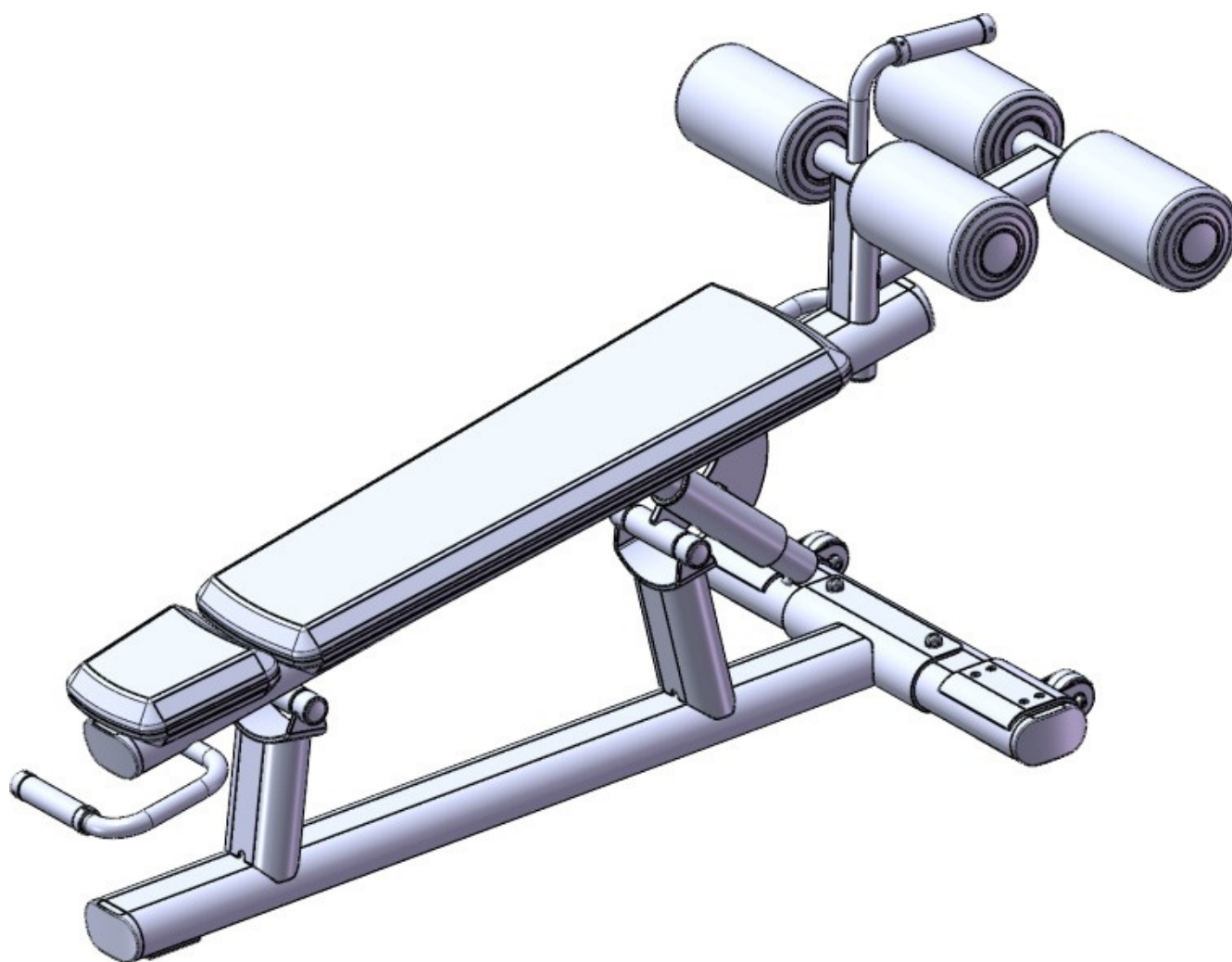


FOUNDATION SERIES

Adjustable Decline 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.

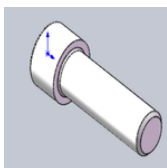
STAGE 1 / PARTS

Identify your components

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

REF 1

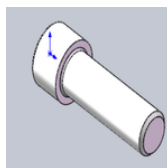
QTY 5



Socket-head screw M8 × 40

REF 2

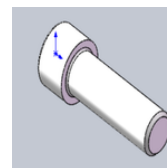
QTY 10



Socket-head screw M10 × 20

REF 3

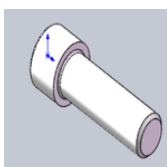
QTY 2



Socket-head screw M10 × 40

REF 4

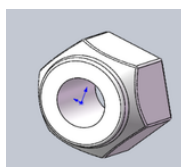
QTY 2



Socket-head screw M10 × 55

REF 5

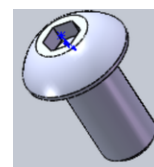
QTY 4



M10 locknut

REF 6

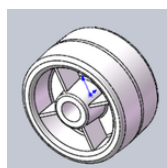
QTY 20



Socket-head screw M5 × 10

REF 7

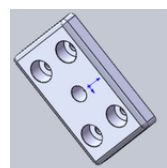
QTY 2



Mobile wheel

REF 8

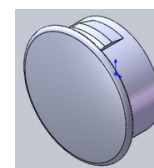
QTY 6



Rubber pad

REF 9

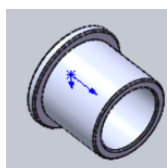
QTY 10



25 round hole plug

REF 10

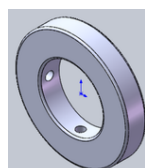
QTY 6



Sintered sleeve

REF 11

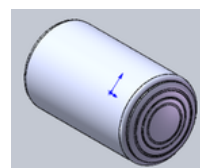
QTY 4



Stop ring

REF 12

QTY 4



Short foam

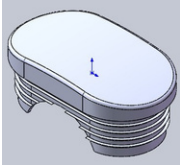
STAGE 1 / PARTS

Identify your components

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

REF 13

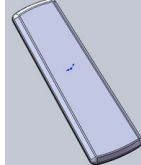
QTY 5



65-114 end cover (flat end)

REF 14

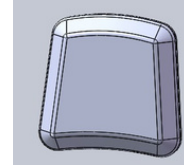
QTY 1



Backrest

REF 15

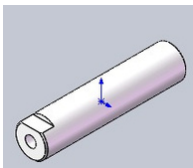
QTY 1



Head pad

REF 16

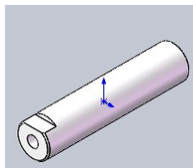
QTY 2



Rotating shaft

REF 17

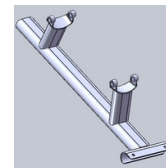
QTY 1



Rotating shaft

REF 18

QTY 1



Main frame assembly

REF 19

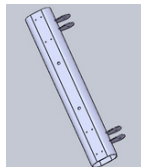
QTY 1



Backrest frame assembly

REF 20

QTY 1



Ground assembly

REF 21

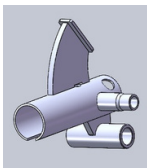
QTY 1



Adjustable assembly

REF 22

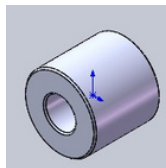
QTY 1



External adjustment assembly

REF 23

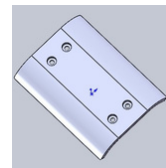
QTY 2



Small fixed sleeve

REF 24

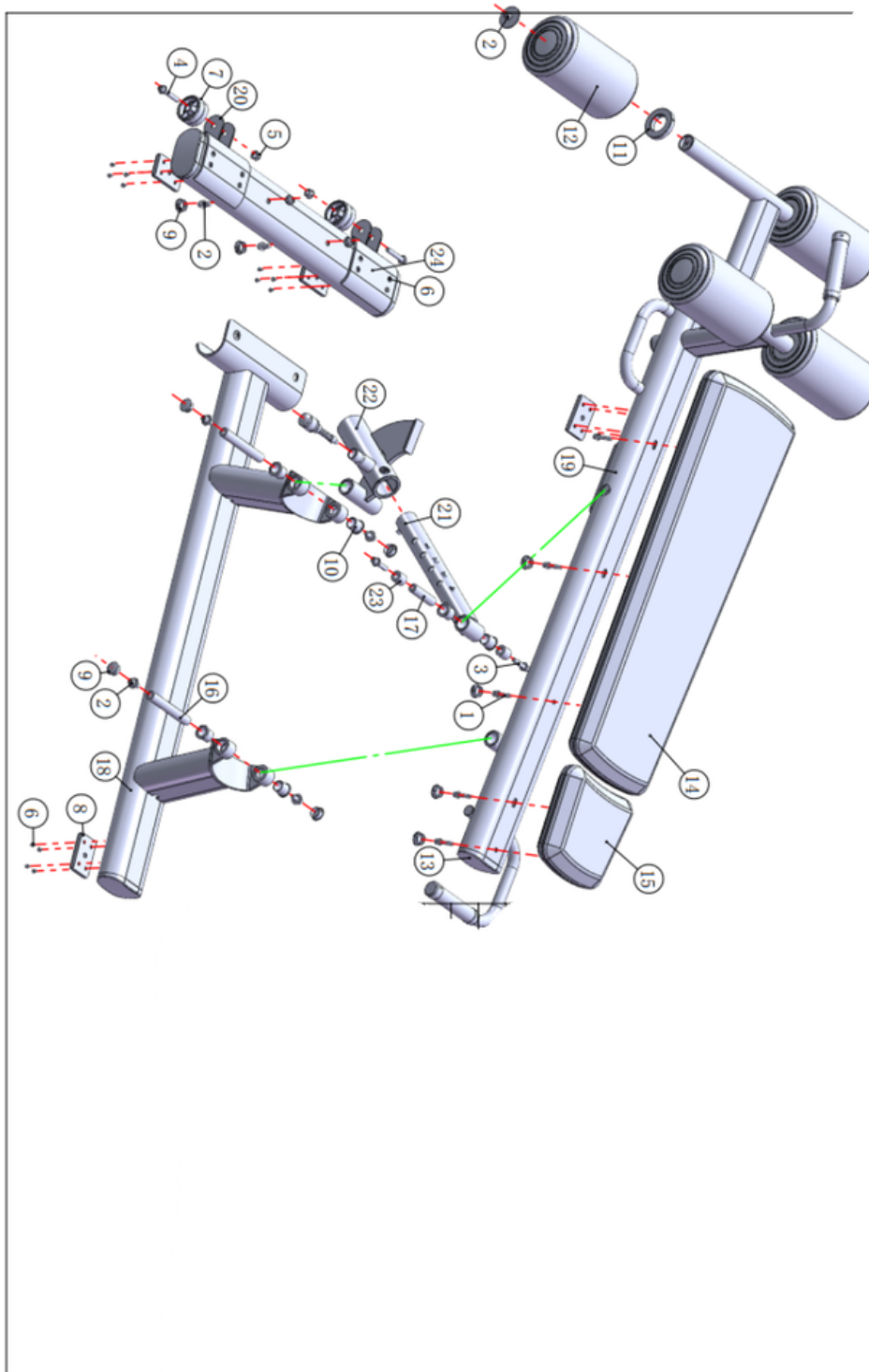
QTY 2



Foot mat

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 Decline Bench

Use the Stage 1 exploded drawing. Match all pivot sleeves and retainers before assembly; confirm any supplied adjustment-lock parts not detailed in the drawing with Build A Gym.

1. Prepare the feet and wheels

Fit rubber pads 8 and foot mats 24 at the indicated base locations with screws 6 (M5 x 10). Fit wheels 7 to base 20 using screws 4 (M10 x 55) and nuts 5; verify free wheel rotation.

2. Join the base

Support main frame 18 and align base 20 at the open mounting bracket. Install screws 2 (M10 x 20) and nuts 5 at the illustrated joint. Fit end covers 13 where shown.

3. Build the adjustment link

Identify internal adjustment 21 and external assembly 22. Place their sleeves and shafts in the illustrated order. Fit shaft 17 at the upper connection with sleeves 10 and 23 and the shown screws 3 (M10 x 40). Confirm that the adjustment lock engages before releasing support.

4. Join the backrest frame

Support backrest frame 19 above main frame 18. Align the two pivot connections, install shafts 16 with sleeves 10, and secure both ends using screws 2 where shown. Keep both frames supported until all retainers are fitted.

5. Fit the pads and rollers

Attach backrest 14 and head pad 15 using screws 1 (M8 x 40) at their matching holes. Fit four rollers 12 and stop rings 11 to the front supports, then secure the indicated ends with screws 2. Tighten pad fasteners evenly.

6. Complete and test

Fit plugs 9 after inspecting the joints. With the bench empty, support the backrest while checking every adjustment setting and positive lock engagement. Check roller retention and stability. Confirm unclear retaining details, required torque and rated load before use.

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 backrest pivot retainers, adjustment engagement and all four rollers. Support the unloaded backrest while testing its adjustment settings.

☐ **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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