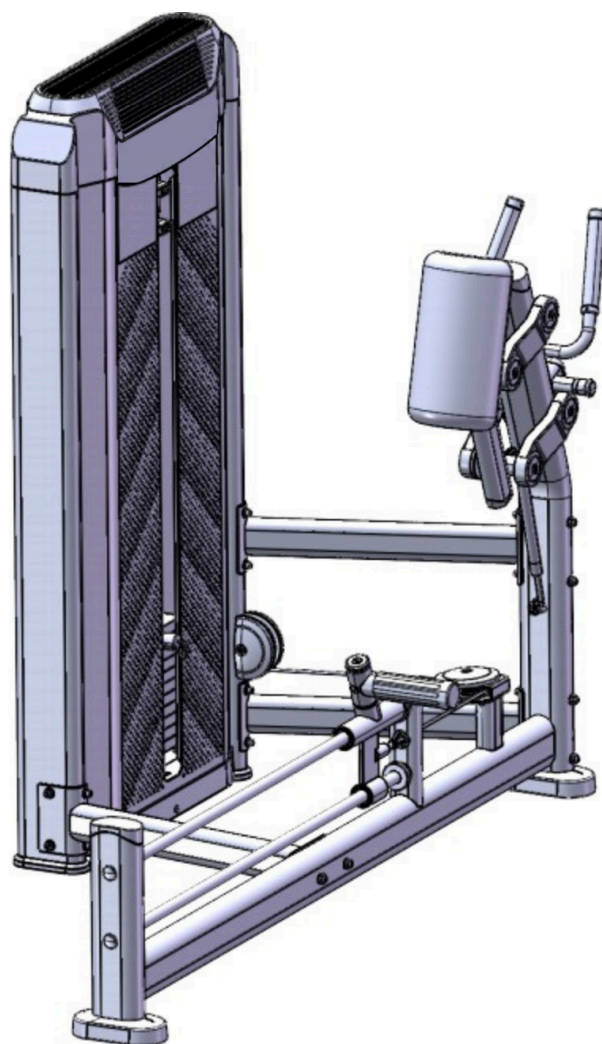


FRACTAL SERIES

Glute

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 → Stage 2 → Stage 3 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

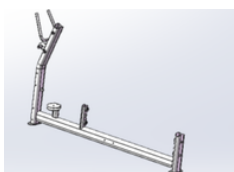
STAGE 1 / PARTS

Identify your components

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

REF 1

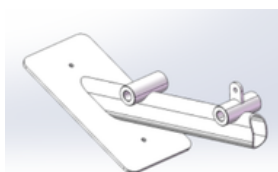
QTY 1



Main frame assembly

REF 2

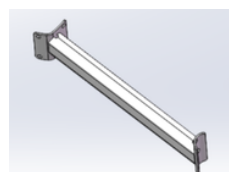
QTY 1



Top chest frame assembly

REF 3

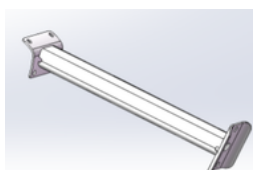
QTY 1



Rear connection support assembly

REF 4

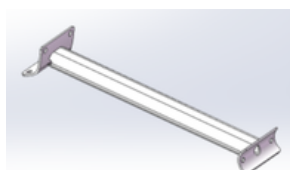
QTY 1



Bottom connection support assembly

REF 5

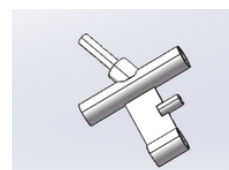
QTY 1



Upper connection support assembly

REF 6

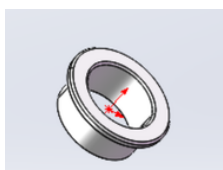
QTY 1



Sliding sleeve assembly

REF 14

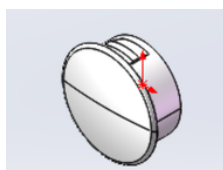
QTY 8



Handle spacer

REF 30

QTY 4



25 round tube plug

REF 53

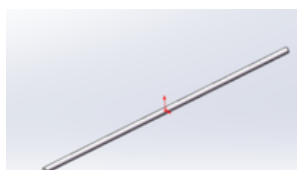
QTY 1



Top chest cushion

REF 54

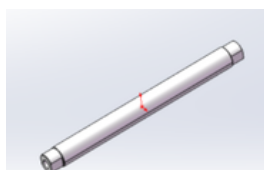
QTY 2



Guide rail rod

REF 56

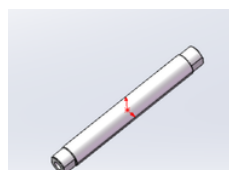
QTY 1



Rotary Shaft 1

REF 57

QTY 1



Rotary Shaft 2

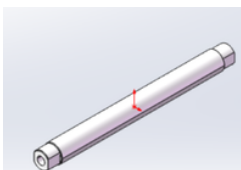
STAGE 1 / PARTS

Identify your components

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

REF 58

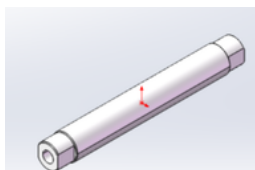
QTY 1



Rotary Shaft 3

REF 59

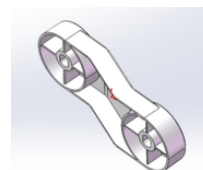
QTY 1



Rotary Shaft 4

REF 60

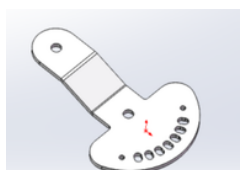
QTY 4



Crank

REF 61

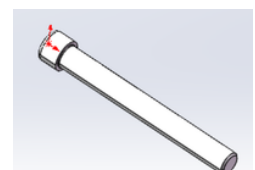
QTY 1



Adjustment plate

REF 64

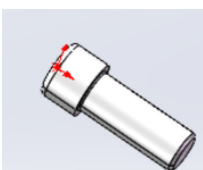
QTY 2



M10 x 85 Socket-head screw

REF 65

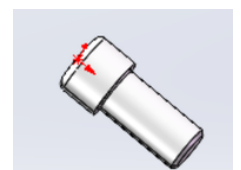
QTY 12



M10 x 25 Socket-head screw

REF 67

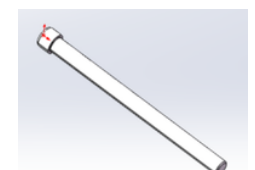
QTY 3



M10 x 20 Socket-head screw

REF 68

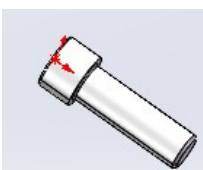
QTY 4



M10 x 135 Socket-head screw

REF 69

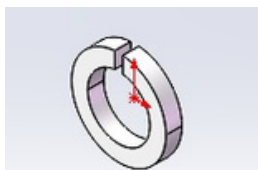
QTY 12



M8 x 25 Socket-head screw

REF 74

QTY 22



8 mm spring washer

REF 75

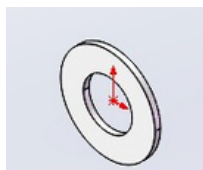
QTY 14



10 mm spring washer

REF 76

QTY 34



10 mm washer

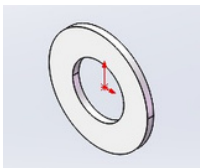
STAGE 1 / PARTS

Identify your components

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

REF 77

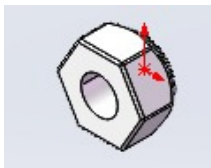
QTY 12



8 mm washer

REF 78

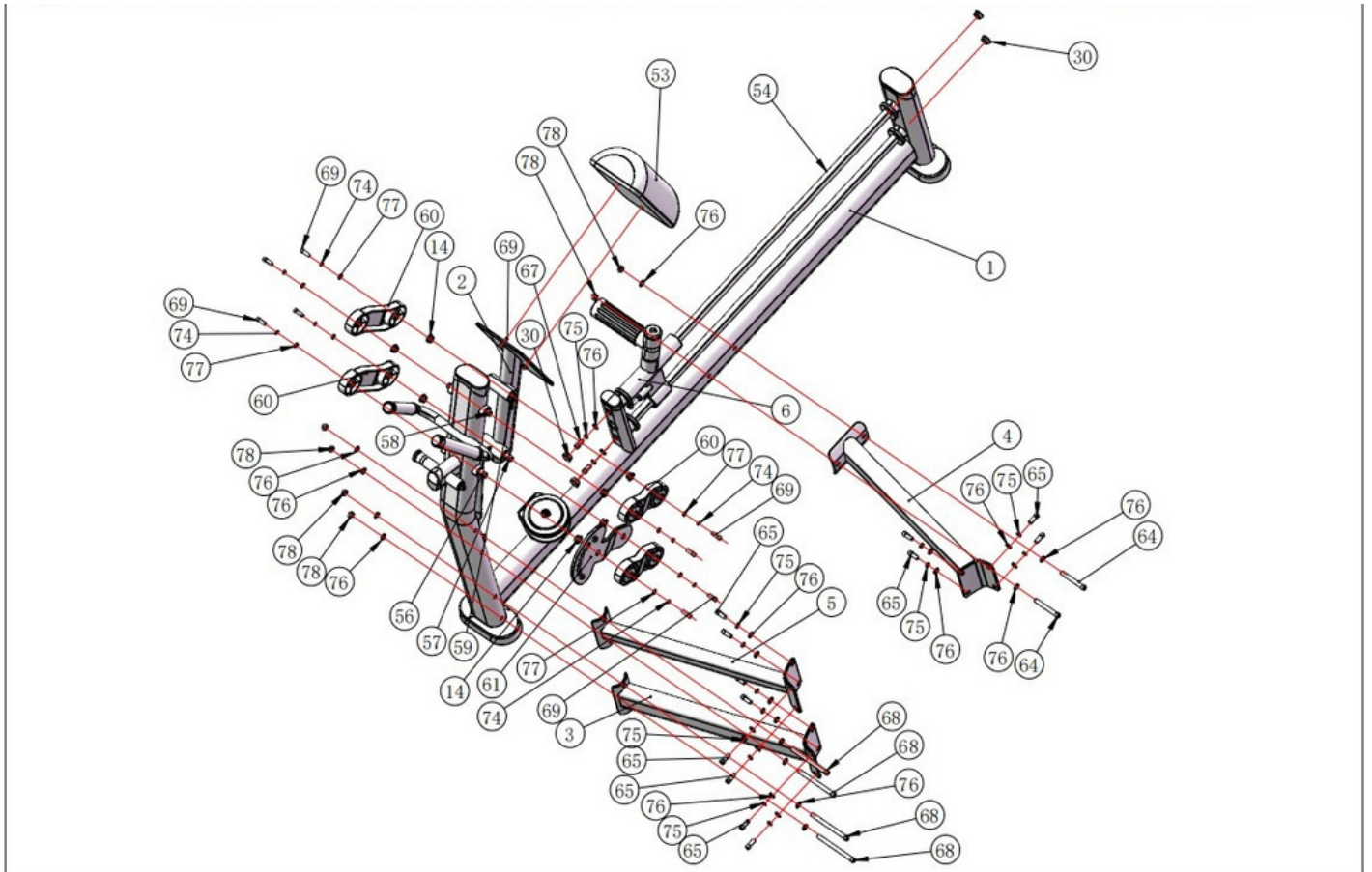
QTY 14



M10 nut

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 Glute Frame

Keep the long frame supported during joining and restrain the sliding carriage. Part numbers refer only to Stage 1.

1. Position the frame and sliding carriage

Place main frame 1 on a level surface in the illustrated orientation. Keep sliding sleeve assembly 6 supported and restrained on guide rods 54. Check the rod mounts and carriage retention before allowing movement; preserve factory bearing and clearance settings.

2. Install the lower connection support

Position bottom support 4 at the matching lower frame mount. Fit M10 × 85 screws 64 with washers 76 at the shown through-joints. Use M10 × 25 screws 65, spring washers 75 and washers 76 at the support-end connections as indicated. Start all hardware before tightening.

3. Install the upper and rear supports

Fit upper connection support 5 and rear connection support 3 in the depicted orientation. Use M10 × 135 screws 68 and washers 76 at the long through-joints, with M10 nuts 78 where shown. Fit screws 65, spring washers 75 and washers 76 at the remaining illustrated mounts.

4. Assemble the chest-support linkage

Support chest frame 2 while fitting rotary shafts 56, 57, 58 and 59 and the four cranks 60 in the order shown. Fit spacers 14 at the indicated pivot locations. Retain the linkage with M8 × 25 screws 69, spring washers 74 and washers 77 where depicted. Verify all shaft ends are secured.

5. Fit the pad and check adjustment

Fit chest cushion 53 to frame 2 with the indicated screws 67 and washers 75 and 76. Install adjustment plate 61 in the shown linkage position and check its locking action. Fit plugs 30 after fastening. Confirm chest-pad movement is controlled and carriage 6 travels without skewing on its two guide rods.

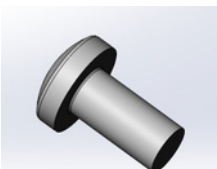
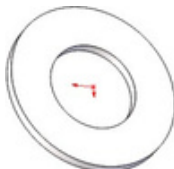
Check before continuing

Connection supports, guide rods, carriage retainers, chest linkage and adjustment lock are secure.

STAGE 2 / PARTS

Identify your components

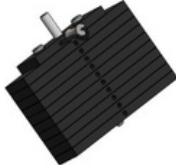
Match each reference and quantity to the drawing for this stage.

REF 1  Small frame assembly QTY 1	REF 6  Top cover QTY 1	REF 7  Front guard QTY 1
REF 8  Rear guard QTY 1	REF 9  Guide rod fixing sleeve QTY 2	REF 10  Weight-stack guide rod QTY 2
REF 11  Hollow screw QTY 1	REF 19  M5 × 10 screw QTY 12	REF 21  8 mm washer QTY 8
REF 24  8 mm spring washer QTY 8	REF 26  M6 × 25 Socket-head screw QTY 2	REF 27  M8 × 25 Socket-head screw QTY 8

STAGE 2 / PARTS

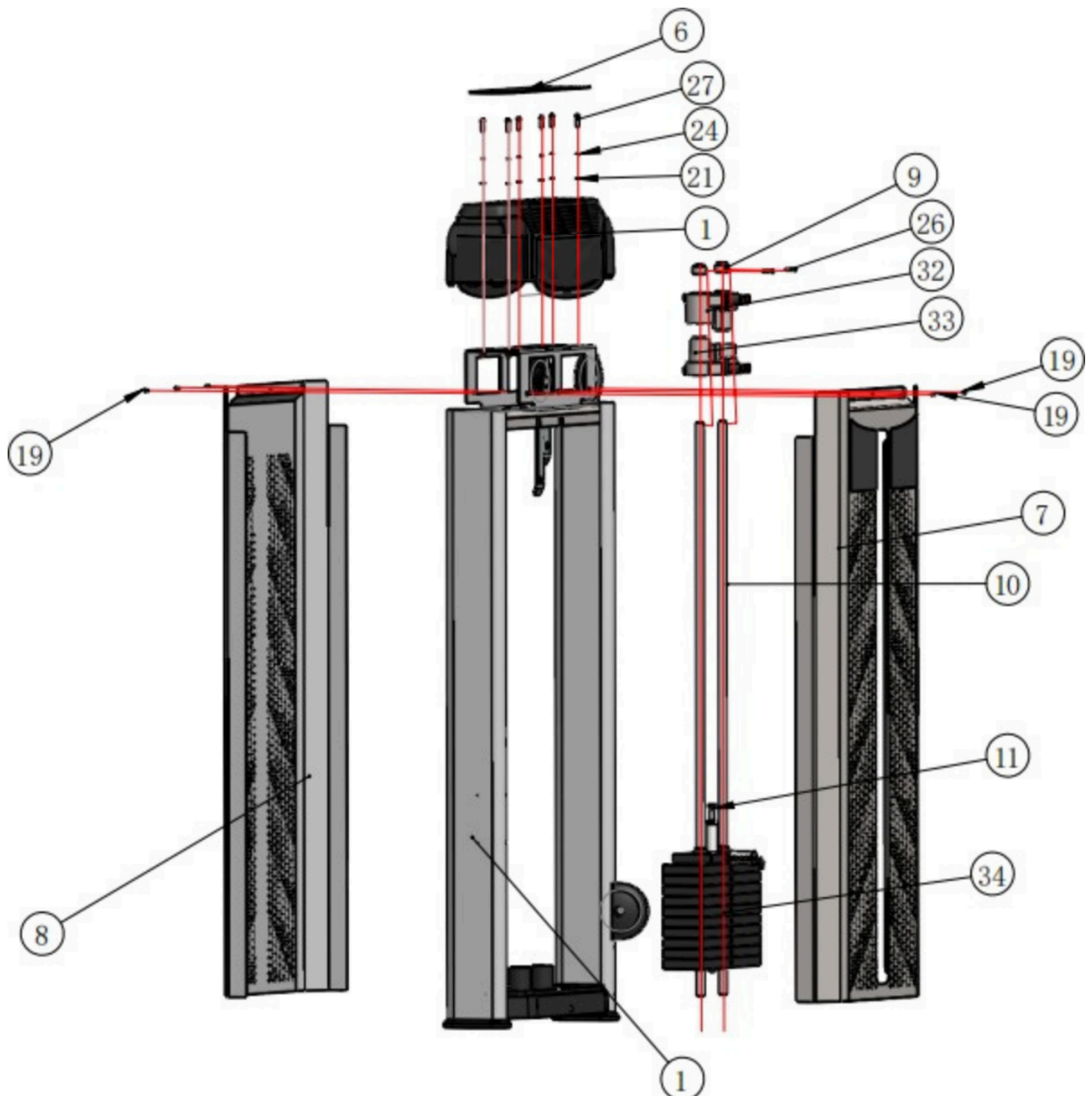
Identify your components

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

REF 32 QTY 1  Secondary counterweight 1	REF 33 QTY 1  Secondary counterweight 2	REF 34 QTY 1  Weight stack assembly
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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 Weight Tower

Part numbers restart for Stage 2. Use the tower drawing and its own list; keep the tower supported and the stack resting fully down.

6. Position and secure the tower

Support tower frame 1 beside the exercise frame. Attach it to the connection supports shown in Stage 1, using the hardware specified there. Confirm both frames stand level and every structural joint is secure before fitting the stack.

7. Install the stack and guide rods

Keep stack assembly 34 supported at its base. Fit guide rods 10 through the stack in the orientation shown, preserving plate order and selector access. Seat the lower rod ends in their intended mounts. The drawing omits detailed lower retention and plate-loading instructions; confirm these if the stack arrives dismantled.

8. Fit the upper guide components

Fit secondary weights 33 and 32 in the illustrated order above the main stack. Position fixing sleeves 9 at the rod ends and secure them with M6 × 25 screws 26. Check that the rods remain parallel and all retaining components are fitted. Preserve factory-adjusted mechanisms.

9. Secure the top assembly

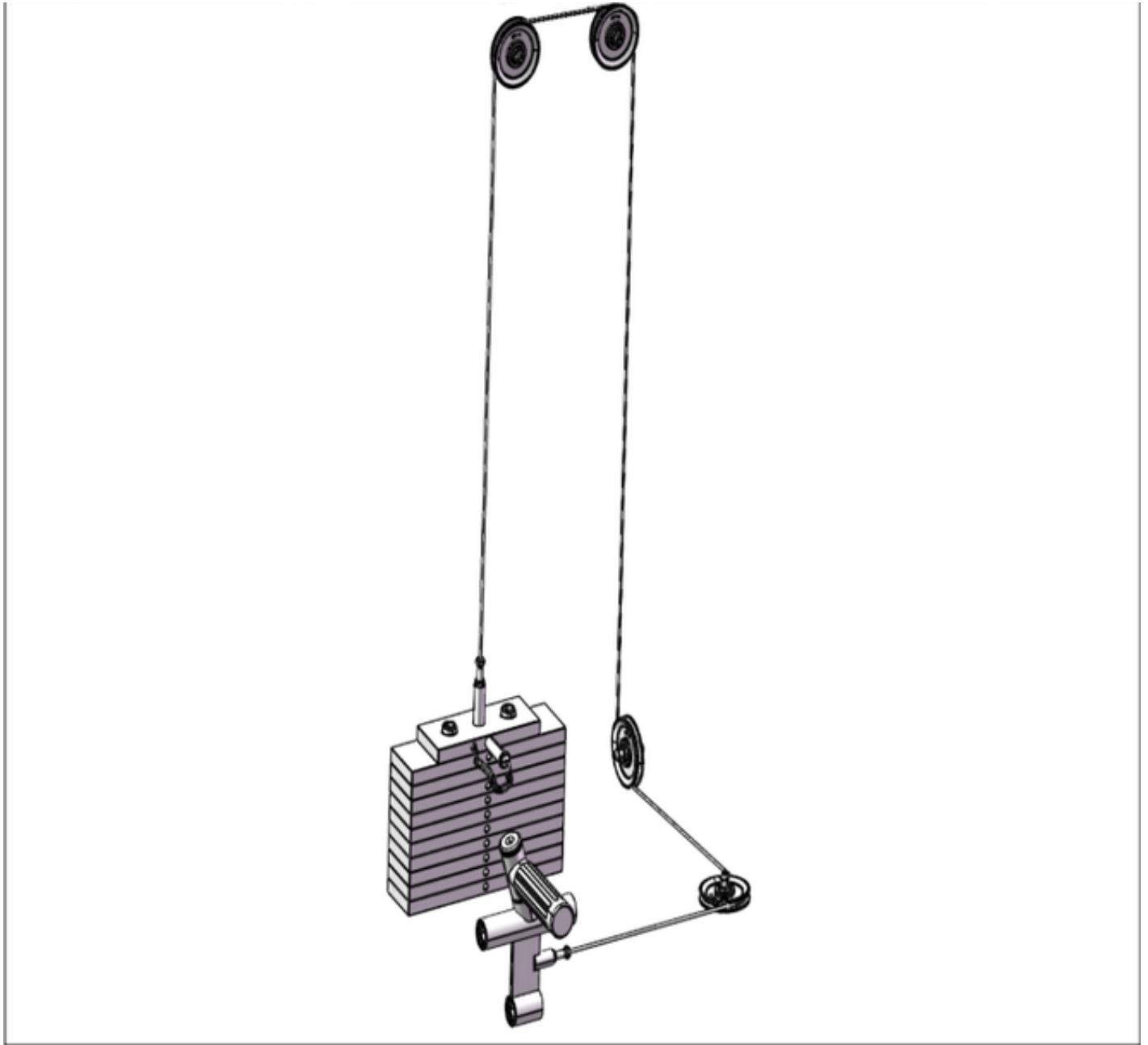
Use M8 × 25 screws 27, spring washers 24 and washers 21 at the illustrated upper mounting points. Fit top cover 6 as shown. Keep front guard 7 and rear guard 8 accessible until the cable route and stack connection have been checked.

Check before continuing

Stack guides and top assembly are secure. Guard fitting follows the cable inspection.

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



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

Stage 3: Route, Guard and Test

Use the Stage 3 cable diagram together with the assembled machine. Cable routing must be verified before installing the access guards.

10. Trace the cable path

Trace the cable from the stack over the upper pulley pair, down through the lower guide pulley and across the base pulleys associated with the sliding carriage. Verify every moving cable segment against the Stage 3 schematic and the installed carriage. Keep the stack fully down and the moving mechanism supported. Preserve any factory routing. The drawing does not specify cable length, complete terminations or adjustment limits; obtain these details for any loose or disconnected cable before tensioning.

11. Check the stack connection and pulleys

Verify the cable connection at the stack and hollow screw 11 against the supplied assembly. Confirm every termination and locking device is secure. Check each pulley axle and retainer; the cable must sit inside every groove without crossing or rubbing the frame. Do not use an unconfirmed cable attachment.

12. Fit the guards and complete fastening

After routing inspection, secure front guard 7 and rear guard 8 using M5 × 10 screws 19 at the illustrated points. Check all frame, pad, guide and pulley connections. Confirm the required fastener torque and any floor-fixing requirement with Build A Gym before use.

13. Test at the lowest resistance

Check chest-pad adjustment and handgrip security. Move the carriage slowly through its intended travel and watch both guide rods and the cable path. Select the lowest available stack load. Move slowly through a controlled range; the stack must lift smoothly and settle fully without slack, binding or guard contact. Stop if any attachment shifts or a cable leaves its groove.

Check before continuing

All movement, adjustment and cable checks must pass before the machine is available for exercise.

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 cable path, guide retention, pads and every adjustment lock.
The stack must lift and return fully, with all guards and connections 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.

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