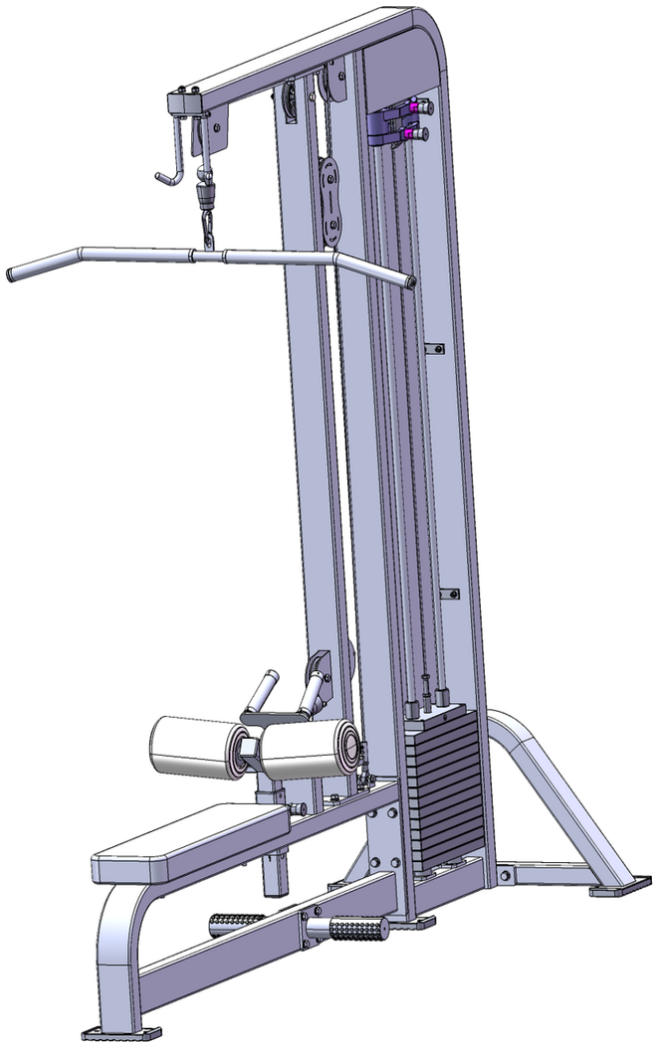
BUILT STRENGTH

INFINITE SERIES

Lat Pulldown / Low Row Combo

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 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

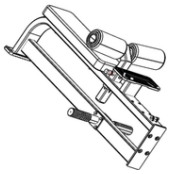
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



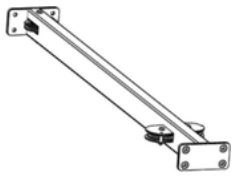
Door

REF 2 **QTY 1**



Main frame

REF 3 **QTY 1**



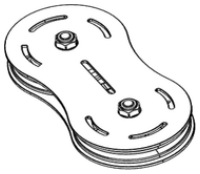
Connecting brace

REF 4 **QTY 1**



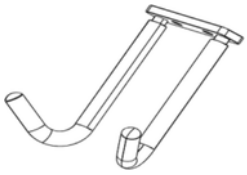
Rear bracket assembly

REF 5 **QTY 1**



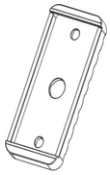
Pulley set

REF 6 **QTY 1**



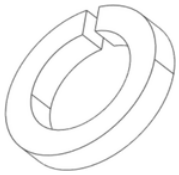
Hooking

REF 7 **QTY 2**



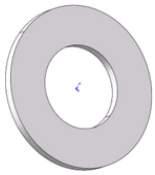
Frame foot

REF 8 **QTY 16**



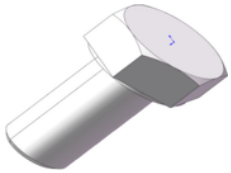
Spring washers Ø12

REF 9 **QTY 16**



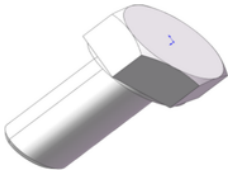
Washer Ø12.2xØ24 × 1.2

REF 10 **QTY 4**



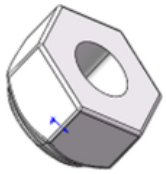
Hex head bolts M12 × 35

REF 11 **QTY 12**



Hex head bolts M12 × 30

REF 12 **QTY 2**



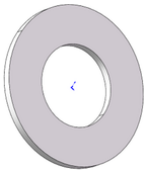
Locknut M10

STAGE 1 / PARTS

Identify your components

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

REF 13	QTY 4



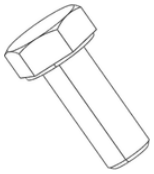
Washer Ø10.3xØ20 × 1.2

REF 14	QTY 2



Spring washers Ø10

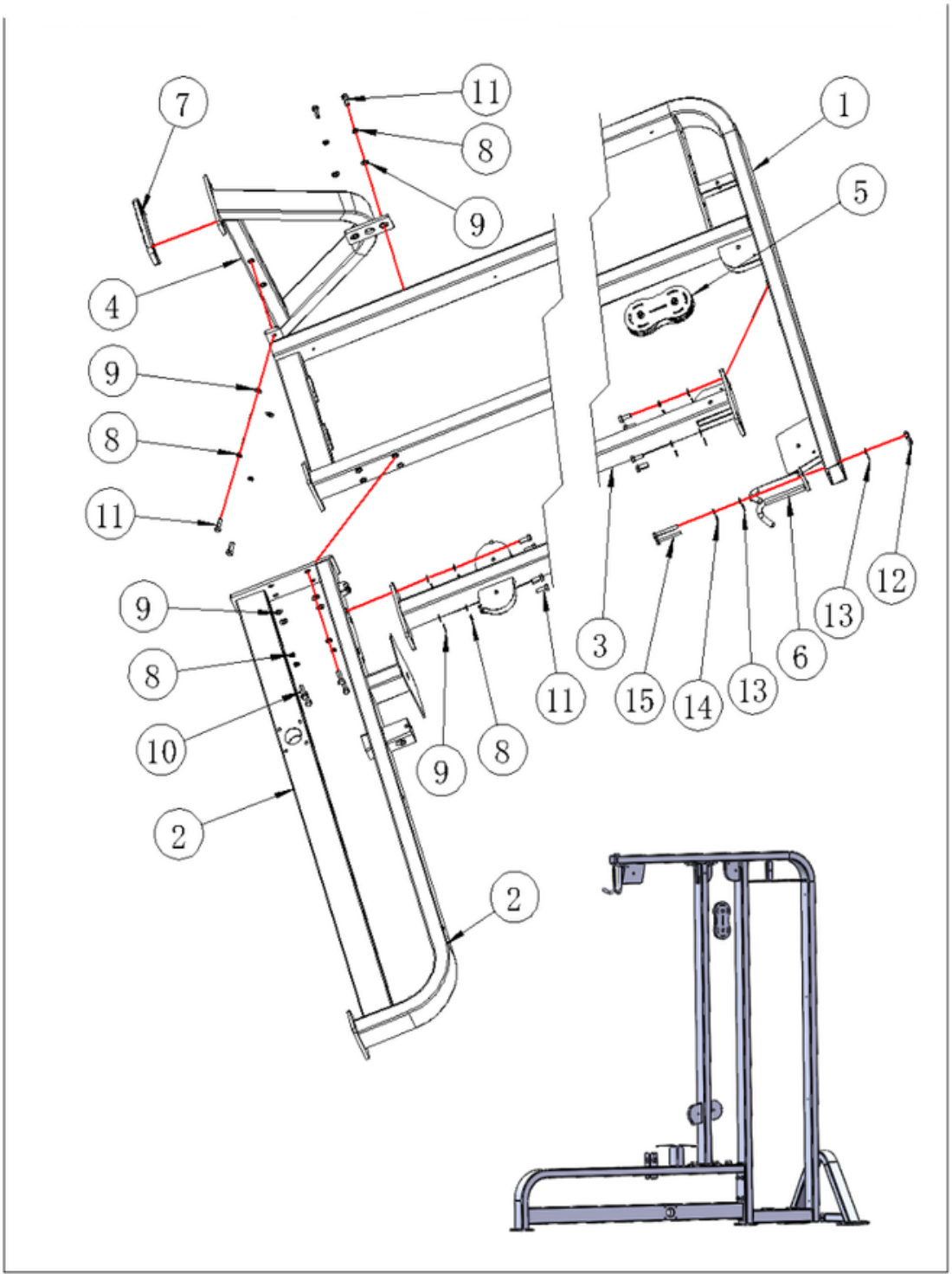
REF 15	QTY 2



Hex head bolts M10 × 75

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: Connect the Main Frames

Use Stage 1 references. Keep tall frames supported throughout alignment.

1. Brace the tower and rear support
Support tower 1 upright on a protected level floor. Fit rear bracket 4 and feet 7 at the illustrated lower tower mounts. Use M12 × 30 bolts 11 with spring washers 8 and washers 9 at their indicated joints. Keep the tower braced until the full footprint is complete.

2. Join the seat frame and connecting brace
Position main seat frame 2 and connecting brace 3 beside the tower as shown. Fit M12 × 35 bolts 10 at their designated seat-frame joint and M12 × 30 bolts 11 at the remaining depicted mounts, with spring washers 8 and washers 9. Align the feet before securing the joints.

3. Fit the accessory hook
Fit hook assembly 6 at the shown tower-side mount using M10 × 75 bolts 15, washers 13, spring washers 14 and M10 nuts 12 in the depicted order. Confirm it is secure and does not obstruct either cable outlet.

4. Identify the floating pulley assembly
Identify pulley set 5 and retain it with its supplied components for the cable stage. The drawing shows its position between cable runs; do not bolt it rigidly to the frame or assume its suspension from this overview alone.

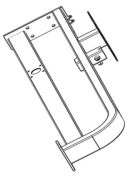
Check before continuing
Tower, rear support, seat frame, brace and hook are secure.

STAGE 2 / PARTS

Identify your components

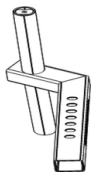
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



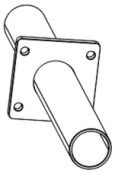
Main frame assembly

REF 2 **QTY 1**



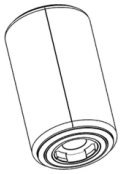
Presser leg assembly

REF 3 **QTY 1**



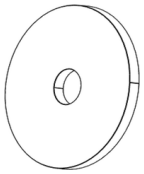
Foot assembly

REF 4 **QTY 2**



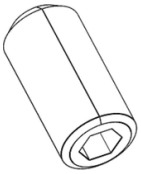
Short foam

REF 5 **QTY 2**



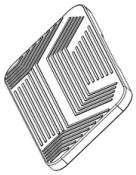
Large washer

REF 6 **QTY 4**



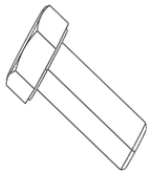
Flat-point set screw M6 × 12

REF 7 **QTY 1**



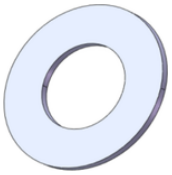
Rubber pads

REF 8 **QTY 4**



Hex head bolt M10 × 70

REF 9 **QTY 4**



Washer Ø8.3xØ16 × 1

REF 10 **QTY 6**



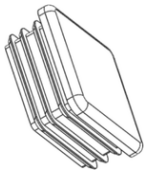
Spring washer Ø8

REF 11 **QTY 2**



Footrest cover

REF 12 **QTY 2**



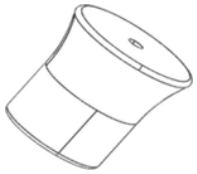
50 × 50 squarepipe is plugged

STAGE 2 / PARTS

Identify your components

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

REF 13 **QTY 1**



Pull-pin cap

REF 14 **QTY 1**



Spring

REF 15 **QTY 4**



Socket-head screw M8 × 70

REF 16 **QTY 2**



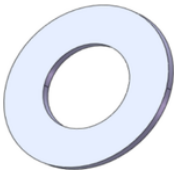
Socket-head screw M8 × 25

REF 17 **QTY 4**



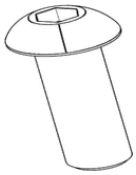
Spring washer Ø10

REF 18 **QTY 6**



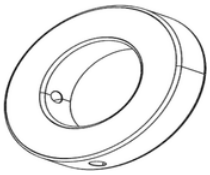
Washer Ø10.3xØ20 × 1.2

REF 19 **QTY 1**



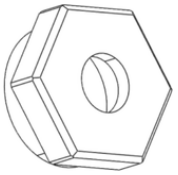
Socket-head screw M8 × 25

REF 20 **QTY 2**



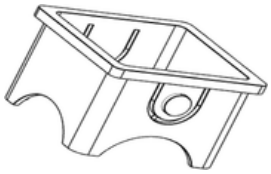
Stop ring

REF 21 **QTY 1**



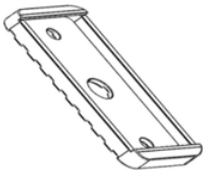
Hex nut

REF 22 **QTY 1**



60-50 squareis changing diameter set

REF 23 **QTY 1**



Frame foot

REF 24 **QTY 1**



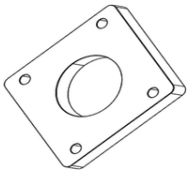
Cushion

STAGE 2 / PARTS

Identify your components

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

REF 25 **QTY 1**



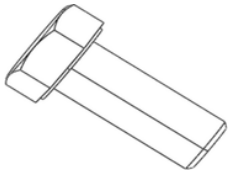
Threaded plates

REF 26 **QTY 1**



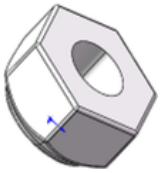
Pull pin shaft

REF 27 **QTY 1**



Hex head bolt M10 × 50

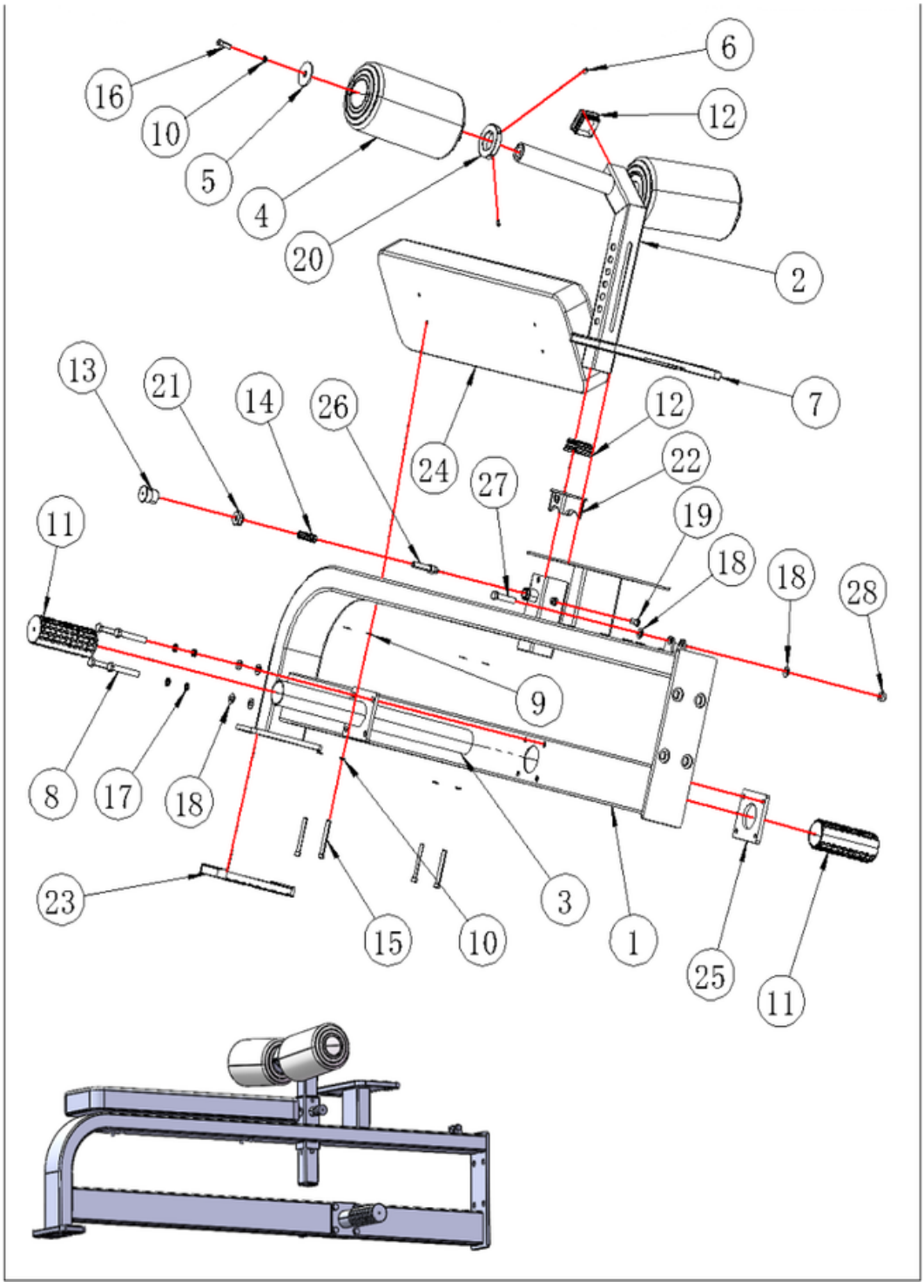
REF 28 **QTY 1**



Locknut M10

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: Seat and Thigh Restraint

Keep the thigh-rest tube supported until its locking pin is fitted and tested.

5. Fit the seat cushion and front foot
Attach cushion 24 to Stage 2 main frame 1 with M8 × 70 screws 15, spring washers 10 and washers 9 at the illustrated underside mounts. Fit front foot 23 and confirm the seat frame rests evenly.

6. Install the thigh-rest adjustment tube
Fit reducing sleeve 22 at the seat-frame receiver and slide thigh-rest assembly 2 into it while supported. Fit rubber pad 7 and square plugs 12 as shown. Confirm the tube is retained within its intended adjustment range before removing support.

7. Assemble the thigh-rest locking pin
Fit pull-pin shaft 26, spring 14, nut 21 and pull-pin cap 13 in the depicted order. Confirm the spring returns the pin fully into an adjustment hole. The source omits any spring setting or pin engagement dimension; obtain those if the supplied mechanism cannot be verified.

8. Fit both thigh pads
Position stop rings 20, short foam pads 4 and large washers 5 on the restraint shaft. Secure the outer ends with M8 × 25 screws 16 and spring washers 10, and fit M6 × 12 set screws 6 at the stop rings as shown. Check both pads and rings remain retained.

9. Fit the rowing foot supports
Fit foot assembly 3 and covers 11 with threaded plates 25 using M10 × 70 bolts 8, spring washers 17 and washers 18. Fit the illustrated M10 × 50 bolt 27 and M10 nut 28 at the separate through-joint. Check the foot supports are secure before either station is used.

Check before continuing
Seat, thigh pads, adjustment pin, front foot and rowing foot supports are secure.

STAGE 3 / PARTS

Identify your components

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

REF 1 **QTY 1**



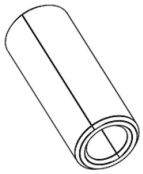
Connecting supports and assembly

REF 2 **QTY 2**



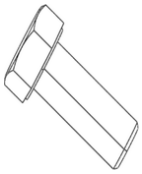
Washer Ø6.3xØ12 × 0.5

REF 3 **QTY 2**



Gear sleeve

REF 4 **QTY 2**



Hex head bolts M10 × 45

REF 5 **QTY 2**



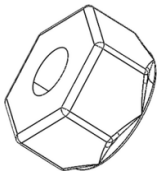
Socket-head screw M6 × 40

REF 6 **QTY 6**



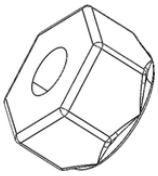
Washer Ø10.3xØ20 × 1.2

REF 7 **QTY 3**



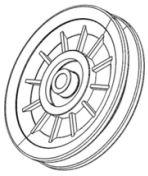
Locknut M10

REF 8 **QTY 2**



Locknut M6

REF 9 **QTY 3**



Ø105 pulley

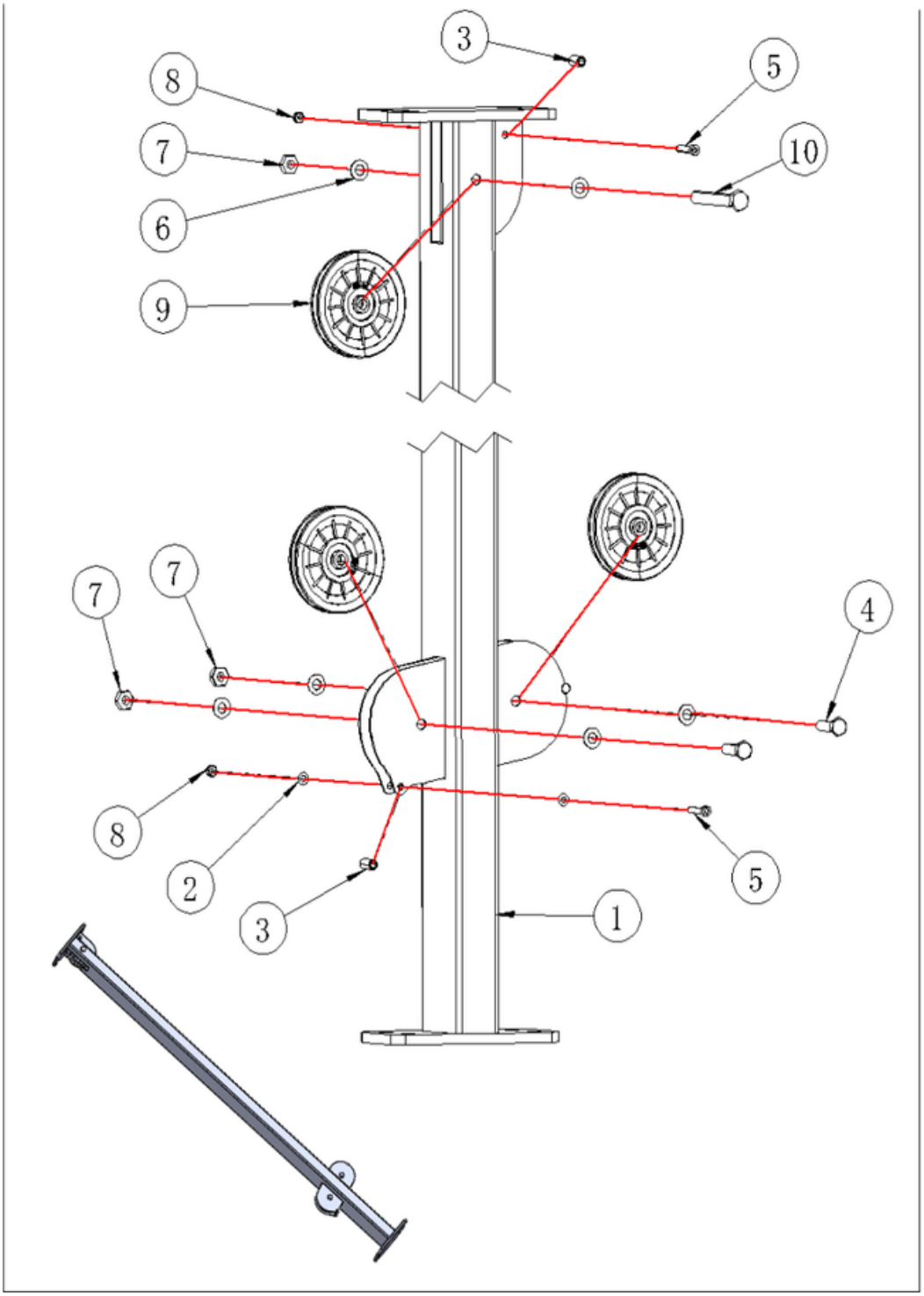
REF 10 **QTY 1**



Hex head bolts M12 × 80

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: Fit the Brace Pulleys

The hardware conflict at the upper pulley must be resolved before cable loading.

10. Install the two lower pulleys
Using Stage 3 references, fit the two lower pulleys 9 at connecting support 1 with M10 × 45 bolts 4, washers 6 and M10 nuts 7 as shown. Confirm both rotate freely and their grooves align with the intended low-row cable run.

11. Resolve the upper-pulley bolt mismatch
The upper pulley is called out with bolt 10, listed as M12 × 80, while the adjacent nut 7 and washers 6 are M10. Confirm the correct bolt diameter, length and mating hardware before assembling this connection. Do not force the listed combination together.

12. Fit cable guide sleeves and retainers
Fit guide sleeves 3 at their illustrated points using M6 × 40 screws 5, 6 mm washers 2 and M6 nuts 8. Confirm all pulley axles and guide retainers are secure, and keep the cable installation path accessible.

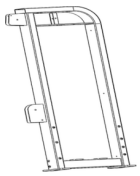
Check before continuing
All three brace pulleys and cable guides have confirmed, secure hardware.

STAGE 4 / PARTS

Identify your components

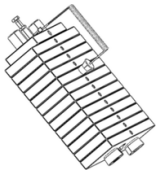
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



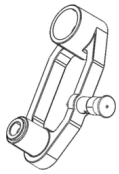
Small door assembly

REF 2 **QTY 1**



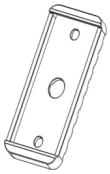
Weight stack assembly

REF 3 **QTY 2**



Auxiliary weight assembly

REF 4 **QTY 1**



Frame foot

REF 5 **QTY 1**



Rear weight-stack guard

REF 6 **QTY 8**



Washer Ø8.3xØ16 × 1

REF 7 **QTY 8**



Spring washer Ø8

REF 8 **QTY 8**



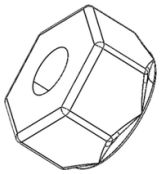
Socket-head screw M8 × 20

REF 9 **QTY 8**



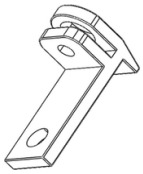
Socket-head screw M8 × 15

REF 10 **QTY 8**



Locknut M8

REF 11 **QTY 8**



Rear guard mounting buckle

REF 12 **QTY 10**



Washer Ø6.3xØ12 × 0.5

STAGE 4 / PARTS

Identify your components

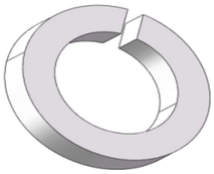
Match each reference and quantity to the drawing for this stage.

REF 13 **QTY 4**



Spring washer Ø10

REF 14 **QTY 8**



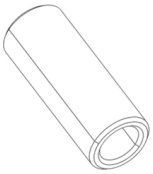
Spring washer Ø 6

REF 15 **QTY 8**



Socket-head screws M6 × 15

REF 16 **QTY 2**



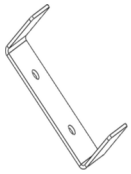
Wire sleeves

REF 17 **QTY 8**



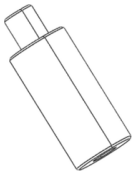
Hook-and-loop fastener

REF 18 **QTY 4**



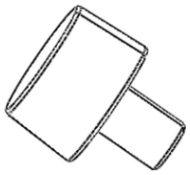
Guard platefixing card

REF 19 **QTY 2**



Limit threaded column

REF 20 **QTY 2**



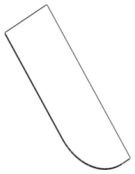
Small cushioning

REF 21 **QTY 1**



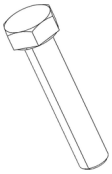
Small guard 1

REF 22 **QTY 1**



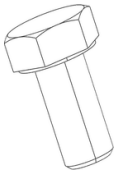
Small guard 2

REF 23 **QTY 1**



Hex head bolts M10 × 55

REF 24 **QTY 2**



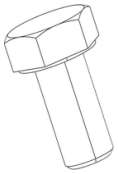
Hex head bolts M10 × 20

STAGE 4 / PARTS

Identify your components

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

REF 25 **QTY 2**



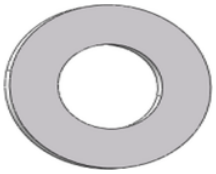
Hex head bolts M10 × 25

REF 26 **QTY 1**



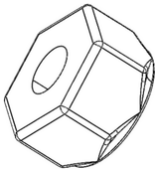
Hex head bolts M10 × 45

REF 27 **QTY 10**



Washer Ø10.3xØ20 × 1.2

REF 28 **QTY 2**



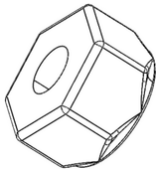
Locknut M6

REF 29 **QTY 1**



Socket-head screw M6 × 40

REF 30 **QTY 3**



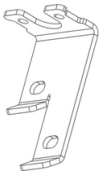
Locknut M10

REF 31 **QTY 3**



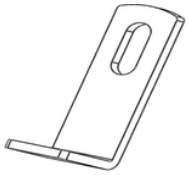
Ø105 pulley

REF 32 **QTY 1**



Sub-weight adjustment plate

REF 33 **QTY 1**



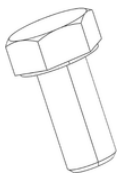
Baffles

REF 34 **QTY 2**



Guide rod

REF 35 **QTY 1**



Hex head bolts M10 × 50

REF 36 **QTY 1**



Socket-head screw M6 × 45

STAGE 4 / PARTS

Identify your components

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

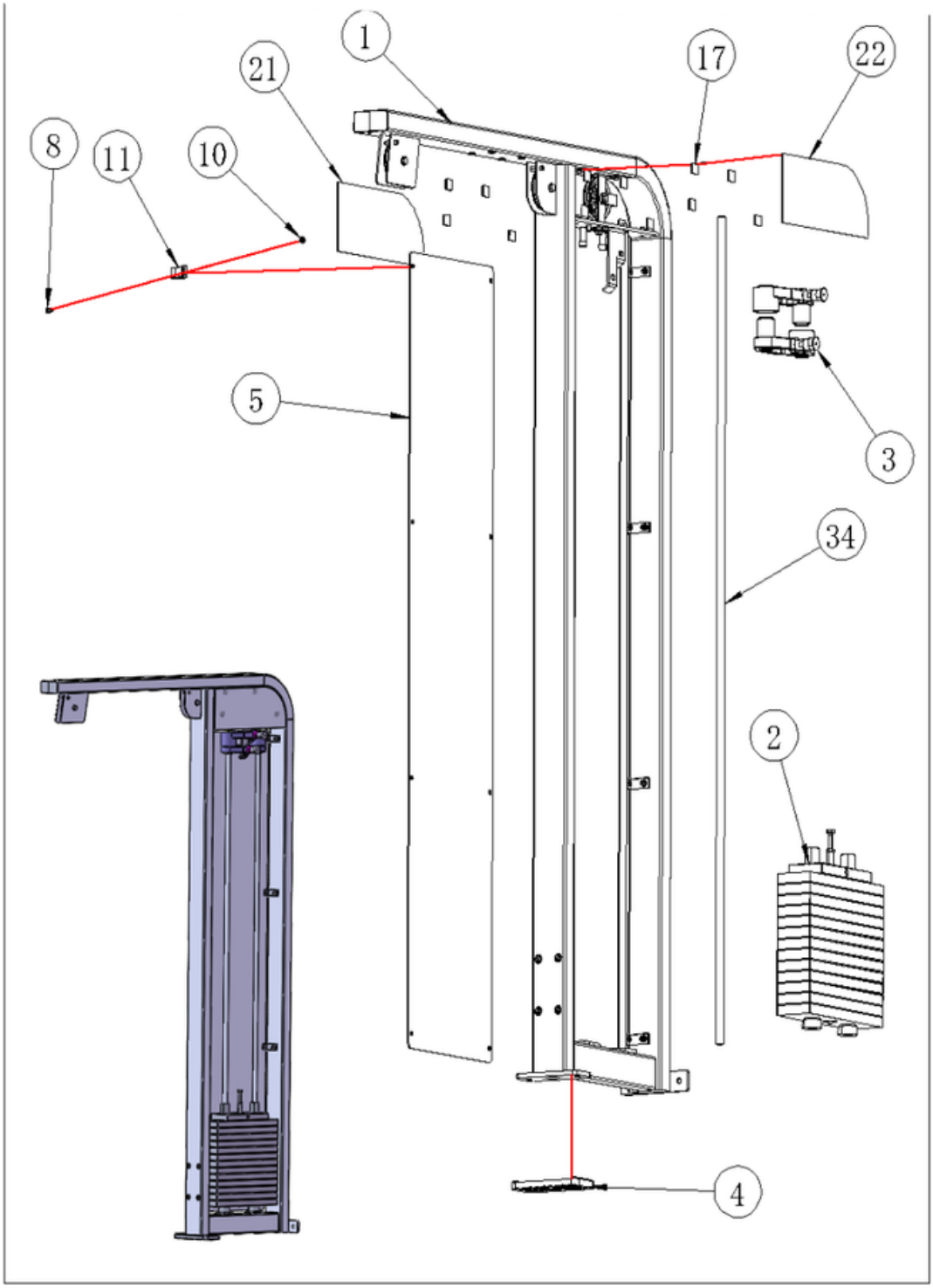
REF 37 **QTY 1**



50 × 100 Rectangular tube plug

STAGE 4 / DRAWING 1 OF 2

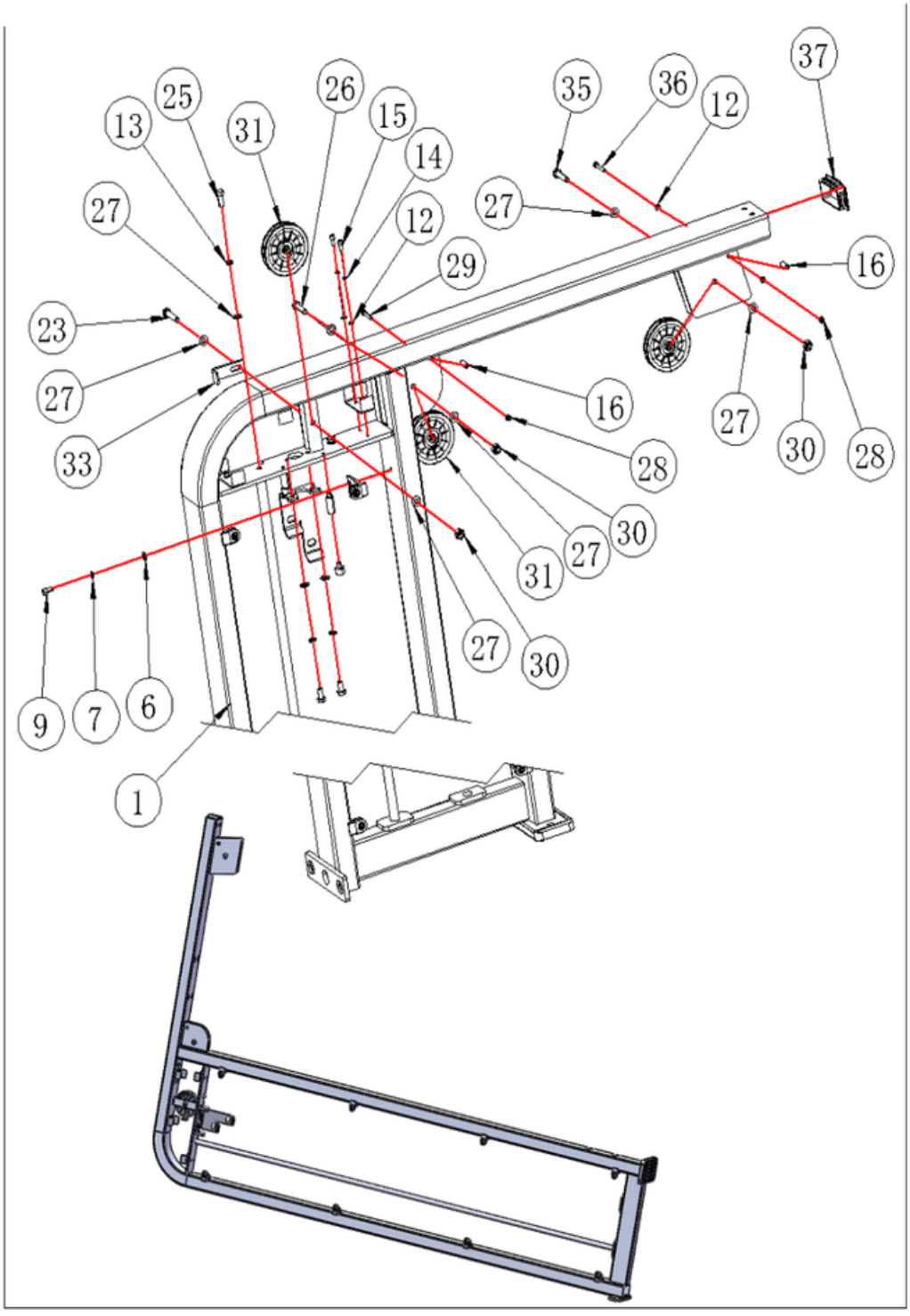
Assembly stage 4



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 4: Tower, Guides and Guards

Use both Stage 4 drawings. Confirm any omitted lower guide retention before loading the stack.

13. Position the stack and guide rods
Using Stage 4 references, fit foot 4 and guide rods 34 in tower 1. Keep stack 2 supported on its base buffers. If the stack is dismantled, follow Stage 5 while the guide rods remain accessible, then complete their retention.

14. Fit auxiliary weights and guide retention
Fit auxiliary weights 3 and adjustment plate 32 in the illustrated relationship. Secure upper guide ends with M10 × 25 bolts 25, spring washers 13 and washers 27. Fit limit columns 19 and small buffers 20 where shown, preserving any factory adjustment.

15. Install the tower and overhead pulleys
Fit pulleys 31 using the separately called-out M10 × 55 bolt 23, M10 × 45 bolt 26 and M10 × 50 bolt 35 with washers 27 and nuts 30. Fit baffle 33 at the shown connection. Match each bolt to its individual pulley location.

16. Fit the overhead cable guides
Fit wire sleeves 16 with the depicted M6 × 40 screw 29 or M6 × 45 screw 36, washers 12 and nuts 28 at their separate locations. Fit end plug 37 after checking the concealed mounts. Verify cable clearance through the complete overhead extension.

17. Prepare the guard mounting points
Fit rear-guard buckles 11 with M8 × 20 screws 8 and M8 nuts 10. Fit fixing cards 18 with M6 × 15 screws 15, spring washers 14 and washers 12. Retain hook-and-loop pieces 17 for their cover attachments; leave rear guard 5 and small guards 21 and 22 open for cable inspection.

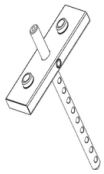
Check before continuing
Tower guides, pulleys, cable sleeves and guard mounts are secure.

STAGE 5 / PARTS

Identify your components

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

REF 1 **QTY 12**



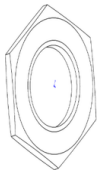
Top plate and selector assembly

REF 2 **QTY 13**



Lower weight plate assembly

REF 3 **QTY 1**



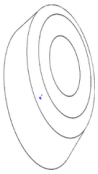
Hex thin nut M12 × 1.5

REF 4 **QTY 1**



Hollow screw M12×60

REF 5 **QTY 2**



Counterweight cushioning

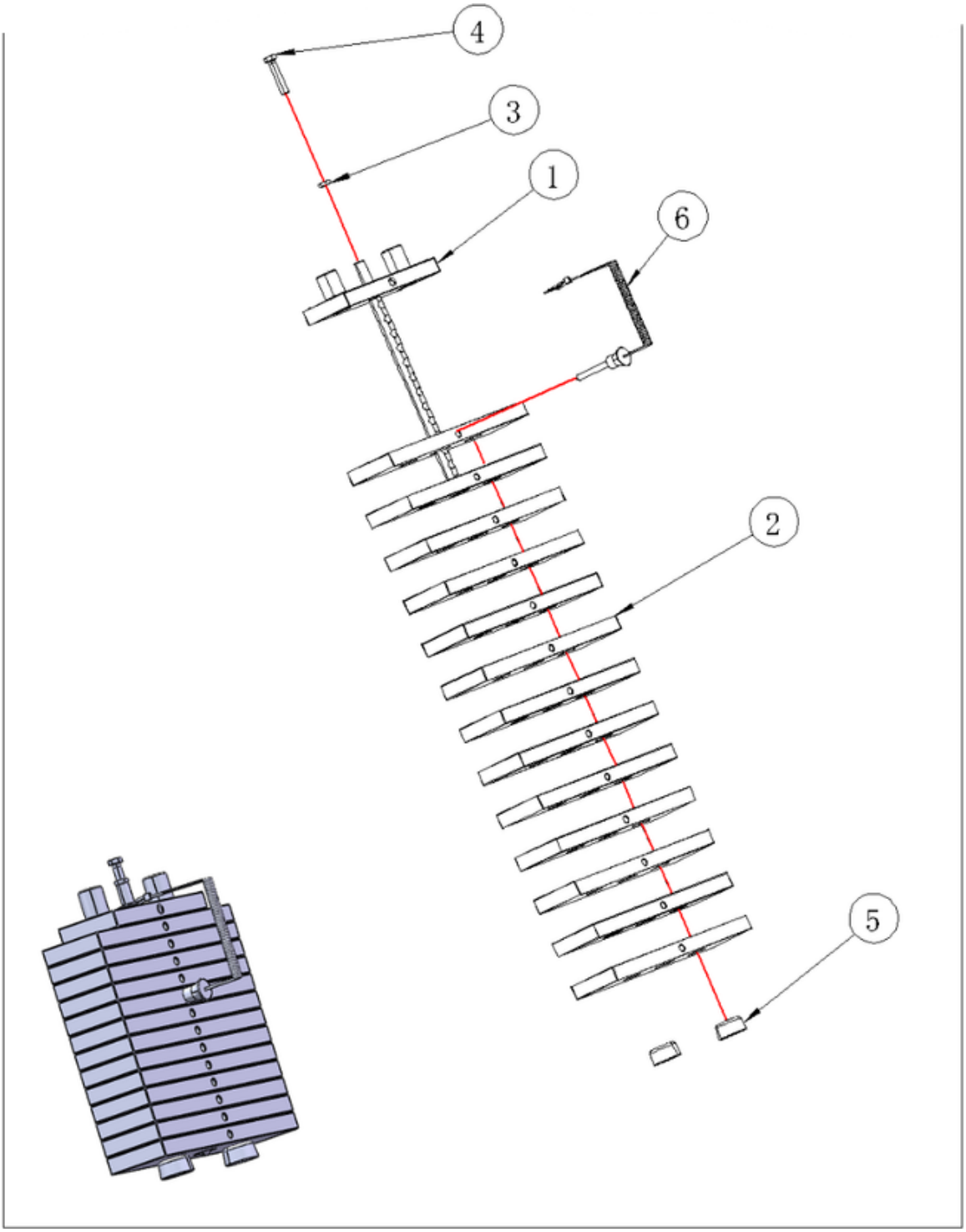
REF 6 **QTY 1**



Weight selector pin

STAGE 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: Complete the Weight Stack

Assemble the stack during Stage 4 while the guide rods remain accessible.

18. Resolve the plate-count discrepancy
The Stage 5 list assigns quantity 12 to top plate 1, while the drawing shows one top plate/selector assembly above the lower plates. Confirm the actual stack contents before loading; do not assemble twelve top plates from the table entry.

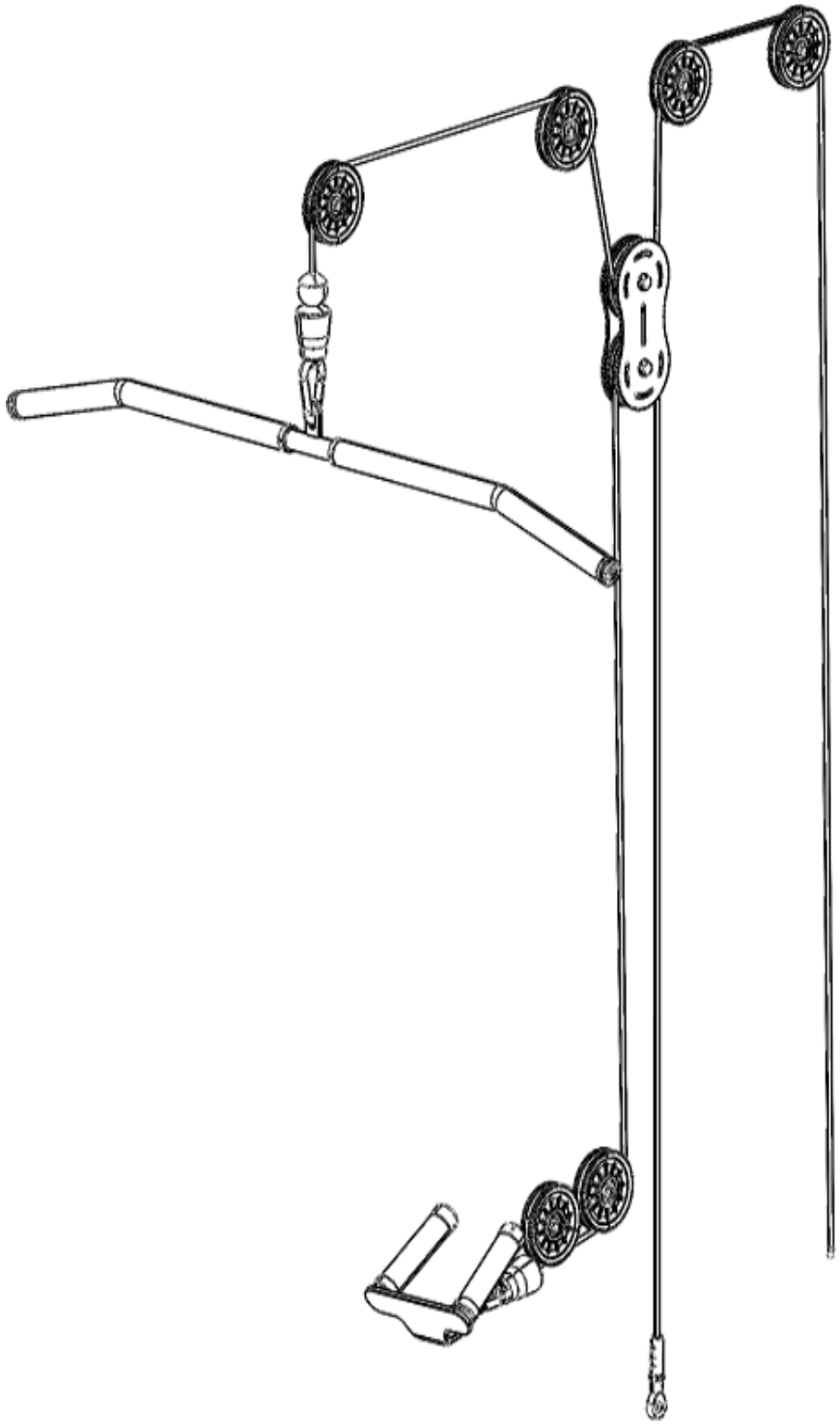
19. Fit buffers and lower plates
Fit both buffers 5 at the guide-rod bases and load lower plates 2 in the illustrated orientation while supported. The list specifies thirteen lower plates; confirm this against the supplied kit. Keep selector holes aligned and hands clear between plates.

20. Fit the selector and stack terminal
Fit confirmed top plate/selector assembly 1 and pin 6. Identify hollow screw 4 and M12 × 1.5 thin nut 3 at the top connection. Confirm the screw pitch, engagement and locking method, because its list gives only M12 × 60. Complete both guide-end retainers before cable loading.

Check before continuing
Plate order, buffers, selector, terminal and guide retention are confirmed.

STAGE 6 / DRAWING 1 OF 1

Assembly stage 6



Trace both outlets, the floating pulley set and stack connection using the following steps. Confirm each cable length, route and end fitting before applying tension.

Stage 6: Connect Both Cable Outlets

Do not exercise until both cable circuits, their end stops and the floating-pulley arrangement are confirmed.

21. Identify each cable and terminal
Keep the stack down and support the floating pulley set. Identify the high-pulldown, low-row and stack-related runs from the schematic and actual machine. The drawing does not state cable lengths, terminal settings or a complete end-fitting schedule; obtain these for loose or uncertain cables before routing.

22. Trace the high and low cable runs
Follow the high outlet over the forward and rear overhead pulleys and through its depicted floating-pulley connection. Follow the low outlet through both lower guide pulleys to the other floating-pulley connection. Trace the stack-related run over the tower pulleys to its terminal. Verify each individual groove and endpoint against the supplied assembly.

23. Secure the floating pulleys and attachments
Confirm both floating-pulley axles and retainers, every cable termination, cable stop and attachment connector. Check the floating block hangs in its intended orientation and cannot twist into the frame. Fit the pulldown bar and row handle with their supplied, fully closed connectors.

24. Fit guards and finish fastening
Fit rear guard 5 and small guards 21 and 22 using the Stage 4 mounts and confirmed hardware. Secure adjustment plate 32 with M8 × 15 screws 9, spring washers 7 and washers 6 where shown. Check all frame joints and confirm torque and floor-fixing requirements with Build A Gym.

25. Test at the lowest resistance
Select the lowest stack load. Set and lock the thigh restraint, then test the high pulldown slowly. Return the stack fully and test the low row separately. Confirm smooth movement, correct floating-block travel and full stack return, with no slack, rubbing or unintended movement at the unused outlet.

Check before continuing
Both outlets, connectors, thigh restraint, foot supports and stack 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**

  Check both outlets, floating pulleys, cable stops, connectors and thigh-rest locking pin.
  Test pulldown and low-row functions separately for smooth travel 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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