

Suspension Training with Prusik Slings

Simple DIY substitute for gym rings and webbing. The parts are a rope, prusik sling (which itself is made of rope), and handle.

The prusik sling is a rock climbing/ mountaineering tool, so it will be safe in the gym. The picture show a handle made out of pipe parts, but other things will work, like PVC pipe, heavy flexible tubing, and of course real rings. Use 1/2" braided rope.

Here are sources of info for the slings:

-making a prusik sling - <http://www.animatedknots.com/prusik/index.php>

-tying a double fisherman's knot - <http://www.youtube.com/watch?v=O6oJwedcb18>

-a prusik cord source (one of many) -

http://www.rescuedirect.com/Merchant...Category_Code=

Googling "prusik slings" will get you lots more info.

Nice advantages are:

-The ropes can be hung anywhere, ceiling beam, tree branch etc.

-When not weighted the prusik slings can be quickly slid up or down the rope to the right position for the exercise.

-Adjust from one height to another in seconds.

