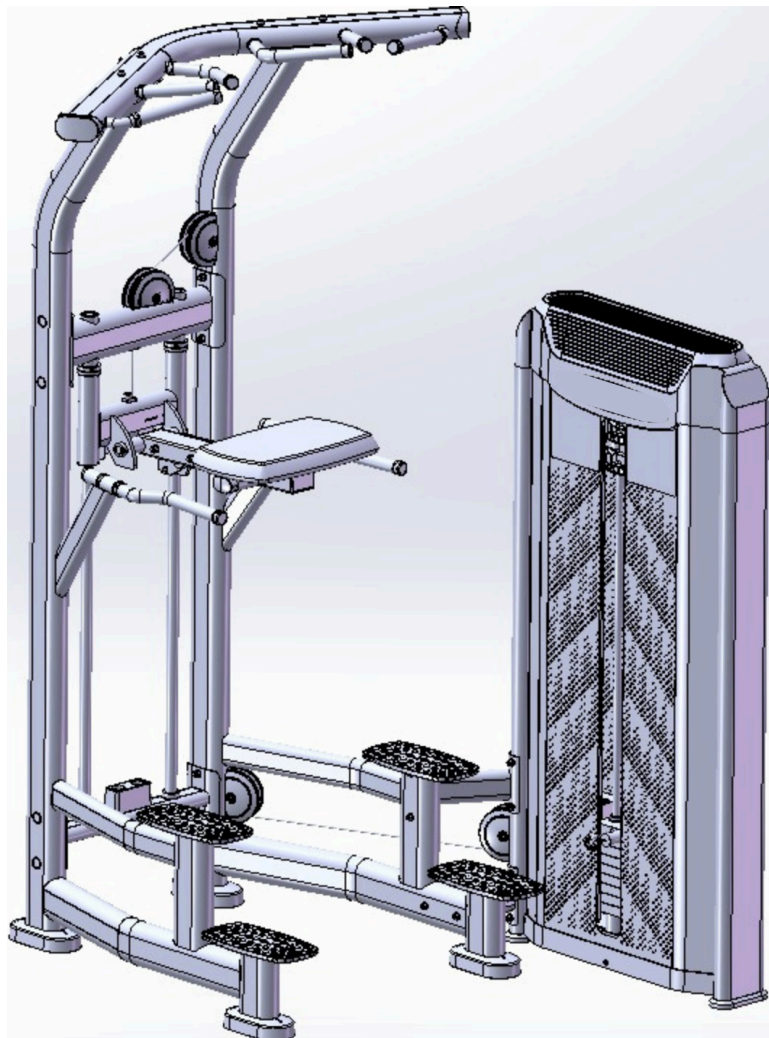


FRACTAL SERIES

Assisted Chin Up / Dip

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 → Stage 2 → Stage 3 → Stage 4 → Stage 5 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

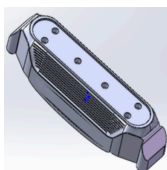
STAGE 1 / PARTS

Identify your components

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

REF 1

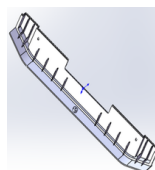
QTY 1



Large roof panel

REF 2

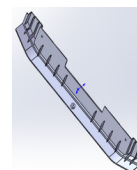
QTY 1



Front baseplate

REF 3

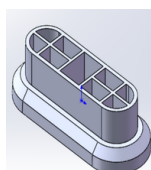
QTY 1



Rear base

REF 4

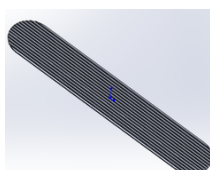
QTY 2



Base

REF 5

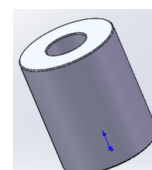
QTY 1



Top cover

REF 6

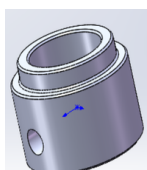
QTY 2



Weight counterbalance pad

REF 7

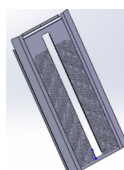
QTY 2



Guide rod fixing sleeve

REF 8

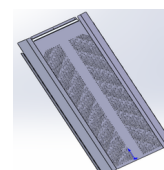
QTY 1



Front guard plate

REF 9

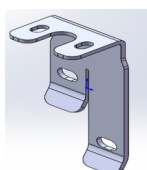
QTY 1



Rear guard plate

REF 10

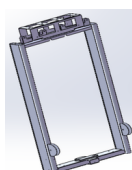
QTY 1



Counterweight bracket on small door

REF 11

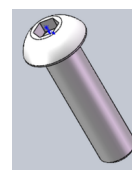
QTY 1



Small frame assembly

REF 12

QTY 2



Hex socket cap screw

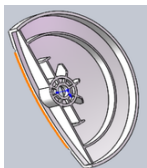
STAGE 1 / PARTS

Identify your components

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

REF 13

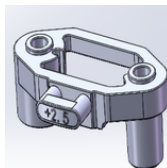
QTY 4



136 semi-circular pulley housing

REF 14

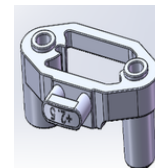
QTY 1



2.5 kilograms of auxiliary counterweight

REF 15

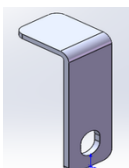
QTY 1



2.5 kilograms of auxiliary counterweight

REF 16

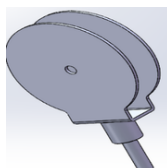
QTY 4



Anti-slip guard plate for skipping rope

REF 17

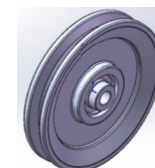
QTY 1



Pulley components

REF 18

QTY 7



Pulley

REF 19

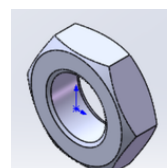
QTY 2



Weight-bearing guide rod

REF 20

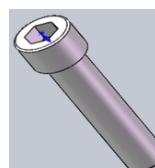
QTY 1



Hexagonal thin nut

REF 21

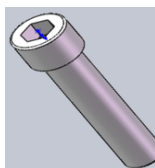
QTY 8



Hexagonal round head screw

REF 22

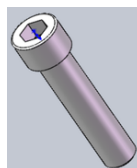
QTY 1



Hexagonal round head screw

REF 23

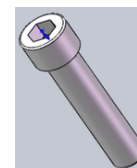
QTY 4



Hexagonal round head screw

REF 24

QTY 2

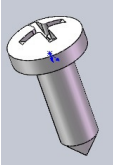
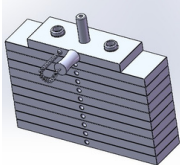
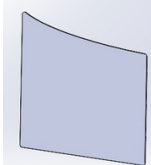


Hexagonal round head screw

STAGE 1 / PARTS

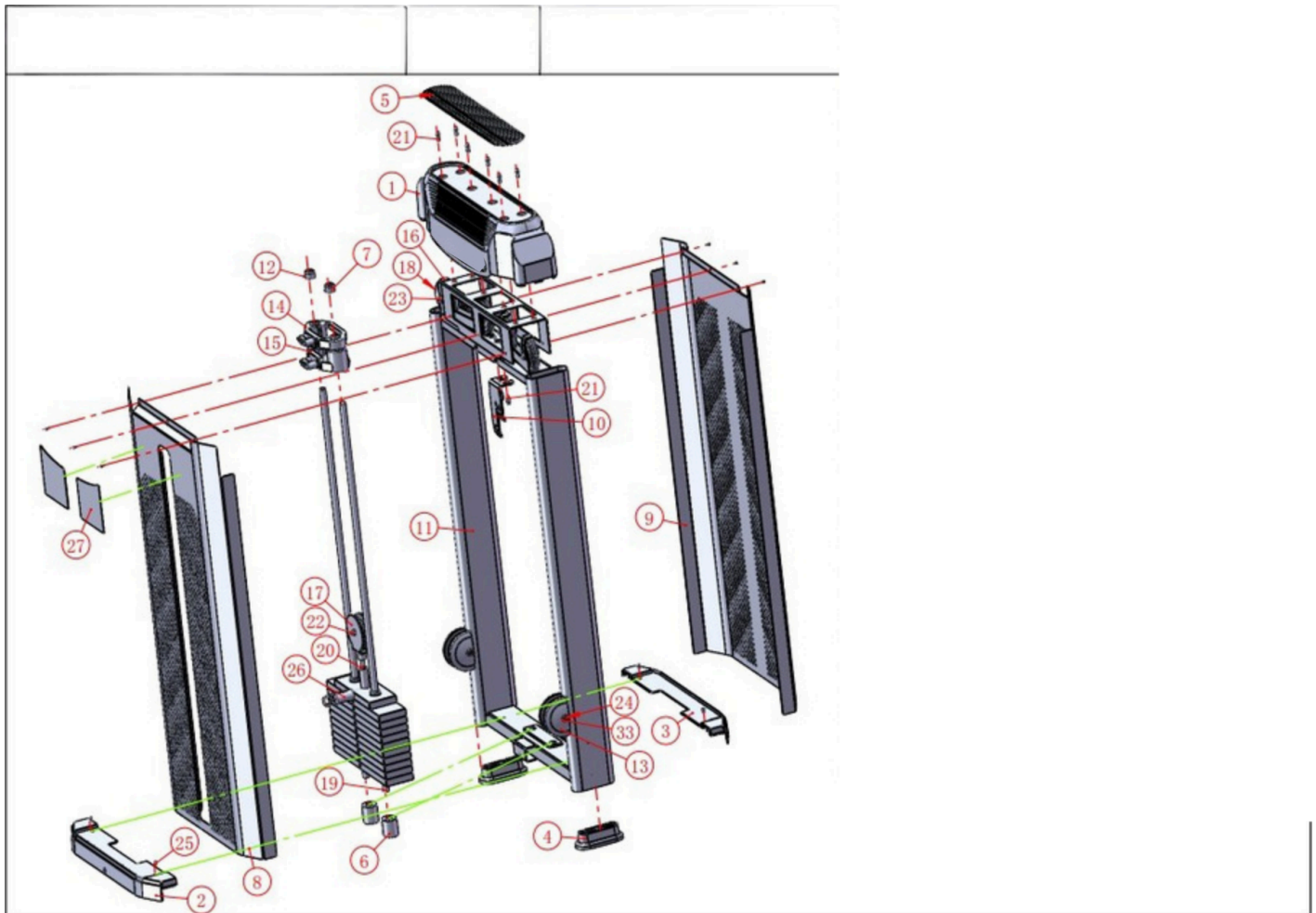
Identify your components

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

<div>REF 25</div> <div>QTY 12</div> <div></div> <div>Cross-slot pan-head self-tapping screws</div>	<div>REF 26</div> <div>QTY 1</div> <div></div> <div>80 kg weight stack</div>	<div>REF 27</div> <div>QTY 2</div> <div></div> <div>Decal</div>
---	---	--

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.

Stage 1: Assemble the Assistance Tower

This machine uses the weight stack to assist the moving platform. Keep the stack resting down and all moving parts supported.

1. Confirm the tower hardware

Use Stage 1 references. Screws 12 and 21–25 lack dimensions, and drawing callout 33 is missing from the list. Identify each supplied fastener and obtain its size and connection specification before fastening the tower components. Support tower frame 11 upright on a level floor.

2. Fit buffers, stack and guide rods

Keep stack 26 supported at its base. Fit buffers 6 and guide rods 19 in the illustrated relationship. Preserve plate order and selector access. The source shows the 80 kg stack as an assembly; obtain the plate-loading and lower guide-retention details if it arrives dismantled.

3. Fit upper guide components

Fit auxiliary weights 15 and 14 above the stack in the depicted order. Fit guide sleeves 7 and screws 12. Confirm the rods remain parallel and retained at both ends before loading the stack.

4. Install pulleys and covers

Fit pulleys 18, anti-jump guards 16 and housings 13 at their depicted positions. Fit pulley component 17 with screw 22 and thin nut 20 at the stack connection as shown, using the confirmed termination specification. Fit bracket 10, upper panel 1 and top cover 5 with the confirmed screws.

5. Fit the base pieces

Fit base pieces 2 and 3 and feet 4 as shown. Keep front guard 8 and rear guard 9 accessible until routing inspection. Confirm all tower and stack retainers; do not tension an uncertain cable attachment.

Check before continuing

Tower, guides, stack and pulley mounts are secure.

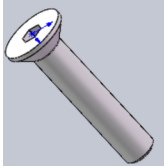
STAGE 2 / PARTS

Identify your components

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

REF 1

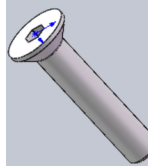
QTY 1



Countersunk socket screw M10
× 30

REF 2

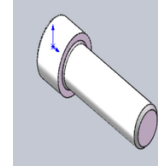
QTY 2



Countersunk socket screw M10
× 105

REF 3

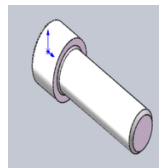
QTY 4



Socket-head screw M8 × 25

REF 4

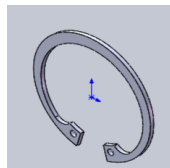
QTY 1



Socket-head screw M12 × 20

REF 5

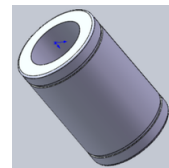
QTY 4



Elastic retaining rings for holes

REF 6

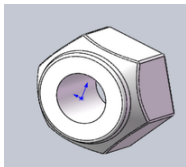
QTY 4



Super linear bearing

REF 7

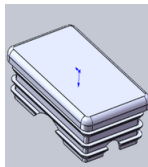
QTY 3



Locknut M10

REF 8

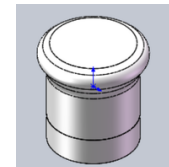
QTY 1



50 × 80 rectangular tube
stopper

REF 9

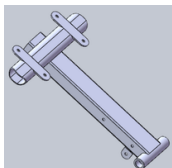
QTY 1



Pin cap

REF 10

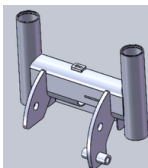
QTY 1



Elbow pad support assembly

REF 11

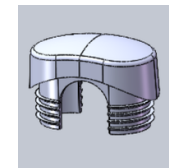
QTY 1



Sliding assembly

REF 12

QTY 2



40 × 70 end cover (curved end)

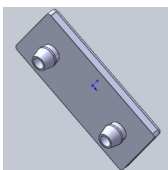
STAGE 2 / PARTS

Identify your components

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

REF 13

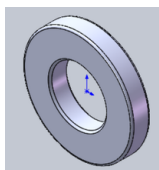
QTY 1



Limit buffer pad

REF 14

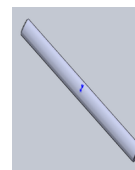
QTY 2



Rinse pad slowly

REF 15

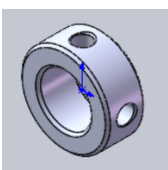
QTY 1



Fixed shaft

REF 16

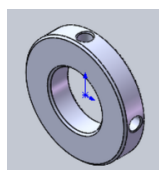
QTY 2



Limit sleeve

REF 17

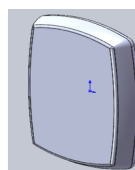
QTY 2



Limit sleeve

REF 18

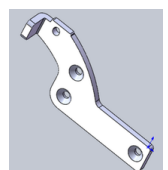
QTY 1



Leg mat

REF 19

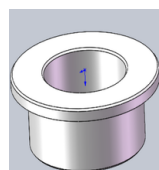
QTY 1



Adjustment plate

REF 20

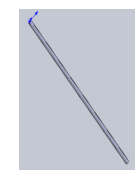
QTY 2



Sintered sleeve

REF 21

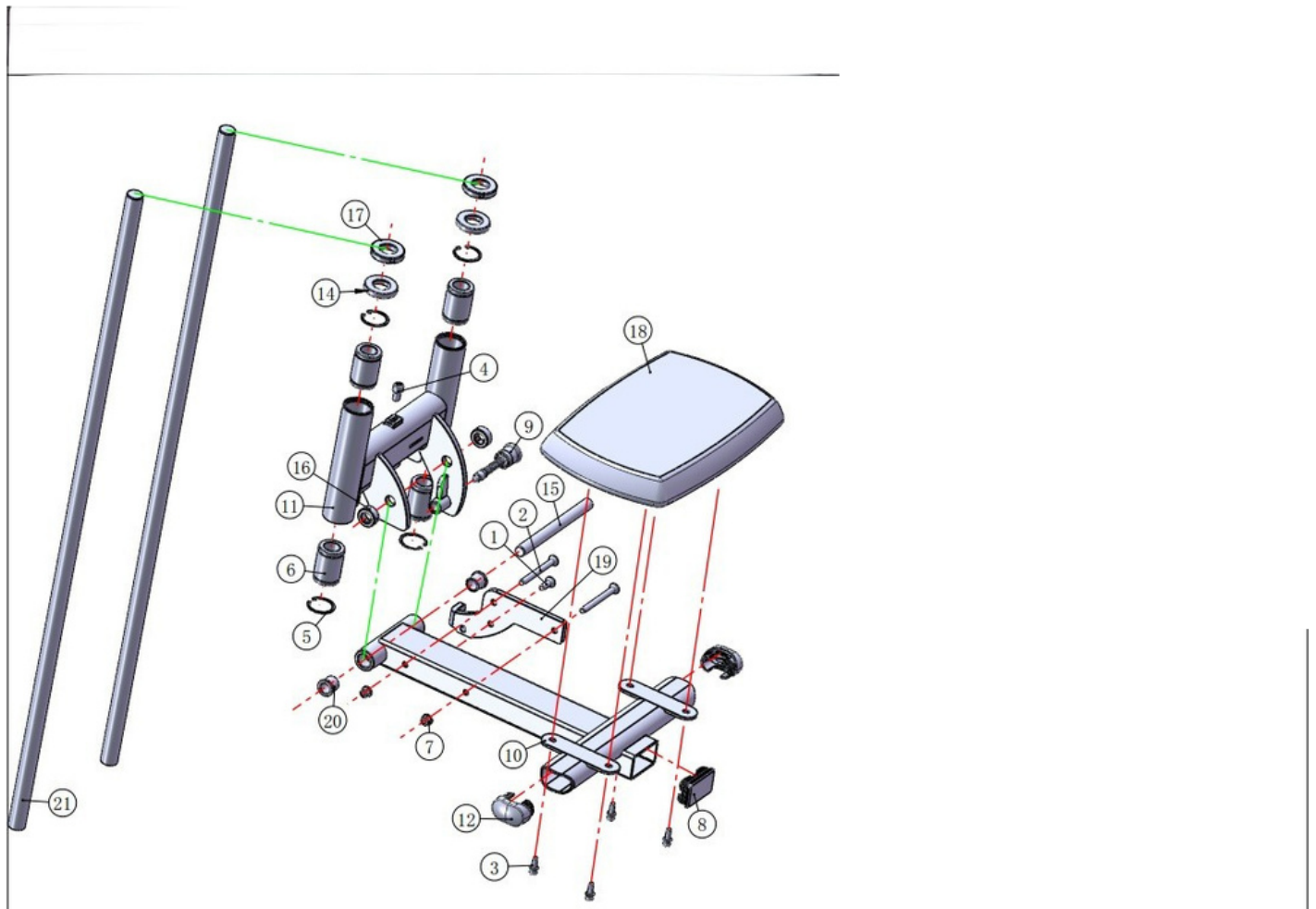
QTY 2



Guide shaft

STAGE 2 / DRAWING 1 OF 1

Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 2: Assemble the Sliding Platform

Part numbers restart in Stage 2. The list calls bracket 10 an elbow-pad support; identify it by its illustrated platform position.

6. Fit and retain the linear bearings

Fit four linear bearings 6 in sliding assembly 11, retaining them with rings 5 fully seated in their grooves. Fit buffers 14 and limit sleeves 17 on guide shafts 21 in the illustrated order. Keep the carriage supported during this work.

7. Join the platform support to the carriage

Fit bushings 20 to the depicted pivot bores. Support platform bracket 10 and fit fixed shaft 15, adjustment plate 19 and the illustrated M10 × 105 screws 2 and M10 × 30 screw 1 with nuts 7. Confirm each retainer before allowing the bracket to pivot.

8. Fit the platform pad and lock

Attach pad 18 using M8 × 25 screws 3. Fit the M12 × 20 screw 4, pin cap 9 and limit sleeves 16 at their depicted locations. Fit plugs 8 and end covers 12. Confirm buffer 13 and all supplied stops are present; its mounting is not clearly identified in this drawing.

9. Retain both guide shafts

Position the supported carriage on both guide shafts 21. Confirm upper and lower shaft mounting and retention against the supplied frame before removing support; the source omits complete shaft-end fixing details. Verify the platform pivot and lock are secure and the carriage cannot leave the guides.

Check before continuing

Bearings, retaining rings, guide shafts, platform pivot and stops are confirmed.

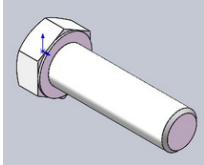
STAGE 3 / PARTS

Identify your components

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

REF 1

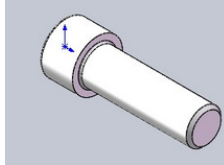
QTY 8



Socket-head screw M10 × 20

REF 2

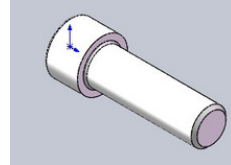
QTY 2



Socket-head screw M10 × 25

REF 3

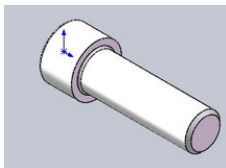
QTY 8



Socket-head screw M10 × 25

REF 4

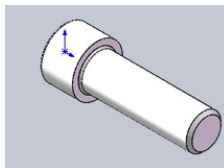
QTY 2



Socket-head screw M10 × 60

REF 5

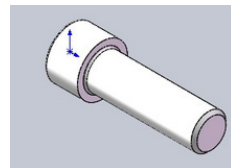
QTY 3



Socket-head screw M10 × 65

REF 6

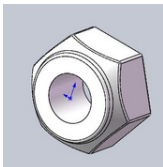
QTY 4



Socket-head screw M10 × 75

REF 7

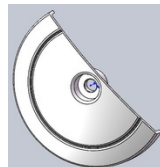
QTY 26



Locknut M10

REF 8

QTY 6



136 Semi-circular pulley housing

REF 9

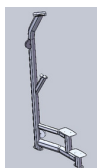
QTY 1



Left frame assembly

REF 10

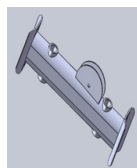
QTY 1



Right frame assembly

REF 11

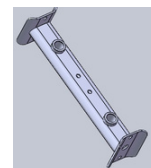
QTY 1



Upper connecting braces assembly

REF 12

QTY 1



Lower connecting braces assembly

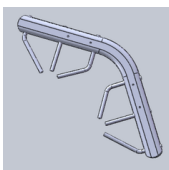
STAGE 3 / PARTS

Identify your components

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

REF 13

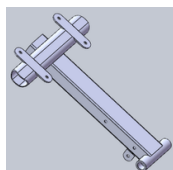
QTY 1



Upper support assembly

REF 14

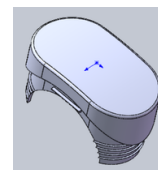
QTY 1



Elbow pad support assembly

REF 15

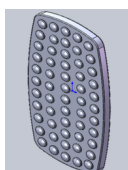
QTY 2



65 x 114 end cover (curved end)

REF 16

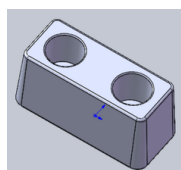
QTY 4



Foot mat

REF 17

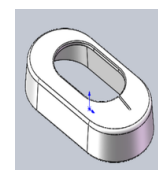
QTY 1



Thick cushioning pad

REF 18

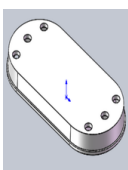
QTY 4



Anchor bolts

REF 19

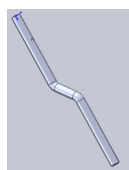
QTY 4



Plastic parts for foundation

REF 20

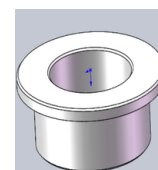
QTY 2



Rotate handle

REF 21

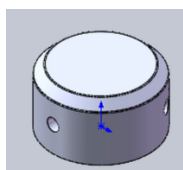
QTY 4



Sintered sleeve

REF 22

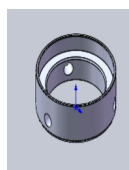
QTY 8



Small aluminum cover

REF 23

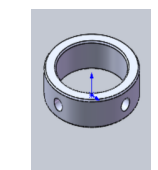
QTY 8



Aluminum inner ring

REF 24

QTY 2



Aluminum inner ring

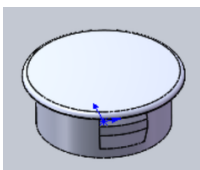
STAGE 3 / PARTS

Identify your components

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

REF 25

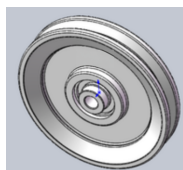
QTY 8



25 round hole plug

REF 26

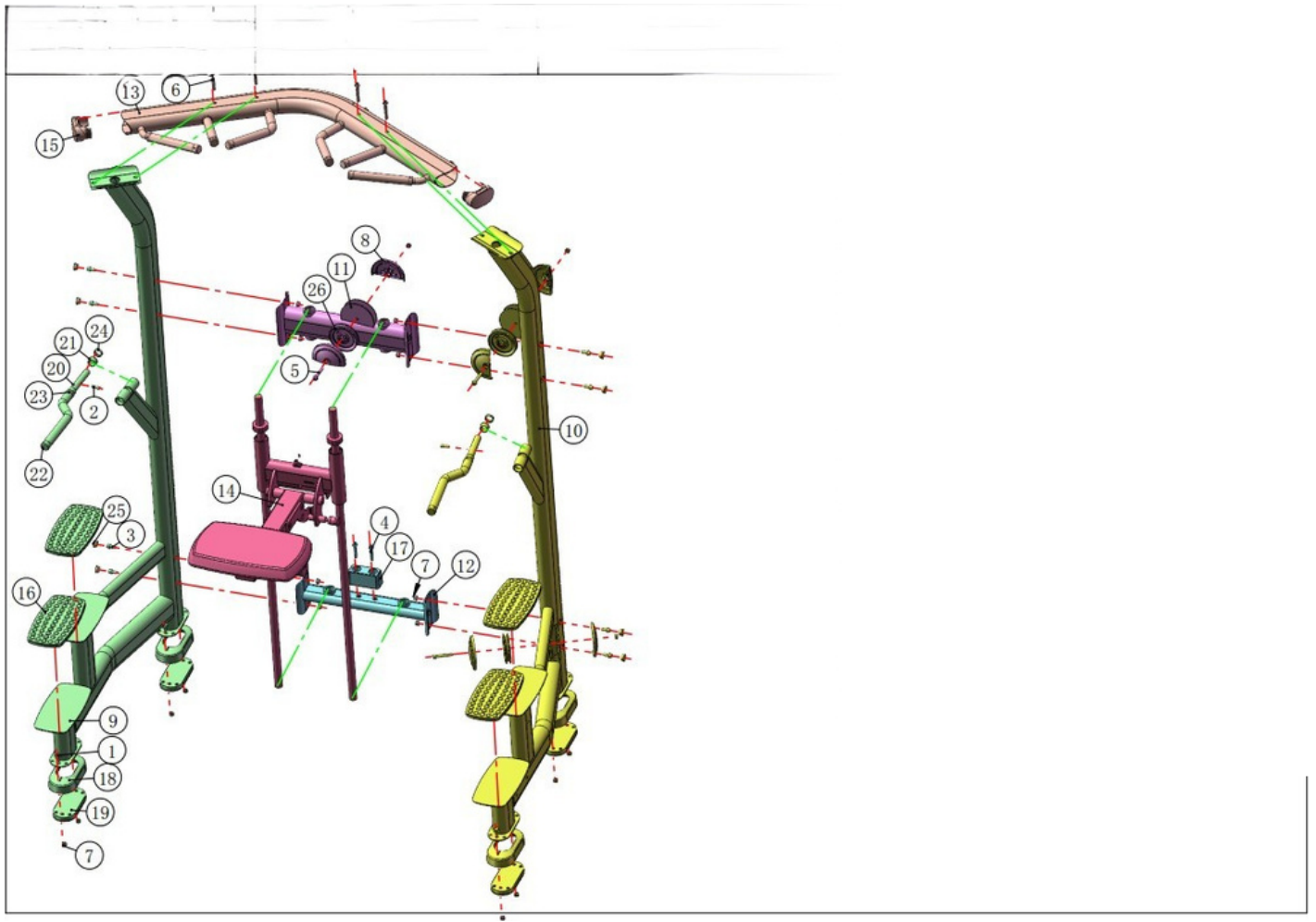
QTY 3



Pulley

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



Match the numbered callouts to the Stage 3 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 3: Assemble the Exercise Frame

Use Stage 3 references. Confirm any unlabelled fastening points with the supplied kit.

10. Support and join the side frames

Stand left frame 9 and right frame 10 in the illustrated relationship. Fit upper brace 11 and lower brace 12, and install the supported platform assembly 14 between them. Use the depicted M10 × 60 screws 4 and M10 × 75 screws 6 with nuts 7 where shown. Keep the platform restrained.

11. Fit the upper handles and pulley group

Attach upper support 13 with the depicted M10 × 75 screws 6. Fit pulleys 26 and housings 8 at upper brace 11 using M10 × 65 screws 5 and the illustrated nuts 7. Verify pulley rotation and all overhead connections before removing support.

12. Fit the rotating dip handles

Fit bushings 21 and rotating handles 20 at the frame mounts. Fit screws 2 and the illustrated aluminum rings and covers 22–24. Confirm every handle is retained and its permitted positions are secure before bearing body weight.

13. Fit steps, feet and lower buffer

Fit step pads 16 with M10 × 25 screws 3. Fit thick buffer 17 at lower brace 12 using the depicted screw 4 and nut 7. Assemble foot pieces 18 and 19 with screws 1 and nuts 7 where shown. The list calls 18 anchor bolts; confirm their actual function and the separate floor-fixing requirements.

14. Check the complete frame

Fit plugs 25 and caps 15. Align and secure all frame connections, then verify the steps, upper grips and dip handles are secure. Confirm both ends of the platform guide shafts are retained before releasing carriage support.

Check before continuing

Frame, handles, steps, platform guides and lower stop are secure.

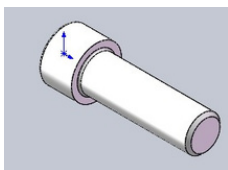
STAGE 4 / PARTS

Identify your components

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

REF 1

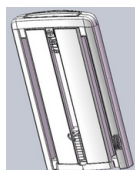
QTY 11



Socket-head screw M10 × 75

REF 2

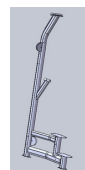
QTY 1



Small door assembly

REF 3

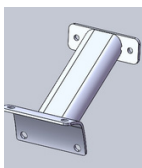
QTY 1



Right frame assembly

REF 4

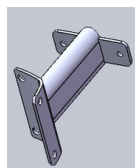
QTY 1



Upper connecting braces assembly

REF 5

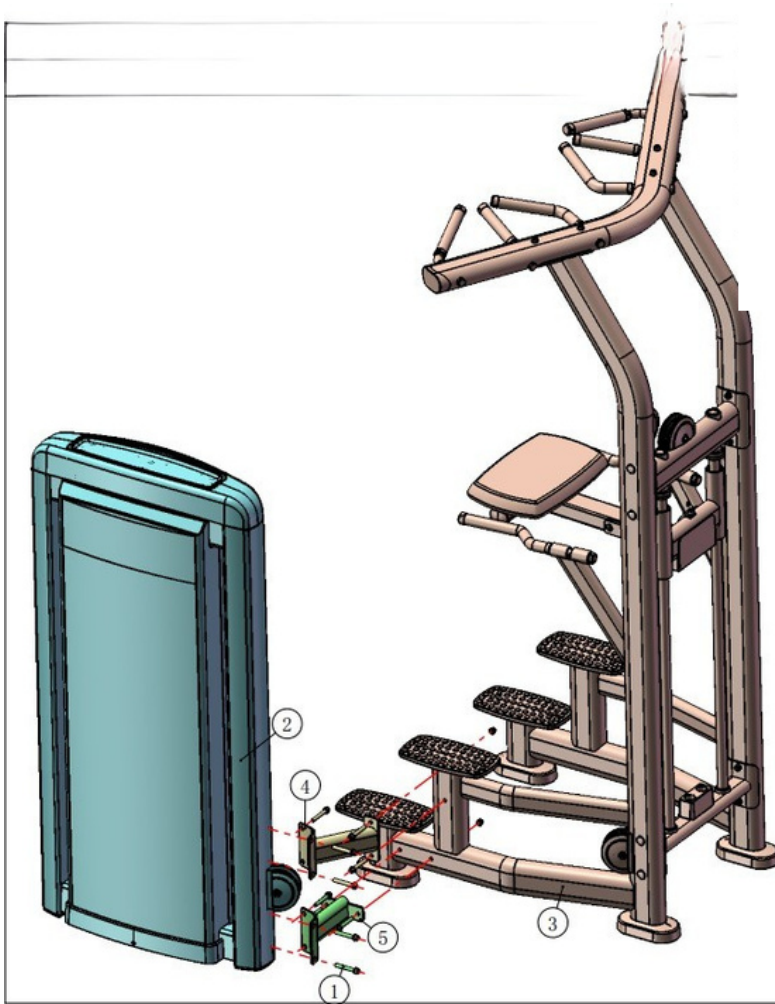
QTY 1



Lower connecting braces assembly

STAGE 4 / DRAWING 1 OF 1

Assembly stage 4



Match the numbered callouts to the Stage 4 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 4: Join Tower and Exercise Frame

Use Stage 4 references. Do not climb onto the machine during assembly.

15. Position both assemblies

Support tower 2 beside exercise frame 3 in the illustrated orientation. Align upper connector 4 and lower connector 5 while keeping the platform restrained and stack fully down.

16. Secure both connectors

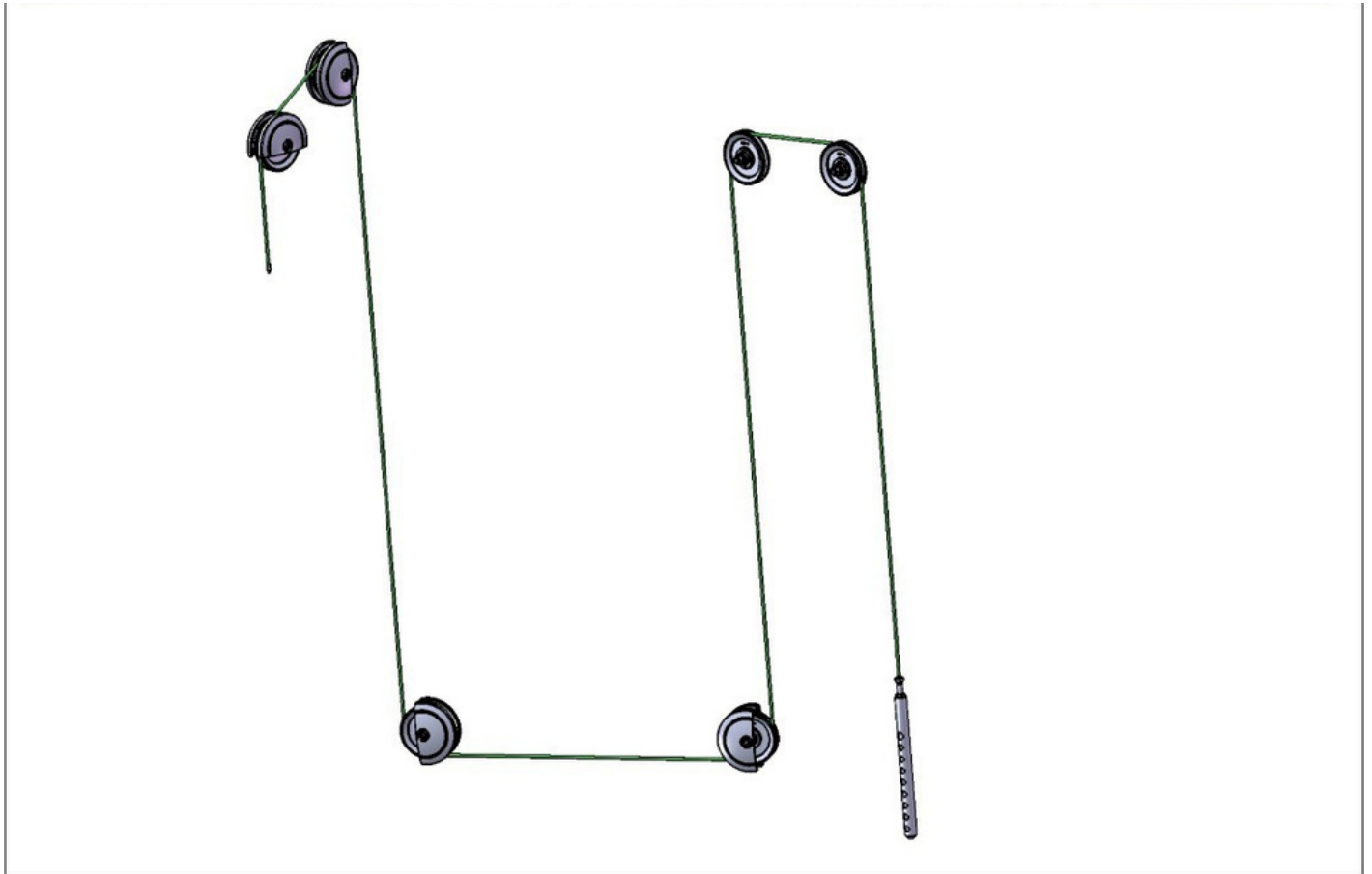
Fit the listed M10 × 75 screws 1 at the depicted connector joints. Start all connections before alignment and final fastening. Confirm all required mating hardware from the supplied kit; the Stage 4 list provides only the screws. Check both assemblies stand evenly.

Check before continuing

Both connectors and their frame joints are secure.

STAGE 5 / DRAWING 1 OF 1

Assembly stage 5



Trace the cable using this schematic and the following instructions.
Confirm all cable terminations and adjustments before applying tension.

Stage 5: Route and Test the Assistance System

Assistance weight is not the same as exercise resistance. Keep the moving platform controlled whenever loading or unloading it.

17. Trace the assistance cable

With the platform restrained and stack fully down, follow the schematic from the platform-side pulley pair down to the lower redirects, across the base and up over the tower-top pair to the stack connection. Match the two endpoints and every segment to the supplied assembly; confirm the cable sits inside each groove.

18. Verify terminations and guards

Confirm the platform and stack terminations, locking devices, cable length and adjustment specification before tensioning any loose cable. Check pulley axles and guards, then secure Stage 1 guards 8 and 9 using the confirmed screws 25. Keep hands clear of the carriage and stack.

19. Check assisted platform travel without a user

With controlled support on the platform, verify its permitted travel and stop engagement before anyone climbs aboard. The weight stack counterbalances the platform: a larger selected weight provides more assistance. Confirm the appropriate initial assistance setting and loading procedure for the supplied machine. Never allow the platform to rise or fall uncontrolled.

20. Complete a controlled functional test

After confirming torque, floor fixing, guide retention and cable adjustment, use the fixed steps and grips with qualified assistance for the first test. Choose suitable assistance, confirm platform control and test both chin-up and dip configurations slowly. Stop for slack, binding, loose grips, moving frame joints or incomplete stop engagement.

Check before continuing

Platform travel, stops, handles, cable and all frame connections pass inspection.

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 platform guides, stops, grips, steps and all cable terminations.
The assisted platform must move under control, with all guards and retainers secure.

☐ **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.

(512) 591-8553 • buildagym.com