

HART™



Fitness Equipment Shelf

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PROJECT PLAN

Finished Dimensions: 23" L x 10" W x 33" H

Skill Level: Beginner

Materials

Item	Qty
1" x 2" x 4' Board*	4
1" x 10" x 8' Board*	2
Sandpaper: 120g	1 sheet
1-5/8" Screws	30
Wood Glue (optional)	1 bottle

* Board dimensions are "nominal." Actual dimensions are smaller due to lumber industry standards. Cuts are actual length.



Grit is measured in the coarseness of the particles on the sandpaper. The lower the grit number, the coarser the paper. Heavy sanding would require 60 to 80 grit, medium sanding would require 120 to 220 grit, and finish sanding would require 320 to 400 grit. Super fine sanding would be 600 grit and higher.



A select/premium board or plywood comes with a smoother surface finish. It is clear or has very few tight knots, and it will have straight and sharp edges. This grade of wood pairs well with other boards or panels better and requires less time to sand and finish.

Tools Used



20V Drill/Driver



20V Impact Driver



20V Circular Saw



Tape Measure



20V 4.0Ah Battery



20V Fast Charger



Work Table & Clamps



Safety Glasses



Carpenter's Pencil



Battery Tip: A 4.0Ah battery is recommended to be paired with high amp draw tools for maximum efficiency.

Lumber Cut List

Board*	Description	Cut To	Qty
1" x 2" x 4' Board*	Front & Back Shelf Stretchers	21"	6
1" x 10" x 8' Board*	Shelves	21"	3
1" x 10" x 8' Board*	Sides	33"	2

* Board dimensions are "nominal." Actual dimensions are smaller due to lumber industry standards. Cuts are actual length.

Assembly Instructions

Step 1

Measure, mark, and cut all necessary pieces following the Lumber Cut List.

Step 2

Assemble the front and back stretchers to all 3 shelves. Make sure there is a 1/4" lip on the front of each shelf; this is so your dumbbells will stay in place.

Step 3

Screw all three shelves in between the two side walls.

There needs to be an 8-in gap in between each shelf, and each shelf should be angled at 25-degrees

Step 4

Sand all of your surfaces, then paint the shelf your desired color (or leave it natural).
