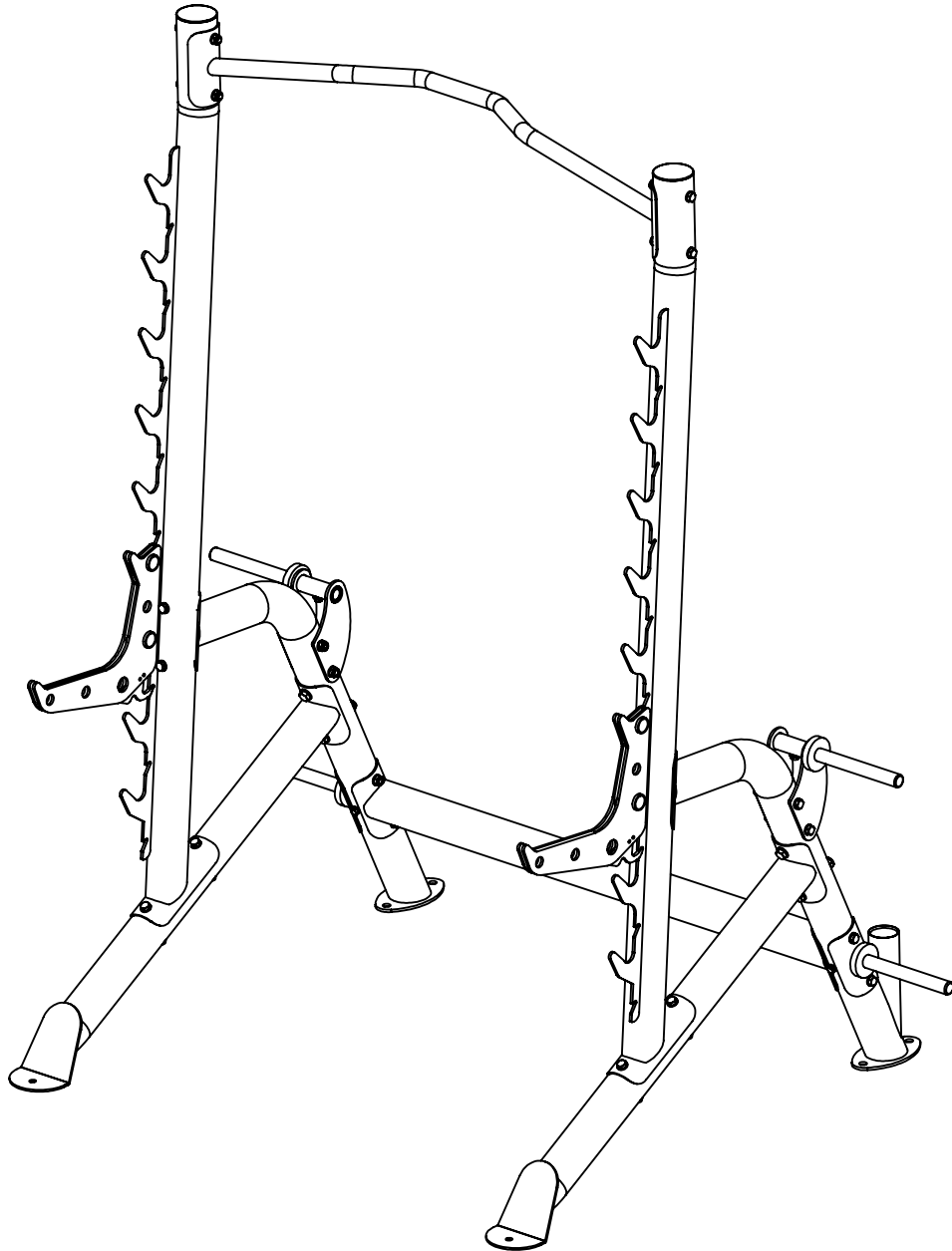


# INSPIRE SQR1.2

## 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 squat rack.

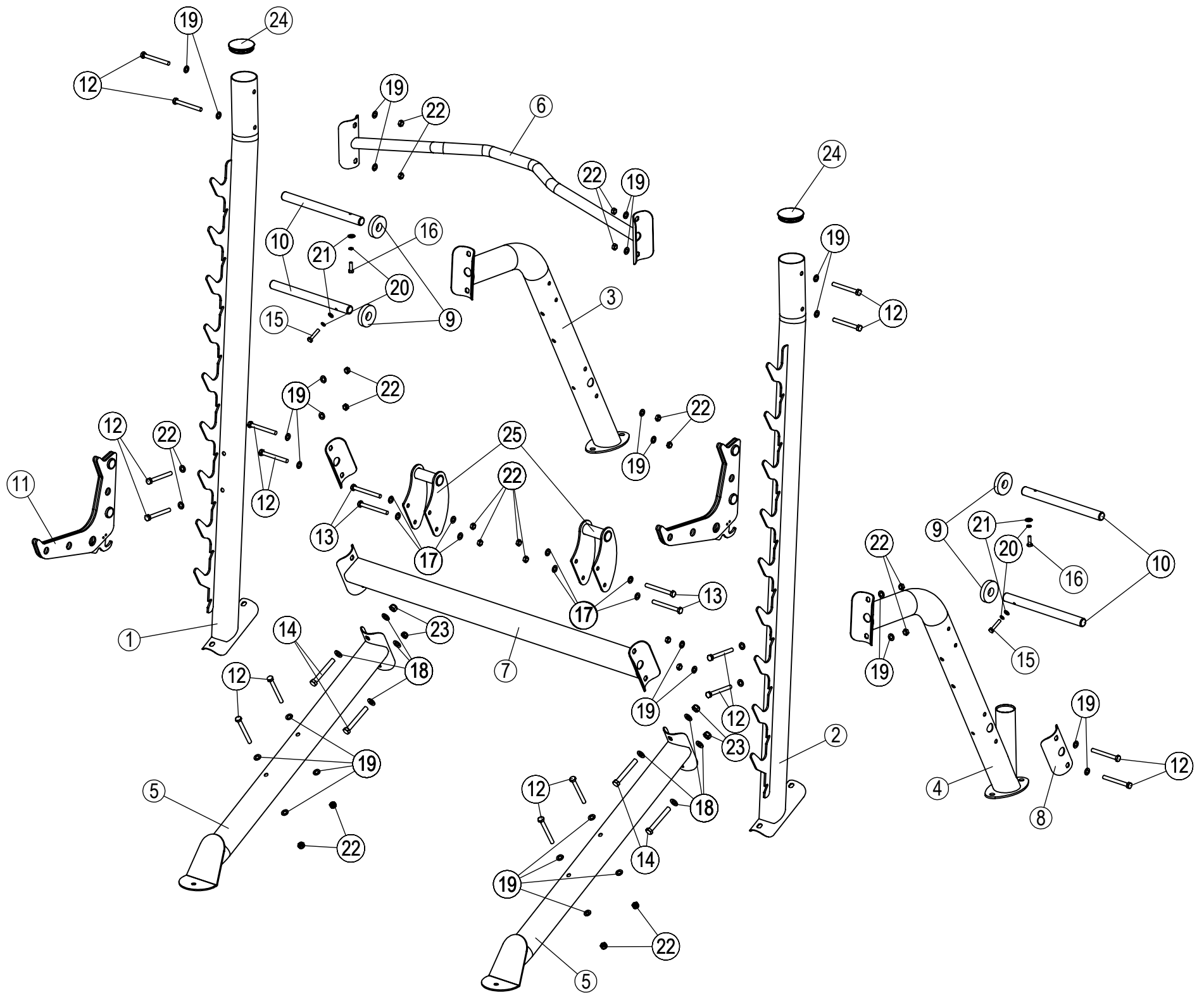
- **WARNING!** It is necessary to inspect this squat rack regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace any and all defective or worn parts. See General Maintenance section for complete details.
- Use this squat rack for its intended purpose as described in this Operation Manual.
- Make sure bystanders are at least 5 feet away from the squat rack while it is in use.
- Keep children away from the squat rack at all times.
- Keep the squat rack 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.

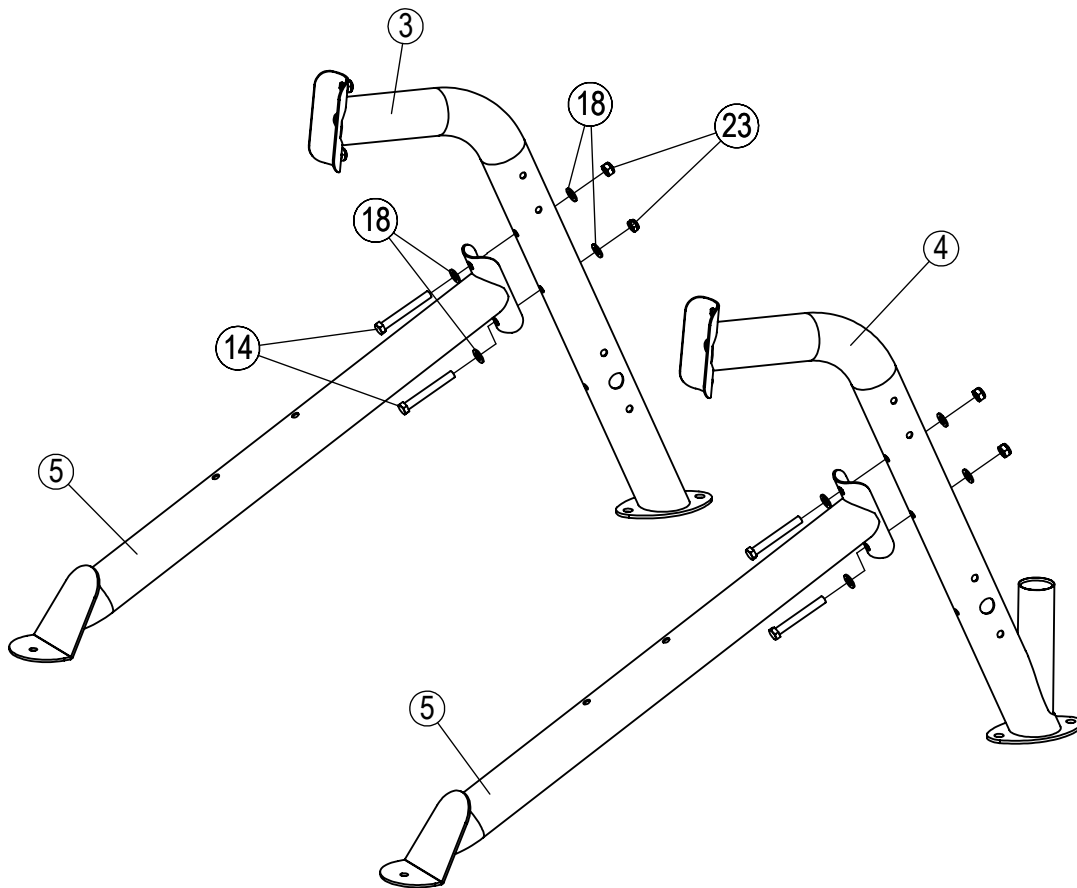
## **TOOLS REQUIRED FOR ASSEMBLY**

- 19mm wrench
- 17mm wrench
- 13mm wrench

## PARTS & HARDWARE LIST

1	Main Upright Tube Assembly R	GM578-230-002	1
2	Main Upright Tube Assembly L	GM578-220-002	1
3	Support Tube Assembly R	GM578-260-003	1
4	Support Tube Assembly L	GM578-270-002	1
5	Front Foot Connector	GM578-260-002	2
6	Pull Up Bar	GM578-380-003	1
7	Rear Connection Tube	GM578-380-001	1
8	Curved Plate	GM578-382-001A	2
9	Rubber Donut	GM509-881-001	4
10	Weight Plate Horn	GM578-381-001	4
11	Spotter Assembly	GM578-380-002PZ	2
12	Hex Bolt M10 x 95	0111-010-958A	16
13	Hex Bolt M10 x 100	0111-010-018	4
14	Hex Bolt M12 x 95	0111-012-958	4
15	Hex Bolt M8 x 40	0111-008-408	2
16	Hex Bolt M8 x 25	0111-008-258	2
17	Flat Washers Ø10	0116-010-008	8
18	Curved Washer Ø12	0116-612-008	8
19	Curved Washer Ø10	0116-610-008	32
20	Spring Washer Ø8	0116-608-008	4
21	Curved Washers Ø8	0116-308-028	4
22	M10 Locknut	0110-710-008	20
23	M12 Locknut	0110-712-008	4
24	End Cap	GM578-881-003	2
25	Upper Weight Plate Horn Mount	GM578-380-004	2

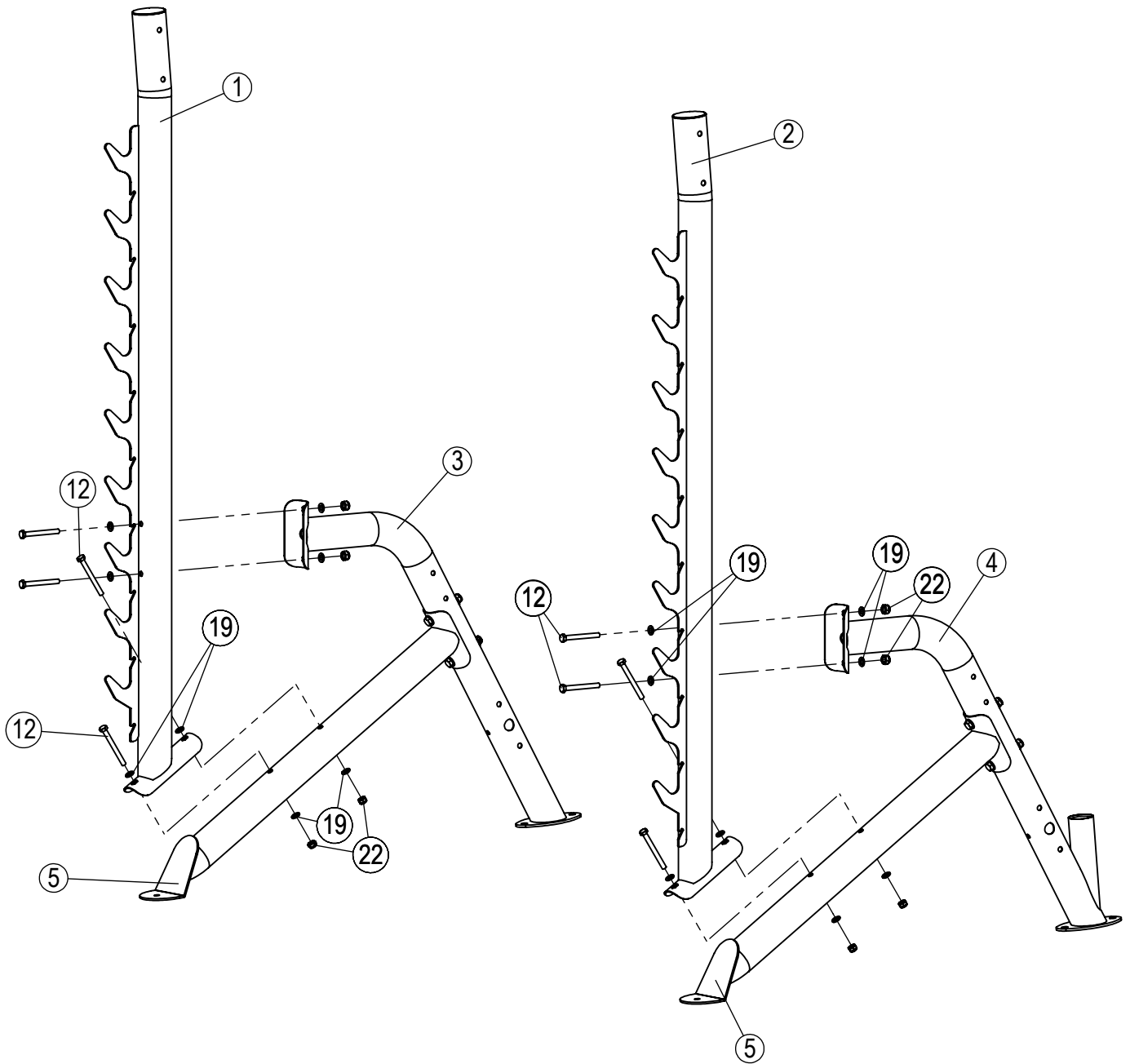




## Step 1

- A Attach the Front Foot Connector (5) to the Support Tube Assembly R (3) using 1- Hex Bolt M12x95 (14), 2- M12 Curved Washers (18), and 1- Lock Nut M12 (23).
- B Attach the Front Foot Connector (5) to the Support Tube Assembly L (4) using 1- Hex Bolt M12x95 (14), 2- M12 Curved Washers (18), and 1- Lock Nut M12 (23).

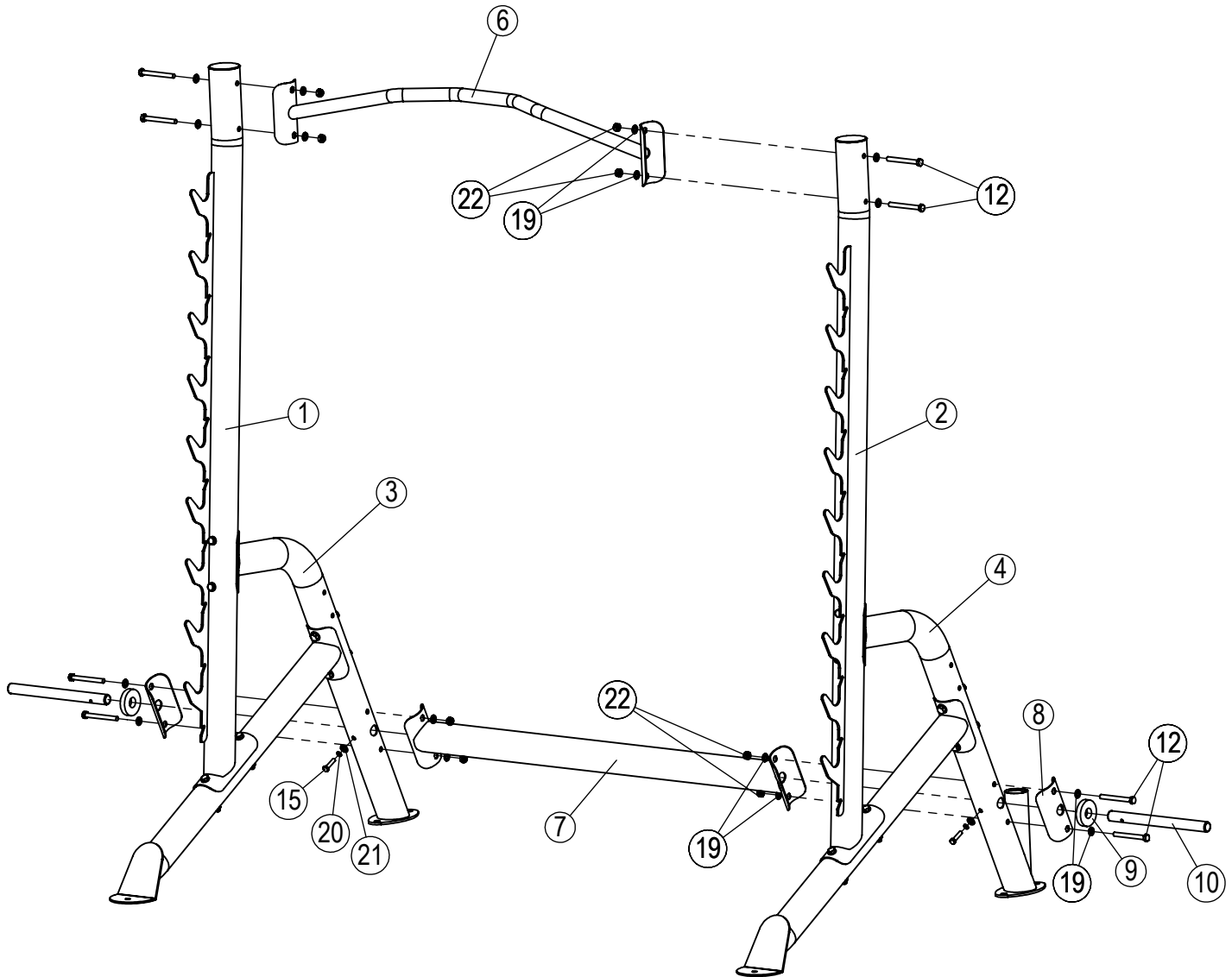
**HAND TIGHTEN ONLY.**



## Step 2

- A Attach the Support Tube Assembly L (4) to the Main Upright Tube Assembly L (2) using 2- Hex Bolts M10x95 (12), 4- M10 Curved Washers (19), and 2- M10 Lock Nuts (22).
- B Attach the Front Foot Connector (5) to the Main Upright Tube Assembly L (2) using 1- Hex Bolt M10x95 (12), 2- M10 Curved Washers (19), and 1- M10 Lock Nut (22)
- C Attach the Support Tube Assembly R (3) to the Main Upright Tube Assembly R (1) using 2- Hex Bolts M10x95 (12), 4- M10 Curved Washers (19), and 2- M10 Lock Nuts (22).
- D Attach the Front Foot Connector (5) to the Main Upright Tube Assembly R (1) using 1- Hex Bolt M10x95 (12), 2- M10 Curved Washers (19), and 1- M10 Lock Nut (22)

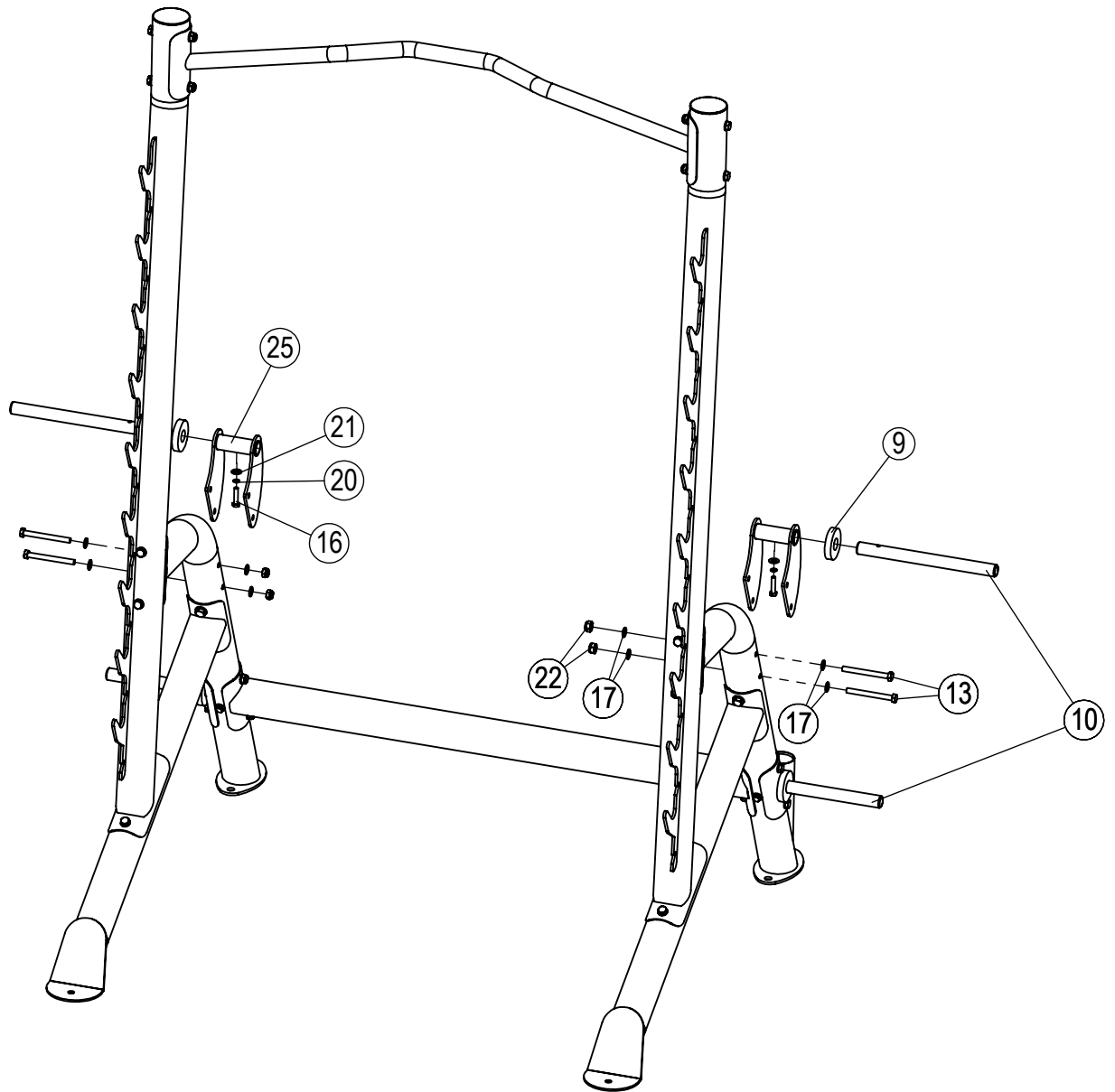
**HAND TIGHTEN ONLY.**



### Step 3

- A Attach the Rear Connection Tube Assembly (7) and Curved Plate (8) to the Support Tube Assembly L (4) using 2- Hex Bolts M10x95 (12), 4- M10 Curved Washers (19) and 2- M10 Lock Nuts (22).
- B Attach the Pull Up Bar (6) to the Main Upright Tube Assembly R (1) using 2- Hex Bolts M10x95 (12), 4- M10 Curved Washers (19) and 2- M10 Lock Nuts (22).
- C Insert the Weight Plate Horn (10) through the Curved Plate (8) into the Support Tube Assembly L (4) using 1- M8x40 (15), 1- M8 Spring Washer (20) and 1- M8 Curved Washer (21).
- D Attach the Rubber Donut (9) onto the Weight Plate Horn (10).
- E Repeat *Instructions A - C* for the Right side of the squat rack.

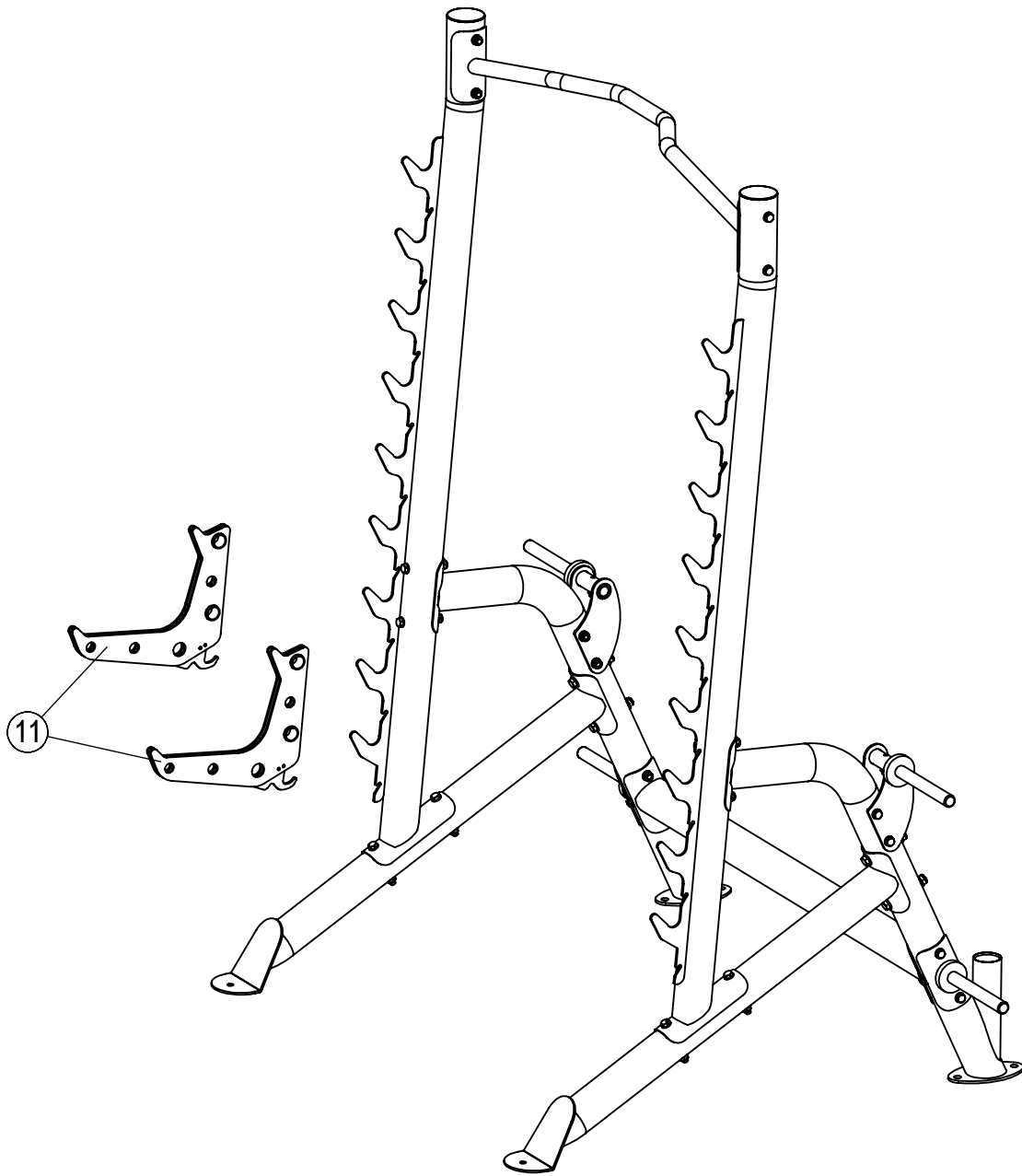
**Tighten all bolts from Steps 1 - 3 now.**



## Step 4

- A Attach the Upper Weight Plate Horn Mount (25) to the Support Tube Assembly L (4) using 2- Hex Bolt M10x100 (13), 4- M10 Flat Washer (17), and 2- M10 Lock Nut (22).
- B Insert the Weight Plate Horn (10) into the Upper Weight Plate Horn Mount (25) using 1- Hex Bolt M8x25 (16), 1- M8 Spring Washer (20), and 1- M8 Curved Washer (21).
- C Fit the Rubber Donut (9) all the way to the end of the Weight Plate Horn (10).
- D Repeat *Instructions A - C* for the Right side of the squat rack.

**Tighten all bolts from this step.**



## Step 5

- A Add the Spotter Assembly (11) onto the squat rack at the position most comfortable for use.

# DECAL REFERENCE

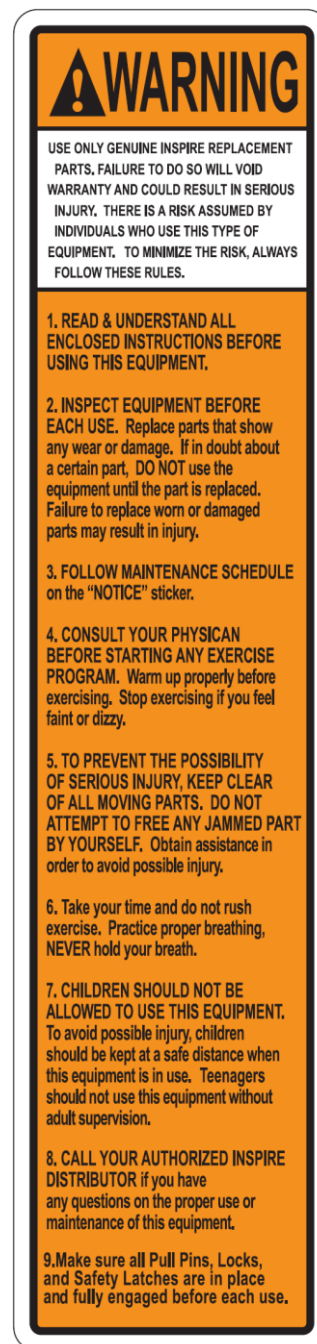
# INSPIRE SQR1

NOTICE				
This <i>INSPIRE</i> product is not intended for commercial use.				
IN HOME MAINTENANCE	Weekly	3 <sup>3</sup> Months	Yearly	2 <sup>2</sup> Years
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	x			
Clean; Upholstery	x			
Inspect; Cables and their fittings	x			
Inspect tightness 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

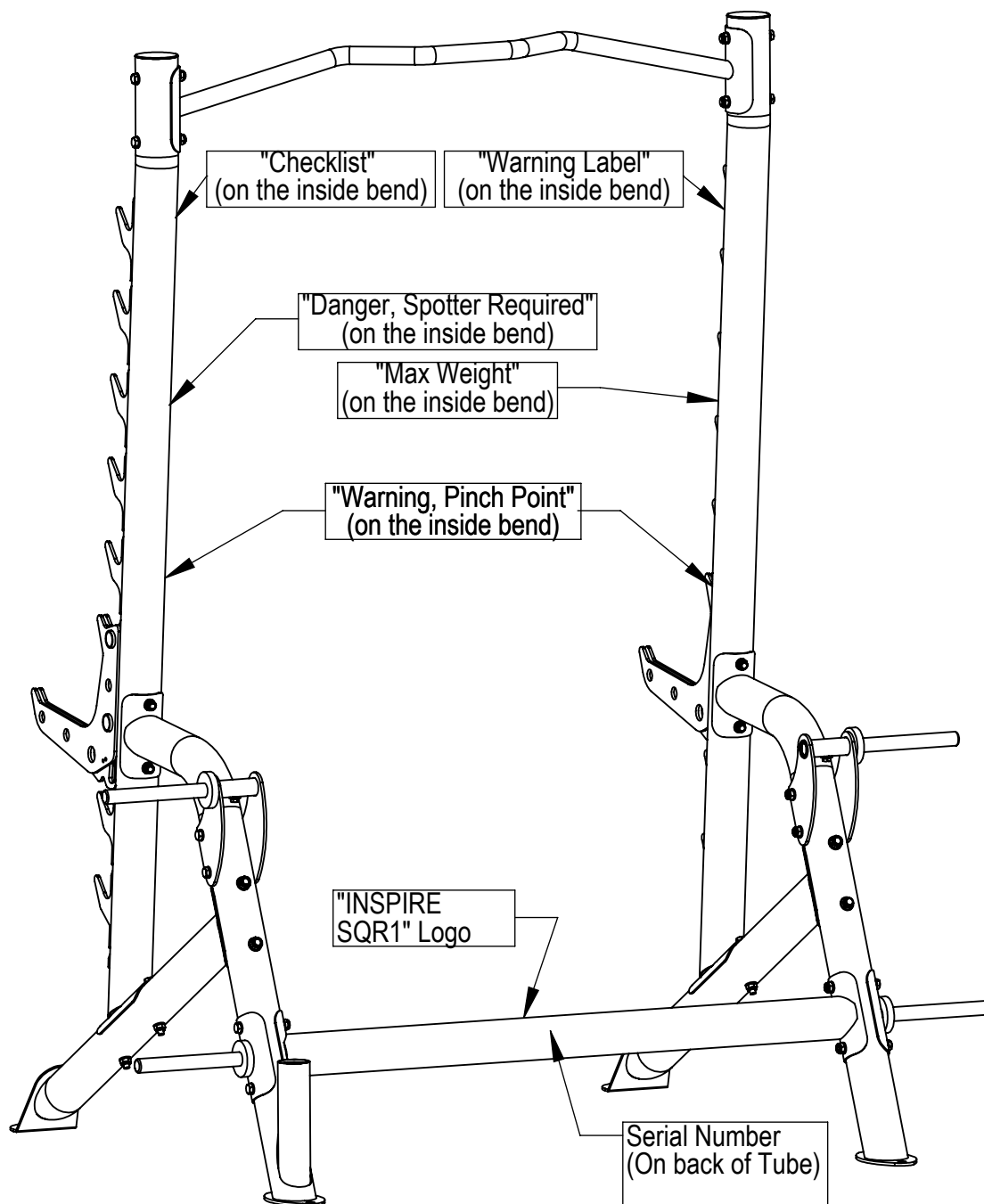


**HEALTH IN MOTION, LLC**  
**SALES AND SERVICE: (877) 738-1729**

**MODEL: SQR1.2**  
**SERIAL NO.: XXXXXXXXXX**



# DECAL PLACEMENT



## **GENERAL MAINTENANCE INFORMATION**

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

# MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE									
	ENTRY DATE									
Inspect: Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins	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, 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](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.

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