

Building an AB/DL Baby Gym



Parts List

- 5' 3/4th inch PEX pipe - x4



- 1/2" SCH 40 PVC cross connector – x1



- CPVC Coupling 3/4 in x 1/2 in – x4
- CPVC End cap 3/4 in -x4



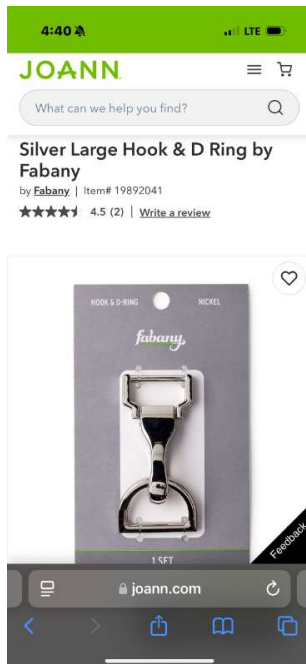
- 6' 3/4 PEX foam insulator hollow (or Pool noodle) – x4



- Nylon webbing straps- 3 feet



- Female and male buckles (Make sure they are compatible with nylon webbing straps. I recommend Silver Large Hook & D Ring by Fabany. Joann Fabrics sells them as well as online)



- 3 yards of preferred printed fabric
- Preferred clip hanging toys – As many as you want
- 1/4 " Screw bolts – x4
- Screw Rivets 1/4" and 1/4" in length - x4



- 1/4" washers – get a pack of at least x24
- 1/4" Locking nuts – x4
- Gorilla glue



- 60" x 80" Baby Play Mat (Recommend getting something thick, heavy and padded)

Tools needed

- Basic power drill
- 1/4" Wrench
- 1/4" Socket
- Screwdriver
- Spray paint (Optional)
- Lighter
- Scissors

The ABDL baby gym is built in four sections that will ultimately pressure fit together. The sections are the Mat, End caps, Cross connector and arms. It can be taken apart and stored in a matter of minutes. The mat can be kept out permanently in the nursery as the modifications required are hidden underneath and as long as the mat is thick, the buckles are metal, and the mat is located on carpet it is not a danger if stepped or crawled on.

The Mat

Prep: Poke a small hole 2 1/2" from the edge of each corner of the mat. Then cut the Nylon strap into four 3" strips. Use a lighter to burn the ends so it won't come unraveled over time. Fold the four straps in half and use the scissors to cut two small holes where both ends overlap so you can pass the Rivet screw through. Repeat four times. Use the lighter to seal the edges around the hole.

Assembly: Put a washer on the female side of the screw rivet and then push the rivet through the hole in the mat. Flip the mat over. Place the male buckle in the 3" strap and fold over so that the two holes line up then insert the rivet through both holes. Add a washer on top then screw down the male side of the rivet into the female. Repeat this step four times and the mat is finished.



The End Caps

Prep: Drill a hole through the center of each of the caps with a 1/4" Drill bit so that you can pass the 1/4" Bolt through. Paint the End caps (With the X connector when finished) This step is optional but recommended. Just like with the Mat, Cut 4 strips of the nylon Strap, but this time 4" lengths and repeat the step of folding them over and placing a hole where they overlap and sealing all the cuts with a lighter. Repeat four times

Assembly: Place a washer on the bolt then place the female end of the buckle on the 4" of strap and then put the screw through the hole on both sides of the strap. Then insert the bolt into the drilled hole of the end cap add a washer to the bolt on the opposite side and the locking nut and then tighten the nut. Repeat Four times and the end caps are finished.



The Cross connector.

Prep: Make sure that the couplers fit snugly on the end of the PEX pipes and that the other ends can fit into the PVC Cross connector.

Assembly: Add a Bead of glue around the fitting of the PEX coupler that will fit into the PVC and then insert all four into the Cross Connector. (Make sure that you don't get any glue on the other side that will connect to the PEX Pipes. Paint the PVC Cross connector and the four couplers (This is optional but recommended)



The Four Arms

Prep: Cut the insulation (Pool Noodle or plumbing insulation) roughly 13 inches off the insulation if it is 6 foot. If not, cut the foam so that 1 Inch of the pipe is exposed if the pipe is inserted into the foam sleeve. Cut the Fabric with enough material to be able to fully wrap the foam. (I recommend Sewing, the material together into a sleeve but if you don't have the ability or access you can glue or double sided tape, but Sewing is recommended for best results.)

Assembly: Place the 5 foot pipe in the insulation then add the cloth cover over. (You do not need to glue the pipe. It will slightly move in the insulation when the pipe is bent and flexes.)



Total Assembly

Add the End caps to one end of the pipes. (DO NOT GLUE... If you do and something breaks you'll have to replace the whole section rather than just a small piece because you won't be able to remove the bolt.)

Connect All four end caps to the buckles on the mat. Then one at a time insert the open end of the pipe into the Cross connector. Add some hanging toys and enjoy.

