

UCHR1

ULTIMATE COMMERCIAL HALF RACK



**UCHR1 RACK- SH-G8901
ASSEMBLY & OWNER' S MANUAL**

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BEFORE YOU BEGIN

Thank you for selecting the INSPIRE UCHR1 RACK. 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.



**Toll-Free Customer Service
Number**

1-877-738-1729

Mon. - Fri. 8 a.m. - 5 p.m. PST

www.inspirefitness.com

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. Please note the following safety precautions:

1. Always keep children and pets away from the machine. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.
2. Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on an open and level surface.
5. DO NOT use the machine outdoors or near water.
6. Keep hands away from all moving parts.
7. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the machine.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, perform stretching exercises to properly warm up.
12. Never operate if the machine is not functioning properly.

Care and Maintenance

1. Keep moving parts clean.
2. Inspect and tighten all parts before using the machine.
3. The Frame can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

WARNING:

BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

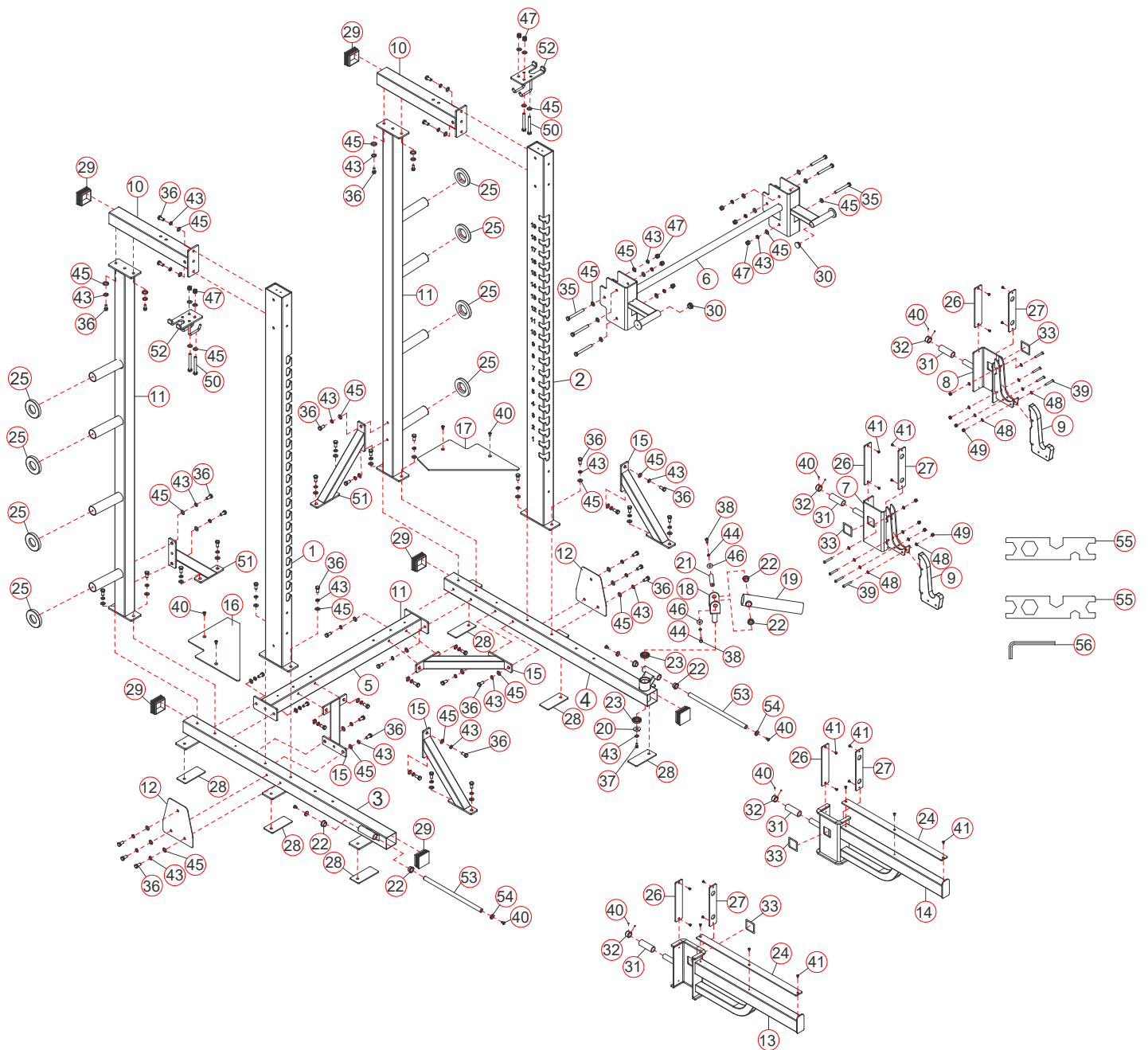
Parts list

Please identify all components before starting assembly.

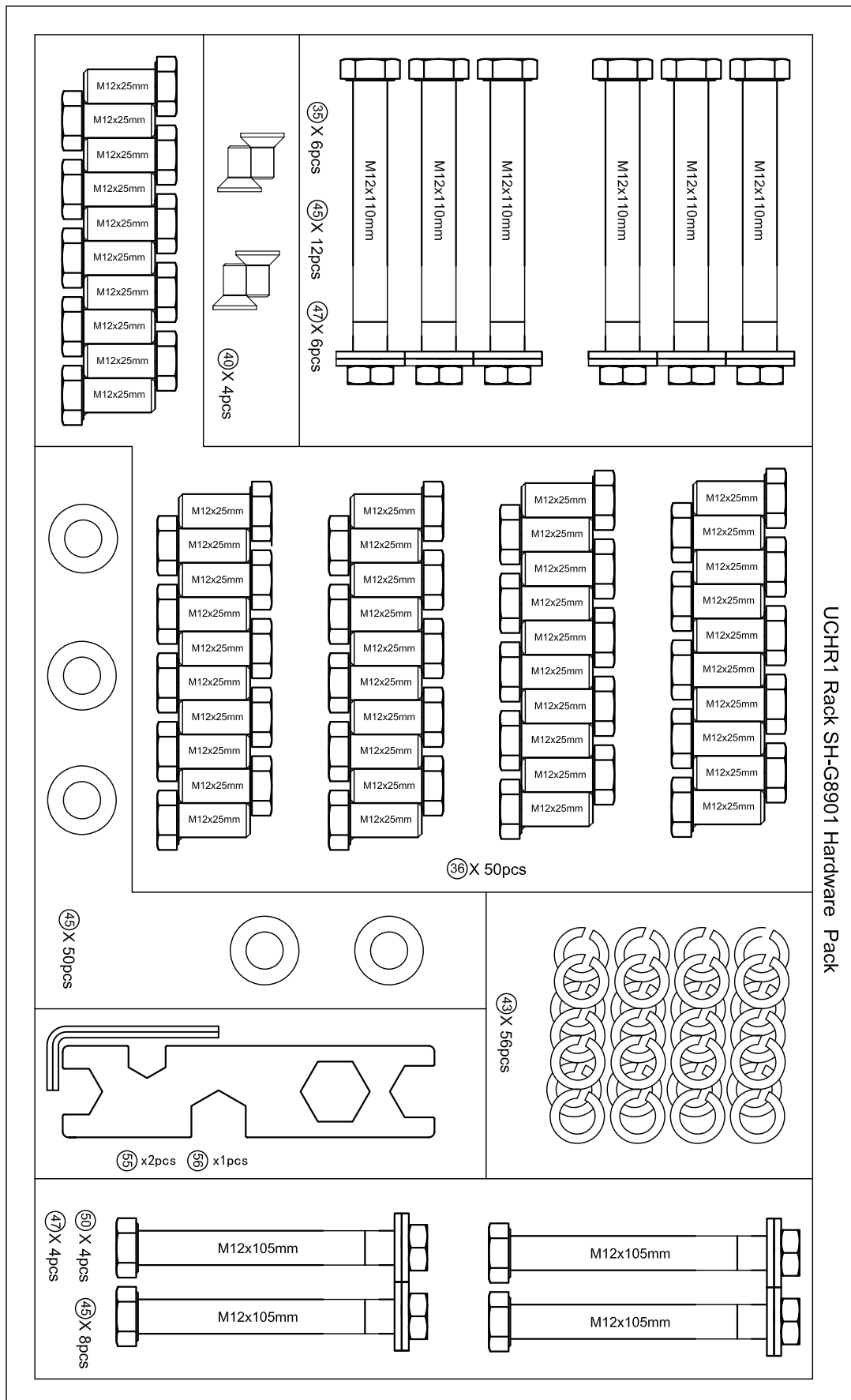
No.	Name	Description	QTY
1	Left Column Frame	SH-G8901-01	1
2	Right Column Frame	SH-G8901-02	1
3	Left Bottom Frame	SH-G8901-T4-01	1
4	Right Bottom Frame	SH-G8901-T4-02	1
5	Rear Bottom Frame	SH-G8901-T4-03	1
6	Front Connecting Rack	SH-G8901-T4-04	1
7	Right Hook	SH-G8901-T4-05	1
8	Left Hook	SH-G8901-T4-06	1
9	Hook	SH-G8901-T4-07	2
10	Cross Connection Beam	SH-G8901-T4-08	2
11	Rear support frame	SH-G8901-T4-10	2
12	Decorative plates	G8901-12	2
13	Left protective tube assembly	G8901-13	1
14	Right protective tube assembly	G8901-14	1
15	Reinforcement bracket	G8901-15	4
16	Left tread plate	SH-G8901-T4-11	1
17	Right tread plate	SH-G8901-T4-12	1
18	Shaft assembly	SH-G8901-T4-13	1
19	Battery assembly	G8901-19	1
20	Washer	ø31*ø12.5*t3.0	1
21	Double threaded shaft	ø 20*88	1
22	Copper sets	ø 32* ø 20*15	6
23	Deep groove ball bearing	6005-2RZ	2
24	Long rubber pad (adhesive)	6005-2RZ	2
25	Cushion	ø 80* ø 48*26	8
26	Rubber pad (with adhesive)	250*50*t5.0(6836-BOM4)	4
27	Rubber pad (with adhesive)	250*50*t5.0(G8901-BOM1)	4
28	Rubber pad (with adhesive)	145*65*5	6
29	Square tube plug	75*75*t2.0	6

No.	Name	Description	QTY
30	Round inner tube plug	φ32*t2.0	2
31	Hand grip	φ 22.3* φ 32*90	4
32	Handle tube cover	φ 33* φ 25.6*20	4
33	Window sticker	inner50*50, outer64*64	4
34	Sticker	φ 43*1.8	8
35	Hex bolts	M12*110 Half Thread	6
36	Hex bolts	M12*25 Full thread	50
37	Hexagon bolt with semicircular head	M12*25 Full thread	1
38	Hexagon bolt with semicircular head	M8*20 Full thread	2
39	Hexagon bolt with semicircular head	M8*50 Half Thread	8
40	Hexagon socket head screw	M8*15 Full thread	8
41	Cross recessed countersunk head screw	M6*10 Full thread	22
42	Hexagon socket flat end set screw	M5*3 Full thread	8
43	Spring washer	φ 19.1* φ 12.9*3.1	57
44	Spring washer	φ 8.1* φ 12.3*2.1	2
45	Flat washer	φ 13* φ 24*2.5	71
46	Flat large washer	φ 8.5* φ 28*2	2
47	Locknut	M12	10
48	Flat washer	φ 8.5* φ 16*2	16
49	Locknut	M8	8
50	Hex bolts	M12*105 Half Thread	4
51	Inclined support frame	SH-G8901-T4-14	2
52	Hook assembly	SH-G8901-T4-15	2
53	Slider	SH-G8901-T4-16	2
54	Baffle	SH-G8901-T4-17	4
55	Wrench	130*32*t4.0	2
56	Allen Wrench	5mm	1

EXPLODED VIEW

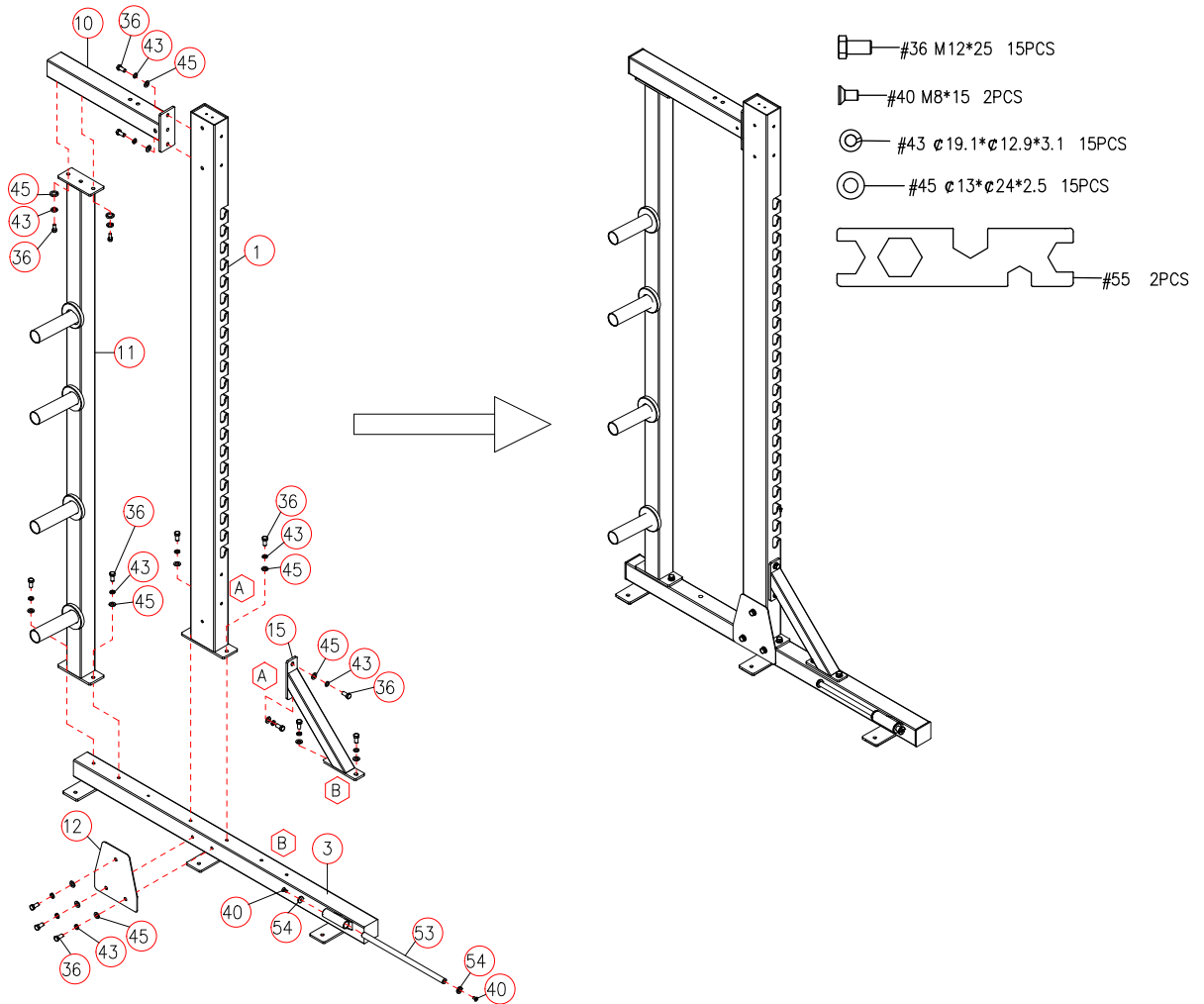


HARDWARE PACK



UCHR1 Rack SH-G8901 Hardware Pack

Assemble steps

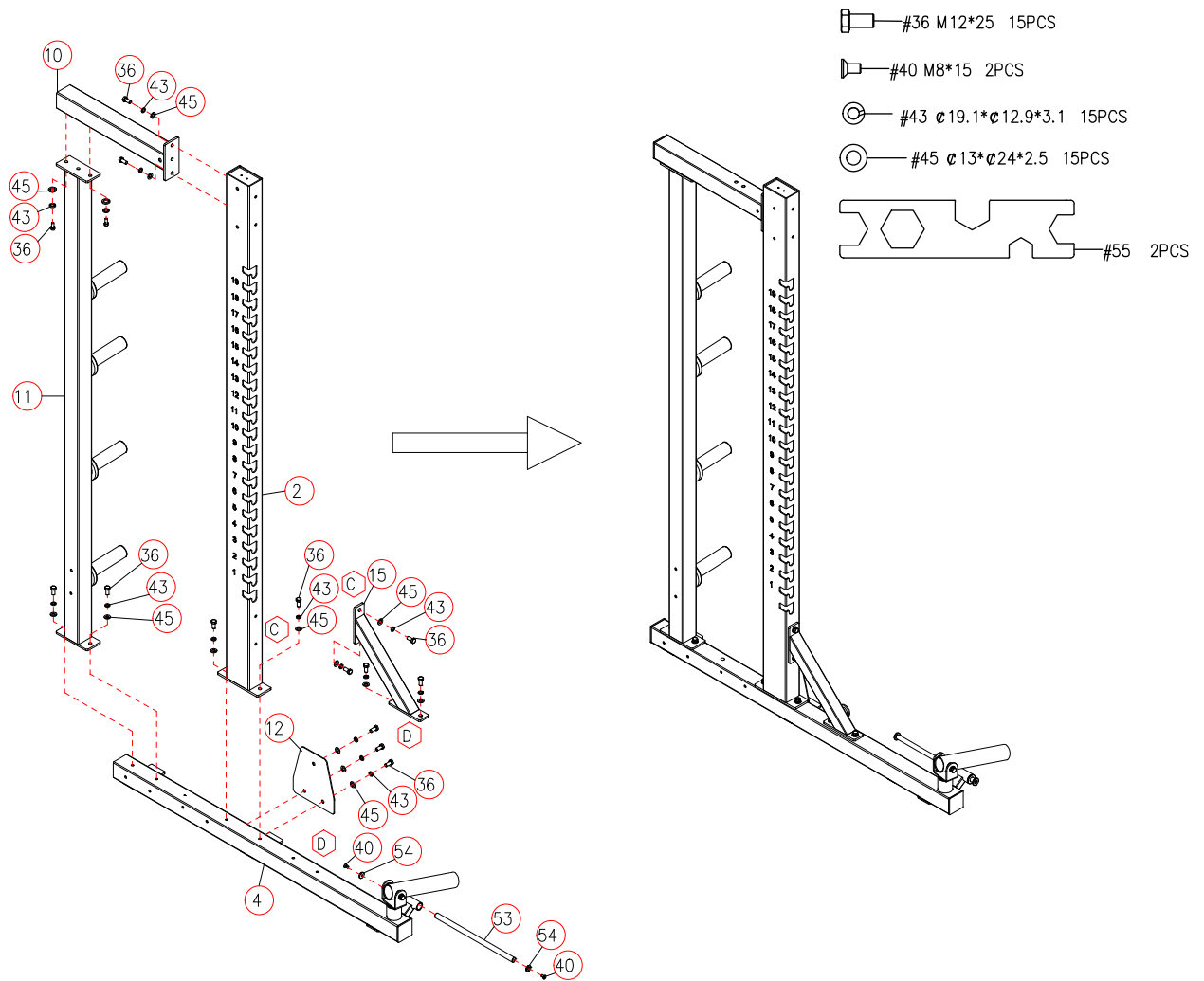


Step 1:

- Fasten the left column frame(1) to the left bottom frame(3), cross connection beam(10), rear support frame(11), decorative plate(12), and reinforcement bracket(15).
- Insert the slider(53) into the Left Bottom Frame(3). Then, install the baffles(54) at both ends, fasten with screw(40).

The assembled components will become the Left Side Frame, as illustrated above.

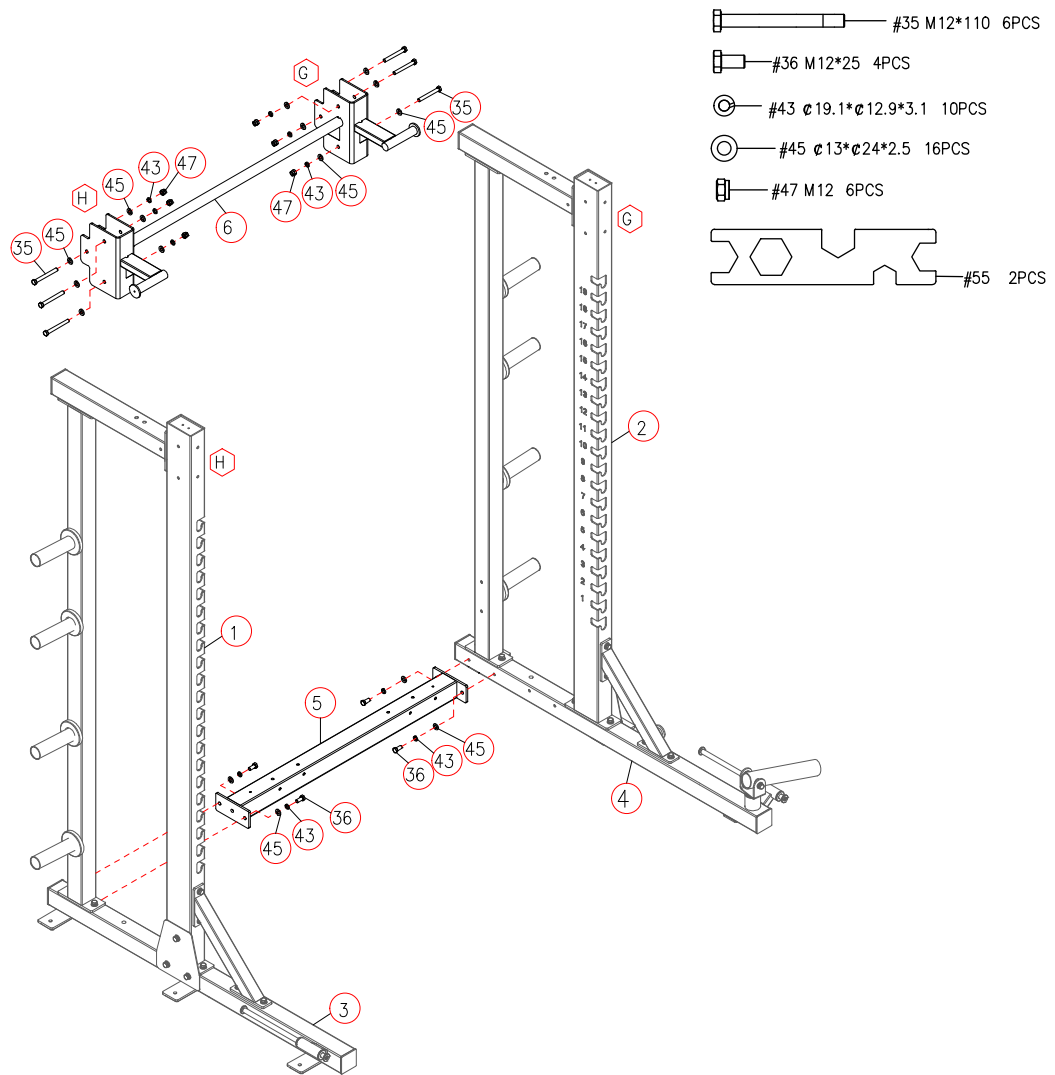
No.	Name	Qty
1	Left Column Frame	1
3	Left Bottom Frame	1
10	Cross Connection Beam	1
11	Rear support frame	1
12	Decorative plates	1
15	Reinforcement bracket	1
36	Hex bolts M12*25	15
40	Hexagon socket head screw M8*15	2
43	Spring washer $\phi 19.1 \times \phi 12.9 \times 3.1$	15
45	Flat washer $\phi 13 \times \phi 24 \times 2.5$	15
53	Slider	1
54	Baffle	1



Step 2:

- Fasten the right column frame(2) to the right bottom frame (4), cross connection beam (10), rear support frame (11), decorative plate (12), and reinforcement bracket(15).
- Insert the slider (53) into the Right Bottom Frame (4) Then, install the baffles (54) at both ends, fasten with screw (40). The assembled components will become the Right Side Frame, as illustrated above.

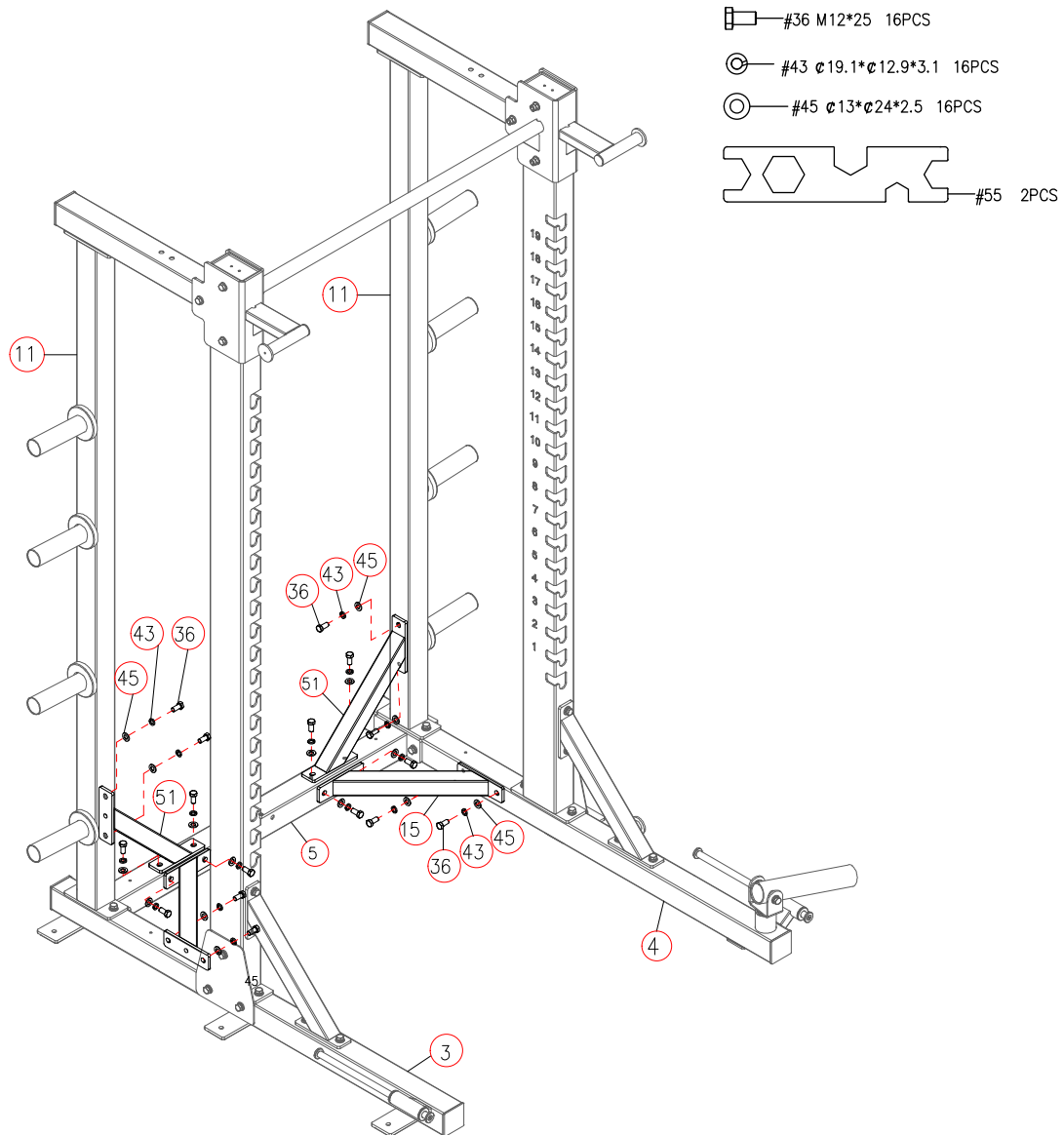
No.	Name	Qty
2	Right Column Frame	1
4	Right Bottom Frame	1
10	Cross Connection Beam	1
11	Rear support frame	1
12	Decorative plates	1
15	Reinforcement bracket	1
36	Hex bolts M12*25	15
40	Hexagon socket head screw M8*15	2
43	Spring washer $\phi 19.1 \times \phi 12.9 \times 3.1$	15
45	Flat washer $\phi 13 \times \phi 24 \times 2.5$	15
53	Slider	1
54	Baffle	1



Step 3:

- Fasten rear bottom frame(5) with the left bottom frame(3), and right bottom frame(4) as illustrated.
- Use bolts (35), flat washers (45), spring washers (43), locknuts (47) to fasten Front Connecting Rack (6) to the left column frame (1), and to the right column frame (2). As shown at the top of the illustration.

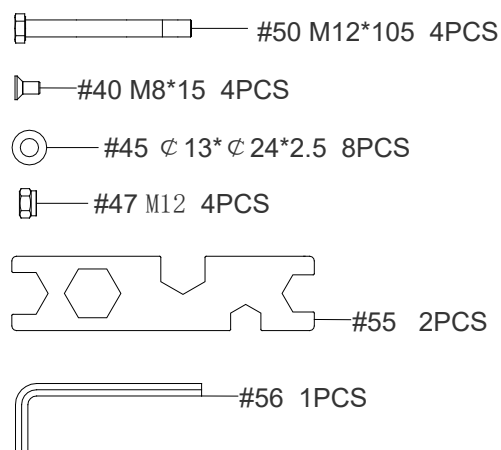
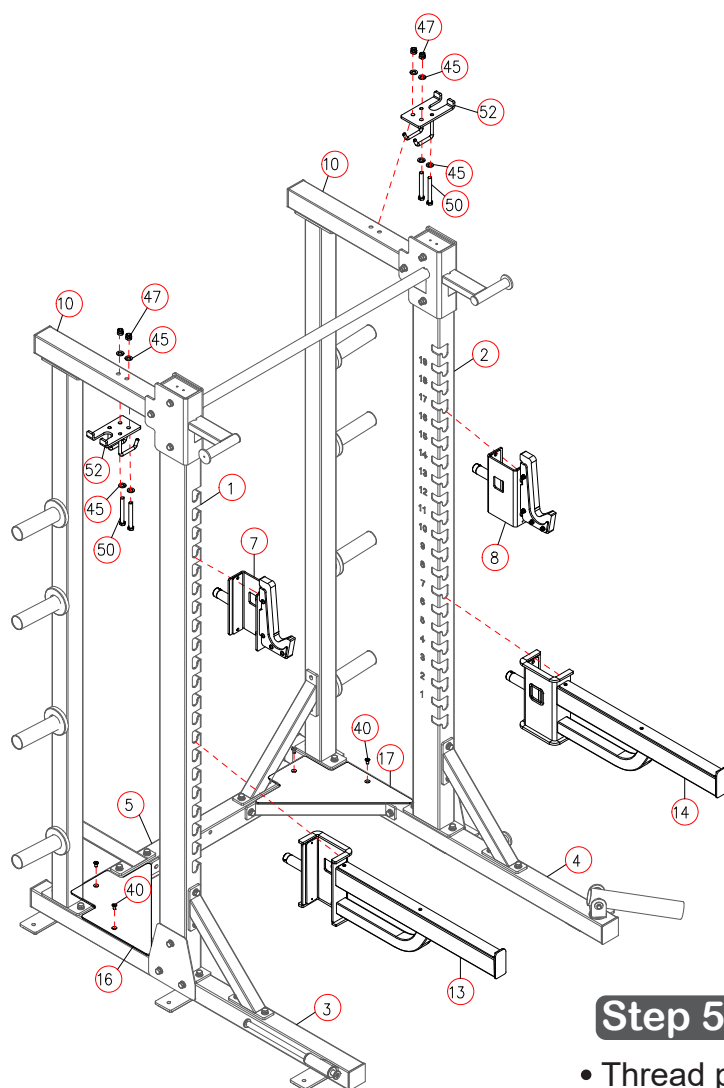
No.	Name	Qty
5	Rear Bottom Frame	1
6	Front Connecting Rack	1
35	Hex bolts M12*110	6
36	Hex bolts M12*25	4
43	Spring washer $\varnothing 19.1 \times \varnothing 12.9 \times 3.1$	10
45	Flat washer $\varnothing 13 \times \varnothing 24 \times 2.5$	16
47	M12	6



Step 4:

- Fasten reinforcement brackets (15) and inclined support frame (51) to the left bottom frame (3), the right bottom frame (4), the rear bottom frame (5), and the rear support frame (11), as illustrated.

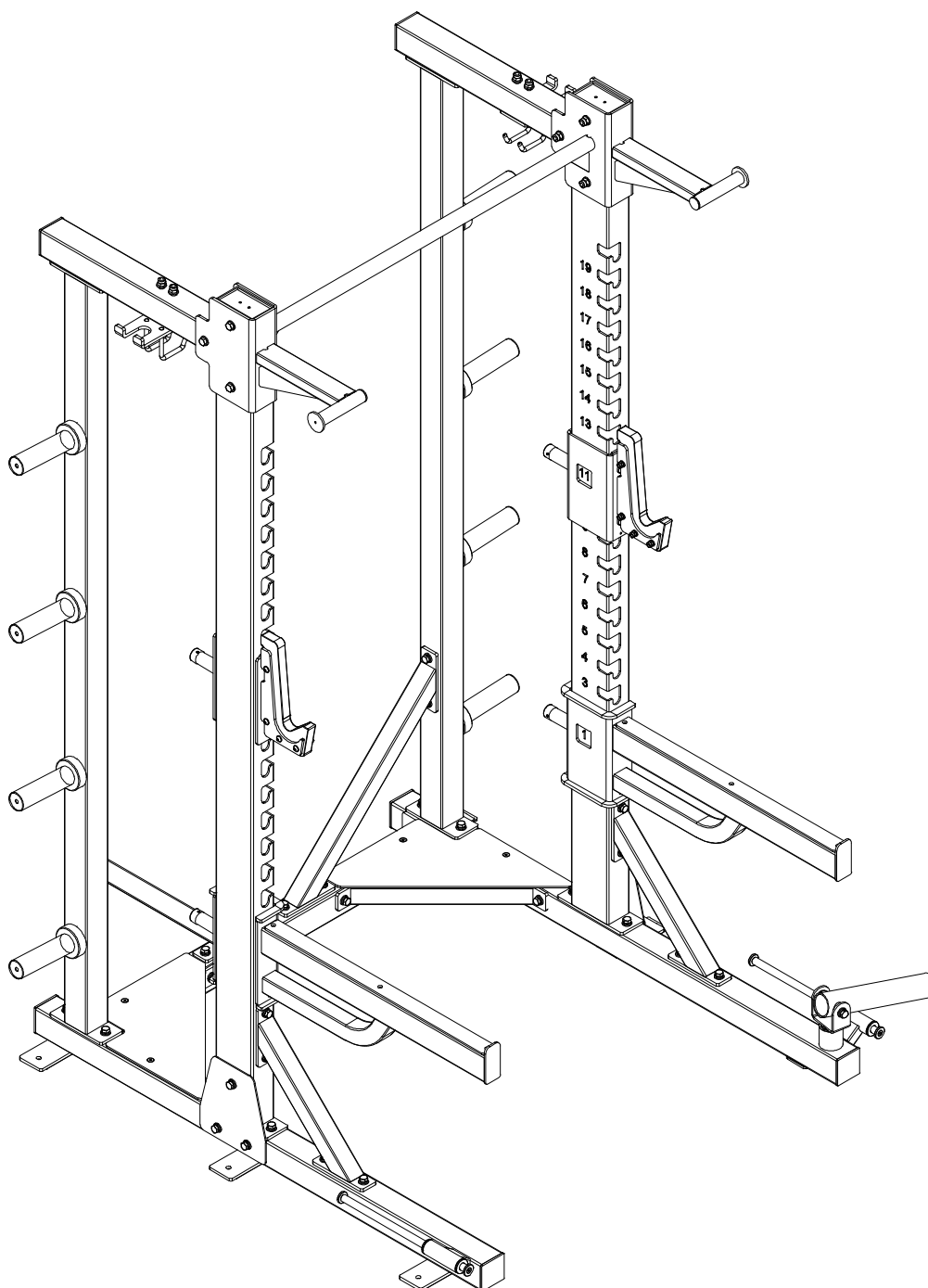
No.	Name	Qty
15	Reinforcement bracket	2
36	Hex bolts M12*25	16
43	Spring washer $\varnothing 19.1 \times \varnothing 12.9 \times 3.1$	16
45	Flat washer $\varnothing 13 \times \varnothing 24 \times 2.5$	16
51	Inclined support frame	2



No.	Name	Qty
7	Right Hook	1
8	Left Hook	1
13	Left protective tube assembly	1
14	Right protective tube assembly	1
16	Left tread plate	1
17	Right tread plate	1
40	Hexagon socket head screw M8*15	4
45	Flat washer $\varnothing 13^* \varnothing 24^*2.5$	8
47	M12 Locknut	4
50	Hex Bolt M12*105	4
52	Hook assembly	2

Step 5:

- Thread plate assembly, 2 places, left and right side. Locate and Place the left thread plate (16) in place, match the holes to the frame and fasten with screw (40).
 - Locate and Place the Right thread plate (17) in place, match the holes to the frame and fasten with screw (40).
- Hook assembly, 2 places, left and right side.
- Assemble the hook assembly (52) to the cross connection beam (10), fasten with bolt (50), flat washer (45), and locknut (47). Repeat steps for the opposite side.
 - Attach the right hook assembly (7), and right protective tube assembly (14) on the right column frame (2).
 - Attach the left hook assembly (8), and left protective tube assembly (13) on the left column frame (1).



**Check that all bolts are securely fasten in place.
The installation is now complete.**

Specifications

- ◆ This exercise machine is built for anaerobic exercises for indoor use.
- ◆ Meet the paths of movement, in accordance with the standard of GB17498-2208 /ISO20957:2005/GB5296-2008.
- ◆ Safety and durability is guaranteed.

Main Frame

(125*75) steel tubing with electrostatic spray

Safety protection frame

Combination of plastic and steel, the thickness of protection tube is 3.0mm, height 800mm, anti-shock 300kg. It has a effective protection function.

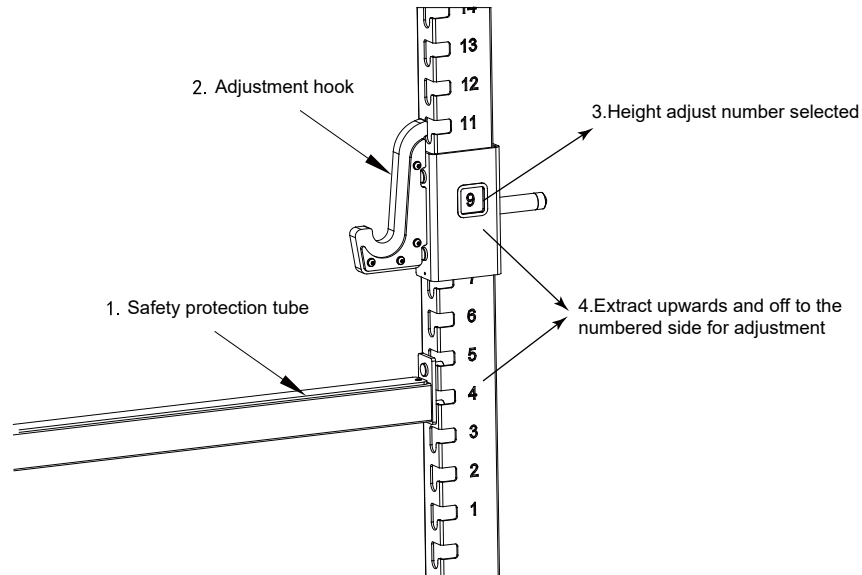
Function chart

It is easy to learn the right way to use equipment and building muscles.

Adjustment

Laser cut height adjustments numbers with see thru window.

Operation guide



1. Extract upwards and off to the numbered side for adjustment.
2. For safety, place safety protection tube below the adjustment hook.

Products Data

Name	UCHR1 RACK	Model	SH-G8901
Dimension	1510*1675*2465MM	Weight Plates	260KG
Net Weight	183KGS	Maximum User's Weight	≤150KGS
Temperature	0-40℃	Class	S
Simultaneously User	1 person	Application scope	1510L*1675W
Classes: S – Professional or Commercial; H – Home Use.			

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, Cabkesm, 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

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

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