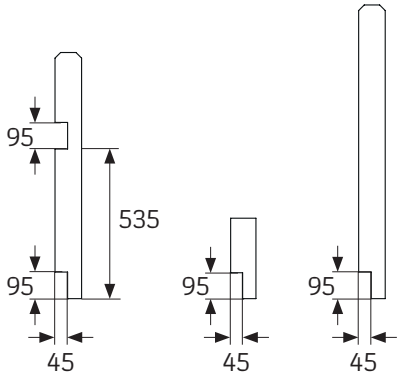
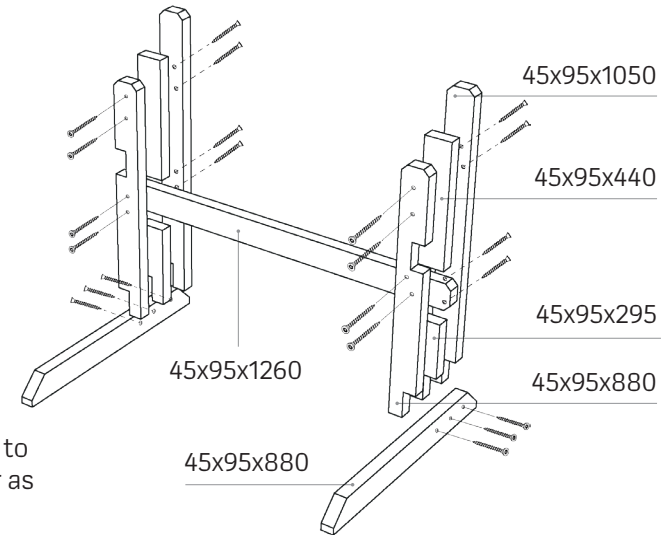
BUILD YOUR OWN
BENCH PRESS

A fun and simple construction project that results in a bench press for the home gym.

Construction description:

The dimensions are shown in [mm]. All boards that are beveled are 20mm, except for the barbell rack feet which are 70mm.
All measurements are approximate, they can be adjusted to your liking and needs.





1. Start by sawing the boards for the barbell rack and sawing the recesses on the standing posts according to the measurements above. Then screw them together as shown.

Cutting list step 1:
Feet: 45x95x880 (2 pcs)
Center joist: 45x95x1260 (1 pc)
Post 1: 45x95x880 (2 pcs)
Post 2A: 45x95x295 (2 pcs)
Post 2B: 45x95x440 (2 pcs)
Post 3: 45x95x1050 (2 pcs)

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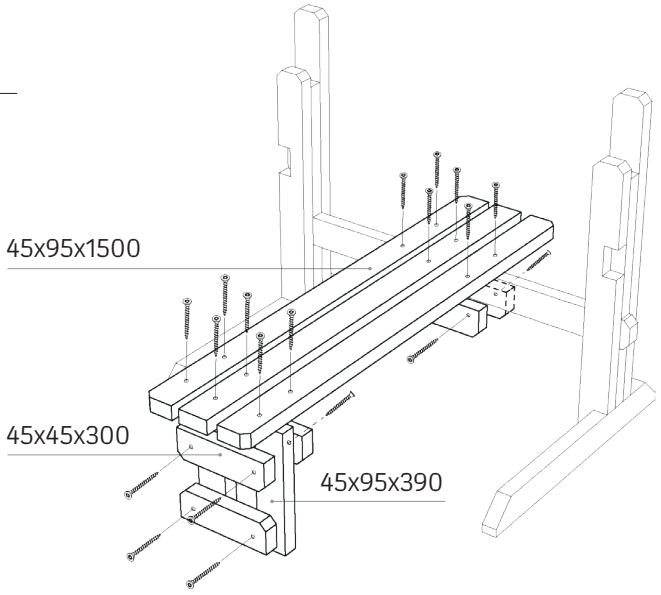
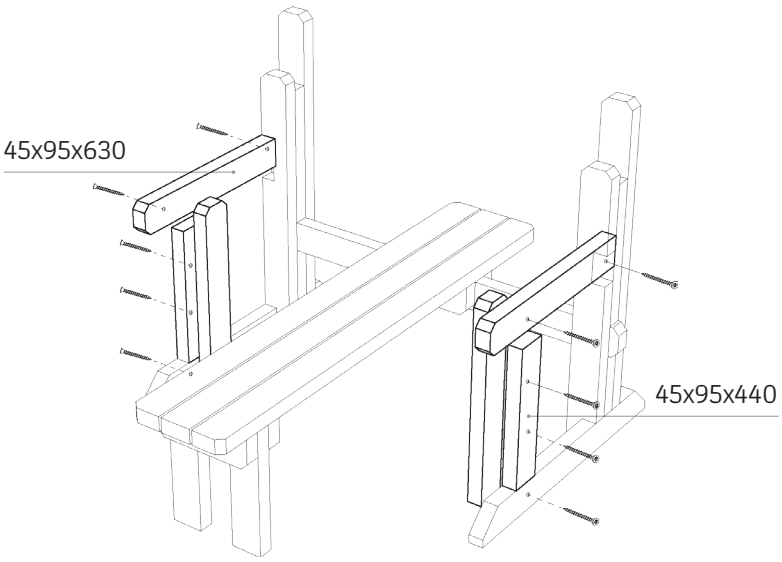
2. Saw the boards for the back rest and legs. Screw them together and attach them to the center rail of the barbell rack.

Cutting list step 2:
Back rest: 45x95x1500 (3 pcs)
Legs: 45x95x390 (2 pcs)
Brackets: 45x45x300 (5 pcs)

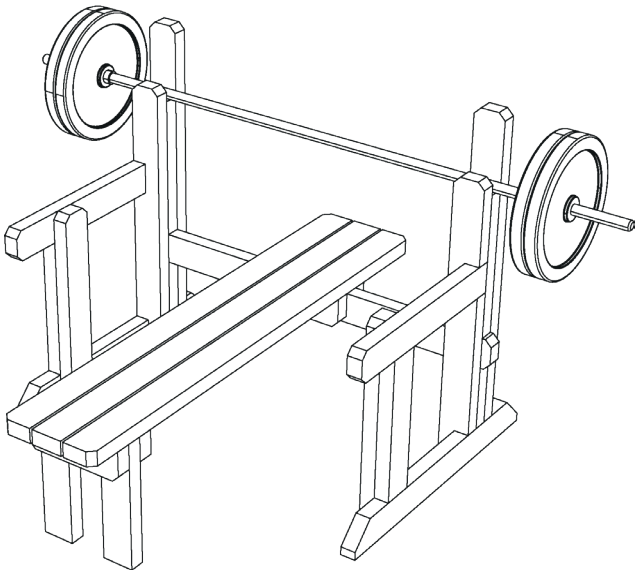


3. Screw the side pieces with the barbell rack.

Cutting List part 3:
Side pieces: 45x95x630 (4 pcs)
Joists: 45x95x440 (2 pcs)



4. Now you are ready to start lifting!



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