HOW TO BUILD ANYTHING

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Workbench Planner

Design Your Own Workbench

Sample Download ▶

Workbench Height **Go**

TOP

UPPER STRETCHER

CENTER RAIL

LEG

LOWER SHELF

LOWER STRETCHER

SIDE RAIL

EZ Corner Clip

THE EZ WAY TO BUILD
BOXES & CABINETS

VIDEO

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CHOOSE A WORKBENCH HEIGHT

Unfortunately there is no one answer to what height a workbench should be. However, you can find the ideal height for you by considering how tall you are and the type of work you'll be doing.
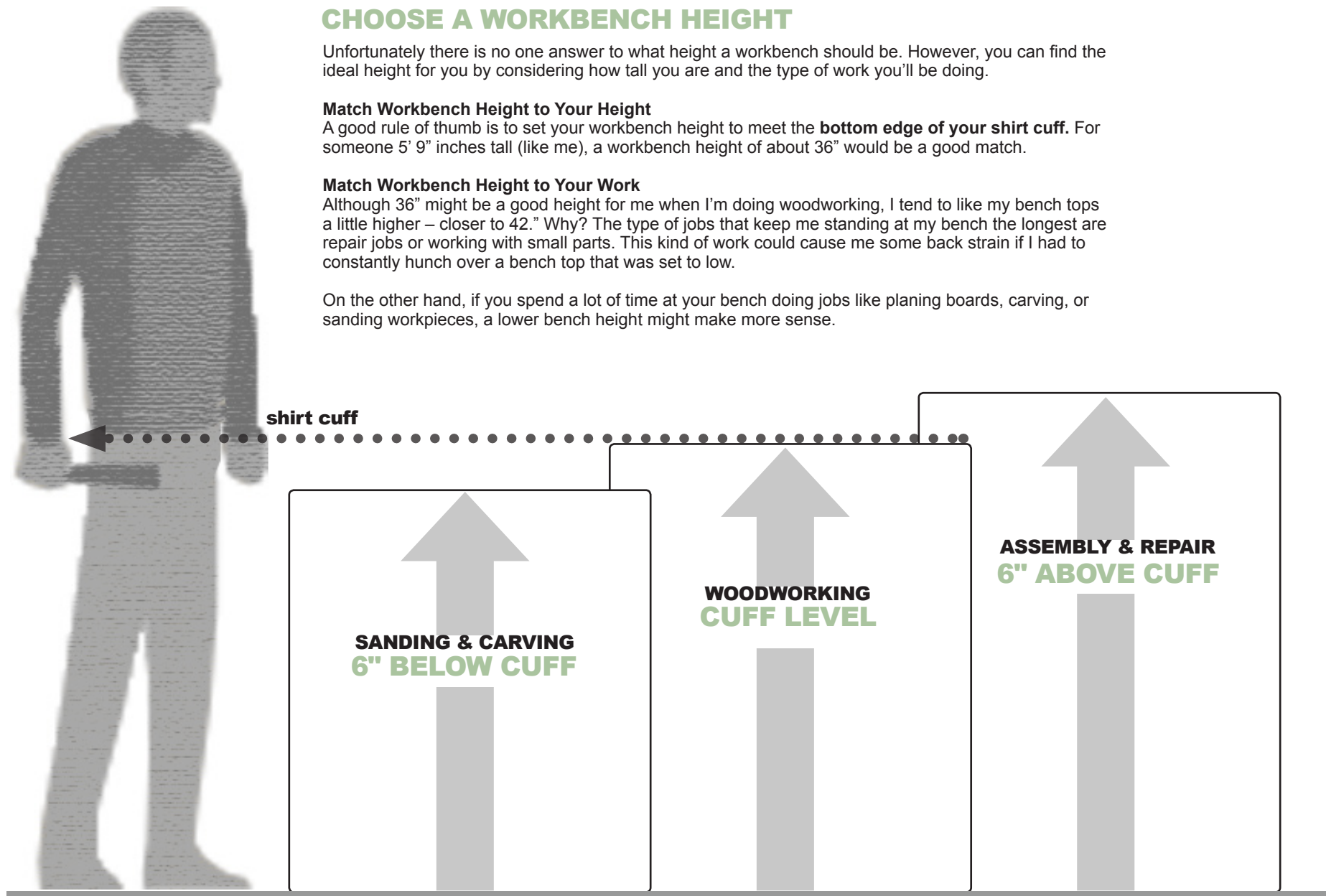
Match Workbench Height to Your Height
A good rule of thumb is to set your workbench height to meet the **bottom edge of your shirt cuff.** For someone 5' 9" inches tall (like me), a workbench height of about 36" would be a good match.
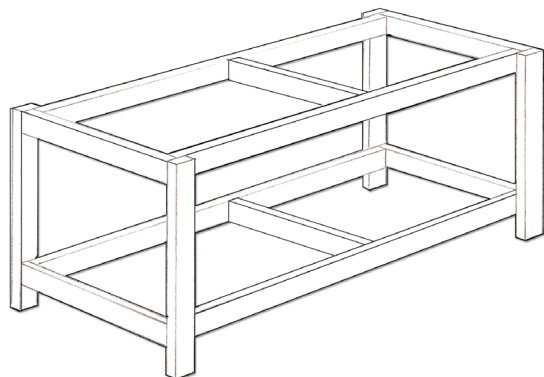
Match Workbench Height to Your Work
Although 36" might be a good height for me when I'm doing woodworking, I tend to like my bench tops a little higher – closer to 42." Why? The type of jobs that keep me standing at my bench the longest are repair jobs or working with small parts. This kind of work could cause me some back strain if I had to constantly hunch over a bench top that was set to low.

On the other hand, if you spend a lot of time at your bench doing jobs like planing boards, carving, or sanding workpieces, a lower bench height might make more sense.
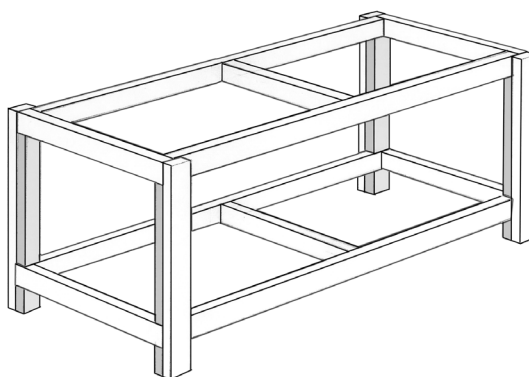
shirt cuff

ASSEMBLY & REPAIR
6" ABOVE CUFF

WOODWORKING
CUFF LEVEL

SANDING & CARVING
6" BELOW CUFF

CHOOSE WORKBENCH JOINERY

BASIC BENCH
A common 2x4 has enough bulk and strength in itself that we can build a decent workbench simply by attaching boards together at four corners...
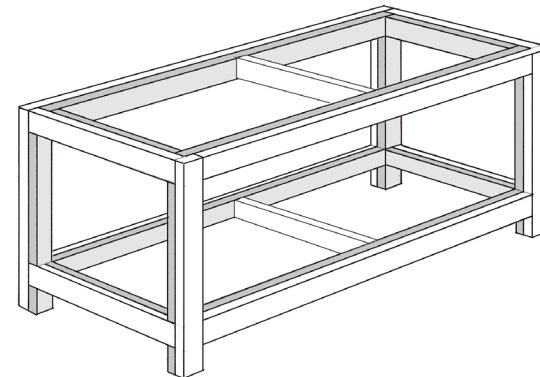
BUILD THIS BENCH

DOUBLE-LEG BENCH
One of the easiest ways to boost the strength of a workbench frame is to double the width of the legs. We can do this by simply bonding a pair of 2x4s...

BUILD THIS BENCH

MONSTER BENCH
Doubling up 2x4s on the legs, stretchers, and rails will give you the strongest workbench you'll likely ever build. It will also be one of the heaviest pieces...

BUILD THIS BENCH