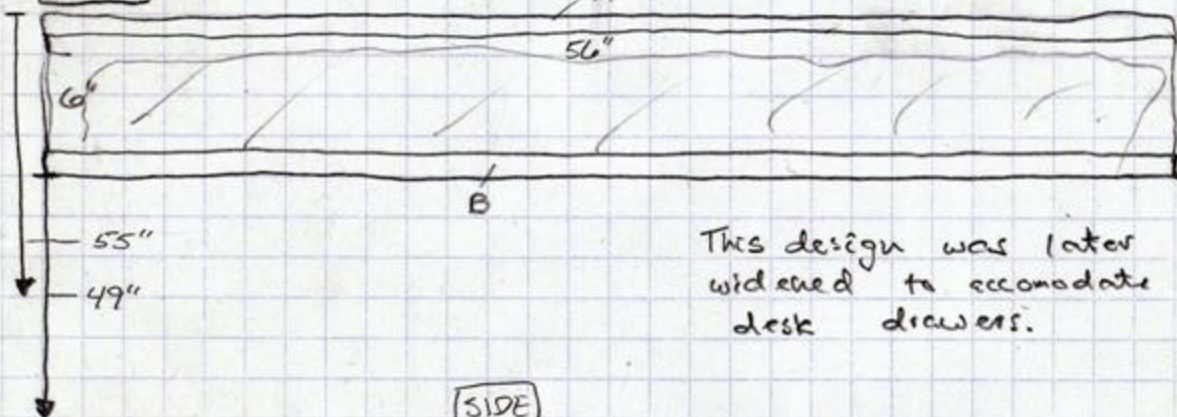


Front



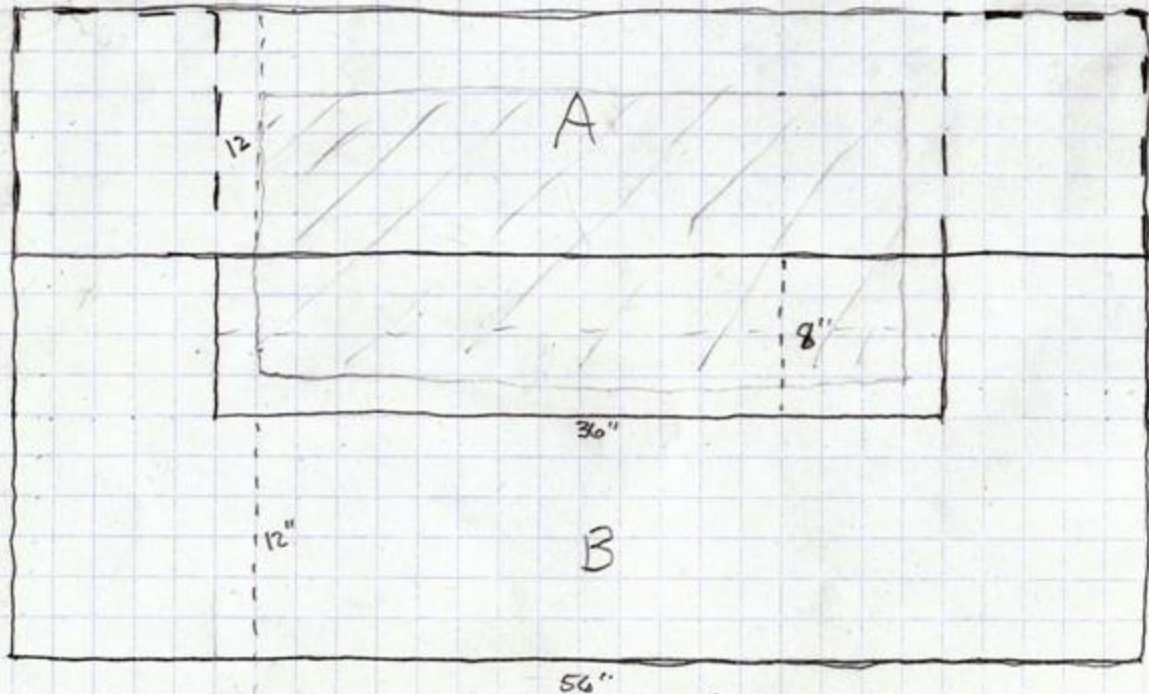
(original)

This design was later widened to accommodate desk drawers.

SIDE

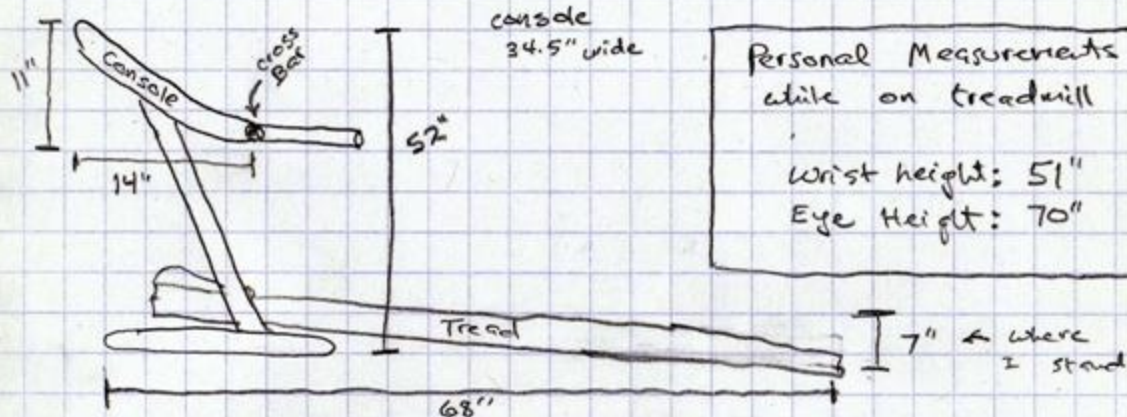


TOP



### Treadmill Measurements

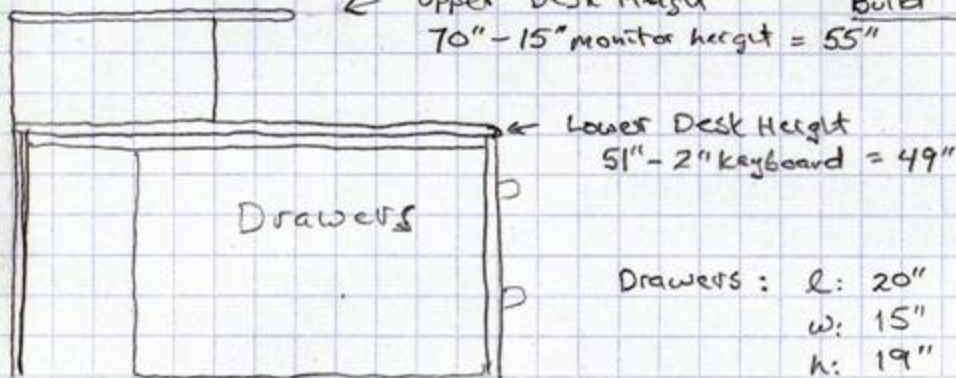
(Pro-Form i-series 660 crosstrainer)



Personal Measurements while on treadmill  
 Wrist height: 51"  
 Eye Height: 70"

← Upper Desk Height  
 70" - 15" monitor height = 55"

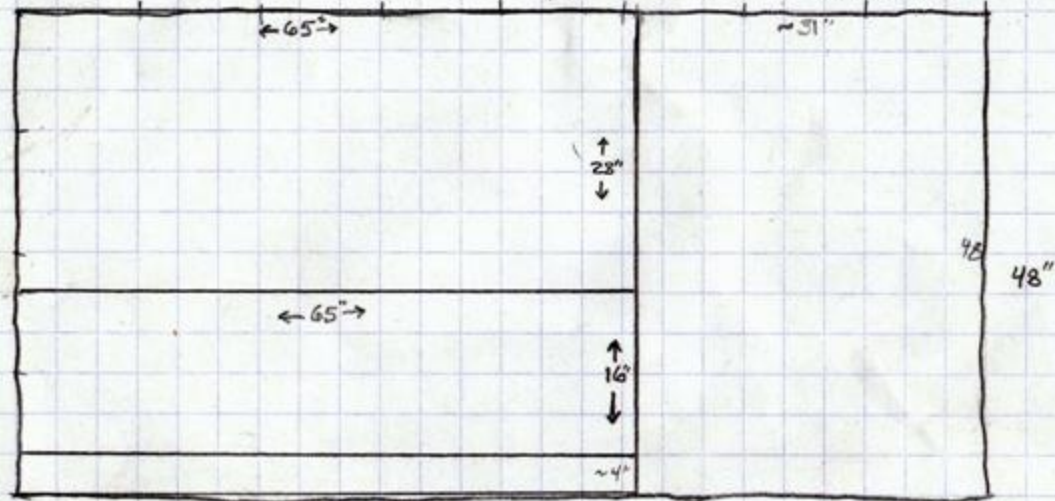
Build Notes



Lower Desk Height  
 51" - 2" keyboard = 49"

Drawers: L: 20"  
 W: 15"  
 H: 19"

Use 3/4" Birch ply for desk top  
 Use 1x2" and 1x3" pine for legs and supports



- 1 sheet (48" x 96") 3/4" Hardwood Ply - See cut above
- yield from plywood
  - 1 65" x 28" } TOP
  - 1 65" x 16" } TOP
  - 1 65" x ~4" (kerf) - Frame
- 4 12" x 8" } adjustable "Box"
- 1 18" x 8" } "Box"
- 1 11" x 8" } "Box"

2 (96") | Good | 2" x 4" | Better | 1" x 3" | Best | 1 1/2" x 3" or 4"

to yield 4 - 48" lengths for legs

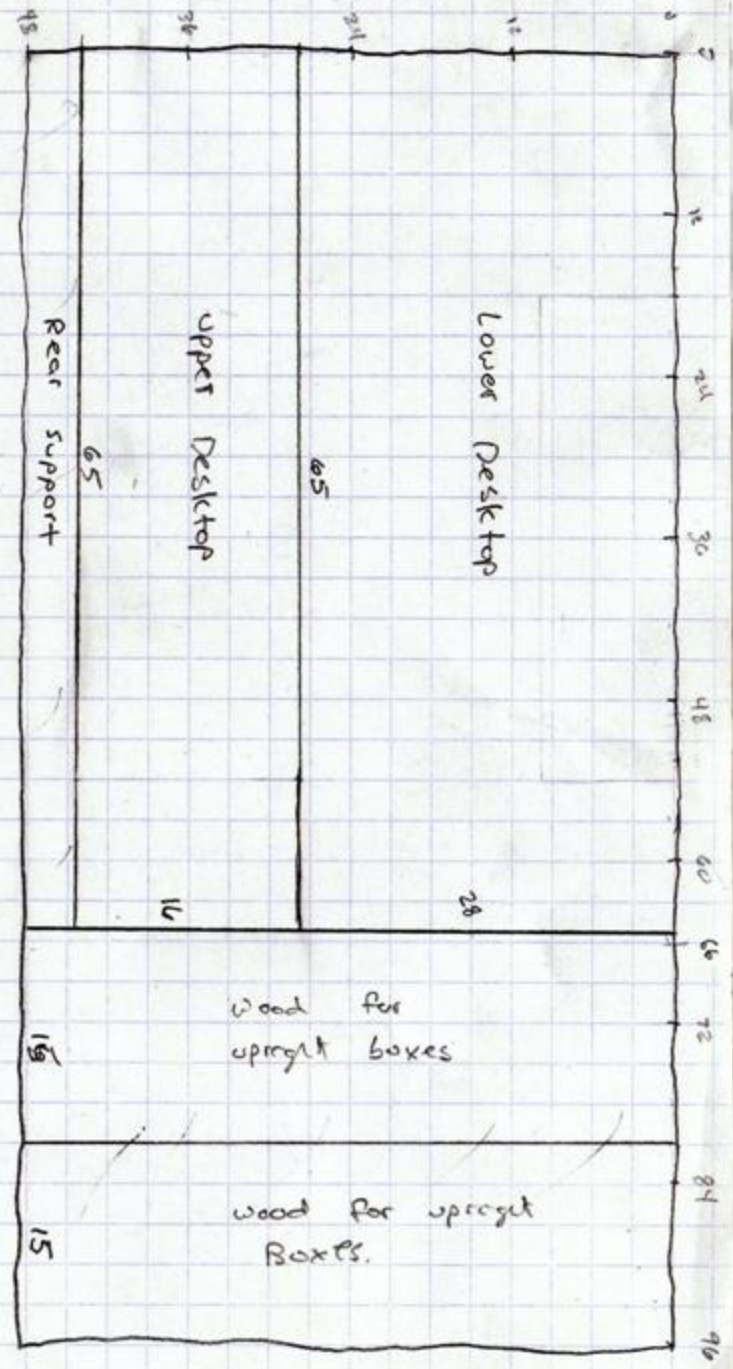
5 (96") | 2" x 2" | or 1" x 2" | or 1 1/2" x 1 1/2" or 2 1/2"

to yield 4 - 48" lengths for legs  
2 - 65" lengths for frame  
4 - 28" lengths for frame

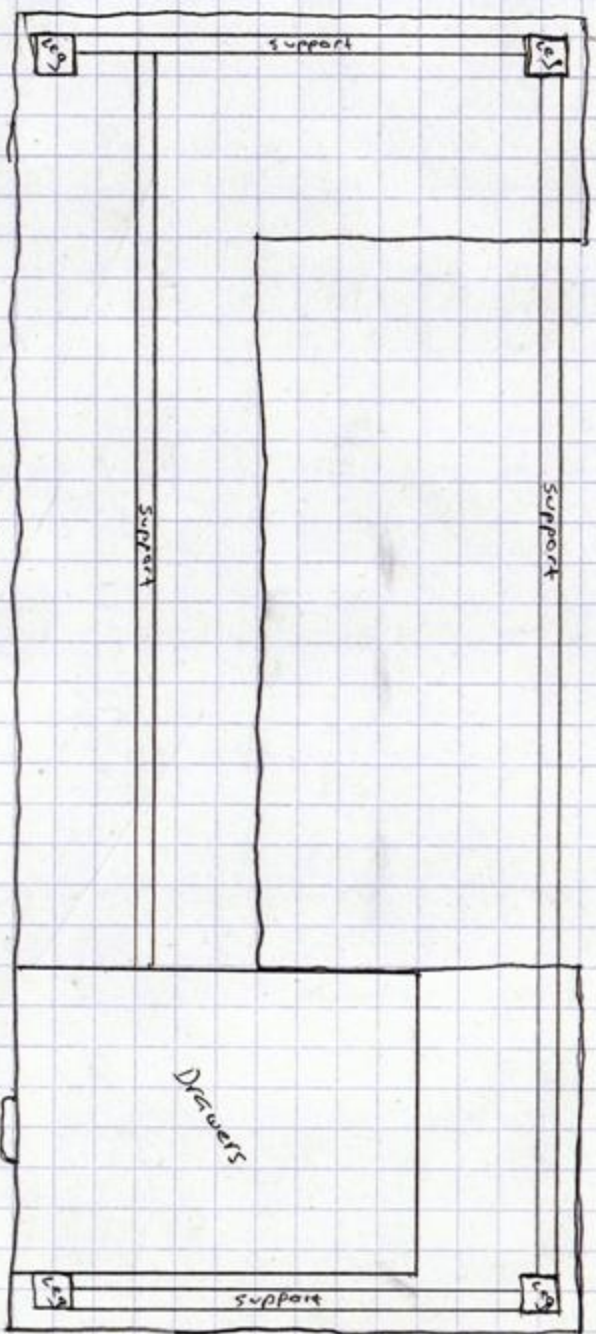
- Wood screws counter sink + for brackets
- Sand Paper 100, 120, 150, 180
- L-brackets 8 for legs, 4 for top, 8 if 1" frame, 8 more
- Foot Pads - (8)
- Edge Trim (3/4")
 

lower	min 121"	max 218"
upper	min 97"	max 162"
box	min 32"	max 64" - adjustable
	250"	444"

Plywood cut Diagram for revised design.



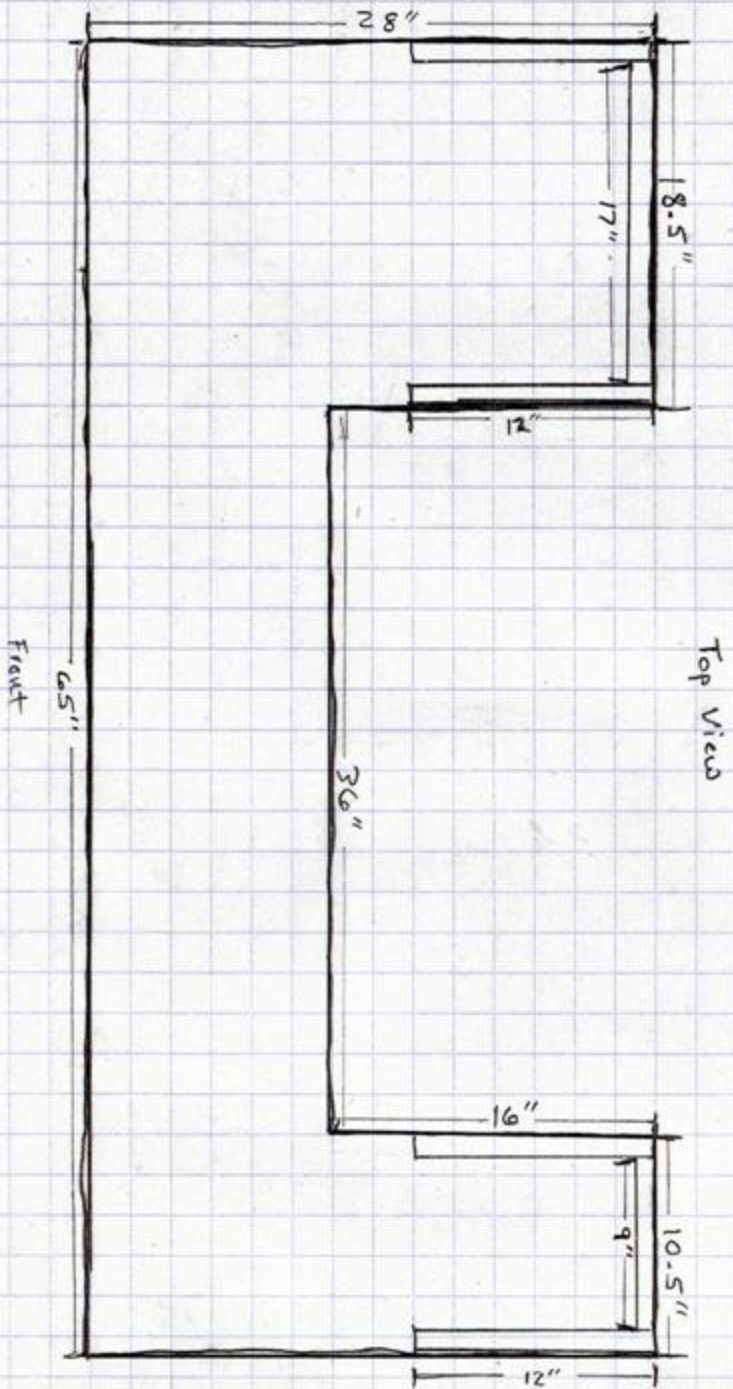
Lower Desktop (Revised)



Bottom View

Front

Lower Desktop (Revised)



Top View

Front

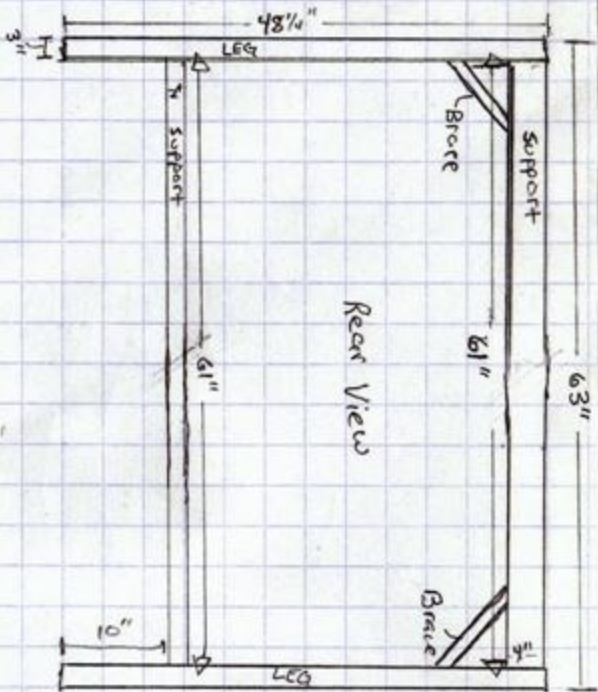
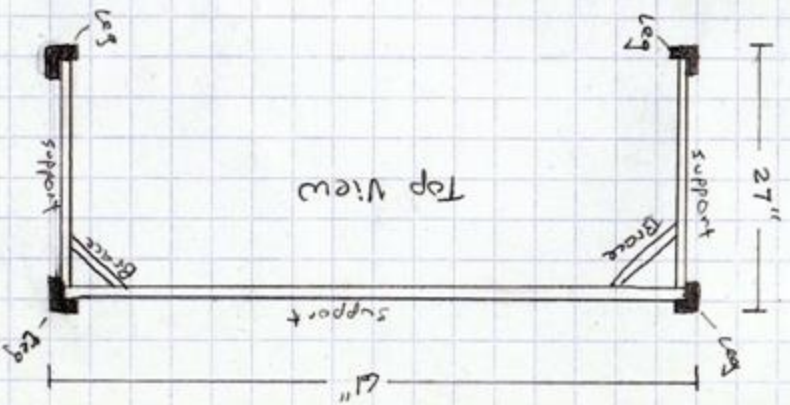
Upper Desktop (revised)



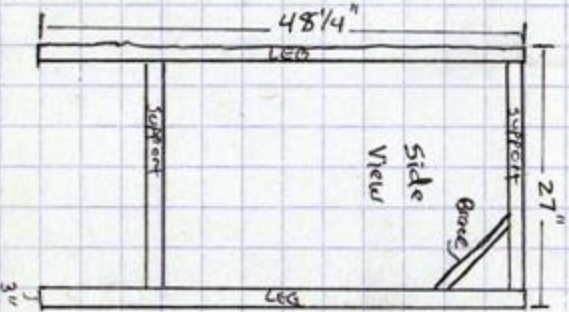
Front View →



Legs (revised)



Side View



Note: Drivesert replace  
Brace on one  
side.

