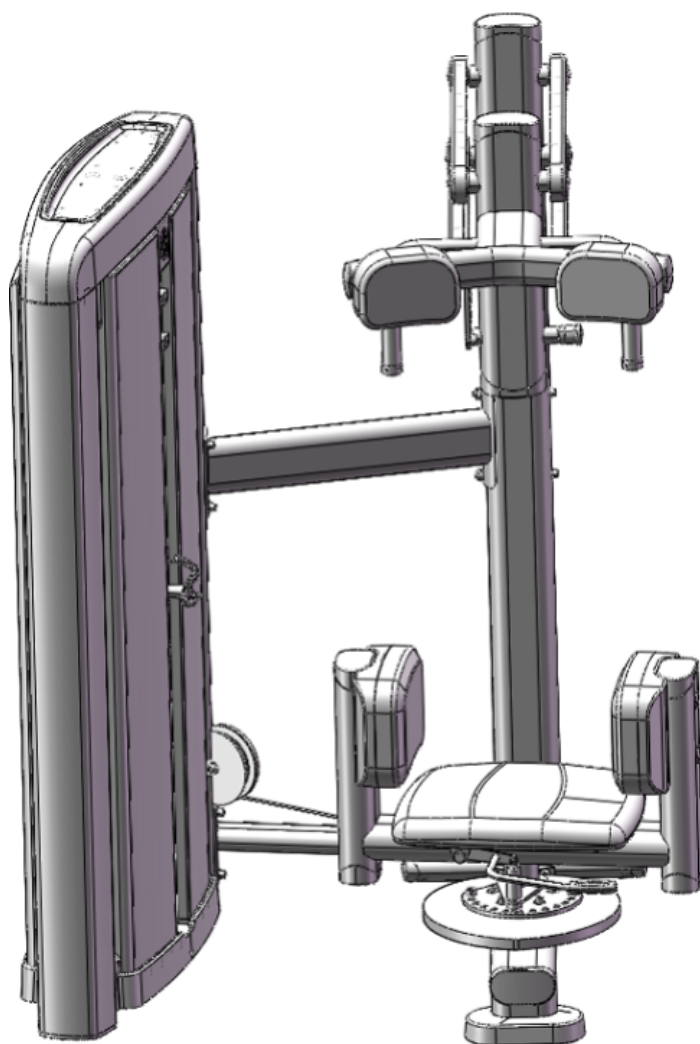


**FRACTAL SERIES**

# Torso Rotation

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](http://buildagym.com)

**02 / SAFETY**

# Use and care safely

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

## Your assembly sequence

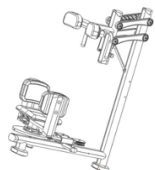
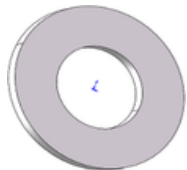
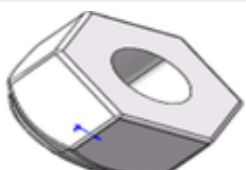
Stage 1 → Stage 2 → Stage 3 → Stage 4 → Stage 5 → Stage 6 → Stage 7 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

## STAGE 1 / PARTS

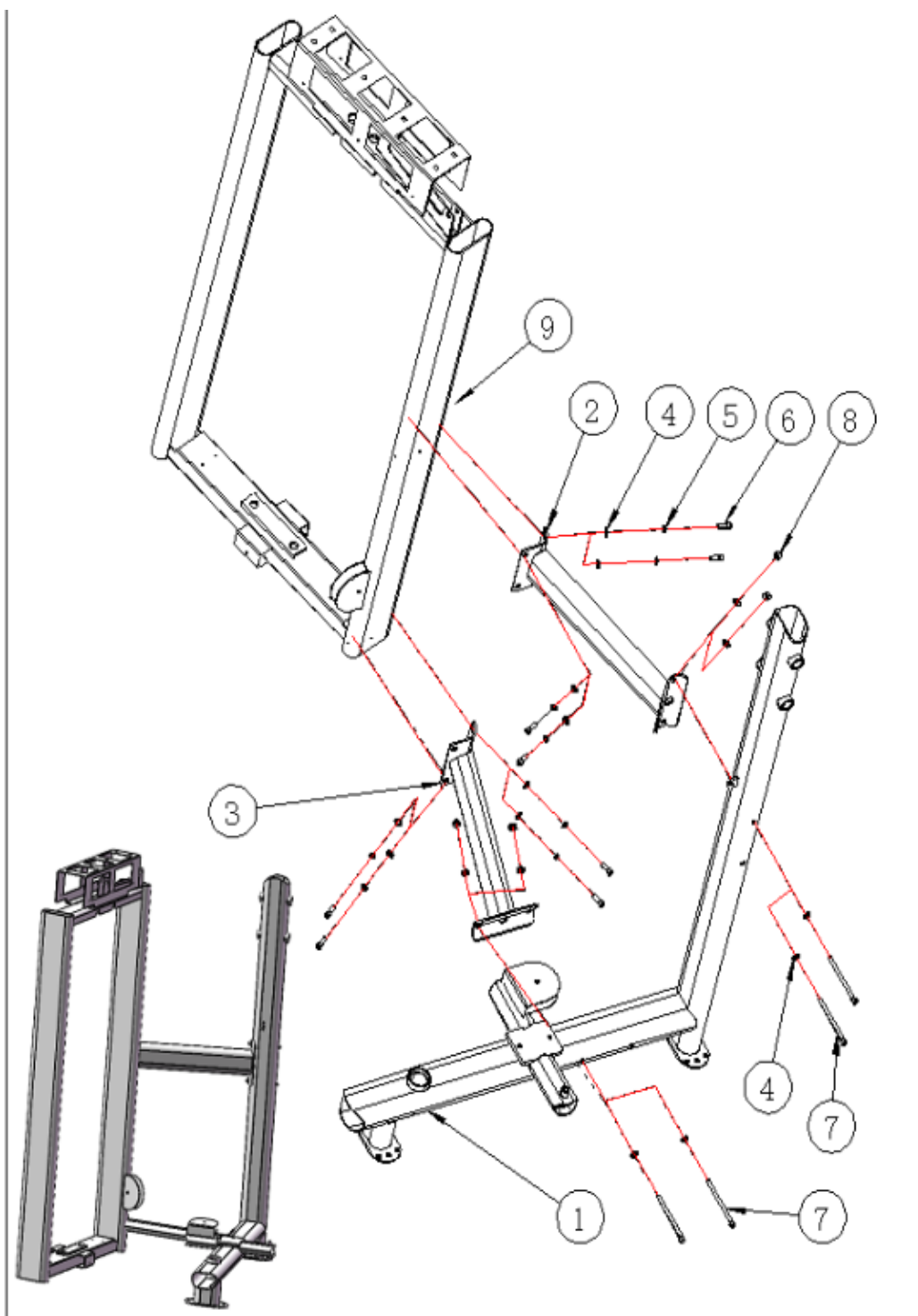
# Identify your components

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

|                             |               |                                                                                     |                                 |              |                                                                                     |                            |              |                                                                                       |
|-----------------------------|---------------|-------------------------------------------------------------------------------------|---------------------------------|--------------|-------------------------------------------------------------------------------------|----------------------------|--------------|---------------------------------------------------------------------------------------|
| <b>REF 1</b>                | <b>QTY 1</b>  |    | <b>REF 2</b>                    | <b>QTY 1</b> |    | <b>REF 3</b>               | <b>QTY 1</b> |    |
| Main frame                  |               |                                                                                     | Upper connection brace assembly |              |                                                                                     | Bottom connection assembly |              |                                                                                       |
| <b>REF 4</b>                | <b>QTY 16</b> |   | <b>REF 5</b>                    | <b>QTY 8</b> |   | <b>REF 6</b>               | <b>QTY 8</b> |   |
| Washers Ø10.3xØ20 x 1.2     |               |                                                                                     | Spring washer Ø10               |              |                                                                                     | Socket-head screw M10 x 25 |              |                                                                                       |
| <b>REF 7</b>                | <b>QTY 4</b>  |  | <b>REF 8</b>                    | <b>QTY 4</b> |  | <b>REF 9</b>               | <b>QTY 1</b> |  |
| Socket-head screw M10 x 135 |               |                                                                                     | Locknut M10                     |              |                                                                                     | Small door                 |              |                                                                                       |

## 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: Join the Main Frames

Use Stage 1 references and keep clear of the tall unsupported frames.

## 1. Support the tower and main frame

Stand tower 9 and main frame 1 on a level floor in the illustrated relationship. Keep both supported while fitting upper brace 2 and lower connection assembly 3.

## 2. Fit both connecting braces

Attach both braces to the tower with M10 × 25 screws 6, spring washers 5 and washers 4 at the depicted plates. Fit the main-frame through-joints with M10 × 135 screws 7, washers 4 and locknuts 8.

## 3. Align and secure the frame

Start all connections before final alignment. Secure both upper and lower braces and verify the frame stands evenly before removing supports.

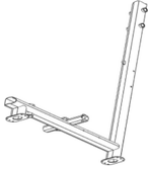
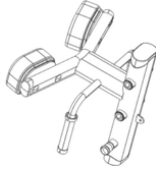
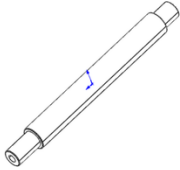
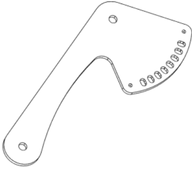
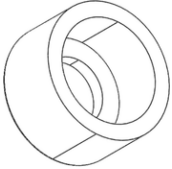
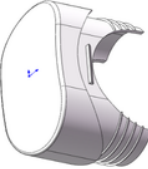
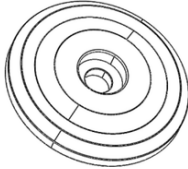
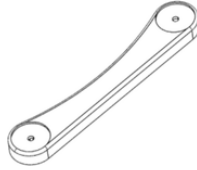
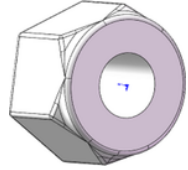
## Check before continuing

Both frames and their braces are stable and secure.

STAGE 2 / PARTS

# Identify your components

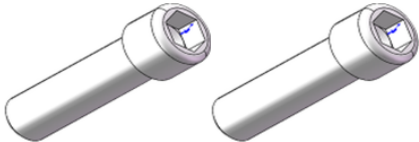
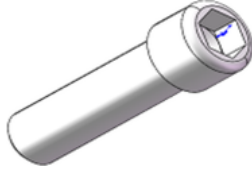
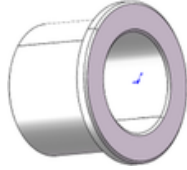
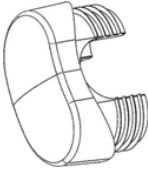
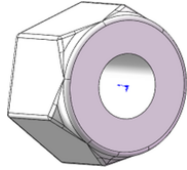
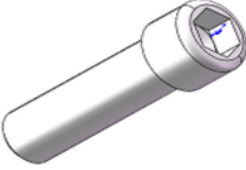
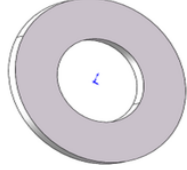
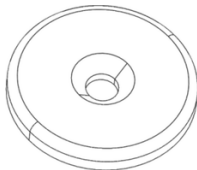
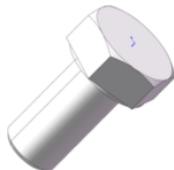
Match each reference and quantity to the drawing for this stage.

|                                                                                                                                                               |                                                                                                                                                                |                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>REF 1</div> <div>QTY 1</div> <div></div> <div>Main frame assembly</div> | <div>REF 2</div> <div>QTY 1</div> <div></div> <div>Seat</div>                 | <div>REF 3</div> <div>QTY 1</div> <div></div> <div>Shoulder pad set</div>  |
| <div>REF 4</div> <div>QTY 1</div> <div></div> <div>Gas springs</div>        | <div>REF 5</div> <div>QTY 1</div> <div></div> <div>Long fixed shaft</div>    | <div>REF 6</div> <div>QTY 2</div> <div></div> <div>Adjustment plate</div> |
| <div>REF 7</div> <div>QTY 2</div> <div></div> <div>Limit spacer</div>      | <div>REF 8</div> <div>QTY 2</div> <div></div> <div>65 x 114 end cap</div>   | <div>REF 9</div> <div>QTY 8</div> <div></div> <div>Aluminum cover</div>  |
| <div>REF 10</div> <div>QTY 4</div> <div></div> <div>Long crank</div>       | <div>REF 11</div> <div>QTY 2</div> <div></div> <div>Short fixed shaft</div> | <div>REF 12</div> <div>QTY 2</div> <div></div> <div>Locknut M8</div>     |

## STAGE 2 / PARTS

# Identify your components

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

|                                                                                                                                                  |                                                                                                                                              |                                                                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|
| <b>REF 13</b> <b>QTY 8</b><br><br>Socket-head screw M8 × 25     | <b>REF 14</b> <b>QTY 2</b><br><br>Socket-head screw M8 × 10 | <b>REF 16</b> <b>QTY 4</b><br><br>Sintered bushing         |
| <b>REF 16</b> <b>QTY 2</b><br><br>40 × 70 end caps             | <b>REF 17</b> <b>QTY 1</b><br><br>Pulleys                  | <b>REF 18</b> <b>QTY 5</b><br><br>Locknut M10             |
| <b>REF 19</b> <b>QTY 1</b><br><br>Socket-head screws M10 × 45 | <b>REF 20</b> <b>QTY 6</b><br><br>Washers Ø10.3xØ20 × 1.2 | <b>REF 21</b> <b>QTY 2</b><br><br>Footing plastic parts  |
| <b>REF 22</b> <b>QTY 2</b><br><br>Ground foot cover           | <b>REF 23</b> <b>QTY 1</b><br><br>Ø60 aluminum end caps   | <b>REF 24</b> <b>QTY 4</b><br><br>Hex head bolt M10 × 20 |

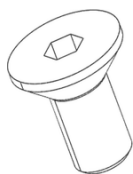
## STAGE 2 / PARTS

# Identify your components

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

REF 25

QTY 4



Countersunk socket screw M10  
× 20

REF 26

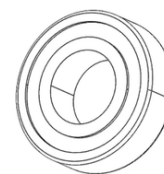
QTY 2



Shaft is used with an elastic  
retaining ring Ø25

REF 27

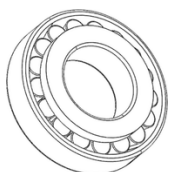
QTY 1



Deep groove ball bearings  
Ø52xØ25 × 15

REF 28

QTY 1



Tapered roller bearings  
Ø52xØ25 × 16.25

REF 29

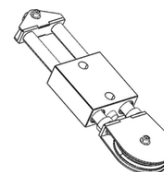
QTY 1



Socket-head screw M12 × 30

REF 30

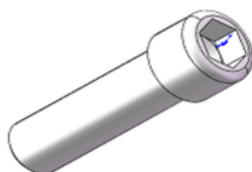
QTY 1



Chute

REF 31

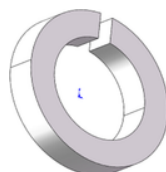
QTY 2



Socket-head screw M12 × 45

REF 32

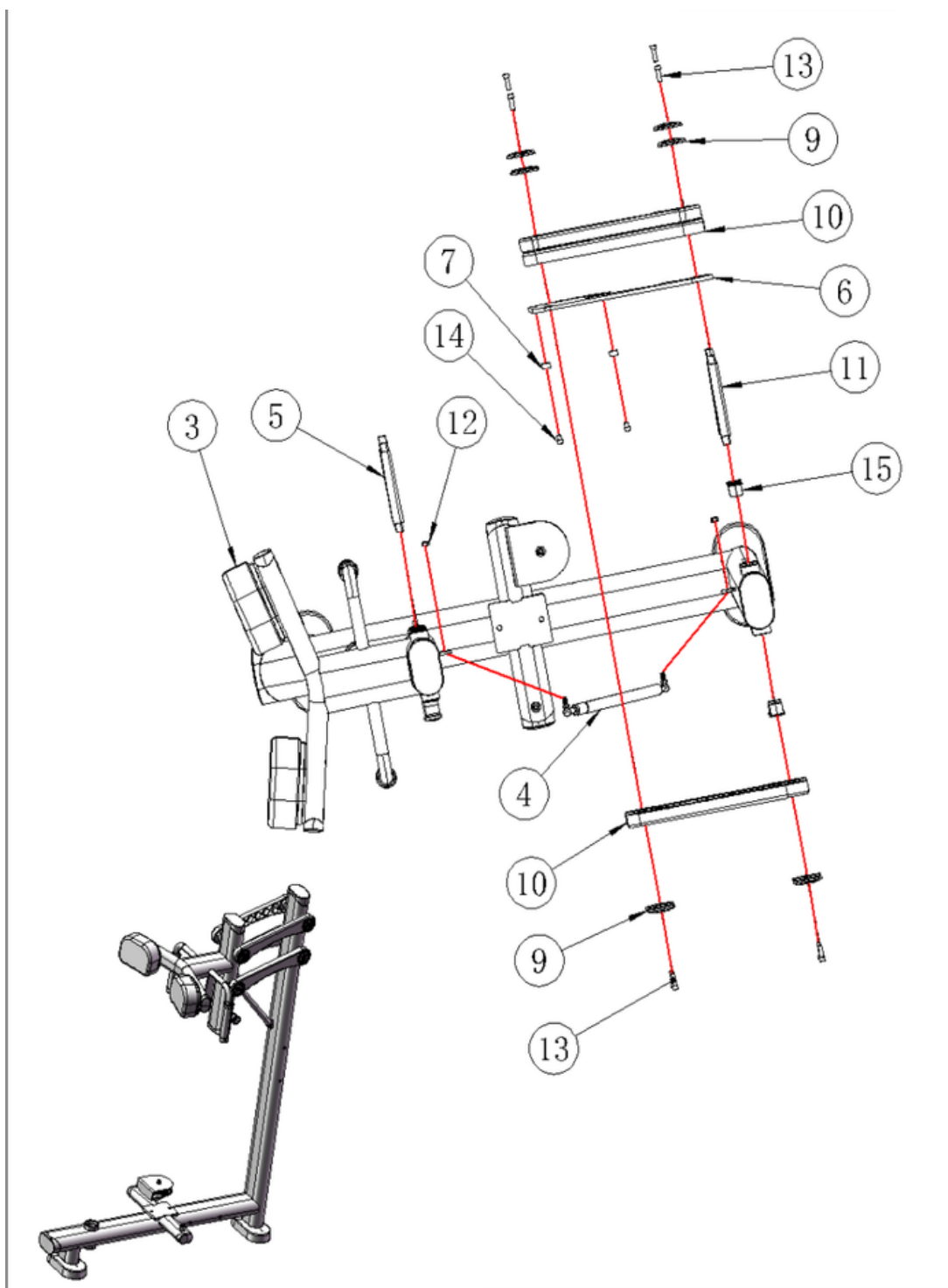
QTY 2



Spring washer Ø12

## STAGE 2 / DRAWING 1 OF 2

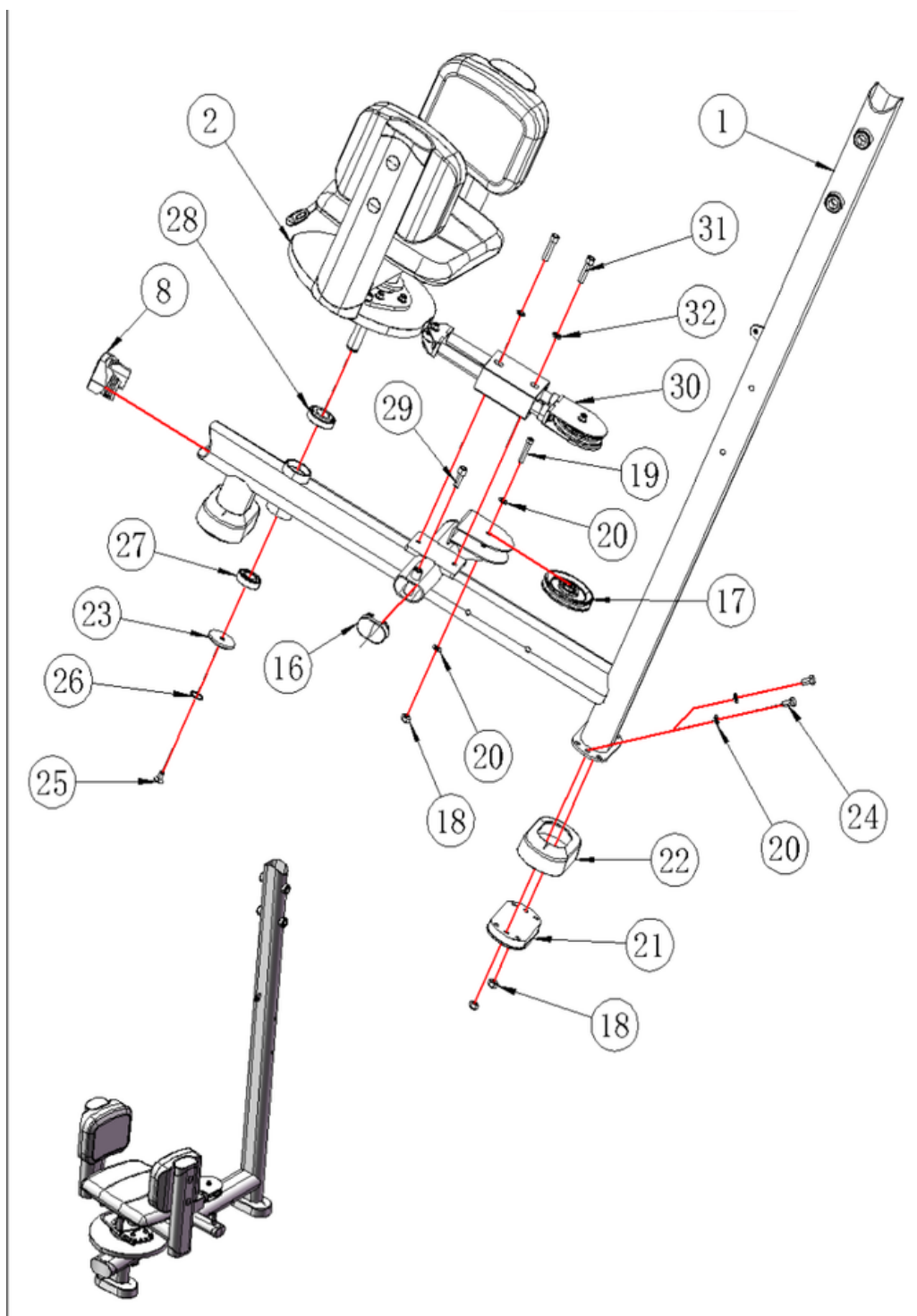
# Assembly stage 2



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 Moving Assemblies

Part numbers restart in Stage 2. Use both drawings and confirm bearing retention before removing supports.

### 4. Identify the linkage parts

The Stage 2 list repeats reference 16 for bushings and end caps; drawing 1 identifies the bushings as 15. Confirm this mapping and the supplied quantities before assembly. Keep the shoulder-pad assembly supported while fitting the linkage.

### 5. Assemble the shoulder-pad linkage

Using drawing 1, fit long shaft 5, short shafts 11, bushings 15 and four cranks 10 in the shown order. Fit adjustment plates 6 and limit spacers 7 with screws 14. Retain the crank ends with caps 9 and M8 × 25 screws 13.

### 6. Connect the gas spring

Fit gas spring 4 in the illustrated orientation and secure the depicted M8 locknuts 12. Keep the moving assembly supported until both spring ends and the linkage shafts are retained. Confirm the supplied spring and mounting specification; do not dismantle the gas spring.

### 7. Install the rotating seat support

Using drawing 2, fit tapered bearing 28 above and ball bearing 27 below the frame pivot as shown. Support seat assembly 2 while fitting its shaft. Fit retaining ring 26, end cap 23 and countersunk screw 25 in the illustrated order. Obtain the bearing adjustment and retention specification before loading.

### 8. Fit the pulley, bracket and feet

Fit pulley 17 with M10 × 45 screw 19, washers 20 and locknut 18. Attach bracket 30 with M12 × 45 screws 31 and spring washers 32; confirm the depicted M12 × 30 screw 29. Fit foot parts 21 and 22 with bolts 24 and locknuts 18, then caps 8 and 16.

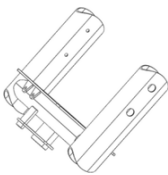
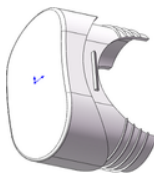
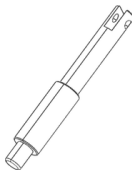
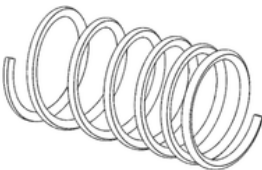
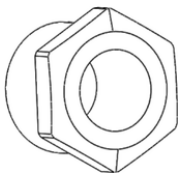
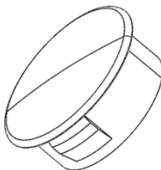
### Check before continuing

Linkage, gas spring, seat pivot, pulley and feet are secure.

## STAGE 3 / PARTS

# Identify your components

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

|                                                                                                                                           |                                                                                                                                  |                                                                                                                                                        |
|-------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>REF 1</b> <b>QTY 1</b>  <p>Adjust handle assembly</p> | <b>REF 2</b> <b>QTY 4</b>  <p>Seat assembly</p> | <b>REF 3</b> <b>QTY 4</b>  <p>65 x 114 end cap</p>                  |
| <b>REF 4</b> <b>QTY 1</b>  <p>Handle</p>                | <b>REF 5</b> <b>QTY 1</b>  <p>Pull pin</p>     | <b>REF 6</b> <b>QTY 1</b>  <p>Spring</p>                           |
| <b>REF 7</b> <b>QTY 1</b>  <p>Hex nut</p>              | <b>REF 8</b> <b>QTY 2</b>  <p>Locknut M5</p>  | <b>REF 9</b> <b>QTY 1</b>  <p>Hexagon pan head screws M5 x 20</p> |
| <b>REF 10</b> <b>QTY 1</b>  <p>Cushion</p>             | <b>REF 11</b> <b>QTY 2</b>  <p>Head pad</p>   | <b>REF 12</b> <b>QTY 4</b>  <p>25 Round hole plugs</p>            |

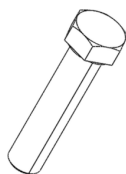
## STAGE 3 / PARTS

# Identify your components

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

REF 13

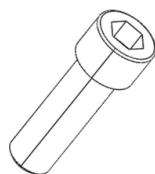
QTY 2



Hex head bolts M12 × 55

REF 14

QTY 8



Socket-head screw M8 × 25

REF 15

QTY 8



Spring washer Ø 8

REF 16

QTY 2



Washers Ø12.2xØ24 × 1.2

REF 17

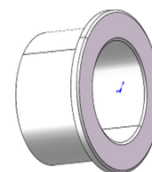
QTY 8



Washers Ø8.3xØ16 × 1

REF 18

QTY 2



Sintered bushing

REF 19

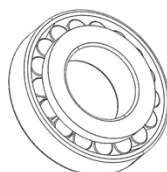
QTY 1



Locknut M12

REF 20

QTY 1



Tapered roller bearings  
Ø52xØ25 × 16.25

REF 21

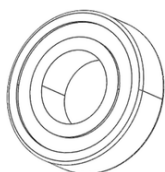
QTY 1



Shaft is used with elastic  
retaining ring Ø25

REF 22

QTY 1



Deep groove ball bearings  
Ø25xØ47 × 12

REF 23

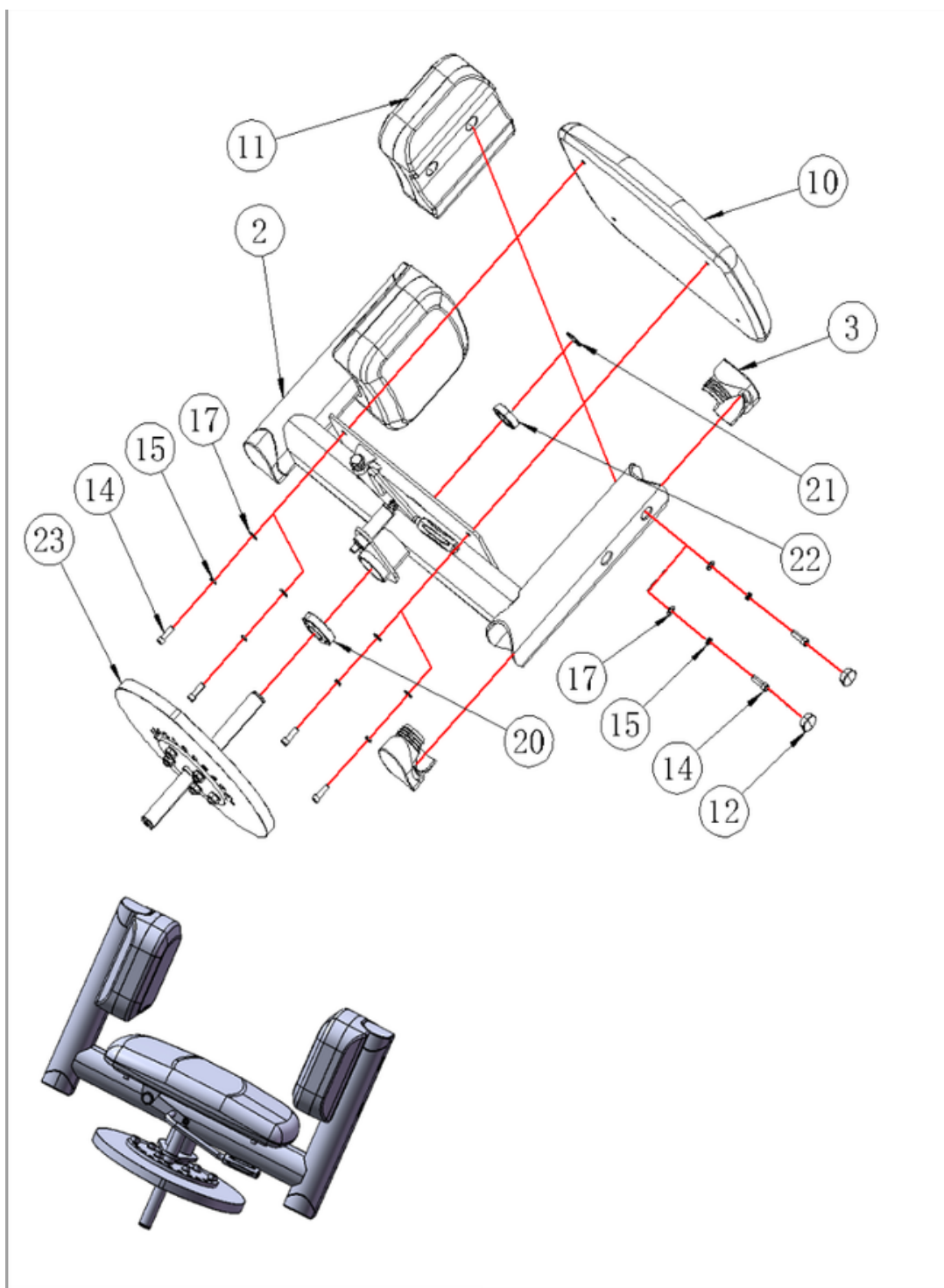
QTY 1



Wire reel adjustment

## STAGE 3 / DRAWING 1 OF 2

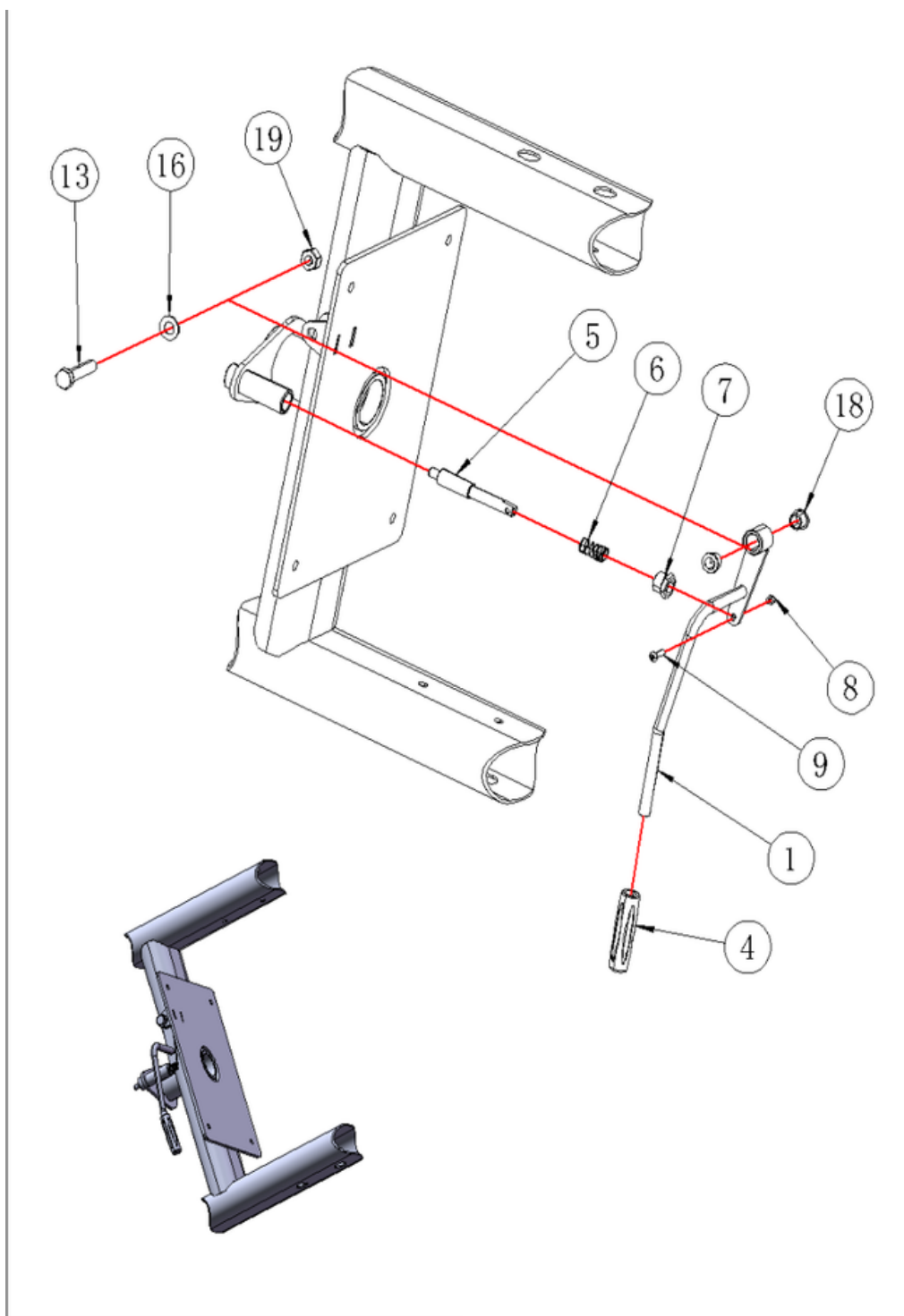
# Assembly stage 3



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 2

# 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: Complete the Seat and Lock

Use Stage 3 references. Do not confuse the seat bearing set with the separate frame bearing set in Stage 2.

### 9. Fit the seat bearings and cable reel

For drawing 1, seat tapered bearing 20 and ball bearing 22 at their illustrated positions in seat frame 2. Fit cable-reel adjustment assembly 23 through them and seat retaining ring 21 fully in its groove. Confirm bearing adjustment and shaft retention before use.

### 10. Attach the seat and side pads

Fit cushion 10 and both pads 11 using M8 × 25 screws 14, spring washers 15 and washers 17. Fit end caps 3 and plugs 12 after fastening. The list calls pads 11 head pads and lists four seat assemblies; use the drawing to identify their locations and confirm the actual quantities.

### 11. Assemble the seat selector handle

Using drawing 2, fit pull pin 5, spring 6 and hex nut 7. Fit bushings 18 and adjustment handle assembly 1 on the depicted M12 × 55 bolt 13 with washer 16 and locknut 19. Connect the handle mechanism with M5 × 20 screw 9 and locknuts 8 as shown; fit grip 4.

### 12. Check selector engagement

Operate the handle with the rotating seat supported. Verify the pull pin retracts and returns fully, locks at each tested setting and cannot remain partly engaged. Check seat, pads and cable-reel assembly are retained without bearing looseness.

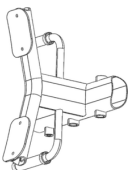
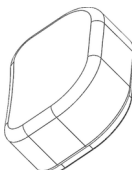
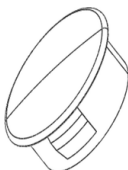
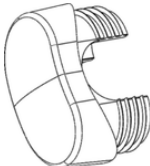
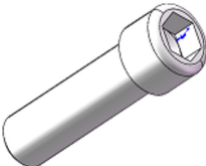
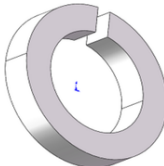
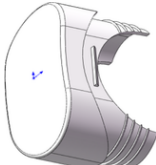
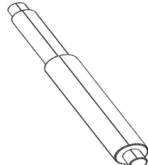
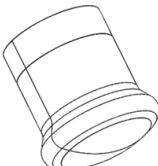
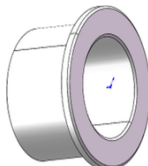
### Check before continuing

Seat, side pads, bearings and selector handle are secure.

## STAGE 4 / PARTS

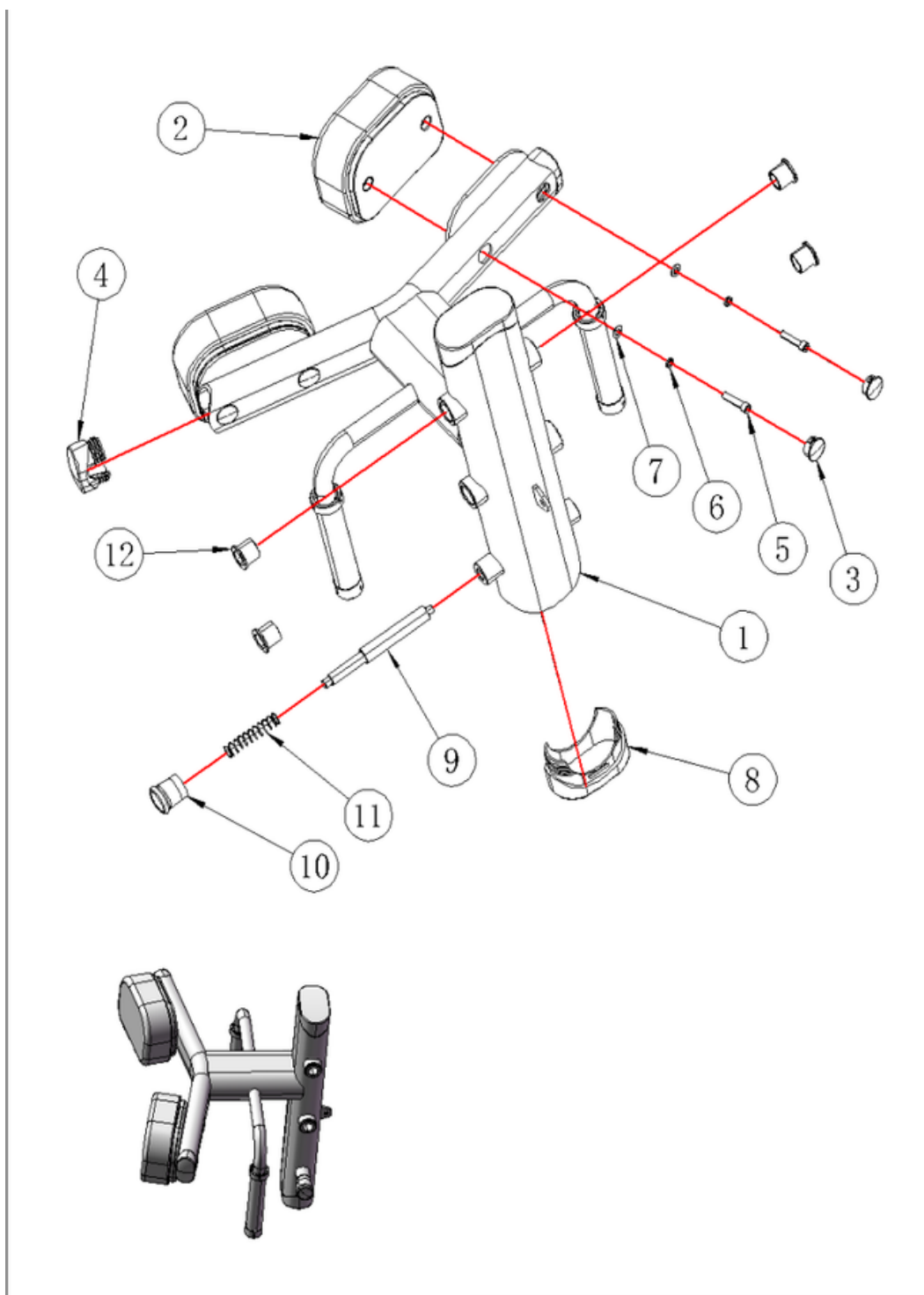
# Identify your components

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

|                                                                                                                                           |                                                                                                                                                |                                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
| <b>REF 1</b> <b>QTY 1</b>  <p>Shoulder pads assembly</p> | <b>REF 2</b> <b>QTY 2</b>  <p>Shoulder pads</p>               | <b>REF 3</b> <b>QTY 4</b>  <p>25 Round hole plugs</p> |
| <b>REF 4</b> <b>QTY 2</b>  <p>40 x 70 end cap</p>       | <b>REF 5</b> <b>QTY 4</b>  <p>Socket-head screws M8 x 35</p> | <b>REF 6</b> <b>QTY 4</b>  <p>Ø Spring washer 8</p>  |
| <b>REF 7</b> <b>QTY 4</b>  <p>Washers Ø8.3xØ16 x 1</p> | <b>REF 8</b> <b>QTY 4</b>  <p>65 x 114 end cap</p>          | <b>REF 9</b> <b>QTY 1</b>  <p>Pull pin bar</p>      |
| <b>REF 10</b> <b>QTY 1</b>  <p>Latch cap</p>           | <b>REF 11</b> <b>QTY 1</b>  <p>Spring</p>                   | <b>REF 12</b> <b>QTY 4</b>  <p>Sintered bushing</p> |

## STAGE 4 / DRAWING 1 OF 1

# 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: Finish the Shoulder Support

Use Stage 4 references and keep the shoulder assembly supported until its linkage and lock have been checked.

### 13. Fit both shoulder pads

Attach shoulder pads 2 to assembly 1 using M8 × 35 screws 5, spring washers 6 and washers 7. Start all pad screws before securing them. Fit plugs 3 and end caps 4 and 8 where shown.

### 14. Install the shoulder-position selector

Fit bushings 12 at the depicted bores. Fit pull pin 9, spring 11 and cap 10 in the illustrated order. Confirm the pin enters fully and both pads remain secure throughout the supported adjustment movement.

### Check before continuing

Shoulder pads, bushings, linkage and selector lock are secure.

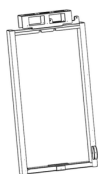
## STAGE 5 / PARTS

# Identify your components

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

REF 1

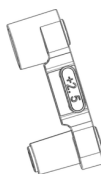
QTY 1



Small frame assembly

REF 2

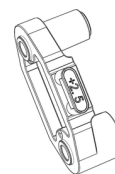
QTY 1



Sub-counterweigh t

REF 3

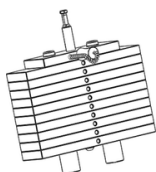
QTY 1



Sub-counterweig ht

REF 4

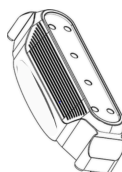
QTY 1



Balance and recombination

REF 5

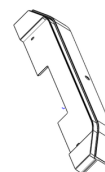
QTY 1



Large upper cover

REF 6

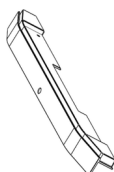
QTY 2



Front base

REF 7

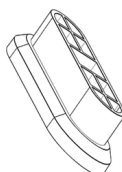
QTY 1



Rear base

REF 8

QTY 2



Base

REF 9

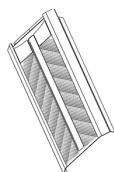
QTY 1



Top cover

REF 10

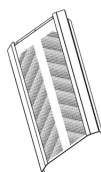
QTY 1



Front guard

REF 11

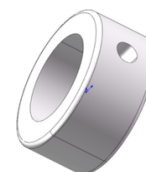
QTY 1



Rear guard

REF 12

QTY 2

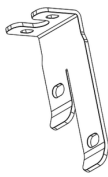
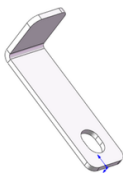
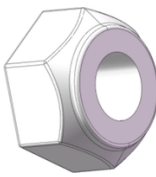


Guide rod retaining sleeve

## STAGE 5 / PARTS

# Identify your components

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

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

## STAGE 5 / 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

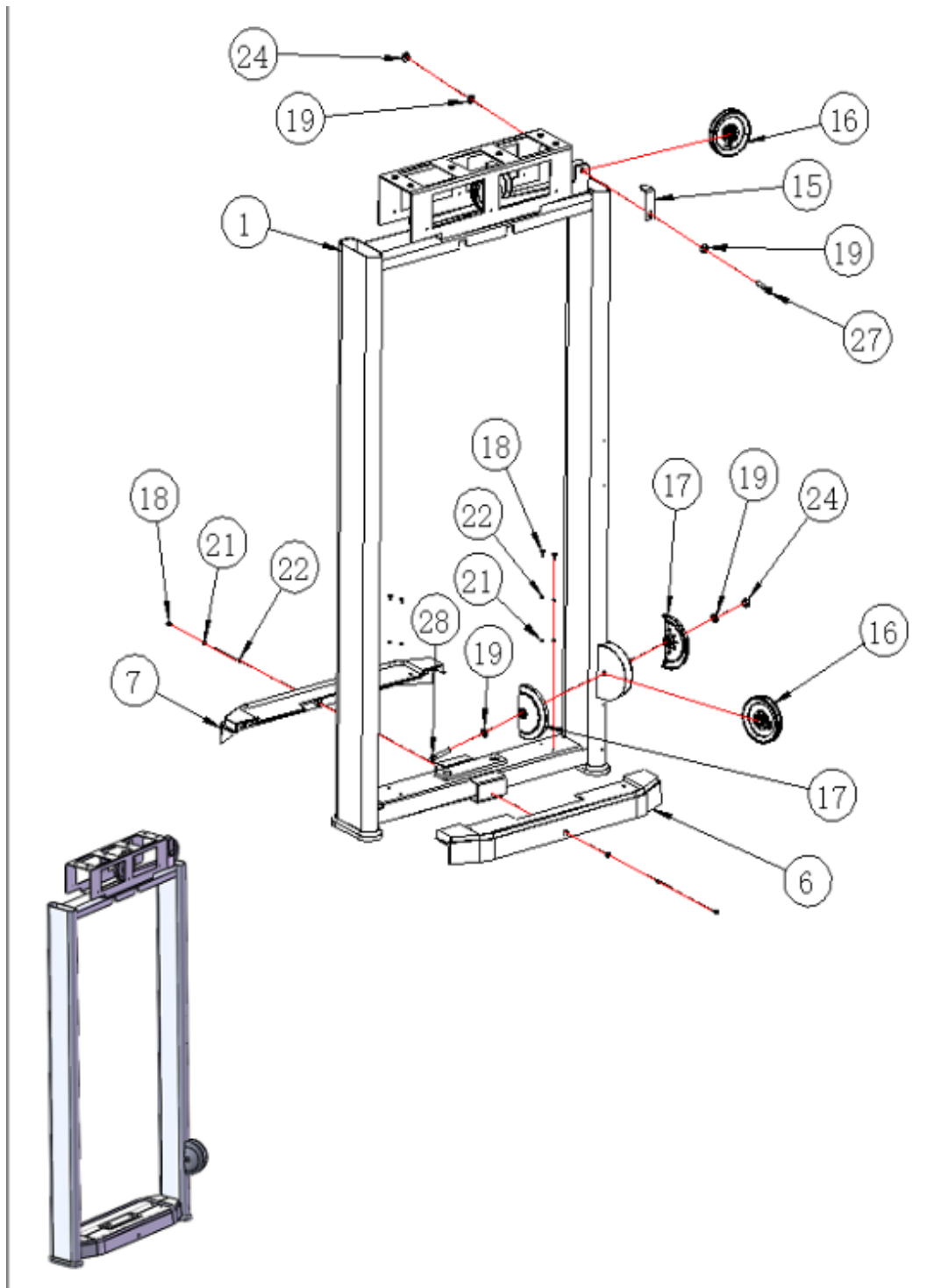
QTY 1



Socket-head screw M10 × 65

## STAGE 5 / DRAWING 1 OF 3

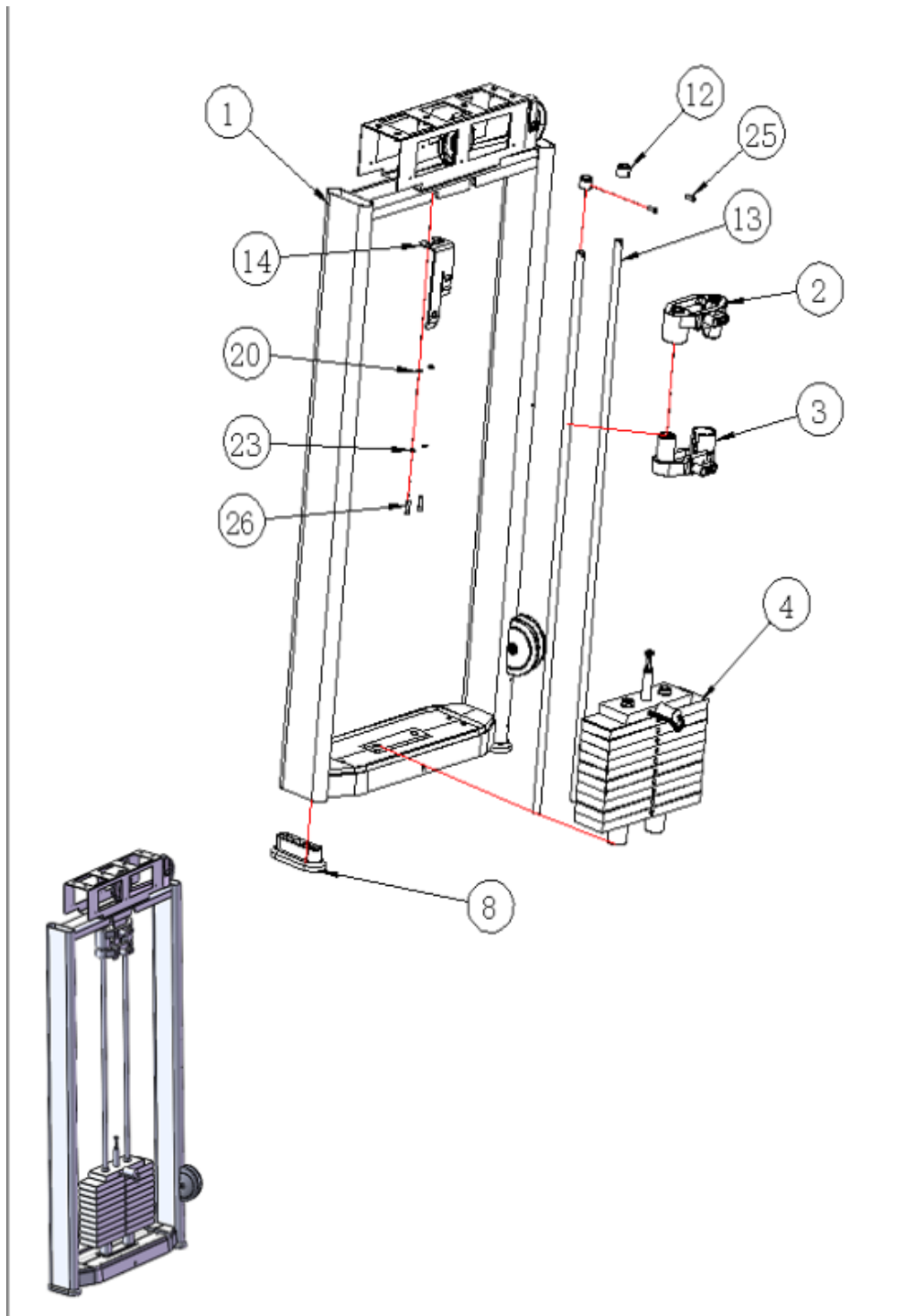
# Assembly stage 5



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 / DRAWING 2 OF 3

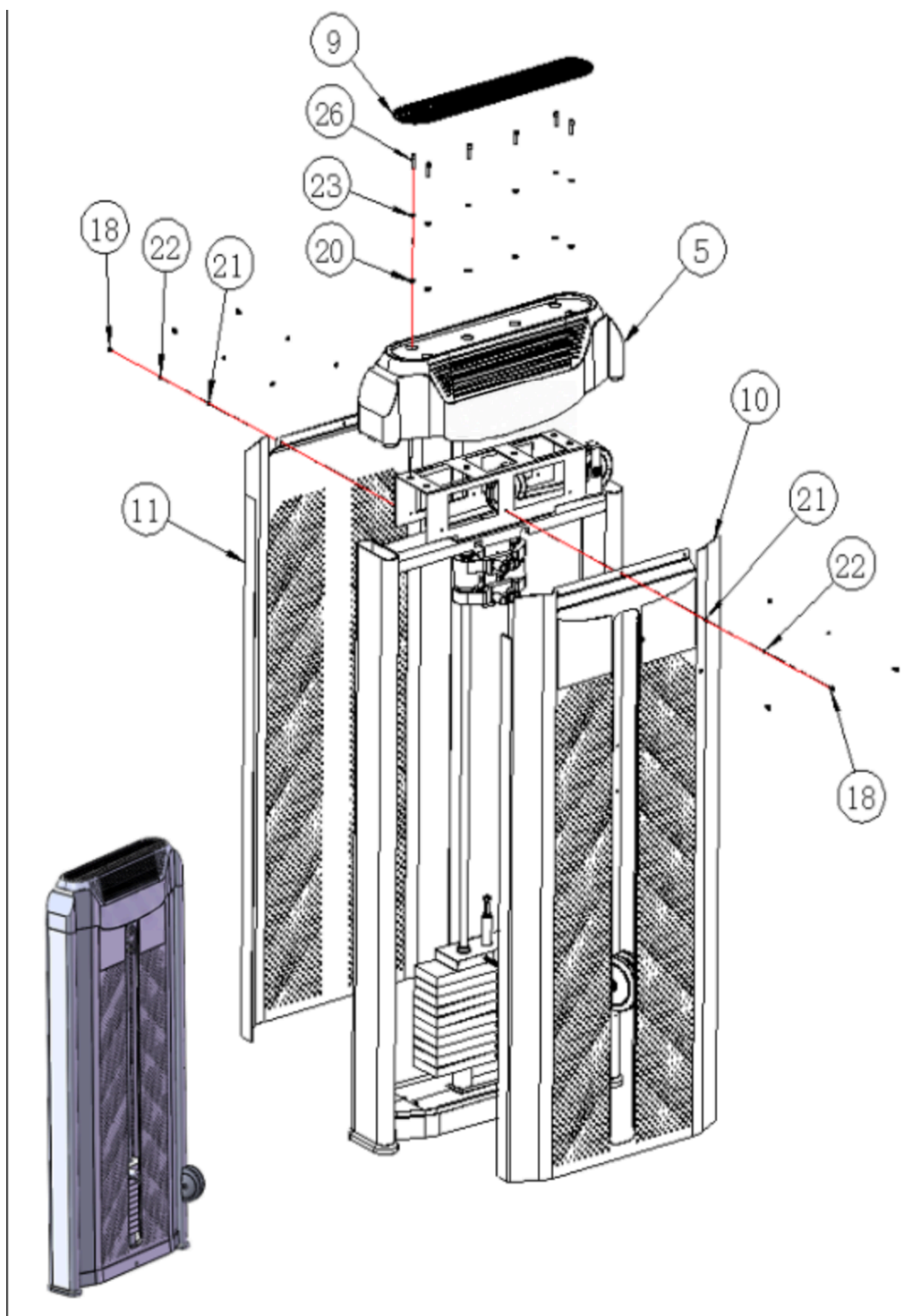
# Assembly stage 5



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 / DRAWING 3 OF 3

# 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: Assemble the Tower

Use Stage 5 references. The stack shown here is detailed in Stage 6; do not dismantle a correctly supplied stack simply to repeat that view.

### 15. Fit tower pulleys and base pieces

Using Stage 5 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.

### 16. Prepare the stack and guide rods

If the stack is dismantled, follow the Stage 6 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.

### 17. 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.

### 18. 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.

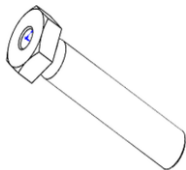
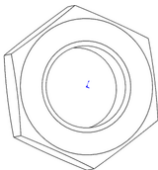
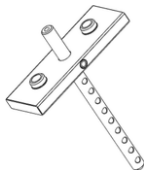
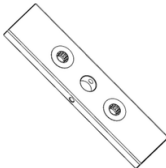
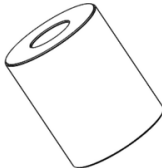
### Check before continuing

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

STAGE 6 / PARTS

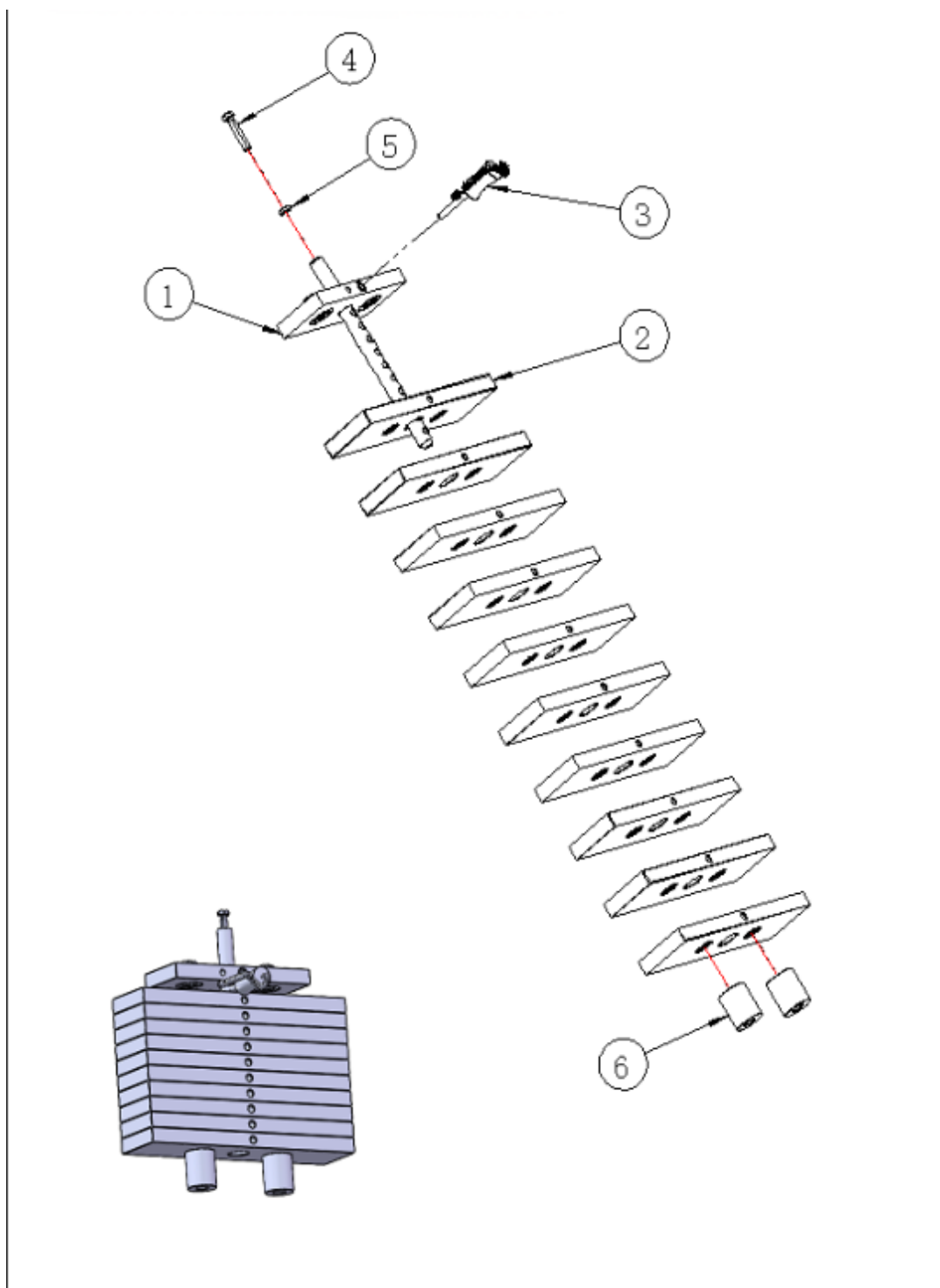
# Identify your components

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

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

## STAGE 6 / DRAWING 1 OF 1

# Assembly stage 6



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

## Stage 6: Verify the Weight Stack

This is the stack shown assembled in Stage 5. Inspect a correctly supplied stack without unnecessarily dismantling it.

### 19. Confirm the stack component mapping

The Stage 6 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.

### 20. Assemble and retain the supported stack

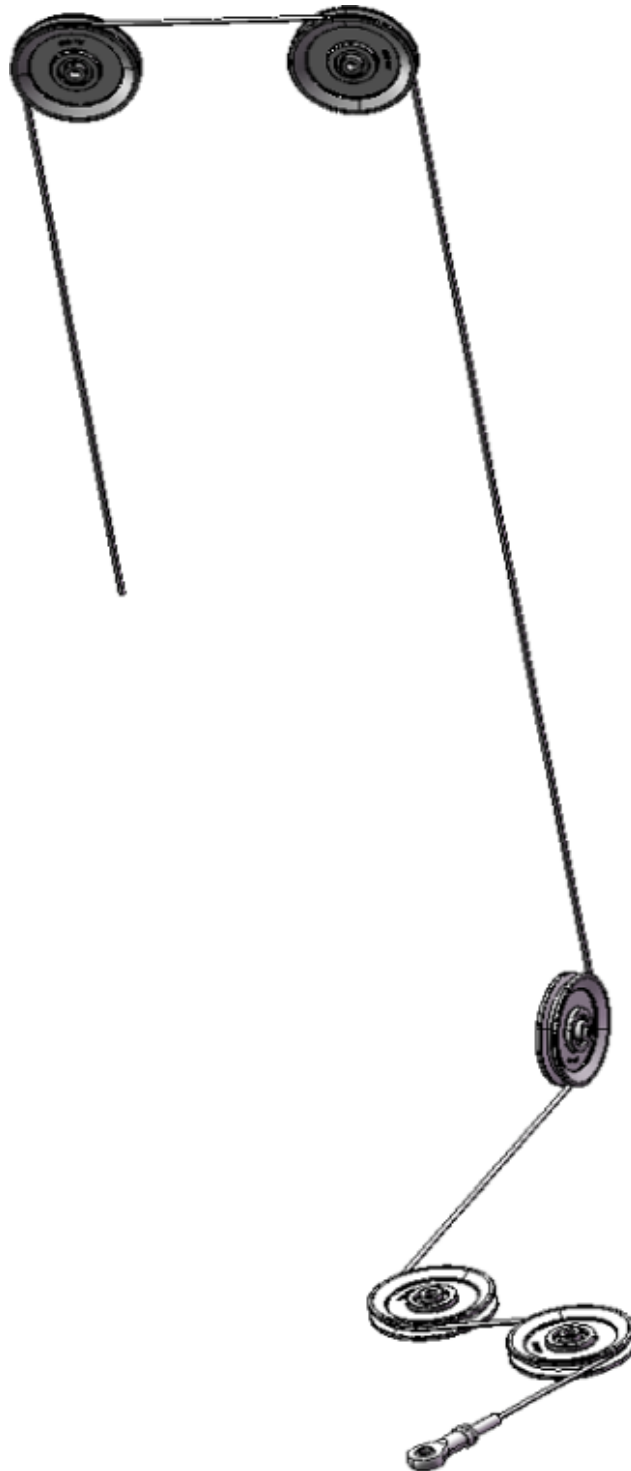
Preserve the illustrated plate order and selector-hole direction. Fit the lower buffers, plates and top plate while keeping every plate supported. Complete the guide retention in Stage 5. Confirm the selector pin engages fully and the hollow-screw connection and locking nut are secured using the supplied termination specification.

### Check before continuing

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

## STAGE 7 / DRAWING 1 OF 1

# Assembly stage 7



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

## Stage 7: Route, Guard and Test

Complete all bearing, gas-spring and selector checks before the equipment enters service.

### 21. Trace the cable to the seat reel

Keep the stack fully down. Follow the schematic over the two tower-top pulleys, down to the tower redirect and through the two horizontal redirects near the seat. Confirm the final connection to the cable reel against the supplied assembly and check every groove remains correctly seated.

### 22. Verify cable terminations

Check the stack and reel attachments against the supplied kit. The source omits cable length and complete termination settings; obtain these for loose or uncertain cable ends before tensioning. Verify the cable does not rub the seat mechanism or moving linkage.

### 23. Install guards and inspect fastening

Secure Stage 5 front guard 10 and rear guard 11 with screws 18, spring washers 22 and washers 21 after route inspection. Confirm screw 18 dimensions from the kit. Check all frame, bearing, linkage and pulley retainers; obtain torque and floor-fixing requirements before use.

### 24. Test at the lowest resistance

Lock the seat-position selector and shoulder support. With the lowest stack load selected, test the permitted rotation in each direction slowly. Confirm controlled movement, smooth stack lift and full return without cable slack, rubbing or binding. Stop if either lock or any attachment shifts.

### Check before continuing

Both rotation directions, all adjustment locks, guards and cable attachments 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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