- Recommend wood studs
- Blocking can span over the existing studs or in between existing studs
- If metal studs, make sure the blocking spans the metal studs

$19\frac{5}{8}$"

32"

38"

6"

DRYWALL

$\frac{3}{4}$" PLYWOOD

4"

TOGGLE

19$\frac{5}{8}$"

18$\frac{1}{4}$"

32"

38"

6"