

Step 1: Let's cut our wood.... (now remember I'm 5ft10" so these measurements are for where my knee bends, if you are taller/shorter your measurements will vary)

Cut the 4x4 down to 11.5in (this will be used for the piece at the bottom that sits on the floor)

Cut another portion of the 4x4 down to 21.5in (this will be used for the upright portion)

Cut another portion of the 4x4 down to 11.75in (for the seat support)

Cut the final 4x4 piece at 3.25in (this is where the pvc pipe will go through and eventually the rollers)

Now for the 2x6's... Cut one for the seat at 13in and one for the foot stand at 13in

Next the 2x4's... you will need 4 pieces cut to 7.5in for the portion that mounts the unit to the rack... and a piece cut 11.5in for the back of the unit to bring it a bit farther out from the rack upright.

You can then make your angled cuts – 30-degree cuts on the 4 2x4's used for rack mount brackets and 2 45-degree cuts on the seat support 4x4.

Step 2: After all your pieces are cut, I would recommend sanding and routing the sharp edges and to make it easier to paint and give it a polished look.

Step3: Now its time to assemble the wood (two brackets on either side of the bottom foot T to attach it to the upright piece. Now attach the small 3.25in piece to the front top of the upright (where the PVC pipe will go through) Now attach the foot stand piece to the bottom T with 4 wood screws... now attach the seat support at the bottom of the upright with two wood screws and set 2x6 seat on top with two more wood screws down through the seat into top portion of seat support. Now use the L bracket to attach the seat to the upright.

Next attach the 2x4 (11.5in) the back of the upright at the top with wood screws.

Step 4: Now clamp all four 2x4 rack bracket pieces together and 1.5 inch in on center drill straight down with a 5/8 long spade bit. Pin two of them on one side to the rack upright and put the pulldown seat up against the upright. Screw the 2x4's into the side of the pulldown... repeat on the other side.

Step 5: cut 2 foam pieces at 13inx7in and super glue to the top of the seat, and put the vinyl length wise and stretch around both sides and start stapling underneath the seat from the front to the back of the seat, cut of excess vinyl at the back, tuck under and finish stapling.

Step 6: cut a piece of grip tape for the foot stand at 13in.... attach centered on the foot post....

DONE!!! Attach to the Rack and enjoy!!!