



## Unchained Chest Workout

CHAIN LINKS: PUTTING THEM ALL TOGETHER.

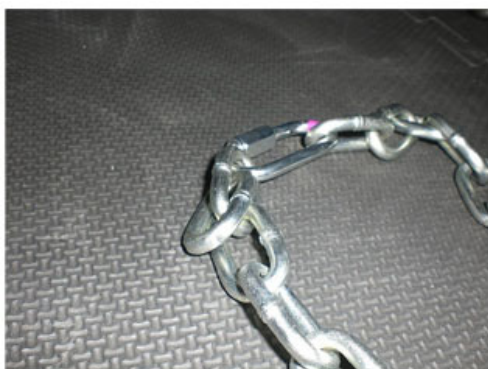
So once you get all this home, you should be able to lay it all out on the floor and have it look something like this:



In a matter of minutes you'll be able to assemble the chains and get them ready to go by simply threading one of the smaller 3/16th chains through the last link of one of the thicker chains and then securing the two ends of the small chain in place by attaching a quick link in between! That's it! It's that simple. The two smaller chained loops will now serve as the part that hooks onto the bar and the larger chains will be your variable weights! Here's what your setup will look like now:



Again, you simply secure the two ends of the small chain together using one of the quick links like this...



...and then hang it over the bar like this:

### Unchained Chest Workout

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If you like, you can secure the chains in place by sliding a plate lock onto the end of the bar to keep the bar from sliding off the end.

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