

INSPIRE

ASSEMBLY & OPERATION MANUAL

LEG PRESS OPTION



RECORD SERIAL NUMBER HERE

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BEFORE ASSEMBLING YOUR LEG PRESS

IMPORTANT: Read this entire manual before attempting to build or use your leg press. 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 home gym for replacement parts. Or, call Inspire at 714-738-1729

Service of your home gym should only be preformed by an authorized INSPIRE retailer. Service preformed by anyone else can result in loss of warranty. Use only Inspire replacement parts on this machine. The use of any other brand of parts can also result in a loss of warranty. If you need help finding an authorized retailer, please contact us directly:

Inspire Fitness
637 S. State College Blvd.
Fullerton, CA 92831
Ph: 714-738-1729
Fx: 714-738-1728
www.inspirefitness.net

TOOLS REQUIRED FOR ASSEMBLY

- Standard socket set (including 9/16" and 1/2" sockets)
- 9/16" wrench
- Adjustable wrench
- Tape Measure
- Rubber Mallet

PARTS & HARDWARE LIST

Item	Parts Description	Qty	Qty Rec'd
1	Leg Press Base	1	
2	Press Arm	1	
3	Foot Plate	1	
4	Handles	1	
5	Attachment Arm	1	
6	Back Pad Stem	1	
7	Floating Pulley Bracket Assembly	1	
8	Orthopedic Pads	2	
9	LP1 Cable	1	
10	Seat Base	2	
11	3 1/2" Pulley	5	

Item	Hardware Description	Qty	Qty Rec'd
1	Bolt, 3/8-16 x 1" L	2	
2	Bolt, 3/8-16 x 2" L	6	
3	Bolt, 3/8-16 x 2 1/4" L	2	
4	Bolt, 3/8-16 x 2 1/2" L	2	
5	Bolt, 3/8-16 x 3 3/4" L	3	
6	Bolt, 3/8-16 x 4 1/4" L	3	
7	Bolt, 3/8-16 x 4 3/4" L	1	
8	Bolt, 3/8-16 x 5" L	3	
9	Bolt, 1/2-13 x 5" L	1	

10	3/8" Washer	29	
11	1/2" Washer	2	

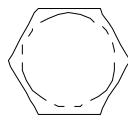
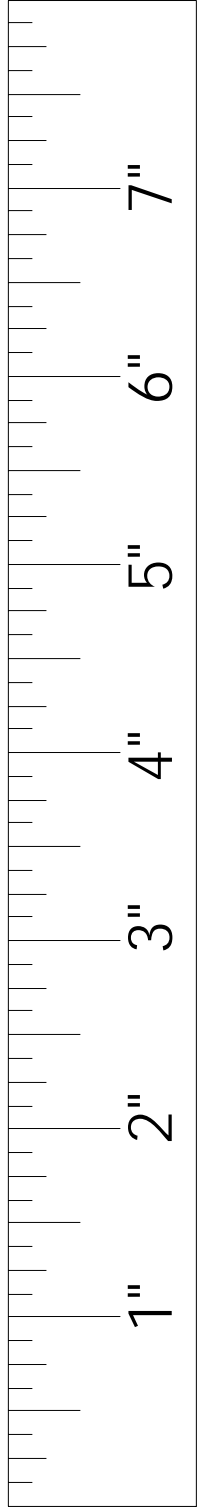
12	3/8-16 Locknut	13	
13	1/2-13 Locknut	1	

14	Step Spacer, 1" Long	2	
15	Barrel Spacer, 5/16" Long	1	

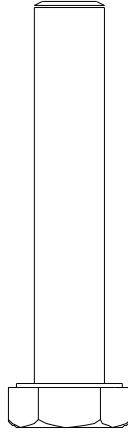
16	Cable Adapter	1	
17	Pivot Shaft	1	
18	4 mm Wrench	1	

NOTE: There May Be Extra Parts Left Over Depending On Which Machine You Attach the LP1 Too.

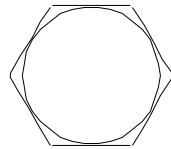
HARDWARE SIZING CHART



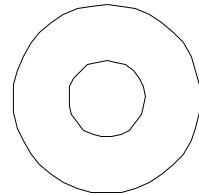
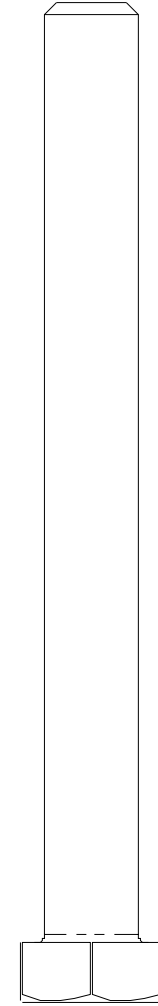
3/8" DIA. Bolt



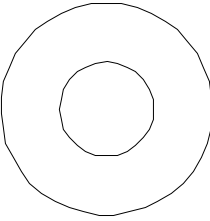
Allen Wrench



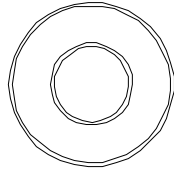
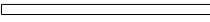
1/2" DIA. Bolt



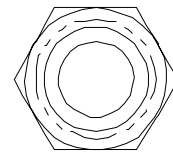
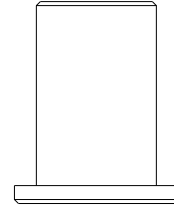
3/8" Washer



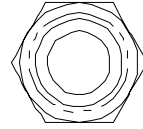
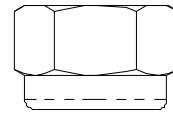
1/2" Washer



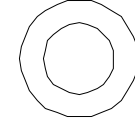
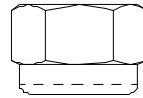
Step Spacer



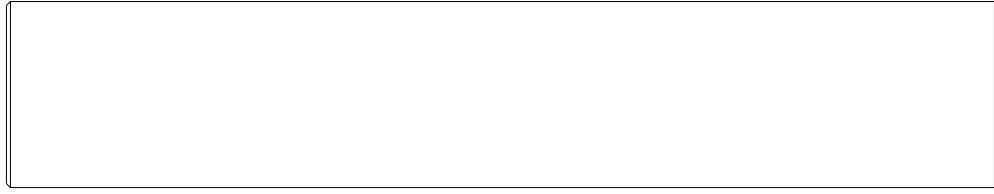
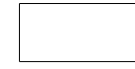
1/2" Locknut



3/8" Locknut



5/16" Barrel Spacer



Pivot Shaft

ACTUAL PARTS MAY BE SMALLER OR LARGER THAN SHOWN

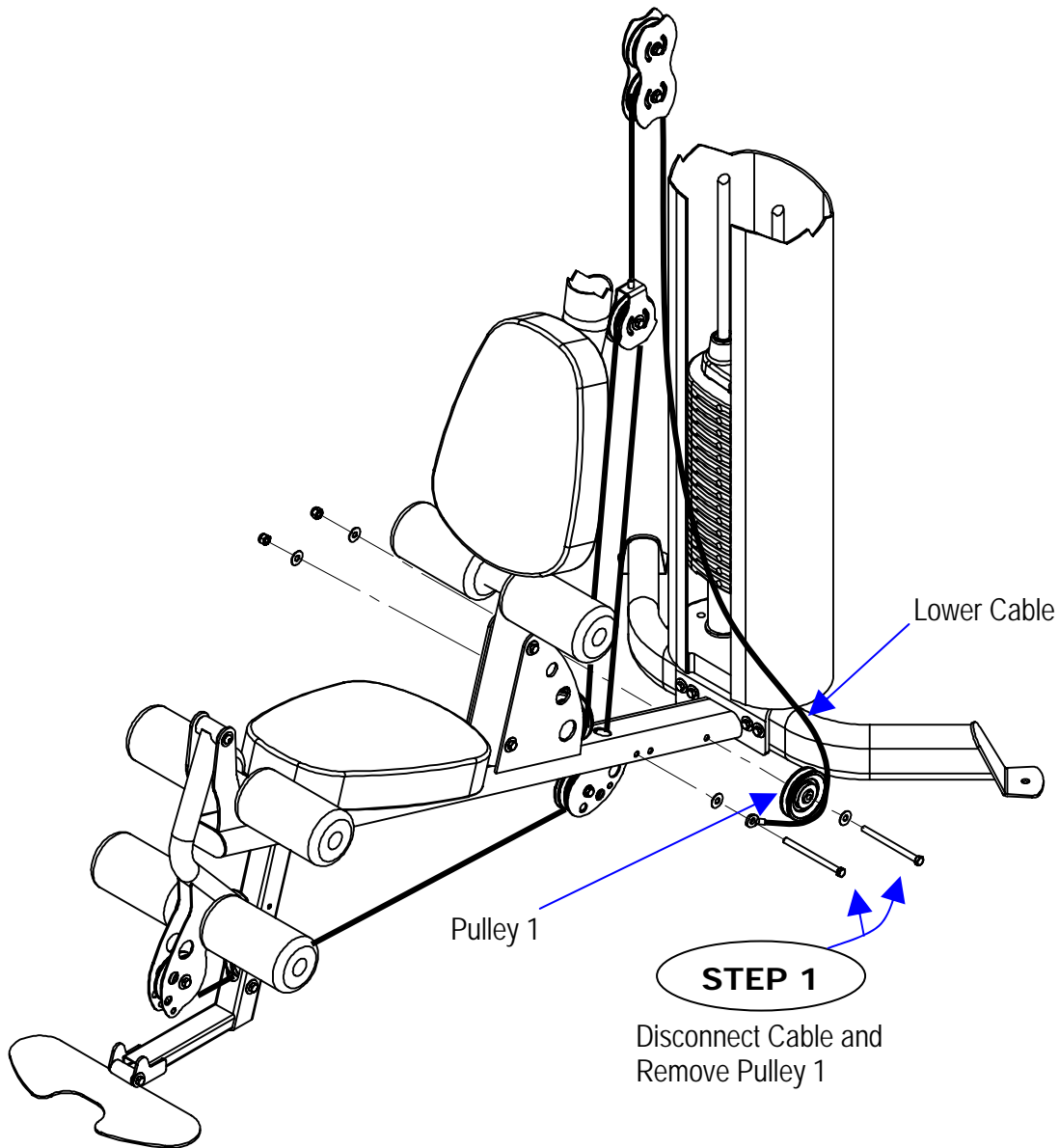
ASSEMBLY INSTRUCTIONS



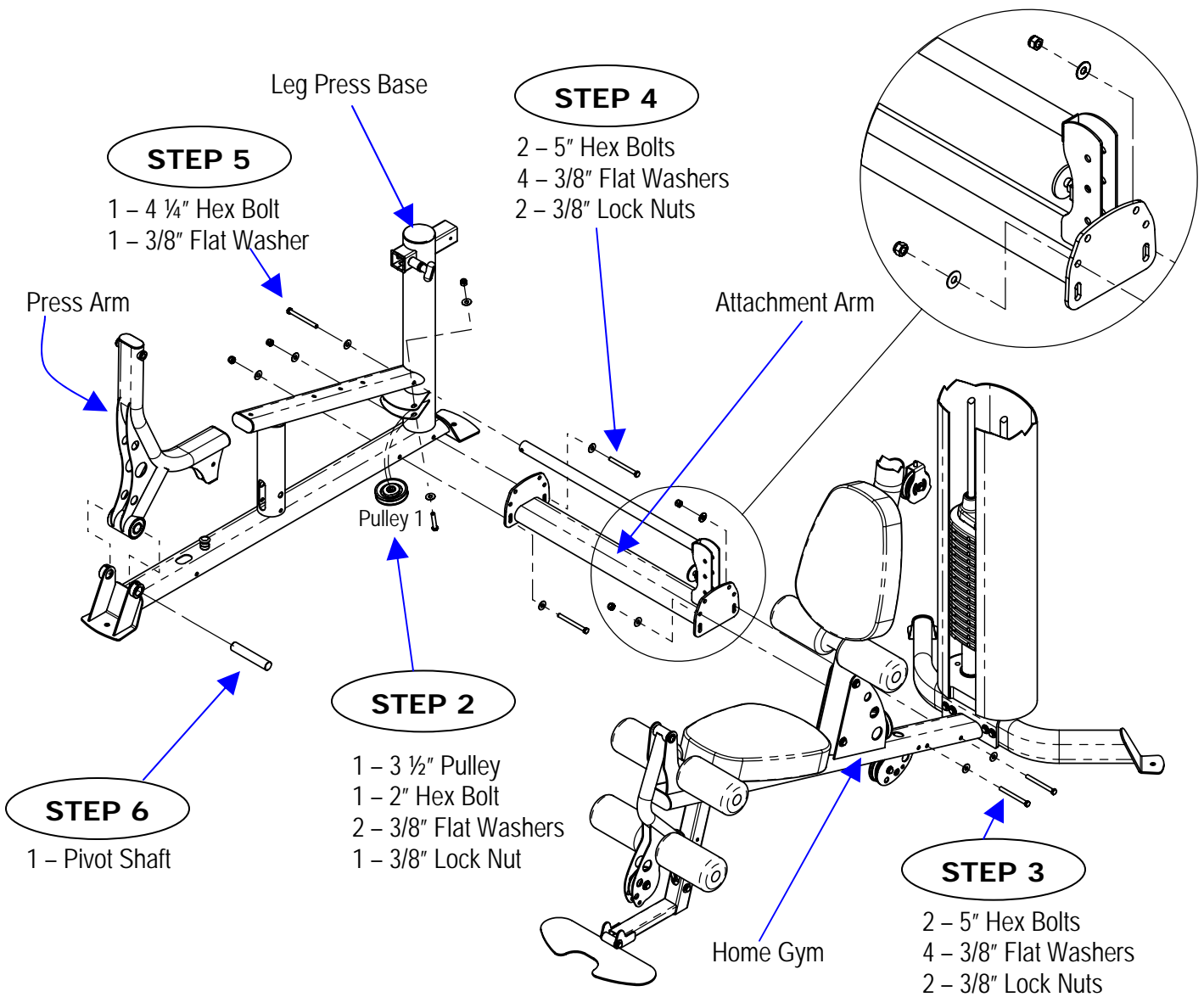
Assembly Procedure for Attaching Leg Press to M1 & M2

Go directly to page 11 if attaching Leg Press to M3

NOTE: The Leg Press may be attached to either side of the machine.
The pictures show only one side



Step 1: Remove Pulley 1 and disconnect lower cable from Home Gym. Retain pulley 1 and hardware for future steps.



Step 2: Attach Pulley 1 to Leg Press Base using:
(Wrench Tighten)

**One (3 1/2" Pulley)
 One (2" Hex Bolt)
 Two (3/8" Flat Washers)
 One (3/8" Lock Nut)**

Step 3: Secure Attachment Arm to Home Gym using:
 (Finger Tighten Only)

**Two (5" Hex Bolts)
 Four (3/8" Flat Washers)
 Two (3/8" Lock Nuts)**

Step 4: Secure Attachment Arm to Leg Press Base using:
 (Finger Tighten Only)

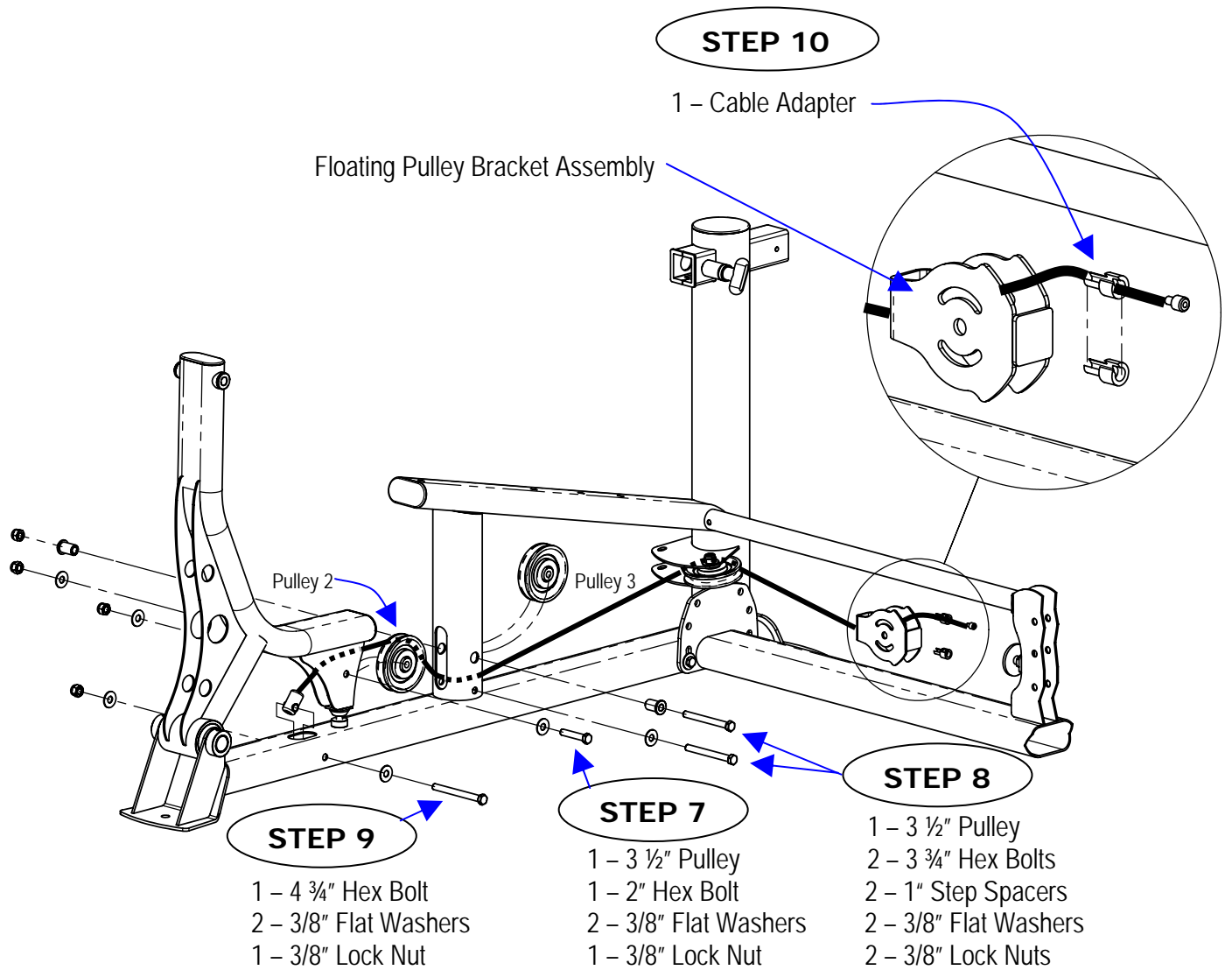
**Two (5" Hex Bolts)
 Four (3/8" Flat Washers)
 Two (3/8" Lock Nuts)**

Step 5: Secure tubular portion of Attachment Arm to
 Leg Press Base using:
(Wrench Tighten bolts in steps, 3, 4, & 5 Now)

**One (4 1/4" Hex Bolt)
 One (3/8" Flat Washer)**

Step 6: Attach Press Arm to Leg Press Base using:
(Tighten Allen Screws using 4mm Allen Wrench Included)

One (Pivot Shaft)



STEP 10

1 - Cable Adapter

Floating Pulley Bracket Assembly

STEP 9

- 1 - 4 3/4" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

STEP 7

- 1 - 3 1/2" Pulley
- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

STEP 8

- 1 - 3 1/2" Pulley
- 2 - 3 3/4" Hex Bolts
- 2 - 1" Step Spacers
- 2 - 3/8" Flat Washers
- 2 - 3/8" Lock Nuts

Step 7: Attach Pulley 2 to Arm Assembly using:
(Wrench Tighten Bolt)

- One (3 1/2" Pulley)**
- One (2" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nuts)**

Step 8: Attach Pulley 3 and retainer bolt to Base using:
(Wrench Tighten Bolts)

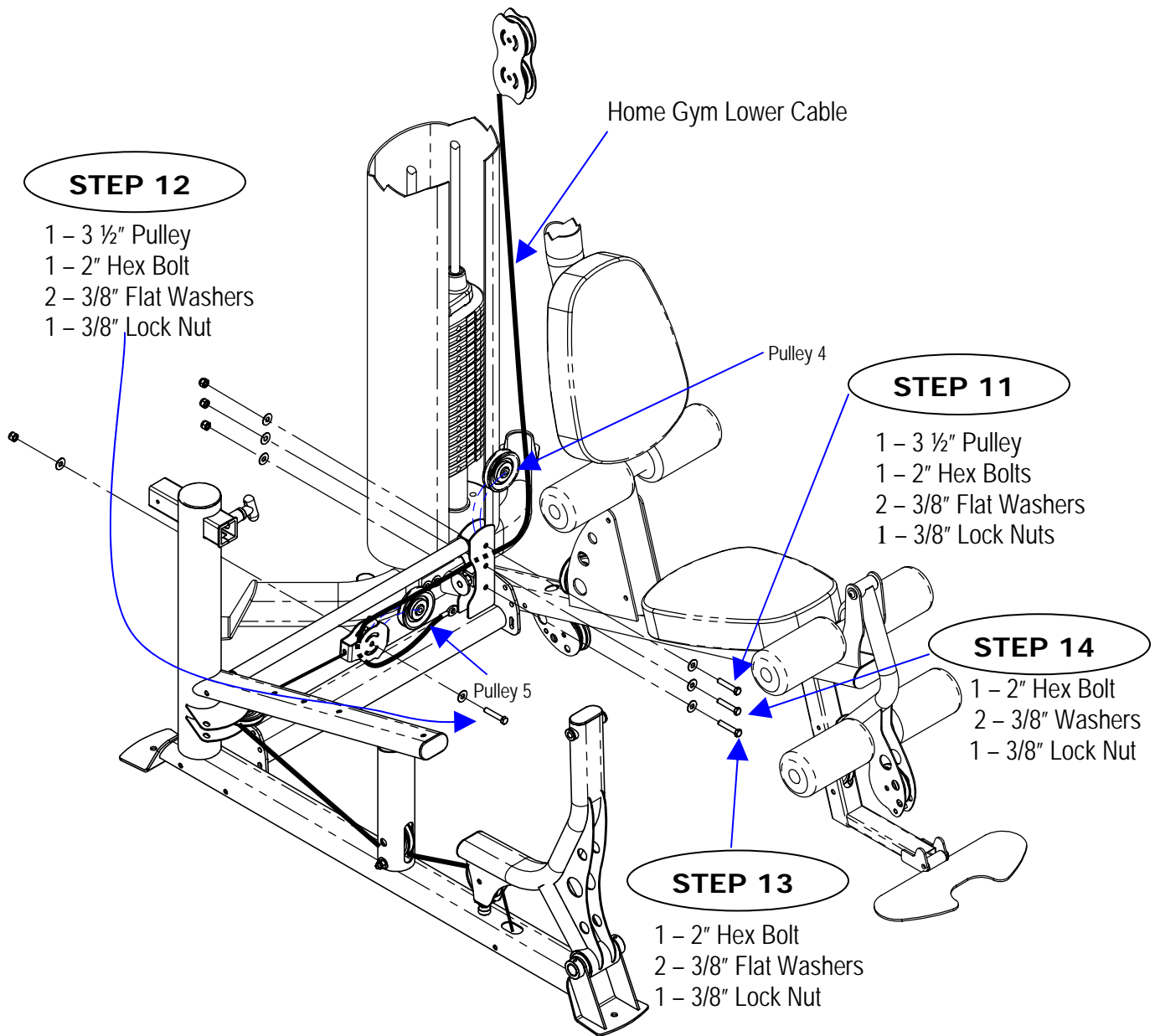
- One (3 1/2" Pulley)**
- Two (3 3/4" Hex Bolt)**
- Two (1" Step Spacers)**
- Two (3/8" Flat Washers)**
- Two (3/8" Lock Nuts)**

Step 9: Attach Cable End to Leg Press Base using:
(Wrench Tighten Bolt)

(Run Cable as shown in diagram. Make sure that the cable is routed between pulley 3 and the cable retainer bolt.)

- One (4 3/4" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

Step 10: Attach Floating Pulley Bracket Assy to Cable Using: **One (Cable Adapter)**
Thread the cable end through the hole in the Floating Pulley Bracket Assy and attach Cable Adapter, as shown in diagram above. This will prevent the cable end from pulling through.



Step 11: Attach Pulley 4 to Attachment Arm using:
(Wrench Tighten Bolt)

- One (3 1/2" Pulley)
- One (2" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)

Step 12: Attach Pulley 5 to Floating Pulley Bracket Assy using:
(Wrench Tighten Bolt)

- One (3 1/2" Pulley)
- One (2" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)

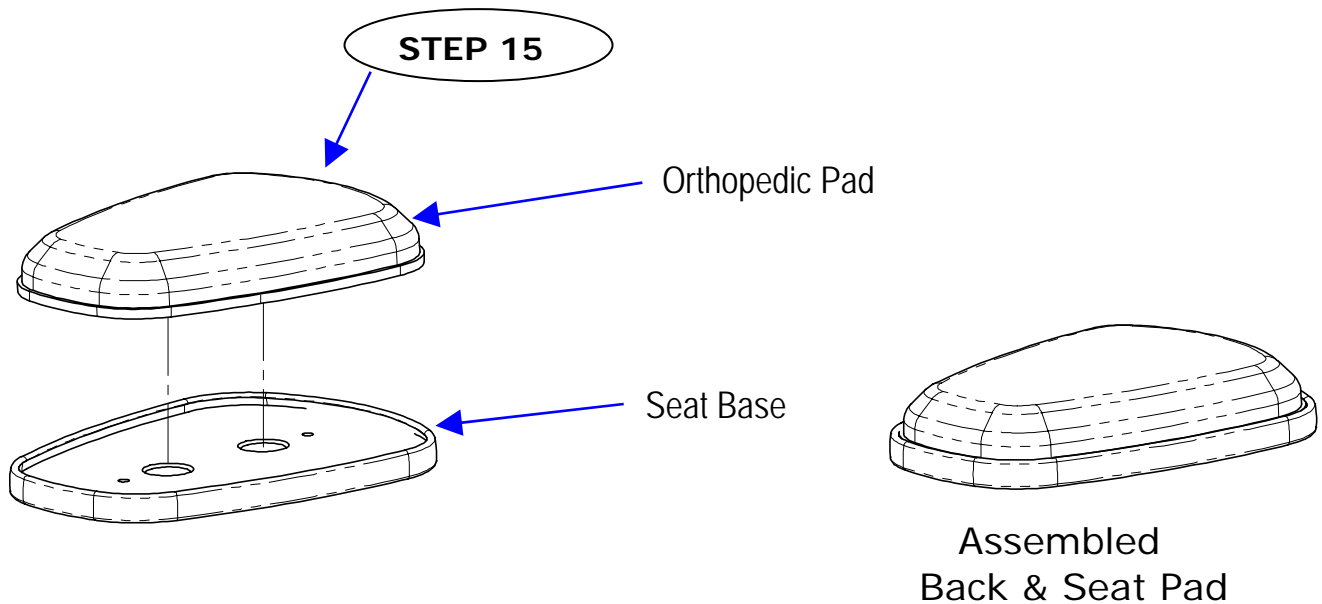
Step 13: Thread Home Gym Lower Cable around Pulleys 4 & 5 as shown in diagram and attach to Leg Press using:
(Wrench Tighten Bolt)

- One (2" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)

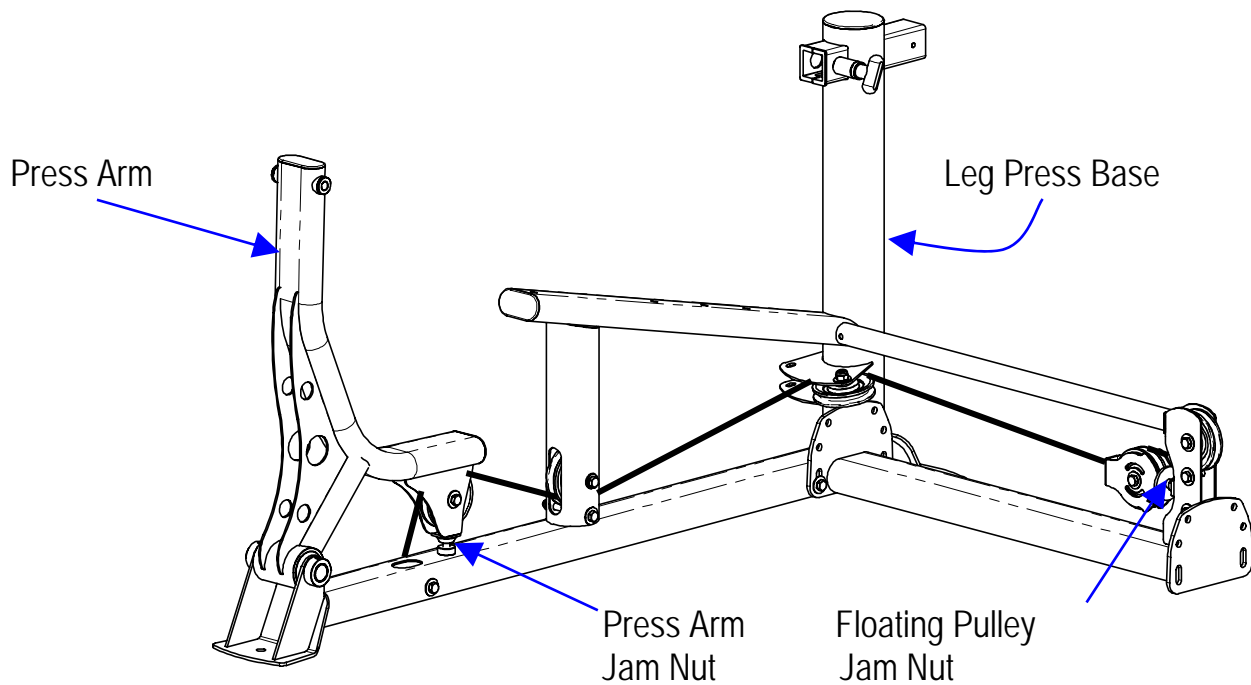
Step 14: Attach Retainer Bolt to Attachment Arm using:
(Wrench Tighten Bolt)

- One (2" Hex Bolt)
- Two (3/8" Flat Washers)
- One (3/8" Lock Nut)

(Make sure that the cable is routed between pulley 4 and the cable retainer bolt.)



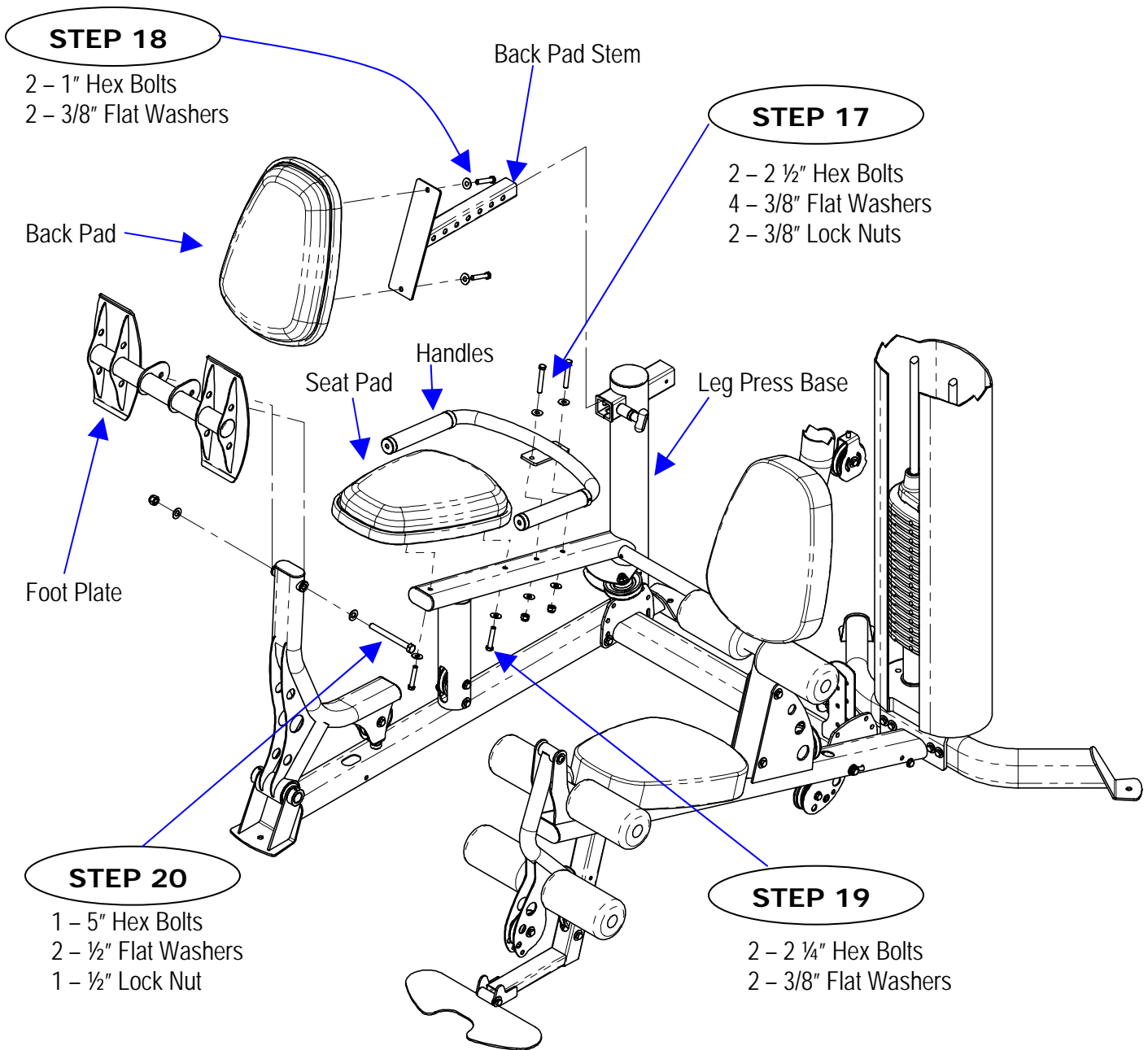
Step 15: Place Orthopedic Pad on Seat Base. Work the edge of pad into the groove of the Seat Base on all sides. **Do not use sharp objects during installation.**



Step 16:

Cable Adjustment

Thread the press arm stop so that there is one inch between the Press Arm and the Leg Press Base, as shown in the diagram. **Tighten the Jam Nut.** Next thread the floating pulley stop out until it contacts the floating pulley as shown in the diagram. **Tighten jam nuts on the floating pulley stop.** After first weeks use and as needed, adjust cable slack by alternately adjusting the floating pulley stop and press arm stop.



Step 17: Attach Handles to Leg Press Base using:
(Wrench Tighten Bolts)

Two (2 1/2" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Step 18: Slide Back Pad Stem into Leg Press Base, Then
 Attach Back Pad to Back Pad Stem using:
(Wrench Tighten Bolts)

Two (1" Hex Bolts)
Two (3/8" Flat Washers)

Step 19: Attach Seat Pad to Leg Press Base using:
(Wrench Tighten Bolts)

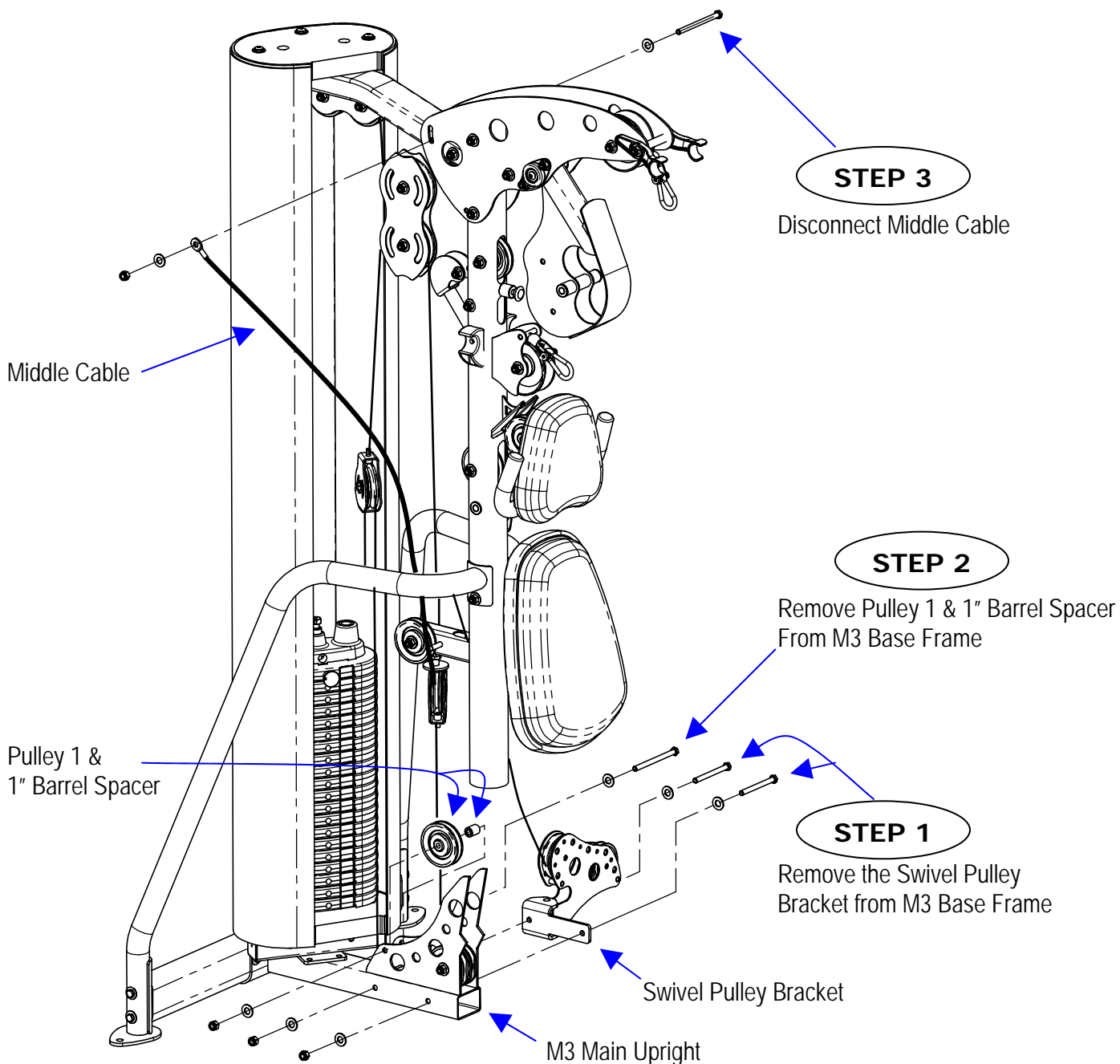
Two (2 1/4" Hex Bolts)
Two (3/8" Flat Washers)

Step 20: Attach Foot Plate to Press Arm using:
(Wrench Tighten Bolt)

One (1/2" X 5" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Lock Nut)

Assembly Procedure for Attaching Leg Press to M3

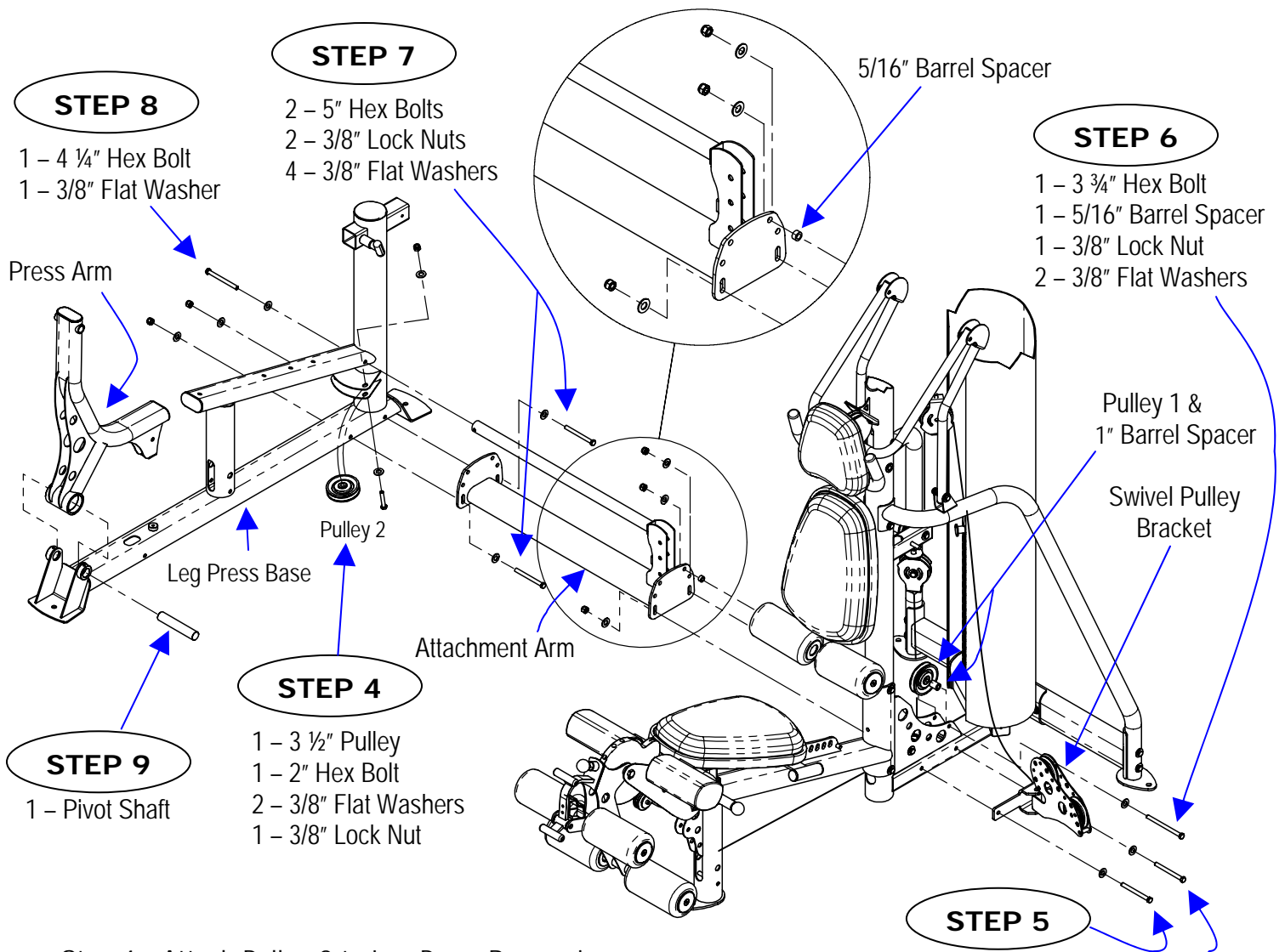
NOTE: The Leg Press may be attached to either side of the machine.
The picture shows only one side.



Step 1: Remove the Swivel Pulley Bracket from the M3 Main Upright. Leave the cable connected to the Swivel Pulley. Save Washers and Locknuts for later use.

Step 2: Remove Pulley 1 and 1" Long Barrel Spacer from M3 Main Upright. Save Parts for later use.

Step 3: Disconnect the Middle Cable from the Main Upright. Re-install Bolt, Washers, and Locknut. Wrench tighten bolt.



Step 4: Attach Pulley 2 to Leg Press Base using:

- Two (3/8" Flat Washers)** **One (3 1/2" Pulley)**
- One (3/8" Lock Nut)** **One (2" Hex Bolt)**

(Wrench Tighten)

Step 5: Secure Attachment Arm & Swivel Pulley Bracket to Main Upright using:

- Two (4 1/4" Hex Bolts)** **Two (3/8" Lock Nuts)**
- Four (3/8" Flat Washers)**

(Finger Tighten Only)

Step 6: Secure attachment arm to main upright using:

- One (3 1/2" Pulley)** **One (5/16" Barrel Spacer)** **One (1" Barrel Spacer)**
- One (3 3/4" Hex Bolt)** **Two (3/8" Flat Washers)** **One (3/8" Lock Nut)**

Note: Re-install Pulley 1 and 1" Barrel Spacer in original location

(Finger Tighten Only)

Step 7: Secure Attachment Arm to Leg Press Base using:

- (Finger Tighten Only)** **Two (5" Hex Bolts)**
- Four (3/8" Flat Washers)**
- Two (3/8" Lock Nuts)**

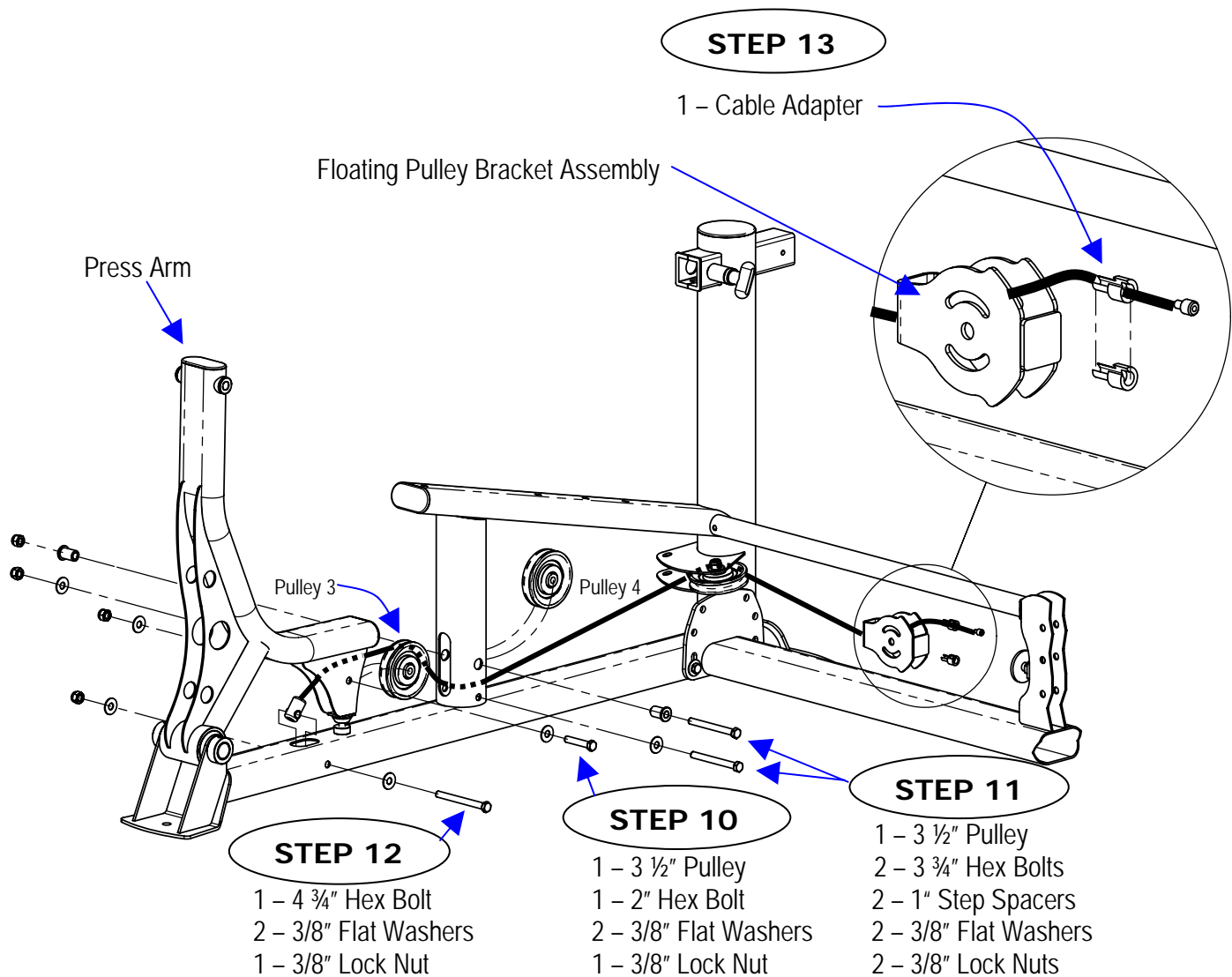
Step 8: Secure tubular portion of Attachment Arm to Leg Press Base Using:

- (Wrench Tighten Bolts in Steps 5-8 Now)** **One (4 1/4" Hex Bolt)**
- One (3/8" Flat Washer)**

Step 9: Attach Press Arm to Leg Press Base using:

- One (Pivot Shaft)**

(Tighten Allen Screws using 4mm Allen Wrench Included)



Step 10: Attach Pulley 3 to Press Arm using:
(Wrench Tighten Bolt)

- One (3 1/2" Pulley)**
- One (2" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nuts)**

Step 11: Attach Pulley 4 and retainer bolt to Base using:
(Wrench Tighten Bolts)

- One (3 1/2" Pulley)**
- Two (3 3/4" Hex Bolt)**
- Two (1" Step Spacers)**
- Two (3/8" Flat Washers)**
- Two (3/8" Lock Nuts)**

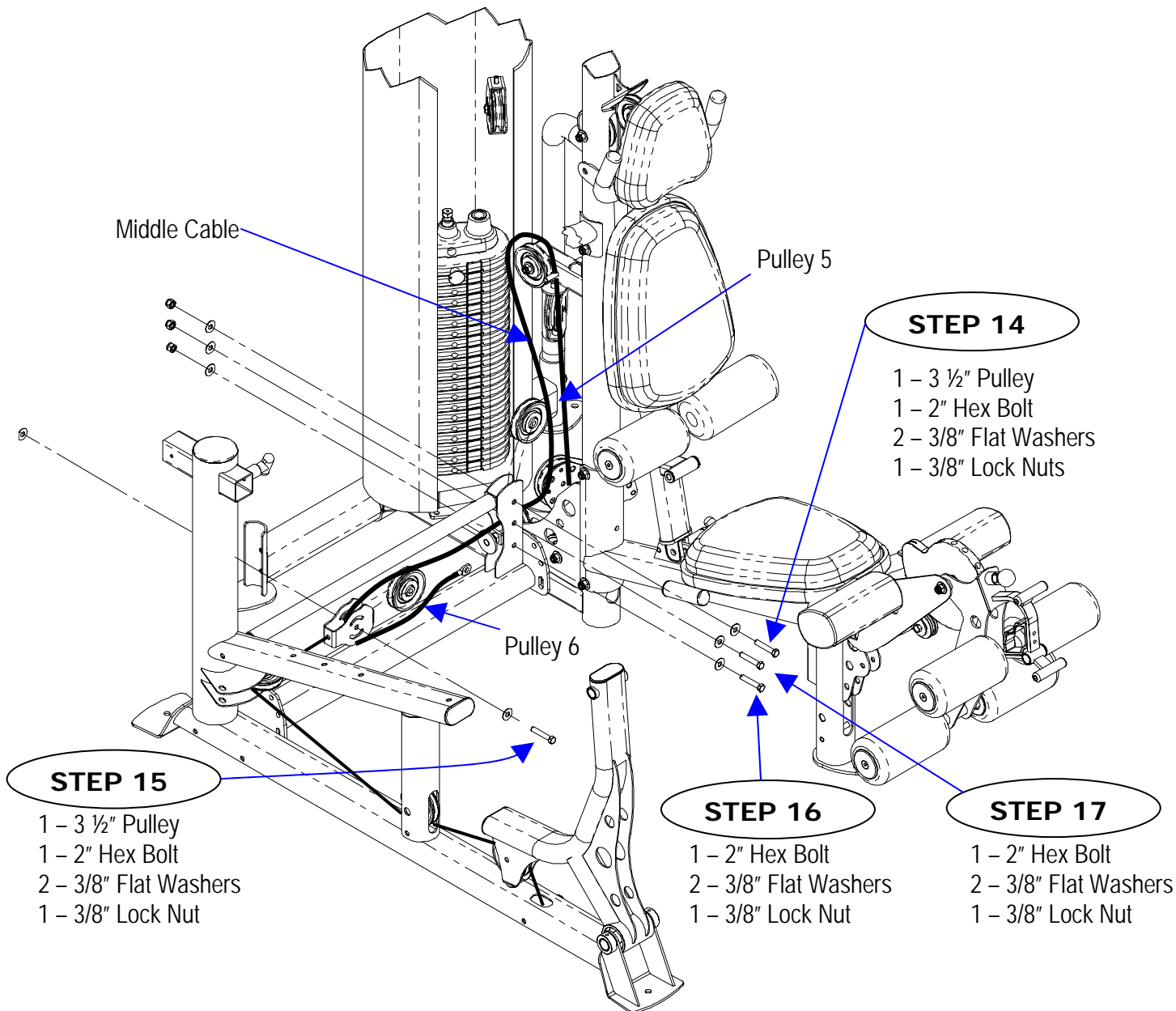
Step 12: Attach Cable End to Leg Press Base using:
(Wrench Tighten Bolt)
 (Run Cable as shown in diagram. Make sure that the cable is routed between pulley 4 and the cable retainer bolt.)

- One (4 3/4" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

Step 13: Attach Floating Pulley Bracket Assy to Cable Using:

- One (Cable Adapter)**

Thread the cable end through the hole in the Floating Pulley Bracket Assy and attach Cable Adapter, as shown in diagram above. This will prevent the cable end from pulling through.



STEP 14

- 1 - 3 1/2" Pulley
- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nuts

STEP 15

- 1 - 3 1/2" Pulley
- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

STEP 16

- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

STEP 17

- 1 - 2" Hex Bolt
- 2 - 3/8" Flat Washers
- 1 - 3/8" Lock Nut

Step 14: Attach Pulley 5 to Attachment Arm using:
(Wrench Tighten Bolt)

- One (3 1/2" Pulley)**
- One (2" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

Step 15: Attach Pulley 6 to Floating Pulley Bracket Assy using:
(Wrench Tighten Bolt)

- One (3 1/2" Pulley)**
- One (2" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

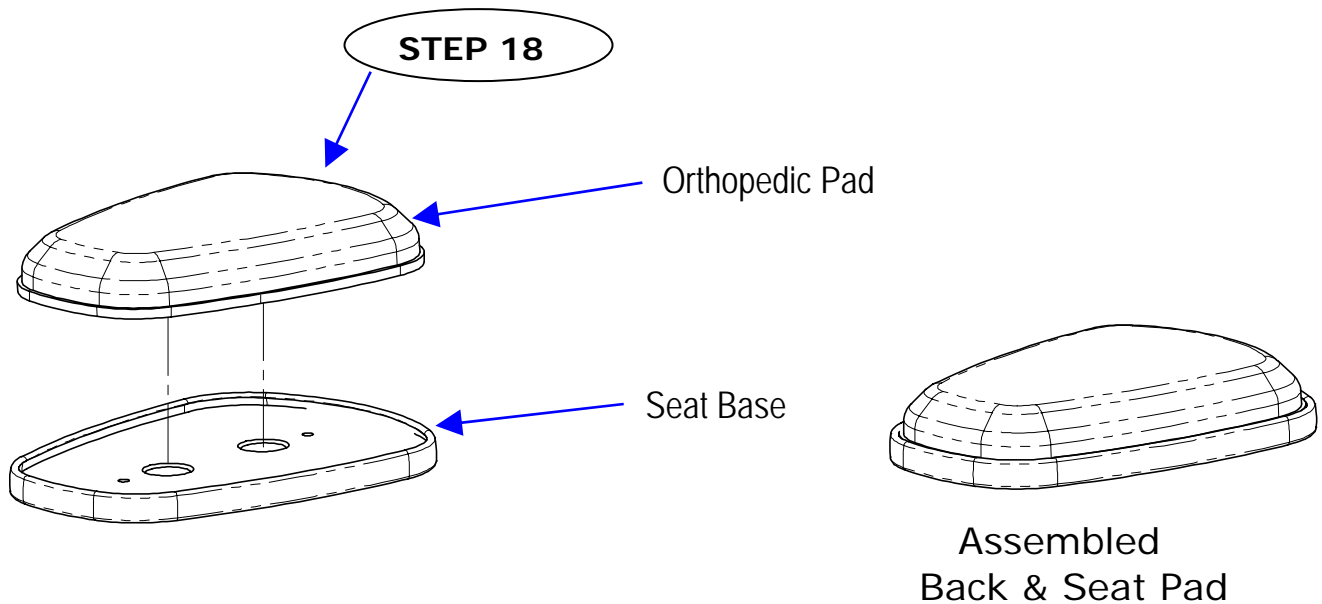
Step 16: Thread Middle Cable around Pulleys 5 & 6 as shown in Diagram and attach to Leg Press using:
(Wrench Tighten Bolt)

- One (2" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

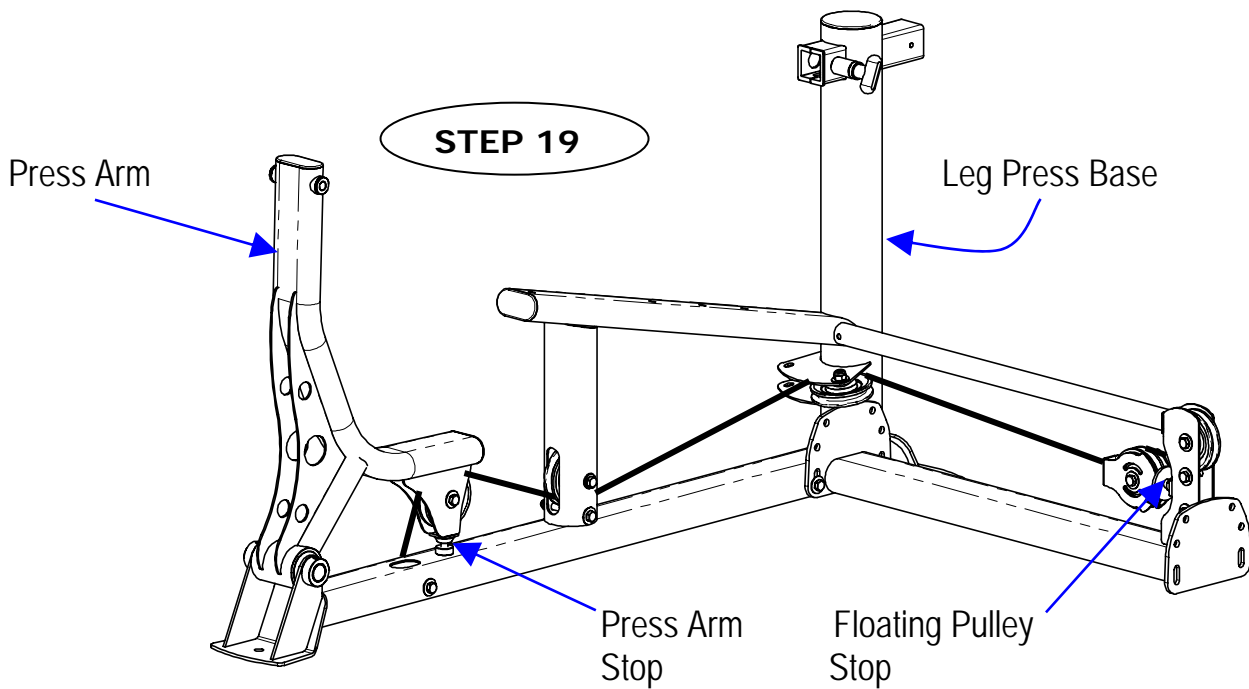
Step 17: Attach Retainer Bolt to Attachment Arm using:
(Wrench Tighten Bolt)

- One (2" Hex Bolt)**
- Two (3/8" Flat Washers)**
- One (3/8" Lock Nut)**

(Make sure that the cable is routed between pulley 5 and the cable retainer bolt.)



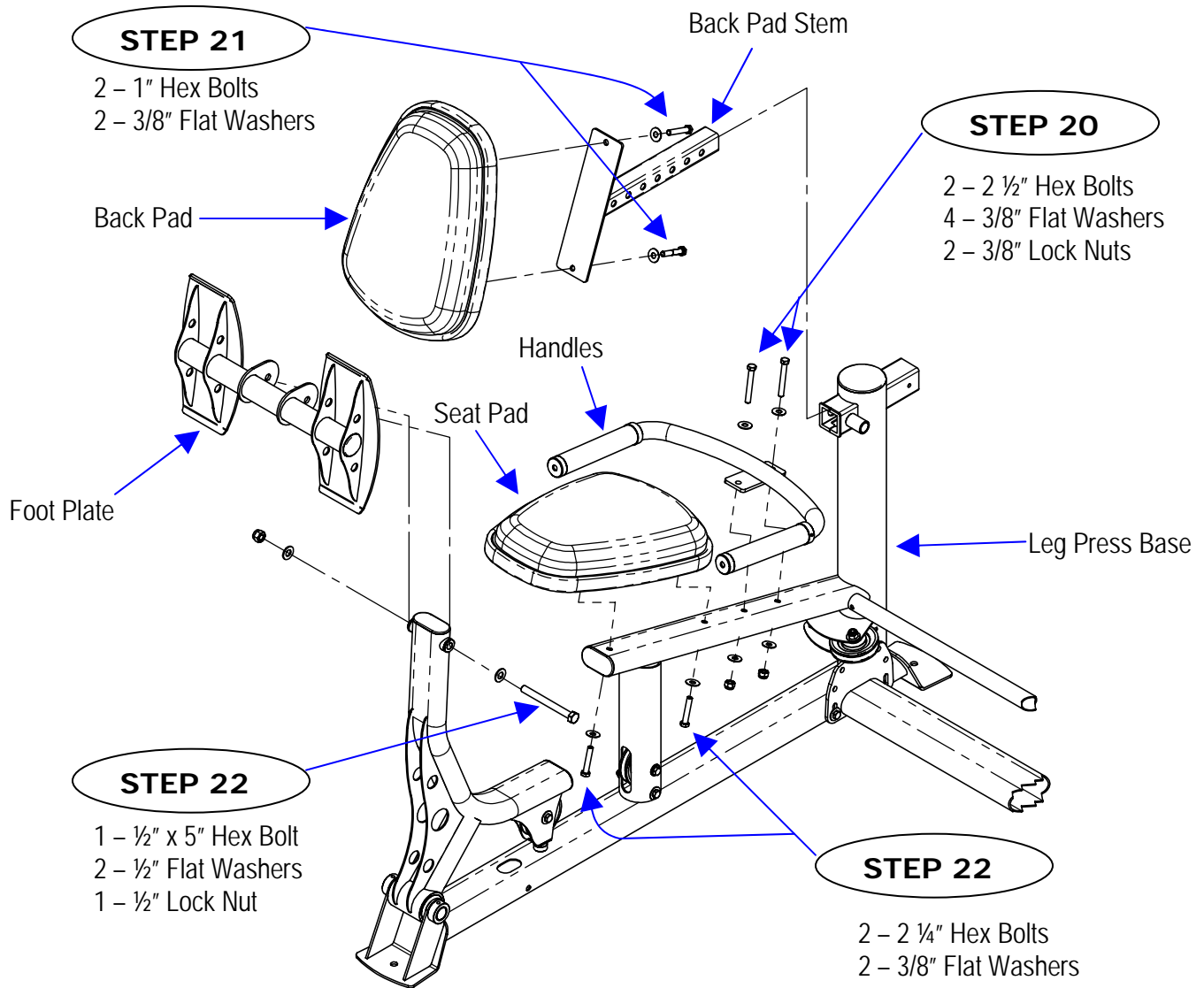
Step 18: Place Orthopedic Pad on Seat Base. Work the edge of pad into the groove of the Seat Base on all sides. **Do not use sharp objects during installation.**



Step 19:

Cable Adjustment

Thread the press arm stop outward until cable is taut. **Tighten the Jam Nut.** Next thread the floating pulley stop outward until it contacts the floating pulley as shown in the diagram. **Tighten jam nut on the floating pulley stop.** After first weeks use and as needed, adjust cable slack by alternately adjusting the floating pulley stop and press arm stop.



Step 20: Attach Handles to Leg Press Base using:
(Wrench Tighten Bolts)

Two (2 1/2" Hex Bolts)
Four (3/8" Flat Washers)
Two (3/8" Lock Nuts)

Step 21: Slide Back Pad Stem into Leg Press Base, Then
 Attach Back Pad to Back Pad Stem using:
(Wrench Tighten Bolts)

Two (1" Hex Bolts)
Two (3/8" Flat Washers)

Step 22: Attach Seat Pad to Leg Press Base using:
(Wrench Tighten Bolts)

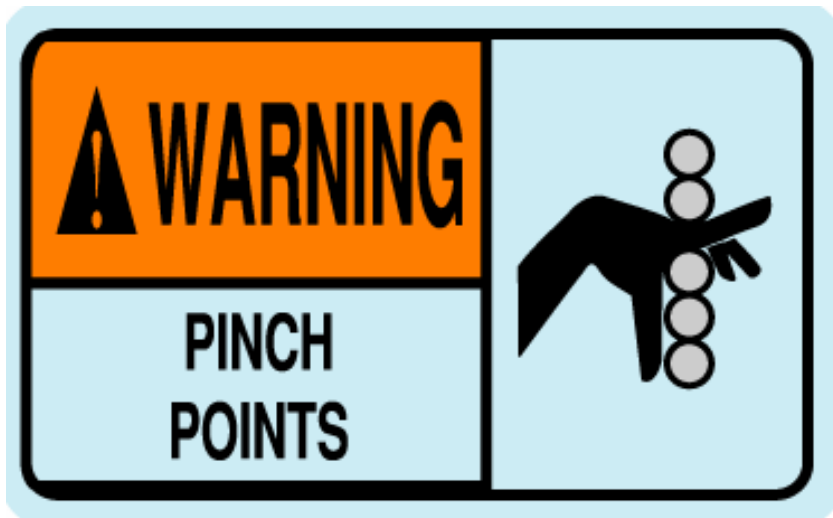
Two (2 1/4" Hex Bolts)
Two (3/8" Flat Washers)

Step 23: Attach Foot Plate to Press Arm using:
(Wrench Tighten Bolts)

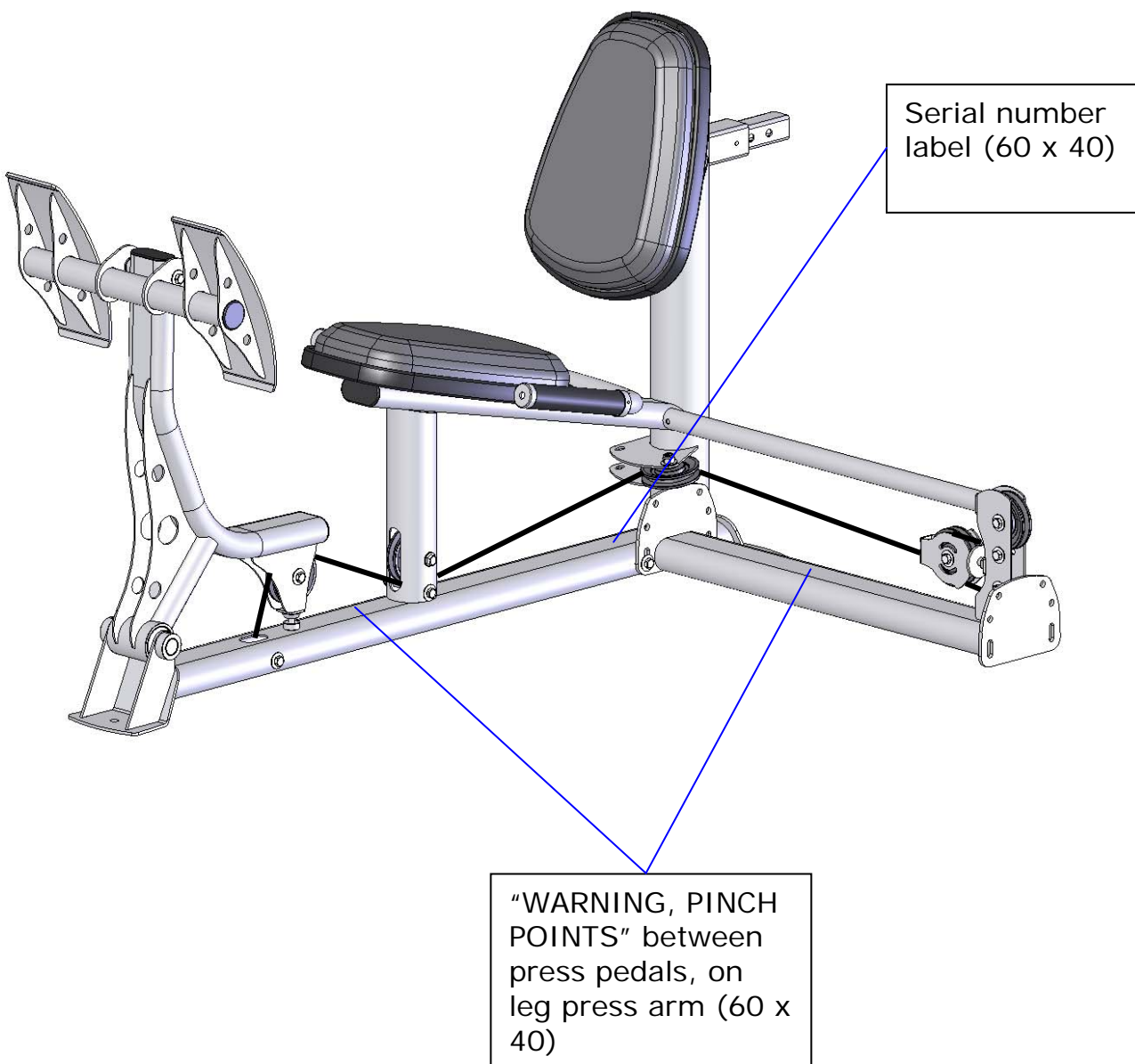
One (1/2" x 5" Hex Bolt)
Two (1/2" Flat Washers)
One (1/2" Lock Nut)

DECAL REFERENCE

INSPIRE™
BY HEALTH IN MOTION LLC
714-744-1729
www.inspirefitness.net
Serial # 1-05-05-00001



DECAL PLACEMENT



GENERAL MAINTENANCE INFORMATION

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

Do not leave items sitting on the orthopedic seat 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.

- 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 home 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, Snap Links, 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

INSPIRE

In-Home Lifetime Warranty.

This Warranty applies only in the United States to Inspire strength products manufactured or distributed by Health In Motion LLC. The warranty period to the original purchaser is lifetime of the original purchaser.

Health In Motion warrants that the Product you have purchased for non-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 non-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.

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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