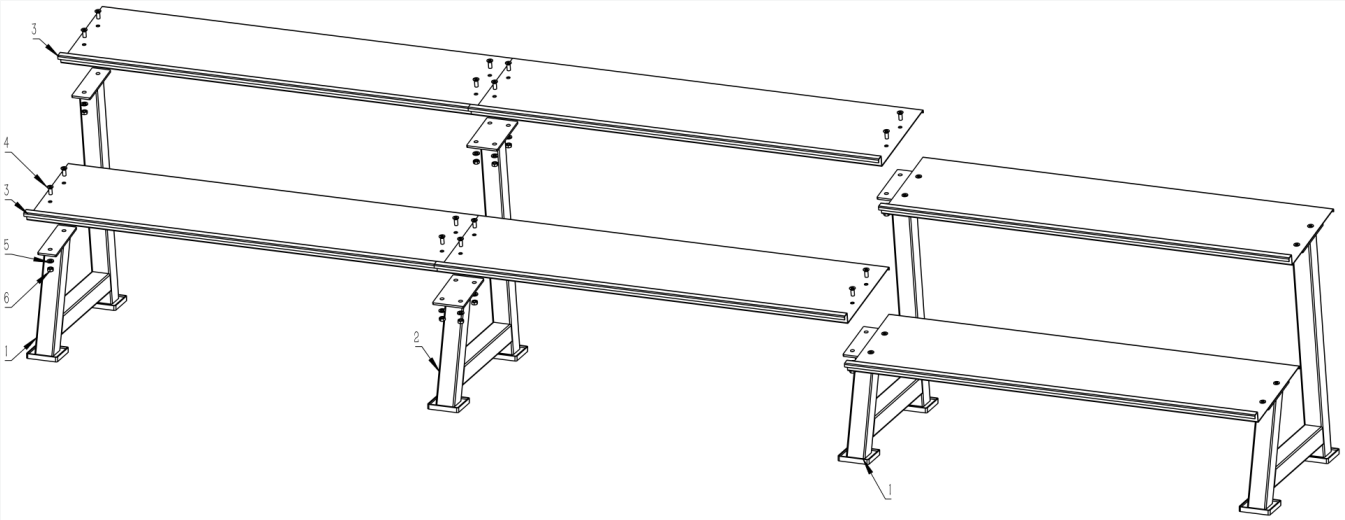
ASSEMBLY MANUAL

# BUILT Strength Rubber Hex Dumbbells (New)

## 5-100 LB Dumbbell Rack

Current SKU: BLT-OTR-5T100-TR-RCK




FACTORY REFERENCE / MATCH YOUR CONFIGURATION BEFORE ASSEMBLY

### BEFORE YOU START

**PEOPLE**
2 people recommended

**TOOLS**
Metric sockets / wrenches

**WORKSPACE**
Firm, level floor

**Check every carton.** Lay out the parts and hardware. Protect the finish and keep children and pets away. Read the whole guide before beginning.

**MATCH YOUR RACK**

Four support frames and six tray sections. The guide interprets the listed parts as one connected three-bay rack; the drawing shows the final bay offset.

02 / INVENTORY

# Parts & hardware

Factory item numbers are retained. Dimensions are in millimeters unless stated otherwise.

### MAIN PARTS

| ITEM | DESCRIPTION | QTY |
|---|---|---|
| 1 | Support frame A - factory list | 2 |
| 2 | Support frame B - factory list | 2 |
| 3 | Tray section A - factory list | 6 |

### HARDWARE

| ITEM | DESCRIPTION | QTY |
|---|---|---|
| 4 | M10 x 20 bolt | 24 |
| 5 | M10 flat washer | 24 |
| 6 | M10 nylon lock nut | 24 |

**SOURCE NOTE**

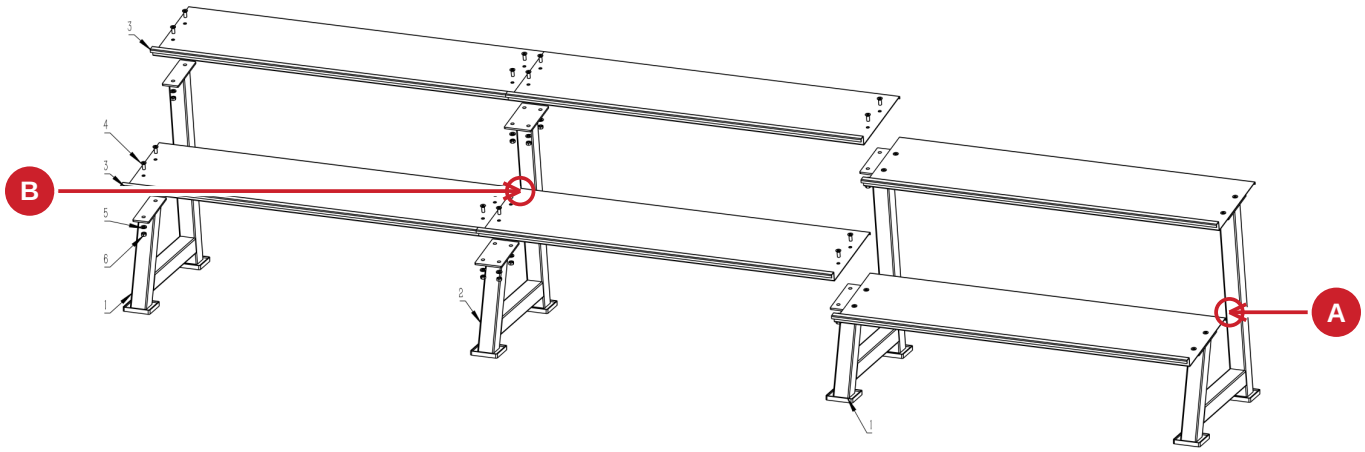
Layout interpretation: the four listed frames and six trays imply one connected, three-bay, two-tier rack. The drawing offsets the last bay and is ambiguous. This layout is inferred, not factory-confirmed; if the actual B-frame plates cannot support adjoining trays, do not use this arrangement.

**Missing or damaged parts?** Check every carton and all packing material. Contact Build A Gym with your order number, current SKU, factory reference, and clear photos.

03 / ASSEMBLY / STEP 01

# Lay out four support frames

The parts list supplies two end frames A (1), two intermediate frames B (2), and six tray sections (3). Arrange the four frames in a line, facing the same direction, with A frames at the outside ends and B frames between them. This is the best-fit interpretation of the listed quantities.




RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

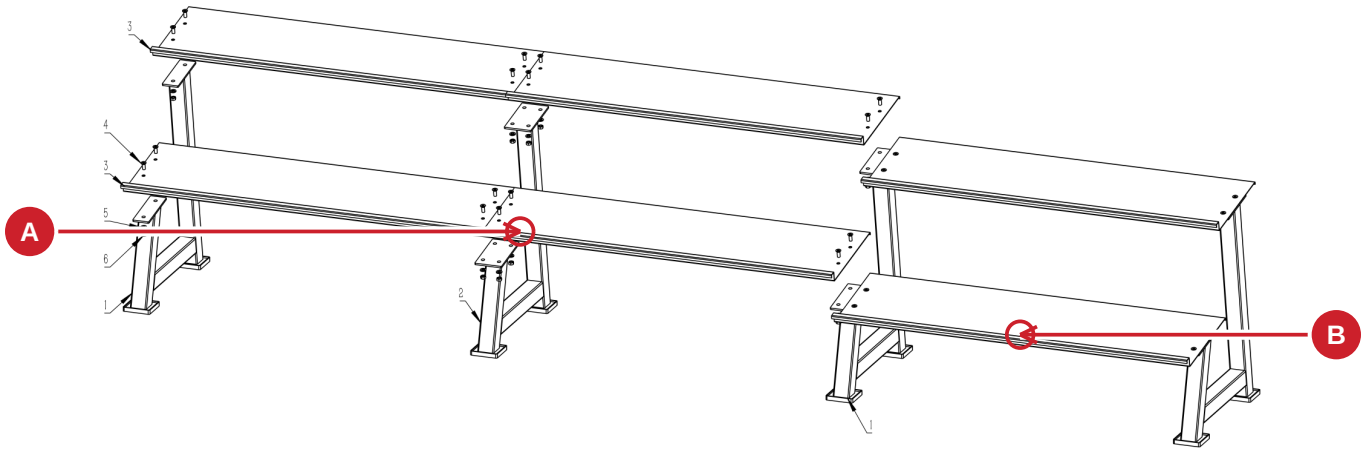
- **A** Outer support frame A - list item 1
- **B** Intermediate support frame B - list item 2

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

03 / ASSEMBLY / STEP 02

# Fit three lower tray sections

Using that four-frame arrangement, place three tray sections along the lower level to form three adjoining bays. Each tray end must rest on a mounting plate. Start four M10 x 20 bolts per tray, with the listed washers and nuts. Support the frames and leave joints loose.




**RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP**

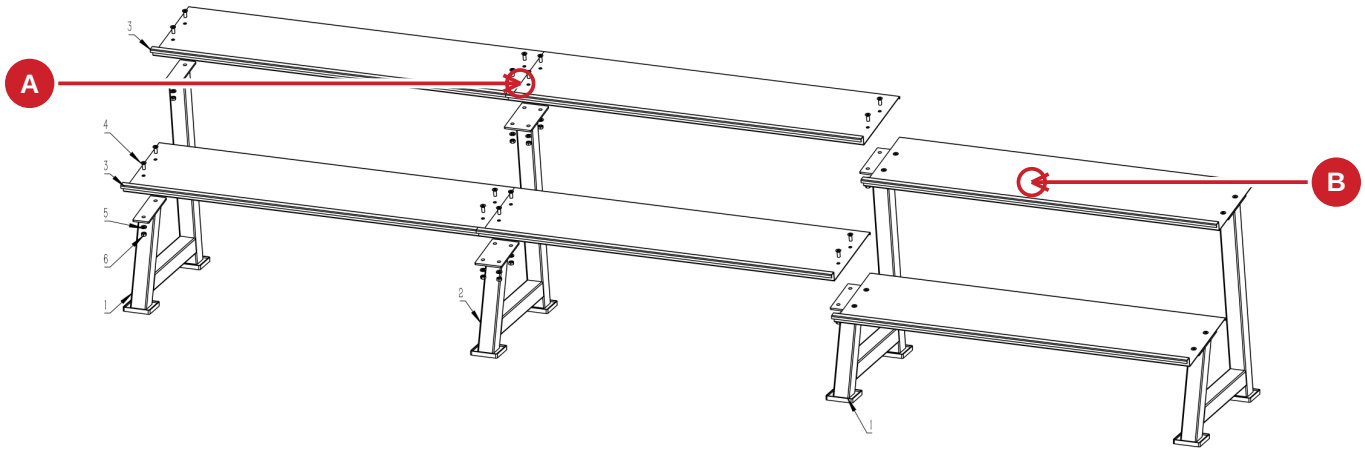
- **A** Lower tray section - item 3
- **B** Offset lower tray: source layout remains ambiguous

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

03 / ASSEMBLY / STEP 03

# Fit three upper tray sections

Place the remaining three trays across the upper level in the same three-bay arrangement. Use the remaining 12 bolts, washers, and nuts. Check that the shared mounting plates accept both adjoining tray ends without forcing, drilling, or leaving an end unsupported.




RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

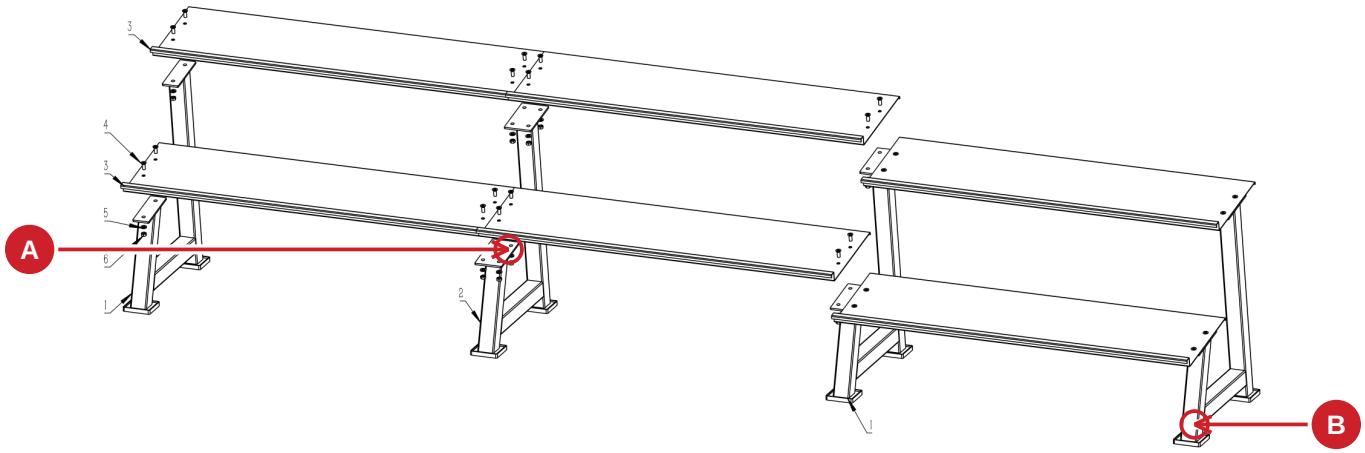
- **A** Upper tray section - item 3
- **B** Offset upper tray: source layout remains ambiguous

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

03 / ASSEMBLY / STEP 04

# Level and tighten

With the rack empty, set it on a firm, level floor. Check that every foot sits flat and every rail or tray is seated. Square the frame, then tighten the installed fasteners evenly without crushing the tubing. Check that threaded joints fully engage and the rack does not rock.




RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Tray end mounting plate
- **B** Support feet: check level contact

Red letters are guide markers, not factory item numbers. Arrows identify locations; assembled views may hide the fastening sequence.

04 / BEFORE USE

# Final checks & source notes

Complete these checks with the rack empty.

- [ ] All parts are present, correctly oriented, and free from damage.
- [ ] All installed fasteners are tightened; no joint or storage surface moves.
- [ ] Feet sit flat on a firm, level floor; the rack does not rock.
- [ ] Load gradually and evenly; keep heavier items low. Do not climb on the rack.

**CAPACITY AND MAINTENANCE**

Follow the manufacturer’s load limits supplied with your equipment. This source does not provide a numeric load rating or tightening torque; neither is inferred here. Inspect fasteners and contact surfaces regularly. Stop using the rack if a part loosens, wears, cracks, or is damaged.

## SOURCE NOTES & ASSEMBLY INTERPRETATIONS

Layout interpretation: the four listed frames and six trays imply one connected, three-bay, two-tier rack. The drawing offsets the last bay and is ambiguous. This layout is inferred, not factory-confirmed; if the actual B-frame plates cannot support adjoining trays, do not use this arrangement.

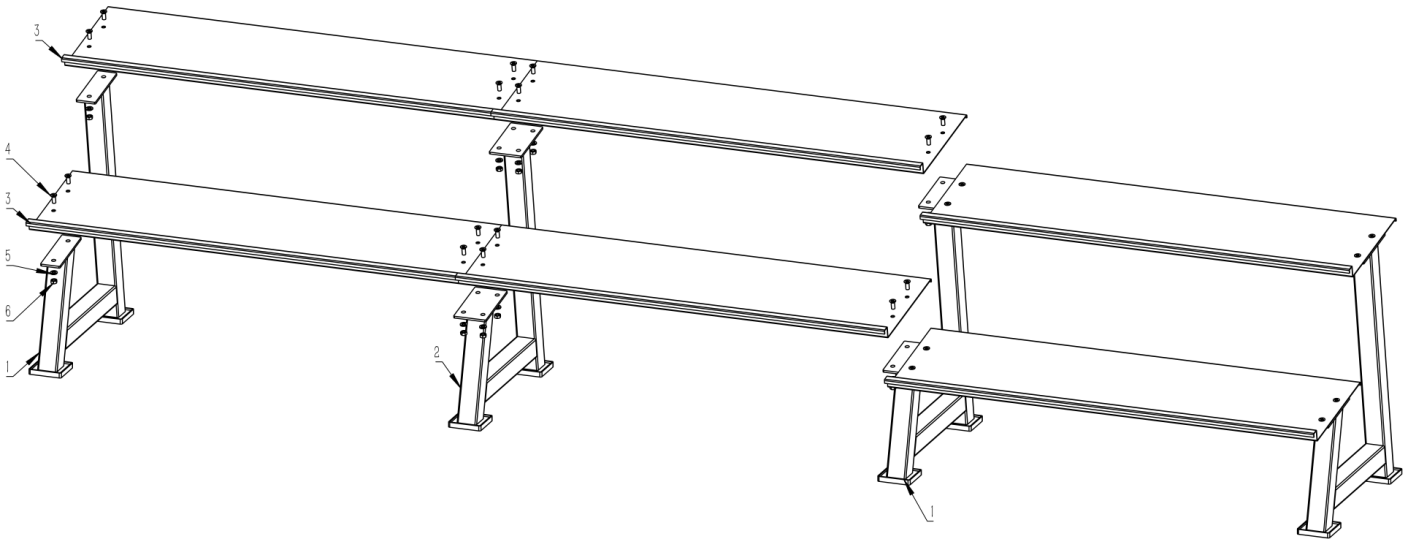
**How this guide was prepared:** Factory diagrams and item numbers are preserved. English descriptions and the assembly order have been organized for readability. Where the source supplies only a drawing, the sequence is inferred from the visible geometry; unresolved specifications are identified above. No unverified bolt sizes, capacities, or torque values have been added.

**Need help?** Contact Build A Gym through buildagym.com. Include your order number, SKU BLT-OTR-5T100-TR-RCK, reference BS-5T100-TR-RCK, and photographs of the joint and hardware.

05 / FACTORY REFERENCE

# Factory reference

Original factory geometry and labels. Use the English parts schedule and source notes in this guide.




| PART NO | DESCRIPTION | Q'TY |
|---|---|---|
| 1 | SIDE SUPPORT RACK A | 2 |
| 2 | SIDE SUPPORT RACK B | 2 |
| 3 | WEIGHT SUPPORT RACK A | 6 |
| 4 | BOLT M10*20 | 24 |
| 5 | WASHER φ10 | 24 |
| 6 | NYLON LOCK NUT M10 | 24 |

**Reading the reference:** Numbered callouts refer to the source parts or fastener groups. Dashed lines show alignment. An assembled view does not reveal every hidden connection. See the source notes for any interpretation or unresolved specification.