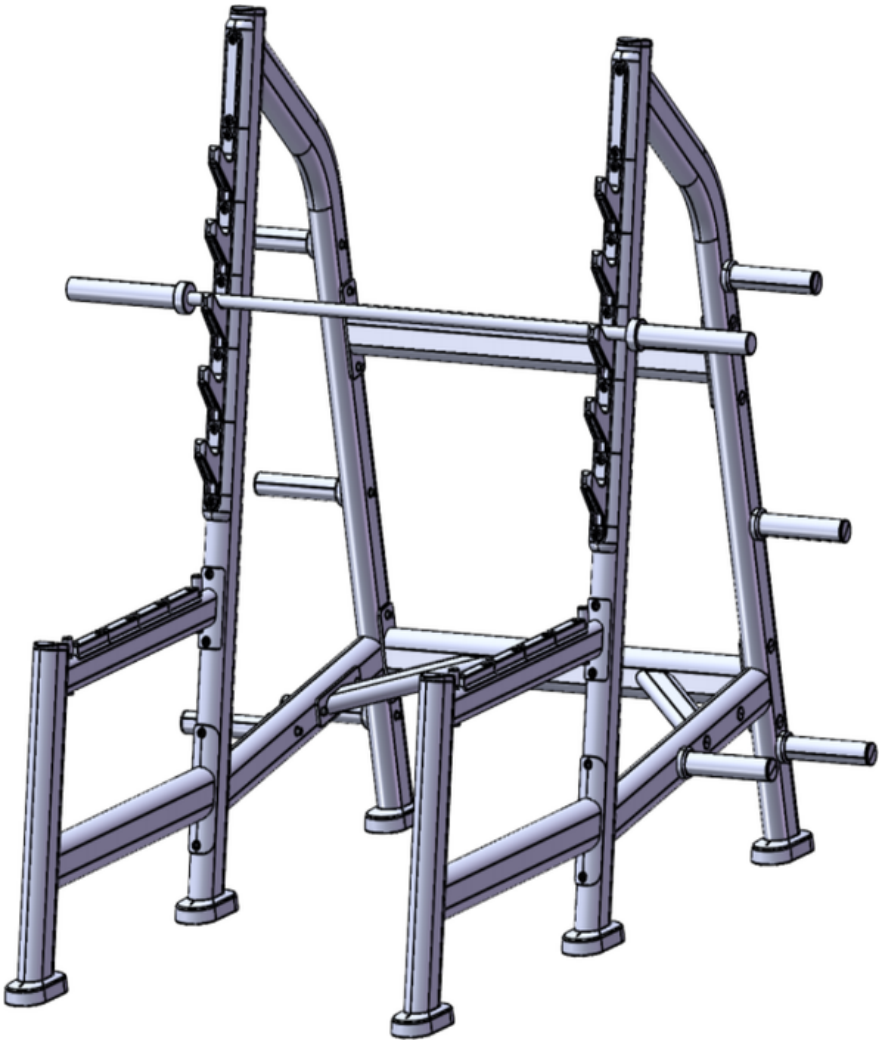
BUILT
STRENGTH

FOUNDATION SERIES

Olympic Half Rack

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

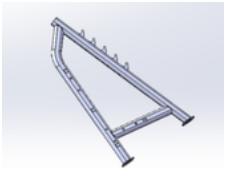
Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

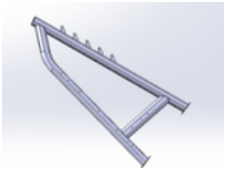
Match each reference and quantity to the drawing for this stage.

REF 1 **QTY 1**



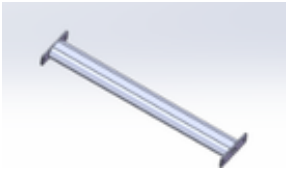
Left side frame assembly

REF 2 **QTY 1**



Right side frame assembly

REF 3 **QTY 1**



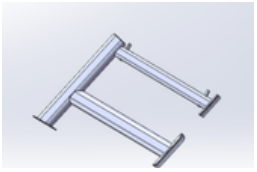
Upper connection support assembly

REF 4 **QTY 1**



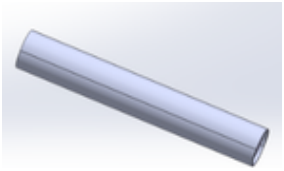
Lower connection support assembly

REF 5 **QTY 2**



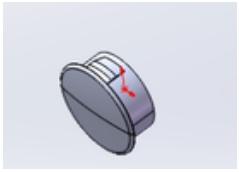
Support assembly

REF 6 **QTY 8**



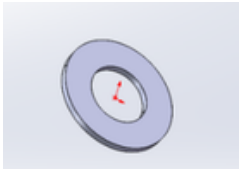
Cannon barrel assembly

REF 16 **QTY 12**



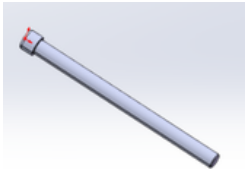
25 tube plug

REF 18 **QTY 90**



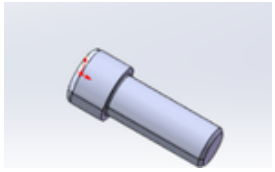
10 mm washer

REF 22 **QTY 22**



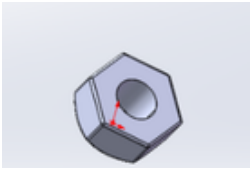
M10 × 135 Socket-head screw

REF 23 **QTY 20**



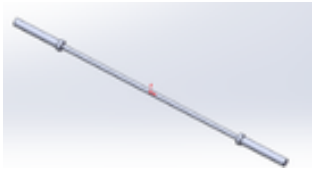
M10 × 25 Socket-head screw

REF 28 **QTY 46**



M10 nut

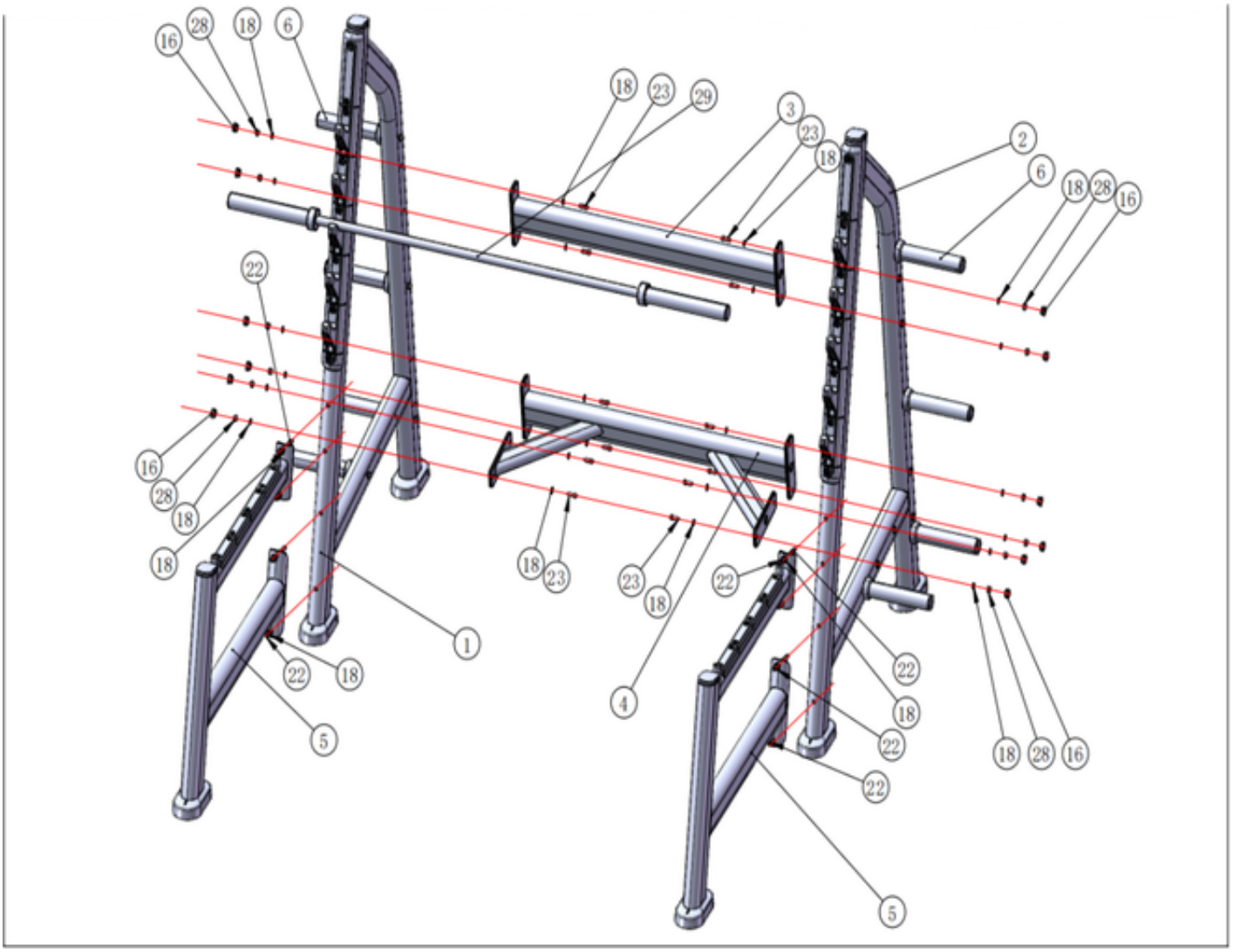
REF 29 **QTY 1**



2-meter Olympic pole

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 Half Rack

1. Position and brace both sides
Identify left frame 1 and right frame 2. Stand them on a level surface with the bar-support faces toward the exercise area. Brace both sides against tipping; keep bar 29 and plates off the rack.

2. Fit the lower connection
Support lower connection 4 between the side frames. Fit screws 22 (M10 x 135), washers 18 and nuts 28 at the marked joints. Leave the joints adjustable until all frame members are aligned.

3. Fit the upper connection
With sufficient help, support upper connection 3 between the uprights. Fit screws 23 (M10 x 25) and washers 18 at its marked mounting holes. Do not release support until both ends are secured.

4. Attach the forward supports
Position support assemblies 5 at the front of each side frame as shown. Fit screws 22, washers 18 and nuts 28 at the individual illustrated joints. Check that each support sits at its intended angle.

5. Install storage horns
Fit all eight horn assemblies 6 at their marked locations using the shown washers and nuts. Fit plugs 16 after fastening. Keep the horns unloaded while aligning and tightening the full frame.

6. Complete the installation
Check every joint, bar support and foot. Confirm torque, rated loads and the product-specific anchoring requirement with Build A Gym before exercise. Place an unloaded bar only after the rack is secure.

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 bar supports, forward supports and all eight storage horns.
  Confirm secure floor installation and frame stability 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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