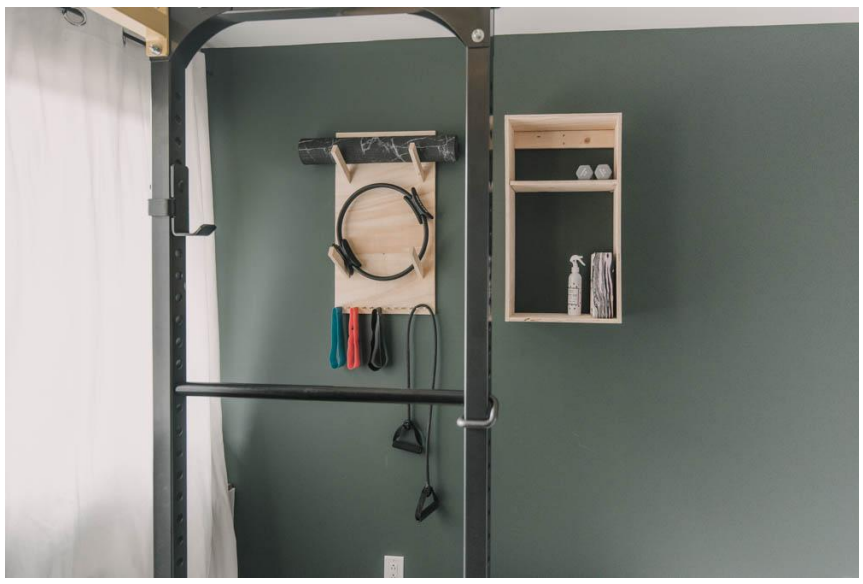
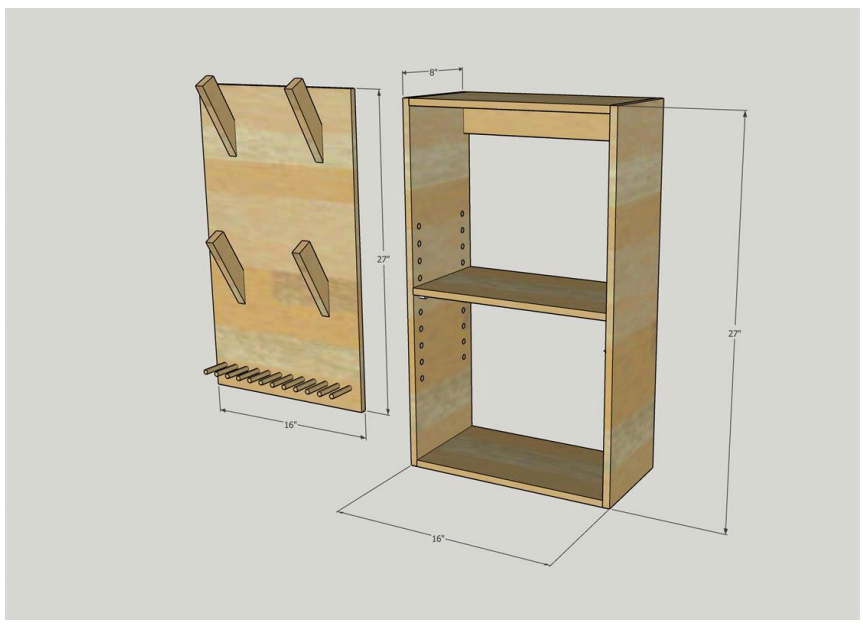
Wall Mounted Exercise Storage

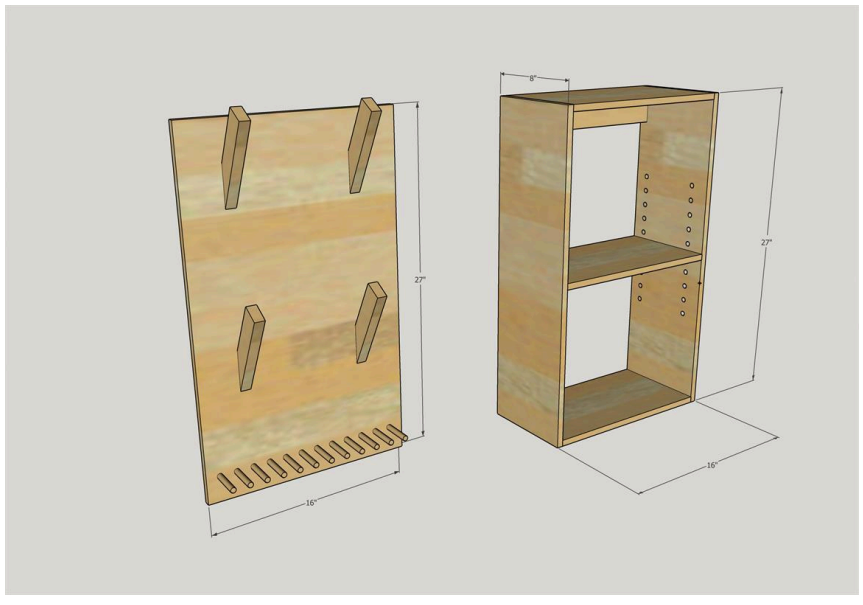
Difficulty

Easy

This is a simple afternoon build to store your smaller exercise equipment pieces up off the floor. Made with a half sheet of plywood with a modern aesthetic, this project makes it easy to store small hand weights, yoga mats, and other pilates or barre equipment.







Tools

Kreg Tools


Accu-Cut™


Kreg® Pocket-Hole Jig 720


Shelf Pin Jig with 1/4" Bit

Other Tools

Circular Saw (corded)

Miter Saw

Tape Measure

Drill (cordless)

Materials

Wood Products

1 Plywood , 1/2" Thick , Half Sheet

1 Board , 1x2 , 24"

1 Board , 1x3 , 24"

1 Dowel , Dowel , 24"

Hardware & Supplies

4 Shelf Pins

16 3/4" Soft Wood Screws

1 120 Grit Sandpaper

Cut List & Parts

3 1/2 Inch Sample Plywood , 8" X 15"

2 1/2 Inch Sample Plywood , 8" X 27"

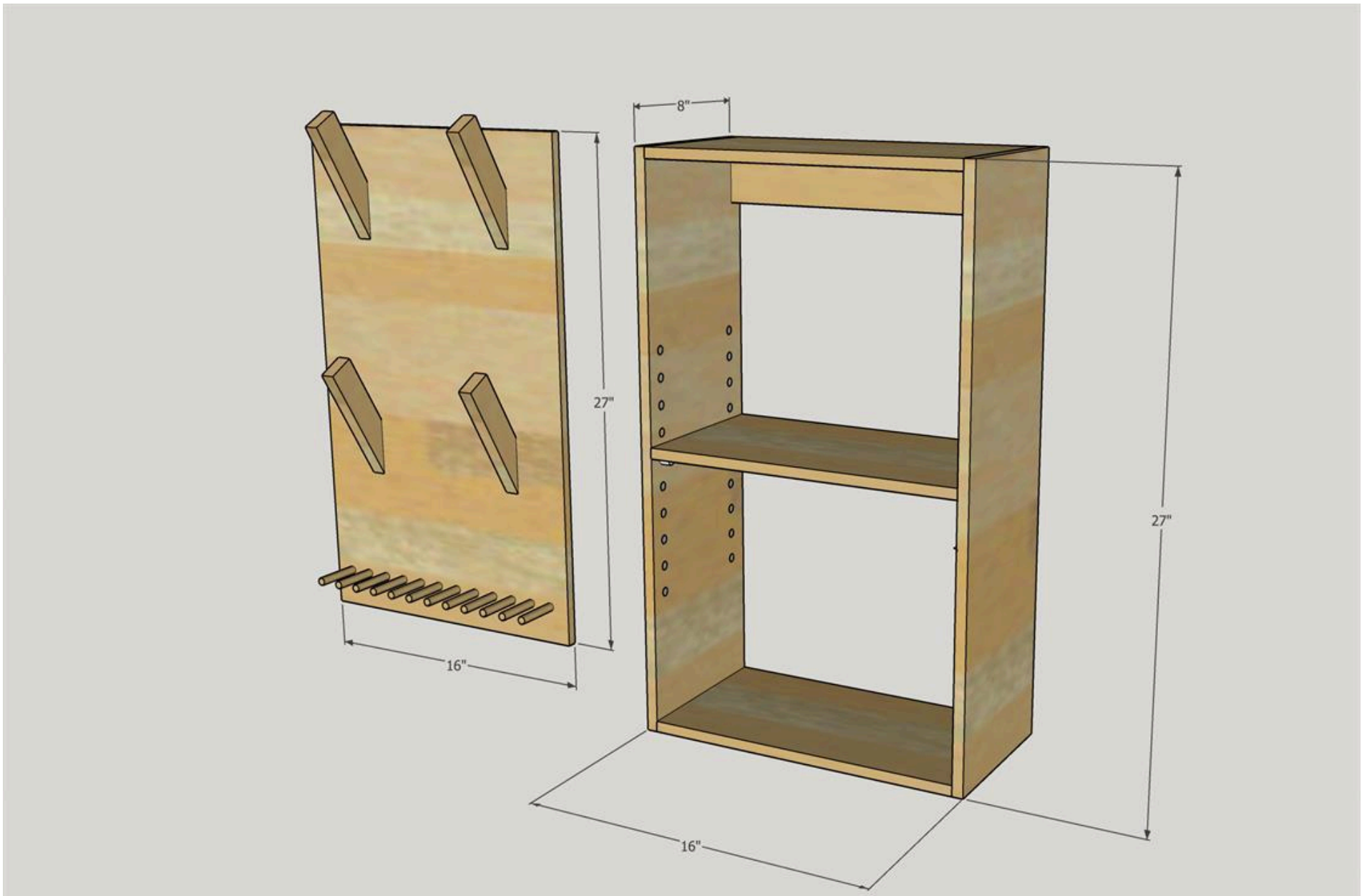
1 1/2 Inch Sample Plywood , 16" X 27"

4 1x2 Board Cut With One 30 Degree Angle , 4"

1 1x3 Board , 15"

4 Shelf Pins , Standard

12 Dowels , To Fit Shelf Pin Holes



Directions

1 Cut Your Plywood

First up, cut your plywood. I chose to make my shelf 8" deep to be a bit deeper than my hand weights.



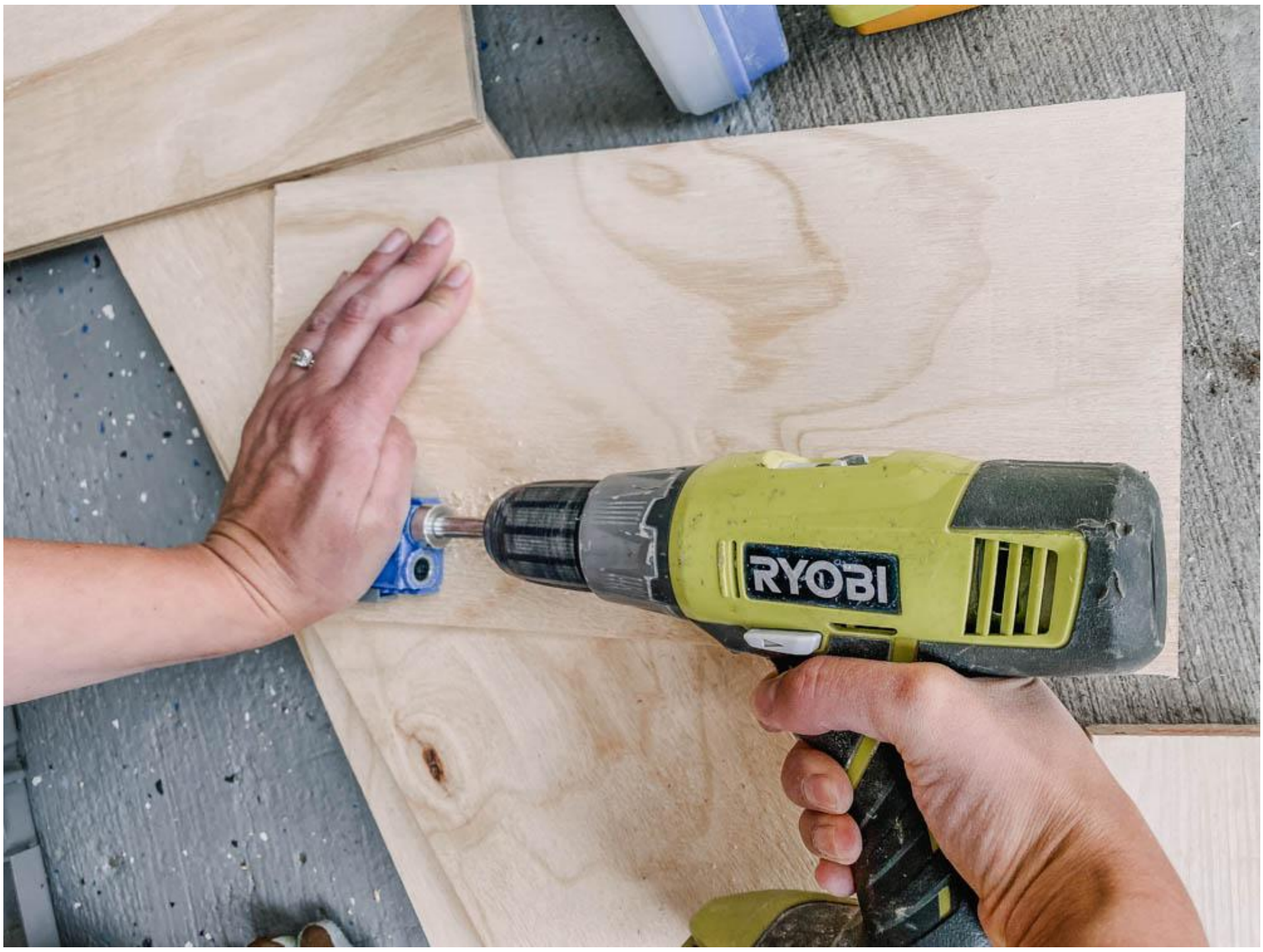
2 Cut Boards

Cut the 1x3 support and the 1x2 yoga mat brackets to length. I used a 30 degree angle for one end of the 1x2 cuts.



3 Drill Pocket Holes

Add 2 pocket holes to each end of your top and bottom piece of plywood as well as to each end of the support bracket (1x3)



4 Drill Shelf Pin Holes

Drill the shelf pin holes in the sides of your shelf. You can also drill shelf pin holes in the bottom of your flat plywood panel if you'd like to hang resistance bands and such.



5 Assemble

Assemble the box by using screws in your predrilled pocket holes. Use screws through the back of the flat plywood panel to attach the yoga mat brackets (I predrilled pilot holes for this).

