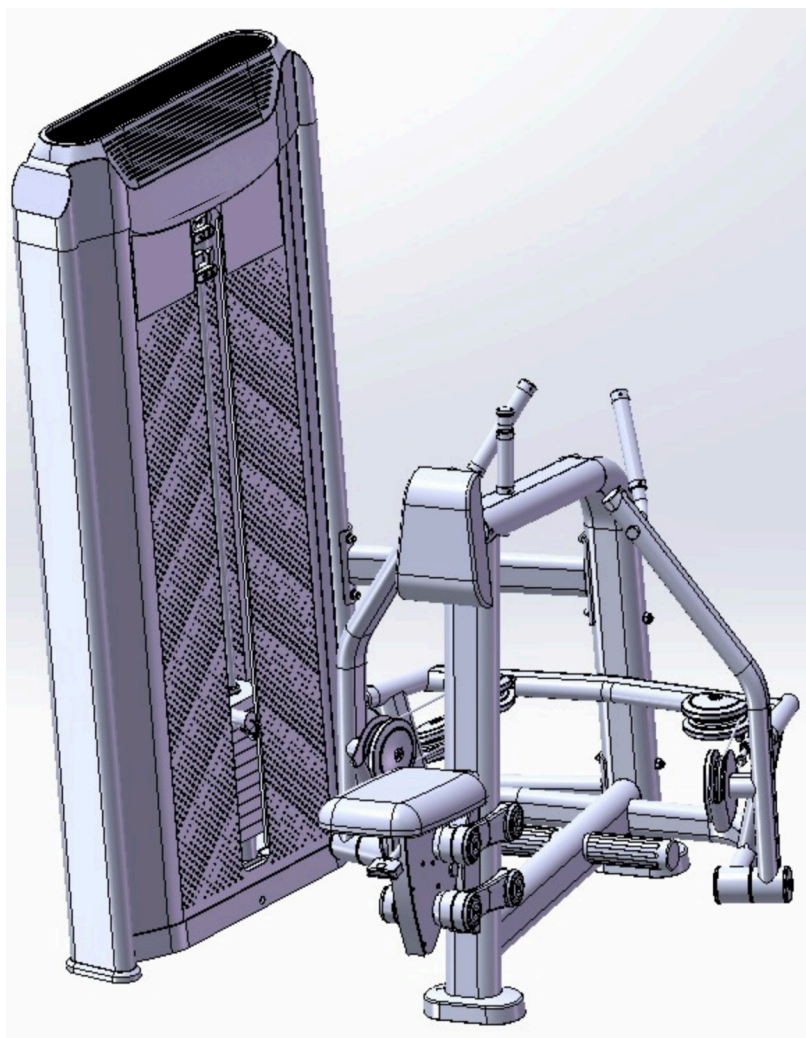


FRACTAL SERIES

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 > Final inspection

Use the PDF bookmarks to jump directly to a stage.

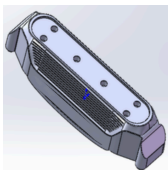
STAGE 1 / PARTS

Identify your components

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

REF 1

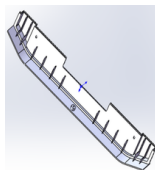
QTY 1



Large roof panel

REF 2

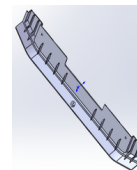
QTY 1



Front baseplate

REF 3

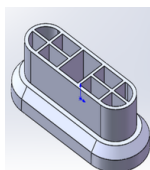
QTY 1



Rear base

REF 4

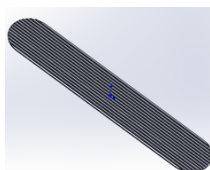
QTY 2



Base

REF 5

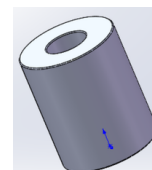
QTY 1



Top cover

REF 6

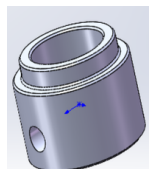
QTY 2



Weight counterbalance pad

REF 7

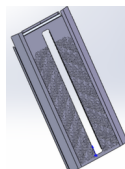
QTY 2



Guide rod fixing sleeve

REF 8

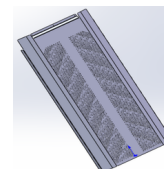
QTY 1



Front guard plate

REF 9

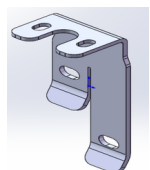
QTY 1



Rear guard plate

REF 10

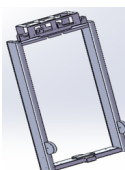
QTY 1



Counterweight bracket on small door

REF 11

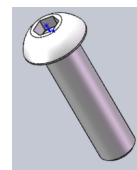
QTY 1



Small frame assembly

REF 12

QTY 2



Hex socket cap screw

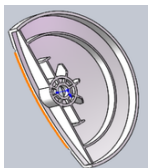
STAGE 1 / PARTS

Identify your components

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

REF 13

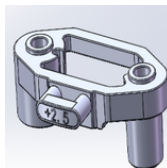
QTY 4



136 semi-circular pulley housing

REF 14

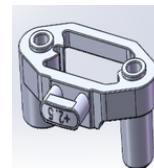
QTY 1



2.5 kilograms of auxiliary counterweight

REF 15

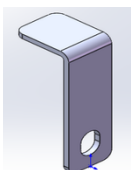
QTY 1



2.5 kilograms of auxiliary counterweight

REF 16

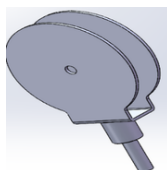
QTY 4



Anti-slip guard plate for skipping rope

REF 17

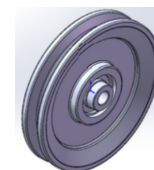
QTY 1



Pulley components

REF 18

QTY 7



Pulley

REF 19

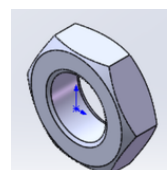
QTY 2



Weight-bearing guide rod

REF 20

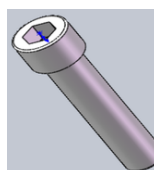
QTY 1



Hexagonal thin nut

REF 21

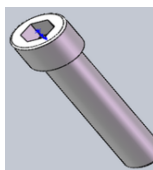
QTY 8



Hexagonal round head screw

REF 22

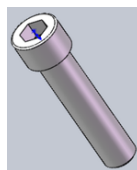
QTY 1



Hexagonal round head screw

REF 23

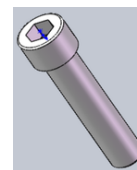
QTY 4



Hexagonal round head screw

REF 24

QTY 2

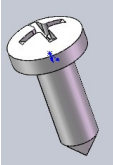
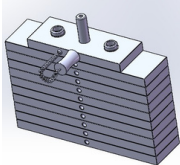
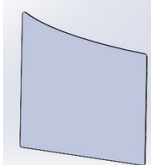


Hexagonal round head screw

STAGE 1 / PARTS

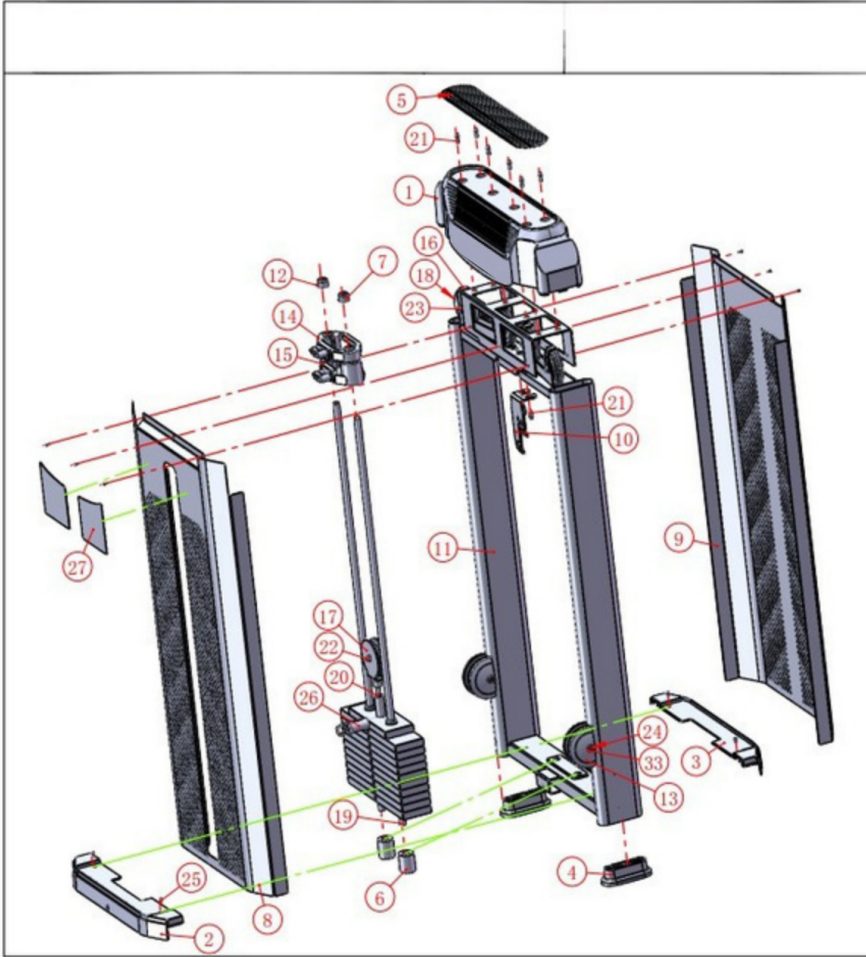
Identify your components

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

REF 25 QTY 12  Cross-slot pan-head self-tapping screws	REF 26 QTY 1  80 kg weight stack	REF 27 QTY 2  Decal
---	---	--

STAGE 1 / DRAWING

Assembly stage 1



1	GW001-BB0100		1
2	GW001-BB0200		1
3	GW001-BB0300		1
4	GW001-BB0400		2
5	GW001-BB0500		1
6	GW001-BB0600		2
7	GW001-CC0100		2
8	GW001-FF0100		1
9	GW001-FF0200		1
10	GW001-FF0300		1
11	GW002-AB0100		1
12	PNLM6_PNLM6_25		2
13	SN001-BB2000		4
14	SN001-FF0700ASSY		1
15	SN001-FF0700ASSY1		1
16	SN001-FF1200		4
17	SNX051-AH0300		1
18	TYHL-BB0500		7
19	TYDG-CC2100		2
20	GB6173M12_1.5		1
21	GB70M8_25		8
22	GB70M10_45		1
23	GB70M10_50		4
24	GB70M10_65		2
25	GB818M5_10		12
26	GB818M5_10		2
27	GB818M5_10		2

Use the parts references and the following numbered instructions.

Stage 1: Assemble the Weight Tower

Use Stage 1 references. Keep the tower supported and the stack resting fully down while fitting its guides and pulleys.

1. Confirm the tower hardware

Use Stage 1 references. Screws 12 and 21–25 lack dimensions, and drawing callout 33 is missing from the list. Identify each supplied fastener and obtain its size and connection specification before fastening the tower components. Support tower frame 11 upright on a level floor.

2. Fit buffers, stack and guide rods

Keep stack 26 supported at its base. Fit buffers 6 and guide rods 19 in the illustrated relationship. Preserve plate order and selector access. The source shows the 80 kg stack as an assembly; obtain the plate-loading and lower guide-retention details if it arrives dismantled.

3. Fit upper guide components

Fit auxiliary weights 15 and 14 above the stack in the depicted order. Fit guide sleeves 7 and screws 12. Confirm the rods remain parallel and retained at both ends before loading the stack.

4. Install pulleys and covers

Fit pulleys 18, anti-jump guards 16 and housings 13 at their depicted positions. Fit pulley component 17 with screw 22 and thin nut 20 at the stack connection as shown, using the confirmed termination specification. Fit bracket 10, upper panel 1 and top cover 5 with the confirmed screws.

5. Fit the base pieces

Fit base pieces 2 and 3 and feet 4 as shown. Keep front guard 8 and rear guard 9 accessible until routing inspection. Confirm all tower and stack retainers; do not tension an uncertain cable attachment.

Check before continuing

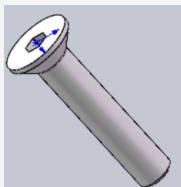
Tower, guides, stack and pulley mounts are secure.

STAGE 2 / PARTS

Identify your components

REF 1

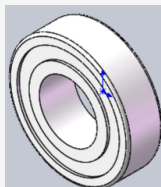
QTY 2



Countersunk screw M10 × 50

REF 2

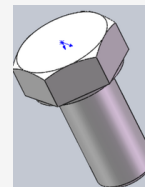
QTY 4



Deep groove ball bearing

REF 3

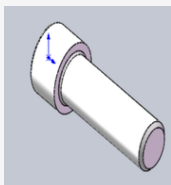
QTY 4



Hex bolt M10 × 20

REF 4

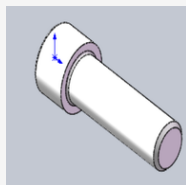
QTY 4



Socket-head screw M8 × 25

REF 5

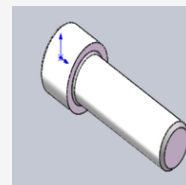
QTY 3



Socket-head screw M10 × 30

REF 6

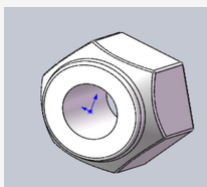
QTY 4



Socket-head screw M10 × 60

REF 7

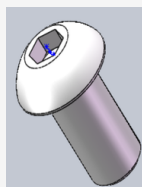
QTY 7



Locknut M10

REF 8

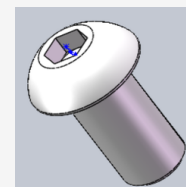
QTY 2



Socket-head screw M6 × 15

REF 9

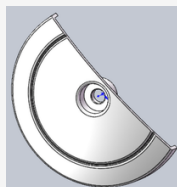
QTY 6



Socket-head screw M8 × 25

REF 10

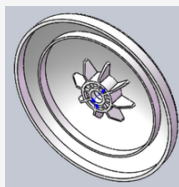
QTY 4



136 semi-circular pulley housing

REF 11

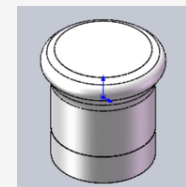
QTY 4



Pulley cover

REF 12

QTY 4



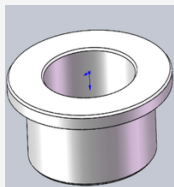
Pin cap

STAGE 2 / PARTS

Identify your components

REF 13

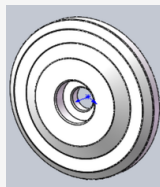
QTY 4



Sintered bushing

REF 14

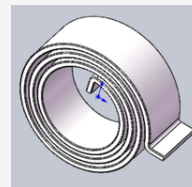
QTY 4



Aluminum cap

REF 15

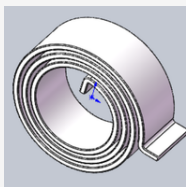
QTY 4



Coil spring

REF 16

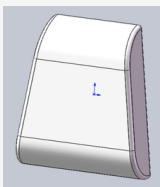
QTY 1



Coil spring

REF 17

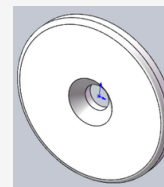
QTY 1



Chest cushion

REF 18

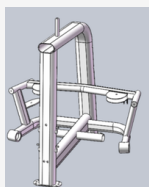
QTY 4



Aluminum end cover

REF 19

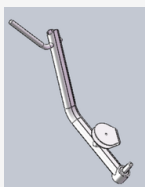
QTY 1



Main frame assembly

REF 20

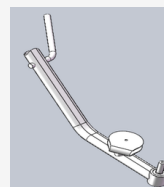
QTY 1



Arm assembly 1

REF 21

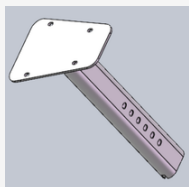
QTY 1



Arm assembly 2

REF 22

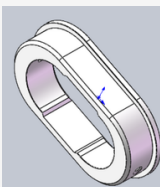
QTY 1



Chest-pad adjustment plate

REF 23

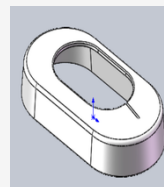
QTY 1



Reducer sleeve

REF 24

QTY 2



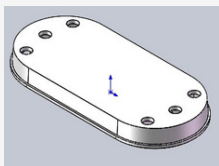
Foot cover (source: anchor bolts)

STAGE 2 / PARTS

Identify your components

REF 25

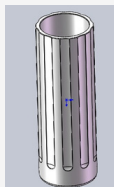
QTY 2



Foot base

REF 26

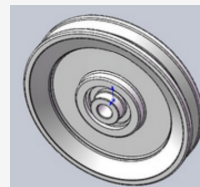
QTY 2



Foot-contact sleeve

REF 27

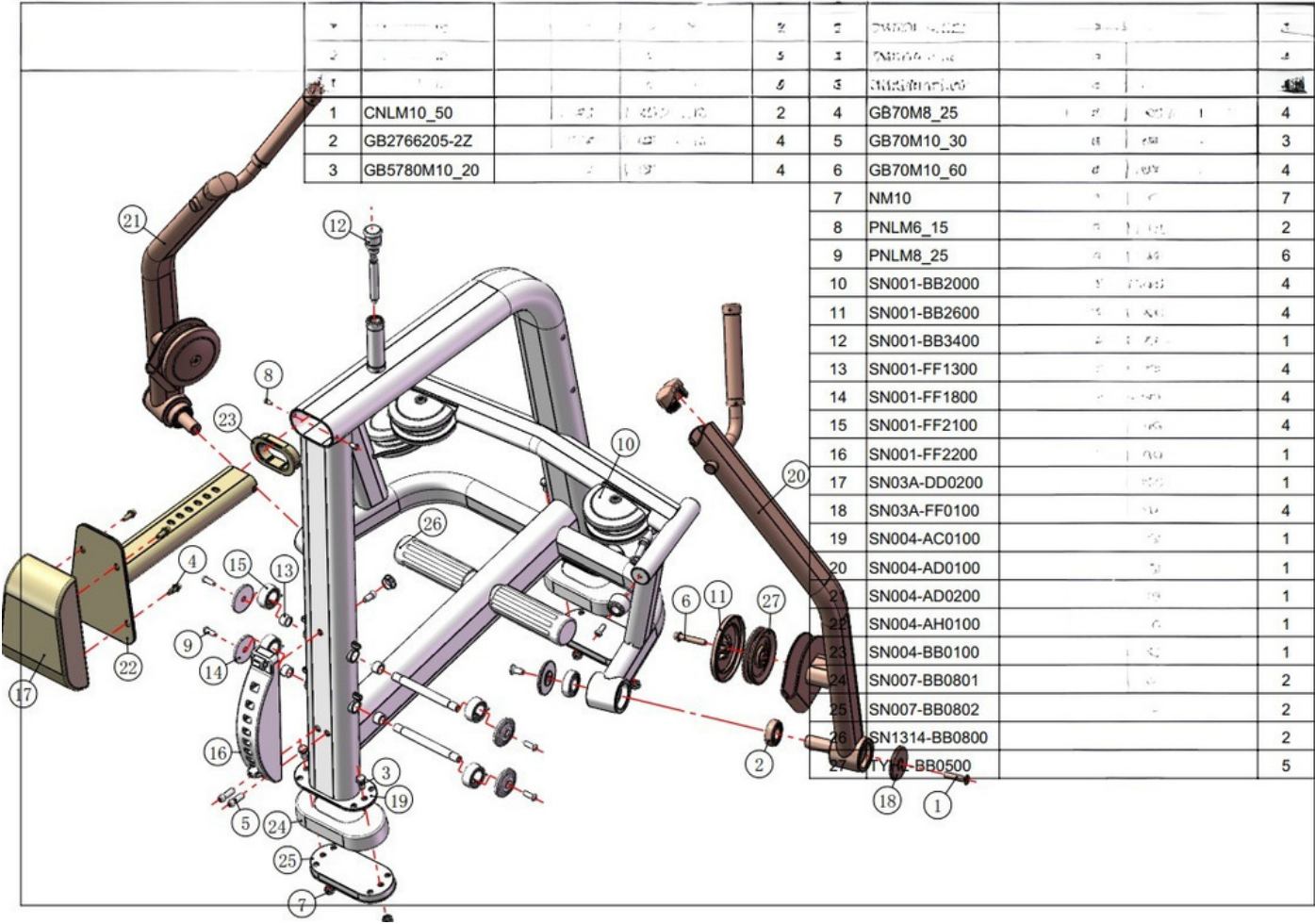
QTY 5



Pulley

STAGE 2 / DRAWING

Assembly stage 2



Use the parts references and the following numbered instructions.

Stage 2: Assemble the Row Frame

Use the separate parts pages for readable English references; the original drawing is retained for joint locations.

6. Support the frame and fit the arms

Using Stage 2 references, position main frame 19 securely. Fit bearings 2 at the arm pivots and support arm assemblies 20 and 21 while locating their shafts as illustrated. Fit aluminum end covers 18 and M10 × 50 countersunk screws 1 at the depicted pivot ends. Confirm the complete retention at both arms before removing support.

7. Fit the arm and frame pulleys

Fit the five pulleys 27 at their depicted mounts with housings 10 and covers 11. Use M10 × 60 screws 6 and M10 nuts 7 where shown. The drawing does not clearly assign every pulley fastener; confirm the supplied hardware at the remaining joints before tightening.

8. Install the adjustable chest pad

Fit chest cushion 17 to adjustment plate 22 with M8 × 25 screws 4. Fit reducer sleeve 23 in the front receiver and secure it with M6 × 15 screws 8 where depicted. Insert the chest-pad adjustment assembly and fit pin components 12. Confirm the pin engages fully before leaning against the pad.

9. Prepare the seat pivots and rack

Match bushings 13, aluminum caps 14, springs 15 and M8 × 25 screws 9 to their depicted seat-pivot positions. The drawing identifies the curved adjustment rack as item 16, while the list calls item 16 a coil spring. Obtain the corrected mapping, shaft-retention details and spring orientation/preload before assembling these loose components.

10. Fit feet and foot-contact sleeves

Fit foot covers 24 and bases 25 with the depicted M10 × 20 bolts 3, M10 × 30 screws 5 and M10 nuts 7 at their respective joints. Fit sleeves 26 to the foot-contact tubes. Item 24 is called anchor bolts in the source; confirm floor fixing separately.

11. Check the frame assemblies

Verify both row arms and their pulleys are retained and turn freely. Check chest-pad adjustment, foot sleeves, the seat-pivot mounts and all fasteners. Resolve the rack/spring discrepancy and any unassigned pulley hardware before attaching the seat or cable.

Check before continuing

Both arms, pulleys, chest pad and feet are secure; seat-mount specifications are confirmed.

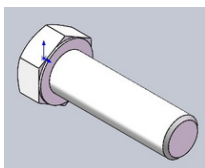
STAGE 3 / PARTS

Identify your components

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

REF 1

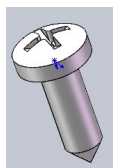
QTY 1



Socket-head screw M10 × 60

REF 2

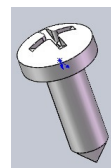
QTY 6



Cross-groove disc head self-tapping screw

REF 3

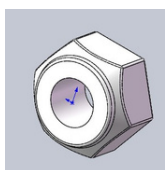
QTY 12



Cross-groove disc head self-tapping screw

REF 4

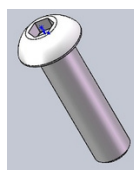
QTY 1



Locknut M10

REF 5

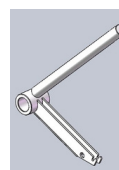
QTY 4



Socket-head screw M8 × 25

REF 6

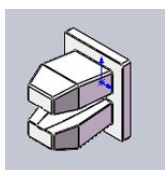
QTY 1



Adjustment frame assembly

REF 7

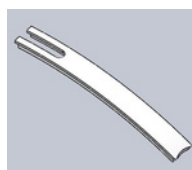
QTY 16



Plastic snap

REF 8

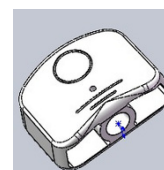
QTY 1



Seat frame baffle

REF 9

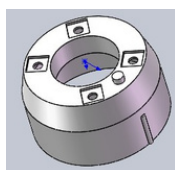
QTY 1



Adjustment handle

REF 10

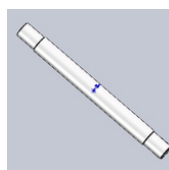
QTY 4



Cover guard

REF 11

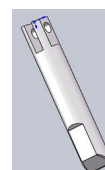
QTY 2



Long rotating shaft

REF 12

QTY 1

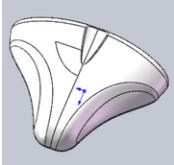
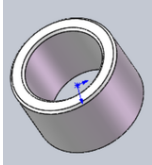
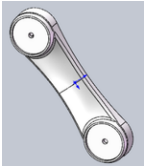
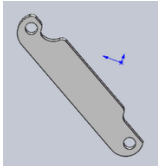
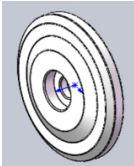
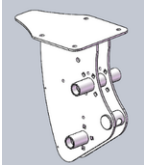


Adjust pin shaft

STAGE 3 / PARTS

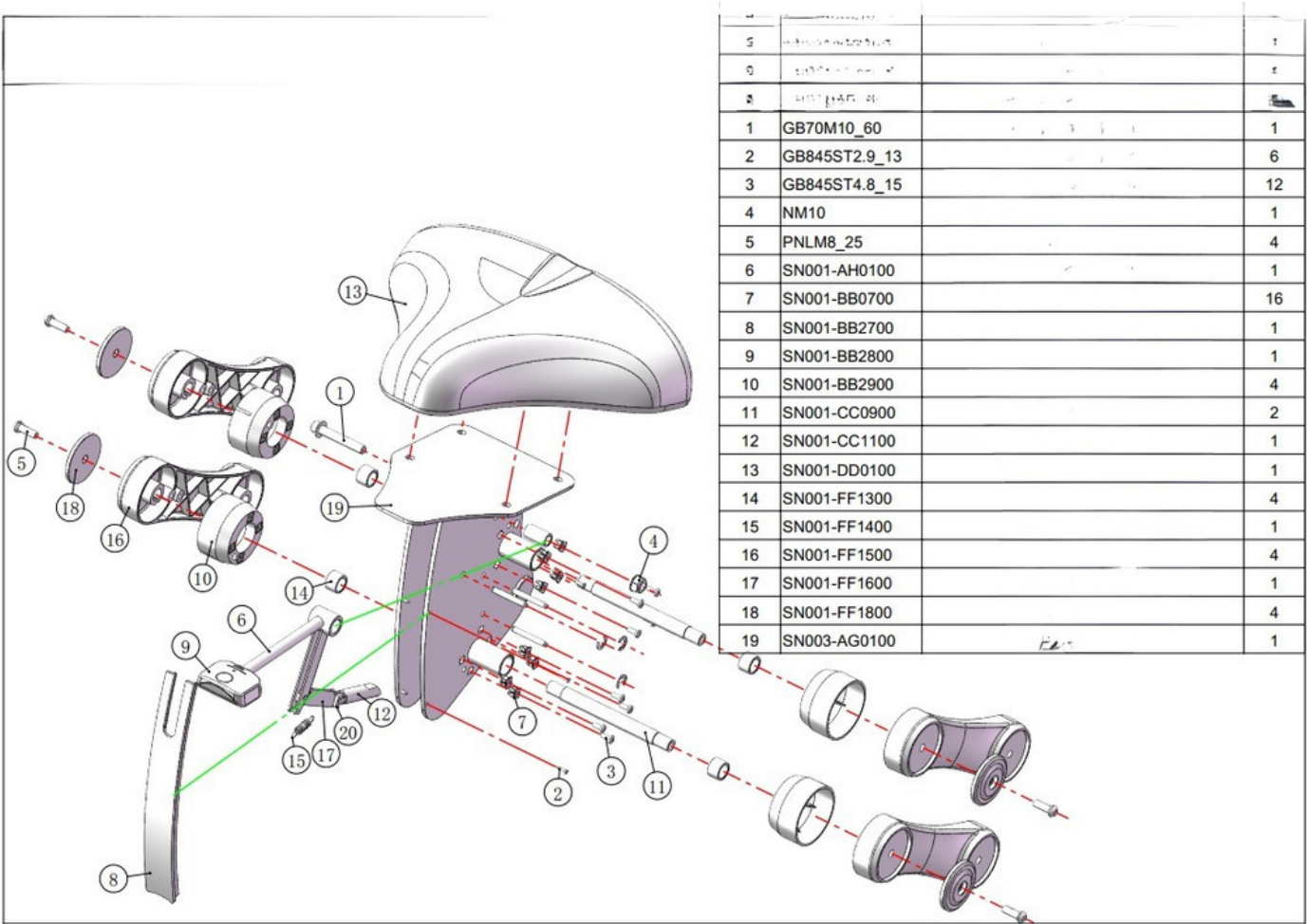
Identify your components

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

REF 13 QTY 1  Seat cushion	REF 14 QTY 4  Sintered sleeve	REF 15 QTY 1  Tension spring
REF 16 QTY 4  Crank	REF 17 QTY 1  Adjust connecting plate	REF 18 QTY 4  Aluminum cap
REF 19 QTY 1  Seat frame assembly		

STAGE 3 / DRAWING

Assembly stage 3



Use the parts references and the following numbered instructions.

Stage 3: Assemble the Seat Linkage

Use Stage 3 references. Confirm the adjustment spring and linkage settings before removing supports.

12. Fit the cranks and seat shafts

Support seat frame 19. Fit bushings 14, shafts 11 and four cranks 16 in the shown order, then aluminum caps 18 and M8 × 25 screws 5. Keep the crank pairs aligned and supported until connected to the main-frame shafts.

13. Assemble the adjustment handle

Fit adjustment frame 6, handle 9, adjustment pin shaft 12 and connecting plate 17 as illustrated. Fit tension spring 15 at its depicted connection using the confirmed spring specification. Fit M10 × 60 screw 1 and locknut 4 at the shown joint. Callout 20 is missing from the list; confirm that component before completing the mechanism.

14. Fit the cushion and linkage guards

Fit seat cushion 13 to frame 19 using its confirmed supplied fasteners; these are not separately identified in the list. Fit guard covers 10, snaps 7 and seat baffle 8 with the illustrated screws 2 and 3 after inspecting the linkage. Confirm both self-tapping screw sizes.

15. Check adjustment engagement

With the seat supported, operate the handle and confirm the linkage moves freely and locks fully into the adjustment rack. Check every shaft end, crank and spring connection. Do not load the seat if the lock remains partly engaged or any spring setting is unconfirmed.

Check before continuing

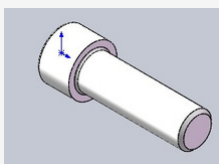
Seat cushion, cranks, shafts, guards and adjustment lock are secure.

STAGE 4 / PARTS

Identify your components

REF 1

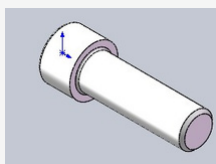
QTY 11



Socket-head screw M10 × 30

REF 2

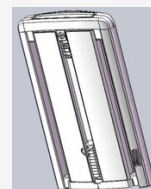
QTY 4



Socket-head screw M10 × 135

REF 3

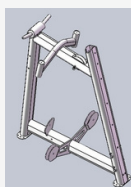
QTY 1



Weight tower assembly

REF 4

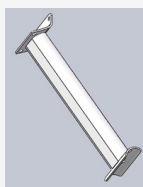
QTY 1



Main frame assembly

REF 5

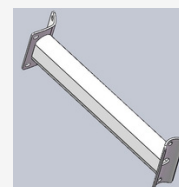
QTY 1



Upper connecting brace

REF 6

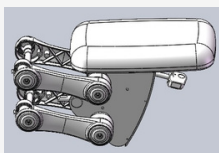
QTY 1



Lower connecting brace

REF 7

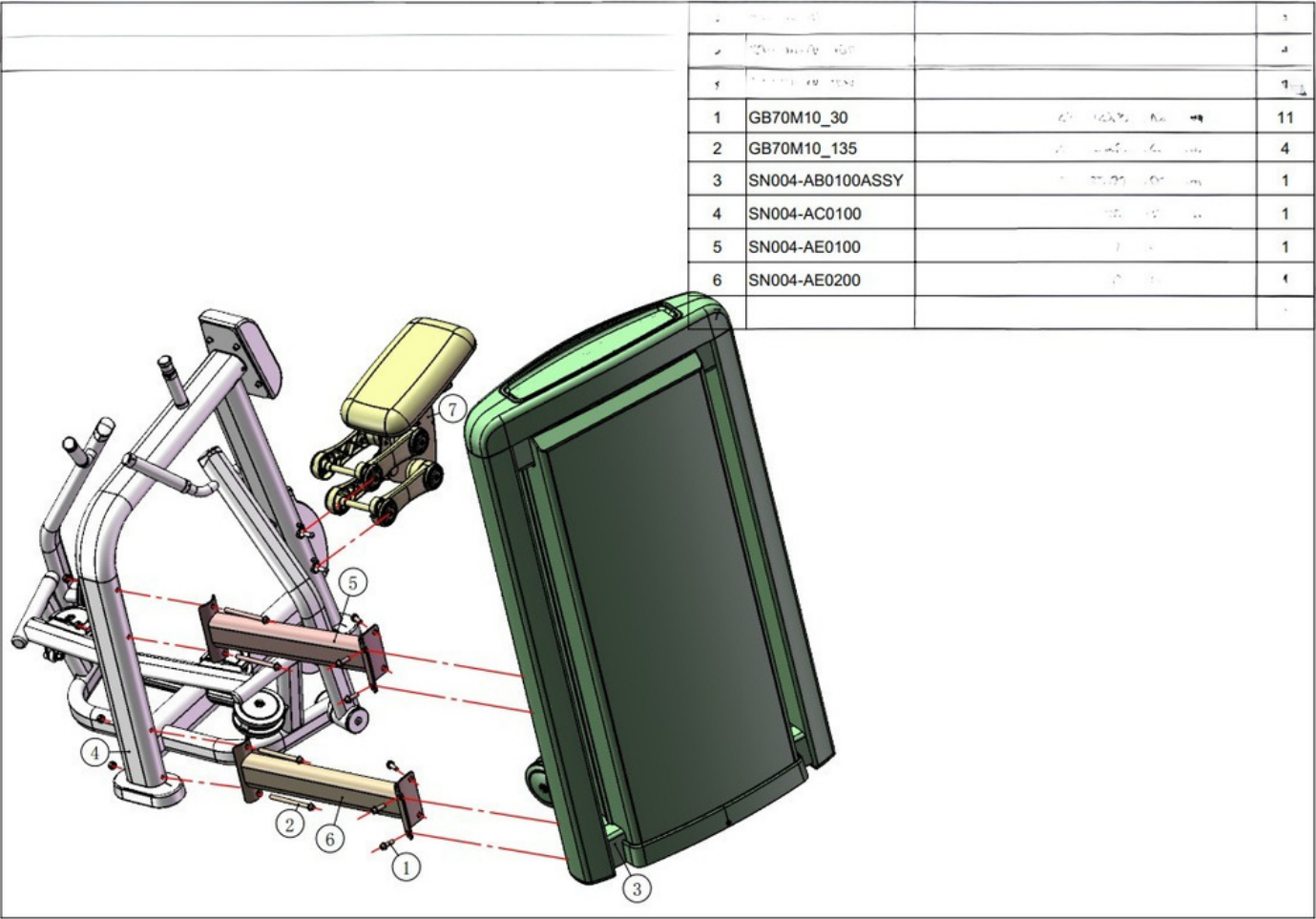
QTY 1



Seat assembly

STAGE 4 / DRAWING

Assembly stage 4



Use the parts references and the following numbered instructions.

Stage 4: Join the Frames and Seat

Use Stage 4 references. Keep the seat and arms supported until all retainers are verified.

16. Connect both structural braces

Support tower 3 beside main frame 4. Align upper connecting brace 5 and lower brace 6. Fit M10 × 30 screws 1 and M10 × 135 screws 2 at their depicted connections. The list gives eleven screws 1; confirm the allocation and mating hardware across all joints before final tightening.

17. Connect the seat crank pairs

Support seat assembly 7 and connect its cranks to the main-frame pivot shafts in the illustrated relationship. Verify every bushing, spring, cap and shaft retainer against the confirmed Stage 2 and Stage 3 specifications. Check the seat pin locks fully into the curved rack.

18. Secure and inspect the connected machine

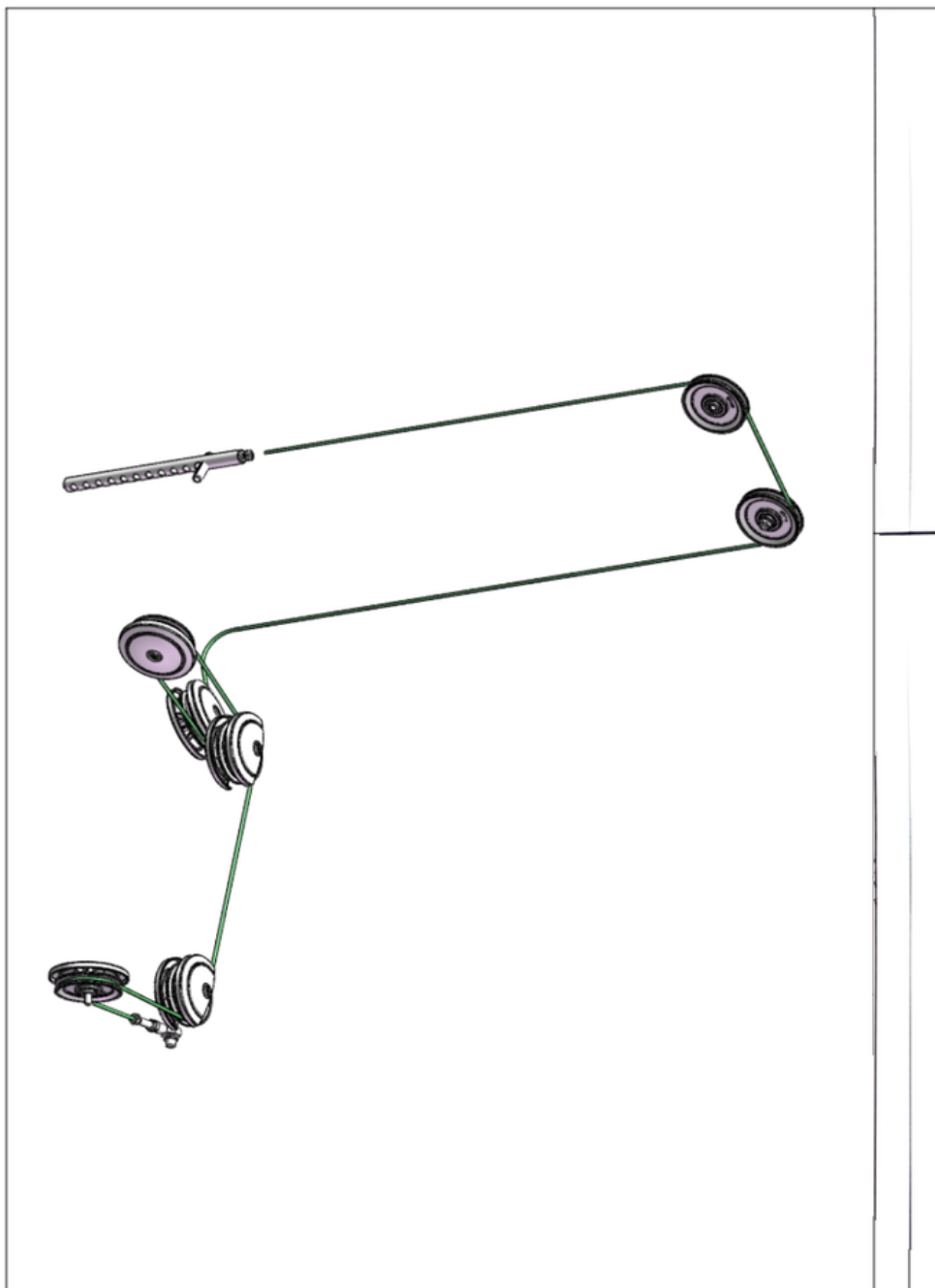
Check both frames stand evenly and the braces seat correctly, then secure the structural fasteners to the confirmed specifications. Move the supported arms and seat slowly to check clearance. Keep the stack fully down during cable installation.

Check before continuing

Frame connections, arm pivots and both pad/seat adjustments pass inspection.

STAGE 5 / DRAWING

Assembly stage 5



Use the parts references and the following numbered instructions.

Stage 5: Route the Cable and Test

Resolve all rack, spring, fastener and cable-setting omissions before the machine enters service.

19. Trace the illustrated cable path

With the stack down and arms supported, trace the schematic from the stack over both tower-top pulleys, toward the lower frame redirect and through the paired pulley groups at the row-arm assemblies. Match every change of direction to the actual machine and keep the cable inside each groove.

20. Confirm endpoints and adjustment

The schematic does not fully label the arm-side termination, cable length or tension setting. Confirm the supplied terminal connections, hollow screw, locking nut and any adjusters before tensioning. Check both row arms leave the cable seated without rubbing or crossing a guard.

21. Fit guards and verify fastening

After cable inspection, fit Stage 1 guards 8 and 9 with the confirmed screws 25. Confirm all pulley retainers, structural fasteners, guide-rod retention and the required torque and floor-fixing specifications. Check the chest pad and seat both lock fully.

22. Test at the lowest resistance

Select the lowest stack load. Pull and return each row arm slowly, then both arms together. Check controlled arm movement, smooth stack lift and full return, and no slack, binding or guard contact. Stop if a pivot, pulley, pad adjustment or seat lock shifts.

Check before continuing

Both row arms, cable routing, seat/chest-pad adjustment 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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