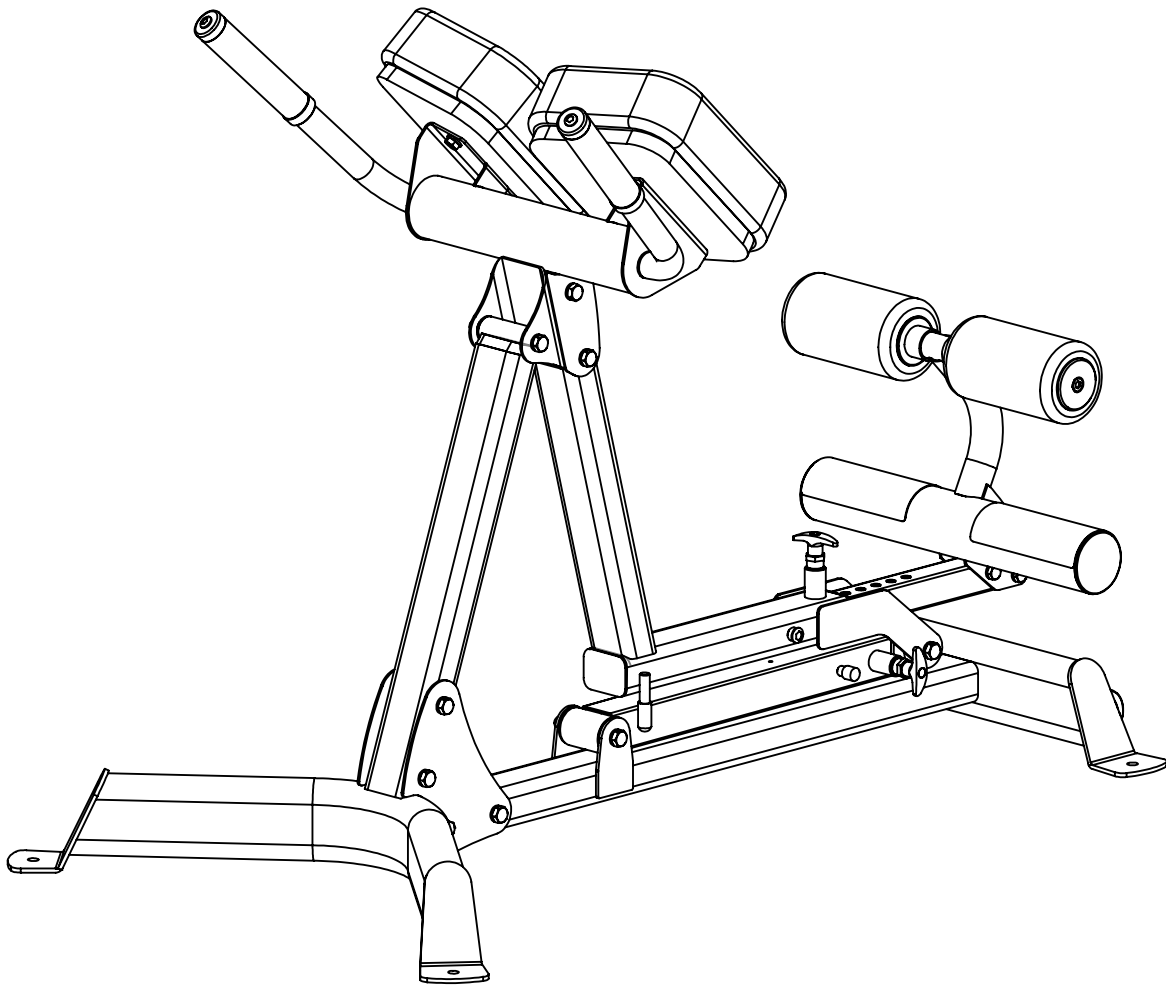




ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

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IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this hyper extension.

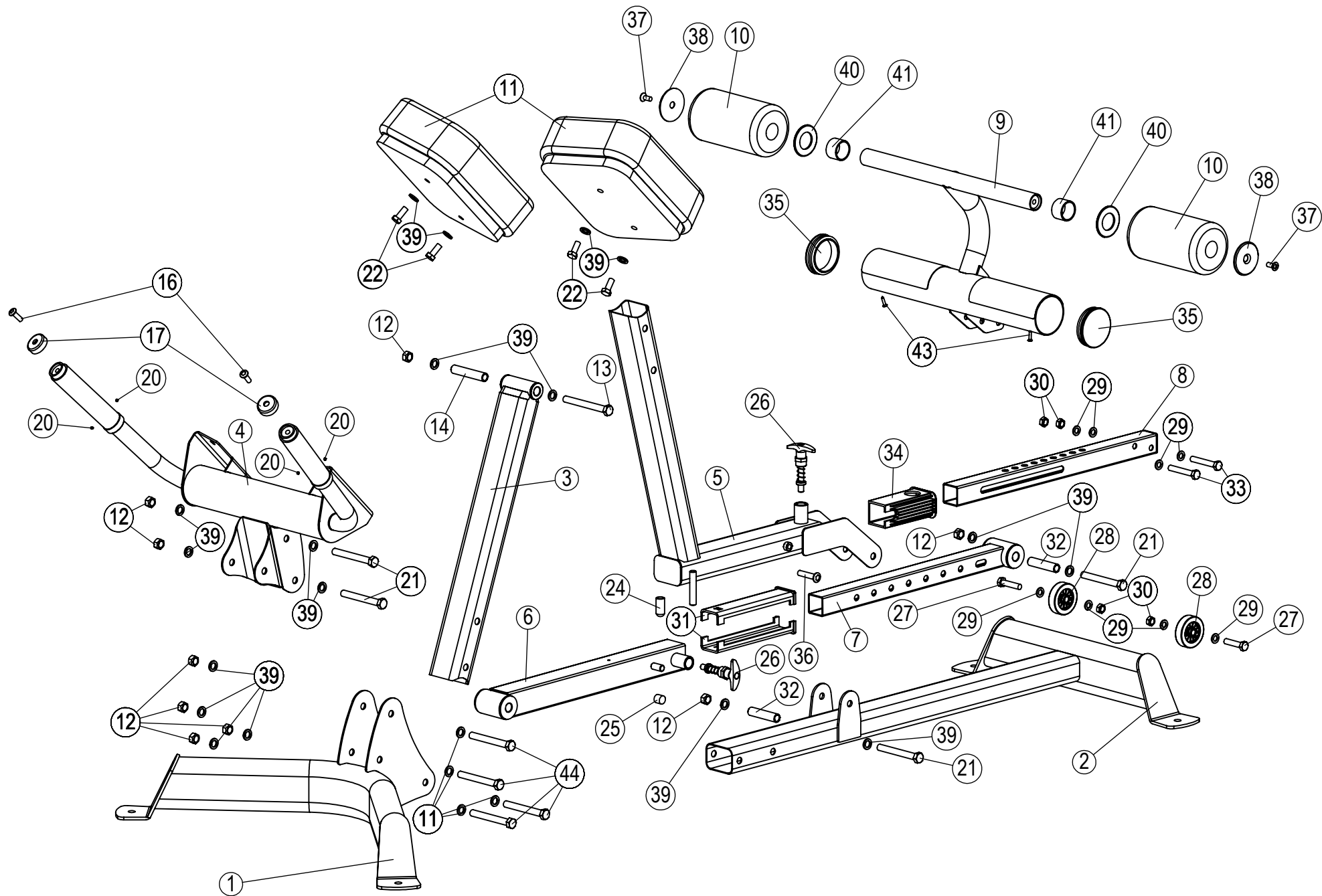
- **WARNING!** It is necessary to inspect this hyper extension regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace any and all defective or worn parts. See General Maintenance section for complete details.
- Use this hyper extension for its intended purpose as described in this Operation Manual.
- Make sure bystanders are at least 5 feet away from the hyper extension while it is in use.
- Keep children away from the hyper extension at all times.
- Keep the hyper extension away from walls and clear of any obstructions and furniture.
- Stop immediately if you experience shortness of breath, pain, or dizziness during your workout. Inspire Fitness strongly recommends consulting your doctor before starting an exercise program.

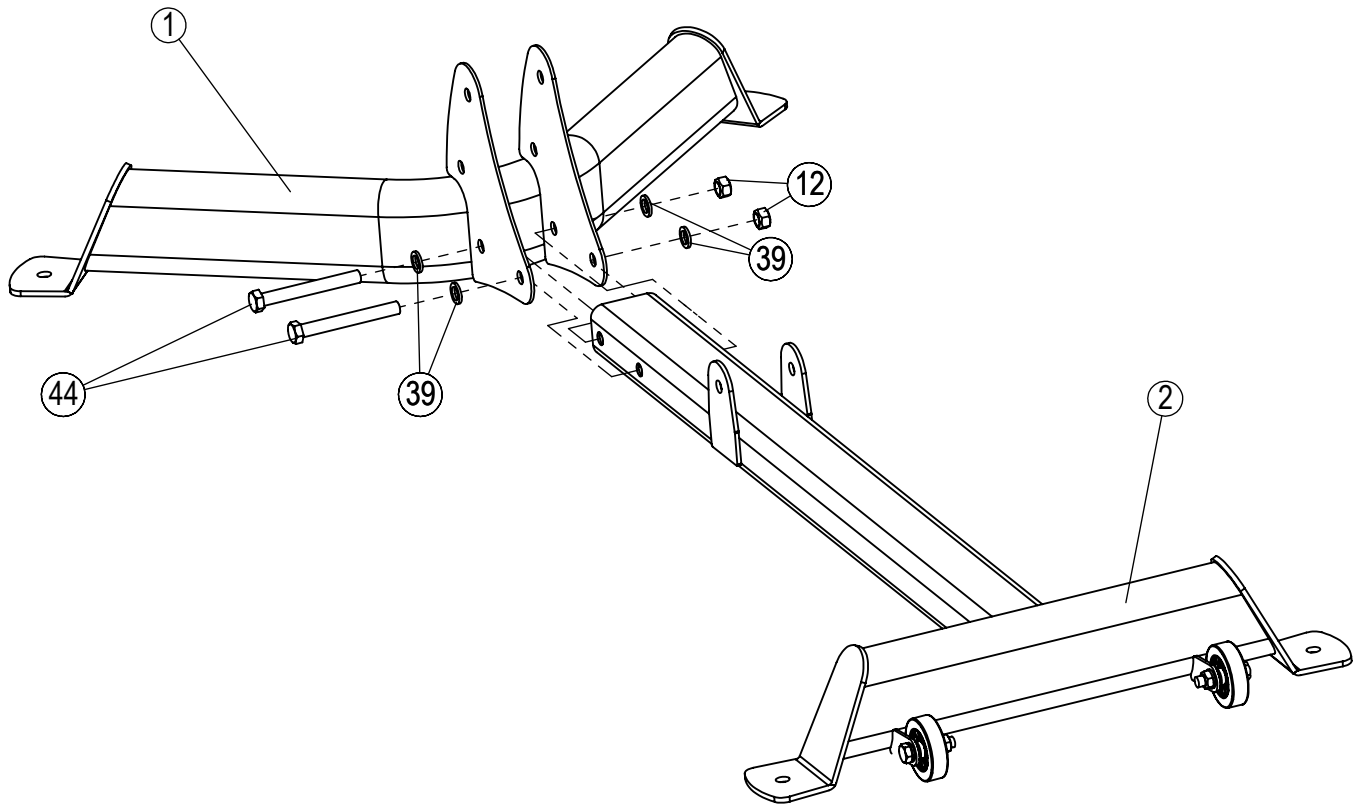
TOOLS REQUIRED FOR ASSEMBLY

- Standard socket set (including 17mm & 19mm sockets)
- 17mm wrench
- 19mm wrench
- 6mm Allen wrench

PARTS & HARDWARE LIST

Item #	Description	Part Number	Quantity
1	Front Foot Tube Assembly	GM582-200-001	1
2	Stabilizer Assembly	GM582-100-001 PZ	1
3	Front Support Tube Assembly	GM582-270-001PZ	1
4	Handle Assembly	GM582-250-001PZ	1
5	Adjustment Tube Assembly	GM582-230-001PZ	1
6	Pivot Tube Assembly	GM582-210-001PZ	1
7	Lower Adjustment Tube Assembly	GM582-220-001PZ	1
8	Upper Adjustment Tube Assembly	GM582-240-001PZ	1
9	Leg Rest Assembly	GM582-260-001PZ	1
10	Foot Roller	GM582-861-001PZ	2
11	Back Pad Assembly	GM582-401-001PZ	2
-	Hardware Pack	GM582-891-007	1
12	Lock Nut M12	0110-712-008	-
13	Hex Bolt M12x110	0111-012-018	-
14	Spacer 1	GM582-561-010	2
16	Hex Screw M10x20	0113-310-208	2
17	Handle End Cap	GM870-561-016	2
20	Hex Set Screw M5x4	0113-805-049	4
21	Hex Bolt M12x95	0111-012-958	-
22	Hex Bolt M10x25	0111-010-258	-
24	Rubber End Cap 2	GM582-881-005	1
25	Rubber End Cap 1	GM582-881-004	1
26	Pop-Pin	GM851-881-010	2
27	Hex Bolt M10x45	0113-210-458	2
28	Wheel Roller	AB83-021-26	2
29	Flat Washer φ10	0110-010-008	-
30	Lock Nut M10	0110-710-008	-
31	Seat Insert	GM468-881-003	2
32	Spacer 2	GM582-561-009	1
33	Hex Bolt M10x60	0111-010-608	-
34	Upper Adjustment Sleeve	GM582-881-002	1
35	End Cap	GM578-881-003A	2
36	Tightening Screw	0113-210-308	1
37	Flathead Screw M10x25	0113-210-258	2
38	Foam Stick End Cap	GM870-561-017	-
39	Flat Washer φ12	0116-012-008A	-
40	Plastic Washer	GM024-881-002	-
41	Foam Stopper	GM582-281-001	-
43	Tap Bolt ST4.2x15	0114-142-15	4
44	Hex Bolt M12x100	0111-012-118	4

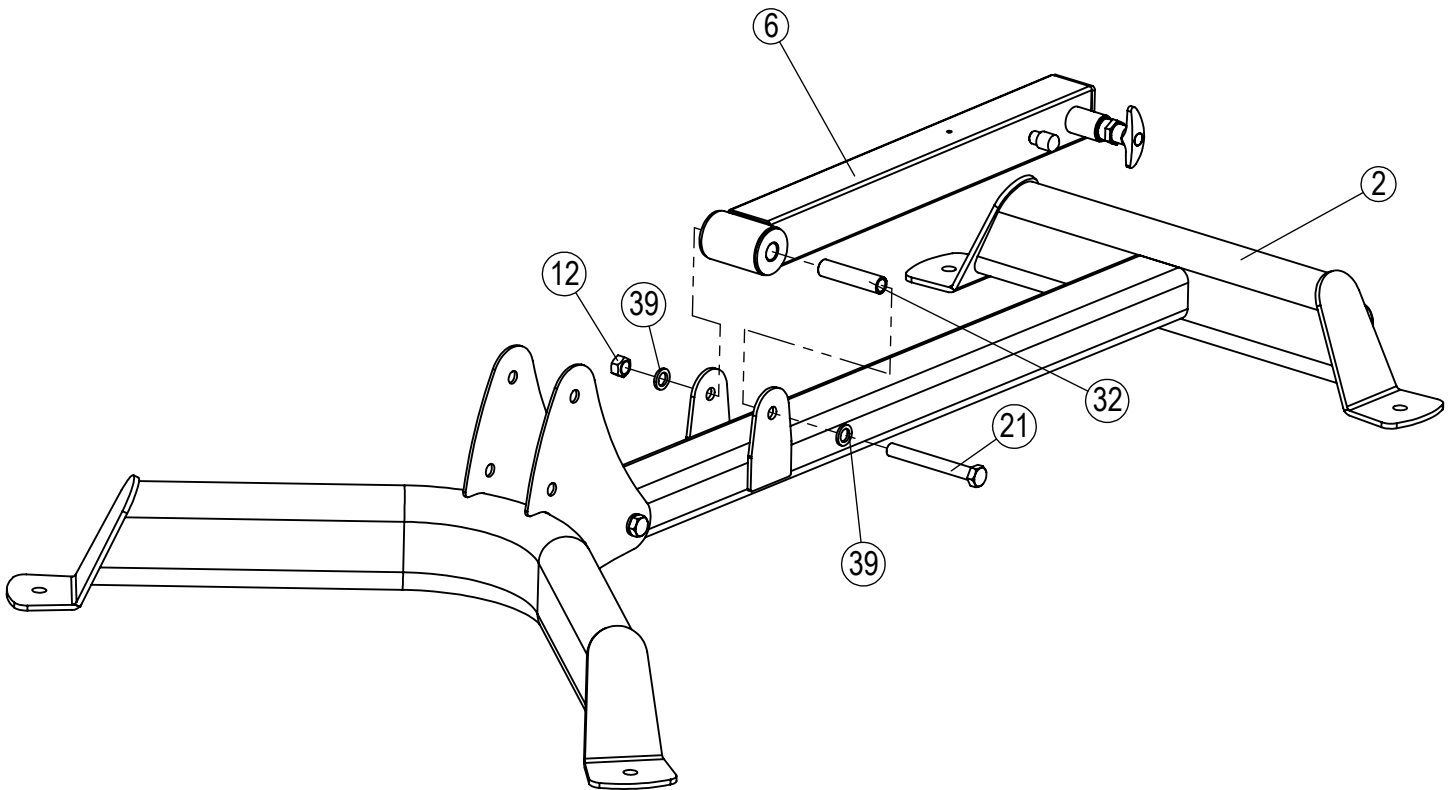




Step 1

- A Combine the Front Foot Tube Assembly (1) and the Stabilizer Assembly (2) using 2- Hex Bolts M12x100 (44), 4- Flat Washers $\phi 12$ (39), and 2- Lock Nuts M12 (12).

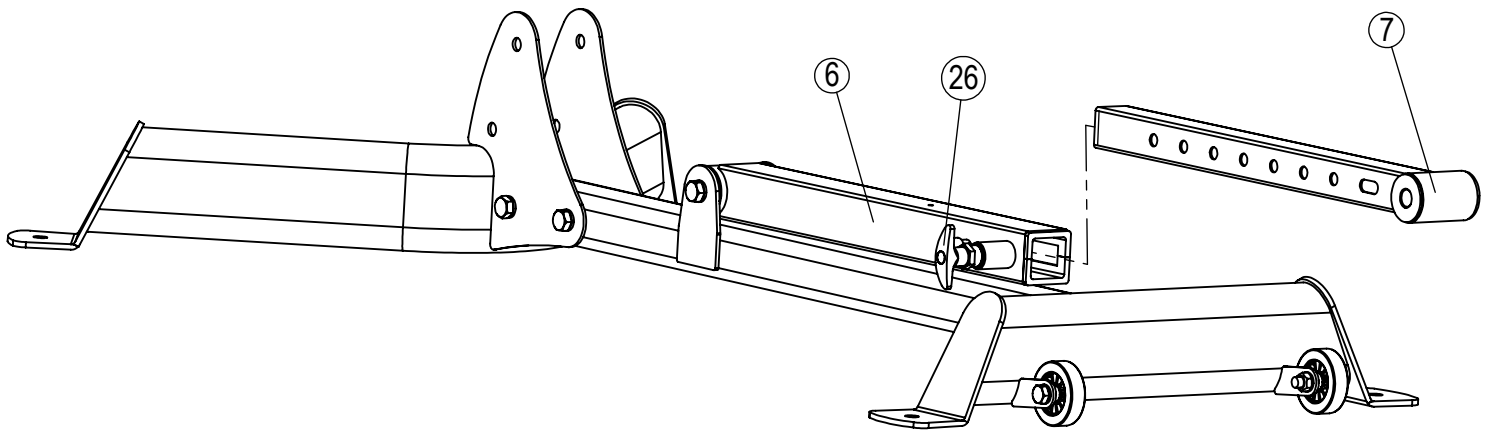
Hand Tighten Only.



Step 2

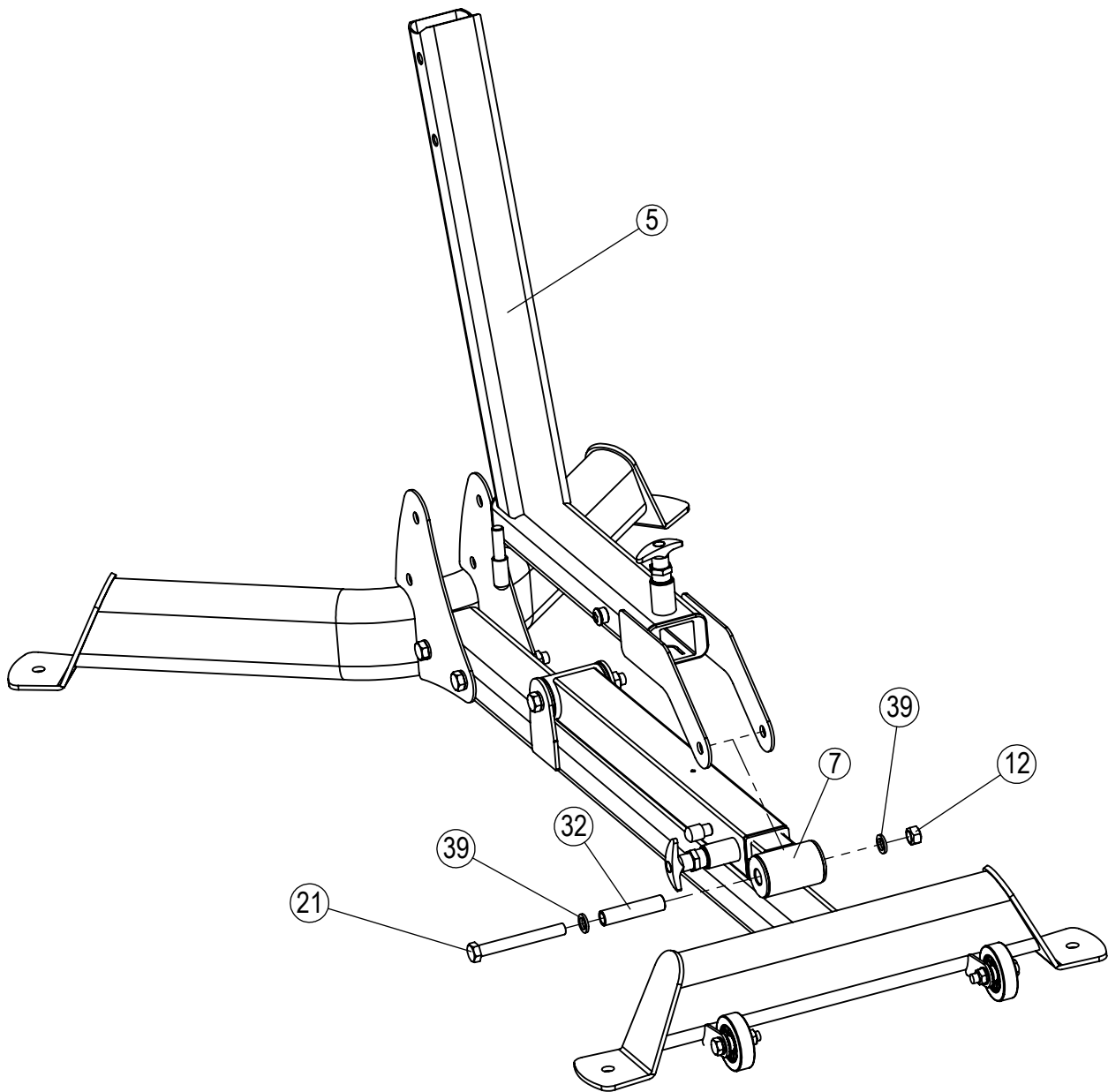
Attach the Pivot Tube Assembly (6) to the Stabilizer Assembly (2) using 1- Hex Bolt M12x95 (21), 2- Flat Washers $\phi 12$ (39), and 1- Lock Nut M12 (12). Make sure the Hex Bolt M12x95 (21) goes through Spacer 2 (32) inside the Pivot Tube Assembly (6).

TIGHTEN HARDWARE FROM THIS STEP ONLY.



Step 3

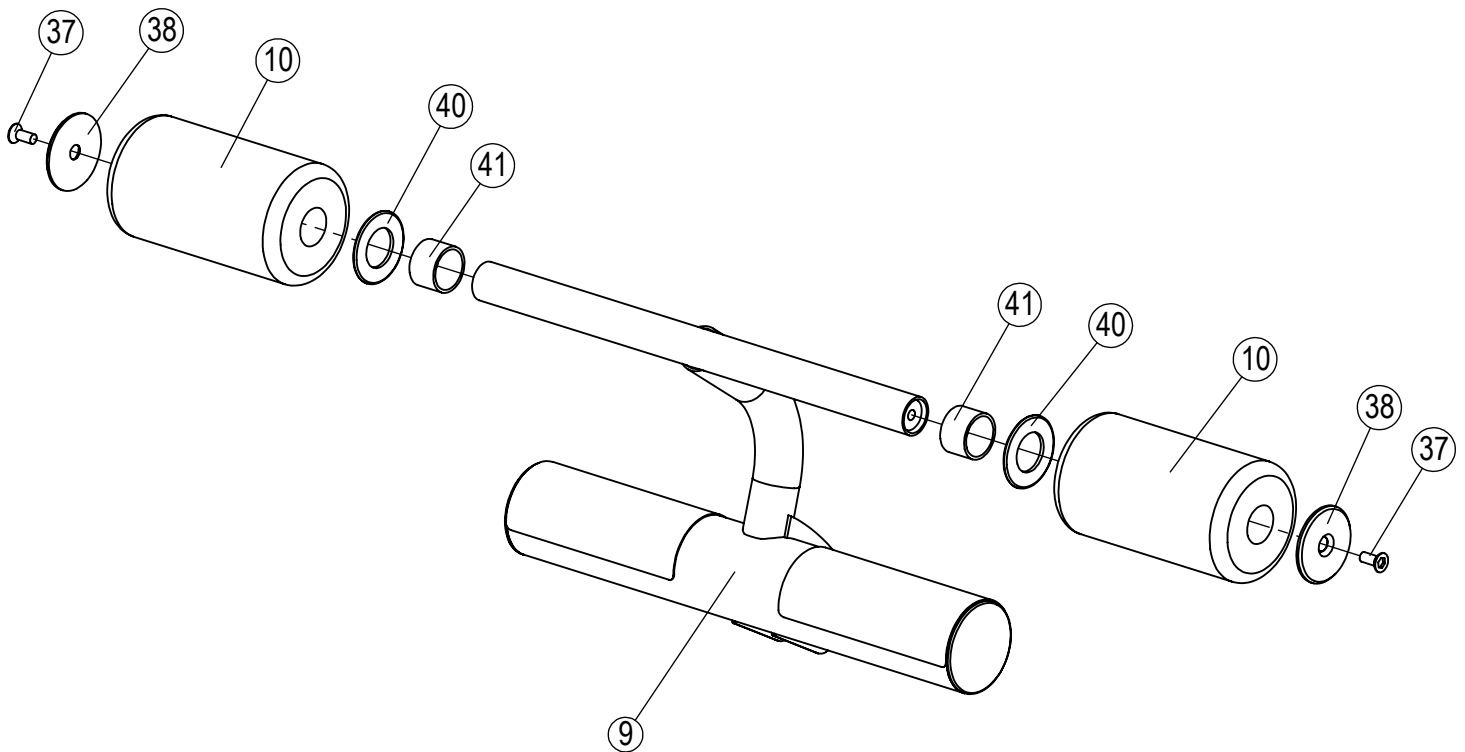
- A Loosen the Pop-pin (26) and insert the Lower Adjustment Tube Assembly (7) into the Pivot Tube Assembly (6).



Step 4

Attach the Adjustment Tube Assembly (5) to the Lower Adjustment Tube Assembly (7) using 1- Hex Bolt M12x95 (21), 2- Flat Washers $\phi 12$ (39), and 1- Lock Nut M12 (12). Make sure the Hex Bolt M12x95 (21) goes through Spacer 2 (32) inside the Lower Adjustment Tube Assembly (7).

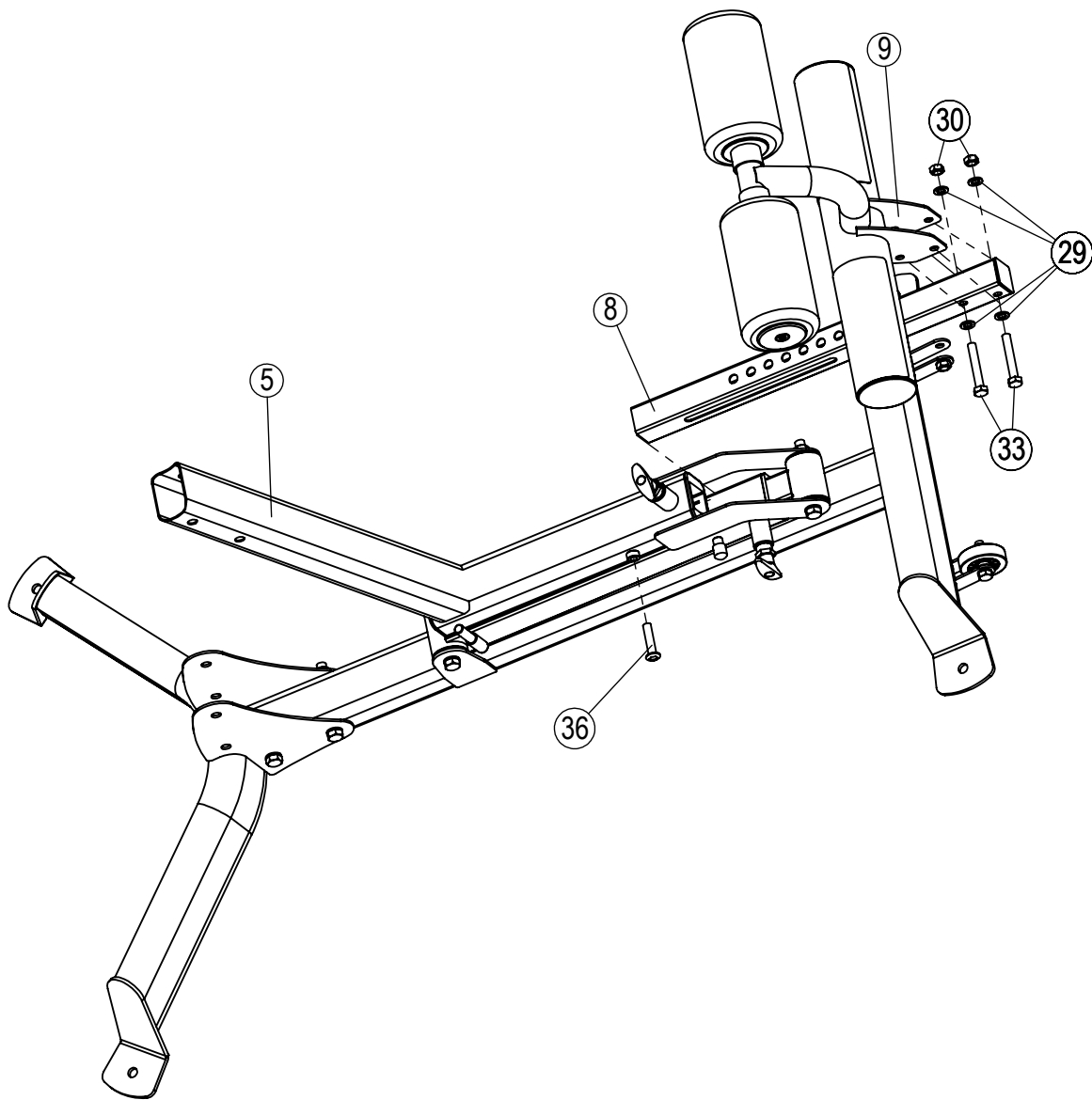
TIGHTEN HARDWARE FROM THIS STEP ONLY.



Step 5

- A Attach the Aluminum Cap (38), Foot Roller (10), Plastic Washer (40), and Foam Stopper (41) to the Leg Rest Assembly (9) using 1- Flathead Screw M10x25 (37). Repeat for both sides.

TIGHTEN HARDWARE FROM THIS STEP ONLY.

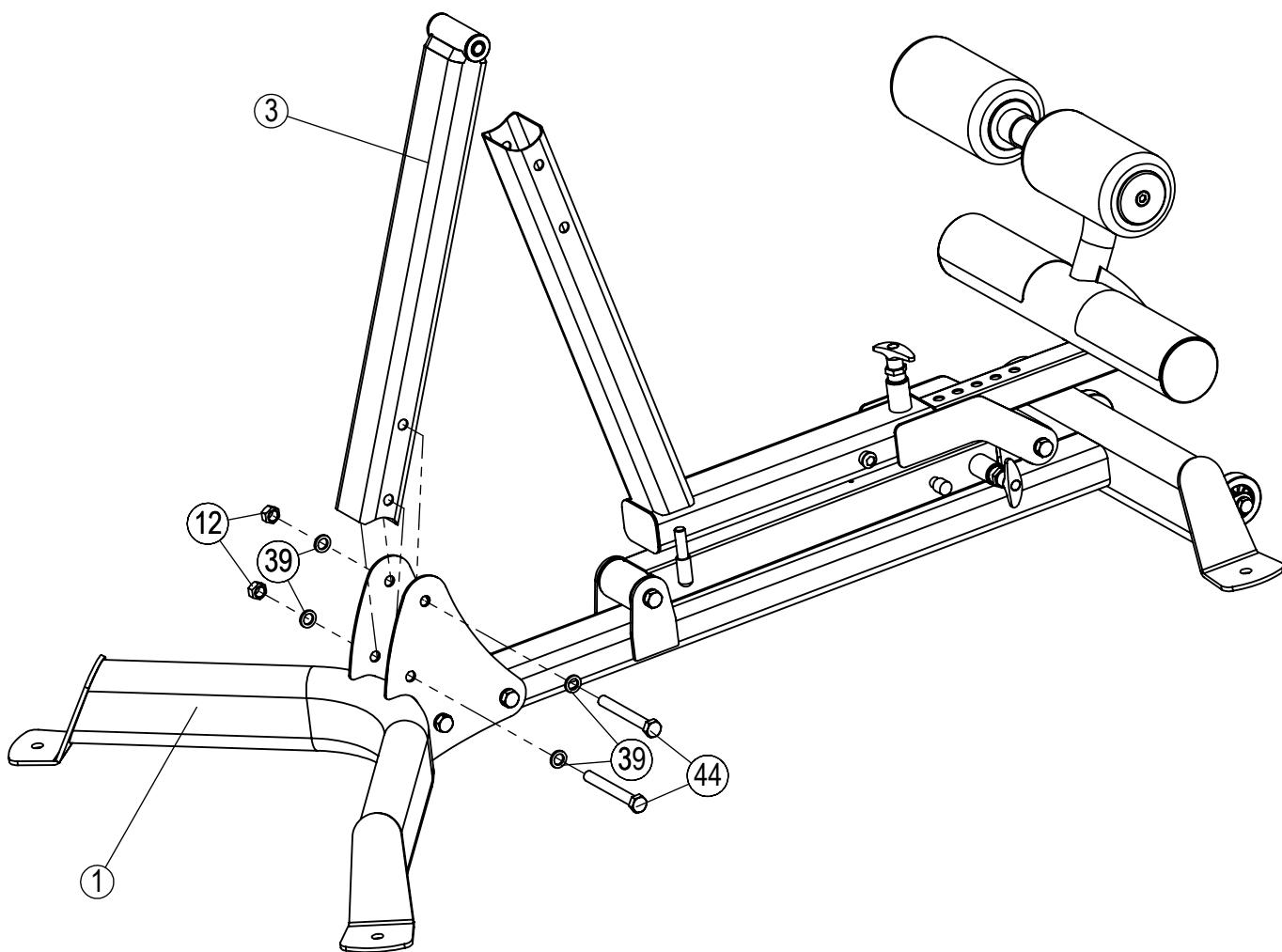


Step 6

- A Attach the Leg Rest Assembly (9) to the Upper Adjustment Tube Assembly (8) using 2- Hex Bolts M10x60 (33), 4- Flat Washers $\phi 10$ (29) and 2- Lock Nuts M10 (30)
- B Unscrew the Pop-pin and insert the Upper Adjustment Tube Assembly (8) into Adjustment Tube Assembly (5).

Note: The Tightening Screw (36) needs to be loosened in order for the Upper Adjustment Tube Assembly (8) to go into the Adjustment Tube Assembly (5)

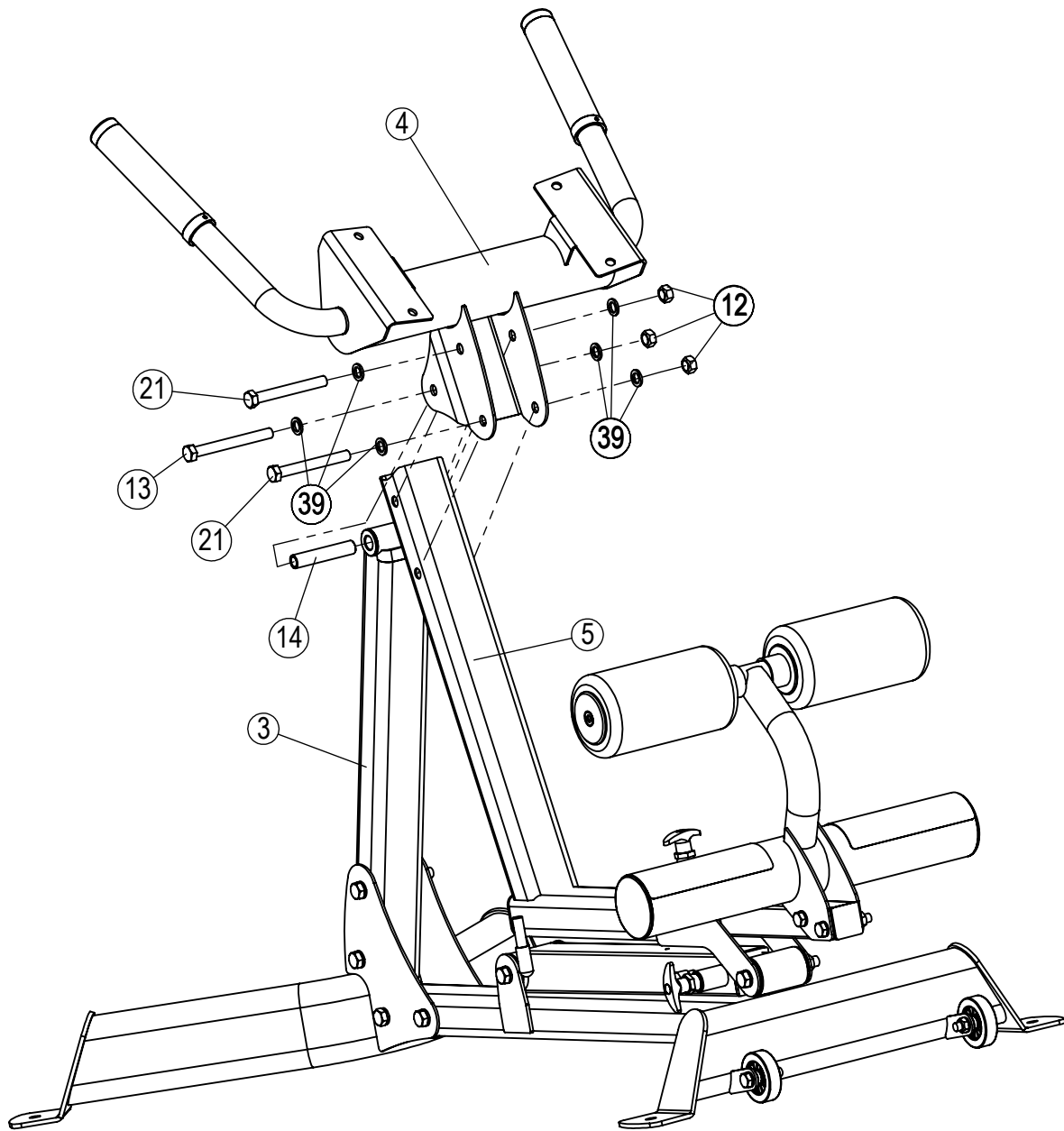
TIGHTEN HARDWARE FROM THIS STEP ONLY.



Step 7

- A Attach the Front Support Tube Assembly (3) to the Front Foot Tube Assembly (1) using 2- Hex Bolts M12x100 (44), 4- Flat Washers $\phi 12$ (39), and 2- Lock Nuts M12 (12).

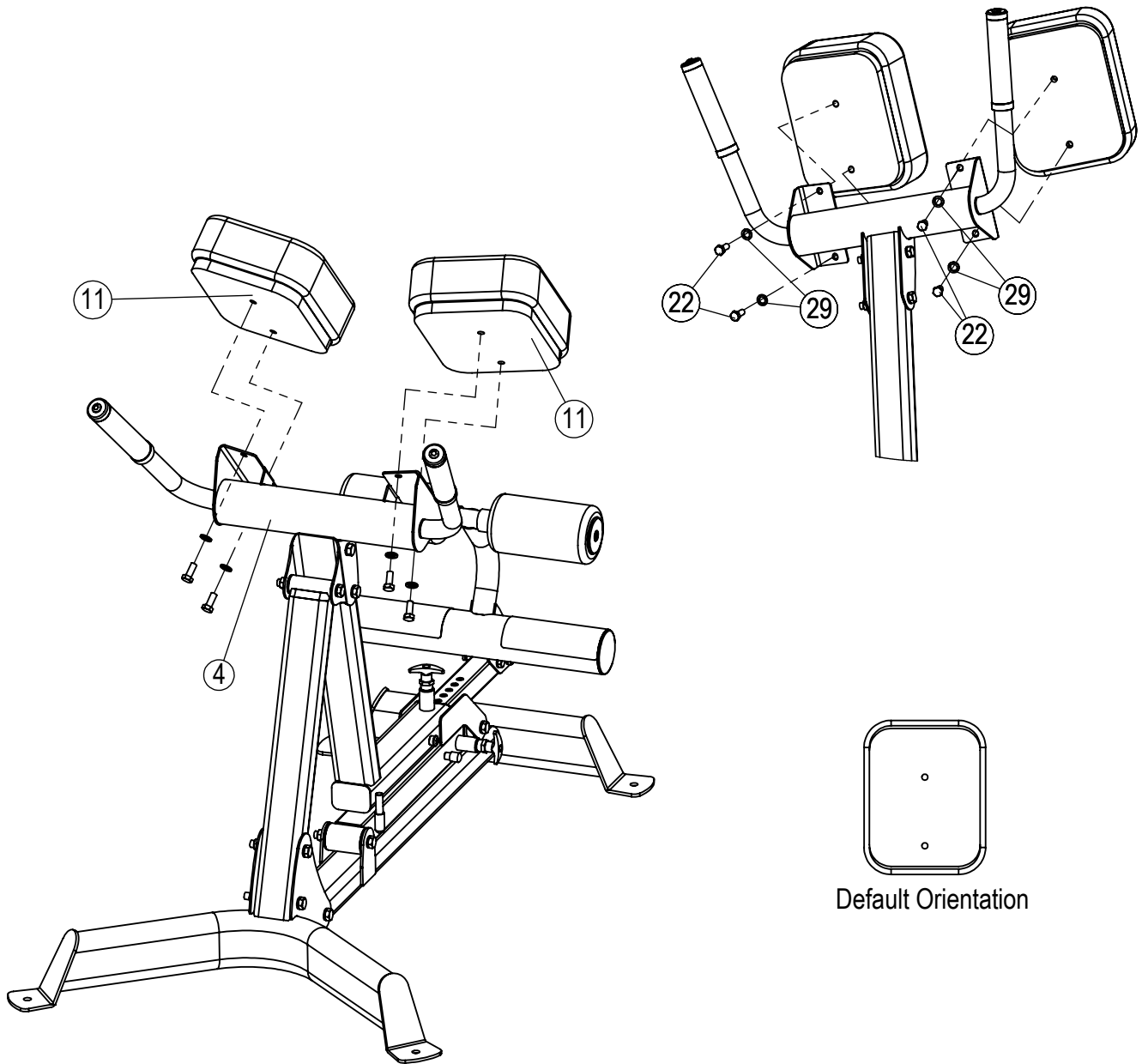
HAND TIGHTEN ONLY.



Step 8

- A Attach the Handle Assembly (4) to the Adjustment Tube Assembly (5) using 2- Hex Bolts M12x95 (21), 4- Flat Washers $\phi 12$ (39), and 2- Lock Nuts M12 (12).
- B Attach the Handle Assembly (4) to the Front Support Tube Assembly (3) using 1- Hex Bolt M12x110 (13), 2- Flat Washers $\phi 12$ (39), and 1- Lock Nut M12 (12). Make sure the Hex Bolt M12x110 (13) goes through Spacer 1 (14) inside the Front Support Tube Assembly (3).

TIGHTEN ALL HARDWARE FROM STEP 1, STEP 7 & STEP 8.



Default Orientation

Step 9

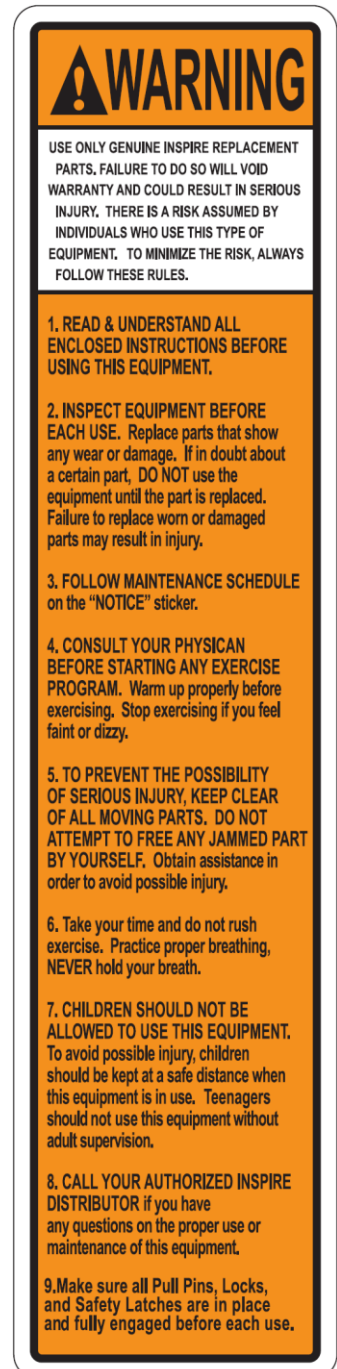
- A Attach the Back Pad Assembly (11) onto the Handle Assembly (4) using 2- Hex Bolts M10x25 (22) and 2- Flat Washers $\phi 10$ (29). Repeat for both sides.

Note: Back Pads can be oriented in either direction. The default orientation is shown above.

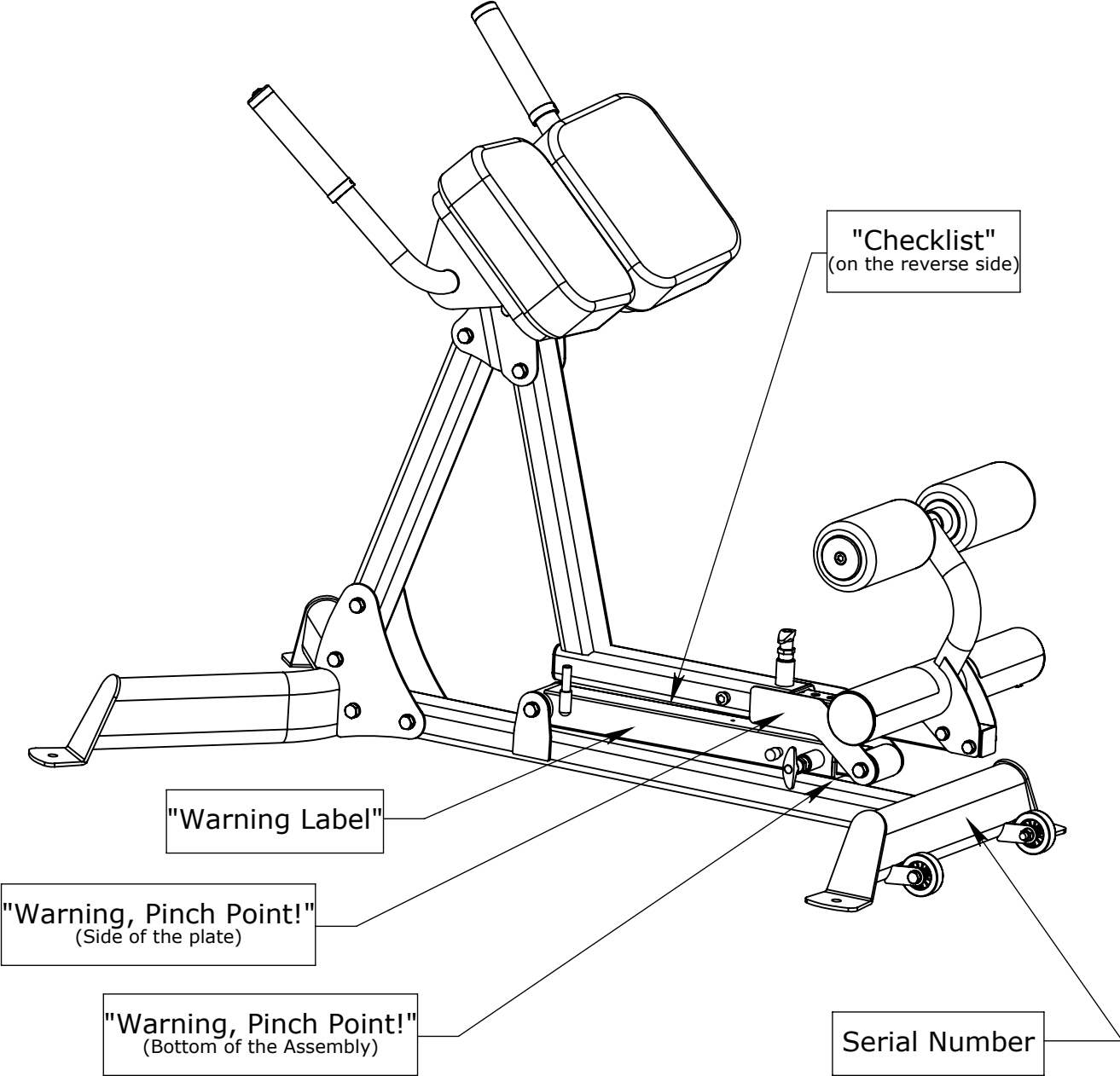
TIGHTEN HARDWARE NOW.

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



DECAL PLACEMENT



GENERAL MAINTENANCE INFORMATION

Warning: DO NOT place styrofoam or printed materials on the orthopedic pads. Over time, these may stick to the pads and mar the surface.

Do not leave items sitting on the orthopedic pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.

- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Locate and familiarize yourself with all warning decals on the hyper extension.
- Replace damaged or worn upholstery immediately.

MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE									
	ENTRY DATE									
Inspect: Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins	WEEKLY									
Clean: Upholstery	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 Wax: All Glossy Finishes	YEARLY									

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.

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

Refer to your Owner's Manual or consult with your fitness product dealer to establish if a Product is made for light-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 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.net

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.