

Home Sauna Kits

Assembly Guide – Benches and Bench Frames

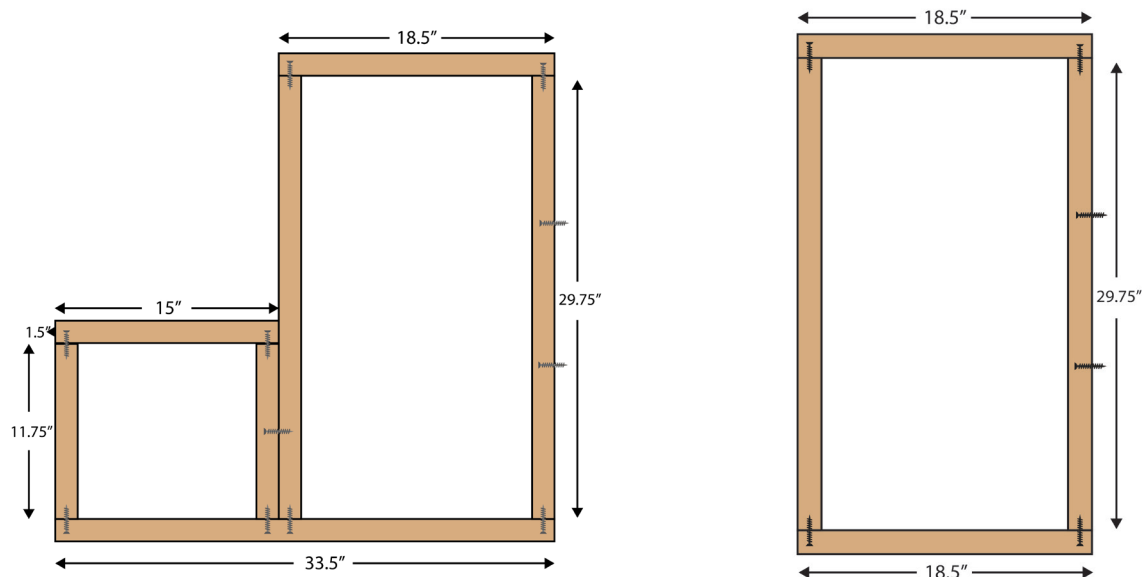
The following guide will provide general instructions for assembling Bench Frames and Benches. Bench Frames are provided to transfer the weight to the floor. These are to be assembled and placed in location, with the completed bench to be mounted on top. Your kit may include L-benches, which are to be installed after the main benches.

- Material Included:

- 2x4 Bench Frame Kits – Pre-cut and taped together
- 2x4 Bench Tops – Planks are made of the thickest 2x4 material
- 1x3 Crosspieces – Hold the bench planks together from underneath
- 5/4x3 Fascia – A strip that runs across the front of the bench to cover the frames
- Hardware – 2" screws for crosspieces, 3.5" screws for bench frames and Fascia

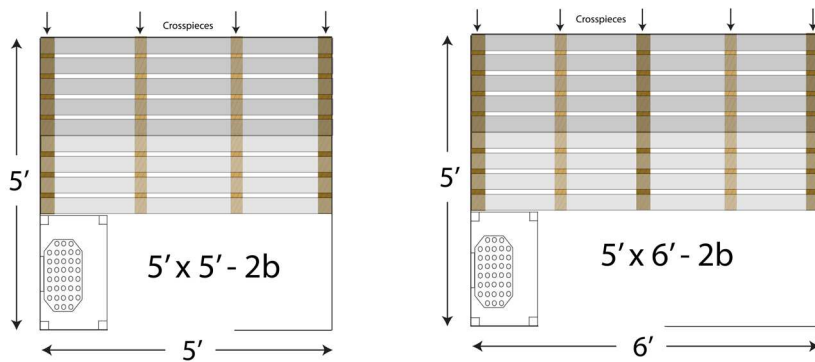
- Assembling the Bench Frames

- Bench Frame kits are to be assembled as below, which shows a standard layout for 20" top and 16" bottom benches. Frames are to be anchored to the wall for stability.
- Benches are to be positioned in the sauna room. 2 frames are provided for 5' and shorter benches, and 3 frames for 6' and longer benches. The bench frame location will match the crosspiece location on the bench.



- **Assembling the Benches**

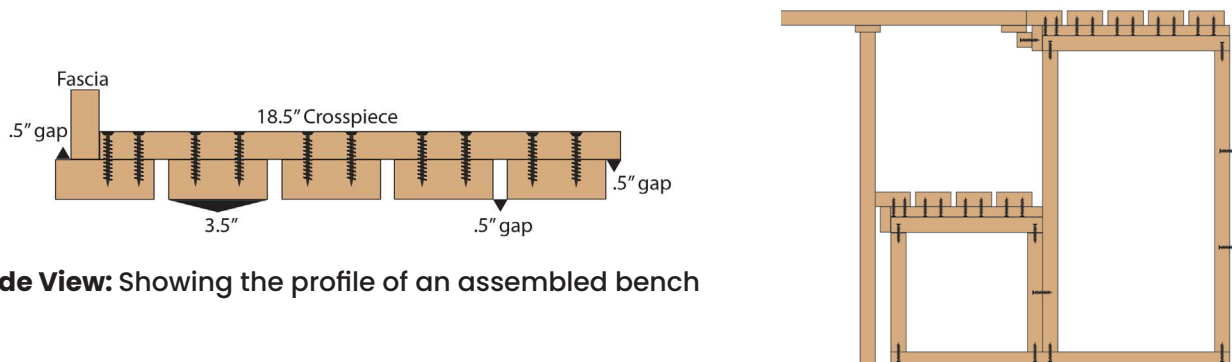
- Cut the 2x4 planks to the actual measurement between walls once the T&G is installed.
- Lay out the boards with a ½" gap between each plank. TIP: floor sleepers and door stops are ½".
- Place the fascia on top of the front piece, offsetting it by ½". Lay the crosspieces behind so that it is flush with the fascia. You will be assembling the benches upside-down.
- The crosspieces will leave a gap at the back. This is for air flow and to prevent water pooling.
- Attach the fascia with 3.5" screws every 6". Attach the crosspieces with 2" screws, with the screws are on an angle. If the screws are too deep, they can protrude out the top of the bench.



Top View: Shows the bench frame and crosspiece locations for a 5' and 6' bench.

- **L-Benches and Single Tier Benches**

- The main benches are to be installed before any L-benches. 3-Bench layouts will have a single bench, with a single tier bench frame. This will keep the L-benches at the same height.
- Upper L-benches will extend over the bottom main benches, and a hanger is to be used to support the weight at the bench junction. This is for maximum stability.
- Bench frames will be located at the wall end and flush with the bottom main bench. A third L-bench may be used for lengths over 6'.



Side View: Showing the profile of an assembled bench

- **Bench Skirting – Optional Upgrade**

- Bench skirting can be ordered to close the vertical gaps between the benches.
- Skirting is made from 1x3 material and is attached to the front of the bench frames. We recommend a ½" gap between planks for proper air flow.
- You can order skirting on either the top or bottom benches, or on both. If skirting is ordered on both, you will not be able to sweep under the benches.