

Make your own hurdles

Hurdles are not cheap but are a great tool to have in your arsenal. I mainly use them for jumping and mobility drills.

I don't want to clog up your workout area with tools that cannot be used for multiple exercises. The hurdles that you will be making will have this essential quality.

What you will need is some witches hats (Orange safety cones), some PVC piping and a couple of connectors. You will need two cones for each hurdle and a length of PVC. This will all depend on how many and how high you want to make them.

Here is your shopping list:

Safety cones

PVC piping

Connections

Make sure that the PVC fits into the end of the cones. I bought 7" cones and 1" PVC.



Now you have all the goods let's get started. Cut your PVC piping for the length you require. I made the cross pole 4 feet and the uprights 22 ½ inches the bottom one and 1 foot for the top ones. This gave me a 2 foot and a bit over 3 foot heights when connected up. These are just the heights I came up with. I had the PVC already cut at those lengths from something else, so they are not exact science.



Now all you have to do is put it all together. Put the connectors on your pipes on your pipes (I used an elbow for the top one).



Simple to put together, quickly adjustable and you can use the cones for agility drills as well.

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