

Step 1: Gather materials you need to make your tempering roller

INCLUDED:

- DA Tempering Roller Mold

OTHER THINGS YOU NEED:

- Silicone spray or paste wax
- Concrete – recommend Quikrete High Strength or Commercial Grade +5000 PSI Concrete
- Two 5-gallon buckets (to mix in and to hold the mold)
- 2 x 18inch lengths of rebar
- Water
- Duct Tape
- Sand

- Gloves and other personal protective equipment (PPE) as needed
- Trash bags
- Isopropyl alcohol
- Towel
- Materials to protect & personalize (3-in-1 oil, paint, plasti-dip, truck bed liner, permanent marker, etc.)

OTHER ITEMS YOU MAY WANT:

- + Agitator (e.g. back massager, oscillating tool)
- + Sandpaper
- + Concrete patch filler

Step 2: Prep the mold

- Use your isopropyl alcohol (or soap and water) and towel to clean and dry the mold.
- Lube both sides of the mold with paste wax or silicone spray.

Step 3: Fitting / setting the mold

- Fit the male half into the female half. Make sure that the male end is flush up against the inside of the retaining wall of the female end.
- Using duct tape, seal around the entire seam of the two halves, making sure there is a solid fit between the halves.
- Now wrap around the entire mold with duct tape to make sure the tape will hold against the weight of the concrete pushing against the mold. You don't want the seam to separate, this will cause for more cosmetic work later.
- Put a small amount of sand in one of the buckets and set the mold vertically on the sand. This will ensure the mold doesn't fall while pouring concrete.

Step 4: Mix the concrete

- Wearing gloves and other PPE as needed, mix your concrete following the directions on the bag.
- + You can make a portion of the concrete slightly wetter for detailing in the mold and minimizing bubbles to make a smoother surface.

Step 5: Pour the concrete

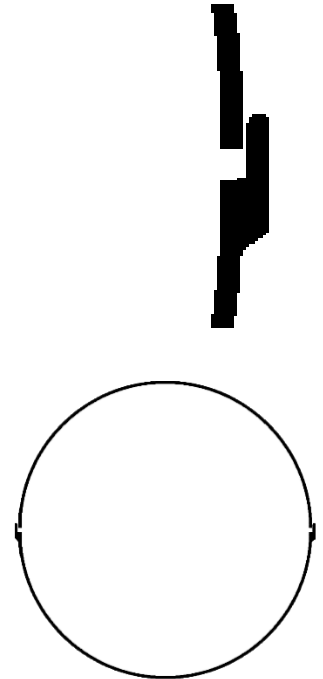
- If you made a small portion of wetter mix, rub it into the mold details, then add the drier mix into the mold in layers.
 - With each layer, vibrate the mold to release the air bubbles from the face of the mold to give a smoother surface.
- Insert the rebar mid-way through into the mix as you layer to make for a good bond.
- Make sure the mold is level and even in the bucket of sand to make sure the mold doesn't fall during setting/curing.
- Cover the top of the mold with a trash bag to slow the release of water, making the bond stronger.

Step 6: Wait and demold

- Wait 2-3 days to demold.
- Remove the duct tape from the mold and lift the female side of the mold using the walled edge. (Remember the concrete is at its weakest right now, so treat it with care while demolding.)
- Flip and lift the second side. If you lubed the mold well it will release easily.
- Once the roller is released, wipe out your mold with isopropyl alcohol (or soap and water) immediately to remove excess concrete residue and store until your next pour.

Step 7: Continue curing & touch ups

- Now that the roller is out, let it rest and cure for at least another week before heavy use. Concrete gets to 50-70% strength after about a week and full strength after about 28 days. (Keep this in mind if you choose to use the roller before it is fully cured.)
- You can now rub a slurry of extra concrete into any bubble holes left on the surface to create a smoother face of the roller.



DA TEMPERING ROLLER MOLD INSTRUCTIONS

Step 8: Finishing steps

- Once the roller is cured and dry, check the weight with your scale.
- Sand the edges or seams to make it more comfortable to lift.
- Be creative and make it yours – using paint, plasti-dip, truck bed liner, etc. You can also label the weight of the roller on the end of the roller
- Get to work on the strength and mobility gains and enjoy.
- **Follow and tag us on Instagram @stix_and_stone_ with your build process, final builds and workouts using these rollers. Looking forward to seeing your great work!**

To Repeat: Start back at Step 1

The mold gets more cost effective with each pour. For more info on concrete molds, visit us at www.stix-and-stone.com. While you're there, be sure to check out our build plans and other molds for weight plates, kettlebells, and dumbbells. We hope you enjoy making numerous rollers of different weights to build on your own badass gym.

CONCRETE TYPE	WITH FOAM CENTER	STRAIGHT CONCRETE	STEEL/LEAD ADDED
QUIKCRETE 5000	85LBS	100LBS	150-200LBS
MAXIMIZER	65LBS	75LBS	100-125LBS

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