

Sauna Bench Support Instructions

TOOLS NEEDED:

- Tape Measure
- # 12 counter sink drill bit
- 1/2" Electric Drill
- Level
- Pencil
- T-25 Torx bit

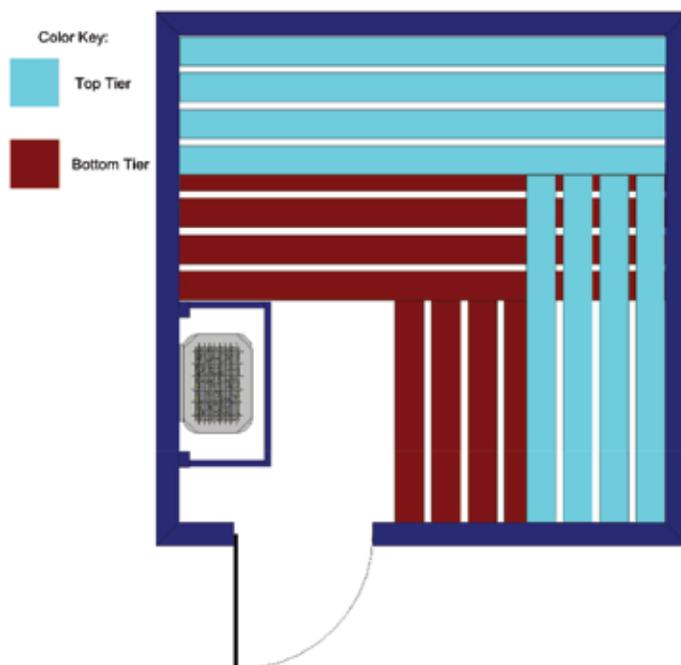
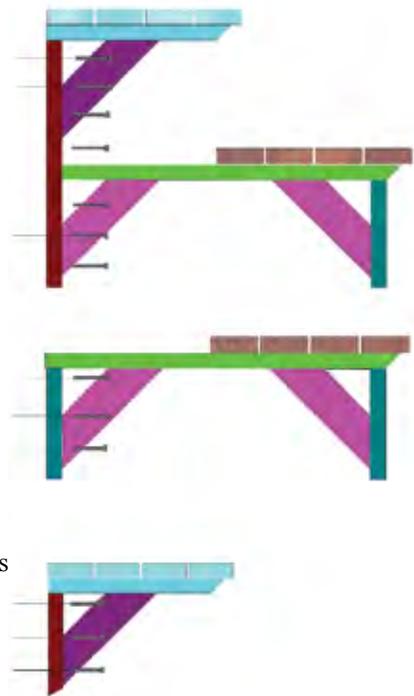
Walls Rails

Supports ends of benches that come in contact with a wall. Wall rails receive support primarily from the framing. The majority of the load on the benches is supported by the wall rails so adequate framing within the wall is **extremely important** to assure your bench system will be properly supported. Install wall rails **before** you begin installing pillar supports. Standard bench heights are 18" for the bottom tier and 36" above finished floor for the top tier. These measurements are finished, you will need to subtract the bench thickness so that your finished benches are installed at 18 and 36 inches with the bench tops in place. If they are not installed at the correct height your pillars will not support the benches correctly.

Pillars

Double pillars and U-Pillars have adjustable feet to aid in leveling the support and to keep the wood from wicking moisture from the floor. The lower bench can easily slide underneath the top bench for cleaning purposes. Adequate framing within wall is **extremely important**.

1. **Double Pillar** - A Double Pillar is a support that is designed to brace both the top and the bottom benches. A double pillar is typically used in the center of the two main benches to eliminate the benches from sagging in the center. Double Pillars may also be used to support the open end in bench systems that do not span the entire distance of a wall.
2. **U-Pillar** - A U-Pillar is designed to support the floating end of a Lower L-Bench. The opposite end of the L-Bench will be supported by a Wall Rail. U-Pillars may also be used to support the center of a bottom bench to prevent sagging. The Lower Bench can slide back on U-Pillars.
3. **Triangle Brace** - A Triangle Brace is designed to support the floating end of A Upper L-Bench. Triangle Braces are raised off of the floor and receives support primarily from the extra backing within the wall.



Pillar Positioning Example:

Diagram to the right outlines a typical bench Layout. Main Benches are against the back wall and the L-Benches are laying against the right wall.

Pillar Installation:

Though Pillars get support from the floor for adequate strength, it is extremely important to make sure there is proper framing within the wall before starting.

Step 1

Begin with the bottom main bench wall rails. Use tape measure and a pencil to scribe the correct height to mount the rail. Then scribe screw hole location on the wall rail. Using a #12 countersink drill bit pre-drill first pilot hole and then fasten rail using provided 4" screws. After the first screw is holding the rail in place use a level to adjust the rail then finish fastening.

Step 2

Install the bottom L-Bench Wall Rail as shown on the front wall in the diagram to the right.

Step 3

Install wall rails for the top main bench. Then install the wall rail for the top L-Bench.

Step 4

Install adjustable feet into the double pillar and position it into place but do not fasten at this time. Set top and bottom main benches into place then adjust the feet on the pillar until it is supporting the center of the benches in the correct manner. Scribe fastener location pre-drill and fasten using 4" screws.

Step 5

Install bottom u-pillar in the same manner as the double pillar.

Step 6

Scribe the mounting position for the upper triangle brace and then fasten the triangle brace into position.

Step 7

It is recommended to install "stops" on top of wall mounted rails to hold bench from sliding.



Step 8

Install the remaining bench tops, then use an Orbital Palm sander with 220 grit sand paper to touch up the benches.

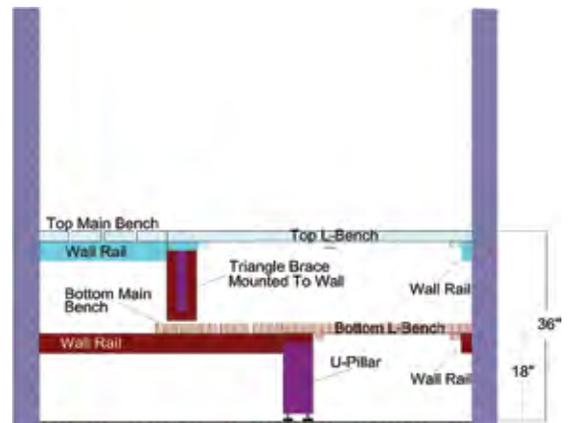
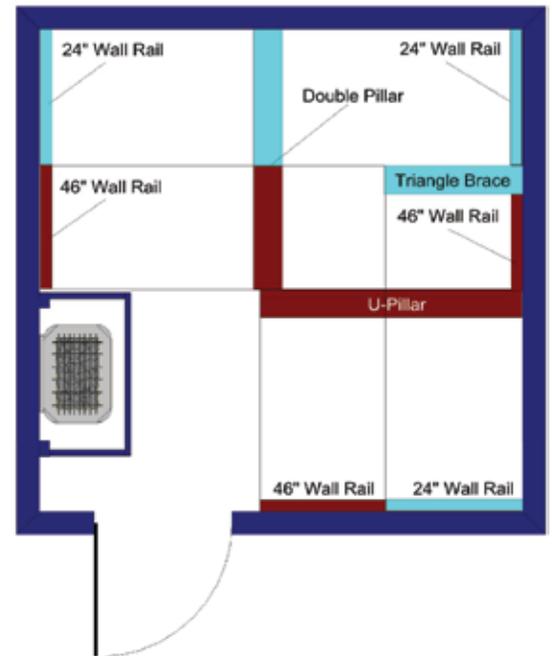
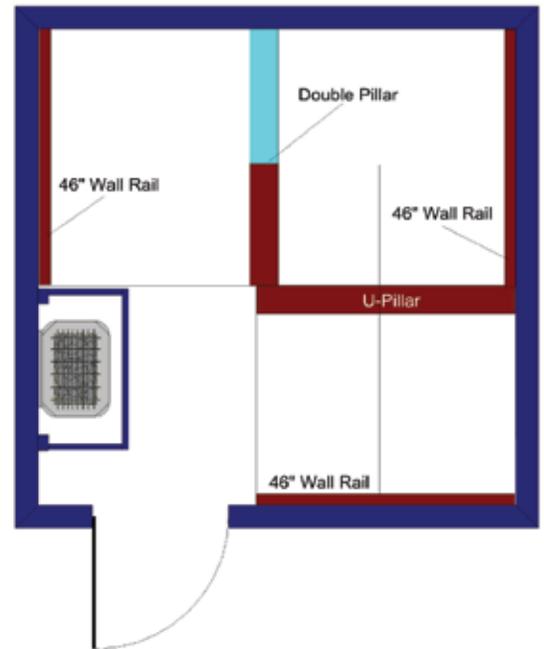


Diagram above illustrates the front view of the installed pillars, rails, and benches on the right side wall.