



## Make your own PVC parallelles

This article describes how to make parallelles from PVC pipe for an excellent piece of strength training equipment.

We used 1.5" pipe but as long as it's strong enough you can use any diameter you like.

You will need:

- Tape measure
- Pipe cutter or hacksaw
- 10' PVC pipe
- 4 x PVC 'T' joints
- 4 x PVC elbow / 90 degree joints
- 8 x PVC end caps
- PVC pipe glue (optional)

Cut the pipe to the following sizes:

- 2 x 24"
- 4 x 8"
- 8 x 5"

Piece together the parts using pipe glue for stability:

- Join elbow connector to ends of the 24" pipe.
- Attach 8" pipe to exposed ends of the elbow joint.
- Connect 'T' joints to ends of 8" pipe.
- Create paralette base by attaching 4 x 5" pieces.
- Cap off the ends of the 5" pipes.
- Add grip using sandpaper or raquet grip [optional].

This completes one parallelle. Repeat for the set.

Visit [fitstream.com](http://fitstream.com) for a full article describing how to make your own parallelles including video.