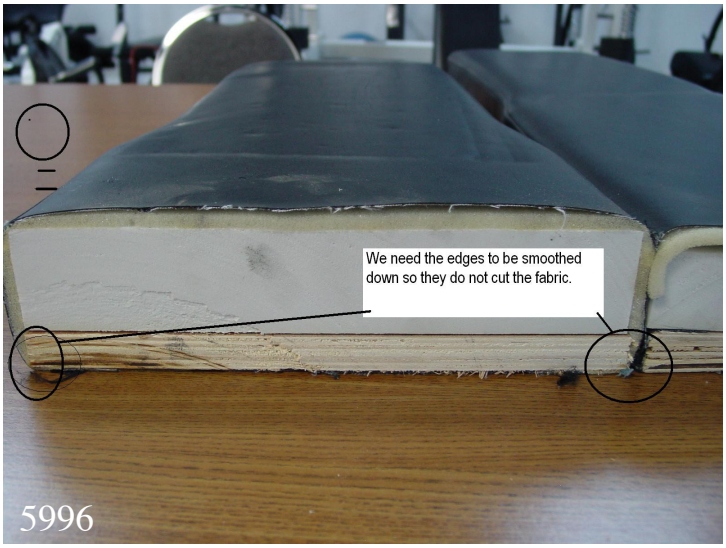


**1. Plywood Base:** We use between inch and inch plywood depending on the product. The majority use the ¾ inch and only the price point DA-7 flat bench and BF-46 lever bench will use a ½ inch. (not recycled wood but virgin wood). See the photo showing the quality of wood from cutting open a bench pad. The ¾ inch is 11 ply board.

**2. Edge of Plywood:** If you know much about sharp edges against fabric you will know that abrasion over time will cut the fabric. To reduce the amount of fabric cuts in Valor's bench pads, we sand the edges on all of the boards before the fabric is fastened to the board. See photo. This was my attempt to show the factory what I am looking for.

**3. Foam thickness:** This is where the quality of the bench will be evident over time. This is where a largesoft pad in the store will feel great to the touch but after a few months of use it will compress like recycled cardboard. Valor uses a solid piece of EVA foam. We do not use recycled bits of scrap pieces that can be found in other brands (see photo Valor Pad). This thick pad material is kind of like what is in your running shoes for support on impact. This type of pad will feel firm on the first day and just as firm on the 100th day. See first photo again. You will notice a very small layer of padding between the vinyl and foam pad. This is to give the vinyl a consistent look. This is for fashion, not function.

**4. Finishing:** On the back of the pad (where no one cares about) you have some options to finish off the way the vinyl is attached to the board. Valor uses ¾" nylon webbing to trim the back of the pads. See photo #3831. The more common way is to attached a thin strip of piping (which can be seen in the back of photo #6002) and leave the bottom of the pad covered with a thin sheet of vinyl with a lot of exposed staples. This design causes more problems than results. Valor's finish is cleaner and more professional looking.

**5. Over all padding thickness:** Valor has pads between 2.5" and 3" (see photos #3839 & #8218)