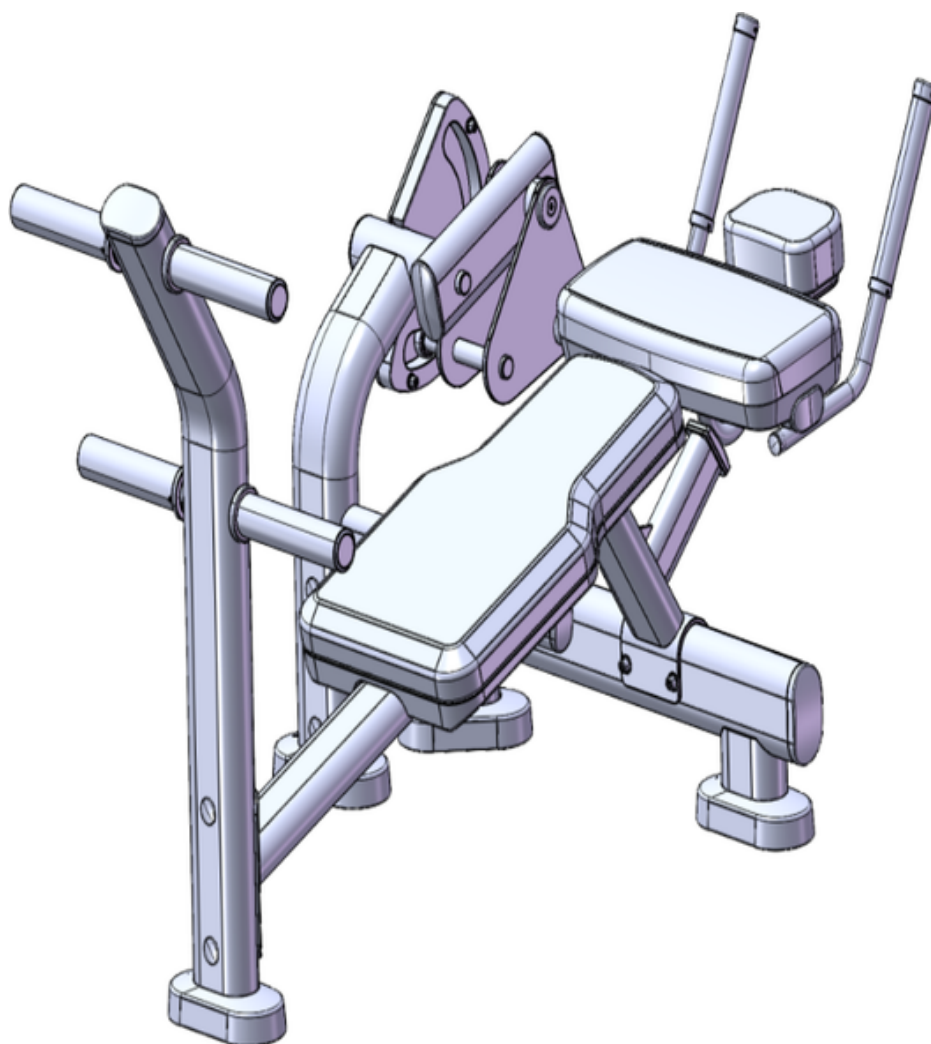


FOUNDATION SERIES

Abdominal Crunch Bench

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 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

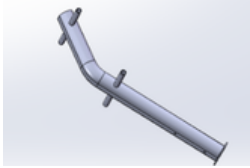
STAGE 1 / PARTS

Identify your components

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

REF 1

QTY 1



Footplate assembly

REF 2

QTY 1



Main frame support assembly

REF 3

QTY 1



Base assembly

REF 4

QTY 1



Side frame assembly

REF 5

QTY 1



Main frame assembly

REF 7

QTY 1



Arm connection assembly

REF 18

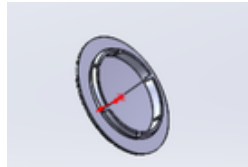
QTY 4



Large gasket

REF 20

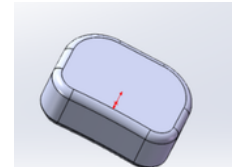
QTY 1



70 end cap

REF 23

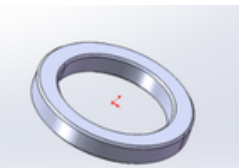
QTY 1



Shoulder pad

REF 24

QTY 2



Spacer sleeve

REF 25

QTY 1



Rotation shaft

REF 26

QTY 2



Aluminum end cap

STAGE 1 / PARTS

Identify your components

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

REF 27

QTY 8



25 round hole plug

REF 28

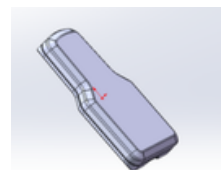
QTY 1



Backing

REF 29

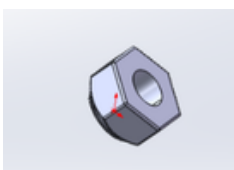
QTY 1



Back cushion

REF 31

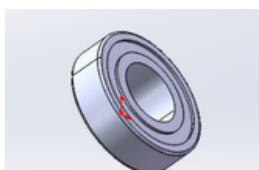
QTY 17



M10 nut

REF 33

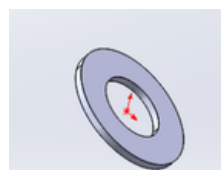
QTY 2



Deep groove ball bearing

REF 35

QTY 12



10 mm washer

REF 36

QTY 4



M10 x 20 Socket-head screw

REF 37

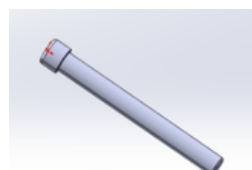
QTY 3



M10 x 25 Socket-head screw

REF 38

QTY 2



M10 x 90 Socket-head screw

REF 39

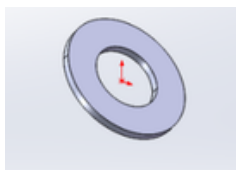
QTY 1



M10 x 30 Socket-head screw

REF 40

QTY 10



8 mm washer

REF 41

QTY 10



8 mm spring washer

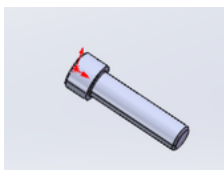
STAGE 1 / PARTS

Identify your components

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

REF 44

QTY 6



M8 × 30 Socket-head screw

REF 45

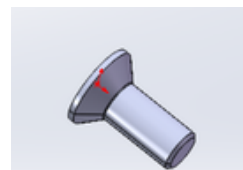
QTY 2



Deep groove ball bearing

REF 46

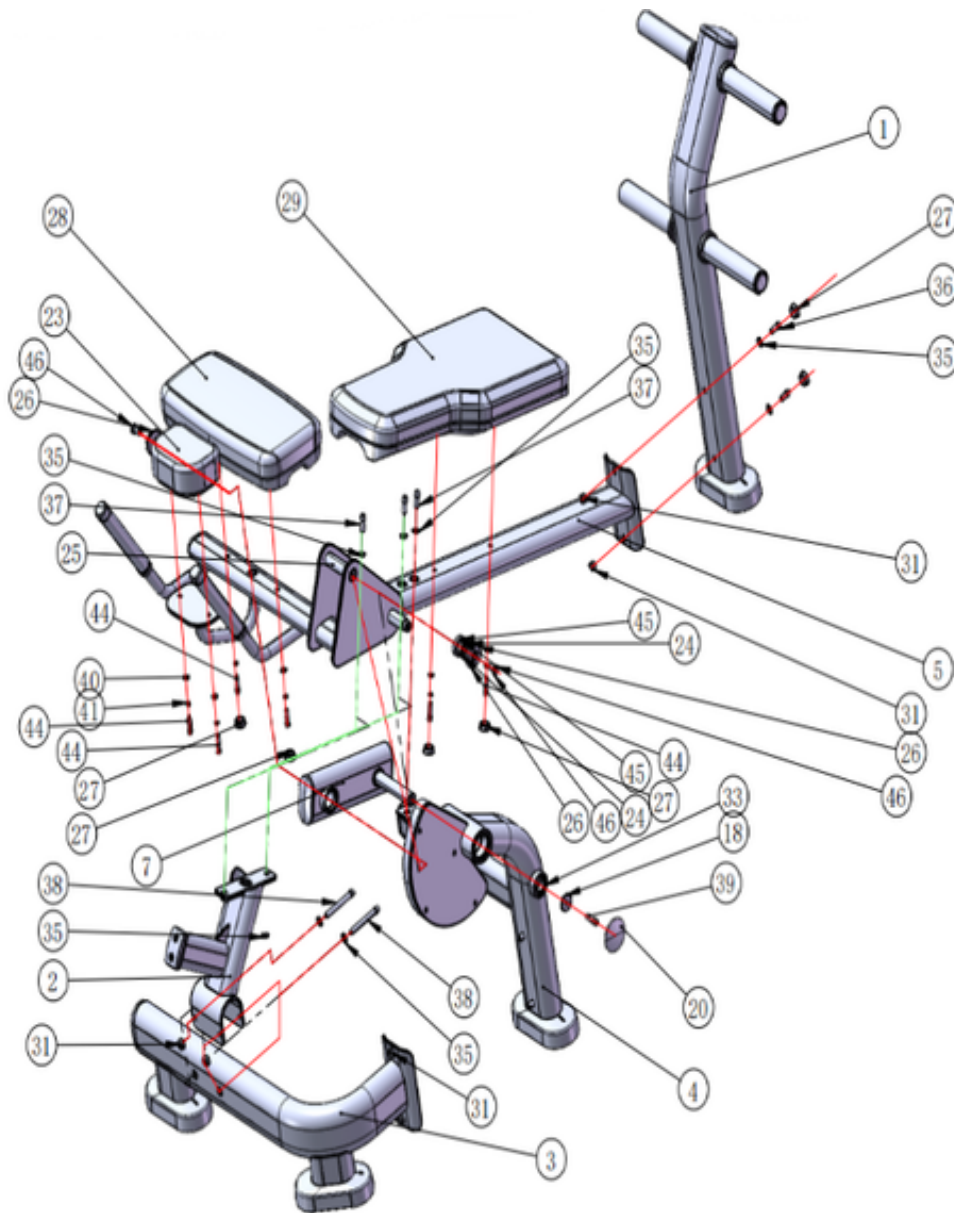
QTY 2



M10 × 25 Socket-head screw

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.

Assemble the Crunch Bench

Use the Stage 1 drawing. Some fastener quantities and pivot details are not fully resolved in the source list. Confirm any unmatched supplied part with Build A Gym before fastening that joint.

1. Build the fixed base

Brace base 3 and support assembly 2. Join them with screws 38 (M10 x 90), washers 35 and nuts 31 at the shown joints. Keep all moving members supported.

2. Fit the side support and bearings

Position side frame 4 and the illustrated bearing arrangement 33 at its base connection. Fit the shown washers, screw 39 (M10 x 30) and end cap 20. Keep the pivot aligned; do not strike bearing rolling elements.

3. Join the main frame and footplate

Place main frame 5 at its indicated connections. Attach footplate 1 with screws 36 (M10 x 20), washers 35 and nuts 31 where shown. Follow the drawing for the individual fasteners at the other frame joints.

4. Fit the moving arm connection

Position arm connection 7, shaft 25, bearings 45 and spacer sleeves 24 at their illustrated pivot locations. Retain both sides with the shown caps 26, screws 46 and other callouts. Keep the arm supported until all retainers are secure.

5. Fit the pads

Attach pads 23, 28 and 29 at their matching supports with the illustrated screws, washers 40 and spring washers 41. Screw 44 is M8 x 30. Tighten evenly without crushing pad backing.

6. Complete and test

Fit plugs 27 and check all fixed joints and pivot retainers. With no user or plates on the machine, control a short movement and check for binding. Confirm missing hardware details, torque and floor-fixing requirements before exercise.

Check before continuing

All connections are secure and the equipment stands level without rocking.

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 moving-arm pivot retainers, all pads and the footplate.
Control a short unloaded movement and confirm that no joint binds.

☐ **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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