



Concrete Dumbbells

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VIEW IN BROWSER

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Summary

These are molds for creating a set of dumbbells out of concrete. Weights ranging from 7 to 48 lbs are possible. The...

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These are molds for creating a set of dumbbells out of concrete. Weights ranging from 7 to 48 lbs are possible. The larger weights will require a large format printer to print.

The process to create a dumbbell is:

1. Print the four parts: two base and two covers
2. Tape the two base parts together
3. Fill with concrete
4. Cover the base with the two cover halves
5. Tighten a hose clamp around the steel pipe 4 inches from the end
6. Insert the pipe into the cover so that it stops at the 4 inch position
7. Secure a zip tie around the neck of the cover to prevent them from separating
8. Fill the pipe with concrete to the top
9. Ensure the pipe is perpendicular to the base
10. Wait for the concrete to partially set (several hours). It should be solid, but still wet so that you can remove the mold.
11. Remove the hose clamp, zip ties and cover halves.
12. Carefully, but firmly, remove the base halves.

13. Wait for concrete to set
14. Repeat for the other side. Note that for the heavier weights it will be more of a challenge to ensure that it is perpendicular. A level and sufficient weight to balance it correctly may be necessary.

Materials:

- Quikrete (<https://tinyurl.com/ycpftxmp>)
- 1 1/4" steel pipe (<https://tinyurl.com/y8h2odxw>)
- Hose clamps (<https://tinyurl.com/yas3pl63>)
- Zip ties
- Duct tape

Numbers in the file names refer to the radius in mm. The 50mm dumbbell is 7 lbs. The 65mm is 14lbs. The 75mm is 20lbs. The 90mm is 38 lbs. The 100mm version is 48 lbs.

Category: Sport & Outdoors

Model files



top_right_90.stl



top_left_50.stl



main_right_90.stl



top_right_100.stl



main_left_50.stl



main_right_75.stl



top_left_65.stl



top_left_100.stl



top_right_75.stl



top_left_90.stl



top_right_65.stl



weight_mold_90-100mm_v8.f3d



main_left_100.stl



main_right_65.stl



top_left_75.stl



main_left_75.stl



main_left_65.stl



main_left_90.stl



top_right_50.stl



main_right_100.stl



weight_mold_50-75mm_v3.f3d



main_right_50.stl

[Find source .stl files on Thingiverse.com](https://www.thingiverse.com)

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