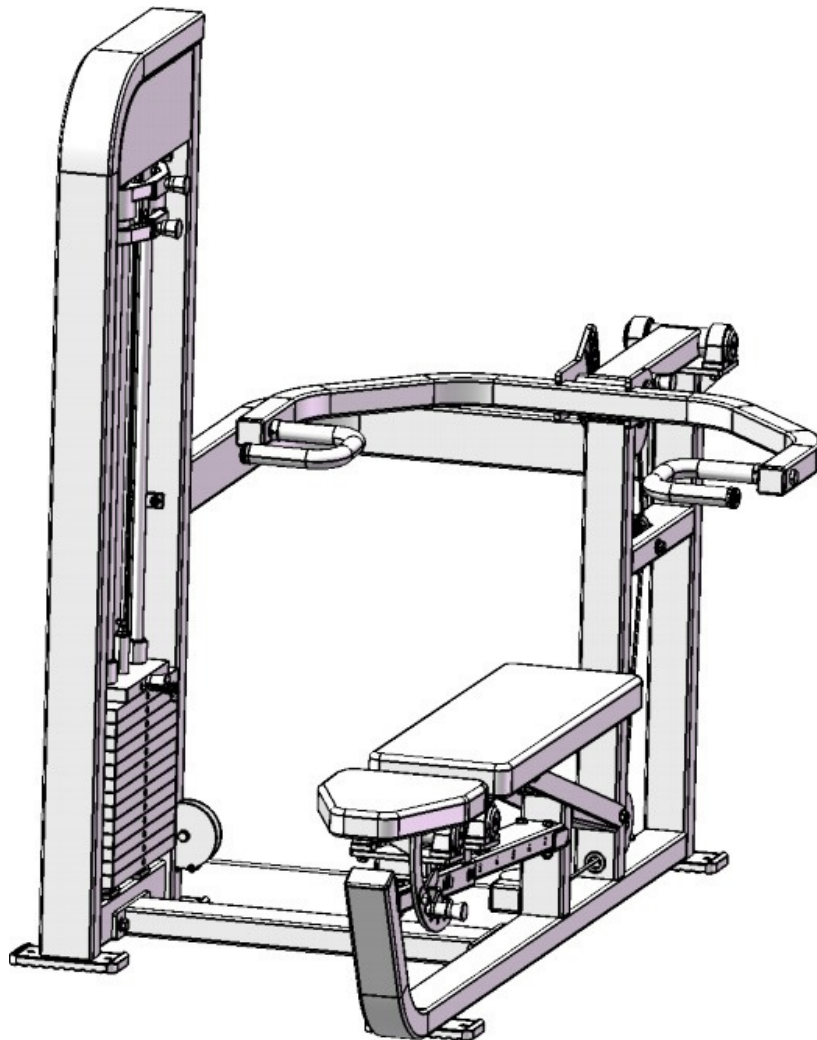


INFINITE SERIES

Chest & Shoulder Multi Press

Assembly & Owner Guide



BUILT TO PERFORM.

Read before assembly. Keep this guide for future reference.

01 / PREPARE

Before you begin

Set up your space

Assemble indoors on a level, stable surface with clear access around the equipment. Protect the floor and allow enough room to lay out the frame and hardware.

Check every part

Unpack and compare the components with the illustrated lists. Keep hardware grouped by stage. Reference numbers identify parts in the drawings; they may restart at each stage. Quantities are for the corresponding source list and should not be added across stages.

Prepare tools and help

Have metric hex keys and suitable metric wrenches or sockets ready for the listed fasteners. Use sufficient help to support heavy frames and moving assemblies. Keep hands clear of pinch points and never work beneath an unsupported load.

Follow the assembly drawings

Work through the stages in order. Match each numbered callout with its parts list. Confirm orientation before fitting fasteners. A part described as an assembly is supplied as a component; the wording does not instruct you to weld it.

Check connections before use

Use the specified hardware at each joint. Confirm that fasteners are secure and moving parts operate freely. If a part, dimension or connection is unclear, stop and contact Build A Gym before continuing.

ASSEMBLY SUPPORT

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02 / SAFETY

Use and care safely

- Use the equipment indoors in a dry, supervised area. Keep the surrounding floor level and unobstructed.
- Children under 12 must not use this equipment. Provide appropriate supervision and assistance for other users who need it.
- Before each use, inspect moving components, fasteners, pins and attachments. Have loose or damaged parts corrected before use.
- Wear suitable exercise clothing and athletic shoes. Warm up before exercise and use slow, controlled movements.
- Increase resistance gradually. Stop exercising if you feel pain, discomfort or anything unusual, and consult a doctor.
- Consult your doctor before starting an exercise program.
- Keep hands, clothing and other objects clear of moving parts. Make sure adjustment pins and any safety stops are fully engaged.
- Clearly mark the equipment “Out of Use” during servicing or repair. Keep this guide available for future reference.

Your assembly sequence

Stage 1 → Stage 2 → Stage 3 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

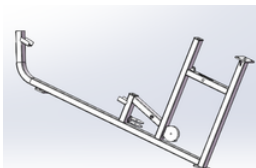
STAGE 1 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 2

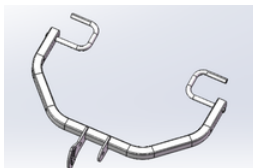
QTY 1



Main frame assembly

REF 3

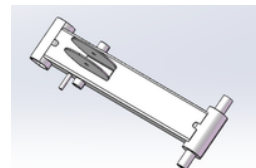
QTY 1



Arm assembly

REF 4

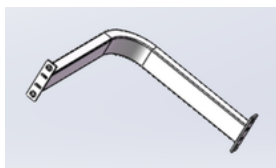
QTY 1



Upper boom

REF 6

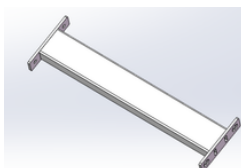
QTY 1



Upper connection assembly

REF 7

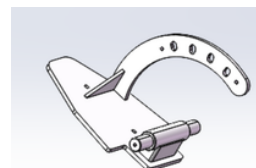
QTY 1



Bottom connection assembly

REF 8

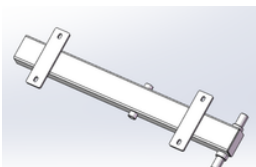
QTY 1



Seat assembly

REF 9

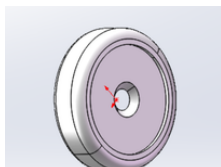
QTY 1



Backrest assembly

REF 13

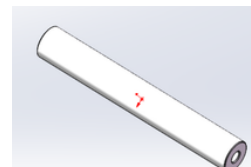
QTY 6



Install cover

REF 21

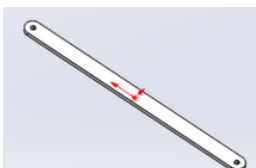
QTY 1



Rotating shaft

REF 23

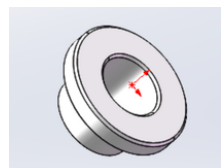
QTY 2



Drive plate

REF 24

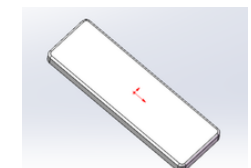
QTY 4



Sintered bushing

REF 30

QTY 1



Back cushion

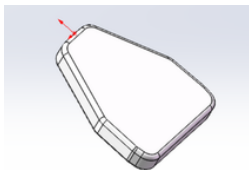
STAGE 1 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 31

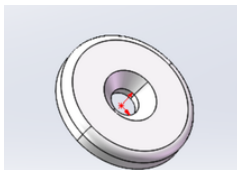
QTY 1



Cushion

REF 51

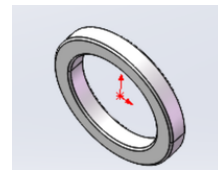
QTY 2



Aluminum end cap

REF 54

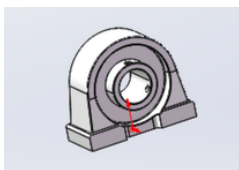
QTY 6



Spacer sleeve

REF 64

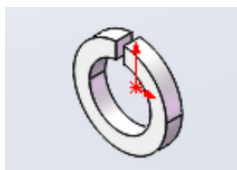
QTY 6



Bearing housing

REF 68

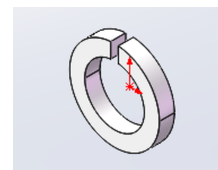
QTY 9



8 mm spring washer

REF 69

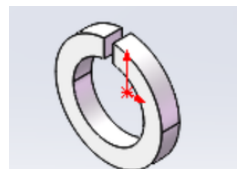
QTY 16



10 mm spring washer

REF 70

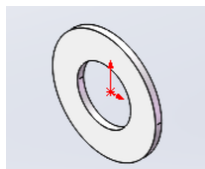
QTY 8



12 mm spring washer

REF 73

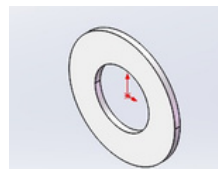
QTY 43



10 mm washer

REF 74

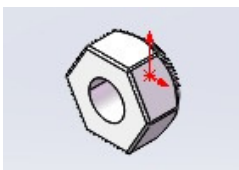
QTY 9



12 mm washer

REF 77

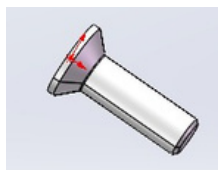
QTY 5



M10 nut

REF 81

QTY 6



M6 x 20 Countersunk socket screw

REF 86

QTY 4



M8 x 20 Countersunk socket screw

STAGE 1 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 88

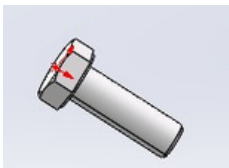
QTY 6



M8 × 25 Socket-head screw

REF 91

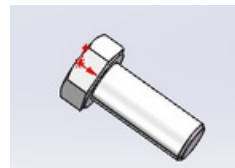
QTY 12



M10 × 30 hex screw

REF 97

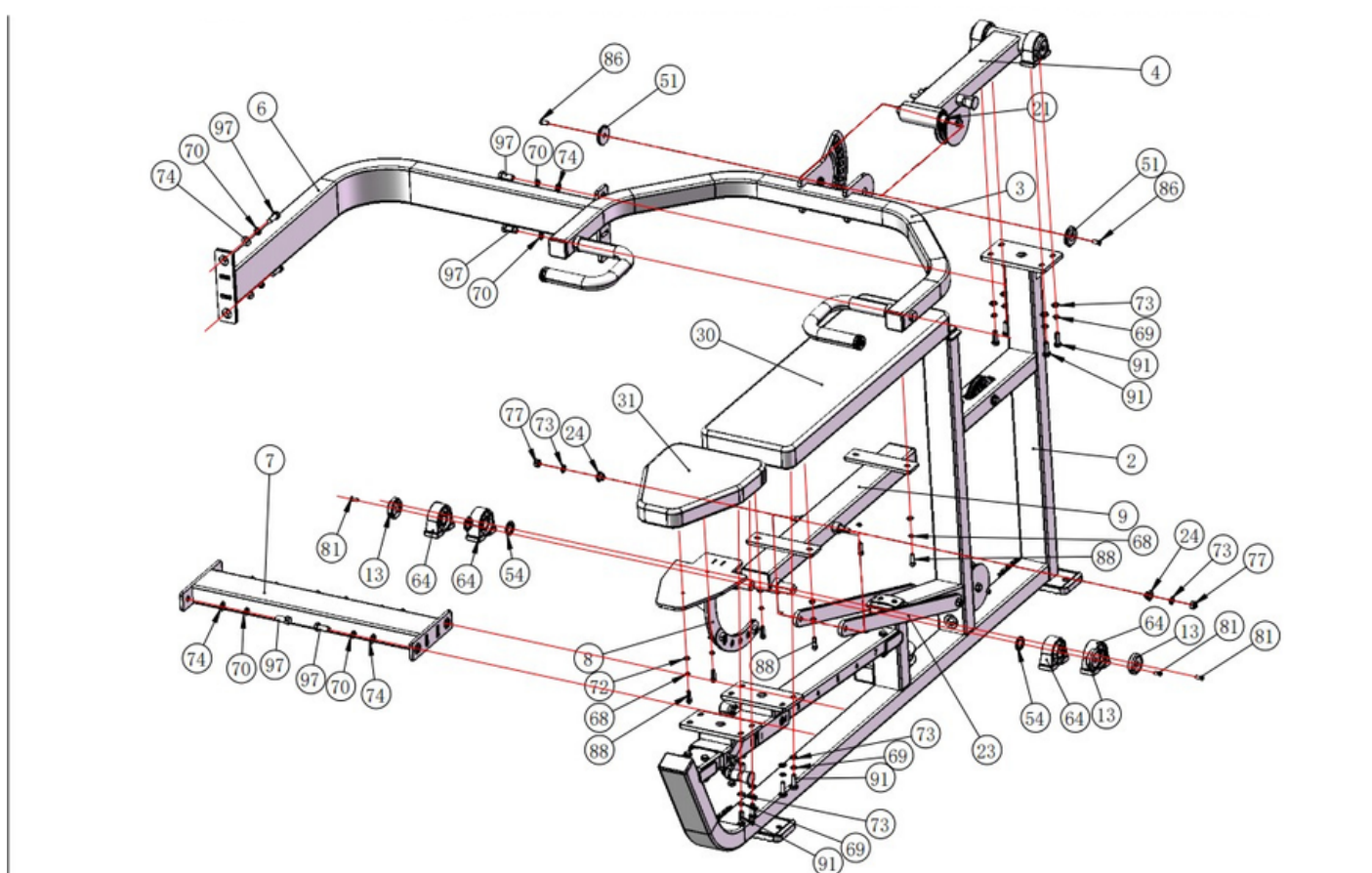
QTY 8



M12 × 30 hex screw

STAGE 1 / DRAWING 1 OF 1

Assembly stage 1



Match the numbered callouts to the Stage 1 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 1: Assemble the Frame and Arm

Use Stage 1 references. Keep the long press arm supported throughout pivot assembly.

1. Position the frame and tower supports

Support main frame 2 on a protected level floor. Fit upper connection assembly 6 and bottom connection assembly 7 with M12 × 30 bolts 97, spring washers 70 and washers 74 at the illustrated joints. Leave their tower ends accessible and start all hardware before alignment.

2. Fit the upper boom

Support upper boom 4 at the main upright's mounting plate. Fit M10 × 30 bolts 91 with spring washers 69 and washers 73 at the shown connections. Confirm the boom's pivot orientation before securing it.

3. Install the press arm and pivot shaft

Support arm 3 and align its central pivot with upper boom 4. Fit rotating shaft 21, aluminum end caps 51 and M8 × 20 countersunk screws 86 in the illustrated order. Confirm the shaft is positively retained and the arm cannot fall before removing support.

4. Check arm travel and adjustment stops

With the arm supported and cable disconnected, check its controlled movement and the depicted adjustment mechanism. Confirm all adjustment pins and travel stops engage fully. The source does not specify bearing preload or pivot torque; obtain the correct settings if any joint is uncertain.

Check before continuing

Main frame, tower supports, boom and arm retention are secure.

Stage 1: Fit Seat and Backrest Linkage

Preserve correctly assembled bearing and bushing joints. Do not overtighten a pivot to compensate for an unknown clearance setting.

5. Install the seat and backrest structures

Support seat assembly 8 and backrest assembly 9 in the shown relationship to main frame 2. Position bearing housings 64 and spacer sleeves 54 at their illustrated pivots. Fit installation covers 13 with M6 × 20 countersunk screws 81 after confirming bearing and shaft retention.

6. Connect both drive plates

Fit drive plates 23 along the lower linkage, using sintered bushings 24, washers 73 and M10 nuts 77 at the illustrated ends. Match both sides before fastening. The diagram does not give bushing orientation or running-clearance settings; confirm these for dismantled pivots.

7. Secure the seat and back cushions

Fit back cushion 30 and seat cushion 31 with M8 × 25 screws 88 and spring washers 68 at their respective mounts. The diagram also calls out washer 72, which is absent from the parts list; confirm its specification and position before fitting pad hardware.

8. Check both exercise positions

Support the adjustable structure and move the seat/backrest linkage through its intended positions. Confirm every position lock engages and the linkage clears the main frame. Check both cushions remain secure. Do not load a position until all pivot retainers and locking mechanisms are confirmed.

Check before continuing

Seat, backrest, drive plates, pads and position locks are secure.

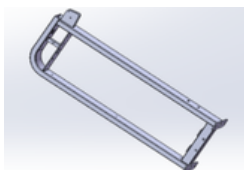
STAGE 2 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 1

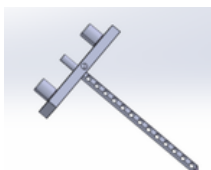
QTY 1



Small frame assembly

REF 12

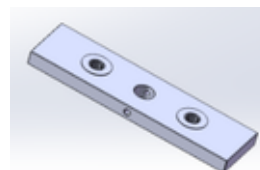
QTY 1



Top plate and selector assembly

REF 13

QTY 13



Weight plate

REF 14

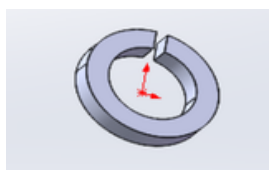
QTY 2



Auxiliary weight assembly

REF 21

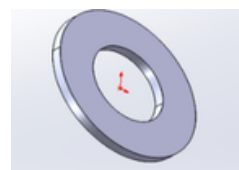
QTY 6



10 mm spring washer

REF 25

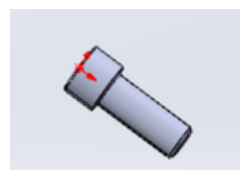
QTY 14



10 mm washer

REF 30

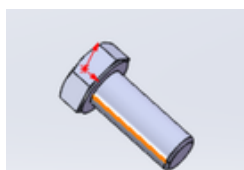
QTY 6



M8 x 20 Socket-head screw

REF 35

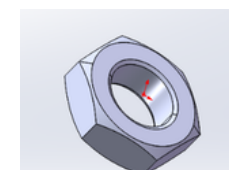
QTY 2



M10 x 25 Hex-head screw

REF 42

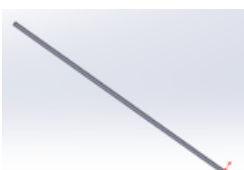
QTY 1



M12 hexagonal thin nut

REF 49

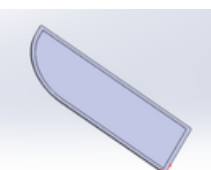
QTY 2



Weight-stack guide rod

REF 51

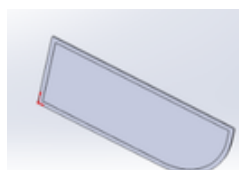
QTY 1



Small protective board 1

REF 52

QTY 1



Small protective board 2

STAGE 2 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 56

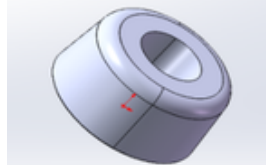
QTY 1



Weight selector pin

REF 63

QTY 2



Weighted buffer pad

REF 64

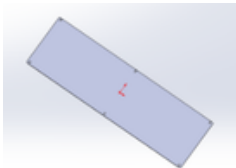
QTY 1



Hollow screw

REF 70

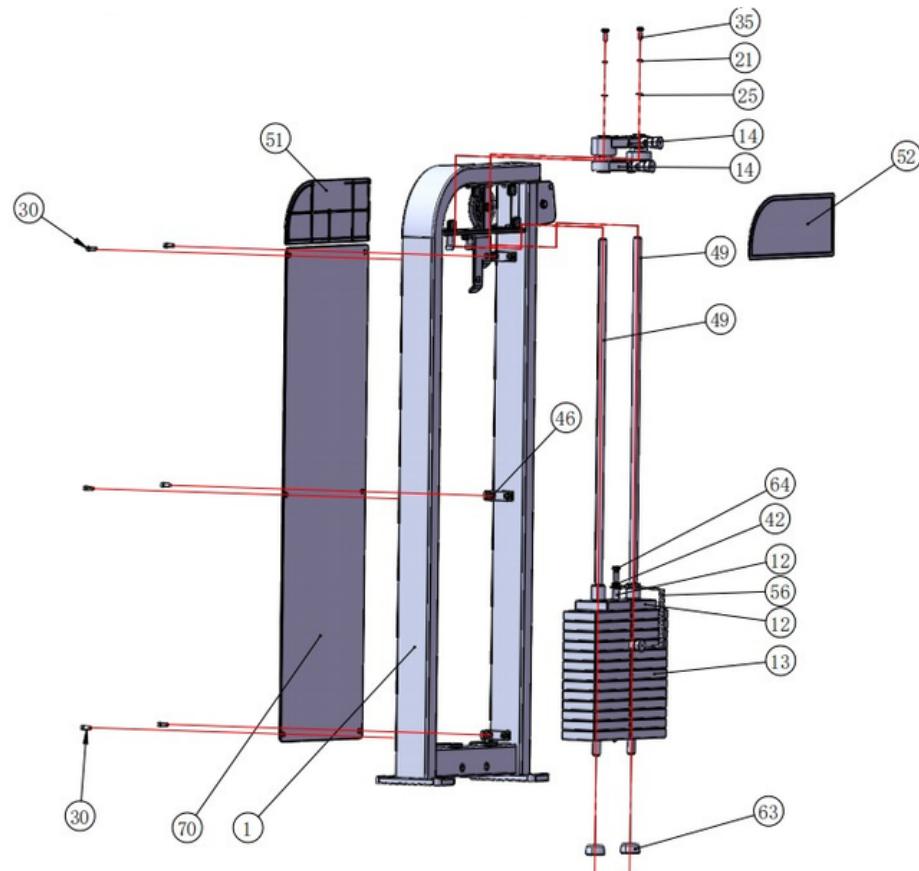
QTY 1



Rear weight-stack guard

STAGE 2 / DRAWING 1 OF 1

Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 2: Assemble the Stack and Tower

Numbers restart in Stage 2. Never allow an unsecured guide rod or unsupported plate assembly to carry load.

9. Connect the tower to the frame

Support Stage 2 tower 1 beside the exercise frame. Complete its upper and lower support joints using the matching Stage 1 M12 hardware. Align the feet and secure the structural joints before loading the stack.

10. Fit buffers, guide rods and weight plates

Fit buffers 63 at the lower ends of guide rods 49 and seat the guides in their mounts. Keep the assembly supported while fitting the thirteen weight plates 13 and top plate/selector assembly 12 in the illustrated order. Preserve selector-pin access and confirm lower guide retention.

11. Fit auxiliary weights and upper retainers

Position both auxiliary weights 14 above the stack as shown. Secure the guide ends with M10 × 25 bolts 35, spring washers 21 and washers 25. Insert selector pin 56 and check full engagement. The drawing includes unlisted callout 46; identify it before completing that connection.

12. Prepare the cable terminal and guards

Identify hollow screw 64 and M12 thin nut 42 at the stack's top connection. Confirm their engagement and locking method with the supplied cable. Leave rear guard 70 and small guards 51 and 52 accessible for routing inspection.

Check before continuing

Stack, guides, buffers, auxiliary weights and selector are confirmed.

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



Trace the stack-to-arm cable using this schematic and the following steps.
Confirm each pulley location and both end fittings before tensioning.

Stage 3: Route, Guard and Test

All cable routing, pivot retention and position locks must be confirmed before exercise.

13. Trace the multi-pulley cable route

With the stack down and arm supported, follow the schematic from the stack over both upper tower pulleys, down around the lower tower pulley, across the horizontal guide pulley and around the lower exercise-side pulley. Continue through the remaining exercise-side pulleys to the depicted terminal. Match each pulley individually to the assembled frame.

14. Verify cable ends and pulley retention

Check the stack fitting, opposite terminal, locking hardware and every pulley axle and retainer. The drawing omits full terminal mounting detail, cable length and tension limits; obtain these for loose or uncertain cables. Check tracking in both chest-press and shoulder-press configurations before applying resistance.

15. Fit guards and finish fastening

Fit rear guard 70 with M8 × 20 screws 30 at the shown points. Fit small guards 51 and 52 with their confirmed hardware. Check all frame, pad, bearing, linkage and guide connections. Confirm required torque and floor-fixing requirements with Build A Gym before use.

16. Test at the lowest resistance

Select the lowest stack load and lock the seat/backrest and arm settings for one exercise position. Press slowly through a controlled range and check smooth stack lift and full return. Repeat in the other intended position after unloading and securing the adjustment. Stop for slack, binding, guard contact or a shifting lock.

Check before continuing

Both exercise positions pass the arm, linkage, cable and stack checks.

FINAL CHECK

Ready for the first use?

☐ **Frame and hardware**

Confirm that the frame is stable, all required hardware is installed and all connections are secure.

☐ **Adjustments and safeties**

Check that adjustment pins, locking mechanisms and any safety stops engage fully. Verify that pads and handles are secure.

☐ **Moving parts**

Carefully check the full range of movement. Confirm that moving assemblies clear the frame and guards without binding.

☐ **Product-specific inspection**

Check press-arm retention, linked seat/backrest pivots, position locks and cable ends. Test both exercise positions for smooth movement and full stack return.

☐ **Keep the equipment ready**

Inspect before every use. Wipe contact surfaces dry after use. Have a qualified technician address damaged parts, unusual movement or noise before further exercise.

Need help with assembly?

Contact Build A Gym with your product name, assembly stage, part reference and a clear photo of the issue.

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