

TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICES	2
CONTENTS OF PACKAGING	3
LABEL PLACEMENT	4
HARDWARE PACK	5
ASSEMBLY INSTRUCTIONS	6 – 15
PRODUCT FEATURES	16 - 19
COMPUTER OPERATION GUIDELINE	20 – 27
PARTS LIST	28 – 32
ALTERNATE PLUG PART NUMBERS	33
EXPLODED DIAGRAMS	34- 36
WARRANTY / DISCLAIMER	37-38

BEFORE YOU BEGIN

Thank you for selecting the INSPIRE CS3 CARDIOSTRIDER. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

HEALTH IN MOTION, LLC.
255 AIRPORT CIRCLE, SUITE 101
CORONA, CA 92880
Toll-Free Customer Service Number
1-877-738-1729
Mon. - Fri. 8 a.m. - 5 p.m. PST
www.inspirefitness.com

IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

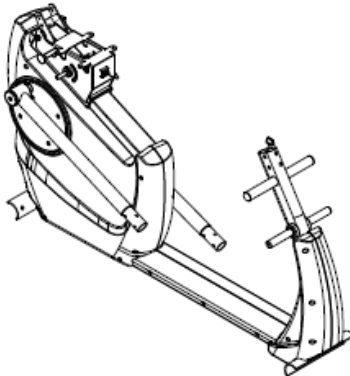




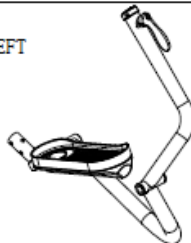





- **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.**
- Engage Child Safety Lock, detailed in this manual, after each use.
- Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, leveled surface.
- **DO NOT use the machine near water or outdoors.**
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- Do not place any sharp object around the machine.
- **Disabled persons should not use the machine without a qualified person or physician in attendance.**
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Never operate the machine if the machine is not functioning properly.
- Maximum user weight **300 lbs.**
- Allow 24" (61 cm) of space on each side of the unit. Never place body parts under pivot area (directly behind pedal).
- Ensure that all pull pins, locks, and safety latches are fully engaged before use.








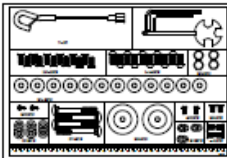
CARE AND MAINTENANCE

1. Keep seat slider clean
2. Inspect and tighten all parts before using the machine.
3. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT USE SOLVENTS.**

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NEITHER HEALTH IN MOTION, LLC. NOR FG1, LLC. ASSUMES ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

CONTENTS OF PACKAGING

			1	
LEFT 			1	
RIGHT 			1	
LEFT 	1	LEFT 	1	
		RIGHT 	1	
RIGHT 	1	RIGHT 	1	
		LEFT 	1	

	1	
	1	
	1	
	1	
	1	
	1	
	1	
	1	

WARNING/PATENT LABEL PLACEMENT

The warning and patent labels have been placed on the unit in location shown. If the labels are missing or illegible, please call customer service at 1-877-738-1729 for replacements. Apply the labels in location shown.

Manufactured Under Patents/Patents Pending As Follows:-

1. US Patents: 7,815,551 ; 8,562,491 ; 9,289,647.
2. Canada: 2696901.
3. Europe: Application 08830164.3.
4. China (Utility): ZL 201220191127.2 ; ZL 201420589095.0.
5. China (Design): ZL 201233139551.8.
6. International: PCT/US2008/076264.

! WARNING

- BEFORE STARTING AN EXERCISE PROGRAM CONSULT A PHYSICIAN.
- IF YOU FEEL UNUSUAL PAIN, DIZZINESS, SHORTNESS OF BREATH, CHEST TIGHTNESS OR DISCOMFORT, STOP ALL USE AND CONSULT YOUR PHYSICIAN IMMEDIATELY.
- MISUSE OR ABUSE OF THIS EQUIPMENT MAY LEAD TO SERIOUS INJURY OR DEATH.
- KEEP CHILDREN AWAY FROM THIS EQUIPMENT. THIS EQUIPMENT IS INTENDED FOR ADULT USE ONLY.
- REPLACE THIS OR ANY OTHER WARNING LABEL IF DAMAGED, ILLEGIBLE, OR MISSING.
- MAXIMUM USER WEIGHT: 300 LBS. (136 KG).

! DANGER

- NEVER ALLOW CHILDREN OR PETS TO COME NEAR OR APPROACH THE MOVING LINKAGES WHILE IN USE.
- THE LINKAGES ON THIS MACHINE ARE FLYWHEEL DRIVEN AND CAN CAUSE SERIOUS INJURY OR DEATH IF SOMEONE BECOMES STUCK UNDERNEATH DURING USE.
- NEVER PLACE FEET OR HANDS UNDER THIS LINKAGE DURING USE.
- ALWAYS ENGAGE CHILD SAFETY LOCK WHEN MACHINE IS NOT IN USE.

! WARNING

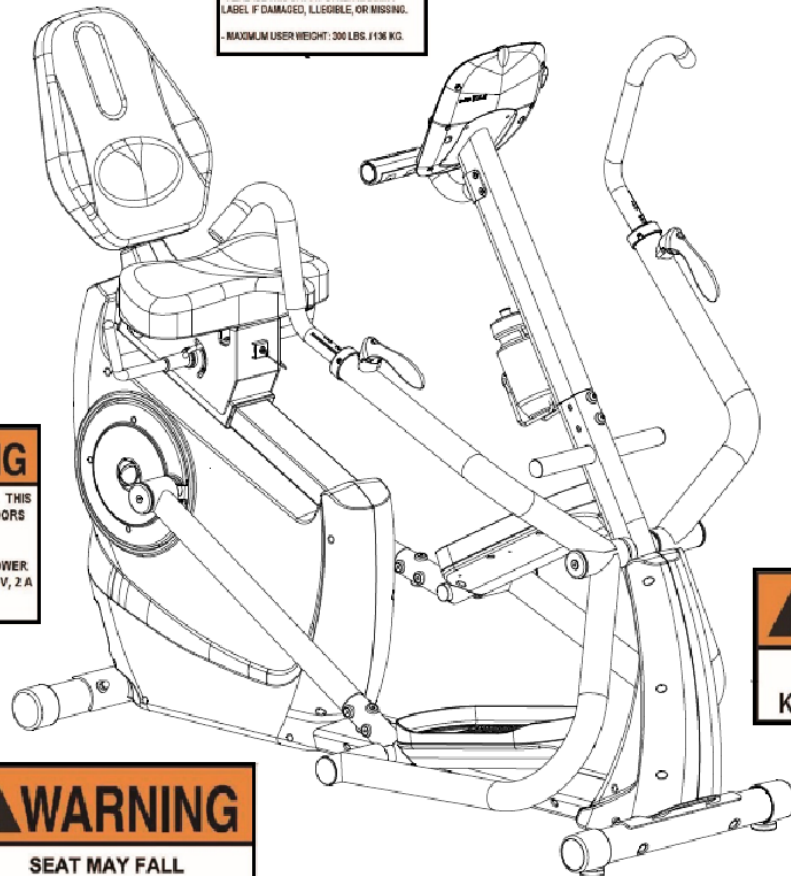
- RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.
- USE ONLY WITH CERTIFIED POWER SUPPLY PROVIDED, RATED 26 V, 2 A.

! WARNING

SEAT MAY FALL
SUDDENLY WHEN RELEASED.

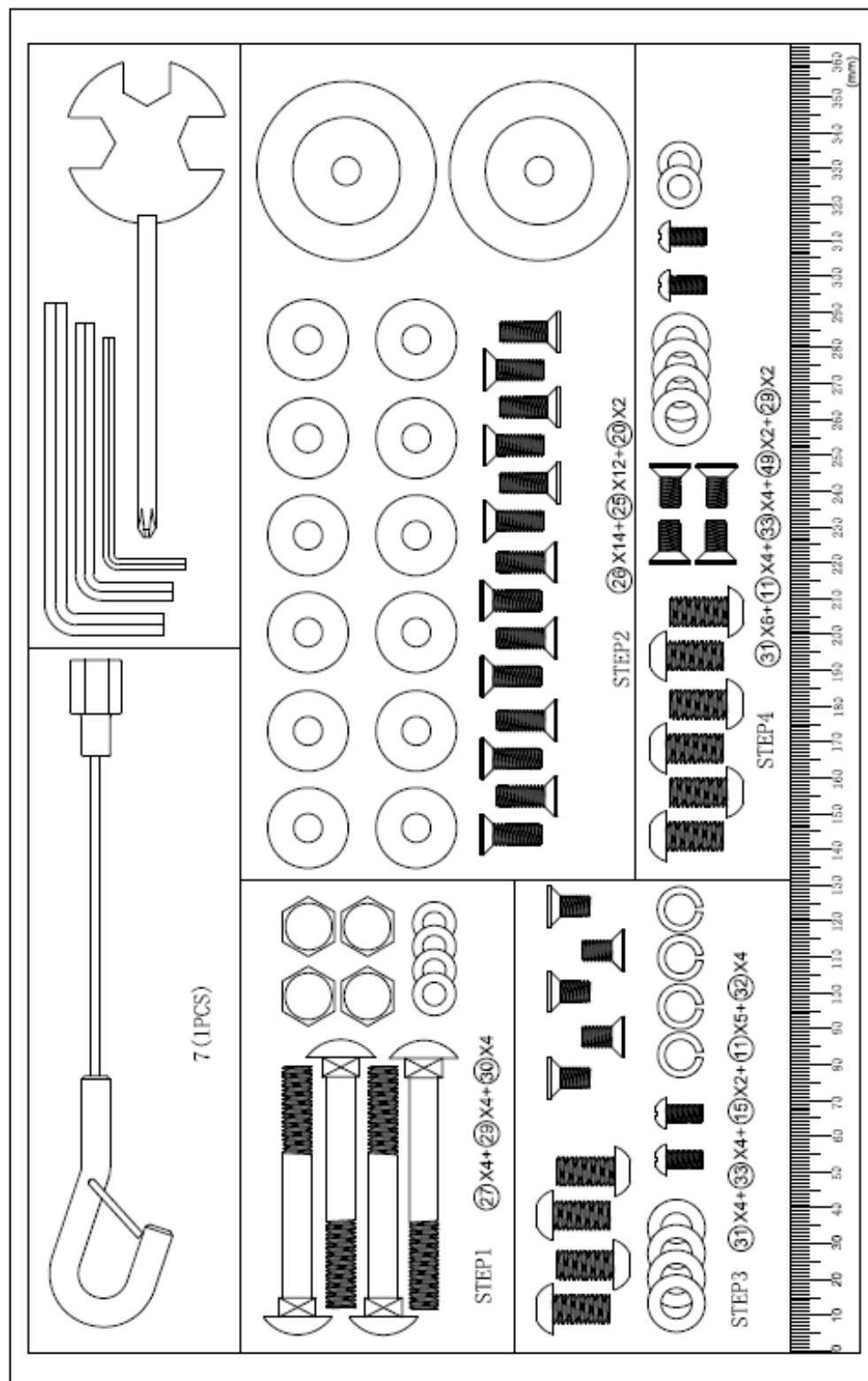
! WARNING

PINCH POINT
KEEP CHILDREN AWAY

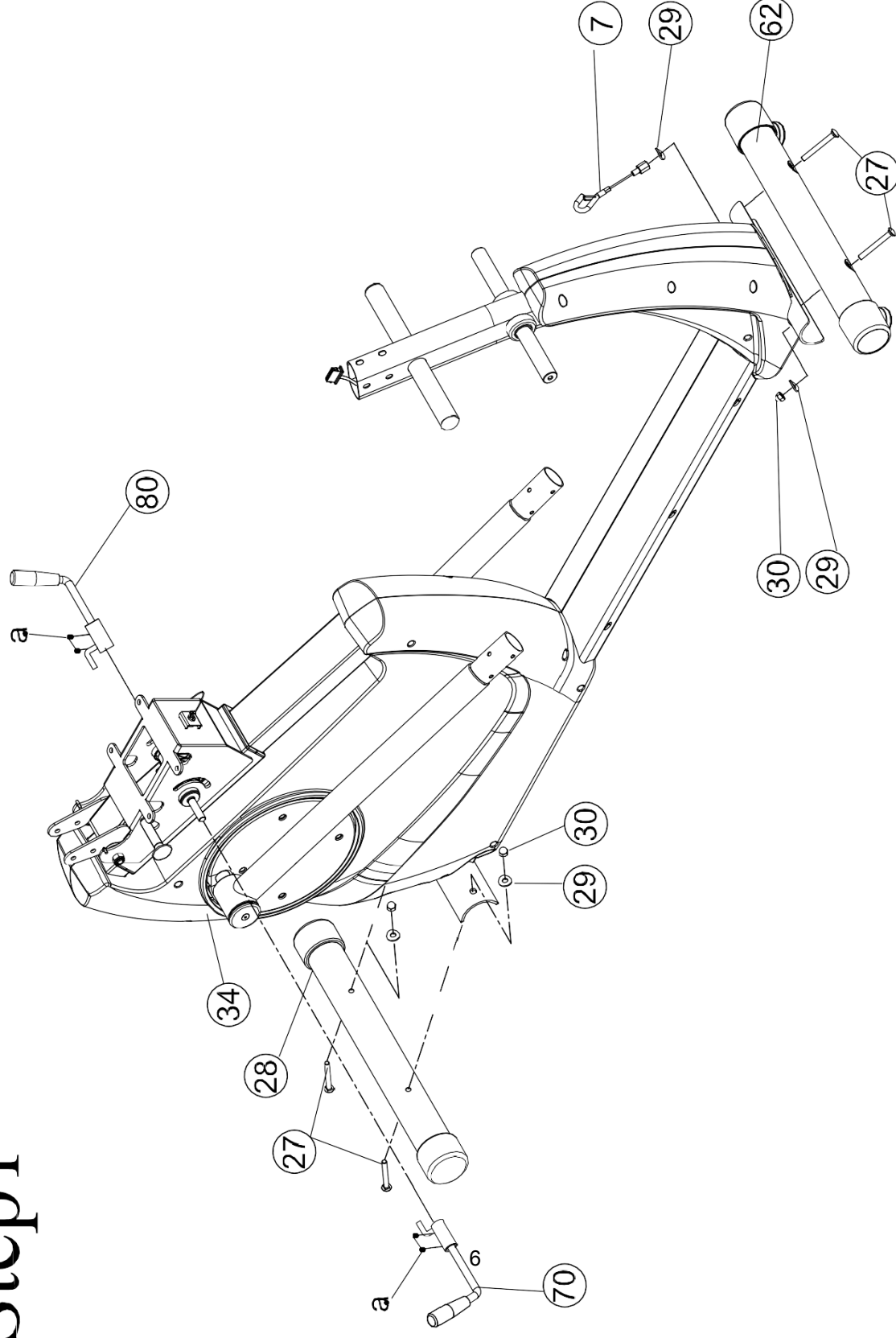






HARDWARE PACK

NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



Step1



	4PCS			1PCS (7)	
	(27)			4PCS	
	4PCS			(29)	
	(30)			(30)	

STEP 1: FRAME STABILIZER ASSEMBLY (See Step 1 Figure)

Required Hardware: STEP 1

4x (#27) M8x 70 Carriage Bolts
3x (#30) Cap Screw

4x (#29) Curved Washer
1x (#7) Child Safety Lock

Required Parts:

(#28) Rear Stabilizer
(#80) Seat Adjustment Handle L

(#62) Front Stabilizer
(#70) Seat Adjustment Handle R

Installing Stabilizers

- A.) Carefully unpack contents of box leaving the 3 large styrofoam frame support blocks in place. Locate the Styrofoam block with a red sticker packed near the Console Assembly. Place aside for use in STEP 2.
- B.) Remove large styrofoam support from REAR portion of frame. The Rear Stabilizer mounting bracket should now be exposed.
- C.) Place (#28) Rear Stabilizer underneath the Rear Mounting Bracket.
Ensure that the transport wheels are facing away from the unit.
- D.) Attach the #28 Rear Stabilizer to the frame as shown in STEP 1 FIGURE with **Step 1 Hardware**.
- E.) Remove large styrofoam support from FRONT portion of frame. The Front Stabilizer mounting bracket should now be exposed.
- F.) Place (#62) Front Stabilizer underneath the Front Mounting Bracket.
- G.) Attach (#62) Front Stabilizer to the frame as shown in STEP 1 FIGURE with **Step 1 Hardware**.

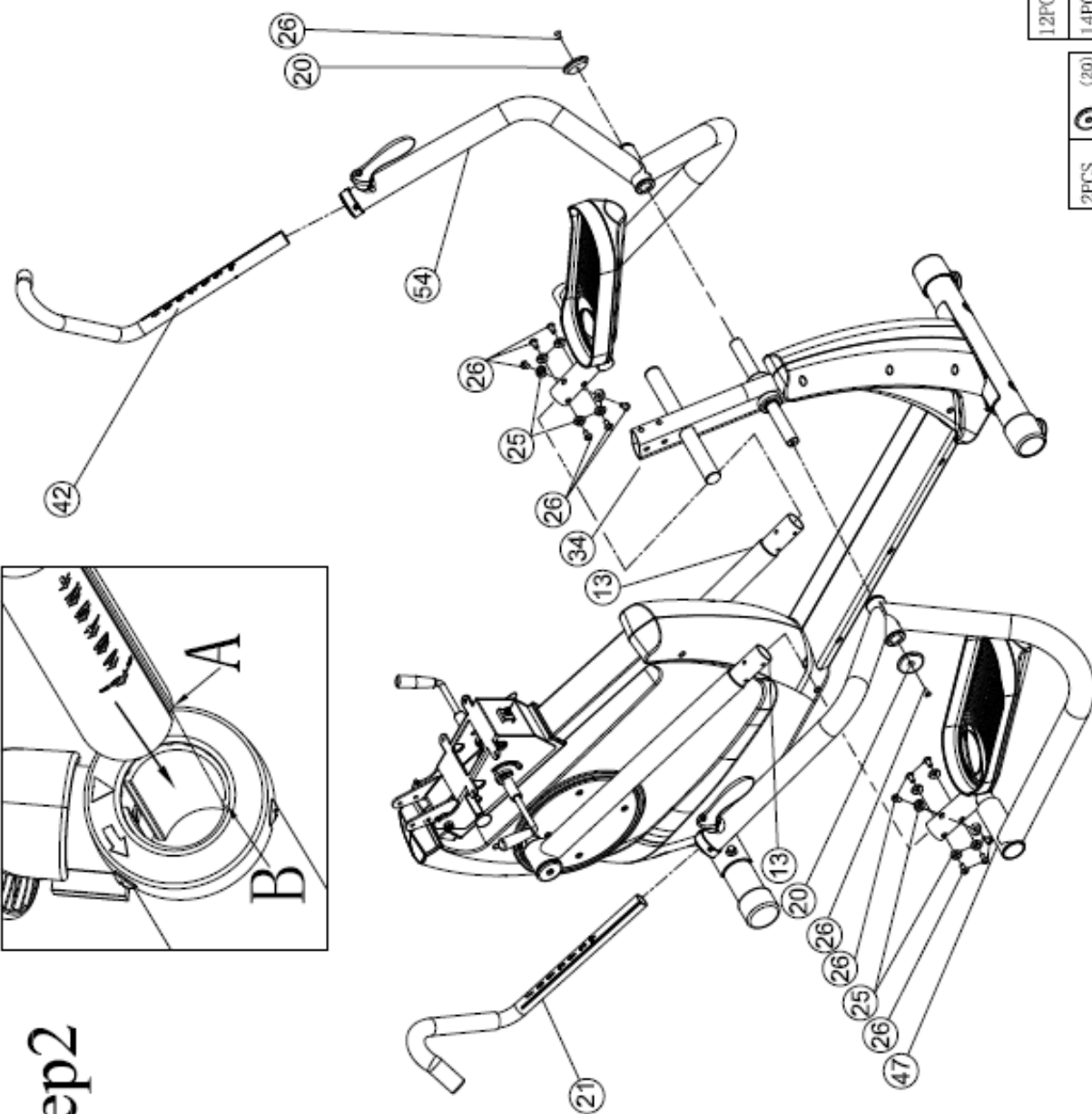
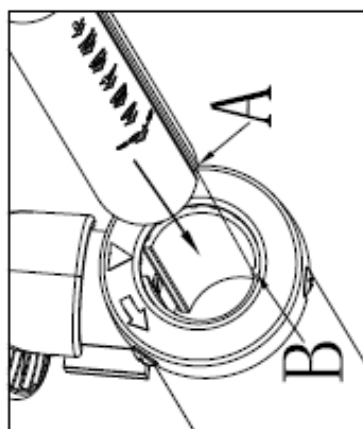
NOTE:

(#7) Child Safety Lock is used instead of a cap screw on USER left side of the Front Stabilizer.

Installing Seat Adjustment Handles

- H.) Attach (#70) Seat Adjustment Handle R by loosening screws “a” in STEP 1.
NOTE: Ensure that the Right Cam Lock Handle has an “R” sticker on it.
- I.) Attach (#80) Seat Adjustment Handle L by loosening screws “a” in STEP 1.
NOTE: Ensure that the Left Cam Lock Handle has an “L” sticker on it.

Step2



12PCS	● (25)	12PCS	● (25)
14PCS	● (26)	14PCS	● (26)
2PCS	○ (20)	2PCS	○ (20)

STEP 2: SWING ARM ASSEMBLY (See Step 2 Figure)

Required Hardware: STEP 2

2x (#20) Aluminum End Cap

12x (#25) Curved Washer, Chrome

14x (#26) Flat Head Socket Screw

Required Parts

(#47) Swing Arm Assembly R

(#54) Swing Arm Assembly L

A.) Slide (#47) Swing Arm Assembly R over the pivot shaft of main frame,
as shown in STEP 2. **NOTE: Lift spacer in between bearings to allow insertion.**

B.) Secure using:

1x (#20) Aluminum End Cap

1x (#26) Flat Head Socket Screw

As seen in Step 2 Figure

C.) Place the (#47) Swing Arm Assembly R on top of the styrofoam support block with the red dot, so the swing arm doesn't touch the floor.

D.) Slide the (#13) Pedal Arm that is already attached to unit, into the (#47) Swing Arm Assembly R

E.) Secure using:

6x (#25) Curved Spacers, Chrome

6x (#26) Flat Head Socket Screw

As seen in Step 2 Figure

F.) Slide (#54) Swing Arm Assembly L over the pivot shaft of main frame,
as shown in Step 2. **NOTE: Lift spacer in between bearings to allow insertion.**

G.) Secure using:

1x (#20) Aluminum End Cap

1x (#26) Flat Head Socket Screw

As seen in Step 2 Figure

H.) Place the (#54) Swing Arm Assembly L on top of the styro foam support block with the red dot, so the swing arm doesn't touch the floor.

I.) Slide the (#13) Pedal Arm that is already attached to unit, into the (#54) Swing Arm Assembly L

J.) Secure using:

6x (#25) Curved Spacers, Chrome

6x (#26) Flat Head Socket Screw

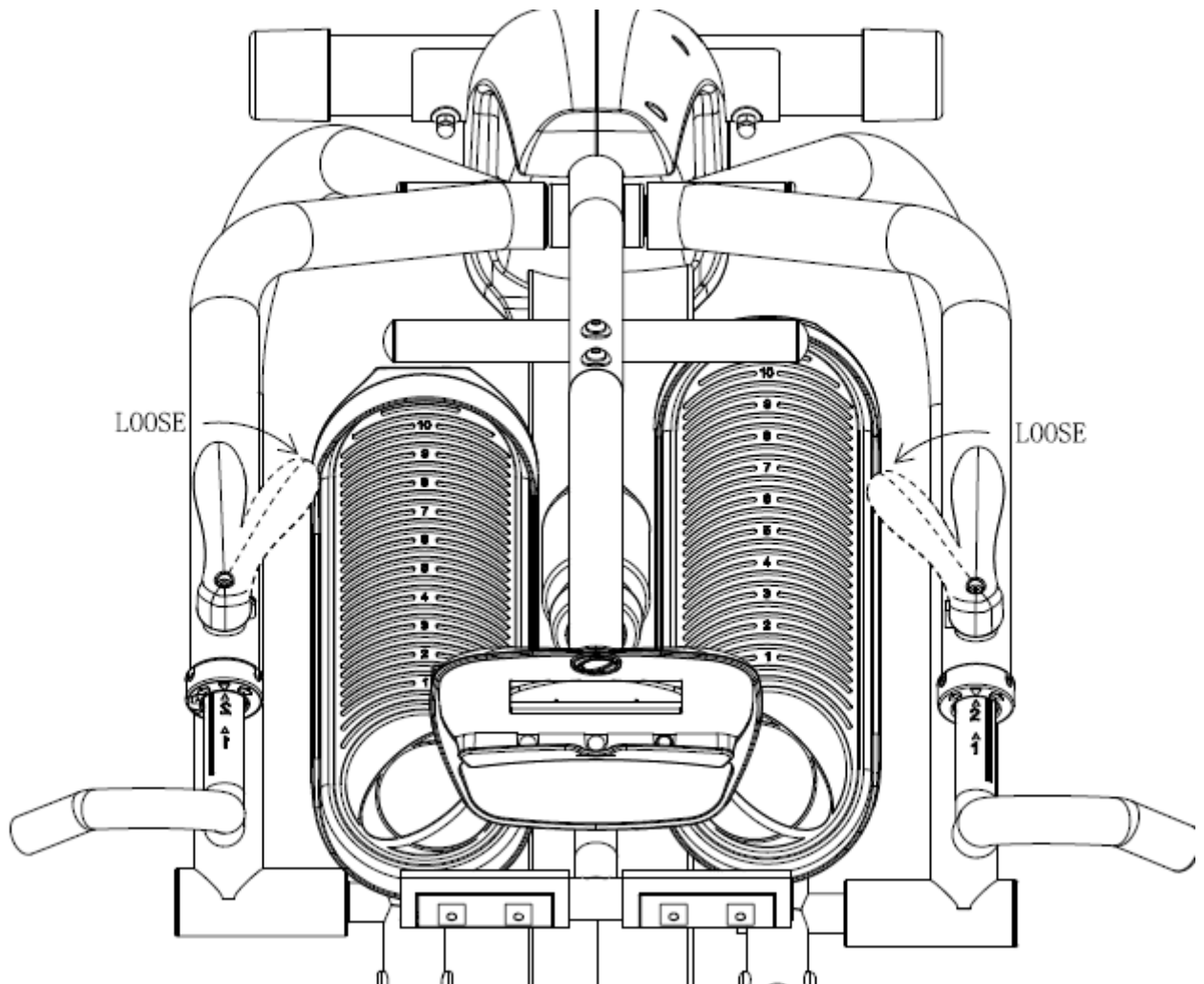
HANDLE ASSEMBLY (See Step 2 Figure)

- A.) Turn handle adjustment knob inward and slide the Right Handle Assembly (#21) into the Right Swing Arm Sleeve (#47). Adjust to desired position and tighten.

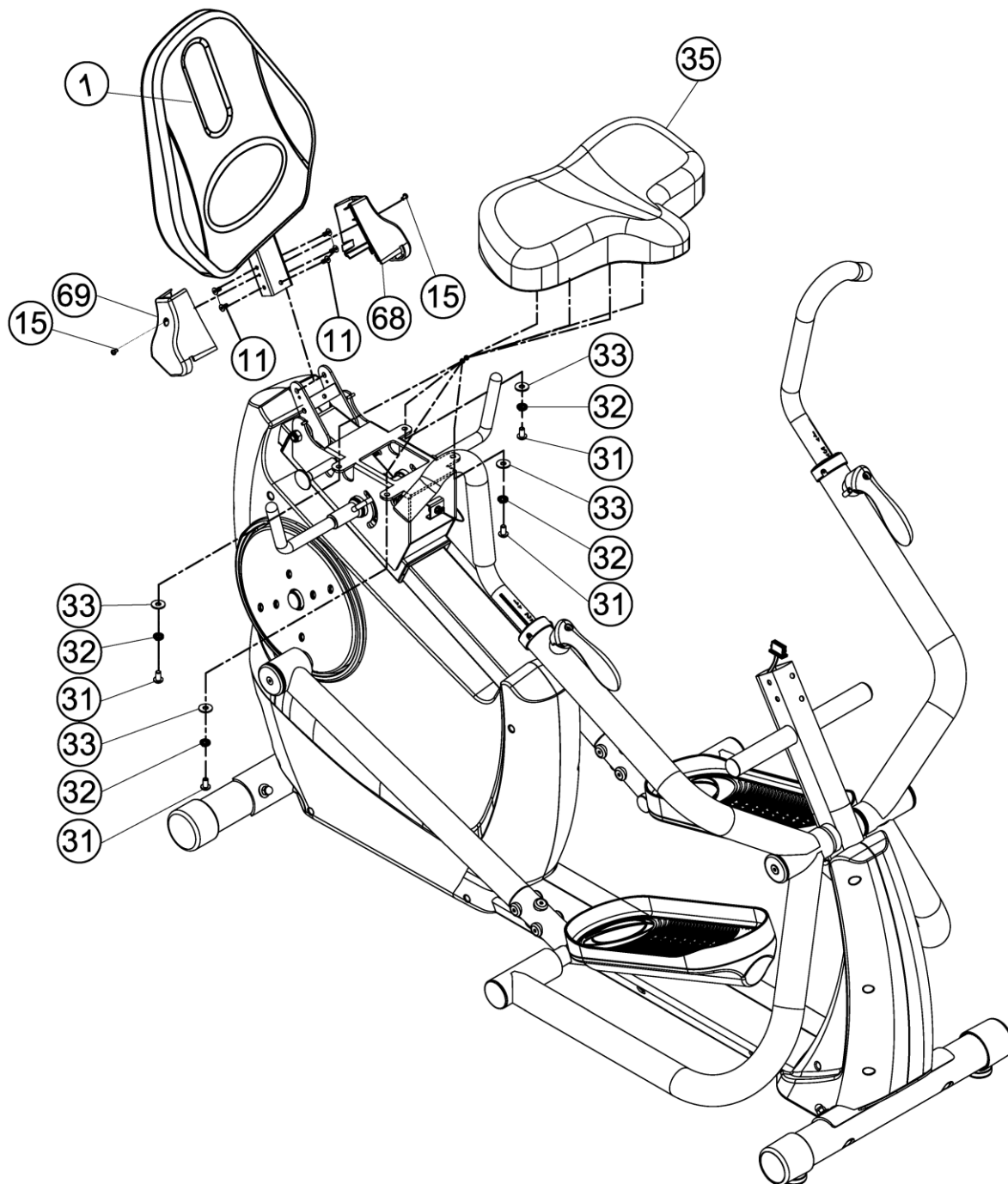
WARNING: Check to make sure the Right Handle Assembly has an “R” Sticker on it. Accidental switching of the Right and Left Handle Assemblies can result in serious injury.

- B.) Turn handle adjustment knob inward and slide the Left Handle Assembly (#42) into the Left Swing Arm Sleeve (#54). Adjust to desired position and tighten.

WARNING: Check to make sure the Left Handle Assembly has an “L” Sticker on it. Accidental switching of the Right and Left Handle Assemblies can result in serious injury.



STEP 3



2PCS	• (15)	4PCS	⦿ (33)
5PCS	• (11)	4PCS	⦿ (31)

STEP 3: ASSEMBLING THE SEAT BACK (See FIGURE 3)

Required Hardware: Step 3

5x (# 11) Flat Head Socket Screws	2x (#56) Cross Head Screw
4x (#31) M8 * 16 Allen Head Bolt	4x (#33) M8 Flat Washer
2x (#15) Cross Head Screw	4x (#32) Spring Washer

Required Parts:

(# 1) Seat Back Tube Assembly	(#35) Seat Pad, Charcoal
(#68) Seat Back Tilt Cover, Left	(#69) Seat Back Tilt Cover, Right

Installing Seat Back Tube Assembly

- A) Assemble Seatback (#1) onto Seat Slider Assembly.
Align lower holes and secure using 5x (#11) Flat Head Socket Screws

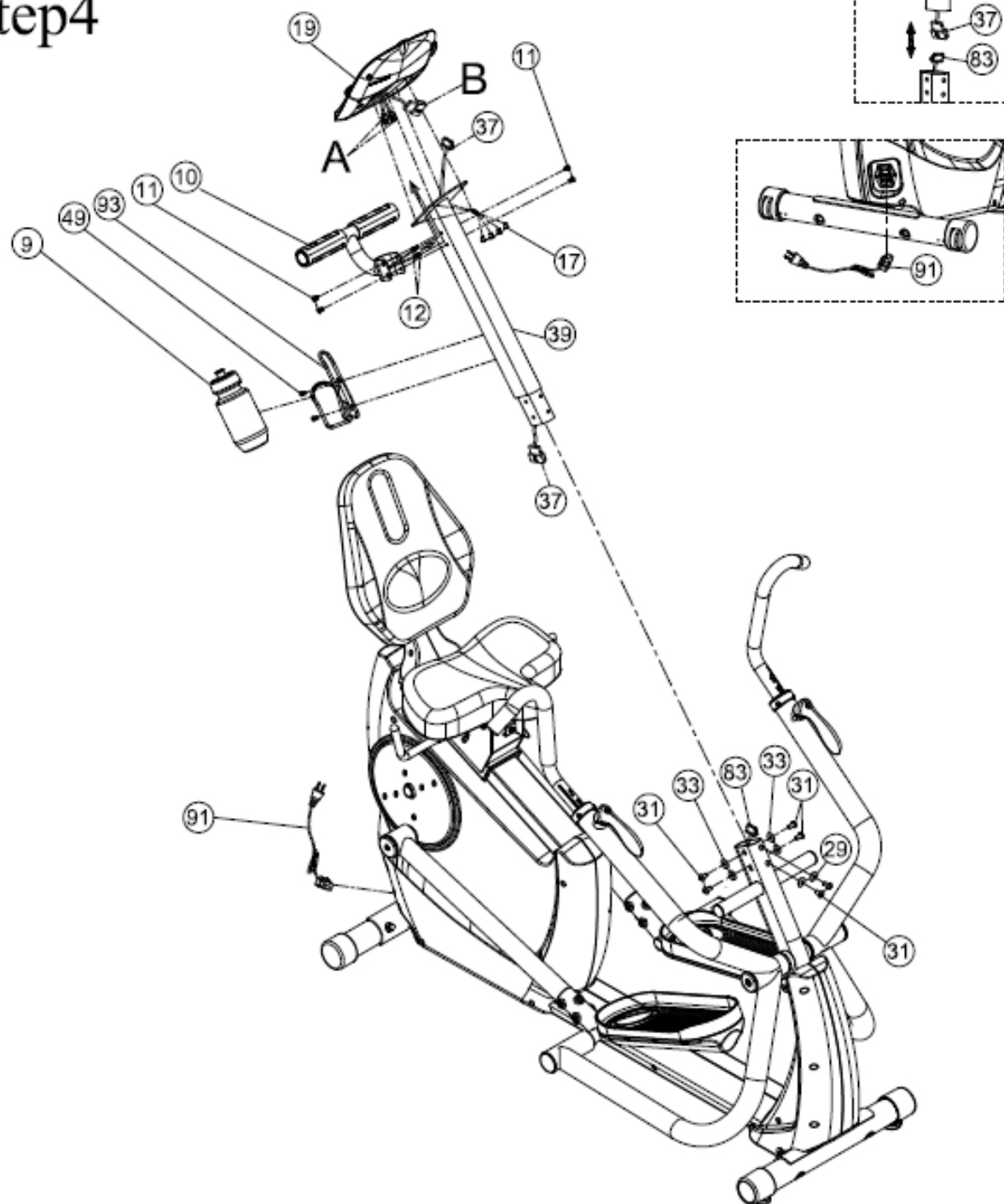
Installing Seat Back Tilt Cover

- B) Secure Seat Back Tilt Cover – Left (#68) , on the user left side of the unit ,
with qty 1 (#15) Cross Head Screw.
- C) Secure Seat Back Tilt Cover – Right (#69) , on the user right side of the unit ,
with qty 1 (#15) Cross Head Screw.

Installing Seat Pad

- D) Secure seat bottom pad (#35) to Seat Slider Assembly using qty 4 Flat Washers (#33),
qty 4 spring washers (#32), and qty 4 M8x16mm Socket Screws (#31)

Step4



2PCS	• (49)	6PCS	♥ (31)	4PCS	● (33)
		4PCS	♥ (11)	2PCS	● (29)

STEP 4: MAST ASSEMBLY (See STEP 4)

Required Hardware: STEP 5

2x (#29) Curved Washers	4x (#33) Flat Washers
6x (#31) M8 * 16 Hex Bolt	4x (#32) Spring Washer
4x (#11) M6 * 12 Hex Screws	2x (#49) M5 * 10 Cross Head Screw

Required Parts:

(#39) Console Mast	(#93) Bottle Holder
(#10) Heart Rate Handle Bars	(#19) Console

Attaching the Mast

- A.) Locate the ends of the included cable that should be sticking out of the top and bottom of the (#39) Console Mast, labeled (#37) as seen in Step 4 Figure.
- B.) Orient the bottom end of (#39) Console Mast near the top of the opening of the Main Frame.
- C.) Connect cable end of (#37) to the input connector (#83) that is inside the frame, as seen in Step 4 Figure.
- D.) Slide Console Mast (#39) onto the Main Frame.

NOTE: Make sure not to pinch the cable assembly when attaching the console onto the mounting bracket.

- E.) Secure both assemblies by using:

2x (#29) Curved Washers	4x (#33) Flat Washers
6x (#31) M8 * 16 Hex Bolt	4x (#32) Spring Washer

As seen in Step 4 Figure

**Note: (#32) Spring Washer is only used on the flat sides of the mast,
(#29) Curved Washer is only used on the curved front of the mast.**

Attaching the Bottle Holder

- F.) Locate the two threaded holes along the inside of the mast
- G.) Attach (#93) Bottle Holder onto the mast using:
2x (#49) M5 * 10 Cross Head Screw
- H.) Slide (#9) Water Bottle into the water bottle holder.

I.) **Attaching the Heart Grip**

J.) The inner part of the (#10) Heart Rate Grip will have two cables; pass these cables through the aligned hole in the mast, then up toward the console mount.

K.) Secure (#10) Heart Rate Grip to the (#39) Console Mast using:

4x (#11) M6 * 12 Flathead Socket Screws

Attaching the Console

L.) Located, on the backside of (#19) Console, will be 4x (#17) Cross Head Screws threaded into four corners of the console.

M.) Remove the four screws, these will be used to mount the console onto the console mount.

N.) Orientate the console near the top of the mast ;

Connect cable end "**B**" to cable end (#37), as seen Step 4 Figure

Connect cable ends "**A**" to the cables coming from (#10) Heart Rate Grip, as seen in Step 4 Figure

O.) Tuck cables away neatly inside the mast to avoid pinching, then mount the console onto the mounting plate.

P.) Secure the console using the four screws removed in Step L.

FINAL STEPS



Level the unit by unscrewing the leveler feet under (#62) Front Stabilizer so that both sit flat on the ground.

Unscrew center leveler (located under the center point of the unit) so that it touches the ground. Failure to do so could cause damage to your unit.

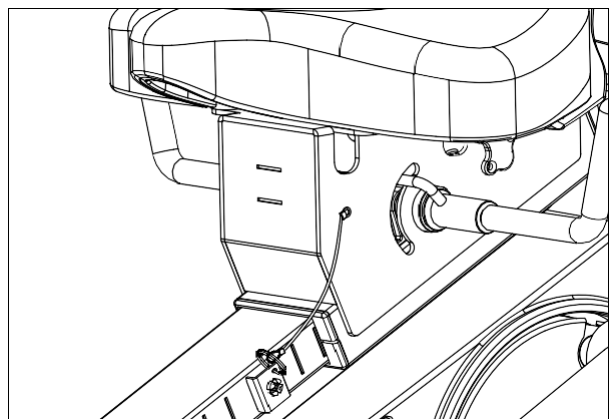
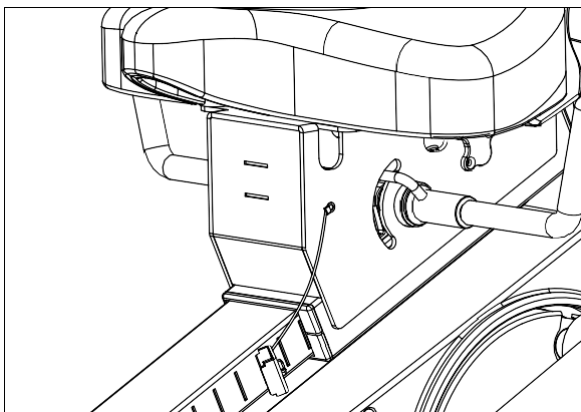
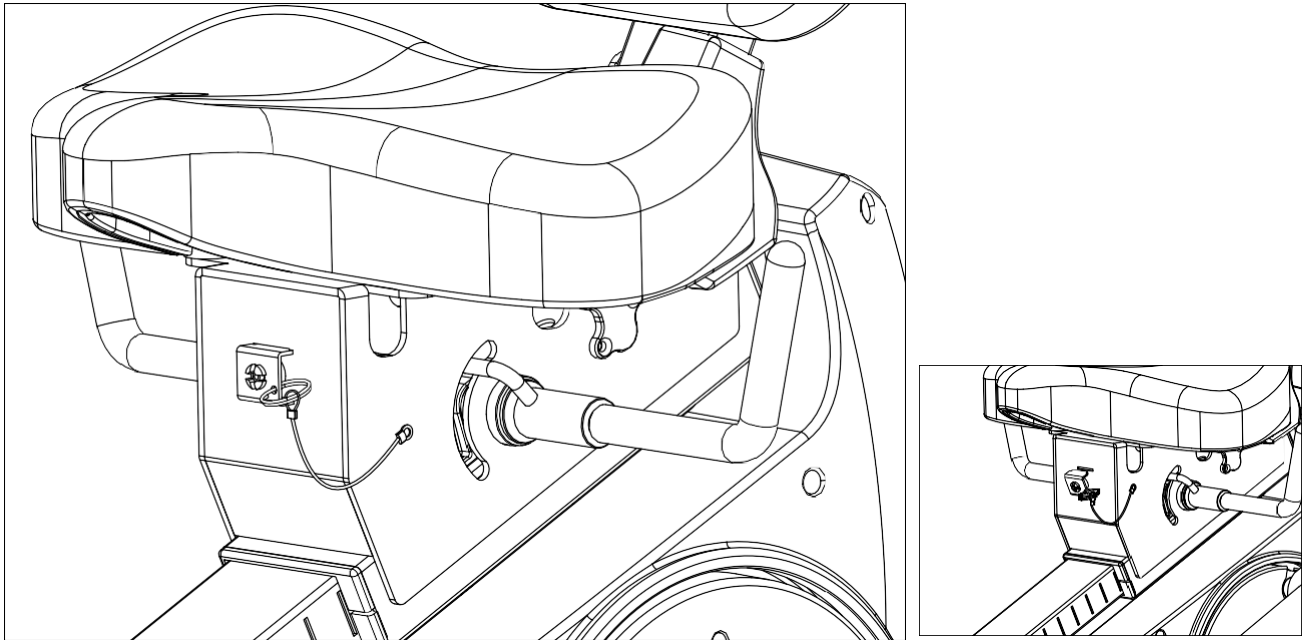


PRODUCT FEATURES

Slider Stop

Your unit is equipped with a magnetic metal stopper designed to physically assist in securing the slider from moving, as a safeguard incase the adjustment handles are not locked down properly.

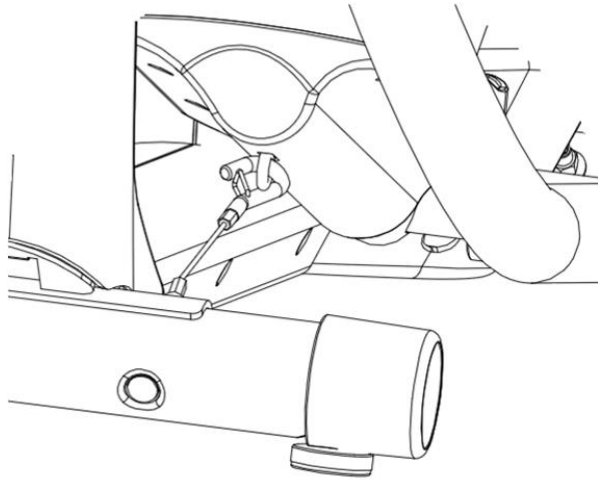
To use, simply pull from slots under the seat, and clip to the desired position along the rail.



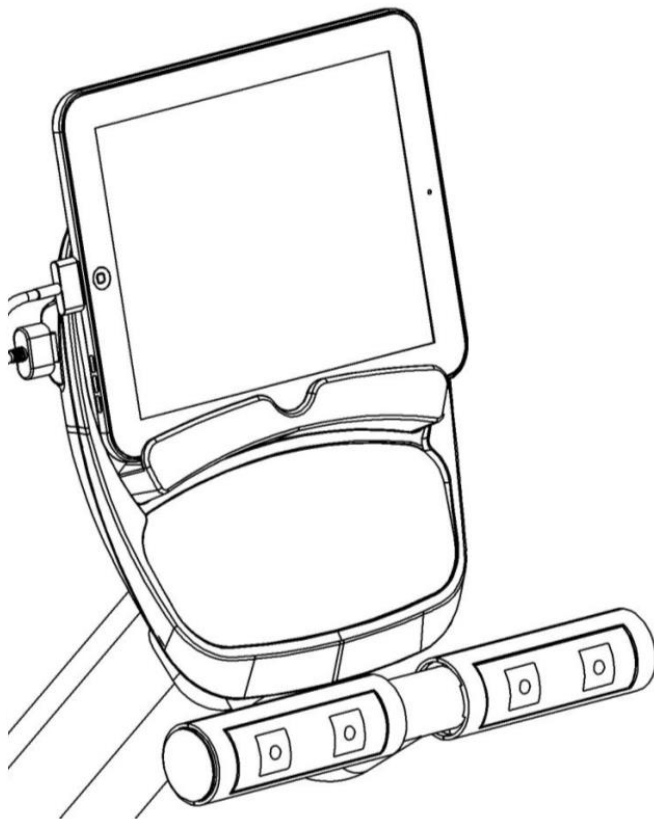
ENGAGING THE CHILD SAFETY LOCK ASSEMBLY

1. ALWAYS engage the CHILD SAFETY LOCK ASSEMBLY after each use by clipping the hook onto the loop located UNDERNEATH the LEFT PEDAL ASSEMBLY

2. Before each workout, disengage the hook from the loop. The CHILD SAFETY LOCK ASSEMBLY can hang freely during your workout and will not interfere with the mechanism.



CONSOLE DETAILS



This unit is equipped with a Telemetric Heart Rate transmitter that allows the user to monitor their heart rate while wearing a Chest Strap.

*A Chest Strap is **included** with the unit, as seen on page 20, but if you would like more, they may be purchased from Inspire by calling (877) 738-1729.*

In addition, this computer is equipped to mount and power a tablet computer (as shown to the left).

During use your tablet may mount on the rubberized tablet rack.

A USB located on the left side of the computer can supply up to 2A of current for recharging.

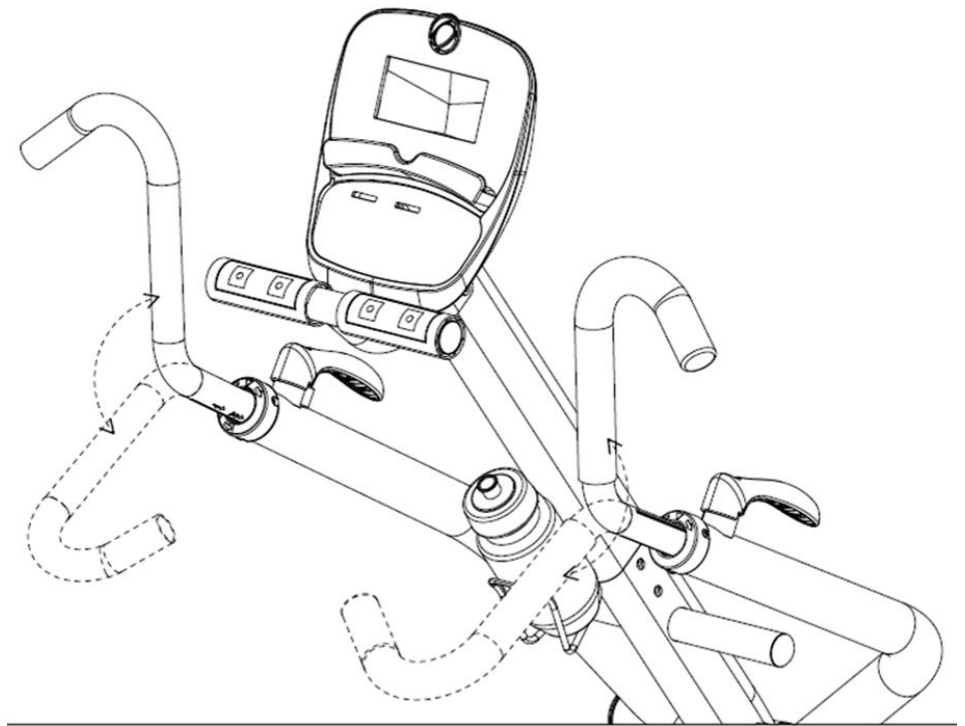
Handle Orientation

INVERTED HANDLES:

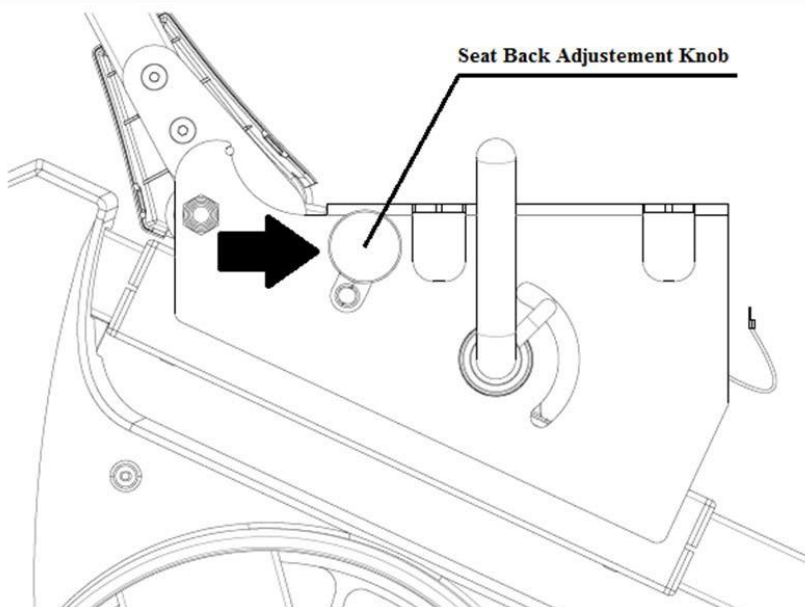
Place handles in inverted position. This will focus on your **biceps and triceps muscles**.

UPRIGHT HANDLES:

Place handles in upright position. This will focus on your **chest and back muscles**.



Seat Back Orientation



Choose a preferred Seatback Recline Angle.

The seatback may be adjusted in 3 different Recline Angles (UPPER, MIDDLE, LOWER) based on the users' preferred position. Align upper seatback tube hole with preferred hole based on the below figure.



Polar T31Coded

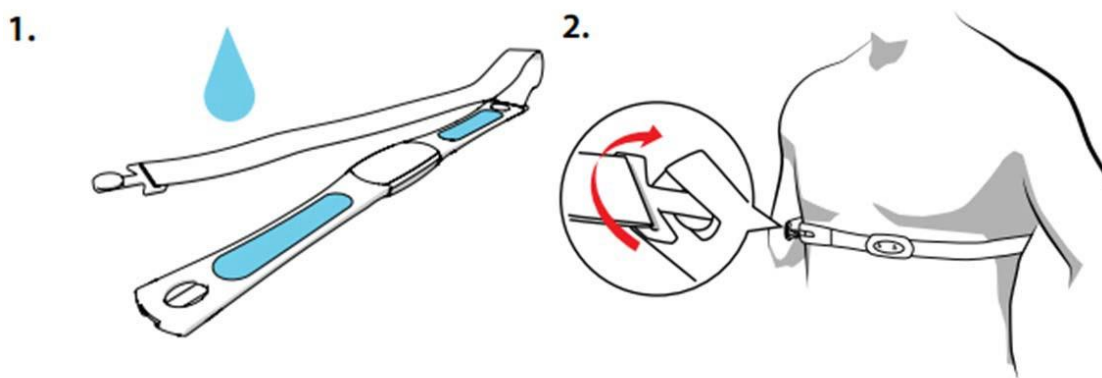
Included with your unit is a Polar heart rate monitor; Model T31.

Technical specification

Battery Life:	Average 2500 hours
Heart Rate Sensor	Polyurethane
Material: Strap material	Polyurethane
Buckle: Fabric:	Nylon 46 % Polyester 32% Latex 22%

Wearing the heart rate sensor

- 1) Fasten one end of the heart rate sensor to the elastic strap (Figure 1).
- 2) Moisten the two grooved areas on the back. (Figure 1)
- 3) Clip the heart rate sensor around your bare chest and adjust the strap to fit comfortably (Figure 2).
- 4) Check that the wet grooved areas are firmly against your skin, and that the text on the heart rate sensor is in an upright position and at the center of your chest.

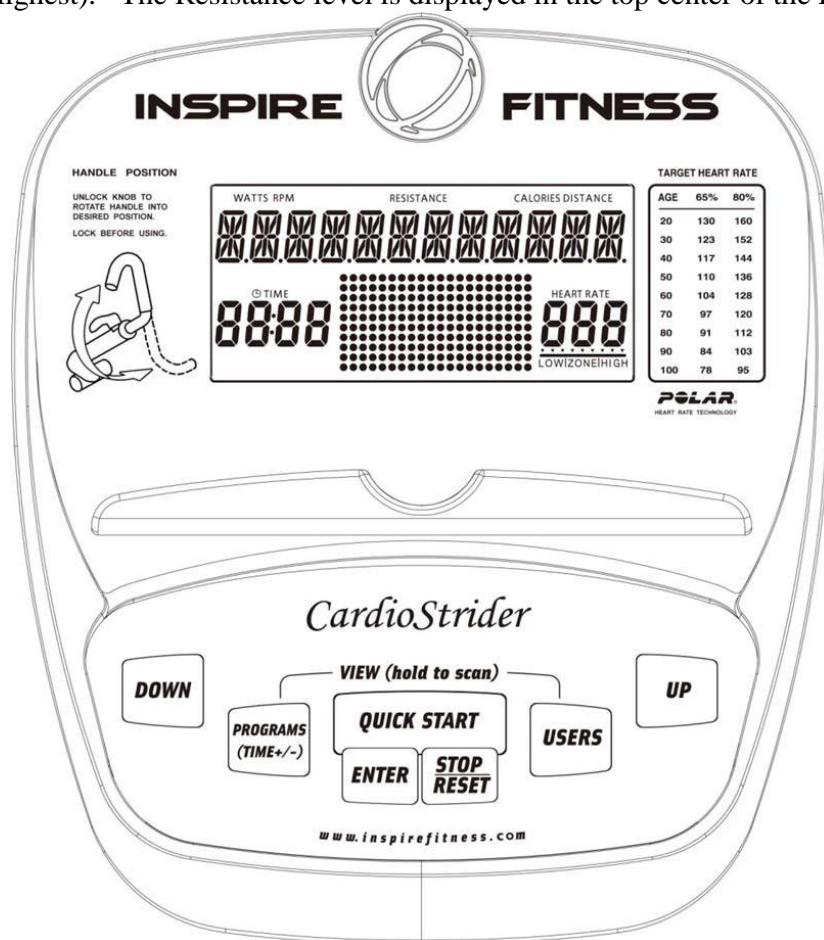


Cleaning: Rinse under running water after every use. Clean with mild soap and water when needed. Wipe dry with a soft towel. Do not bend the sensor, since it may damage the electrodes. Never store the heart rate sensor wet, in a damp environment or in any kind of non-breathing material, such as a plastic bag or a sports bag. Sweat and moisture may keep the electrodes wet and the heart rate sensor activated. This will shorten the battery life. Keep cool and dry.

COMPUTER OPERATION AND FEATURES

BASIC OPERATION

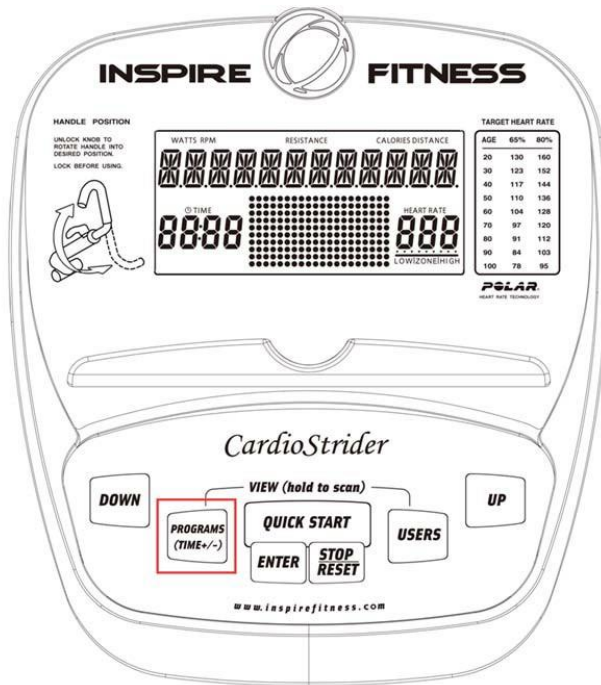
- Press QUICK START to immediately begin workout in Manual Mode.
- Press the STOP/RESET key at any time to PAUSE the workout. Press ENTER to resume exercise. (Press STOP/RESET twice to reset program).
- Press and hold the STOP/RESET key for 2 seconds to RESET the computer.
- RESISTANCE: Press the UP or DOWN key to change the Resistance Level during a workout. The Resistance may be adjusted from LEVEL 1 (Lowest) to LEVEL 20 (Highest). The Resistance level is displayed in the top center of the LCD.



- VIEWING WORKOUT DATA: During a workout RPM and CALORIES are displayed on the scrolling text bar. Press the "PROGRAMS" and "USERS" buttons at the same time to display WATTS and DISTANCE. Press and hold the "PROGRAMS" AND "USERS" buttons for 2 seconds to turn on Autoscan (the computer will switch between RPM/CALORIES and WATTS/DISTANCE every 6 seconds).

STANDARD PROGRAMS:

The **CS3** CardioStrider has 6 Standard workout programs that will automatically adjust the resistance.



- At startup, press PROGRAMS. Press UP or DOWN to scroll through the PROGRAMS.



- ROLLING HILL
- PEAK
- PLATEAU
- MOUNTAIN CLIMB
- HILL INTERVAL
- STRENGTH INTERVAL
- After selecting your program press ENTER
- LEVEL: Press UP or DOWN to set maximum resistance level. The resistance will not go above this level during the workout. You may adjust the maximum resistance during your workout. Press ENTER to accept maximum resistance level. Press STOP/RESET to go back to PROGRAM selection.



- **WORKOUT TIME:** Press UP or DOWN to set total workout time. Press ENTER to accept workout time and begin. Press STOP/RESET to go back to LEVEL.
NOTE: The WORKOUT TIME may be changed during a workout by pressing the TIME +/- key.
 Press UP/DOWN to modify the WORKOUT TIME.
 Press ENTER to begin workout.



FOCUS PROGRAMS:



The **CS3** CardioStrider has 2 programs to focus workout on your upper body (Upper Body Focus, Arms Focus). During the workout, the computer will beep and a scrolling message will give you instructions.



A list of messages and their definitions are described below:

FEET ON PEDALS: Place feet on the moving pedals.

FEET ON PEGS: Place feet on the pegs. Round tube located at the front of the unit.

PALMS UP: In INVERTED MODE, keep palms facing upward to focus workout on the biceps muscle.

PALMS DOWN: In INVERTED MODE, keep palms facing downward to focus workout on the triceps muscle.

HEART RATE PROGRAMS:

Heart Rate control programs allow the user to keep their heart rate in a range during a workout.

The computer will automatically adjust the RESISTANCE to keep the user heart within the selected range.

There are two available Heart Rate control programs. **FAT BURN:** Keeps your heart rate at 65% of maximum recommended for your AGE. **CARDIO:** Keeps your heart rate at 80% of maximum recommended for your AGE.

Refer to the table located in the middle of the console for your recommended Heart Rate. The approximate value is based on the users AGE, however, you should always consult with a physician before beginning heart rate programs.



AGE	65%	80%
20	130	160
30	123	152
40	117	144
50	110	136
60	104	128
70	97	120
80	91	112
90	84	103
100	78	95

NOTE: Heart Rate Control Programs should only be performed using a Heart Rate Chest Belt for accuracy.

To order a Heart Rate Chest Belt, call Inspire Fitness at (877) 738-1729.

HEART RATE PROGRAM SETUP

- Press PROGRAMS and press UP or DOWN to find HEART RATE. Press ENTER.
- Press UP or DOWN to toggle between FAT BURN and CARDIO. Press ENTER to select.
- AGE: Press the UP/DOWN key to select your AGE. Press ENTER to accept AGE and move to WORKOUT TIME.
- WORKOUT TIME: Press UP/DOWN to select WORKOUT TIME. Press ENTER to accept WORKOUT TIME and begin 3 minute warmup.

Every Heart Rate Control Workout includes a 3:00 Warmup and a 5:00 Cooldown period in addition to the selected workout time.

NOTE: During a Heart Rate Control Workout press UP/DOWN to adjust your Target Heart Rate. The RESISTANCE cannot be directly controlled during a Heart Rate Control Program.

FOCUS PROGRAM SETUP:

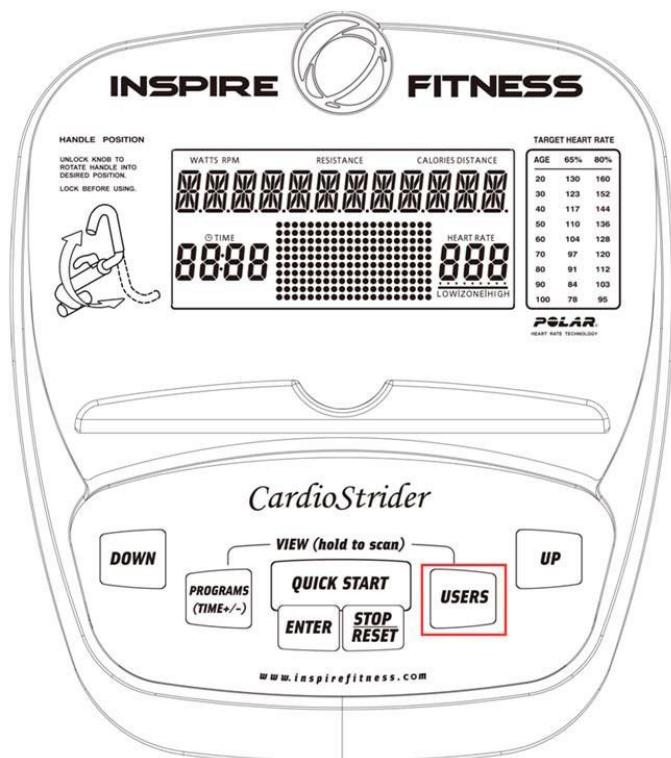
- Press PROGRAMS. Press UP or DOWN to scroll through the PROGRAMS.
 - UPPER BODY FOCUS: Focusing on upper body workout, including the chest, back and arms. Also includes lower body workout.
 - ARMS FOCUS: Focusing on upper body workout only. Feet remain on pegs.
- After selecting your FOCUS program press START
- LEVEL: Press UP or DOWN to set maximum resistance level. This resistance will not go above this level during the workout. You may adjust the maximum resistance during your workout. Press ENTER to accept maximum resistance level. Press STOP/RESET to go back to PROGRAM selection.



- WORKOUT TIME: Press UP or DOWN to set total workout time. Press ENTER to accept workout time and begin workout. Press STOP/RESET to go back to LEVEL.

USERS

Allows up to 4 different users to enter personal information and save a preferred workout. Computer will save each user workout totals to keep track of accumulated user data (Total Workout Time, Total Distance, Total Calories).



- Press the USER button at startup
- Press the UP and DOWN key to toggle through USER 1 – USER 4

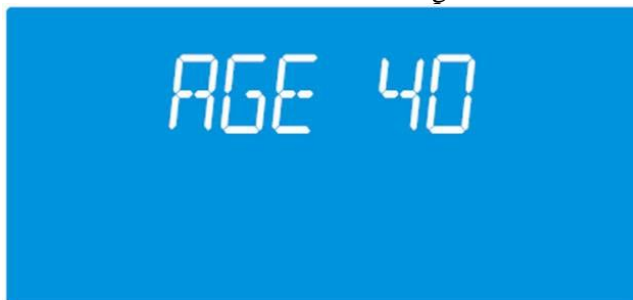


- Press QUICK START to immediately begin workout for that user. (If no data exists for user the computer will prompt you to CHANGE USER SETTINGS)

- Press STOP/RESET to go back to MAIN DISPLAY
- Press ENTER to go to CHANGE USER SETTINGS (pg. 27)
- Press and *hold* ENTER for 2 seconds to go to USER DATA (pg. 27)
CHANGE USER SETTINGS
- GENDER: Scrolling message reads “GENDER” 1 time, then displays “FEMALE”. Press the UP or DOWN buttons to toggle between FEMALE and MALE.
- Press ENTER to accept setting and move to AGE. Press RESET to go back to CHANGE USER SETTINGS.



- AGE: Scrolling message reads “AGE 40” . Press the UP or DOWN key to adjust the AGE value in 1 year increments. Press ENTER to accept setting and move to WEIGHT. Press STOP/RESET to go back GENDER.



- WEIGHT: Scrolling message reads “WEIGHT 175”. Press the UP or DOWN key to adjust the WEIGHT value in 5 lb increments. Press ENTER to accept WEIGHT and go to PROGRAM SELECTION. Press STOP/RESET to go back to AGE.



- PROGRAM SELECTION:
See Program Selection on pg.21- 22

USER DATA:

A scrolling message reads “USER DATA” 1 time. Press the UP/DOWN to toggle between “ACCUMULATED” and “CHANGE NAME”. Press ENTER.



- ‘CHANGE NAME’:** USER 1-4 may be changed to a CUSTOM user name. Press the UP or DOWN key to select letter (or number).
- o Press ENTER to accept letter (or number) and move to next location
 - o Press the RESET key to move back to the previous location.
 - o A blinking underscore (“_”) is used to show the current location.
 - o A Maximum of 8 alpha-numeric characters may be used.
 - o After pressing START past at 8th space, USER NAME is set.

‘ACCUMULATED’: USER workout data is saved in the computer memory after each workout and added to the totals for that user. User may view the workout totals for TOTAL WORKOUT TIME (minutes), TOTAL DISTANCE (miles), TOTAL CALORIES

- Press the UP and DOWN key to scroll through accumulated data (WORKOUT TIME(*minutes*), DISTANCE (*miles*), CALORIES(*calories*)).
- Press RESET to go back to USER DATA
- Press the ENTER to reset accumulated data. A scrolling message reads “RESET DATA” 1 time.
- A scrolling message reads “ NO”. Press the UP or DOWN key to toggle between NO and YES.
- Press ENTER on YES to reset data to 0 and go back to USER DATA.
- Press START on NO to cancel data reset and go back to USER DATA.
- Press RESET to go back to USER DATA.

CS3 Parts List

EXP NO.	Part Number	Description	Qty/Item
1	RC804-360-002PZ	Back Pad Assembly	1
2	RC804-520-001	EMS 2 side-way flywheel	1
3	RC800-801-008A	Front Cover R	1
4	RC800-801-006A	Cover R	1
5	0116-306-028	Spring Washer $\phi 6$	4
6	0114-742-068	Cross Tap Screw with Big Washer	6
7	RC800-561-005	Child Safety Lock	1
8	RC800-401-002SK	Seat Back Pad	1
9	BC830-881-006Q	Bottle	1
10	RC802-350-002	Heart Rate Handle Bar Assembly	1
11	0113-306-128	Flathead Socket Screw M6*12	9
12	RC804-630-001SKA	Pulse Connecting Wire	2
13	RC804-801-008	Disc	2
14	RC804-630-001SKB	Lower Control Board	1
15	0113-104-108	Cross Head Screw M4*10	18
16	0116-006-008	Flat Washer $\phi 6$	4
17	RC802-630-002SK	Cross Head Screw M5*10	4
18	0114-142-198	Cross Head Tap Screw	3
19	RC804-630-001SKC	Console	1
20	RC804-561-017	Aluminum End Cap	2
21	RC804-331-002PZ	Handlebar tube assembly R	1
22	0113-106-018	Cross Head Screw M6*10	6
23	BC680-801-010B	End Cap 2	2
24	0113-706-162	M6*16 Bolt	4
25	RC804-561-020	Curved Washer	12
26	0113-308-206	Flat Head Socket Screw M8*20	12
27	0111-408-718	Carriage Bolt M8*70	4

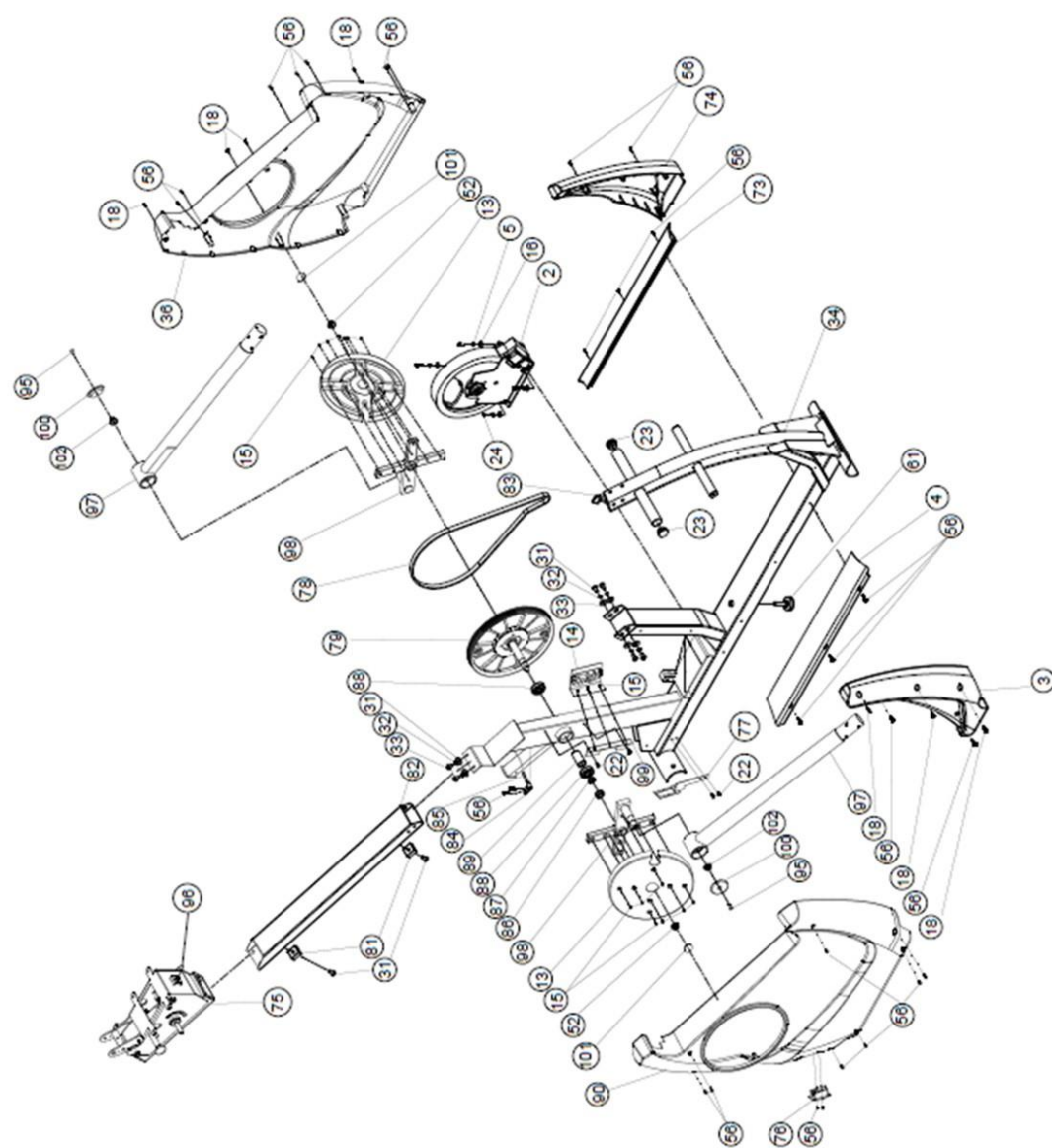
28	RC800-341-002PZ	Stabilizer Tube	1
29	0116-608-008	Curve Washer $\phi 8$	6
30	0110-308-008	Cap Screw M8	4
31	0113-008-168	Hex Screw M8*16	10
32	0116-308-010	Spring Washer $\phi 8$	12
33	0116-008-010	Flat Washer $\phi 8$	18
34	RC804-200-001	Frame Assembly	1
35	RC800-401-001SK	Seat Pad	1
36	RC804-801-001	Shroud L	1
37	RC804-630-	Console Upper Cable	1
38	0113-210-138B	Hex Flat Head Bolt M10*130	1
39	RC802-350-001	Console Post	1
40	RC804-561-014	Torque Spring R	1
41	RC804-561-013	Torque Spring L	1
42	RC804-331-001PZ	Hand tube assembly L	1
43	0111-008-208A	Hex Bolt M8*20	2
44	0116-208-508A	Big Washer $\phi 8*\phi 28$	2
45	0110-710-018	Lock Nut M10	1
46	RC804-561-012	Back Pad Adjustment Shaft $\phi 17*114$	1
47	RC804-300-002PZ	Swing Arm Assembly R	1
48	RC800-801-015	Foot Tube End Cap $\phi 50*13.5$	2
49	0113-105-108	Cross Head Bolt M5*10	2
50	RC804-561-010	Back Pad Connection Nut M18*15	1
51	RC804-801-004	Adjustment Handle Bar	2
52	0110-412-599	Six Flange Nut M12*1.25	2
53	RC800-801-010	Upper Foot Pedal L	1
54	RC804-300-001PZ	Swing Arm Assembly L	1
55	RC800-310-002	Foot Pedal Tube Assembly R	1
56	0114-742-198	Cross Head Tap Screw	33
57	0114-142-088	Cross Head Tap Screw	12

58	RC800-801-013	Lower Foot Pedal R	1
59	RC800-801-012	Upper Foot Pedal R	1
60	RC804-561-011	Back Pad Adjustment Bar	1
61	RC800-801-020	Adjustment Foot Rubber M12	3
62	RC800-340-001PZ	Front Stabilizer	1
63	RC800-301-009	Upper Shaft Cover	2
64	RC800-801-011	Lower Foot Pedal L	1
65	RC800-310-001	Foot Pedal Tube Assembly L	1
66	GM880-881-008	Pop Pin Pull Bar	1
67	RC804-370-002	Back Pad Support Tube Assembly	1
68	RC804-801-006	Seat Back Tilt Cover L	1
69	RC804-801-007	Sat Back Tilt Cover R	1
70	RC800-380-002	Seat Adjustment Handle R	1
71	RC804-561-016	Stopper Block	1
72	0113-305-128	Hex Bolt M5*12	3
73	RC800-801-005A	Cover L	1
74	RC800-801-007A	Front Cover L	1
75	RC804-370-001PZ	Seat Pad Support Tube Assembly	1
76	RC804-630-002	Power Switch	1
77	RC804-200-002	Power Switch Strength Assembly	1
78	RC804-501-001	Belt 460, J8	1
79	RC804-220-001PZ	Pulley-Shaft Assembly	1
80	RC800-380-001	Seat Adjustment Handle L	1
81	RM610-881-101	Seat Pad Buffer Washer	2
82	RC804-201-001	Connection Tube	1
83	RC804-630-	Console Lower Cable	1
84	BC770-801-011	Sensor Bracket	1
85	RC804-630-	Sensor Wire	1
86	RC800-391-012	Hex Nut M16*1.0	1
87	RC800-221-003	Five-way pipe Sleeve 3	1

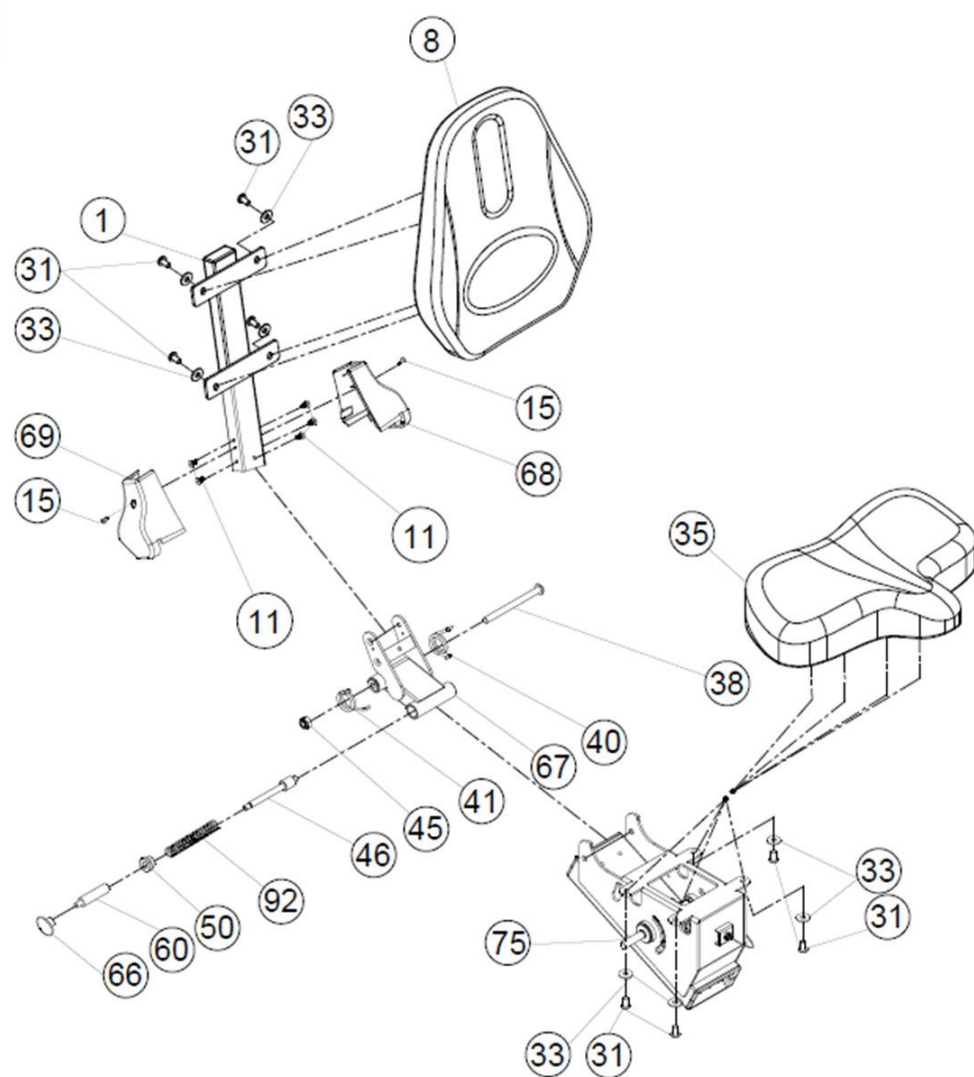
88	0200-310-532	Ball Bearing	2
89	RC800-221-002	Five-way pipe Sleeve 1	1
90	RC804-801-002	Shroud R	1
91	TR590-631-017	Power Cable	1
92	RC804-561-015	Press Spring	1
93	B470-380-001	Bottle Holder	1
94	0113-306-165	Hex Bolt M6*16	2
95	RC804-630-003	Magnetic Seat Stopper/Lanyard (1)	1
96	RC804-320-001PZ	Pedal connection tube Assembly	2
97	RC804-240-001	Disc bracket Assembly	2
98	RC804-201-005	LCB Bracket	1
99	RC804-561-018	Aluminum Plate 2	2
100	BE480-881-005A	End Cap	2
101	0110-412-008	Flange Nut	2

ALTERNATIVE PLUGS

TYPE	PART NUMBER	COUNTRIES	PHOTO
A-type	RC802-631-002	United States, Japan, Phillipines, Canada, Columbia, Ecuador, Honduras, Mexico, Panama, Peru, Taiwan	
I-type	RC802-631-003	Australia, New Zealand, China	
C-type	RC802-631-004	Europe, Argentina, Russia, Brazil, Egypt, India, Indonesia, Israel, Pakistan, South Korea, South Africa	
G-type	RC802-631-005	United Kingdom, Hong Kong, Singapore	



exp3





Warranty

This Warranty applies to this Inspire **Cardio** product, manufactured or distributed by Health In Motion LLC.

RESIDENTIAL WARRANTY:

LIFE TIME FRAME (CS3): Includes Main Frame and Welds

5 YEAR PARTS (CS3): Excluding Paint and Finish (unless defective out of box)

1 YEAR LABOR (all cardio units)

LIGHT COMMERCIAL WARRANTY

10 YEAR FRAME

Includes Main Frame and Welds

1 YEAR PARTS:

Excluding Paint and Finish (unless defective out of box)

1 YEAR LABOR

Inspire Fitness warrants that the Product you have purchased from Health In Motion or from an authorized Inspire 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. You must demonstrate proof of purchase to obtain a warranty.

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 and cosmetic items, including, but not limited to the following: grips, seats and labels. This Warranty becomes **VALID ONLY** if the Product is assembled / installed following the instructions / directions included with the Product.

Replacement and repair of parts

During the warranty period Inspire 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 personal, family, or household use. In repairing the product, Inspire Fitness may replace defective parts with, at the option of Inspire Fitness, 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 Inspire Fitness. Inspire Fitness 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 Inspire Fitness or an authorized Inspire Fitness 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 Inspire Fitness 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. You may be charged a trip charge if you are outside a reseller's service area. Register your warranty online visit www.inspirefitness.net

Conditions and Exceptions

This warranty does not extend to any product not purchased from Inspire Fitness or from an authorized Inspire Fitness reseller. Labor claims must be authorized prior to performing service or they may be denied. This warranty does not extend to any product missing a serial number or with a serial tag that has been altered or defaced. This warranty does not extend to service calls to correct installation of the equipment or instruct owners on how to use the equipment. 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 Inspire Fitness; (c) by modification of the product; (d) as a result of service by anyone other than Inspire Fitness, or an authorized Inspire Fitness warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product); (f) as a result of neglect. 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 Inspire Fitness receipt of payment or acceptable arrangement of payment.

Disclaimer

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY INSPIRE FITNESS MAKES NO OTHER WARRANTIES; EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. INSPIRE FITNESS 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 INSPIRE FITNESS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. INSPIRE FITNESS IS NOT RESPONSIBLE FOR THE REPAIR OR REPLACEMENT OF ANY PARTS THAT INSPIRE FITNESS 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 Inspire Fitness' "Inspire" branded cardio products. Inspire Fitness neither assumes nor authorizes anyone to assume for it any other express warranty.