

Homemade "Dawg bars"

For the intuitive bakers out there this is not a recipe for homemade dog energy bars. This is a guide to making (2) ~40 lb bar bells for weight lifting at home.

What you will need:

- Tarp to work on.
- Work gloves, safety glasses
- Hose and place to clean up
- Rags for cleanup
- (2) 60 lb bags of "Quickcrete" – (1) 80 lb bag may work.
- (2) empty 1 gal. paint cans no handle necessary.
- (1) 8' x 1" dia galvanized pipe
- Small level
- Small bungee, string (something to tie bar to support while Quickcrete sets)
- Hacksaw to cut pipe.
- Small bucket for water
- Wheel barrow or something that size to mix Quickcrete in.
- Shovel to mix Quickcrete (clean shovel well after each mix)
- Saw horse or something similar to support bar.
- Tape measure.

This will make (2) 40# bars. You have to make one end of each bar first, let it set overnight then make the other end. There will most likely be left over mix. Either have another project to make or find a place to dispose of it that will be safe. Don't pour it down any drains!

Have something to hold the bar vertically in place while the mix sets. We used a counter in the shop. A saw horse would work.

- (1) Spread out tarp.
- (2) Cut 8' x 1" dia galvanized pipe into (2) 4'-0" lengths, set aside.
- (3) Fill small bucket with water, set aside.
- (4) Place wheelbarrow or other mixing container on tarp.
- (5) Pour a bag of Quickcrete into container and follow mixing instructions on bag.
- (6) Fill the paint can with the mix and place it by the saw horse.
- (7) Place pipe into center of mix in paint can, get pipe plumb (vertical in all directions) and attach to saw horse. Leave for 24 hours.
- (8) Repeat process for the other end. This will be a bit more challenging as the bar will have a top load.

Customize your bar:

Paint the buckets to stop them from rusting.

Wrap old bike inner tubes around the buckets to protect them and the surface you are laying (not dropping) them on.

Wrap the bars with athletic tape to make them more comfortable on your hands. Or pipe insulation for your shoulders.

Send pictures of your project. Let's see who's creative.

Happy weightlifting – *Above all be safe!!!*