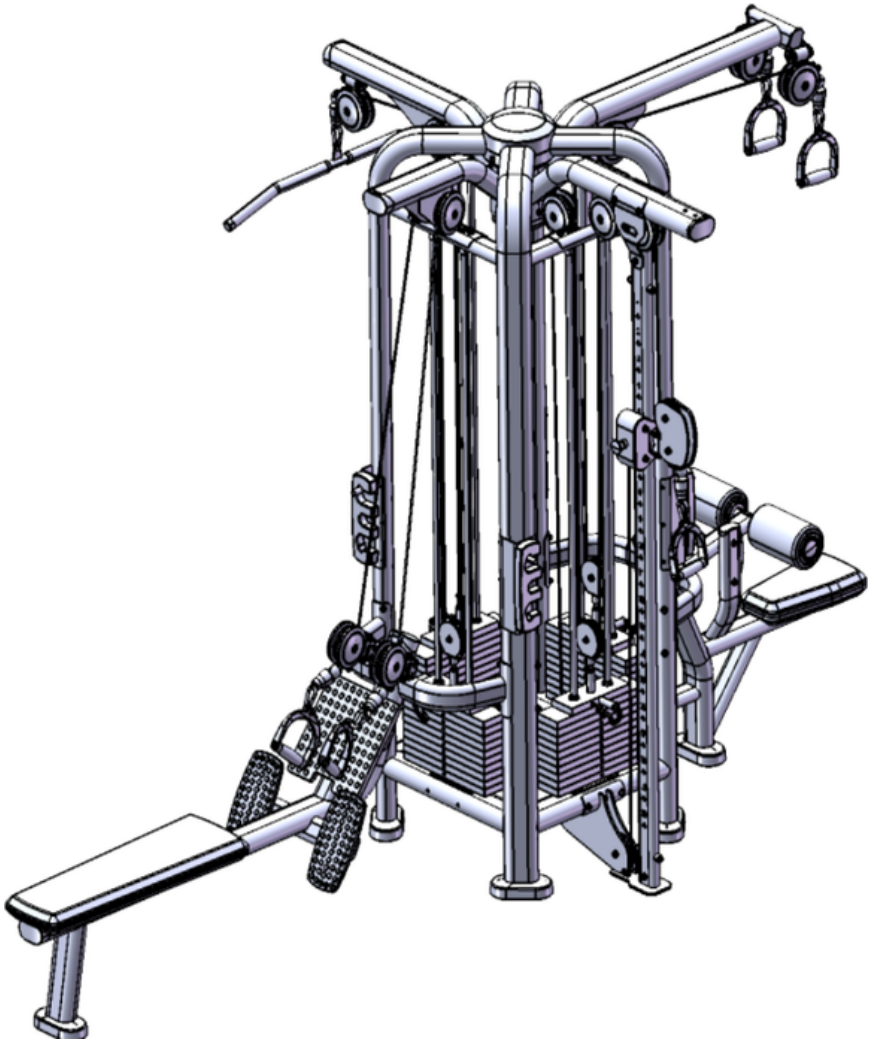
BUILT STRENGTH

FOUNDATION SERIES

4 Stack Multi Station

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 → Final inspection

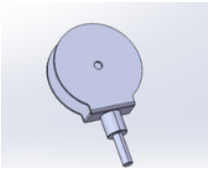
Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

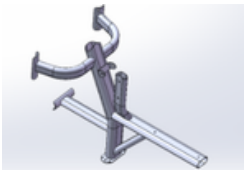
Match each reference and quantity to the drawing for this stage.

REF 7 **QTY 3**



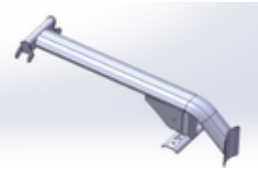
Pulley components

REF 9 **QTY 1**



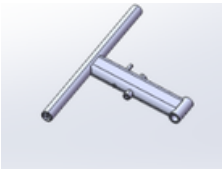
High pull assembly

REF 12 **QTY 1**



High pull bracket

REF 13 **QTY 1**

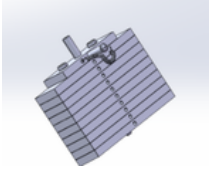


Leg pressing assembly

REF 16 **QTY 2**

Handle combination

REF 17 **QTY 4**



Weight stack assembly

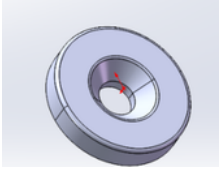
REF 35 **QTY 2**

Sintered bushing

REF 39 **QTY 13**

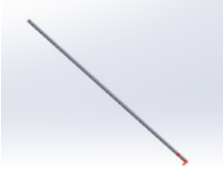
25 tube plug

REF 42 **QTY 14**



Aluminum end cap

REF 56 **QTY 8**



Weight-stack guide rod

REF 85 **QTY 14**

M10 × 20 Countersunk socket screw

REF 88 **QTY 8**

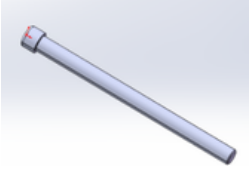
Hexagon thin nut

STAGE 1 / PARTS

Identify your components

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

REF 91 **QTY 12**



M10 × 135 Socket-head screw

REF 94 **QTY 18**

M10 × 25 Socket-head screw

REF 96 **QTY 8**

M10 × 20 Socket-head screw

REF 100 **QTY 8**

M8 × 60 Socket-head screw

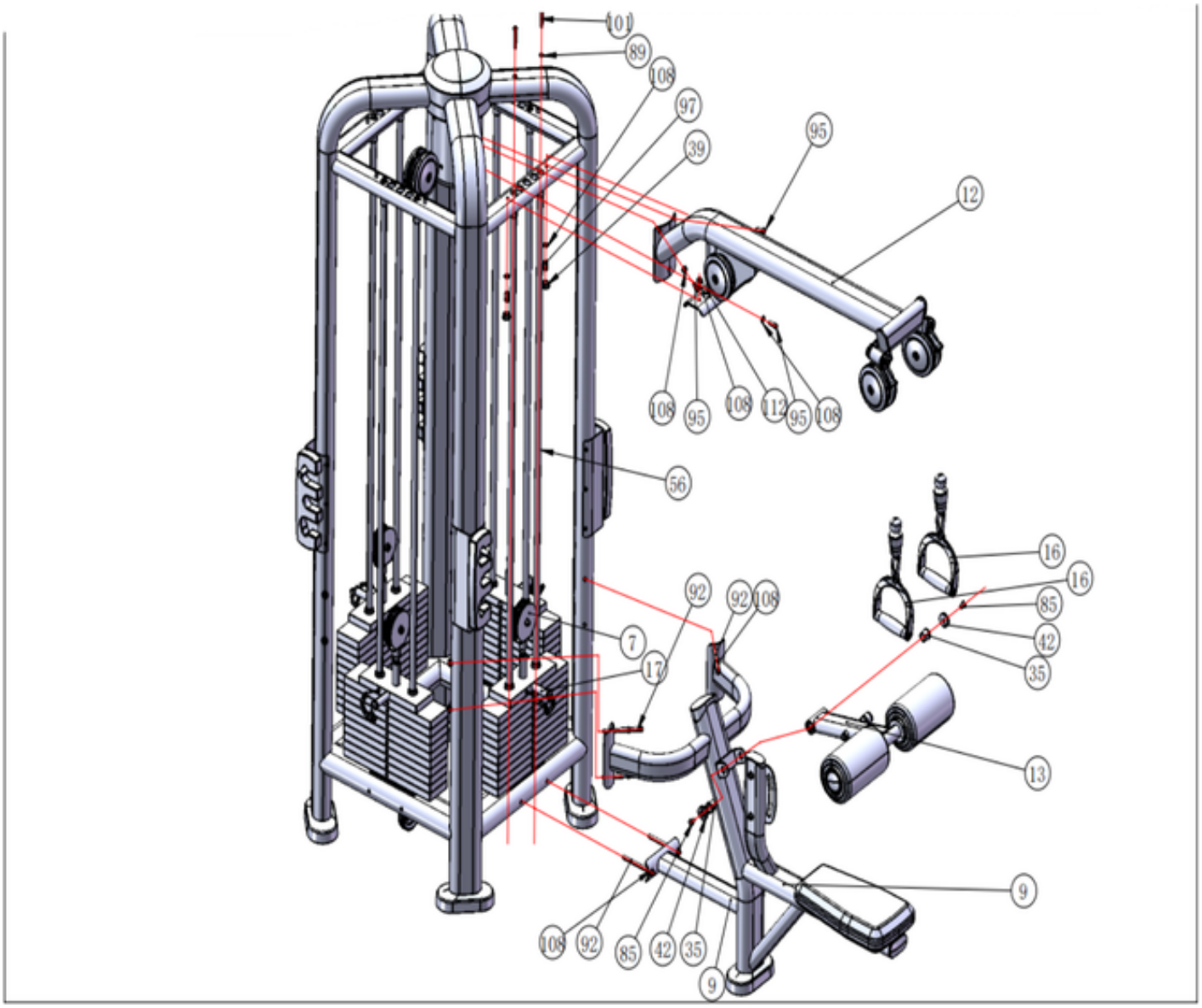
STAGE 1 / DRAWING 1 OF 2

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 2

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: Fit the Pulldown Station

Use both Stage 1 drawings. The source parts lists and drawing fastener numbers differ at several joints. Have Build A Gym identify the supplied hardware for those joints before fastening; do not substitute a similarly numbered part from another stage. Keep heavy frames independently supported throughout assembly.

1. Position and inspect the main tower
Stand and brace the central tower on a level surface in the orientation shown in drawing 1. Inspect its factory joints. If the central frame arrives dismantled, obtain its specific frame-assembly procedure before installing the station attachments.

2. Check the four stack assemblies
Identify stacks 17, eight guide rods 56 and pulley components 7. Keep each stack supported at its base. Preserve the supplied plate order and selector orientation. Secure guide ends using the illustrated arrangement; confirm any missing lower-retainer or stack-connection details before applying cable tension.

3. Attach the seated station
Position assembly 9 at its matching lower tower mounts and keep it supported. Fit the fasteners shown at both connections. The drawing uses screw callout 92 and washers 108; these do not match the Stage 1 list, so confirm their dimensions first.

4. Fit the upper bracket and thigh restraint
Support bracket 12 at the upper mounting points and fit its illustrated screws. Confirm screw callouts 95 and 97 against the kit. Fit restraint 13 to station 9 with bushings 35, end caps 42 and countersunk screws 85; fit handles 16 as shown. Check every pivot retainer before releasing support.

Check before continuing
The tower, seat and upper bracket are secure; stack and restraint attachments are confirmed.

STAGE 2 / PARTS

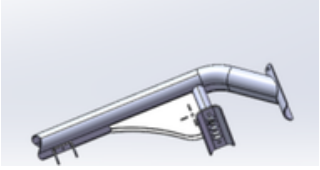
Identify your components

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

REF 5 **QTY 1**

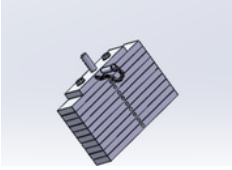
Handlebar

REF 11 **QTY 1**



Support frame

REF 17 **QTY 4**

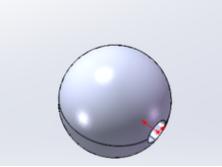


Weight stack assembly

REF 39 **QTY 13**

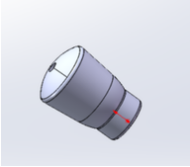
25 tube plug

REF 53 **QTY 4**



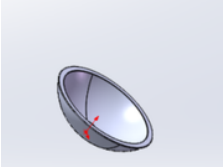
Limit ball

REF 54 **QTY 4**



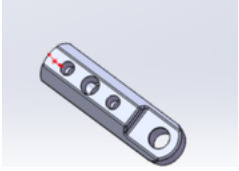
Plastic ball

REF 65 **QTY 4**



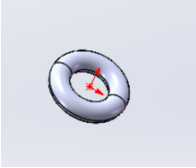
Limit bowl

REF 66 **QTY 4**



Flat endsales

REF 69 **QTY 6**

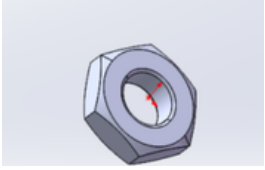


O-ring

REF 70 **QTY 4**

Spring clip

REF 88 **QTY 8**



Hexagon thin nut

REF 94 **QTY 18**

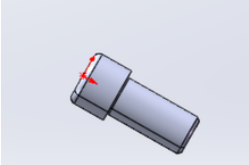
M10 × 25 Socket-head screw

STAGE 2 / PARTS

Identify your components

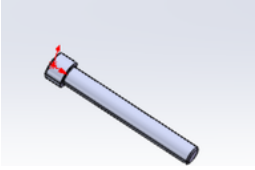
Match each reference and quantity to the drawing for this stage.

REF 96 **QTY 8**



M10 × 20 Socket-head screw

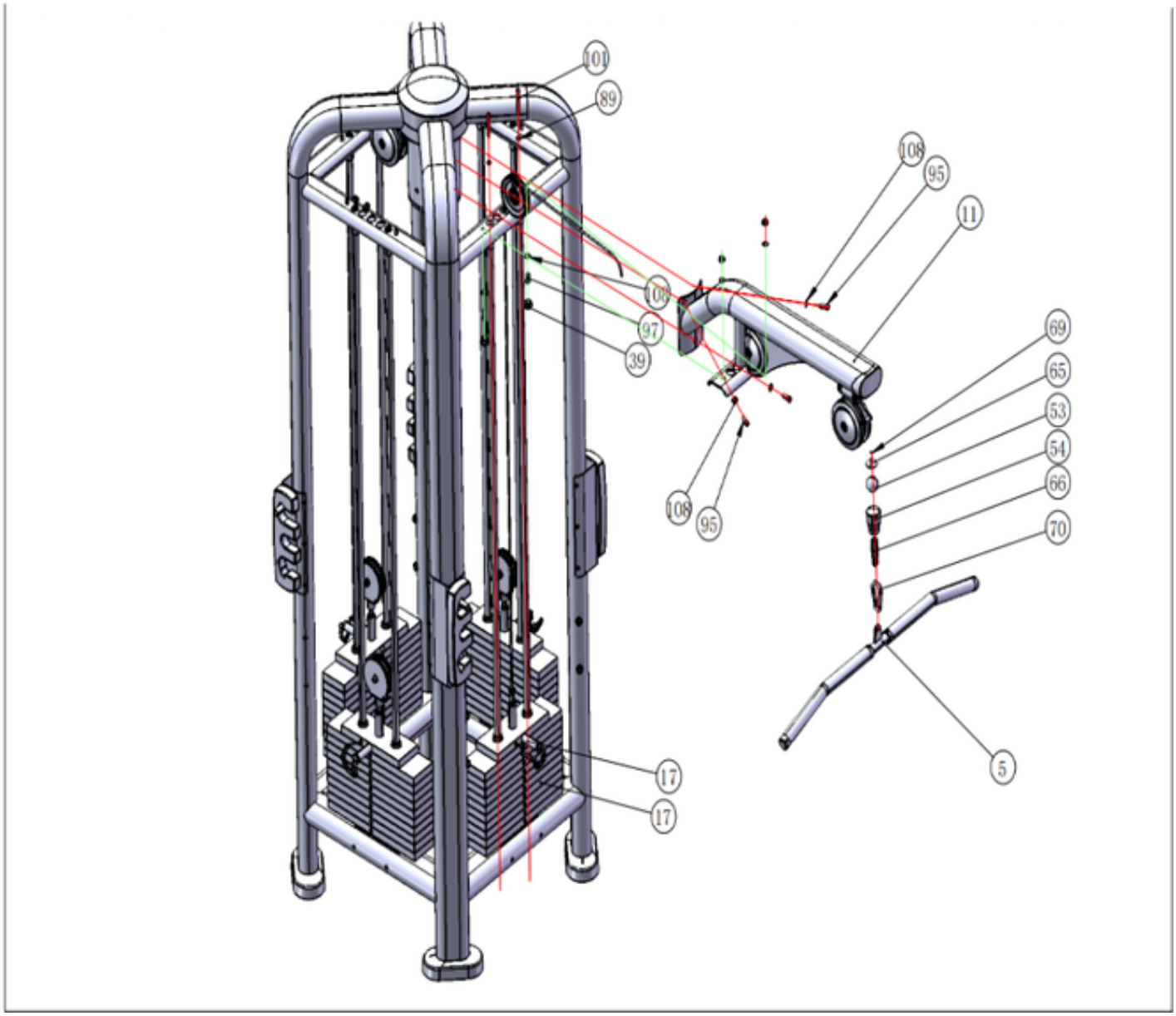
REF 100 **QTY 8**



M8 × 60 Socket-head screw

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 High-Pull Arm

Use the Stage 2 drawing. Keep the associated stack fully down while working on the arm and cable end.

5. Attach support arm 11
Brace the arm at the illustrated upper connection. Start every specified mounting fastener, align the bracket and tighten only after it seats correctly. The drawing labels these screws 95 and 97; confirm the unmatched hardware before assembly.

6. Check the cable-end assembly
Follow the depicted order for O-ring 69, stop bowl 65, stop ball 53, ball 54 and end fitting 66. Preserve factory-installed stops and terminations. If loose, obtain the exact cable-end retention procedure before assembling or tensioning the cable.

7. Fit and check the handlebar
Attach bar 5 using spring clip 70 at the intended cable-end connection. Confirm the clip closes fully and every cable-end retainer is secure. Check guide and stack connections shown at this station before continuing.

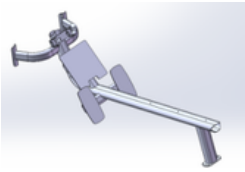
Check before continuing
The upper arm and handle connection are secure; no cable end remains unconfirmed.

STAGE 3 / PARTS

Identify your components

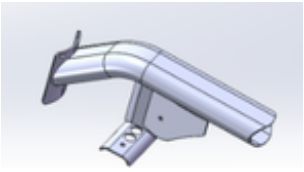
Match each reference and quantity to the drawing for this stage.

REF 14 **QTY 1**



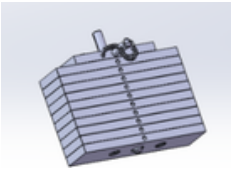
Low pull main frame assembly

REF 15 **QTY 1**



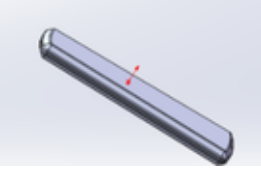
Low pull up bracket assembly

REF 17 **QTY 4**



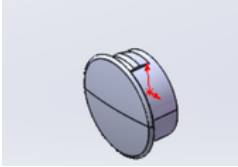
Weight stack assembly

REF 20 **QTY 1**



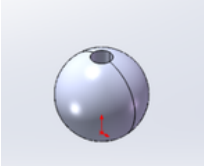
Back cushion

REF 39 **QTY 13**



25 tube plug

REF 53 **QTY 4**



Limit ball

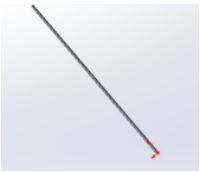
REF 54 **QTY 4**

Plastic ball

REF 55 **QTY 3**

Handle

REF 56 **QTY 8**



Weight plate guide rod

REF 70 **QTY 4**

Spring clip

REF 86 **QTY 8**

Hexagon thin nut

REF 89 **QTY 12**

M10 × 135 Socket-head screw

STAGE 3 / PARTS

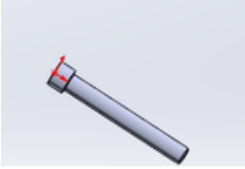
Identify your components

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

REF 92 **QTY 18**

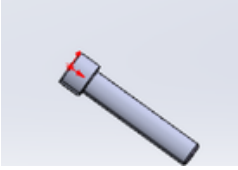
M10 × 25 Socket-head screw

REF 98 **QTY 8**



M8 × 60 Socket-head screw

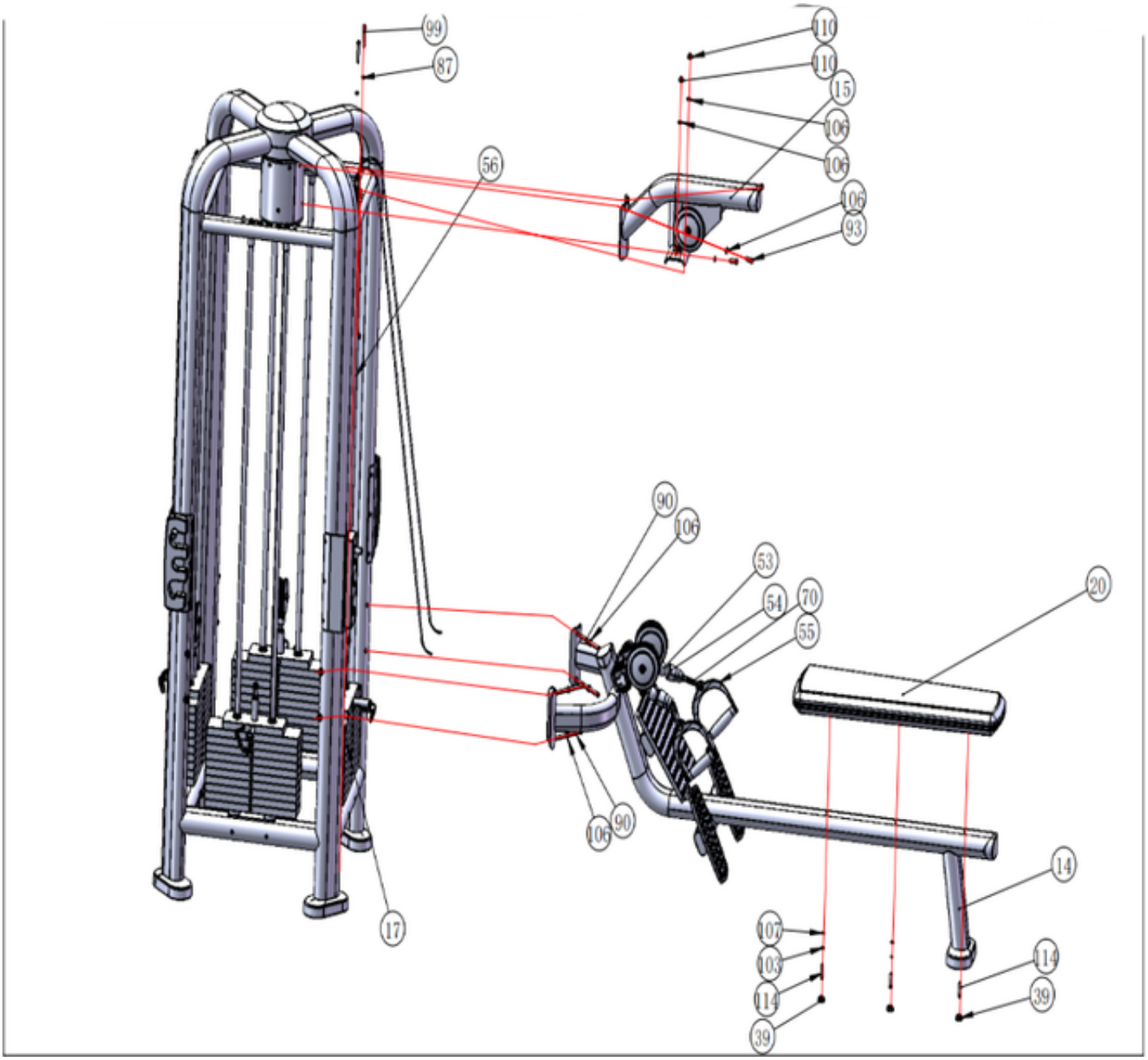
REF 108 **QTY 5**



M8 × 40 Socket-head screw

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 Low Row

Use the Stage 3 references. Keep the low-row frame supported until both tower joints are secure.

8. Attach the low-row frame
Place frame 14 at the lower mounting points, orienting the footplates and seat rail outward. Install the illustrated joint hardware. The drawing calls out screws 90 and washers 106, which are not resolved by this stage list; confirm them before fastening.

9. Fit the upper row bracket
Support bracket 15 at its matching tower mount and attach it using the drawing callouts. Confirm the drawing screw callouts 93 and 110 and associated washers against the supplied kit. Verify guide rods 56 and stack 17 are securely retained.

10. Attach the seat and row handle
Position pad 20 on the rail and start all pad screws before tightening evenly. Confirm the pad screw and washer callouts 114, 103 and 107 before installation. Fit plugs 39 after checking fasteners. Connect handle 55 using clip 70 only after confirming the cable stops 53 and 54 and its end retention.

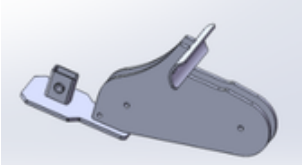
Check before continuing
The footplate frame, upper bracket, seat and handle are secure.

STAGE 4 / PARTS

Identify your components

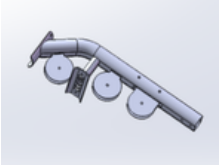
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



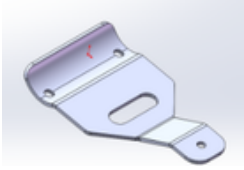
Lower fixed frame

REF 10 **QTY 1**



Connection assembly

REF 22 **QTY 2**

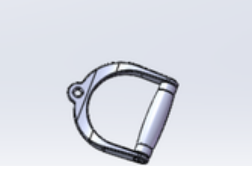


Connecting plate

REF 54 **QTY 4**

Plastic ball

REF 55 **QTY 3**



Handle

REF 70 **QTY 4**

Spring clip

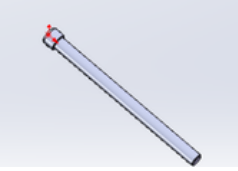
REF 89 **QTY 7**

M10 × 55 Socket-head screw

REF 90 **QTY 10**

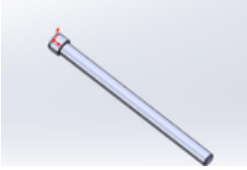
M10 × 65 Socket-head screw

REF 91 **QTY 12**



M10 × 135 Socket-head screw

REF 92 **QTY 2**

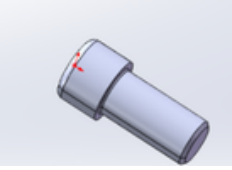


M10 × 140 Socket-head screw

REF 94 **QTY 18**

M10 × 25 Socket-head screw

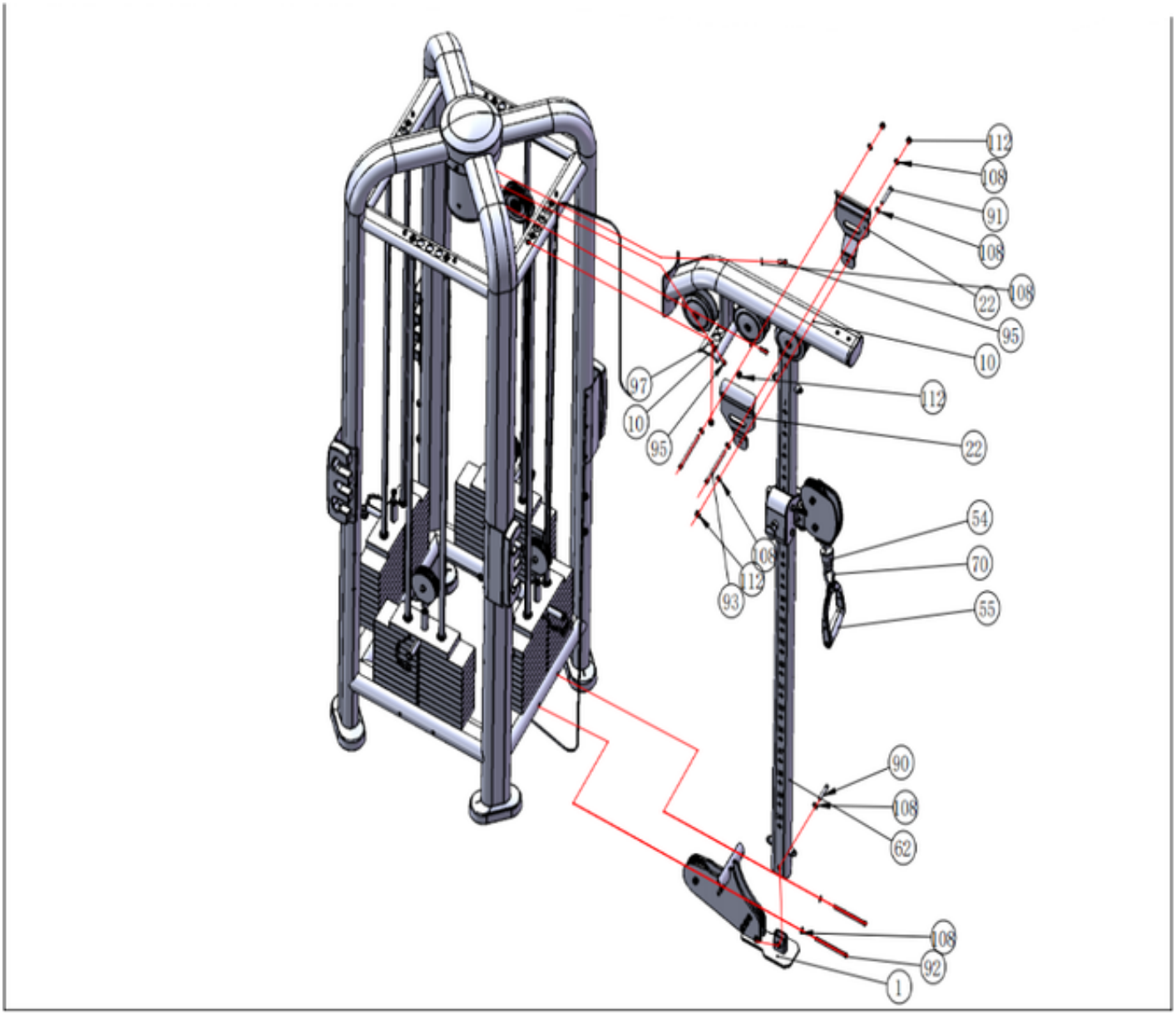
REF 96 **QTY 8**



M10 × 20 Socket-head screw

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: Fit the Adjustable Pulley

Support the adjustment upright at both ends. Keep its carriage locked and supported while joining the frame.

11. Install the lower support
Position lower frame 1 at the tower base and align the adjustment upright with it. Fit the hardware shown at the tower and upright connections. The drawing includes screw callout 92 at this joint; confirm its specified size for this location.

12. Install the upper connection
Support connection 10 between the tower and adjustment upright. Fit connecting plates 22 around the upper upright joint in the illustrated orientation. Start all screws before tightening the bracket and plate connections. Confirm any unlisted washers or nuts before use.

13. Check carriage and handle retention
Confirm the carriage is retained on the adjustment upright and its locking pin engages fully. Fit the cable-end ball 54, clip 70 and handle 55 only with the correct confirmed termination. Keep the cable seated in the carriage pulleys and clear of the frame.

Check before continuing
Both ends of the upright are secured and the carriage locks positively.

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.

Complete the Cable and Movement Checks

Use the final cable diagram as a routing reference. It does not provide a numbered pulley sequence, cable lengths or complete end-attachment specifications.

14. Trace and verify each cable
With every stack resting fully down, trace each cable separately from its handle through the shown pulleys to its stack connection. Preserve factory routing. Confirm all disconnected paths and terminations with Build A Gym before tensioning; never guess a route from a similar machine.

15. Inspect all retaining hardware
Check cable stops, closed clips, stack attachments, guide ends, pulley axles and guards. Ensure cables remain inside the pulley grooves and retainers. Inspect all station mounts, pads, handles and adjustment pins. Confirm torque and floor-fixing requirements before use.

16. Test every station separately
Select the lowest available load and operate one station slowly through a controlled range. Its stack must lift and return fully without rubbing, binding or cable slack. Repeat for every station and every carriage position being checked. Stop immediately if a cable leaves a groove or a connection shifts.

Check before continuing
All stations pass their individual checks before the equipment is made available for exercise.

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 each station separately: cables, stack guides, handles and adjustment locks.
  Do not use until all attachments and routing are confirmed and every stack returns fully.

- [ ] **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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