

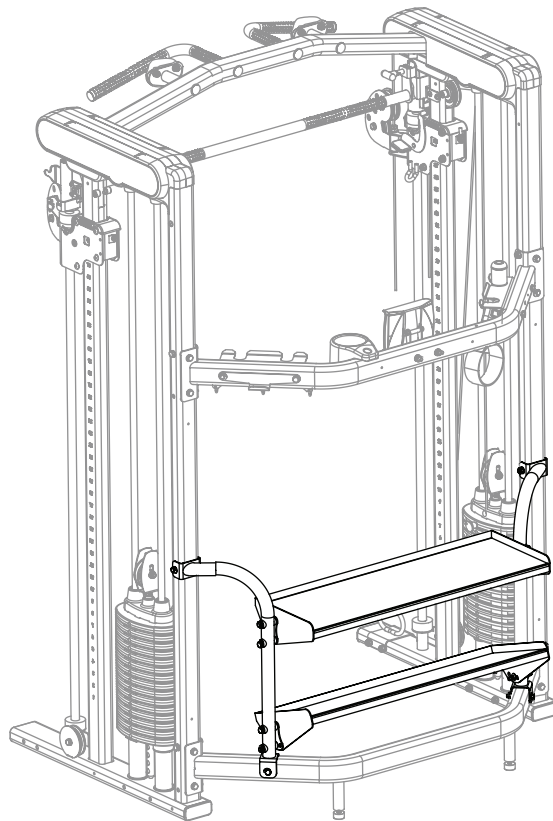
USER MANUAL

START HERE

SFS

**SMITH
MACHINE
FUNCTIONAL
TRAINER**

Accessory Rack Installation Instructions



Record Serial Number Here

Health in Motion LLC
V07062023R1

CONGRATULATIONS

Welcome to the Inspire Fitness Family. You've just taken the first step to a healthier and stronger body. This SF5 Smith Machine Functional Trainer by Inspire Fitness offers the key to unlocking your body's potential. Regular training on a Smith Machine Functional Trainer has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, and a reduction in stress. Congratulations, you are on your way to improving your self image, overall health, and quality of life.

BEFORE ASSEMBLING

IMPORTANT: Read this entire manual before attempting to build or use this machine. 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 Inspire Fitness Support for replacement parts through email, by phone or through chat.

This Inspire Fitness SF5 Smith Machine Functional Trainer is intended for indoor use only. Rust can form on certain parts in a humid environment, resulting in impaired function.

CONTACT US FOR HELP

Service of your SF5 Smith Machine Functional Trainer should only be performed by an Inspire Fitness Authorized Servicer. Service performed by anyone else can result in loss of warranty. If you need help finding an Inspire Fitness Authorized Servicer, please contact us directly:



Email

Service@inspirefitness.net



Phone

+1 877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8h

****Support is provided in English and Spanish****



Chat

www.inspirefitness.com

PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit inspirefitness.com/support

AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us; and
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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. **Consult your physician before beginning any exercise program**
2. Always keep children and pets away from the machine. **DO NOT** leave children unattended in the same room with the machine. The cabling and moving parts on this machine can cause serious injury or death if used improperly.
3. Only one person at a time should use the machine.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
5. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
6. Keep hands away from all moving parts.
7. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other loose clothing that could become caught in the machine. Running or training 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, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.

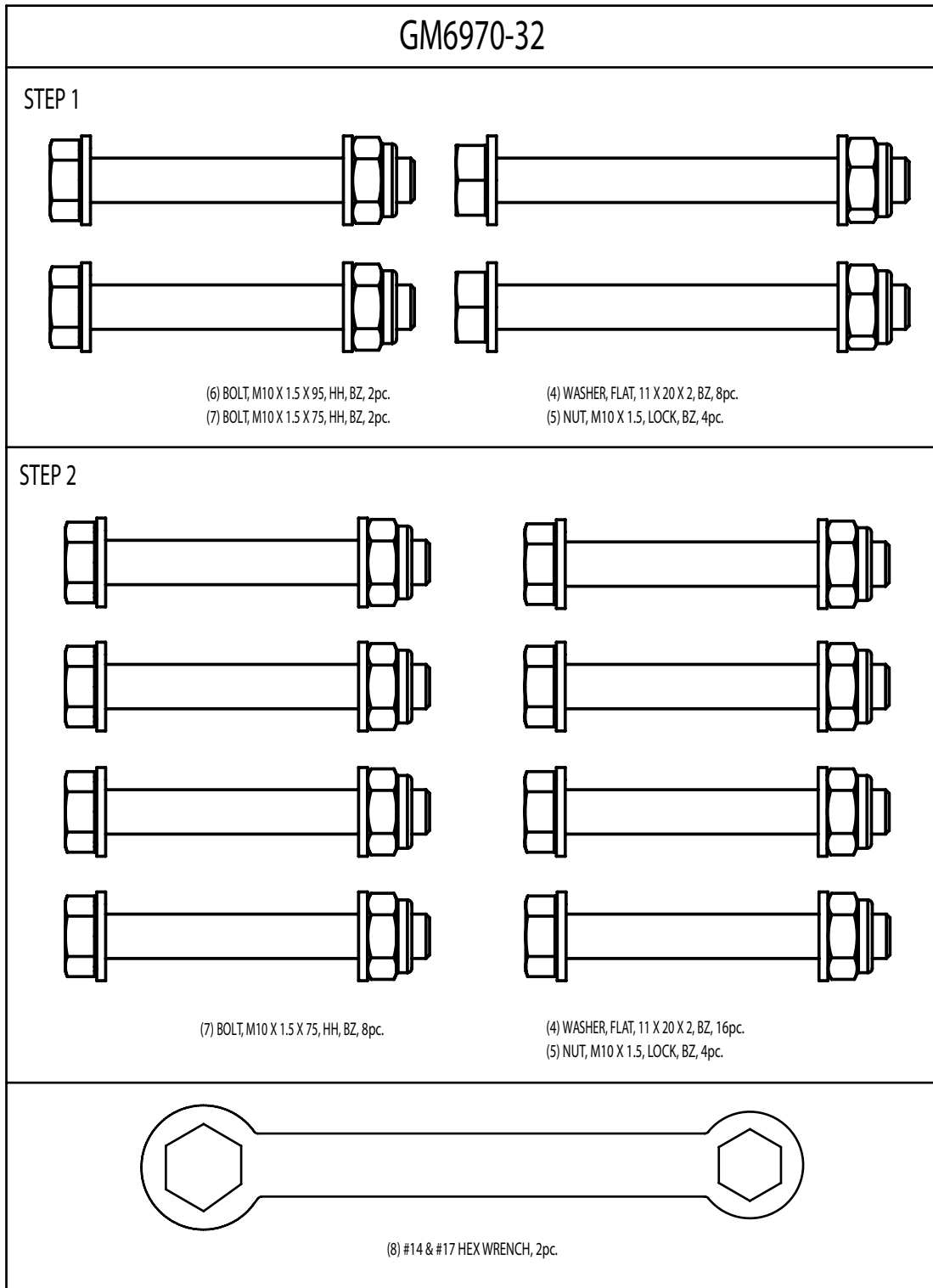
Care and Maintenance

- Inspect and tighten all parts before using the machine.
- The Frame and Seat Pad of the machine 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.

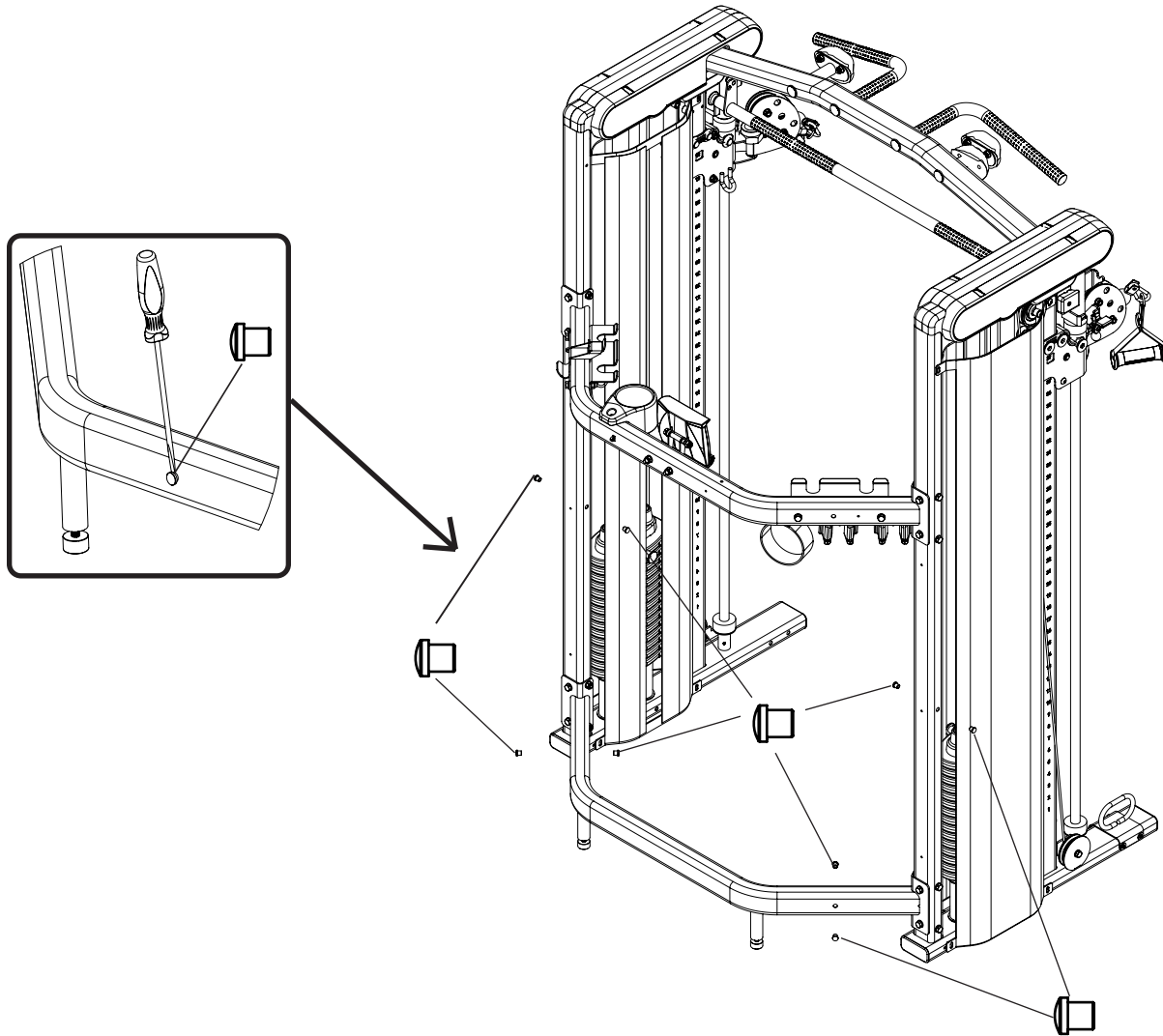
ASSEMBLY AND SETUP

Assembly Hardware Kit (Not to Scale)



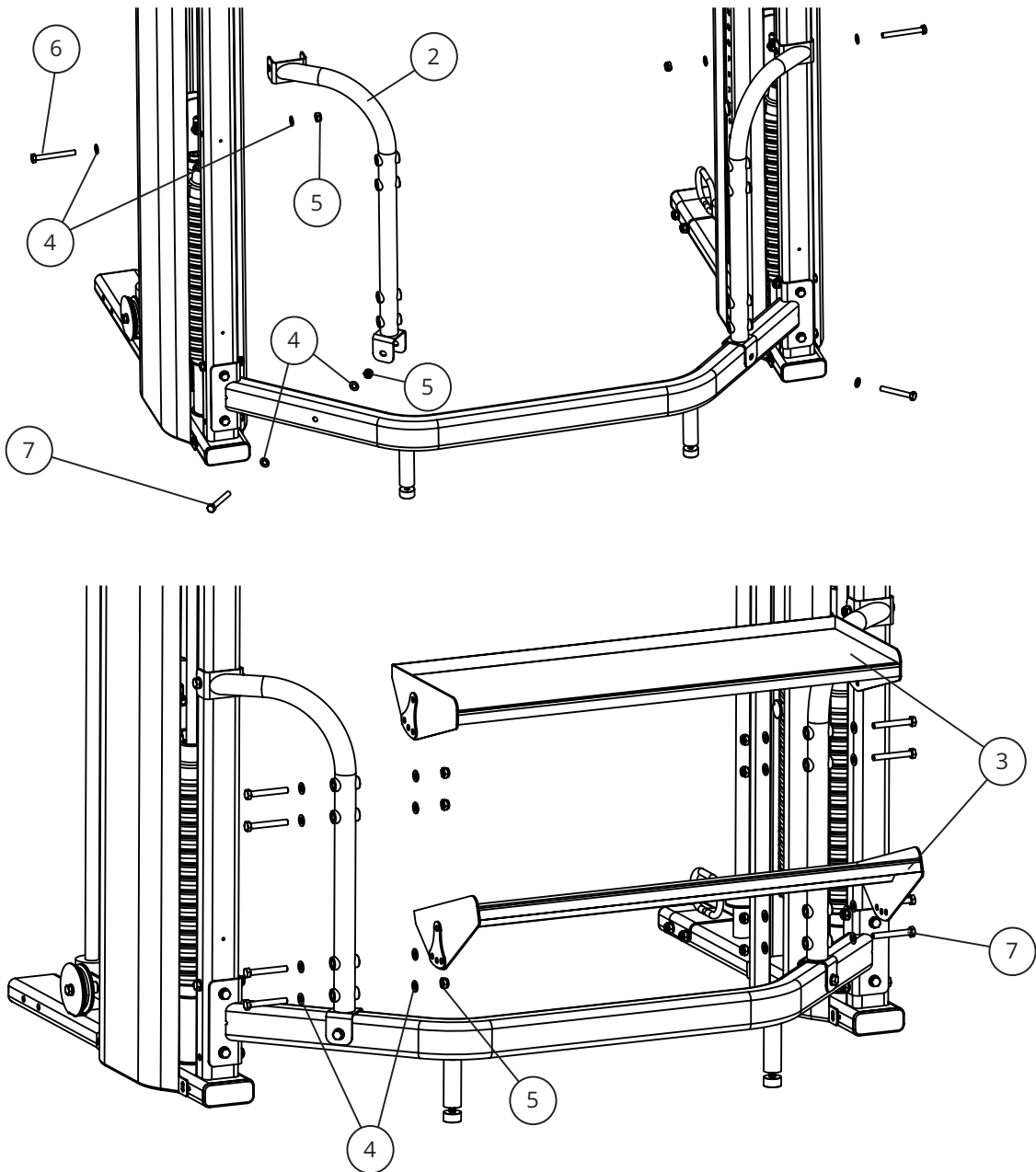
STEP 1

1. Before installation of the new dumbbell rack, please remove the installed plugs as illustrated below. Please use a flat head or slotted screwdriver to pry-off each of the installed plugs, total of 8 plugs.



STEP 2

1. Install **Dumbbell bracket Right (1)**, and **Dumbbell bracket Right (2)** to frame. Use **M10 x 95 Hex Bolt (6)**, **#10 Washer (4)**, **M10 Lock Nut (5)**. Do not fully tightent.
2. Install **Weight trays (3)** on lower and Upper position. Use **M10 x 75 Hex Bolt (7)**, **#10 Washer (4)**, **M10 Lock Nut (5)**. Do not fully tighten. **NOTE: the horizontal Weight Trays can be adjusted into three different positions, flat or angled. Choose flat for Kettlebells or balls, choose angled for dumbbells.**
3. Once all brackets and trays are in place, fully tighten all bolts.



PARTS LISTS

No.	Part Number	Description	Qty.
1	GM697300003PT0105	Dumbbell braket -Right	1
2	GM697300002PT0105	Dumbbell braket -Left	1
3	GM697300004PZ	Weight Tray	2
4	0116-010-008	#10 Washer	24
5	0110-710-008	M10 Lock Nut	12
6	0111-010-959A	M10 x 95 Hex Bolt	2
7	0111-010-758	M10 x 75 Hex Bolt	10
8	M330-561-002	14# & 17# Hex Wrench	2



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