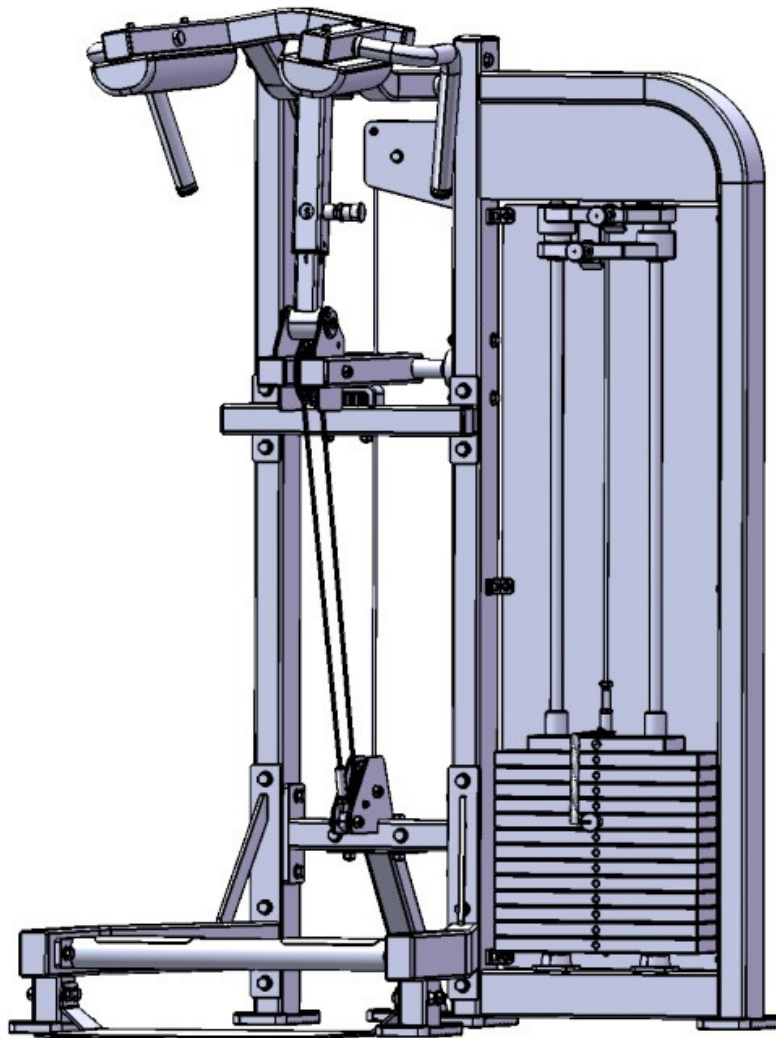


**INFINITE SERIES**

# Standing Calf Raise

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](http://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 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

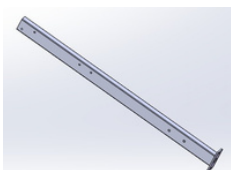
## STAGE 1 / PARTS

# Identify your components

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

REF 2

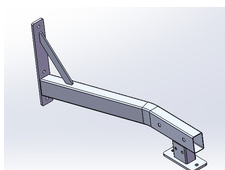
QTY 1



Side frame columns

REF 4

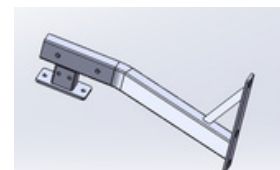
QTY 1



Right side chassis assembly

REF 5

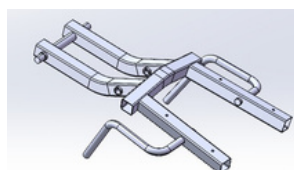
QTY 1



Left chassis assembly

REF 6

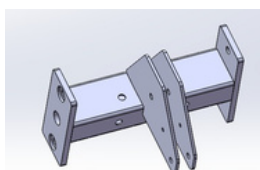
QTY 1



Shoulder assembly

REF 7

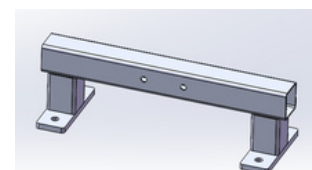
QTY 1



Pulley cross brace

REF 8

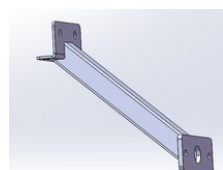
QTY 1



Limit cross brace

REF 9

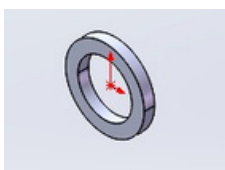
QTY 1



Slant support

REF 17

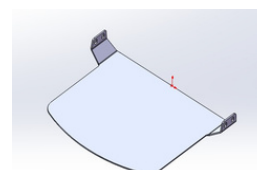
QTY 2



10 mm spring washer

REF 19

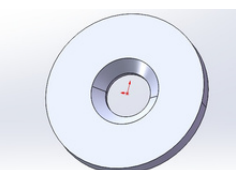
QTY 1



Pedal patterned board

REF 28

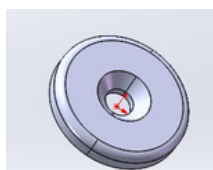
QTY 2



Aluminum end cap

REF 34

QTY 2



Aluminum end cap

REF 56

QTY 4



Bearing housing

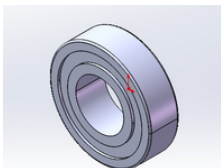
## STAGE 1 / PARTS

# Identify your components

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

REF 60

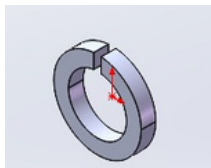
QTY 4



Deep Groove Ball Bearing

REF 65

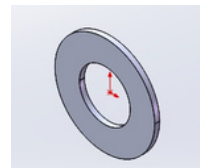
QTY 18



12 mm spring washer

REF 69

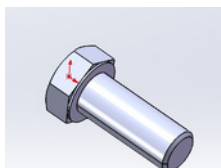
QTY 5



12 mm washer

REF 80

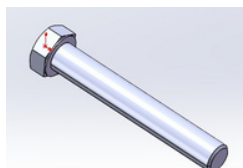
QTY 18



M12 x 30 Hex-head screw

REF 82

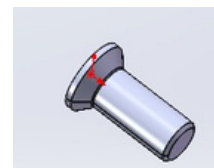
QTY 8



M12 x 80 Hex-head screw

REF 86

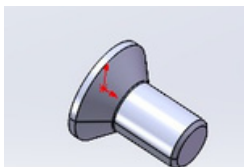
QTY 4



M8 x 20 Countersunk socket screw

REF 87

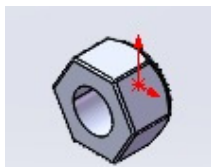
QTY 2



M10 x 20 Countersunk socket screw

REF 92

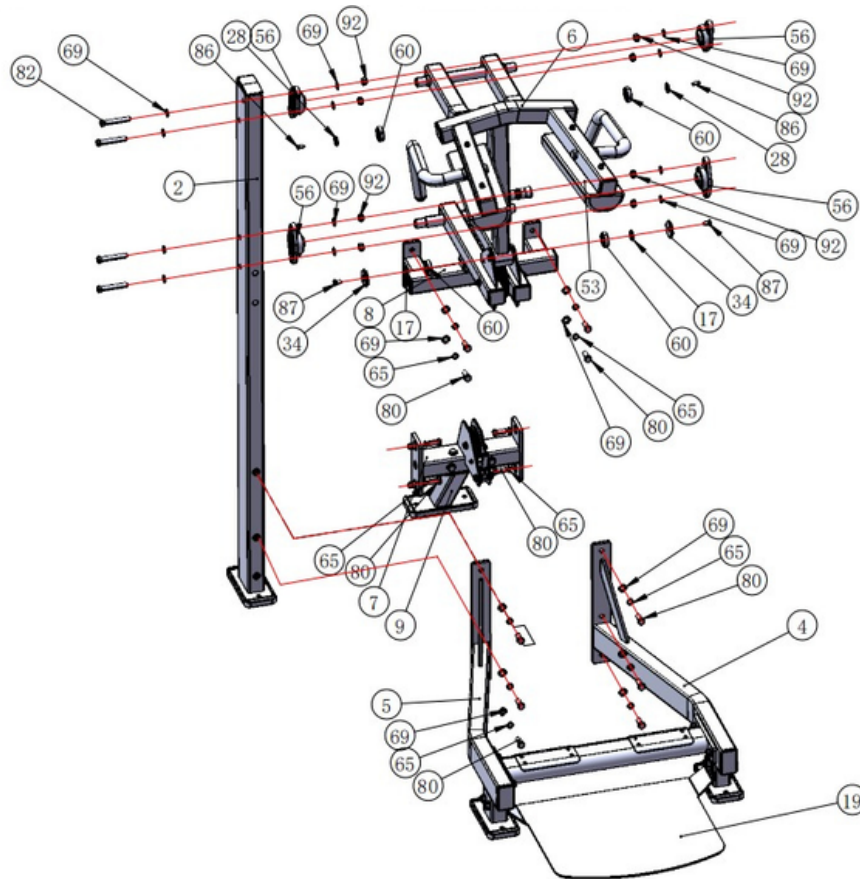
QTY 16



M12 nut

## STAGE 1 / DRAWING 1 OF 1

# Assembly stage 1



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

# Stage 1: Build the Shoulder Frame

Use Stage 1 references. Do not stand under an unsupported shoulder assembly.

## 1. Assemble the base and upright

Support side column 2 and fit right chassis 4 and left chassis 5 in the illustrated arrangement. Use M12 × 30 bolts 80, spring washers 65 and washers 69 at the designated lower joints. Keep the upright braced while completing the footprint.

## 2. Fit the cross braces and footplate

Fit pulley cross brace 7, limit cross brace 8 and slant support 9 using the same M12 × 30 hardware at their marked connections. Fit footplate 19 using its supplied mounts; the plate fasteners are not separately called out, so confirm them before stepping on it.

## 3. Install the shoulder assembly

Support shoulder assembly 6 at its upper and lower pivots. Position bearing housings 56 and bearings 60 as shown, then secure housing mounts with M12 × 80 bolts 82, washers 69 and nuts 92. Preserve supplied bearing spacing and obtain any missing preload or retention details before loading the shoulder arm.

## 4. Fit pivot end caps and check the stop

Fit end caps 28 with M8 × 20 countersunk screws 86 and end caps 34 with M10 × 20 countersunk screws 87 and spring washers 17 at their respective pivots. Confirm the illustrated stop component 53, which is omitted from the parts list, against the supplied assembly.

## 5. Check shoulder pads and height adjustment

Verify both shoulder pads and handles are secure and the shoulder-height lock engages fully. Their internal assembly is not separately detailed in this source. Keep the arm supported until its pivot retention, adjustment lock and travel stop have been confirmed.

## Check before continuing

Base, upright, cross braces, footplate, pivots and shoulder lock are secure.

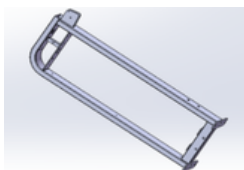
## STAGE 2 / PARTS

# Identify your components

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

REF 1

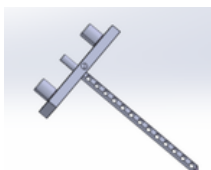
QTY 1



Small frame assembly

REF 12

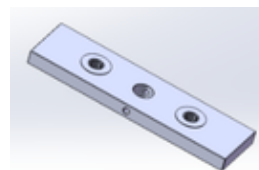
QTY 1



Weighted opening film assembly

REF 13

QTY 13



Weighted film negative

REF 14

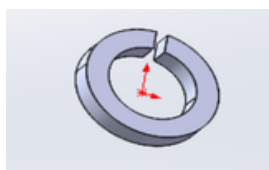
QTY 2



Secondary configuration reorganization

REF 21

QTY 6



10 mm spring washer

REF 25

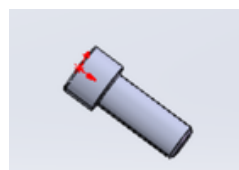
QTY 14



10 mm washer

REF 30

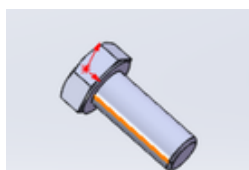
QTY 6



M8 x 20 Socket-head screw

REF 35

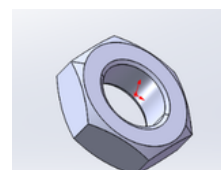
QTY 2



M10 x 25 Hex-head screw

REF 42

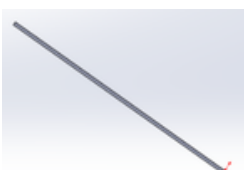
QTY 1



M12 hexagonal thin nut

REF 49

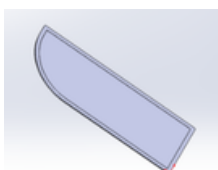
QTY 2



Weight-stack guide rod

REF 51

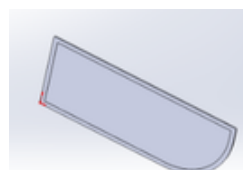
QTY 1



Small protective board 1

REF 52

QTY 1



Small protective board 2

## STAGE 2 / PARTS

# Identify your components

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

REF 56

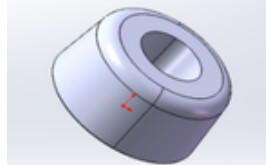
QTY 1



Weight selector pin

REF 63

QTY 2



Weighted buffer pad

REF 64

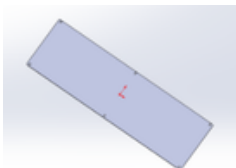
QTY 1



Hollow screw

REF 70

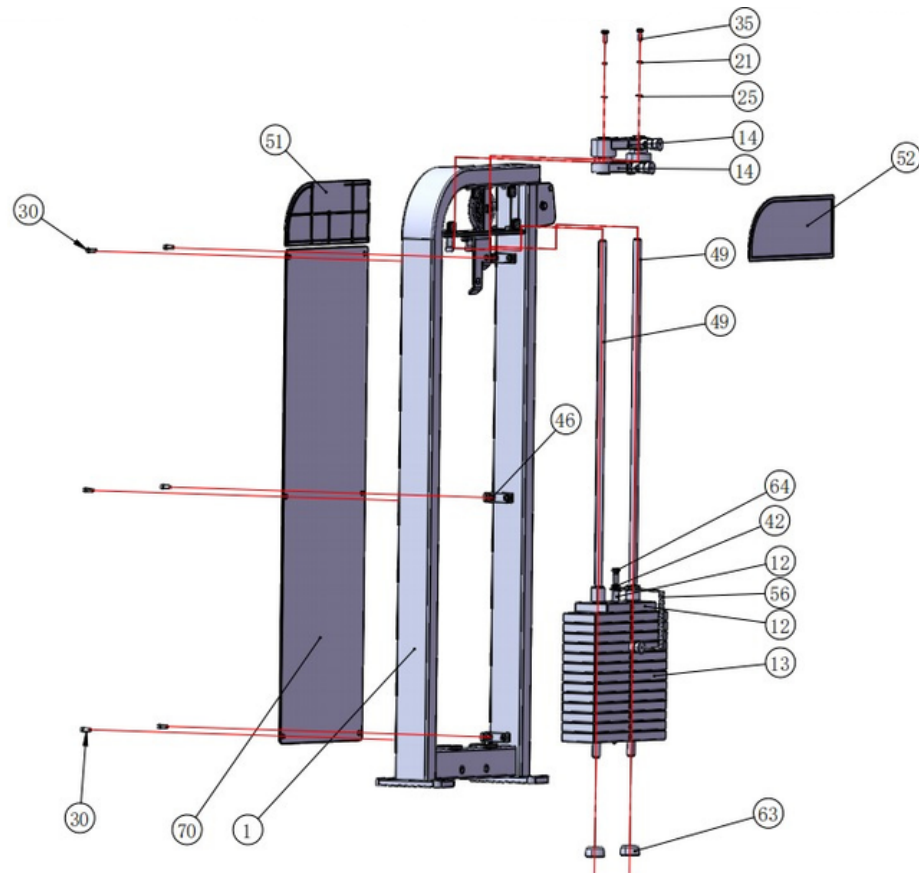
QTY 1



Rear weight-stack guard

## STAGE 2 / DRAWING 1 OF 1

# Assembly stage 2



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

## Stage 2: Build and Join the Weight Tower

Use Stage 2 references; reference numbers differ from Stage 1.

### 6. Fit the stack buffers and plates

Support tower 1 upright beside the shoulder frame. Position guide rods 49 and buffers 63, then load thirteen lower plates 13 in the illustrated orientation while supported. Fit top plate/selector assembly 12 with the selection holes aligned and fit selector pin 56.

### 7. Complete guide retention and the terminal

Fit auxiliary weights 14 and retain the upper guides with M10 × 25 bolts 35, spring washers 21 and washers 25. Confirm the lower guide retention, which is not detailed. Fit hollow screw 64 and M12 thin nut 42 only after confirming thread pitch, engagement and locking requirements.

### 8. Join the tower and shoulder frame

Align the tower-side mounts with the cross braces shown in Stage 1. Match the M12 × 30 hardware to its depicted joints and verify all remaining mating fasteners against the supplied kit. The source does not include a separate tower-joining detail; confirm any unmatched mount before applying load.

### 9. Prepare the tower guards

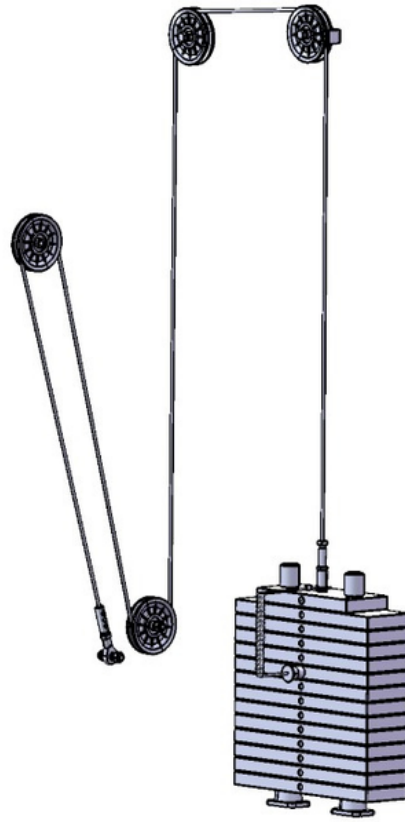
Prepare rear guard 70 and small boards 51 and 52 with M8 × 20 screws 30 at the illustrated locations. Confirm mounting clips identified as 46 in the drawing, which are absent from the parts list. Keep the cable path open until inspection is complete.

### Check before continuing

Stack, selector, guide retention, joining bolts and guard mounts are confirmed.

## STAGE 3 / DRAWING 1 OF 1

# Assembly stage 3



Trace the shoulder-arm terminal, guide pulleys and stack connection using the following steps. Confirm cable length, end fittings and retainers before applying tension.

## Stage 3: Connect the Cable and Test

Do not enter beneath the shoulder pads until the support and adjustment checks are complete.

### 10. Identify the arm terminal and pulleys

Keep the stack down and the shoulder arm supported. Identify the arm-side cable terminal, raised guide pulley, lower guide pulley and two tower-top pulleys in the schematic. Cable length and end-fitting specifications are absent; confirm these before routing any loose cable.

### 11. Follow the complete cable path

Trace from the arm-side terminal over the raised guide pulley, around the lower pulley, up over both tower-top pulleys and down to the stack terminal. Match every groove and attachment to the actual machine. Keep the cable untwisted and clear of the shoulder linkage.

### 12. Secure terminals and finish fastening

Verify cable ends, terminal locking, pulley axles and retainers. Check the cable stays seated with the stack resting fully down. Fit the remaining guards and check all structural bolts. Obtain torque and floor-fixing requirements from Build A Gym.

### 13. Test at the lowest resistance

Set and fully lock the shoulder height, select the lowest stack load and check movement slowly with assistance. Confirm the shoulder assembly moves freely, the travel stop works and the stack returns fully. Check for cable slack, rubbing, loose pads or footplate movement before exercise.

### Check before continuing

Shoulder lock, pivots, stop, footplate, cable and stack pass inspection.

**FINAL CHECK**

# Ready for the first use?

☐ **Frame and hardware**

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

☐ **Adjustments and safeties**

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

☐ **Moving parts**

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

☐ **Product-specific inspection**

Check shoulder-height lock, pivot retainers, pads, travel stop and footplate security. Confirm the complete cable route, smooth shoulder travel and full stack return.

☐ **Keep the equipment ready**

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

## Need help with assembly?

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

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