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Location **Wisconsin**
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QR Code Link to This Post I was seeking advice of how I could have improved my idea design.

I have a workout standard where stacking columns of weight (that does not involve weight plates or bands) in a moving grid generates even or uneven resistance. Unlike traditional stacked weight plate machines, a person is allowed to make a variety of pattern configurations on the grid (X,â–¡, /,\, --, etc.) by using cup shaped ballast inserts:

https://www.youtube.com/watch?v=D4BVfpc2YsQ
https://www.youtube.com/watch?v=kgkOXhGJ9rc
https://www.youtube.com/watch?v=h_bNUq92NVg
https://www.youtube.com/watch?v=V_1C9HMjqvs
https://www.youtube.com/watch?v=07TSBC2mA74
https://www.youtube.com/watch?v=4Q3IeX3OjMk
https://www.youtube.com/watch?v=eT8ssBlDAdo
https://www.youtube.com/watch?v=PmgLVA3hbw4

Contact me for more information!

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