

SCS-W B, LE, PC INSPIRE

ASSEMBLY AND OPERATION MANUAL

SCS-PC
PREACHER CURL
OPTION



SCS-LE
LEG EXTENSION
OPTION

SCS-WB
WEIGHT BENCH

RECORD SERIAL NUMBER HERE

(All products sold separately)

CONGRATULATIONS... You've just taken the first step to a healthier and stronger body. The Smith Cage System Weight Bench, Preacher Curl and Leg Extension by Inspire Fitness offer the key to unlocking your body's potential. Regular strength training has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, a reduction in stress, and improved cardiac output. Once again, congratulations, you are on your way to improving your self image, overall health, and quality of life.

BEFORE ASSEMBLING YOUR SCS PRODUCT

IMPORTANT: Read this entire manual before attempting to build or use this equipment. 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 Smith Cage System for replacement parts. Or, call Inspire Fitness at 714-738-1729 or 877-738-1729.

A rubber mat is recommended for use under your Smith Cage System Weight Bench to protect wood flooring or carpeting from damage during assembly and usage.

The Smith Cage System Weight Bench, Preacher Curl and Leg Extension are intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Rust could form on certain parts in a humid environment resulting in impaired function.

Service of your Smith Cage System Weight Bench, Preacher Curl and Leg Extension should only be performed by an authorized Inspire Fitness retailer. Service performed by anyone else can result in 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 or 877-738-1729
Fx: 714-738-1728
www.inspirefitness.net

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IMPORTANT SAFETY INSTRUCTIONS

Please read this entire manual and familiarize yourself with all decals and warnings before using this Weight Bench.

- **WARNING!** It is necessary to inspect this Weight Bench 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. Pay special attention to moving parts and connections to accessories. See General Maintenance section for complete details.
- Use this Weight Bench for its intended purpose as described in this Operation Manual or the exercise chart. Do not use attachments not recommended by the manufacturer.
- Make sure bystanders are at least 5 feet away from the Weight Bench while it is in use.
- Keep children off the Weight Bench at all times.
- Keep the Weight Bench 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

- 6mm Allen wrench – supplied
- 8mm Allen wrench – supplied
- 3mm Multi wrench – supplied

SCS WEIGHT BENCH

PARTS & HARDWARE LIST

No	Description	Qty	Spec	Remark
1	SEAT CUSHION	1		
2	BACKREST CUSHION	1		
3	Main stand	1		
4	Rear stabilizer	1		
5	Backrest stand	1		
6	Leg lock	1		
7	Seat stand	1		
8	support tube for backrest (long)	1		
9	support tube for backrest (short)	1		
10	Big regulation board	2		
11	T elastic pin	1		
12	Elastic pin	1		
13	Button Head Bolt	1	M8x1-1/4"	
14	Button Head Bolt	2	M10x1"	
15	Button Head Bolt	2	M10x1-5/8"	
16	Button Head Bolt	2	M10x2-3/8"	
17	Button Head Bolt	2	M10x3-3/4"	
18	Button Head Bolt	2	M10x3-5/6"	
19	Button Head Bolt	1	M12x3-3/8"	
20	Button Head Bolt	2	M12x5-1/8"	
21	Allen Bolt	1	M10	
22	Bolt	2	ST4.2x10	
23	Axle sleeve	6		
24	Adjustment knob	1	M6x19	
25	M8 Flat Washer	1	M8	
26	M10 Flat Washer	13	M10	
27	M10 Arc Washer	4	M10	
28	M12 Flat Washer	8	M12	
29	M8 Lock Nut	1	M8	
30	M10 Lock Nut	7	M10	
31	M12 Lock Nut	3	M12	
32	Stopper	1		
33	Stopper	2	M14.2x8.5x17	
34	Sheath for handlebar	2	M16x10.5x79	
35	Rubber pad	1		
36	End cap	1		
37	Roller	2		
38	Bushing	2		
39	End cap	2		
40	Leg bushing	2		

LEG EXTENSION OPTION PARTS & HARDWARE LIST

NO.	Description	Qty	Spec	Remark
1	Leg adjustment	1		
2	Leg fixation	1		
3	Sponge 1	1		
4	Sponge 2	2		
5	Sponge bar	4		
6	Plastic sleeve	4		
7	Plastic washer	8		
8	Sponge bar	6		
9	Leather sheath	6		
10	End cap	1		
11	ABS pipe	1		
12	Limited rubber pad	1		
13	M10 Flat Washer	6	M10	
14	M12 Flat Washer	2	M12	
15	Button Head Bolt	6	M10x1"	
16	Button Head Bolt	1	M12x3-3/8"	
17	M12 Lock Nut	1	M12	
18	Axle sleeve	2		

PREACHER CURL OPTION PARTS & HARDWARE LIST

NO.	Description	Qty	Spec	Remark
1	Arm adjustment	1		
2	Support tube for Arm	1		
3	Arm support	1		
4	Button Head Bolt	2	M10x1"	
5	Button Head Bolt	2	M10x2-3/8"	
6	M10 Flat Washer	6	M10	
7	M10 Lock Nut	2	M10	



#25 M8 Flat Washer (Qty 1)



#26 M10 Flat Washer (Qty 9)



#27 M10 Arc Washer (Qty 4)



#28 M12 Flat Washer (Qty 6)



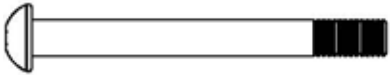
#13 M8x1 $\frac{1}{4}$ " Button Head Bolt (Qty 1)



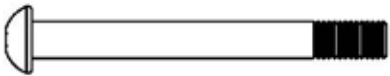
#14 M10x1" Button Head Bolts (Qty 2)



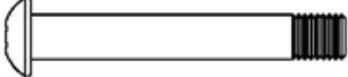
#16 M10x2 $\frac{3}{8}$ " Button Head Bolts (Qty 2)



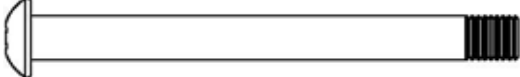
#17 M10x3 $\frac{1}{4}$ " Button Head Bolts (Qty 2)



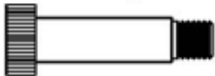
#18 M10x3 $\frac{5}{8}$ " Button Head Bolts (Qty 2)



#19 M12x3 $\frac{3}{8}$ " Button Head Bolt (Qty 1)



#20 M12x3 $\frac{1}{2}$ " Button Head Bolts (Qty 2)



#21 M10 Allen Bolt (Qty 1)



#29 M8 Lock Nut (Qty 1)



#30 M10 Lock Nuts (Qty 5)



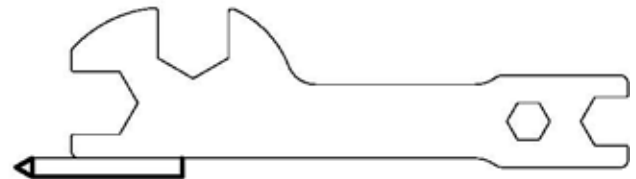
#31 M12 Lock Nuts (Qty 3)



#41 TOOL: 6mm Allen Wrench (Qty 1)



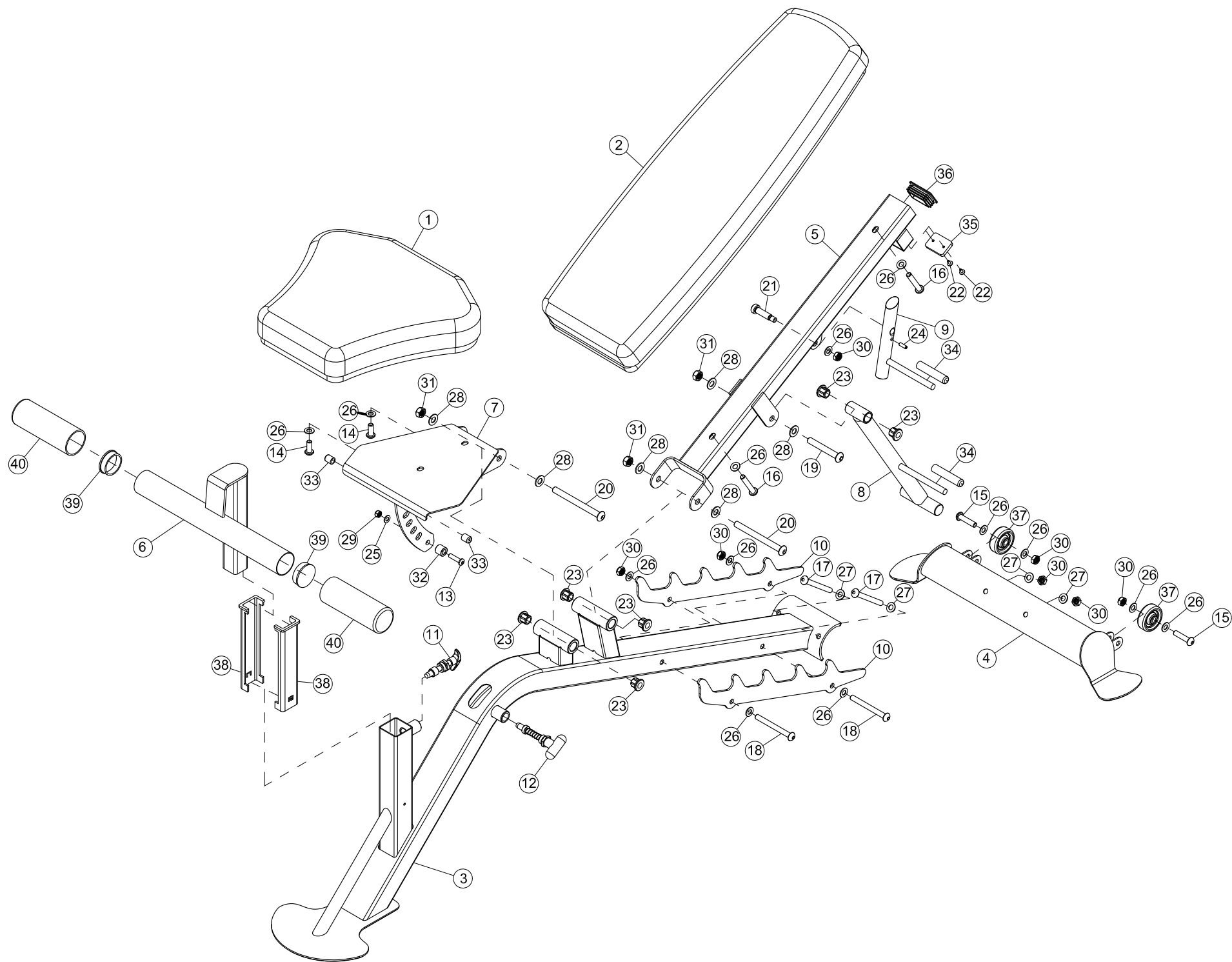
#42 TOOL: 8mm Allen Wrench (Qty 1)



#43 TOOL: 3mm (Qty 1)

ASSEMBLY INSTRUCTIONS



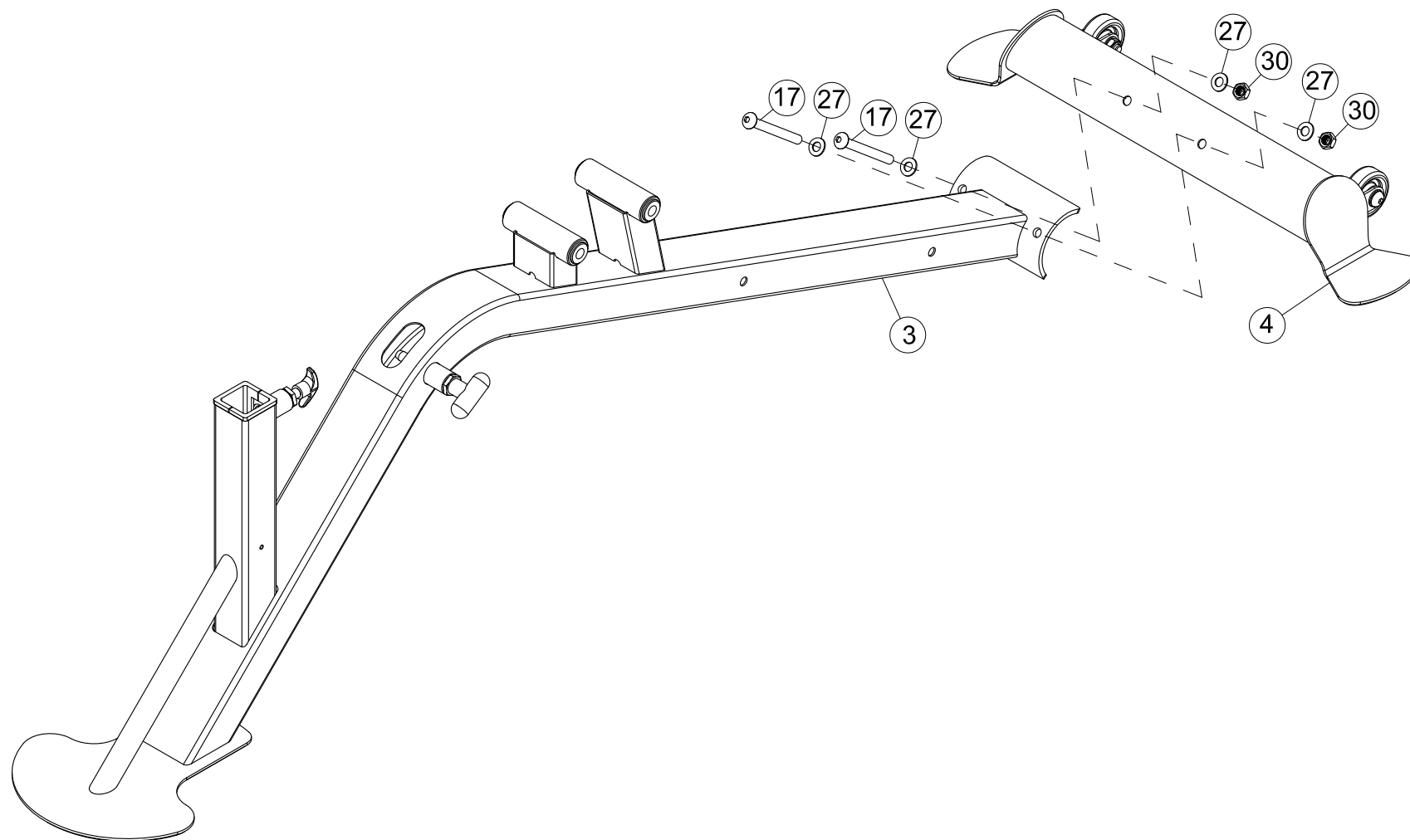


STEP1

2--M10x3 3/4"Button Head Bolts(17)

4--M10 Arc Washers(27)

2--M10 Lock Nuts(30)

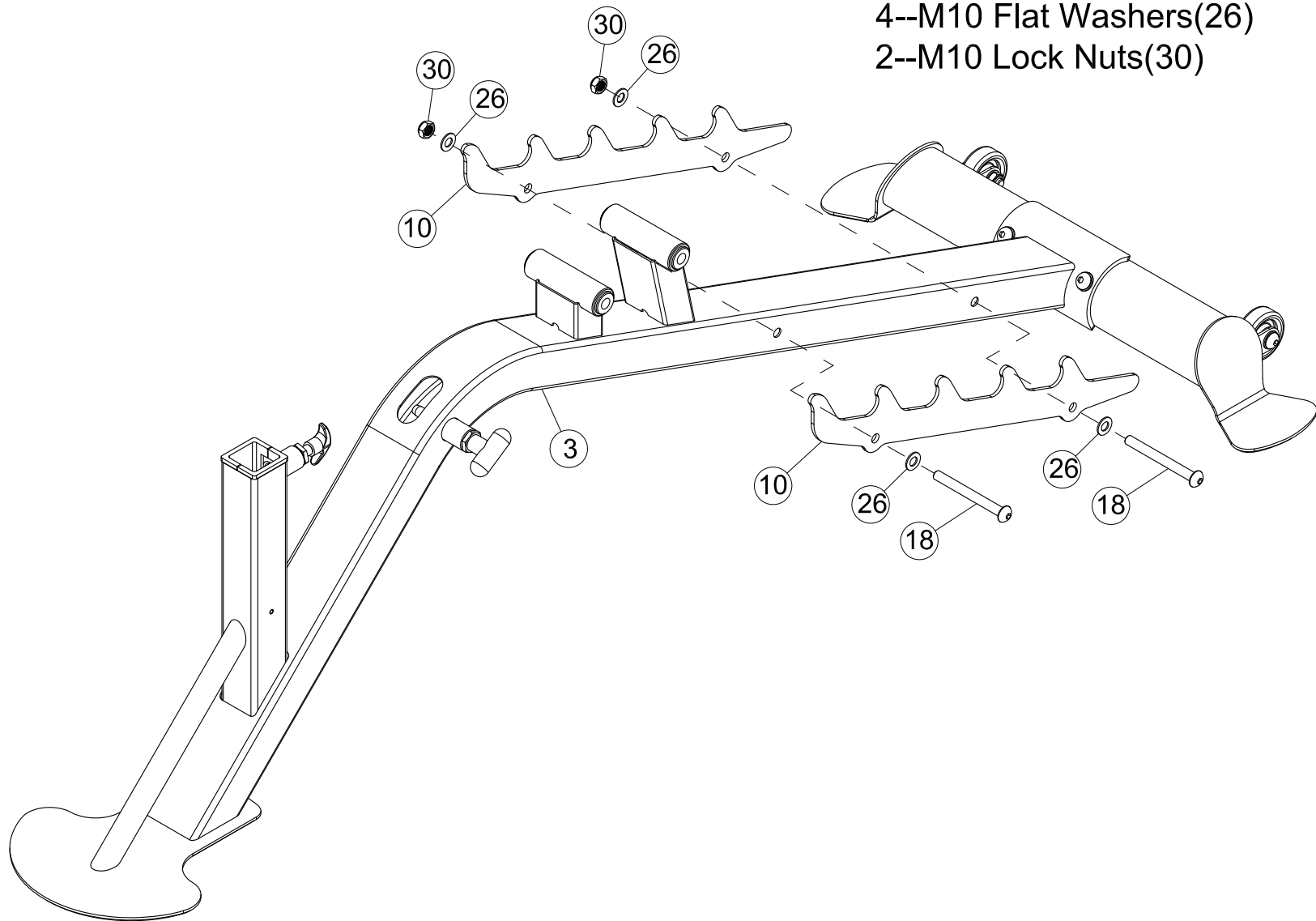


STEP2

2--M10x3 5/6" Button Head Bolts(18)

4--M10 Flat Washers(26)

2--M10 Lock Nuts(30)

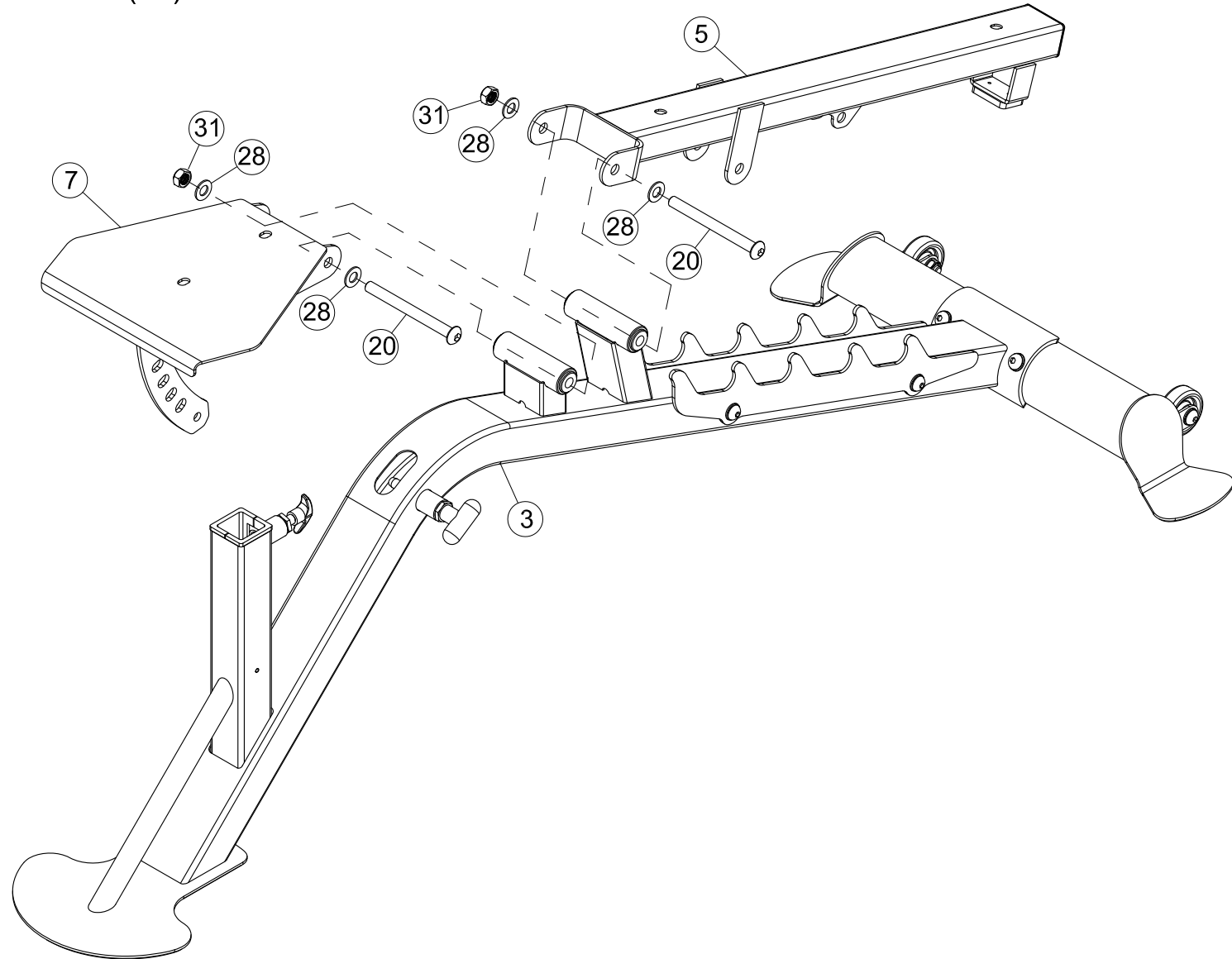


STEP3

2--M12x5 1/8"Button Head Bolts(20)

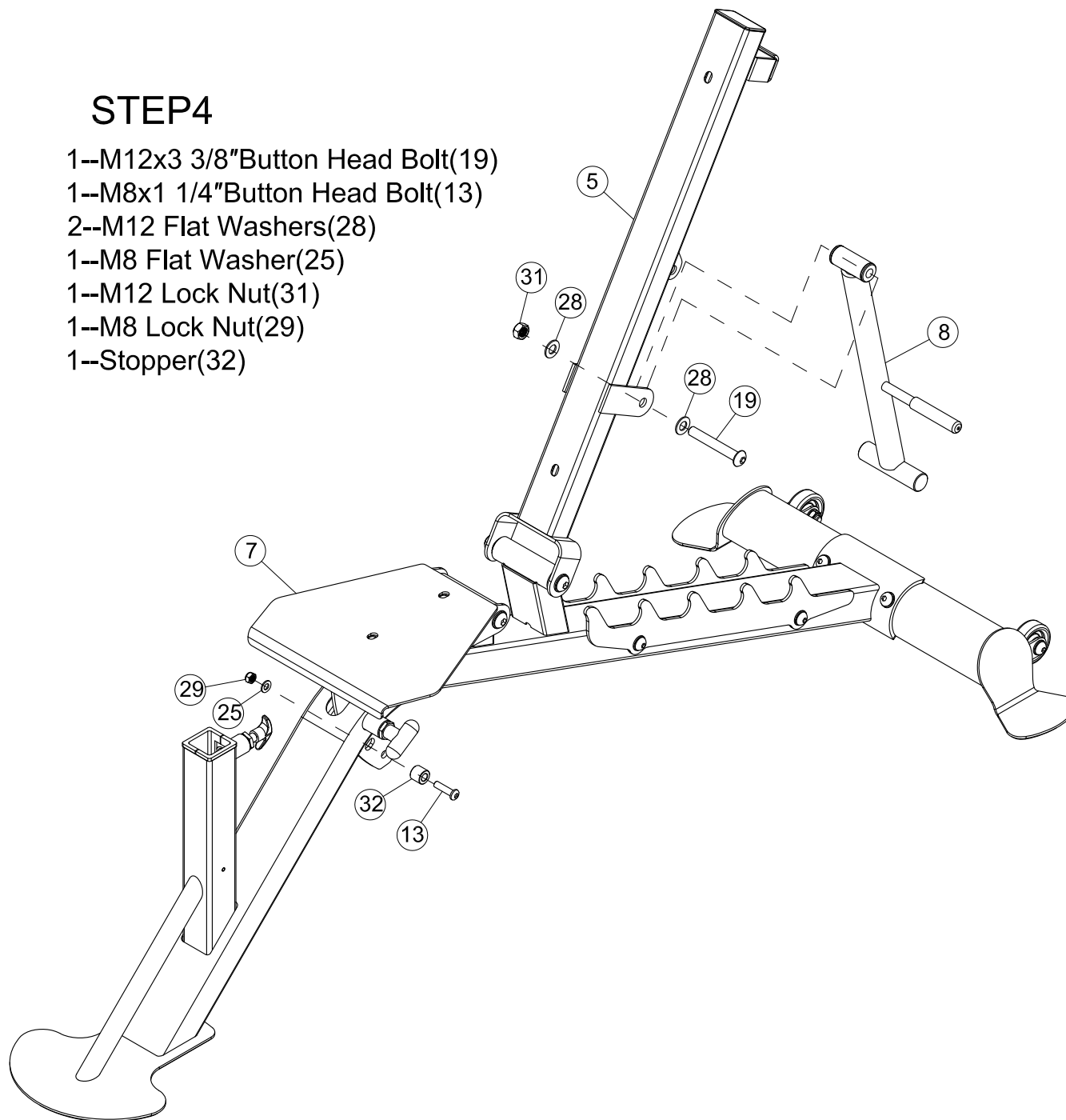
4--M12 Flat Washers(28)

2--M12 Lock Nuts(31)



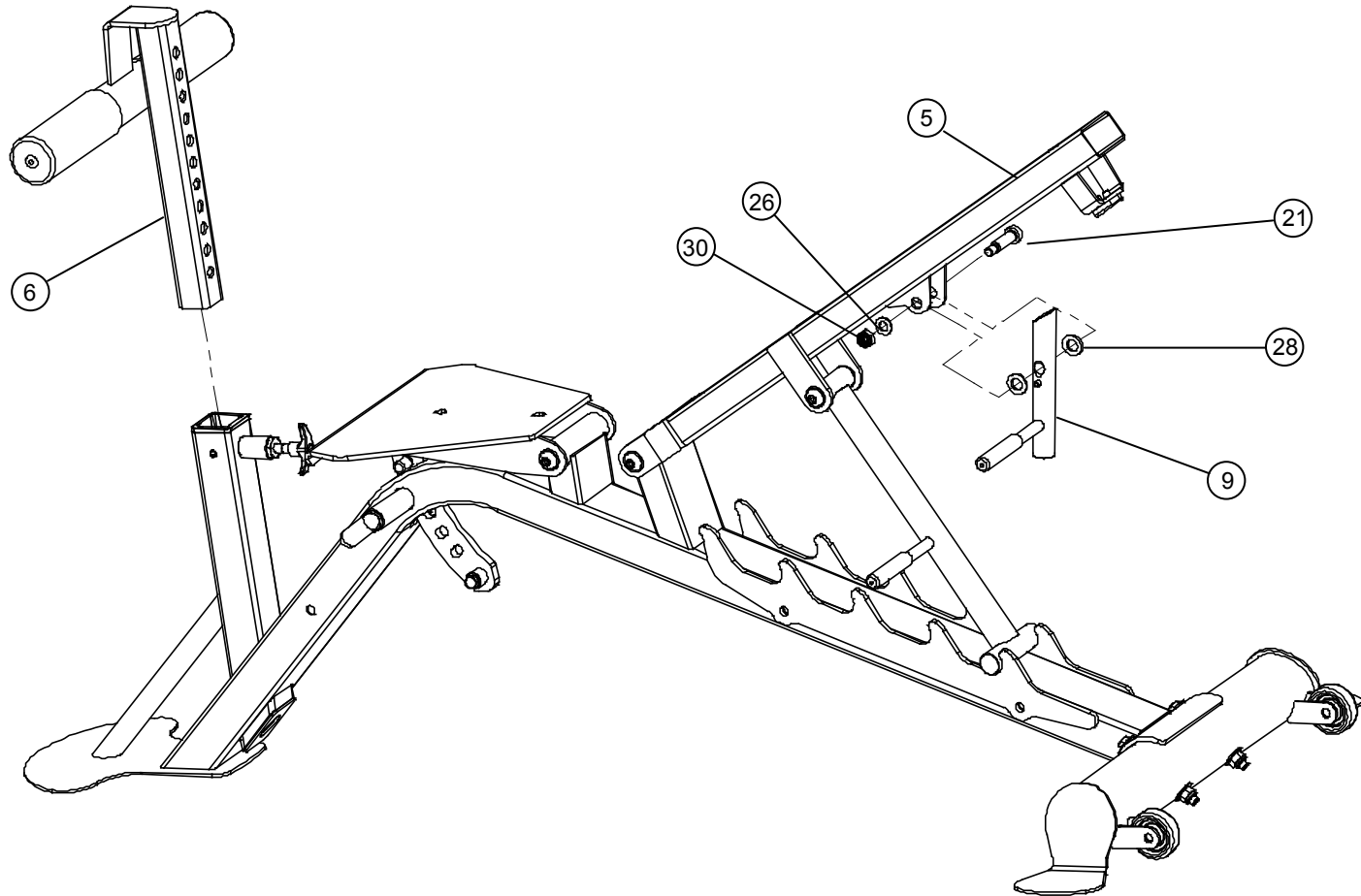
STEP4

- 1--M12x3 3/8"Button Head Bolt(19)
- 1--M8x1 1/4"Button Head Bolt(13)
- 2--M12 Flat Washers(28)
- 1--M8 Flat Washer(25)
- 1--M12 Lock Nut(31)
- 1--M8 Lock Nut(29)
- 1--Stopper(32)



STEP 5

- 1 – M10 Allen Bolt (21)
- 2 – M12 Flat Washers (28)
- 1 – M10 Flat Washers (26)
- 1 – M10 Lock Nut (30)

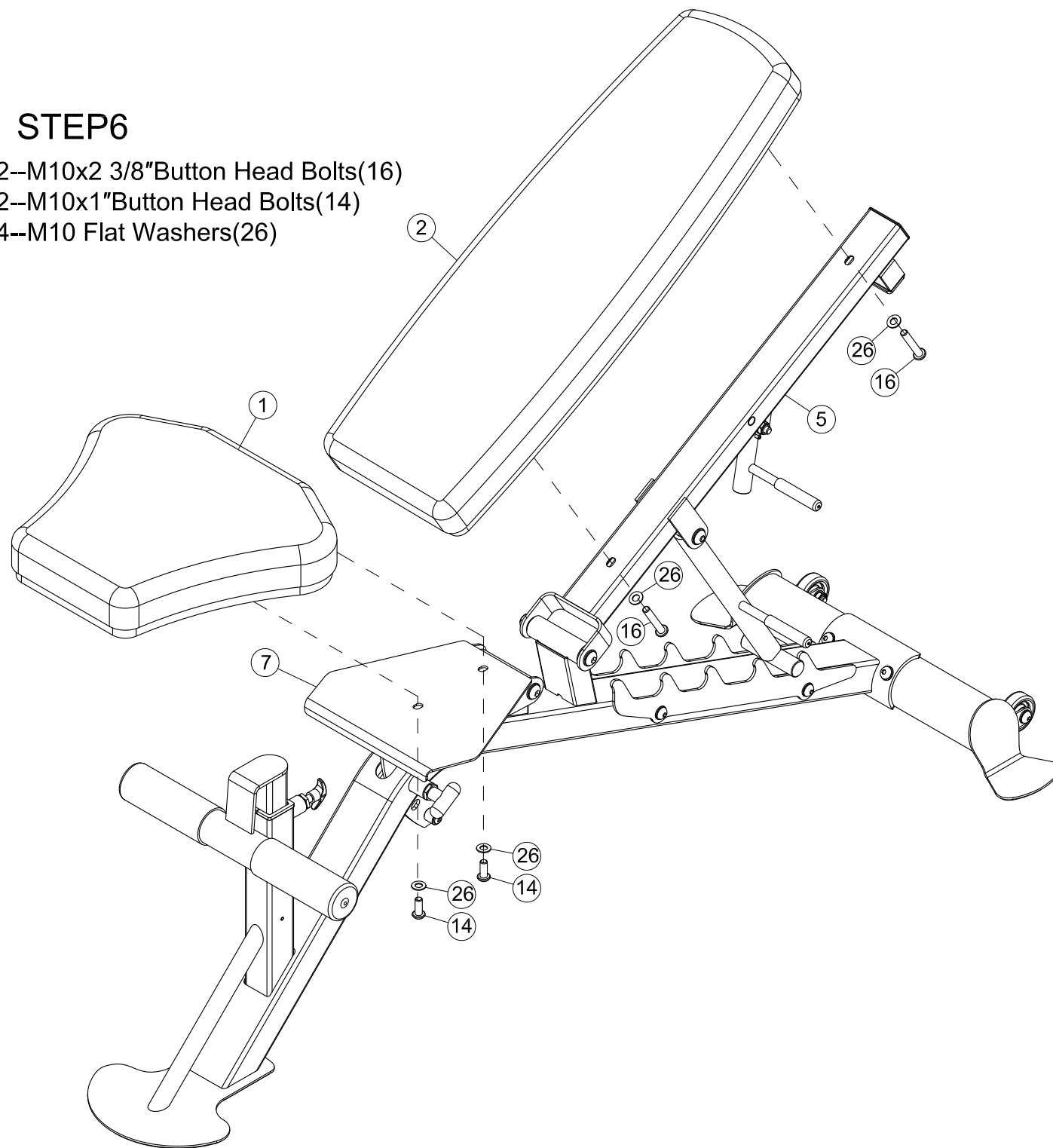


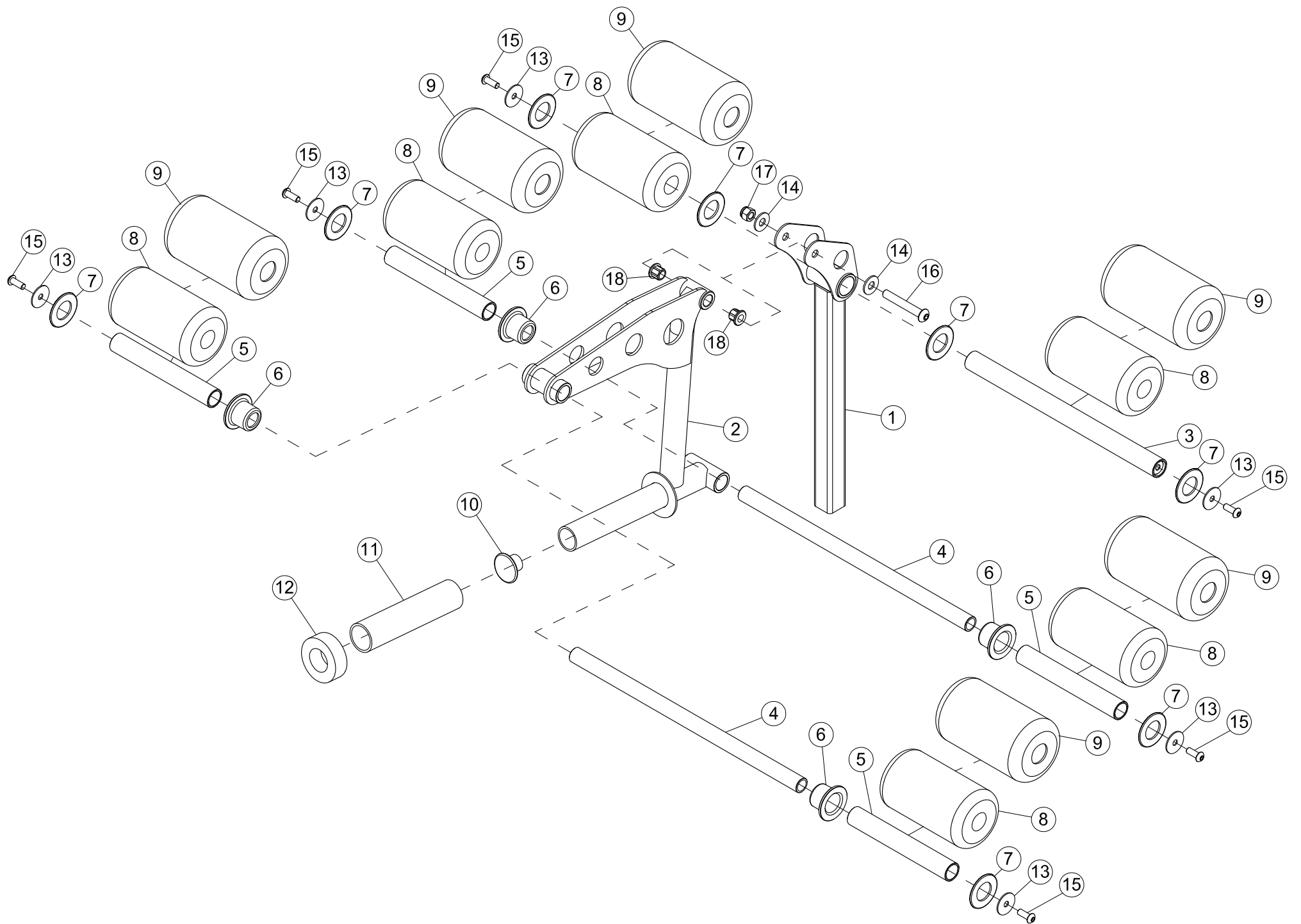
STEP6

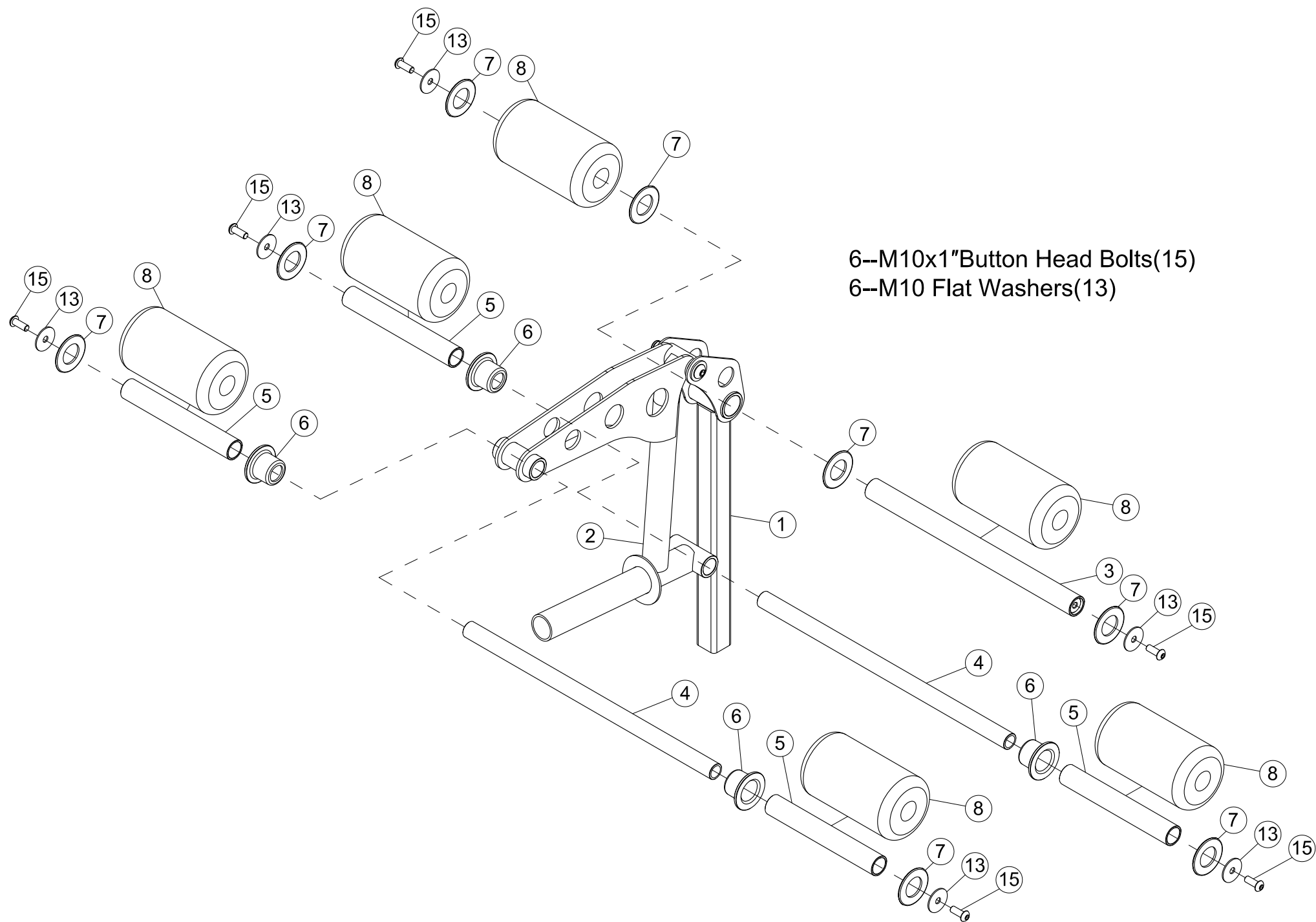
2--M10x2 3/8"Button Head Bolts(16)

2--M10x1"Button Head Bolts(14)

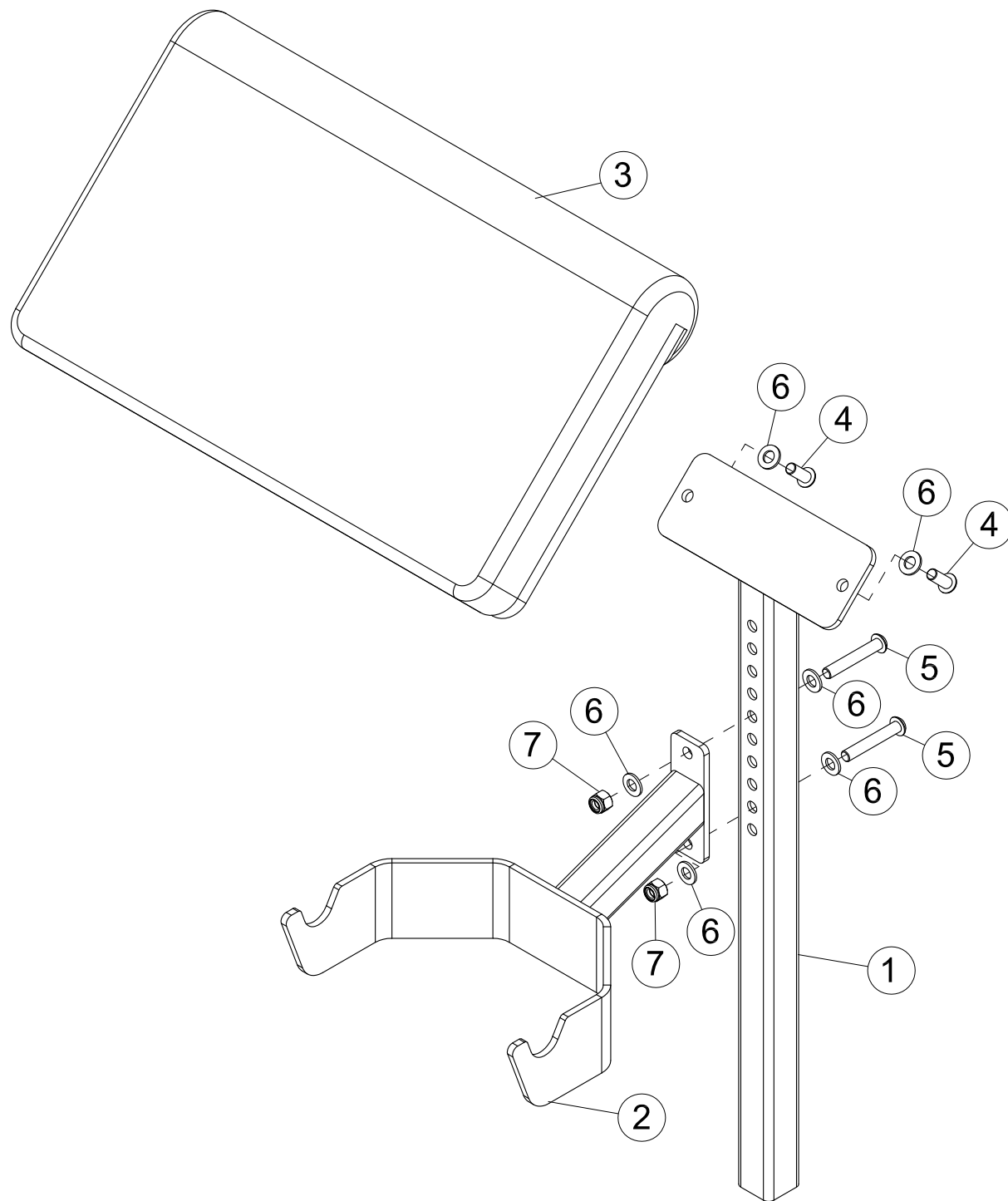
4--M10 Flat Washers(26)

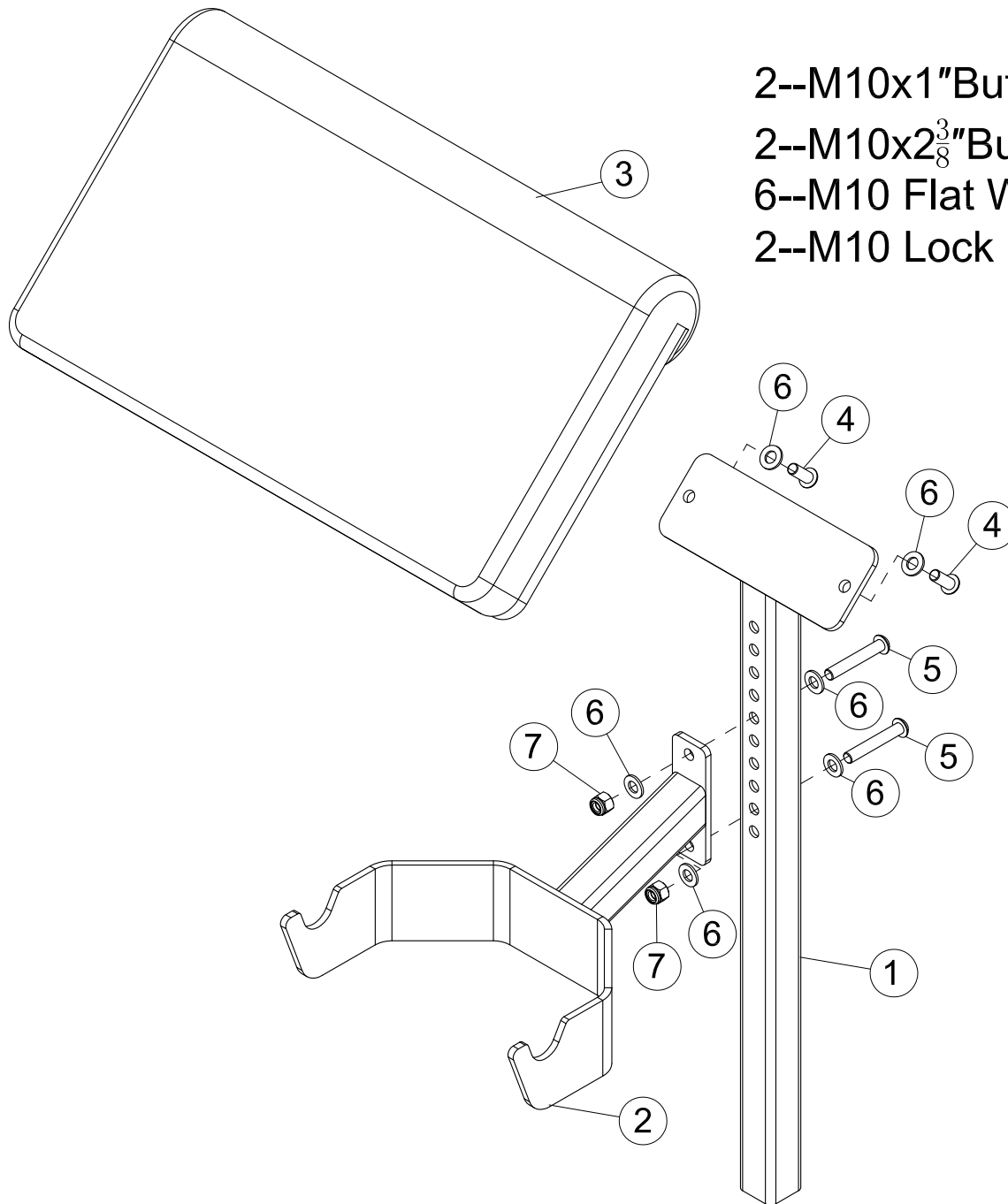






6--M10x1"Button Head Bolts(15)
6--M10 Flat Washers(13)





- 2--M10x1"Button Head Bolts(4)
2--M10x2 $\frac{3}{8}$ "Button Head Bolts(5)
6--M10 Flat Washers(6)
2--M10 Lock Nuts(2)

Training Tips

CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM

1. **Always warm up** before you start weight training. This helps get your muscles warm and prevents injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.
2. **Control the weight.** Always work with a weight that you can handle through a full range of motion. Slow and steady movements are recommended.
3. **Breathe.** Don't hold your breath during your set. Holding your breath builds internal pressure which increases your chance for broken blood vessels, as well as a hernia.

GENERAL MAINTENANCE INFORMATION AND SCHEDULE

- Regularly inspect product for loose hardware, wear, or damaged parts. If wear or damage exists, replace immediately.
- Replace damaged or worn Seat Pad, Back Pad, and Foam Rollers immediately.
- Do not use or store equipment outdoors.
- Locate and familiarize yourself with all warning decals on the Weight Bench and Options.

ROUTINE	HOME MAINTENANCE	ENTRY DATE							
Clean: Seat and Back Pads, Foam Rollers	WEEKLY								
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS								
Inspect: All Decals	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.net

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.