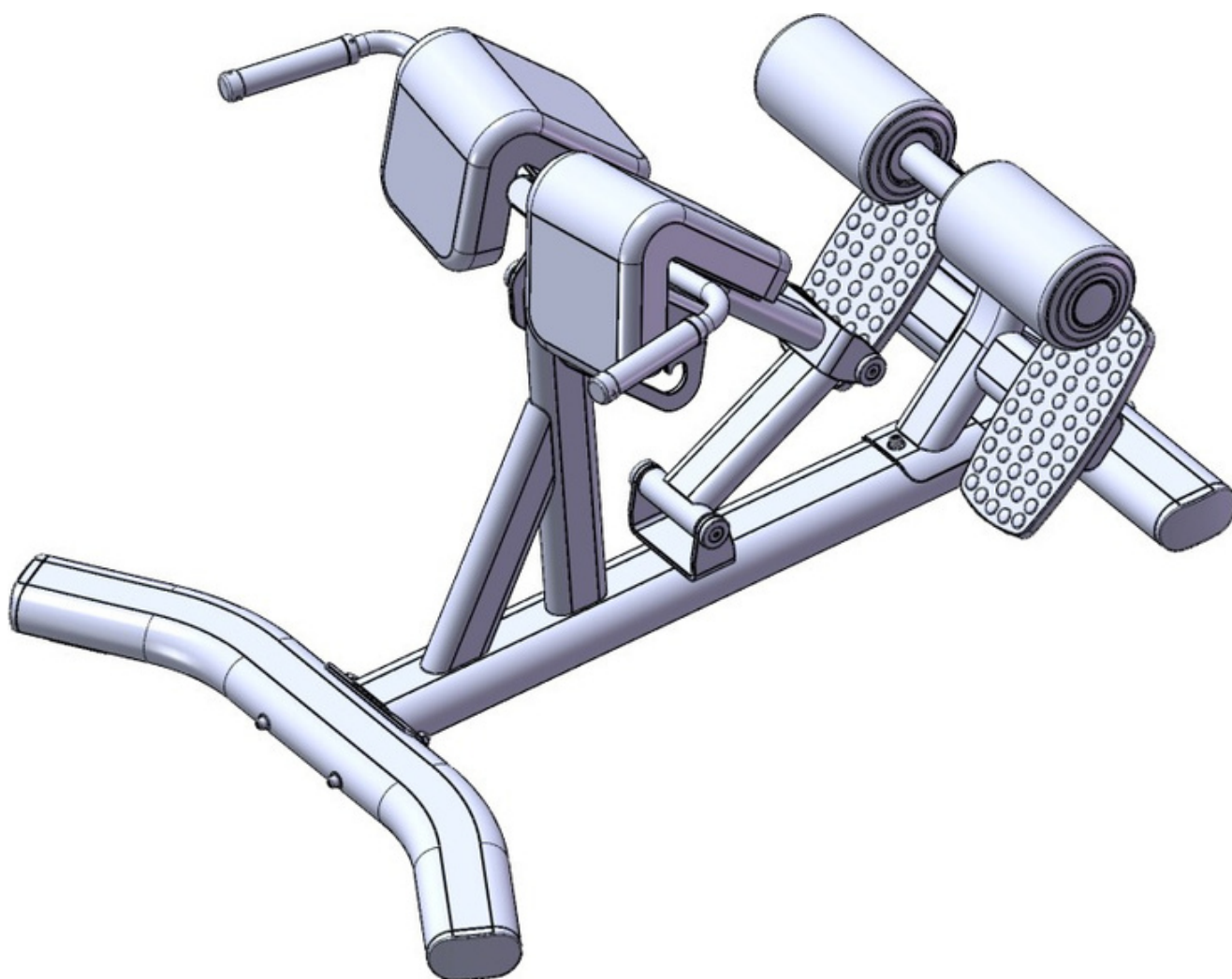


FOUNDATION SERIES

Roman Chair Hyperextension

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

Build A Gym • (512) 591-8553 • buildagym.com

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

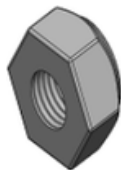
Stage 1 → Final inspection

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 6  Countersunk socket screw M10 × 20	REF 2 QTY 6  Socket-head screw M8 × 25	REF 3 QTY 4  Socket-head screw M10 × 25
REF 4 QTY 1  Socket-head screw M10 × 85	REF 5 QTY 4  Socket-head screw M10 × 135	REF 6 QTY 5  Nimao M10
REF 7 QTY 2  Foot mat	REF 8 QTY 4  Sintered sleeve	REF 9 QTY 6  Shaft frame plate end cover
REF 10 QTY 2  Short foam	REF 11 QTY 4  65-114 end cover (flat end)	REF 12 QTY 1  Main frame assembly

STAGE 1 / PARTS

Identify your components

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

REF 13

QTY 1



Footplate assembly

REF 14

QTY 1



Boom assembly

REF 15

QTY 1



Handrail assembly

REF 16

QTY 2



Rotating shaft

REF 17

QTY 1



Fixed shaft

REF 18

QTY 2



Cushion

REF 19

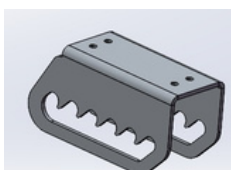
QTY 1



Ground-hugging elbow pipe

REF 20

QTY 1



Adjustment plate

REF 21

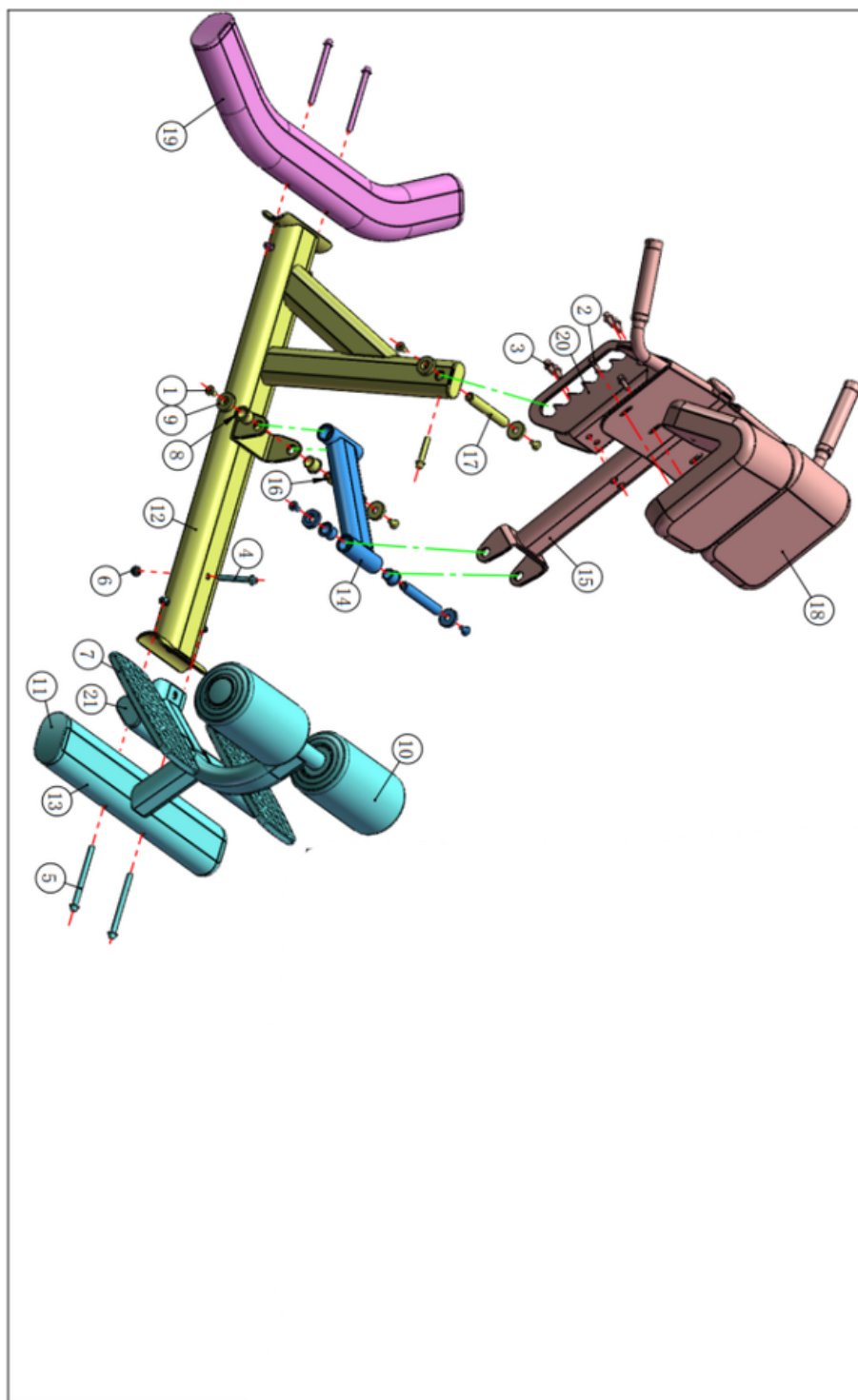
QTY 4



Tube plug (flat end)

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 Roman Chair

1. Join the base pieces

Support main frame 12. Attach ground tube 19 and footplate assembly 13 at the illustrated ends using screws 5 (M10 x 135) and nuts 6. Fit end caps 11, plugs 21 and foot mats 7 where shown.

2. Prepare the moving support

Position boom 14 between the frame and handrail assembly 15. Fit sleeves 8 and rotating shafts 16 at the illustrated pivot bores. Install end covers 9 and countersunk screws 1 (M10 x 20) to retain the shafts.

3. Fit the adjustment plate

Attach adjustment plate 20 at its indicated mounting with screws 3 (M10 x 25). Match the slotted face to the fixed support pin shown in the drawing.

4. Install the support pin

Fit fixed shaft 17 at the main frame and handrail connection shown. Fit screw 4 (M10 x 85) and nut 6 where indicated. Keep the moving support held until the pivot retainers and adjustment engagement are secure.

5. Attach the pads and rollers

Fit both cushions 18 with screws 2 (M8 x 25). Install foams 10 on the footplate roller supports. Tighten pad screws evenly and check that both rollers are retained.

6. Check the adjustment

With no user on the bench, support the pad assembly while changing its position. Verify positive engagement and retained pivots at every tested position. Confirm torque and floor-fixing requirements 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-support pivots, adjustment engagement and roller retention. Support the pad assembly while adjusting it and verify that it locks securely.

☐ **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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