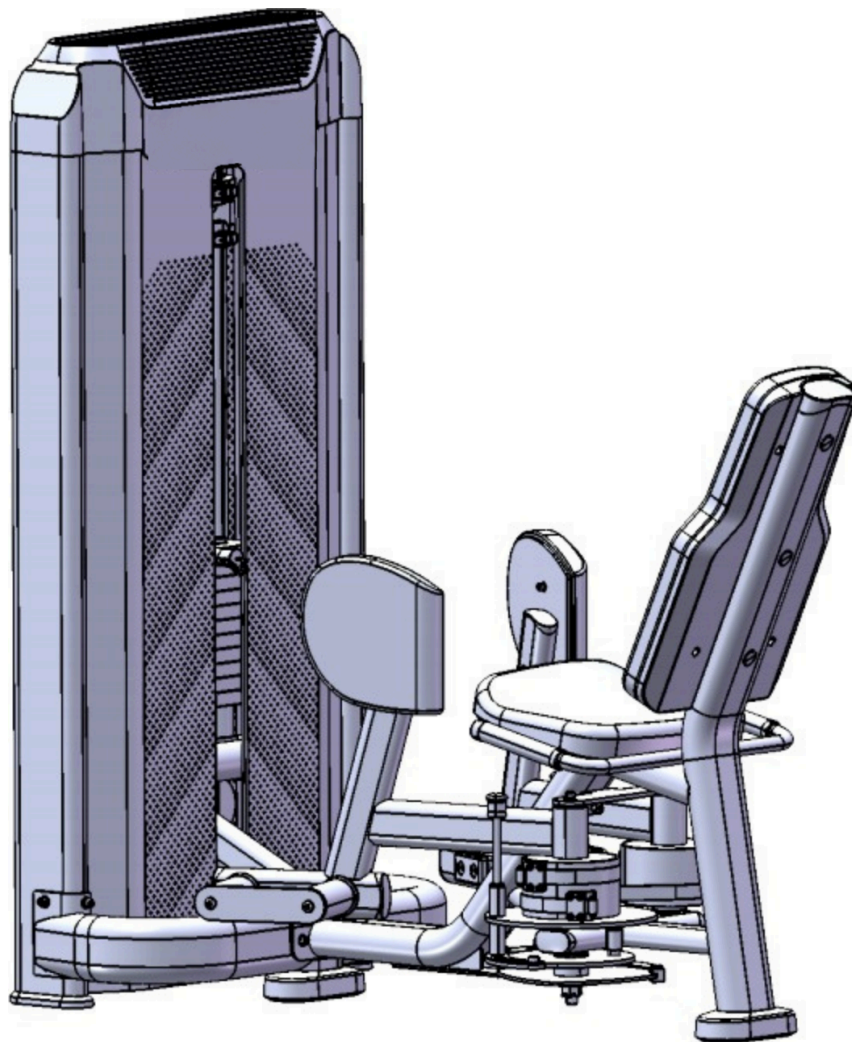


FRACTAL SERIES

Hip Adduction

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.

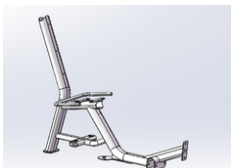
STAGE 1 / PARTS

Identify your components

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

REF 2

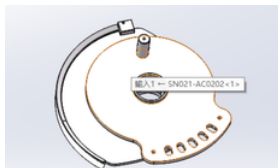
QTY 1



Main frame assembly

REF 3

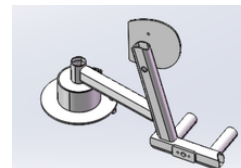
QTY 1



Cam plate assembly

REF 4

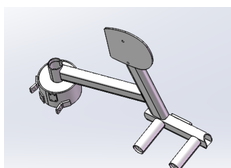
QTY 1



Arm assembly

REF 5

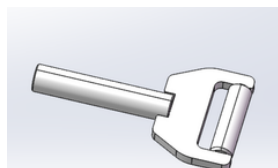
QTY 1



Arm assembly

REF 6

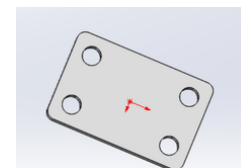
QTY 2



Tension assembly

REF 11

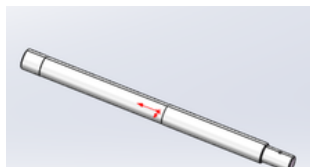
QTY 4



Belt fixing plate

REF 14

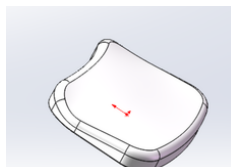
QTY 1



Arm shaft

REF 21

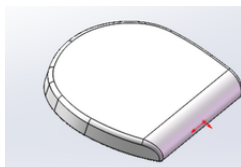
QTY 1



Cushion

REF 23

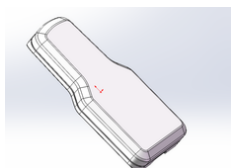
QTY 1



Leg pad

REF 24

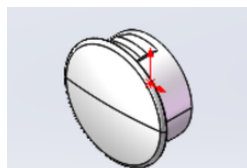
QTY 1



Back cushion

REF 36

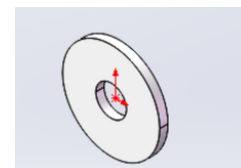
QTY 5



25 round tube plug

REF 40

QTY 1



Large washer

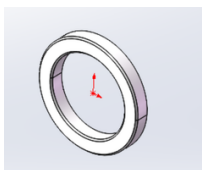
STAGE 1 / PARTS

Identify your components

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

REF 43

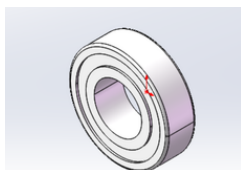
QTY 4



Spacer sleeve

REF 44

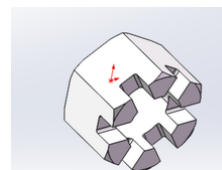
QTY 6



Deep Groove Ball Bearing

REF 45

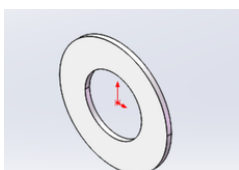
QTY 1



Slotted Hex Nut

REF 49

QTY 16



6 mm washer

REF 50

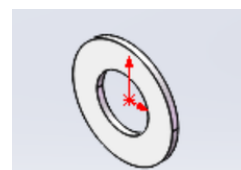
QTY 11



8 mm washer

REF 51

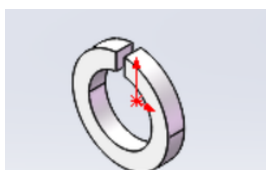
QTY 35



10 mm washer

REF 52

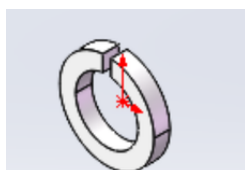
QTY 16



6 mm spring washer

REF 53

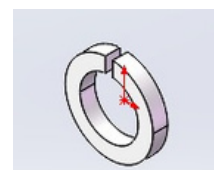
QTY 11



8 mm spring washer

REF 54

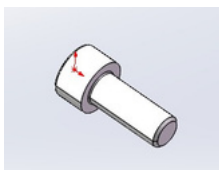
QTY 16



10 mm spring washer

REF 55

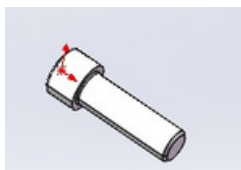
QTY 16



M6 x 15 Socket-head screw

REF 57

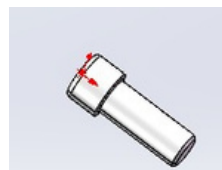
QTY 1



M8 x 25 Socket-head screw

REF 58

QTY 11



M10 x 25 Socket-head screw

STAGE 1 / PARTS

Identify your components

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

REF 61

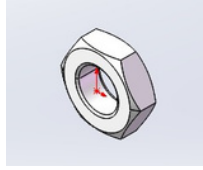
QTY 4



M10 × 90 Socket-head screw

REF 66

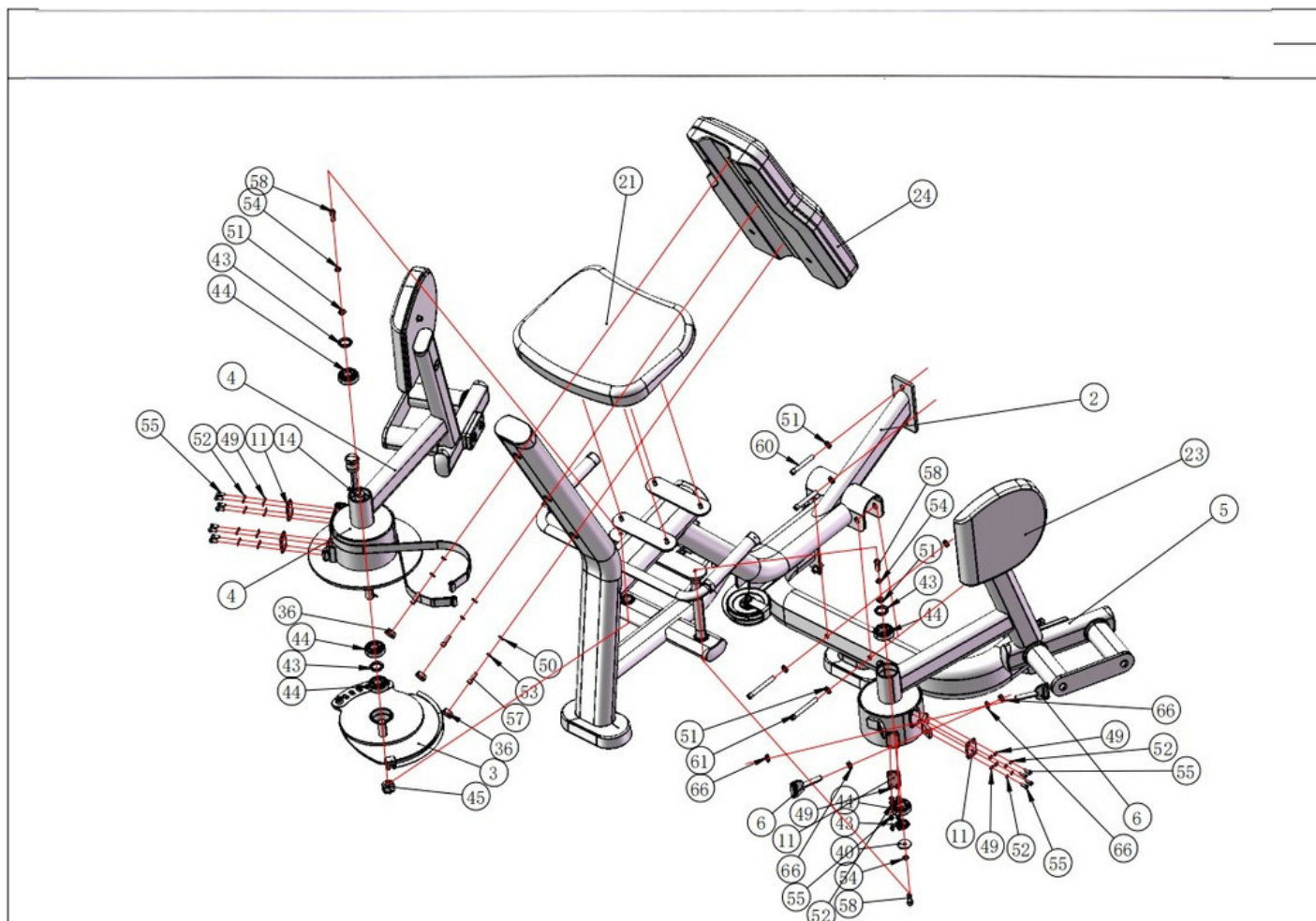
QTY 4



M12 thin 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 Adduction Frame

Use the Stage 1 parts list. Item 3 is the illustrated cam/adjustment plate assembly. Keep the drive mechanism controlled and do not guess belt tension or shaft-retention settings.

1. Position and brace the main frame

Place main frame 2 on a level surface with the seat and arm mounts oriented as shown. Identify its tower-side mounting points. Keep the frame and both arms independently supported until their connections and pivots are retained.

2. Fit the first arm and cam assembly

Support arm 4 at its pivot and fit arm shaft 14 with bearings 44 and spacers 43 in the illustrated order. Position cam assembly 3 below the arm pivot as shown. Use the depicted washers and screw 58 at the upper retention point and slotted nut 45 at the lower end. Confirm the required locking method before use.

3. Fit the opposite arm and tension components

Position arm 5 with its bearings 44 and spacers 43 as depicted. Fit tension assemblies 6 and M12 thin nuts 66 at the shown locations. Preserve factory drive-belt alignment and tension; if disconnected, obtain the correct belt engagement and tension procedure before setting these adjusters.

4. Secure the belt clamps and frame joints

Install belt-fixing plates 11 with M6 × 15 screws 55, 6 mm spring washers 52 and washers 49 at the indicated clamp locations. Fit the frame fasteners, including M10 × 90 screws 61 where shown. Callout 60 appears at another joint but is not listed: confirm that hardware before completing the connection.

5. Fit the pads and check the adjustment

Secure seat cushion 21, back cushion 24 and leg-pad components 23 at their illustrated mounts. Use the depicted screw 57 and washer combination where indicated; confirm omitted pad attachments and quantities before fitting. Fit plugs 36 after fastening. Check that the starting-position lock holds and both arms move together without belt slip.

Check before continuing

Pivots, belt clamps, frame mounts and pads are secure; drive tension and adjustment locks are confirmed.

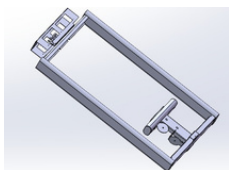
STAGE 2 / PARTS

Identify your components

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

REF 1

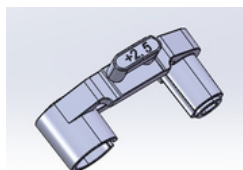
QTY 1



Small frame assembly

REF 2

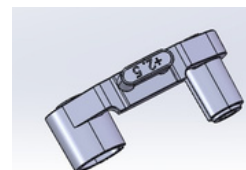
QTY 1



Secondary Reconfiguration

REF 3

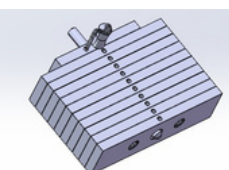
QTY 1



Secondary Reconfiguration

REF 4

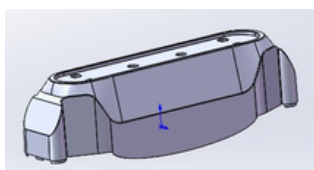
QTY 1



Weight stack assembly

REF 5

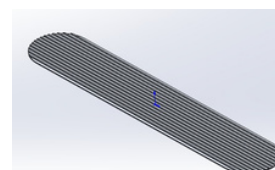
QTY 1



Big top cover

REF 9

QTY 1



Top cover

REF 10

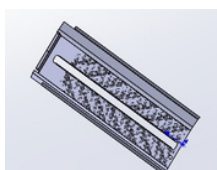
QTY 2



Weighted buffer pad

REF 11

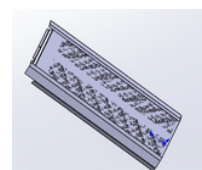
QTY 1



Front guard plate

REF 12

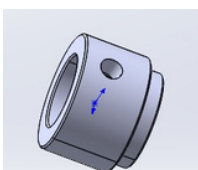
QTY 1



Rear guard

REF 13

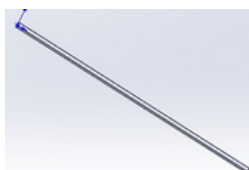
QTY 2



Guide rod fixing sleeve

REF 14

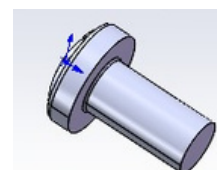
QTY 2



Weight-stack guide rod

REF 22

QTY 12

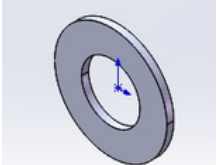
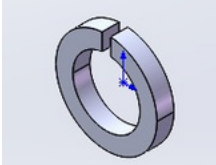
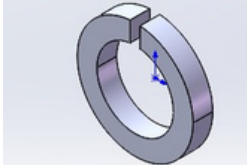
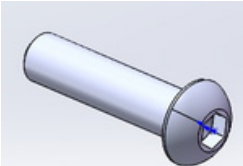
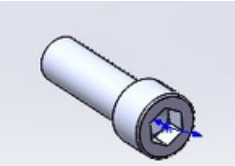


Cross groove pan head bolt

STAGE 2 / PARTS

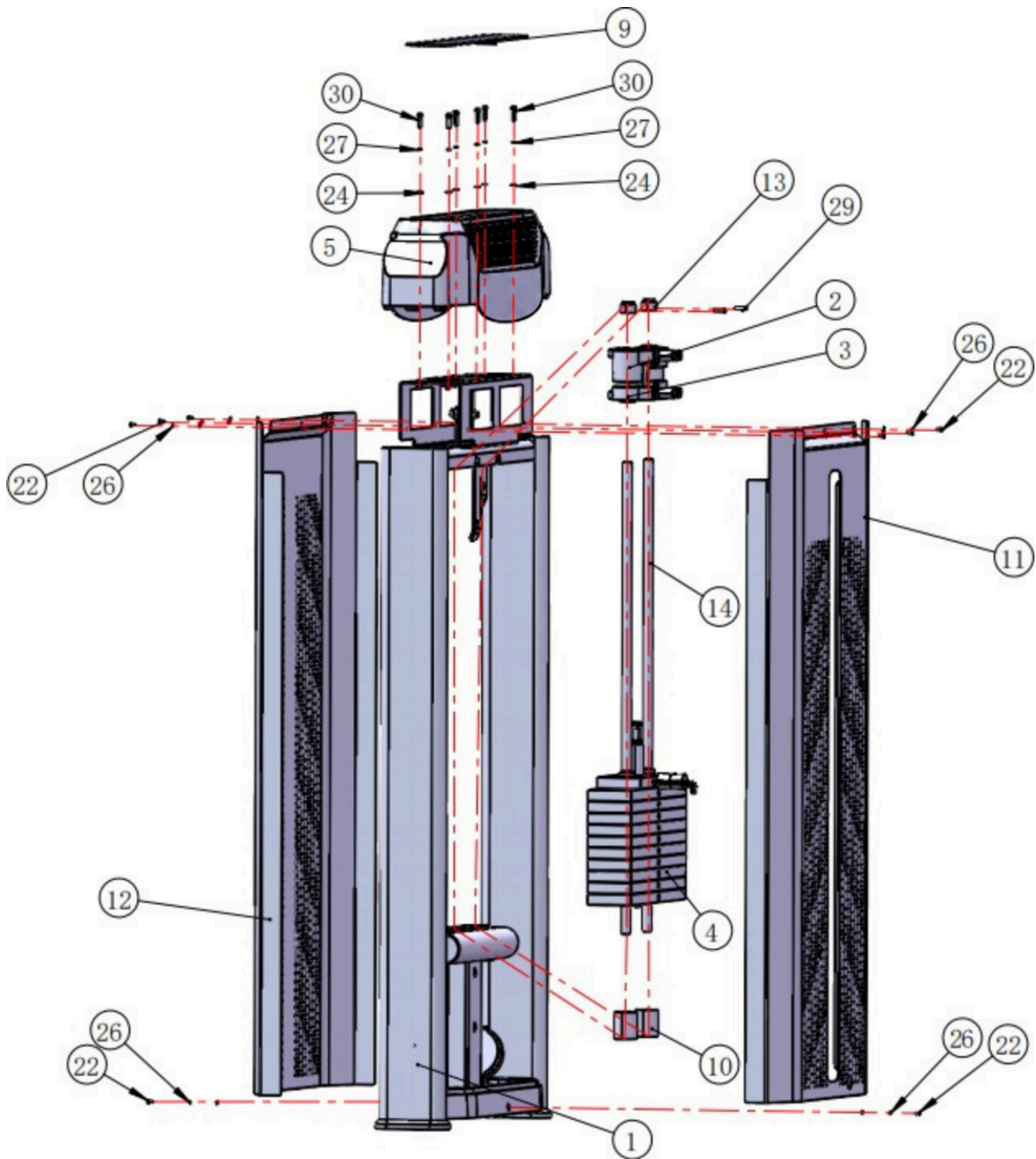
Identify your components

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

REF 24 QTY 8  8 mm washer	REF 26 QTY 12  5 mm spring washer	REF 27 QTY 8  8 mm spring washer
REF 29 QTY 2  M6 x 25 Socket-head bolt	REF 30 QTY 8  M8 x 25 Socket-head bolt	

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 Hip-Machine Tower

These references belong to the Stage 2 hip-machine tower list. They differ from Stage 1.

6. Connect the tower and exercise frame

Stand and brace tower frame 1 beside the exercise frame in the orientation shown. Join its mounting points to the Stage 1 frame supports using the confirmed Stage 1 hardware. Align both frames on a level floor and secure all structural joints.

7. Fit guide rods, buffers and stack

Position buffer pads 10 at the lower guide-rod mounts. Fit guide rods 14 through stack assembly 4 and seat them at the lower mounts shown. Keep the stack supported at its base, preserve plate order and face the selector toward the guard opening. Confirm the lower retention and plate-loading procedure if supplied dismantled.

8. Fit secondary weights and upper retainers

Fit secondary weights 3 and 2 above the main stack in the depicted order. Position fixing sleeves 13 at the guide ends and retain them with M6 × 25 bolts 29. Keep the rods parallel and verify that all retainers are fitted before removing temporary support.

9. Install the upper cover assembly

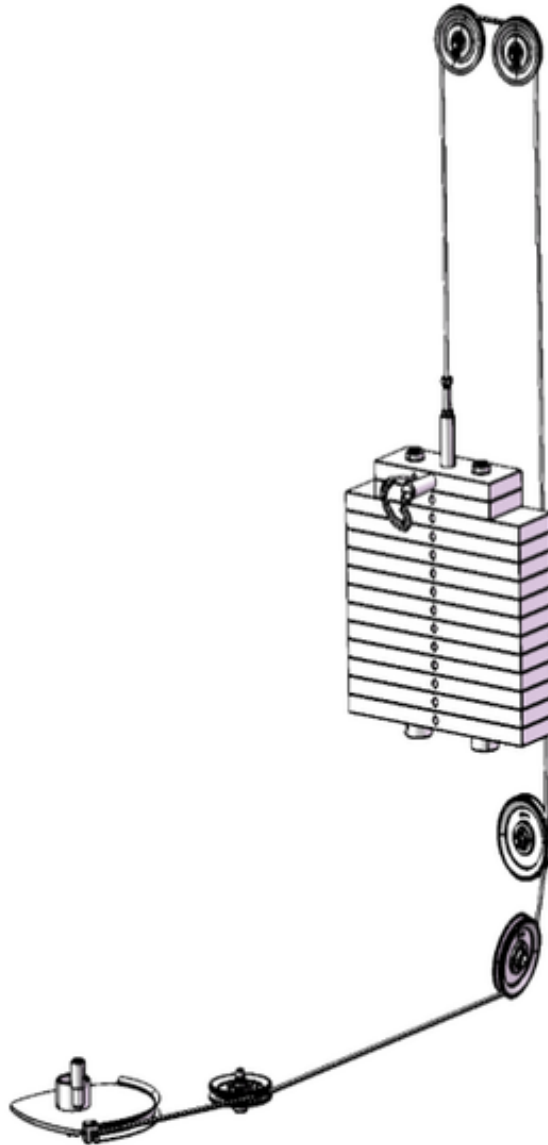
Secure big top cover 5 at the shown mounting points with M8 × 25 bolts 30, spring washers 27 and washers 24. Fit top cover 9. Keep front guard 11 and rear guard 12 accessible for the cable inspection in Stage 3.

Check before continuing

Tower joints and guide ends are secure, the stack rests on its buffers and all plate-selector components are accessible.

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, through the lower redirects and along the base to the cam/drive assembly. Confirm its termination and the relationship between the cable and both belt-driven arms. 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-to-stack attachment and its locking hardware against the supplied assembly. The source does not detail the termination: confirm it before tensioning. Check every pulley axle and retainer; the cable must remain inside each groove without crossing, twisting or rubbing the frame.

12. Fit the guards and complete fastening

After cable inspection, secure front guard 11 and rear guard 12 at the shown upper and lower points with screws 22 and 5 mm spring washers 26. Confirm the unspecified screw 22 dimensions against the kit. Check all frame, pad, pivot and guide connections, and confirm torque and floor-fixing requirements before use.

13. Test at the lowest resistance

Check the starting-position lock and both leg pads. Operate the arms slowly inward and back, checking that the belt remains aligned and the arms move together. 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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