

PVC PIPE

USE 3/4" OR 1" PIPE

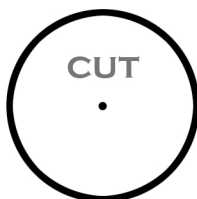
YOU CAN ADJUST THE LENGTH OF THIS DEPENDING ON HOW MANY WEIGHT PLATES ARE ADDED

FAKE WEIGHTS DUMBBELL 10 POUND PLATE

HD-FOAM
AVAILABLE THROUGH
SKSPROPS.COM

MY TEMPLATES ARE FREE BUT DONATIONS HELP ME KEEP MY CHANNEL GOING!
SO IF A PARTICULAR VIDEO OR TEMPLATE HELPED YOU OUT PLEASE CONSIDER DONATING TO HELP SUPPORT THE CHANNEL.
PAYPAL EMAIL - SKSPROPS@GMAIL.COM

TEMPLATES ARE APPROX SIZE AND MAY NEED TO BE ALTERED DEPENDING ON THE THICKNESS OF THE FOAM YOU ARE USING

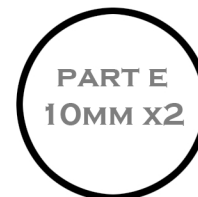
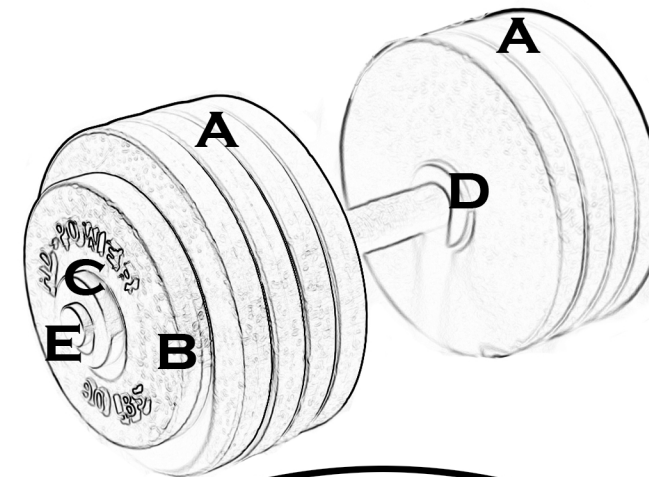
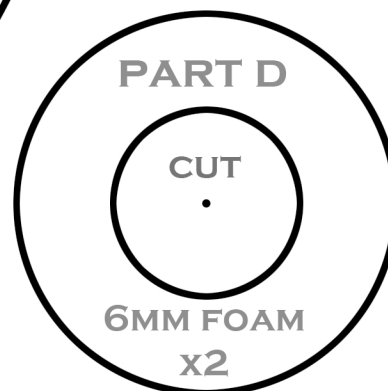
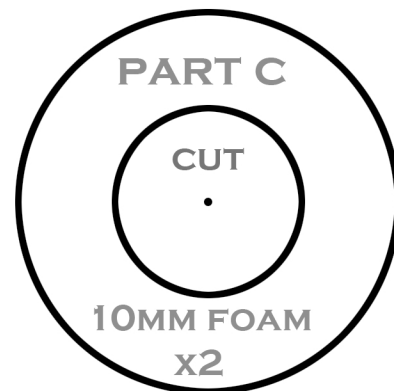


CUT THE PLATES INNER CIRCLES
DEPENDING ON IF YOU ARE
USING A 3/4" OR 1" PIPE
I LIKE USING A FORSTNER BIT
IN A DRILL OR DRILL PRESS

PART A 10MM HD-FOAM XS AS MANY AS YOU WANT

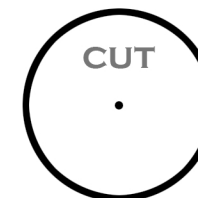
2 10MM PLATES ARE GLUED TOGETHER TO MAKE THE 1" THICKNESS NEEDED

I CUT OUT 16 FOR ONE DUMBBELL



PART B 10MM HD-FAOM 5 POUND PLATE

5 POUND PLATE



2 10MM PLATES ARE GLUED TOGETHER TO MAKE THE 1" THICKNESS NEEDED

X4 FOR ONE DUMBBELL

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