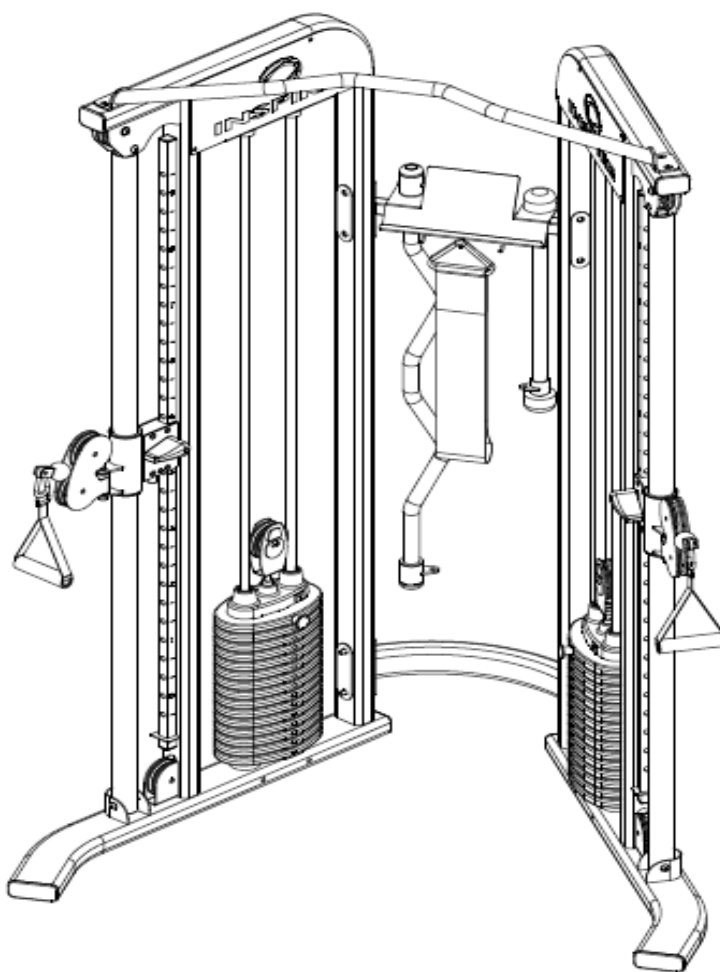


# INSPIRE

# FTX

## ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

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

## **BEFORE ASSEMBLING YOUR 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 multi-gym for replacement parts. Or, call Inspire at 877-738-1729.

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

This multi-gym is intended for indoor use only. Rust can form on certain parts including guide rods in a humid environment, resulting in impaired function.

Service of your multi-gym should only be performed by an authorized Inspire 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  
255 Airport Cir, Suite 101  
Corona, CA 92880  
Ph: 877-738-1729  
Fx: 714-738-1728  
[www.inspirefitness.com](http://www.inspirefitness.com)

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## **IMPORTANT SAFETY NOTICE PRECAUTIONS**

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

1. Keep children and pets away from the machine at all times. **DO NOT** leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. Consult a Physician.
4. Position the machine on a clear, leveled surface. Do not use outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual.
8. Disabled persons should not use the machine without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using machine.
10. Never operate the machine if it is not functioning properly.
11. A spotter is recommended during exercise.

## **TOOLS REQUIRED FOR ASSEMBLY**

Tools Required for Assembling the Machine: Adjustable Wrench and Allen Wrenches. **NOTE:** Two or more people assembling this machine is a must. **DO NOT** attempt to assemble this machine alone

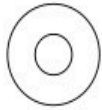
## part list

Part#	Description	Part Number	Q'ty (pcs)
1	Right Station Assembly	GM692200408PZ	1
2	Left Station Assembly	GM692200409PZ	1
3	Upper Frame Assembly	GM692220002PZ02	1
4	Lower Cross Brace	GM690260001PT0105	1
5	Upper Cross Brace	GM692300004PT0105	1
6	Guide Rod Bracket & Ring Cap	GM692381001PT0105 GM692-881-002	2
7	Guide Rod	GM692-381-002	4
8	Selector Stem Assembly	GM692500003PZ10	2
9	Weight Selector Pin	GM692-500-004	2
10	Weight Plate		30
11	Rope	GM692-881-011	1
12	Curl Bar	GM691320003PZ02	1
13	Single Handle	GM660820001WX07	2
14	Chin Up Belt	GM692-400-005SK	1
15	Height Adjustment Handle	GM691-880-003SK	2
16	Rubber Bumper	GM692-881-003	4
17	Hook	0200-070-082	2
18	M10 x 80 Allen Bolt	0113-210-806	4
19	M10 x 70 Allen Bolt	0113-210-708	8
20	M10 x 25 Allen Bolt	0113-210-258	4
21	M10 x 19 Allen Bolt	0113-210-208	4
22	M5 x 10 Allen Bolt	0113-705-088	2
23	Ø 10 Lock Washer	0116-310-028	8
24	M10 Aircraft Nut	0110-710-008	8
25	Ø 10 Washer	0116-210-508	28
26	Resistance Label Set	GM692-900-001	2
27	U-shaped Pulley Bracket	GM692-500-002	2
28	Ø 2" Tension Adjustment Plate	GM690-501-006	2
29	M10 x 2" Allen Bolt	0113-210-508	2
30	Pulley	GM692-880-001	2
31	Right Lock Switch	GM690-320-003	1
32	Left Lock Switch	GM690-320-004	1

## Tool List

33	#6 Allen Wrench (Tool)	0511-606-03	1
34	#4 Allen Wrench (Tool)	0511-604-01	1
35	14#&17# Wrench (Tool)	M330-561-002	1

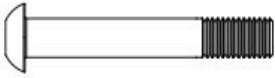
# HARDWARE SIZING CHART



#25 Ø10 Washer (Qty 20)



#23 Ø 10 Lock Washer (Qty 4)



#19 M10 x 70 Allen Bolt (Qty 8)



#24 M10 Aircraft Nut (Qty 8)



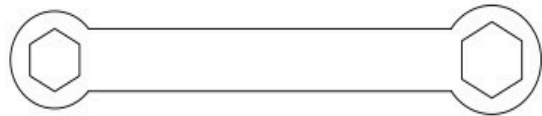
#20 M10 x 25 Allen Bolt (Qty 4)



#9 Weight Selector Pin (Qty 2)



#22 M5 x 10 Allen Bolt (Qty 2)



#35 TOOL : #14 & #17 Wrench (Qty 1)

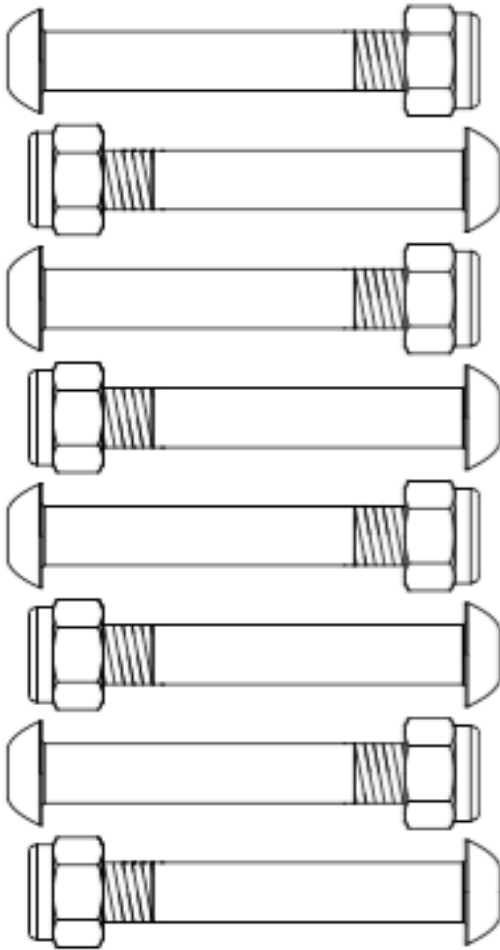


#33 TOOL : #6 Allen Wrench (Qty 1)

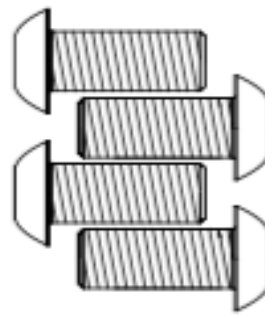


#34 TOOL : #4 Allen Wrench (Qty 1)

# STEP1



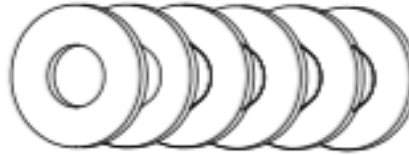
part# 19 (M10\*70 ; 8PCS)  
part# 24 (M10 ; 8PCS)



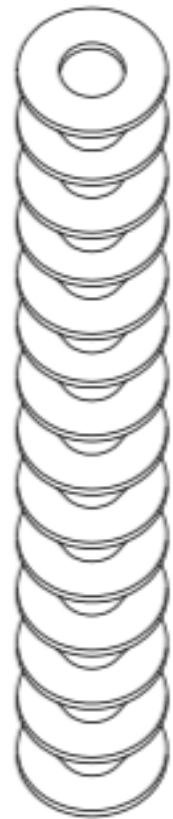
part# 20 (M10\*25 ; 4PCS)



part# 23 (Ø10 ; 4PCS)



part# 25(Ø10 ; 20PCS)

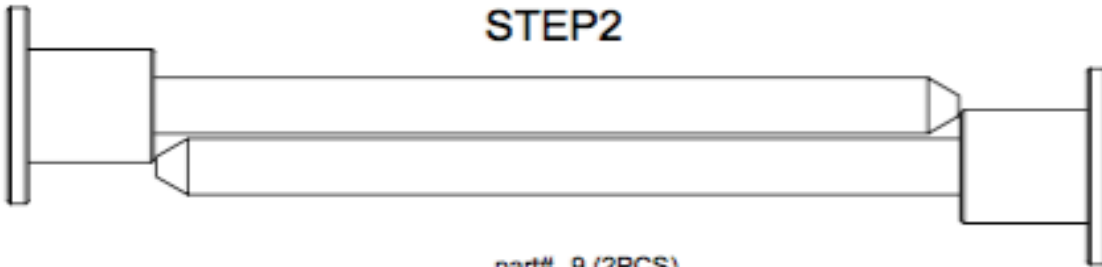


# STEP3

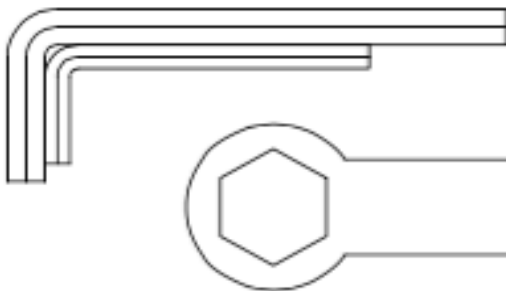


part# 22 (M5\*8;2PCS)

# STEP2

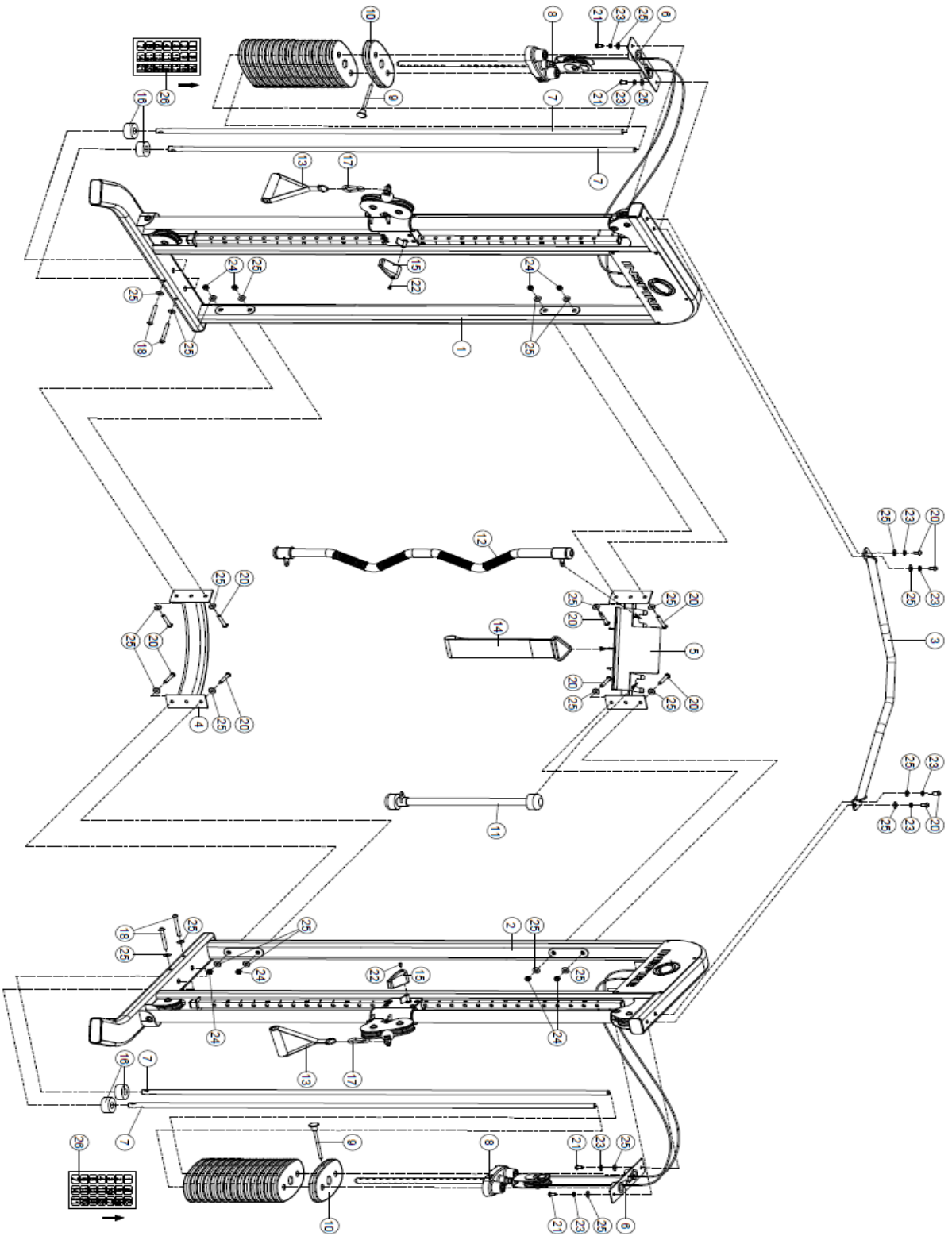


part# 9 (2PCS)



part #33 (6#; 1PCS)  
part #34 (4#;1PCS)  
part #35 (#14&17#;1PCS)

# EXPLODED DIAGRAM

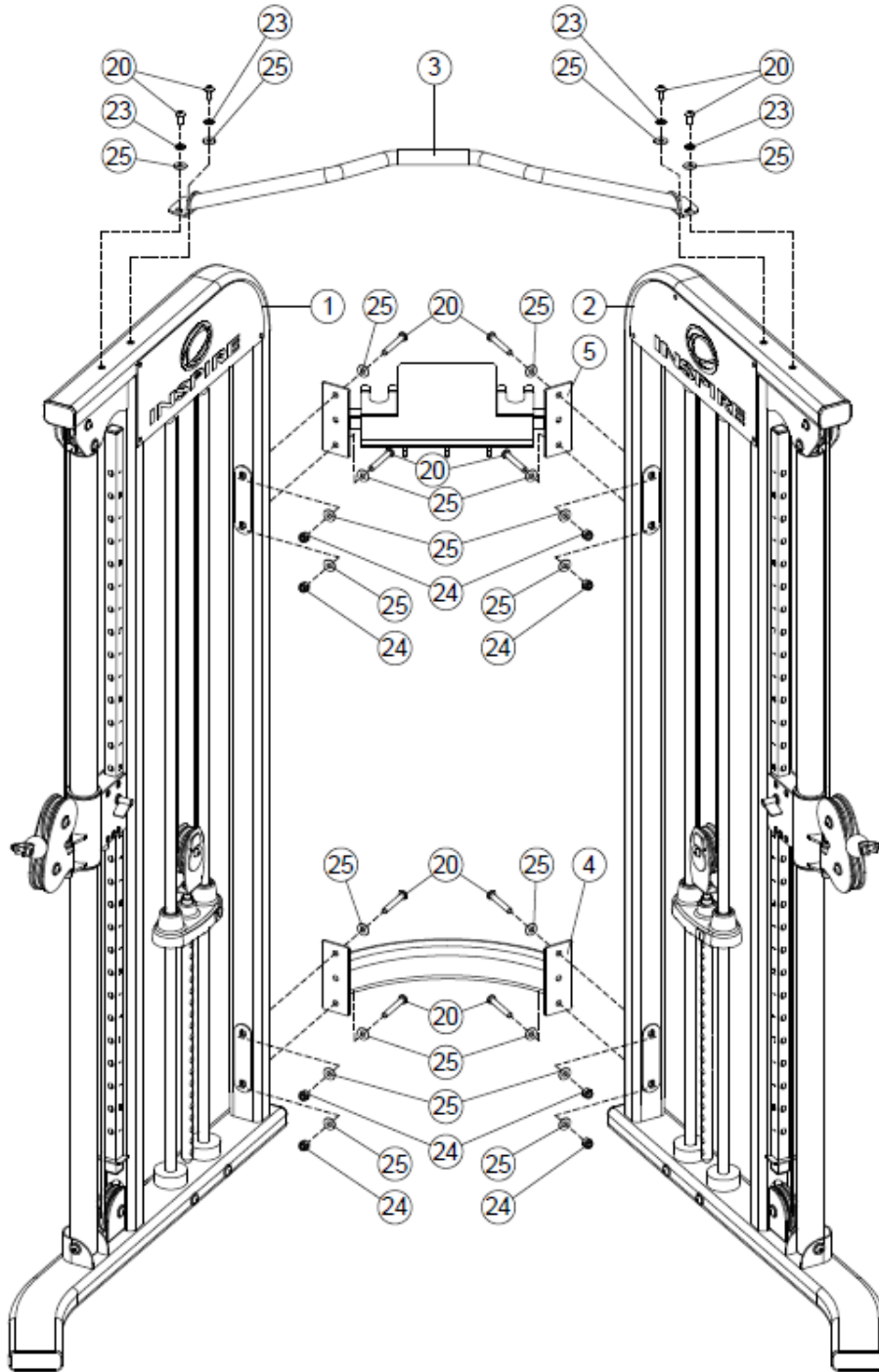




# **FUNCTIONAL TRAINER ASSEMBLY INSTRUCTIONS**

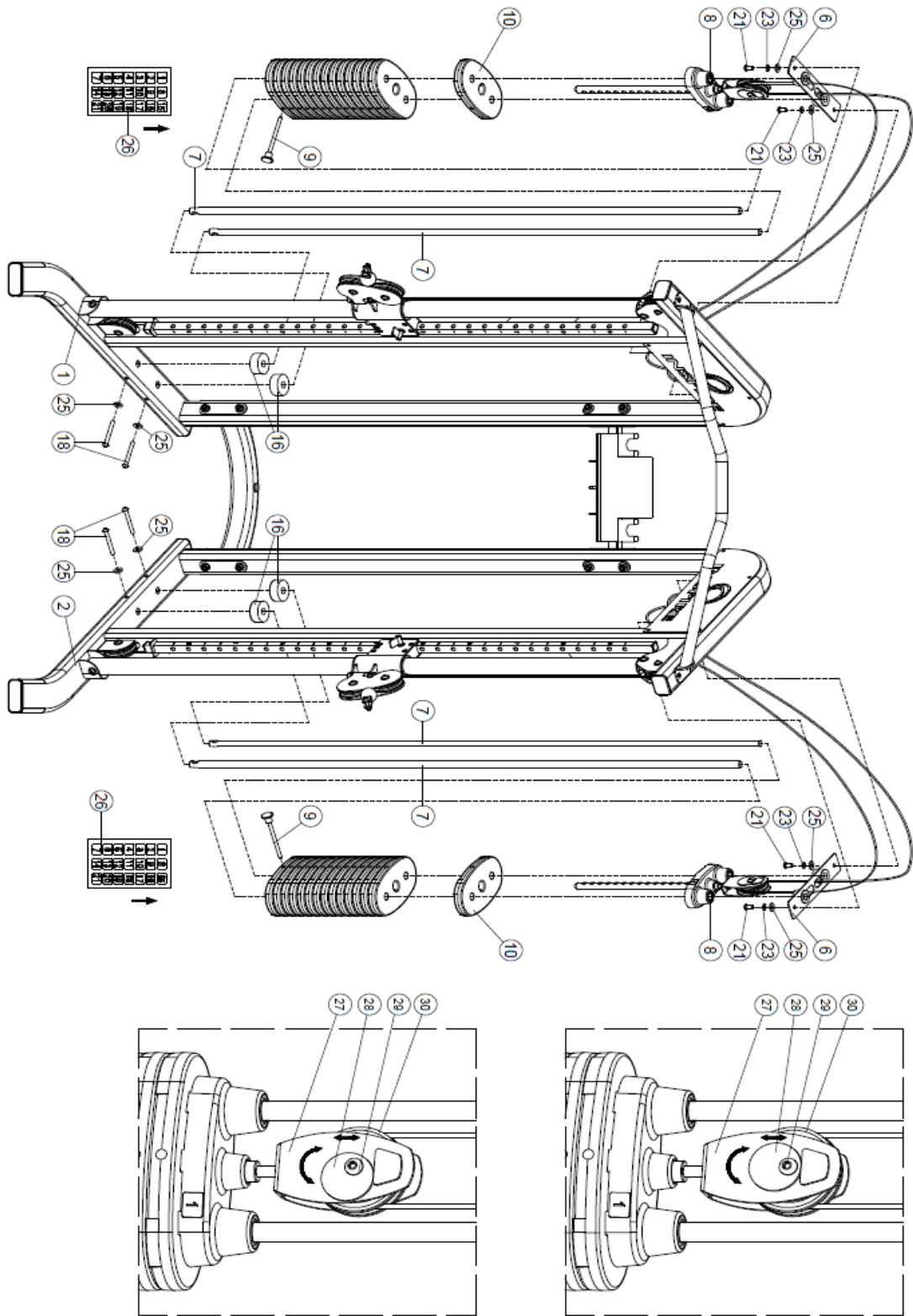
## **STEP 1**

- A.) Do not tighten the Nuts and Bolts until instructed to do so.**
- B.) Place the Lower Cross Brace (#4) between the Right & Left Stations (#1 & #2) in the mid-span.**
- C.) Attach one end of the Lower Cross Brace to the Right Station. Secure it with two M10 x 70" Allen Bolts (#20), four Ø 10" Washers (#25), and two M10 Aircraft Nuts (#24). Repeat the same procedure to install the other side.**
- D.) Repeat Procedure B & C to install the Upper Cross Brace (#5).**
- E.) Place the Pull Up Bar Assembly (#3) on top of the Right and Left Stations.**
- F.) Secure each end with two M10 x 25" Allen Bolts (#20), two Ø 10" Lock Washers (#23), and Ø 10" Washers (#25).**
- G.) Securely tighten all Nuts and Bolts installed.**



## **STEP 2**

- A.) Lift up the Selector Stem (#8) on the Right Station (#1) and hold it still to release the tension on the cables. Remove the two M10 x 20" Allen Bolts (#21), Ø 10 " Spring Washers (#24), and Ø 10" Washers (#25) which were pre-assembled in the factory to hold the Guide Rod Bracket (#6).**
- B.) Pull the two Guide Rods (#7) away from the Upright. Remove the Guide Rod Bracket (#6) from the top of the Guide Rods.**
- C.) Remove the Selector Stem (#8) from the Guide Rods.**
- D.) Slide fifteen 10lb Weight Plates (#10) from the top of Guide Rods down to the Rubber Bumpers (#16). Make sure the weight sticker cut out is facing the inside of the machine.**
- E.) Slide the Selector Stem back onto the Guide Rods. Hold the Selector Stem above the weight stack to make it easier to re-install Guide Rods and Bracket.**
- F.) Re-install the Guide Rod Bracket (#6) onto the Guide Rods.**
- G.) Push the Guide Rod Bracket back into the upright.**
- H.) Secure the Bracket back to the upright frame with the two M10 x 20 " Allen Bolts (#21), Ø 10 " Spring Washers (#23), Ø 10" Washers (#25).**
- I.) Lower the Selector Stem down onto the top of the weight stack.**
- J.) Check all the cables to make sure they are on track on the pulleys.**
- K.) Peel off the weight resistance label from the Resistance Label Set (#26) and attach to the plates.**
- L.) Insert the Weight Selector Pin (#9) into the weight stack.**
- M.) Lubricate the Guide Rods with super lube or lube provided.**
- N.) If Needed, Adjust the Cable tension by first loosening the M10 x 2" Allen Bolt located on the Selector Steam Assembly (#8) then rotate the Tension Adjustment Plate (#31) clock or counterclockwise to move the Bolt and the Large Pulley (#30) up and down along the open track inside the U-shaped Pulley Bracket (#27). Once desired tension is achieved, securely tighten the Bolt (#8) back.**
- O.) Repeat the Procedure A through N above to install the other set of weight plates to the Left Station (#2).**



step2

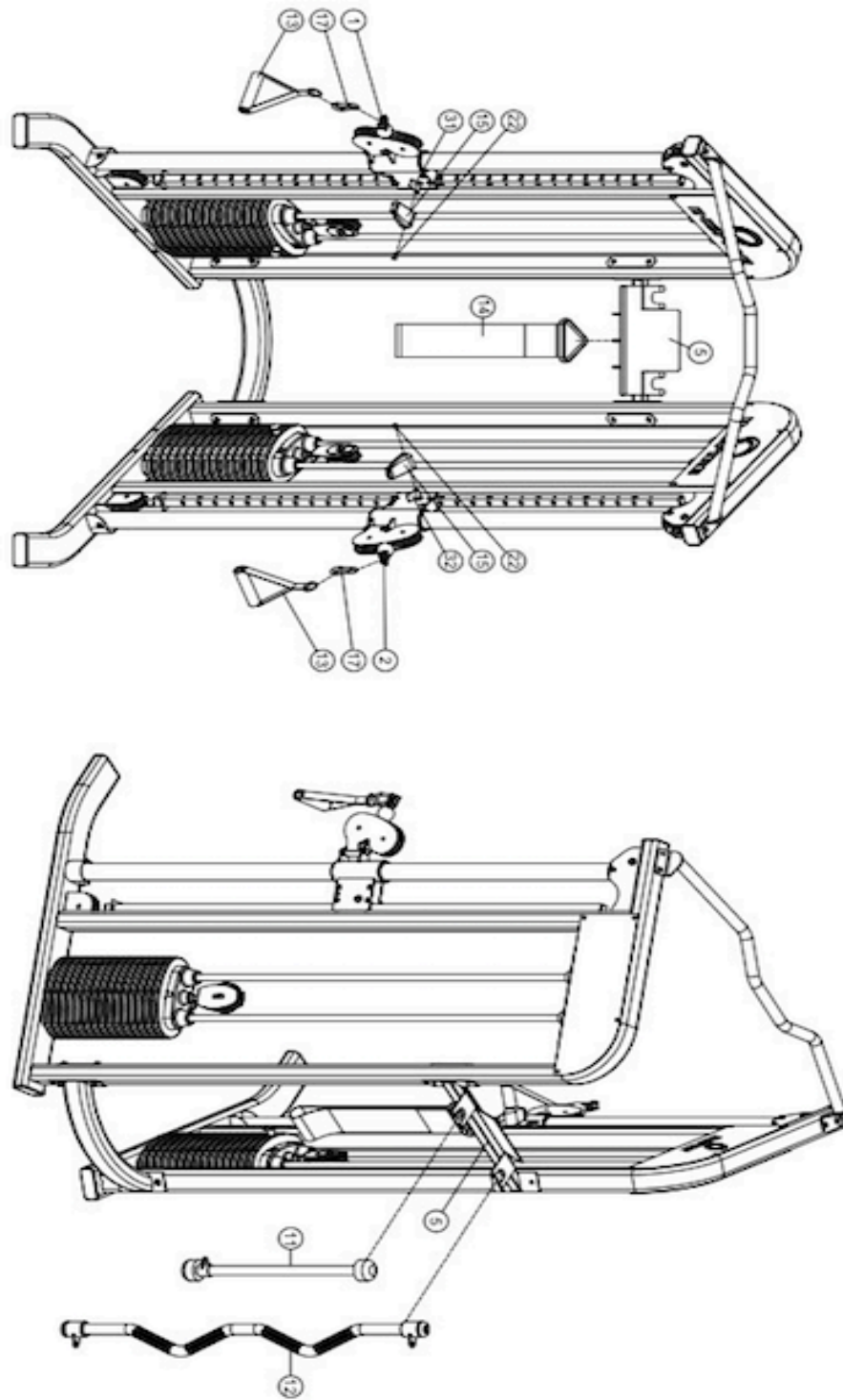
### **STEP 3**

**A.) Attach the Height Adjustment Handle (#15) to the Right Lock Switch (#32) on the Pulley Carriage. (Not shown on diagram) And secure it with one M5 x 10" Allen Bolt (#22). Repeat the same procedure to install the other side.**

**B.) Connect the Single Handle (#13) to the Cable (#2) on the Right Station (#1) with a Spring Clip (#17). Repeat the same procedure to install the other side.**

**D.) Lift up the Height Adjustment Handle (#15) and slide the Pulley Carriage along the Pulley Carriage Support Frame to the selected level. Release the Handle to lock the Pulley Carriage in position.**

**E.) Store Curl Bar (#12), and Rope (#11) onto the Hanger Bracket behind the Upper Cross Brace (#5). Hang Chin Up Belt (#14) on Upper Cross Brace (#5).**



step 3

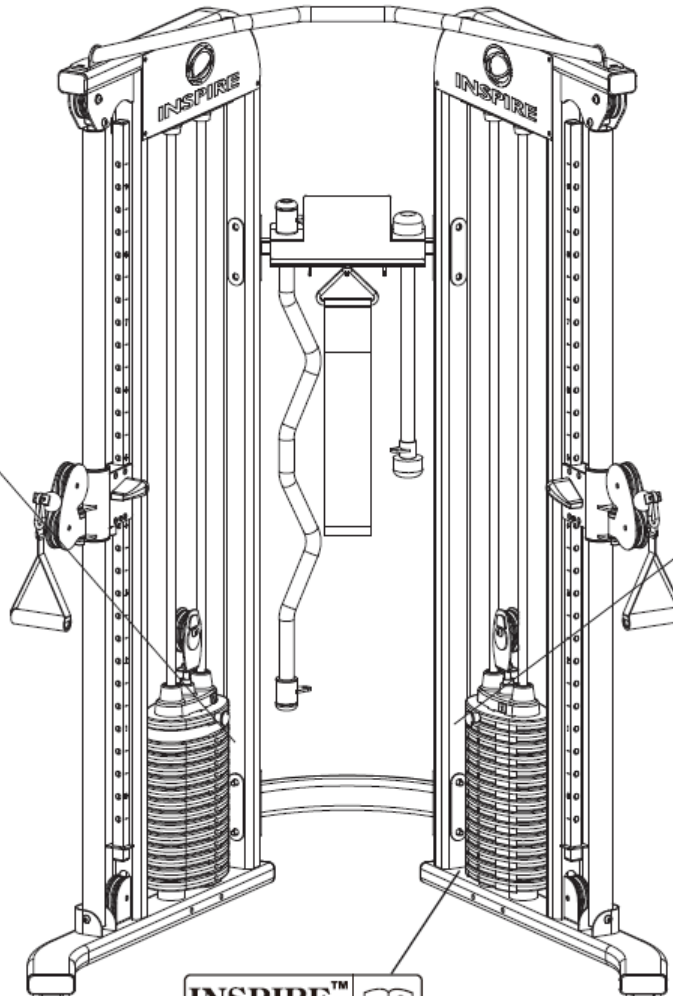
# DECAL PLACEMENT

**WARNING**

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A HIGH RISK ASSOCIATED 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 lightheaded 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.

Make sure all Pin, Locks, and Safety Latches are in place and fully engaged before each use.



**NOTICE**

This INSPIRE product is not intended for commercial use.

IN HOME MAINTENANCE	Priority	Monthly	Weekly	Daily
Inspect Links, Pin, Snap Locks, Swivels, Weight Stack Pins	X			
Clean Upholstery	X			
Inspect Cables and their fittings	X			
Inspect toughness of all strands	X			
Inspect: Accessory Bars and handles	X			
Inspect: All Decals	X			
Inspect: All nuts and bolts Tighten if needed.	X			
Inspect: Anti-Skid Surfaces	X			
Clean & Lubricate Guide Rods with a TRIPLE-PTED based Lubricant (Super-Lub)	X			
Lubricate Seat Slides and Plastic Bites	X			
Clean & Wipe all Body Frames			X	
Replace Cables, Bells and Connect Parts				X

**INSPIRE™** 

BY HEALTH IN MOTION LLC  
 877-738-1729  
[www.inspirefitness.com](http://www.inspirefitness.com)  
 MADE IN CHINA  
 Serial #

## **GENERAL MAINTENANCE INFORMATION**

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

# 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.

### **PLEASE NOTE THIS INSPIRE PRODUCT IS NOT MADE FOR COMMERCIAL USE**

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.com](http://www.inspirefitness.com)

### **Conditions and Exceptions.**

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

### **Disclaimer**

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

