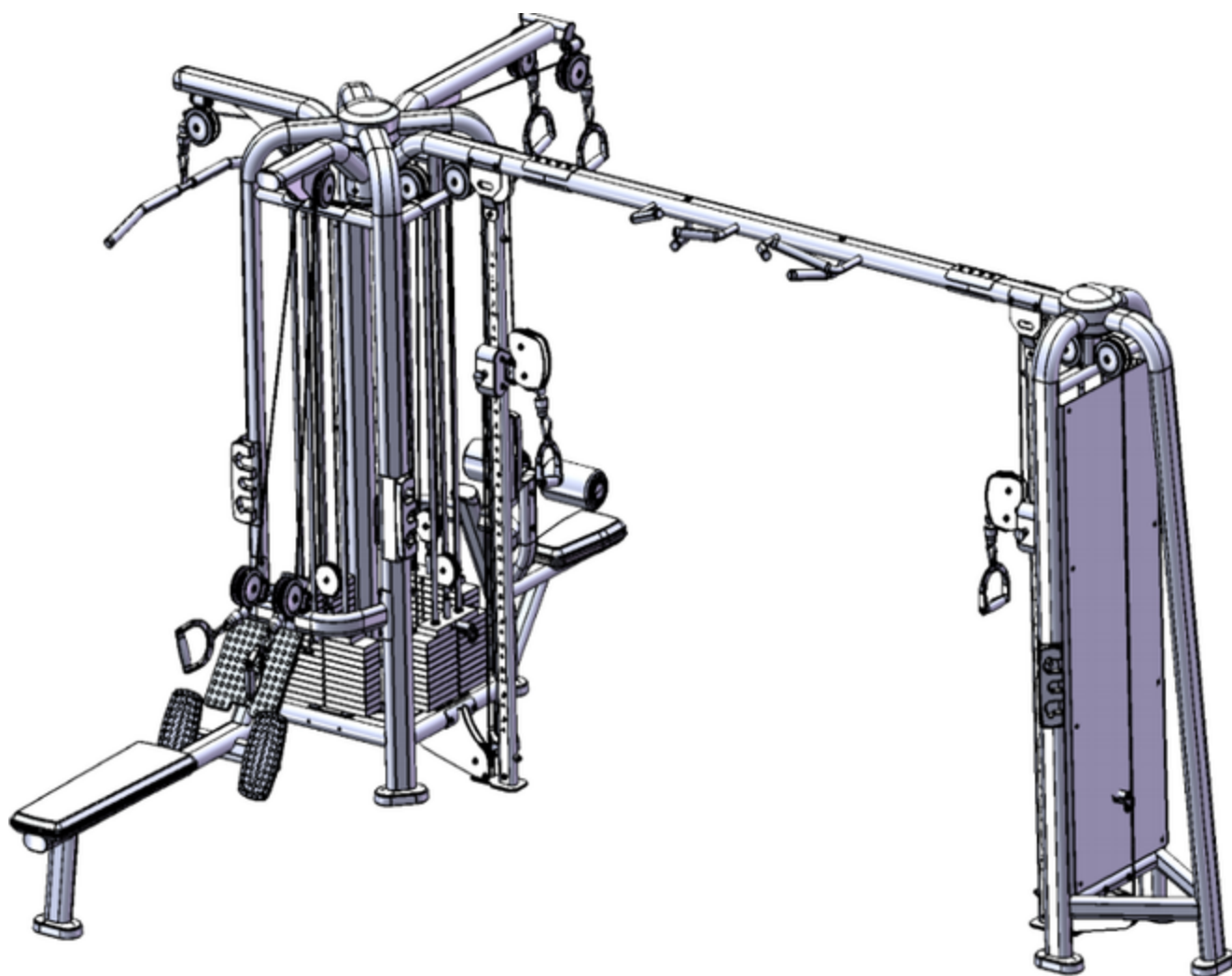


FOUNDATION SERIES

5-Stack Multi Jungle

Assembly & Owner Guide



BUILT TO PERFORM.

Read before assembly. Keep this guide for future reference.

01 / PREPARE

Before you begin

Set up your space

Assemble indoors on a level, stable surface with clear access around the equipment. Protect the floor and allow enough room to lay out the frame and hardware.

Check every part

Unpack and compare the components with the illustrated lists. Keep hardware grouped by stage. Reference numbers identify parts in the drawings; they may restart at each stage. Quantities are for the corresponding source list and should not be added across stages.

Prepare tools and help

Have metric hex keys and suitable metric wrenches or sockets ready for the listed fasteners. Use sufficient help to support heavy frames and moving assemblies. Keep hands clear of pinch points and never work beneath an unsupported load.

Follow the assembly drawings

Work through the stages in order. Match each numbered callout with its parts list. Confirm orientation before fitting fasteners. A part described as an assembly is supplied as a component; the wording does not instruct you to weld it.

Check connections before use

Use the specified hardware at each joint. Confirm that fasteners are secure and moving parts operate freely. If a part, dimension or connection is unclear, stop and contact Build A Gym before continuing.

ASSEMBLY SUPPORT

Build A Gym • (512) 591-8553 • buildagym.com

02 / SAFETY

Use and care safely

- Use the equipment indoors in a dry, supervised area. Keep the surrounding floor level and unobstructed.
- Children under 12 must not use this equipment. Provide appropriate supervision and assistance for other users who need it.
- Before each use, inspect moving components, fasteners, pins and attachments. Have loose or damaged parts corrected before use.
- Wear suitable exercise clothing and athletic shoes. Warm up before exercise and use slow, controlled movements.
- Increase resistance gradually. Stop exercising if you feel pain, discomfort or anything unusual, and consult a doctor.
- Consult your doctor before starting an exercise program.
- Keep hands, clothing and other objects clear of moving parts. Make sure adjustment pins and any safety stops are fully engaged.
- Clearly mark the equipment “Out of Use” during servicing or repair. Keep this guide available for future reference.

Your assembly sequence

Stage 1 → Stage 2 → Stage 3 → Stage 4 → Stage 5 → Stage 6 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

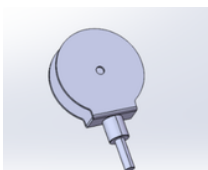
STAGE 1 / PARTS

Identify your components

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

REF 7

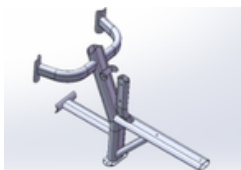
QTY 3



Pulley components

REF 9

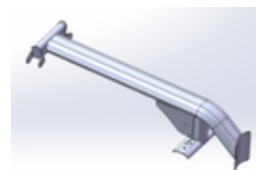
QTY 1



High pull assembly

REF 12

QTY 1



High pull bracket

REF 13

QTY 1



Leg pressing assembly

REF 16

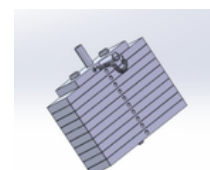
QTY 2



Handle combination

REF 17

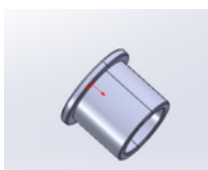
QTY 4



Weight stack assembly

REF 35

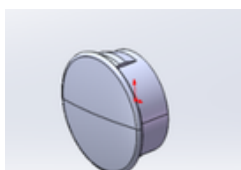
QTY 2



Sintered bushing

REF 39

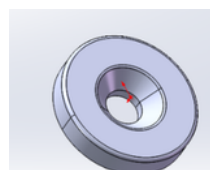
QTY 13



25 tube plug

REF 42

QTY 14



Aluminum end cap

REF 56

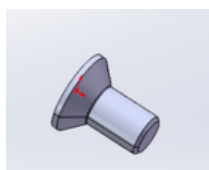
QTY 8



Weight-stack guide rod

REF 85

QTY 14



M10 x 20 Countersunk socket screw

REF 88

QTY 8



Hexagon thin nut

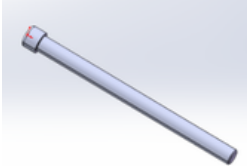
STAGE 1 / PARTS

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

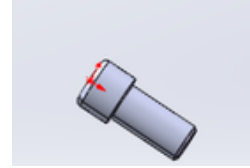
QTY 18



M10 × 25 Socket-head screw

REF 96

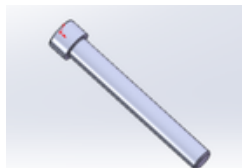
QTY 8



M10 × 20 Socket-head screw

REF 100

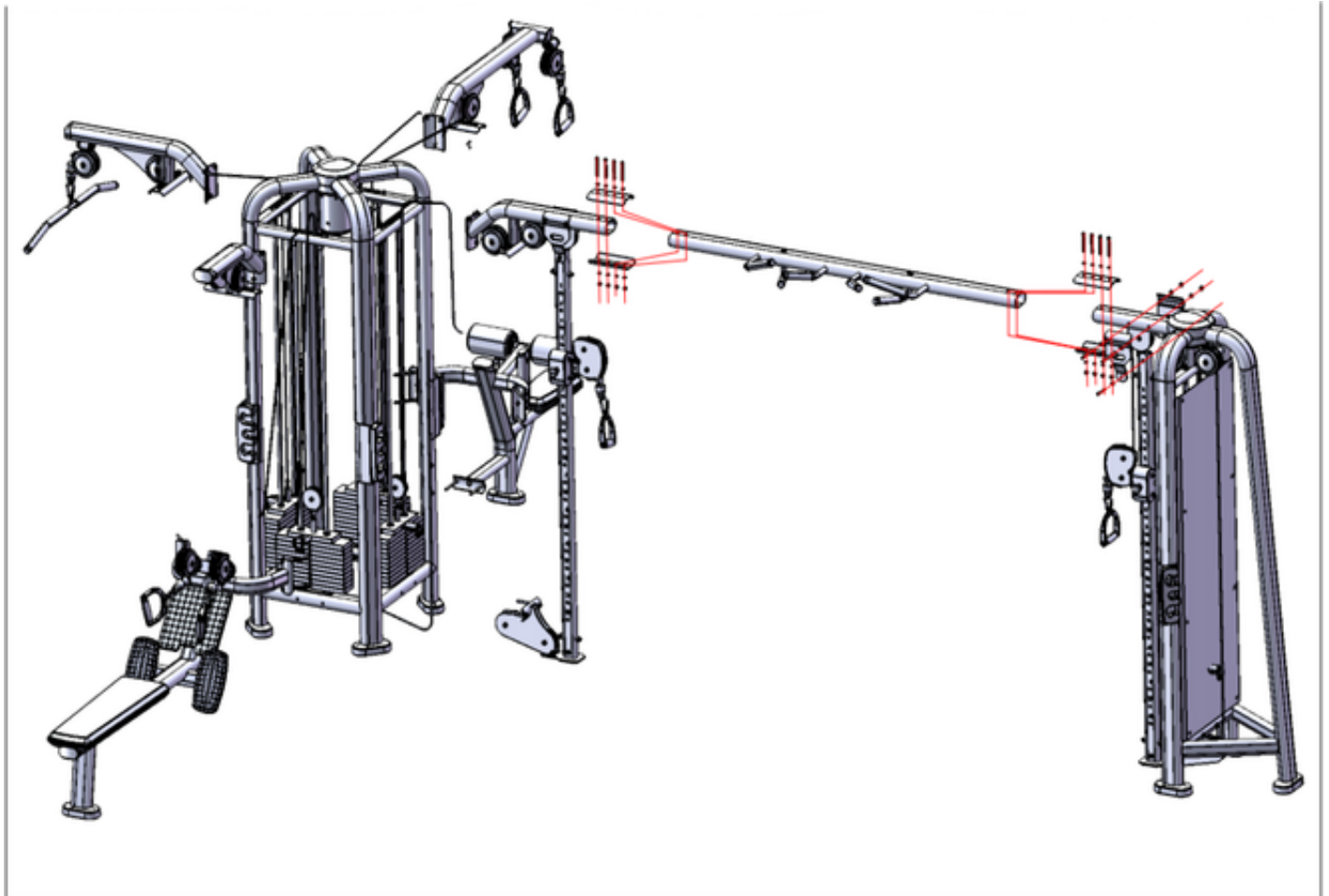
QTY 8



M8 × 60 Socket-head screw

STAGE 1 / DRAWING 1 OF 2

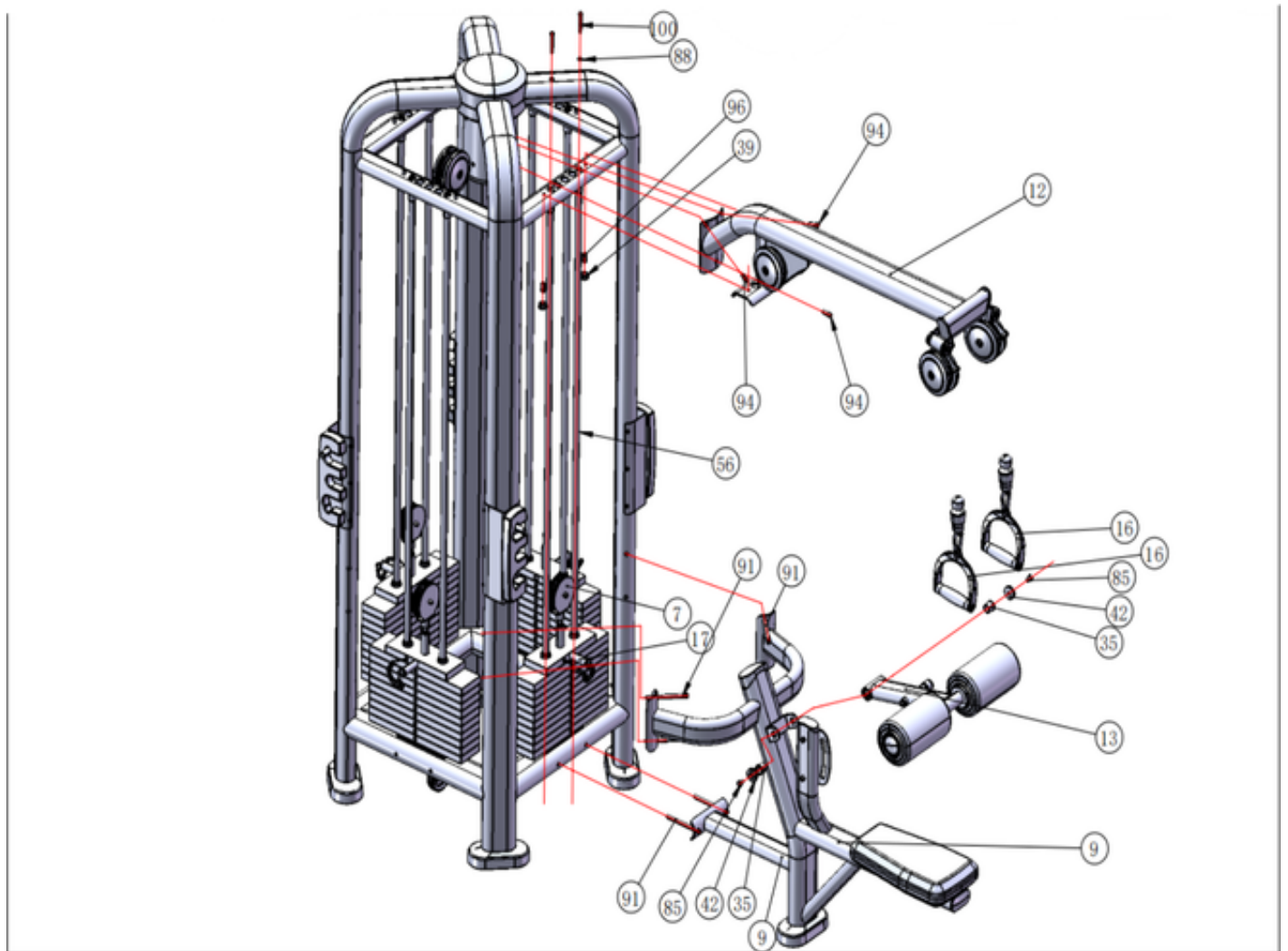
Assembly stage 1



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. Match the listed fasteners to the delivered kit. 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 screws 91 (M10 x 135).

4. Fit the upper bracket and thigh restraint

Support bracket 12 at the upper mounting points and fit its illustrated screws. Screws 94 are M10 x 25. 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

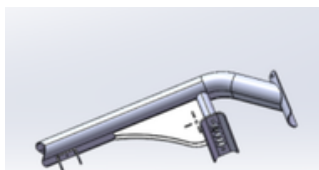
QTY 1



Handlebar

REF 11

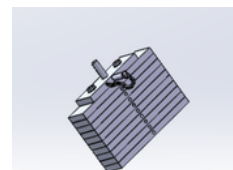
QTY 1



Support frame

REF 17

QTY 4



Weight stack assembly

REF 39

QTY 13



25 tube plug

REF 53

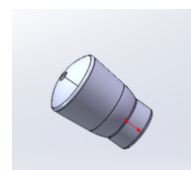
QTY 4



Limit ball

REF 54

QTY 4



Plastic ball

REF 65

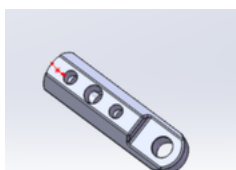
QTY 4



Limit bowl

REF 66

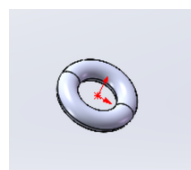
QTY 4



Flat endsales

REF 69

QTY 6



O-ring

REF 70

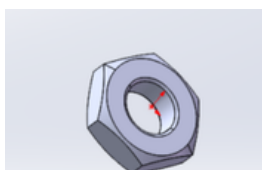
QTY 4



Spring clip

REF 88

QTY 8



Hexagon thin nut

REF 94

QTY 18



M10 x 25 Socket-head screw

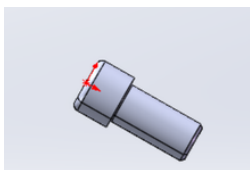
STAGE 2 / PARTS

Identify your components

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

REF 96

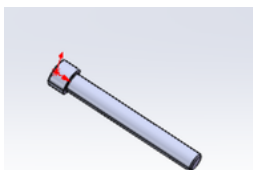
QTY 8



M10 × 20 Socket-head screw

REF 100

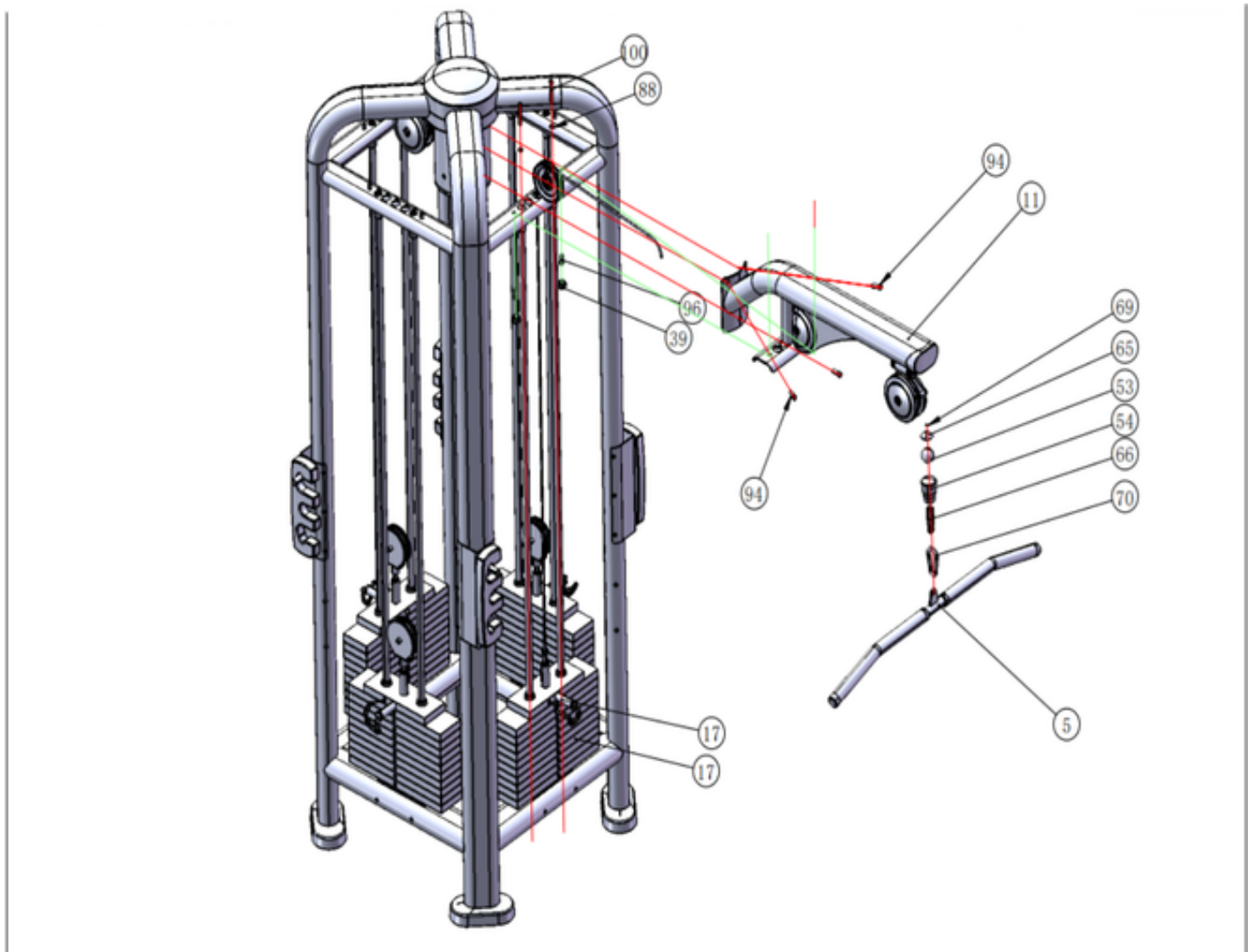
QTY 8



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. Use screws 94 (M10 x 25) at the marked connections.

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.

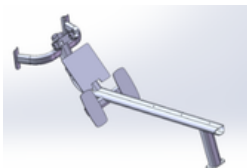
STAGE 3 / PARTS

Identify your components

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

REF 14

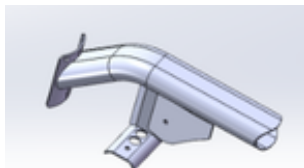
QTY 1



Low pull main frame assembly

REF 15

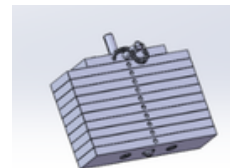
QTY 1



Low pull up bracket assembly

REF 17

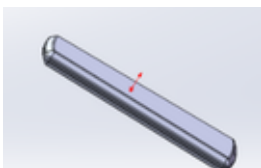
QTY 4



Weight stack assembly

REF 20

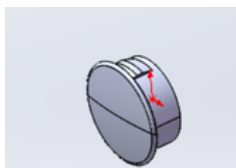
QTY 1



Back cushion

REF 39

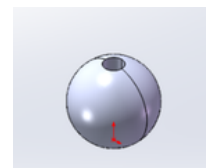
QTY 13



25 tube plug

REF 53

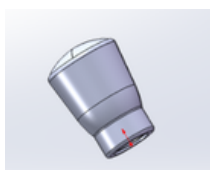
QTY 4



Limit ball

REF 54

QTY 4



Plastic ball

REF 55

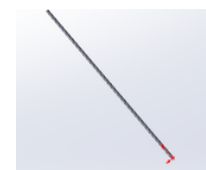
QTY 3



Handle

REF 56

QTY 8



Weight plate guide rod

REF 70

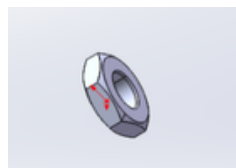
QTY 4



Spring clip

REF 86

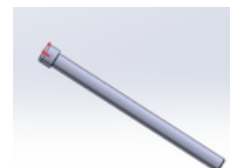
QTY 8



Hexagon thin nut

REF 89

QTY 12



M10 x 135 Socket-head screw

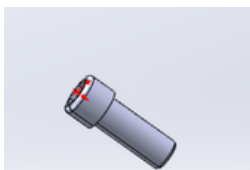
STAGE 3 / PARTS

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

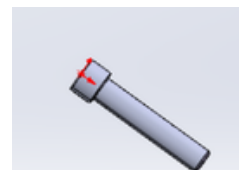
QTY 8



M8 × 60 Socket-head screw

REF 108

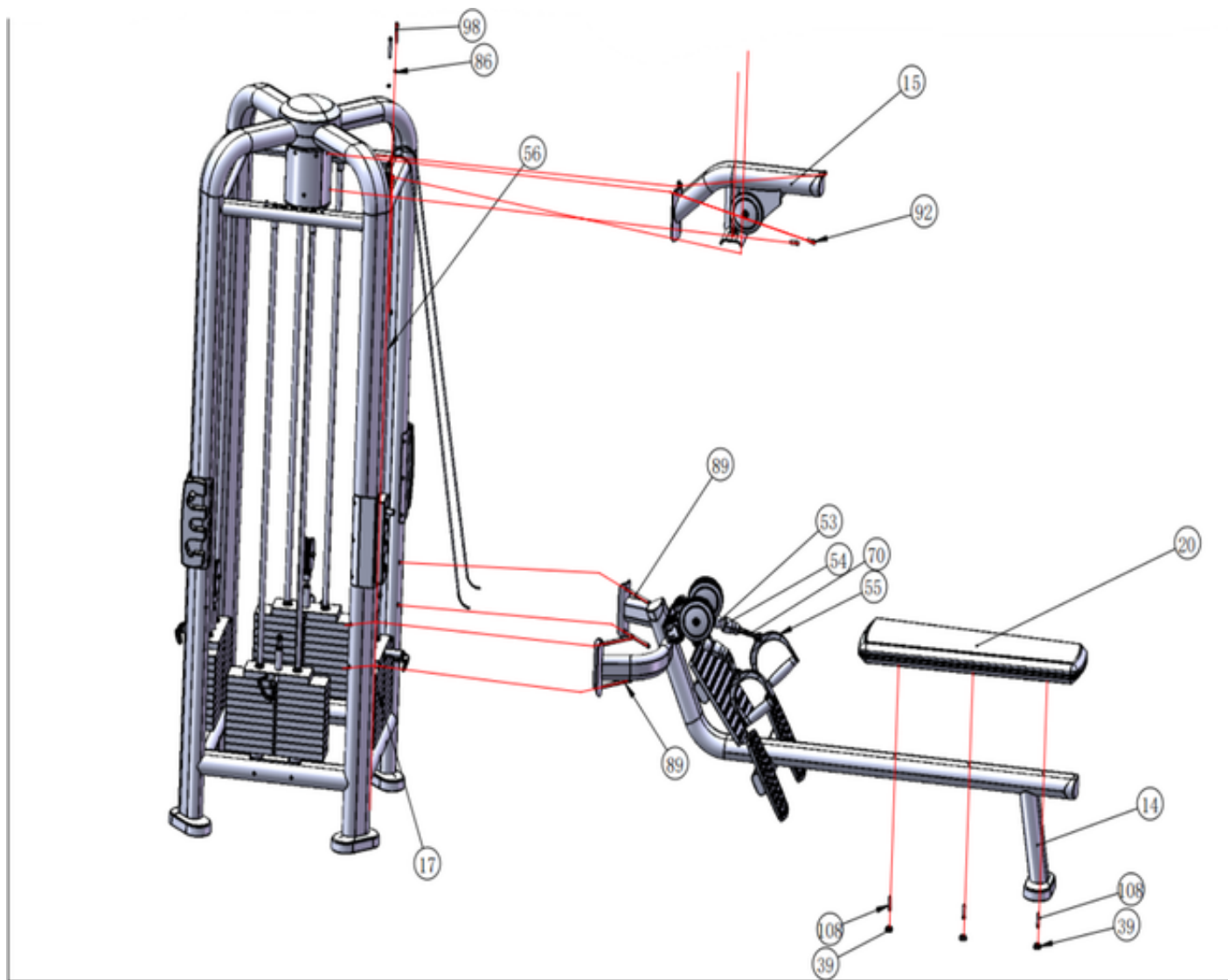
QTY 5



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. Use screws 89 (M10 x 135) at the shown frame joints.

9. Fit the upper row bracket

Support bracket 15 at its matching tower mount and attach it using the drawing callouts. Screws 92 are M10 x 25. 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. Use screws 108 (M8 x 40) where shown. 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.

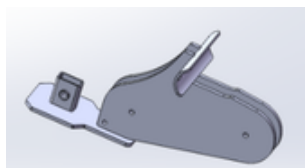
STAGE 4 / PARTS

Identify your components

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

REF 1

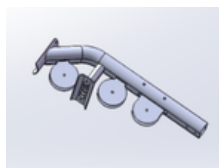
QTY 1



Lower fixed frame

REF 10

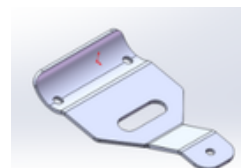
QTY 1



Connection assembly

REF 22

QTY 2



Connecting plate

REF 54

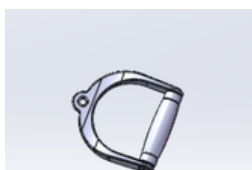
QTY 4



Plastic ball

REF 55

QTY 3



Handle

REF 70

QTY 4



Spring clip

REF 89

QTY 7



M10 x 55 Socket-head screw

REF 90

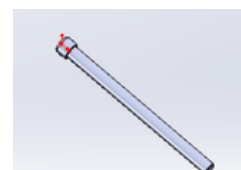
QTY 10



M10 x 65 Socket-head screw

REF 91

QTY 12



M10 x 135 Socket-head screw

REF 92

QTY 2



M10 x 140 Socket-head screw

REF 94

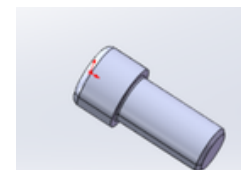
QTY 18



M10 x 25 Socket-head screw

REF 96

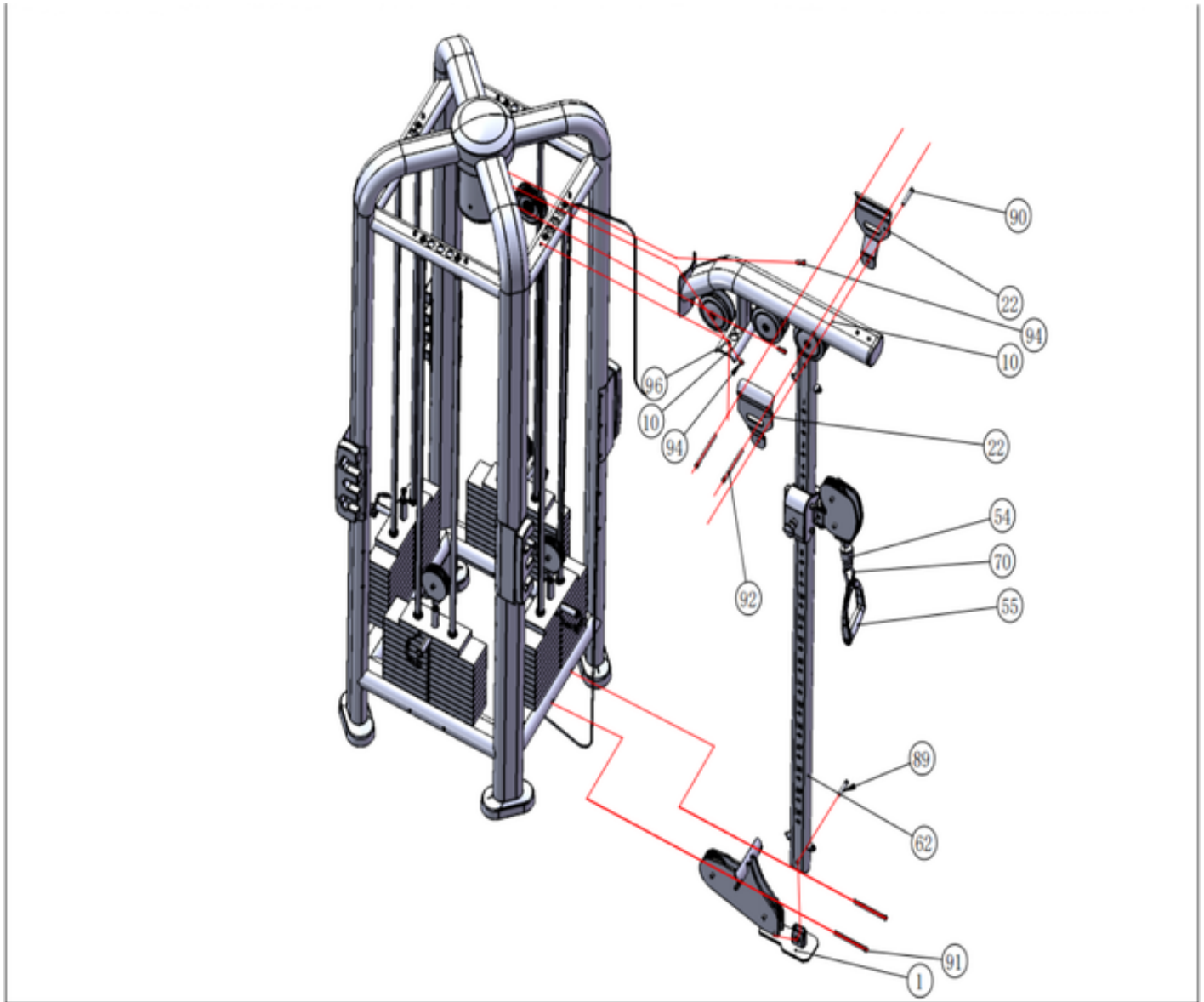
QTY 8



M10 x 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 uses screws 91 and 89 at these separate joints; use the Stage 4 sizes.

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 / PARTS

Identify your components

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

REF 1

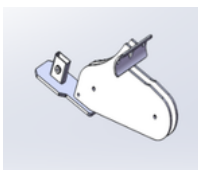
QTY 1



Main frame assembly

REF 2

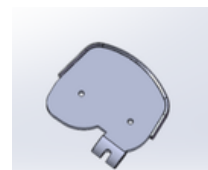
QTY 2



Lower fixed frame

REF 6

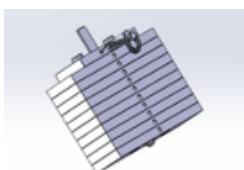
QTY 2



Pulley fixing components

REF 18

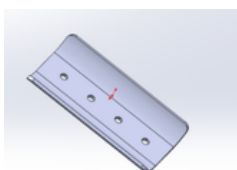
QTY 5



Weight stack assembly

REF 24

QTY 4



Connecting plate

REF 25

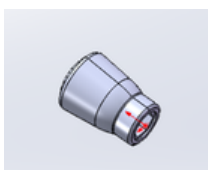
QTY 4



Upper fixed plate

REF 28

QTY 7



Plastic ball

REF 34

QTY 2



Regulating tube

REF 35

QTY 2



Guard board

REF 38

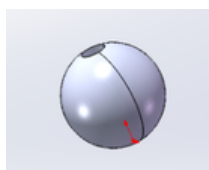
QTY 7



Limit bowl

REF 73

QTY 7



Limit ball

REF 74

QTY 6



Handle

STAGE 5 / PARTS

Identify your components

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

REF 88

QTY 7



Spring clip

REF 98

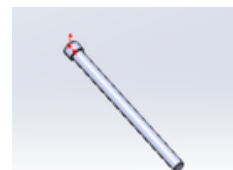
QTY 12



M10 x 65 Socket-head screw

REF 101

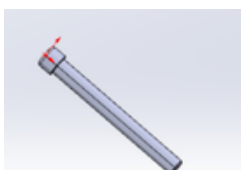
QTY 16



M10 x 135 Socket-head screw

REF 103

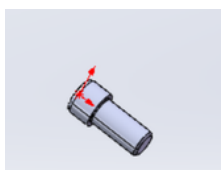
QTY 8



M10 x 90 Socket-head screw

REF 104

QTY 10



M10 x 20 Socket-head screw

REF 111

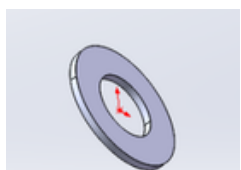
QTY 14



10 mm spring washer

REF 113

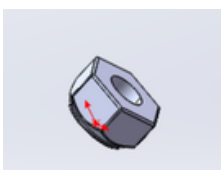
QTY 177



10 mm washer

REF 117

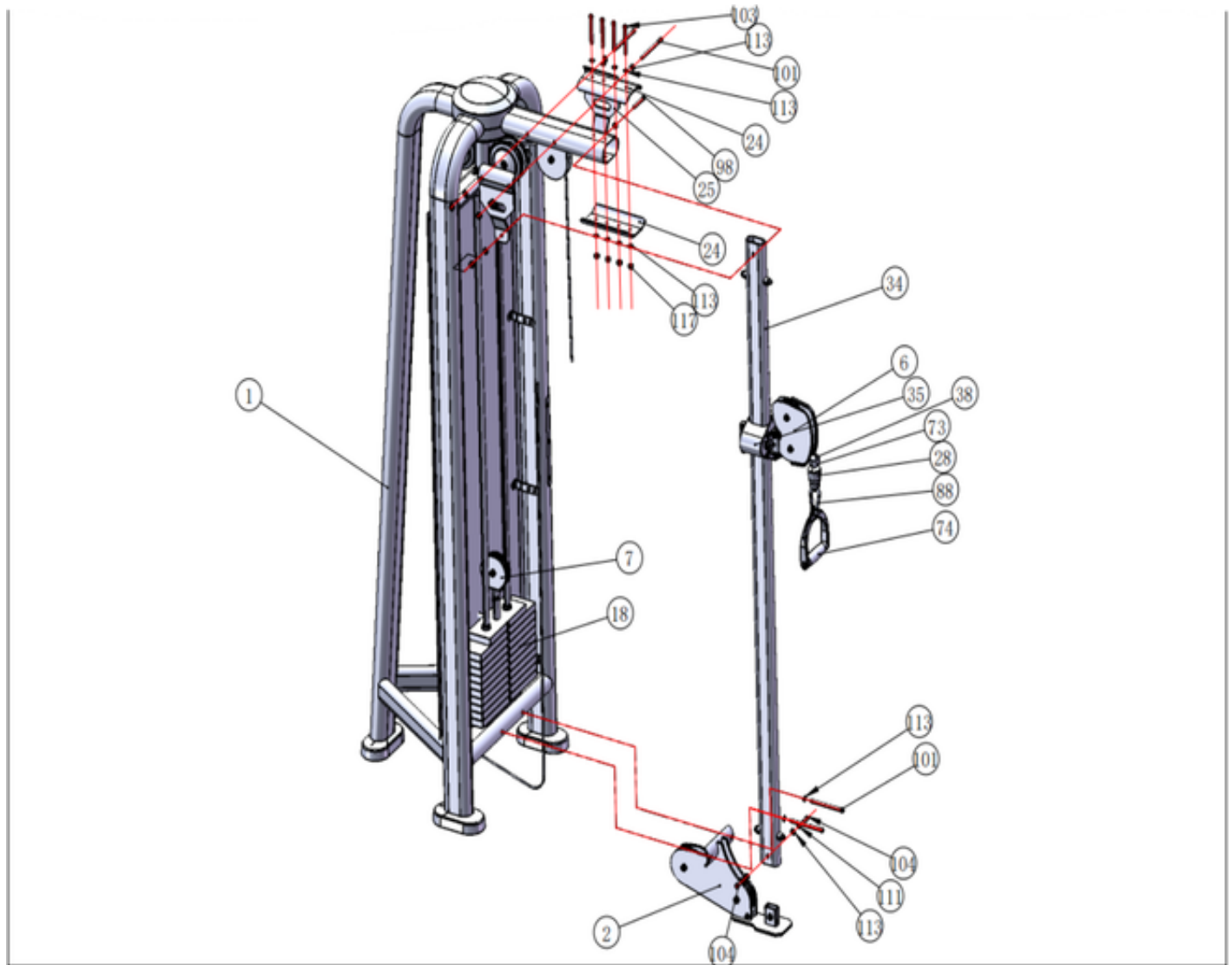
QTY 102



M10 nut

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: Add the Fifth Station

Use Stage 5 reference numbers. The extension tower and overhead beam need independent support until both beam ends are secured.

14. Position the extension tower

Place tower 1 in the completed orientation shown in the overview. Brace it upright. Check stack 18, its guides and pulley attachment before working on its adjustable-pulley frame.

15. Attach the adjustment upright

Fit lower frame 2 at the tower base. Use screws 101 (M10 x 135), screws 104 (M10 x 20), spring washers 111 and washers 113 at their separate shown joints. Support regulating tube 34 and its carriage while attaching its lower end.

16. Join the upper plates and beam

Align the upper connection plates 24 and 25 around the adjustment upright and beam mount. Use the shown screws 98, 101 and 103, washers 113 and nuts 117 at their respective positions. Support the long overhead beam at both ends; confirm the central-tower beam fastening details, which are not fully called out in this drawing, before releasing support.

17. Check the fifth carriage

Check pulley components 6, guards 35 and the carriage lock. Verify the illustrated stop components 38, 73 and 28 and clip 88 before attaching handle 74. Confirm the fifth station cable route and terminations separately; the final cable drawing shows only the central four stacks.

Check before continuing

The extension tower and both beam ends are secured; the fifth cable route is confirmed.

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.

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.

18. 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.

19. 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.

20. 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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