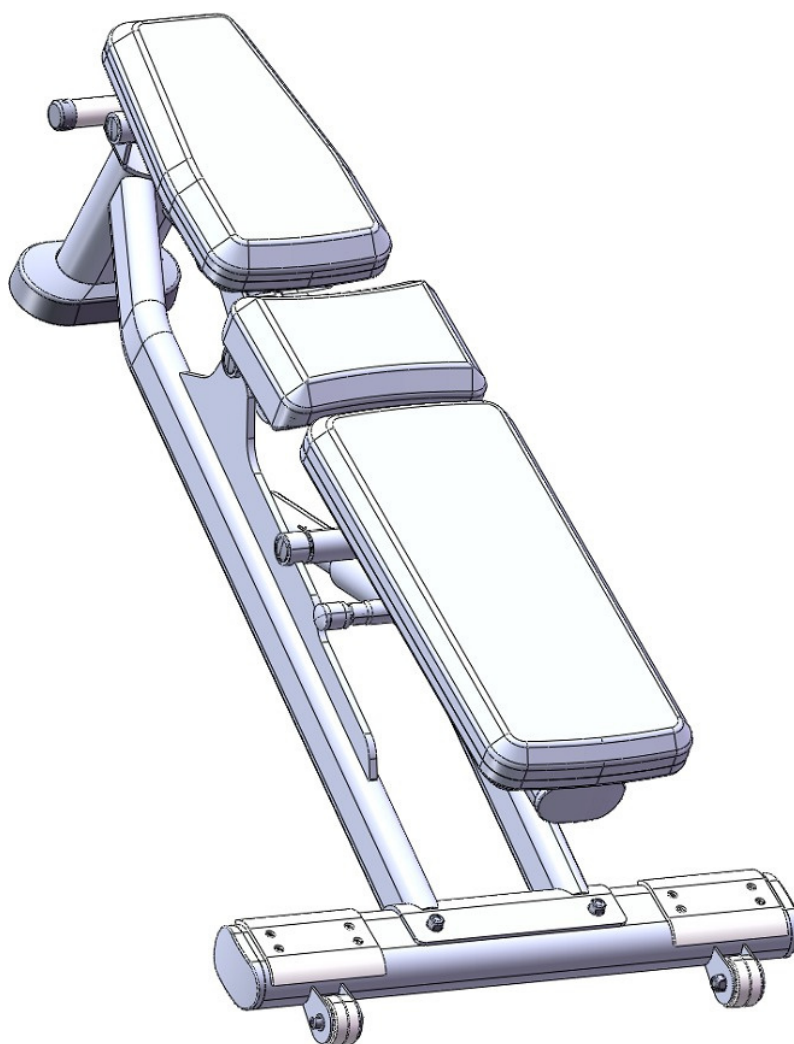


FOUNDATION SERIES

Adjustable Bench 2.0

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.

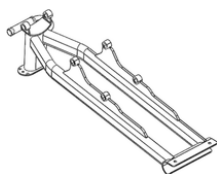
STAGE 1 / PARTS

Identify your components

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

REF 1

QTY 1



Main frame assembly

REF 2

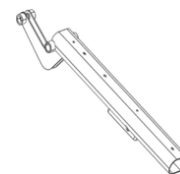
QTY 1



Seat frame assembly

REF 3

QTY 1



Backrest frame assembly

REF 4

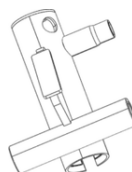
QTY 1



Internal adjustment assembly

REF 5

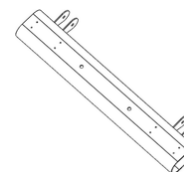
QTY 1



External adjustment frame assembly

REF 6

QTY 1



Base assembly

REF 7

QTY 1



Rotating shaft Ø20 x 135

REF 8

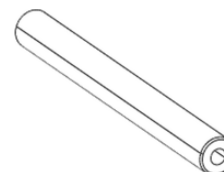
QTY 1



Small swing shaft Ø17 x 45

REF 9

QTY 2



Rotating shaft Ø20 x 196

REF 10

QTY 1



Rotating shaft Ø20 x 74

REF 11

QTY 1



Cushion

REF 12

QTY 1

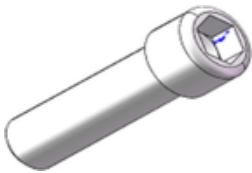
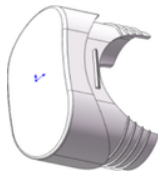
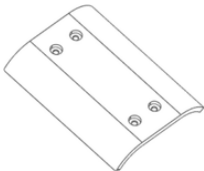
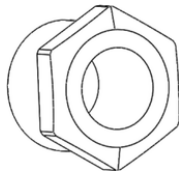
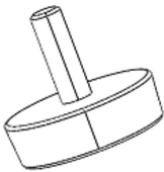
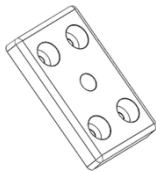


Back pad

STAGE 1 / PARTS

Identify your components

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

REF 13 QTY 8  Large washer Ø24xØ11 × 2	REF 14 QTY 2  Small retaining sleeve	REF 16 QTY 1  Ground foot cover
REF 16 QTY 1  Footings plastic parts	REF 17 QTY 1  50-100 flat end end cover	REF 18 QTY 3  65 × 114 end cap
REF 19 QTY 1  Pull pin shaft Ø15.8 × 95	REF 20 QTY 2  Foot mats	REF 21 QTY 1  Hex nut
REF 22 QTY 1  Round cushioning	REF 23 QTY 1  Spring	REF 24 QTY 3  Rubber pads

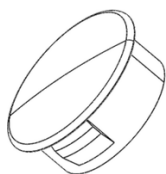
STAGE 1 / PARTS

Identify your components

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

REF 25

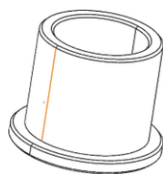
QTY 14



25 Round hole plugs

REF 26

QTY 8



Sintered bushing

REF 27

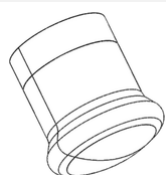
QTY 2



Moving wheels

REF 28

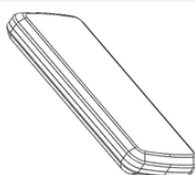
QTY 1



Pull pin cap

REF 29

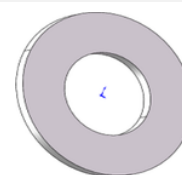
QTY 1



Back cushion assembly

REF 30

QTY 10



Washer Ø10.3xØ20 × 1.2

REF 31

QTY 2



Socket-head screw M10 × 55

REF 32

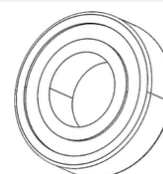
QTY 1



Socket-head screw M8 × 10

REF 33

QTY 1

Deep groove ball bearings
Ø40xØ17 × 12

REF 34

QTY 2



Hex head bolt M10 × 20

REF 35

QTY 2



Socket-head screws M10 × 40

REF 36

QTY 10



Socket-head screw M10 × 20

STAGE 1 / PARTS

Identify your components

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

REF 37

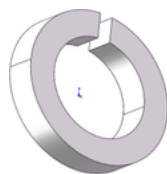
QTY 7



Socket-head screw M8 × 30

REF 38

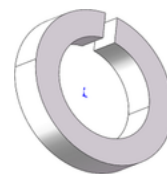
QTY 2



Spring washers Ø8

REF 39

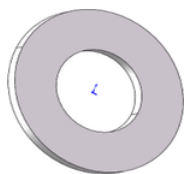
QTY 10



Spring washers Ø10

REF 40

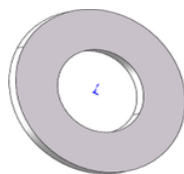
QTY 7



Gasket Ø8.3xØ 16 × 1

REF 41

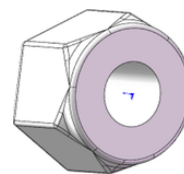
QTY 4



Washer Ø5.3xØ10 × 1

REF 42

QTY 6



Locknut M10

REF 43

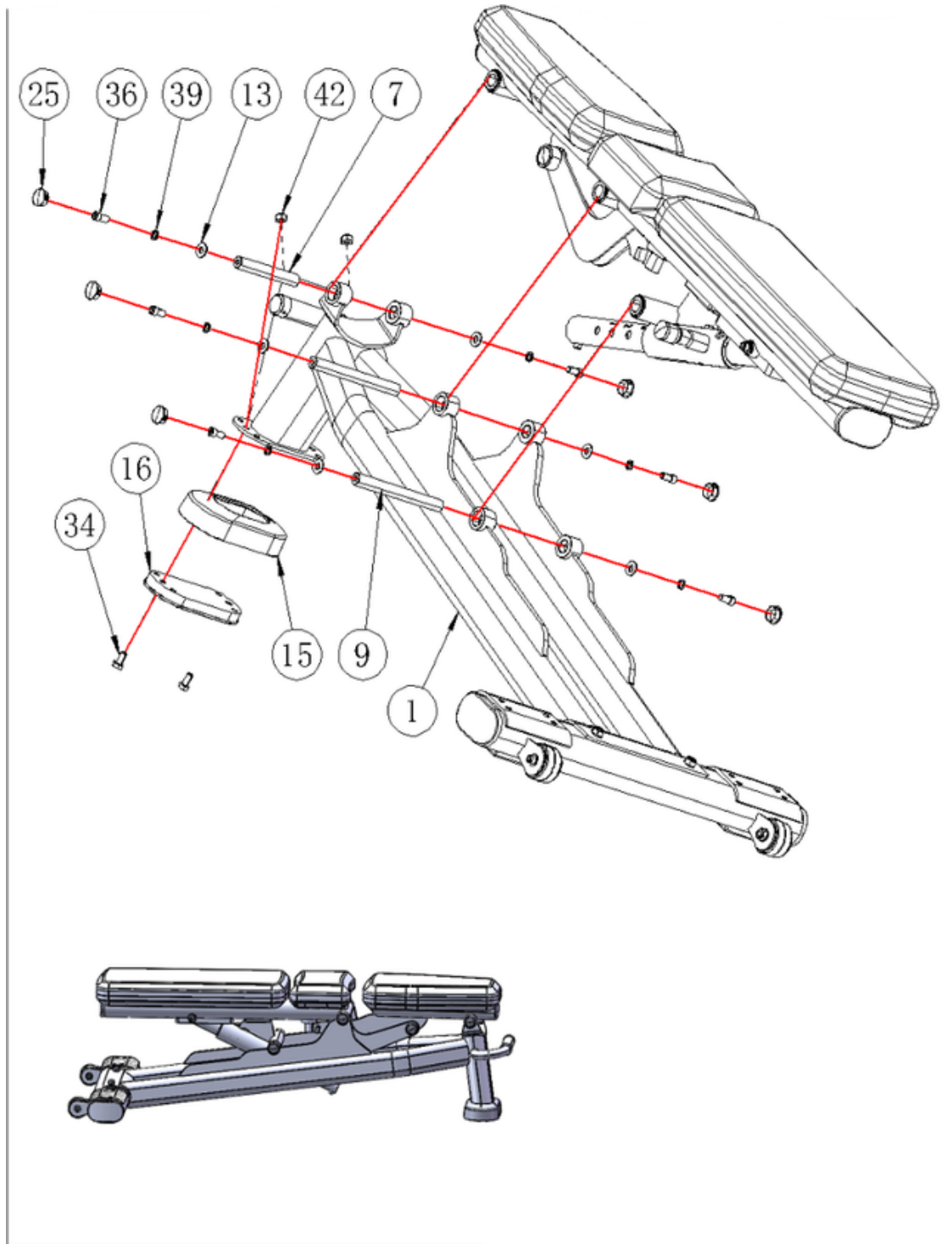
QTY 20

See assembly drawing

Allen pan head screws M5 × 10

STAGE 1 / DRAWING 1 OF 4

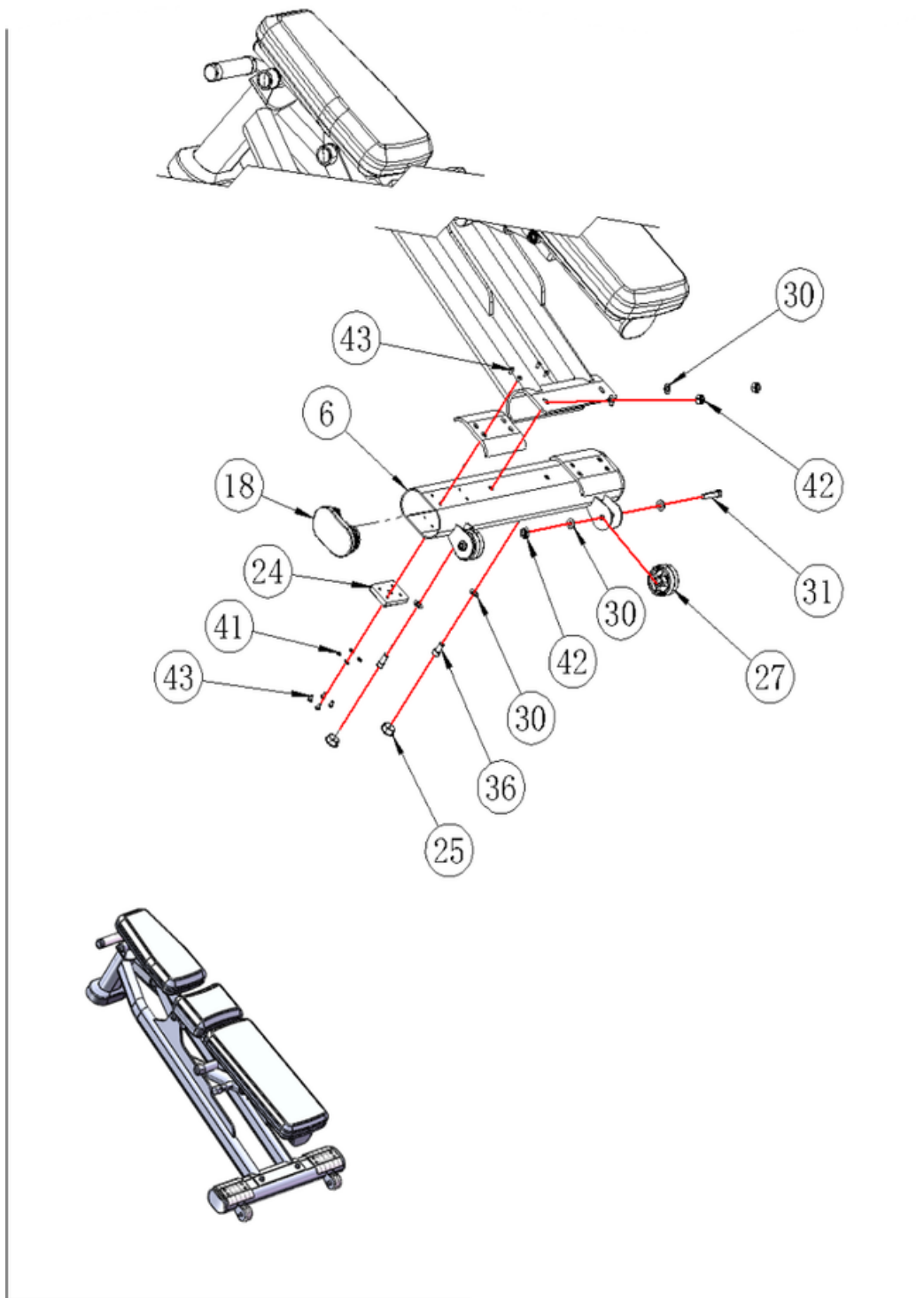
Assembly stage 1



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 4

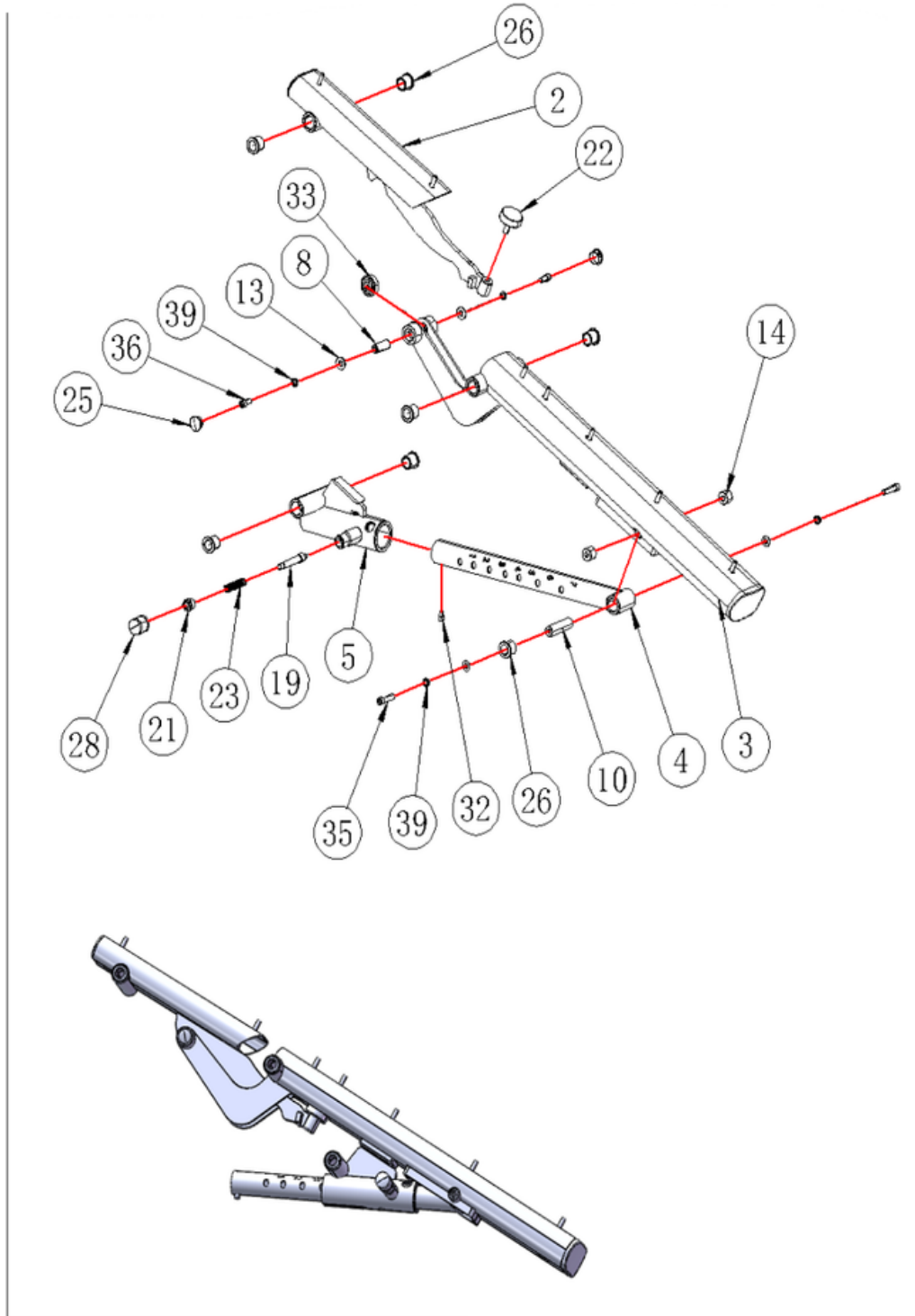
Assembly stage 1



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 3 OF 4

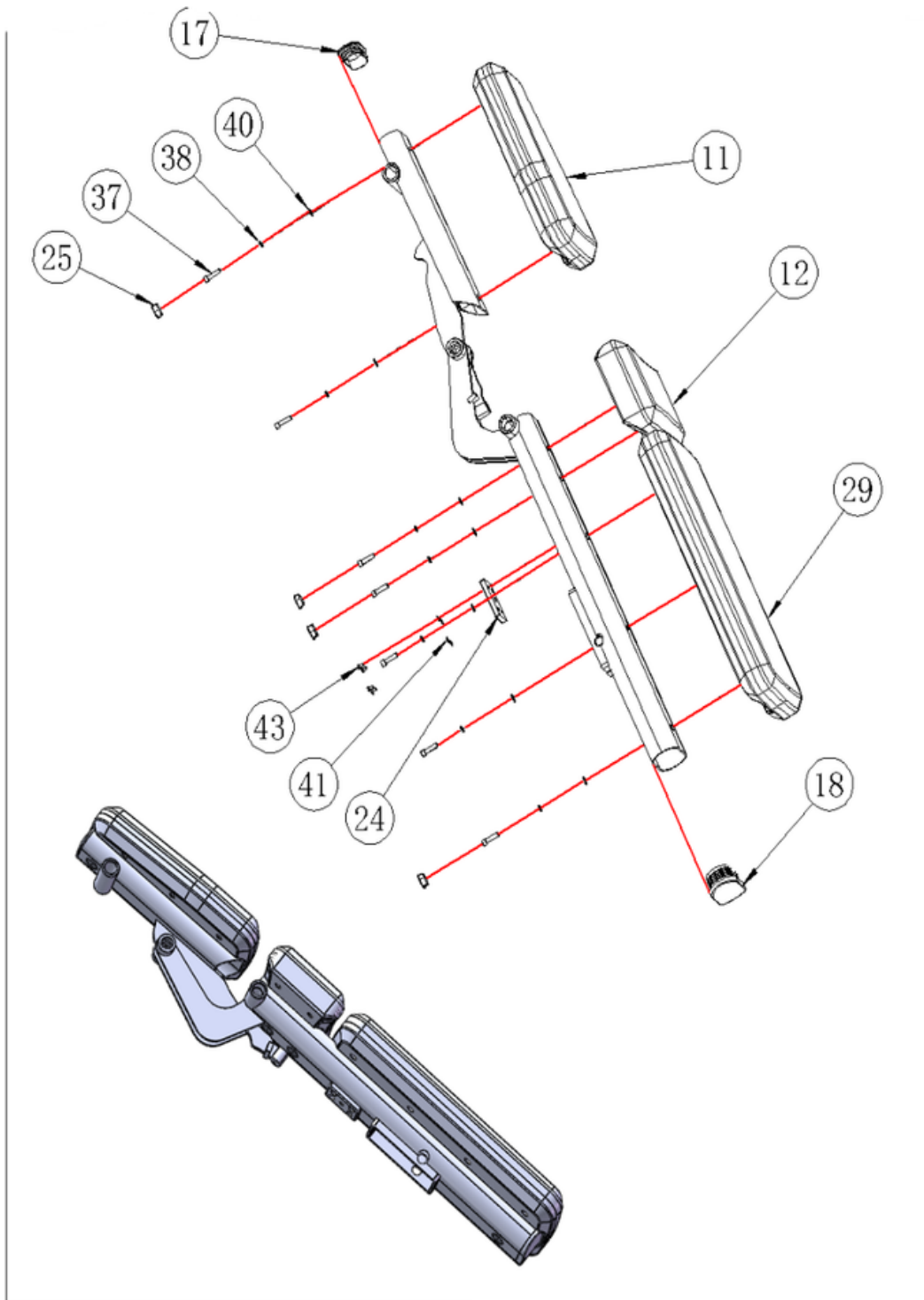
Assembly stage 1



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 4 OF 4

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.

Build the Base and Adjustment

Use the Stage 1 reference numbers throughout. Preserve any correctly assembled factory subassemblies. Confirm unclear or conflicting supplied parts before installation.

1. Prepare the rear base

Use drawing 2. Fit rubber pads 24 to base 6 using screws 43 and washers 41. Attach wheels 27 with screws 31 (M10 x 55), washers 30 and nuts 42. Fit end caps 18; confirm that wheels turn freely.

2. Join the fixed frame

Attach base 6 to main frame 1 with screws 36 (M10 x 20), washers 30 and nuts 42 where shown. Use drawing 1 to fit the front foot components with bolts 34. The list duplicates reference 16, while the drawing also shows 15: confirm both front-foot parts before fitting.

3. Assemble the adjustment tubes

Use drawing 3. Insert internal adjustment 4 into outer assembly 5 in the illustrated orientation. Fit pin 19, spring 23, nut 21 and cap 28 in the shown order. Verify that the pin retracts and fully engages a hole when released.

4. Join the seat and backrest frames

Support frames 2 and 3. Use drawing 3 for bushings 26, shaft 8 and bearing 33 at the seat pivot, and shaft 10 at the adjustment connection. Fit the illustrated retaining sleeves 14, washers and screws at their marked locations; keep the frames supported.

Check before continuing

The base is stable and the adjustment pin engages positively.

Fit the Upper Assembly and Pads

Keep the backrest and seat independently supported while fitting their pivots.

5. Join the upper assembly to the frame

Use drawing 1. Align the upper assembly with main frame 1. Fit shaft 7 and both shafts 9 at their illustrated pivot locations. Retain the shafts with screws 36, spring washers 39 and large washers 13. Confirm that every shaft is secured at both ends.

6. Fit the upholstery

Use drawing 4. Position seat cushion 11, pad 12 and back cushion 29 on their matching supports. Fit screws 37 (M8 x 30), washers 40 and spring washers 38 where shown. Start all screws before tightening evenly without crushing pad backing.

7. Fit the finishing components

Fit rubber pad 24 with screws 43 and washers 41 at the underside location in drawing 4. Fit end covers 17 and 18 and access plugs 25 after checking the underlying fasteners.

8. Test adjustment and stability

With the bench empty, support the backrest while testing each setting. Check full pin engagement, secure pivot retainers and free movement without excessive play. Confirm required torque and rated load before exercise.

Check before continuing

Both pads and all pivots are secure; the bench rests firmly on its feet.

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 every pivot retainer, pad fastener and adjustment-pin engagement. Support the unloaded backrest while testing each adjustment position.

☐ **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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