

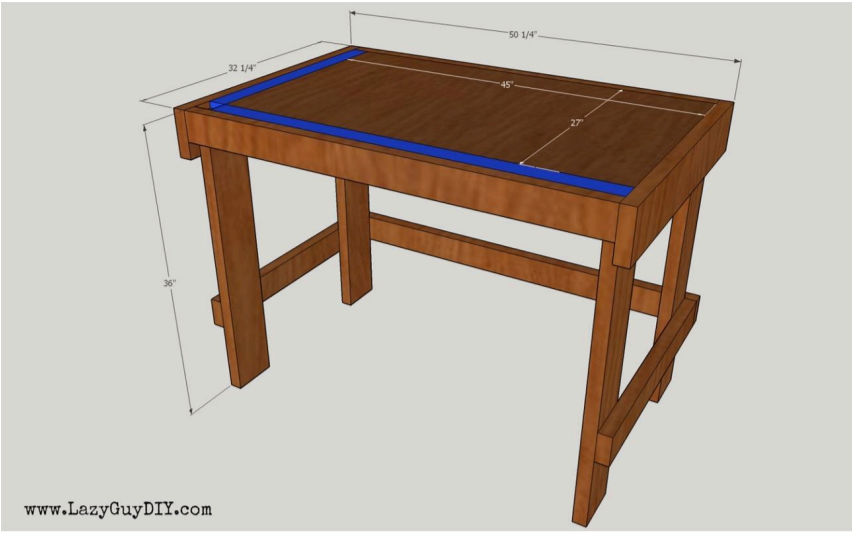
# Kreg Clamp Workbench With Bench Dogs

By **Lazy Guy DIY**

Difficulty  
Moderate

This custom workbench was designed to incorporate the Kreg Trak system and Bench Clamps. The work surface has bench dogs for custom accessories as well as a clamp vise on the face for added function. This is a compact workspace that packs a lot of punch! For more info check out [www.LazyGuyDIY.com](http://www.LazyGuyDIY.com)!





# Tools

## Kreg Tools



## Other Tools

Jigsaw

Miter Saw

Square

Table Saw

Tape Measure

Thickness Planer

Drill (cordless)

Impact Driver

Router

Sander

# Materials

## Wood Products

4 Board , 2x6 , 96"

4 Board , 2x4 , 96"

1 Plywood , 3/4" Thick , Quarter Sheet

## Hardware & Supplies

1 45" Kreg Trak

1 27" Kreg Trak

1 3" Kreg Bench Clamp

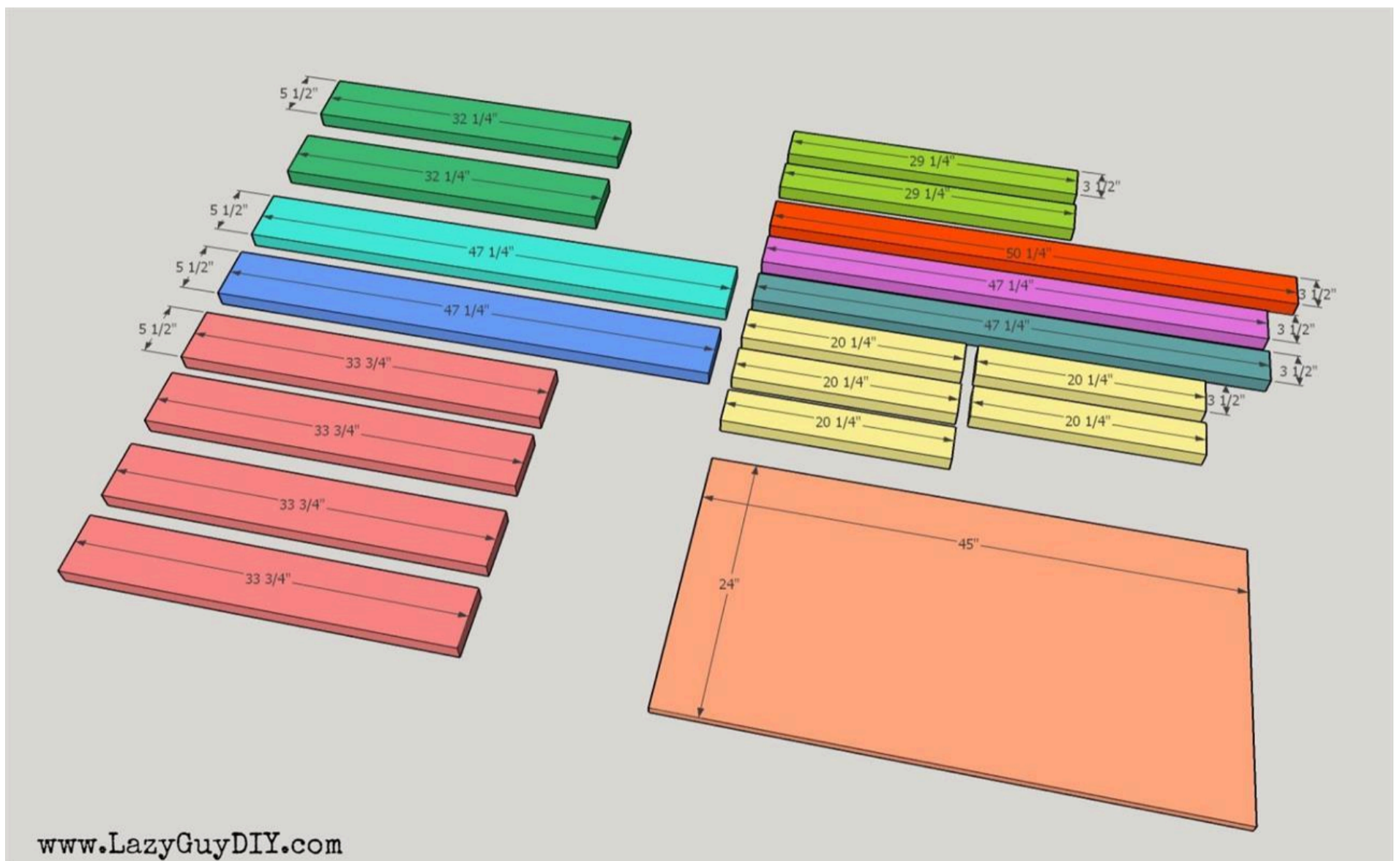
1 6" Kreg Bench Clamp

1 Kreg Clamp Vise

18 1/4" Hex Head Machine Bolts At 2.50"

# Cut List & Parts

- 2 End Apron , 2 X 6 X 32.25"
- 1 Side Apron , 2 X 6 X 47.25"
- 1 Bottom Frame , 2 X 6 X 47.25"
- 4 Table Leg , 2 X 6 X 33.75"
- 2 Outside Leg Support , 2 X 4 X 29.25"
- 1 Inside Leg Support , 2 X 4 X 50.25"
- 1 Side Apron , 2 X 4 X 47.25"
- 5 Bottom Frame , 2 X 4 X 20.25"
- 1 Bench Top , 3/4" Plywood X 24" X 45"

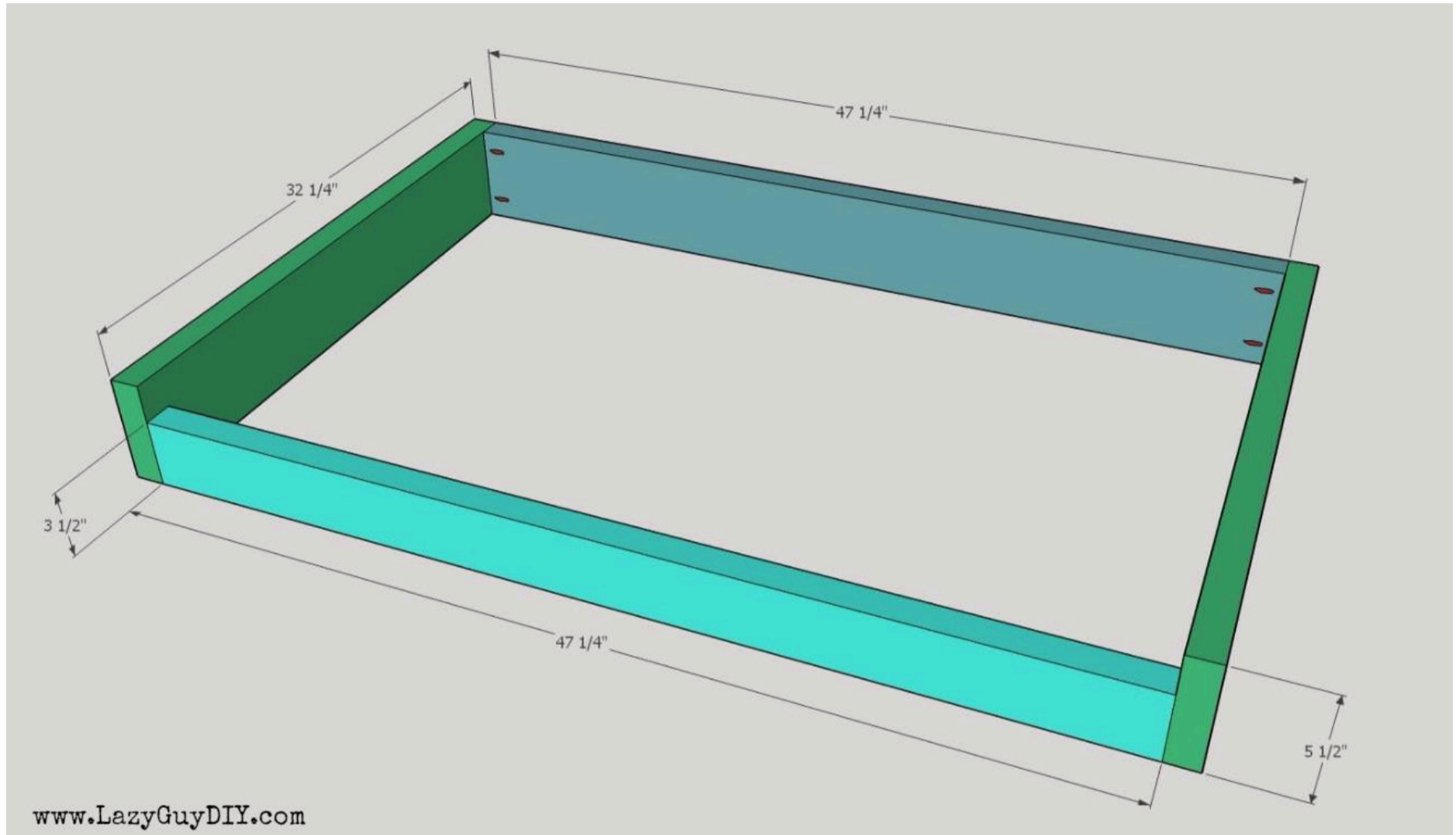


# Directions

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## Cut & Assemble The Frame

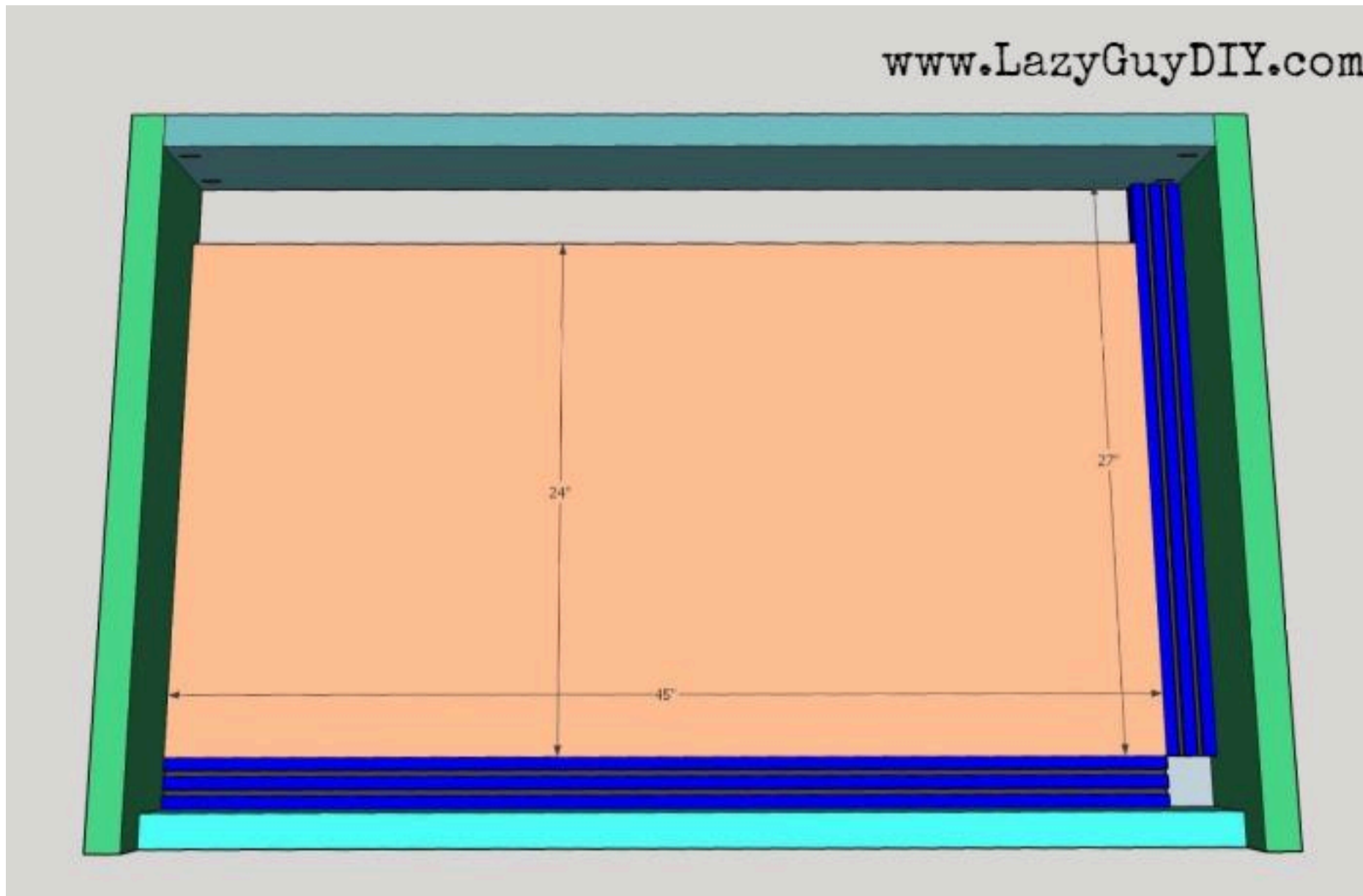
Cut the aprons for the frame to length: (1) 2 x 4 x 47.25", (1) 2 x 6 x 47.25", (2) 2 x 6 x 32.25". If you can, run these through a thickness planer to give a flat surface for the Trak install. Attach the aprons with 1.50 pocket holes and 2.50" pocket screws.



## 2

### Measure & Cut Work Surface

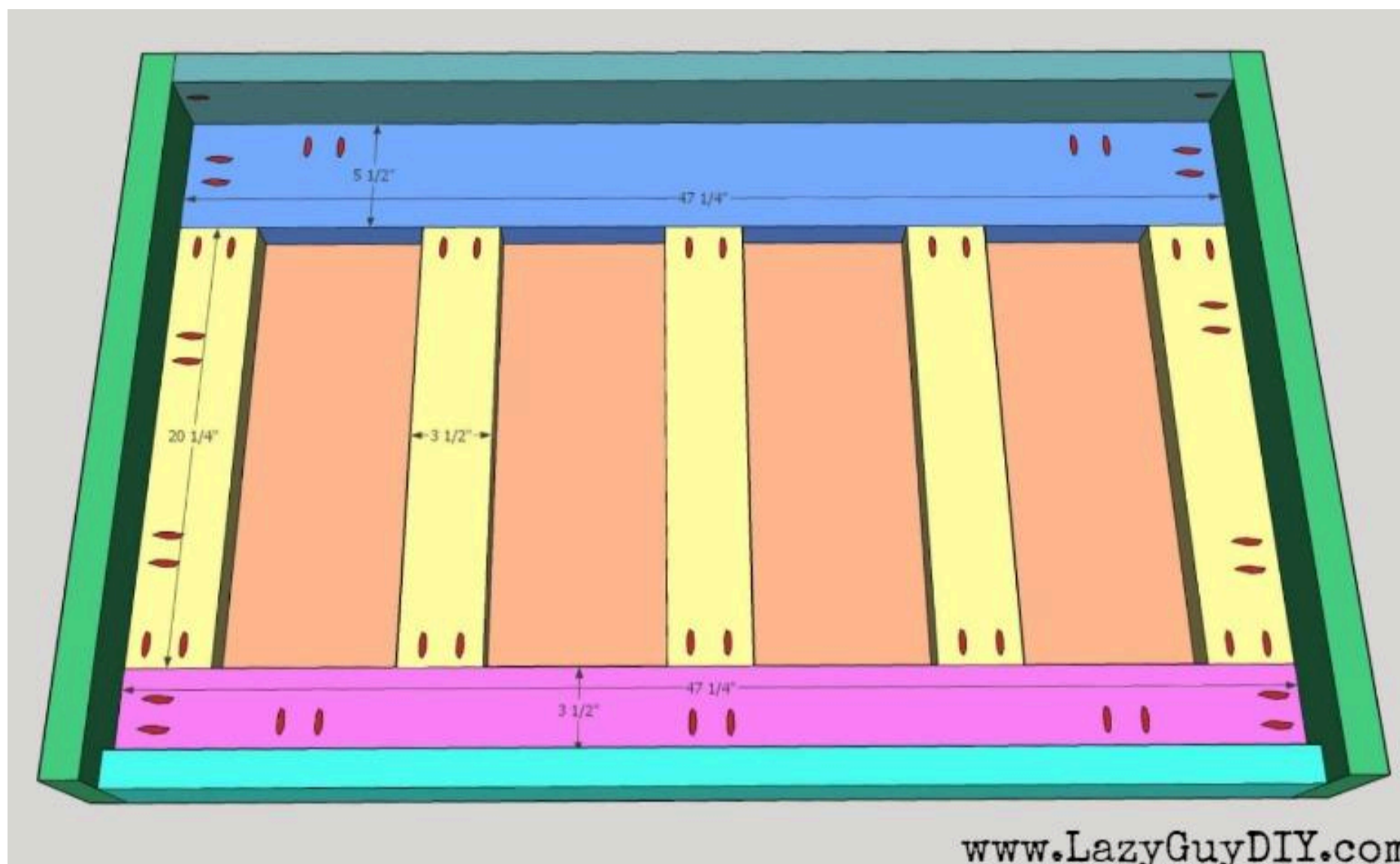
Cut the quarter sheet of 3/4" plywood to 24" x 45". Leaving the frame face down, dry fit the Kreg Trak and sheet of plywood. Following the provided image, the Trak requires an empty space at the end of one side to allow the clamps to slide into place. Because the plywood is cut to 24", there will be a 3" gap at the back of the work surface that will be used for a later step.



## 3

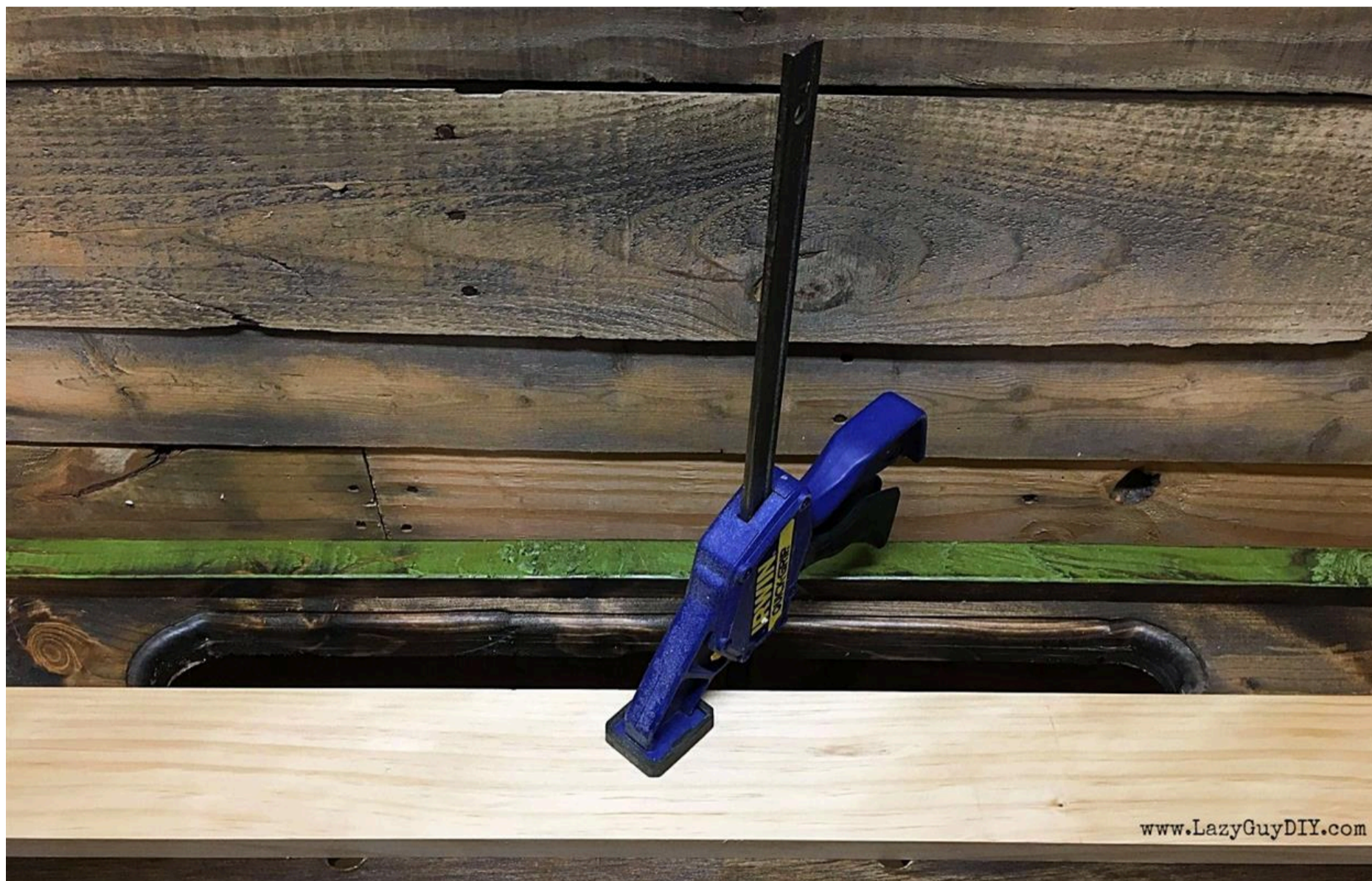
**Cut & Assemble Bottom Framework**

Cut (1) 2x6 to 47.25", (1) 2x4 to 47.25" and (5) 2x4's to 20.25". Pre-drill 1.50" pocket holes according to the attached diagram. Attach the 47.25" 2x6 to the back of the frame (place 3/4" scrap underneath for spacing) and attach the 47.25" 2x4 to the front above the 45" piece of Trak. Then attach the 20.25" 2x4's according to the diagram (evenly spaced). If you planed the outside frame prior to assembly, do not over drive the 2.50" pocket screws to the frame, as the screws will push through the face of the thinner material. Drive 2" wood screws through the 2x4's into the plywood to secure the work surface. Flip the top over to check for gaps and add additional screws as needed. DO NOT ATTACH THE TRAK YET.



**4****Bonus Bench Top Space**

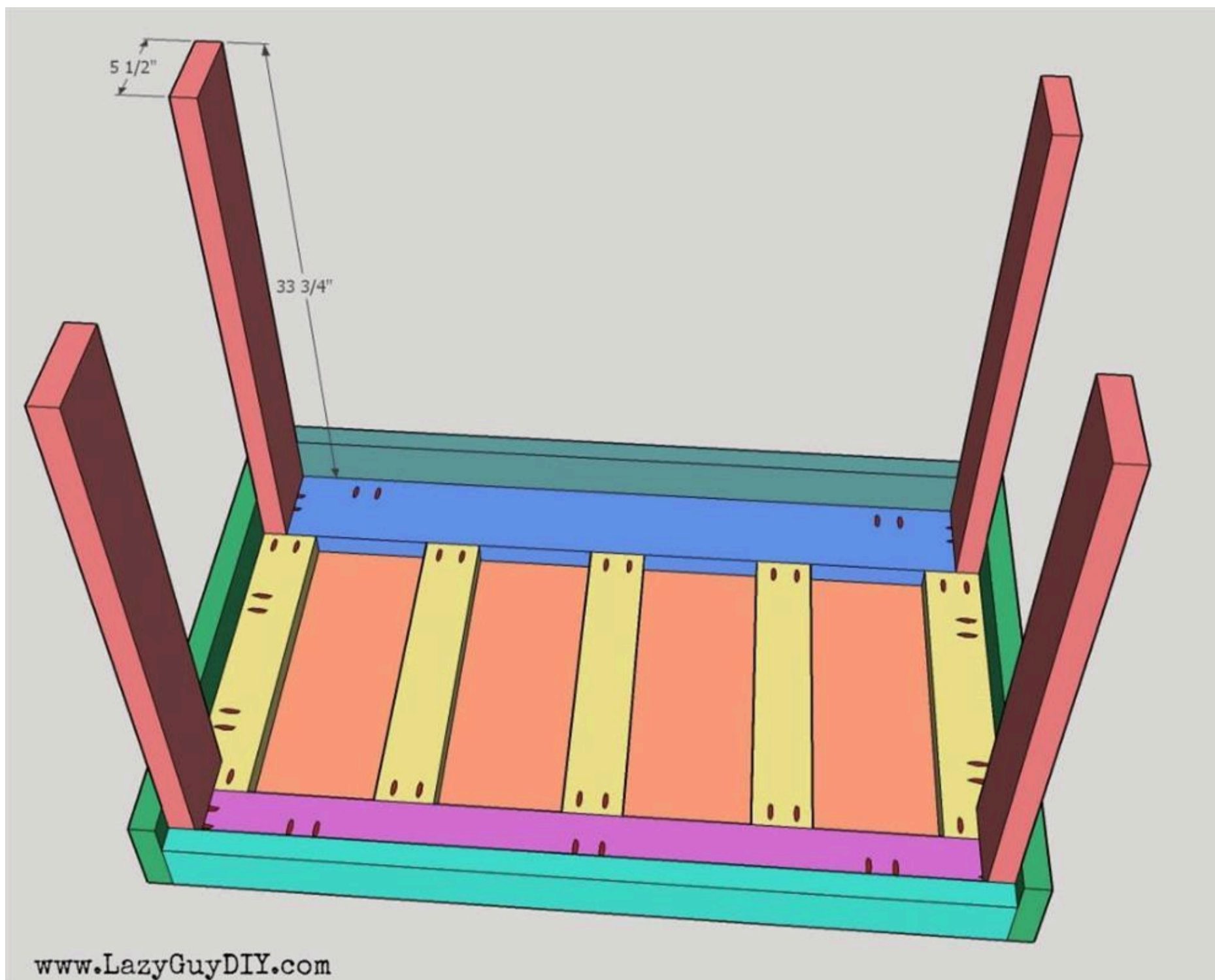
When you flip the bench top over, there is a bonus (inset) 3" space at the back of the bench. You can use this for storage or cut out a slot for speed clamp access. Cut pilot holes of the desired width (be mindful of existing pocket holes and screws) and use a jig saw to cut a desired groove. I rounded the edges of the slot over with a router and a roundover bit.





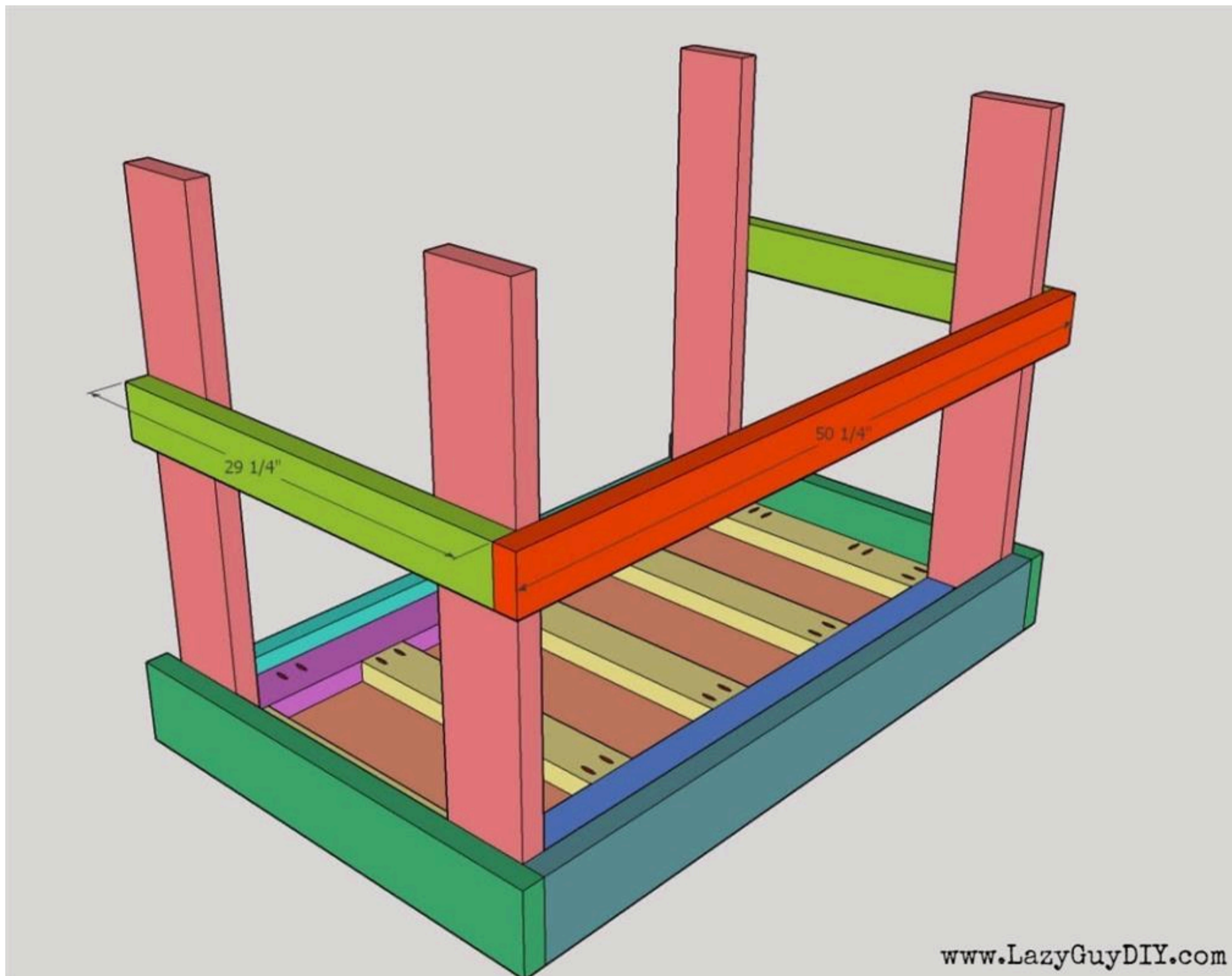
**5****Cut & Attach Legs**

This bench is made for a tall person (I'm 6'5") and the bench top height is 36". I cut (4) 2x6's to 33.75" and attached with 1.50" pocket holes and 2.50" pocket screws.



**6****Cut & Attach Leg Supports**

Cut (2) 2x4's to 29.25" and (1) 2x4 to 50.25". Attach with wood screws 12" from the ground. The added supports will strengthen the bench and add additional weight to make the work surface more sturdy.



# 7

## Add Bench Dogs

Using a 3/4" forstner bit and a drill, drill bench dog holes at desired spacing. These holes universally accept all bench dog accessories like Kreg Bench Dog stops and Rockler Bench Cookies.



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### Cut Template For Trak Pilot Holes

Cut a scrap piece of wood down to the same width of the Kreg Trak (3"). Mark on the scrap where the mounting slots are on the Trak and drill 2 side by side pilot holes that will accept 1/4" machine bolts. Note, you will need to purchase additional hex head machine bolts as the Kreg screws are only for 3/4" thick material.



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### Drill Pilot Holes For Trak

Using the Trak template evenly space pilot holes for the mounting bolts. Be careful not to drill through existing pocket screws. Drill 5 pairs along the 45" Trak and 4 sets for the 27" Trak.



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### Attach Kreg Trak

You won't be able to follow Kreg's instructions for the install because the material is thicker than the 3/4" recommended for the machine screws they include. Instead, thread insert the 2.50" 1/4" machine bolts hex head first into the Kreg Trak and then feed through the pre-drilled holes. With the bolts lined up with the holes, you should be able to push the Trak straight down into place. If you need to, you can use a rubber mallet and a scrap piece of wood to gently tap the Trak down.



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### Secure Trak

Using the washers and 1/4" nuts provided by Kreg, secure the 2.50" bolts underneath the benchtop. This is where hole placement becomes important. The washers and nuts should fit with enough room to tighten with a wrench. Be careful not to over tighten and damage the Trak.



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### Install Clamp Vise

Pick a spot for the Kreg Clamp Vise, drill pilot holes and attach with provided screws.



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**13****Finishing The Bench**

Adding a finish to the bench is completely optional. I used MinWax Espresso for the stain and discount green paint from the hardware store for the trim. After the paint dried on the trim, I sanded off 25-35% with 80-100 grit sandpaper and then smoothed over the entire project with 220 grit. I then applied the stain over top the paint and wiped off the excess for the antiqued effect. I finished the entire work surface several coats of MinWax semi gloss poly.

