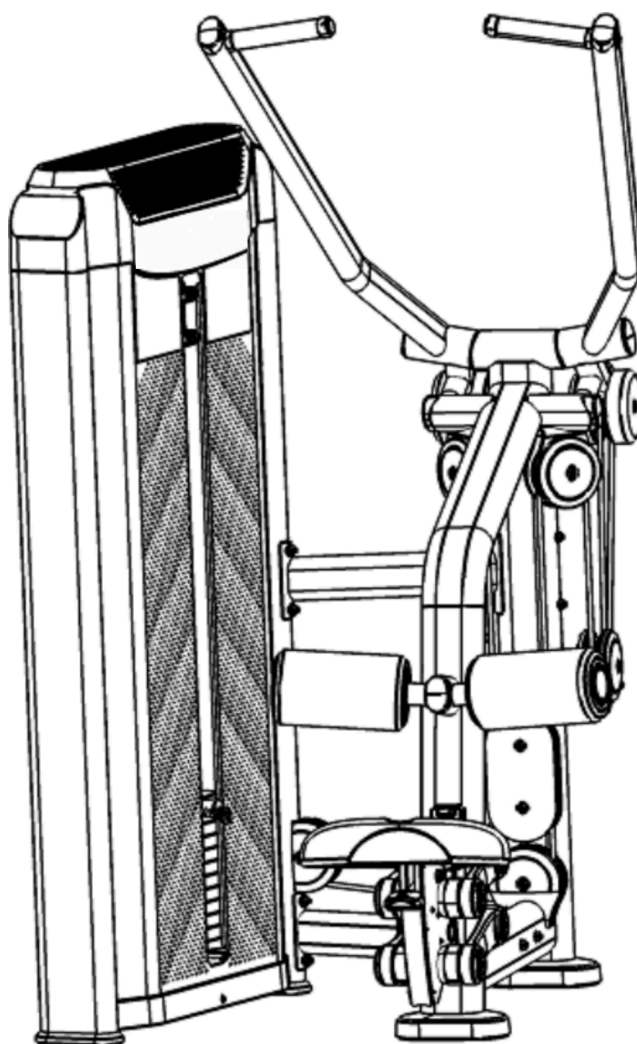


FRACTAL SERIES

Pulldown

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 → 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



Small door assembly

REF 2

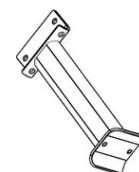
QTY 1



Upper horizontal brace assembly

REF 3

QTY 1



Bottom brace assembly

REF 4

QTY 1



Left boom assembly

REF 5

QTY 1



Main frame assembly

REF 6

QTY 2



70 end caps

REF 7

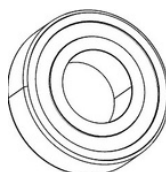
QTY 2



Large washer

REF 8

QTY 4

Deep groove ball bearings
Ø52xØ25 × 15

REF 9

QTY 16



Washers Ø10.3xØ20 × 1.2

REF 10

QTY 10



Spring washer Ø10

REF 11

QTY 2

Hexagon pan head screws M10
× 20

REF 12

QTY 8

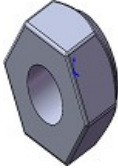


Socket-head screw M10 × 25

STAGE 1 / PARTS

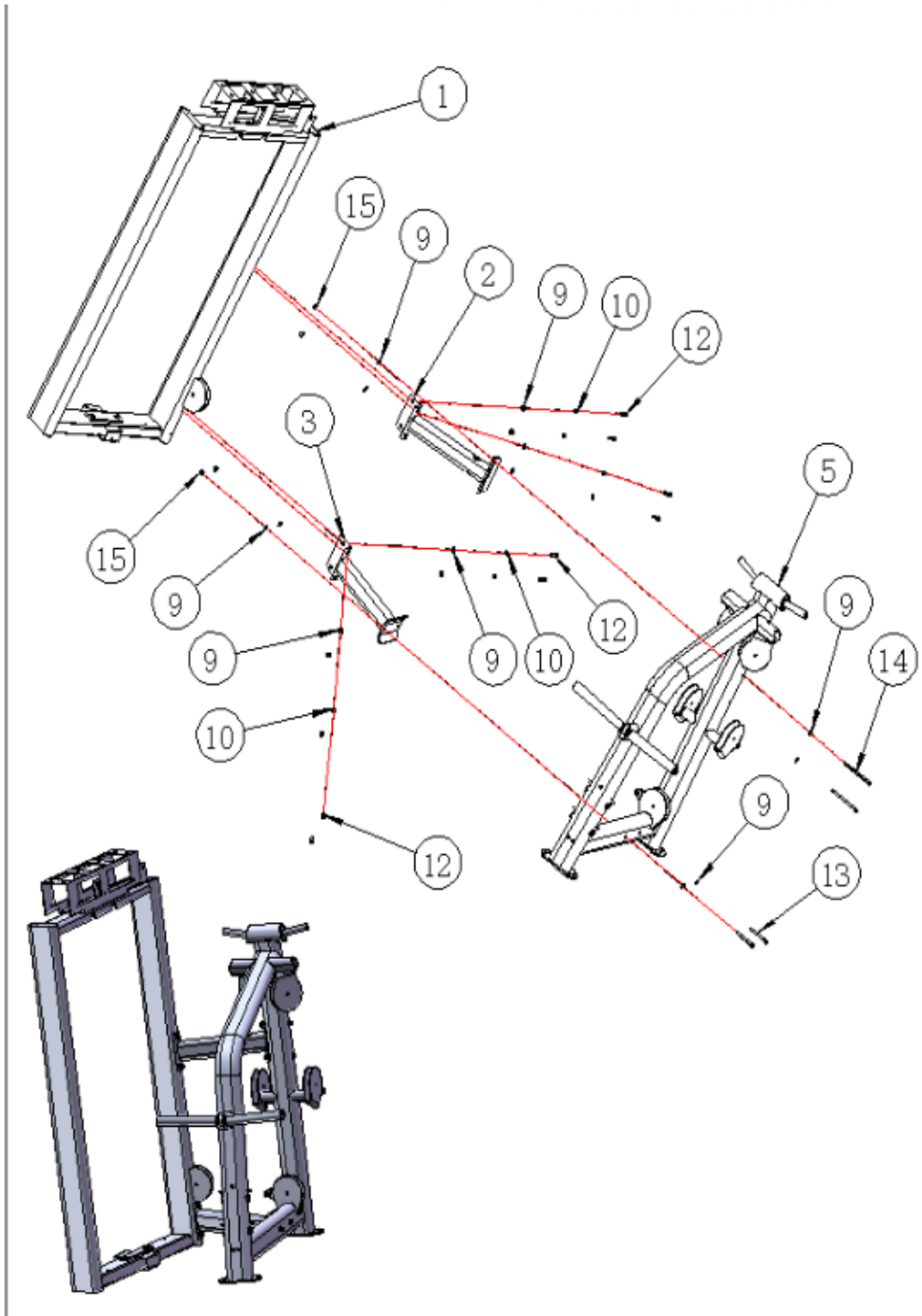
Identify your components

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

REF 13 QTY 2  Socket-head screw M10 × 85	REF 14 QTY 2  Socket-head screw M10 × 135	REF 15 QTY 4  Locknut M10
REF 16 QTY 1  Right boom assembly		

STAGE 1 / DRAWING 1 OF 2

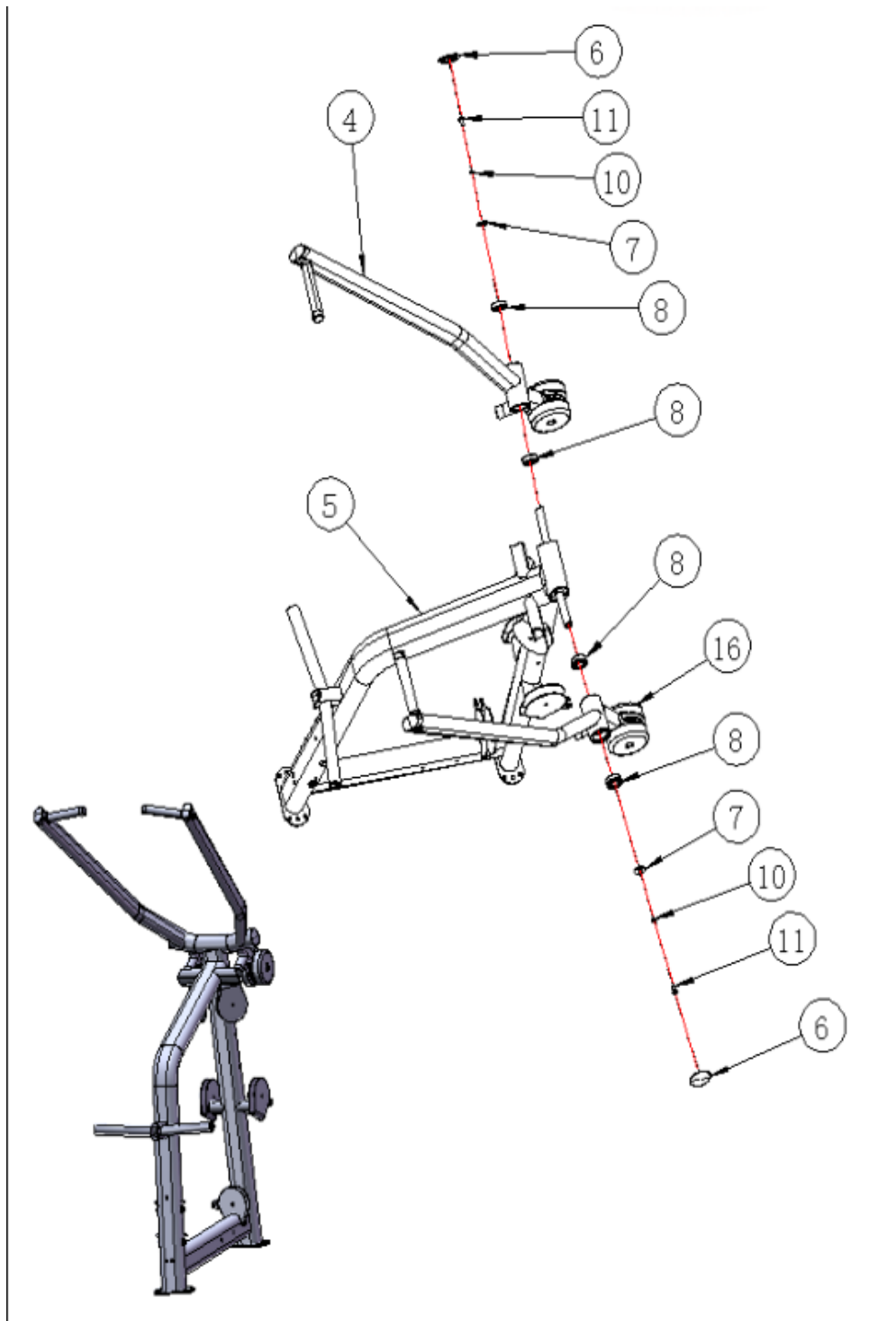
Assembly stage 1



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 Frame and Pull Arms

Use Stage 1 references only. Keep clear of the unsupported pull arms and their swing paths.

1. Brace the tower and main frame

Stand tower frame 1 and main frame 5 in the illustrated relationship on a level floor. Keep both independently supported while fitting the upper and lower connection braces.

2. Install both connection braces

Fit upper brace 2 and bottom brace 3 between the frames. Use M10 × 25 screws 12, spring washers 10 and washers 9 at the tower plates. At main-frame through-joints, use M10 × 135 screws 14 and M10 × 85 screws 13 in their respective depicted locations, with washers 9 and locknuts 15.

3. Fit the left pull arm

Support left boom 4 at the upper pivot. Seat bearings 8 on both sides as illustrated, fit large washer 7, spring washer 10 and M10 × 20 screw 11, then end cap 6. Verify the shaft is positively retained before releasing support.

4. Fit the right pull arm

Repeat the depicted bearing and retention arrangement for right boom 16. Check that both handles face the illustrated direction and the arms pivot freely without axial looseness. Secure the frame joints after alignment.

Check before continuing

Both frame braces and both arm pivots are secure.

STAGE 2 / PARTS

Identify your components

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

REF 1

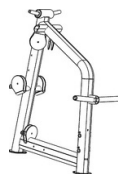
QTY 1



Reverse Mount

REF 2

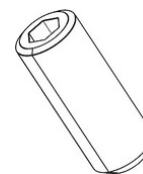
QTY 1



Main frame assembly

REF 3

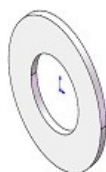
QTY 4



Flat-point set screw M6 x 15

REF 4

QTY 25



Washer Ø10.3xØ20 x 1.2

REF 5

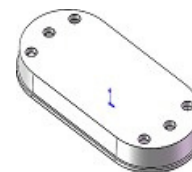
QTY 2



Large washer

REF 6

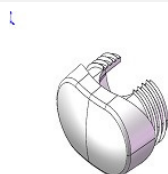
QTY 2



Footing plastic parts

REF 7

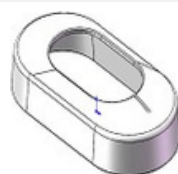
QTY 3



40 x 70 end caps (curved end)

REF 8

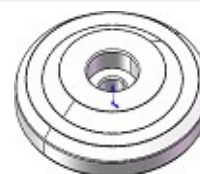
QTY 2



Ground foot cover

REF 9

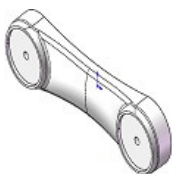
QTY 8



Aluminum cap

REF 10

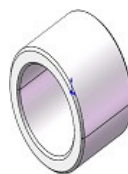
QTY 4



Crank

REF 11

QTY 8



Sintered bushing

REF 12

QTY 4



Long swivel shaft

STAGE 2 / PARTS

Identify your components

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

REF 13

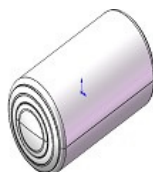
QTY 8



Seat cushion

REF 14

QTY 2



Short foam

REF 15

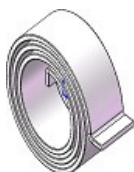
QTY 2



Stop ring

REF 16

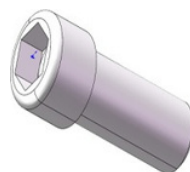
QTY 4



Coil spring

REF 17

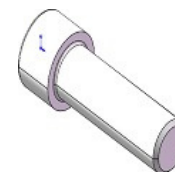
QTY 4



Socket-head screws M10 × 25

REF 18

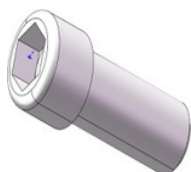
QTY 2



Socket-head screw M8 × 25

REF 19

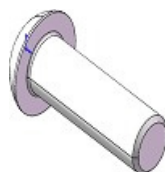
QTY 2



Socket-head screw M10 × 30

REF 20

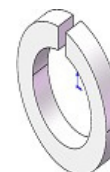
QTY 8



Socket-head screw M8 × 25

REF 21

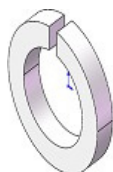
QTY 5



Spring washer Ø10

REF 22

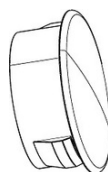
QTY 10



Spring washer Ø8

REF 23

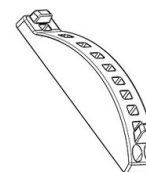
QTY 1



25 Round hole plugs

REF 24

QTY 1



Gear block

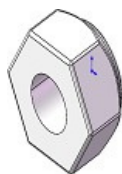
STAGE 2 / PARTS

Identify your components

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

REF 25

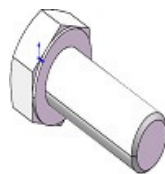
QTY 12



Locknut M10

REF 26

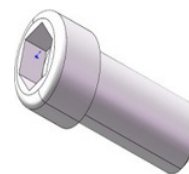
QTY 4



Hex head bolt M10 × 25

REF 27

QTY 1



Socket-head screw M10 × 20

REF 28

QTY 4



Pulley cover

REF 29

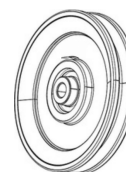
QTY 4



136 Semi-circular pulley shell

REF 30

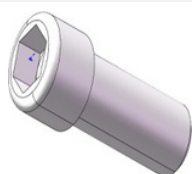
QTY 5



Pulleys

REF 31

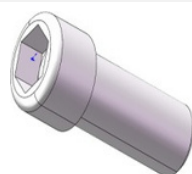
QTY 3



Socket-head screw M10 × 65

REF 32

QTY 2



Socket-head screw M10 × 55

REF 33

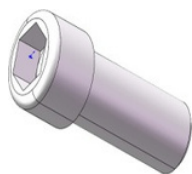
QTY 3



Joint bearings M12 × 67

REF 34

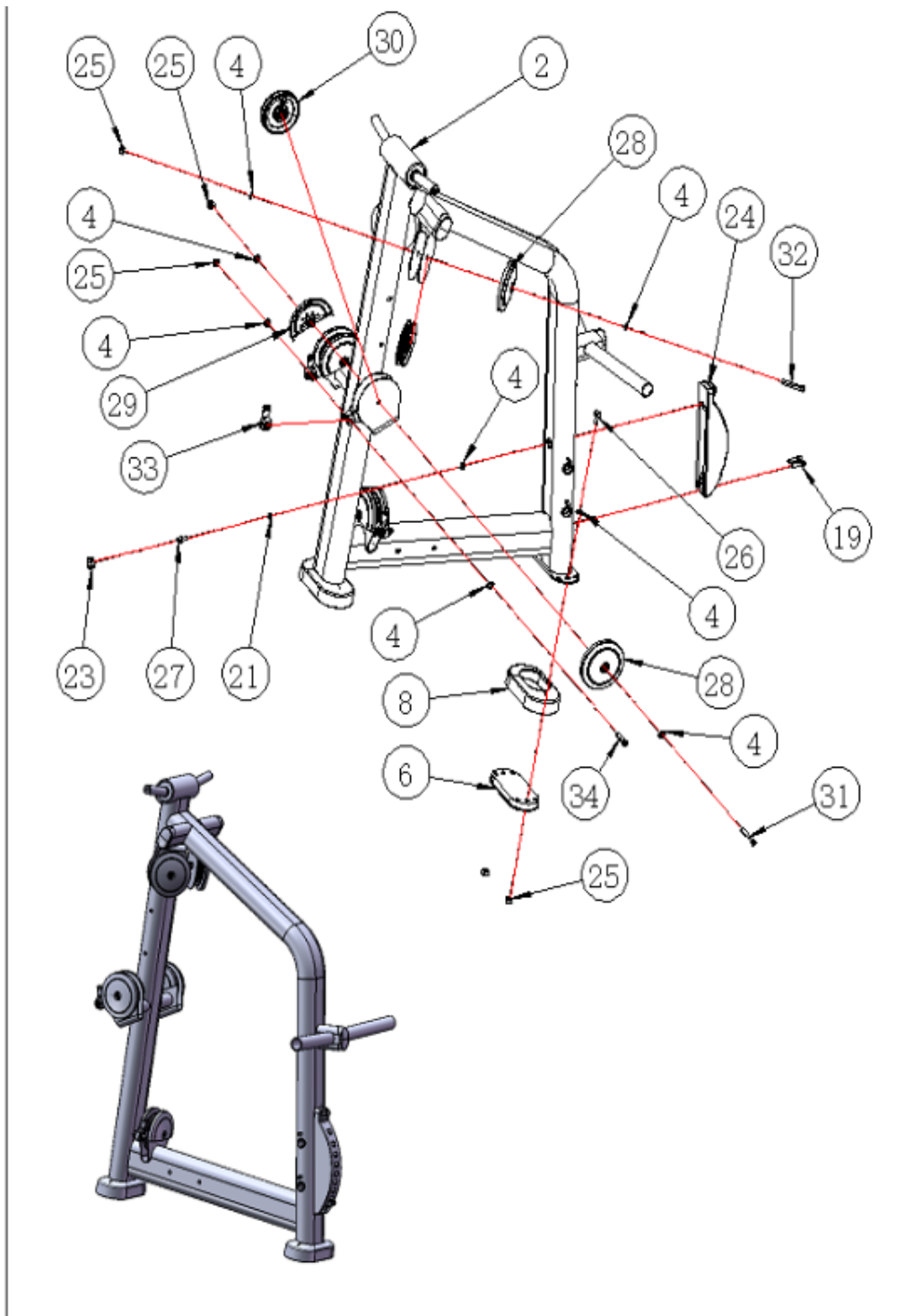
QTY 3



Socket-head screws M10 × 40

STAGE 2 / DRAWING 1 OF 2

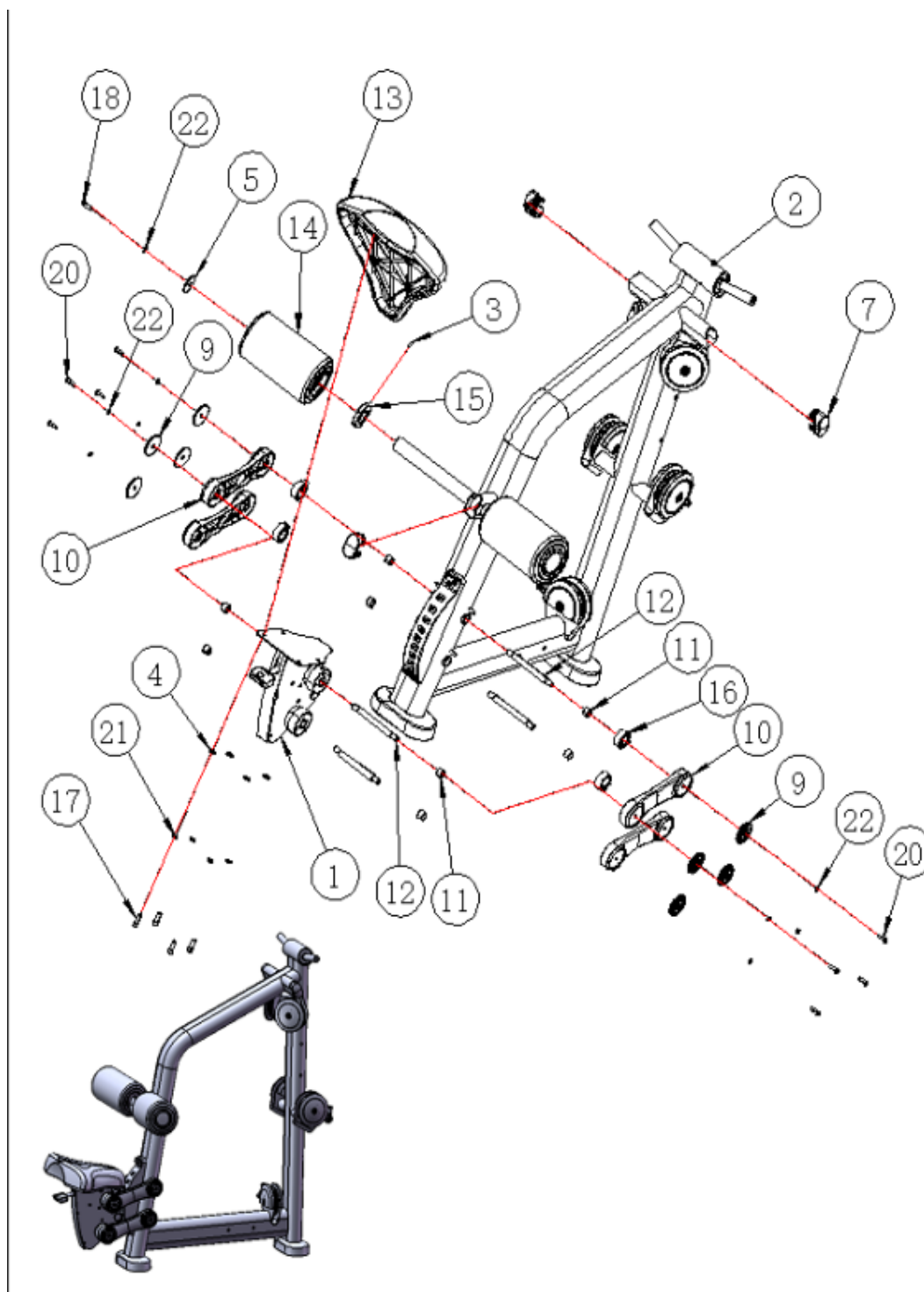
Assembly stage 2



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 / DRAWING 2 OF 2

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 the Seat and Pulleys

Part numbers restart in Stage 2. Use its two drawings together and keep the seat mechanism supported.

5. Install the main-frame pulleys

Fit pulleys 30 at the locations in drawing 1. Use M10 × 65 screws 31 and M10 × 55 screws 32 at their specified positions with washers 4 and locknuts 25. Fit covers 28 and shells 29 in the shown order; every pulley must rotate freely.

6. Fit the linkage bearings and stops

Install joint bearings 33 with M10 × 40 screws 34 and the shown nuts and washers. Position gear block 24 and its illustrated fasteners, including M10 × 30 screws 19 and bolts 26. Preserve the supplied linkage adjustment; confirm any omitted thread-engagement or stop setting before use.

7. Assemble the seat linkage

Support reverse mount 1. Fit four shafts 12, bushings 11 and cranks 10 in the arrangement shown in drawing 2. Retain the crank ends with caps 9, spring washers 22 and M8 × 25 screws 20. Fit the depicted spring components 16 without changing their factory setting; obtain the installation setting if supplied loose.

8. Fit the seat and thigh rollers

Attach seat cushion 13 using M8 × 25 screws 18, spring washers 22 and the shown large washers 5. Fit short foam rollers 14 and stop rings 15, retained by set screws 3. The listed seat quantity is inconsistent with the drawing; verify the supplied quantity.

9. Check the seat, feet and guards

Fit foot parts 6 and 8, end caps 7 and plug 23 at their illustrated locations. Check seat mounting screws 17, spring washers 21 and washers 4. Verify the seat linkage locks correctly and all rollers, caps and pulley retainers are secure.

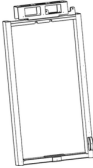
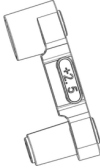
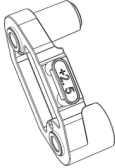
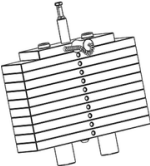
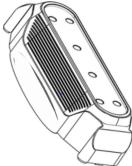
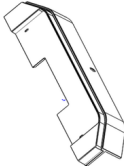
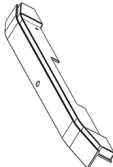
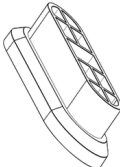
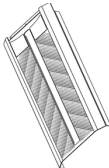
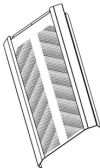
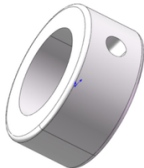
Check before continuing

All pulleys rotate freely and the seat linkage is retained and controlled.

STAGE 3 / PARTS

Identify your components

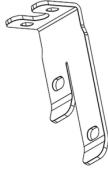
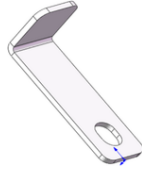
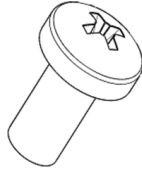
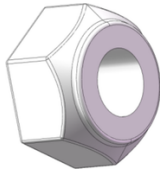
Match each reference and quantity to the drawing for this stage.

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 3 / 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 3 / 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

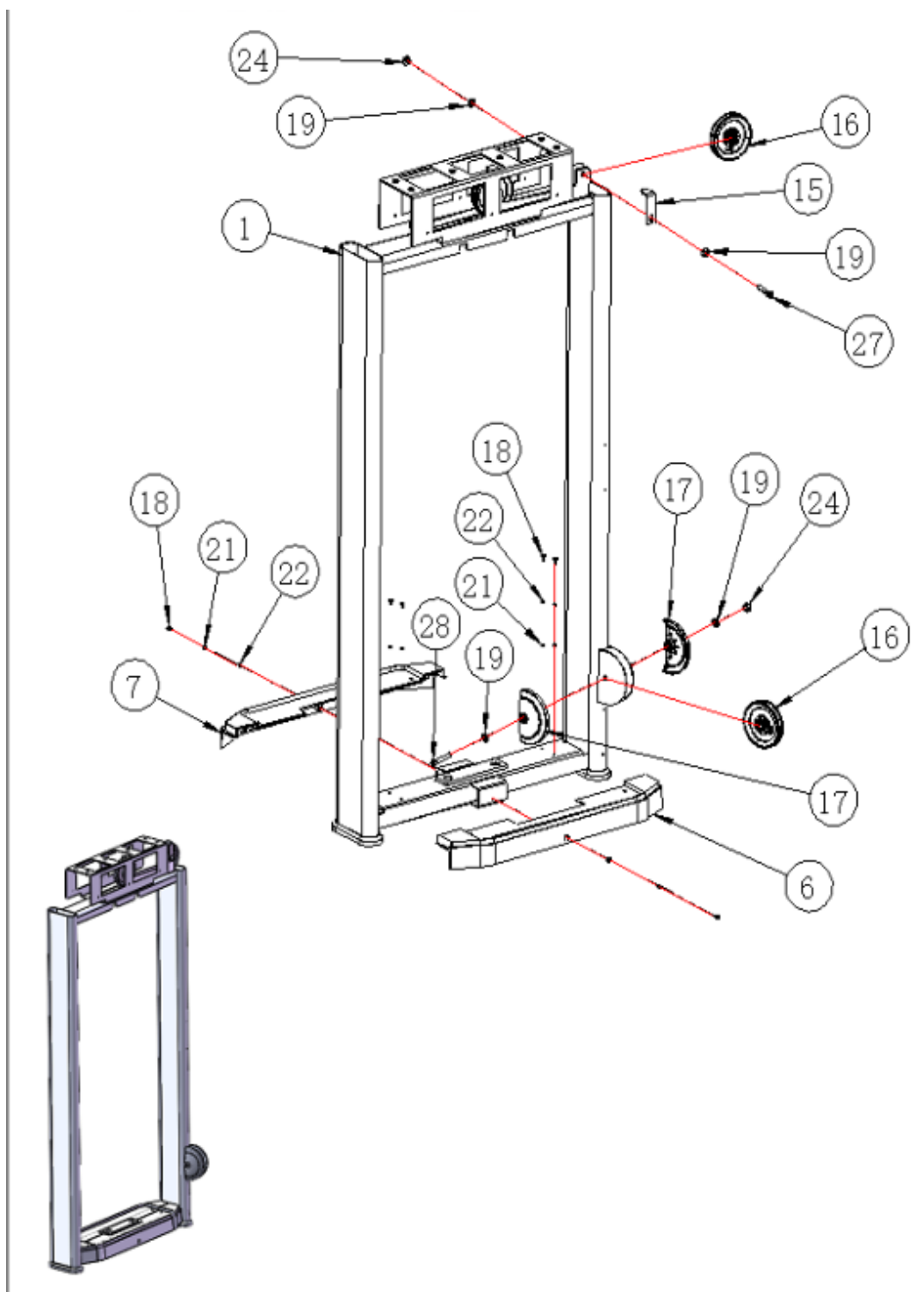
QTY 1



Socket-head screw M10 × 65

STAGE 3 / DRAWING 1 OF 3

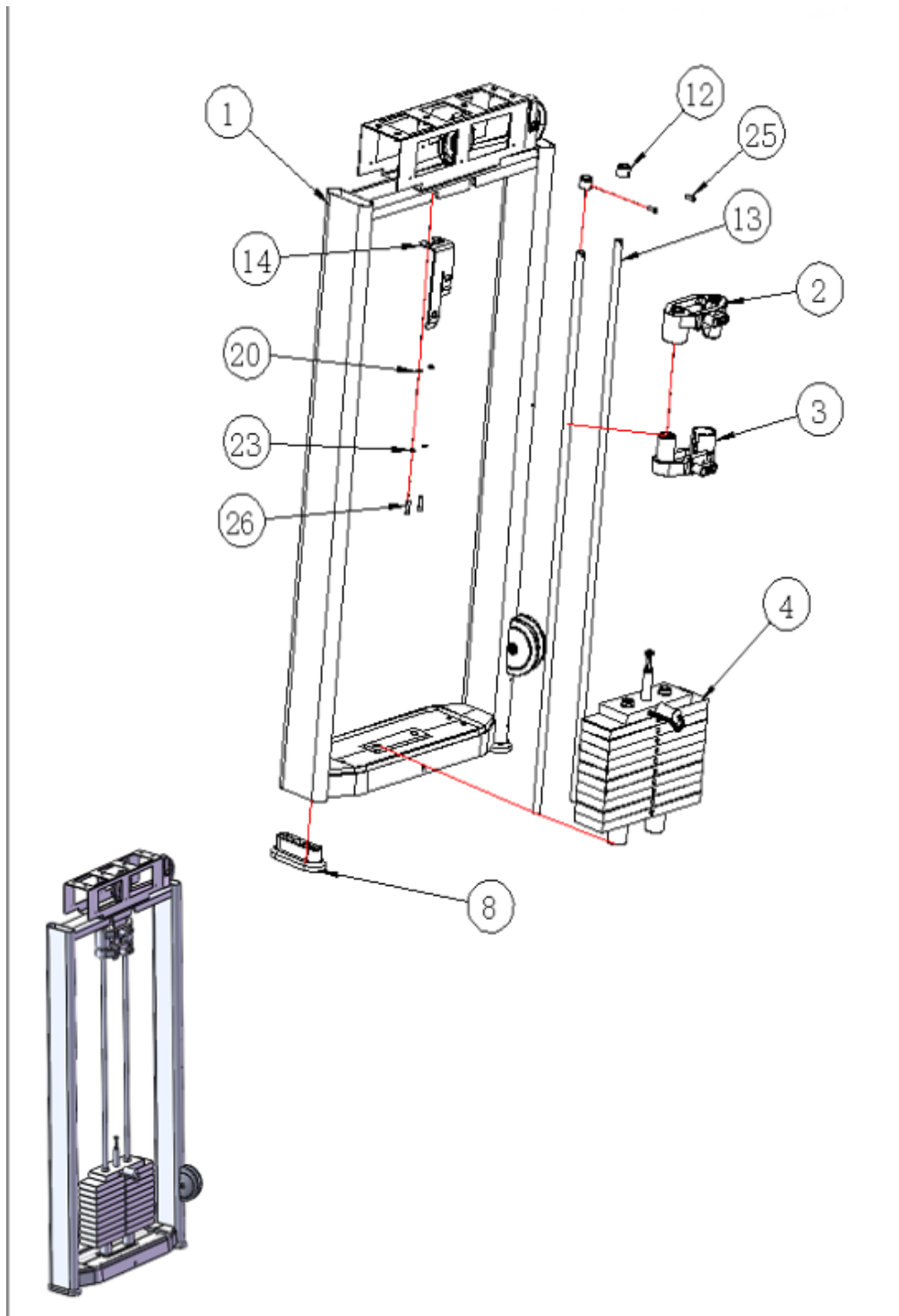
Assembly stage 3



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 / DRAWING 2 OF 3

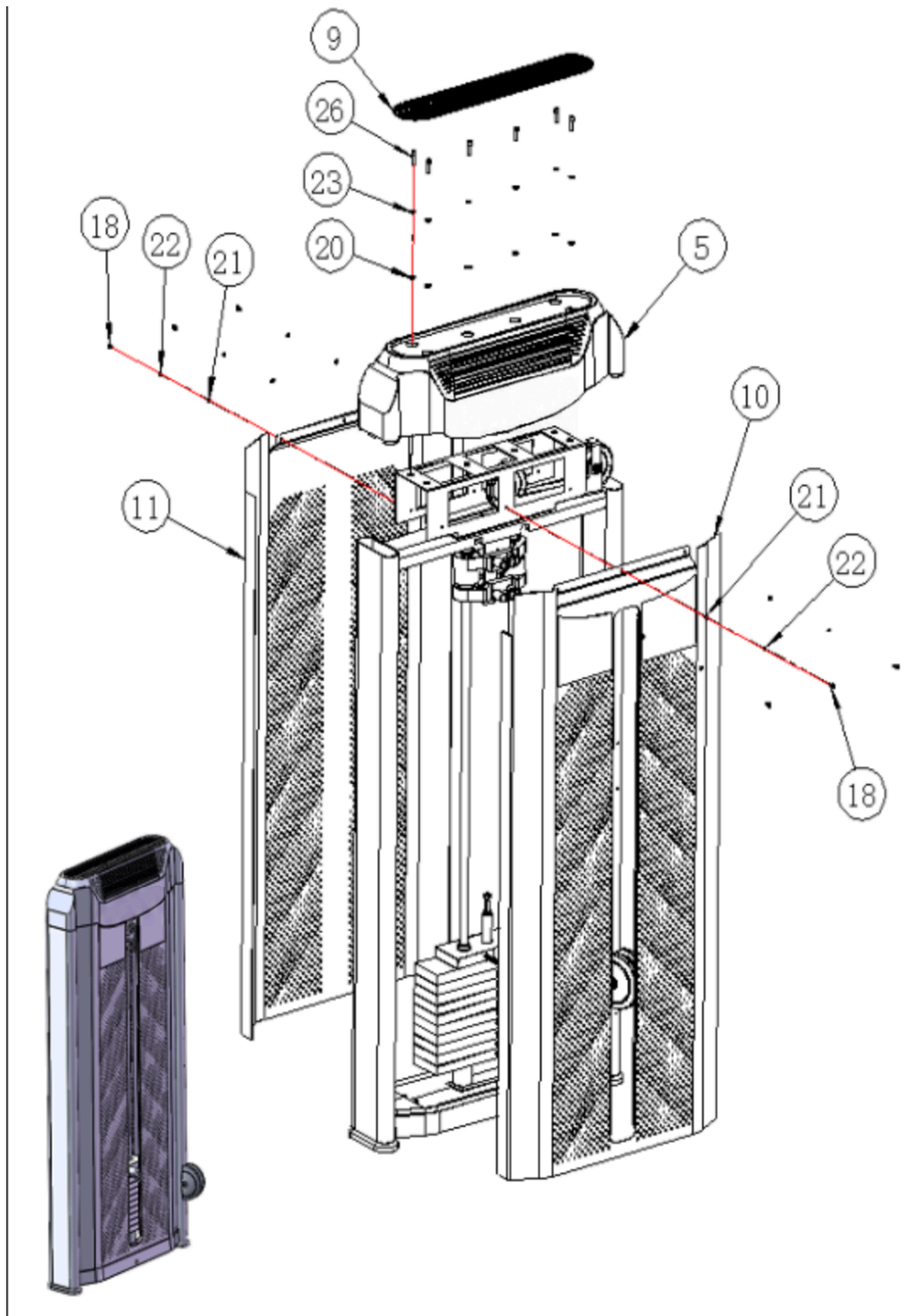
Assembly stage 3



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 / DRAWING 3 OF 3

Assembly stage 3



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

Stage 3: Assemble the Tower

Stage 3 has its own part numbers. The stack assembly shown here is detailed in Stage 4; do not dismantle a correctly supplied stack simply to repeat that view.

10. Fit tower pulleys and base pieces

Using Stage 3 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.

11. Prepare the stack and guide rods

If the stack is dismantled, follow the Stage 4 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.

12. 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.

13. 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.

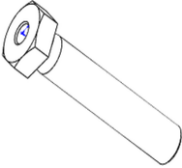
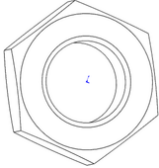
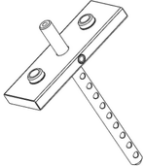
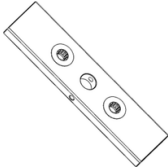
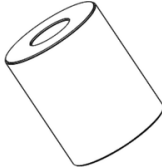
Check before continuing

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

STAGE 4 / PARTS

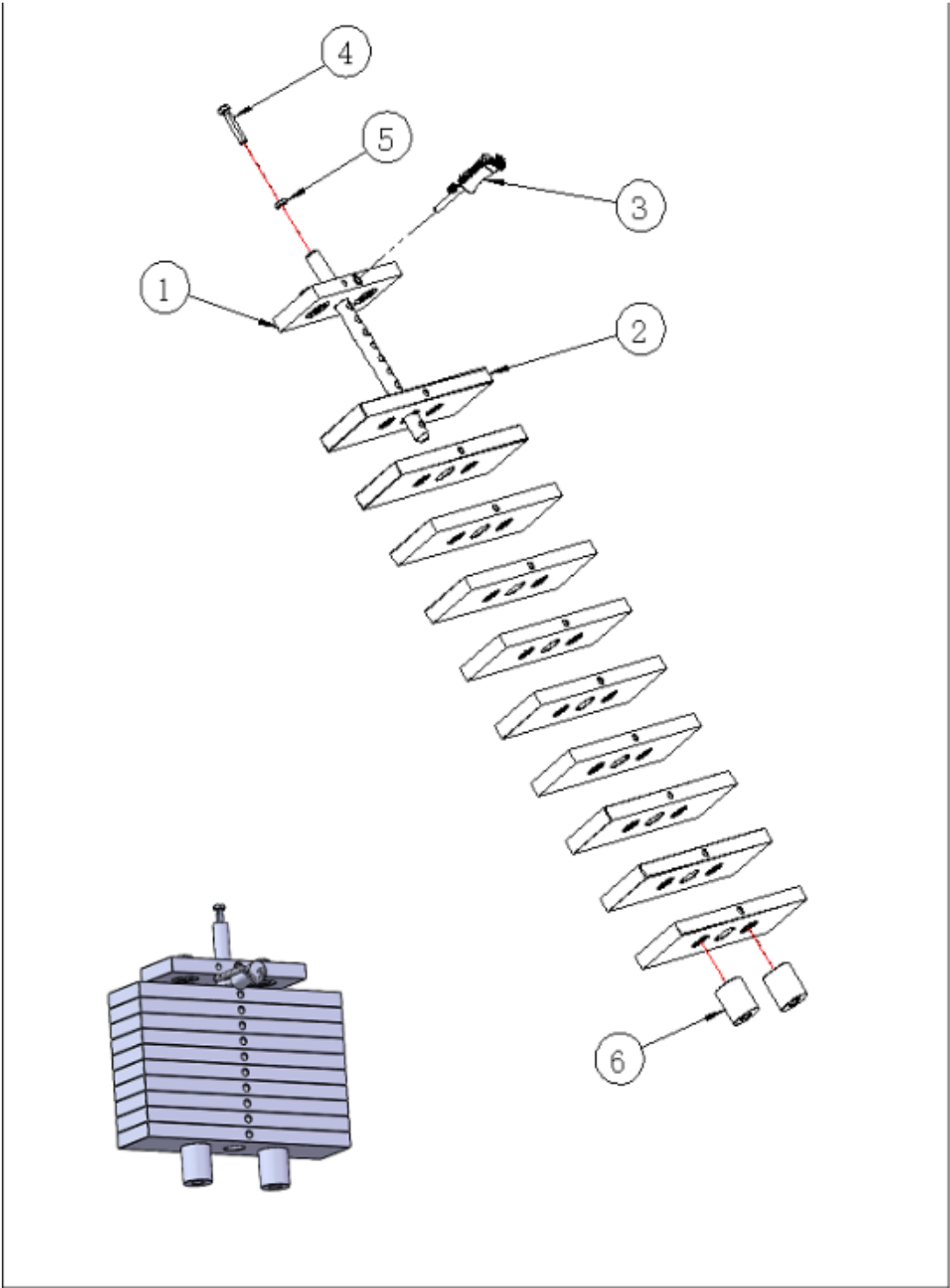
Identify your components

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

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

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: Connect, Guard and Test

Resolve the Stage 4 reference-number conflict before assembly. Never tension a cable with an unconfirmed termination.

14. Confirm the stack component mapping

The Stage 4 drawing and parts list use conflicting reference numbers. Identify the parts by shape: two lower buffers, ten listed weight plates, the top plate/selector stem, selector pin, hollow screw and thin locking nut. Obtain a corrected reference mapping before assembling any loose or uncertain stack part.

15. Complete the supported stack assembly

Fit the buffers below the plates and preserve plate order and selector-hole orientation as illustrated. Keep every plate supported while fitting the top plate and selector stem. Verify that the selector pin enters fully. Confirm the hollow-screw connection, thread engagement and locking nut before attaching the cable.

16. Trace each cable segment

Follow the schematic from the stack over the upper pair, through the lower tower redirect and the main-frame pulley groups. Identify each connection to the pull-arm and seat linkage on the actual assembly. Keep the stack fully down. The source omits cable lengths and complete terminations; obtain these details for loose cables before tensioning.

17. Fit the tower guards and verify fastening

Once routing is confirmed, secure Stage 3 front guard 10 and rear guard 11 with screws 18, spring washers 22 and washers 21. Confirm screw 18 dimensions against the kit. Check all pulley axles, anti-jump guards, frame joints and arm retainers; confirm torque and floor-fixing requirements before use.

18. Test at the lowest resistance

Check the seat and thigh-roller support. With the lowest stack load selected, pull each arm slowly, then both together. Confirm controlled linkage movement, smooth stack lift and full return. Stop if a cable rubs, leaves its groove, develops slack or any attachment moves.

Check before continuing

All frame, seat, arm, cable and stack checks must pass before 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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