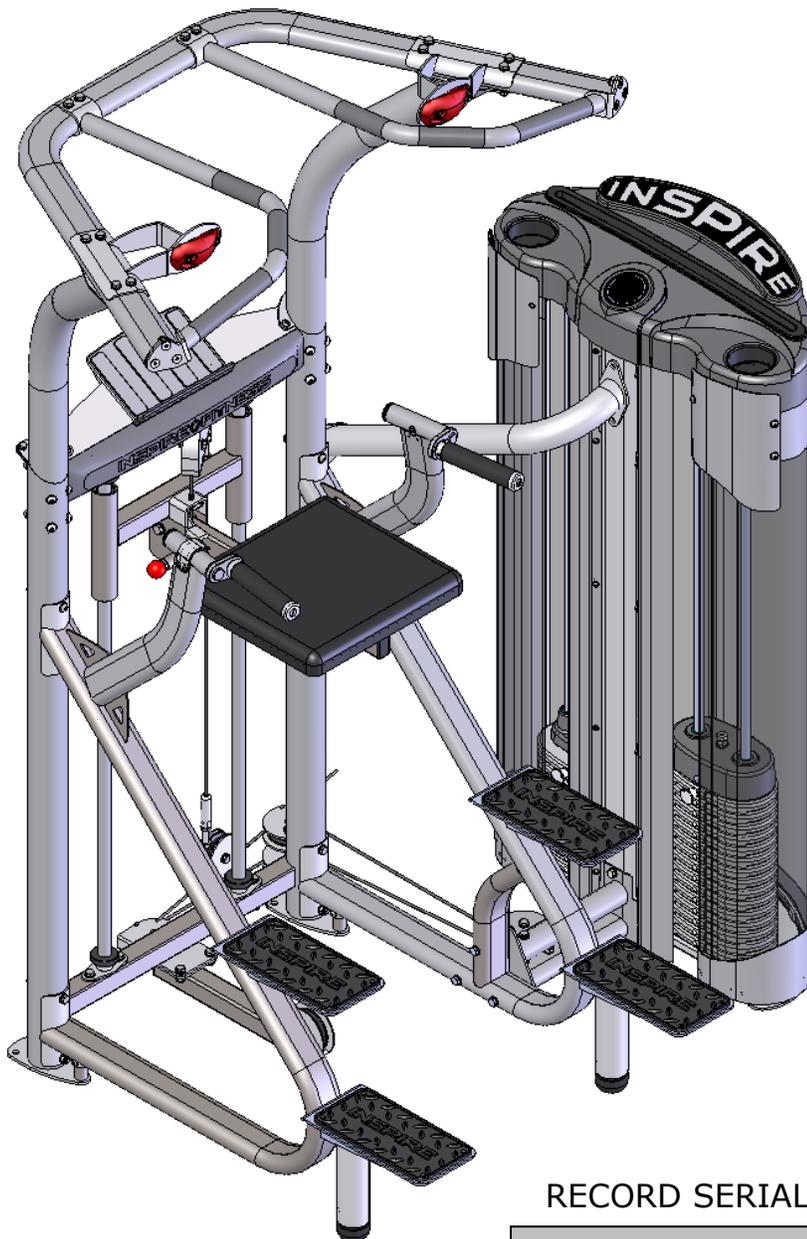


# INSPIRE

ASSEMBLY & OPERATION MANUAL

## DUAL CHIN DIP



RECORD SERIAL NUMBER HERE

**CONGRATULATIONS...** You've just taken the first step to a healthier and stronger body. This Dual Chin Dip 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 CHIN DIP**

**IMPORTANT:** Read this entire manual before attempting to build or use this Dual Chin Dip 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 Chin Dip 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 Chin Dip machine. A rubber mat is recommended for use under your Dual Chin Dip 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 Chin Dip 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 Chin Dip 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)

# TABLE OF CONTENTS

<b>Section Description</b> .....	<b>Page</b>
Important Safety Instructions.....	1
Tools Required.....	1
Parts & Hardware List.....	2
Cable Charts.....	3
Assembly Instructions.....	4
Decal Reference.....	27
Decal Placement.....	29
Training Tips.....	30
General Maintenance Information.....	31
Maintenance Schedule.....	32
Limited Warranty.....	33

## **IMPORTANT SAFETY INSTRUCTIONS**

Please read this entire manual and familiarize yourself with all decals and warnings before using this Dual Chin Dip machine.

- **WARNING!** It is necessary to inspect this Dual Chin Dip 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 Chin Dip 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 Chin Dip machine while it is in use.
- Keep children off the Dual Chin Dip machine at all times.
- Keep the Dual Chin Dip 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, 18mm, and 19mm sockets)
- Metric wrenches (16mm, 17mm, 18mm, and 19mm)
- 4mm, 5mm, and 6mm Allen wrenches (supplied in hardware pack)
- Adjustable wrench
- Philips screwdriver

# DUAL CHIN DIP PARTS & HARDWARE LIST

Item	Parts Description	Qty	Qty Rec'd
1	Main Frame	1	
2	Guide Cable Support	1	
3	Upright 1	1	
4	Lower Attachment Arm	1	
5	Upper Attachment Arm	1	
6	Base Frame	1	
7	Right Leg	1	
8	Left Leg	1	
9	Lower Pulley Bracket	1	
10	Linear Shaft	2	
11	Linear Shaft Mount	4	
12	Knee Pad Slider	1	
13	Knee Pad Support	1	
14	Knee Pad	1	
15	Upper Arm, Left	1	
16	Upper Arm, Right	1	
17	Upper Frame	1	
18	Climbing Grip, Left	1	
19	Climbing Grip, Right	1	
20	Left Upper Handle	1	
21	Right Upper Handle	1	
22	Lower Pulley Arm	1	
23	Plastic Cover 1	1	
24	Plastic Cover 2	1	
25	Rubber Donuts	4	
26	Guide Rods	4	
27	Top Weight Stop Assembly	2	
28	Top Weight/Selector Stem	2	
29	Upper Pulley Mount, Left	1	
30	Upper Pulley Mount, Right	1	
31	Rear Shroud Plate Support	1	
32	Upper Metal Shroud	1	
33	Lower Metal Shroud	1	
34	Fabric Shroud	1	
35	Left Metal Shroud Plate	1	
36	Right Metal Shroud Plate	1	
37	Metal Shroud Placard Left	1	
38	Metal Shroud Placard Right	1	
39	Rubber Cup	2	
40	Rubber Tablet Holder	1	
41	Molded Top Cap	1	
42	Guide Rod Lube	1	
43	Touch-up Paint	1	

44	3 1/2" Pulley	2	
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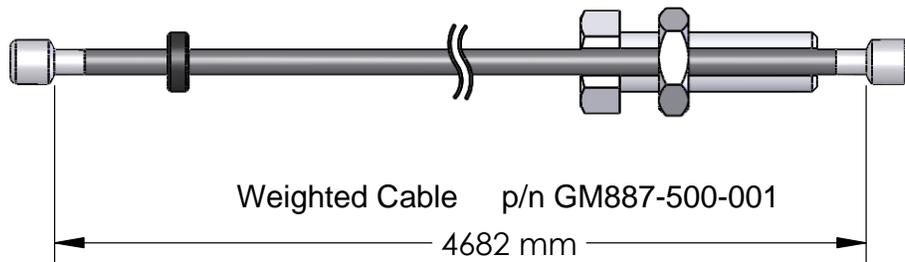
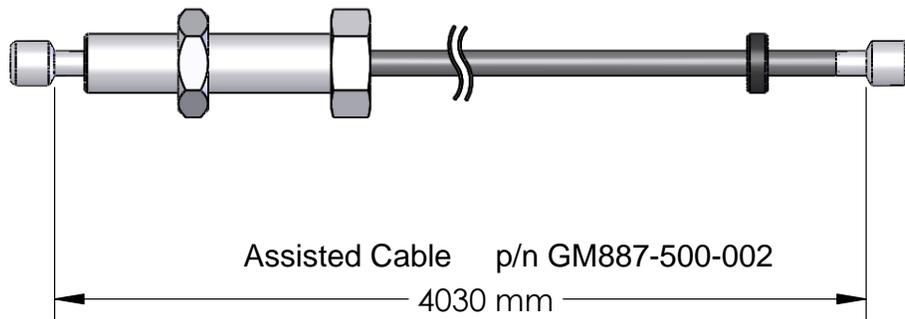
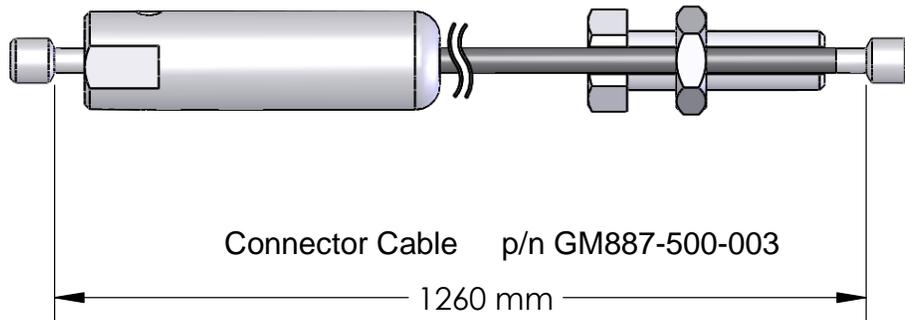
Item	Hardware Description	Qty	Qty Rec'd
1	M10 x 20 Hex Bolt	8	
2	M10 x 25 Hex Bolt	15	
3	M10 x 50 Hex Bolt	2	
4	M10 x 50 Threaded Hex Bolt	3	
5	M10 x 65 Hex Bolt	8	
6	M10 x 70 Hex Bolt	5	
7	M10 x 75 Hex Bolt	9	
8	M10 x 90 Hex Bolt	4	
9	M10 x 95 Hex Bolt	4	
10	M10 x 100 Hex Bolt	5	
11	M10 x 120 Hex Bolt	2	
12	M10 x 25 Button Head Bolt	19	
13	M10 x 95 Button Head Bolt	2	
14	M10 x 100 Button Head Bolt	2	
15	M10 x 25 Counter Sunk Bolt	6	
16	M12 x 75 Hex Bolt	1	
17	M8 x 20 Hex Bolt	2	
18	M8 x 100 Hex Bolt	1	
19	M8 x 20 Button Head Bolt	2	
20	M8 x 45 Button Head Bolt	2	
21	M8 x 12 Button Head Bolt	7	
22	M6 x 12 Button Head Bolt	10	
23	M4 x 60 Phillips Head Screw	1	
24	M4 x 15 Phillips Head Screw	5	
25	M3 x 5 Phillips Head Screw	5	

26	M10 Flat Washer	130	
27	M8 Flat Washer	19	
28	M6 Flat Washer	10	
29	M10 Large OD Flat Washer	2	
30	M12 Washer	2	

31	M10 Locknut	44	
32	M8 Locknut	7	
33	M12 Locknut	1	
34	Slotted Cable Bolt	2	

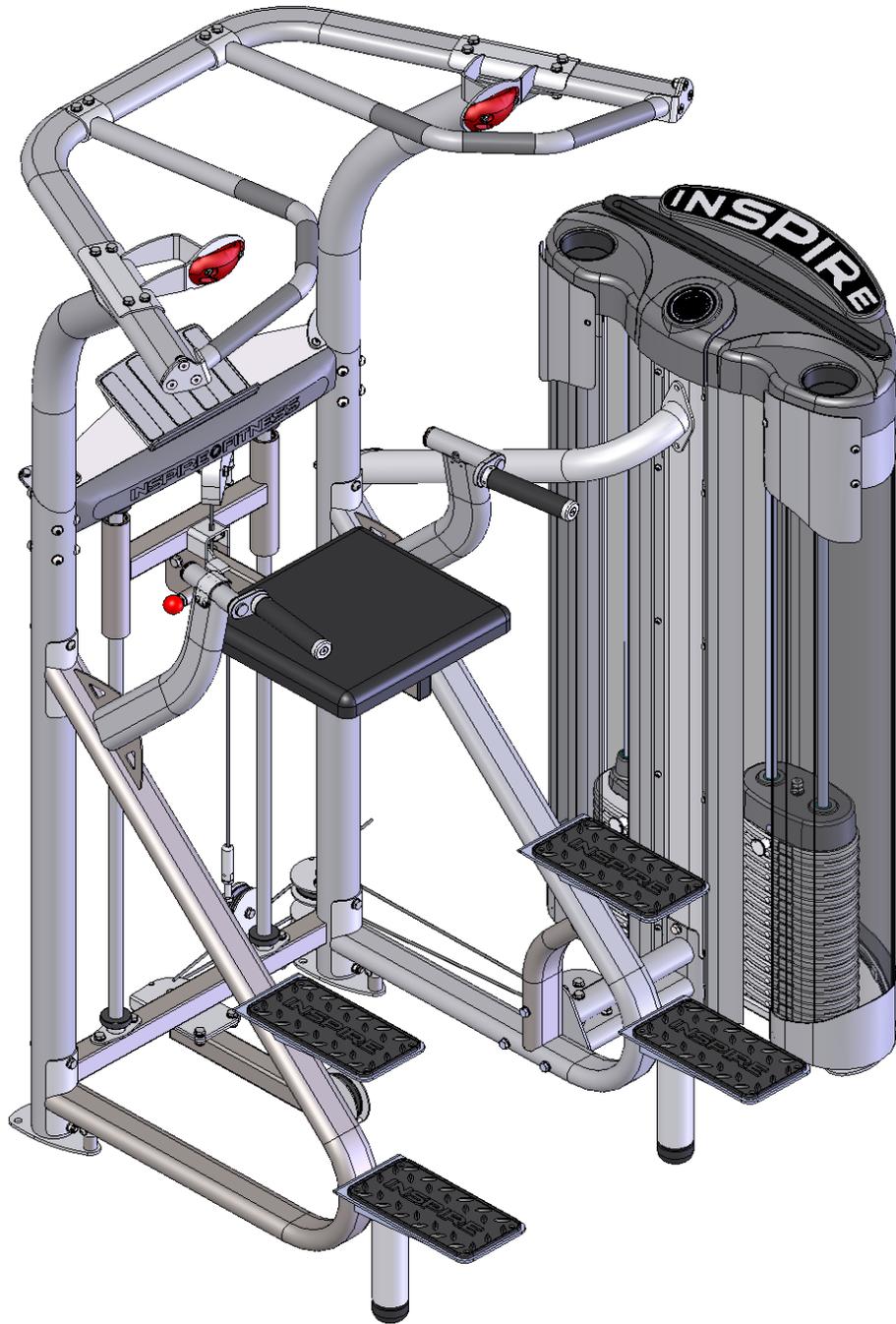
35	Weight Pin	2	
36	4 mm Allen Wrench	1	
37	5 mm Allen Wrench	1	
38	6 mm Allen Wrench	1	
39	6 mm Allen Wrench	1	

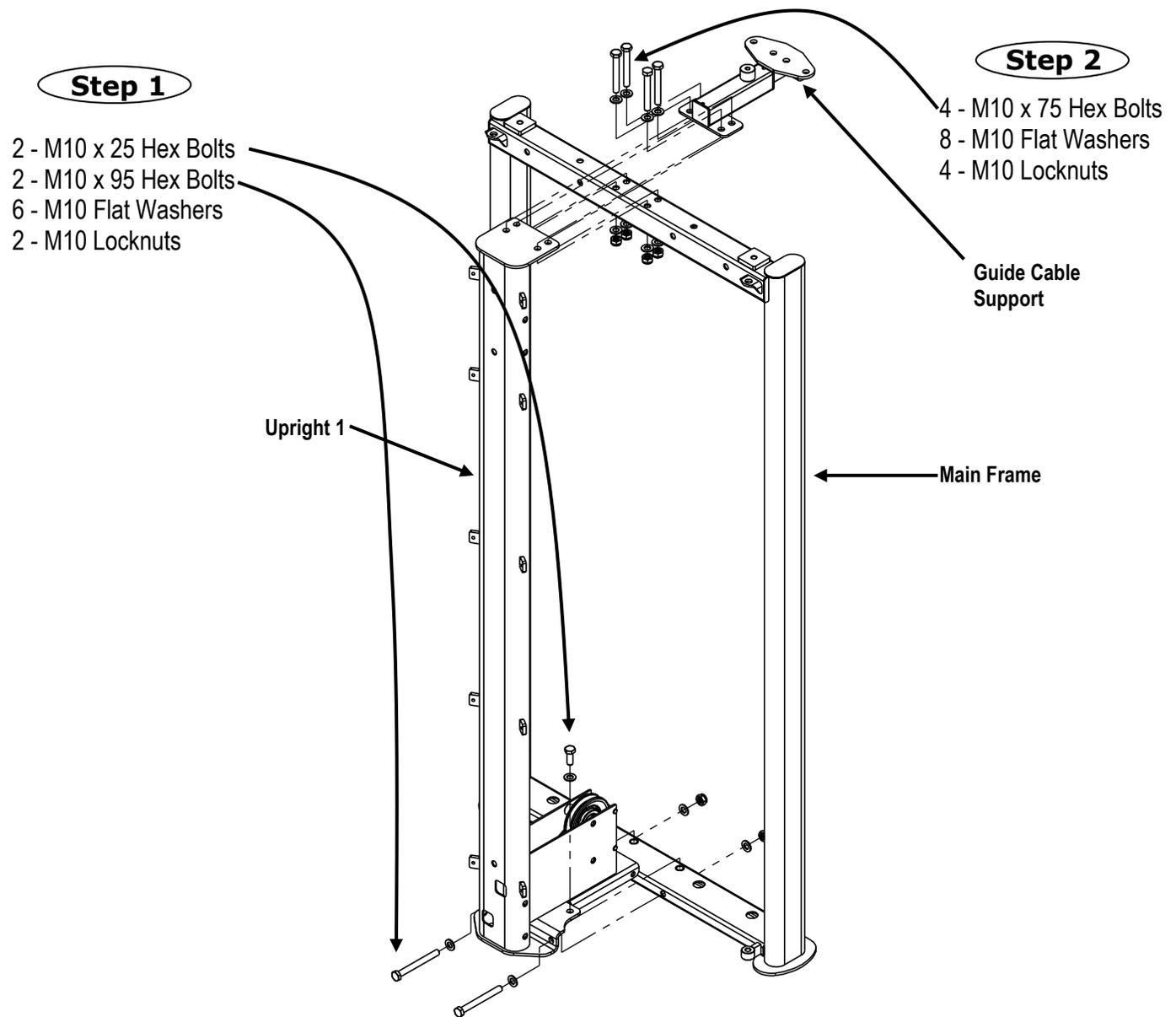
# CHIN DIP CABLE CHART



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:

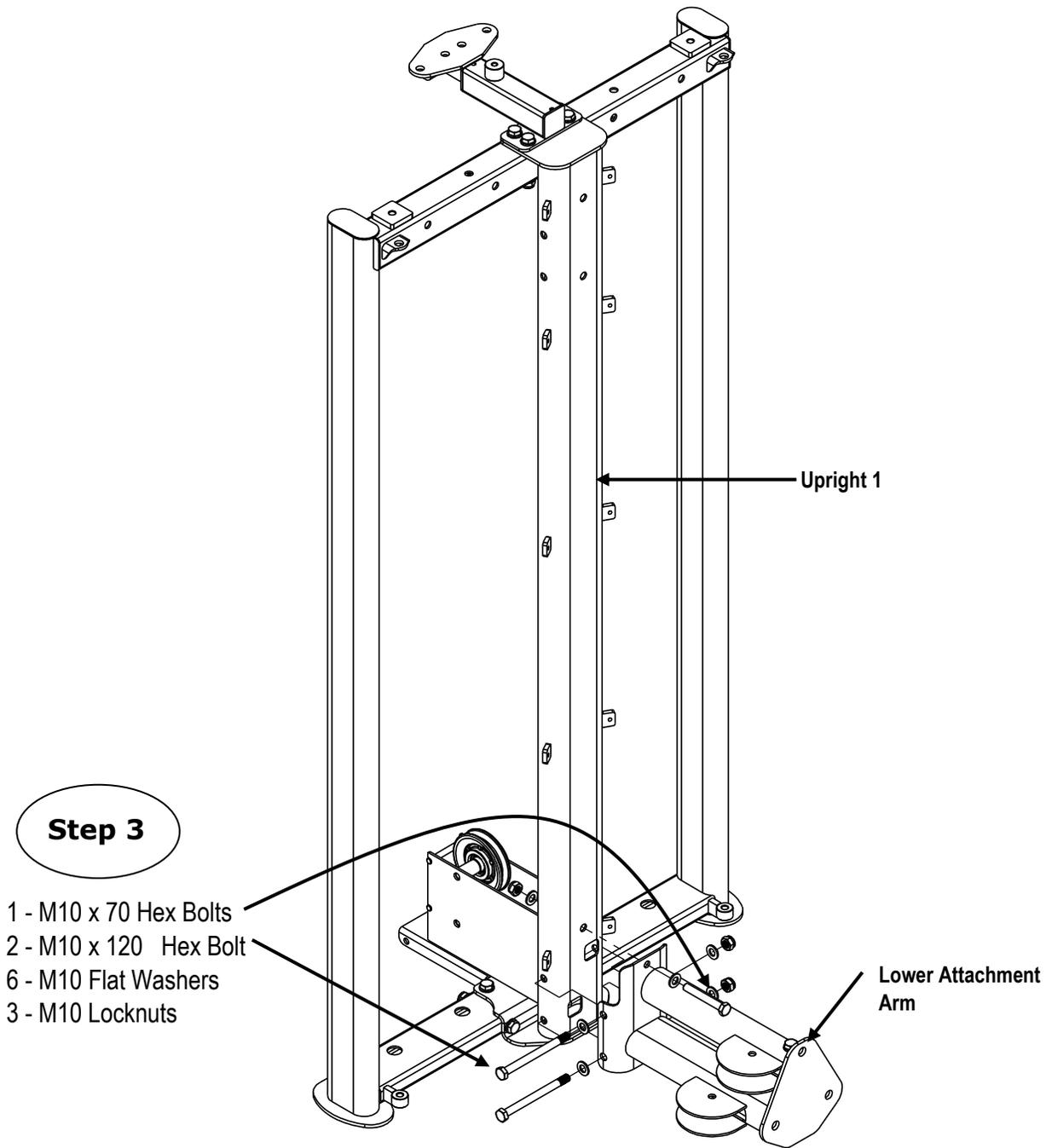
- 2 - M10 x 25 Hex Bolts
- 2 - M10 x 95 Hex Bolts
- 6 - M10 Flat Washers
- 2 - M10 Locknuts

**NOTE: Finger Tighten Only.**

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 Lower Attachment Arm to Upright 1 using:

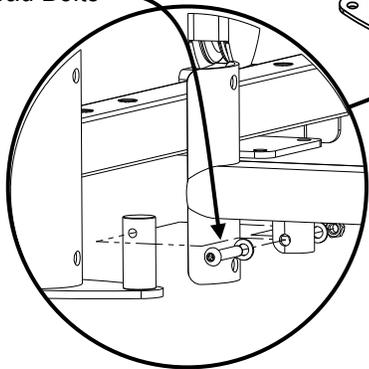
- 1 - M10 x 70 Hex Bolts**
- 2 - M10 x 120 Hex Bolt**
- 6 - M10 Flat Washers**
- 3 - M10 Locknuts**

**NOTE: Finger Tighten Only.**

Base Frame

**Step 4**

- 2 – M10 x 95 Button Head Bolts
- 2 – M10 x 95 Hex Bolts
- 8 – M10 Flat Washers
- 4 – M10 Locknuts
- 1 – M8 x 45 Button Head Bolts
- 2 – M8 Washers
- 1 – M8 Locknut

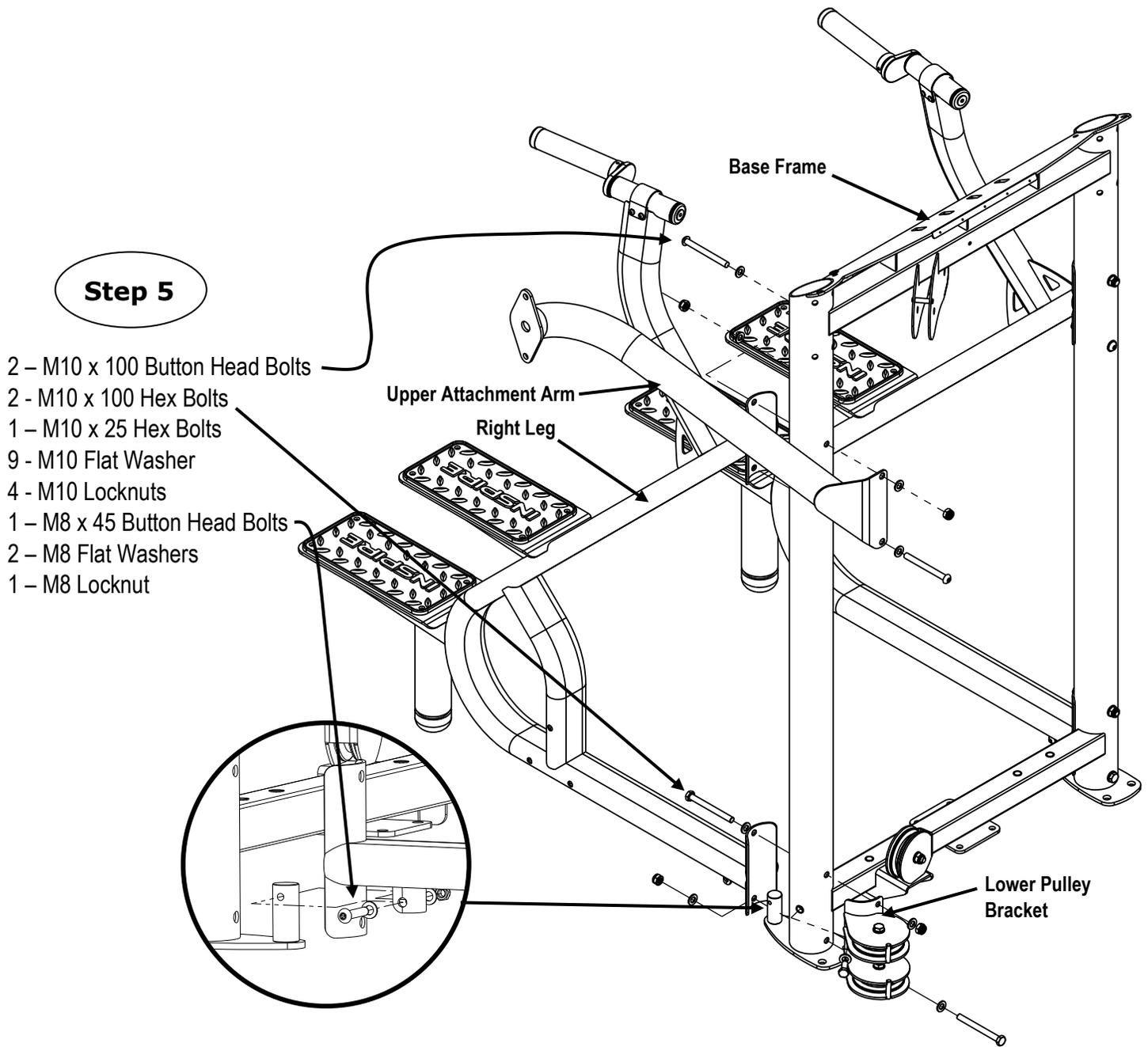


Left Leg

Step 4: Attach the Left leg to Base Frame using:

- 2 – M10 x 95 Button Head Bolts**
- 2 – M10 x 95 Hex Bolts**
- 8 – M10 Flat Washers**
- 4 – M10 Locknuts**
- 1 – M8 x 45 Button Head Bolts**
- 2 – M8 Flat washers**
- 1 – M8 Locknut**

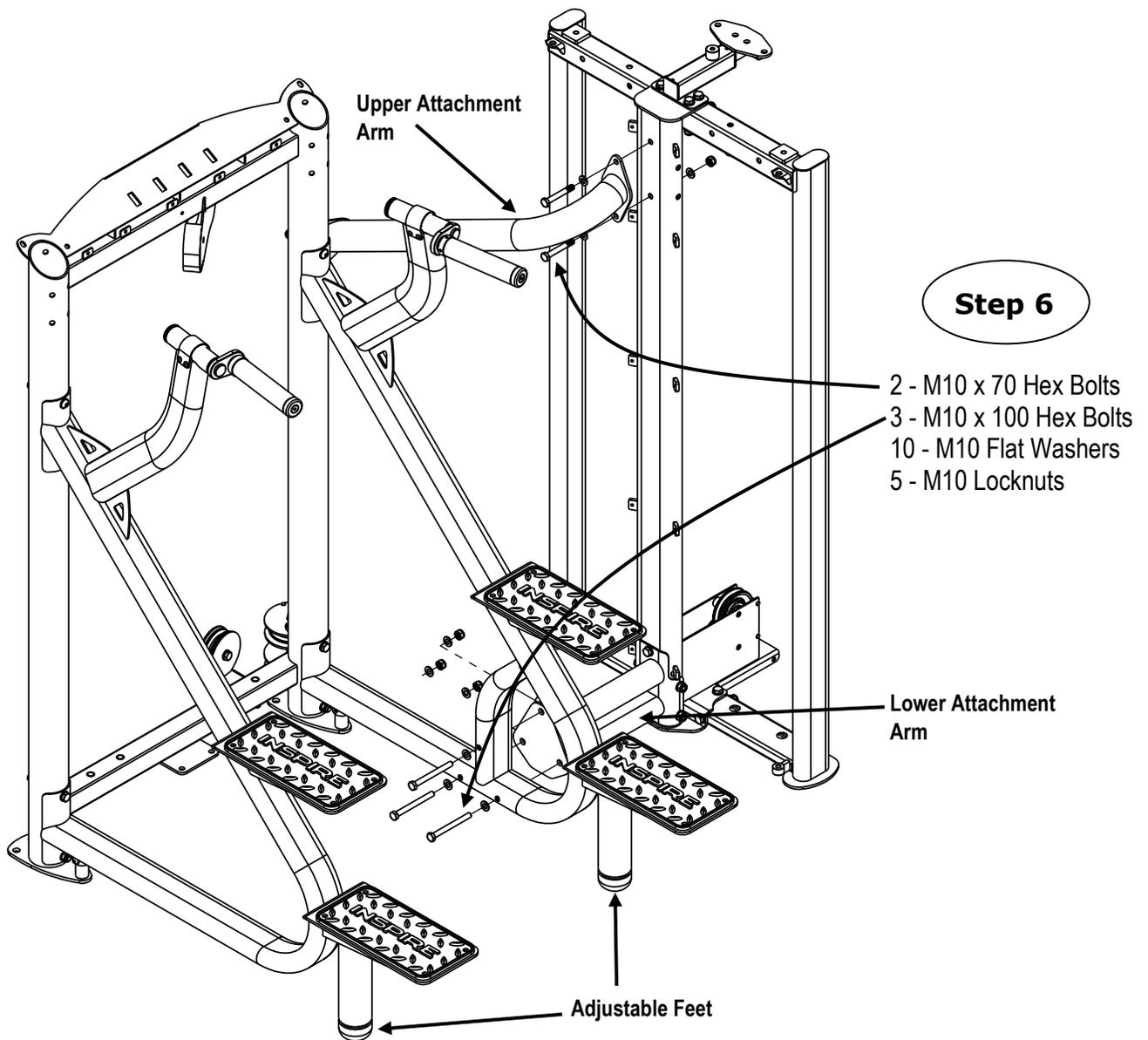
**NOTE: Finger Tighten Only.**



Step 5: Attach the Right Leg, Base Frame, Upper Attachment Arm and Lower Pulley Bracket using:

- 2 - M10 x 100 Button Head Bolts**
- 2 - M10 x 100 Hex Bolts**
- 1 - M10 x 25 Hex Bolts**
- 9 - M10 Flat Washers**
- 4 - M10 Locknuts**
- 1 - M8 x 45 Button Head Bolts**
- 2 - M8 Flat washers**
- 1 - M8 Locknut**

**NOTE: Finger Tighten Only.**



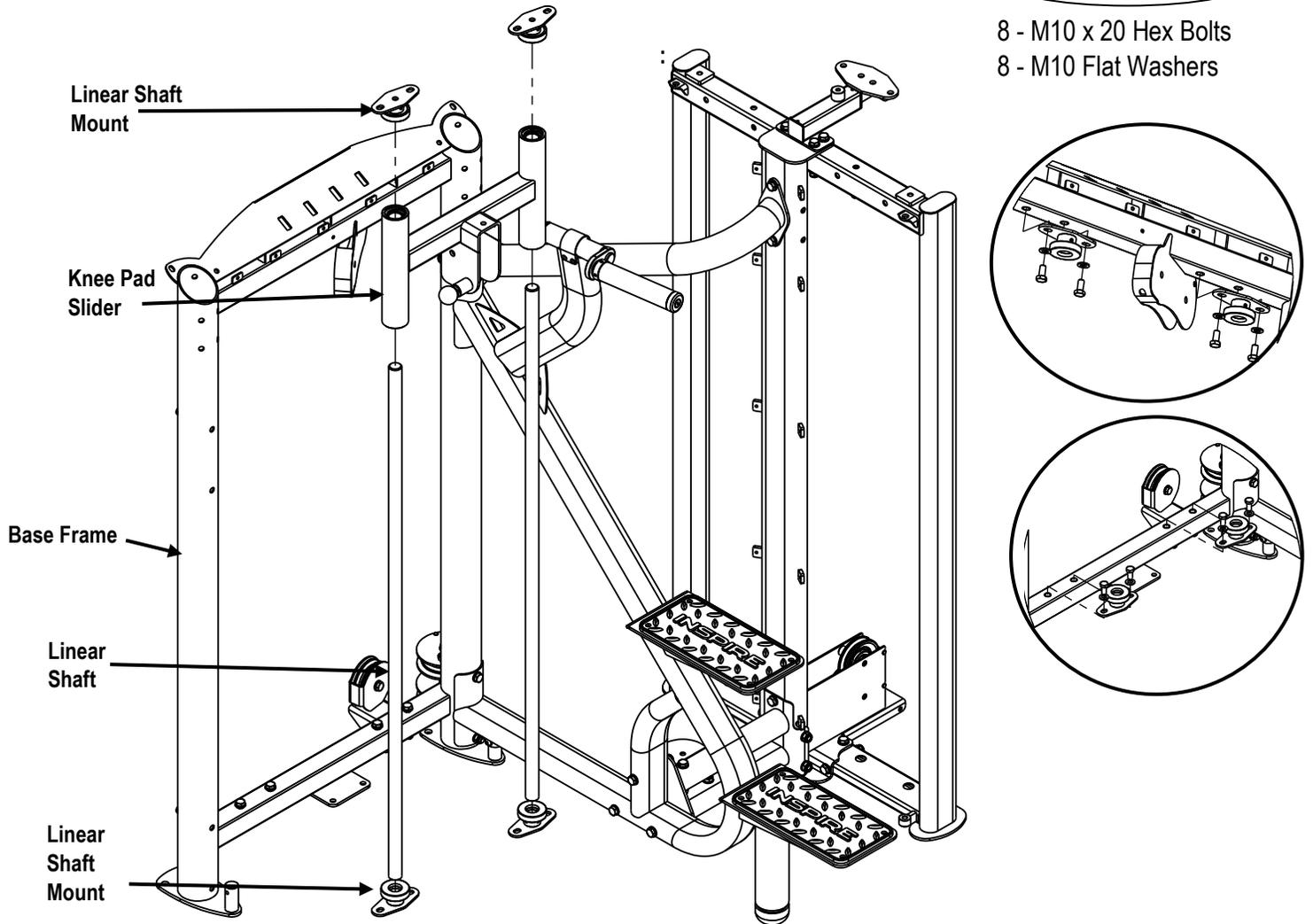
Step 6: Attach the Lower Attachment Arm and Upper Attachment Arm using: **2 - M10 x 70 Hex Bolts**  
**3 - M10 x 100 Hex Bolts**  
**10 - M10 Flat Washers**  
**5 - M10 Locknuts**

**NOTE: At this time adjust the feet on the left and right legs making sure that both feet touch the floor. Wrench Tighten Steps 3 Thru 6 Now.**

## Step 8

8 - M10 x 20 Hex Bolts

8 - M10 Flat Washers



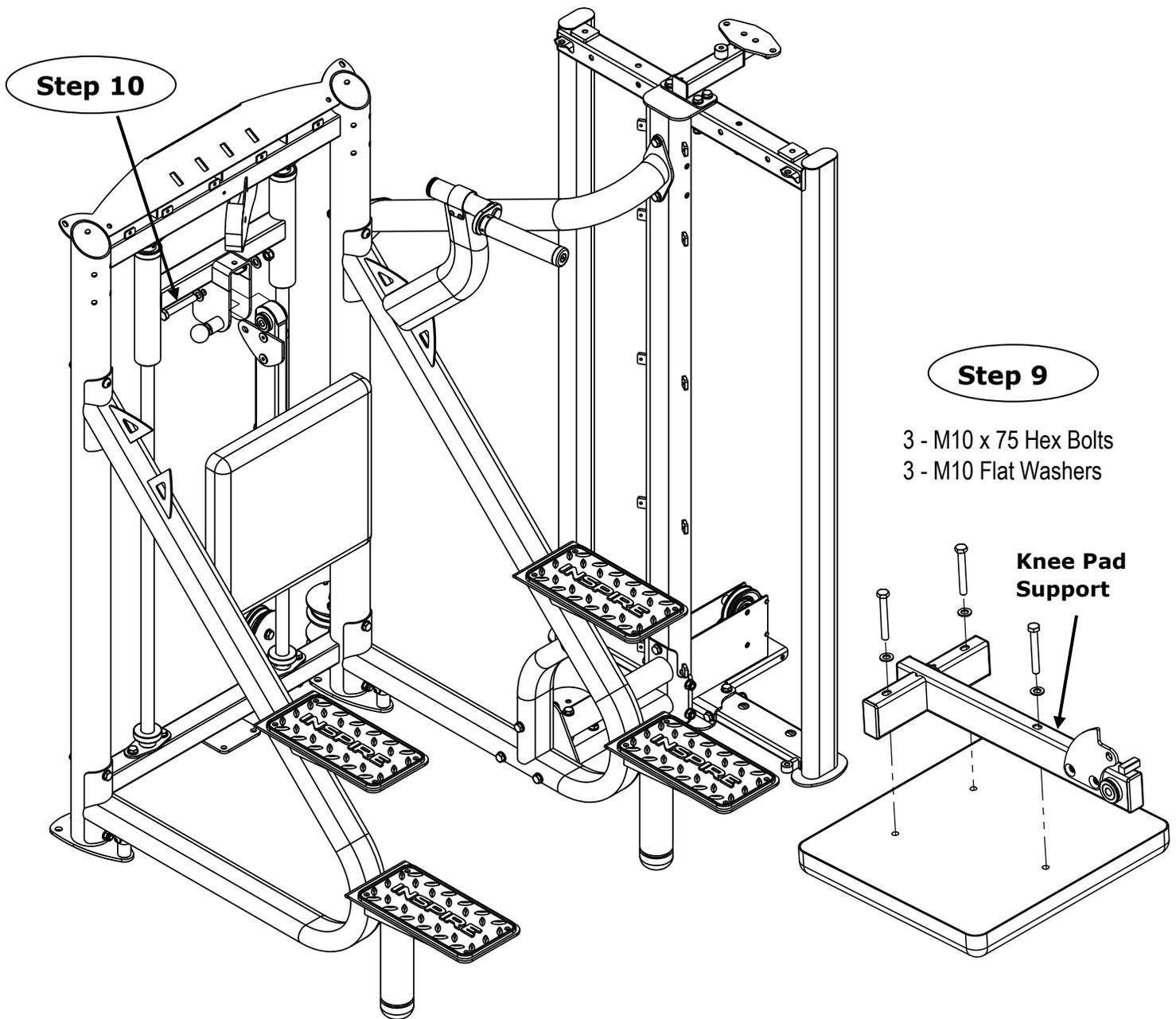
Step 7: Carefully install the Linear Shafts into the Linear Bearings in the Knee Pad Slider. Attach the bottom Linear Shaft Mounts to the Shafts and tighten the set screws. Install the top Linear Shaft Mounts to the Linear Shaft, but do not tighten set screws.

Step 8: Attach this assembly to the Base Frame using:

**8 - M10 x 20 Hex Bolts**

**8 - M10 Flat Washers**

**Note: Tighten All bolts first, slide Knee Pad Slider to top, then tighten the top Linear Shaft Mounts set screws.**



**Step 9**

- 3 - M10 x 75 Hex Bolts
- 3 - M10 Flat Washers

**Knee Pad Support**

Step 9: Attach the Knee Pad to the Knee Pad Support using:

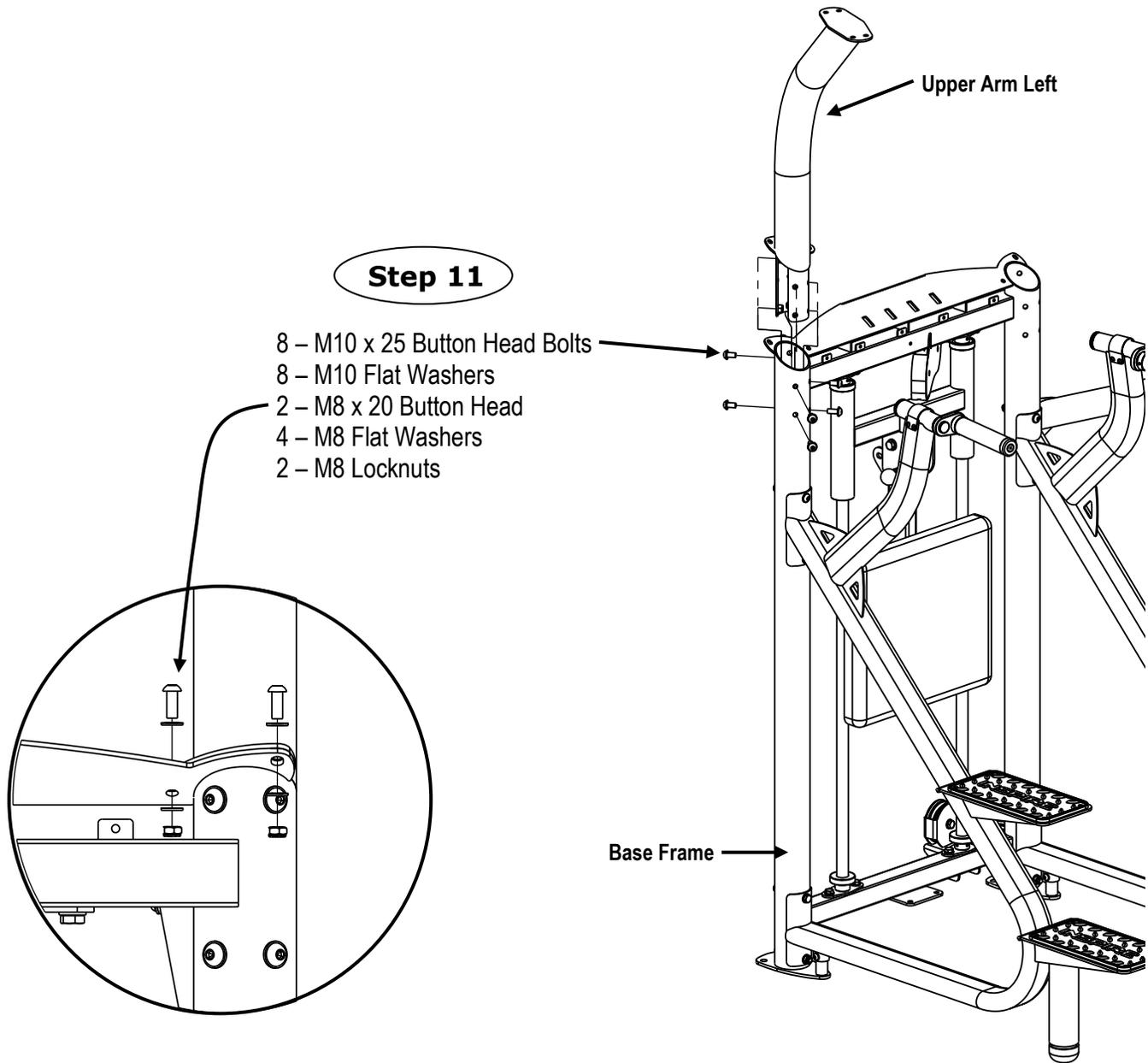
- 3 – M10 x 75 Hex Bolts**
- 3 – M10 Flat Washers**

**NOTE: Wrench Tighten Now.**

Step 10: Attach the Knee Pad Support to the Knee Pad Slider using:

- 1– M12 x 75 Hex Bolts**
- 2– M12 Flat Washers**
- 1– M12 Locknuts**

**NOTE: Wrench Tighten Now.**



Step 11: Attach Upper Arm Left to the Base Frame using:

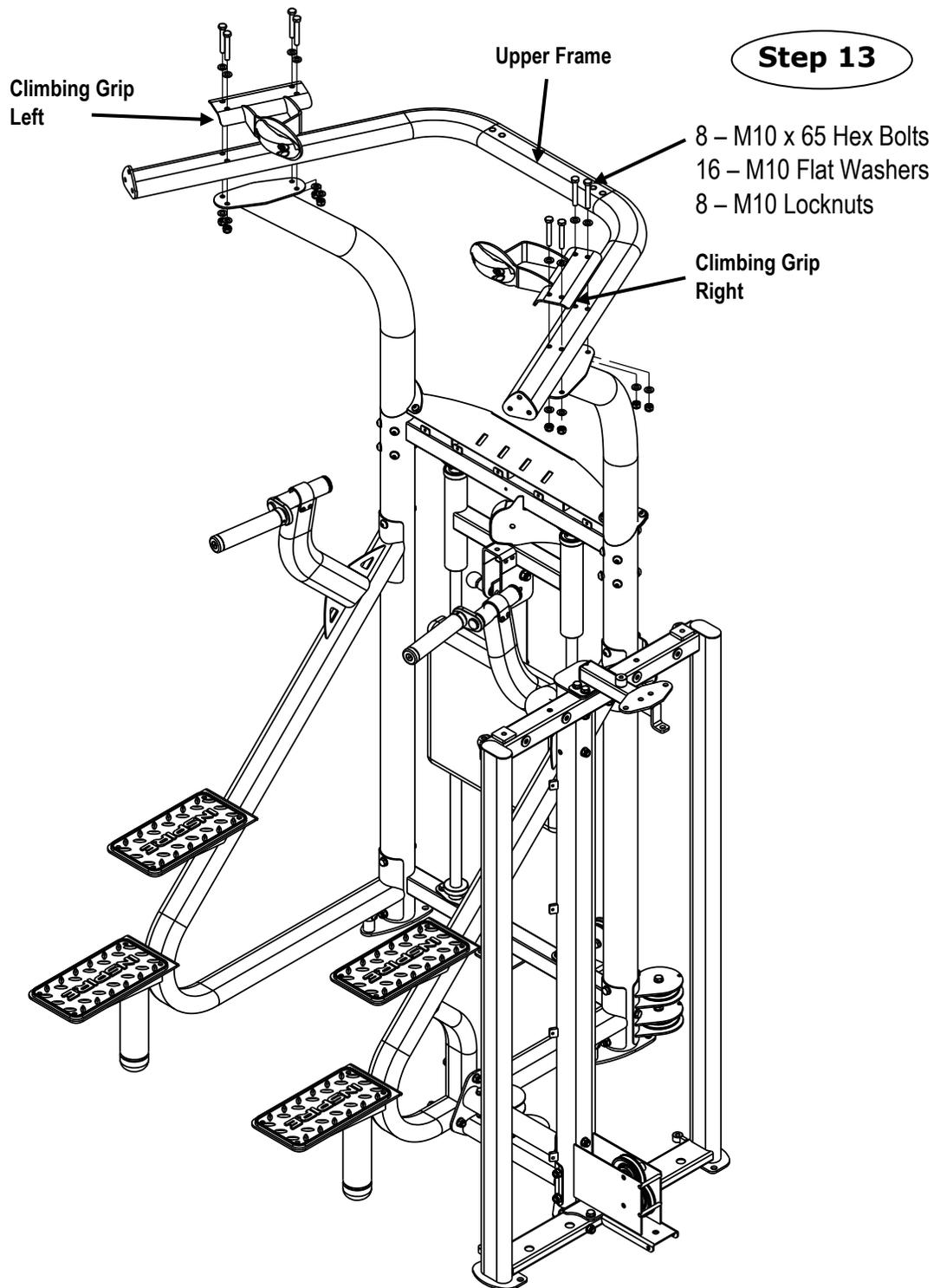
- 8 - M10 x 25 Button Head Bolts**
- 8 - M10 Flat Washers**
- 2 - M8 x 20 Button Head**
- 4 - M8 Flat Washers**
- 2 - M8 Locknuts**

**NOTE: Finger Tighten Only.**

Step 12: Repeat for Upper Right Arm:

- 8 - M10 x 25 Button Head Bolts**
- 8 - M10 Flat Washers**
- 2 - M8 x 20 Button Head**
- 4 - M8 Flat Washers**
- 2 - M8 Locknuts**

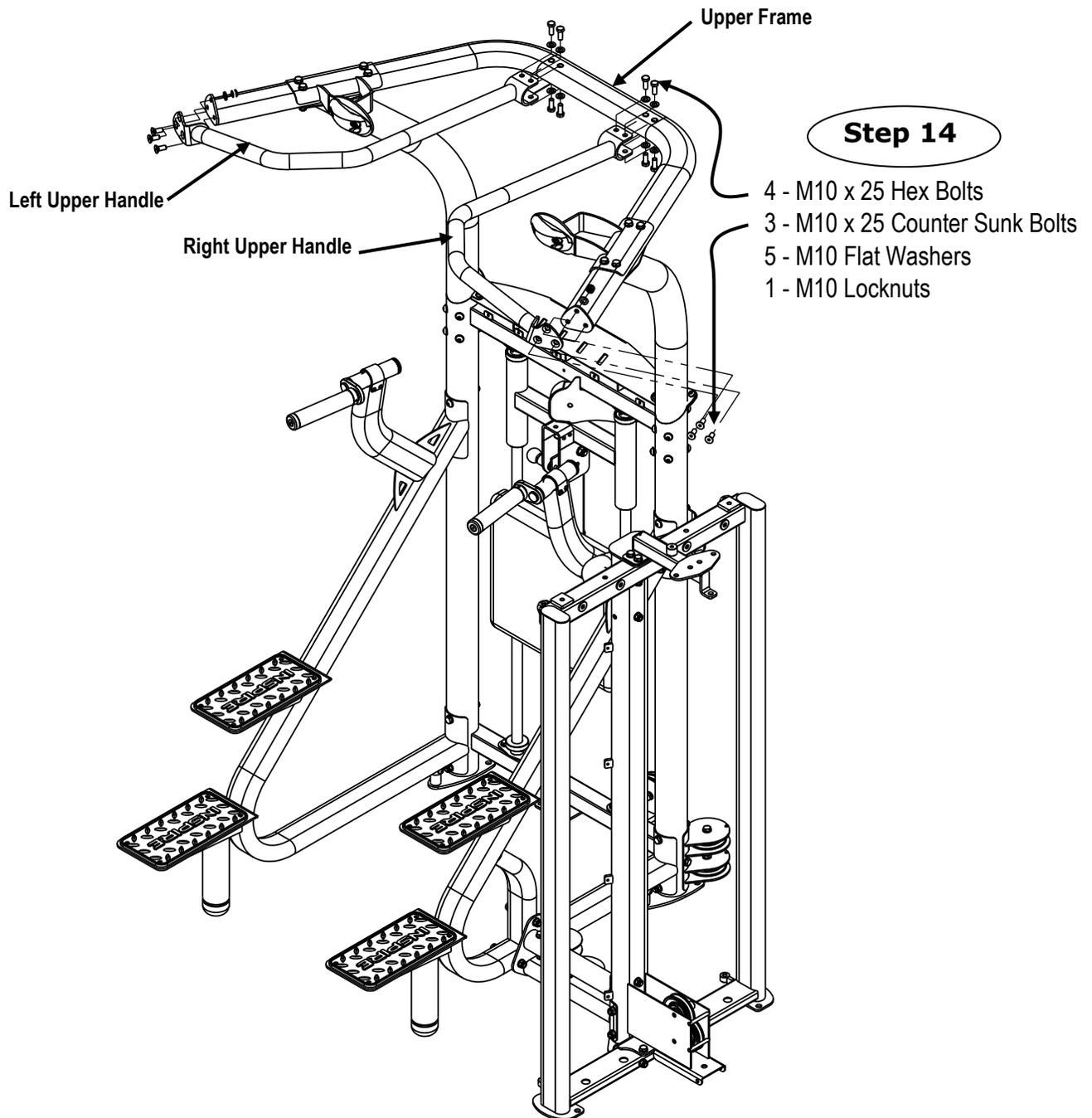
**NOTE: Finger Tighten Only.**



Step 13: Attach the Upper Frame, Climbing Grip Left and Right to the 2 Upper Arms using:

- 8 - M10 x 65 Hex Bolts**
- 16 - M10 Flat Washers**
- 8 - M10 Locknuts**

**NOTE: Finger Tighten Only.**



Step 14: Attach the Left Upper Handle to the Upper Frame using:

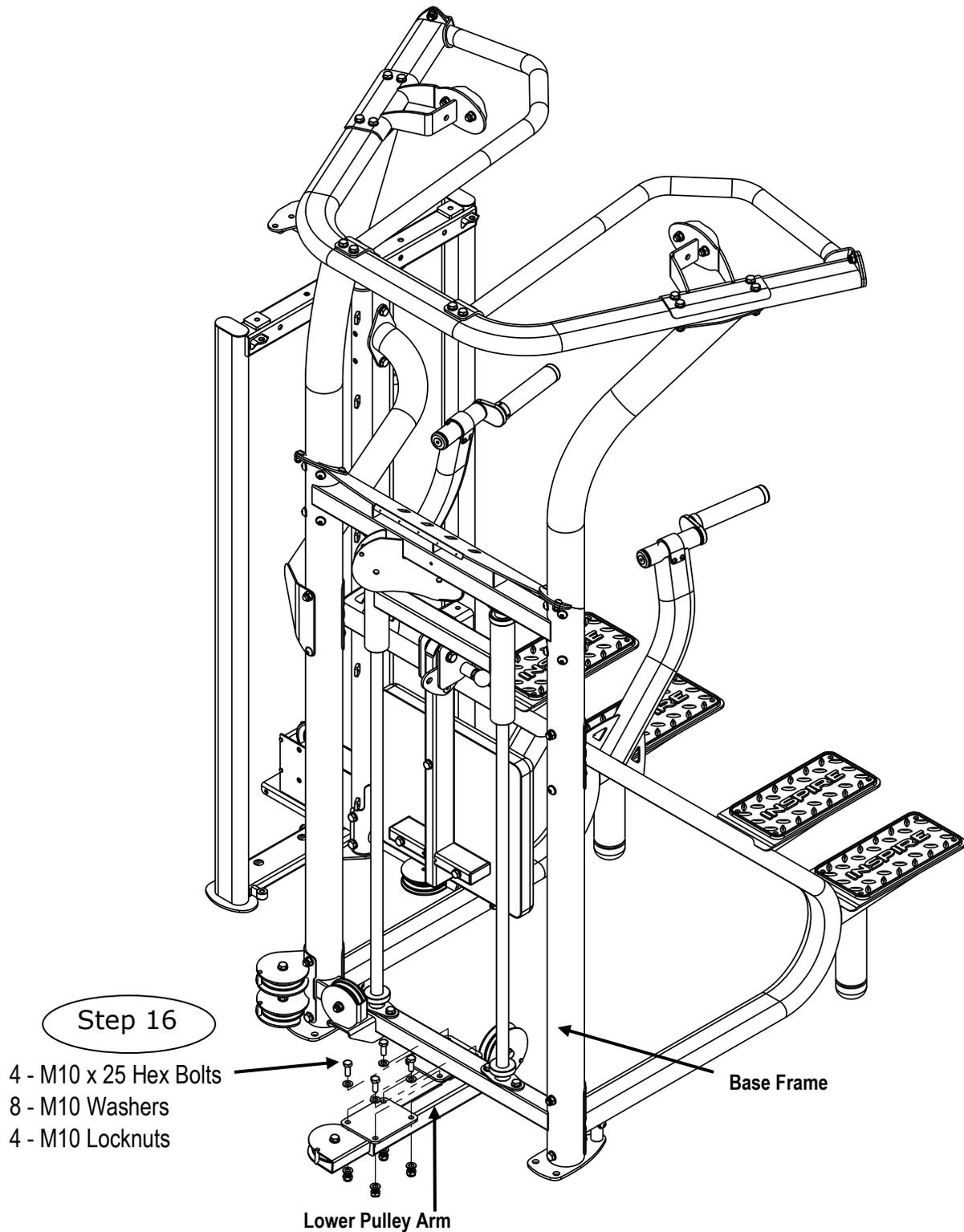
- 3 – M10 x 25 Counter Sunk Bolts**
- 4 – M10 x 25 Hex Bolts**
- 5 – M10 Flat Washers**
- 1– M10 Locknut**

**NOTE: Wrench Tighten Steps 11, 12, 13 and 14.**

Step 15: Attach the Right Upper Handle to the Upper Frame using:

- 3 – M10 x 25 Counter Sunk Bolts**
- 4 – M10 x 25 Hex Bolts**
- 5 – M10 Flat Washers**
- 1– M10 Locknut**

**NOTE: Wrench Tighten Now.**

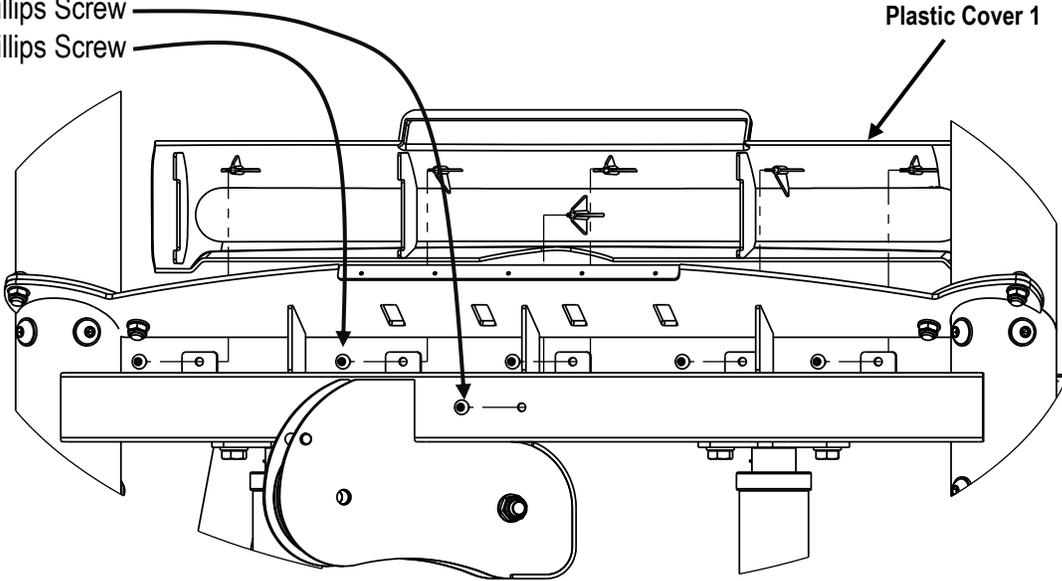


Step 16: Attach the Lower Pulley Arm to the bottom of Base Frame using: **4 - M10 x 25 Hex Bolts**  
**8 - M10 Flat Washers**  
**4 - M10 Locknuts**

**NOTE: Wrench Tighten Now.**

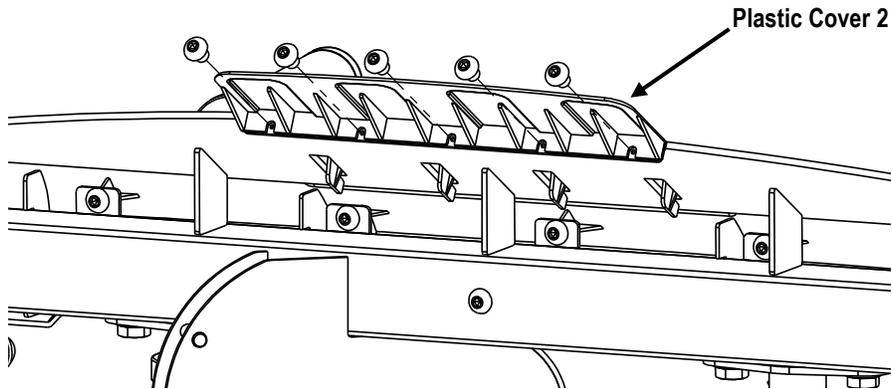
Step 17

- 1- M4 x 60 Phillips Screw
- 5- M4 x 15 Phillips Screw



Step 18

- 5- M3 x 5 Phillips Screw



Step 17: Attach Plastic Cover 1 to Base Frame using:

- 1- M4 x 60 Phillips Screw**
- 5- M4 x 15 Phillips Screw**

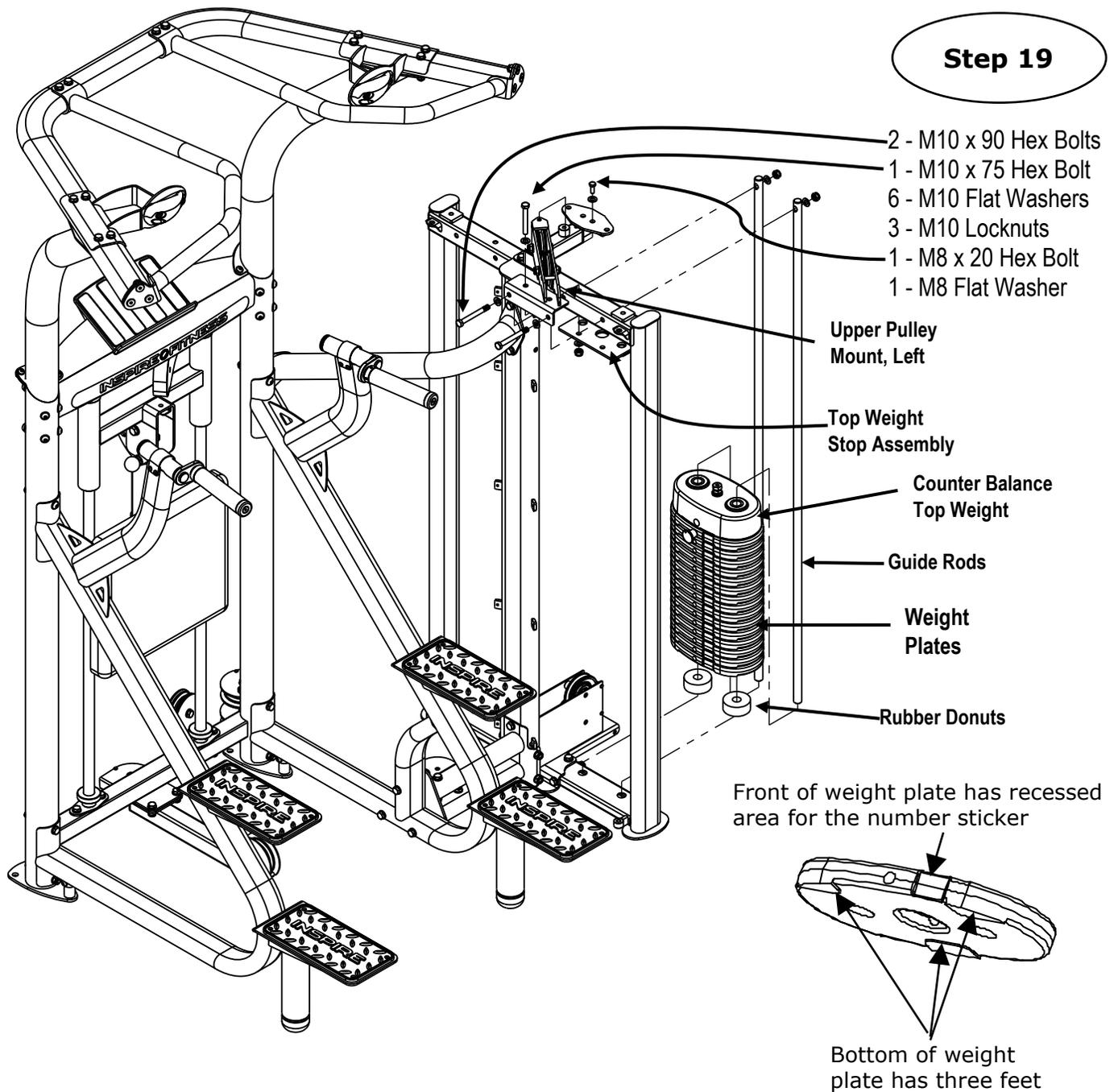
**NOTE: Do Not Over Tighten.**

Step 18: Slide the small lip of Plastic Cover 2 into Plastic Cover 1. Then lay flat on the Base Frame and attach to Base Frame using:

- 5- M3 x 5 Phillips Screw**

**NOTE: Do Not Over Tighten.**

## Step 19

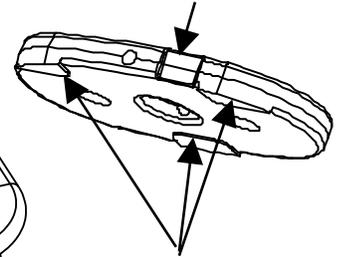


Step 19: Insert two Guide Rods into the holes in the bottom tube of the Main Frame. Carefully tilt the Guide Rods back away from the machine. Slide one Rubber Donut into each guide Rod. Slide 15 Weight Plates onto the Guide Rods. Make sure the recessed area on the front of the weight plate is facing towards the front of the machine. Slide Counter Balance Weight/Selector Stem 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:

- 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.**

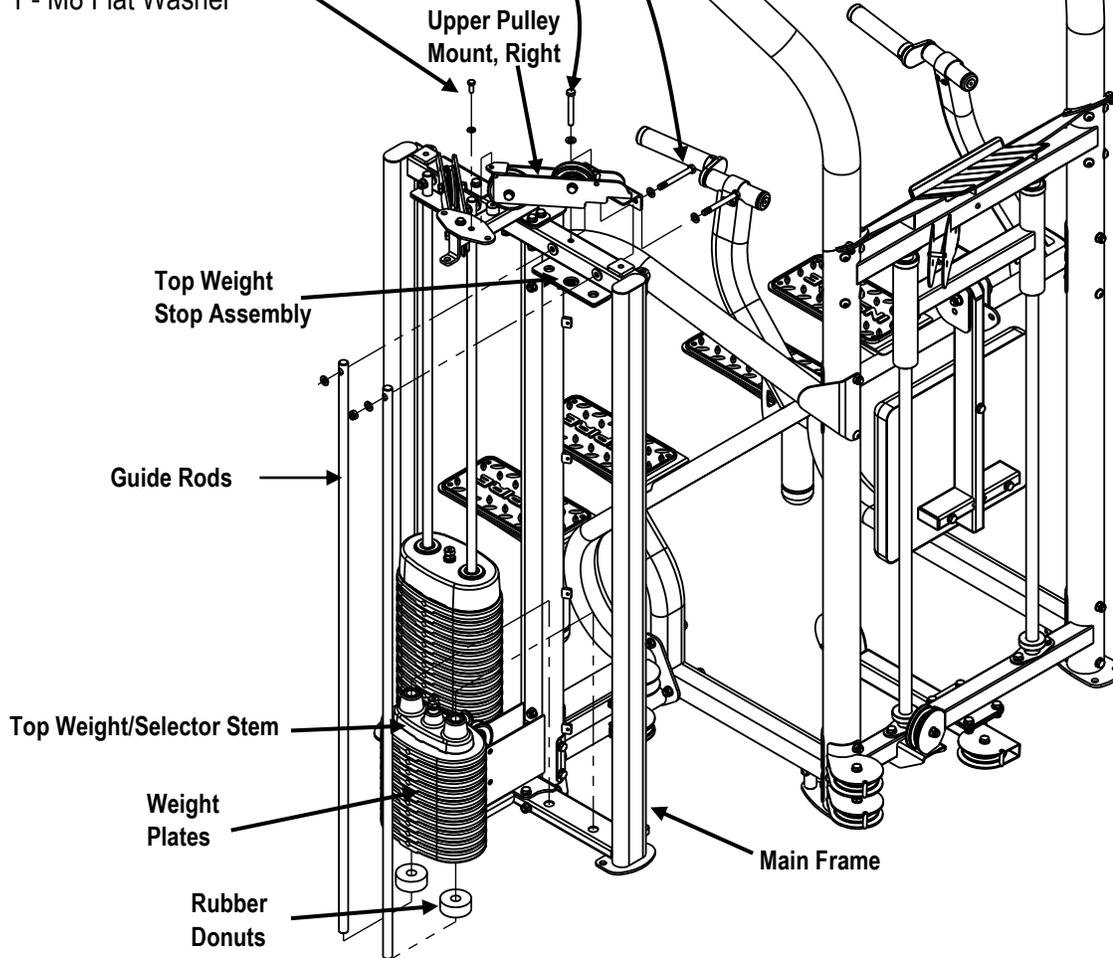
Front of weight plate has recessed area for the number sticker



Bottom of weight plate has three feet

## Step 20

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



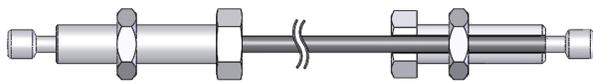
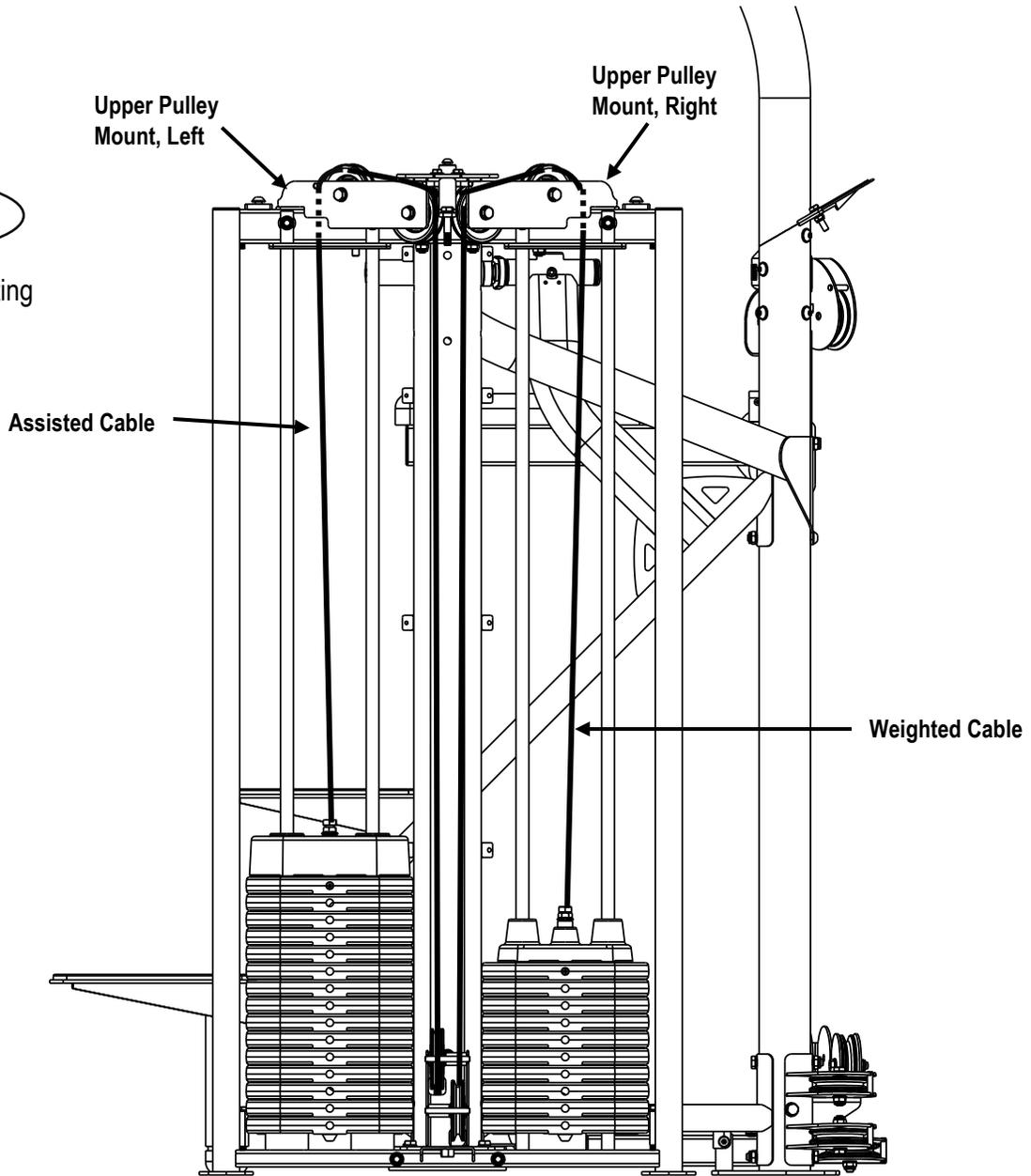
Step 20: Insert two Guide Rods into the holes in the bottom tube of the Main Frame. Carefully tilt the Guide Rods back away from the machine. Slide one Rubber Donut into each guide Rod. Slide ten Weight Plates onto the Guide Rods. Make sure the recessed area on the front of the weight plate is facing towards the front of the machine. Slide Top Weight/Selector Stem 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:

- 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

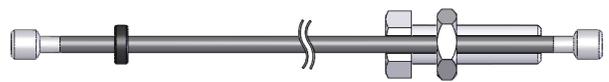
**NOTE: Wrench Tighten Steps 1, 2, 19 and 20.**

**Step 21**

Upper Cable Routing



**Assisted Cable GM887-500-002**



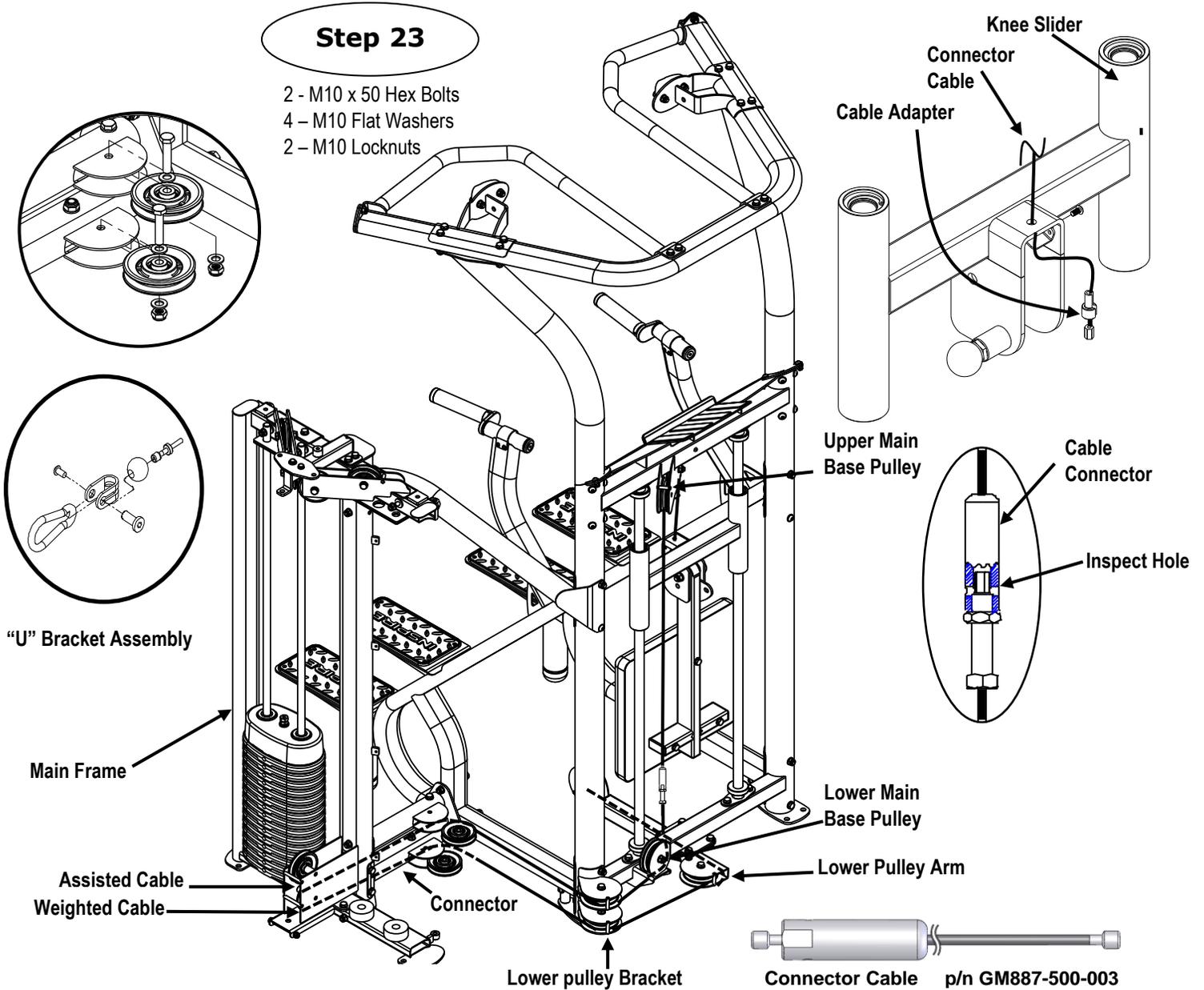
**Weighted Cable GM887-500-001**

Step 21: Insert the Hex Bolt end of the Assisted Cable into the Top Weight Stack. Take the other end of the Assisted Cable, remove the slotted cable stop and guide it straight up through the Top Weight Stop and around both of the pulleys in the Upper Pulley Mount. Repeat same steps for the other weight stack.

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

## Step 23

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

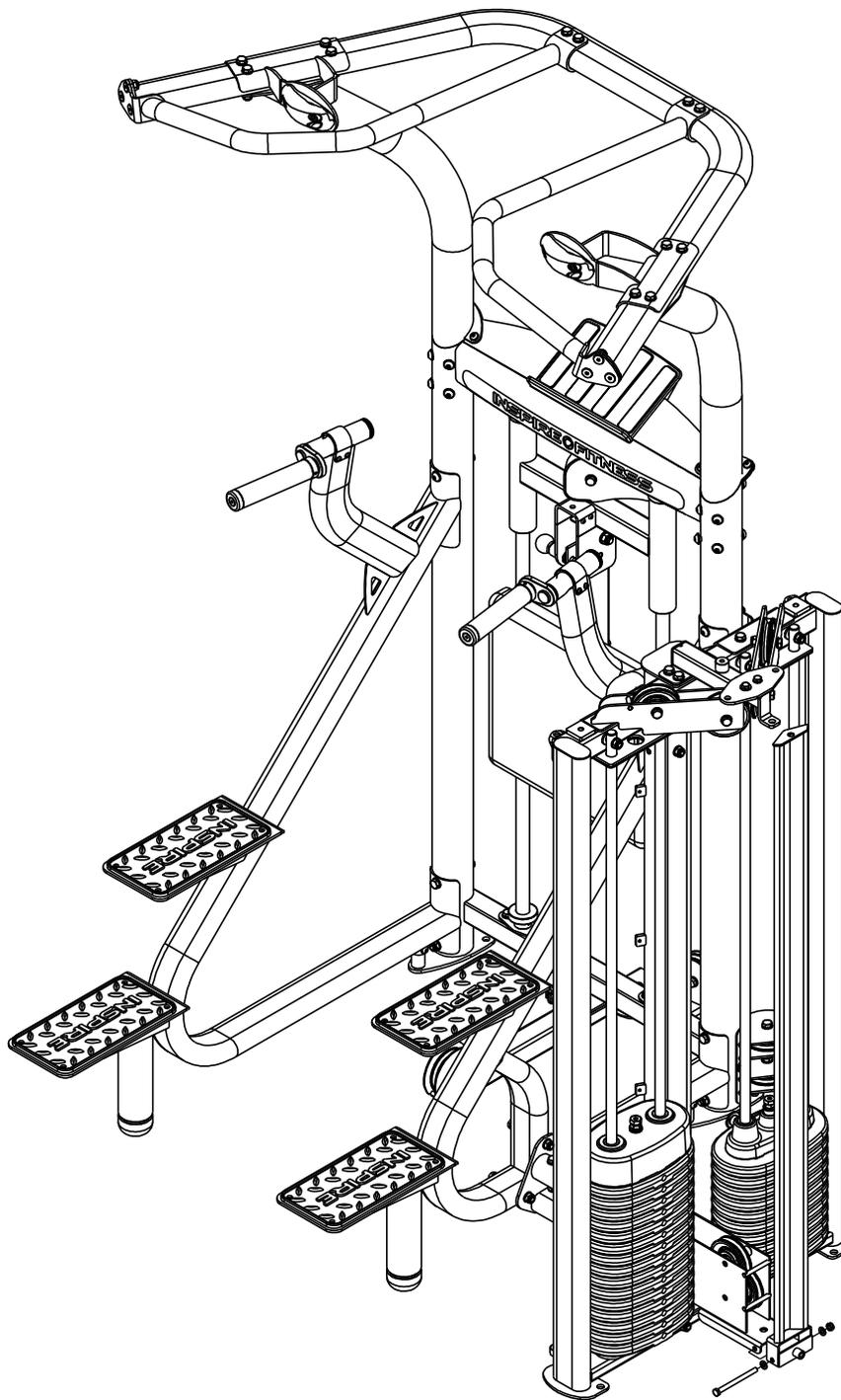


Step 22: Feed the Assisted cable through the Main Frame, Connector, Lower Pulley Bracket, and Lower Main Base Pulley. Next attach the Slotted Cable Bolt to the end of the Cable, screw on Jam Nut, and thread the Cable Bolt into Connector cable 5 turns so the end of the bolt is visible through the inspection holes in the Cable Connector. **Fully tighten Jam Nut now.** Route the end of the Connector Cable around both the Upper Main Base Pulleys, feed the end of the cable through the Knee Slider by taking one screw of the L retainer out and loosening the other screw, tilt the L retainer and slipping the cable end through the hole and securing it with the Cable Adapter back in the hole. Next replace the L bracket and **Tighten both screws!!** Feed the end of the weighted cable through the Main Frame, Connector, Lower Bracket and Lower Pulley Arm and install the "U" Bracket Assembly.

Step 23: When inserting the two Connector pulleys, make sure the cables are behind the pulleys and in the grooves. Attach the Pulleys to the Connector using:

**2 - M10 x 50 Hex Bolt**  
**4 - M10 Flat Washers**  
**2 - M10 Locknuts**

**NOTE: Wrench Tighten Now**



Step 24: Attach Rear Shroud Plate Support to Main Frame using:

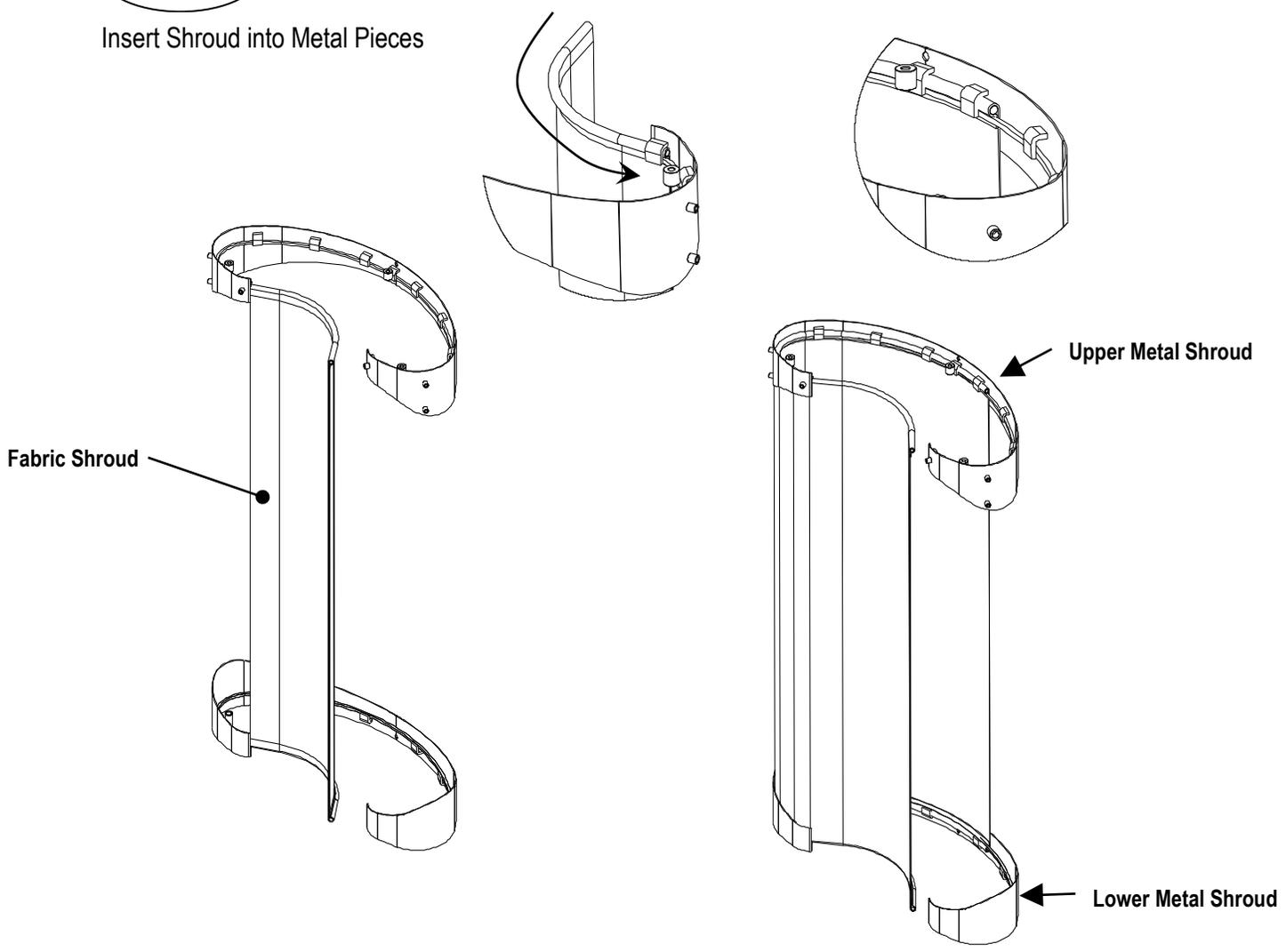
- 1 – M8 x 100 Hex Bolt**
- 2 – M8 Flat Washers**
- 1 – M8 Locknut**

**Optional:** Insert M10 x 50 Fully Threaded Bolt from Step 28 to hold Rear Shroud Plate Support in place.

**NOTE: Wrench Tighten Now.**

**Step 25**

Insert Shroud into Metal Pieces



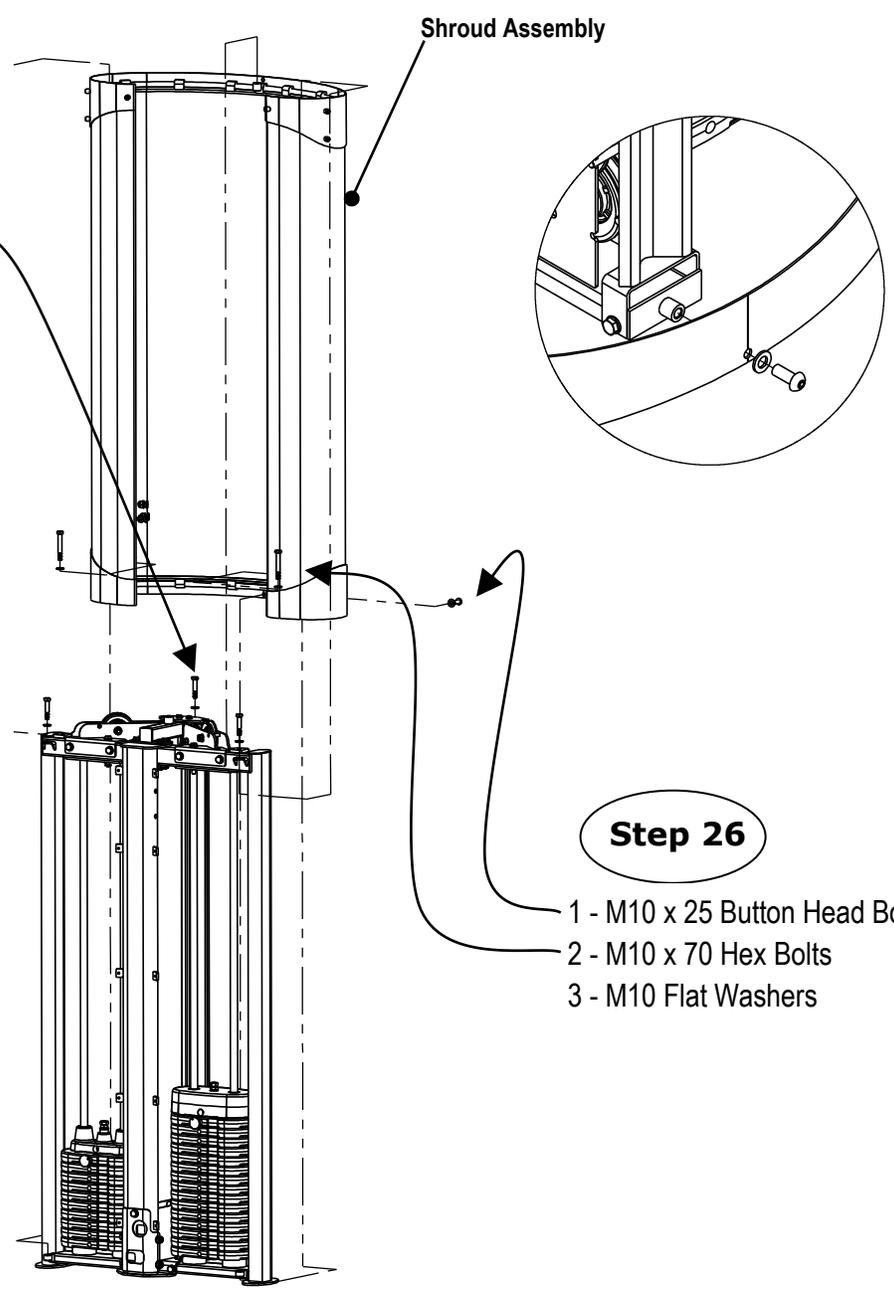
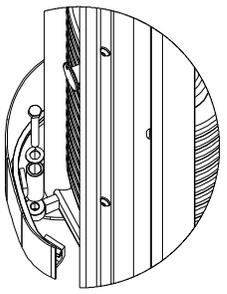
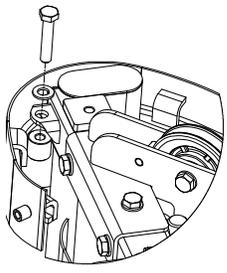
Step 25: To install Fabric Shroud, start from one end of the Lower Metal Shroud and insert the Fabric Shroud inwards as shown. Make sure to have the same orientation as shown or else the fabric shroud will be installed backwards. Continue to pull the Fabric Shroud along the inside of the Lower Metal 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 27**

- 3 - M10 x 50 Fully Threaded Hex Bolts
- 3 - M10 Flat Washers



**Step 26**

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

Step 26: 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 27: Attach the Upper Metal Shroud to the Guide Cable Support and Main Frame using:

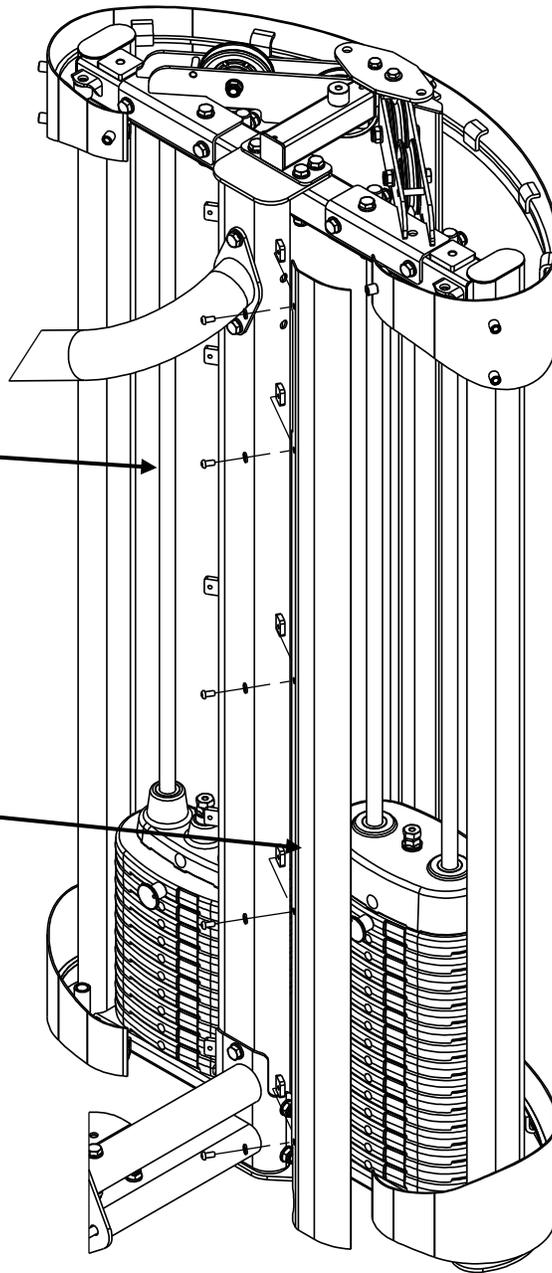
**NOTE: Tighten bolts until fabric shroud is tight.**

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

**Step 28**

5 – M6 x 12 Button Head Bolts  
5 – M6 Flat Washers

Left Shroud Plate



Step 28: Attach Right Metal Shroud Plates to Upright 1 using:

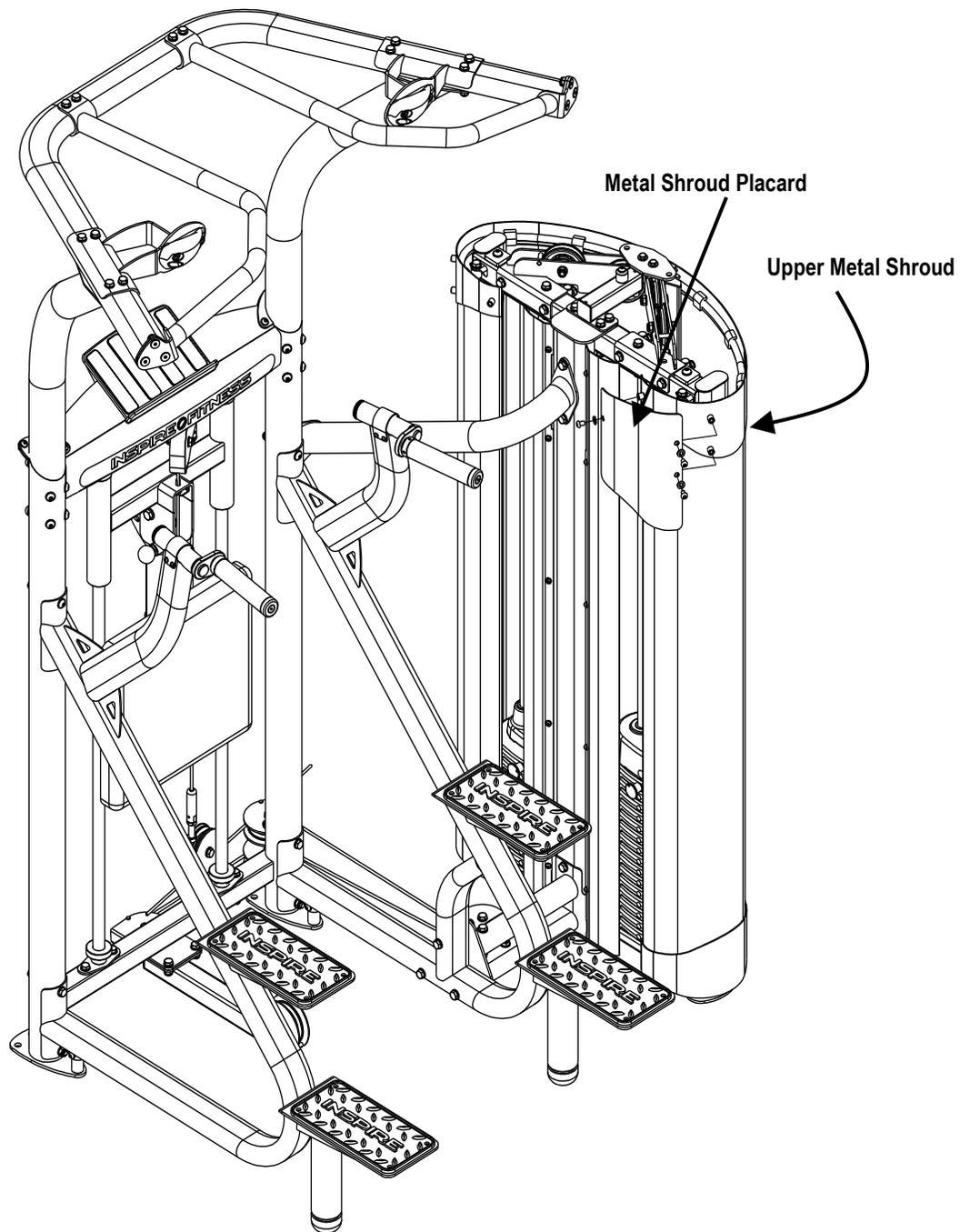
**5 – M6 x 12 Button Head Bolts**  
**5 – M6 Flat Washers**

**NOTE: Wrench Tighten Now.**

Step 29: Repeat Step 28 for Left Metal Shroud using:

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

**NOTE: Wrench Tighten Now.**



Step 30: Attach the Metal Shroud Placard to the Upper Metal Shroud using:

**NOTE: Wrench Tighten Now.**

**3 – M8 x 12 Button Head Bolts  
3 – M8 Flat Washers**

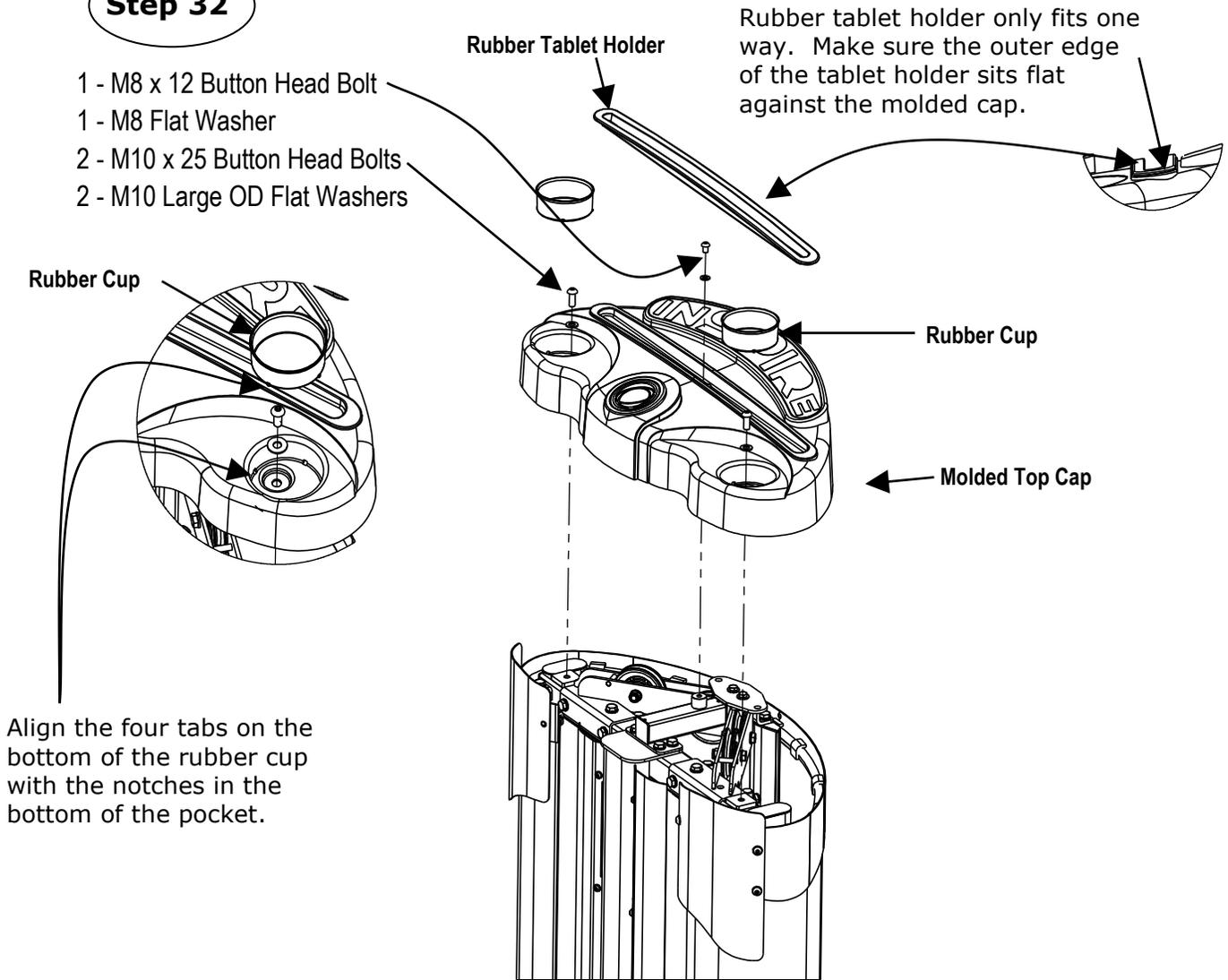
Step 31: Repeat step 30 for the other Upper Metal Shroud using:

**NOTE: Wrench Tighten Now.**

**3– M8 x 12 Button Head Bolts  
3– M8 Flat Washers**

### Step 32

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



Step 32: Attach the Molded Top Cap to the Main Frame using:

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

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

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	<sup>3</sup> Months	Yearly	<sup>2</sup> 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

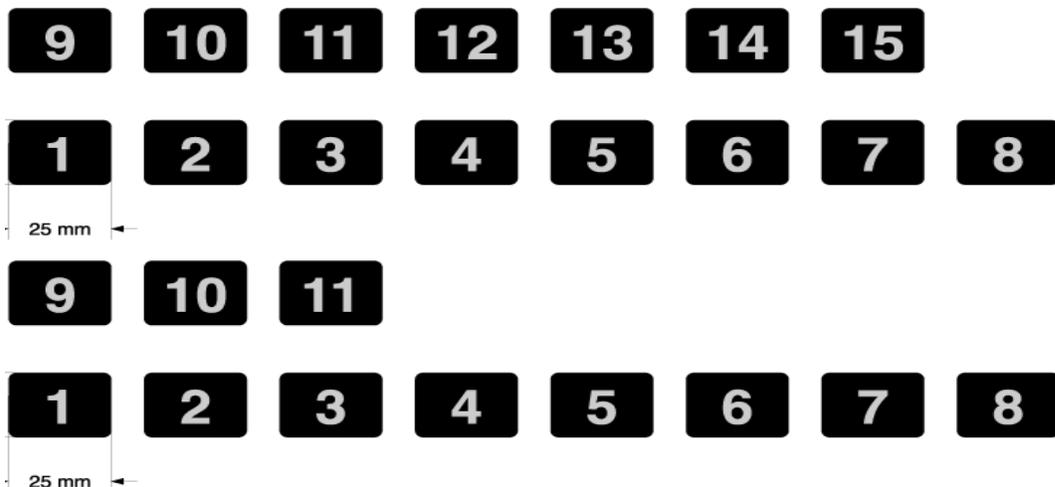
**INSPIRE™**  
 BY HEALTH IN MOTION LLC  
 877-738-1729  
[www.inspirefitness.net](http://www.inspirefitness.net)  
 Serial # 4-05-05-00001

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; 9,067,100; 9,302,139

⚠ **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 PHYSICAN 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.
9. Make sure all Pull Pins, Locks, and Safety Latches are in place and fully engaged before each use.



# DECAL REFERENCE

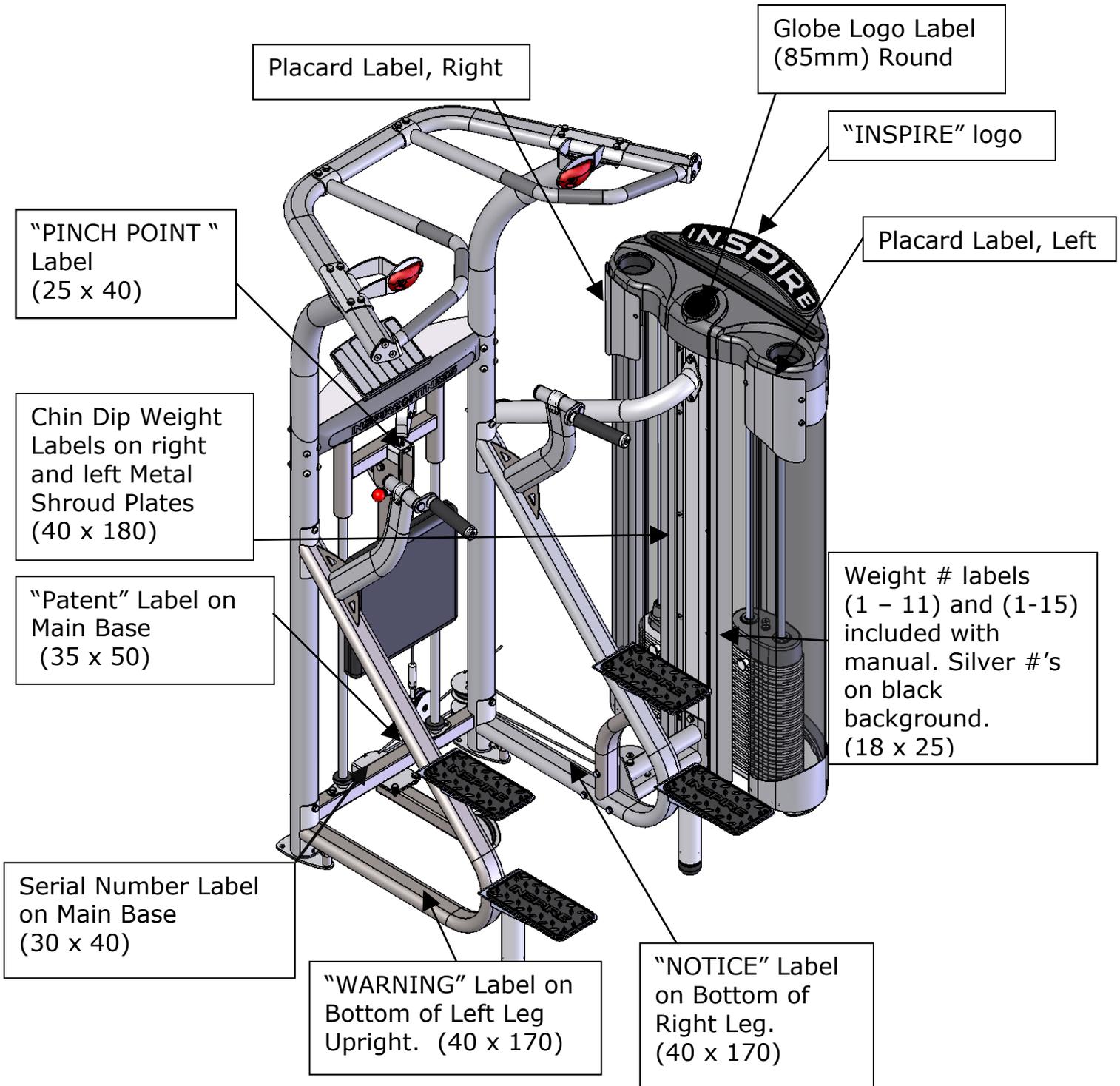


CHIN DIP		
No.	lb.	kg.
1	10	5
2	20	9
3	30	14
4	40	18
5	50	23
6	60	27
7	70	32
8	80	36
9	90	41
10	100	45
11	110	50

CHIN DIP		
No.	lb.	kg.
1	10	5
2	20	9
3	30	14
4	40	18
5	50	23
6	60	27
7	70	32
8	80	36
9	90	41
10	100	45
11	110	50
12	120	54
13	130	59
14	140	63
15	150	68



# DECAL PLACEMENT



## 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.