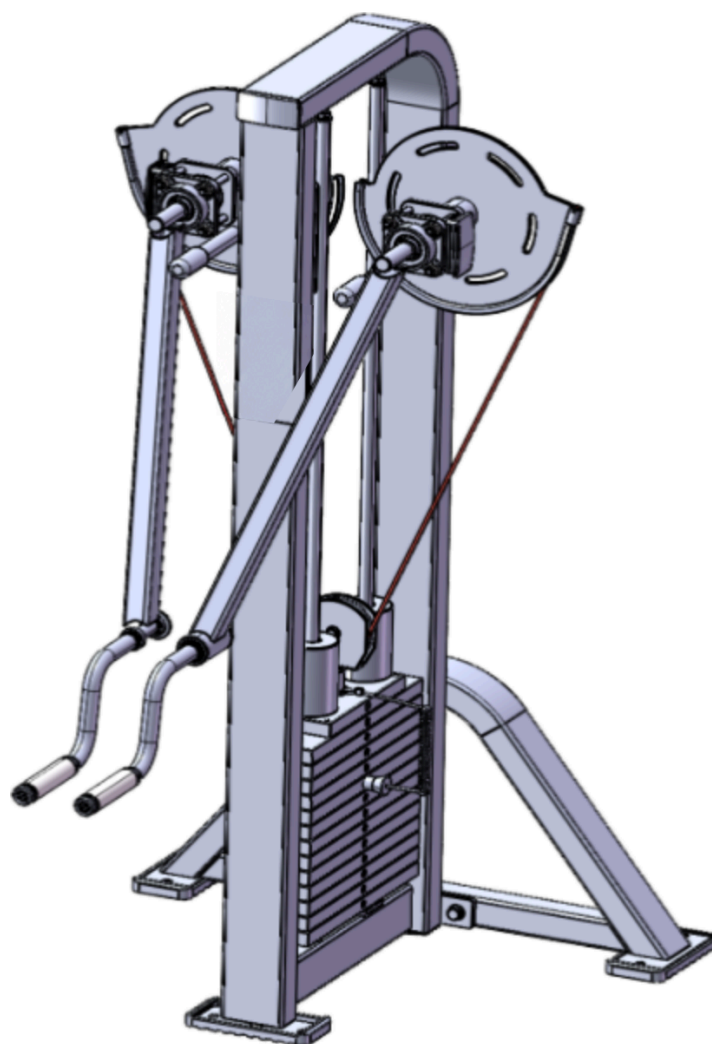


INFINITE SERIES

Standing 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

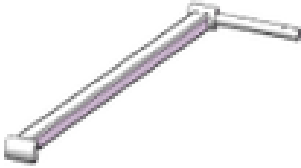
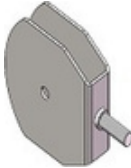
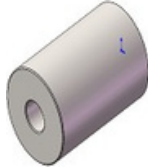
Stage 1 → Stage 2 → Final inspection

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  Small door assembly	REF 2 QTY 1  Upper connection frame	REF 3 QTY 2  Arm assembly
REF 5 QTY 1  Cable cam plate assembly	REF 7 QTY 1  Rear bracket assembly	REF 8 QTY 1  Double rope pulley assembly
REF 10 QTY 1  Weight stack assembly	REF 11 QTY 2  Weight-stack guide rod	REF 13 QTY 2  Circular counterweight
REF 20 QTY 1  Weight selector pin	REF 26 QTY 4  Square bearing seat	REF 30 QTY 10  Spring washer

STAGE 1 / PARTS

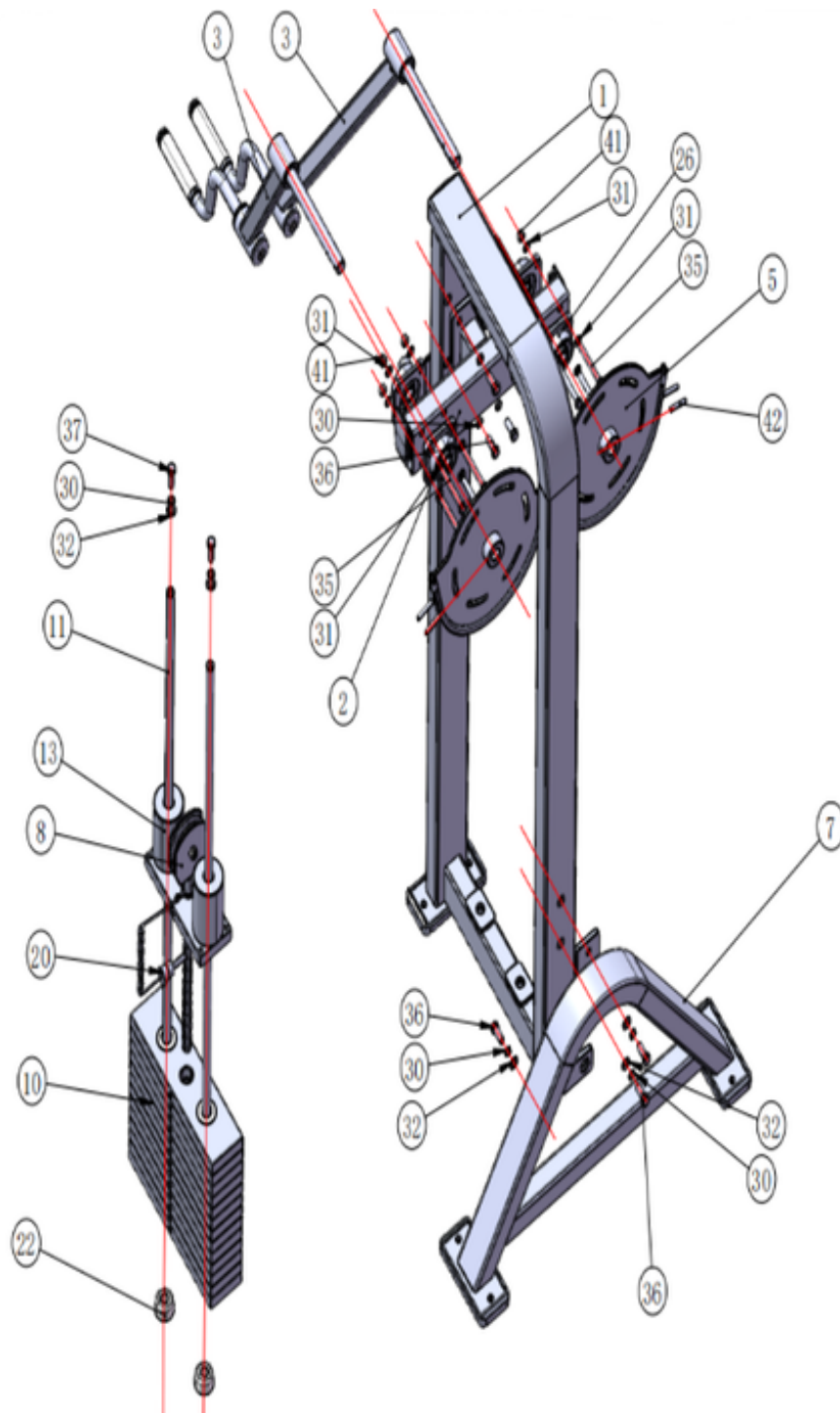
Identify your components

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

REF 31 QTY 18  Washer M10	REF 22 QTY 2  Weighted buffer pad	REF 32 QTY 10  Washer M12
REF 35 QTY 8  M10 × 90 hex head bolt	REF 36 QTY 8  M12 × 30 hex head bolt	REF 37 QTY 2  M12 × 35 hex head bolt
REF 41 QTY 9  Nut	REF 42 QTY 4  Elastic cylindrical pin	

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: Assemble the Frame and Arms

Keep the stack unloaded and both arms supported until the complete bearing and cam retention is confirmed.

1. Stabilize the tower and rear support

Using Stage 1 references, support tower frame 1 upright on a protected level floor. Align rear bracket 7 at the illustrated lower mounts. Fit M12 × 30 bolts 36 with spring washers 30 and M12 washers 32 at the depicted connections. Start all bolts before aligning and securing the base.

2. Fit the upper connection and bearings

Fit upper connection frame 2 with M12 × 30 bolts 36, spring washers 30 and M12 washers 32 as shown. Fit the four bearing housings 26 at the upper arm pivots with M10 × 90 bolts 35, M10 washers 31 and nuts 41. Confirm the nut thread and spring-washer sizes against the supplied hardware; the list does not specify every size.

3. Mount both arms and cable cams

Support arms 3 while locating their shafts through the bearing housings. Position cam plates 5 on the outer shaft ends in the illustrated orientation. Fit elastic cylindrical pins 42 at the depicted retention points using the confirmed pin-fitting specification. Verify the complete shaft and bearing retention before removing support.

4. Inspect arm travel and stops

Move each supported arm slowly through its permitted range. Check the handles face the user position, each cam agrees with the cable diagram, and the arms clear the upright. The source lists one cam plate despite showing two; confirm both supplied cam assemblies and all retention parts.

Check before continuing

The base, upper connection, arms and cam retainers are secure.

Stage 1: Install the Weight Stack

These steps refer to the stack detail at the left of the Stage 1 drawing.

5. Position buffers and the supported stack

Fit buffer pads 22 at the lower guide locations. Keep stack assembly 10 supported at its base and insert guide rods 11 through the stack in the illustrated orientation. Preserve plate order and selector access. If the stack arrives dismantled, obtain the plate-loading and selector-stem details before assembly.

6. Fit the upper stack components

Fit the two cylindrical counterweight components 13 and double-rope pulley assembly 8 in the illustrated relationship above the stack. Confirm their exact attachment and retention against the supplied kit before connecting a cable.

7. Retain the guide rods

Seat both guides at their lower supports and fit the depicted M12 × 35 bolts 37 with spring washers 30 and M12 washers 32 at the upper ends. Confirm the lower retention method, which the source does not fully specify. Check the rods remain parallel and positively retained.

8. Check selector operation

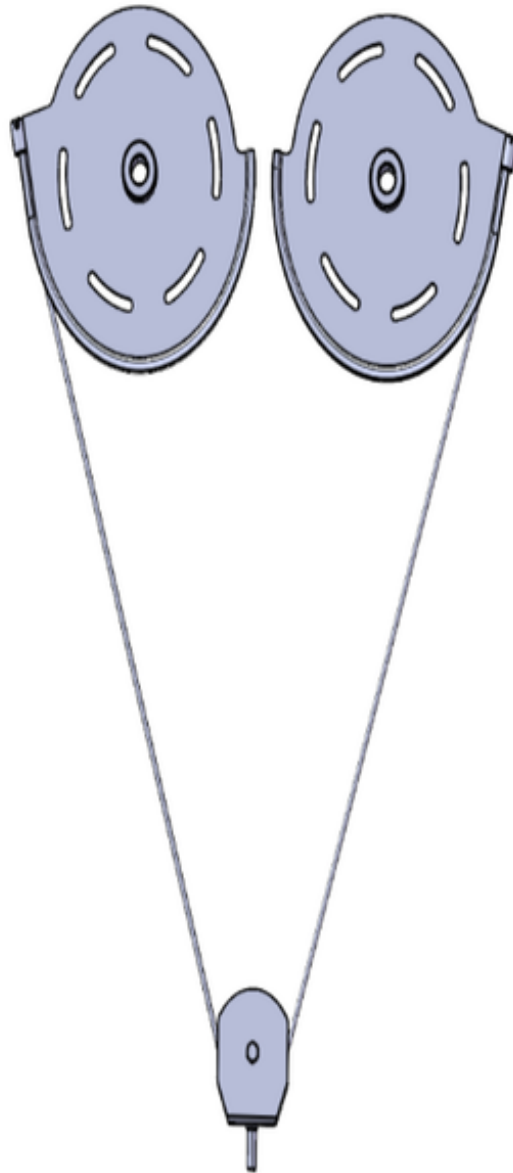
Fit or inspect weight selector pin 20. With the stack fully down, confirm the pin enters the selected plate and selector stem completely. Check all plate and guide components are supported correctly before routing the cable.

Check before continuing

Both guides, stack, upper components and selector are positively retained.

STAGE 2 / DRAWING 1 OF 1

Assembly stage 2



Trace the cable using this schematic and the following numbered instructions.
Confirm the cam and stack terminations before applying tension.

Stage 2: Route the Cable and Test

Resolve any omitted retention or cable specification before the machine enters service.

9. Follow the cam-to-pulley route

Keep both arms supported and the stack fully down. Follow the schematic from one upper cam plate down around the central pulley and up to the opposite cam. Place the cable in the correct groove at each component without crossing or twisting it.

10. Confirm cable terminations

Confirm both cam-end terminations and the central pulley-to-stack attachment against the supplied assembly. Cable length, terminal details and tension settings are omitted from the source; obtain them for any loose or uncertain cable before applying tension.

11. Complete the fastening inspection

Check all bearing-housing bolts, shaft retainers, elastic pins, guide connections, pulley attachments and base bolts. Obtain tightening torque and floor-fixing requirements from Build A Gym for the delivered revision and complete the installation accordingly.

12. Test at the lowest resistance

Select the lowest stack load and move each arm slowly, then both arms together. Check controlled arm movement, smooth stack lift and full return, and no cable slack, rubbing or binding. Stop if a bearing, cam, pin or cable attachment shifts.

Check before continuing

Both arms, cams, cable route and stack 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 the cable path, guide retention, pads and every adjustment lock.
The stack must lift and return fully, with all guards and connections secure.

☐ **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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