Make Your Own
Weight Lifter Belt

Get some 4” wide pattern material (I used poster board). Two strips, 20” or longer. You’ll want two 4” strips of leather long enough, a 3” roller buckle and 4 chicago screws.

Everything is measured out from a center line.

• The 3” roller buckle shown spaced 1 ½” between buckle tongues.
• The adjustment holes for size can be marked on the pattern with a scratch awl. Pattern shows the holes 1 ½” wide apart, and 1” horizontal spacing. Space the holes to suit your own.
• Mark the holes (8) for the screws and the buckle slots, ⅜” out from the center line and as shown in sketch.
• Cut out your pattern.

Now, when cutting out the belt, simply cut a 4” wide strap, lay both ends on the strap and measure from inside the buckle to the center hole like any other belt you make.

Punch four #9 OVAL punch for buckle slots as shown. Use a knife or punch to clear out the slot between the holes. If using a knife, remember to cut from the hole toward the middle.

Punch four #4 ROUND punch to the right of the fold for chicago screws. NOTE: I punch only on one side of the fold line, then punch through the same holes after the fold is made and the keeper is in place (eliminates poor fit due to variation in leather thickness).

Make the fold and put on the buckle and keeper (if used). Punch through the existing holes through the back layer of the fold.

If lining your belt, you can do that now. The inside layer will butt up against the folded end of the front piece. Trim the edges and billet end as needed.

Stitch using your preferred method and punch sizing (adjustment) holes with a #9 OVAL punch.

EXAMPLE: Our "small" is for a 34" waist. The buckle is 1" wide (inside), so you need 33" of belt to the middle hole.

Adding the 5 "outside" holes gives you 38", leaving 3" past the holes looks good and gives you 41" (I cut the billet end with a 1-1/2" radius). The 4" fold-over makes 45". SO THEN, the general rule is cut the outside layer 11" LONGER than the waist size. theoretically, the inside would then be 8" shorter, but I usually cut about 6" shorter and trim.

NOTES:

• If you're making 2-layer belts, 9 oz shoulders will be fine. For single layer (13+ oz skirting) belts, use backs to minimize stretch. A row (or two) of stitching will further preclude stretch.
• Add a 1" wide leather "keeper" made of about 6 oz (if you're using 8/9, a piece of the thinner end is probably close enough for this).
• Personal preference, I do all dyeing/oiling... THEN punch the holes. I like to glue the layers, trim, then stitch. And, I "curve" the layers together, so it's got a curve when put together. Looks good, and fits well.
• Most of the "boys" at the gym like this many holes because they'll cinch it down when pushing, but they can back it way off and let it hang when between lifts or on the way home.