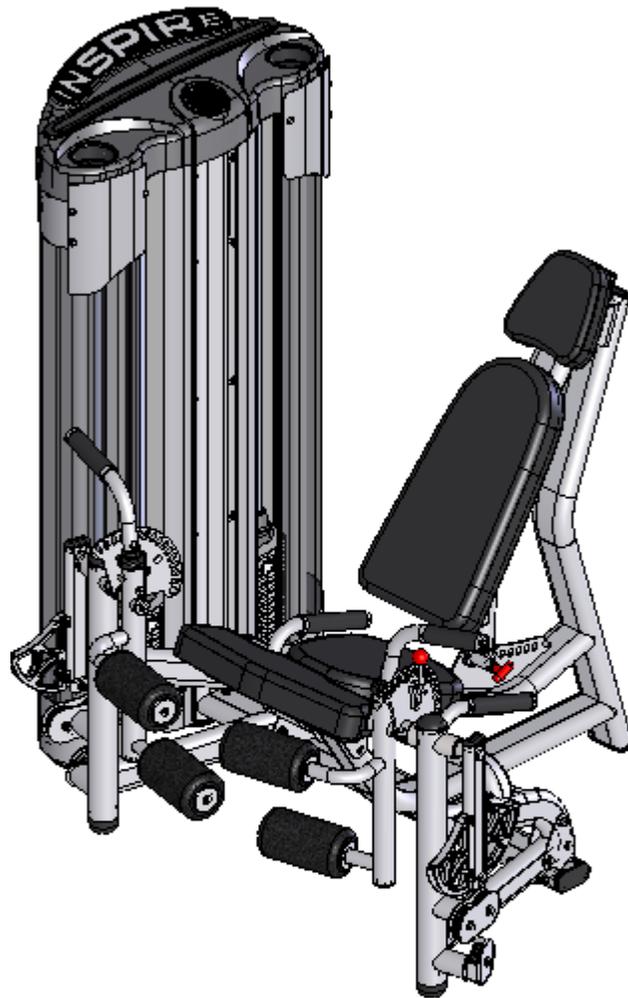


# INSPIRE

ASSEMBLY & OPERATION MANUAL

## DUAL LEG EXTENSION/CURL



RECORD SERIAL NUMBER HERE

**CONGRATULATIONS...** You've just taken the first step to a healthier and stronger body. This Dual Leg Extension/Curl 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 LEG EXTENSION/CURL**

**IMPORTANT:** Read this entire manual before attempting to build or use this Dual Leg Extension/Curl 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 Leg Extension/Curl 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 Leg Extension/Curl machine. A rubber mat is recommended for use under your Dual Leg Extension/Curl 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 Leg Extension/Curl 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 Leg Extension/Curl 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 Leg Extension/Curl machine.

- **WARNING!** It is necessary to inspect this Dual Leg Extension/Curl 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 Leg Extension/Curl 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 Leg Extension/Curl machine while it is in use.
- Keep children off the Dual Leg Extension/Curl machine at all times.
- Keep the Dual Leg Extension/Curl 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 LEG EXTENSION/CURL PARTS & HARDWARE LIST

Item	Parts Description	Qty	Qty Rec'd
1	Main Frame	1	
2	Guide Cable Support	1	
3	Upright 1	1	
4	Base Frame	1	
5	Left Pivot Frame	1	
6	Right Pivot Frame	1	
7	Brace	1	
8	Seat Frame	1	
9	Right Handle	1	
10	Left Handle	1	
11	Top Weight/Selector Stem	2	
12	Rubber Donut	4	
13	Top Weight Stop Assembly	2	
14	Guide Rods	4	
15	Upper Pulley Mount, Left	1	
16	Upper Pulley Mount, Right	1	
17	Back Attachment Frame	1	
18	Seat Frame Extension	1	
19	Cam	4	
20	L/R Pivot Arm	2	
21	Selector Plate	2	
22	Pulley Cover Plate	2	
23	Cable Connector	2	
24	Head Pad	1	
25	Back Pad	1	
26	Thigh Pad	1	
27	Seat Pad	1	
28	Rear Shroud Plate Support	1	
29	Metal Shroud Placard Left	1	
30	Metal Shroud Placard Right	1	
31	Left Metal Shroud Plate	1	
32	Right Metal Shroud Plate	1	
33	Upper Metal Shroud	1	
34	Lower Metal Shroud	1	
35	Fabric Shroud	1	
36	Rubber Cup	2	
37	Rubber Tablet Holder	1	
38	Molded Top Cap	1	
39	Guide Rod Lube	1	
40	Touch-up Paint	1	

41	3 1/2" Pulley	6	
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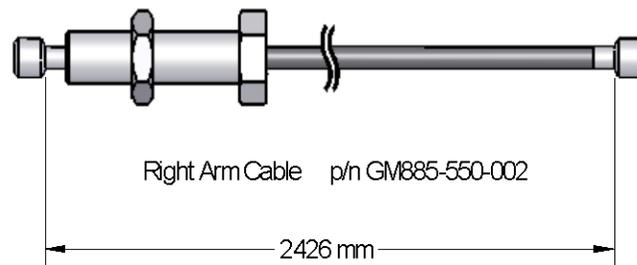
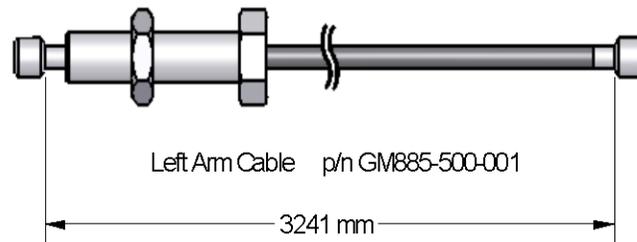
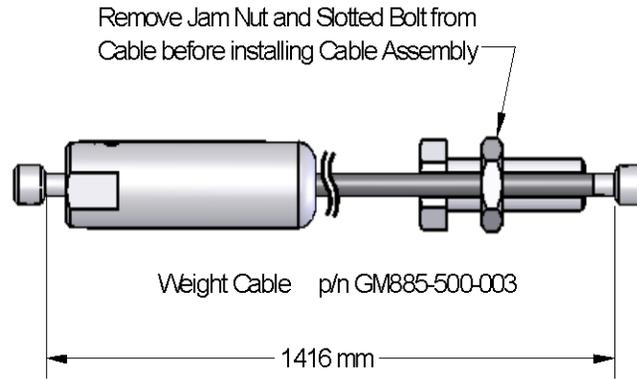
Item	Hardware Description	Qty	Qty Rec'd
1	M10 x 25 Hex Bolt	9	
2	M10 x 95 Hex Bolt	2	
3	M10 x 75 Hex Bolt	6	
4	M10 x 65 Hex Bolt	8	
5	M10 x 70 Hex Bolt	8	
6	M10 x 125 Hex Bolt	3	
7	M10 x 50 Threaded Hex Bolt	3	
8	M10 x 100 Hex Bolt	4	
9	M10 x 90 Hex Bolt	4	
10	M8 x 20 Hex Bolt	2	
11	M12 x 135 Hex Bolt	1	
12	M10 x 85 Hex Bolt	2	
13	M8 x 40 Hex Bolt	8	
14	M10 x 20 Flat Head Screw	2	
15	M8 Cap Screw	4	
16	M10 x 50 Hex Bolt	9	
17	M10 x 70 Flat Head Bolt	1	
18	M8 x 100 Hex Bolt	1	
19	M10 x 25 Button Head Bolt	3	
20	M6 x 12 Button Head Bolt	10	
21	M8 x 12 Button Head Bolt	7	

22	M10 Flat Washer	105	
23	Plastic Washer	4	
24	Oilite Bushing	4	
25	M12 Bushing	2	
26	M8 Flat Washer	27	
27	Shim Washer	2	
28	1/2" Long Step Bushing	2	
29	M6 Flat Washer	10	
30	M10 Large OD Flat Washer	2	
31	M12 Flat Washer	2	
32	Wave Washer	2	

33	M12 Locknut	1	
34	M10 Locknut	46	
35	M8 Locknut	9	
36	Rectangular Key	2	
37	Cable End	2	
38	Shaft Collar	2	
39	Aluminum Endcap	2	

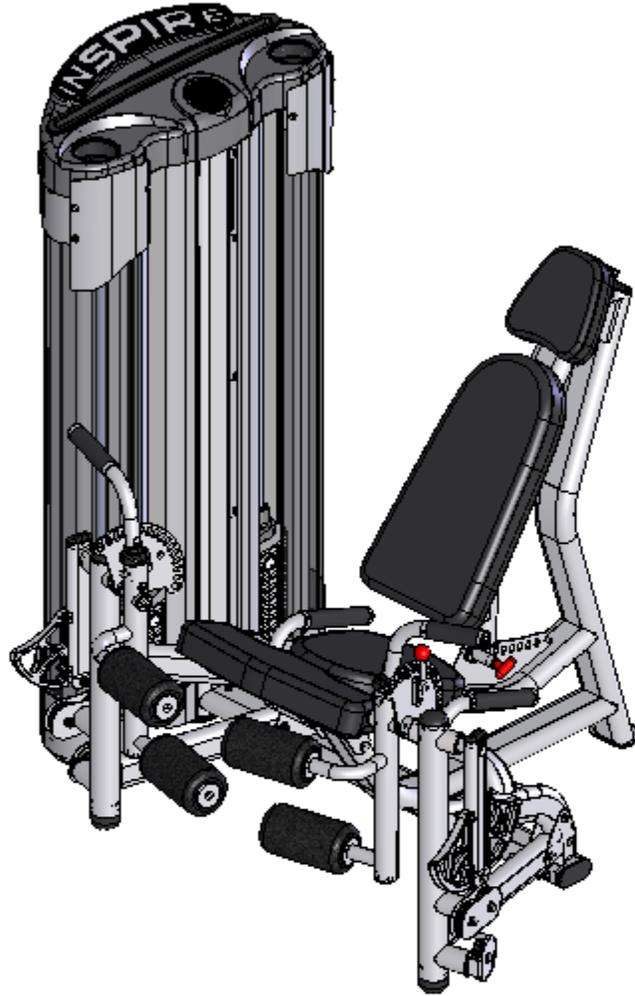
40	Weight Pin	2	
41	4 mm Allen Wrench	1	
42	5 mm Allen Wrench	1	
43	6 mm Wrench	1	

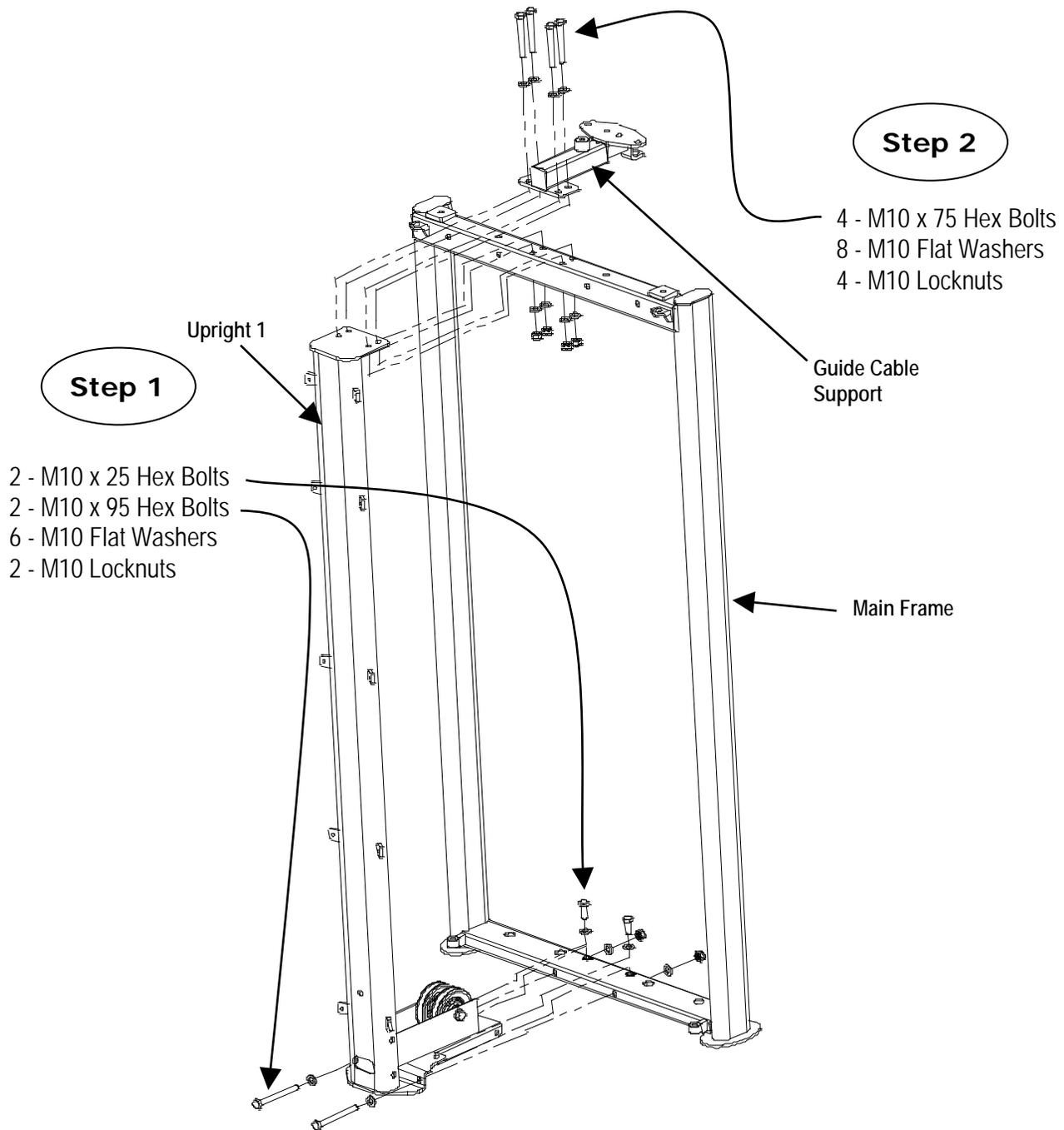
## LEG EXTENSION CABLE CHART



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

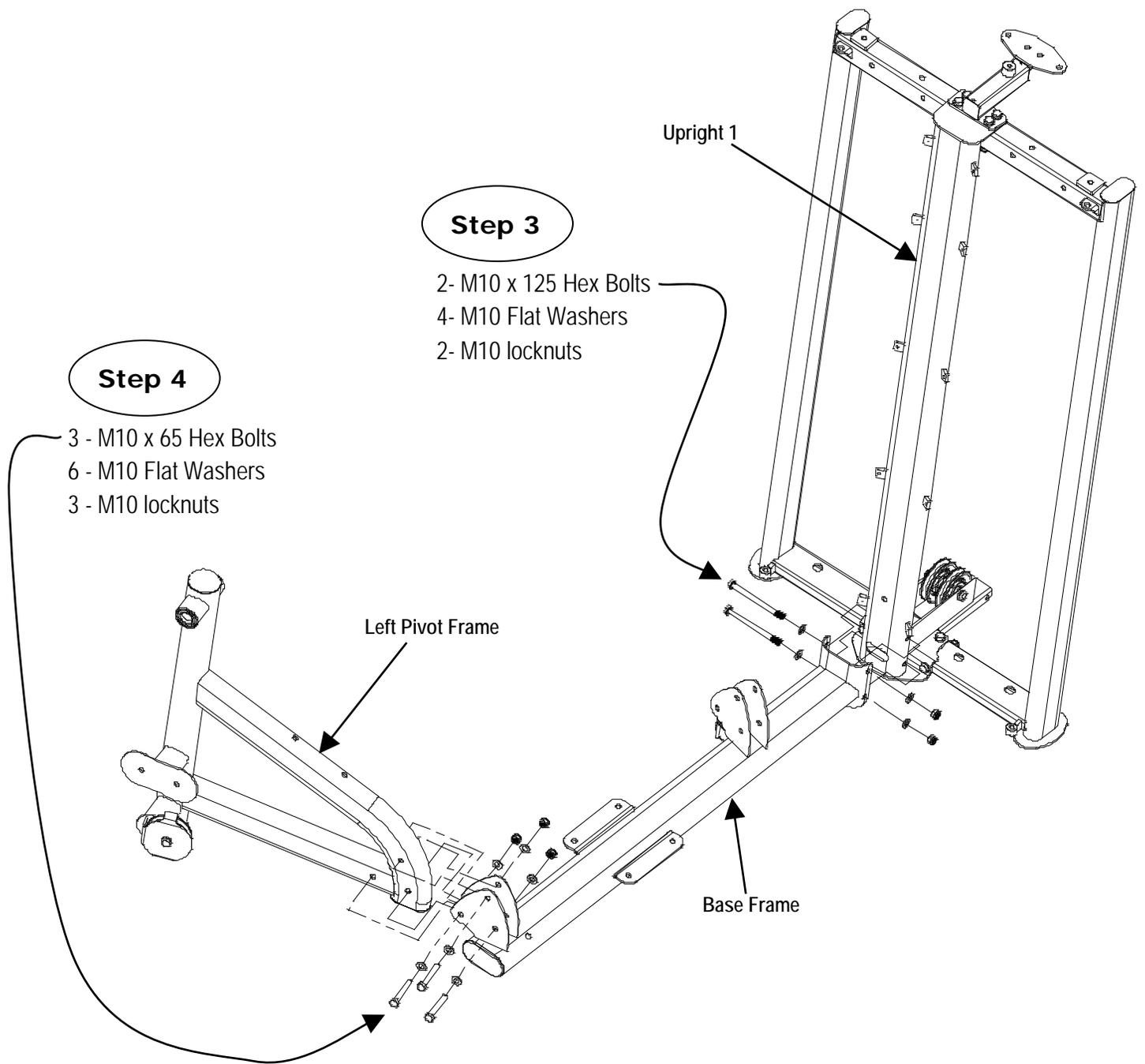
**NOTE: Wrench Tighten Now.**

- 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 Base Frame to Upright 1 using:

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

**NOTE: Finger Tighten Only.**

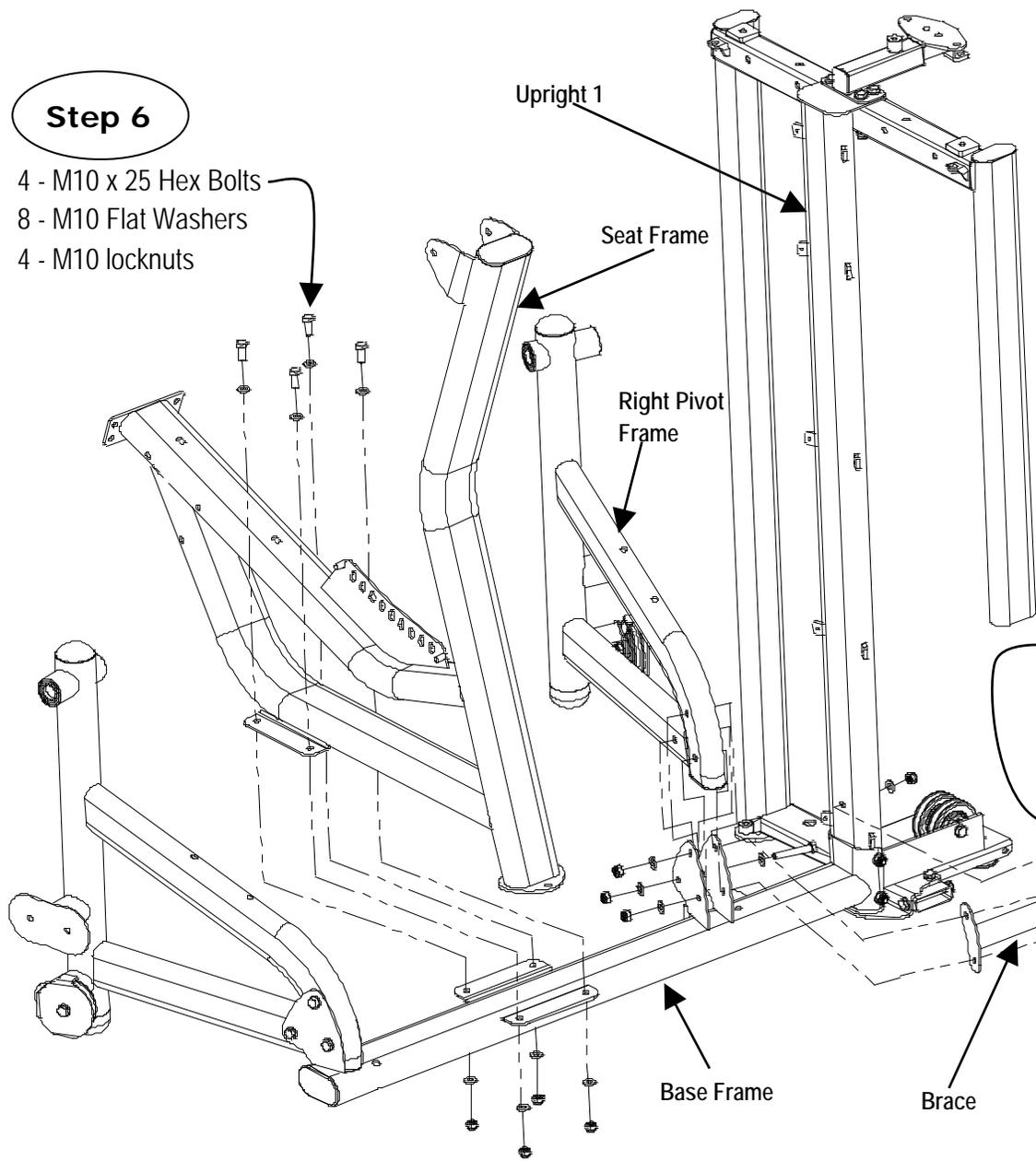
Step 4: Attach the Left Pivot Frame to the Base Frame using:

- 3 - M10 x 65 Hex Bolts**
- 6 - M10 Flat Washers**
- 3 - M10 Locknuts**

**NOTE: Finger Tighten Only.**

**Step 6**

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



**Step 5**

- 3 - M10 x 65 Hex Bolts
- 1 - M10 x 70 Hex Bolts
- 8 - M10 Flat Washers
- 4 - M10 locknuts

Step 5: Attach the Right Pivot Frame to Base Frame and Brace to Upright 1 using:

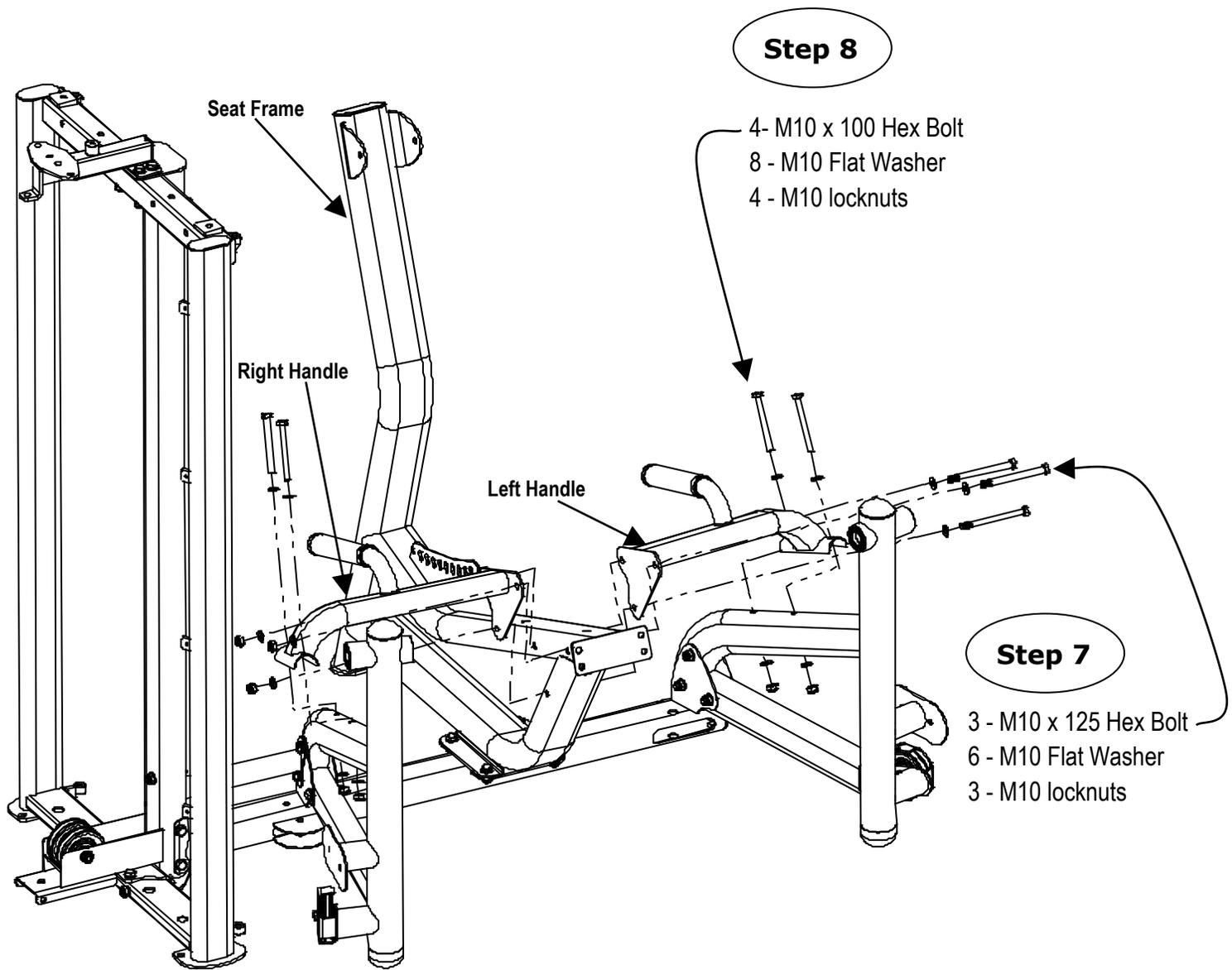
- 3 - M10 x 65 Hex Bolts
- 1 - M10 x 70 Hex Bolts
- 8 - M10 Flat Washers
- 4 - M10 Locknuts

**NOTE: Finger Tighten Only.**

Step 6: Attach Seat Frame to Base Frame using:

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

**NOTE: Finger Tighten Only.**



Step 7: Attach Left Handle and Right Handle to Seat Frame using:

- 3 - M10 x 125 Hex Bolts**
- 6 - M10 Flat Washers**
- 3 - M10 Locknuts**

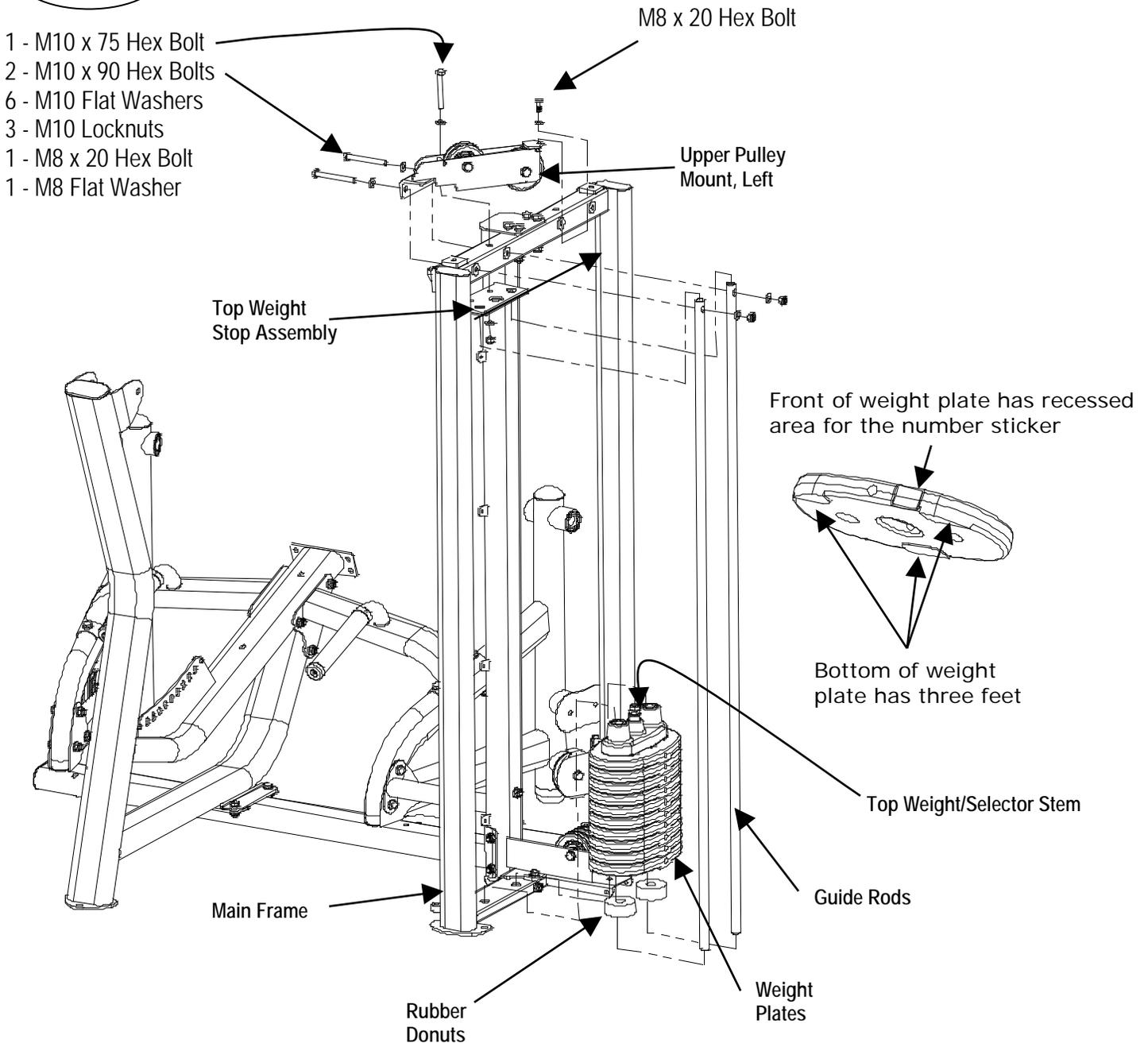
**NOTE: Finger Tighten Only.**

Step 8: Attach Left Handle and Right Handle to Seat Frame using:

- 4 - M10 x 100 Hex Bolts**
- 8 - M10 Flat Washers**
- 4 - M10 Locknuts**

**NOTE: Wrench Tighten Steps 2 – 8 Now.**

## Step 9

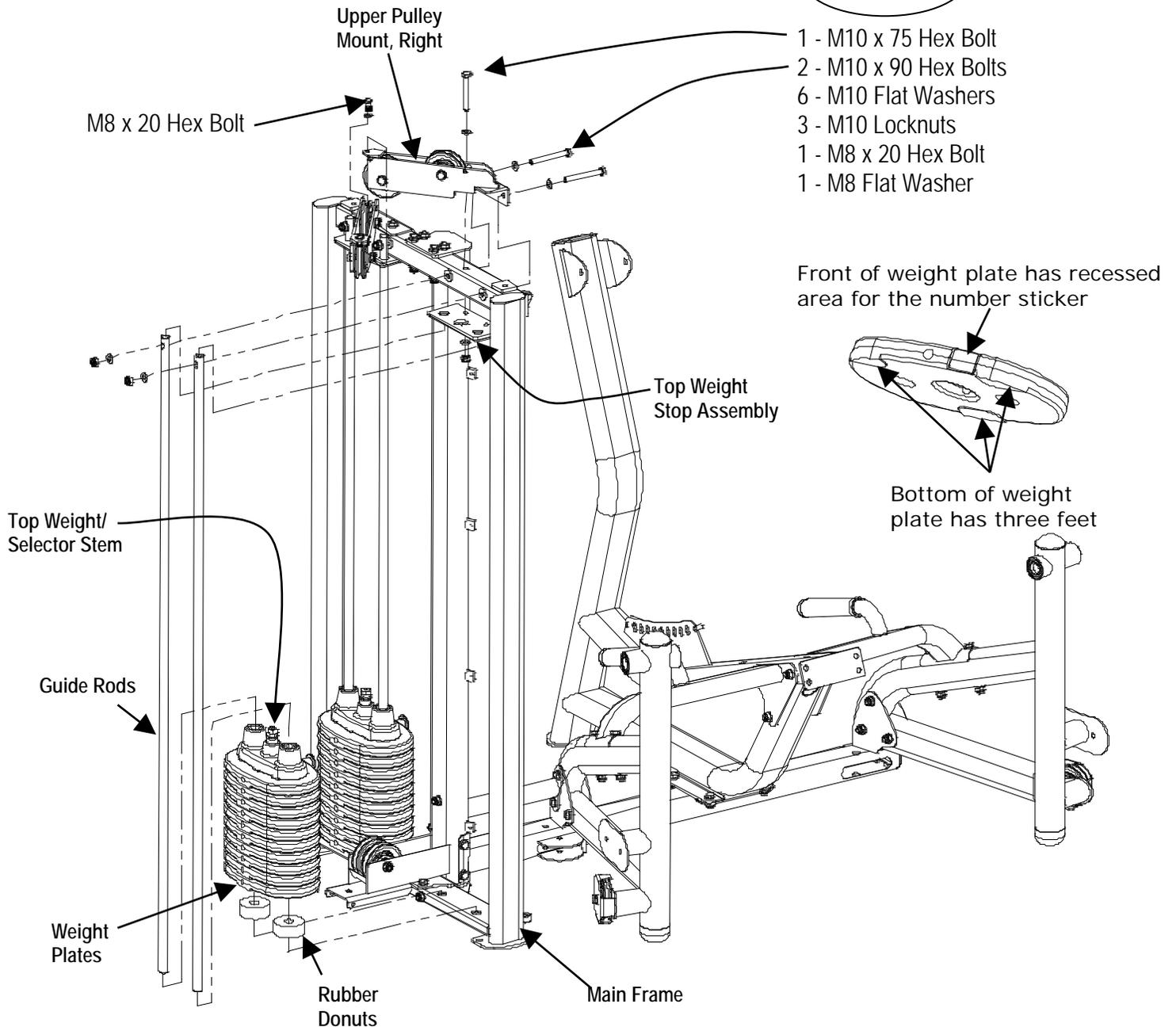


Step 9: Insert two Guide Rods into the holes in the bottom tube of the Main Frame. Carefully tilt the Guide Rods back away from the machine. Slide one Rubber Donut into each guide Rod. Slide ten Weight Plates onto the Guide Rods. Make sure the recessed area on the front of the weight plate is facing 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:

**NOTE: Finger Tighten Only.**

- 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**

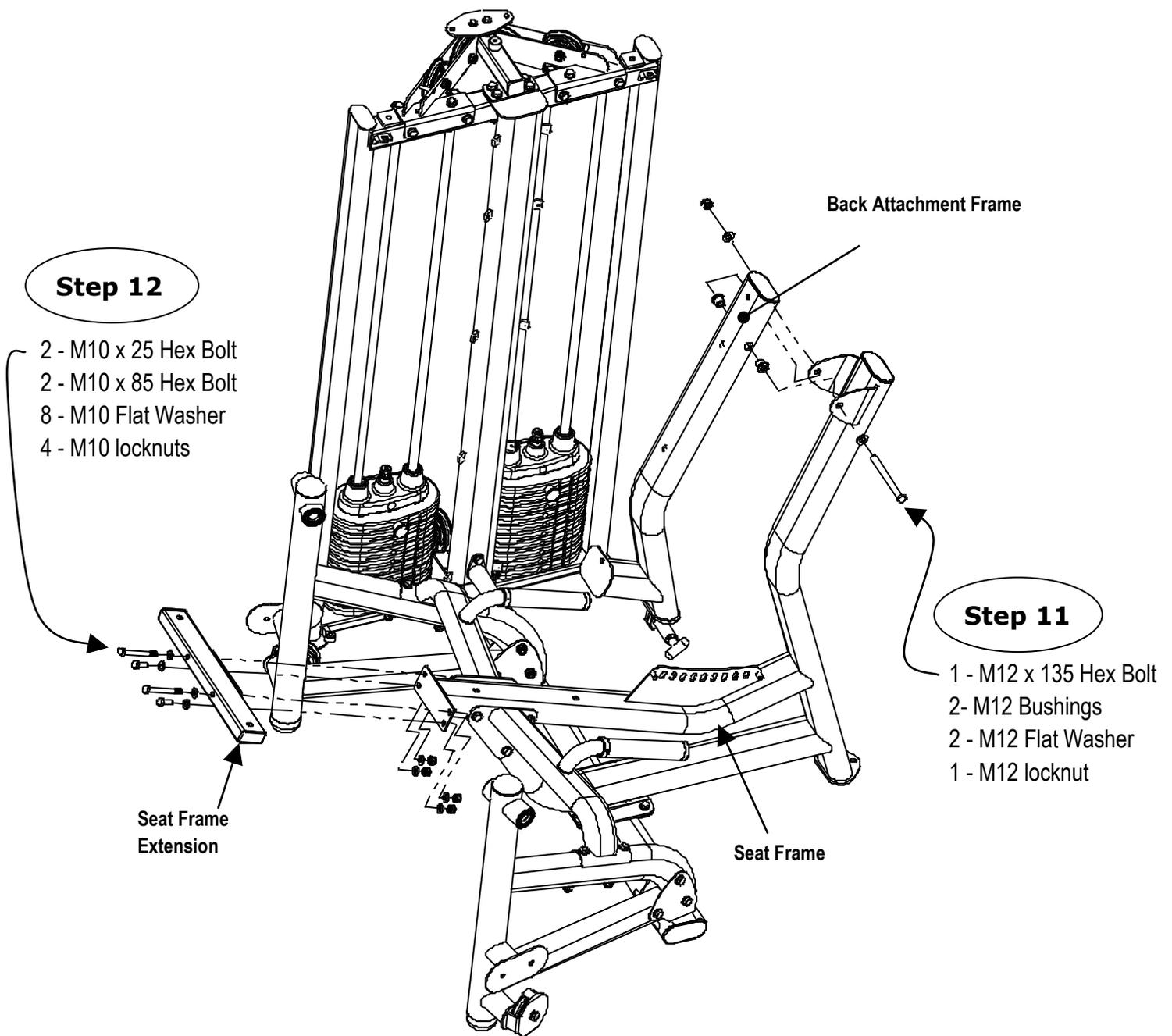
## Step 10



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 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 Right Upper Pulley Mount, Top Weight Stop Assembly, and Guide Rods to the Main Frame Using:

**NOTE: Finger Tighten Only.**

- 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**



Step 11: Attach Back Adjustment Frame to Seat Frame using:

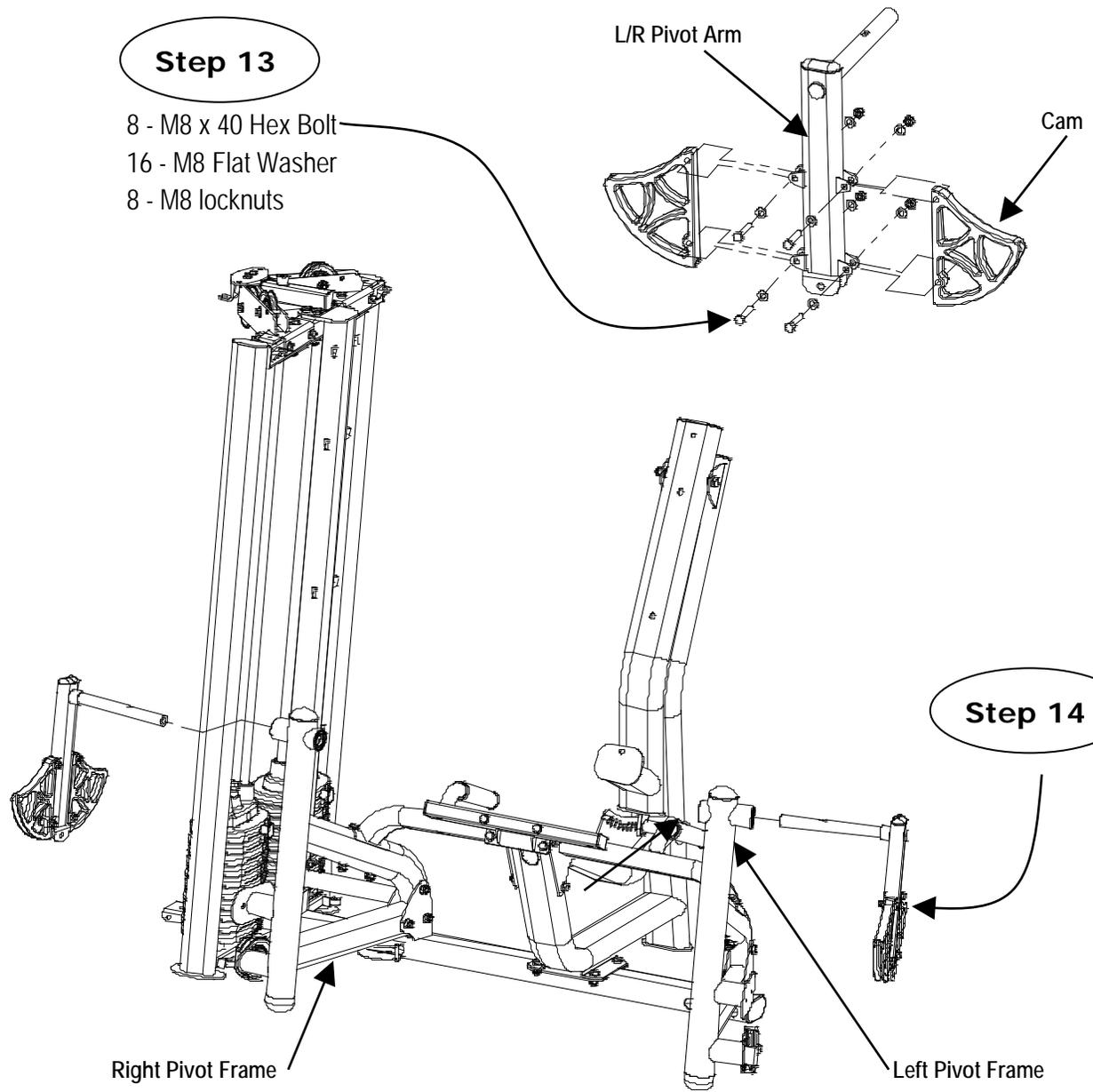
- 1 - M12 x 135 Hex Bolts**
- 2 - M12 Bushing**
- 2 - M12 Flat Washers**
- 1 - M12 Locknuts**

**NOTE: Wrench Tighten Now.**

Step 12: Attach Seat Frame Extension to Seat Frame using:

- 2 - M10 x 25 Hex Bolts**
- 2 - M10 x 85 Hex Bolts**
- 8 - M10 Flat Washers**
- 4 - M10 Locknuts**

**NOTE: Wrench Tighten Now.**



**Step 13**

- 8 - M8 x 40 Hex Bolt
- 16 - M8 Flat Washer
- 8 - M8 locknuts

L/R Pivot Arm

Cam

Right Pivot Frame

**Step 14**

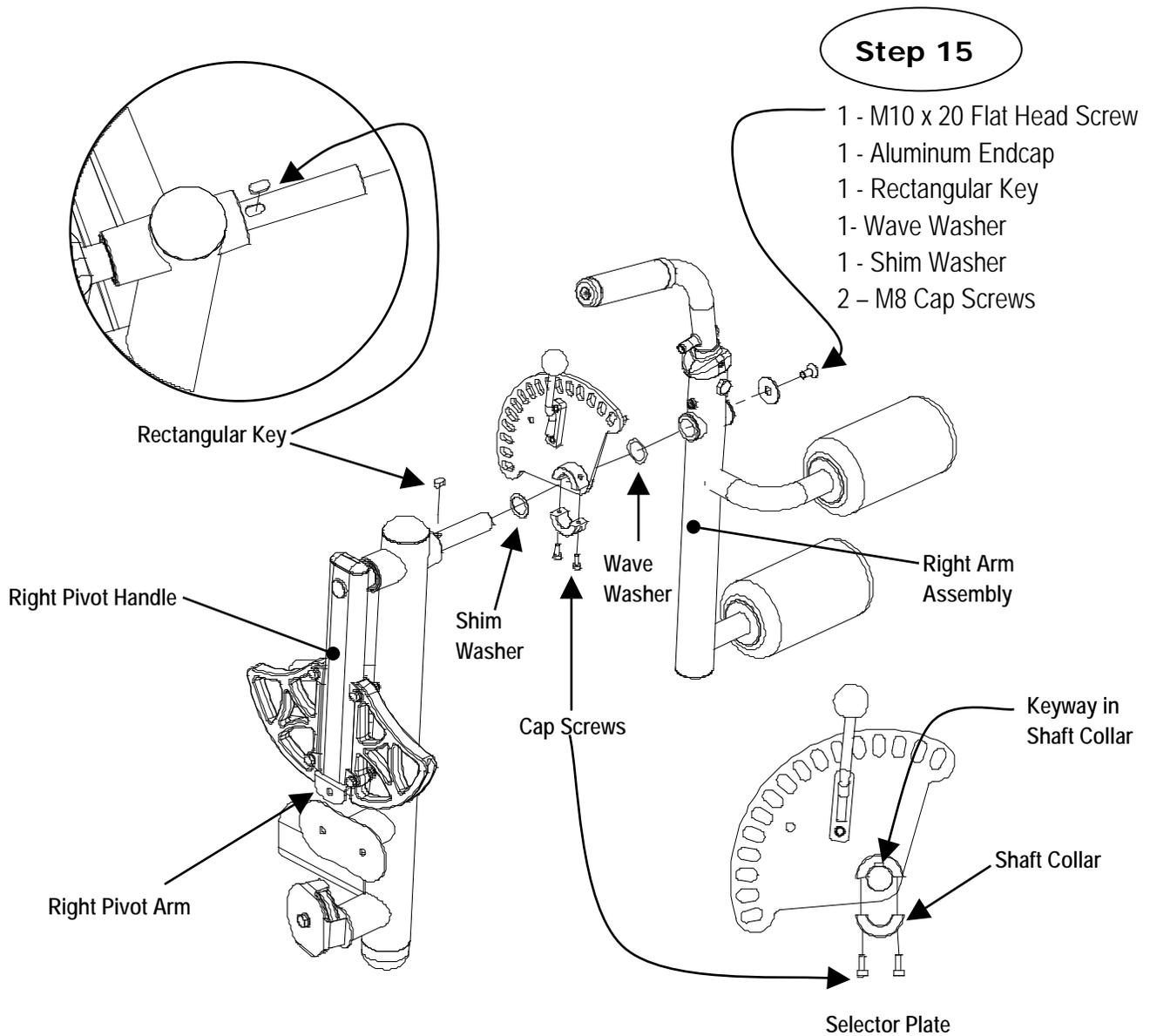
Left Pivot Frame

Step 13: Attach Cams to Both Left and Right Pivot Arm using:

- 8 – M8 x 40 Hex Bolts
- 16 – M8 Flat Washers
- 8 – M8 Locknuts

**NOTE: Wrench Tighten Now.**

Step 14: Attach Left Pivot Arm to Left Pivot Frame and Right Pivot Arm to Right Pivot Frame.



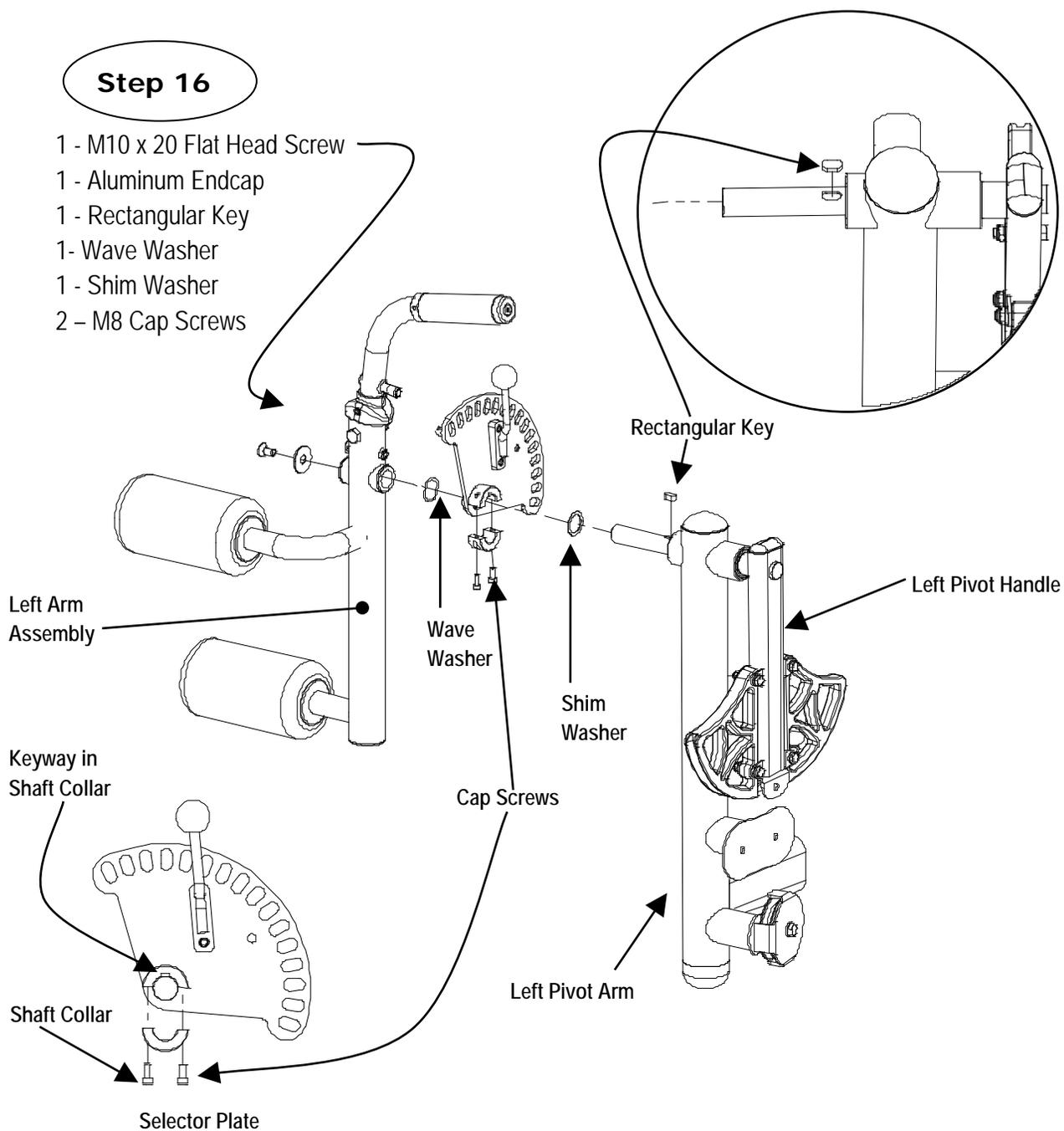
Step 15: First, slide the Shim Washer onto the shaft against the bearing, then insert the Rectangular Key into the slot in the Shaft as shown. Loosen the Cap Screws on the Shaft Collar so that the Selector Plate can slide over the Shaft of the Right Pivot Arm. Align the keyway in the Shaft Collar with the rectangular key and push the Selector Plate against the Shim Washer. Slide Wave Washer onto Shaft, then the Right Arm Assembly. Attach the Aluminum Endcap to the shaft with the M10 x 20 Flat Head Screw. Finally, reattach the bottom half of the Shaft Collar with the M6 Cap Screws. Tighten both screws evenly and tightly. There will be a small gap between the two halves of the Shaft Collar when fully tightened.

- 1 - M10 x 20 Flat Head Screw**
- 1 - Aluminum Endcap**
- 1 - Rectangular Key**
- 1 - Wave Washer**
- 1 - Shim Washer**
- 2 - M8 Cap Screws**

**NOTE: Wrench Tighten Now.**

## Step 16

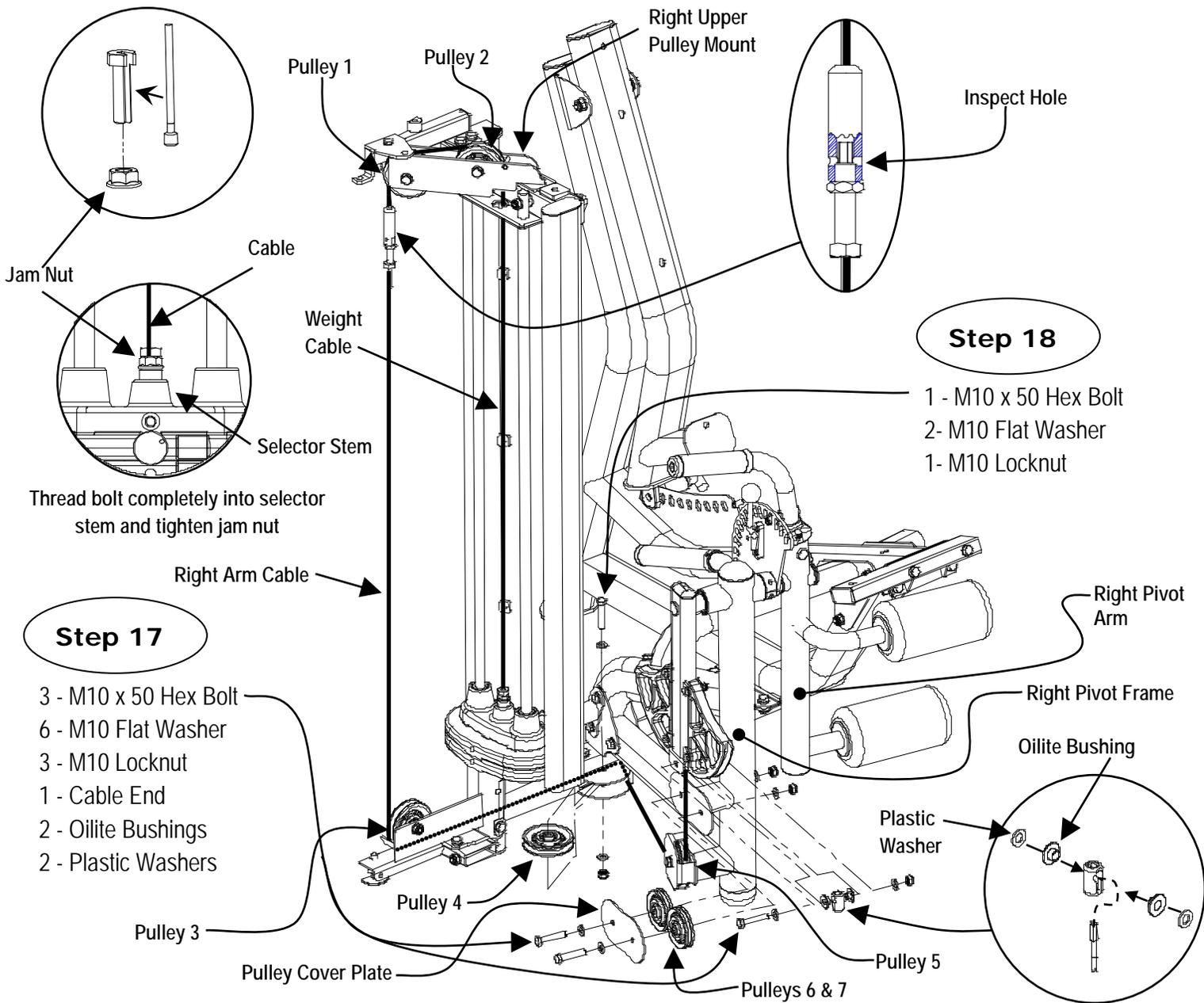
- 1 - M10 x 20 Flat Head Screw
- 1 - Aluminum Endcap
- 1 - Rectangular Key
- 1 - Wave Washer
- 1 - Shim Washer
- 2 - M8 Cap Screws



Step 16: First, slide the Shim Washer onto the shaft against the bearing, then insert the Rectangular Key into the slot in the Shaft as shown. Loosen the Cap Screws on the Shaft Collar so that the Selector Plate can slide over the Shaft of the Left Pivot Arm. Align the keyway in the Shaft Collar with the rectangular key and push the Selector Plate against the Shim Washer. Slide Wave Washer onto Shaft, then the Left Arm Assembly. Attach the Aluminum Endcap to the shaft with the M10 x 20 Flat Head Screw. Finally, reattach the bottom half of the Shaft Collar with the M6 Cap Screws. Tighten both screws evenly and tightly. There will be a small gap between the two halves of the Shaft Collar when fully tightened.

- 1 - M10 x 20 Flat Head Screw
- 1 - Aluminum Endcap
- 1 - Rectangular Key
- 1 - Wave Washers
- 1 - Shim Washer
- 2 - M8 Cap Screws

**NOTE: Wrench Tighten Now.**



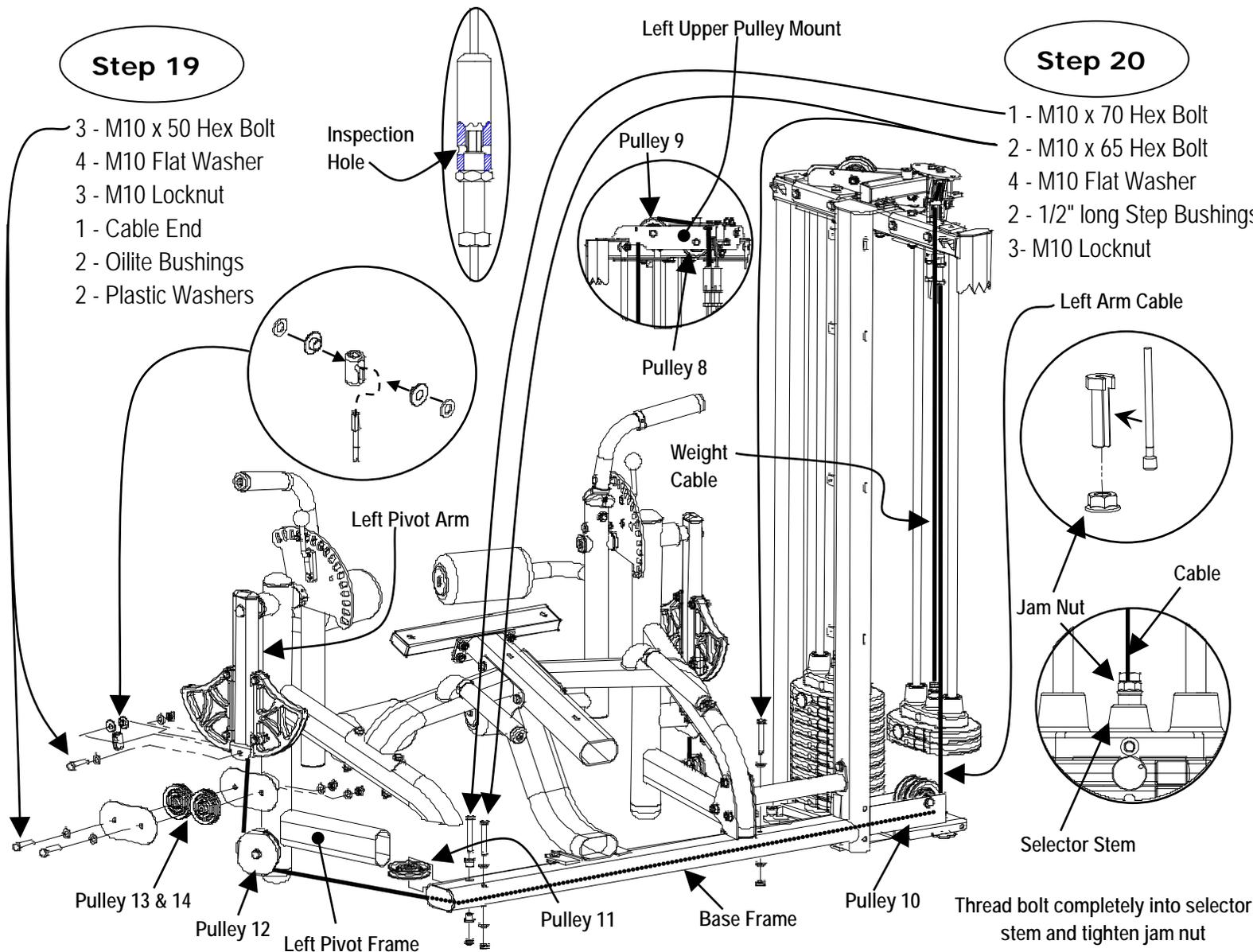
Step 17: Route end of Weight Stack Cable up and over Pulley 1, then over and down Pulley 2. Attach the Slotted Cable Bolt to the end of the cable, screw on Jam Nut, and thread the Cable Bolt completely into the Selector Stem. **Fully tighten the Jam Nut now.** Next, thread the Right Arm Cable Bolt with Jam Nut into the Cable Connector five turns so you can see the bolt through the inspect holes in the Cable Connector. **Fully tighten the Jam Nut now.** Route Cable down under Pulley 3, through the Base Frame to the first opening in the tube. Carefully pull the cable out of the Base tube towards Pulley 5. Feed the Cable around Pulley 5 and attached the Cable End, Oilite Step Bushings, Plastic Washers to Right Pivot Arm using one M10 x 50 Hex bolt, two M10 Flat Washers, and one M10 Locknut. Be sure the Cable is in the Pulley groove between the Pulley 5 and the cable retainer tab on the bottom of the bracket. Attach the Special Pulleys 6 & 7 and Pulley Cover Plate to the Right Pivot Frame using two M10 x 50 Hex Bolts, four M10 Flat Washers, and two M10 Locknuts.

**Note: Be sure the Cable is in-between the grooves of the two Special Pulleys 6 & 7.**

- |                       |                 |                     |
|-----------------------|-----------------|---------------------|
| 3 - M10 x 50 Hex Bolt | 3 - M10 Locknut | 2 - Oilite Bushings |
| 6 - M10 Flat Washers  | 1 - Cable End   | 2 - Plastic Washers |

Step 18: Install Pulley 4 into Base Frame using:

- |                       |                      |                  |
|-----------------------|----------------------|------------------|
| 1 - M10 x 50 Hex Bolt | 2 - M10 Flat Washers | 1 - M10 Locknut. |
|-----------------------|----------------------|------------------|



**Step 19**

- 3 - M10 x 50 Hex Bolt
- 4 - M10 Flat Washer
- 3 - M10 Locknut
- 1 - Cable End
- 2 - Oilite Bushings
- 2 - Plastic Washers

**Step 20**

- 1 - M10 x 70 Hex Bolt
- 2 - M10 x 65 Hex Bolt
- 4 - M10 Flat Washer
- 2 - 1/2" long Step Bushings
- 3 - M10 Locknut

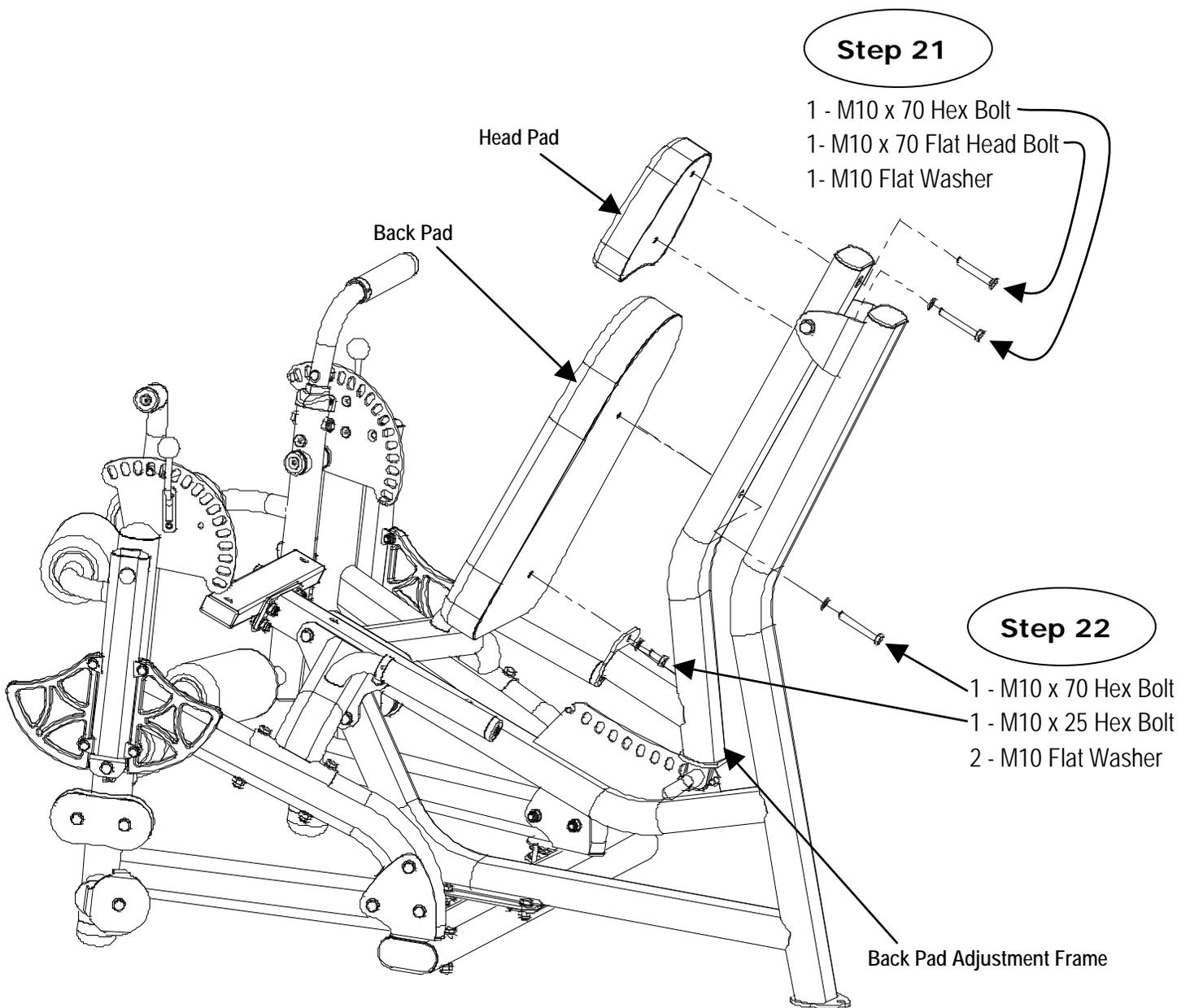
Step 19: Route end of Weight Stack Cable up and over Pulley 8, then over and down Pulley 9. Attach the Slotted Cable Bolt to the end of the cable, screw on Jam Nut, and thread the Cable Bolt completely into the Selector Stem. **Fully tighten the Jam Nut now.** Next, thread the Left Arm Cable Bolt with Jam Nut into the Cable Connector five turns so you can see the bolt through the inspect holes in the Cable Connector. **Fully tighten the Jam Nut now.** Route Cable down under Pulley 10, through the Base Frame to the first opening in the tube. Carefully pull the cable out of the Base Frame towards Pulley 12. Feed the Cable around Pulley 12 and attached the Cable End, Oilite Step Bushings, Plastic Washers to Left Pivot Arm using one M10 x 50 Hex bolt, two M10 Flat Washers, and one M10 Locknut. Be sure the Cable is in the Pulley groove between the Pulley 12 and the cable retainer tab on the bottom of the bracket. Attach the Special Pulleys 13 & 14 and Pulley Cover Plate to the Left Pivot Frame using two M10 x 50 Hex Bolts, four M10 Flat Washers, and two M10 Locknuts.

**Note: Be sure the Cable is in-between the grooves of the two Special Pulleys 13 & 14.**

- |                       |                 |                     |
|-----------------------|-----------------|---------------------|
| 3 - M10 x 50 Hex Bolt | 3 - M10 Locknut | 2 - Oilite Bushings |
| 6 - M10 Flat Washers  | 1 - Cable End   | 2 - Plastic Washers |

Step 20: Install Pulley 11 in Base Frame and Cable Retainer Bolts to Base Frame using:

- |                             |                       |                     |
|-----------------------------|-----------------------|---------------------|
| 1 - M10 x 70 Hex Bolt       | 2 - M10 x 65 Hex Bolt | 4 - M10 Flat Washer |
| 2 - 1/2" long Step Bushings | 3 - M10 Locknut       |                     |



**Step 21**

- 1 - M10 x 70 Hex Bolt
- 1 - M10 x 70 Flat Head Bolt
- 1 - M10 Flat Washer

**Step 22**

- 1 - M10 x 70 Hex Bolt
- 1 - M10 x 25 Hex Bolt
- 2 - M10 Flat Washer

Step 21: Attach Head pad to Back pad Adjustment Frame using:

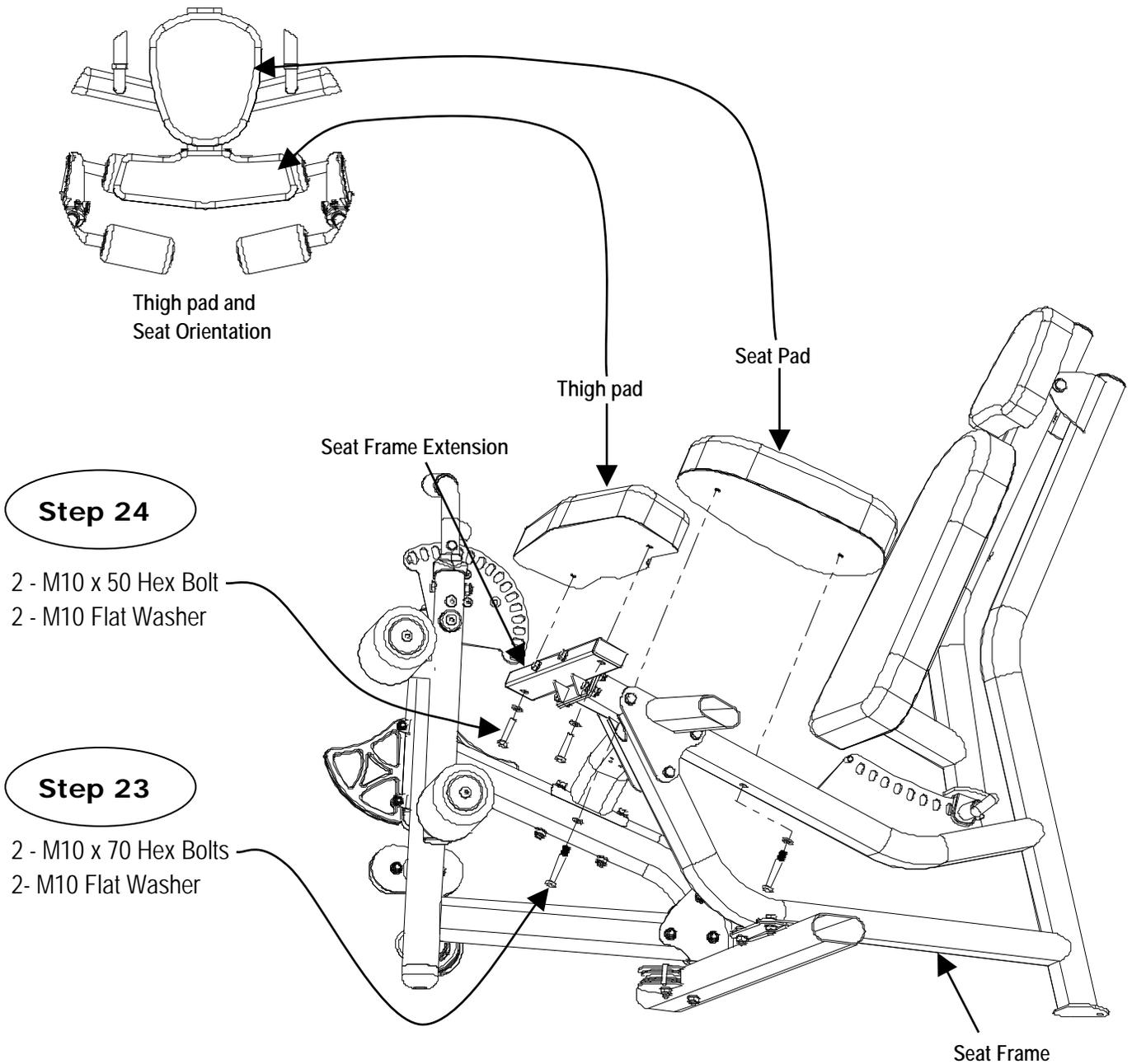
- 1 - M10 x 70 Hex Bolt**
- 1 - M10 x 70 Flat Head Bolt**
- 1 - M10 Flat Washer**

**NOTE: Wrench Tighten Now.**

Step 22: Attach Back pad to Back pad Adjustment Frame using:

- 1 - M10 x 70 Hex Bolt**
- 1 - M10 x 25 Hex Bolt**
- 2 - M10 Flat Washer**

**NOTE: Wrench Tighten Now.**



Step 23: Attach Seat pad to Seat Frame using:

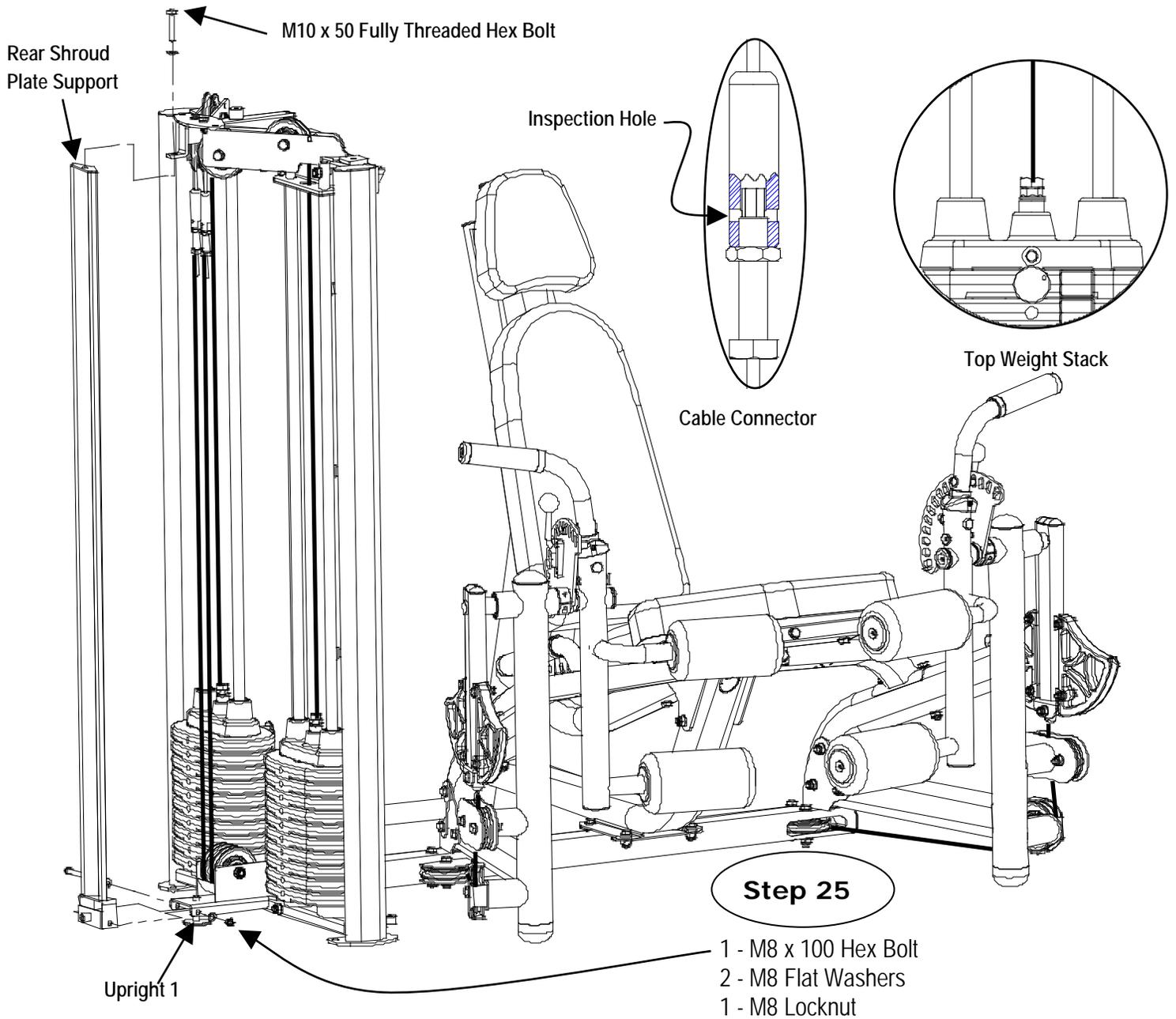
- 2 - M10 x 70 Hex Bolt**
- 2 - M10 Flat Washer**

**NOTE: Wrench Tighten Now.**

Step 24: Attach Thigh pad to Seat Frame Extension using:

- 2 - M10 x 50 Hex Bolt**
- 2 - M10 Flat Washer**

**NOTE: Wrench Tighten Now.**



Step 25: Attach the Rear Shroud Plate Support to Upright 1 using:

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

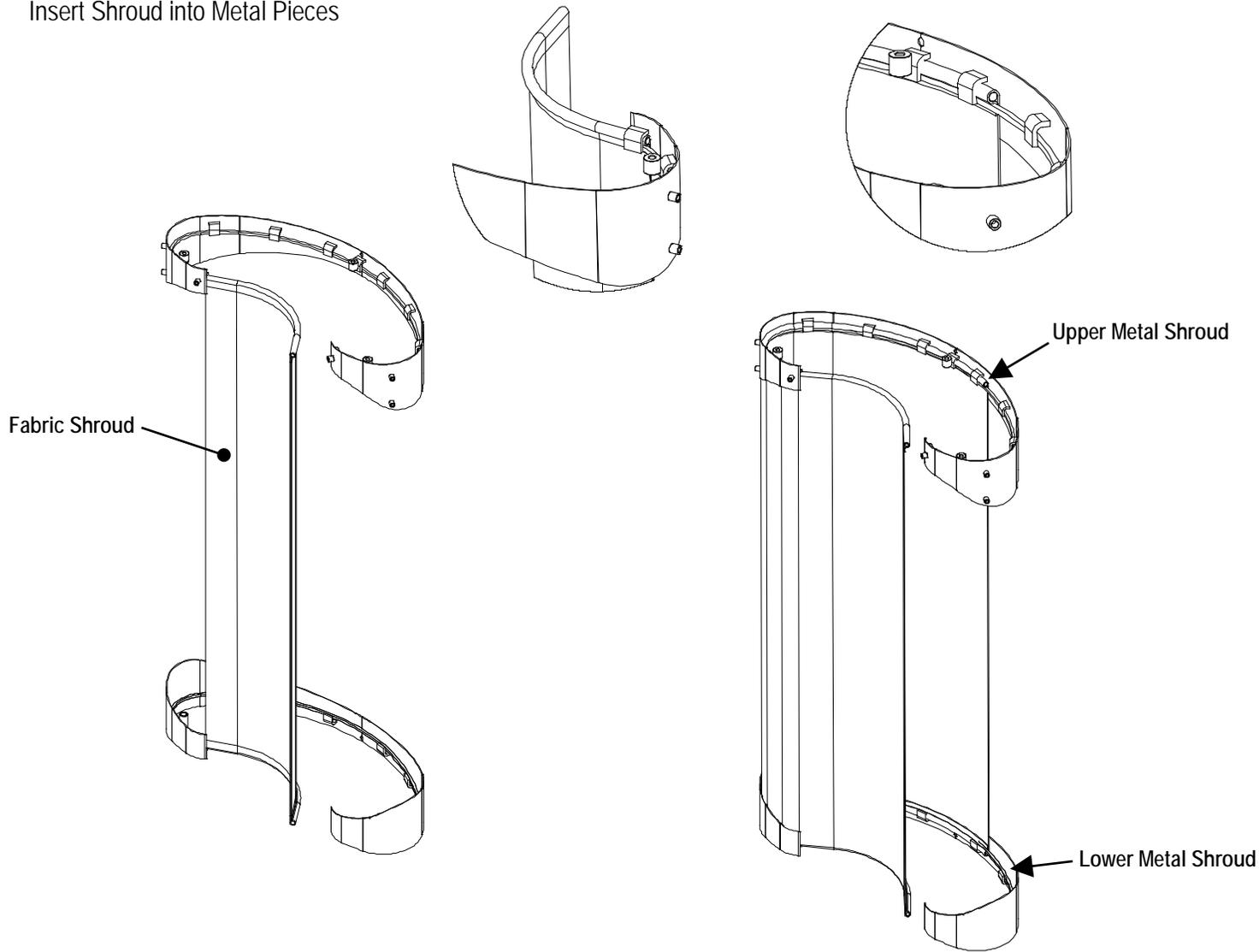
**NOTE: Wrench Tighten Now. Insert a M10 x 50 Fully Threaded Hex Bolt into top of Rear Shroud Plate Support to keep plate in place.**

Step 26: 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 leg press. Perform a leg extension and hold the first repetition with legs fully extended. Now, lightly bounce the weight up and down for about 5 seconds. This will seat the cables into the pulleys and prepare the gym for Step 27.

Step 27: Eliminate cable slack by adjusting Hex Bolt on the Top Weight Stack first and then the Cable connector. Wrench Tighten Jam Nut.

**Step 28**

Insert Shroud into Metal Pieces



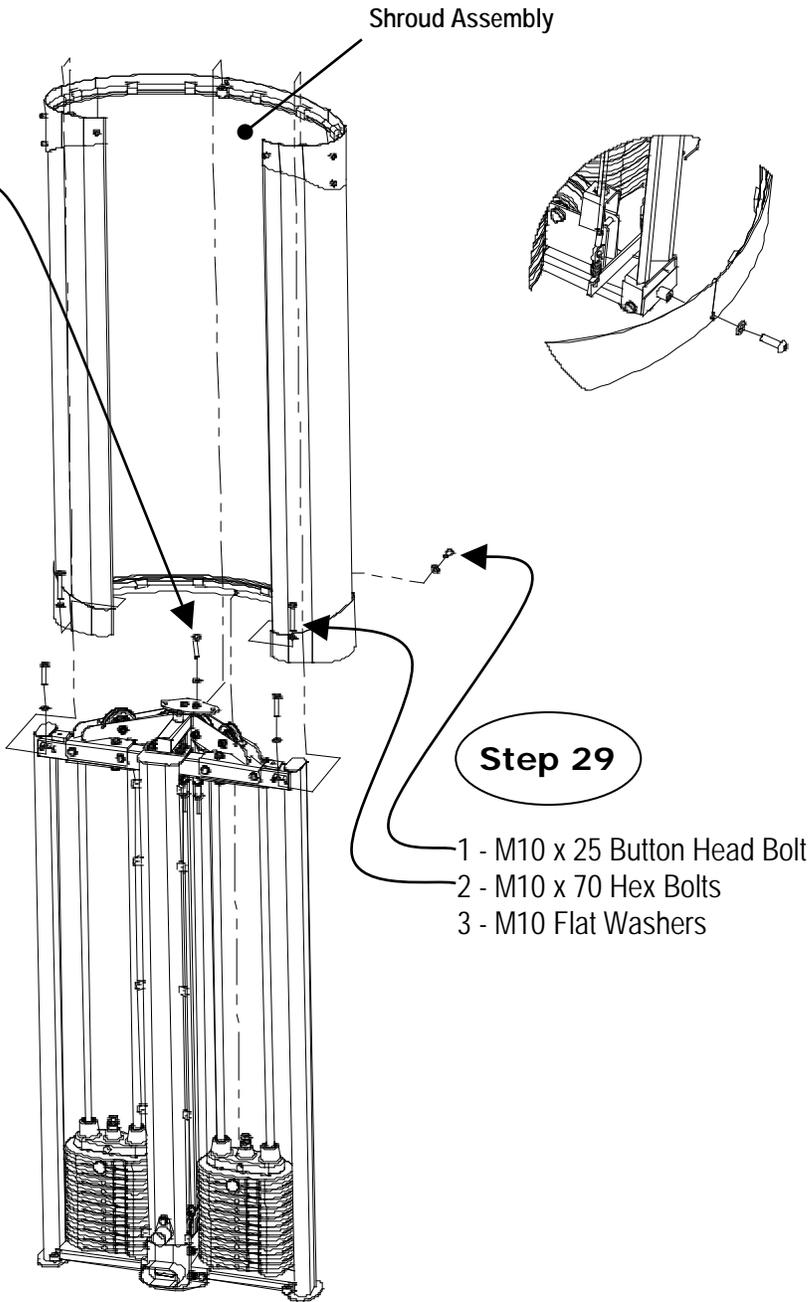
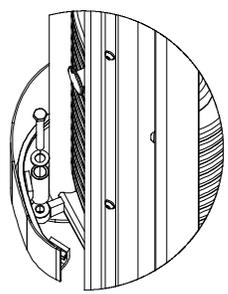
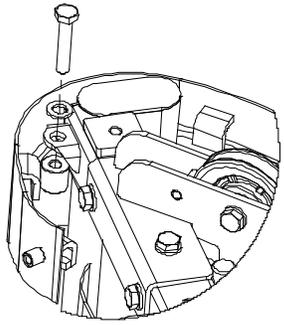
Step 28: To install Fabric Shroud, start from one end of the Lower Metal Shroud and insert the Fabric Shroud inwards as shown. Make sure to have the same orientation as shown or else the fabric shroud will be installed backwards. Continue to pull the Fabric Shroud along the inside of the Lower Metal 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 30**

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



**Step 29**

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

Step 29: 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**

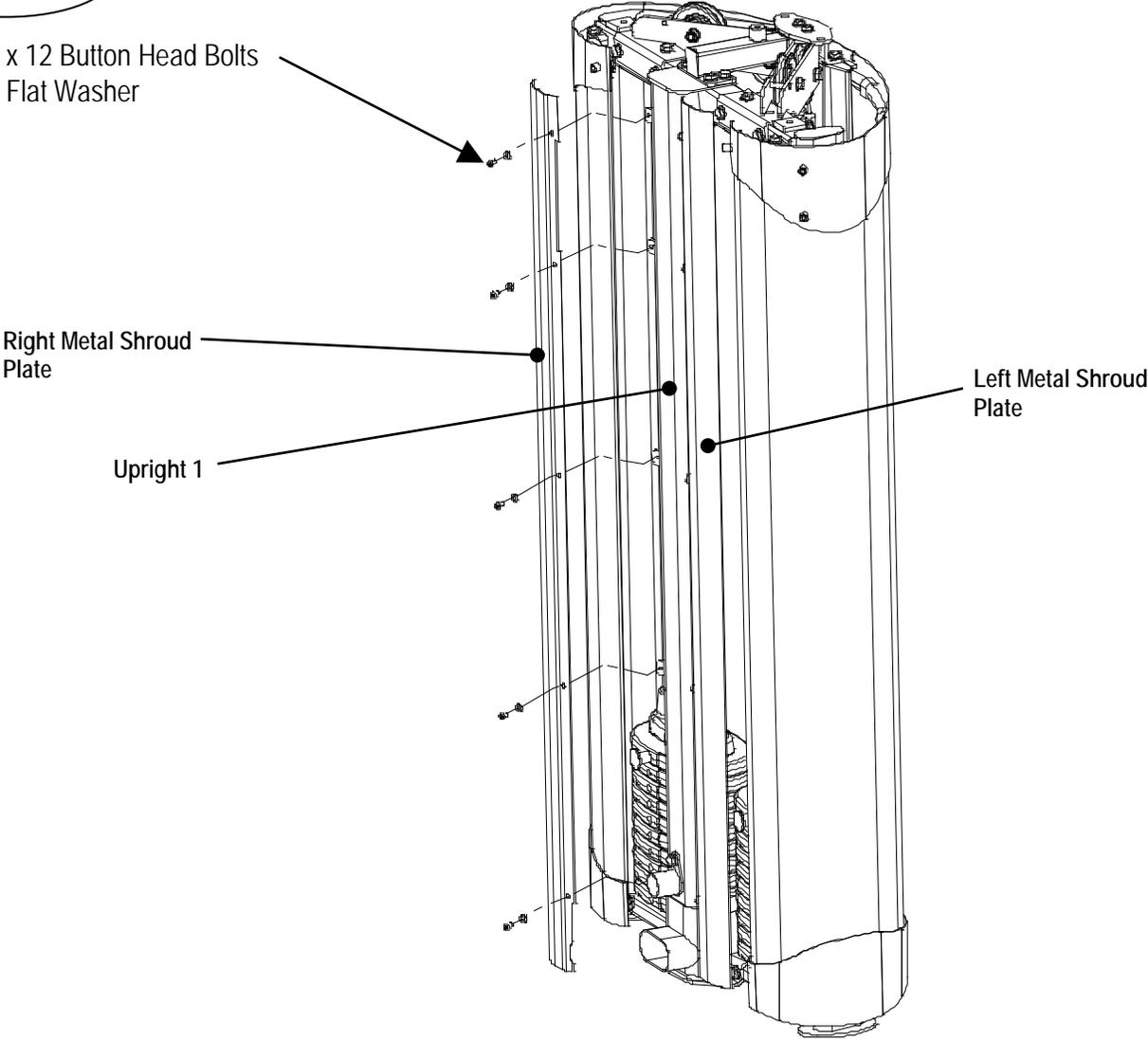
Step 30: Attach the Upper Metal Shroud to the Guide Cable Support and Main Frame using:

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

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

**Step 31**

10 - M6 x 12 Button Head Bolts  
10 - M6 Flat Washer



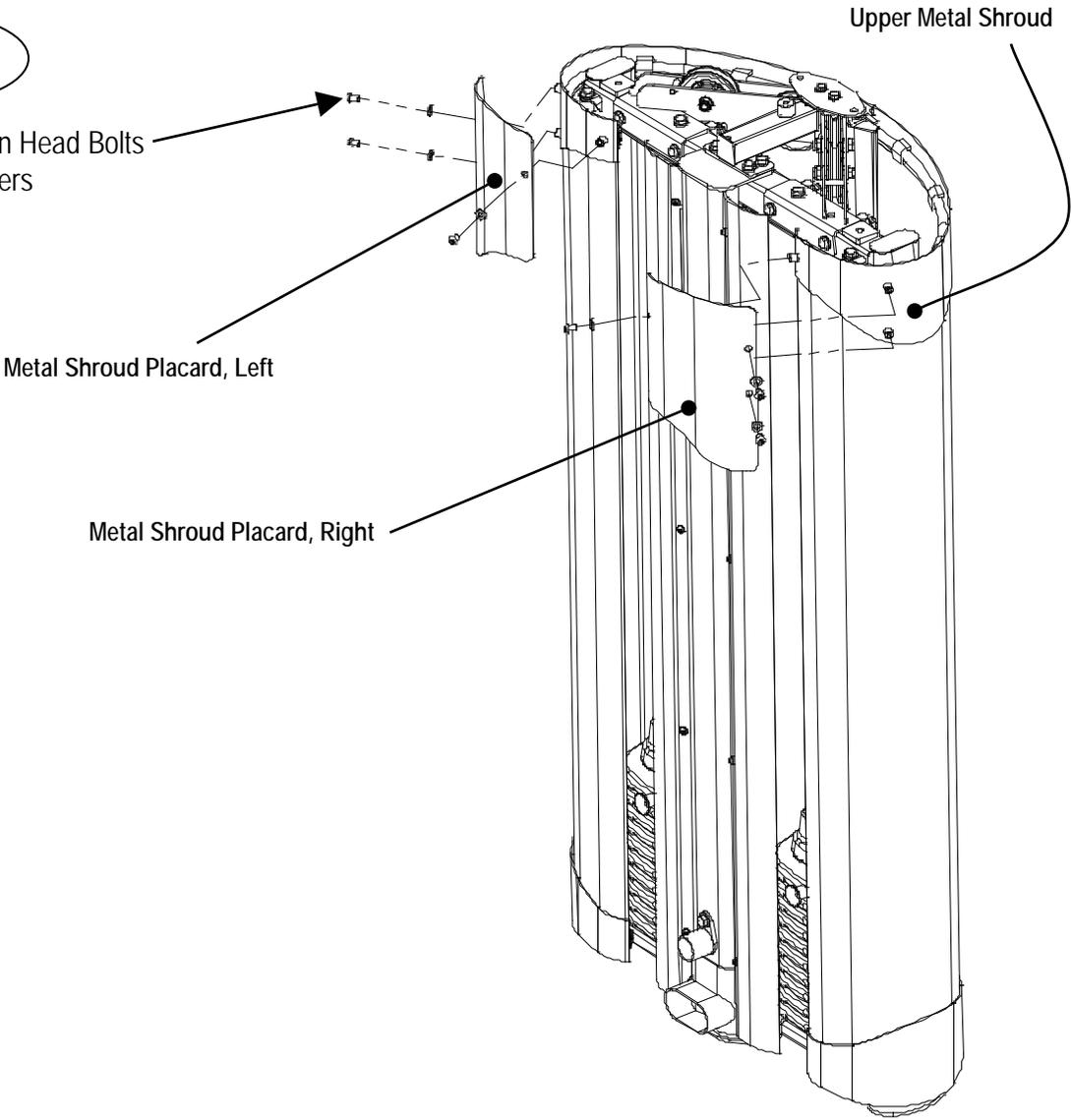
Step 31: Attach Right and Left Metal Shroud Plates to Upright 1 using:

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

**NOTE: Wrench Tighten Now.**

**Step 32**

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



Step 32: Attach the Metal Shroud Placard to the Upper Metal Shroud using:

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

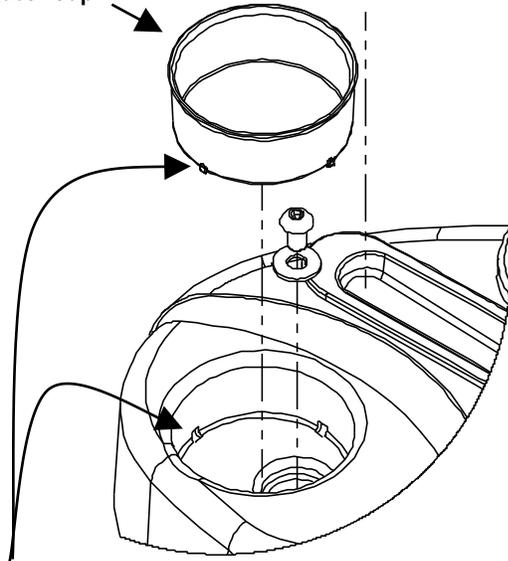
**NOTE: Wrench Tighten Now.**

### Step 33

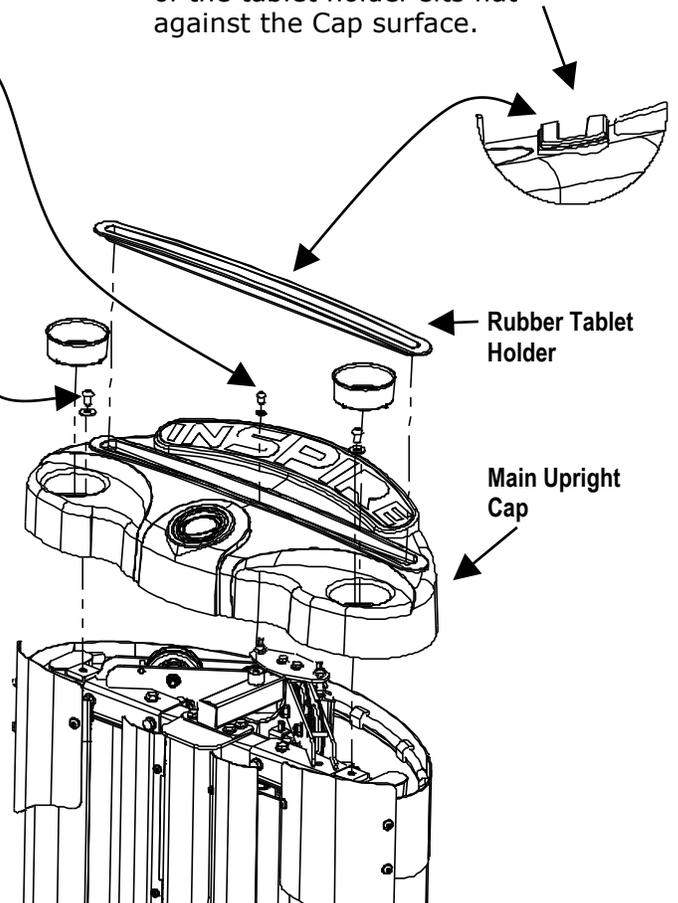
- 1 - M8 x 12 Button Head Bolt
- 1 - M8 Flat Washer
- 2 - M10 x 25 Button Head Bolts
- 2 - M10 Large OD Flat Washers

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

Rubber Cup



Align the four tabs on the bottom of the rubber cup with the notches in the bottom of the pocket.



Step 33: Attach the Main Upright Cap to the Main Frame using:

- 2 - M10 x 25 Button Head Bolts
- 2 - M10 Large OD Flat Washers
- 1 - M8 x 12 Button head Bolts
- 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 Main Upright Cap and insert the Rubber Cups into the pockets.

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

8,870,718.  
 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.

⚠ 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.



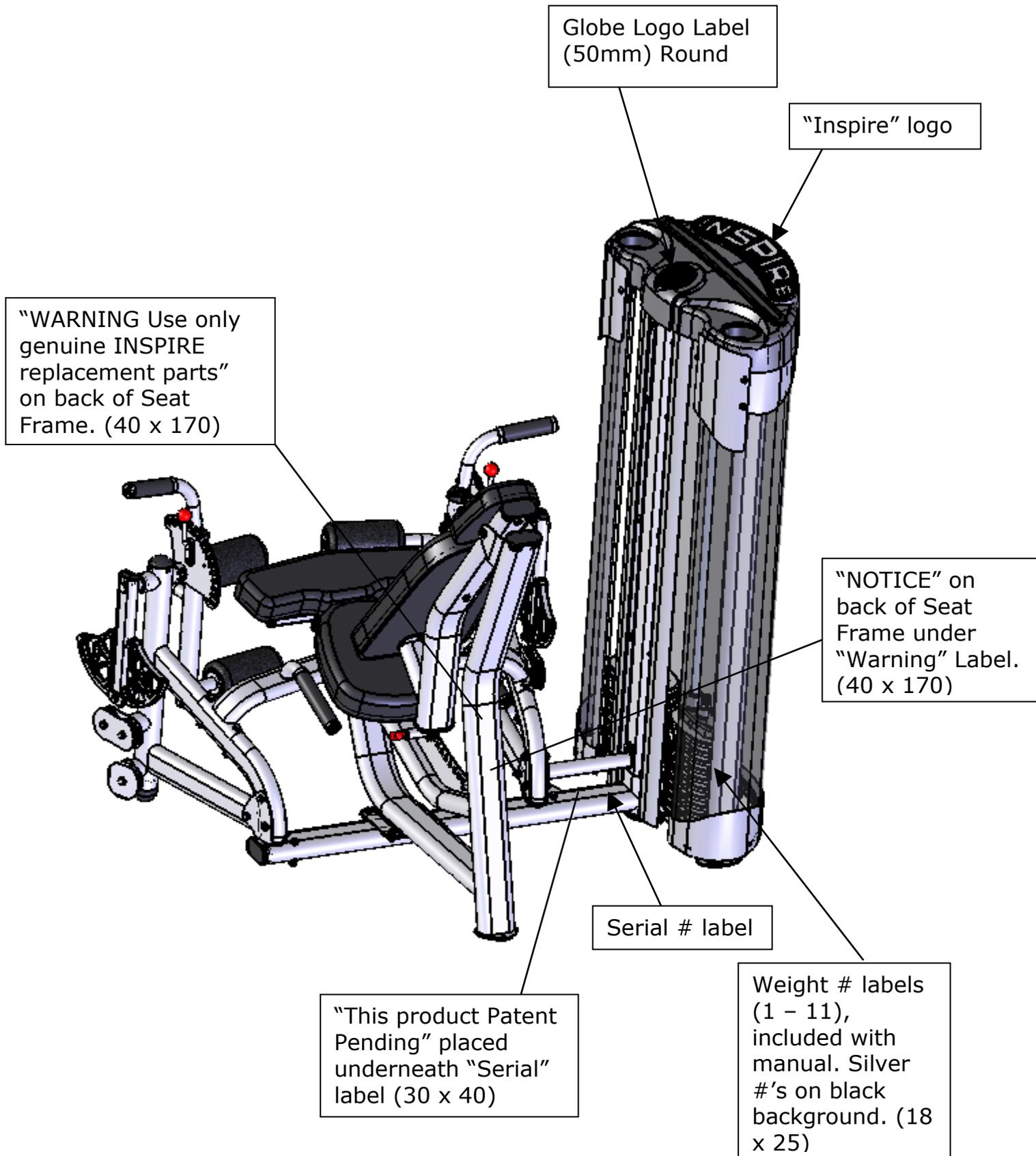
## DECAL REFERENCE



LEG EXTENSION/ CURL		
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



# 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.