

## **EXERCISE PEG BOARD**

**EYES FOR THE JOB- EPISODE 307.1**

**‘ALL BETS ARE OFF’**



### **MATERIALS NEEDED**

Two pieces of 3/4" x 4' x 8' shop grade birch plywood

One piece of 3/4" x 4' x 8' good one side birch plywood

Twenty 1/2" x 4" sleeve anchors

Five Hundred 1 1/2" wood screws

One bottle of wood glue

Sand Paper

300 1 1/4" wood screws

Thirty-six feet of 1 1/2" x 1 1/2" maple

Leg bolts

## **TOOLS NEEDED**

Sliding compound miter saw  
Hammer drill  
1 1/4" forstner bit  
Drill press  
Impact driver  
driver bits  
measuring tape  
speed square  
Router  
1/4" round over router bit  
Lathe  
Foam Rollers  
Drill



## **STEP BY STEP BUILD PLAN**

1. Rip all three sheets of plywood into 11 3/4" strips.
2. Layout for holes every 6 inches starting 3 inches from one end. Mark two holes 3" from each edge then 6 inches from there mark one in the centre. Repeat to you reach the end of the board.
3. Roll glue onto the entire surface of shop grade birch plywood. Avoid the holes laid out in the previous step. Screw this to the back of the good one side of the birch

plywood with 1 1/4" screws. Roll glue onto the entire surface of another piece of shop grade birch plywood and screw to the back of the first piece of shop grade using 1 1/2" screws. Repeat this step two more times.

4. Drill the holes laid out earlier with 1 1/4" forstner bit.
5. Cut one eight foot length in half.
6. Sand all sides of each section of pegboard. Router the edge of each board with the 1/4" roundover bit.
7. For the pegs, cut the 36" piece of maple into 4 equal pieces. mount each piece in the lathe and and turn down to 1 1/4". Sand when done.
8. Make marks on a wall where you want to hang the peg boards.
9. Drill holes into a wall, and use leg bolts to fasten the three boards to the wall.