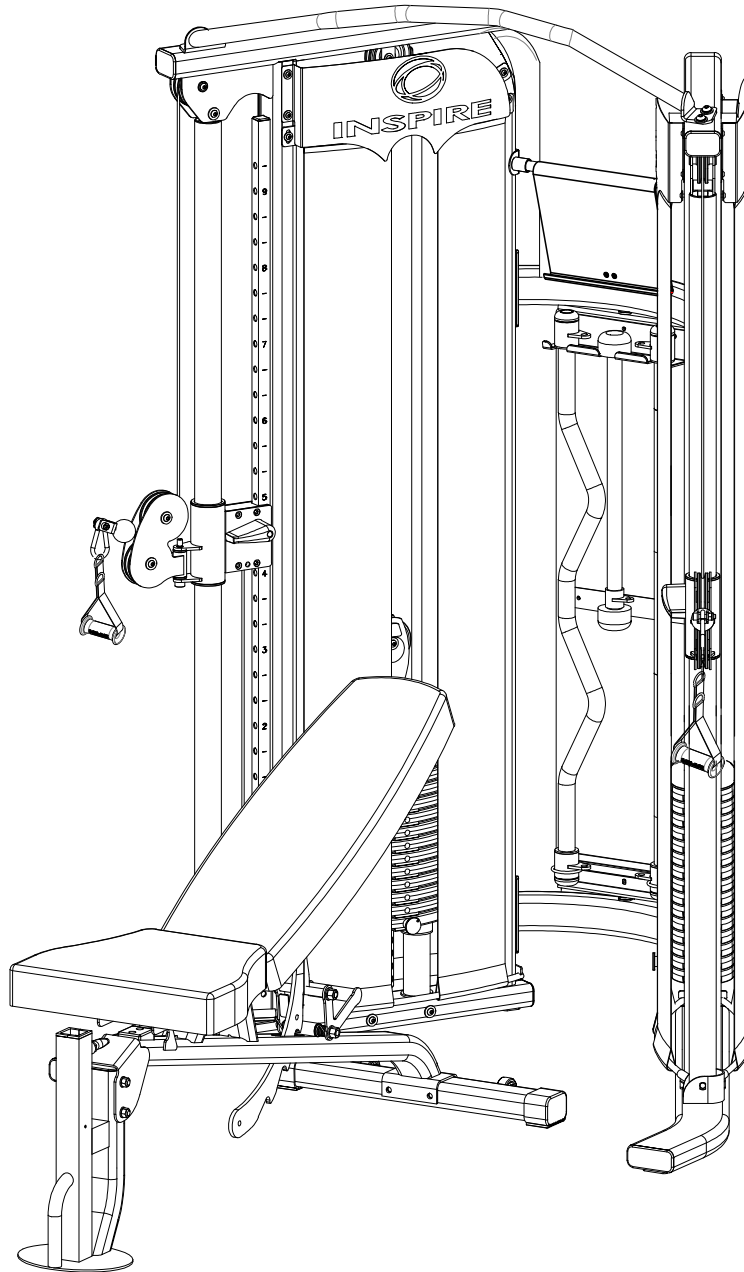


# INSPIRE FT1

ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

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## BEFORE YOU BEGIN

Read this entire manual before attempting to build or use your gym. 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 performed by an authorized INSPIRE retailer. Service performed 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  
255 Airport Circle  
Suite 101  
Corona, CA 92880  
Ph: 877-738-1729  
Fx: 714-738-1728  
[www.inspirefitness.net](http://www.inspirefitness.net)

## **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.
12. Maximum user weight on bench is 300 lbs.

### **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 LIST

Part#	Description	Q'ty (pcs)	Part#	Description	Q'ty (pcs)
1	Right Station Assembly	1	35	Hanger Panel	1
2	Left Station Assembly	1	36	Height Adjustment Handle	2
3	Upper Frame Assembly	1	37	Rubber Bumper	4
4	Lower Cross Brace	1	38	Plastic Washer	2
5	Upper Cross Brace	1	39	Hook	2
6	Guide Rod Bracket&Ring Cap	2	40	M6 x 5/8" Allen Bolt	16
7	Guide Rod	4	41	M10 x 3 1/8" Allen Bolt	4
8	Exercise Chart Hanger Bracket	2	42	M10 x 2 3/4" Allen Bolt	8
9	Exercise Chart Hanger	1	43	M10 x 1" Allen Bolt	4
10	Selector Stem Assembly	2	44	M10 x 3/4" Allen Bolt	4
11	Support Frame for Weight Stack	4	45	M5 x 3/8" Allen Bolt	2
12	Weight Selector Pin	2	46	M8 x 1/2" Allen Bolt	1
13	Weight Plate	30	47	Ø 3/4" Lock Washer	8
14	Upper Hanger Bracket	1	48	M10 Aircraft Nut	8
15	Lower Hanger Bracket	1	49	Ø 7/8" Washer	21
16	Upper Hanger	1	50	Ø 1" Washer	28
17	Middle Hanger	1	51	Ø 3/4" Washer	12
18	Lower Hanger	1	52	D-shaped Washer	1
19	Middle Hanger Bracket	1	53	#6 Allen Wrench (Tool)	1
20	Rope	1	54	#5 Allen Wrench (Tool)	1
21	Sports Handle	1	55	#4 Allen Wrench (Tool)	1
22	Curl Bar	1	56	#17 Crossing Wrench (Tool)	1
23	Straight Bar	1	57	Flip Exercise Chart	1
24	Single Handle	2	58	Resistance Label Set	2
25	Chin Up Belt	1	59	M8 x 5/8" Allen Bolt	20
26	Ankle Strap	1	60	Ø 2" Tension Adjustment Plate	2
27	Outer Fabric Shroud	2	61	Pulley	2
28	Inner Fabric Shroud	4	62	U-shaped Pulley Bracket	2
29	Lower Shroud Mount	4	63	5LBS Weight Block	2
30	Left Outer Logo Plate	1	64	Screw	2
31	Right Outer Logo Plate	1	65	Tablet holder	1
32	Right Inner Logo Plate	1	66	Connector plate	1
33	Left Inner Logo Plate	1	67	Locking ring	2
34	Shroud Mount Bar	4	68	Hex nut	2

# HARDWARE SIZING CHART



#50 Ø 1" Washer (Qty 28)



#51 Ø 3/4" Washer (Qty 12)



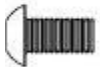
#49 Ø 7/8" Washer (Qty 21)



#52 D-shaped Washer (Qty 1)



#42 M10 x 2 3/4" Allen Bolt (Qty 8)



#43 M10 x 1" Allen Bolt (Qty 4)



#40 M6 x 5/8" Allen Bolt (Qty 16)



#45 M5 x 3/8" Allen Bolt (Qty 2)



#46 M8 x 1/2" Allen Bolt (Qty 1)



#59 M8 x 5/8" Allen Bolt (Qty 20)



#48 M10 Aircraft Nut (Qty 8)



#47 3/4" Lock Washer (Qty 4)



#38 Plastic Washer (Qty 2)



#12 Weight Selector Pin (Qty 2)



#56 TOOL: #17 Crossing Wrench (Qty 1)



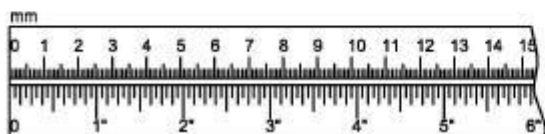
#55 TOOL: #4 Allen Wrench (Qty 1)



#54 TOOL: #5 Allen Wrench (Qty 1)



#53 TOOL: #6 Allen Wrench (Qty 1)



## **FUNCTIONAL TRAINER ASSEMBLY INSTRUCTIONS**

### **STEP 1 (See Diagram 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 2 3/4" Allen Bolts (#42), four Ø 1" Washers (#50), and two M10 Aircraft Nuts (#48). Repeat the same procedure to install the other side.**

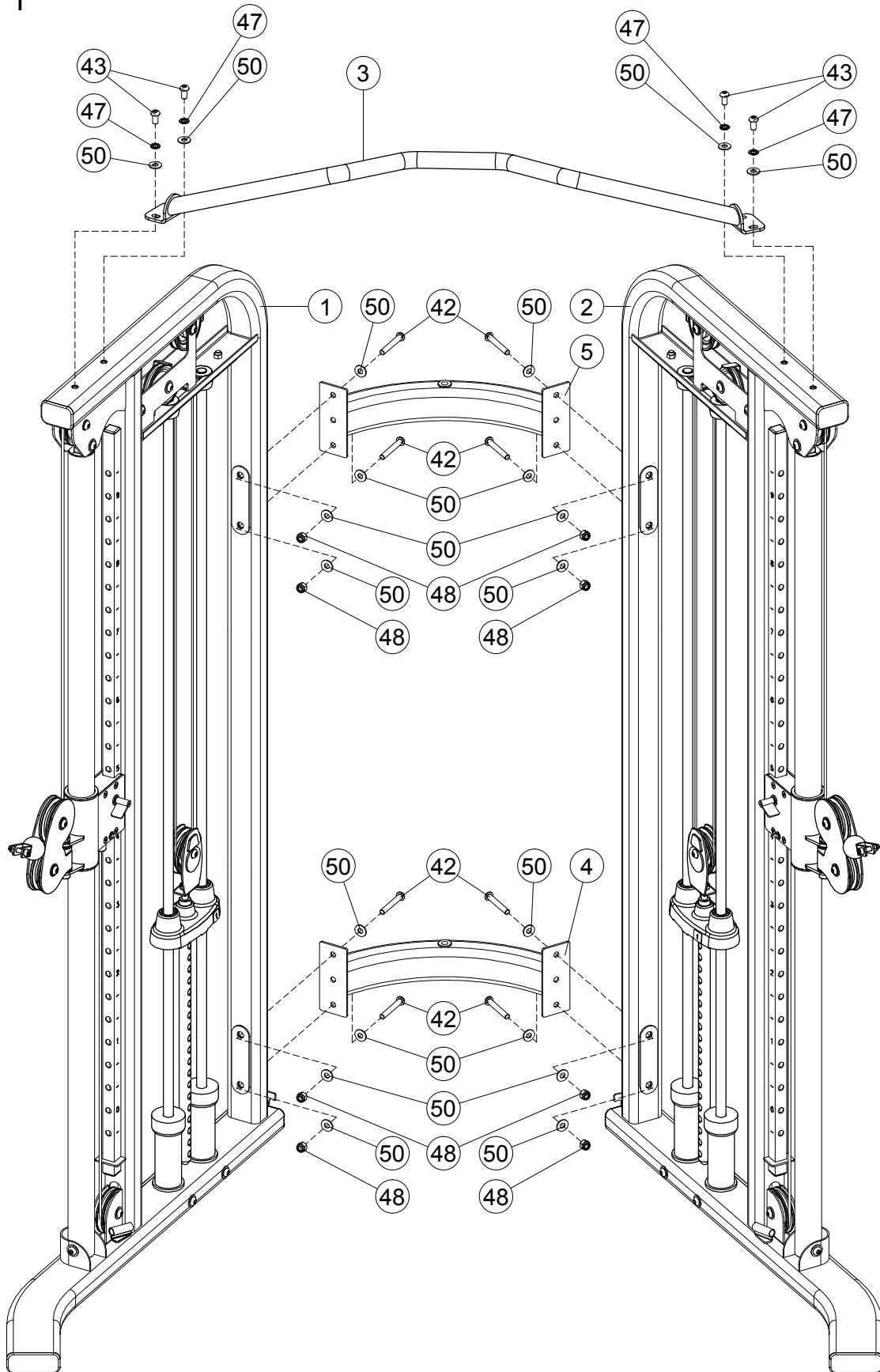
**D.) Repeat Procedure B & C to install the Upper Cross Brace (#5).**

**E.) Place the Upper Frame (#3) on top of the Right and Left Stations.**

**F.) Secure each end with two M10 x 1" Allen Bolts (#43), two Ø 3/4" Lock Washers (#47), and**

**Ø 1" Washers (#50). G.) Securely tighten all Nuts and Bolts installed**

Diagram 1



## **STEP 2 (See Diagram 2)**

**A.) Lift up the Selector Stem (#10) on the Right Station (#1) and hold it still to release the tension on the cables. Remove the two M10 x 3/4" Allen Bolts (#44), Ø 3/4" Spring Washers (#47), and Ø 1" Washers (#50) which were pre-assembled in the factory to hold the Guide Rod Bracket (#6).**

**B.) Pull the two Guide Rods (#7) away from the Upright. Remove the Guide Rod Bracket (#6) from the top of the Guide Rods.**

**C.) Remove the Selector Stem (#19) from the Guide Rods.**

**D.) Slide fifteen 10lb Weight Plates (#13) from the top of Guide Rods down to the Rubber Bumpers (#37). Make sure the weight sticker cut out is facing the inside of the machine.**

**NOTE: If installing the optional heavy stack, remove the weight stack spacers (#11) before installing the weight plates (#13).**

**E.) Slide the Selector Stem back onto the Guide Rods. Hold the Selector Stem above the weight stack to make it easier to re-install Guide Rods and Bracket.**

**F.) Re-install the Guide Rod Bracket (#6) onto the Guide Rods.**

**G.) Push the Guide Rod Bracket back into the upright.**

**H.) Secure the Bracket back to the upright frame with the two M10 x 3/4" Allen Bolts (#44), Ø 3/4" Spring Washers (#47), Ø1" Washers (#50).**

**I.) Lower the Selector Stem down onto the top of the weight stack.**

**J.) Check all the cables to make sure they are on track on the pulleys.**

**K.) Peel off the weight resistance label from the Resistance Label Set (#58) and attach to the plates.**

**L.) Insert the Weight Selector Pin (#12) into the weight stack.**

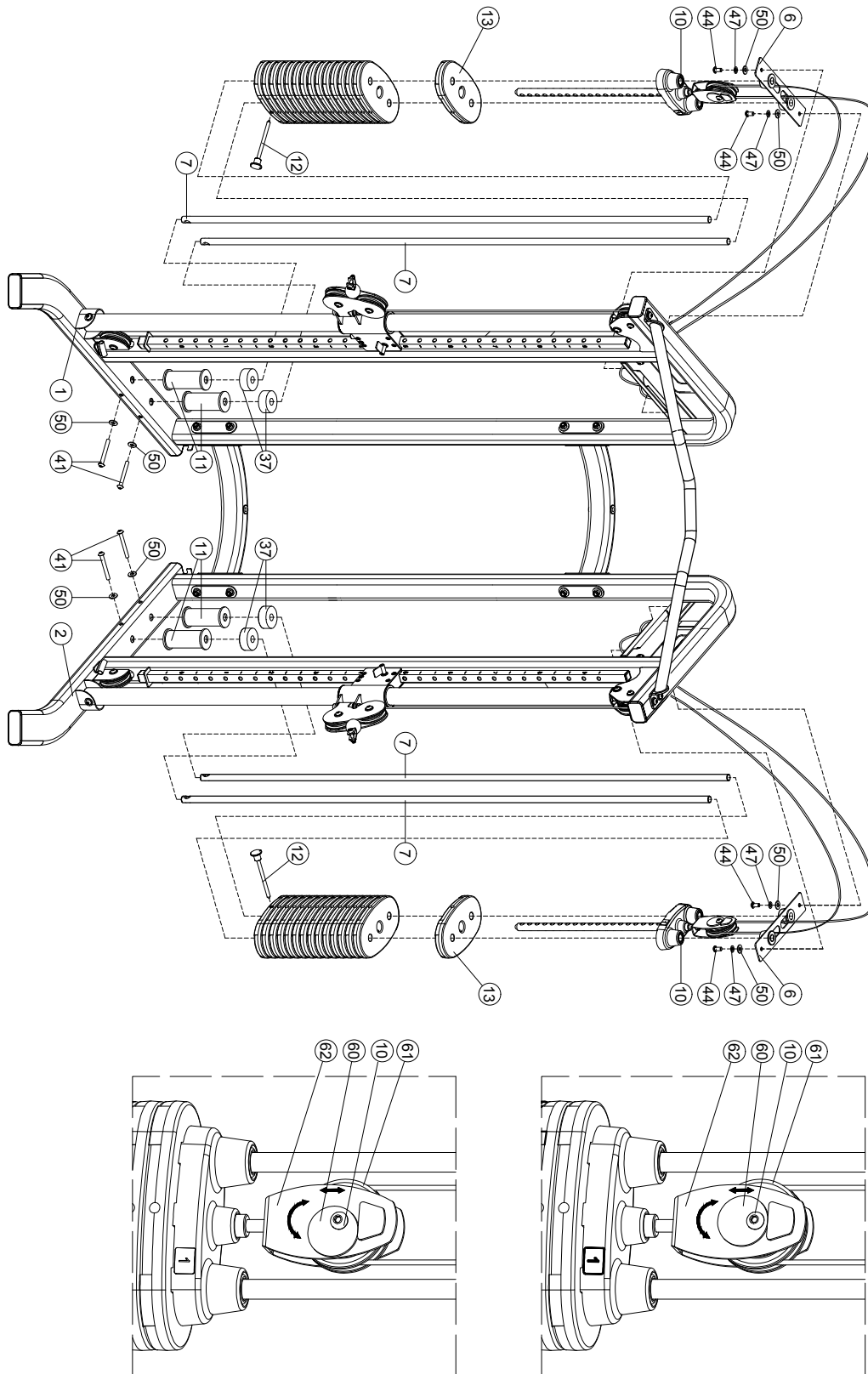
**M.) Lubricate the Guide Rods with super lube or lube provided.**

**N.) If Needed, Adjust the Cable tension by first loosening the M10 x 2" Allen Bolt (#10) then rotate the Tension Adjustment Plate (#60) clock or counterclockwise to move the Bolt and the Large Pulley (#61) up and down along the open track inside the U-shaped Pulley Bracket (#62). Once desired tension is achieved, securely tighten the Bolt (#10) back.**

**O.) Repeat the Procedure A through N above to install the other set of weight plates to the Left Station (#2).**



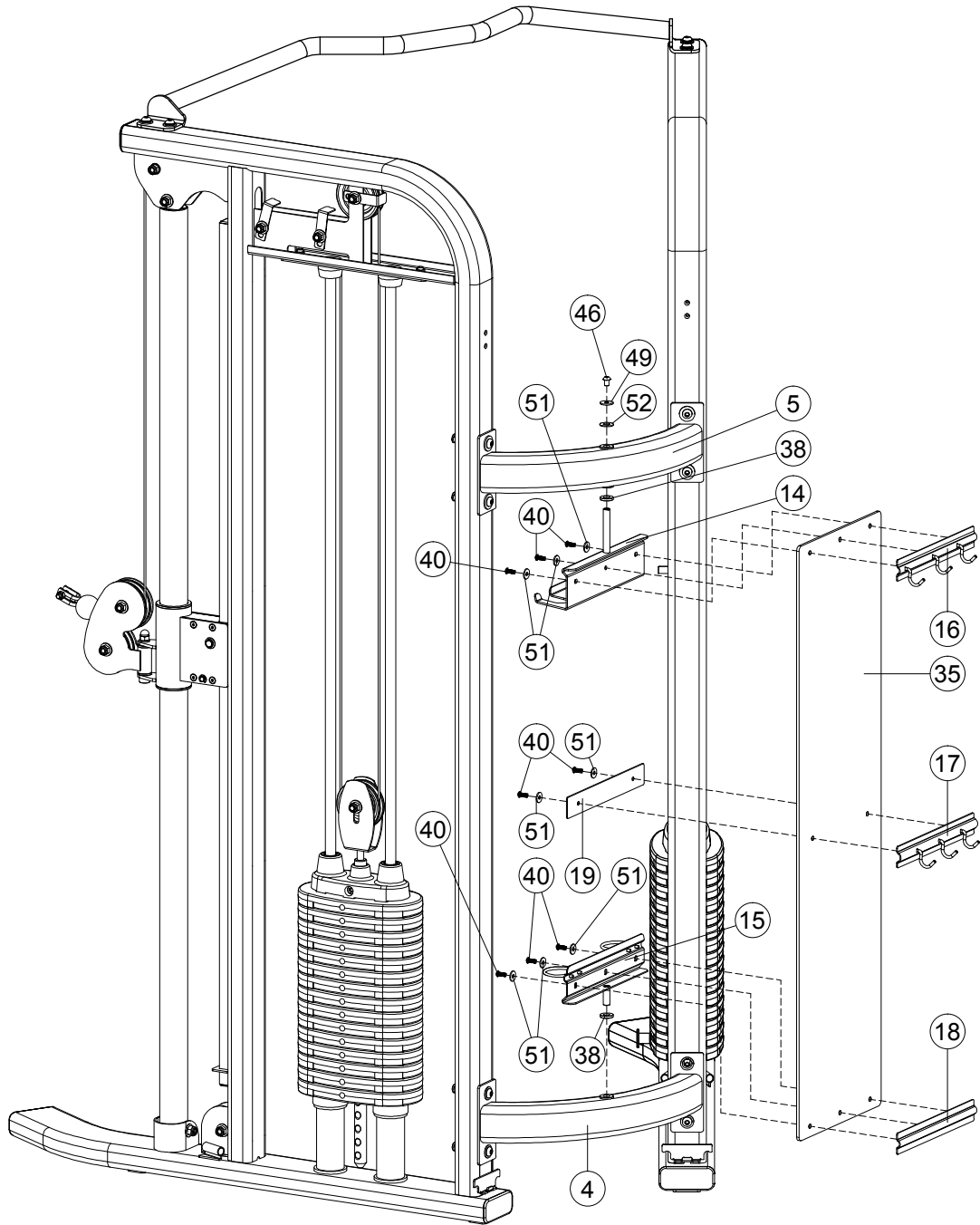
# Diagram 2



**STEP 3 (See Diagram 3)**

- A.) Slide a Plastic Washer (#38) onto the axle on Upper Hanger Bracket (#14). Insert the axle through the Upper Cross Brace (#5) from bottom. Secure it with one M8 x 1/2" Allen Bolt (#46), one Ø 7/8" Washer (#49), and one D-shaped Washer (#52).**
- B.) Slide a Plastic Washer (#38) onto the axle on Lower Hanger Bracket (#15). Insert the axle into the Lower Cross Brace (#4) from top.**
- C.) Do not tighten the Bolts until instructed to do so.**
- D.) Attach the Hanger Panel (#35) to the Upper Hanger Bracket. Attach the Upper Hanger (#16) to the Hanger Panel. Align the holes. Secure them together with three M6 x 5/8" Allen Bolts (#40) and Ø 3/4" Washer (#47).**
- E.) Repeat Procedure D to install the Lower Hanger (#18).**
- F.) Attach the Middle Hanger Bracket (#19) and the Middle Hanger (#17) to the Hanger Panel from each side. Align the holes. Secure them together with two M6 x 5/8" Allen Bolts (#40) and Ø 3/4" Washer (#51).**
- G.) Securely tighten all the Bolts.**

Diagram 3



## **STEP 4 (See Diagram 4) (Attach Shrouds)**

**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 M8x5/8" Allen Bolts (#59) and two Ø 7/8" 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 M6X5/8" Allen Bolt (#40).**

**C.) Attach the Right Inner Logo Plate (#32) as shown using three M8x5/8" Allen Bolts (#59) and three Ø 7/8" Washers (#49)**

**D.) Slide the Outer Fabric Shroud (#27) onto a Shroud Mount Bar so the seams face inside.**

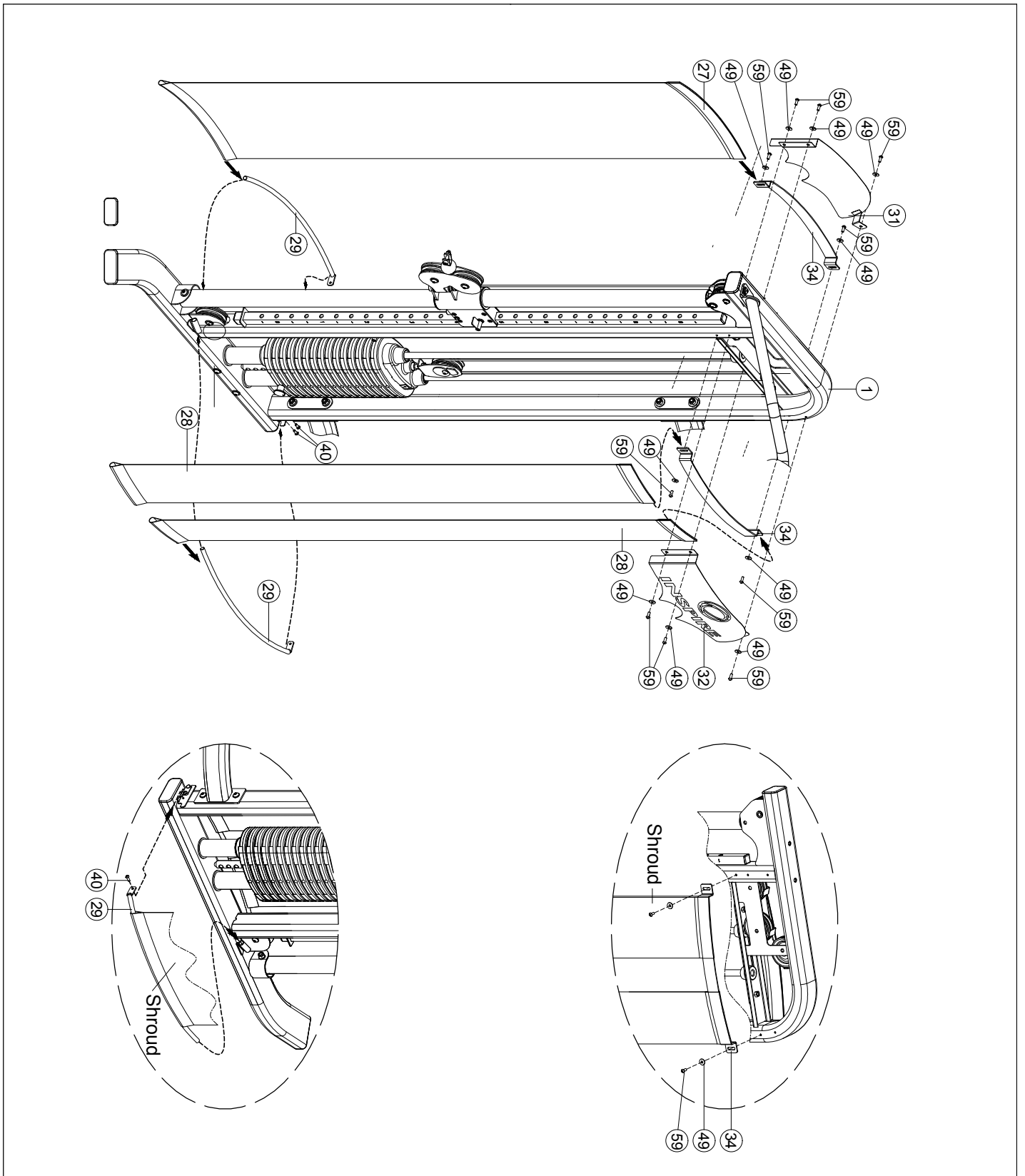
**(#34) Attach the Shroud Mount Bar (#34) to the outside upper frame as shown, using two M8x5/8" Allen Bolts (#59) and two Ø 7/8" Washers (#49). Please Note: The ends of the Shroud Mount Bar are slotted. Be sure to position the bolts in the center of both slots and tighten completely.**

**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 M6X5/8" 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.**

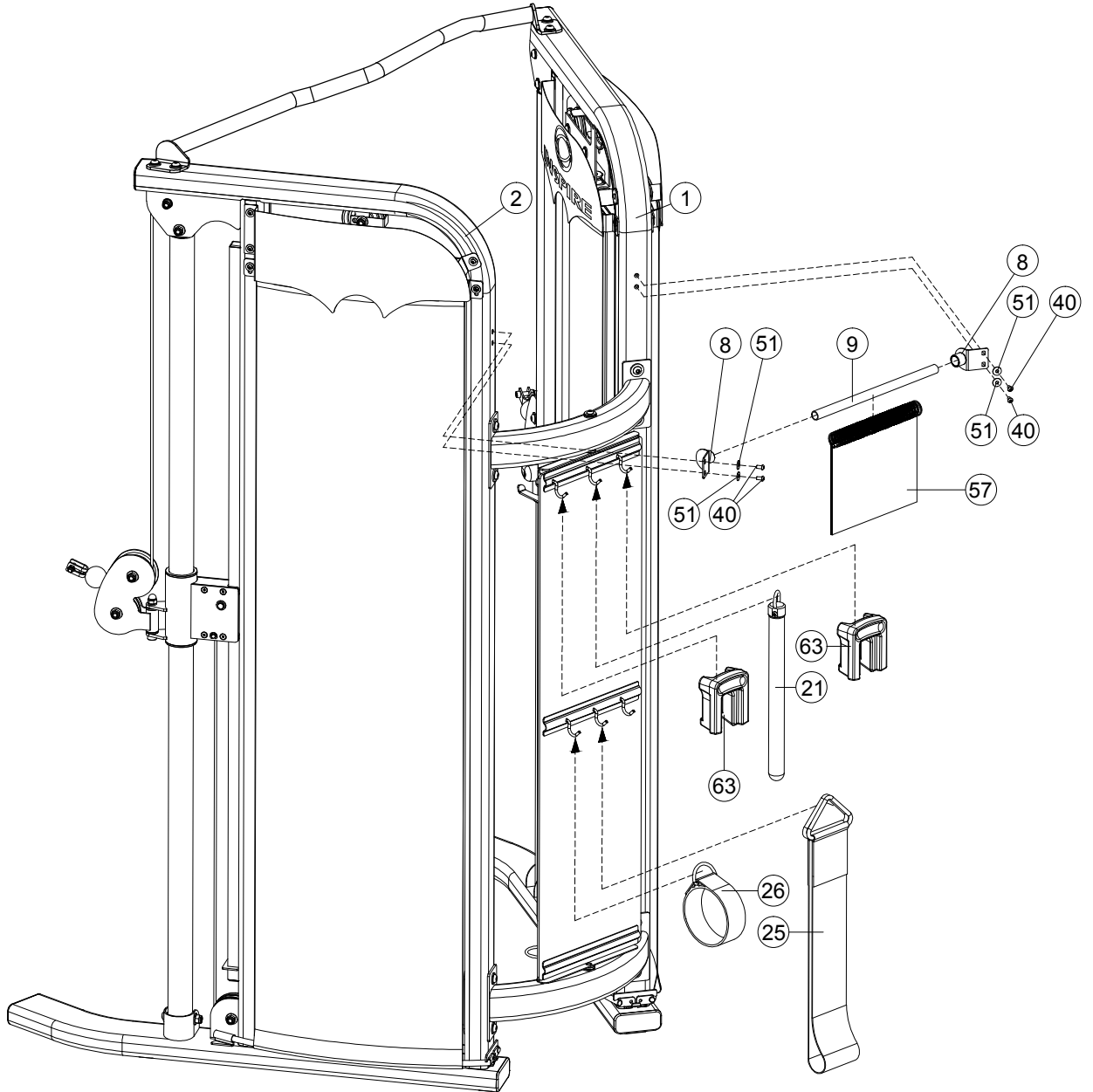
Diagram 4



**STEP 5 (See Diagram 5)**

- A.) Attach one Exercise Chart Hanger Bracket (#8) to the Right Station (#1). Secure it with two M6 x 5/8" Allen Bolts (#40) and Ø 3/4" Washers (#51). Do not tighten the Bolts yet.**
- B.) Slide the Flip Exercise Chart (#57) onto the Exercise Chart Hanger (#15).**
- C.) Attach the Hanger (#15) to the Bracket (#8).**
- D.) Secure the other Bracket (#8) to the Left Station (#2) with two M6 x 5/8" Allen Bolts (#40) and Ø 3/4" Washers (#51).**
- E.) Securely tighten all Bolts installed.**
- F.) Hang the Sports Handle (#21), both 5lb. Add-on Weights (#63), Chin Up Belt (#25) & Ankle Strap (#26) onto Upper & Middle Hanger.**

Diagram 5



## **STEP 6 (See Diagram 6)**

**A.) Attach the Height Adjustment Handle (#36) to the Right Lock Switch (#10) on the Pulley Carriage (#8) Not Shown on Diagram. Secure it with one M5 x 3/8" Allen Bolt (#45). Repeat the same procedure to install the other side.**

**B.) Connect the Single Handle (#24) to the Cable (#2) on the Right Station (#1) with a Spring Clip (#39). Repeat the same procedure to install the other side.**

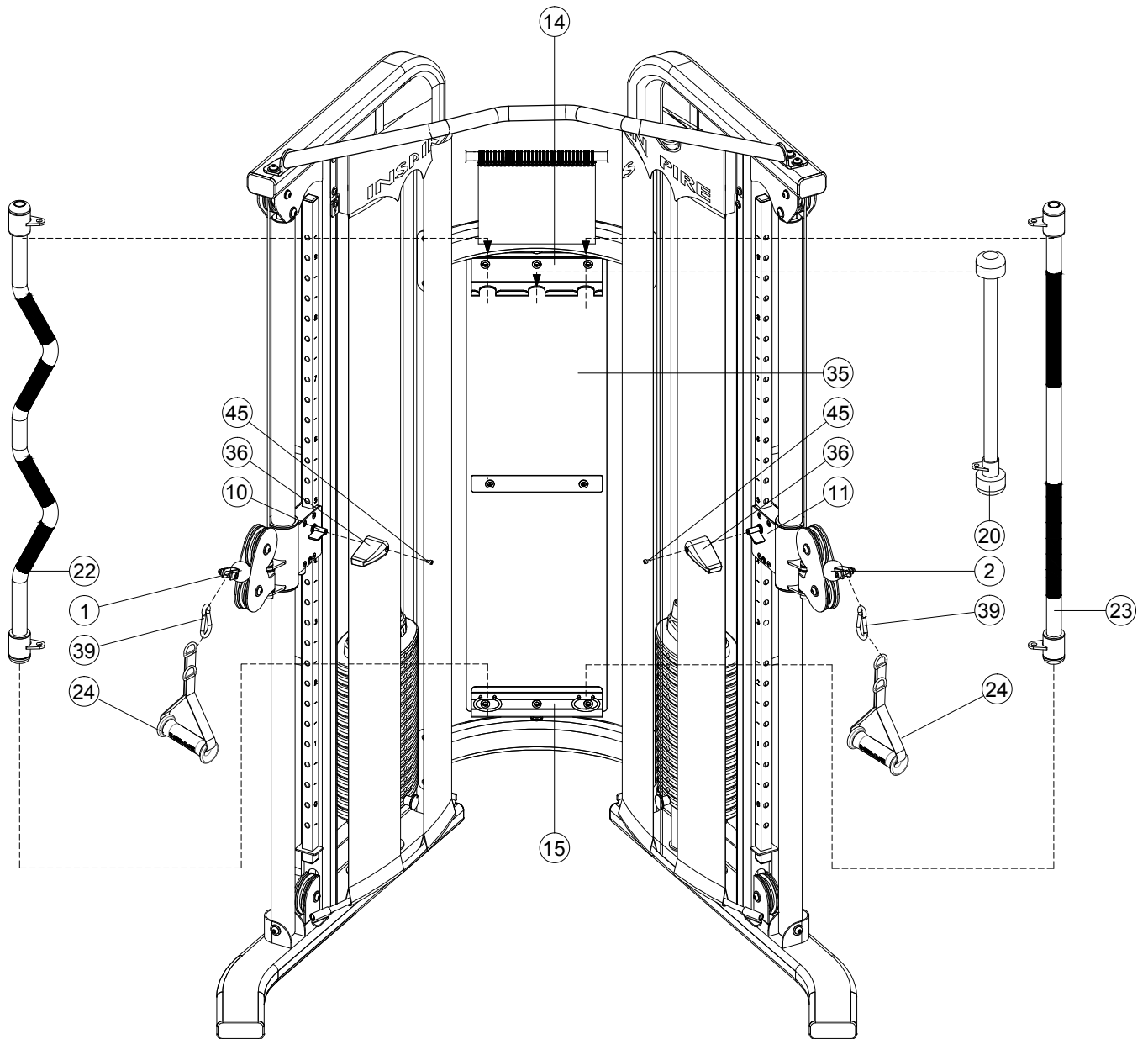
**C.) Replace the Single Handle with the Ankle Strap (#26), or Sports Handle (#21) for various Leg Exercises.**

**D.) Lift up the Height Adjustment Handle (#36) and slide the Pulley Carriage (#8) along the Pulley Carriage Support Frame to the selected level. Release the Handle to lock the Pulley Carriage in position.**

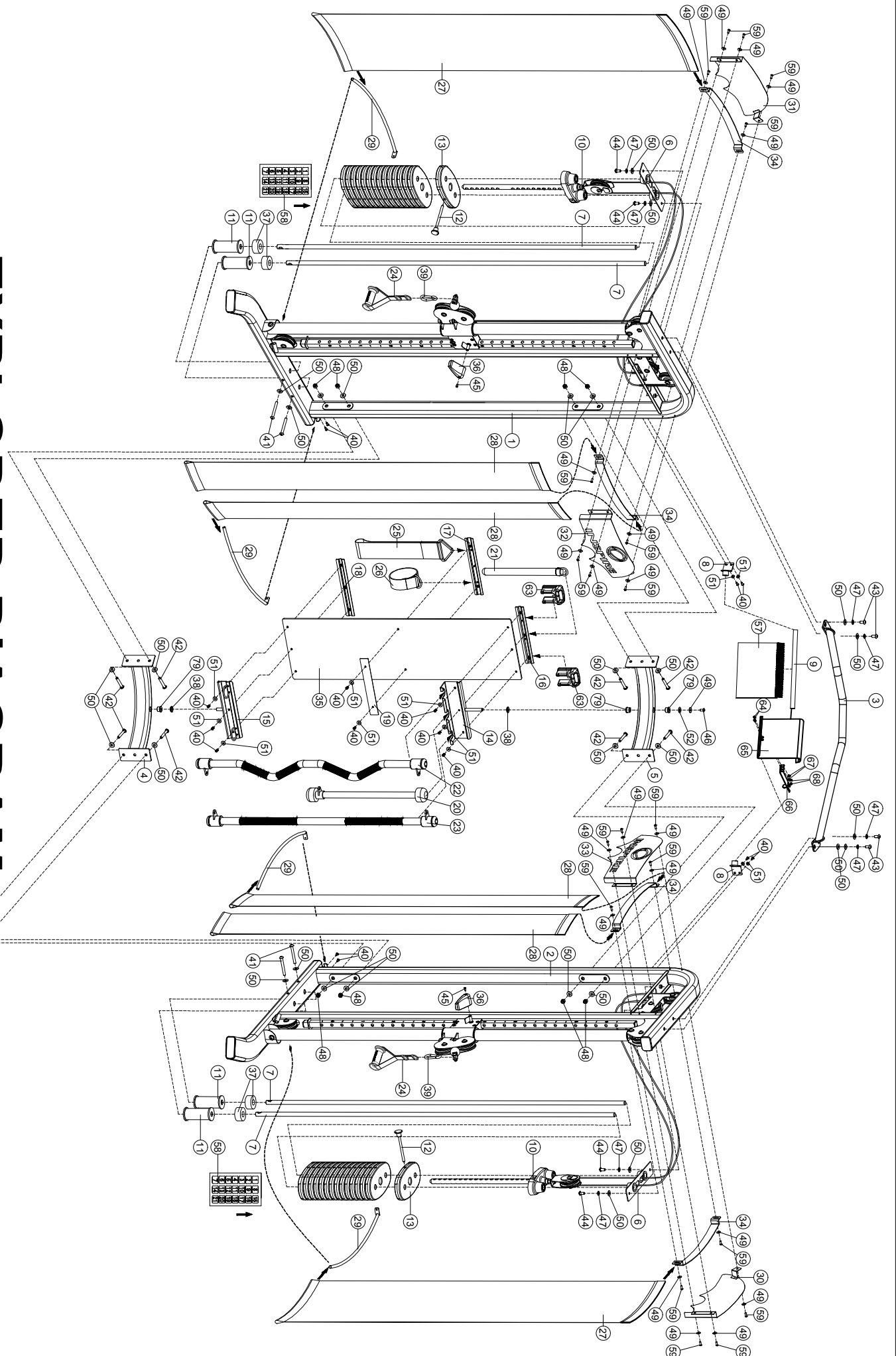
**E.) Store Curl Bar (#22), Straight Bar (#23), Rope (#20) onto the Upper and Lower Hanger Bracket (#14) & (#15).**



Diagram 6



# EXPLODED DIAGRAM



## **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									

# 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.

### COMMERCIAL USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### 1 YEAR PARTS:

Includes Upholstery, Cables, 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](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.

## 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.



**INSPIRE**

by **HAMMER**

**FT-1 BENCH**

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# 1. Sicherheitshinweise

## **WICHTIG!**

- Es handelt sich bei diesem Kraftgerät um ein Trainingsgerät nach DIN EN 957-1/2.
- Max. Belastbarkeit 120 kg.
- Das Kraftgerät darf nur für seinen bestimmungsgemäßen Zweck verwendet werden!
- Jegliche andere Verwendung ist unzulässig und möglicherweise gefährlich. Der Importeur kann nicht für Schäden verantwortlich gemacht werden, die durch nicht bestimmungsgemäßen Gebrauch verursacht werden.
- Sie trainieren mit einem Gerät, das sicherheitstechnisch nach neuesten Erkenntnissen konstruiert wurde. Mögliche Gefahrenquellen, die Verletzungen verursachen könnten, wurden bestmöglich ausgeschlossen.

### **Um Verletzungen und/oder Unfälle zu vermeiden, lesen und befolgen Sie bitte diese einfachen Regeln:**

1. Erlauben Sie Kindern nicht, mit dem Gerät oder in dessen Nähe zu spielen.
2. Überprüfen Sie regelmäßig, ob alle Schrauben und Muttern, fest angezogen sind.
3. Tauschen Sie defekte Teile sofort aus und nutzen Sie das Gerät bis zur Instandsetzung nicht. Achten Sie auch auf eventuelle Materialermüdungen.
4. Vor Inbetriebnahme des Gerätes die Bedienungsanleitung genau durchlesen.
5. Das Gerät braucht in jede Richtung genügend Freiraum (mindestens 1,5m).
6. Stellen Sie das Gerät auf einen festen und ebenen Untergrund.
7. Trainieren Sie nicht unmittelbar vor bzw. nach den Mahlzeiten.
8. Lassen Sie sich vor Beginn eines Fitness-Trainings immer zuerst von einem Arzt untersuchen.
9. Das Sicherheitsniveau des Gerätes kann nur gewährleistet werden, wenn Sie in regelmäßigen Abständen die Verschleißteile überprüfen. Diese sind mit \* in der Teilleiste gekennzeichnet.
10. Trainingsgeräte sind auf keinen Fall als Spielgeräte zu verwenden.
11. Tragen Sie Schuhe und trainieren Sie nie barfuß.
12. Achten Sie darauf, dass sich nicht Dritte in der Nähe des Gerätes befinden, da weitere Personen durch die beweglichen Teile verletzt werden könnten.
13. Das Trainingsgerät darf nicht in feuchten Räumen (Bad) oder auf dem Balkon aufgestellt werden.

# 1. Safety instructions

## **IMPORTANT!**

- The gym is produced according to DIN EN 957-1/2.
- Max. user weight is 120 kg.
- The Gym should be used only for its intended purpose.
- Any other use of the item is prohibited and maybe dangerous. The importeur cannot be held liable for damage or injury caused by improper use of the equipment.
- The gym has been produced according to the latest safety standards.

### **To prevent injury and / or accident, please read and follow these simple rules:**

1. Do not allow children to play on or near the equipment.
2. Regularly check that all screws and nuts are tightly secured.
3. Promptly replace all defective parts and do not use the equipment until it is repaired. Watch for any material fatigue.
4. Carefully read through the operating instructions before starting the equipment.
5. The equipment requires sufficient free space in all directions (at least 1.5 m).
6. Set up the equipment on a solid and flat surface.
7. Do not exercise immediately before or after meals.
8. Before starting any fitness training, let yourself examined by a physician.
9. The safety level of the machine can be ensured only if you regularly inspect parts subject to wear. These are indicated by an \* in the parts list. Levers and other adjusting mechanisms of the equipment must not obstruct the range of movement during training.
10. Training equipment must never be used as toys.
11. Wear shoes and never exercise barefoot.
12. Make certain that other persons are not in the area of the home trainer, because other persons may be injured by the moving parts.
13. It is not allowed to place the item in rooms with high humidity (bathroom) or on the balcony.



## 2. Allgemeines

Der Anwendungsbereich dieses Trainingsgerätes ist der Heimbereich. Das Gerät entspricht den Anforderungen der DIN EN 957-1/2. Bei unsachgemäßem Gebrauch dieses Gerätes (z. B. übermäßigem Training, falsche Einstellungen, etc.) sind Gesundheitsschäden nicht auszuschließen.

Vor Beginn des Trainings sollte eine allgemeine Untersuchung von Ihrem Arzt durchgeführt werden, um eventuelle vorhandene Gesundheitsrisiken auszuschließen.

### 2.1 Verpackung

Die Verpackung besteht aus umweltfreundlichen und wieder verwertbaren Materialien:

- Außenverpackung aus Pappe
- Formteile aus geschäumtem, FCKW-freiem Polystyrol (PS)
- Folien und Beutel aus Polyäthylen (PE)
- Spannbänder aus Polypropylen (PP)

## 2. General

This training equipment is for use at home. The equipment complies with the requirements of DIN EN 957-1/2. Damage to health cannot be ruled out if this equipment is not used as intended (for example, excessive training, incorrect settings, etc.).

Before starting your training, you should have a complete physical examination by your physician, in order to rule out any existing health risks.

### 2.1 Packaging

Environmentally compatible and recyclable materials:

- External packaging made of cardboard
- Molded parts made of foam CFS-free polystyrol (PS)
- Sheeting and bags made of polyethylene (PE)
- Wrapping straps made of polypropylene (PP)

## 3. Aufbau

Um den Zusammenbau des Kraftgerätes für Sie so einfach wie möglich zu gestalten, haben wir die wichtigsten Teile bereits vormontiert. Bevor Sie das Gerät zusammenbauen, sollten Sie bitte diese Aufbauanleitung sorgfältig lesen und danach Schritt für Schritt, wie beschrieben, fortfahren.

### Packungsinhalt

- Entnehmen Sie alle Einzelteile und legen Sie diese nebeneinander auf den Boden.
- Stellen Sie den Hauptrahmen auf eine bodenschonende Unterlage, da Metallteile Ihren Boden beschädigen/verkratzen könnten. Diese Unterlage sollte flach und nicht zu dick sein, sodass das Kraftgerät einen stabilen Stand hat.
- Achten Sie darauf, dass Sie während des Zusammenbaus in jede Richtung hin genügend Bewegungsfreiraum (mind. 1,5 m) haben.

## 3. Assembly

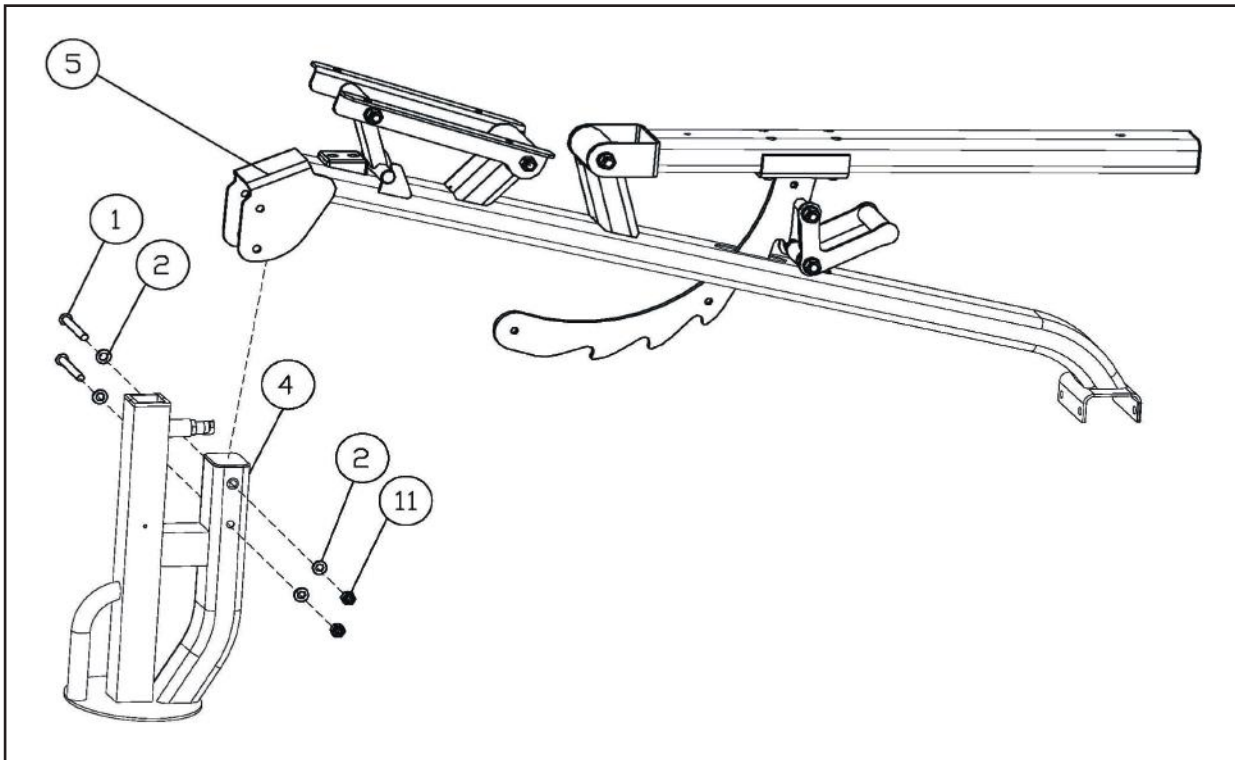
In order to make assembly of the gym as easy as possible for you, we have preassembled the most important parts. Before you assemble the equipment, please read these instructions carefully and then continue step by step as described

### Contents of packaging

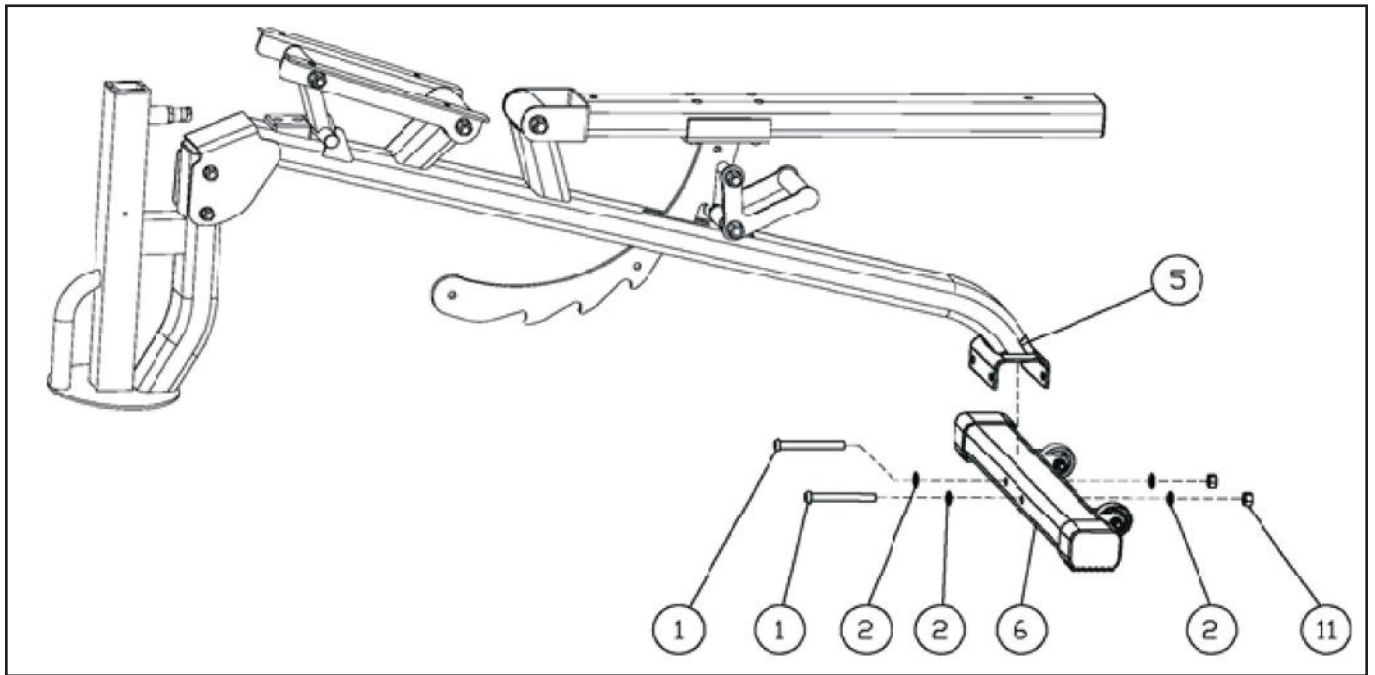
- Unpack all individual parts and place them alongside each other on the floor.
- Metal parts can damage / scratch your floor., so please use a pad. The pad should be flat and not too thick, so that the gym has a stable stand.
- Make certain that you have adequate room for movement (at least 1.5 m) on all sides during assembly.

### 3.1 Montageschritte / Assembly steps

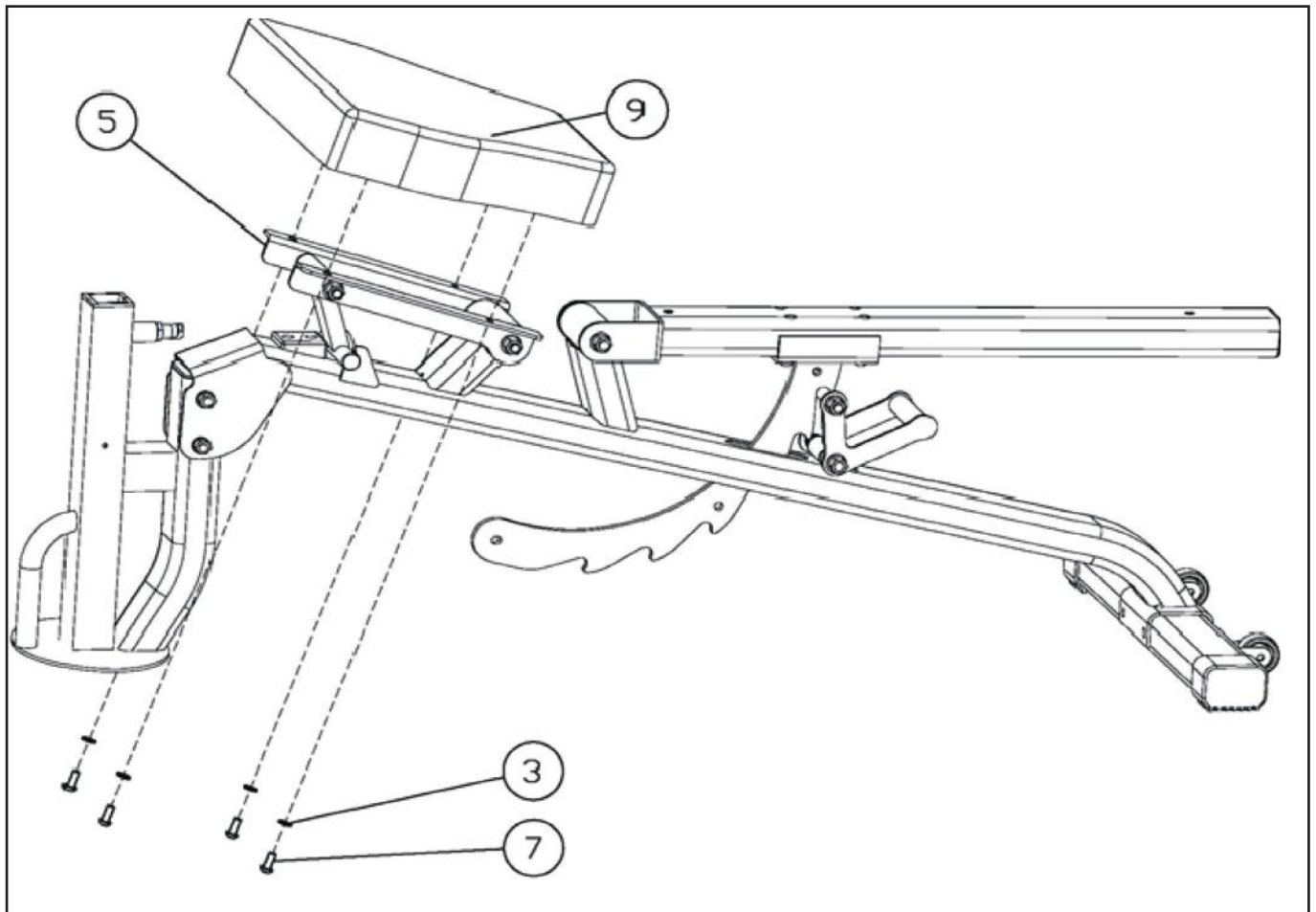
Schritt / Step 1



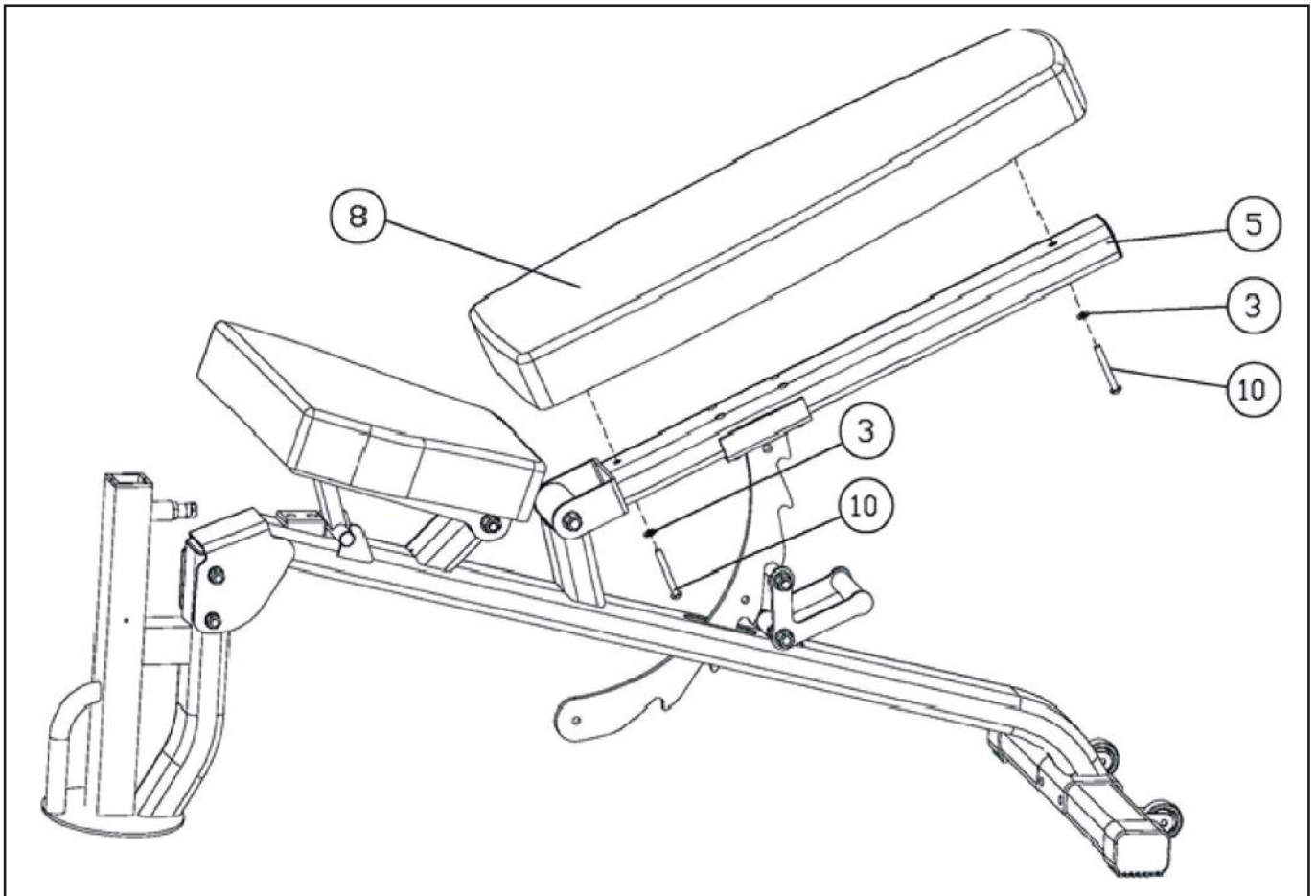
Position	Bezeichnung	Bezeichnung Description:	Menge Quantity
-1	Sechskantschraube	Hex head screw	2
-2	Unterlegscheibe	Washer	4
-4	Standfuß, vorne	Front stabilizer	1
-5	Hauptrahmen	Main frame	1
-11	Mutter, selbstsichernd	Safety, nut	2



Position	Bezeichnung	Bezeichnung Description	Menge/ Quantity
-1	Sechskantschraube	Hex head screw	2
-2	Unterlegscheibe	Washer	4
-6	Standfuß, hinten	Rear stabilizer	1
-11	Mutter, selbstsichernd	Safety, nut	2



Position	Bezeichnung	Bezeichnung Description	Menge/ Quantity
-3	Unterlegscheibe	Washer	4
-7	Innensechskantschraube	Allen screw	4
-9	Sitzpolster	Seatcushion	1



Position	Bezeichnung	Bezeichnung Description	Menge/ Quantity
-3	Unterlegscheibe	Washer	2
-8	Rückenpolster	Backrest cushion	1
-10	Innensechskantschraube	Allen screw	2

## 4. Pflege und Wartung

### **Wartung**

- Grundsätzlich bedarf das Gerät keiner Wartung
- Kontrollieren Sie regelmäßig alle Geräteteile und den festen Sitz aller Schrauben und Verbindungen
- Tauschen Sie defekte Teile über unseren Kundenservice sofort aus. Das Gerät darf dann bis zur Instandsetzung nicht verwendet werden.

### **Pflege**

- Zur Reinigung verwenden Sie bitte nur ein feuchtes Tuch ohne scharfe Reinigungsmittel.
- Bauteile, welche mit Schweiß in Kontakt kommen, brauchen nur mit einem feuchten Tuch gereinigt werden.

## 4. Care and Maintenance

### **Maintenance**

- In principle, the equipment does not require maintenance.
- Regularly inspect all parts of the equipment and the secure seating of all screws and connections.
- Promptly replace any defective parts through our customer service. Until it is repaired, the equipment must not be used.

### **Care**

- When cleaning, use only a moist cloth and avoid harsh cleaning agents.
- Components that come into contact with perspiration, need cleaning only with a damp cloth.

## 5. Trainingsanleitung

### **AUFWÄRMEN**

Beginnen Sie Ihr Training bitte NIE, ohne sich vorher aufzuwärmen. Führen Sie jeweils fünf bis zehn Minuten lang vor dem Training Aufwärmätze (Übungen am Gerät mit niedrigem Gewicht und hoher Wiederholungszahl) durch, um Verletzungen zu vermeiden.

### **II) Wie sollten Sie trainieren**

Für das Krafttraining gibt es mehrere Trainingsmethoden nach welchen Sie trainieren können. Hier soll nur die Methode der Kraftausdauer beschrieben werden, da Sie diese Methode zum Beginn Ihres Trainings verwenden sollten

- Beginnen Sie mit einem geringen Gewicht. Es empfiehlt sich mit 3 Sätzen à 20 Wiederholungen zu beginnen. Das Gewicht können Sie solange erhöhen, bis Sie im letzten Satz die 20 Wiederholungen nicht mehr schaffen.
- Zwischen den Sätzen sollten Sie eine Pause von 60 Sekunden einlegen.
- Sie sollten 2-3 mal die Woche trainieren.

Niemals Bauchübungen vergessen!

## 5. Training manual

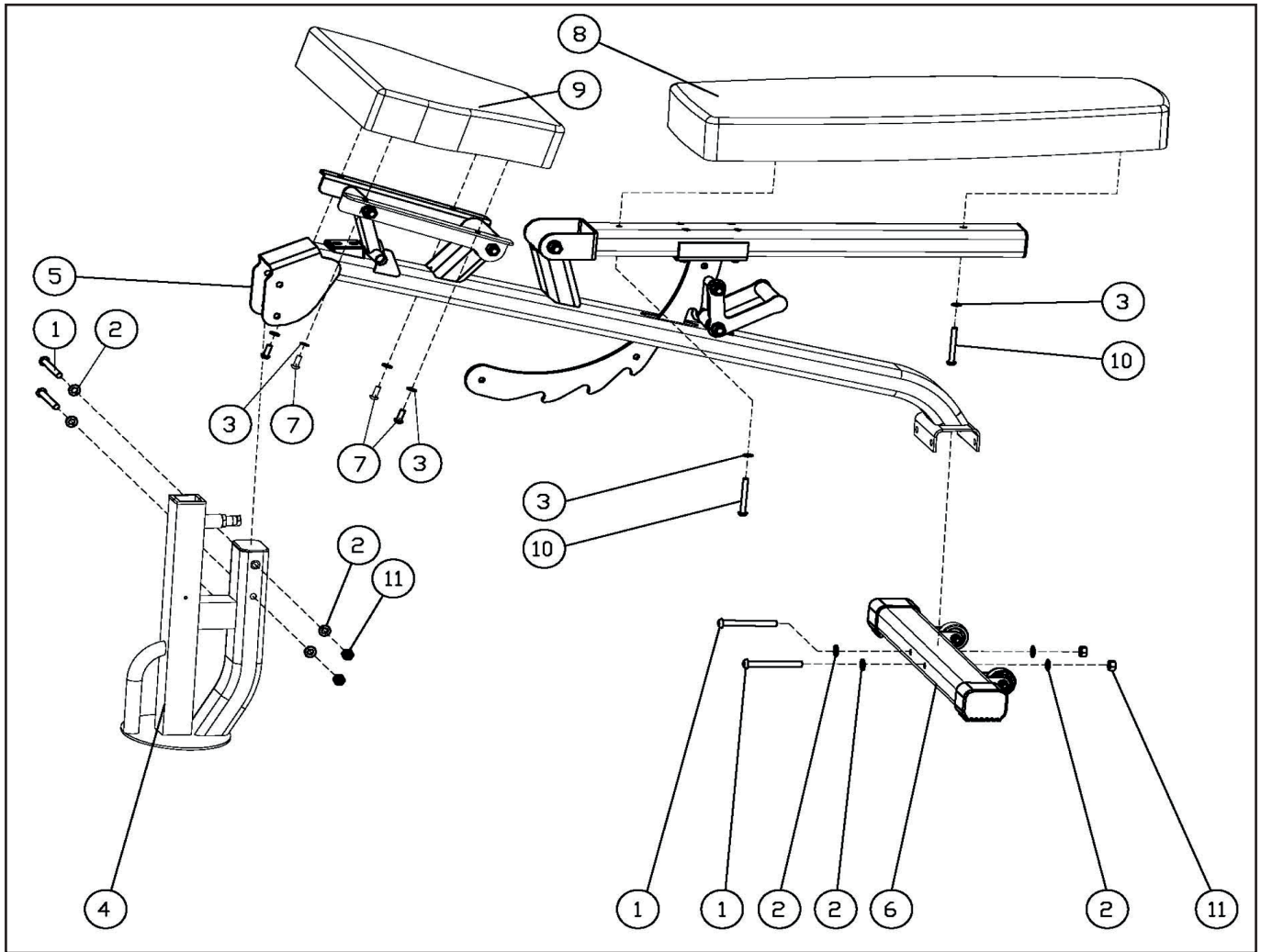
### **Warm up:**

To avoid any injuries, please warm up properly before you start your exercise.

### **II) How to do the exercise**

. There are many different kind to pump iron, but only the force endurance will be explained.

- Use a weight, which can be moved 3x20 repetitions. Increase the weight, till you don't reach the 20 repetitions in the last intervall.
- Break between each intervall should be 60s.
- It is enough to do the exercise 2-3times a week. If you want to do the exercise more often, please divide you training into upper body and lower body
- Don't forget your Ab's.



## 7. Teileliste / Parts list

Position	Bezeichnung	Description:	Abmessung/ Dimension	Menge/ Quantity
3637 -1	Sechskantschraube	Hex head screw	M10 x 3 3/4"	4
-2	Unterlegscheibe	Washer	Ø3/4"	8
-3	Unterlegscheibe	Washer	Ø5/8"	6
-4	Standfuß, vorne	Front stabilizer		1
-5	Hauptrahmen	Main frame		1
-6	Standfuß, hinten	Rear stabilizer		1
-7	Innensechskantschraube	Allen screw	M8 x 1"	4
-8	Rückenpolster	Backrest cushion		1
-9	Sitzpolster	Seatcushion		1
-10	Innensechskantschraube	Allen screw	M8 x 2 3/4"	2
-11	Mutter, selbstsichernd	Safety, nut	M10	4

Bei den mit \* versehenen Teilenummern handelt es sich um Verschleißteile, die einer natürlichen Abnutzung unterliegen und ggf. nach intensivem oder längerem Gebrauch ausgetauscht werden müssen. In diesem Falle wenden Sie sich bitte an den [Finnlo – Kundenservice](#).

The part numbers with an \* are wear and tear parts, which are subject to natural wear and which must be replaced after intensive or long-term use. In this case, please contact [Finnlo Customer Service](#). You can request the parts and be charged for them.

## 8. Garantiebedingungen / Warranty (Germany only)

Für unsere Geräte leisten wir Garantie gemäß nachstehenden Bedingungen:

- 1) Wir beheben unentgeltlich nach Maßgabe der folgenden Bedingungen (Nummern 2-5) Schäden oder Mängel am Gerät, die nachweislich auf einem Fabrikationsfehler beruhen, wenn sie uns unverzüglich nach Feststellung und innerhalb von 36 Monaten nach Lieferung an den Endabnehmer gemeldet werden.

Nutzung	Garantie	Garantie auf den Hauptrahmen
Private Nutzung	36 Monate	10 Jahre
Semi-Profess. Nutzung	12 Monate	5 Jahre
Professionelle Nutzung	-	-

Die Garantie erstreckt sich nicht auf leicht zerbrechliche Teile, wie z. B. Glas oder Kunststoff. Eine Garantiepflicht wird nicht ausgelöst: durch geringfügige Abweichungen von der Soll-Beschaffenheit, die für Wert und Gebrauchstauglichkeit des Gerätes unerheblich sind, durch Schäden aus chemischen und elektrochemischen Einwirkungen, von Wasser sowie allgemein durch Schäden höherer Gewalt.

- 2) Die Garantieleistung erfolgt in der Weise, dass mangelhafte Teile nach unserer Wahl unentgeltlich instand gesetzt oder durch einwandfreie Teile ersetzt werden. Die Kosten für Material und Arbeitszeit werden von uns getragen. Instandsetzungen am Aufstellungsort können nicht verlangt werden. Der Kaufbeleg mit Kauf- und/ oder Lieferdatum ist vorzulegen. Ersetzte Teile gehen in unser Eigentum über.
- 3) Der Garantieanspruch erlischt, wenn Reparaturen oder Eingriffe von Personen vorgenommen werden, die hierzu von uns nicht ermächtigt sind oder wenn unsere Geräte mit Ergänzungs- oder Zubehörteilen versehen werden, die nicht auf unsere Geräte abgestimmt sind, ferner wenn das Gerät durch den Einfluss höherer Gewalt oder durch Umwelteinflüsse beschädigt oder zerstört ist, bei Schäden, die durch unsachgemäße Behandlung – insbesondere Nichtbeachtung der Betriebsanleitung – oder Wartung aufgetreten sind oder falls das Gerät mechanische Beschädigungen irgendwelcher Art aufweist. Der Kundendienst kann Sie nach telefonischer Rücksprache zur Reparatur bzw. zum Tausch von Teilen, welche Sie zugesandt bekommen, ermächtigen. In diesem Fall erlischt der Garantieanspruch selbstverständlich nicht.
- 4) Garantieleistungen bewirken weder eine Verlängerung der Garantiefrist noch setzen sie eine neue Garantiefrist in Lauf.
- 5) Weitergehende oder andere Ansprüche, insbesondere solche auf Ersatz außerhalb des Gerätes entstandener Schäden, sind – soweit eine Haftung nicht zwingend gesetzlich angeordnet ist – ausgeschlossen.
- 6) Unsere Garantiebedingungen, die Voraussetzungen und Umfang unserer Garantieleistungen beinhalten, lassen die vertraglichen Gewährleistungsverpflichtungen des Verkäufers unberührt.
- 7) Verschleißteile, welche in der Teileliste als diese ausgewiesen werden, unterliegen nicht den Garantiebedingungen.

**Importeur**  
**Hammer Sport AG**  
**Von Liebig Str. 21**  
**89231 Neu-Ulm**



## 9. Service-Hotline und Ersatzteilbestellformular



Um Ihnen optimal helfen zu können, halten Sie bitte  
**Artikel-Nummer, Seriennummer, Explosionszeichnung und  
Teileliste** bereit.

# S E R V I C E - H O T L I N E

Tel.: 0731-97488 -62 oder -68

Fax: 0731-97488-64

Montag bis Freitag

von 09.00 Uhr bis 16.00 Uhr

E-Mail: [service@hammer.de](mailto:service@hammer.de)



An  
Hammer Sport AG  
Abt. Kundendienst  
Von-Liebig-Str. 21  
89231 Neu-Ulm

**Art.-Nr.:3637 FT-1Bench Black**  
**Serien Nr.:**

Ort: ..... Datum: .....

### Ersatzteilbestellung

(Bitte in Druckbuchstaben ausfüllen!)

Kaufdatum: .....

Gekauft bei Firma: .....

**(Garantieansprüche nur in Verbindung mit einer Kopie des Kaufbeleges!)**

Bitte liefern Sie mir folgende Ersatzteile (Bitte leserlich schreiben!):

Position	Bezeichnung	Stückzahl	Bestellgrund

Käufer:

(Name, Vorname) .....

(Strasse, Hausnr.) .....

(PLZ, Wohnort) .....

(Telefon, Fax) .....

(E-Mail-Adresse) .....

Lieferadresse: (wenn abweichend von Käuferadresse) .....

(Firma) .....

(Ansprechpartner) .....

(Strasse, Hausnr.) .....

(PLZ, Wohnort) .....

(Telefon, Fax) .....

(E-Mail-Adresse) .....