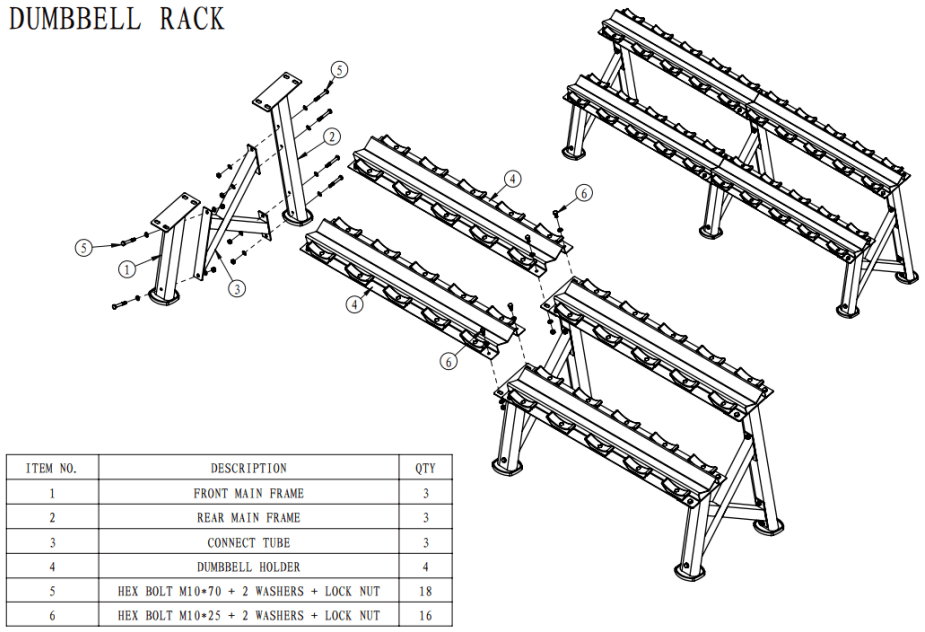
ASSEMBLY MANUAL

BUILT Strength Foundation Series Dumbbells (New)

10-Pair 2-Tier Rack V2

Current SKU: BLT-FD-10PR-RK-2



ITEM NO.	DESCRIPTION	QTY
1	FRONT MAIN FRAME	3
2	REAR MAIN FRAME	3
3	CONNECT TUBE	3
4	DUMBBELL HOLDER	4
5	HEX BOLT M10*70 + 2 WASHERS + LOCK NUT	18
6	HEX BOLT M10*25 + 2 WASHERS + LOCK NUT	16

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

Three support frames and four tray sections. Use this V2 guide only; the V1 rack has two frames and two round rails.

02 / INVENTORY

Parts & hardware

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

MAIN PARTS

ITEM	DESCRIPTION	QTY
1	Front main frame - shorter	3
2	Rear main frame - taller	3
3	Connecting frame	3
4	Dumbbell tray section	4

HARDWARE

ITEM	DESCRIPTION	QTY
5	M10 x 70 bolt set: 2 washers + lock nut	18
6	M10 x 25 bolt set: 2 washers + lock nut	16

INVENTORY NOTE

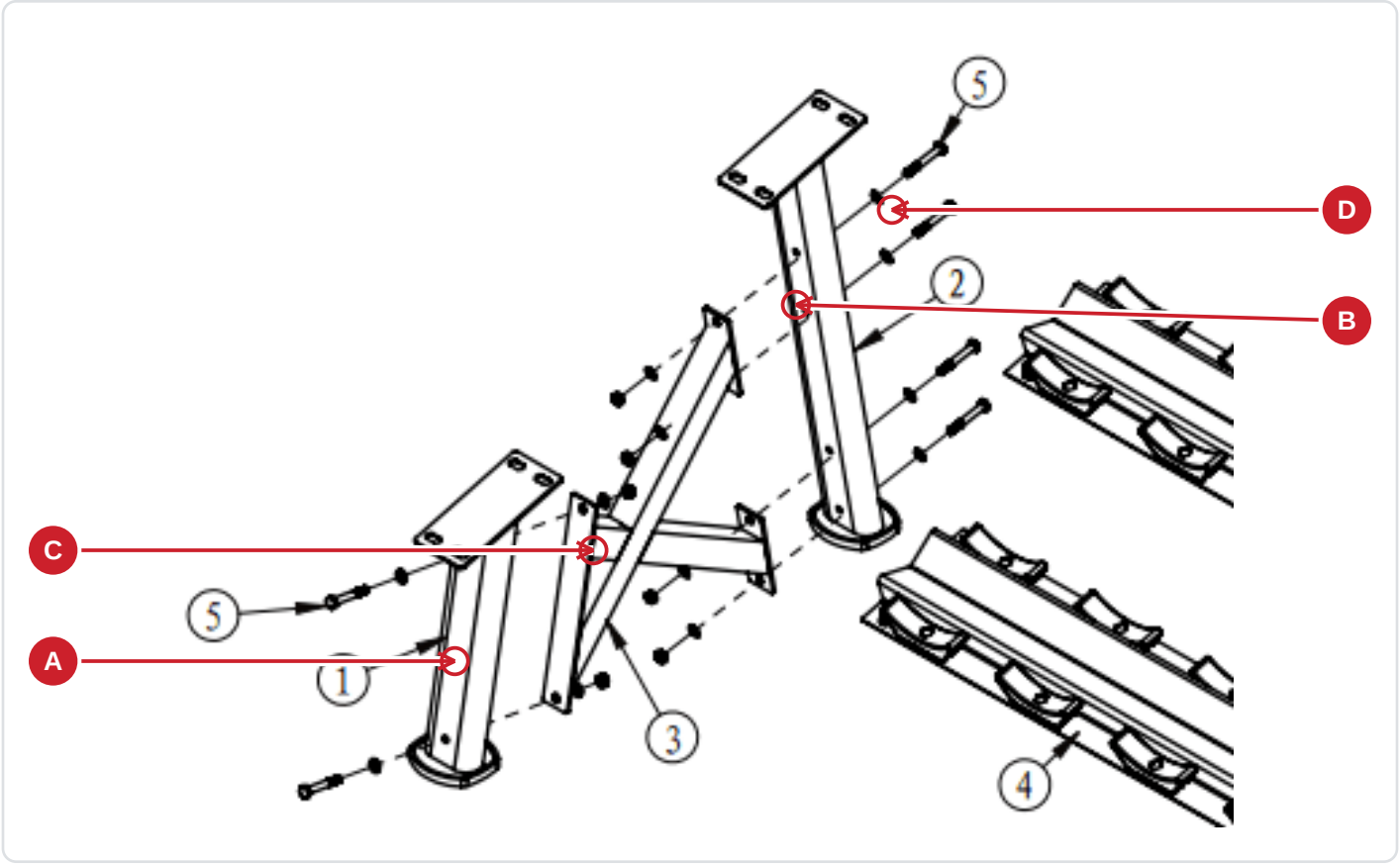
Keep the 70 mm and 25 mm bolts separate. Each listed bolt set includes two washers and one lock nut.

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 three support frames

Join one front frame (1), rear frame (2), and connecting frame (3) using six long bolt sets (5): four at the rear and two at the front. Repeat to make three frames. Leave all joints loose.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

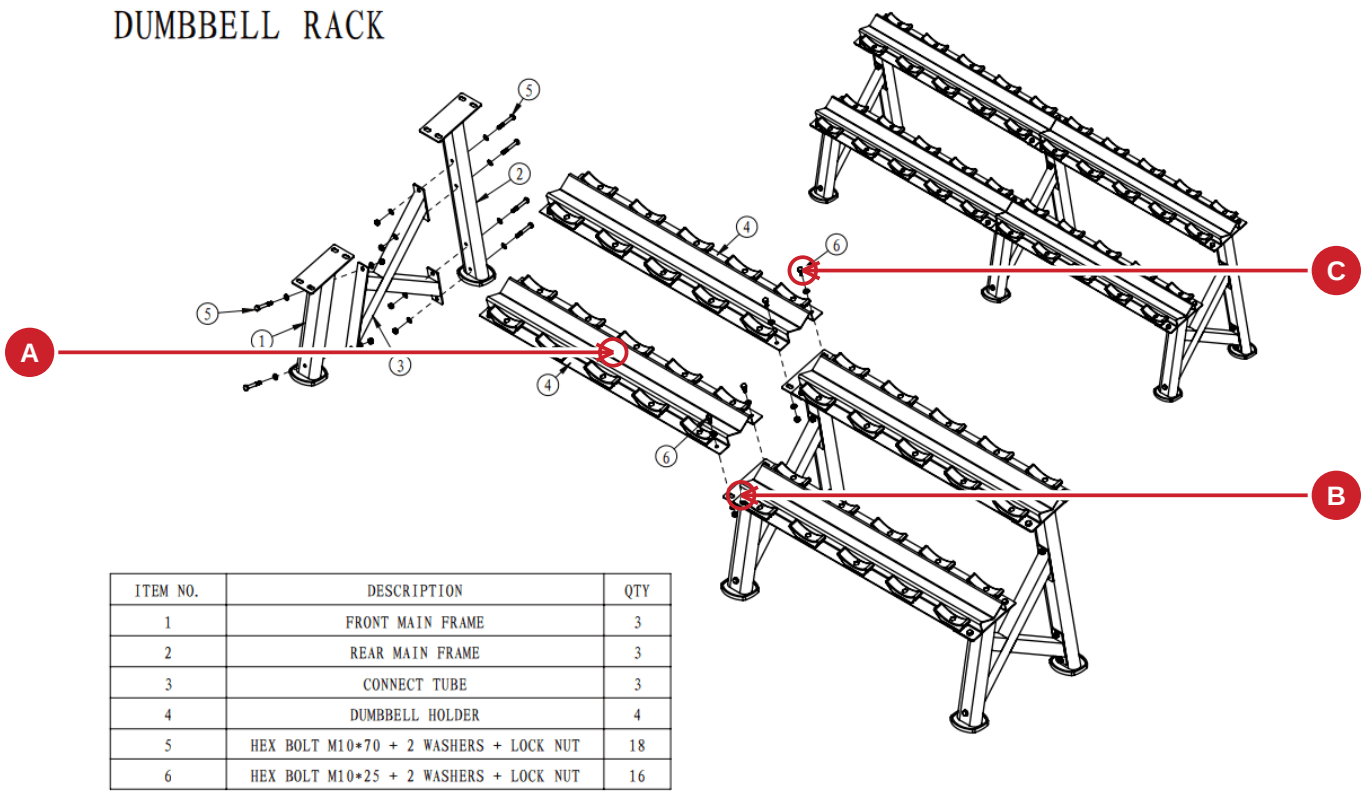
- **A** Short front frame - item 1
- **B** Tall rear frame - item 2
- **C** Connecting frame - item 3
- **D** Long frame bolt set - item 5

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

03 / ASSEMBLY / STEP 02

Install the lower trays

Stand the frames in a row with a helper. Set two trays (4) across the lower supports, meeting over the middle frame. Keep the cradles upward. Fit the short bolt sets (6) at both ends of each tray, leaving them loose.



ITEM NO.	DESCRIPTION	QTY
1	FRONT MAIN FRAME	3
2	REAR MAIN FRAME	3
3	CONNECT TUBE	3
4	DUMBBELL HOLDER	4
5	HEX BOLT M10*70 + 2 WASHERS + LOCK NUT	18
6	HEX BOLT M10*25 + 2 WASHERS + LOCK NUT	16

RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

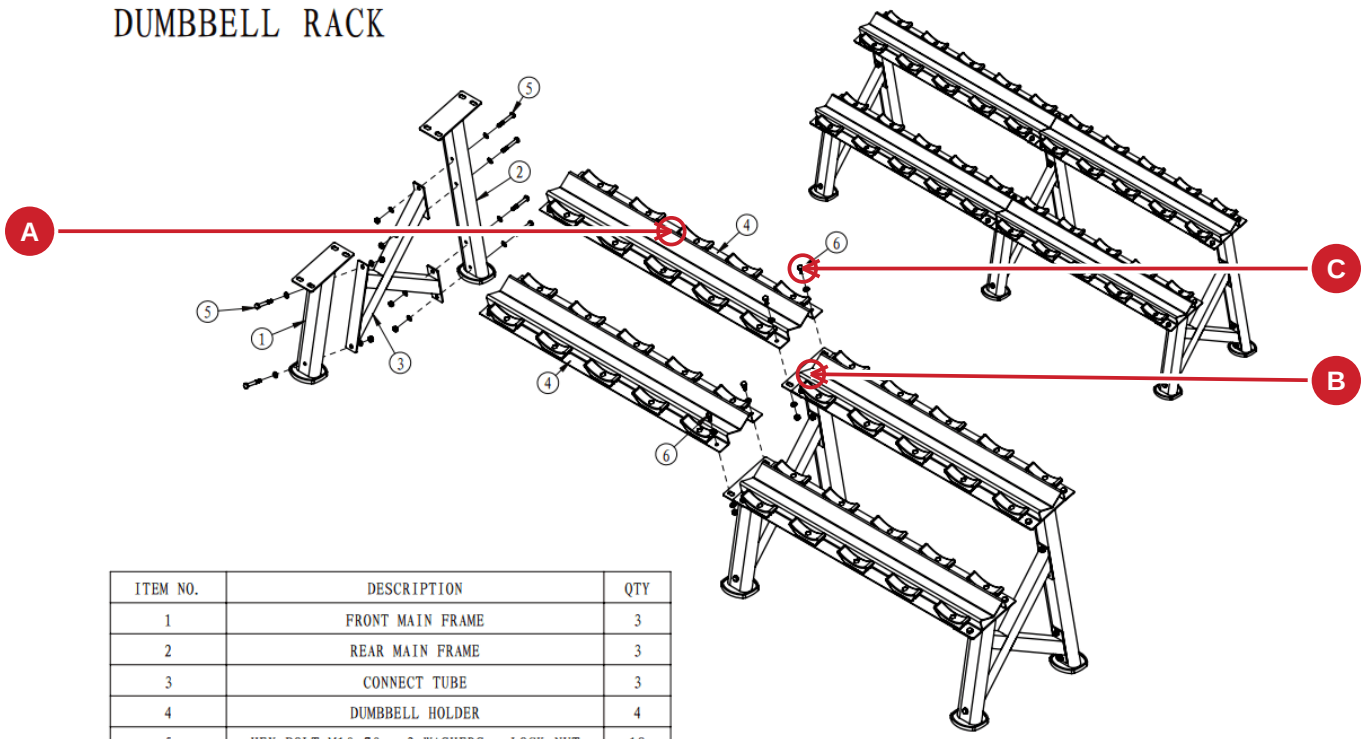
- **A** Lower tray section - item 4
- **B** Middle support / lower tray ends
- **C** Short tray bolt set - item 6

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

03 / ASSEMBLY / STEP 03

Install the upper trays

Place the remaining two trays across the taller supports, with their ends supported by the center frame. Use the remaining short bolt sets (6). The list supplies 16 short sets for all four trays. Align the tray ends before tightening.



ITEM NO.	DESCRIPTION	QTY
1	FRONT MAIN FRAME	3
2	REAR MAIN FRAME	3
3	CONNECT TUBE	3
4	DUMBBELL HOLDER	4
5	HEX BOLT M10*70 + 2 WASHERS + LOCK NUT	18
6	HEX BOLT M10*25 + 2 WASHERS + LOCK NUT	16

RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

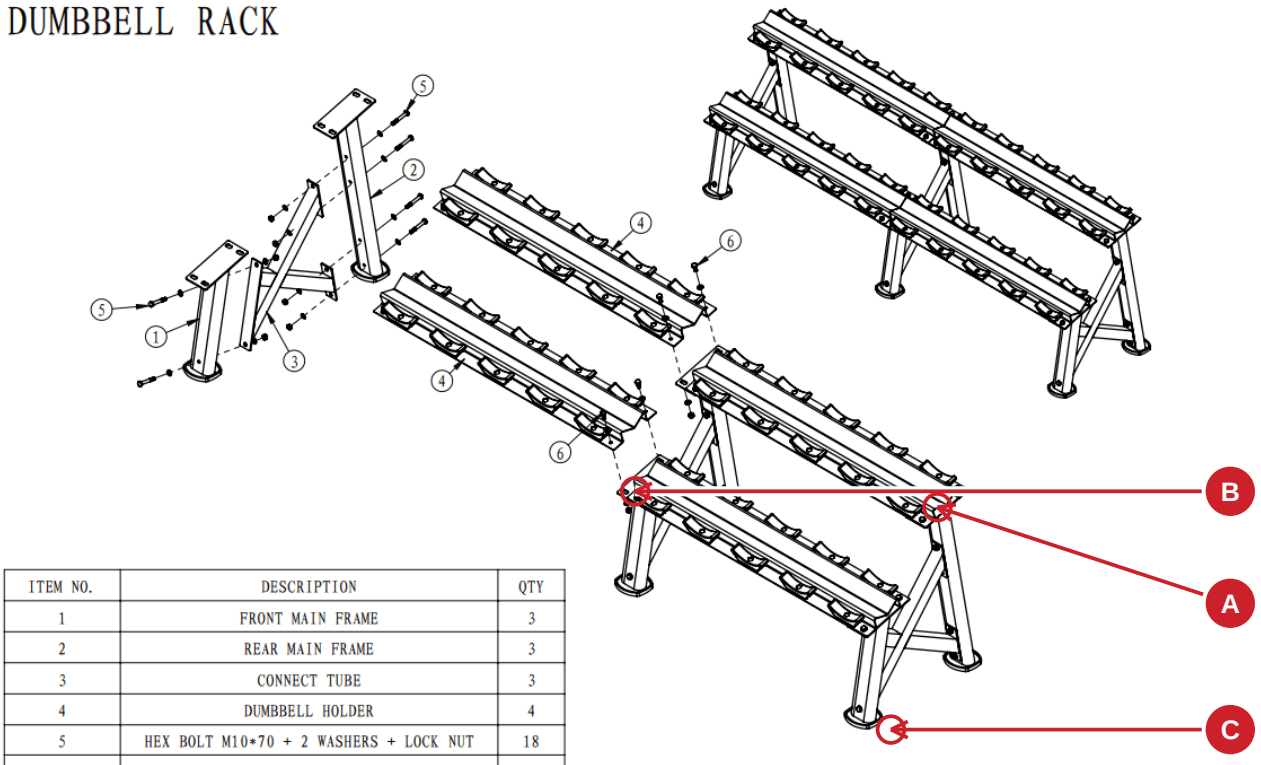
- **A** Upper tray section - item 4
- **B** Middle support / upper tray ends
- **C** Short tray bolt set - item 6

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.



ITEM NO.	DESCRIPTION	QTY
1	FRONT MAIN FRAME	3
2	REAR MAIN FRAME	3
3	CONNECT TUBE	3
4	DUMBBELL HOLDER	4
5	HEX BOLT M10*70 + 2 WASHERS + LOCK NUT	18
6	HEX BOLT M10*25 + 2 WASHERS + LOCK NUT	16

RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Tray-to-frame connection
- **B** Middle support / lower tray ends
- **C** Support feet: check level contact

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.

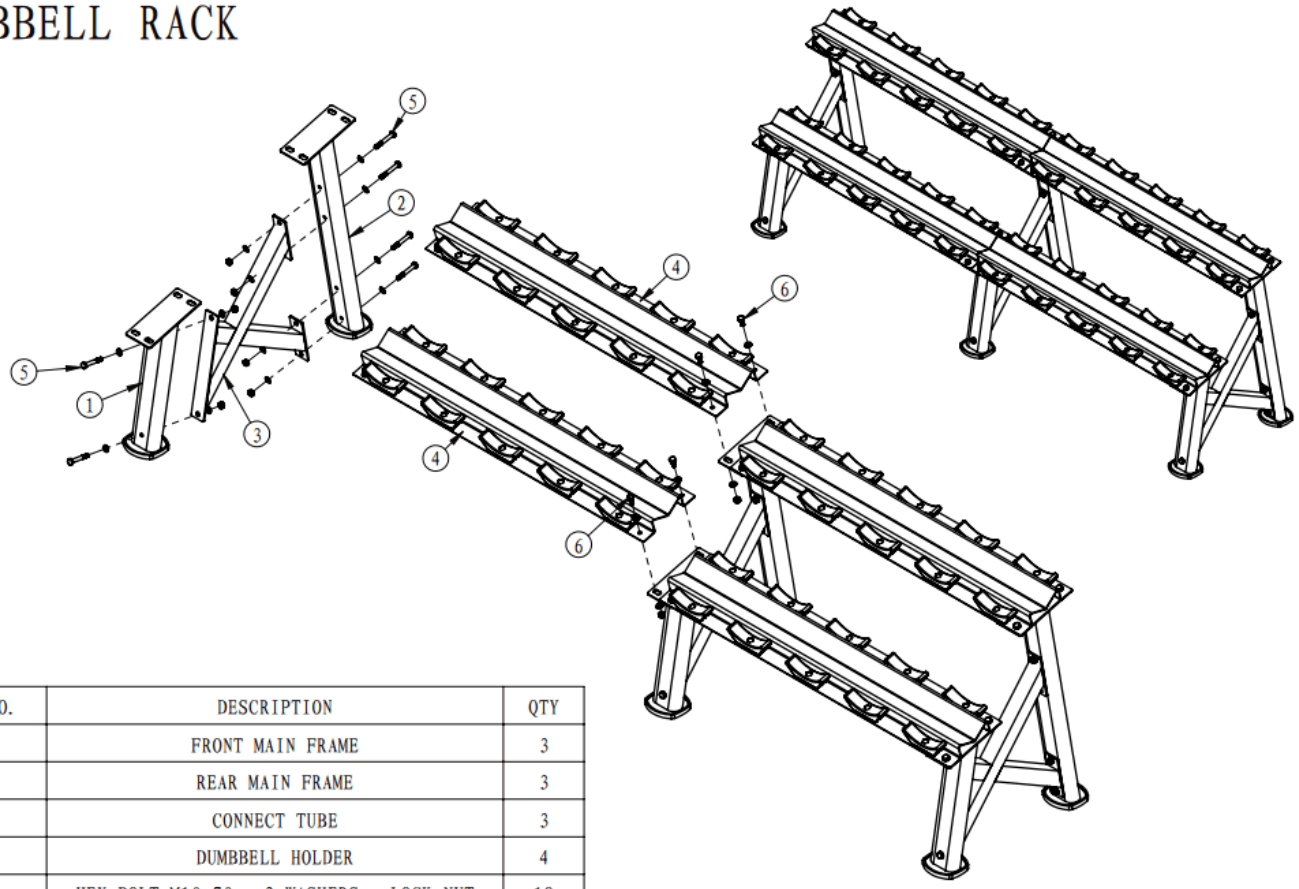
Need help? Contact Build A Gym through buildagym.com. Include your order number, SKU BLT-FD-10PR-RK-2, reference BS-10PR-RK-2, and photographs of the joint and hardware.

05 / FACTORY REFERENCE

Factory reference

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

DUMBBELL RACK



ITEM NO.	DESCRIPTION	QTY
1	FRONT MAIN FRAME	3
2	REAR MAIN FRAME	3
3	CONNECT TUBE	3
4	DUMBBELL HOLDER	4
5	HEX BOLT M10*70 + 2 WASHERS + LOCK NUT	18
6	HEX BOLT M10*25 + 2 WASHERS + LOCK NUT	16

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.