

DIY SPREADER BAR BUILD INSTRUCTIONS



This isn't the cutesy build of a crib or rocking horse, but it is a great build to get started with and amazingly simple to do. The spreader bar can be made in various lengths and depending on how it is employed it can cause the wearer to crawl or waddle or be incapable of placing their hands together. There's nothing wrong with having several spreader bars of various lengths and more than one can be used at a time and they can even be connected to causing various bondage/punishment situations.

You will need to get some sort of padded cuffs, restraints, or rope to incorporate a spreader bar, but if you are looking to experiment with those, a spreader bar is a great item to compliment those for play.

Tools

Power drill

1/4 inch drill bit

Saw



Materials

7/8th inch Dowel Rod - [Amazon.com: ILOT Wooden Dowel Rods 7/8 x 24 Inch Round Unfinished Hardwood Craft Sticks for DIY Lollipops Cake Support, 25 Pieces](#)

Locking Carabiner Clips - [Amazon.com: Cridoz Carabiner and Keyring Set, 6 PCS Metal D Ring Carabiner Clips with 6PCS Heavy Duty Key Rings for Keys, Bottles, Backpacks \(Black\) : Sports & Outdoors](#)

Eye Screws - [Amazon.com: Aovchei Eye Screws, 300PCS 0.75 Inches Heavy Duty Metal Screw Hooks, Self Tapping Eye Bolts, Indoor & Outdoor for Hanging Artwork, Black : Industrial & Scientific](#)

(Optional) Black Spray Paint (Or whatever your chosen color) - [Rust-Oleum 249127 Painter's Touch 2X Ultra Cover Spray Paint, 12 oz, Flat Black \(Pack of 2\) - Amazon.com](#)

Build

This is one of the simplest builds and a great item for the BDSM scenes. The first step is to cut the rods to whatever lengths that you desire. Then drill a hole at either end and then screw in the eye screw. (Optional) You can also drill a pre-hole in the midpoint of the rod and add an eyelet there as well to be used to link the rod to other rods, rope, etc.... your imagination is your limitation. Add the locking carabiners to the eyelets and you have an excellent spreader bar.

(Optional) You can paint the bars in your choice of color if you decide to do so. I recommend removing the hardware before painting as the carabiners will scratch the eyelets quickly if you decide to paint them.