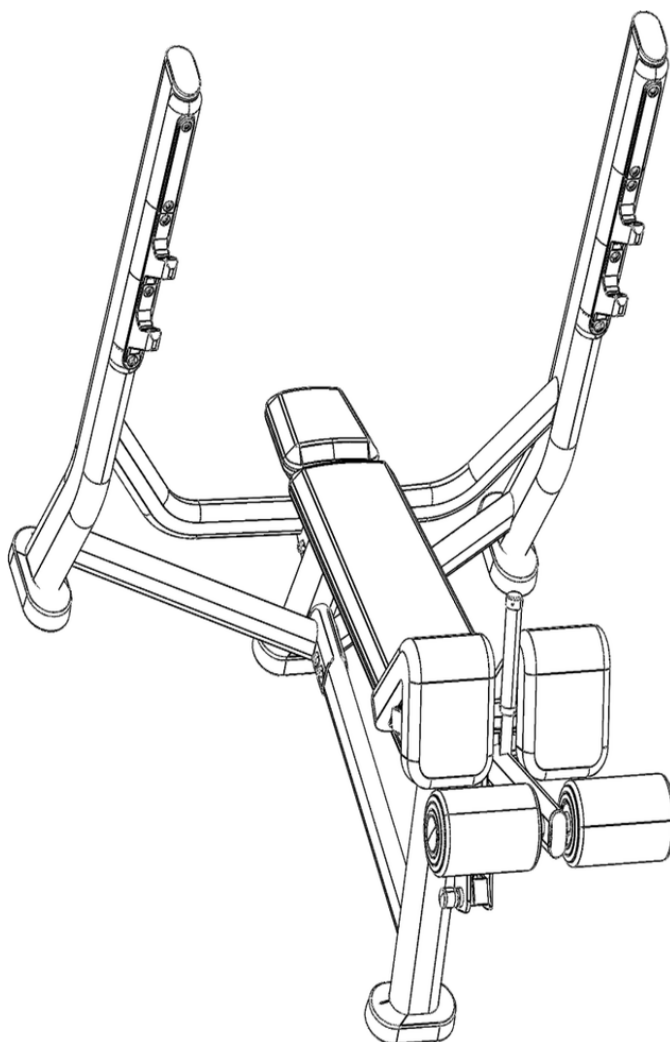


FOUNDATION SERIES

Olympic Decline Bench

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

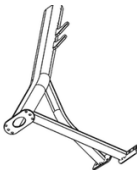
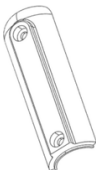
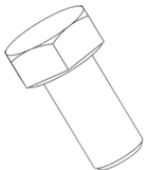
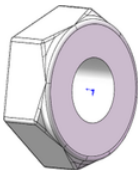
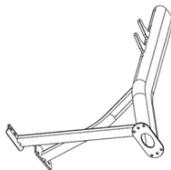
Stage 1 → Stage 2 → Final inspection

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 2  Main frame assembly	REF 2 QTY 4  Ground foot cover	REF 3 QTY 4  Footing plastic parts
REF 4 QTY 3  65 × 114 end cap	REF 5 QTY 2  Upper barbell bracket	REF 6 QTY 4  Middle barbell bracket
REF 7 QTY 2  Lower barbell bracket	REF 8 QTY 30  Washer Ø10.3xØ20 × 1.2	REF 9 QTY 10  Socket-head screw M10 × 130
REF 10 QTY 8  Hex head bolts M10 × 25	REF 11 QTY 23  Locknut M10	REF 12 QTY 1  Right main frame assembly

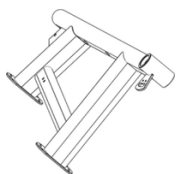
STAGE 1 / PARTS

Identify your components

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

REF 13

QTY 1



Backrest main frame assembly

REF 14

QTY 1



Rotating shaft

REF 15

QTY 1



Adjustment plate

REF 16

QTY 2



Bumper pad

REF 17

QTY 4



25 Round hole plugs

REF 18

QTY 1



Head pad

REF 19

QTY 1



Backrest

REF 20

QTY 2



Ring Sintered bushing

REF 21

QTY 2



Aluminum end caps

REF 22

QTY 2

Deep groove ball bearings
Ø52xØ25 × 15

REF 23

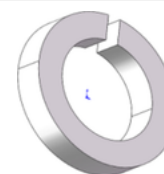
QTY 6



Washer Ø8.3xØ16 × 1

REF 24

QTY 4



Spring washer Ø 8

STAGE 1 / PARTS

Identify your components

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

REF 25

QTY 4



Socket-head screw M8 × 25

REF 26

QTY 3



Socket-head screw M10 × 75

REF 27

QTY 2



Socket-head screw M10 × 65

REF 28

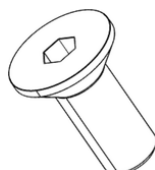
QTY 2



Socket-head screw M8 × 20

REF 29

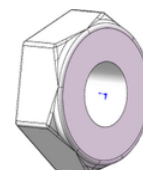
QTY 2



Countersunk socket screws M10 × 25

REF 30

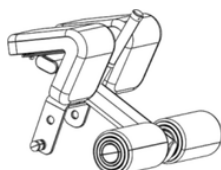
QTY 2



Locknut M8

REF 31

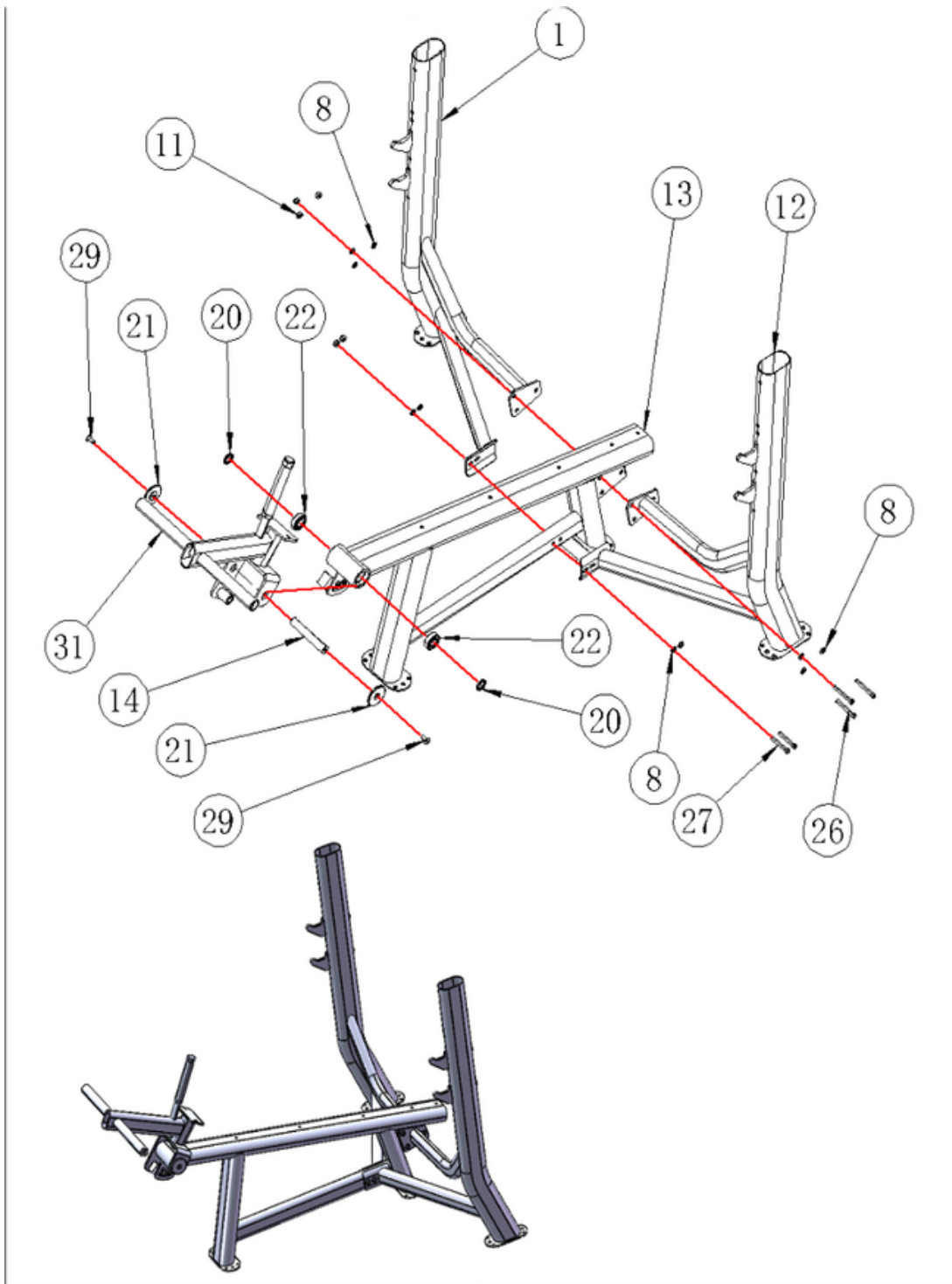
QTY 1



Leg press

STAGE 1 / DRAWING 1 OF 3

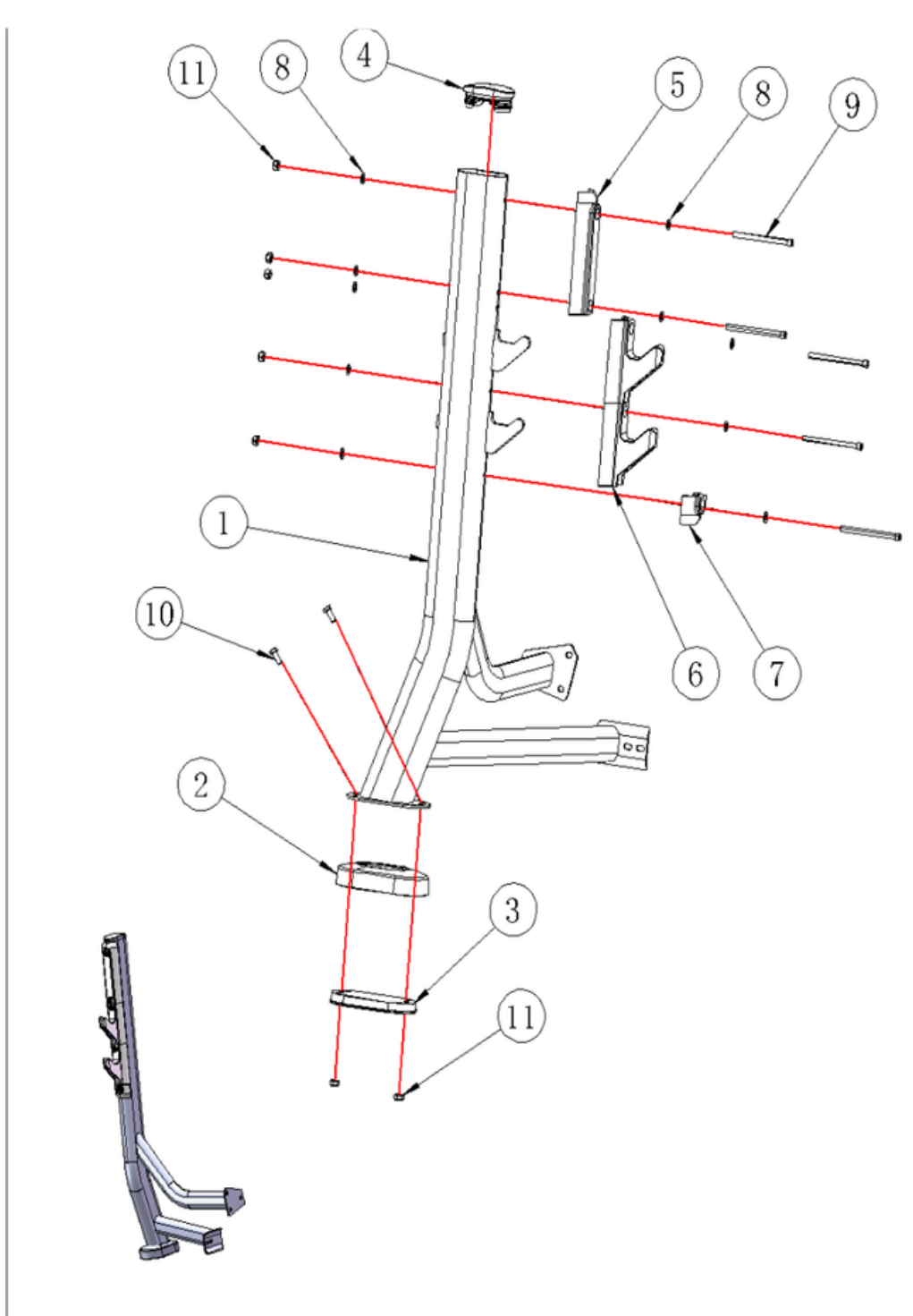
Assembly stage 1



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

STAGE 1 / DRAWING 2 OF 3

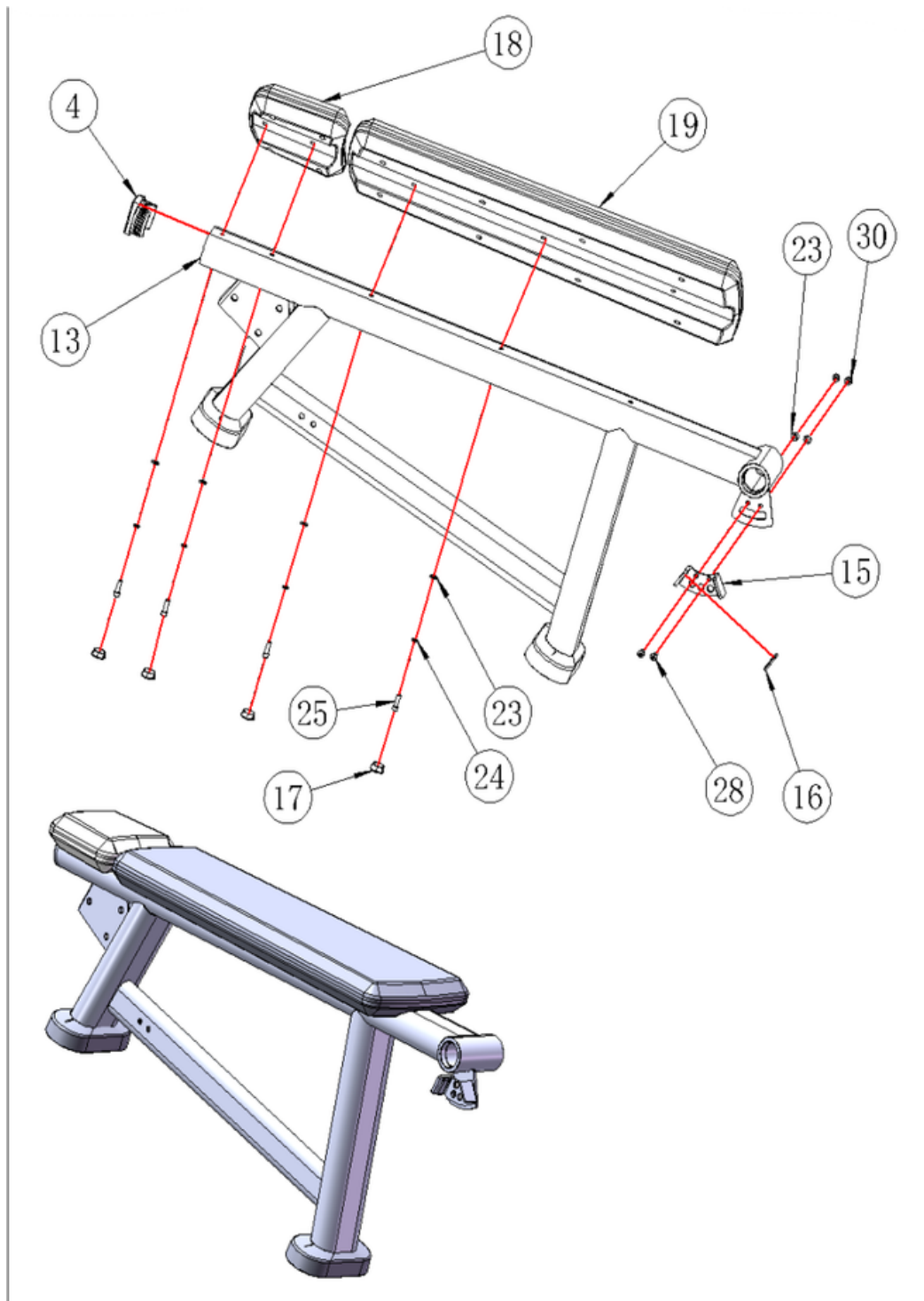
Assembly stage 1



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

STAGE 1 / DRAWING 3 OF 3

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.

Stage 1: Build the Bench Frame

Reference numbers restart in Stage 2. Prepare the leg-support subassembly before installing it on the completed bench frame.

1. Prepare both uprights

Use drawing 2. Fit foot components 2 and 3 to each upright with bolts 10 (M10 x 25) and nuts 11. Fit bar-contact pieces 5, 6 and 7 using screws 9 (M10 x 130), washers 8 and nuts 11. Fit end caps 4.

2. Join the main frame

Brace both uprights 1 and 12. Use drawing 1 to position frame 13 between them. Fit screws 26 (M10 x 75) and 27 (M10 x 65), washers 8 and nuts 11 at their separate marked joints.

3. Fit the bench pads

Use drawing 3. Position head pad 18 and backrest 19 on frame 13. Fit screws 25 (M8 x 25), spring washers 24 and washers 23. Start all threads before tightening evenly. Fit the end cap and access plugs after fastening.

4. Fit the adjustment plate

Attach plate 15 with screws 28 (M8 x 20), washers 23 and nuts 30 where shown in drawing 3. Fit bumper pads 16. Keep this area clear for the leg-support assembly.

5. Prepare the leg-support pivot

Use drawing 1 for bearings 22, bushings 20, shaft 14, end caps 21 and countersunk screws 29. Assemble the leg support in Stage 2, then secure it at this pivot. Keep it supported until both shaft ends are retained.

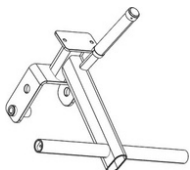
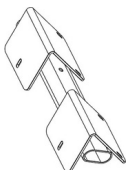
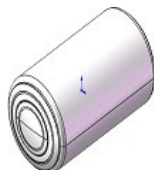
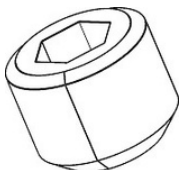
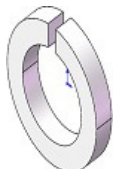
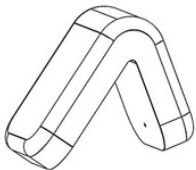
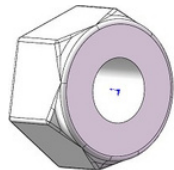
Check before continuing

The frame is secure; keep the unfinished leg-support pivot unloaded.

STAGE 2 / PARTS

Identify your components

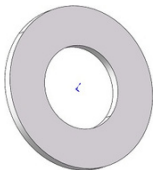
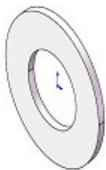
Match each reference and quantity to the drawing for this stage.

REF 1 QTY 1  Presser leg assembly	REF 2 QTY 1  Leg pads are installed and assembly	REF 3 QTY 2  Short foam
REF 4 QTY 3  40 x 80 end cap	REF 5 QTY 4  Flat-point set screw M5 x 4	REF 6 QTY 8  Hexagonal cylindrical head stud M8 x 25
REF 7 QTY 8  Spring washer Ø 8	REF 8 QTY 2  Large washer	REF 9 QTY 2  Stop ring
REF 10 QTY 2  Cushion	REF 11 QTY 2  Socket-head screw M10 x 60	REF 12 QTY 2  Locknut M10

STAGE 2 / PARTS

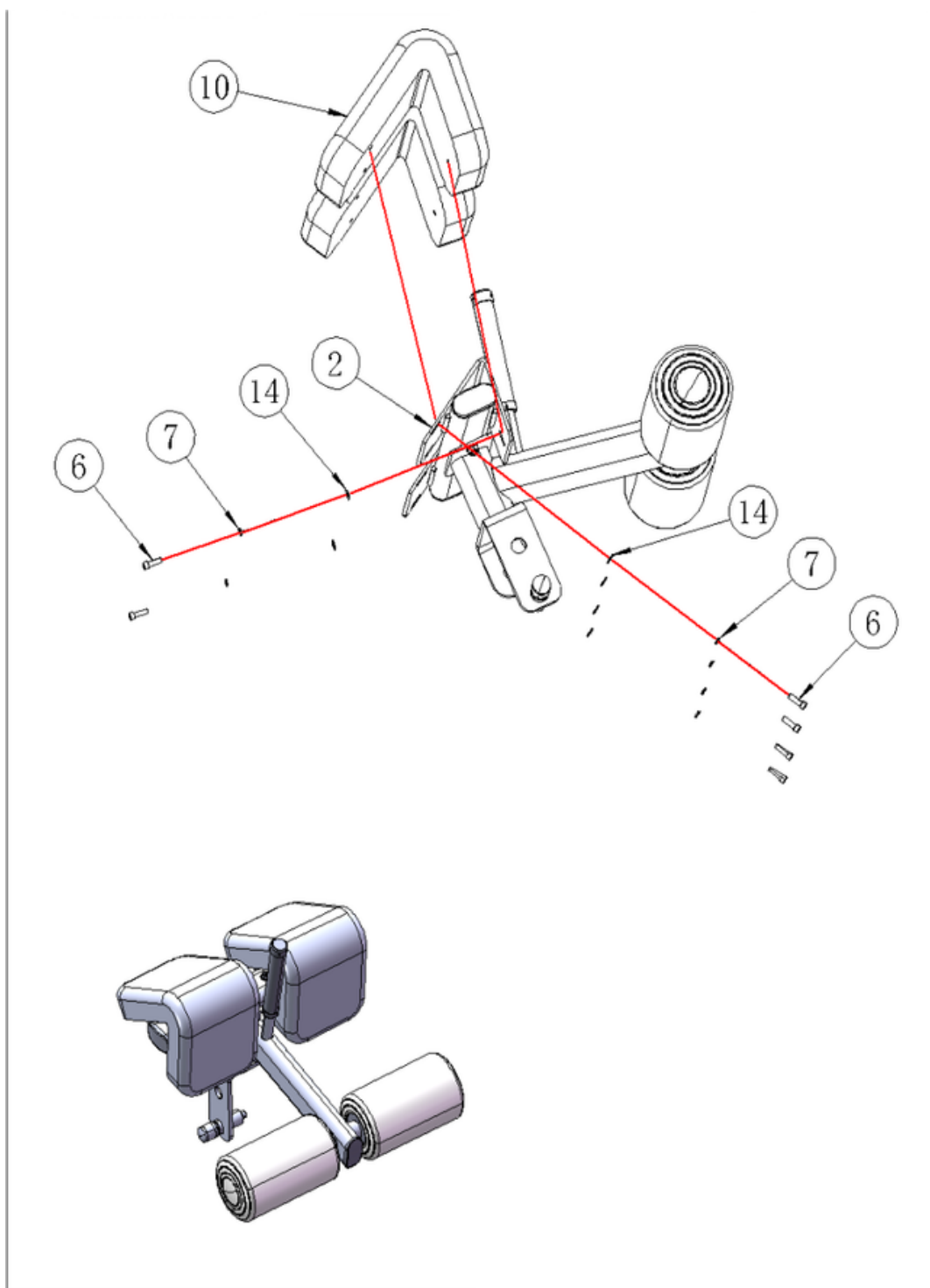
Identify your components

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

REF 13 QTY 4  Washer Ø10.3xØ20 × 1.2	REF 14 QTY 6  Washer Ø8.3xØ16 × 1	REF 15 QTY 1  Pull pin cap
REF 16 QTY 1  Pull pin bar	REF 17 QTY 1  Hex nut	REF 18 QTY 1  Spring

STAGE 2 / DRAWING 1 OF 2

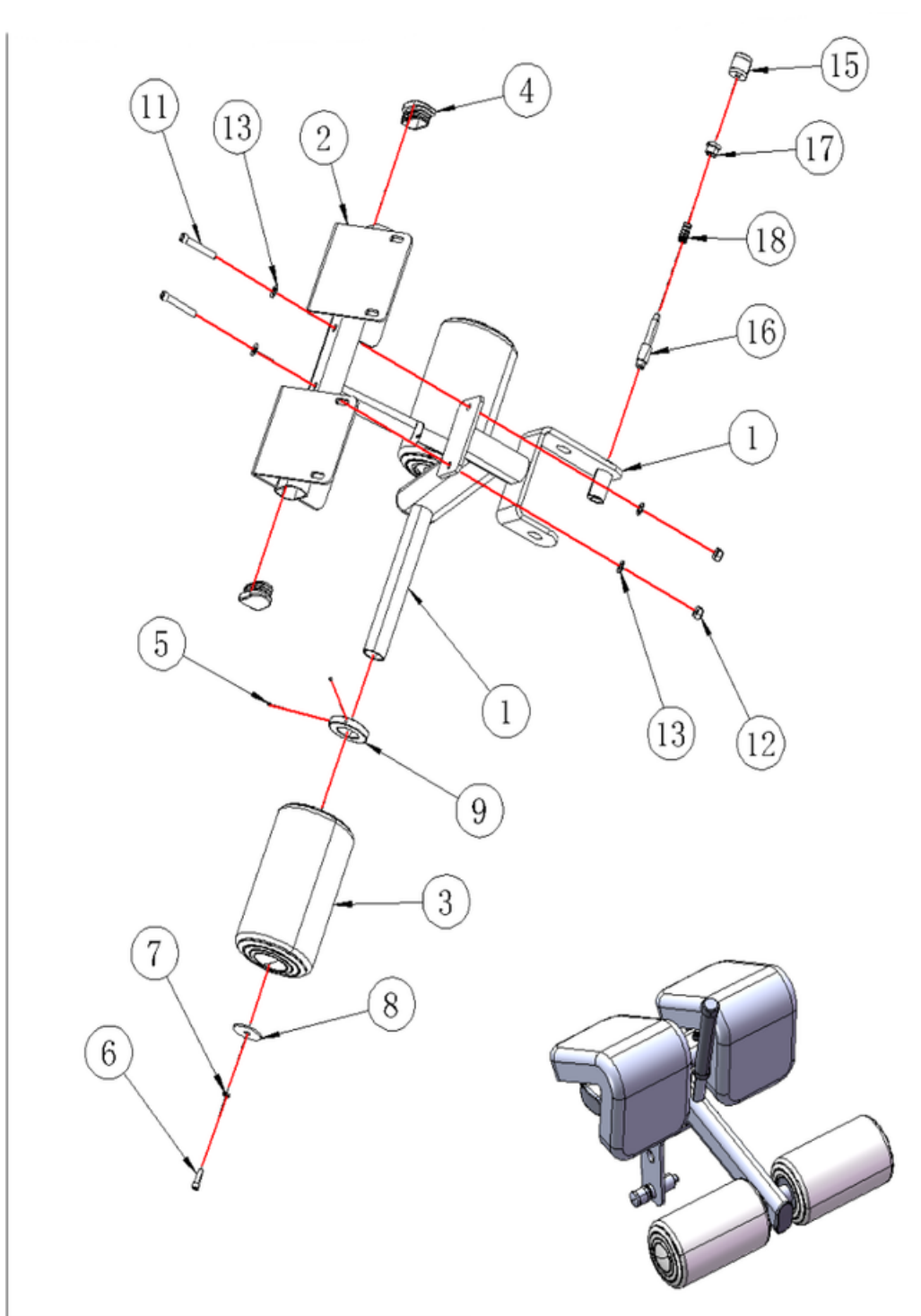
Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 2 / DRAWING 2 OF 2

Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 2: Fit the Leg Support

Use Stage 2 references on this page. Its completed assembly is reference 31 in the Stage 1 drawing.

6. Join the pad-support frame

Fit support 2 to assembly 1 with screws 11 (M10 x 60), washers 13 and nuts 12. Fit end caps 4 at the shown openings.

7. Assemble the locking pin

Install pin 16, spring 18, nut 17 and cap 15 in the order shown in drawing 2. Check that the pin retracts and returns fully into its intended locking position.

8. Fit the rollers and pads

Fit stop rings 9 with set screws 5, then rollers 3, large washers 8, spring washers 7 and screws 6. Attach pads 10 with the remaining illustrated screws 6, spring washers 7 and washers 14. Check secure retention at every pad and roller.

9. Join and test the completed assembly

Return to Stage 1 drawing 1 and install the completed leg support at the prepared pivot using shaft 14 and its specified retainers. With no bar or user on the bench, check free movement, lock engagement, all pads and both bar-support uprights. Confirm torque, rated load and anchoring requirements before use.

Check before continuing

Every pivot and pad is retained; the bench is stable and the lock engages fully.

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 bar supports, bench pads and leg-support pivot retention.
Confirm adjustment-pin engagement before loading or exercising.

☐ **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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