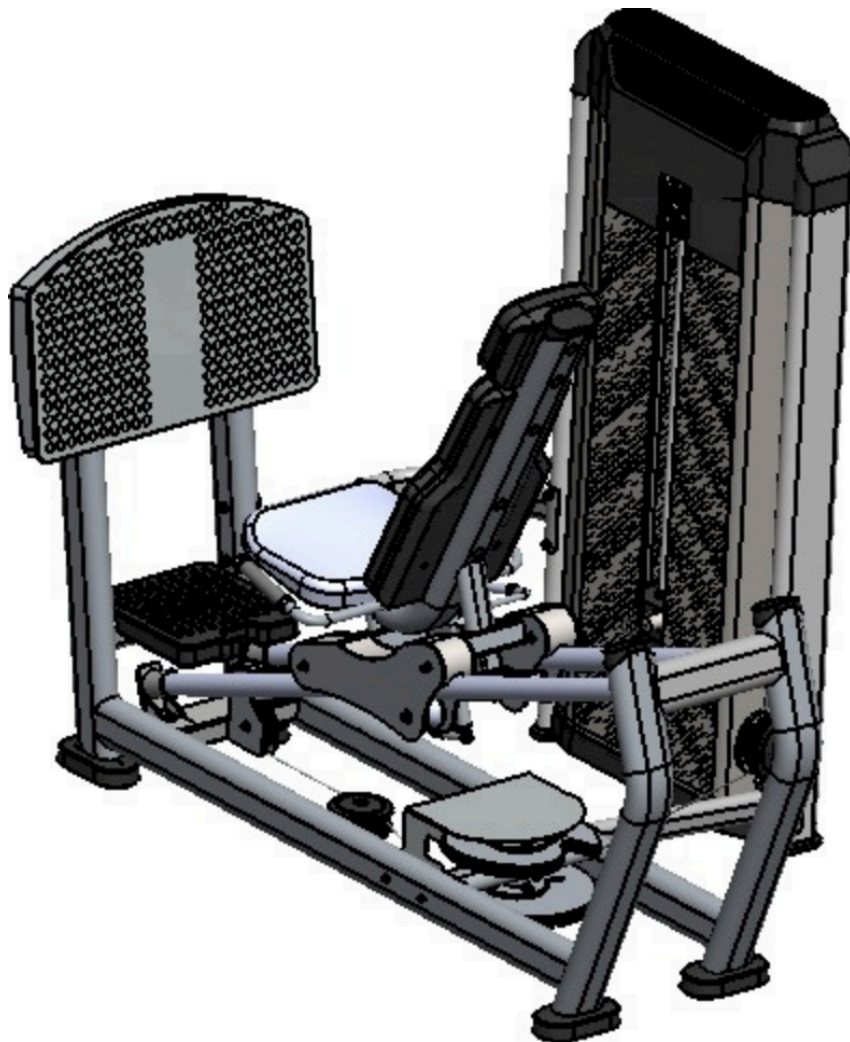


FRACTAL SERIES

Seated Leg Press

Assembly & Owner Guide



BUILT TO PERFORM.

Read before assembly. Keep this guide for future reference.

01 / PREPARE

Before you begin

Set up your space

Assemble indoors on a level, stable surface with clear access around the equipment. Protect the floor and allow enough room to lay out the frame and hardware.

Check every part

Unpack and compare the components with the illustrated lists. Keep hardware grouped by stage. Reference numbers identify parts in the drawings; they may restart at each stage. Quantities are for the corresponding source list and should not be added across stages.

Prepare tools and help

Have metric hex keys and suitable metric wrenches or sockets ready for the listed fasteners. Use sufficient help to support heavy frames and moving assemblies. Keep hands clear of pinch points and never work beneath an unsupported load.

Follow the assembly drawings

Work through the stages in order. Match each numbered callout with its parts list. Confirm orientation before fitting fasteners. A part described as an assembly is supplied as a component; the wording does not instruct you to weld it.

Check connections before use

Use the specified hardware at each joint. Confirm that fasteners are secure and moving parts operate freely. If a part, dimension or connection is unclear, stop and contact Build A Gym before continuing.

ASSEMBLY SUPPORT

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02 / SAFETY

Use and care safely

- Use the equipment indoors in a dry, supervised area. Keep the surrounding floor level and unobstructed.
- Children under 12 must not use this equipment. Provide appropriate supervision and assistance for other users who need it.
- Before each use, inspect moving components, fasteners, pins and attachments. Have loose or damaged parts corrected before use.
- Wear suitable exercise clothing and athletic shoes. Warm up before exercise and use slow, controlled movements.
- Increase resistance gradually. Stop exercising if you feel pain, discomfort or anything unusual, and consult a doctor.
- Consult your doctor before starting an exercise program.
- Keep hands, clothing and other objects clear of moving parts. Make sure adjustment pins and any safety stops are fully engaged.
- Clearly mark the equipment “Out of Use” during servicing or repair. Keep this guide available for future reference.

Your assembly sequence

Stage 1 → Stage 2 → Stage 3 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

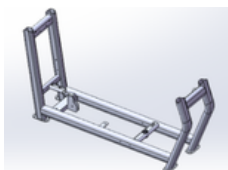
STAGE 1 / PARTS

Identify your components

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

REF 2

QTY 1



Main frame assembly

REF 7

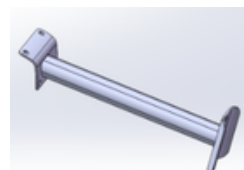
QTY 1



Lower support assembly

REF 8

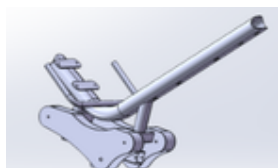
QTY 1



Bottom support assembly

REF 9

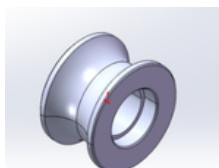
QTY 1



Seat assembly

REF 12

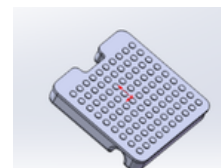
QTY 6



Pulley

REF 17

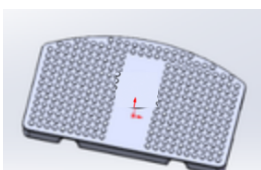
QTY 1



Small Footplate

REF 18

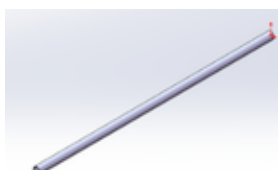
QTY 1



Big Footplate

REF 20

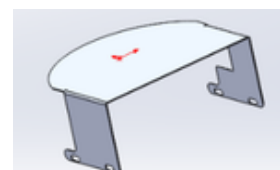
QTY 2



Guide rail tube

REF 26

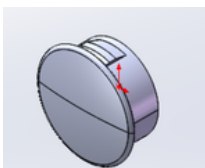
QTY 1



Shoulder plate guard

REF 36

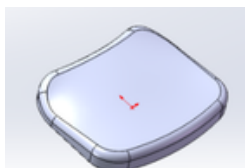
QTY 5



25 round tube plug

REF 43

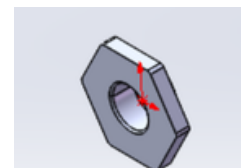
QTY 1



Cushion

REF 48

QTY 4



Eccentric nut

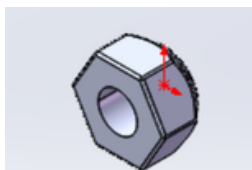
STAGE 1 / PARTS

Identify your components

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

REF 56

QTY 21



M10 nut

REF 65

QTY 16



8 mm spring washer

REF 66

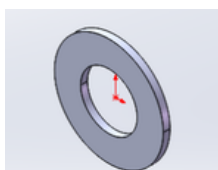
QTY 17



10 mm spring washer

REF 67

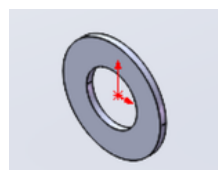
QTY 12



8 mm washer

REF 68

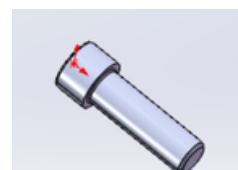
QTY 55



10 mm washer

REF 70

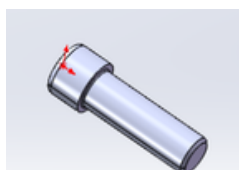
QTY 10



M8 x 25 Socket-head screw

REF 72

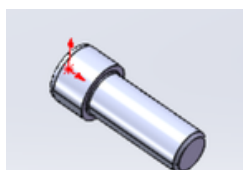
QTY 9



M10 x 30 Socket-head screw

REF 73

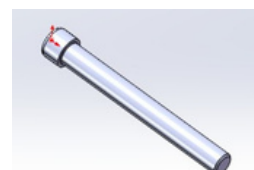
QTY 12



M10 x 25 Socket-head screw

REF 76

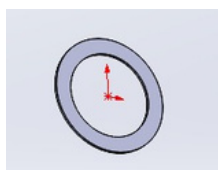
QTY 4



M10 x 85 Socket-head screw

REF 83

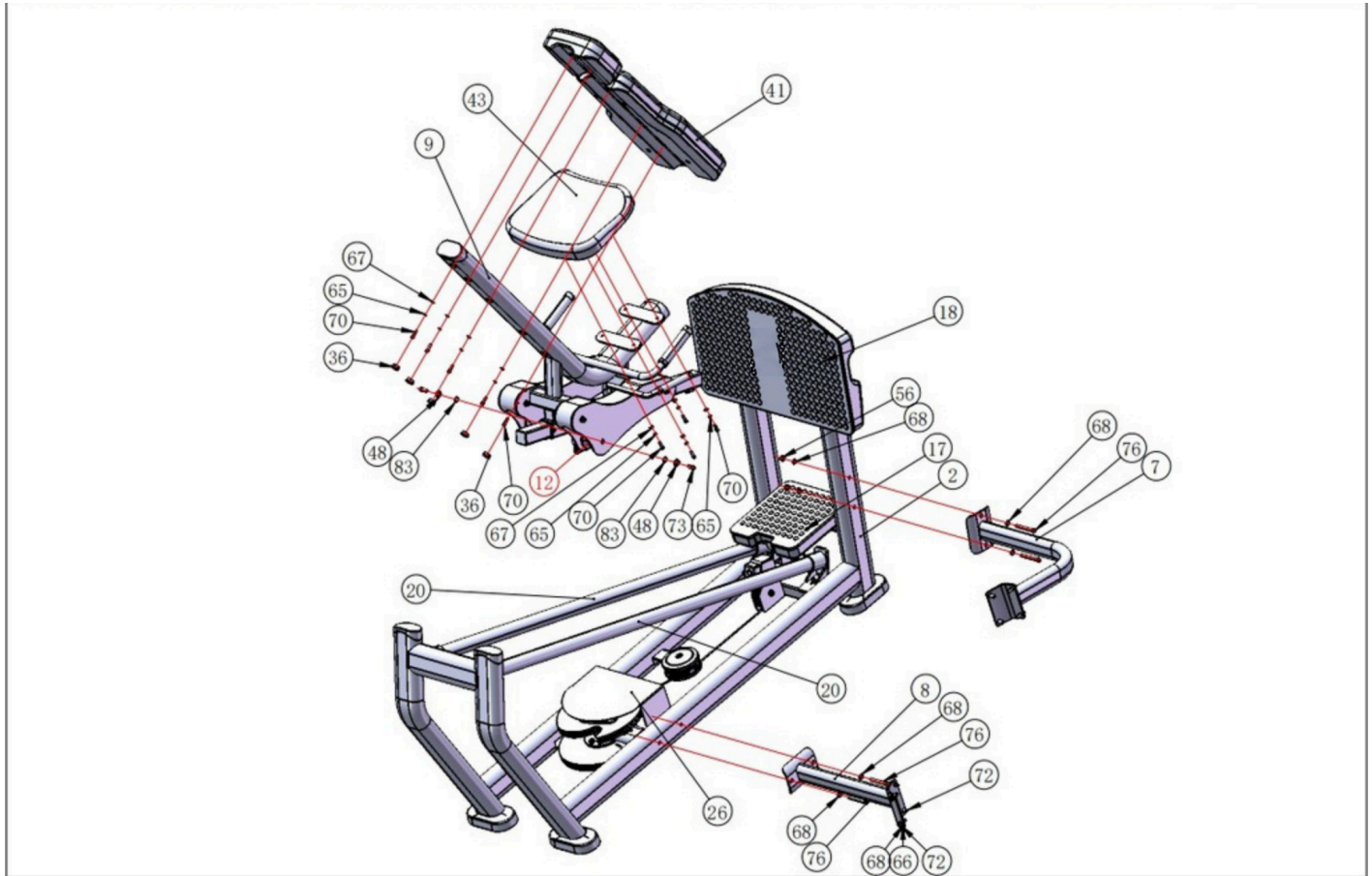
QTY 4



Washer

STAGE 1 / DRAWING 1 OF 1

Assembly stage 1



Match the numbered callouts to the Stage 1 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 1: Assemble the Press Frame

Use Stage 1 references only. The diagram includes fastener combinations that need confirmation: for example, screw 73 is listed as M10 while adjacent spring washer 65 is listed as 8 mm. Resolve that mismatch before using those parts.

1. Lay out and support the frame

Place main frame 2 on a level surface with the large footplate end oriented as shown. Keep the seat carriage supported and restrained against sliding. Identify the two guide rail tubes 20 and inspect their factory mounting points before moving the carriage.

2. Fit the tower connection supports

Attach lower support 7 and bottom support 8 at the illustrated frame mounts. Use M10 × 85 screws 76 and washers 68 at the shown through-joints; use the shown M10 × 30 screws 72, spring washers 66 and washers 68 at support 8. Fit the listed nuts where shown. Start all hardware before final alignment.

3. Install the seat and carriage components

Position seat assembly 9 and its associated pulley/roller components 12 on the guide structure in the illustrated orientation. Keep the assembly supported while fitting eccentric nuts 48 and washers 83. Confirm each retainer and the supplied clearance setting before releasing support; do not alter an adjusted carriage without its setup specification.

4. Fit the pads and footplates

Fit cushion 43 with M8 × 25 screws 70, spring washers 65 and washers 67 at its illustrated mounts. The back pad is labeled 41 in the drawing but missing from this list: confirm its supplied fasteners before fitting. Check large footplate 18, small footplate 17 and guard 26 are securely mounted.

5. Check the carriage and frame joints

Fit plugs 36 after checking the concealed fasteners. Align and secure the frame joints, then check the seat adjustment lock and controlled carriage travel with support in place. Keep the carriage restrained until the cable system is connected and verified.

Check before continuing

Both tower supports are fitted, the carriage is retained and every pad and footplate is secure.

STAGE 2 / PARTS

Identify your components

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

REF 1

QTY 1



Small frame assembly

REF 6

QTY 1



Top cover

REF 7

QTY 1



Front guard

REF 8

QTY 1



Rear guard

REF 9

QTY 2



Guide rod fixing sleeve

REF 10

QTY 2



Weight-stack guide rod

REF 11

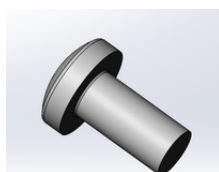
QTY 1



Hollow screw

REF 19

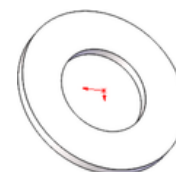
QTY 12



M5 x 10 screw

REF 21

QTY 8



8 mm washer

REF 24

QTY 8



8 mm spring washer

REF 26

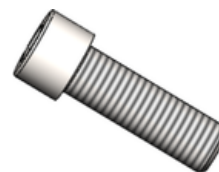
QTY 2



M6 x 25 Socket-head screw

REF 27

QTY 8



M8 x 25 Socket-head screw

STAGE 2 / PARTS

Identify your components

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

REF 32

QTY 1



Secondary counterweight 1

REF 33

QTY 1



Secondary counterweight 2

REF 34

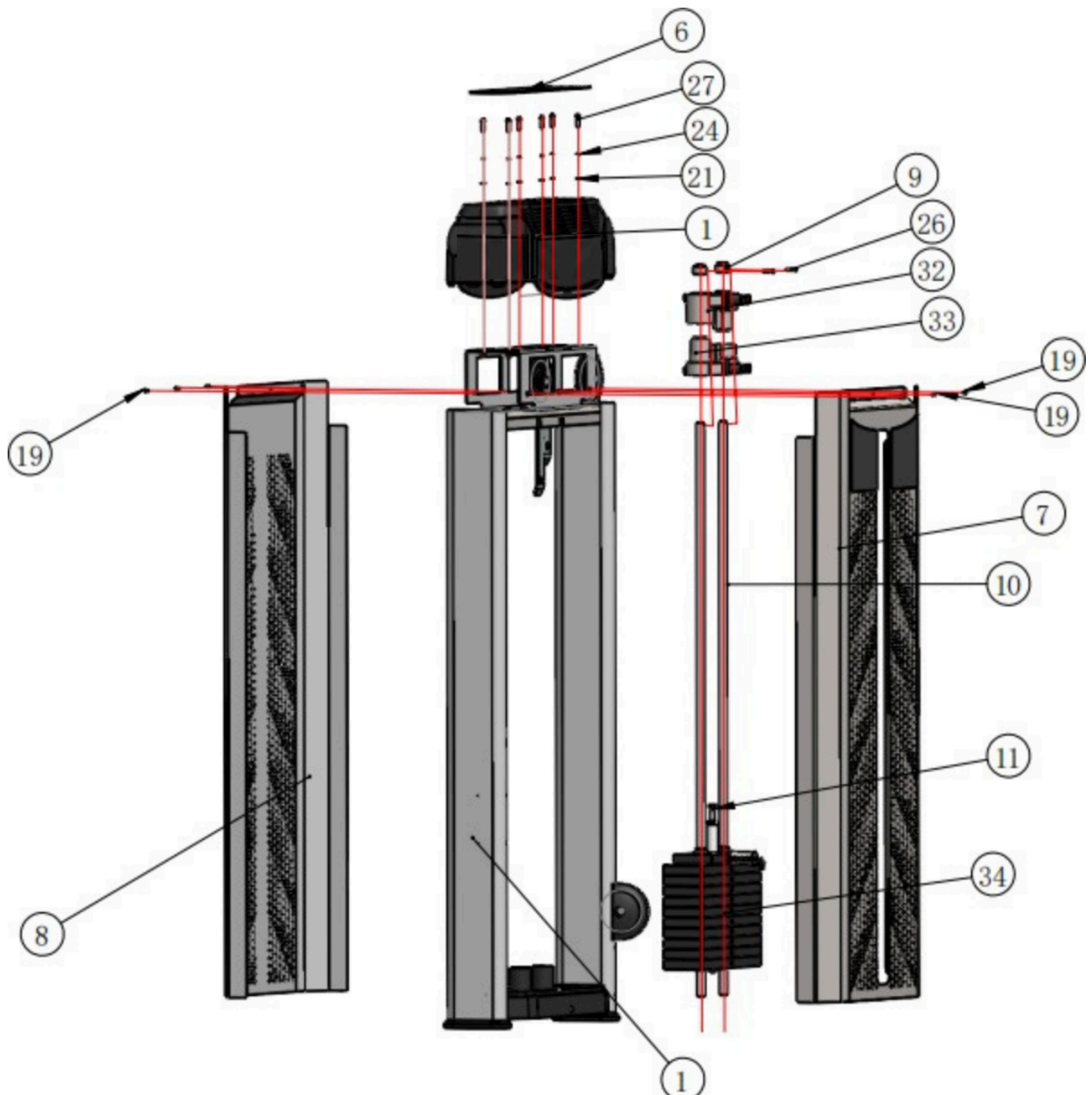
QTY 1



Weight stack assembly

STAGE 2 / DRAWING 1 OF 1

Assembly stage 2



Match the numbered callouts to the Stage 2 parts list. Position the components as shown and use the listed hardware at each connection.

Stage 2: Assemble the Weight Tower

Part numbers restart for Stage 2. Use the tower drawing and its own list; keep the tower supported and the stack resting fully down.

6. Position and secure the tower

Support tower frame 1 beside the exercise frame. Attach it to the connection supports shown in Stage 1, using the hardware specified there. Confirm both frames stand level and every structural joint is secure before fitting the stack.

7. Install the stack and guide rods

Keep stack assembly 34 supported at its base. Fit guide rods 10 through the stack in the orientation shown, preserving plate order and selector access. Seat the lower rod ends in their intended mounts. The drawing omits detailed lower retention and plate-loading instructions; confirm these if the stack arrives dismantled.

8. Fit the upper guide components

Fit secondary weights 33 and 32 in the illustrated order above the main stack. Position fixing sleeves 9 at the rod ends and secure them with M6 × 25 screws 26. Check that the rods remain parallel and all retaining components are fitted. Preserve factory-adjusted mechanisms.

9. Secure the top assembly

Use M8 × 25 screws 27, spring washers 24 and washers 21 at the illustrated upper mounting points. Fit top cover 6 as shown. Keep front guard 7 and rear guard 8 accessible until the cable route and stack connection have been checked.

Check before continuing

Stack guides and top assembly are secure. Guard fitting follows the cable inspection.

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



Trace the cable using this schematic and the following step-by-step instructions. Confirm all cable terminations and adjustments before applying tension.

Stage 3: Route, Guard and Test

Use the Stage 3 cable diagram together with the assembled machine. Cable routing must be verified before installing the access guards.

10. Trace the cable path

Trace the illustrated route from the stack over the two upper pulleys, down through the lower guide pulley and around the paired lower pulley assembly and remaining base pulleys. Match the actual carriage-related cable segments individually; do not treat the schematic as a scale drawing. Keep the stack fully down and the moving mechanism supported. Preserve any factory routing. The drawing does not specify cable length, complete terminations or adjustment limits; obtain these details for any loose or disconnected cable before tensioning.

11. Check the stack connection and pulleys

Verify the cable connection at the stack and hollow screw 11 against the supplied assembly. Confirm every termination and locking device is secure. Check each pulley axle and retainer; the cable must sit inside every groove without crossing or rubbing the frame. Do not use an unconfirmed cable attachment.

12. Fit the guards and complete fastening

After routing inspection, secure front guard 7 and rear guard 8 using M5 × 10 screws 19 at the illustrated points. Check all frame, pad, guide and pulley connections. Confirm the required fastener torque and any floor-fixing requirement with Build A Gym before use.

13. Test at the lowest resistance

Check the seat lock at each tested position and confirm the carriage travels along both guide rails without skewing. Select the lowest available stack load. Move slowly through a controlled range; the stack must lift smoothly and settle fully without slack, binding or guard contact. Stop if any attachment shifts or a cable leaves its groove.

Check before continuing

All movement, adjustment and cable checks must pass before the machine is available for exercise.

FINAL CHECK

Ready for the first use?

☐ **Frame and hardware**

Confirm that the frame is stable, all required hardware is installed and all connections are secure.

☐ **Adjustments and safeties**

Check that adjustment pins, locking mechanisms and any safety stops engage fully. Verify that pads and handles are secure.

☐ **Moving parts**

Carefully check the full range of movement. Confirm that moving assemblies clear the frame and guards without binding.

☐ **Product-specific inspection**

Check the cable path, guide retention, pads and every adjustment lock.
The stack must lift and return fully, with all guards and connections secure.

☐ **Keep the equipment ready**

Inspect before every use. Wipe contact surfaces dry after use. Have a qualified technician address damaged parts, unusual movement or noise before further exercise.

Need help with assembly?

Contact Build A Gym with your product name, assembly stage, part reference and a clear photo of the issue.

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