Using Windy LIN-ACT1BR-16 (amazon)
Len is 16 + 4.13 in, or 20 in to 36 inch.
Base is 2.95 x 1.57
12 V, 4.6amps, 225 lbs load.
Provide 16" of stroke.

2x4 are 1.5x3.5
1x6 are ¼ x 5 ½.
1x8 are ¼ x 7 1/4.
1x12 are ¾ x 11 3/8.
1 x 18 x 72 for monitor stand?

Top view for
1. base, outer tube (blue), actuator block (orange).
2. Intertube. (Yellow)
3. block for top of actuators (green)

Outer Wood Tube
4 each, 1x8, cut: len=23.
4 each, 1x8, cut: wid=6.5in, len=23in.

Inner Wood Tube
4 each, 1x6, cut: len=22.
4 each, 1x6, cut: wid=4.75, len=22in.

Top Actuators Block:
2 each, 2x4, cut: len=3in.
2 each, 1x7 cut to 3 x 5.

Bottom Actuators Block:
2 each, 2x4, cut: len=7 in.

Base:
4 each, 2x4, cut: len=24 in.
1. AC power switch, $10  

2. 12v 8amp Power supply $23, 6.22" L x 3.82" W x 1.50"  

3. Rocker, DPDT, Mon-off-mon, 21Amp(DC). $5  

4. Rocker Switch, SPST, Off-on, 10Amp(DC), 2 x $4  

5. Box 9.84 x 6.30 x 3.0, $13.14  
Face plate is 145mm x 67mm, or 5.57 x 2.63 in.
Face plate 147mm x 67 mm

- Mon-off-mon
  - 21.2 mm
  - 21.2 mm
  - 36.6 mm

- Off-on Switch
  - 12.2 mm
  - 12.2 mm
  - 27.2 mm

- Off-on Switch
  - 12.2 mm
  - 12.2 mm
  - 27.2 mm

- AC Power Switch
  - 27.6 mm
  - 31.6 mm