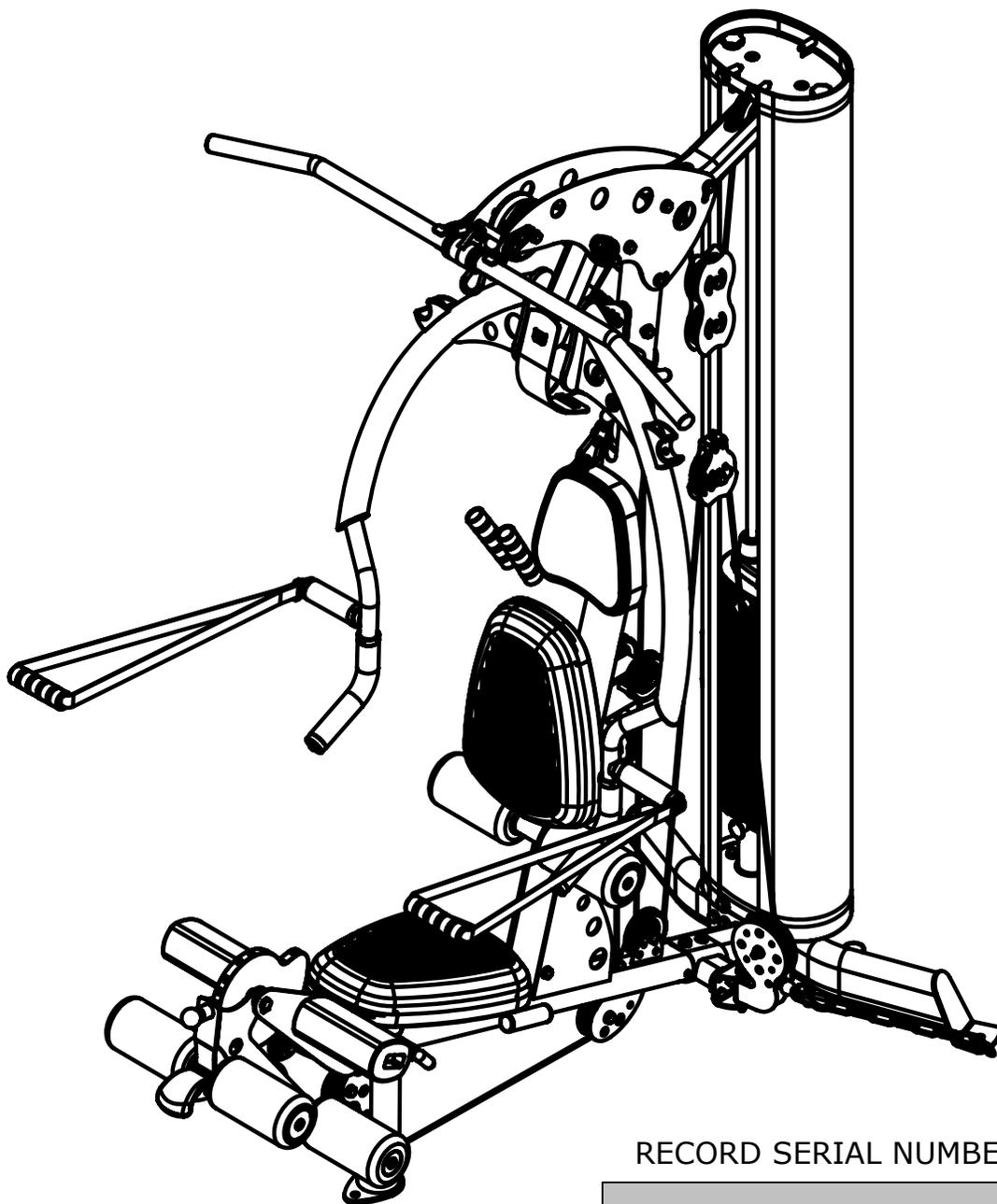




## ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

**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 performed by an authorized Inspire retailer. Service performed by anyone else can result in loss of warranty. If you need help finding an authorized retailer, please contact us directly:

Inspire Fitness  
4945 East Hunter Avenue  
Anaheim, CA 92807  
Ph: 877-738-1729  
Fx: 714-738-1728  
[www.inspirefitness.net](http://www.inspirefitness.net)

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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 chart. Do not use attachments not recommended by the manufacturer.
- **Do not hang from press arm. The press arm is 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.

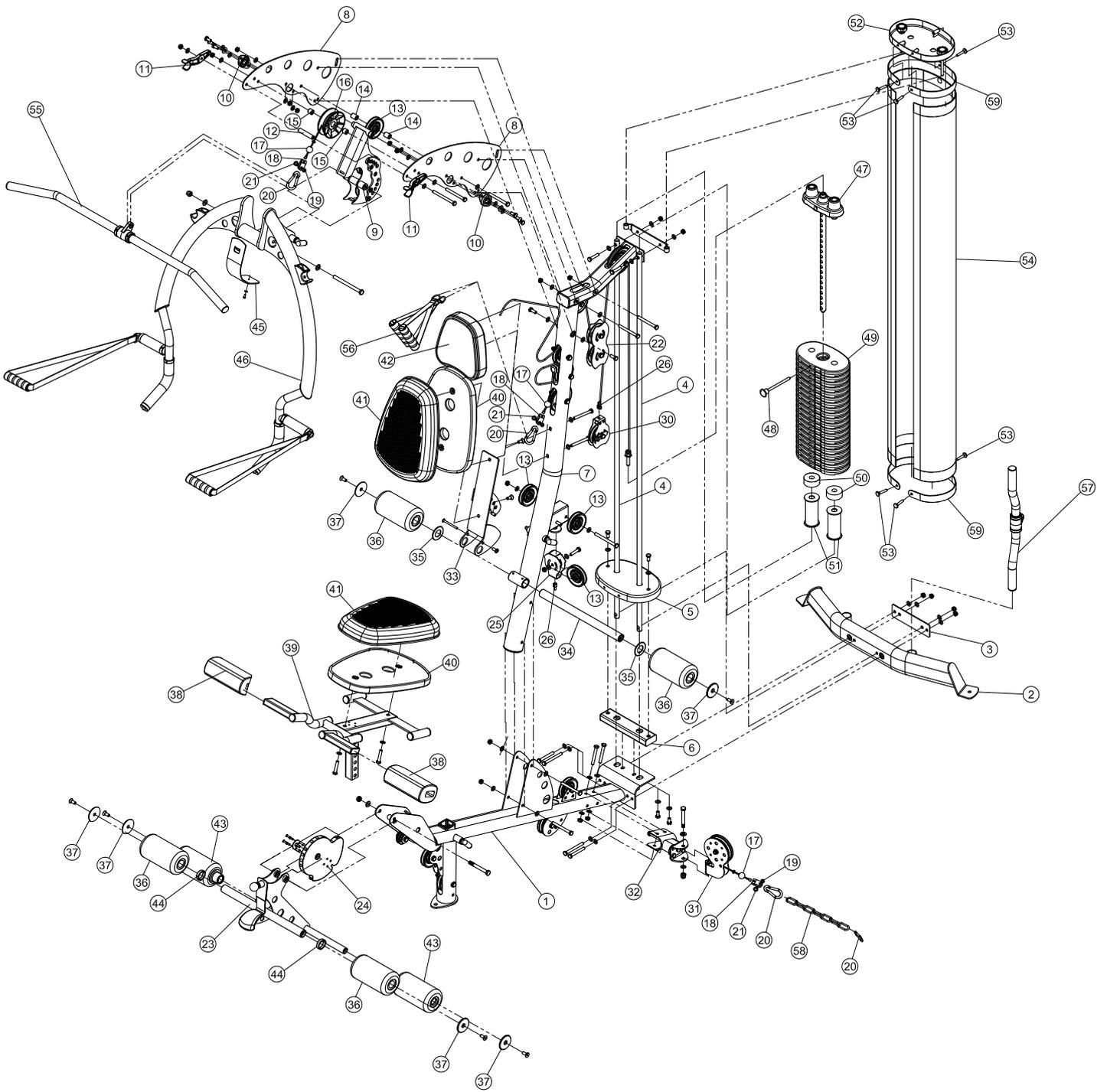
## **TOOLS REQUIRED FOR ASSEMBLY**

- Metric socket set (including 17mm, 18mm, and 19mm sockets)
- Metric 17mm, 18mm, and 19mm wrenches
- 6mm, 5mm, 4mm, and 3mm Allen wrenches (supplied in the hardware packs)
- Adjustable wrench
- Metric Tape Measure
- Rubber Mallet

## M2 Parts List

Part No	EVS CODE	Description	Q'ty
1	GM872-200-001PZ	Main Base	1
2	GM872-100-001	Rear Base	1
3	GM872-381-004	Backing Plate	1
4	GM870-381-010	Guide Rod	2
5	GM872-300-005	Shroud Mount	2
6	GM872-380-002	Spacer Tube	1
7	GM872-200-002PZ	Main Upright	1
8	GM872-381-002	Top Beam Plates	2
9	GM870-300-008PZ	Press Arm Mount	1
10	GM730-301-041PZ	Press Arm Bearing	2
11	GM880-881-002	Lat Bar Holder	2
12	GM870-381-012	Spacer Tube	1
13	GM692-880-001	3.5" Pulley	1
14	GM872-561-006	1" Barrel Spacers	2
15	GM870-561-018	5/8" Barrel Spacers	2
16	GM870-880-002	4.5" Wide Pulley	1
17	GM851-881-009	Plastic Cable Ball	3
18	GM880-101-016	Cable U Bracket	3
19	GM880-201-032	M6 T Nut	3
20	0200-070-082	Spring Clip	4
21	0113-206-138A	M6*12 Button Head Bolt	3
22	GM870-381-009PZ	Floating Pulley Plate Assembly	1
23	GM870-320-003PZ	Leg Extension Assembly	1
24	GM870-561-014PZ	Leg Extension Cam	1
25	GM870-380-001	Floating Pulley Bracket	1
26	GM870-561-031	Cable Adaptor	2
	GM872-500-001	Upper Cable	1
	GM872-500-002	Leg Extension Cable	1
	GM872-500-003	Middle Cable	1
	GM872-500-004	Lower Cable	1

30	GM872-381-006PZ	Adj Floating Pulley Bracket	1
31	GM872-380-001PZ	Swivel Pulley	1
32	GM872-381-001	U Bracket	1
33	GM872-300-003	Backpad Tilt Frame	1
34	GM872-300-006	Roller Tube	1
35	GM880-881-007	Plastic Washer	2
36	GM880-861-001PZ	Roller Pads	4
37	GM870-561-017	Aluminum End Cap	6
38	GM872-861-001PZ	Thigh Pad	2
39	GM872-300-001PZ	Seat Stem	1
40	GM870-400-002	Seat Base	2
41		Orthopedic Seat Pad	2
42	GM872-400-001	Head Pad	1
43	GM870-881-007PZ	Roller Pads with Extension	2
44	GM870-881-011	Plastic Spacer Tube	2
45	GM880-201-008	Press Arm Cover Plate	1
46	GM870-320-001PZ	Press Arm	1
47	GM692-501-003PZ	Top Weight/Selector Stem	1
48	GM692-500-004	Weight Pin	1
49		Weight Plate	15
50	GM692-881-003	Rubber Donuts	2
51	GM692-380-001	Weight Stack Riser	2
52	GM872-300-005PZ	Shroud Plate Assembly	1
53	GM872-561-004	Shroud Plate Connector Pin	6
54		Shroud	1
55	GM870-320-005	Revolving Aluminum Lat Bar	1
56	GM870-820-001	Aluminum D Handle Assy	2
57	GM870-320-006	Revolving Aluminum Curl Bar	1
58	GM851-561-023	Chain	1
59	GM872-381-005	Shroud C Bracket	2
60	GM872-880-002	Aluminum Pec Fly Strap Assy	



# CABLE CHART



**UPPER CABLE    GM872-500-001**



**LOWER CABLE    GM872-500-004**

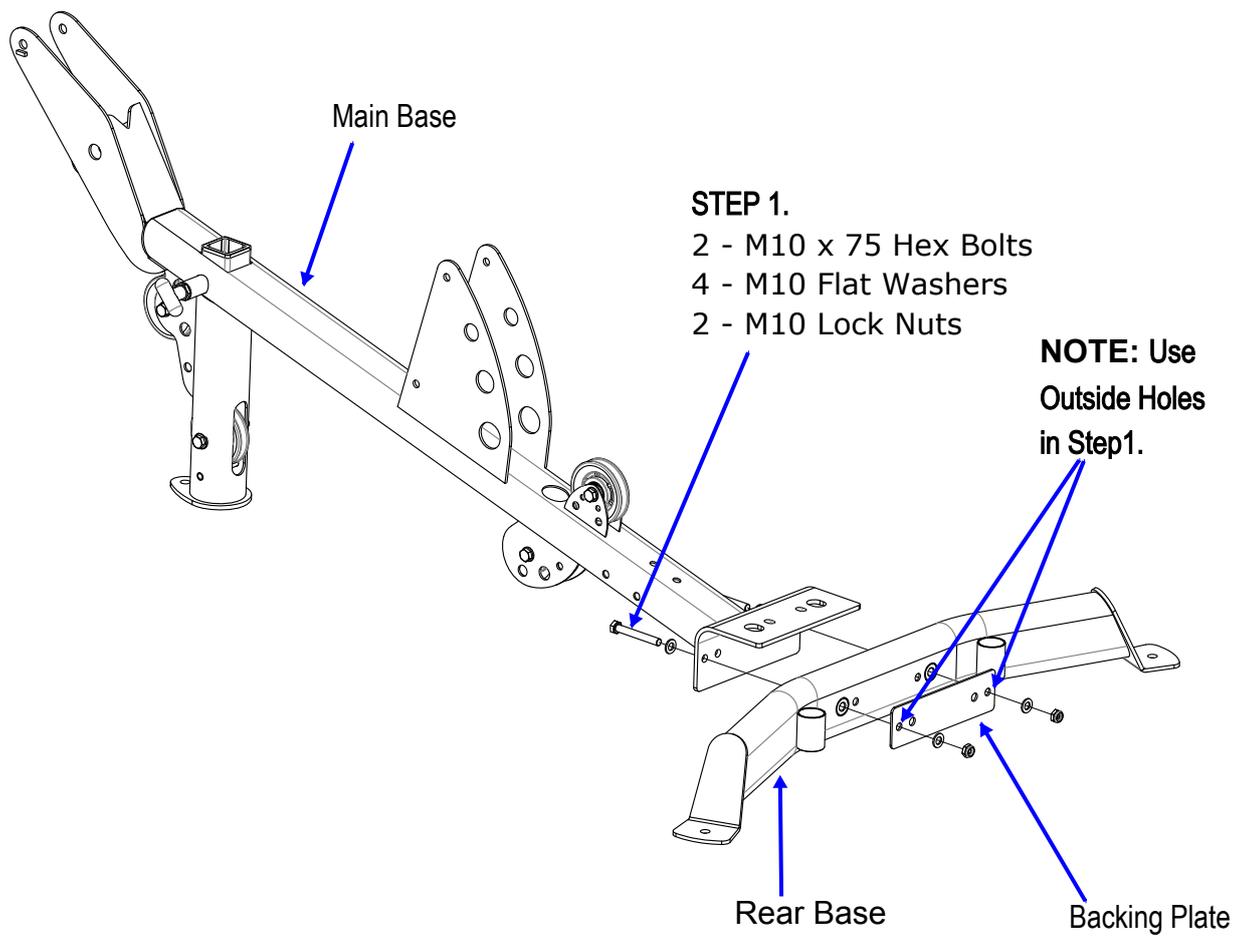


**MIDDLE CABLE    GM872-500-003**

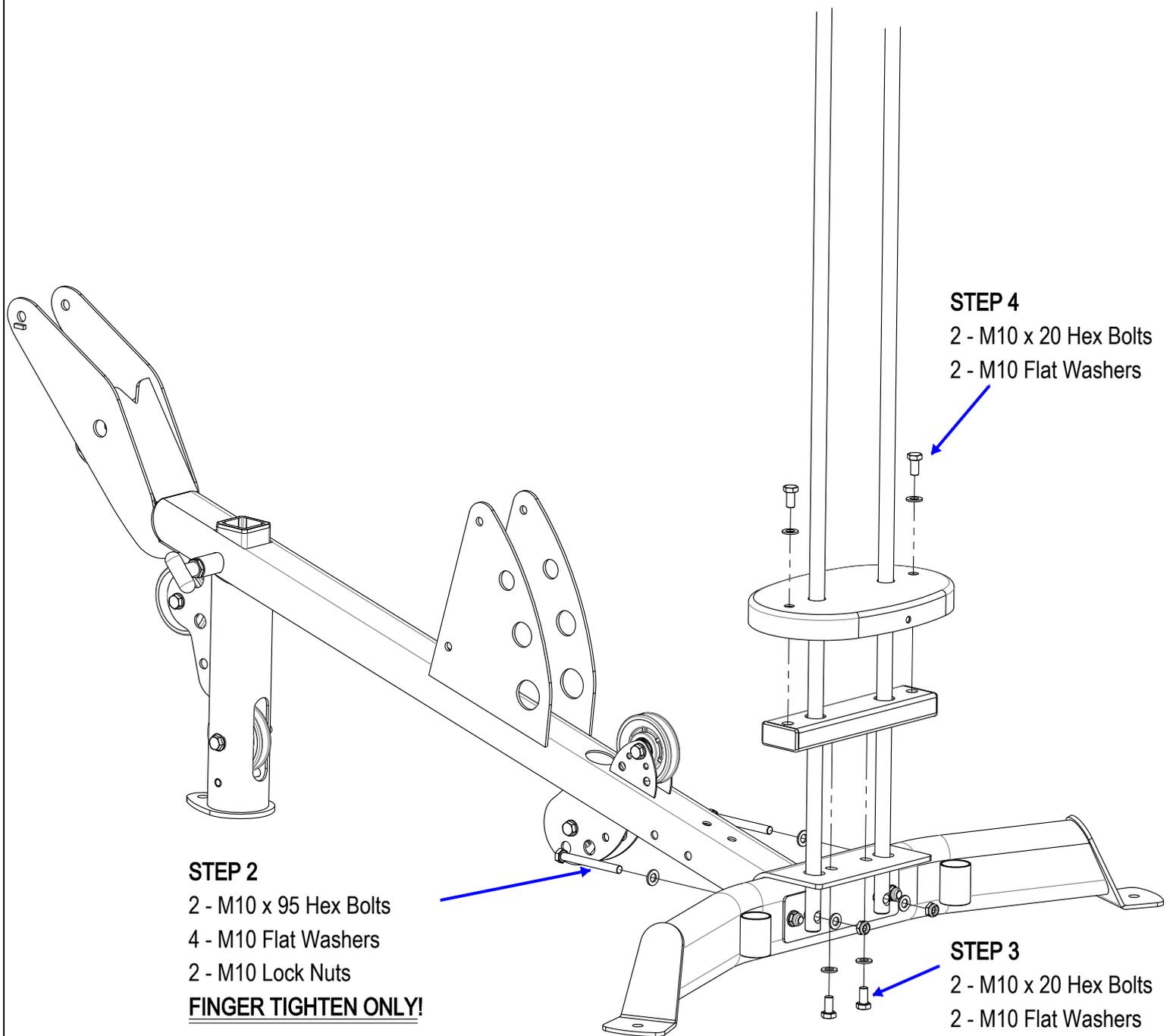


**LE CABLE    GM872-500-002**

# ASSEMBLY INSTRUCTIONS



Step 1: Attach Rear Base to Main Base and Backing Plate using outside holes.  
Only finger tighten now.



Step 2: Attach Guide Rods to Rear Base.

Step 3: Attach Spacer Tube to Main Base flange.

Step 4: Attach Shroud Mount to Spacer Tube with open side down and hole to back of gym.

Tighten Step 1 bolts only at this time!!!

**STEP 6**

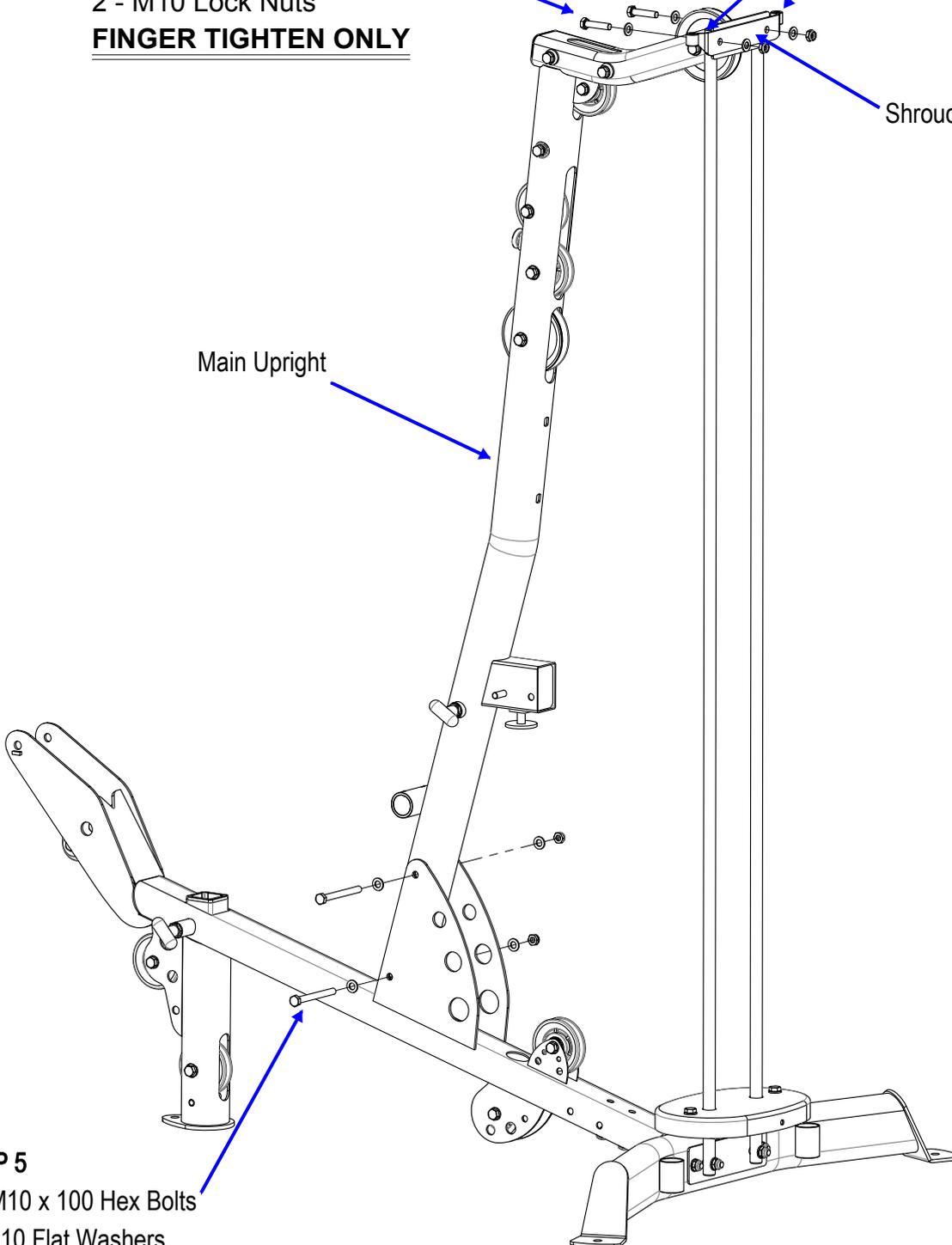
- 2 - M10 x 45 Hex Bolts
- 4 - M10 Flat Washers
- 2 - M10 Lock Nuts

**FINGER TIGHTEN ONLY**

**IMPORTANT!**  
Guide Rods must be  
in Front of plate.

Shroud Plate Bracket

Main Upright



**STEP 5**

- 2 - M10 x 100 Hex Bolts
- 4 - M10 Flat Washers
- 2 - M10 Lock Nuts

**FINGER TIGHTEN ONLY**

Step 5: Attach Main Upright to Main Base.

Step 6: Attach Main Upright to Guide Rods (in front of Upright flange) and Shroud Plate Bracket (on back of Upright flange).

**Finger tighten Steps 5 & 6 only at this time.**

- 2 - M10 x 25 Hex Bolts
- 4 - M10 Flat Washers
- 2 - M10 Lock Nuts

- 1 - M10 x 25 Hex Bolt
- 1 - M10 Flat Washer

Right Top Beam Plate  
(INSPIRE logo faces out)

Left Top Beam Plate  
(INSPIRE logo faces out)

- 2 - M10 x 20 Button Head Bolts
- 2 - M10 Large OD Washer

- 1 - M10 x 25 Hex Bolt
- 1 - M10 Flat Washer

Press Arm Mount

- 2 - M10 x 25 Hex Bolts
- 4 - M10 Flat Washers
- 2 - M10 Lock Nuts

- 1 - M10 x 100 Hex Bolt
- 2 - M10 Flat Washers
- 1 - M10 Lock Nut

- 1 - M10 x 105 Hex Bolt
- 3 - M10 Flat Washers
- 1 - M10 Lock Nut

**STEP 7:**

Attach Right and Left Top Beam Plates to the Main Upright (with the INSPIRE logo facing out) as shown. **Note:** Hang Press Arm Mount from Top Beam Plates as the plates are attached. The bottom hole of the Top Beam Plates use M10 x 25 bolts screwed directly into the Upright. The back hole of the Top Beam Plates uses a slightly longer M10 x 105 bolt so that 2 washers can be placed on the side with the nut. This is for use later. **Finger tighten only now.**

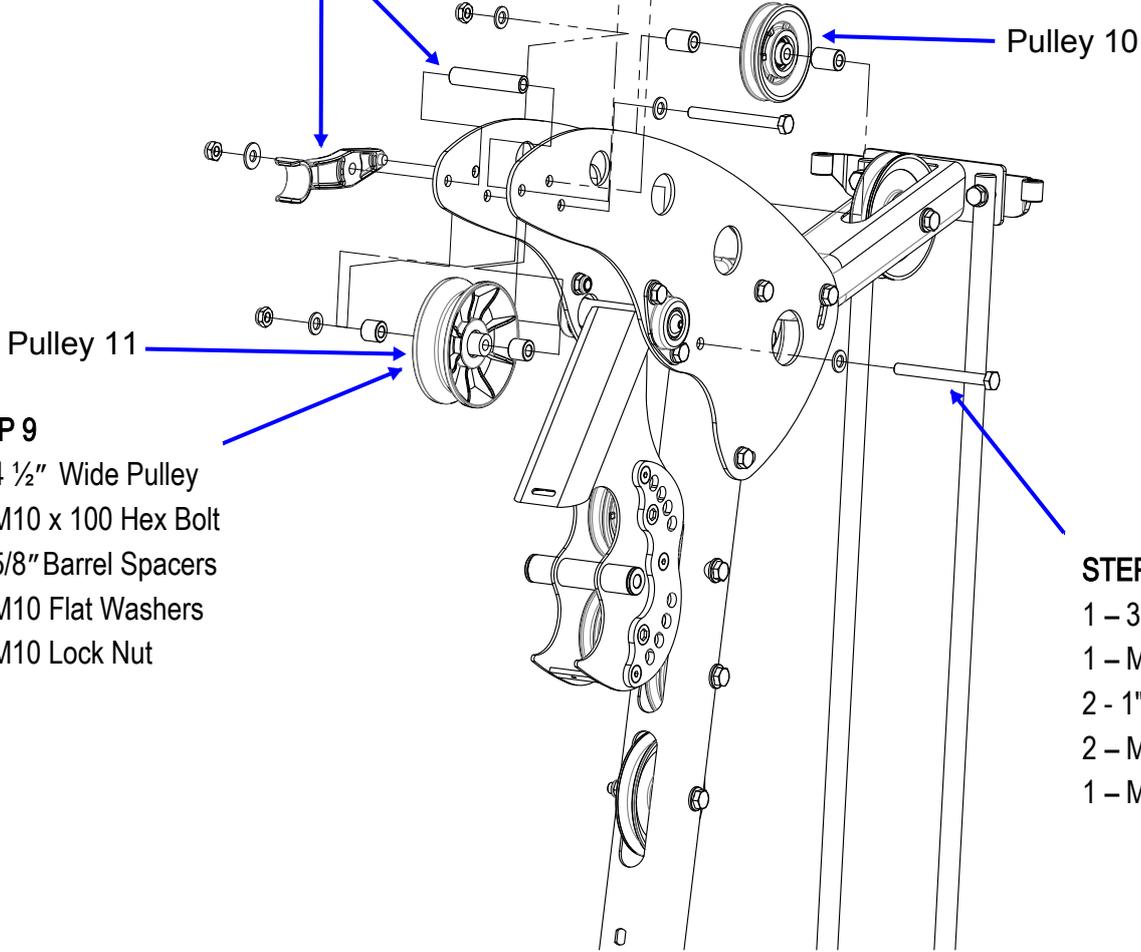
Attach Press Arm Bearings to Top Beam Plates.

Attach Press Arm Mount to Press Arm Bearings using 2 - M10 x 20 Button Head Bolts and 2 Large OD Washers.

**Finger tighten only now!!**

**STEP 10**

- 2 – Lat Bar Holders
- 1 – M10 x 115 Hex Bolt
- 1 – 3" Spacer Tube
- 2 – M10 Flat Washers
- 1 – M10 Lock Nut



**STEP 9**

- 1 – 4 1/2" Wide Pulley
- 1 – M10 x 100 Hex Bolt
- 2 – 5/8" Barrel Spacers
- 2 – M10 Flat Washers
- 1 – M10 Lock Nut

**STEP 8**

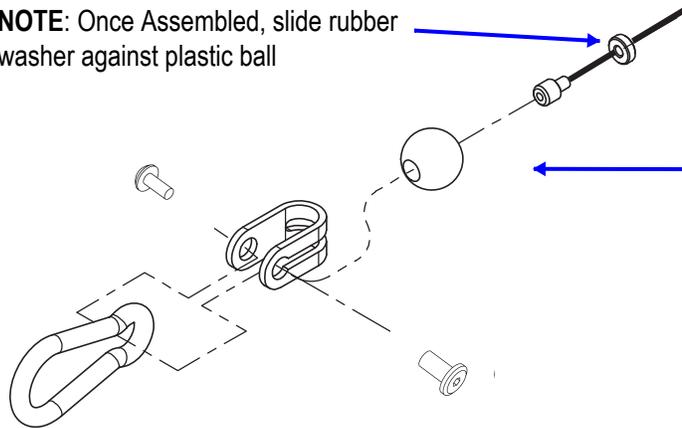
- 1 – 3 1/2" Pulley
- 1 – M10 x 100 Hex Bolt
- 2 – 1" Barrel Spacers
- 2 – M10 Flat Washers
- 1 – M10 Lock Nut

Step 8: Attach Pulley 10 to Top Beam Plates (just behind bearings) with M10 x 100 bolt.

Step 9: Attach 4 1/2" Wide Pulley 11 to Top Beam Plates with M10 x 100 bolt in the lowest front hole.

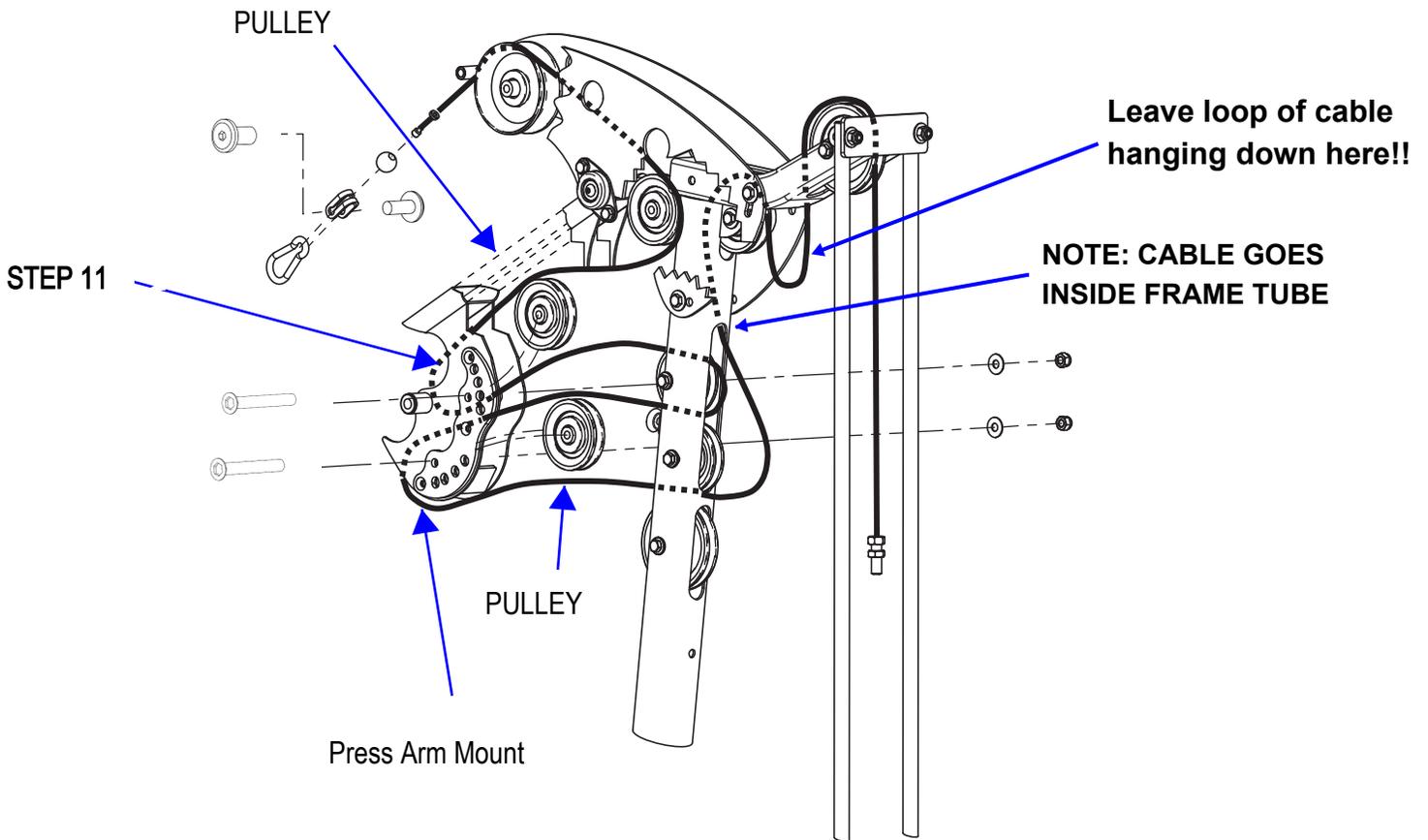
Step 10: Attach Lat Bar Holders to Top Beam Plates with Spacer Tube and M10 x 115 bolt in the top second hole back.

**NOTE:** Once Assembled, slide rubber washer against plastic ball



**STEP 12**

- 1 – Plastic Ball
- 1 – Cable “U” Bracket
- 1 – M6 x 12 Button Head Bolt
- 1 – Spring Clip
- 1 – M6 T Nut



Step 11: Attach Upper Cable. Begin by running Upper Cable from back of machine to front as shown. Weave cable through pulleys and out over the Wide Groove pulley.

Step 12: Assemble cable end by sliding the plastic ball onto the end of the cable. Next slide the cable end into the side of the U bracket. Attach Spring Clip to U bracket using Button Head Bolt and T nut as shown. Slide the rubber washer against the ball.

**Tighten Now.**

**Step 15:** Insert L/E cable into hole at bottom of Floating Pulley Bracket. Secure with Cable Adapter and Pulley 19. **Tighten Now. Tighten Step 13 Now.**

Hex Head goes on side with the stop flat.

**STEP 14**

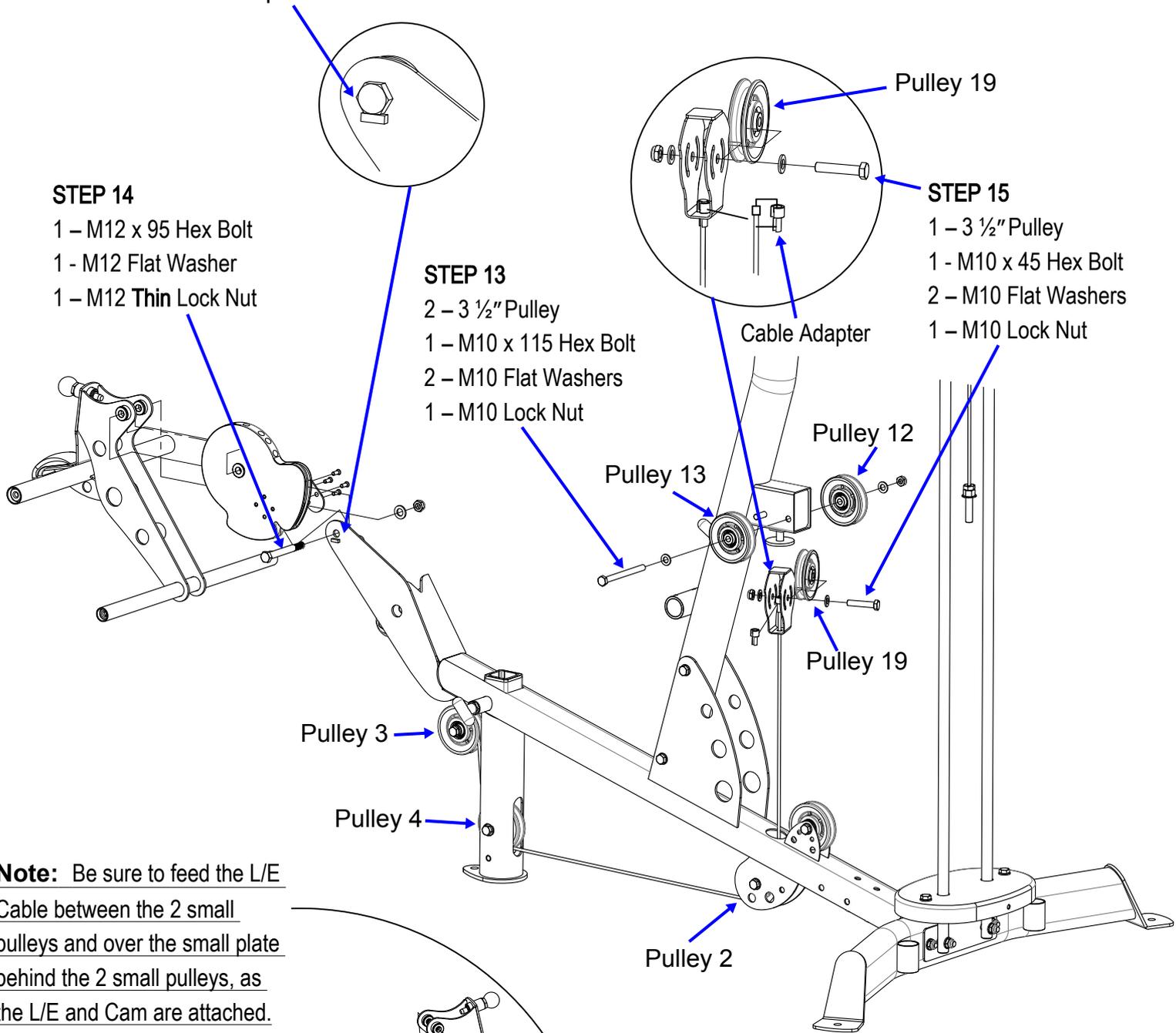
- 1 - M12 x 95 Hex Bolt
- 1 - M12 Flat Washer
- 1 - M12 **Thin** Lock Nut

**STEP 13**

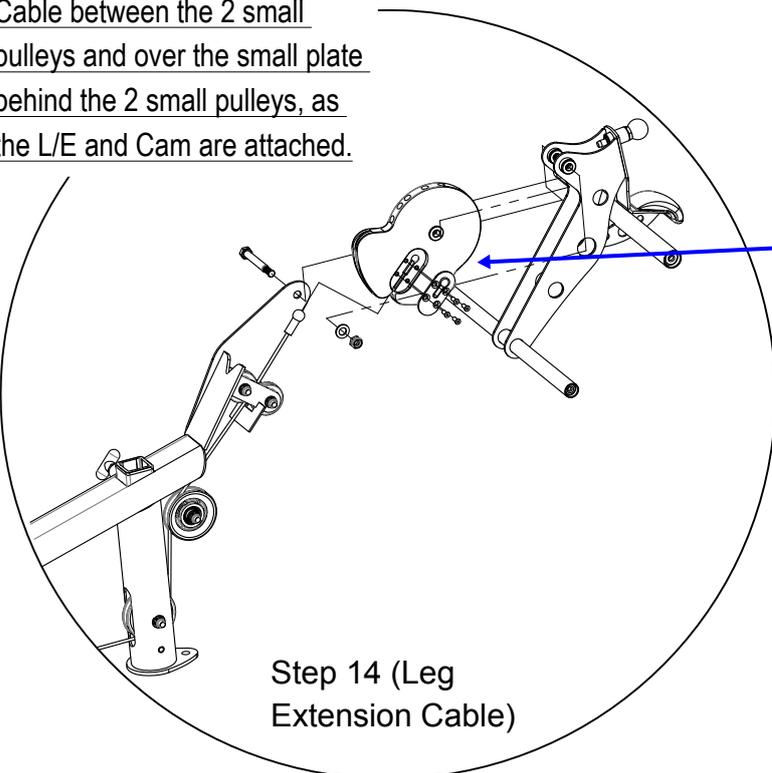
- 2 - 3 1/2" Pulley
- 1 - M10 x 115 Hex Bolt
- 2 - M10 Flat Washers
- 1 - M10 Lock Nut

**STEP 15**

- 1 - 3 1/2" Pulley
- 1 - M10 x 45 Hex Bolt
- 2 - M10 Flat Washers
- 1 - M10 Lock Nut



**Note:** Be sure to feed the L/E Cable between the 2 small pulleys and over the small plate behind the 2 small pulleys, as the L/E and Cam are attached.

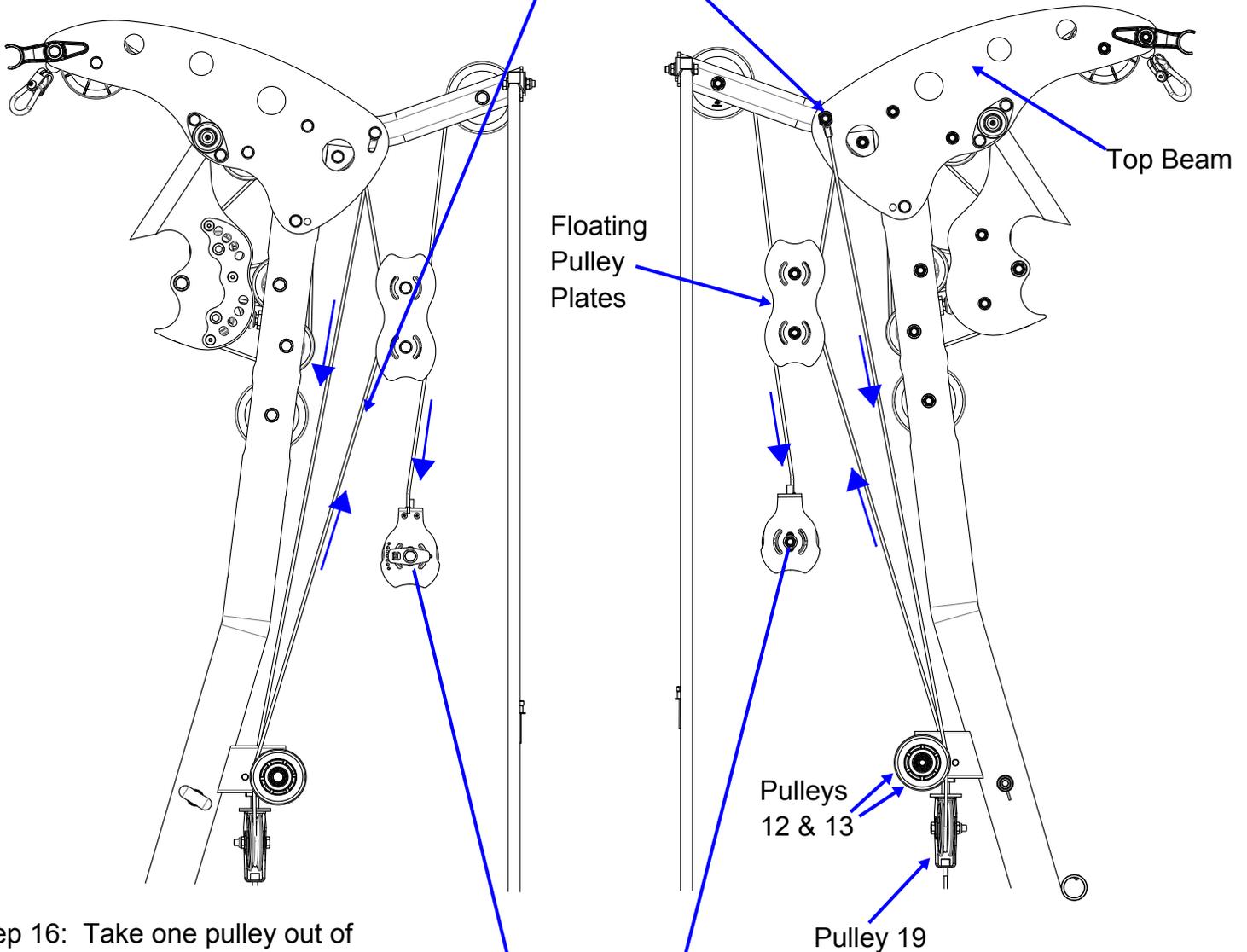


Step 14 (Leg Extension Cable)

**Step 13:** Attach Pulleys 12 & 13 to Main Upright.  
**Step 14:** Remove the 4 Flat Head Cap Screws and Cam Plate from the L/E Cam. Next, using the same 4 Flat Head Screws and the Cam Plate, attach the Leg Extension Cable to the L/E Cam as shown in the circle diagram. **Tighten Now!** Attach L/E Cam and L/E Assembly to the front of Main Base (Lower Numbers on Cam should be on top). **See Note! Tighten Now, Do Not Over Tighten. L/E Assembly should swivel freely.** Route L/E cable behind Pulley 3, down to front of & under Pulley 4 (make sure cable is routed between the cable retainer pin and pulley on Pulleys 4 & 2), back under & up around Pulley 2, to Floating Pulley Bracket. Go to Step 15 above.

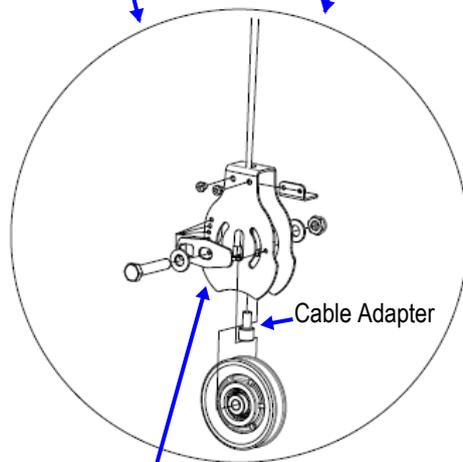
**STEP16**  
**1 – Middle Cable**

Note: Cable end must be attached to the Top Beam Plate opposite of the side you want the Low Pulley. If you have the Leg Press Option, it will be on the same side as the Leg Press!!



Step 16: Take one pulley out of the Floating Pulley Plates and hang the Plates over the Upper Cable loop. Reinstall the pulley that was removed.

Attach the Middle Cable (eyelet) to the Top Beam Plate (on the side opposite where you want the low pulley) using the M10 x 105 bolt from Step 7 (put a washer on each side of the cable loop end). Route the Middle Cable down between Pulley 13 and the retainer pin, under Pulley 19 in the Floating Pulley Bracket and up between Pulley 12 and the retainer pin. Now go up over the lower pulley in the Floating Pulley Plates.



Adjustable Floating Pulley Bracket

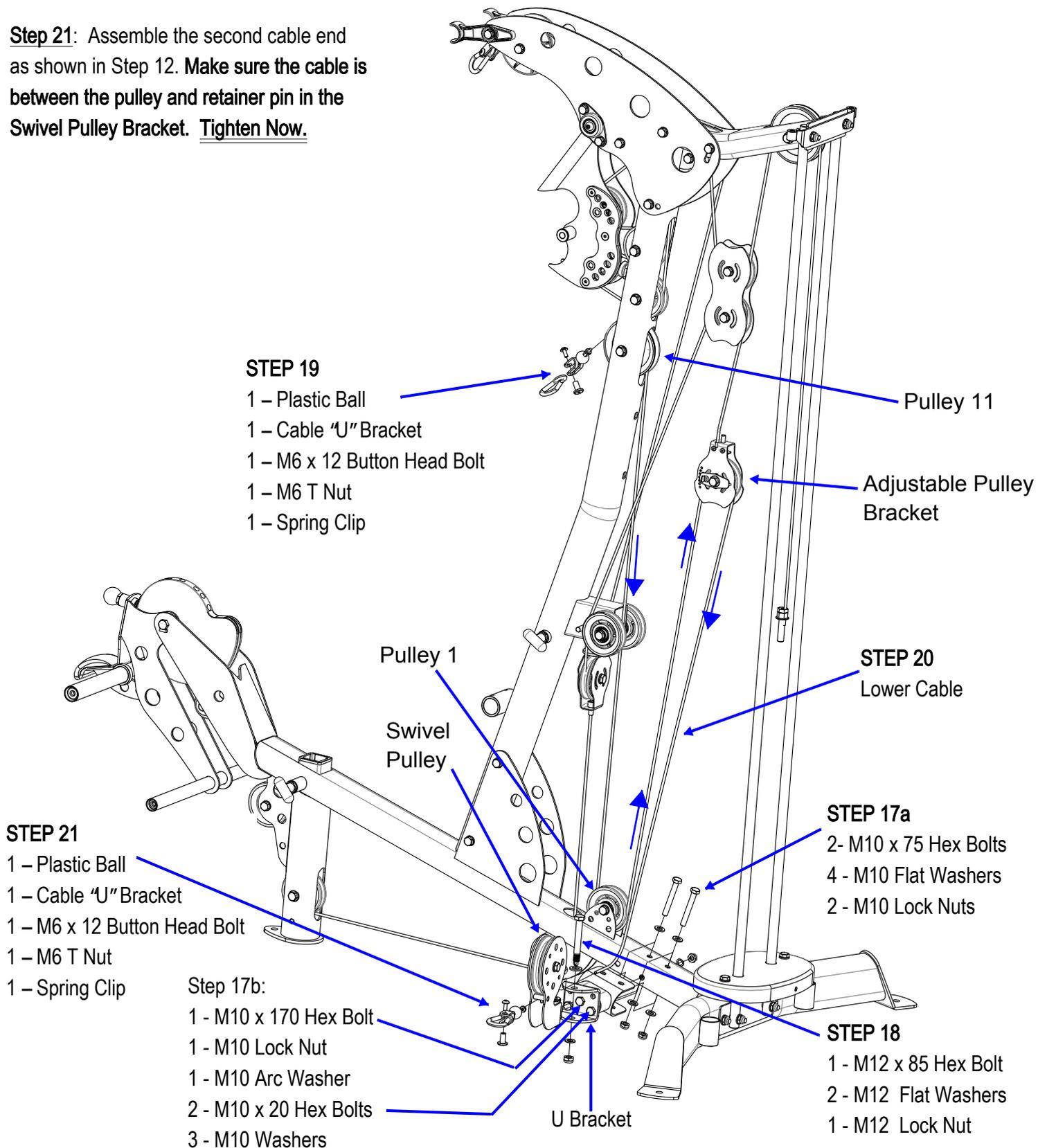
Pulleys 12 & 13  
Pulley 19

Step 16 cont.: Remove the L bracket in the Adjustable Floating Pulley Bracket. Insert the cable end in the Bracket as shown in the circle and place the Cable Adapter on the cable end. Secure with the L bracket. **Tighten L bracket now. Tighten Top Beam Bolt with cable end now.**

**Step 19:** Assemble one end of the Lower Cable as shown in Step 12. Slide the rubber washer against the ball. Tighten Now.

**Step 20:** Route the other end of the Lower Cable over Pulley 11 (front to back), down (between the two sides of the Middle Cable), under Pulley 1 (front to back) and up to the front side and around the pulley in the Adjustable Pulley Bracket, then down under the Swivel Pulley.

**Step 21:** Assemble the second cable end as shown in Step 12. **Make sure the cable is between the pulley and retainer pin in the Swivel Pulley Bracket. Tighten Now.**



**Step 17a:** Attach Swivel Pulley Mounting Bracket to Main Base (Opposite side of top cable and Leg Press). **Finger tighten only now.**

**Step 17b:** Attach U Bracket to Swivel Pulley Mounting Bracket so that the U is parallel to the floor. **Tighten bolts in 17a and 17b now.**

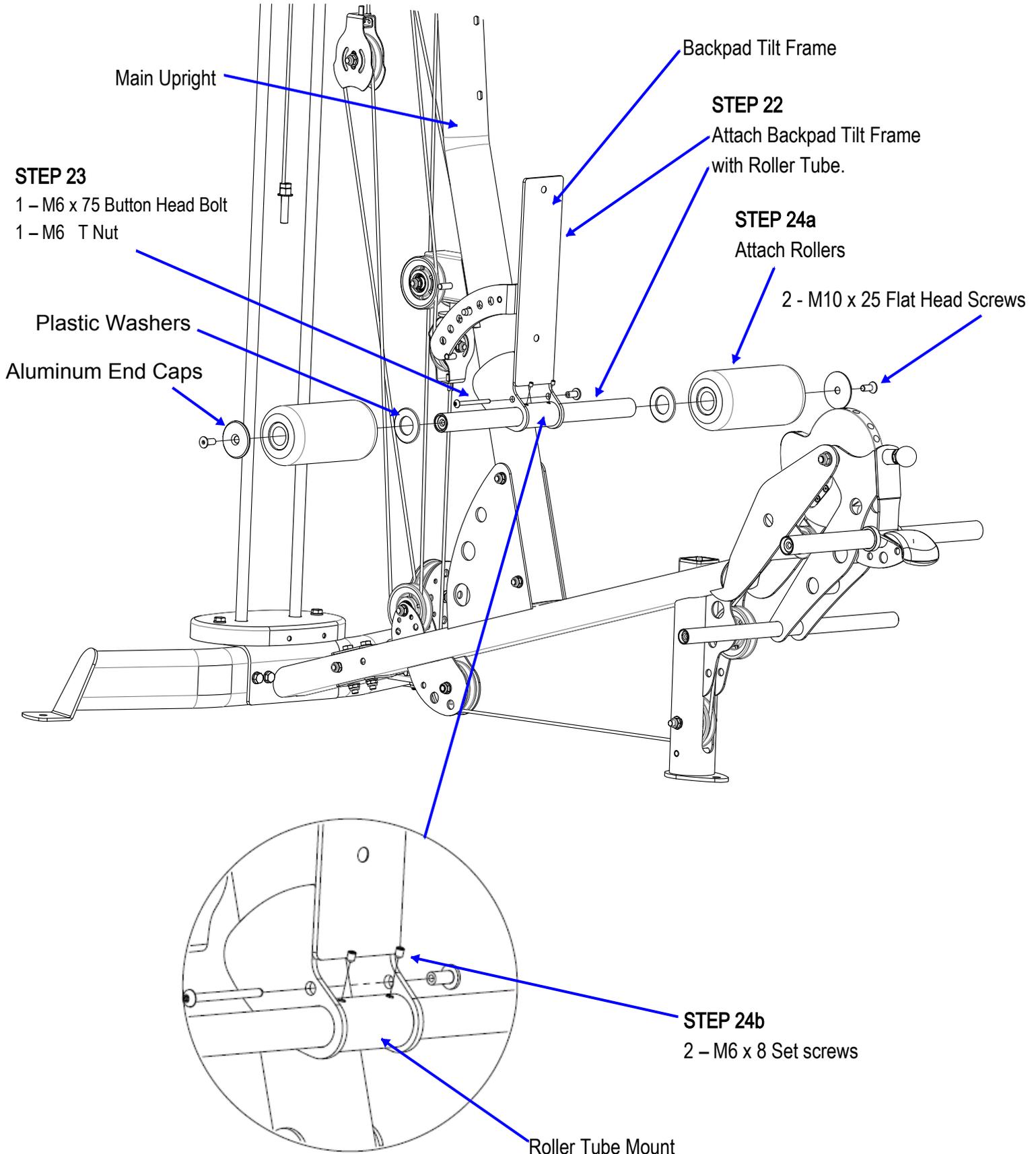
**Step 18:** Attach Swivel Pulley to U Bracket. **The bolt may also go up from the bottom. Tighten now. Pulley housing must be able to swivel.**

**Step 22:** Attach Back Pad Tilt Frame to Main Upright with the Roller Tube as shown. Make sure Spring Pin on Main Upright is aligned with one of the middle holes on the selector plate.

**Step 23:** Install Button Head Bolt and T-Nut and tighten so there is slight resistance when tilting Back Pad.

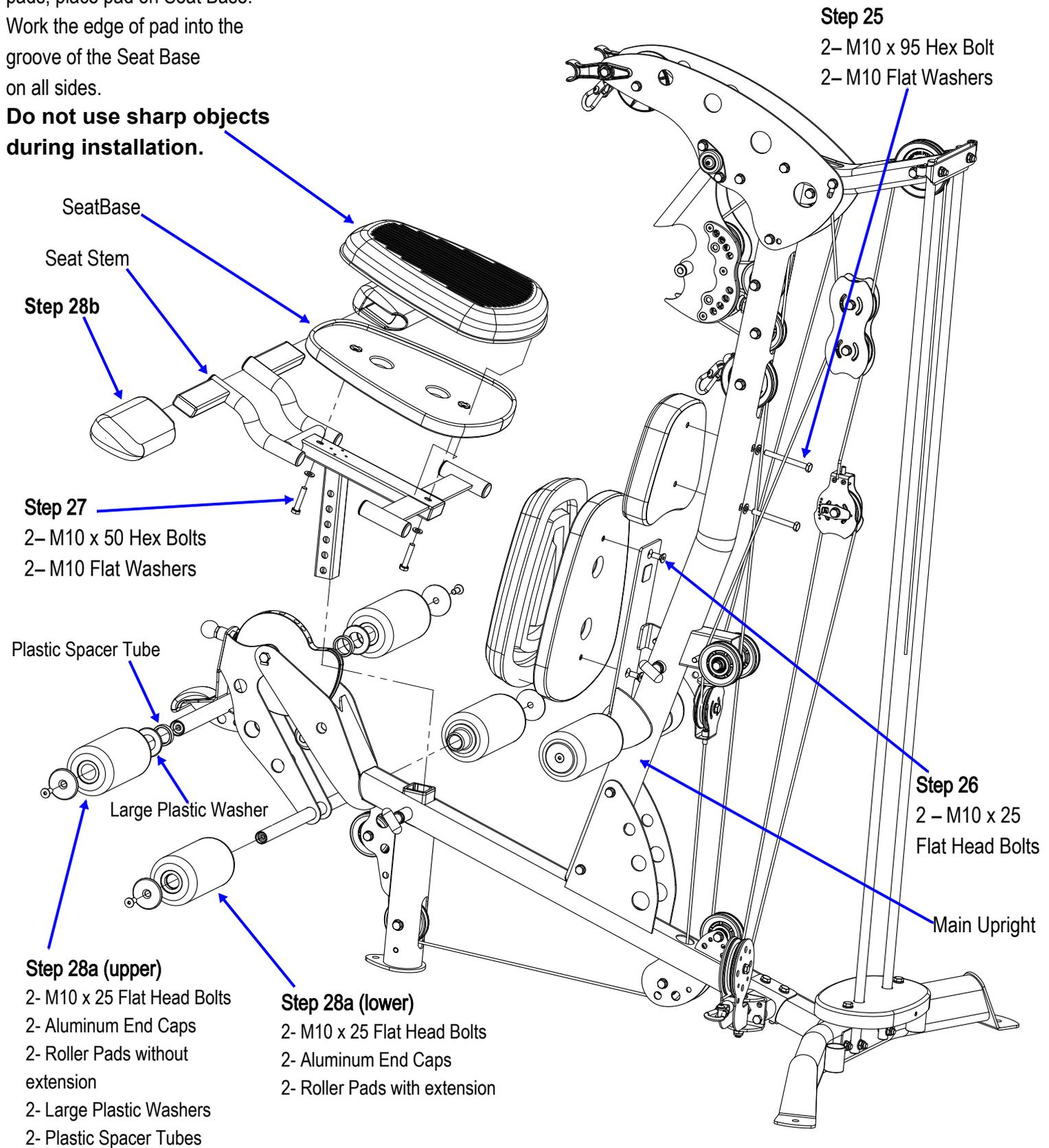
**Step 24a:** Slide Plastic Washers onto Roller Tube, followed by Roller Pads. Secure with Aluminum End Caps and Flat Head Screws. Tighten Now.

**Step 24b:** Secure Roller Tube to Roller Tube Mount with set screws provided. See Circle diagram below. Tighten Now.



**Note:** To assemble orthopedic pads, place pad on Seat Base. Work the edge of pad into the groove of the Seat Base on all sides.

**Do not use sharp objects during installation.**



**Step 25:** Attach Head Pad to the Main Upright. **Tighten Now.**

**Step 26:** Attach Seat Base to the Back Pad Tilt Frame. **Tighten Now.**

**Step 27:** Insert Seat Stem into the Seat Base Frame, then attach the Seat Base to the Seat Stem. **Tighten Now.**  
Insert Orthopedic Pads into the Seat Bases. **See Note at top.**

**Step 28a:** (Upper Roller Pads) Slide a Plastic Spacer Tube, Large Plastic Washer and Roller Pad on each side of upper L/E shaft. Secure with Aluminum End Caps and Flat Head Bolts as shown. **Tighten Now.**

Attach lower Roller Pads (with extension on one side) to the L/E Assembly with the Roller Pad extension facing inward. **Tighten Now.**

**Step 28b:** Attach Thigh Pads to Seat Stem by sliding all the way on to rectangular tubes of Seat Stem.

**Step 29**

- 1 – M12 x 150 Hex Bolt
- 2 – M12 Flat Washers
- 1 – M12 Lock Nut

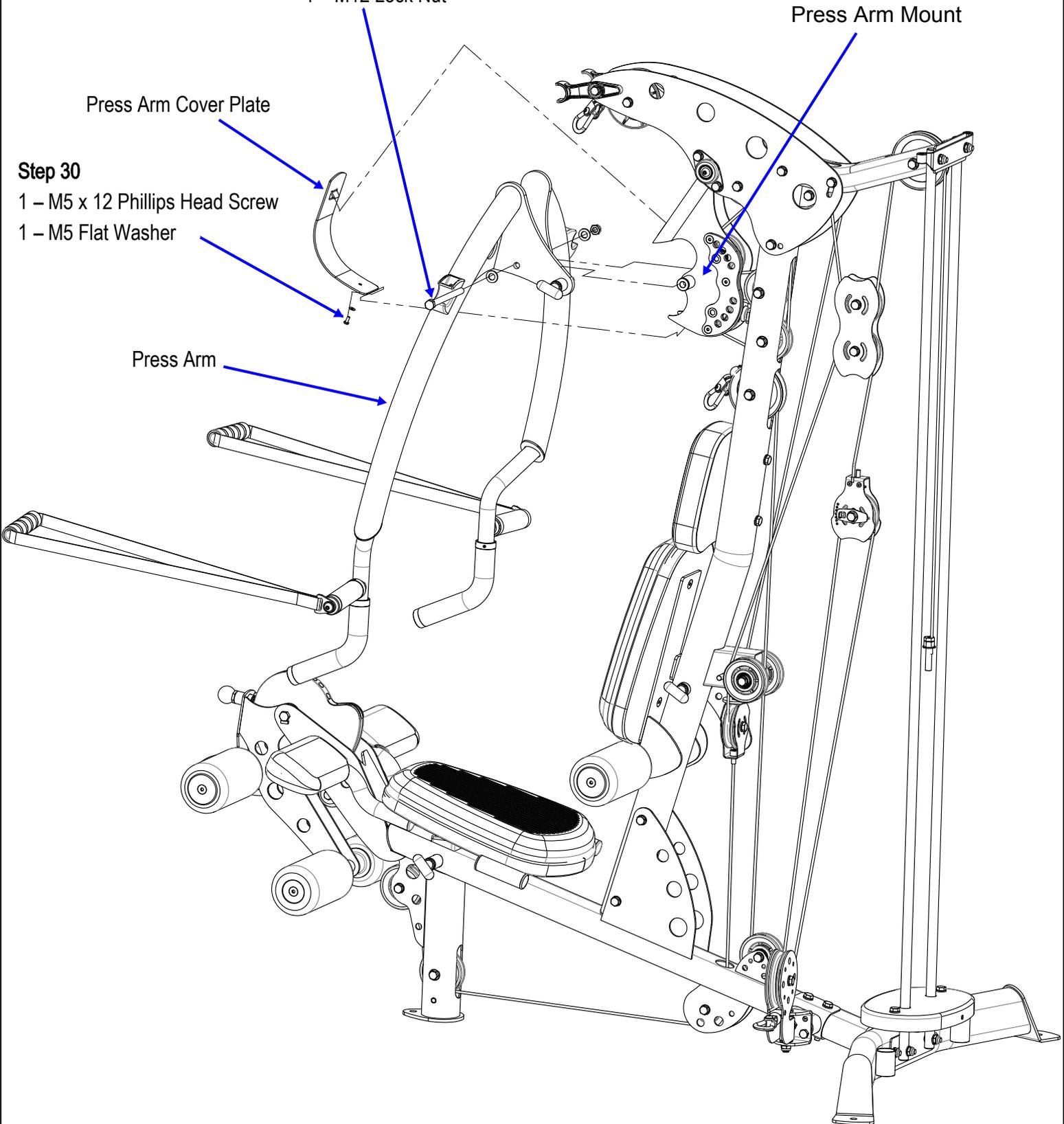
Press Arm Mount

Press Arm Cover Plate

**Step 30**

- 1 – M5 x 12 Phillips Head Screw
- 1 – M5 Flat Washer

Press Arm



**Step 29:** Attach Press Arm to Press Arm Mount. Tighten now so there is no play but will swivel for adjustment. Requires force.  
**Step 30:** Attach Press Arm Cover Plate to Press Arm Mount. Start by hooking tab on top of Plate to notch in Mount. Tighten with phillips screw driver now.

**IMPORTANT! Cable Bolt must be fully threaded into Selector Stem with Jam Nut tightened securely before using. Failure to do so may cause cable to come loose from weights and cause injury.**

Remove Bolts from Guide Rods

**Step 31**

Install Weight Stack Risers, Rubber Donuts, Weight Stack, Top Weight/Selector Stem

**(In That Order)**

Next reattach Guide Rods on front of plate with bolts that were removed.

**Tighten Now!!**

**Note:** If installing optional 210 lb. (heavy) stack, do not use the Weight Stack Risers!!

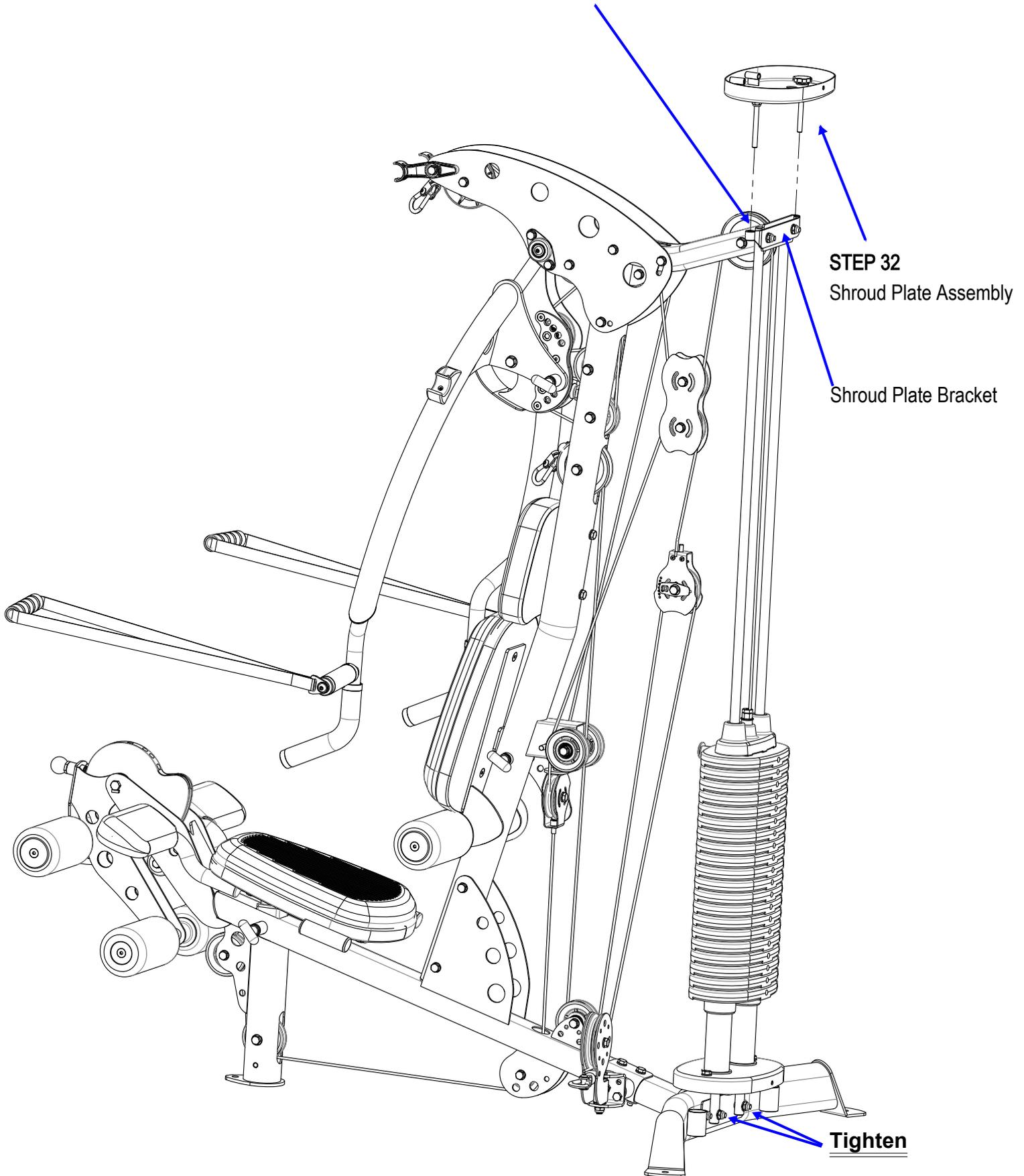
**INSTALL WEIGHT STICKERS NOW**

Front of weight plate has recessed area for weight plate number.

Slide Weight Pin into one of the weights after installed.

Bottom of weight plate has three feet.

**Note: Be sure guide rods are positioned in front of plate.**



**Step 32:** Attach Shroud Plate to the Shroud Plate Bracket (Open Side Up) by screwing the bolts into the threaded parts on the Bracket. Use Knobs on top to screw each side all the way down.

**Tighten Main Upright bolts Now. Tighten bottom bolts of Guide Rods Now.**

**Step 33:** Slide a Shroud C Bracket into the pocket at one end of Shroud. (**Pocket seam should face inside**). Work shroud around bracket until the opening in the shroud lines up with the hole on the back of the bracket. Repeat this on the other end of shroud.

Now position this shroud assembly around the upper and lower Shroud Mount Plates by working around guide rods and stack. Align holes in the top and bottom brackets with the holes in the plates and insert Shroud Plate Connector Pins in each (3 at top and 3 at bottom).

**Step 33**  
3-Shroud Plate Connector Pins

Tightening Knobs

Next, stretch the shroud tight using the 2 knobs at the top, turn counter clockwise working between the 2 knobs to adjust each side up a little at a time.

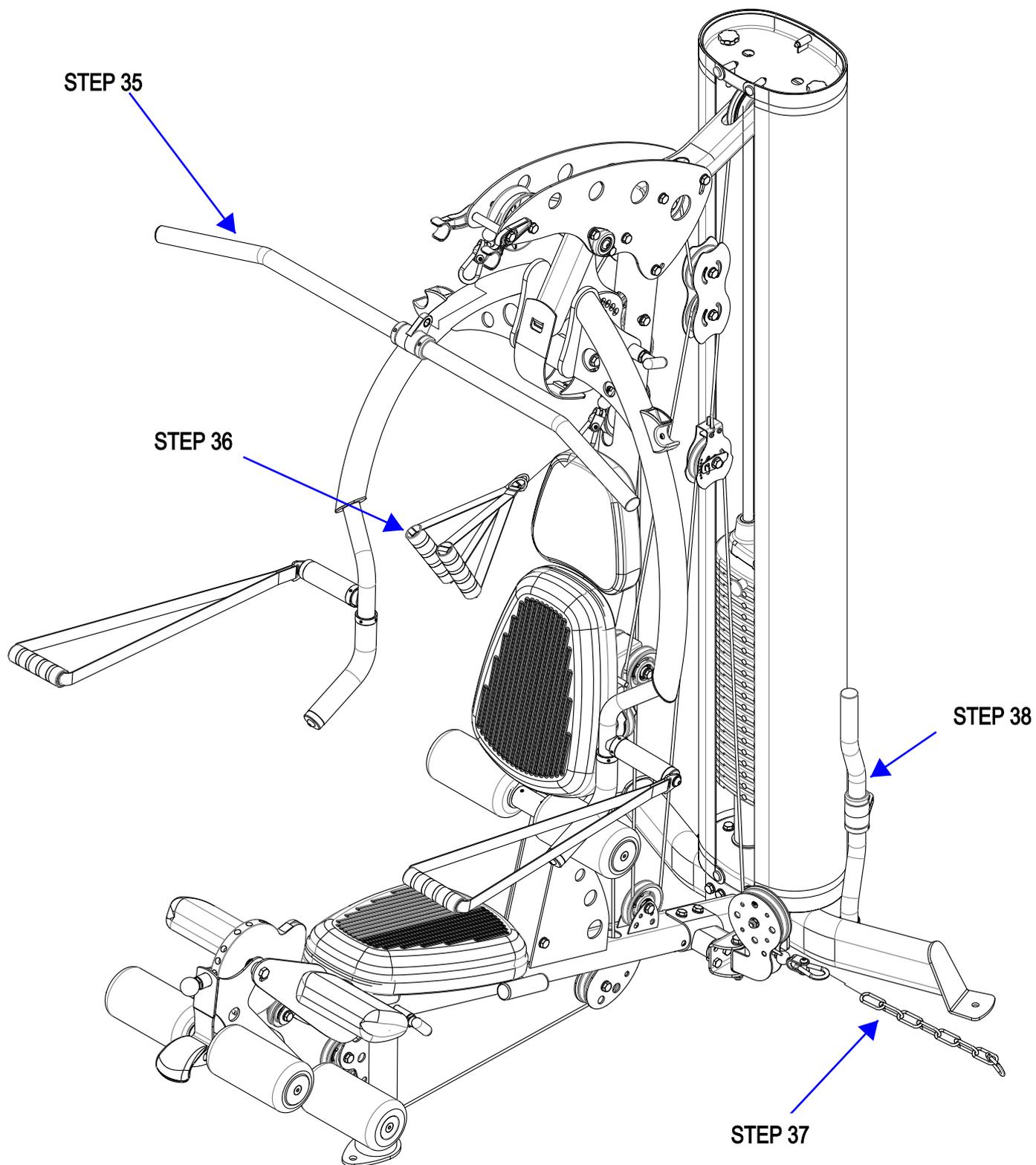
**Step 34:** The press arm starting position may be adjusted by screwing press arm stop in or out. Lock with jam nut when finished.

Adjust cable slack at the upper single floating pulley by loosening bolt and moving pulley up or down with the selector plate. **Lock tight with bolt when finished.**

**Step 34**  
3- T Pins

Adjust the Stop at the Single Floating Pulley for the leg extension to take slack out of the cable. Set the cam so the cable opening is in line with the 2 small pulleys before adjusting. **Tighten the Jam Nut when finished.**

**Attach all Accessories as shown.**



**NOTE:** At this point it is necessary to seat the cables. Start by verifying that cables are centered in the grooves of all pulleys. Next, select a weight you can comfortably handle on the bench press. Perform a seated bench press and hold the first repetition at arms length. Now, lightly bounce the weight up and down for about 5 seconds. This will seat the cables into the pulleys. You may readjust the cable stops at this point if needed.

# DECAL REFERENCE

# INSPIRE

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



**INSPIRE™**  
 BY HEALTH IN MOTION LLC  
 877-738-1729  
[www.inspirefitness.net](http://www.inspirefitness.net)  
 Serial # 4-05-05-00001

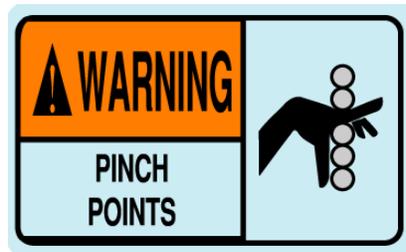
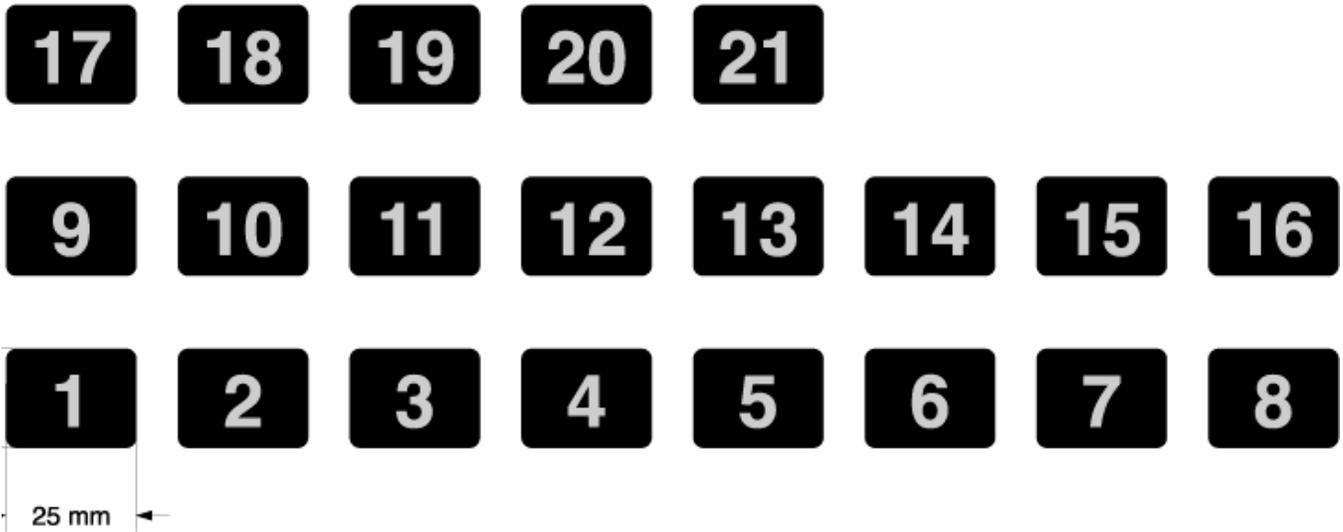
This product covered by one or more of the following US Patents and others pending: 5,330,405; 5,944,641; 5,961,427; 7,645,217; 7,722,513; 7,837,600; 7,905,818; 8,096,929.

**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.

# DECAL REFERENCE



# DECAL PLACEMENT

"Globe" Logo Label  
(50mm) Round

"Inspire" logo on both  
sides of the top beam  
(127mm x 38mm)

"Inspire M2"  
below logo  
label (50 x 38)

"Patent" label  
placed just above  
the "Notice" label  
(50 x 35)

"Do Not Hang From  
Press Arm" below  
M2 label (50mm)  
Round

"NOTICE" on  
side of upright,  
beside back pad  
(40 x 170)

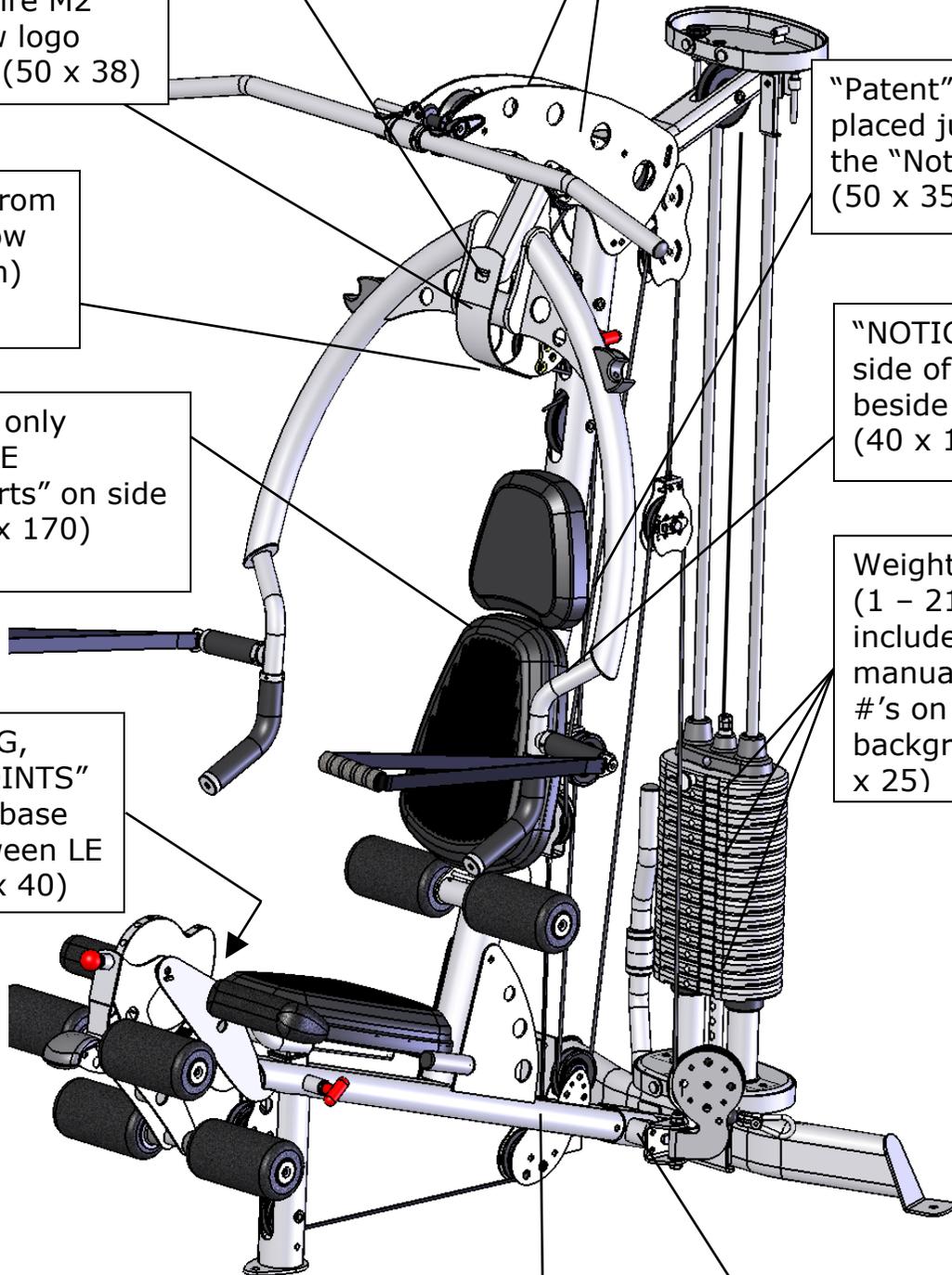
"WARNING Use only  
genuine INSPIRE  
replacement parts" on side  
of upright. (40 x 170)

Weight # labels  
(1 - 21),  
included with  
manual. Silver  
#'s on black  
background. (18  
x 25)

"WARNING,  
PINCH POINTS"  
on top of base  
tube between LE  
flats (60 x 40)

"Serial Number"  
label (40 x 30)

"DANGER, THIS PRODUCT  
NOT DESIGNED FOR  
COMMERCIAL USE" on  
base (80 x 40)



## ACCESSORIES

- Exercise Wall Chart
- Revolving Lat Bar
- Revolving EZ Curl Bar
- Ankle Strap
- Abdominal Strap Handle

## 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**

**Warning: DO NOT place styrofoam or printed materials on the orthopedic seat pads. Over time, these may stick to the pads and mar the surface.**

**Do not leave items sitting on the orthopedic seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.**

- 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.

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