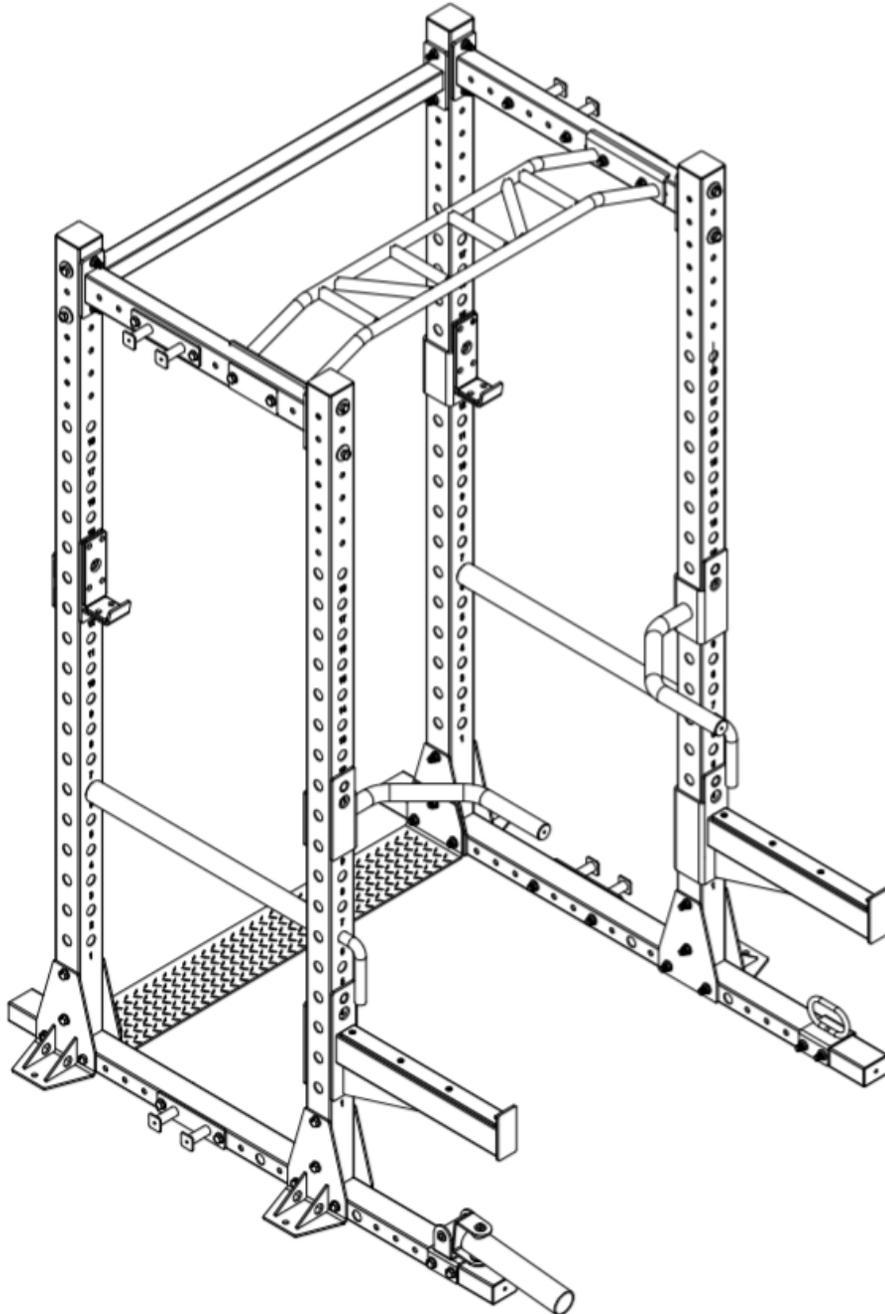




FPC1

FULL POWER CAGE





FPC1 RACK- SH-G8901
ASSEMBLY & OWNER'S MANUAL

Table of Contents

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICE	3
PARTS LIST	4
EXPLODED VIEW	6
ASSEMBLY INSTRUCTIONS	7
REGULATORY INFORMATION/ SAFETY NOTICE	13
WARRANTY / DISCLAIMER	17

BEFORE YOU BEGIN

Thank you for selecting the INSPIRE FPC1 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.

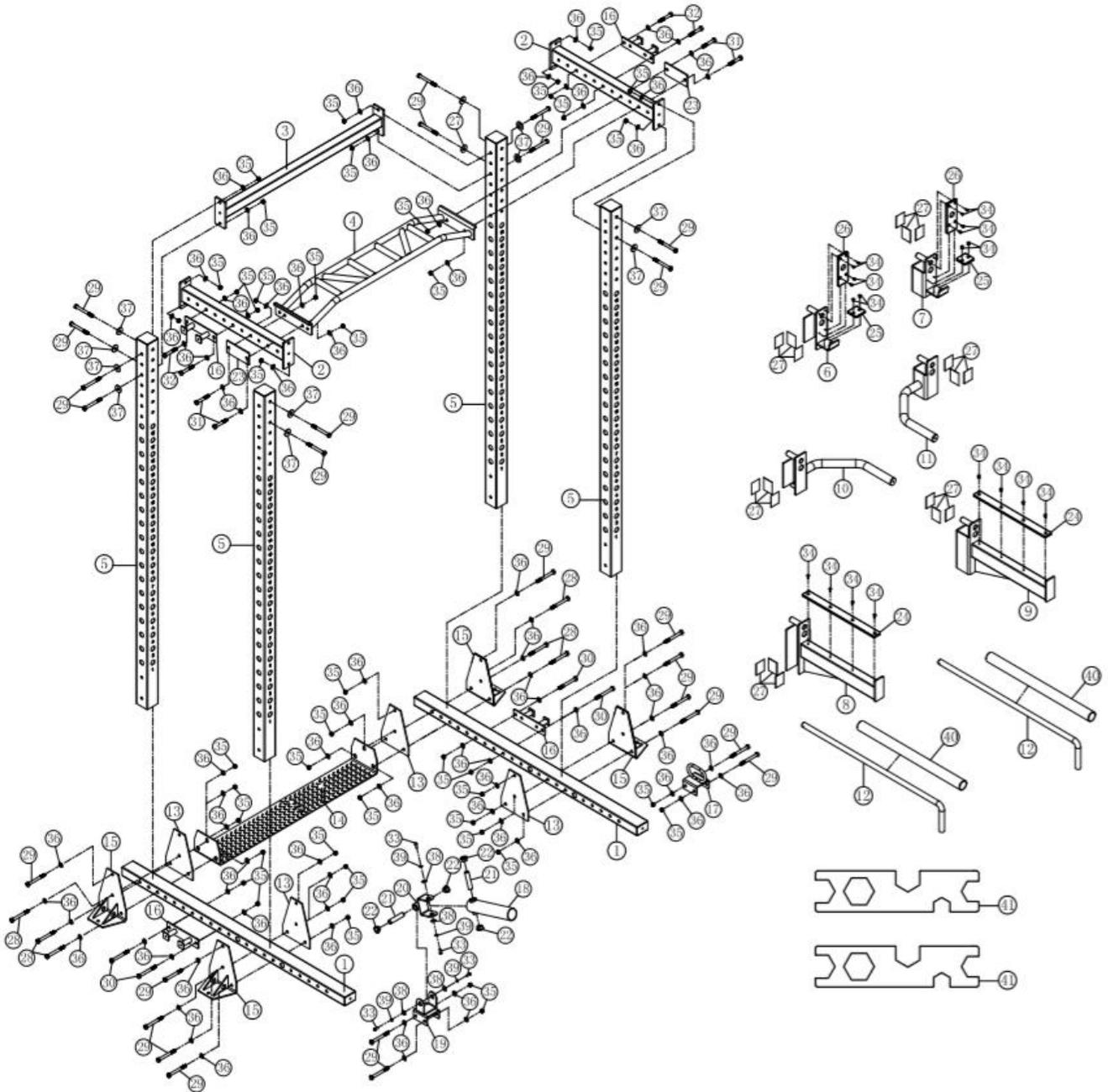
WARNING:

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.

FPC1 PARTS LIST

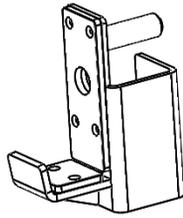
No.	Name	Description	QTY
1	Bottom Tube	FCG1-01	2
2	Upper Connecting Tube	FCG1-02	2
3	Top Rear Connecting Tube	FCG1-03	1
4	Pull Up Chin Attachment	FCG1-04	1
5	Upright tube	FCG1-05	4
6	Left hook	FCG1-06	1
7	Right hook	FCG1-07	1
8	Left Safety Tube Assembly	FCG1-08	1
9	Right Safety Tube Assembly	FCG1-09	1
10	Left Parallel Bars	FCG1-10	1
11	Right Parallel Bars	FCG1-11	1
12	Hanging Rod	FCG1-12	2
13	Bottom Inner Plate	FCG1-13	4
14	Bottom Cross Plate	FCG1-14	1
15	Bottom Foot Plate	FCG1-15	4
16	Resistance Band Peg	FCG1-16	4
17	Battle-Rope Attachment	FCG1-17	1
18	LandMine Attachment	FCG1-18	1
19	Swivel Bracket	FCG1-19	1
20	Frame Bracket		1
21	Double-ended threaded shaft	∅ 20*88	2
22	Flange Sleeve Bearing	∅ 32* ∅ 20*15	4
23	Deco Plate	150*68*t5.0	2
24	Safety Tube Pad	485*45*8.0	2
25	Hook Foot Pad	65*60*8.0	2
26	Hook Wall Pad	170*65*8.0	2
27	Sticker	100*60*t0.3	18
28	Hex bolt	M12*110	6
29	Hex bolt	M12*105	26
30	Hex bolt	M12*100	4
31	Hex bolt	M12*80	4
32	Hex bolt	M12*75	4
33	Button head screw	8*20	4
34	Flat head screw	M6*12	20
35	Lock Nut	M12	44
36	Flat washer	∅ 13* ∅ 24*t2.5	76
37	Flat washer	∅ 13* ∅ 37*t3.0	12
38	Flat washer	∅ 8.4* ∅ 24*t2.0	4
39	Spring washer	∅ 8.1 * ∅ 12.3*t2.1	4
40	Hanging Rod Sleeve	∅ 48* ∅ 42*690	2
41	Wrench	130*32*t3.0	2

EXPLODED VIEW

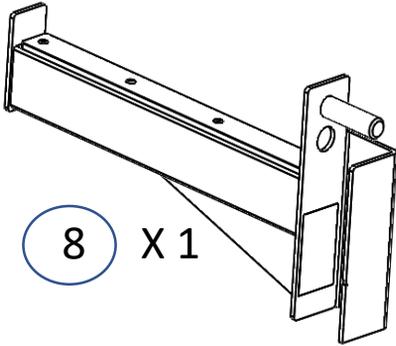
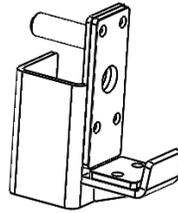


COMPONENTS LIST

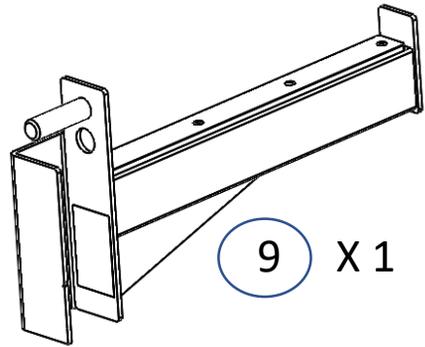
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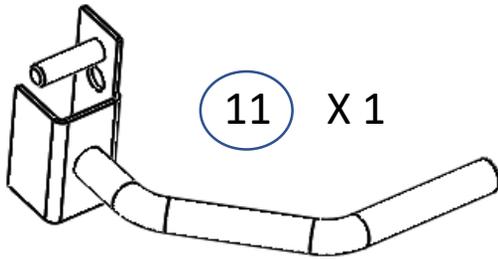
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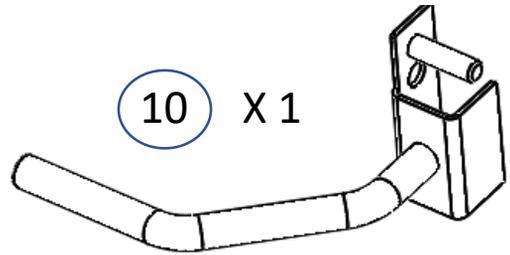
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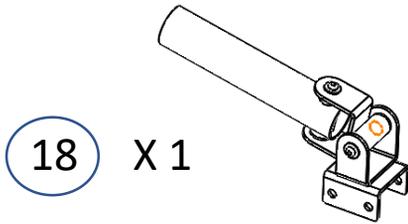
9 X 1



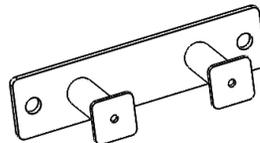
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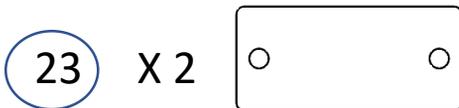
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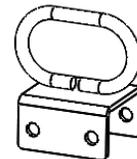
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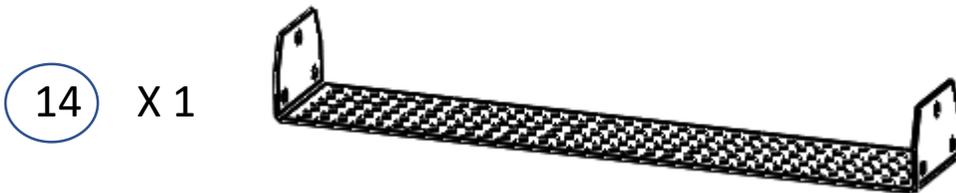
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23 X 2

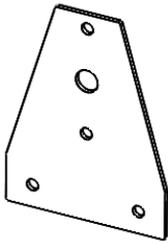


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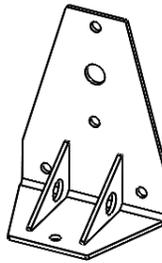


14 X 1

COMPONENTS LIST

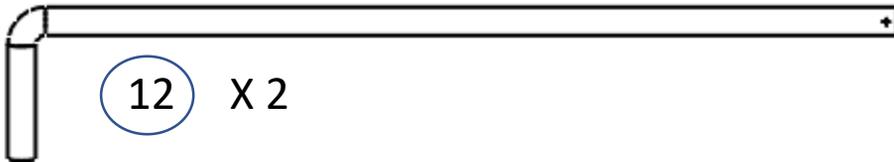


13 X 4



15 X 4

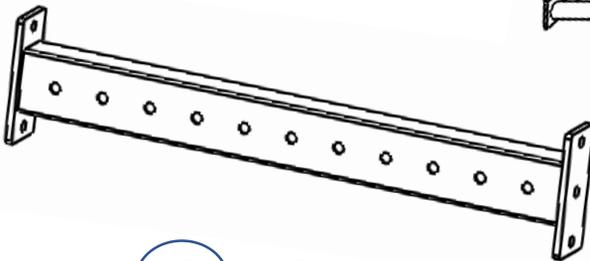
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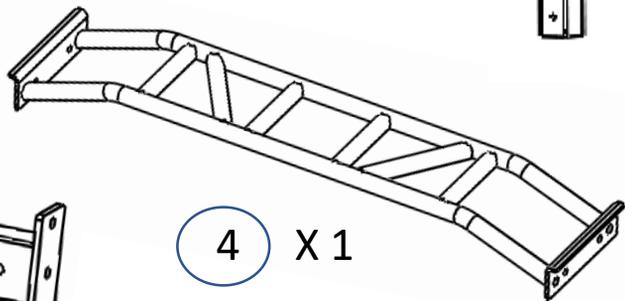
12 X 2



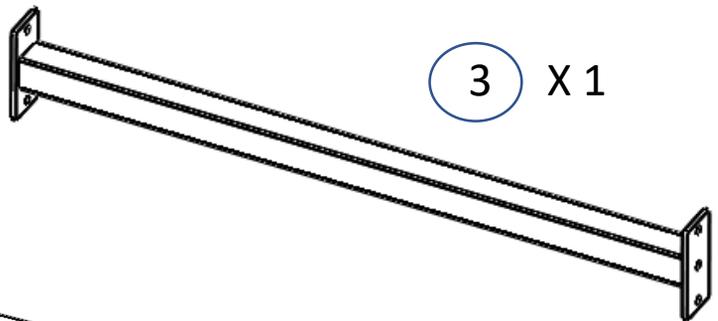
40 X 2



2 X 2

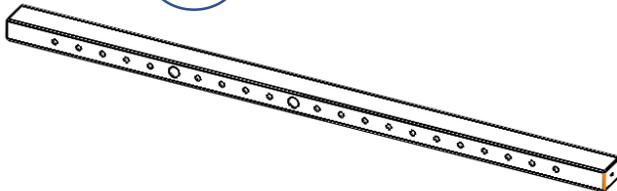


4 X 1

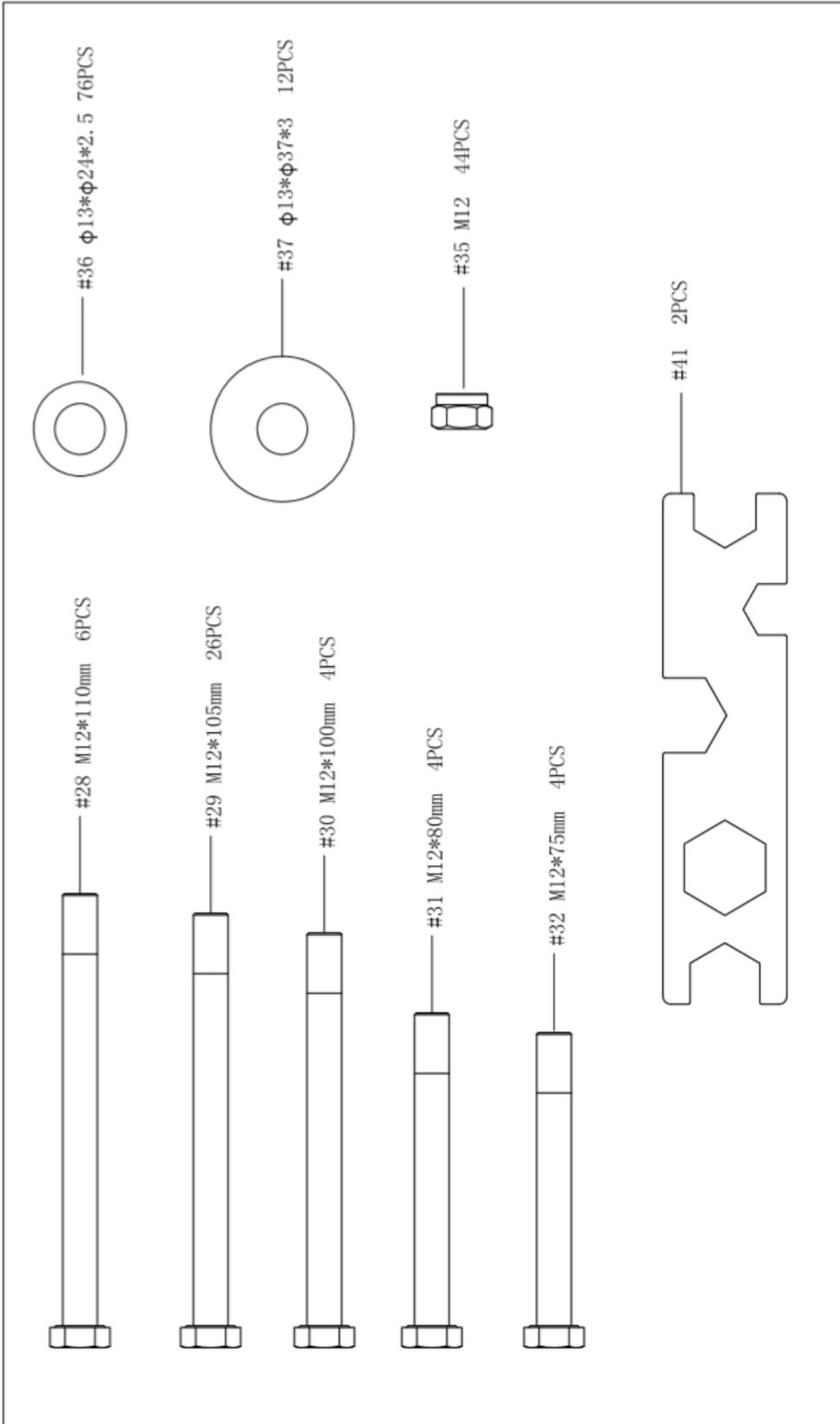


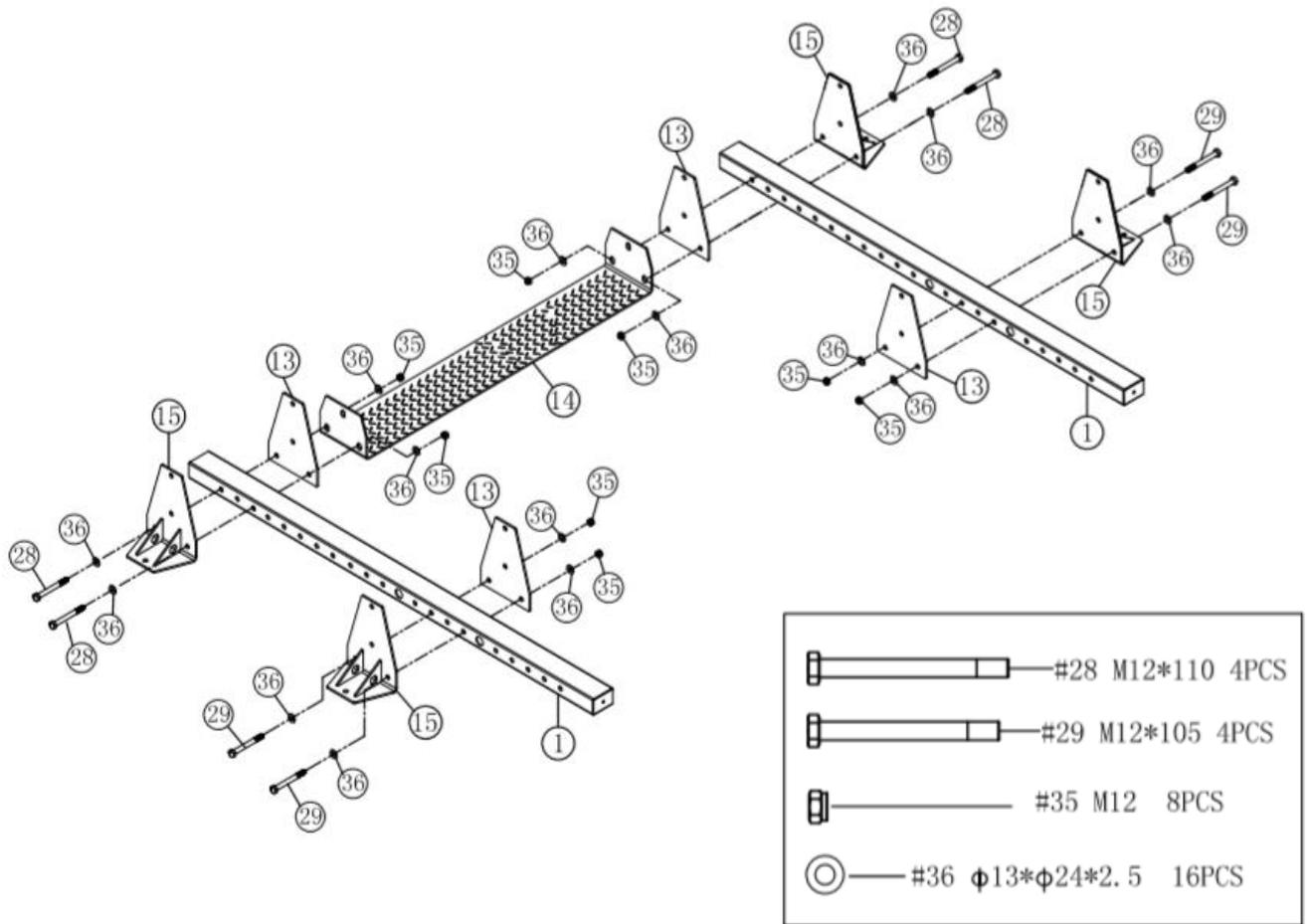
3 X 1

1 X 2



HARDWARE PACK





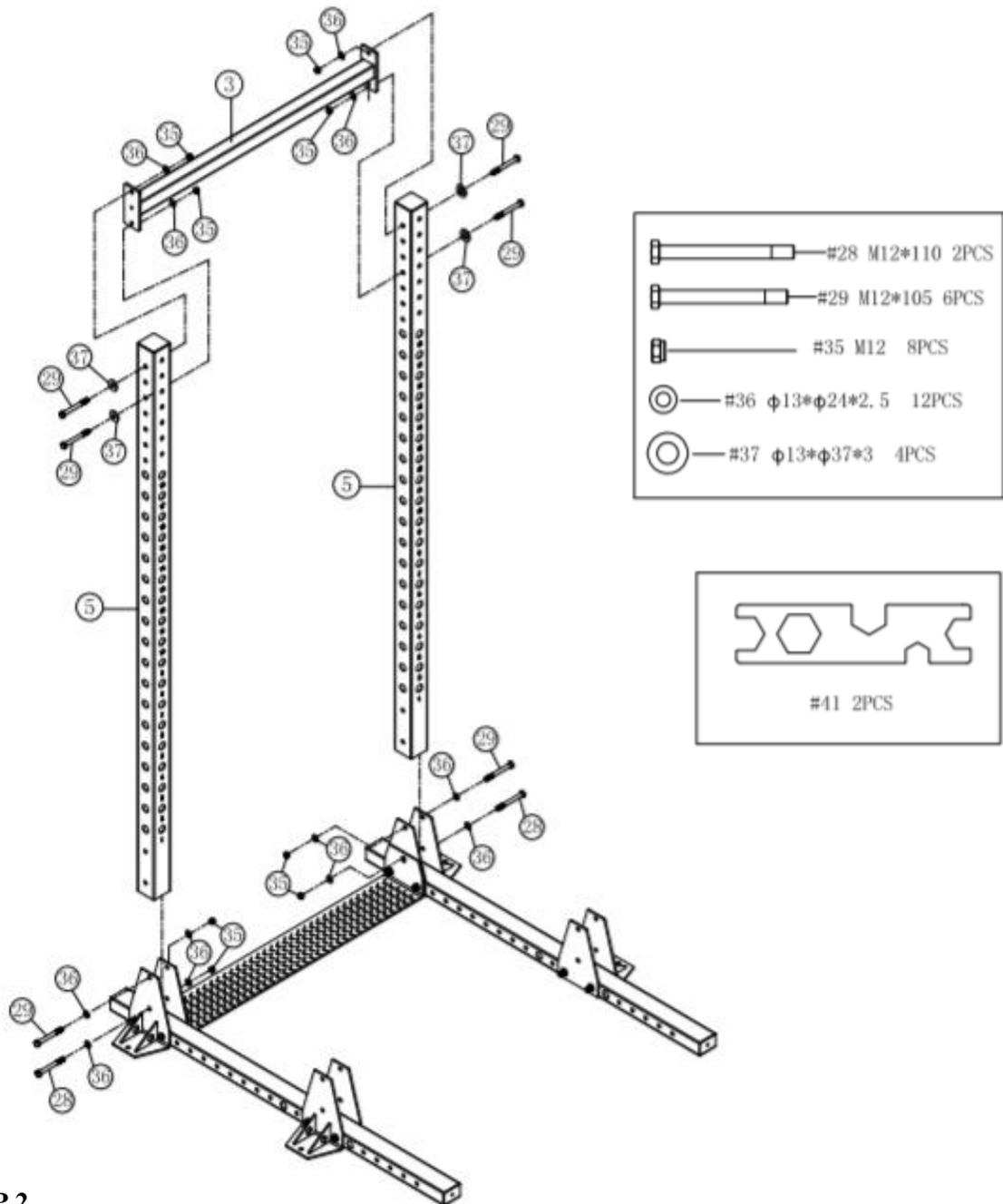
STEP 1.

BOTTOM SUPPORT FRAME ASSEMBLY

Refer to the illustration above for location and orientation of components.

This step consists of a left side and a right side.

- Fasten with Bolt (28), Washer (36), and Locknut (35). Connect Bottom Foot Plate (15) to Bottom Base Frame (1), Bottom Inner Plate (13), and the Bottom Cross Brace (14), place these items towards the one end of the Bottom Base Frame.
- Repeat Step for the Opposite side.
- Fasten with Bolt (29), Washer (36), and Locknut (35). Connect Bottom Foot Plate (15) to Bottom Base Frame (1), and Bottom Inner Plate (13), and the Bottom Cross Brace (14), place these items towards the one end front of the Bottom Base Frame.
- Repeat Step for the Opposite side.
- Together, these Items form the Bottom support Assembly.

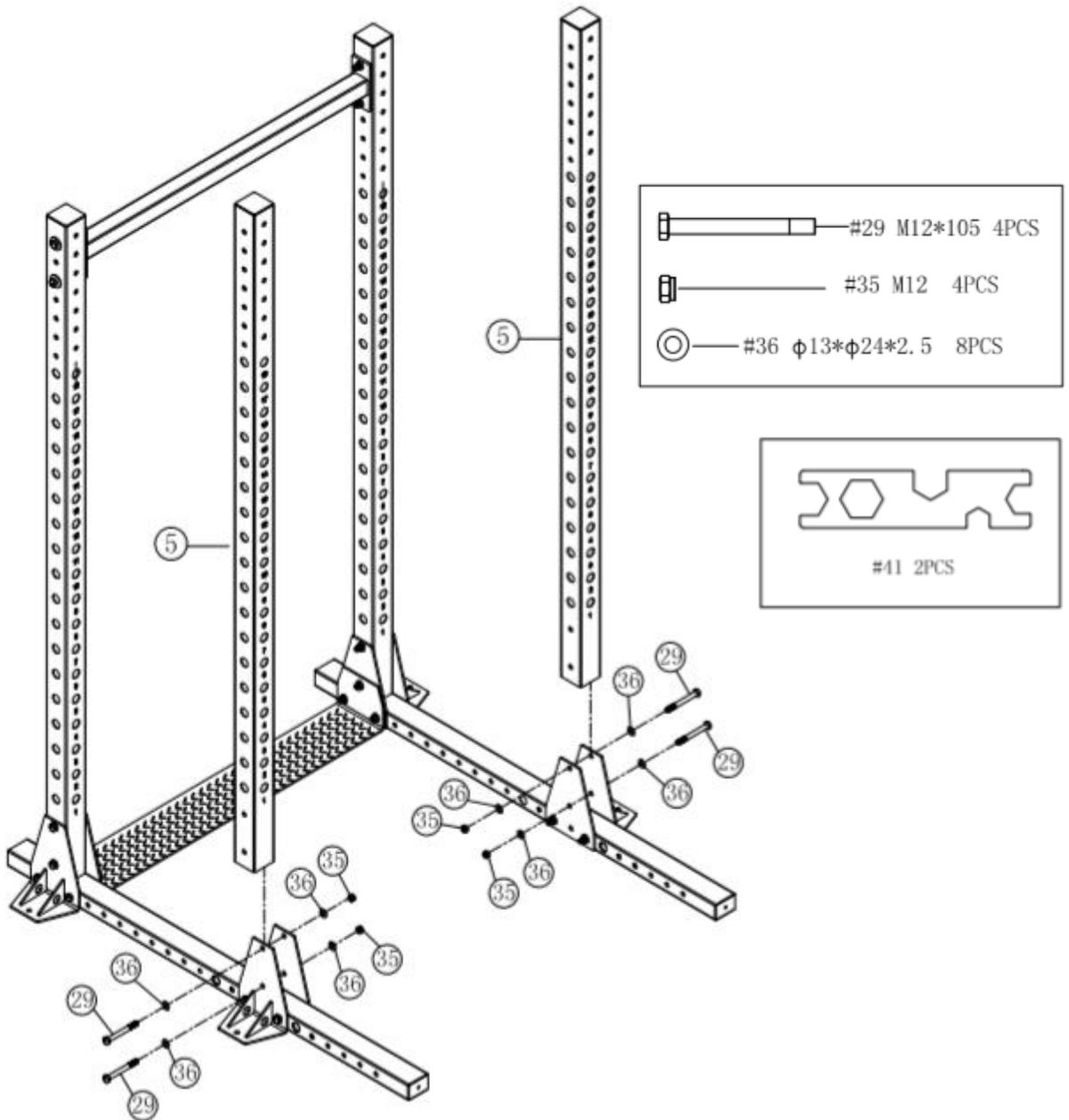


STEP 2

Upright BeamS AND REAR CONNECTING FRAME INSTALLATION

Refer to the illustration above for location and orientation of components.

- Fasten with Bolt (28), at the bottom, Bolt (29) above, Washer (37), and Lock-Nut (35). Connect Upright Beam (5) to the Bottom Support Frame Assembly. Left side and Right side. (Refer to the illustration above for placement).
- Fasten with Bolt (29), Washer (36), and Lock-Nut (35). Connect the Rear Cross Bar(3) to the Upright Beams (5) and fasten in place.

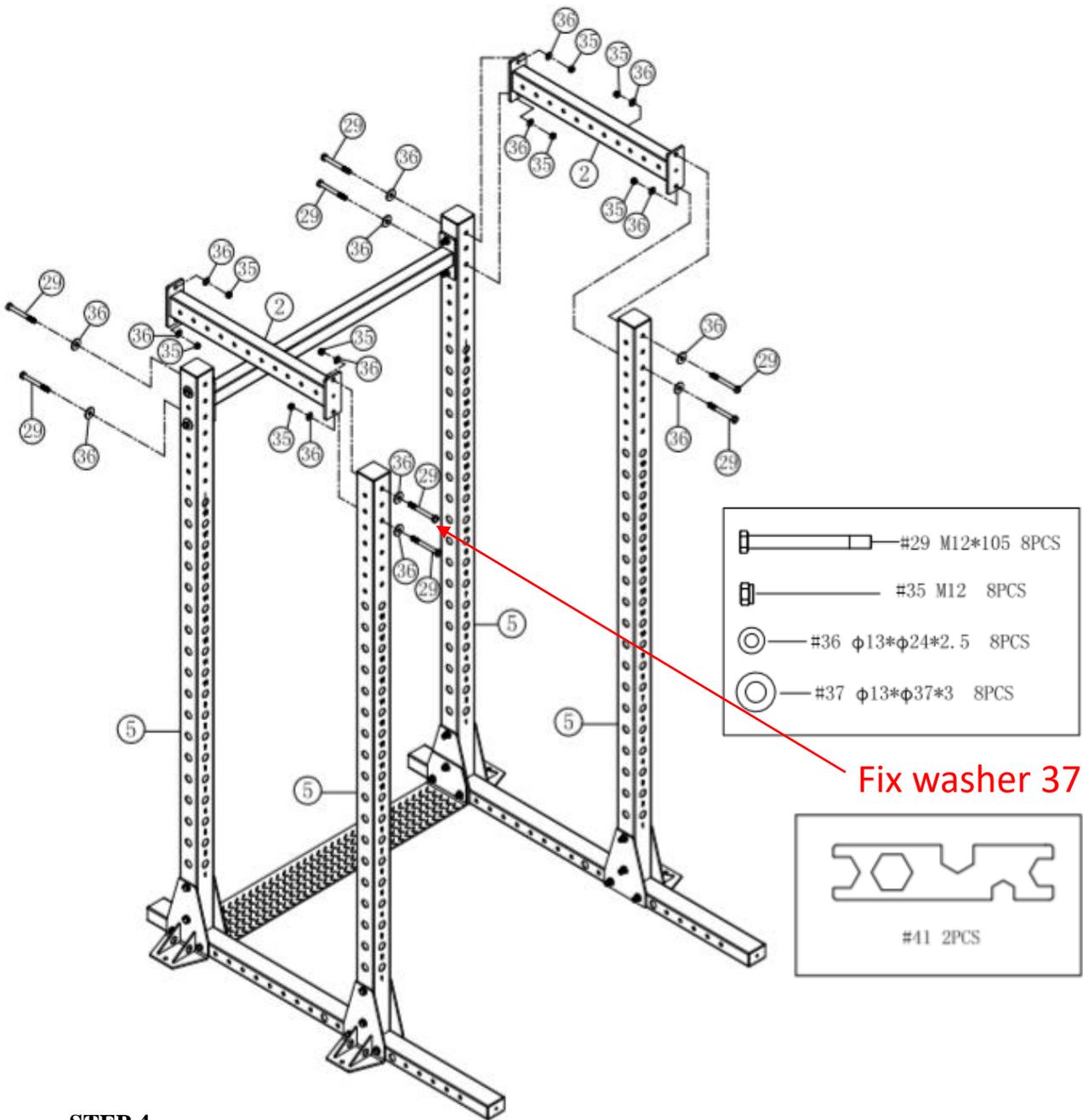


STEP 3

Upright Beams FRONT INSTALLATION

Refer to the illustration above for location, and orientation of components.

- Fasten with Bolt (29) at the bottom, Washer (36), and Lock-Nut (35). Connect Upright Beam (5) to the Bottom Support Frame Assembly. Left side and Right side.
- Repeat steps for the opposite side.



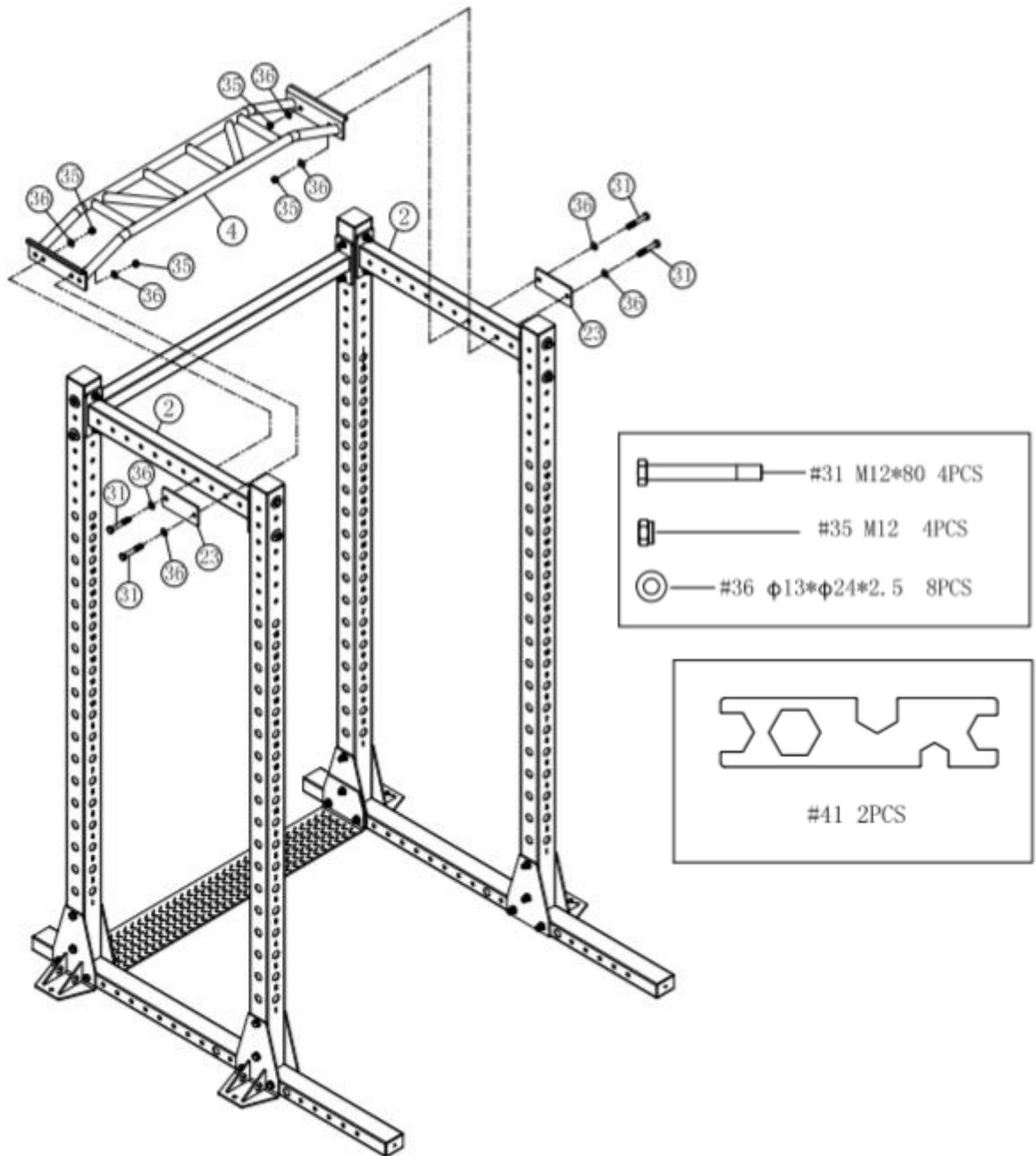
Fix washer 37 #to

STEP 4

UPPER CROSS BARS INSTALLATION

Refer to the illustration above for location, and orientation of components.

- Fasten with Bolt (29), Washer (37), Washer (36), and Lock-Nut (35).
- Connect the Upper Cross Bar (2), to the 2 the Upright Beams. Left side and Right side.
- Repeat steps for the opposite side.

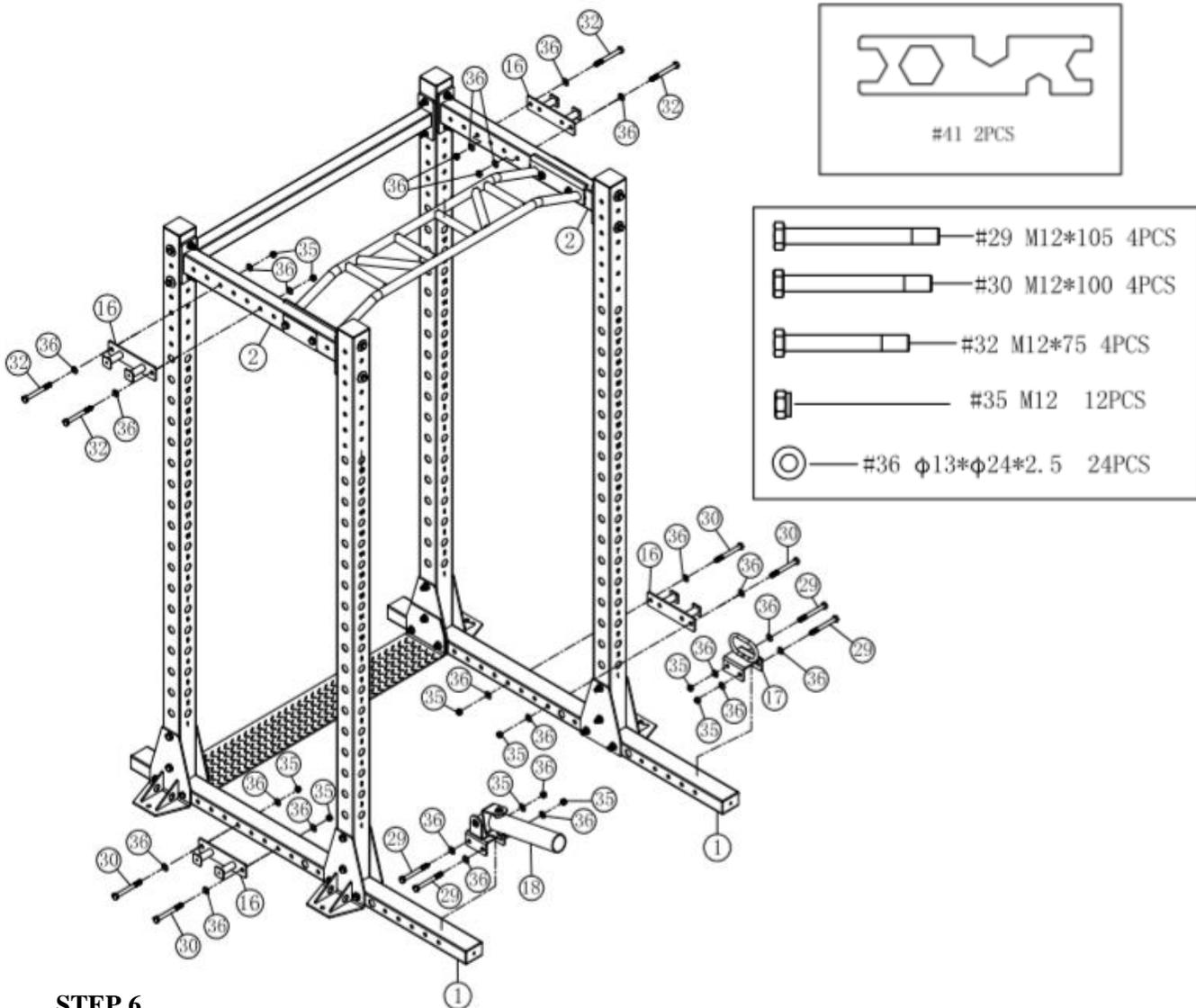


STEP 5.

Monkey Bar INSTALLATION.

Refer to the illustration above for location, and orientation of components.

- Fasten with Bolt (31), Washer (36), and Lock-Nut (35).
- Connect the Monkey Bar (4), to the Upper Cross Bars (2), and Deco Plate (23). Left side and Right side.



STEP 6

RESISTANCE BAND PEGS, , LANDMINE, AND BATTLE ROPE ATTACHMENT INSTALLATION.

Refer to the illustration above for location, and orientation of components.

RESISTANCE BAND PEGS (4 Places): one at top, and one at bottom on each side.

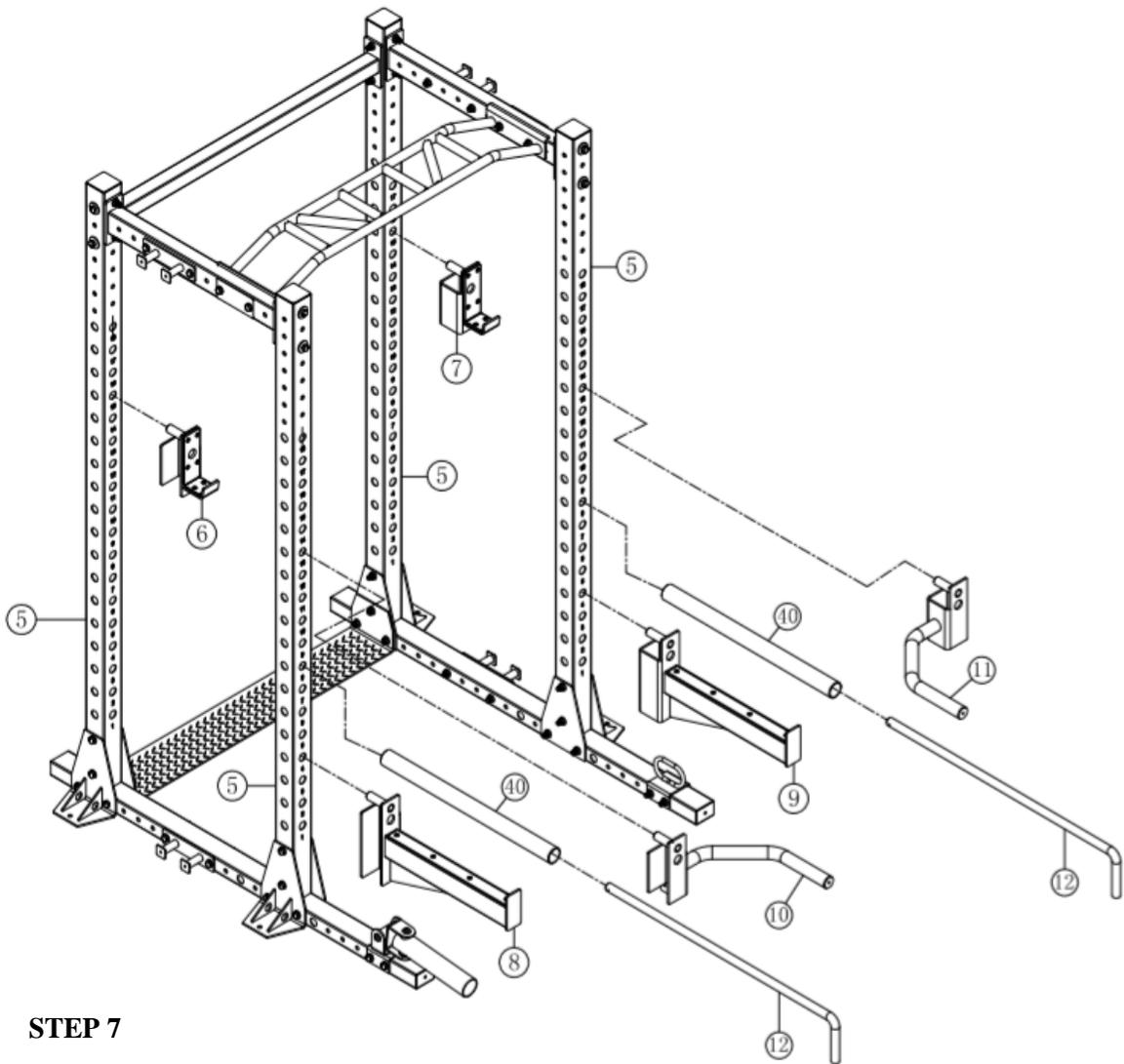
- Fasten with Bolt (30), Washer (36), and Lock-Nut (35).
- Connect Resistance Band Pegs (16) to the bottom frame, and to the top of the frame. one on each side, left and right.

LANDMINE:

- Fasten with Bolt (29), Washer (36), and Lock-Nut (35).
- Connect the Landmine bracket (18) to the bottom frame.

BATTLE-ROPE ATTACHMENT:

- Fasten with Bolt (29), Washer (36), and Lock-Nut (35).
- Connect the Battle-Rope attachment bracket (17) to the bottom frame.



STEP 7

HOOKS, PARALLEL BARS, AND SAFETY TUBES ATTACHMENT.

Before beginning a workout, make sure all the safety tubes are in place. Locate a desired height to place the safety bar (12) thru the hole of the beam and the safety sleeve (40).

Proceed to install in place:

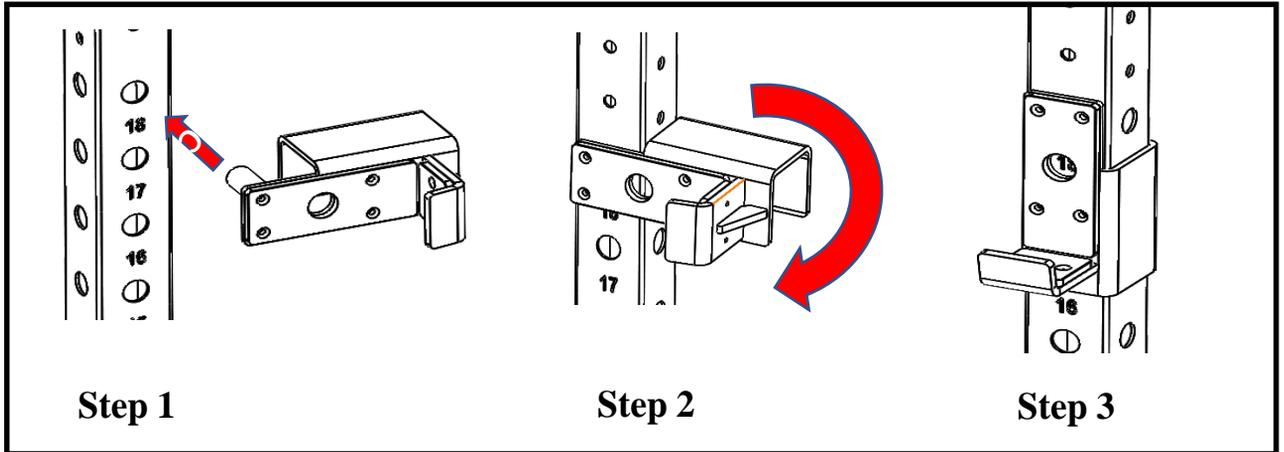
Parallel bars (10), (11)

J-Cups (6), (7).

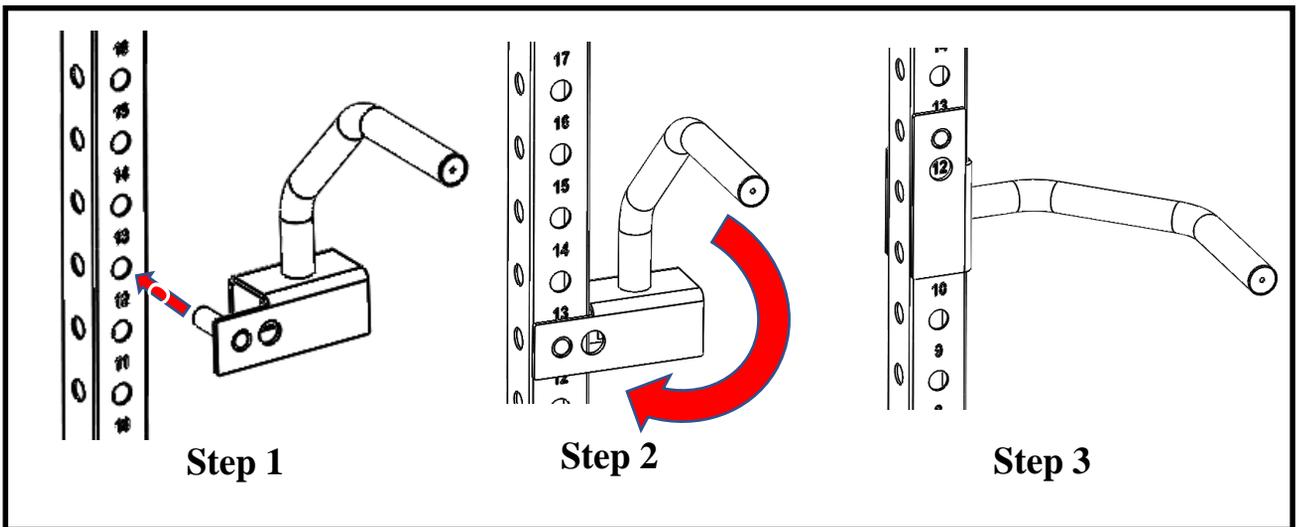
Safety Catches (8), (9).

(Please see illustrations on the next page for attachment).

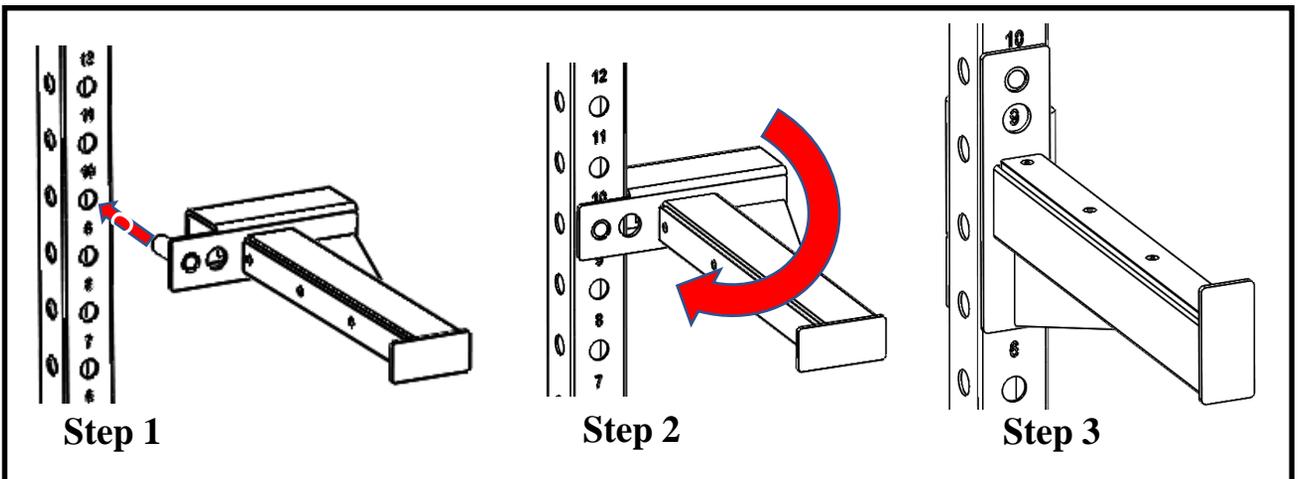
J-Cups (6), (7).



Parallel bars (10), (11)



Safety Catches (8), (9)



Products Data

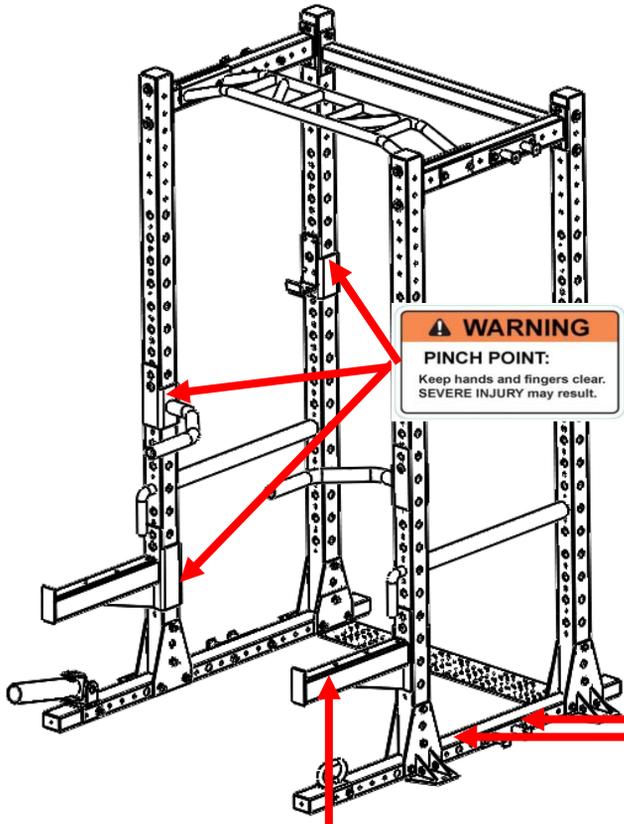
Name		Model	
Dimension		Weight Plates	
Net Weight		Maximum User's Weight	
Temperature	0-40°C	Class	S
Simultaneously User	1 person	Application scope	
Classes: S – Professional or Commercial; H – Home Use.			

Labels Placement

WARNING

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSOCIATED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS BEFORE USING THIS EQUIPMENT.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace parts that show any wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW MAINTENANCE SCHEDULE on the "NOTICE" sticker.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before exercising. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. DO NOT ATTEMPT TO FREE ANY JAMMED PART BY YOURSELF. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush exercises. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED INSPIRE DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
9. Make sure all Pull Pins, Locks, and Safety Latches are in place and fully engaged before each use.



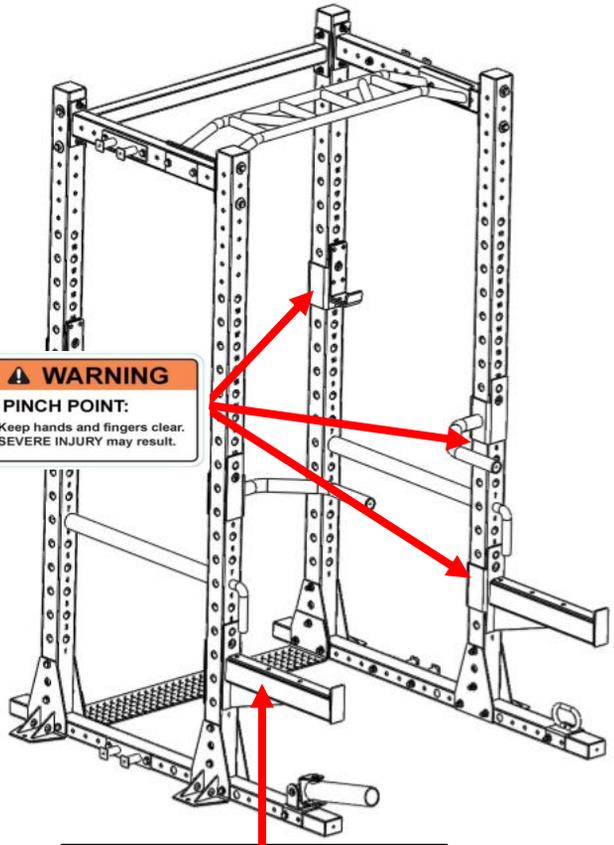
WARNING

PINCH POINT:
Keep hands and fingers clear. SEVERE INJURY may result.

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

MODEL:

SERIAL NO.



WARNING

PINCH POINT:
Keep hands and fingers clear. SEVERE INJURY may result.

INSPIRE
FPC1
FULL POWER CAGE



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

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.