



A "cage style" rack similar to the model shown is ideal for chain exercises.

Training with powerlifting chains can be dangerous. A safety rack will aid in injury prevention.



Ensure the chains are long enough to remain on the floor while exercising. The ideal chain length is about 6 feet.

Chains which are too short will come off the floor and swing during exercise.



There are several ways in which chains can be applied to a barbell.

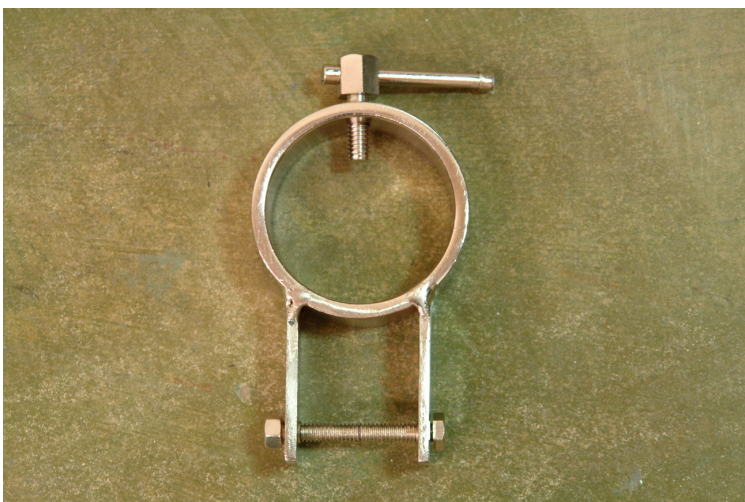
The chain can be looped around the bar and secured with a carabiner (spring-loaded clip).



Once the chains are in place, additional weight can be added to the outside of the chain.



Here, a bar plate is pushed against a chain to keep it from sliding during exercise. The plate can further be secured with a collar.



Special collars can be purchased to simplify the chain setup process.





In this image, the chains are applied to the outside of the bar.

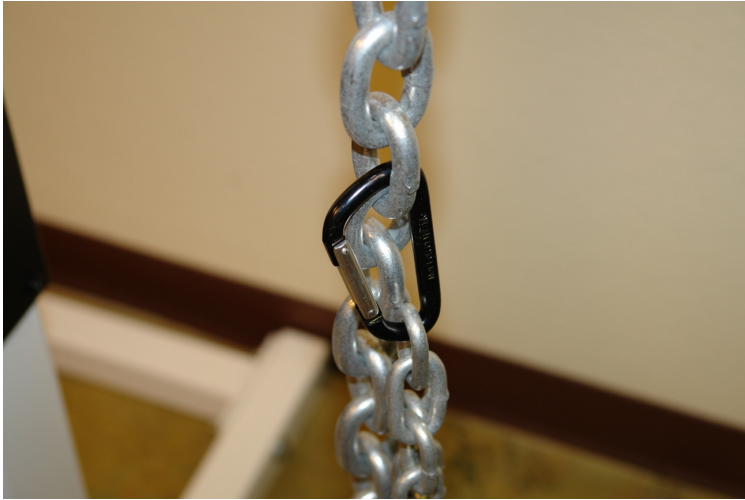


Chain collars replace standard collars by keeping bar plates and chains secured in place simultaneously.



Additional chains can be added to achieve the desired weight effect.

The following image shows additional 6ft chains hanging from a center link.



A carabiner, s-hook, rope, or similar device can be used to link additional chains.



In addition to chains, small bar plates can strategically be added to create more resistance.

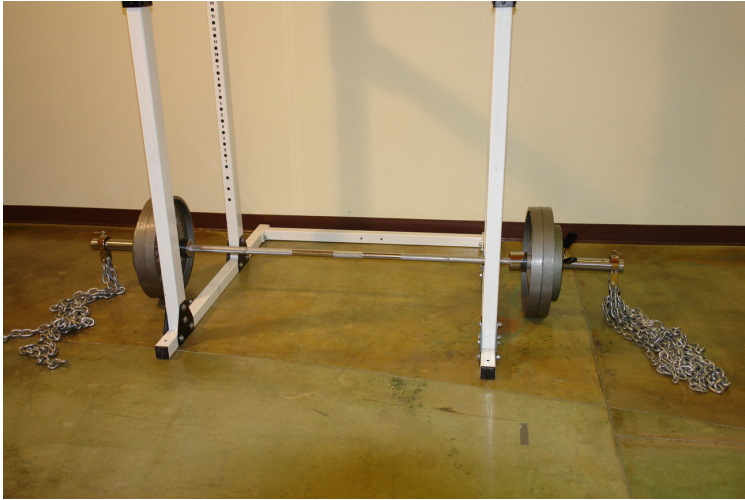
The plates can be looped through existing chains, or smaller connector chains can be used.



In this image, the plate is setup to lift off the ground toward the end of the movement (e.g. squat or bench press).

Several adjustments may be needed in order to achieve the desired weight effect.



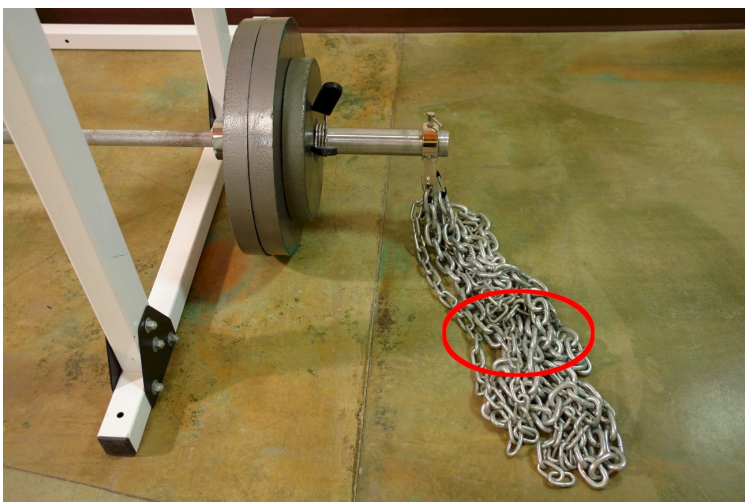


Chains can be used for a myriad of strength training exercises. This image shows the chain setup for deadlifts.



For this exercise, it is best to secure the chains to the far end of the bar. This will prevent the chains from bunching up under the weights.

Notice how a regular collar is also being used to secure the bar plates. This will prevent unsafe sliding of the weights during exercise.



This image shows the general area where additional bar plates should go for the deadlift exercise.

If applied in the middle of the chains, the weight will become considerably heavy during the lockout phase of the deadlift exercise.