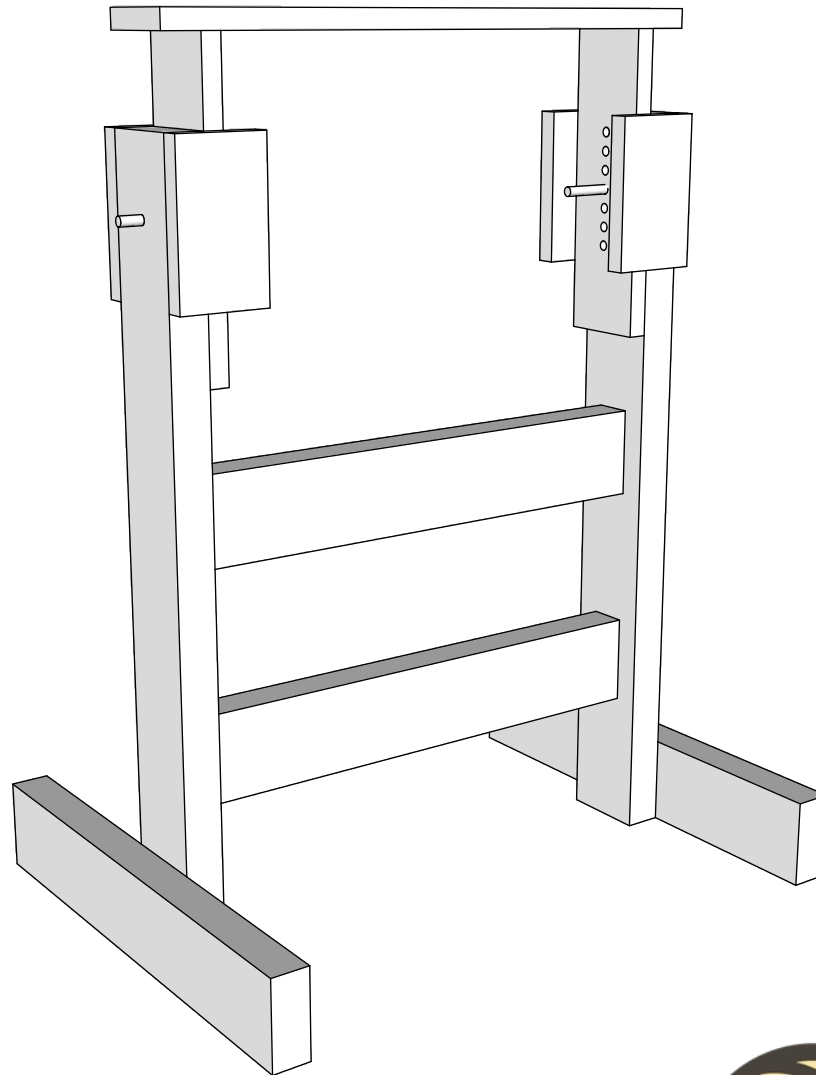


# Adjustable Height Work Stand



Design: Marc Spagnuolo  
Plans: Marc Spagnuolo & Brian Benham  
Version #1

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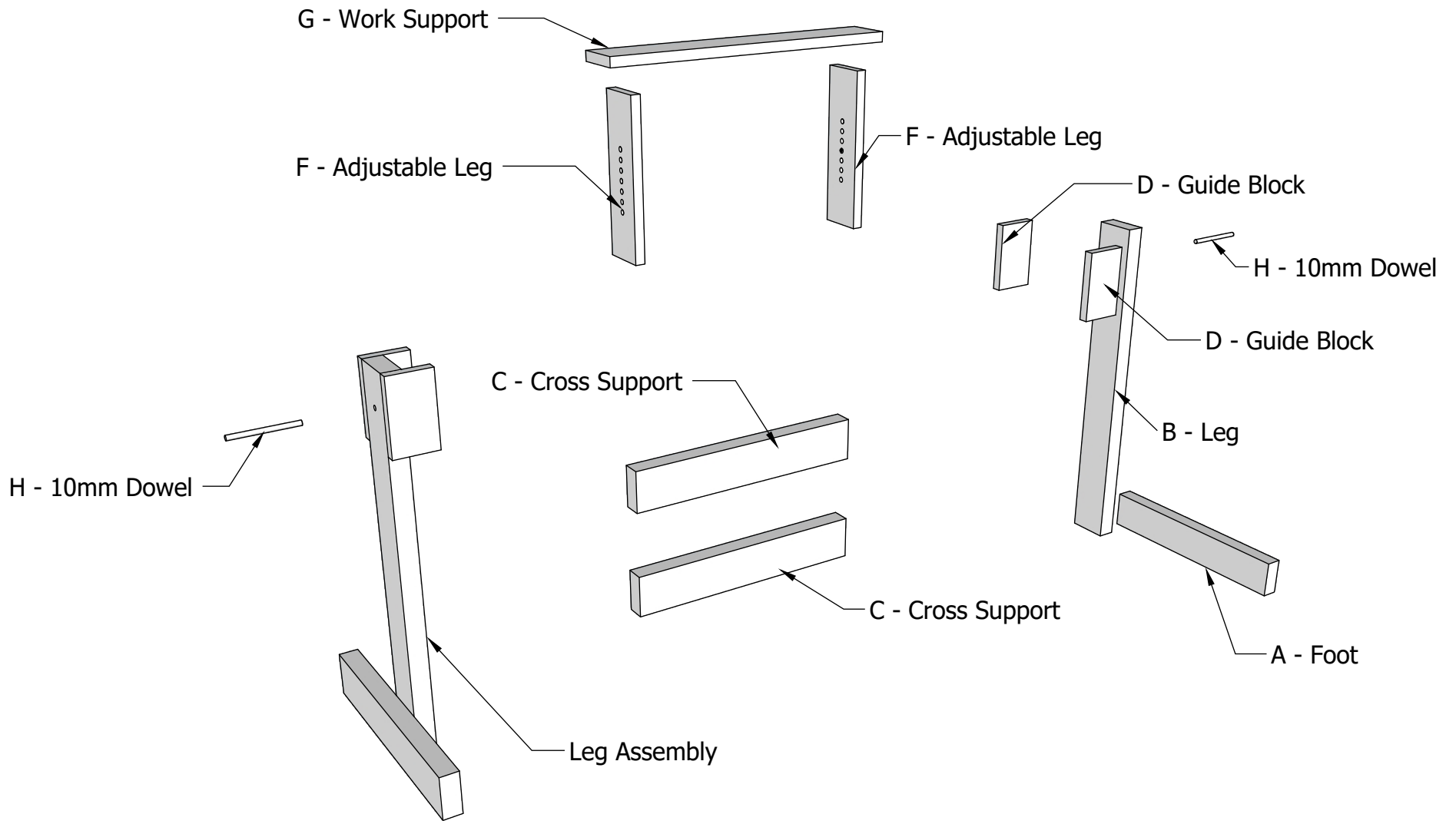
# Cut List

Designation	Quantity	Material	Width	Length	Thickness
A - Foot	2	2"x4"x8' Construction Lumber	89mm	508mm	38mm
B - Leg	2	2"x4"x8' Construction Lumber	89mm	762mm	38mm
C - Cross Support	2	2"x4"x8' Construction Lumber	89mm	508mm	38mm
D - Guide Block	4	1"x4"x8' Construction Lumber	89mm	152mm	19mm
F - Adjustable Leg	2	1"x4"x8' Construction Lumber	89mm	205mm	19mm
G - Work Support	1	1"x4"x8' Construction Lumber	89mm	584mm	19mm
H - 10mm Dowel	2	10mm DIA Dowel	10mm DIA	127mm	n/a

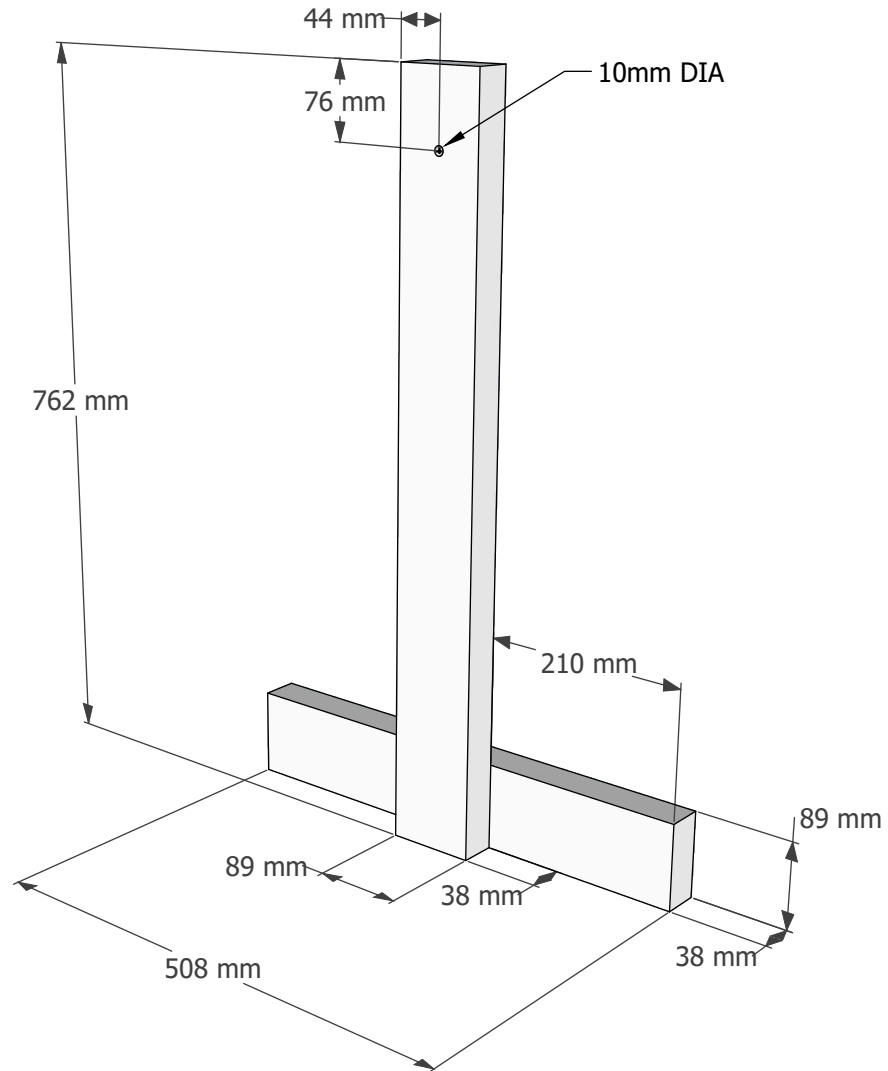
# Materials List

- 2 Each - 2"x4"x8' Construction Lumber
- 1 Each - 1"x4"x8' Construction Lumber
- 1 Each - 10mm DIA Dowel (minimum 305mm length)
- Assorted screws
- wood glue

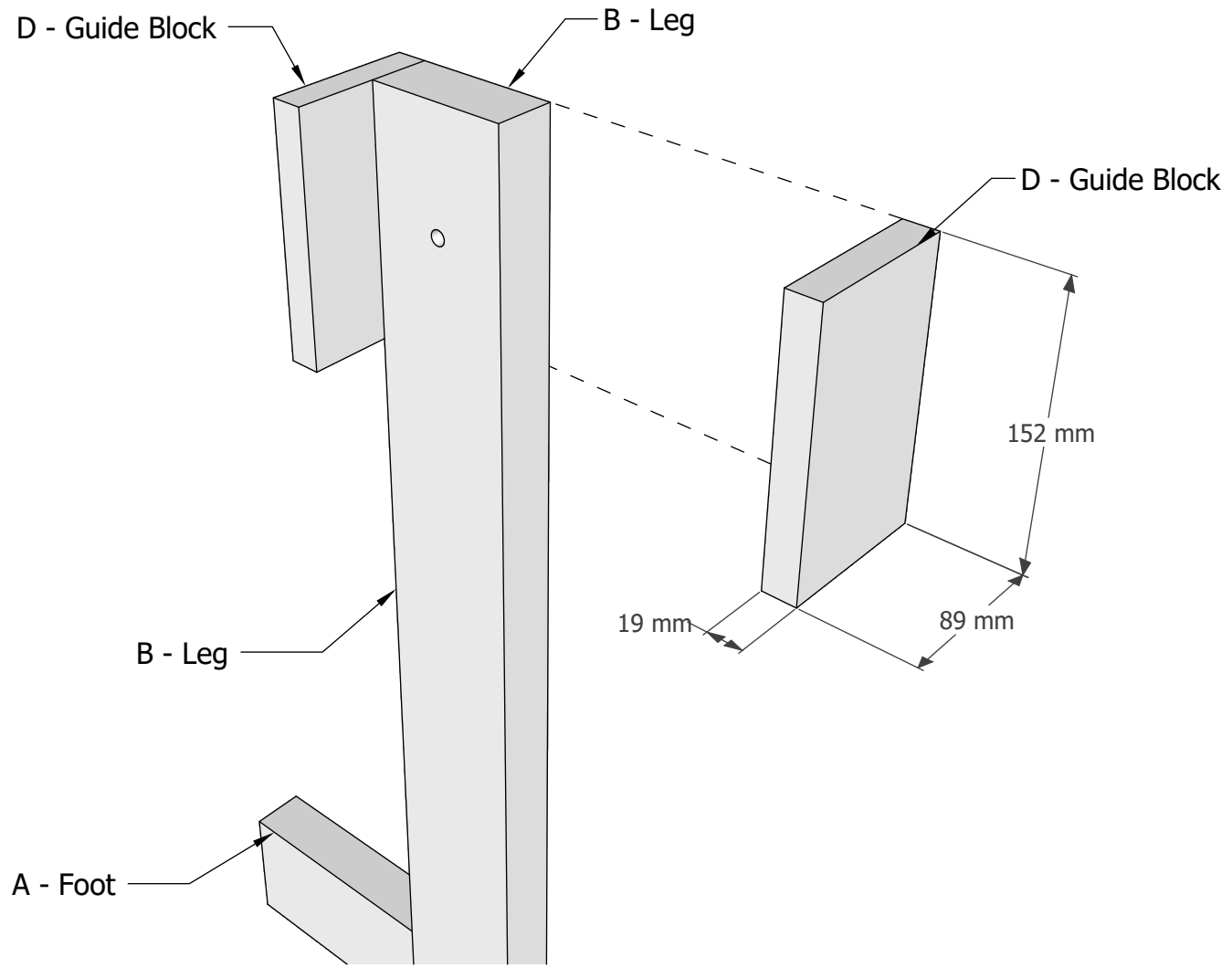
# Exploded View



# Leg Assembly



# Guide Assembly



# Work Suppot Assembly

