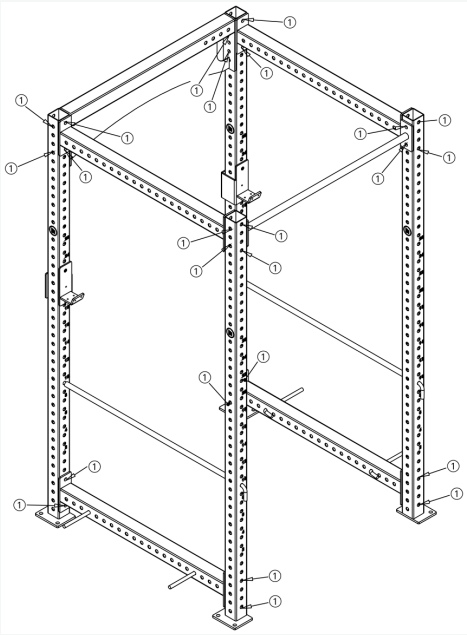
ASSEMBLY MANUAL

BUILT Strength Foundation Series Full Cage Power Rack V2 (New)

Current SKU: BLT-FD-PWR-RCK-V2



FACTORY REFERENCE / MATCH YOUR CONFIGURATION BEFORE ASSEMBLY

BEFORE YOU START

PEOPLE
2 or more people

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-post full cage with a single structural fastener group listed as M16 x 110. This manual applies only to the V2 Shopify product.

02 / INVENTORY

Parts & hardware

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

MAIN PARTS

ITEM	DESCRIPTION	QTY
—	Corner uprights	4 shown
—	Upper perimeter members	4 shown
—	Lower side connecting members	2 shown
—	Hooks, safety members, and attachments	See drawing

HARDWARE

ITEM	DESCRIPTION	QTY
1	M16 x 110 bolt, nut and washer set	24 sets

INVENTORY NOTE

The factory quantity is 24 sets. Do not treat that as an independently verified count of washers or accessory hardware.

SOURCE NOTE

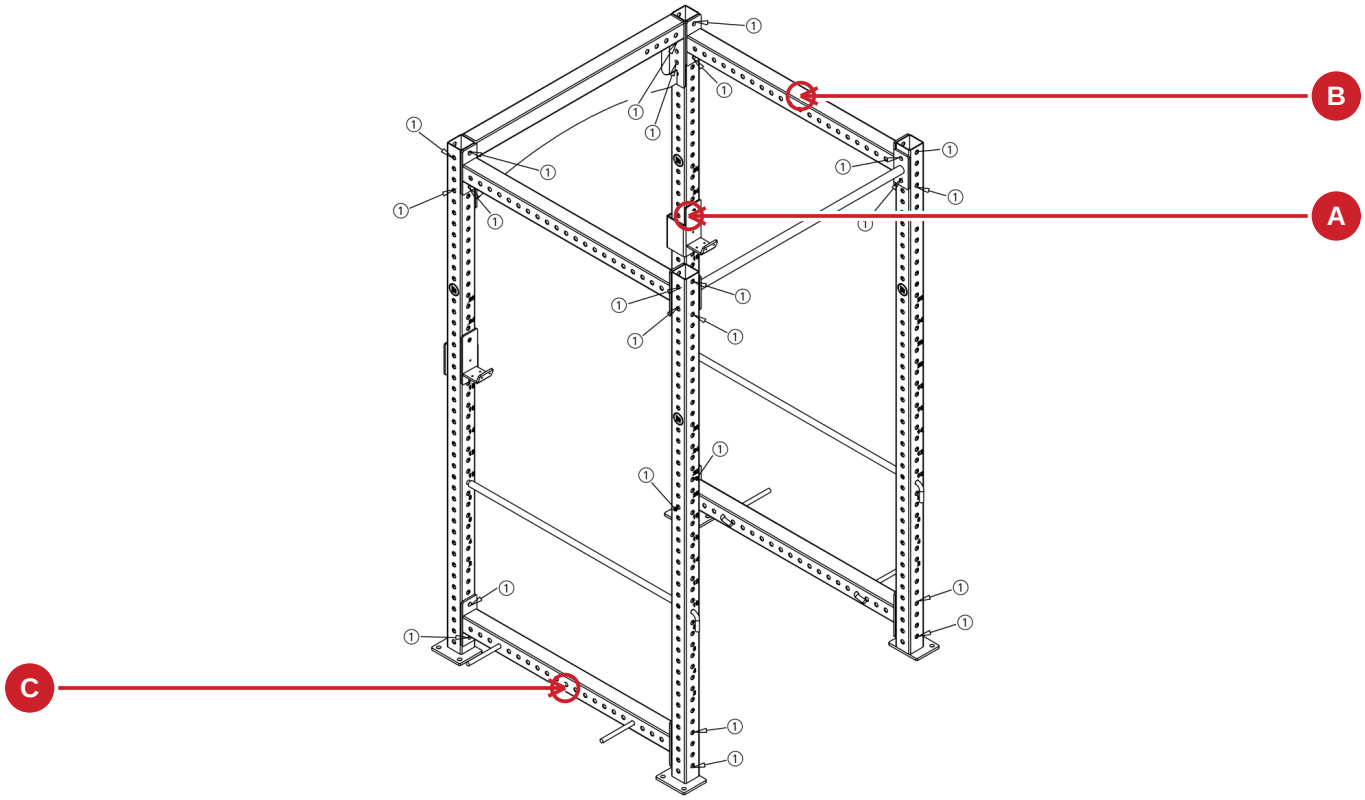
The source specifies 24 M16 x 110 sets, but does not list every loose component or the washer count within each set. Do not treat that quantity as a washer inventory.

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

Lay out uprights and connecting members

Identify four corner uprights, the upper perimeter members, and two lower side members from the drawing. Callout (1) identifies the structural hardware: M16 x 110 bolt, nut, and washer sets. Keep accessory hardware separate from these structural sets.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

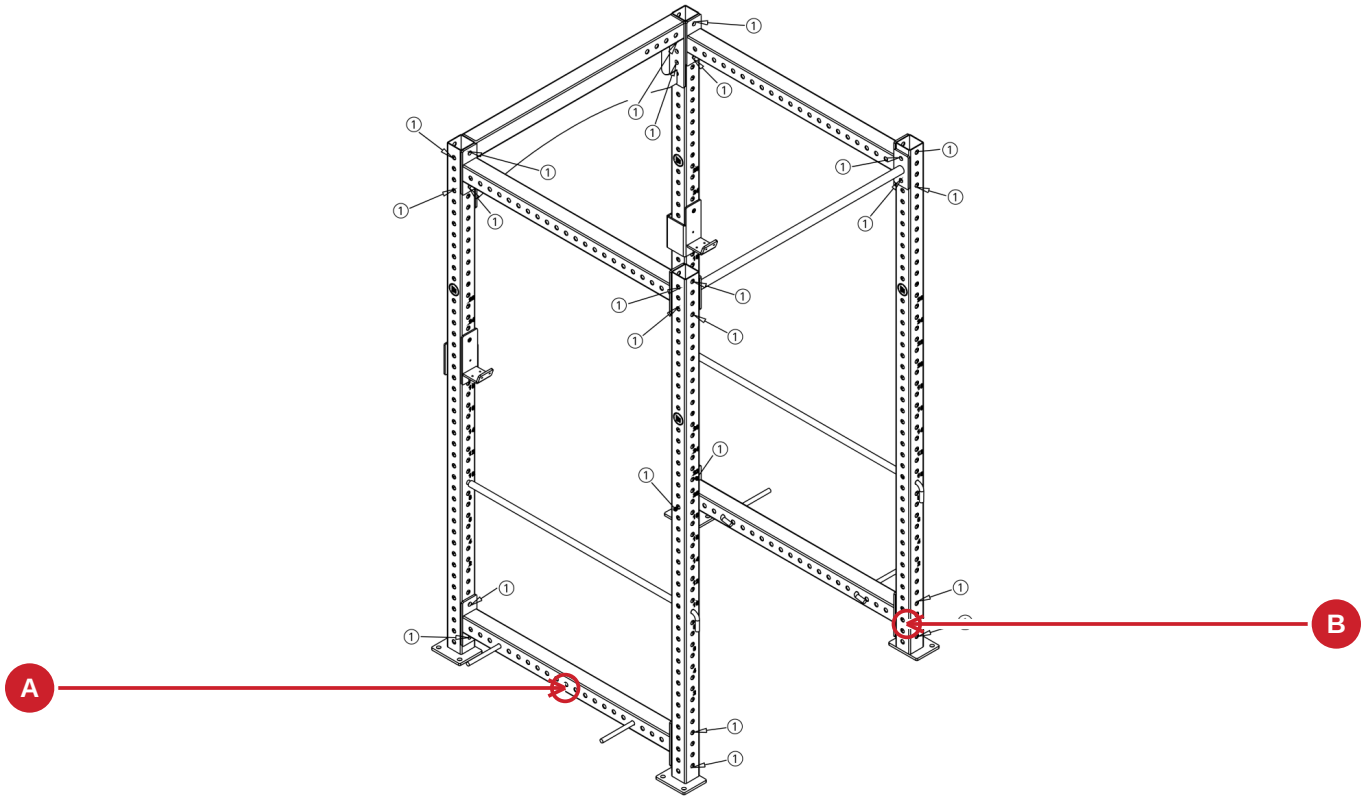
- **A** Corner upright
- **B** Upper perimeter member
- **C** Lower side connecting member

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 lower side frames

With helpers supporting the uprights, connect the lower side members at the joints marked (1). Match the orientation of upright holes and mounting plates to the drawing. Use the assigned bolt sets and start each joint loosely; do not leave an upright unsupported.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

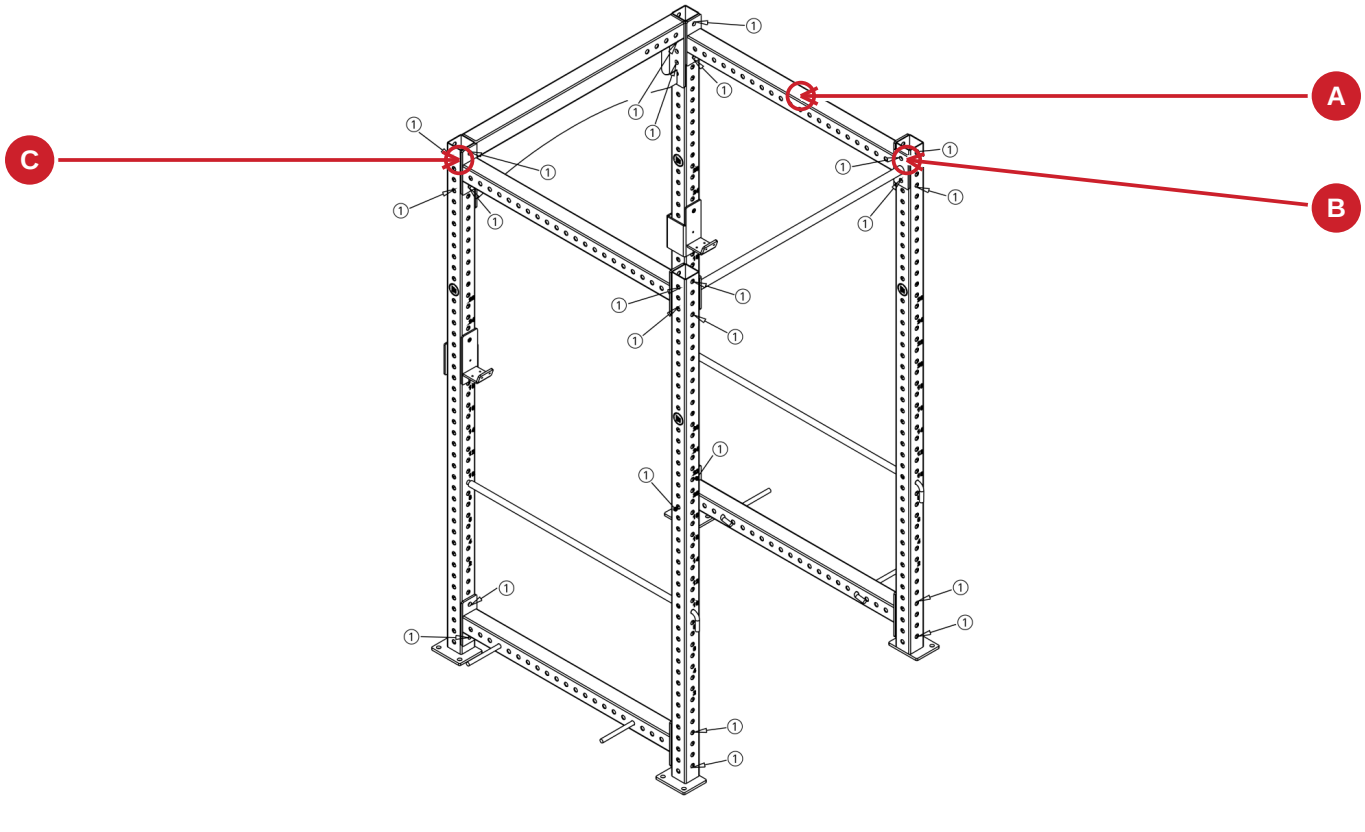
- **A** Lower side connecting member
- **B** Lower frame joint - hardware group 1

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

03 / ASSEMBLY / STEP 03

Connect the upper perimeter

While the side frames are stabilized, fit the upper members between the uprights at the indicated joints. Use group (1) sets. Align all corners before final tightening. Do not release the frame until the upper connections are installed and the structure is stable.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

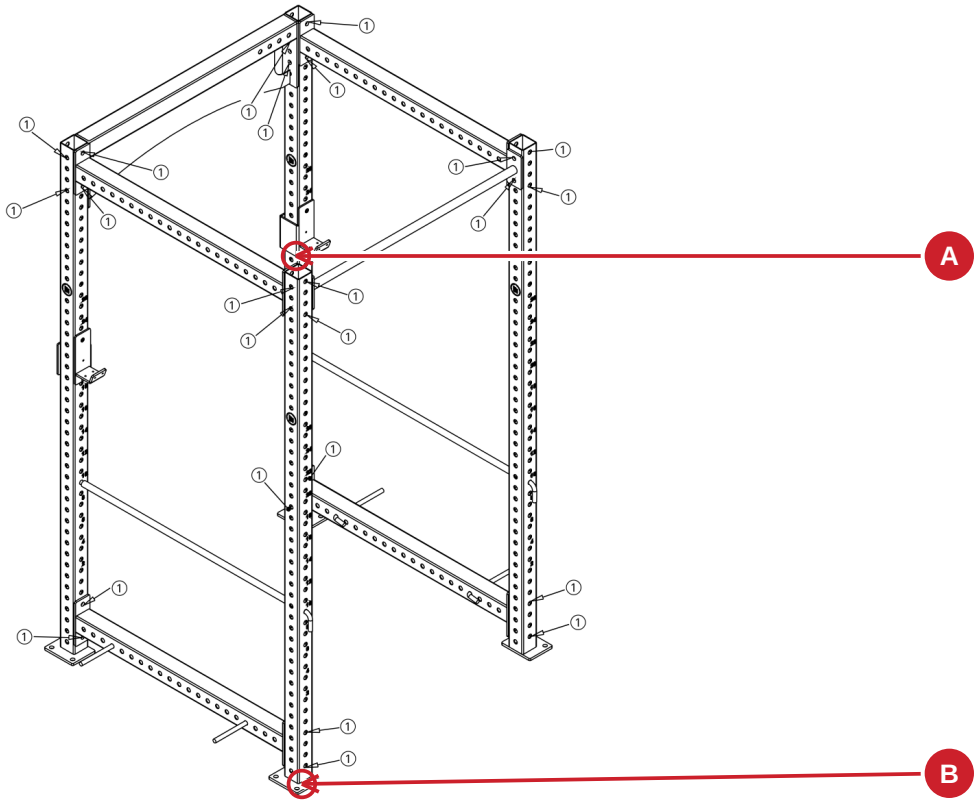
- **A** Upper perimeter member
- **B** Upper frame joint - hardware group 1
- **C** Opposite upper frame joint - hardware group 1

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

03 / ASSEMBLY / STEP 04

Install attachments and inspect

Fit the supplied hooks and safety components at equal heights on opposing uprights. Fully engage their retaining pins or mechanisms. Square the empty frame and tighten the installed joints. Follow the rack's supplied anchoring requirements; an assembled illustration does not specify floor anchors.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Hook / safety attachment location
- **B** 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.
- [ ] Hooks and safety components are paired at equal heights, with retainers fully engaged.
- [ ] Any anchoring and installation instructions supplied with the rack have been followed.

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 source specifies 24 M16 x 110 sets, but does not list every loose component or the washer count within each set. Do not treat that quantity as a washer inventory.

Attachment retention, anchoring, torque, and load ratings are not detailed in the source. Use the supplied retainers and installation information; do not use incomplete safety attachments.

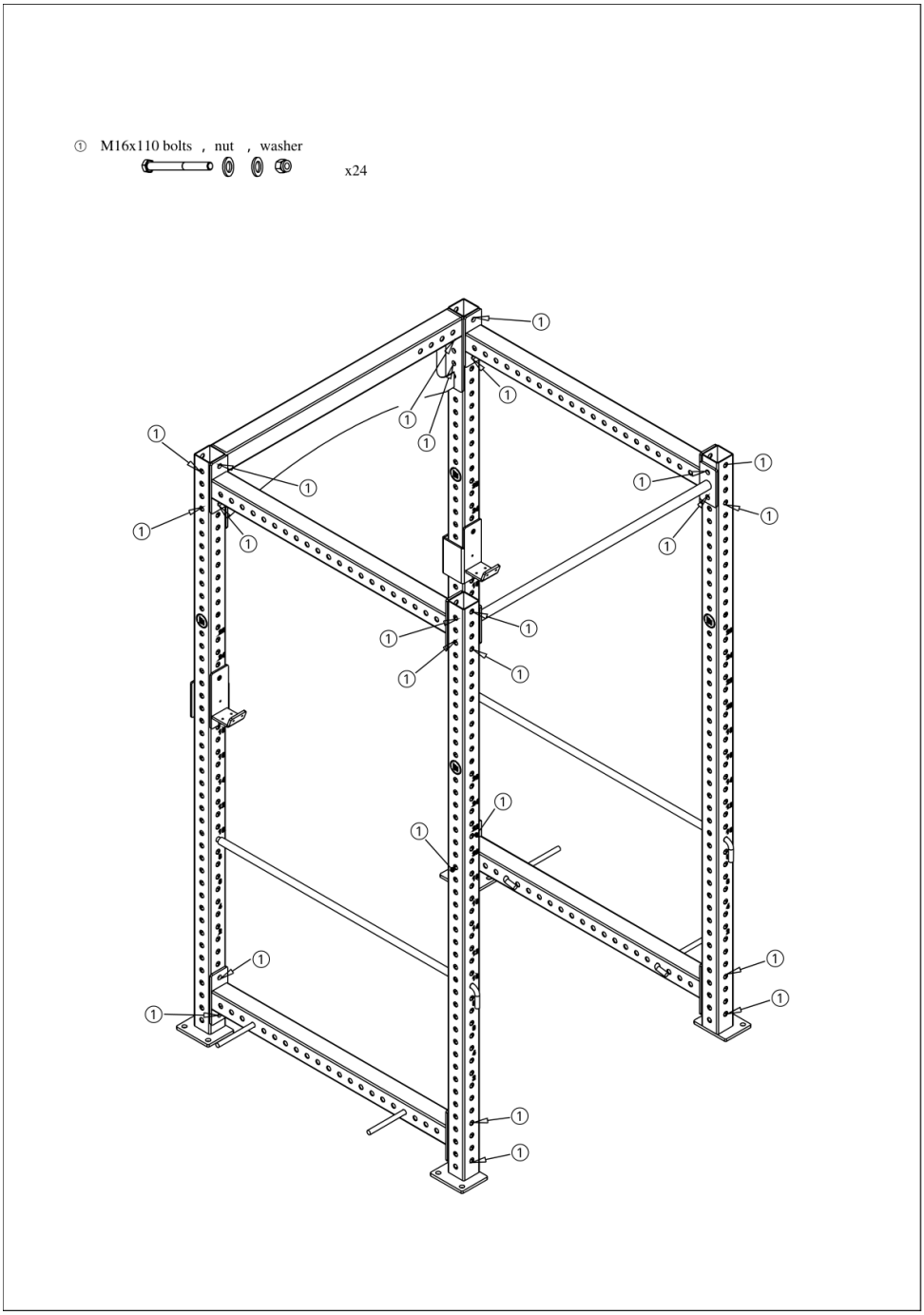
How this guide was prepared: Factory diagrams and item numbers are preserved. English descriptions and the assembly order have been organized for readability. Where the source supplies only a drawing, the sequence is inferred from the visible geometry; unresolved specifications are identified above.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



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.