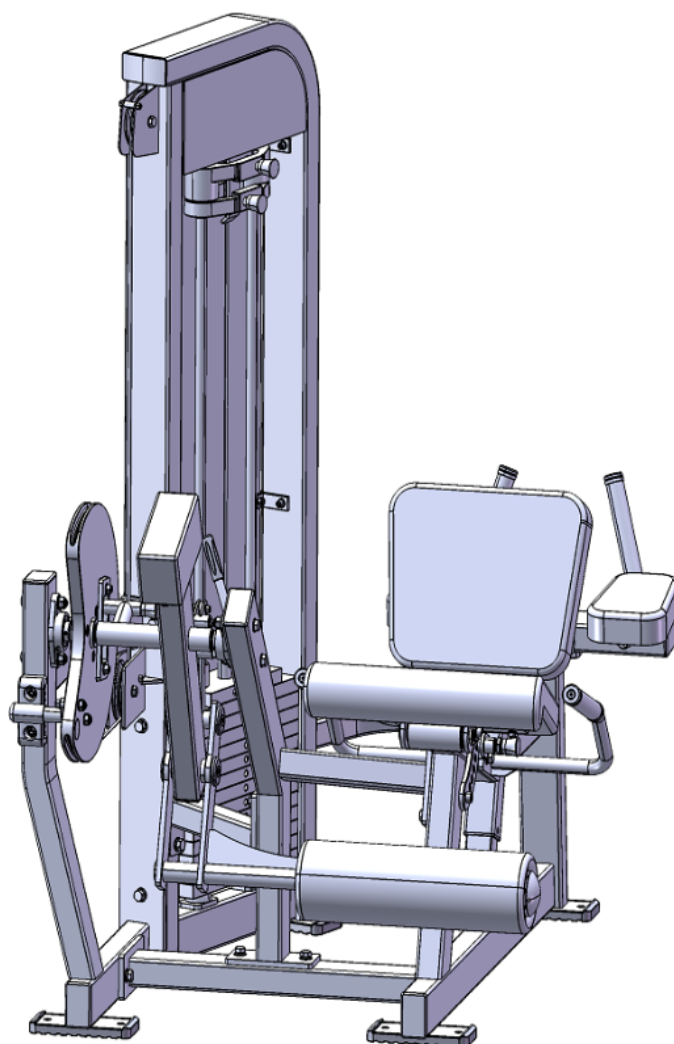


INFINITE SERIES

Prone Leg Extension / Leg Curl

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

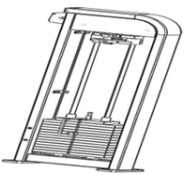
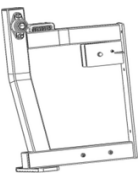
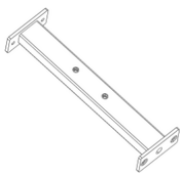
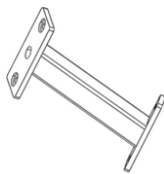
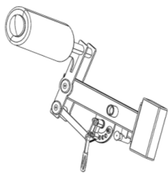
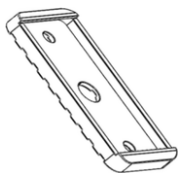
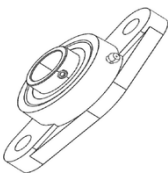
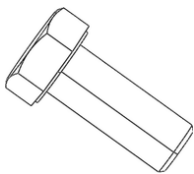
Stage 1 → Stage 2 → Stage 3 → Stage 4 → Stage 8 → Stage 10 → Final inspection

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  Side frame
REF 4 QTY 1  Bottom connection assembly	REF 5 QTY 1  Side support assembly	REF 6 QTY 1  Side brace assembly
REF 7 QTY 1  Bend and brace assembly	REF 8 QTY 1  Boom adjustment	REF 9 QTY 1  Wire reel adjustment
REF 10 QTY 3  Frame foot	REF 11 QTY 1  Ø25 Bearing housing	REF 12 QTY 19  Hex head bolts M12 × 30

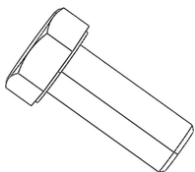
STAGE 1 / PARTS

Identify your components

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

REF 13

QTY 2



Hex head bolts M12 × 80

REF 14

QTY 19



Spring washer Ø12

REF 15

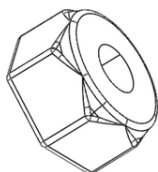
QTY 23



Washer Ø12.2xØ24 × 1.2

REF 16

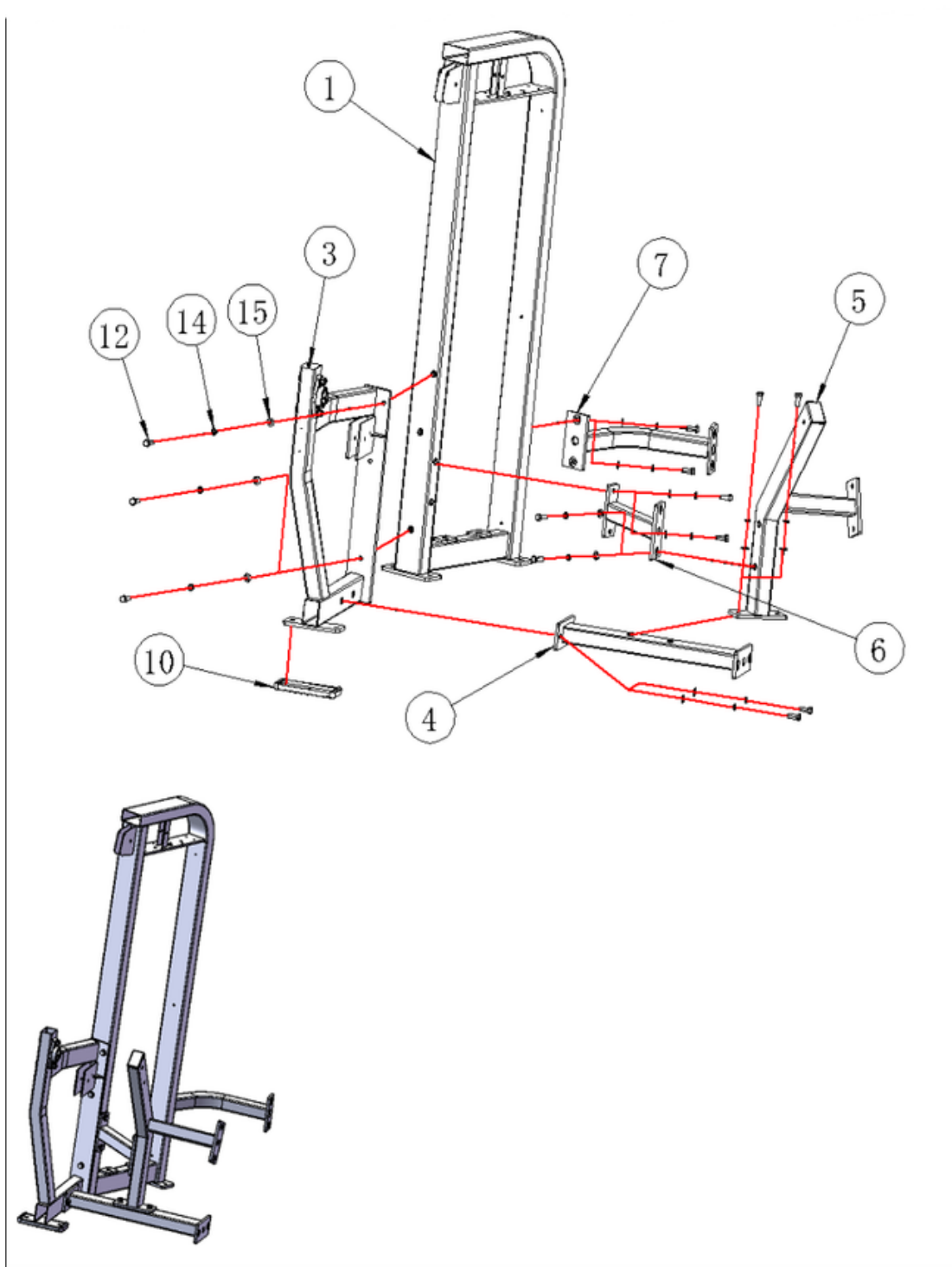
QTY 2



Locknut M12

STAGE 1 / DRAWING 1 OF 3

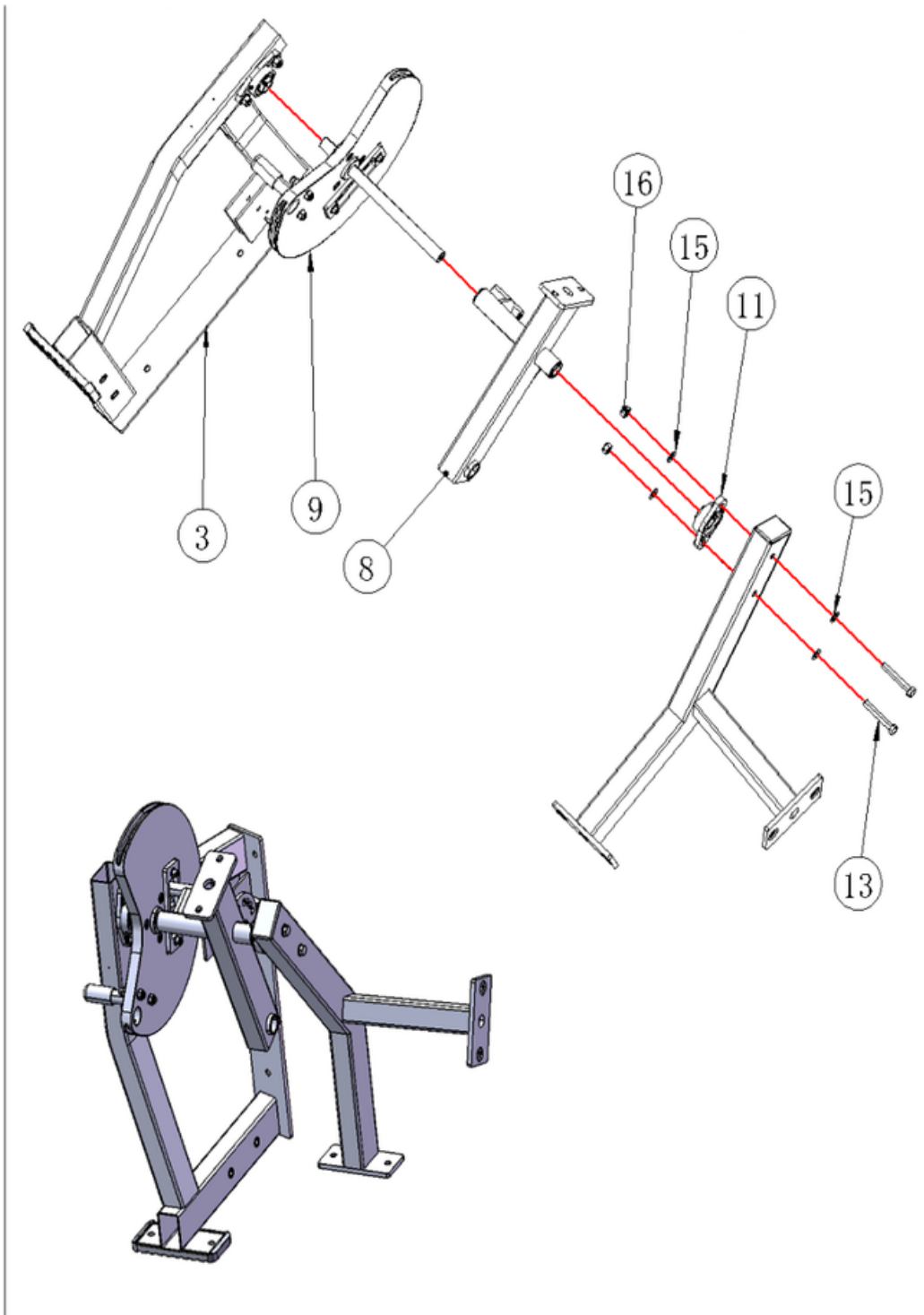
Assembly stage 1



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

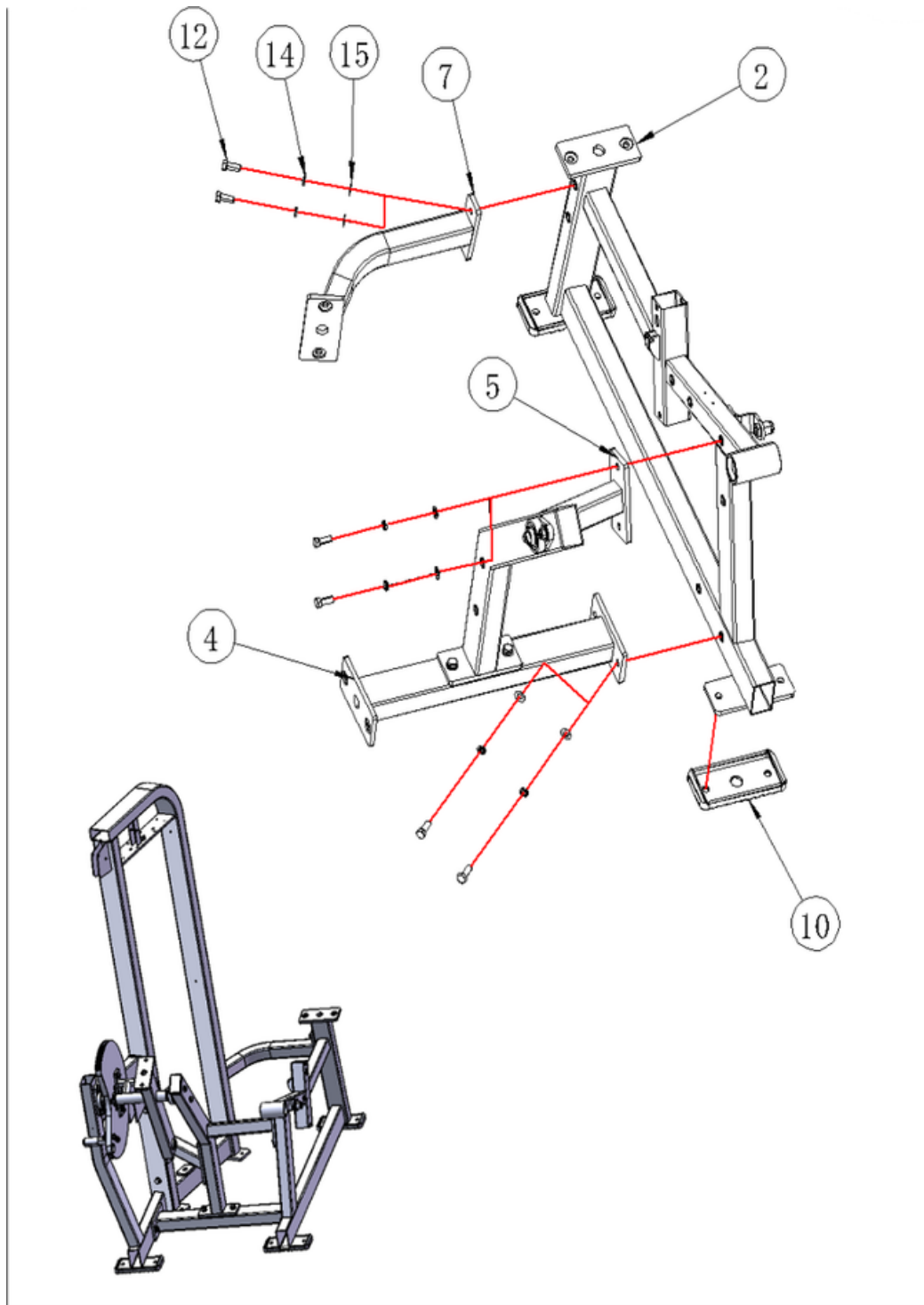
Assembly stage 1



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: Join the Frame and Cam

The original stage labels jump from 4 to 8 to 10; this guide retains those drawing references. Part numbers restart by stage.

1. Support the tower and identify the braces

Brace tower 1 upright. Identify side frame 3, main frame 2, bottom connector 4 and braces 5, 6 and 7. Prepare the loose frame and arm subassemblies in Stages 2–4 before closing the cam-shaft joint in Drawing 2. Fit feet 10 at the depicted positions.

2. Connect the tower-side frame

Join side frame 3 and connectors 4–7 to the tower in Drawing 1. Use M12 × 30 bolts 12 with spring washers 14 and flat washers 15 at the marked joints. Start all bolts before aligning the assembly; keep the tower braced.

3. Install the cam and arm shaft

Support cam assembly 9 and arm adjustment 8. Insert the shaft through the side-frame bearing and arm assembly in the shown orientation. Fit bearing housing 11 at support 5 with M12 × 80 bolts 13, washers 15 and nuts 16. Confirm omitted cam-to-shaft and shaft-retention details before releasing support.

4. Join the main frame

Align main frame 2 to connectors 4, 5 and 7 as in Drawing 3. Fit M12 × 30 bolts 12 with spring washers 14 and washers 15. Secure the aligned structure after checking that every foot rests firmly and the cam clears the side frame.

Check before continuing

Tower, braces, cam shaft and main-frame connections are confirmed.

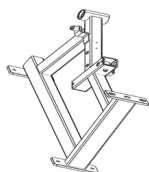
STAGE 2 / PARTS

Identify your components

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

REF 1

QTY 1



Main frame assembly

REF 2

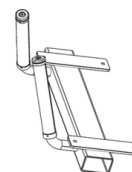
QTY 1



Back cushion adjustment

REF 3

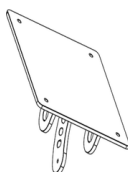
QTY 1



Handrails assembly

REF 4

QTY 1



Cushion is fixed and assembly

REF 5

QTY 1



Left armrest assembly

REF 6

QTY 1



Right armrest assembly

REF 7

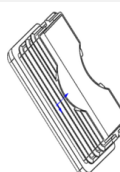
QTY 2



Elbow pads

REF 8

QTY 3



50 x 80 rectangular tube plug

REF 9

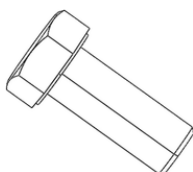
QTY 8



Spring washer Ø8

REF 10

QTY 6



Hex head bolt M12 x 30

REF 11

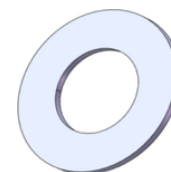
QTY 4



Socket-head screw M8 x 25

REF 12

QTY 6



Washer Ø12.2xØ24 x 1.2

STAGE 2 / PARTS

Identify your components

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

REF 13

QTY 6



Ø12 Spring washer

REF 14

QTY 8



Washer Ø8.3xØ16 x 1

REF 15

QTY 1



Aluminum handle

REF 16

QTY 1



Socket-head screw M8 x 15

REF 17

QTY 1



Torsion spring

REF 18

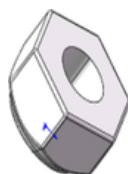
QTY 1



Socket-head screw M8 x 45

REF 19

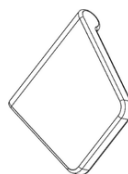
QTY 1



Locknut M8

REF 20

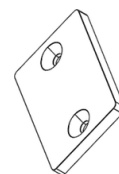
QTY 1



Cushion

REF 21

QTY 1



Nylon board

REF 22

QTY 2



Countersunk socket screw M5 x 10

REF 23

QTY 4



Socket-head screw M8 x 35

REF 24

QTY 2

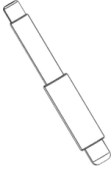
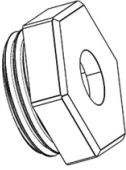
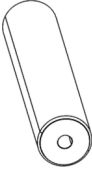
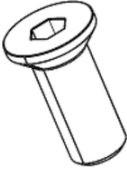
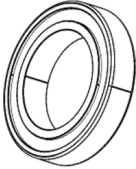


Limit spacer

STAGE 2 / PARTS

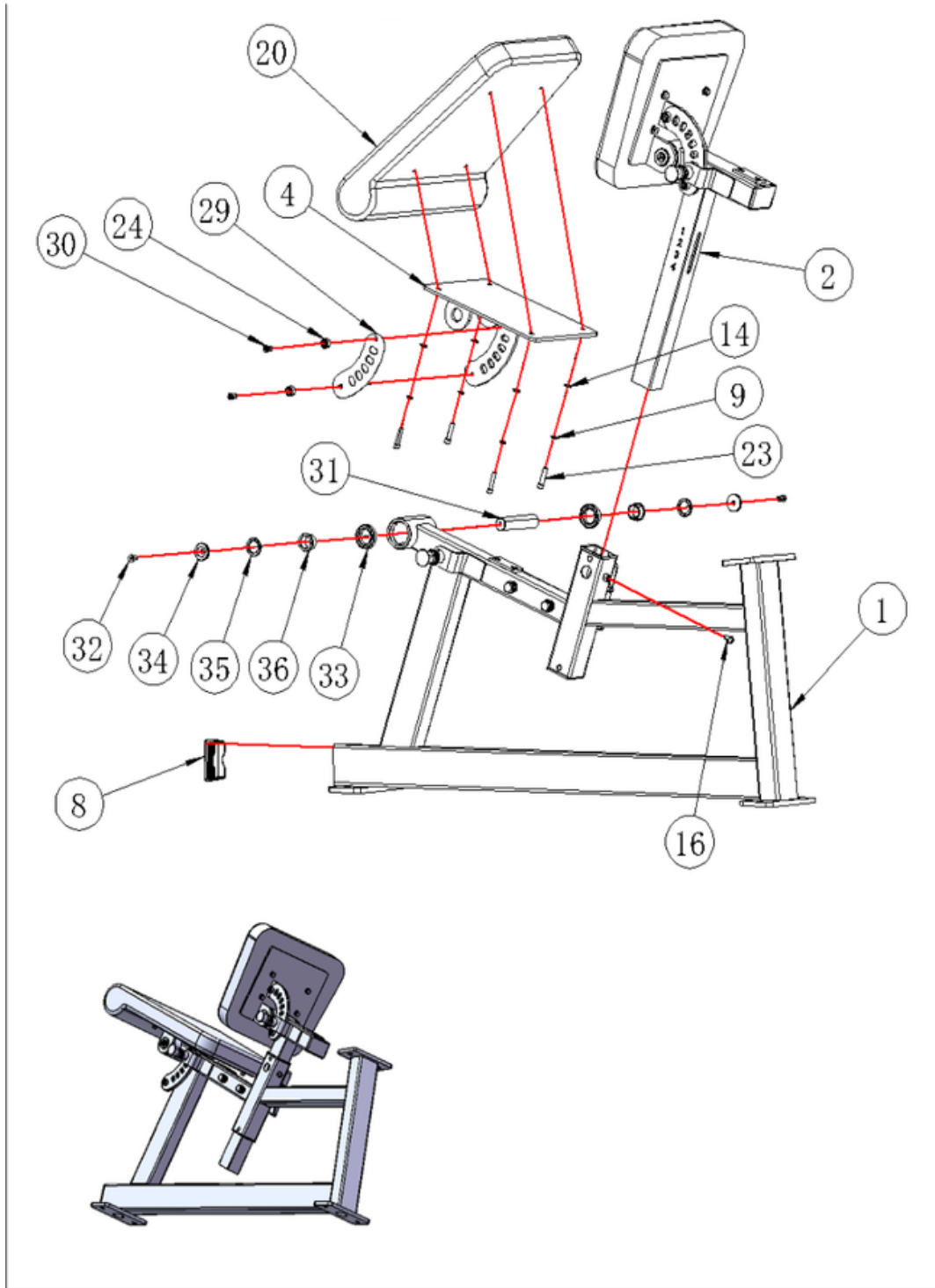
Identify your components

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

REF 25 QTY 1  Spring	REF 26 QTY 1  Pull pin shaft	REF 27 QTY 1  Hex nut
REF 28 QTY 1  Pull-pin cap	REF 29 QTY 1  Stainless steel adjustment plate	REF 30 QTY 2  Socket-head screw M8 × 15
REF 31 QTY 1  Connecting shafts	REF 32 QTY 2  Countersunk socket screw M8 × 20	REF 33 QTY 2  Deep groove ball bearings Ø47xØ30 × 9
REF 34 QTY 2  End caps of axle frame plate	REF 35 QTY 2  Ring Sintered bushing	REF 36 QTY 2  Galvanized sleeves

STAGE 2 / DRAWING 1 OF 2

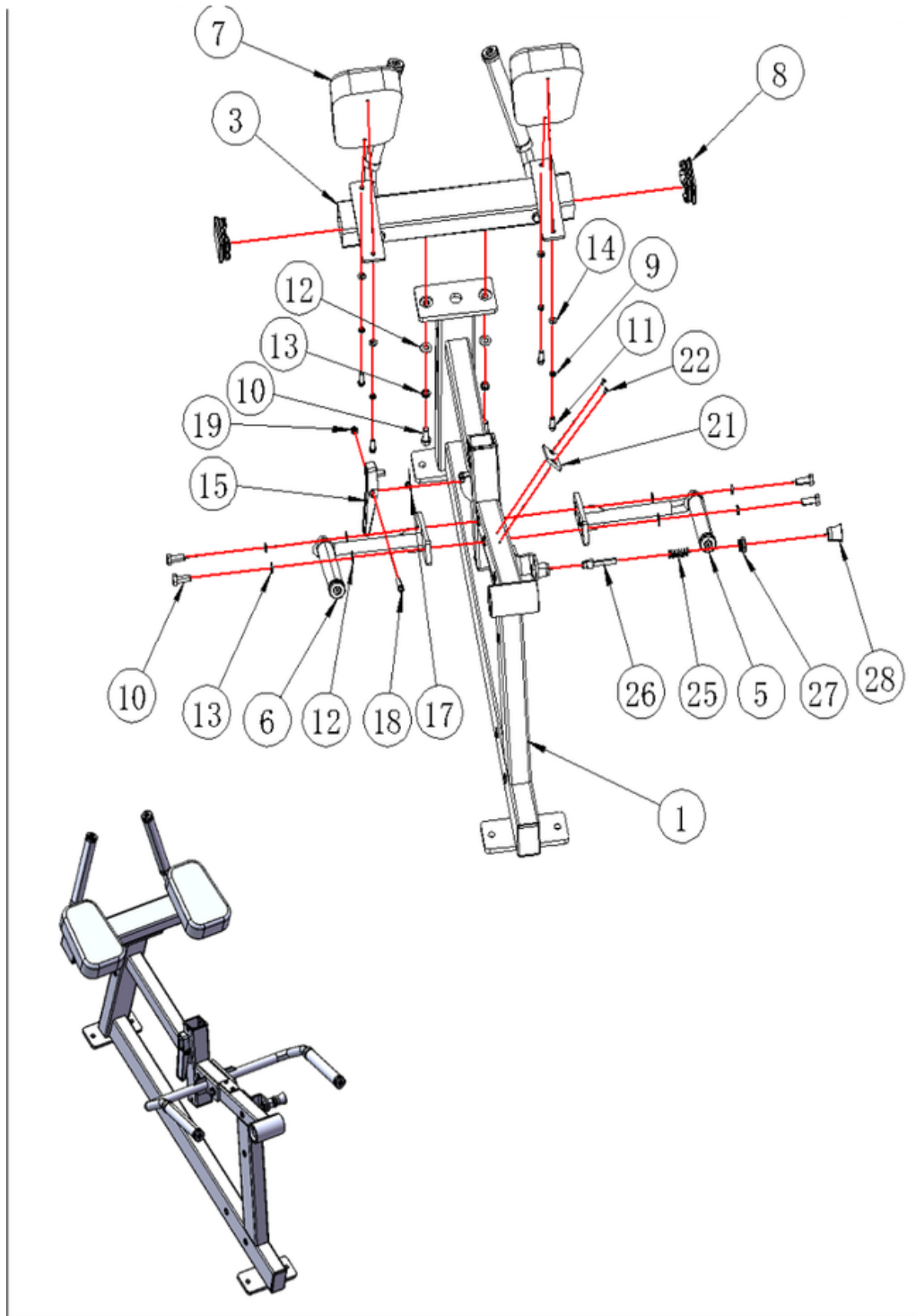
Assembly stage 2



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 / DRAWING 2 OF 2

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 2A: Fit the Adjustable Seat

Use Stage 2 Drawing 1. Do not dismantle a correctly assembled seat pivot unnecessarily.

5. Assemble the seat pivot

Support main frame 1 and seat plate 4. Fit shaft 31, bearings 33, sleeves 36, bushings 35 and end caps 34 in the Drawing 1 order. Retain the ends with M8 × 20 countersunk screws 32. Preserve factory bearings; confirm any omitted fit or adjustment requirement.

6. Fit the cushion and angle plate

Attach cushion 20 to plate 4 with M8 × 35 screws 23, spring washers 9 and washers 14. Fit angle plate 29 and spacers 24 using M8 × 15 screws 30 at the marked positions. Check the seat pivot is retained and the angle lock can engage fully.

7. Install the backrest adjustment

Insert backrest adjustment 2 in the main-frame receiver as shown. Fit M8 × 15 screw 16 at its indicated retention point. Verify travel limits and positive adjustment locking before sitting on the seat. Fit plugs 8 after checking concealed connections.

Check before continuing

Seat pivot, cushion, angle plate and backrest retention are secure.

Stage 2B: Fit Handles and Seat Locks

Use Stage 2 Drawing 2 for the separate seat and backrest locking mechanisms.

8. Fit the armrests and elbow pads

Attach handrail assembly 3 and left and right armrests 5 and 6 using M12 × 30 bolts 10, spring washers 13 and washers 12. Fit elbow pads 7 with M8 × 25 screws 11, spring washers 9 and washers 14. Fit plugs 8.

9. Install the seat-lock linkage

Fit handle 15 and torsion spring 17 at the shown pivot with M8 × 45 screw 18 and nut 19. Install nylon board 21 using M5 × 10 countersunk screws 22. The source does not specify spring winding or preload; preserve the factory arrangement or obtain the missing setting.

10. Fit the backrest pin and check both locks

Fit pull-pin shaft 26, spring 25, nut 27 and cap 28 in the depicted order. Verify the unspecified nut size and spring setup against the supplied mechanism. Test each intended seat angle and backrest position; every lock must engage fully and hold without movement.

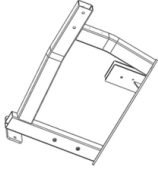
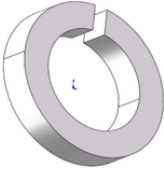
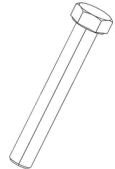
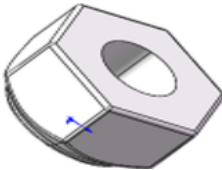
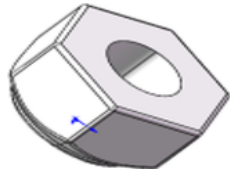
Check before continuing

Handles, elbow pads, seat-angle lock and backrest pin pass inspection.

STAGE 3 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Vertical frame assembly</p>	REF 2 QTY 1  <p>Buffer pad</p>	REF 3 QTY 2  <p>50 × 80 rectangular tube plug</p>
REF 4 QTY 2  <p>Spring washer Ø10</p>	REF 5 QTY 2  <p>Socket-head screw M10 × 30</p>	REF 6 QTY 4  <p>Washer Ø10.3xØ20 × 1.2</p>
REF 7 QTY 1  <p>Gear sleeve</p>	REF 8 QTY 1  <p>Ø105 pulley</p>	REF 9 QTY 1  <p>Hex head bolts M10 × 50</p>
REF 10 QTY 1  <p>Socket-head screw M6 × 45</p>	REF 11 QTY 1  <p>Locknut M6</p>	REF 12 QTY 1  <p>Locknut M10</p>

STAGE 3 / PARTS

Identify your components

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

REF 13

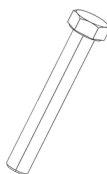
QTY 2



Washer Ø6.3xØ12 × 0.5

REF 14

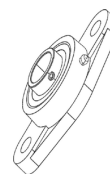
QTY 2



Hex head bolts M12 × 80

REF 15

QTY 1



Ø25 Bearing housing

REF 16

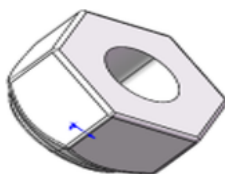
QTY 4



Washer Ø12.2xØ24 × 1.2

REF 17

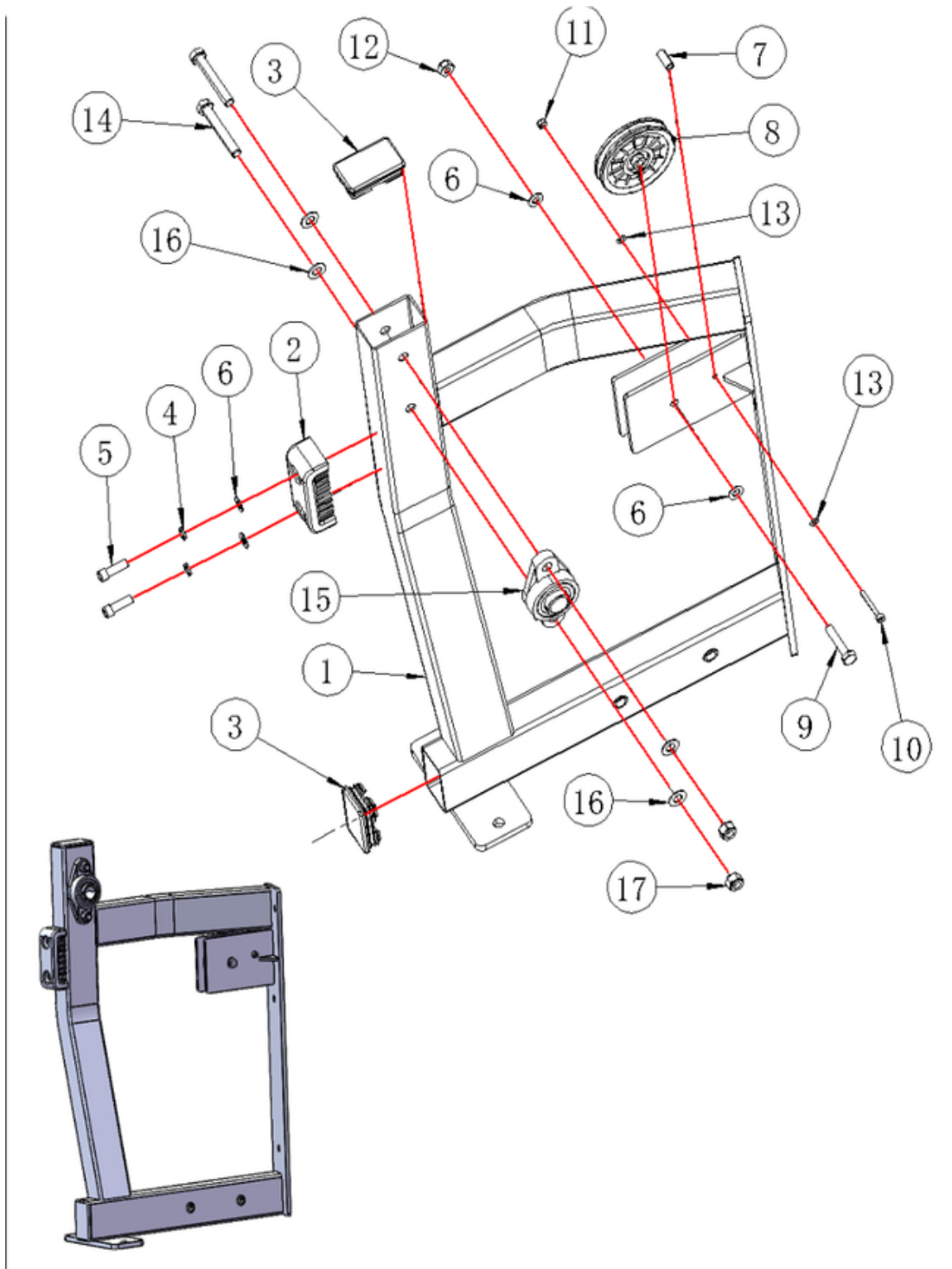
QTY 2



Locknut M12

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 Side Frame

Prepare this subassembly before final Stage 1 cam installation.

11. Fit the cam bearing and stop

Support vertical frame 1. Mount bearing housing 15 with M12 × 80 bolts 14, washers 16 and nuts 17. Fit buffer 2 with M10 × 30 screws 5, spring washers 4 and washers 6. Align the bearing with the supported Stage 1 cam shaft.

12. Fit the guide pulley and sleeve

Mount pulley 8 using M10 × 50 bolt 9, washers 6 and nut 12. Install guide sleeve 7 with M6 × 45 screw 10, washers 13 and nut 11. Fit plugs 3. Confirm free pulley rotation, secure buffer attachment and clear cable passage.

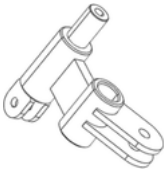
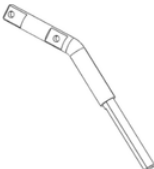
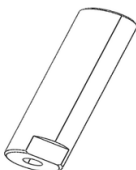
Check before continuing

Side bearing, buffer, pulley and cable guide are secure.

STAGE 4 / PARTS

Identify your components

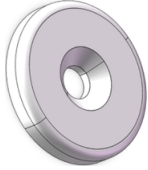
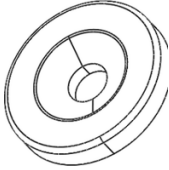
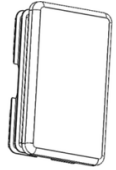
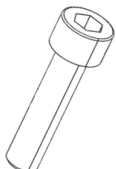
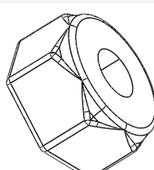
Match each reference and quantity to the drawing for this stage.

<div>REF 1</div> <div>QTY 1</div> <div></div> <div>Foam assembly</div>	<div>REF 2</div> <div>QTY 1</div> <div></div> <div>Leg adjustment connection assembly 1</div>	<div>REF 3</div> <div>QTY 1</div> <div></div> <div>Boom assembly</div>
<div>REF 4</div> <div>QTY 1</div> <div></div> <div>Adjust connection assembly 2</div>	<div>REF 5</div> <div>QTY 1</div> <div></div> <div>Connecting shafts</div>	<div>REF 6</div> <div>QTY 1</div> <div></div> <div>Pull pin</div>
<div>REF 7</div> <div>QTY 1</div> <div></div> <div>Adjust handle</div>	<div>REF 8</div> <div>QTY 4</div> <div></div> <div>Nylon spacer</div>	<div>REF 9</div> <div>QTY 2</div> <div></div> <div>Mounting plate</div>
<div>REF 10</div> <div>QTY 1</div> <div></div> <div>Connecting shafts</div>	<div>REF 11</div> <div>QTY 2</div> <div></div> <div>Spring</div>	<div>REF 12</div> <div>QTY 2</div> <div></div> <div>Limit spacer</div>

STAGE 4 / PARTS

Identify your components

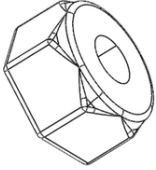
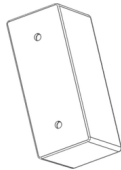
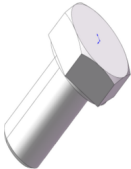
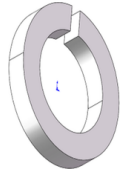
Match each reference and quantity to the drawing for this stage.

REF 13 QTY 1  Handle	REF 14 QTY 1  Ø50 aluminum end cap	REF 15 QTY 1  End caps of axle frame plate
REF 16 QTY 4  Galvanized sleeves	REF 17 QTY 1  50 × 80 Rectangular tube plug	REF 18 QTY 1  Stainless steel adjustment plate
REF 19 QTY 1  Socket-head screw M8 × 30	REF 20 QTY 3  Socket-head screws M6 × 25	REF 21 QTY 2  Socket-head screw M8 × 15
REF 22 QTY 4  Countersunk socket screw M10 × 20	REF 23 QTY 1  Countersunk socket screw M8 × 20	REF 24 QTY 1  Locknut M8

STAGE 4 / PARTS

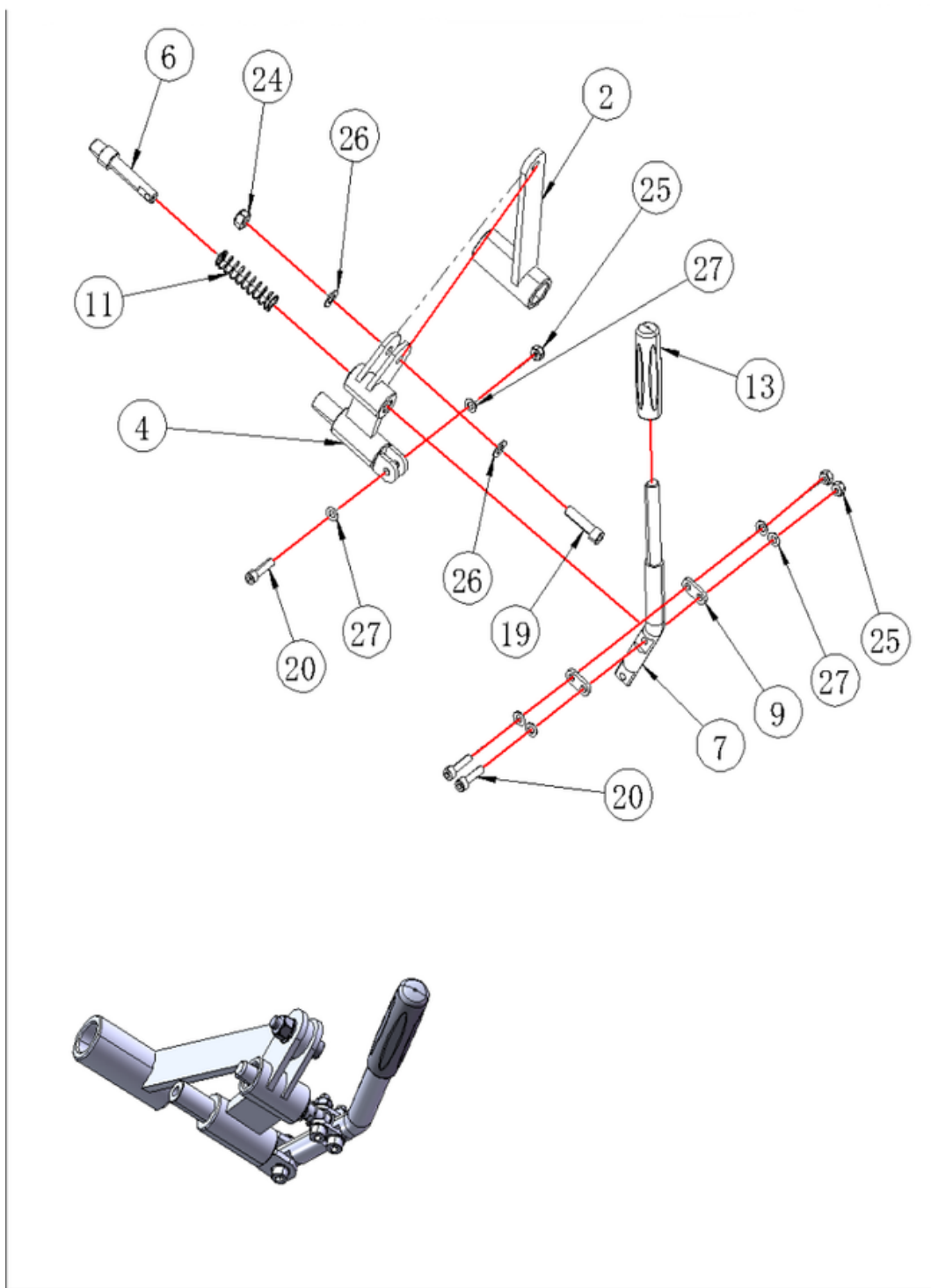
Identify your components

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

REF 25 QTY 3  Locknut M6	REF 26 QTY 2  Washer Ø8.3xØ16 x 1	REF 27 QTY 6  Washer Ø6.3xØ12 x 0.5
REF 28 QTY 1  Pull pin	REF 29 QTY 1  Pull-pin cap	REF 30 QTY 1  Laminated weights
REF 31 QTY 2  Hex head bolts M12 x 40	REF 32 QTY 2  Washer Ø12.2xØ24 x 1.2	REF 33 QTY 2  Spring washers Ø12
REF 34 QTY 1  Long foam	REF 35 QTY 1  Domed aluminum cap	

STAGE 4 / DRAWING 1 OF 3

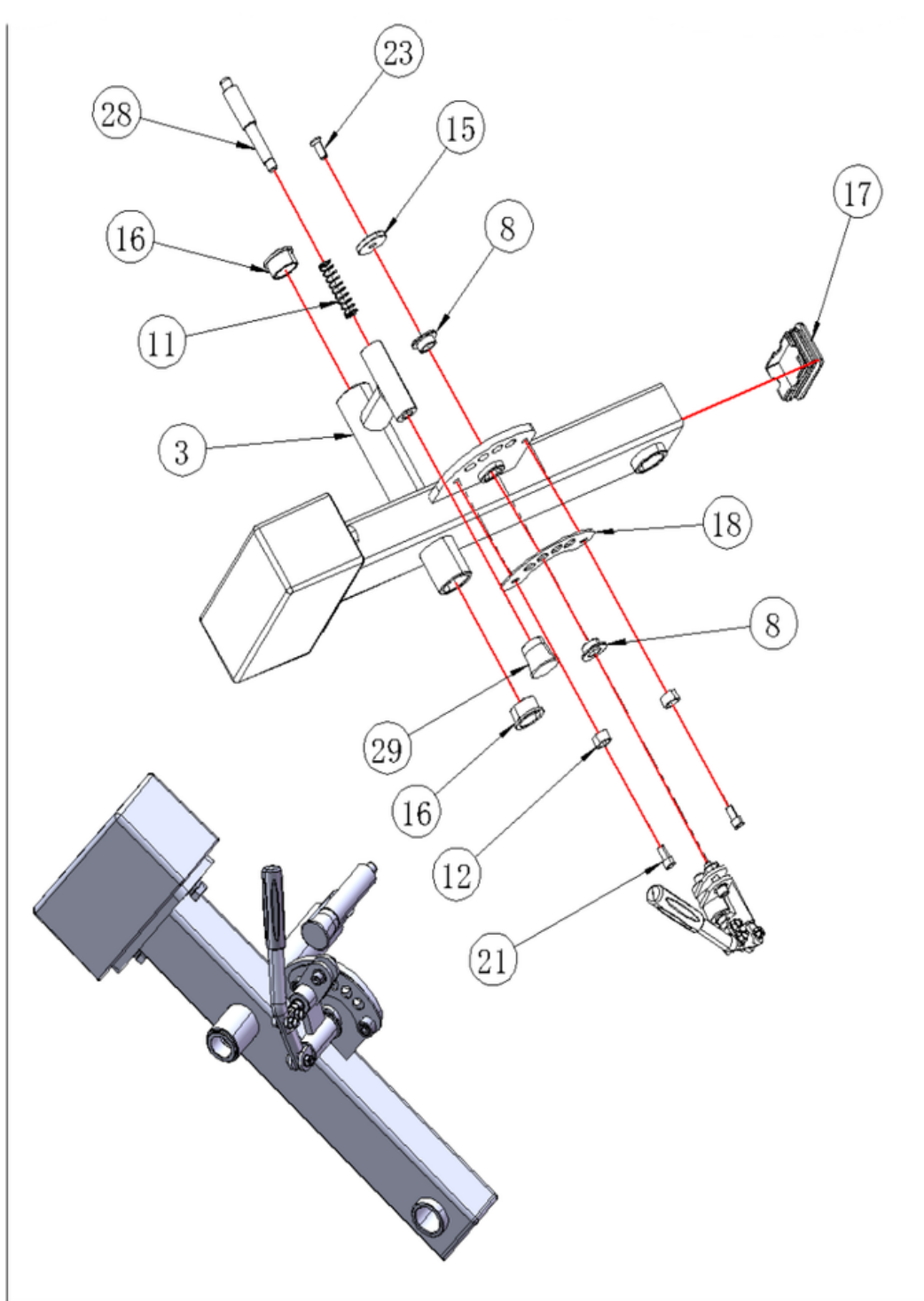
Assembly stage 4



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 3

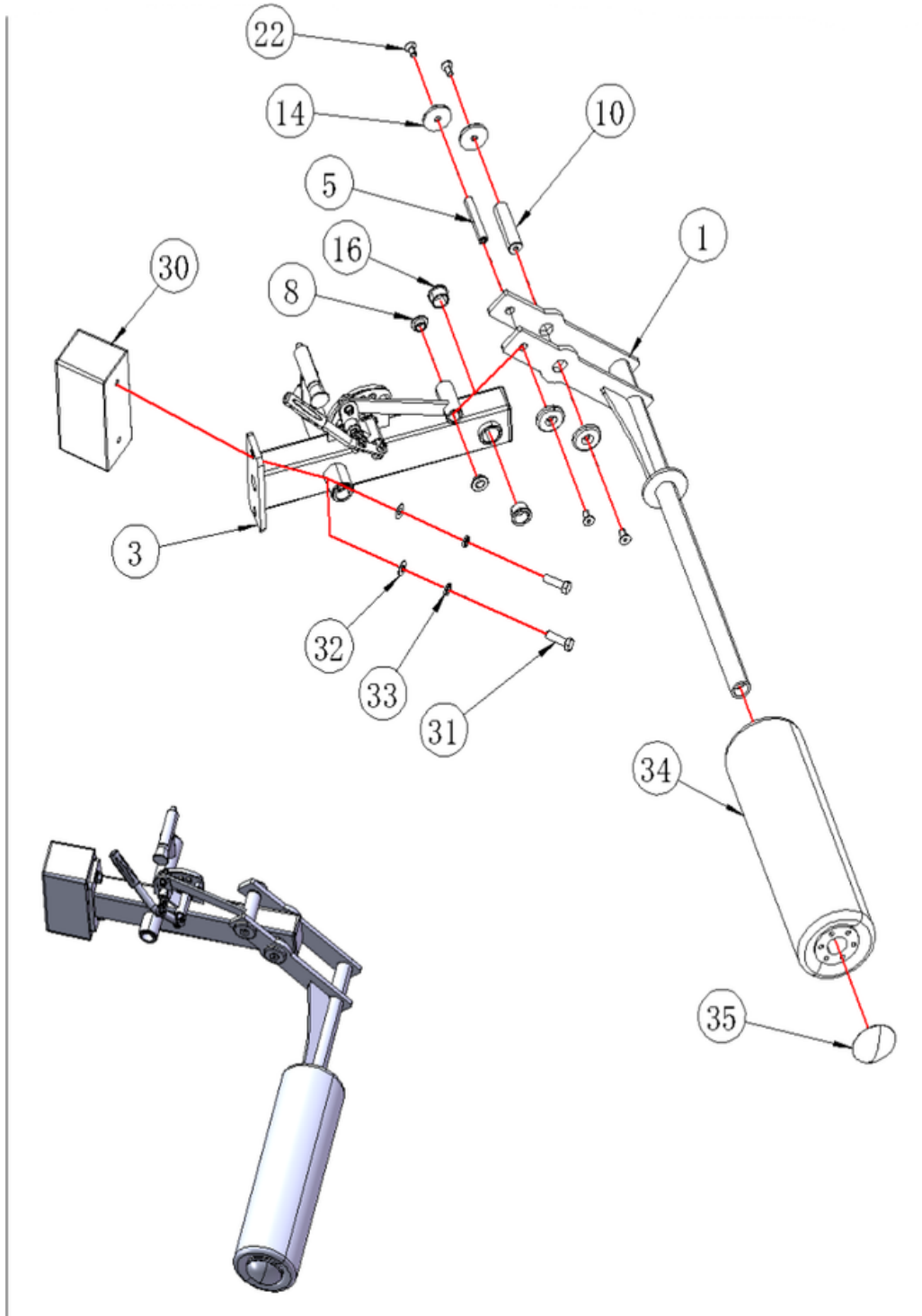
Assembly stage 4



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 3 OF 3

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: Build the Roller Adjustment

Use Stage 4 Drawings 1 and 2. Keep the arm supported and confirm any omitted pivot or spring setting.

13. Assemble the adjustment connection

Support connection 4 and fit leg-adjustment link 2 with M8 × 30 screw 19, washers 26 and nut 24. Fit pull pin 6 and spring 11 in the Drawing 1 arrangement. Confirm the pin moves freely and fully engages; no spring setup value is given.

14. Fit the adjustment handle

Fit handle assembly 7, grip 13 and both mounting plates 9 using M6 × 25 screws 20, washers 27 and nuts 25 at the illustrated pivots. Verify the linked release mechanism operates without binding before adding the roller carrier.

15. Prepare the main arm lock

Using Drawing 2, fit sleeves 16 and nylon spacers 8 to arm 3. Install pull pin 28, spring 11 and cap 29 as shown. Fit adjustment plate 18 and limit spacers 12 with M8 × 15 screws 21, and fit end cap 15 with M8 × 20 countersunk screw 23 at the marked point.

Check before continuing

Adjustment linkage, handle and arm-position pin are verified.

Stage 4B: Fit the Roller and Counterweight

Use Stage 4 Drawing 3. Keep clear of the counterweighted arm until its shaft and locks are verified.

16. Connect the roller carrier

Position foam/roller carrier 1 and the prepared adjustment linkage on arm 3. Fit shafts 5 and 10, sleeves 16, spacers 8 and end caps 14 in the Drawing 3 order. Secure the indicated ends using M10 × 20 countersunk screws 22 and verify both shafts are retained.

17. Fit the counterweight and roller

Support counterweight 30 while attaching it with M12 × 40 bolts 31, spring washers 33 and washers 32. Fit long roller 34 and end cap 35. Confirm the roller-end retention method omitted from the drawing before operation; do not assume a loose decorative cap retains the roller.

18. Check the arm assembly and frame

Fit plug 17 and verify full lock engagement at every intended roller and arm position. Return to Stage 1 for final cam-shaft and frame assembly. Confirm required torque and floor fixing with Build A Gym, then check all pads, handles, bearings and counterweight joints.

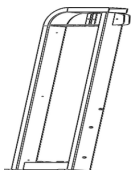
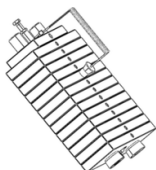
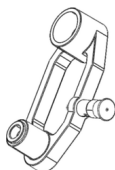
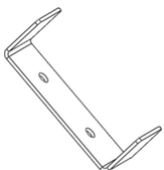
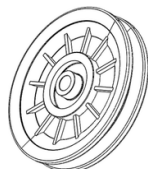
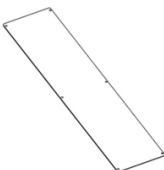
Check before continuing

Roller, carrier shafts, counterweight, adjustment locks and frame are secure.

STAGE 8 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Small door assembly</p>	REF 2 QTY 1  <p>Weight stack assembly</p>	REF 3 QTY 2  <p>Auxiliary weight assembly</p>
REF 4 QTY 4  <p>Guard platefixing card</p>	REF 5 QTY 1  <p>Sub-weight adjustment plate</p>	REF 6 QTY 2  <p>Weight-stack guide rod</p>
REF 7 QTY 2  <p>Limit threaded column</p>	REF 8 QTY 8  <p>Hook-and-loop strip</p>	REF 9 QTY 2  <p>Ø105 pulley</p>
REF 10 QTY 1  <p>Rear weight-stack guard</p>	REF 11 QTY 1  <p>Small guard 2</p>	REF 12 QTY 1  <p>Small guard 1</p>

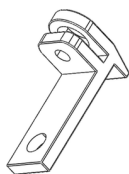
STAGE 8 / PARTS

Identify your components

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

REF 13

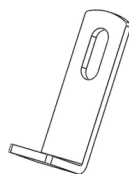
QTY 6



Rear guard mounting buckle

REF 14

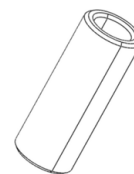
QTY 1



Baffles

REF 15

QTY 1



Gear sleeve

REF 16

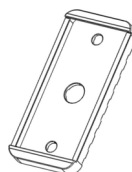
QTY 1



50 x 100 Rectangular tube plug

REF 17

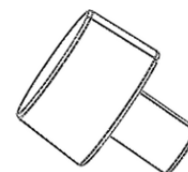
QTY 2



Frame foot

REF 18

QTY 2



Small cushioning

REF 19

QTY 10



Washer Ø6.3xØ12 x 0.5

REF 20

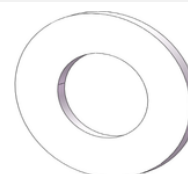
QTY 6



Washer Ø8.3xØ16 x 1

REF 21

QTY 8



Washer Ø10.3xØ20 x 1.2

REF 22

QTY 8



Spring washer Ø 6

REF 23

QTY 6



Spring washer Ø8

REF 24

QTY 4



Spring washer Ø10

STAGE 8 / PARTS

Identify your components

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

REF 25

QTY 8



Socket-head screws M6 × 15

REF 26

QTY 1



Socket-head screw M6 × 40

REF 27

QTY 6



Socket-head screw M8 × 15

REF 28

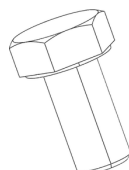
QTY 6



Socket-head screw M8 × 20

REF 29

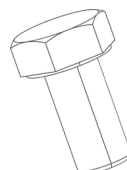
QTY 2



Hex head bolts M10 × 20

REF 30

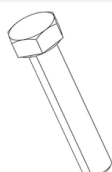
QTY 2



Hex head bolts M10 × 25

REF 31

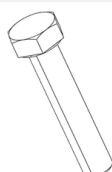
QTY 1



Hex head bolts M10 × 45

REF 32

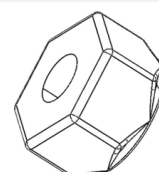
QTY 1



Hex head bolts M10 × 50

REF 33

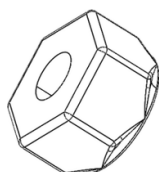
QTY 1



Locknut M6

REF 34

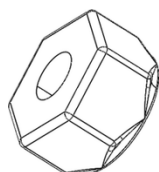
QTY 6



Locknut M8

REF 35

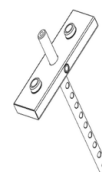
QTY 2



Locknut M10

REF 1

QTY 12

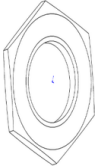
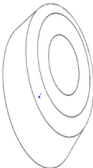


Top plate and selector assembly

STAGE 8 / PARTS

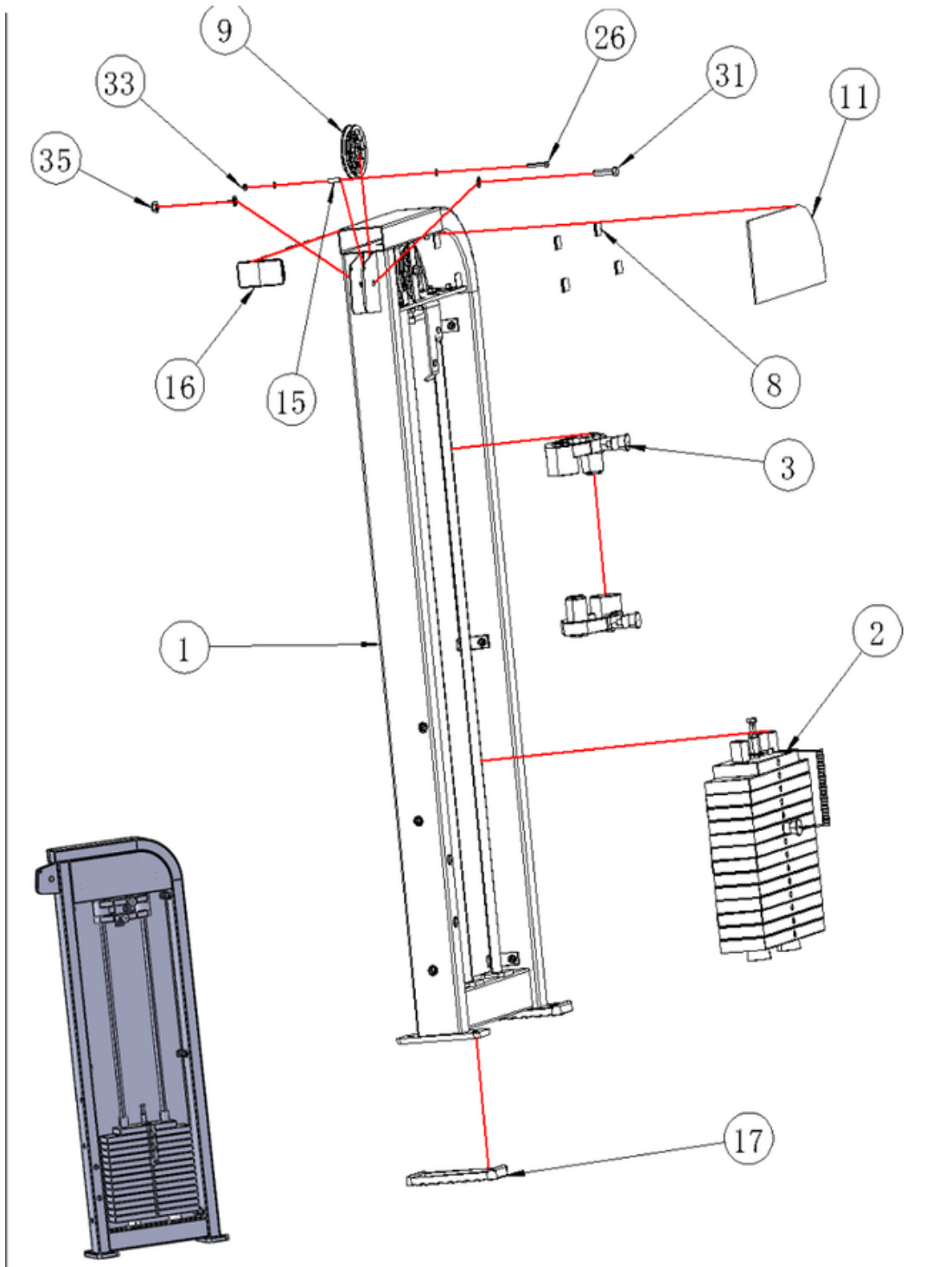
Identify your components

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

<div>REF 2</div> <div>QTY 13</div> <div></div> <div>Lower weight plate</div>	<div>REF 3</div> <div>QTY 1</div> <div></div> <div>Hex thin nut M12 × 1.5</div>	<div>REF 4</div> <div>QTY 1</div> <div></div> <div>Hollow screw M12×60</div>
<div>REF 5</div> <div>QTY 2</div> <div></div> <div>Counterweight cushioning</div>	<div>REF 6</div> <div>QTY 1</div> <div></div> <div>Weight selector pin</div>	<div>REF 7</div> <div>QTY 2</div> <div>See assembly drawing</div> <div>Component — see illustration</div>

STAGE 8 / DRAWING 1 OF 3

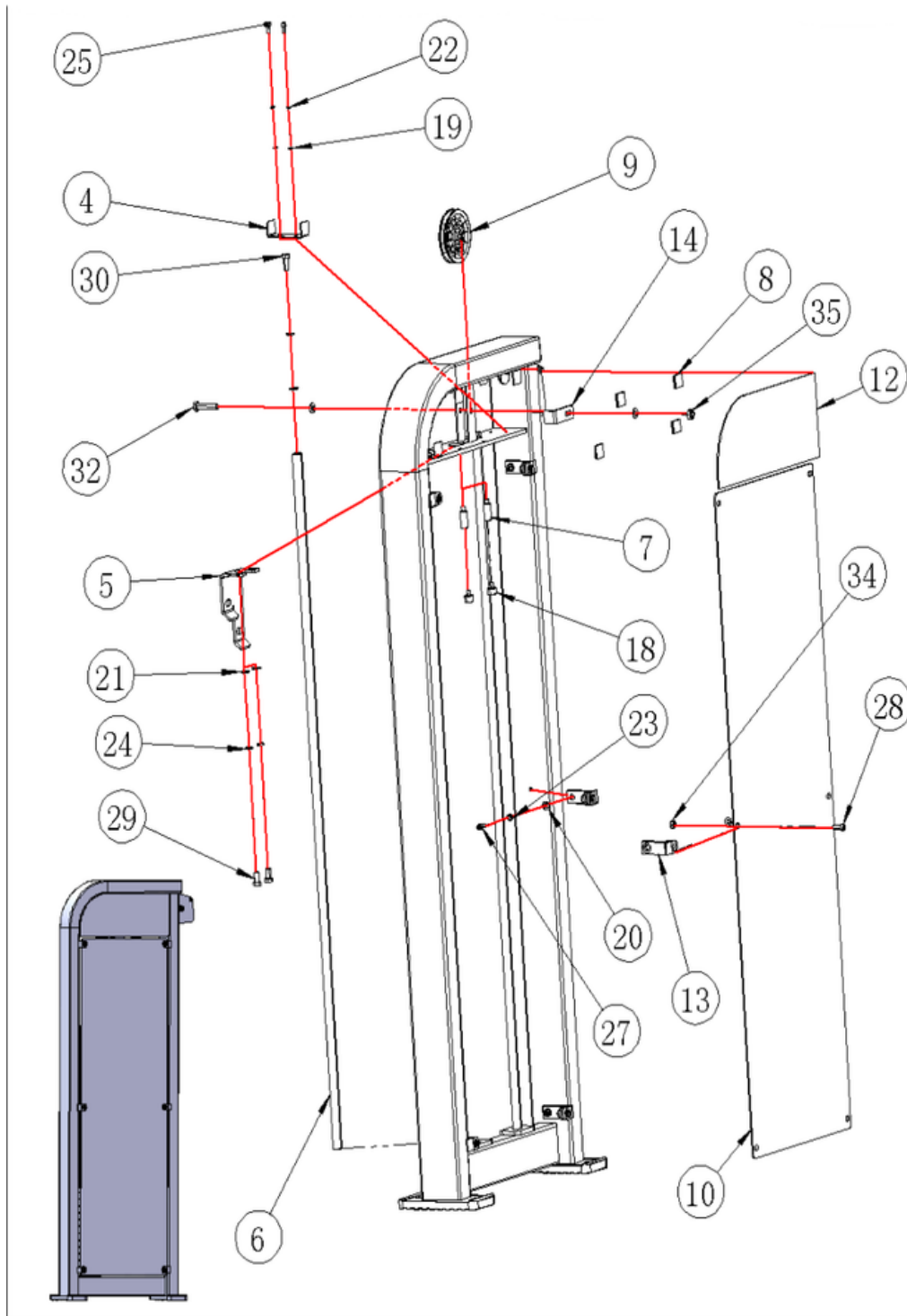
Assembly stage 8



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 / DRAWING 2 OF 3

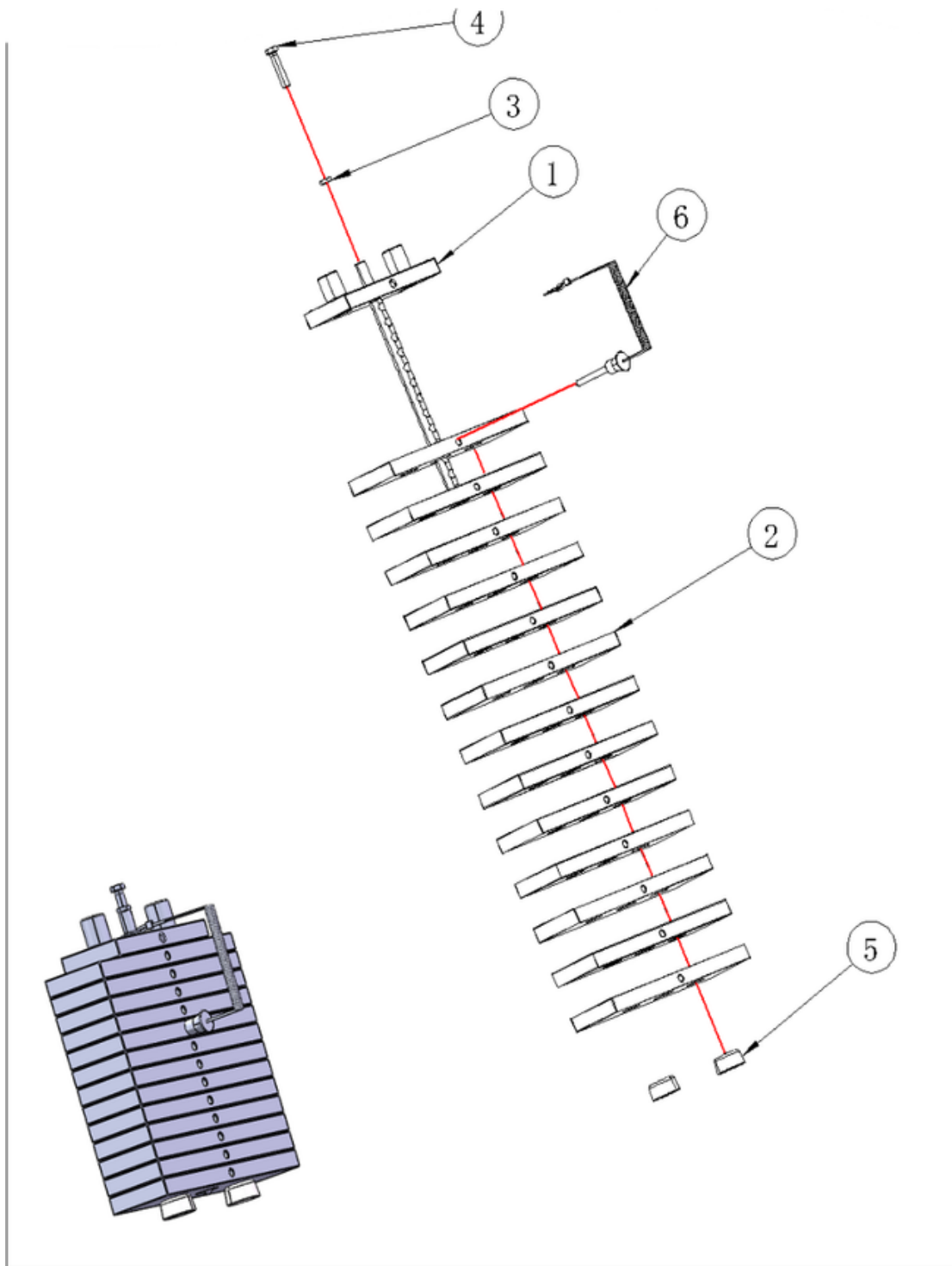
Assembly stage 8



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 / DRAWING 3 OF 3

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 8A: Assemble the Stack

Use Drawing 3 and the restarted stack references for these steps.

19. Identify the two Stage 8 lists

Stage 8 contains tower references 1–35 and a second stack list restarting at 1 on the last card of the third parts page. Use Drawing 3 for stack references. Its top plate is listed as quantity 12 but illustrated once: confirm the supplied top assembly and thirteen lower plates before assembly.

20. Fit buffers and plates to the guides

Using stack references, fit buffers 5 below the plate set on the two tower guide rods 6. Lower the verified lower plates 2 in their supplied order, keeping selector holes aligned. Fit top-plate/selector assembly 1. Keep the stack supported and hands clear beneath plates.

21. Verify the selector terminal

Fit hollow screw 4 and thin nut 3 only after confirming compatible threads: the nut is M12 × 1.5 while the screw pitch is omitted. Confirm terminal engagement and locking requirements. Fit selector pin 6 and verify full plate and selector-stem engagement. The extra unlabelled stack item 7 has no clear placement; confirm it against the kit.

Check before continuing

Plate quantity, guide arrangement, terminal threads and selector pin are confirmed.

Stage 8B: Complete the Tower

Return to the tower reference list for Drawings 1 and 2.

22. Fit guide and auxiliary-weight hardware

Using tower references, fit auxiliary weights 3, adjustment plate 5, limit posts 7 and buffers 18 as shown. Secure guide rods 6 with M10 × 25 bolts 30 at their upper ends. Use M10 × 20 bolts 29, washers 21 and spring washers 24 at the marked lower mounts. Confirm lower guide retention.

23. Fit both tower pulleys

Fit pulleys 9 with the respective M10 × 45 bolt 31 and M10 × 50 bolt 32 and nuts 35 as shown. Install guide sleeve 15 with M6 × 40 screw 26 and nut 33. Fit baffle 14, plug 16 and feet 17; verify pulley rotation and cable clearance.

24. Prepare the guards

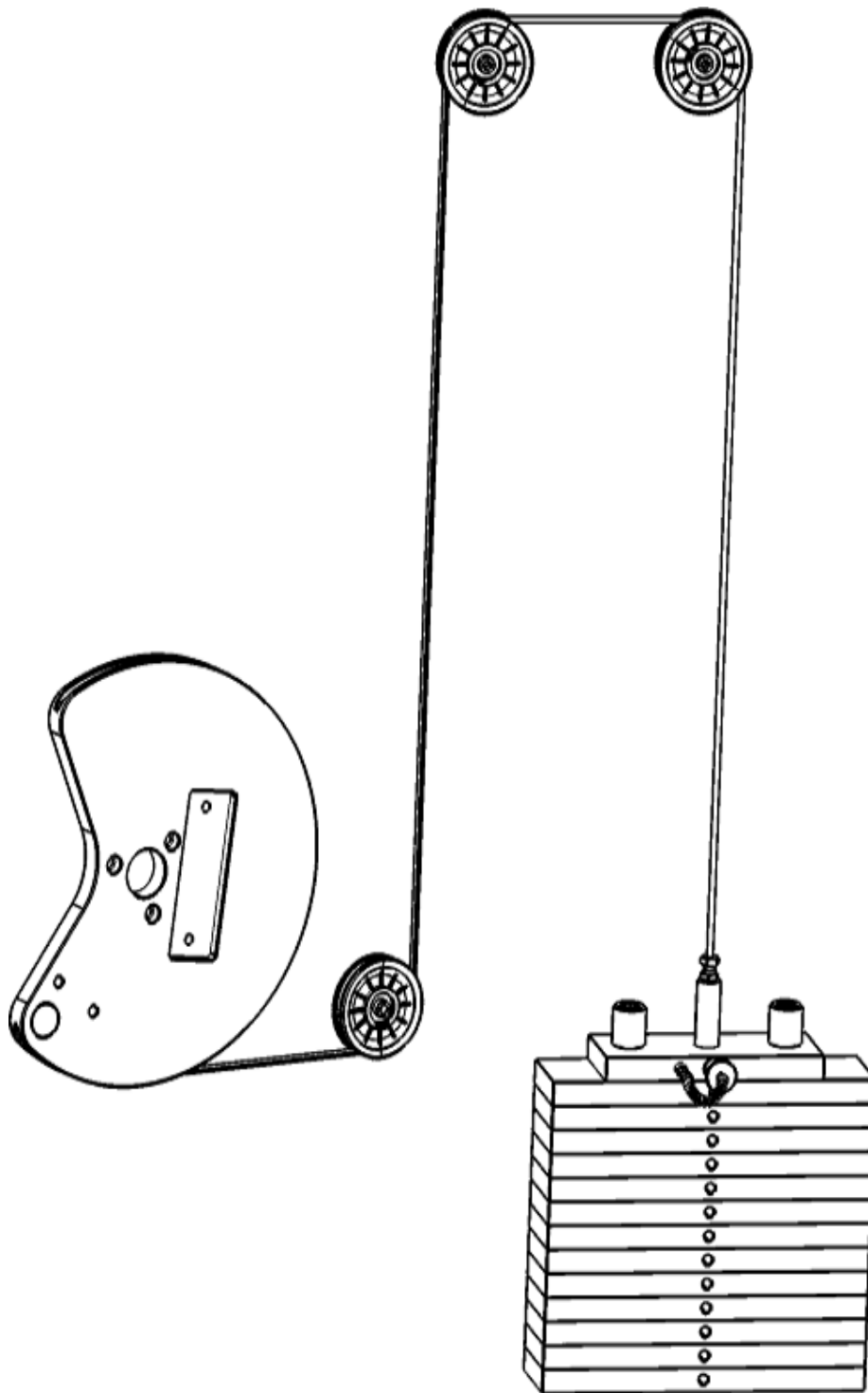
Fit cards 4 with M6 × 15 screws 25 and washers 19 and 22. Fit buckles 13 with M8 × 20 screws 28 and nuts 34; use M8 × 15 screws 27 with washers 20 and 23 at their shown mounts. Prepare guards 10–12 and strips 8, leaving access open for cable inspection.

Check before continuing

Tower, guides, auxiliary weights, pulleys and guard mounts are secure.

STAGE 10 / DRAWING 1 OF 1

Assembly stage 10



Trace the cam, side guide pulley, both tower pulleys and selector-end terminal.
Confirm cable length, cam wrap and endpoint retention before tensioning.

Stage 10: Route the Cable and Test

The source labels this cable stage 10. Do not operate with an unconfirmed cam attachment, spring setting or shaft retainer.

25. Verify the cable and endpoints

Keep the stack down and roller arm supported. Trace the cable from the arm cam around the side-frame guide pulley, over both tower pulleys and down to the selector terminal. Confirm cable length, cam wrap and complete terminal-retention details omitted from the schematic.

26. Route and secure the cable

Follow the schematic with an untwisted cable seated in every groove and clear of the guide sleeves. Secure both endpoints and locking devices to their confirmed requirements. Adjust without raising the resting top plate; verify the cam cannot pull the cable out of its groove.

27. Close guards and check every adjustment

Secure the remaining guards after checking the full route. With the stack down, verify seat angle, backrest, roller reach and mode/start-position locks. Confirm correct pad and roller orientation for each intended movement against the supplied mechanism.

28. Test both modes at minimum resistance

Select the lowest stack load and slowly test the extension and curl configurations with all locks fully engaged. Verify smooth arm travel, stable pads and handles, full stack return and no cable slack, rubbing or pulley jumping. Stop if any lock, pivot or pad shifts.

Check before continuing

Both configurations and all adjustment, cable and stack checks pass.

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 cam and roller shaft retention, counterweight, spring assembly and every adjustment lock. Confirm the plate set, terminal threads, cable route and controlled return in both exercise 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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