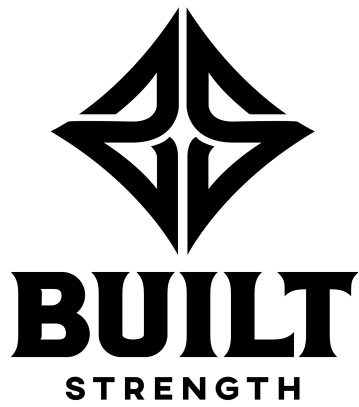
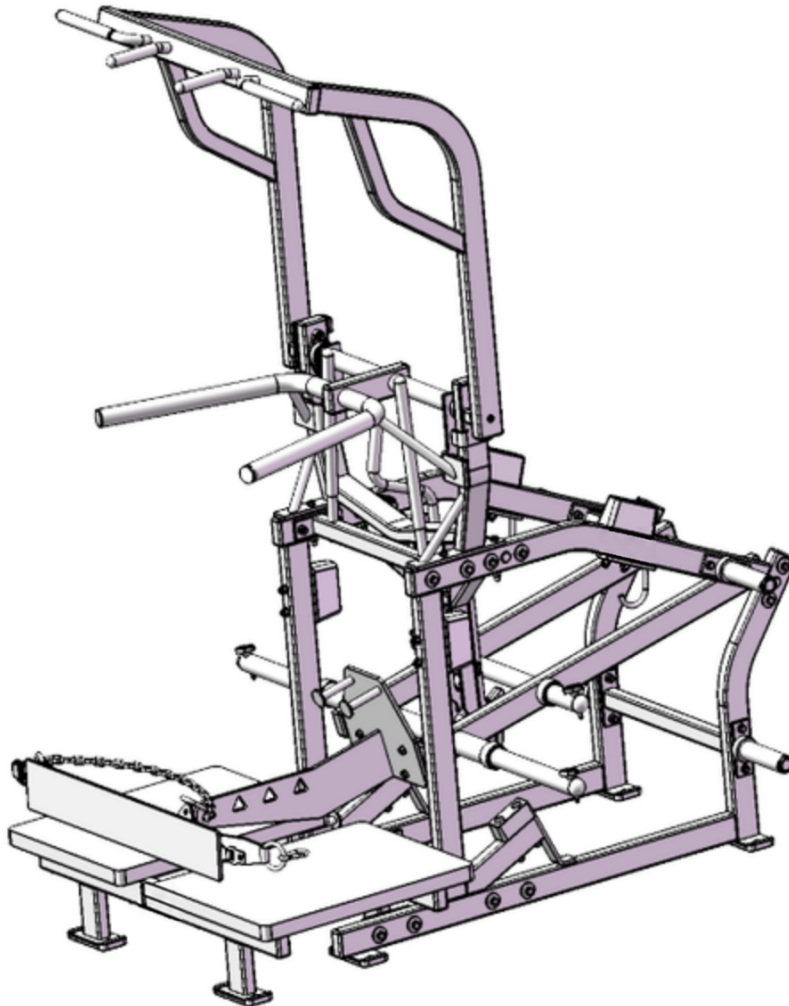




INFINITE SERIES

Plate Loaded Belt Squat Tower

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 > Final inspection

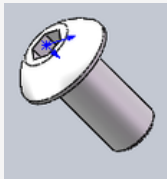
Use the PDF bookmarks to jump directly to a stage.

STAGE 1 / PARTS

Identify your components

REF 1

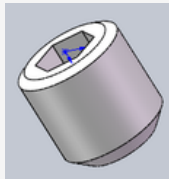
QTY 20



Button-head socket screw

REF 2

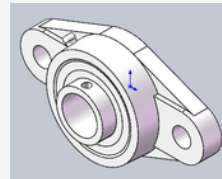
QTY 8



Cup-point set screw

REF 3

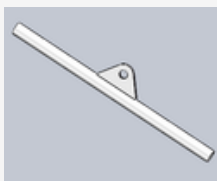
QTY 4



Bearing housing

REF 4

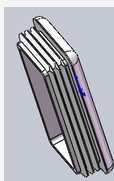
QTY 1



Short straight handle

REF 5

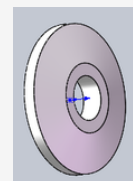
QTY 4



Rectangular tube plug

REF 6

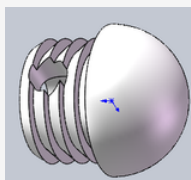
QTY 8



Plastic washer

REF 7

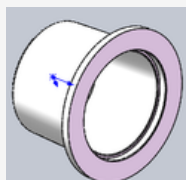
QTY 4



Weight-horn end plug

REF 8

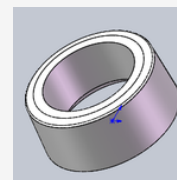
QTY 2



Rubber cap

REF 9

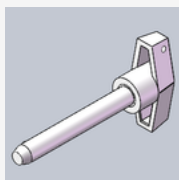
QTY 4



Weight-horn buffer ring

REF 10

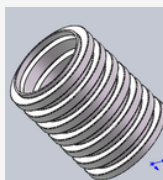
QTY 4



Weight-horn safety pin

REF 11

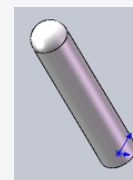
QTY 4



25 mm expansion sleeve

REF 12

QTY 1



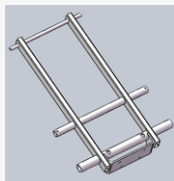
Tube sleeve

STAGE 1 / PARTS

Identify your components

REF 13

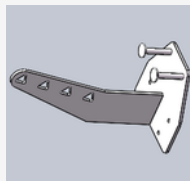
QTY 1



Moving-arm assembly

REF 14

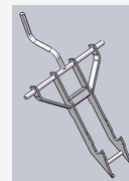
QTY 1



Hook assembly

REF 15

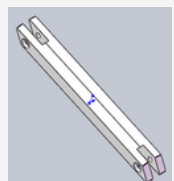
QTY 1



Limit assembly

REF 16

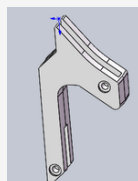
QTY 2



Plastic hook 1

REF 17

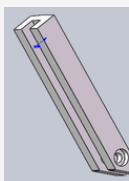
QTY 2



Plastic hook 2

REF 18

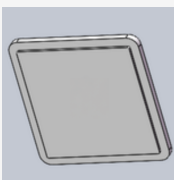
QTY 2



Plastic hook 3

REF 19

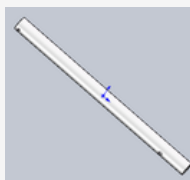
QTY 1



Buffer pad

REF 20

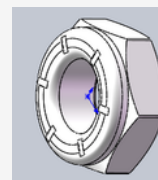
QTY 2



Weight-horn tube

REF 21

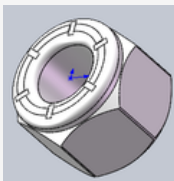
QTY 8



Nylon locknut

REF 22

QTY 6



Nylon locknut

REF 23

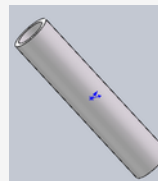
QTY 1



Belt with chain

REF 24

QTY 2



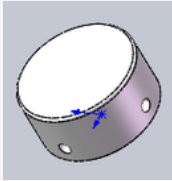
Handle sleeve

STAGE 1 / PARTS

Identify your components

REF 25

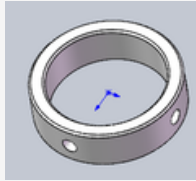
QTY 2



Handle cap

REF 26

QTY 2



Handle inner ring

REF 27

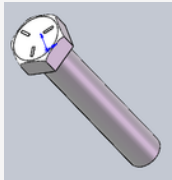
QTY 1



No. 10 connector hook

REF 28

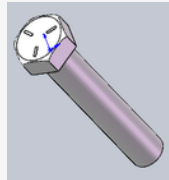
QTY 4



Hex bolt (28)

REF 29

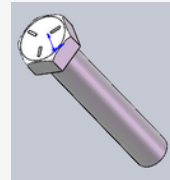
QTY 8



Hex bolt (29)

REF 30

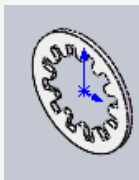
QTY 2



Hex bolt (30)

REF 31

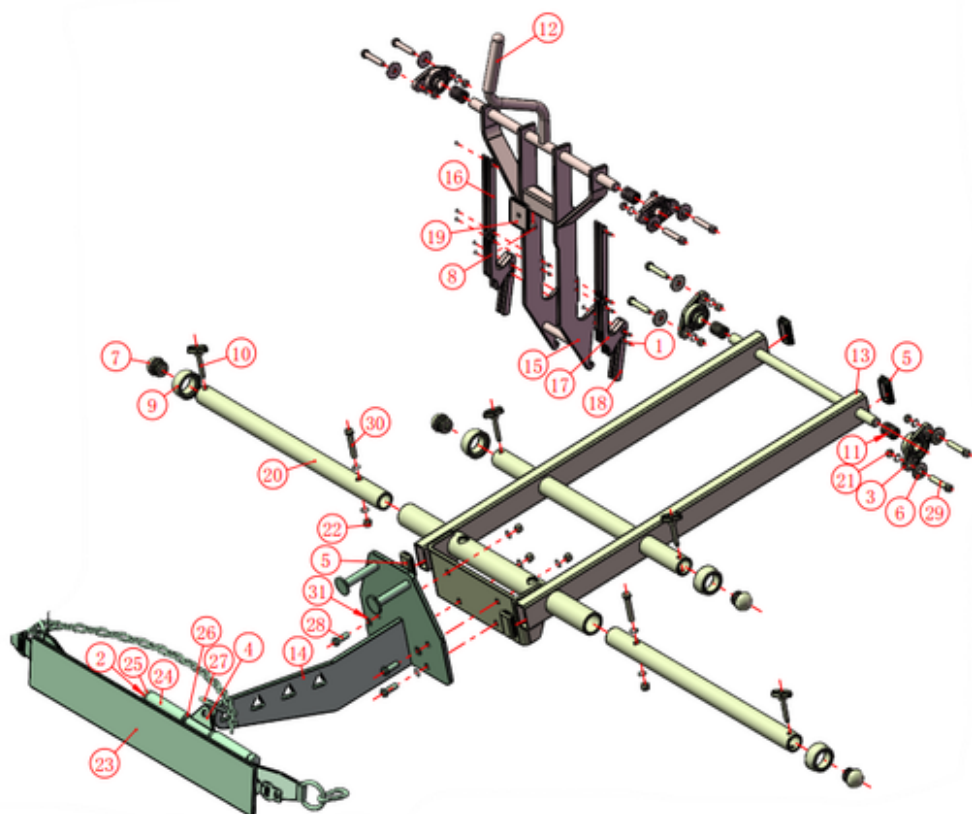
QTY 20



Internal-tooth washer

STAGE 1 / DRAWING

Assembly stage 1



Use the parts references and the following numbered instructions.

Stage 1: Build the Moving Arm

Use Stage 1 references. The source does not provide fastener dimensions or loading limits.

1. Identify the fasteners before assembly

Separate the Stage 1 hardware by reference number. The original source omits bolt and screw diameters, lengths, grades and torque values. Obtain a confirmed hardware schedule for this model before fitting any unidentified fastener; similar-looking bolts are not interchangeable.

2. Prepare the moving arm and weight horns

Support moving arm 13 on protected blocks. Fit both weight-horn tubes 20 with buffer rings 9, end plugs 7, safety pins 10 and the illustrated retainers 22 and 30. Fit rectangular plugs 5 where shown. Keep all weight plates off the machine throughout assembly.

3. Fit the arm bearings and hook assembly

Fit bearing housings 3, plastic washers 6 and expansion sleeves 11 at the illustrated arm pivots with bolts 29, washers 31 and nuts 21. Attach hook assembly 14 with bolts 28 and their shown retainers. Preserve bearing alignment and confirm any omitted pivot retention details.

4. Assemble the limit and release mechanism

Build limit assembly 15 with plastic hooks 16, 17 and 18, buffer pad 19, rubber caps 8 and tube sleeve 12 in the depicted arrangement. Fit the shown screws 1 and washers 31. Confirm the catches move freely and can positively support the unloaded moving arm.

5. Fit the handle and belt connection

Fit handle 4, sleeves 24, caps 25 and rings 26 with set screws 2 at their marked positions. Identify belt/chain 23 and connector 27; keep them unloaded until final assembly. Confirm their supplied locking method and rated compatibility before use.

Check before continuing

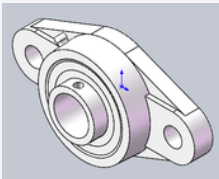
Moving arm, bearings, weight horns, catches and belt components are identified and retained.

STAGE 2 / PARTS

Identify your components

REF 1

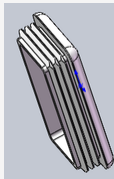
QTY 4



Bearing housing

REF 2

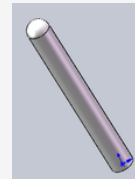
QTY 2



Rectangular tube plug

REF 3

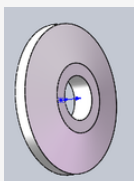
QTY 4



Tube sleeve

REF 4

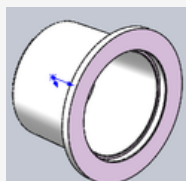
QTY 4



Plastic washer

REF 5

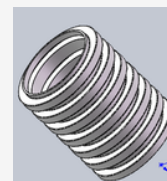
QTY 4



Rubber cap

REF 6

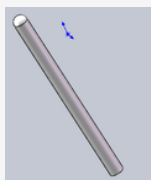
QTY 2



25 mm expansion sleeve

REF 7

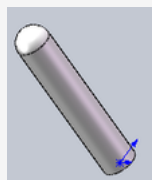
QTY 2



Rear handle sleeve

REF 8

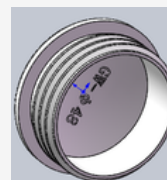
QTY 1



Tube sleeve

REF 9

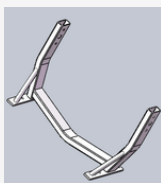
QTY 1



48 mm round tube plug

REF 10

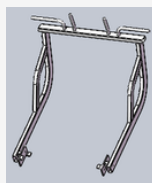
QTY 1



Upper support frame

REF 11

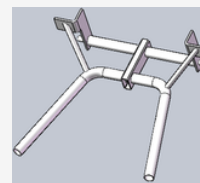
QTY 1



Handrail frame

REF 12

QTY 2



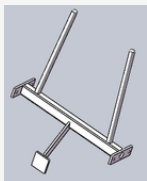
Middle handrail assembly

STAGE 2 / PARTS

Identify your components

REF 13

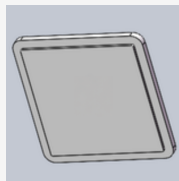
QTY 4



Connecting brace assembly

REF 14

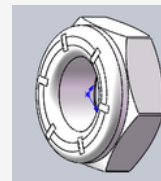
QTY 2



Buffer pad

REF 15

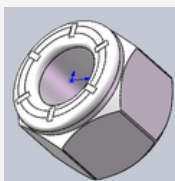
QTY 4



Nylon locknut

REF 16

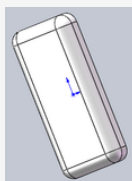
QTY 8



Nylon locknut

REF 17

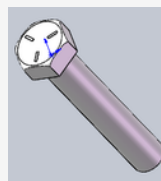
QTY 6



Impact pad

REF 18

QTY 4



Hex bolt (18)

REF 19

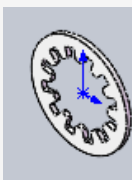
QTY 8



Hex bolt (19)

REF 20

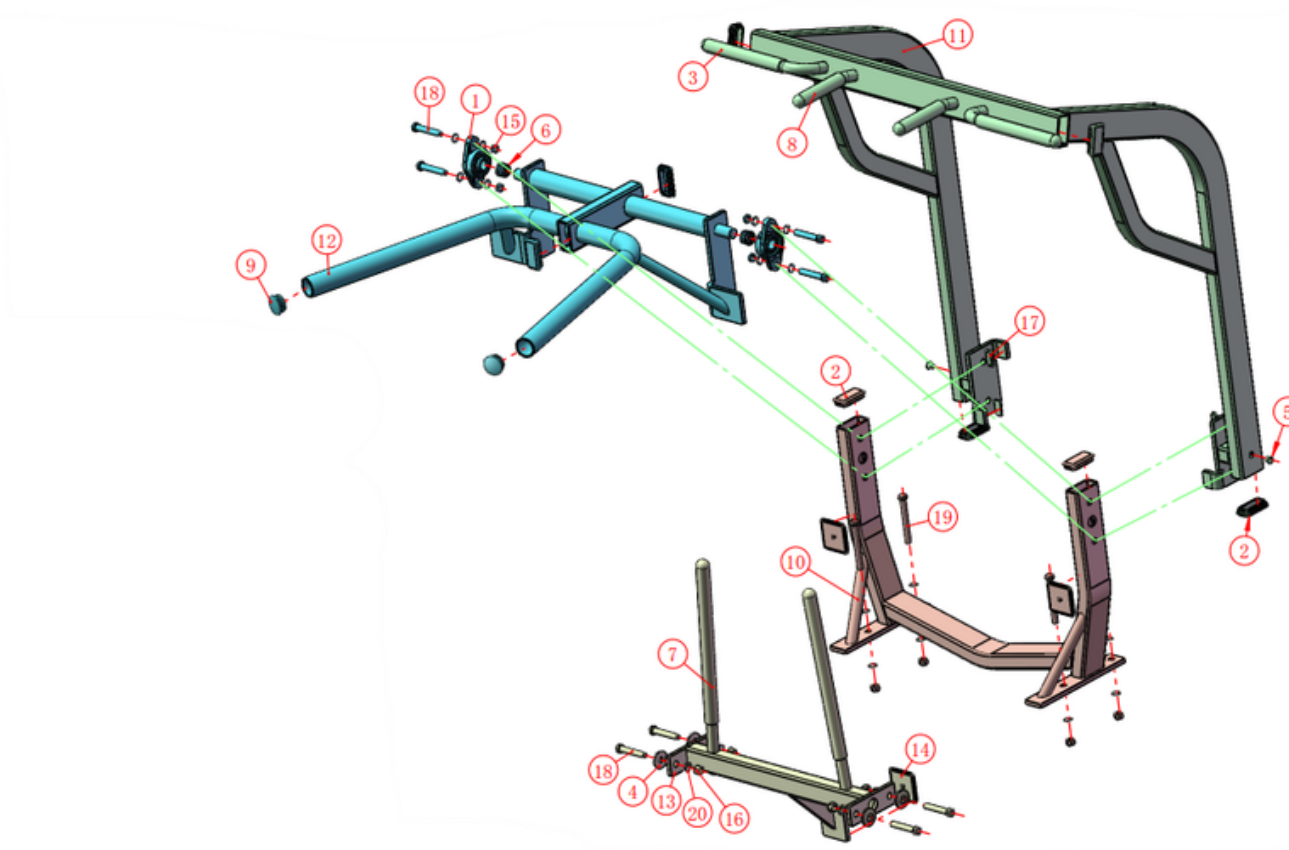
QTY 4



Internal-tooth washer

STAGE 2 / DRAWING

Assembly stage 2



Use the parts references and the following numbered instructions.

Stage 2: Build the Handrail Assembly

Use Stage 2 references; they restart from 1.

6. Join the handrail and upper support

Support handrail frame 11 above upper support 10. Fit rectangular plugs 2, impact pads 17 and the illustrated bolt 19, plastic washer 4 and nut 16 connections. Confirm each fastener size against the approved hardware schedule before tightening.

7. Fit the middle handrails and bearings

Support middle handrail assemblies 12 at their bearing mounts. Fit housings 1 and expansion sleeves 6 with bolts 18, nuts 15 and the shown washers. Fit grip sleeves 3 and 8, rubber caps 5 and round plug 9. Verify the handrails remain securely retained and move only as intended.

8. Fit the connecting-brace assembly

Assemble connecting brace 13 with rear handle sleeves 7 and buffers 14. Fit the indicated bolts 18, plastic washers 4, toothed washers 20 and nuts 16 at its pivots. Keep this mechanism supported until joined to the side frames.

9. Check the catch-control movement

Check the relationship between handrails, connecting brace and catches against the drawing. The source does not specify a linkage setting or engagement clearance. Obtain those details if the assembled mechanism does not positively engage and release under controlled, unloaded movement.

Check before continuing

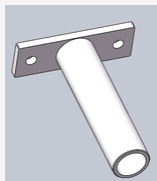
Handrails, bearing mounts, connecting brace and catch-control linkage are retained.

STAGE 3 / PARTS

Identify your components

REF 1

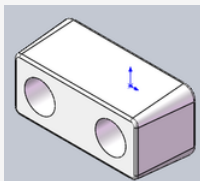
QTY 4



Weight-storage horn

REF 2

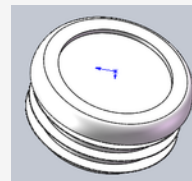
QTY 2



Buffer block

REF 3

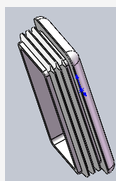
QTY 4



Horn end plug

REF 4

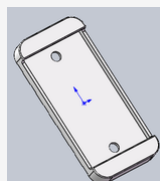
QTY 14



Rectangular tube plug

REF 5

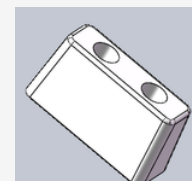
QTY 6



Foot base

REF 6

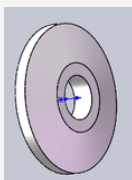
QTY 4



Side-frame impact pad

REF 7

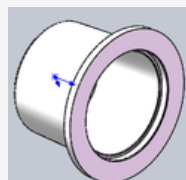
QTY 20



Plastic washer

REF 8

QTY 2



Rubber cap

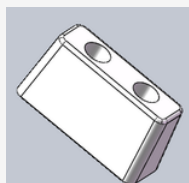
REF 9

QTY 4

Cosmetic label (not illustrated)

REF 10

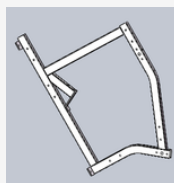
QTY 41*



Tall impact pad; verify quantity

REF 11

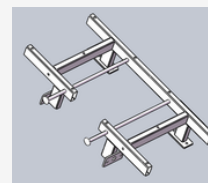
QTY 2



Side-frame assembly

REF 12

QTY 1



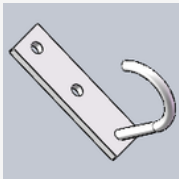
Foot-platform frame

STAGE 3 / PARTS

Identify your components

REF 13

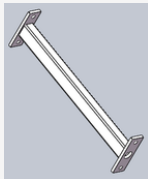
QTY 2



Hook assembly

REF 14

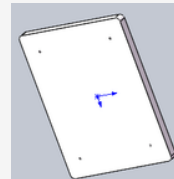
QTY 3



Connecting brace

REF 15

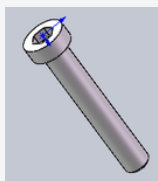
QTY 2



Standing platform

REF 16

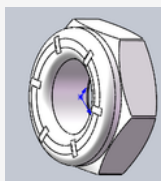
QTY 8



Socket-head screw

REF 17

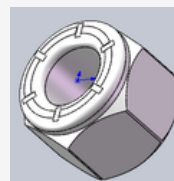
QTY 8



Nylon locknut

REF 18

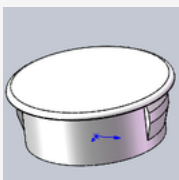
QTY 36



Nylon locknut

REF 19

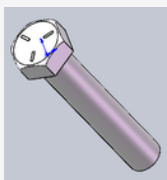
QTY 4



25 mm round hole plug

REF 20

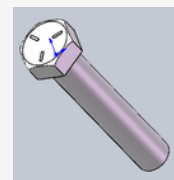
QTY 8



Hex bolt (20)

REF 21

QTY 20



Hex bolt (21)

REF 22

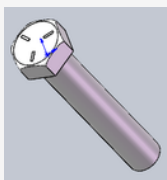
QTY 8



Hex bolt (22)

REF 23

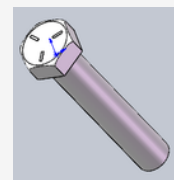
QTY 4



Hex bolt (23)

REF 24

QTY 4



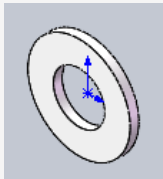
Hex bolt (24)

STAGE 3 / PARTS

Identify your components

REF 25

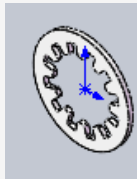
QTY 8



Flat washer

REF 26

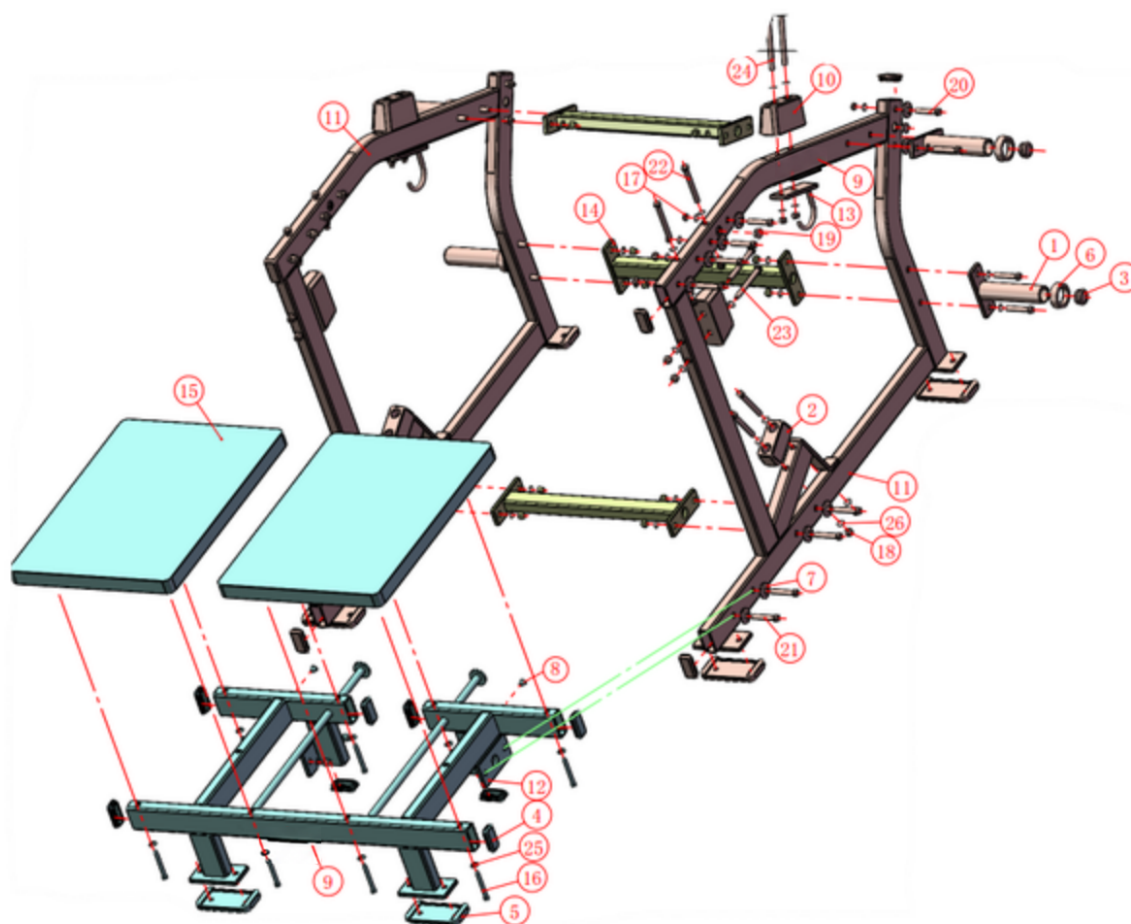
QTY 68



Internal-tooth washer

STAGE 3 / DRAWING

Assembly stage 3



Use the parts references and the following numbered instructions.

Stage 3: Assemble the Side Frames

Use Stage 3 references. No weight plates or user load may be applied yet.

10. Join the side frames and cross braces

Support both side frames 11 upright and position connecting braces 14 between them. Fit the separate bolt groups 21, 22 and 23, nuts 17 and 18, plastic washers 7 and toothed washers 26 only at their illustrated connections. Match each group to its confirmed dimensions before fastening.

11. Fit the platform frame and standing plates

Fit foot-platform frame 12 between the side frames using the depicted bolt 21 connections. Fit feet 5 and both standing platforms 15 with screws 16 and washers 25. Check the platform surfaces are secure and the entire base rests evenly.

12. Fit storage horns, hooks and impact pads

Fit storage horns 1, impact pads 6 and end plugs 3 with bolt group 20 at the shown mounts. Fit hooks 13, round plugs 19, buffers 2, tall pads 10 and bolt group 24 where indicated. The source quantity for pad 10 reads 41; verify the actual required count against the kit and drawing.

13. Complete plugs and check the frame

Fit rectangular plugs 4 and rubber caps 8 after inspecting concealed joints. Cosmetic item 9 is not required for the mechanical assembly and is not illustrated in the parts cards. Recheck all cross-brace and platform joints and confirm the side frames are square before installing the moving assemblies.

Check before continuing

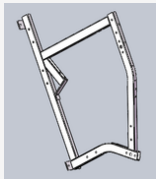
Side frames, braces, standing platforms, storage horns, hooks and impact pads are secure.

STAGE 4 / PARTS

Identify your components

REF 1

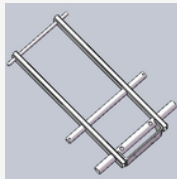
QTY 2



Side-frame assembly

REF 2

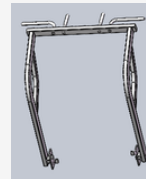
QTY 1



Moving-arm assembly

REF 3

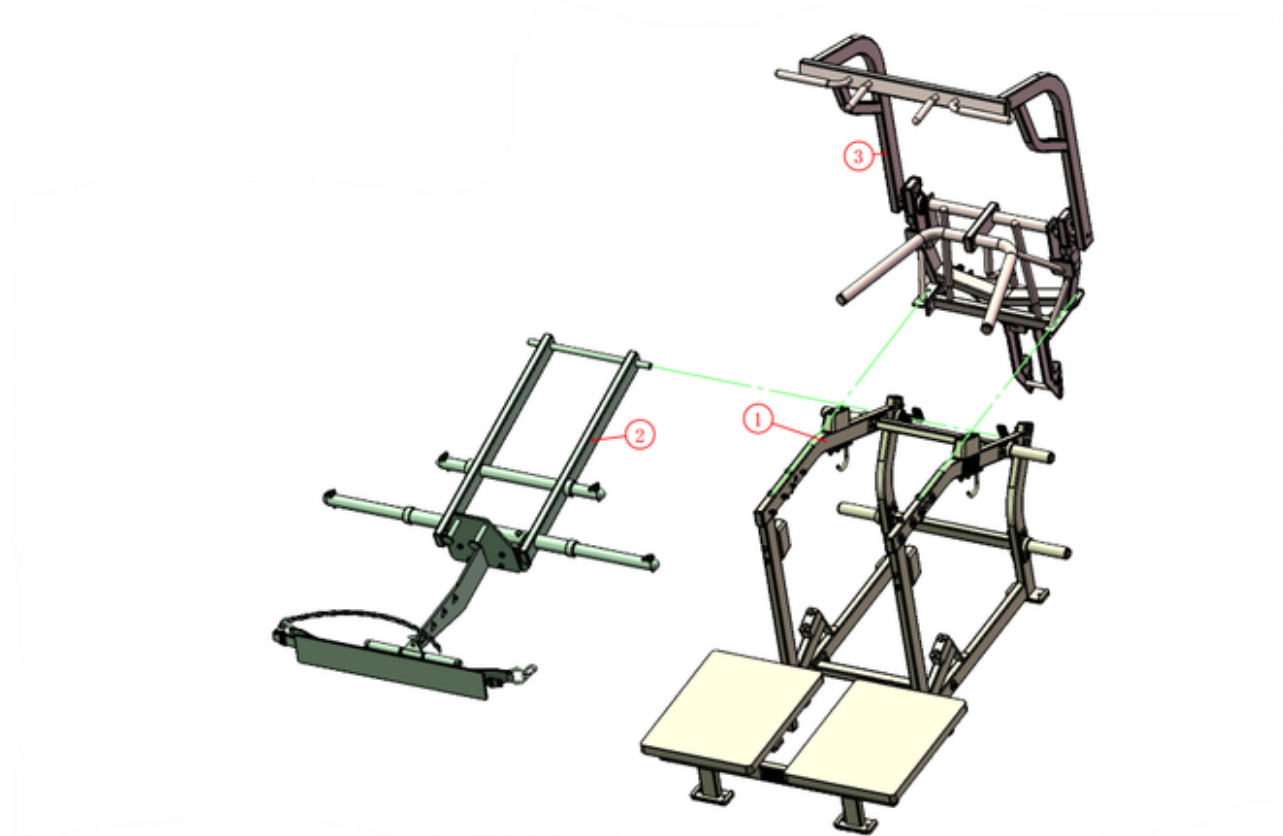
QTY 1



Handrail assembly

STAGE 4 / DRAWING

Assembly stage 4



Use the parts references and the following numbered instructions.

Stage 4: Join and Commission the Tower

Do not load the machine until the support catches, belt connection and omitted specifications are verified.

14. Install the moving-arm assembly

Using the Stage 4 overview, support moving-arm assembly 2 between side frames 1 and align its bearing mounts. Use the confirmed pivot hardware from the detailed preceding stages. Keep the arm supported until both sides and every axial retainer are secured.

15. Install the handrail and catch assembly

Support handrail assembly 3 above the frame and align the illustrated mounting points. Complete its confirmed bearing, brace and catch connections. This overview omits individual fasteners; resolve every unmatched connection before removing supports.

16. Test the catches without added plates

With assistance controlling the unloaded arm, operate the handrail/release mechanism slowly. Verify positive catch engagement at each intended support position and check that the arm cannot drop or overtravel unexpectedly. Do not stand in the arm path while testing.

17. Connect the belt and confirm setup

Fit the belt and chain to their intended hook/connector. Verify secure closure, belt adjustment and chain engagement against the supplied components. Obtain permitted plate size, maximum load, operating clearances, torque and floor-fixing requirements from Build A Gym; none is specified in the source.

18. Complete the unloaded movement check

Inspect all pivot retainers, bearings, catches, handrails, pads, platforms and frame bolts. Check smooth controlled arm travel and reliable catch operation without added plates. Only after these checks and all missing specifications are resolved may the installer proceed with a controlled test using the lowest approved load.

Check before continuing

All structural joints and moving assemblies pass the unloaded commissioning check.

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**

Verify pivot retention, catch engagement, belt/chain connection and both standing platforms. Confirm permitted loading and fastener specifications before the first loaded test.

☐ **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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