

DIY Home Gym Workout Tower Build Guide: Build the Ultimate Budget Home Gym Pull



DIY Home Gym Workout Tower Build Guide | Build The Ultimate Budget Home Gym Pull Up/Dip Bar by C C Rose

★★★★★ 5 out of 5

Language : English

File size : 6880 KB

Screen Reader : Supported

Print length : 15 pages

Lending : Enabled



Are you ready to take your fitness journey to the next level with a home gym? Building a DIY home gym workout tower is a great way to create a functional and affordable workout space. This step-by-step guide will provide you with detailed instructions to build your own workout tower.

Materials

- 2x4 lumber (8ft and 10ft lengths)
- 3/4-inch plywood (4ft x 8ft sheet)
- 1/2-inch plywood (4ft x 8ft sheet)
- 1-inch carriage bolts (4in and 6in lengths)
- Washers
- Nuts

- Wood screws (1in, 2in, and 3in lengths)
- Sandpaper
- Paint or stain (optional)

Tools

- Circular saw
- Drill
- Impact driver
- Socket wrench
- Clamps
- Measuring tape
- Level
- Safety glasses

Instructions

Step 1: Cut the base

Start by cutting the 2x4 lumber for the base of the tower. You will need four 8ft lengths and four 10ft lengths. Cut the 8ft lengths in half to create eight 4ft pieces. Then, cut the 10ft lengths into two 5ft pieces and two 4ft pieces.



Cutting the base of the workout tower with circular saw

Step 2: Assemble the base

Assemble the base of the tower by screwing the 4ft 2x4s together to form a rectangle. Use 3in wood screws for this step.



Assembling the base of the workout tower

Step 3: Cut the uprights

Cut the 2x4 lumber for the uprights of the tower. You will need four 8ft lengths and four 10ft lengths.



Cutting the uprights of the workout tower

Step 4: Assemble the uprights

Assemble the uprights of the tower by screwing the 8ft 2x4s together to form two rectangles. Use 3in wood screws for this step.



Assembling the uprights of the workout tower

Step 5: Attach the uprights to the base

Attach the uprights to the base of the tower using 4in carriage bolts. Use washers and nuts to secure the bolts. Make sure to level the uprights before tightening the bolts.



Attaching the uprights to the base of the workout tower

Step 6: Cut the pull-up bar

Cut the 2x4 lumber for the pull-up bar. You will need one 10ft length and one 8ft length.



Cutting the pull-up bar for the workout tower

Step 7: Assemble the pull-up bar

Assemble the pull-up bar by screwing the 10ft and 8ft 2x4s together to form a rectangle. Use 3in wood screws for this step.



Assembling the pull-up bar for the workout tower

Step 8: Attach the pull-up bar to the uprights

Attach the pull-up bar to the uprights of the tower using 6in carriage bolts. Use washers and nuts to secure the bolts. Make sure to level the pull-up bar before tightening the bolts.



Attaching the pull-up bar to the uprights of the workout tower

Step 9: Cut the plywood for the platform

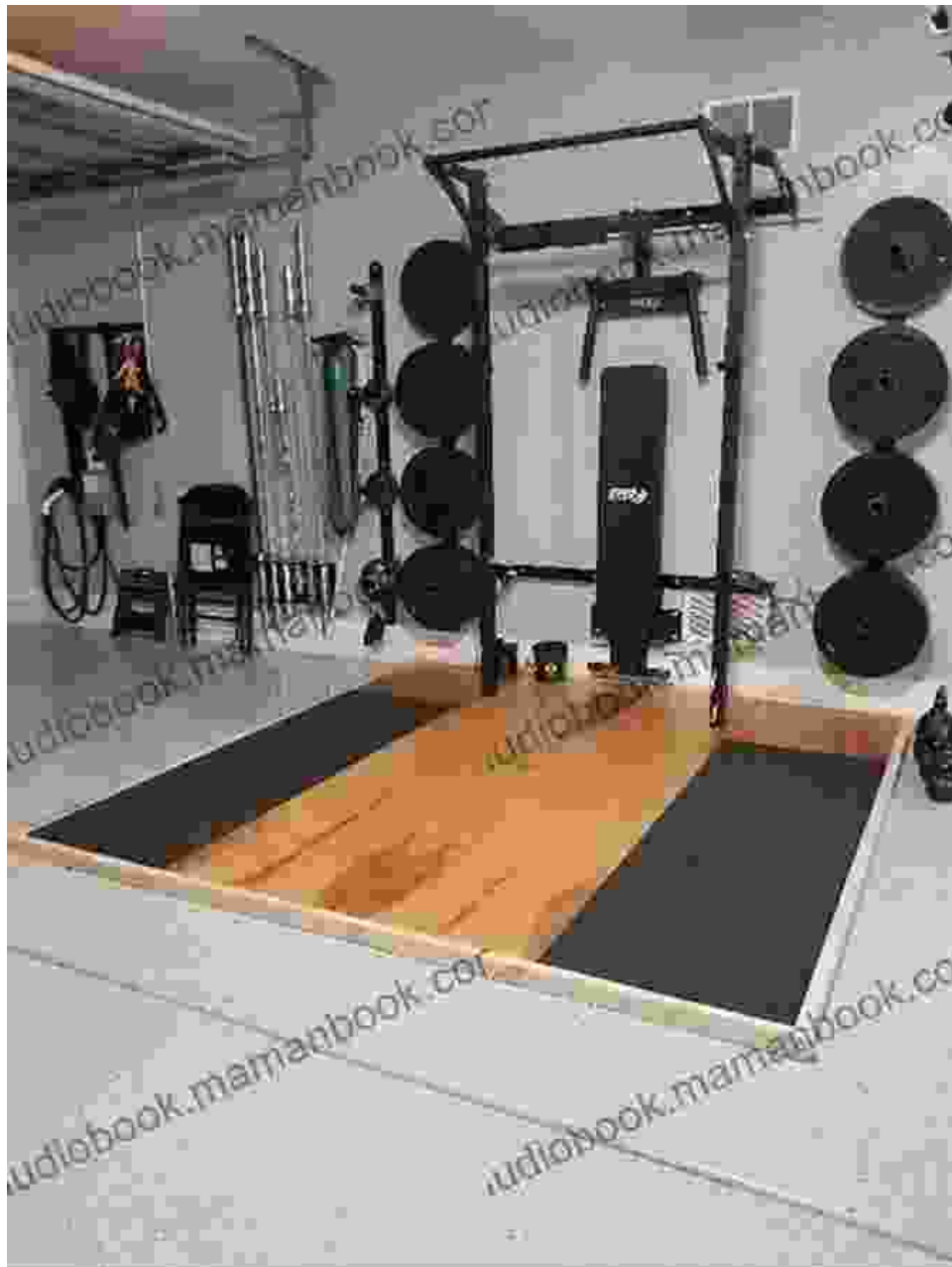
Cut the 3/4-inch plywood for the platform of the tower. You will need two pieces that are 4ft x 8ft.



Cutting the plywood for the platform of the workout tower

Step 10: Attach the plywood to the platform

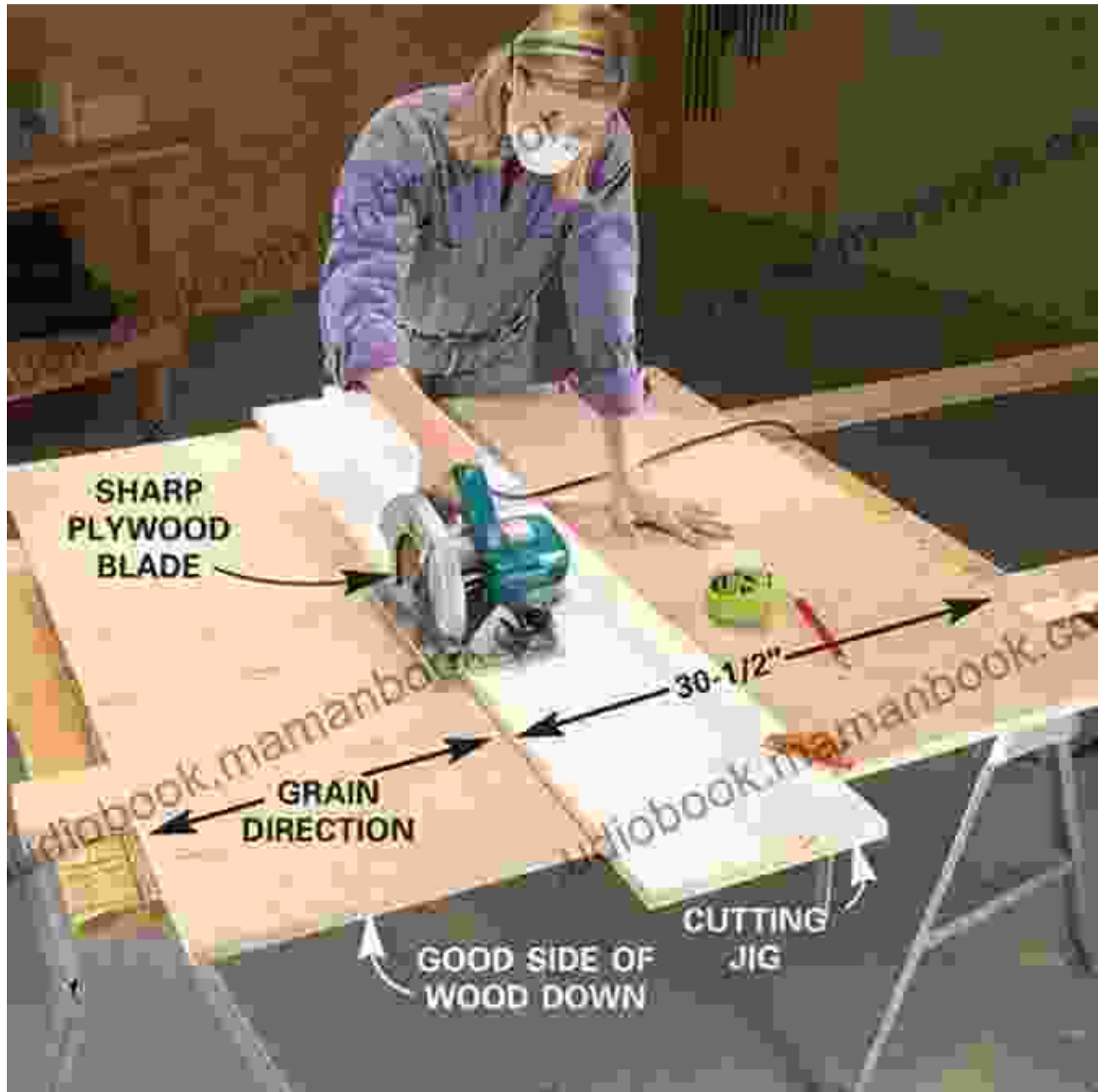
Attach the plywood to the platform of the tower using 1in wood screws. Make sure to countersink the screws so that they are flush with the surface of the plywood.



Attaching the plywood to the platform of the workout tower

Step 11: Cut the plywood for the sides

Cut the 1/2-inch plywood for the sides of the tower. You will need two pieces that are 4ft x 8ft.



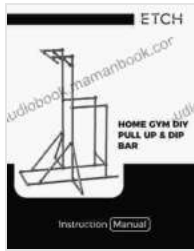
Cutting the plywood for the sides of the workout tower

Step 12: Attach the plywood to the sides

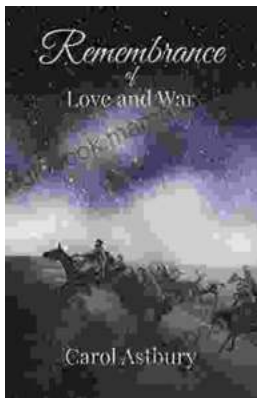
Attach the plywood to the sides of the tower

DIY Home Gym Workout Tower Build Guide | Build The Ultimate Budget Home Gym Pull Up/Dip Bar by C C Rose

★★★★★ 5 out of 5

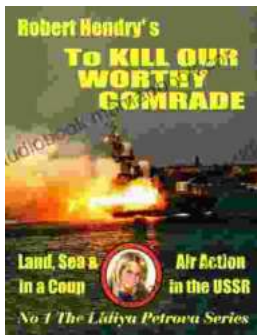


Language : English
File size : 6880 KB
Screen Reader: Supported
Print length : 15 pages
Lending : Enabled



Remembrance of Love and War: A Timeless Tale of Loss, Love, and the Search for Meaning

Erich Maria Remarque's *Remembrance of Love and War* is a poignant and thought-provoking novel that explores the themes of love, loss, and the search for...



To Kill Our Worthy Comrade: The Intriguing Lidiya Petrova Papers

In a labyrinth of secrets and deception, history whispers through the pages of time, revealing the chilling truth behind the assassination of...