

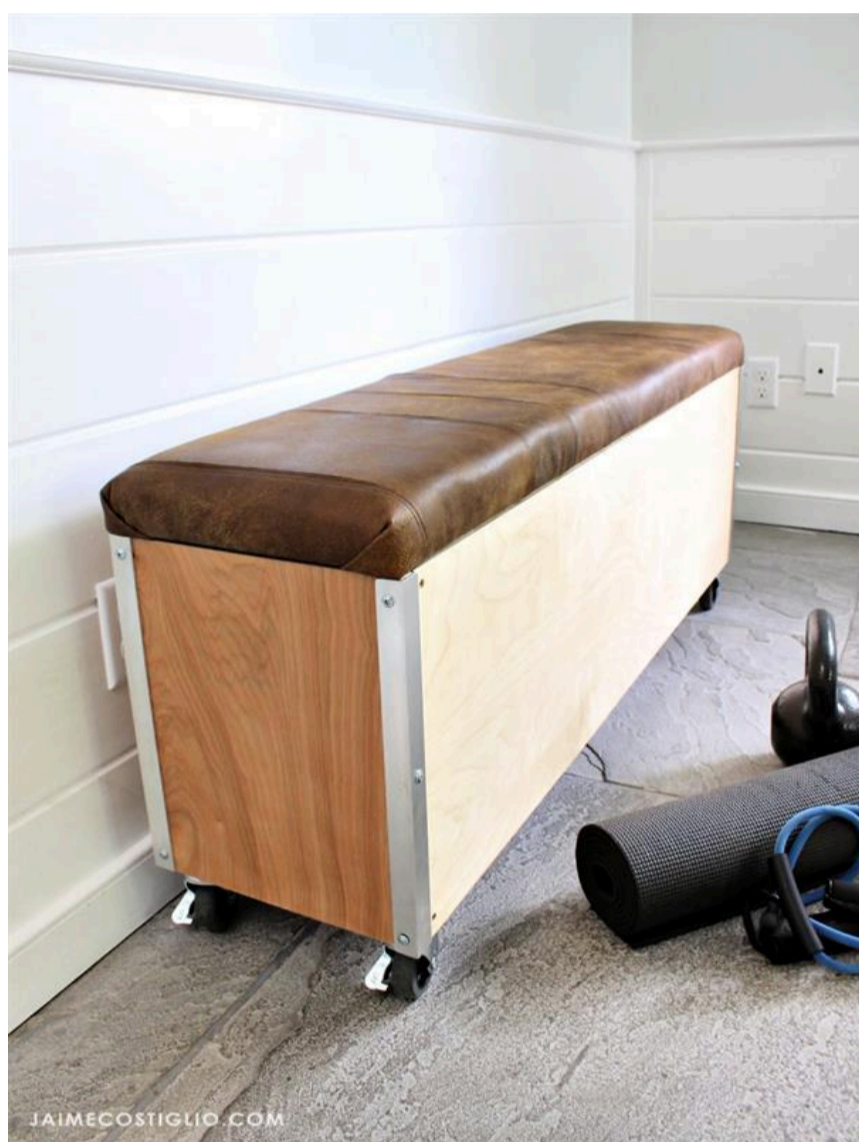
Workout Bench with Storage

By **Jaime Costiglio**

Difficulty

Moderate

Build a super sturdy workout bench with storage for your home gym. A solid 2x3 frame wrapped in plywood with a cushion top that opens for plenty of storage below. Add locking wheels for mobility and you have a great workout bench.





Tools

Kreg Tools

- Accu-Cut™
[Accu-Cut™](#)
- Wood Project Clamp - 6"
[Wood Project Clamp - 6"](#)
- Kreg® Pocket-Hole Jig 720
[Kreg® Pocket-Hole Jig 720](#)

Other Tools

- Circular Saw (cordless)
- Miter Saw
- Tape Measure
- Impact Driver
- Sander

Materials

Wood Products

- 1 Plywood , 3/4" Thick , Full Sheet
- 1 Plywood , 1/4" Thick , Quarter Sheet
- 5 Board , 2x3 , 96"

Hardware & Supplies

- 50 2 1/2" Pocket Hole Screws
- 20 2" Wood Screws
- 12 1 1/4" Wood Screws
- 1 2" Foam @ 12" X 48"
- 1 Batting @ 25" X 60"
- 1 Leather (Or Similar) 25" X 60"
- 1 Piano Hinge @ 36"
- 4 3" Locking Wheels

Cut List & Parts

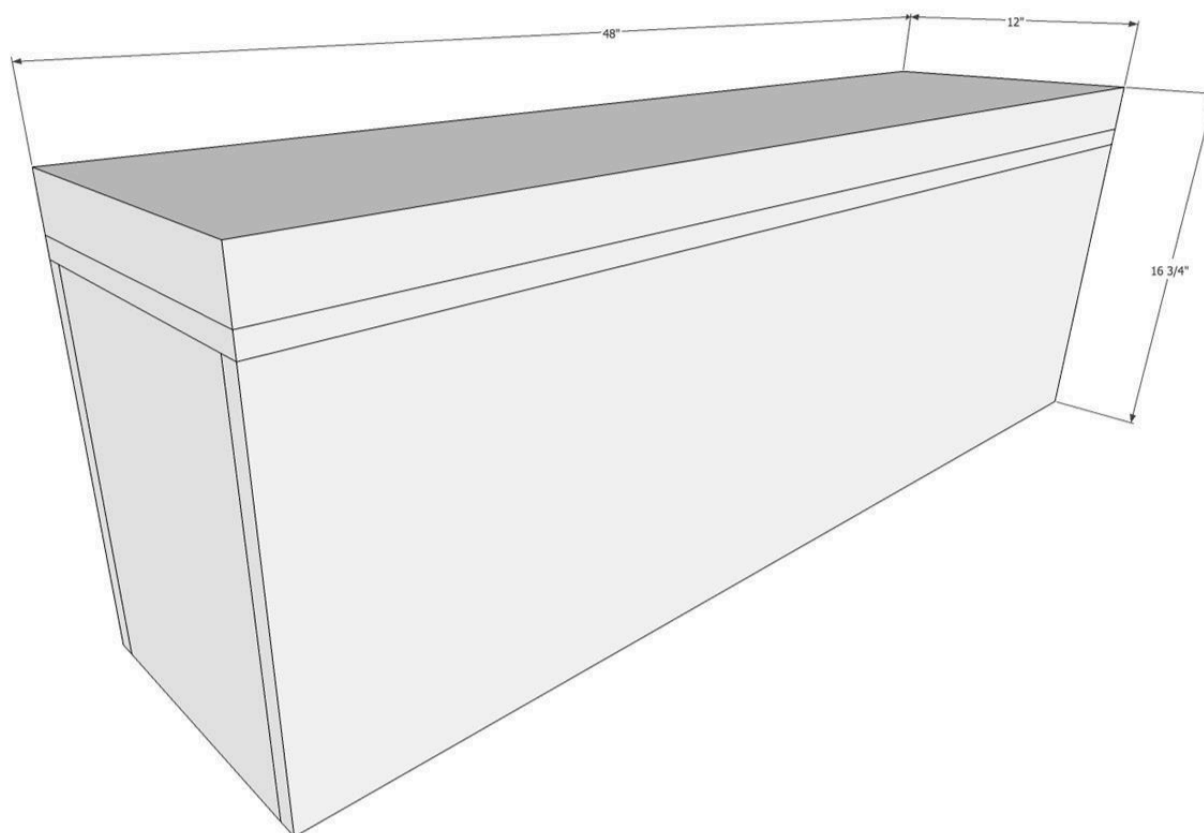
- 4 Short Ends Vertical , 2x3 @ 8 3/4"
- 4 Short Ends Horizontal , 2x3 @ 10 1/2"
- 4 Cross Supports , 2x3 @ 43 1/2"
- 1 Bottom , 1/4" X 10 1/2" X 46 1/2"
- 2 Short Sides , 3/4" X 10 1/2" X 14"
- 2 Long Sides , 3/4" X 14" X 48"
- 1 Top , 3/4" X 12" X 48"
- 1 Top Underside , 3/4" X 7" X 43"

Directions

1

Dimensions

12"w x 48"l x 19"h (with wheels)

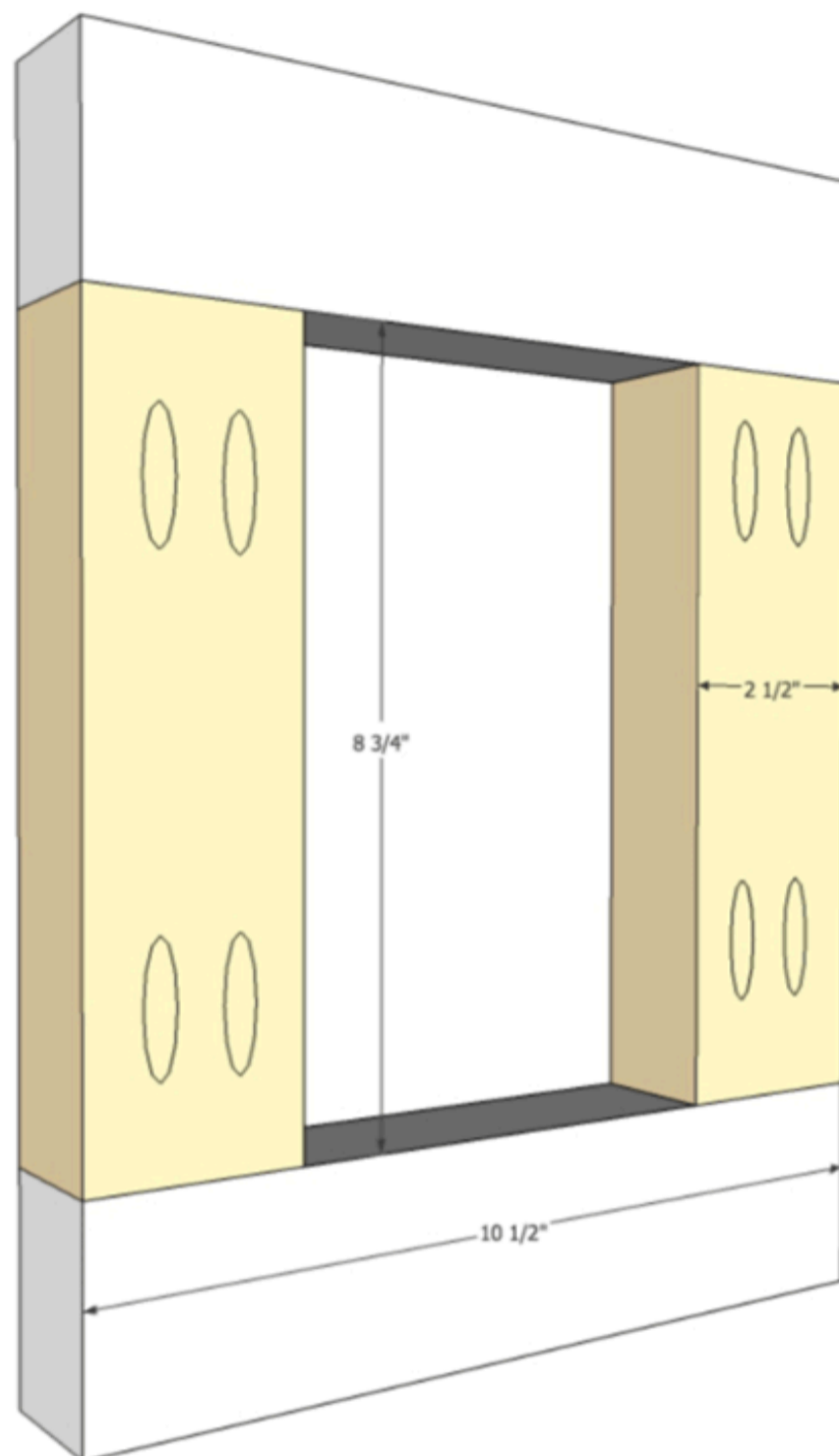


2**Step 1**

Attach the short vertical supports to the longer horizontal supports using pocket holes and 2 ½" pocket hole screws.

Make 2.

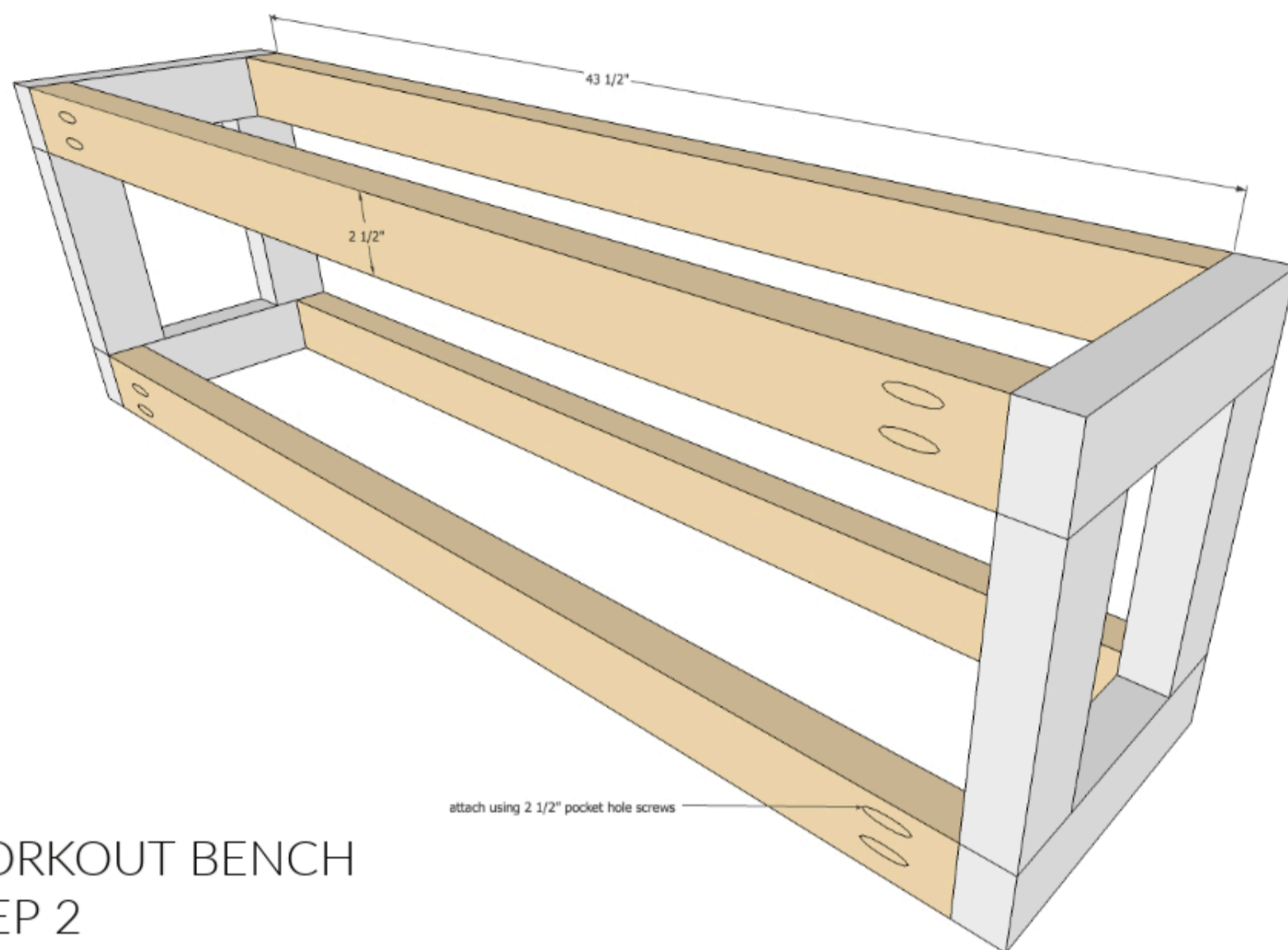
WORKOUT BENCH STEP 1



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3**Step 2**

Attach long cross supports to short ends using pocket holes and 2 1/2" pocket hole screws.

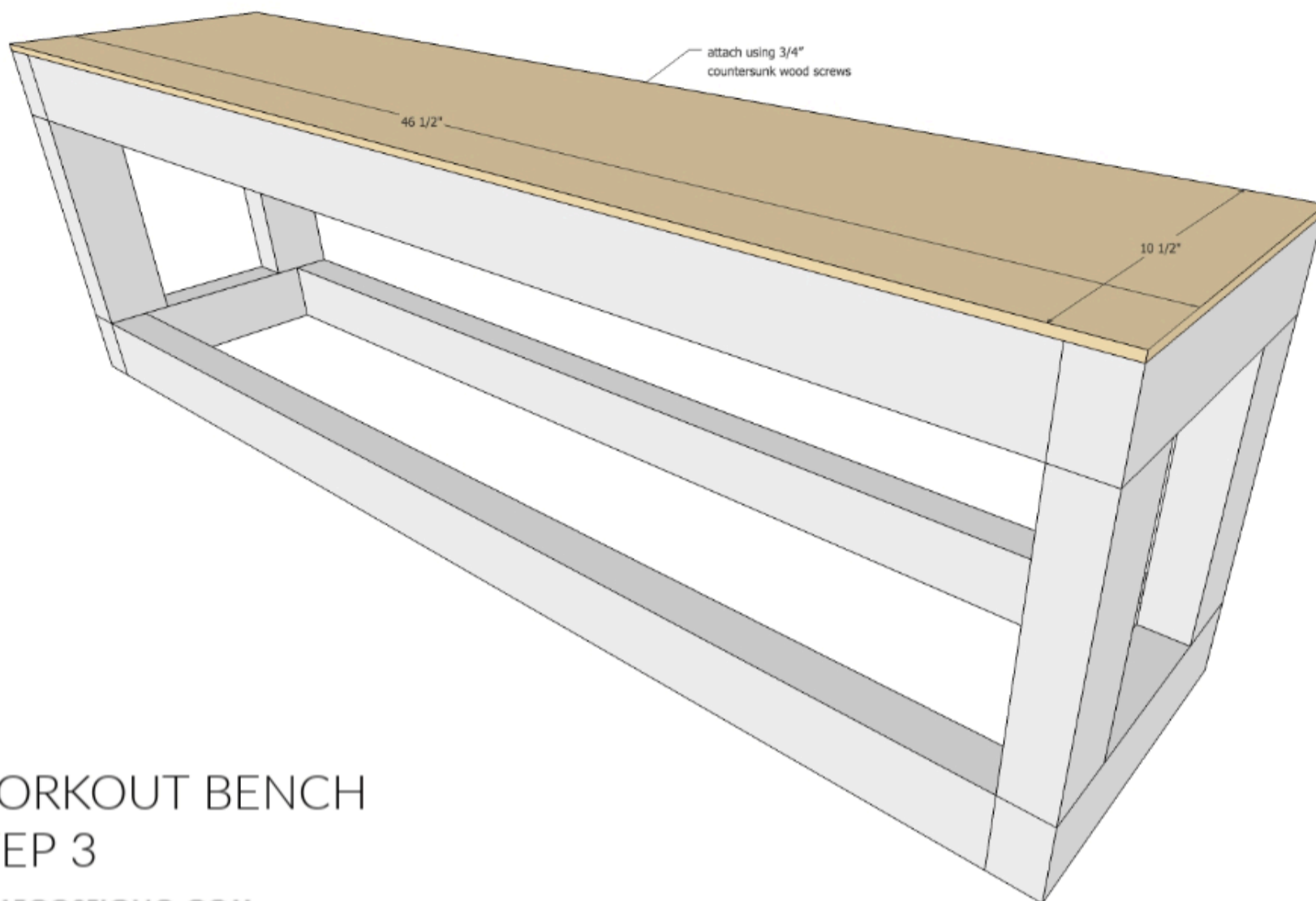


WORKOUT BENCH STEP 2

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4**Step 3**

Attach bottom to frame using countersunk 1 1/4" wood screws.

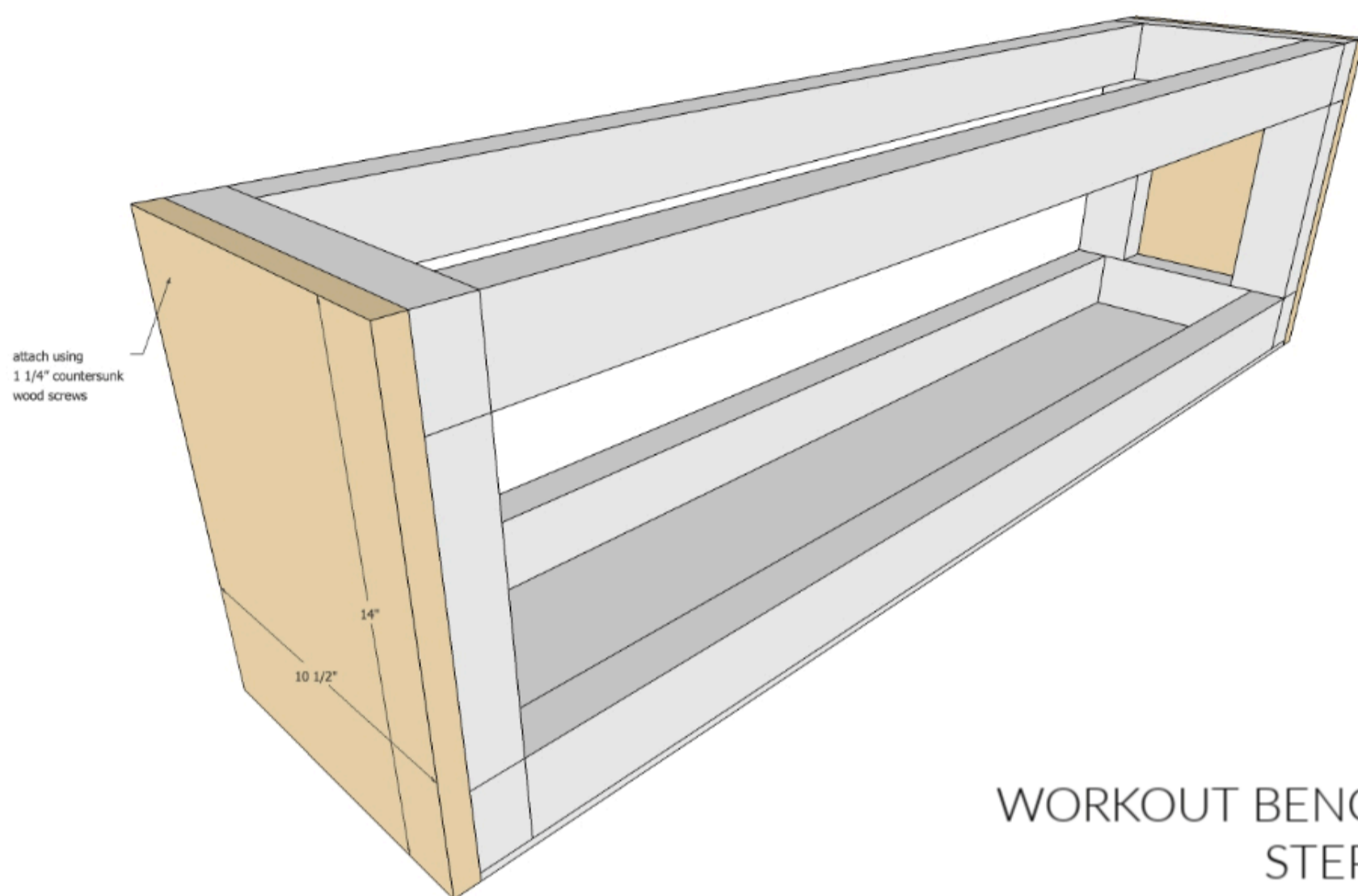


WORKOUT BENCH
STEP 3

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5**Step 4**

Attach short sides to frame using 1 1/4" countersunk wood screws.

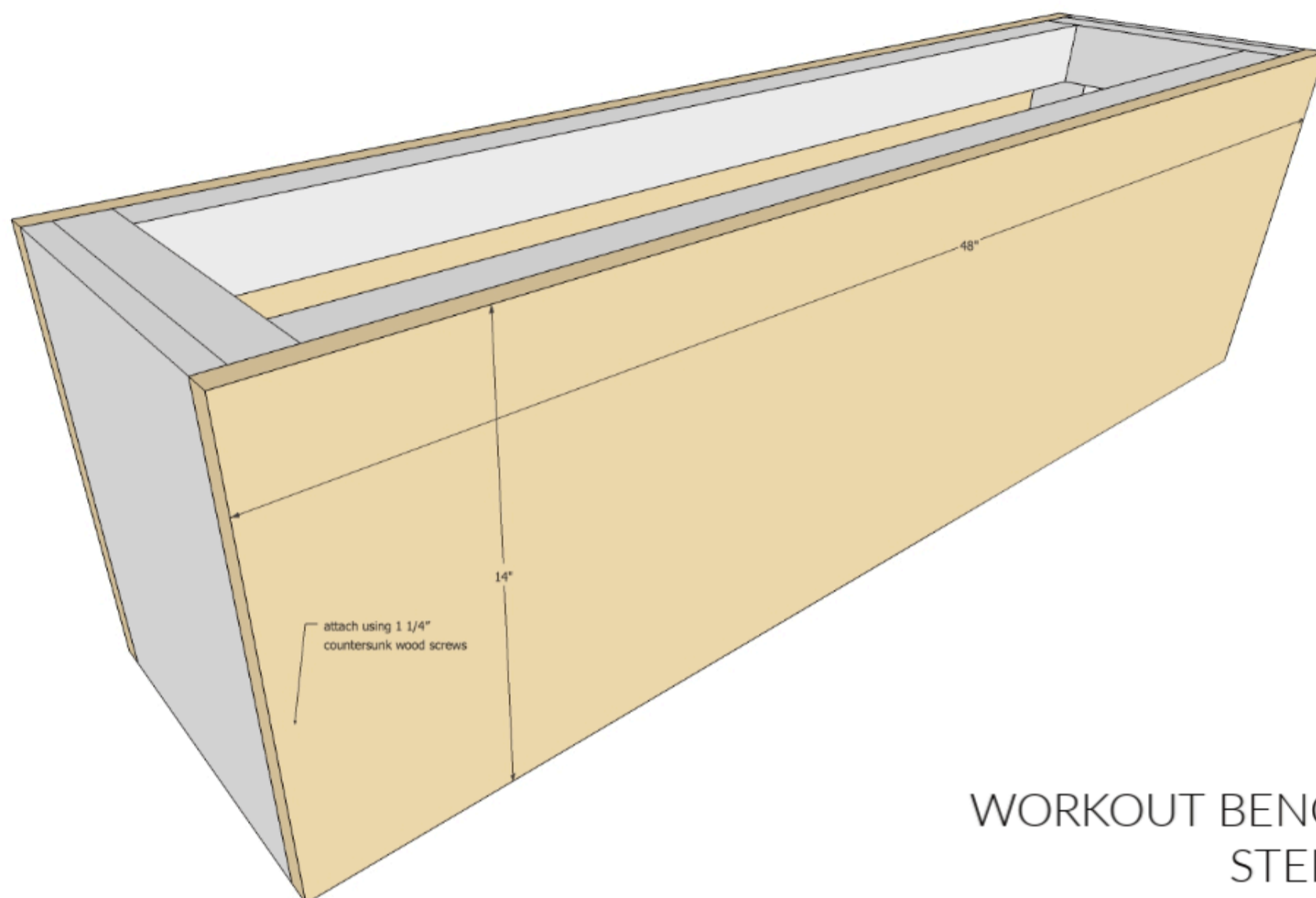


WORKOUT BENCH
STEP 4

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6**Step 5**

Attach long sides to frame using 1 1/4" countersunk wood screws.



WORKOUT BENCH
STEP 5

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7**Top**

After attaching leather, batting and foam then attach center top underside using wood glue and 1 1/4" countersunk wood screws.

Attach top to base using a piano hinge. Finish as desired and finally attach wheels to underside.

