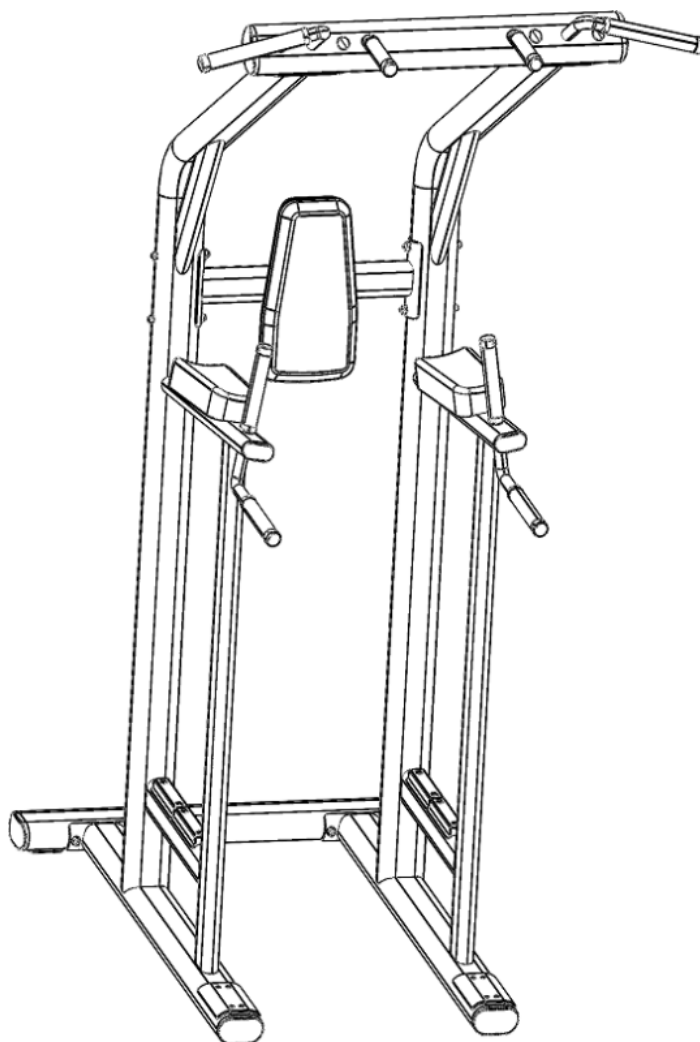


FOUNDATION SERIES

Chin Dip Leg Raise VKR Station

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 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

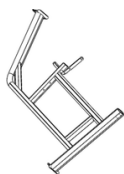
STAGE 1 / PARTS

Identify your components

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

REF 1

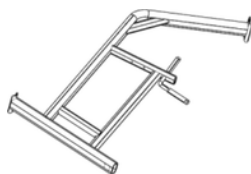
QTY 1



Right support assembly

REF 2

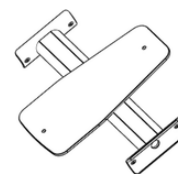
QTY 1



Left support assembly

REF 3

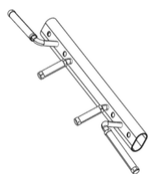
QTY 1



Connection assembly

REF 4

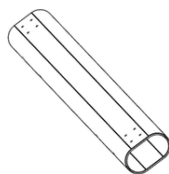
QTY 1



Upper support assembly

REF 5

QTY 1



Bottom connection pipe

REF 6

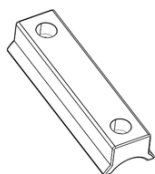
QTY 6



65 × 114 end cap

REF 7

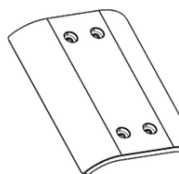
QTY 4



Nylon plates

REF 8

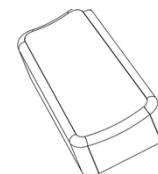
QTY 2



Foot mats

REF 9

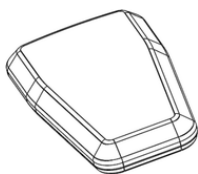
QTY 2



Elbow pads

REF 10

QTY 1



Backrest

REF 11

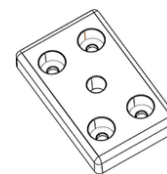
QTY 2



40 × 80 end cap

REF 12

QTY 4



Rubber pads

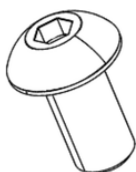
STAGE 1 / PARTS

Identify your components

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

REF 13

QTY 8



Socket-head screw M5 × 15

REF 14

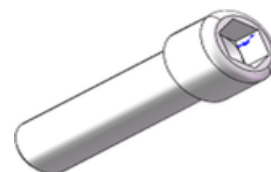
QTY 16



Socket-head screws M6 × 15

REF 15

QTY 8



Socket-head screw M8 × 20

REF 16

QTY 2



Socket-head screw M8 × 25

REF 17

QTY 4



Socket-head screw M8 × 55

REF 18

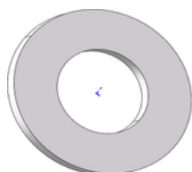
QTY 8



Socket-head screw M10 × 135

REF 19

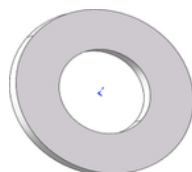
QTY 8



Washer Ø5.3xØ10 × 1

REF 20

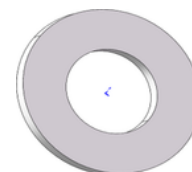
QTY 16



Washer Ø6.3xØ12 × 0.5

REF 21

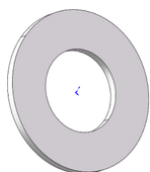
QTY 14



Washer Ø8.3xØ16 × 1

REF 22

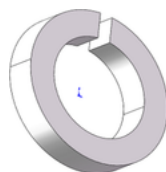
QTY 24



Washer Ø10.3xØ20 × 1.2

REF 23

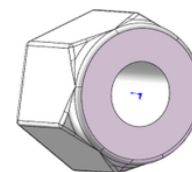
QTY 6



Spring washers Ø8

REF 24

QTY 12



Locknut M10

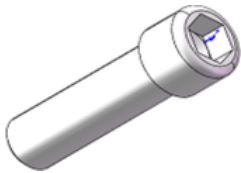
STAGE 1 / PARTS

Identify your components

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

REF 25

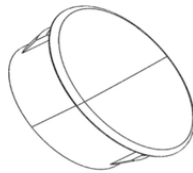
QTY 4



Socket-head screw M10 × 25

REF 26

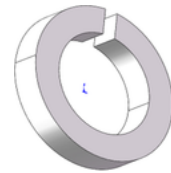
QTY 4



25 Round hole plugs

REF 27

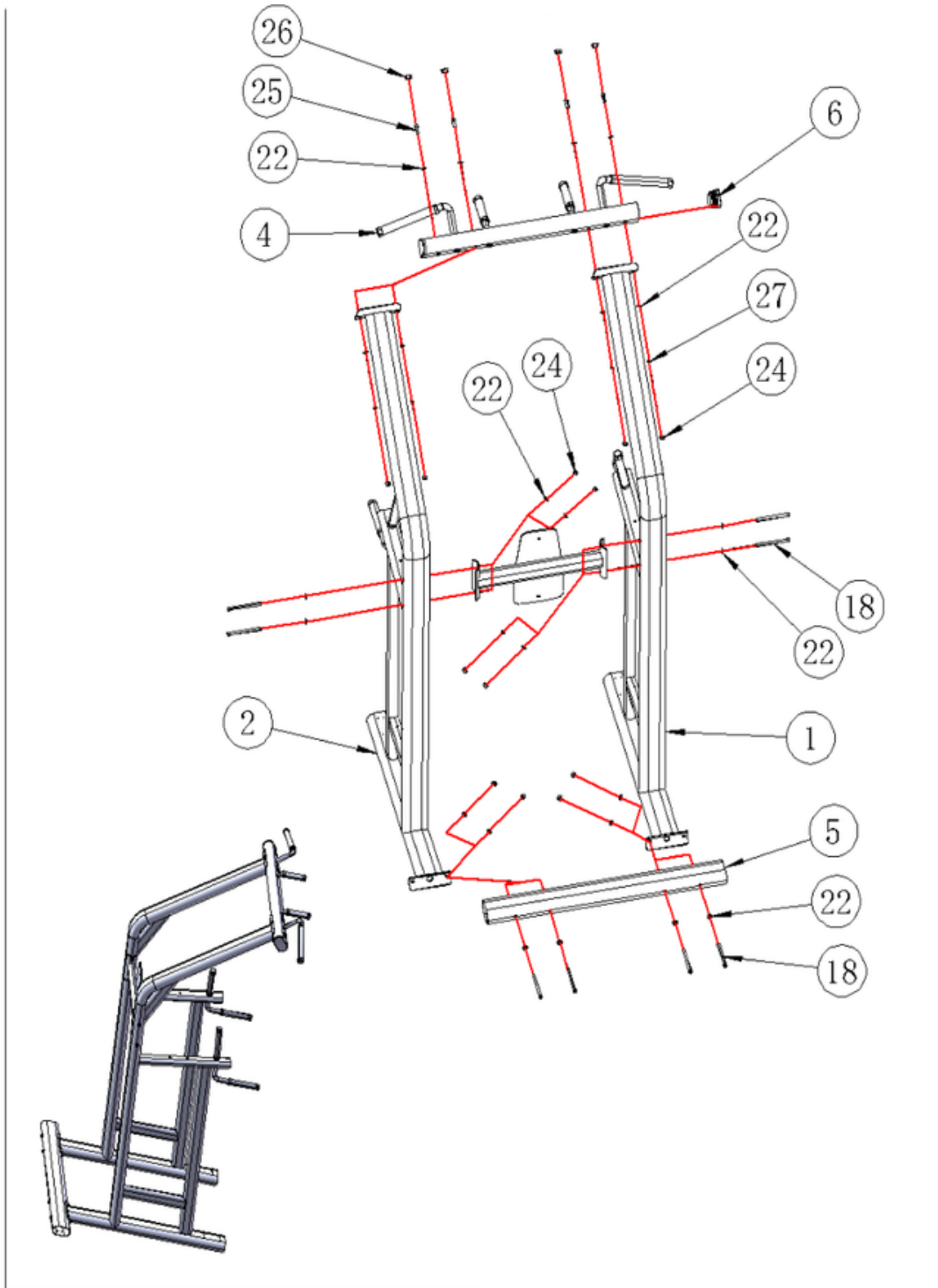
QTY 4



Spring washers Ø10

STAGE 1 / DRAWING 1 OF 3

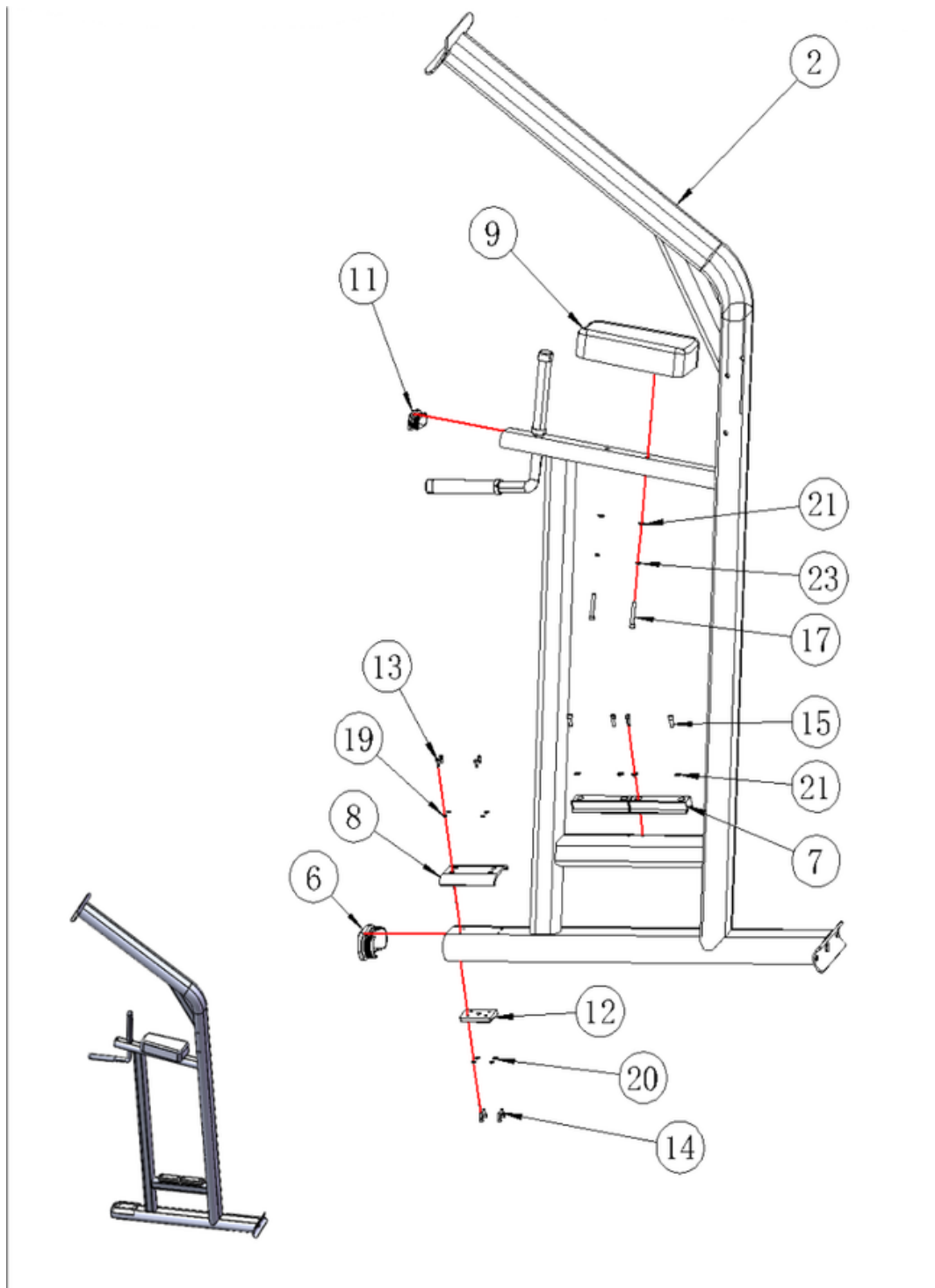
Assembly stage 1



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 3

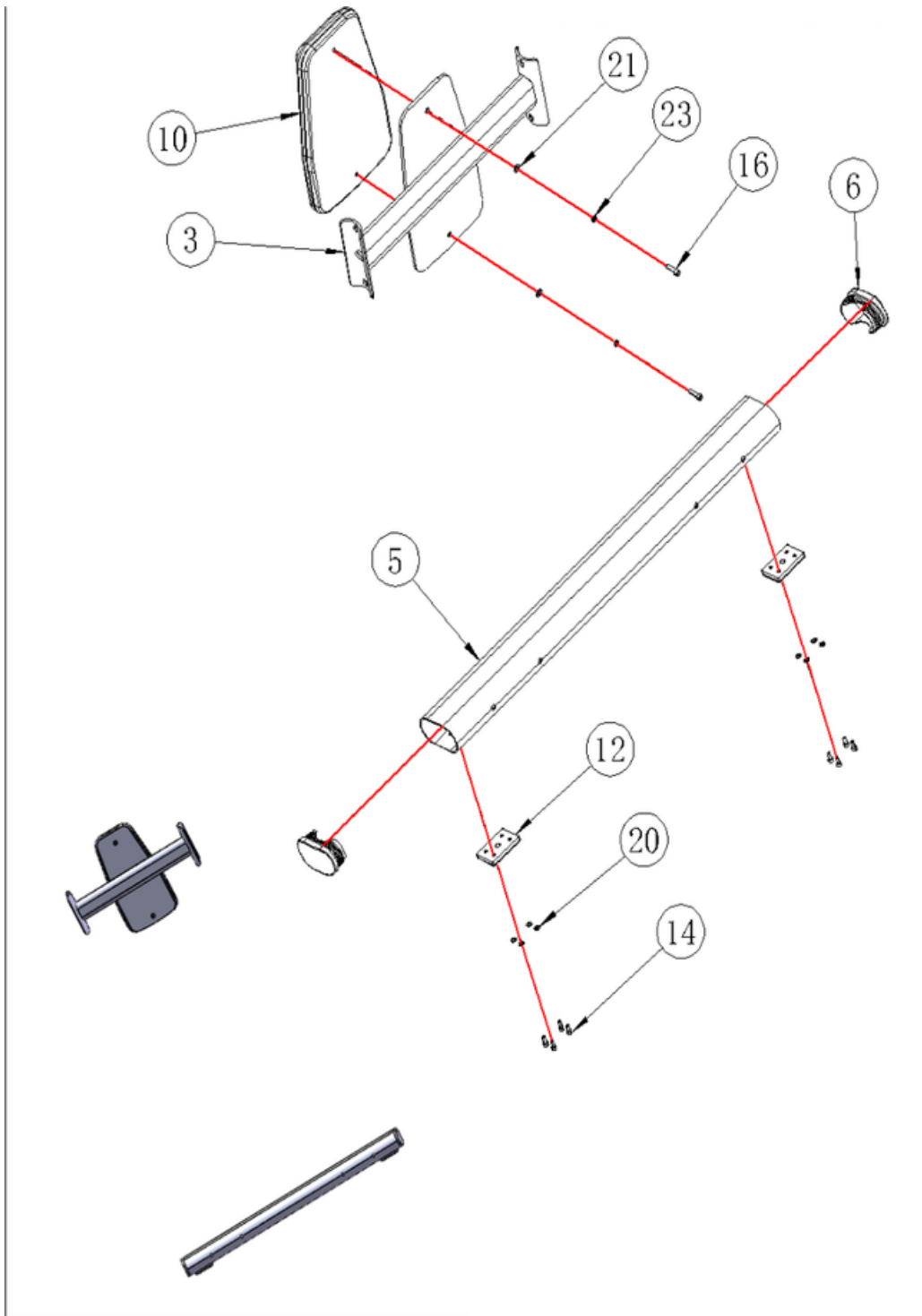
Assembly stage 1



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 3

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 VKR Station

Use the three Stage 1 drawings. Assemble smaller parts while the frame is safely supported, then join and brace both tall side supports.

1. Prepare the side supports

Use drawing 2 for each side. Fit rubber feet 12 with screws 14 (M6 x 15) and washers 20. Fit foot mats 8 with screws 13 (M5 x 15) and washers 19, and nylon plates 7 with screws 15 (M8 x 20) and washers 21.

2. Fit the elbow pads

Place each pad 9 above its arm support. Install screws 17 (M8 x 55), spring washers 23 and washers 21 from underneath. Start both fasteners before tightening evenly. Fit end caps 6 and 11 at the shown openings.

3. Prepare the rear connections

Use drawing 3. Attach backrest 10 to connection 3 with screws 16 (M8 x 25), spring washers 23 and washers 21. Fit feet 12 to lower tube 5 with screws 14 and washers 20; fit its end caps 6.

4. Join the lower frame

Brace right support 1 and left support 2 upright. Use drawing 1 to place tube 5 between their bases. Install screws 18 (M10 x 135), washers 22 and nuts 24 at the illustrated lower joints. Keep the frame supported.

5. Join the backrest connection

Position connection 3 between the side supports with the pad facing the exercise area. Fit screws 18, washers 22 and nuts 24 at both ends, following drawing 1.

6. Install the upper support

With help, hold upper support 4 across the top of both uprights. Install screws 25 (M10 x 25), washers 22 and the illustrated spring washers 27 and nuts 24. Fit plugs 26 after fastening.

7. Complete the installation

Square the frame and secure all fixed joints. Check every handgrip, pad, step and foot. Confirm torque, rated load and floor-anchoring requirements with Build A Gym before climbing onto the station.

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 upper-bar joints, dip handles, elbow pads, backrest and steps.
Confirm installation requirements before supporting body weight on the station.

☐ **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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