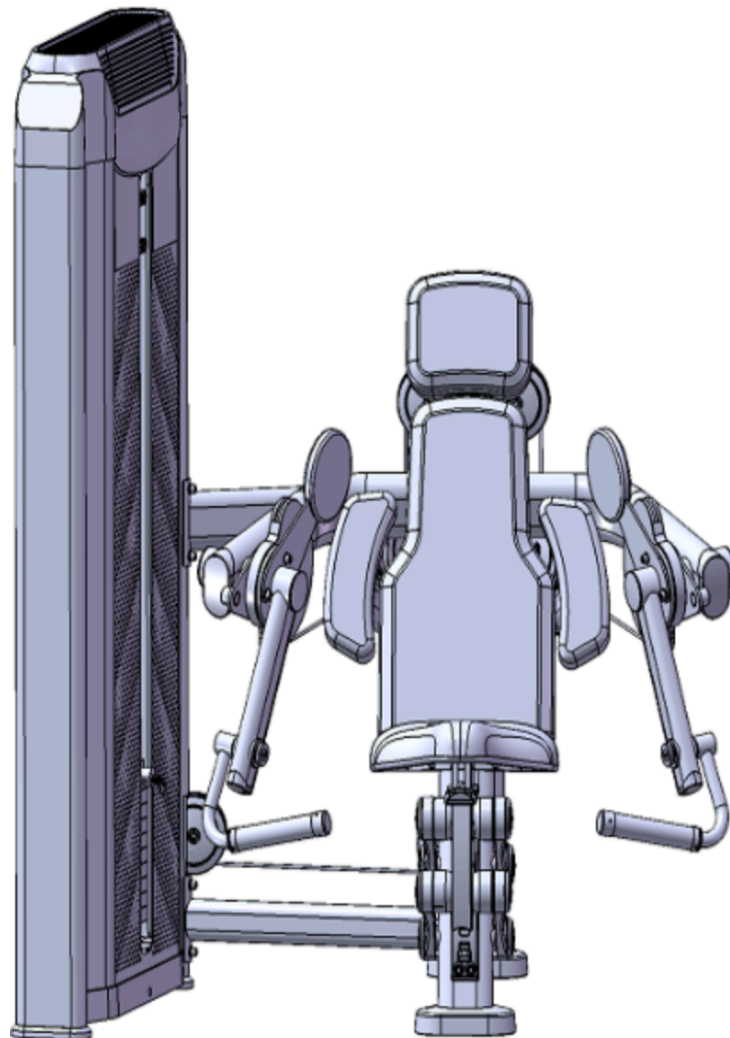


FRACTAL SERIES

ISO Lateral Bicep Curl

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 → Stage 6 → Stage 7 → Stage 8 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

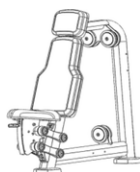
STAGE 1 / PARTS

Identify your components

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

REF 1

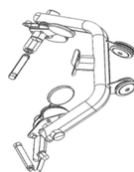
QTY 1



Main frame

REF 2

QTY 1



Boomfixingframe

REF 3

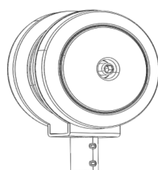
QTY 1



Elbowpadfixe

REF 4

QTY 1



Pulley box assembly

REF 5

QTY 1



Upper connection brace assembly

REF 6

QTY 1



Bottom connection assembly

REF 7

QTY 1



Small door

REF 8

QTY 12



Socket-head screw M10 x 25

REF 9

QTY 2



Socket-head screw M10 x 85

REF 10

QTY 2



Socket-head screw M10 x 135

REF 11

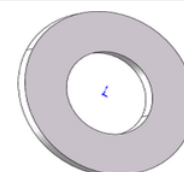
QTY 8



Spring washer Ø10

REF 12

QTY 24



Washers Ø10.3xØ20 x 1.2

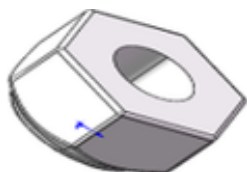
STAGE 1 / PARTS

Identify your components

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

REF 13

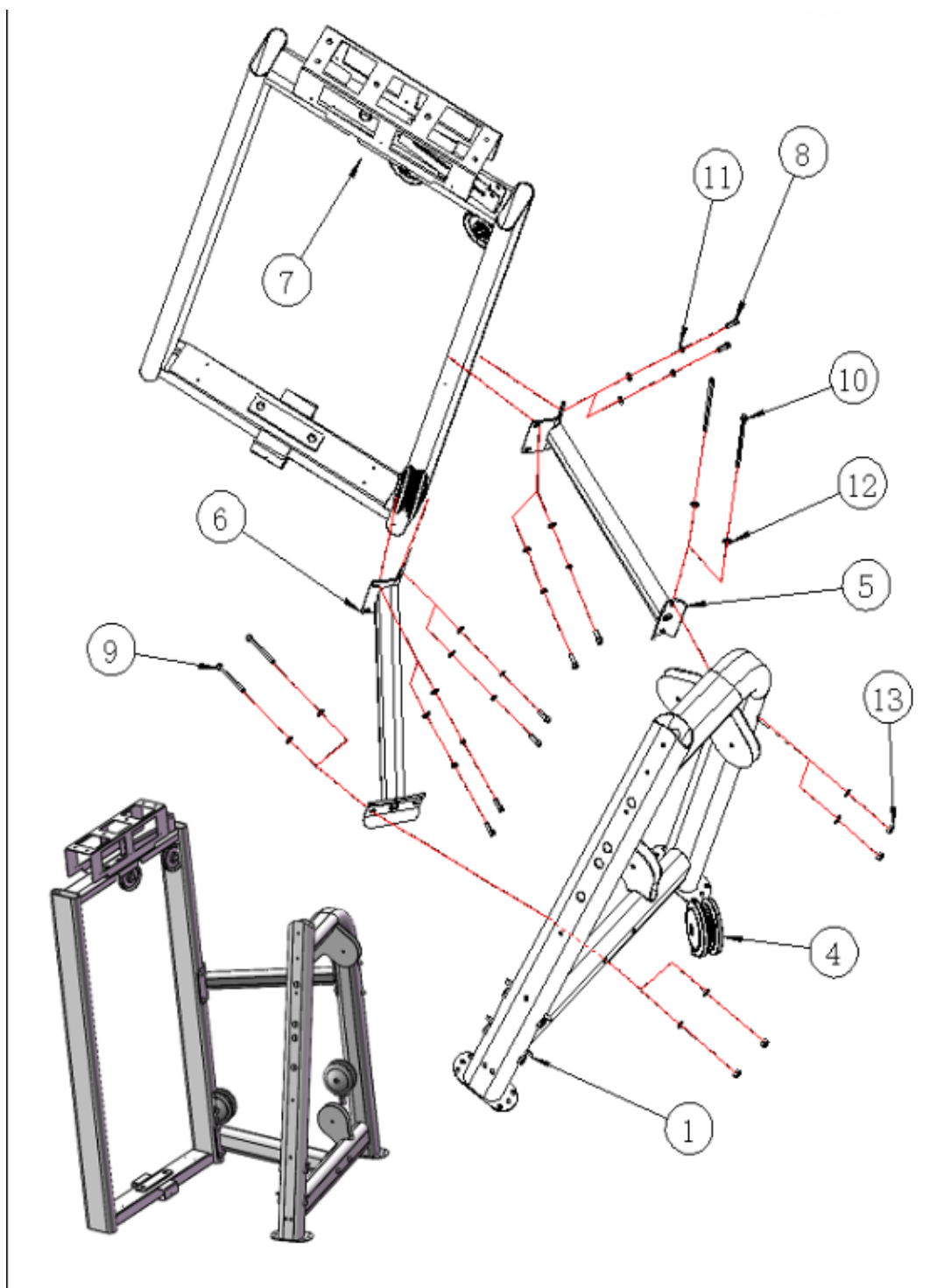
QTY 8



Locknut M10

STAGE 1 / DRAWING 1 OF 2

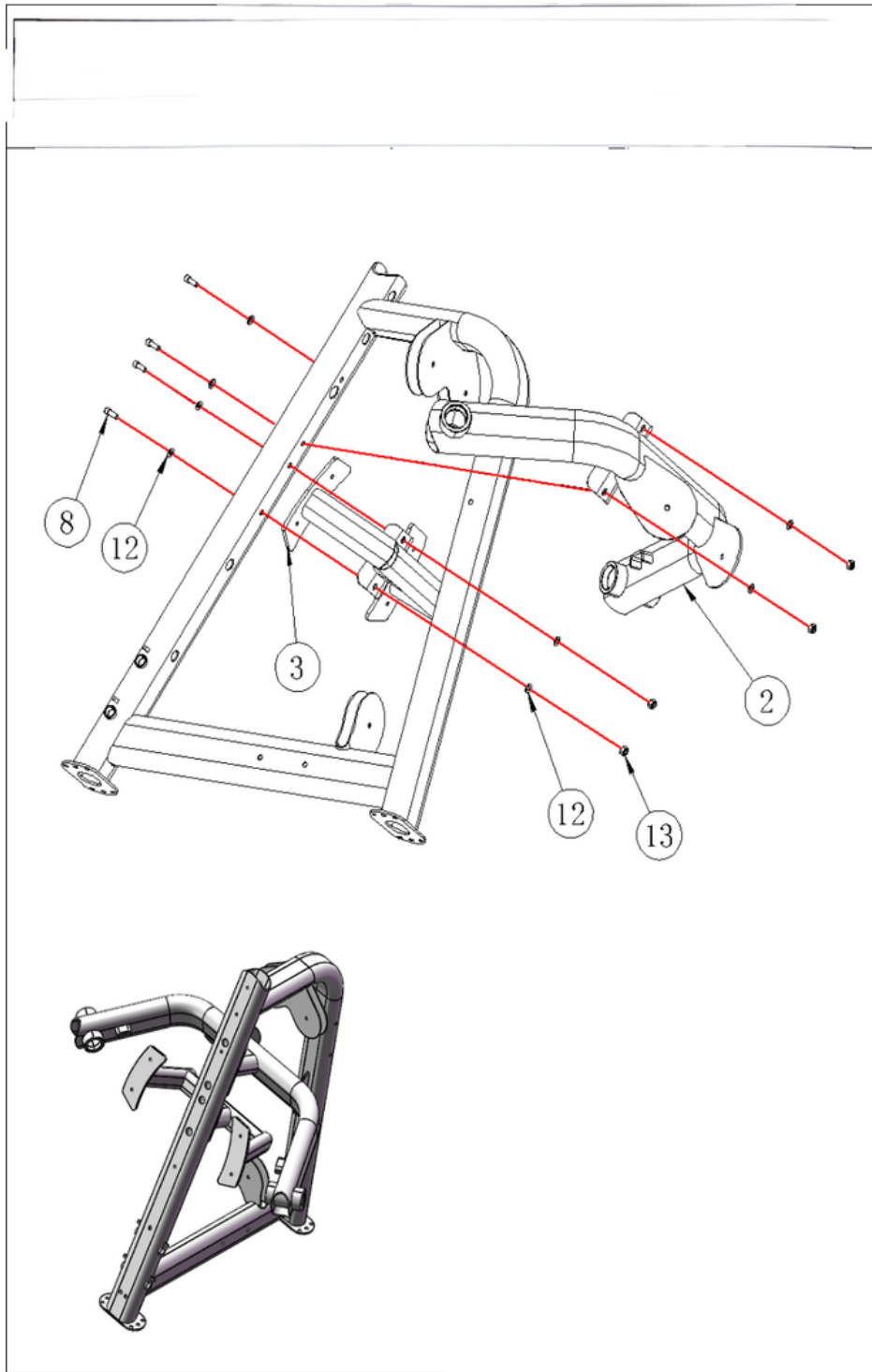
Assembly stage 1



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 2

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: Join the Main Frames

Use Stage 1 references. Later stages detail the subassemblies shown here; keep factory-assembled parts intact where correct.

1. Support the tower and main frame

Position main frame 1 beside tower 7 on a protected level floor. Support both independently. Align upper brace 5 and lower connecting assembly 6 as shown in drawing 1; keep the loose pulley box 4 supported until its connection is confirmed.

2. Install the connecting braces

At the tower ends fit M10 × 25 screws 8 and spring washers 11. At the main-frame joints use the depicted M10 × 85 screws 9 and M10 × 135 screws 10 with washers 12 and locknuts 13. Start all fasteners before aligning and securing both frames.

3. Attach the upper supports

Using drawing 2, attach arm-fixing frame 2 and elbow-pad frame 3 with M10 × 25 screws 8, washers 12 and locknuts 13 at the illustrated holes. Support the upper frame while fastening. Check both supports and connecting braces are seated securely.

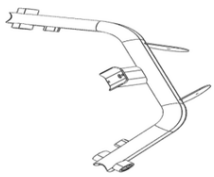
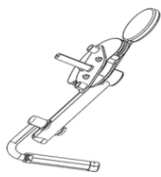
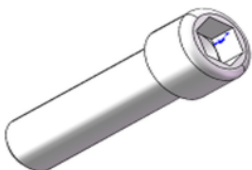
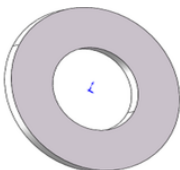
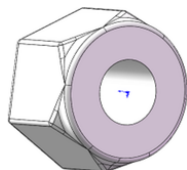
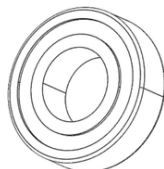
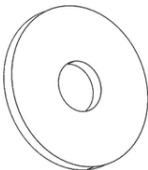
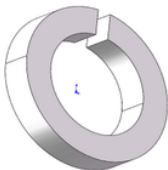
Check before continuing

Tower, braces, main frame and upper supports are secure.

STAGE 2 / PARTS

Identify your components

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

REF 1 QTY 1  Boom fixing frame assembly	REF 2 QTY 1  Left arm	REF 3 QTY 1  Right arm
REF 4 QTY 2  Socket-head screw M10 × 60	REF 5 QTY 4  Washers Ø10.3xØ20 × 1.2	REF 6 QTY 2  Locknut M10
REF 7 QTY 2  Pulleys	REF 8 QTY 4  Pulley cover	REF 9 QTY 4  Deep groove ball bearings Ø52xØ25 × 15
REF 10 QTY 2  Large washer	REF 11 QTY 2  Hexagon pan head screws M10 × 20	REF 12 QTY 2  Spring washer Ø10

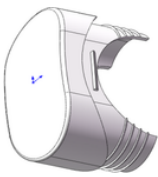
STAGE 2 / PARTS

Identify your components

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

REF 13

QTY 2



65 × 114 end caps

REF 14

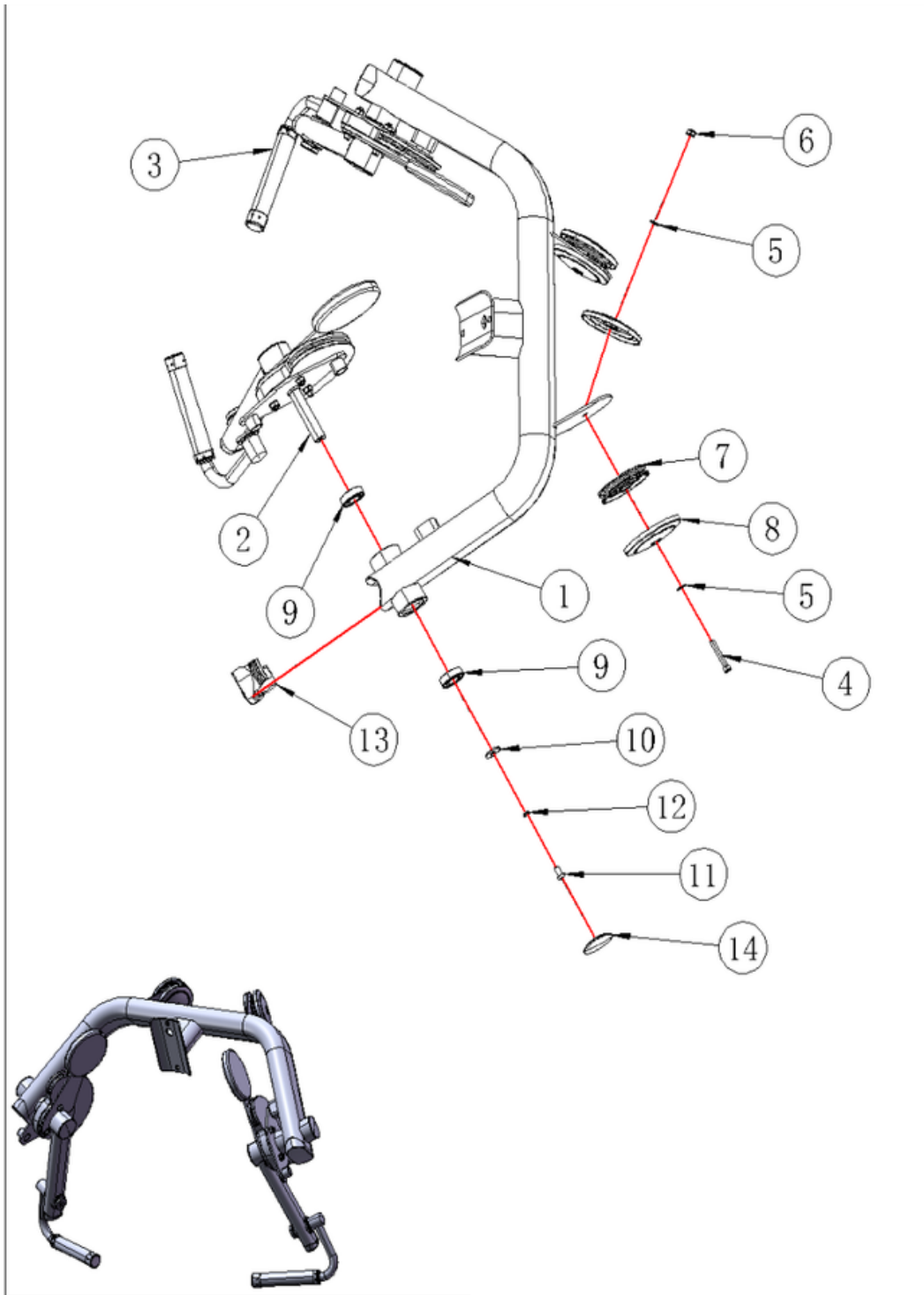
QTY 2



70 end caps

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: Mount Both Curl Arms

The left and right arm assemblies must both remain supported until their pivots are retained.

4. Seat bearings and mount the arms

Using Stage 2 references, fit bearings 9 into arm-fixing frame 1. Support left arm 2 and right arm 3 while inserting their pivot shafts as shown. Fit large washers 10, spring washers 12 and M10 × 20 screws 11 to retain the pivots.

5. Install the arm-frame pulleys

Fit pulleys 7 and covers 8 at the two depicted mounts with M10 × 60 screws 4, washers 5 and locknuts 6. Confirm the covers do not touch the pulley grooves and both pulleys rotate freely.

6. Inspect pivots and close the ends

Check both arms are positively retained and move freely without excess play. Fit end caps 13 and 14 after inspection. If an arm arrives dismantled, complete its Stage 3 internal components before applying any cable load.

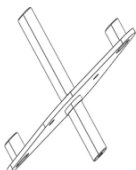
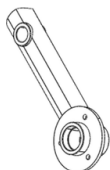
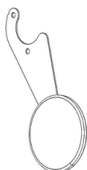
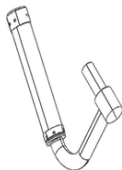
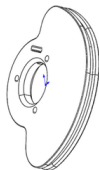
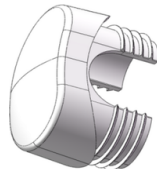
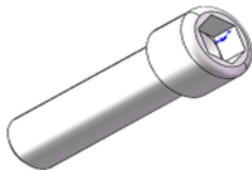
Check before continuing

Both arm pivots and the upper pulley mounts pass inspection.

STAGE 3 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Limit frame assembly</p>	REF 2 QTY 2  <p>Boom assembly</p>	REF 3 QTY 2  <p>Counterweight assembly</p>
REF 4 QTY 1  <p>Handle assembly</p>	REF 5 QTY 1  <p>Wire reels</p>	REF 6 QTY 1  <p>Countersunk socket screw M10 x 20</p>
REF 7 QTY 1  <p>End caps of axle frame plate</p>	REF 8 QTY 2  <p>Sintered bushing Ø32xØ25 x 20</p>	REF 9 QTY 1  <p>40 x 70 end caps (curved end)</p>
REF 10 QTY 3  <p>Socket-head screw M10 x 60</p>	REF 11 QTY 6  <p>Washers Ø10.3xØ20 x 1.2</p>	REF 12 QTY 3  <p>Locknut M10</p>

STAGE 3 / PARTS

Identify your components

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

REF 13

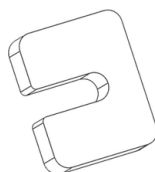
QTY 2



Cushioning sleeves

REF 14

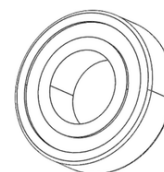
QTY 1



Pallets

REF 15

QTY 2

Deep groove ball bearings
Ø52xØ25 x 15

REF 16

QTY 1



Spring washer Ø10

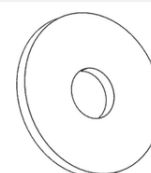
REF 17

QTY 1

Hexagon pan head screws M10
x 20

REF 18

QTY 1



Large washer

REF 19

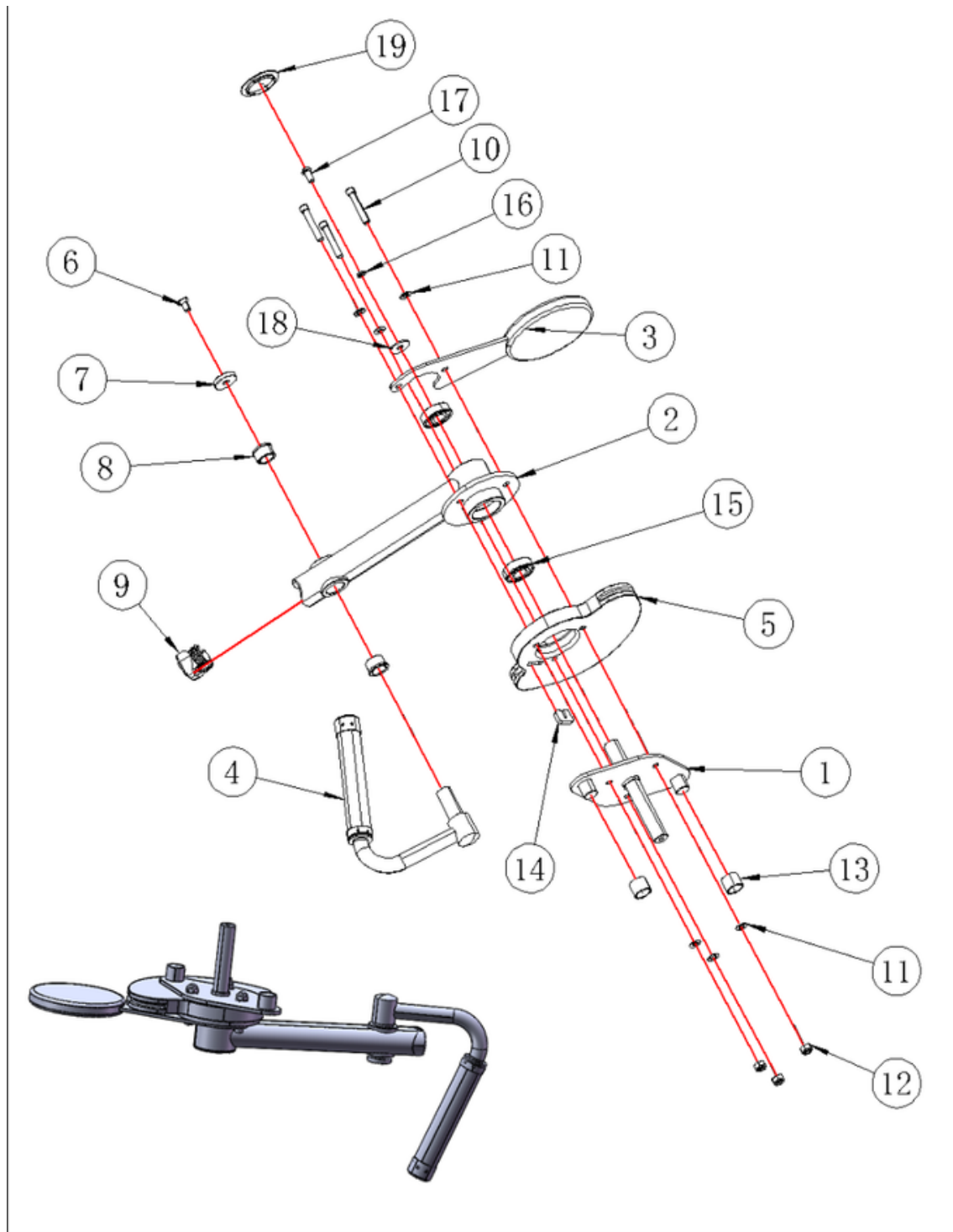
QTY 1



70 end caps

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 Each Curl Mechanism

Preserve the cam orientation and keep each counterweighted arm supported throughout assembly.

7. Fit the internal bearings and cam

Using Stage 3 references, seat bearings 15 in boom 2. Position cable cam 5, plate 14 and limit frame 1 in the illustrated order at the pivot. Fit large washer 18, spring washer 16 and M10 × 20 screw 17 at the depicted shaft end. Confirm all retention before removing support.

8. Secure the counterweight and stop parts

Align counterweight assembly 3, cam 5 and limit frame 1 as illustrated. Fit M10 × 60 screws 10 with washers 11 and locknuts 12 at the shown connections. Fit cushioning sleeves 13 to the limit-frame stops. Confirm the cam groove and stop direction match the supplied arm.

9. Install the rotating handle

Fit bushings 8 into the handle pivot of boom 2 and insert handle 4. Fit axle end plate 7 and countersunk M10 × 20 screw 6. Confirm the handle is retained and rotates freely; fit end caps 9 and 19 after checking the mechanism.

10. Confirm the opposite mechanism

The drawing details one arm while the list gives mixed quantities for paired and single components. Confirm the complete kit quantities and mirrored assembly for the other arm. Check both handles, cams, counterweights and stops before connecting the cables.

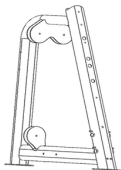
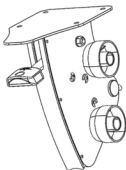
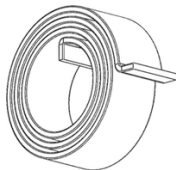
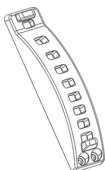
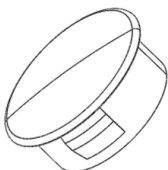
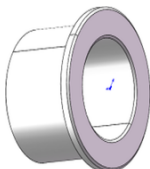
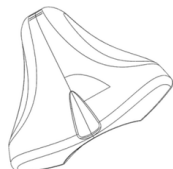
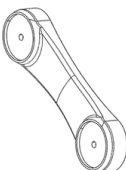
Check before continuing

Both curl mechanisms are complete and positively retained.

STAGE 4 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Main frame assembly</p>	REF 2 QTY 1  <p>Seat frame assembly</p>	REF 3 QTY 4  <p>Coil spring</p>
REF 4 QTY 1  <p>Gear block</p>	REF 5 QTY 5  <p>25 Round hole plugs</p>	REF 6 QTY 4  <p>Hex head bolts M10 × 20</p>
REF 7 QTY 4  <p>Long swivel shaft</p>	REF 8 QTY 4  <p>Sintered bushing</p>	REF 9 QTY 1  <p>Seat cushion</p>
REF 10 QTY 8  <p>Aluminum cap</p>	REF 11 QTY 4  <p>Crank</p>	REF 12 QTY 8  <p>Washers Ø8.3xØ16 × 1</p>

STAGE 4 / PARTS

Identify your components

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

REF 13

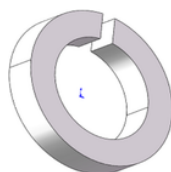
QTY 4



Socket-head screw M8 × 25

REF 14

QTY 16



Spring washer Ø 8

REF 15

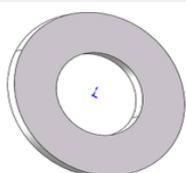
QTY 3



Socket-head screw M10 × 20

REF 16

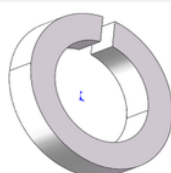
QTY 7



Washers Ø10.3xØ20 × 1.2

REF 17

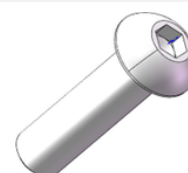
QTY 1



Spring washer Ø10

REF 18

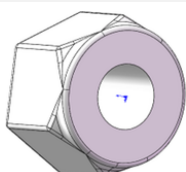
QTY 8



Socket-head screw M8 × 25

REF 19

QTY 7



Locknut M10

REF 20

QTY 2



Ground foot cover

REF 21

QTY 2



Footing plastic parts

REF 22

QTY 6



Pulley cover

REF 23

QTY 3



Socket-head screw M10 × 65

REF 24

QTY 3



Pulleys

STAGE 4 / PARTS

Identify your components

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

REF 25

QTY 1



Backrest cushions

REF 26

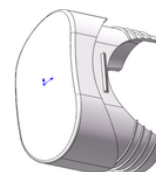
QTY 1



Head pad

REF 27

QTY 1



65 x 114 end caps

REF 28

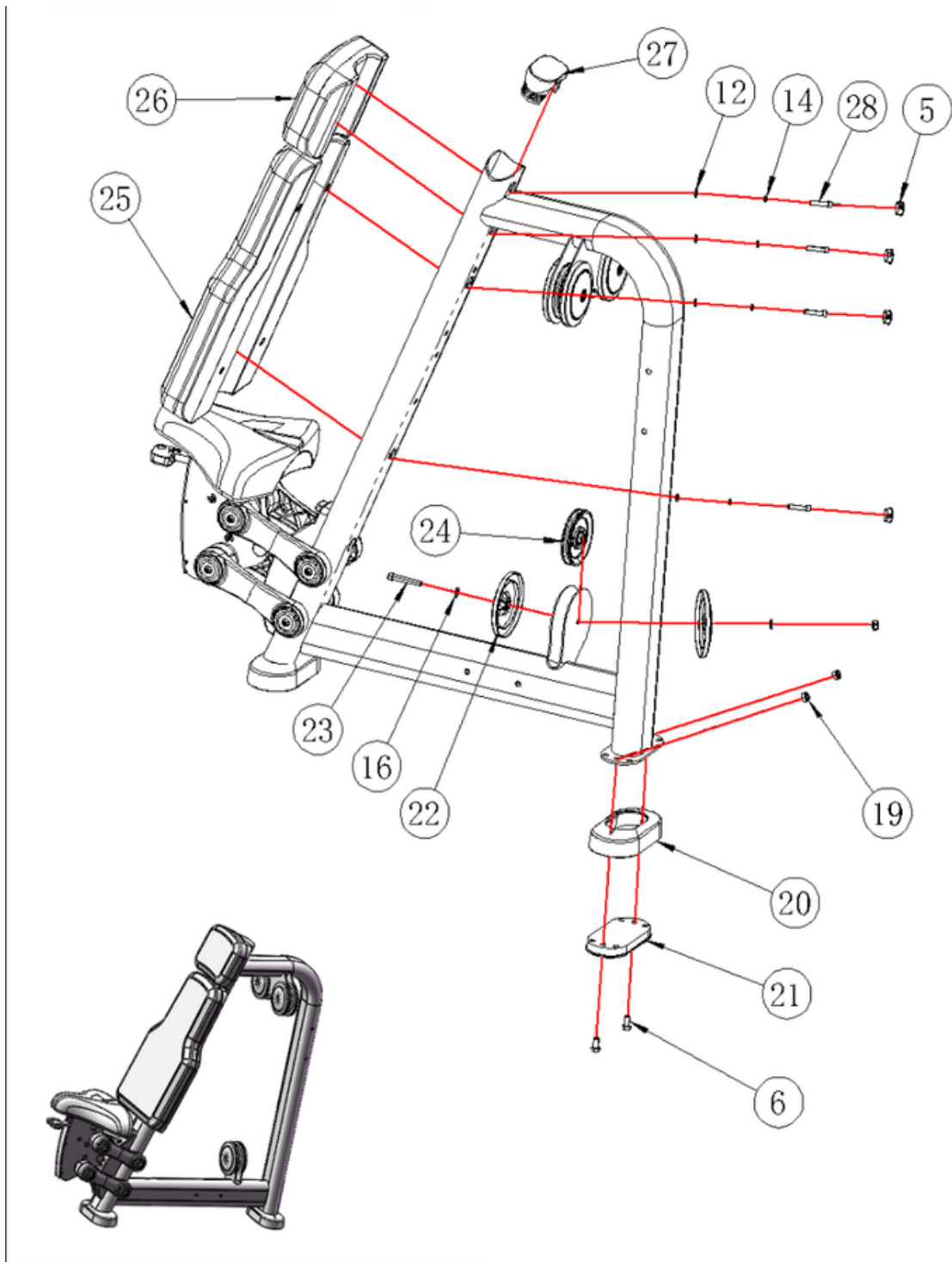
QTY 4



Socket-head screw M8 x 40

STAGE 4 / DRAWING 1 OF 2

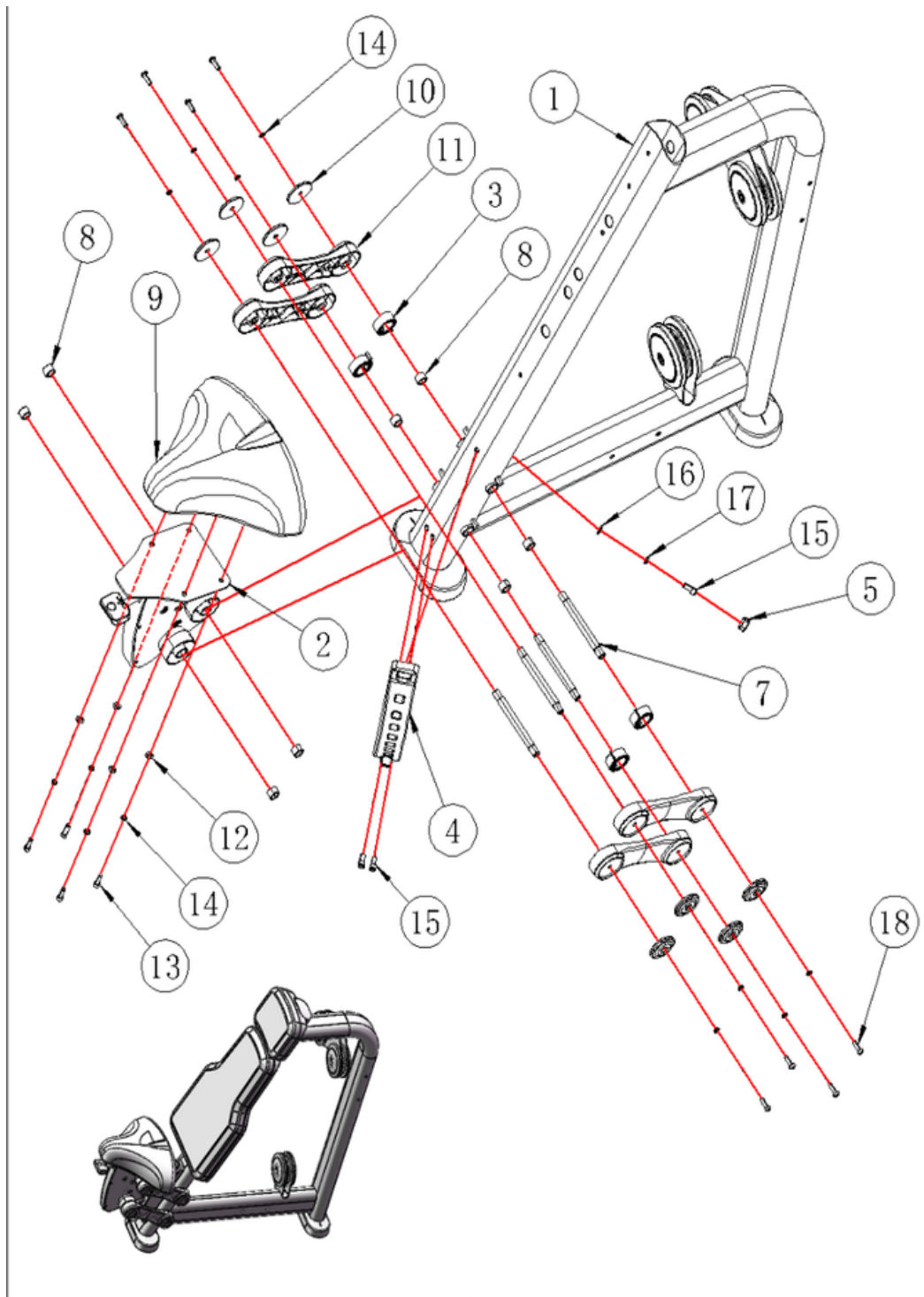
Assembly stage 4



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 / DRAWING 2 OF 2

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: Assemble the Seat and Base

Use Stage 4 references. Resolve any spring setting or drawing-reference ambiguity before removing supports.

11. Fit backrest, head pad and feet

Using drawing 1, fit backrest 25 and head pad 26 with M8 × 40 screws 28, spring washers 14 and washers 12. Fit foot covers 20 and bases 21 with M10 × 20 bolts 6 and locknuts 19. Fit end cap 27 and plugs 5 after inspecting the hidden fasteners.

12. Install the base pulleys

Fit pulleys 24 and covers 22 at the depicted mounts using M10 × 65 screws 23, washers 16 and locknuts 19. Confirm every pulley is retained, turns freely and aligns with its cable route.

13. Install seat shafts and cranks

Using drawing 2, support seat frame 2. Fit shafts 7, bushings 8, cranks 11 and coil springs 3 in their illustrated relationship to main frame 1. Fit aluminum caps 10, spring washers 14 and M8 × 25 screws 18. Obtain spring orientation and preload specifications before setting loose springs.

14. Fit the seat cushion and adjustment rack

Fit cushion 9 with M8 × 25 screws 13, spring washers 14 and washers 12. Fit gear block 4 with the depicted M10 × 20 screws 15 and associated hardware 16 and 17 where shown. Confirm the supplied adjustment mechanism and all its retainers before loading the seat.

15. Inspect the seat adjustment

Support and move the seat through its adjustment range, checking that the lock fully engages each intended position. Drawing 2 includes conflicting or unclear callouts, including item 8 at the cushion area; confirm the correct component mapping rather than substituting hardware. Check all four cranks, shafts, springs and caps.

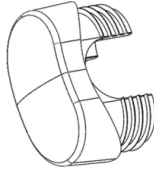
Check before continuing

Pads, feet, pulleys, seat linkage and seat lock are secure.

STAGE 5 / PARTS

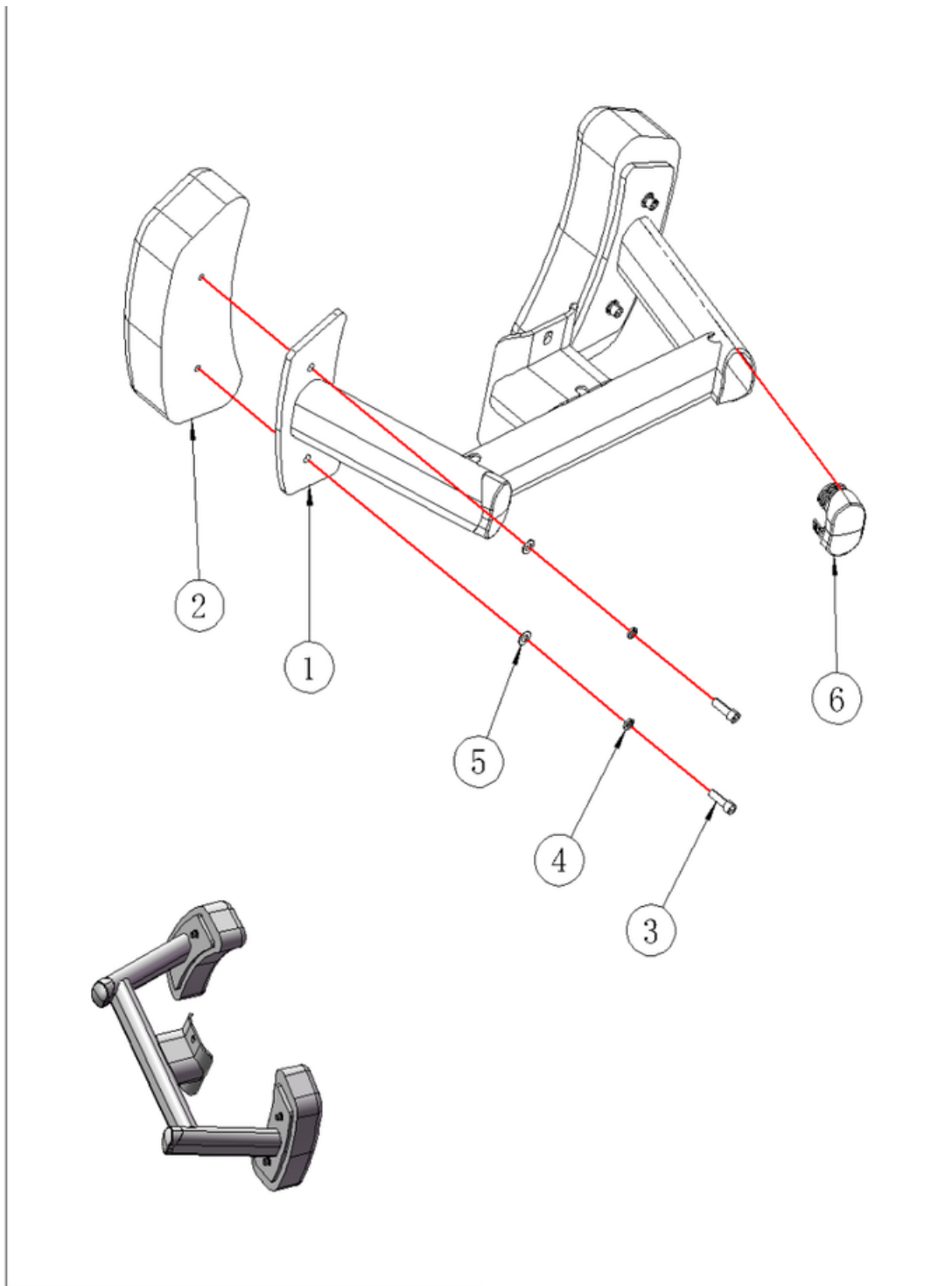
Identify your components

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

REF 1	QTY 1	REF 2	QTY 2	REF 3	QTY 4
					
Elbow pad fixing frame assembly		Elbow pads		Socket-head screws M8 × 35	
REF 4	QTY 4	REF 5	QTY 4	REF 6	QTY 3
					
Spring washer Ø8		Washers Ø8.3xØ16 × 1		40 × 70 end cap	

STAGE 5 / DRAWING 1 OF 1

Assembly stage 5



Match the numbered callouts to the Stage 5 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 5: Fit the Elbow Pads

Do not connect or tension an uncertain cable to check arm clearance.

16. Attach both elbow pads

Using Stage 5 references, position both elbow pads 2 on fixing frame 1 with the faces oriented as shown. Install the four M8 × 35 screws 3 with spring washers 4 and washers 5. Start all pad screws before securing them.

17. Fit caps and check arm clearance

Fit three end caps 6 after inspecting the frame connections. Move each supported curl arm through its permitted range and confirm the handles and counterweights clear the elbow pads and surrounding frame.

Check before continuing

Both elbow pads and their support frame are secure.

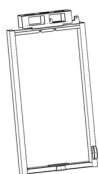
STAGE 6 / PARTS

Identify your components

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

REF 1

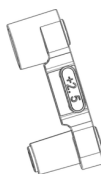
QTY 1



Small frame assembly

REF 2

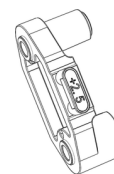
QTY 1



Sub-counterweight

REF 3

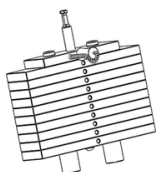
QTY 1



Sub-counterweight

REF 4

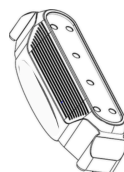
QTY 1



Balance and recombination

REF 5

QTY 1



Large upper cover

REF 6

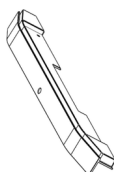
QTY 2



Front base

REF 7

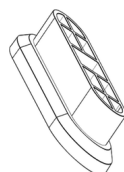
QTY 1



Rear base

REF 8

QTY 2



Base

REF 9

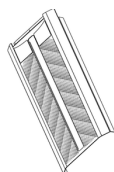
QTY 1



Top cover

REF 10

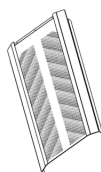
QTY 1



Front guard

REF 11

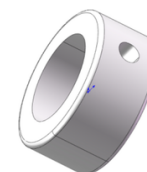
QTY 1



Rear guard

REF 12

QTY 2

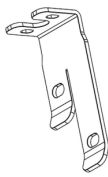
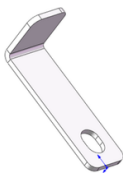
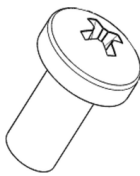
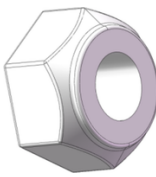


Guide rod retaining sleeve

STAGE 6 / PARTS

Identify your components

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

REF 13 QTY 2  Counterweight guide bar	REF 14 QTY 1  Counterweight bracket on small door	REF 15 QTY 2  Anti-skipping rope guard
REF 16 QTY 3  Pulleys	REF 17 QTY 2  136 Semi-circular pulley shell	REF 18 QTY 12  Cross groove pan head self-tapping screw
REF 19 QTY 6  Washer Ø10.3xØ20 x 1.2	REF 20 QTY 8  Washers Ø8.3xØ16 x 1	REF 21 QTY 12  Washers Ø5.3xØ10 x 1
REF 22 QTY 12  Spring washer Ø5	REF 23 QTY 8  Spring washer Ø8	REF 24 QTY 3  Locknut M10

STAGE 6 / PARTS

Identify your components

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

REF 25

QTY 2



Hexagon pan head screws M6 × 25

REF 26

QTY 8



Socket-head screw M8 × 25

REF 27

QTY 2



Socket-head screw M10 × 50

REF 28

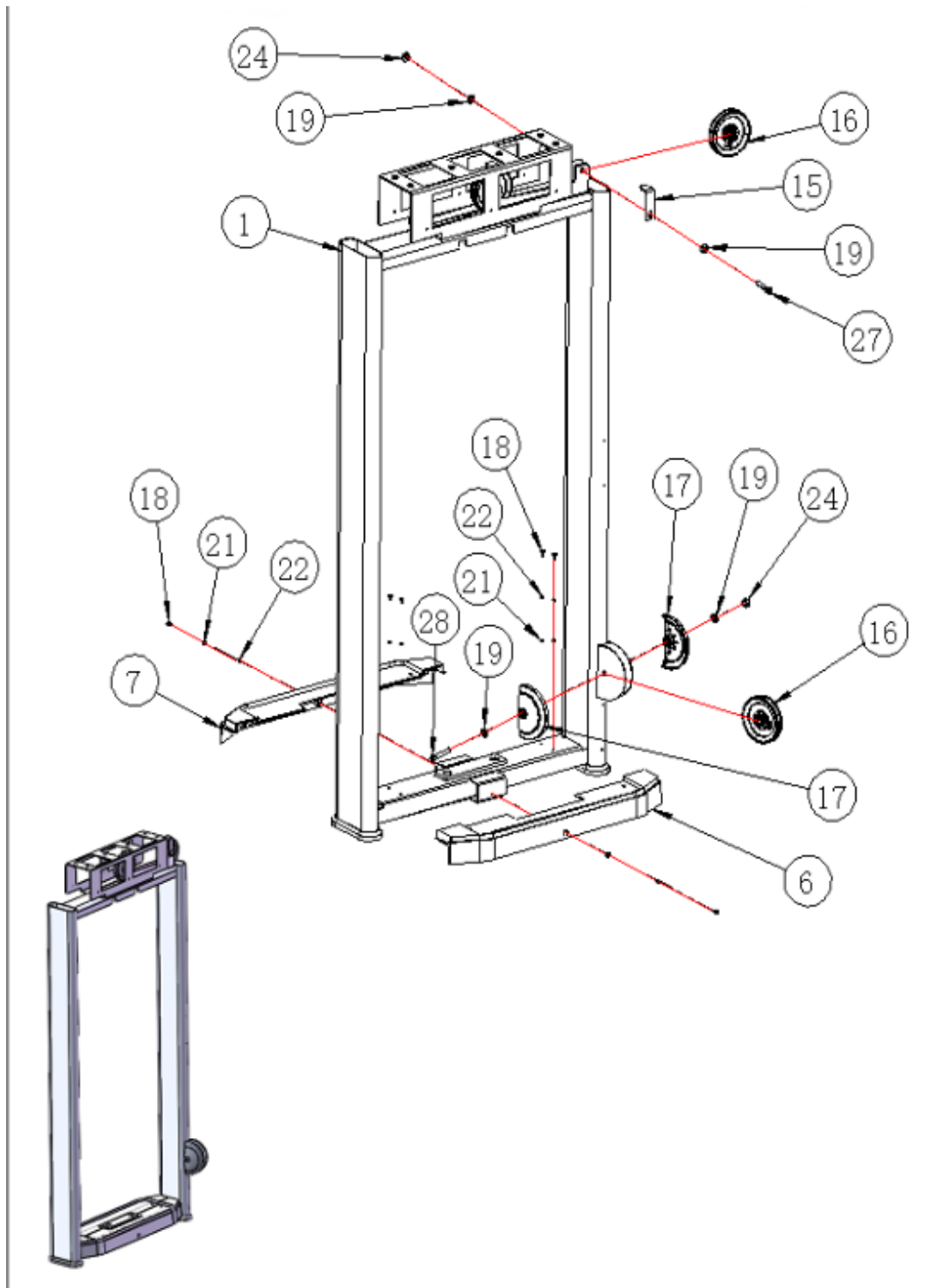
QTY 1



Socket-head screw M10 × 65

STAGE 6 / DRAWING 1 OF 3

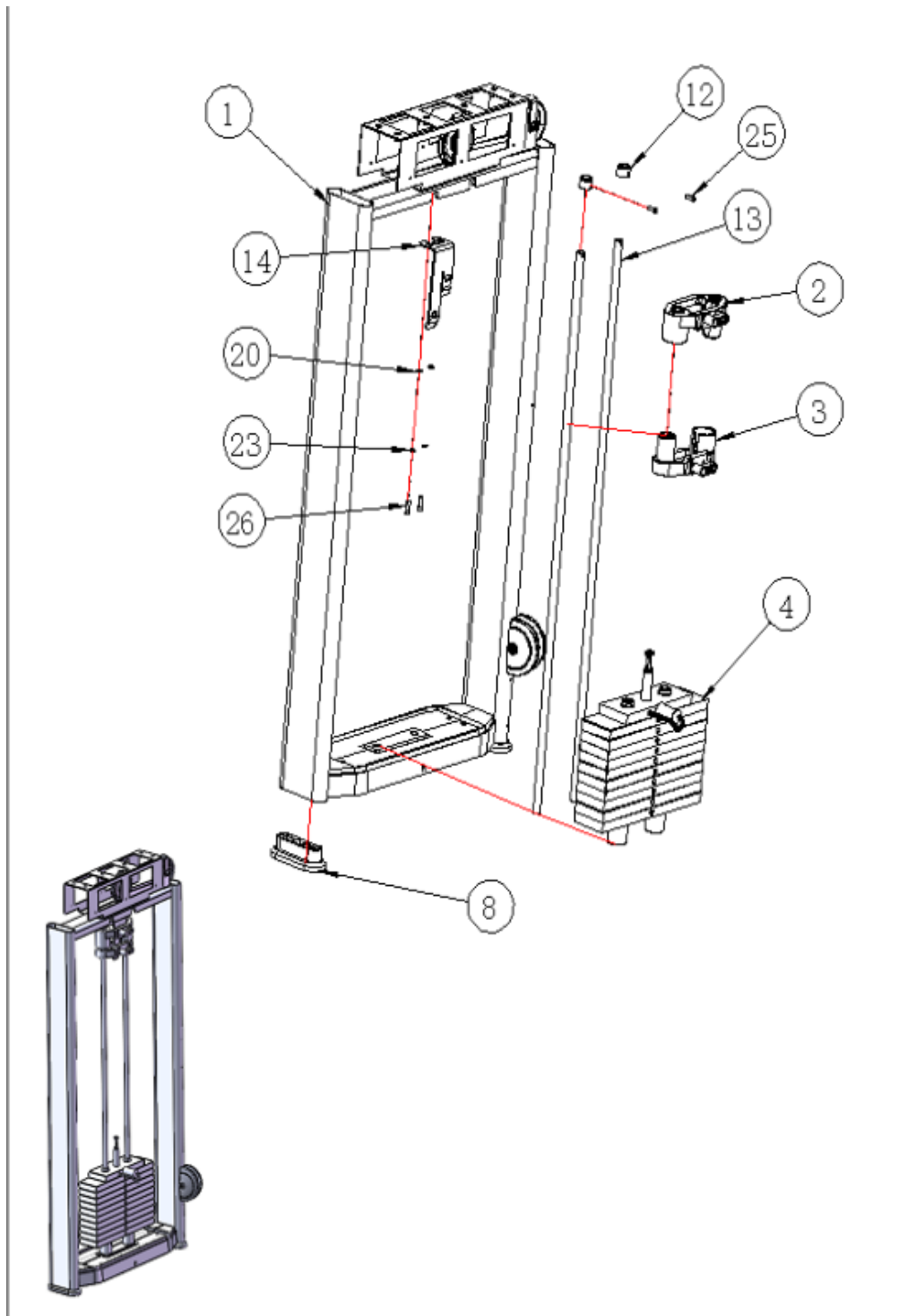
Assembly stage 6



Match the numbered callouts to the Stage 6 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 6 / DRAWING 2 OF 3

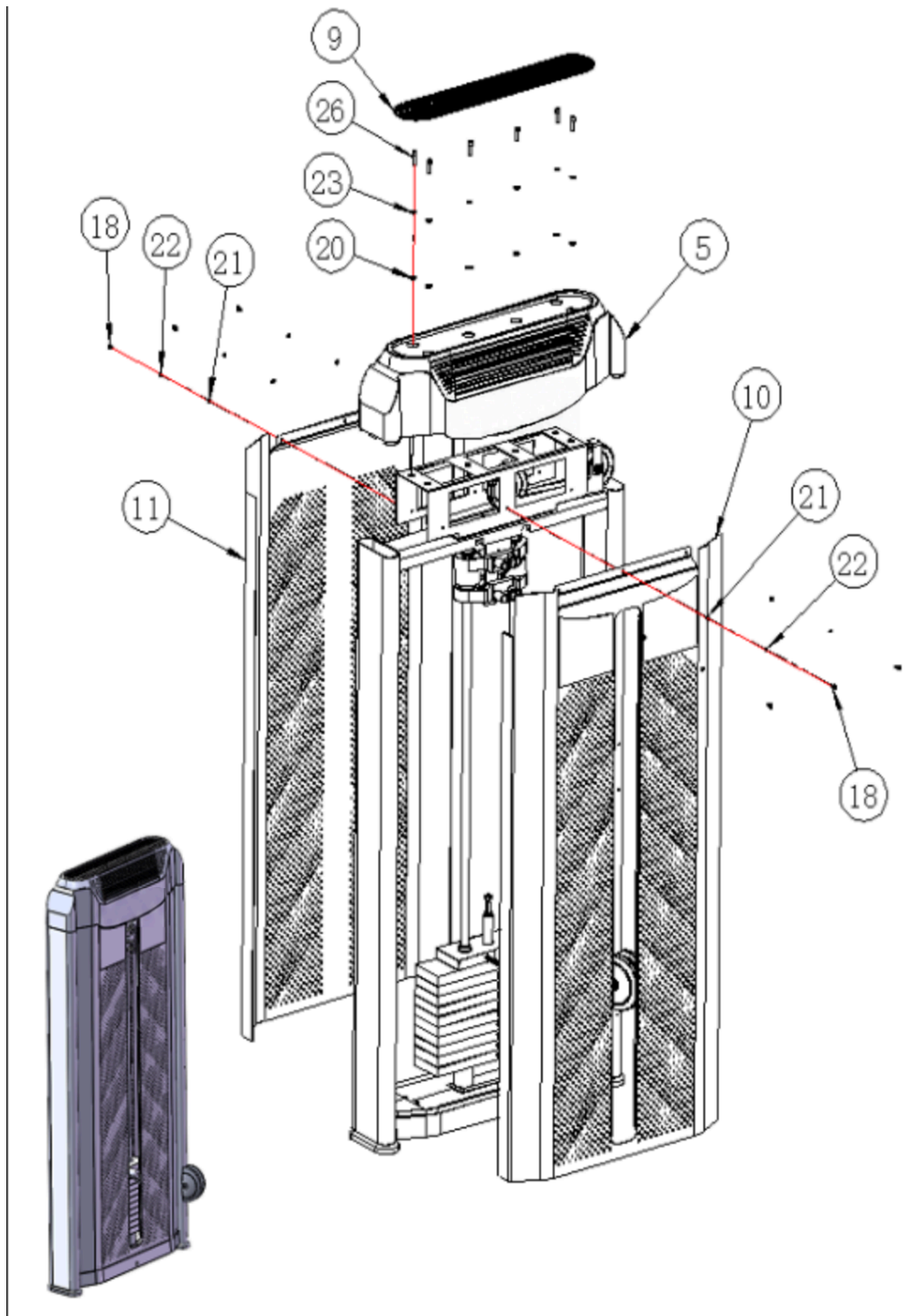
Assembly stage 6



Match the numbered callouts to the Stage 6 parts list. Position the components as shown and use the listed hardware at each connection.

STAGE 6 / DRAWING 3 OF 3

Assembly stage 6



Match the numbered callouts to the Stage 6 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 6: Assemble the Tower

Use Stage 6 references. Stage 7 details the stack shown here; preserve a correctly supplied stack without dismantling it.

18. Fit tower pulleys and base pieces

Using Stage 6 references, fit pulleys 16 to frame 1 with M10 × 50 screws 27 or M10 × 65 screw 28 at the depicted positions, washers 19 and locknuts 24. Fit anti-jump guards 15 and shells 17. Attach base pieces 6 and 7 with screws 18, spring washers 22 and washers 21.

19. Prepare the stack and guide rods

If the stack is dismantled, follow the Stage 7 plate-order drawing before completing this step. Keep stack assembly 4 supported at its base. Insert guide rods 13 through the stack in the illustrated orientation and seat the lower ends. Confirm the lower retention and buffers before loading.

20. Fit secondary weights and guide retainers

Fit secondary weights 3 and 2 above the main stack in the order shown. Secure guide sleeves 12 with M6 × 25 screws 25. Attach bracket 14 with M8 × 25 screws 26, spring washers 23 and washers 20. Confirm the guide rods stay parallel and are retained at both ends.

21. Fit the upper cover; leave guards accessible

Secure large upper cover 5 with M8 × 25 screws 26, spring washers 23 and washers 20; fit top cover 9. Fit base pieces 8. Keep front guard 10 and rear guard 11 accessible until the cable path and stack connection are checked.

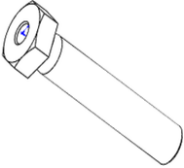
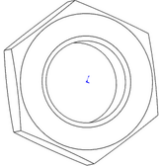
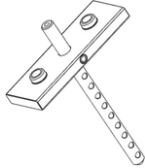
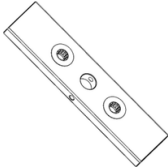
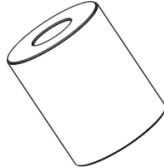
Check before continuing

Tower, guides, pulley guards and cover mounts are secure.

STAGE 7 / PARTS

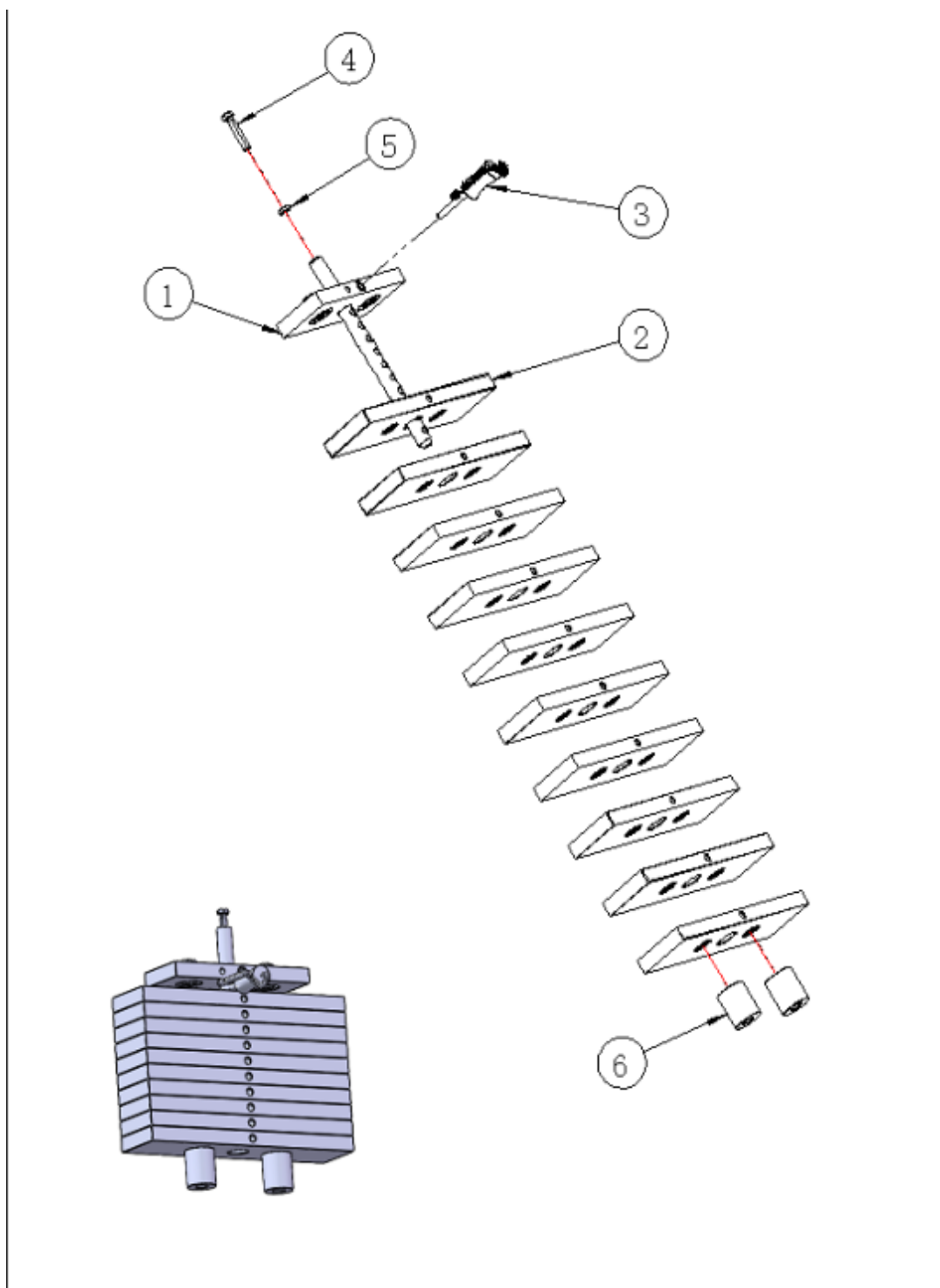
Identify your components

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

<div>REF 1</div> <div>QTY 1</div> <div></div> <div>Hollow screws</div>	<div>REF 2</div> <div>QTY 1</div> <div></div> <div>Hexagonal thin nut</div>	<div>REF 3</div> <div>QTY 1</div> <div></div> <div>Weighted head sheet</div>
<div>REF 4</div> <div>QTY 1</div> <div></div> <div>Weight selector pin</div>	<div>REF 5</div> <div>QTY 10</div> <div></div> <div>Weight plates</div>	<div>REF 6</div> <div>QTY 2</div> <div></div> <div>Counterweight cushioning</div>

STAGE 7 / DRAWING 1 OF 1

Assembly stage 7



Match the numbered callouts to the Stage 7 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 7: Verify the Weight Stack

This is the stack shown assembled in Stage 6. Keep every plate supported when assembling loose parts.

22. Confirm the stack component mapping

The Stage 7 drawing and list use conflicting reference numbers. Identify the two buffers, ten listed weight plates, top plate/selector stem, selector pin, hollow screw and thin nut by their illustrations. Obtain the corrected reference mapping before assembling loose or uncertain parts.

23. Assemble and retain the supported stack

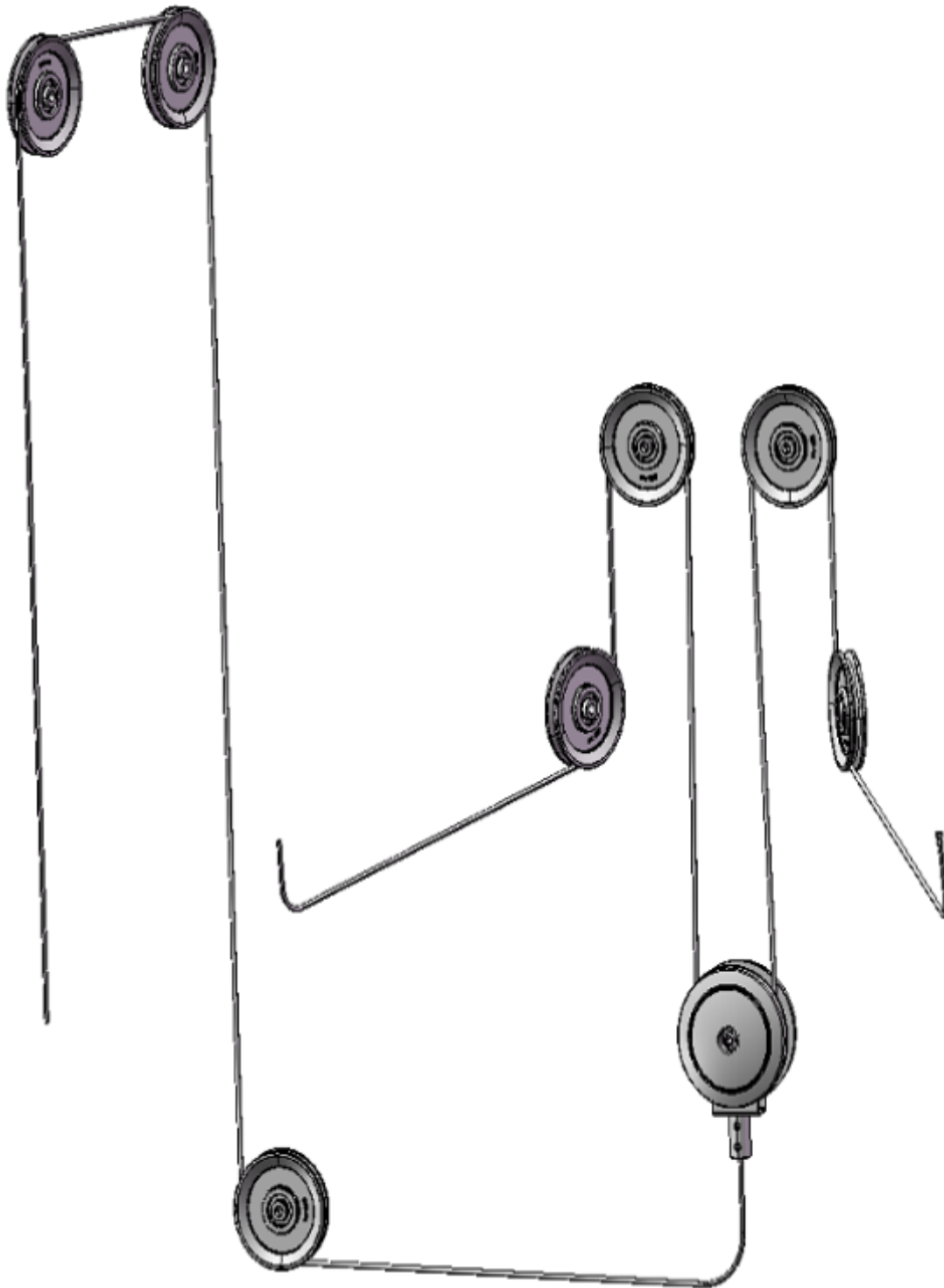
Preserve the illustrated plate order and selector-hole direction. Fit the lower buffers, plates and top plate while keeping every plate supported. Complete the guide retention in Stage 6. Confirm the selector pin engages fully and the hollow-screw connection and locking nut are secured using the supplied termination specification.

Check before continuing

Guides and plates are retained, and the selector and cable attachment are confirmed.

STAGE 8 / DRAWING 1 OF 1

Assembly stage 8



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

Stage 8: Route Both Cables and Test

Resolve all component, spring and cable specifications before the machine enters service.

24. Trace the stack cable

Keep the stack fully down and both arms supported. Follow the schematic from the stack over both tower-top pulleys, down around the tower-base redirect, and across to the lower attachment of the floating pulley box. Confirm the actual stack and pulley-box terminations before tensioning.

25. Trace the arm cable

Trace the second route from one arm endpoint around its side redirect and upper pulley, down around the floating pulley, then up over the opposite upper pulley and around the other side redirect to the opposite arm endpoint. Match both endpoints to the supplied cam assemblies.

26. Confirm routing and cable retention

Check each cable remains seated in every groove and clears the frame, pads and seat linkage. The schematic omits cable lengths and full termination settings; obtain these for any loose or uncertain cable. Confirm the floating pulley box, cams and all locking hardware before applying load.

27. Close the tower and verify fastening

Fit Stage 6 guards 10 and 11 with screws 18, spring washers 22 and washers 21 after routing inspection; confirm screw 18 dimensions from the kit. Obtain structural torque and floor-fixing requirements and inspect every pivot, counterweight and seat retainer.

28. Test at the lowest resistance

Fully lock the seat and select the lowest stack load. Curl each arm slowly, then both together. Confirm smooth controlled motion, free handle rotation, full stack return and no slack, rubbing or binding. Stop if any arm, counterweight, pulley or adjustment lock shifts.

Check before continuing

Both arms, handles, seat adjustment, cable routes and all guards 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 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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