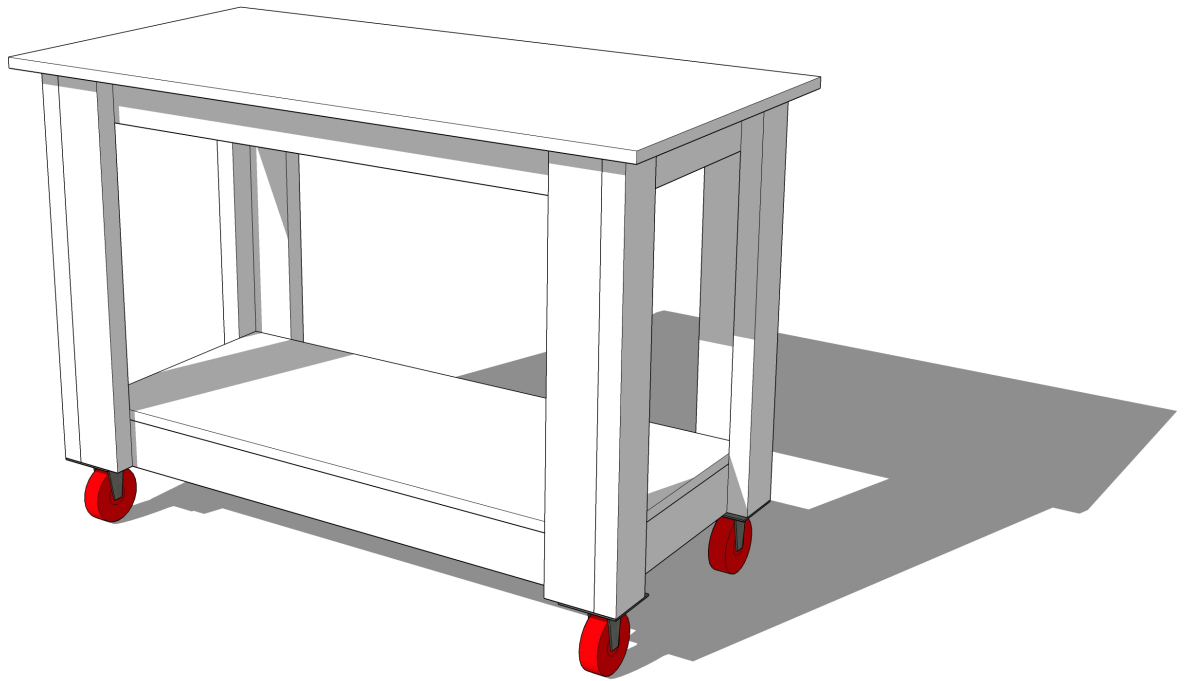


1 Hour Workbench



By Jonny Builds

Tools Needed:

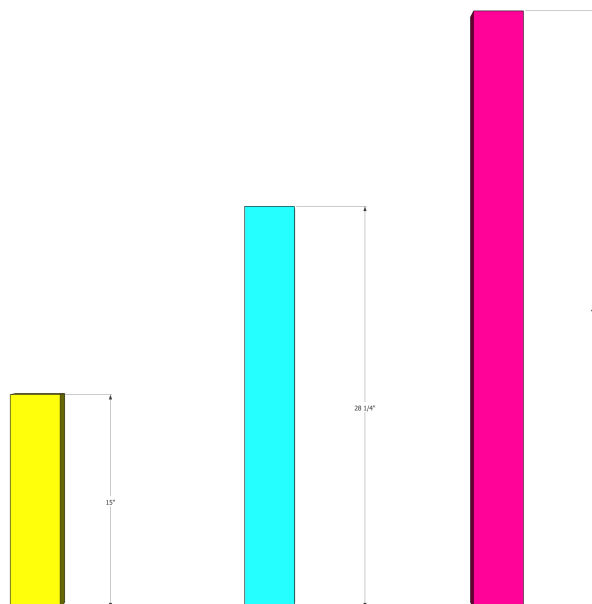
1. Circular Saw
2. Drill
3. Speed Square
4. Clamps

Materials Needed:

1. (Qty. 5) 2"x4"x8' boards
2. (Qty. 2) 2'x4' 3/4 inch MDF Project Panels
3. (1 Box) 2 1/2" screws
4. (1 Box) 1 1/4 inch screws
5. (Optional) 4 inch casters

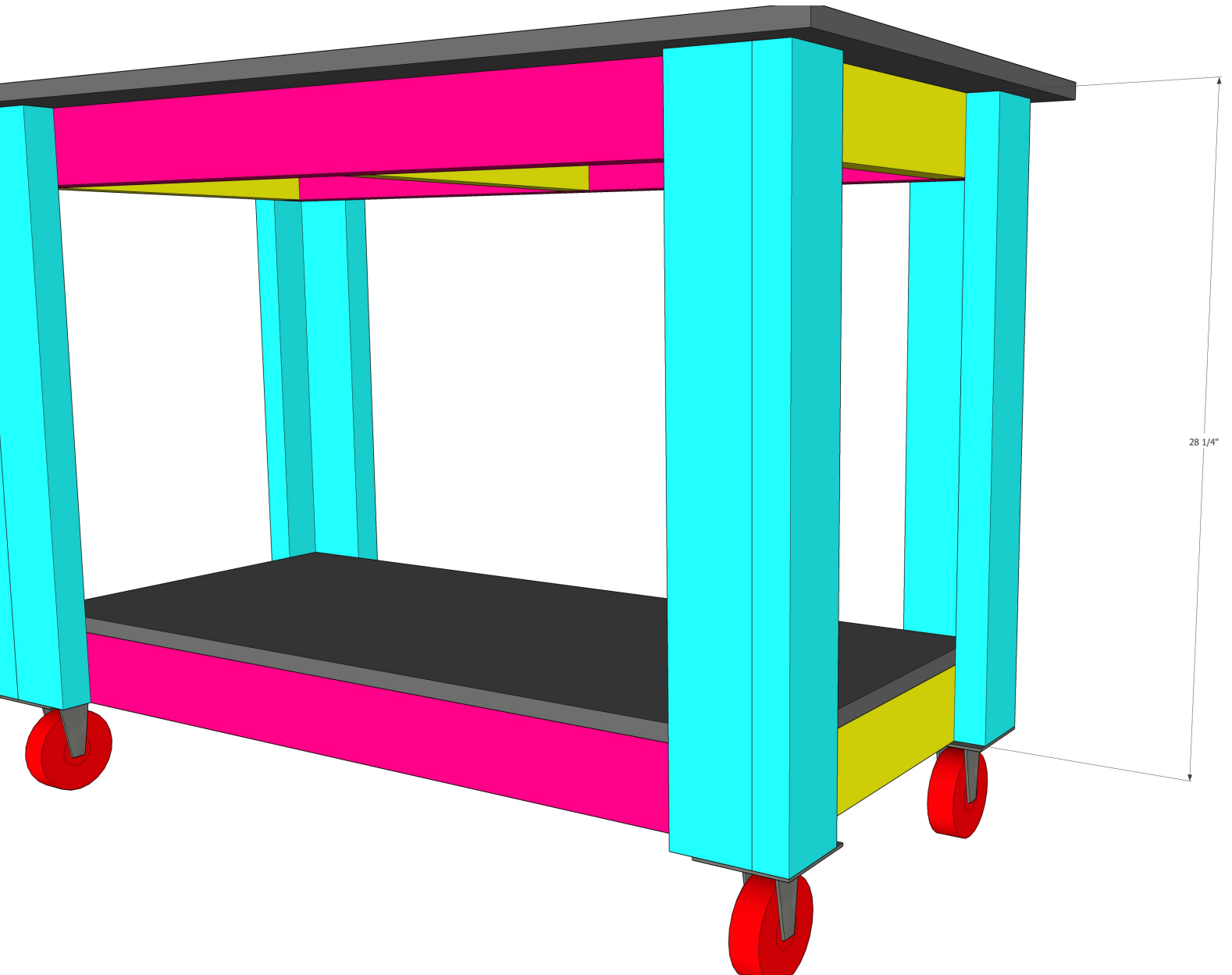
Cut List:

1. Legs = (8) 2x4's cut 28 1/4 inch long (Legs for a 34 inch tall bench)
- note if you skip using casters add 5 inches to the leg height 33 1/4"
2. Frame long sides = (4) 2x4's cut 42 inches long
3. Cross members = (6) 2x4's cut 15 inches long
4. Workbench top = 2'x4' MDF project panel uncut
5. Lower shelf = MDF project panel cut to 42" x 18"



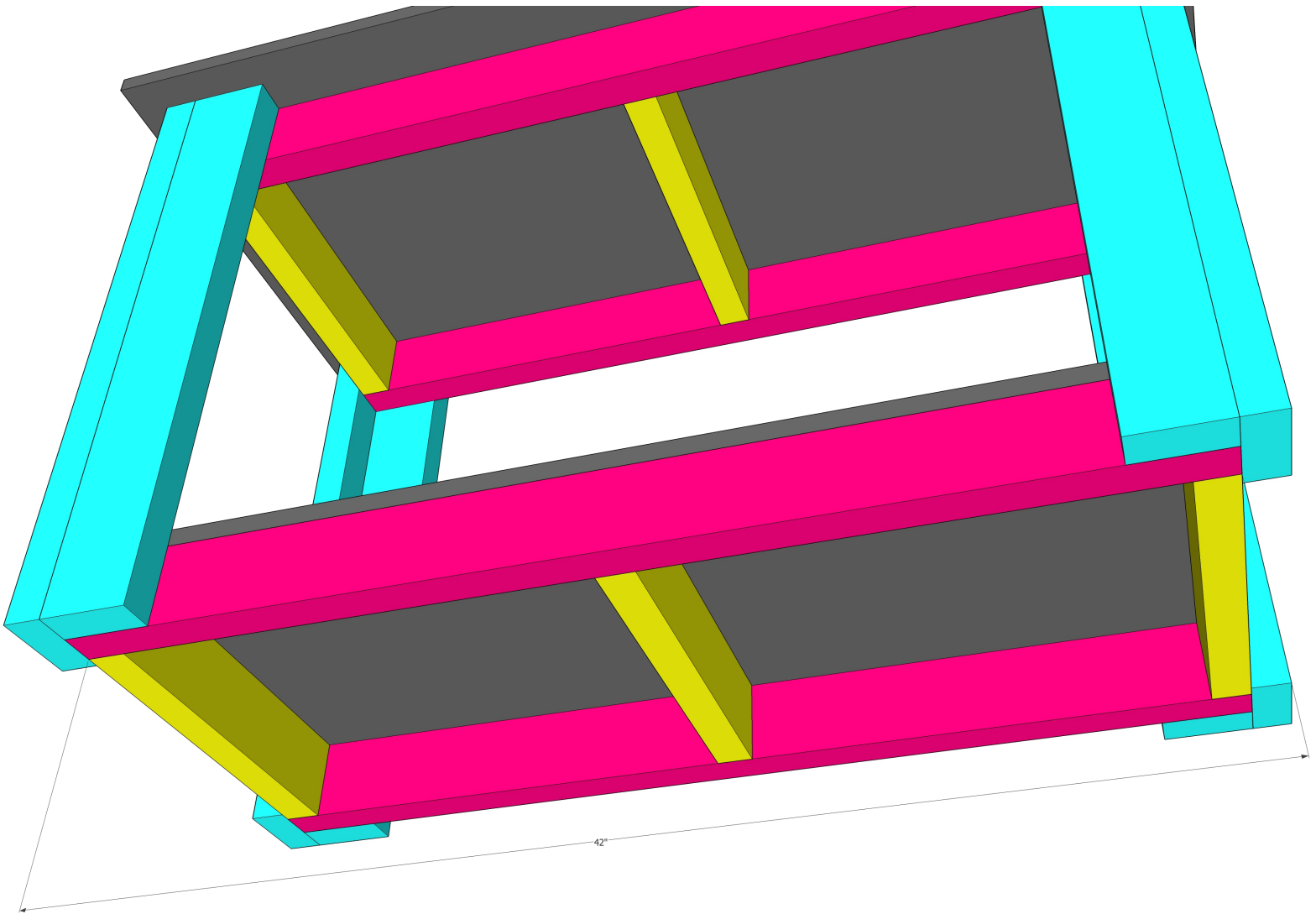
Step 1:

- Using a circular saw cut the 8 boards needed to make the legs by cutting the 2x4's to 28 1/4 inch long. Cut to 33 1/4 inches if you are not adding casters. (Note - 4 inches casters add about 5 inches total height)



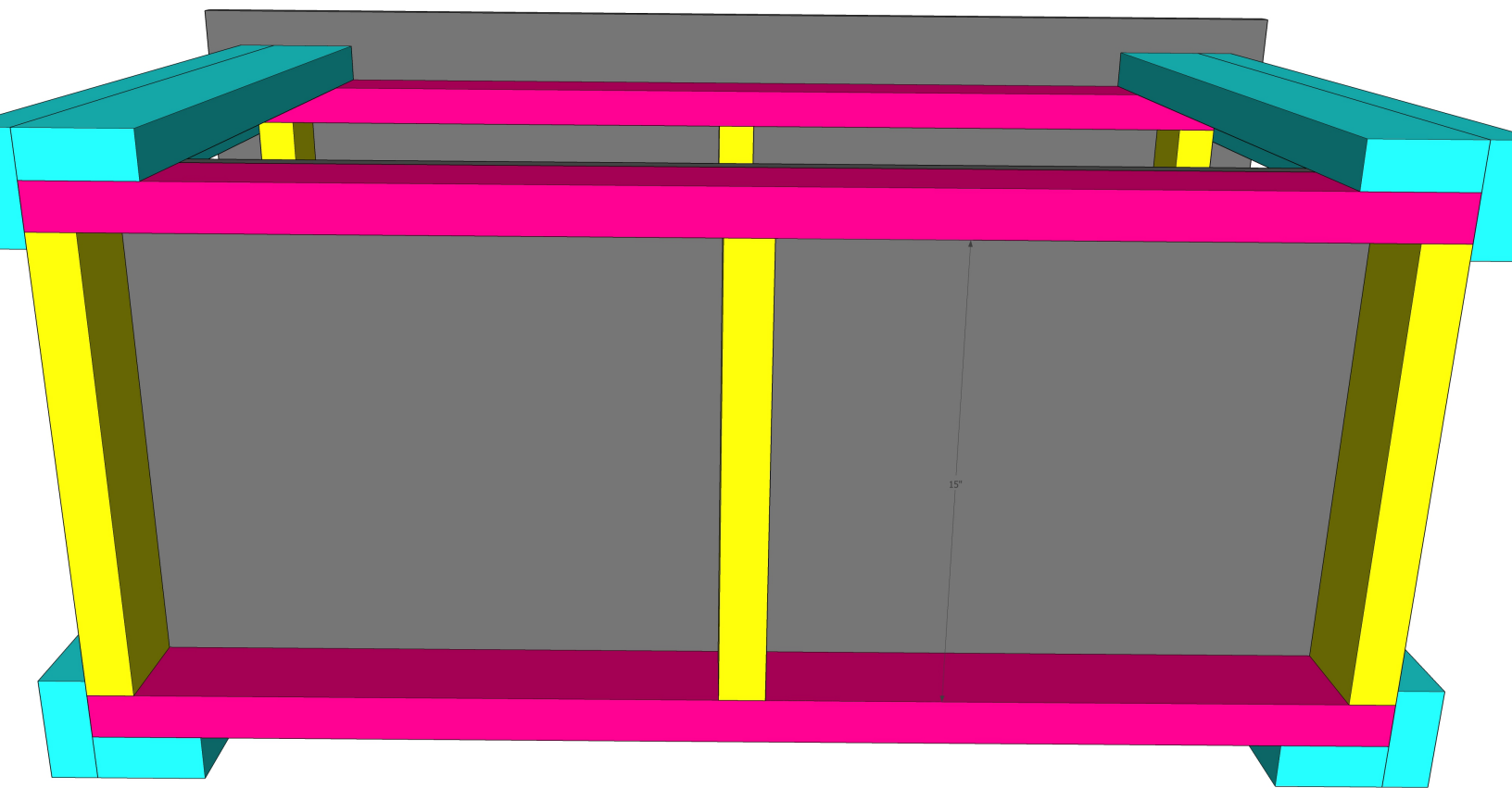
Step 2:

- Cut 2x4's into (4) boards at 42 inches long for the sides of the upper and lower frames.



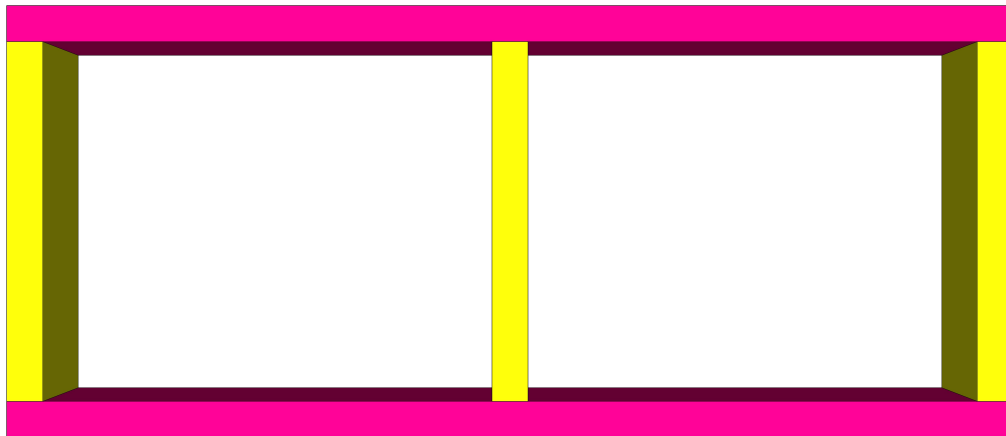
Step 3:

- Cut 2x4's into (6) boards at 15 inches long for the cross members of the upper and lower frames.



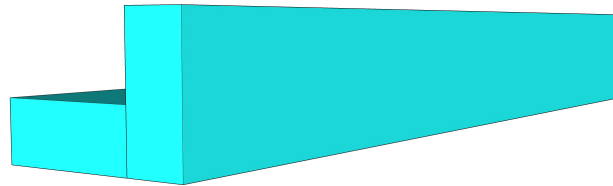
Step 4:

- Build the frames.
- Using a speed square to ensure the pieces stay 90 degrees to one another attach the 15 inch cross member to the end of the 42 inch side driving in two 2 1/2 inch screws through the 42 inch side into the cross member.
- Attach another 15 inch cross member to the opposite end of the 42 inch side board again ensuring it stays square as you drive in the screws.
- Attach another 42 inch side board to the opposite ends of the cross members. You should not have a box shape where the long sides cover the ends of the short sides.
- Measure in 21 inches and attach another 15 inch cross member to the middle of the frame driving in 2 1/2 inch screws on each side.
- Repeat these steps for the second frame that is identical to the first.



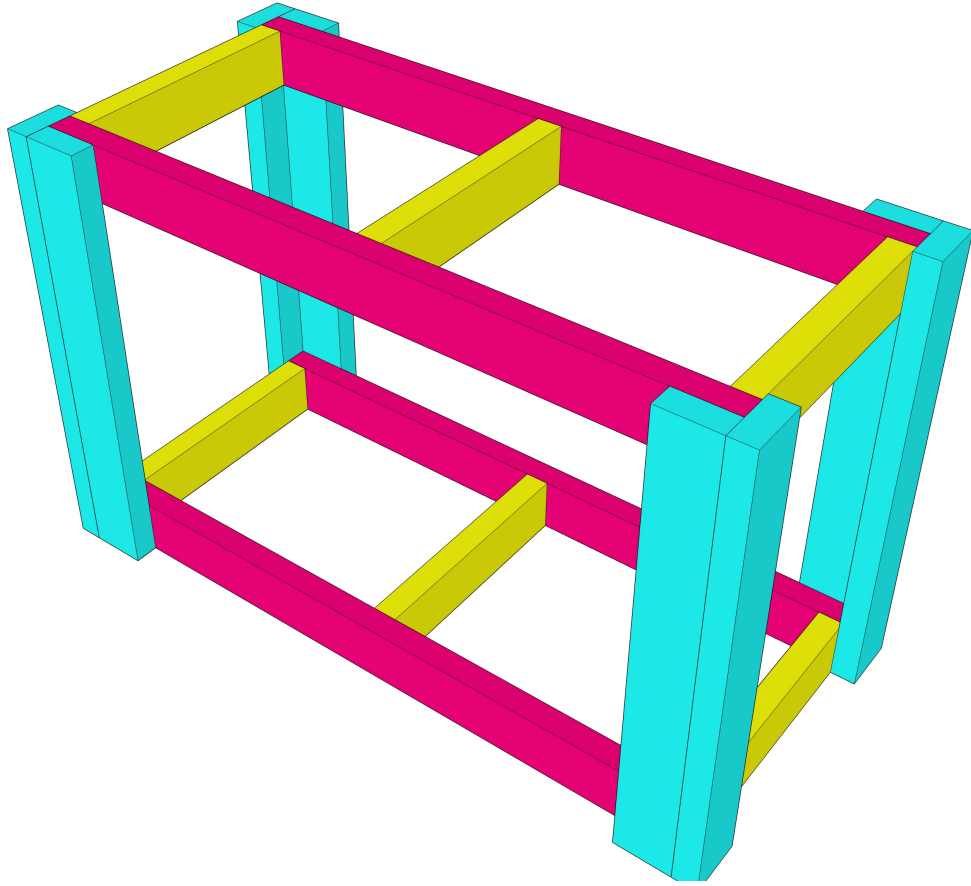
Step 5:

- Build the legs
- Line up the 28 1/4 inch boards parallel to one another so the face of one board is attached to the side of the other in an L shape.
- Drive in (3) 2 1/2 inch screws spaced evenly along this length.



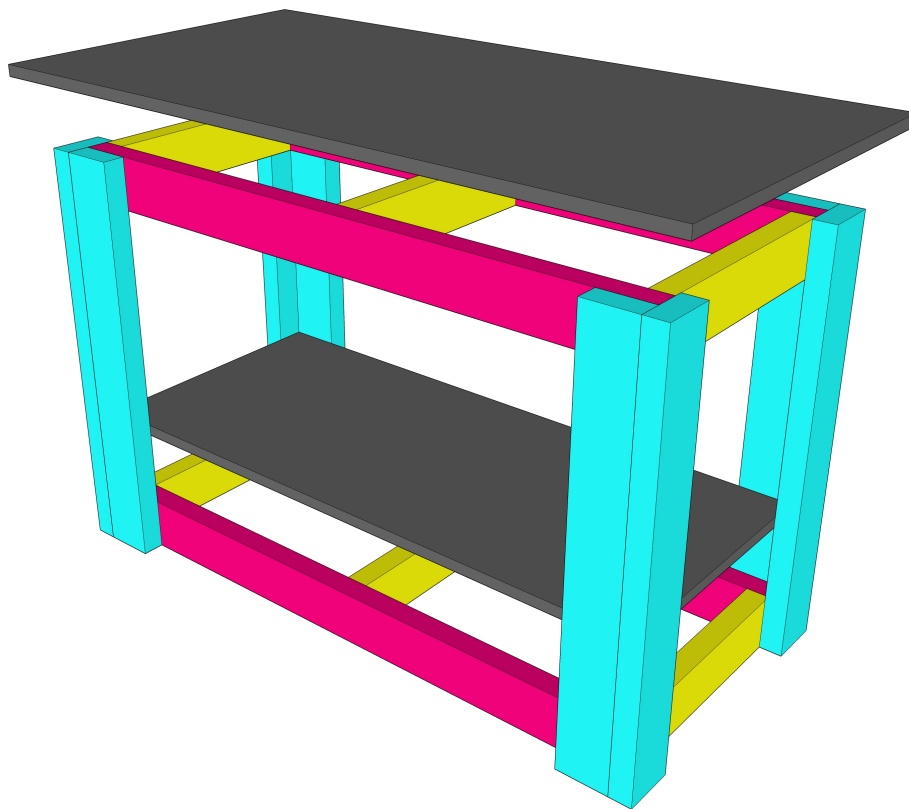
Step 6:

- Assemble
- Lay a MDF project panel on the ground to use as a flat reference surface.
- Lay one of the frames you just constructed on top of the MDF panel.
- With the long sides of the legs on the short ends stand up the legs and braces them around each corner of the workbench.
- Attach the legs to the first frame and attach with (2) 2/12 inch screws on each side of each leg drilling into the frame.
- Remove the frame and (4) leg assembly you just made and lay out the second frame on top of the MDF panel.
- Flip the leg and frame assembly over so the legs slot in around the edges of the second frame.
- Attach with 2 1/2 inch screws of each side of each leg.



Step 7:

- Attach the MDF panels.
- Attach the full size 2'x4' 3/4 inch MDF project panel to the top of the workbench frame with a 1 1/2 inch overhang on all sides with 1 1/4 inch screws drilling down into the frame. (Option to pre-drill these holes for a cleaner finish)
- Using a circular saw cut the 2nd 3/4 inch MDF panel down to 42 inches by 18 inches to fit on the lower shelf. (Its a good idea to measure before you cut in case you lower shelf is a bit off)
- Attach to the frame with 1 1/4 inch screws.



Step 8

- Add Casters and finish
- I used 4 inch double locking casters for my workbench and attached them with 1 inch lag screws.
- I sealed the MDF with Total Boat Halcyon Varnish (optional)

You're all done, and it should have taken you about an hour or less! If you have questions or comments please reach out to: jonnybuildsstuff@gmail.com