

## BodyRail Basic Instructions and Parts

Below are both your free instructions and parts list to build your own BodyRail Basic. I have designed this in such a way that should you ever decide to become a BodyRail Insider and build the Ultra risers, the BodyRail Basic will integrate seamlessly.

The BodyRail Basic is designed to rest on a chair or a bench or some other secure platform. This will provide an angle of resistance that will allow you to perform multiple exercises. You should always use some sort of protective material between the rails and the surface it is resting on.

For safety purposes do not raise the head end of the rail more than 2 feet off the ground. This will give you approximately 17 degrees of angle and around 30% of your body weight as resistance.

### **Tools needed**

Drill and drill bits

Saw (ideally a chop saw but you can do this with a hand saw)

### **Parts**

#### BodyRail Basic Parts List

Store	Use	Part Description	Item #	Aisle/Bay	Price	Qty	Ext
Home Depot	Rails	<a href="#">5/4 in. x 3 in. x 8 ft. Select Pine Board</a>	958 812	24/010	\$9.34	2	\$18.68
Home Depot	Spacers	<a href="#">1 in. x 3 in. x 8 ft. Select Kiln-Dried Square Edge Whitewood Board</a>	922022	24/008	\$5.64	1	5.64
Home Depot	Rail guide	<a href="#">1 in. x 2 in. x 8 ft. Select Kiln-Dried Square Edge Whitewood Board</a>	418532	24/008	\$3.81	2	7.62
Home Depot	Ex Bar	<a href="#">3/4 in. x 3 ft. Galvanized Steel Schedule 40 Cut Pipe</a>	349798	12/014	12.91	1	12.91
Home Depot	Seat	<a href="#">1 in. x 12 in. x 4 ft. Pine Common Board</a>	458503	24/020	9.727	1	9.72
Home Depot	Cables	<a href="#">5/16 in. x 50 ft. White Polypropylene Diamond Braid Rope</a>	140317	14/019	\$12.98	1	12.98
Home Depot	Seat wheels	<a href="#">Everbilt 2 in. Soft Rubber Rigid Caster with 90 lbs. Load Rating</a>	49481	13/016	3.46	8	27.68
Home Depot	Locking Carabiners	<a href="#">Everbilt 1/4 in. Zinc-Plated Quick Link</a>	42704	14/017	2.75	2	5.50
Home Depot	Wood Screws	<a href="#">Grip-Rite #8 x 3 in. Phillips Bugle-Head Coarse Thread Wood Screws (1 lb.-Pack)</a>	832916	15/003	3.85	1	3.85
Home Depot	Wood Screws	<a href="#">Grip-Rite #6 x 1-1/4 in. Phillips Bugle-Head Coarse Thread Gold Screws (1 lb.-Pack)</a>	462862	15/003	3.85	1	3.85
Home Depot	Sheet Metal Screws	<a href="#">Everbilt #8 x 3/4 in. Phillips Pan Head Stainless Steel Sheet Metal Screw (50-Pack)</a>	442313	15/010	5.25	1	5.25
Amazon	Exercise handles	Fitteroy Premium Heavy Duty Exercise Handles (Set of 2) for Cable Machines		Order	15.99	1	15.99
		Total					129.67

## Instructions

1. Since the 5/4" x 3" boards are 8'; long, cut them down to 90" in case you want to store standing up. Be sure to measure them together so they are the exact same length
2. Attach 6 casters to the 1" x 12" x 4' board in the corners and to the side middles. This will be your seat.



3. From the 1" x 3" board cut
  - a. 7 pieces 10 3/4" to sas spanners for both rails
  - b. 2 pieces 8 1/2" top space both rails
4. Identify which side of the rails you want to be the bottom. The smoothest edge should be the top. Attach 3 spanners to the bottom of the rail.
  - a. One at the very end ( this will end up being the foot end of the rail
  - b. One 2 3/8" from the other end, this will be the head end of the rail
  - c. One 45" on center
5. Attach 2 spanners stacked on the top side of the foot end of the rail. Secure with four 3" screws. These double stacked spanners will be used to hold the exercise bar.



6. Attach 2 spanners stacked on the top side of the head end of the rail leaving 5" at the end. Secure with four 3" screws. These double stacked spanners will be used to hold the exercise bar.



7. Attach the two 8 1/2" spacers between the rails 1/2 way between the centers and the ends (22 1/2" from each end). Mount these 3/4" from the top of the rail to ensure they do not impede the wheels on the seat.
8. Drill 3/8" holes in the side of the rails at the head end 1" down from the top and 4" in from the end. These holes will hold the rope.
9. Cut the rope 90" in length and slip through both holes in the rail. Tie a loop knot at each end of the rope. Attach the handles to the loops in the rope with the locking carabiners



10. Cut the 1" x 2" boards 78 3/4" long. Attach these to the outside of the rails 1" down from the top leaving 1/2" exposed to guide the wheels on the seat. The board should be mounted leaving a 1 1/4" gap in front of the foot end spanners in order to accommodate the exercise bar.

11. Here are a couple of photos of what the end product should look like





Exercises

Seated Chest Press



Seated Row



Seated Curls



Seated Upright Row



Arm Pullover



Tricep Extension



Supine Lateral Raises





### Supine Curls



### Supine Upright Row



### Stretcher



### Groin Stretch





### Pullup



### Chinup



### Shoulder Press



### Calf Raises





Lunges

