



Unchained Chest Workout

BASIC CHAINING: WHAT TO BUY AND WHERE?

Look around at any specialty weight training supplies store on the web and you're sure to find assembled lifting chains that you can purchase for anywhere between \$125 and upwards of \$300 for up to say 40 lbs of chains (and that's just for one of them!) It's simply not necessary to be paying that much for something that you can make yourself at home with just one trip to Home Depot, Lowes or any other large hardware store or truck supplies shop.

As friends and family can tell you, I'm not the handy type. Sure, I have a skill for creativity in the gym but apparently that gene was turned off when it comes to manual labor skills. No way "This Old House" was ever going to come knocking looking for me to be part of the show... unless it was to show people how to carry the planks and not nail them together!

Anyway, that said...I managed to assemble my own chains in just 10 minutes with no more than maybe 2 or 3 curse words being muttered along the way. That said, it's got to be simple! So how did I do it? Well...let me show you exactly what to buy first so you can be sure you've got the right materials before you start.

You'll need:



2 x 3/16" Quick Links
PRICE - \$1.68 EACH
TOTAL - \$3.36



2 x 6 Feet of 3/8" Chains
PRICE - \$2.78 PER FT
TOTAL - \$32.78



2 x 1.5 Feet of 3/16" Chains
PRICE - \$1.00 PER FT
TOTAL - \$3.00

CHAIN - 2 x 3/16" Quick Links • PRICE – \$1.68 each • TOTAL - \$3.36

CHAIN - 2 x 6' of 3/8" Chain • PRICE - \$2.78 per ft • TOTAL - \$32.78

CHAIN - 2 x 1 1/2' of 3/16" Chain • PRICE - \$1.00 Per ft • TOTAL - \$3.00

TOTAL PRICE FOR ASSEMBLED CHAINS – \$39.14

Note: Special props to yanyanxu.com for the pictures accompanying this report!

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