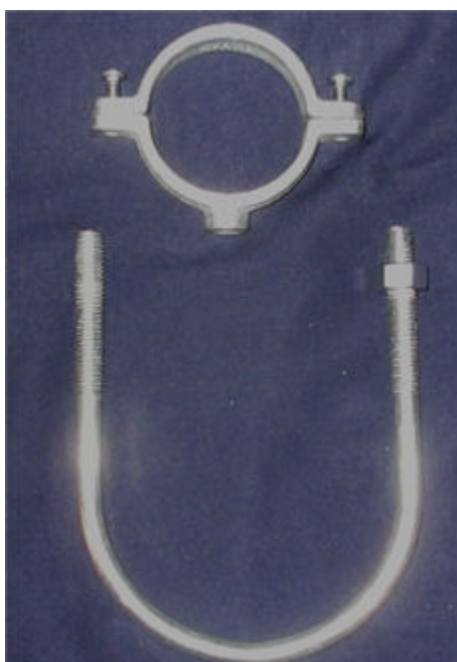


DIY FOR MICROLOADING BARBELLS

This is a simple, cheap way to do quick incremental microloading without having to get off the bench to do it. It also lets you use a variety of microloading weights.

No special tools, or skills, are required, and materials are commonly available at most hardware stores for around \$20 or less.



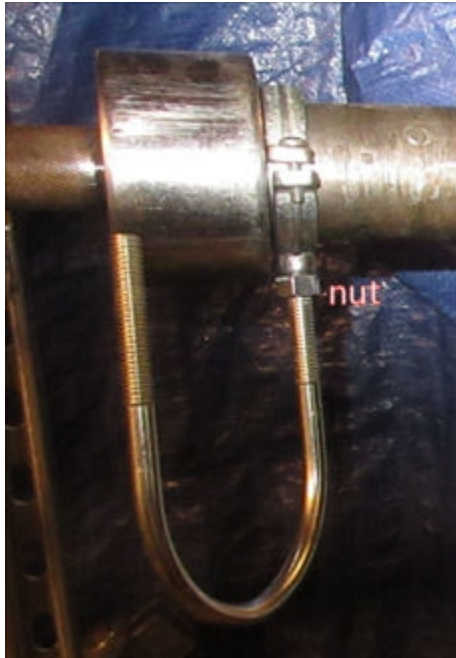
WHAT YOU NEED

split ring pipe hanger
for 1 1/2 inch pipe size
(actual ID approx 2")
need two

u-bolt with
3/8 - 16 thread
(size can vary
according to
preferences)
need two



step 1
mount the hangers on
each end of the bar,
against the inner collars.



step 2
screw the u-bolts into
the the holes at the
bottom of the hangers.

Swing the u-bolts slightly
towards the center of
the bar, as shown in
the picture. Then
tighten the nuts to keep
them in place

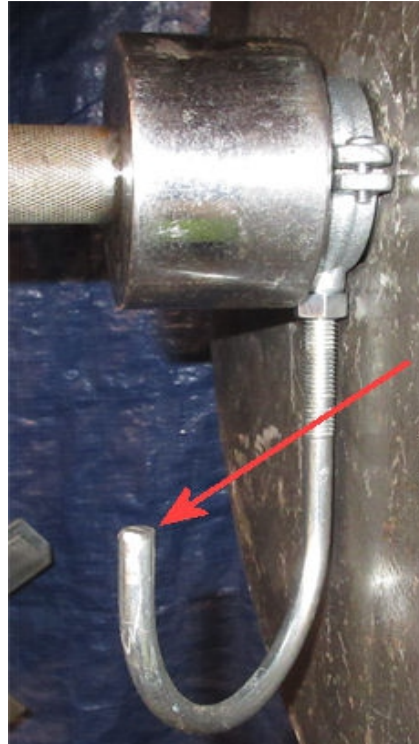


YOU ARE READY

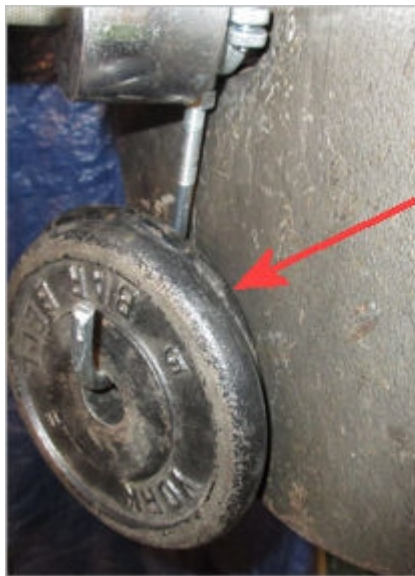
Hang whatever microloading
weights you plan to use for
your lift.

As you can see, just about anything with a hole in it can be loaded. There is no practical microloading limit on the total weight since the hanger and u-bolt are load rated for over 100 lb. (see following page)

This page added to original on 10/21/17



**to hold larger
plates, one end
of the u-bolt
can be shrotened**



**two 5 lb plates
on shortened
u-bolt**