

Fresh

The framework desk

Abacus

Wood components

1x wood plank 120x70x1.8 cm



1x wood plank 120x10x1.8 cm



2x wood planks 120x30x1.8 cm



1x wood plank 166x9x1.8 cm



1x wood plank 207x9x1.8 cm



Fastening elements

7x screws M6 5 cm



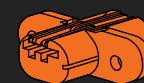
10x Brackets



16x screws M5 6 cm



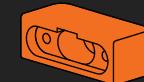
4x hinges Hettich 45 mm



8x screws M6 4 cm



8x hinges inserts



20x screws M4 1,5 cm



1x Grommet



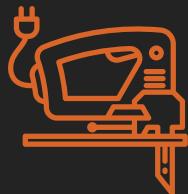
1x Piston 50N



Tools

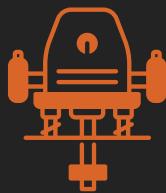
Jig saw

The jigsaw is used to cut pieces of wood easily, but in its absence, a handsaw can be used.



Router

The router is useful for making holes for inserts and the handle, but in its absence, a saw and files can be used.



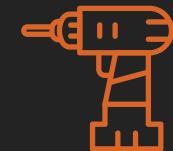
Measuring tape

The measuring tape is necessary to measure the correct length of the wooden boards.



Drill

It's going to be useful to insert the screw and also to make a small hole in the wood before screwing the screw



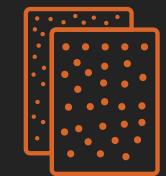
Square

The squares are used to obtain squared pieces with 90° angles. Carpenter's squares are helpful.



Sand paper

Sandpaper is needed in grits 40, 80, and 120. It is used both to join the various pieces and to ensure a good finish.



Step 1

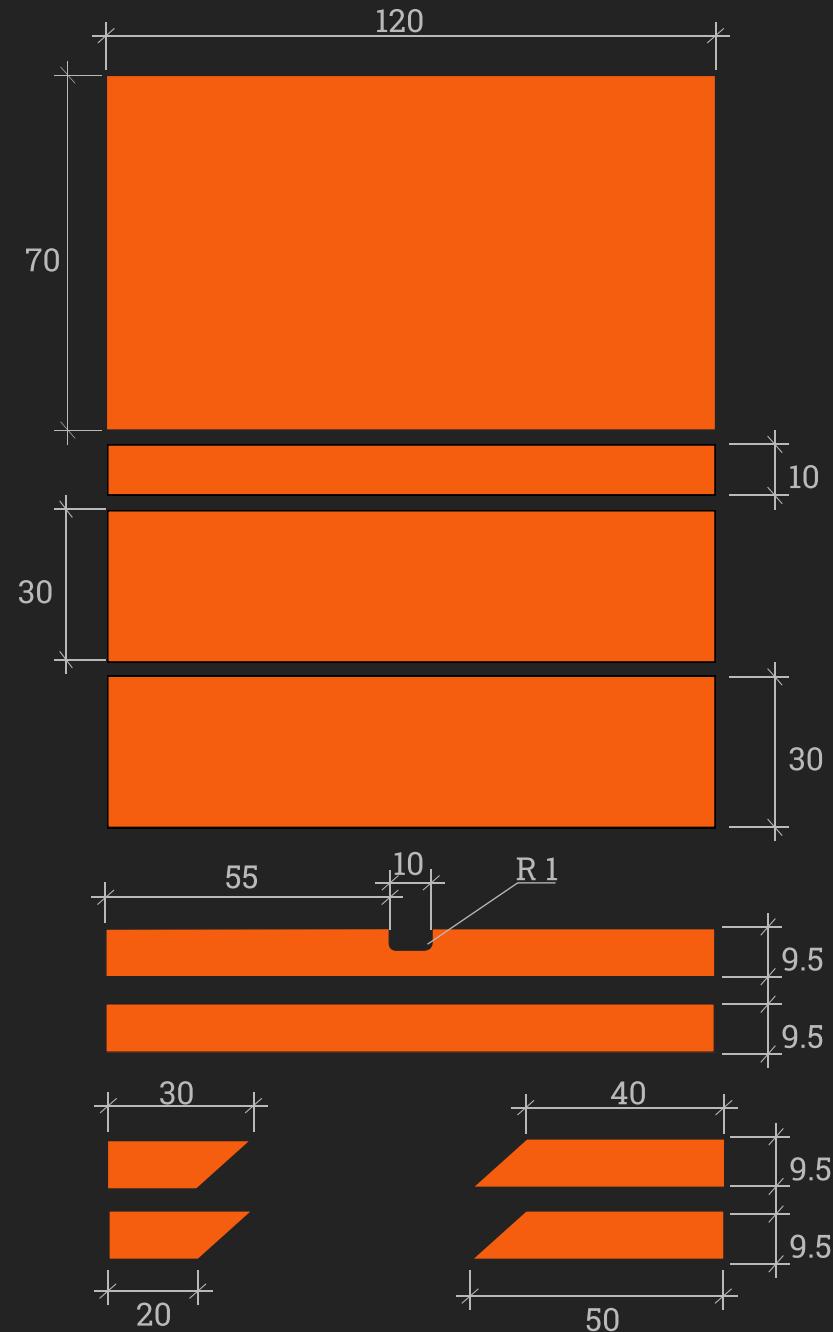
Cut all the wood pieces to the correct size.
Follow the measurements on the following
page (unit: cm).



If possible, have them cut at a
marketplace. For example, stores like
Leroy Merlin offer the option to cut
wood pieces on-site for a small fee.

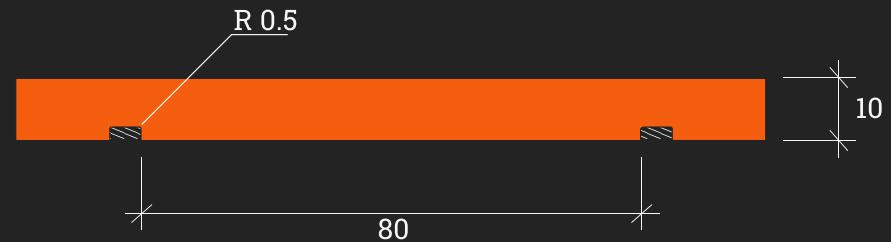
Step 2

Print 8 inserts for the 4 hinges.
You can find the file here:



Step 3

Take the 3 boards for the upper tabletop and make the necessary recesses for the inserts. Follow the measurements on the following page (unit: cm).



Step 4

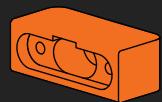
Insert the printed inserts and screw them in with a screw in the central hole ①

Insert the hinges and secure them to the boards with two long screws ②

(fig. 1)

Components needed:

8 hinges inserts



4 hinges Hettich 45 mm



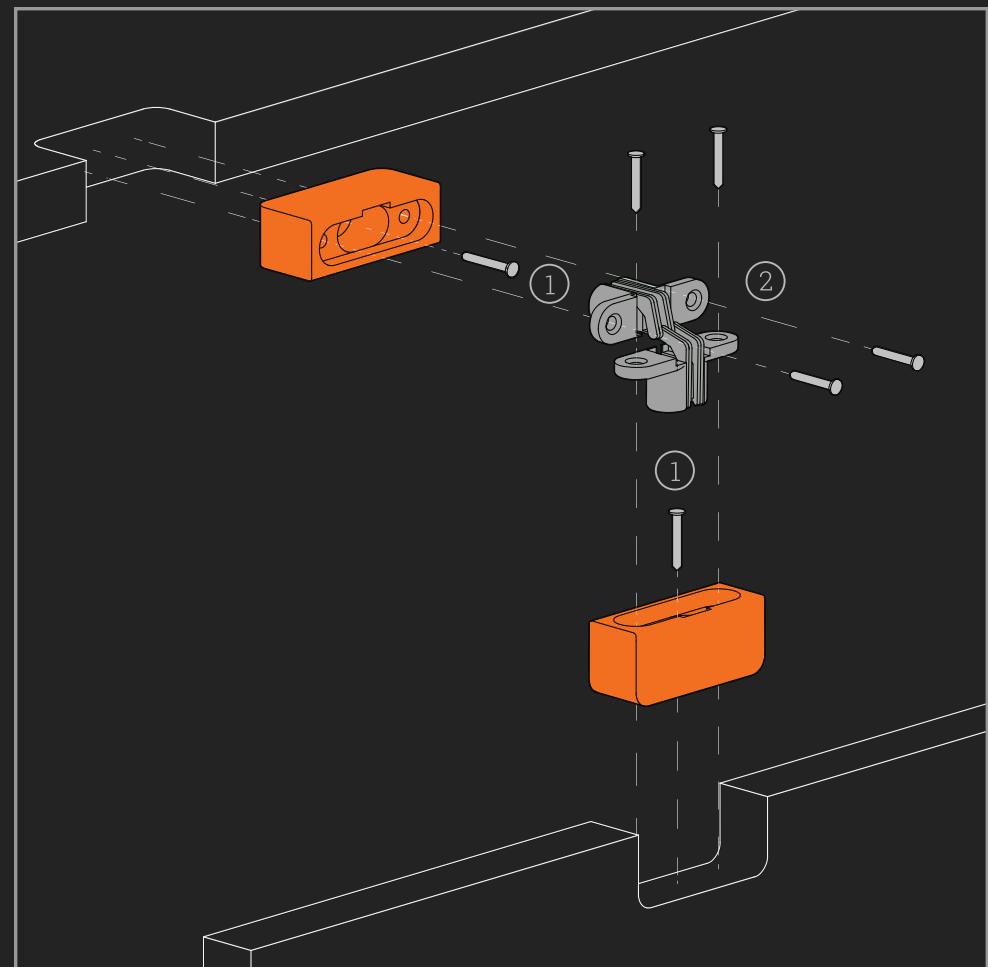
8 screws M6 4 cm



16 screws M5 6 cm



Fig. 1

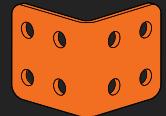


Step 5

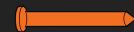
Fasten the side parts to the upper tabletop with angle brackets. make sure that every corner is 90° to ensure a nice finished product (fig. 2)

Components needed:

6 Brackets

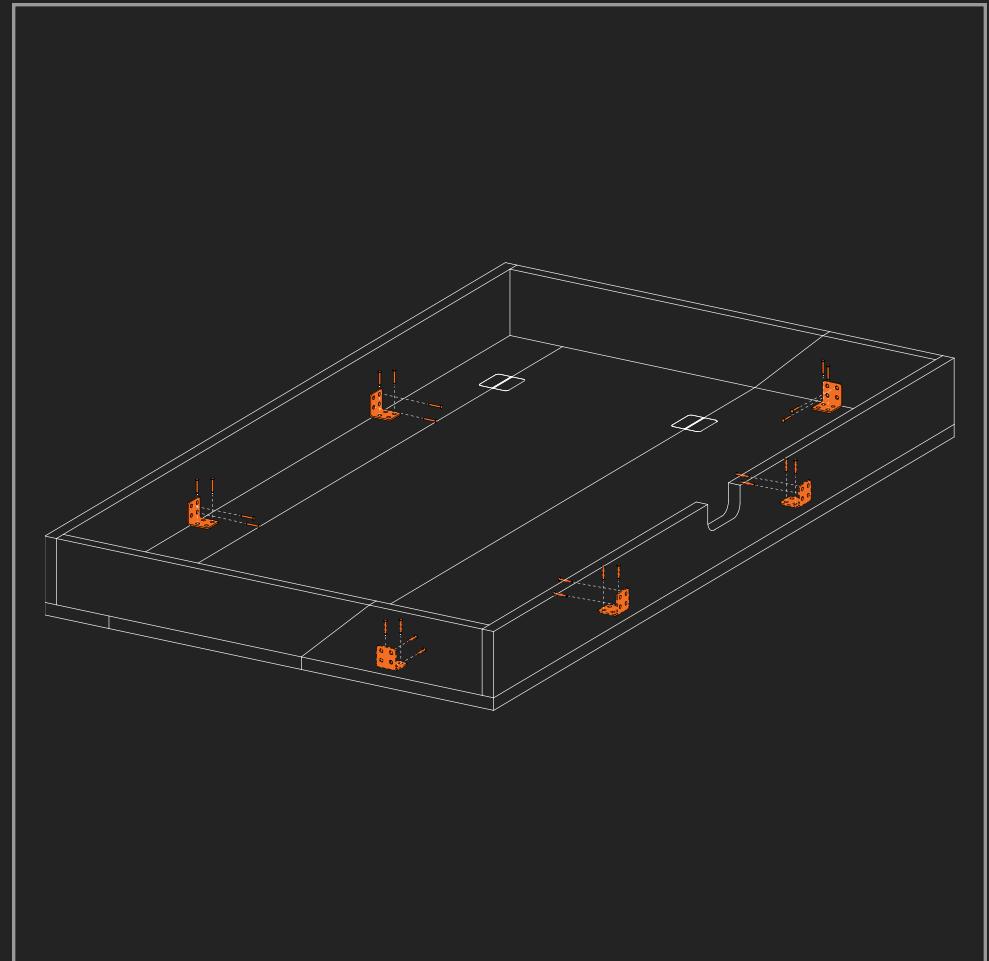


24 screws M4 1,5 cm



Help yourself with clamp to first block all the pieces in place and then fix the brackets with screws.

Fig. 2



Step 6

The side panels attached to each other with additional angle brackets to increase stability. (fig 3)

Components needed:

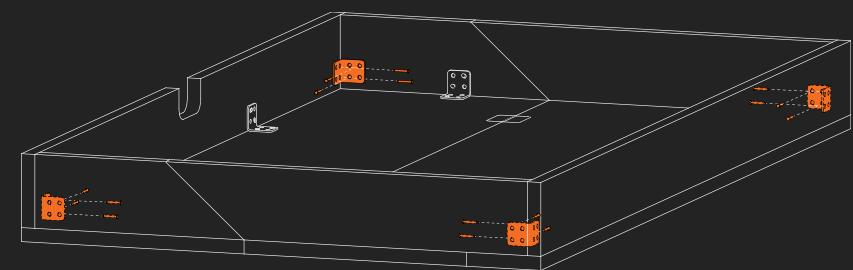
4 Brackets



16 screws M4 1,5 cm



Fig 3



Step 7

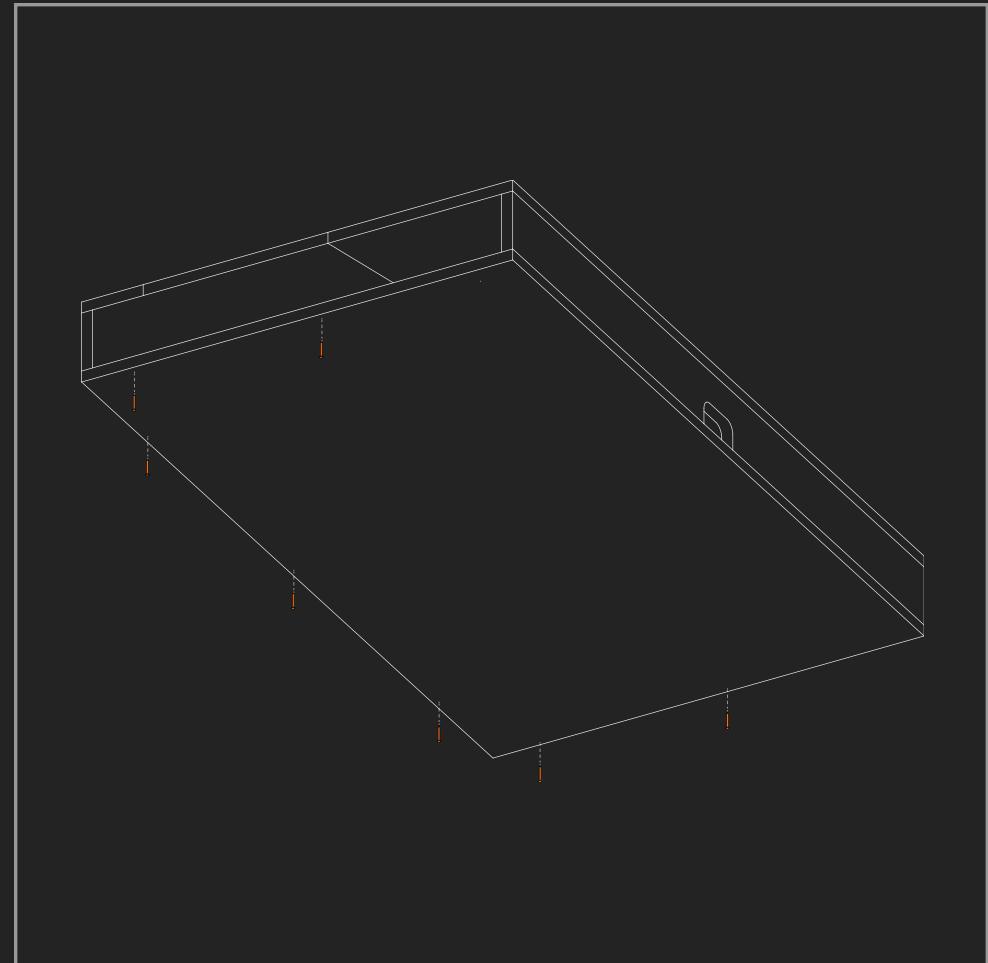
Secure the side walls to the lower table with screws. (fig 4)

Components needed:

7 screws M6 5 cm



Fig 4



Step 8

Assemble the table legs.

You can choose any type of legs based on your budget, preferred appearance, and the need for height-adjustable legs.

We chose the Trotten legs (fig 5) from IKEA, determined by a balance of factors such as budget (only 40 euros), stability, appearance and availability.



Our tip is to choose table legs with a connected structure. This way, the table will be sturdier and more stable, helping to prevent wood deformation.

Fig 5



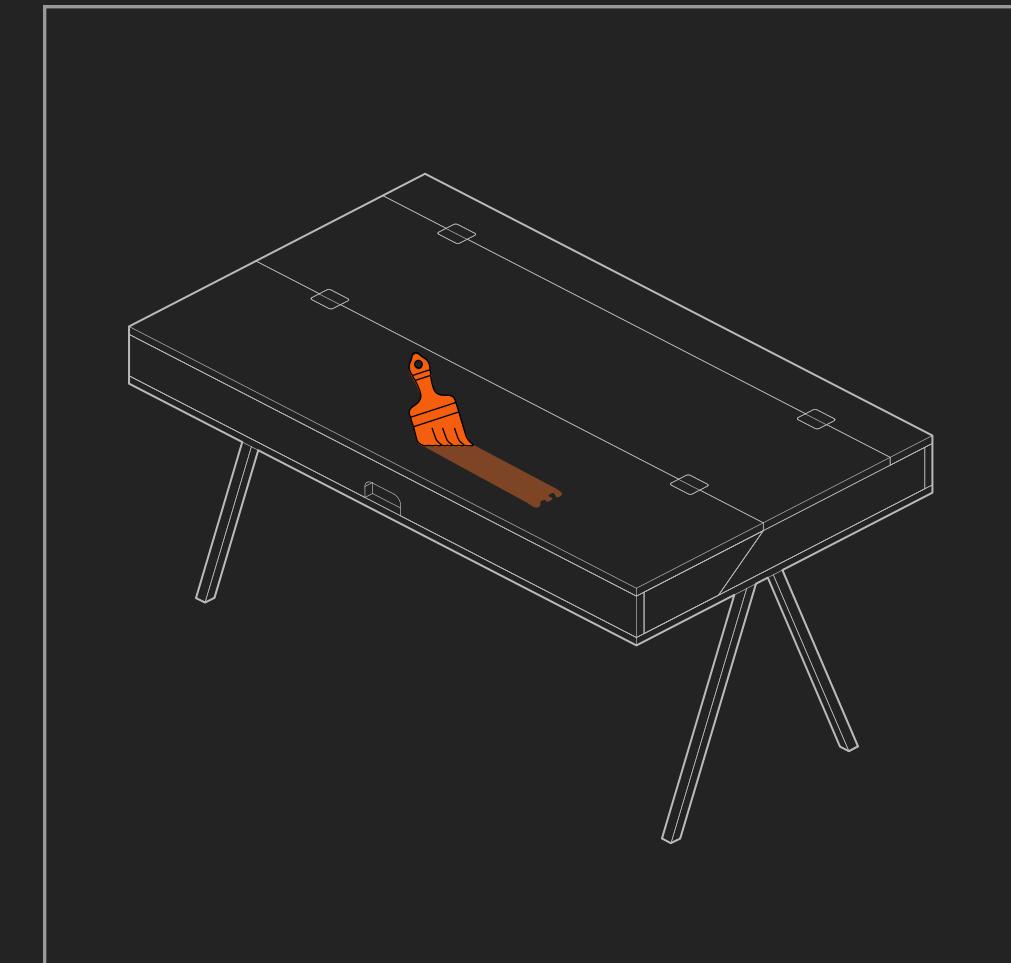
Step 9

To ensure greater durability of the table, it is highly recommended to apply one or more layers of wood preservative. For the table's finish, we used a clear varnish to make the wood waterproof while maintaining a natural appearance.(fig 6)



Our hint is to pass sandpaper of different grades (up to 120) on the all table, before giving the finishing coats.

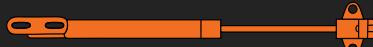
Fig 6



Step 10

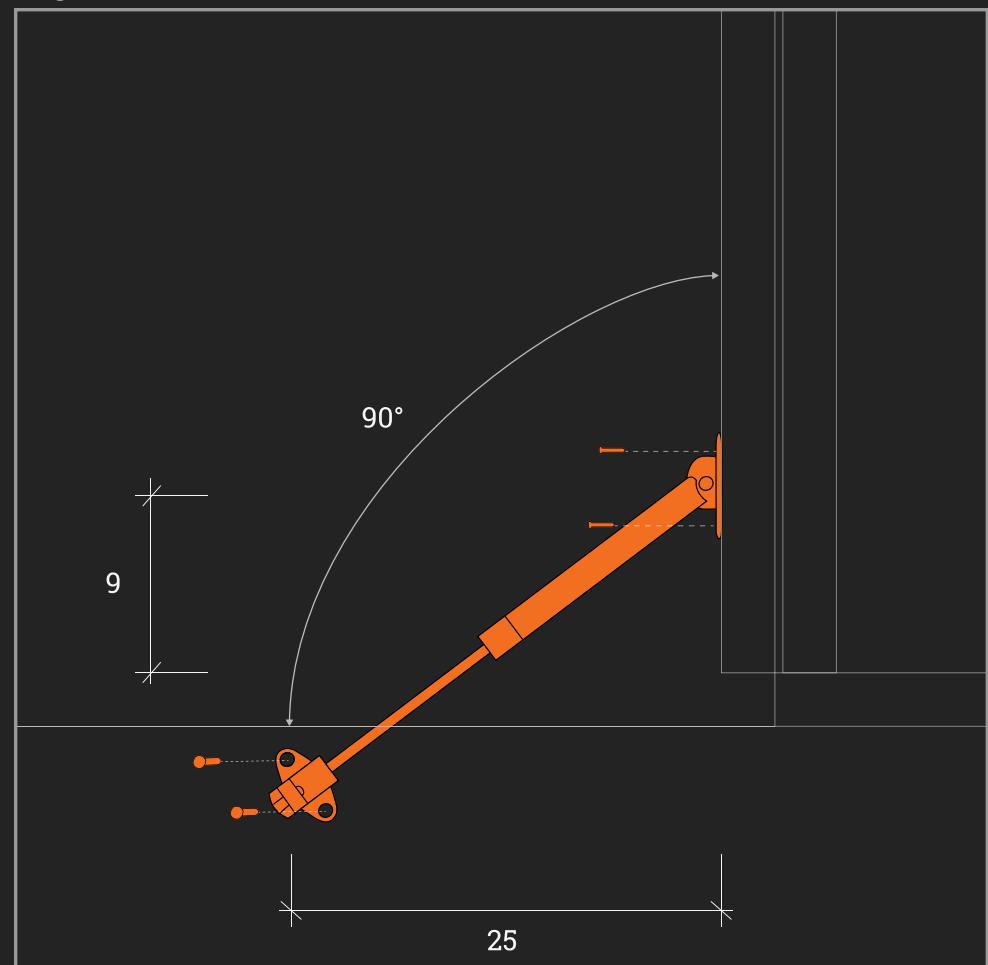
Place the piston in the lateral wall following the instructions (fig 7, unit cm). This will help you open Fresk easily. We have chosen to apply only one 50N piston because we believe this is the best and most balanced solution for Fresk's operation. The screws needed to secure the piston are usually included in its package.

Piston 50N



The measurements required to install the piston correctly and achieve the proper angle of movement vary for each type of piston. Therefore, we advise you to follow the instructions specific to your piston.

Fig 7



Step 11

Use a hole saw to create a hole in the bottom part of the table and insert the grommets



Our hint is to pass sandpaper of different grades (up to 120) on the all table, before giving the finishing coats.

Step 12

Choose which attachments to print and place them inside the table.



Here are some websites where you can find open-design projects:
[Thingiverse](#), [PrusaPrinters](#) ([Printables](#)),
[Instructables](#), [MyMiniFactory](#)

Congratulations!
You have your own
Fresk!

Step 11

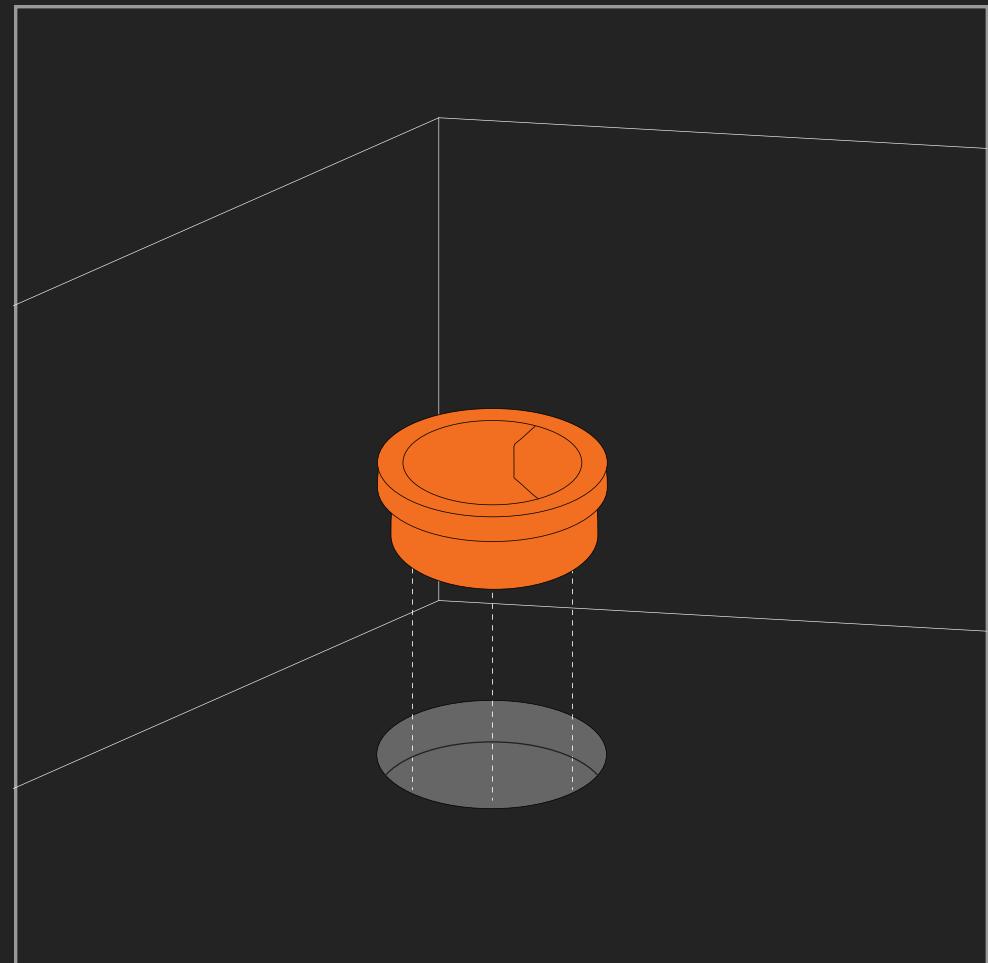
Use a hole saw to create an opening in the bottom part of the table and insert the grommets (fig 8). This is a commonly used solution for cable management and can be useful when using a multi-socket inside the desk.

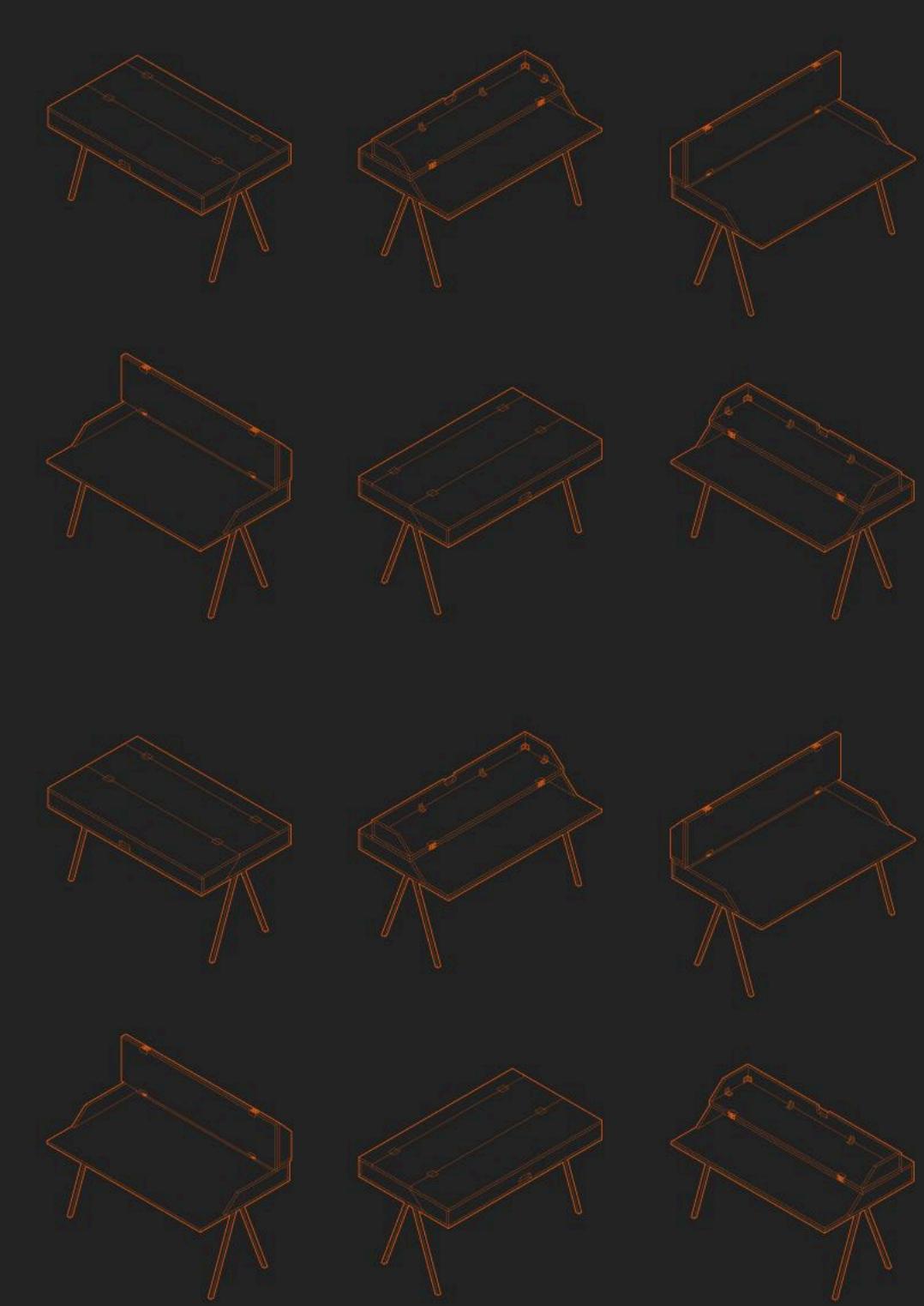
Grommets



Place the grommet in a practical and comfortable position. We recommend positioning it in the bottom part of the desk, but of course, choose the best location based on the desk's placement in your home.

Fig 8





***Join the community and
inspire others with your
creativity!***

