree branch or swing set and have a makeshift pushdown/pulldown machine. You can drop them, throw them. They have other uses too. I used to use one to anchor my heavy bag in my basement.

If you have a really huge tire, like from a tractor or something, you can do tire flips.

If you have 2 wheels with tires on them, they can be used to make a very heavy (100 lb+) barbell if you have a pipe or bar strong enough to hold them.

## **15. Cinder Blocks**

These weigh around 30 lbs each and have the advantage of having holes. This allows them to slide right on to a bar or a wooden handle. Or you can make handles out of rope or tape. Two of these and you have a respectable amount of resistance.

## **16. Bodyweight**

There are a ton of bodyweight-only exercises that will rival any workout you can get in the gym. Besides your basic push-ups and squats, there are Chinese (handstand) push-ups, toe Touches, floor fly's, yoga... there's a lot out there.