

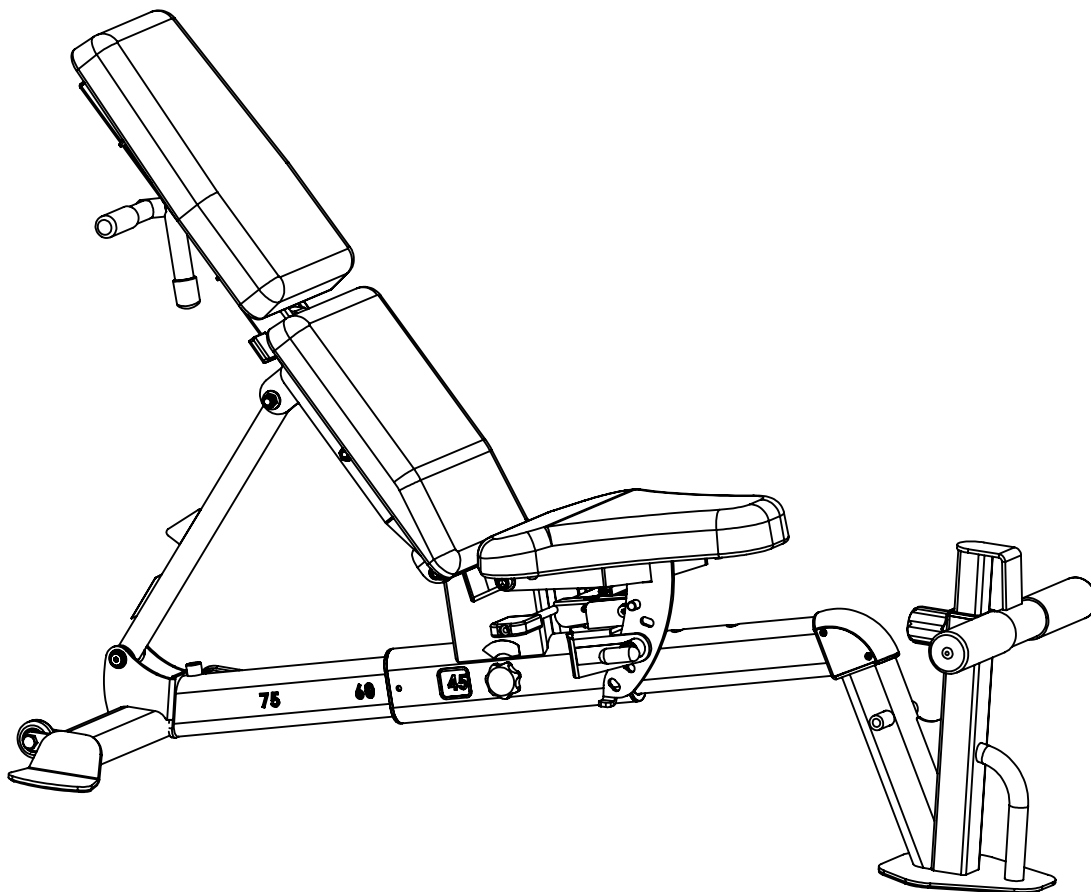


Model: FID7.1  
ITM. / ART. xxxxxxx

## USER MANUAL

# CENTR INSPIRE SERIES FID7 PRO ADJUSTABLE BENCH

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA  
80084-EN-V2024-09-09



## WELCOME

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

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

## NEED HELP? WE'RE HERE FOR YOU.

### US CUSTOMERS

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



#### EMAIL

hello@centr.com



#### PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

*\*Support is provided in English and Spanish\**

### GLOBAL CUSTOMERS (OUTSIDE OF US)

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

## PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit [centr.com/support](https://centr.com/support)

### AUSTRALIA

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

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

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

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

## IMPORTANT SAFETY NOTICE

### PRECAUTIONS

This exercise bench is built for optimum safety. However, certain precautions apply whenever you use a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your bench. In particular, note the following safety precautions:

1. Keep children and pets away from the bench at all times.
2. Only one person at a time should use the bench.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a physician.
4. Position the bench on a clear, level surface. Do not use outdoors. For in-home use only.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or training shoes are also required when using the bench.
7. Use the bench only for its intended use as described in this manual.
8. Disabled persons should not use this bench without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using this bench.
10. Never use this bench if it is not functioning properly.
11. A spotter is recommended during exercise.
12. **The Max weight capacity (User Weight + Lifted Weight) of the bench 453 kg / 1000 lb.**
13. Consult a physician prior to commencing an exercise program.

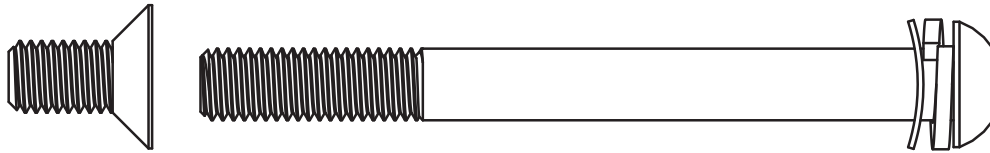
### CARE AND MAINTENANCE

1. Regularly inspect product for loose hardware.
2. **Do not use or store equipment outdoors.**
3. Locate and familiarize yourself with all warning decals, replace if damaged.
4. Replace damaged or worn upholstery immediately.

**HARDWARE PACK**

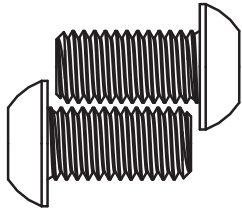
**FID7.1PK**

**STEP 1**

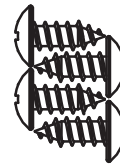


- (3) M10\*20 Flathead Bolt, 1pc.
- (4) M10 Curved Spring Washer, 1pc.
- (5) M10 Spring Washer, 1pc.
- (6) M10\*105 Buttonhead Bolt, 1pc.

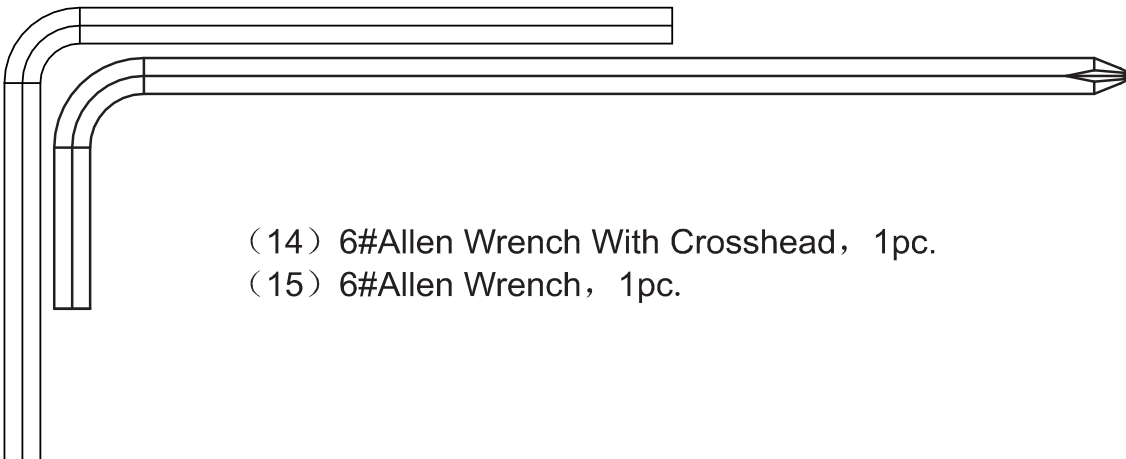
**STEP 3**



**STEP 4**



- (11) M10\*20 Buttonhead Bolt, 2pc.
- (13) ST4.8\*10 Tapping Screws, 4pc.

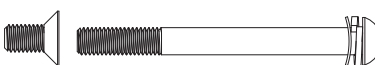


- (14) 6# Allen Wrench With Crosshead, 1pc.
- (15) 6# Allen Wrench, 1pc.

# PACKAGE CONTENTS


FID7.1PK

STEP 1




(3) M10\*20 Flathead Bolt, 1pc.  
(4) M10 Curved Spring Washer, 1pc.  
(5) M10 Spring Washer, 1pc.  
(6) M10\*105 Buttonhead Bolt, 1pc.

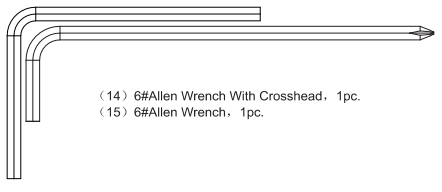
STEP 3



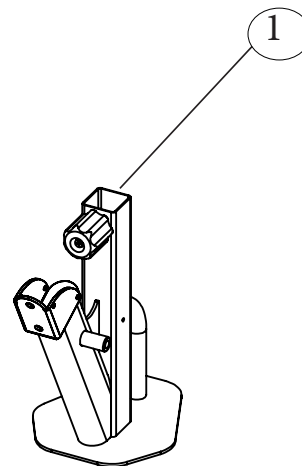
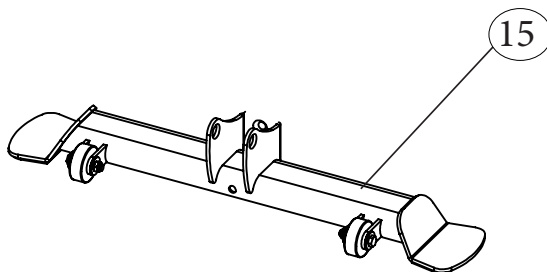
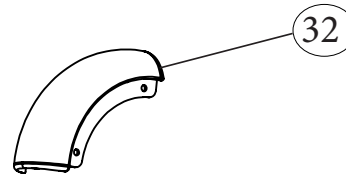
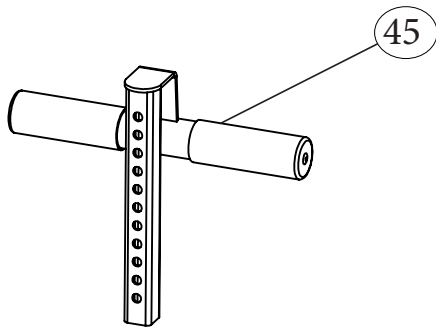
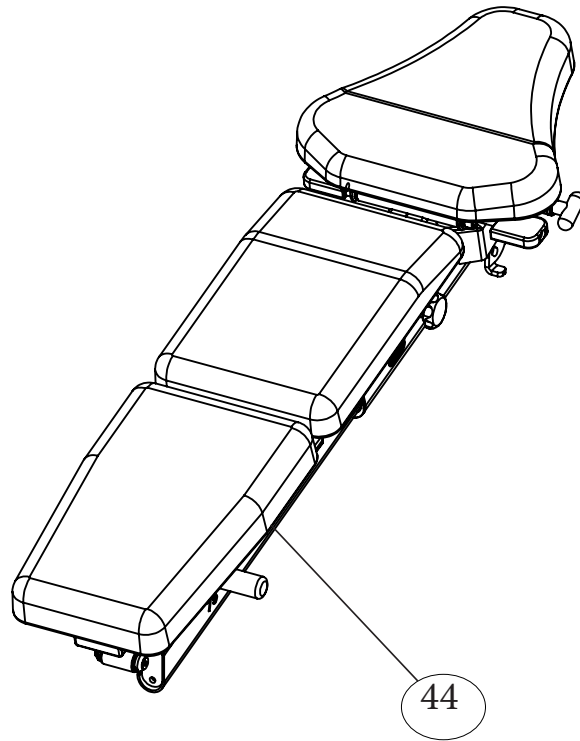
STEP 4



(11) M10\*20 Buttonhead Bolt, 2pc. (13) ST4.8\*10 Tapping Screws, 4pc.

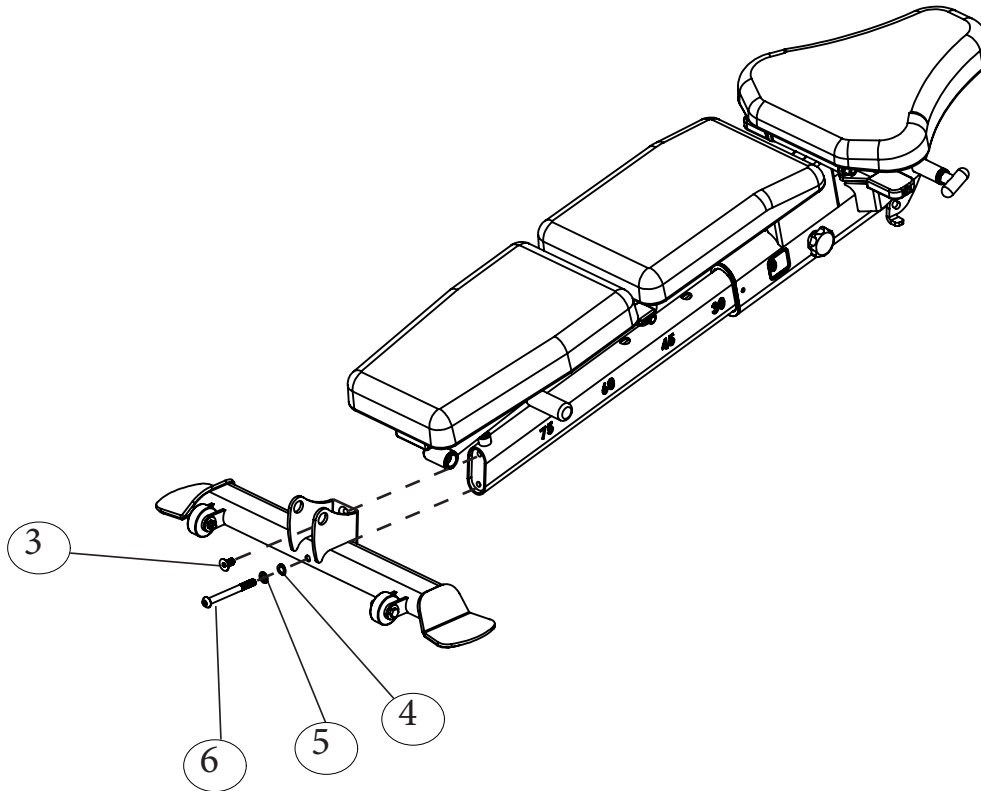


(14) 6# Allen Wrench With Crosshead, 1pc.  
(15) 6# Allen Wrench, 1pc.

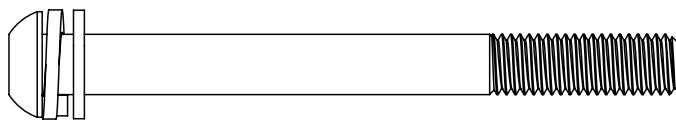


## STEP 1

INSTALL **REAR STABILIZER (15)** TO **ASSY CENTER FRAME (44)**,  
 SECURE WITH **BOLT (6)**, **WASHER (4,5)** AND **BOLT (3)**.



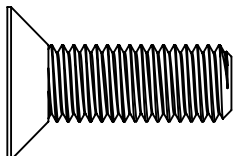
### HARDWARE REQUIRED:



**#6**, M10x105 Buttonhead Screw, 1pc.

**#4**, M10 Flat Washer, 1pc.

**#5**, M10 Spring Washer, 1pc.



**#3**, M10x30 Flathead Screw, QTY 1.

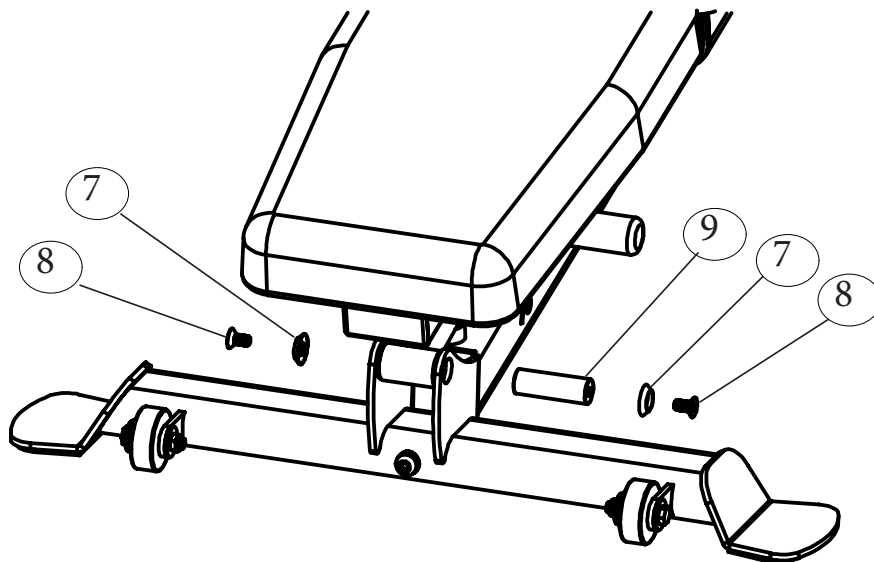
## STEP 2

### BACK PIVOT

REMOVE PRE-INSTALLED **SHAFT (9)**, **BOLTS (8)**, **WASHERS (7)**.

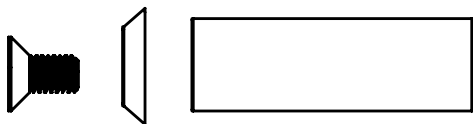
INSTALL **REAR PIVOT TUBE TO REAR STABILIZER (15)**, INSERT THRU **SHAFT (9)**.

SECURE WITH **BOLTS (8)**, **WASHERS (7)**.



**NOTE: PLEASE REMOVE NUT AND WASHER FROM BOLT, PRIOR TO ASSEMBLING.**

#### HARDWARE REQUIRED:



**#8 M8 X 20MM FLAT HEAD SCREW QTY 2**

**#7 M8 COUNTERSANK WASHER, QTY 2**

**#9 SHAFT, QTY 1**

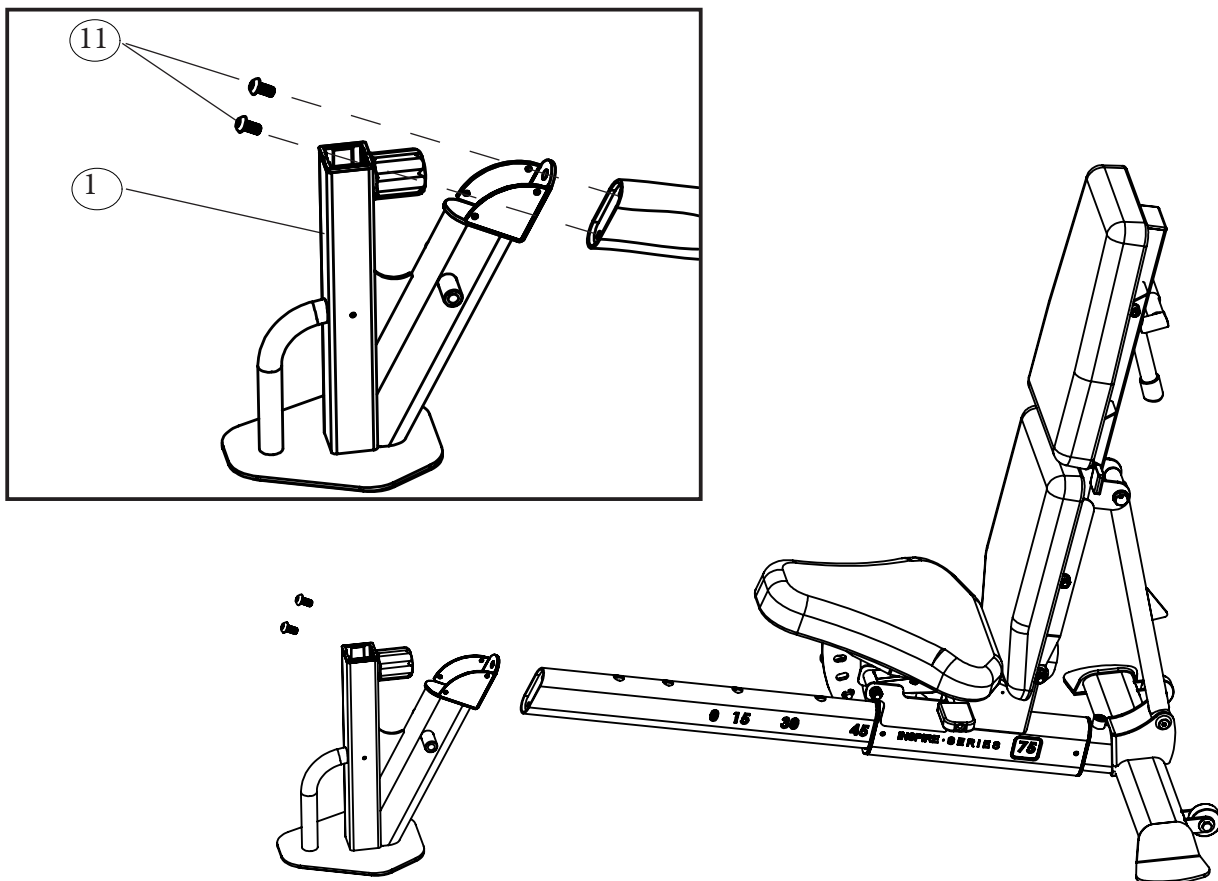


## STEP 3

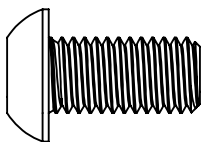
### FRONT INSTALLATION

INSTALL **FRONT ASSY (1)** SECURE WITH **BOLTS (11)**.

**INSTALLATION IS EASIER BY SLIDING SEAT ASSEMBLY TO THE 75 POSITION.**



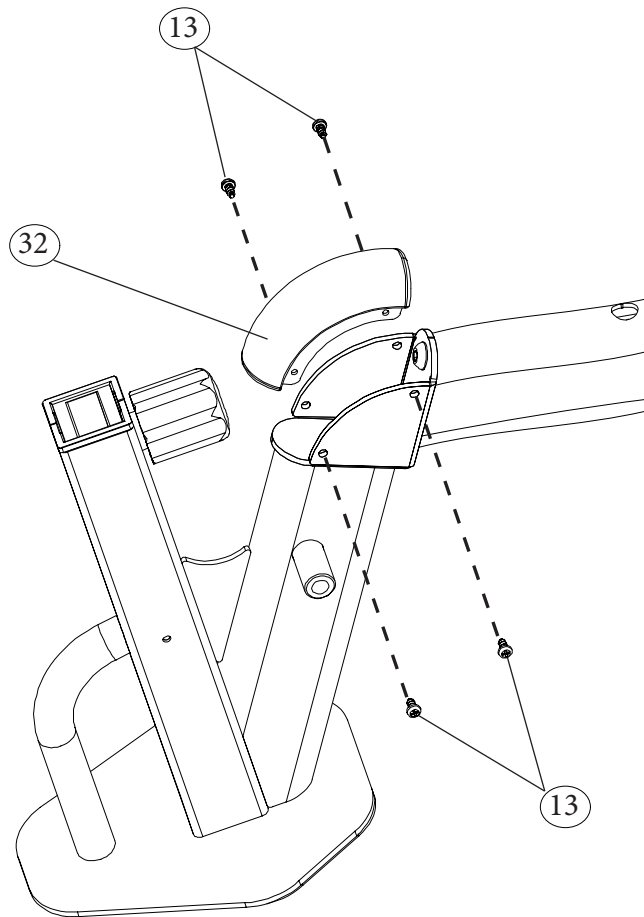
#### HARDWARE REQUIRED:



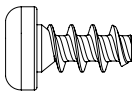
**#11, M8x25 Buttonhead Screw, 2pc.**

## STEP 4 ENDCAP INSTALLATION

INSTALL **ENDCAP (32)** SECURE WITH 4 **BOLTS (13)**.

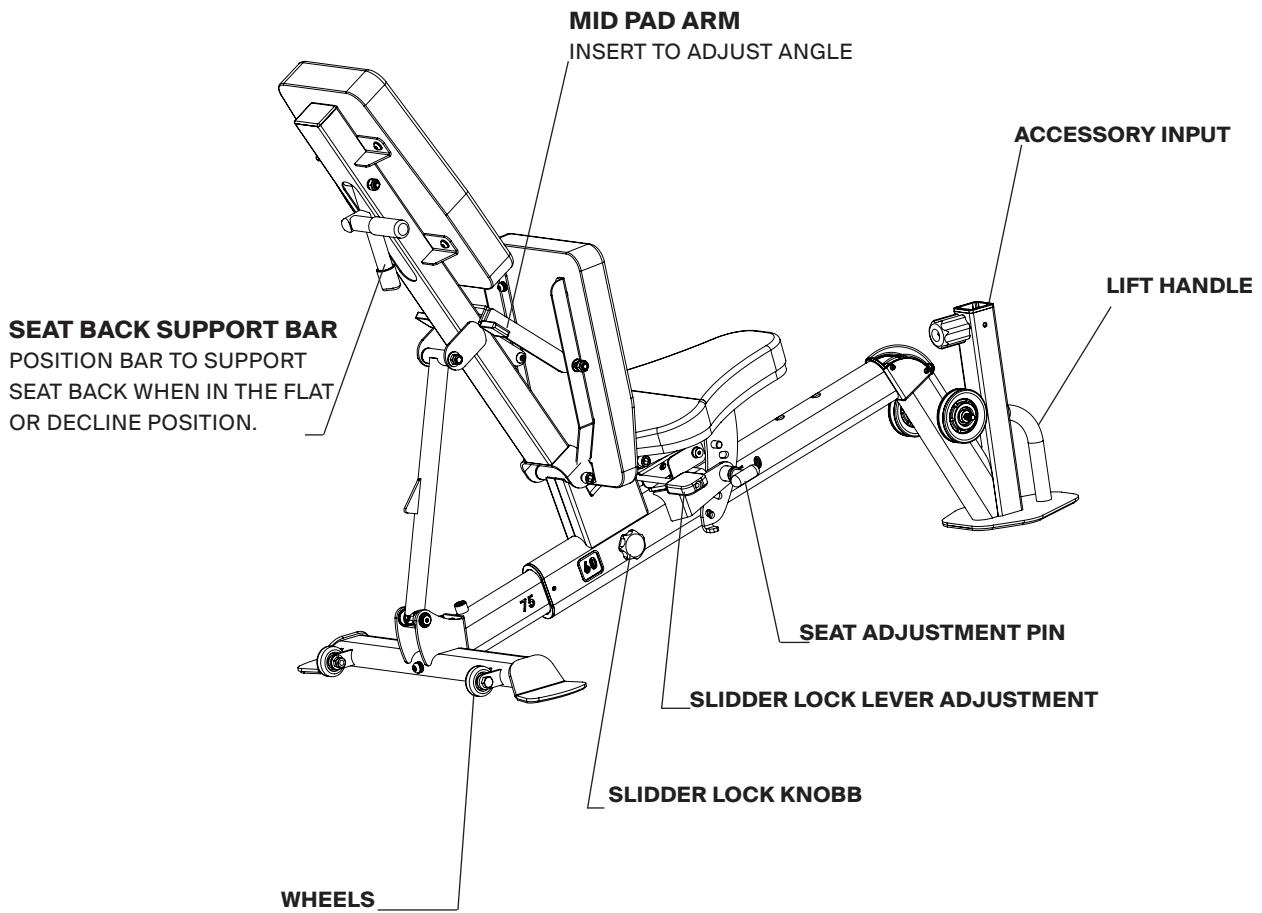


### HARDWARE REQUIRED:

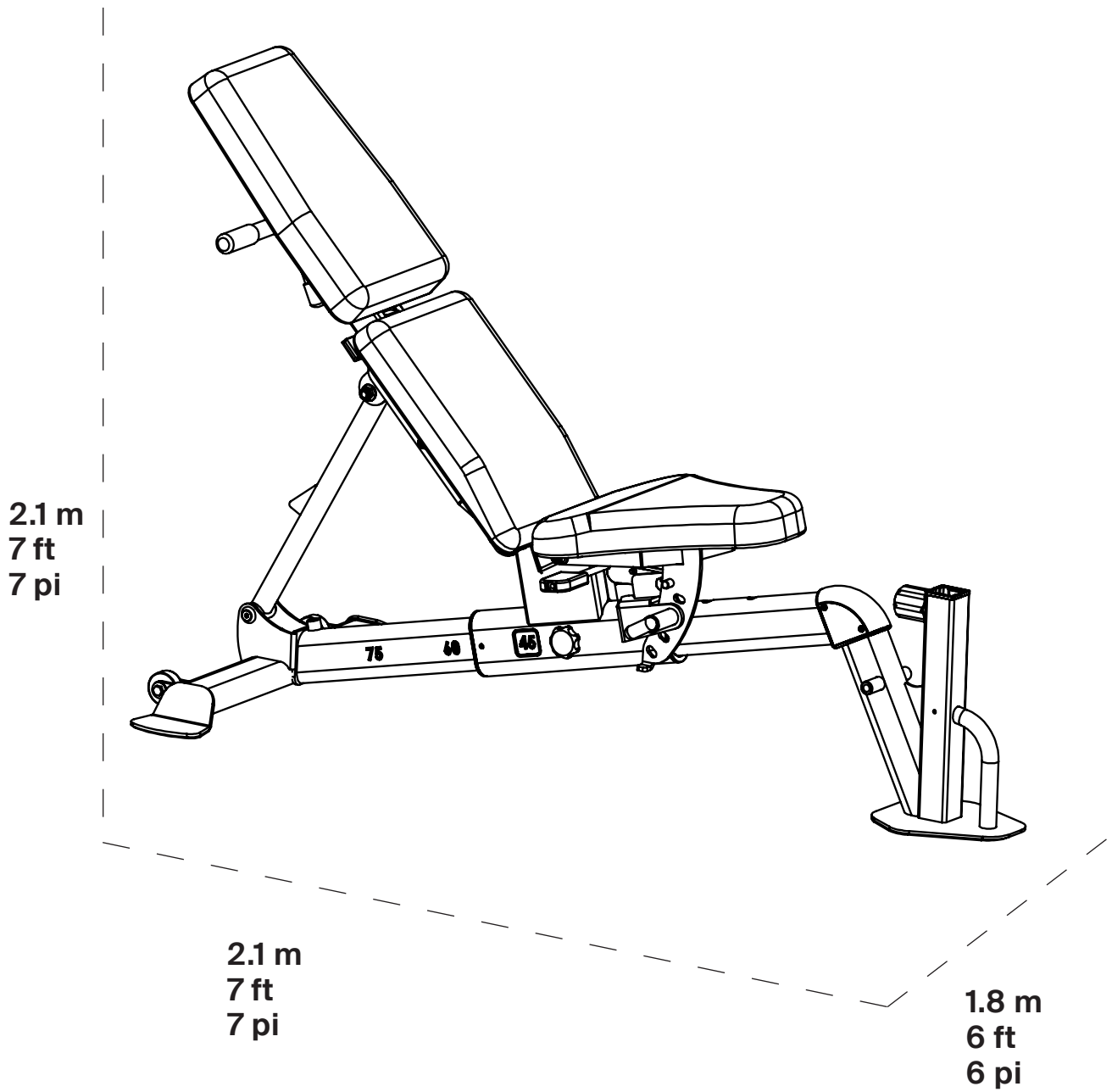


**#13**, M4 Self Tapping Screw, 4pc.

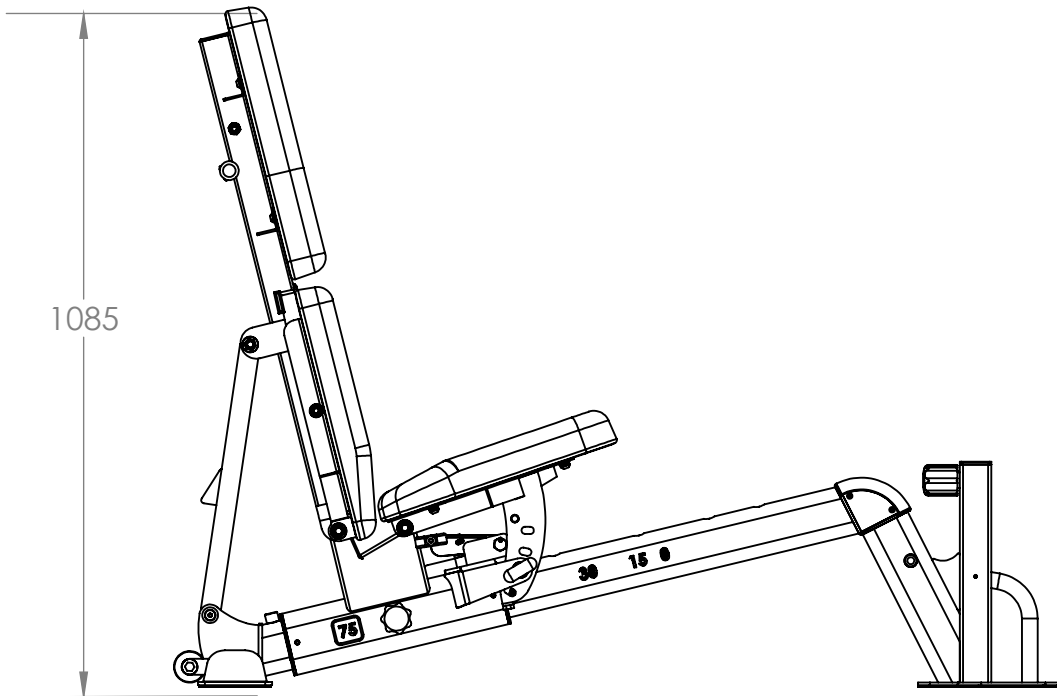
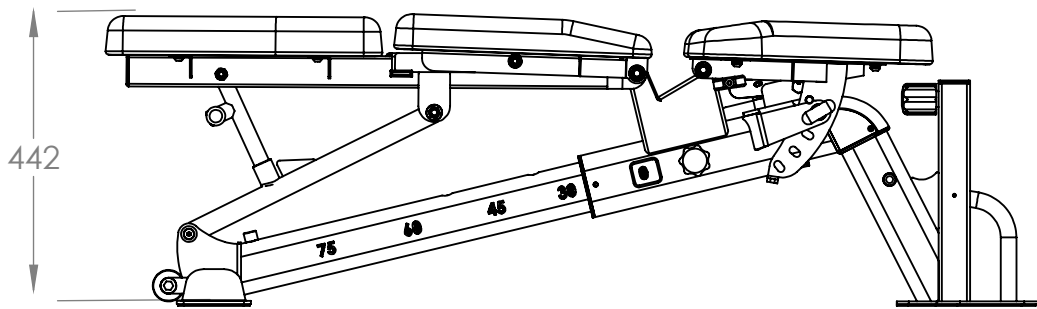
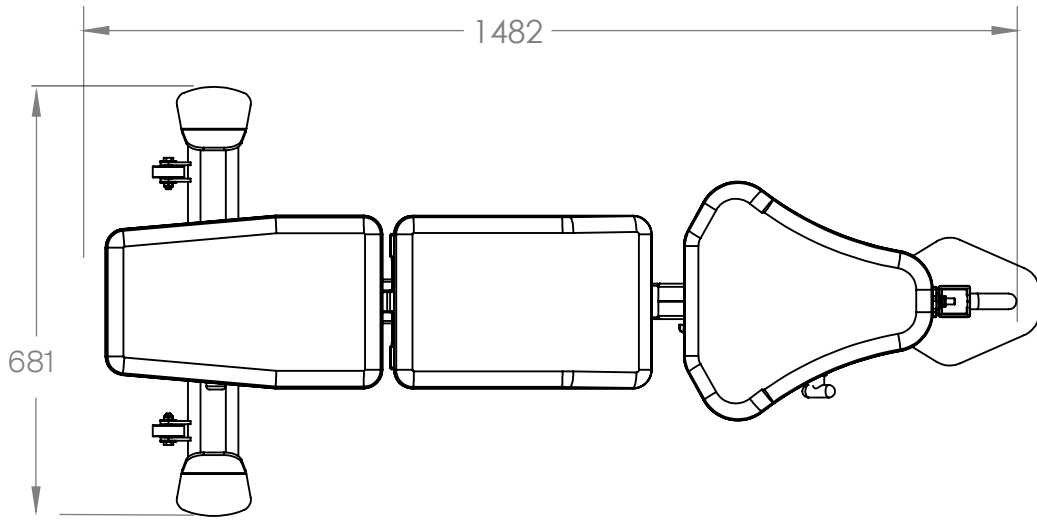
# FEATURES



**LIVE AREA**

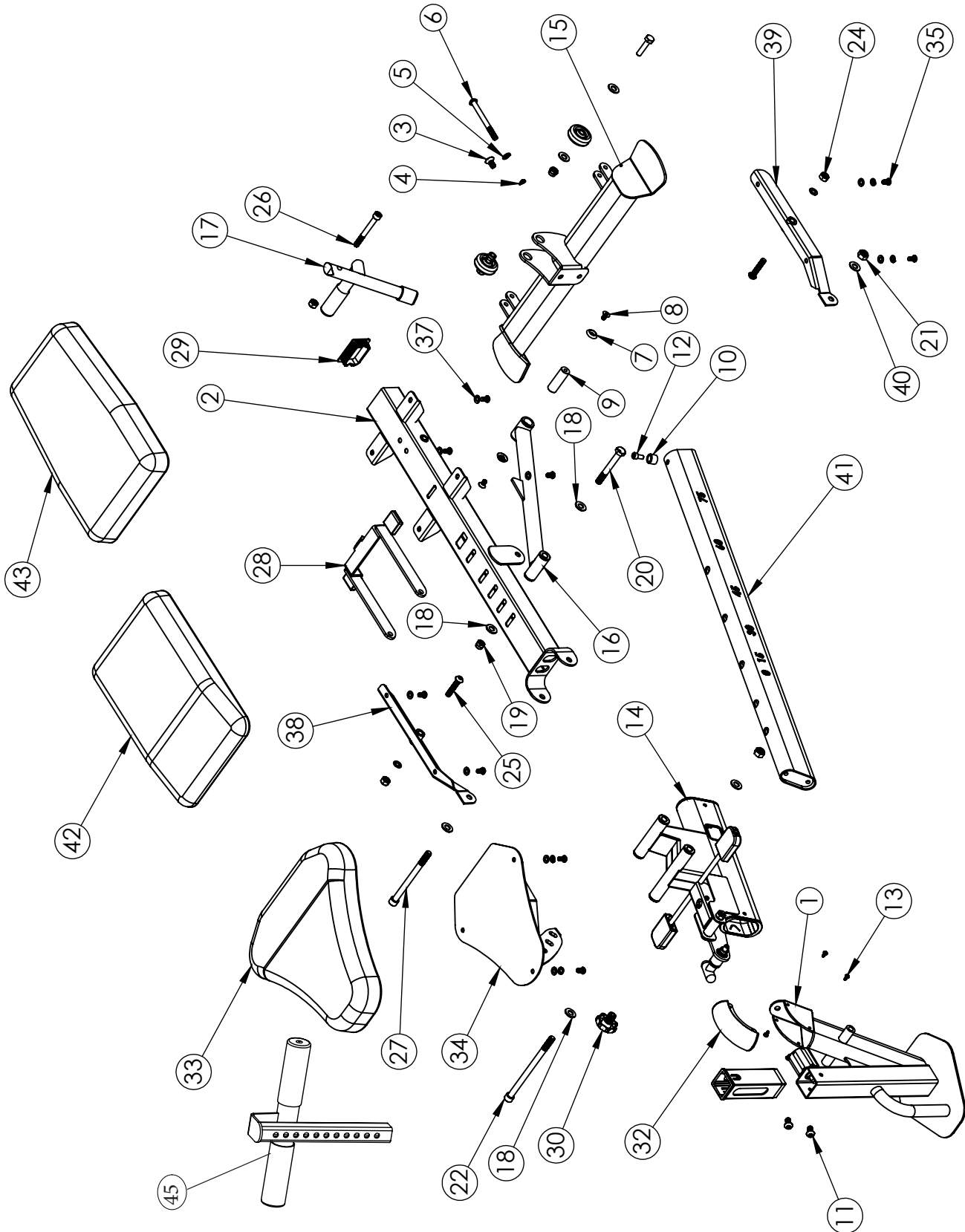


**BENCH DIMENSIONS (MM)**





EXPLODED VIEW



# CENTR

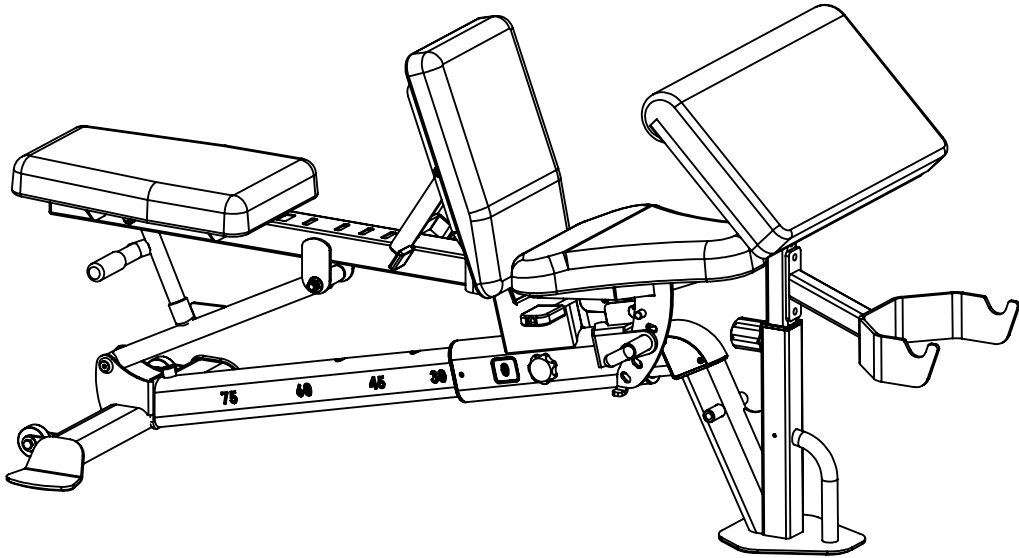
## PARTS LIST

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	104131	Weldment, Front Short	1
2	103884	Assy, Back Support Tube	1
3	104743	Bolt, M10 x 20 x 1.5 FH	1
4	104985	Washer, M10 Curved	1
5	104747	Washer, M5 Split Lock	1
6	104720	Bolt, M10 X 100 X 1.5 BH	1
7	104741	Washer, M8 Countersank	2
8	104687	Bolt, M8 X 15 Hex FH	2
9	104169	Shaft, 20 OD X 60.5	1
10	104690	Spacer, FID7 Slide Stop	1
11	103824	Bolt, M10 x 20 BH	2
12	104691	Bolt, M8 X 16 X 1.0 SH	1
13	104513	Screw, M5 x 10 Self Tap	4
14	103767	Tube Slide Assembly	1
15	104165	Assy, Rear Stabilizer FID7 flat	1
16	104141	Assy, Back Support Tube FID7s	1
17	103899	Assy, Back Support Handle	1
18	103810	Washer, 25 OD x 12.5 ID 2 Th	4
19	103812	Locknut, M10	1
20	104744	Bolt, M10 X 95 X 1.5 HH	1
21	103868	Nut, M12 x 1.75p x 12 Nylock	2
22	103867	Bolt, M12 x 1.75p x 185 SH	1
23	103851	Washer, Flat 10.5 x 18x 1.8	2
24	103849	Nut, M8 x 1.25 x 10 Nylock	3
25	104688	Bolt, M10 X 50 X 1.5 BH	2
26	104740	Bolt, M10 X 90 X 1.5 SH	1
27	104684	Bolt, M12 X 150 SH	1
28	103908	Assy, Mid Back Support FID5	1
29	103900	EndCap, Plastic FID7	1
30	104739	Knob, 50mm	1
31	104746	Bolt Tip, Plastic FID7	1
32	103755	Bracket, Corner FID7	1
33	103862	PAD, Seat Front	1
34	103860	Welment, Seat	1
35	103854	Bolt,M8 x 1.25 T x 15 Black Zinc	11
36	103865	Washer, M8 Split Lock	11
37	103864	Washer, 16 OD 8.4 ID 1 th	11
38	103918	Weldment, Seat Support Mid Right	1
39	103916	Weldment, Seat Support Mid Left	1
40	103919	Washer, 25 OD 12.5 ID x 2	2
41	103822	WLDMT, Slide Tube	1
42	104277	Pad, Seat Back Mid	1
43	104184	Pad, Seat Back Top	1
44		Assy, FID7 Center	1
45	105017	Assy, Ankle Support Weight Bench	1

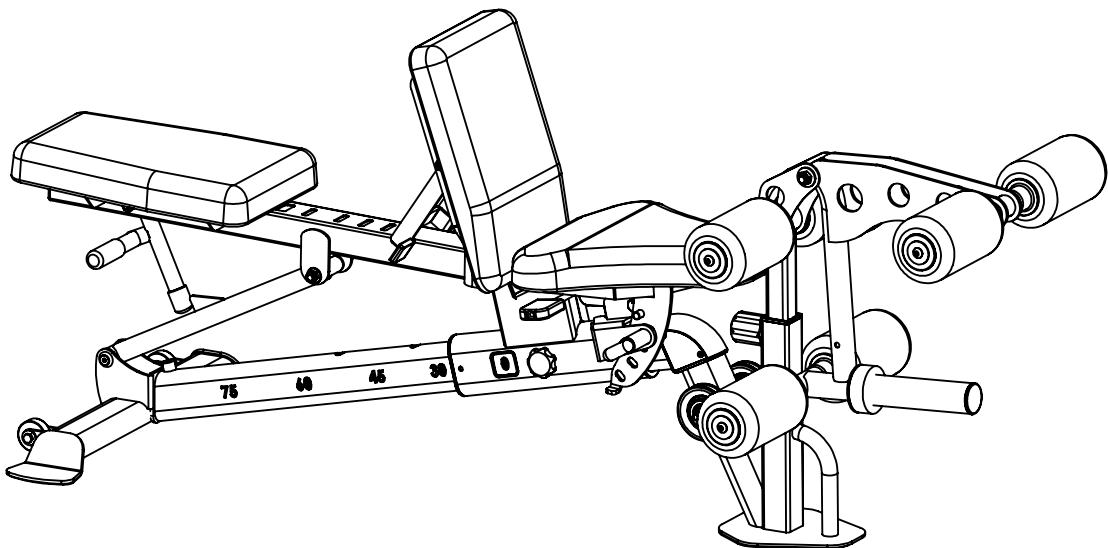


## AVAILABLE ATTACHMENTS (NOT INCLUDED)

### PREACHER CURL



### LEG EXTENSION





 **CENTR**