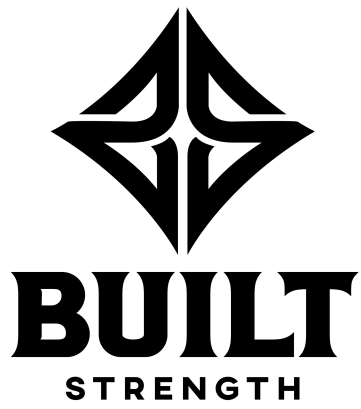
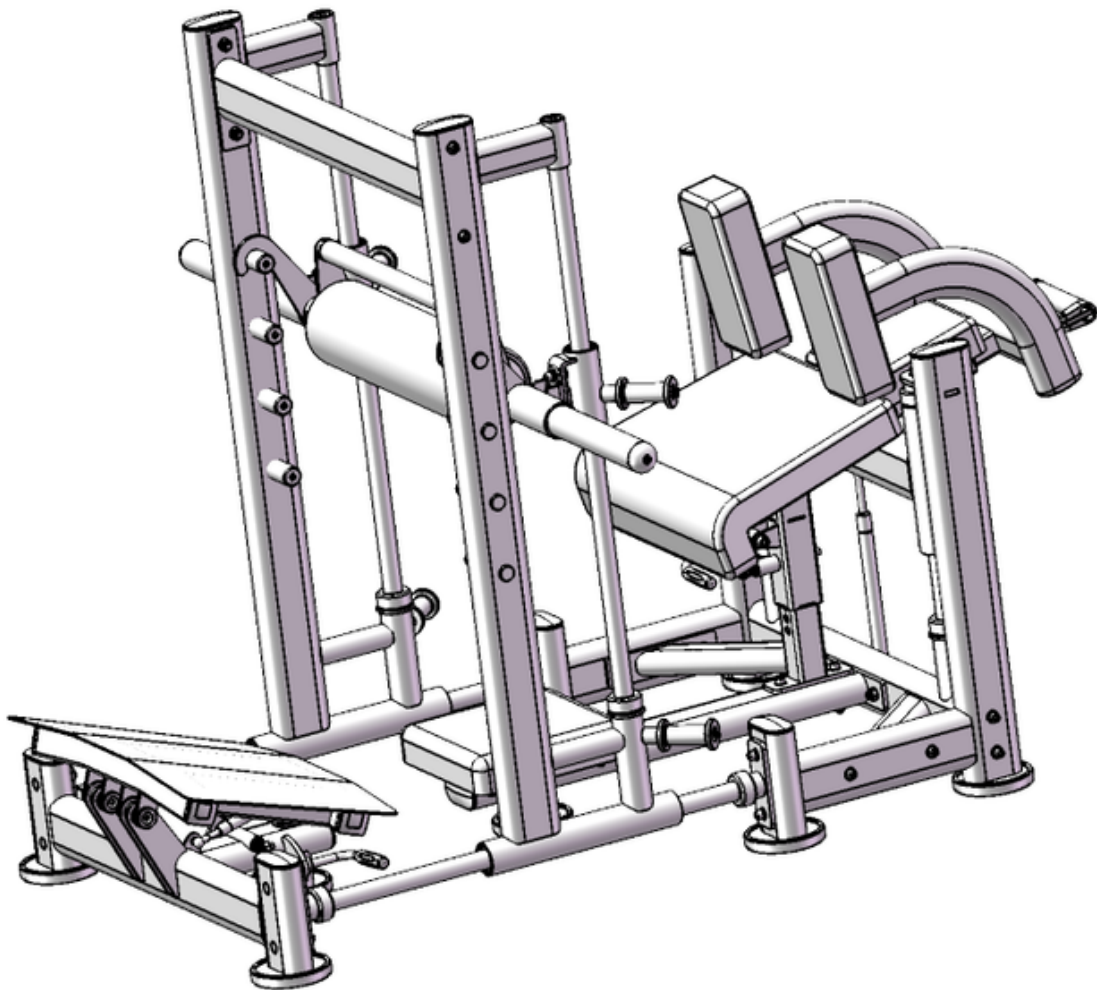




INFINITE SERIES

3D Glute

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 > Stage 4 > Stage 5 > Final inspection

Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

REF 1

QTY 1



Gas spring

REF 2

QTY 12



Socket screw M8 × 25

REF 3

QTY 2



Socket screw M10 × 25

REF 4

QTY 2



Socket screw M10 × 75

REF 5

QTY 2



M10 nut

REF 6

QTY 2



Shoulder pad

REF 7

QTY 2



Sintered bushing

REF 8

QTY 1



Small back pad

REF 9

QTY 4



Buffer, 30 mm bore

REF 10

QTY 1



Adjustment assembly

REF 11

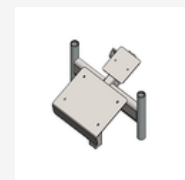
QTY 1



Adjustment handle assembly

REF 12

QTY 1



Backrest frame

STAGE 1 / PARTS

Identify your components

REF 13

QTY 1



Shoulder-pad frame

REF 14

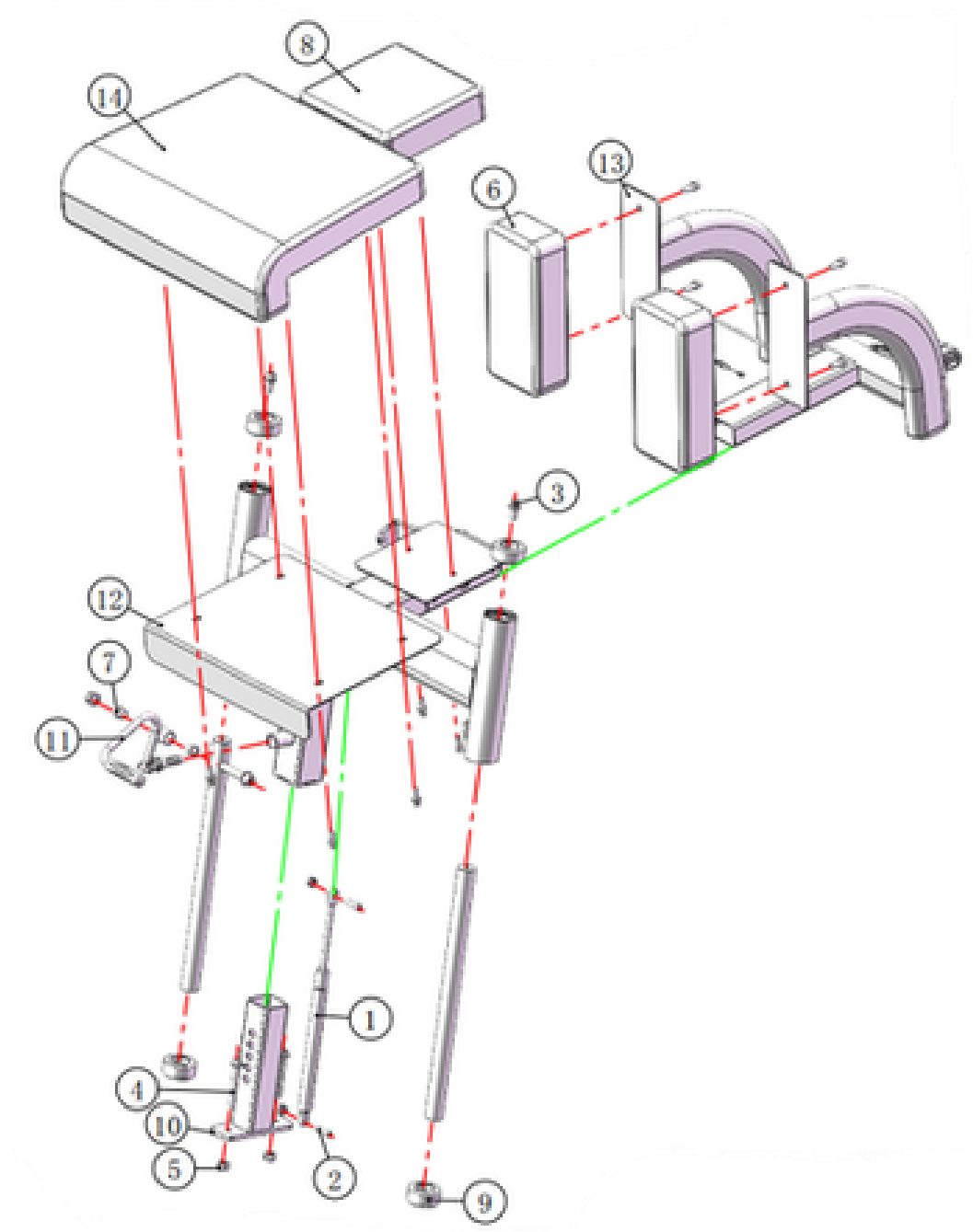
QTY 1



Large back pad

STAGE 1 / DRAWING

Assembly stage 1



Use the parts references and the following numbered instructions.

Stage 1: Build the Backrest Assembly

Each stage restarts its part references. The drawings show supplied assemblies; no welding is required.

1. Support and identify the backrest parts

Lay out backrest frame 12, shoulder-pad frame 13, adjustment assembly 10 and handle 11. Keep the frames supported while fitting the two bushings 7 in their illustrated pivot positions. Preserve any factory-adjusted pivot assembly.

2. Fit the pads

Fit small back pad 8, large back pad 14 and both shoulder pads 6 to their matching mounts using M8 × 25 screws 2 as drawn. Start every pad screw before securing the pads evenly. Attach shoulder frame 13 at the depicted backrest connection with screws 3.

3. Install the adjustment mechanism and gas spring

Position assembly 10 and handle 11 as shown, using M10 × 75 screws 4 and nuts 5 at the indicated joint. Fit gas spring 1 in its depicted orientation after confirming its end fittings and retention, which are not fully specified. Keep the backrest supported; do not open or modify the gas spring.

4. Fit buffers and check the lock

Fit buffers 9 at the illustrated guide/stop positions. Confirm the gas-spring attachments, pivot retention and adjustment-handle engagement before moving the supported assembly. Obtain any omitted locking or adjustment specification from Build A Gym.

Check before continuing

All pads, bushings, buffers and adjustment attachments are secure.

STAGE 2 / PARTS

Identify your components

REF 1

QTY 6



Socket screw M8 × 25

REF 2

QTY 12



Socket screw M10 × 75

REF 3

QTY 8



M10 nut

REF 4

QTY 1



Seat cushion

REF 5

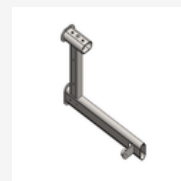
QTY 1



Side frame (ref 5)

REF 6

QTY 1



Side frame (ref 6)

REF 7

QTY 1



Rear connecting frame

REF 8

QTY 1



Seat support

REF 9

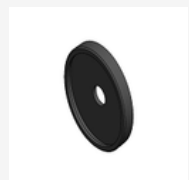
QTY 1



Shoulder-pad assembly

REF 10

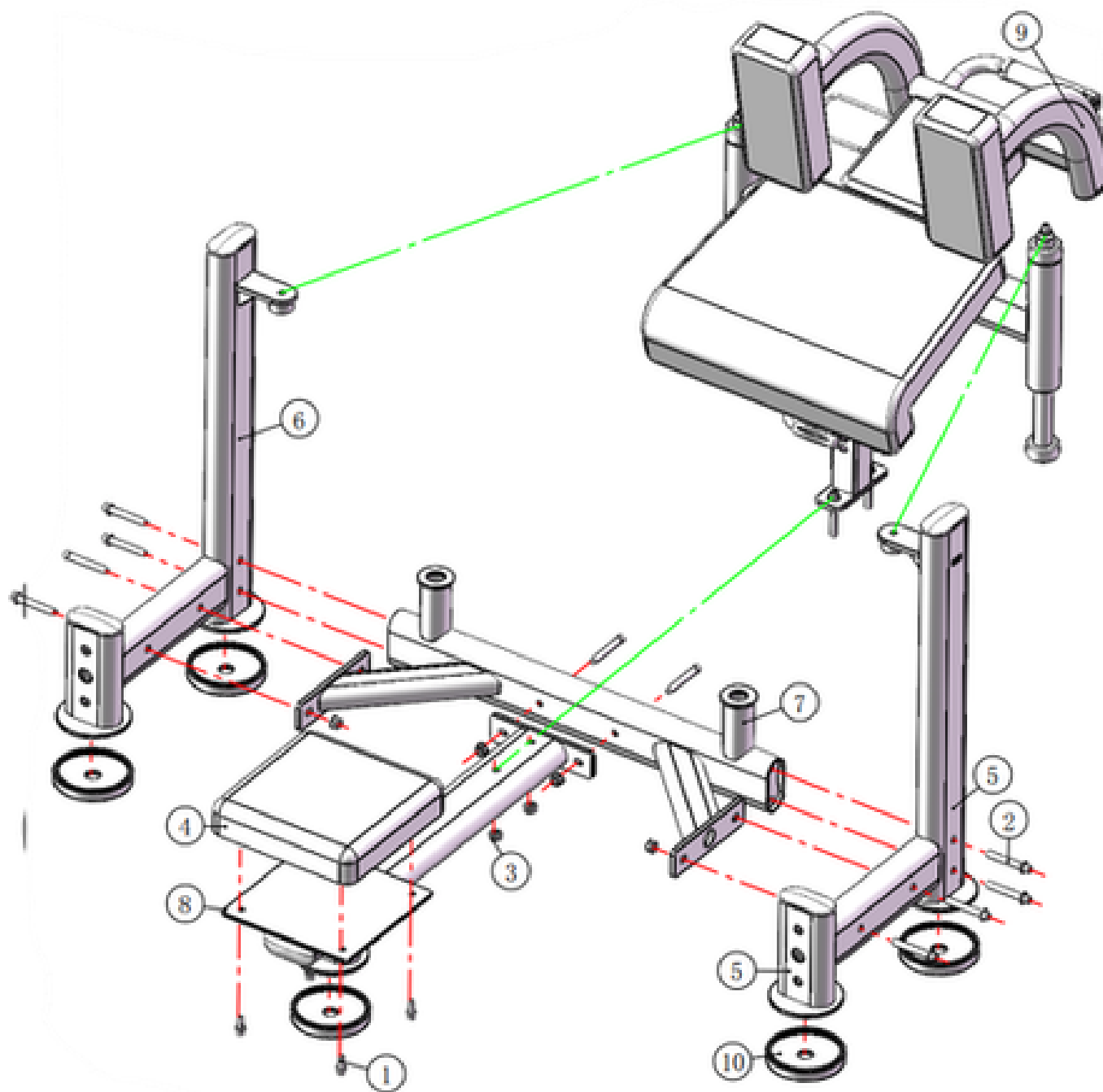
QTY 5



Frame foot

STAGE 2 / DRAWING

Assembly stage 2



Use the parts references and the following numbered instructions.

Stage 2: Assemble the Seat Frame

Keep the backrest supported while locating its guides.

5. Connect the side and rear frames

Place side frames 5 and 6 around rear connecting frame 7 and seat support 8 in the shown orientation. Fit M10 × 75 screws 2 and nuts 3 at the through-joints. The list gives 12 screws and eight nuts: confirm which joints are threaded before fastening.

6. Fit the seat and frame feet

Attach seat cushion 4 to support 8 with M8 × 25 screws 1 at the illustrated pad mounts. Fit the five feet 10 beneath their matching frame ends and check that the supported assembly rests evenly.

7. Install the backrest assembly

Support completed shoulder/backrest assembly 9 and locate its guides in the side-frame mounts as drawn. Confirm all guide-end retainers and buffer positions before removing support; the overview does not specify every retainer. Test adjustment and positive locking without a user seated.

Check before continuing

Seat-frame joints, feet, backrest guides and locks are confirmed.

STAGE 3 / PARTS

Identify your components

REF 1

QTY 1



Gas spring

REF 2

QTY 1



Socket screw M8 × 12

REF 3

QTY 4



Socket screw M8 × 25

REF 4

QTY 2



M8 nut

REF 5

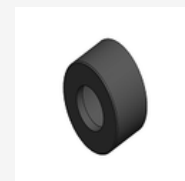
QTY 4



Shaft end cover

REF 6

QTY 1



Limit spacer

REF 7

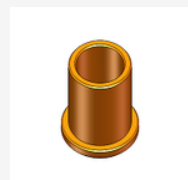
QTY 2



Footplate pivot shaft

REF 8

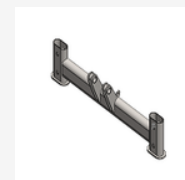
QTY 4



Sintered bushing

REF 9

QTY 1



Front frame

REF 10

QTY 1



Front support

REF 11

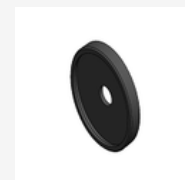
QTY 1



Footplate assembly

REF 12

QTY 3



Frame foot

STAGE 3 / PARTS

Identify your components

REF 13

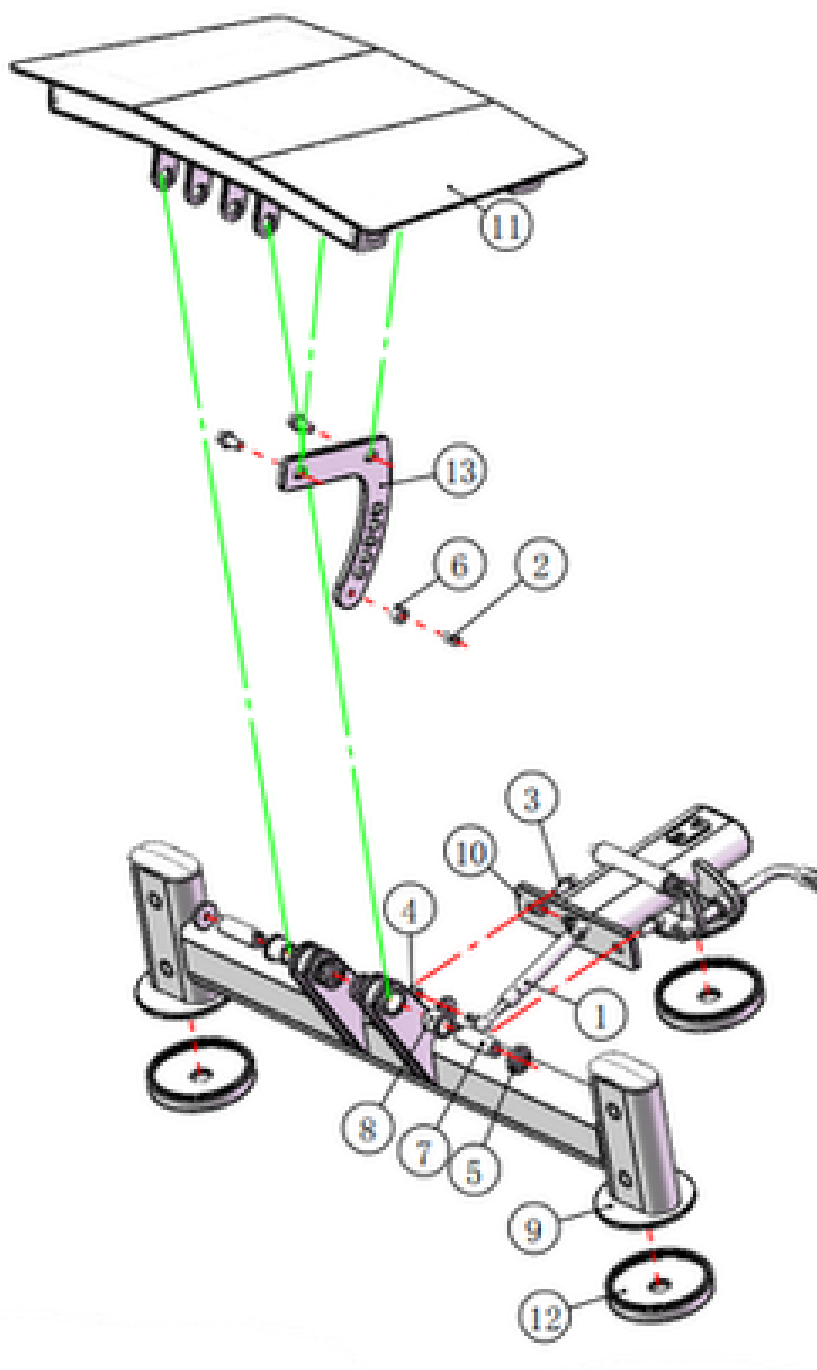
QTY 1



Adjustment plate

STAGE 3 / DRAWING

Assembly stage 3



Use the parts references and the following numbered instructions.

Stage 3: Assemble the Footplate

Keep clear of the footplate linkage and gas-spring pinch points.

8. Fit the footplate pivots

Position front frame 9, front support 10 and footplate 11 as drawn. Fit bushings 8 and shafts 7 through their matching pivot mounts, then retain both shaft ends with covers 5 and M8 × 25 screws 3. Keep the footplate supported until every shaft is retained.

9. Fit the adjustment plate and gas spring

Attach adjustment plate 13 with spacer 6 and M8 × 12 screw 2 at the shown point. Fit gas spring 1 between its depicted mounts using the shown M8 nuts 4 after confirming the end fittings. Do not alter the pressurized spring or force its travel.

10. Fit the feet and verify adjustment

Fit feet 12 and check the front assembly sits steadily. With the footplate supported, test its adjustment mechanism and positive lock engagement through the intended settings. Resolve any omitted pin-retention or gas-spring detail before standing on the plate.

Check before continuing

Footplate shafts, end covers, gas spring and adjustment lock are secure.

STAGE 4 / PARTS

Identify your components

REF 1

QTY 8



Countersunk screw M5 × 10

REF 2

QTY 20



Socket screw M10 × 25

REF 3

QTY 4



Socket screw M10 × 90

REF 4

QTY 2



Loading sleeve assembly

REF 5

QTY 1



Hook assembly

REF 6

QTY 4



M10 nut

REF 7

QTY 8



Long nylon limit sleeve

REF 8

QTY 6



Buffer, 30 mm bore

REF 9

QTY 2



Inner collar

REF 10

QTY 1



Leg roller

REF 11

QTY 2



Handle fixing bracket

REF 12

QTY 1



Upper cross support

STAGE 4 / PARTS

Identify your components

REF 13

QTY 2



Guide-shaft fixing bracket

REF 14

QTY 1



Left sliding frame

REF 15

QTY 1



Right sliding frame

REF 16

QTY 2



Sliding sleeve assembly

REF 17

QTY 1



Roller shaft

REF 18

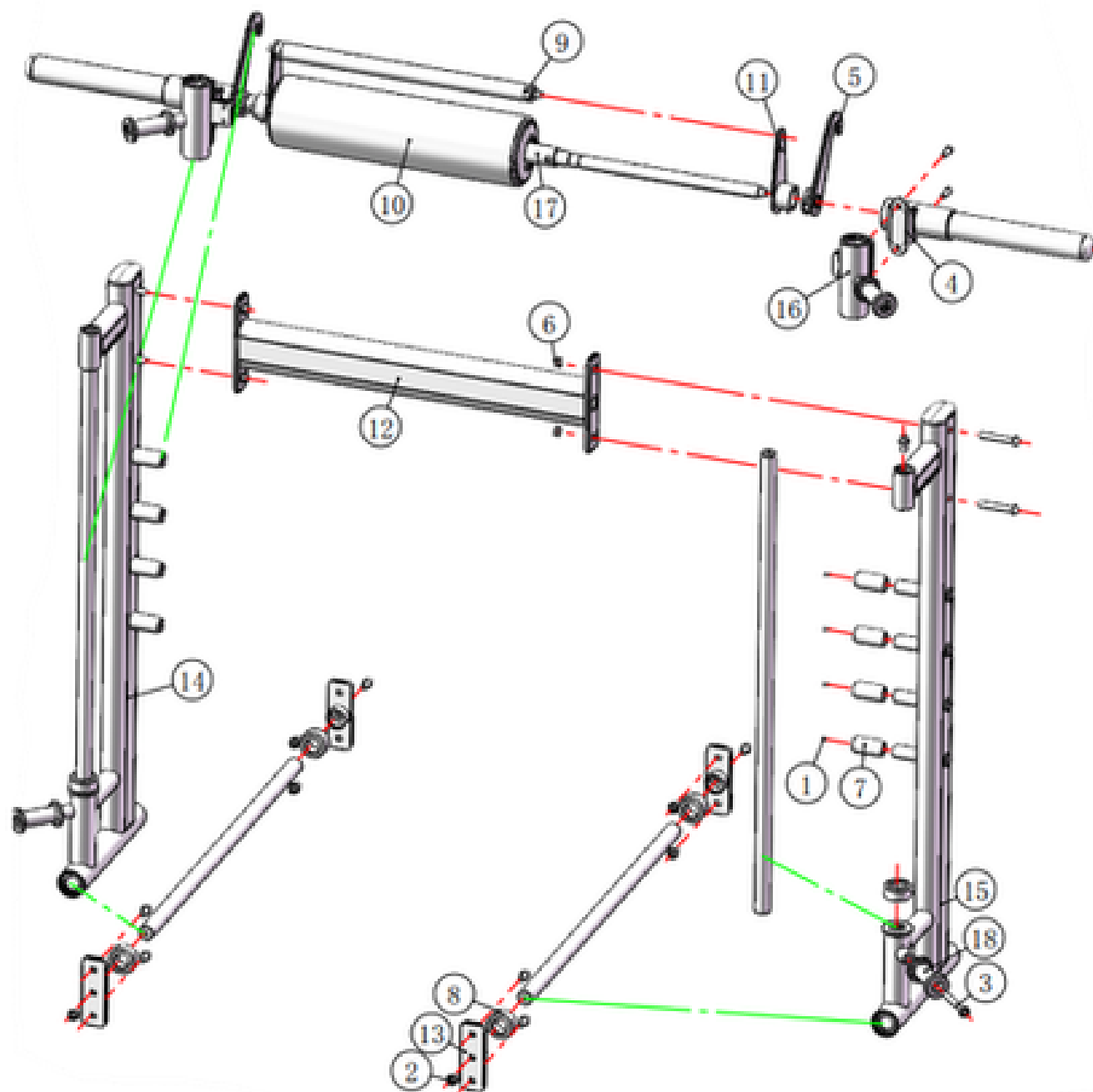
QTY 4



Retaining shaft

STAGE 4 / DRAWING

Assembly stage 4



Use the parts references and the following numbered instructions.

Stage 4: Assemble the Sliding Frame

Some guide and retention details are omitted. Confirm these with Build A Gym before closing the assembly.

11. Support both guide frames

Identify sliding frames 14 and 15, sleeve assemblies 16 and guide-shaft fixing brackets 13. Brace both uprights and keep the sliding components restrained against uncontrolled movement. Confirm the loose guide shafts and all end retainers against the supplied kit; the list does not fully identify them.

12. Fit guides, sleeves and buffers

Follow the drawing to locate sleeve assemblies 16, nylon limit sleeves 7, buffers 8 and brackets 13 on their respective guides. Fit the depicted M10 × 25 screws 2 and countersunk screws 1 at their marked points. Verify the exact axial order and retention before releasing support.

13. Fit the upper support and roller assembly

Join upper cross support 12 between the uprights using the illustrated M10 × 90 screws 3 and nuts 6. Support roller shaft 17 while fitting roller 10, collars 9, brackets 11, hook 5 and loading sleeves 4 in the drawing order. Confirm all omitted collar and shaft-retention details.

14. Verify the hook and sliding mechanism

Fit retaining shafts 18 and the remaining depicted hardware. Confirm hook engagement, guide-end retention, sleeve travel and all travel stops with the mechanism supported. Do not add plates until the complete frame is joined and every retaining device has been checked.

Check before continuing

Guide frames, cross support, roller shaft, hook and travel stops are confirmed.

STAGE 5 / PARTS

Identify your components

REF 1

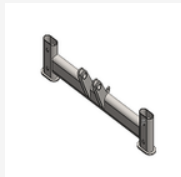
QTY 18



Socket screw M10 × 25

REF 2

QTY 1



Front frame assembly

REF 3

QTY 1



Seat/frame assembly

REF 4

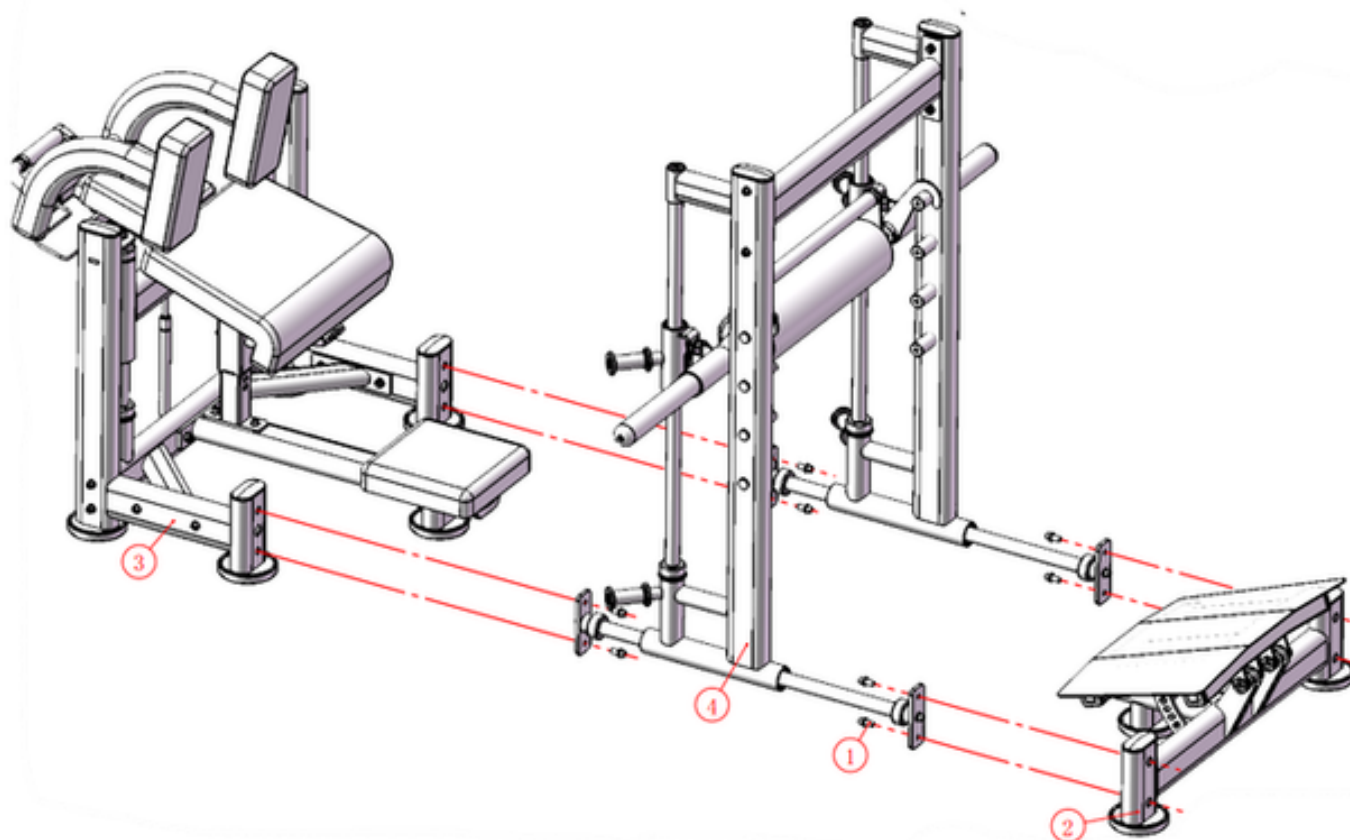
QTY 1



Sliding frame assembly

STAGE 5 / DRAWING

Assembly stage 5



Use the parts references and the following numbered instructions.

Stage 5: Join the Three Assemblies

The final diagram uses Stage 5 references only.

15. Position the seat, sliding frame and footplate

Arrange seat/frame assembly 3, sliding frame 4 and front footplate assembly 2 as in the final drawing. Keep the sliding frame braced and its moving parts restrained. Align the lower longitudinal connections without forcing the guide frames out of parallel.

16. Fit the final frame connections

Start the listed M10 × 25 screws 1 at all depicted frame joins. Confirm the supplied quantity of 18 against the actual mounting points and identify any unshown washers or retainers before tightening. Secure the aligned frame only when all feet rest evenly.

17. Confirm the installation requirements

Recheck every frame joint, shaft retainer, pad, gas spring and adjustment lock. Obtain the required fastener torque, any floor anchoring and allowable loading from Build A Gym; the source does not provide these specifications. Keep the machine unloaded until they are confirmed.

Check before continuing

Whole-frame alignment and every structural connection are verified.

Final Setup: Check Movement and Stops

Do not commission with an unconfirmed hook, stop, guide or gas-spring attachment.

18. Test all adjustments without load

With no plates fitted and no user on the machine, support and test the backrest and footplate adjustments. Confirm both gas springs remain retained and every selected position locks positively. Check all pads and the roller remain secure.

19. Check controlled carriage movement

Slowly move the unloaded sliding mechanism within its permitted travel. Verify smooth guide movement, secure hook engagement and effective stops on both sides. Keep hands clear of the guide sleeves and never stand beneath an unsupported moving assembly.

20. Complete the first-use inspection

Confirm stable feet, clear movement, retained shafts and secure loading sleeves. Stop for binding, uneven movement, shifting pads or incomplete hook engagement. Add resistance only after all checks and the specified loading requirements are satisfied.

Check before continuing

Adjustments, guides, hook and stops pass the unloaded 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.

☐ **Carriage and adjustment inspection**

Verify guide retainers, hook engagement, travel stops, pads and both gas-spring attachments. Check unloaded movement and positive backrest and footplate locking before adding resistance.

☐ **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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