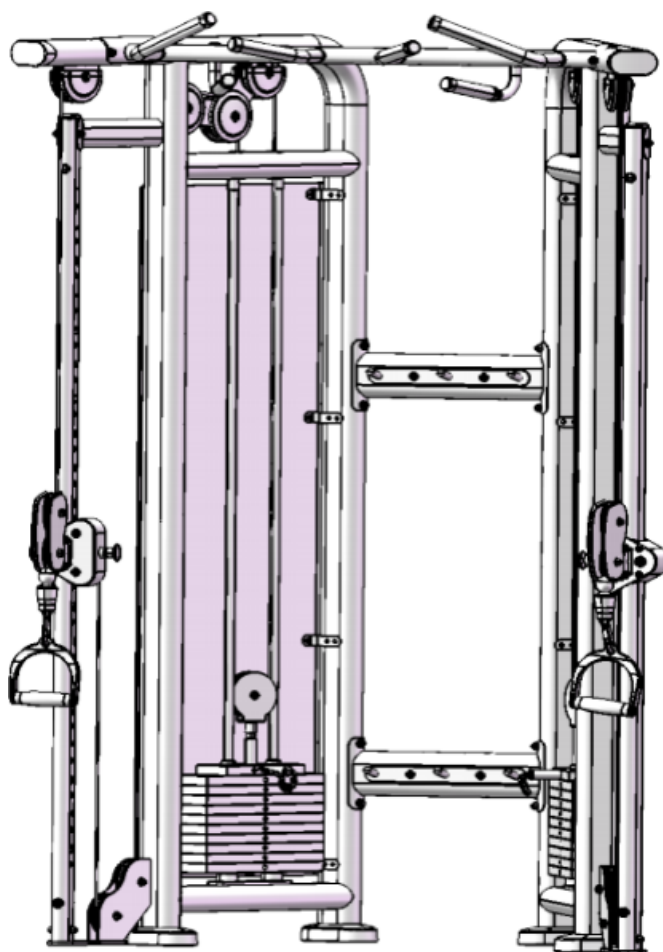


FOUNDATION SERIES

Dual Adjustable Pulley Functional Trainer

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 → Stage 2 → Stage 3 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

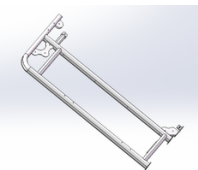
STAGE 1 / PARTS

Identify your components

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

REF 1

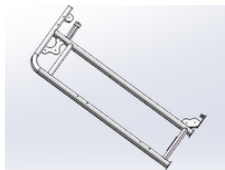
QTY 1



Right main frame assembly

REF 2

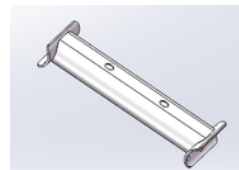
QTY 1



Left main frame assembly

REF 6

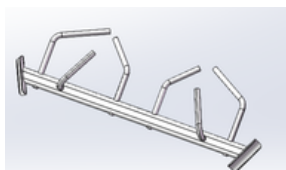
QTY 2



Lower connecting pipe

REF 9

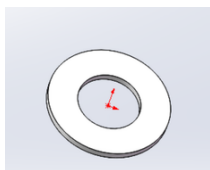
QTY 1



Upper connecting components

REF 58

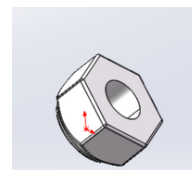
QTY 104



10 mm washer

REF 60

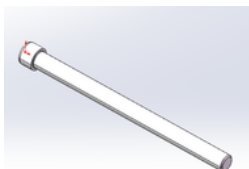
QTY 48



M10nut

REF 75

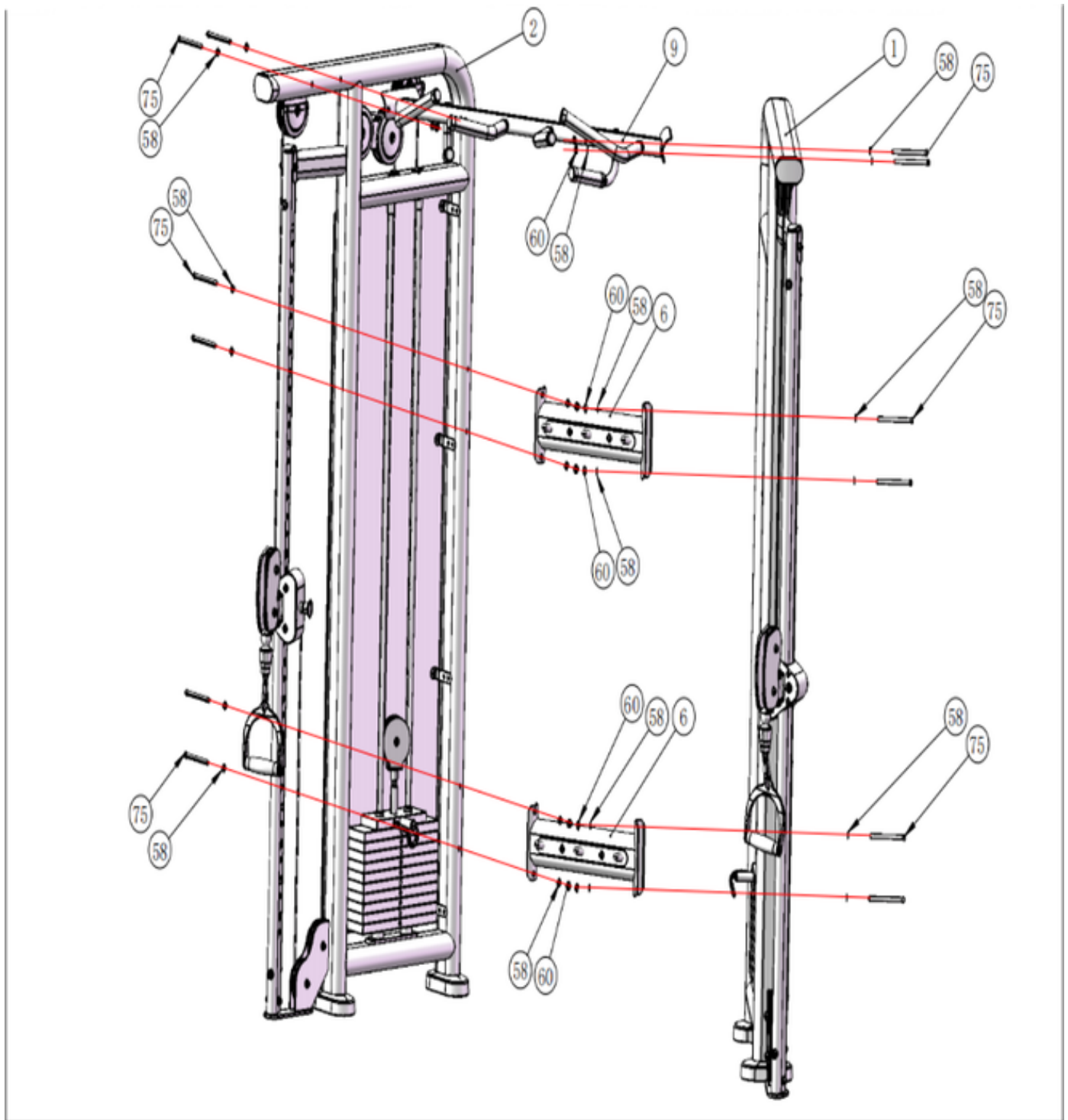
QTY 12



M10 x 135 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.

Stage 1: Join the Towers

Use Stage 1 references. The listed hardware totals include more than these frame joints; use only the callouts shown at each connection.

1. Position and brace the towers

Identify right frame 1 and left frame 2. Set them in their completed orientation with the adjustment carriages facing the exercise area. Brace both towers independently; do not rely on an unfinished connection to prevent tipping.

2. Fit both connecting tubes

Position the two connectors 6 at the lower and middle mounting points shown. Install screws 75 (M10 x 135), washers 58 and nuts 60 at each marked joint. Start all fasteners before tightening.

3. Fit the upper connection

With help and independent support, position upper connection 9 between the towers. Attach it with screws 75, washers 58 and nuts 60 at the shown upper joints. Keep the assembly braced until all frame connections are complete.

4. Align the frame

Set both towers level and align the connectors without forcing bolt holes together. Secure the fixed joints. Confirm the required torque and floor-fixing method with Build A Gym before loading or using the trainer.

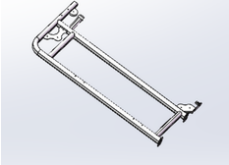
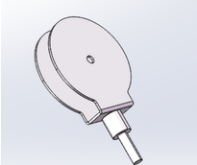
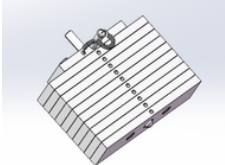
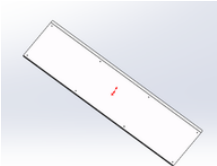
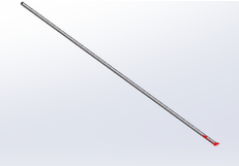
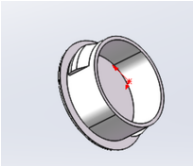
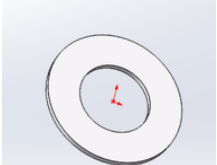
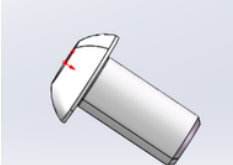
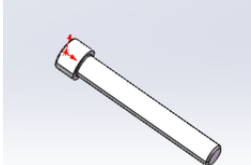
Check before continuing

The joined frame is stable and all structural connections are secured.

STAGE 2 / PARTS

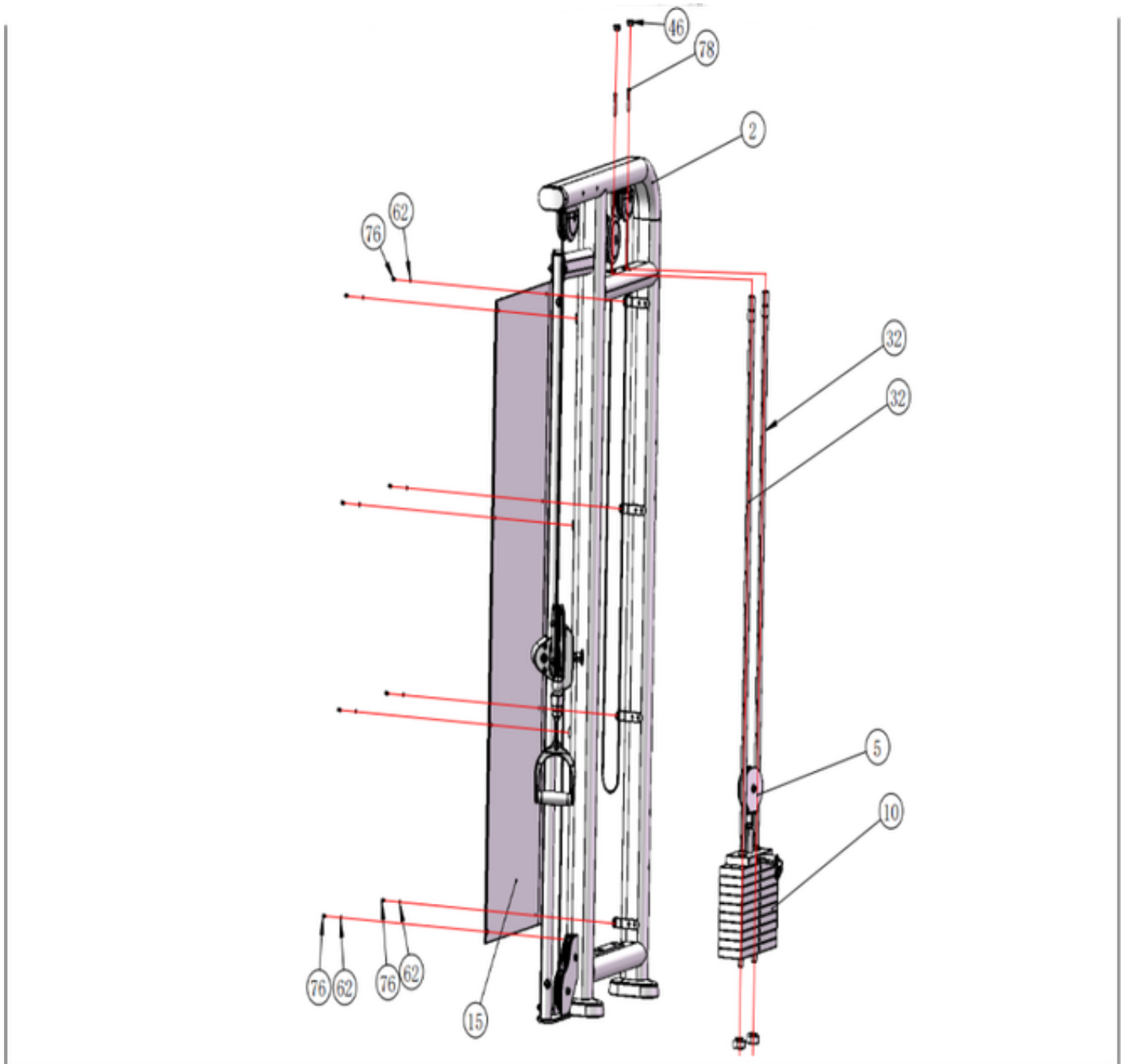
Identify your components

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

<div>REF 2</div> <div>QTY 1</div> <div></div> <div>Left main frame assembly</div>	<div>REF 5</div> <div>QTY 2</div> <div></div> <div>Pulley components</div>	<div>REF 10</div> <div>QTY 2</div> <div></div> <div>Weight stack assembly</div>
<div>REF 15</div> <div>QTY 2</div> <div></div> <div>Acrylic protective board</div>	<div>REF 32</div> <div>QTY 4</div> <div></div> <div>Weight-stack guide rod</div>	<div>REF 46</div> <div>QTY 8</div> <div></div> <div>25 round tube plug</div>
<div>REF 62</div> <div>QTY 24</div> <div></div> <div>6 mm washer</div>	<div>REF 76</div> <div>QTY 56</div> <div></div> <div>M6 x 12 Socket-head screw</div>	<div>REF 78</div> <div>QTY 4</div> <div></div> <div>M8 x 55 Socket-head screw</div>

STAGE 2 / DRAWING 1 OF 1

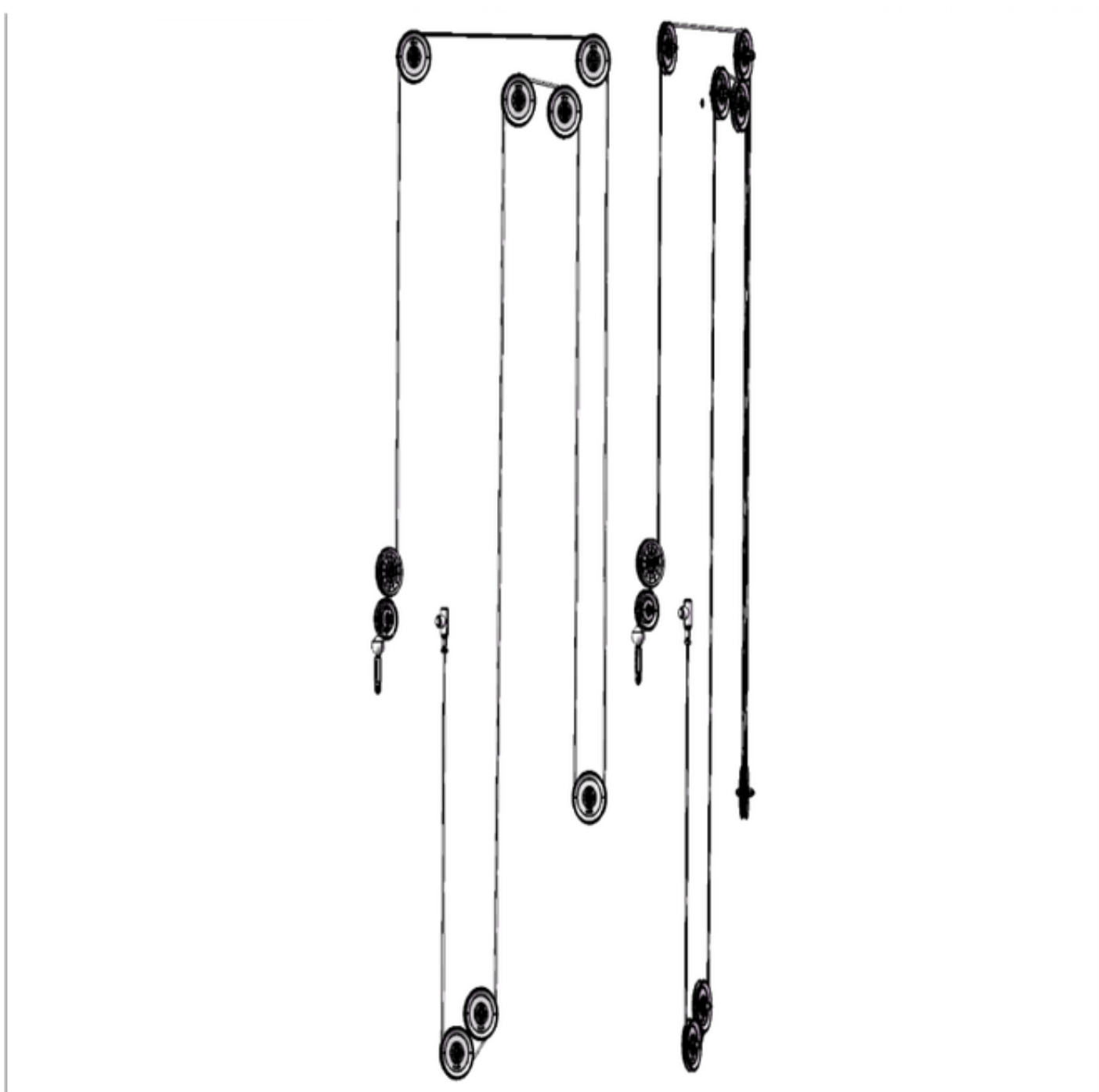
Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 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.

Stages 2-3: Stacks and Cables

Use the Stage 2 parts list and drawing, followed by the Stage 3 cable diagram. Work on one tower at a time; keep stacks fully resting on their base supports.

5. Fit the guide and stack assembly

Identify the two guide rods 32 and stack assembly 10 for each tower. Support the components while aligning the guide ends with the frame mounts. Preserve the supplied plate order and selector alignment. Fit the illustrated upper screws 78 (M8 x 55); confirm any lower retainers not detailed in the drawing before releasing support.

6. Check the stack pulley connection

Position pulley assembly 5 at the top of its corresponding stack as illustrated. Confirm secure attachment, correct alignment and all retainers. The source does not specify every stack connection; obtain any missing attachment details before applying cable tension.

7. Verify the cable paths

Compare each supplied cable run with Stage 3: follow its upper pulleys, lower return pulleys and carriage pulleys from end to end. Keep cables seated in every groove and clear of the frame. The diagram omits a numbered path and termination details; if disconnected, have the exact routing and end connections confirmed by Build A Gym before use.

8. Fit guards and test

After all internal connections are confirmed, fit guards 15 with screws 76 and washers 62 and fit plugs 46. With the lowest selectable load, test each carriage lock and move each handle slowly. Both stacks must lift and return freely without cable slack, rubbing or derailment.

Check before continuing

Every cable attachment is confirmed, guards are secure and both stacks return fully.

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 all cable terminations, pulley retainers and both carriage locks.
Test each stack separately after the routing and attachments are confirmed.

☐ **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.

(512) 591-8553 • buildagym.com