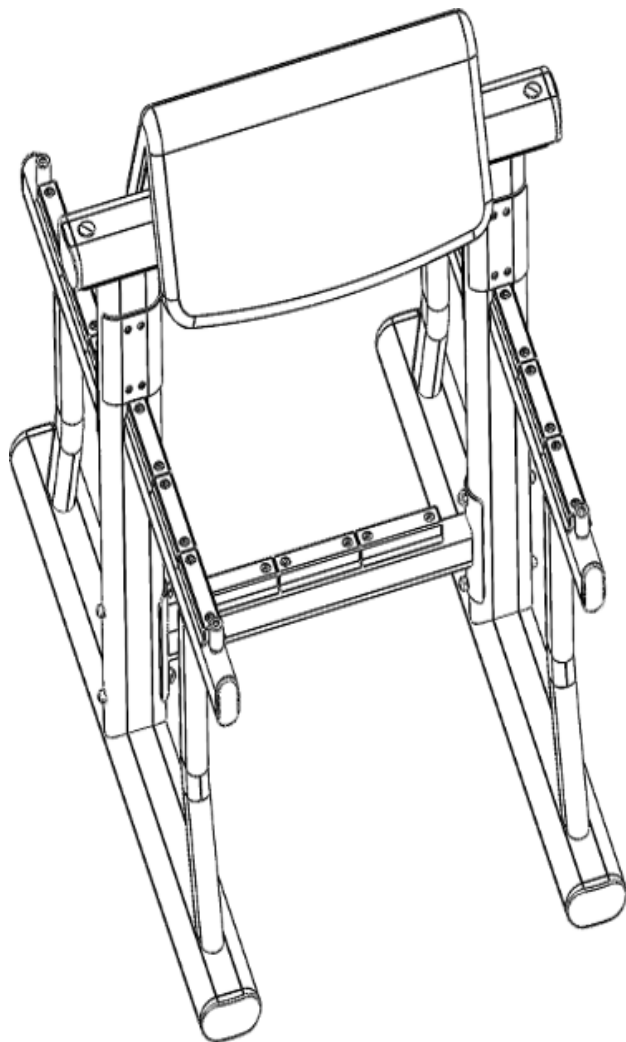


FOUNDATION SERIES

Preacher Curl 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

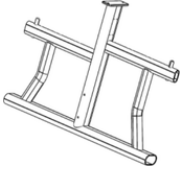
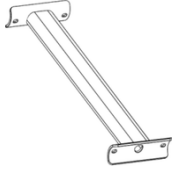
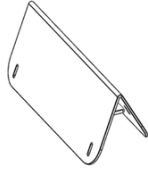
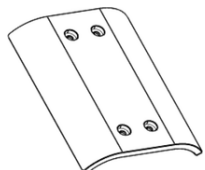
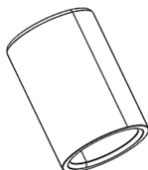
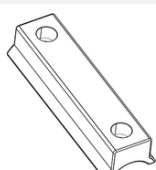
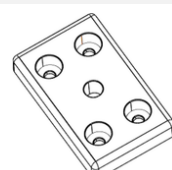
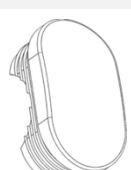
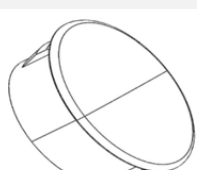
Stage 1 → Final inspection

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	REF 2	QTY 1	REF 3	QTY 1
					
Column assembly		Main frame is linked and assembly		Pad plate assembly	
REF 4	QTY 1	REF 5	QTY 4	REF 6	QTY 4
					
Pads connect pipes		Foot mats		Leg presses	
REF 7	QTY 1	REF 8	QTY 15	REF 9	QTY 4
					
Pads		Nylon plates		Rubber pads	
REF 10	QTY 6	REF 11	QTY 4	REF 12	QTY 4
					
65 × 114 end cap		40 × 80 end cap		25 Round hole plugs	

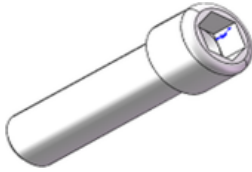
STAGE 1 / PARTS

Identify your components

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

REF 13

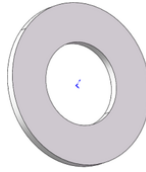
QTY 4



Socket-head screw M10 × 135

REF 14

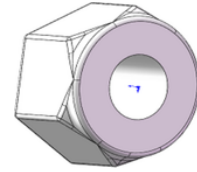
QTY 12



Washer Ø10.3xØ20 × 1.2

REF 15

QTY 8



Locknut M10

REF 16

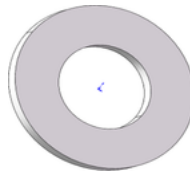
QTY 32



Allen pan head screws M5 × 10

REF 17

QTY 15



Washer Ø5.3xØ10 × 1

REF 18

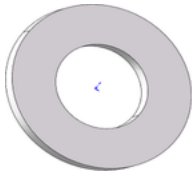
QTY 30



Socket-head screw M8 × 15

REF 19

QTY 30



Washer Ø8.3xØ16 × 1

REF 20

QTY 4



Socket-head screw M10 × 25

REF 21

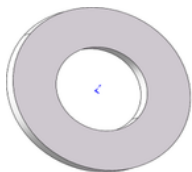
QTY 2



Socket-head screw M12 × 90

REF 22

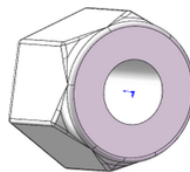
QTY 2



Washer Ø12.2xØ24 × 1.2

REF 23

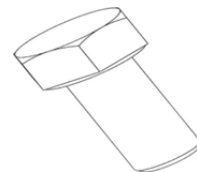
QTY 2



Locknut M12

REF 24

QTY 4



Hex head bolts M10 × 15

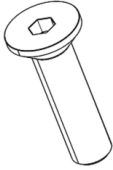
STAGE 1 / PARTS

Identify your components

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

REF 25

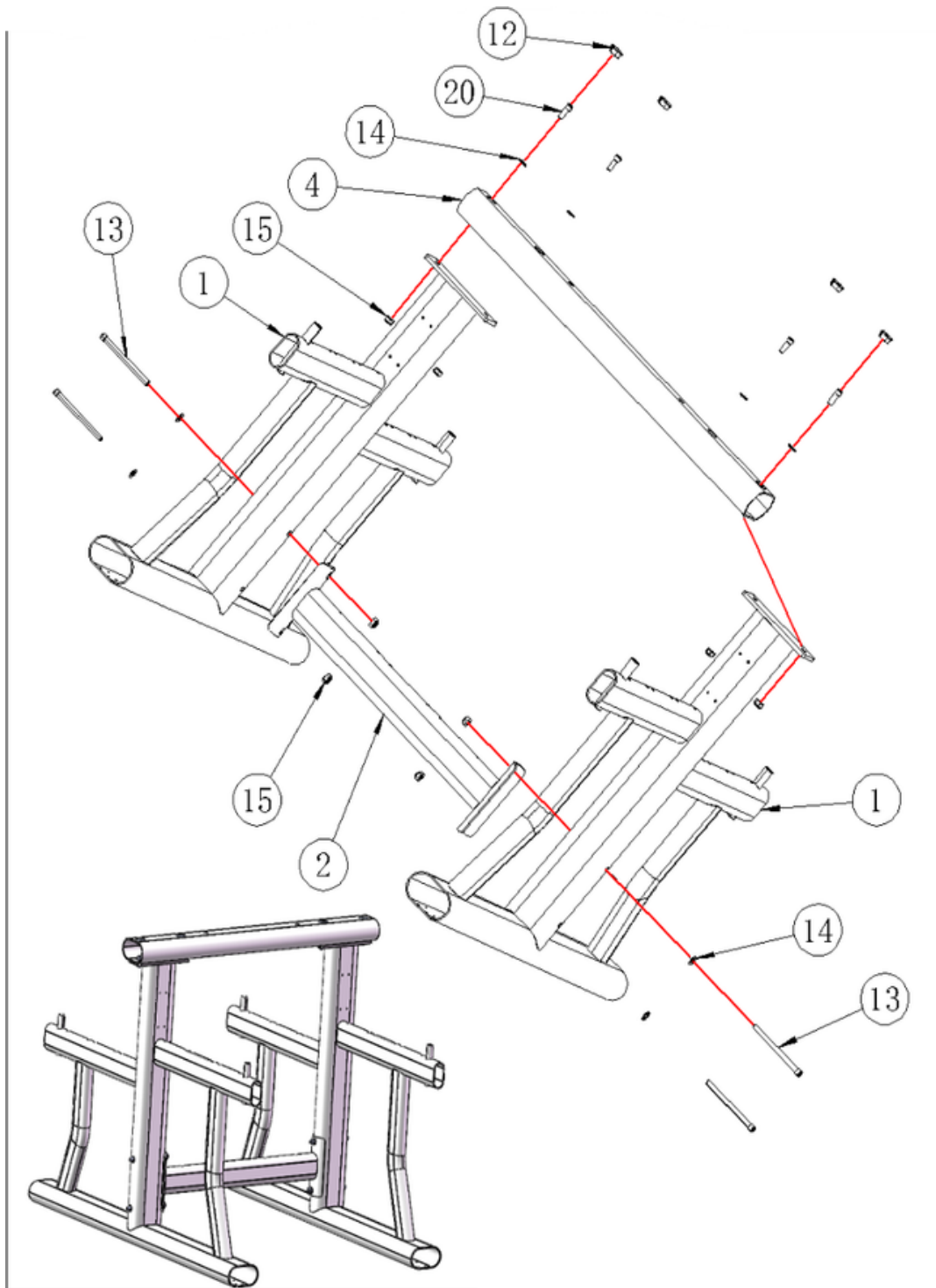
QTY 4



Countersunk socket screws M5
× 20

STAGE 1 / DRAWING 1 OF 3

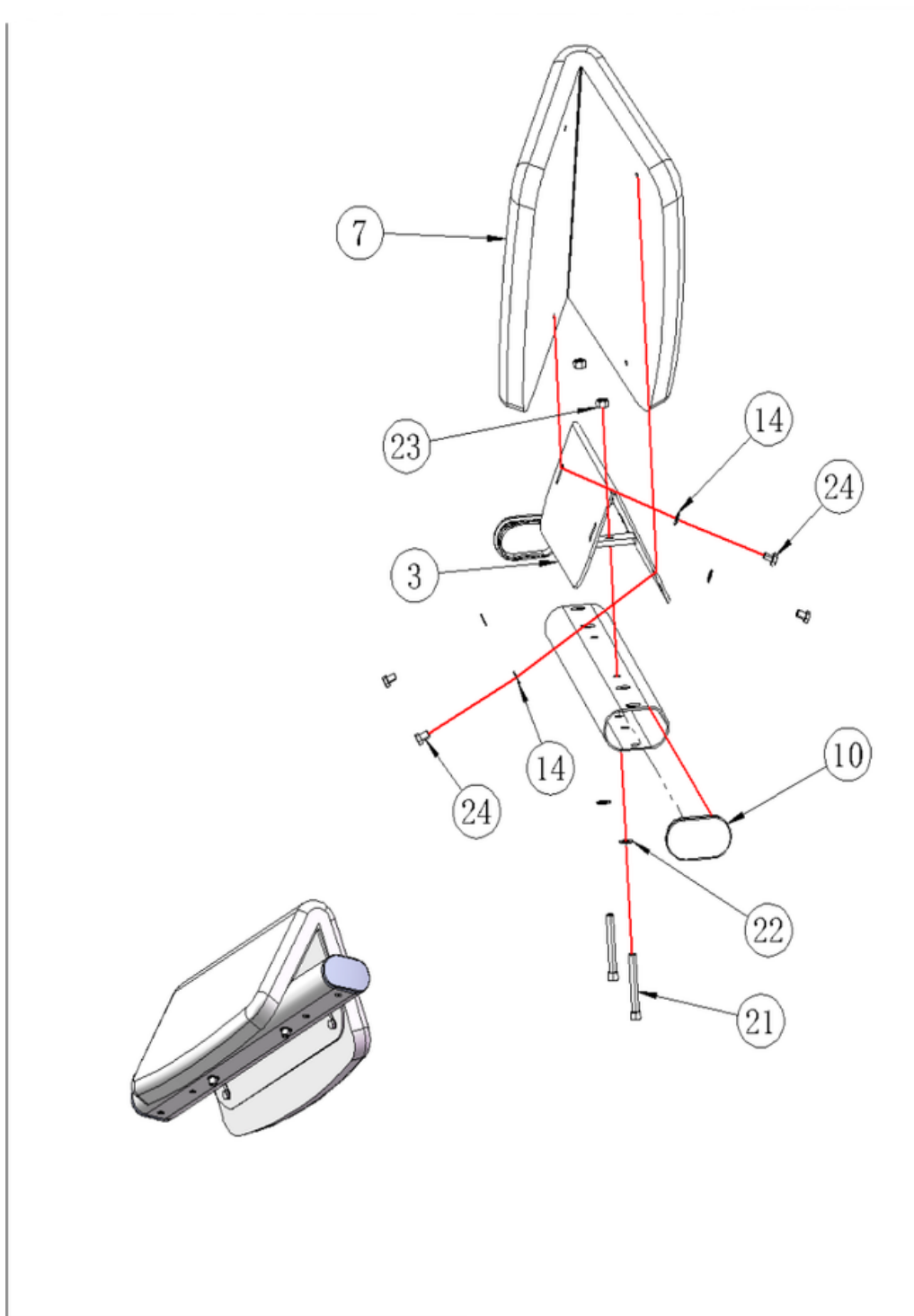
Assembly stage 1



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

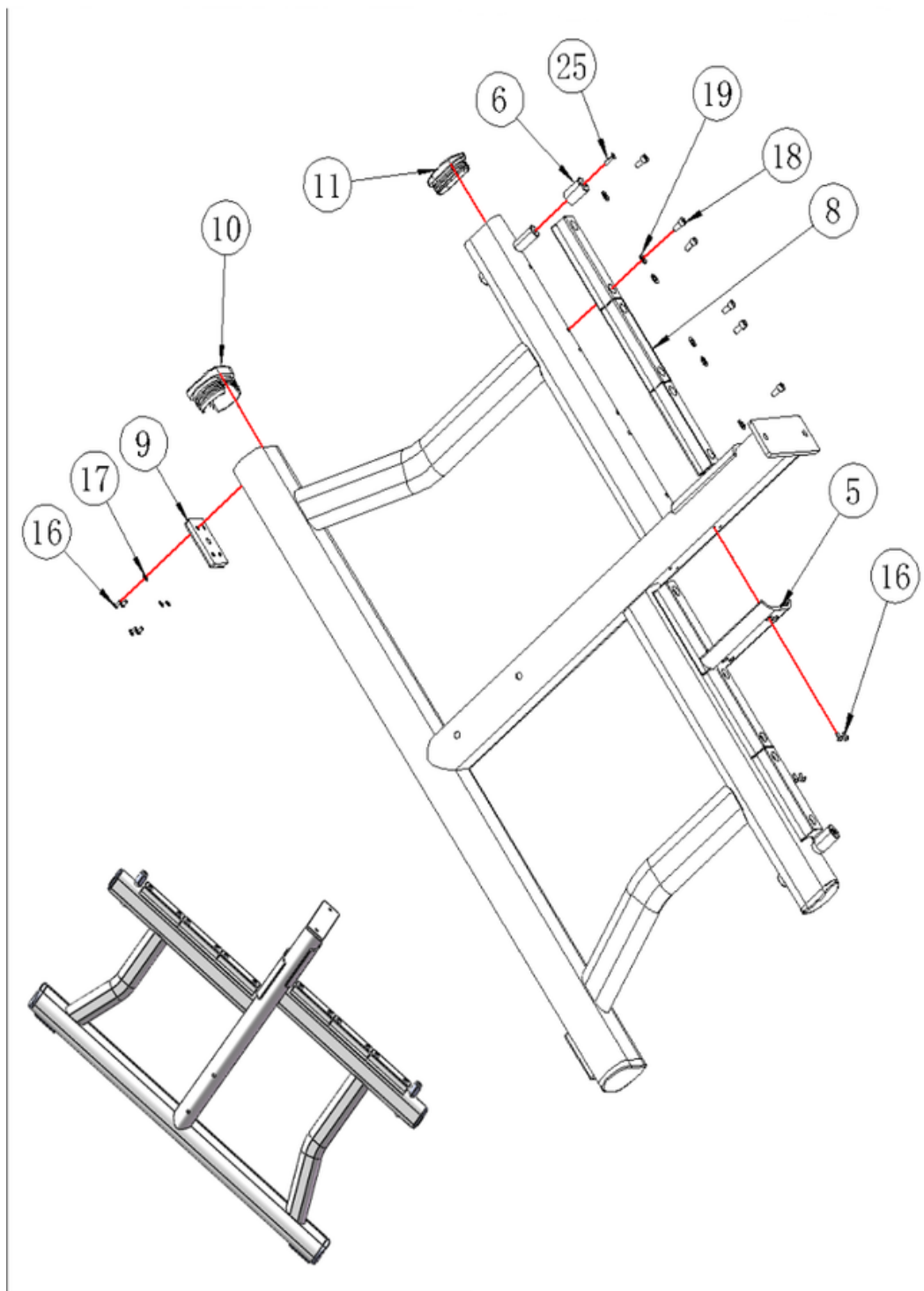
Assembly stage 1



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.

Assemble the Preacher Bench

All three drawings use Stage 1 references. Prepare loose subassemblies before joining the frame. Confirm unclear or conflicting quantities against the delivered kit.

1. Prepare both side supports

Use drawing 3. Fit rubber pads 9, foot mats 5 and end caps 10 and 11 on column assemblies 1. Use screws 16 (M5 x 10) and washers 17 at the illustrated foot locations.

2. Fit protective contact pieces

Attach nylon plates 8 using screws 18 (M8 x 15) and washers 19. Fit contact pieces 6 using countersunk screws 25 (M5 x 20) where shown. Check that contact surfaces and screw heads seat evenly.

3. Join the lower frame

Use drawing 1. Brace both column assemblies upright and fit connection 2 between them with screws 13 (M10 x 135), washers 14 and nuts 15 at both ends.

4. Fit the upper pad support

Join upper tube 4 to both columns using screws 20 (M10 x 25), washers 14 and nuts 15 as shown. Fit plugs 12 at the access openings after fastening.

5. Build the pad assembly

Use drawing 2. Fit pad 7 to support plate 3 and the shown tube using bolts 24 (M10 x 15), washers 14 and the illustrated screws 21 (M12 x 90), washers 22 and nuts 23 at their individual connections. Start all pad fasteners before tightening evenly.

6. Position and secure the pad

Fit the completed pad assembly to its matching frame support. Verify positive seating and secure retention at the intended position; confirm any supplied attachment not shown clearly in the drawings before use.

7. Complete the installation

Align and tighten the fixed frame. Check the pad, bar-contact protectors and feet with all bars removed. Confirm torque, rated load and any anchoring requirement before exercise.

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 the pad mounting, all bar-contact protectors and frame joints. Verify that the pad remains securely retained before exercise.

☐ **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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