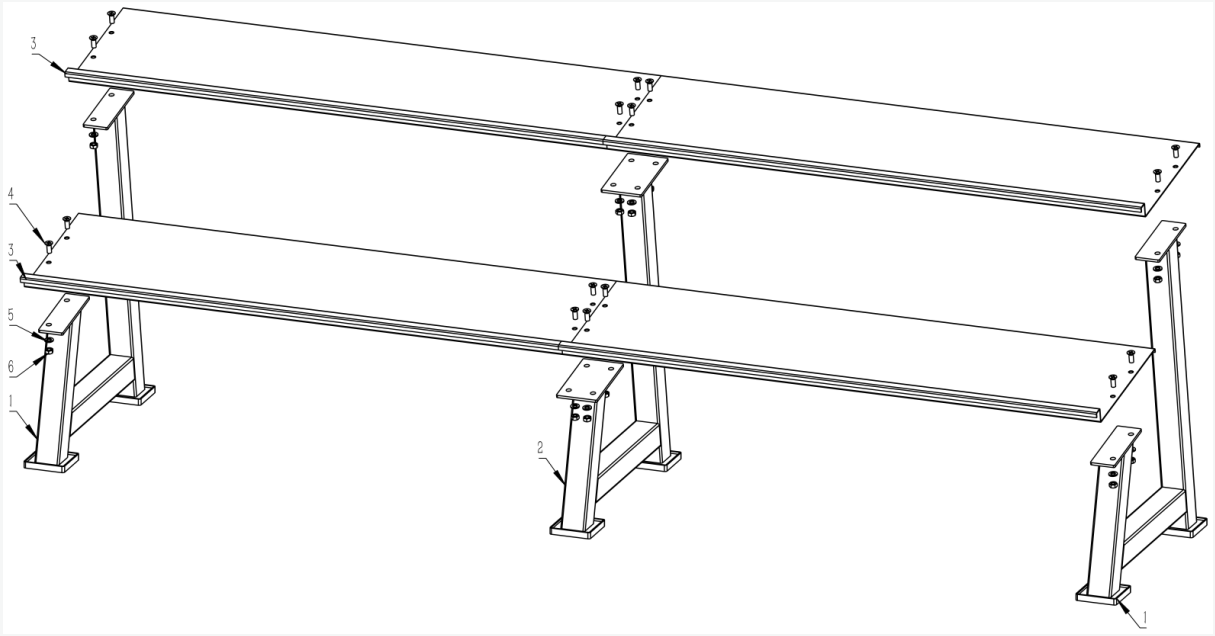
ASSEMBLY MANUAL

BUILT Strength Rubber Hex Dumbbells (New)

5-80 LB Dumbbell Rack

Current SKU: BLT-OTR-5T80-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

Three support frames, four tray sections, and two levels. Although the sections look continuous in the drawing, the parts list specifies four separate trays.

02 / INVENTORY

Parts & hardware

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

MAIN PARTS

ITEM	DESCRIPTION	QTY
1	End support frame A	2
2	Center support frame B	1
3	Tray section A	4

HARDWARE

ITEM	DESCRIPTION	QTY
4	M10 x 20 bolt	16
5	M10 flat washer - listed quantity	16
6	M10 nylon lock nut	16

INVENTORY NOTE

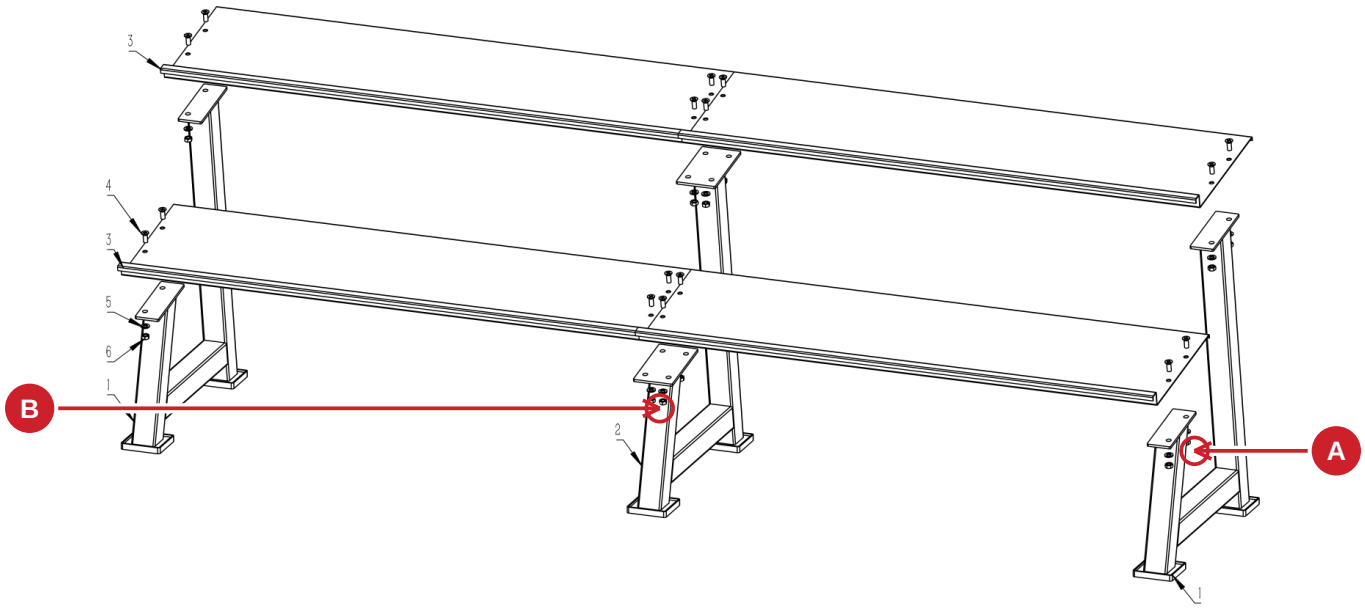
The list specifies 16 bolts, 16 washers, and 16 nuts. The illustrated washer is below the tray mounting plate; do not use the 5-pair cradled-rack hardware schedule.

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

Position three support frames

Place end frames A (1) at the left and right and center frame B (2) between them, all facing the same direction. The center support carries the joining ends of the tray sections. Use a helper to hold the frames.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

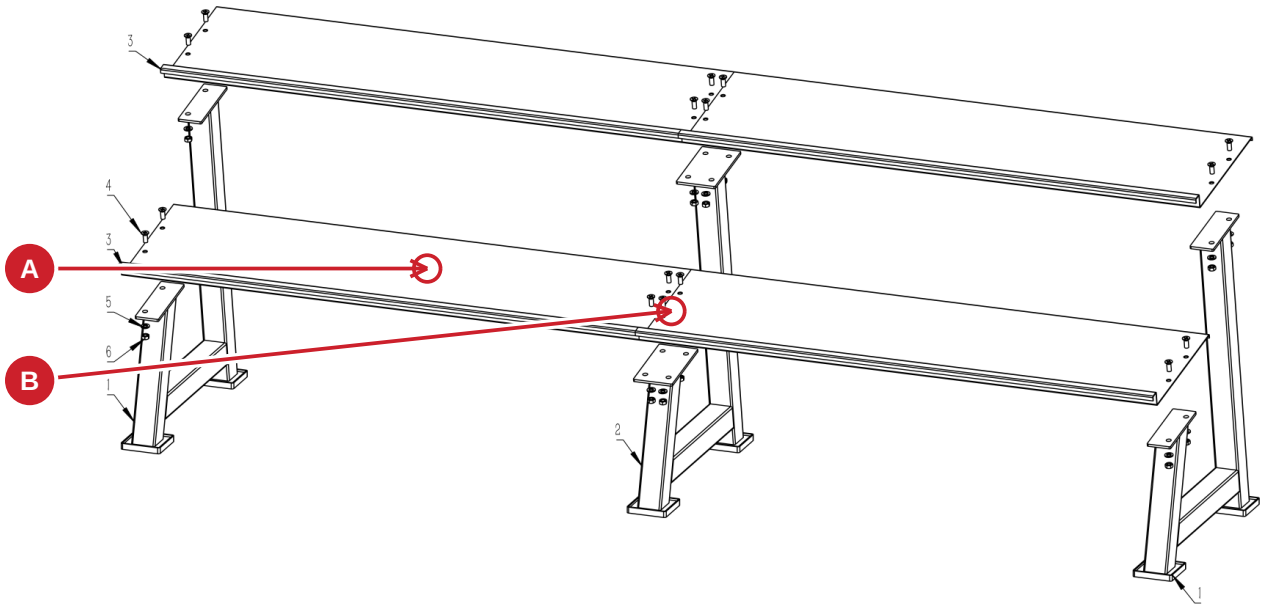
- **A** End support frame A - item 1
- **B** Center support frame B - item 2

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

03 / ASSEMBLY / STEP 02

Fit the two lower tray sections

Place two tray sections (3) across the lower level, meeting at frame B. The drawing shows bolts (4) through the trays and washers (5) with nuts (6) below the mounting plates. Start all eight lower-tray bolts loosely.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

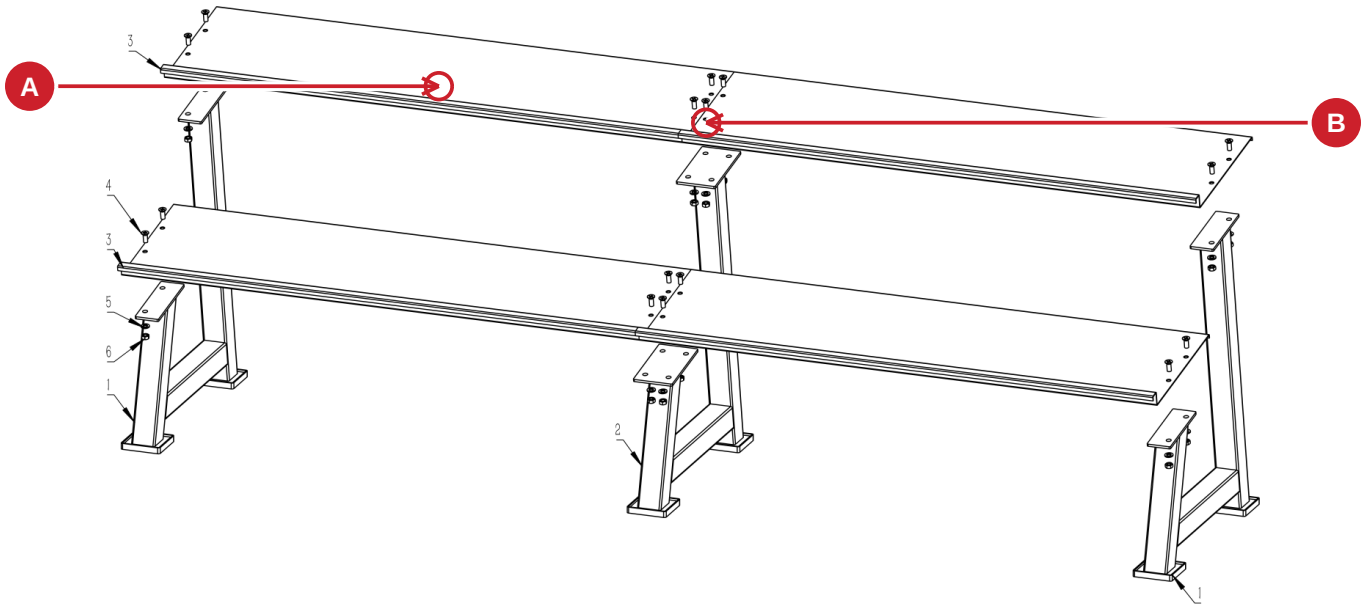
- **A** Lower tray section - item 3
- **B** Lower tray ends meet over center frame

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

03 / ASSEMBLY / STEP 03

Fit the two upper tray sections

Fit the remaining two sections at the upper level and start the remaining eight bolts. Confirm each tray end sits fully on a mounting plate. The factory list gives one washer per bolt; verify the supplied hardware if it differs.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

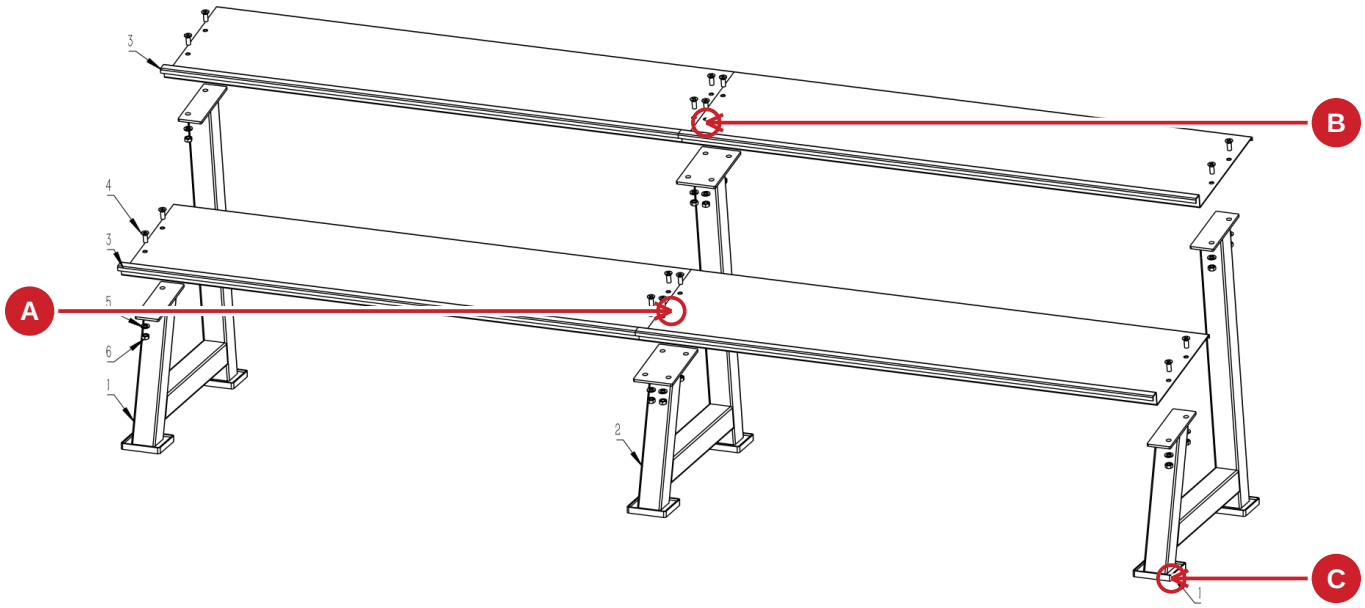
- **A** Upper tray section - item 3
- **B** Upper tray ends meet over center frame

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, place it on a firm, level floor. Check that every foot sits flat and all rails or trays are seated. Square the frame, then tighten the installed fasteners evenly without crushing the tubing. Check every nut for full engagement. Do not load a rack that rocks or has a loose connection.



RED LETTERS IDENTIFY THE PARTS / JOINTS FOR THIS STEP

- **A** Lower tray ends meet over center frame
- **B** Upper tray ends meet over center frame
- **C** Feet: check level floor 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 review: No specific parts-list conflict was found in the supplied assembly reference. This does not establish an engineering load rating or replace inspection of the delivered hardware.

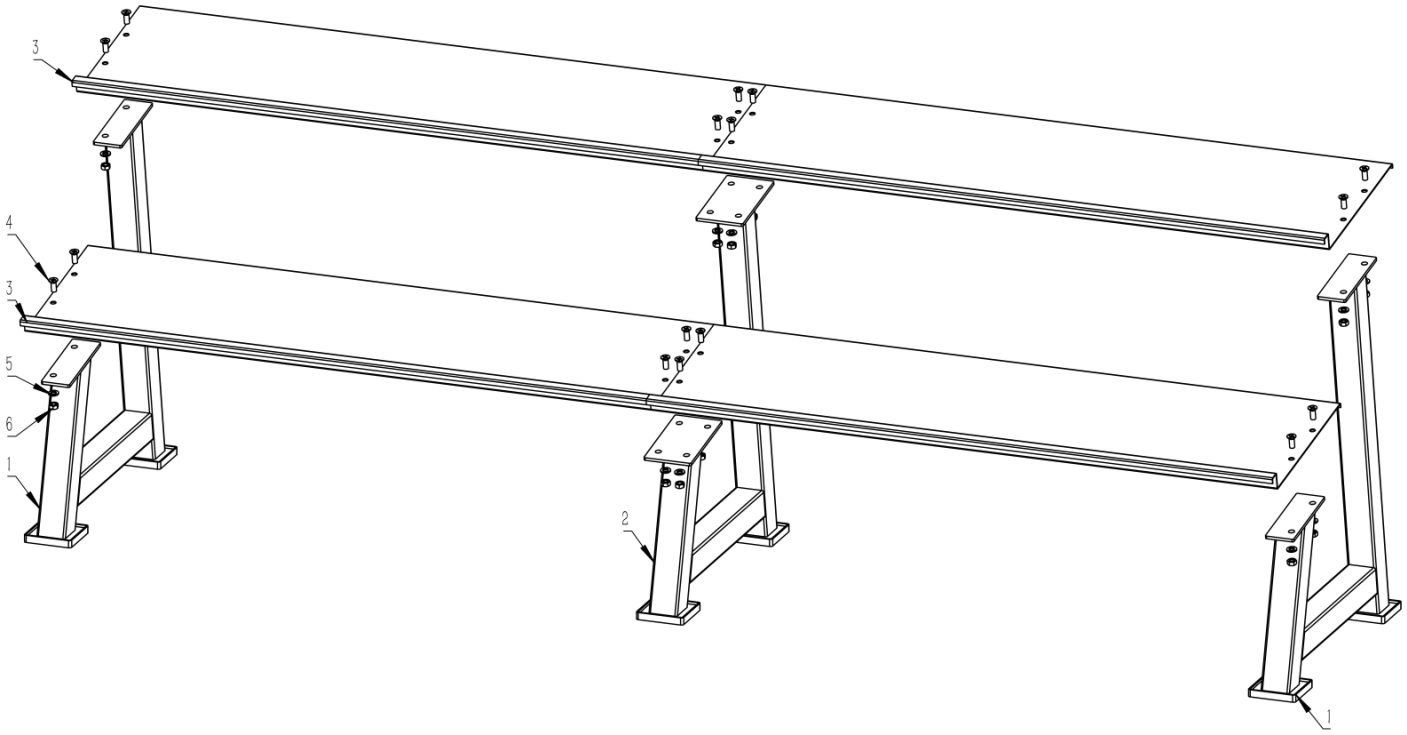
How this guide was prepared: Factory diagrams and item numbers are preserved. English descriptions and the assembly order have been organized for readability. Where the source supplies only a drawing, the sequence is inferred from the visible geometry; unresolved specifications are identified above. 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-5T80-TR-RCK, reference BS-5T80-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	1
3	WEIGHT SUPPORT RACK A	4
4	BOLT M10*20	16
5	WASHER φ10	16
6	NYLON LOCK NUT M10	16

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.