

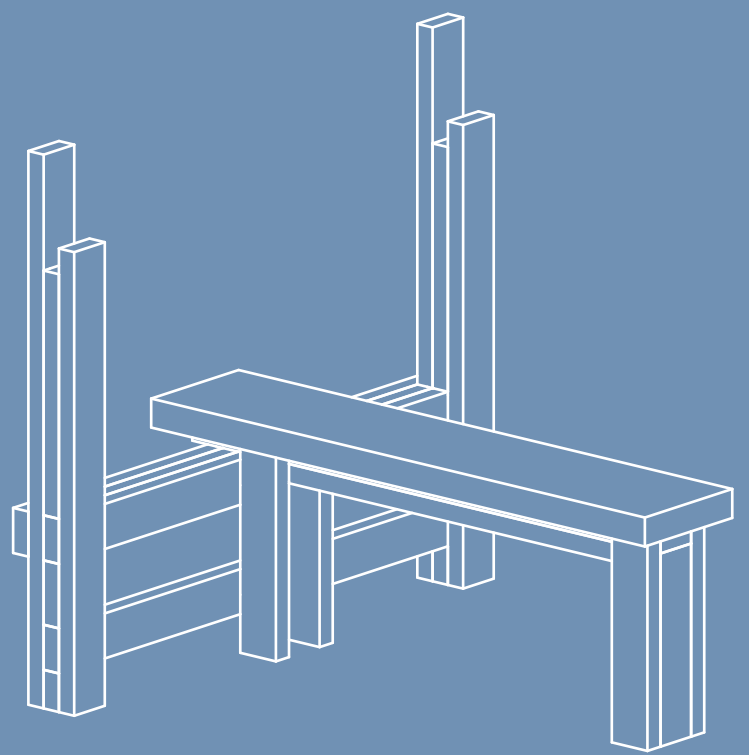


HOMEMADE MODERN

DIY WEIGHT BENCH

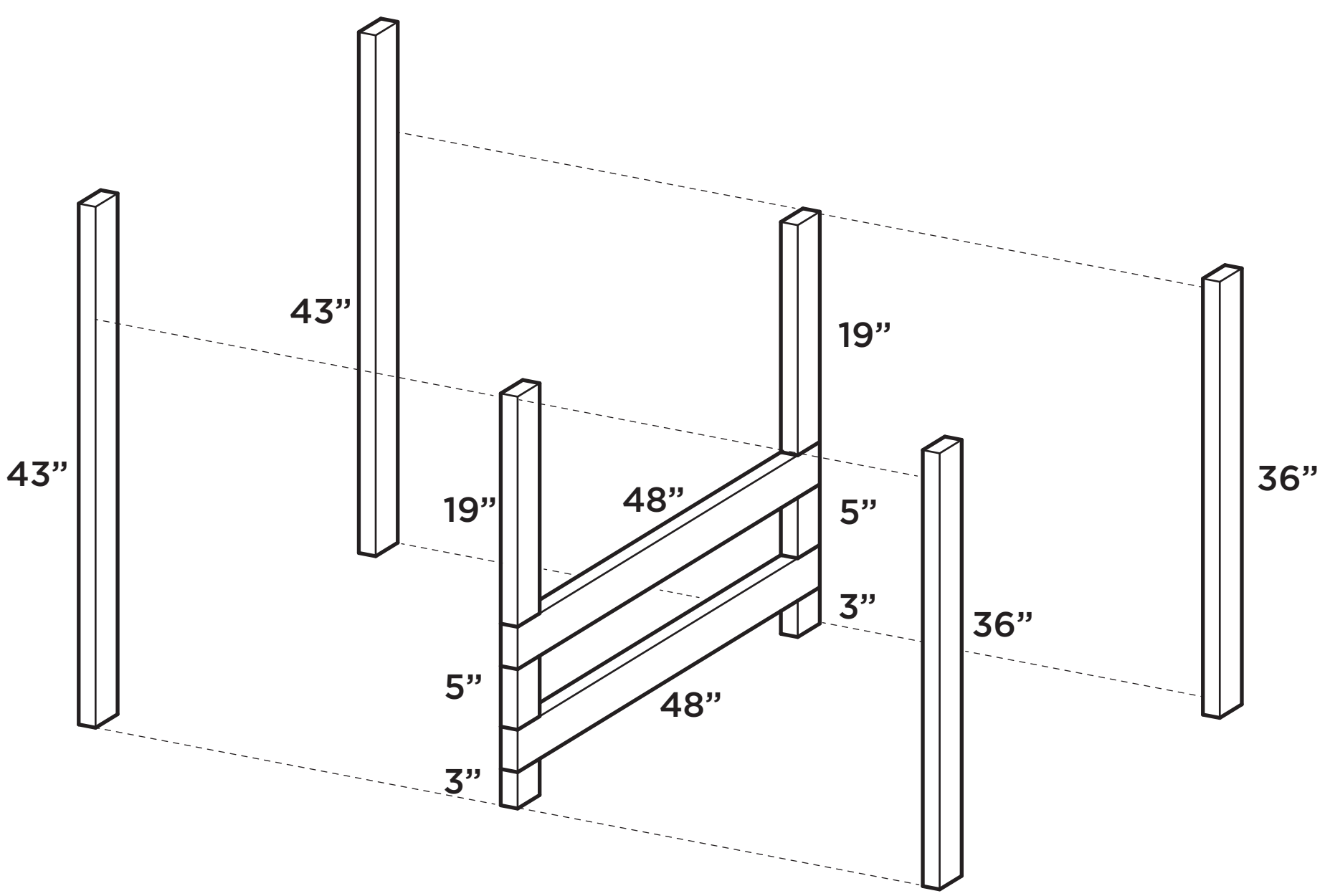
By Ben Uyeda of HomeMade-Modern.com

A weight bench for bench pressing made out of 2x4s. Go to the HomeMade Modern YouTube channel to watch Ben make this bench!



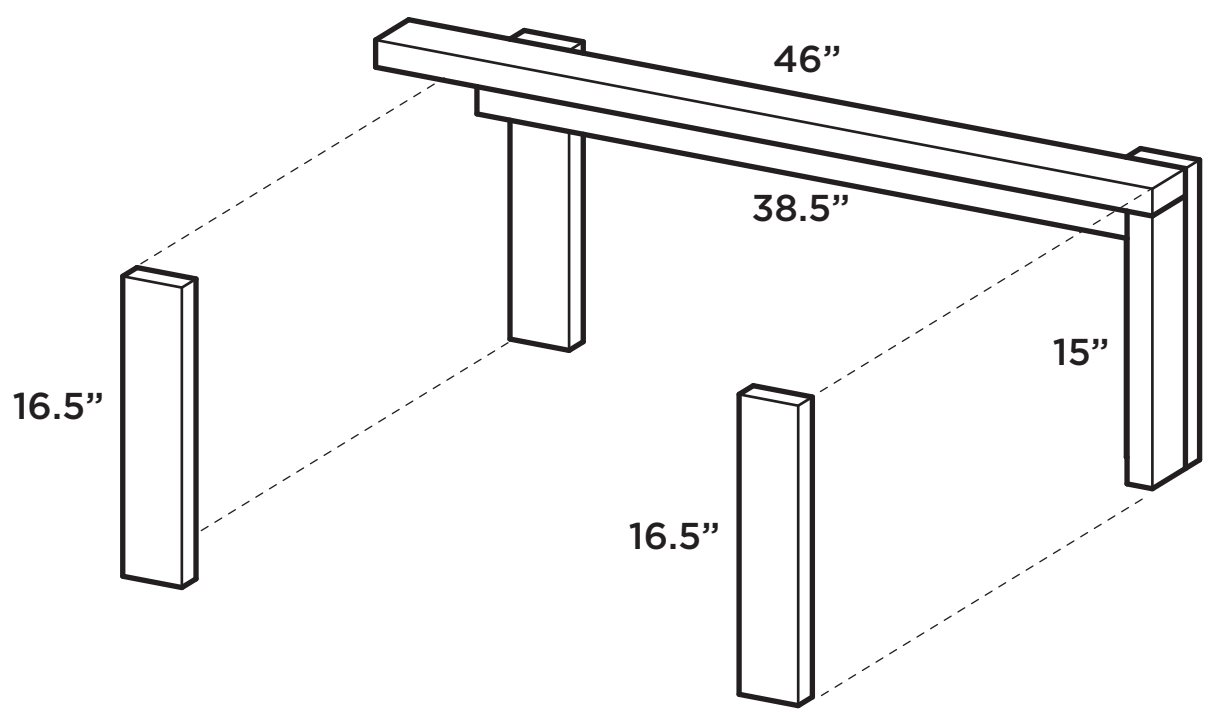
ASSEMBLE THE BAR RACK

The rack that holds the bar is made out of 2x4s glued and screwed together.



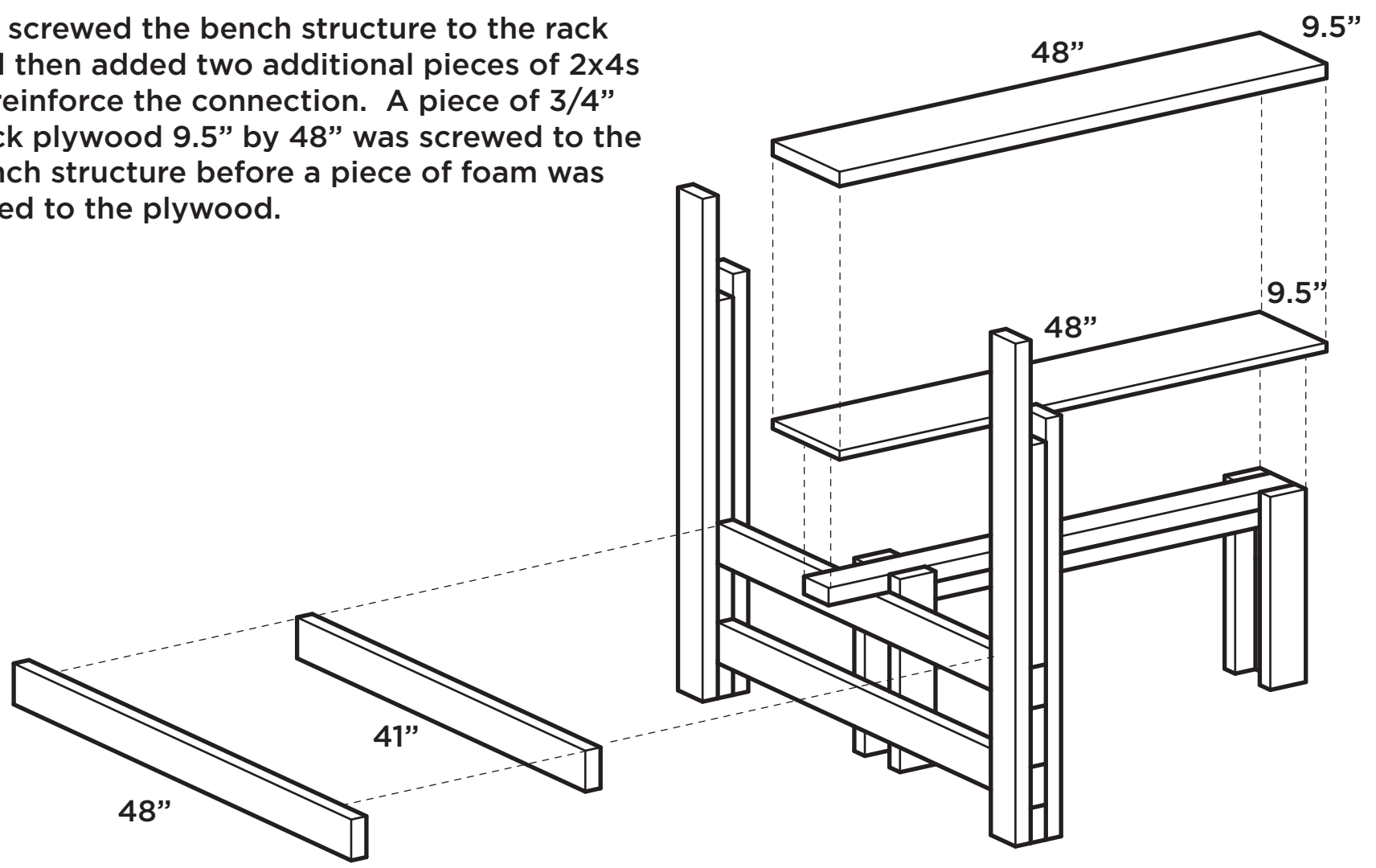
ASSEMBLE THE BENCH

The structure for the bench is made out of 2x4s glued and screwed together.



REINFORCE AND ADD FOAM

We screwed the bench structure to the rack and then added two additional pieces of 2x4s to reinforce the connection. A piece of 3/4" thick plywood 9.5" by 48" was screwed to the bench structure before a piece of foam was glued to the plywood.



PAINT AND COVER

We painted the wood with an exterior grade paint and covered the foam with some marine grade fabric. The fabric was stapled to the underside of the piece of plywood.

