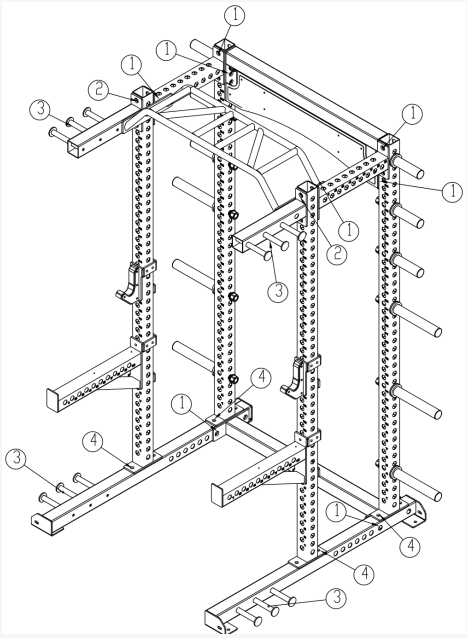
ASSEMBLY MANUAL

BUILT Strength Foundation Series Half Rack V2 (New)

Current SKU: BLT-FD-HLF-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

Straight upright layout with four fastener groups. Its listed M24 main-frame hardware is different from the original half rack.

02 / INVENTORY

Parts & hardware

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

MAIN PARTS

ITEM	DESCRIPTION	QTY
—	Base rails	2 shown
—	Tall upright members	4 shown
—	Upper / lower cross-members	See drawing
—	Chin-up assembly, hooks, safety arms, storage pegs	See drawing

HARDWARE

ITEM	DESCRIPTION	QTY
1	M24 x 120 bolt, nut and washer set	16 sets
2	M24 x 130 bolt, nut and washer set	4 sets
3	M10 x 95 bolt and washer set	12 sets
4	M16 x 100 bolt, nut and washer set	8 sets

INVENTORY NOTE

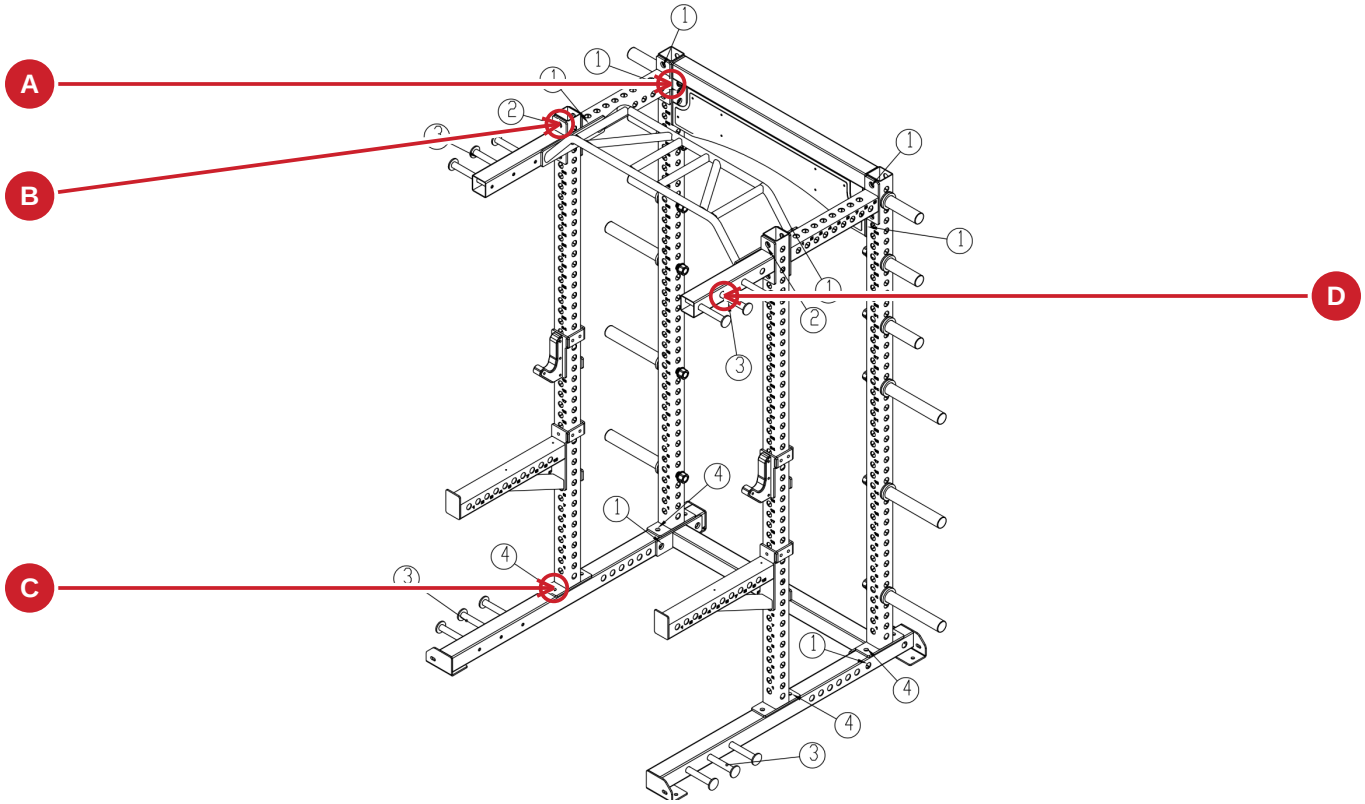
Each hardware group is counted as a set. The source does not separately state washer quantities per set; inventory the delivered hardware before assembly.

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

Sort the four hardware groups

Numbers (1) through (4) identify hardware groups, not frame pieces. Lay out the base rails, four uprights, upper members, and attachments to match the drawing. Keep the two main bolt lengths separate. Retain any factory-assembled hardware arrangements.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

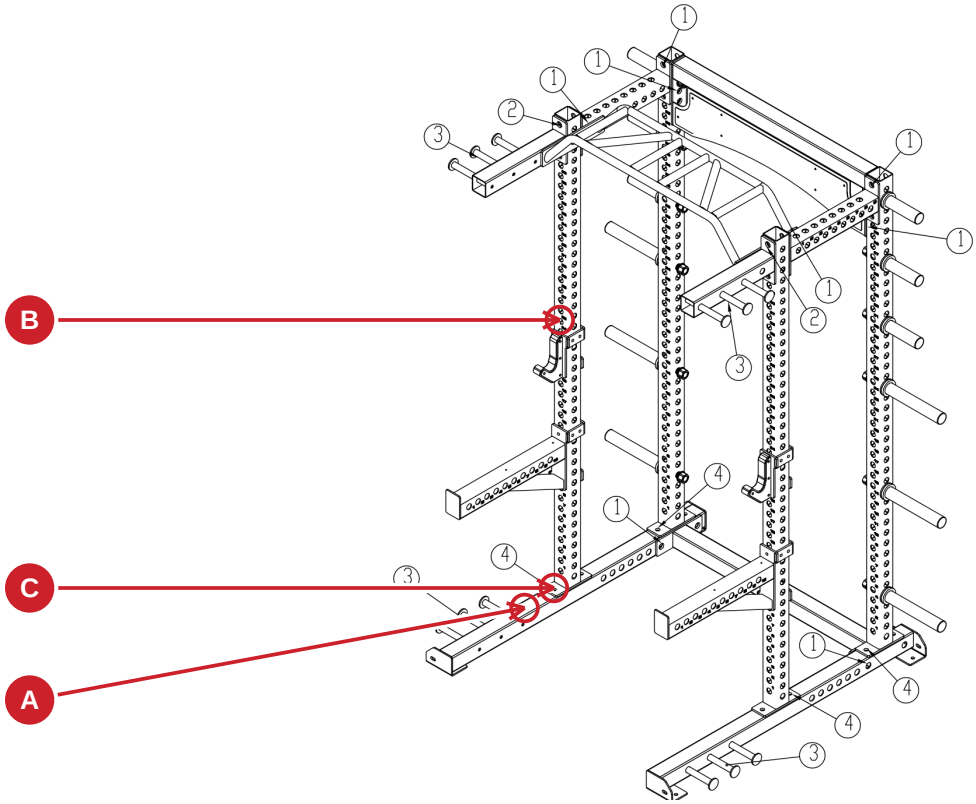
- **A** Main frame joint - hardware group 1
- **B** Upper joint - hardware group 2
- **C** Base joint - hardware group 4
- **D** Peg connection - hardware group 3

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

03 / ASSEMBLY / STEP 02

Build the lower frame

Have helpers support the uprights while you align them with the base rails. Use group (4), M16 x 100 sets, at joints marked (4), and group (1) at the joints marked (1). Use the supplied washers and nuts for their assigned sets; start by hand and leave the frame loose.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

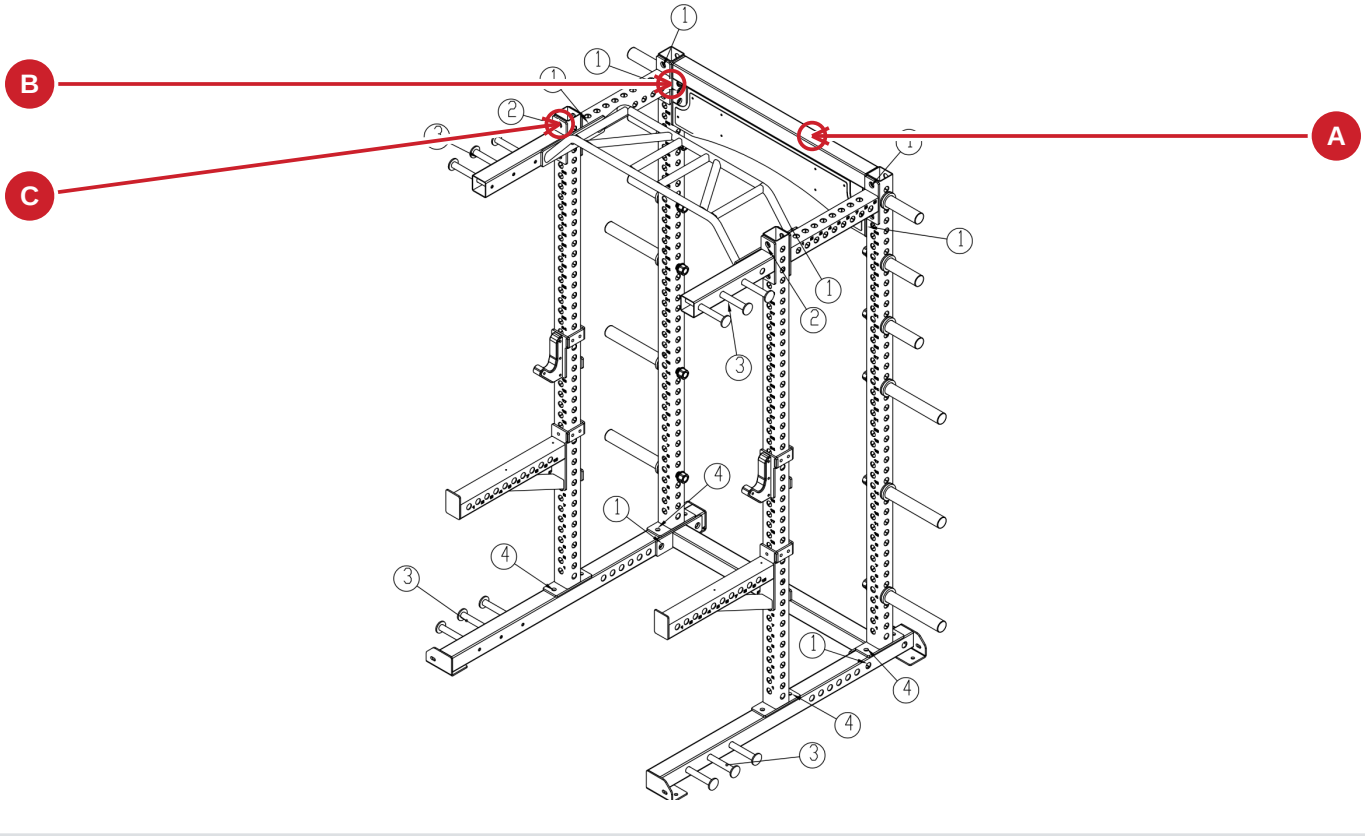
- **A** Base rail
- **B** Upright member
- **C** Base joint - hardware group 4

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 members

Position the upper cross-members and chin-up assembly as shown. Use group (1), listed as M24 x 120, at joints marked (1), and group (2), listed as M24 x 130, at joints marked (2). These large diameters are transcribed from the source; never force hardware into a smaller hole or thread.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

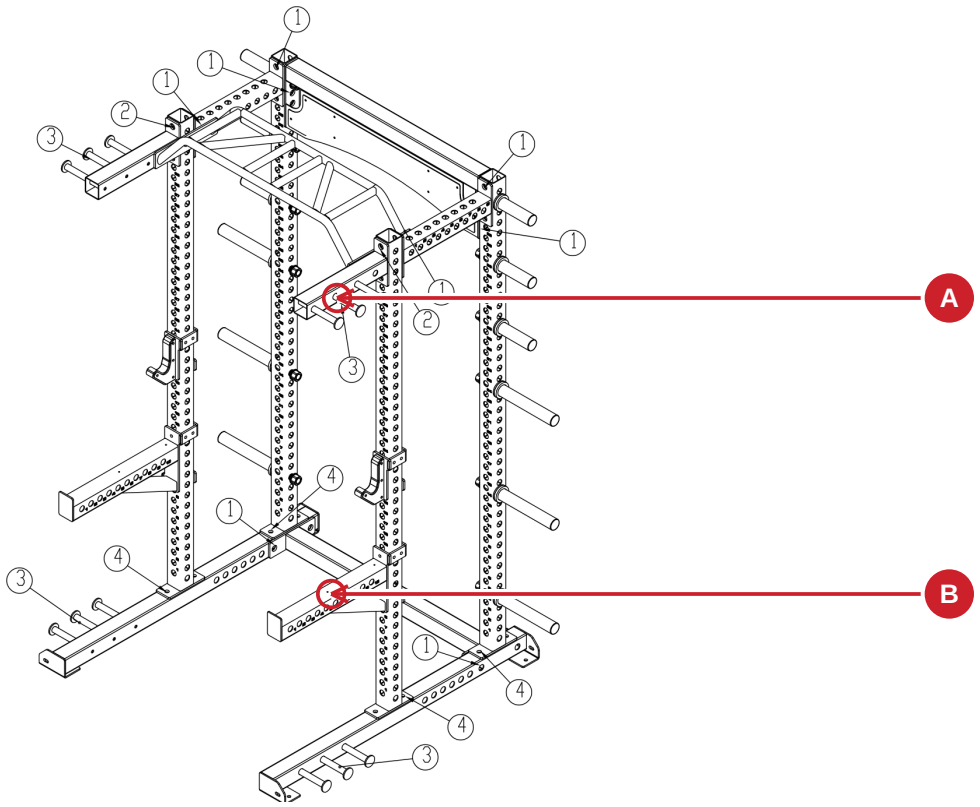
- **A** Upper connecting member
- **B** Main frame joint - hardware group 1
- **C** Upper joint - hardware group 2

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

03 / ASSEMBLY / STEP 04

Fit attachments and tighten

Use group (3), M10 x 95 bolts and washers, at peg joints labeled (3); the list supplies no separate nuts for that group. Seat hooks and arms in matching pairs and engage their retainers. Square the empty frame, tighten installed joints, and check stability. Follow installation instructions supplied with the rack.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Peg connection - hardware group 3
- **B** Safety arm: engage supplied retainer

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

M24 x 120 and M24 x 130 are the source specifications. They are retained as written, not independently verified or silently changed to M12.

The source gives four hardware groups but no complete component inventory or separate washer counts. Use the delivered sets and illustrated joint labels; ambiguous hidden joints cannot be fully specified from this image.

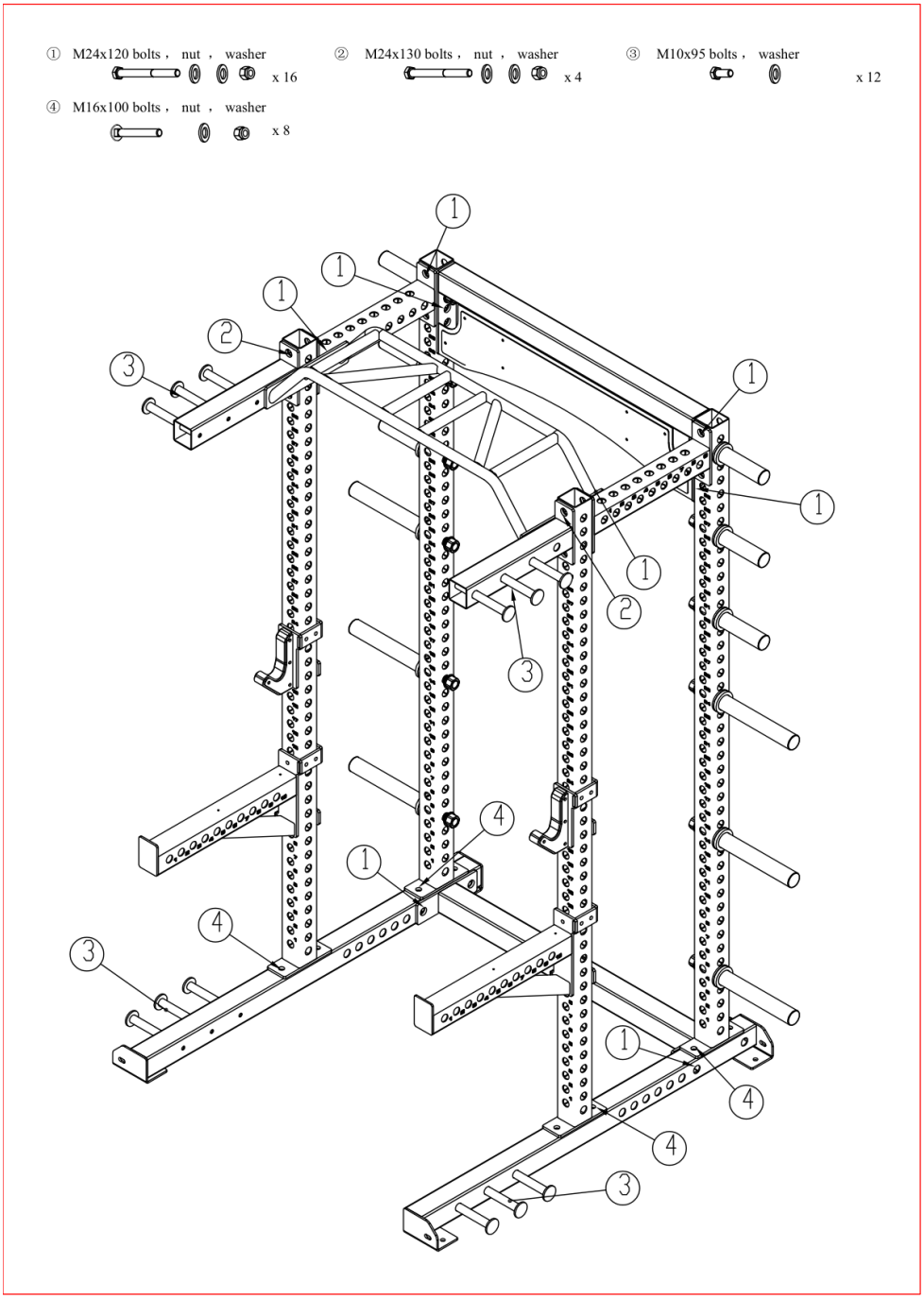
How this guide was prepared: Factory diagrams and item numbers are preserved. English descriptions and the assembly order have been organized for readability. Where the source supplies only a drawing, the sequence is inferred from the visible geometry; unresolved specifications are identified above.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