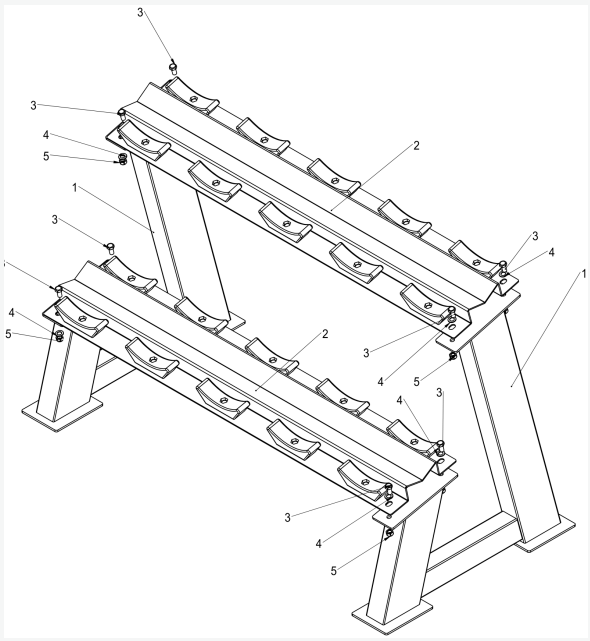
ASSEMBLY MANUAL

BUILT Strength Foundation Series Dumbbells (New)

5-Pair 2-Tier Rack

Current SKU: BLT-FD-5PR-RK



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 support frames and two cradled trays for the 5-pair configuration.

02 / INVENTORY

Parts & hardware

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

MAIN PARTS

ITEM	DESCRIPTION	QTY
1	Main support frame	2
2	Dumbbell holder / tray	2

HARDWARE

ITEM	DESCRIPTION	QTY
3	M10 x 20 hex bolt	8
4	M10 flat washer	16
5	M10 nylon lock nut	8

INVENTORY NOTE

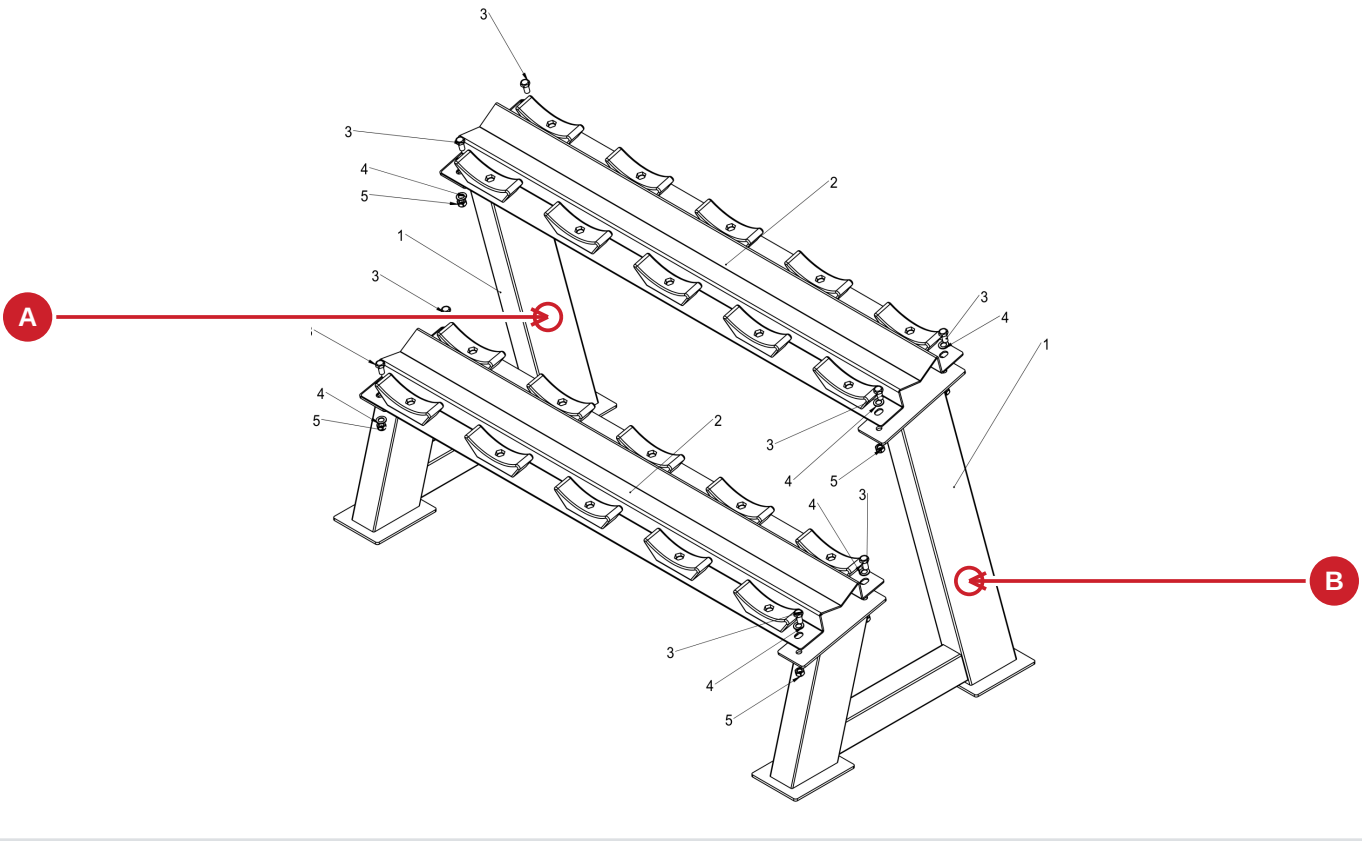
The source includes generic cable-machine maintenance text. This rack has no cables, pulleys, upholstery, or guide rods; the relevant frame and fastener checks are retained here.

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

Position both support frames

Stand both support frames (1) on a protected level floor with a helper. Keep their short front legs facing the same direction. Place the two trays nearby with the cradles facing upward.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

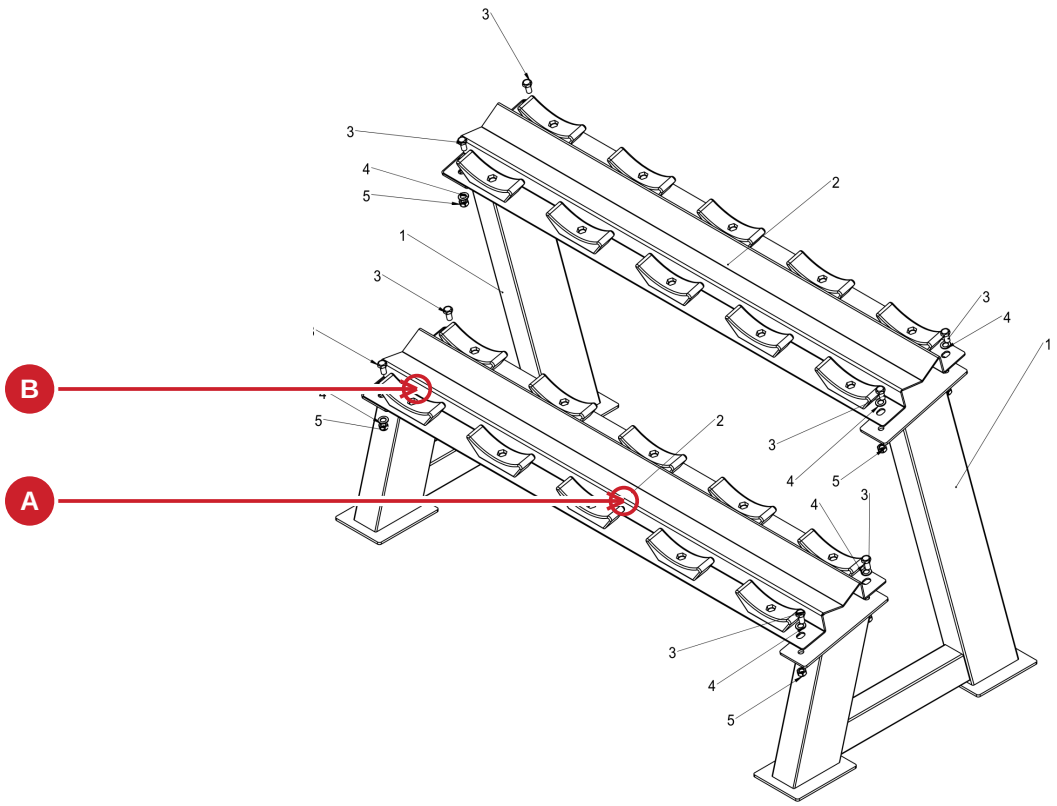
- **A** Support frame - item 1
- **B** Opposite support frame - item 1

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

03 / ASSEMBLY / STEP 02

Fit the lower tray

Position one tray (2) across the lower mounting plates. Fit four bolts (3), eight washers (4), and four lock nuts (5): two bolts at each end. Use one washer under each bolt head and one under each nut. Keep the joints loose.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

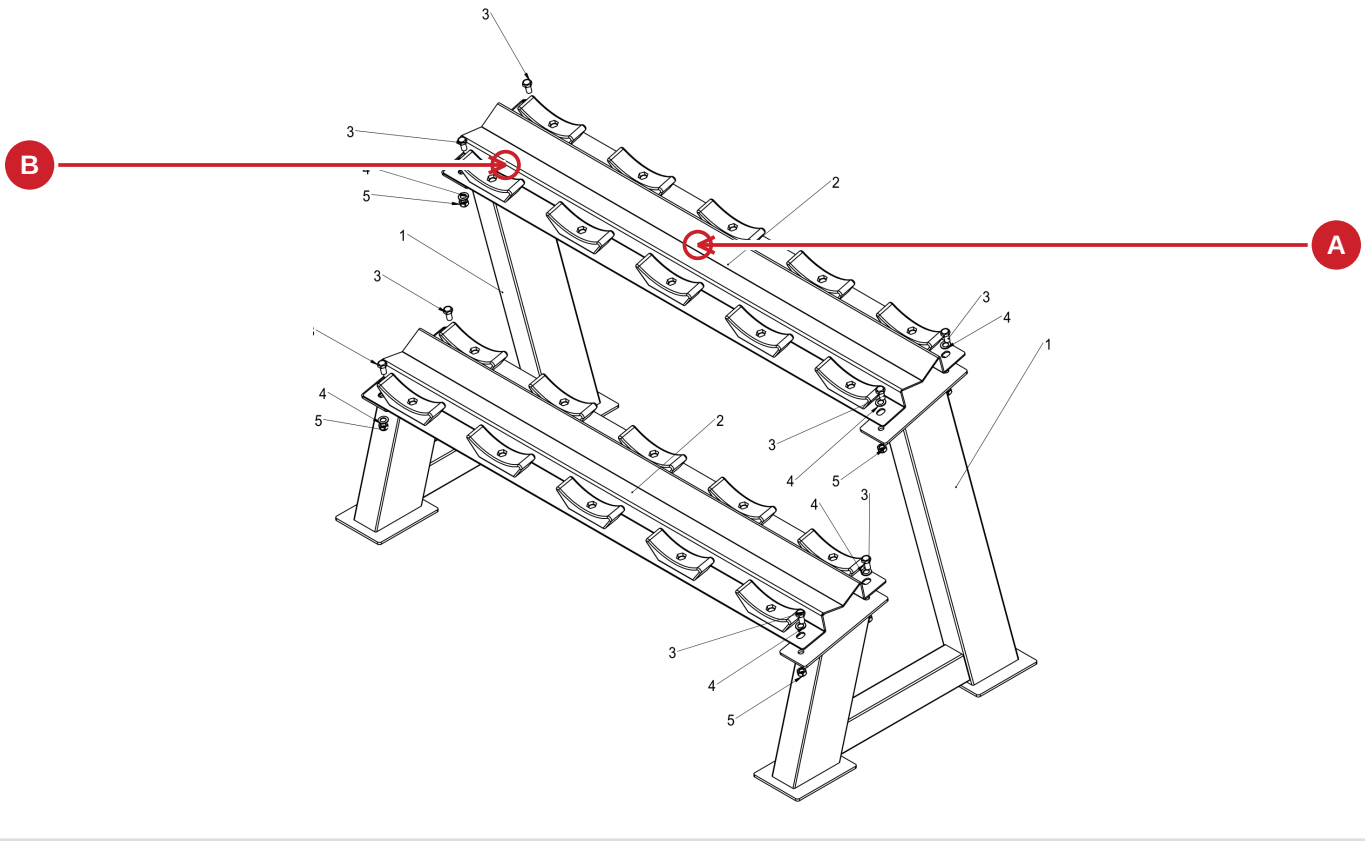
- **A** Lower tray - item 2
- **B** Lower tray end: two bolts per end

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

03 / ASSEMBLY / STEP 03

Fit the upper tray

Position the other tray (2) on the upper mounting plates, cradles upward. Fit the remaining four bolts, eight washers, and four lock nuts in the same arrangement. Check alignment before final tightening.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

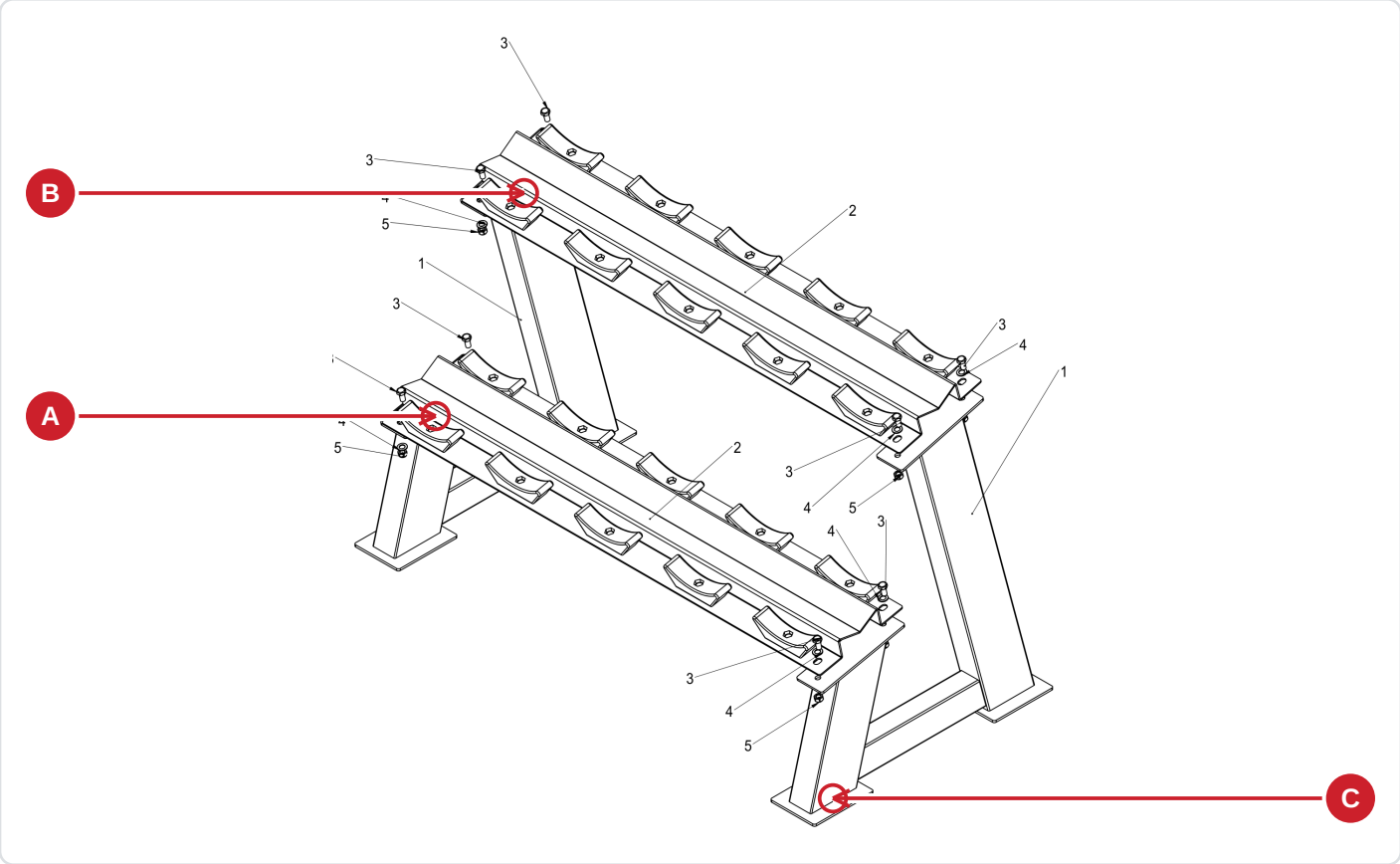
- **A** Upper tray - item 2
- **B** Upper tray end: two bolts per end

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.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Lower tray end: two bolts per end
- **B** Upper tray end: two bolts per end
- **C** Feet: check level floor 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-5PR-RK, reference BS-5PR-RK, and photographs of the joint and hardware.

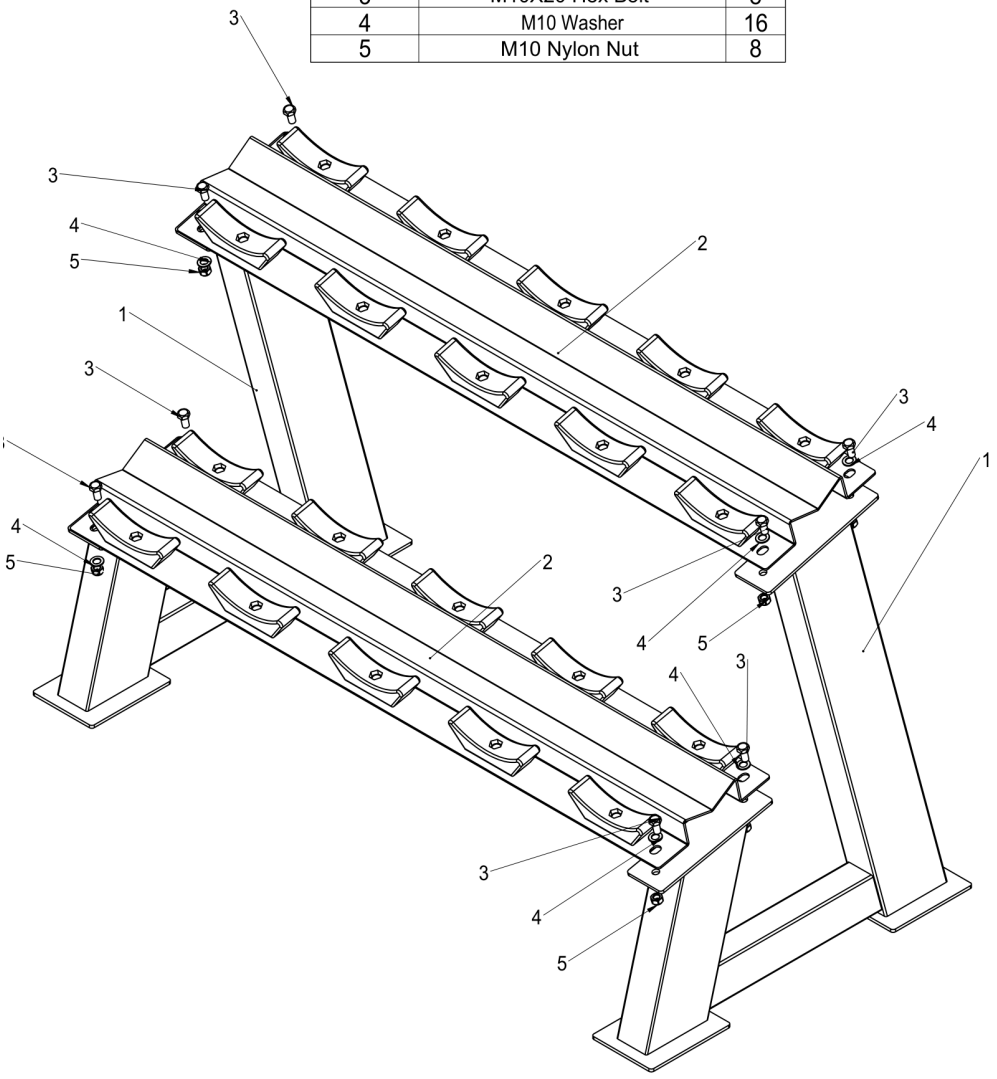
05 / FACTORY REFERENCE

Factory reference

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

owner's manual

PART NO.	DESCRIPTION	QTY
1	Support main frame A	2
2	Dumbbell holder	2
3	M10X20 Hex Bolt	8
4	M10 Washer	16
5	M10 Nylon Nut	8



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.