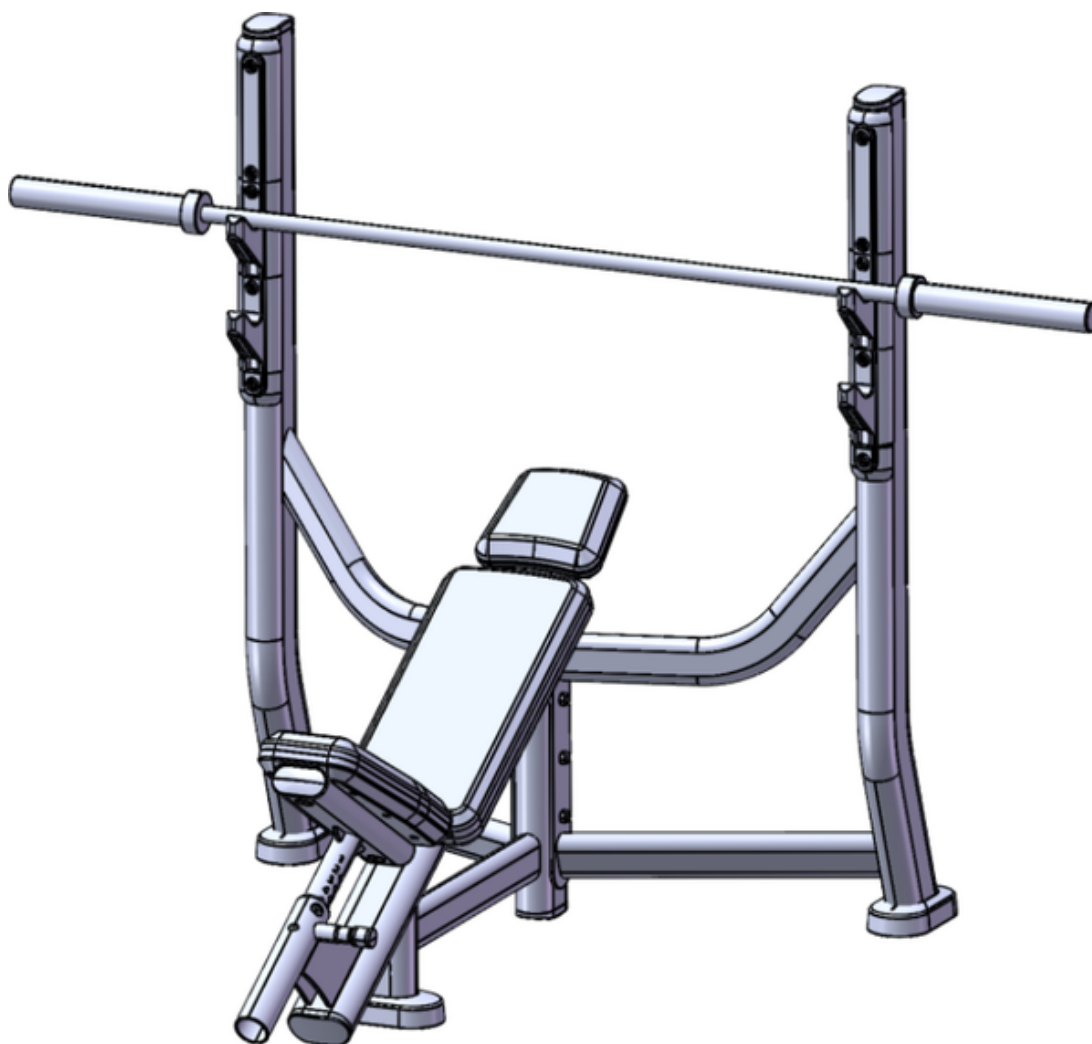


FOUNDATION SERIES

Olympic Incline 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.

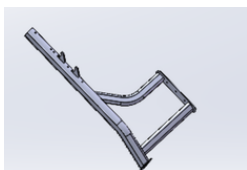
STAGE 1 / PARTS

Identify your components

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

REF 1

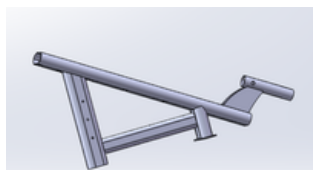
QTY 1



Main frame assembly

REF 2

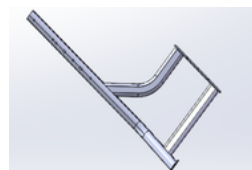
QTY 1



Back pad support assembly

REF 3

QTY 1



Main frame assembly

REF 4

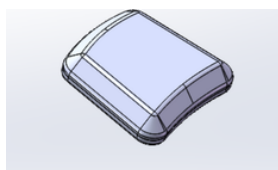
QTY 1



Saddle support assembly

REF 10

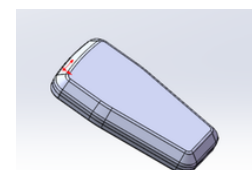
QTY 1



Headrest

REF 15

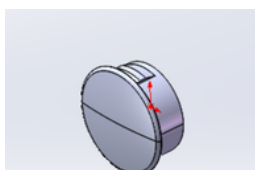
QTY 1



Cushion

REF 20

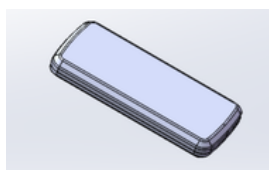
QTY 7



25 round tube plugs

REF 21

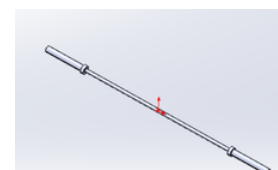
QTY 1



Back pads

REF 22

QTY 1



Two-meter pole

REF 24

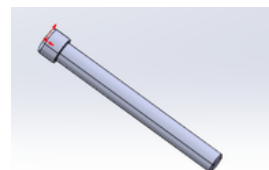
QTY 7



M8 x 30 hex socket column head screw

REF 26

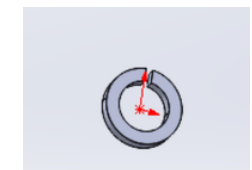
QTY 3



M10 x 90 hex socket column head screw

REF 28

QTY 7

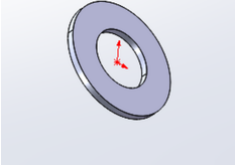
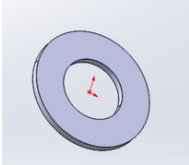


Inner 8 spring washer

STAGE 1 / PARTS

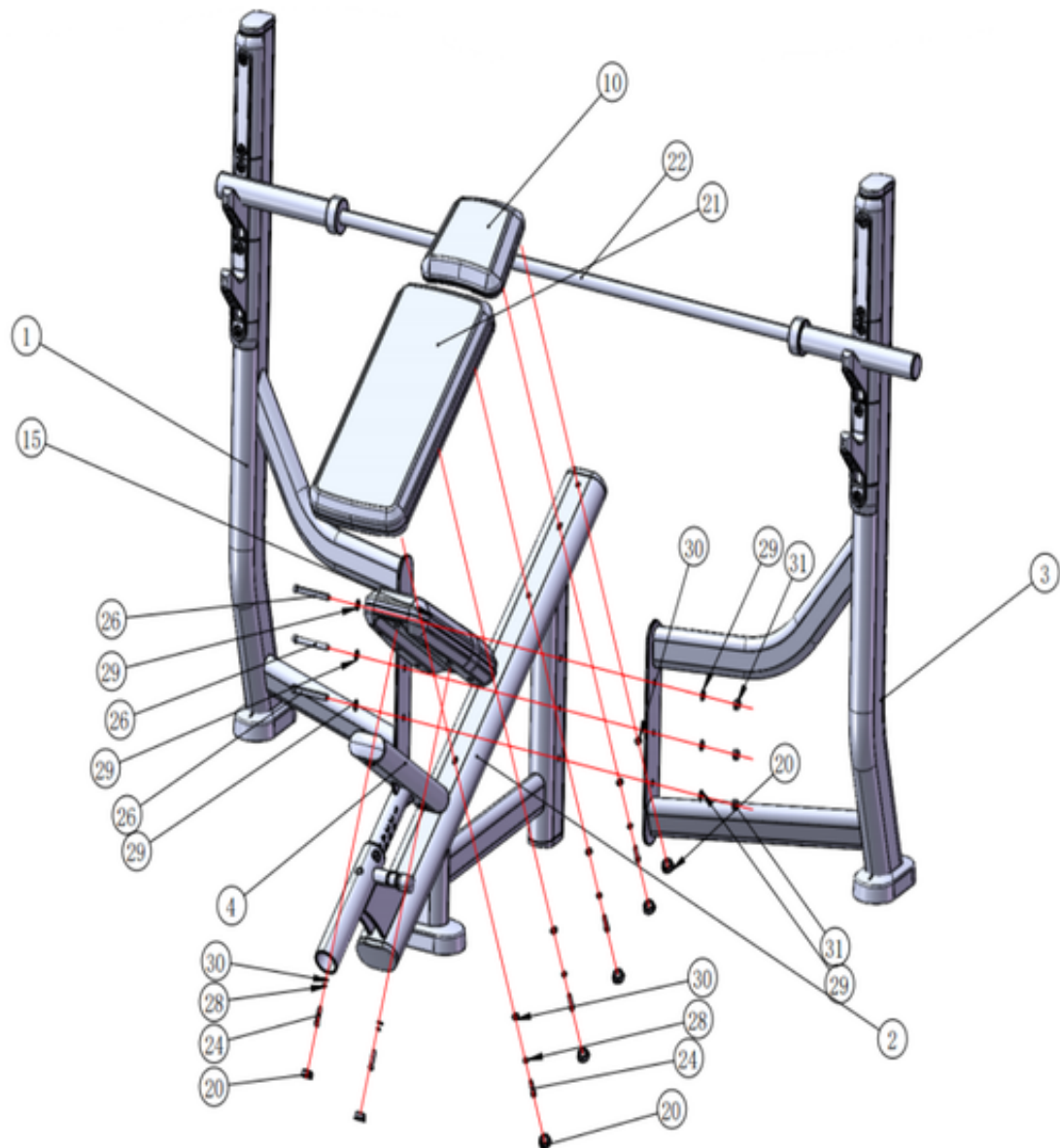
Identify your components

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

REF 29 QTY 32  Inner 10 washer	REF 30 QTY 7  Inner 8 washer	REF 31 QTY 19  M10 nut
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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 Incline Bench

Use Stage 1 references. Some listed hardware quantities exceed the illustrated loose joints; verify the delivered kit and retain spare parts until confirmed.

1. Position the main frames

Identify side frames 1 and 3 by shape. Stand them on a level surface and brace them against tipping. Keep bar 22 and all plates off the rack during assembly.

2. Join the frame supports

Position back-pad support 2 and saddle support 4 as shown. Use screws 26 (M10 x 90), washers 29 and nuts 31 at the three indicated joints. Start all connections before squaring the frame.

3. Mount the back and head pads

Fit back pad 21 and headrest 10 in the illustrated positions. Use screws 24 (M8 x 30), spring washers 28 and washers 30 at the marked pad holes. Start all screws before tightening evenly.

4. Mount the seat

Fit cushion 15 to saddle support 4 with the remaining illustrated M8 screws and washers. Verify correct screw engagement and a firm seat without crushing the backing.

5. Finish and check

Fit plugs 20 at the shown openings. Tighten the frame evenly and check stability, pads and both bar supports. Confirm torque, floor-fixing requirements and rating before placing an unloaded bar on the supports.

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 bar supports, the seat, back pad and headrest.
Confirm frame stability and required floor fixing before adding a bar or plates.

☐ **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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