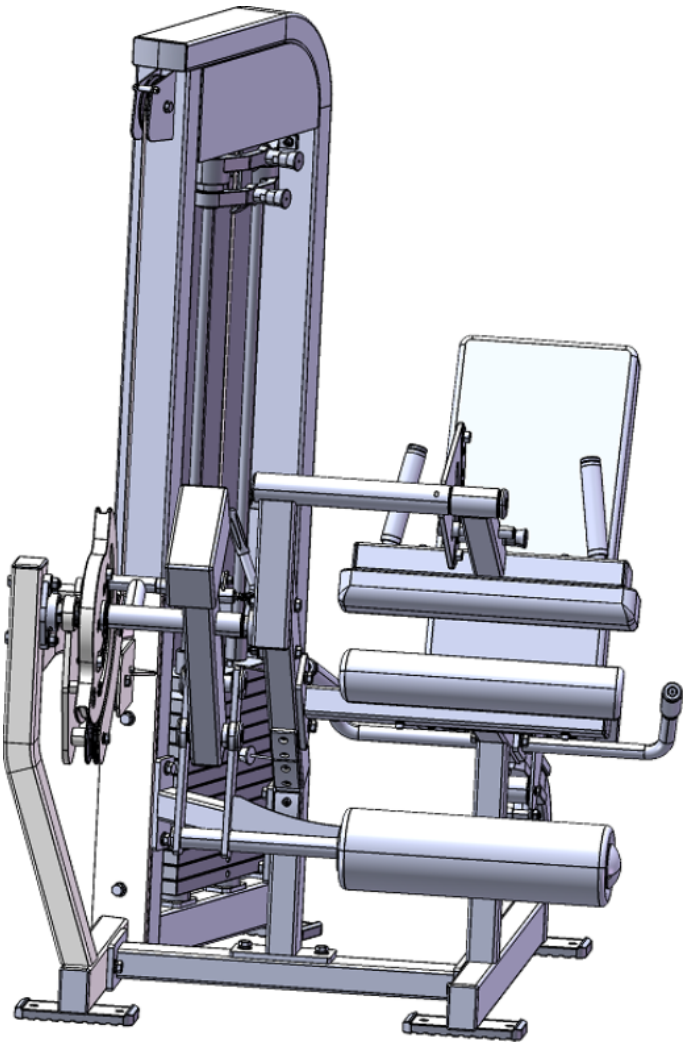
BUILT
STRENGTH

INFINITE SERIES

Seated 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 5 → Stage 6 → Stage 7 → Stage 8 → Stage 9 → Stage 10 → Stage 11 → Final inspection

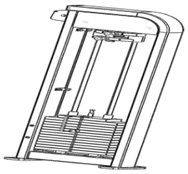
Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

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

REF 1 — **QTY 1**



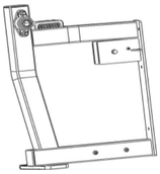
Door

REF 2 — **QTY 1**



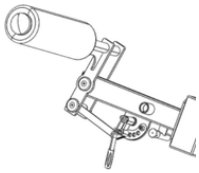
Main frame

REF 3 — **QTY 1**



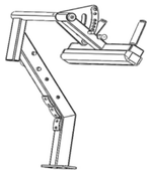
Side frame

REF 4 — **QTY 1**



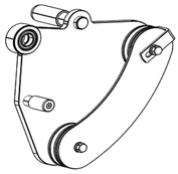
Boom adjustment

REF 5 — **QTY 1**



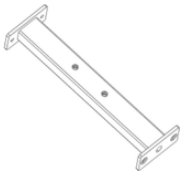
Stand-up leg press

REF 6 — **QTY 1**



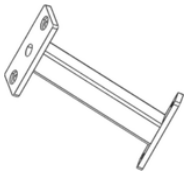
Reversing arm

REF 7 — **QTY 1**



Bottom connection assembly

REF 8 — **QTY 1**



Side brace assembly

REF 9 — **QTY 2**



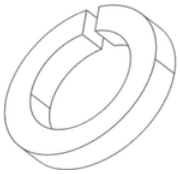
Wire reel adjustment

REF 10 — **QTY 1**



Powder compartment

REF 11 — **QTY 15**



Spring washer Ø12

REF 12 — **QTY 15**



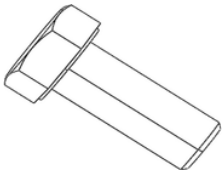
Washer Ø12.2xØ24 × 1.2

STAGE 1 / PARTS

Identify your components

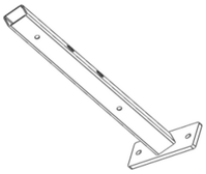
Match each reference and quantity to the drawing for this stage.

REF 13 **QTY 15**



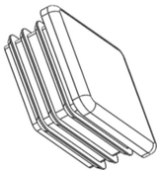
Hex head bolts M12 × 30

REF 17 **QTY 1**



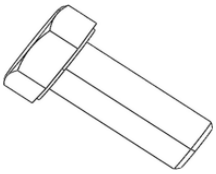
Upper connection brace

REF 18 **QTY 1**



50 × 50 square tube plug

REF 19 **QTY 6**



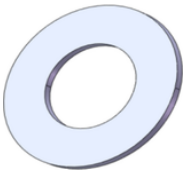
Hex head bolt M12 × 30

REF 20 **QTY 6**



Spring washer Ø12

REF 21 **QTY 6**



Washer Ø12.2xØ24 × 1.2

REF 22 **QTY 1**



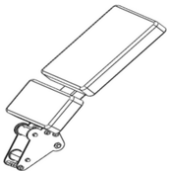
Right handle assembly

REF 23 **QTY 1**



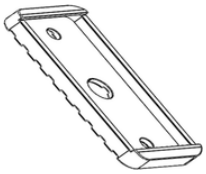
Right handle assembly

REF 24 **QTY 1**



Backrest

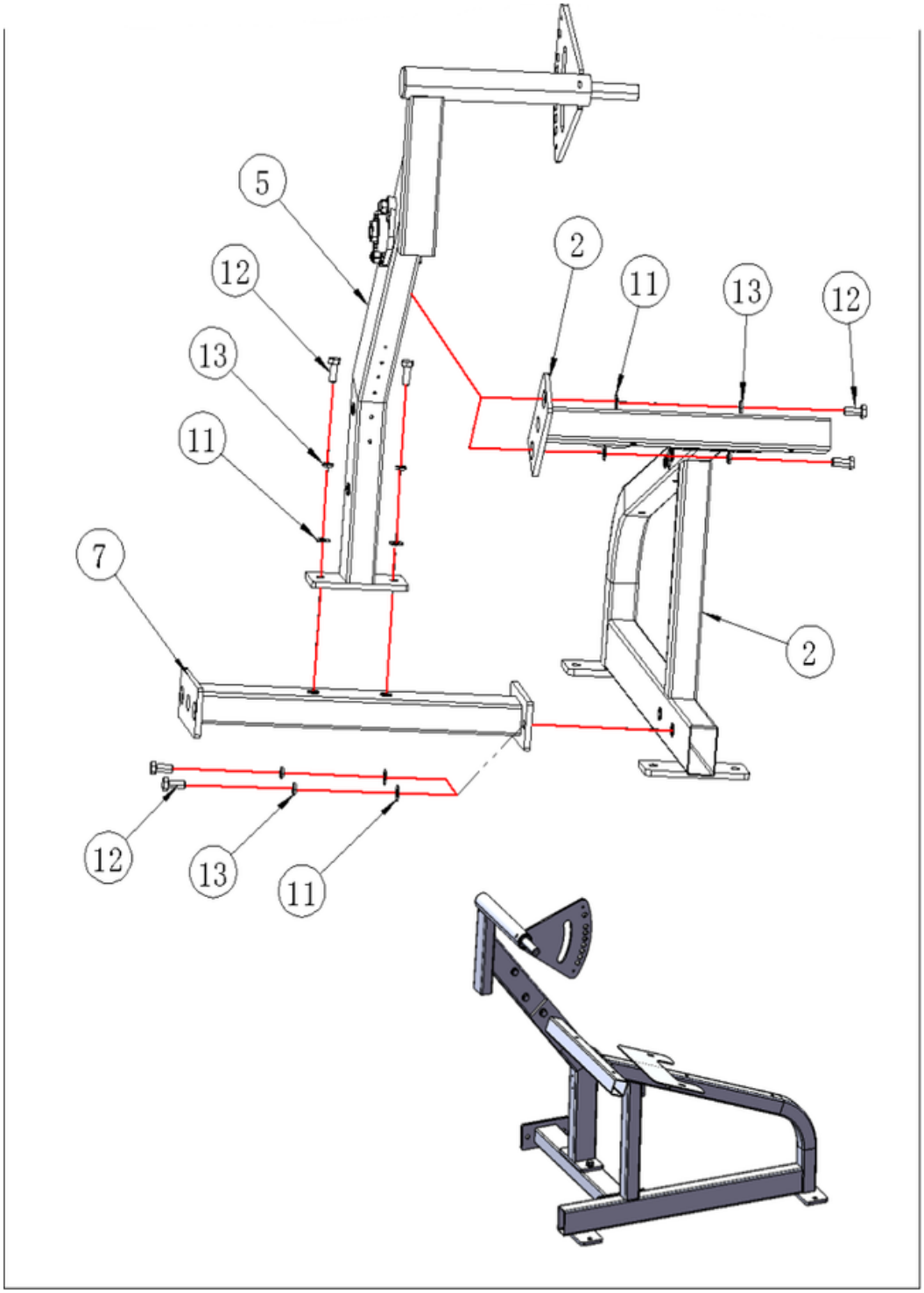
REF 25 **QTY 2**



Frame foot

STAGE 1 / DRAWING 1 OF 3

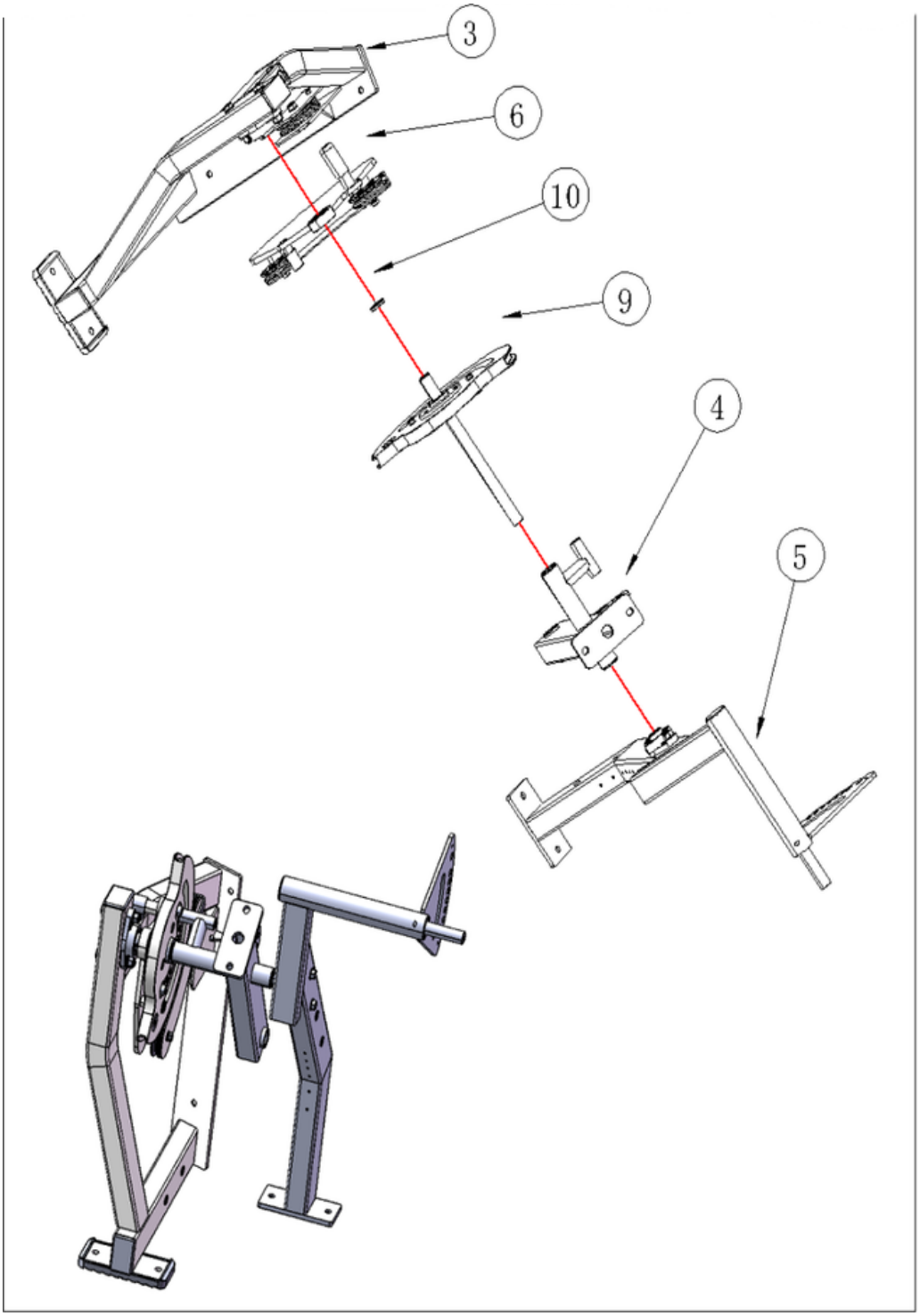
Assembly stage 1



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

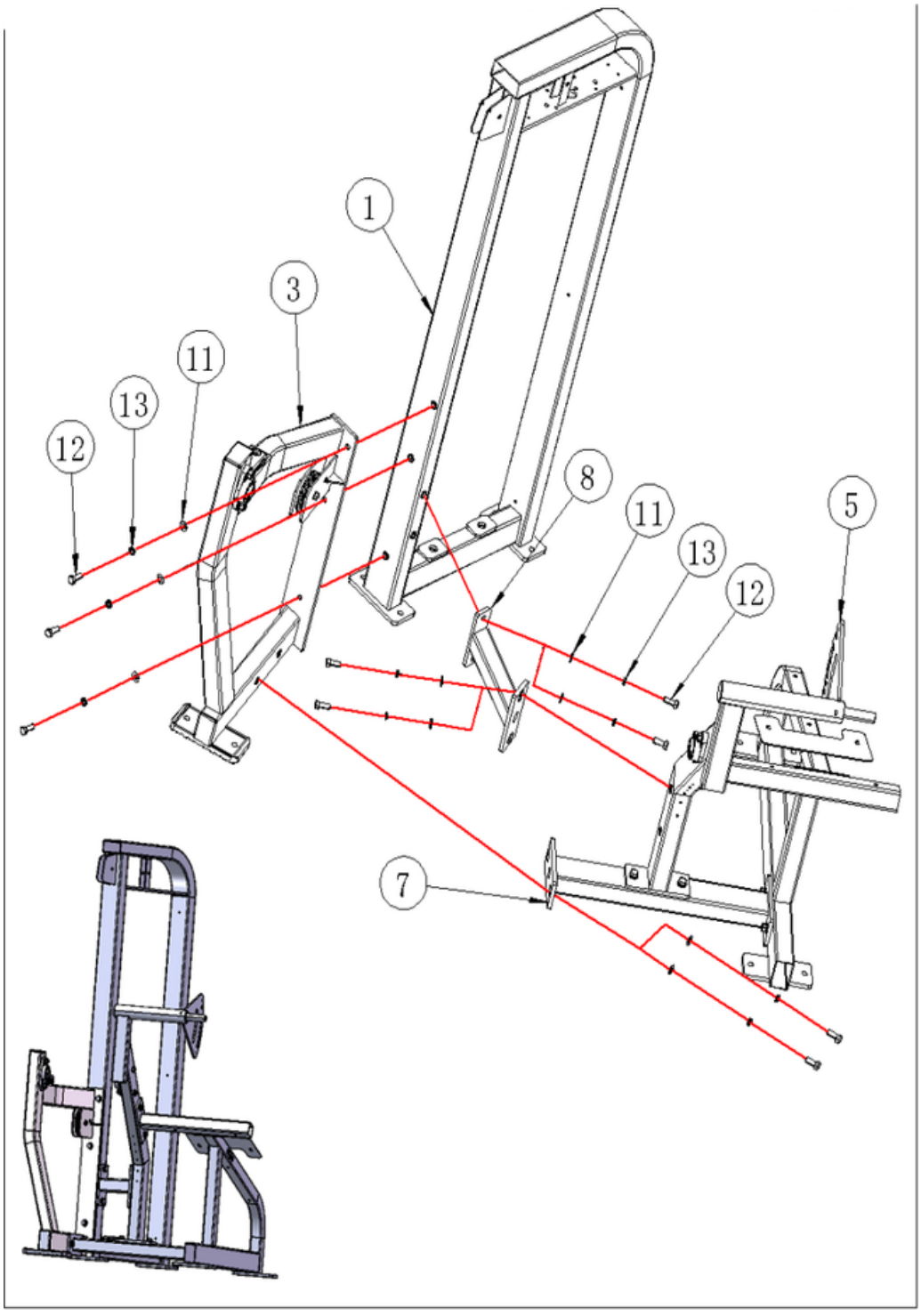
Assembly stage 1



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 and Join the Frame

Part references restart by stage; Stage 1 is the overall joining plan.

1. Prepare the subassemblies
Identify tower 1, main frame 2, side frame 3, moving arm 4, thigh-pad upright 5 and reversing arm 6. Prepare their loose components in Stages 2–8 before closing the frame around the main shaft. Brace the tower and support every moving assembly.

2. Connect the main frame and upright
Position main frame 2, upright 5 and bottom connection 7 as in Drawing 1. Start M12 × 30 bolts 13 with spring washers 11 and washers 12 at the shown joints. Keep the assembly supported and leave the joints adjustable for alignment.

3. Position the shaft mechanism
Follow Drawing 2 to position side frame 3, reversing arm 6, spacer 10, cam/shaft assembly 9, moving arm 4 and upright 5. The list gives two cam assemblies while the view shows one; confirm the kit. Obtain omitted shaft-retention and bearing-setting details before releasing support.

4. Join the tower and braces
Use Drawing 3 to connect tower 1, side frame 3, side brace 8 and bottom connection 7 with the shown bolts 13 and washers 11 and 12. Align all feet, then secure the confirmed joints. References 14–16 are absent from the list; resolve any unmatched hardware before continuing.

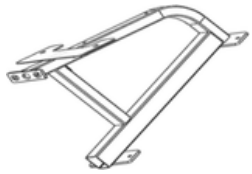
Check before continuing
Frame alignment, cam assembly count and all shaft retainers are confirmed.

STAGE 2 / PARTS

Identify your components

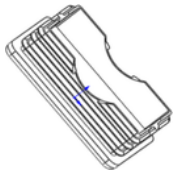
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



Main frame assembly

REF 2 **QTY 1**



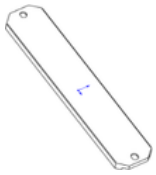
50 × 80 rectangular tube plug

REF 3 **QTY 1**



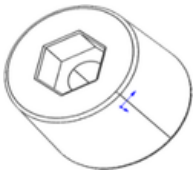
Backrest adjustment plate 1

REF 4 **QTY 1**



Backrest adjustment plate 2

REF 5 **QTY 1**



Backrest limit column

REF 6 **QTY 1**



Limit spacer

REF 7 **QTY 2**



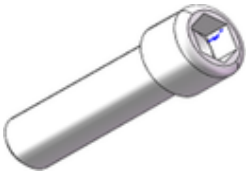
Washer Ø10.3xØ20 × 1.2

REF 8 **QTY 1**



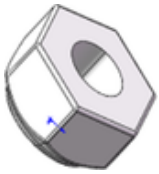
Hexagonal cylindrical head stud M10 × 100

REF 9 **QTY 1**



Socket-head screw M10 × 90

REF 10 **QTY 2**



Locknut M10

REF 11 **QTY 1**



Backrest pull spring

REF 12 **QTY 1**



Cushion

STAGE 2 / PARTS

Identify your components

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

REF 13 **QTY 2**



Socket-head screw M8 × 70

REF 14 **QTY 2**



Socket-head screw M8 × 25

REF 15 **QTY 4**



Spring washer Ø8

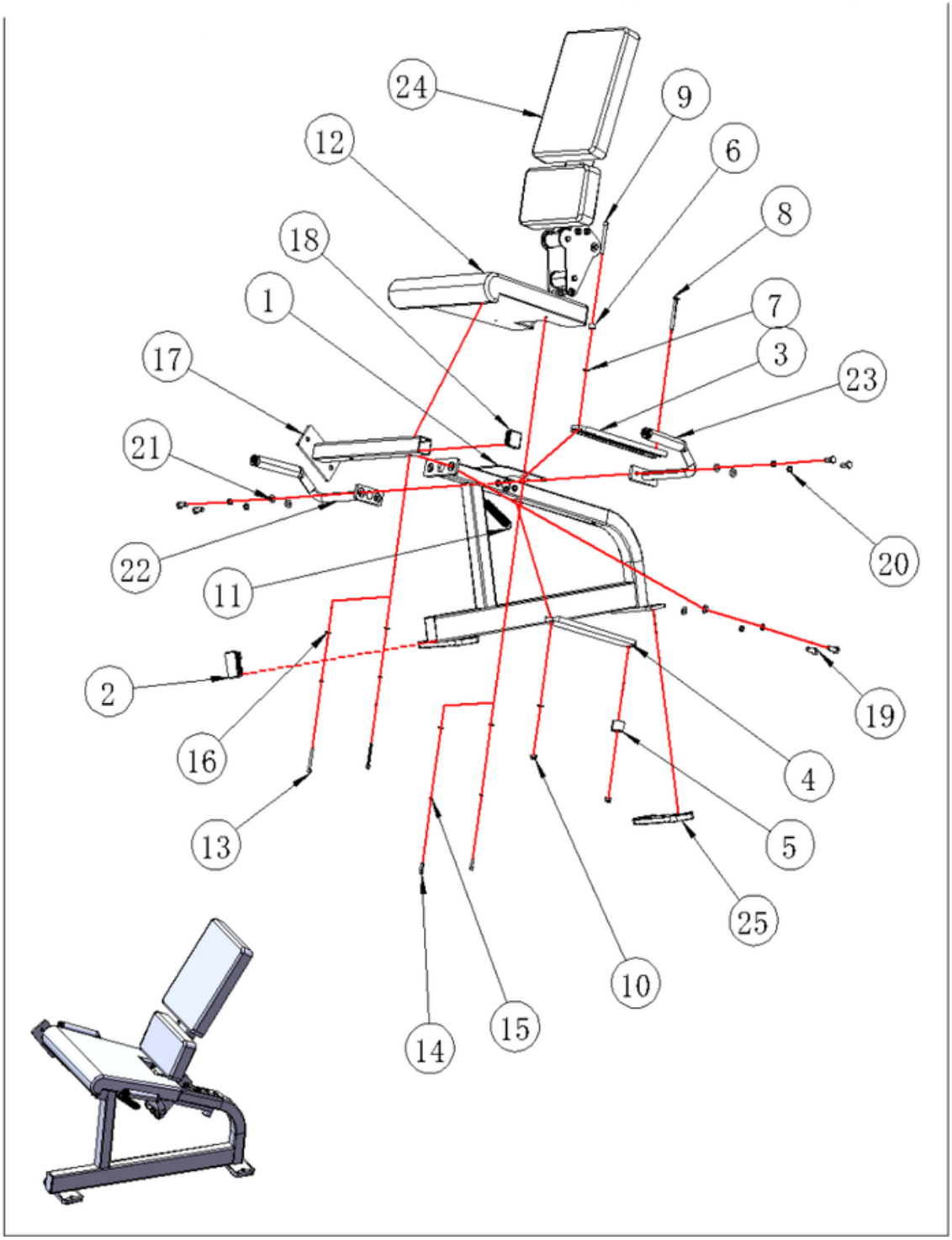
REF 16 **QTY 4**



Washer Ø8.3xØ16 × 1

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: Fit the Seat and Backrest

The Stage 2 drawing combines its own references 1–16 with Stage 1 references 17–25.

5. Fit the seat pad
Support main frame 1. Fit cushion 12 using M8 × 70 screws 13 and M8 × 25 screws 14 at their depicted positions, with spring washers 15 and washers 16. Start all screws before securing the pad evenly.

6. Install the backrest guide and spring
Fit plates 3 and 4, limit column 5 and spacer 6 with M10 screws 8 and 9, washers 7 and nuts 10 as drawn. Fit spring 11 and slide in the completed Stage 3 backrest assembly while supporting it. Check that its rollers sit correctly on the guide.

7. Complete the surrounding fittings
This drawing also uses Stage 1 references 17–25 for the upper brace, handles, backrest and feet. Match those references to the Stage 1 list; the two handles 22 and 23 share the same written name but are opposite parts. Use the depicted M12 hardware 19–21 and check handle orientation, feet and all locks.

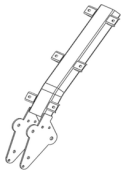
Check before continuing
Seat, handles, backrest guide and spring attachment are secure.

STAGE 3 / PARTS

Identify your components

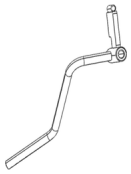
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



Backrest assembly

REF 2 **QTY 1**



Adjust handle assembly

REF 3 **QTY 1**



Tension shaft

REF — **QTY 2**



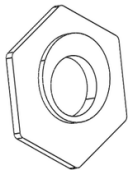
Seat adjustment shaft

REF 5 **QTY 1**



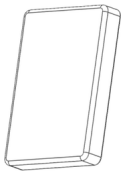
Large torsion spring

REF 6 **QTY 2**



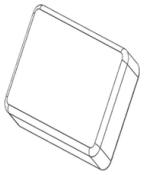
Eccentric nut

REF 7 **QTY 1**



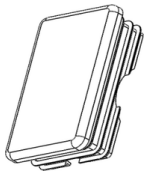
Backrest cushions

REF 8 **QTY 1**



Lumbar pad

REF 9 **QTY 1**



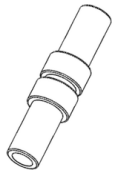
50 × 80 Rectangular tube plug

REF 10 **QTY 3**



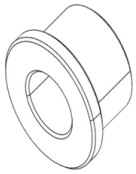
Backrest guide wheels

REF 11 **QTY 1**



Hanging spring jam

REF 12 **QTY 6**



Guide wheel spacer

"—" means the source does not specify this value. Confirm it with Build A Gym before assembly.

STAGE 3 / PARTS

Identify your components

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

REF 13 **QTY 1**



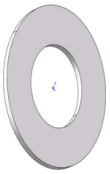
Handle

REF 14 **QTY 10**



Washer Ø8.3xØ16 × 1

REF 15 **QTY 6**



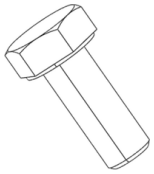
Washer Ø10.3xØ20 × 1.2

REF 16 **QTY 12**



Spring washer Ø8

REF 17 **QTY 6**



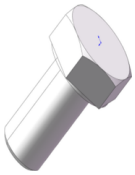
Hex head bolts M8 × 20

REF 18 **QTY 6**



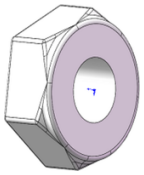
Hexagonal cylindrical head stud M8 × 25

REF 19 **QTY 3**



Hex head bolt M10 × 105

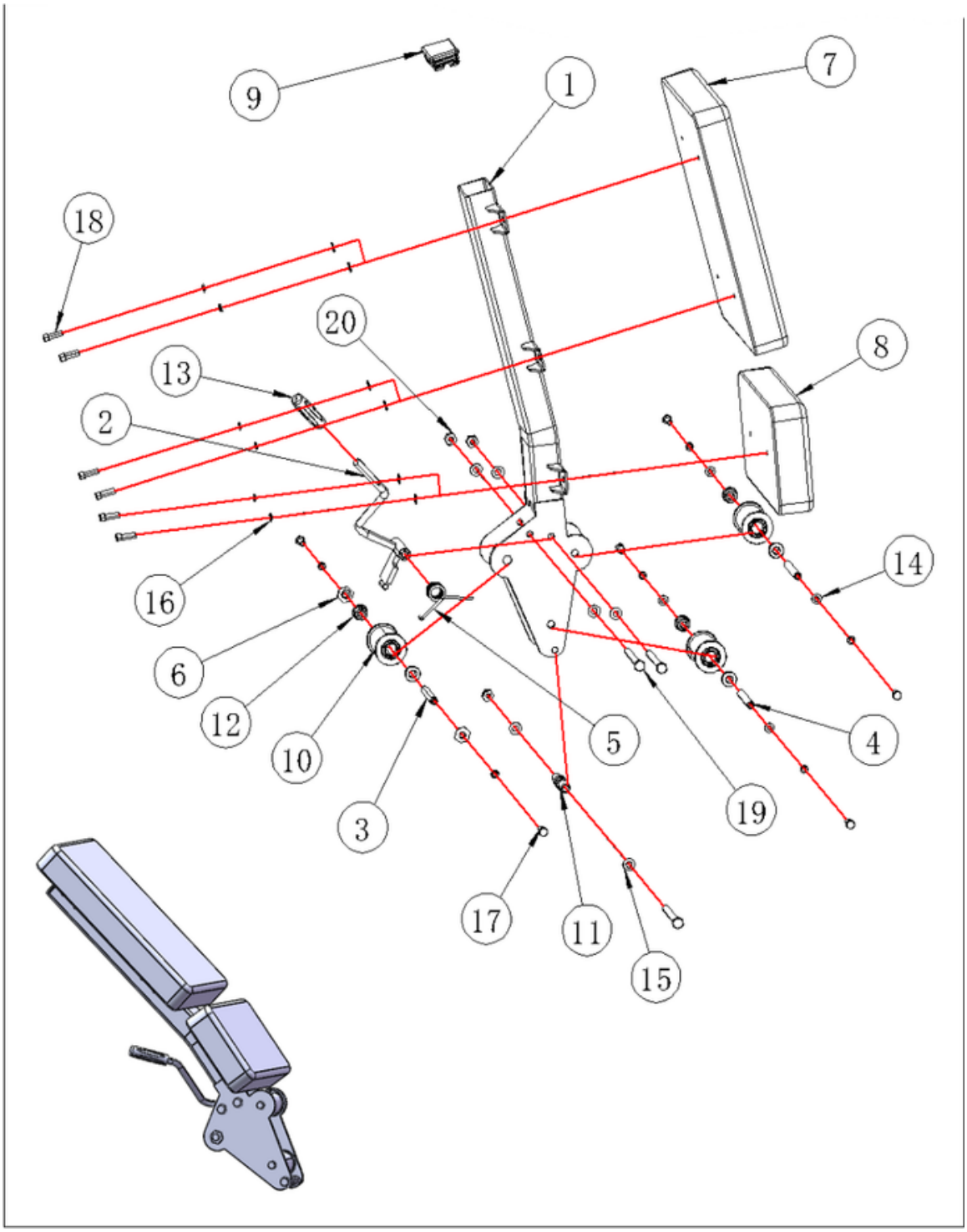
REF 20 **QTY 3**



Locknut M10

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: Assemble the Backrest Carriage

Resolve the missing adjustment-shaft reference and any omitted eccentric or spring settings.

8. Attach the back and lumbar pads
Support backrest frame 1. Fit back pad 7 and lumbar pad 8 with M8 × 25 screws 18 and the depicted washers 14 and 16. Fit plug 9 after checking the pad fasteners.

9. Assemble the three guide wheels
Fit wheels 10 and spacers 12 on tension shaft 3 and the two adjustment shafts shown as 4 in the drawing. The table omits their reference number. Retain the wheels using M10 × 105 screws 19, washers 15 and nuts 20, and shaft-end screws 17 with washers 14 and 16 where shown.

10. Fit and check the backrest lock
Install handle 2, grip 13, spring 5, anchor 11 and eccentric nuts 6 as drawn. Preserve factory wheel and spring settings; obtain them if supplied loose. Return the carriage to Stage 2 and confirm smooth travel, positive retention and full locking at each tested position.

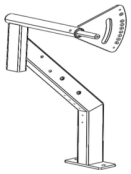
Check before continuing
Backrest pads, wheel axles and adjustment lock are verified.

STAGE 4 / PARTS

Identify your components

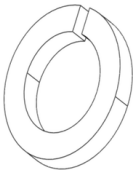
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



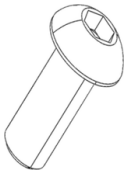
Vertical frame assembly

REF 2 **QTY 4**



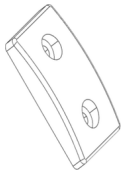
Spring washer Ø6

REF 3 **QTY 6**



Socket-head screw M6 × 15

REF 4 **QTY 3**



Cushioning

REF 5 **QTY 6**



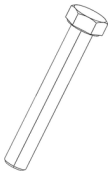
Washer Ø6.3xØ12 × 0.5

REF 6 **QTY 1**



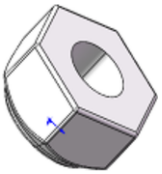
40-60 Rectangular tube plug

REF 7 **QTY 2**



Hex head bolts M12 × 80

REF 8 **QTY 2**



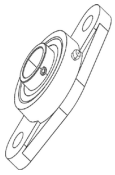
Locknut M12

REF 9 **QTY 4**



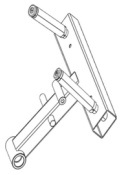
Washer Ø12.2xØ24 × 1.2

REF 10 **QTY 1**



Ø25 Bearing housing

REF 11 **QTY 1**



Presser leg assembly

REF 12 **QTY 1**



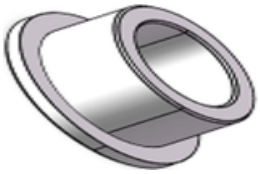
Pull pin

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 1**



Spring

REF 15 **QTY 1**



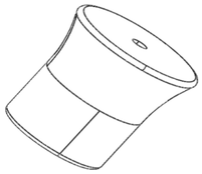
Leg presses

REF 16 **QTY 2**



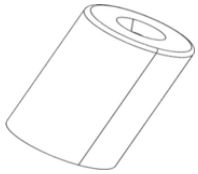
50 × 80 Rectangular tube plug

REF 17 **QTY 1**



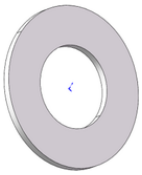
Pull-pin cap

REF 18 **QTY 1**



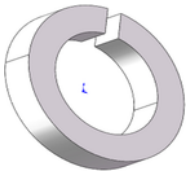
Leg presses

REF 19 **QTY 2**



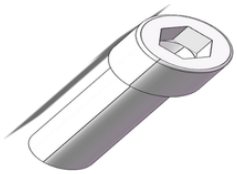
Washer Ø8.3xØ16 × 1

REF 20 **QTY 2**



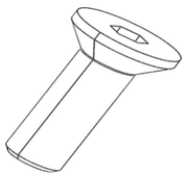
Spring washer Ø8

REF 21 **QTY 2**



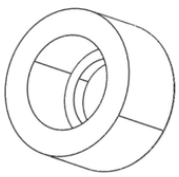
Hexagonal cylindrical head stud M8 × 70

REF 22 **QTY 1**



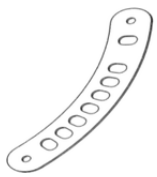
Countersunk socket screw M5 × 15

REF 23 **QTY 2**



Limit spacer

REF 24 **QTY 1**



Adjust trim panel

STAGE 4 / PARTS

Identify your components

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

REF 25	QTY 2



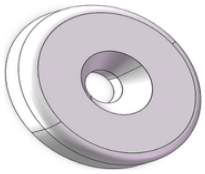
Socket-head screw M8 × 15

REF 26	QTY 1



Countersunk socket screw M10 × 20

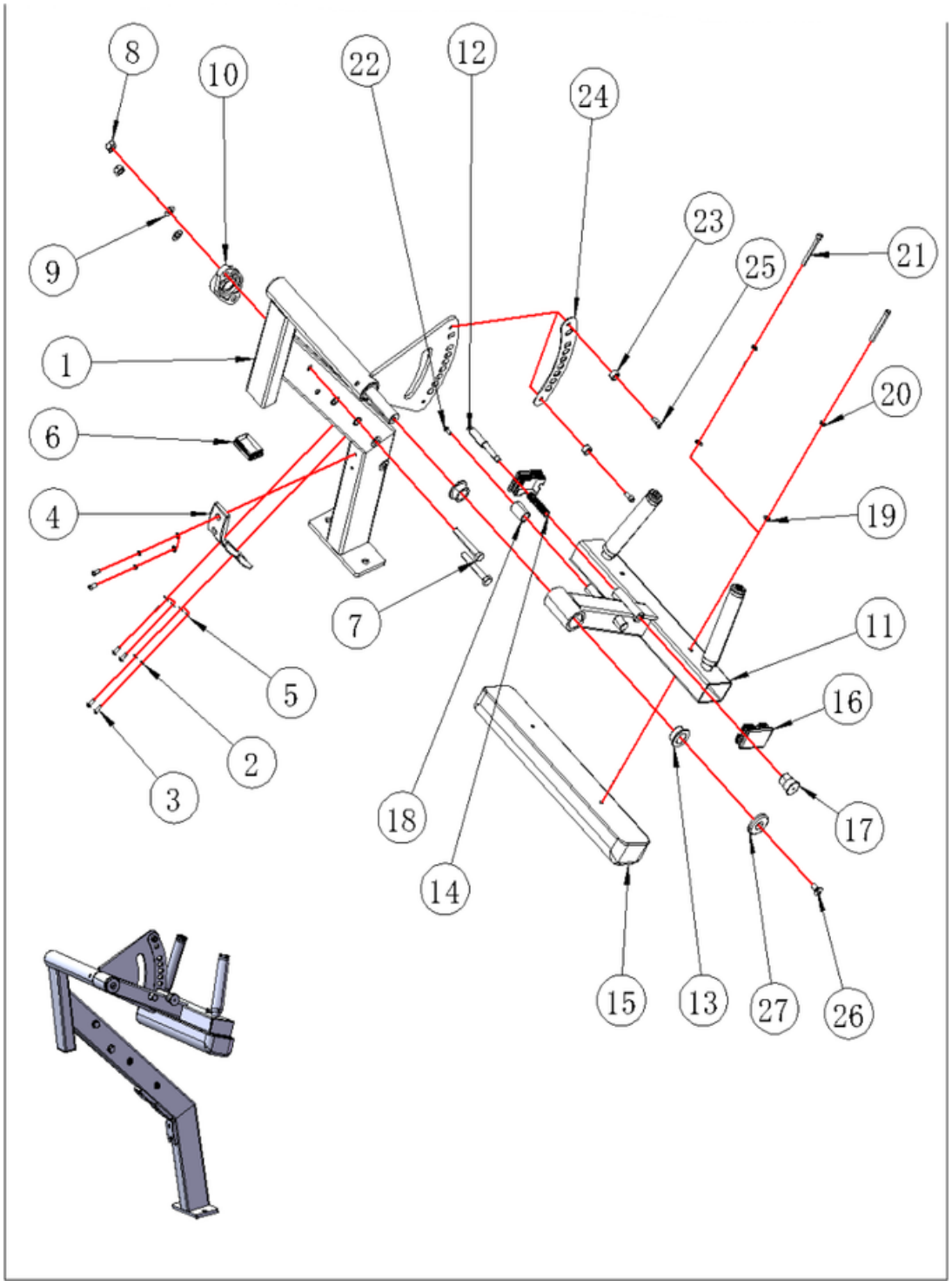
REF 27	QTY 1



Ø50 aluminum end cap

STAGE 4 / DRAWING 1 OF 1

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: Assemble the Thigh-Pad Upright

Use Stage 4 references for the thigh-pad upright and its locking arm.

11. Fit the upright bearing and stops
Support upright 1. Fit bearing housing 10 with M12 × 80 bolts 7, washers 9 and nuts 8. Install buffers 4 with M6 × 15 screws 3 and the depicted washers 2 and 5. The list has six screws but only four spring washers: confirm the intended hardware at each buffer.

12. Fit the thigh-pad arm and cushions
Fit bushings 13 and arm 11 in the drawn sequence, retaining the pivot with cap 27 and countersunk screw 26. Fit pads 15 and 18 with M8 × 70 screws 21 and washers 19 and 20. Check that the arm is retained and both pads are secure.

13. Install the adjustment pin and limits
Fit pull pin 12, spring 14 and cap 17, trim panel 24 with screw 22, and limit spacers 23 with screws 25. Fit plugs 6 and 16. Verify the pin fully enters each selected hole and the arm clears its stops; confirm unspecified spring setup before use.

Check before continuing
Thigh pads, bearing, stops and locking pin are secure.

STAGE 5 / PARTS

Identify your components

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

REF 1 **QTY 1**



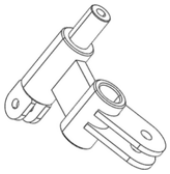
Foam assembly

REF 2 **QTY 1**



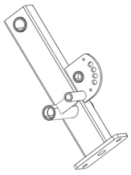
Leg adjustment connection assembly 1

REF 3 **QTY 1**



Adjust connection assembly 2

REF 4 **QTY 1**



Boom assembly

REF 5 **QTY 1**



Long foam

REF 6 **QTY 1**



Domed aluminum cap

REF 7 **QTY 4**



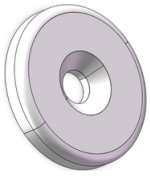
Countersunk socket screw M10 × 20

REF 8 **QTY 4**



Nylon spacer

REF 9 **QTY 4**



Ø50 aluminum end cap

REF 10 **QTY 2**



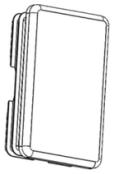
Galvanized sleeves

REF 11 **QTY 1**



Connecting shafts

REF 12 **QTY 1**



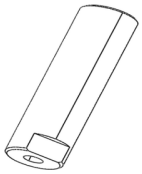
50 × 80 Rectangular tube plug

STAGE 5 / PARTS

Identify your components

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

REF 13 **QTY 1**



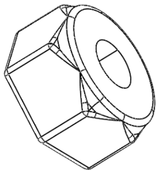
Connecting shafts

REF 14 **QTY 1**



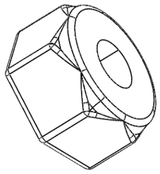
Countersunk socket screw M8 × 20

REF 15 **QTY 3**



Locknut M6

REF 16 **QTY 1**



Locknut M8

REF 17 **QTY 2**



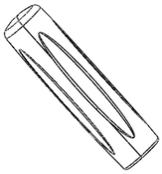
Washer Ø8.3xØ16 × 1

REF 18 **QTY 6**



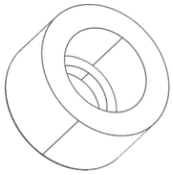
Washer Ø6.3xØ12 × 0.5

REF 19 **QTY 1**



Handle

REF 20 **QTY 2**



Limit spacer

REF 21 **QTY 2**



Spring

REF 22 **QTY 1**



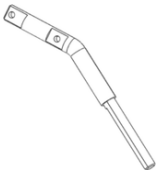
Pull pin

REF 23 **QTY 2**



Mounting plate

REF 24 **QTY 1**



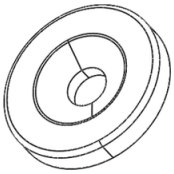
Adjust handle

STAGE 5 / PARTS

Identify your components

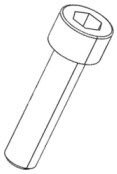
Match each reference and quantity to the drawing for this stage.

REF 25 **QTY 1**



End caps of axle frame plate

REF 26 **QTY 3**



Socket-head screws M6 × 25

REF 27 **QTY 1**



Socket-head screw M8 × 30

REF 28 **QTY 2**



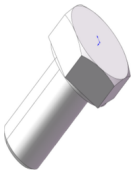
Socket-head screw M8 × 15

REF 29 **QTY 1**



Stainless steel adjustment plate

REF 30 **QTY 2**



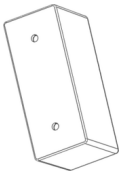
Hex head bolts M12 × 40

REF 31 **QTY 2**



Spring washers Ø12

REF 32 **QTY 1**



Laminated weights

REF 33 **QTY 2**



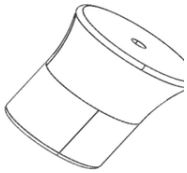
Washer Ø12.2xØ24 × 1.2

REF 34 **QTY 1**



Pull pin

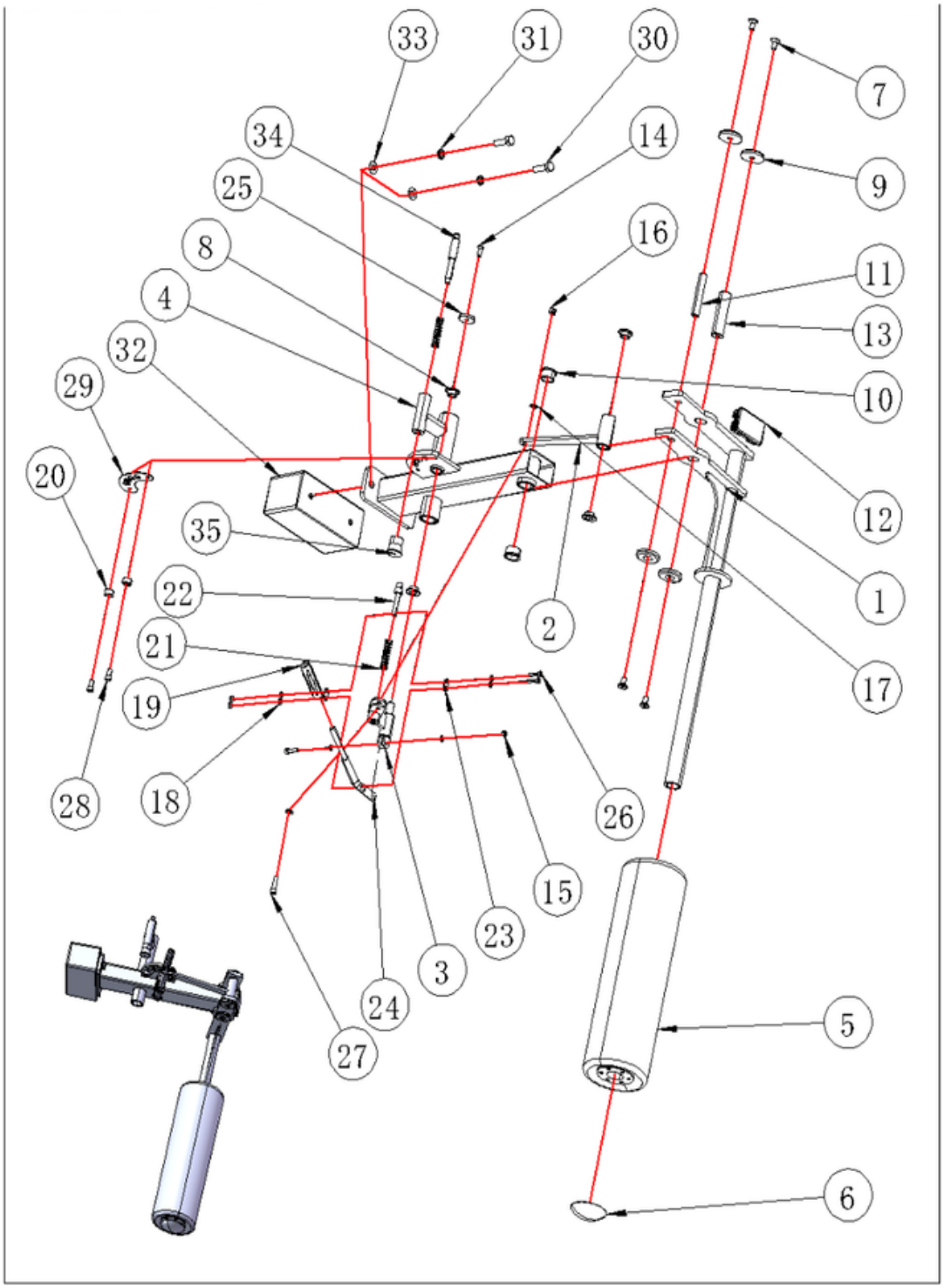
REF 35 **QTY 1**



Pull-pin cap

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 Ankle-Roller Arm

Use Stage 5 references only. Keep the weighted arm supported throughout.

14. Join the roller linkage
Support arm 4, roller carrier 1 and links 2 and 3. Fit shafts 11 and 13, sleeves 10, nylon spacers 8 and end caps 9 in the illustrated order; retain the indicated ends with countersunk screws 7. Confirm every pivot is positively retained before moving the linkage.

15. Fit the roller and counterweight
Slide roller 5 onto carrier 1 and fit end cap 6 with screw 14. Support counterweight 32 while fitting M12 × 40 screws 30, washers 33 and spring washers 31. Fit plug 12 after inspecting concealed connections.

16. Build the adjustment handle and pins
Fit handle 24, plates 23, grip 19 and the shown M6 hardware 26, 18 and 15. Install springs 21, pull pins 22 and 34, cap 35, plate 29 and limit spacers 20 with their depicted screws. Confirm the unspecified spring settings and full engagement of both pins.

17. Check roller adjustment and linkage travel
Fit cap 25 and the remaining depicted retention hardware 16, 17, 27 and 28 at their marked locations. Support the arm while checking roller positions and linkage movement. No shaft or adjustment pin may remain unretained; do not infer a setting from exploded spacing.

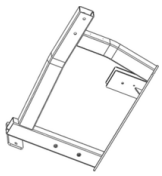
Check before continuing
Roller, counterweight, link shafts and both adjustment pins are confirmed.

STAGE 6 / PARTS

Identify your components

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

REF 1 **QTY 1**



Vertical frame assembly

REF 2 **QTY 2**



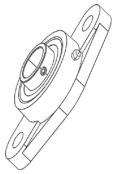
50 × 80 rectangular tube plug

REF 3 **QTY 1**



Buffer pad

REF 4 **QTY 1**



Ø25 Bearing housing

REF 5 **QTY 2**



Washer Ø6.3xØ12 × 0.5

REF 6 **QTY 4**



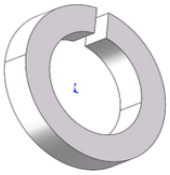
Washer Ø10.3xØ20 × 1.2

REF 7 **QTY 4**



Washer Ø12.2xØ24 × 1.2

REF 8 **QTY 2**



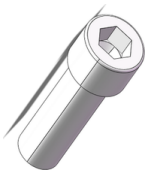
Spring washer Ø10

REF 9 **QTY 1**



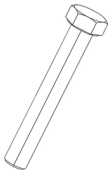
Socket-head screw M6 × 45

REF 10 **QTY 2**



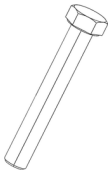
Socket-head screws M10 × 40

REF 11 **QTY 1**



Hex head bolts M10 × 50

REF 12 **QTY 2**



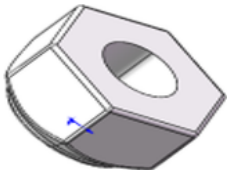
Hex head bolts M12 × 80

STAGE 6 / PARTS

Identify your components

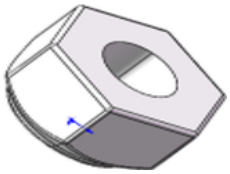
Match each reference and quantity to the drawing for this stage.

REF 13 **QTY 1**



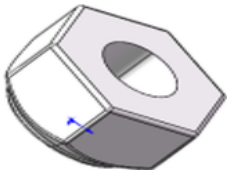
Locknut M6

REF 14 **QTY 1**



Locknut M10

REF 15 **QTY 2**



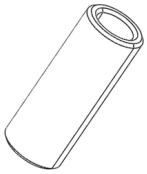
Locknut M12

REF 16 **QTY 1**



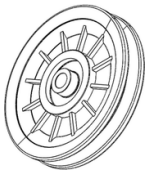
Frame foot

REF 17 **QTY 1**



Gear sleeve

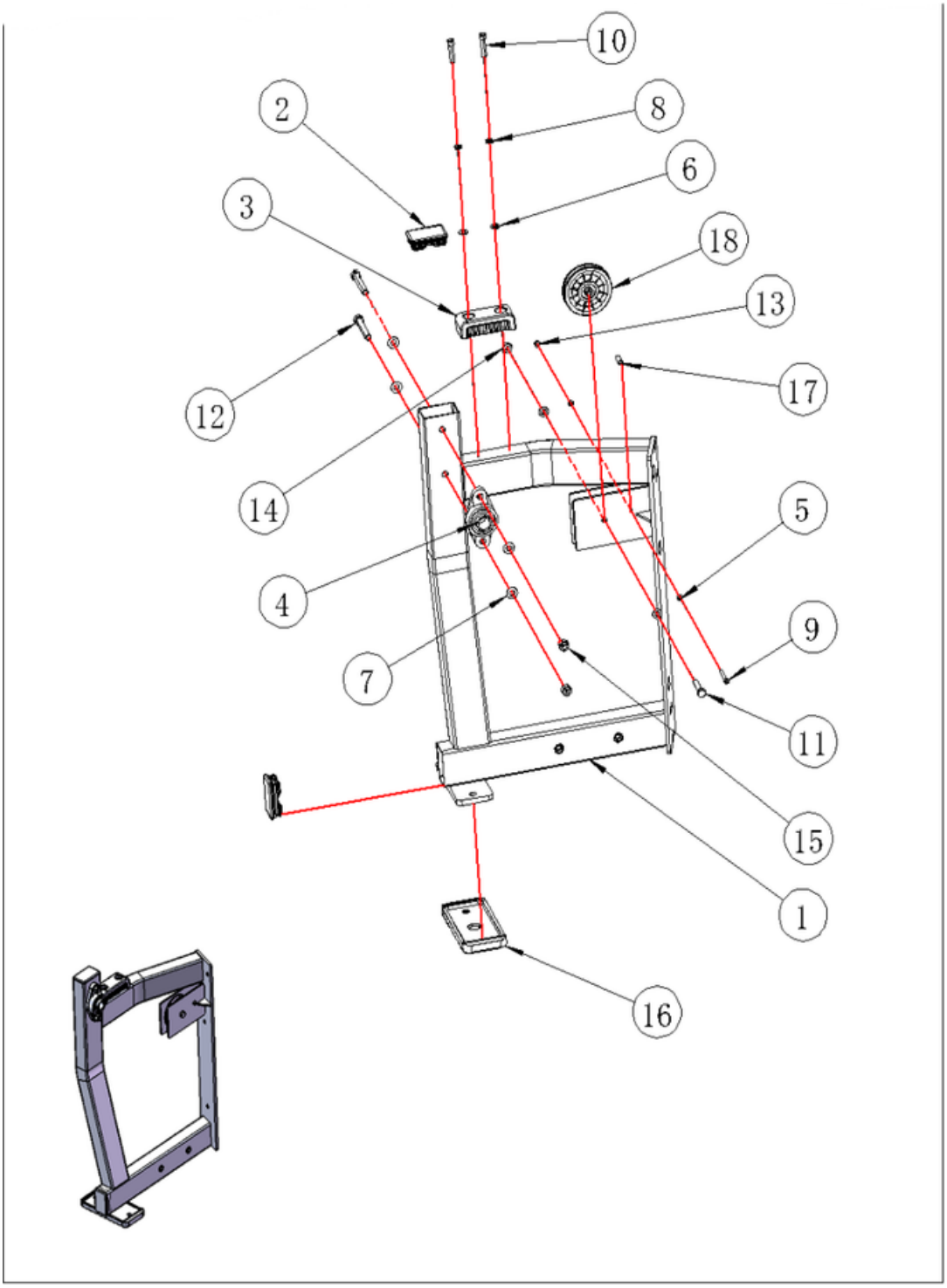
REF 18 **QTY 1**



Ø105 pulley

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: Prepare the Side Frame

Keep the bearing and pulley accessible until shaft and cable inspection are complete.

18. Fit the side-frame bearing and buffer
Support side frame 1. Fit housing 4 with M12 × 80 bolts 12, washers 7 and nuts 15. Fit buffer 3 with M10 × 40 screws 10, spring washers 8 and washers 6. Install feet 16 and plugs 2.

19. Fit the side pulley and sleeve
Install pulley 18 with M10 × 50 bolt 11, washers 6 and nut 14. Fit sleeve 17 using M6 × 45 screw 9, washers 5 and nut 13. Check free pulley rotation and bearing alignment before completing the Stage 1 shaft assembly.

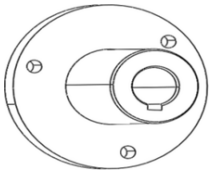
Check before continuing
Side frame, bearing, buffer and pulley are secure.

STAGE 7 / PARTS

Identify your components

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

REF 1 **QTY 1**



Fixed assembly

REF 2 **QTY 1**



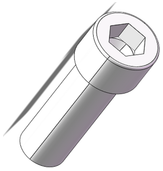
Adjustment plate

REF 3 **QTY 1**



Wire reels

REF 4 **QTY 3**



Socket-head screw M10 × 25

REF 5 **QTY 3**



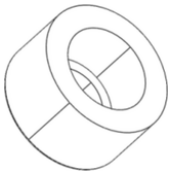
Washer Ø10.3xØ20 × 1.2

REF 6 **QTY 3**



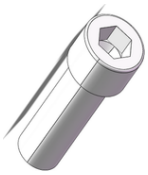
Spring washers Ø10

REF 7 **QTY 2**



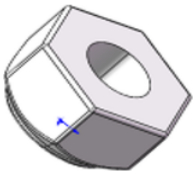
Limit spacer

REF 8 **QTY 2**



Socket-head screw M8 × 35

REF 9 **QTY 2**



Locknut M8

REF 10 **QTY 2**



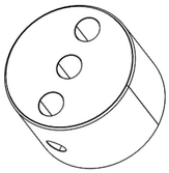
Washer Ø8.3xØ16 × 1

REF 11 **QTY 3**



Flat-point set screw M8 × 12

REF 12 **QTY 1**



Threaded column

STAGE 7 / PARTS

Identify your components

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

REF 13	QTY 1



Flat key block

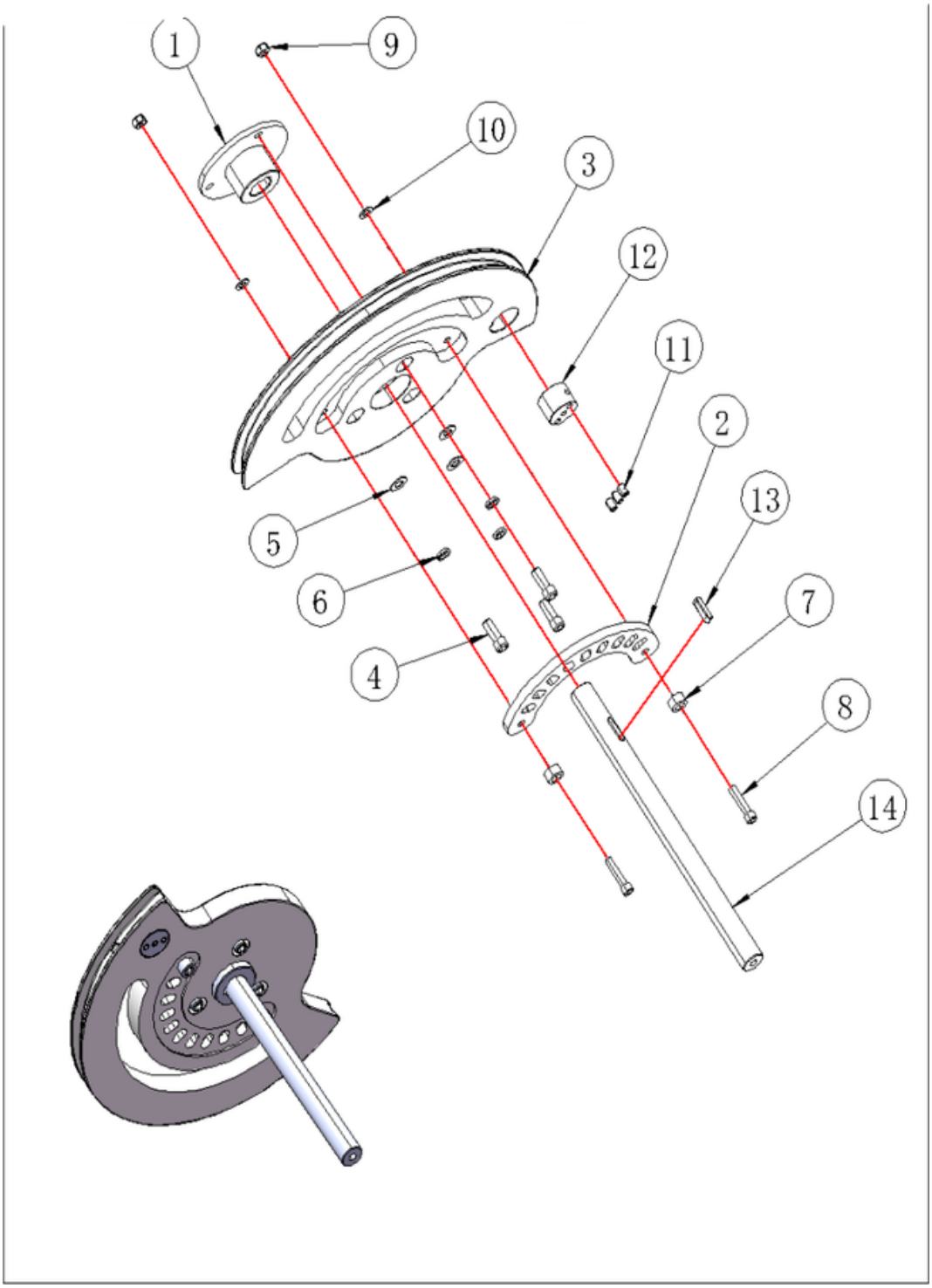
REF 14	QTY 1



Long connection shaft

STAGE 7 / DRAWING 1 OF 1

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: Assemble the Cam and Shaft

Match cam orientation to the Stage 1 overview and the final cable schematic.

20. Fit the cam and adjustment plate
Position fixed assembly 1, cam 3 and adjustment plate 2 as drawn. Use M10 × 25 screws 4, spring washers 6 and washers 5 at the three depicted joints. Fit limit spacers 7 with M8 × 35 screws 8, washers 10 and nuts 9.

21. Fit and retain the keyed shaft
Fit key 13 to shaft 14 and locate the keyed assembly in the illustrated orientation. Fit threaded column 12 and set screws 11 at their marked points. Confirm shaft positioning, set-screw requirements and cable attachment details omitted from the drawing before final retention.

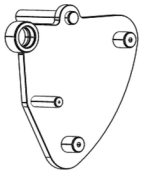
Check before continuing
Cam, limits, keyed shaft and all retaining screws are confirmed.

STAGE 8 / PARTS

Identify your components

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

REF 1 **QTY 1**



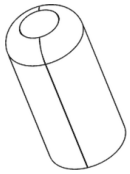
Reversing arm assembly

REF 2 **QTY 1**



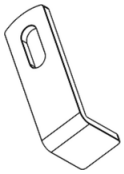
Pulley sheet metal

REF 3 **QTY 1**



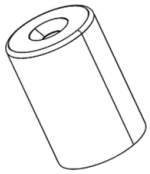
Cushioning sleeves

REF 4 **QTY 1**



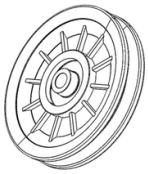
Baffles

REF 5 **QTY 1**



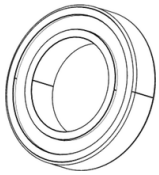
Leg presses

REF 6 **QTY 2**



Φ90 pulley

REF 7 **QTY 2**



Deep groove ball bearings Ø42xØ25 × 9

REF 8 **QTY 1**



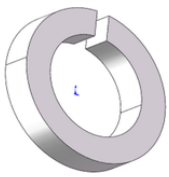
Countersunk socket screw M5 × 10

REF 9 **QTY 2**



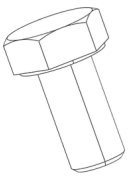
Washer Ø10.3xØ20 × 1.2

REF 10 **QTY 2**



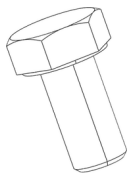
Spring washer Ø10

REF 11 **QTY 1**



Hex head bolt M10 × 45

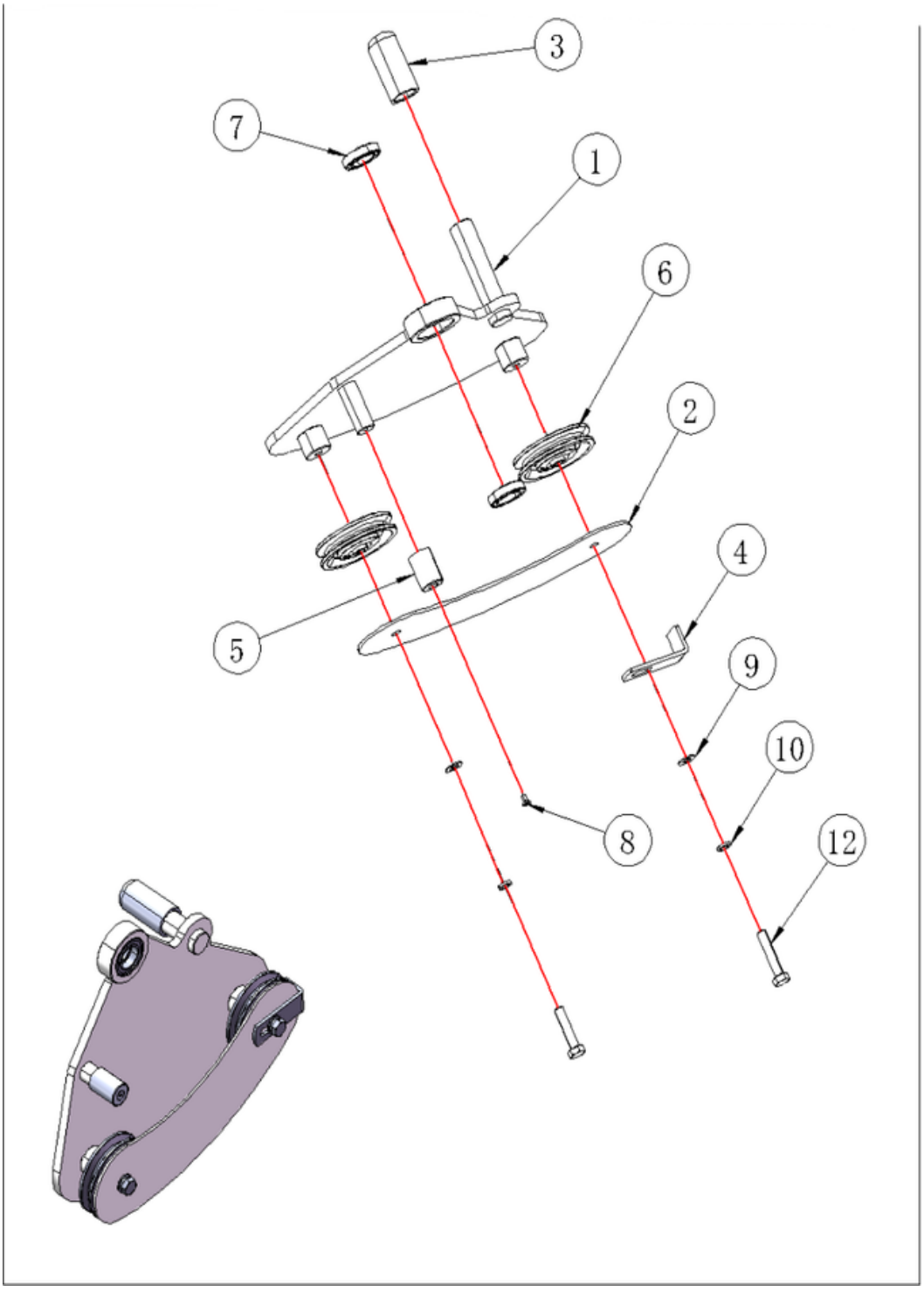
REF 12 **QTY 1**



Hex head bolt M10 × 50

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 Reversing Arm

Return to Stage 1 after Stages 2–8 are complete to finish the supported frame and shaft joins.

22. Fit the bearings and buffer sleeve
Support reversing arm 1 and fit both bearings 7 in their illustrated seats. Fit buffer sleeve 3. Preserve factory-fitted bearings and confirm any omitted fit or axial-retention details before closing the main shaft assembly.

23. Fit both pulleys and guards
Mount pulleys 6 and sleeve 5 in the shown arrangement with cover plate 2 and baffle 4. Use M10 × 45 bolt 11 or M10 × 50 bolt 12 at its marked point, with washers 9 and 10. Fit countersunk screw 8. Confirm both pulleys turn freely and the cover clears their grooves.

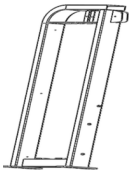
Check before continuing
Reversing-arm bearings, pulleys and cover are secure.

STAGE 9 / PARTS

Identify your components

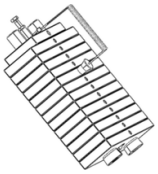
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



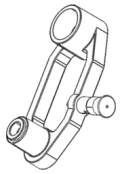
Small door assembly

REF 2 **QTY 1**



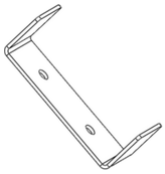
Weight stack assembly

REF 3 **QTY 2**



Auxiliary weight assembly

REF 4 **QTY 4**



Guard platefixing card

REF 5 **QTY 1**



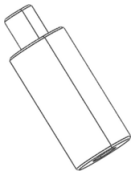
Sub-weight adjustment plate

REF 6 **QTY 2**



Weight-stack guide rod

REF 7 **QTY 2**



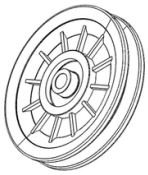
Limit threaded column

REF 8 **QTY 8**



Hook-and-loop strip

REF 9 **QTY 2**



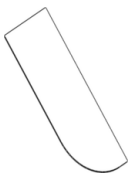
Ø105 pulley

REF 10 **QTY 1**



Rear weight-stack guard

REF 11 **QTY 1**



Small guard 2

REF 12 **QTY 1**



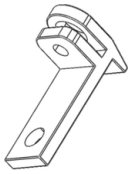
Small guard 1

STAGE 9 / PARTS

Identify your components

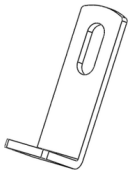
Match each reference and quantity to the drawing for this stage.

REF 13 **QTY 6**



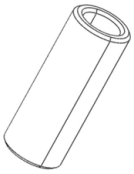
Rear guard mounting buckle

REF 14 **QTY 1**



Baffles

REF 15 **QTY 1**



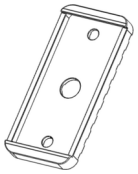
Gear sleeve

REF 16 **QTY 1**



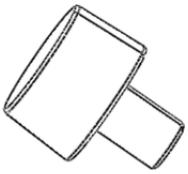
50 × 100 Rectangular tube plug

REF 17 **QTY 2**



Frame foot

REF 18 **QTY 2**



Small cushioning

REF 19 **QTY 10**



Washer Ø6.3xØ12 × 0.5

REF 20 **QTY 6**



Washer Ø8.3xØ16 × 1

REF 21 **QTY 8**



Washer Ø10.3xØ20 × 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 9 / 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**



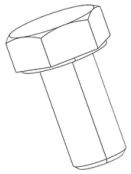
Socket-head screw M8 × 15

REF 28 **QTY 6**



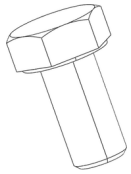
Socket-head screw M8 × 20

REF 29 **QTY 2**



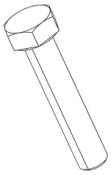
Hex head bolts M10 × 20

REF 30 **QTY 2**



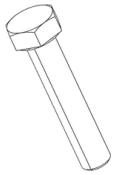
Hex head bolts M10 × 25

REF 31 **QTY 1**



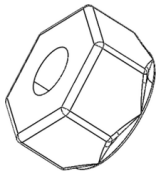
Hex head bolts M10 × 45

REF 32 **QTY 1**



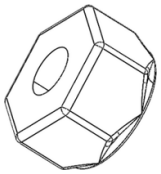
Hex head bolts M10 × 50

REF 33 **QTY 1**



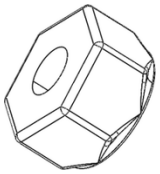
Locknut M6

REF 34 **QTY 6**



Locknut M8

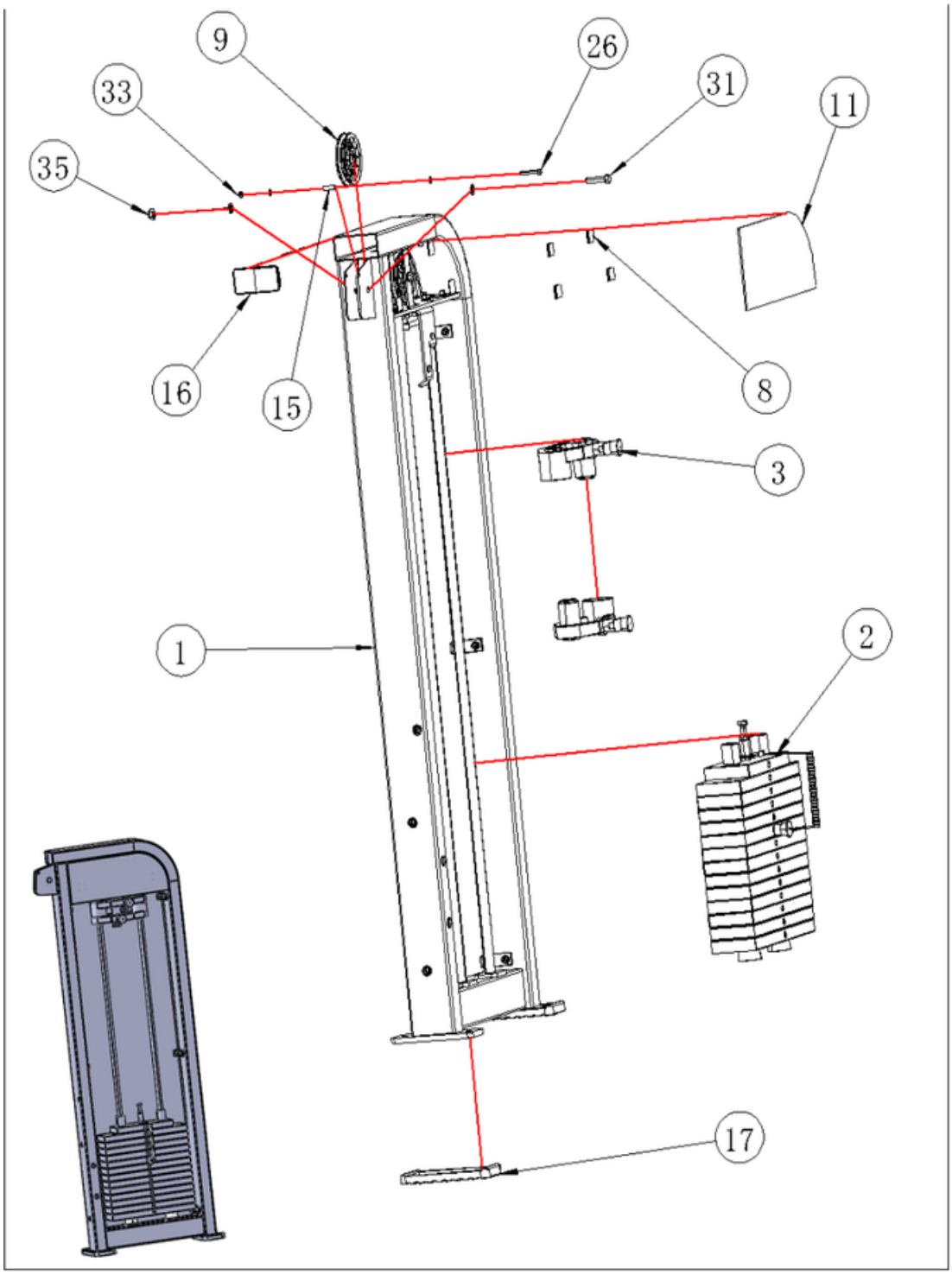
REF 35 **QTY 2**



Locknut M10

STAGE 9 / DRAWING 1 OF 2

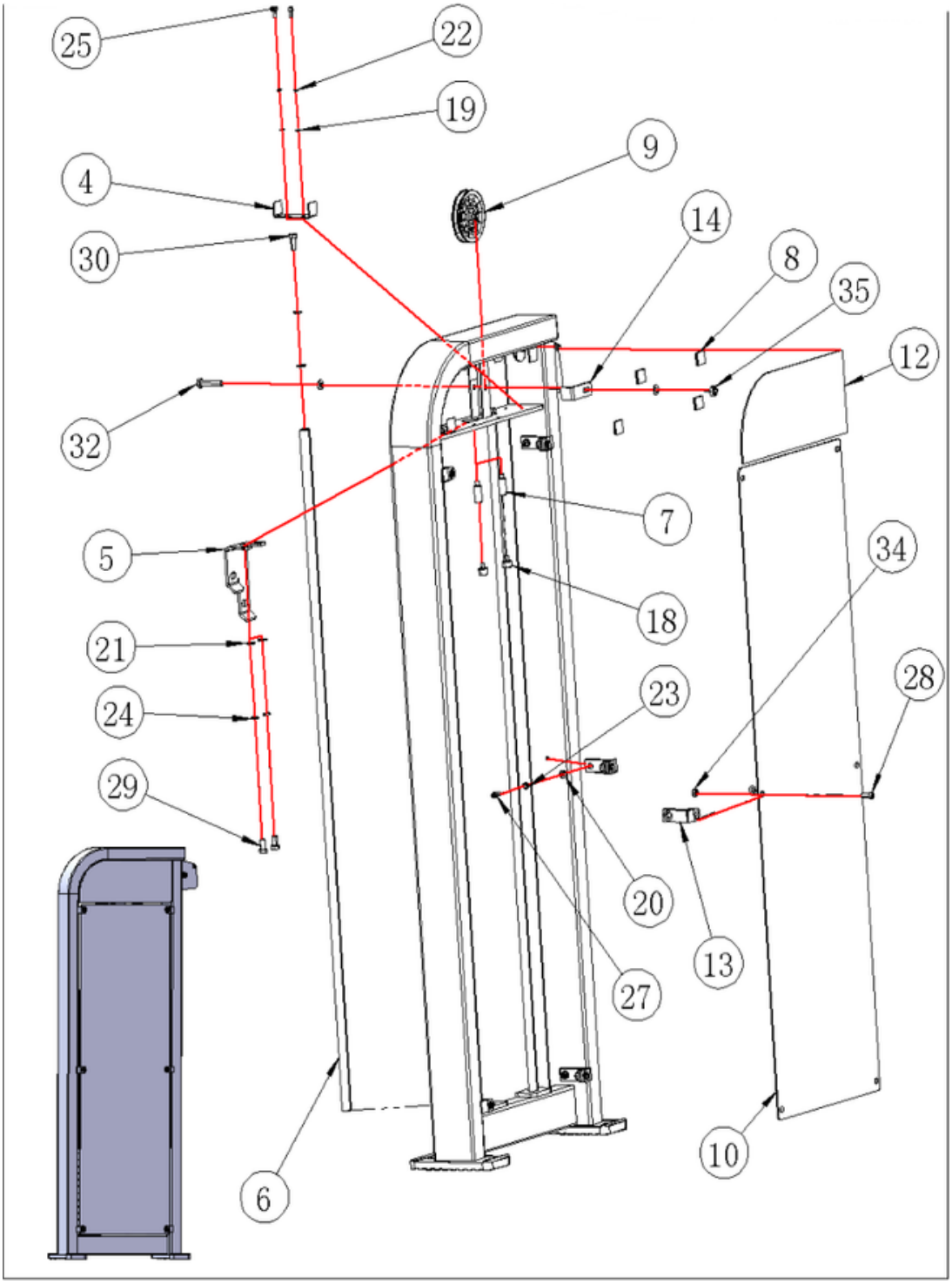
Assembly stage 9



Match the numbered callouts to the Stage 9 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 9 / DRAWING 2 OF 2

Assembly stage 9



Match the numbered callouts to the Stage 9 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 9: Assemble the Weight Tower

Use Stage 9 tower references. Match each upper pulley axle to its own drawing.

24. Support the tower and prepare the stack
Brace tower 1 and fit feet 17. Identify guide rods 6, stack 2 and auxiliary weights 3. Prepare the loose stack as in Stage 10 before securing both guide ends. Keep plates supported and preserve selector access.

25. Fit guide and auxiliary components
Fit adjustment plate 5, posts 7 and small buffers 18 in the shown relationship. Retain the lower guide mounts with bolts 29, spring washers 24 and washers 21; use bolts 30 at the upper mounts as drawn. Confirm both rods are parallel and retained.

26. Fit the upper pulleys and guards
Install both pulleys 9 with bolts 31 and 32 and the depicted nuts 35. Fit sleeve 15 with M6 screw 26 and nut 33. Fit cards 4 with screws 25 and washers 19 and 22; prepare guards 10–12, baffle 14, strips 8 and buckles 13 with the shown M8 hardware 27, 28, 20, 23 and 34. Leave access open for cable inspection.

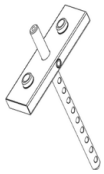
Check before continuing
Tower, guide retention, pulley axles and guard mounts are confirmed.

STAGE 10 / PARTS

Identify your components

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

REF 1 **QTY 12**



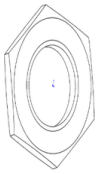
Top plate and selector assembly

REF 2 **QTY 13**



Lower weight plate

REF 3 **QTY 1**



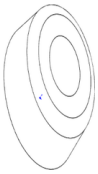
Hex thin nut M12 × 1.5

REF 4 **QTY 1**



Hollow screw M12×60

REF 5 **QTY 2**



Counterweight cushioning

REF 6 **QTY 1**



Weight selector pin

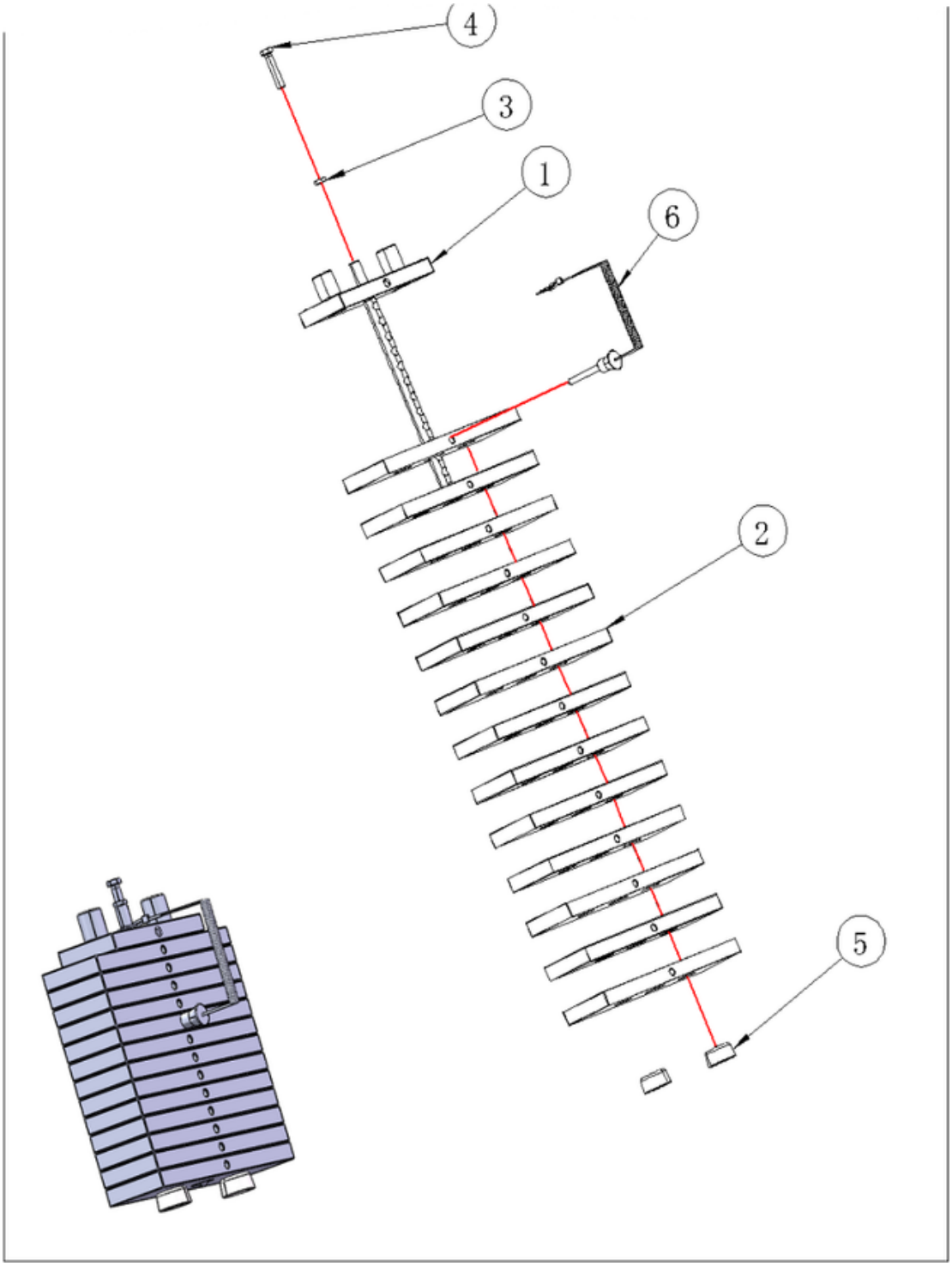
REF 7 **QTY 2**

See assembly drawing

Component — see illustration

STAGE 10 / DRAWING 1 OF 1

Assembly stage 10



Match the numbered callouts to the Stage 10 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 10: Assemble the Weight Stack

Resolve the top-plate quantity, unidentified item 7 and terminal thread specification.

27. Verify the supplied plate set
The list gives quantity 12 for top assembly 1 while the drawing shows one. Confirm the actual top assembly and the listed 13 lower plates 2. Item 7 has quantity two but no usable description or drawing callout; identify it with Build A Gym before assembly.

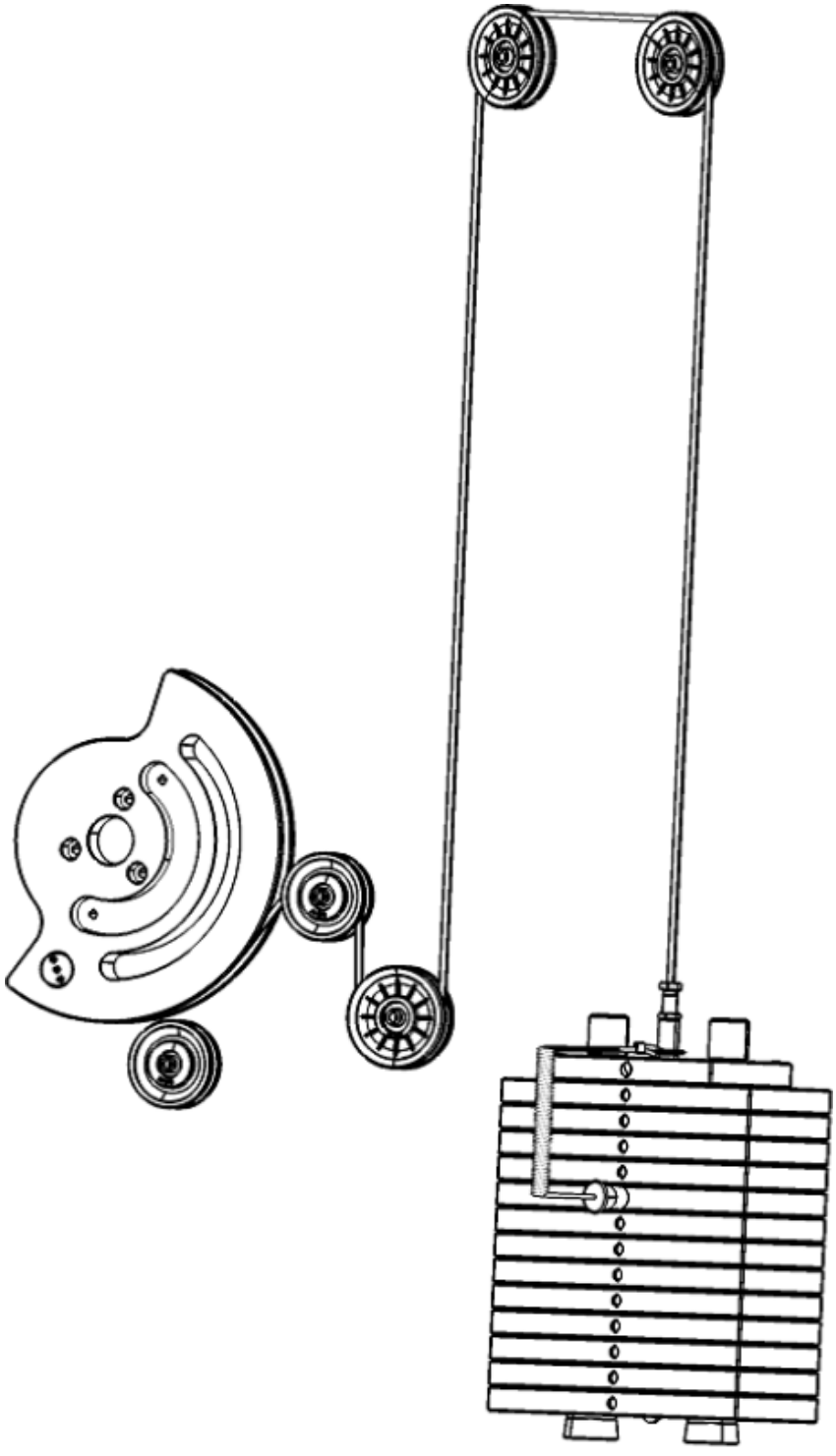
28. Load plates and retain the guides
Fit buffers 5 below the stack on the Stage 9 rods. Lower the verified plates in supplied order with selector holes aligned, then fit the top assembly and auxiliary weights in the tower orientation. Secure both guide ends before removing support. Keep hands clear below plates.

29. Confirm and fit the selector terminal
Thin nut 3 is M12 × 1.5 but hollow screw 4 has no stated pitch. Verify compatibility, cable engagement and locking requirements before fitting and tensioning. Insert selector pin 6 and check full engagement through the selected plate into the stem.

Check before continuing
Plate set, buffers, guide rods and selector connection are confirmed.

STAGE 11 / DRAWING 1 OF 1

Assembly stage 11



Trace the complete cable route through the cam and pulleys to the weight stack. Confirm cable length, wrap direction and terminal retention before tensioning.

Stage 11: Route the Cable and Test

Do not operate with unconfirmed shaft, spring, mode-lock or cable settings.

30. Trace the entire cable route
Keep the stack fully down and the arm supported. Follow the schematic from the stack over both upper tower pulleys, down around the side-frame pulley, through the reversing-arm pulleys and around the cam. Match both cam-related ends and their wrap to the actual assembly; confirm omitted cable length and terminations.

31. Secure the cable and close the guards
Seat the untwisted cable in every groove. Secure all confirmed terminations and retainers; adjustment must not lift the resting stack. Check clearances through the arm travel, then secure the tower guards. Confirm fastener torque and any floor-fixing requirement with Build A Gym.

32. Check every adjustment and both modes
With the stack down, check backrest travel, thigh-pad lock, ankle-roller adjustment and mode/start-position pins. Verify full engagement before changing modes or applying resistance. Keep clear of linkage and pad pinch points.

33. Test extension and curl at minimum load
Select the lowest available load and slowly test both modes in their correctly locked positions. Check stable pads, smooth linkage and pulley travel, cable retention and full stack return. Stop for slack, rubbing, shifting pads or a lock that does not fully engage.

Check before continuing
Both exercise modes and every adjustment, guard and cable connection 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 backrest, thigh-pad, ankle-roller and mode locks, plus all shaft and linkage retainers. Check cam wrap, both cable ends, guards and controlled stack return in extension and curl.

- [ ] **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.

(512) 591-8553 • buildagym.com