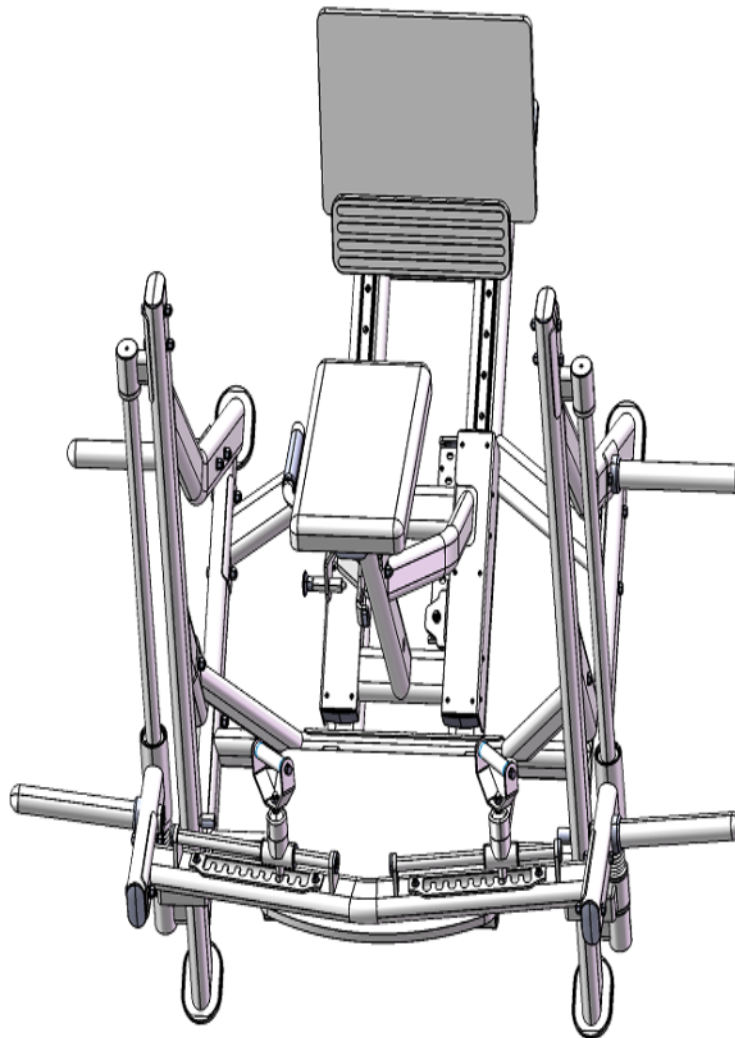


INFINITE SERIES

Orbital 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 → Routing → 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



Right frame

REF 2

QTY 1



Footplate assembly

REF 3

QTY 1



Left frame

REF 4

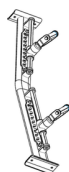
QTY 1



Slide assembly

REF 5

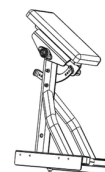
QTY 1



Handle

REF 6

QTY 1



Sliding assembly

REF 7

QTY 2



Slide

REF 8

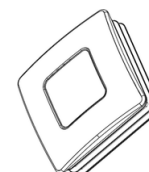
QTY 2



Bumper pad

REF 9

QTY 6



50 square tube plug

REF 10

QTY 1



Rubber pedals

REF 11

QTY 1



Front pedal

REF 12

QTY 1



Rear Footplate

STAGE 1 / PARTS

Identify your components

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

REF 13

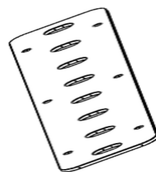
QTY 4



Slider

REF 14

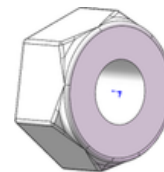
QTY 1



Stainless steel selection plate

REF 15

QTY 12



Locknut M8

REF 16

QTY 34



Washer Ø12.2xØ24 × 1.2

REF 17

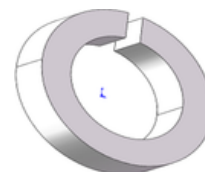
QTY 16



Hex head bolt M12 × 75

REF 18

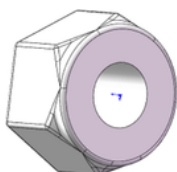
QTY 17



Spring washer Ø12

REF 19

QTY 17



Locknut M12

REF 20

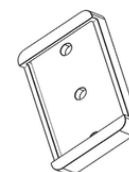
QTY 1



Hex head bolts M12 × 80

REF 21

QTY 2



Floor pads

REF 22

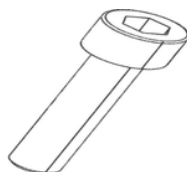
QTY 22



Washer Ø8.3xØ16 × 1

REF 23

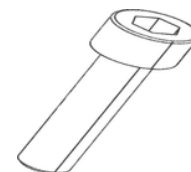
QTY 16



Socket-head screw M8 × 12

REF 24

QTY 12

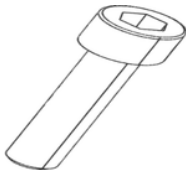
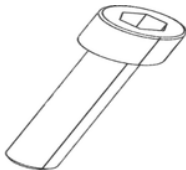


Socket-head screw M8 × 80

STAGE 1 / PARTS

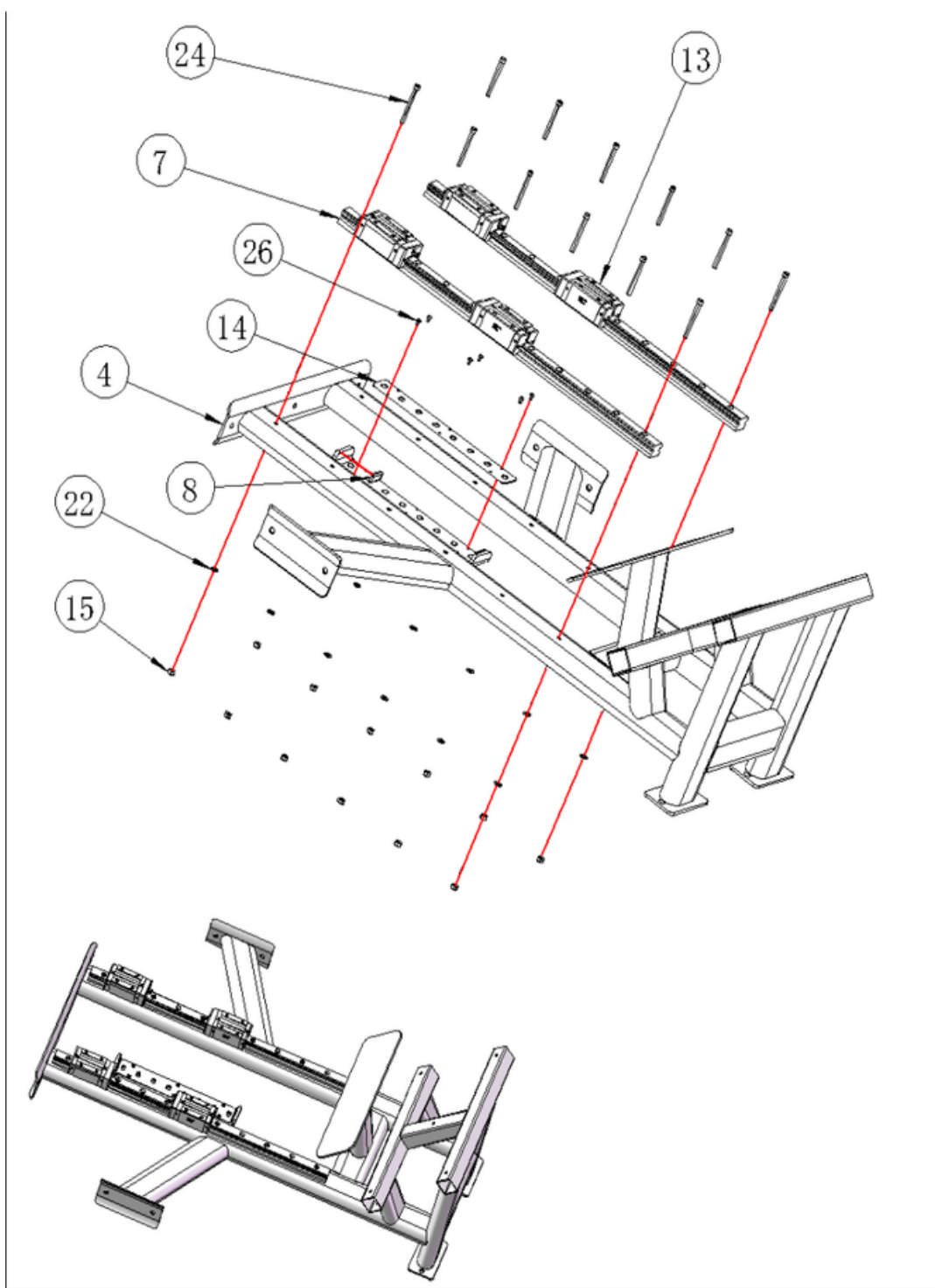
Identify your components

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

<div>REF 25</div> <div>QTY 10</div> <div></div> <div>Socket-head screw M8 × 60</div>	<div>REF 26</div> <div>QTY 6</div> <div></div> <div>Allen pan head screws M5 × 10</div>	<div>REF 27</div> <div>QTY 2</div> <div></div> <div>Ø25 bearing housing</div>
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STAGE 1 / DRAWING 1 OF 3

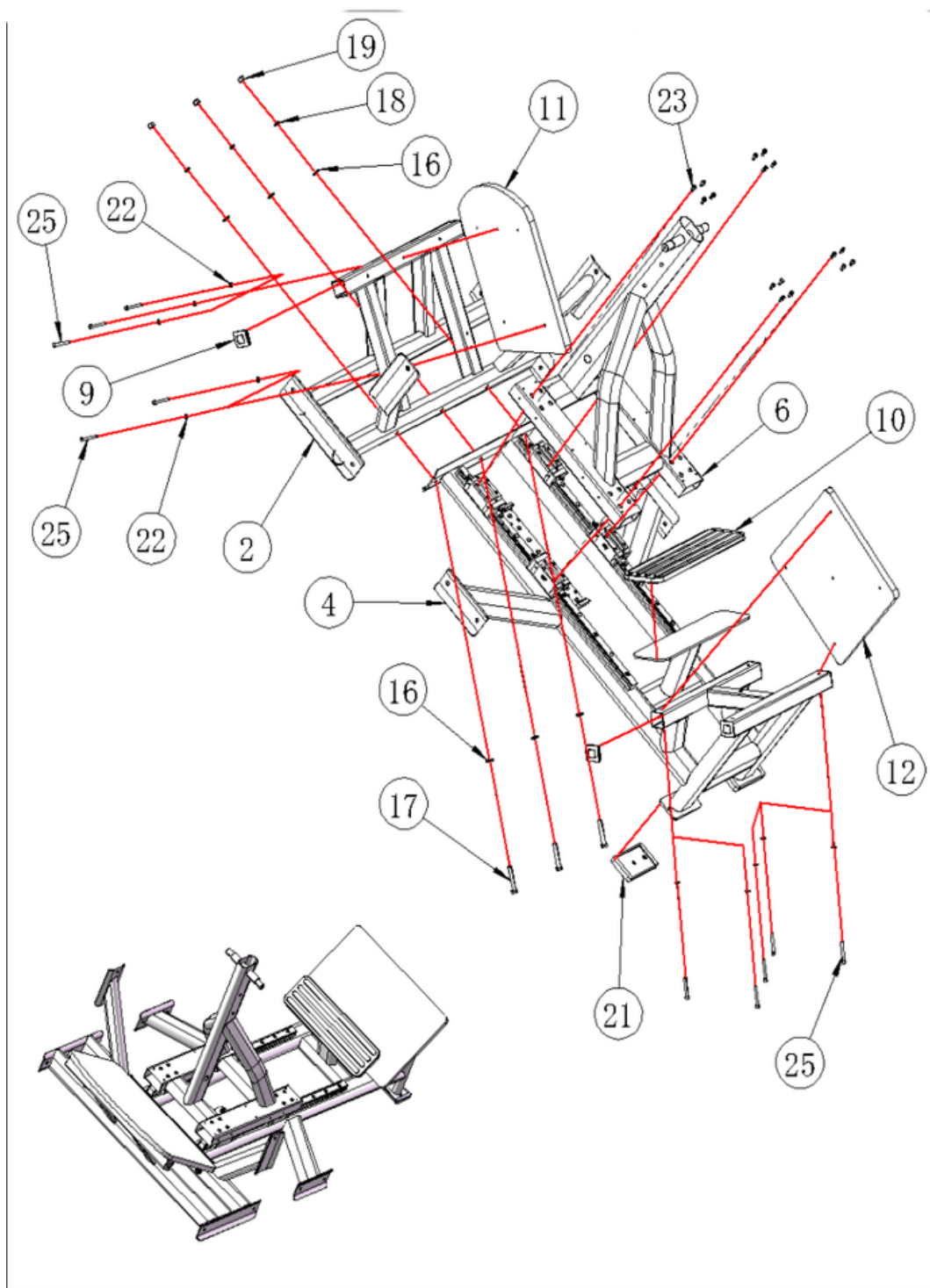
Assembly stage 1



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 / DRAWING 2 OF 3

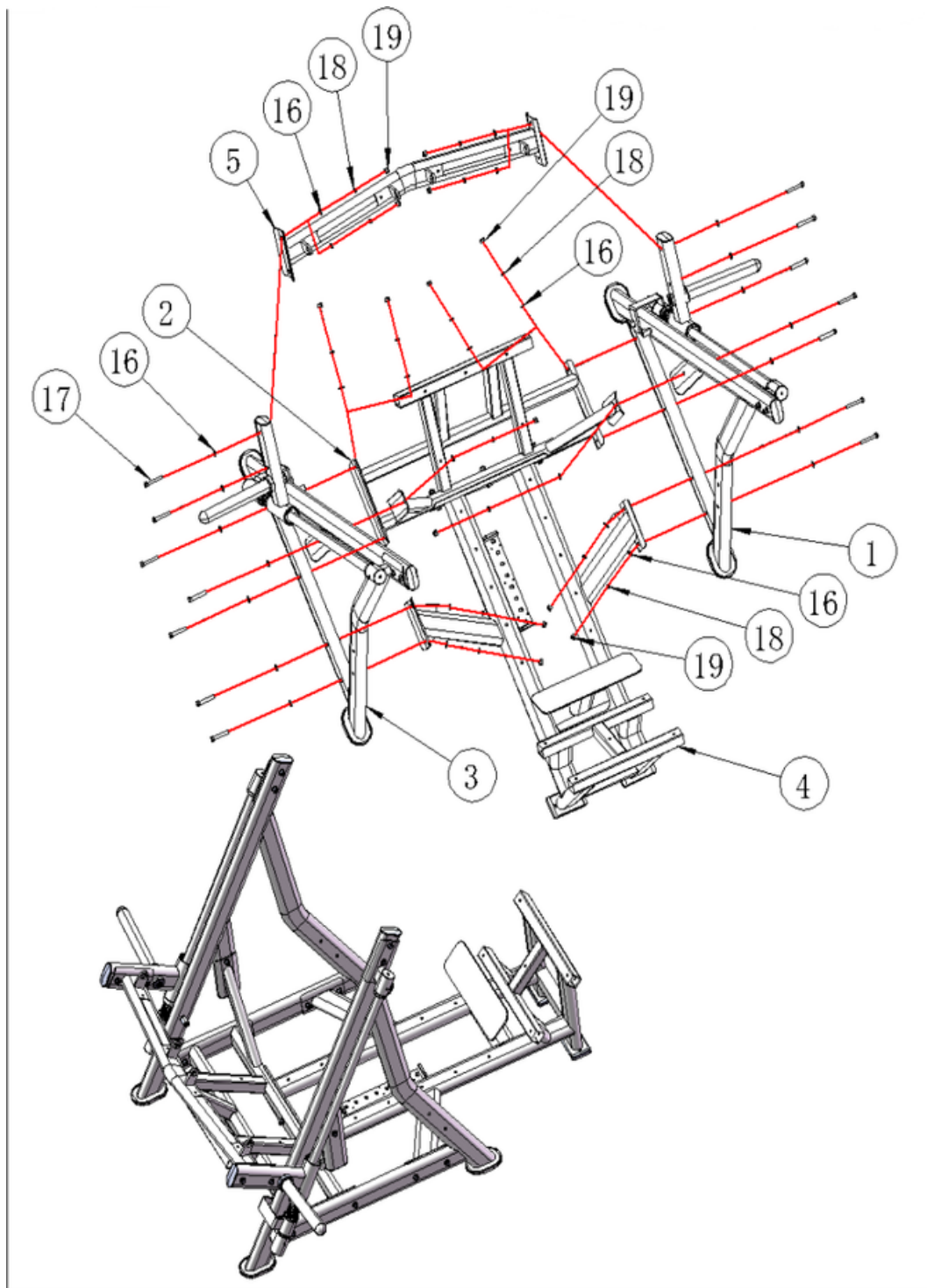
Assembly stage 1



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 / DRAWING 3 OF 3

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: Build the Base and Guides

Stage 1 is the overall joining plan. Complete the loose subassemblies in Stages 2–5 before closing the frame.

1. Fit the two carriage rails

Support slide frame 4. Position rails 7 and their four sliders 13 in Drawing 1 orientation; retain the rails with M8 × 80 screws 24, washers 22 and nuts 15. Keep the sliders restrained against running off the rails and preserve their factory adjustment.

2. Fit the selection plate and buffers

Fit selection plate 14 and buffers 8 with M5 × 10 screws 26 at the shown points. Check the rails are parallel and the slider blocks remain captive. Confirm any omitted rail-end retention before moving the carriage.

3. Join the footplate and pad carriage

Using Drawing 2, join footplate frame 2 to slide frame 4 with the shown M12 hardware 17, 16, 18 and 19. Attach completed pad carriage 6 to the sliders using M8 × 12 screws 23. Fit front and rear plates 11 and 12, tread 10, feet 21 and plugs 9 with the depicted M8 screws 25 and washers 22.

4. Join the side frames and handle beam

Prepare right and left frames in Stages 2–3 and the handle beam in Stage 4 before completing Drawing 3. Brace both sides while joining them to the base with bolts 17 and the shown washers and nuts. Confirm the location of bolt 20 and bearing housings 27, which are not clearly identified in these views, before final fastening.

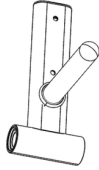
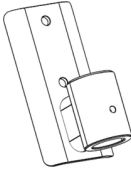
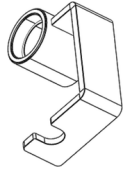
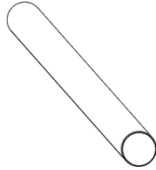
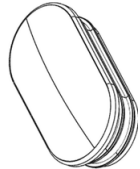
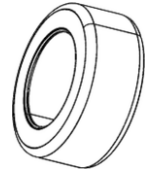
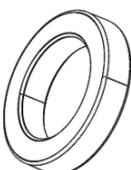
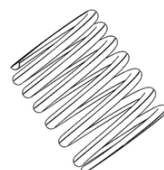
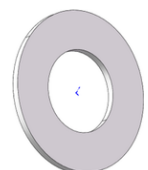
Check before continuing

Base, rail retention, footplates and frame alignment are confirmed.

STAGE 2 / PARTS

Identify your components

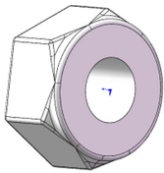
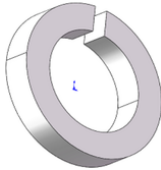
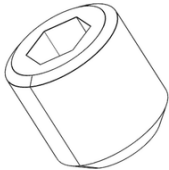
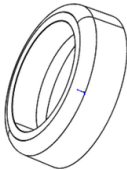
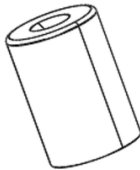
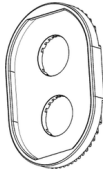
Match each reference and quantity to the drawing for this stage.

REF 1 QTY 1  Right frame assembly	REF 2 QTY 1  Weight horn assembly	REF 3 QTY 1  Sliding assembly
REF 4 QTY 1  Guide shaft is fixed and assembly	REF 5 QTY 1  Right limit hook	REF 6 QTY 1  Guide shaft Ø40 × 1300
REF 7 QTY 2  Ø30 nylon sleeve	REF 8 QTY 2  50-100 flat end end cover	REF 9 QTY 1  40 inner hole cushion
REF 10 QTY 1  Cushioning	REF 11 QTY 1  Pressure spring	REF 12 QTY 8  Washer Ø12.2xØ24 × 1.2

STAGE 2 / PARTS

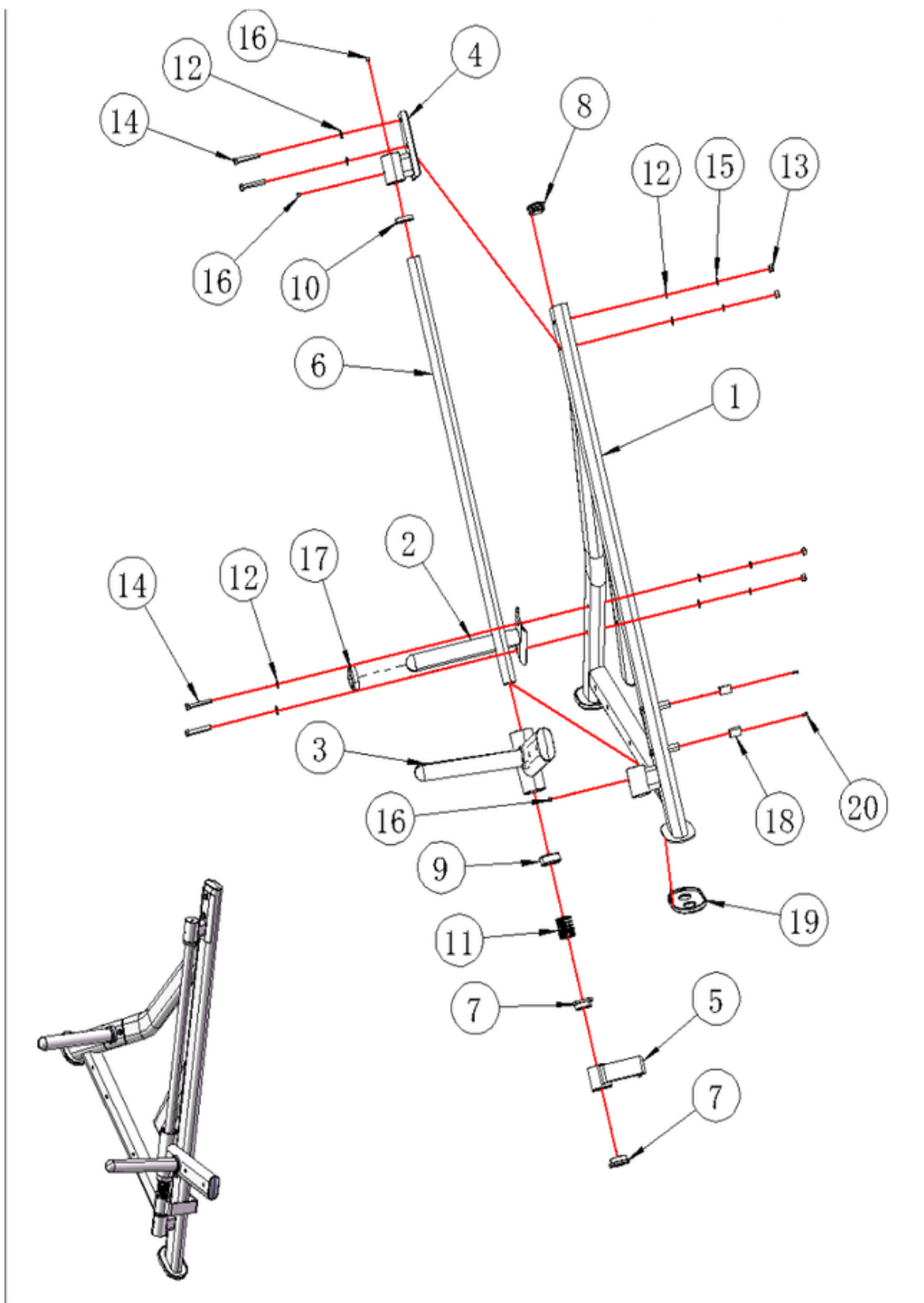
Identify your components

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

<div>REF 13</div> <div>QTY 4</div> <div></div> <div>Locknut M12</div>	<div>REF 14</div> <div>QTY 4</div> <div></div> <div>Hex head bolt M12 × 75</div>	<div>REF 15</div> <div>QTY 4</div> <div></div> <div>Spring washer Ø12</div>
<div>REF 16</div> <div>QTY 3</div> <div></div> <div>Flat-point set screw M10 × 10</div>	<div>REF 17</div> <div>QTY 1</div> <div></div> <div>Cushioning rubber sleeves</div>	<div>REF 18</div> <div>QTY 2</div> <div></div> <div>Limit set</div>
<div>REF 19</div> <div>QTY 2</div> <div></div> <div>Floor pads</div>	<div>REF 20</div> <div>QTY 2</div> <div></div> <div>Countersunk socket screw M5 × 15</div>	

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 Right Guide Frame

Use right-side references only. Do not infer spring preload or shaft settings from exploded spacing.

5. Support the right frame and guide shaft

Brace frame 1 and identify shaft 6, upper fixing bracket 4, sliding assembly 3 and right hook 5. Keep the slider and loading horn supported while assembling the guide; do not release a loose slider onto the spring.

6. Fit the lower hook, spring and slider

Follow the exploded order for nylon sleeves 7, hook 5, pressure spring 11, buffer 9 and slider 3 along shaft 6. Fit upper buffer 10 and bracket 4 as shown. Confirm the spring seating, compression and lower shaft retention omitted from the source before closing the guide.

7. Fit the loading horn and retainers

Attach horn 2 and bracket 4 at their marked joints with M12 × 75 bolts 14, washers 12, spring washers 15 and nuts 13. Fit set screws 16, horn buffer 17, stops 18 with screws 20, plugs 8 and feet 19. Verify positive guide retention and hook operation while the slider remains supported.

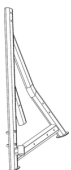
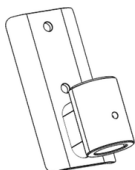
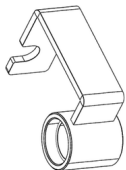
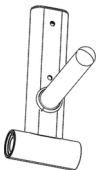
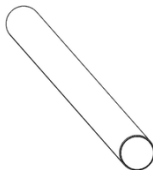
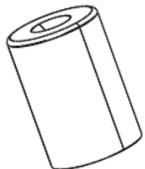
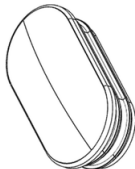
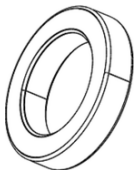
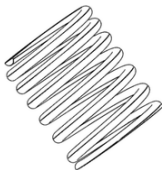
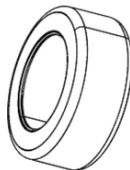
Check before continuing

Right guide, hook, spring, horn and stops are verified.

STAGE 3 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Left frame assembly</p>	REF 2 QTY 1  <p>Guide shaft is fixed and assembly</p>	REF 3 QTY 1  <p>Weight horn assembly</p>
REF 4 QTY 1  <p>Left limit hook</p>	REF 5 QTY 1  <p>Sliding assembly</p>	REF 6 QTY 1  <p>Guide shaft Ø40 x 1300</p>
REF 7 QTY 2  <p>Limit set</p>	REF 8 QTY 2  <p>50-100 flat end end cover</p>	REF 9 QTY 2  <p>Ø30 nylon sleeve</p>
REF 10 QTY 1  <p>Cushioning</p>	REF 11 QTY 1  <p>Pressure spring</p>	REF 12 QTY 8  <p>40 inner hole cushion</p>

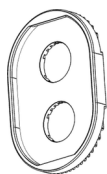
STAGE 3 / PARTS

Identify your components

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

REF 13

QTY 2



Floor pads

REF 14

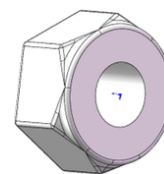
QTY 3



Flat-point set screw M10 × 10

REF 15

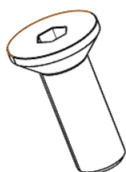
QTY 4



Locknut M12

REF 16

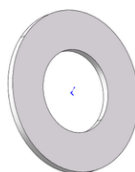
QTY 2



Countersunk socket screw M5 × 15

REF 17

QTY 8



Washer Ø12.2xØ24 × 1.2

REF 18

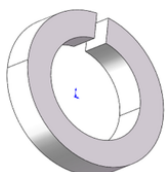
QTY 4



Hex head bolt M12 × 75

REF 19

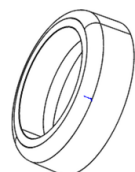
QTY 4



Spring washer Ø12

REF 20

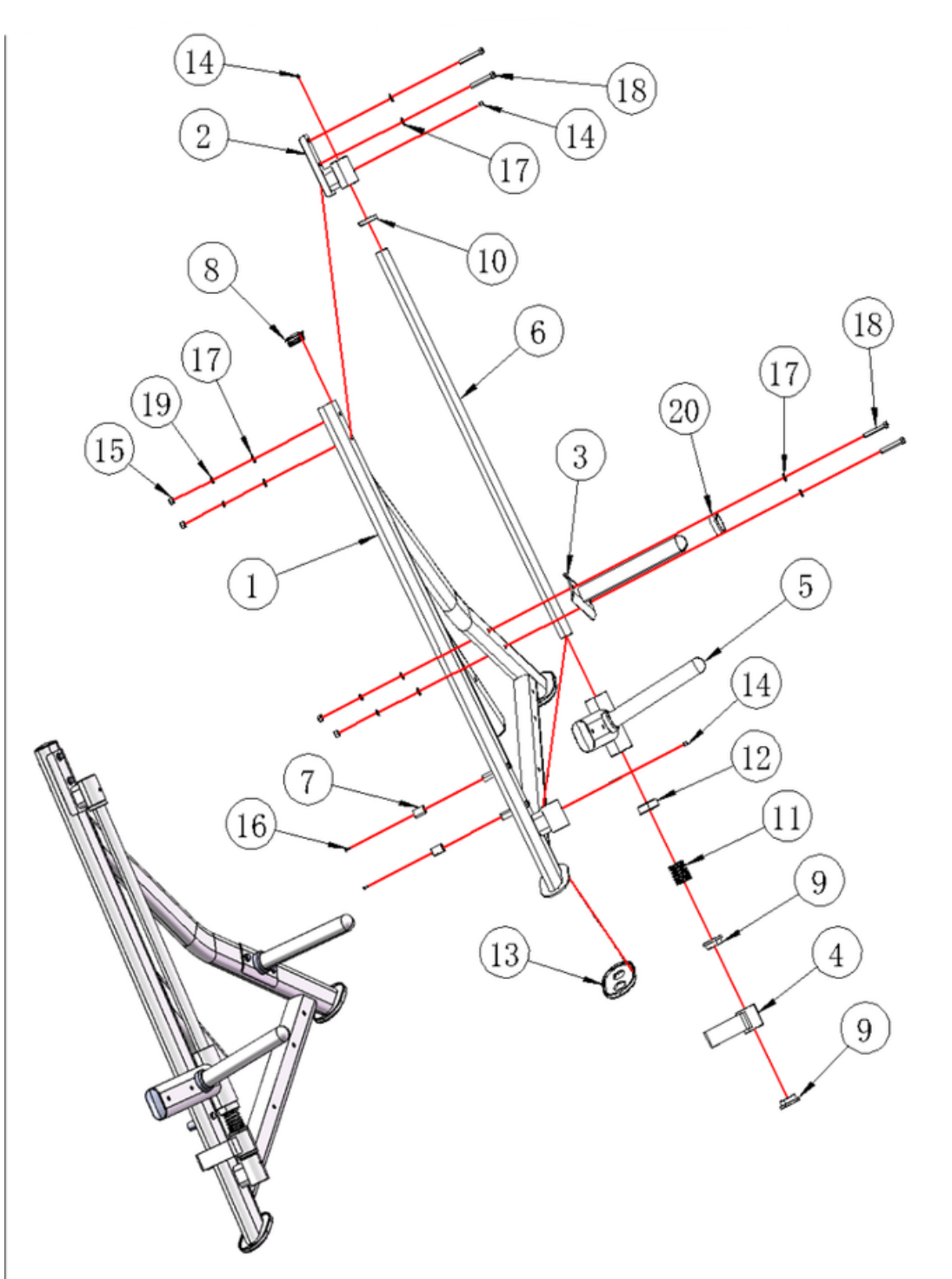
QTY 1



Cushioning rubber sleeves

STAGE 3 / DRAWING 1 OF 1

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: Assemble the Left Guide Frame

Left-side reference numbers differ from the right side.

8. Prepare the mirrored left assembly

Brace frame 1 and support shaft 6, slider 5 and left hook 4. Identify upper bracket 2, sleeves 9, spring 11 and buffer 12. Buffer 12 is listed with quantity eight although the view shows one position: confirm the actual kit and intended count.

9. Assemble the left guide components

Follow the drawing order for sleeves 9, hook 4, spring 11, buffer 12, slider 5, upper buffer 10 and bracket 2. Confirm the same missing spring and guide-retention details as for the right side. Retain the shaft with the shown set screws 14 only after its position is confirmed.

10. Fit the horn and finish the left frame

Attach horn 3 and upper bracket 2 using M12 × 75 bolts 18, washers 17, spring washers 19 and nuts 15. Fit horn buffer 20, stops 7 with screws 16, feet 13 and plugs 8. Check both guides and hooks before joining the complete frames to Stage 1.

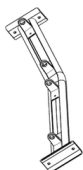
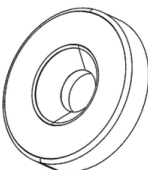
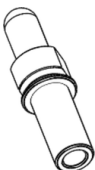
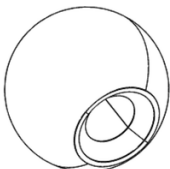
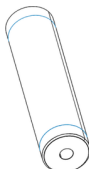
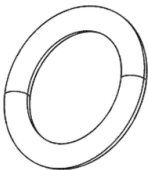
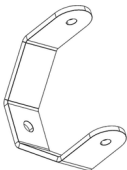
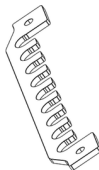
Check before continuing

Left guide, hook, spring and horn match the confirmed setup.

STAGE 4 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Handle assembly</p>	REF 2 QTY 2  <p>Handle set assembly</p>	REF 3 QTY 2  <p>Axis Ø25 × 460</p>
REF 4 QTY 4  <p>End caps of axle frame plate</p>	REF 5 QTY 2  <p>Handle shaft</p>	REF 6 QTY 4  <p>Sintered bushing</p>
REF 7 QTY 2  <p>Holding nylon ball</p>	REF 8 QTY 2  <p>Handle cover 2</p>	REF 9 QTY 2  <p>Handle shaft</p>
REF 10 QTY 2  <p>Rubber rings</p>	REF 11 QTY 2  <p>Handle board</p>	REF 12 QTY 2  <p>Gear baffle</p>

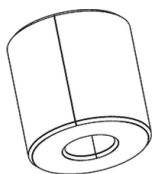
STAGE 4 / PARTS

Identify your components

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

REF 13

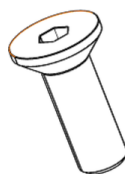
QTY 2



Limit stop

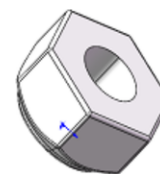
REF 14

QTY 6

Countersunk socket screw M10
× 25

REF 15

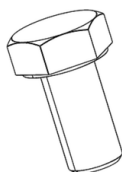
QTY 2



Locknut M12

REF 16

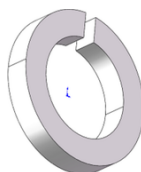
QTY 4



Hex head bolts M10 × 20

REF 17

QTY 4



Spring washer Ø10

REF 18

QTY 8



Washer Ø10.3xØ20 × 1.2

REF 19

QTY 2



Socket-head screw M8 × 30

REF 20

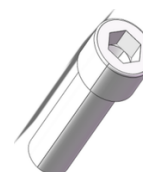
QTY 2



Washer Ø8.3xØ16 × 1

REF 21

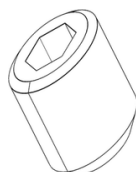
QTY 4



Socket-head screw M10 × 20

REF 22

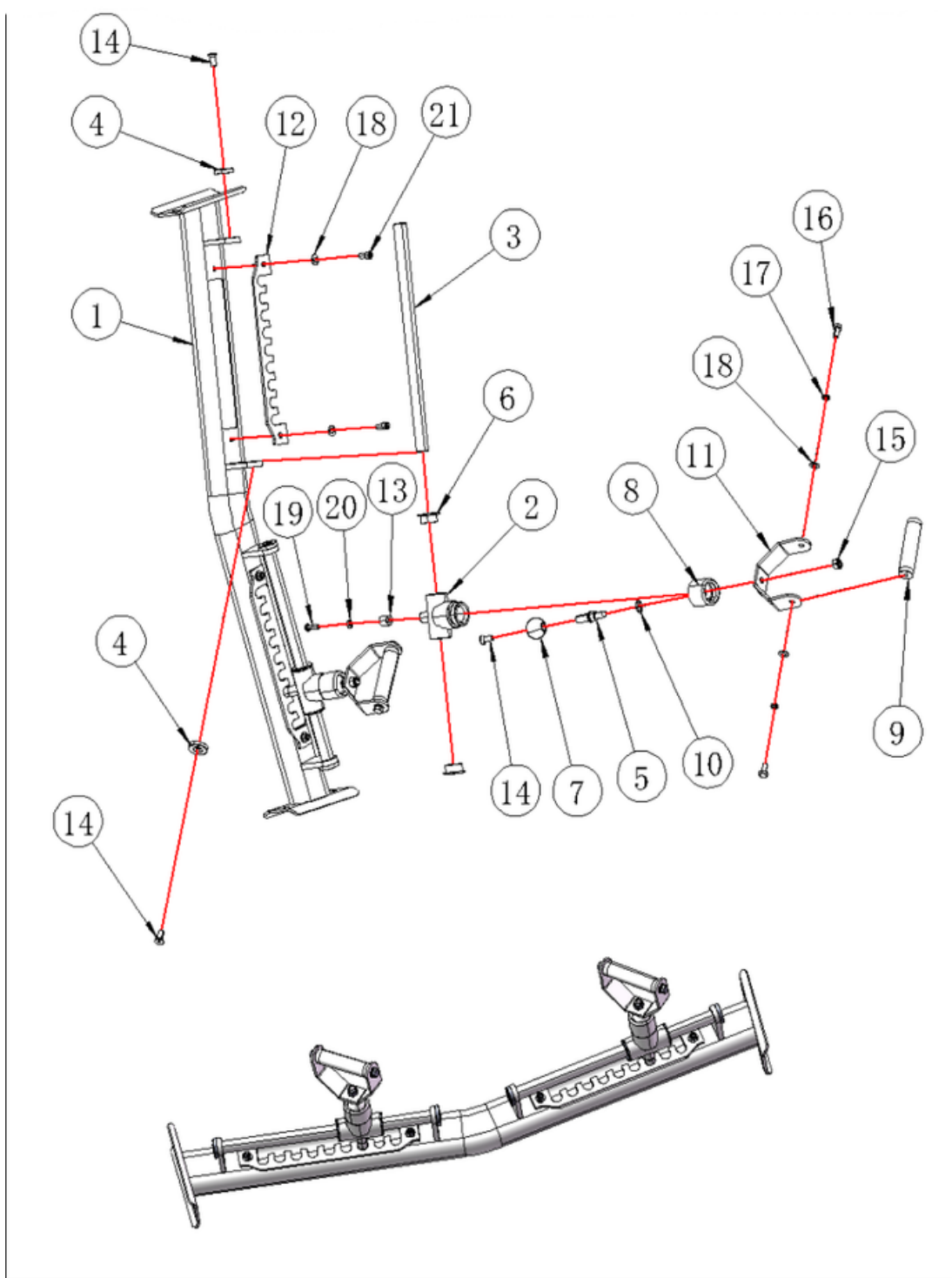
QTY 2



Flat-point set screw M5 × 4

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: Assemble the Row Handles

Keep the beam supported until both side-frame connections and shaft retainers are secure.

11. Fit the handle carriers to the beam

Support beam 1. Fit bushings 6 and carriers 2 around shafts 3 as shown. Retain the shaft ends with caps 4 and countersunk screws 14. Fit toothed baffles 12 with screws 21 and washers 18 at their marked positions.

12. Fit the rotating grip joints

Position handle shafts 5 and 9, nylon balls 7, covers 8, rubber rings 10 and handle plates 11 in the illustrated sequence. Use the shown screws 14 and 16, washers 17 and 18 and nuts 15 at their respective points. Confirm that every grip joint is retained without binding.

13. Fit the stops and verify handle adjustment

Install stops 13 with M8 × 30 screws 19 and washers 20; fit set screws 22 where depicted. Check that the handles engage the intended toothed positions and clear the beam throughout movement. Complete the Stage 1 beam connection using its own frame hardware.

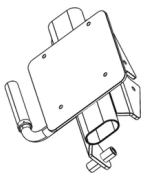
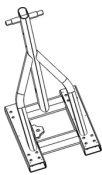
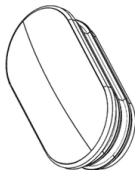
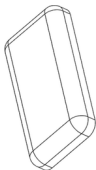
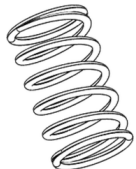
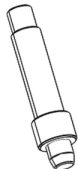
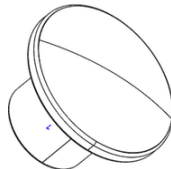
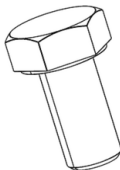
Check before continuing

Both handle carriers, rotating grips, teeth and stops are confirmed.

STAGE 5 / PARTS

Identify your components

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

REF 1 QTY 1  <p>Pad assembly</p>	REF 2 QTY 1  <p>Sliding assembly</p>	REF 3 QTY 1  <p>Control cable fixtures</p>
REF 4 QTY 3  <p>50-100 flat end end cover</p>	REF 5 QTY 2  <p>Bumper pad</p>	REF 6 QTY 2  <p>End caps of axle frame plate</p>
REF 7 QTY 2  <p>Spring</p>	REF 8 QTY 2  <p>Pull pin</p>	REF 9 QTY 2  <p>Pull-pin cap</p>
REF 10 QTY 1  <p>Select board</p>	REF 11 QTY 4  <p>Hex head bolt M12 × 35</p>	REF 12 QTY 8  <p>Washer Ø12.2xØ24 × 1.2</p>

STAGE 5 / PARTS

Identify your components

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

REF 13

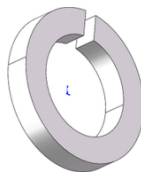
QTY 2



Hex head bolts M12 × 80

REF 14

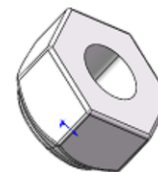
QTY 2



Spring washer Ø12

REF 15

QTY 6



Locknut M12

REF 16

QTY 4



Washer Ø10.3xØ20 × 1.2

REF 17

QTY 2



Ø25 bearing housing

REF 18

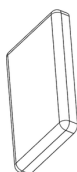
QTY 2



Countersunk socket screw M8 × 20

REF 19

QTY 1



Pads

REF 20

QTY 1



Gate block

REF 21

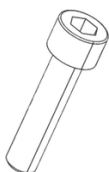
QTY 1



Brake handle

REF 22

QTY 4



Socket-head screw M10 × 25

REF 23

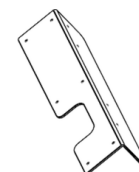
QTY 1



Socket-head screw M6 × 25

REF 24

QTY 1

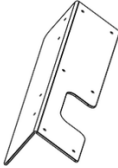
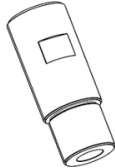
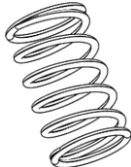


Right protection plate

STAGE 5 / PARTS

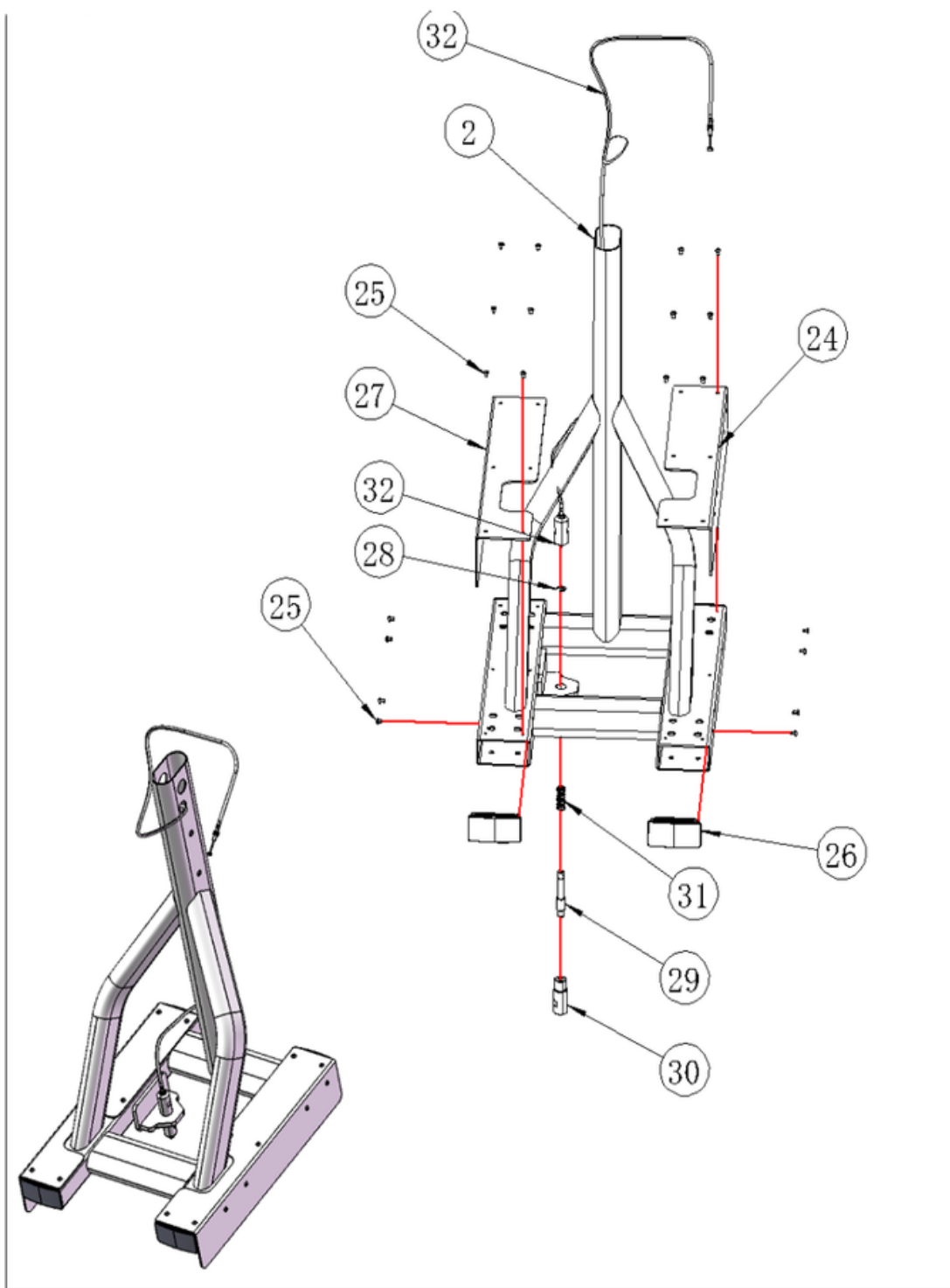
Identify your components

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

<div>REF 25</div> <div>QTY 20</div> <div></div> <div>Allen pan head screws M5 × 10</div>	<div>REF 26</div> <div>QTY 4</div> <div></div> <div>50 × 100 Rectangular tube plug</div>	<div>REF 27</div> <div>QTY 1</div> <div></div> <div>Left protection plate</div>
<div>REF 28</div> <div>QTY 1</div> <div></div> <div>E-type circlip Ø9</div>	<div>REF 29</div> <div>QTY 2</div> <div></div> <div>Pull pin</div>	<div>REF 30</div> <div>QTY 1</div> <div></div> <div>Pull pin sleeve2</div>
<div>REF 31</div> <div>QTY 1</div> <div></div> <div>Spring</div>	<div>REF 32</div> <div>QTY 1</div> <div></div> <div>Linkage cable</div>	<div>REF 33</div> <div>QTY 1</div> <div>See assembly drawing</div> <div>Component — see illustration</div>
<div>REF 34</div> <div>QTY 1</div> <div>See assembly drawing</div> <div>Component — see illustration</div>		

STAGE 5 / DRAWING 1 OF 3

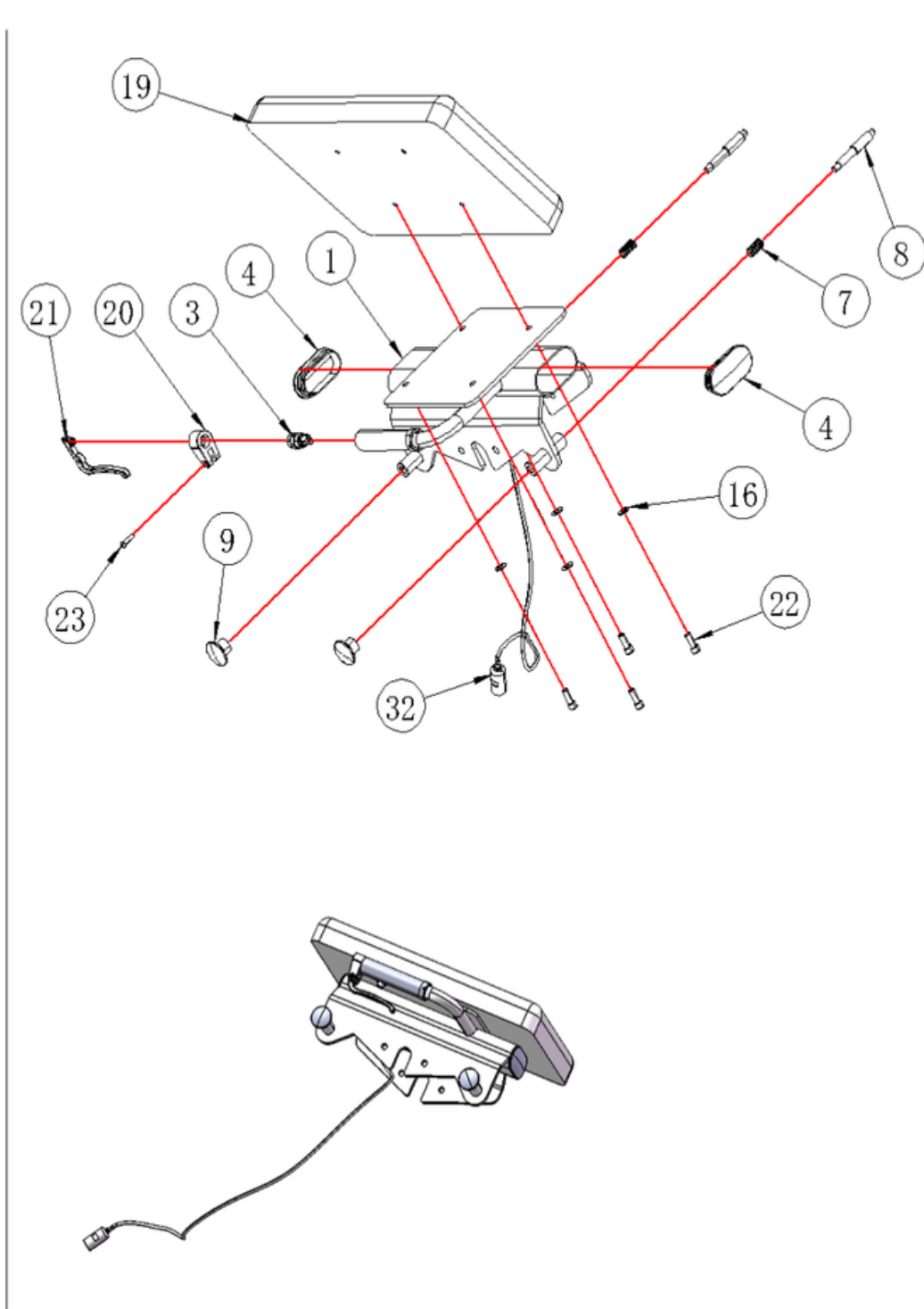
Assembly stage 5



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

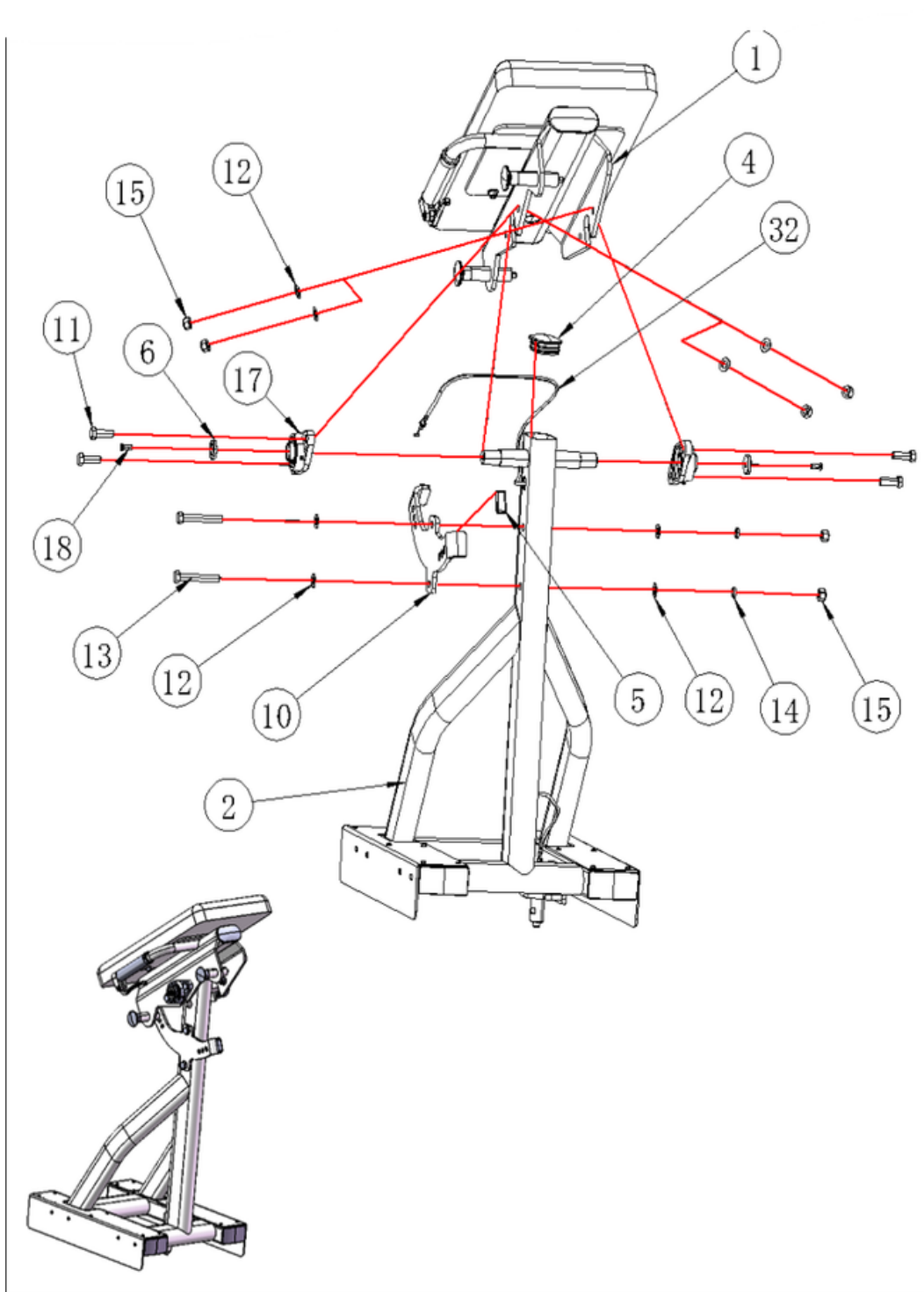
Assembly stage 5



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 5A: Assemble the Pad Carriage

Drawings 1–2 show the lower carriage and upper pad separately.

14. Install the lower control pin

Support carriage frame 2. Following Drawing 1, fit pin 29, spring 31, sleeve 30, circlip 28 and cable 32 in their illustrated relationship. Confirm the pin is captive and spring setup is correct. Items 33 and 34 have no usable descriptions: identify any unmatched parts before closing the frame.

15. Prepare the side guards

Fit right guard 24 and left guard 27 with M5 × 10 screws 25, leaving access to inspect the cable and lower pin. Fit plugs 26 after checking concealed connections. Do not trap the control cable between a guard and the frame.

16. Fit the pad and upper adjustment pins

In Drawing 2, attach pad 19 to support 1 with M10 × 25 screws 22 and washers 16. Fit both pull pins 8, springs 7 and caps 9; install plugs 4. Confirm the pad pins enter the selected holes fully.

17. Fit the control lever

Install cable fixture 3, block 20 and lever 21 with M6 × 25 screw 23 in the drawing arrangement. Connect cable 32 to the lever using the supplied retained end fitting. Confirm cable-end retention and lever adjustment omitted from the drawing before tensioning.

Check before continuing

Pad, pins, control lever and cable ends are correctly retained.

Stage 5B: Join the Pad to the Carriage

Use Drawing 3 to complete the pad pivot and selection bracket.

18. Fit the pad pivot bearings

Support pad assembly 1 between the two housings 17 in Drawing 3. Fit the housings with M12 × 35 bolts 11, washers 12 and nuts 15. Install end caps 6 and countersunk screws 18 at the depicted shaft ends, checking positive pivot retention.

19. Fit the selection bracket and buffers

Attach selection bracket 10 and buffers 5 with M12 × 80 bolts 13, washers 12, spring washers 14 and nuts 15 as shown. Confirm the bracket aligns with both pad pins. Fit remaining plug 4 only after the control cable route is checked.

20. Join the carriage to the rail blocks

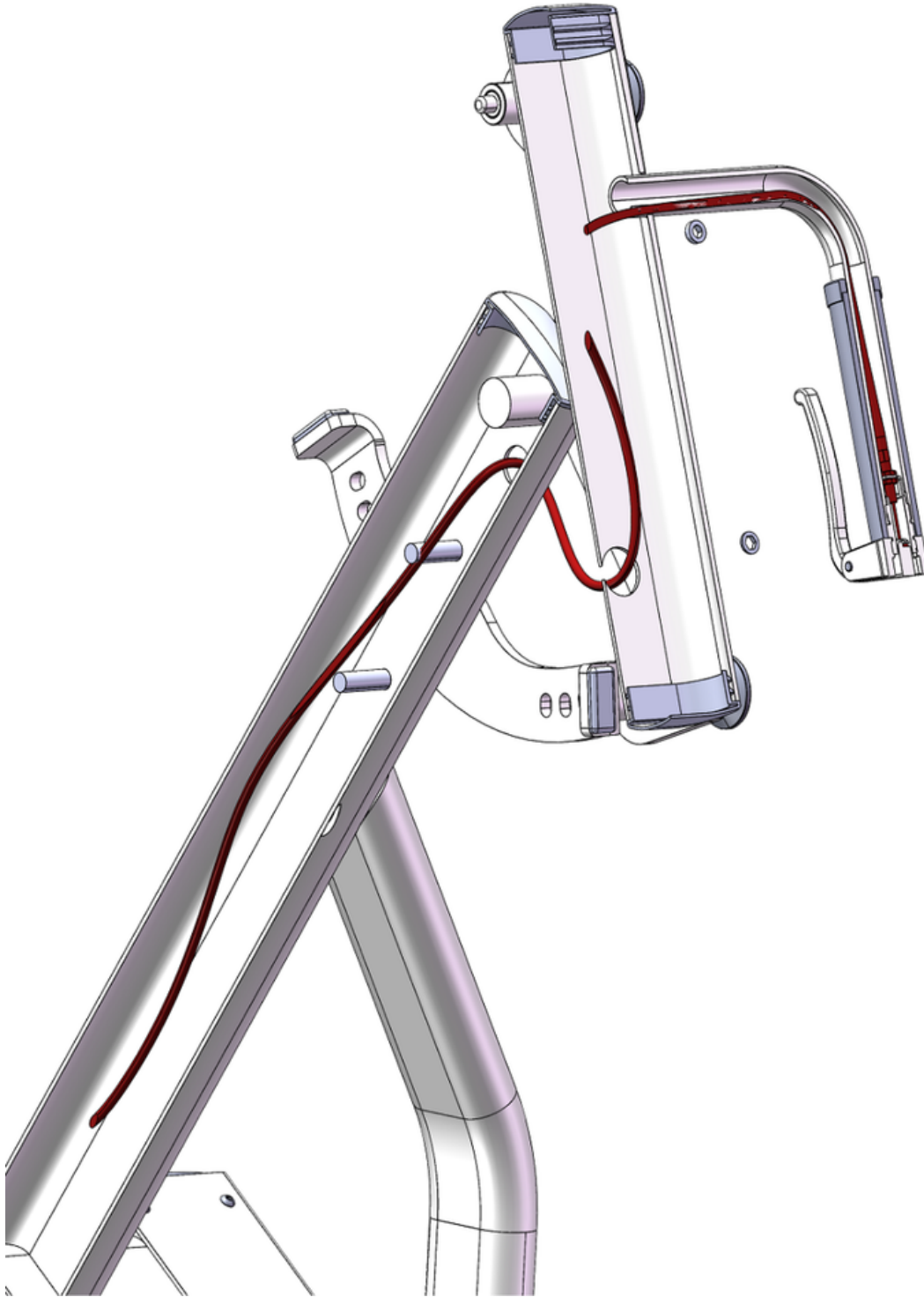
Return to Stage 1 Drawing 2 and attach this completed carriage to its rail blocks using the hardware specified there. Support it while verifying rail-end stops, pad angle locks and the lower carriage-position pin. Resolve any unlisted bearing or shaft-setting detail before use.

Check before continuing

Pad pivot, selection bracket and carriage retention are verified.

ROUTING / DRAWING

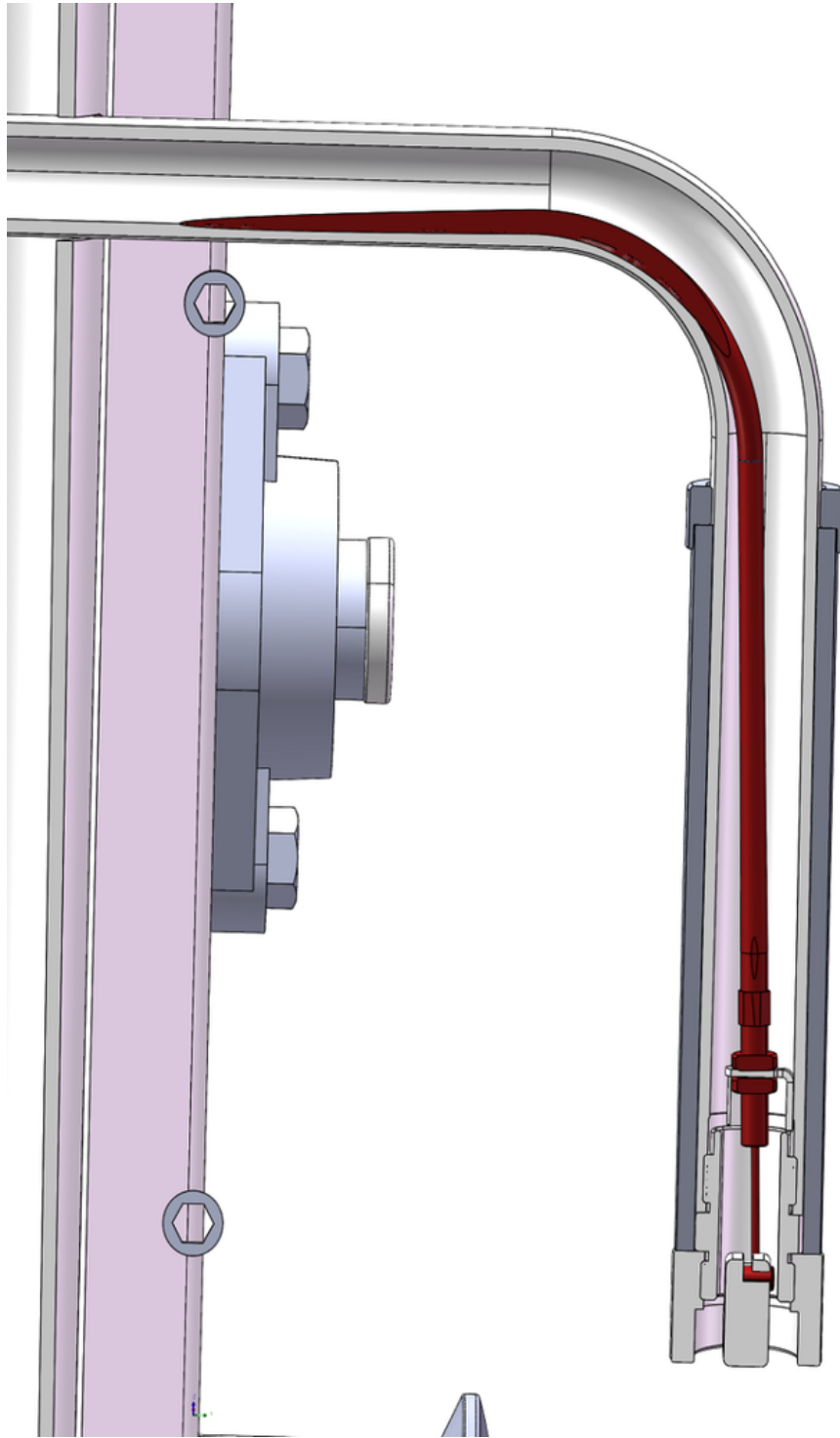
Cable / linkage routing



Follow the path shown. Check that cables or linkages are seated and clear of surrounding parts before operating the equipment.

ROUTING / DRAWING

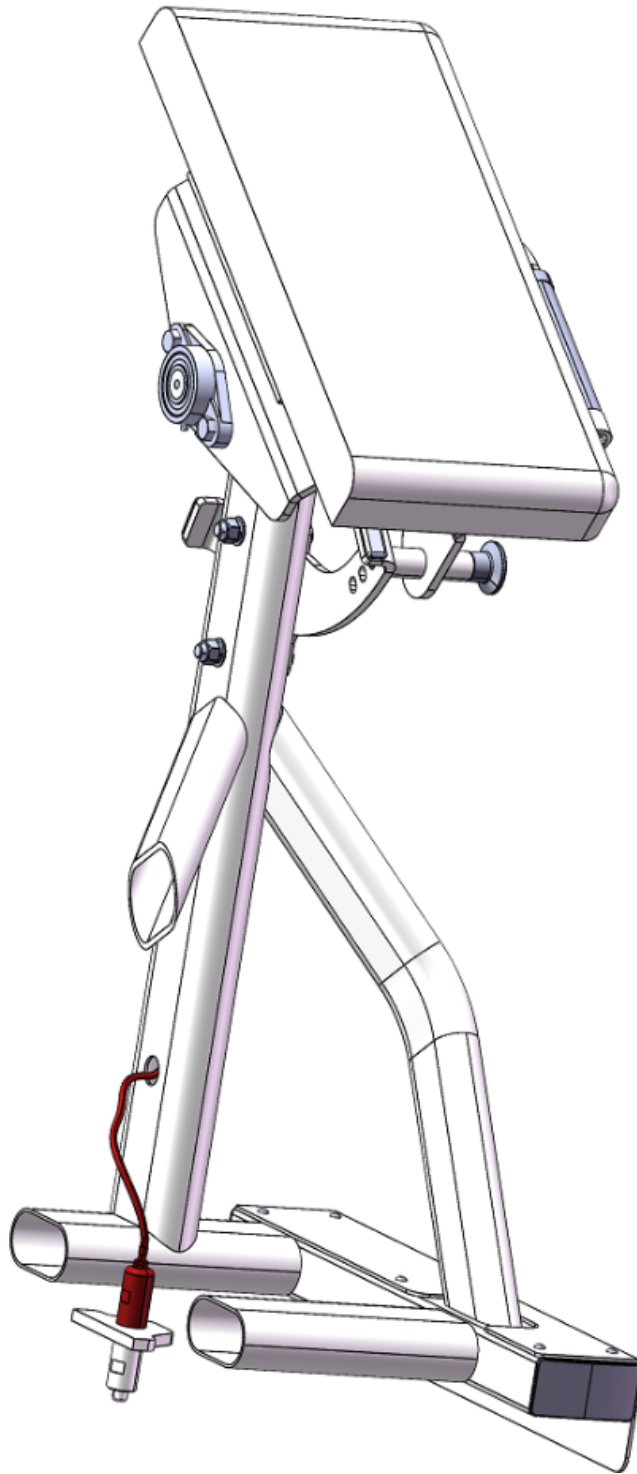
Cable / linkage routing



Follow the path shown. Check that cables or linkages are seated and clear of surrounding parts before operating the equipment.

ROUTING / DRAWING

Cable / linkage routing



Follow the path shown. Check that cables or linkages are seated and clear of surrounding parts before operating the equipment.

Routing: Connect the Adjustment Cable

Inspect the complete cable route with the mechanism supported.

21. Trace the control cable through the frame

These three close-up views show the adjustment-control cable. Route it from the pad lever around the illustrated curved handle passage, through the frame opening and down the inclined carriage tube to the lower pin. Match the actual supplied end fittings and preserve factory routing.

22. Set the control travel and secure the guards

Confirm cable length, end engagement and adjustment requirements with Build A Gym; the source does not state them. With the carriage supported, operate the lever and verify full pin withdrawal and complete return engagement. The released lever must not hold the pin partly retracted. Secure guards after checking for kinks and chafing.

23. Test unloaded movement and hooks

With no plates fitted, check controlled movement of both loading assemblies, handle positions, carriage travel and pad adjustment. Verify both hooks and all stops engage correctly. Keep hands clear of springs, sliders and pinch points; stop for binding or incomplete locking.

24. Complete the installation checks

Confirm all fasteners, guide retainers, rail stops, pad pins and cable ends. Obtain required torque, floor anchoring and permitted loading from Build A Gym before adding resistance. The source provides no values for these. Do not load an unconfirmed spring, guide, hook or lock.

Check before continuing

Control travel, pin return, guides, hooks and unloaded movement 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.

☐ **Guides and control-linkage inspection**

Verify both guide hooks, spring setup, handle retainers and carriage and pad locks.
Check the control cable returns its pin fully, with guards secure and unloaded travel clear.

☐ **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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