

How to Add Weight to a Maxed Out Barbell

The other day I just lifted 1206 pounds, 547 kg, at 165 pounds body weight ... 75kg. Which is 7.3X my body weight.

A lot of people this might seem kind of random but actually... I've been lifting weight since I was a fat 12-year-old kid in Bayside Queens New York, and I am 37 now... so technically I've been lifting weights for 25 years. Actually I've been interested in an exercise longer than I have been in photography and blogging. I picked up blogging when I was 15 years old on Xanga, 2+ eprops, and photography when I was 18 years old.

Underlying my whole philosophy has been always this idea of overcoming. And going beyond.

First principles

Why rack pull? Many reasons, first it is safer than a deadlift off the floor. Second, easier to rack and unrack the weights. Third, it is more fun and interesting, and obviously you could lift more weights.

shorten the distance, ... heavier weights

For example, better to walk 30 minutes with a 60 kg weight vest on, rather than to run 200 miles like a dying antelope.

Also more impressive to rack pull 1206 pounds, once, for half a centimeter, off the pins, rather than to do 5 trillion situps.

the idea

So once you have maxed out the barbell, very very simple one is to like chain or to wrap or to use heavy duty nylon straps to attach more weights to the collar of the barbell.

For example if you have 48 kg kettle bells add those. or add more plates. Or a new discovery, **add 10 kg chains on top of the weights.**

My maths

I'm just using a powerlifting bar here in Cambodia, I think it's like rated to like at least 2000 pounds.

First, six 25kg red plates, a smaller 20 kg plate, then a 2.5kg barbell heavy duty steel screwing clip on each side, a 48kg kettlebell strapped on, 72 pound kettlebell strapped on, a 10kg chain on top, ... --> each side, and the barbell is 20kg. Et voila - -> 547kg in total, 1,206 pounds in total. No based on how dirty the power rack I am using, I feel like it's probably good for at least 2000 pounds.