

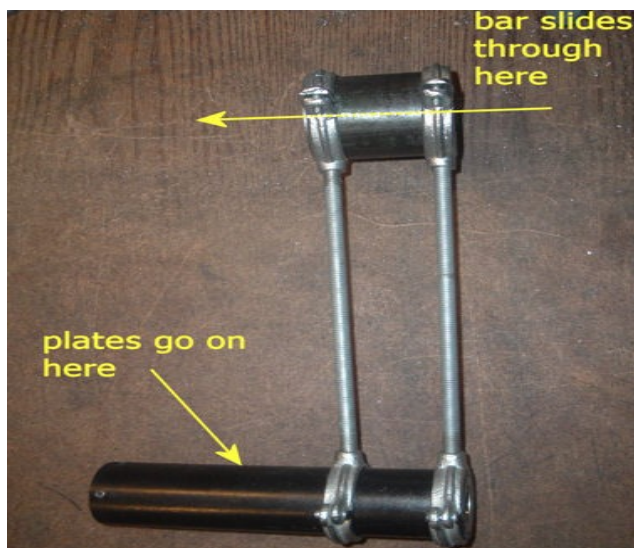
DIY GADGET FOR DOING OVERHEAD PRESSES IN A LOW CEILING ROOM



A lot of lifters work out in low ceiling basements without enough clearance to do lifts like standing overhead presses. Here is a DIY accessory I call the Low Ceiling Pressing Aid (LCPA for short) that could help out.

The LCPA lets you hang plates below the bar so that when doing an overhead lift, the bar itself can go all the way to the ceiling level. With 45's mounted in the normal way, the bar can only get to within about 8" to the ceiling level before the plates hit the ceiling.

Two LCPAs are required, one for each end of the bar. Here is what it looks like



The bar's olympic sleeve slides through the big short pipe on top, and the plates mount on the long thinner pipe at the bottom.

Any olympic collar can be used to hold the LCPA on the bar. The lower bar in this design requires a collar that can work on a 1.9" outside diameter. Things like shaft collars, spring clamps, and split ring hangers are possibilities.

MAKING IT



PARTS – the picture shows what parts you need for one LCPA, two are needed for the barbell.

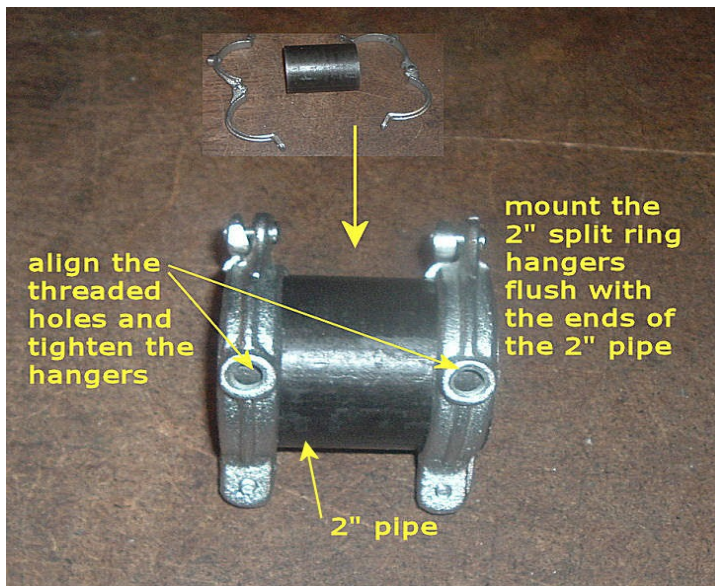
Pipe – pieces of schedule 40 pipe in pipe sizes (not physical sizes) 1 1/2" and 2".

Split ring hangers in pipe sizes 1 1/2" and 2"

3/8-16 x 9" threaded rod pieces

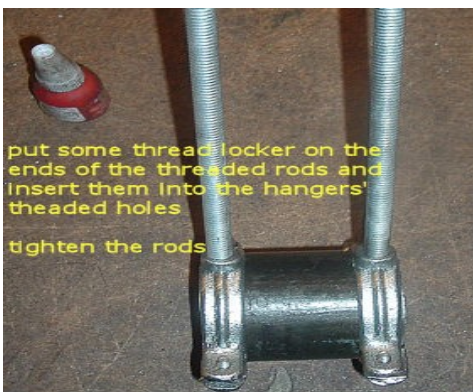
Plumbing supply houses and most hardware stores will have this. But you may have to hunt for one that will cut pipe for you.

NOTE: The length of the 1 1/2" pipe depends on how much plate room you need. Figure plate room and add about 5" for hangers and the collar.



STEP 1 - Mount the 2" split ring hangers on the 3" long 2" pipe. The outside edges of the hangers should be flush with the ends of the pipe.

Before tightening, align the threaded holes with the lengthwise direction of the pipe



STEP 2 – Put some thread locker on the tips of the 9" threaded rods, and screw them all the way into the threaded holes on the split ring hangers. Then tighten.



Screw the 1 1/2" split ring hangers on to the other ends of the threaded rods.

The ends of the rods should be flush with the inner surface of the rings. If they protrude, it can interfere with fitting the hangers to the pipe.



STEP 4 – Mount the 1 1/2" on the 1 1/2" pipe and tighten.

Note about pipe size. Standard pipe sizes are not directly related to physical dimensions. For example:
Schedule 40 2" pipe size has an outside diameter of 2.375", and an inside diameter of 2.067".
Schedule 40 1 1/2" pipe size has an outside diameter of 1.900", and an inside diameter of 1.610".

I make no claims about any aspect of the LCPA. It is the responsibility of the DIY builder to determine its suitability, and to test its abilities to his or her satisfaction.

Any questions or comments, e-mail sherm@shermworks.com