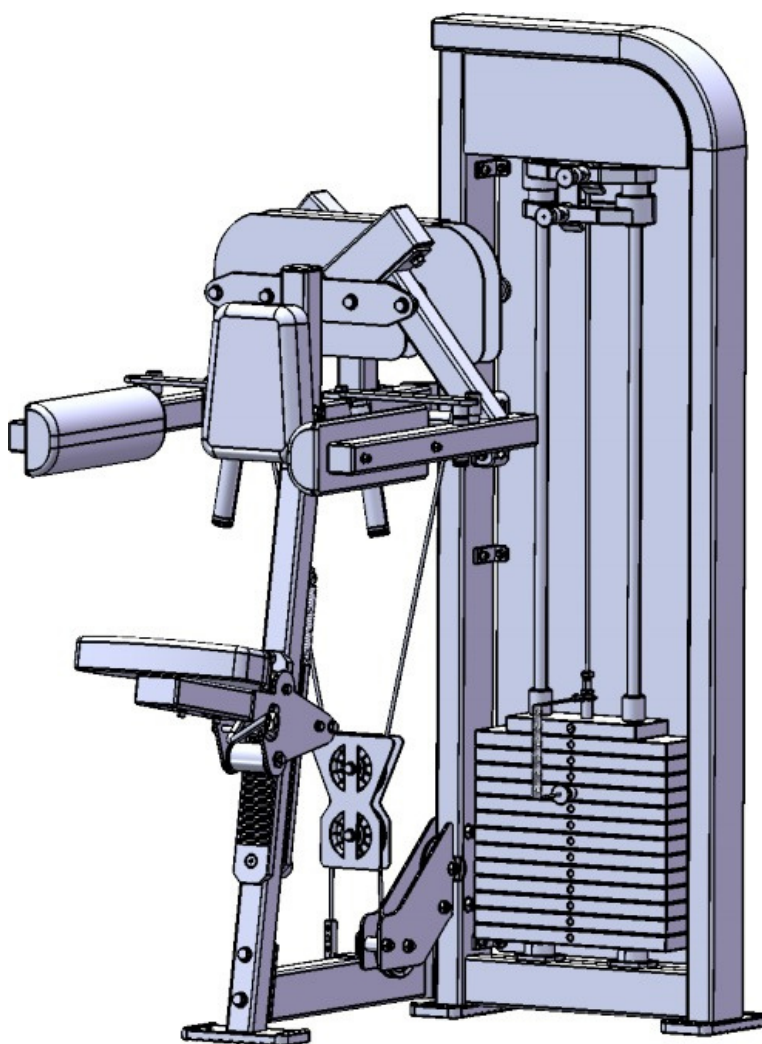


INFINITE SERIES

Seated Lateral Raise

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 → Stage 3 → Final inspection

Use the PDF bookmarks to jump directly to a stage.

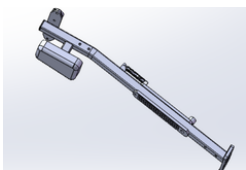
STAGE 1 / PARTS

Identify your components

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

REF 2

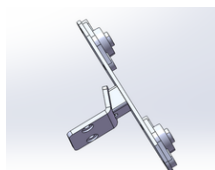
QTY 1



Main frame assembly

REF 3

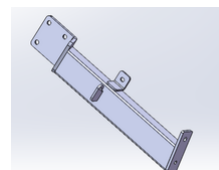
QTY 1



Connection assembly

REF 4

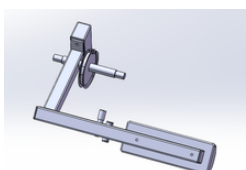
QTY 1



Connect chassis and it assembly

REF 5

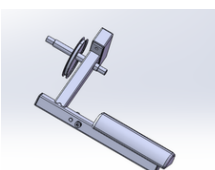
QTY 1



Left arm assembly

REF 6

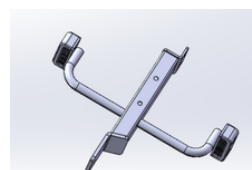
QTY 1



Right arm assembly

REF 8

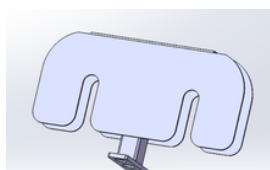
QTY 1



Connect main frame and it assembly

REF 9

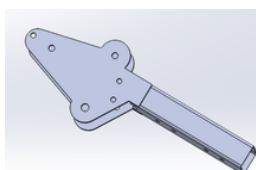
QTY 1



Protective cover

REF 10

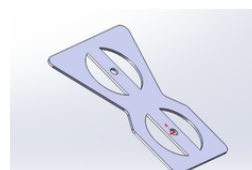
QTY 1



Seat assembly

REF 14

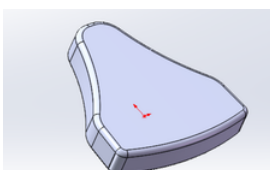
QTY 2



Pulley board

REF 26

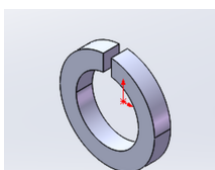
QTY 1



Cushion

REF 39

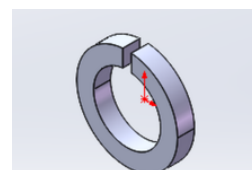
QTY 20



8 mm spring washer

REF 41

QTY 12



12 mm spring washer

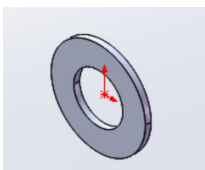
STAGE 1 / PARTS

Identify your components

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

REF 43

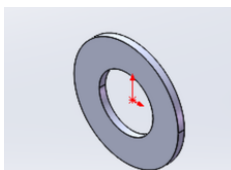
QTY 20



8 mm washer

REF 44

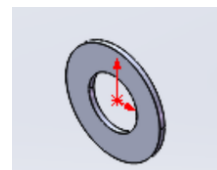
QTY 36



10 mm washer

REF 45

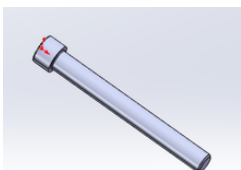
QTY 46



12 mm washer

REF 51

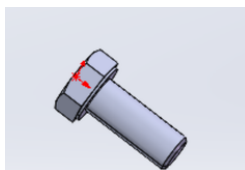
QTY 6



M8 x 70 Socket-head screw

REF 54

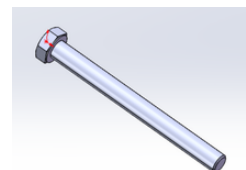
QTY 6



M8 x 20 hex screw

REF 61

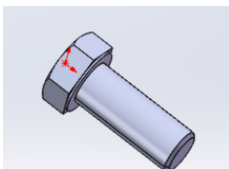
QTY 3



M10 x 105 hex screw

REF 62

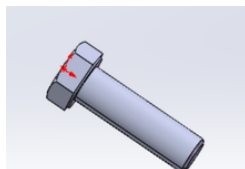
QTY 7



M12 x 30 hex screw

REF 64

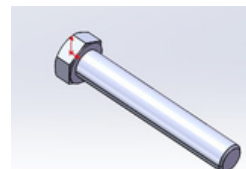
QTY 8



M12 x 40 hex screw

REF 66

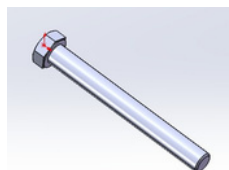
QTY 3



M12 x 75 hex screw

REF 67

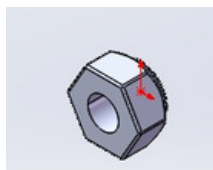
QTY 2



M12 x 105 hex screw

REF 75

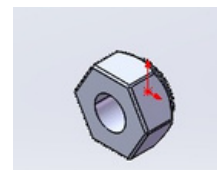
QTY 17



M10 nut

REF 76

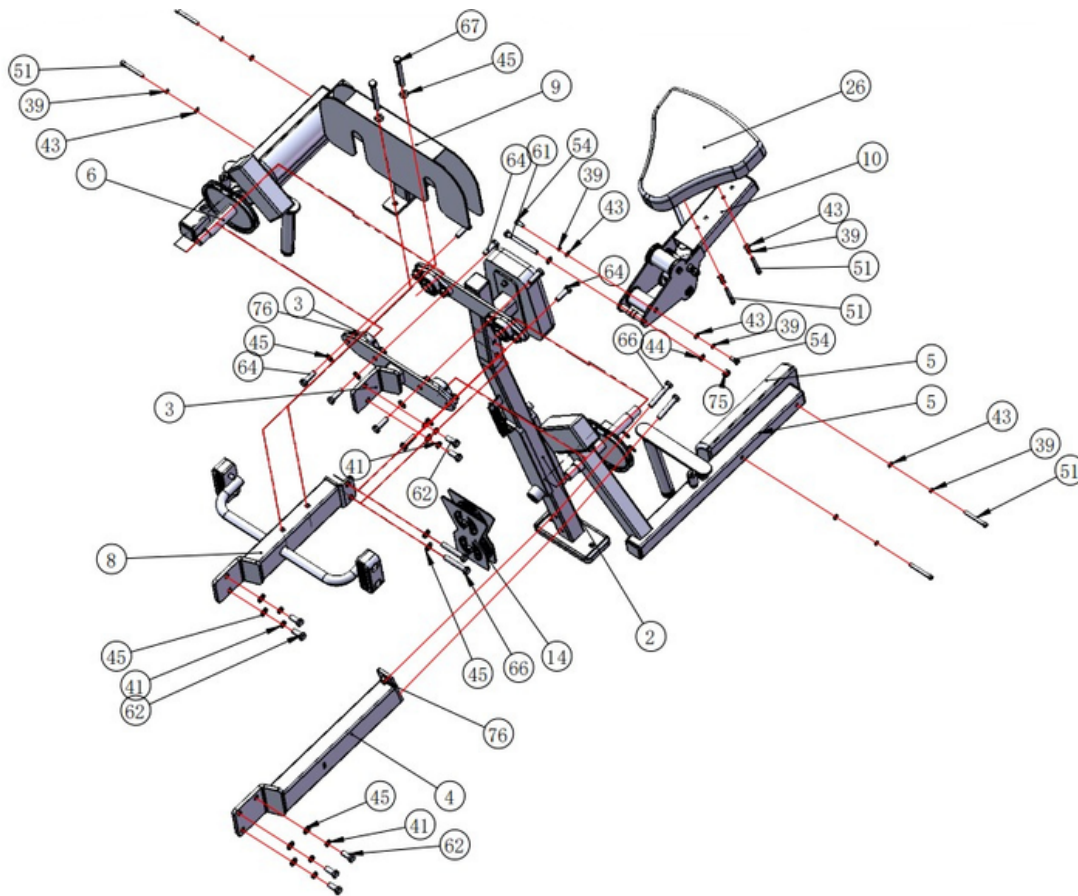
QTY 19



M12 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: Build the Seat and Arm Frame

Use Stage 1 references. Keep both arms supported until their pivots are secured.

1. Join the lower frame members

Support main frame 2 on a protected level floor. Fit lower connector 4 and connecting frame 8 in the depicted positions using M12 × 30 bolts 62, spring washers 41 and washers 45 at their marked joints. Keep the assembly supported until its full footprint is complete.

2. Fit the upper connecting assembly

Position connecting assembly 3 between the main frame and arm supports. Fit M12 × 40 bolts 64, washers 45 and M12 nuts 76 at the illustrated flanges. Align the parts before securing them.

3. Install both arm assemblies

Support right arm 6 and left arm 5 at their pivot mounts. Use the separately illustrated M10 × 105 bolts 61 with washers 44 and nuts 75 at the indicated pivot connections. Preserve factory bearings and spacers; the source does not specify their separate order or preload. Confirm those details if either pivot is dismantled.

4. Fit the pads and seat

Secure the arm pads and seat cushion 26 to their shown mounts using M8 × 70 screws 51, spring washers 39 and washers 43. Fit seat assembly 10 and M8 × 20 screws 54 at their designated connections. Check the seat adjustment is retained and locks fully before sitting on it.

5. Fit the pulley boards and cover

Fit pulley boards 14 at the depicted lower connections using M12 × 75 bolts 66, washers 45 and nuts 76. Fit protective cover 9 with M12 × 105 bolts 67 and washers 45 at its shown mounts. Confirm all mating hardware against the supplied assembly and verify free arm movement.

Check before continuing

Frame, arm pivots, pads, seat and pulley boards are secure.

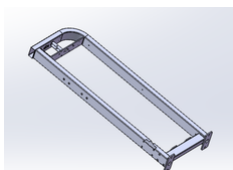
STAGE 2 / PARTS

Identify your components

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

REF 1

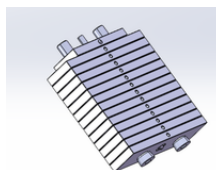
QTY 1



Small frame assembly

REF 2

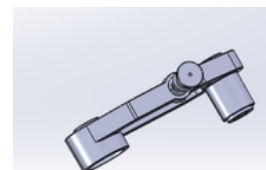
QTY 1



Weight stack assembly

REF 3

QTY 2



Secondary counterweight

REF 4

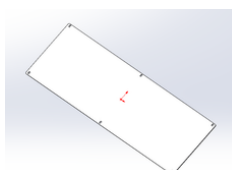
QTY 2



Weight-stack guide rod

REF 12

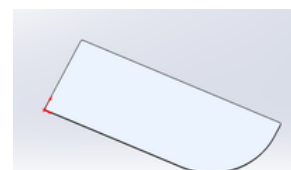
QTY 1



Rear weight-stack guard

REF 16

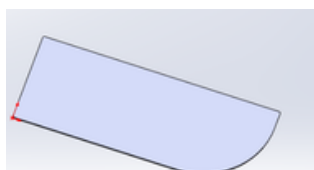
QTY 1



Small protective board 1

REF 17

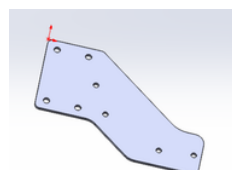
QTY 1



Small protective board 2

REF 32

QTY 1



Pulley board

REF 54

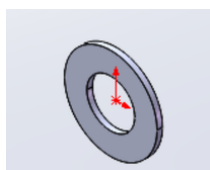
QTY 4



10 mm spring washer

REF 58

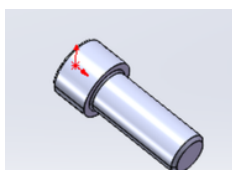
QTY 36



10 mm washer

REF 62

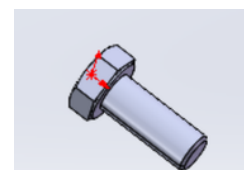
QTY 6



M8 x 20 Socket-head screw

REF 70

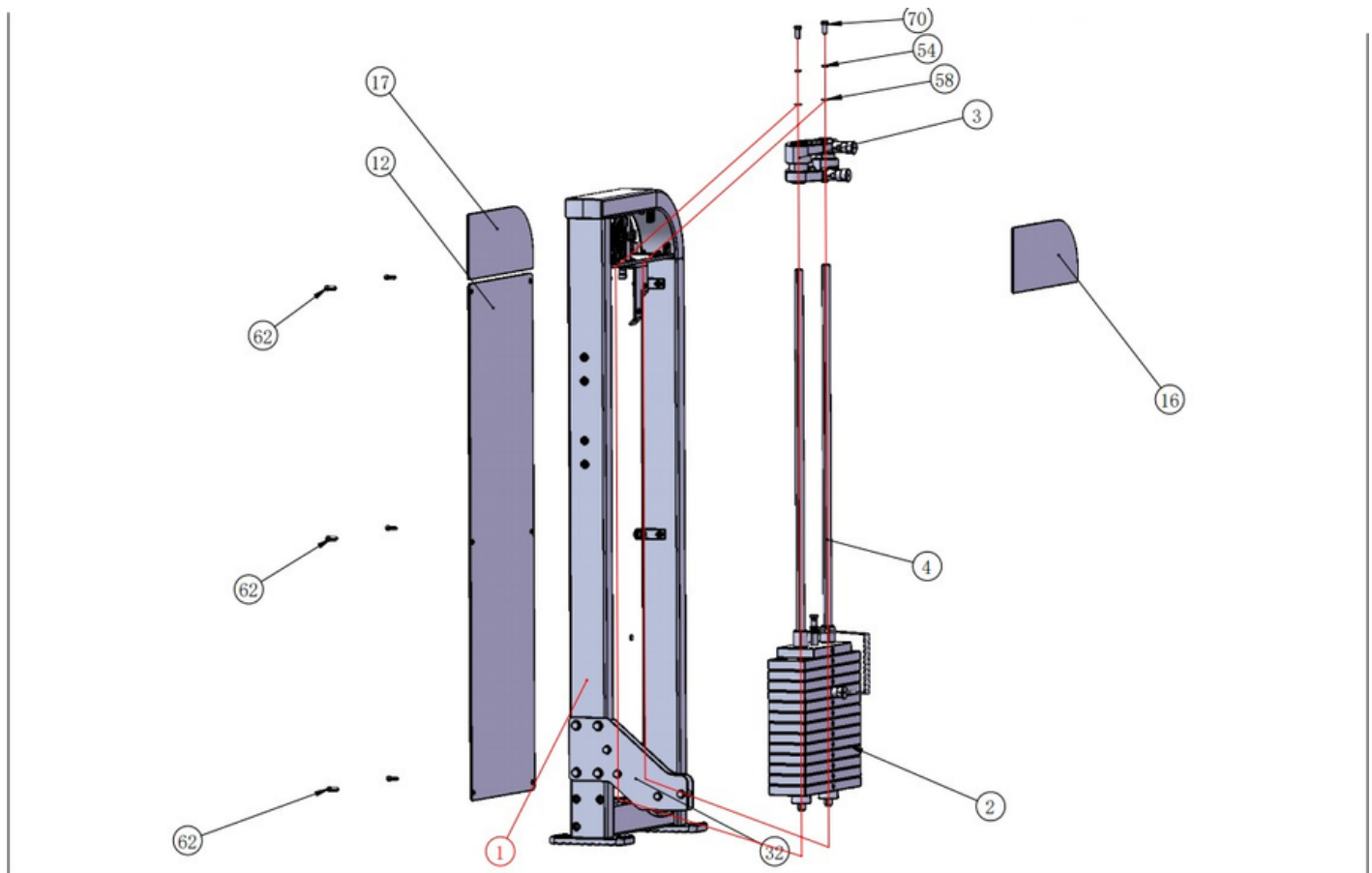
QTY 2



M10 x 25 Hex-head screw

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 and Join the Tower

Stage 2 references restart. Identify fasteners by both stage and size.

6. Position the tower and stack

Support tower 1 upright beside the exercise frame. Position guide rods 4 and weight-stack assembly 2 in the shown orientation. Keep the stack supported on its supplied buffers. The source omits the separate plate, buffer, selector and lower guide-retainer details; confirm these before loading a dismantled stack.

7. Secure the upper guide ends

Fit secondary weights 3 as shown. Secure the upper guide ends with M10 × 25 bolts 70, spring washers 54 and washers 58. Check both rods are retained and parallel and the selector pin can engage fully.

8. Connect the tower and exercise frame

Align the tower-side mounting flanges with Stage 1 connecting members 4 and 8 and pulley board 32. Match the M12 × 30 hardware indicated on the Stage 1 drawing to the actual joints. The tower drawing does not separately detail every joining fastener; confirm any unmatched connection before fastening or cable loading.

9. Prepare the protective panels

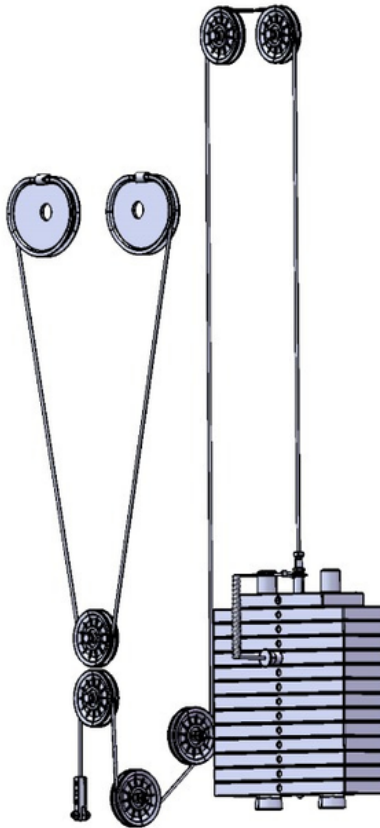
Prepare rear guard 12 and small boards 16 and 17 using M8 × 20 screws 62 where shown. Keep access open for cable inspection. Note that reference 62 here means an M8 screw, while Stage 1 reference 62 is an M12 frame bolt; do not interchange them.

Check before continuing

Tower joints, guide rods, stack and guard mounts are secure.

STAGE 3 / DRAWING 1 OF 1

Assembly stage 3



Trace both arm cams, the linked lower pulleys and the tower cable using the following steps. Confirm all cable endpoints and retainers before applying tension.

Stage 3: Connect the Cable System

Do not infer cable attachments or adjustment settings from the schematic alone.

10. Identify both arm cams and cable runs

Keep the stack down and support both arms. Identify the two upper arm cams, shared lower pulley arrangement and tower run in the schematic. Confirm each cable and its endpoints against the supplied machine; lengths and termination specifications are absent from the source.

11. Follow the two connected cable paths

Trace the arm-side run from one cam around its shared lower pulley to the opposite cam. Trace the linked run through the remaining lower pulleys and the tower top pulleys to the stack terminal. Confirm which pulley is fixed and which travels with the cable before applying tension.

12. Secure terminals and finish assembly

Verify every cable end, pulley axle and retainer, including the shared pulley assembly. Keep cables seated in the grooves and free of twists. Fit the remaining guards, recheck all structural fasteners and obtain torque and floor-fixing requirements from Build A Gym.

13. Test at the lowest resistance

Set and lock the seat and select the lowest stack load. Raise both arms slowly and return them under control. Check each arm, the shared pulley travel and full stack return. Stop if either cable slips, rubs or goes slack, or either arm binds.

Check before continuing

Seat lock, both arms, linked pulley system, stack and guards 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.

☐ **Product-specific inspection**

Check both arm pivots, seat lock, cable endpoints and shared pulley travel.
Confirm smooth arm movement, full stack return and clearance from every guard.

☐ **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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