

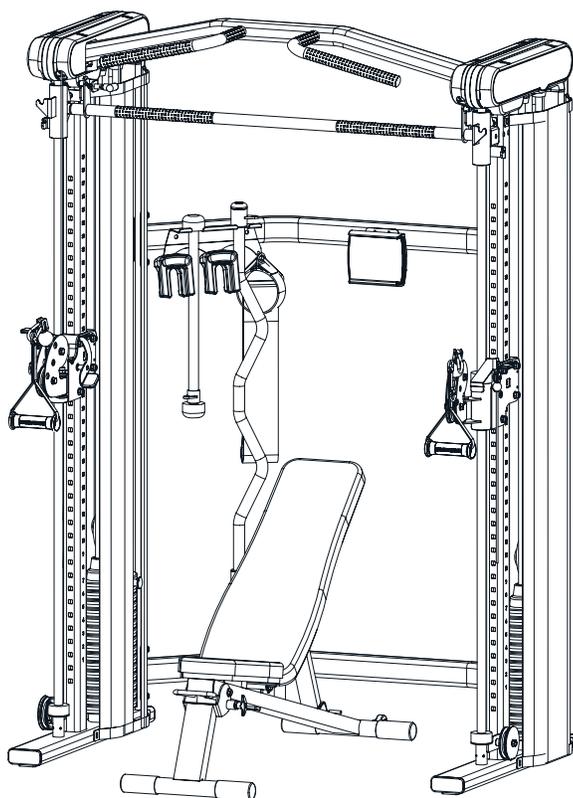


Model: SF3.2

USER MANUAL

CENTR 3

**SMITH MACHINE
FUNCTIONAL TRAINER**



**Machine shown
with optional bench**

Record Serial Number Here

MADE IN CHINA
V06292023

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

hello@centr.com



PHONE

877-738-1729 (US Only)
+1 714-738-1729 (Global)
Mon-Fri 8am-5pm PT - UTC-7h/8



CHAT

www.inspirefitness.com

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit centr.com/support

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

TABLE OF CONTENTS

PRODUCT WARRANTY.....	3
IMPORTANT SAFETY NOTICE.....	6
ASSEMBLY AND SETUP.....	7
ASSEMBLY INSTRUCTIONS.....	11
FEATURES AND FUNCTIONS.....	19
LABEL PLACEMENT.....	20
LIVE AREA.....	21
PRODUCT DIMENSIONS.....	22
MAINTENANCE.....	23
EXPLODED VIEW.....	24
PARTS LISTS.....	25

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. Please note the following safety precautions:

1. Always keep children and pets away from the machine. DO NOT leave children unattended in the same room with the machine. The cabling and moving parts on this machine can cause serious injury or death if used improperly.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other loose clothing that could become caught in the machine. Running or training shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

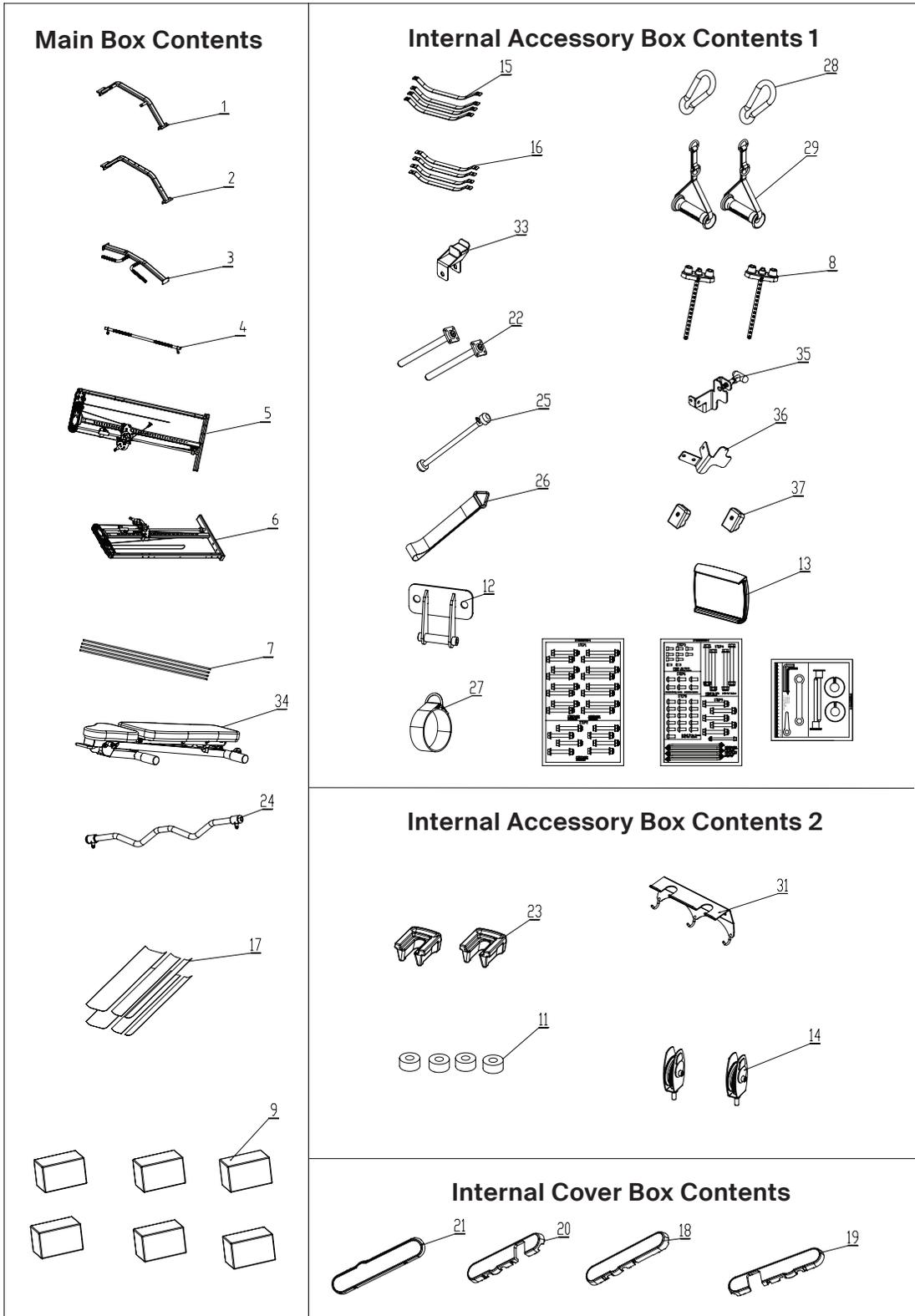
CARE AND MAINTENANCE

- Inspect and tighten all parts before using the machine.
- The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

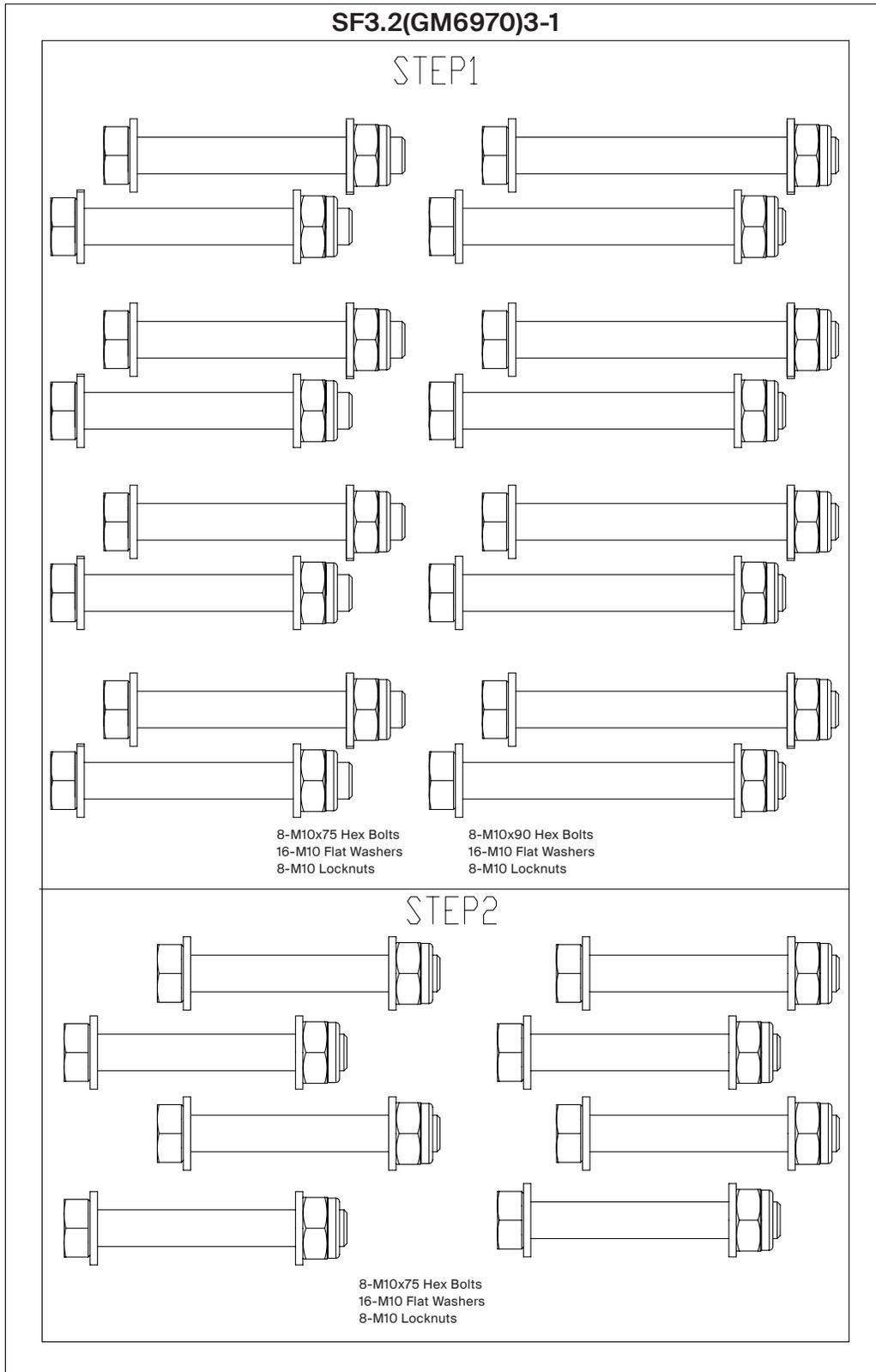
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

ASSEMBLY AND SETUP

PACKAGE CONTENTS

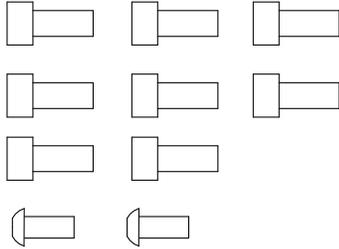


ASSEMBLY HARDWARE KIT



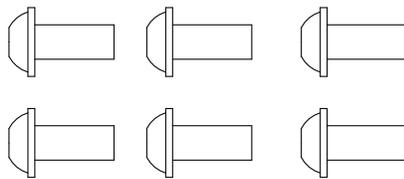
SF3.2(GM6970)3-2

STEP 3



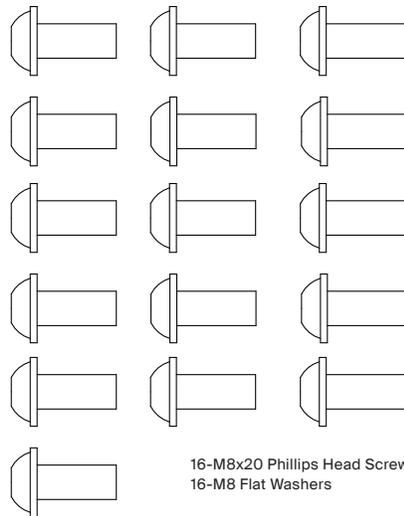
8-M6x14 Allen Head Screws
2-M5x14 Phillips Head Screws

STEP 6



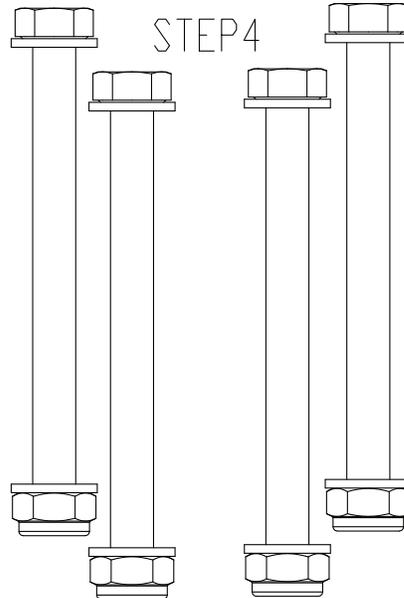
6-M8x20 Phillips Head Screws
6-M8 Flat Washers

STEP 8



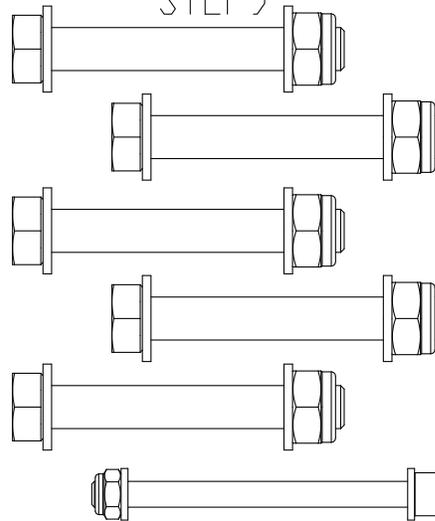
16-M8x20 Phillips Head Screws
16-M8 Flat Washers

STEP 4



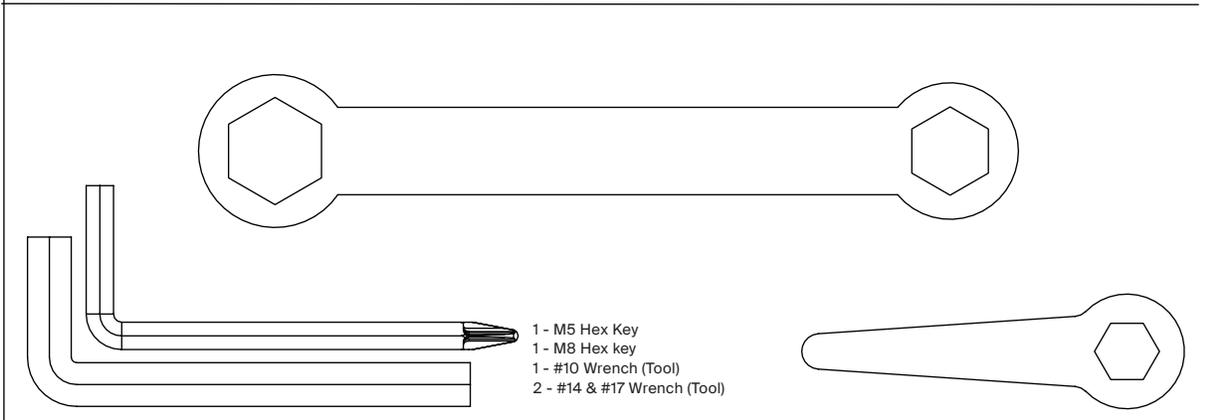
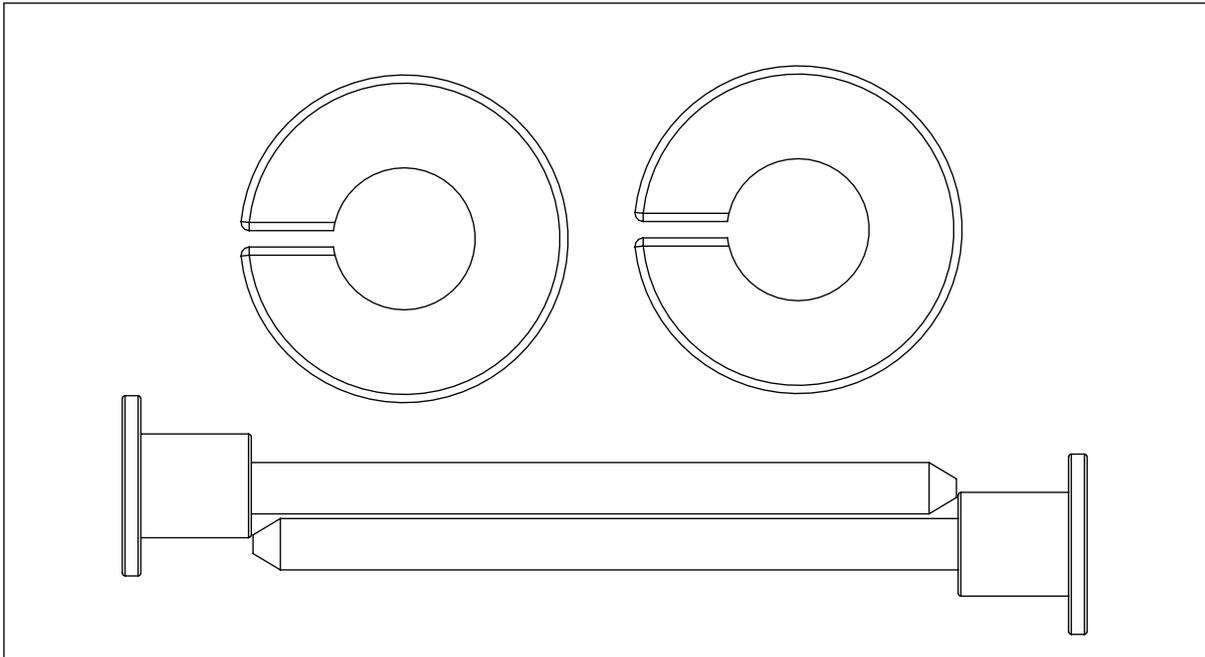
4-M10x115 Phillips Head Screws
4-M10 Locknuts
8-M10 Flat Washers

STEP 9

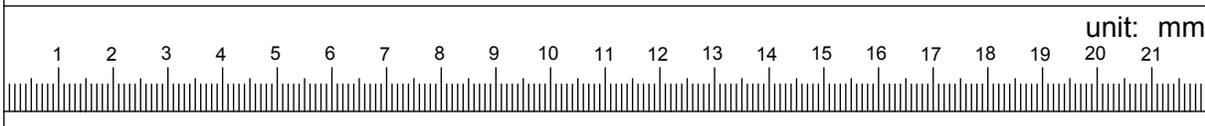


5-M10x75 Hex Bolts
10-M10 Flat Washers
5-M10 Locknuts
1-M6x75 Allen Bolts
2-M6 Flat Washers
1-M6 Locknuts
6-Cable Ties

SF3.2(GM6970)3-3



- 1 - M5 Hex Key
- 1 - M8 Hex key
- 1 - #10 Wrench (Tool)
- 2 - #14 & #17 Wrench (Tool)



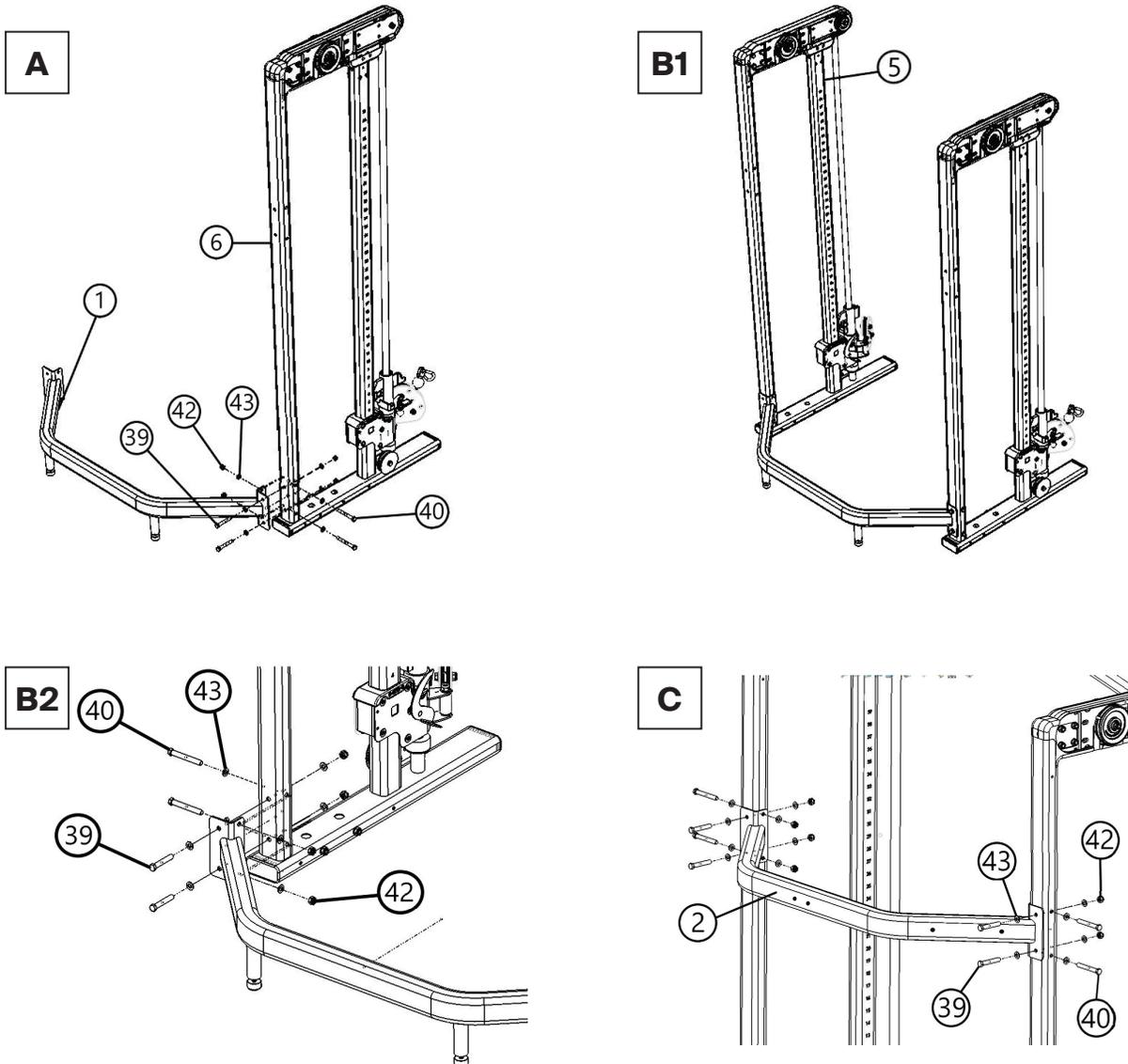
ASSEMBLY INSTRUCTIONS

STEP 1

A. Make sure any packing material or supports are removed from the frames prior to assembly. Start by placing the Right Main Frame (6) in the vertical position. Having a second person to hold the frame is helpful or you can possibly lean the frame against a wall. Insert two M10x75mm Hex Bolts (39) through the bottom Lower Crossbar (1) into the back of the Right Main Frame (6), using M10 Flat Washers (43) on both sides and M10 Locknuts (42) hand tightened. Next insert two M10x90mm Hex Bolts (40) into the side of the bottom Lower Crossbar (1) and Right Main Frame (6), using M10 Flat Washers (43) on both sides and M10 Locknuts (42) hand tightened.

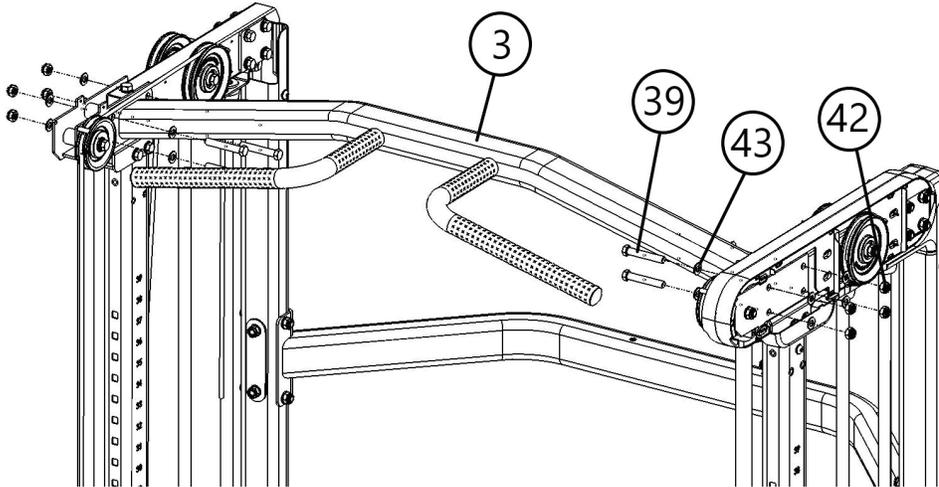
B. Place the Left Main Frame (5) in the vertical position and align it with the lower rear Lower Crossbar (1). Insert the hardware as described in the step above.

C. Repeat the steps above to attach the Upper Crossbar (2) to the Right and Left Main Frames (6) (5) similar to the lower Lower Crossbar (1) steps. Do not tighten the hardware at this time.



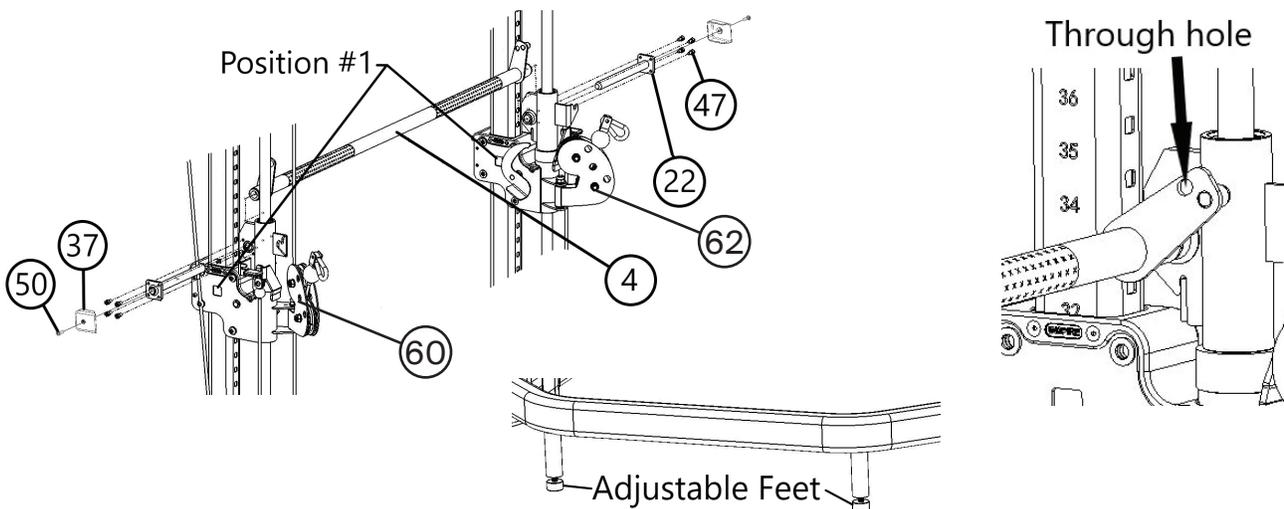
STEP 2

Place the **Pull-up Crossbar (3)** in position between the two main frames and insert four **M10x75mm Hex Bolts (39)** with **M10 Flat Washers (43)** through each main frame. Place **M10 Flat Washers (43)** and **M10 Locknuts (42)** onto the bolts. **DO NOT TIGHTEN THE HARDWARE AT THIS TIME.**



STEP 3

Lock the sliding carriages on the lowest (number 1) position. Place the **Smith Bar (4)** in between the rail slide mounts of the frame. Make sure the through hole on the tabs of the bar is positioned as shown. Insert the **Smith Bar Pins (22)** through both the **Right, Left Smith Bar Sliders (60), (62)** and into either end of the **Smith Bar (4)**. Use four **M6 Allen Head Screws (47)** on both sides to secure the **Smith Bar Pins (22)** to the **Smith Bar Sliders (60), (62)**. Next place the plastic **Smith Bar End Caps (37)** over the **Smith Bar Pins (22)** and secure with one **M5x14mm Phillips Head Screw (50)** per side. Make sure the machine is on level ground and **proceed to tighten all hardware installed in steps 1-3**. Adjust the two rear feet if needed to level the machine after tightening the hardware.

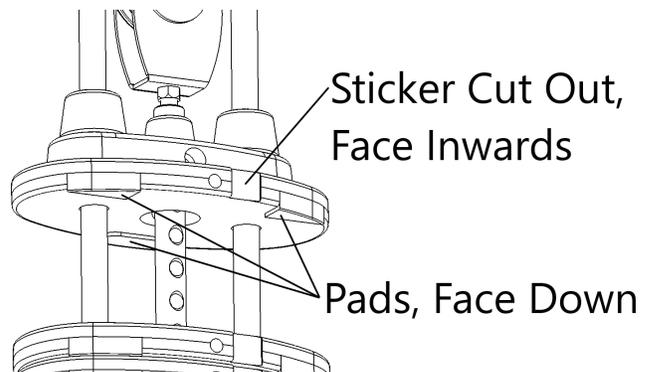
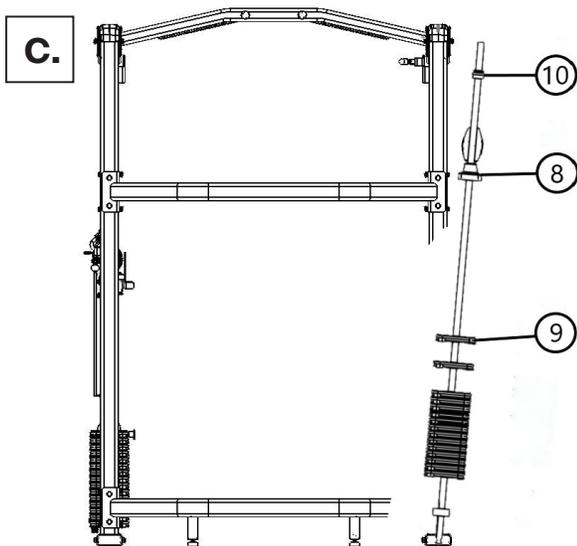
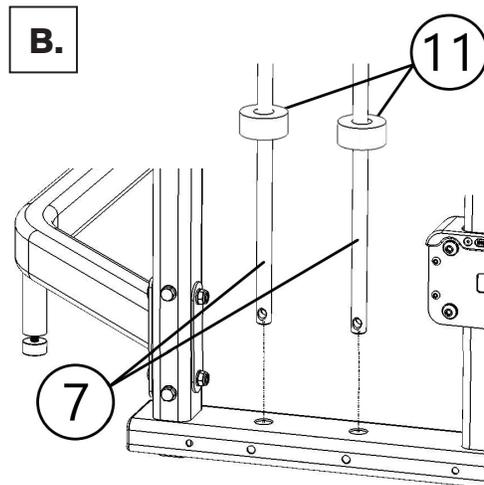
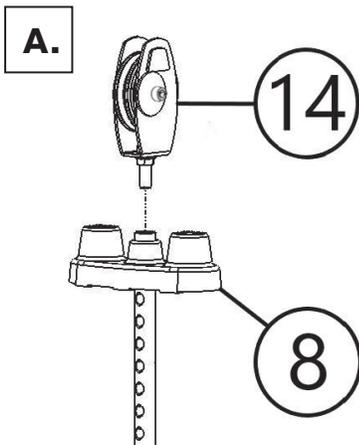


STEP 4

A. Thread the **Weight Stack Pulley (14)** into the top of both the **Top Plate Assembly (8)**, leave about a ¼ inch of thread.

B. Insert the **Weight Stack Guide Rods (7)** through the holes in the bottom of the frame. Be sure the ends of the rods with the holes are facing down, and do your best to align them with the holes in the frame. Then slide one **Rubber Bumper (11)** down each of the guide rods until they are resting on the bottom frame.

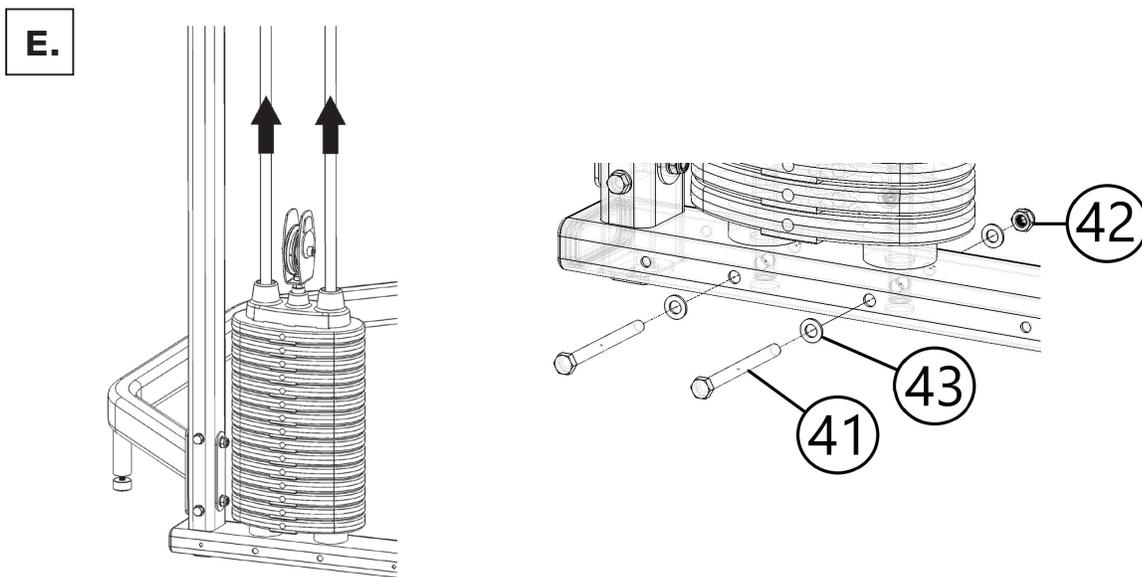
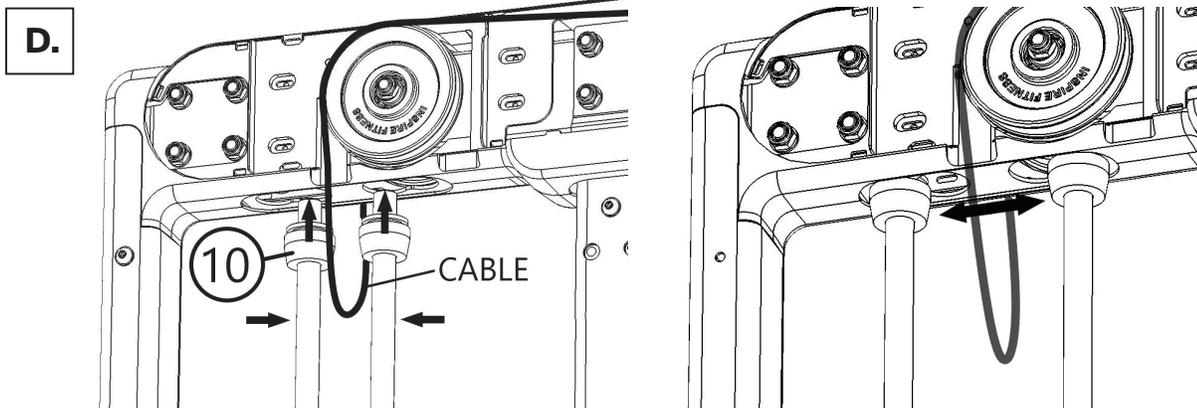
C. Let the **Weight Stack Guide Rods (7)** rest at an angle in the frame. Using the provided lubricant, spread the liquid up and down the guide rods. Then slide on 15 **Weight Stack Plates (9)** with the sticker cut out facing towards the inside of the machine and the protruding pads on the weights facing downward. Next slide on the **Top Plate Assembly (8)** assembly. Slide on the **Guide Rod Bushings (10)**, one on each rod, the tapered end of the bushing points downward. Repeat this step for the opposite side.



STEP 4 (CONTINUED)

D. Make sure the cable that runs from either side of the frame is positioned between the two guide rods. Carefully pull the guide rods toward each other, then slide the **Guide Rod Bushings (10)** up into the larger hole of the frame until the slot of the bushing is resting in the frame. Next pull the bushings along with the rods away from each other so that the bushings slide into the smaller hole of the frame, thus locking them in place. The guide rods should be parallel to one another at this point.

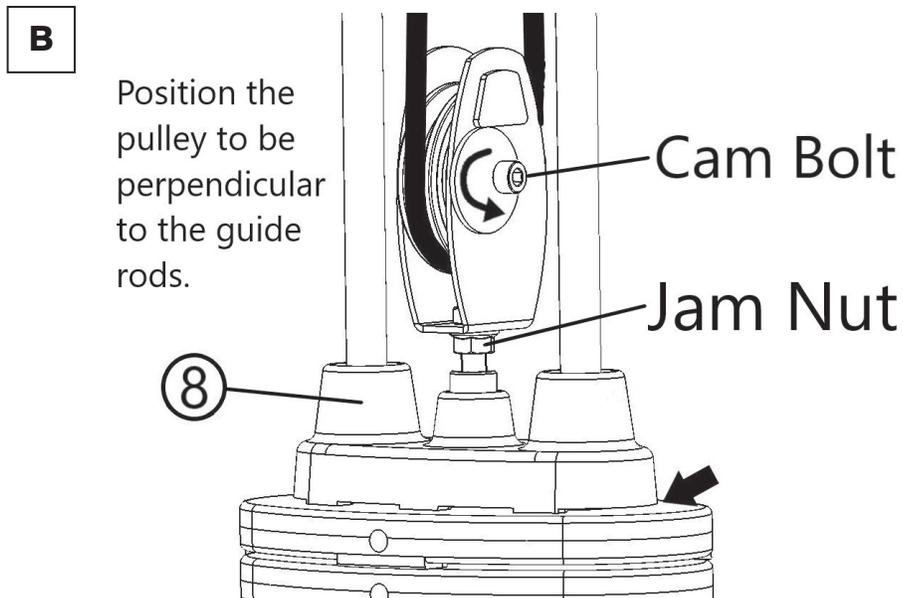
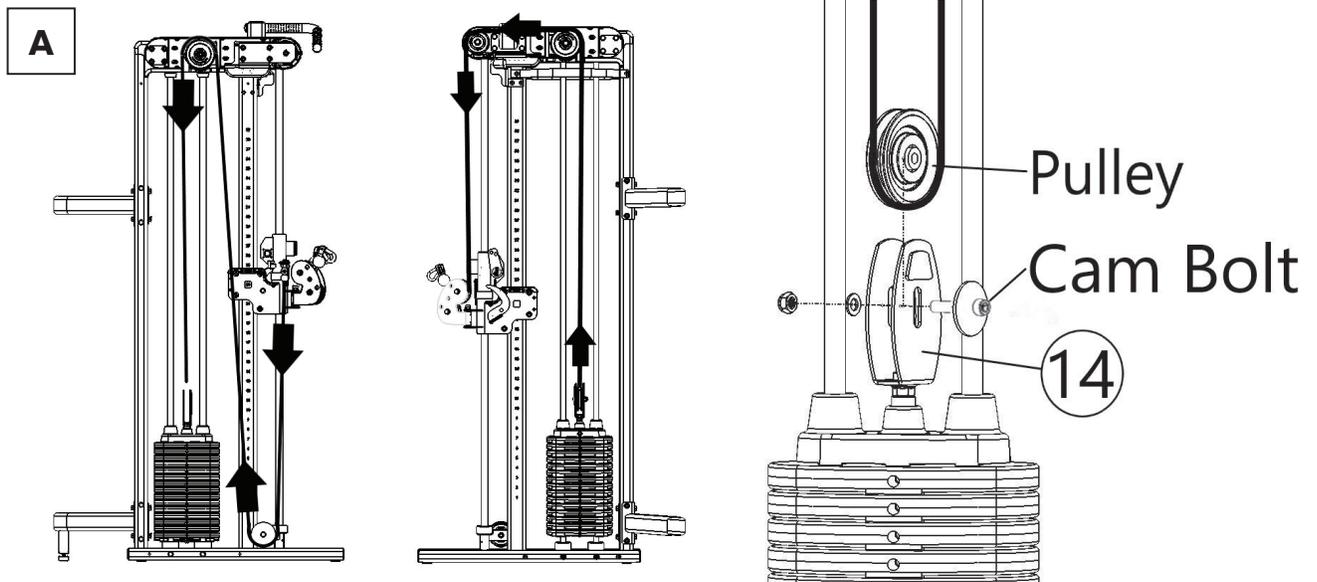
E. Slide the **Weight Stack Guide Rods (7)** up so that the holes in the bottom of the rods align with the holes in the bottom of the frame. Insert two **M10x115mm Hex Bolts (41)** with **M10 Flat Washers (43)** through the frame and holes in the bottom of the rods. Place **M10 Flat Washers (43)** and **M10 Locknuts (42)** onto the bolts and tighten them. Repeat this step for the opposite side.



STEP 5

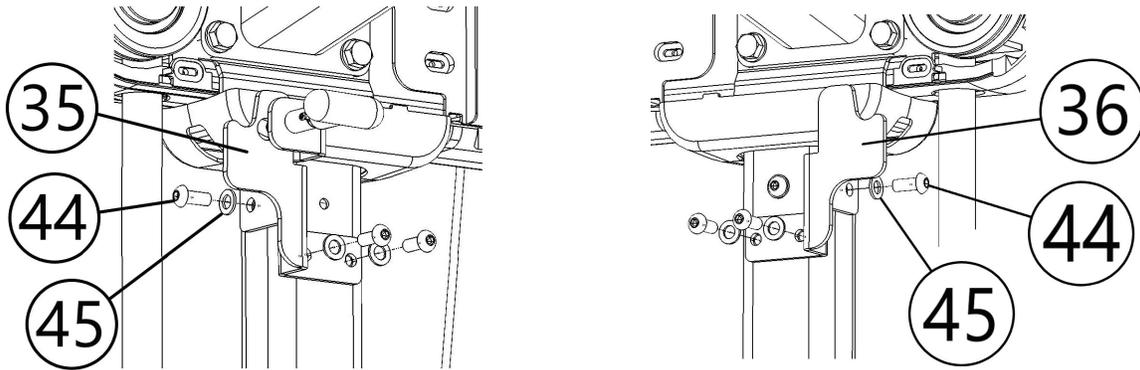
A. Route the cable as shown. Remove the pulley from the **Weight Stack Pulley (14)** assembly in order to route the cable into it, leave the hardware loose.

B. Adjust the cable tension by rotating the cam bolt until the **Top Plate Assembly (8)** starts lifting slightly from the weight stack. Tighten the nut of the cam bolt to lock it's position. Then tighten the jam nut at the base of the pulley.



STEP 6

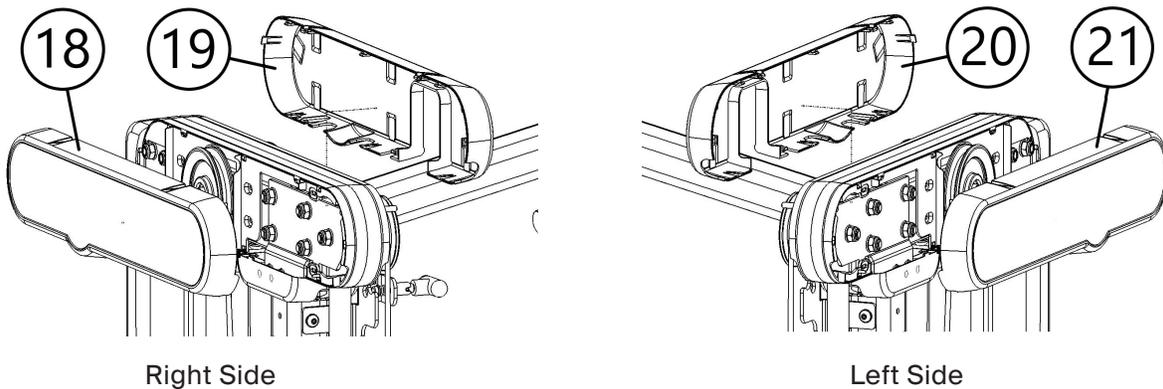
Bolt the smith bar hooks to each side of the main frames. The **Right Smith Bar Hook (35)** is the mount with the locking pin, the **Left Smith Bar Hook (36)** is the mount without the pin. Use three **M8x20 Buttonhead Cap Screws (44)** with **M8 Washers (45)** per hook to attach to them to the frame as shown.

**⚠ WARNING**

Securely lock the Smith Bar in the storage position whenever it is not in use. Be sure to use the lock pin.

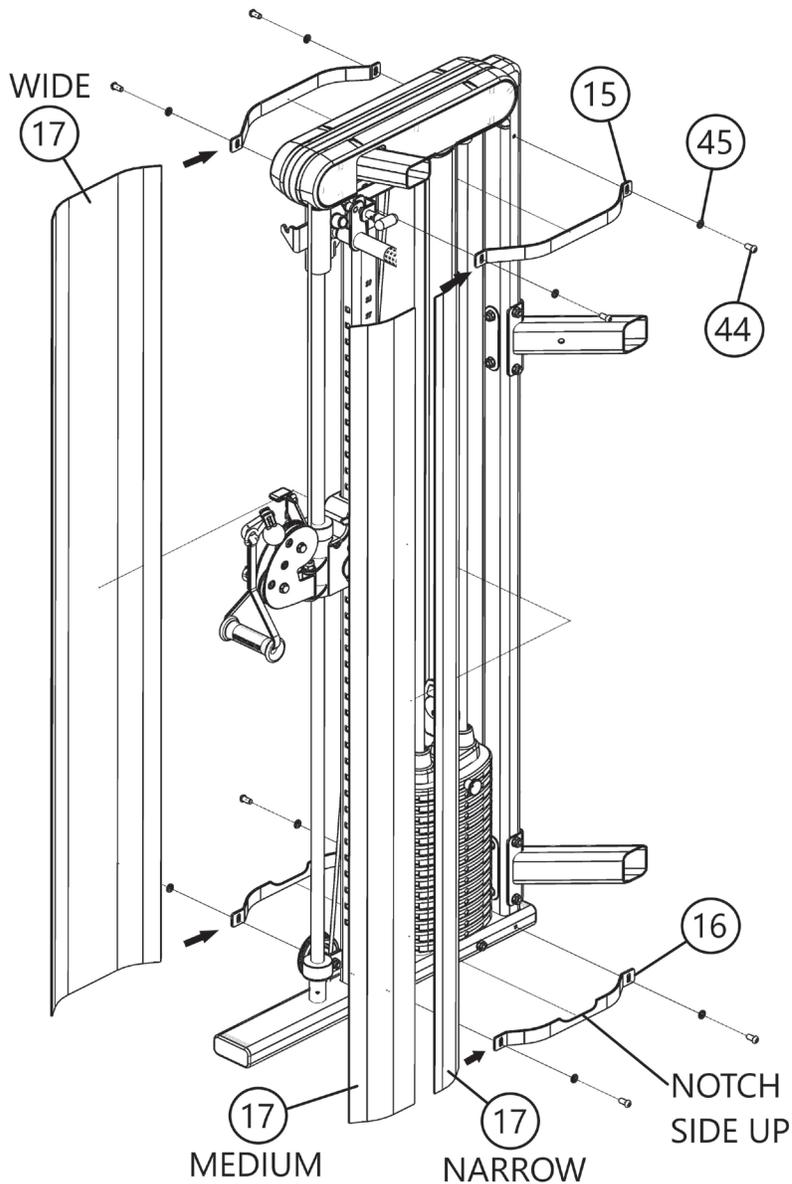
STEP 7

Install the **Outer Right Plastic Cover (18)**, and **Inner Right Plastic Cover (19)** as shown. Carefully align and press on the covers until they clip into place. Repeat this step with the **Outer Left Plastic Cover (21)** and **Inner Left Plastic Cover (20)**.



STEP 8

There are three different widths of weight stack shrouds. The widest **Shroud (17)** is placed on the outside facing part of the weight stack, the **Medium (17)** and **Narrow (17)** width shrouds are placed together on the inside, with the smaller placed toward the back of the machine. The mounting plates for them will be marked identifying the **Top Shroud Plate (15)**, **Bottom Shroud Plate (16)** and the forward direction of them, slide the plates through the pockets of the shrouds. Before applying the inner shrouds, apply the weight plate stickers. The number 1 sticker will go on the top plate, but we recommend that you start with the number 2 sticker. Place the number two sticker on the first weight plate. Then, apply the number 1 to the top weight plate assembly, using the #2 sticker to align it properly. Finish applying the stickers through 16. Secure the weight shrouds with **M8 x 20mm Button Head Cap Screw (44)** with **M8 Washers (45)** through the mount plates to the frame.



STEP 9

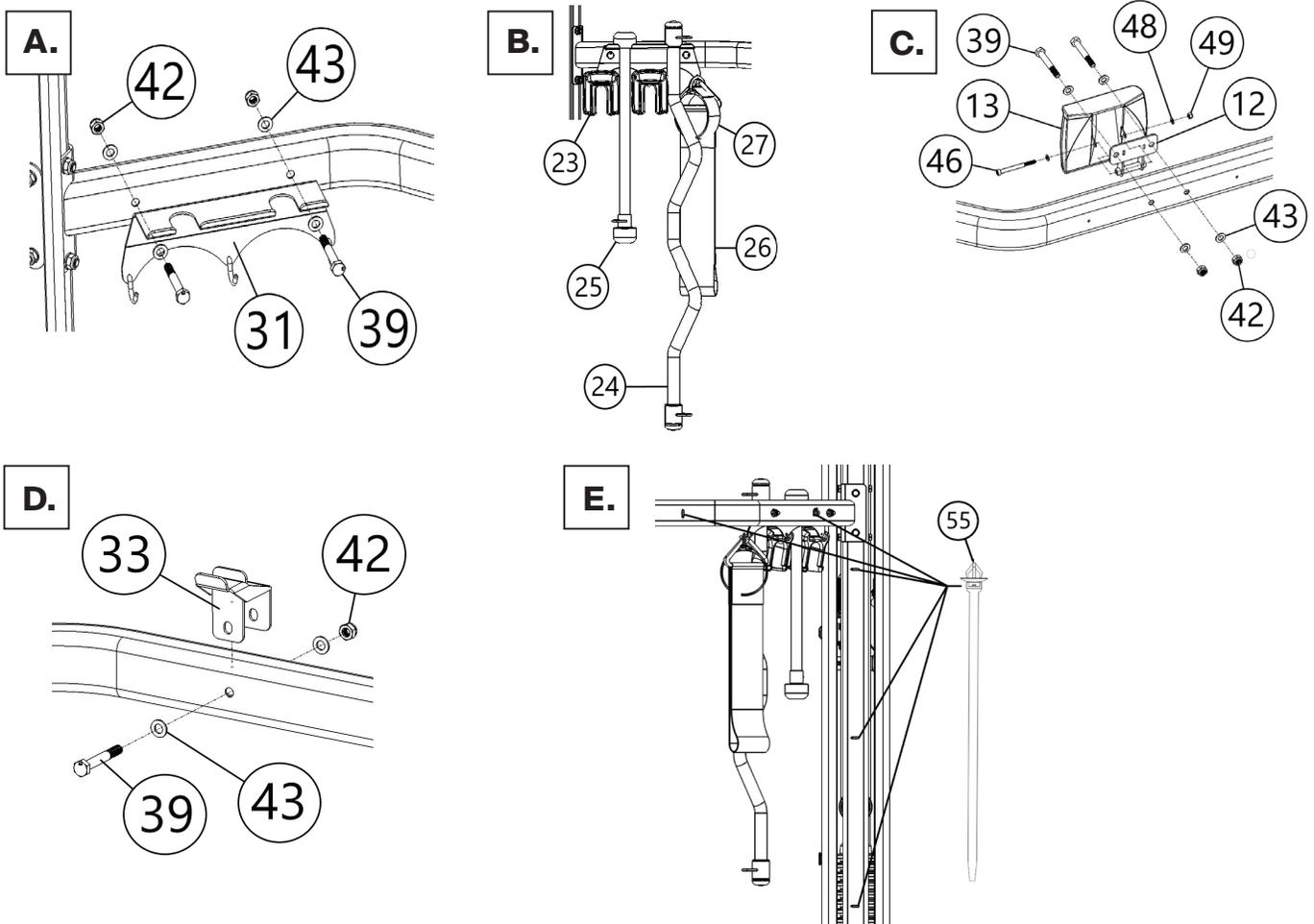
A. Place the **Accessory Rack (31)** on right side of the **Upper Crossbar (2)**. Insert two **M10 x 75mm Hex Bolts (39)** with **M10 Flat Washers (43)** through the rack and crossbar. Place **M10 Flat Washers (43)** and **M10 Locknuts (42)** onto the bolts. Tighten the hardware.

B. Place the **5 Lbs. Add-On Weight (23)**, **Dual Hook Curl Bar (24)**, **Triceps Rope (25)**, **Chin/Dip Belt (26)**, and **Ankle Strap (27)** on the accessory rack as shown. Note: to use the 5 lbs. Add-On Weight place them on top of the weight stacks in between the pullies.

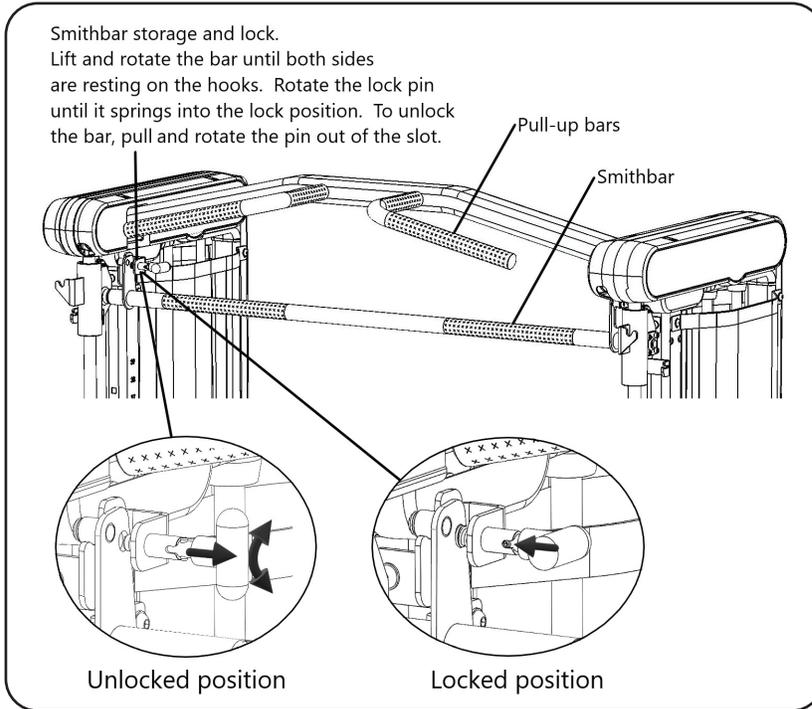
C. Mount the **Tablet Mount (12)** in the middle of the **Upper Crossbar (2)**. Insert two **M10 x 75mm Hex Bolts (39)** with **M10 Flat Washers (43)** through the mount and **Upper Crossbar (2)**. Place **M10 Flat Washers (43)** and **M10 Locknuts (42)** onto the bolts, tighten the hardware. Place the Tablet Holder on to its mount and secure with a **M6x75mm Allen Head Cap Screw (46)** and **M6 Locknut (49)**, using **M6 Washers (48)** on both sides. Tighten hardware until tablet holder holds its position but can still be tilted up and down by hand. Note: The Tablet holder mount can be bolted up or down depending on if you want the tablet holder higher or lower.

D. Place the **Bench Mount (33)** on the left side **Upper Crossbar (2)**, insert one **M10 x 75mm Hex Bolt (39)** with a **M10 Flat Washers (43)** through the mount and **Upper Crossbar (2)**. Place one **M10 Flat Washers (43)** and a **M10 Locknut (42)** onto the bolt and tighten the hardware.

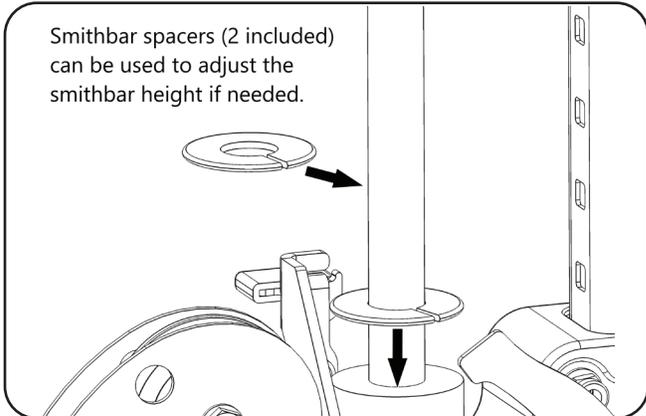
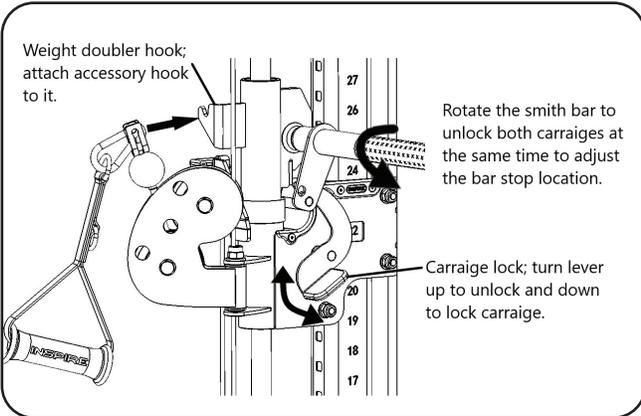
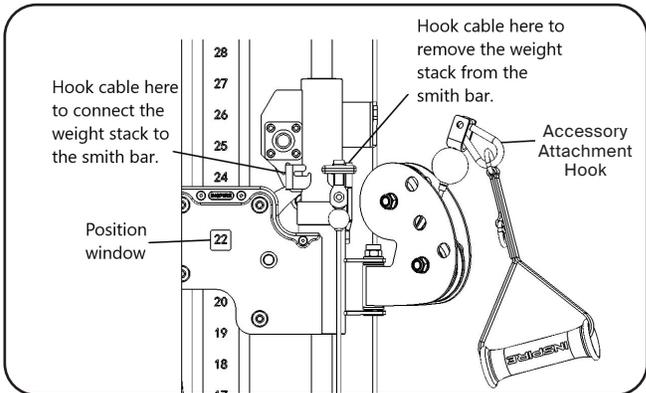
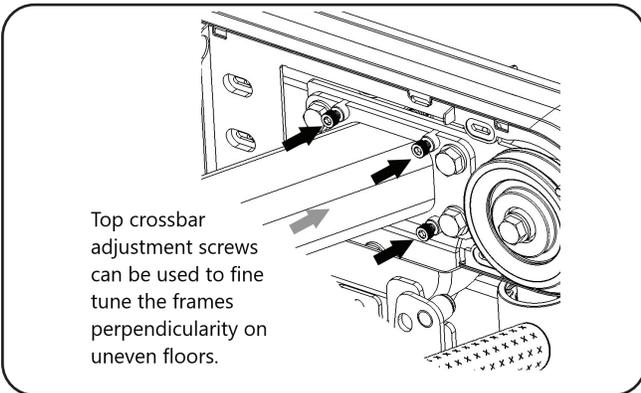
E. Optional: If you have electronics with cords, you can use the included cable clips to route the cables along the frame of the machine.



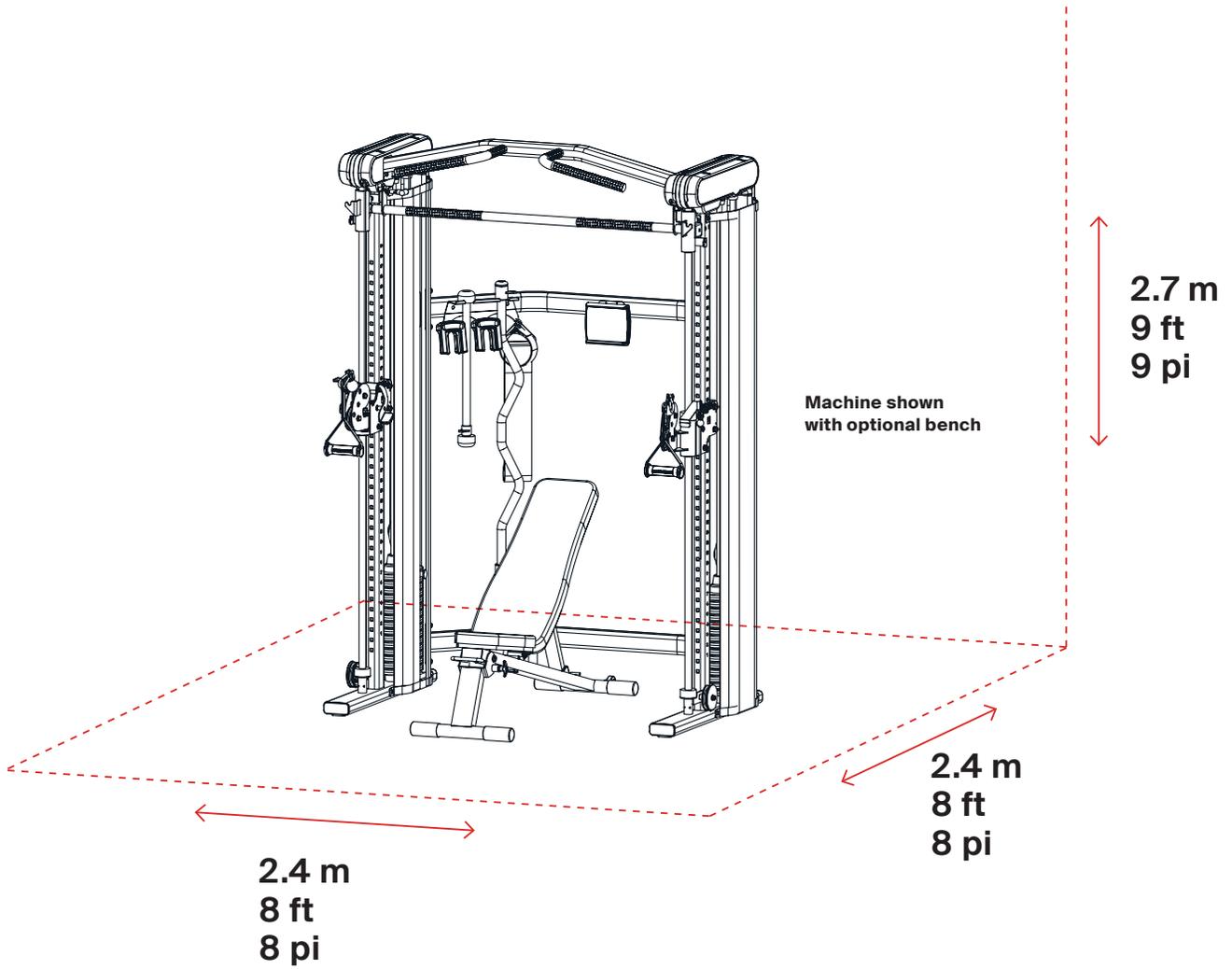
FEATURES AND FUNCTIONS



⚠ WARNING Securely lock the Smith Bar in the storage position whenever it is not in use. Be sure to use the lock pin.

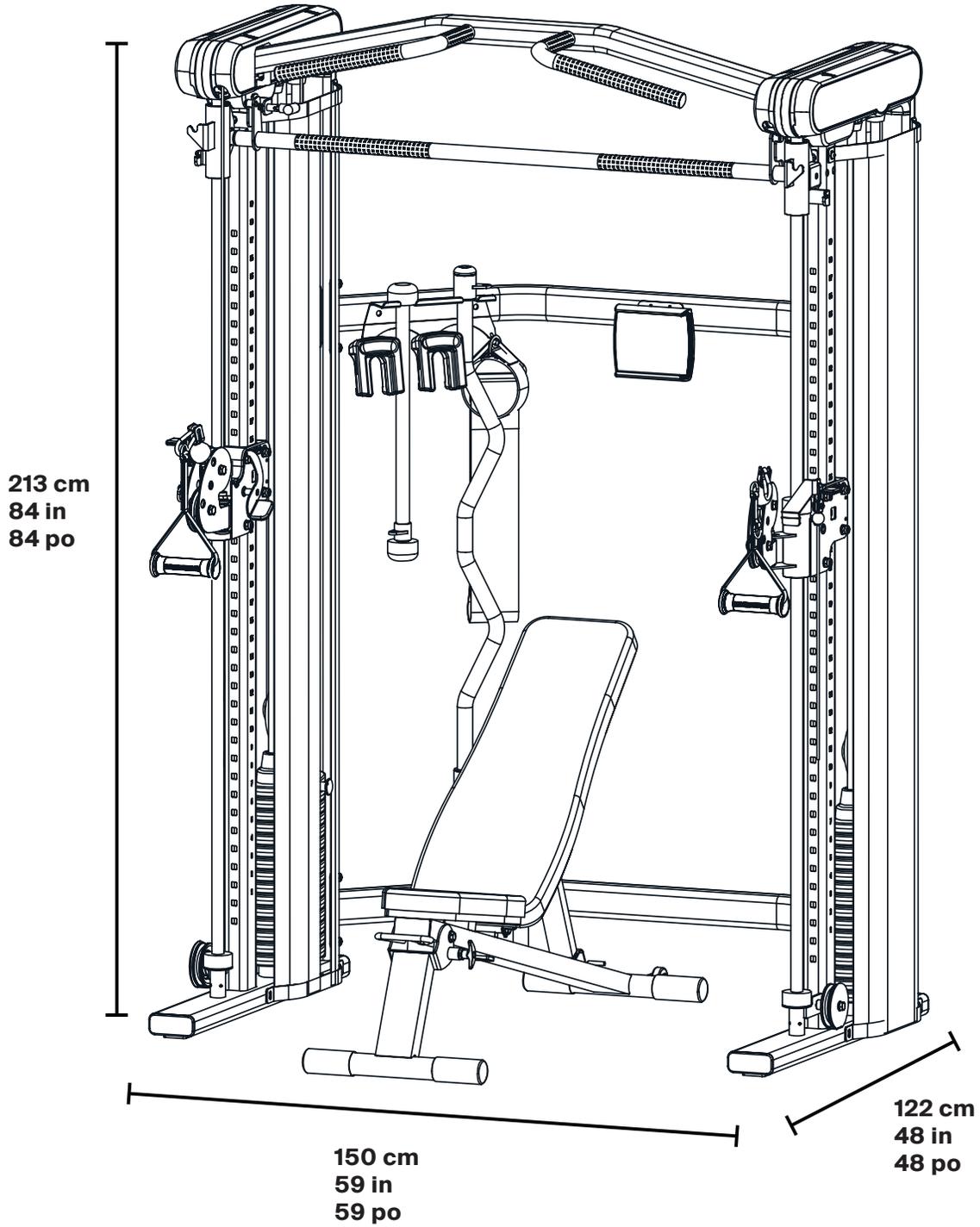


LIVE AREA



PRODUCT DIMENSIONS

Machine shown
with optional bench



MAINTENANCE

WARNING

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

DO NOT leave items sitting on the 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 pin for wear or damage. If wear or damage exists, replace with Inspire Fitness parts only.**
- **Locate and familiarize yourself with all warning decals on the Smith Machine Functional Trainer.**
- **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.**

PARTS LISTS

No.	Description	Part Number	Qty.
1	GM697260001PZ01	Lower Crossbar	1
2	GM697260002PZ01	Upper Crossbar	1
3	GM697220001PZ01	Pull-up Crossbar	1
4	GM697320004PZ01	Smith Bar	1
5	GM697200001PZ01	Left Main Frame	1
6	GM697200002PZ01	Right Main Frame	1
7	GM697501001WX	Weight Stack Guide Rods	4
8	GM692500003PZ	Top Plate Assembly	2
9	GM692-500-009	Weight Stack Plate	30
10	GM692-881-002RC	Guide Rod Bushings	4
11	GM692-881-003RC	Rubber Bumpers	4
12	GM697260007PZ	Tablet Mount	1
13	BC423880109PZ03	Tablet Holder	1
14	GM697500004PZ04	Weight Stack Pulley	2
15	GM697321037PT0105	Top Shroud Plate	4
16	GM697321036PT0105	Bottom Shroud Plate	4
17	GM697-800-001RC	Wide, Medium and Narrow Shrouds	1
18	GM697-881-003RC	Outer Right Plastic Cover	1
19	GM697-881-004RC	Inner Right Plastic Cover	1
20	GM697-881-005RC	Inner Left Plastic Cover	1
21	GM697-881-006RC	Outer Left Plastic Cover	1
22	GM697320007PZ	Smith Bar Pin	2
23	GM692-500-001	5 Lbs. Add-On Weight	2
24	GM691320003PZ03	Dual Hook Curl Bar	1
25	GM692-881-011RC	Triceps Rope	1
26	GM692-400-005RC	Chin/Dip Belt	1
27	GM690-880-002RC	Ankle Strap	1
28	GM691-560-009	Spring Clip	2
29	GM870-880-007RCPZ	Single Handle	2
30	GM697500004PZ	Wire Rope Assembly	2
31	GM697260004PZ01	Accessory Rack	1
33	GM697260008PZ01	Bench Mount	1
35	GM697320008PZ01	Right Smith Bar Hook	1
36	GM697321018PZ	Left Smith Bar Hook	1
37	GM697881007RCPZ	Smith Bar End Caps	2
38	GM692500004PZ	Weight Pin	2
39	0111-010-758	M10x75mm Hex Bolt	21
40	0111-010-908	M10x90mm Hex Bolt	8
41	0111-010-058	M10x115mm Hex Bolt	4
42	0110-710-008	M10 Locknut	33
43	0116-010-008	M10 Flat Washer	66
44	0113-208-198	M8x20 Button Head Cap Screw	22
45	0116-008-028	M8 Washer	22
46	0113-206-751	M6x75mm Allen Head Cap Screw	1
47	0113-706-142	M6x14mm Allen Head Cap Screw	8
48	0116-006-019	M6 Washer	2
49	0110-706-019	M6 Locknut	1
50	0113-105-148	M5x14mm Phillips Head Screw	2
51	0511-608-002	8# Allen Tool	1
52	AB290-561-002	5#80*30, Multi Tool	1
53	M330-561-002	14# & 17# Hex Wrench	2
54	AB160561002XWX	10# Allen Tool	1
55	GM697-881-009	Cable Tie	6
56	GM697580000PZ	Hardware Pack 1	1
57	GM697580001PZ	Hardware Pack 2	1
58	GM697580002PZ	Hardware Pack 3	1
59	GM697320003PZ01	Right Carraige Assembly	1
60	GM697320006PZ	Right Smith Bar Slider	1
61	GM697320002PZ01	Left Carraige ssembly	1
62	GM697320005PZ	Left Smith Bar Slider	1
63	GM697-881-001RC	Inner trim cover R	2
64	GM697-881-002RC	Inner trim cover L	2

 **CENTR**