

**THE SAVAGE
STRENGTH
TRAINING SYSTEM**



**DONT
PUMP IRON...**

**BECOME
IRON!**

HOME GYM PLANS

By Mike Gillette

CRITICAL BENCH.com



LEGAL STUFF

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This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program..

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How to Set up Your Own Home Gym for Less Than \$100 Without Using a Single Hand Tool!

If you're reading this, congratulations! That means you're the proud owner of the Savage Strength Training System.

So now that you have both the Savage Strength Book and the Super Strength Workouts, you should be ready to go.

But wait... you still need a place to train. Maybe you've got some weights in the garage or you're ready to join that gym down the street. If so, get to it!

But if you don't have a training space or the gear thing figured out just yet, relax. We've got you covered.

We will show you how to get set up for just a little bit of money and less than an hour of work.

And believe me, this 'lean and mean' set-up can and will get you off to a great start.

First things first, here's your shopping list...

- | | |
|--|-------------|
| • one 12" x 32" x 2" wooden step tread board | \$9 |
| • one yard of naugahyde vinyl | \$8 |
| • staple gun | \$8 |
| • one box T-50 staples 5/16" | \$3 |
| • one pair shop scissors | \$3 |
| • one can spray adhesive | \$4 |
| • four cinder blocks at \$2 each | \$8 |
| • one plastic 5-gallon bucket | \$3 |
| • 2 lengths of chain (example 6' long) | \$20 |
| • 2 steel accessory handles at \$10 each | \$20 |
| • Foam floor squares or carpet pad (cheaper) | \$6 to \$14 |
| • two steel oval screw-tight chain links | \$2 |



All of the items on this list were purchased at their regular prices; none were on 'sale'. And they all came from nationally-known hardware stores. So you should be able to find these things no matter where you live. Let's take a look at what we've got; starting with the items we'll use to build our flat bench...



Here's the staple gun and the staples that we will use to attach the naugahyde vinyl to the bench top.



This is the board which will provide the structure for the bench top.

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Here is your can of spray adhesive. Because of the fumes, make sure that you're going to be putting this together in a well-ventilated place. As you'll see, I put mine together outdoors. On the right is a pair of shop scissors. Only a couple of bucks but they went through the rubber matting with no problem.



Here is the naugahyde vinyl. Don't scrimp on this stuff, a thicker vinyl is less likely to tear or be punctured.

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This is a package of foam floor squares. These come four to a pack and are 1/2" thick. As indicated, carpet pad is cheaper and can work really well. It will just takes more time to cut sections of carpet padding to obtain the same 1" thickness that I got by doubling up on these foam squares.



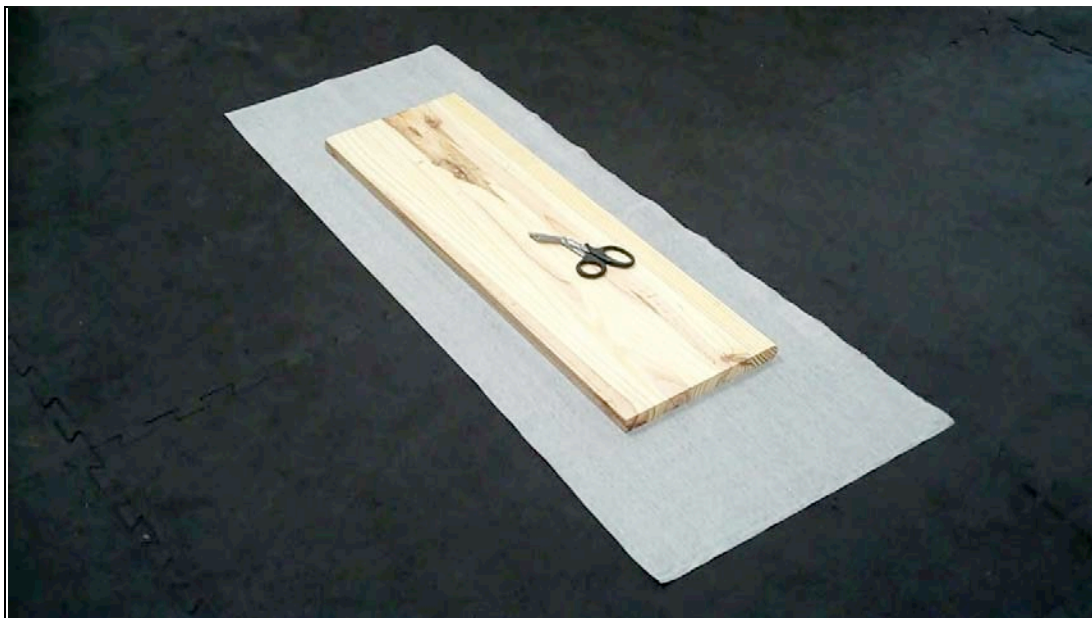
This is step one, laying out your vinyl with the board placed on top of it. Notice that the smooth side of the vinyl is towards the floor.



Here you will notice that I slid the board over to one side of the vinyl piece. I then folded the vinyl over what will become the underside of the board. When deciding how much overlap you want, don't forget that the padding you attach to the other side of the board will 'take away' some of the material. It's important that you leave enough vinyl to attach (staple) to the board.



Here we do the same thing with the other side of the vinyl. The fold that you see on the upper portion is where the vinyl will be cut with the scissors.



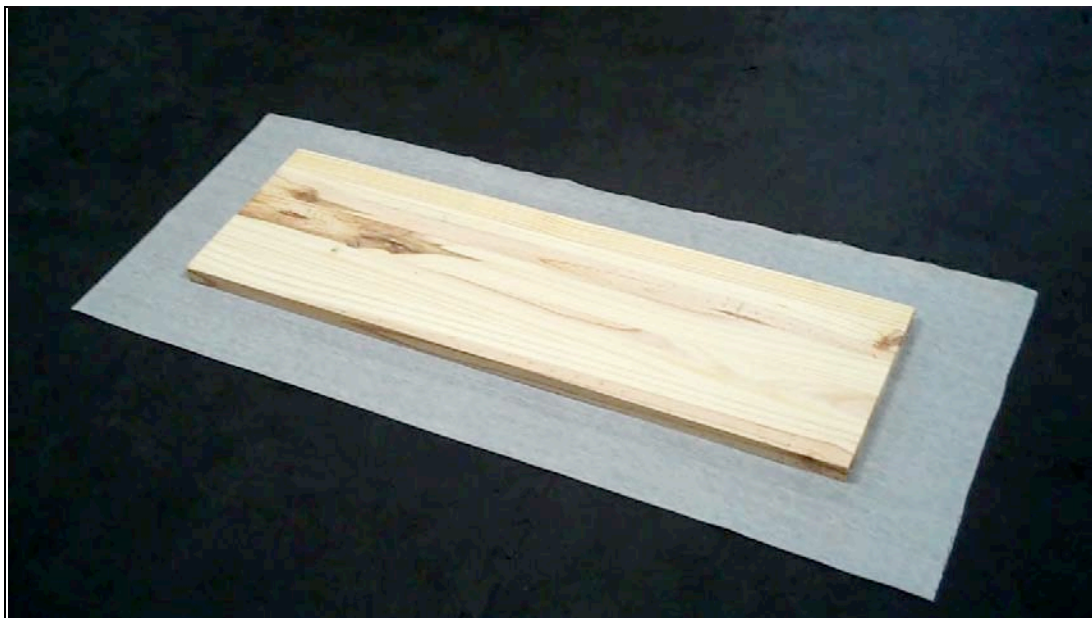
This is what the vinyl looks like after the sides have been trimmed to fit. Now we have to go through the same steps with both ends of the board.



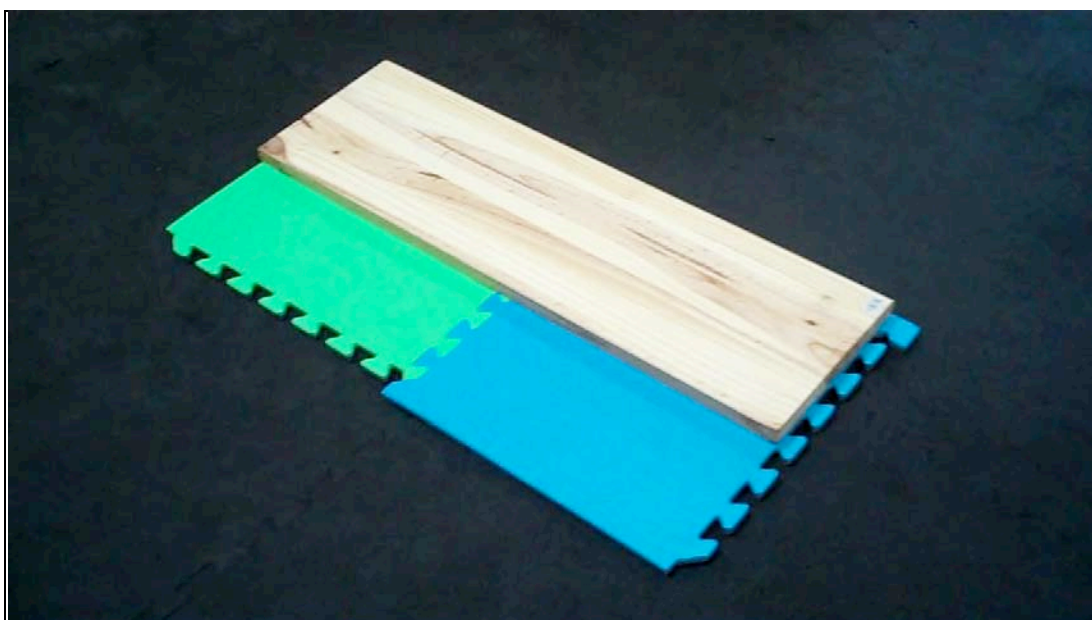
As before, I have placed the board where I want the vinyl to overlap on one end so that I will only have to cut once on the other end. So far I have not used either a ruler or tape measure for any of this. I just used the width of my four fingers as a rough measure for all four sides of the board.

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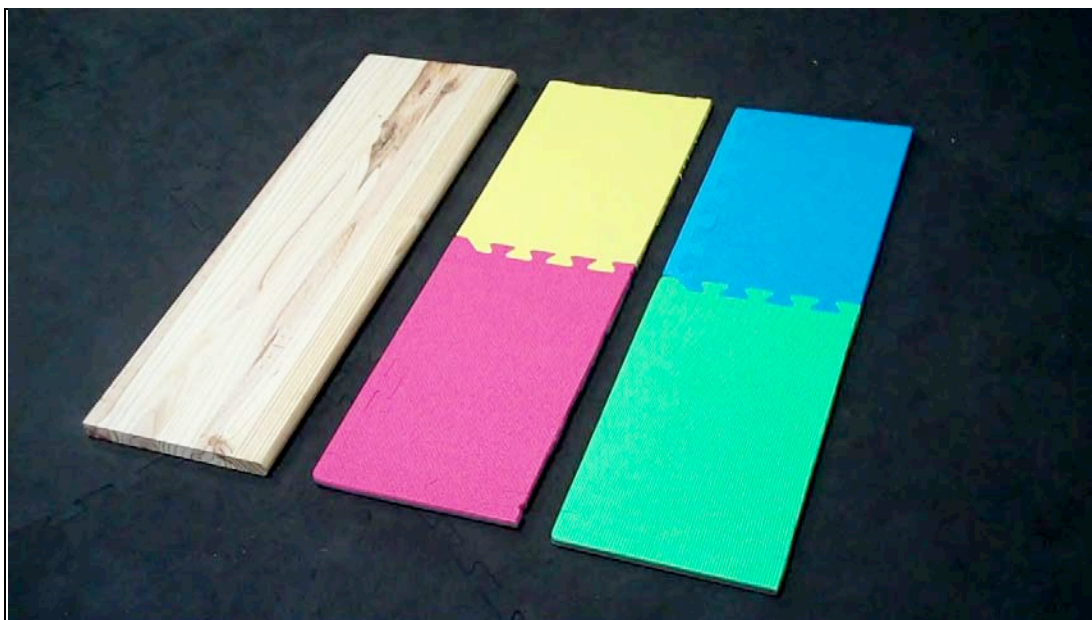
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Here is the vinyl with the board placed on top. All four sides have been trimmed to fit and we are ready to proceed to the next step.



Here you can see two of the four foam squares connected together. Then the board is placed on them to act as a cutting guide. All you need to do is cut the foam down to the same size as the top of the board. You will need to do this step twice, since you have two more foam sections to connect to each other and trim down to 'board size'.



When both foam sections have been trimmed down, you will be left with something like this... one board and two sections of foam which are the same length and width as the board. Now it's time to start putting this all together.



Here I am applying spray adhesive to the surface of the board in preparation to attach the first section of foam.



This is all so easy to do. I take the foam section and slap it onto the board which is sticky from the adhesive. The key here is to make sure that you keep the sides of the foam completely even with the edges of the board. If you're off a little bit, just pull the foam off, line it back up and place it back on.



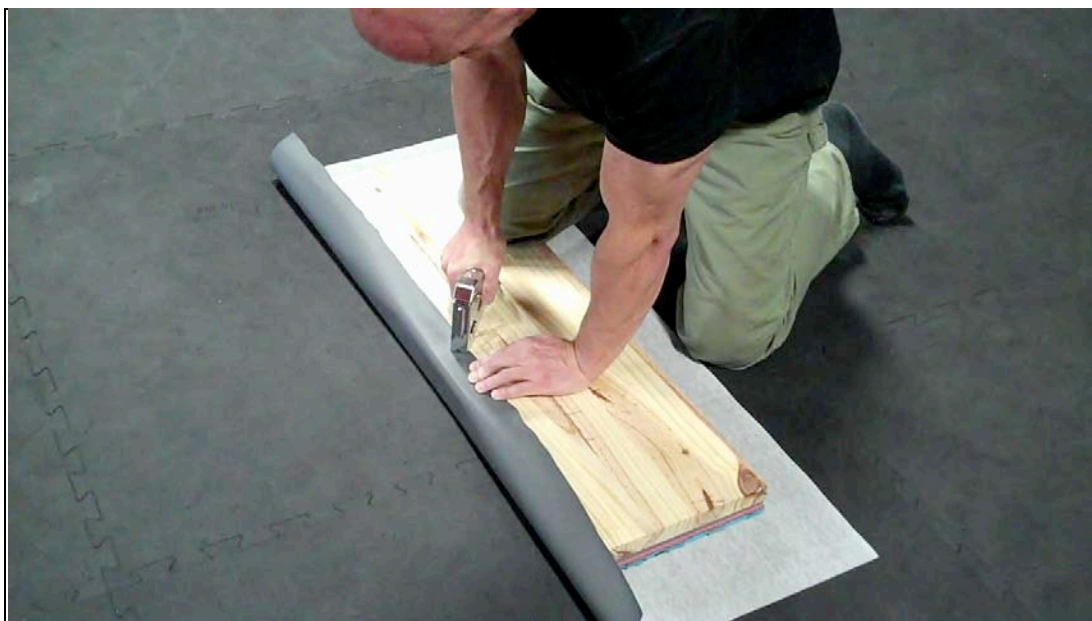
With the first layer of foam in place, this first foam section gets a coat of adhesive to prepare it for the next layer of foam. *Reminder:* Do this in a well-ventilated area.

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You now know what to do here... the second foam piece goes on just like the first one. Make sure the edges of both pieces are lined up and nothing has shifted out of place.



This is the most technical phase of the entire project; all you have to do now is operate a staple gun. So load it up and let's go... Take the board and place it so that the foam pieces are in contact with the underside of the vinyl. Make sure that the board is centered on all four sides and you're ready to staple.

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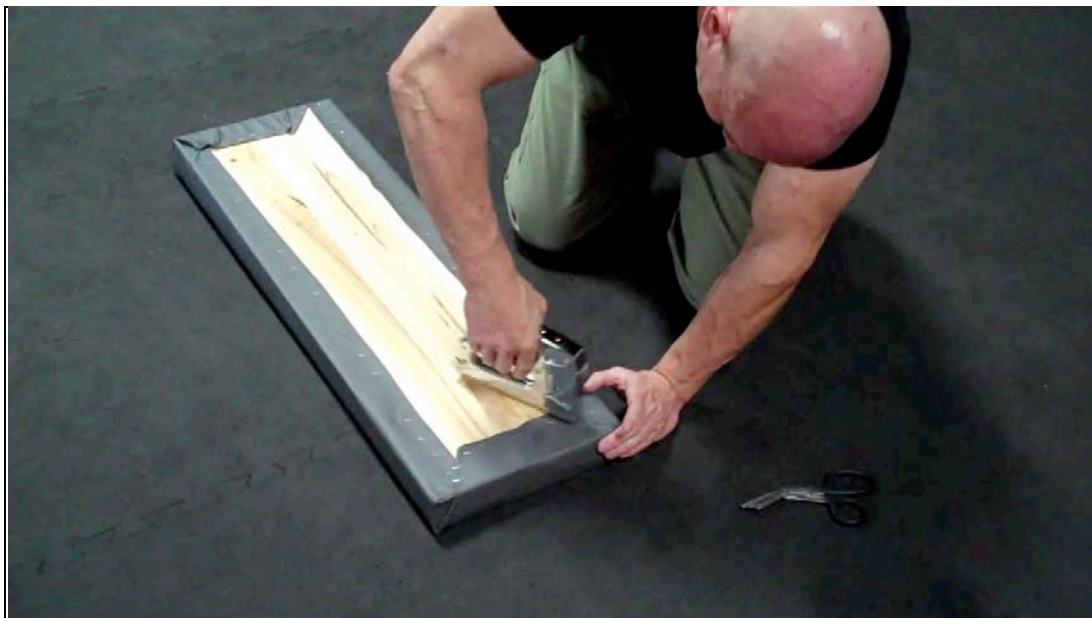
One length-side has been attached and working now on the opposite side. Make sure to keep plenty of tension on the vinyl as you staple it into place.



Here's a close-up view of how to handle the ends. It's kind of like gift-wrapping a package. Again, pull tight on the vinyl and use plenty of staples.

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Almost done. The scissors is nearby because I had a spot where the material gathered up to the point it looked too thick to for the staple to attach securely. So I cut a small piece out with the scissors and got it under control.



Here is a close-up view of what the sides and end piece should (more or less) look like as they all overlap together and are stapled down.

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Here it is. The vinyl has been completely attached and you're now looking at the 'top' side of our bench top. It doesn't look too bad, does it? Now we need to put the bench 'top' on the bench 'bottom'.



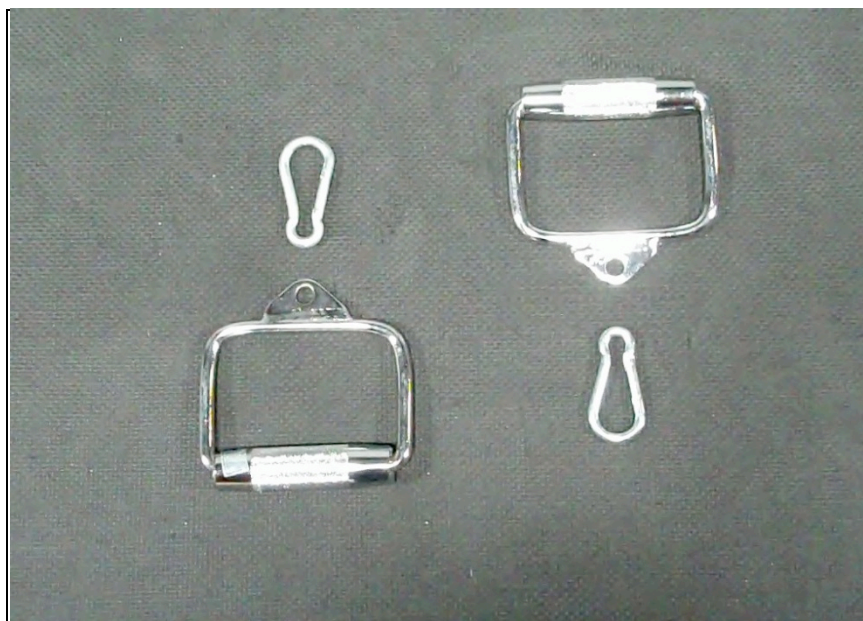
All done and ready to rock! Personally, I think this is one tough-looking bench and will probably be the most indestructible flat bench you will ever own. Now let's get to the rest of your training gear.

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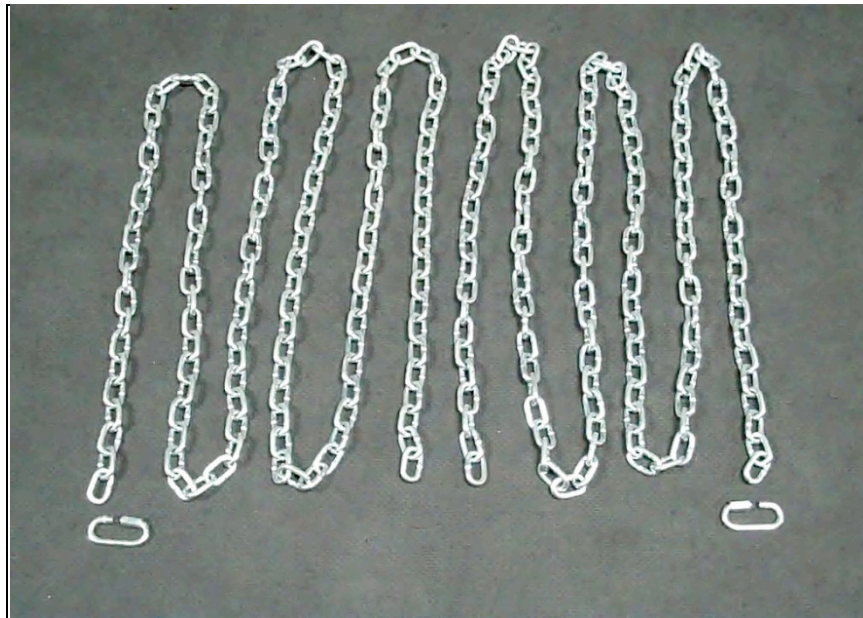
This is the five-gallon bucket. You can use it to store or carry the chains, handles and anything else you might have; like a dip belt, neck harness or wrist roller. But if you remember from some of the photos in the Workout Guide, this bucket can be flipped over and used as a base for a variety of exercises.



Here are the handles and the snap-links used to attach them to the chains. These are the same handles you saw me use in the Workout Guide.

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Here are the two, six-foot lengths of chain all laid out. In the foreground you can see the two screw-tight chain links which will be used to secure the chains to a horizontal support.



Here the two handles are shown attached to the two lengths of chain. While training, you'll move those handles up and down the chains depending on which exercise you're doing and how difficult or easy you want to make that exercise.

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Below is a close-up view of the screw-tight chain links after they have been slipped through the end links of the chain. Our last step is to wrap these chains around a suitable overhead support. Depending on where you are, this support could be a piece of outdoor playground equipment, a chin-up bar, a tree branch or one of the rafters in your garage or basement.

Note that in the example above, the screw-tight links have been completely and tightly closed. This may seem obvious, but don't get in a hurry. Tighten those things down hard.



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Okay, that's it! You've just put together a training set-up for yourself that cost you almost nothing in terms of the benefits that it can provide you.

And all the money you didn't spend? Hey, that's up to you.

We're done talking now, you've got all the info you need to get going. So get to it!

But remember to check in to let me know how you're doing. Remember what I said earlier... "The world needs more strong men"

Go become one and make the world a better place.