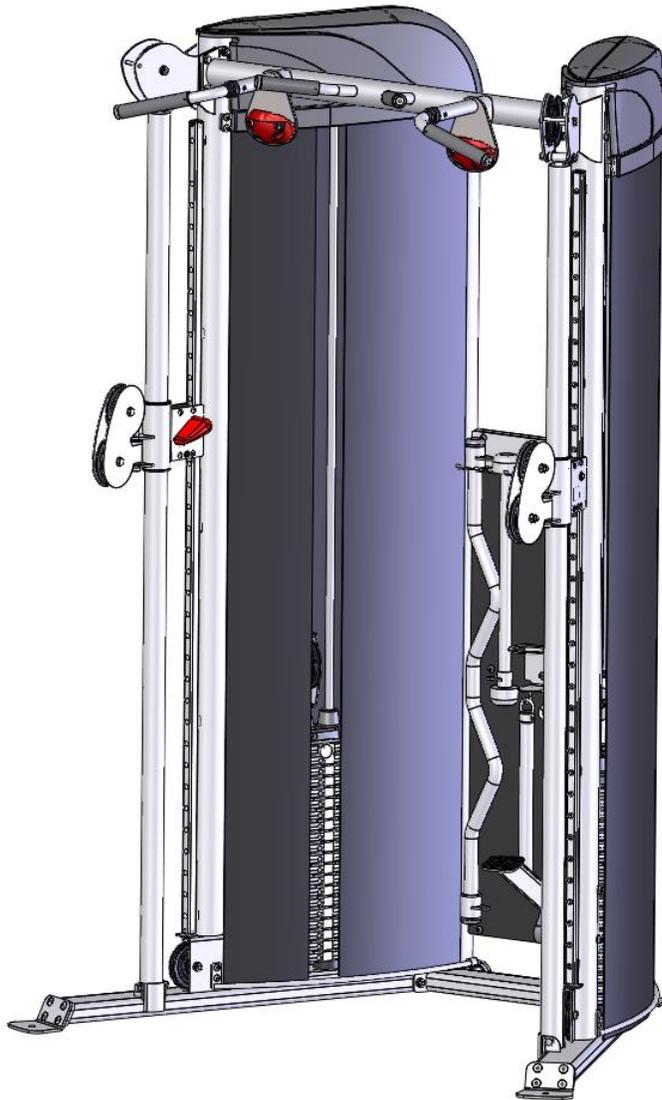


INSPIRE

ASSEMBLY & OPERATION MANUAL

COMMERCIAL FUNCTION TRAINER



RECORD SERIAL NUMBER HERE

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. This Commercial Functional Trainer machine 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 COMMERCIAL FUNCTIONAL TRAINER

IMPORTANT: Read this entire manual before attempting to build or use this Commercial Functional Trainer 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 dealer of this Commercial Functional Trainer machine for replacement parts or call Inspire at 877-738-1729.

Make sure that adequate room has been cleared before attempting to build your Commercial functional Trainer machine. A rubber mat is recommended for use under your Commercial Functional Trainer machine to protect wood flooring or carpeting from damage during assembly and usage. In a multi-use setting or commercial setting, it is recommended that the machine be bolted to the floor through the holes in the base plates.

This Commercial Functional Trainer machine is intended for indoor use only. Rust can form on certain parts in a humid environment resulting in impaired function.

Service of your Commercial Functional Trainer machine should only be preformed by an authorized Inspire dealer. Service preformed by anyone else can result in loss of warranty. If you need help finding an authorized dealer, please contact us directly:

Inspire Fitness
255 Airport Circle
Suite 101
Corona, CA 92880
Ph: 877-738-1729
Fx: 714-738-1728
www.inspirefitness.com

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IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this Commercial Functional Trainer machine.

- **WARNING!** It is necessary to inspect this Commercial Functional Trainer machine 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 Commercial Functional Trainer machine for its intended purpose as described in this Operation Manual or the Exercise Book. Do not use attachments not recommended by the manufacturer.
- Make sure bystanders are at least 5 feet away from the Commercial Functional Trainer machine while it is in use.
- Keep children off the Commercial Functional Trainer machine at all times.
- Keep the Commercial Functional Trainer machine away from walls and clear of any obstructions.
- 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 16mm, 17mm, and 19mm sockets)
- Metric wrenches (16mm, 17mm, and 19mm)
- 4mm, 5mm, and 6mm Hex Keys (supplied in hardware pack)

COMMERCIAL FUNCTIONAL TRAINER PARTS & HARDWARE LIST

Item	Parts Description	Qty	Qty Rec'd
1	Right Main Frame Assembly	1	
2	Left Main Frame Assembly	1	
3	Foot Plates	4	
4	Rear Cross Brace	1	
5	Accessory Rack	1	
6	Front Cross Brace	1	
7	Guid Rods	4	
8	Top Weight/Selector Stem Assy	2	
9	Adjustable Pulley Assemblies	2	
10	Rubber Donuts	4	
11	Upper Shroud Mount Bracket 1	2	
12	Upper shroud Mount Bracket 2	2	
13	Lower shroud Mount Brackets	2	
14	Screen Shroud, Wide	2	
15	Screen Shroud, Medium	2	
16	Screen Shroud, Narrow	2	
17	Foot Step Assembly	1	
18	Red Slider Handles	2	
19	Right Molded Top Cap	2	
20	Left Molded Top Cap	2	
21	Revolving Straight Bar	1	
22	Revolving EZ Curl Bar	1	
23	Sports Handle	1	
24	Exercise Rope	1	
25	"D" Handles	2	
26	Chin Up Strap	1	
27	Guide Rod Lube	1	
28	Touch-up Paint	1	

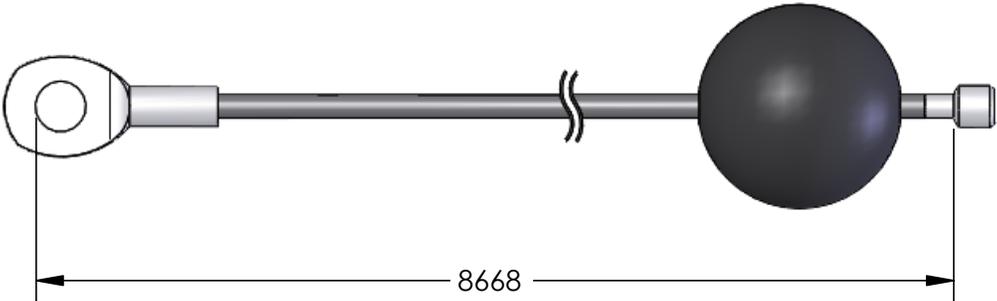
Item	Hardware Description	Qty	Qty Rec'd
1	M5 x 8 Cap Screws	2	
2	M5 x 30 Cap Screws screws	2	
3	M5 x 55 Cap Screws screws	4	
4	M8 x 12 button Head screws	16	
5	M10 x 25 Hex Bolt	4	
6	M10 x 95 Hex Bolt	8	
7	M10 x 75 Hex Bolt	4	
8	M10 x 100 Hex Bolt	4	
9	M10 x 125 Hex Bolt	4	
10	M10 x 45 Hex Bolt	4	
11	M10 x 20 Flat Head Screws	16	
12	M10 x 75 Fully Threaded Hex Bolt	4	

13	M10 Flat Washer	48	
14	M8 Flat Washer	16	

15	M5 x 14 Cylindrical Nuts	6	
16	M10 Locknut	24	

17	Step Spacers	4	
18	"U" Bracket Cable End	2	
19	Spring Clip	2	
20	Weight Pin	2	
21	4 mm Allen Wrench	1	
22	5 mm Allen Wrench	1	
23	6 mm Allen Wrench	1	

CFT CABLE CHART

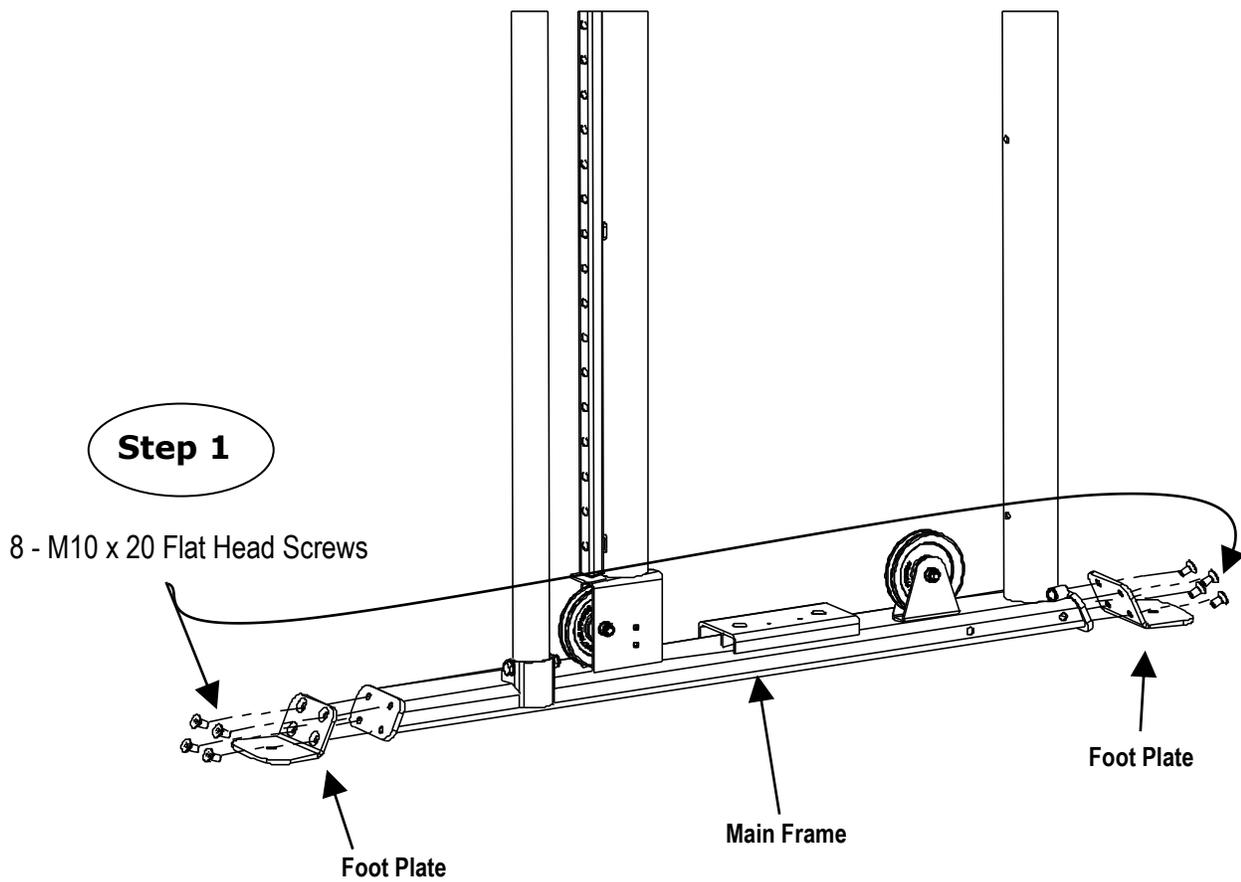


Main Cable p/n GM696-500-201

Cable lengths are in millimeters and for reference only.
Cable lengths could change at any time without notice.

ASSEMBLY INSTRUCTIONS





Step 1: Attach the Foot Plate to the Main Frame using: **8 – M10 x 20 Flat Head Screws**

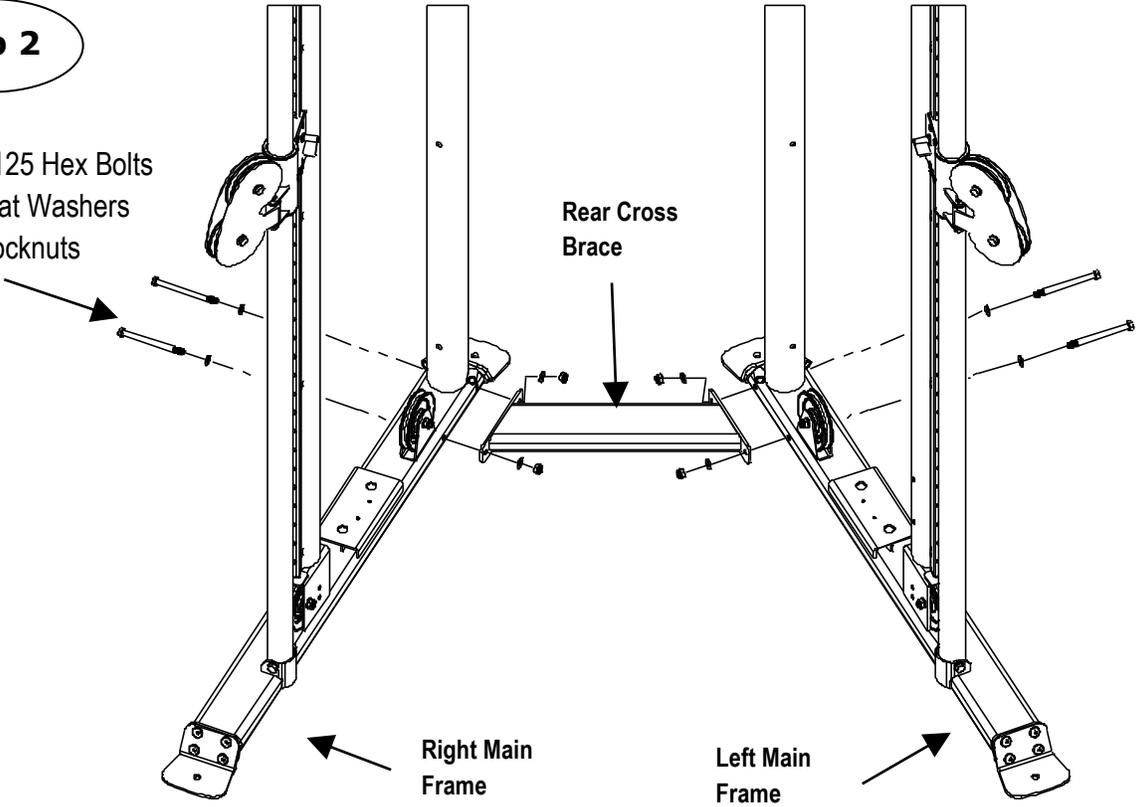
NOTE: Wrench Tighten Now.

Repeat this step for the other Main Frame.

NOTE: Wrench Tighten Now.

Step 2

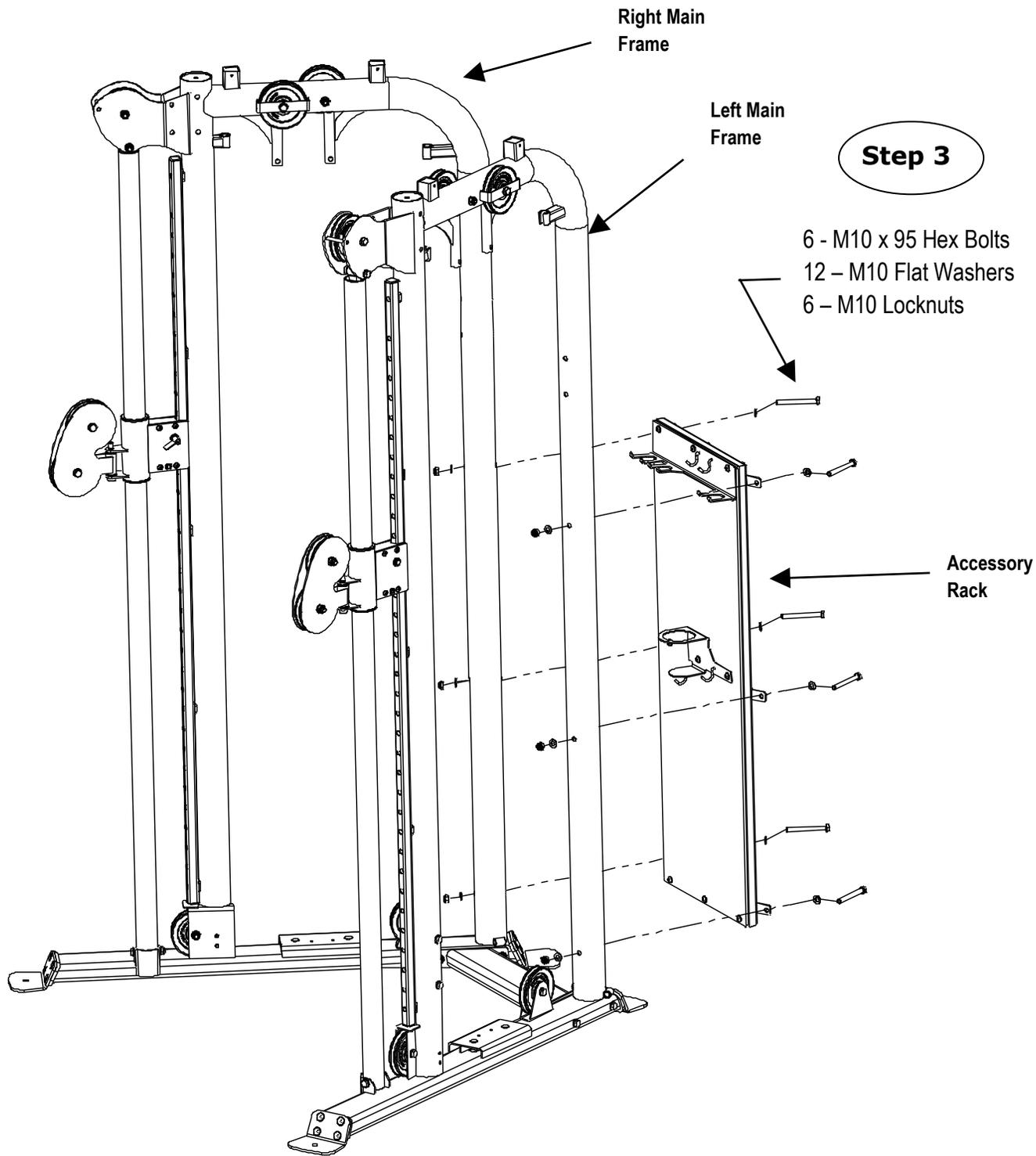
- 4 - M10 x 125 Hex Bolts
- 8 - M10 Flat Washers
- 4 - M10 Locknuts



Step 2: Attach the Right and Left Main Frames to the Rear Cross Brace using:

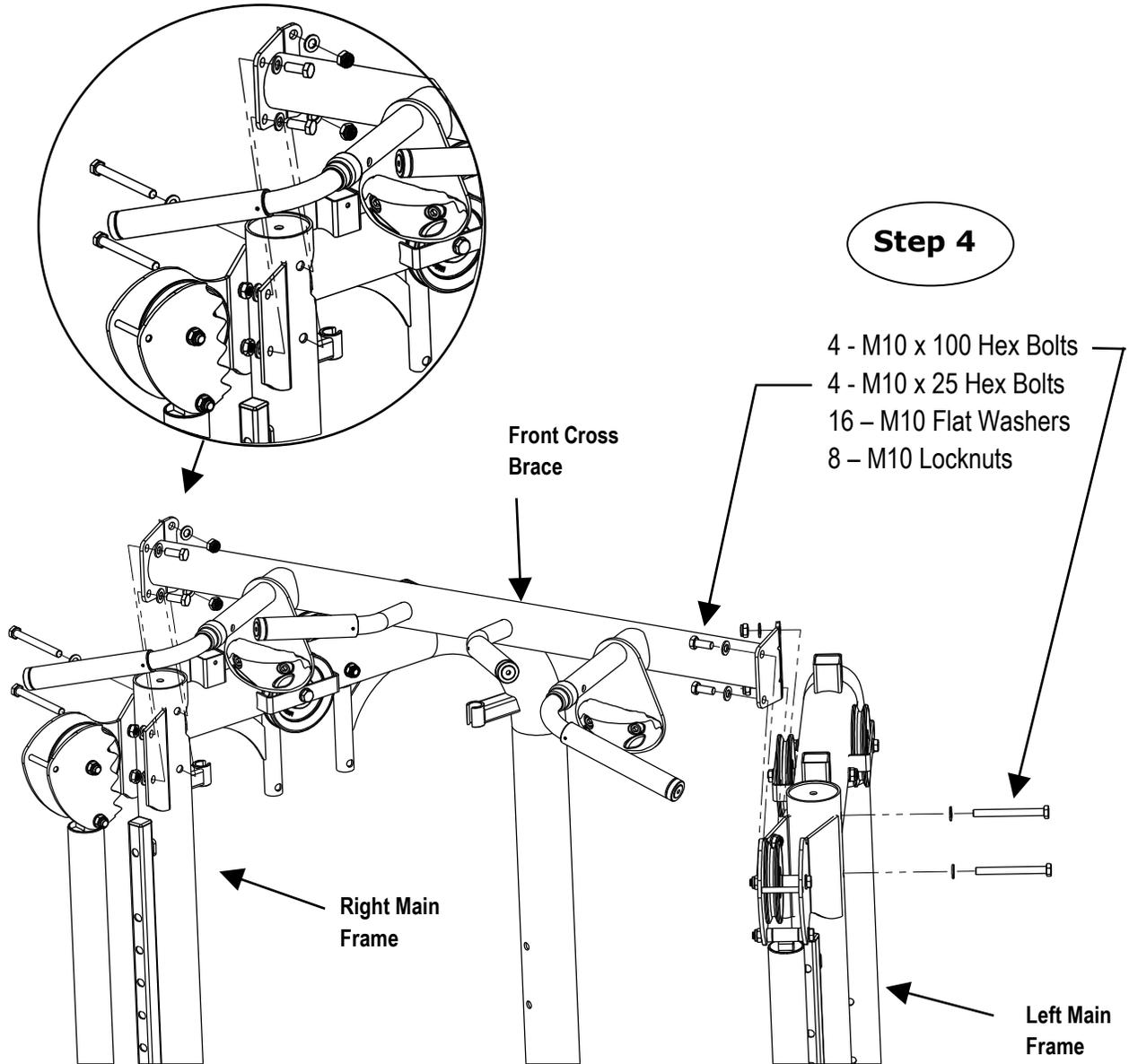
- 4 - M10 x 125 Hex Bolts**
- 8 - M10 Flat Washers**
- 4 - M10 Locknuts**

NOTE: Finger Tighten Now.



Step 3: Attach Accessory Rack to Right and Left Main Frames using: **6 - M10 x 95 Hex Bolts**
12 - M10 Flat Washers
6 - M10 Locknuts

NOTE: Finger Tighten Now.



Step 4: Attach Front Cross Brace to Right and Left Main Frames using: **4 - M10 x 100 Hex Bolts**
4 - M10 x 25 Hex Bolts
16 - M10 Flat Washers
8 - M10 Locknuts

NOTE: Wrench Tighten All Hardware in STEPS 2, 3, and 4 Now.

Step 5

4 - M10 x 45 Hex Bolts
8 - M10 Flat Washers
4 - M10 Locknuts

Weight Stack Pin

NOTE: Make sure the cables are vertical and in line with the upper pulleys.

Adjustable Pulley Assembly

Top Weight/Selector Stem Assembly

Guide Rods

Rubber Donuts

Left Main Frame

Right Main Frame

Bottom of Weight Plate has three feet.

INSTALL WEIGHT STICKERS NOW

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

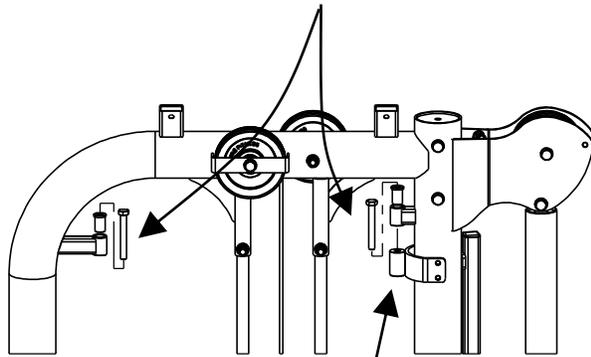
Step 5: Insert two Guide Rods into the holes in the bottom tube of the Main Frame. Carefully tilt the Guide Rods back away from the machine. Slide one Rubber Donut onto each Guide Rod. Slide Twenty Weight Plates onto the Guide Rods. Make sure the recessed area on the front of the weight plate is facing towards the inside of the machine. Screw the Adjustable Pulley Assembly fully into the Top Weight Assembly. Fully tighten the locknut against the Top Weight Selector Stem. Slide Top Weight Assembly onto the Guide Rods. Insert the Guide Rods into the tubes at the top on the Main Frame. Secure the Guide Rods inside the tubes using:

2 - M10 x 45 Hex Bolts
4 - M10 Flat Washers
8 - M10 Locknuts

Repeat this installation process for the other Weight Stack.

Step 6a

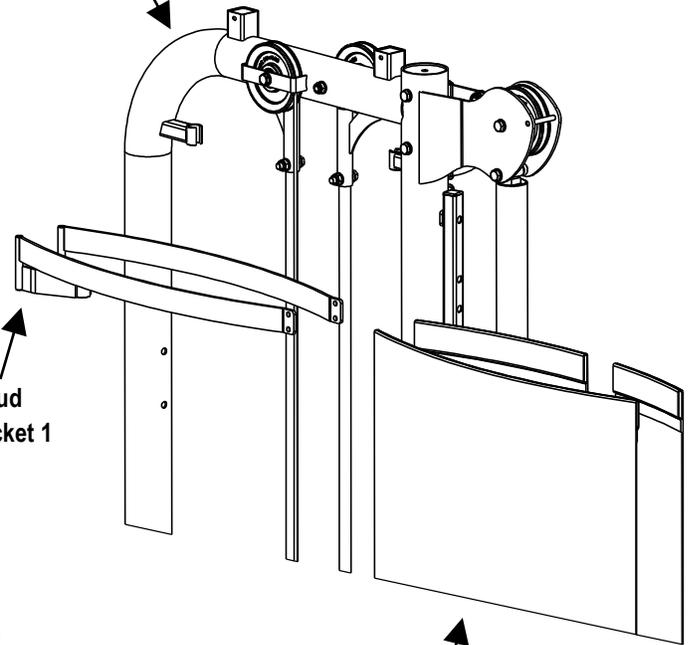
2 - M10 x 75 Hex Bolt
2 - Step Spacer



Upper Shroud
Mount Bracket 2

Right Main
Frame

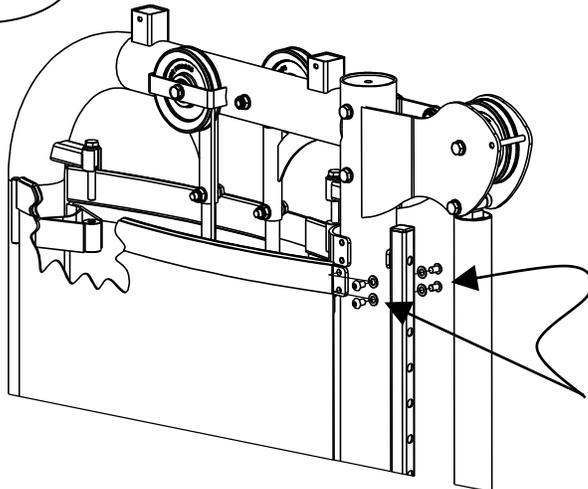
Step 6b



Upper Shroud
Mount Bracket 1

Wide, Medium, and
Narrow Screen Shrouds

Step 6c



4 - M8 x 12 Button Head Bolts
4 - M8 Flat Washers

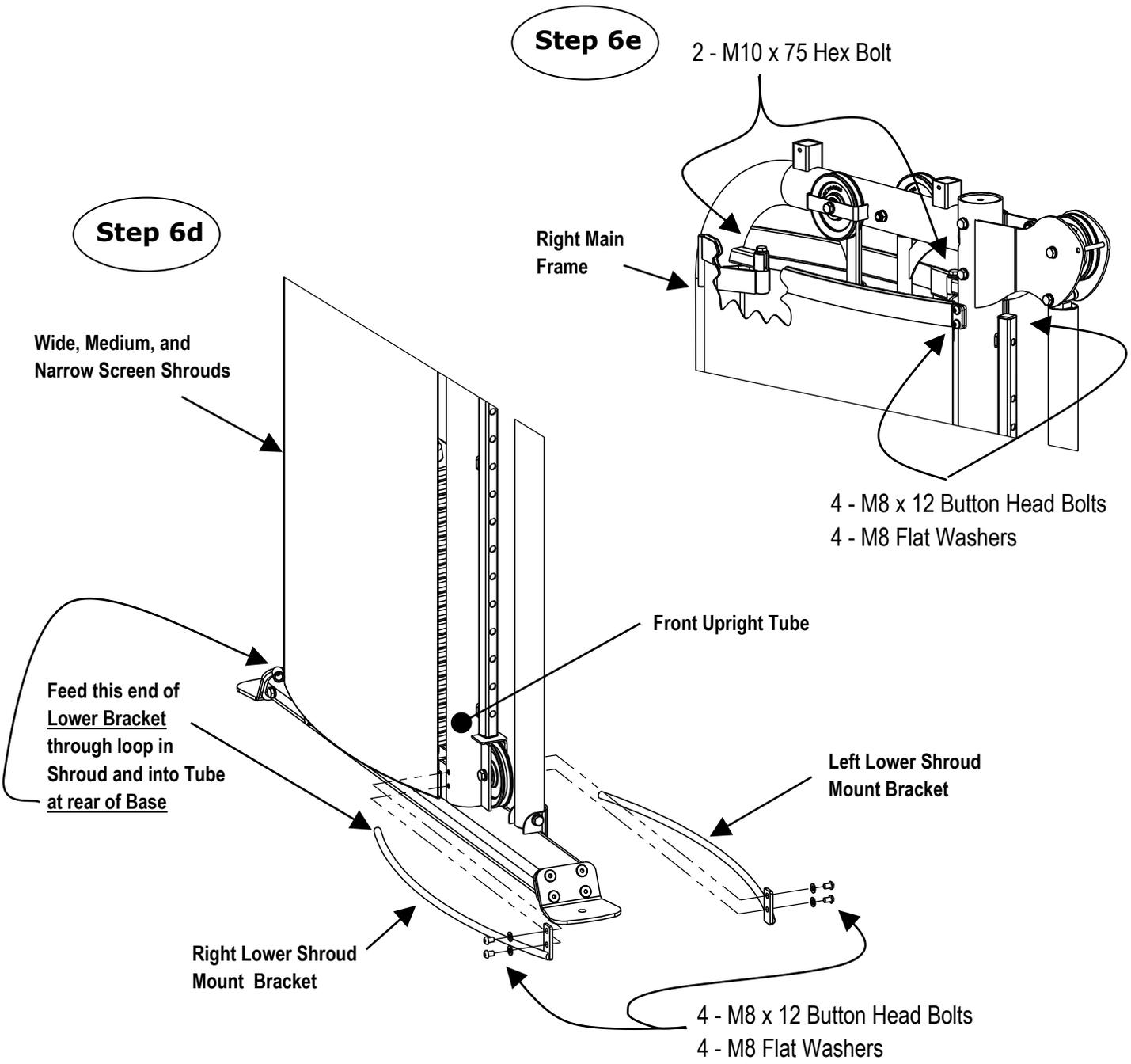
Step 6a: Attach the Upper Shroud Mount Bracket 2 to the Right Main Frame using **1 - M10 x 75 Hex Bolt and 1-Step Spacer**. Screw the Bolt into the Upper Shroud Mount Bracket 2 only 3~5 full turns. Install the other **M10 x 75 Hex Bolt** and **Step Spacer** into the slotted tube on the other side of the frame, ready for the next step.

Step 6b: Slide the Screen Shrouds onto the Upper Shroud Mount Bracket 1 as Shown.

Step 6c: Place the Upper Shroud Mount Bracket 1 with Shrouds around the Weight Stack. Attach the Shroud Mount Bracket 1 to the Main Frame and Upper Shroud Mount Bracket 2 using:

1 - M10 x 75 Hex Bolt
4 - M8 x 12 Button Head Bolt
4 - M8 Flat Washers.

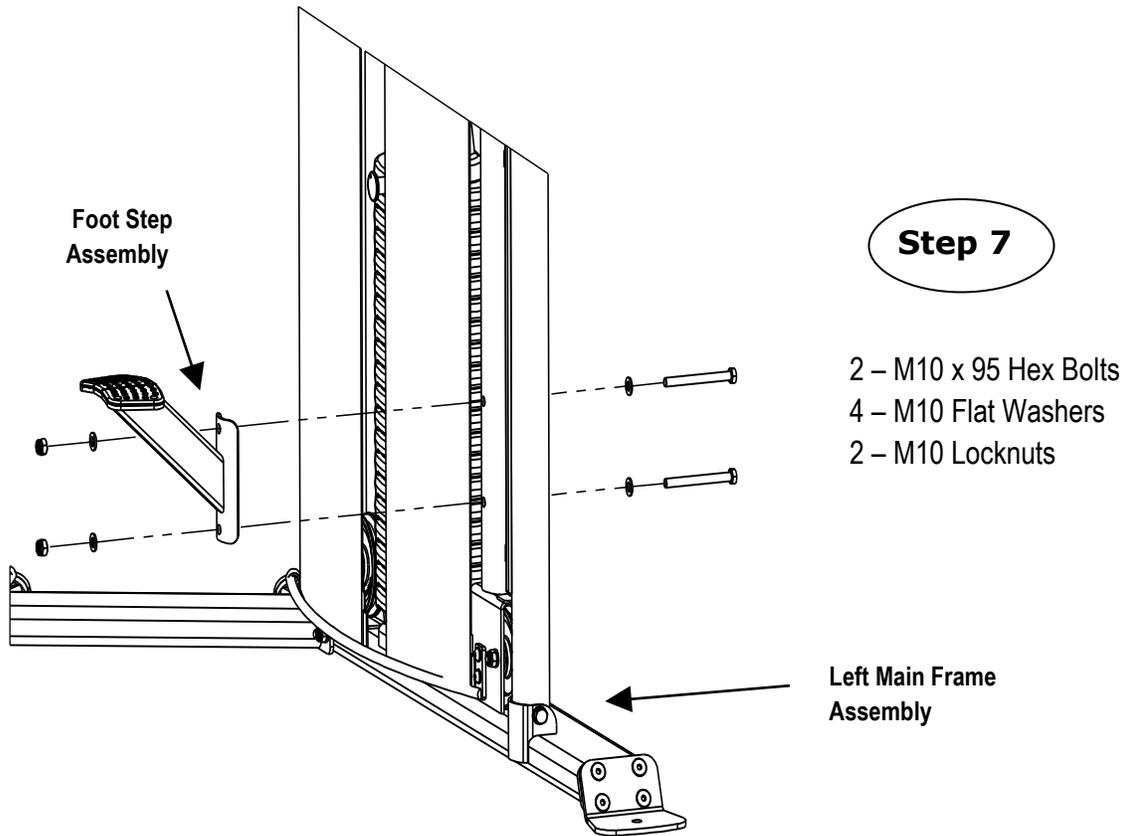
Only Tighten the Hex Bolt 3~5 Full turns now.
Finger Tighten the M8 Button Head Bolts.



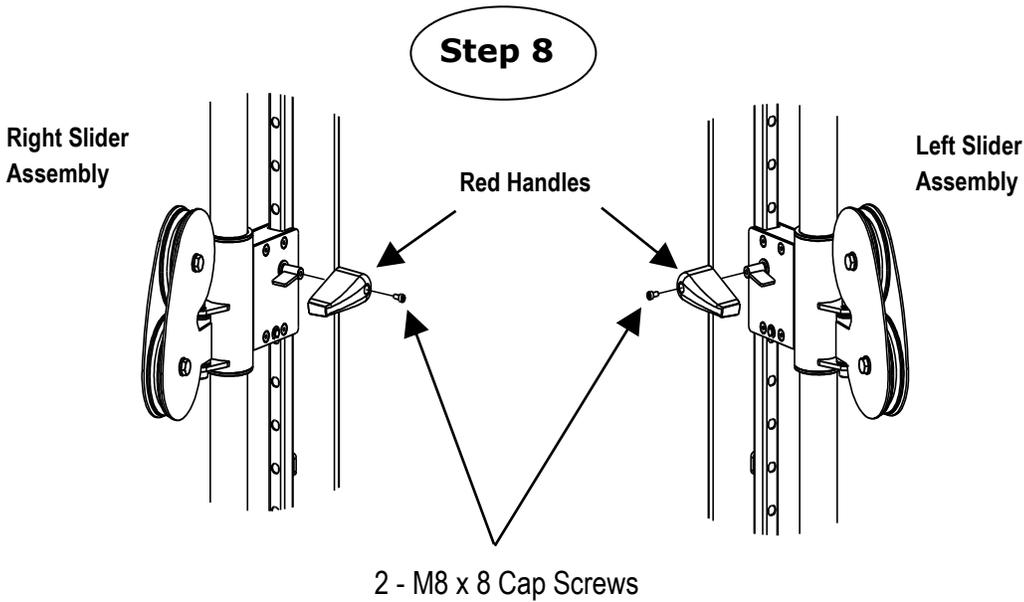
Step 6d: Slide the Lower Shroud Mount Brackets into the openings at the bottom of the Screen Shrouds as shown. Insert the ends of the Lower Shroud Mount Brackets into the tube at the rear of the Base. Attach the front plates of the Lower Shroud Mount Brackets to the Front Upright Tube using:

4 - M8 x 12 Button Head Bolts
4 - M8 flat Washers

Step 6e: Tighten the Button Head Bolts that connect the Upper Shroud Mount Brackets 1 and 2. Tighten the Screen Shroud by tightening the two M10 x75 Hex Bolts. Turn one bolt about 2 full turns, then turn the other bolt the same. Alternate between tightening each bolt until Screen Shroud is tight.



- 2 – M10 x 95 Hex Bolts
- 4 – M10 Flat Washers
- 2 – M10 Locknuts



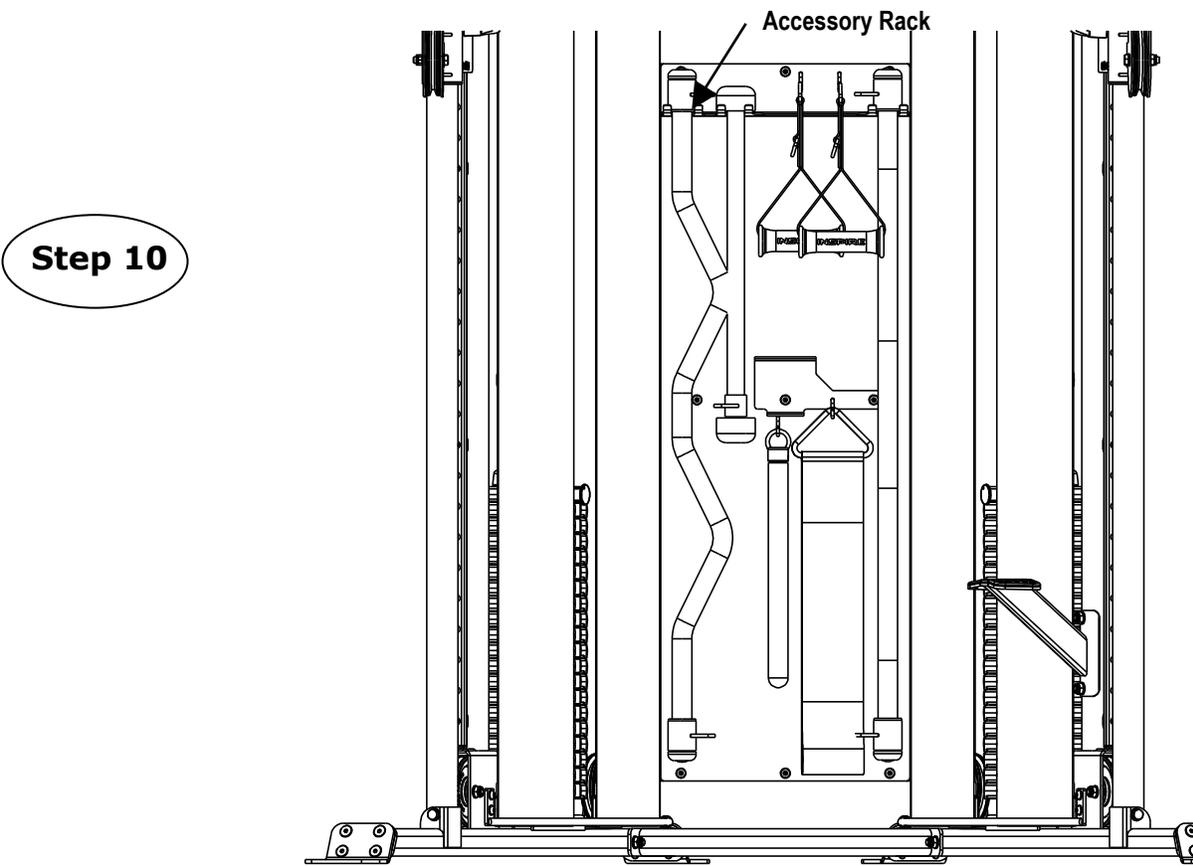
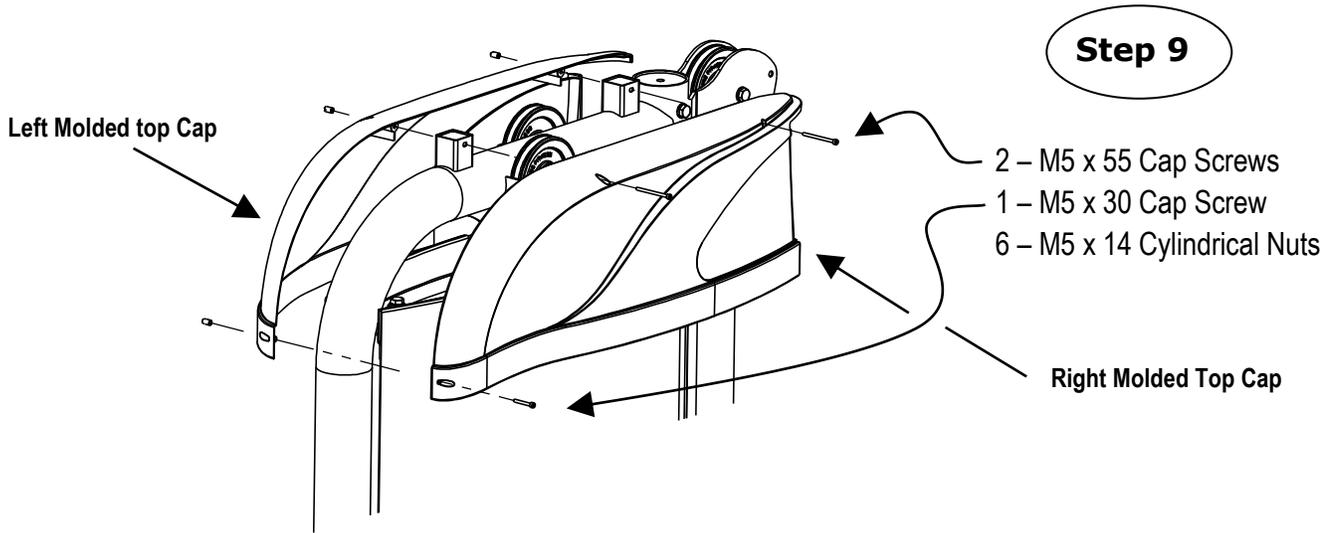
- 2 - M8 x 8 Cap Screws

Step 7: Attach the Foot Step Assembly to the Front Upright Tube of the Left Main Frame Assembly using:

- 2 – M10 x 95 Hex Bolts**
- 4 – M10 Flat Washers**
- 2 – M10 Locknuts**

Step 8: Attach the two Red Handles to the Slider Assemblies use:

- 2 – M5 x 8 Cap Screws**



Step 9: Align the two halves of the Molded Top Cap and attach them to the Main Frame Assembly using:

- 2 – M5 x 55 Cap Screws**
- 1 – M5 x 30 Cap Screw**
- 3 – M5 x 14 Cylinder Nuts**

Repeat Step 9 for the other Molded Top Cap.

Step 10: Attach the Accessories to the Accessory Rack in the locations shown on the Accessory Rack.

DECAL REFERENCE

NOTICE				
MAINTENANCE SCHEDULE	DAILY	WEEKLY	MONTHLY	YEARLY
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 Part.				X

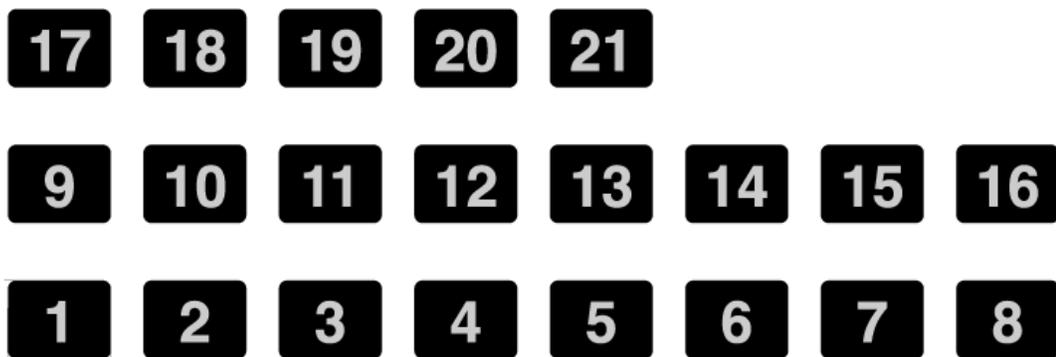
INSPIRE™
 BY HEALTH IN MOTION LLC
 877-738-1729
www.inspirefitness.net
 Serial # 4-05-05-00001

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; 8,870,718.

⚠ WARNING

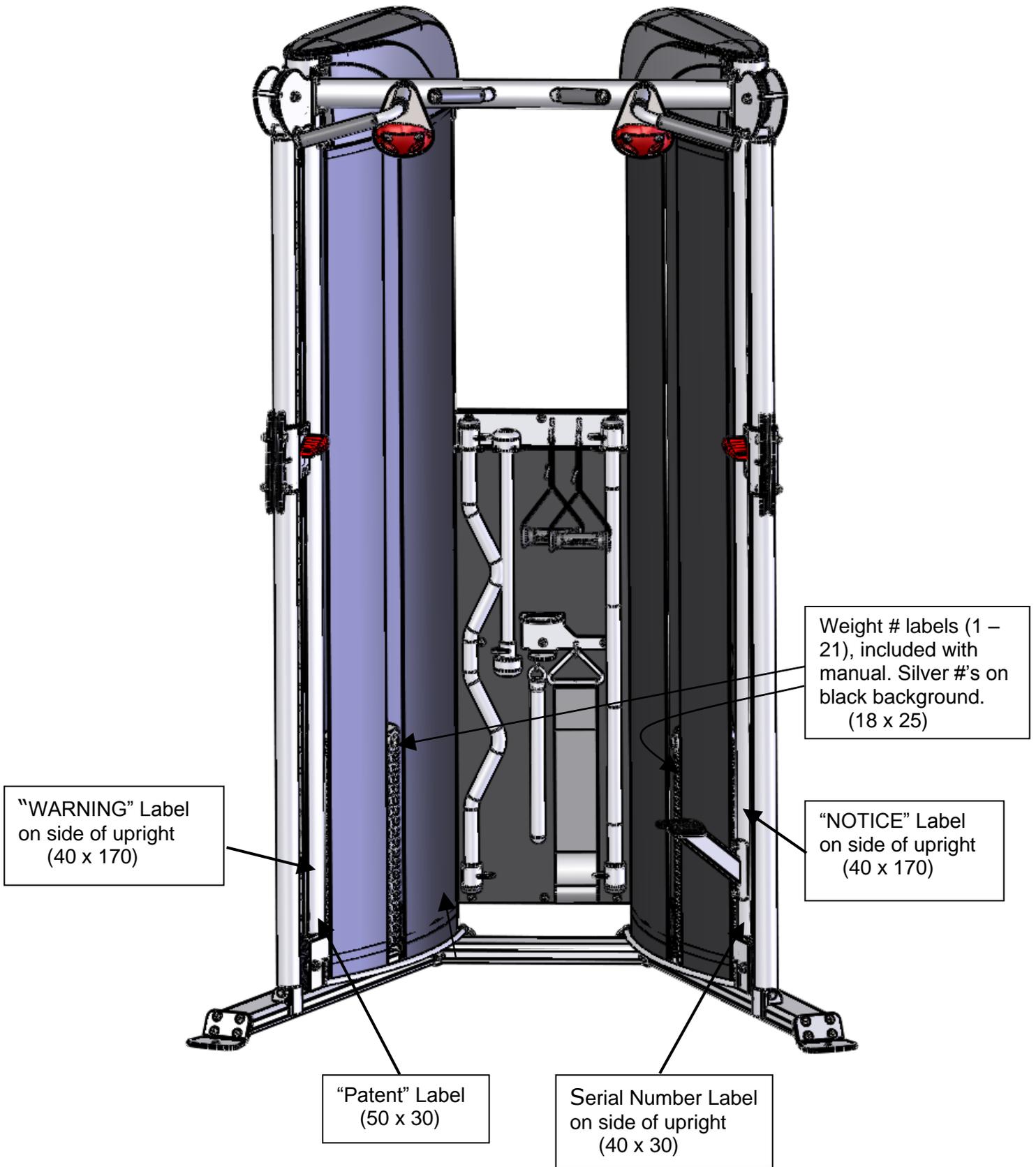
USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

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



25 mm

DECAL PLACEMENT



ACCESSORIES

- Revolving Straight Bar
- Revolving EZ Curl Bar
- Sports Handle
- Exercise Rope
- "D" Strap Handles (2)
- Chin Up Strap

Training Tips

CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

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

GENERAL MAINTENANCE INFORMATION

- Periodically inspect the cables for splitting, cracking or fraying. Also, watch for bulging or flat areas in the cable.
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect snap links, swivels, handles and weight stack pin for wear or damage. If wear or damage exists, replace immediately.
- Locate and familiarize yourself with all warning decals on the machine.
- 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.

TENANCE SCHEDULE

ROUTINE	COMMERCIAL/ LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	ENTRY DATE						
Inspect: Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins.	DAILY	WEEKLY							
Clean: Upholstery.	DAILY	WEEKLY							
Inspect: Cables and their Fittings for wear or looseness.	DAILY	WEEKLY							
Inspect: Tautness of all Shrouds.	DAILY	WEEKLY							
Inspect: Accessory Bars and Handles.	WEEKLY	3 MONTHS							
Inspect: All Decals.	WEEKLY	3 MONTHS							
Inspect: All Nuts and Bolts. Tighten if Needed.	WEEKLY	3 MONTHS							
Inspect: Anti-Skid surfaces.	WEEKLY	3 MONTHS							
Clean and Lubricate: Guide Rods with a Teflon based lubricant.	WEEKLY	3 MONTHS							
Lubricate: Seat Sleeves, all Plastic Slides, and Linear Bearings.	WEEKLY	3 MONTHS							
Clean and Wax: All Glossy Finishes.	6 MONTHS	YEARLY							
Replace: Cables, Belts, and Connecting Parts.	YEARLY	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.

COMMERCIAL USE:

LIMITED LIFETIME FRAME:

Includes Frame and Welds

1 YEAR PARTS:

Includes Upholstery, Cables, Hardware etc.

5 YEAR MOVING PARTS:

Includes Pulleys, Bearings, etc.

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

Refer to your Owner's Manual or consult with your fitness product dealer to establish if a Product is made for consumer, light-commercial, or 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 commercial, 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 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.com

Conditions and Exceptions.

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

Disclaimer

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