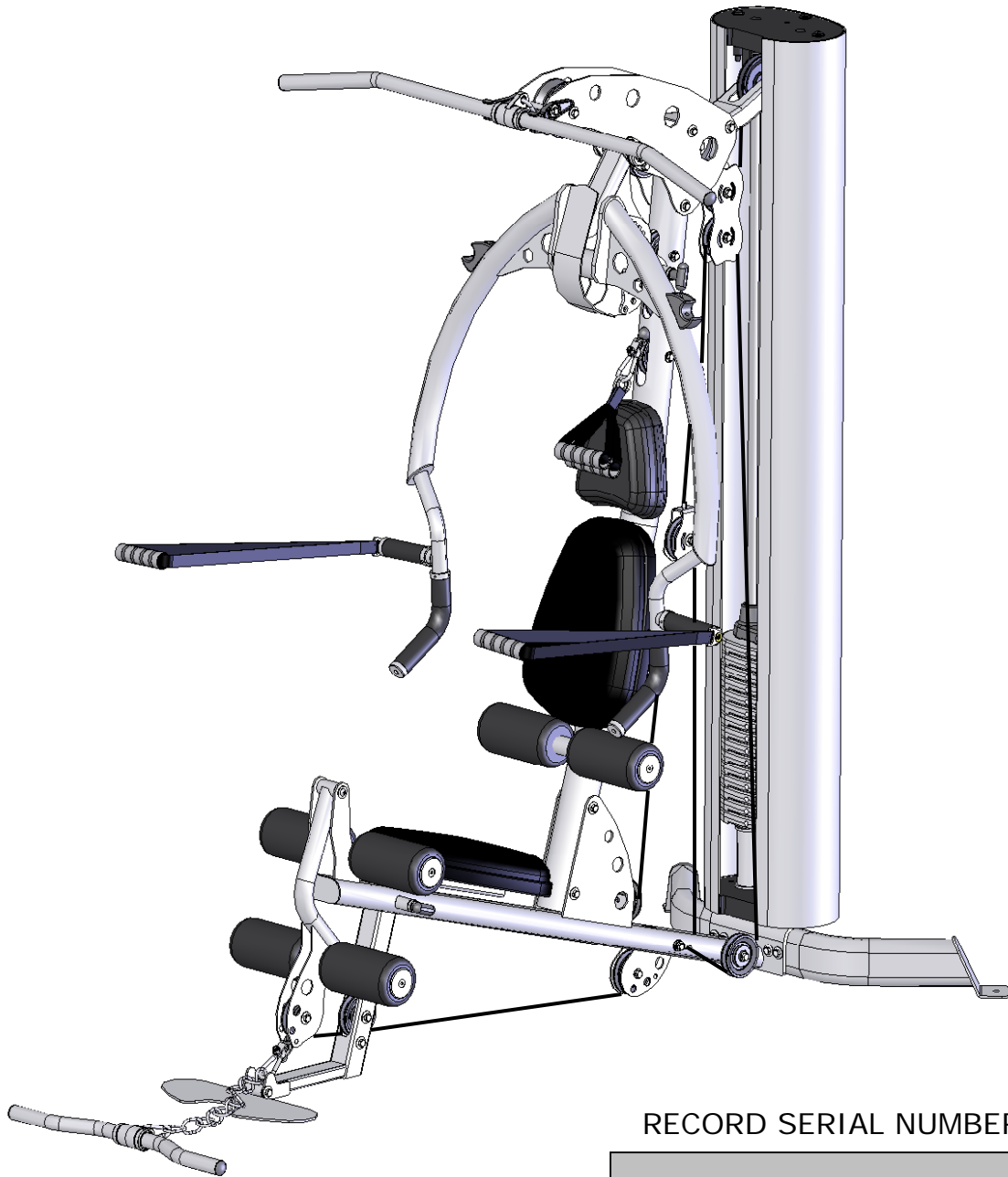


M2 INSPIRE

ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. This home gym by Inspire offers the key to unlocking your body's potential. Regular strength training on a home gym has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, a reduction in stress, and improved cardiac output. Once again, congratulations, you are on your way to improving your self image, overall health and quality of life.

BEFORE ASSEMBLING YOUR HOME GYM

IMPORTANT: Read this entire manual before attempting to build or use this machine. This manual contains step by step instructions for proper assembly.

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the retailer of this home gym for replacement parts. Or, call Inspire at 714-738-1729

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

This home gym is intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Certain parts including guide rods can form rust in a humid environment, resulting in impaired function.

Service of your home gym should only be preformed by an authorized INSPIRE retailer. Service preformed by anyone else can result in loss of warranty. If you need help finding an authorized retailer, please contact us directly:

Inspire Fitness
637 S. State College Blvd.
Fullerton, CA 92831
Ph: 714-738-1729
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 home gym.

- **WARNING!** It is necessary to inspect this home gym regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace any and all defective or worn parts. Pay special attention to moving parts such as the cables and pulleys and connections to accessories. See General Maintenance section for complete details.
- Use this home gym for its intended purpose as described in this Operation Manual or the exercise chart. Do not use attachments not recommended by the manufacturer.
- **Do not hang from press arm. The press arm is not designed to support human weight.**
- Make sure bystanders are at least 5 feet away from the home gym while it is in use.
- Keep children off the home gym at all times.
- Keep the home gym away from walls and clear of any obstructions and furniture.
- Stop immediately if you experience shortness of breath, pain, or dizziness during your workout. Inspire strongly recommends consulting your doctor before starting an exercise program.

TOOLS REQUIRED FOR ASSEMBLY

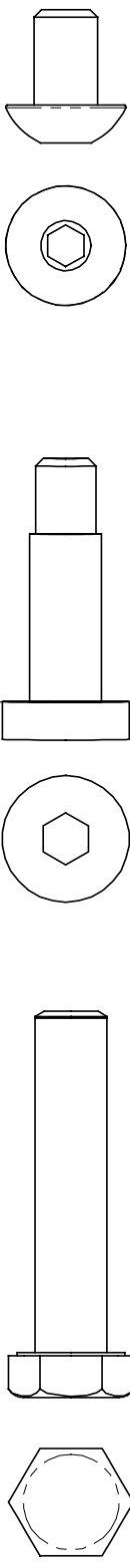
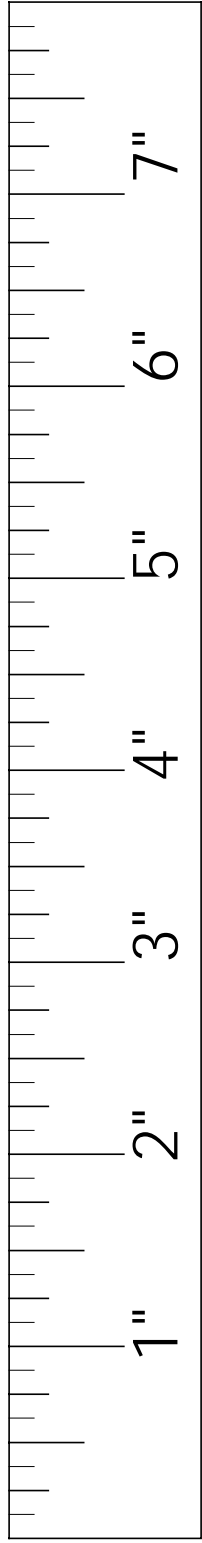
- Standard socket set (including 9/16" and 1/2" sockets)
- 1/2" wrench
- 9/16" wrench
- 3/4" wrench
- Tape Measure
- Rubber Mallet
- Adjustable wrench

PARTS & HARDWARE LIST

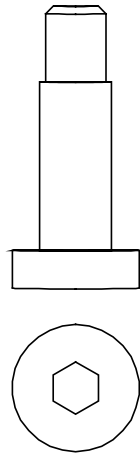
Item	Parts Description	Qty	Qty Rec'd
1	Main Base	1	
2	Rear Base	1	
3	Backing Plate	1	
4	Foot Plate	1	
5	Main Upright	1	
6	Top Beam Plate	2	
7	Press Arm Mount	1	
8	Press Arm Plate	1	
9	Press Arm Bearing	2	
10	Press Arm	1	
11	Lat Bar Holder	2	
12	Guide Rod	2	
13	Shroud Plate	1	
14	Shroud Plate Assembly	1	
15	Floating Pulley Plate	2	
16	Floating Pulley Bracket	1	
17	Top Weight/Selector Stem	1	
18	Weight Stack Riser	2	
19	Weight Stack Number	1	
20	Rubber Donut	2	
21	Roller Tube	3	
22	Roller Pad	6	
23	Aluminum Endcap	6	
24	Large Plastic Washer	6	
25	Seat Stem	1	
26	Seat Base	2	
27	Head Pad	1	
28	Upper Cable	1	
29	Middle Cable	1	
30	Lower Cable	1	
31	D handle/Ab Strap	2	
32	Ankle Strap	1	
33	Revolving Aluminum Lat Bar	1	
34	Revolving Aluminum Curl Bar	1	
35	Fabric Shroud	1	
36	Guide Rod Lube	2	
37	Touch-up Paint	1	
38	3 1/2" Pulley	14	
39	4 1/2" Pulley	2	
40	4 1/2" Wide Pulley	1	

Item	Hardware Description	Qty	Qty Rec'd
1	Bolt, 1/4-20 x 3/8" L (Phillips head)	1	
2	Bolt, 5/16-18 x 1-1/4" L (Shoulder)	3	
3	Bolt, 3/8x16 x 1" L (Flat Head)	6	
4	Bolt, 3/8-16 x 1/2" L (Button Head)	2	
5	Bolt, 3/8-16 x 1" L	4	
6	Bolt, 3/8-16 x 1 3/4" L	5	
7	Bolt, 3/8-16 x 2" L	6	
8	Bolt, 3/8-16 x 2 1/2" L	1	
9	Bolt, 3/8-16 x 2 3/4" L	2	
10	Bolt, 3/8-16 x 3" L	5	
11	Bolt, 3/8-16 x 3 3/4" L	10	
12	Bolt, 3/8-16 x 4" L	7	
13	Bolt, 3/8-16 x 4 3/4" L	1	
14	Bolt, 3/8-16 x 5" L	1	
15	Bolt, 3/8-16 x 5 3/4" L	1	
16	Bolt, 1/2-13 x 6" L	1	
17	1/4" Washer	1	
18	3/8" Washer	67	
19	3/8" Washer, small OD	6	
20	1/2" Washer	2	
21	5/16-18 Locknut	3	
22	3/8-16 Locknut	37	
23	1/2-13 Locknut	1	
24	Spacer Tube, 3" Long	1	
25	Step Spacer, 1" Long	8	
26	Step Spacer, 1/2" Long	2	
27	Barrel Spacer, 1" Long	2	
28	Barrel Spacer, 5/8" Long	2	
29	Cable Adapter	1	
30	Spring Clip	4	
31	Chain	1	
32	Weight Pin	1	
33	6 mm Wrench	1	
34	Cable Ball	3	
35	"U" Bracket Cable End	3	

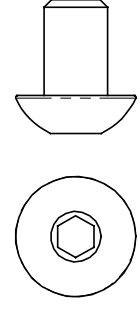
HARDWARE CHART



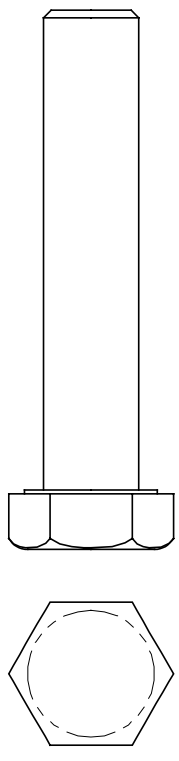
3/8" DIA. Bolt



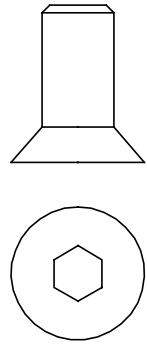
5/16"DIA. Shoulder Bolt



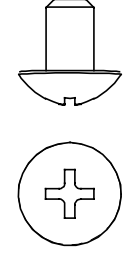
Button Head Bolt



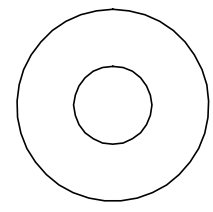
1/2" DIA. Bolt



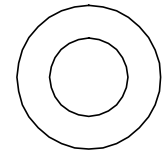
3/8"DIA. Flat Head Bolt



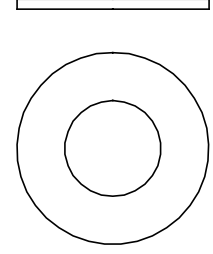
Phillips Head Screw



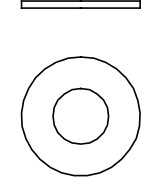
3/8" Washer



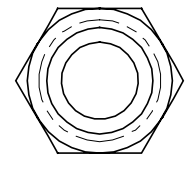
3/8" Washer Sm. O.d.



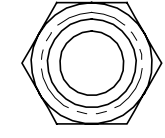
1/2" Washer



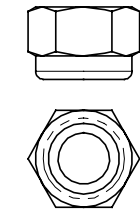
1/4" Washer



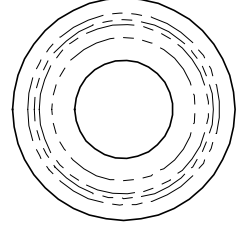
1/2" Locknut



3/8" Locknut



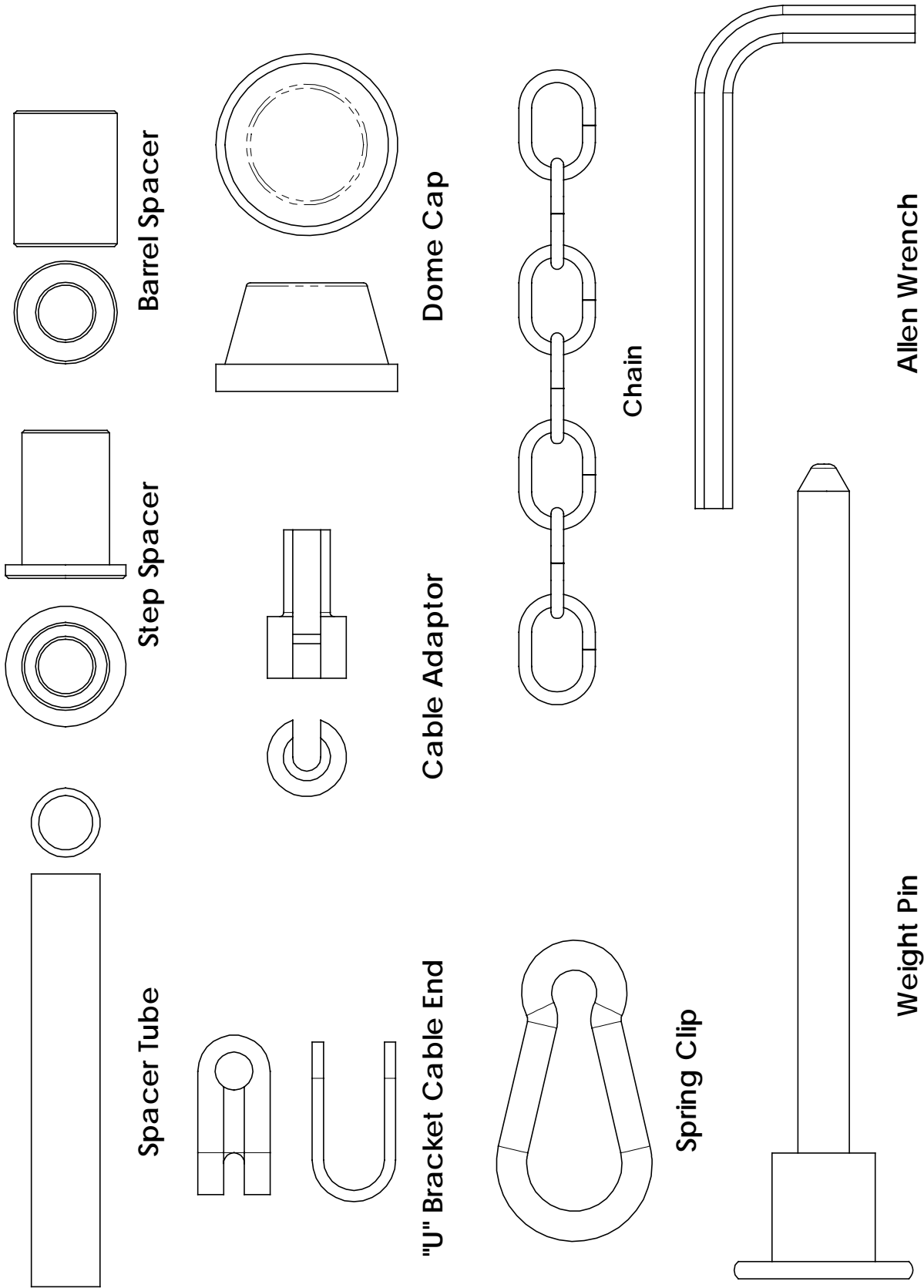
5/16" Locknut



Hat Washer

ACTUAL PARTS MAY BE SMALLER OR LARGER THAN SHOWN

HARDWARE CHART



ACTUAL PARTS MAY BE SMALLER OR LARGER THAN SHOWN

CABLE CHART



UPPER CABLE

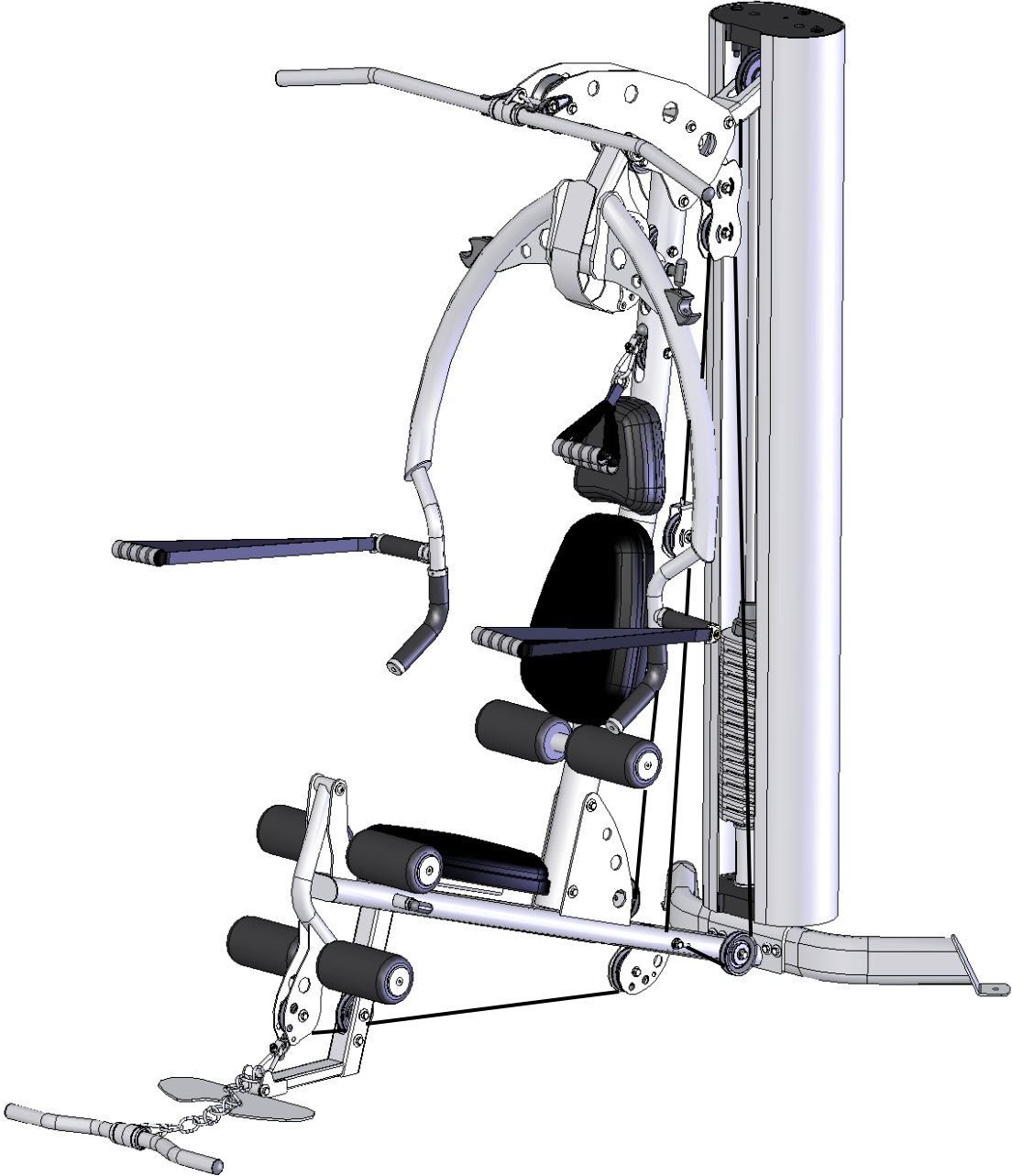


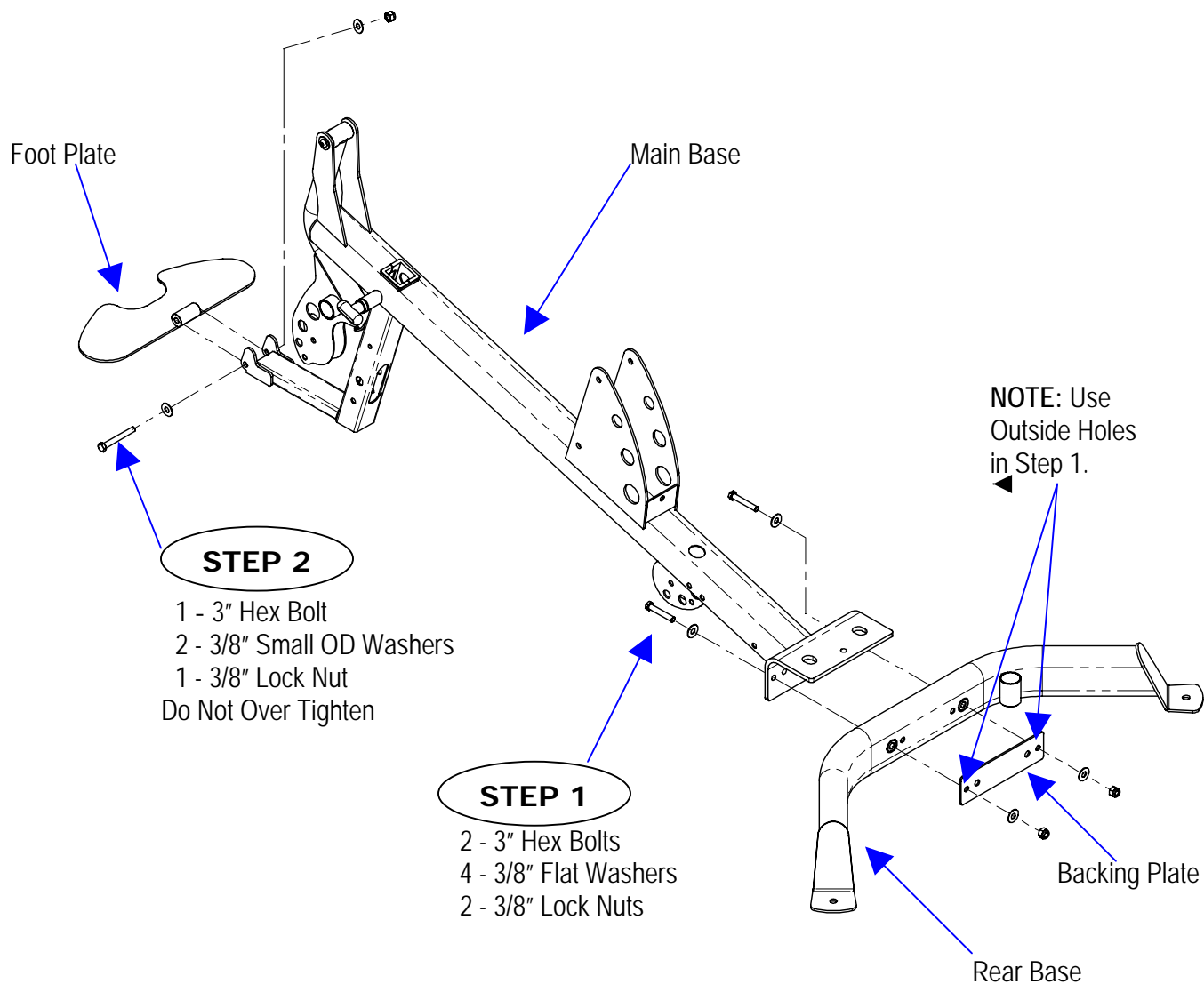
MIDDLE CABLE



BOTTOM CABLE

ASSEMBLY INSTRUCTIONS





STEP 1: Attach Rear Base to Main Base using:

Note: Wrench tighten now
Note: Use outside holes in Step 1

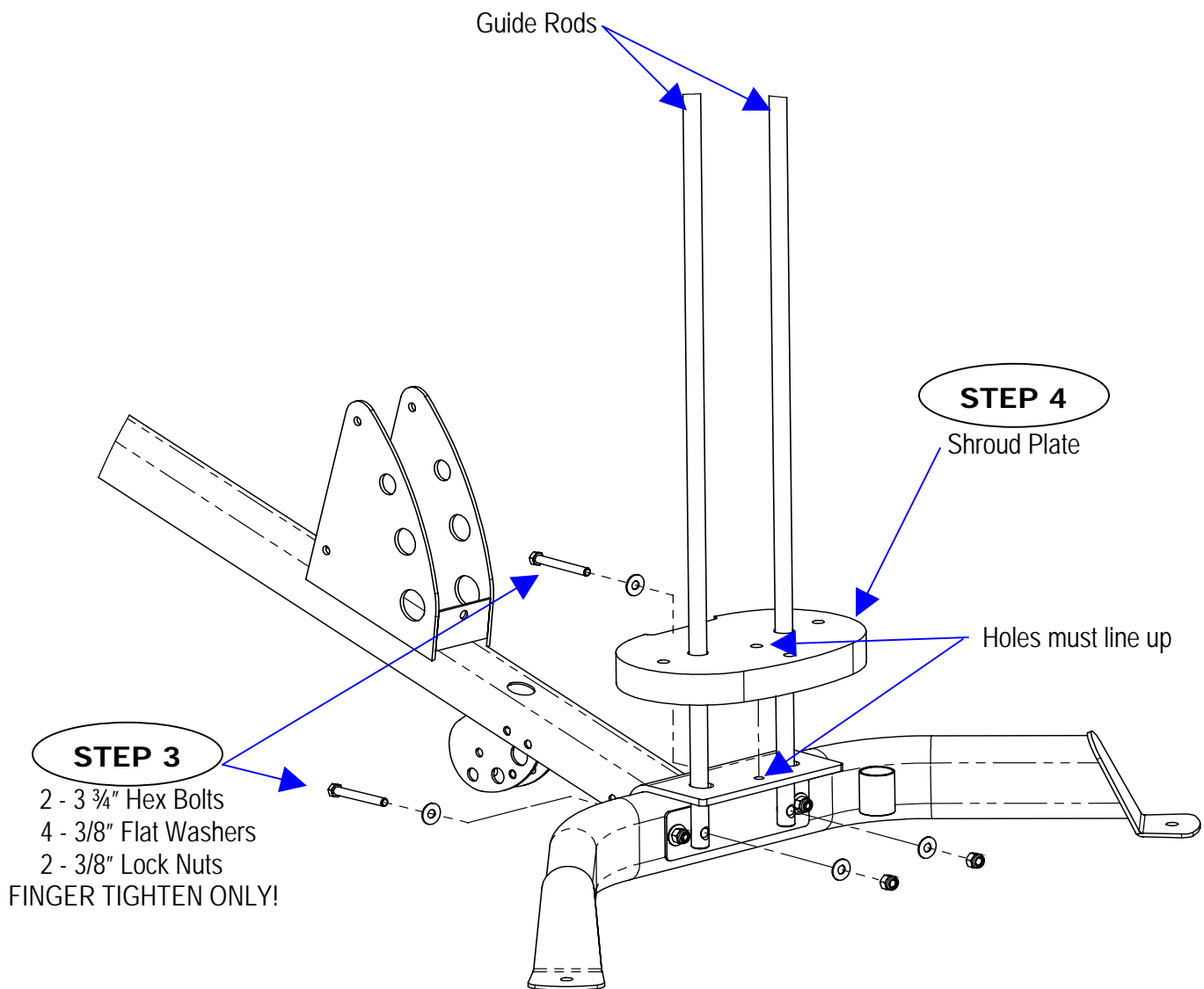
Two (3/8" x 3" Hex Bolt)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)
One (8 1/4" Backing Plate)

STEP 2: Attach Foot Plate to Main Base using:

Note: Wrench tighten now but do not over tighten.
Foot plate must flip up easily

One (3/8" x 3" Hex Bolt)
Two (3/8" Small OD Washers)
One (3/8" Lock Nut)

11/05



STEP 3: Attach Guide Rods to Rear Base using:

Note: Finger tighten only

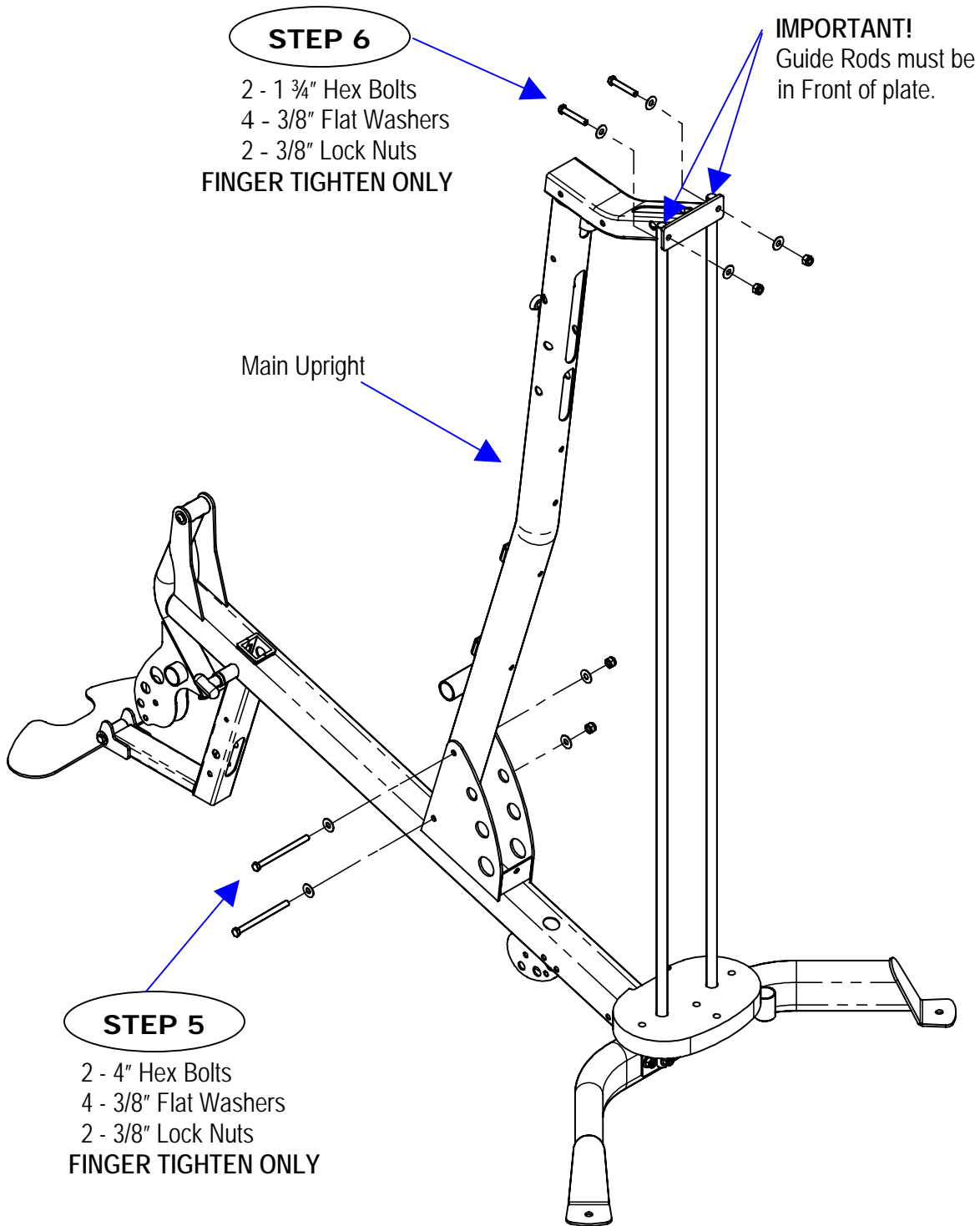
Note: If these bolts do not go in smoothly
Loosen bolts from step 1.

Two (3/8" x 3 3/4" Hex Bolts)

Four (3/8" Flat Washers)

Two (3/8" Lock Nuts)

STEP 4: Slide Shroud Plate down Guide Rods onto Rear Base. Make sure that center hole in Shroud Plate lines up with hole between Guide Rods in Main Base.



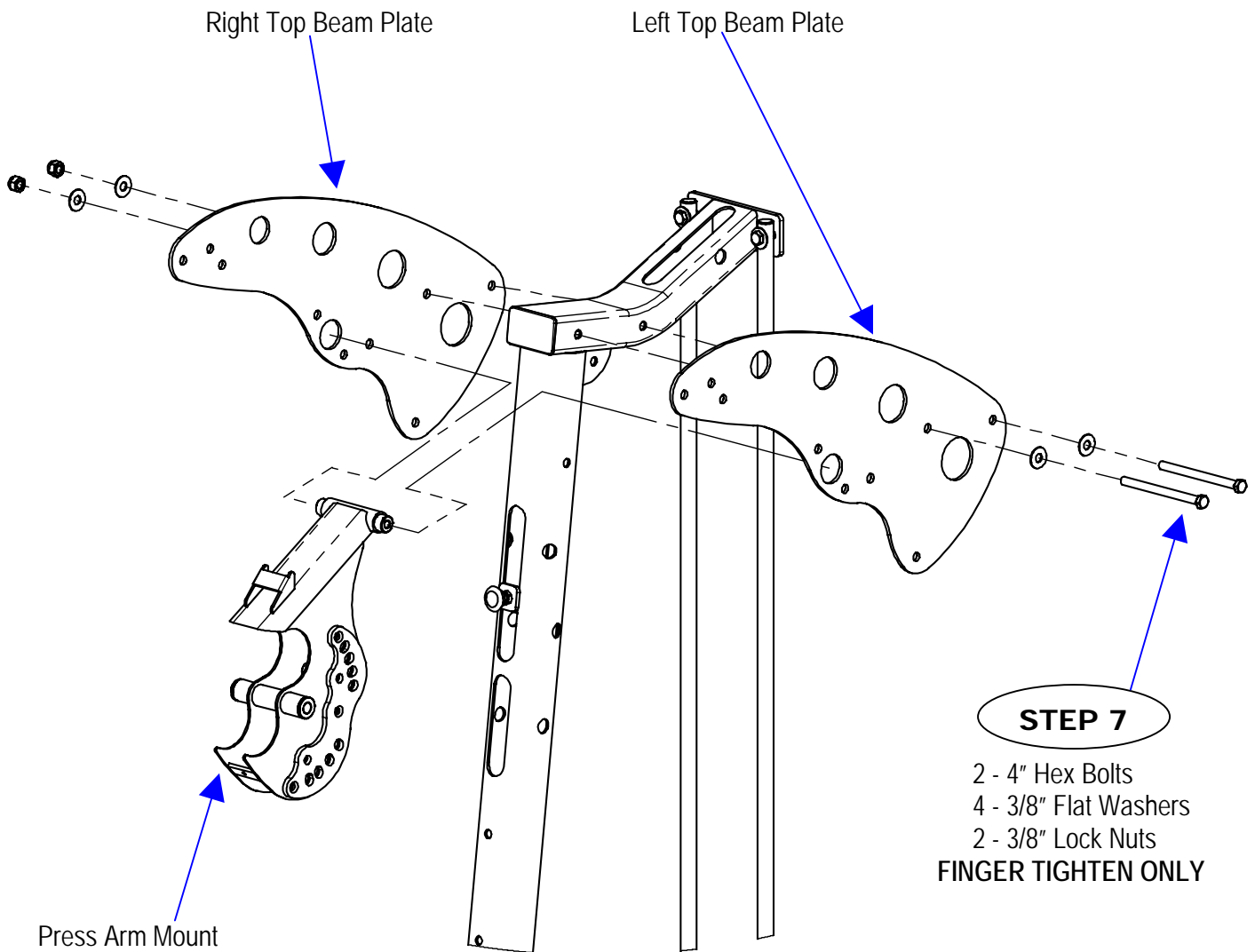
Step 5: Attach Main Upright to Main Base using:
Note: Finger Tighten Only

Two (3/8" x 4" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Step 6: Attach Guide Rods to Main Upright using:
Note: Finger Tighten Only

Two (3/8" x 1 3/4" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Note: Attach left and right top beams with "Inspire" logo facing out.

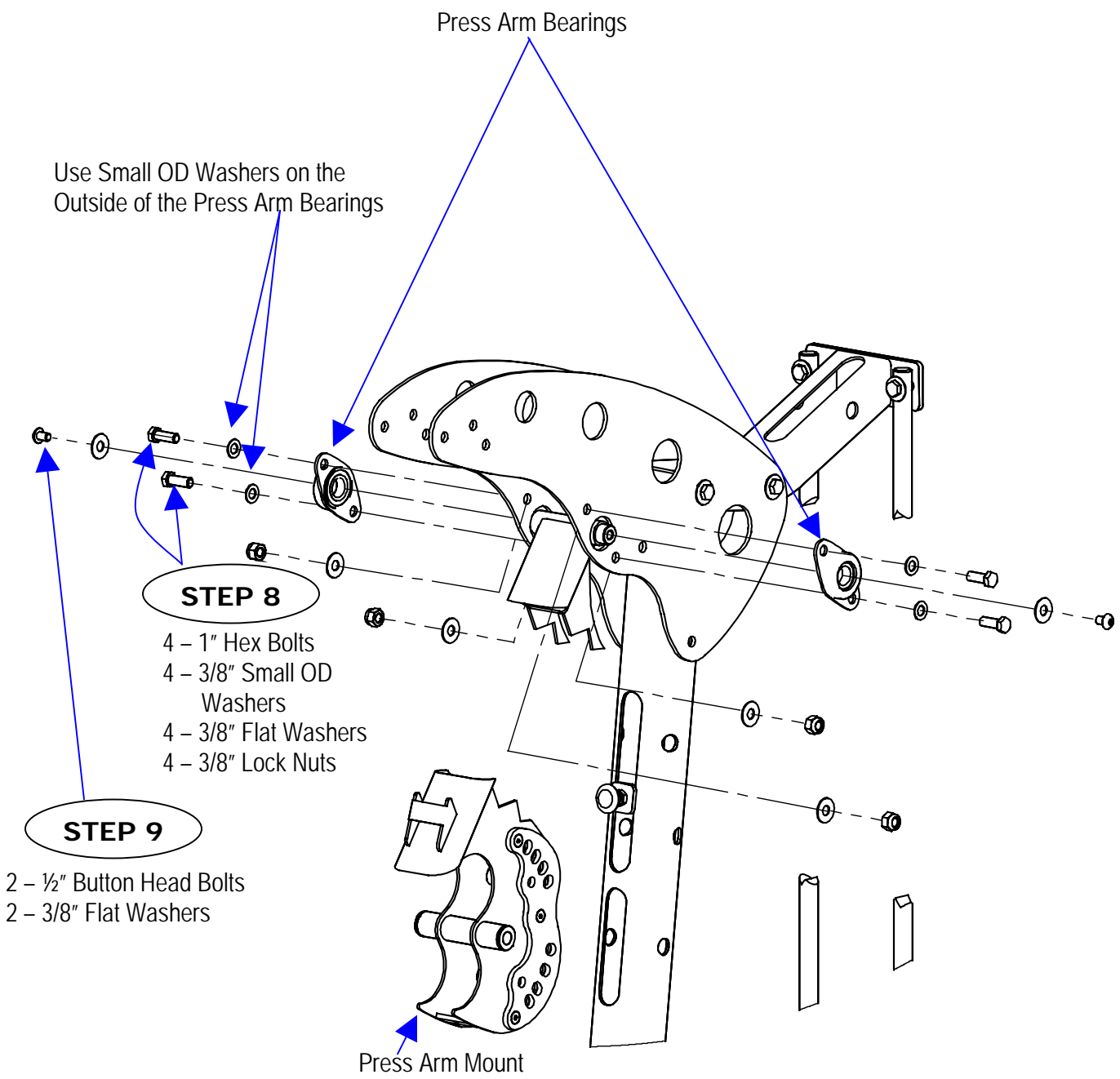


Step 7: Attach Left and Right Top Beam Plates to Main Upright using:

Note: Finger Tighten Only

Two (3/8" x 4 " Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

NOTE: Hang Press Arm Mount from Top Beam Plates as Plates are attached.

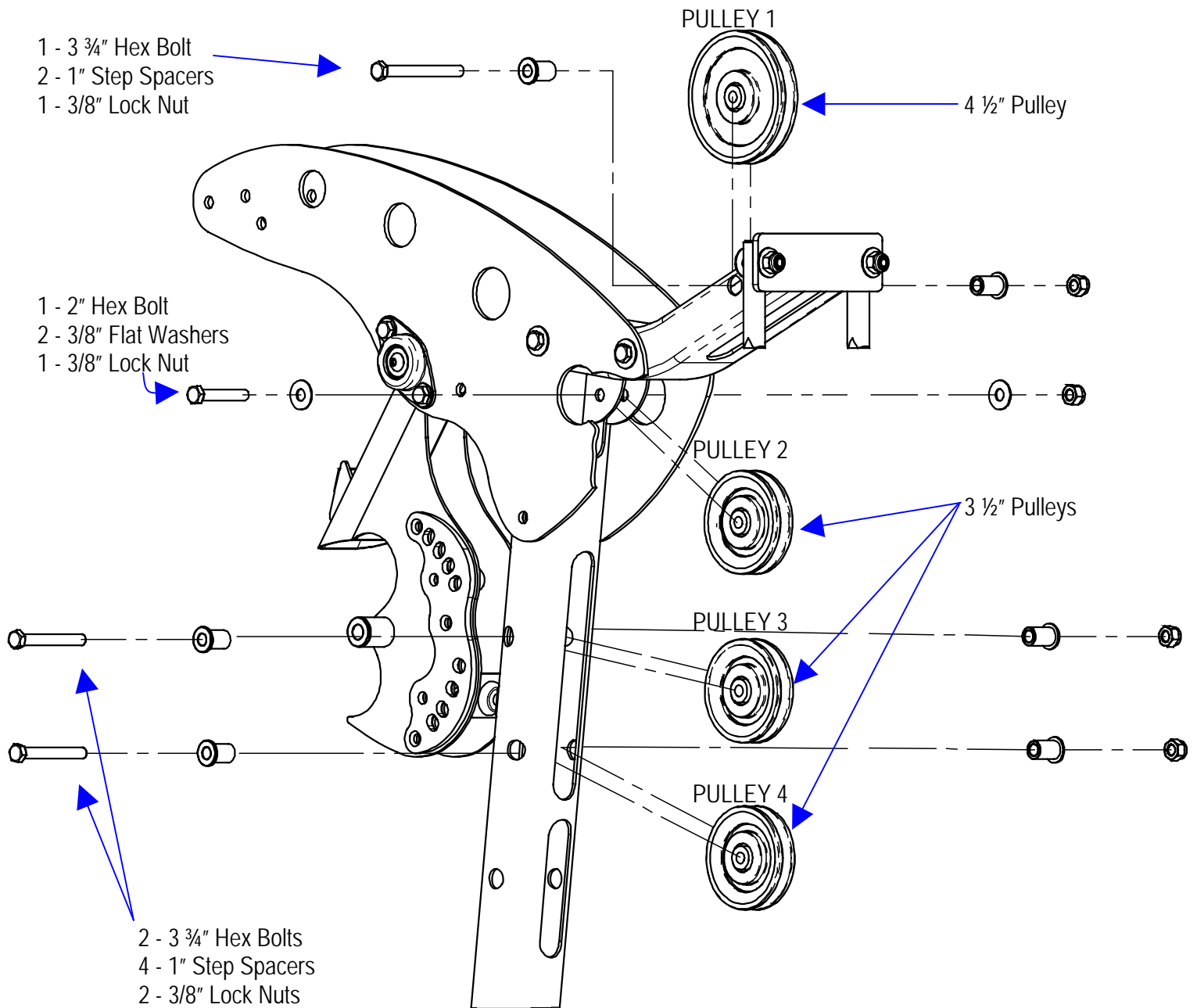


Step 8: Attach Press Arm Bearings to Top Beam Plates using:
Note: Finger Tighten Only
Four (1" Hex Bolts)
Four (3/8" Small OD Washers)
Four (3/8" Flat Washers)
Four (3/8" Lock Nuts)

Step 9: Attach Press Arm Mount to Press Arm Bearings Using:
Note: Finger Tighten Only
Two (1/2" Button Head Bolts)
Two (3/8" Flat Washers)

STEP 10

Install Four Pulleys



Step 10: Attach Pulley 1 to Main Upright using:

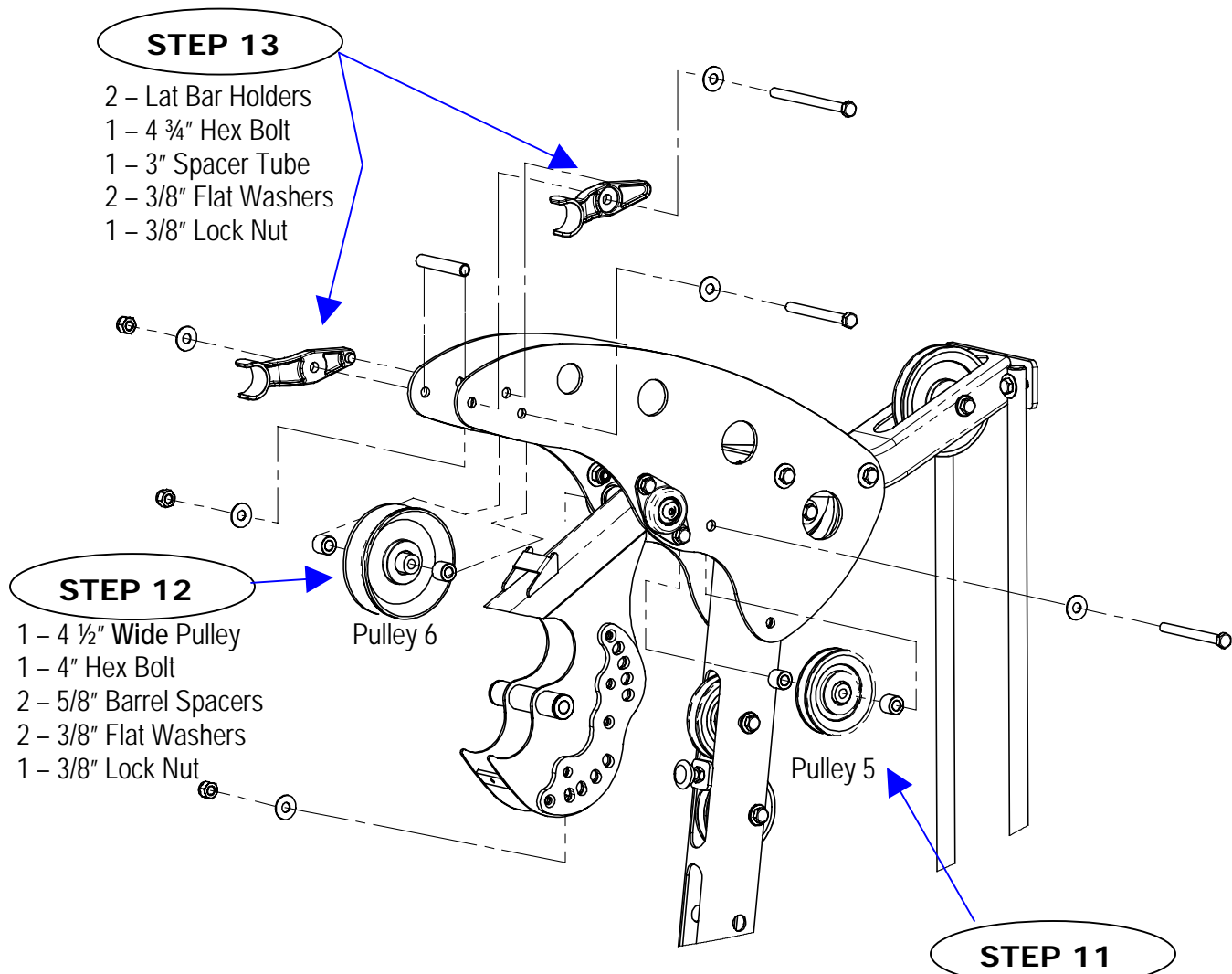
**One (4 1/2" Pulley)
One (3 3/4" Hex Bolt)
Two (1" Step Spacers)
One (3/8" Lock Nut)**

Attach Pulley 2 to Main Upright using:

**One (3 1/2" Pulley)
One (2" Hex Bolt)
Two (3/8" Flat Washers)
One (3/8" Lock Nut)**

Attach Pulleys 3 & 4 to Main Upright using:

**Two (3 1/2" Pulleys)
Two (3 3/4" Hex Bolts)
Four (1" Step Spacers)
Two (3/8" Lock Nuts)**



STEP 13

- 2 – Lat Bar Holders
- 1 – 4 3/4" Hex Bolt
- 1 – 3" Spacer Tube
- 2 – 3/8" Flat Washers
- 1 – 3/8" Lock Nut

STEP 12

- 1 – 4 1/2" Wide Pulley
- 1 – 4" Hex Bolt
- 2 – 5/8" Barrel Spacers
- 2 – 3/8" Flat Washers
- 1 – 3/8" Lock Nut

STEP 11

- 1 – 3 1/2" Pulley
- 1 – 4" Hex Bolt
- 2 – 1" Barrel Spacers
- 2 – 3/8" Flat Washers
- 1 – 3/8" Lock Nut

Step 11: Attach Pulley 5 to Top Beam using:

Note: Finger Tighten Only

- One (3 1/2" Pulley)**
- One (3/8" x 4" Hex Bolt)**
- Two (1" Barrel Spacers)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

Step 12: Attach Pulley 6 to Top Beam using:

Note: Finger Tighten Only

- One (4 1/2" Wide Pulley)**
- One (3/8" x 4" Hex Bolt)**
- Two (5/8" Barrel Spacers)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

Step 13: Attach Lat Bar Holders to Top Beam using:

- Two (Lat Bar Holders)**
- One (3/8" x 4 3/4" Hex Bolt)**
- One (3" Spacer Tube)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

**NOTE: Tighten all bolts in steps 8 – 13 Now.
Do Not Over Tighten**

STEP 14

Install Six Pulleys & One Cable Retaining Bolt **TIGHTEN THESE BOLTS NOW**

- 1 - 3 1/2" Pulley
- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

- CABLE RETAINING BOLT
- 1 - 2 3/4" Hex Bolt
 - 2 - 3/8" Flat Washers
 - 1 - 3/8" Lock Nut

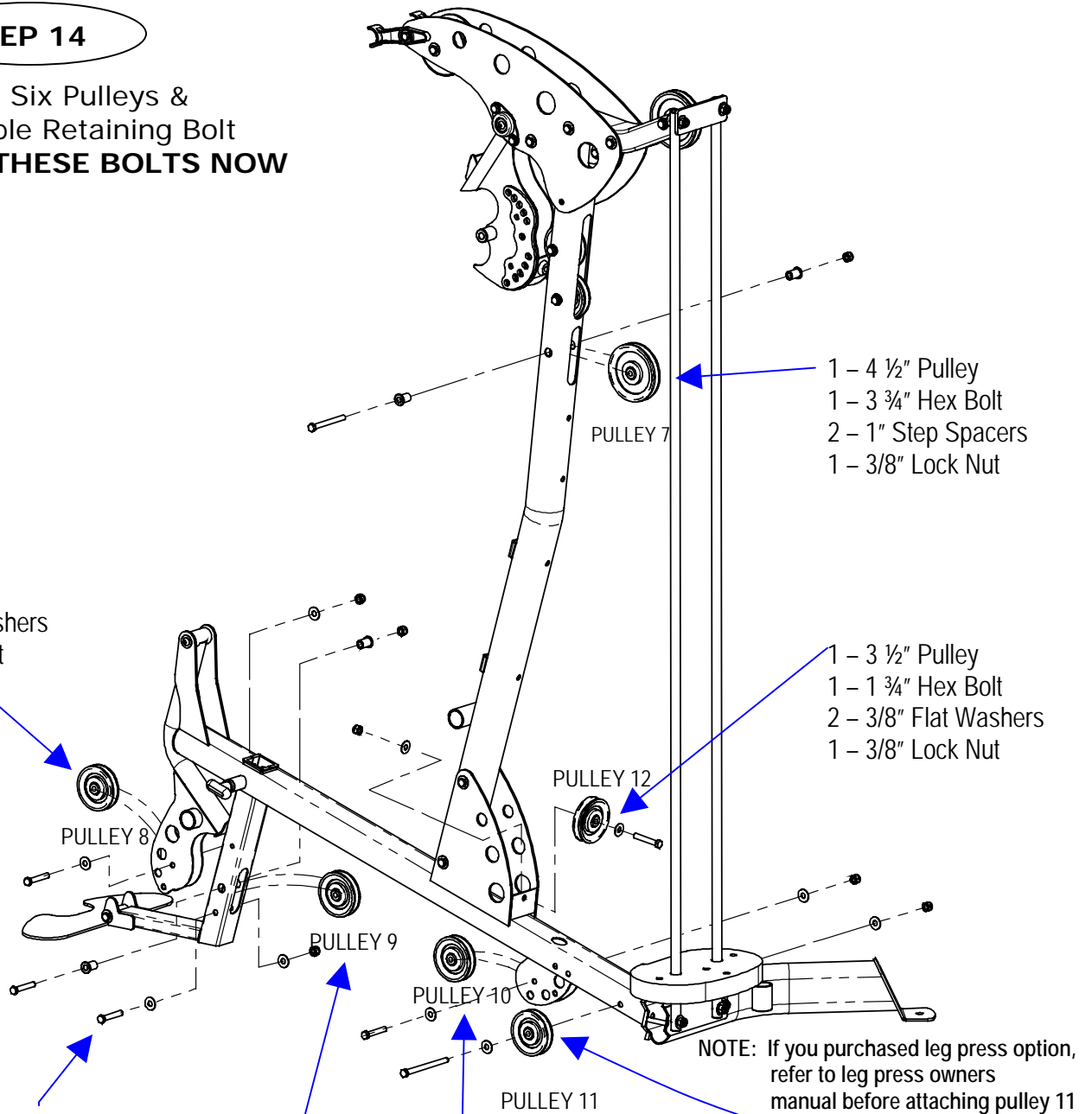
- 1 - 3 1/2" Pulley
- 1 - 2 3/4" Hex Bolt
- 2 - 1/2" Step Spacers
- 1 - 3/8" Lock Nut

- 1 - 3 1/2" Pulley
- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

- 1 - 3 1/2" Pulley
- 1 - 5 3/4" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

- 1 - 4 1/2" Pulley
- 1 - 3 3/4" Hex Bolt
- 2 - 1" Step Spacers
- 1 - 3/8" Lock Nut

- 1 - 3 1/2" Pulley
- 1 - 1 3/4" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut



Step 14:

Attach Pulley 7 using: **One (3 3/4" Hex Bolt)**
Two (1" Step Spacers)
One (3/8" Lock Nut)

Attach Pulley 10 using: **One (2" Hex Bolt)**
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

Attach Pulley 8 using: **One (2" Hex Bolt)**
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

Attach Pulley 11 using: **One (5 3/4" Hex Bolt)**
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

Attach Pulley 9 using: **One (2 3/4" Hex Bolt)**
Two (1/2" Step Spacers)
One (3/8" Lock Nut)

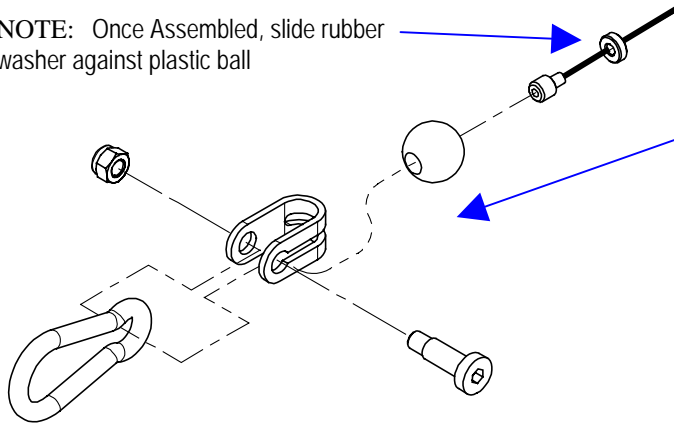
Attach Pulley 12 using: **One (1 3/4" Hex Bolt)**
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

Attach Cable Retaining Bolt using: **One (2 3/4" Hex Bolt)**
Two (3/8" Flat Washers)
One (3/8" Lock Nut)

NOTE: Once Assembled, slide rubber washer against plastic ball

STEP 16

- 1 - Plastic Ball
- 1 - Cable "U" Bracket
- 1 - 1 ¼" Shoulder Bolt
- 1 - Spring Clip
- 1 - 5/16" Lock Nut



Pulley 13

Press Arm Mount

Pulley 14

STEP 15

- 2 - 3 ½" Pulleys
- 2 - 3" Hex Bolts
- 4 - 3/8" Flat Washers
- 2 - 3/8" Lock Nuts

Step 15:

Begin by running upper cable from back of machine to front as shown in the diagram. Next, slide pulleys 13 & 14 into the Press Arm Mount as cable is routed. Secure Press Arm Pulleys using:

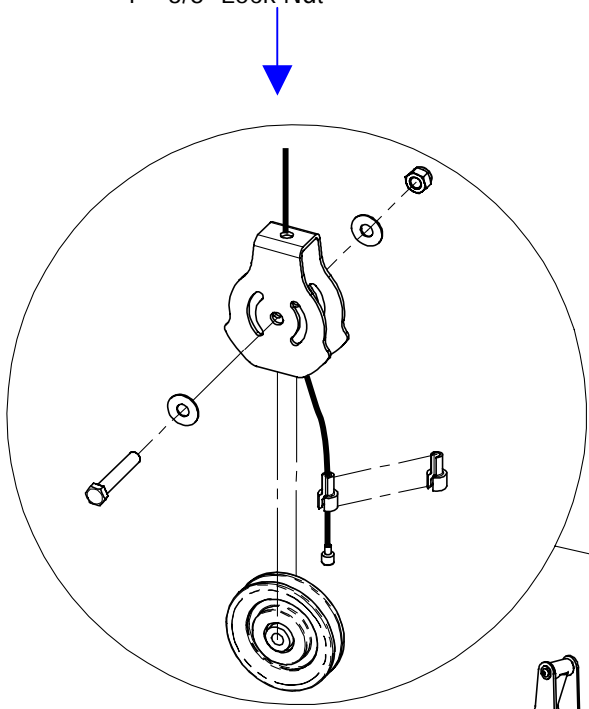
Wrench Tighten Now.

- Two (3" Hex Bolts)**
- Four (3/8" Flat Washers)**
- Two (3/8" Lock Nuts)**

Step 16: Assemble Cable End by sliding one plastic ball onto the end of the cable. Next slide the cable end into the side of the cable "U" bracket. Finally, attach spring clip to "U" bracket using a 1 ¼" shoulder bolt and 5/16" lock nut. **Wrench Tighten Now.**

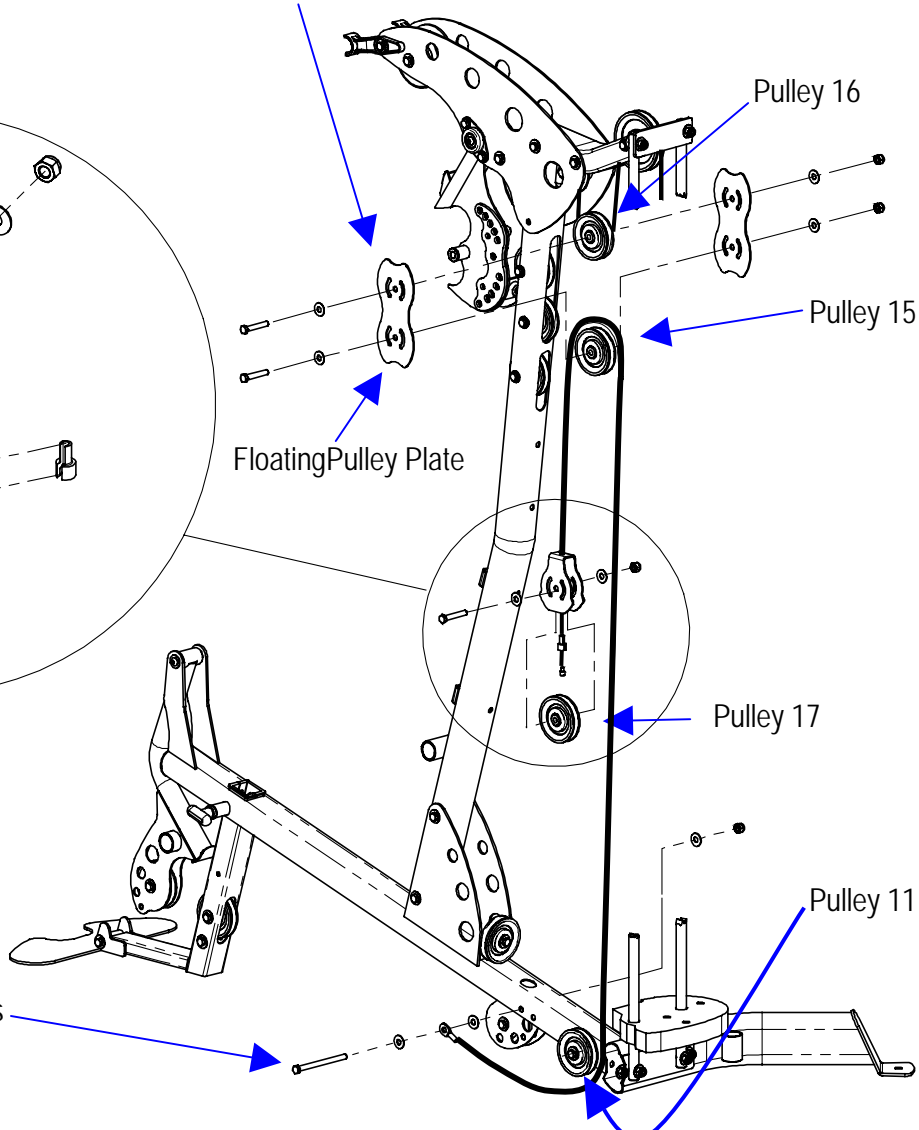
STEP 19

- 1 – Floating Pulley Bracket
- 1 – 3 ½" Pulley
- 1 – Cable Adapter
- 1 – 2" Hex Bolt
- 2 – 3/8" Flat Washers
- 1 – 3/8" Lock Nut



STEP 18

- 2 – Floating Pulley Plates
- 2 – 3 ½" Pulleys
- 2 – 2" Hex Bolts
- 4 – 3/8" Washers
- 2 – 3/8" Lock Nuts



STEP 17

- 1 – 5" Hex Bolt
- 3 – 3/8" Flat Washers
- 1 – 3/8" Lock Nut

Step 17: Attach the Middle Cable to the Main Base using:
Finger Tighten Only

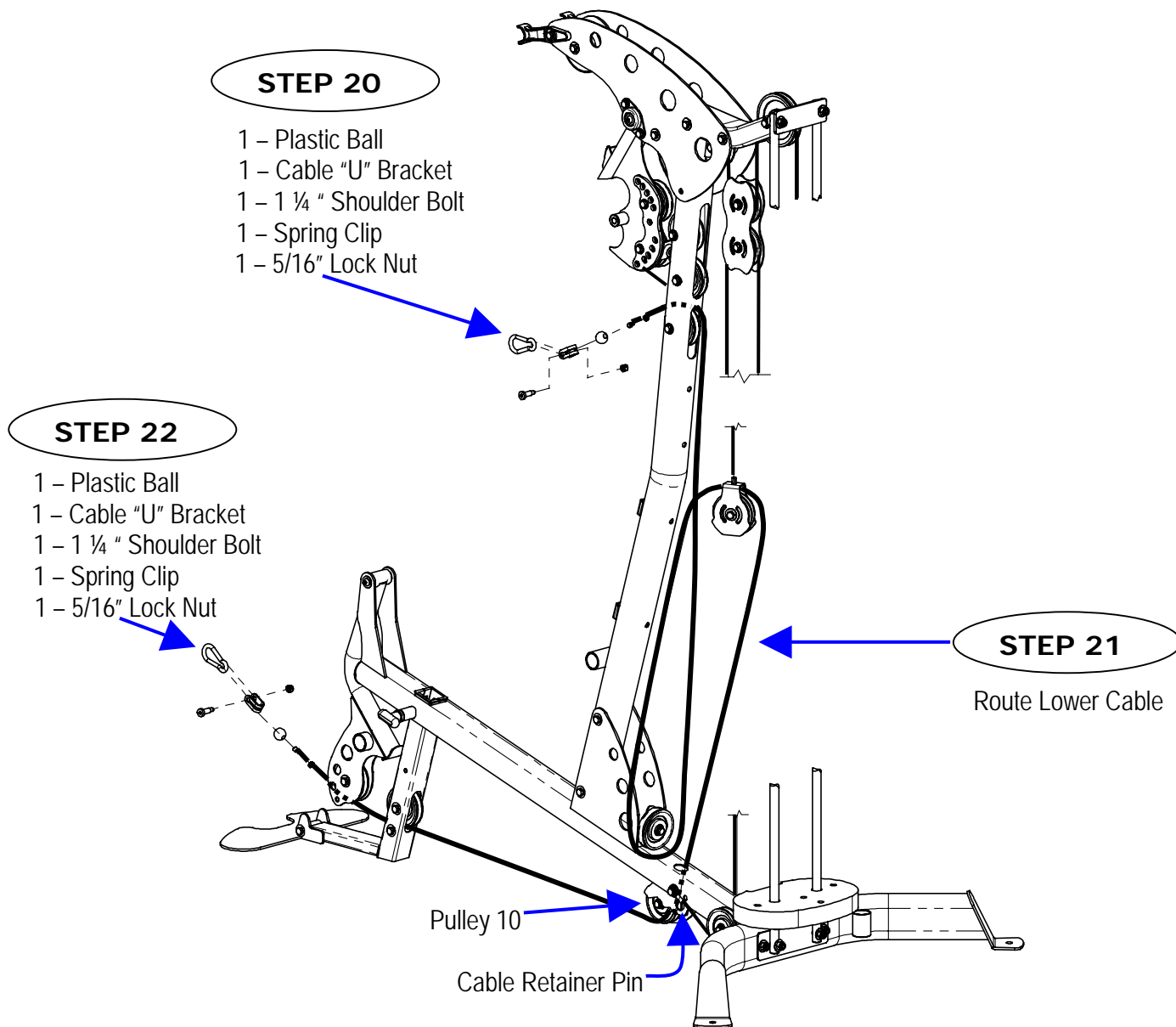
- One (3/8" x 5" Hex Bolt)
- Three (3/8" Flat Washers)
- One (3/8" Lock Nut)

Step 18: Assemble the Pulley Plates using:
Wrench Tighten Now

- Two (Floating Pulley Plates)
- Two (3 ½" Pulleys)
- Two (2" Hex Bolts)
- Four (3/8" Flat Washers)
- Two (3/8" Lock Nuts)

Step 19: Attach Middle Cable to Floating Pulley Bracket using:
Wrench Tighten Now

- One (Cable Adapter)
- One (3 ½" Pulley)
- One (3/8" x 2" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)



Step 20: Assemble Cable End as done in step 16 using:

Wrench Tighten Now

- One (Plastic Ball)
- One (Cable "U" Bracket)
- One (1 ¼" Shoulder Bolt)
- One (Spring Clip)
- One (5/16" Lock Nut)

Step 21: Route Lower Cable from top to bottom

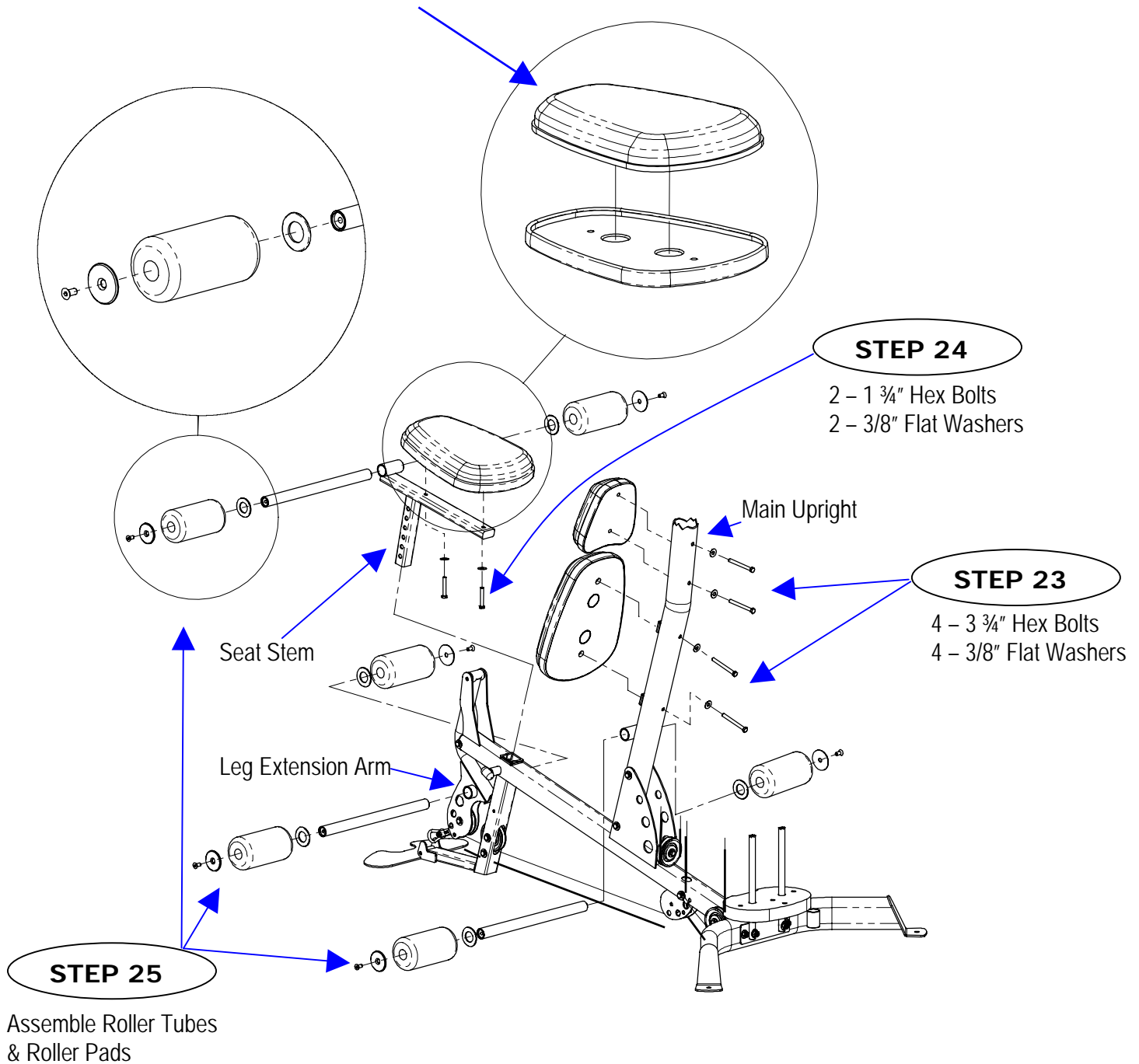
NOTE: Make sure cable is routed between pulley 10 and cable retainer pin.

Step 22: Assemble Cable End as done in step 16 using:

Wrench Tighten Now

- One (Plastic Ball)
- One (Cable "U" Bracket)
- One (1 ¼" Shoulder Bolt)
- One (Spring Clip)
- One (5/16" Lock Nut)

Note: To assemble orthopedic pads, place pad on pad base. Work the edge of pad into the groove of the pad base on all sides.
Do not use sharp objects during installation.



Step 23: Attach Back Pad and Head Pad to Main Upright using: **Four (3/8" x 3 3/4" Hex Bolts)**
Wrench Tighten Now, Do Not Over Tighten **Four (3/8" Flat Washers)**

Step 24: Attach Seat Pad to Seat Stem using: **Two (3/8" x 1 3/4" Hex Bolts)**
Wrench Tighten Now, Do Not Over Tighten **Two (3/8" Flat Washers)**

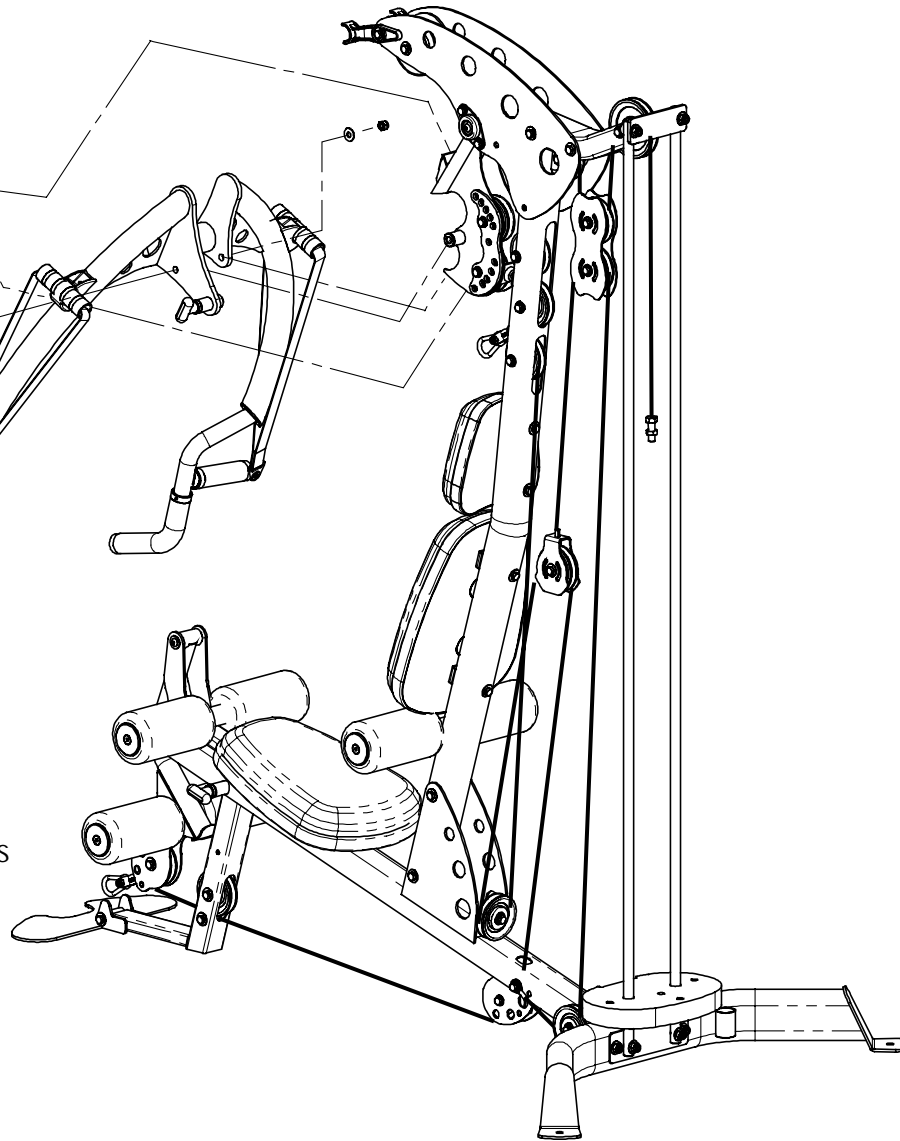
Step 25: Slide Roller Tubes into Seat Stem, Leg Extension Arm and Main Upright as shown in diagram. Next, slide plastic washers onto roller tubes, followed by roller pads. Finally, secure roller pads with aluminum discs and 1" Flat Head Bolts. **Wrench Tighten Now**

STEP 27

- 1 - ¼" Phillips Head Screw
- 1 - ¼" Flat Washer

STEP 26

- 1 - 6" Hex Bolt
- 2 - ½" Flat Washers
- 1 - ½" Lock Nut



Step 26:

Attach Press Arm to Press Arm Mount using:
Wrench Tighten Now

One (1/2" x 6" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Lock Nut)

Step 27:

Attach Press Arm Plate to Press Arm Mount Using:
Wrench Tighten Now

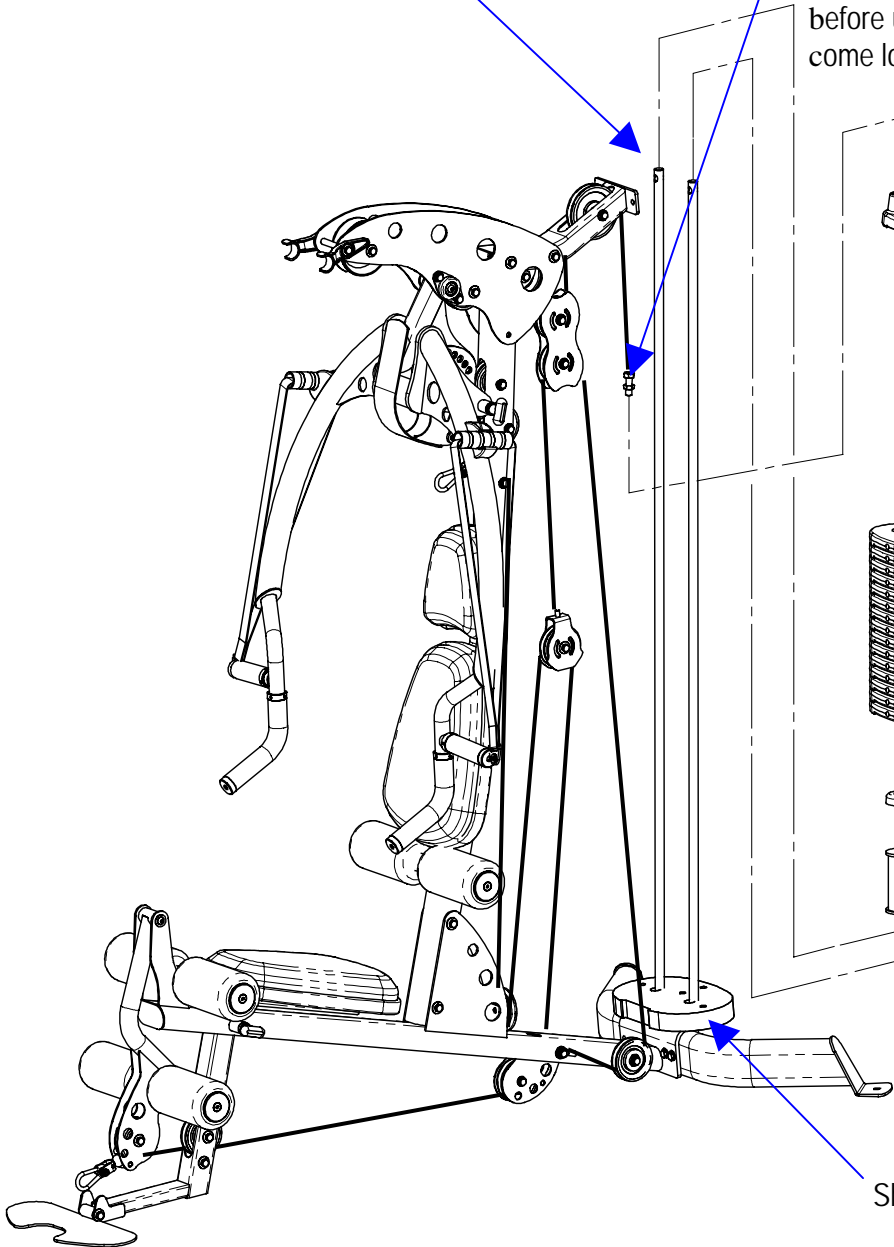
One (¼" Phillips Screw)
One (¼" Flat Washer)

STEP 28

Remove Bolts from Guide Rods



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



STEP 29

Install Weight Stack Risers, Rubber Donuts, Weight Stack, Top Weight/Selector Stem (In That Order)

Front of weight plate has recessed area for weight plate number

Bottom of weight plate has three feet

Shroud Plate

Step 28: Remove the bolts that connect the top of the Guide Rods to the Main Upright.

NOTE: Before beginning Step 29: If optional 200 lb. heavy weight stack is being assembled, eliminate the weight stack risers. (This space will be taken up by 5 extra weight plates.)

Step 29: Slide Weight Stack Risers down the Guide Rods and onto the Shroud Plate. Next slide the Rubber Donuts down the Guide Rods until sitting on Weight Stack Risers. Next slide each plate down the Guide Rods until all 15 Weight Plates are resting on the Rubber Donuts. Be sure that all weight plates are facing forward. (Front of plates is signified by recessed area for weight stack numbers). Next slide Top Weight/Selector Stem down guide rods and onto weight stack. Finally connect top cable to top weight by threading cable bolt into it.



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

STEP 30

- 2 - 1 3/4" Hex Bolts
- 4 - 3/8" Flat Washers
- 2 - 3/8" Lock Nuts

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

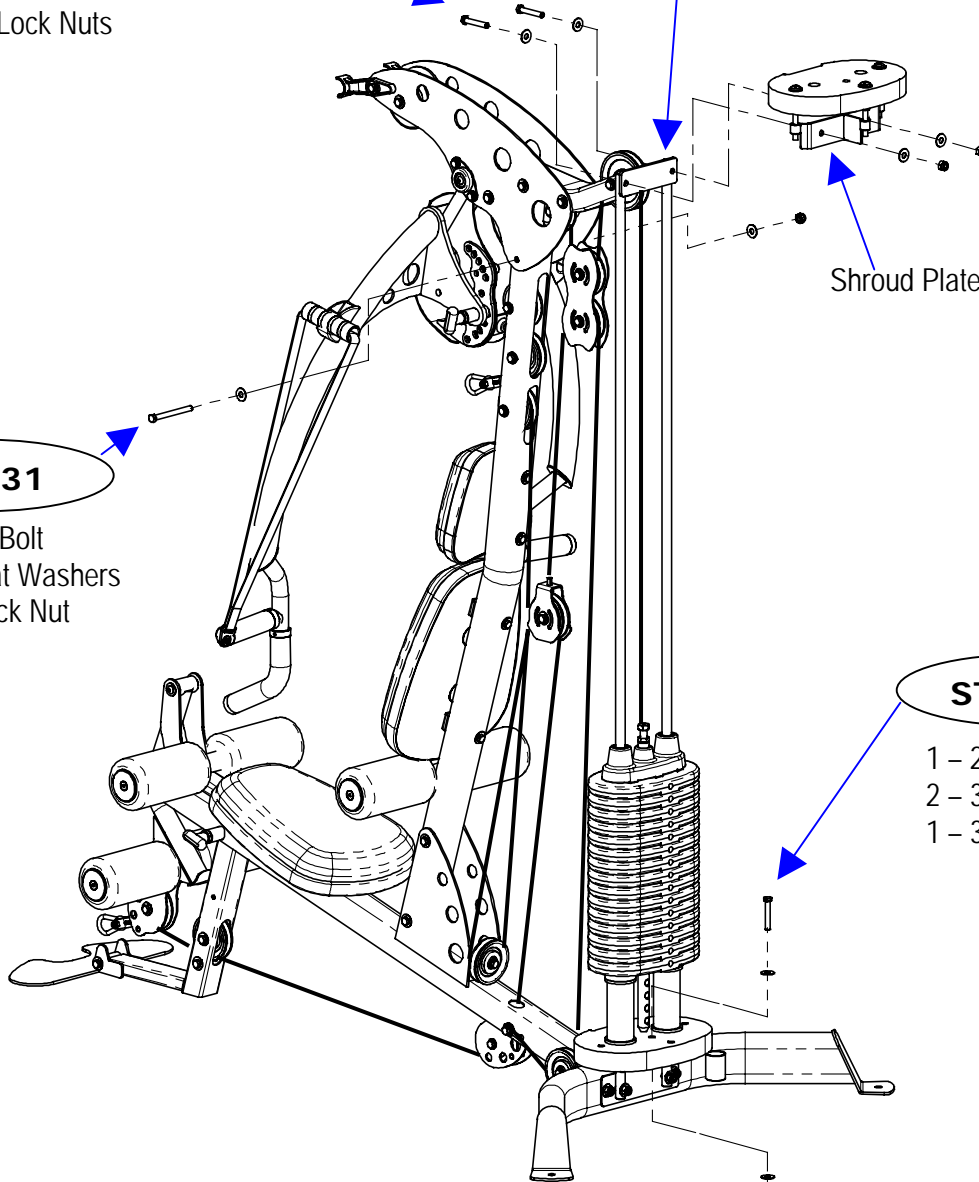
Shroud Plate Assembly

STEP 31

- 1 - 4" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

STEP 32

- 1 - 2 1/2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut



Step 30: Secure Guide Rods and Shroud Plate Assembly to Main Upright using:

- Two (3/8"x1 3/4" Hex Bolts)
- Four (3/8" Flat Washers)
- Two (3/8" Lock Nuts)

Step 31: Secure Top Beam Plates to Main Upright using:

- One (3/8"x4" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)

Step 32: Secure Bottom Shroud Plate to Rear Base using:

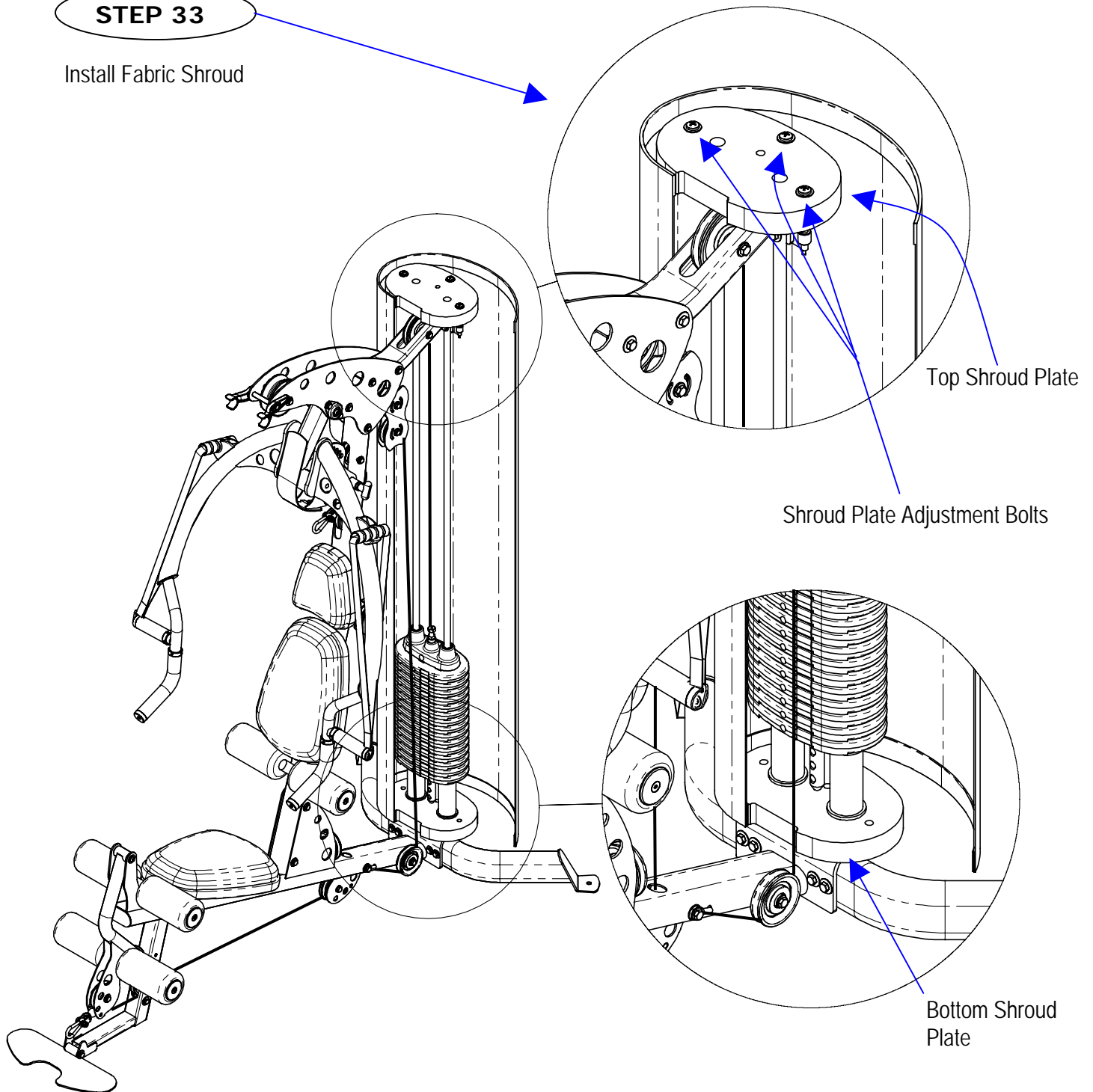
- One (3/8"x2 1/2" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)

Note: If heavy stack has been installed, bolt in step 32 must be installed from the bottom.

Note: Tighten bolts in Steps 30 - 32 and Steps 3, 5, 7, and 17 now.

STEP 33

Install Fabric Shroud

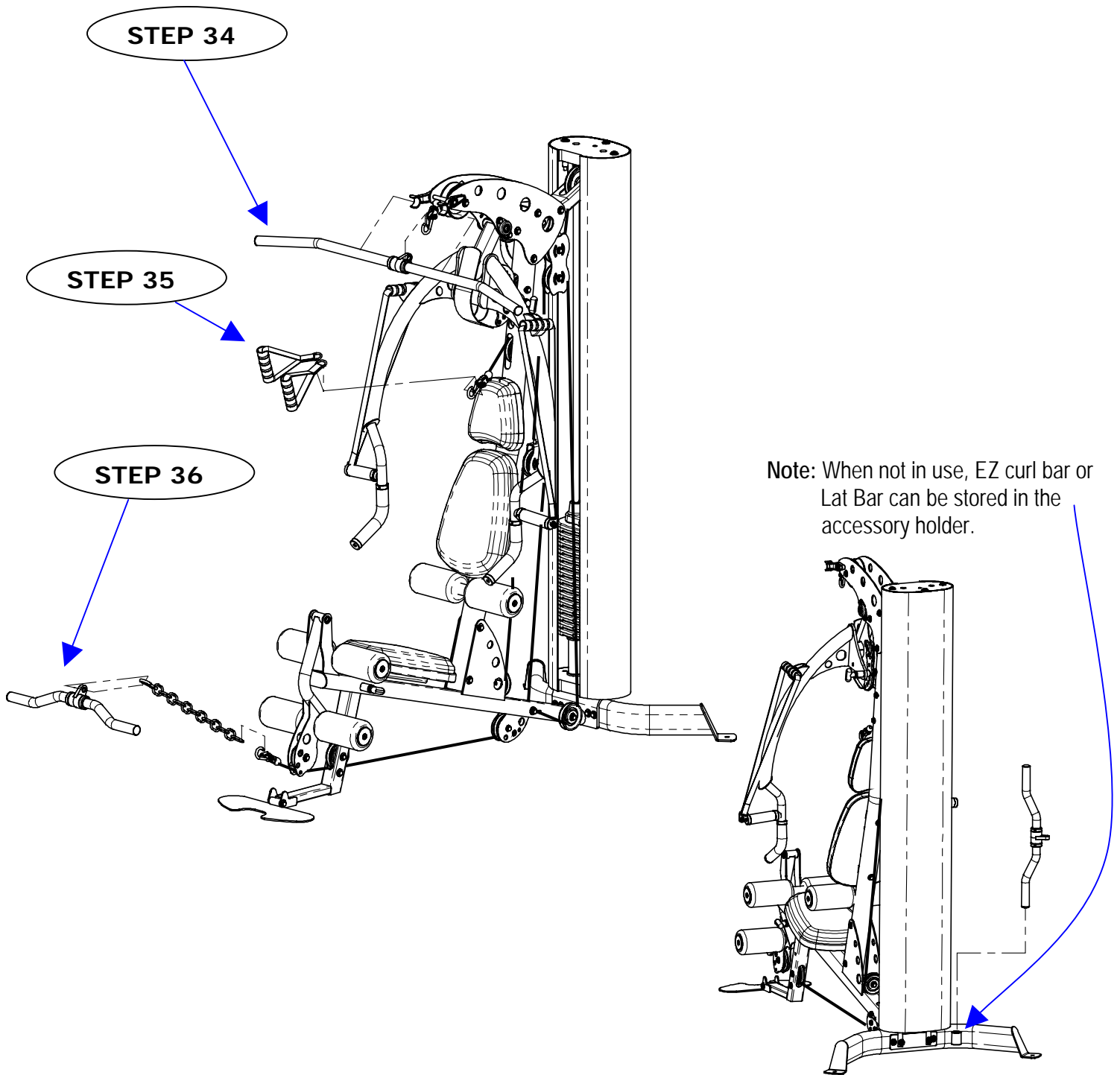


Step 33: To install Fabric Shroud, start at the front of the top shroud plate and wrap the edge of the fabric shroud around the shroud plate. Pull tight as you wrap and make sure that the velcro rim on the fabric shroud seals firmly to the velcro rim on the Shroud Plate.

Next, Do the same for the bottom of the fabric shroud around the bottom shroud plate. Be sure to pull tight as fabric shroud is wrapped.

If ripples appear on the fabric shroud, undo the top of the shroud and re-wrap, pulling up as the shroud is wrapped. This should give a nice smooth consistency to the shroud.

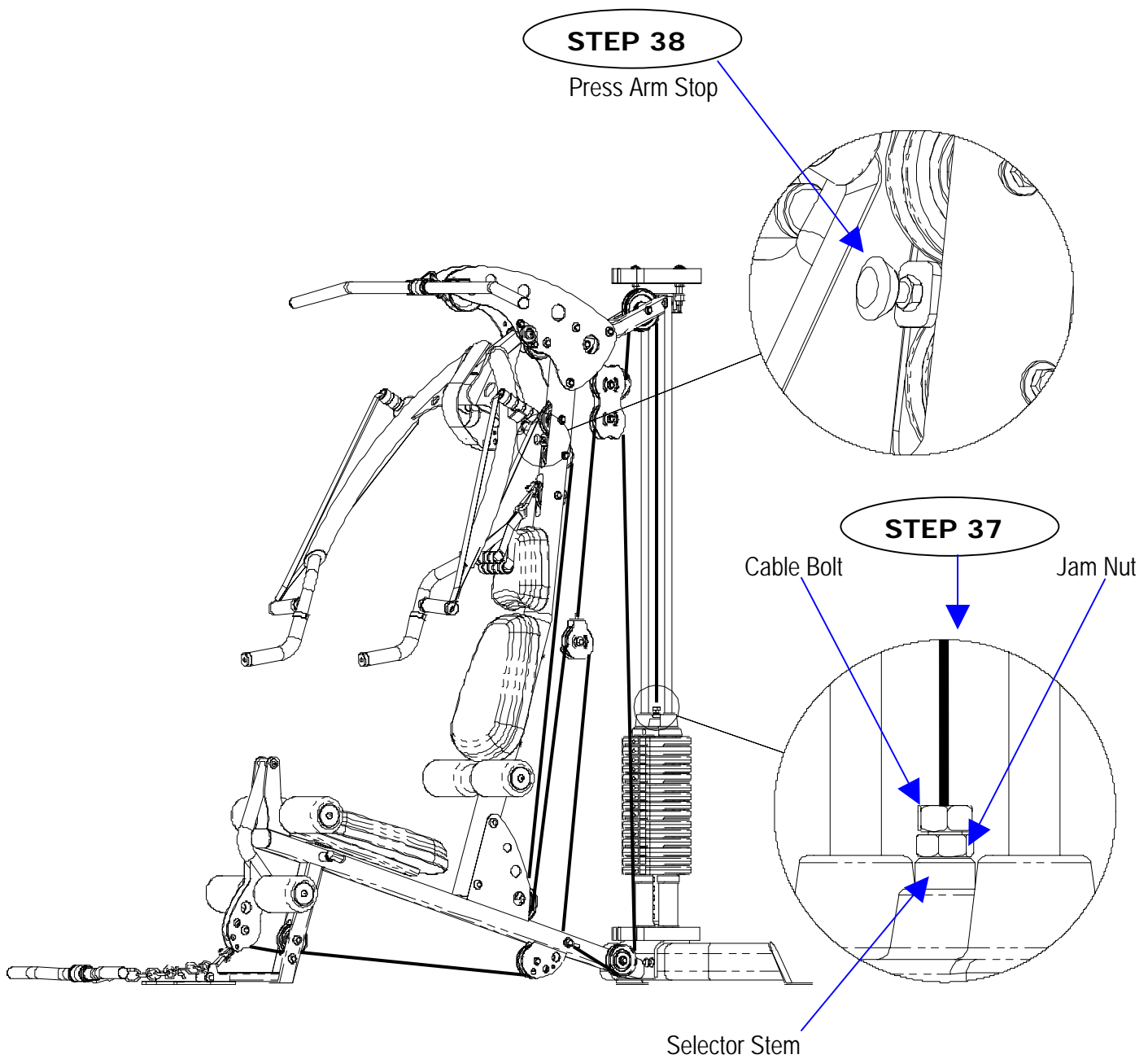
(If necessary, shroud can be tightened by adjusting the Shroud Plate Adjustment Bolts.)



Step 34: Attach Lat Bar to High Pulley with Spring Clip

Step 35: Attach "D" Handles to Mid Pulley with Spring Clip

Step 36: Attach Revolving EZ Curl Bar to Chain, then Chain to Low Pulley with Spring Clips



Step 37: Verify that Cable Bolt has been threaded all the way into Selector Stem and Jam Nut has been tightened down onto Selector Stem.

NOTE: At this point it is necessary to seat the cables. Start by verifying that cables are centered in the grooves of all pulleys. Next, select a weight you can comfortably handle on the bench press. Perform a seated bench press and hold the first repetition at arms length. Now, lightly bounce the weight up and down for about 5 seconds. This will seat the cables into the pulleys and prepare the gym for Step 38.

Step 38: Eliminate cable slack by adjusting Press Arm Stop counter clockwise. Wrench Tighten Jam Nut.

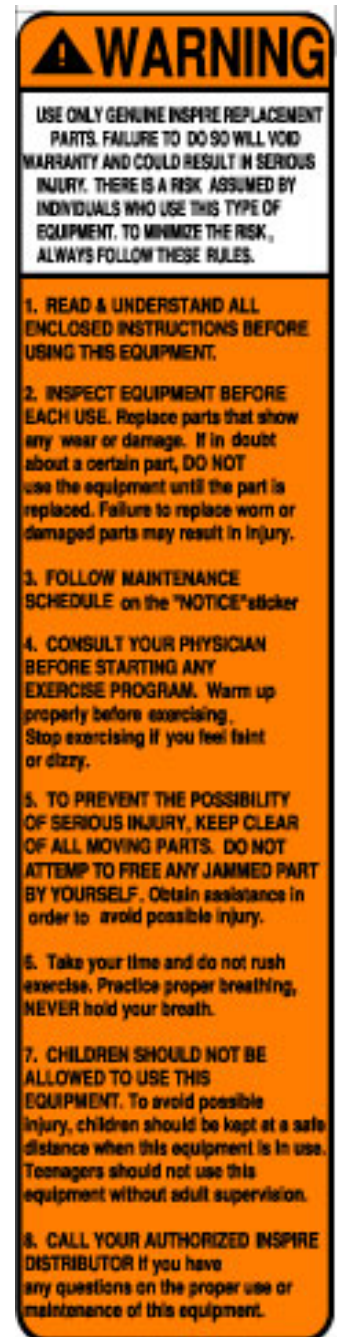
DECAL REFERENCE

NOTICE				
<i>This INSPIRE product is not intended for commercial use.</i>				
<i>IN HOME MAINTENANCE</i>	<i>Weekly</i>	<i>3 Months</i>	<i>Yearly</i>	<i>2 Years</i>
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.				✘

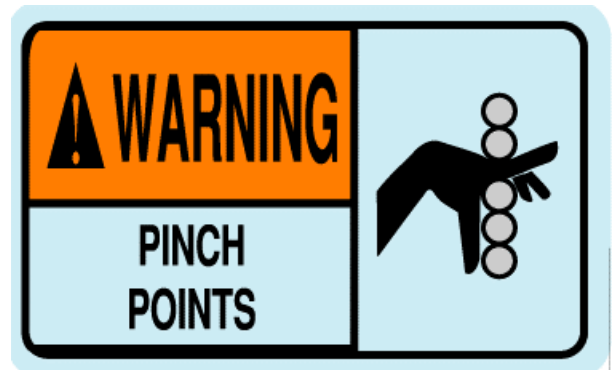
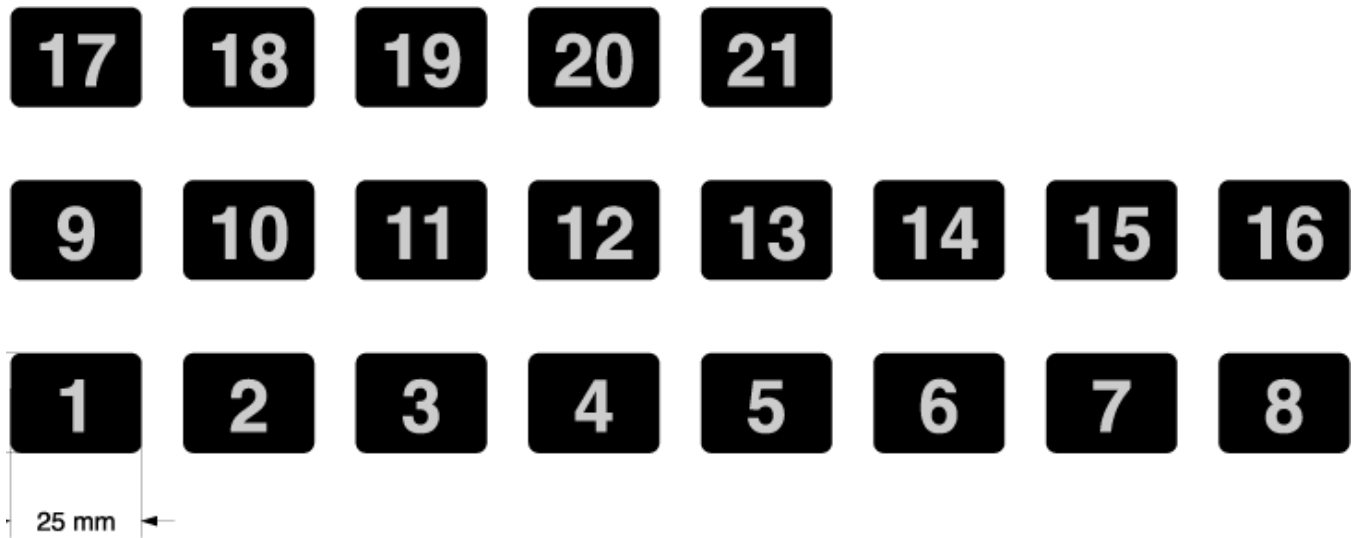


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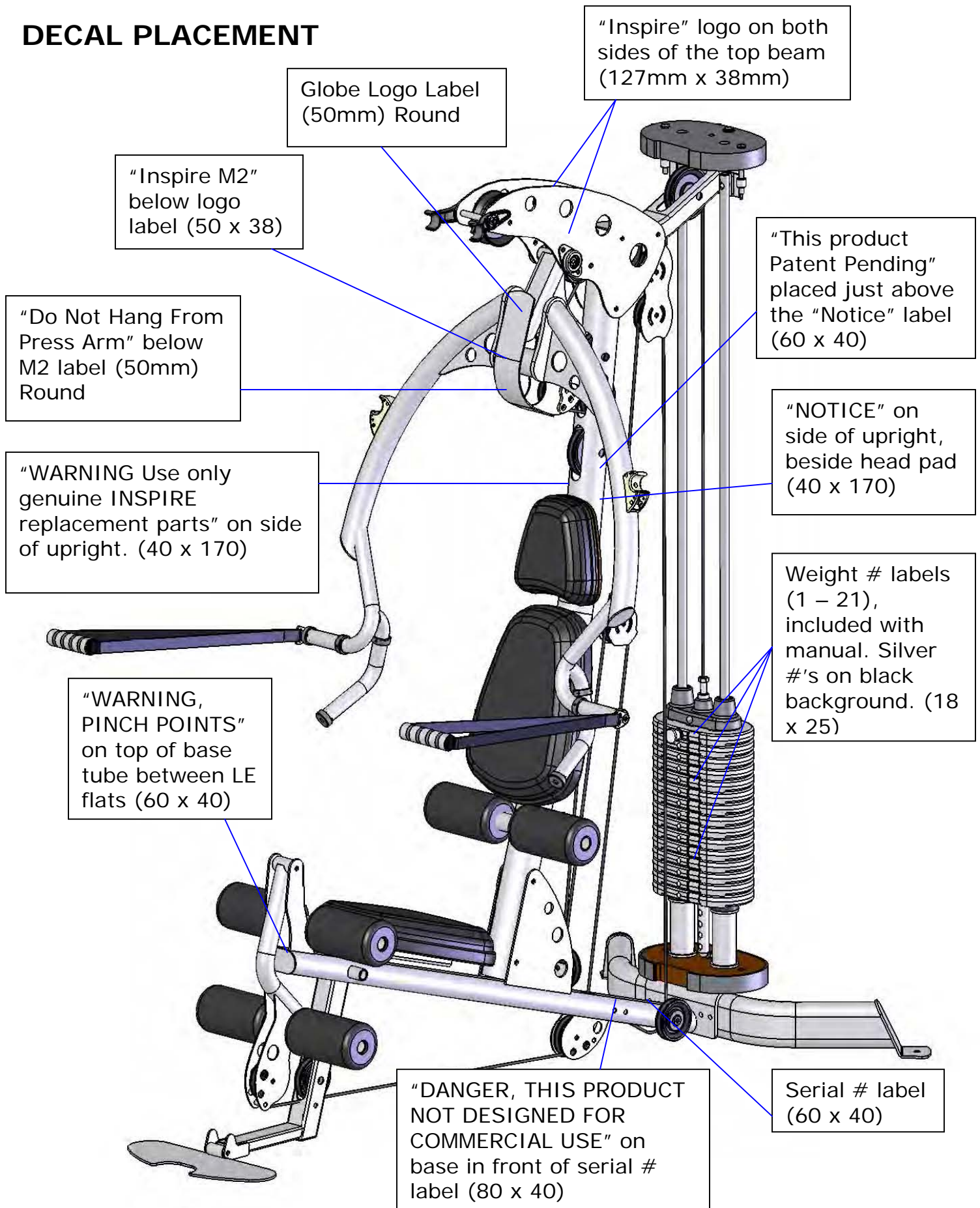
**This product
 Patent
 Pending**



DECAL REFERENCE



DECAL PLACEMENT



ACCESSORIES

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

HOME GYM OPTIONS

- Heavy Stack (50lbs.)
- Colored Orthopedic Pads
- Colored Shroud
- Leg Press
- Ab Crunch Bar

Training Tips

CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

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

GENERAL MAINTENANCE INFORMATION

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

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

- Periodically inspect the cables for splitting, cracking or fraying. Also, watch for bulging or flat areas in the cable.
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect snap links, swivels, handles and weight stack pin for wear or damage. If wear or damage exists, replace immediately.
- Locate and familiarize yourself with all warning decals on the home gym.
- Replace damaged or worn upholstery immediately.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a teflon-based lubricant.

MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	ENTRY DATE									
Inspect: Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins	WEEKLY										
Clean: Upholstery	WEEKLY										
Inspect: Cables and their Fittings	WEEKLY										
Inspect: Tautness of all Shrouds	WEEKLY										
Inspect: Accessory Bars and Handles	3 MONTHS										
Inspect: All Decals	3 MONTHS										
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS										
Inspect: Anti-Skid surfaces	3 MONTHS										
Clean and Lubricate: Guide Rods with a Teflon based lubricant	3 MONTHS										
Lubricate: Seat Sleeves and all Plastic Slides	3 MONTHS										
Clean and Wax: All Glossy Finishes	YEARLY										
Replace: Cables, Belts and Connecting Parts	2 YEARS										

LIMITED WARRANTY



In-Home Lifetime Warranty.

This Warranty applies only in the United States to Inspire strength products manufactured or distributed by Health In Motion LLC. The warranty period to the original purchaser is lifetime of the original purchaser.

Health In Motion warrants that the Product you have purchased for non-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 non-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.

Conditions and Exceptions.

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

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