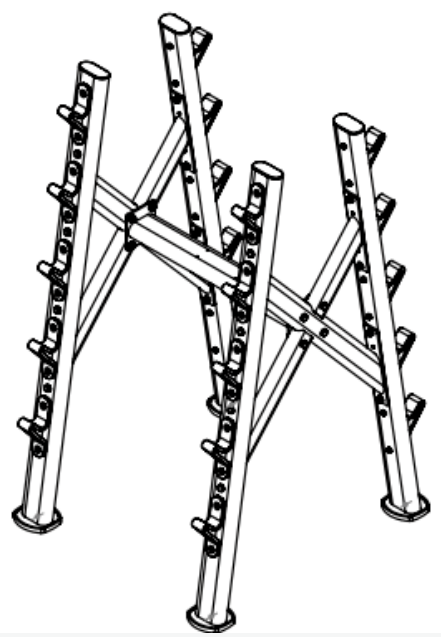
ASSEMBLY MANUAL

BUILT Strength Foundation Series Fixed Barbell Set (New)

Fixed Barbell Rack V2

Current SKU: BLT-FD-BB-RK-V2



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

Four inclined uprights, two end connecting frames, and one center tube. The listed support hardware conflicts with nearby illustration labels.

02 / INVENTORY

Parts & hardware

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

MAIN PARTS

ITEM	DESCRIPTION	QTY
1	Upright tube	4
2	End connecting frame	2
3	Center connecting tube	1
9	Barbell support - list reference	8

HARDWARE

ITEM	DESCRIPTION	QTY
4	M10 x 70 hex bolt	16
5	M10 x 60 hex bolt	8
6	M10 flat washer	48
7	M10 lock nut	24
8	M8 x 70 bolt - list reference	16

SOURCE NOTE

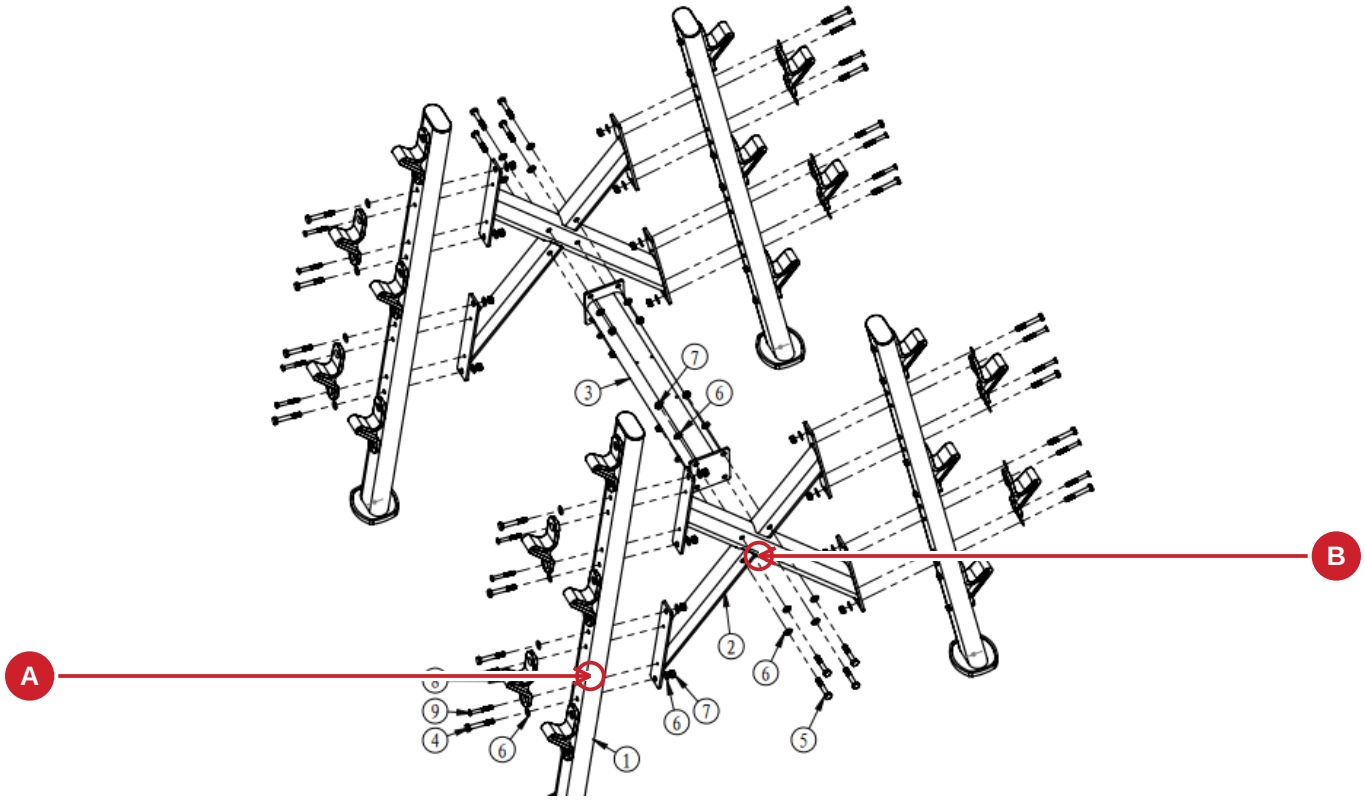
The guide follows the parts list for identification: (8) M8 x 70 bolts; (9) barbell supports. Diagram labels appear reversed, and separate M8 nuts/washers are not listed. That mating-hardware detail remains unresolved if loose supports and their kit do not establish it.

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 the end assemblies

Pair two uprights (1) with an end connecting frame (2), matching the drawing. The factory list includes M10 x 70 bolts (4) for these frame connections, with washers (6) and nuts (7). Repeat for the second end; keep joints loose.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

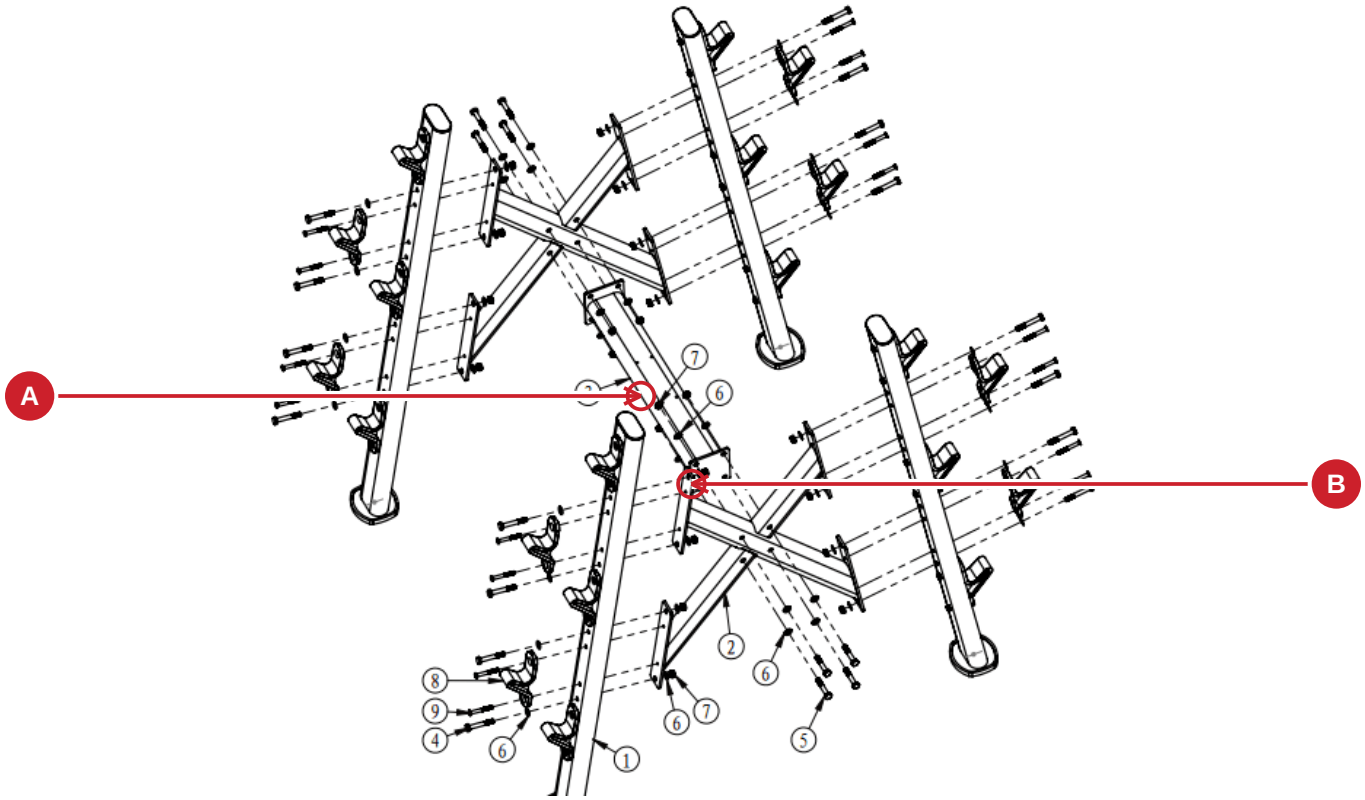
- **A** Upright tube - item 1
- **B** End connecting frame - item 2

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

03 / ASSEMBLY / STEP 02

Join the end assemblies

Support both end assemblies with a helper. Align center tube (3) between end frames (2). The drawing identifies M10 x 60 bolts (5) at the center connections, with washers (6) and nuts (7). Start by hand and keep the frame supported.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

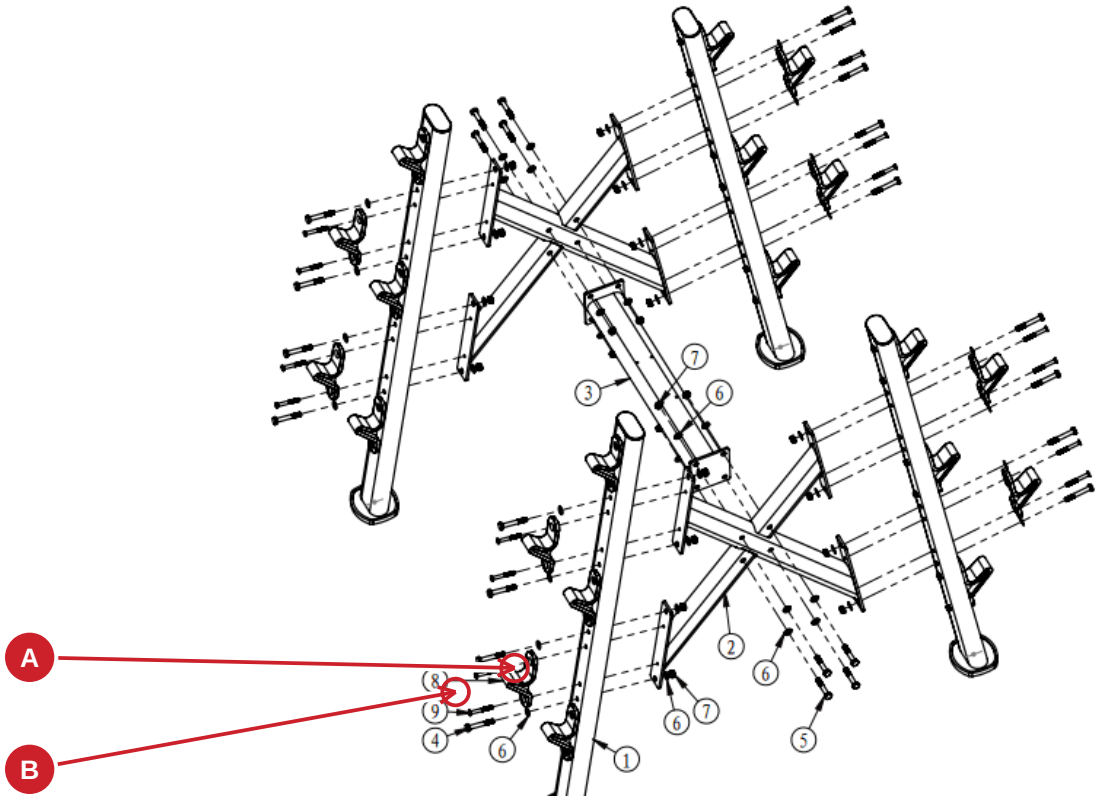
- **A** Center connecting tube - item 3
- **B** Center tube joint: M10 x 60 frame bolts

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

03 / ASSEMBLY / STEP 03

Identify the separate supports

Use the parts list to identify (9) as the eight separate supports and (8) as the 16 M8 x 70 bolts. The drawing appears to reverse those labels. Keep factory-attached supports intact. For loose supports, match the complete supplied mounting hardware to its intended joint; do not substitute the nearby M10 frame bolts.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

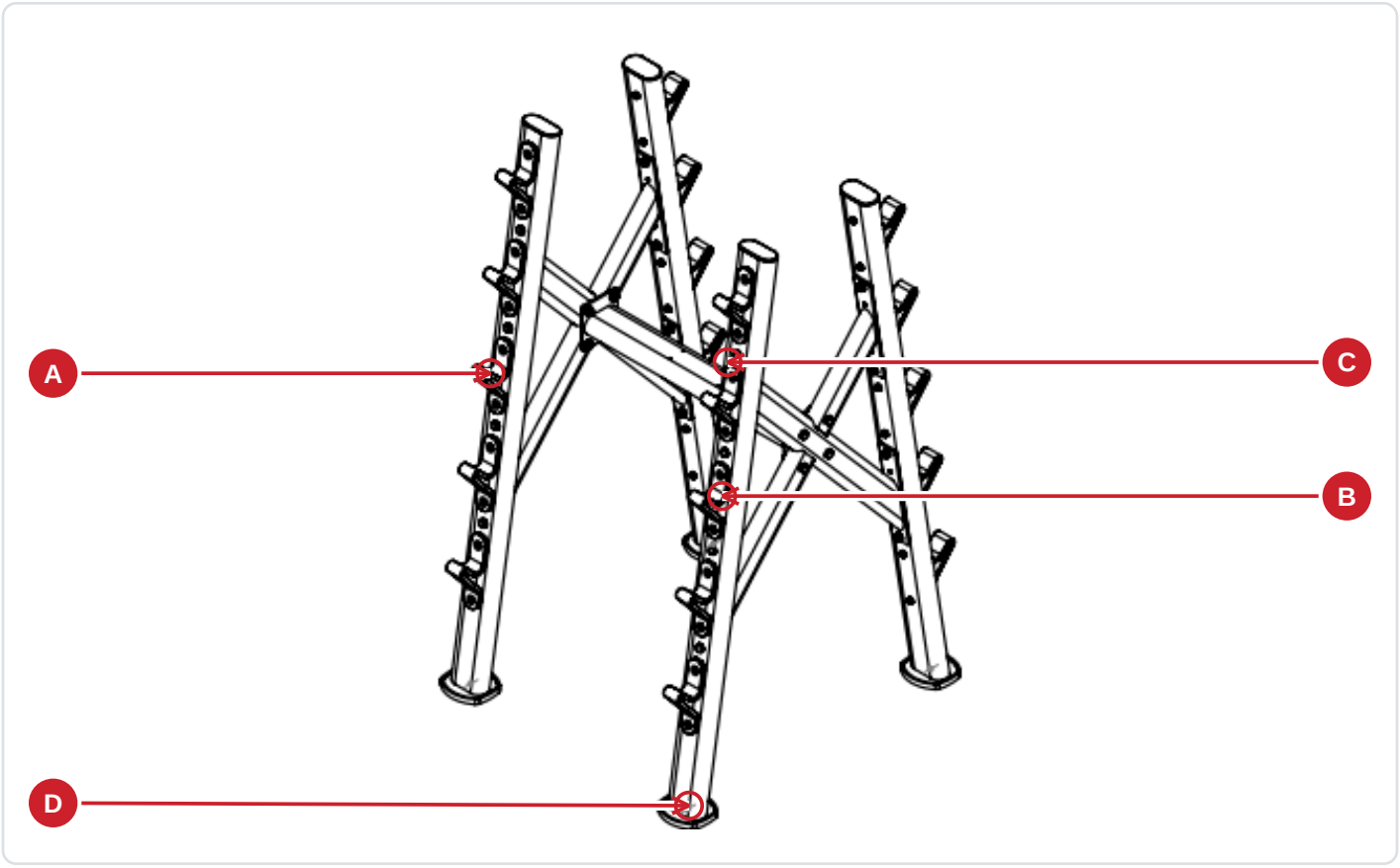
- **A** Separate barbell support - LIST item 9
- **B** Support bolts - LIST item 8; labels conflict

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

03 / ASSEMBLY / STEP 04

Align supports and finish

Position opposing supports at matching heights so each bar will rest level. The list associates M8 x 70 bolts with the separate supports, but does not define all mating hardware. Finish only joints whose supplied hardware clearly establishes attachment. Square the empty rack, tighten installed joints, and check every support.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Support on one side: compare height
- **B** Opposing support: same height
- **C** Center frame connection
- **D** 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 NOTES & ASSEMBLY INTERPRETATIONS

The guide follows the parts list for identification: (8) M8 x 70 bolts; (9) barbell supports. Diagram labels appear reversed, and separate M8 nuts/washers are not listed. That mating-hardware detail remains unresolved if loose supports and their kit do not establish it.

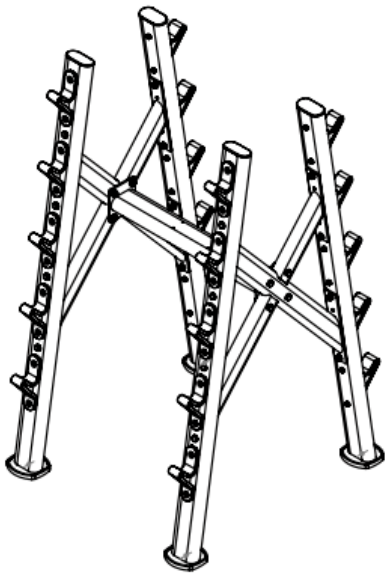
How this guide was prepared: Factory diagrams and item numbers are preserved. English descriptions and the assembly order have been organized for readability. Where the source supplies only a drawing, the sequence is inferred from the visible geometry; unresolved specifications are identified above. 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-BB-RK-V2, reference BS-BB-RK-V2, and photographs of the joint and hardware.

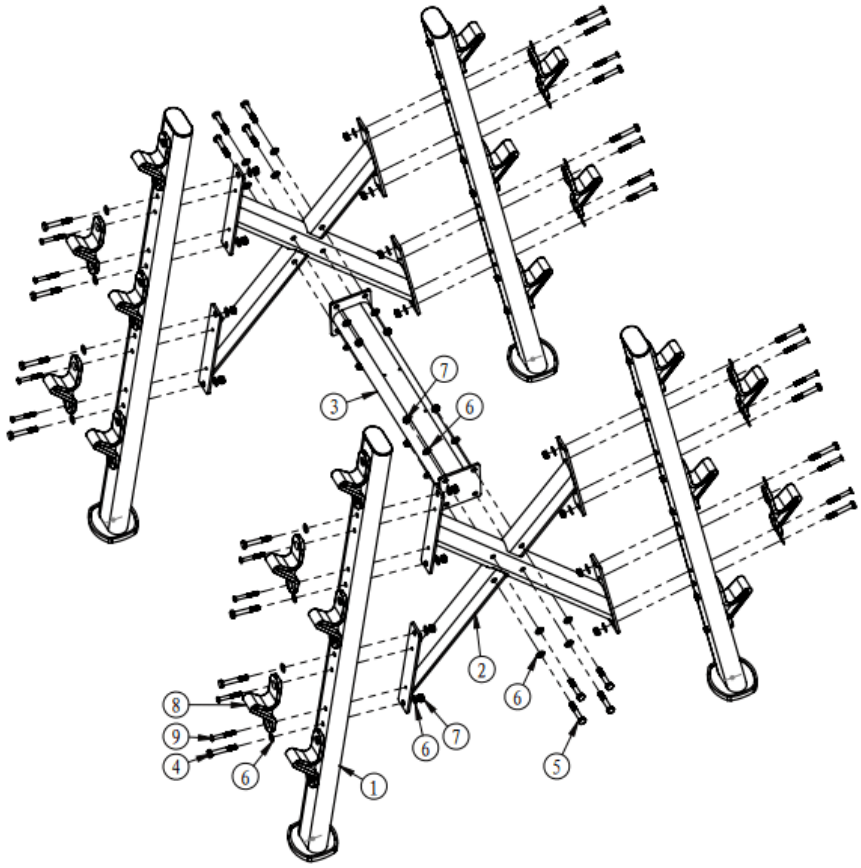
05 / FACTORY REFERENCE

Factory reference

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



BARBELL RACK



NO.	DESCRIPTION	Q' TY
1	UPRIGHT TUBE	4
2	CONNECT TUBE	2
3	CONNECT TUBE	1
4	HEX BOLT M10*70	16
5	HEX BOLT M10*60	8
6	WASHER Φ10	48
7	LOCK NUT M10	24
8	BOLT M8*70	16
9	BARBELL SUPPORT	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.