

# The **Low Cost** Gym

Homemade Equipment for Functional  
Fitness

**Pete  
Kemme**



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# Introduction

## *Why write a book about homemade equipment?*

There is a growing trend since our lives have been transformed with the internet. People are taking more and more aspects of life into their own hands. Whether it is researching symptoms of diseases before seeing your doctor, or searching for how to change the brakes on your car.

This trend has bled over into the world of fitness. There will always be a need for personal trainers and gym memberships, but worldwide there is movement to do-it-yourself.

When I first created Kemme Fitness in 2010 after writing the ebook, "[Creating the body that God intended us to USE](#)," I truly believed that sharing with others how to create exercises and how to tailor-make your own workouts would fit in with the do-it-yourself trend. I learned two very important lessons. Although people around the world have been downloading and using the intense Functional Fitness workouts at [kemmefitness.com](http://kemmefitness.com), the desire for others to dream up their own workouts – even with the tools provided on the website and in my book – is only present in a few. What amazed me, however, was the popularity with an unexpected facet of Kemme Fitness.

The page, [kemmefitness.com/homemade-equipment](http://kemmefitness.com/homemade-equipment), ranked among the highest of the pages visited, especially in countries other than the United States. I received more and more comments and requests for help with making homemade equipment and for premade workouts using those pieces of equipment.

So in 2011, we at Kemme Fitness made a commitment to share with others how to save money by making homemade equipment, and equally as important, we made a commitment to create more and more workouts for those thrifty folks trying to live a healthier life without paying those expensive gym membership fees and equipment costs .

This book is the culmination of those efforts.

## *About the Author and Kemme Fitness.*

Pete Kemme has been experimenting with an ever changing Functional Fitness program since 2006 and has been training others since 2007. His expertise – although he wouldn't want you to call it that – comes from years of research, consultation with physicians and physical therapists, and real world experience with training adults of various ages and fitness levels.

In 2010, his good friend and barefoot running expert, Jason Robillard, from the [Barefoot Running University](#), inspired him to write his first fitness ebook and launch [kemmefitness.com](#). Kemme Fitness became a real company in late 2010, with contributors, Lawrence Boivin, Harvey Barker, and Seth Crooks being added officially as staff in early 2011.

Lawrence Boivin is a trainer in reality based self defense and mixed martial arts and has been a creative force behind the Kemme Fitness workouts. Harvey Barker has been training in Functional Fitness for years with a background in martial arts and wrestling. His contributions include the design of the Mini Slosh Tube, among many intense workouts. Seth Crooks, functional fit by the nature of his day job, joined Kemme Fitness as the At-Home consultant. He created the Heavy Bar, adds to the At Home workout tool box, and continues to be a homemade gym purist.

Together, we have been researching and creating homemade pieces of equipment, and testing out workouts designed specifically to achieve Functional Fitness at a low financial cost. Our archives of workouts is ever increasing, as we continually experiment with new intense and exciting workout formats and designs. Check out [kemmefitness.com](#) for free resources. There are hundreds of exercises and workouts, a free 8 week cross training program for runners called [K-Crosstrain](#), and much more. The only thing on the entire website that costs is the ebook, "[Creating the body that God intended us to USE](#)," available for the Kindle, the Nook, and in PDF. Although we tend to give that away often either way.

Kemme Fitness is about sharing what we have learned from research and experience. We hope that you enjoy the following chapters. Each one talks about a piece or two of equipment, how to use it, and sample workouts to get you started. Then come visit us at [kemmefitness.com](#) for years and years of free workouts full of variety, designed to get you into condition to do life's activities, while minimizing injury, and having total body fitness.

# 1

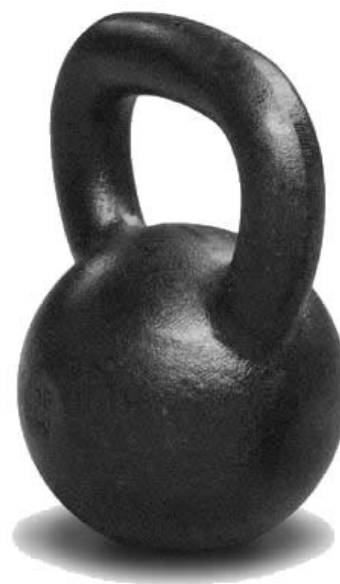
## *No Barbells...Really?*

There are a lot of pieces of exercise equipment that I use on a regular basis, yet the majority is not in this book. It is not like I don't like Barbells. Honestly, I have nothing against them. Let me explain.

I train folks in my back yard or the local school, but also I train others in a fully stocked gym, where I have access to Barbells, Dumbbells, Physioballs, Cables, and even Kettlebells. I love Physioballs and Kettlebells, but I have yet to find a way to make a homemade Physioball. And most versions of homemade Kettlebells involve either too most cost or skill with metalwork.

The criteria for this book was simple. All pieces of equipment had to be homemade and under \$15 to make. You may ask, "But are there enough pieces of equipment to create a total body Functional Fitness workout program?" Not only will you have all you need for a gym at your house, but you do not even need to create all the articles of equipment outlined in this book. The more I explore and grow in my program, the more convinced I am that simple is better. In fact, the only real advantage to having more equipment is to have more variety. But that can be achieved with the workout designs themselves.

My suggestion is to read through the following chapters and then go out into your garage or down into your basement. Look around. See what you already have stacked up in the corner. Use that as a starting point and create a few items for your home gym. Save the trip to the hardware store or the local home improvement store until you feel bored with what you have already.



Functional Fitness does not need to cost you money. What it takes is a willingness to think outside of the box, have some creativity, and a desire to do something different and fun.

Oh yes...our workouts are fun. Not really the "going to the beach" type of fun, but you will be surprised how you will become addicted to the feeling you get after doing Turkish Get-ups with a Clubbell or Floor Wipers with a Slosh Tube.

And I guarantee you will love the way you feel when the muscles and neural connections in your body work together in the way they were intended.

# 2

## *The Cheapest Piece of Equipment*

We might as well start with zero. If you haven't already figured it out, I'm talking about your bodyweight. There are whole websites, books, and fitness programs using only your bodyweight to get fit. This "piece of equipment" will give you the foundation for your program. Just check out the following list of bodyweight exercises we have at [kemmefitness.com](http://kemmefitness.com):

### **BODYWEIGHT HOLDS**

V-Sit  
V-Sit Twists  
L-Hold  
Wall Sit  
Elbow Lever  
Back Lever  
Front Bridge  
Side Bridge  
Nose to Ground  
45 Degree Sit  
Planche  
Headstand  
Handstand

### **BODYWEIGHT WALKS**

Alligator Walk  
Gorilla Walk  
Inchworm  
Frog Jumps  
Walrus Walk  
Sabertooth  
Crab Walk  
Bear Walk  
Wall Walk  
Kangaroo Jump  
Duck Walk  
Wild Bear Walk

**BODYWEIGHT STRENGTH**

Air Squats  
Squat Jumps  
Split Squat Jumps  
Lunge Walk  
Quad Squats  
Siamese Squats  
Pistol (1 Leg Squat)  
Hindu Squats  
Lunge Twists  
Burpee  
Core Burpee  
Super Burpee  
Man Burpee  
Prayer Burpee  
Tuck Burpee  
Push-up  
Uneven Push-up  
Plyometric Push-up  
Psycho Push-up  
Close Grip Push-up  
Egyptian Push-up  
Twist Push-up  
Sidestep Push-up  
One Arm Push-up  
Scorpion Push-up  
Grasshopper Push-up  
Military Push-up  
Spiderman Push-up  
Plyo Spiderman Push-ups  
Pike Push-up  
Hindu Push-up  
Spinning Push-up  
1 Leg Push-ups  
Medicine Ball Psycho Push-ups  
Vertical Push-ups  
Dive Bomber  
Mountain Climber  
Inverted Mountain Climber  
Brazilian Crunch  
Leg Swoop

Muslim Pray  
Frog to Side Plank  
Spider Sprints  
Rowboat  
Body Roll (Side Ground Engagement)  
Lower Russian Twist  
2 Person Wipers  
Sit Up Stand Up Tuck Jump  
1 Leg 1 Arm Swing  
Frog Jumps  
Suspended Side Extension  
Side Bridge & Knee Tuck  
Leg Raises  
Side Lunge  
Cross Toe Touches  
Donkey Kick  
Gymnastic Donkey Kick  
Inverted Donkey Kick  
Plank 1 Arm Touch  
Scissor Kicks  
Sit-outs

**BODYWEIGHT ELASTICITY**

Stutter Steps  
Side Jumps  
Slalom  
Ankle Jump  
1 Leg over Line  
Tuck Jump  
Sprawl  
Gorilla Drill  
Lateral Bound



The above list is also constantly growing as we discover and create new bodyweight movements. I know this list may include a few, if not tons, of exercises you may unfamiliar with. That is why I have made each one linkable to a video demonstration, just as we have them linked on [kemmefitness.com](http://kemmefitness.com).

Ready to get started?

I have also included a couple sample workouts to do with absolutely no pieces of equipment other than your own bodyweight. Just print out the next two pages. Each chapter will provide two workouts.

# Bodyweight #1

- 10 Sit-up Stand-up Tuck Jumps
- 10 - each side - Scorpion Push-ups
- 10 Inchworm
- 10 Quad Squats
- 10 - each side - Frog to Side Plank
- 10 Burpee
- 10 Psycho Push-ups
- 10 - each side - Pistols
- 10 Pike Push-ups
- 10 Tuck Jumps
- 10 Air Squats
- 10 Hindu Push-ups
- 10 Squat Jumps
- 10 Hindu Squats
- 10 - each side - Mountain Climbers
- 10 - each side - Split Squat Jumps
- 10 Frog Jumps
- 10 Rowboat
- 10 Donkey Kicks
- 10 - each side - Core Burpee
- 10 Muslim Pray
- 10 - each side - Brazilian Crunch
- 10 Prayer Burpee
- 10 - each side - Twist Push-ups
- 10 - Leg Raises
- 10 Tuck Burpee

## RINSE AND REPEAT

Two rounds total



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# Push-up Challenge

The Key word here again is “Challenge.”

Pick a number from 6 to 30. Then the challenge is to do that number of reps for each Push-up exercise below. In between each Push-up exercise (or whenever really), you are not allowed to rest, but you are allowed to do one of the following “filler exercises” for as long as you need to..

## **FILLER EXERCISES:**

Scissor Kicks

Leg Raises

Rowboat

Cross Toe Touches

V-Sit

## **PUSH-UP EXERCISES:**

Push-up

Uneven Push-up

Plyometric Push-up

Psycho Push-up

Close Grip Push-up

Twist Push-up

Sidestep Push-up

Scorpion Push-up

Grasshopper Push-up

Military Push-up

Spiderman Push-up

Plyo Spiderman Push-ups

Pike Push-up

Hindu Push-up

Spinning Push-up

1 Leg Push-ups

**NOTE:** Any Push-up that involves only 1 side, do not do your reps for each side. So for example, if you are doing 10 reps, only do 10 Twist Push-ups, not 10 each side.

**ANOTHER NOTE:** If you are just plain too fatigued to do any Push-ups anymore, try doing some of them on your knees. It is not cheating. This is a challenge, not a mandatory all or nothing workout. It may take you several tries to do this.



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### 3

## *The Easiest Necessities*

I purposefully use the word "necessities" for this chapter title. If you are going to get any pieces of equipment, these next two are just no brainers. They are incredibly cheap and easy to make.

The first is the Heavy Weight. Don't confuse this with the Heavy Bar (explained later) or the Heavy Bag, which is the large bag hanging from the ceiling that boxers use. The Heavy Weight is simply a large bag filled with something heavy. Yep...that's all it is. A bag of sidewalk salt or fertilizer may be just sitting there in your garage, ready to use. I once threw some barbell plates into a beach bag, calling it good enough. The key here is to get the appropriate weight for your fitness level.

What better way to prepare to bring shingles up a ladder onto your roof, than to train with a bundle of shingles. But I have to say, that the more uneven, or the ability for the weight to shift, the better the exercise will be for core building and functionality. Think about a sand bag where the sand shifts as you move the bag up or put it on your shoulder.

The other "necessity" is a Pull-up bar. All you need is something to hang onto with an open space below. A rafter may be all you need. If you want a nice smooth bar, it doesn't take much to find (or buy for that matter) a small piece of pipe that can be attached in a doorway or down in your unfinished basement cross beams.

Now you can add to your workout program. Again, I have included a list of exercises with links, as well as a couple of workouts for starters.

**PULL-UP BAR**

Chin-up

Strict Pull-up

Kipping Pull-up

Neutral Grip Pull-up

Commando Pull-up

Jump Pull-up

Burpee Pull-up

Knees to Elbows

Toes to Bar

Back Lever

Muscle Up

Parallel Pull ups

PB Parallel Pull ups

Vertical Push-ups

Triangle Pull-ups

Chimpanzee Hang

Chimpanzee Curls

Chimpanzee Lateral Raise

**SAND BAG (or any heavy unstable bag)**

Clean

Press & Press

Clean & Press

Thruster

Run

Toss

# At Home—Heavy Weight

## CIRCUIT #1

10 Chin-ups  
10 Dead Lifts with Heavy Weight  
10 Pull-ups  
25 Push-ups  
X2

## CIRCUIT #2

10 Thrusters with Heavy Weight  
10 Super Burpees  
10 Hang High Pulls with Heavy Weight  
10 Spiderman Push-ups  
10 Lunge Twists with Heavy Weight  
10 Burpees  
10 Squats with Heavy Weight  
10 Uneven Push-ups  
X3

## ADDITIONAL

If you have not put in 30-40 minutes by the end of **Circuit #2**, then grab your Heavy Weight and run with it for a while. If it is bad weather outside, use your treadmill or simply run up and down your stairs.

Enjoy!



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# At Home—Heavy Weight #2

## CIRCUIT #1

10 Dead Lifts (I held the straps to the bag)  
25 Push-ups  
5 Presses with Heavy Weight  
1/2 mile run (I did mine barefoot on the treadmill)  
**X4 for a total of 2 miles**

## CIRCUIT #2

10 Thrusters with Heavy Weight  
10 Pull-ups  
10 Hang High Pulls with Heavy Weight  
10 Spiderman Push-ups  
10 Lunge Twists with Heavy Weight  
10 Burpees  
10 Squats with Heavy Weight  
10 Knees to Elbows  
**X3**



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# 4

## *The Homemade Medicine Ball*

You can buy Medicine Balls of all weights, but that wouldn't fit the criteria for this book now would it. This is not only a simple procedure, but can be quite inexpensive.

### *WHAT TO BUY*

Just go out and buy the cheapest basketball you can find, or recycle one at your house. The only other thing that needs to be purchased is a tire repair kit and some shoe goo or something similar. Well if you are like me, you might not have a small funnel in your kitchen, so you will have to buy one for a dollar.

### **STEP #1**

Punch out the rubber air plug on the basketball.

### **STEP #2**

Shove the funnel in the hole (yes it does make the hole a bit bigger, but don't fret about it).

### **STEP #3**

Fill the basketball with sand. This takes a while as the funnel gets clogged frequently, so have some patience here. Fill it until you have the desired weight. A nice heavy one is 20 pounds, but you may want one lighter.

### **STEP #4**

Place in the tire plug and use the cement that comes with it. Let it dry



**STEP #5**

Add a layer of shoe goo for extra protection. This will ensure the ball will not spill out sand...well unless you decide to slam it as hard as you can on the cement. I did that and the plug held, but the seams did not!

**STEP #6**

Name the Medicine Ball. I hadn't mentioned this yet, but whenever you put this much work into making a homemade piece of equipment, you get to name it. My Carl weighs 20 pounds.

**MEDICINE BALL**

MB Throws/Passes

MB Thruster

MB Sit Up Stand Up Slam

MB Squat Twist

MB Sit-up Pass

MB Slam

MB Sliders

MB V-Sit Twist

MB Psycho Push-ups

MB Lunge Twists

MB Tri-pod Push-up

MB Plyo Push-up

# At Home—Medicine Ball

## **CIRCUIT #1**

20 Medicine Ball Sliders  
20 Sit-up Stand-up Slams  
**X2**

## **CIRCUIT #2**

30 seconds Medicine Ball 1 Arm Hold (hold MB above your head with your left arm extended)  
5 Squats - 1 Arm (while keeping MB above your head)  
30 seconds Medicine Ball 1 Arm Hold (right arm)  
5 Squats - 1 Arm (right arm)  
5 - each side - Medicine Ball 1 Leg Dips (or 10 if you use 2 legs)  
(put both hands on MB behind you, lift 1 leg with other planted on ground. Then do the 5 dips and switch legs)  
**X2**

## **CIRCUIT #3**

**30 reps, 20 reps, 10 reps**  
Medicine Ball Lunge Twists  
Medicine Ball Push-ups (both hands on the MB)  
Burpees

## **CIRCUIT #4**

**Tabata Protocol**  
alternate between Medicine Ball Thrusters & V-sit Twists



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# *At the Track—Medicine Ball*

This workout was done at a 1/4 mile track with 2 people. Of course, it won't take any great amount of imagination to tweak this for 1 person or 4. The track has some bleachers with 4 sets of stairs, that is used in Circuit #2.

For Circuit #1, we started on opposite sides of the track. We ran 1/2 the track and performed the prescribed exercise. Then at our own pace we kept running around until we got to our starting points. There we did the other prescribed exercise. This was all repeated 3 times.

## **CIRCUIT #1**

½ lap run

10 Medicine Ball Sit-up Stand-up Slams

½ lap run

15 Burpees

**X3**

## **CIRCUIT #2**

1 person runs up stairs while other does the exercise. When the first person returns to the bottom, he/she takes over the exercise while the partner runs up and down the stairs. Then they sprint to the next set of stairs and do the same there with the next exercise.

1 leg Push-ups

Scissor Kicks

Hindu Push-ups

Leg Raises

## **CIRCUIT #3**

Person #1 does Frog Jumps until lapped by person #2

Switch

Person #1 does Lunge Walk until lapped by person #2

Switch

Person #1 does Medicine Ball Throws until lapped by person #2

Switch



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# 5

## *The Slosh Tube – as Expensive as We Go*

This is one of the best articles of equipment and can easily replace a Physioball when it comes to building up your core muscles. Anything down with a Slosh Tube is a going to engage your core. A Slosh Tube is essentially a 10 foot long pipe half filled with water.

### **WHAT TO BUY:**

Go to a home improvement store and pick up three items: a ten foot long PVC pipe and two end caps. Some recommend a four inch diameter, but those of us with smaller hands appreciate a three inch. If you do not have the PVC primer and glue at home, you will need to pick those up as well. The reason this is the most expensive piece of equipment is those end caps. They are surprisingly half the cost.



**STEP #1**

Glue one of the end caps on the PVC pipe. Don't forget to use the PVC primer and cement before sliding on the cap. Let it dry.

**STEP #2**

Fill the PVC half full of water. There are two main methods for this. Eye-balling the level is hard due to the lack of light that pierces the PVC to show the level of water.

One method is to search for the equation on the internet that is used to determine the volume of water and the measure it out. For those less mathematically inclined, there is a longer, messier, yet easier method. Simply fill the entire tube up and empty the water out into two buckets. Five gallon buckets will do. Even out the water in the buckets and pour back one of them into the tube. If you spill during the process, try to adjust for that and add some more water.

**STEP #3**

Glue the second end cap on after adding primer and PVC glue. Let it dry.

**STEP #4**

Name your Slosh Tube

**SLOSH TUBE**

Press

Ovehead Walk

Burpee

Twirl

Get up sit up

Squat

Overhead Squat

Overhead Lunge

Front Paddling

Back Paddling

Cossack Squat

Bench Press Throws

Press/Squat Combo

# *Slosh Tube Deck of Cards*

Literally grab a deck of cards. Turn them over one by one. Whenever you turn over a black card, do the number of reps on the card.

Face cards are all ten repetitions

Aces are eleven reps.

Jokers can be 20 Burpees or something similar.

**Black cards under 6**—Slosh Tube Floor Wipers

**Black cards 6 and over** —Slosh Tube Bench Press Throws

**Red cards under 6** - Pull-ups

**Red cards 6 and over** — Slosh Tube Presses



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# Seth #2

## CIRCUIT #1

10 Pull-ups  
10 yards of Alligator Walk  
10 Chin-ups  
10 Frog Jumps

## CIRCUIT #2

150 yard Slosh Tube carry (do as many Presses with it as you can)  
10 Slosh Tube Get-up Sit-ups  
150 yard Slosh Tube carry (hold it in a front Squat position - in front of you under your chin)  
10 Burpees  
150 yard Slosh Tube carry (any kind - we liked a rear Squat position the best)  
25 Air Squats

## CIRCUIT #3

20 Hindu Push-ups  
5 Pull-ups  
20 Mountain Climbers  
5 Chin-ups  
20 Squat Jumps  
20 Spiderman Push-ups  
5 Pull-ups  
10 - each side - Slosh Tube Lunge Twists  
20 Twist Push-ups  
5 - each side - Twist Knees to Elbows (touch knee to opposite elbow)

## CIRCUIT #4 (bonus)

10 - each side - Slosh Tube Front Paddling  
10 - each side - Slosh Tube Back Paddling



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## 6

# *More PVC – Parallettes and the Mini slosh Tube*

Since we already love PVC and it can be cheap in large parts of the world, we can go ahead and talk about two more pieces of equipment. There are a lot of connectors for the Parallettes, so that cost can get up there. The Mini Slosh Tube is just a four foot or so long PVC pipe about two inches or less in diameter.

### ***WHAT TO BUY***

For the Mini Slosh Tube, you will need a four foot long PVC pipe about two inches in diameter. You will need a bag of cement, which is like \$3 or so. But don't worry, that cement can be used for some of the equipment in the upcoming chapters. You'll need 6 screws as well.

The Parallettes are a bit more complicated. You will need about six feet of PVC pipe with a diameter that is comfortable for your palm, so greater than one inch. Pick up four PVC T-connectors, eight end caps, and four 90 degree elbow joints. Make sure you have a hacksaw to cut the PVC and the primer and cement to glue it.

### **STEP #1 MINI SLOSH TUBE**

Mix up enough cement to fill the PVC up about six inches. Put 3 screws into the bottom of the PVC pipe below the level of the cement so the cement has some "rebar" to grab onto. Stand the PVC pipe up and drop in the cement and let it dry.

### **STEP #2**

Fill the pipe up half way or three quarters with water.



**STEP #3**

This is the tricky part. You have to tape a plastic bag in the open end of the PVC pipe to catch the cement so it doesn't drop down into your water. I also put a piece of cardboard in there to help. Make sure the top of the plastic bag is below the three screws you will put into the end of the pipe. If not, water will leak out around the screws.

**STEP #4**

Carefully fill the end with cement. Don't drop it in too fast or your plastic bag may not hold it. Let it dry.

**STEP #5**

Make sure there are no leaks. If there are some minor leaks, apply coats of PVC cement until the leaks stop.

**STEP #6**

Name your Mini Slosh Tube

**MINI SLOSH TUBE**

Front Baton Pass

Back Baton Pass

Conan

Hockey Twist

Lunge Twist

Samurai Chop

Samurai Chop & Thrust

Bass ass Swing

Pistols

Overhead Pass

Overhead Pass with

Squat

Overhead Lunge Walk

Crane



**STEP #1 PARALLETES**

Cut a piece of PVC pipe about a foot and half in length and attach two elbow pieces on the ends. You don't need to glue any of the Parallettes if you don't want to. It can be handy to have them pull apart for travel.

**STEP #2**

Put four to six inch pieces of pipe into the other ends of the elbows and the attach two of the T-connectors on the other end of those small pieces of pipe. This gives your foot and a half long piece of pipe some height off the ground.

**STEP #3**

Time to stabilize those two legs more. Add three to five inch pieces of pipe out of both sides of both of the T-connectors. Hint, you just used four pieces of the three to five inch pipe. Put caps on all four ends to finish off a Parallette.

**STEP #4**

Repeat steps 1 through 3 for your other Paralette.

**STEP #5**

I didn't name mine and I'm not sure why, but feel free to name yours.

**PARALLETES**

Dips

Handstand

Push-up

L-Hold

# PVC Day

## **CIRCUIT #1**

10 - each direction - Mini Slosh Tube Bass-ass Swings

20 Mini Slosh Tube Samurai Chop & Thrust

**X2**

## **CIRCUIT #2**

Mini Slosh Tube Conan

Ring Push-ups

Ring Dips

**21 reps, 15 reps, 9 reps**

## **CIRCUIT #3**

10 Mini Slosh Tube Samurai Chops

20 Seconds Parallette L-Hold

10 - each side - Mini Slosh Tube Overhead Pass with Squat

## **BONUS**

2 runs around the house

10 - each side - Mini Slosh Tube Front Baton Pass

2 runs around the house

8 - each side - Mini Slosh Tube Back Baton Pass

**Repeat as needed**



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# PVC Blitz

## RULES:

30 seconds each exercise

No rest in between

1 minute rest after each 4 minute round

8 Rounds, starting with a new exercise each round, but still doing them all in the round.

(ie. round 1 starts with Burpees and ends with Parallette Push-ups. Round 2 starts with Leg Raises and ends with Burpees)

## EXERCISES:

Burpees

Leg Raises

Slalom

Mini Slosh Tube Lunge Twists

Get-up Stand-up Tuck Jumps

Mini Slosh Tube Samurai Chop

Mountain Climbers

Parallette Push-ups



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## 7

## *Our Version of the Heavy Bar*

The Heavy Bar is sort of a look-around-your-house-and-go-with-what-you-find type of piece of equipment. Seth Crooks from [Kempe Fitness](#) did just that.

Seth had a long section of 8 feet long of landscape lumber – 3 pieces nailed together to be exact. After shaking out all the bugs and critters living in the creases, he attached two pieces of that rope to some plywood, and then screwed those on to make handles. I know...awesome, right?

Here are some photos of what he created.



But Seth didn't stop there. He also had to come up with a unique exercise just for his homemade Heavy Bar. Two of the first are the Wall Touch and the Row Boat Wall Touch. They look easy on the video, but trust me they are not. The wall touch in and of itself takes a lot of strength. To make it more dynamic, we tried to pick a mark high on the wall and touch that for the Row Boat Wall Touch.

And of course there are tons of the usual movements you can do with the Heavy Bar such as a Press, Floor Wipers, etc. Just think of most things you can do with a barbell and you can do it with the Heavy Bar. Below is a more comprehensive list that we use.

### **HEAVY BAR**

Wall Touch

Row Boat Wall Touch

Lunges

Press

Floor Wipers

Curls

Romanian Deadlift

1 Leg Romanian Deadlift

Squats

Hang High Pull

Twists

Lunge Twists

# Stress the Press

## CIRCUIT #1

10 Heavy Bar Presses after every exercise

20 Push-ups

10 Slosh Tube or Heavy Bar Floor Wipers

20 V-Sit Twists

20 Leg Raises

x2

## CIRCUIT #2

10 Heavy Bar Presses after every exercise

100 Heavy Rope Jumps or 20 Burpees

x4

## CIRCUIT #3

10 Heavy Bar Presses after every exercise

20 Crunches each side (alternating elbow to opposite knee)

10 Heavy Bar Wall Touches

10 Twist Push-ups right side only

10 Twist Push-ups left side only

x2



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# Heavy Bar #1

## CIRCUIT 1

20 each side V-sit Twists  
20 Push-ups  
20 Heavy Bar Floor Wipers  
20 Heavy Bar Squats  
20 Burpees

x2

## CIRCUIT 2

10 Pull-ups  
30 Seconds Nose to Ground  
10 Push-ups  
30 Seconds V-Sit  
10 Burpees  
10 Heavy Bar Lunges

x2

## CIRCUIT 3

20 Air Squats  
20 Heavy Bar Curls  
20 Mountain Climbers  
10 Sprawls  
20 Tuck Jumps  
10 Heavy Bar Hang High Pulls

x2



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# 8

## *The Clubbell, AKA the Indian Club*

The Homemade Clubbell is an incredibly low-cost addition to your home gym. This piece of equipment is more mainstream than some of our others and there are plenty of tutorials on the web to help you with exercise ideas and proper form. Check out our [Exercise Page](#) and scroll down to the Clubbell for several links to get you started.

Also, you can simply replace the Clubbell for other pieces of equipment such as the [Heavy Weight/Sand Bag](#), [Mini Slosh Tube](#), or Kettlebell, and perform exercises demonstrated for those pieces of equipment.

The Homemade Clubbell is not only one of the cheapest, but definitely one of the easiest tools we have in our Low Cost Gym. As you can see by the photo, I simply have the \$4 thrift store wiffle bat.



### **STEP #1**

Choose the filler material. I opted for cement, which gave me a 15 pound Clubbell. That turned out to be perfect for me. Other options are pea gravel or sand, among other things.

### **STEP #2**

Cut a hole in the base of the handle.

### **STEP #3**

Pour in your material. I mixed up some cement and slowly filled her up. Then let it dry if you use cement.

**STEP #4**

Seal the Clubbell. It is not really necessary if you used cement, but I put a touch of duct tape on there in case any of the cement crumbled off. If you use sand, you will have to make the cap more secure. I would save the cut piece of plastic and glue/tape that back on.

**STEP #5**

Name your clubbell.

**CLUBBELL (INDIAN CLUB)**

Torch Press

Two Handed Press

Swipe

Barbarian Press

Alternating Shield Cast

Front Circle

Mill (short for windmill)

Mill (another version)

Side Swing

Side Semi

Front Swing Hand Switch

Outside Pendulum

Front Pendulum

Inside Pendulum

Rear Lunge Pendulum

Side Lunge Pendulum

Turkish Get-up

Barbarian Squat

# 1 Arm Day with a Clubbell

## CIRCUIT #1

2 - each side - 1 Arm Push-ups (or 20 Spiderman Push-ups)

4 - each side - Clubbell Turkish Get-up

8 Clubbell Barbarian Press

## CIRCUIT #2

5 - each side - Clubbell Swipe

5 - each side - Clubbell Side Semi

5 - each side - Clubbell Alternating Shield Cast

5 - each side - Clubbell Torch Press

X4

## CIRCUIT #3

2 Burpees

5 Donkey Kicks

10 Clubbell Two Handed Press

20 Air Squats

As many rounds as you can handle



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# Clubbell Swing Workout

- 10 Push-ups
- 10 - each side - Swipe
- 10 Pull-ups
- 10 - each side - Front Circle
- 10 Air Squats
- 10 - each side - Side Swing
- 10 Psycho Push-ups
- 10 - each side - Side Semi
- 10 Lunge Walks
- 10 - each side - Front Swing Hand Switch
- 10 Muslim Prays
- 10 - each side - Outside Pendulum
- 10 Chin-ups
- 10 - each side - Front Pendulum
- 10 Get-up Stand-up Tuck Jumps
- 10 - each side - Inside Pendulum
- 10 Pull-ups
- 10 - each side - Rear Lunge Pendulum
- 10 Quad Squats
- 10 - each side - Side Lunge Pendulum



# 9

## Macebell

There are several ways to make a Homemade Macebell. One common way is to take a long stick, such as an old rake handle, and put that into a plastic fall. Fill the ball full of cement and then remove the plastic outer shell after the cement dries. But there are some important tips to remember when making your Homemade Macebell. Although making a Homemade Macebell is incredibly cheap, I want to make sure you only have to do it one time, so here are some tips.

**TIP #1: Rebar.** I had this problem with my first version. When you stick a pole/pipe or whatever you chose into the cement, you have to have some rebar (for lack of a better word). For my wood handle, I put 3 screws in it at various angles to give the cement something to grab onto. Lawrence and harvey had screwed on flanges onto their metal pipes and Lawrence even added some screws into the flange.



**TIP #2: Wood versus metal.** Metal wins hands down. Just look at some of the Macebell Exercise videos I made on the [Exercise Page](#). You can see the thin wooden rake handle bending with the 19 lb Macebell. One word here - dangerous! Somebody with as many stitches and only 9 fingers such as myself should not be using something heavy that could possibly snap and come crashing down on himself.

**TIP #3: Weight.** This is as important as it is difficult to control. It is incredibly hard to determine ahead of time how much your Homemade Macebell will weigh when your cement dries. I have a 19 lb Macebell, which is way too heavy for Swings and Grave Diggers. I use my 10 lb Macebell for that. Lawrence's 14 lb Macebell is what I would call the ideal max weight. Lawrence is strong and this provides a good challenge without making swings impossible. I would not go over that unless you are Pavel Tsatsouline.

**TIP #4:** The previous tip leads us to this one. *What do you use to pour your cement into?* If you want it round, then of course a SMALL ball would be best. But my split-open medicine ball created way too heavy of a Macebell with the 19 lbs. Lawrence used the bottom of a windshield wiper bottle. It wasn't round, but it got him his 14 lbs. Harvey did a pumpkin pail, but his is like 30 lbs or something ridiculous! Lawrence even kept his plastic on and decorated it. I'd go with his next time. Or just not fill my medicine ball all the way up?!

**TIP #5: Adding additional weight.** Lawrence's version with the metal pipe ended up with an extra advantage. It is the perfect diameter to slide down some metal weight plates to make his 14 pounder into a 15 1/2 pounder, etc. Just Gorilla Glue the plate down to the top of the cement Macebell (his is flat on the top so even better) and tada!...you have a heavier Macebell.

So when you decide to make your Homemade Macebell, spend some time to think about what you are going to make it with. I strongly suggest using a metal pipe and keep the cement ball small enough to get no more than 14 lbs. If you are a beginner, shoot for a 5 pounder. It is always better to start lighter. And when it only costs a couple of bucks to make a new Homemade Macebell, you can always have more. Or just follow *tip #5* and add more weight that way.

## **MACBELL**

2 Handed Swing

1 Handed Swing

Around the World

Front Plank Walk

Back Plank Walk

Half Spin

Half Spin with Squat

Shoveling

Grave Digger

Spear Thrust

Overhead Pass

Overhead Pass with Squat

Offset Bench Press

Levered Bench Press

Levered Bent Over Row

Levered Shoulder Press

Canoe Row

Kayak

Pendulum Swing

Side Bend

Overhead Side Bend

# Intro to the Macebell

## CIRCUIT #1

2 Macebell Plank Walk  
 10 Macebell Swing (left side - 10 lbs)  
 10 Pull-ups  
 run around the house  
 10 Macebell Swing (right side)  
 10 Toes to Bar  
 run around the house

## CIRCUIT #2

10 Grasshopper Push-ups  
 10 - each side - Macebell Pendulum Swing  
 10 Muslim Pray  
 10 - each side - Macebell Grave Digger  
 10 Burpees  
 10 Macebell Swing (left side)  
 10 - each side - Leg Swoop  
 10 - each side - Macebell Kayak  
 10 - each side - Cossack Squat  
 10 Macebell Swing (right side)  
 10 Chin-ups  
 10 - each side - Macebell Pendulum Swing  
 10 Plyo Spiderman Push-ups  
 10 Jump Squats  
 10 - each side - Macebell Levered Bench Press

## CIRCUIT #3

1 run around the house  
 2 Pull-ups  
 4 Dips  
 8 - each side - Lateral Bound  
 16 Air Squats  
**Repeat as needed**



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# Macebell 300

## CIRCUIT 1:

- 10 360 Macebell Swings (5 each side)
- 15 right hand Macebell Spear Thrust
- 15 left hand Macebell Spear Thrust
- 5 Pull-ups
- 20 Push-ups
- 15 Macebell Grave Digger
- 30 Hindu Squat
- 15 right hand Macebell Shovel
- 15 left hand Macebell Shovel
- 30 Leg Raises
- 10 360 Macebell Swings
- 20 Push-ups
- 15 Macebell Around the World
- 20 Macebell Kayaks
- 15 right hand Macebell Canoe
- 15 left hand Macebell Canoe
- 5 Pull-ups
- 10 Burpees
- 10 Push-ups
- 10 360 Macebell Swing (five each side)

## CIRCUIT 2:

- 1 mile run





# 10

## *Odds and Ends – Tires, Rings, and Boxes*

Well two of these pieces of Equipment probably won't need any construction. You really can't make a large tire, but can find one for free many of times at farms or tractor companies. A box does not need to be made, although a 2 X 4 with OSB board construction is pretty basic. I simply use chairs and other items that are close to 2 feet off the ground.

Why spend money if you don't have to?

Now the Gymnastic Rings are much more complicated. There are some ideas on the internet, but basically I narrowed it down to two different methods. Both of them had their advantages.

### **RINGS:**

The first way is make your rings more of a one third circle by using a curved piece of PVC. The other way creates a full ring. This is how I made mine. I bought those little metal leather making rings. They came in a pack of 7. I put 3 of them together and duct taped the tar out of them for each ring. Tada!

### **RING STRAPS:**

If you made the PVC rings, just run a rope through it and attach it to a bar or the ceiling somehow. Not a biggie. For my duct tape contraptions, I simply bought some inexpensive truck straps so I could easily attach and unattach the rings. I marked spots with black marker at various parts in order to make sure I could match up the height on both rings easily.

**TIRE**

- Tire Flip
- Sledgehammer
- Pull
- Plank
- Tire Drag
- Push-up



**RINGS**

- Body Rows
- Push-ups
- Muscle Up
- Ring Dips
- Inverted rows
- Inverted Hang
- L-Sit



# The 200

- 10 Push-ups
- 10 Air Squats
- 10 Pull-ups
- 10 Ring Body Rows
- 10 Tire Flips
- 10 Box Jumps
- 10 Ring Dips
- 10 Air Squats
- 10 Push-ups (legs on box)
- 10 Burpee Pull-ups
- 10 Pull-ups
- 10 Burpees
- 10 Tire Flips
- 10 Split Squat Jumps
- 10 Ring Push-ups
- 10 Leg Lifts
- 10 Super Burpees
- 10 Donkey Kicks
- 10 Ring Dips
- 10 Box Jumps



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# Gymnastic Workout

## CIRCUIT #1

10 reps, 8 reps, 6 reps

Ring Dips

Ring Body Rows

Tire Flips

Ring Push-ups

## CIRCUIT #2

30 seconds each hold

Ring L-hold

Right Side Plank

Wall Sit

Left Side Plank

Nose to Ground Bridge

X2

## CIRCUIT #3

5 Super Burpees on a box

10 Box Jumps

X5



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