HYPERTROPHY PROTOCOL | HOME GYM MEASURING SHEET

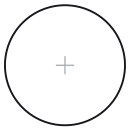
1. CALIBRATION: CHECK THIS BEFORE YOU MEASURE ANYTHING



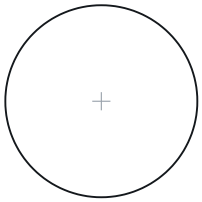


Measure the square with a tape measure. It should be exactly 1 inch on each side, and the line exactly 50 mm. If not, reprint with scaling set to 100% or Actual size.

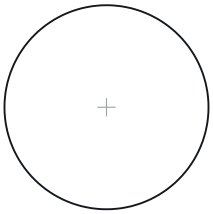
2. RACK HOLE SIZE: HOLD THE SHEET AGAINST THE UPRIGHT AND MATCH THE HOLE



5/8 in
15.9 mm



1 in
25.4 mm

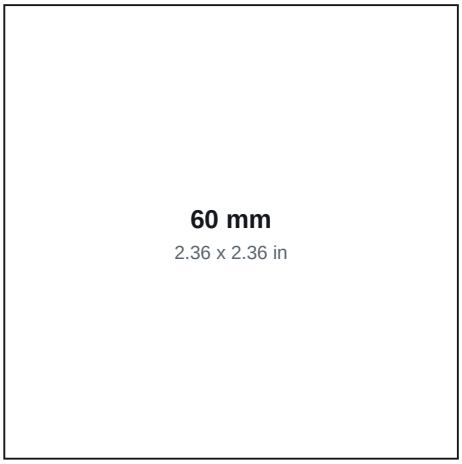


1-1/16 in
27.0 mm

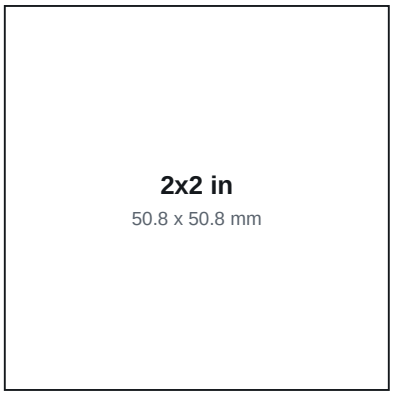
Most racks use 5/8 in or 1 in holes. Sorinex lists 1-1/16 in holes on some of its rack sides.

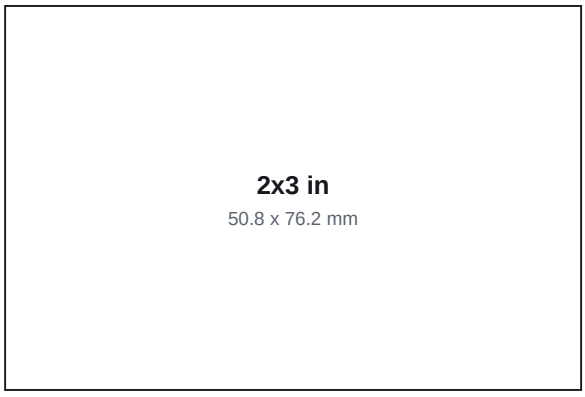
3. UPRIGHT TUBE SIZE: OUTSIDE DIMENSIONS, HOLD AGAINST THE UPRIGHT



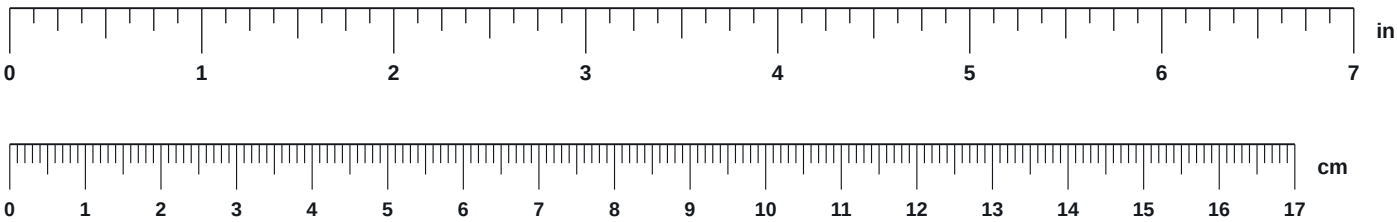


A 2x3 tube is 2 in on one face and 3 in on the other. Check both.



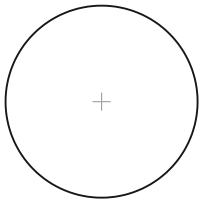


4. HOLE SPACING AND LENGTH: INCH AND METRIC RULERS

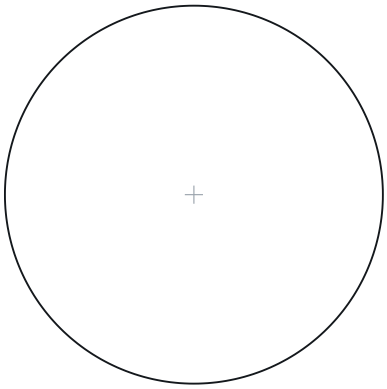


Hole spacing is center to center. Common patterns: 1 in through the bench zone and 2 in elsewhere (Westside), or 2 in all the way.

5. BAR SLEEVES AND PLATE HOLES



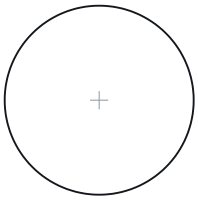
1 in
standard bar and plate hole



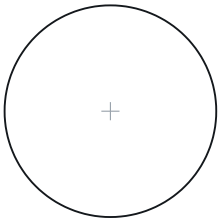
50 mm (about 2 in)
Olympic sleeve and plate hole

Lay a plate over the circle or stand a sleeve end on it to compare.

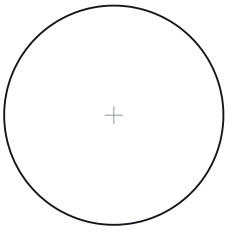
6. BAR AND HANDLE GRIP DIAMETER



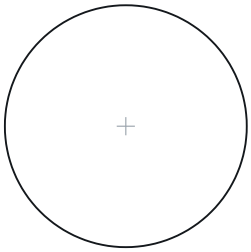
25 mm
women's weightlifting



28 mm
men's weightlifting



29 mm
power bar



32 mm
thick handle

Many multipurpose bars are 28.5 mm, between the 28 and 29 mm circles. Paper can't separate sizes that close; use a caliper.

7. WEIGHT STACK SELECTOR PINS (ROUGH CHECK ONLY)



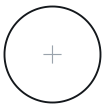
5/16 in
7.9 mm



3/8 in
9.5 mm



7/16 in
11.1 mm



1/2 in
12.7 mm

8 mm and 10 mm pins sit within 0.5 mm of 5/16 and 3/8 in, too close for paper. Use a caliper and our pin size finder.