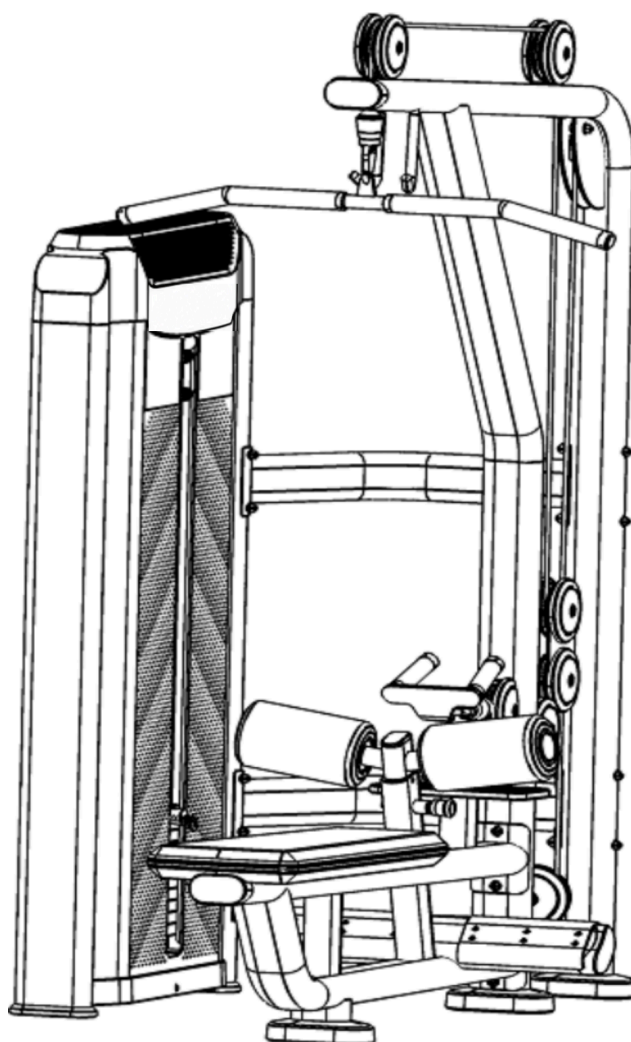


FRACTAL SERIES

Lat Pulldown / Low Row

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

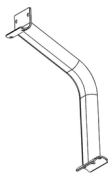
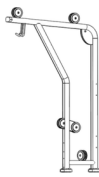
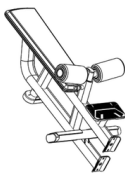
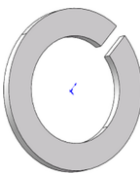
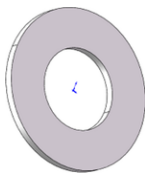
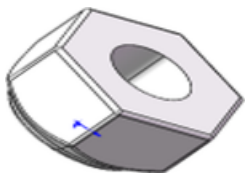
Stage 1 → Stage 2 → Stage 3 → Stage 4 → Stage 5 → Stage 6 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

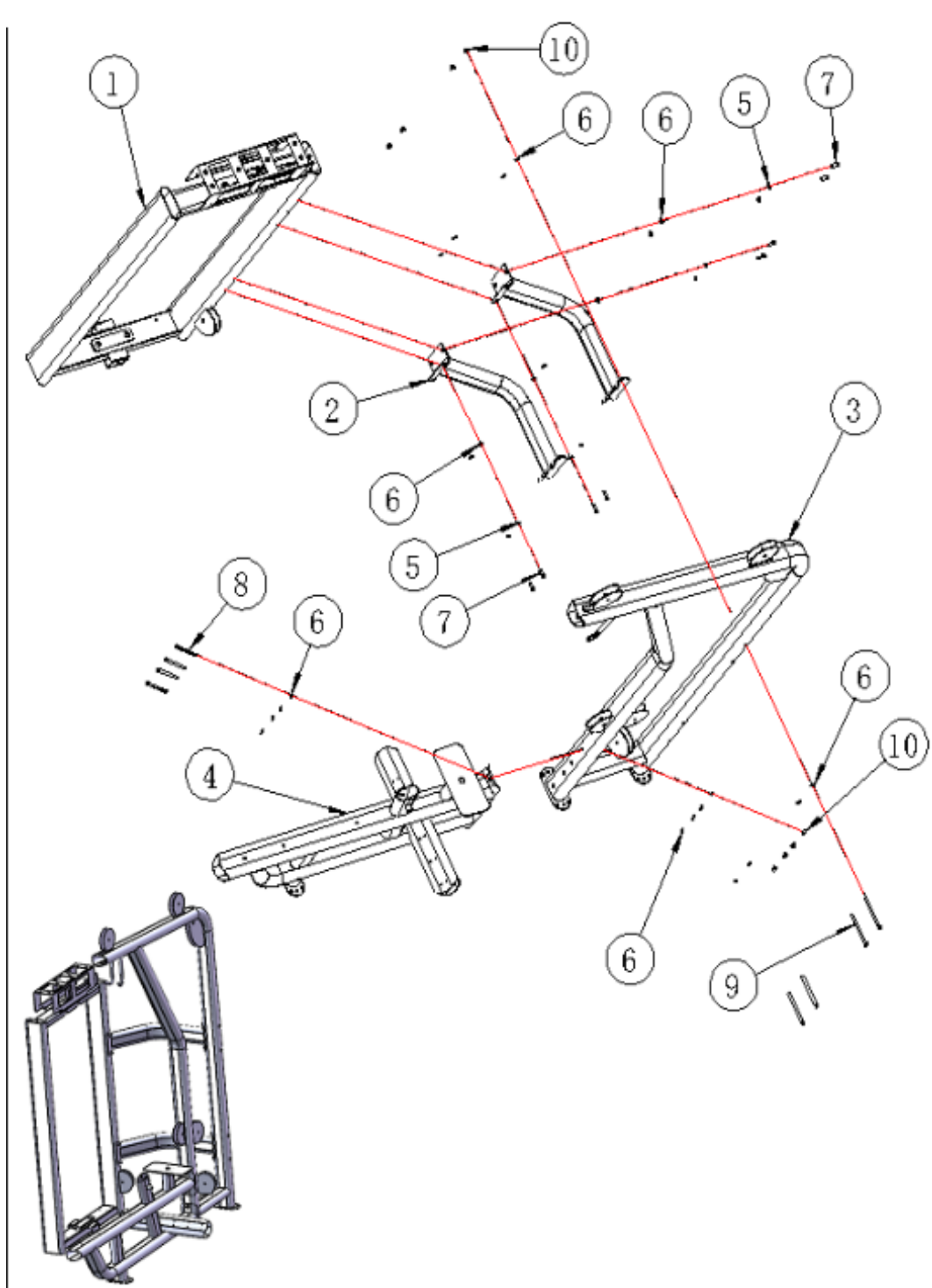
Identify your components

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

<div>REF 1</div> <div>QTY 1</div> <div></div> <div>Small door</div>	<div>REF 2</div> <div>QTY 2</div> <div></div> <div>Connection assembly</div>	<div>REF 3</div> <div>QTY 1</div> <div></div> <div>Main frame</div>
<div>REF 4</div> <div>QTY 1</div> <div></div> <div>Mount</div>	<div>REF 5</div> <div>QTY 8</div> <div></div> <div>Spring washer Ø10</div>	<div>REF 6</div> <div>QTY 24</div> <div></div> <div>Washers Ø10.3xØ20 x 1.2</div>
<div>REF 7</div> <div>QTY 8</div> <div></div> <div>Socket-head screw M10 x 25</div>	<div>REF 8</div> <div>QTY 4</div> <div></div> <div>Socket-head screw M10 x 85</div>	<div>REF 9</div> <div>QTY 4</div> <div></div> <div>Socket-head screw M10 x 135</div>
<div>REF 10</div> <div>QTY 8</div> <div></div> <div>Locknut M10</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: Connect the Frames

Use Stage 1 references. Keep clear of the tall frame while it is being joined.

1. Stand and brace both uprights

Position tower frame 1 and main frame 3 in the illustrated relationship on a level floor. Keep both supported while fitting the two connection assemblies 2 and the seat mount 4.

2. Fit both connection assemblies

Attach both connection assemblies 2 to the tower with M10 × 25 screws 7, spring washers 5 and washers 6 at the depicted plates. At the main-frame through-joints use M10 × 135 screws 9, washers 6 and locknuts 10. Start all fasteners before completing alignment.

3. Attach the seat mount

Position mount 4 at its illustrated lower connection to main frame 3. Fit M10 × 85 screws 8 with washers 6 and locknuts 10 in the shown order. Align the full frame and secure its structural connections before removing supports.

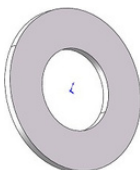
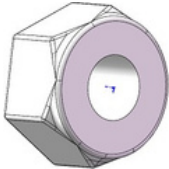
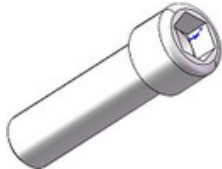
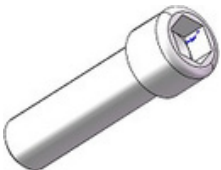
Check before continuing

Tower, main frame and seat mount are secure and stand level.

STAGE 2 / PARTS

Identify your components

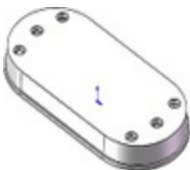
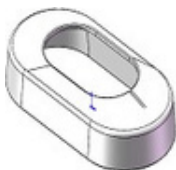
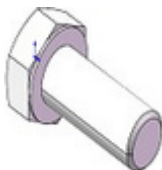
Match each reference and quantity to the drawing for this stage.

REF 1 QTY 1  <p>Boom fixing frame assembly</p>	REF 2 QTY 16  <p>Washers $\varnothing 10.3 \times 20 \times 1.2$</p>	REF 3 QTY 8  <p>Pulley cover</p>
REF 4 QTY 2  <p>Retaining sleeves</p>	REF 5 QTY 1  <p>65 x 114 end caps</p>	REF 6 QTY 1  <p>23 Wire guards</p>
REF 7 QTY 3  <p>Pulleys</p>	REF 8 QTY 10  <p>Locknut M10</p>	REF 9 QTY 1  <p>Socket-head screw M10 x 55</p>
REF 10 QTY 5  <p>Socket-head screw M10 x 65</p>	REF 11 QTY 2  <p>136 Semi-circular pulley covers</p>	REF 12 QTY 2  <p>$\varnothing 105$ pulley</p>

STAGE 2 / PARTS

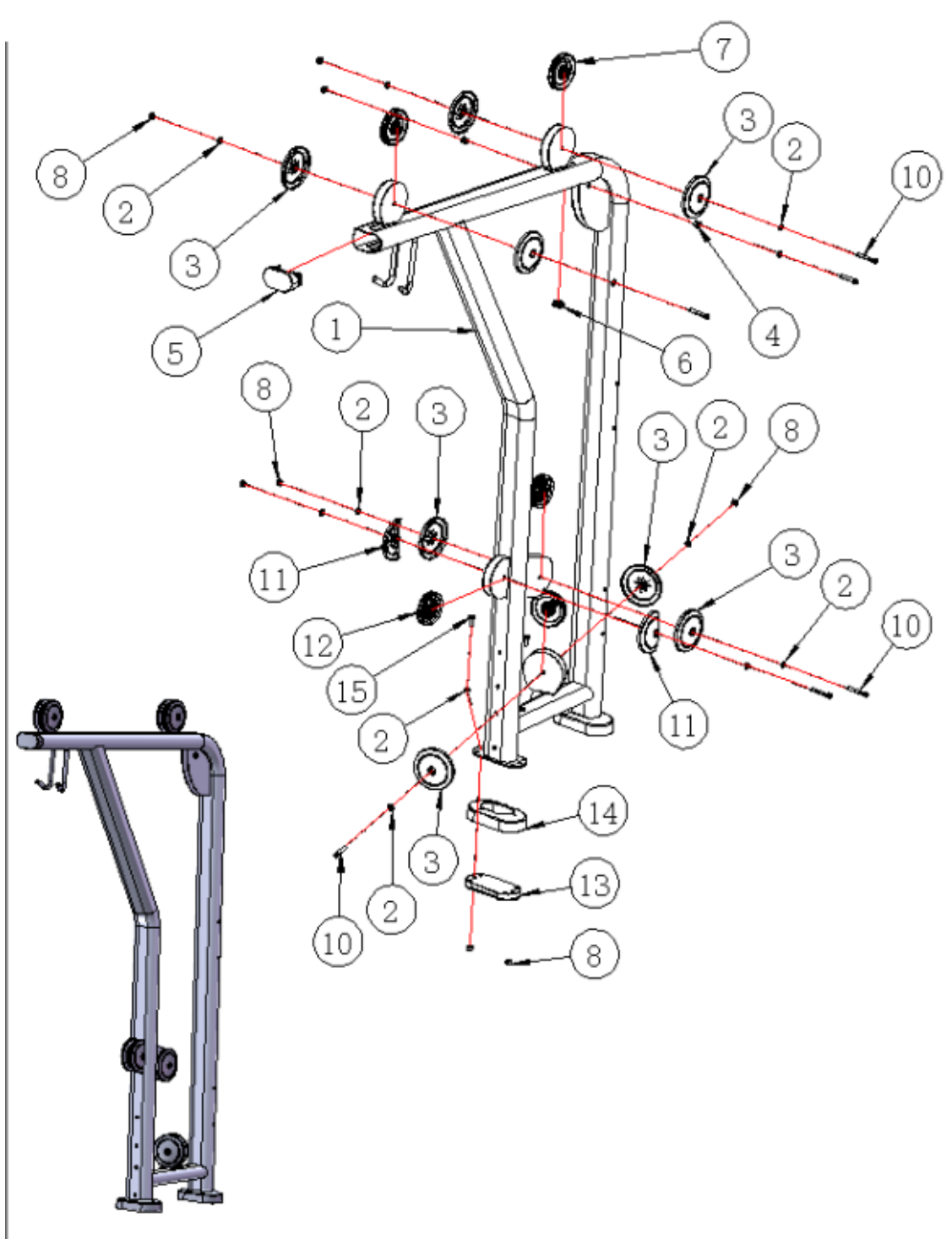
Identify your components

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

REF 13	QTY 2	REF 14	QTY 2	REF 15	QTY 4
					
Footing plastic parts		Ground foot cover		Hex head bolt M10 × 20	

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: Fit Pulleys and Feet

Part numbers restart for Stage 2. Leave cable access clear until routing has been checked.

4. Assemble the upper pulleys

Using Stage 2 references, fit pulleys 7 at the upper mounts of boom frame 1. Fit covers 3, washers 2, M10 × 65 screws 10 and locknuts 8 in the illustrated order. Fit retaining sleeves 4 and wire guard 6 at the indicated cable entry; confirm every pulley rotates freely.

5. Install the lower pulley group

Fit the two 105 mm pulleys 12 and the remaining pulleys at their shown lower-frame locations. Use screws 9 or 10 only at their specified positions, with covers 3, semicircular covers 11, washers 2 and locknuts 8. Confirm the small and large pulleys are not interchanged.

6. Fit the ground supports and end cap

Secure footing parts 13 and covers 14 with M10 × 20 bolts 15 and locknuts 8 as shown. Fit end cap 5. Check the frame rests evenly and all pulley axles and cable-retaining covers are secure.

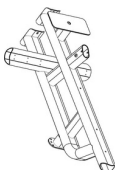
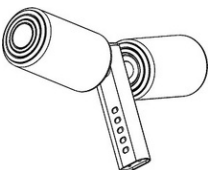
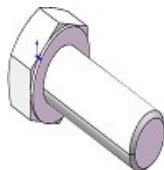
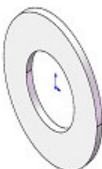
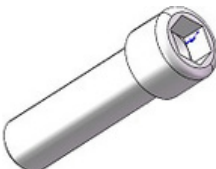
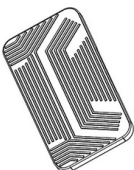
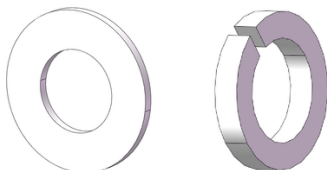
Check before continuing

All pulleys turn freely and guards align with the intended cable path.

STAGE 3 / PARTS

Identify your components

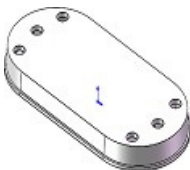
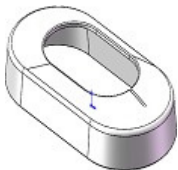
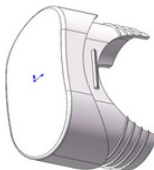
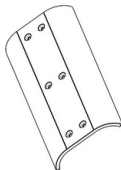
Match each reference and quantity to the drawing for this stage.

REF 1 QTY 1  <p>Mount assembly</p>	REF 2 QTY 1  <p>Foot assembly</p>	REF 3 QTY 2  <p>Hex head bolt M10 × 20</p>
REF 4 QTY 12  <p>Socket-head screw M5 × 15</p>	REF 5 QTY 1  <p>Socket-head screw M10 × 15</p>	REF 6 QTY 1  <p>Variable diameter nylon plate</p>
REF 7 QTY 2  <p>Locknut M10</p>	REF 8 QTY 5  <p>Washer Ø8.3xØ16 × 1</p>	REF 9 QTY 5  <p>Socket-head screw M8 × 25</p>
REF 10 QTY 1  <p>Rubber pads</p>	REF 11 QTY 2 <p>See assembly drawing</p> <p>Washers Ø10.3xØ20 × 1.2</p>	REF 12 QTY 12  <p>Spring washer Ø 5</p>

STAGE 3 / PARTS

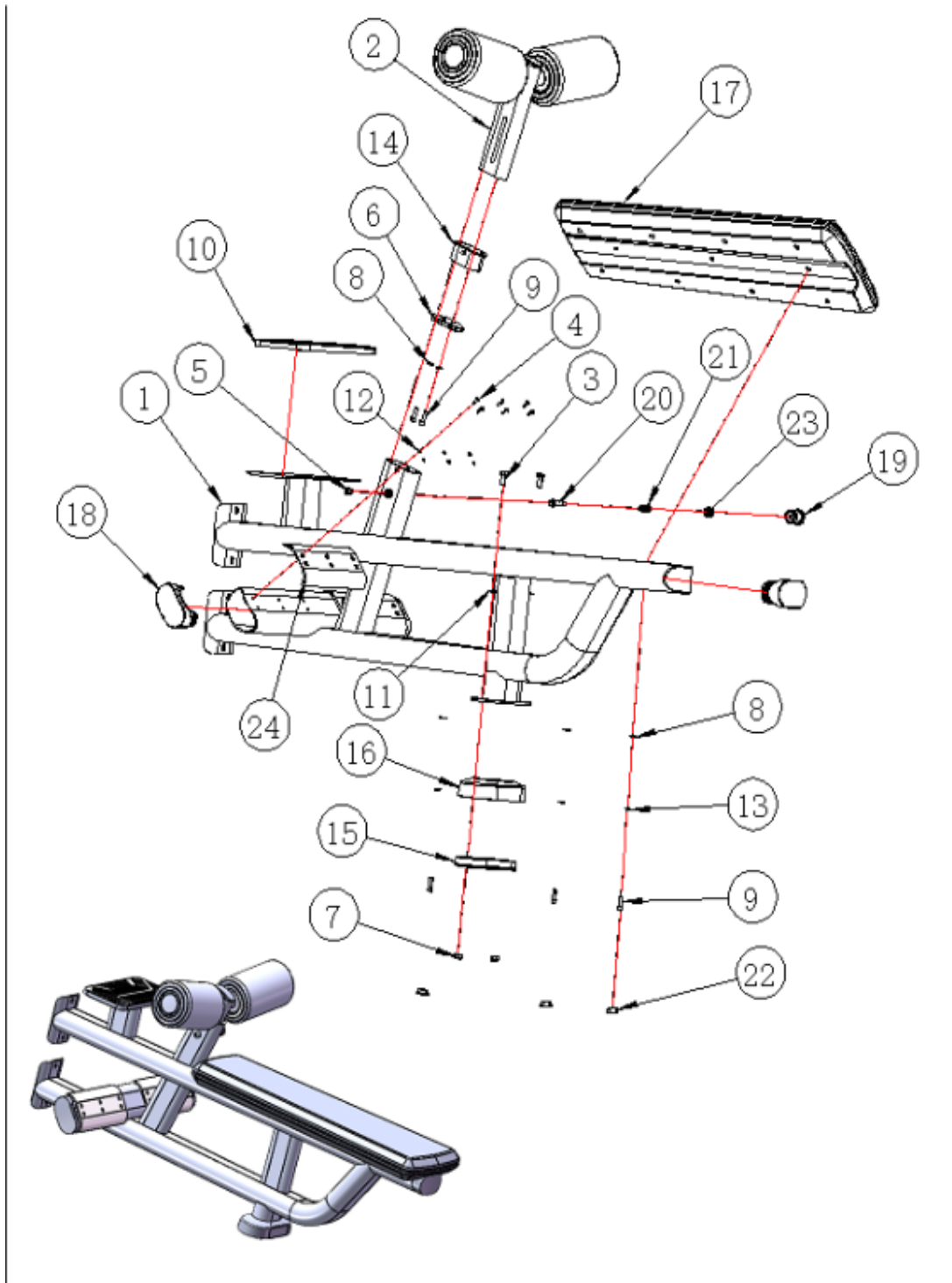
Identify your components

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

REF 13 QTY 3  Spring washer Ø 8	REF 14 QTY 1  Rubber pads	REF 15 QTY 1  Footing plastic parts
REF 16 QTY 1  Ground foot cover	REF 17 QTY 1  Backrest	REF 18 QTY 3  65 × 114 end cap
REF 19 QTY 1  Latch cap	REF 20 QTY 1  Pull pin	REF 21 QTY 1  Spring
REF 22 QTY 3  25 Round hole plugs	REF 23 QTY 1  Hex nut	REF 24 QTY 1  Footplate

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: Fit the Seat and Thigh Support

Use Stage 3 references. The list calls item 17 a backrest; the drawing shows its mounting position on the seat frame.

7. Prepare the thigh-support guide

Fit nylon guide 6 and rubber components 10 and 14 at the depicted locations on mount 1 and thigh-support assembly 2. Preserve their orientation and fit the indicated screws and washers. Confirm screw 5 and its associated washer arrangement against the actual kit.

8. Install the adjustment pin

Assemble pull pin 20, spring 21, nut 23 and cap 19 in the order shown. Insert thigh-support assembly 2 into its guide with the adjustment holes facing the pin. Verify the pin enters fully and cannot be held partially engaged by a misplaced spring or cap.

9. Fit the seat pad and foot-contact plate

Secure pad 17 to mount 1 with M8 × 25 screws 9, spring washers 13 and washers 8 where shown. Attach footplate 24 with M5 × 15 screws 4 and spring washers 12 at the illustrated holes. Confirm the source quantities against the supplied kit.

10. Fit the foot and finish the mount

Install footing part 15 and ground cover 16 with M10 × 20 bolts 3, washers 11 and locknuts 7. Fit end caps 18 and plugs 22 after fastening. Check the thigh support locks at each tested height and the seat and footplate are secure.

Check before continuing

The seat, footplate and thigh-support lock are secure.

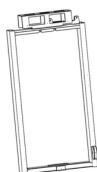
STAGE 4 / PARTS

Identify your components

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

REF 1

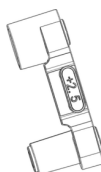
QTY 1



Small frame assembly

REF 2

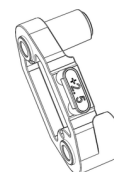
QTY 1



Sub-counterweigh t

REF 3

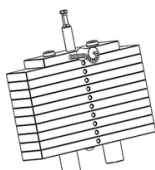
QTY 1



Sub-counterweig ht

REF 4

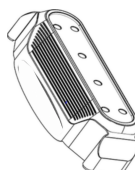
QTY 1



Balance and recombination

REF 5

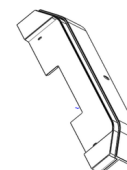
QTY 1



Large upper cover

REF 6

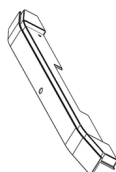
QTY 2



Front base

REF 7

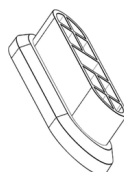
QTY 1



Rear base

REF 8

QTY 2



Base

REF 9

QTY 1



Top cover

REF 10

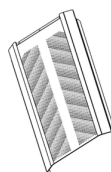
QTY 1



Front guard

REF 11

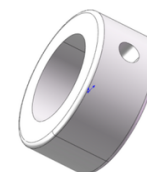
QTY 1



Rear guard

REF 12

QTY 2

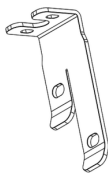
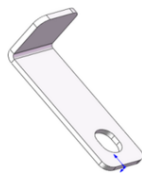
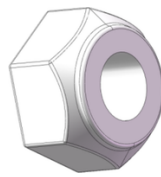


Guide rod retaining sleeve

STAGE 4 / 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 4 / 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

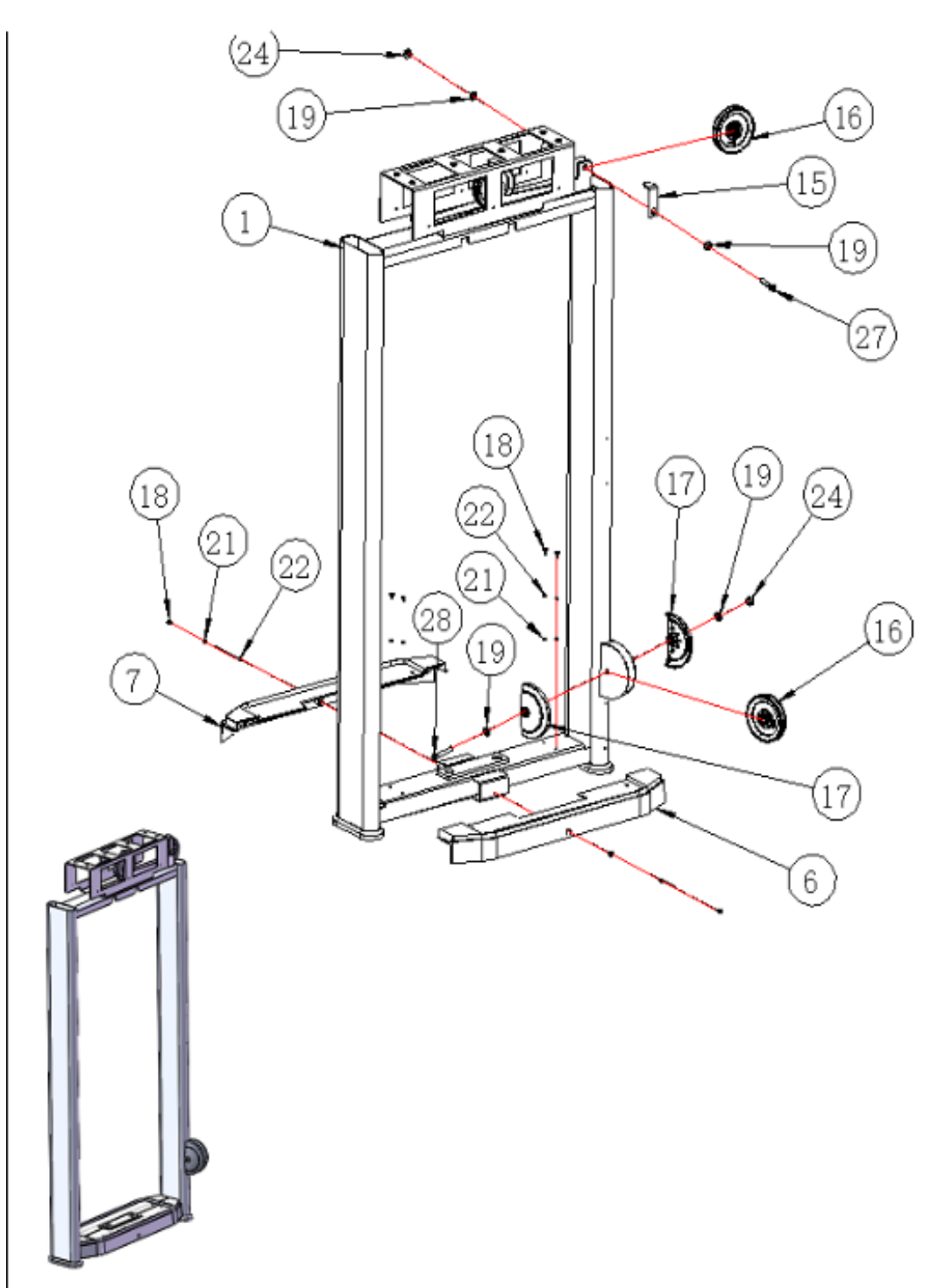
QTY 1



Socket-head screw M10 × 65

STAGE 4 / DRAWING 1 OF 3

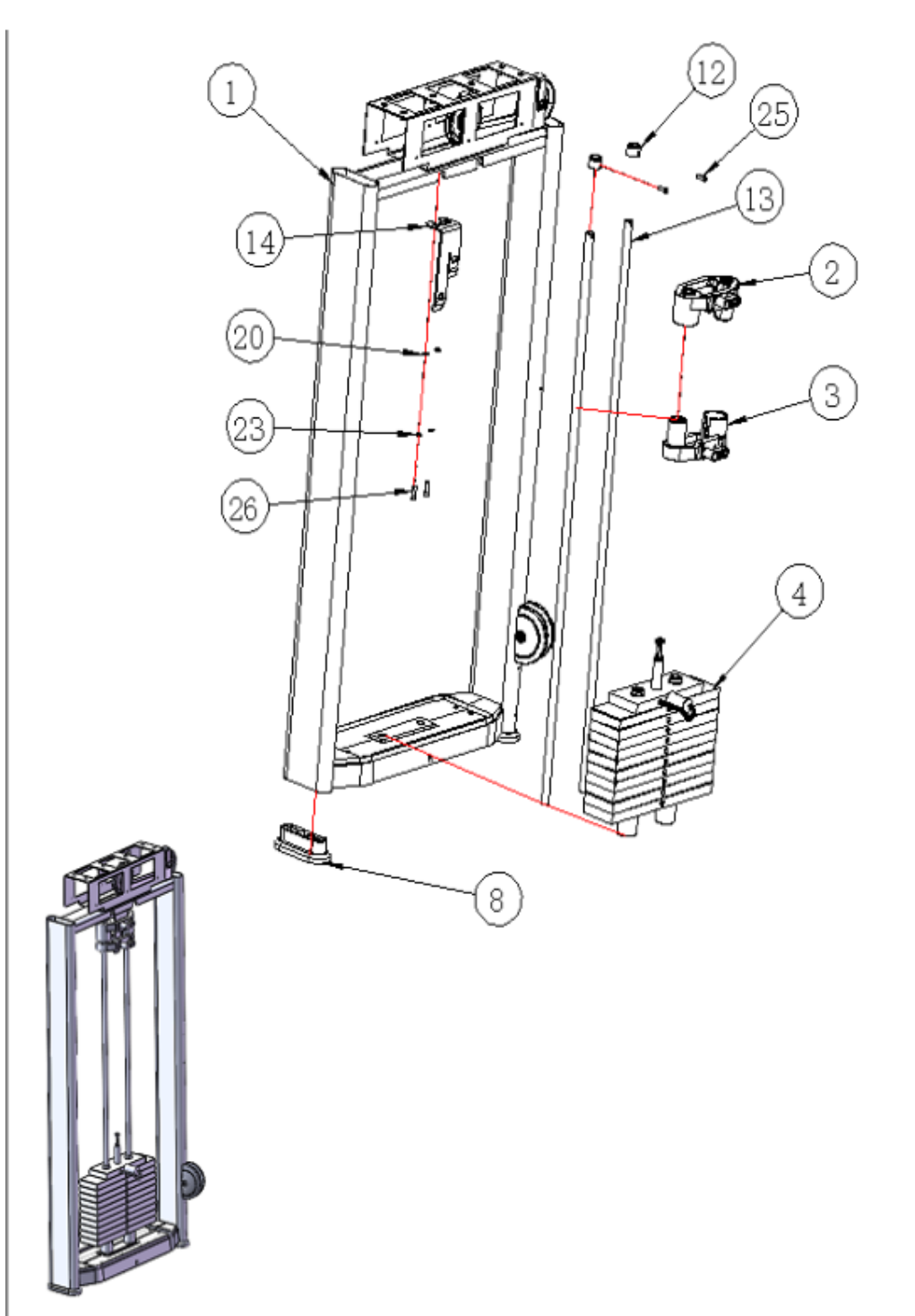
Assembly stage 4



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 3

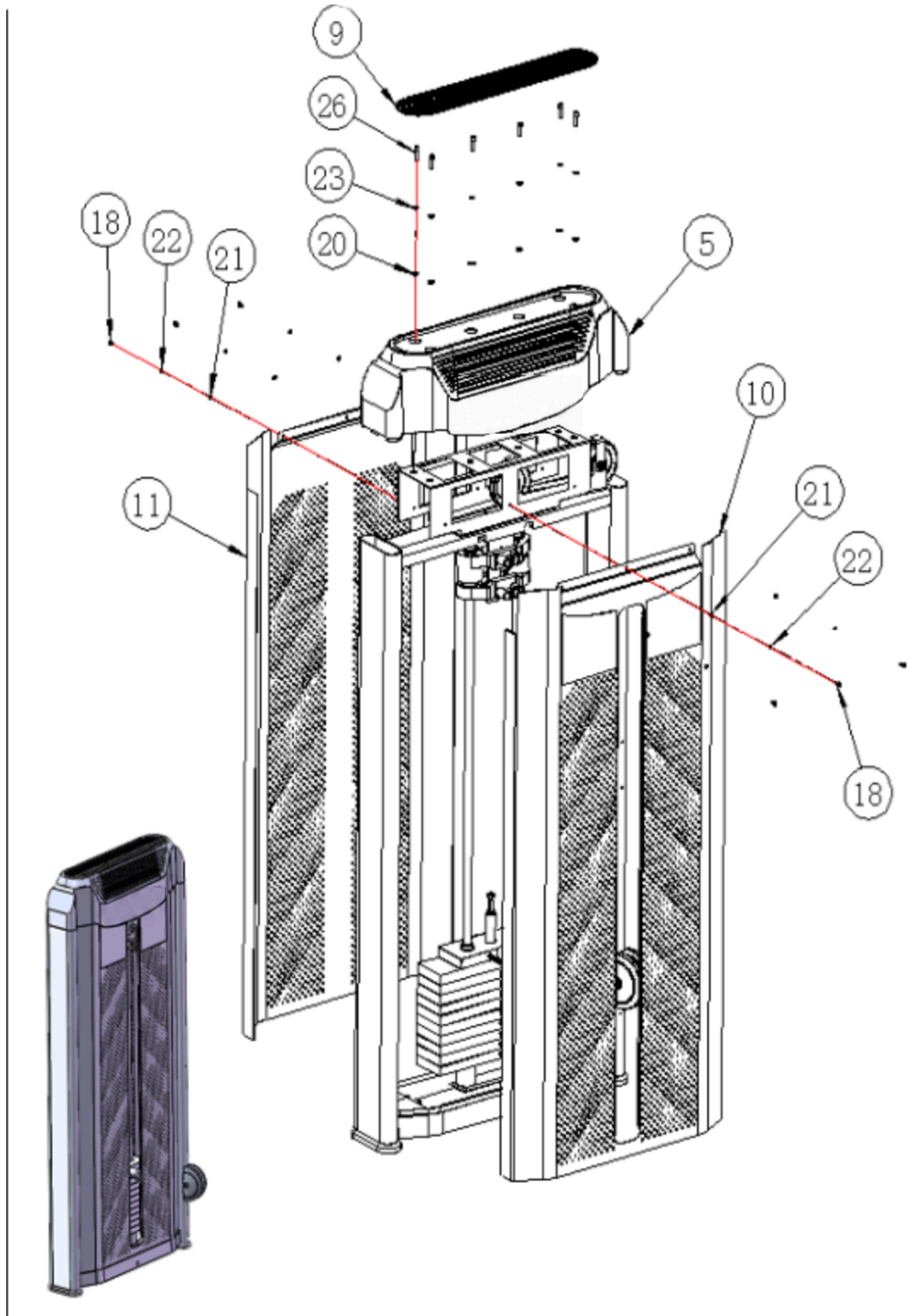
Assembly stage 4



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 3 OF 3

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 Tower

Stage 4 has its own part numbers. The stack assembly shown here is detailed in Stage 5; do not dismantle a correctly supplied stack simply to repeat that view.

11. Fit tower pulleys and base pieces

Using Stage 4 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.

12. Prepare the stack and guide rods

If the stack is dismantled, follow the Stage 5 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.

13. 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.

14. 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.

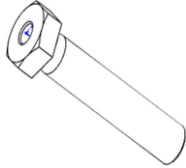
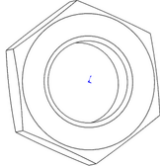
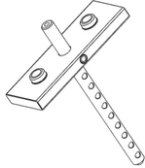
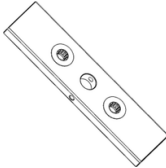
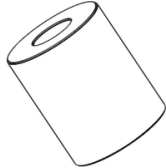
Check before continuing

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

STAGE 5 / PARTS

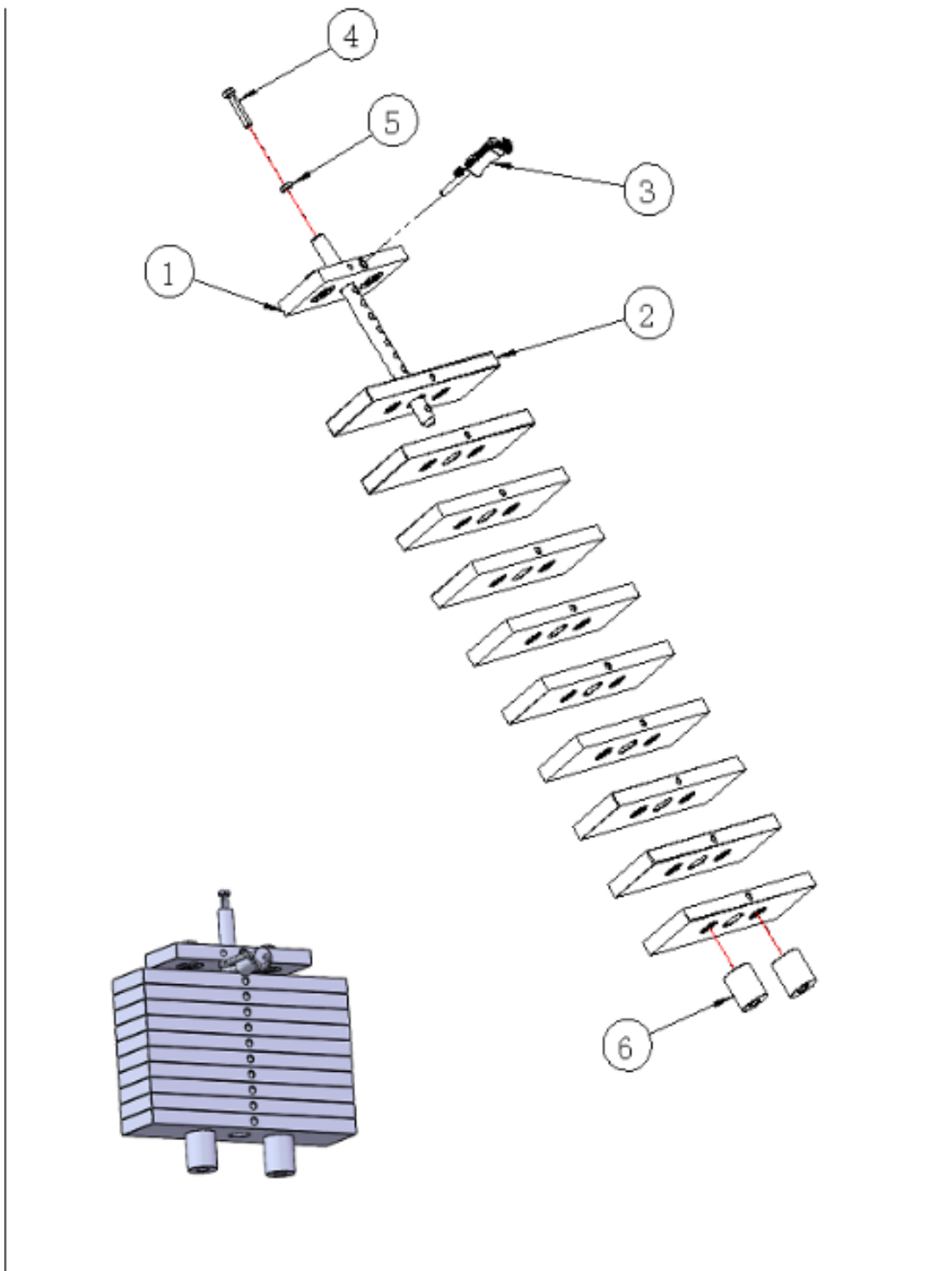
Identify your components

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

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

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: Verify the Weight Stack

This is the stack shown assembled in Stage 4. Inspect a correctly supplied stack without unnecessarily dismantling it.

15. Confirm the stack component mapping

The Stage 5 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.

16. Assemble and retain the supported stack

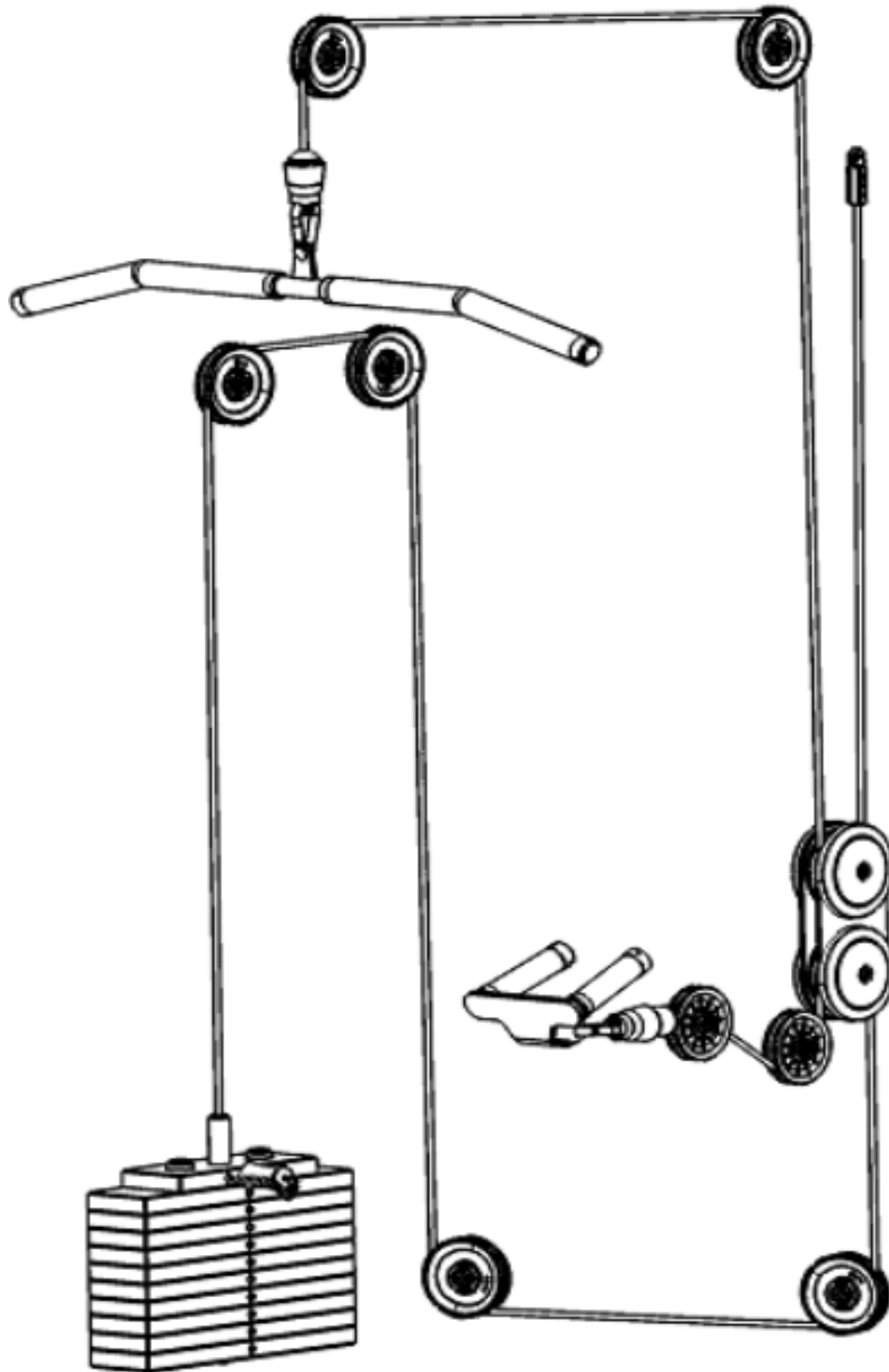
Preserve the illustrated plate order and selector-hole direction. Fit the lower buffers, plates and top plate while keeping every plate supported. Complete the guide retention in Stage 4. Confirm the selector pin engages fully and the hollow-screw connection and locking nut are secured using the supplied termination specification.

Check before continuing

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

STAGE 6 / DRAWING 1 OF 1

Assembly stage 6



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

Stage 6: Route Both Cable Outlets

Match each cable to the schematic before fitting the tower guards.

17. Trace the high and low cable paths

Identify the high pulldown outlet, low-row outlet, floating pulley pair and fixed cable end in the schematic. Trace each cable separately through its illustrated upper and lower redirects. Keep the stack fully down and support the floating assembly while checking the route.

18. Confirm the terminations and handles

Verify the cable-to-stack connection, fixed end, outlet stops and handle connectors against the supplied kit. The drawing omits cable lengths and complete termination details: obtain them for any loose cable before tensioning. Close every handle connector fully and confirm the cable stays in all pulley grooves.

19. Install the guards and finish fastening

After routing inspection, secure Stage 4 front guard 10 and rear guard 11 with screws 18, spring washers 22 and washers 21. Confirm the unspecified screw 18 dimensions against the kit. Check all frame, seat, pulley and guide connections; confirm torque and floor-fixing requirements before use.

20. Test at the lowest resistance

Lock the thigh support and select the lowest stack load. Test the pulldown handle and low-row handle separately. Each must lift the stack smoothly and return fully without slack, crossing cables or floating-pulley contact with the frame. Stop if any connector or fastener shifts.

Check before continuing

Both cable outlets, adjustment locks and all guard clearances 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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