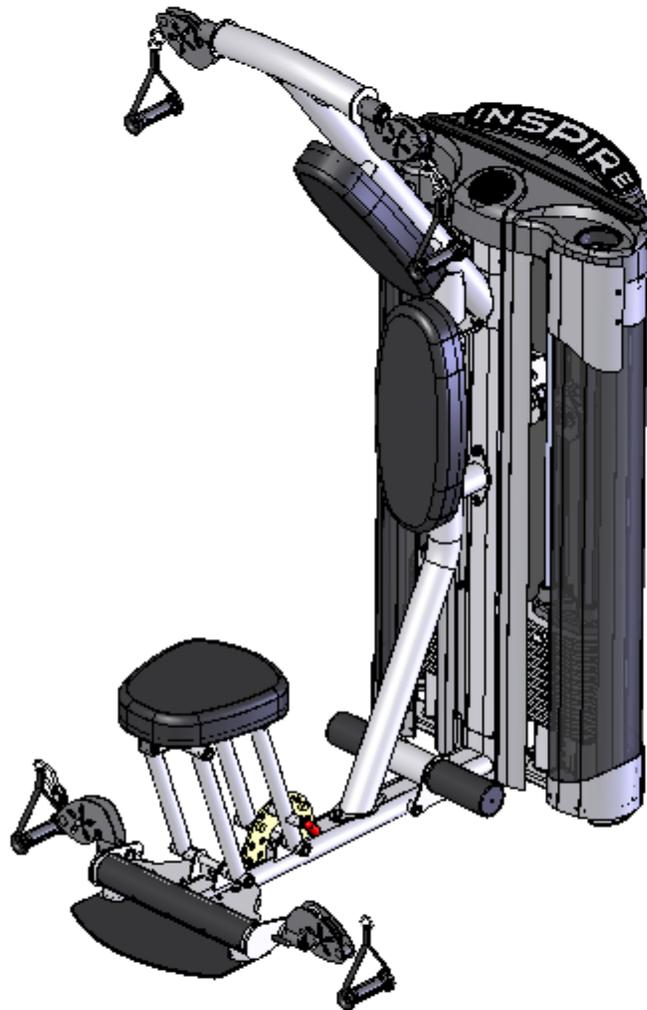


# INSPIRE

ASSEMBLY & OPERATION MANUAL

## DUAL BICEP/TRICEP



RECORD SERIAL NUMBER HERE

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

## **BEFORE ASSEMBLING YOUR DUAL BICEP/TRICEP**

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

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the dealer of this Dual Bicep/Tricep machine for replacement parts or call Inspire at 877-738-1729.

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

This Dual Bicep/Tricep machine is intended for indoor use only. Rust can form on certain parts in a humid environment resulting in impaired function.

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

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

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## **IMPORTANT SAFETY INSTRUCTIONS**

Please read this entire manual and familiarize yourself with all decals and warnings before using this Dual Bicep/Tricep machine.

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

## **TOOLS REQUIRED FOR ASSEMBLY**

- Metric socket set (including 16mm, 17mm, and 19mm sockets)
- Metric wrenches (16mm, 17mm, and 19mm)
- 4mm, 5mm, and 6mm Allen wrenches (supplied in hardware pack)
- Adjustable wrench
- Philips screwdriver

# DUAL BICEP/TRICEP PARTS & HARDWARE LIST

Item	Parts Description	Qty	Qty Rec'd
1	Main Frame	1	
2	Upright 1	1	
3	Guide Cable Support	1	
4	Foot Plate	1	
5	Foot Rest	1	
6	Base Frame	1	
7	Upright 2	1	
8	Selector Plate	1	
9	Top Beam	1	
10	Upper Pulley Mount, Left	1	
11	Upper Pulley Mount, Right	1	
12	Rubber Donut	4	
13	Top Weight/Selector Stem	2	
14	Guide Rods	4	
15	Top Weight Stop Assembly	2	
16	Weight Spacers	4	
17	Floating Pulley Assembly w/ Guide Bushing	2	
18	Lower Pulley Mount	1	
19	Guide Cables	4	
20	Springs	4	
21	Metal Placard, Left	1	
22	Metal Placard, Right	1	
23	Right Shroud Plate	1	
24	Left Shroud Plate	1	
25	Upper Cable	2	
26	Lower Cable	2	
27	Seat Pad	1	
28	Back Pad	2	
29	Upper Metal Shroud	1	
30	Lower Metal Shroud	1	
31	Fabric Shroud	1	
32	"D" Handle Assembly	4	
33	Pulley, 3 1/2" Diameter	4	
34	Rubber Cup	2	
35	Rubber Tablet/Holder	1	
36	Molded Top Cap	1	
37	Guide Rod Lube	1	
38	Touch-up Paint	1	
39	Rear Shroud Plate	1	

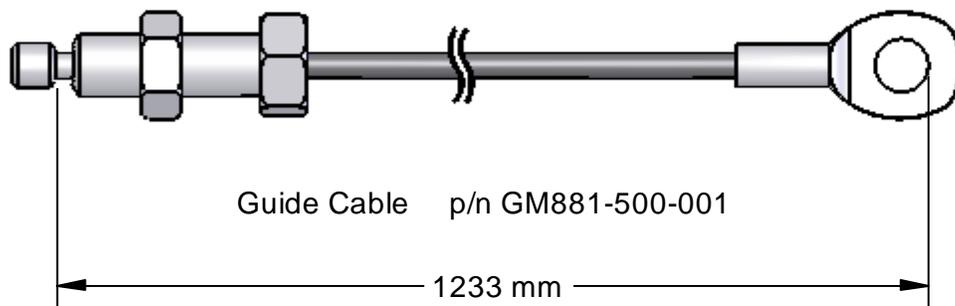
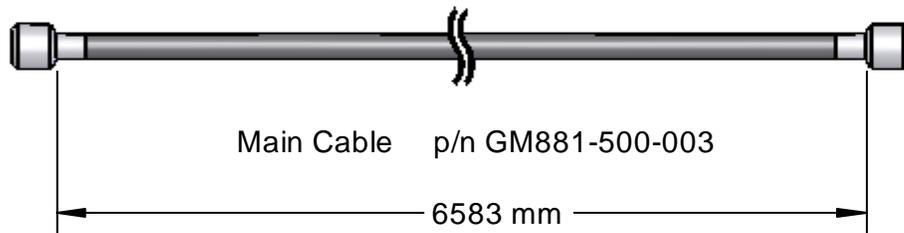
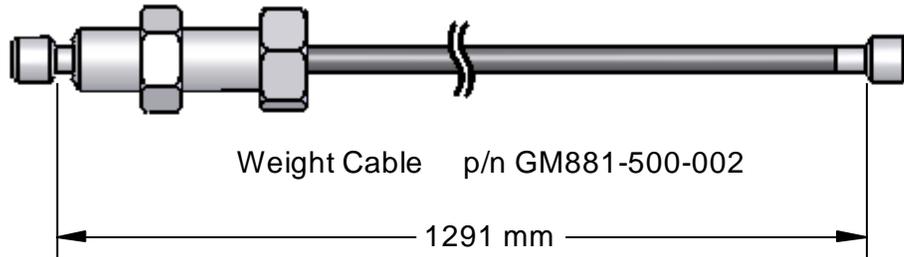
Item	Hardware Description	Qty	Qty Rec'd
1	M10 x 25 Hex Bolt	16	
2	M10 x 95 Hex Bolt	2	
3	M10 x 75 Hex Bolt	6	
4	M8 x 12 Flat Head Bolt	6	
5	M10 x 125 Hex Bolt	4	
6	M10 x 70 Hex Bolt	6	
7	M8 x 20 Flat Head Bolt	8	
8	M10 x 30 Hex Bolt	4	
9	M10 x 50 Hex Bolt	2	
10	M10 x 90 Hex Bolt	4	
11	M10 x 45 Hex Bolt	2	
12	M8 x 100 Hex Bolt	1	
13	M6 x 12 Button Head bolt	10	
14	M10 x 50 Fully Threaded Hex Bolt	3	
15	M8 x 12 Button Head Bolt	7	
16	M10 x 25 Button Head Bolt	3	
17	M10 x 20 Flat Head Bolts	4	
18	M8 x 20 Hex Bolt	2	

17	M10 Flat Washer	80	
18	M8 Flat Washer	11	
19	M10 Large OD Flat Washer	2	
20	M6 Flat Washers	10	

21	M10 Locknut	30	
22	M8 Locknut	9	

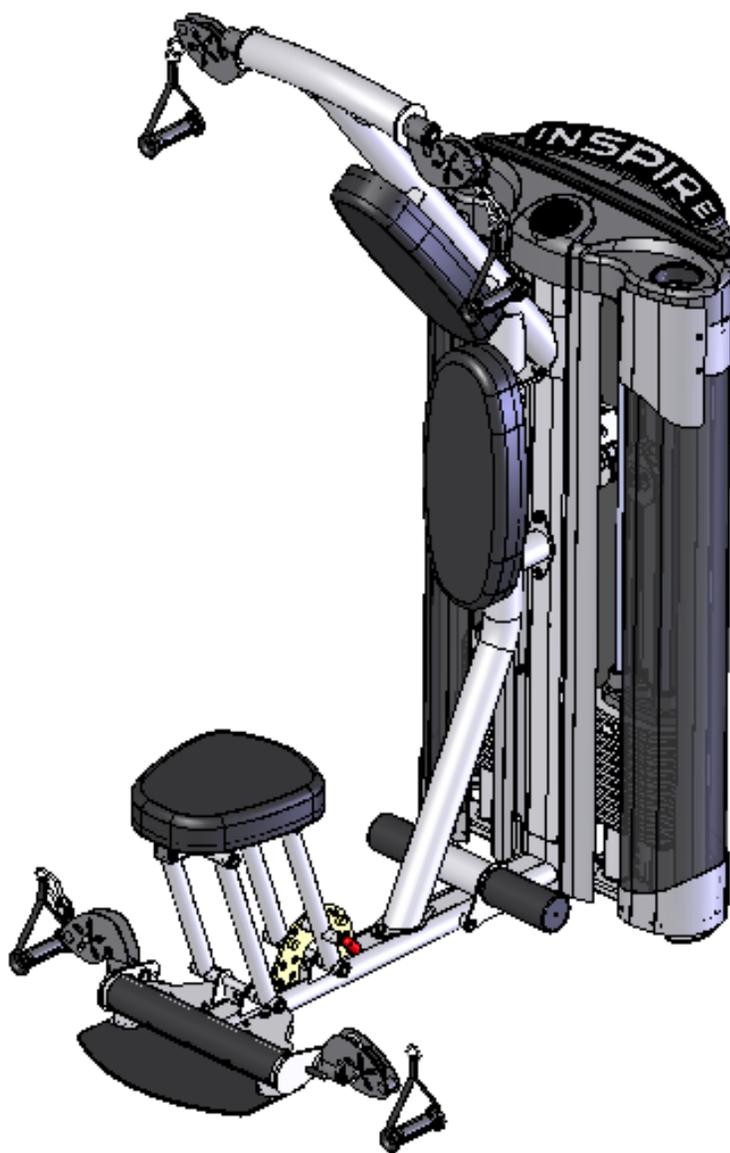
30	Spring Clip	4	
31	"U" Bracket Cable End	4	
32	Cable Ball	4	
33	Weight Pin	2	
34	4 mm Allen Wrench	1	
35	5 mm Allen Wrench	2	
36	6 mm allen Wrench	1	

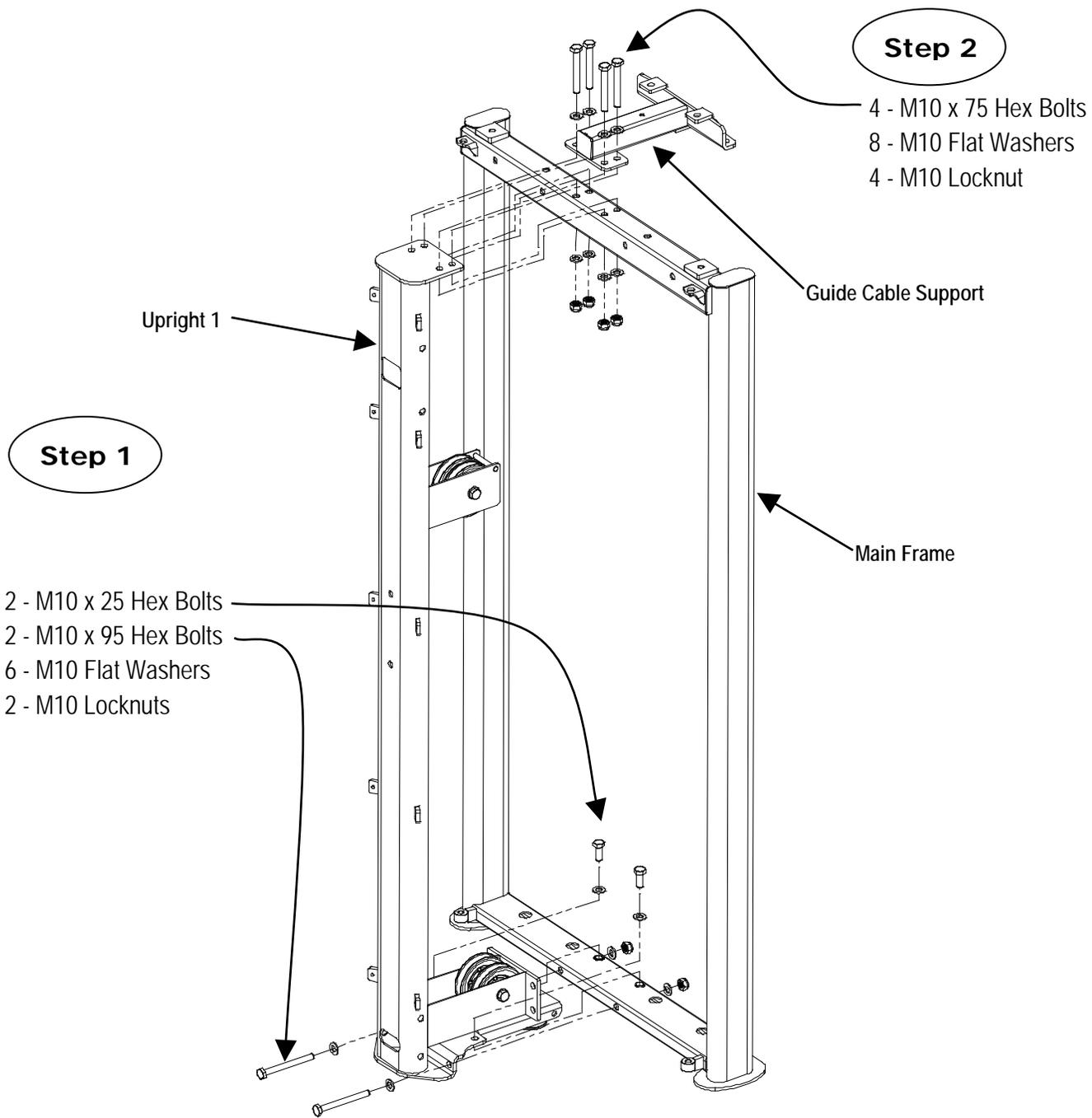
# DUAL LINE BICEP/TRICEP CABLE CHART



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

# ASSEMBLY INSTRUCTIONS





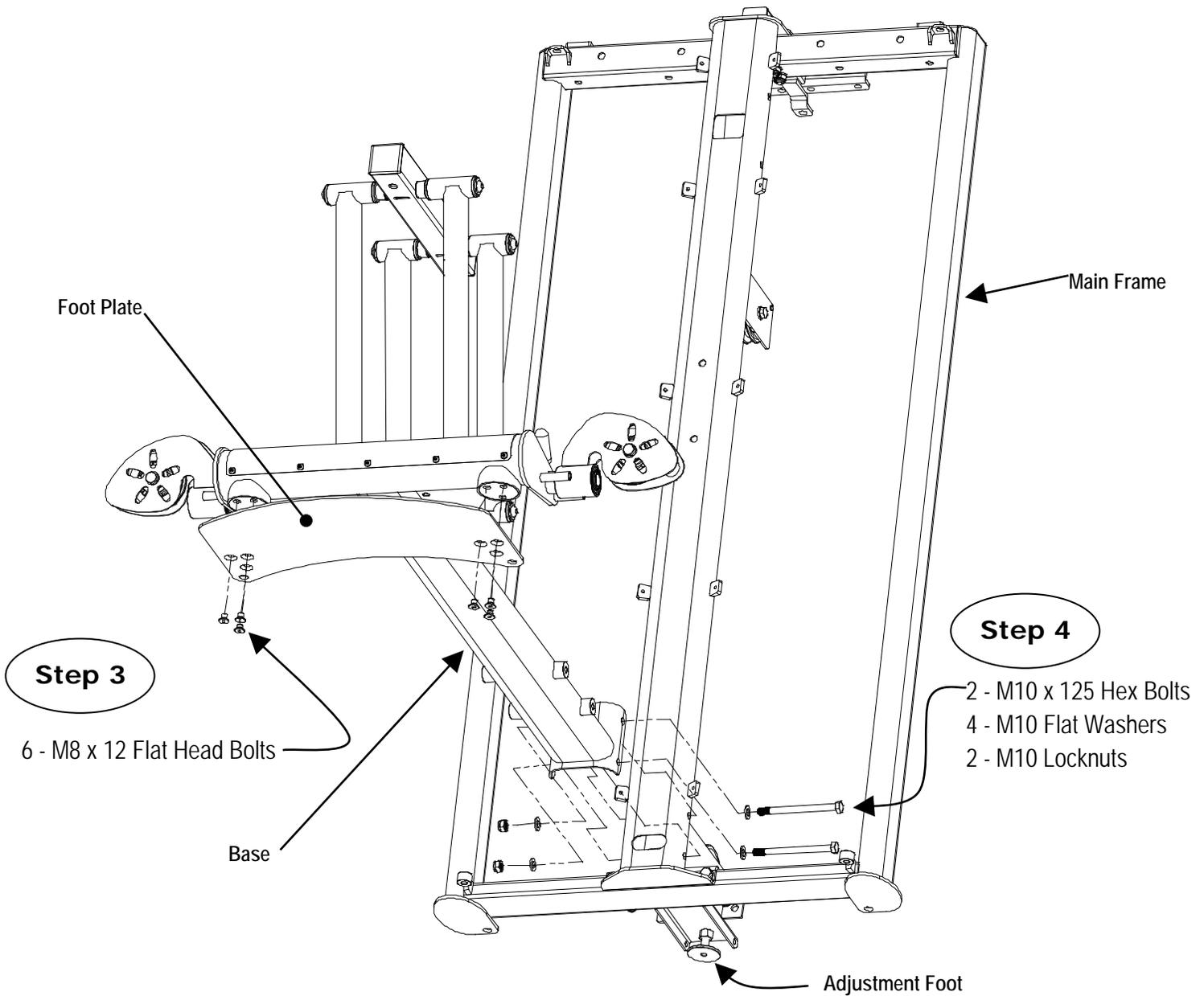
Step 1: Attach Upright 1 to the Main Frame using:

- 2 - M10 x 25 Hex Bolts
- 2 - M10 x 95 Hex Bolts
- 6 - M10 Flat Washers
- 2 - M10 Locknuts

Step 2: Attach Guide Cable Support to Main Frame and Upright 1 using:

- 4 - M10 x 75 Hex Bolts
- 8 - M10 Flat Washers
- 4 - M10 Locknuts

**NOTE: Finger Tighten Only.**



Step 3: Attach the Foot Plate to the Base Frame using:

**2 – M8 x 12 Flat Head Bolts**

**NOTE: Wrench Tighten Now.**

Step 4: Attach the Base Frame to the Main Frame using:

**2 – M10 x 125 Hex Bolts  
4 – M10 Flat Washers  
2 – M10 Locknuts**

Adjust the height of the adjustment foot in the back of the machine so that the adjustment foot is resting on the floor.

**NOTE: Finger Tighten Only.**

**Step 5**

- 2 - M10 x 70 Hex Bolts
- 2 - M10 x 25 Hex Bolts
- 6 - M10 Flat Washers
- 2 - M10 Locknuts

Upright 2

**Step 6**

- 8 - M8 x 20 Flat Head Bolts
- 8 - M8 Locknuts

Base

Selector Plate

Step 5: Attach the Upright 2 to the Base Frame and Upright 1 using:

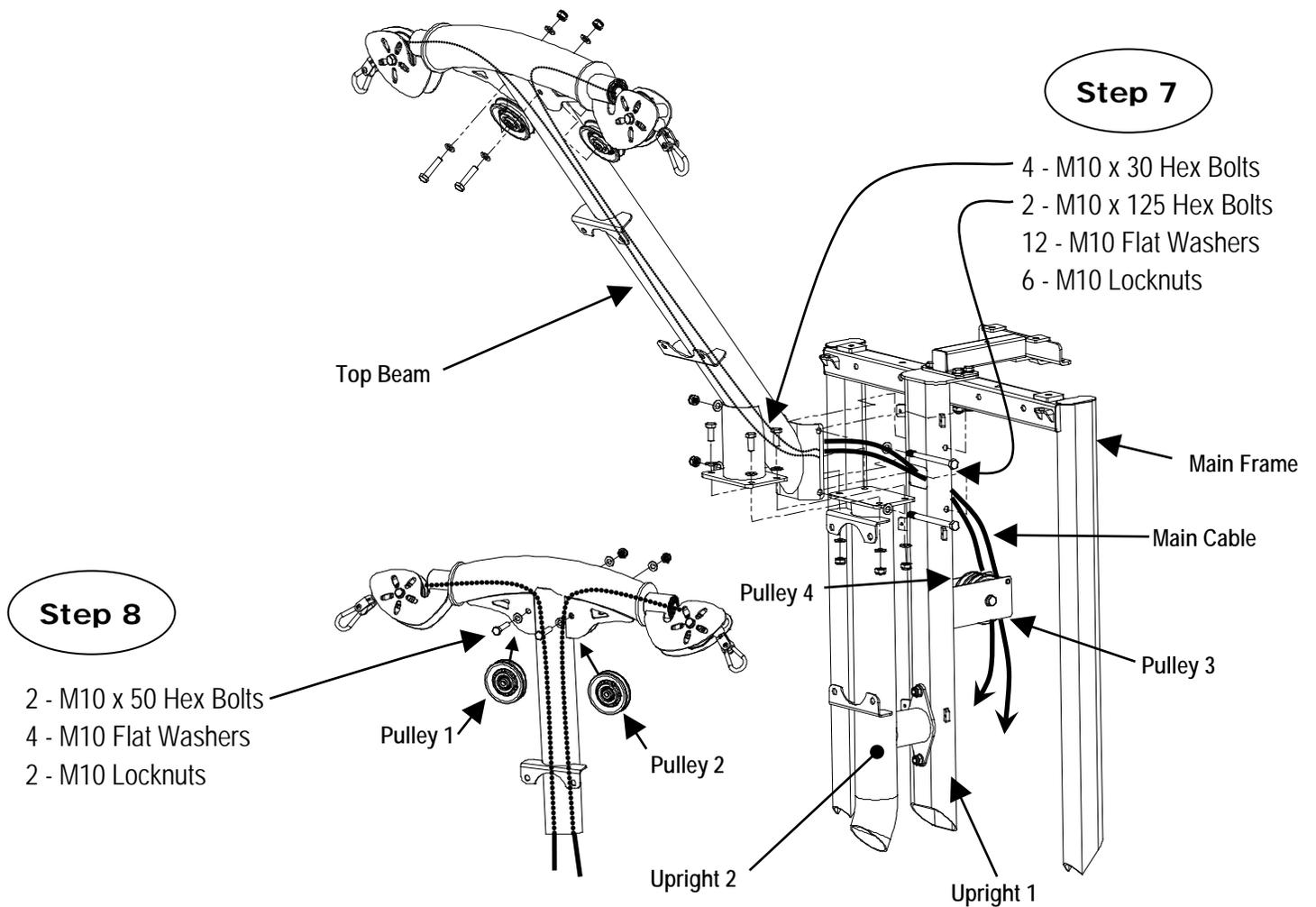
**NOTE: Finger Tighten Only.**

- 2 - M10 x 70 Hex Bolts**
- 2 - M10 x 25 Hex Bolts**
- 6 - M10 Flat Washers**
- 2 - M10 Locknuts**

Step 6: Attach the Selector Plate to the Base Frame using:

**NOTE: Wrench Tighten Now.**

- 8 - M8 x 20 Hex Bolts**
- 8 - M8 Locknuts**



Step 7: Pull the Main Cables through the top window of Upright 1 and down through Pulley 3 and Pulley 4. Be sure not to tangle the Main Cables. Check that the cables come out in a straight line. Attach the Top Beam to Upright 2 using:

- 4 – M10 x 30 Hex Bolts
- 2 – M10 x 125 Hex Bolts
- 12 – M10 Flat Washers
- 6 – M10 Locknuts

Step 8: Insert Pulley 1 and Pulley 2 into the Top Beam, make sure that the cable is in the pulley grooves and do not slide out. Lock in Pulley 1 and Pulley 2 using:

- 2 – M10 x 50 Hex Bolts
- 4 – M10 Flat Washers
- 2 – M10 Locknuts

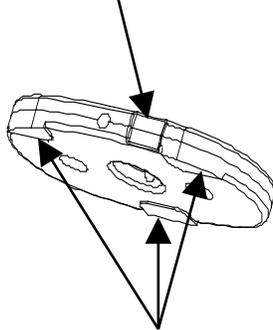
**NOTE: Wrench tighten all hardware from Steps 1-8 excluding Step 2 now.**

**Double check the cables around Pulley 1 and Pulley 2 to make sure they are still in the pulley grooves.**

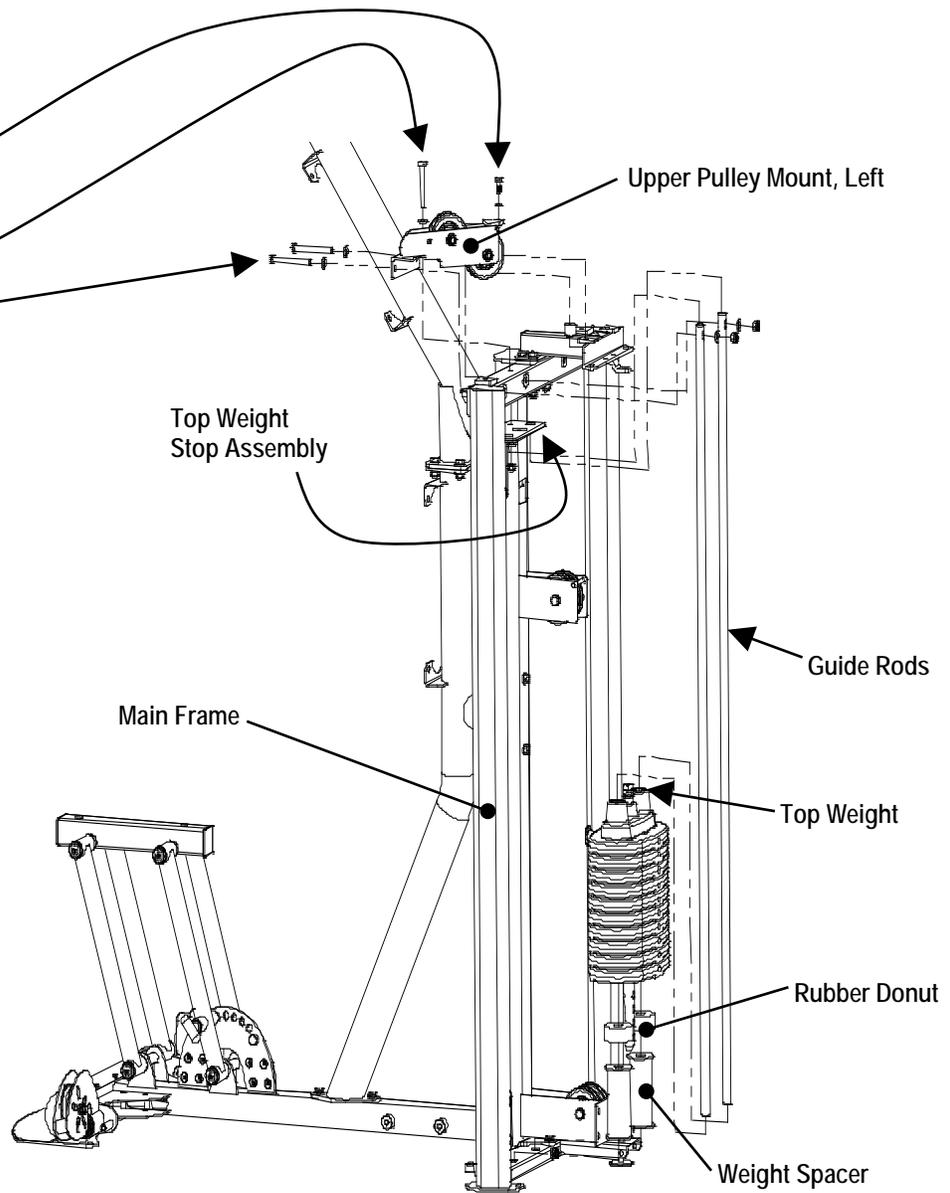
## Step 9

- 1 - M8 x 20 Hex Bolts
- 1 - M8 Flat Washer
- 1 - M10 x 75 Hex Bolts
- 2 - M10 x 90 Hex Bolts
- 6 - M10 Flat Washers
- 3 - M10 Locknuts

Front of weight plate has recessed area for the number sticker



Bottom of weight plate has three feet

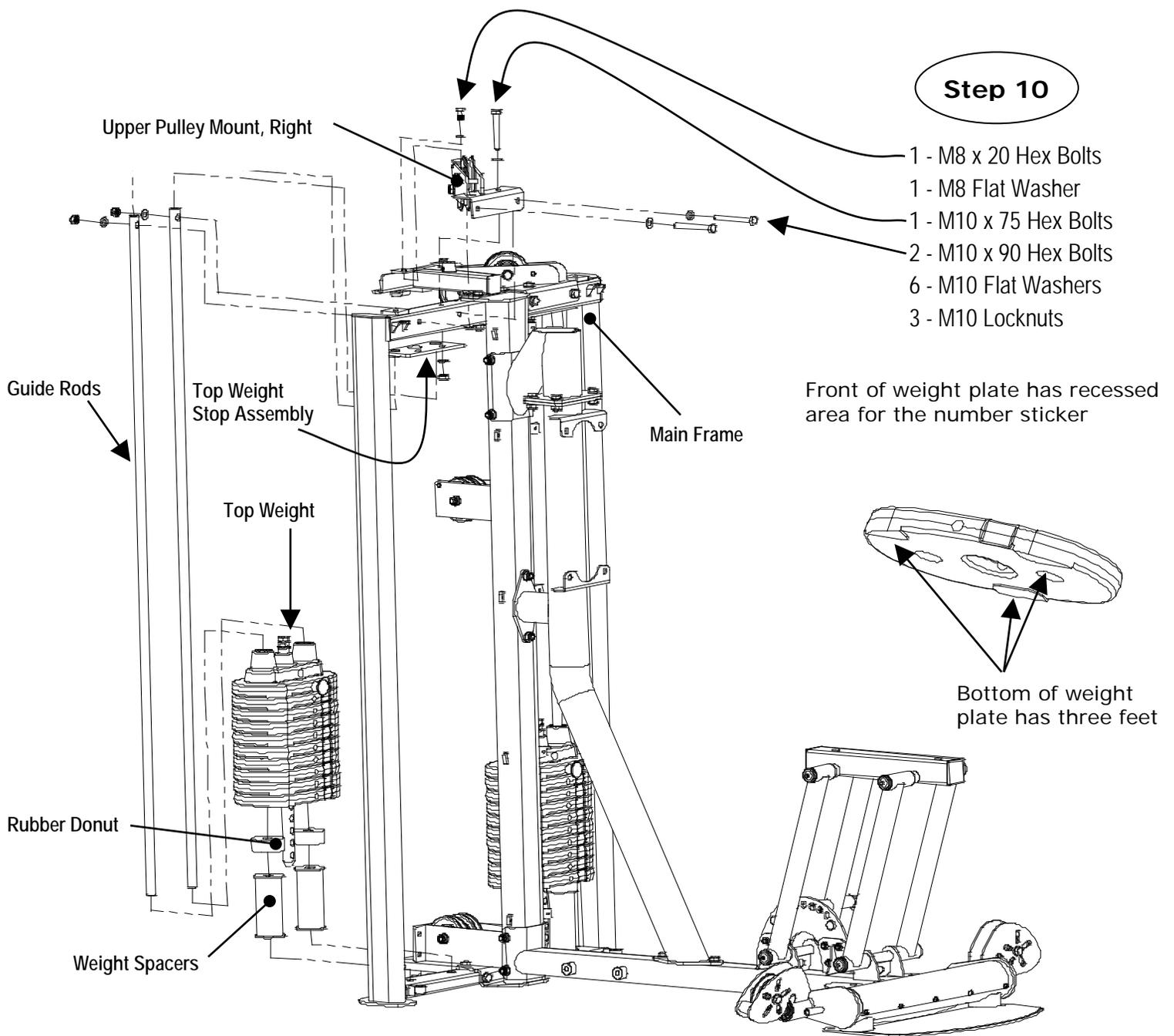


Step 9: Insert two Guide Rods into the holes in the bottom tube of the Main Frame. Carefully tilt the Guide Rods back away from the machine. Slide one Rubber Donut and Weight Spacer into each Guide Rod. Slide ten Weight Plates onto the Guide Rods. Make sure the recessed area on the front of the weight plate is facing towards the front of the machine. Slide Top Weight assembly onto the Guide Rods. Slide the Top Weight Stop Assembly onto the Guide Rods making sure the rubber pad is facing down. Attach the Upper Pulley Mount, Top Weight Stop Assembly, and Guide Rods to the Main Frame Using:

**Optional:** To make room for heavy stack application, do not add the two weight spacers but instead add 50 lbs on each side above the rubber donuts.

- 1 - M10 x 75 Hex Bolt**
- 2 - M10 x 90 Hex Bolts**
- 6 - M10 Flat Washers**
- 3 - M10 Locknuts**
- 1 - M8 x 20 Hex Bolt**
- 1 - M8 Flat Washer**

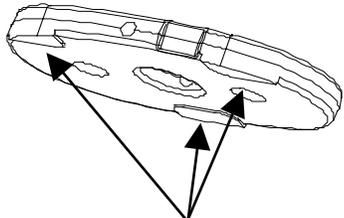
**NOTE: Finger Tighten Only.**



**Step 10**

- 1 - M8 x 20 Hex Bolts
- 1 - M8 Flat Washer
- 1 - M10 x 75 Hex Bolts
- 2 - M10 x 90 Hex Bolts
- 6 - M10 Flat Washers
- 3 - M10 Locknuts

Front of weight plate has recessed area for the number sticker



Bottom of weight plate has three feet

Step 10: Insert two Guide Rods into the holes in the bottom tube of the Main Frame. Carefully tilt the Guide Rods back away from the machine. Slide one Rubber Donut and Weight Spacer into each Guide Rod. Slide ten Weight Plates onto the Guide Rods. Make sure the recessed area on the front of the weight plate is facing towards the front of the machine. Slide Top Weight assembly onto the Guide Rods. Slide the Top Weight Stop Assembly onto the Guide Rods making sure the rubber pad is facing down. Attach the Right Upper Pulley Mount, Top Weight Stop Assembly, and Guide Rods to the Main Frame Using:

- 1 - M10 x 75 Hex Bolt
- 2 - M10 x 90 Hex Bolts
- 6 - M10 Flat Washers
- 3 - M10 Locknuts
- 1 - M8 x 20 Hex Bolt
- 1 - M8 Flat Washer

**Optional:** To make room for heavy stack application, do not add the two weight spacers but instead add 50 lbs on each side above the rubber donuts.

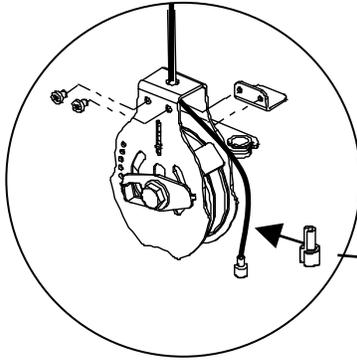
**NOTE: Finger Tighten Only.**

## Step 11

Floating Pulley

Upper Pulley Mount, Left

Upper Pulley Mount, Right



Floating Pulley

Weight Cable

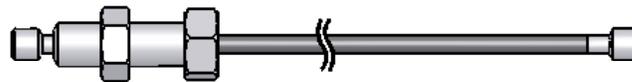
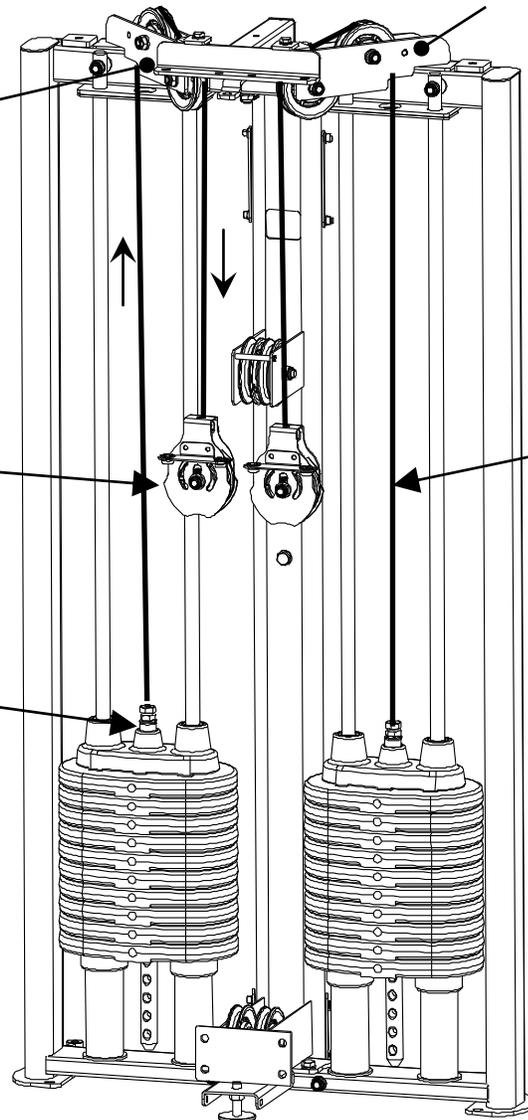
Top Weight Stack

Cable

Jam Nut

Selector Stem

Thread bolt completely into selector stem and tighten jam nut



Weight Cable p/n GM881-500-002

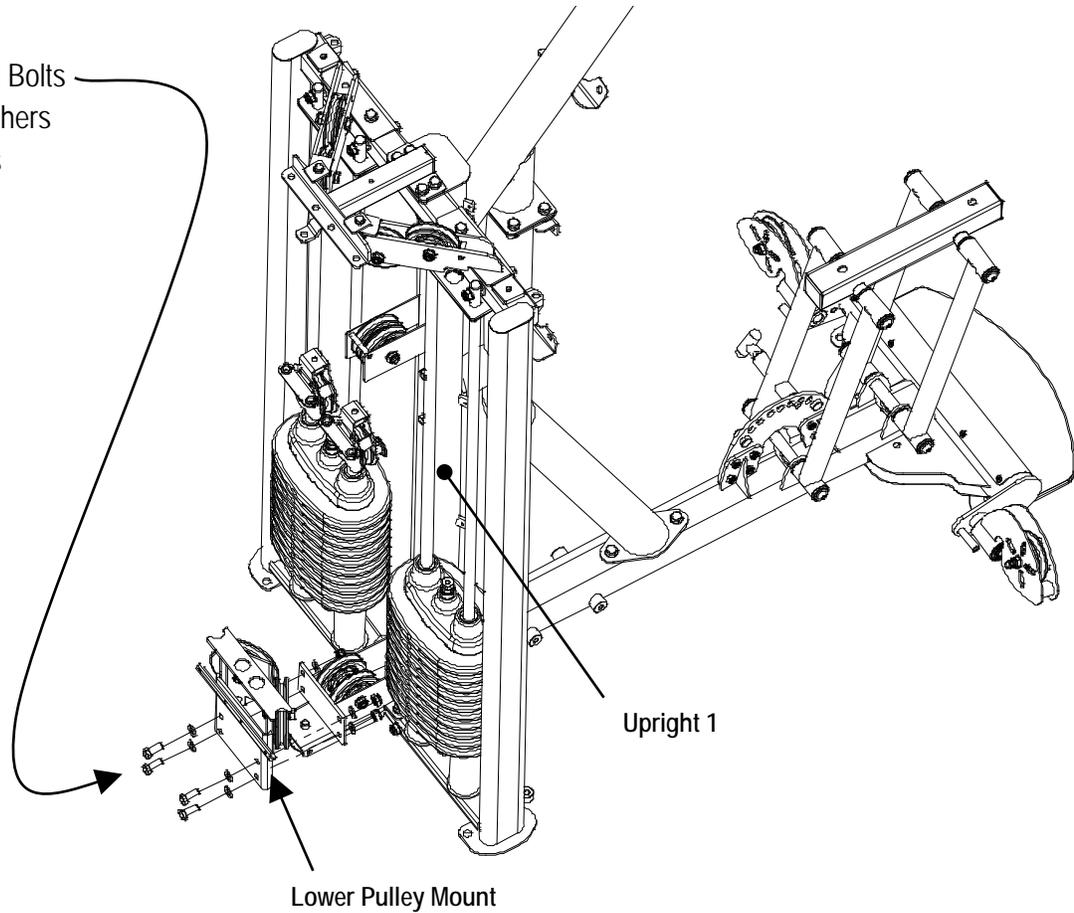
Step 11: Insert the Hex Bolt end of the Weight Cable into the Top Weight Stack. Take the other end of the Weight Cable and guide it straight up through the Top Weight Stop and around both of the pulleys in the Upper Pulley Mount, Left. Attach the Floating Pulley to the cable end as shown. You may need to unscrew the tiny screws in order for the cable adapter to fit.

Repeat same steps for the right side of the machine with the Upper Pulley Mount, Right.

**NOTE: Bolts need to be fully tightened all the way down to the Top Weight Stack or else bolts may come loose.**

**Step 12**

- 4 - M10 x 25 Hex Bolts
- 8 - M10 Flat Washers
- 4 - M10 Locknuts

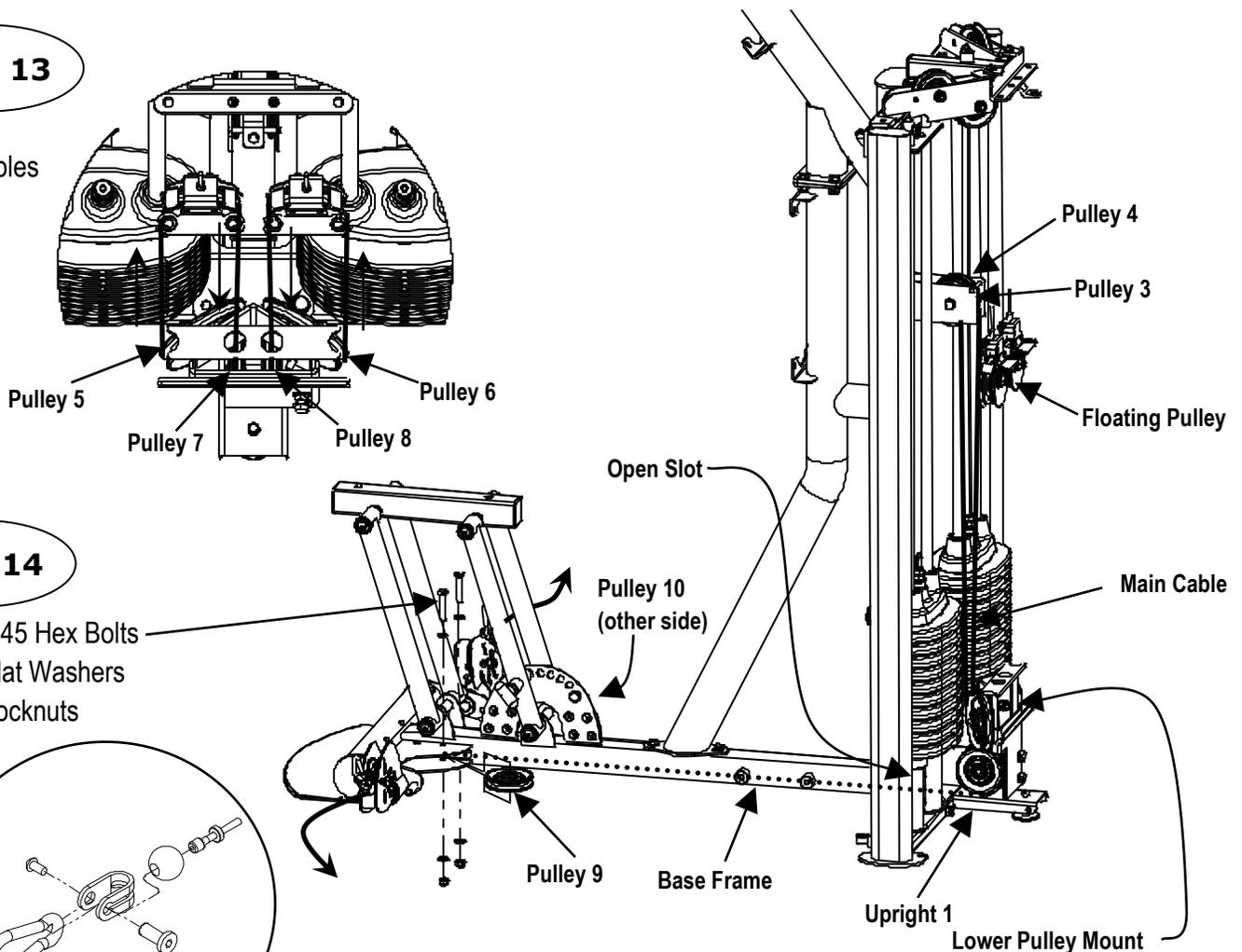


Step 12: Attach the Lower Pulley mount to the Upright 1 using: **4 – M10 x 25 Hex Bolts**  
**8 – M10 Flat Washers**  
**4 – M10 Locknuts**

**NOTE: Finger Tighten Only.**

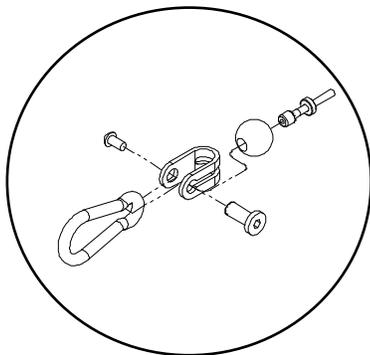
### Step 13

Route Cables

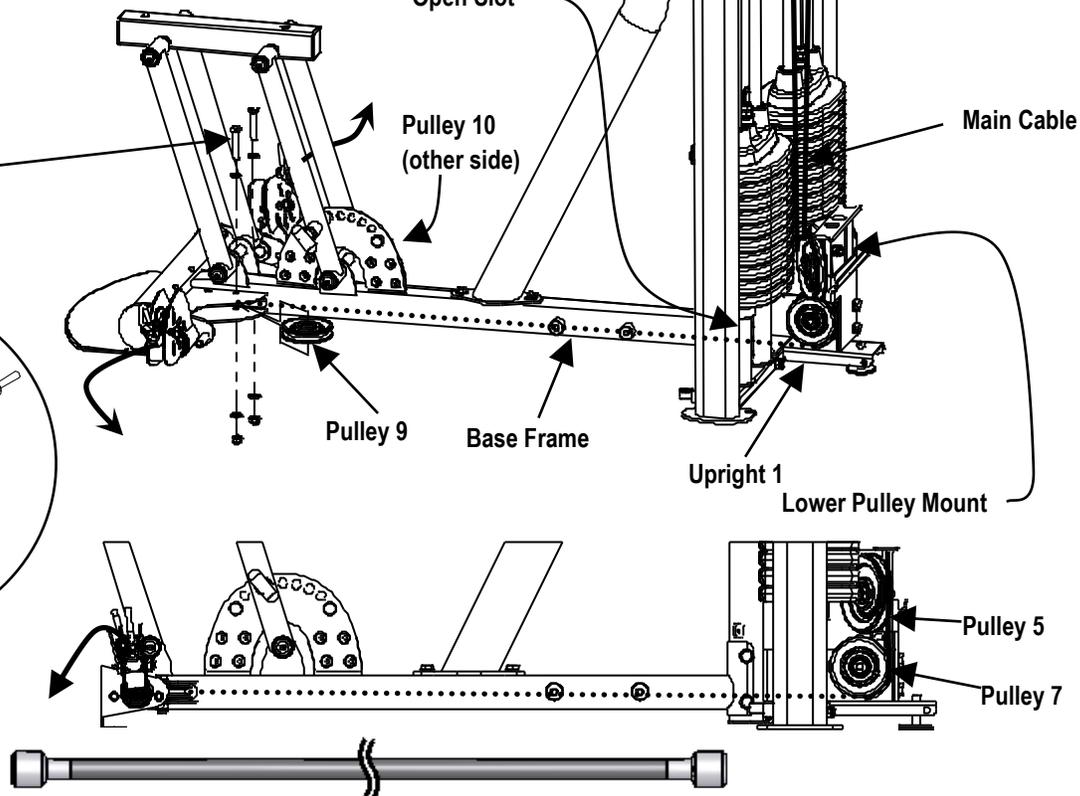


### Step 14

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



"U" Bracket Assembly



Main Cable p/n GM881-500-003

Step 13: Route the preinstalled Main Cable straight down from Pulley 3 and around Pulley 5 on the Lower Pulley Mount. Wrap the Main Cable up and around the Floating Pulley and back down through the hole and around Pulley 7 on the Lower Pulley Mount. Continue to route the Main Cable through the open slot all the way to the front of the Base Frame. Grab the Main Cable and pull it through the swivel pulley and install the "U" Bracket Assembly.

Repeat for Main Cable on other side using Pulley 4, Pulley 6, Pulley 8.

Step 14: When inserting Pulley 9 and Pulley 10, make sure the Main Cables are between the pulley grooves and are not above or below the pulley. Attach the Pulley to the Base Frame using:

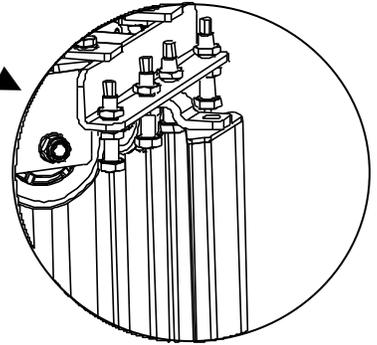
**NOTE: Wrench Tighten Now.**

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

### Step 15

Install Guide Cables

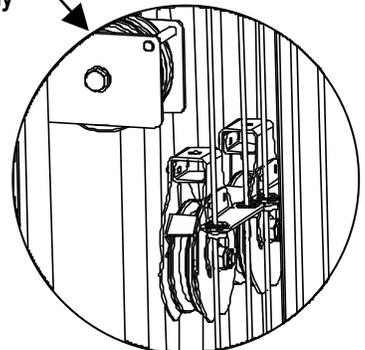
Guide Cables



### Step 16

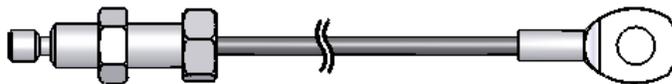
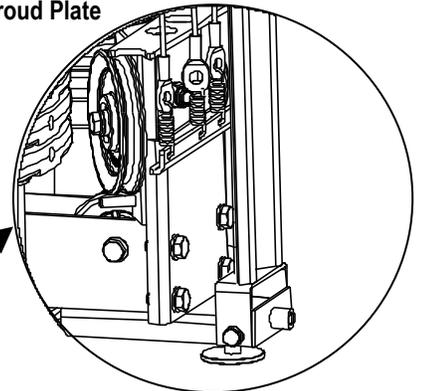
- 1 - M8 x 100 Hex Bolts
- 2 - M8 Flat Washer
- 1 - M8 Locknut

Floating Pulley Assembly



Rear Shroud Plate Support

Springs



Guide Cable p/n GM881-500-001

Step 15: Attach one end of a Spring to the eyelet and the other end to the hole in the plate at the bottom of Upright 1. Insert the bolt end into the hole in plate on the Guide Cable Support. Make sure there is one jam nut on the bottom side the plate and the other jam nut is on the top side of the plate. Tighten the top jam nut just enough to make the Guide Cable tight. Tighten the bottom jam nut against the bottom of the plate so the bolt will not come loose during use. Remove the black Plastic Bushings from the Floating Pulleys, place Plastic Bushings around Guide Cables and reinstall the Plastic Bushings into the Floating Pulleys.

Step 16: Attach Rear Shroud Plate Support to Main Frame and Upright 1 using:

- 1 – M8 x 100 Hex Bolts**
- 2 – M8 Flat Washers**
- 1 – M8 Locknuts**

**Optional:** Insert M10 x 50 Fully Threaded Bolt from Step 23 to hold Rear Shroud Plate Support in place until Upper Metal Shroud is attached.

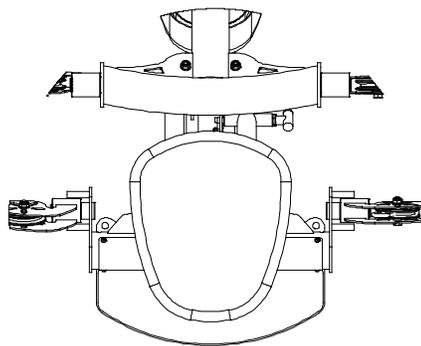
**NOTE: Wrench tighten all hardware from Steps 2, 9, 10, 12 and 16 now.**

### Step 17

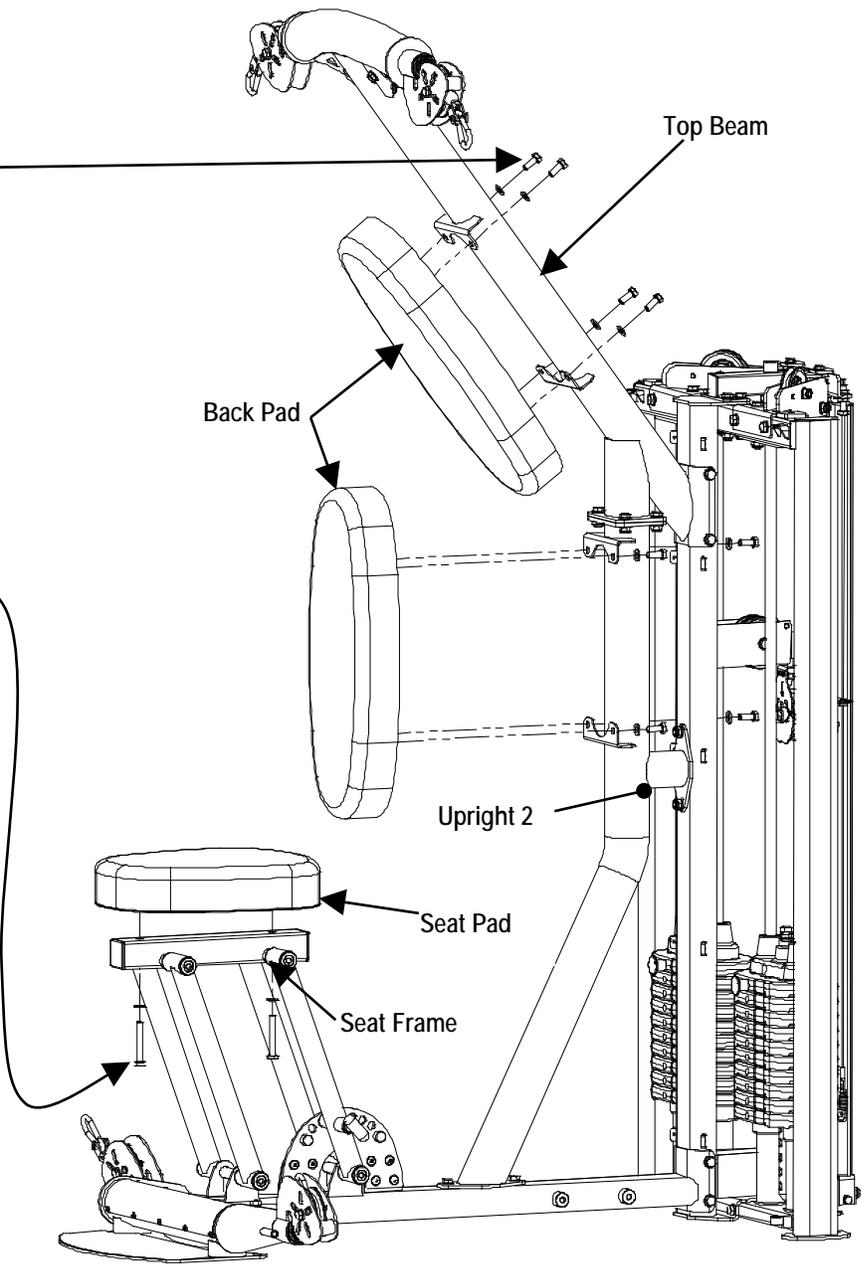
- 8 - M10 x 25 Hex Bolts
- 8 - M10 Flat Washers

### Step 18

- 2 - M10 x 70 Hex Bolts
- 2 - M10 Flat Washers



Seat Orientation



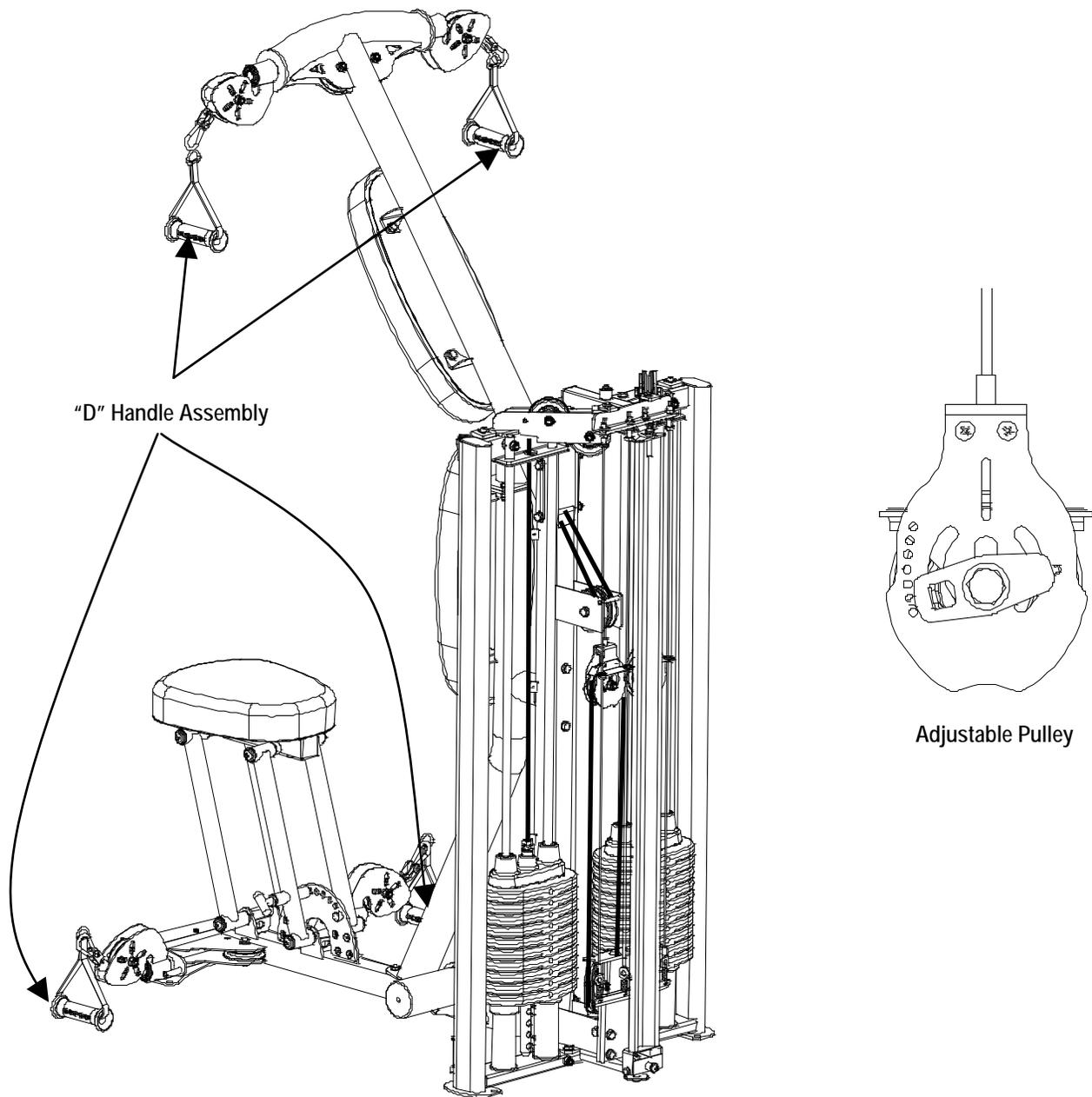
Step 17: Attach the Back Pad to the Top Beam and Upright 2 using:

- 8 – M10 x 25 Hex Bolts
- 8 – M10 Flat Washers

Step 18: Attach the Seat Pad to the Seat Frame using:

- 2 – M10 x 70 Hex Bolts
- 2 – M10 Flat Washers

**NOTE: Tighten the hardware in Steps 17 and 18 now, but do not over tighten the hardware for the seat/back pad or damage could occur.**



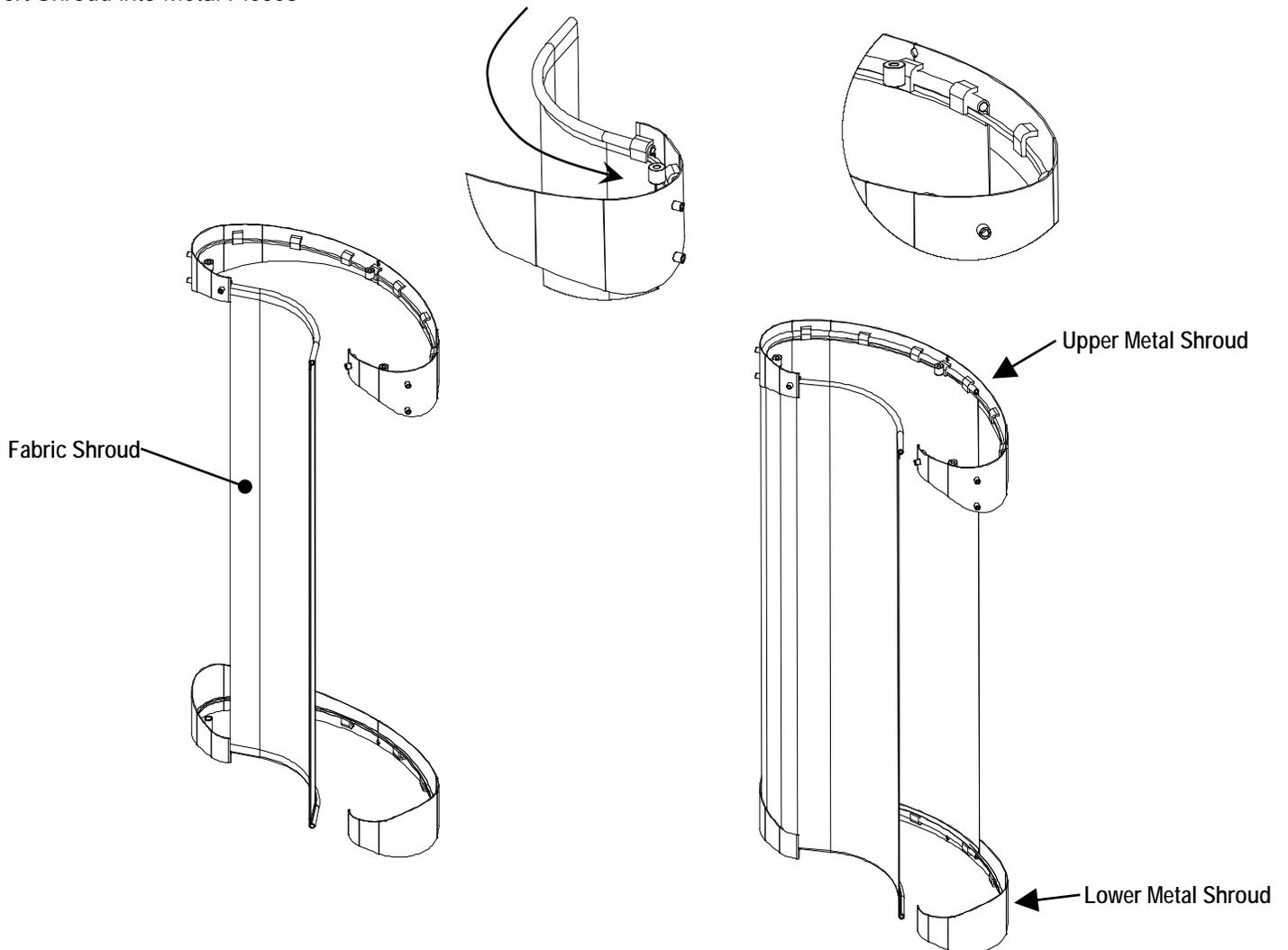
Step 19: Attach the "D" Handle Assembly to the "U" Bracket Assembly in the Upper and Lower Swivel Pulleys.

**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 Bicep Tricep. Pull the upper handles and lightly bounce the weight up and down for about 5 seconds and then repeat for the lower handles. This will seat the cables into the pulleys and prepare the Bicep Tricep for Step 20.

Step 20: Eliminate cable slack by changing the location on the adjustable pulley. Wrench Tighten Jam Nut.

## Step 21

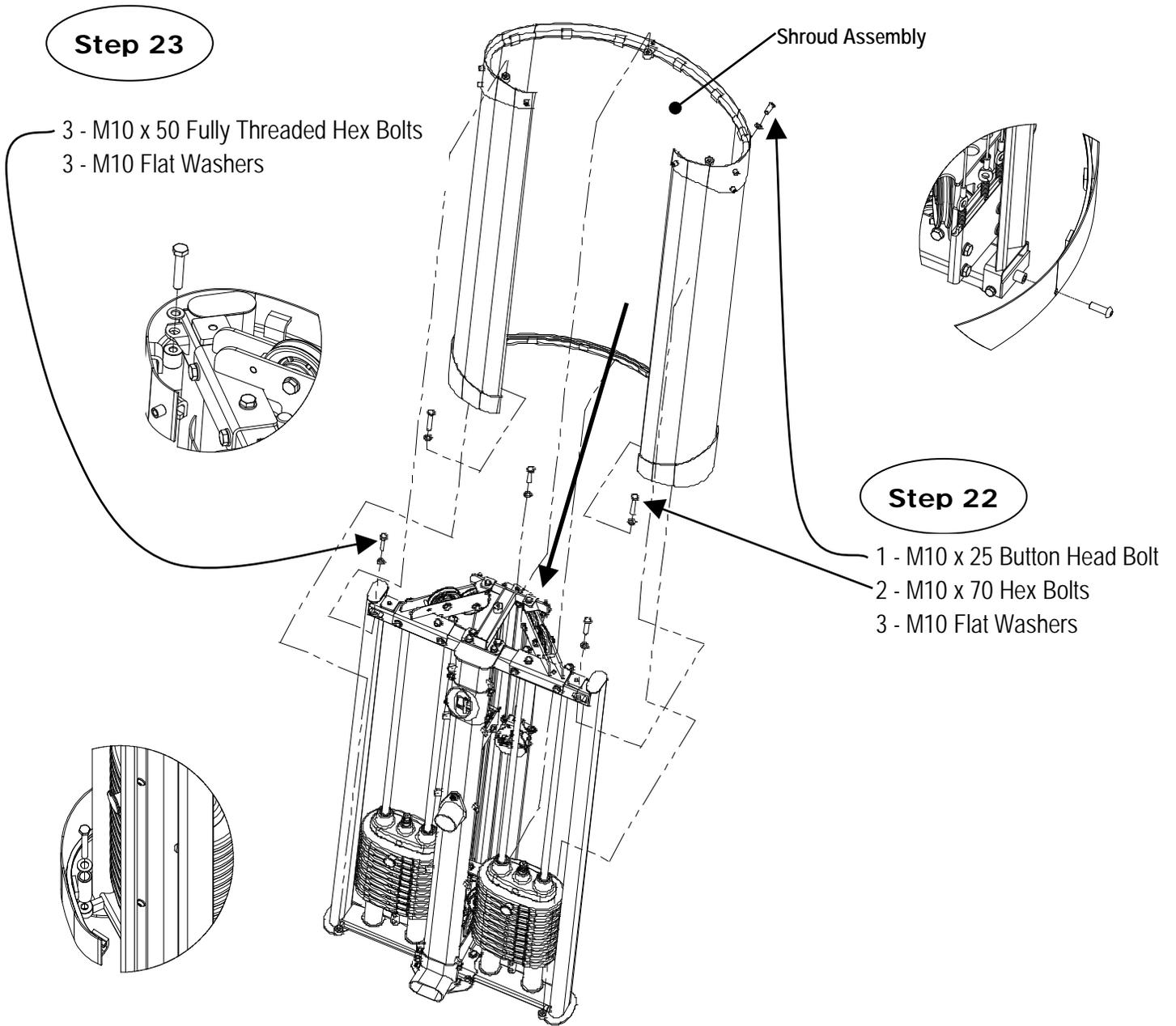
Insert Shroud into Metal Pieces



Step 21: To install Fabric Shroud, start from one end of the Lower Metal Shroud and insert the Fabric Shroud inwards as shown. Make sure to have the same orientation as shown or else the fabric shroud will be installed backwards. Continue to pull the Fabric Shroud along the inside of the Lower Metal Shroud until it approaches the other end.

Repeat above for the Upper Metal Shroud. Be sure to pull tight as fabric shroud is wrapped.

If ripples appear on the fabric shroud, stretch and smooth out the fabric shroud to give a nice smooth consistency to the shroud.



Step 22: Attach the Lower Metal Shroud to the Upright 1 and Main Frame using:

**NOTE: Wrench Tighten Now.**

- 1 – M10 x 25 Button Head Bolt**
- 2 – M10 x 70 Hex Bolts**
- 3 – M10 Flat Washers**

Step 23: Attach the Upper Metal Shroud to the Guide Cable Support and Main Frame using:

**NOTE: Tighten bolts until fabric shroud is tight.**

- 3 – M10 x 50 Fully Threaded Bolts**
- 3 – M10 Flat Washers**

**Step 25**

10 - M6x12 Button Head Bolts  
10 - M6 Flat Washers

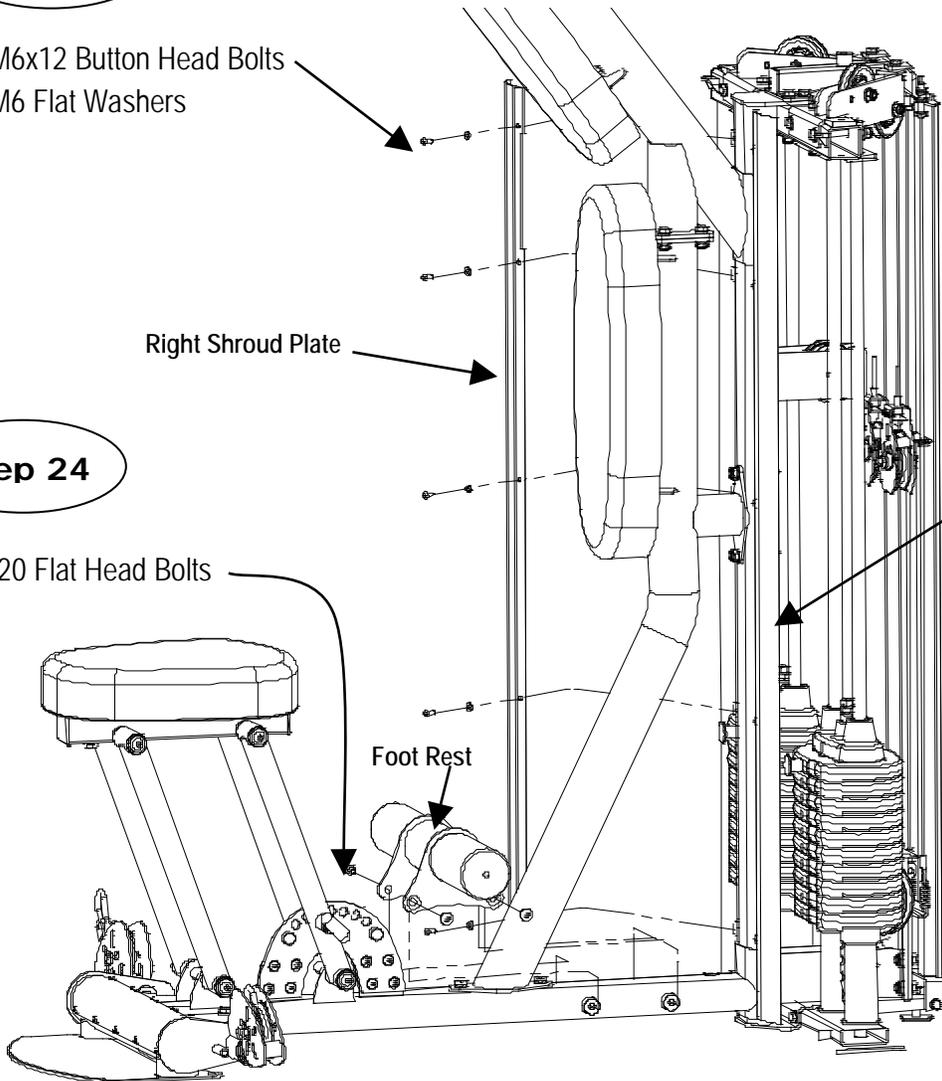
Right Shroud Plate

Left Shroud Plate

**Step 24**

4 - M10 x 20 Flat Head Bolts

Foot Rest



Step 24: Attach the Foot Rest to the Base Frame using:

**4 - M10 x 20 Hex Bolts**

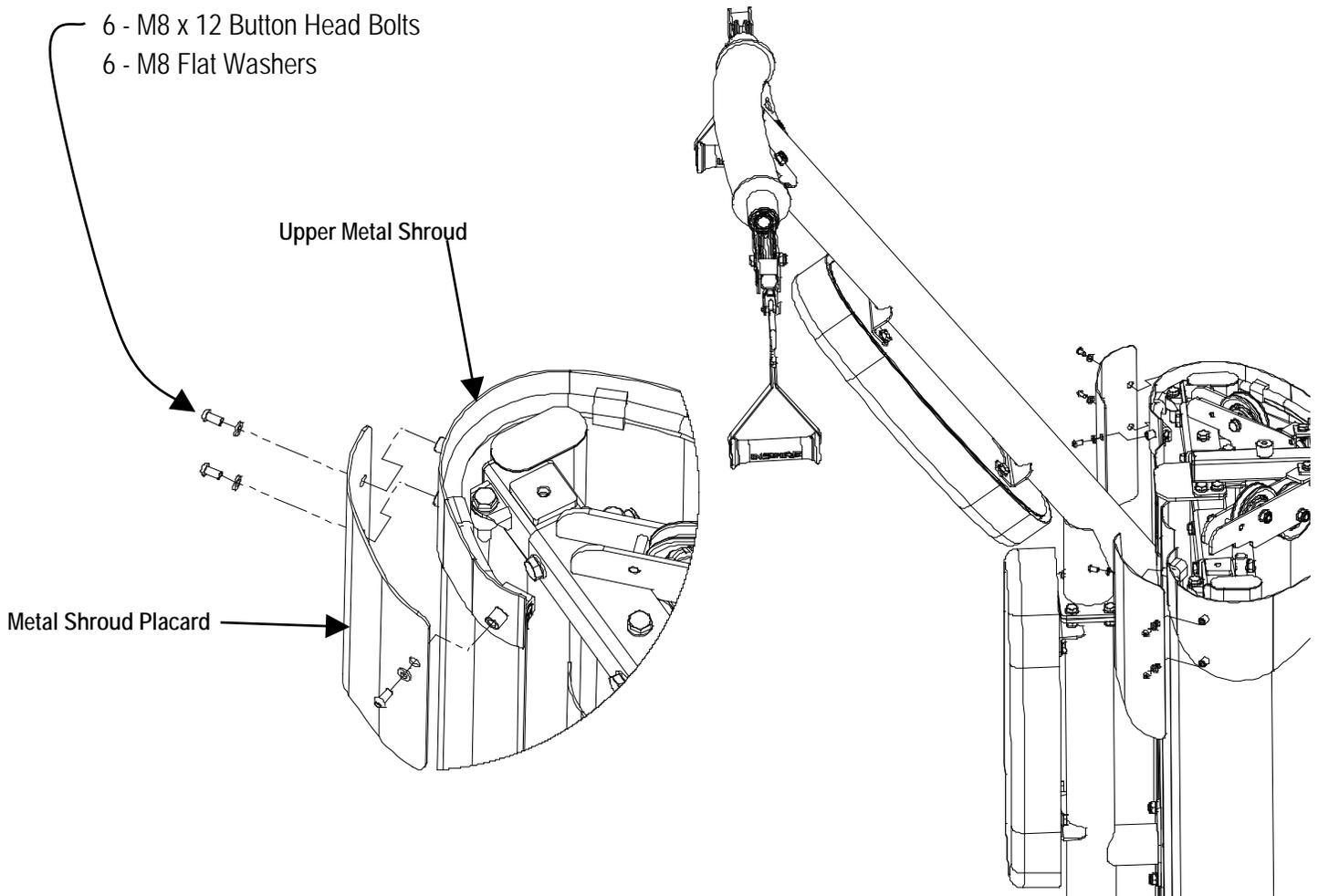
Step 25: Attach Right and Left Metal Shroud Plates to Upright 1 using:

**10 – M6 x 12 Button Head Bolts  
10 – M6 Flat Washers**

**NOTE: Wrench Tighten Now.**

**Step 26**

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



Step 26: Attach the Metal Shroud Placard to the Upper Metal Shroud using:

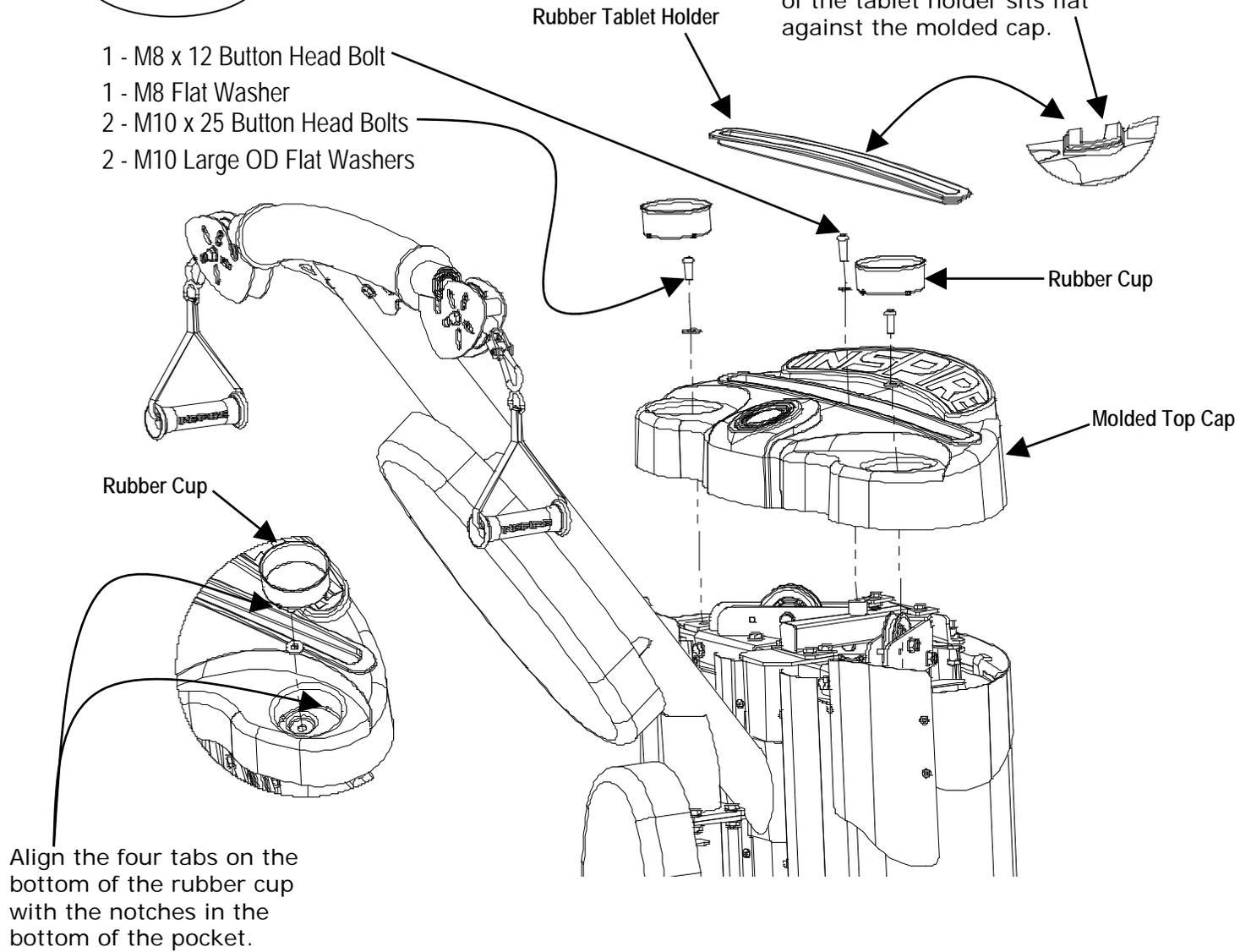
- 6 – M8 x 12 Button Head Bolts
- 6 – M8 Flat Washers

**NOTE: Wrench Tighten Now.**

**Step 27**

- 1 - M8 x 12 Button Head Bolt
- 1 - M8 Flat Washer
- 2 - M10 x 25 Button Head Bolts
- 2 - M10 Large OD Flat Washers

Rubber tablet holder only fits one way. Make sure the outer edge of the tablet holder sits flat against the molded cap.



Step 25: Attach the Molded Top Cap to the Main Frame using:

- 2 - M10 x 25 Button Head Bolts
- 1 - M8 x 12 Button head Bolts
- 2 - M10 Large OD Flat Washers
- 1 - M8 Flat washer

**Note : Tighten bolts, but do not over tighten.**

Align the four tabs on the bottom of the Rubber Cups with the four notches in the bottom of the pockets in the Molded Top Cap and insert the Rubber Cups into the pockets.

Insert the Rubber Tablet Holder into the Pocket in the Molded Top Cap. The Rubber Tablet Holder only fits one way. Make sure the outer edge of the Rubber Tablet Holder sits flat against the Molded Top Cap.

# DECAL REFERENCE

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

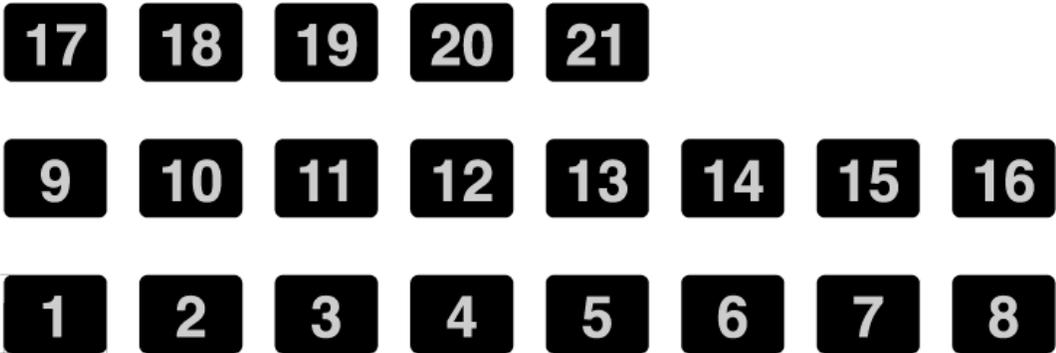
**INSPIRE™**  
 BY HEALTH IN MOTION LLC  
 877-738-1729  
[www.inspirefitness.net](http://www.inspirefitness.net)  
 Serial # 4-05-05-00001

This product covered by one or more of the following US Patents and others pending: 5,330,405; 5,944,641; 5,961,427; 7,645,217; 7,722,513; 7,837,600; 7,905,818; 8,096,929; 8,870,718.

⚠ WARNING

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

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



25 mm

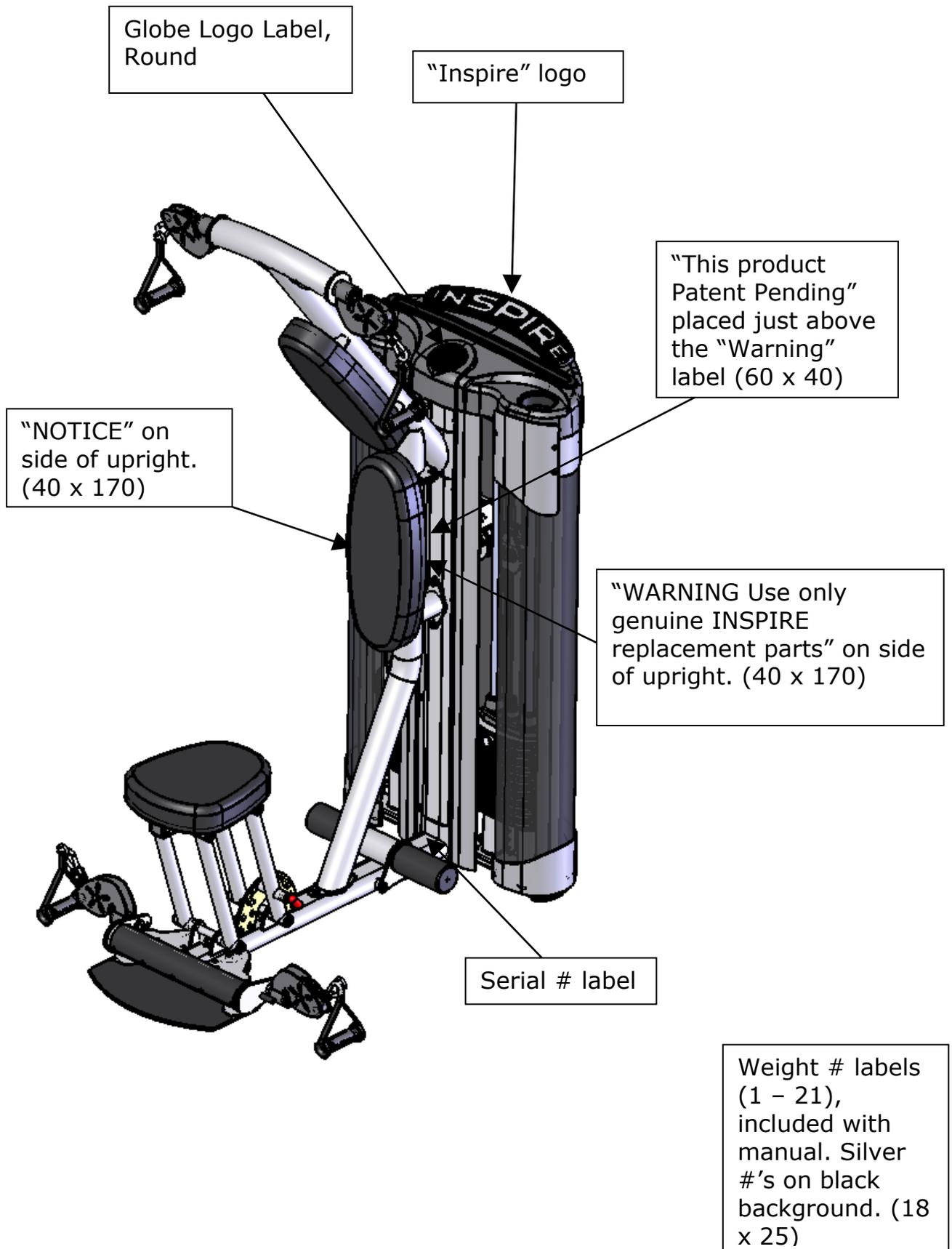
# DECAL REFERENCE



<b>TRICEP BICEP</b>		
<b>No.</b>	<b>lb.</b>	<b>kg.</b>
1	5	2
2	10	5
3	15	7
4	20	9
5	25	11
6	30	14
7	35	16
8	40	18
9	45	20
10	50	23
11	55	25
12	60	27
13	65	30
14	70	32
15	75	34
16	80	36



# DECAL PLACEMENT



## ACCESSORIES

- 4 – “D” Handle Assembly

## GYM OPTIONS

- 2- Heavy Stack (50lbs. each)

## Training Tips

*CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM*

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

## **GENERAL MAINTENANCE INFORMATION**

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

# MAINTENANCE SCHEDULE

ROUTINE	COMMERCIAL/ LIGHT COMMERCIAL MAINTENANCE	HOME MAINTENANCE	ENTRY DATE						
Inspect: Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins.	DAILY	WEEKLY							
Clean: Upholstery.	DAILY	WEEKLY							
Inspect: Cables and their Fittings for wear or looseness.	DAILY	WEEKLY							
Inspect: Tautness of all Shrouds.	DAILY	WEEKLY							
Inspect: Accessory Bars and Handles.	WEEKLY	3 MONTHS							
Inspect: All Decals.	WEEKLY	3 MONTHS							
Inspect: All Nuts and Bolts. Tighten if Needed.	WEEKLY	3 MONTHS							
Inspect: Anti-Skid surfaces.	WEEKLY	3 MONTHS							
Clean and Lubricate: Guide Rods with a Teflon based lubricant.	WEEKLY	3 MONTHS							
Lubricate: Seat Sleeves, all Plastic Slides, and Linear Bearings.	WEEKLY	3 MONTHS							
Clean and Wax: All Glossy Finishes.	6 MONTHS	YEARLY							
Replace: Cables, Belts, and Connecting Parts.	YEARLY	2 YEARS							

# INSPIRE

## Warranty.

This Warranty applies to Inspire Strength products manufactured or distributed by Health In Motion LLC.

### CONSUMER USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### LIMITED LIFETIME PARTS:

Includes Upholstery, Hardware, etc.

#### LIMITED LIFETIME MOVING PARTS:

Includes Pulleys, Cables, etc.

### LIGHT-COMMERCIAL USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### 10 YEAR PARTS:

Includes Upholstery, Hardware, etc.

#### 10 YEAR MOVING PARTS:

Includes Pulleys, Cables, etc.

### COMMERCIAL USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### 1 YEAR PARTS:

Includes Upholstery, Cables, Hardware etc.

#### 5 YEAR MOVING PARTS:

Includes Pulleys, Bearings, etc.

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

Refer to your Owner's Manual or consult with your fitness product dealer to establish if a Product is made for consumer, light-commercial, or commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Health In Motion warrants that the Product you have purchased for commercial, light-commercial, personal, family or household use from Health In Motion LLC or from an authorized Health In Motion reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the Product is assembled / installed according to the instructions / directions included with the Product.

## Replacement and repair of parts.

During the warranty period Health In Motion will repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal light-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

## Service procedures.

To obtain warranty parts, you must return the parts to Health In Motion or an authorized Health In Motion retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the Product. In addition, you are responsible for insuring any Product shipped or returned. You assume the risk of loss during shipment. You must present Health In Motion with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof - of-purchase documents will be cause to void this Warranty. Register your warranty online visit [www.inspirefitness.com](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.