

FOUNDATION SERIES

Olympic Military 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.

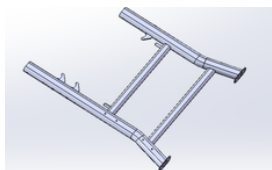
STAGE 1 / PARTS

Identify your components

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

REF 1

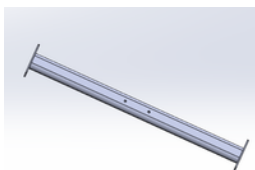
QTY 2



Side frame assembly

REF 2

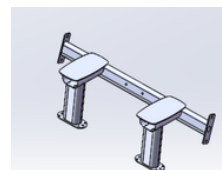
QTY 1



Connection assembly

REF 3

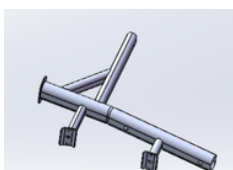
QTY 1



Lower connection support assembly

REF 4

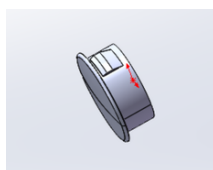
QTY 1



Backrest assembly

REF 9

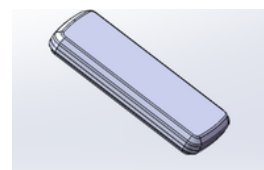
QTY 4



25 round tube plug

REF 12

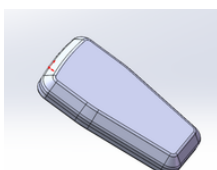
QTY 1



Backing

REF 13

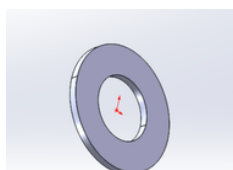
QTY 1



Seat cushion

REF 18

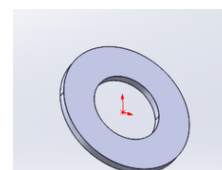
QTY 24



8 mm washer

REF 19

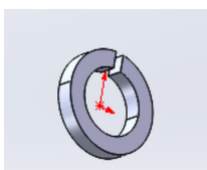
QTY 60



10 mm washer

REF 20

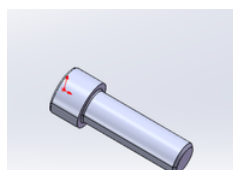
QTY 24



8 mm spring washer

REF 21

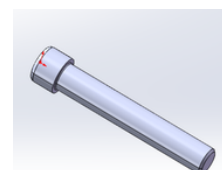
QTY 24



M8 x 25 Socket-head screw

REF 23

QTY 4



M10 x 60 Socket-head screw

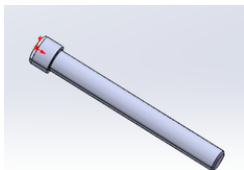
STAGE 1 / PARTS

Identify your components

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

REF 24

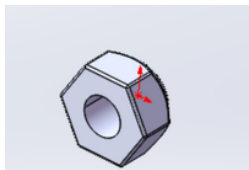
QTY 8



M810 × 85 Socket-head screw

REF 26

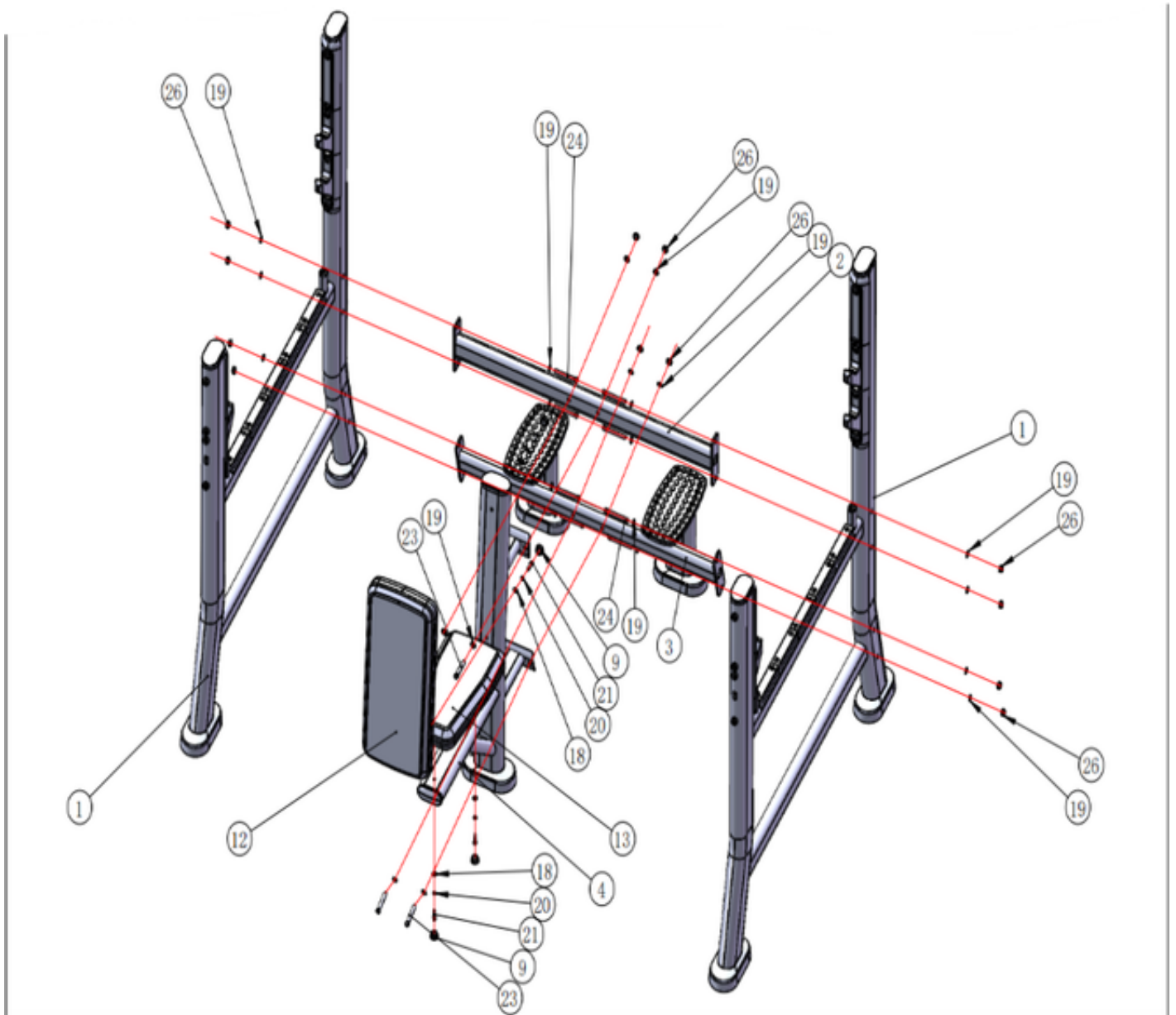
QTY 44



M10nut

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 Military Bench

Use Stage 1 references. Screw 24 is printed as "M810 x 85" in the source; its thread size is ambiguous. Confirm that fastener with Build A Gym before joining the cross-connections. Listed quantities may include installed hardware.

1. Brace the side frames

Stand both side frames 1 on a level floor and brace them against tipping. Keep all bars and plates off the bench during assembly.

2. Join the cross-connections

Position connection 2 and lower support 3 between the side frames. Match screws 24, washers 19 and nuts 26 to the illustrated joints. Start all connections before aligning the frame.

3. Install the seat and back support

Support backrest assembly 4 in its shown orientation. Fit screws 23 (M10 x 60), washers 19 and nuts 26 at its marked connections. Square the frame before final tightening.

4. Attach both pads

Place backing 12 and seat 13 on their matching supports. Install screws 21 (M8 x 25), spring washers 20 and washers 18 at the illustrated mounting holes. Tighten evenly without distorting the pads.

5. Finish and inspect

Fit plugs 9 at the shown access holes. Check both bar-support sides, the cross-members, pads and all feet. Confirm torque and any anchoring requirement 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 both bar-support sides, all cross-members and both pads.
Confirm stable floor installation before placing a bar or plates on the bench.

☐ **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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