



**THE SAVAGE  
STRENGTH  
TRAINING SYSTEM**

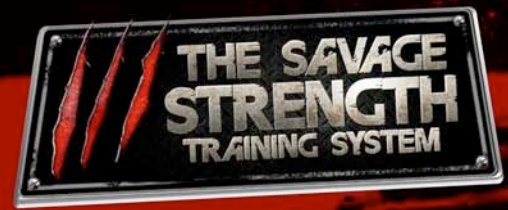
**CONSTRUCT  
YOUR OWN  
SUSPENSION  
GYM**

**DONT  
PUMP IRON...**

**BECOME  
IRON II**

**By Mike Gillette**

**CRITICAL BENCH**.com



## LEGAL STUFF

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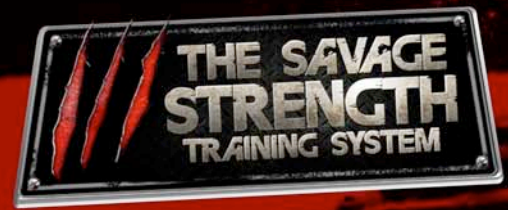
## NOTICE

The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

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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**By Mike Gillette**

## **How to Construct Your Own Portable, Adjustable Suspension Gym for Less Than \$20!**

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 Manual and the Savage Strength Workouts, you should be ready to go.

But wait... Did you already read **Special Report #1**? Where I show you how to set up your own home gym for practically nothing? Okay good.

But I know that some of you still like to train at a commercial gym... or the 'Y'... or some other place that is definitely a **gym**.

Hey that's great. But if this is you, then you've also been wondering how you can do all of those cool exercises that I showed you at your gym. Because you've already figured out that *no gym* is going to let you bring in your own **chains** and start attaching them to all of that gym's pretty equipment!

So what you need is a cheap, portable, lightweight and *soft* (so it doesn't scratch equipment) version of the chain rig I showed you. But you still need it to be completely adjustable and strong enough to train on.

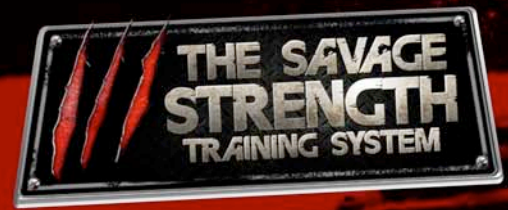
Don't worry, I have you covered. First things first, here's your next list...

- two 9' lengths of nylon rope (minimum breaking strength 1,500 lbs)
- two 4' lengths of nylon rope (minimum breaking strength 1,000 lbs)
- two 4" x 1.25" sections of plastic pipe

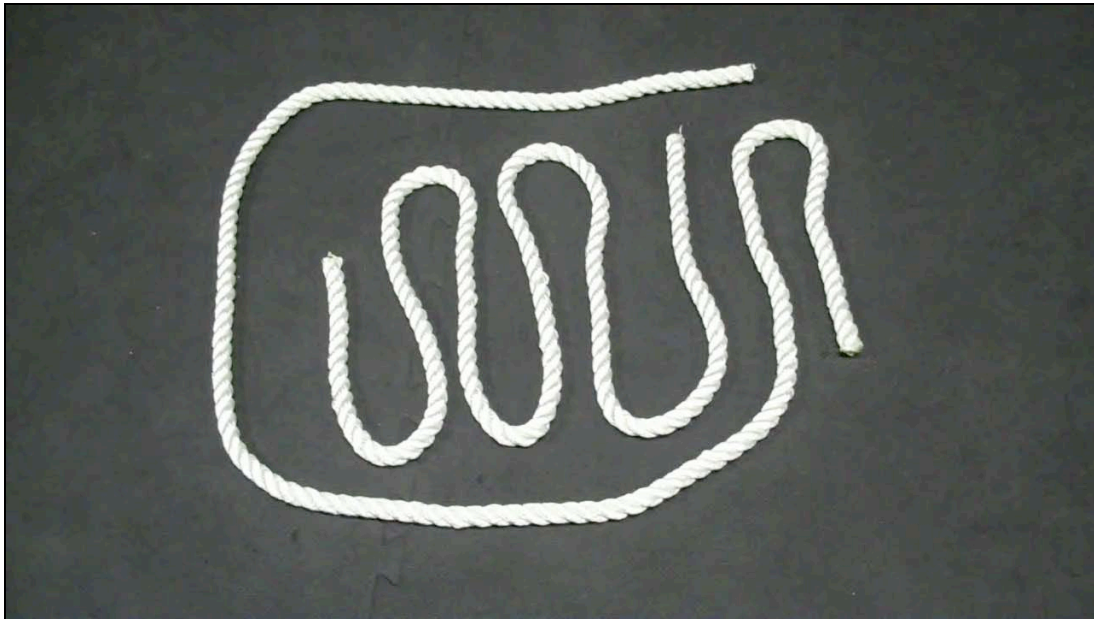
**Note:** Putting this all together will require tying several knots. Now I have provided you with a **ton** of photos to show you *exactly* how to do this. And the easiest way for you to do all this is to simply follow along with the photos. It will actually be faster than reading through the instructions. And if you *do* get stuck, you can always go back and double-check the instructions too. But since I know you'd rather just get this thing rigged up and start your workout, I suggest you try it the 'fast way' first.

# CONSTRUCT YOUR OWN SUSPENSION GYM

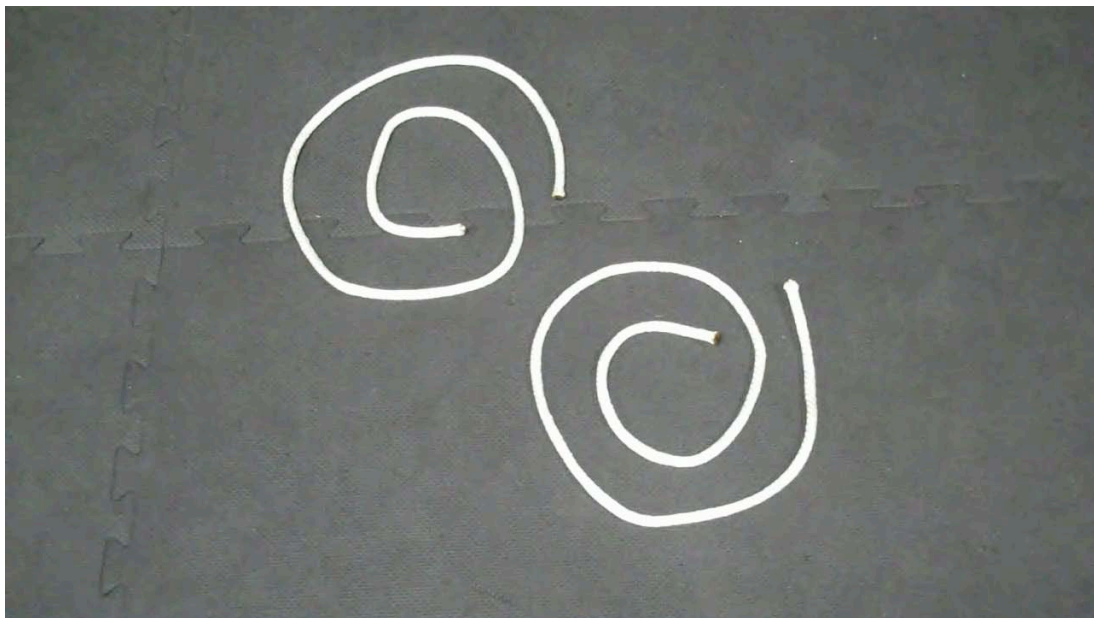
BY MIKE GILLETTE



I was able to find all of these items at my neighborhood hardware store and all together it cost less than \$20. I expect that you will be able to find these items at either a local hardware store or one of the nationally-known home improvement centers. So let's take a look at what we've got by laying everything out on the floor...

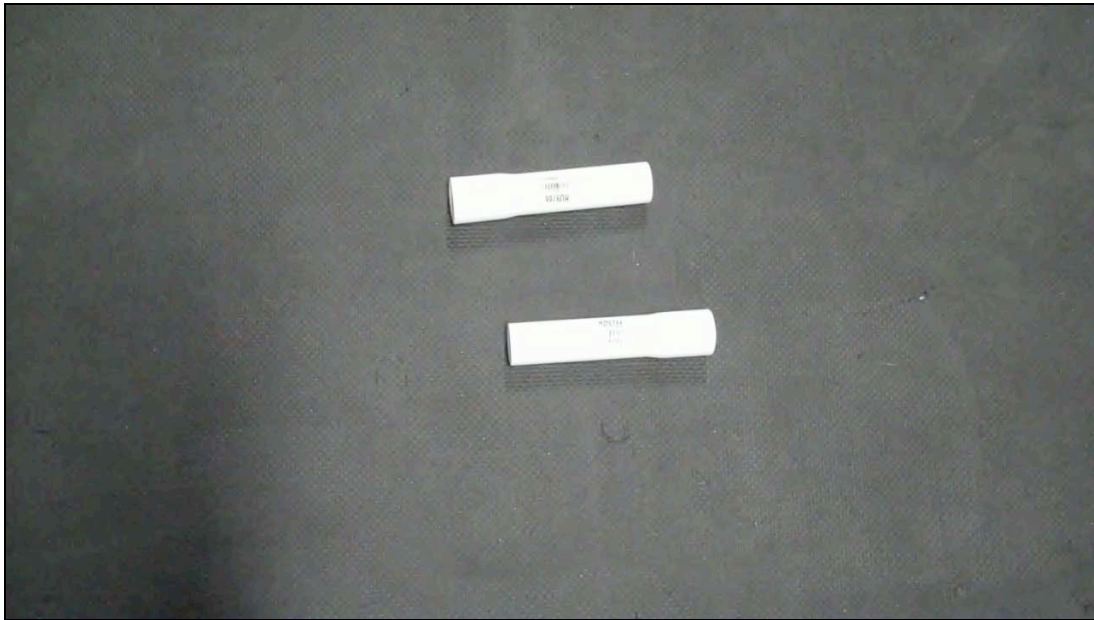
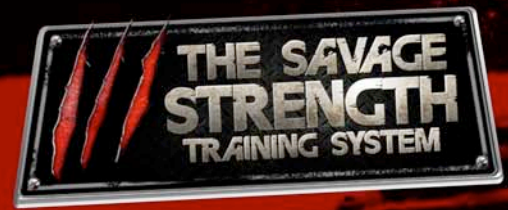


Here's the rope we will be using. The 8' lengths are shown above and the 4' lengths are pictured below...



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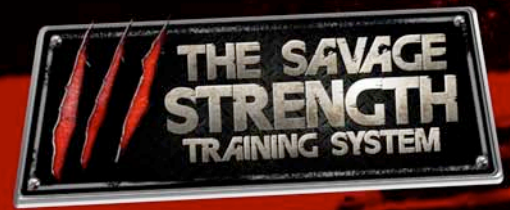
Above you can see the two pieces of plastic pipe. Look for these in the plumbing section. Don't go longer than a length of 4" but look for a diameter that fits your hands comfortably. For example, I prefer a diameter of 1.25 to 1.5 inches.



Now it's time to start putting this all together. We are going to be tying a lot of knots so stay with me. We are going to begin by making a permanent loop on one end of each of the 9' lengths of rope. Follow along with the photographs and you'll be fine

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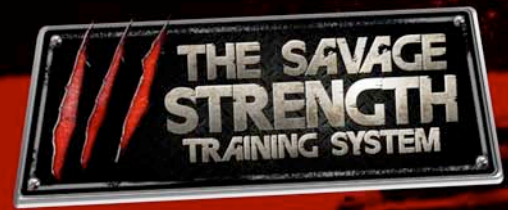
Take one end of the rope and double it over into a loop approximately 14" long. Then, while holding the loop together we will make a knot with the loop.



Look at the photograph below to see how the original loop is laying on top of the second loop we just made in order to make the knot. Now pull the end of the loop which is pointing towards the right bottom corner of the photograph through the second loop that I'm holding open with the thumb and index finger of my right (your left) hand.

# CONSTRUCT YOUR OWN SUSPENSION GYM

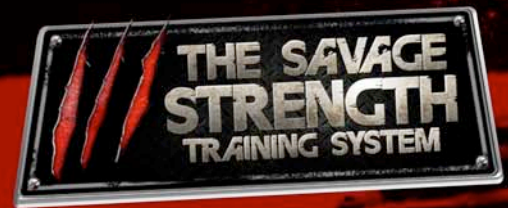
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Here is the final stage of making the knot. The end of the loop is pulled firmly through the second loop. It doesn't need to be a big loop, just large enough to pass the other end of the rope through it.

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This is what the knot should look like after you've finished. Nothing fancy, just a simple loop knot. Give it one more strong pull to make sure it's really tight and you're done. Now do the same thing with the other 9' foot rope so that both ropes end up with one loop on one end.

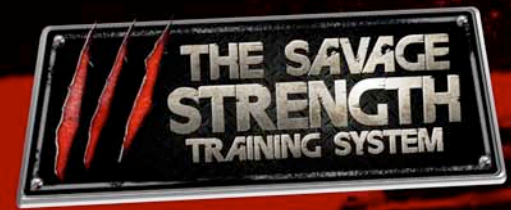
Each of these two 9' ropes will serve the same purpose as the chains that you saw in the Special Report #1. They are the 'uprights' which will support the exercise handles that we will be rigging up next.

In order to correctly mount these long ropes, you must first look around your gym and select an appropriate horizontal support. This could be a chinning bar, the top crossbar of a power rack, Smith Machine or cable crossover machine.



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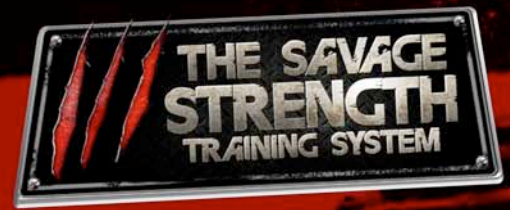


Regardless of which kind of horizontal structure you choose to attach your ropes to, you will mount the ropes the same way. This is accomplished by dropping the knotted end over the top of your horizontal support, and threading the other end through the loop as shown above. (Note: only the 'threading' process is illustrated in the photo, thus rope has not yet been hung over a horizontal support.

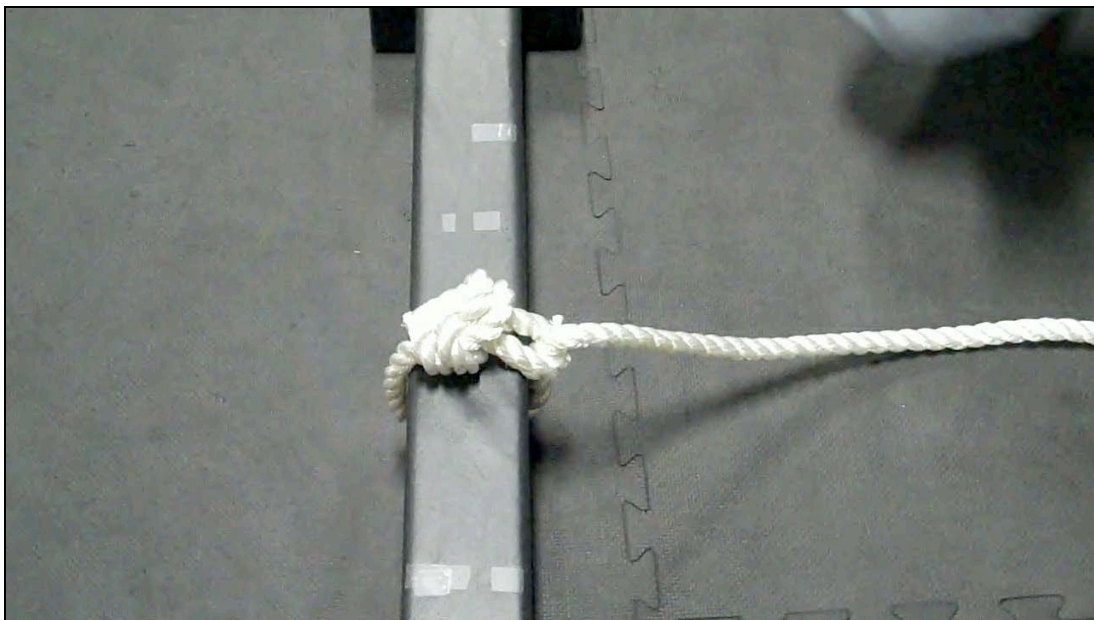
Once you have pulled the untied end through the loop, continue to pull the rest of the rope through until the loop end is tight up against your horizontal bar. This is shown in greater detail in the next photograph.

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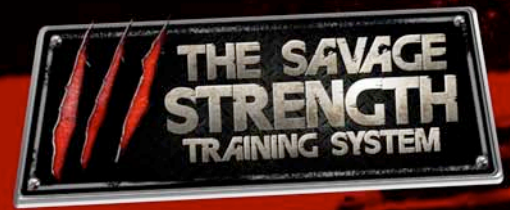
This is what it looks like as the rope is pulled through the loop and is tightened up against your horizontal support. (Note: The support bar example in the photo above is actually resting on the floor. This is to make the rope easier for you to see. Don't be distracted by that detail.)



This photo shows what the loop looks like when it has been pulled all the way up against your support bar. Now simply do this with the other long rope and both of your 'uprights' will be mounted and ready for the handles to be rigged up and attached to the long ropes.

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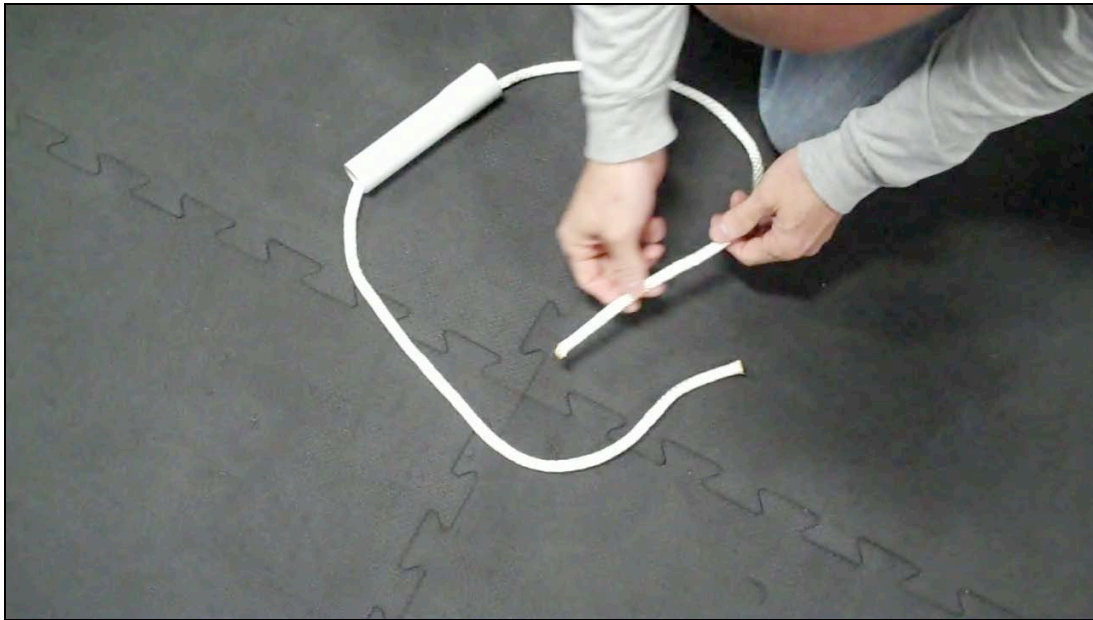
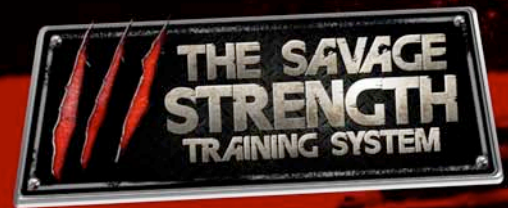
We are now ready to assemble our handles. Begin by taking one of the 4' lengths of rope and threading it through one of the sections of plastic pipe.



Run the rope completely through the pipe and pull it through until the section of pipe is as close to the center of the rope as you can make it.

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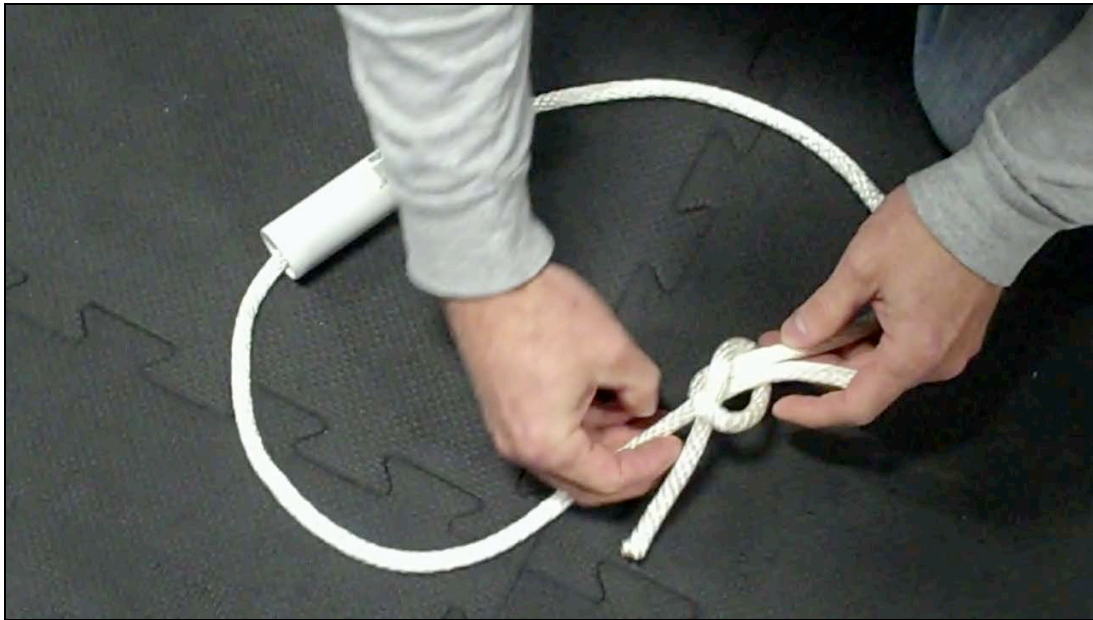
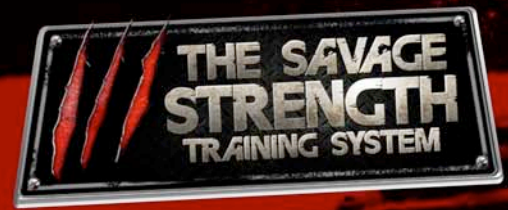
With the section of the pipe centered in the rope, set everything on floor before proceeding any further. This will make it much easier to follow along with the photos as we tie off each of the handles. I will start out by tying a simple know at the end of the rope on the right side.



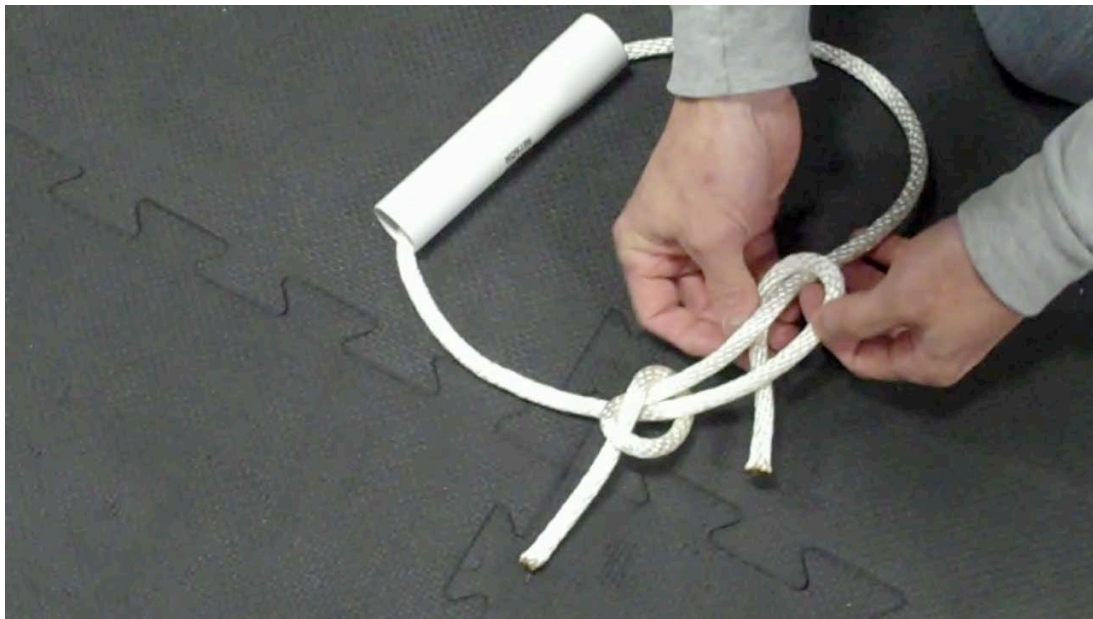
In this photo the first knot at the end of the rope on the right is finished. Notice that the knot has not been pulled completely tight; you can still see a small opening or loop. Next I will taking the end of the rope on the left and prepare to thread it through the loop of the knot on the right.

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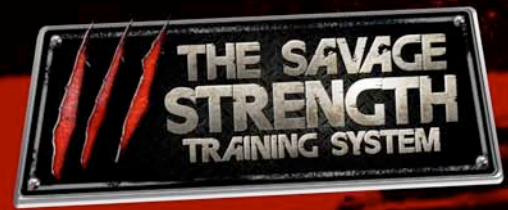
In the above photo you can see that the end on the left side has been threaded completely through the loop of the knot on the right side.



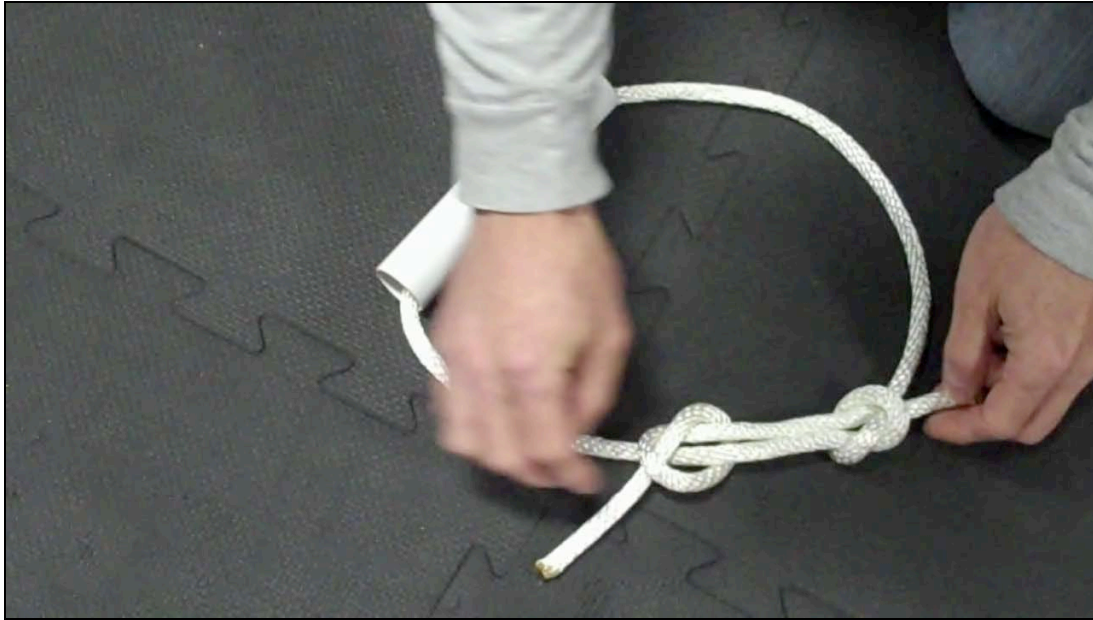
Your next step is to tie the same kind of knot on the other end of the rope. With this second knot, you will not leave an open loop like you did on this first one. You will simply tie it 'around' the first length.

# CONSTRUCT YOUR OWN SUSPENSION GYM

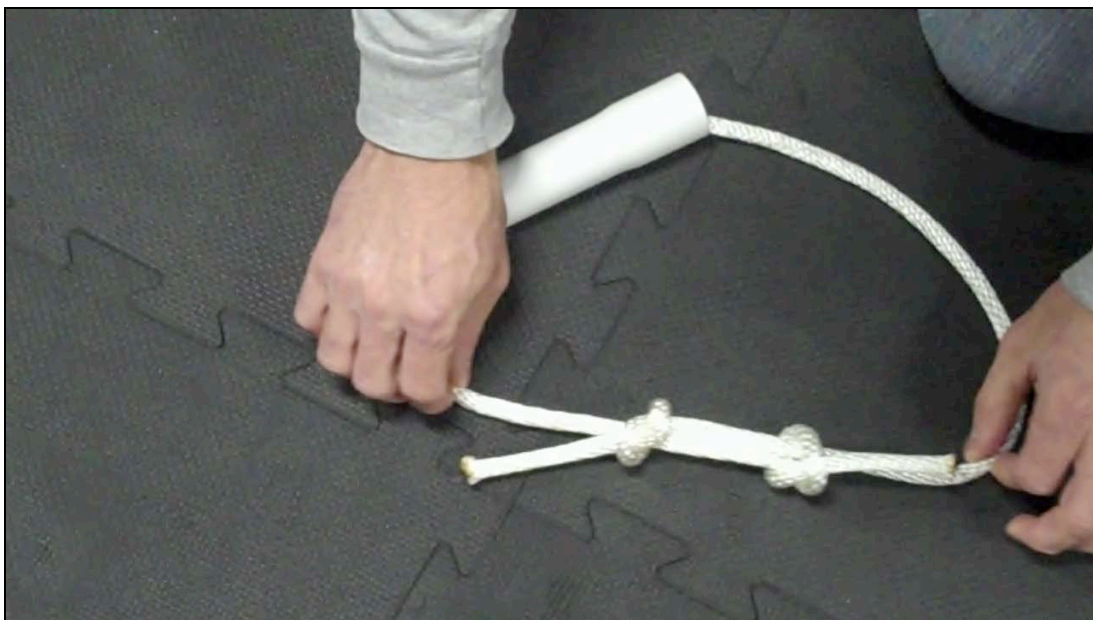
BY MIKE GILLETTE



You'll know that you've tied these two knots correctly if the two ends of each rope end up pointing in opposite directions as they are in the photo below.

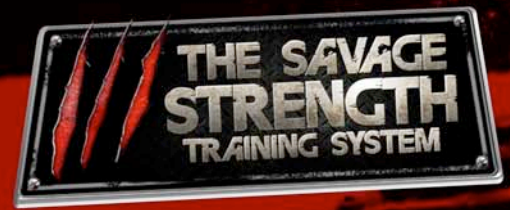


Okay, you're almost done. The last two steps are as follows: Pull each one of the two single knots firmly so that they are as snug as you can make them. Once this is done, grasp the rope below each knot and pull hard as shown in the photo below. This will cause the two knots to slide towards each other, making one larger knot.

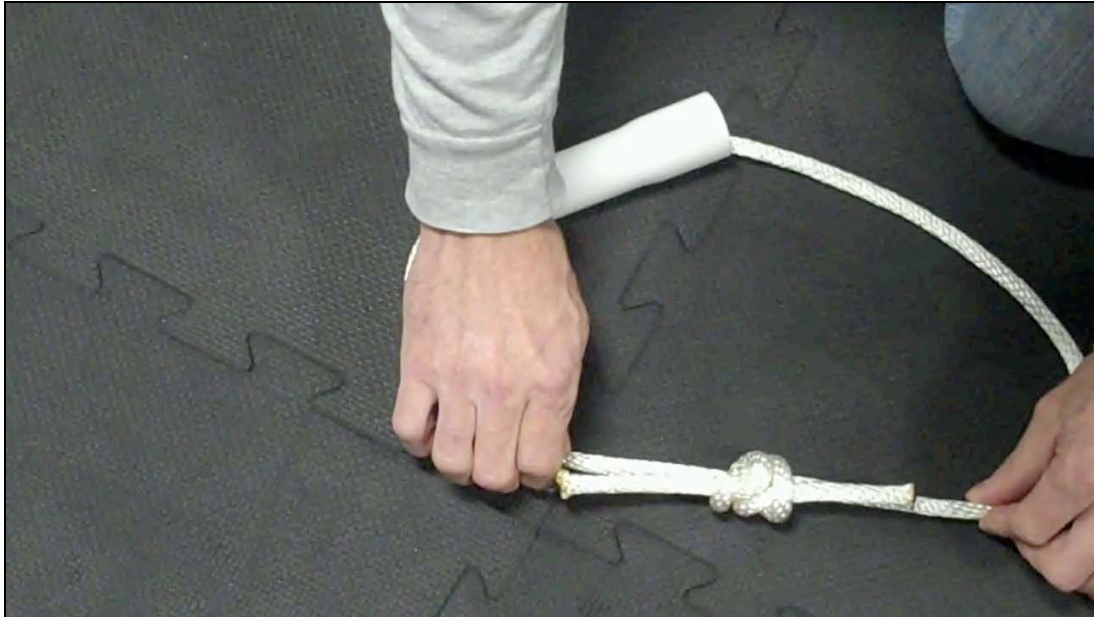


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Here is a detail view of the last step in tying this knot. You need to remove every last bit of slack in the knot before moving on to the next step.

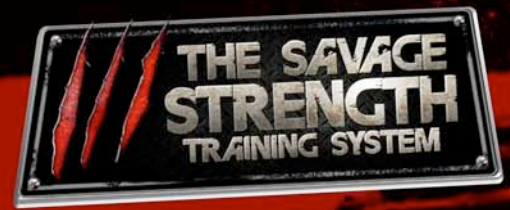


Your knot should essentially look like the photo below. Don't worry if the rope ends are a little shorter or a little longer, this will not affect the strength of the knot. Now you are ready to proceed to the next step

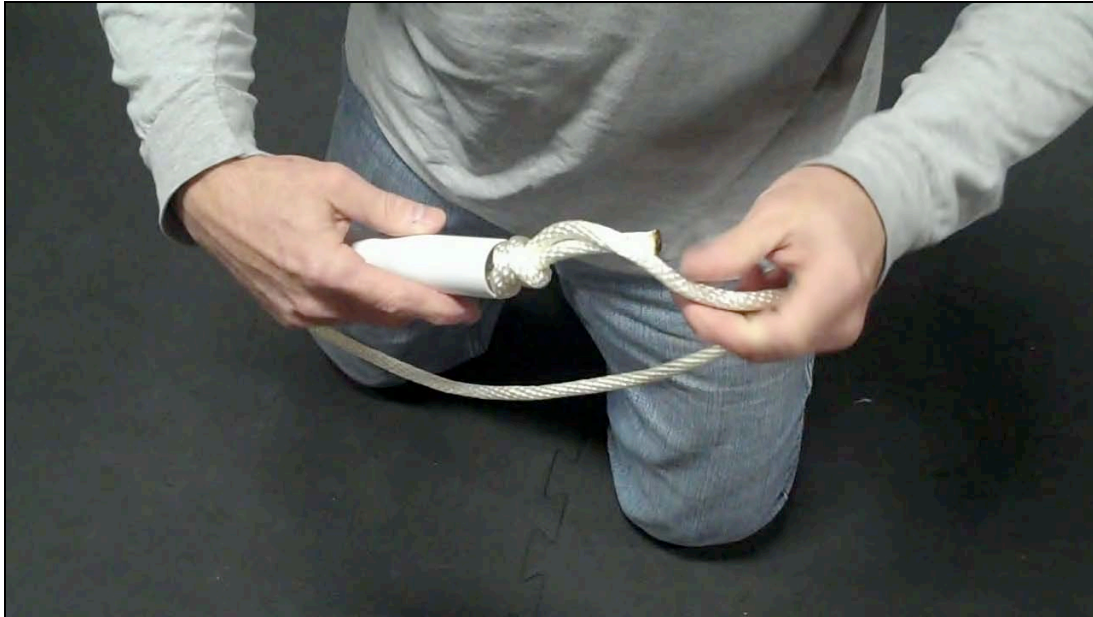


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In this photo I am rotating the rope around through the plastic tube. This way the knot ends up out of your way and remains concealed in the handle.



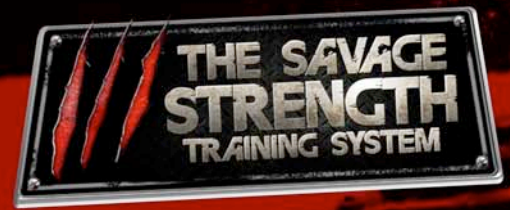
This is how the handle should appear when you are finished. Now repeat these same steps with the other length of rope and plastic pipe to make your second handle.



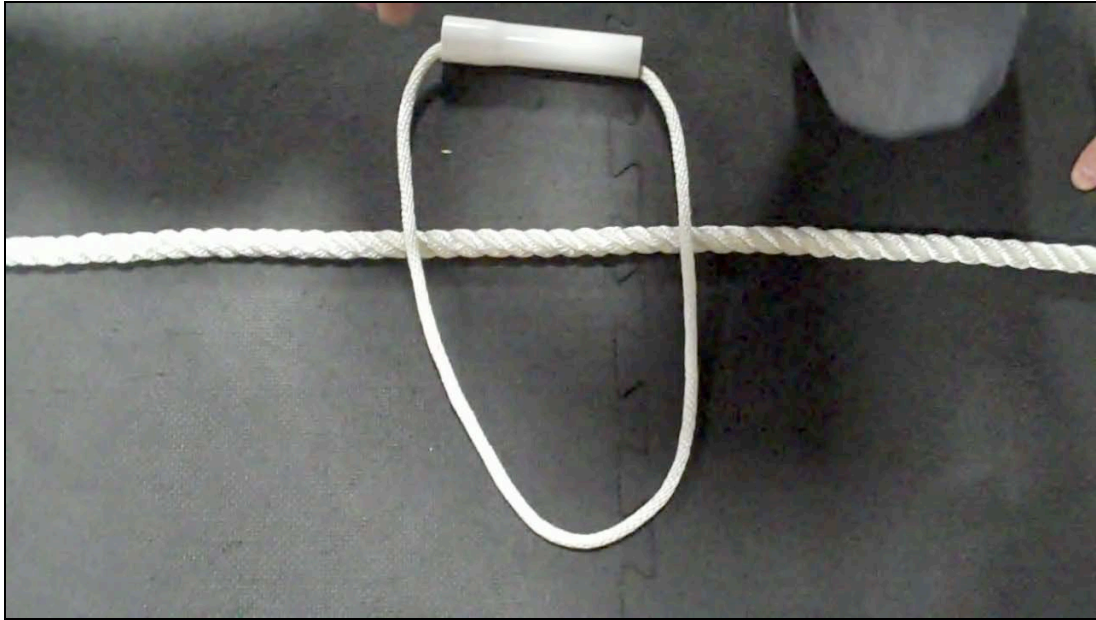


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You are now going to learn how to attach the handles to the long-rope 'uprights'. (Note: in the following photos, the long ropes are shown laid out on the floor. This is done so that it is easier to see how the knots are tied).



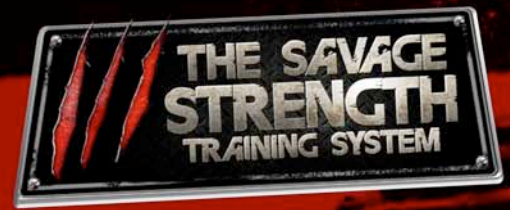
Start out by positioning the rope loop with the pipe portion closest to you as shown above.



Then take the 'pipe-side' of the loop underneath the main rope and pull it on through the other side of the loop.

# CONSTRUCT YOUR OWN SUSPENSION GYM

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Make sure that as you pull the 'pipe-side' of the loop through, that you only take it as far as you see it in the photo below.

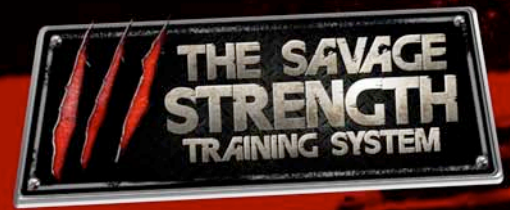


The next step is to take the 'pipe-side' of the loop around the main rope one more time, the very same way that you did the first time. (This is why you don't pull the loop 'tight' around the main rope after making the first loop.)



# CONSTRUCT YOUR OWN SUSPENSION GYM

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In this photo the 'pipe'-side of the loop is shown being pulled through the second and final time.

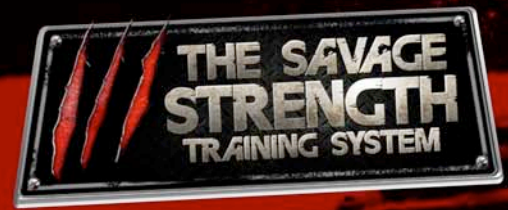


You are now ready to begin pulling the loop tight in order to form the finished knot. As you begin pulling on the loop, use your other hand to start sliding the outside ends of the knot together as shown in the photo below.



# CONSTRUCT YOUR OWN SUSPENSION GYM

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As you continue to squeeze the loops of the knot together, the knot should end up looking like the photograph below.

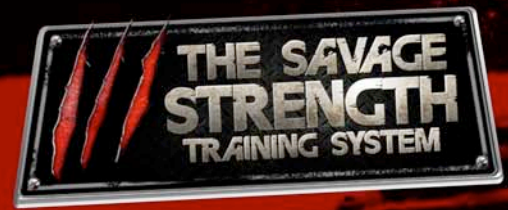


Below is a detail view of the final stages of the knot. And the final step is to tighten this knot as hard as you can. (Your safety literally depends on it being tight and secure).

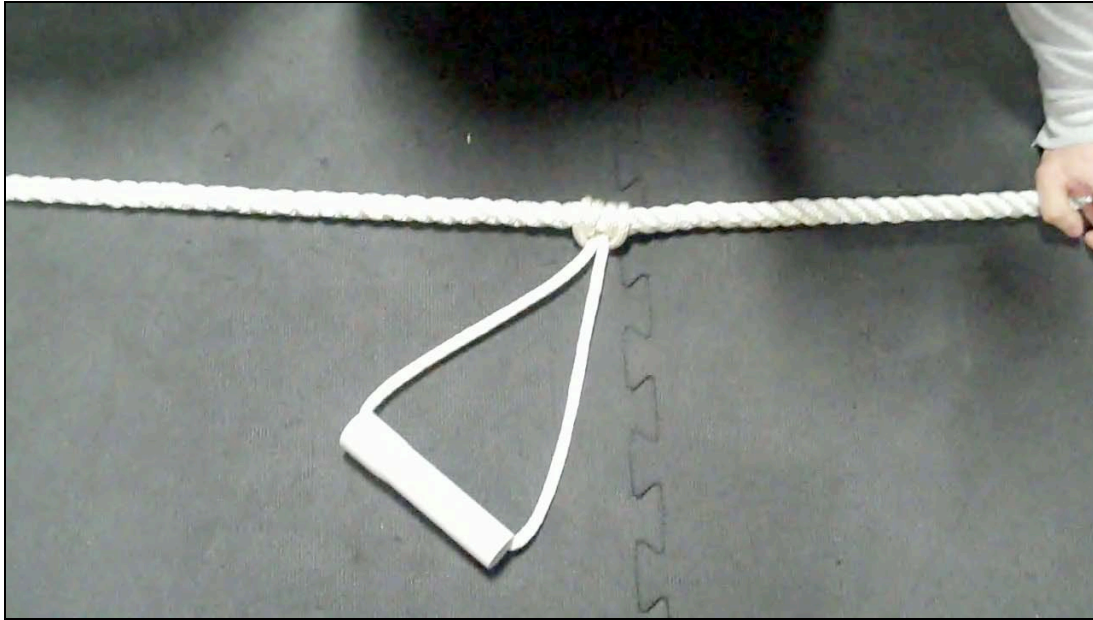


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The photo below depicts the finished knot. This knot has been correctly made and is also tight enough on the main rope for you to use.

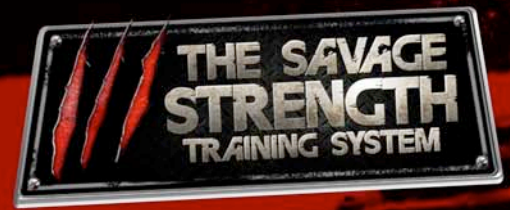


And here is the final product... Two suspended ropes supporting two rope handles which are capable of holding you in place while you exercise.



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This final group of four photographs will show how to loosen the knot to raise the handles up or down depending on what exercise you want to perform next. The first step is to grasp the main rope with one hand to stabilize it. Then, with your other hand, pinch the loop together and press it into the knot to loosen it.

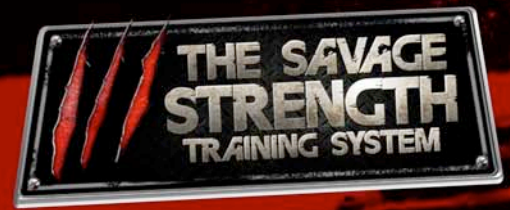


In the photo below you can see the result of loosening up the knot. From here, you simply slide the knot up or down the rope to the next position of your choice.



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In this photo the knot has been re-positioned so it is time to pull it tight in order to set it securely in its new position.

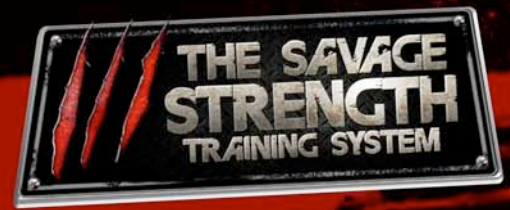


And here the final step is shown; pulling the loop as hard as possible in order to secure the knot firmly.



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So there you have it. This rope solution is cheap... it's lightweight enough to toss into your gym bag... *and* it's not going to scratch up any piece of gym equipment that you care to hang it from.

So now you have NO excuses for not trying out ALL of the exercises you've learned in the Savage Strength Exercise Library. Now go take your rope rig to the gym and start freaking some people out!

