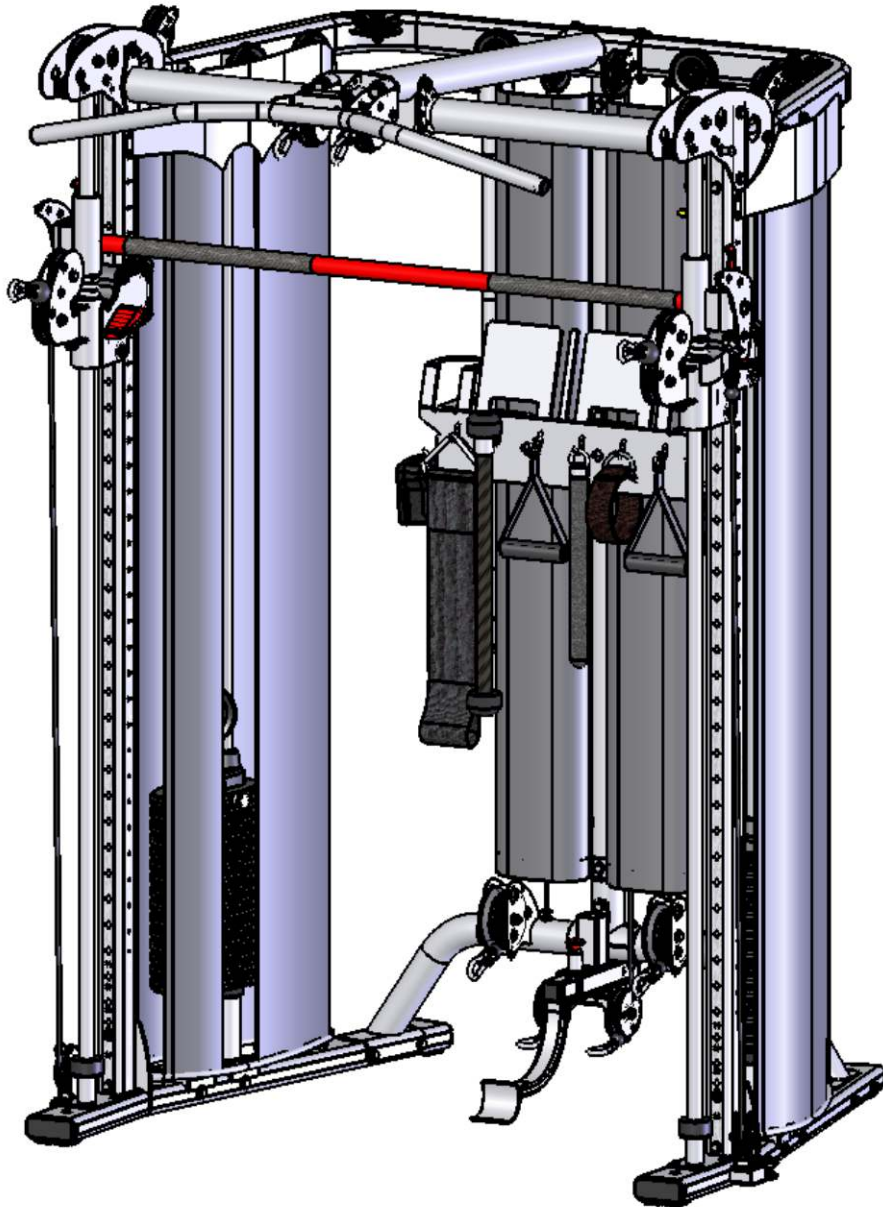




# INSPIRE

ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HER

**CONGRATULATIONS...** You've just taken the first step to a healthier and stronger body. This multi-gym by Inspire offers the key to unlocking your body's potential. Regular strength training on a multi-gym has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, a reduction in stress, and improved cardiac output. Once again, congratulations, you are on your way to improving your self image, overall health, and quality of life.

## **BEFORE ASSEMBLING YOUR HOME GYM**

**IMPORTANT:** Read this entire manual before attempting to build or use this machine. This manual contains step by step instructions for proper assembly.

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the retailer of this multi-gym for replacement parts. Or, call Inspire at 877-738-1729.

Make sure that adequate room has been cleared before attempting to build your multi-gym. A rubber mat is recommended for use under your multi-gym to protect wood flooring or carpeting from damage during assembly and usage.

This multi-gym is intended for indoor use only. Rust can form on certain parts including guide rods in a humid environment, resulting in impaired function.

Service of your multi-gym should only be preformed by an authorized Inspire retailer. Service preformed by anyone else can result in loss of warranty. If you need help finding an authorized retailer, please contact us directly:

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## IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this multi-gym.

- **WARNING!** It is necessary to inspect this multi-gym regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace any and all defective or worn parts. Pay special attention to moving parts such as the cables and pulleys and connections to accessories. See General Maintenance section for complete details.
- Use this multi-gym for its intended purpose as described in this Operation Manual or the Exercise Book. Do not use attachments not recommended by the manufacturer.
- **Do not hang from Weight Bar. The Weight Bar rests on the Right and Left Sliders which are not designed to support human weight.**
- Make sure bystanders are at least 5 feet away from the multi-gym while it is in use.
- Keep children off the multi-gym at all times.
- Keep the multi-gym away from walls and clear of any obstructions and furniture.
- Stop immediately if you experience shortness of breath, pain, or dizziness during your workout. Inspire strongly recommends consulting your doctor before starting an exercise program.

## TOOLS REQUIRED FOR ASSEMBLY

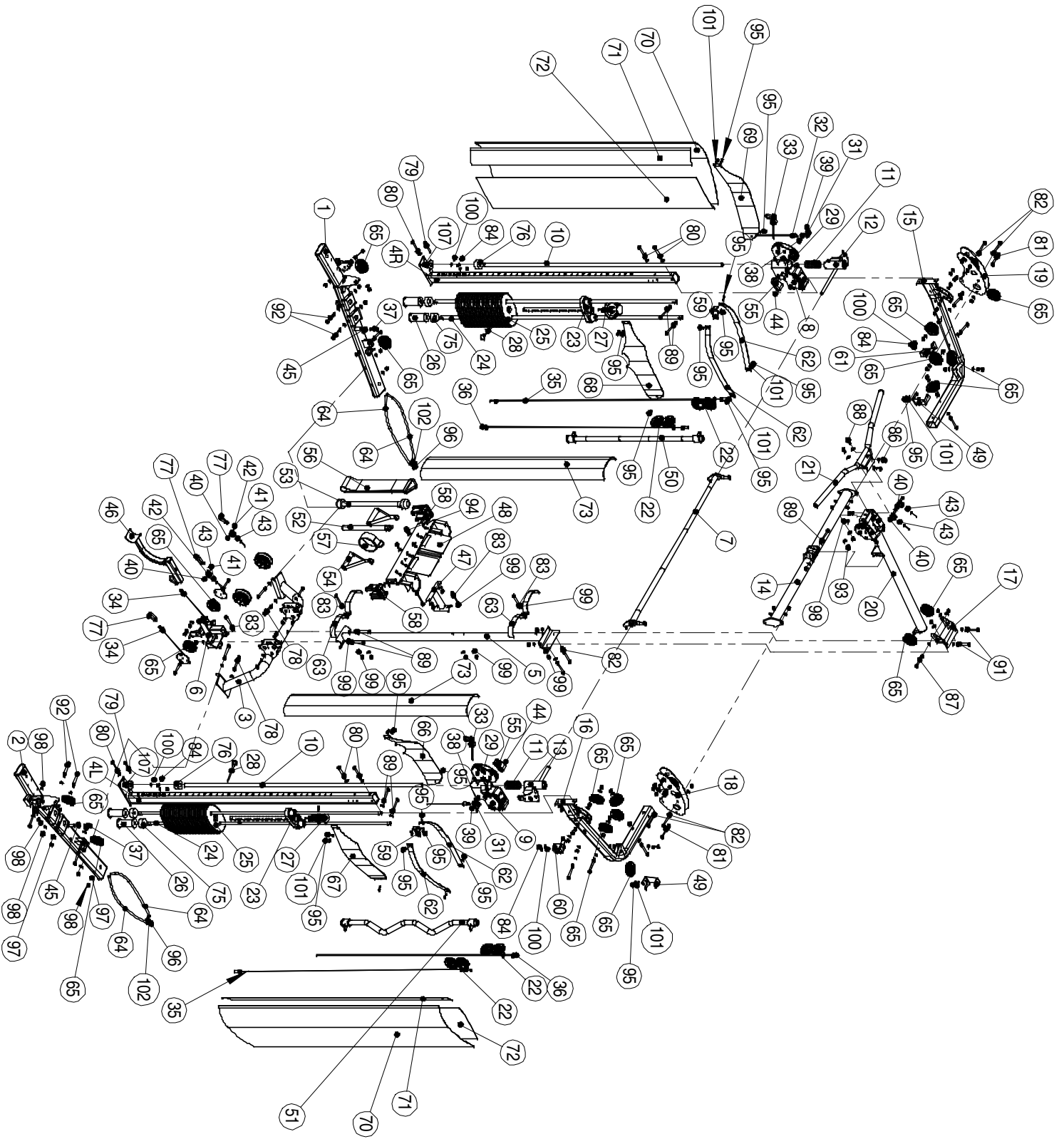
- Metric socket set (including 17mm, 18mm, and 19mm sockets)
- Metric 17mm, 18mm, and 19mm wrenches
- 8mm, 6mm, 5mm, and 4mm Allen wrenches (supplied, hardware packs)
- Adjustable wrench
- Tape Measure
- Rubber Mallet

## Parts & Hardware List

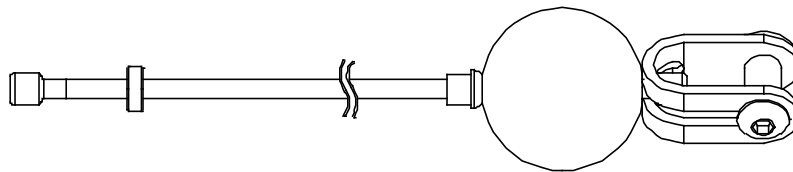
Item	Parts Description	Qty	Qty Rec'd
1	Right Base	1	
2	Left Base	1	
3	Rear Cross Brace	1	
4L	Front Upright, Left	1	
4R	Front Upright, Right	1	
5	Rear Upright	1	
6	Rear Pulley Mount	1	
7	Weight Bar	1	
8	Slider, Right	1	
9	Slider, Left	1	
10	Linear Bearing Shaft	2	
11	Spring	2	
12	Linear Bearing Slider, Right	1	
13	Linear Bearing Slider, Left	1	
14	Front Cross Brace	1	
15	Top Beam, Right	1	
16	Top Beam, Left	1	
17	Lat Beam Pivot	1	
18	Top Beam Plate Assembly, Left	1	
19	Top Beam Plate Assembly, Right	1	
20	Lat Beam	1	
21	Pull-up Bar	1	
22	Floating Pulley Assembly	4	
23	Top Weight Assembly	2	
24	Guide Rod	4	
25	Weight Plate	30	
26	Weight Stack Riser	4	
27	Top Weight Pulley Bracket Assy	2	
28	Weight Pin	2	
29	Swivel Pulley Assembly	2	
30	N/A		
31	Cable End Bracket	2	
32	Lower Cable	2	
33	Upper Cable	2	
34	Rear Cable	2	
35	Guide Cable Assy, Long	2	
36	Guide Cable Assy, Short	2	
37	Slotted Cable Adjustment Bolt	2	
38	Flat Head Nut, M6*13	2	
39	M6*8 Button Head Bolt	2	
40	M6*15 Button Head Bolt	4	
41	Flat Head Nut, M6*25.5	4	
42	"U" Bracket Cable End	4	
43	Cable Ball	4	
44	M5*8 Socket Head Cap Screw	2	
45	M12 Flange Nut	2	
46	Bench Stop	1	
47	Book/Accessory Rack Support	1	
48	Book/Accessory Rack	1	
49	Accessory Hanger Bracket	2	
50	Revolving Straight Bar	1	
51	Revolving EZ Curl Bar	1	
52	Sports Handle	1	
53	Exercise Rope	1	

Item	Parts Description	Qty	Qty Rec'd
54	"D" Handle	2	
55	Slider Adjustment Handle	2	
56	Pull-up Strap	1	
57	Ankle Strap	1	
58	Add-on Weight, 5 Lb	2	
59	Upper Shroud Mount Bracket, Front	2	
60	Upper Shroud Mount Bracket, Left	1	
61	Upper Shroud Mount Bracket, Right	1	
62	Upper Shroud Bracket	4	
63	Rear Shroud Bracket	2	
64	Lower Shroud Bracket	4	
65	3 1/2" Pulley Assembly	4	
66	Metal Shroud, Inner Left	1	
67	Metal Shroud, Outer Left	1	
68	Metal Shroud, Inner Right	1	
69	Metal Shroud, Outer Right	1	
70	Fabric Shroud, Outer	2	
71	Fabric Shroud, Inner Narrow	2	
72	Fabric shroud, Inner Wide	2	
73	Fabric Shroud, Rear	2	
74	M12 Flat Washer	6	
75	Weight Stack Rubber Donut	4	
76	Slider Rubber Donut	2	
77	Spring Clip	8	
78	M10*120 Hex Bolt	6	
79	M10*80 Socket Head Cap Screw	2	
80	M10*90 Hex Bolt	6	
81	M10*70 Hex Bolt	2	
82	M10*75 Hex Bolt	6	
83	M10*80 Hex Bolt	5	
84	M8*16 Button Head Bolt	12	
85	M12*85 Hex Bolt	2	
86	M10*25 Hex Bolt	2	
87	M10*175 Hex Bolt	1	
88	M12*30 Hex Bolt	2	
89	M10*85 Hex Bolt	7	
90	N/A		
91	M10*95 Hex Bolt	2	
92	M10*115 Hex Bolt	4	
93	M12 Locknut	4	
94	M10*20 Button Head Bolt	2	
95	M6*12 Button Head Bolt	28	
96	M5*10 Philips Head Screw	4	
97	M10 Flat Washer	74	
98	M10 Locknut	45	
99	M10 Curved Washer	14	
100	M8 Flat Washer	12	
101	M6 Flat Washer	28	
102	M5 Flat Washer	4	
103	4mm Allen Wrench	1	
104	5mm Allen Wrench	2	
105	6mm Allen Wrench	1	
106	8mm Allen Wrench	1	
107	M6*5 Setscrew	4	

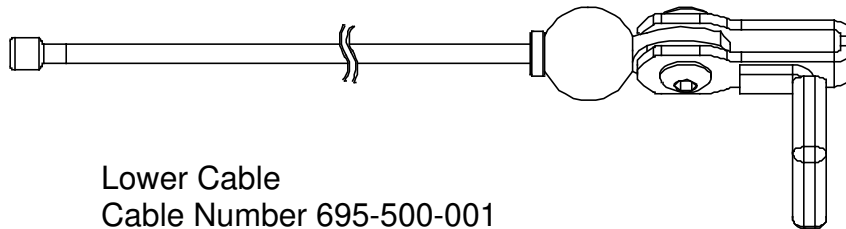
# FT2 Exploded View



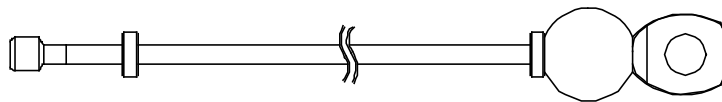
# CABLE CHART



Upper Cable  
Cable Number 695-500-002



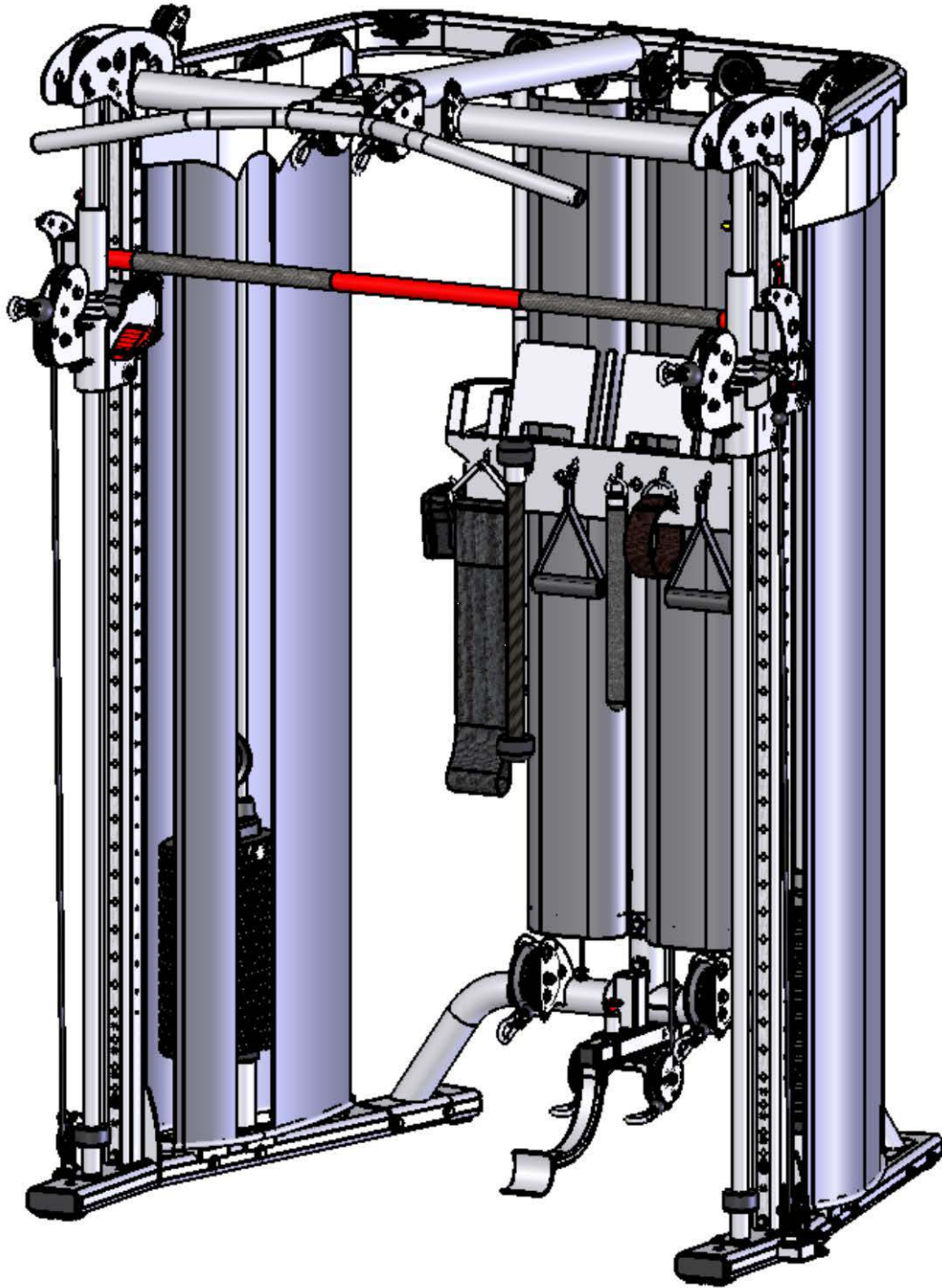
Lower Cable  
Cable Number 695-500-001



Rear Cable  
Cable Number 695-500-003

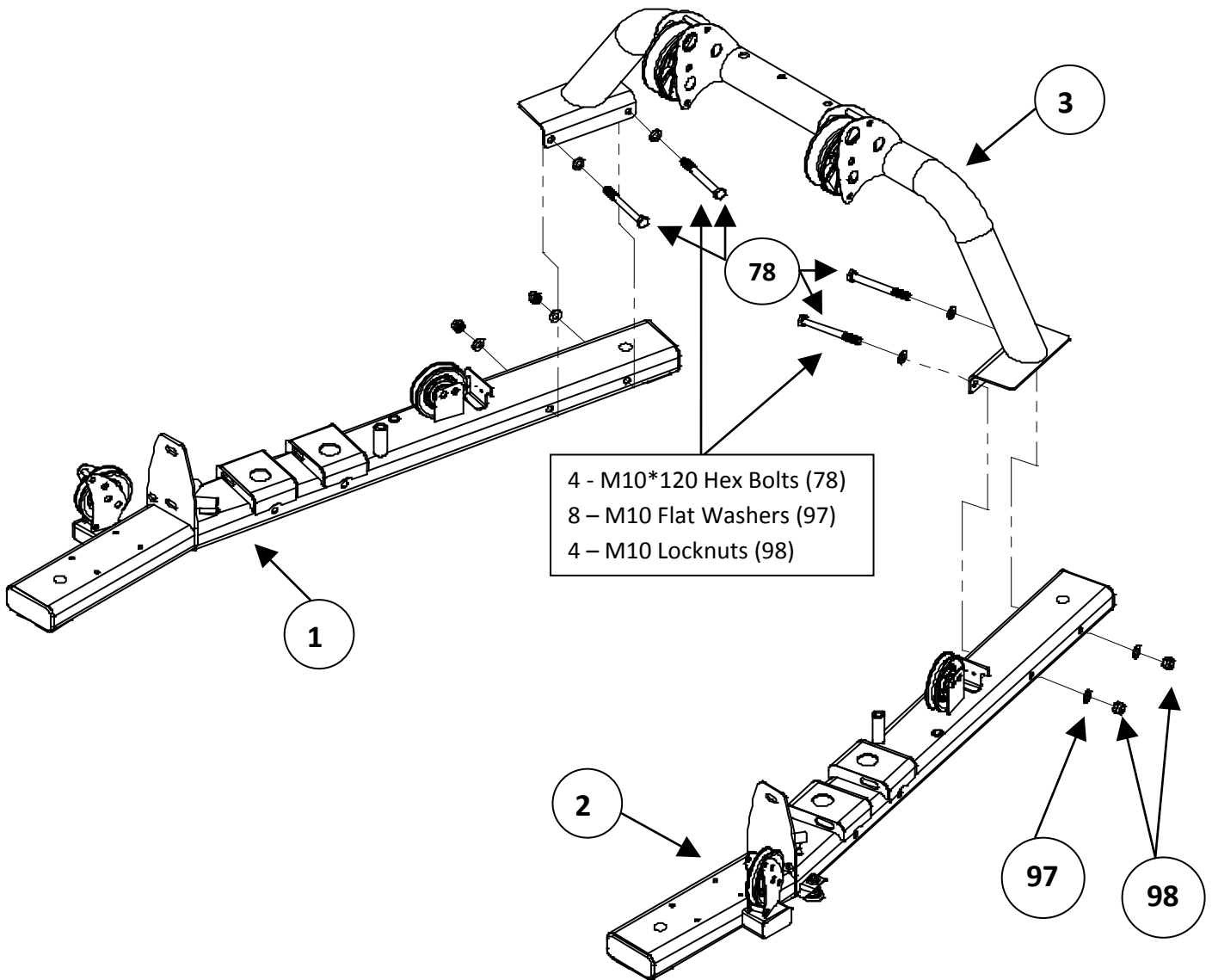


# ASSEMBLY INSTRUCTIONS





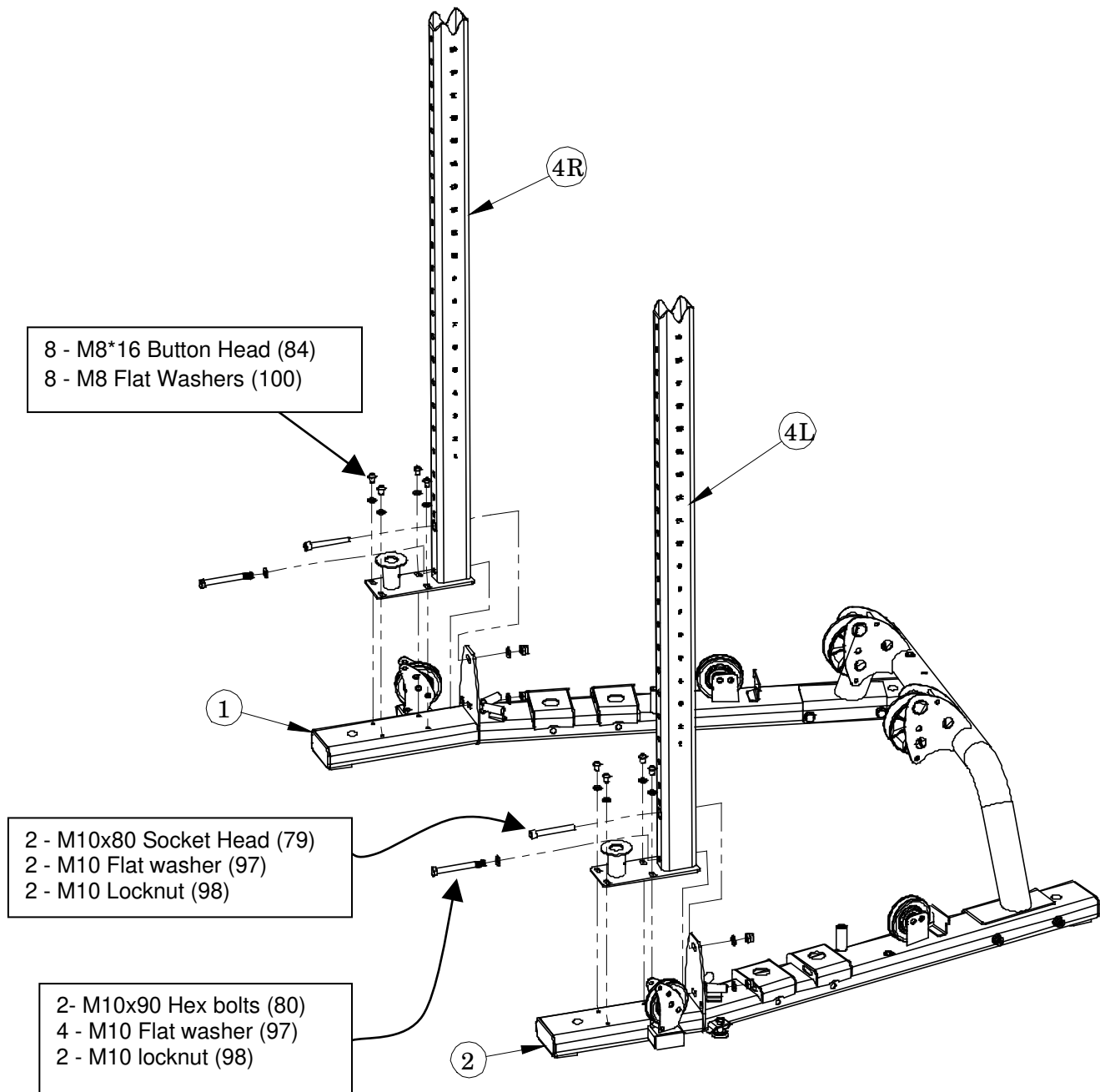
## STEP 1 Base



- A) Attach the Rear Cross Brace (3) to the Right and Left Main Bases (1&2) using 4- M10x120 Hex Bolts (78), 8- M10 washers (97), and 4- M10 Lock Nuts (98).
- B) **Tighten all the hardware at this time.**

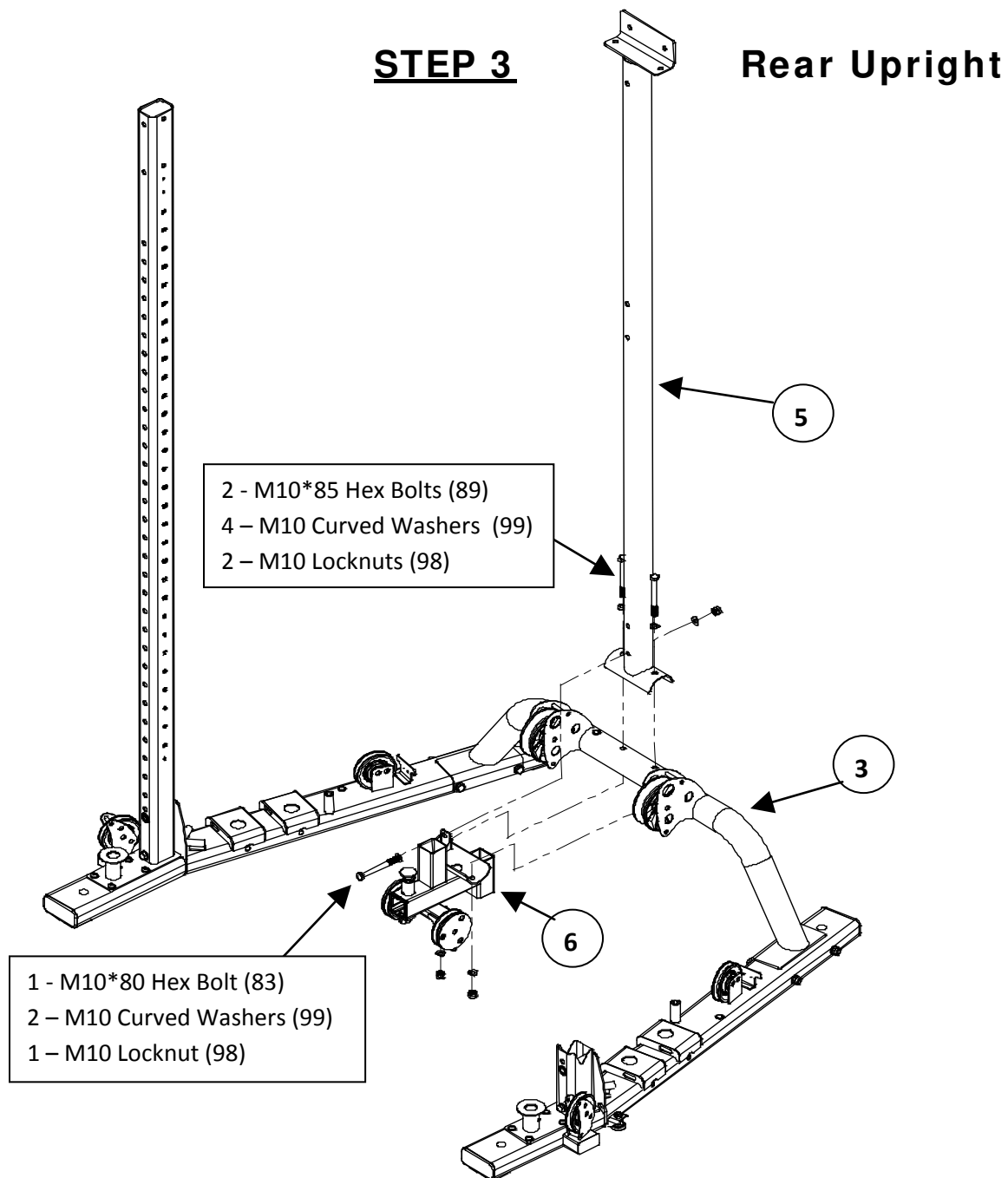
## STEP 2

## Front Uprights



A) Attach the Right Front Upright (4R) to the Right Main Base (1) and the Left Front Upright (4L) to the Left Main Base (2), using 8- M8x16 Button Head bolts (84) with 8- M8 washers (100), 2- M10x80 Socket Head Cap Screws (79) with 2- M10 washers (97) and 2- M10 Lock nuts (98) in the **upper hole for the base flange**, 2- M10x90 Hex bolts (80) with 4- M10 washers (97) and 2- M10 Lock nuts (98) in the **lower hole** for the base flange.

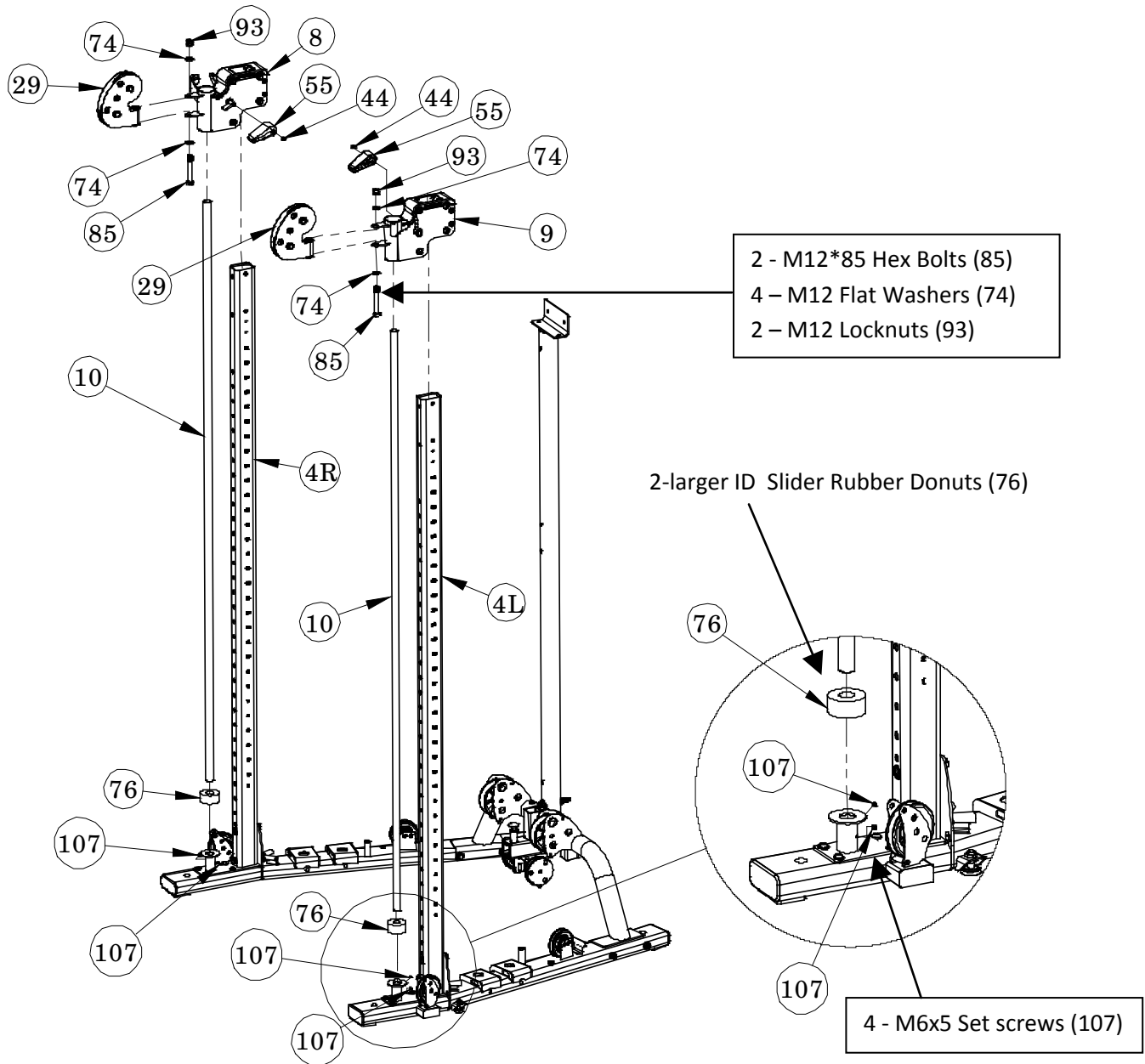
**B) Only finger tighten the hardware at this time. It will be tightened later in Step 7.**



A) Attach the Rear Upright (5) + the Rear Pulley Mount (6) to the Rear Cross Brace (3) using 2- M10x85 Hex bolts (89), 4- M10 Curved washers (99), 2- M10 Lock nuts (98) and 1- M10x80 Hex bolt (83), 2- M10 Curved washers (99) and 1- M10 Lock nut (98). The 2- M10x85 Hex bolts (89) might need to be slightly tightened to be able to insert the M10x80 Hex bolt (83) through the hole in the Lower Pulley Mount.

**B) Only finger tighten the hardware at this time.**

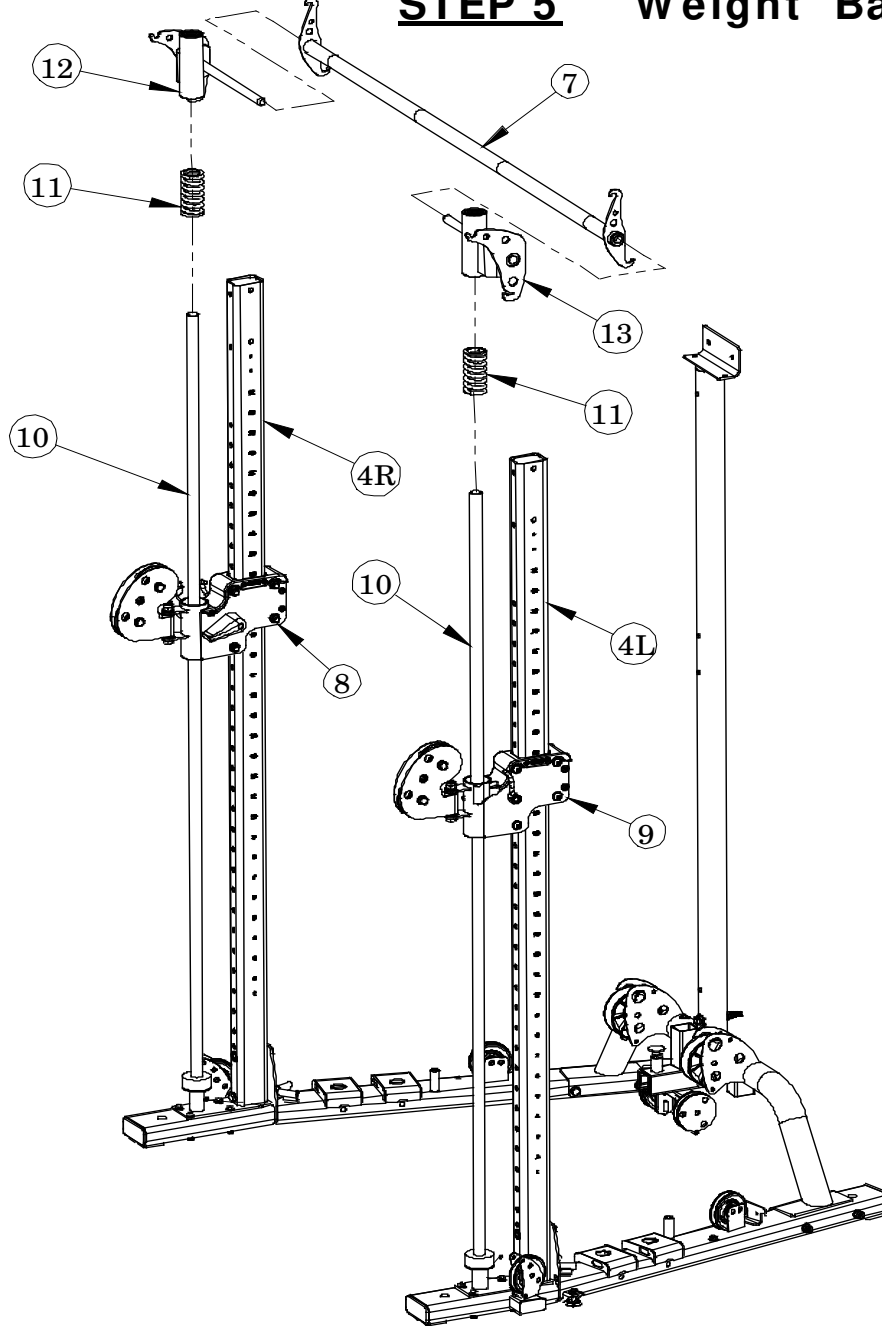
## STEP 4 Swivel Pulley Sliders



- A) Insert the Linear Bearing Shafts (10) into the collars at the bottom of the Front Uprights (4R & 4L). Attach these with 4-M6x5 Set screws (107) at the bottom of the collars to hold the Linear Bearing Shafts (10) in place. **Tighten the Set screws now.** Slide one (larger ID) Slider Rubber Donut (76) down each of the Linear Bearing Shafts (10).
- B) Attach a Red Slider Adjustment Handle (55) to the shafts on the side of each of the Right and Left Sliders (8 & 9) with a M5x8 Socket Head Cap Screw (44) in the head of each handle.
- C) Note: The Right and Left Sliders (8 & 9) are placed on the Front Uprights (4R&L) and Linear Bearing Shafts (10) at the same time with the Red handles facing towards the inside of the gym. This Red handle must be held in the upward position to allow it to be placed on the Front Upright (4R&L).  
 Next slide the Right Slider (8) down the Linear Bearing Shaft (10) and Right Front Upright (4R) on the right hand side of the gym to about the number 20 position on the Upright (4R). Repeat this step on the left side of the gym using the Left Slider (9) on the Linear Bearing Shaft (10) and the Left Front Upright (4L).
- D) On both Uprights attach the Slider Pulley Swivels (29) to the Sliders (8 & 9) using 2-M12x85 Hex bolts (85), 4-M12 washers (74) and 2-M12 Lock nuts (93).

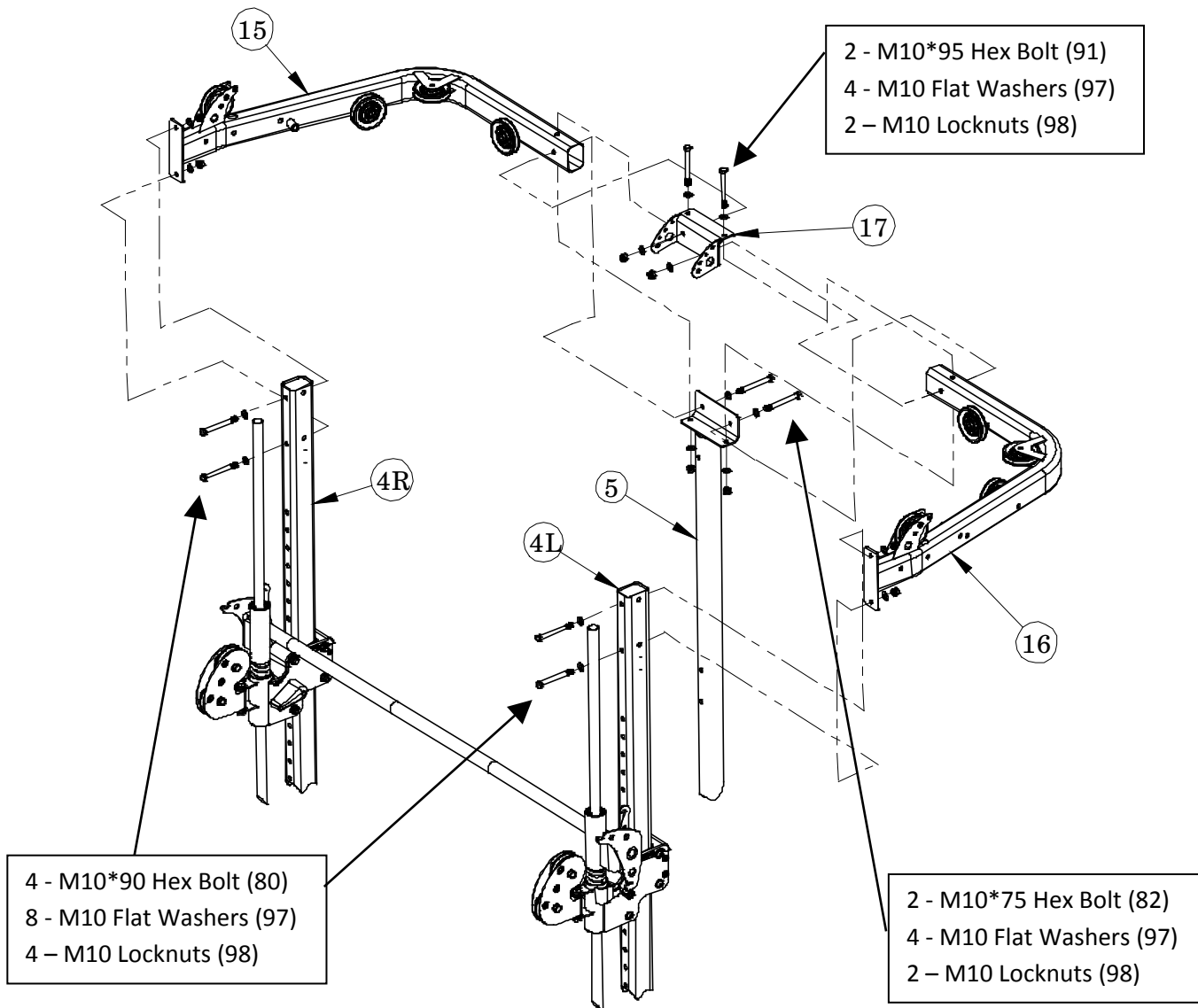
**Tighten this hardware now but ensure that the swivel moves freely.**

## **STEP 5 Weight Bar**



- A) Place the Right and Left Sliders (8&9) (from step 4) at the same number position on each Front Upright (4R & 4L).**
- B) Slide a Shock Absorbing Spring (11) over each Linear Bearing Shaft (10) and rest on the Slider (8&9) as shown.**
- C) Place the Right and Left Linear Bearing Sliders (12&13) on the Weight Bar (7) as shown. Carefully lower the Weight Bar (7) down onto the Linear Bearing Shafts (10) being careful to not damage the Linear Bearings inside the Sliders (12&13). Continue lowering the Weight Bar (7) down being careful to keep the bar level or it will bind and damage the Linear Bearings. Rest the Weight Bar (7) with Linear Bearing Sliders (12&13) on the Springs (11) on top of each Slider (8&9).**

## **STEP 6 Top Beams**



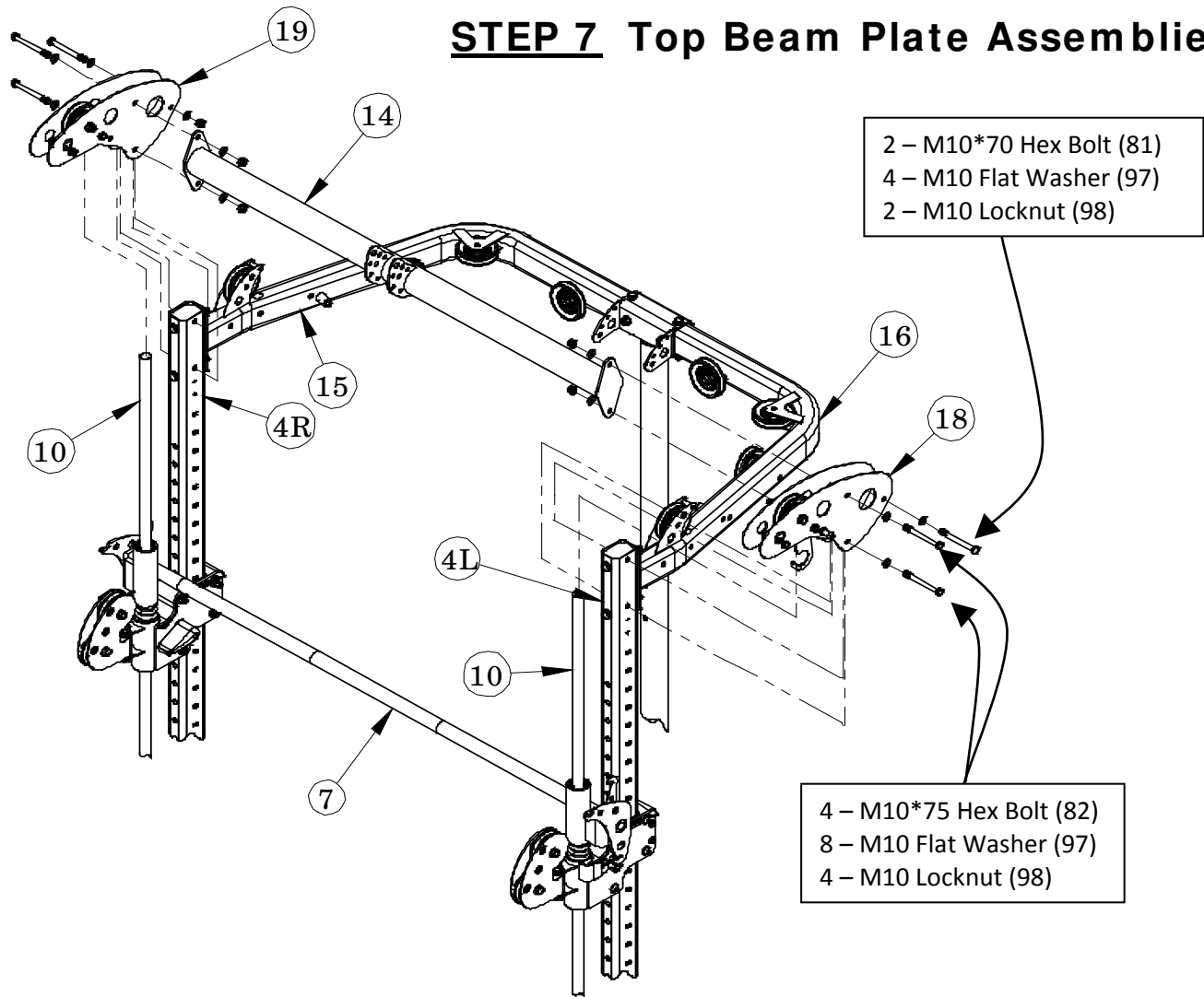
A) Attach the Right and Left Top Beams (15 & 16) to the Right and Left Front Uprights (4R & 4L) using 4- M10x90 Hex bolts (80), 8- M10 washers (97) and 4- M10 Lock nuts (98).

B) Next attach the Right and Left Top Beams (15 & 16) to the Rear Upright (5) and the Lat Beam Pivot (17) using 2-M10x75 Hex bolts (82), 4- M10 washers (97), 2- M10 Lock nuts (98) in the horizontal holes and 2- M10x95 Hex bolts (91), 4- M10 washers (97), 2- M10 Lock nuts (98) in the longer vertical holes.

**Only finger tighten the hardware at this time. It will be fully tightened later in Step 7.**

**Tighten the bolts from Step 3 now (bottom of Rear Upright (5)).**

## STEP 7 Top Beam Plate Assemblies

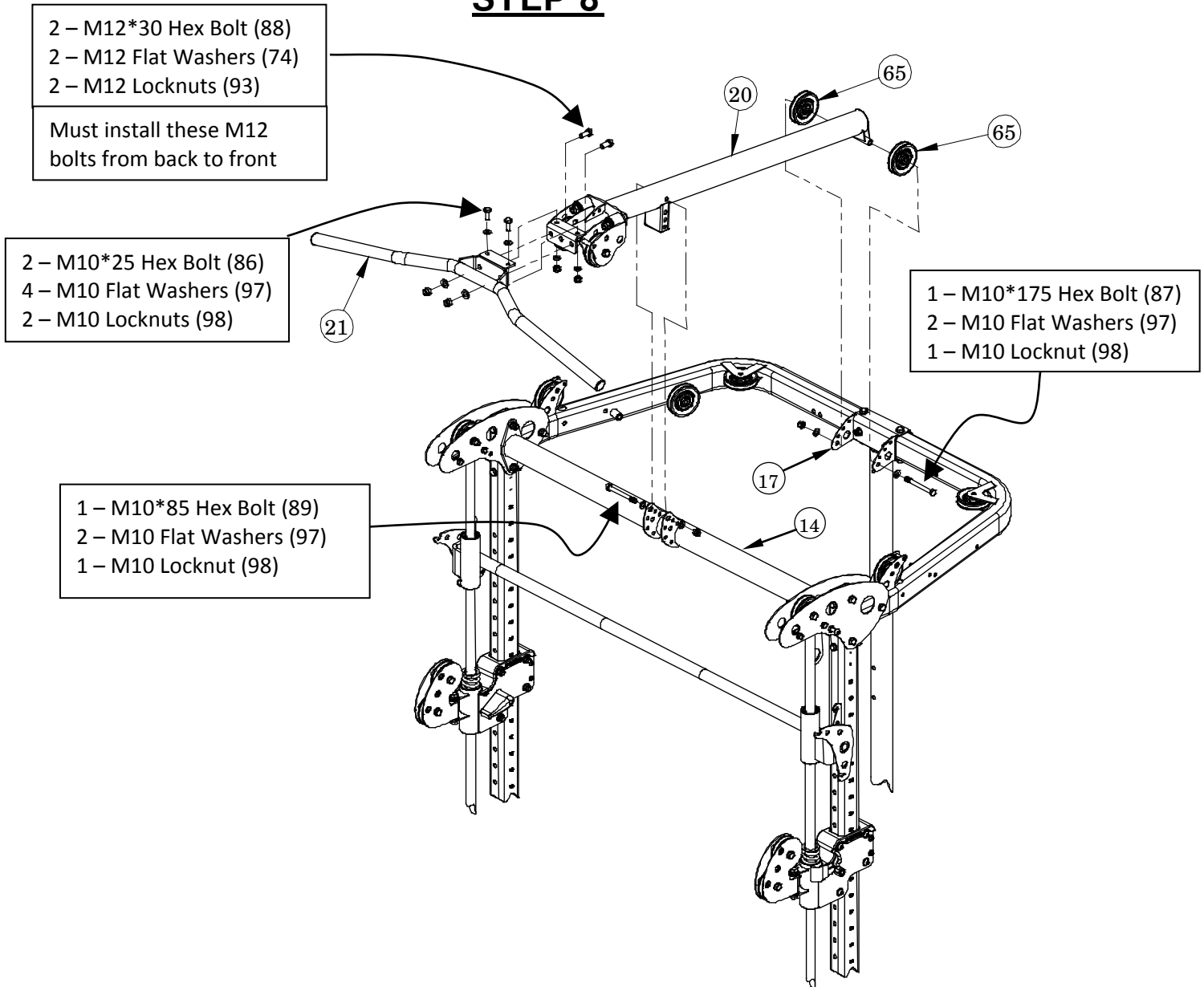


**Note: The Left Top Beam Plate Assembly (18) (as in using the machine with your back to it) has a Yellow Safety Latch preassembled to it.**

- A) Attach the Right and Left Top Beam Plate Assemblies (19 & 18) and the Front Cross Brace (14) to the Front Uprights (4R & 4L) using 4- M10x75 Hex bolts (82), 8- M10 Washers (97) and 4- M10 Lock nuts (98). **Make sure the Yellow Safety Latch is inside and the 2 preassembled latch bolts stick to the outside on the Top Beam Plate Assemblies (19 & 18).** Next attach the Top Beam Plate Assemblies to the Right and Left Top Beams (15 & 16) using 2- M10x70 Hex bolts (81), 4- M10 Washers (97) and 2- M10 Lock nuts (98).
- B) Next, lower the Weight Bar (7) to the lowest position by twisting the Weight Bar (7) and unlatching the Sliders to go down. Twist the Weight Bar (7) to make sure it rotates freely. If it does not rotate freely, adjust the bottom of the Front Uprights (4R & 4L) in or out on each Main Base (1 & 2) until it rotates freely. Step on the Main Base tube and tap the lowest part of the Front Upright with a rubber mallet to adjust it. Tighten the lower Front Upright (4R & 4L) bolts from Step 2.
- C) Now, raise the Weight bar (7) to the top latch bolts on the outside Top Beam Plate Assemblies (19 & 18) and lock it in place by twisting the Weight Bar hook onto the latch bolts. Swivel the Yellow Safety Latch around the Weight Bar (7). Tighten the bolts from Step 6 and 7 now.



## STEP 8

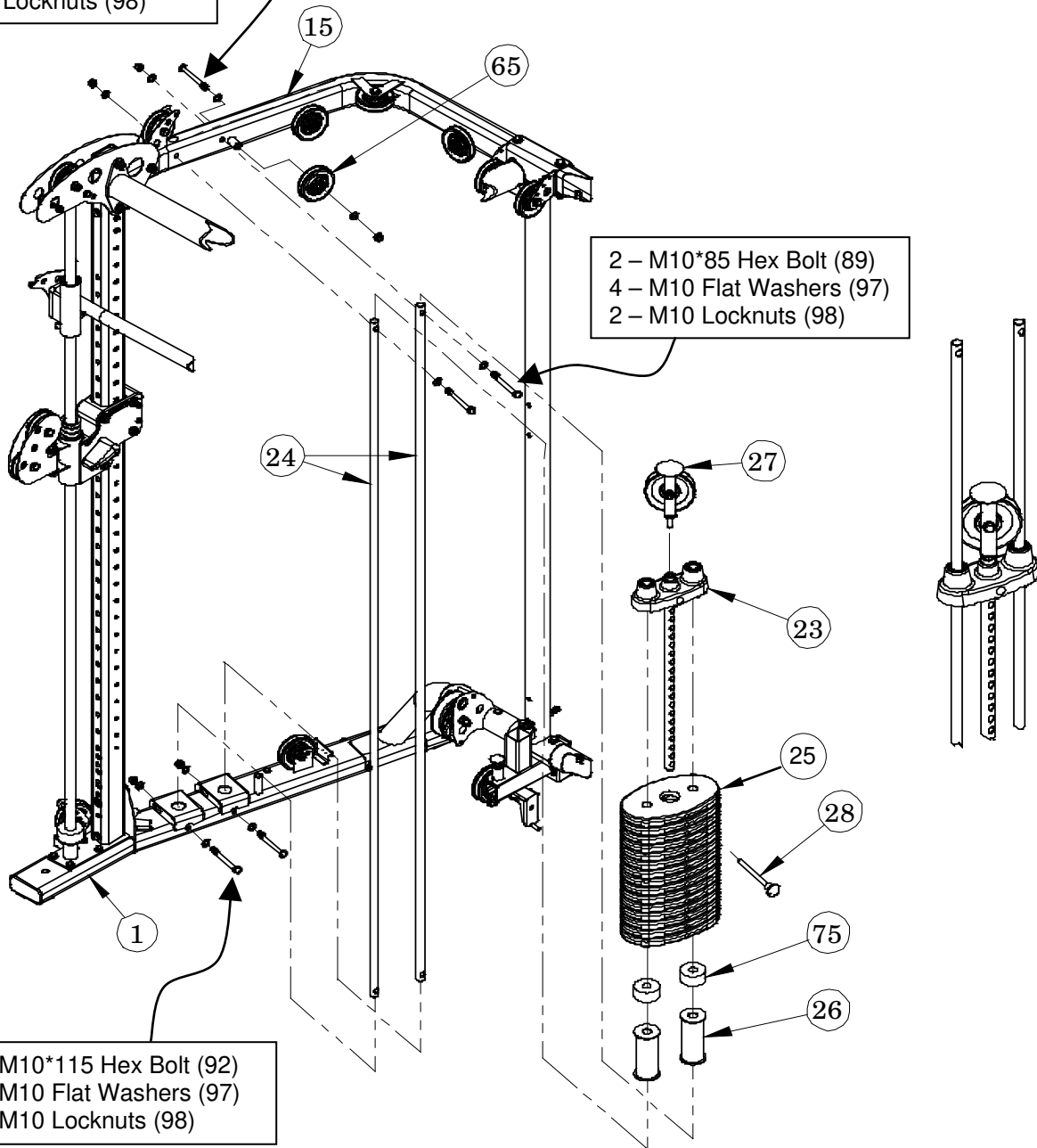


- Attach the Lat Beam (20) to the Lat Beam Pivot (17) and 2 Pulleys (65) using 1- M10x175 Hex bolt (87), 2- M10 Washers (97) and 1- M10 Lock nut (98).
- Attach the Lat Beam (20) to the Front Cross Brace (14) using 1- M10x85 Hex bolt (89), 2- M10 Washers (97) and 1- M10 Lock nut (98). Use the top slot hole in the flanges and choose a hole in the Lat Beam tube that sets your preferred height of the Pull-Up Bar (21).
- Attach the Pull-Up Bar (21) to the Lat Beam (20) using 2- M12x30 Hex bolts (88) inserted horizontally from the back, 2- M12 Washers (74) and 2- M12 Lock nuts (93). Then use 2- M10x25 Hex bolts (86) inserted vertically from the top, 4- M10 Washers (97) and 2- M10 Lock nuts (98).

**Tighten all the hardware at this time.**

## STEP 9 Weight Stacks

1 – M10\*120 Hex Bolt (78)  
2 – M10 Flat Washers (97)  
1 – M10 Locknuts (98)



2 – M10\*85 Hex Bolt (89)  
4 – M10 Flat Washers (97)  
2 – M10 Locknuts (98)

2 – M10\*115 Hex Bolt (92)  
4 – M10 Flat Washers (97)  
2 – M10 Locknuts (98)

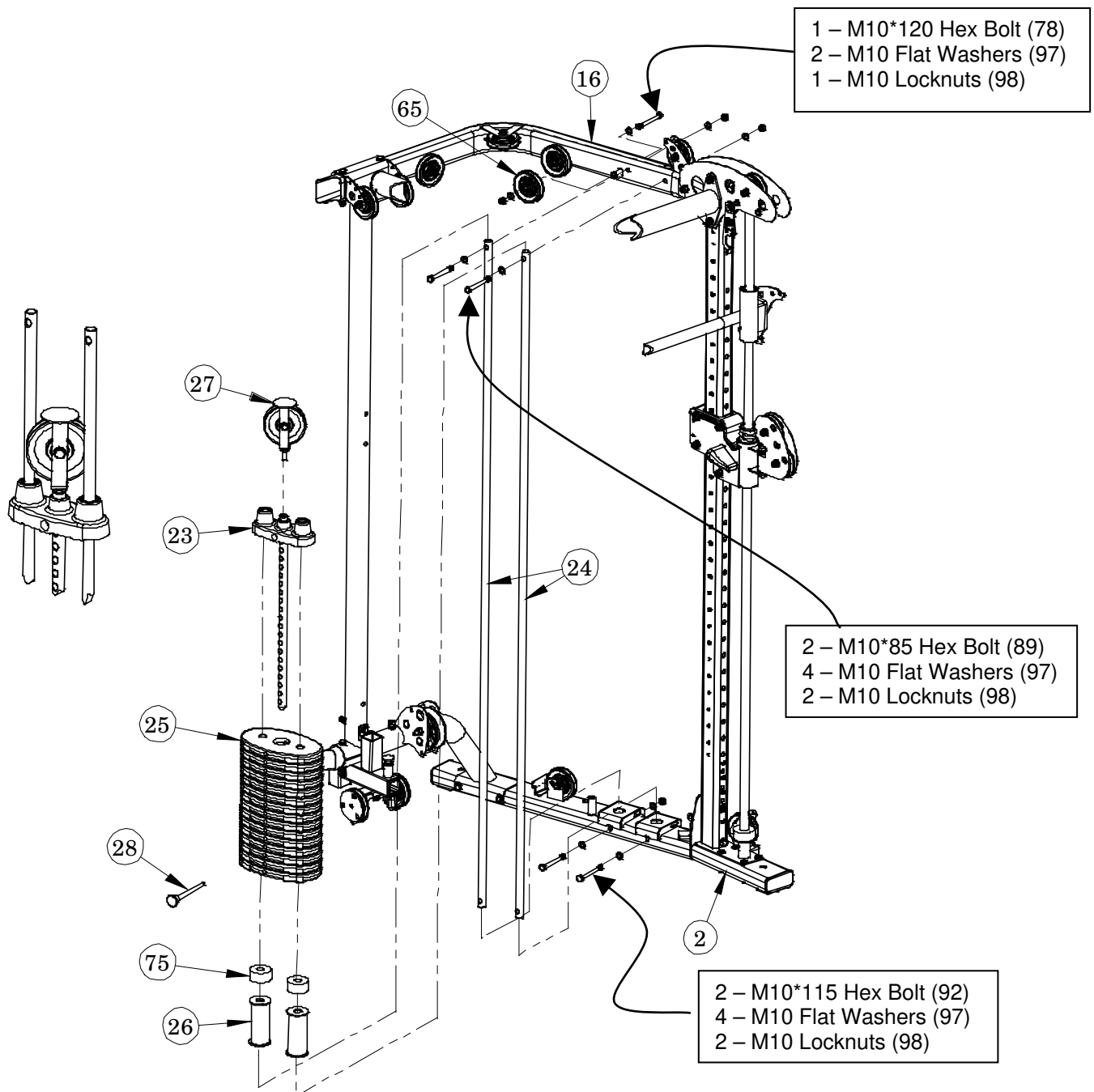
**Note: Make sure guide rod bolts insert from inside of machine to outside.**

- Attach 2 Guide Rods (24) to the Right Main Base (1) using 2- M10x115 Hex bolts (92), 4- M10 Washers (97) and 2- M10 Lock nuts (98). **Tighten these bolts now.**
- Slide the Weight Stack Risers (26), Rubber Donuts (75) and 15 Weight Plates (25) onto the Guide Rods (24). Make sure the weight sticker cut out is facing the inside of the machine.  
**Note: For the optional 215# heavy stack, Do Not put on the Weight Stack Risers (26) and put on 20 Weight Plates (25).**
- Screw the Top Weight Pulley Bracket Assembly (27) onto the Selector Stem in the Top Weight (23). Thread all the way down but do not tighten yet. **Make sure the Add On Weight (58) slides onto the Top Weight easily, if not unscrew the Pulley Bracket until it fits.** Slide the Top Weight assembly (23) onto the Guide Rods (24) so the 4-1/2" Pulley is positioned between the Guide Rods (24) as shown in detail above.
- Insert a Weight Pin (28) into the stack.

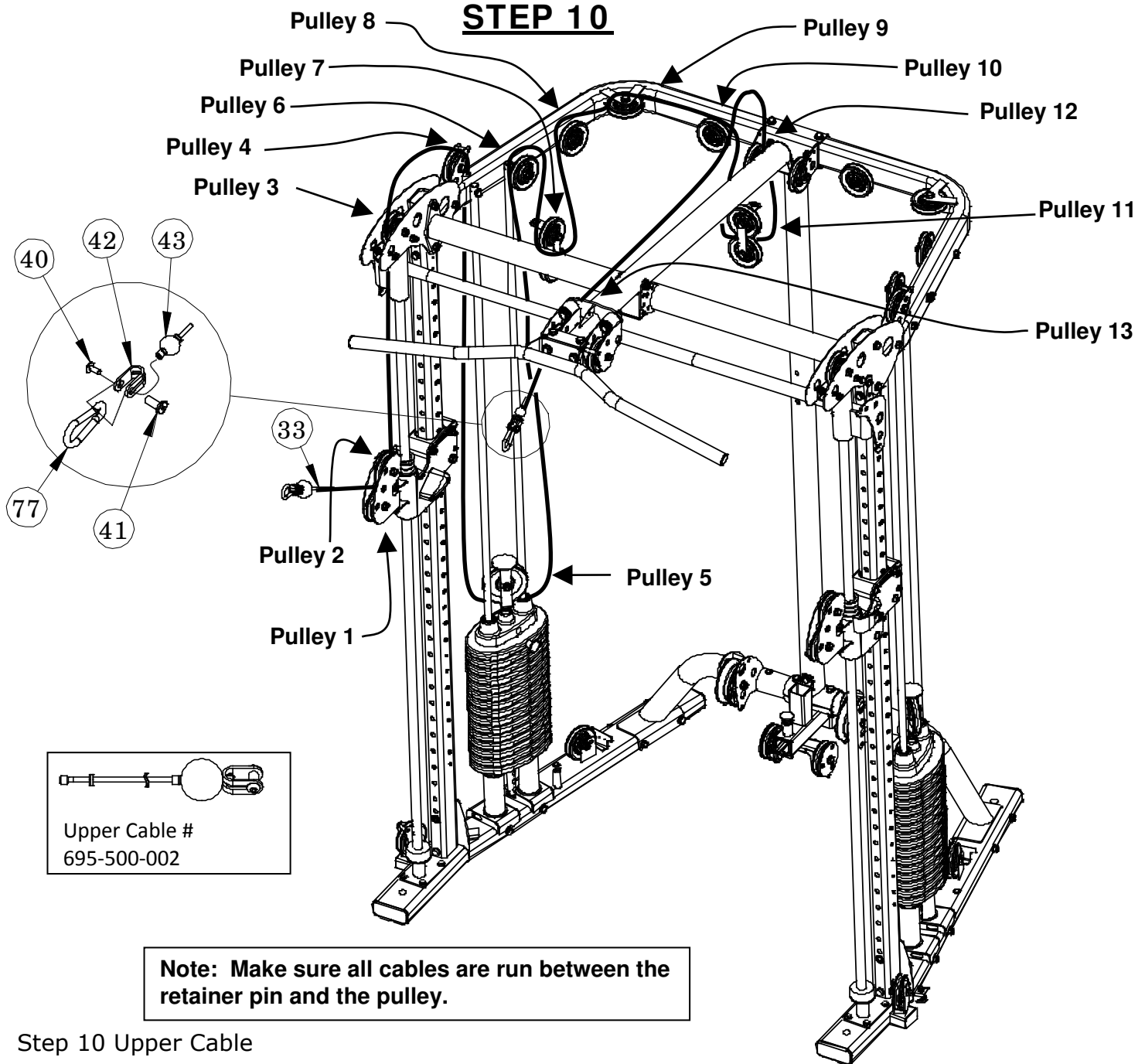
## STEP 9 continued

- E) Attach the 2 Guide Rods (24) to the Right Top Beam (15) using 2- M10x85 Hex bolts (89), 4- M10 Washers (97) and 2- M10 Lock nuts (98), inserted first through the Guide Rods, from inside to outside. **Tighten these bolts now.**
- F) Attach a 3-1/2" Pulley (65) to the spacer welded to the Right Top Beam (15) behind the Guide Rods (24), using 1- M10x120 Hex bolt (78), 2- M10 Washers (97) and 1- M10 Lock nut (98). **Tighten this bolt now.**
- G) Stick a weight stack sticker (1-16 or 1-21 for heavy stacks) on the Top Weight and the sticker cut out on each weight plate.
- H) Lubricate the Guide Rods (24) with Super Lube or the Lube provided.

**Repeat Step 9 on the left side of the machine for the second Weight Stack as shown below.**



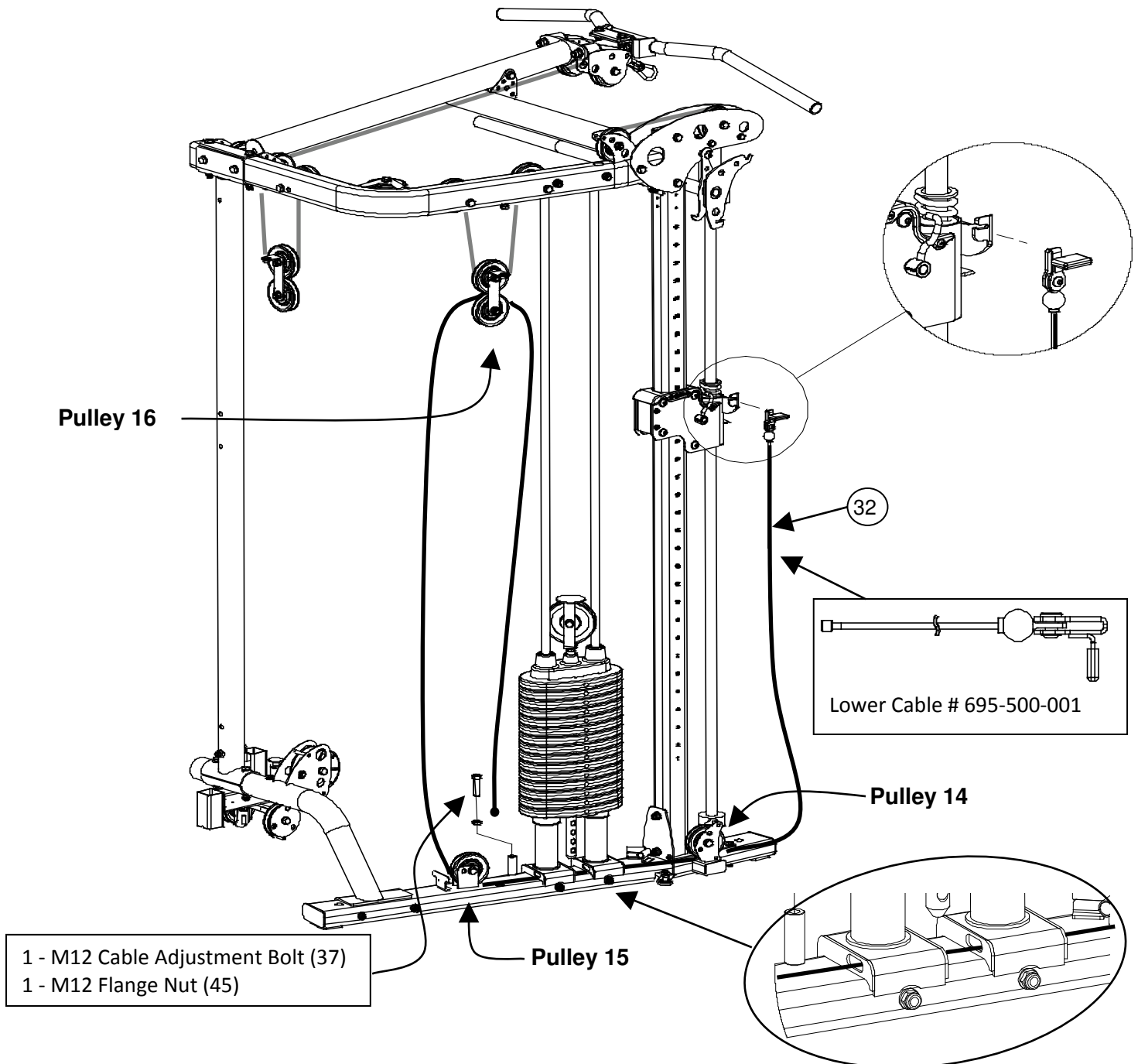
## STEP 10



### Step 10 Upper Cable

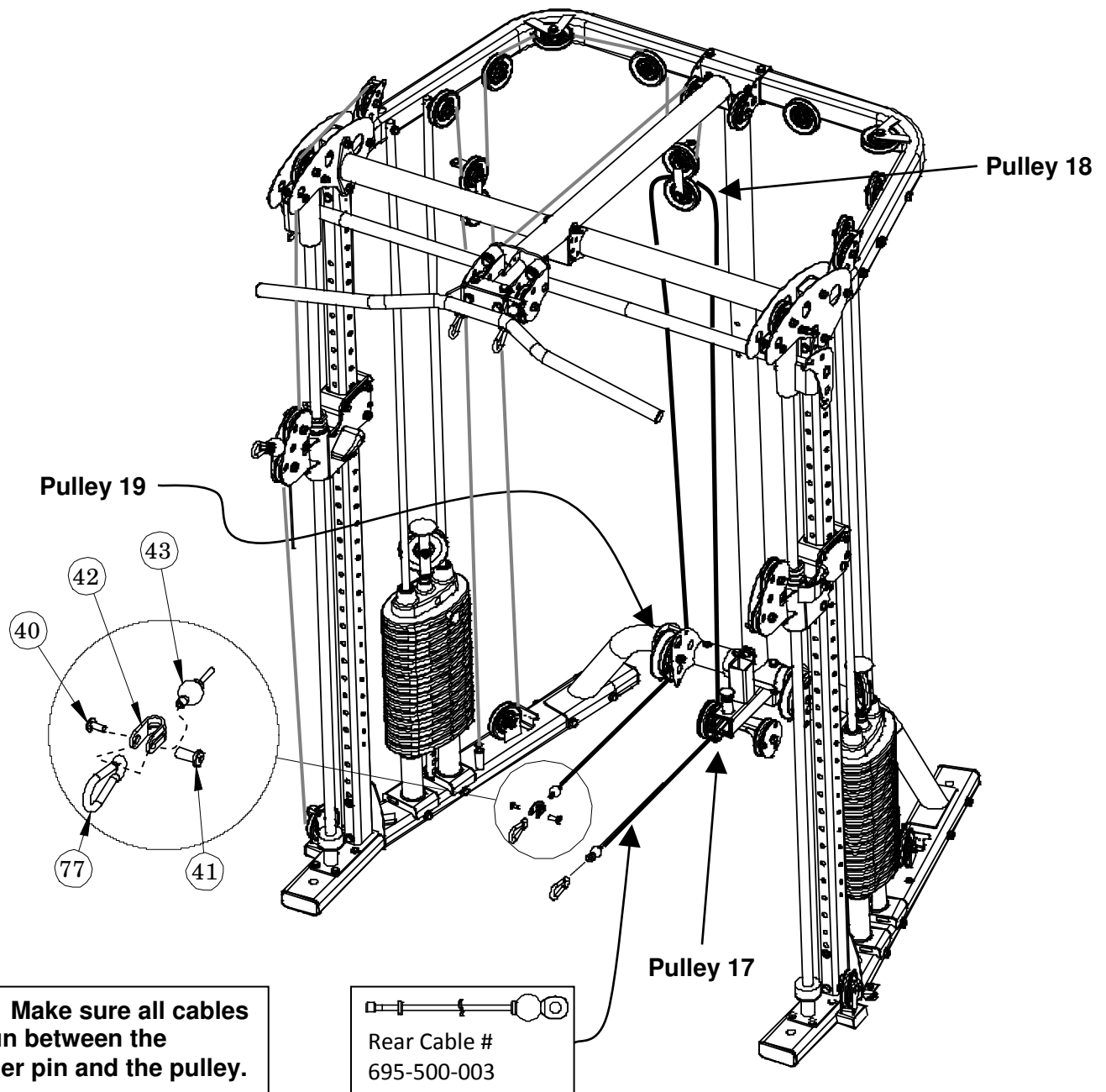
- Route the Upper Cable (33) starting with the small swage end without the ball. Insert between Pulleys 1&2, go up over Pulley 3, over to Pulley 4 and down under Pulley 5, now back up and over Pulley 6, then under floating Pulley 7 (next to the tab sticking out from the Floating Pulley Bracket) of the Floating Pulley Assembly (22), (**Make sure the tab on the Floating Pulley Bracket is sticking towards the outside of the machine**), now up over Pulley 8 and back around Pulley 9 and over Pulley 10, next under floating Pulley 11 (next to the tab sticking out from the Floating Pulley Bracket) of the Floating Pulley Assembly, (**Make sure the tab on the Floating Pulley Bracket is sticking towards the back of the machine**), now up over Pulley 12 and out over the lat Pulley 13.
- Next slide the Cable Ball (43) over the swage of the cable end at Pulley 13 and insert the swage into the "U" Bracket Cable End (42). Now place a Spring Clip (77) between the "U" Bracket and insert the Button Head Bolt (40) through the "U" Bracket and Spring Clip into the Flat Head Nut (41) as shown. **Tighten now.**
- Attach a Spring Clip (77) to the other end of this cable at Pulleys 1&2.
- Repeat this step on the other side of the machine.

## STEP 11 Lower Cable



- A) Route the Lower Cable (32) starting with the small swage end without the red tab. Slide cable under Pulley 14 from front to back and under the Weight Stack Riser slots as shown, to Pulley 15, go under and up over floating Pulley 16 (**Make sure the tab on the floating pulley bracket is sticking towards the outside of the machine**), then down to the threaded riser in the base. Slide the cable into the slot of the Slotted Cable Adjustment Bolt (37) so that the swage is at the bottom of the bolt. Thread the Flange Nut (45) onto the Slotted Cable Adjustment Bolt (37) and thread the bolt into the threaded riser on the base at least 5 full turns. **Tighten the Jam nut down to the threaded riser at this time. This Cable end is used to adjust the cable assembly in step 12.**
- B) Place the opposite cable end with the red tab over the hook on the carriage as shown.
- C) Repeat this step on the other side of the machine.

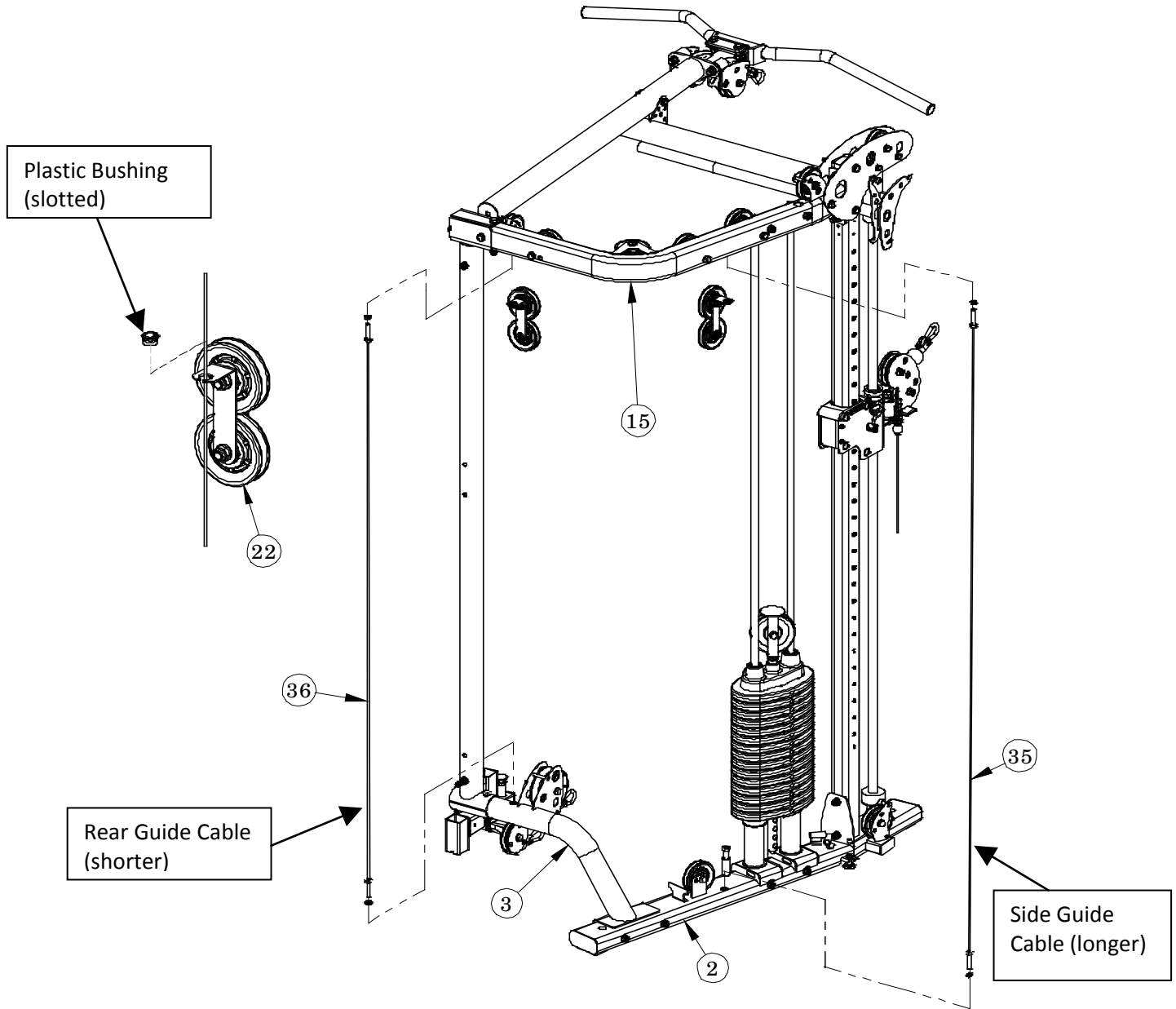
## STEP 12 Rear Cable



- A) Route the Rear Cable (34) starting with the small swage end without the ball stop. Slide cable under and up behind Pulley 17 from front to back, then over floating Pulley 18 (**Make sure the tab on the floating pulley bracket is sticking towards the back of the machine**) and down around Pulley 19 as shown.
- B) Next slide the Cable Ball (43) over the swage of the cable end at Pulley 19 and insert the swage into the "U" Bracket Cable End (42). Now place a Spring Clip (77) between the "U" Bracket Cable End (42) and insert the Button Head Bolt (40) through the "U" Bracket and Spring Clip into the Flat Head Nut (41) as shown. **Tighten now.**
- C) Attach a Spring Clip (77) to the other end of this cable also.
- D) Repeat this step on the other side of the machine.
- E) **The cable assembly tightness can be adjusted at the lower cables threaded cable ends on the in the bases from step 11. Make sure to tighten the jam nut after adjusting.**



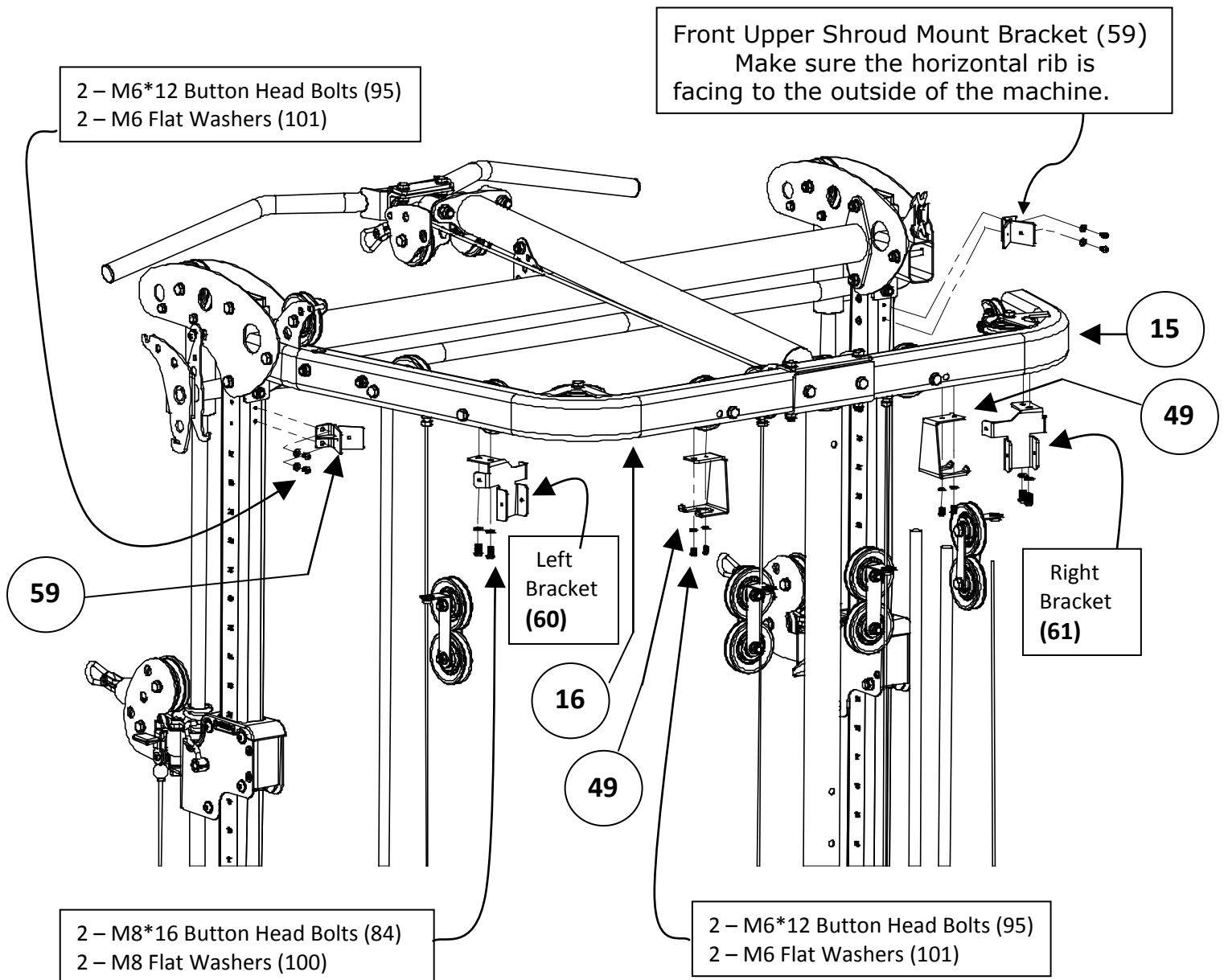
## STEP 13    Guide Cables



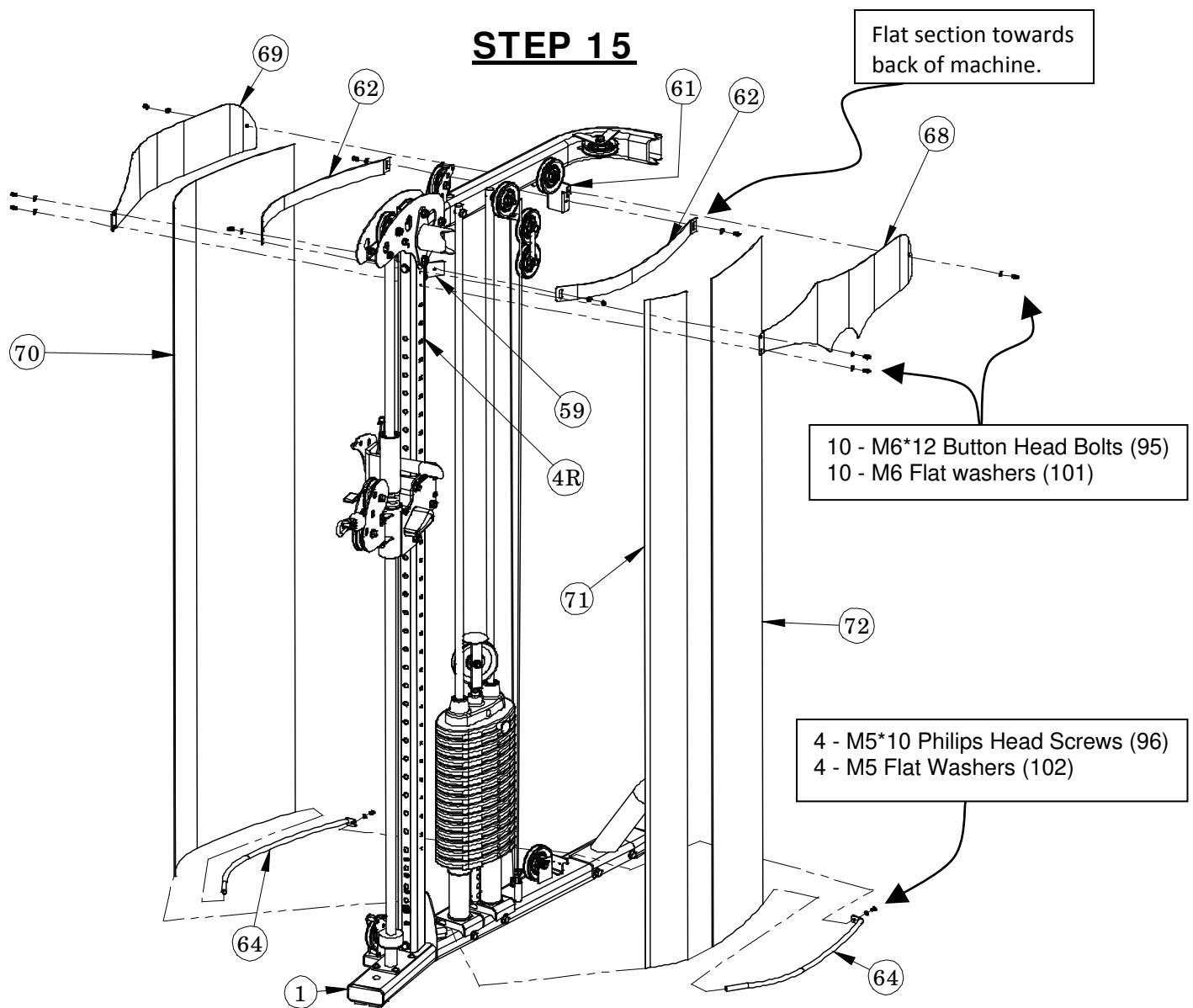
- A) Thread one end of the Side Guide Cable (35) into the threaded insert in the side/bottom of the Right Top Beam (15) just above the side floating pulleys (22) for 5 full turns.
- B) Thread the other end of the Side Guide Cable (35) into the threaded insert in the Right Main Base (2) next to the pulley. Thread in until this cable is taught. **Tighten the Jam nuts on both ends to the threaded inserts now.**
- C) Repeat for the left side now.
  
- D) Thread one end of the Rear Guide Cable (36) into the threaded insert in the rear/bottom of the Right Top Beam (15) just above the rear floating pulleys (22) for 5 full turns.
- E) Thread the other end of the Rear Guide Cable (36) into the threaded insert in the top of the Rear Cross Base (3) behind the large pulley. Thread in until this cable is taught. **Tighten the Jam nuts on both ends to the threaded inserts now.**
- F) Repeat for the left side now.
- G) Slide the slot of a plastic bushing around each of the 4 Guide Cables (35 & 36) above the floating pulleys (22) and insert the bushings into the hole of the tabs sticking out from the floating pulley brackets until they snap in place. The plastic bushings should be between the cables and the metal tabs on all 4 Guide Cables.



## STEP 14 Shroud Mount Brackets



- A) Attach a Front Upper Shroud Mount Bracket (59) (**with the horizontal rib facing towards outside of the machine**) to the top back of the Right and Left Front Upright (4R & 4L) using 2- M6x12 Button Head bolts (95) and 2- M6 washers (101) on each as shown. **Tighten these bolts now.**
- B) Attach the Left and Right Upper Shroud Mount Brackets (60 & 61) to the Left and Right Top Beams (16 & 15) using 2-M8x16 Button Head Bolts (84) and 2-M8 washers (100) on each as shown. **Leave loose.** These will be tightened in Step 15.
- C) Attach an Accessory Hanger Bracket (49) to the bottom/back of both the Left and Right Top Beams (16 & 15) using 2- M6x12 Button Head bolts (95) and 2- M6 washers (101) on each as shown. **Tighten these bolts now.**

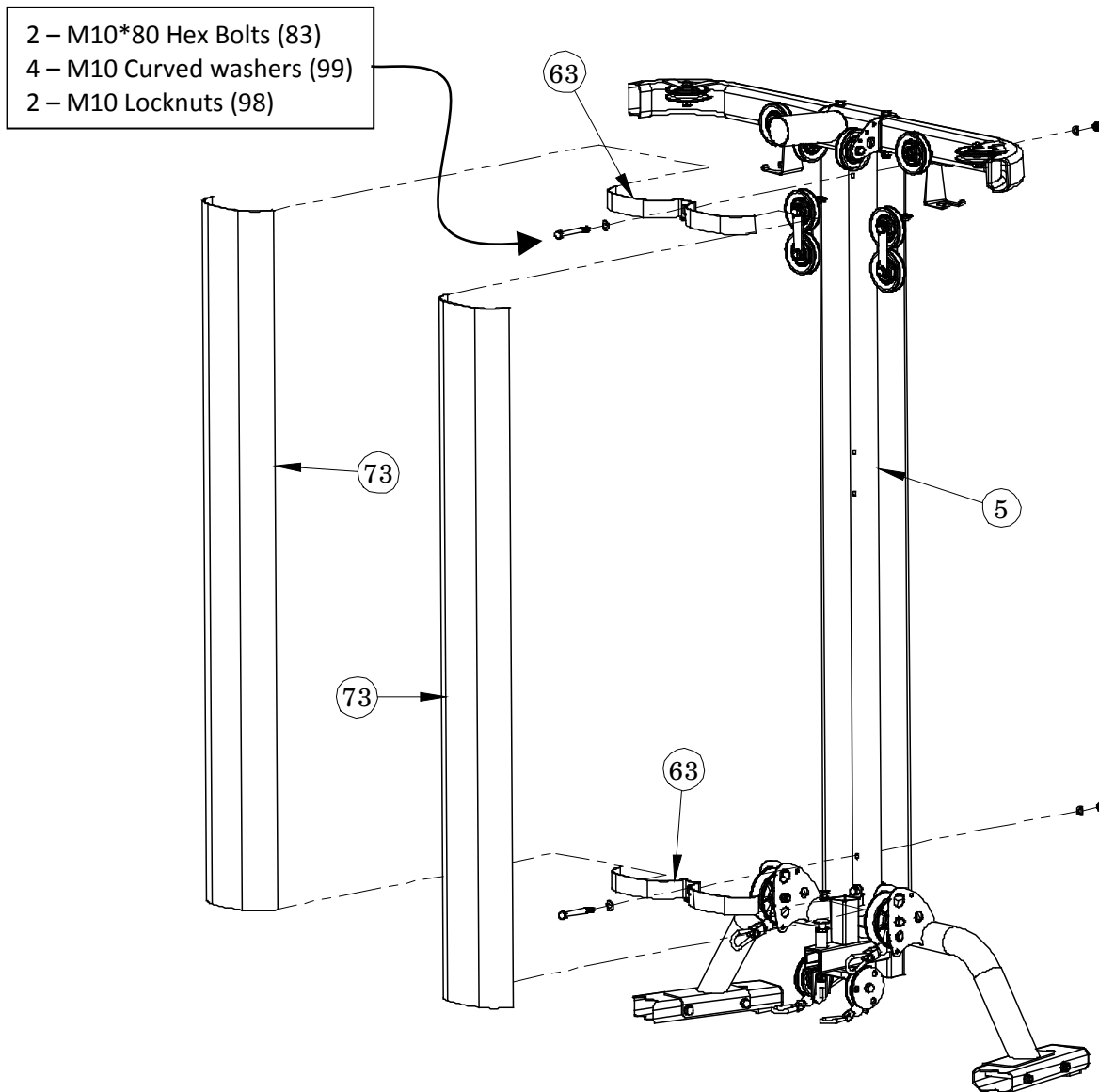


### Step 15, Weight Shrouds

- A) Slide one end loop of the Outer Fabric Shroud (70) onto an Upper Shroud Bracket (62) so the **seams face towards weights and the flat section of the Upper Shroud Bracket is towards the back** of the machine. Attach the Upper Shroud Bracket (62) to the Front Upper Shroud Mount Bracket (59) and **lower hole** on the Right Upper Shroud Mount Bracket (61) using 2- M6x12 Button Head bolts (95) and 2- M6 washers (101), one on each side as shown. **Leave these bolts loose for adjustment later.**
- B) Slide the Lower Shroud Bracket (64) through the loop of the lower end of the Outer Fabric Shroud (70) so the flange on the Lower Shroud Bracket (64) is towards the back of the machine. Make sure the seams are on the inside. Slide the front end of the Lower Shroud Bracket (64) into the insert on the Right Base (1). The other end latches under the notched flange and attaches with 1- M5x10 Phillips Head Screw (96) and 1- M5 washer (102). **Tighten this screw now.**
- C) Make sure the outsides of the shroud are straight. Go to the top of the Shroud and push up on each side of the Upper Shroud Bracket (62) and tighten the bolts (95) in the bracket while holding the Upper Shroud Bracket up tight to take any slack out of the shroud. **Bolts (95) should be tight now, and the shroud should be taught.**

- D) Slide one end loop of the Inner Wide Fabric Shroud (72) and the Inner Narrow Fabric Shroud (71) onto an Upper Shroud Bracket (62) so the **seams face towards weights, the Narrow Fabric Shroud is to the front, and the flat section of the Upper Shroud Bracket is towards the back** of the Machine. Attach the Upper Shroud Bracket (62) to the Front Upper Shroud Mount Bracket (59) and **lower hole** of the Right Upper Shroud Mount Bracket (61) using 2- M6x12 Button Head bolts (95) and 2- M6 washers (101), one on each side as shown. **Leave these bolts loose for adjustment later.**
- E) Slide the Lower Shroud Bracket (64) through the loop of the lower ends of the Inner Wide Fabric Shroud (72) and the Inner Narrow Fabric Shroud (71) so the flange on the Lower Shroud Bracket (64) is towards the back of the machine. Make sure the seams are on the inside. Slide the front end of the Lower Shroud Bracket (64) into the insert on the Right Base (1). The other end latches under the notched flange and attaches with 1- M5x10 Phillips Head Screw (96) and 1- M5 washer (102). **Tighten this screw now.**
- F) Make sure the outer edges of each shroud are straight. Go to the top of the Shrouds and push up on each side of the Upper Shroud Bracket (62) and tighten the bolts (95) in the bracket while holding the Upper Shroud Bracket up tight to take any slack out of the shrouds. **Bolts (95) should be tight now, and the shrouds should be taught.**
- G) **Tighten the bolts in step 14 on the Right Upper Shroud Mount Bracket (61) to the Right Top Beam (15) Now.**
- H) **Repeat A-G in this step for the left side of the machine.**
- I) Attach the front of the Outer Right Metal Shroud (69) to the Front Upright (4R) using 2- M6x12 Button Head bolts (95) and 2- M6 washers (101). Attach the rear of the Outer Right Metal Shroud (69) to the Right Upper Shroud Mount Bracket (61) using 1- M6x12 Button Head bolt (95) and 1- M6 washer (101). **Tighten these bolts now .**
- J) Attach the front of the Inner Right Metal Shroud (68) to the Front Upright (4R) using 2- M6x12 Button Head bolts (95) and 2- M6 washers (101). Attach the rear of the Inner Right Metal Shroud (68) to the Right Upper Shroud Mount Bracket (61) using 1- M6x12 Button Head bolt (95) and 1- M6 washer (101). The downward arc in the Inner Metal Shroud should line up with the opening between the Narrow and Wide Inner Shrouds. **Tighten these bolts now .**
- K)**Repeat I-J in this step for the left side of the machine.**

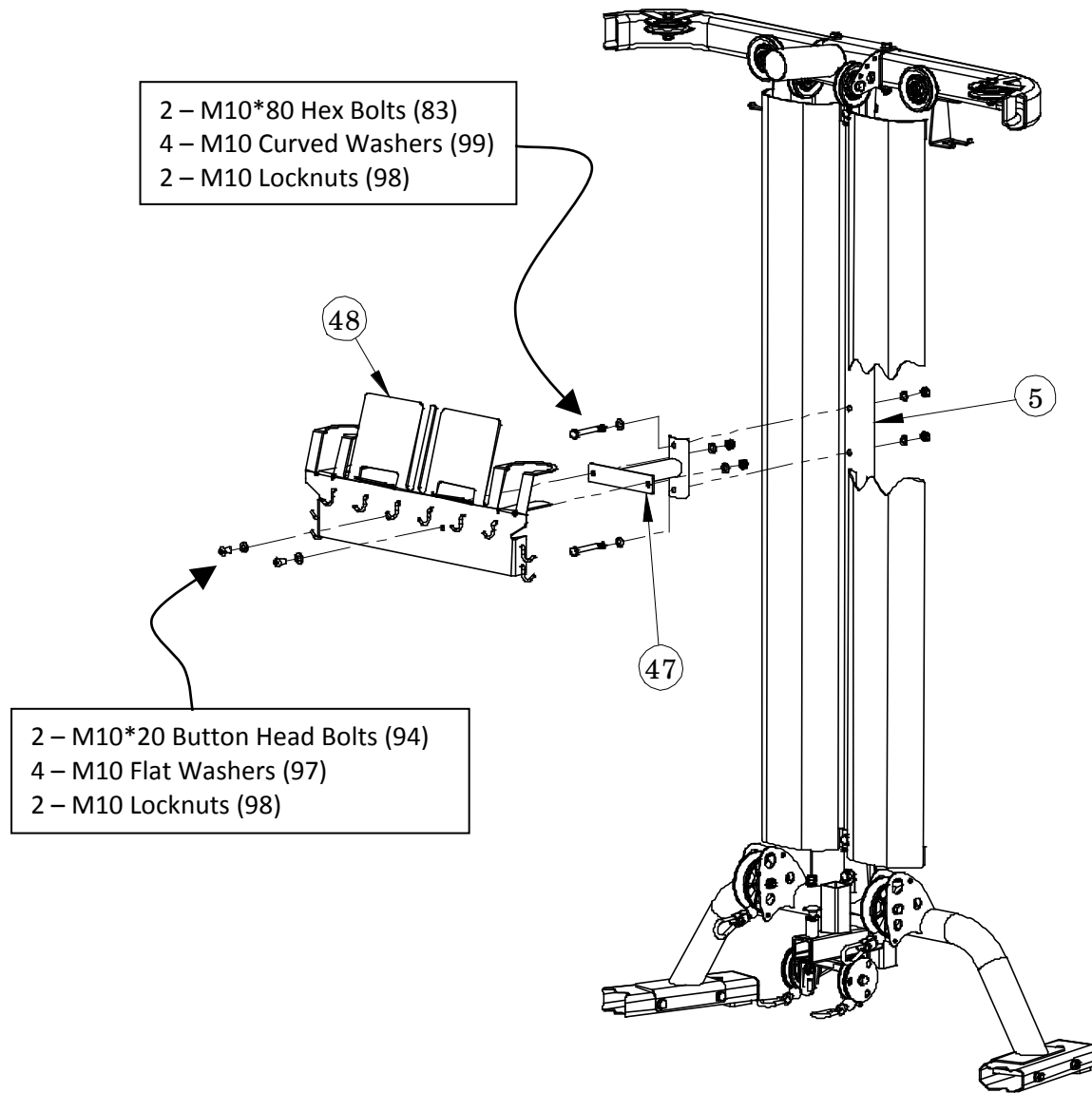
## STEP 16 Rear Shrouds



### Step 16, Rear Shrouds

- A) Attach the Rear Shroud Brackets (63) to the top and bottom holes in the Rear Upright (5), using 2-M10x80 Hex bolts (83), 4-M10 Curved Washers (99), and 2-M10 Locknuts (98). **Do not tighten these bolts yet.**
- B) Slide a Rear Fabric Shroud (73) onto each side of the Rear Shroud Brackets (63) as shown. Align the outer edges of the top and bottom of each Shroud with the inside and outside edges of the brackets. Next, push the top Rear Shroud Bracket (63) up to take some slack out of the shroud. **Tighten bolt (83) on the upper Bracket only, now.**
- C) Next, push down on the bottom Rear Shroud Bracket (63) to tighten the Rear Shrouds and **tighten bolt (83) on the lower Bracket.**
- D) **Bothe bolts (83) should be tight now, and the shrouds should be taught.**

## STEP 17 Book/ Accessory Rack



A) Attach the Book/Accessory Rack Support (47) to the two holes in the middle of the Rear Upright (5), using 2-M10x80 Hex bolts (83), 4-M10 Curved Washers (99), and 2-M10 Locknuts (98). **Tighten these bolts now.**

B) Attach the Book/Accessory Rack (48) to the Book/Accessory Rack Support (47) using 2-M10x20 Button Head Bolts (94), 4-M10 Flat Washers (97), and 2-M10 Locknuts (98). **Tighten these bolts now.**

# DECAL REFERENCE

NOTICE				
<i>This INSPIRE product is not intended for commercial use.</i>				
IN HOME MAINTENANCE	Weekly	3 Months	Yearly	2 Years
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery	X			
Inspect; Cables and their fittings	X			
Inspect taughtness of all shrouds	X			
Inspect; Accessory Bars and Handles		X		
Inspect; All Decals		X		
Inspect; All nuts and Bolts Tighten if Needed.		X		
Inspect; Anti-Skid Surfaces		X		
Clean & Lubricate; Guide Rods with a Teflon(PTFE) based lubricant (Superlube)		X		
Lubricate; Seat Sleeves and all plastic slides		X		
Clean & Wax; All Glossy Finishes			X	
Replace; Cables, Belts and Connectin Parts.				X



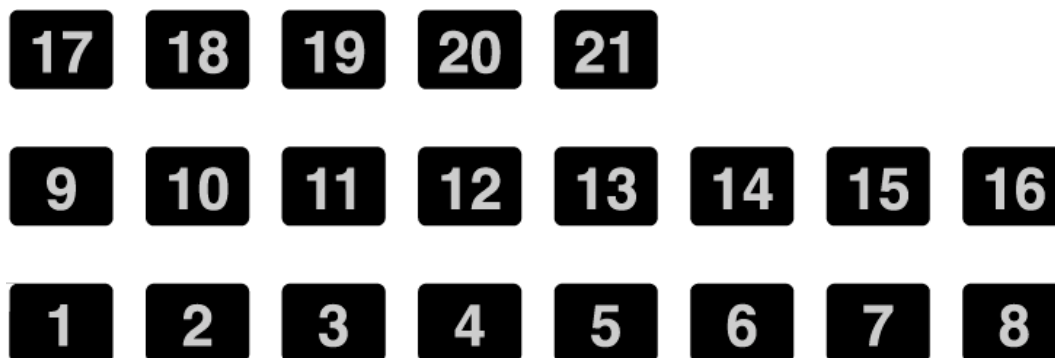
This product is covered by one or more of the following U.S. Patents: 7,722,513; 7,837,600; 7,905,818; 5,330,405; 5,944,641; 5,961,427; and others pending



## WARNING

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

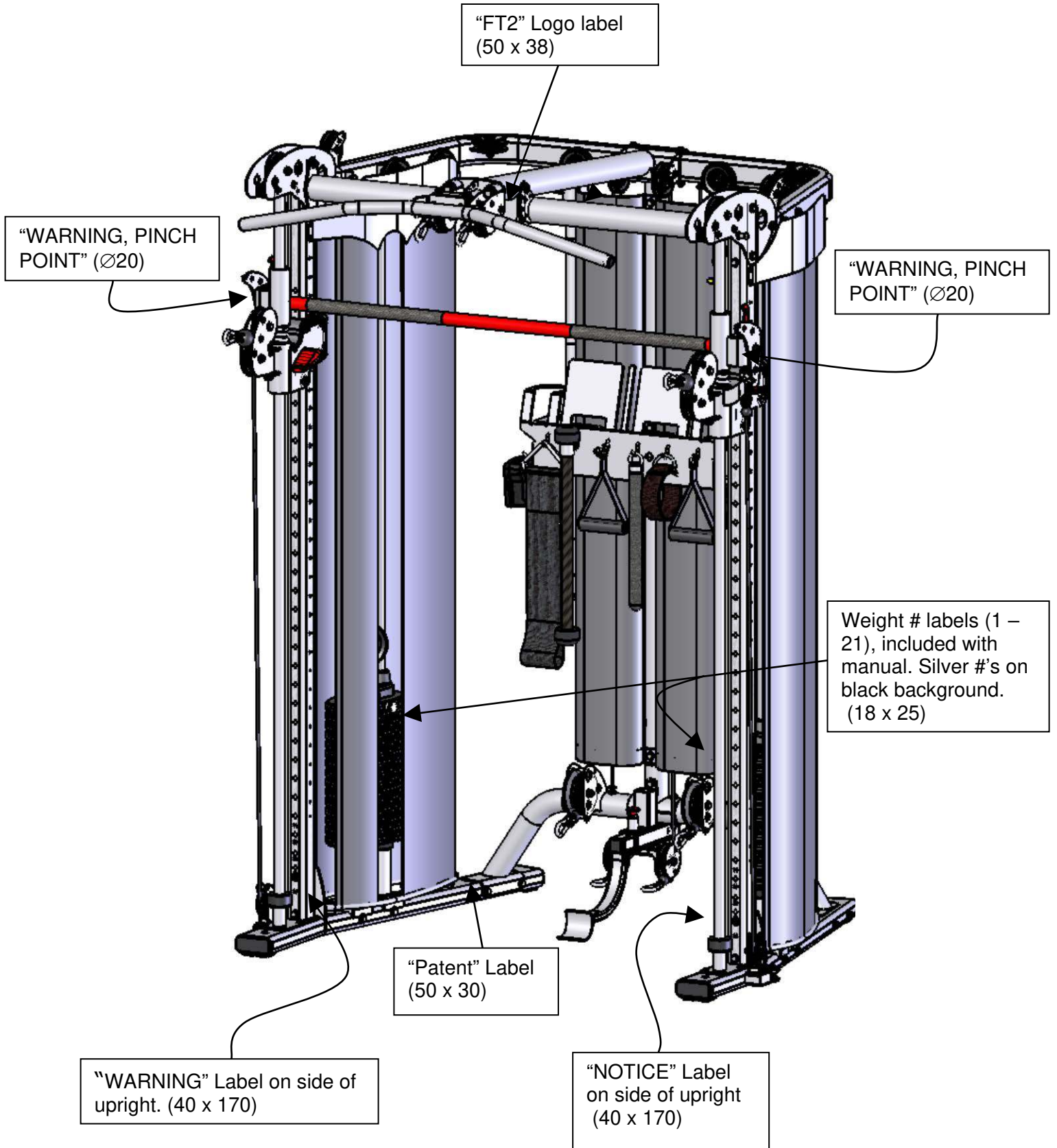
1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS BEFORE USING THIS EQUIPMENT.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace parts that show any wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW MAINTENANCE SCHEDULE on the "NOTICE" sticker
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before exercising. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. DO NOT ATTEMPT TO FREE ANY JAMMED PART BY YOURSELF. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush exercise. Practice proper breathing, NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED INSPIRE DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.



25 mm ←



# DECAL PLACEMENT





## ACCESSORIES

- Exercise Book
- Revolving Straight Bar
- Revolving EZ Curl Bar
- Sports Handle
- Exercise Rope
- D Strap Handles (2)
- Pull Up Strap
- Ankle Strap
- 5# Add On Weight (2)
- Water Bottles (2)

## MULTI-GYM OPTIONS

- Colored Orthopedic Pads
- Colored Shroud
- Leg Press
- Ab Crunch Bar

## Training Tips

*CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM*

1. **Always warm up** before you start weight training. This helps get your muscles warm and prevents injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.
2. **Control the weight.** Always work with a weight that you can handle through a full range of motion. Slow and steady movements are recommended.
3. **Breathe.** Don't hold your breath during your set. Holding your breath builds internal pressure which increases your chance for broken blood vessels, as well as a hernia.
4. **Sit up straight.** Pay attention to your posture and keep everything straight. Engage your abs in every movement to keep balanced and protect your spine.

## GENERAL MAINTENANCE INFORMATION

- Periodically inspect the cables for splitting, cracking or fraying. Also, watch for bulging or flat areas in the cable.
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect snap links, swivels, handles, and weight stack pins for wear or damage. If wear or damage exists, replace immediately.
- Locate and familiarize yourself with all warning decals on the multi-gym.
- Replace damaged or worn upholstery immediately.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a teflon-based lubricant.

# MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	ENTRY DATE												
Inspect: Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins	WEEKLY													
Clean: Upholstery	WEEKLY													
Inspect: Cables and their Fittings	WEEKLY													
Inspect: Tautness of all Shrouds	WEEKLY													
Inspect: Accessory Bars and Handles	3 MONTHS													
Inspect: All Decals	3 MONTHS													
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS													
Inspect: Anti-Skid surfaces	3 MONTHS													
Clean and Lubricate: Guide Rods with a Teflon based lubricant	3 MONTHS													
Lubricate: Seat Sleeves and all Plastic Slides	3 MONTHS													
Clean and Wax: All Glossy Finishes	YEARLY													
Replace: Cables, Belts and Connecting Parts	2 YEARS													

# INSPIRE

## Warranty.

This Warranty applies to Inspire Strength products manufactured or distributed by Health In Motion LLC.

### CONSUMER USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### LIMITED LIFETIME PARTS:

Includes Upholstery, Hardware, etc.

#### LIMITED LIFETIME MOVING PARTS:

Includes Pulleys, Cables, etc.

### LIGHT-COMMERCIAL USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### 10 YEAR PARTS:

Includes Upholstery, Hardware, etc.

#### 10 YEAR MOVING PARTS:

Includes Pulleys, Cables, etc.

### PLEASE NOTE THAT NOT ALL INSPIRE PRODUCTS ARE MADE FOR LIGHT-COMMERCIAL USE

Refer to your Owner's Manual or consult with your fitness product dealer to establish if a Product is made for light-commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Health In Motion warrants that the Product you have purchased for light-commercial, personal, family or household use from Health In Motion LLC or from an authorized Health In Motion reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

### Replacement and repair of parts.

During the warranty period Health In Motion will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal light-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

### Service procedures.

To obtain warranty parts, you must return the parts to Health In Motion or an authorized Health In Motion retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Health In Motion with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Warranty. Register your warranty online visit [www.inspirefitness.net](http://www.inspirefitness.net)

### Conditions and Exceptions.

This Warranty does not extend to any Product not purchased from Health In Motion LLC or from an authorized Health In Motion reseller. This Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Health In Motion; (c) by modification of the Product; (d) as a result of service by anyone other than Health In Motion, or an authorized Health In Motion warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Health In Motion receipt of payment or acceptable arrangement of payment.

### Disclaimer

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY HEALTH IN MOTION MAKES NO OTHER WARRANTIES; EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. HEALTH IN MOTION EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER HEALTH IN MOTION NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. HEALTH IN MOTION IS NOT RESPONSIBLE FOR THE REPAIR OR REPLACEMENT OF ANY PARTS THAT HEALTH IN MOTION DETERMINES HAVE BEEN SUBJECTED AFTER THE DATE OF MANUFACTURE TO ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, OR ANY ACT OF GOD. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Health In Motion's "Inspire" branded strength products. Health In Motion neither assumes nor authorizes anyone to assume for it any other express warranty.