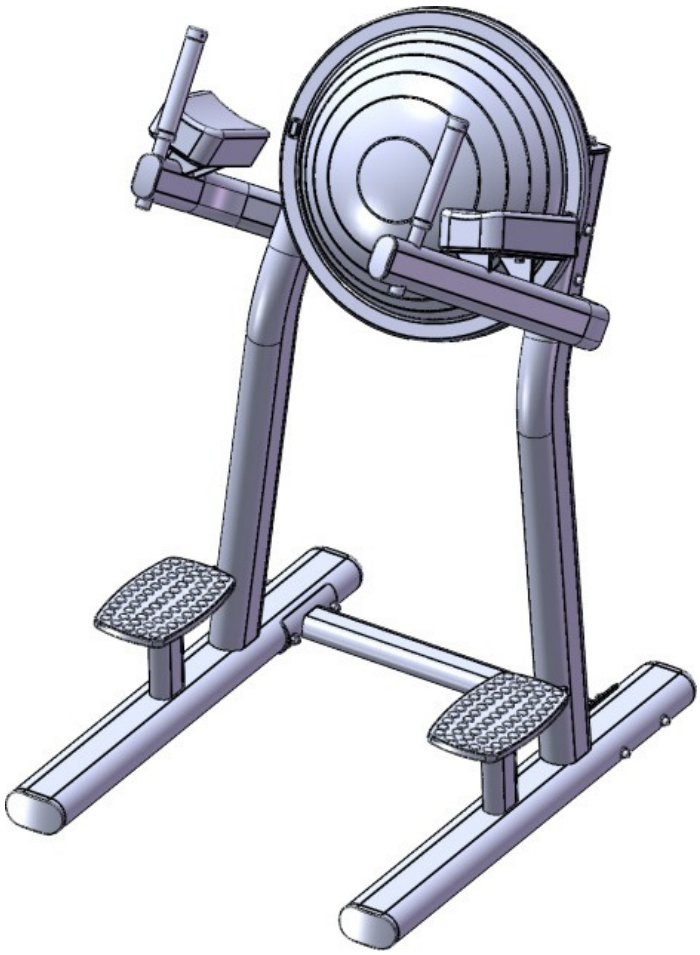
BUILT STRENGTH

FOUNDATION SERIES

Leg Raise Abdominal Machine w/ Inflatable Ball

Assembly & Owner Guide



BUILT TO PERFORM.

Read before assembly. Keep this guide for future reference.

01 / PREPARE

Before you begin

Set up your space

Assemble indoors on a level, stable surface with clear access around the equipment. Protect the floor and allow enough room to lay out the frame and hardware.

Check every part

Unpack and compare the components with the illustrated lists. Keep hardware grouped by stage. Reference numbers identify parts in the drawings; they may restart at each stage. Quantities are for the corresponding source list and should not be added across stages.

Prepare tools and help

Have metric hex keys and suitable metric wrenches or sockets ready for the listed fasteners. Use sufficient help to support heavy frames and moving assemblies. Keep hands clear of pinch points and never work beneath an unsupported load.

Follow the assembly drawings

Work through the stages in order. Match each numbered callout with its parts list. Confirm orientation before fitting fasteners. A part described as an assembly is supplied as a component; the wording does not instruct you to weld it.

Check connections before use

Use the specified hardware at each joint. Confirm that fasteners are secure and moving parts operate freely. If a part, dimension or connection is unclear, stop and contact Build A Gym before continuing.

ASSEMBLY SUPPORT

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02 / SAFETY

Use and care safely

- Use the equipment indoors in a dry, supervised area. Keep the surrounding floor level and unobstructed.
- Children under 12 must not use this equipment. Provide appropriate supervision and assistance for other users who need it.
- Before each use, inspect moving components, fasteners, pins and attachments. Have loose or damaged parts corrected before use.
- Wear suitable exercise clothing and athletic shoes. Warm up before exercise and use slow, controlled movements.
- Increase resistance gradually. Stop exercising if you feel pain, discomfort or anything unusual, and consult a doctor.
- Consult your doctor before starting an exercise program.
- Keep hands, clothing and other objects clear of moving parts. Make sure adjustment pins and any safety stops are fully engaged.
- Clearly mark the equipment “Out of Use” during servicing or repair. Keep this guide available for future reference.

Your assembly sequence

Stage 1 → Final inspection

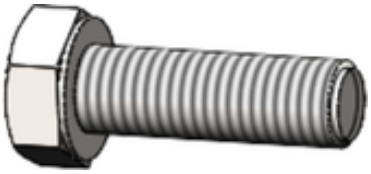
Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 4**



Hex-head bolt M8 × 25

REF 2 **QTY 2**

Socket-head screw M10 × 30

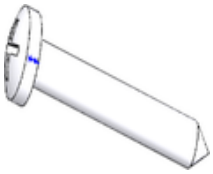
REF 3 **QTY 4**

Socket-head screw M10 × 90

REF 4 **QTY 4**

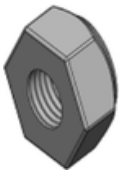
Socket-head screw M10 × 135

REF 5 **QTY 8**



Cross-groove disc head self-tapping screw

REF 6 **QTY 8**



Nimao M10

REF 7 **QTY 2**

Foot mat

REF 8 **QTY 4**

65-114 end cover (flat end)

REF 9 **QTY 1**

Main frame assembly

REF 10 **QTY 1**

Main frame assembly2

REF 11 **QTY 1**

Main frame assembly

REF 12 **QTY 1**

Yoga ball

STAGE 1 / PARTS

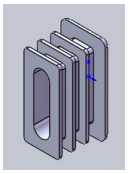
Identify your components

Match each reference and quantity to the drawing for this stage.

REF 13 **QTY 1**

70-hole plug

REF 14 **QTY 2**

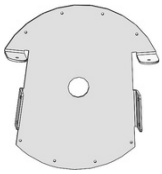


15 × 30 hole plug

REF 15 **QTY 2**

Elbow pad

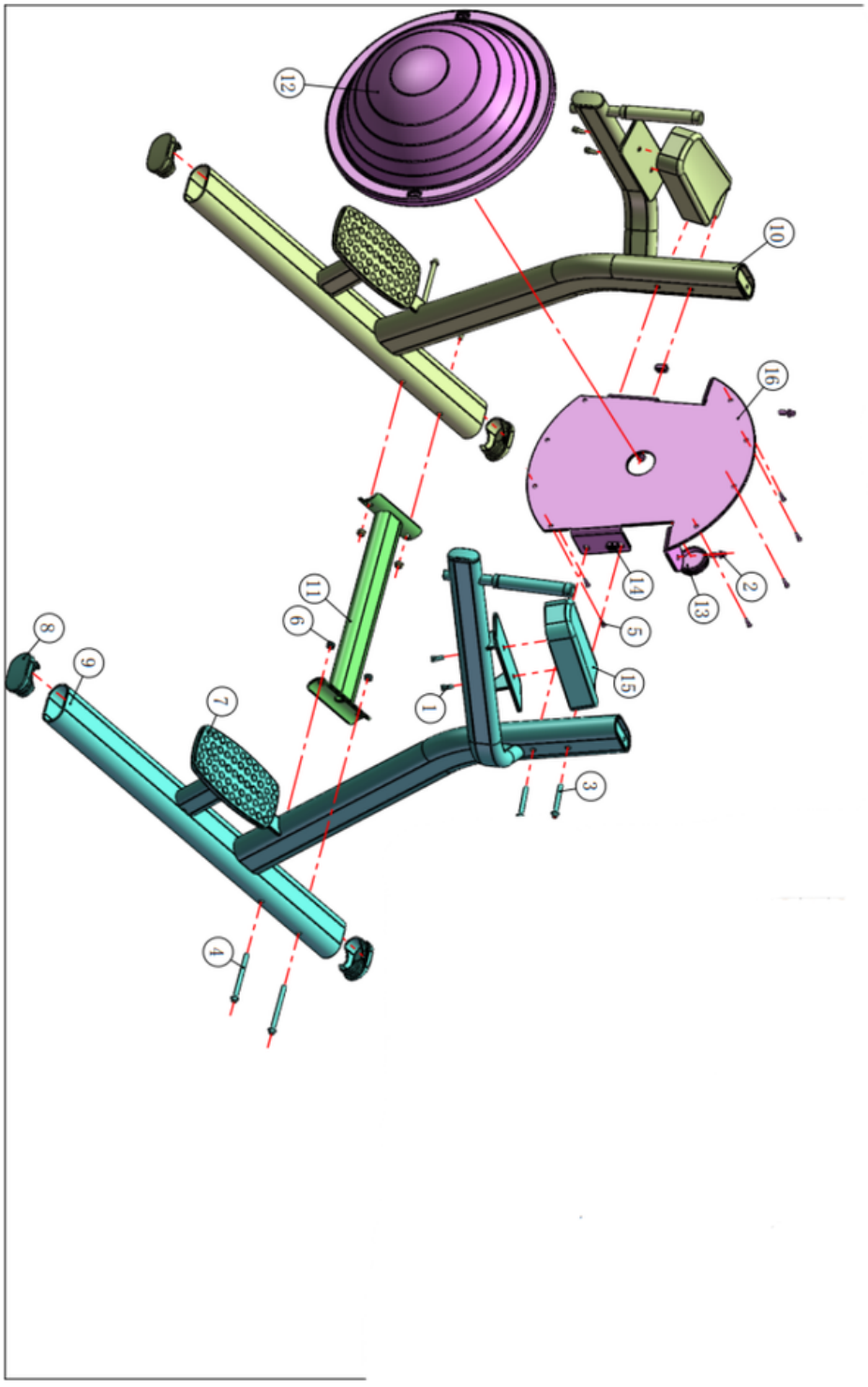
REF 16 **QTY 1**



Yoga ball mounting board

STAGE 1 / DRAWING 1 OF 1

Assembly stage 1



Match the numbered callouts to the Stage 1 parts list. Position the components as shown and use the listed hardware at each connection.

Assemble the Leg Raise Station

1. Position both side frames
Identify side frames 9 and 10 and cross-member 11 by their shapes. Fit end covers 8 to the base tubes and foot mats 7 at the standing platforms where shown. Brace both frames on a level floor.

2. Join the lower frame
Place cross-member 11 between both bases. Fit screws 4 (M10 x 135) and nuts 6 at the marked lower connections. Start all threads before aligning the sides.

3. Mount the ball support plate
Support plate 16 between the upper frame mounts. Fit screws 3 (M10 x 90), screws 2 (M10 x 30) and nuts 6 at their individual illustrated connections. Do not exchange screw lengths.

4. Fit the elbow pads
Place elbow pads 15 on the arm supports. Secure them with bolts 1 (M8 x 25) from below. Align both pads and tighten evenly without crushing their backing.

5. Install the ball and plugs
Seat ball 12 on plate 16 and secure its mounting edge using the eight screws 5 at the shown holes. Fit plugs 13 and 14. Confirm the ball inflation specification with Build A Gym; no pressure is given in this source.

6. Complete the installation
Tighten the aligned frame and check both platforms, handles, elbow pads and the ball support. Confirm torque and floor-fixing requirements before exercise.

Check before continuing
All connections are secure and the equipment stands level without rocking.

FINAL CHECK

Ready for the first use?

- [ ] **Frame and hardware**

  Confirm that the frame is stable, all required hardware is installed and all connections are secure.

- [ ] **Adjustments and safeties**

  Check that adjustment pins, locking mechanisms and any safety stops engage fully. Verify that pads and handles are secure.

- [ ] **Moving parts**

  Carefully check the full range of movement. Confirm that moving assemblies clear the frame and guards without binding.

- [ ] **Product-specific inspection**

  Check both standing platforms, handles, elbow pads and ball attachment.
  Use only the confirmed inflation pressure and verify frame stability.

- [ ] **Keep the equipment ready**

  Inspect before every use. Wipe contact surfaces dry after use. Have a qualified technician address damaged parts, unusual movement or noise before further exercise.

Need help with assembly?

Contact Build A Gym with your product name, assembly stage, part reference and a clear photo of the issue.

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