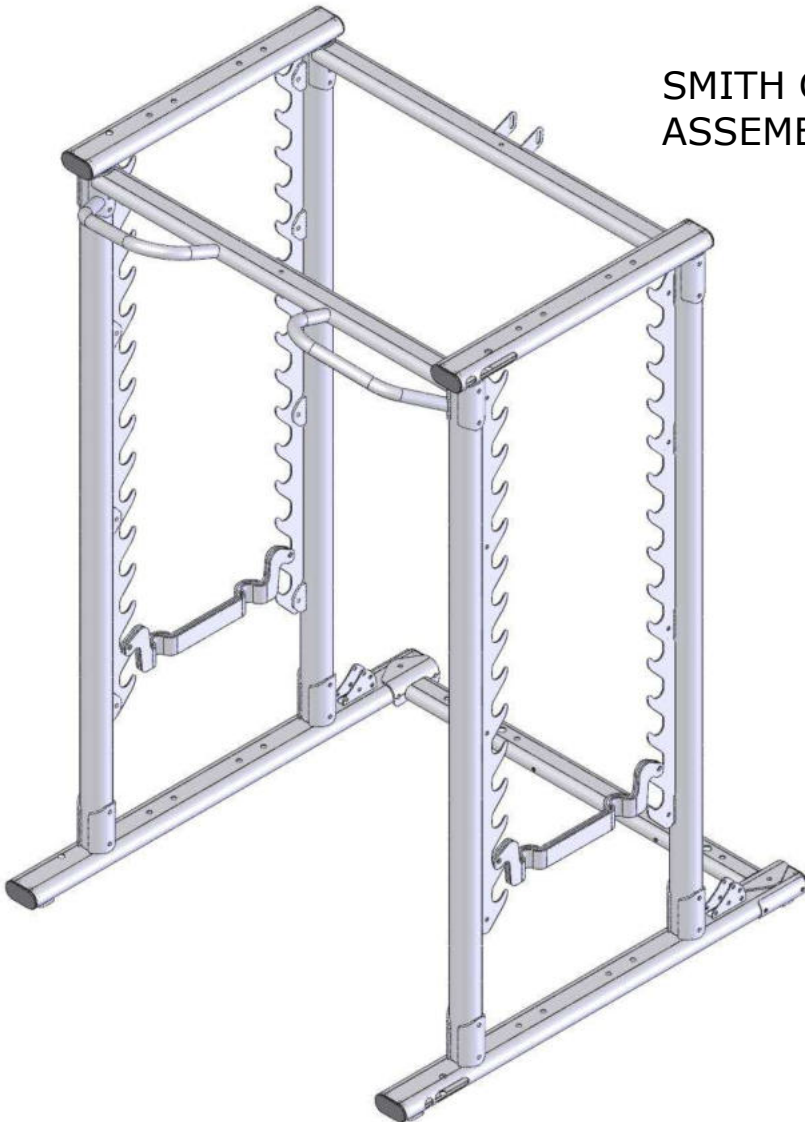


SCS-002

INSPIRE

SMITH CAGE MAIN FRAME
ASSEMBLY AND OPERATION MANUAL



- * USE THIS MANUAL IF YOU ARE ASSEMBLING ONLY THE SCS-002.**
- * DO NOT USE THIS MANUAL IF YOU ARE ASSEMBLING THE SCS-002 WITH SCS-202. USE ONLY THE SCS-202 MANUAL TO AVOID HAVING TO REMOVE PREVIOUSLY INSTALLED PARTS.**

RECORD SERIAL NUMBER HERE

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. This Smith Cage System by Inspire Fitness offers the key to unlocking your body's potential. Regular strength training 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 SMITH CAGE SYSTEM

CAUTION: Two people are required to assemble the Smith Cage System to ensure that parts do not fall that could result in injury to the persons assembling the gym.

IMPORTANT: Read this entire manual before attempting to build or use this equipment. 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 Smith Cage System for replacement parts. Or, call Inspire Fitness at 877-738-1729.

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

This Smith Cage System is intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Rust could form on certain parts, including guide rods, in a humid environment resulting in impaired function.

Service of your Smith Cage System should only be performed by an authorized Inspire Fitness 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

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IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this Smith Cage System.

- **WARNING!** It is necessary to inspect this Smith Cage System 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 and connections to accessories. See General Maintenance section for complete details.
- Use this Smith Cage System for its intended purpose as described in this Operation Manual or the exercise chart. Do not use attachments not recommended by the manufacturer.
- Make sure bystanders are at least 5 feet away from the Smith Cage System while it is in use.
- Keep children off the Smith Cage System at all times.
- Keep the Smith Cage System 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 Fitness strongly recommends consulting your doctor before starting an exercise program.

TOOLS REQUIRED FOR ASSEMBLY

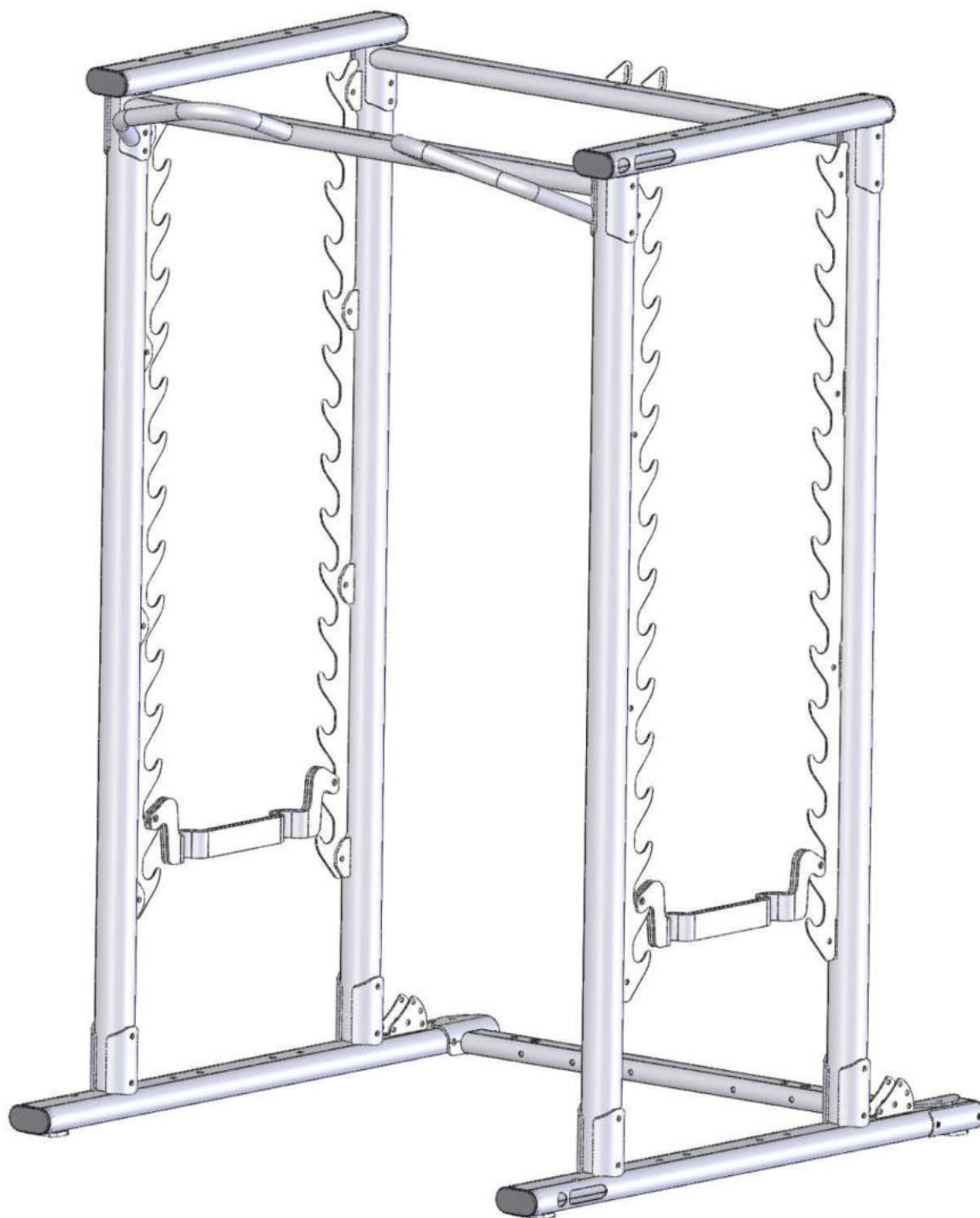
- Metric socket set (including 16mm, 17mm, 18mm, and 19mm sockets)
- Metric Wrenches – 16mm, 17mm, 18mm, 19mm
- Metric Tape Measure
- Rubber Mallet
- Adjustable Wrench

PARTS & HARDWARE LIST

Item	Parts Description SCS-002 Box	Qty	Evs Code
1	Main Upright	4	
2	Base Beam, Left	1	
3	Base Beam, Right	1	
4	Weight Stack Mount	1	
5	Base Beam Bracket	2	
6	Top Beam, Right	1	
7	Top Beam, Left	1	
8	Pull-Up Cross Brace	1	
9	Rear Cross Brace	1	
10	Weight Racks	4	
11	Plastic End Caps	8	
12	Safety Bars	2	
13	Touch-up Paint	1	

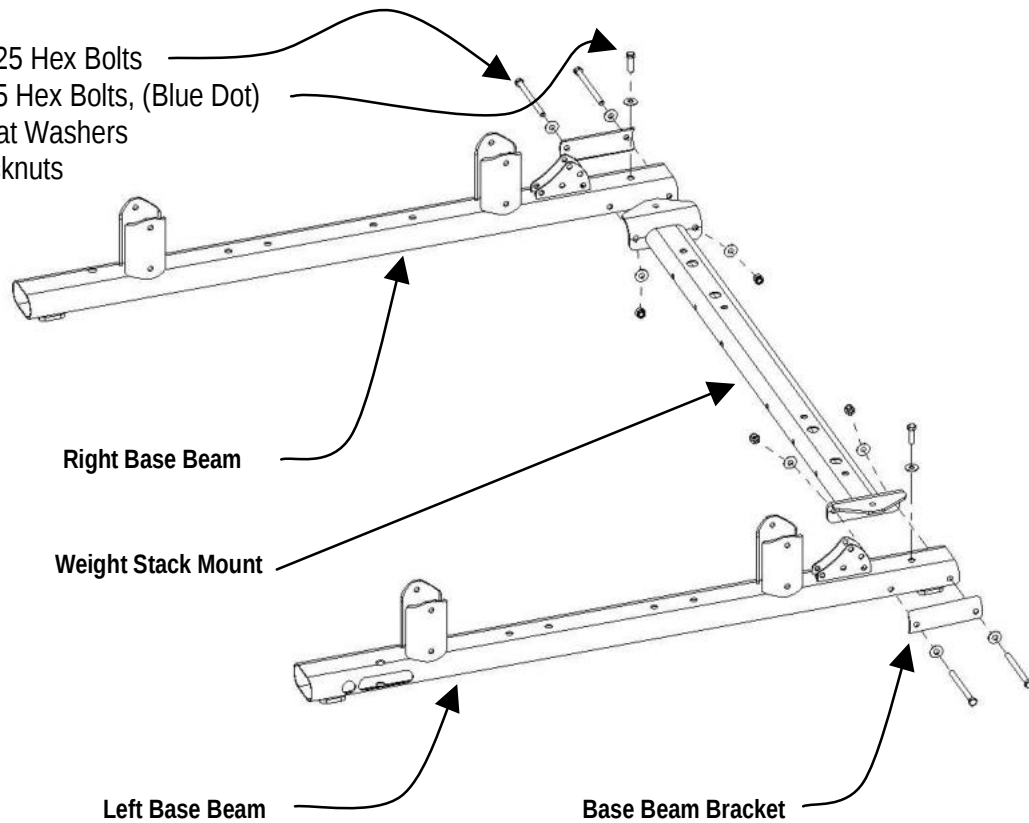
Item	Hardware in SCS-002 Box	Qty	Evs Code
1	Bolt, M8 x 20	4	
2	Bolt, M10 x 25 (Blue dot)	2	
3	Bolt, M10 x 25	16	
4	Bolt, M10 x 100 (Blue dot)	4	
5	Bolt, M10 x 105	12	
6	Bolt, M10 x 110	8	
7	Bolt, M10 x 125	4	
8	M8 Washer	4	
9	M10 Washer	70	
10	M10 Locknut	32	

ASSEMBLY INSTRUCTIONS



Step 1

- 4 - M10 x 125 Hex Bolts
- 2 - M10 x 25 Hex Bolts, (Blue Dot)
- 10 - M10 Flat Washers
- 4 - M10 Locknuts

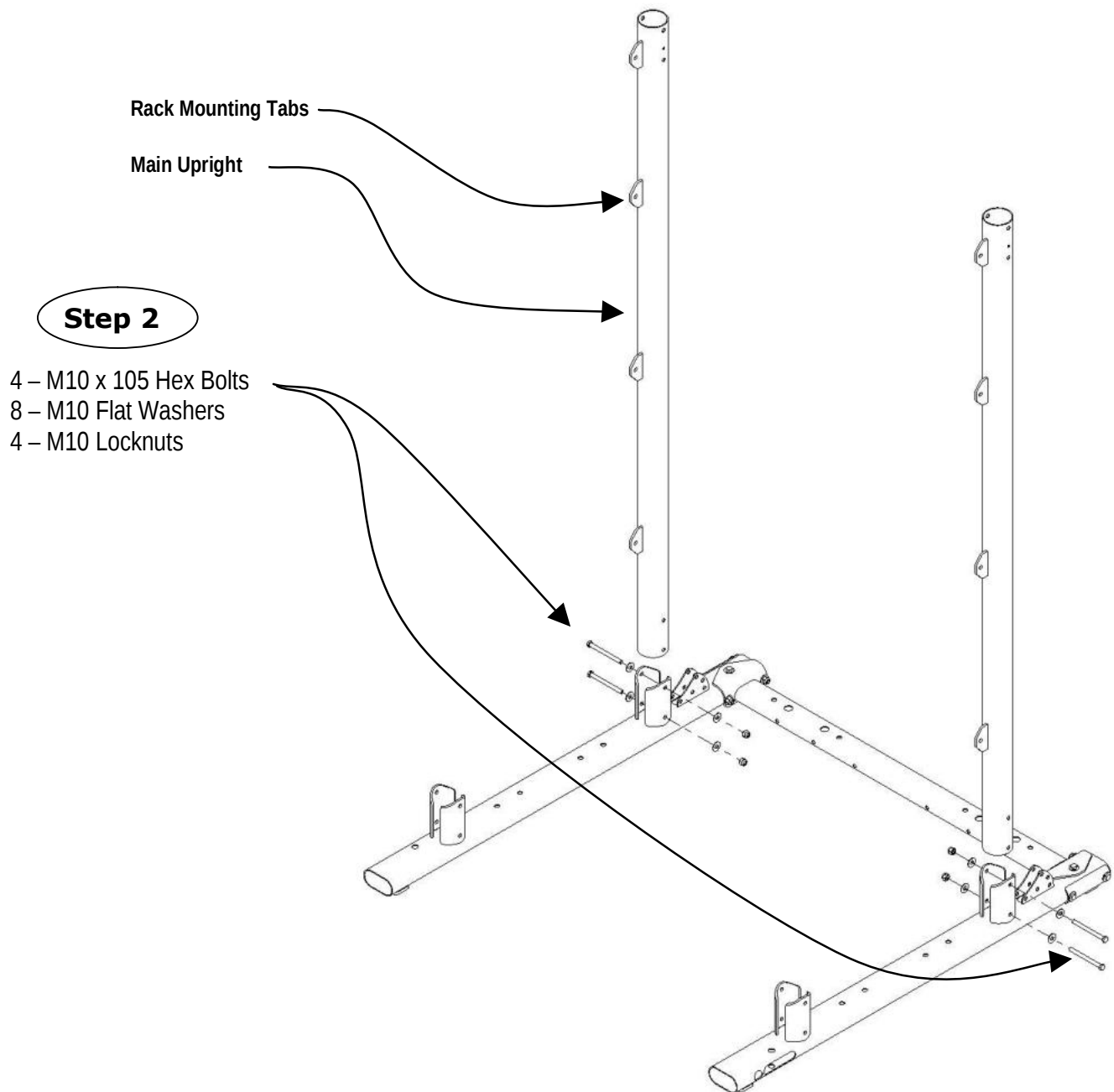


Step 1: Attach the Right Base Beam, Left Base Beam, Weight Stack Mount, and two Base Beam Brackets using:

Four (M10 x 125 Hex Bolts)
Two (M10 x 25 Hex Bolt With Blue Dot)
Ten (M10 Flat Washers)
Four (M10 Locknuts)

Note: “(Blue Dot)” means there is a blue dot of thread locking compound on the bolt thread.

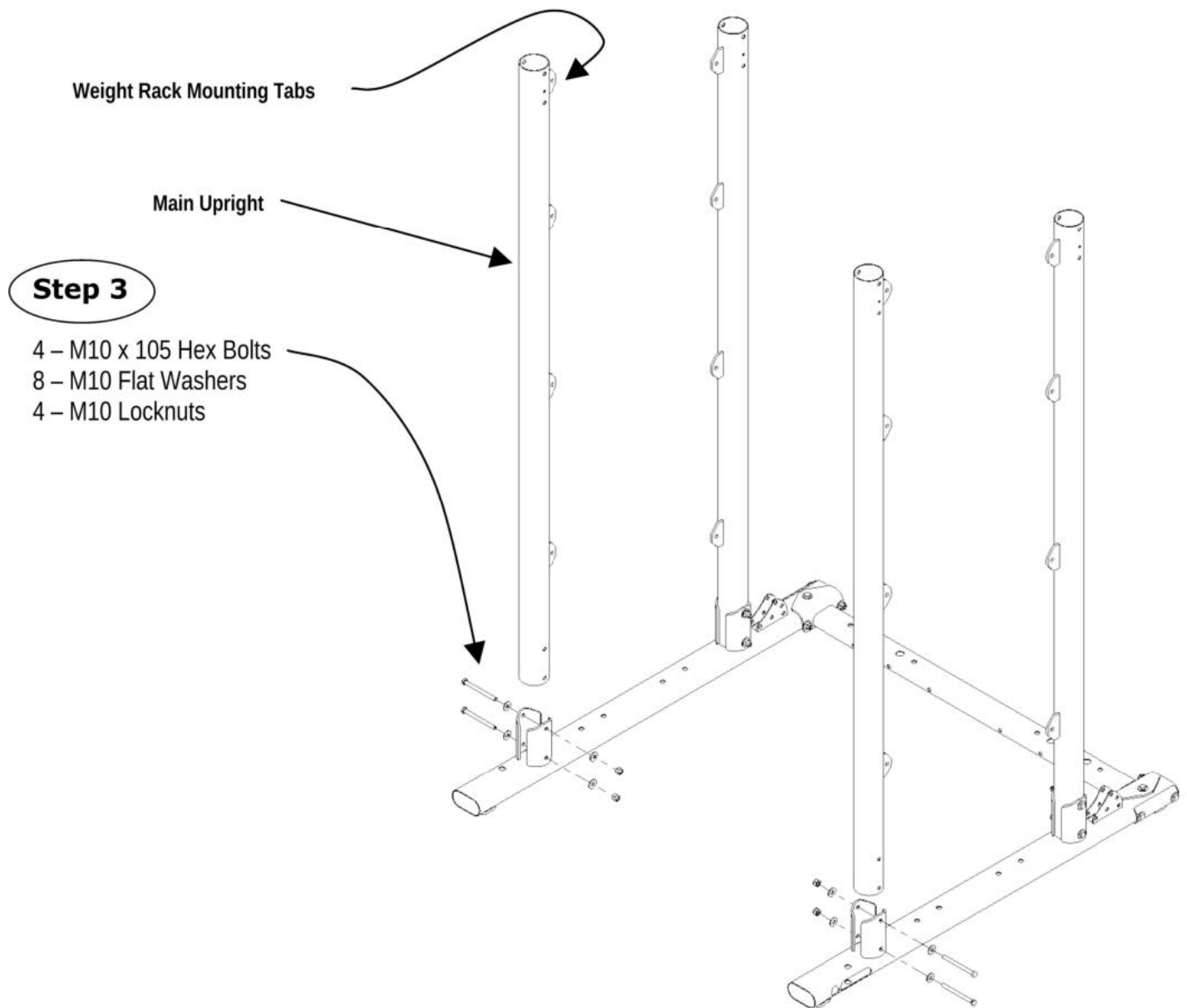
(Finger Tighten Only)



Step 2: Attach two Main Uprights to the rear of the Left and Right Base Beams (orient all Uprights with the four Weight Rack Mounting tabs toward the middle of the machine and near the top) using:

(Finger Tighten Only)

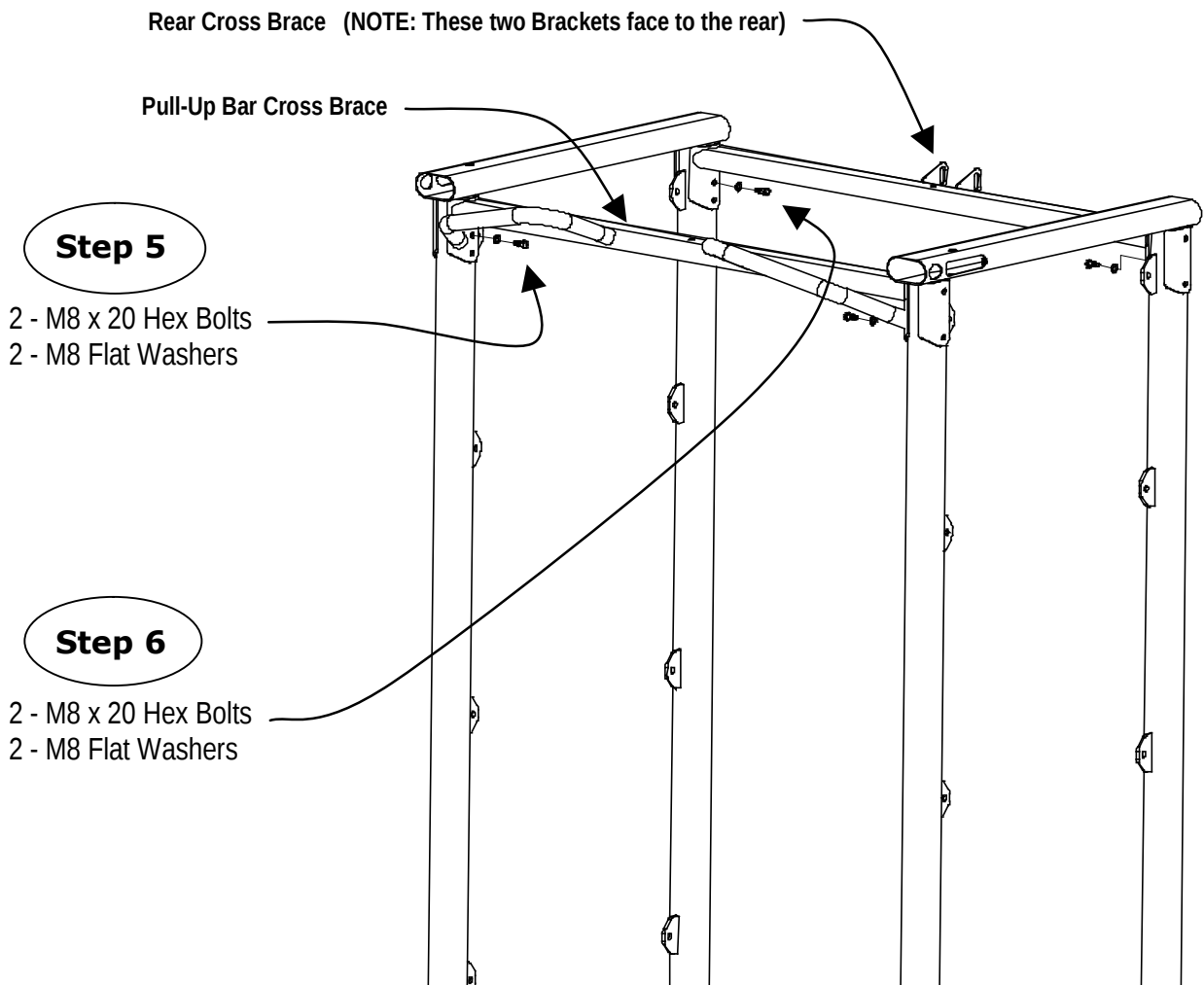
**Four (M10 x 105 Hex Bolts)
Eight (M10 Flat Washers)
Four (M10 Locknuts)**



Step 3: Attach two Main Uprights to the front of the Left and Right Base Beams (orient all Uprights with the four Weight Rack mounting tabs toward the middle of the machine and near the top) using:

(Finger Tighten Only)

**Four (M10 x 105 Hex Bolts)
Eight (M10 Flat Washers)
Four (M10 Locknuts)**



Step 4: This step has been deleted.

Step 5: Attach the Rear Cross Brace to the top of the Rear Main Uprights using:

Two (M8 x 20 Hex Bolts)
Two (M8 Flat Washers)

(Finger Tighten Only)

Step 6: Attach the Pull-Up Bar Cross Brace to the top of the front Main Uprights using:

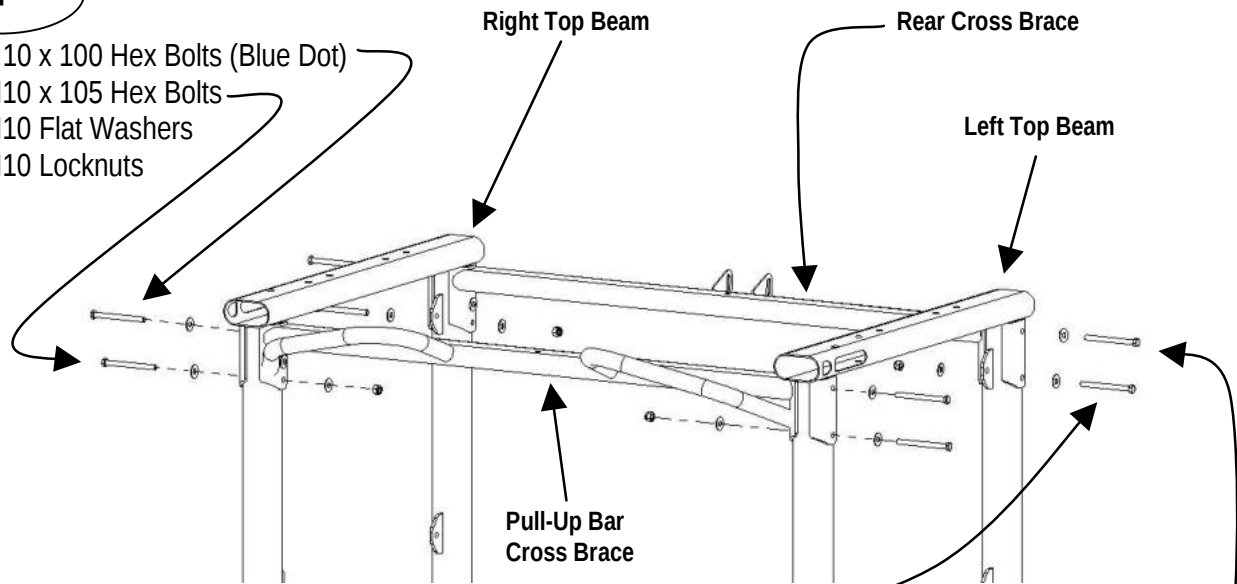
Two (M8 x 20 Hex Bolts)
Two (M8 Flat Washers)

Assure the two tabs in the center of the Rear Cross Brace are facing towards the back of the machine.

(Finger Tighten Only)

Step 7

- 2 – M10 x 100 Hex Bolts (Blue Dot)
- 2 – M10 x 105 Hex Bolts
- 6 – M10 Flat Washers
- 2 – M10 Locknuts



Step 8

- 2 – M10 x 100 Hex Bolts (Blue Dot)
- 2 – M10 x 105 Hex Bolts
- 6 – M10 Flat Washers
- 2 – M10 Lock Nuts

Step 7: Attach the Right Top Beam to the Main Uprights and secure it to the Pull-Up Cross Brace and the Rear Cross Brace. The "Blue Dot Bolts" are used in the top positions, using:

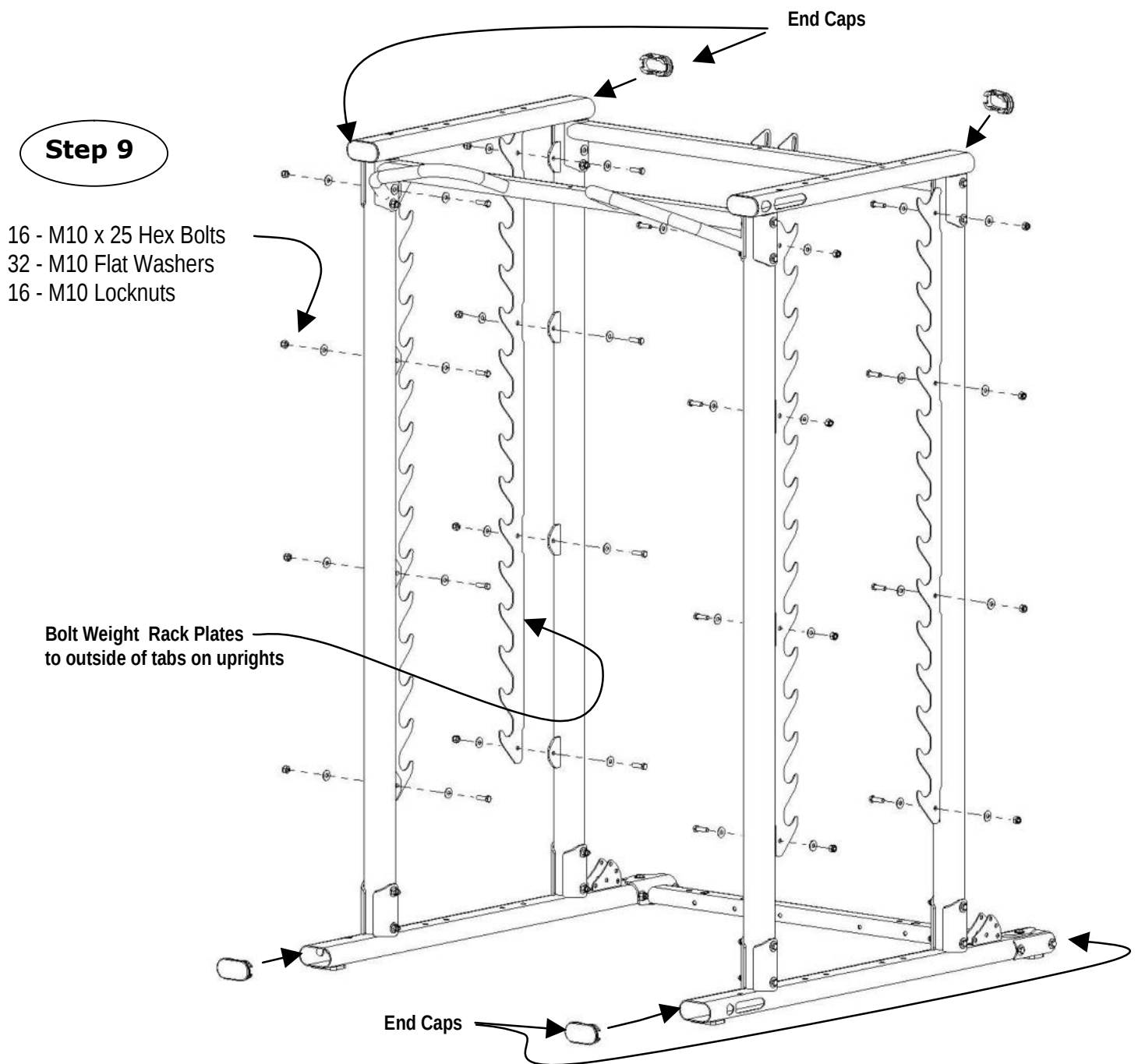
Two (M10 x 100 Hex Bolts with Blue Dot)
Two (M10 x 105 Hex Bolts)
Six (M10 Flat Washers)
Two (M10 Locknuts)

(Finger Tighten Only)

Step 8: Attach the Left Top Beam to the Main Uprights and secure it to the Pull-Up Cross Brace and the Rear Cross Brace. The "Blue Dot Bolts" are used in the top positions, using:

Two (M10 Hex Bolts with Blue Dot)
Two (M10 x 105 Hex Bolts)
Six (M10 Flat Washers)
Two (M10 Locknuts)

(Wrench Tighten Steps 1 Through 8 Now)



Step 9: Attach the four Weight Rack Plates onto the outer sides of the mounting tabs on the Main Uprights with the "Hooks" pointing up using:

**Sixteen (M10 x 25 Hex Bolts)
Thirty Two (M10 Flat Washers)
Sixteen (M10 Locknuts)**

Install the eight End Caps into the front and back of the Top and Base Beams.

(Wrench Tighten Now)

EXPLODED VIEW

Exploded View not available at this time.

Please contact customer service at 1-877-738-1728 for assistance or a copy.

DECAL REFERENCE

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

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.

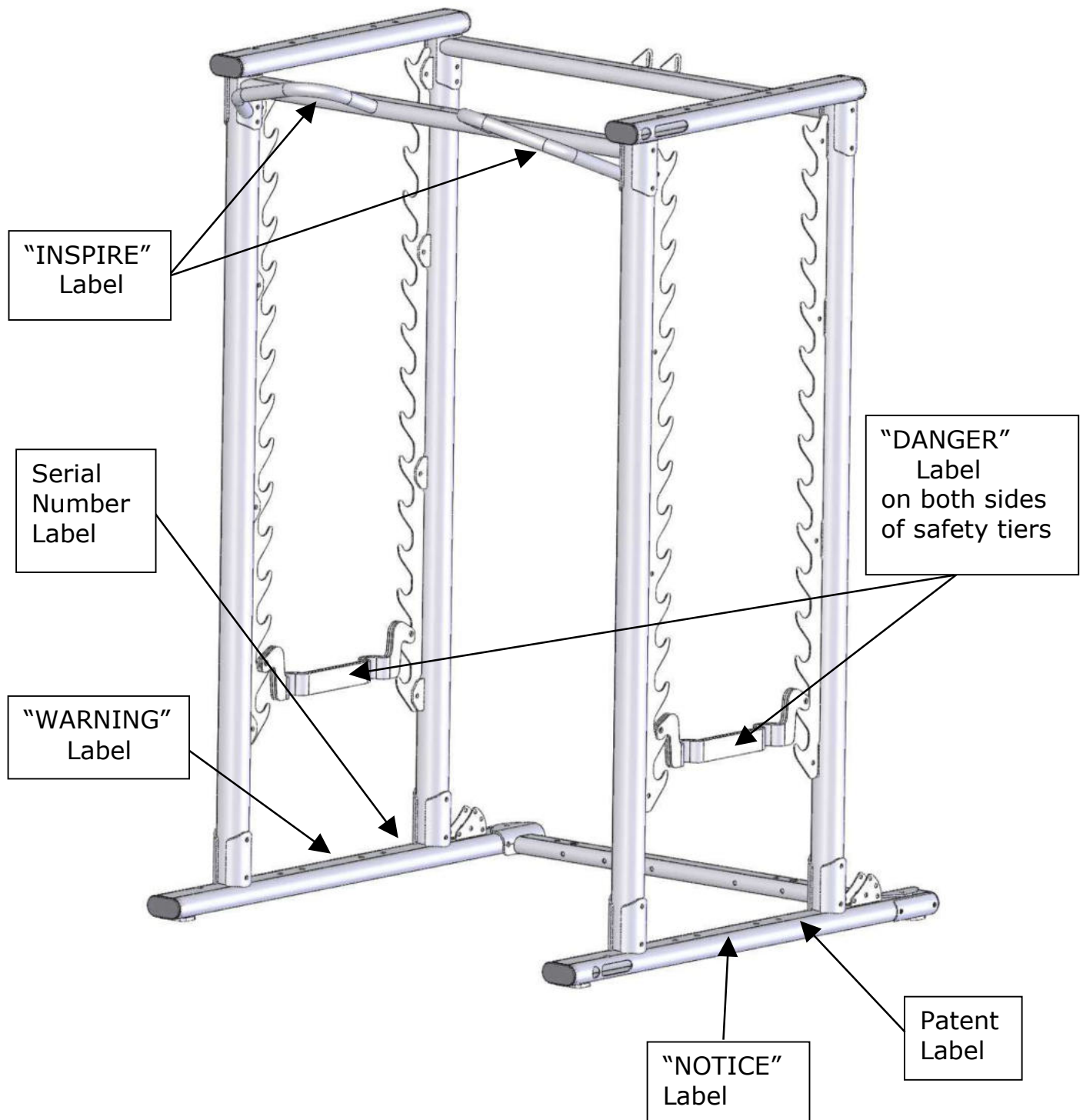
WARNING

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.

INSPIRE

DECAL PLACEMENT



Smith Cage System **OPTIONS**

- SCS-102 (SMITH MACHINE OPTION)
- SCS-202 (CABLE COLUMN OPTION)
- Two Heavy Stacks (50lbs. each) TO BE USED WITH SCS-202 OPTION ONLY
- Ab Crunch Bar TO BE USED WITH SCS-202 OPTION ONLY

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

THOUGH THE SMITH CAGE IS VIRTUALLY MAINTENANCE FREE, YOU MUST ADHERE TO THE FOLLOWING WARNINGS AND MAINTENANCE SCHEDULE:

Warning:

- Regularly inspect product for loose or damaged hardware. Replace damaged parts or hardware immediately.
- Do not use or store equipment outdoors.
- Locate and familiarize yourself with all warning decals.

MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	ENTRY DATE										
Inspect: All Nuts and Bolts. Tighten if Needed	3 Months											
Inspect: All Decals	3 Months											
Clean and Wax: All Glossy Surfaces	Yearly											

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 you 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

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.

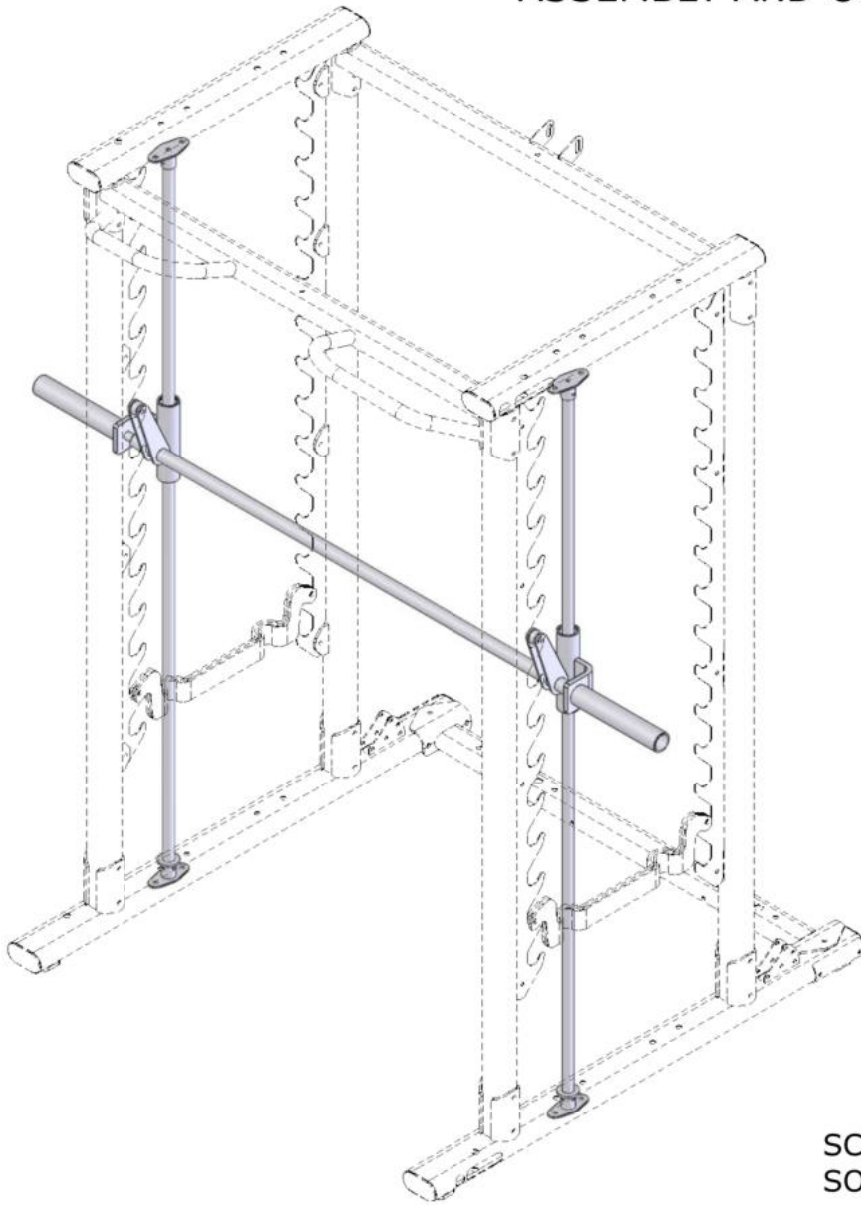
Disclaimer

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.

SCS-102

INSPIRE

SMITH CAGE SYSTEM OPTION-1 ASSEMBLY AND OPERATION MANUAL



SCS-002 SMITH CAGE
SOLD SEPARATELY

RECORD SERIAL NUMBER HERE

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. This Smith Cage System Option-1 by Inspire Fitness offers the key to unlocking your body's potential. Regular strength training 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

CAUTION: Two people are required to assemble the Smith Cage System Option-1 to ensure that parts do not fall that could result in injury to the persons assembling the gym.

IMPORTANT: Read this entire manual before attempting to build or use this equipment. 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 Smith Cage System for replacement parts. Or, call Inspire Fitness at 877-738-1729.

Make sure that adequate room has been cleared before attempting to build your Smith Cage System Option-1. A rubber mat is recommended for use under your Smith Cage System to protect wood flooring or carpeting from damage during assembly and usage.

The Smith Cage System is intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Rust could form on certain parts, including linear bearing shafts, in a humid environment resulting in impaired function.

Service of your Smith Cage System should only be performed by an authorized Inspire Fitness 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
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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 Smith Cage System Option-1.

- **WARNING!** It is necessary to inspect this Smith Cage System Option-1 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. See General Maintenance section for complete details.
- Use this Smith Cage System Option-1 for its intended purpose as described in this Operation Manual or the exercise chart. Do not use attachments not recommended by the manufacturer.
- Make sure bystanders are at least 5 feet away from the Smith Cage System Option-1 while it is in use.
- Keep children away from the Smith Cage System Option-1 at all times.
- Keep the Smith Cage System Option-1 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 Fitness strongly recommends consulting your doctor before starting an exercise program.

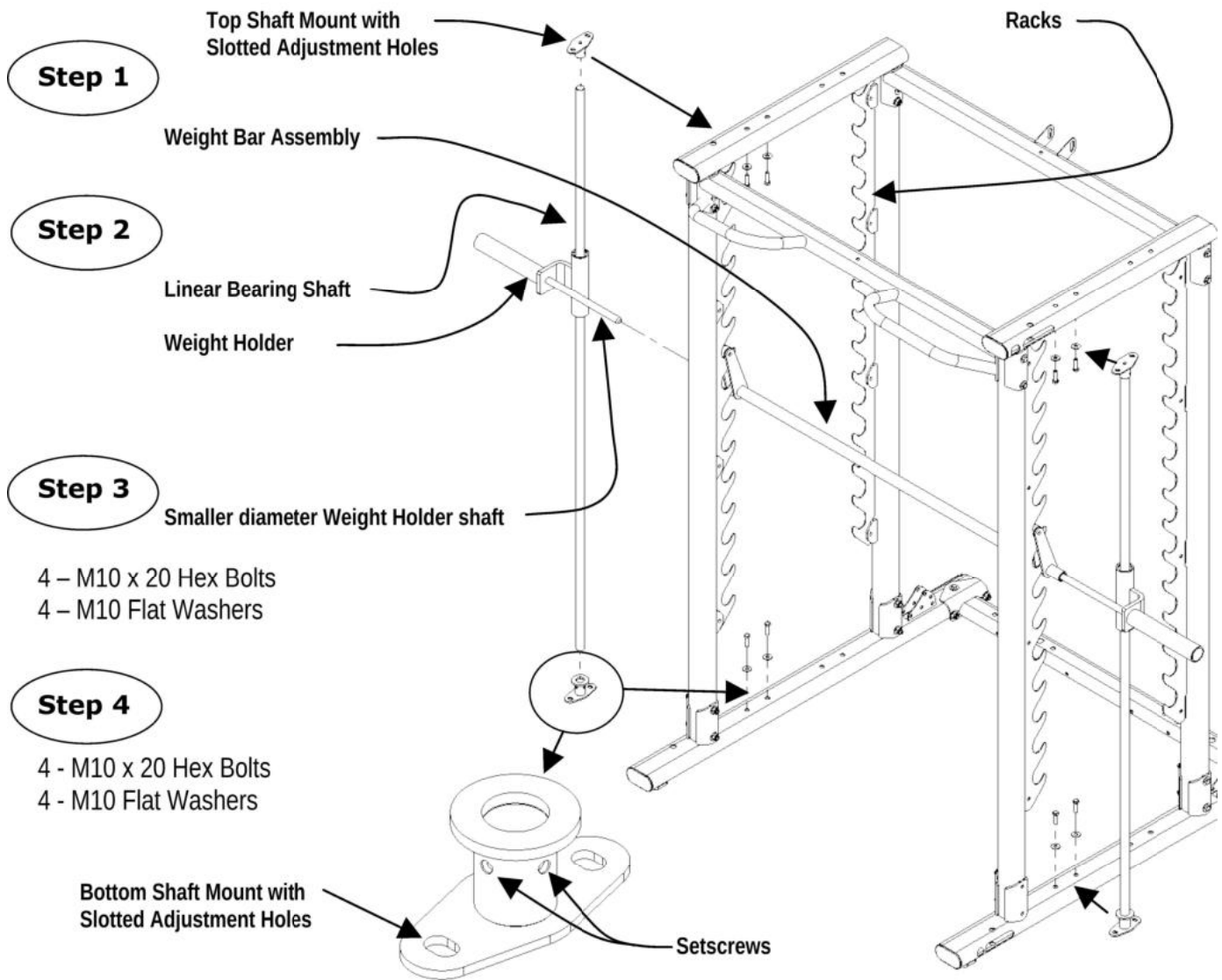
TOOLS REQUIRED FOR ASSEMBLY

- 16mm wrench
- 3 mm Hex Key – supplied

PARTS & HARDWARE LIST

Item	Parts Description SCS-102 Box	Qty	Evs p/n
1	Weight Bar	1	
2	Weight Holder	2	
3	Linear Bearing shaft	2	
4	Top Shaft Mount	2	
5	Bottom Shaft Mount	2	

Item	Hardware Description SCS-102	Qty	Evs p/n
1	Bolt, M10 x 20 (Blue Dot)	8	
2	M10 Washer	8	
3	3 mm Hex Key	1	



Step 1: Position the Red Weight Bar Assembly on the Hooks of the front Racks.

(NOTE: The SCS-102 can also be installed on the rear Racks as shown on the next page.)

Step 2: Slide a Linear Bearing shaft into one of the Weight Holders. Orient the Weight Holder as shown. Place a Bottom Shaft Mount onto the Shaft assuring it is fully seated and tighten the setscrews. Next, place a Top Shaft Mount on the Shaft before positioning it into the Cage (do not tighten Top Mount setscrews at this time)

Step 3: Gently guide the small diameter shaft of the Weight Holder into the Red Weight Bar Assembly and secure the Top and Bottom Shaft Mounts to the Cage using:

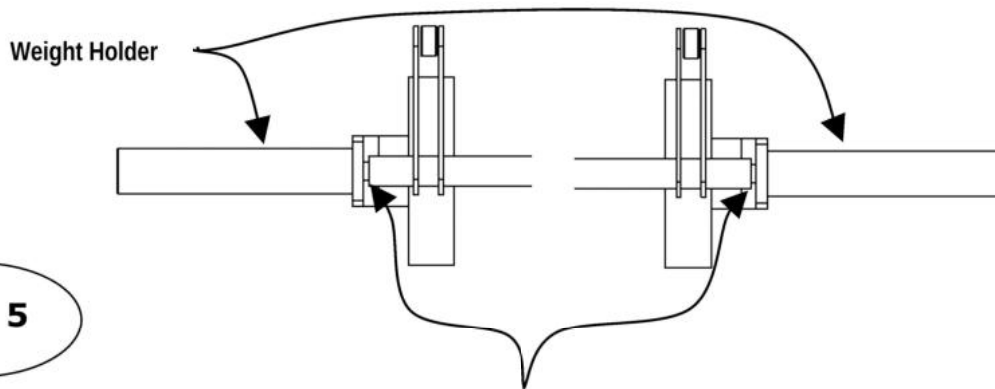
**Four (M10 x 20 Hex Bolts)
Four (M10 Flat Washers)**

(Finger Tighten Only)

Step 4: Repeat Steps 2 and 3 for the second side Linear Shaft and Weight Holder using:

**Four (M10 x 20 Hex Bolts)
Four (M10 Flat Washers)**

(Finger Tighten Only)

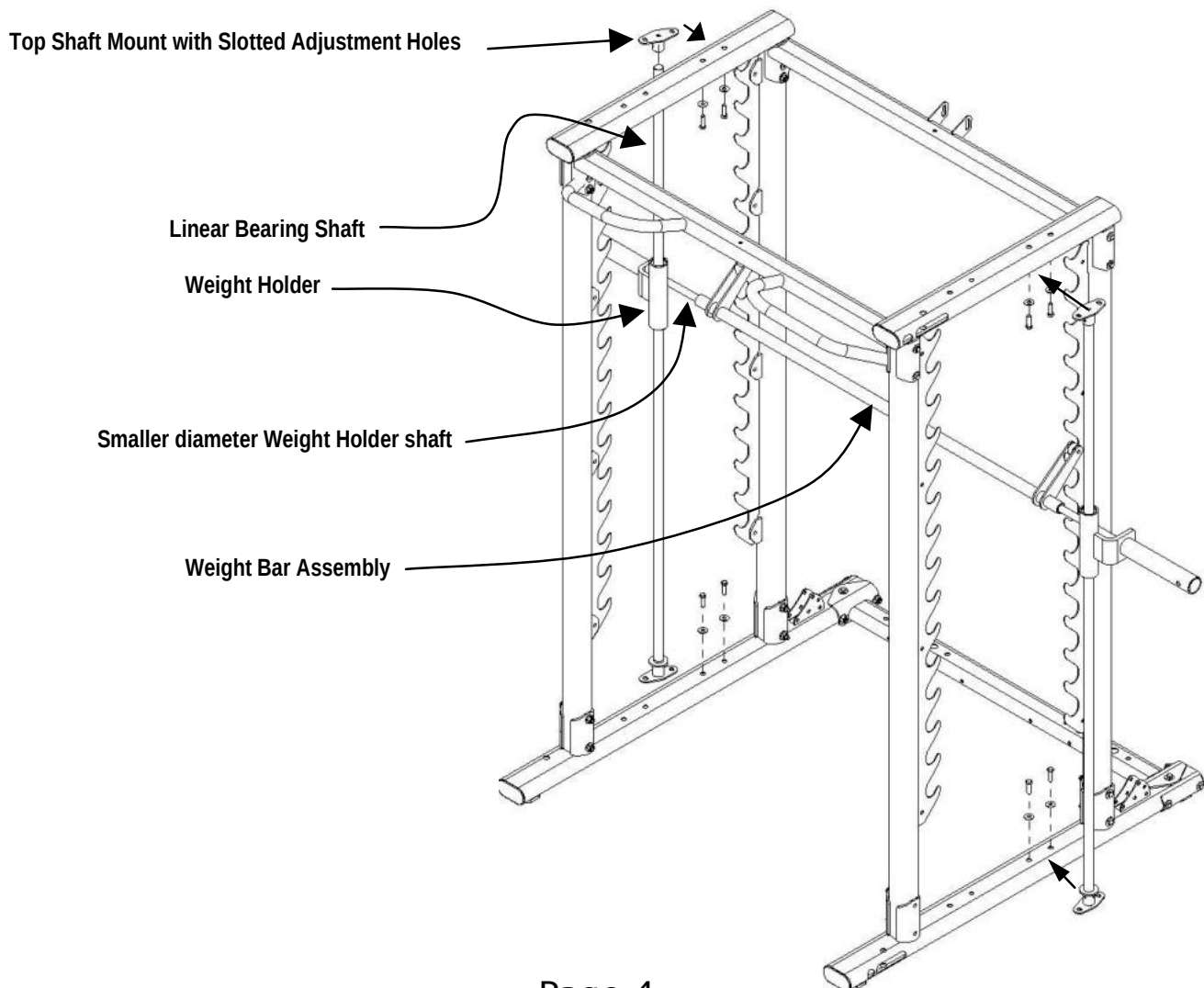


Step 5

Step 5: Adjust the spacing between the Weight Holders and the ends of the Red Weight Bar Assembly by moving the Linear Bearing Shafts in or out (using the adjustment slots in the Top and Bottom Shaft Mounts) before final tightening of the bolts. These components should not rub or bind when working out.

(Wrench Tighten Everything Now)

To attach the SCS-102 Option to the rear Racks, repeat steps 1 thru 5 using the rear set of mounting holes as shown below.



EXPLODED VIEW

Exploded View not available at this time.

Please contact customer service at 1-877-738-1728 for assistance or a copy.

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 AND SCHEDULE

- Regularly inspect product for loose hardware, wear, or damaged hardware or parts. If wear or damage exists, replace immediately.
- Do not use or store equipment outdoors.
- Locate and familiarize yourself with all warning decals on the home gym.
- Periodically wipe down Linear Shafts with a dry cloth and re-apply a thin coat of a teflon-based lubricant.

ROUTINE	HOME MAINTENANCE	ENTRY DATE							
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS								
Clean and Lubricate: Linear shafts with a Teflon based lubricant	3 MONTHS								
Inspect: All Decals	3 MONTHS								
Clean and Wax: All Glossy Finishes	YEARLY								

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 you 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

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.

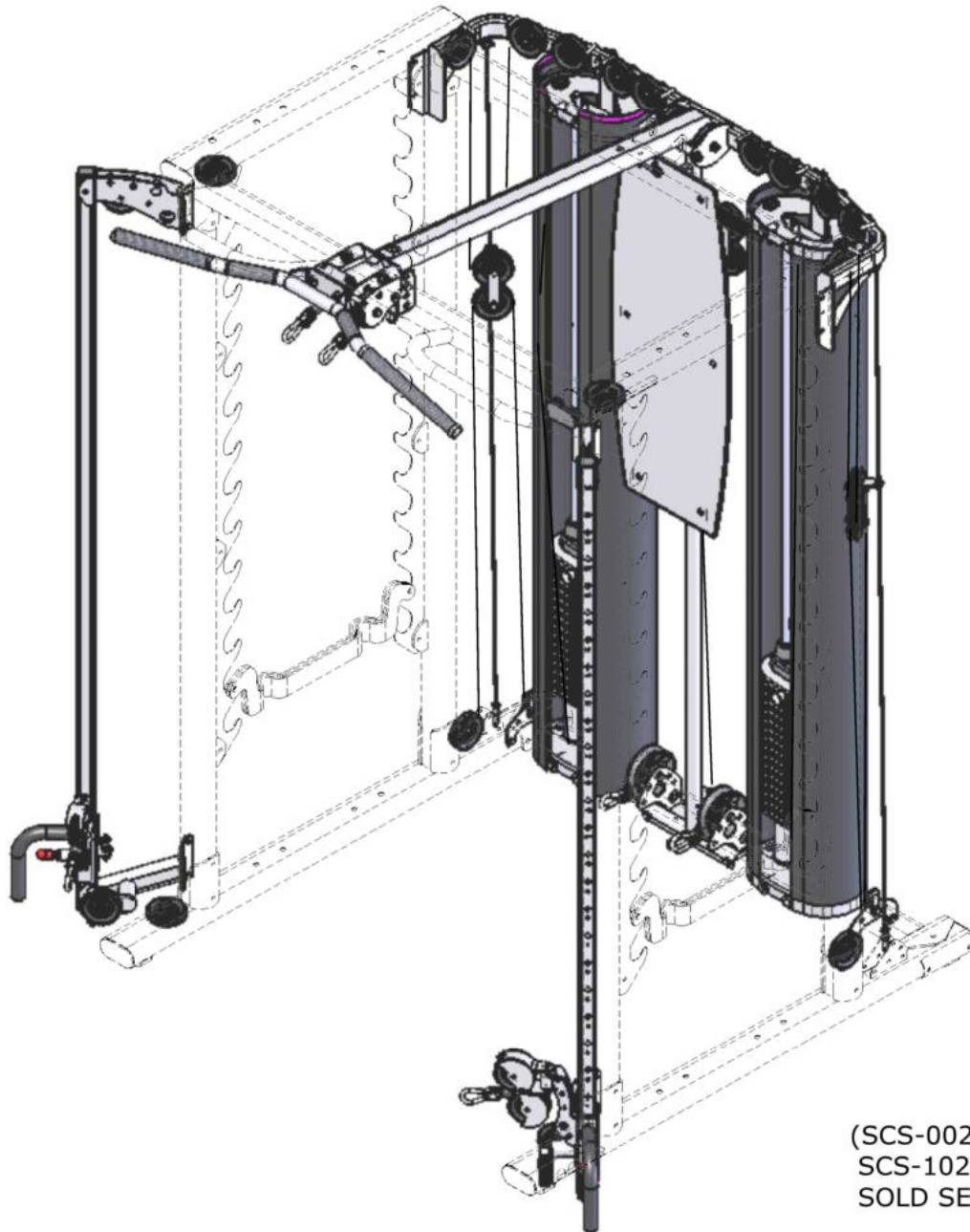
Disclaimer

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SCS-202

INSPIRE

SMITH CAGE SYSTEM OPTION-2 ASSEMBLY AND OPERATION MANUAL



(SCS-002 SMITH CAGE,
SCS-102 SMITH BAR
SOLD SEPARATELY)

RECORD SERIAL NUMBER HERE

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. This Smith Cage System by Inspire Fitness offers the key to unlocking your body's potential. Regular strength training 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 SMITH CAGE SYSTEM

CAUTION: Two people are required to assemble the Smith Cage System to ensure that parts do not fall that could result in injury to the persons assembling the gym.

IMPORTANT: Read this entire manual before attempting to build or use this equipment. 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 Smith Cage System for replacement parts. Or, call Inspire Fitness at 877-738-1729.

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

This Smith Cage System is intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Rust could form on certain parts, including guide rods, in a humid environment resulting in impaired function.

Service of your Smith Cage System should only be performed by an authorized Inspire Fitness 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

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IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this Smith Cage System.

- **WARNING!** It is necessary to inspect this Smith Cage System 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 and connections to accessories. See General Maintenance section for complete details.
- Use this Smith Cage System for its intended purpose as described in this Operation Manual or the exercise chart. Do not use attachments not recommended by the manufacturer.
- Make sure bystanders are at least 5 feet away from the Smith Cage System while it is in use.
- Keep children off the Smith Cage System at all times.
- Keep the Smith Cage System 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 Fitness strongly recommends consulting your doctor before starting an exercise program.

TOOLS REQUIRED FOR ASSEMBLY

- Metric socket set (including 13mm, 16mm, 17mm, 18mm, and 19mm sockets)
- Metric Wrenches – 13mm, 16mm, 17mm, 18mm, 19mm
- Metric Tape Measure
- Rubber Mallet
- Adjustable Wrench
- 3mm, 4mm, 5mm, and 6mm Hex Wrenches

PARTS AND HARDWARE

Item	Parts Description SCS-002 Box	Qty	Evs p/n
1	Main Upright	4	
2	Base Beam, Left	1	
3	Base Beam, Right	1	
4	Weight Stack Mount	1	
5	Base Beam Bracket	2	
6	Top Beam, Right	1	
7	Top Beam, Left	1	
8	Pull-Up Cross Brace	1	
9	Rear Cross Brace	1	
10	Weight Racks	4	
11	Plastic End Cap	8	
12	Safety Bars	2	
13	Touch-up Paint	1	

Item	Parts Description SCS-202 Box	Qty	Evs p/n
1	Right Top Cable Column Mount	1	
2	Left Top Cable Column Mount	1	
3	Top Weight Stack Mount	1	
4	Lat Attachment	1	
5	Lat Attach Bracket, Upper	1	
6	Lat Attach Bracket, Lower	1	
7	Pull Up Bar	1	
8	Shroud Plate Spacer	2	
9	Shroud Plate Assembly	2	
10	Shroud Mount Plate	2	
11	Shroud Mount Bracket	4	
12	Guide Rod	4	
13	Rubber Donut	4	
14	Weight Stack Riser	4	
15	Selector Stem / Top Weight	2	
16	Top Weight Pulley Assy.	2	
17	Weight Stack Shroud Mount	2	
18	Row Pulley Mount	1	
19	Lower Right Cable Column Mount	1	
20	Lower Left Cable Column Mount	1	
21	Pulley, 3 1/2" Diameter	8	
22	Floating Pulley Assembly	2	
23	Floating Pulley Assy w/ Guide Bushing	2	
24	Cable Column	2	
25	Cable Column Slider	2	
26	Cable Anchor Plate	2	
27	Upper Cable	2	
28	Row Cable	2	
29	Lower Cable ("U" End)	2	
30	Guide Cable	2	
31	Exercise Placard	1	
32	D handle / Ab Strap	2	
33	Ankle Strap	1	
34	4 Ring "D" Handle	2	
35	Pull-Up Assist Assy.	1	
36	Guide Rod Lube	2	
37	Touch-up Paint	2	

Item	Hardware in SCS-002 Box	Qty	Evs p/n
1	Bolt, M8 x 20	4	
2	Bolt, M10 x 25 (Blue dot)	2	
3	Bolt, M10 x 25	16	
4	Bolt, M10 x 100 (Blue dot)	4	
5	Bolt, M10 x 105	12	
6	Bolt, M10 x 110	8	
7	Bolt, M10 x 125	4	
7	M8 Washer	4	
8	M10 Washer	70	
9	M10 Locknut	32	

Item	Hardware in SCS-202 Box	Qty	Evs p/n
1	Bolt, M6 x 12 (Button Head)	6	
2	Bolt, M6 x 35 (Button Head)	6	
3	Bolt, M8 x 25	2	
4	Bolt, M10 x 25	2	
5	Bolt, M10 x 35	2	
6	Bolt, M10 x 45	5	
7	Bolt, M10 x50	2	
8	Bolt, M10 x 55 (Blue dot)	2	
9	Bolt, M10 x 60 (Button Head)	2	
10	Bolt, M10 x 60 (Blue dot)	4	
11	Bolt, M10 x 60	4	
12	Bolt, M10 x 70	2	
13	Bolt, M10 x 95 (Button Head)	1	
14	Bolt, M10 x 95	4	
15	Bolt, M10 x 100	2	
16	Bolt, M10 x 105	1	
17	Bolt, M10 x 155	2	
18	Bolt, M12 x 25	1	
19	Bolt, M12 x 30	2	
20	M6 Flat Washer	6	
21	M8 Flat Washer	4	
22	M10 Flat Washer	56	
23	M12 Flat Washer	4	
24	M6 Flat Head Nut	6	
25	M6 Locknut	6	
26	M8 Locknut	2	
27	M10 Locknut	28	
28	M12 Locknut	2	
29	1/2" Step Spacer	6	
30	Cable Ball	6	
31	"U" Bracket Cable End	6	
32	Spring Clip	6	
33	Weight Pin	2	
34	Shroud Plate Connector Pin	12	
35	4 mm Hex Key	1	
36	5 mm Hex Key	2	
37	6 mm Hex Key	1	

CABLE CHART



**UPPER CABLE
GM698-500-002**

Qty: 2



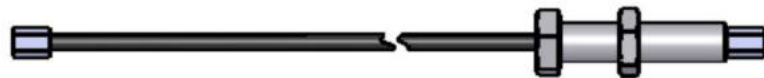
**LOWER CABLE
GM698-500-001**

Qty: 2



**ROW CABLE
GM698-500-003**

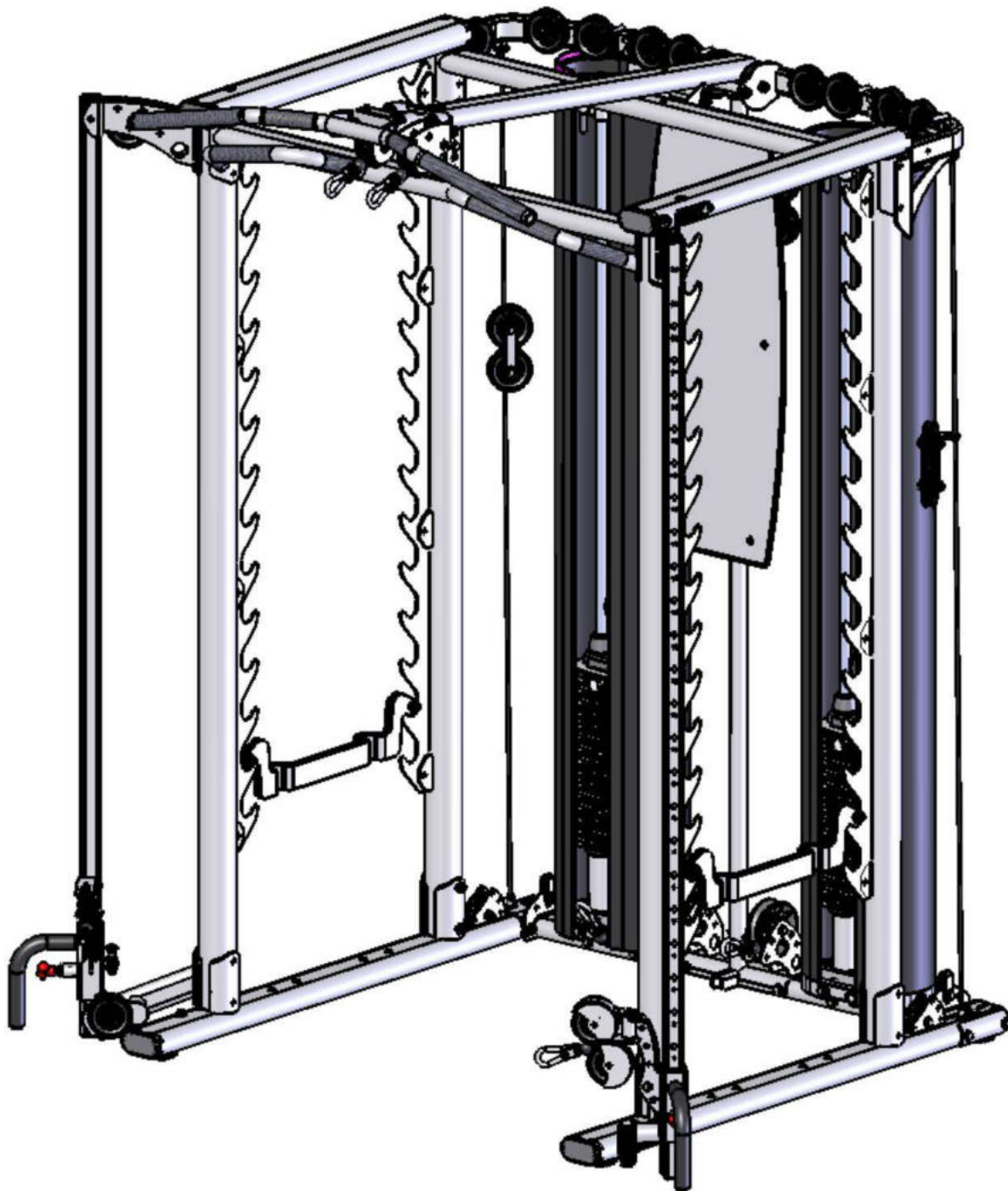
Qty: 2



**GUIDE CABLE
GM698-500-004**

Qty: 2

ASSEMBLY INSTRUCTIONS



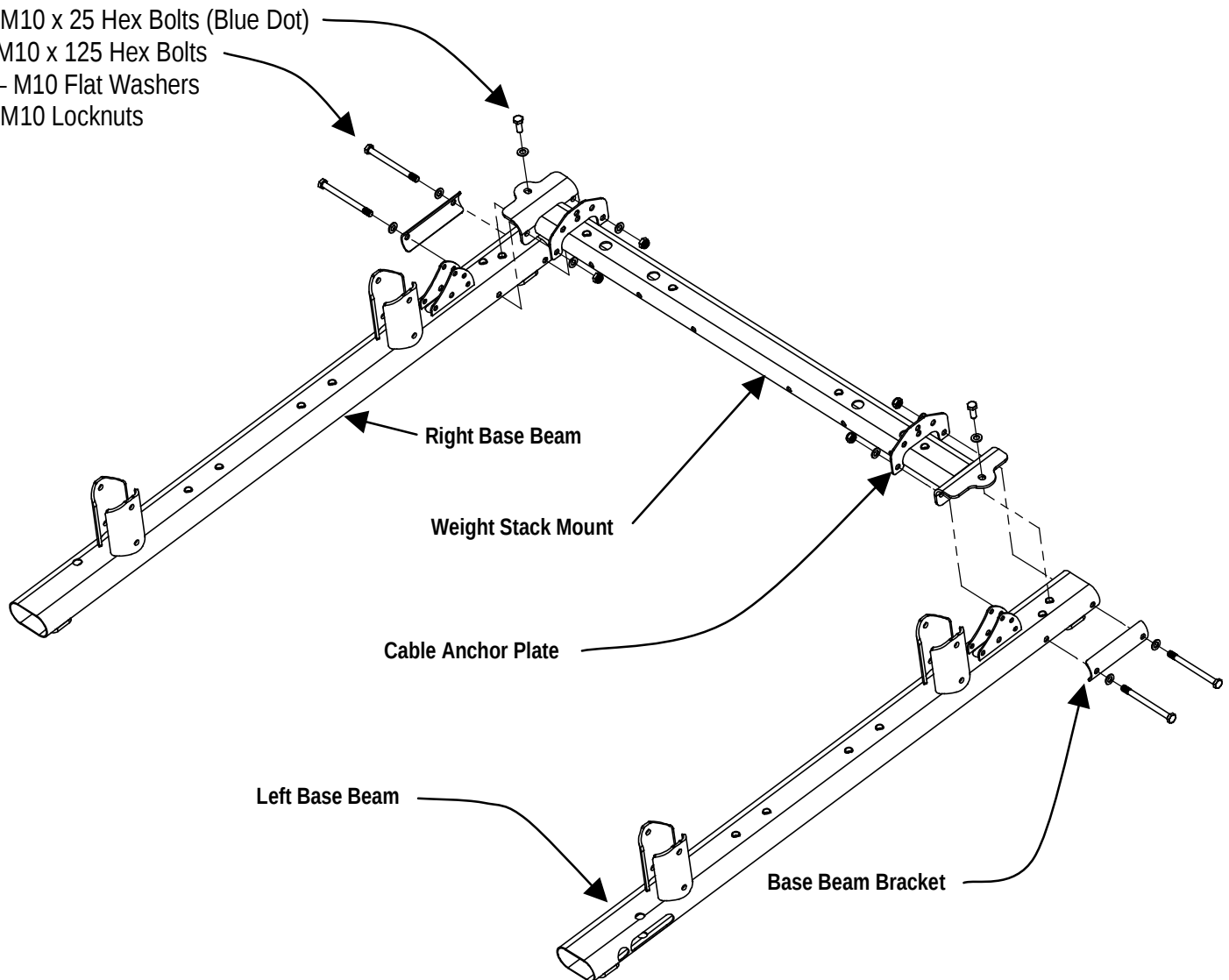
Step 1

2 – M10 x 25 Hex Bolts (Blue Dot)

4 – M10 x 125 Hex Bolts

10 – M10 Flat Washers

4 – M10 Locknuts

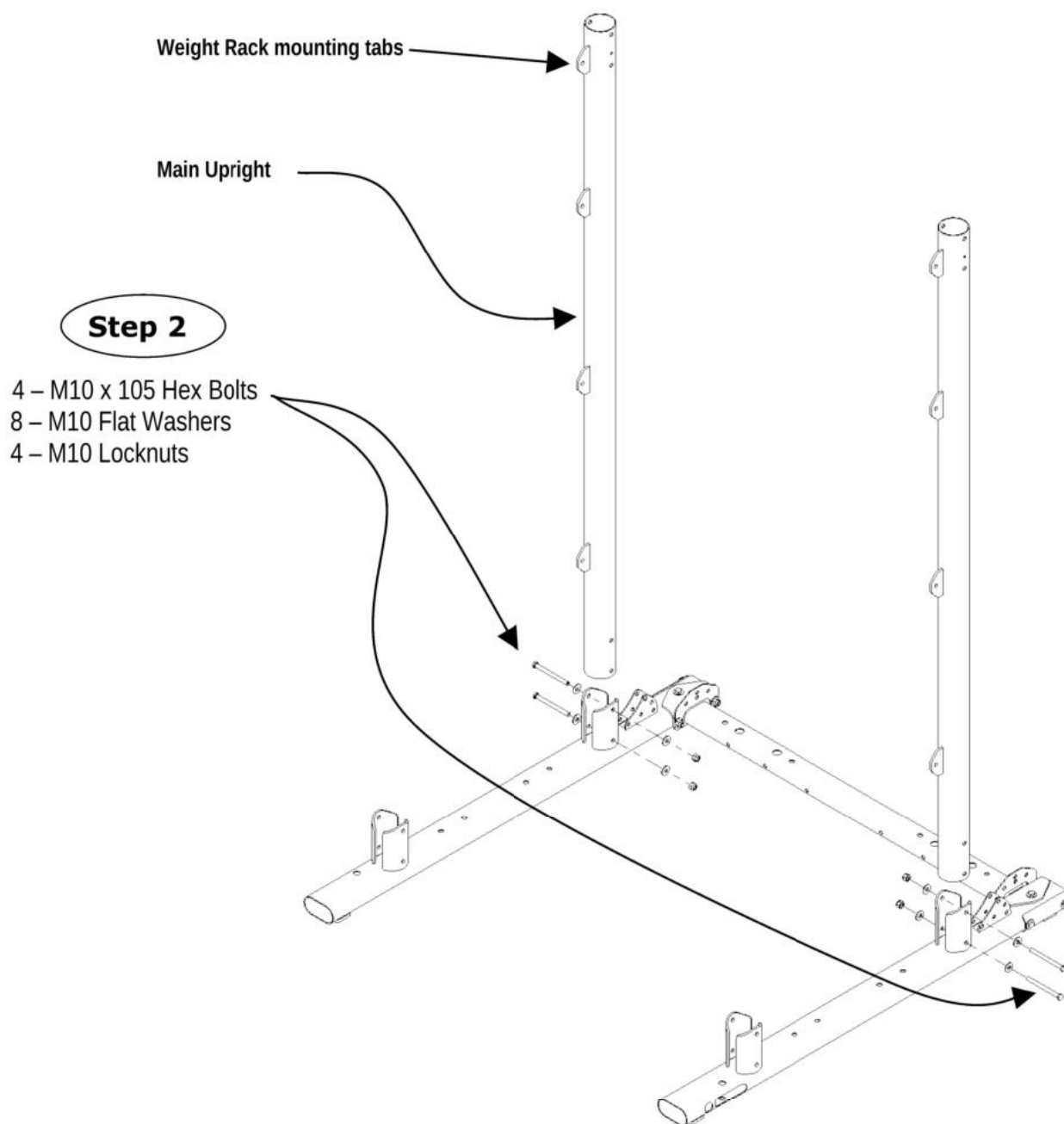


Step 1: Attach the Right Base Beam, Left Base Beam, Weight Stack Mount, two Cable Anchor Plates, And two Base Beam Brackets using:

Two (M10 x 25 Hex Bolts (Blue Dot))
Four (M10 x 125 Hex Bolts)
Ten (M10 Flat Washers)
Four (M10 Locknuts)

Note: "(Blue Dot)" means there is a blue dot of thread locking compound on the bolt thread.

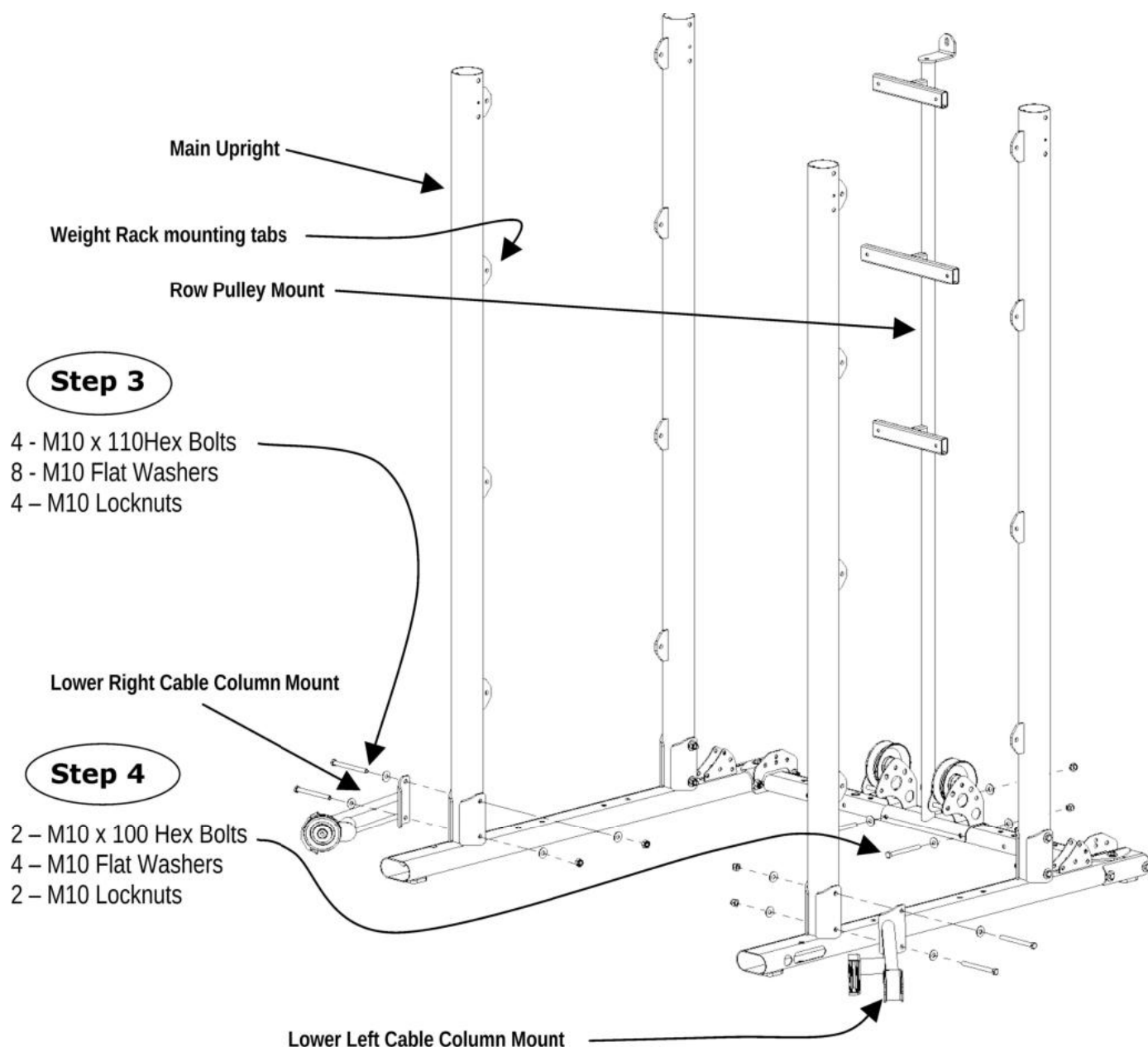
(Finger Tighten Only)



Step 2: Attach two Main Uprights to the rear of the Left and Right Right Base Beams (orient all Uprights with the four Weight Rack mounting tabs toward the middle of the machine and near the top) using:

Four (M10 x 105 Hex Bolts)
Eight (M10 Flat Washers)
Four (M10 Locknuts)

(Finger Tighten Only)



Step 3: Attach the two front Main Uprights, Lower Right Cable Column Mount, and Lower Left Cable Column Mount to the Left and Right Base Beams using:

Four (M10 x 110 Hex Bolts)
Eight (M10 Flat Washers)
Four (M10 Locknuts)

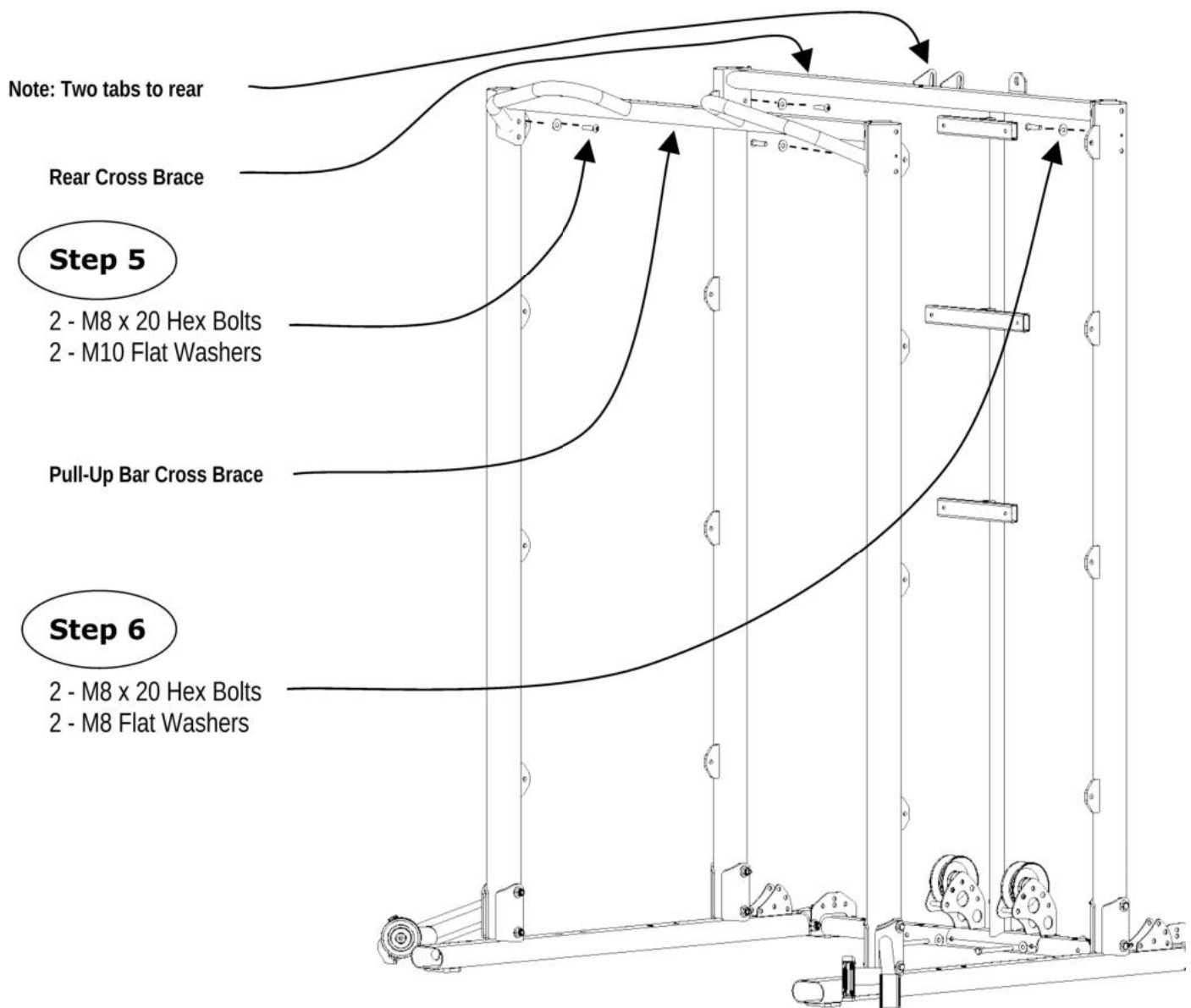
(Orient all Uprights with the four Weight Rack mounting tabs toward the middle of the machine and near the top as shown)

Note: Finger Tighten Only

Step 4: Attach the Row Pulley Mount to the Weight Stack Mount using:

Two (M10 x 100 Hex Bolts)
Four (M10 Flat Washers)
Two (M10 Locknuts)

(Finger Tighten Only)



Step 5: Attach the Pull-Up Cross Brace to top of front Main Uprights using:

Two (M8 x 20 Hex Bolts)
Two (M8 Flat Washers)

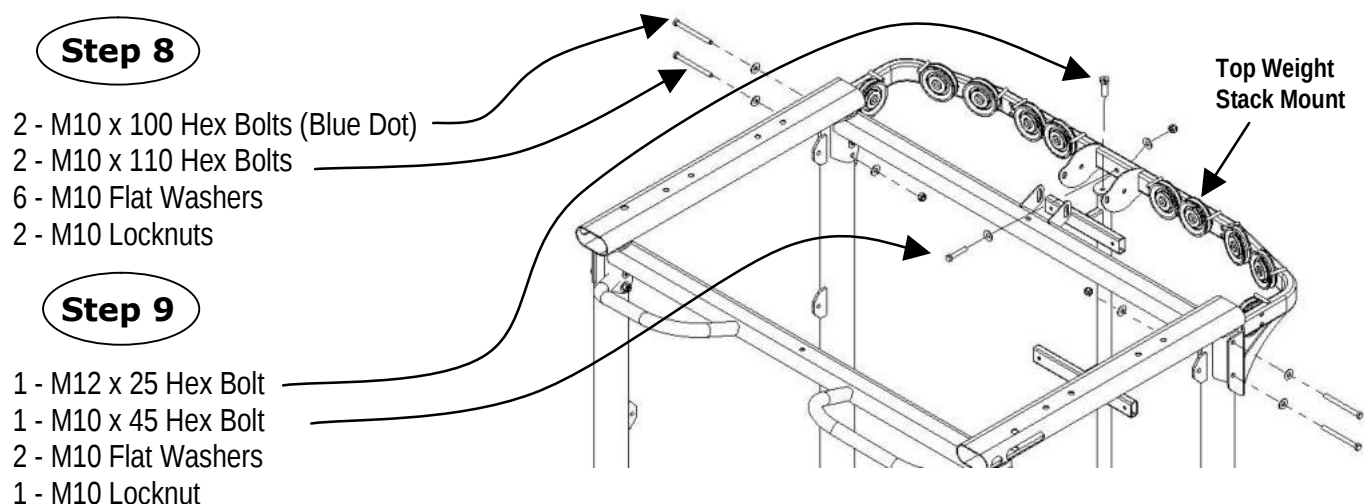
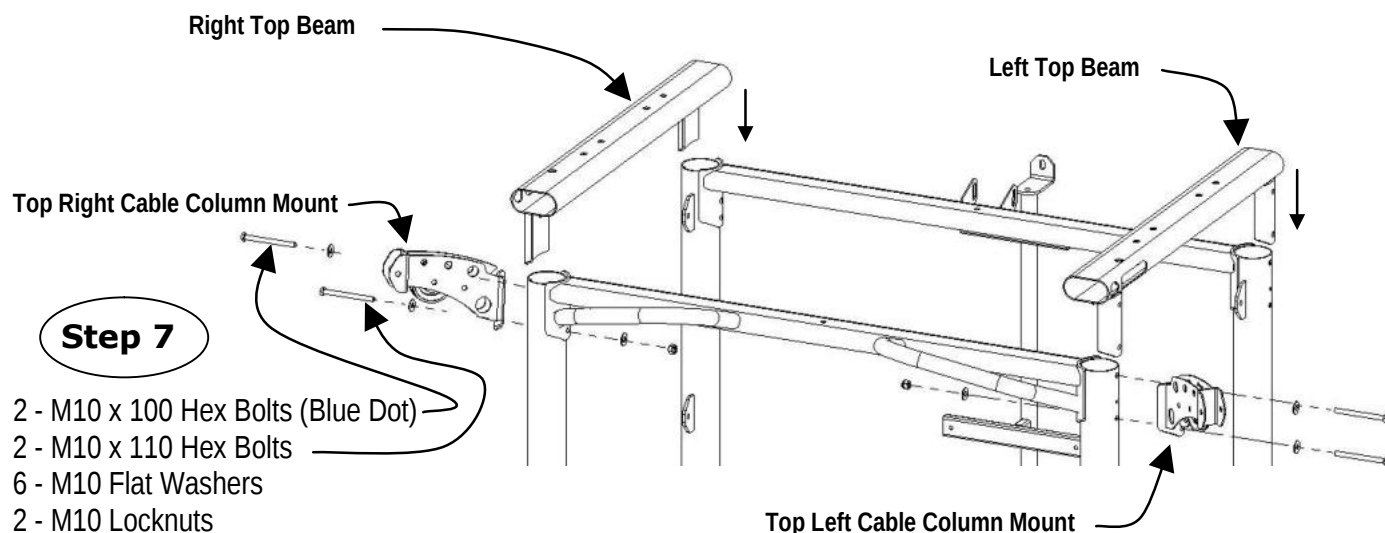
(Finger Tighten Only)

Step 6: Attach the Rear Cross Brace to the top of the rear Main Uprights using:

Two (M8 x 20 Hex Bolts)
Two (M8 Flat Washers)

Assure the two tabs in the center of the Rear Cross Brace are facing towards the back of the machine.

(Finger Tighten Only)



Step7: Attach the Left Top Beam and Top Left Cable Column Mount to the left Main Uprights AND the Right Top Beam and Top Right Cable Column Mount to the Right Main Uprights using:

(Finger Tighten Only)

Two (M10 x 100 Hex Bolts with Blue Dot)
Two (M10 x 110 Hex Bolts)
Six (M10 Flat Washers)
Two (M10 Locknuts)

Step 8: Attach the Top Weight Stack Mount to the Rear Main Uprights using:

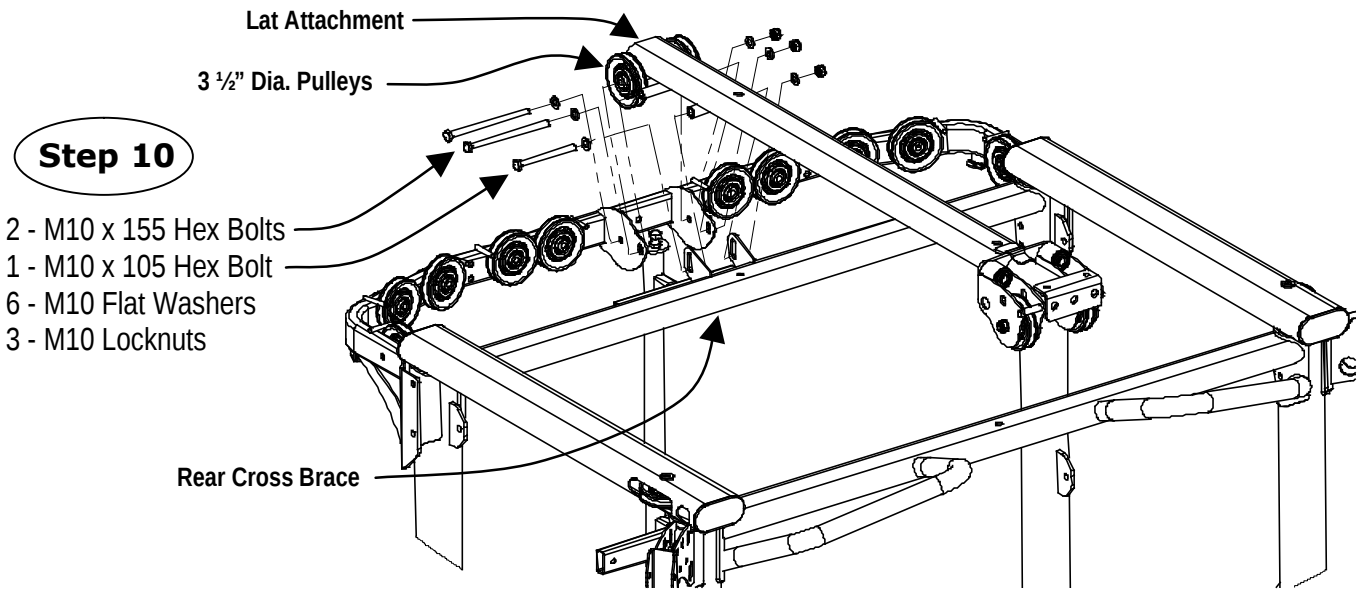
(Finger Tighten Only)

Two (M10 x 100 Hex Bolts with Blue Dot)
Two (M10 x 110 Hex Bolts)
Six (M10 Flat Washers)
Two (M10 Locknuts)

Step 9: Install the M12 x 25 hex bolt in the top of the Row Pulley Mount and adjust it to it's minimum height. Attach the Top Weight Stack Mount to the Row Pulley Mount with the M10 x 45 hex bolt. Insert this bolt from front to go out the back, using:

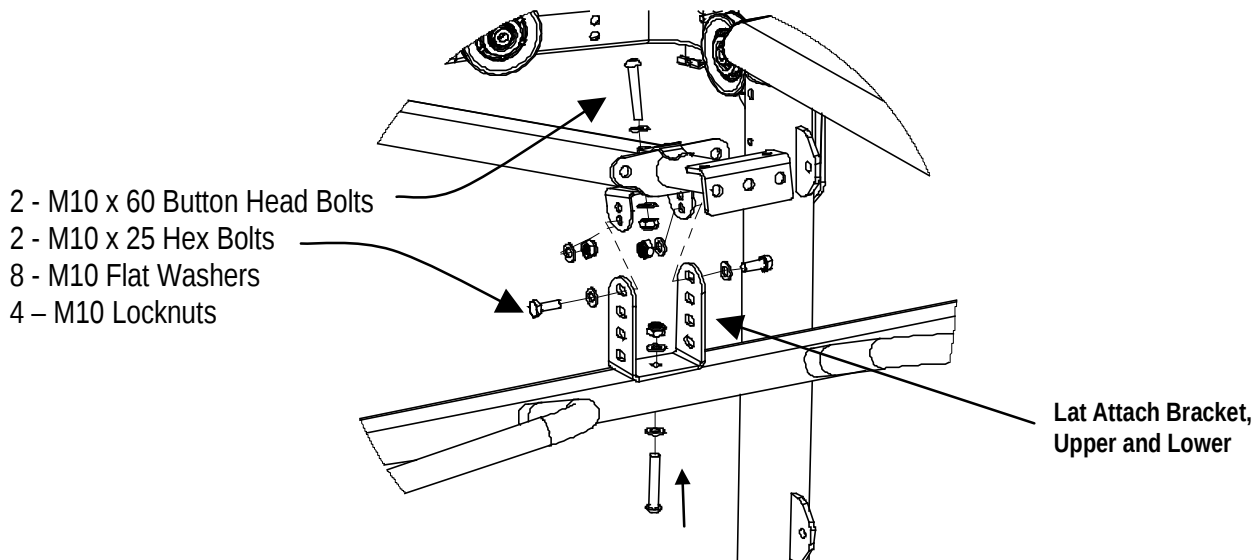
(Wrench Tighten Steps 1 - 9)

One (M12 x 25 Hex Bolt)
One (M10 x 45 Hex Bolt)
Two (M10 Flat Washers)
One (M10 Locknuts)



Step 10: Assure the M12 Hex Bolt from STEP 9 is installed in the top of the Row Pulley Mount and adjusted to the minimum height. Attach the Lat Attachment and two 3 1/2" diameter pulleys to the top of the Weight Stack Mount and Rear Cross Brace using:

Two (M10 x 155 Hex Bolts)
One (M10 x 105 Hex Bolt)
Six (M10 Flat Washers)
Three (M10 Locknuts)

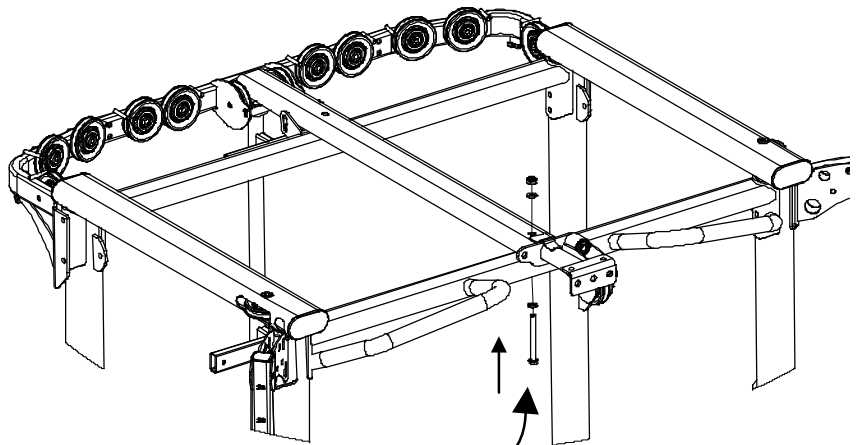


Now install two Brackets supporting the Lat Attachment to Pull Up Cross Brace with the Button Head Bolts, pointing up through the Pull Up Cross Brace. Use M10 x 60 Button Head Bolts with the locknut on top of the Lat Attachment. Use the M10 x 25 Hex Bolts to secure the height adjustment of the brackets together using:

Two (M10 x 60 Button Head Bolts)
Two (M10 x 25 Hex Bolts)
Eight (M10 Flat Washers)
Four (M10 Locknuts)

(Wrench Tighten Now)

Note: Adjust the M12 x 25 Hex Bolt in the top of the Row Pulley Mount up to support the load of the Lat Attachment.



Step 10: Lat Attachment, Low Profile Option

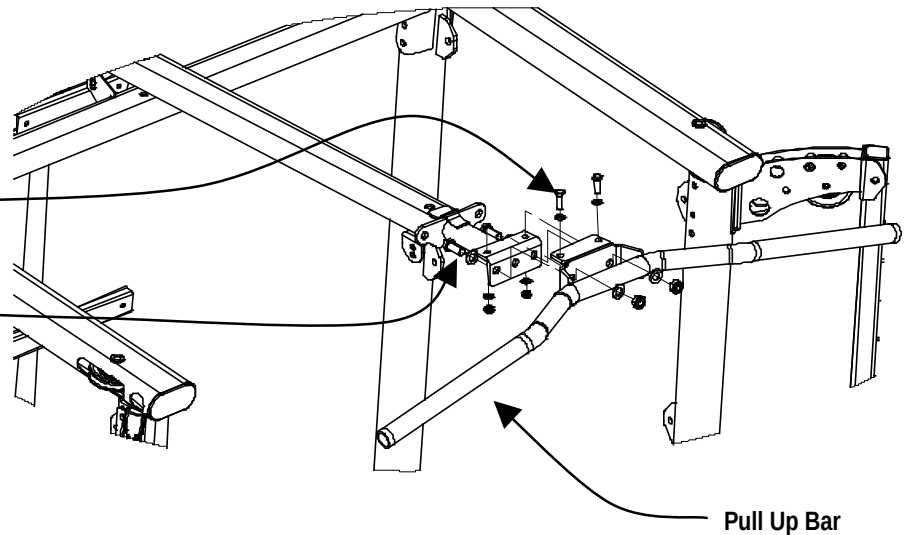
For a lower profile machine, remove the two Brackets and bolt the Lat Attachment directly to the Pull-Up Cross Brace with one M10 x 95 Button Head Bolt, pointing up through it using:

**One (M10 x 95 Button Head Bolt)
Two (M10 Flat Washers)
One (M10 Locknuts)**

(Wrench Tighten Now)

Step 11

2 - M8 x 25 Hex Bolts
4 - M8 flat Washers
2 - M8 Locknuts
2 - M12 x 30 Hex Bolts
4 - M12 Flat Washers
2 - M12 Locknuts

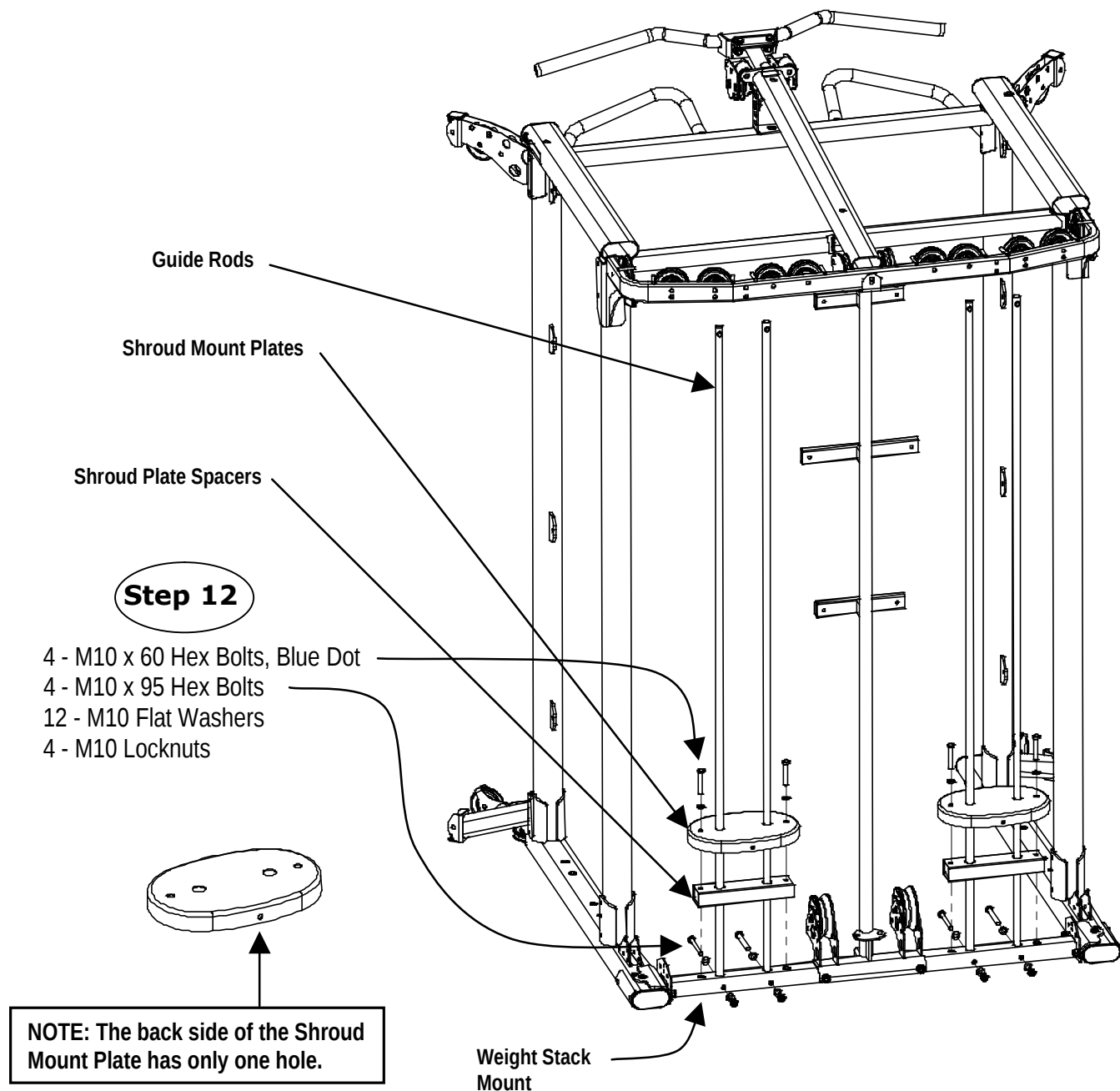


Pull Up Bar

Step 11: Attach the Pull-Up Bar to the Lat Attachment using:

**Two (M12 x 30 Hex Bolts)
Four (M12 Flat Washers)
Two (M12 Locknuts)
Two (M8 x 25 Hex Bolts)
Four (M8 Flat Washers)
Two (M8 Locknuts)**

(Wrench Tighten Now)



Step 12: Attach four Guide Rods to the Weight Stack Mount using:

(Wrench Tighten Now)

**Four (M10 x 95 Hex Bolts)
 Eight (M10 Flat Washers)
 Four (M10 Locknuts)**

Attach two Shroud Plate Spacers and two Shroud Mount Plates to the Weight Stack Mount using:

**Four (M10 x 60 Hex Bolts
 with Blue Dot)
 Four (M10 Flat Washers)**

NOTE: Be sure smooth flat side of plate is on top and the single hole is to the back of the machine.

(Finger Tighten Only)

Step 13

Selector Stem/Top Weight Assembly

Front of Weight Plate has recessed area for Weight Plate Number Stickers

Weight Plate

Bottom of weight plate has three feet

Top Weight Pulley and M12 Jam Nut

Rubber Donuts

Weight Stack Risers

Shroud Plates

NOTE: Before beginning Step 13: If optional 200 lb. heavy stack is being assembled, eliminate the Weight Stack Risers. This space will be taken up by 5 extra Weight Plates.

Step 13: Slide Weight Stack Risers down the Guide Rods and onto the Shroud Plates. Next, slide the Rubber Donuts down the Guide Rods until sitting on the Weight Stack Risers. Slide each Weight Plate down the Guide Rods until all 15 Weight Plates (20 Plates for heavy stack) are resting on the Rubber Donuts. Be sure that all Weight Plates are facing toward front of the machine. Front Of Weight Plate is indicated by recessed area for weight stack numbers. Next, slide Selector Stem/Top Weight Assembly down the Guide Rods and onto Weight Stack. Repeat with the second Weight Stack.

Attach the Top Weight Pulley Assemblies and Jam Nuts on the Selector Stems, verifying that bolts are threaded completely into the Selector Stems with Locknuts on the Pulleys bolts facing towards front of the gym using:

Two (M12 Jam Nuts)

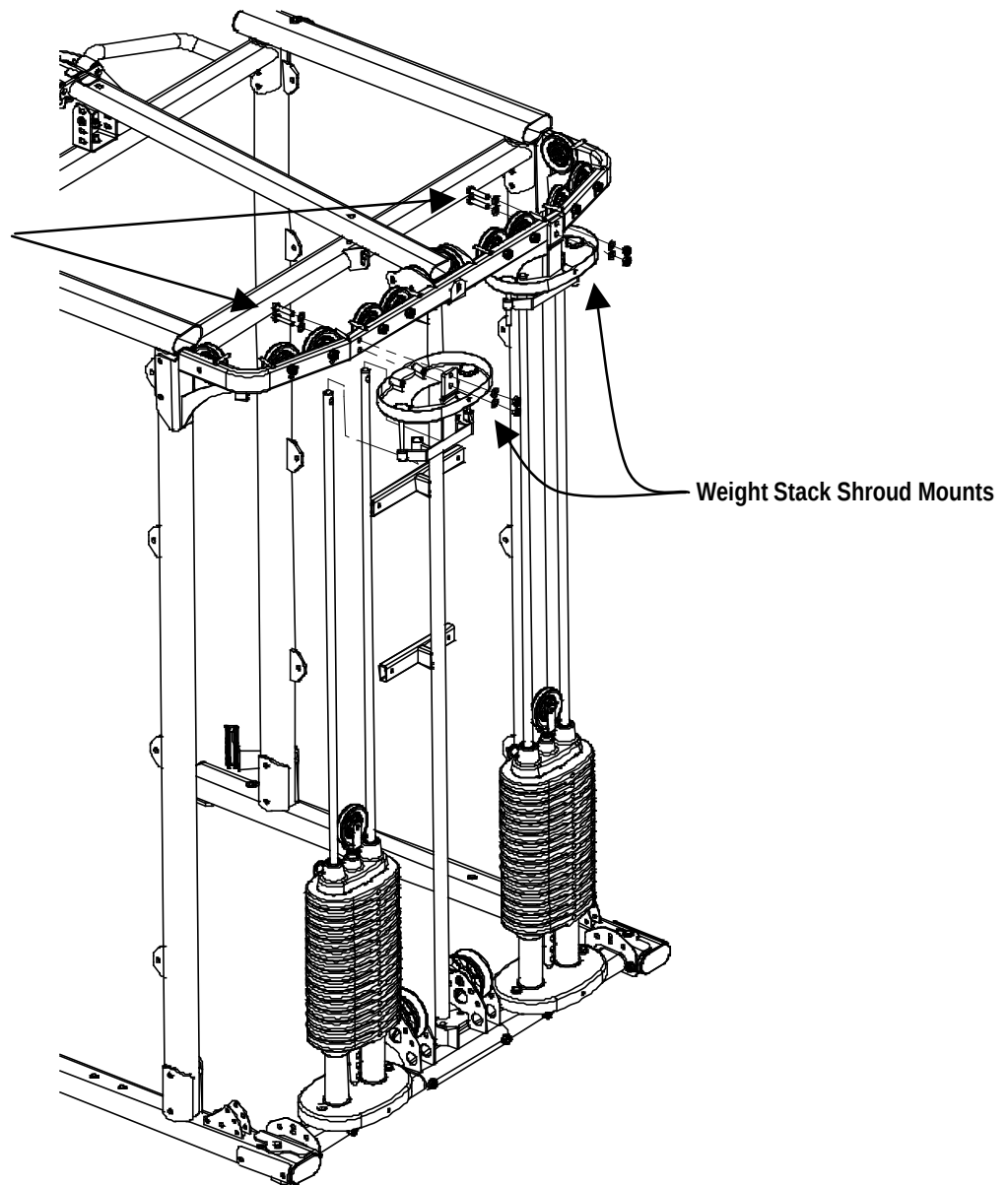
(Wrench Tighten Jam Nuts)



IMPORTANT! Top Weight Pulley Assemblies must be fully threaded into the Weight Stack Selector Stems with the Jam Nuts tightened securely before use. Failure to do so may cause the Pulley Assemblies to come loose from weights and can cause injury.

Step 14

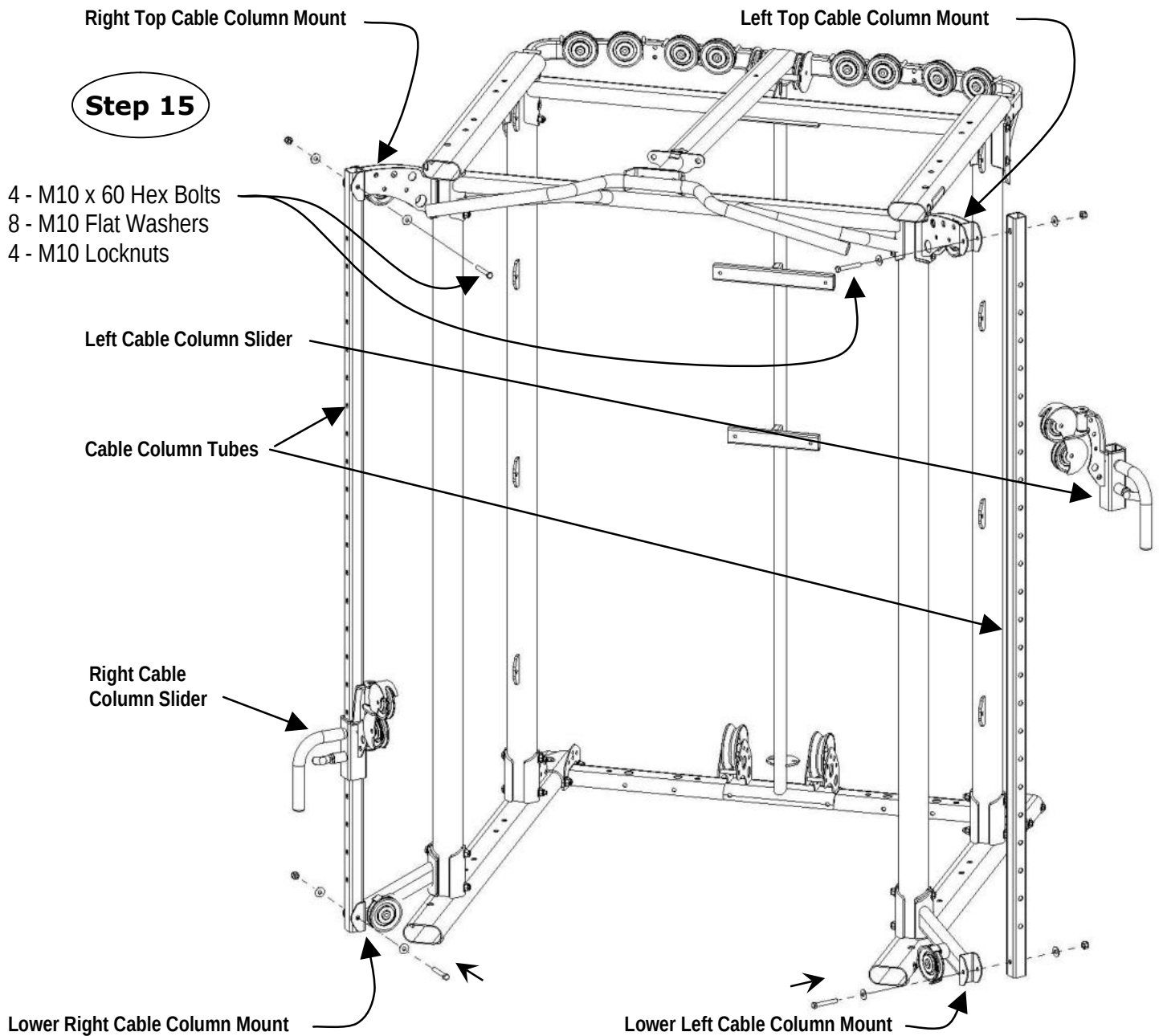
4 - M10 x 45 Hex Bolts
8 - M10 Flat Washers
4 - M10 Locknuts



Step 14: Install the two Weight Stack Shroud Mounts. One at a time, position the Weight Stack Shroud Mounts at the top of the Guide Rod pairs. Slide these down the Guide Rods and secure in position using:

Four (M10 x 45 Hex Bolts)
Eight (M10 Flat Washers)
Four (M10 Locknuts)

(Wrench Tighten Steps 12 And 14 Now)



Step 15: Identify one of the Cable Column Tube's upper end, (the end with the slotted holes). Assemble the Right Cable Column Slider onto the Cable Column Tube. Make sure the Pop-pin aligns with the holes in the tube. Attach the Right Cable Column Tube Assembly to the Right Upper and Lower Cable Column Mounts using:

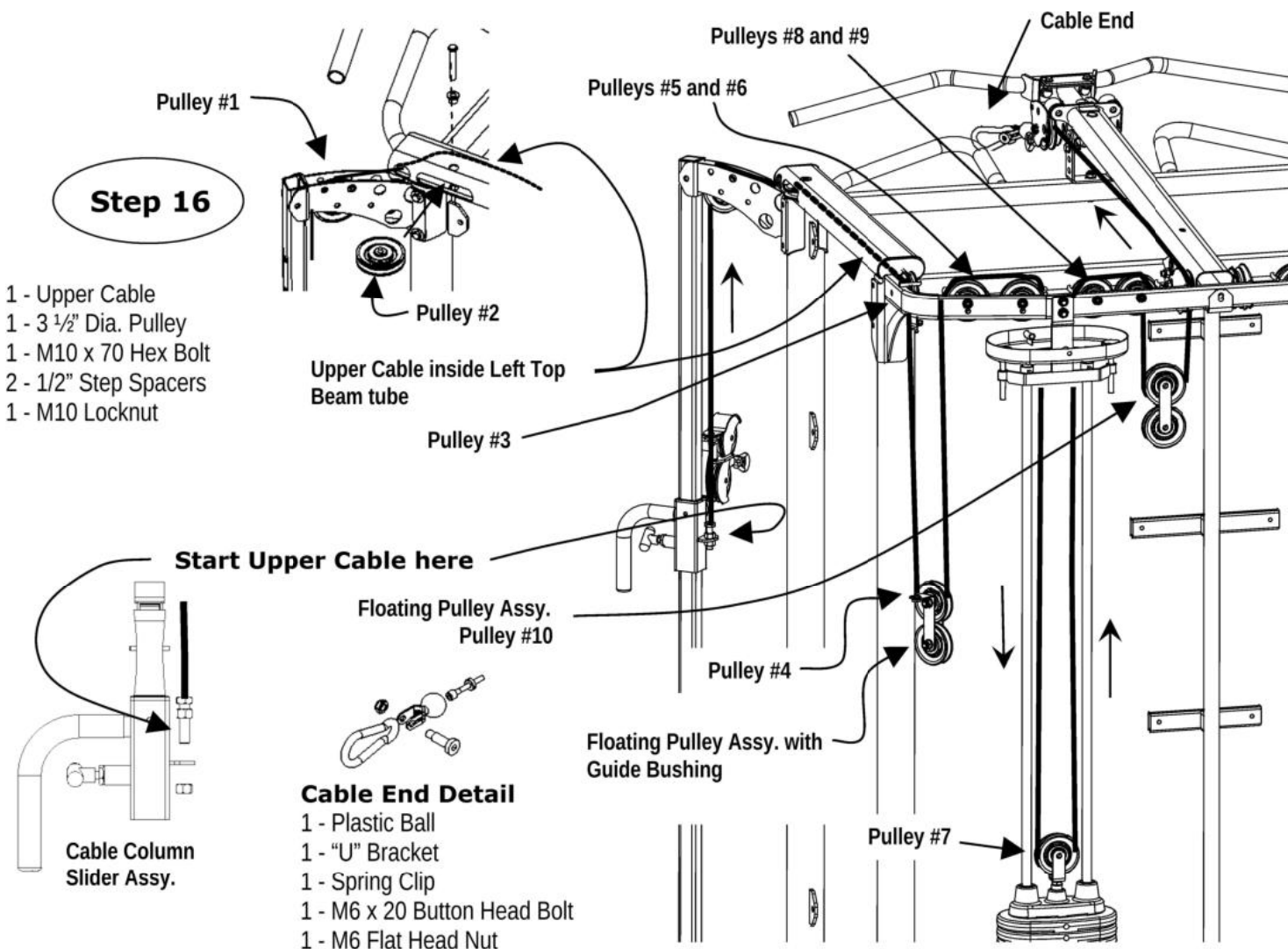
Two (M10 x 60 Hex Bolts)
Four (M10 Flat Washers)
Two (M10 Locknuts)

Repeat the procedure for the Left Cable Column Assembly Using:

Two (M10 x 60 Hex Bolts)
Four (M10 Flat Washers)
Two (M10 Locknuts)

NOTE: Make sure all four bolts are installed from the front to the back as shown.

(Wrench Tighten All Previous Steps Now)



Step 16: Select one of the Upper Cables. Position the Left Cable Column Slider Assembly at a comfortable working height. Slide the retainer "O" Ring up the cable about 3 inches from the cable end for installation (this allows the cables to feed through their routings easier). Remove one Jam Nut from the cable bolt and insert the cable bolt, threaded end down, through the bracket on the Cable Column Slider Assembly. Return the Jam Nut to the cable bolt (below the bracket) to secure it on the Left Cable Column Slider Assembly. Continue feeding the cable up around Pulley #1, into and through the Left Top Beam, going out at the rear. Make sure you route the cable to the correct side of all cable guides and pins. Failure to route the cable properly will result in damage to the cable. Now route the cable over Pulley #3 and down through the Floating Pulley with Guide Bushing, Pulley #4. Make sure the Guide Bushing is facing towards the rear of the machine. Route the cable up over Pulley #5 and Pulley #6 and down to the Weight Stack Top Pulley #7. Route the cable up over Pulleys #8 and #9 and then down through the second Floating Pulley #10. Complete the cable routing going up over Pulley #11 at the rear of the Lat Attachment and forward out through the Swivel Pulley Assembly at the front of the Lat Attachment. Attach Cable End by placing one Plastic Ball on the end of the cable, next slide the end of the cable into the slot of the Cable "U" Bracket. Attach the Spring Clip to the "U" Bracket using a M6 x 20 Button Head Bolt and M6 Flat Head Nut. Slide the retainer "O" Ring tight against the Plastic Ball. Finally, install Pulley #2 in the Top Beam per above detail using:

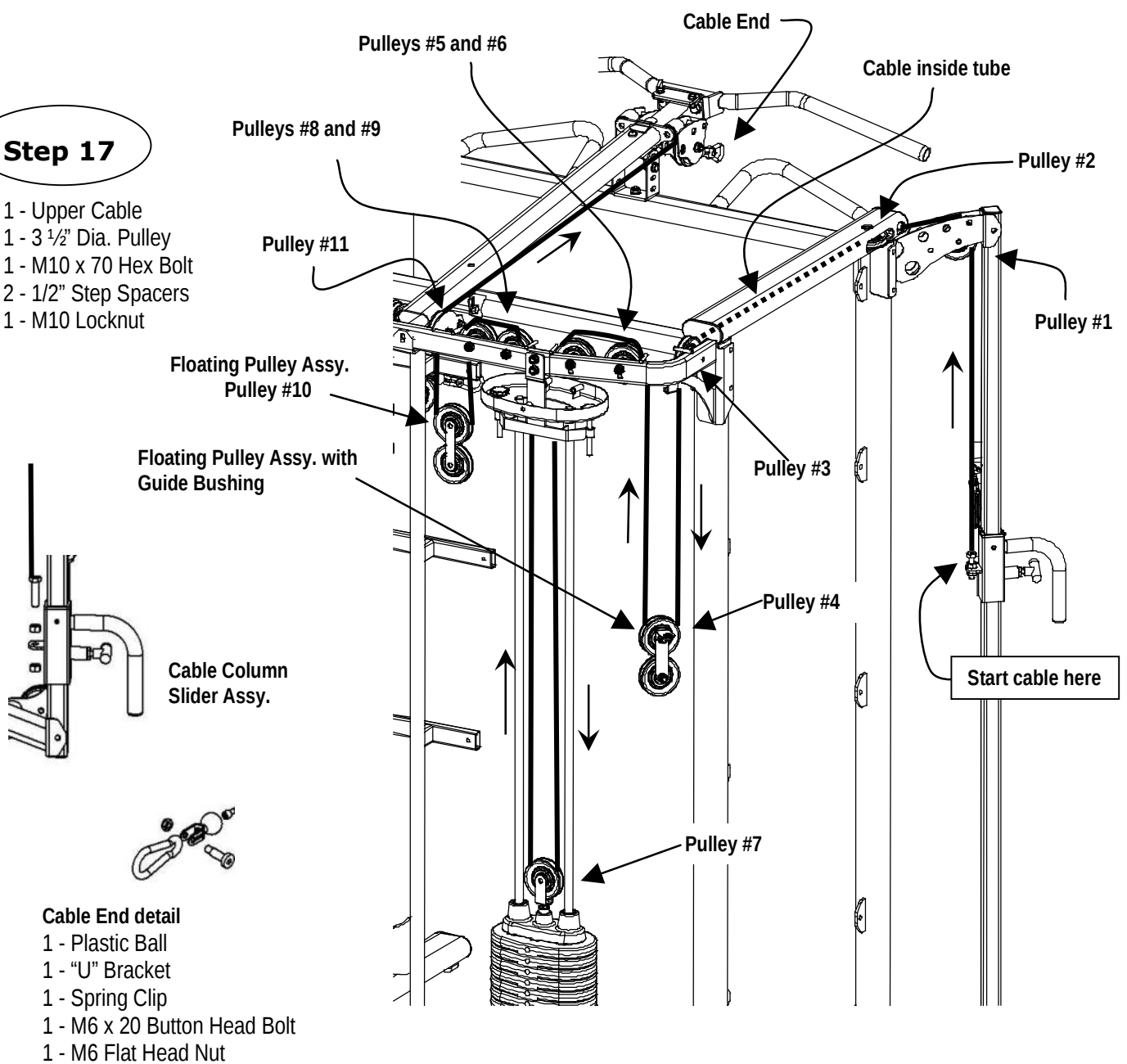
**One (M10 x 70 Hex Bolt)
Two (1/2" Step Spacers)
One (M10 Locknut)**

**One (Plastic Ball)
One ("U" Bracket)
One (Spring Clip)
One (M6 x 20 Button Head Bolt)
One (M6 Flat Head Nut)**

(Wrench Tighten Now)

Step 17

- 1 - Upper Cable
- 1 - 3 1/2" Dia. Pulley
- 1 - M10 x 70 Hex Bolt
- 2 - 1/2" Step Spacers
- 1 - M10 Locknut

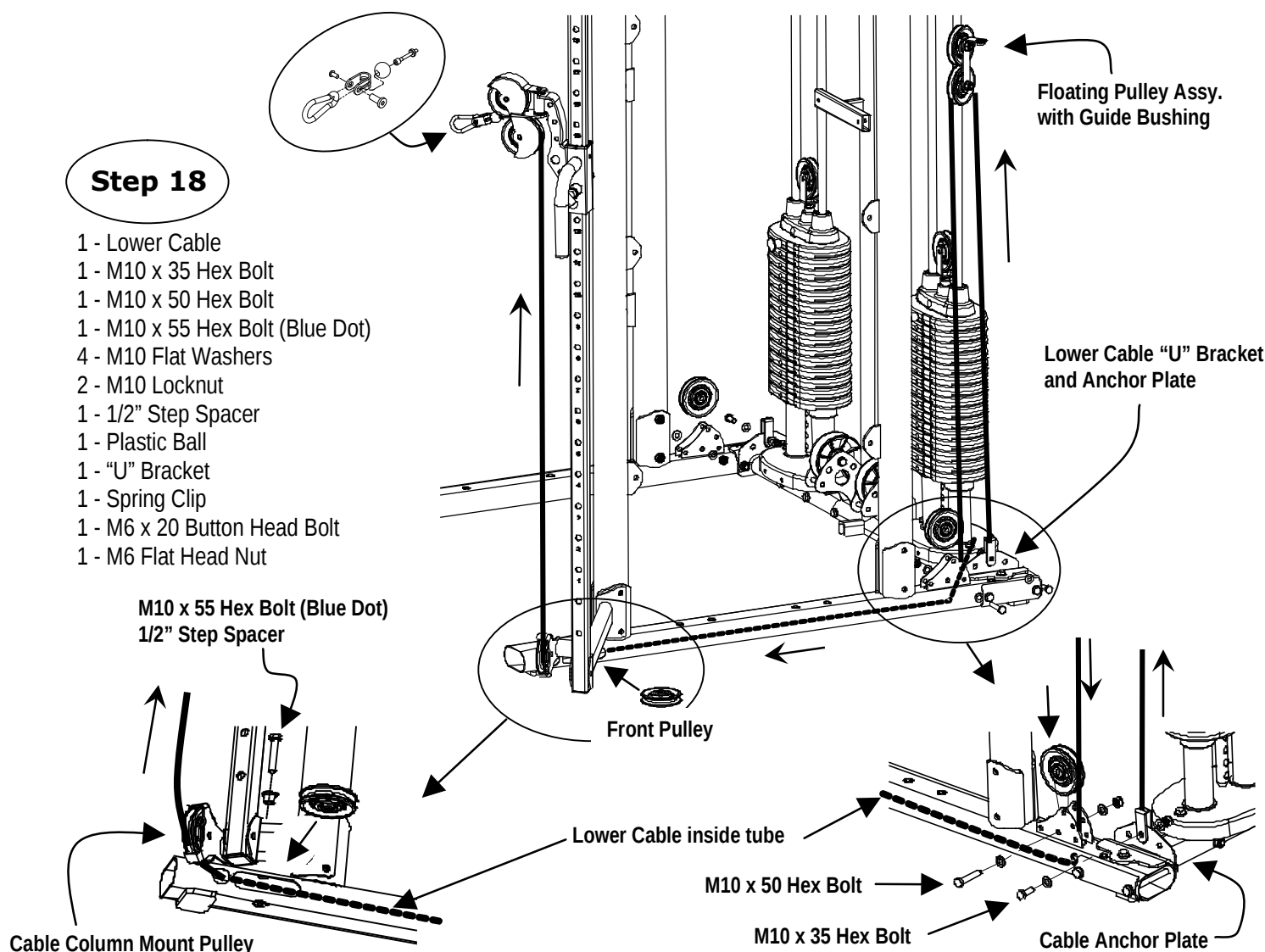


Step 17: Install the Upper Cable on the right side of the machine. Repeat the installation sequence in Step 16, but this time on the right side of the machine using:

- One (Upper Cable)**
- One (3 1/2" Dia. Pulley)**
- One (M10 x 70 Hex Bolt)**
- Two (1/2" Step Spacers)**
- One (M10 Locknut)**

- One (Plastic Ball)**
- One ("U" Bracket)**
- One (Spring Clip)**
- One (M6 x 20 Button Head Bolt)**
- One (M6 Flat Head Nut)**

(Wrench Tighten Now)



Step 18: Select a Lower Cable (with "U" Bracket). Lay it out assuring it is not kinked. Attach the "U" Bracket to the Cable Anchor Plate upper center hole. Route the cable up through the Floating Pulley Assembly with Guide Bushing, then down around the rear pulley position and into the Base Beam. Push the cable forward through the Base Beam past the front pulley position. Route the cable out through the smaller hole and up around the Lower Cable Column Mount Pulley, capturing the cable between the pulley and the lower cable retainer tab only. Install the front and rear Pulleys assuring that the cable is seated in their grooves. Route the cable up the Cable Column and between the Dual Pulleys on the Cable Column Slider. To secure the Cable End, place one Plastic Ball onto the end of the cable. Next slide the cable end into the slot of the Cable End "U" Bracket. Finally, attach the Spring Clip to the "U" Bracket using the M6 x 20 Button Head Bolt and M6 Flat Head Nut. Slide the retainer "O" Ring tight against the Plastic Ball to complete using:

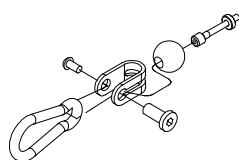
One (M10 x 35 Hex Bolt)
One (M10 x 50 Hex Bolt)
One (M10 x 55 Bolt (Blue Dot))
Four (M10 Flat Washers)
Two (M10 Locknuts)
One (1/2" Step Spacer)

One (Plastic Ball)
One ("U" Bracket)
One (Spring Clip)
One (M6 x 20 Button Head Bolt)
One (M6 Flat Head Nut)

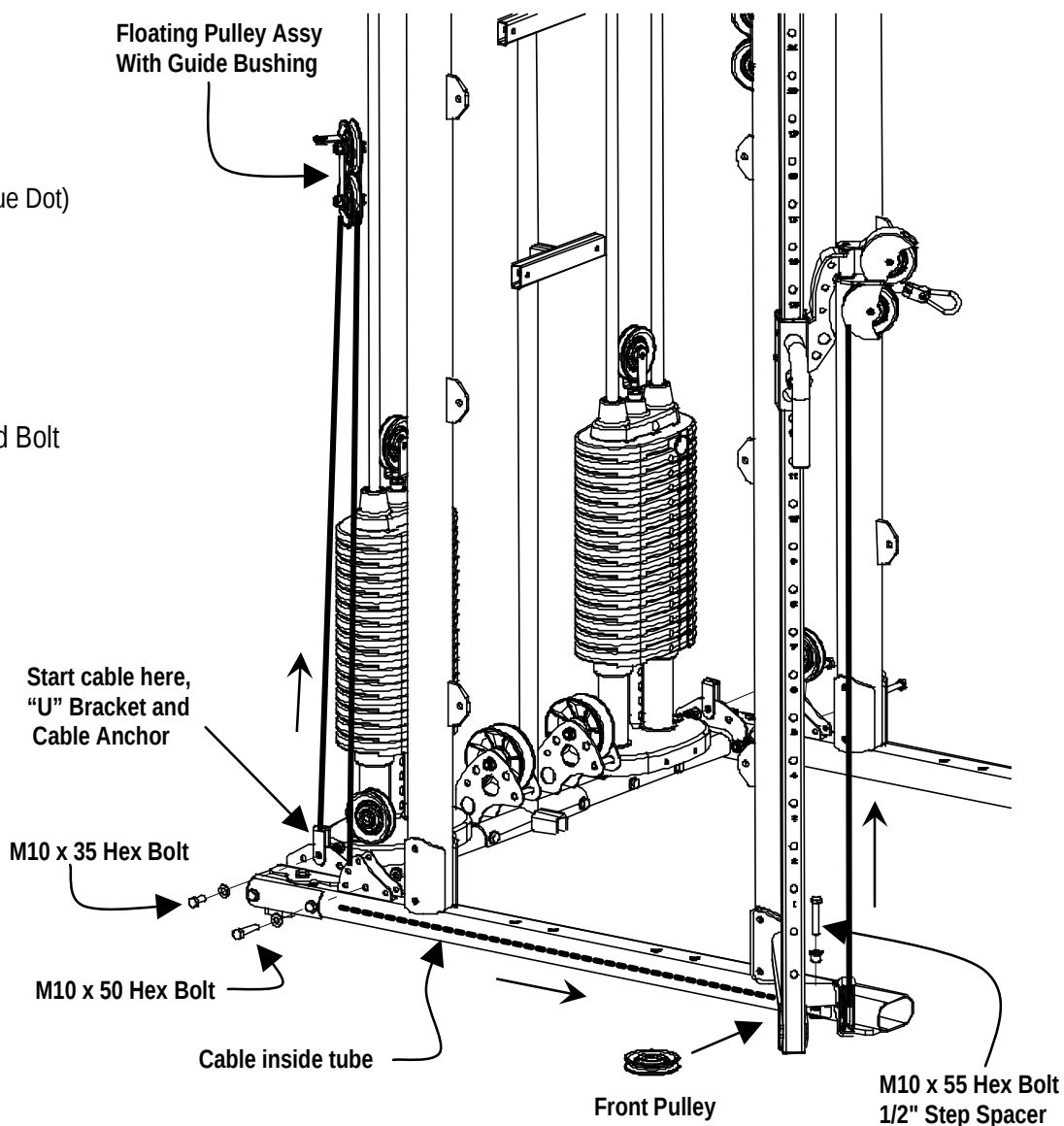
(Wrench Tighten Now)

Step 19

- 1 - Lower Cable
- 1 - M10 x 35 Hex Bolt
- 1 - M10 x 50 Hex Bolt
- 1 - M10 x 55 Hex Bolt (Blue Dot)
- 4 - M10 Flat Washers
- 2 - M10 Locknuts
- 1 - 1/2" Step Spacer
- 1 - Plastic Ball
- 1 - "U" Bracket
- 1 - Spring Clip
- 1 - M6 x 20 Button Head Bolt
- 1 - M6 Flat Head Nut



Cable End Detail



Step 19: Repeat instructions from Step 18 to install the right side Lower Cable.

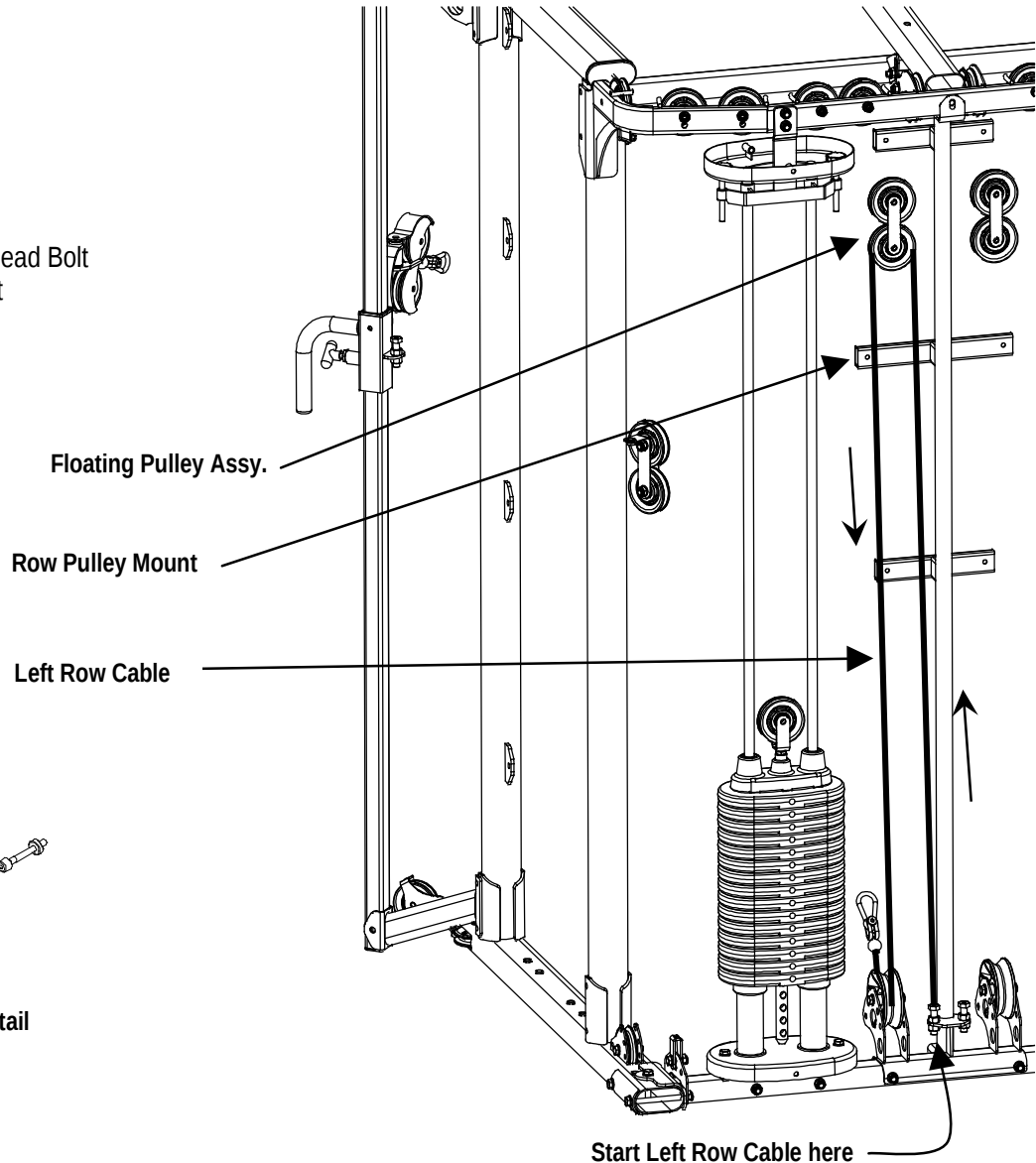
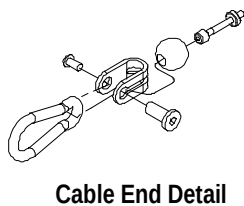
One (M10 x 35 Hex Bolt)
One (M10 x 50 Hex Bolt)
One (M10 x 55 Bolt (Blue Dot))
Four (M10 Flat Washers)
Two (M10 Locknuts)
One (1/2" Step Spacer)

One (Plastic Ball)
One ("U" Bracket)
One (Spring Clip)
One (M6 x 20 Button Head Bolt)
One (M6 Lock Nut)

(Wrench Tighten Now)

Step 20

- 1 – Row Cable
- 1 - Plastic Ball
- 1 - "U" Bracket
- 1 - Spring Clip
- 1 - M6 x 20 Button Head Bolt
- 1 - M6 Flat Head Nut



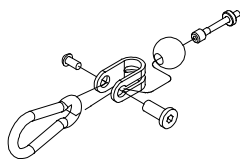
Step 20: Select the two Row Cables and lay them out straight assuring they are not kinked. Remove one Jam Nut from the cable end bolt. Insert the bolt into the bracket at the bottom of the Row Pulley Mount. Reattach the Jam nut. Route the cable up through the Floating Pulley Assembly and back down around the back side of the Wide Pulley and out the front at the bottom of the Row Pulley Mount. Be sure the cable goes between the Wide Pulley and cable retainer pin. Complete the cable end by sliding a Plastic Ball onto the end of the cable. Next slide the cable end into the side of the Cable "U" Bracket. Finally, attach the Spring Clip to the "U" Bracket using a M6 x 20 Button Head Bolt and M6 Flat Head Nut. Slide the retainer "O" Ring tight against the Plastic Ball to complete using:

- One (Row Cable)**
- One (Plastic Ball)**
- One ("U" Bracket)**
- One (Spring Clip)**
- One (M6 x 20 Button Head Bolt)**
- One (M6 Flat Head Nut)**

(Wrench Tighten Now)

Step 21

- 1 - Row Cable
- 1 - Plastic Ball
- 1 - "U" Bracket
- 1 - Spring Clip
- 1 - M6 x 20 Button Head Bolt
- 1 - M6 Flat Head Nut



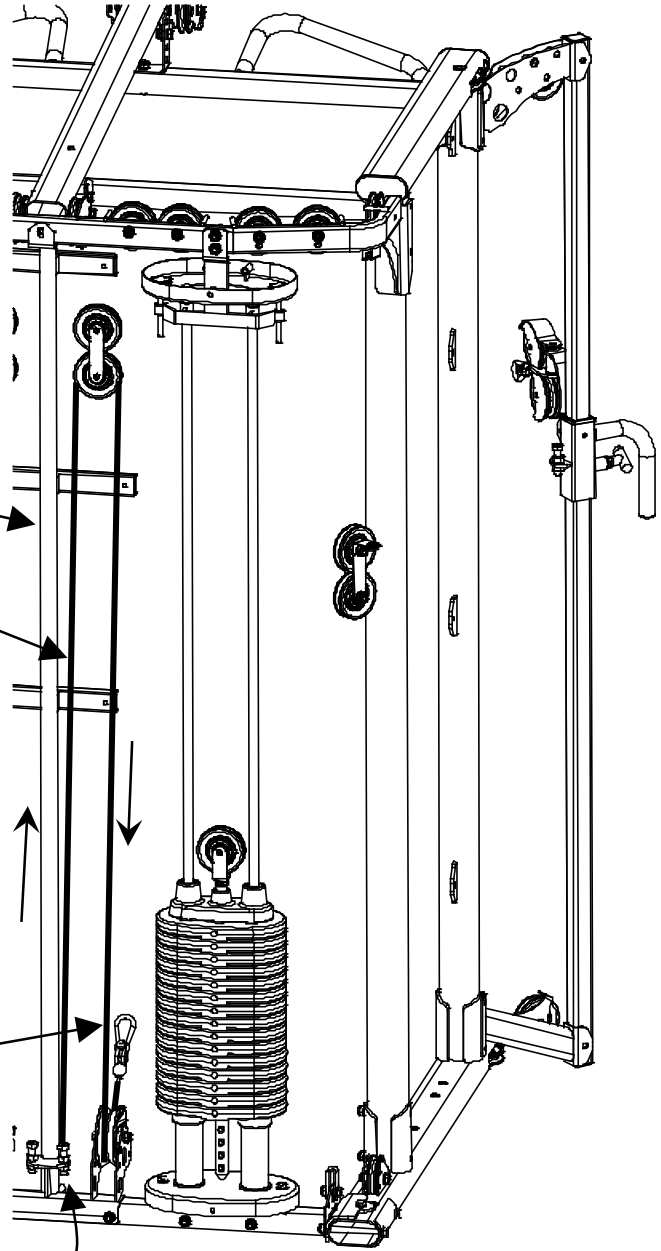
Cable End Detail

Row Pulley Mount

Right Row Cable

Row Cable End

Start Right Row Cable Here



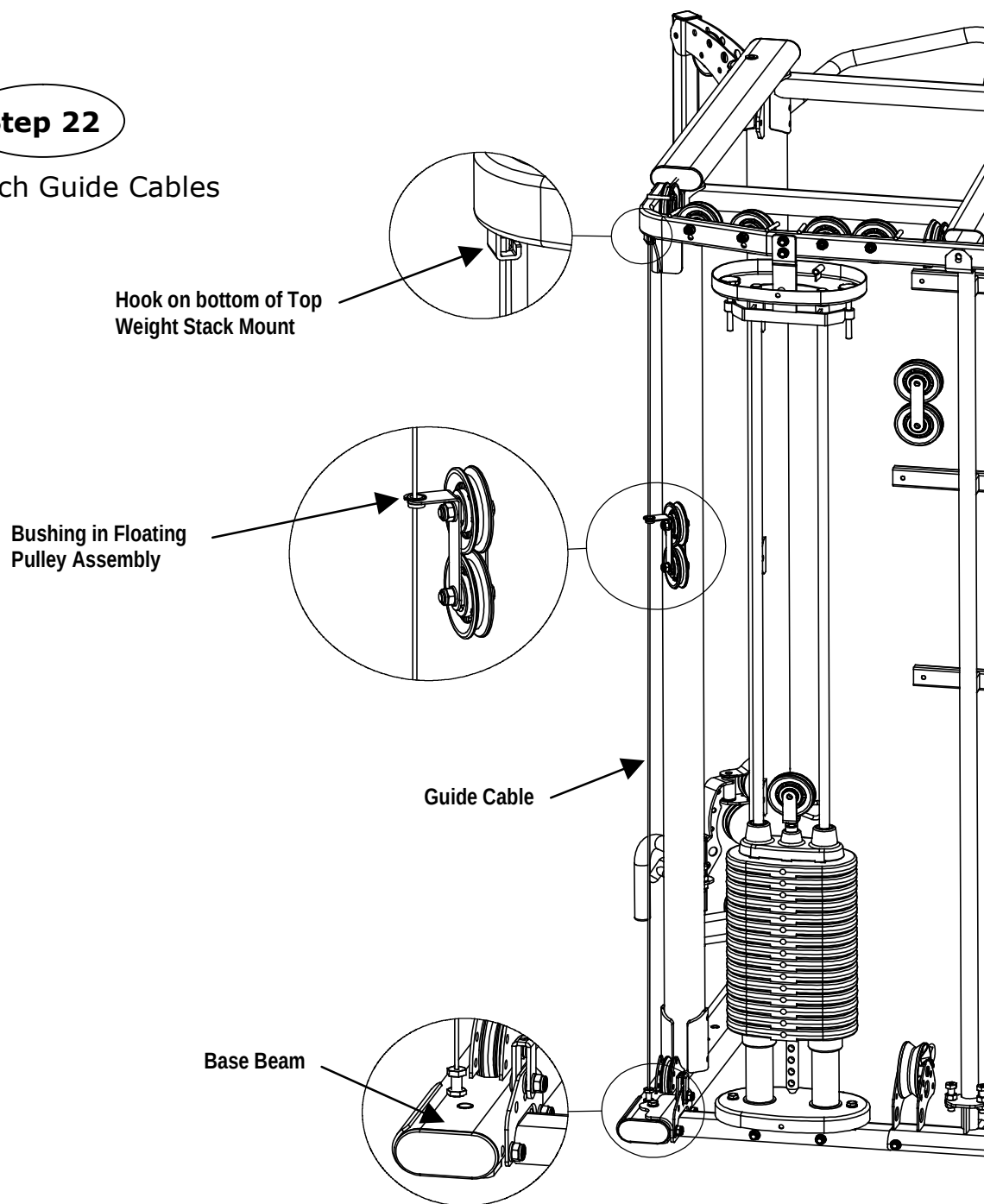
Step 21: Repeat all of Step 20 on the right side of the gym using:

- One (Row Cable)**
- One (Plastic Ball)**
- One (Spring Clip)**
- One ("U" Bracket)**
- One (M6 x 20 Button Head Bolt)**
- One (M6 Flat Head Nut)**

(Wrench Tighten Now)

Step 22

Attach Guide Cables

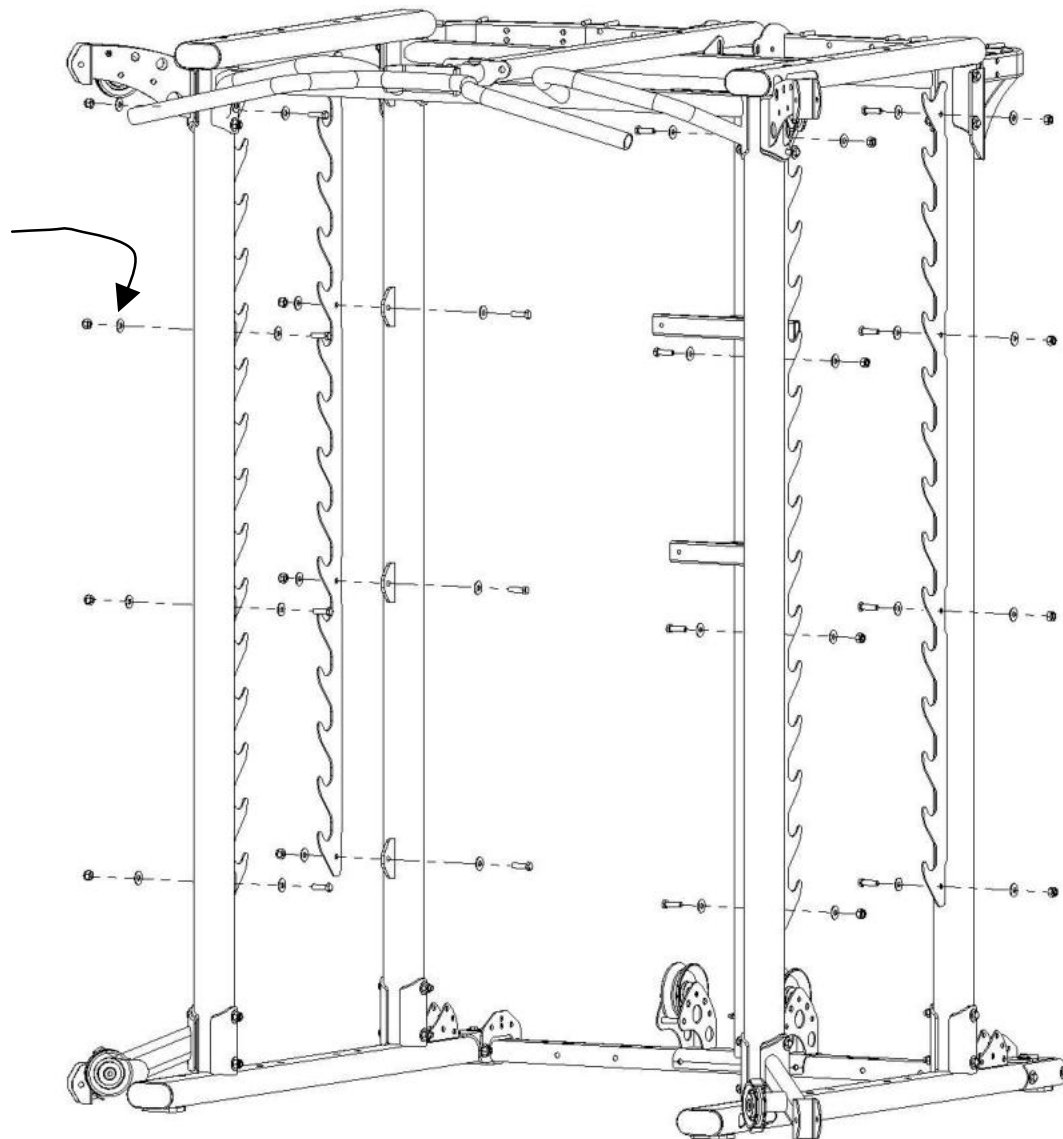


Step 22: Feed the small end of the Guide Cable up through the bushing in the Floating Pulley Assembly and attach the end to the hook on the bottom of the Top Weight Stack Mount. Insert the bolt end into the threaded hole in the Base Beam. Tighten the bolt so the Guide Cable is taught, but do not over tighten. Tighten the jam nut.

Repeat this process for the Guide Cable on the other side of the machine.

Step 23

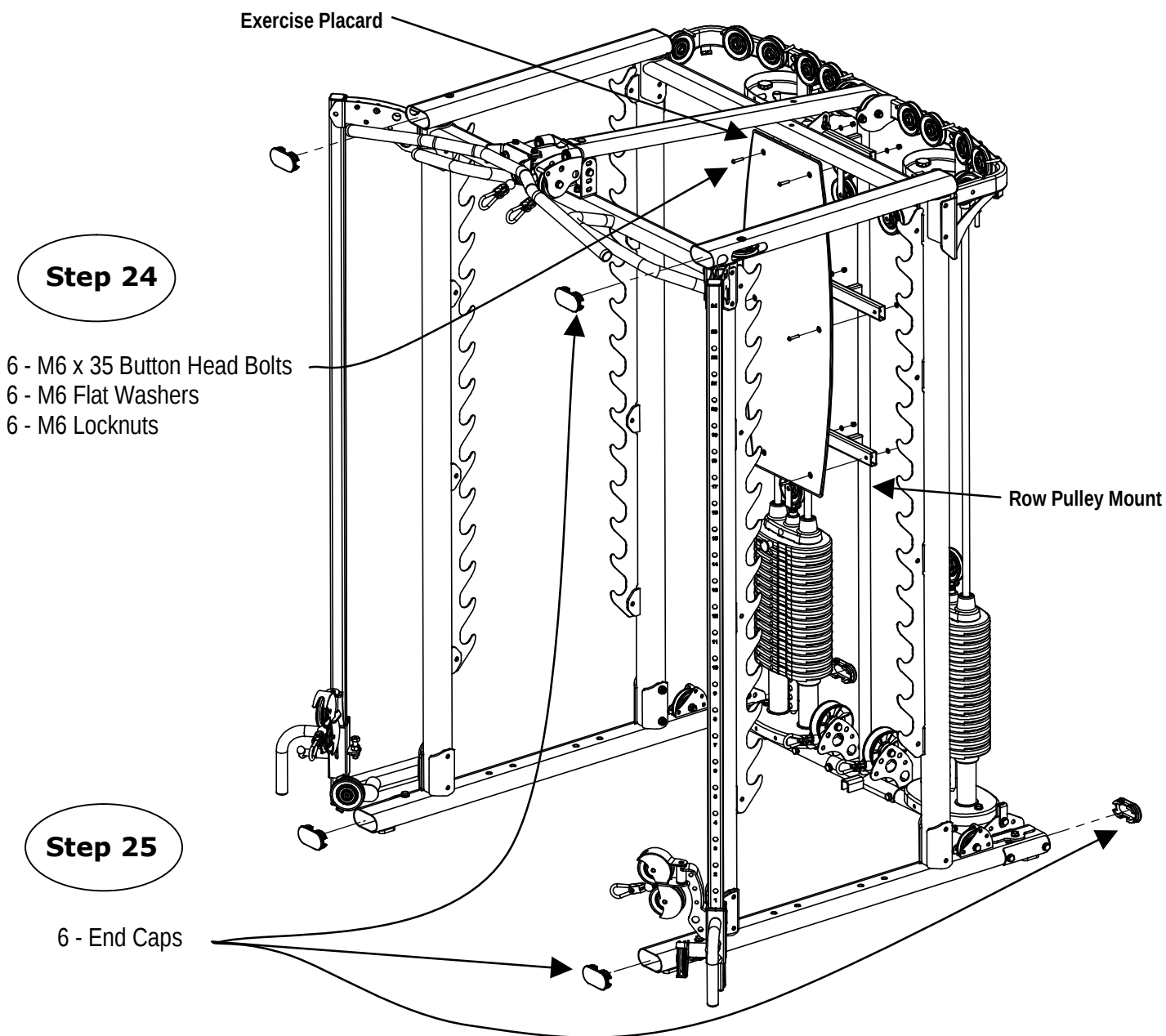
16 - M10 x 25 Hex Bolts
32 - M10 Flat Washers
16 - M10 Locknuts



Step 23: Attach the four Weight Rack Plates onto the outer sides of the mounting tabs on the Main Uprights with the "Hooks" pointing up using:

Sixteen (M10 x 25 Hex Bolts)
Thirty Two (M10 Flat Washers)
Sixteen (M10 Locknuts)

(Wrench Tighten Now)



Step 24: Attach the Exercise Placard to the Row Pulley Mount using:

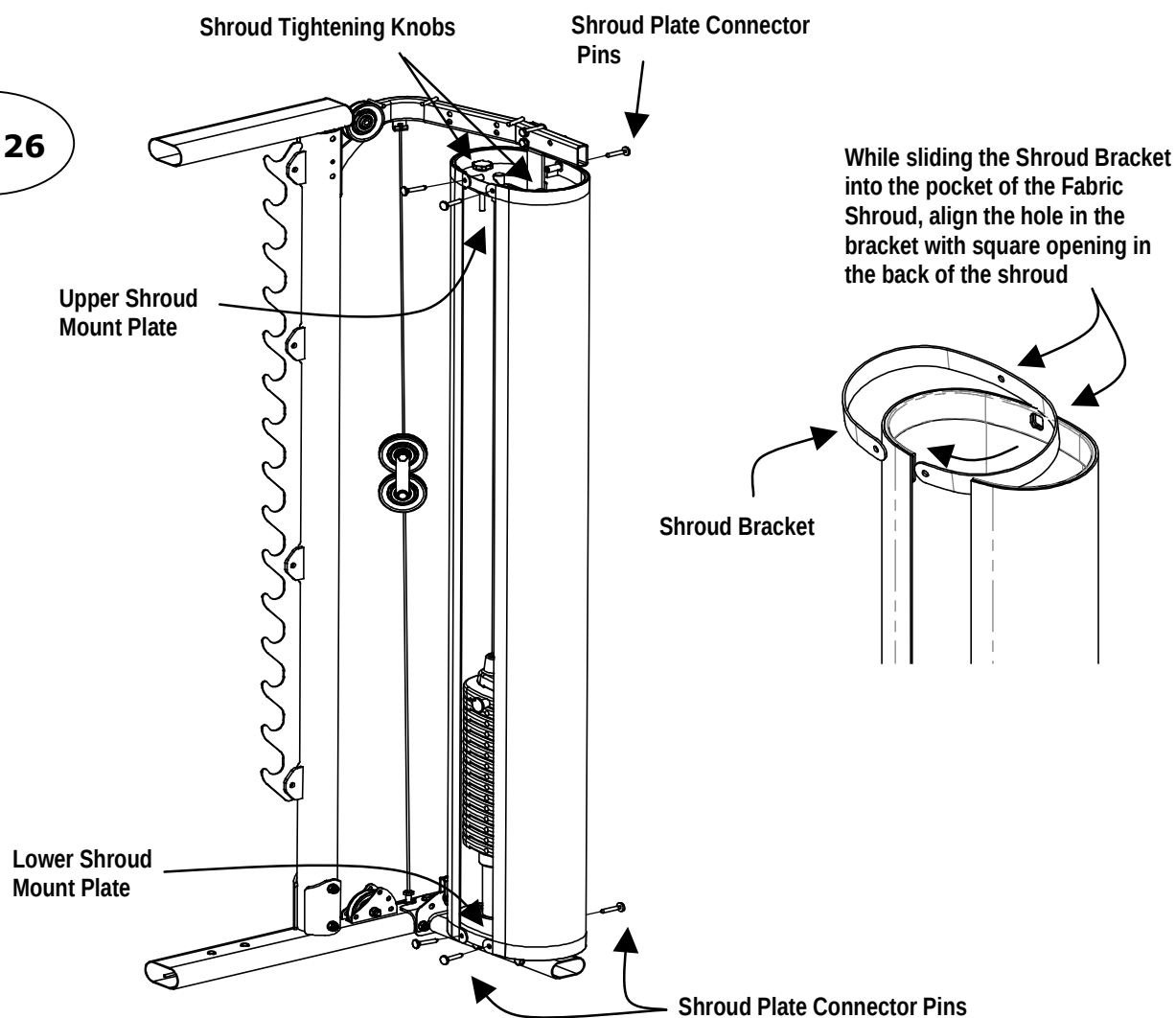
Six (M6 x 35 Button Head Bolts)
Six (M6 Flat Washers)
Six (M6 Locknuts)

Note: Place the washers under the nuts only. No washers under the head of the button head bolts.

(Wrench Tighten Now)

Step 25: Install End Caps in the front of the Top and Base Beams, and the rear of the Base Beams.

Step 26



Step 26:

Slide a Shroud Bracket into the pocket at each end of a Fabric Shroud so the hole in the back of the bracket aligns with the square opening in the shroud. For a clean look, the seam or fabric overlap should be facing inward.

Slide the upper end of the Fabric Shroud, with Shroud Bracket inserted, over the upper Shroud Mount Plate. Secure the shroud to the plate with three Shroud Plate Connector Pins.

Slide the lower end of the Fabric Shroud, with Shroud Bracket inserted, over the lower Shroud Mount Plate. Secure the shroud to the plate with three Shroud Plate Connector Pins.

Turn the Shroud Tightening Knobs to tighten the Fabric Shroud and remove any possible wrinkles.

Repeat this process for the second Fabric Shroud.

Step 27

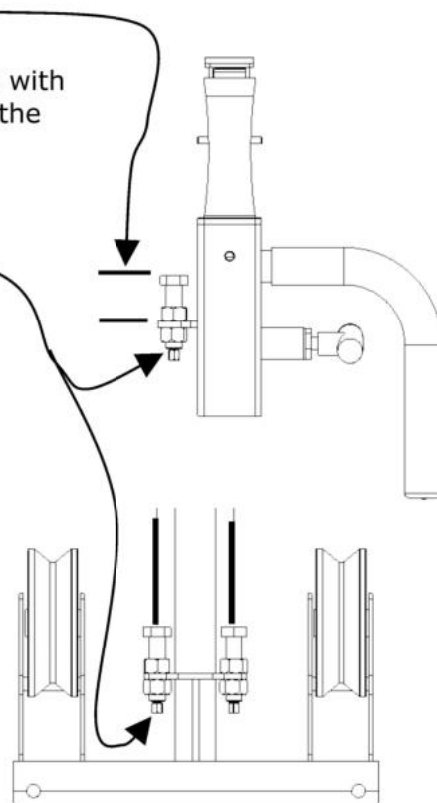
Step 27: Initially adjust the four cable bolts to 1" between the top of the bolt and the bracket it is attached too and Wrench Tighten the Jam Nuts.

Start with one Cable and adjust the slack out. Then do the same with the other three Cables. Assure the cables routing is clear and in the grooves of all pulleys.

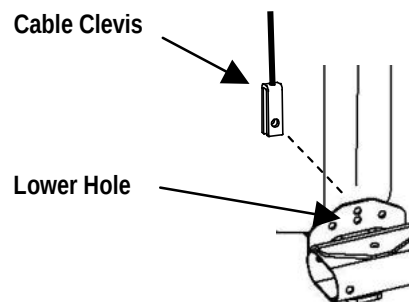
There has to be a minimum of one Bolt thread showing below the Nuts after adjustment.

At this point it is necessary to seat the cables. Start by verifying that cables are centered in the grooves of all pulleys and clear of all guides and potential obstructions.

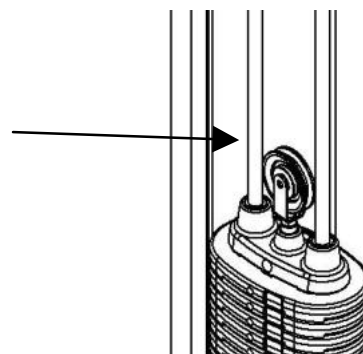
Shake Down, select a weight that you can comfortably handle. Perform a standard exercise and hold the first repetition. Now, lightly bounce the weights up and down several times. This will seat the cables into the pulleys and prepare the Smith Cage System for final adjustments.



Readjust the cables with the Cable Bolts to remove any new slack. If after readjusting the cables there is still excess slack, you can adjust more slack out by moving the clevis on the end of the Lower Cables to the lower hole in the Cable Anchor.



If after adjusting cable length(s) as noted above and the cable appears to be too short, remove the Top Weight Pulley, screw out the "U" bracket one to two full turns, then retighten the Jam Nut, and re-attach the pulley. Make sure the Locknut on the Pulley bolt is facing toward the back of the cage.



EXPLODED VIEW

Exploded View not available at this time.

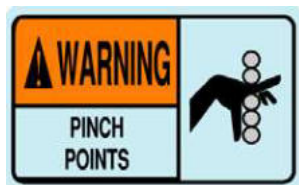
Please contact customer service at 1-877-738-1728 for assistance or a copy.

DECAL REFERENCE

NOTICE				
This <i>INSPIRE</i> product is not intended for commercial use.				
IN HOME MAINTENANCE	Weekly	Months ¹	Yearly	Years ²
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	✗			
Clean; Upholstery	✗			
Inspect; Cables and their fittings	✗			
Inspect taughtness of all shrouds	✗			
Inspect; Accessory Bars and Handles		✗		
Inspect; All Decals		✗		
Inspect; All nuts and Bolts Tighten if Needed.		✗		
Inspect; Anti-Skid Surfaces		✗		
Clean & Lubricate; Guide Rods with a Teflon(PTFE) based lubricant (Superlube)		✗		
Lubricate; Seat Sleeves and all plastic slides		✗		
Clean & Wax; All Glossy Finishes			✗	
Replace; Cables, Belts and Connectin Parts.				✗

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.



INSPIRE

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.

Weight Number Stickers

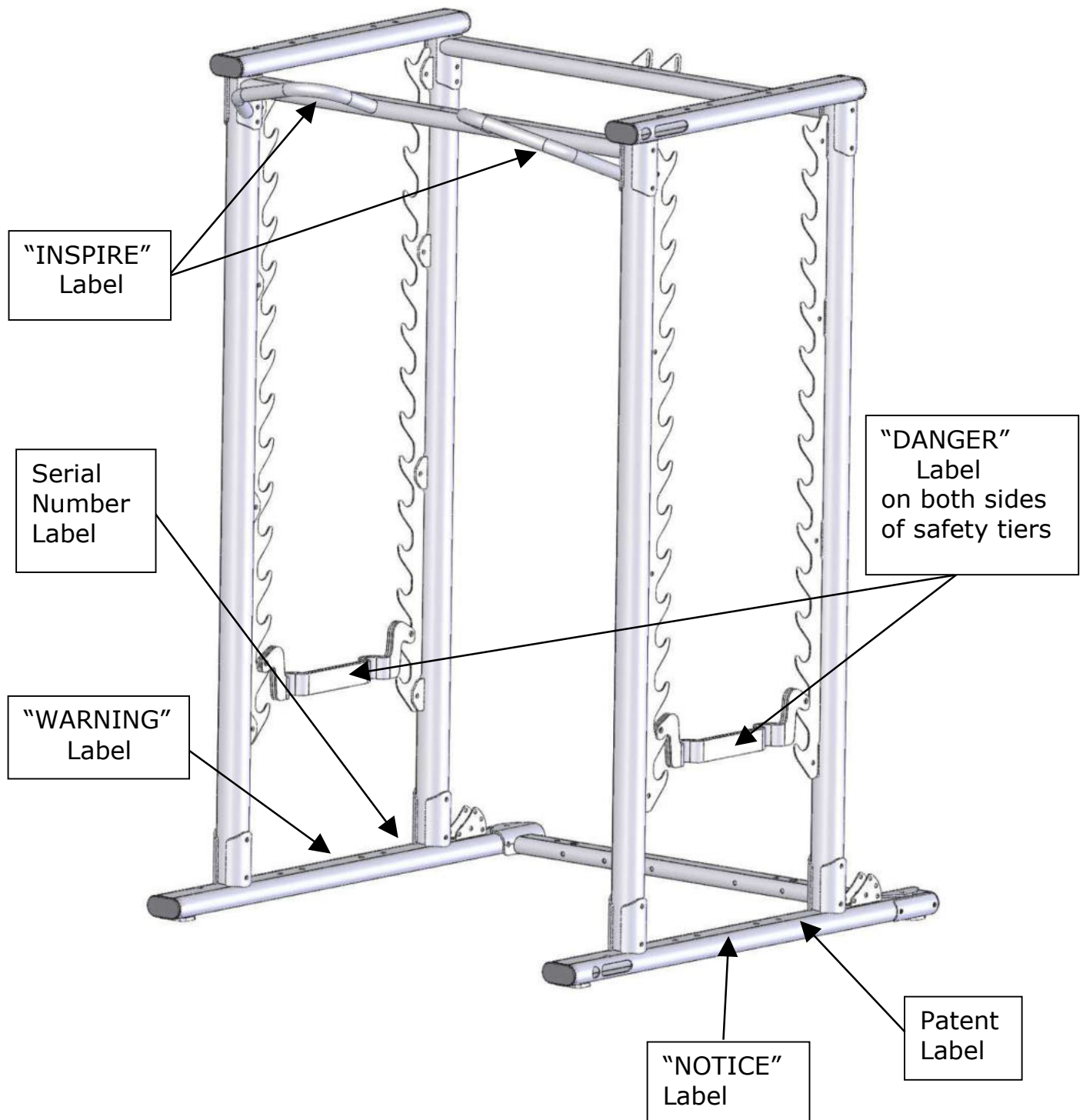
1718192021

910111213141516

12345678

25 mm

DECAL PLACEMENT



ACCESSORIES

- 4 Ring “D” Handles – two pieces
- Ankle Strap – one piece
- “D” Handle / Ab Strap – two pieces
- Pull-up Assist Strap – one piece

Smith Cage System OPTIONS

- SCS-102 (SMITH MACHINE OPTION)
- Two Heavy Stacks (50lbs. each)
- Ab Crunch Bar

Training Tips

CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

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

GENERAL MAINTENANCE INFORMATION

- Periodically inspect the cables for splitting, cracking or fraying. Also, watch for bulging or flat areas in the cable.
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect spring clips, 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 equipment.
- 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 you 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

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

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