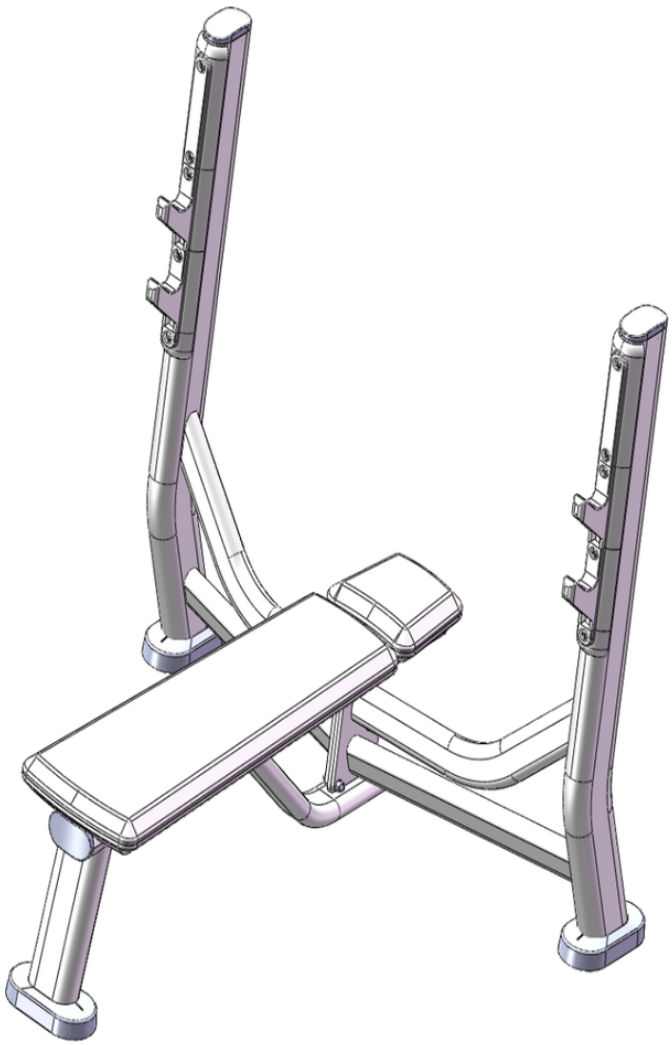
BUILT STRENGTH

FOUNDATION SERIES

Olympic Flat 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 → 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

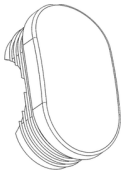
REF 2 — **QTY 1**

Left main frame assembly

REF 3 — **QTY 1**

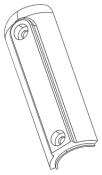
Right main frame assembly

REF 4 — **QTY 4**



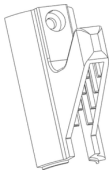
65 × 114 end cap

REF 5 — **QTY 2**



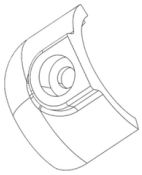
Upper bar-support bracket

REF 6 — **QTY 4**



Middle bar-support bracket

REF 7 — **QTY 2**

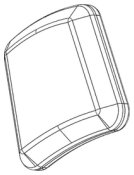


Lower bar-support bracket

REF 8 — **QTY 1**

Backrest

REF 9 — **QTY 1**



Head pad

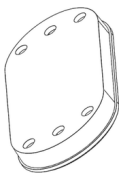
REF 10 — **QTY 1**

40 × 80 end cap

REF 11 — **QTY 3**

Ground foot cover

REF 12 — **QTY 3**



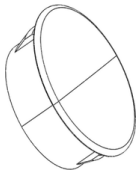
Footing plastic parts

STAGE 1 / PARTS

Identify your components

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

REF 13 **QTY 5**



25 Round hole plugs

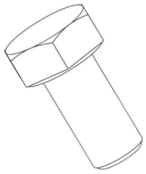
REF 14 **QTY 5**

Socket-head screw M8 × 30

REF 15 **QTY 4**

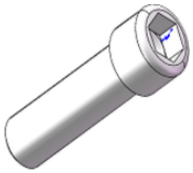
Socket-head screws M10 × 40

REF 16 **QTY 6**



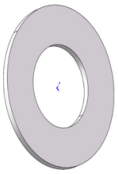
Hex head bolts M10 × 20

REF 17 **QTY 10**



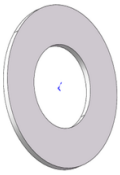
Socket-head screw M10 × 135

REF 18 **QTY 24**



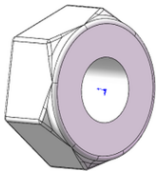
Washer Ø10.3xØ20 × 1.2

REF 19 **QTY 5**



Washer Φ8.3xØ16 × 1

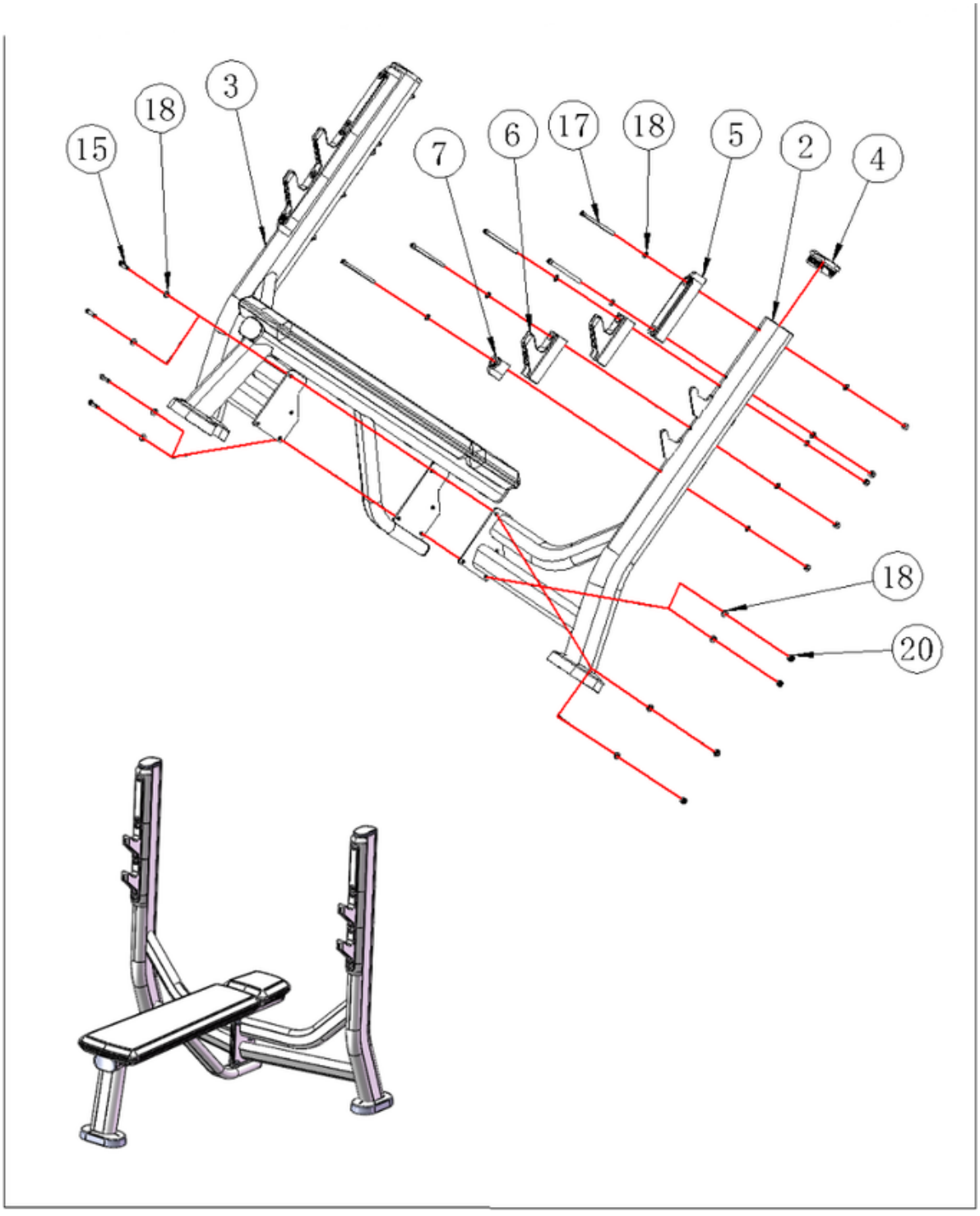
REF 20 **QTY 20**



Locknut M10

STAGE 1 / DRAWING 1 OF 2

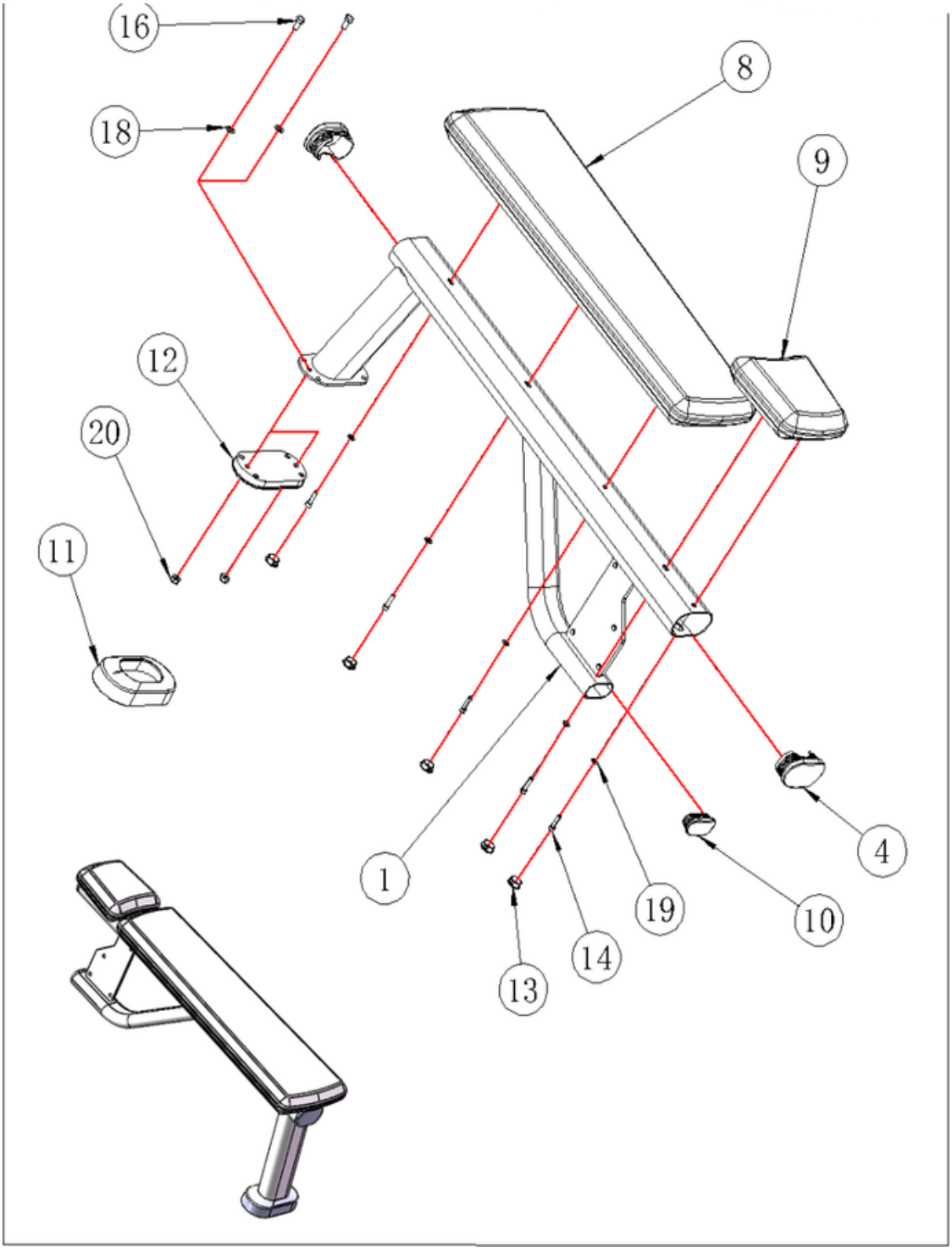
Assembly stage 1



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 2

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 Olympic Bench

Both drawings use the same Stage 1 list. The quantity listed for frame 1 differs from the single bench frame shown; confirm the delivered kit before assembly.

1. Prepare the bench frame
Use drawing 2. Fit foot inserts 12 to bench frame 1 using bolts 16 (M10 x 20), washers 18 and nuts 20. Fit foot covers 11 and tube caps 4 and 10 where shown.

2. Attach both pads
Place backrest 8 and head pad 9 on the frame. Fit screws 14 (M8 x 30) with washers 19 from below. Start all five pad screws before tightening evenly. Fit plugs 13 after fastening.

3. Position the rack uprights
Use drawing 1. Stand left frame 2 and right frame 3 in their shown orientation and brace them. Keep the bar and plates off the supports while assembling.

4. Join the rack and bench
Align the frame connections shown in drawing 1. Fit screws 15 (M10 x 40), washers 18 and nuts 20 at their marked joints. Start both sides before final alignment.

5. Fit the bar-support brackets
Install upper brackets 5, middle brackets 6 and lower brackets 7 at their matching positions. Use screws 17 (M10 x 135), washers 18 and nuts 20 as shown. Match each support height across the two uprights.

6. Complete the installation
Fit remaining caps 4, square the frame and tighten all connections. Check both pads, bar supports and feet. Confirm torque, rating and floor-fixing requirements before loading.

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 each bar-support bracket and both pad attachments.
  Confirm paired supports align and the bench is stable before loading.

- [ ] **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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