

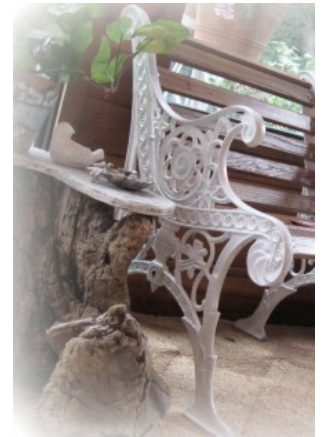
Bench Pressing

**ULTIMATE
PROTECTION**

Transform a cast iron bench frame into a lovely seat!

What you need:

- 1 can Krylon Primer Spray paint
- 2 cans Krylon White Spray paint
- Screwdriver
- Drop cloth
- 1'x 2' lumber or old wood flooring
- Drill with wire brush attachment
- Rags
- Paintbrush
- Stain
- Sandpaper
- Sealer
- Old bench frames



How and How Long:

1. With Wire brush attachment clean rod iron pieces (appx time- 45 min)
2. Spray both bench ends using Krylon Primer spray paint to seal any remaining rust. I sprayed 2 coats of primer.
3. Using Krylon Spray White paint spray 2 more coats over entire area.
4. Measure how wide you would like your chair seat to be and cut number of wood slats.
5. Drill holes in each end of slats. Sand smooth each slat.
6. Stain slats and seal with a sealer if desired (recommended if you will be using outside).
7. After rod iron ends have dried attach slats with nuts and bolts, you can sit in seat with a tall beverage and enjoy your project! For more pictures of this project, go to <http://megardengal.blogspot.com/2010/07/bench-pressing.html>

What it Costs:

Cost is \$20 for four (4) cans of Krylon Paint (I had everything else I needed with exception of a few nuts and bolts).