



NO GYM? NO PROBLEM!

Employee Stories

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I wanted to get my “current wife” Judy an exercise bench for Christmas. We both wanted to take advantage of UD’s virtual fitness class, BODYPUMP, but did not have a bench to lay on and for pushups. I was using an old coffee table and she was using an old footlocker. Since fitness equipment was scarce, I decided to make a bench with materials from Home Depot. I used 6 small buckets and screwed the bottom of the buckets to a piece of Medium-density Fibreboard, rounded the corners and edges, then stained and lacquered the top. The bench works well, only now she does pushups on her toes!