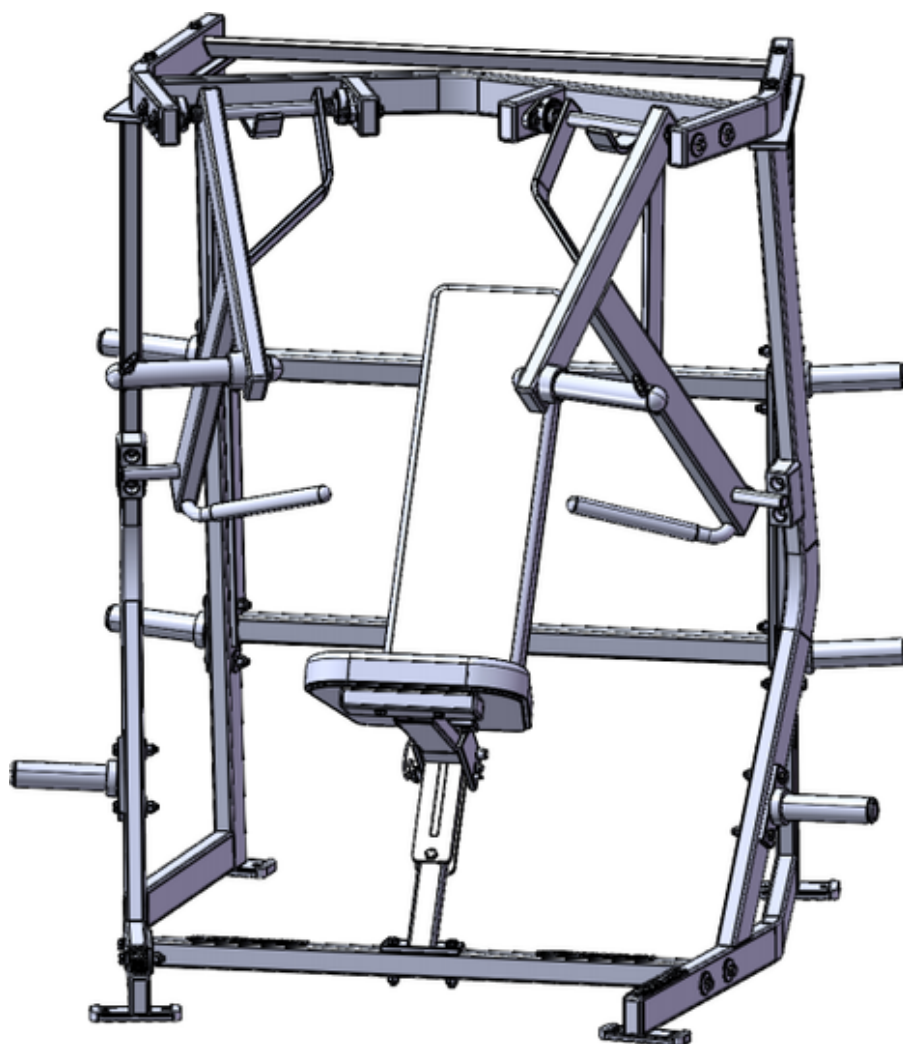


INFINITE SERIES

Iso-Lateral Decline Chest 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 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

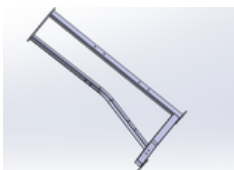
STAGE 1 / PARTS

Identify your components

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

REF 1

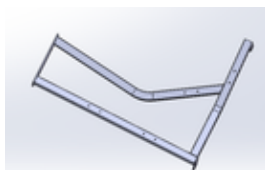
QTY 1



Left side frame assembly

REF 2

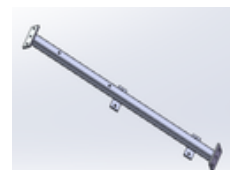
QTY 1



Right side frame assembly

REF 3

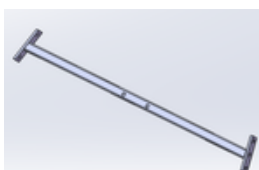
QTY 1



Backrest assembly

REF 4

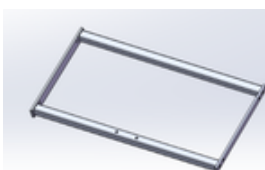
QTY 1



Bottom support assembly

REF 5

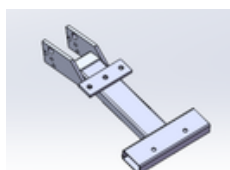
QTY 1



Rear connection assembly

REF 6

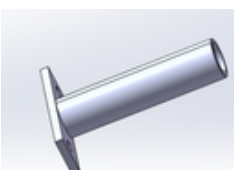
QTY 1



Seat assembly

REF 7

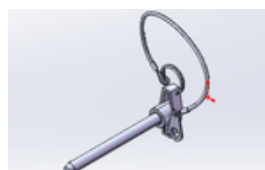
QTY 6



Storage-horn assembly

REF 8

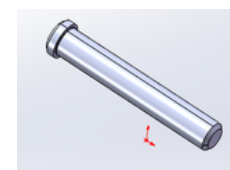
QTY 1



Seat cushion safety shaft

REF 9

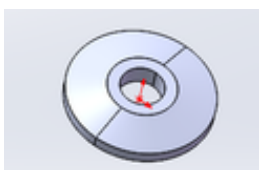
QTY 1



Seat pivot shaft

REF 16

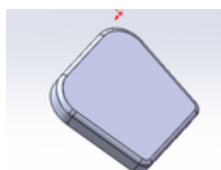
QTY 14



Plastic spacer

REF 21

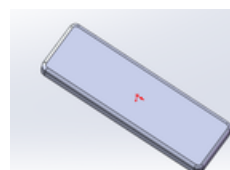
QTY 1



Cushion

REF 22

QTY 1



Back cushion

STAGE 1 / PARTS

Identify your components

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

REF 23

QTY 26



Internal gear gasket

REF 24

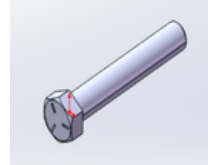
QTY 9



Flat washer

REF 25

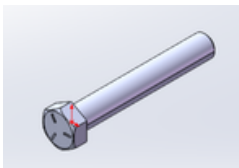
QTY 16



Hex head bolt

REF 26

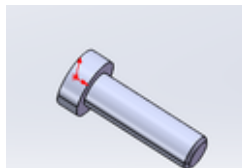
QTY 6



Hex head bolt

REF 29

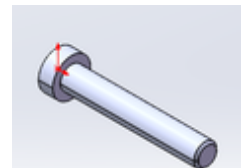
QTY 6



Socket-head bolt

REF 30

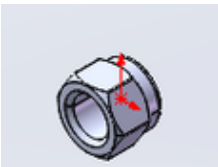
QTY 2



Socket-head bolt

REF 31

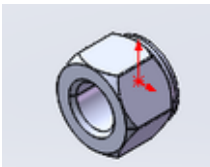
QTY 1



Nut

REF 32

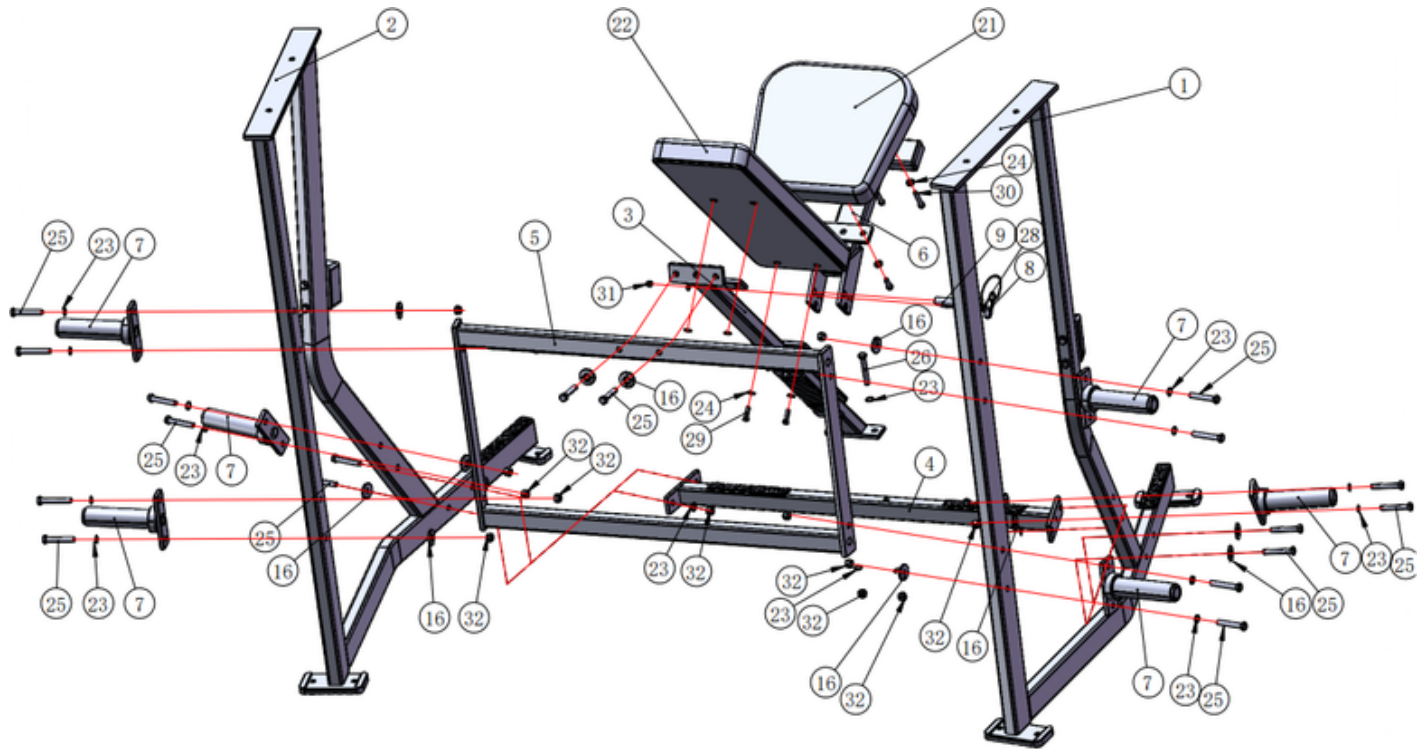
QTY 26



Nut

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 Support Frame

Use the Stage 1 exploded view to locate each joint; confirm all omitted hardware dimensions.

1. Identify the hardware and support the sides

Using Stage 1 references, stand left frame 1 and right frame 2 on a protected level floor with both supported. Group bolts 25, 26, 29 and 30, washers 23 and 24, spacers 16 and nuts 31 and 32 by the depicted joints. The list omits their thread sizes and lengths; confirm the supplied specifications before fastening.

2. Join the lower and rear crossmembers

Position bottom support 4 and rear connection 5 between the side frames as illustrated. Fit the depicted bolts 25, toothed washers 23, plastic spacers 16 and nuts 32 at their matching joints. Start all bolts before aligning the two side frames.

3. Install the backrest support

Position backrest support 3 between the crossmembers. Fit bolts 26 with toothed washers 23 and nuts 32 at the illustrated lower connections. Confirm the upper joint and all mating hardware before securing the support.

4. Fit the six storage horns

Attach six storage-horn assemblies 7 at the side-frame mounts with bolts 25 and toothed washers 23 as depicted. Preserve any shared crossmember connection and spacer order. Leave every storage and loading horn empty during assembly.

Check before continuing

Both side frames, crossmembers, backrest support and storage horns are secure.

Stage 1: Fit the Seat and Upholstery

Do not load an incomplete or unconfirmed seat mechanism.

5. Install the seat pivot and safety pin

Support seat assembly 6 at the backrest support. Fit pivot shaft 9, the illustrated spacers 16 and associated bolt/nut retention at the pivot. Fit seat safety pin 8 in its shown relationship. Drawing callout 28 is absent from the parts list; obtain that component and its retention specification before completing the seat mechanism.

6. Attach the seat and back cushions

Fit seat cushion 21 and back cushion 22 using bolts 30 or 29 with flat washers 24 at their depicted mounts. Start each pad fastener before tightening evenly. Confirm the lengths so the screws secure the pads without bottoming out or damaging upholstery.

7. Check the supported seat adjustment

With the seat supported, move its mechanism through the intended adjustment range. Confirm the safety pin and any locking features engage fully. Verify all pivot ends, spacers and retaining hardware are secure before sitting on the machine.

Check before continuing

Seat and back pads are secure and the seat adjustment locks positively.

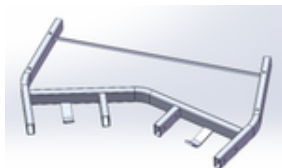
STAGE 2 / PARTS

Identify your components

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

REF 1

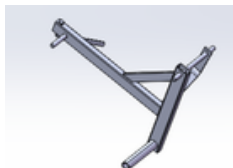
QTY 1



Shelf assembly

REF 2

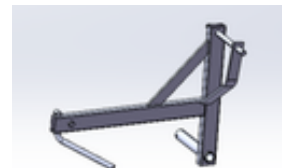
QTY 1



Left boom assembly

REF 3

QTY 1



Right arm assembly

REF 5

QTY 4



Telescopic tube

REF 8

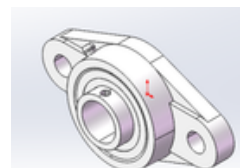
QTY 8



Plastic spacer

REF 12

QTY 4



Bearing housing

REF 13

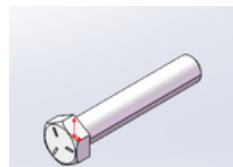
QTY 16



Internal gear gasket

REF 14

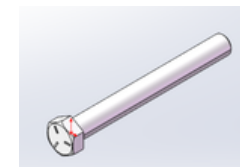
QTY 8



Hex head bolt

REF 15

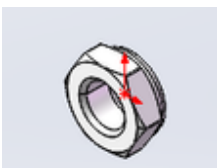
QTY 4



Hex head bolt

REF 16

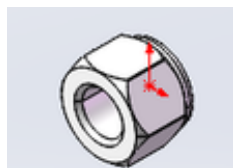
QTY 8



Nut

REF 17

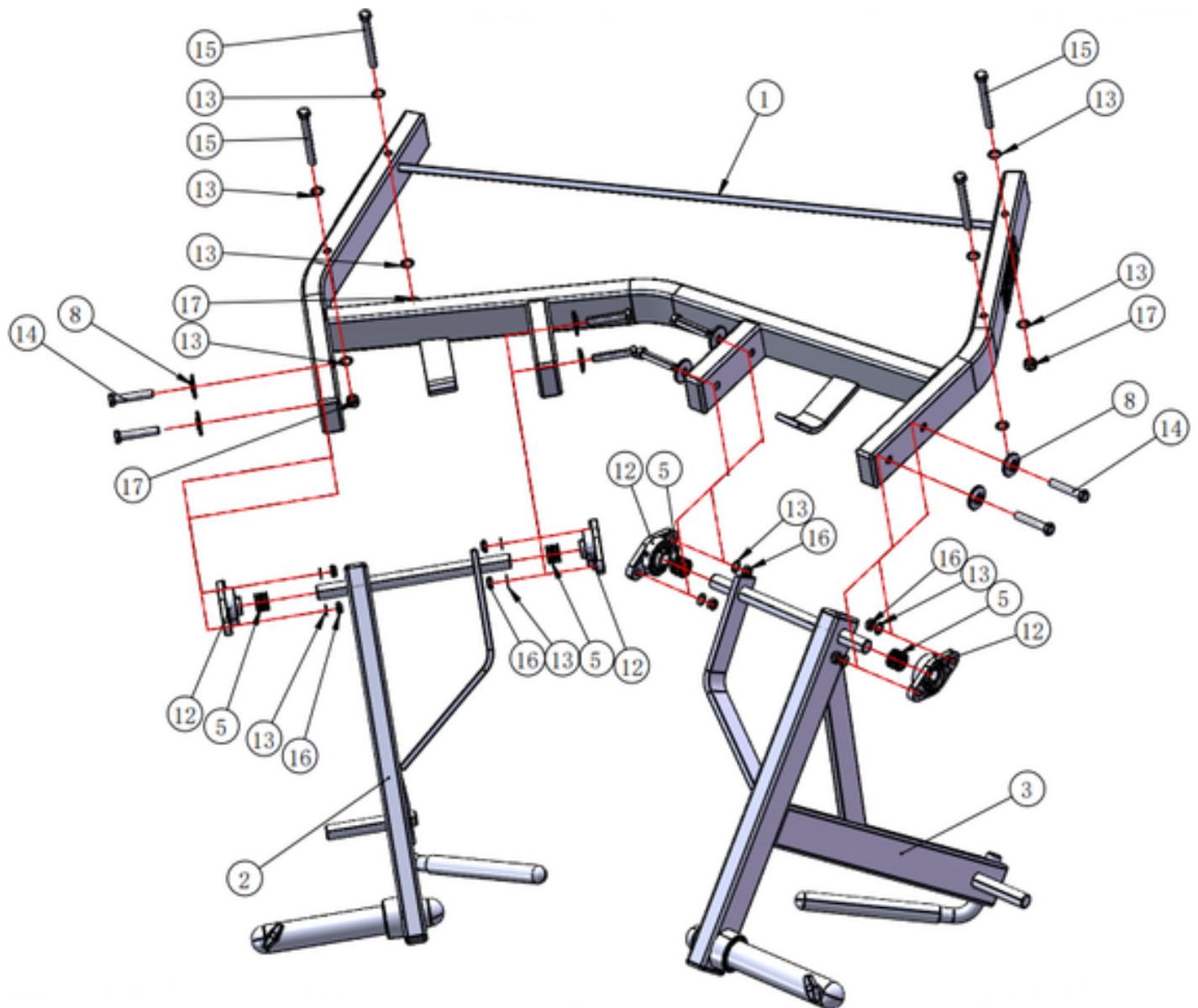
QTY 4



Nut

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: Install Both Press Arms

Keep all horns empty throughout these checks. Resolve the omitted seat and bearing-retention details before use.

8. Attach the upper frame

Using Stage 2 references, support upper frame assembly 1 on the side frames. Fit bolts 14 and 15 with toothed washers 13, plastic spacers 8 and nuts 17 at their depicted upper connections. Confirm all hardware sizes and lengths from the kit before fastening.

9. Fit bearings and support the arms

Identify left press arm 2, right press arm 3, four bearing housings 12 and sleeves 5. Support one arm at a time and position its shaft, sleeves and bearing housings in the illustrated order at the upper frame. Keep both arms supported until every bearing and shaft retainer is confirmed.

10. Secure the bearing housings

Fit the depicted washers 13 and nuts 16 at the bearing-housing connections. Verify the complete bolt arrangement against the delivered assembly; the drawing does not separately label every bearing-mount bolt. Confirm the shaft locking or retention method and housing alignment before removing arm supports.

11. Inspect the unloaded movement

With no plates on the machine, move each arm slowly through its permitted range. Check the loading horns, handles and pivots clear the frame and upholstery. Confirm the bearing housings remain fixed and the shafts cannot move out of their retained positions.

12. Complete the installation

Obtain tightening torque, bearing-retention settings and floor-fixing requirements from Build A Gym for the delivered revision. Secure the machine accordingly, verify the seat lock again, and complete the final inspection before adding any weight plates.

Check before continuing

Both arms move freely and all pivots, pads, frame joints and the seat lock are secure.

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.

☐ **Loading horns and press-arm pivots**

With all horns empty, check both press arms, bearing housings and shaft retainers. Confirm the seat locks fully and every pad, horn and structural joint is 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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