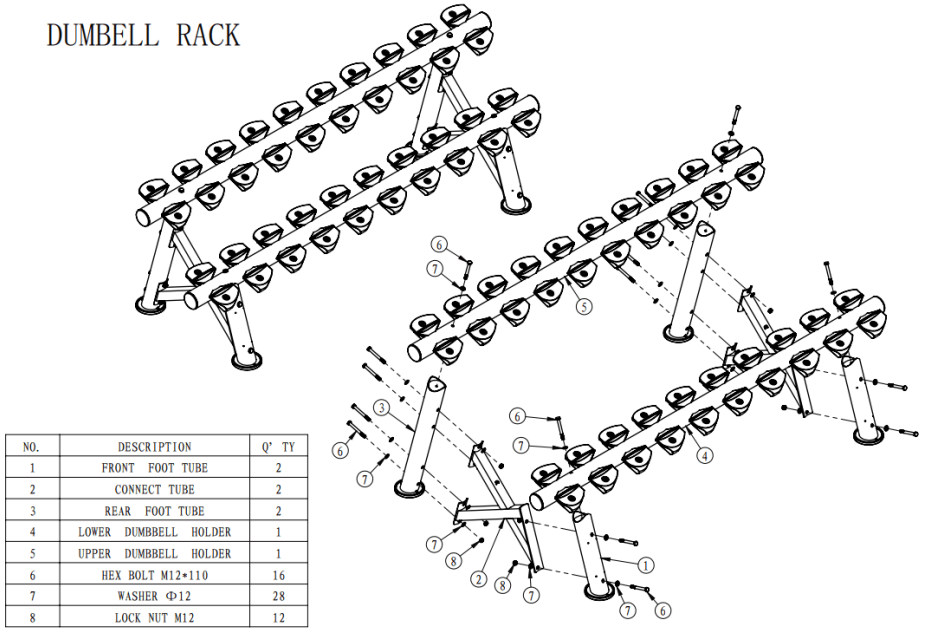
ASSEMBLY MANUAL

BUILT Strength Foundation Series Dumbbells (New)

10-Pair 2-Tier Rack V1

Current SKU: BLT-FD-10PR-RK-1



NO.	DESCRIPTION	Q' TY
1	FRONT FOOT TUBE	2
2	CONNECT TUBE	2
3	REAR FOOT TUBE	2
4	LOWER DUMBBELL HOLDER	1
5	UPPER DUMBBELL HOLDER	1
6	HEX BOLT M12*110	16
7	WASHER Φ12	28
8	LOCK NUT M12	12

FACTORY REFERENCE / MATCH YOUR CONFIGURATION BEFORE ASSEMBLY

BEFORE YOU START

PEOPLE

2 people recommended

TOOLS

Metric sockets / wrenches

WORKSPACE

Firm, level floor

Check every carton. Lay out the parts and hardware. Protect the finish and keep children and pets away. Read the whole guide before beginning.

MATCH YOUR RACK

Two end frames and two long round rails with individual cradles. The V2 rack has three support frames and four separate tray sections.

02 / INVENTORY

Parts & hardware

Factory item numbers are retained. Dimensions are in millimeters unless stated otherwise.

MAIN PARTS

ITEM	DESCRIPTION	QTY
1	Front foot tube - shorter	2
2	Connecting frame	2
3	Rear foot tube - taller	2
4	Lower dumbbell rail	1
5	Upper dumbbell rail	1

HARDWARE

ITEM	DESCRIPTION	QTY
6	M12 x 110 hex bolt	16
7	M12 flat washer	28
8	M12 lock nut	12

INVENTORY NOTE

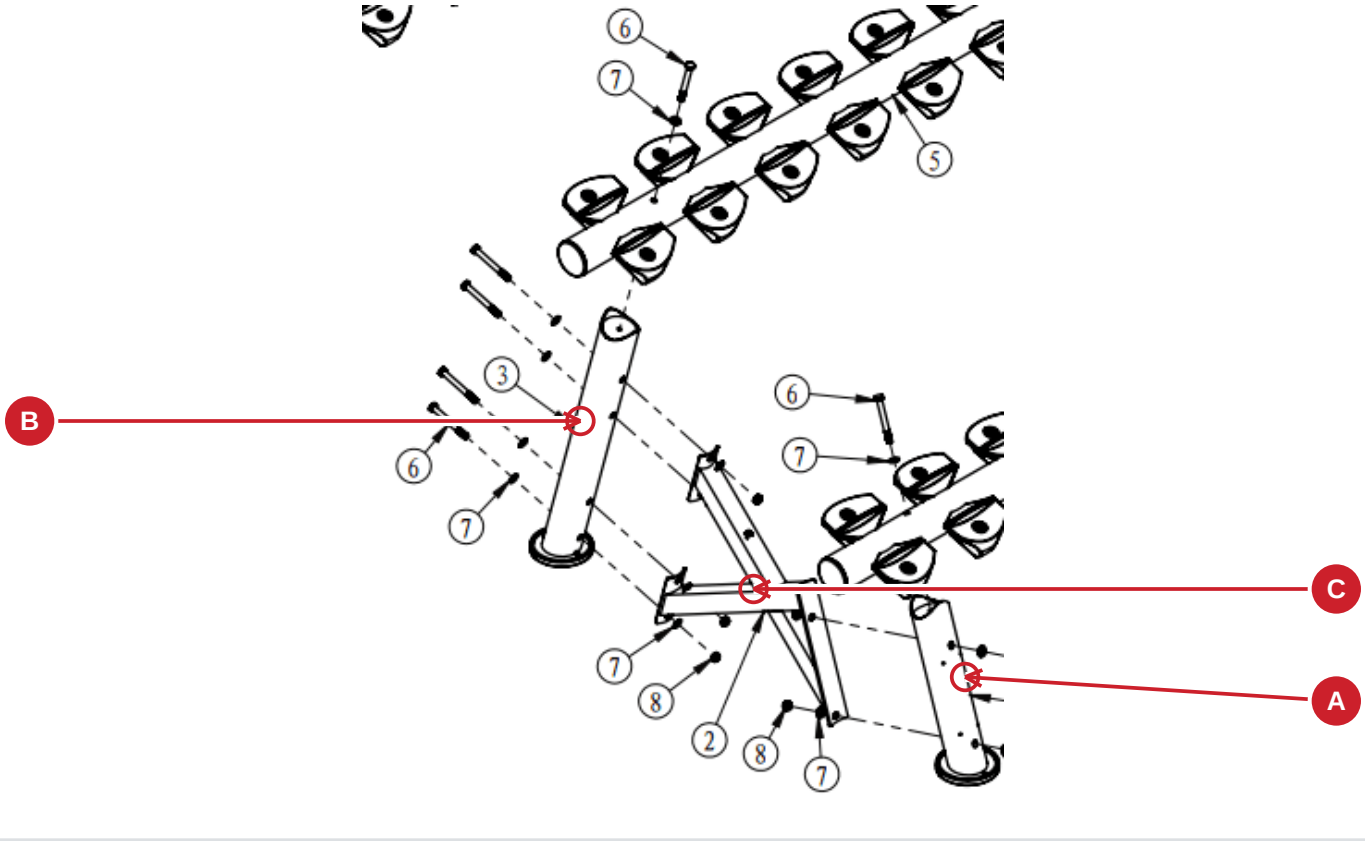
Frame joints use a washer under the bolt head and another under the lock nut. The four rail bolts are shown with one washer each; the factory list includes no separate nuts for those four joints.

Missing or damaged parts? Check every carton and all packing material. Contact Build A Gym with your order number, current SKU, factory reference, and clear photos.

03 / ASSEMBLY / STEP 01

Build both end frames

Pair a shorter front foot (1) and taller rear foot (3) with a connecting frame (2). Each end frame uses six bolts (6), 12 washers (7), and six lock nuts (8): four bolts at the rear foot and two at the front. Repeat for the second end frame; leave the joints loose.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

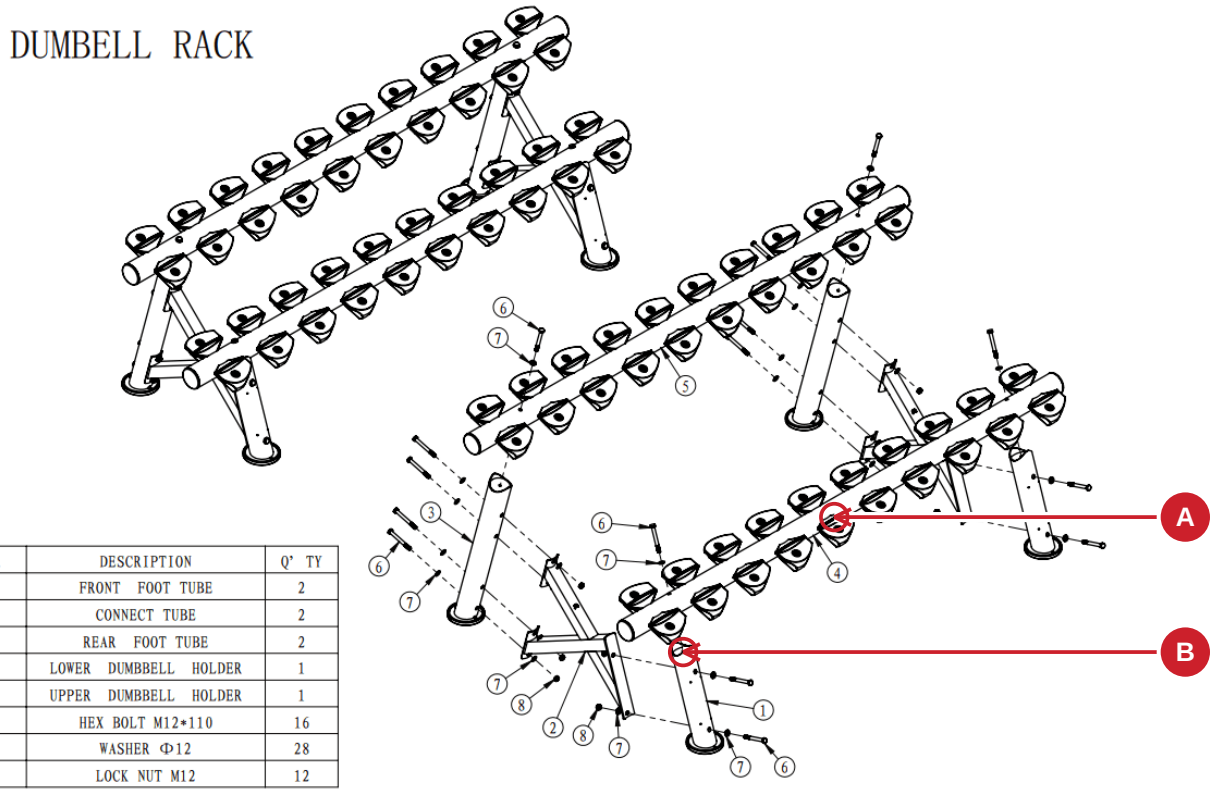
- **A** Short front foot - item 1
- **B** Tall rear foot - item 3
- **C** Connecting frame - item 2

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

03 / ASSEMBLY / STEP 02

Attach the lower rail

With a helper holding the frames, position rail (4) across the shorter front feet, cradles upward. At each end, start one M12 x 110 bolt (6) with one washer (7), following the factory drawing. Support the rail while the fasteners are loose.



NO.	DESCRIPTION	Q' TY
1	FRONT FOOT TUBE	2
2	CONNECT TUBE	2
3	REAR FOOT TUBE	2
4	LOWER DUMBBELL HOLDER	1
5	UPPER DUMBBELL HOLDER	1
6	HEX BOLT M12*110	16
7	WASHER Φ12	28
8	LOCK NUT M12	12

RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

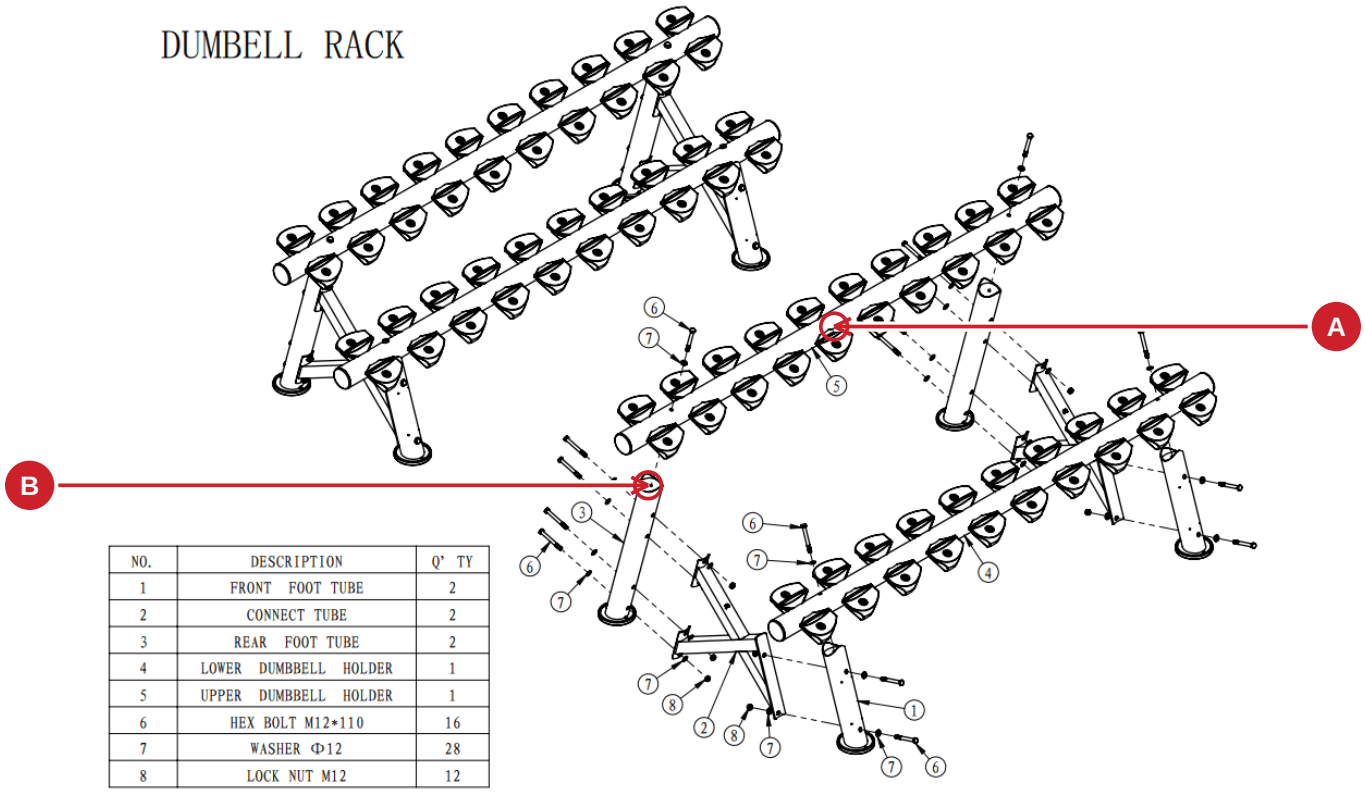
- **A** Lower rail - item 4
- **B** Lower rail mounting point

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

03 / ASSEMBLY / STEP 03

Attach the upper rail

Position rail (5) across the taller rear feet, cradles upward. Start one bolt (6) and one washer (7) at each end. Check that both rails sit on their supports and that all bolts turn freely by hand.



NO.	DESCRIPTION	Q' TY
1	FRONT FOOT TUBE	2
2	CONNECT TUBE	2
3	REAR FOOT TUBE	2
4	LOWER DUMBBELL HOLDER	1
5	UPPER DUMBBELL HOLDER	1
6	HEX BOLT M12*110	16
7	WASHER Φ12	28
8	LOCK NUT M12	12

RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

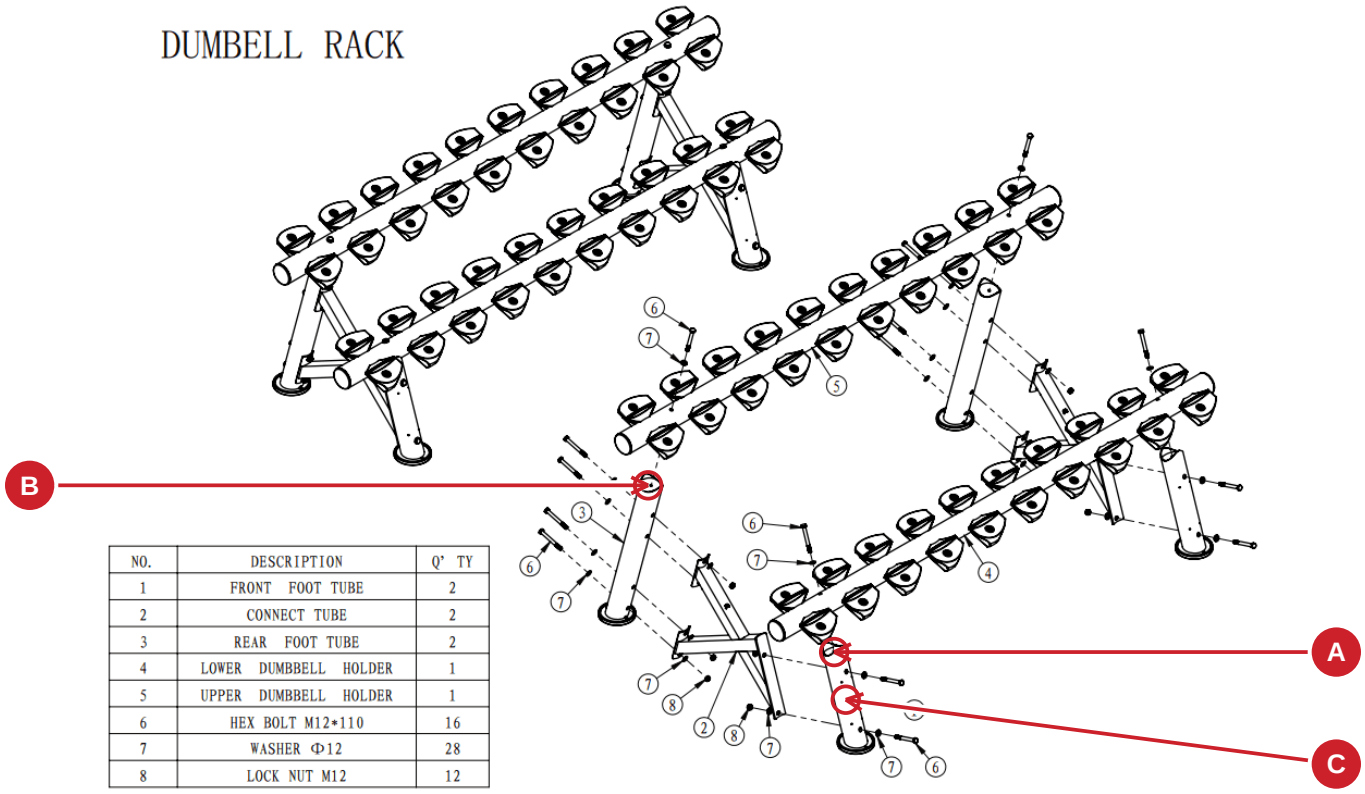
- **A** Upper rail - item 5
- **B** Upper rail mounting point

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

03 / ASSEMBLY / STEP 04

Level and tighten

With the rack empty, place it on a firm, level floor. Check that every foot sits flat and all rails or trays are seated. Square the frame, then tighten the installed fasteners evenly without crushing the tubing. Check every nut for full engagement. Do not load a rack that rocks or has a loose connection.



NO.	DESCRIPTION	Q' TY
1	FRONT FOOT TUBE	2
2	CONNECT TUBE	2
3	REAR FOOT TUBE	2
4	LOWER DUMBBELL HOLDER	1
5	UPPER DUMBBELL HOLDER	1
6	HEX BOLT M12*110	16
7	WASHER Φ12	28
8	LOCK NUT M12	12

RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Lower rail mounting point
- **B** Upper rail mounting point
- **C** Front foot - item 1

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

04 / BEFORE USE

Final checks & source notes

Complete these checks with the rack empty.

- [ ] All parts are present, correctly oriented, and free from damage.
- [ ] All installed fasteners are tightened; no joint or storage surface moves.
- [ ] Feet sit flat on a firm, level floor; the rack does not rock.
- [ ] Load gradually and evenly; keep heavier items low. Do not climb on the rack.

CAPACITY AND MAINTENANCE

Follow the manufacturer’s load limits supplied with your equipment. This source does not provide a numeric load rating or tightening torque; neither is inferred here. Inspect fasteners and contact surfaces regularly. Stop using the rack if a part loosens, wears, cracks, or is damaged.

Source review: No specific parts-list conflict was found in the supplied assembly reference. This does not establish an engineering load rating or replace inspection of the delivered hardware.

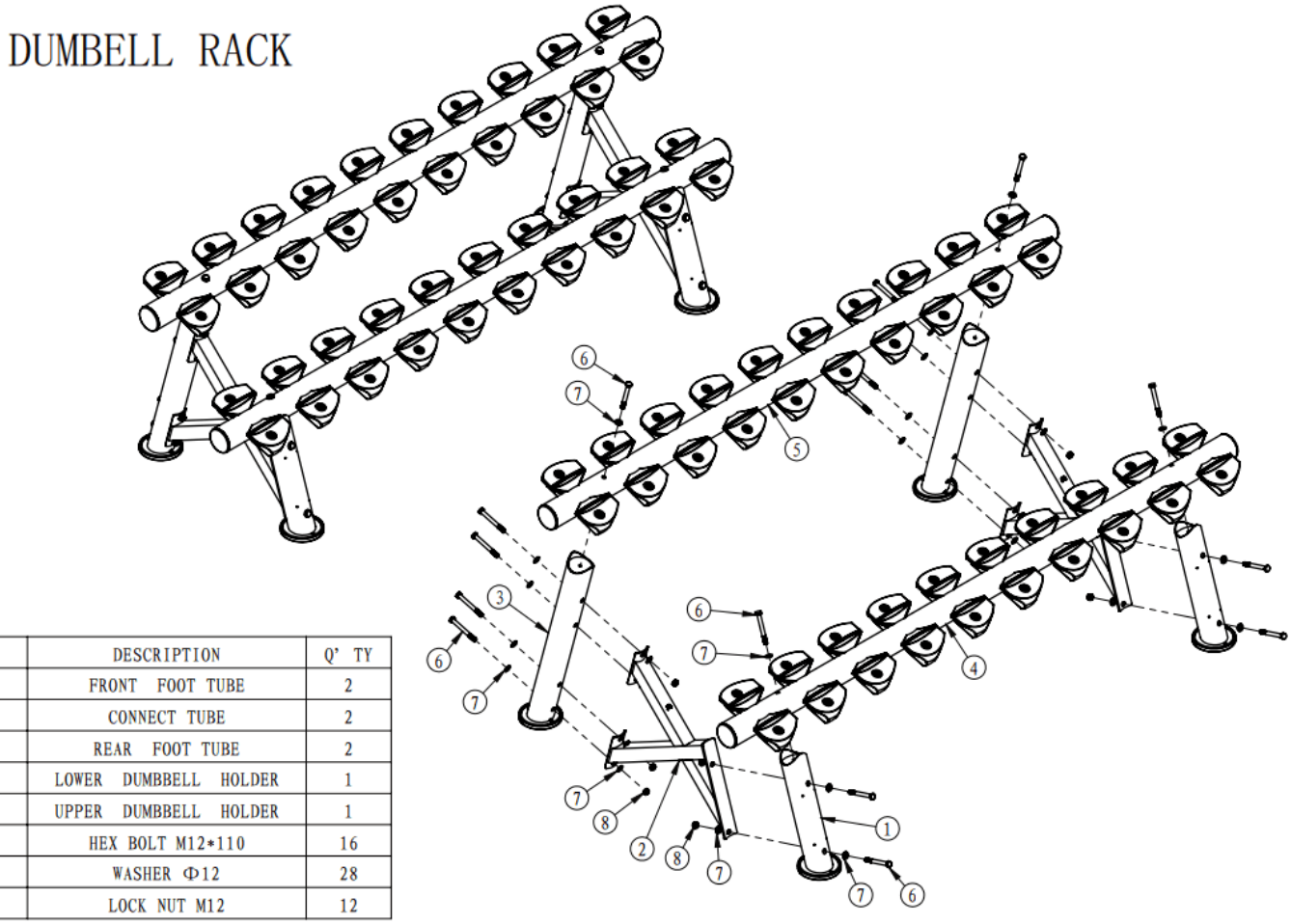
How this guide was prepared: Factory diagrams and item numbers are preserved. English descriptions and the assembly order have been organized for readability. Where the source supplies only a drawing, the sequence is inferred from the visible geometry; unresolved specifications are identified above. No unverified bolt sizes, capacities, or torque values have been added.

Need help? Contact Build A Gym through buildagym.com. Include your order number, SKU BLT-FD-10PR-RK-1, reference BS-10PR-RK-1, and photographs of the joint and hardware.

05 / FACTORY REFERENCE

Factory reference

Original factory geometry and labels. Use the English parts schedule and source notes in this guide.



NO.	DESCRIPTION	Q'TY
1	FRONT FOOT TUBE	2
2	CONNECT TUBE	2
3	REAR FOOT TUBE	2
4	LOWER DUMBBELL HOLDER	1
5	UPPER DUMBBELL HOLDER	1
6	HEX BOLT M12*110	16
7	WASHER Φ12	28
8	LOCK NUT M12	12

Reading the reference: Numbered callouts refer to the source parts or fastener groups. Dashed lines show alignment. An assembled view does not reveal every hidden connection. See the source notes for any interpretation or unresolved specification.