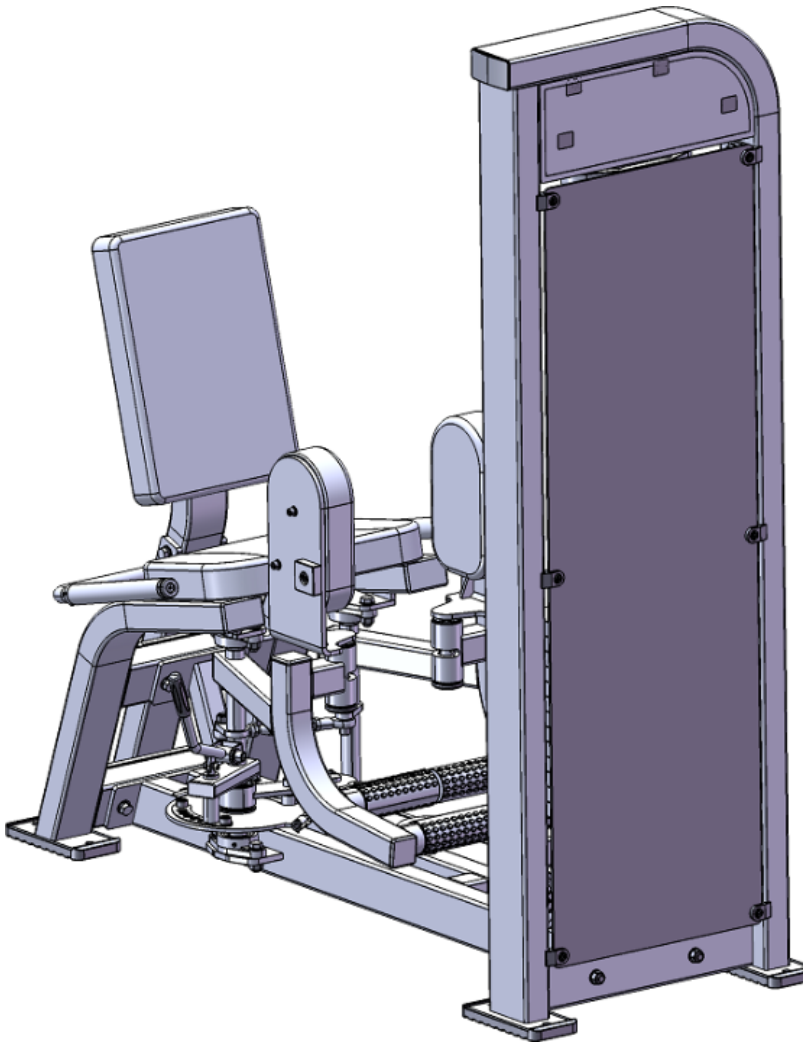
BUILT STRENGTH

INFINITE SERIES

Abductor/Adductor

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

Build A Gym • (512) 591-8553 • buildagym.com

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 → Stage 4 → Stage 5 → Stage 6 → Stage 7 → Stage 8 → Stage 9 → Final inspection

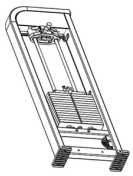
Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

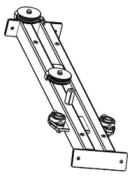
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



Door

REF 2 **QTY 1**



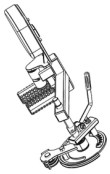
Main frame

REF 3 **QTY 1**



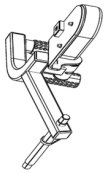
Rear stand

REF 4 **QTY 1**



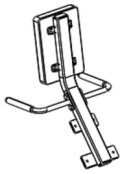
Right arm

REF 5 **QTY 1**



Left arm

REF 6 **QTY 1**



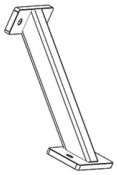
Backrest

REF 7 **QTY 1**



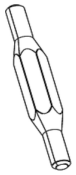
Rear diagonal brace assembly

REF 8 **QTY 1**



Front brace assembly

REF 9 **QTY 1**



Hex connecting rod

REF 10 **QTY 1**



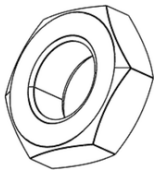
Joint bearings M12 × 67

REF 11 **QTY 1**



Joint bearing (reverse buckle) M12 × 67

REF 12 **QTY 1**



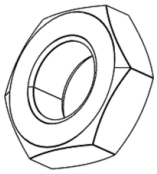
Hexagonal thin nut M12

STAGE 1 / PARTS

Identify your components

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

REF 13 **QTY 1**



Hexagonal thin nut M12 (Buckle Back)

REF 14 **QTY 14**



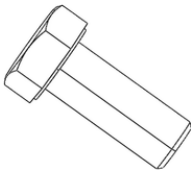
Spring washer Ø12

REF 15 **QTY 20**



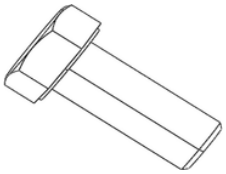
Washer Ø12.2xØ24 × 1.2

REF 16 **QTY 14**



Hex head bolts M12 × 30

REF 17 **QTY 2**



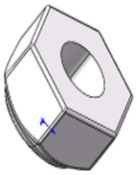
Hex head bolts M12 × 75

REF 18 **QTY 2**



Socket-head screw M12 × 40

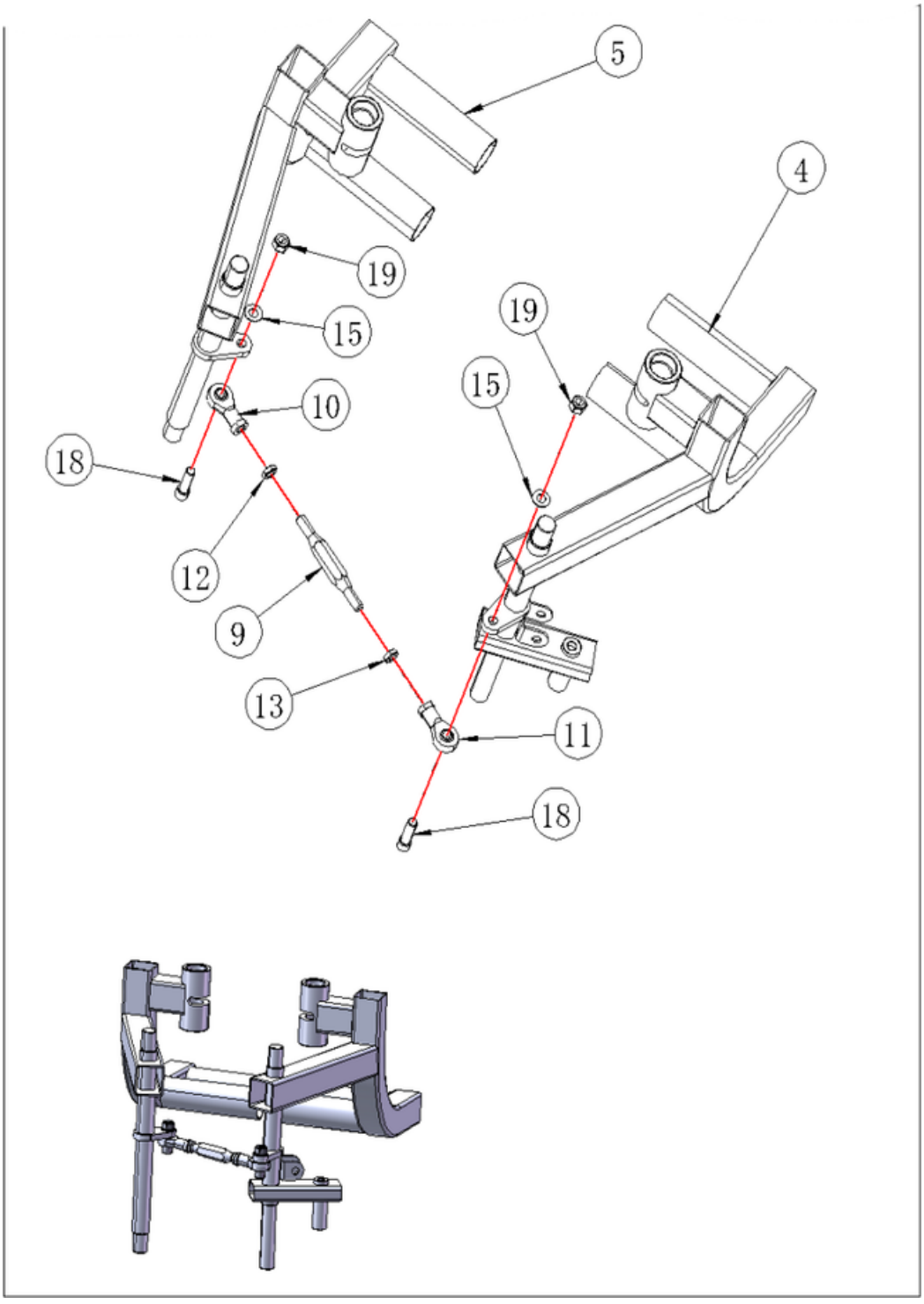
REF 19 **QTY 4**



Locknut M12

STAGE 1 / DRAWING 1 OF 3

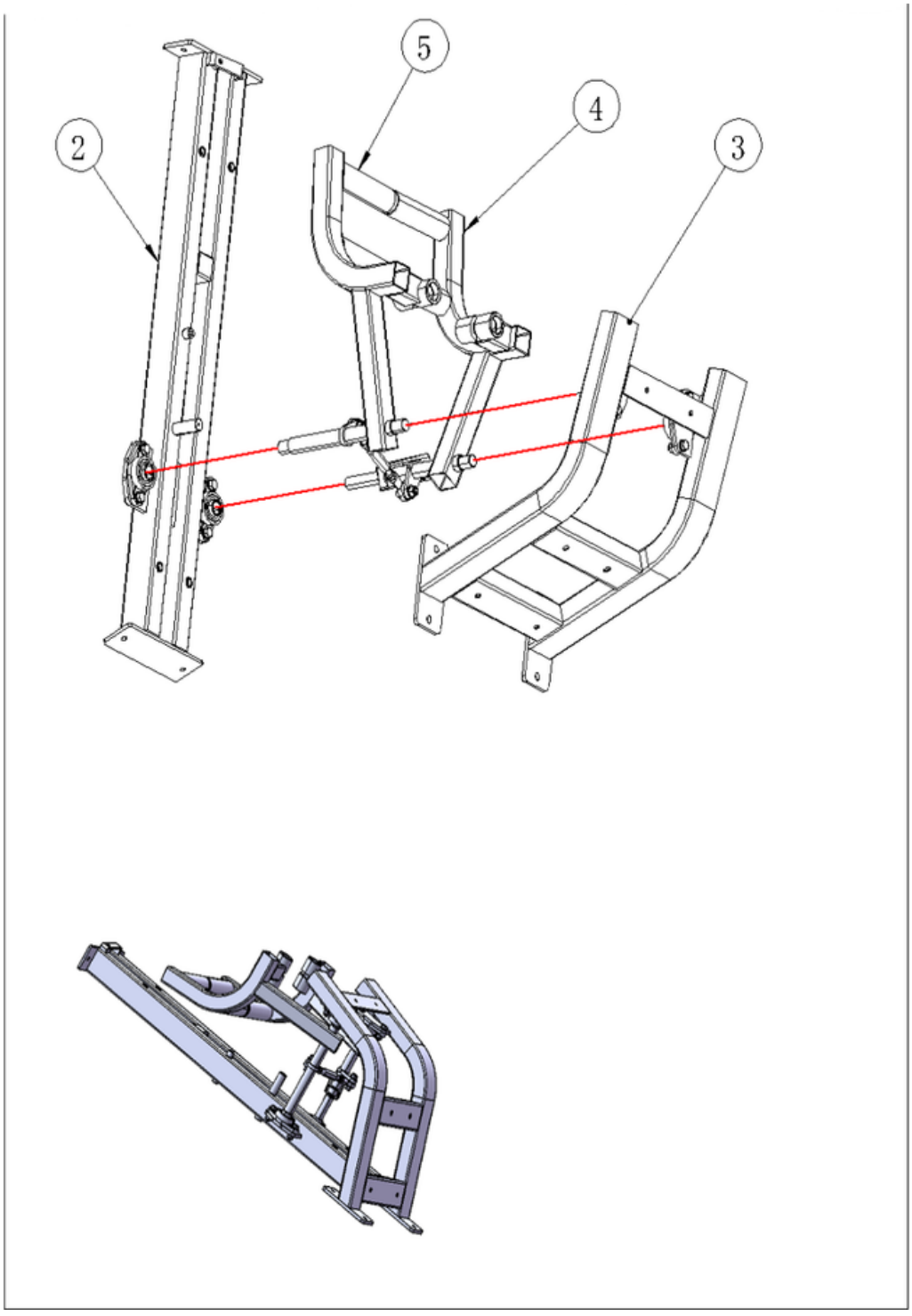
Assembly stage 1



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 / DRAWING 2 OF 3

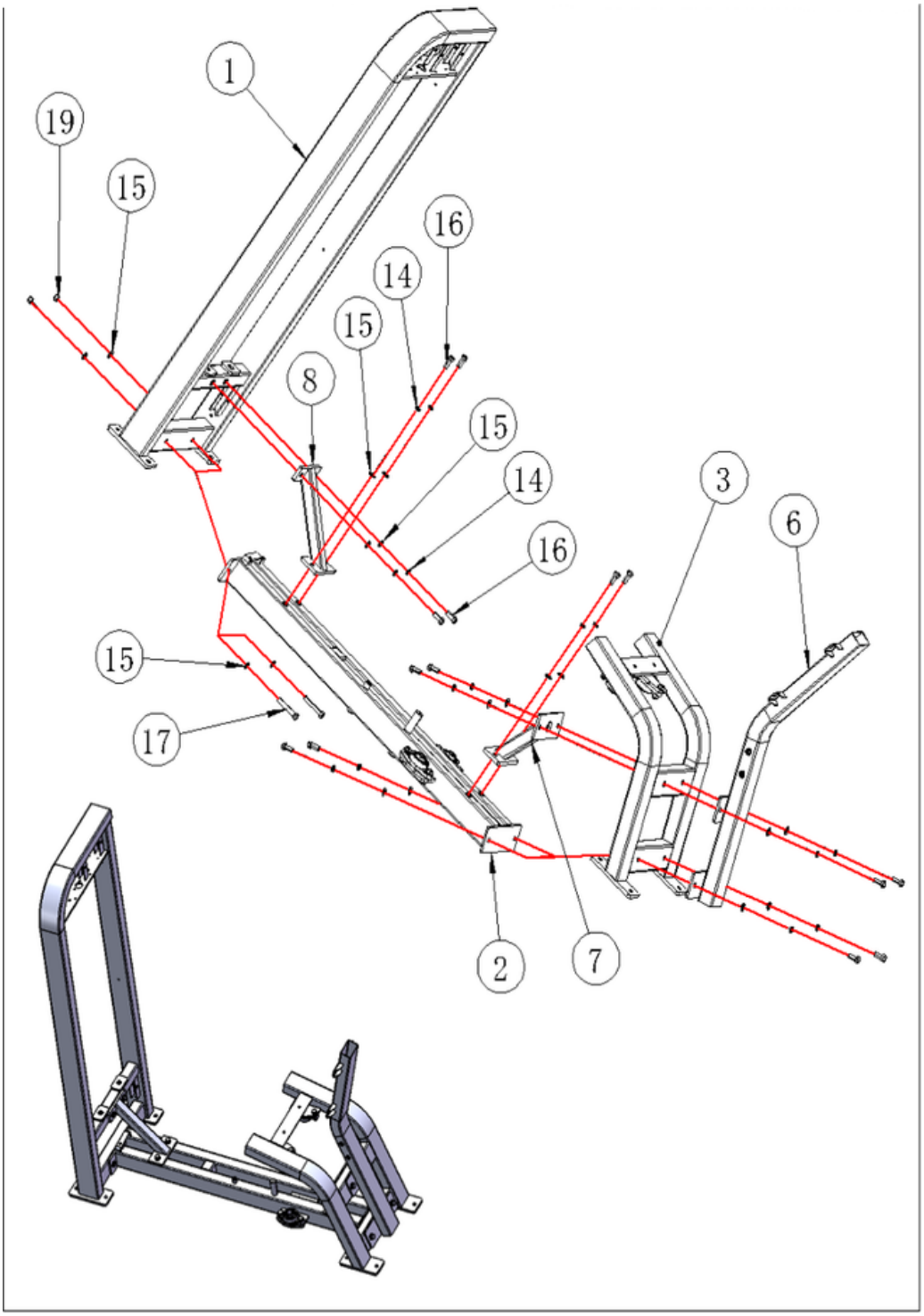
Assembly stage 1



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 / DRAWING 3 OF 3

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: Plan the Frame Assembly

Part references restart in every stage. Stage 1 is the overall joining plan; return here after preparing Stages 2–6.

1. Prepare and support the subassemblies
Identify tower 1, beam 2, seat stand 3, arms 4 and 5, backrest 6 and braces 7 and 8. Complete the loose subassemblies described in Stages 2–6 before closing the frame around the arm shafts. Keep the tower and arms supported throughout.

2. Connect the paired arms
Fit rod ends 10 and 11 and their corresponding right- and left-hand thin nuts 12 and 13 to hex rod 9. Connect the ends to the two arm lugs with M12 × 40 screws 18, washers 15 and nuts 19 as drawn. Preserve the factory rod length; obtain its setting if supplied loose.

3. Join the exercise frame and tower
Locate both arm shafts between the beam and seat-stand bearings as shown in Drawing 2. Position backrest 6 and braces 7 and 8 as in Drawing 3. Fit M12 × 30 bolts 16 and M12 × 75 bolts 17 with washers 14 and 15 and the depicted nuts 19 at their respective joints.

4. Check frame alignment
Start all structural bolts before securing the aligned frame. Confirm every shaft is retained, the paired arms move together and all feet rest firmly. Do not infer bearing preload, shaft retention or rod adjustment from the overview; resolve any missing setup detail before operation.

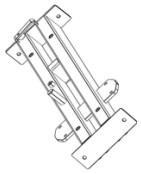
Check before continuing
The frame joins, arm shafts and link rod are verified.

STAGE 2 / PARTS

Identify your components

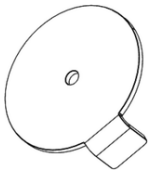
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



Main frame assembly

REF 2 **QTY 2**



Rope pulley plate

REF 3 **QTY 2**



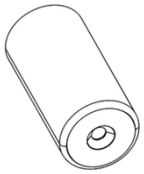
Ø105 pulley

REF 4 **QTY 2**



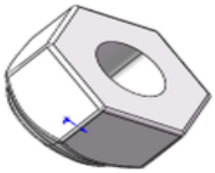
Ø25 bearing housing

REF 5 **QTY 1**



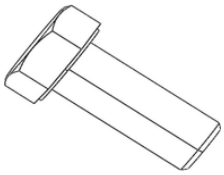
Nylon limiting sleeve

REF 6 **QTY 4**



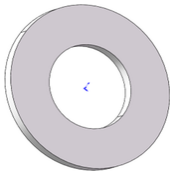
Locknut M12

REF 7 **QTY 4**



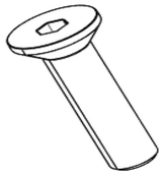
Hex head bolt M12 × 40

REF 8 **QTY 8**



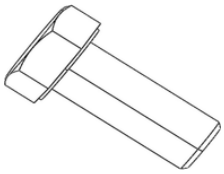
Washer Ø12.2xØ24 × 1.2

REF 9 **QTY 1**



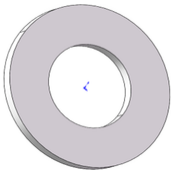
Countersunk socket screw M5 × 20

REF 10 **QTY 1**



Hex head bolts M10 × 55

REF 11 **QTY 2**



Washer Ø10.3xØ20 × 1.2

REF 12 **QTY 2**



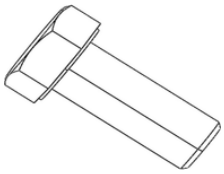
Spring washer Ø10

STAGE 2 / PARTS

Identify your components

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

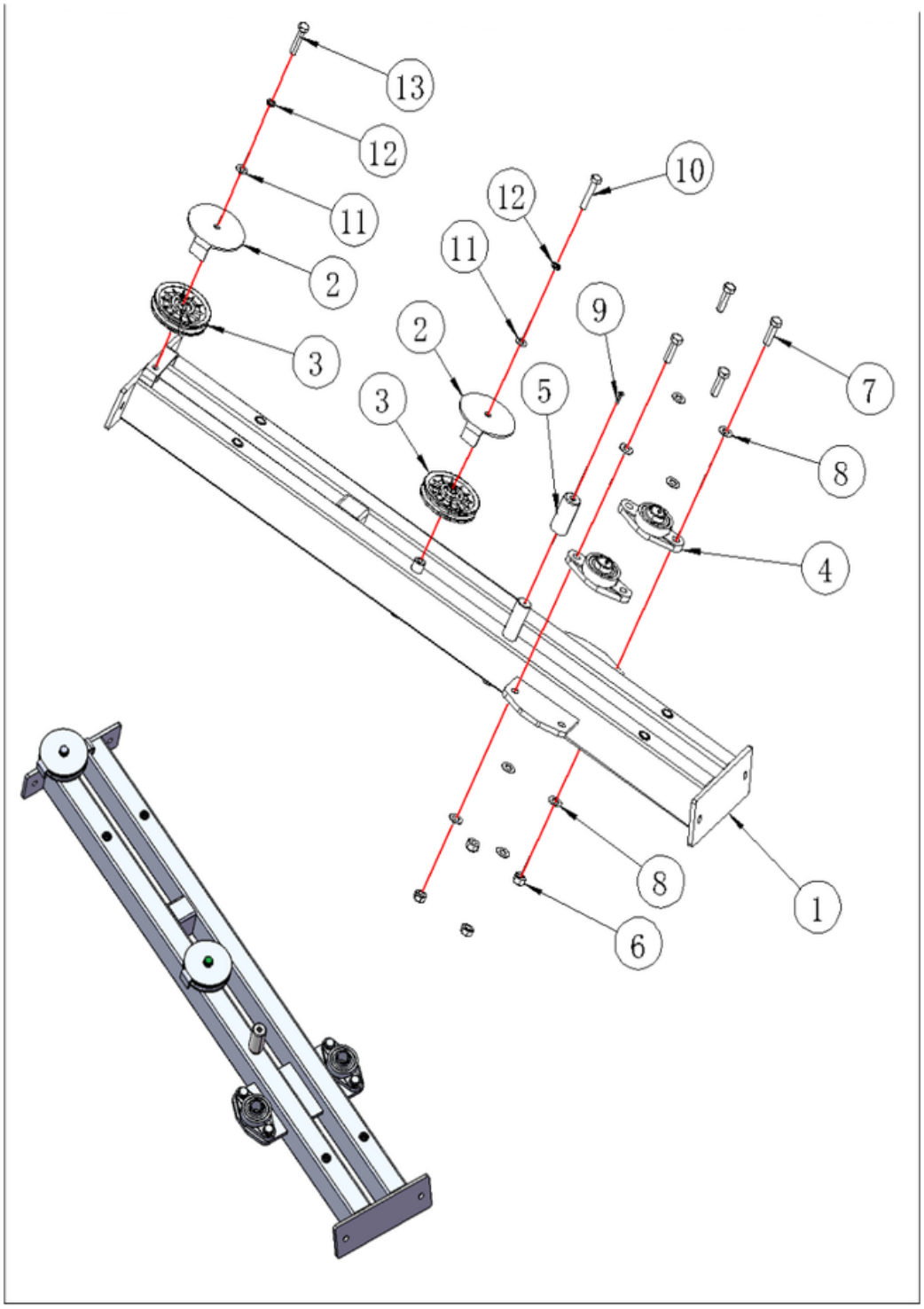
REF 13	QTY 1



Hex head bolts M10 × 50

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: Prepare the Main Beam

Use the Stage 2 drawing and parts list.

5. Fit the beam bearings
Support beam 1 and mount both bearing housings 4 with M12 × 40 bolts 7, washers 8 and nuts 6. Align the housings with the arm-shaft locations before final fastening. Retain factory-fitted bearings and confirm any omitted shaft-retention detail.

6. Install the stop and pulleys
Fit nylon limiting sleeve 5 with M5 × 20 countersunk screw 9. Fit the two pulleys 3 and guard plates 2 at the illustrated mounts, using M10 × 55 bolt 10 or M10 × 50 bolt 13 as called out, with spring washers 12 and flat washers 11.

7. Check the cable passages
Turn each pulley by hand and confirm its plate clears the groove. Keep both grooves accessible for Stage 9 routing. Recheck the nylon stop and bearing mounts before joining the beam to the rear stand.

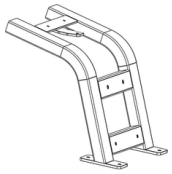
Check before continuing
Beam bearings, stop, pulleys and guard plates are secure.

STAGE 3 / PARTS

Identify your components

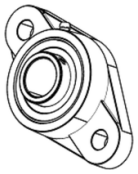
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



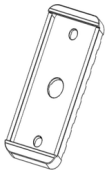
Rear stand assembly

REF 2 **QTY 2**



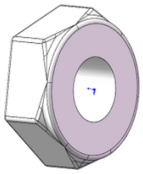
Ø25 bearing housing

REF 3 **QTY 2**



Frame foot

REF 4 **QTY 4**



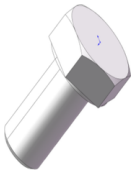
Locknut M12

REF 5 **QTY 2**



Socket-head screw M8 × 25

REF 6 **QTY 4**



Hex head bolts M12 × 40

REF 7 **QTY 8**



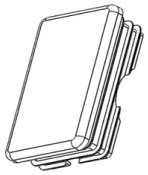
Washer Ø12.2xØ24 × 1.2

REF 8 **QTY 2**



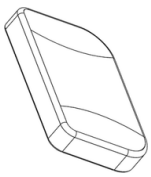
Washer Ø8.3xØ16 × 1

REF 9 **QTY 2**



50 × 80 Rectangular tube plug

REF 10 **QTY 1**



Cushion

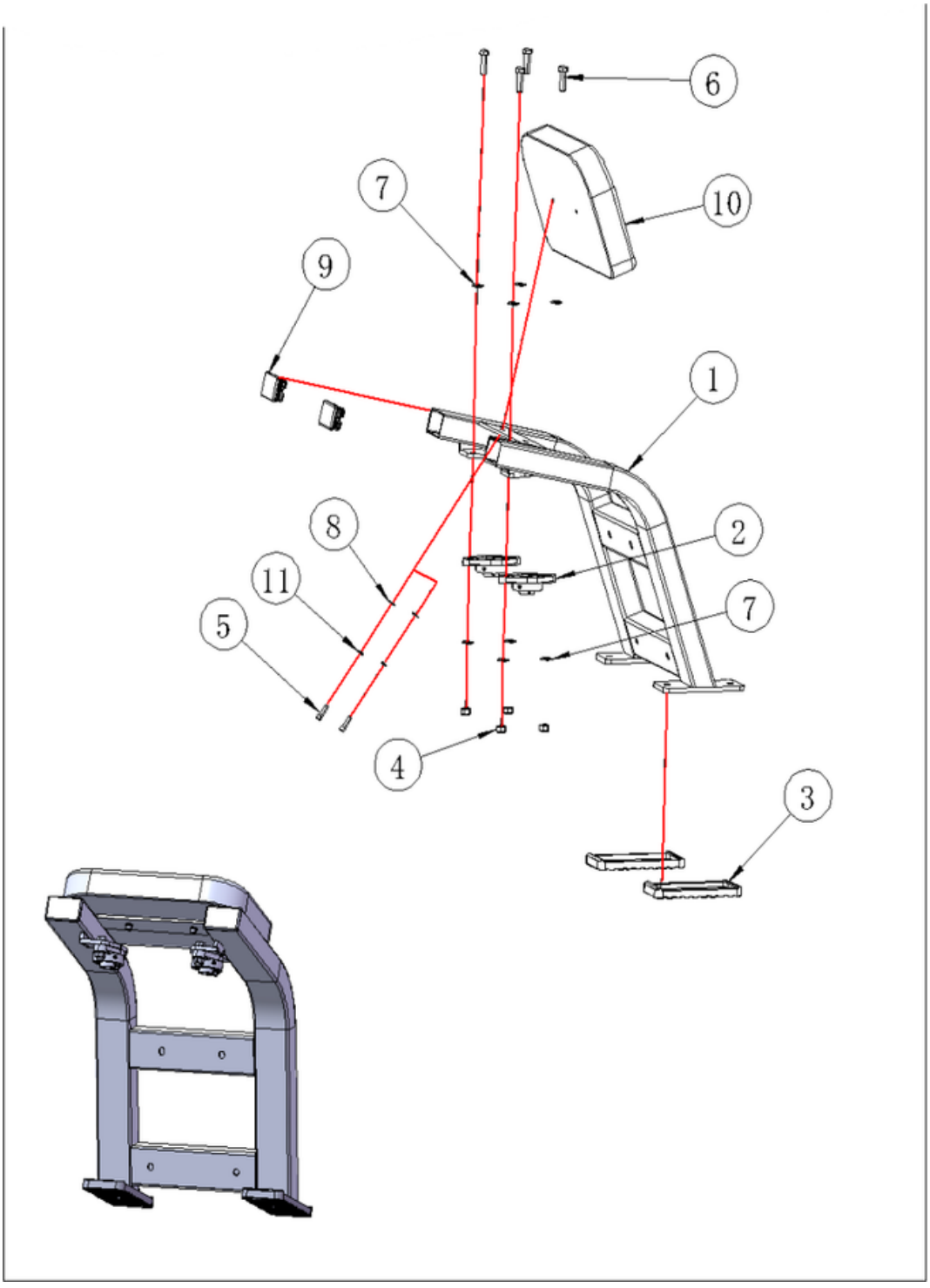
REF 11 **QTY 2**



Spring washer Ø8

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



Match the numbered callouts to the Stage 3 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 3: Prepare the Seat Stand

Complete this subassembly before closing the Stage 1 frame.

8. Fit the rear bearing housings
Support stand 1. Fit both housings 2 with M12 × 40 bolts 6, washers 7 and nuts 4. Align them to the matching beam bearings while supporting both arm shafts; do not force the frame together around a misaligned shaft.

9. Fit the seat and feet
Attach cushion 10 with M8 × 25 screws 5, spring washers 11 and flat washers 8. Fit feet 3 and plugs 9. Check that the cushion is secure and the bearing mounts remain accessible until the arm installation is verified.

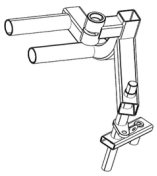
Check before continuing
Seat, feet and rear bearing mounts are secure.

STAGE 4 / PARTS

Identify your components

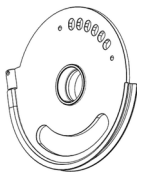
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



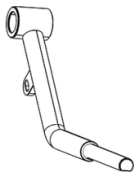
Right boom assembly

REF 2 **QTY 1**



Adjust disc assembly

REF 3 **QTY 6**



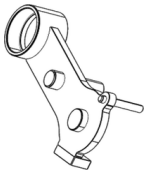
Adjustment assembly

REF 4 **QTY 1**



Leg pads assembly

REF 5 **QTY 1**



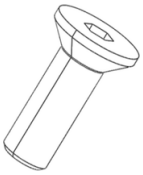
Reversing arm assembly

REF 6 **QTY 3**



Socket-head screw M8 × 25

REF 7 **QTY 1**



Countersunk socket screw M10 × 20

REF 8 **QTY 1**



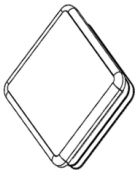
Socket-head screw M8 × 20

REF 9 **QTY 3**



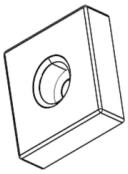
Washer Ø8.3xØ16 × 1

REF 10 **QTY 3**



50 × 50 square tube plug

REF 11 **QTY 1**



Square cushioning

REF 12 **QTY 1**



Leg pads

STAGE 4 / PARTS

Identify your components

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

REF 13 **QTY 2**



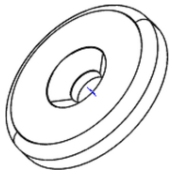
Sintered bushing

REF 14 **QTY 3**



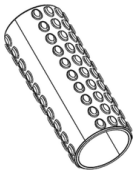
Spring washer Ø8

REF 15 **QTY 1**



Ø50 aluminum end cap

REF 16 **QTY 2**



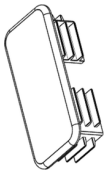
Footrest cover

REF 17 **QTY 1**



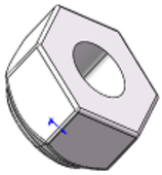
Handle

REF 18 **QTY 2**



25 × 50 Rectangular tube plug

REF 19 **QTY 1**



Locknut M6

REF 20 **QTY 1**



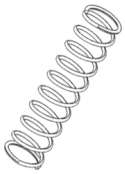
Socket-head screw M6 × 20

REF 21 **QTY 2**



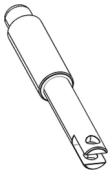
Washer Ø6.3xØ12 × 0.5

REF 22 **QTY 1**



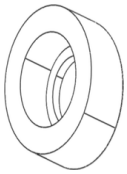
Spring

REF 23 **QTY 1**



Pull pin

REF 24 **QTY 2**



Limit spacer

STAGE 4 / PARTS

Identify your components

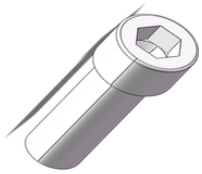
Match each reference and quantity to the drawing for this stage.

REF 25 **QTY 1**



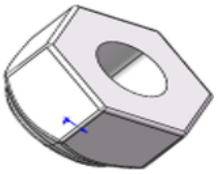
Adjust trim panel

REF 26 **QTY 2**



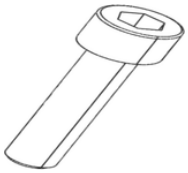
Socket-head screw M8 × 10

REF 27 **QTY 1**



Locknut M12

REF 28 **QTY 1**



Socket-head screw M12 × 60

REF 29 **QTY 2**



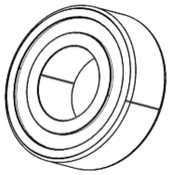
Washer Ø12.2xØ24 × 1.2

REF 30 **QTY 2**



Sintered bushing

REF 31 **QTY 4**



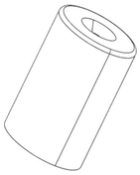
Deep groove ball bearings Ø52xØ25 × 15

REF 32 **QTY 1**



Powder compartment

REF 33 **QTY 1**



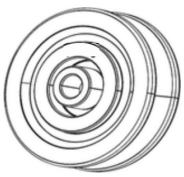
Limit set

REF 34 **QTY 1**



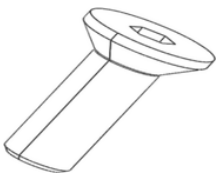
Phillips groove countersunk screw M3 × 20

REF 35 **QTY 1**



Ø70 pulley

REF 36 **QTY 1**



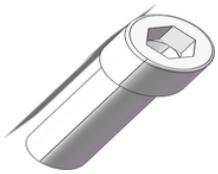
Countersunk socket screw M5 × 10

STAGE 4 / PARTS

Identify your components

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

REF 37	QTY 1



Socket-head screws M10 × 40

REF 38	QTY 1



Washer Ø10.3xØ20 × 1.2

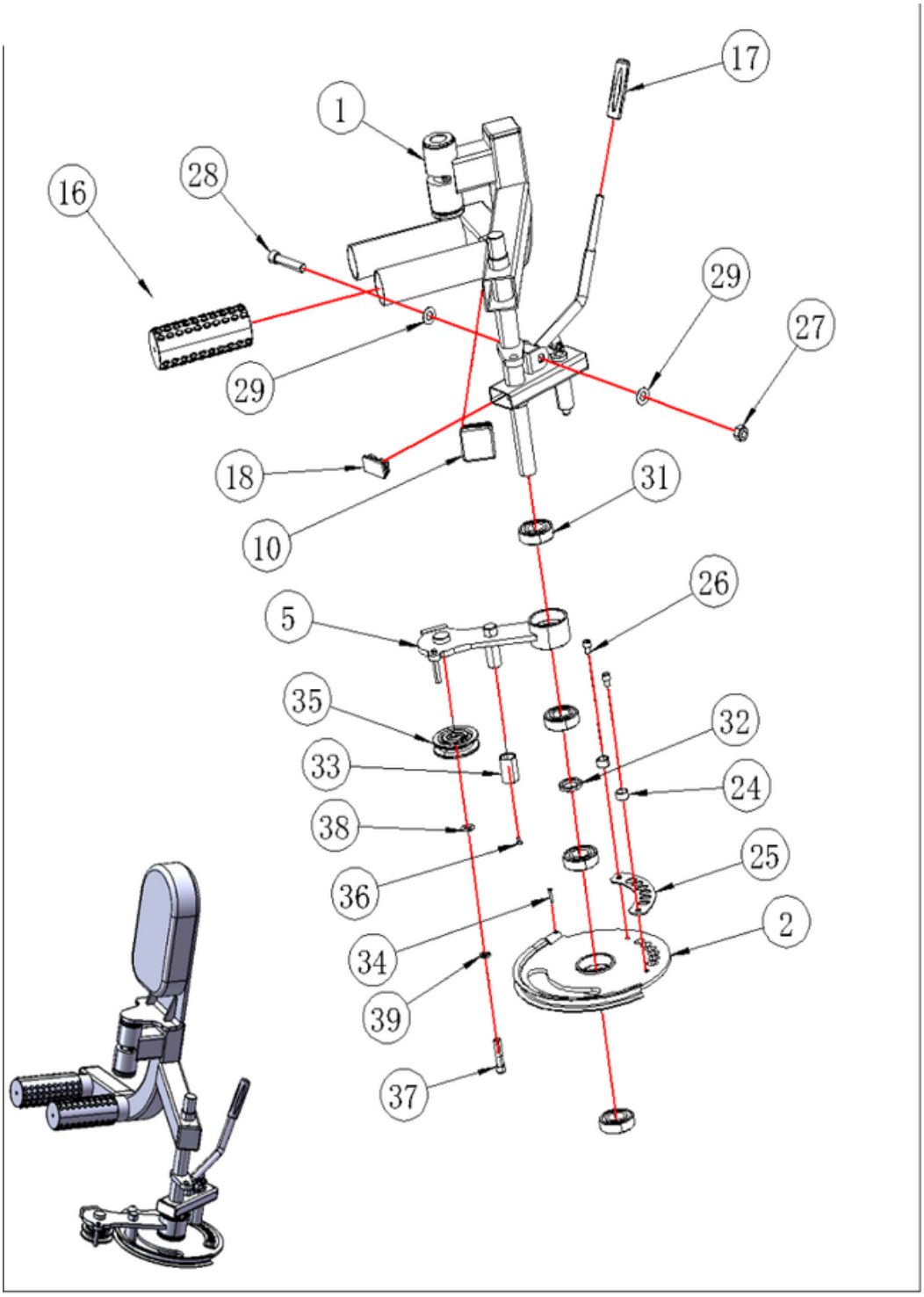
REF 39	QTY 1



Spring washers Ø10

STAGE 4 / DRAWING 1 OF 2

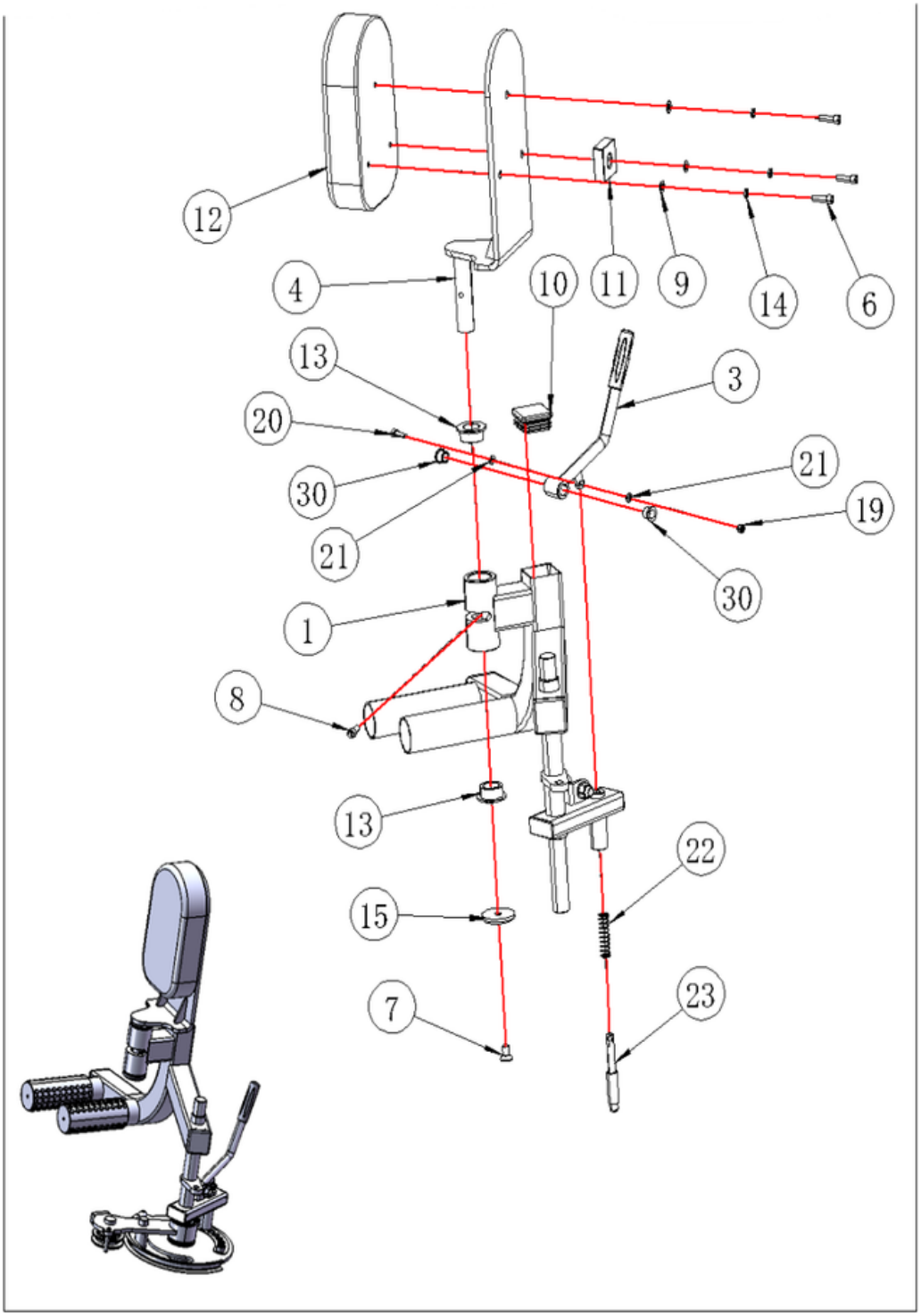
Assembly stage 4



Match the numbered callouts to the Stage 4 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 4 / DRAWING 2 OF 2

Assembly stage 4



Match the numbered callouts to the Stage 4 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 4A: Assemble the Right Arm

Use Stage 4 Drawing 1. The source does not specify bearing fit, adjustment settings or complete retention dimensions.

10. Support the right arm and disc
Identify arm 1, reversing arm 5, disc 2 and four bearings 31. Keep these parts supported and assemble the bearing sequence shown in Drawing 1. Preserve factory bearing seats; obtain any omitted fits or retention details before pressing or dismantling bearings.

11. Fit the disc and reversing components
Fit spacers 24, trim panel 25 and retaining parts 32 and 33 in the depicted arrangement. Use screws 26, 34 and 36 only at their marked locations. Join the shown arm lug using M12 × 60 screw 28, washers 29 and nut 27. Confirm each moving joint is positively retained.

12. Fit the small pulley and fittings
Mount pulley 35 at the reversing-arm location using M10 × 40 screw 37, spring washer 39 and washer 38. Fit foot covers 16, handle 17 and plugs 10 and 18. Ensure the pulley rotates freely and the disc clears the arm.

Check before continuing
Right-arm disc, bearings, reversing mechanism and pulley are confirmed.

Stage 4B: Fit the Right Pad and Lock

Use Stage 4 Drawing 2. Resolve the adjustment-assembly quantity against the supplied kit.

13. Install the pad carrier
Fit bushings 13 above and below the arm sleeve, insert carrier 4 and retain it with end cap 15 and M10 × 20 countersunk screw 7. Fit M8 × 20 screw 8 where shown. Check carrier movement without axial looseness.

14. Install the adjustment mechanism
Fit adjustment assembly 3 and bushings 30 at the shown pivot with M6 × 20 screw 20, washers 21 and nut 19. Fit spring 22 and pull pin 23 in the depicted relationship. Confirm spring setup if loose; no preload is given. The table lists six adjustment assemblies while the drawing shows one mechanism: verify the kit.

15. Fit the pad and verify locking
Fit pad 12 and buffer 11 using M8 × 25 screws 6, spring washers 14 and washers 9. Fit remaining plugs 10. Operate the adjustment handle and confirm the pin fully engages each intended disc position before the arm is loaded.

Check before continuing
Pad carrier, spring, handle and locking pin function correctly.

STAGE 5 / PARTS

Identify your components

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

REF 1 **QTY 1**



Left boom assembly

REF 2 **QTY 1**



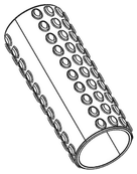
Leg pads assembly

REF 3 **QTY 1**



Leg pads

REF 4 **QTY 2**



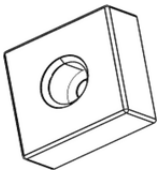
Footrest cover

REF 5 **QTY 3**



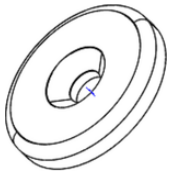
50 × 50 square pipe is plugged

REF 6 **QTY 1**



Square cushioning

REF 7 **QTY 1**



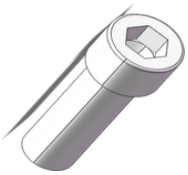
Ø50 aluminum end cap

REF 8 **QTY 1**



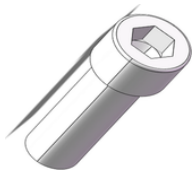
Countersunk socket screw M10 × 20

REF 9 **QTY 3**



Socket-head screw M8 × 25

REF 10 **QTY 1**



Socket-head screw M8 × 20

REF 11 **QTY 3**



Washer Ø8.3xØ16 × 1

REF 12 **QTY 2**



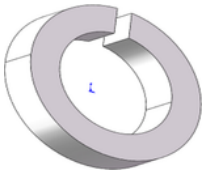
Sintered bushing

STAGE 5 / PARTS

Identify your components

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

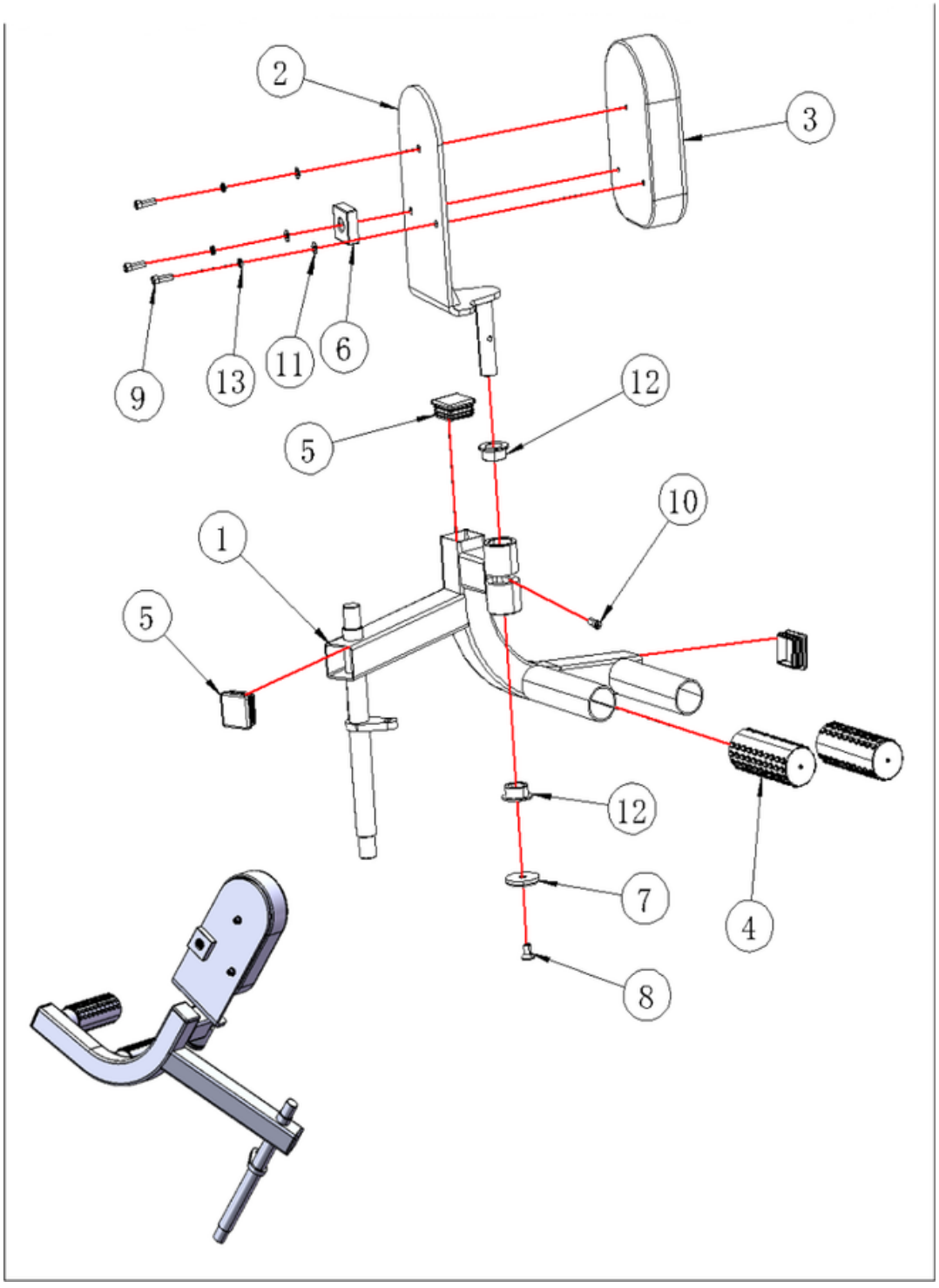
REF 13	QTY 3



Spring washer Ø8

STAGE 5 / DRAWING 1 OF 1

Assembly stage 5



Match the numbered callouts to the Stage 5 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 5: Assemble the Left Arm

Use Stage 5 references for the left arm.

16. Fit the left pad carrier
Support arm 1 and fit bushings 12 at its sleeve. Insert carrier 2 and fit end cap 7 with M10 × 20 countersunk screw 8. Install M8 × 20 screw 10 at the marked location and verify the carrier is retained without binding.

17. Fit the pad and foot covers
Attach pad 3 and buffer 6 with M8 × 25 screws 9, spring washers 13 and washers 11. Fit foot covers 4 and plugs 5. Compare the left and right arm orientation with the Stage 1 overview before connecting their link rod.

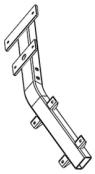
Check before continuing
Left pad, carrier, pivot retention and foot covers are secure.

STAGE 6 / PARTS

Identify your components

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

REF 1 **QTY 1**



Backrest assembly

REF 2 **QTY 1**



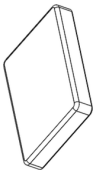
Right handle assembly

REF 3 **QTY 1**



Left handle assembly

REF 4 **QTY 1**



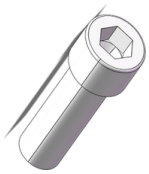
Backrest cushions

REF 5 **QTY 2**



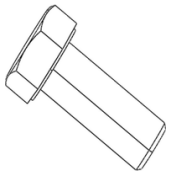
50 × 80 rectangular tube plug

REF 6 **QTY 4**



Socket-head screw M8 × 25

REF 7 **QTY 4**



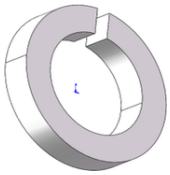
Hex head bolts M12 × 30

REF 8 **QTY 4**



Washer Ø12.2xØ24 × 1.2

REF 9 **QTY 4**



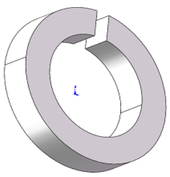
Spring washer Ø12

REF 10 **QTY 4**



Washer Ø8.3xØ16 × 1

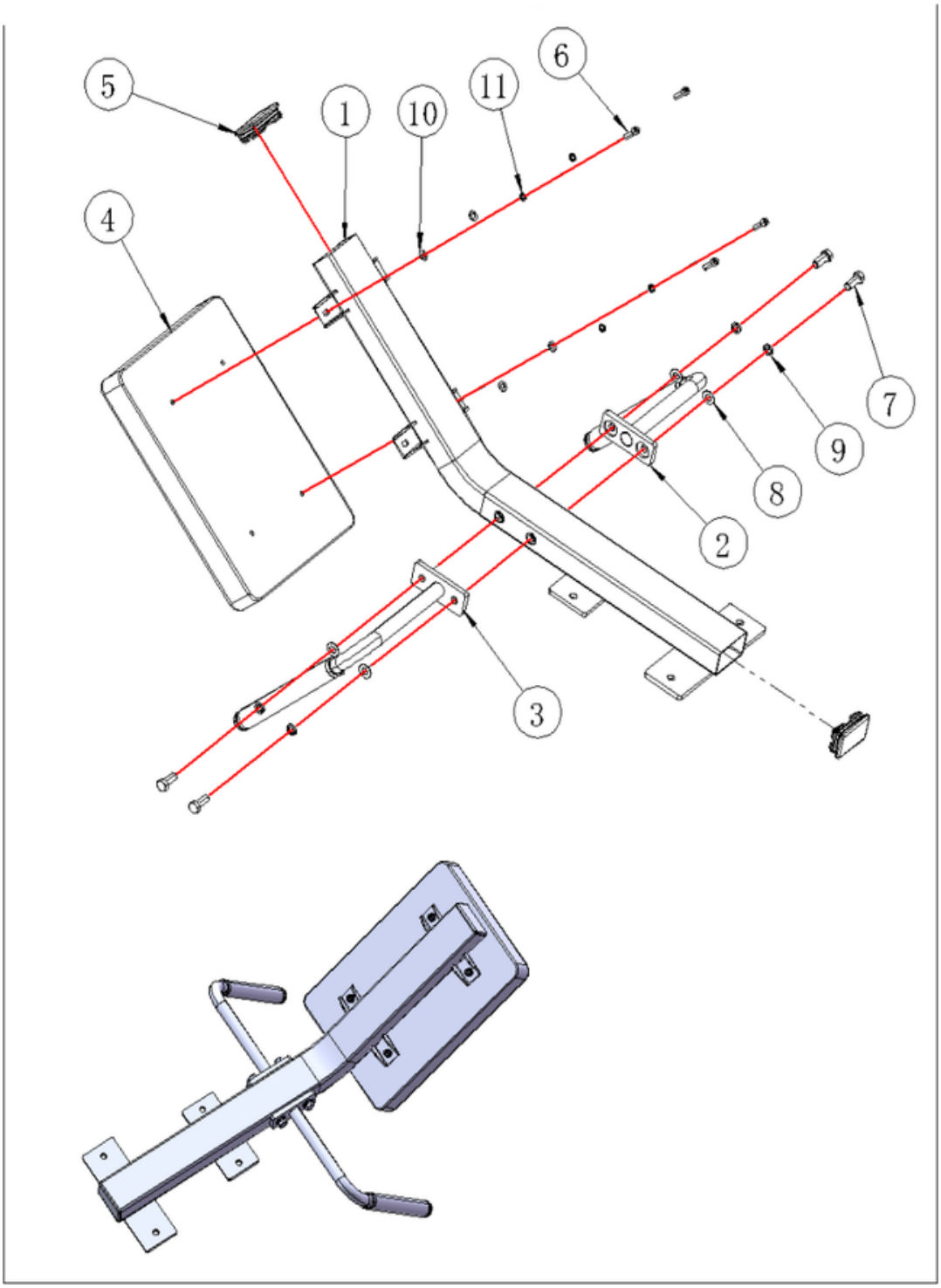
REF 11 **QTY 4**



Spring washer Ø8

STAGE 6 / DRAWING 1 OF 1

Assembly stage 6



Match the numbered callouts to the Stage 6 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 6: Assemble the Backrest

Complete Stages 2–6 before final Stage 1 alignment.

18. Fit the backrest pad
Support frame 1 and fit pad 4 using M8 × 25 screws 6, spring washers 11 and washers 10. Start all screws before securing the pad evenly. Fit plugs 5 after checking concealed connections.

19. Fit both handles and finish the frame
Attach right handle 2 and left handle 3 using M12 × 30 bolts 7, spring washers 9 and washers 8. Return to Stage 1 to complete and secure the frame joins. Confirm torque and floor-fixing requirements with Build A Gym before commissioning.

Check before continuing
Backrest, handles, paired arms and all frame connections are secure.

STAGE 7 / PARTS

Identify your components

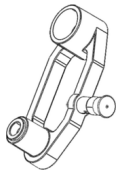
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



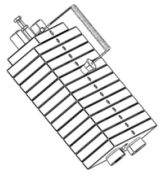
Small door assembly

REF 2 **QTY 2**



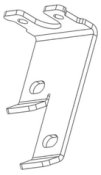
Auxiliary weight assembly

REF 3 **QTY 1**



Weight stack assembly

REF 4 **QTY 1**



Sub-weight adjustment plate

REF 5 **QTY 2**



Weight-stack guide rod

REF 6 **QTY 2**



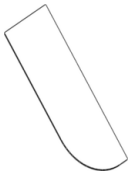
Limit threaded column

REF 7 **QTY 1**



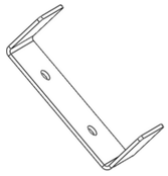
Small guard 1

REF 8 **QTY 1**



Small guard 2

REF 9 **QTY 4**



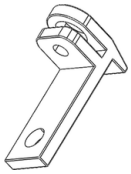
Guard platefixing card

REF 10 **QTY 1**



Rear weight-stack guard

REF 11 **QTY 6**



Rear guard mounting buckle

REF 12 **QTY 8**



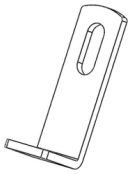
Hook-and-loop strip

STAGE 7 / PARTS

Identify your components

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

REF 13 **QTY 1**



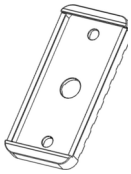
Baffles

REF 14 **QTY 1**



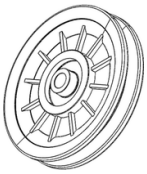
50 × 100 Rectangular tube plug

REF 15 **QTY 2**



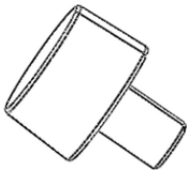
Frame foot

REF 16 **QTY 3**



Ø105 pulley

REF 17 **QTY 2**



Small cushioning

REF 18 **QTY 8**



Washer Ø6.3xØ12 × 0.5

REF 19 **QTY 6**



Washer Ø8.3xØ16 × 1

REF 20 **QTY 10**



Washer Ø10.3xØ20 × 1.2

REF 21 **QTY 8**



Spring washer Ø 6

REF 22 **QTY 6**



Spring washer Ø8

REF 23 **QTY 4**



Spring washer Ø10

REF 24 **QTY 8**



Socket-head screws M6 × 15

STAGE 7 / PARTS

Identify your components

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

REF 25 **QTY 6**



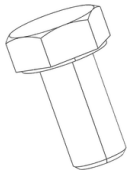
Socket-head screw M8 × 15

REF 26 **QTY 6**



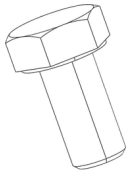
Socket-head screw M8 × 20

REF 27 **QTY 2**



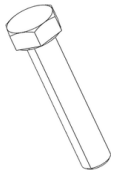
Hex head bolts M10 × 20

REF 28 **QTY 2**



Hex head bolts M10 × 25

REF 29 **QTY 1**



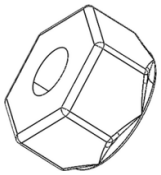
Hex head bolts M10 × 45

REF 30 **QTY 2**



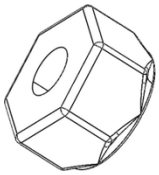
Hex head bolts M10 × 50

REF 31 **QTY 6**



Locknut M8

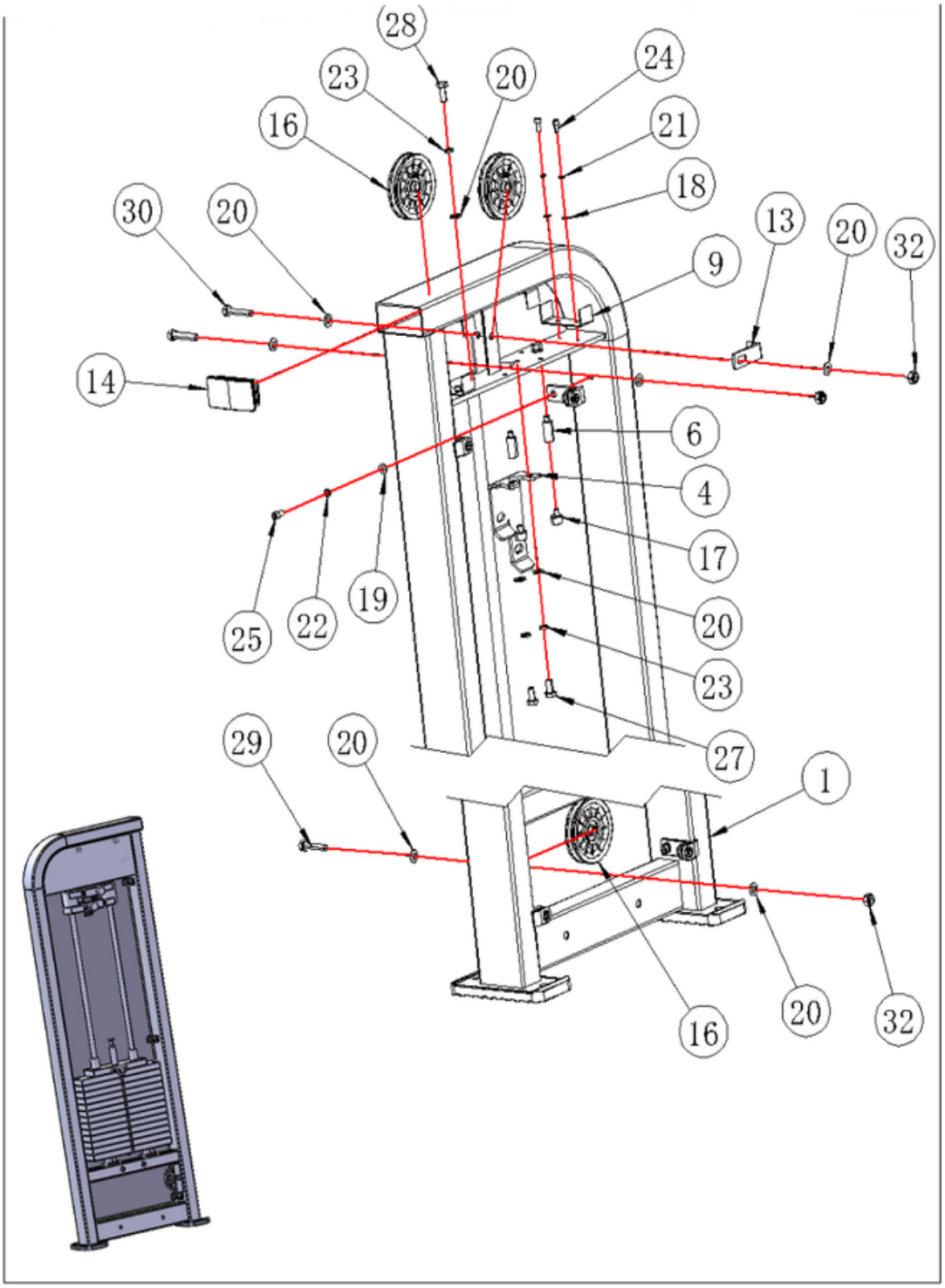
REF 32 **QTY 3**



Locknut M10

STAGE 7 / DRAWING 1 OF 2

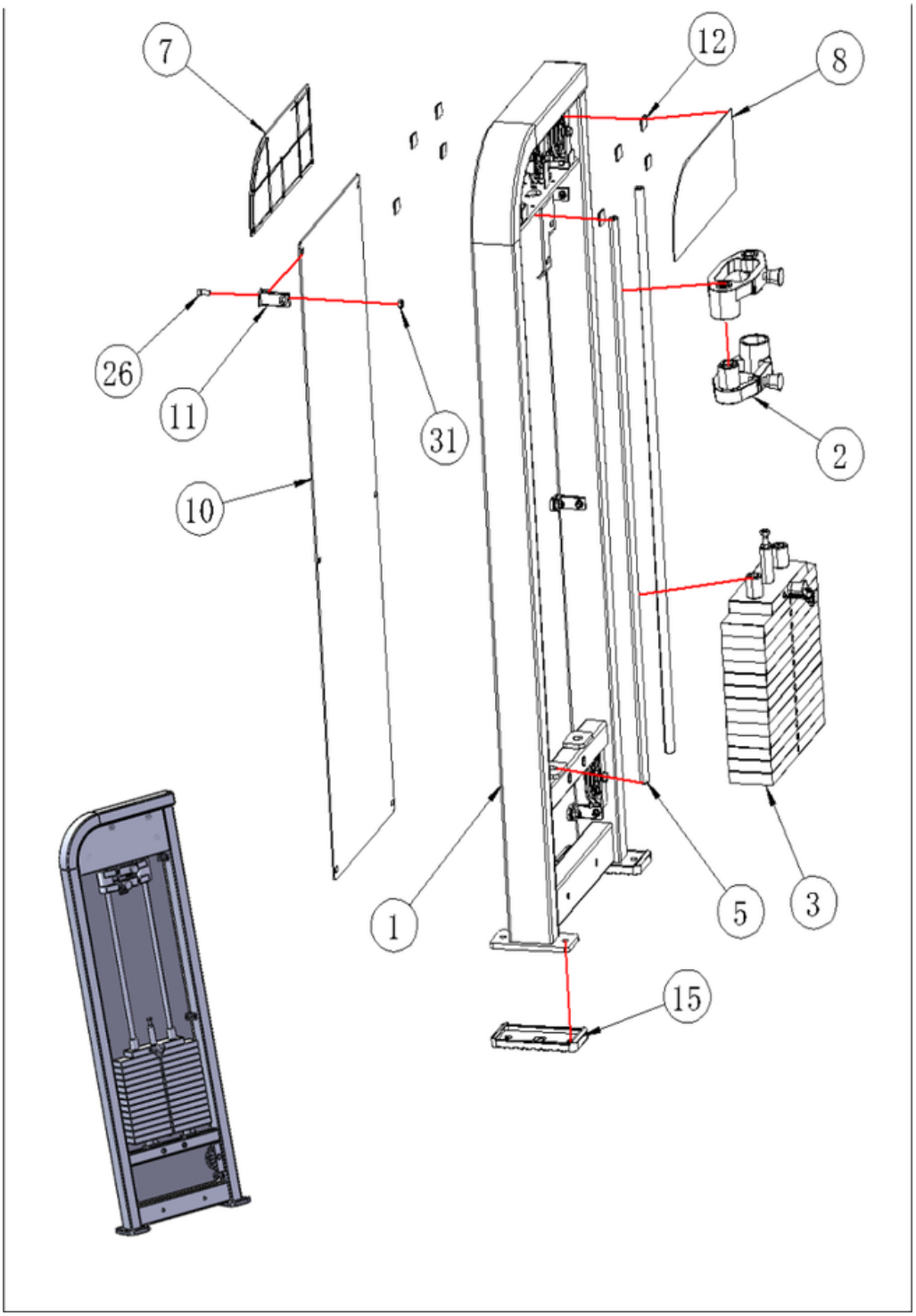
Assembly stage 7



Match the numbered callouts to the Stage 7 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 7 / DRAWING 2 OF 2

Assembly stage 7



Match the numbered callouts to the Stage 7 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 7: Prepare the Weight Tower

Stage 7 references apply to the tower. Build the loose stack as described in Stage 8.

20. Support the tower and stack
Keep tower 1 braced. Fit feet 15 and identify guide rods 5, stack 3 and auxiliary weights 2. Use Stage 8 for the loose stack assembly before securing the upper rod ends. Preserve the original plate order and selector access.

21. Fit guide and auxiliary-weight components
Fit adjustment plate 4, limit posts 6 and small buffers 17 in the shown relationship. Secure the guide ends with M10 × 25 bolts 28, spring washers 23 and washers 20. Fit M10 × 20 bolts 27 at their marked lower mounts; confirm any omitted lower rod retention.

22. Install the tower pulleys and guard mounts
Fit upper pulleys 16 with M10 × 50 bolts 30 and the lower pulley with M10 × 45 bolt 29, using washers 20 and nuts 32. Fit baffle 13 and cards 9 with the depicted M6 × 15 screws 24 and washers 18 and 21. Check free pulley rotation.

23. Prepare the access guards
Fit buckles 11 using M8 × 20 screws 26 and nuts 31, and use M8 × 15 screws 25 with washers 19 and 22 at their shown mounts. Prepare rear guard 10 and small guards 7 and 8 with strips 12. Leave access open until the cable inspection is complete.

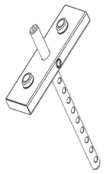
Check before continuing
Guide retention, tower pulleys and guard mounts are confirmed.

STAGE 8 / PARTS

Identify your components

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

REF 1 **QTY 12**



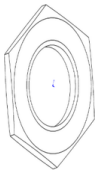
Top plate and selector assembly

REF 2 **QTY 13**



Lower weight plate

REF 3 **QTY 1**



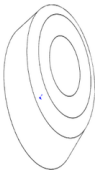
Hex thin nut M12 × 1.5

REF 4 **QTY 1**



Hollow screw M12×60

REF 5 **QTY 2**



Counterweight cushioning

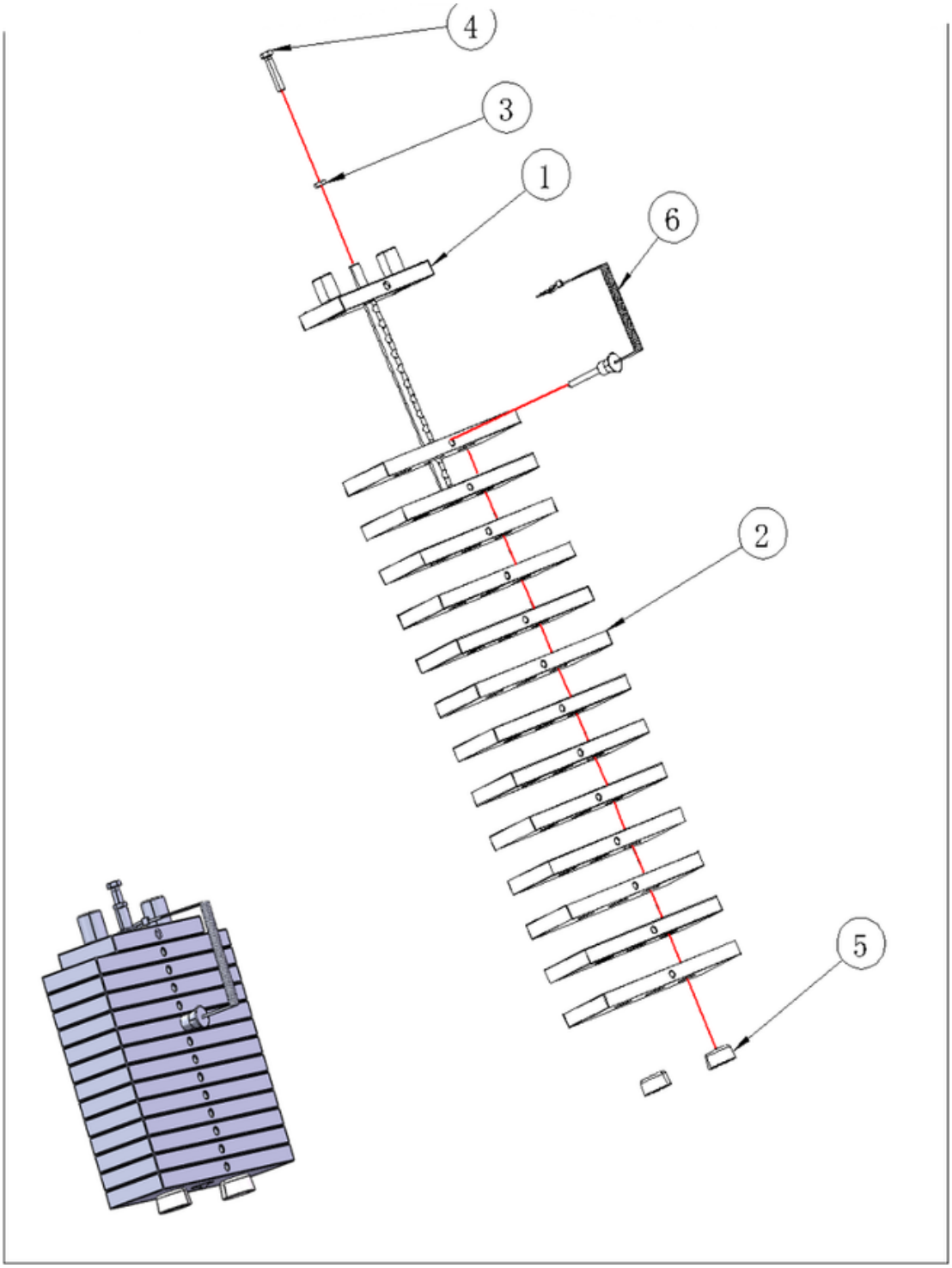
REF 6 **QTY 1**



Weight selector pin

STAGE 8 / DRAWING 1 OF 1

Assembly stage 8



Match the numbered callouts to the Stage 8 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 8: Assemble the Weight Stack

Resolve the top-plate quantity and terminal thread pitch before assembly.

24. Verify the supplied plate set
Keep the stack supported. The list gives quantity 12 for top-plate assembly 1, but the drawing depicts one top assembly. Confirm the supplied top plate and the listed 13 lower plates 2 with Build A Gym; do not assemble twelve top plates from this entry.

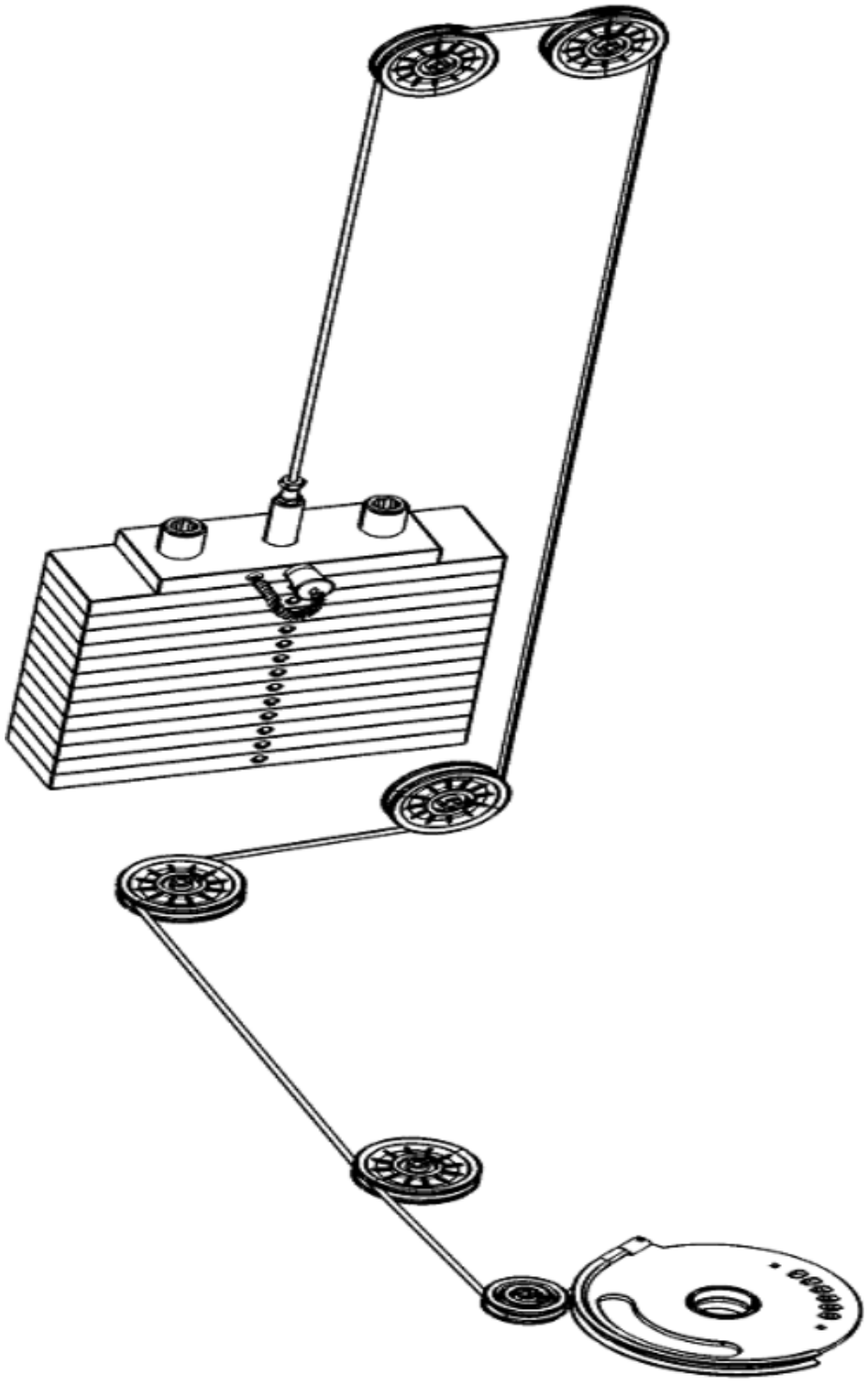
25. Load and retain the plates
Fit buffers 5 below the stack on the two Stage 7 guide rods. Lower the verified plates onto the guides in the supplied order with selector holes aligned. Fit top assembly 1 and auxiliary weights in the tower drawing orientation, then secure both guide ends. Keep hands clear beneath plates.

26. Fit the selector terminal and pin
Fit hollow screw 4 and thin nut 3 only after checking thread compatibility: the nut is M12 × 1.5 but the screw pitch is not stated. Confirm cable engagement and locking requirements before tensioning. Fit selector pin 6 and check it fully enters the selected plate and selector stem.

Check before continuing
Plate set, buffers, guide retention and selector connection are verified.

STAGE 9 / DRAWING 1 OF 1

Assembly stage 9



Trace the cable from the adjustment disc through each pulley to the weight stack. Confirm cable length, wrap direction and terminal retention before tensioning.

Stage 9: Route the Cable and Test

Do not operate with unconfirmed spring, bearing, linkage or cable setup.

27. Confirm the cable and cam attachment
Keep the stack fully down and both arms supported. Identify the cable from the adjustment disc, around the small pulley, through the two beam pulleys and lower tower pulley, over both upper tower pulleys and to the stack. Verify cable length and all terminal-retention details omitted from the schematic.

28. Route and retain the cable
Follow that illustrated sequence, matching the cam wrap and the actual pulley sides. Keep the cable untwisted and seated in every groove. Secure the cam attachment and selector terminal to their confirmed requirements; adjustment must not lift the resting stack.

29. Fit guards and check mode selection
After inspecting the entire route, secure the access guards. With the stack down, check the mode and start-position mechanism against the supplied assembly. Confirm full pin engagement, secure pad orientation and clear travel in both modes before applying resistance.

30. Test both movements at minimum load
Select the lowest available stack load. Slowly test inward and outward movement in their correctly locked modes. Check coordinated arm movement, stable pads, smooth pulley rotation and full stack return. Stop for slack, rubbing, uneven movement or a lock that does not engage fully.

Check before continuing
Both modes, locks, link rod, cable, stack and guards pass inspection.

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

Verify arm-shaft retention, link-rod setting, spring assembly, pad rotation and both mode locks. Confirm the plate set, terminal thread pitch, full cable route and controlled return in both modes.

☐ 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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