



**CHAPTER 1.
BUILDING YOUR OWN
SUSPENSION DEVICE**

CONTENTS

PART 1. Introduction	Pg. 2
PART 2. Anatomy of a Suspension Device	Pg. 3
PART 3. Tools & Materials	Pg. 4
PART 4. Essential Knots	Pg. 6
PART 5. Assembly	Pg. 10

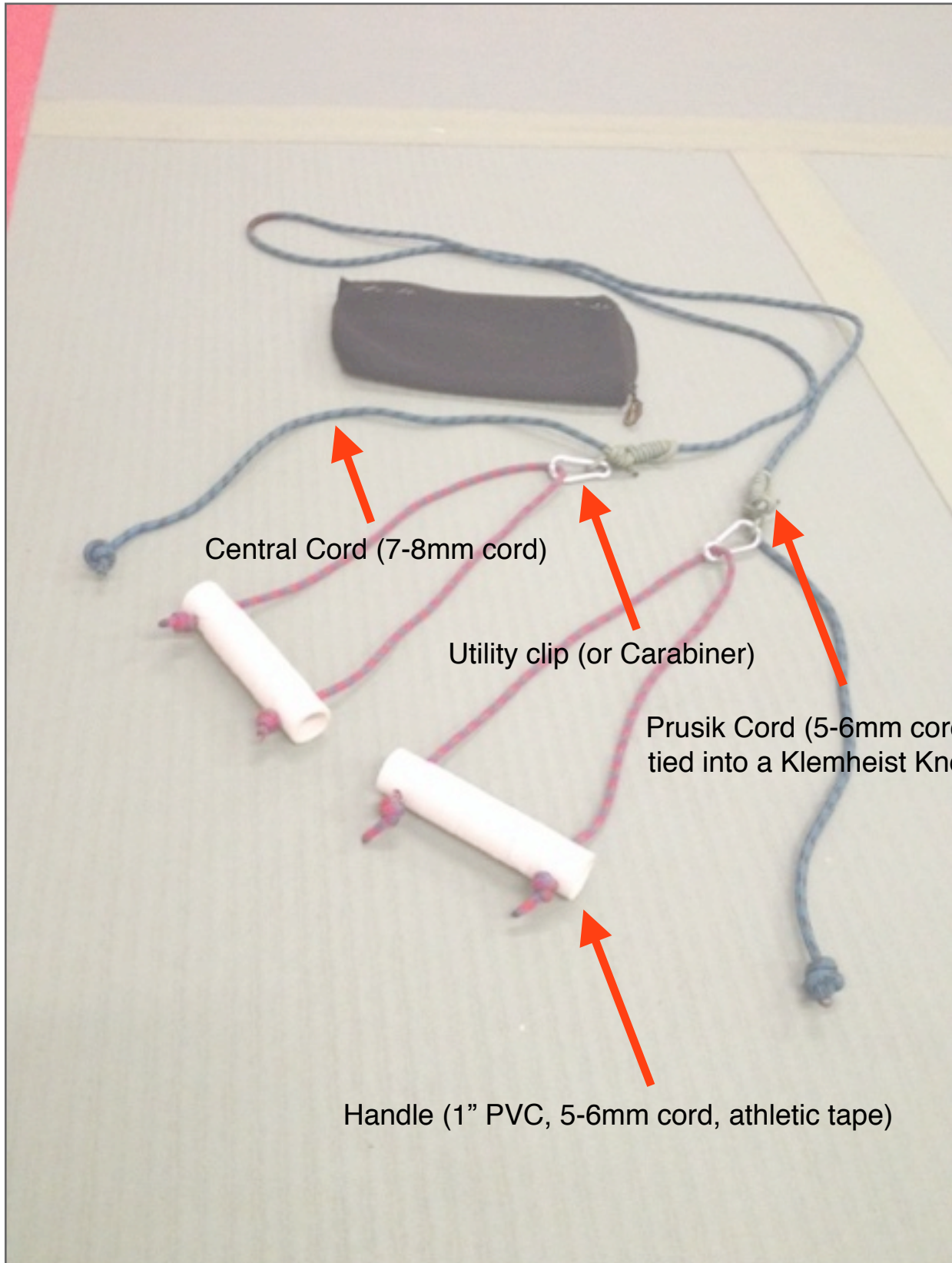
PART 1. INTRODUCTION

The suspension device described in this manual was designed by Steve Maxwell. It's cheap, easy to build, rugged, lightweight, and extremely versatile. For those of you who know about Steve and his vagabond, road warrior lifestyle, you already understand how everything Steve carries with him has to prove its value or get left behind, and this suspension device is no different (for more on Steve visit www.MaxwellSC.com).

Once the materials are gathered, this suspension device should take no more than 30 minutes to build.

It is my intention that, when used with the manual **YOU AND YOUR SUSPENSION DEVICE: A LOVE / HATE STORY**, this suspension device will provide you with everything you need to have a top-level strength workout in under 30 minutes in any type of location or conditions.

PART 2. ANATOMY OF A SUSPENSION DEVICE



PART 3. TOOLS & MATERIALS

The tools you will need to assemble this suspension device include:



Saw



Knife & Lighter



Tape Measure



Sharpie

Drill, with a bit slightly larger in diameter than the cord you will be using to make your handles.



The materials you will need to construct your suspension device include:



10'-12' of 7-8mm static climbing cord AND 10'-12' of 5-6mm static climbing cord. The 7-8mm cord will form the central cord of the device, while the 5-6mm cord will be used for the handles and prusiks (see: ASSEMBLY). This can typically be purchased at any outdoor gear supply store.



2 carabiners OR hardware store utility clips. For the workout described in YOU AND YOUR SUSPENSION DEVICE, a utility clip with a load tolerance of greater than half your bodyweight but less than your full bodyweight is acceptable. However, if you plan on advancing at some point to single-limb training, it is advisable to select clips with a higher load tolerance.



12"-14" of 1" diameter PVC pipe. This will become your handles. If you have large / wide hands you'll want to get a longer piece. The athletic tape is optional, but I prefer to wrap my handles for a better grip.

PART 4. ESSENTIAL KNOTS

To assemble your suspension device, you need to know how to tie a DOUBLE FISHERMAN'S KNOT and a KLEMHEIST KNOT. The double fisherman's knot will be how we construct our Prusik cord and how we finish the ends of our central cord so our handles don't slide off. The Klemheist Knot will be composed out of the finished Prusik, and will attach our handles to the central cord.