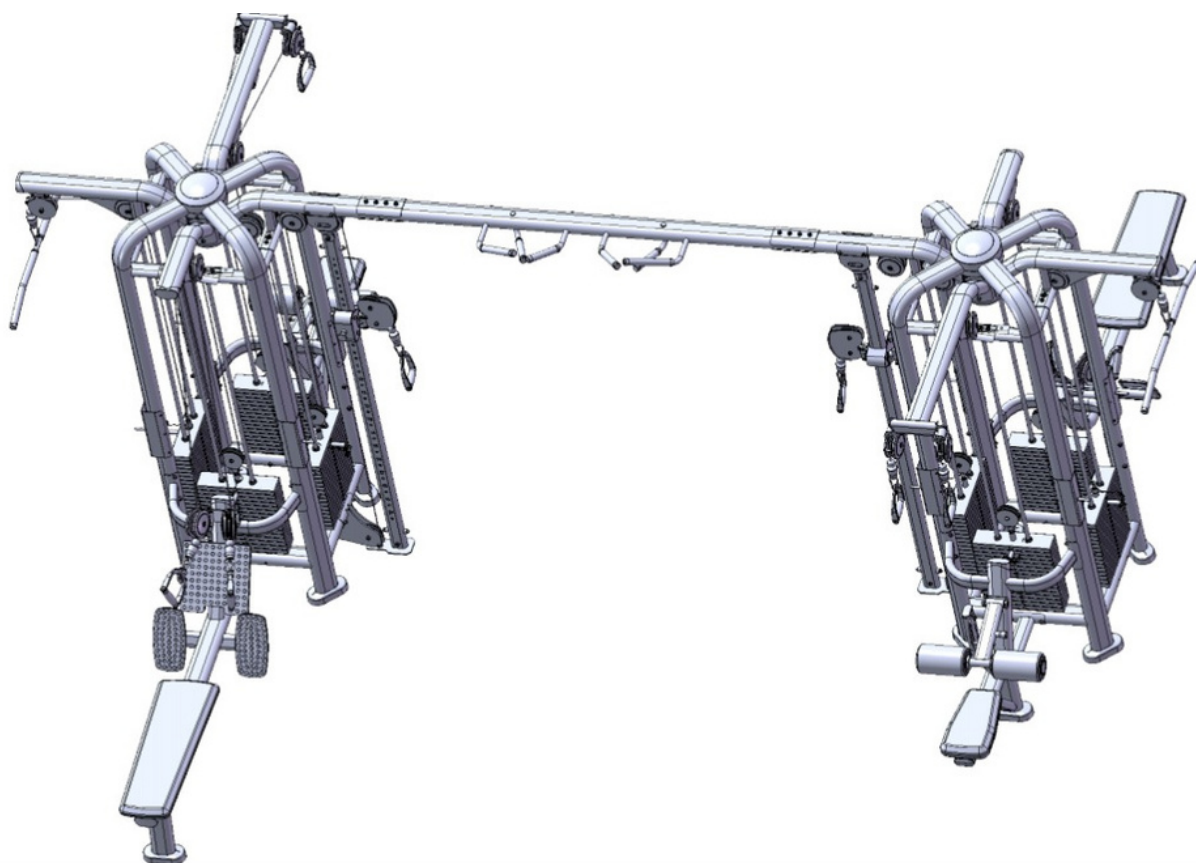


FOUNDATION SERIES

8 Stack Multi Station Jungle Gym

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

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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

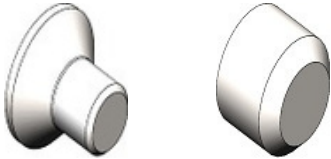
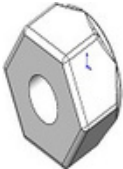
Stage 1 → Stage 2 → Stage 3 → Stage 4 → Stage 5 → Stage 6 → Stage 7 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

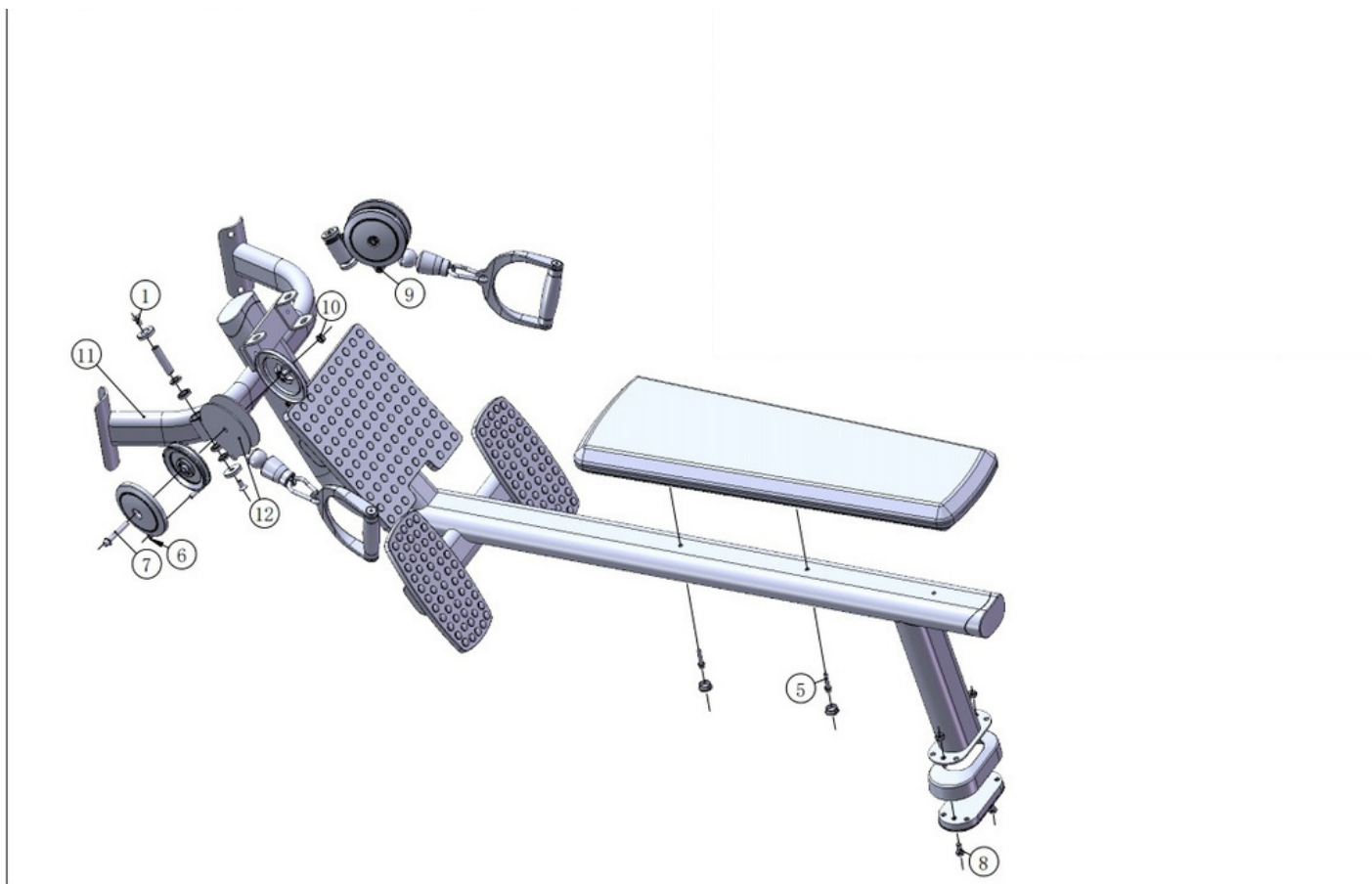
Match each reference and quantity to the drawing for this stage.

REF 1 QTY 28  Countersunk socket screw M10 × 20	REF 5 QTY 10  Hexagonsocket cylindrical head screw M8 × 40	REF 6 QTY 10  Socket-head screw M6 × 40
REF 7 QTY 22  Socket-head screw M10 × 65	REF 8 QTY 24  Hex-head bolt M10 × 20	REF 9 QTY 10  Locknut M6
REF 10 QTY —  Locknut M10	REF 11 QTY 2  Low-pull main frame assembly	REF 12 QTY 10  Pulley frame assembly

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

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 Both Low-Row Seats

Use Stage 1 references for the two matching low-row assemblies. Prepare subassemblies before attaching them to either tower.

1. Fit each seat and front foot

Support low-row frame 11 on a protected surface. Attach its seat using screws 5 (M8 x 40) at the pad holes. Fit the front foot components with bolts 8 (M10 x 20) as illustrated. Start pad screws before tightening evenly.

2. Fit the row pulley assemblies

Position pulley frame assemblies 12 at the footplate end. Follow the drawing for countersunk screws 1, screws 7, screws 6 and nuts 9 and 10 at the separate pivots and pulley axles. Preserve the shown spacer and cover order; confirm any unlisted parts before fastening.

3. Check both low-row assemblies

Confirm the pulleys turn freely, their guards are secure and all pivot ends are retained. Check the seat and footplate. Prepare the second low-row assembly in the same way, without applying cable load.

Check before continuing

Both low-row subassemblies are complete and retained.

STAGE 2 / PARTS

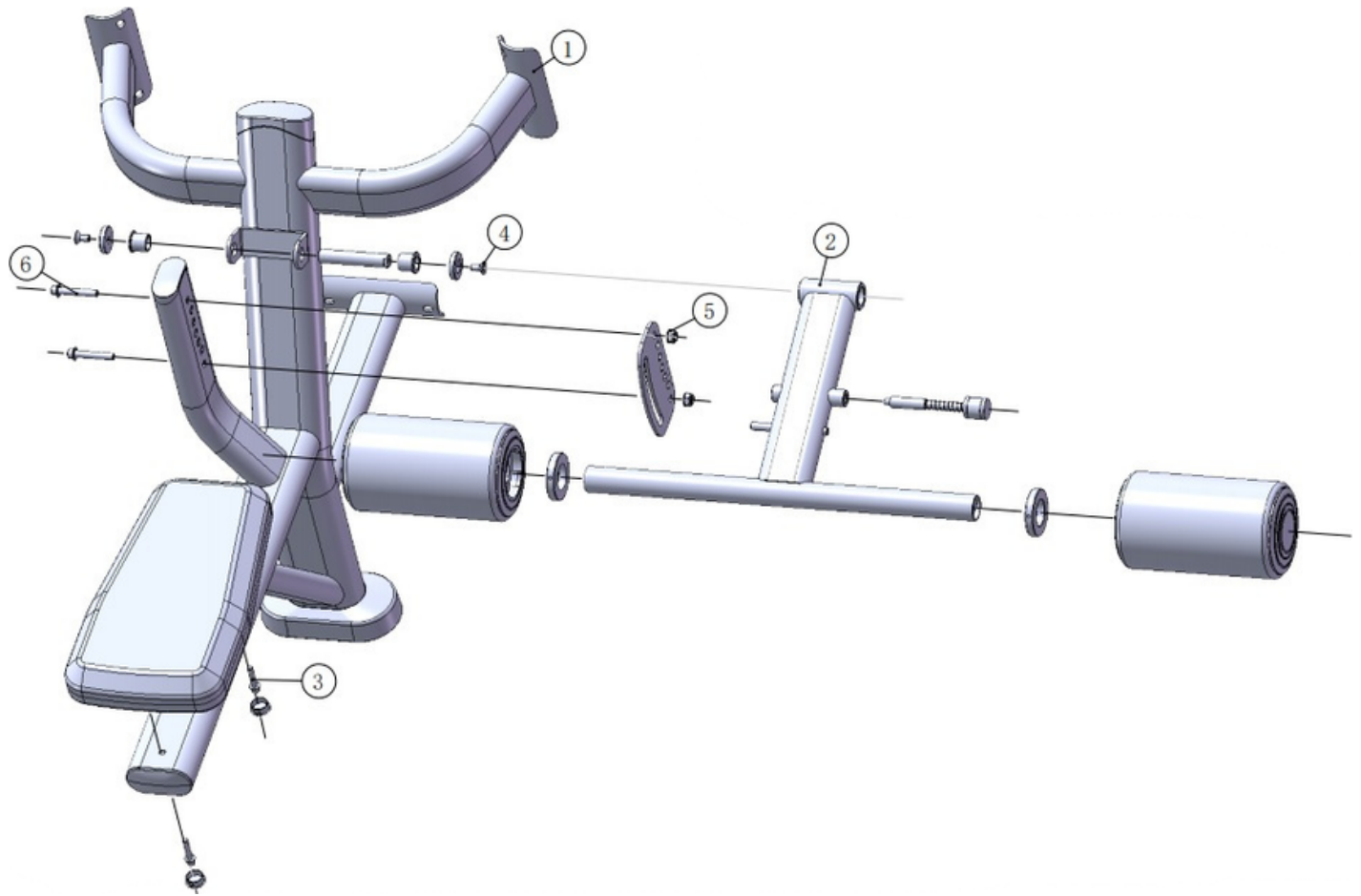
Identify your components

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

REF 1 QTY 2 See assembly drawing High tensile assembly	REF 2 QTY 2 See assembly drawing Leg press assembly	REF 3 QTY 4 See assembly drawing Socket-head screw M8 × 40
REF 4 QTY 4 See assembly drawing Hexagon sock countersunk screw M10 × 20	REF 5 QTY 4 See assembly drawing Locknut M10	REF 6 QTY 4 See assembly drawing Socket-head screw M10 × 60

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 Both Seated Stations

Use Stage 2 references. The thigh restraint must remain supported until its pivot is fully retained.

4. Fit the seat pad

Position the pad on seated frame 1. Fit screws 3 (M8 x 40) at the matching holes, starting all screws before tightening evenly.

5. Fit the thigh restraint

Align assembly 2 with its illustrated pivot on frame 1. Fit the supplied shaft, bushings and end retainers in the shown order; use countersunk screws 4 (M10 x 20) at the indicated ends. Confirm all unnamed pivot components before fastening.

6. Check adjustment and rollers

Fit screws 6 (M10 x 60) and nuts 5 at the illustrated adjustment-plate joints. Check both roller retainers and positive adjustment engagement. Repeat for the second seated station.

Check before continuing

Both restraint pivots are retained and the adjustments lock securely.

STAGE 3 / PARTS

Identify your components

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

REF 1

QTY 20



Hexagon socket flat-end set screw M5 x 4

REF 2

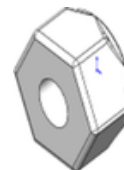
QTY 15



Locknut M6

REF 3

QTY 10



Locknut M10

REF 4

QTY 24



Socket-head screw M10 x 25

REF 5

QTY 14



Socket-head screw M10 x 55

REF 6

QTY 20



Socket-head screw M10 x 65

REF 7

QTY 10



Countersunk socket screw M10 x 20

REF 8

QTY 10



Socket-head screw M6 x 40

REF 9

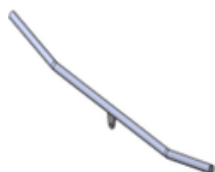
QTY 2



Support frame assembly

REF 10

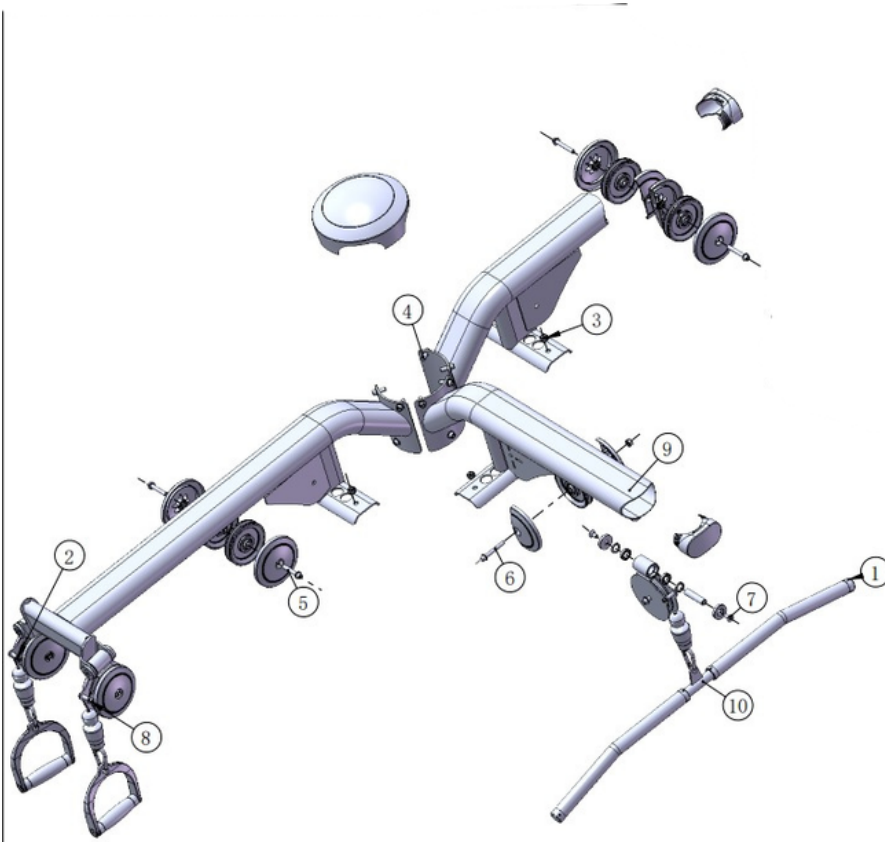
QTY 2



Handle

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



Match the numbered callouts to the Stage 3 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 3: Prepare the Upper Arms

Use Stage 3 references. Assemble the upper-arm components while supported at working height.

7. Join the upper-arm connections

Arrange the upper arms in the orientation shown, with support arm 9 at its matching joint. Use screws 4 (M10 x 25) and nuts 3 where shown. Fit all joint fasteners before aligning and tightening.

8. Fit the pulleys and covers

Follow the drawing for screws 5 (M10 x 55), screws 6 (M10 x 65), screws 8 (M6 x 40), nuts 2 and the illustrated covers and spacers. Keep each pulley freely rotating with its axle and guards securely retained.

9. Check handle attachments

Fit the shown handlebar 10 and handle-end assemblies only after verifying their cable-end retention. Check set screws 1 and countersunk screws 7 at their indicated joints. Leave cables unloaded until final routing checks.

Check before continuing

Upper-arm joints, pulley axles and cable-end attachments are confirmed.

STAGE 4 / PARTS

Identify your components

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

REF 103

QTY 2



Connection assembly

REF 104

QTY 2



The support frame assembly

REF 105

QTY 2



Low-pull upper bracket assembly

REF 106

QTY 2



High-tensile bracket assembly

REF 9

QTY 16



Socket-head screw M8 x 60

REF 10

QTY 15



Socket-head screw M10 x 20

REF 11

QTY 10



Socket-head screw M10 x 25

REF 12

QTY 12



Socket-head screw M10 x 45

REF 17

QTY 8



Socket-head screw M10 x 90

REF 19

QTY 12



Socket-head screw M10 x 135

REF 22

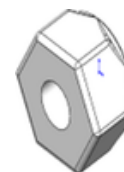
QTY 16



Hexagonal thin nut M8

REF 39

QTY 25



Locknut M10

STAGE 4 / PARTS

Identify your components

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

REF 9

QTY 16



Socket-head screw M5 × 10
Socket-head screw M8 × 60

REF 10

QTY 15



Main frame assembly
Socket-head screw M10 × 20

REF 11

QTY 10



Low-pull main frame assembly
Socket-head screw M10 × 25

REF 12

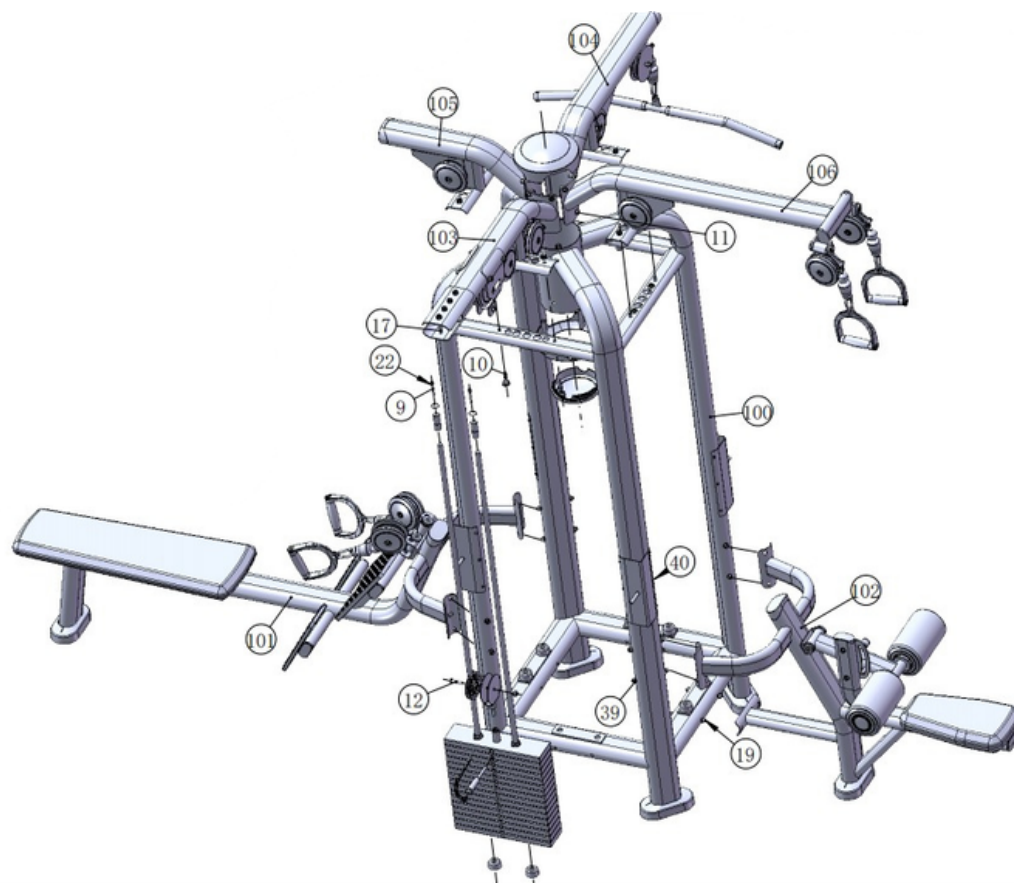
QTY 12



High tensile assembly
Socket-head screw M10 × 45

STAGE 4 / DRAWING 1 OF 1

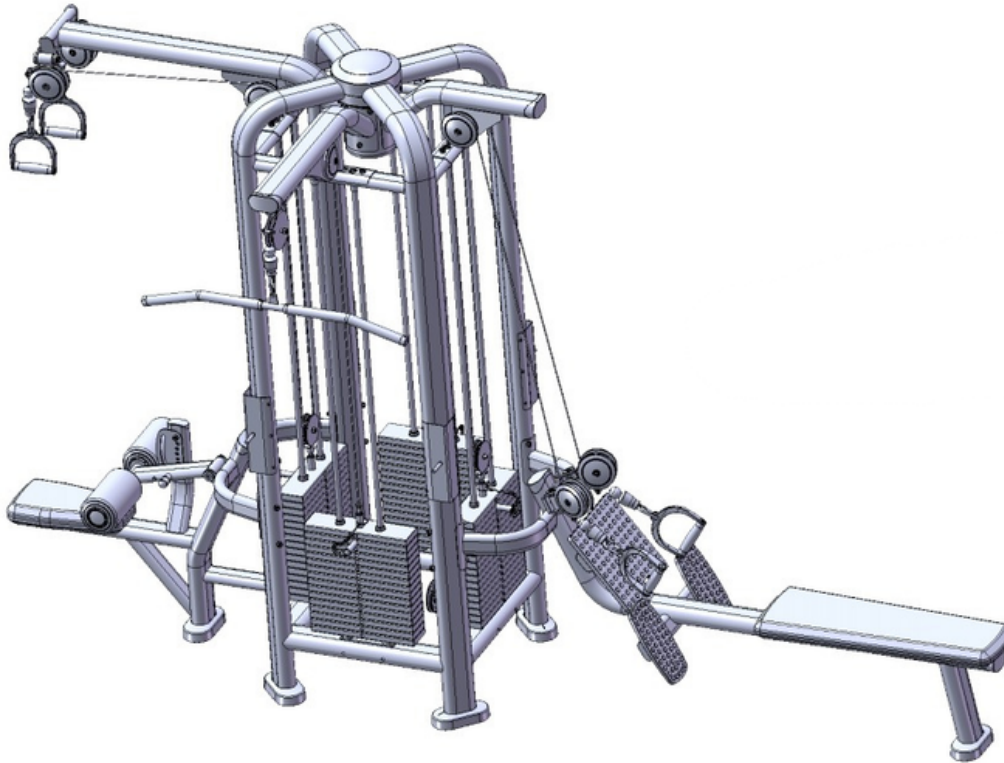
Assembly stage 4



Match the numbered callouts to the Stage 4 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 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. Assemble the right side using the same sequence as the left side.

Stages 4-5: Assemble Both Towers

The Stage 4 source list duplicates references 9-12 and omits several drawing parts. Confirm those parts and fastener dimensions with Build A Gym before fastening affected joints.

10. Position the main tower

Stand and brace frame 100 on a level surface. If delivered dismantled, obtain its specific frame procedure before fitting attachments. Keep all stacks resting on their base supports.

11. Attach the lower stations

Support low-row assembly 101 and seated assembly 102 at their matching tower mounts. Install the shown connection hardware, including screw callout 19 where indicated. Keep both stations supported until all required bolts are secure.

12. Attach the upper arms

With help, support upper assemblies 103, 104, 105 and 106 at their illustrated tower joints. Fit the drawing fasteners at each separate connection. Confirm the unlisted washers, nuts or spacers before removing the lifting support.

13. Confirm stack and guide retention

Follow the Stage 4 drawing for the guide rods, upper screws 9 and thin nuts 22. Confirm both ends of every guide and each stack attachment; keep stack plates supported and their selector holes aligned. Fit the indicated guards and screws 40 only after checking internal connections.

14. Complete the second tower

Use the Stage 5 view to repeat the assembly sequence on the opposite tower. Check all pads, restraint pivots, pulley axles and station mounts on both sides before joining them with the beam.

Check before continuing

Both towers and every station attachment are stable and secure.

STAGE 6 / PARTS

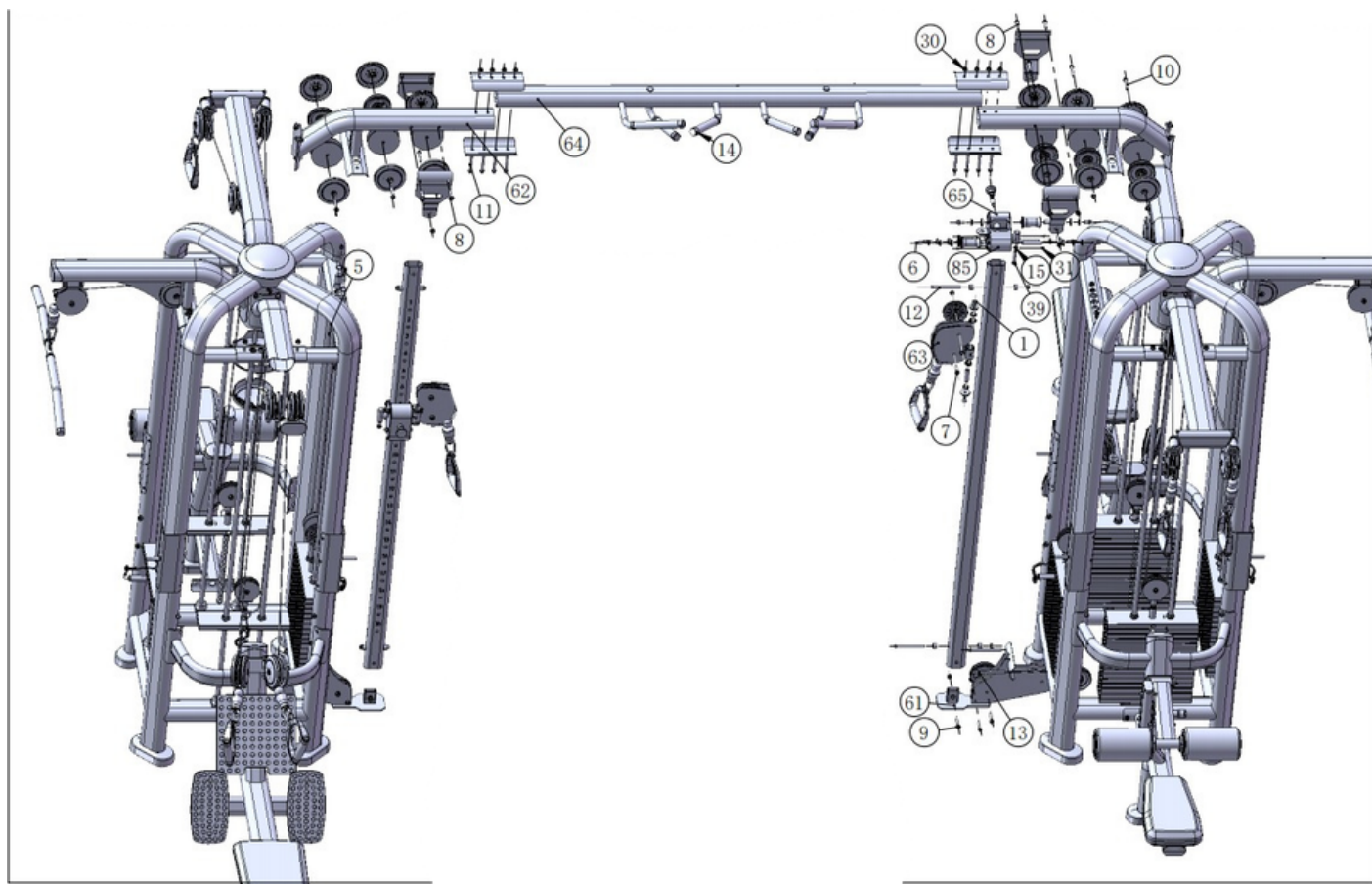
Identify your components

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

REF 17 QTY 8  Socket-head screw M10 × 90	REF 19 QTY 12  Socket-head screw M10 × 135	REF 22 QTY 16  Hexagonal thin nut M8
REF 39 QTY 25  Locknut M10	REF 40 QTY 25  Socket-head screw M5 × 10	REF 100 QTY 2  Main frame assembly
REF 101 QTY 2  Low-pull main frame assembly	REF 102 QTY 2  High tensile assembly	REF 103 QTY 2  Connection assembly
REF 104 QTY 2  The support frame assembly	REF 105 QTY 2  Pull upper bracket low and it assembly	REF 106 QTY 2  High-tensile bracket assembly

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: Join the Towers

The Stage 6 drawing uses beam, plate, carriage and fastener callouts not resolved by its parts list. Confirm the exact hardware for both beam ends and both carriages before installation.

15. Position and support the overhead beam

Set the towers in the completed orientation and spacing shown. Independently support beam 64 over the upper brackets. Position plates 62 and 65 at both ends; start every confirmed beam fastener before alignment and tightening. Keep support in place until both ends are secure.

16. Install the adjustable uprights

Support each long adjustment upright and carriage. Fit its upper connection and lower bracket 61 at the shown locations. Assemble pulley and guard parts around carriage 63 following the drawing; secure every axle, end stop and retaining fastener.

17. Verify both carriage locks

Check each carriage remains captured on its upright and its pin engages fully at the selected height. Confirm both lower brackets and upper connections are secure. Verify beam handle attachments before applying any user or cable load.

Check before continuing

The beam and both adjustment uprights are fully secured.

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: Verify All Eight Stations

Use the final cable diagram to compare the station types on both towers. It does not specify cable lengths, a numbered routing sequence or complete termination details.

18. Trace all cable runs

Keep every stack fully down. Trace each run through its corresponding upper, lower, carriage and stack pulleys. Preserve correctly assembled factory routing. Obtain confirmation for any disconnected cable path or end fitting before applying tension.

19. Check retainers and installation

Check all cable stops, closed clips, stack connections, guide ends, pulley guards and adjustment locks. Confirm required torque and floor anchoring. Keep the equipment out of use while any connection remains unresolved.

20. Test every station separately

Use the lowest selectable load and make a slow, controlled movement at each of the eight stations. Check smooth lift and full stack return, with cables seated and clear of the frame. Stop if anything shifts, binds, rubs or develops slack.

Check before continuing

All eight stations pass individual checks before 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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