



Model #FTE

USER MANUAL

FTE

**FUNCTIONAL
TRAINER**



Record Serial Number Here

Health in Motion LLC
Ver. 02182021

CONGRATULATIONS

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

BEFORE ASSEMBLING YOUR HOME GYM

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

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the retailer of this multi-gym for replacement parts. Or, call Inspire at 877-738-1729.

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

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

Service of your multi-gym should only be performed by an authorized Inspire retailer. Service performed by anyone else can result in loss of warranty. **Support is provided in English and Spanish.** If you need help finding an authorized retailer, please contact us directly:



Email

service@inspirefitness.com



Phone

877-738-1729

Mon-Fri 8am-5pm PST



Chat

www.inspirefitness.com

REGISTER WARRANTY ONLINE

To register your product for warranty, visit **inspirefitness.com/support**.

TABLE OF CONTENTS

IMPORTANT SAFETY NOTICE PRECAUTIONS.....	4
TOOLS REQUIRED FOR ASSEMBLY.....	4
PARTS & HARDWARE LIST.....	5
EXPLODED DIAGRAM.....	9
ASSEMBLY INSTRUCTIONS.....	10
DECAL PLACEMENT.....	17
GENERAL MAINTENANCE INFORMATION.....	18
MAINTENANCE SCHEDULE.....	18
LIMITED WARRANTY.....	19

IMPORTANT SAFETY NOTICE PRECAUTIONS

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

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

TOOLS REQUIRED FOR ASSEMBLY

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

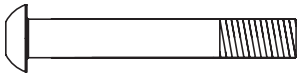
PARTS & HARDWARE LIST

No.	Description	Part Number	Qty.
1	Right Station Assembly	GM692200181PZ	1
2	Left Station Assembly	GM692200182PZ	1
3	Upper Frame Assembly	GM692220002PZ18	1
4	Lower Cross Brace	GM690260001PZ18	1
5	Upper Cross Brace	GM692260018PZ	1
6	Guide Rod Bracket&Ring Cap	GM692381001PT0105	2
7	Guide Rod	GM692381002WX	4
8	U-shaped Pulley Bracket	GM692500002PT0105	2
9	Pulley	GM692-880-001	2
10	Selector Stem Assembly	GM692500003PZ18	2
11	#10 Crossing Wrench (Tool)	AB160561002XWX	1
12	Weight Selector Pin	GM692500004PZ	2
13	Weight Plate	GM692-500-009	40
14	M6 x 75mm Allen Bolt	0113-206-751	1
15	M6 Aircraft Nut	0110-706-019	1
16	Ø M6 Washer	0116-006-019	1
17	Tablet Holder	BC423880109PZ03	1
18	Ø M50 Tension Adjustment Plate	GM690501006PT0105	2
19	M8 x 15mm Allen Bolt	0113-208-158	20
20	Rope	GM692-881-011	1
21	Sports Handle	GM691321007PZ03	1
22	Curl Bar	GM691320003PZ	1
23	Straight Bar	GM691320004PZ	1
24	Single Handle	GM870-880-007SK	2
25	Chin Up Belt	GM692-400-005SK	1
26	Ankle Strap	GM690-880-002	1
27	Outer Fabric Shroud	GM692-800-410-1	2
28	Inner Fabric Shroud	GM692-800-410-2	4
29	Lower Shroud Mount	GM692380401PZ01	4
30	Left Outer Logo Plate	GM692380402PZ01	1
31	Right Outer Logo Plate	GM692380403PZ01	1
32	Burgundy Inner Fabric Shroud	GM692380404PZ01	1
33	Burgundy Inner Fabric Shroud	GM692380405PZ01	1
34	Shroud Mount Bar	GM692381406PZ01	4
35	Resistance Label Set		2
36	Height Adjustment Handle	GM691-880-003SK	2
37	Rubber Bumper	GM692-880-004	4
38	#17 Crossing Wrench (Tool)	M330-561-002	1
39	Spring Clip	GM691-560-008	2
40	M6 x 15mm Allen Bolt	0113-206-168	4
41	M10 x 80mm Allen Bolt	0113-210-806	4
42	M10 x 70mm Allen Bolt	0113-210-708	8
43	M10 x 25mm Allen Bolt	0113-210-258	4
44	M10 x 20mm Allen Bolt	0113-210-208	4
45	M5 x 8mm Allen Bolt	0113-705-088	2
46	#4 Allen Wrench (Tool)	0511-604-01	1
47	Ø M10 Lock Washer	0116-310-028	8
48	M10 Aircraft Nut	0110-706-019	10
49	Ø M8 Washer	0116-008-028	20
50	Ø M10 Washer	0116-210-508	26
51	#5 Allen Wrench (Tool)	0511-605-002	1
52	#6 Allen Wrench (Tool)	0511-606-03	1
53	M10 x 50mm Allen Bolt	0113-210-508	2

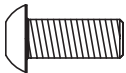
HARDWARE SIZING CHART



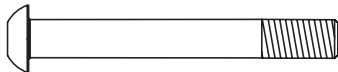
#50 Ø10 Washer (Qty 20)



#42 M10 x 70mm Allen Bolt (Qty 8)



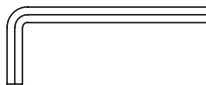
#43 M10 x 70mm Allen Bolt (Qty 4)



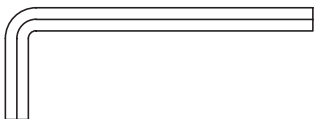
#41 M10 x 80mm Allen Bolt (Qty 4)



#50 Ø10 Washer (Qty 4)



#46 Tool : #4 Allen Wrench (Qty 1)



#52 Tool : #6 Allen Wrench (Qty 1)



#40 M6 x 15mm Allen Bolt (Qty 4)



#19 M8 x15mm Allen Bolt (Qty 20)



#49 Ø8 Washer (Qty 20)



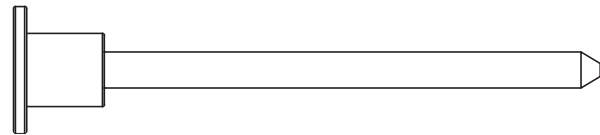
#45 M5 x 8mm Allen Bolt (Qty 2)



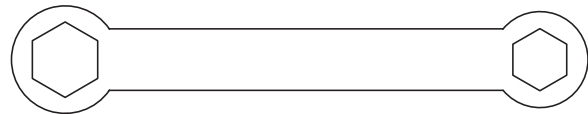
#47 Lock Washer (Qty 4)



#48 M10 Aircraft Nut (Qty 8)



#12 Weight Selector pin (Qty 2)



#38 Tool : #14 & #17 Wrench (Qty 1)



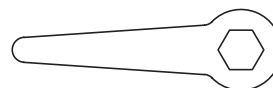
#14 M6 x 75mm Allen Bolt (Qty 1)



#16 Ø6 Washer (Qty 1)



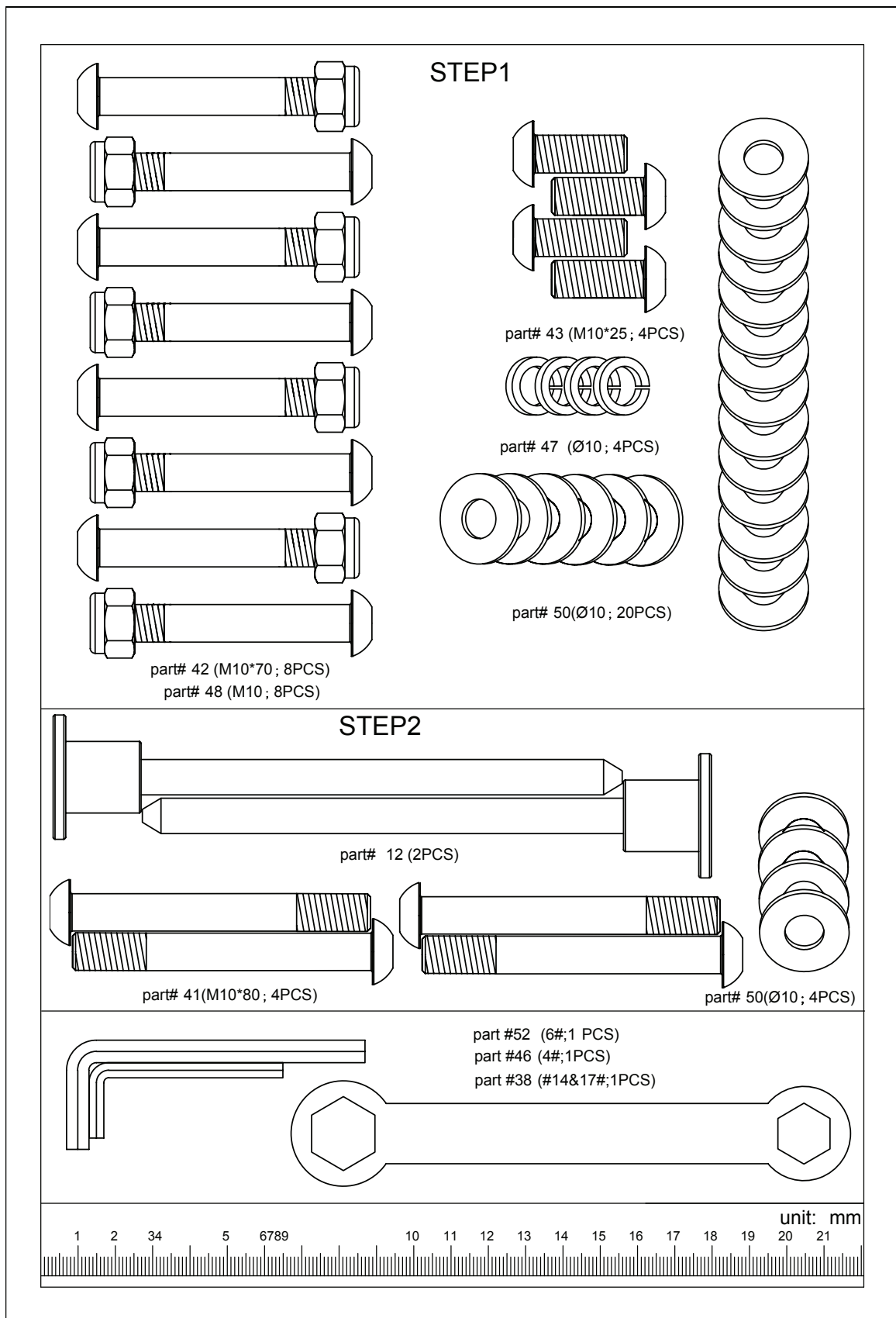
#15 M6 Aircraft Nut (Qty 1)

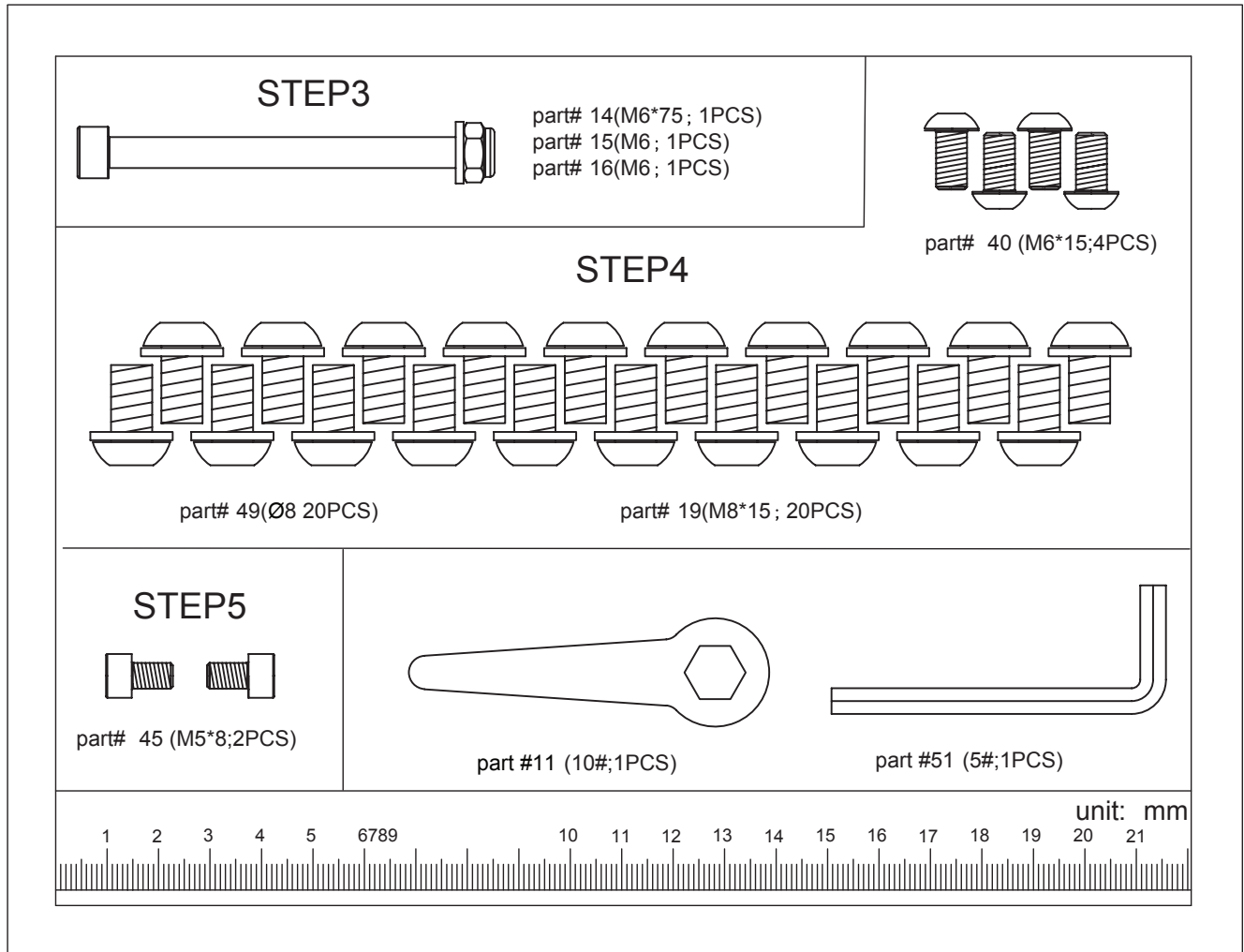


#11 Tool : #5 Wrench (Qty 1)

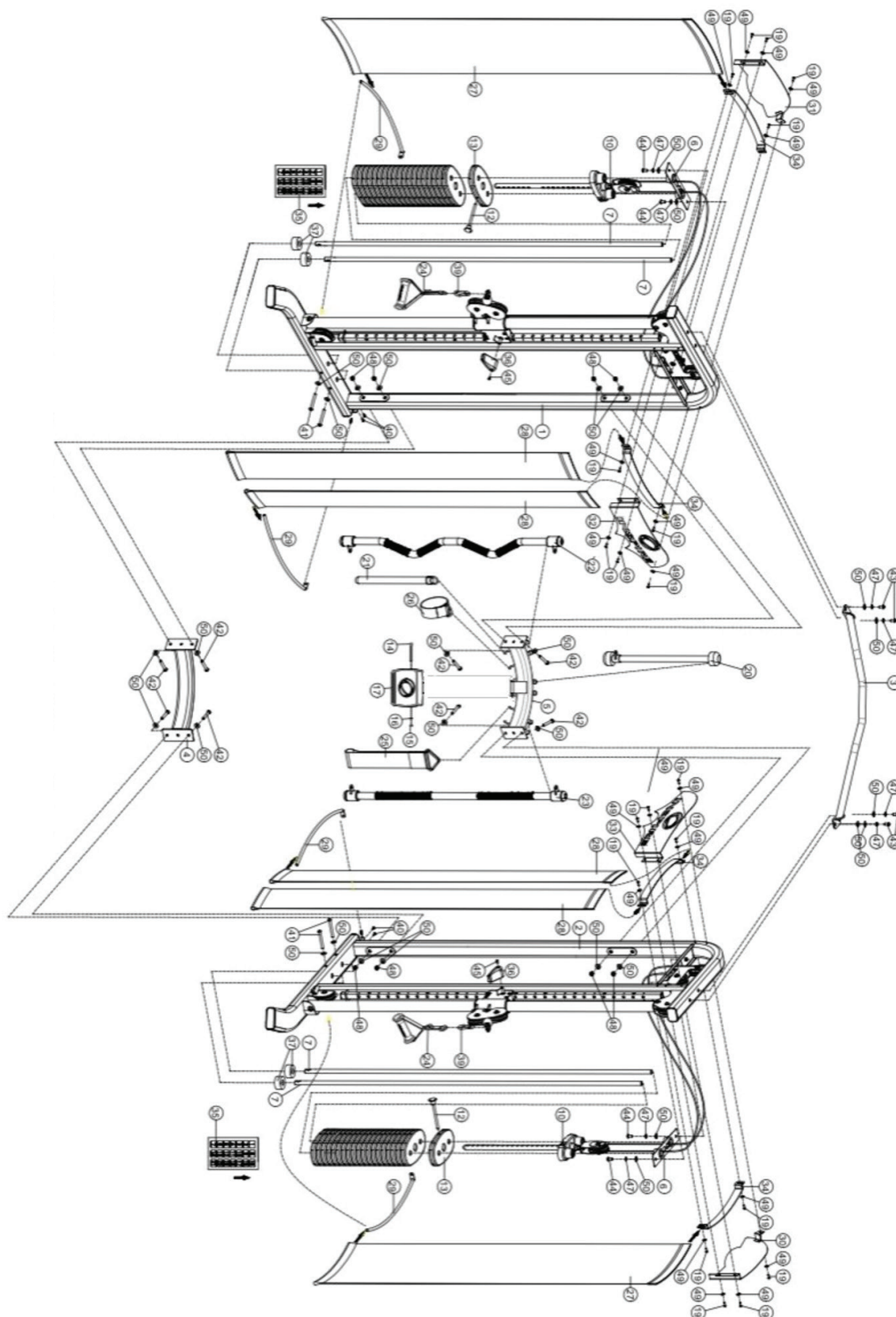


#51 Tool : #5 Allen Wrench (Qty)





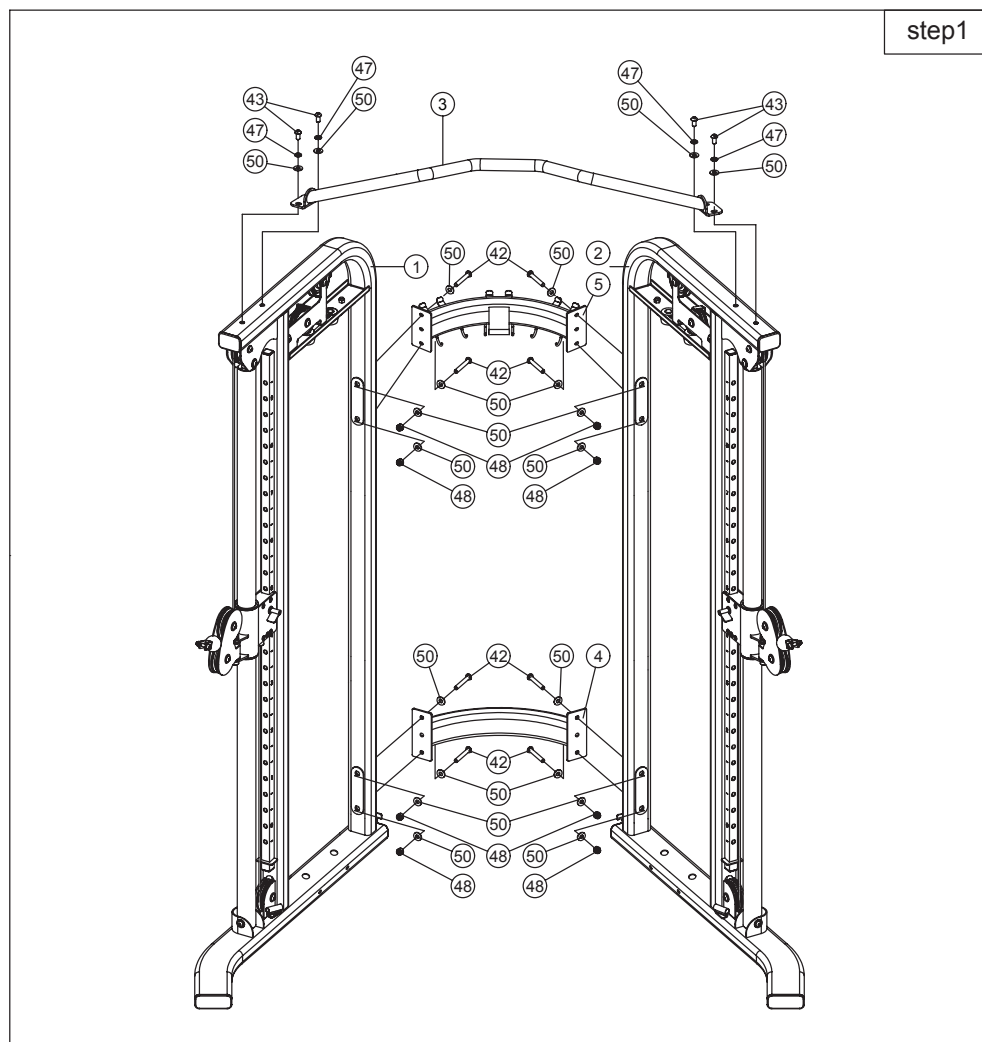
EXPLODED DIAGRAM



ASSEMBLY INSTRUCTIONS

STEP 1

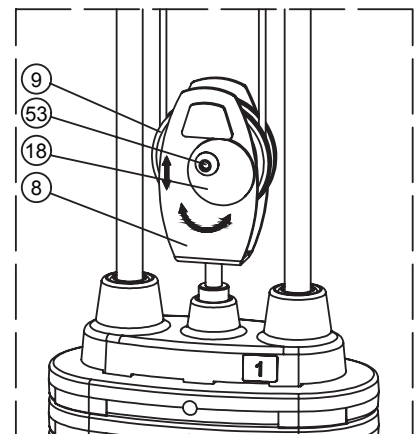
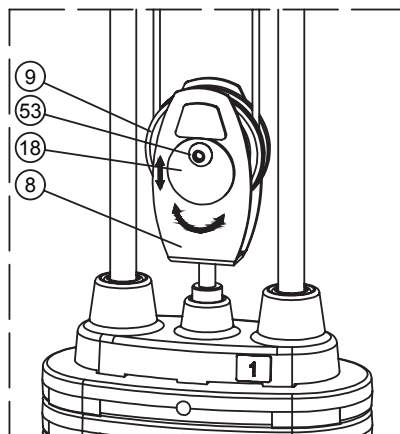
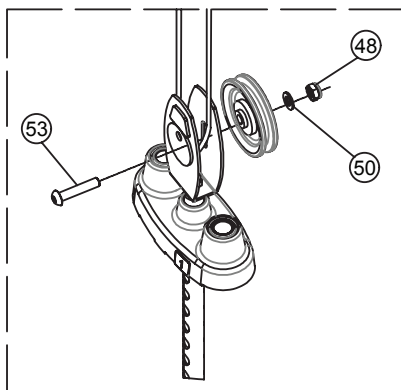
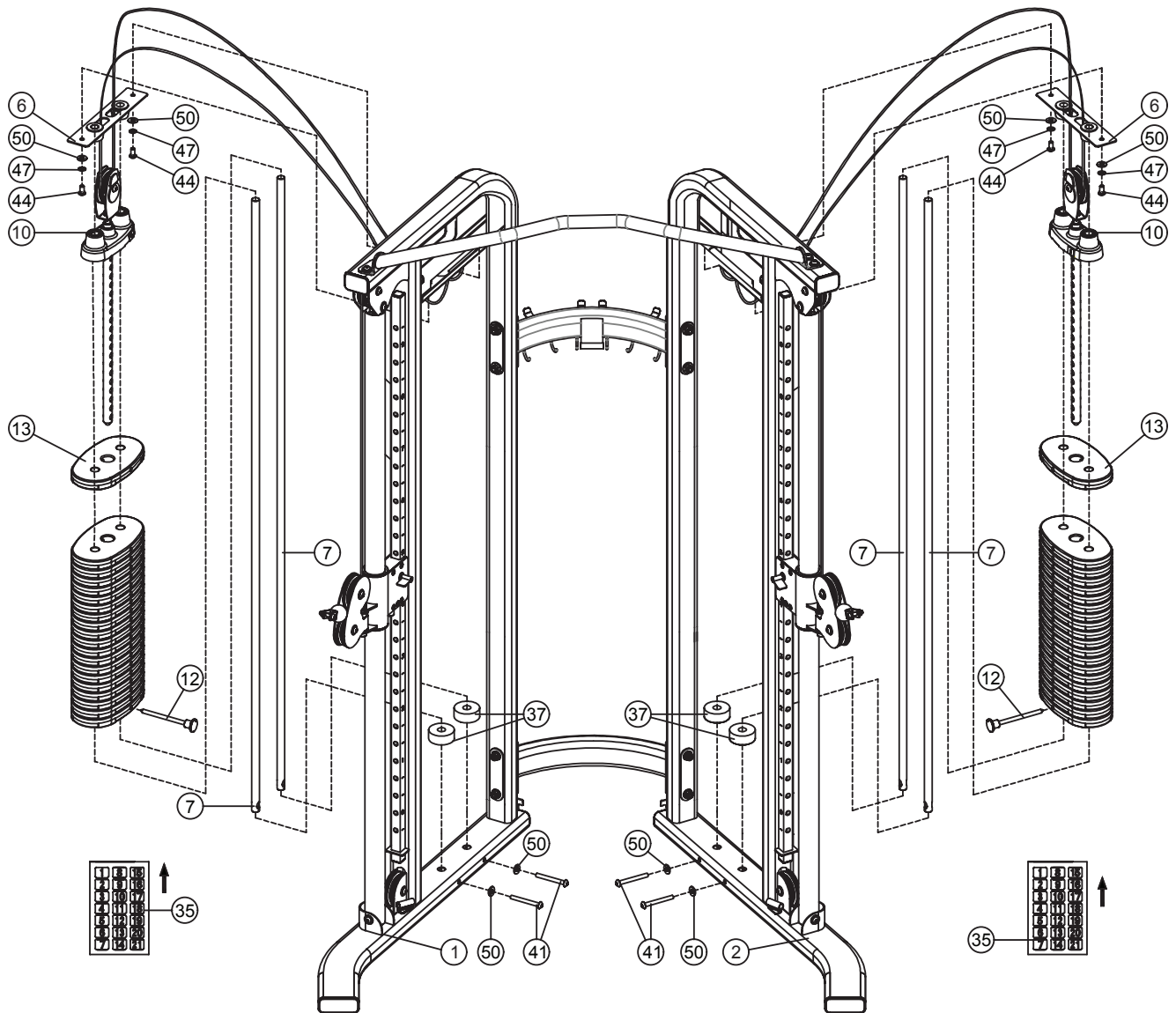
- A. Do not tighten the Nuts and Bolts until instructed to do so.
- B. Place the Lower Cross Brace (#4) between the Right & Left Stations (#1 & #2) in the mid-span.
- C. Attach one end of the Lower Cross Brace to the Right Station. Secure it with two M10 x 70 Allen Bolts (#42) four Ø 10 Washers (#50), and two M10 Aircraft Nuts (#48). Repeat the same procedure to install the other side.
- D. Repeat Procedure B & C to install the Upper Cross Brace (#5).
- E. Place the Pull Up Bar Assembly (#3) on top of the Right and Left Stations.
- F. Secure each end with two M10 x 25 Allen Bolts (#43), two Ø 10 Lock Washers (#47), and Ø 10 Washers (#50).
- G. Securely tighten all Nuts and Bolts installed.



STEP 2

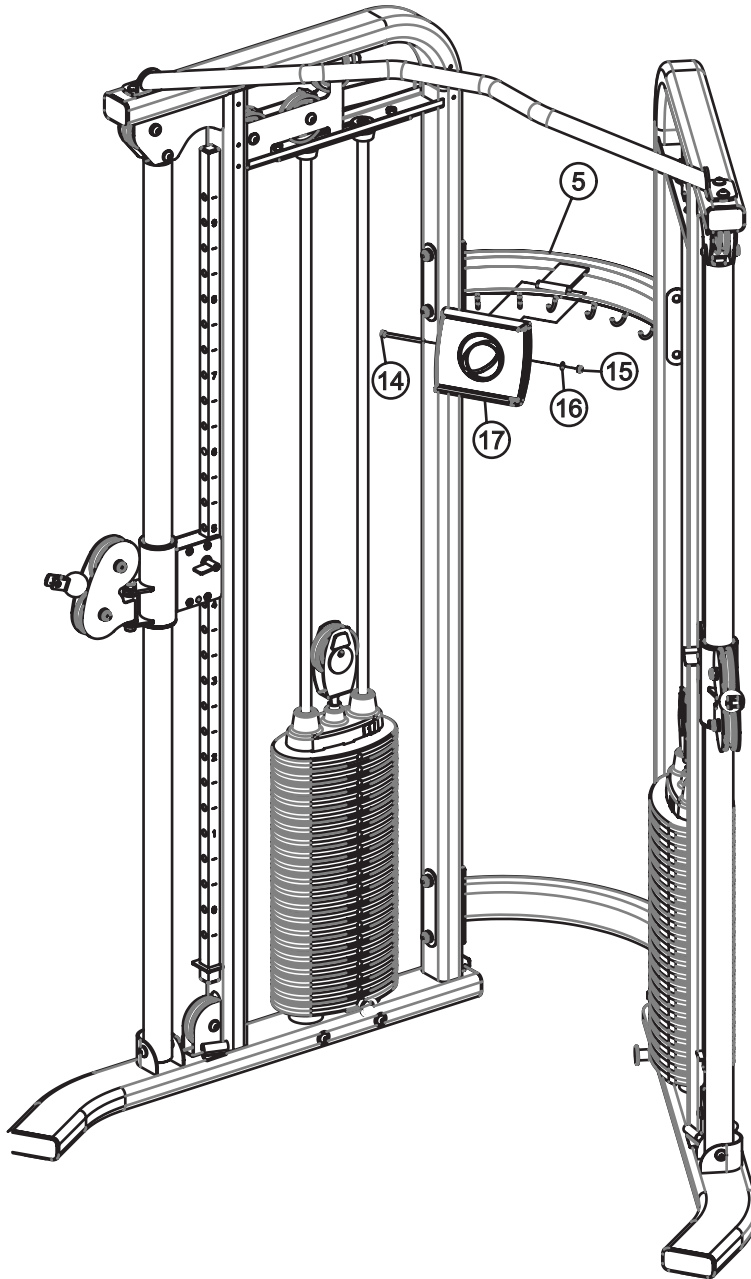
- A. Install Guide Rods **(#7)** into holes on bottom Frame using M10 x 80 Allen Bolt **(#41)** and Ø 10 Spring Washers **(#50)**. Tighten bolts now.
- B. Install Rubber Bumpers **(#37)** on each Guide Rod **(#7)**. Slide Twenty 10lb Weight Plates **(#13)** from the top of Guide Rods **(#7)** down to the Rubber Bumpers **(#37)**. Make sure the weight sticker cut out is facing the inside of the machine.
- C. Remove the two M10 x 20 Allen Bolts **(#44)**, Ø 10 Spring Washers **(#47)**, and Ø 10 Washers **(#50)** which were pre-assembled in the factory to hold the Guide Rod Bracket **(#6)**. Slide the Selector Stem Assembly **(#10)** onto the Guide Rods **(#7)**. Remove Large Pulley **(#9)** on U-shaped Pulley Bracket **(#8)** and wrap the cable between the U-shaped Pulley Bracket **(#8)** and Large Pulley **(#9)** as you re-install using the M10 x 50 **(#53)** Allen Bolt located on the Selector Stem Assembly **(#10)**.
- D. Hold the Selector Stem Assembly **(#10)** above the weight stack to make it easier to install Guide Rod Bracket **(#6)** on Guide Rods **(#7)**.
- E. Once the Guide Rod Bracket **(#6)** is installed onto the Guide Rods **(#7)**, Push the Guide Rod Bracket back into the upright.
- F. Secure the Bracket back to the upright frame with the two M10 x 20 Allen Bolts **(#44)**, Ø 10 lock Washers **(#47)**, Ø 10mm Washers **(#50)**.
- G. Lower the Selector Stem down onto the top of the weight stack.
- H. Check all the cables to make sure they are on track on the pulleys.
- I. Peel off the weight resistance label from the Resistance Label Set **(#35)** and attach to the plates.
- J. Insert the Weight Selector Pin **(#12)** into the weight stack.
- K. Lubricate the Guide Rods with super lube or lube provided.
- L. If Needed, Adjust the Cable tension by first loosening the M10 x 50 **(#53)** Allen Bolt located on the Selector Stem Assembly **(#8)** then rotate the Tension Adjustment Plate **(#18)** clock or counterclockwise to move the Bolt and the Large Pulley **(#9)** up and down along the open track inside the U-shaped Pulley Bracket **(#8)**. Once desired tension is achieved, securely tighten the Bolt **(#53)** back.
- M. Repeat the Procedure A through N above to install the other set of weight plates to the Left Station. **(#2)**

STEP 2 CONTINUED



STEP 3

- A. Attach the Tablet Holder Mount (#17) to the Upper Cross Brace (#5) using M6 x 75 Allen Bolt (#14), Ø M6 Washer (#16), and M6 Lock Nut (#15).



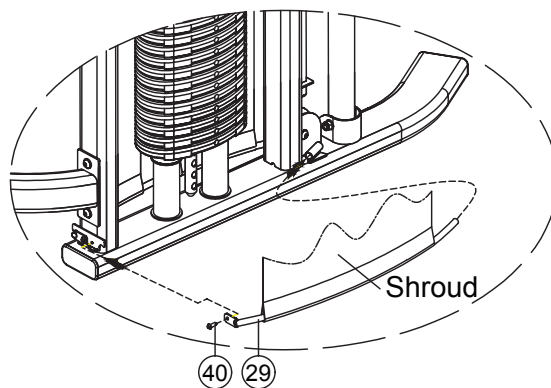
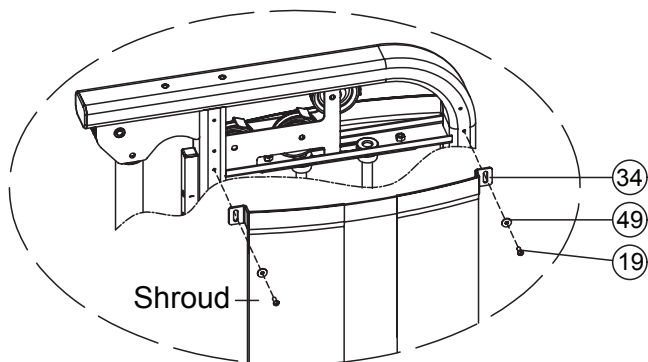
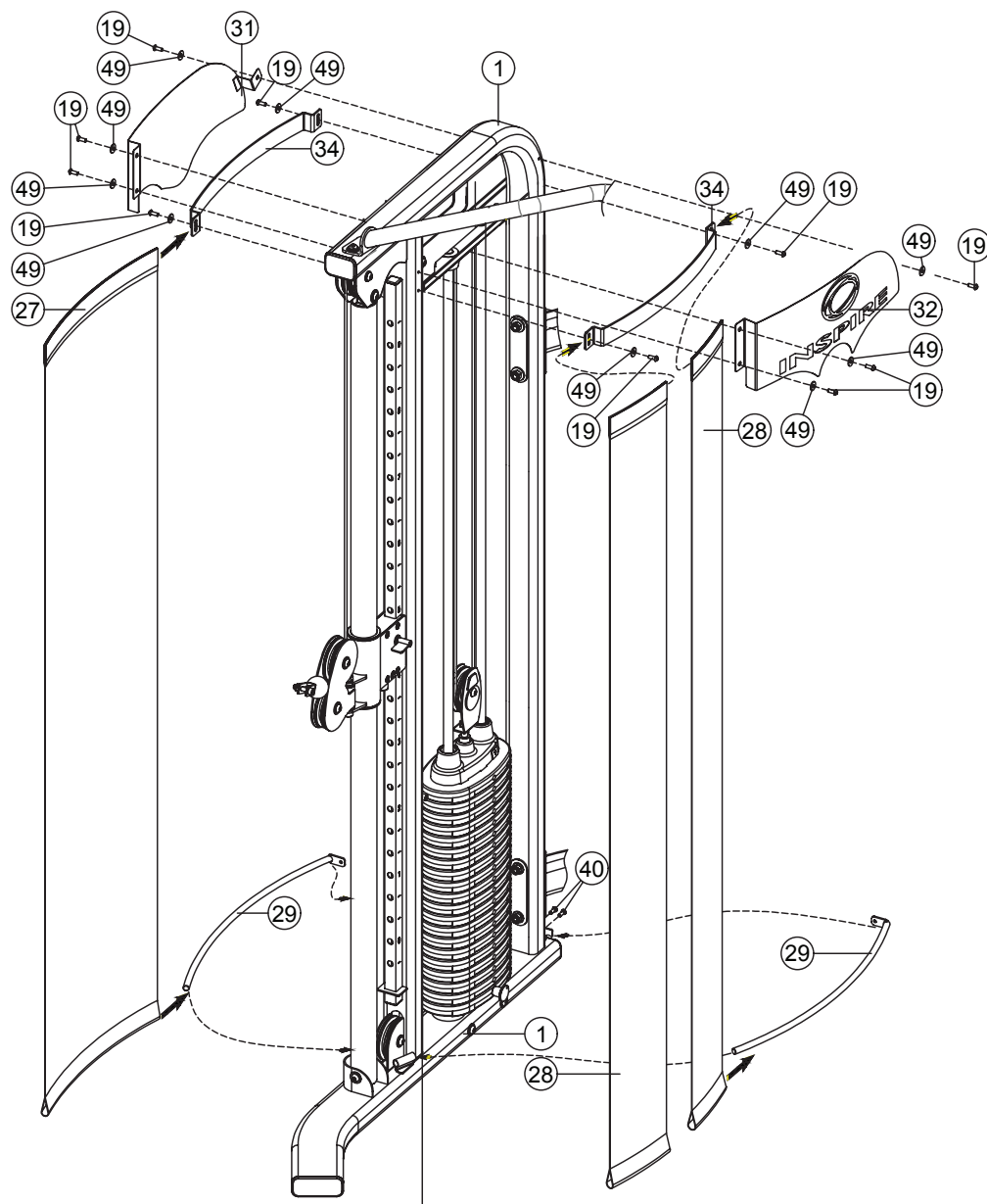
STEP 4

Start on the Right Side of the gym.

- A. Slide two panels of the Inner Fabric Shroud (**#28**) onto a Shroud Mount Bar (**#34**) so the seams face inside. Attach the Shroud Mount Bar (**#34**) to the inside upper frame as shown, using two M8 x 15 Allen Bolts (**#19**) and two Ø M8 Washers (**#49**). Please Note: The ends of the Shroud Mount Bar are slotted. Be sure to position the bolts in the center of both slots and tighten completely.
- B. Slide a Lower Shroud Mount (**#29**) through the bottom loops of the two Inner Fabric Shroud panels (**#28**) in Step A. Attach the Lower Shroud Mount (**#29**) to the gym frame by sliding one end into the frame insert. The other end latches under the notched flange and attaches with one M6 x 15mm Allen Bolt (**#40**).
- C. Attach the Right Inner Logo Plate (**#32**) as shown using three M8 x 15mm Allen Bolt (**#19**) and three Ø M8 Washers (**#49**)
- D. Slide the Outer Fabric Shroud (**#27**) onto a Shroud Mount Bar (**#34**) so the seams face inside. Attach the Shroud Mount Bar (**#34**) to the outside upper frame as shown, using two M8 x 15 Allen Bolts (**#19**) and two Ø M8 Washers (**#49**). Please Note: The ends of the Shroud Mount Bar are slotted. Be sure to position the bolts in the center of both slots and tighten completely.
- E. Slide a Lower Shroud Mount (**#29**) through the bottom loop of the Outer Fabric Shroud (**#27**) in Step D. Attach the Lower Shroud Mount (**#29**) to the gym frame by sliding one end into the frame insert. The other end latches under the notched flange and attaches with one M6 x 15mm Allen Bolt (**#40**).
- F. **Repeat steps A through E** to install shrouds to the Left Side of the gym.

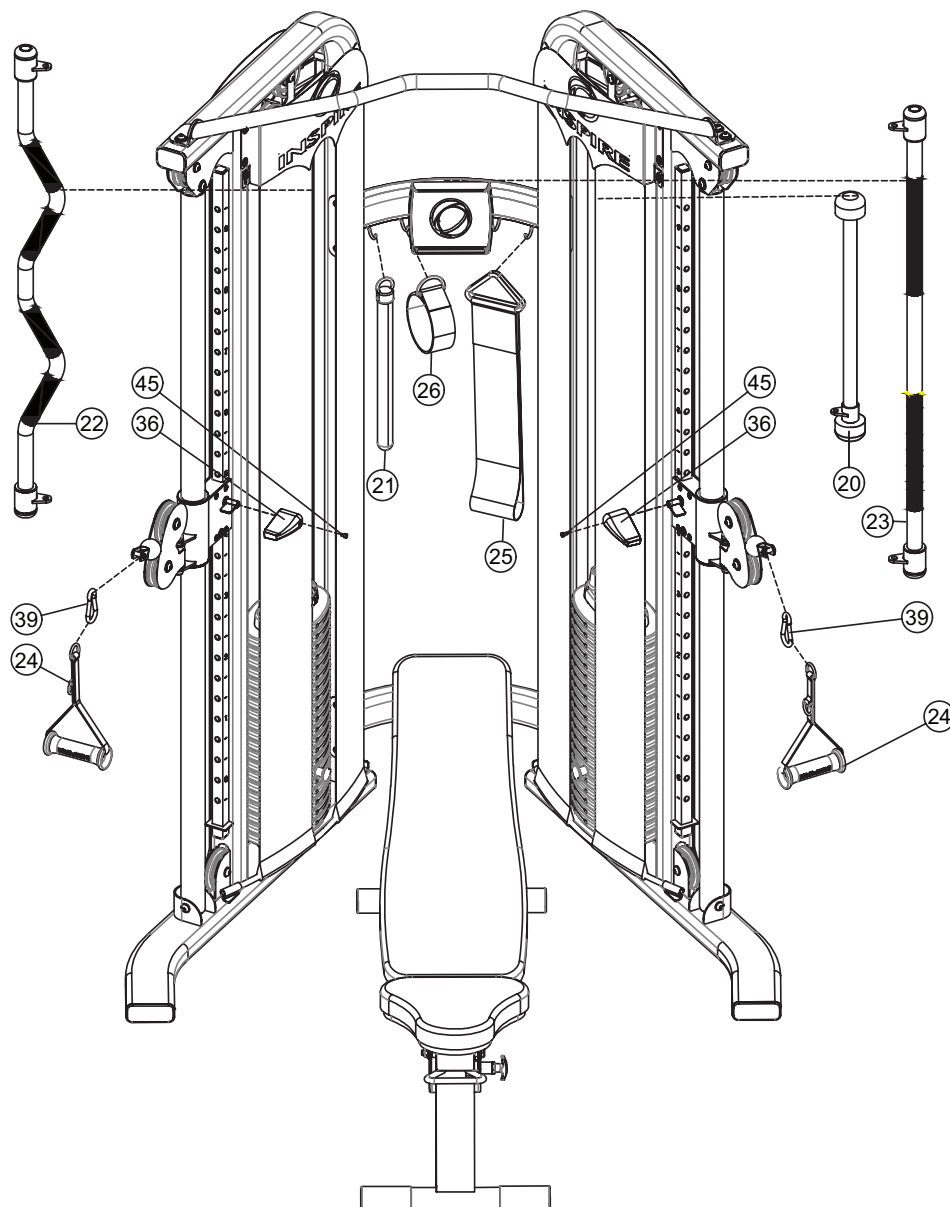
Note: To loosen or tighten the shrouds release the Lower Shroud Mount (**#29**) from the gym. Next loosen the two bolts in the Shroud Mount Bar (**#34**). Adjust the Shroud Mount Bar (**#34**) up to tighten or down to loosen. Once desired position is found, tighten the bolts that secure the Shroud Mount Bar (**#34**). Then reattach the Lower Shroud Mount by following **step B**.

STEP 4 CONTINUED



STEP 5

- Attach the Height Adjustment Handle (#36) to the Left Lock Switch on the Pulley Carriage. (Not shown on diagram)
And secure it with one M5 x 8mm Allen Bolt (#45). Repeat the same procedure to install the other side.
- Connect the Single Handle (#24) to the Cable on the Right Station (#1) with a Spring Clip (#39). Repeat the same procedure to install the other side.
- Lift up the Height Adjustment Handle (#36) and slide the Pulley Carriage along the Pulley Carriage Support Frame to the selected level. Release the Handle to lock the Pulley Carriage in position.
- Store Curl Bar (#22), Straight Bar (#23), and Rope (#20) onto the Hanger Bracket behind the Upper Cross Brace (#5).
- Hang Chin Up Belt (#25), Ankle Strap (#26), and Sports Handle (#21) on hooks of the Upper Cross Brace (#5).

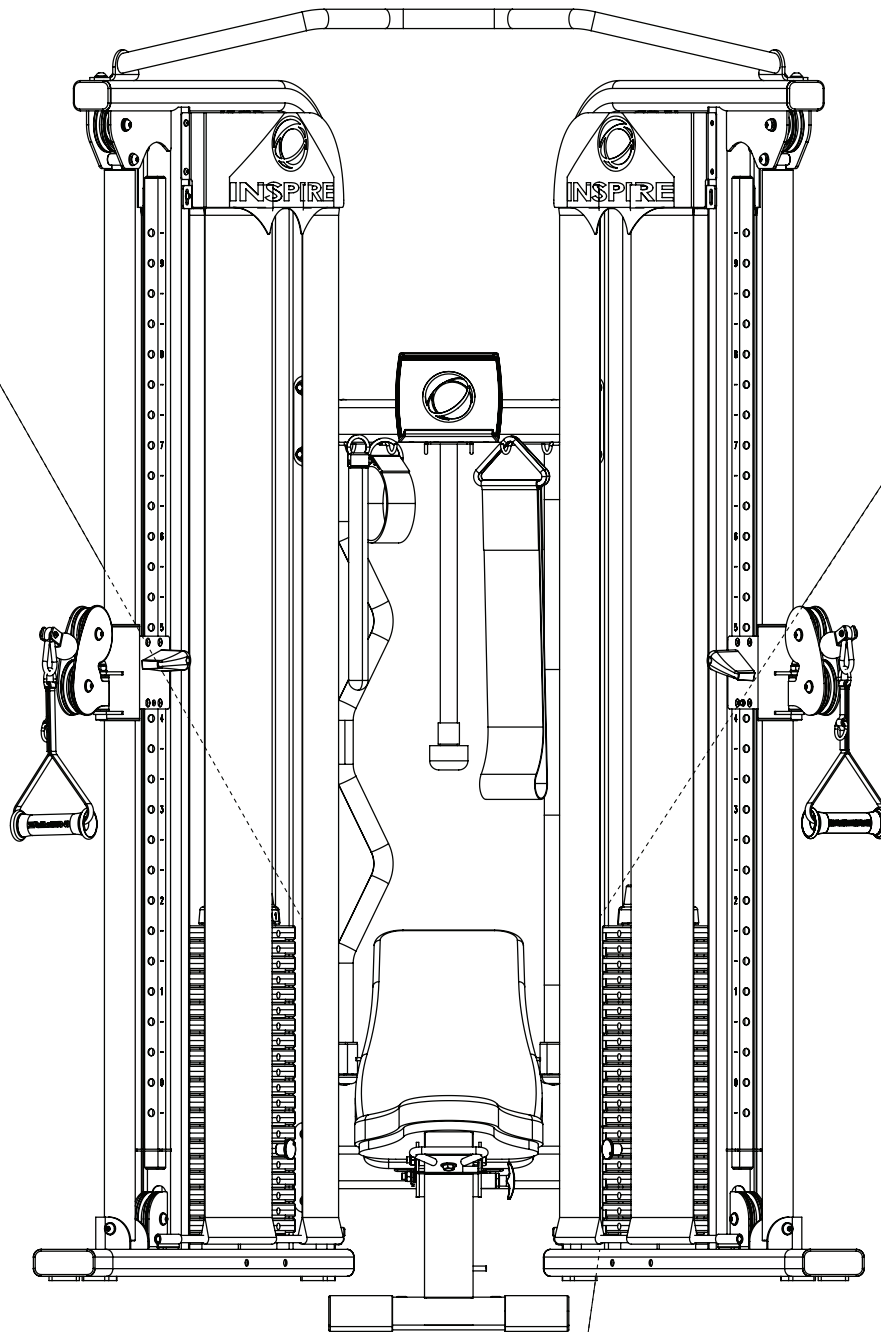


DECAL PLACEMENT

WARNING

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A 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.
9. Make sure all Pull Pins, Locks, and Safety Latches are in place and fully engaged before each use.



NOTICE

This INSPIRE product is not intended for commercial use.

IN HOME MAINTENANCE	Weekly	Monthly	Quarterly	Yearly
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	✗			
Clean; Upholstery	✗			
Inspect; Cables and their fittings	✗			
Inspect; Tautness of all shrouds	✗			
Inspect; Accessory Bars and Handles		✗		
Inspect; All Decals		✗		
Inspect; All nuts and Bolts Tighten if Needed.		✗		
Inspect; Anti-Skid Surfaces		✗		
Clean & Lubricate; Guide Rods with a Teflon/PTFE based lubricant (Superlube)		✗		
Lubricate; Seat Sleeves and all plastic slides		✗		
Clean & Wax; All Glossy Finishes			✗	
Replace; Cables, Belts and Connect Part.				✗

BY HEALTH IN MOTION LLC
877-738-1729
www.inspirefitness.com
MADE IN CHINA
Serial # 4 - 09 - 06 - 00001

GENERAL MAINTENANCE INFORMATION

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

MAINTENANCE SCHEDULE

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

LIMITED WARRANTY

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

CONSUMER USE:

LIMITED LIFETIME FRAME:	LIMITED LIFETIME PARTS:	LIMITED LIFETIME MOVING PARTS:
Includes Frame and Welds	Includes Upholstery, Hardware, etc.	Includes Pulleys, Cables, etc.

PLEASE NOTE THIS INSPIRE PRODUCT IS NOT MADE FOR COMMERCIAL USE

Using a non-commercial product in a commercial setting can result in serious injury or death!

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

Replacement and repair of parts

During the warranty period Health In Motion will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal light-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

Service procedures

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

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.

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



Model # FLB2

USER MANUAL

FLB2

**FOLDING
ADJUSTABLE
BENCH**



Record Serial Number Here

Health in Motion LLC
Ver. 02182021

IMPORTANT SAFETY NOTICE

PRECAUTIONS

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

1. Keep children and pets away from the bench at all times.
2. Only one person at a time should use the bench.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a Physician.
4. Position the bench on a clear, leveled surface. Do not use outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the bench.
7. Use the bench only for its intended use as described in this manual.
8. Disabled persons should not use this bench without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using this bench.
10. Never use this bench if it is not functioning properly.
11. A spotter is recommended during exercise.
12. Maximum **USER** weight on bench is 136 kg / 300 lb. This means that a **PERSONS** maximum weight can be up to 136 kg / 300 lb.
The total weight capacity that the bench can hold is 226.8 kg / 500 lb.

CARE AND MAINTENANCE

1. Regularly inspect product for loose hardware.
2. Do not use or store equipment outdoors.
3. Locate and familiarize yourself with all warning decals on the home gym.
4. Replace damaged or worn upholstery immediately.

REGISTER WARRANTY ONLINE

To register your product for warranty, visit inspirefitness.com/support.

BEFORE YOU BEGIN

Thank you for selecting the Inspire Fitness FLB2C. Service of your bench should only be performed by an authorized Inspire retailer. Service performed by anyone else can result in loss of warranty. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, please call our TOLL-FREE customer service number. Our Customer Service agents will provide immediate assistance to you. **Support is provided in English and Spanish.**



Email

service@inspirefitness.com



Phone

877-738-1729

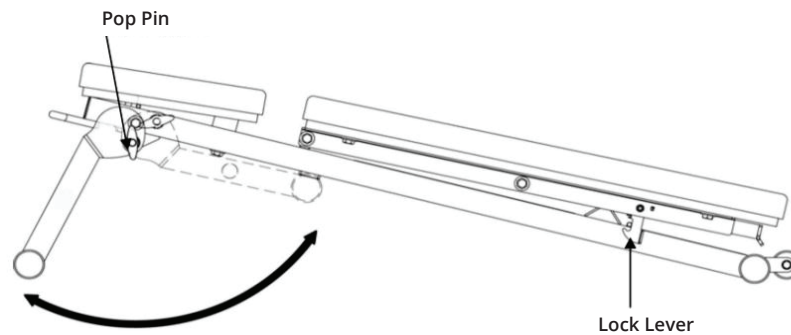
Mon-Fri 8am-5pm PST



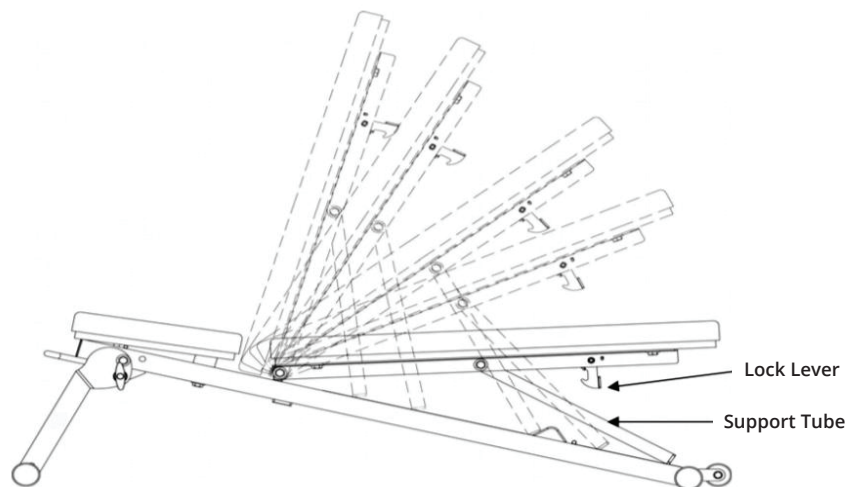
Chat

www.inspirefitness.com

This bench is for adult use only. Do not let children play with the bench. Use caution while adjusting or working out on the bench.



Pull pop pin to unfold or fold leg. Make sure hands are clear of pivot area. Make sure pop pin is fully engaged in locking holes after each adjustment.



Swivel lock lever under pad to release back pad. Raise the head end of the pad so the free end of the support tube slips into a slot for a desired position. Before use, make sure the support tube is secure in a slot.

When folding the bench flat, keep hands clear of any pivot areas or closing areas. Make sure the lock lever is locked over catch pin before moving.

WARRANTY

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

LIMITED LIFETIME FRAME: Includes Frame and Welds	LIMITED LIFETIME PARTS: Includes Upholstery, Hardware, etc	LIMITED LIFETIME MOVING PARTS: Includes Pulleys, Cables, etc
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PLEASE NOTE THIS INSPIRE PRODUCT IS NOT MADE FOR COMMERCIAL USE

Using a non-commercial product in a commercial setting can result in serious injury or death.

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

Replacement and repair of parts

During the warranty period Health In Motion will, at no additional charge, repair or replace the Product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal light-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and Products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

Service procedures

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

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.

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