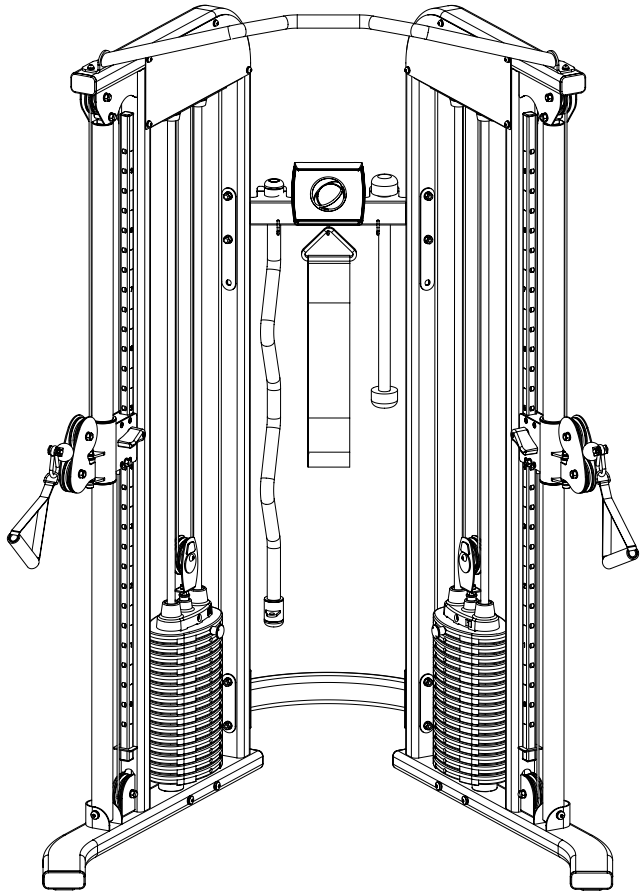
INSPIRE

Model # FTX

USER MANUAL

START HERE

FTX | FUNCTIONAL TRAINER



Record Serial Number Here

Health in Motion LLC
80432-EN-V2025-02-14

MADE IN CHINA

CONGRATULATIONS

You've just taken the first step to a healthier and stronger body. This functional trainer by Inspire offers the key to unlocking your body's potential. Regular strength training on a functional trainer 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 HOME GYM

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 the retailer of this functional trainer for replacement parts. Or, call Inspire at 877-738-1729.

functional trainer to protect wood flooring or carpeting from damage during assembly and usage.

This functional trainer is intended for indoor use only. Rust can form on certain parts including guide rods in a humid environment, resulting in impaired function.

Service of your functional trainer should only be performed by an authorized Inspire retailer. Service performed by anyone else can result in loss of warranty. **Support is provided in English and Spanish**. If you need help finding an authorized retailer, please contact us directly:



Email

costcosupport@inspirefitness.com



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

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;
- 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.

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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 cabling and moving parts on this machine can cause serious injury or death if used improperly.
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 IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. The FTX Functional Trainer is designed for home use only. Therefore, it does not have a weight stack cover. This means the following for the user:
    - Only one person may use the FTX Functional Trainer at the same time.
    - The person must also ensure that no other person is in the exercise area of the FTX. Persons who are in the room at the same time as the trainee must maintain a distance of at least 1.5 meters from the exercise equipment.
    - After using the device, it must be secured in such a way that no unauthorized person has access to it.

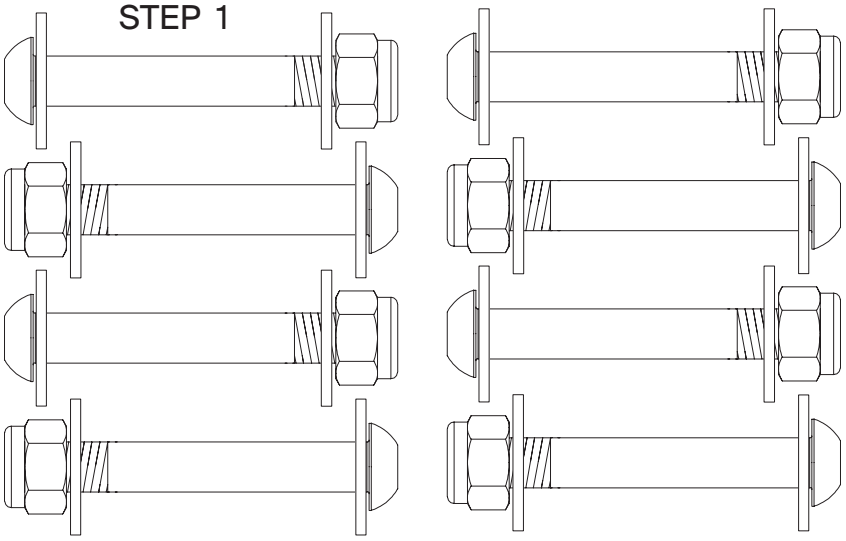
Care and Maintenance

- 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.

FTX.3
HARDWARE 1/1

STEP 1

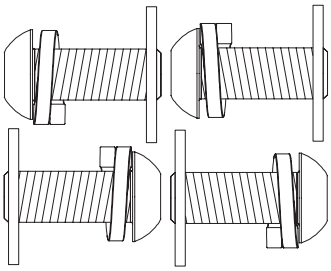


8 x Allen Bolt, M10 X 70 (19)
16 x Washer, M10 (25)

8 x Nut, M10 (24)



1 x Bolt, M6 x 75 (28)
1 x Nut, M6 (30)
2 x Washer, M6 (29)



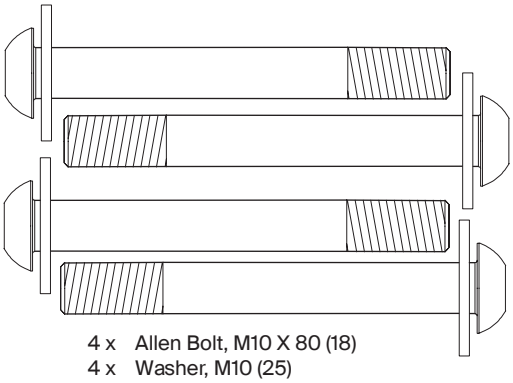
4 x Allen Bolt, M10 X 25 (20)
4 x Lock Washer, M10 (23)

4 x Washer, M10 (25)

STEP 3

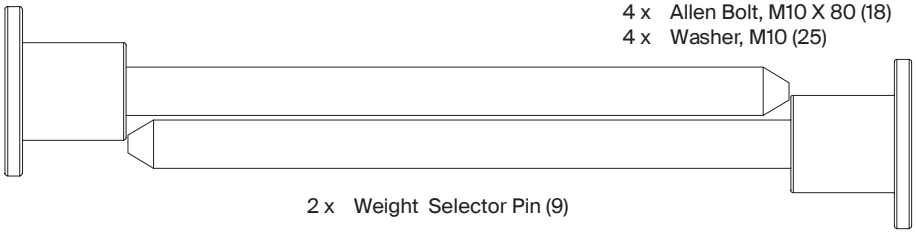


2 x Allen Bolt, M5 x 8 (22)

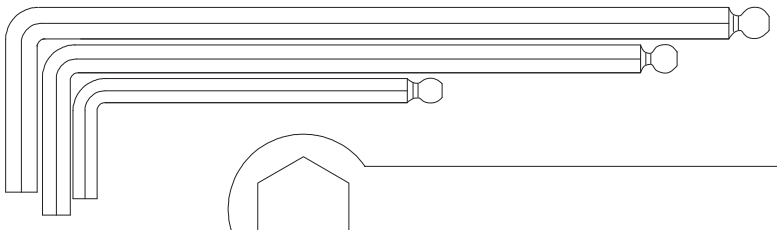


4 x Allen Bolt, M10 X 80 (18)
4 x Washer, M10 (25)

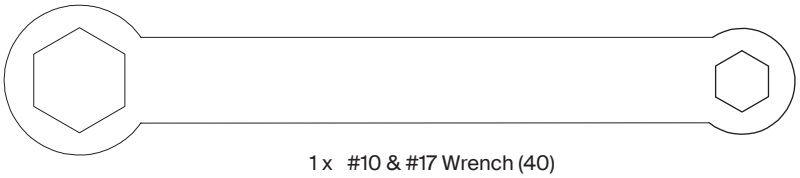
STEP 2



2 x Weight Selector Pin (9)



1 x #6 Allen Wrench (37)
1 x #5 Allen Wrench (38)
1 x # 4 Allen Wrench (39)



1 x #10 & #17 Wrench (40)

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FUNCTIONAL TRAINER ASSEMBLY INSTRUCTIONS

STEP 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 70 Allen Bolts **(#19)** four Ø 10 Washers **(#25)**, and two M10 Aircraft Nuts **(#24)**. Repeat the same procedure to install the other side.

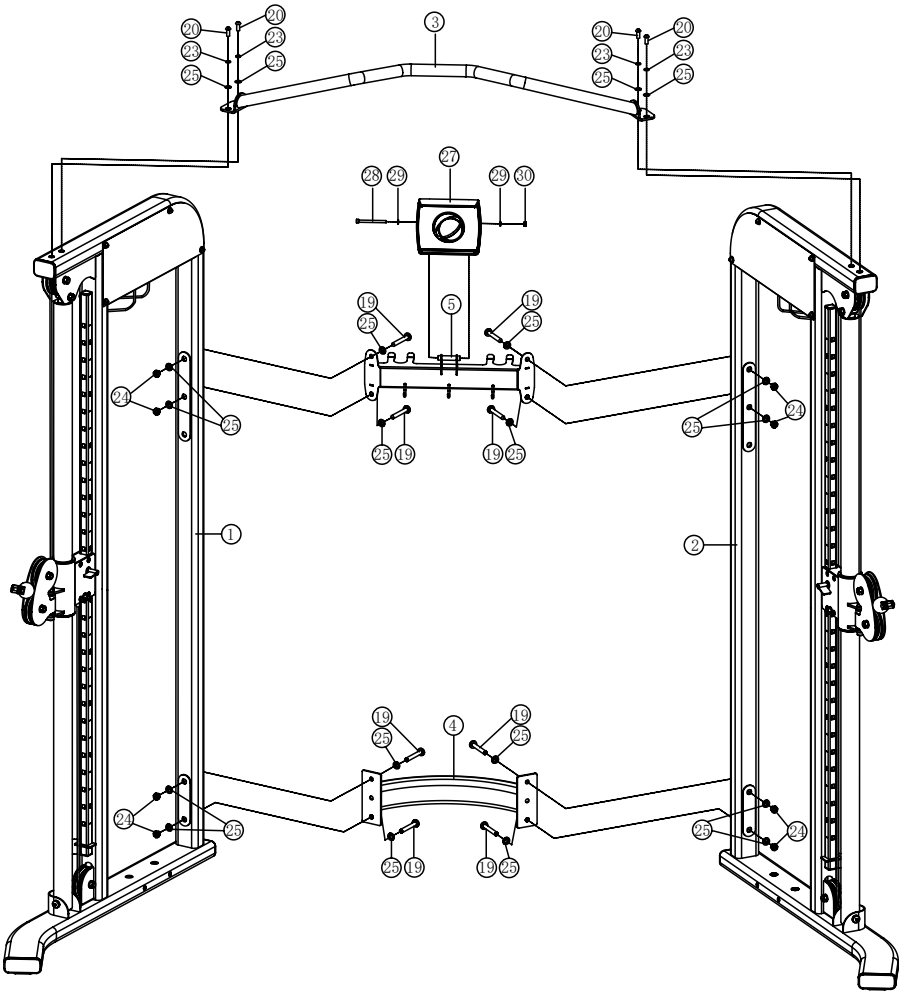
D. Repeat Procedure **B & C** to install the Upper Cross Brace **(#5)**.

E. Place the Pull Up Bar Assembly **(#3)** on top of the Right and Left Stations.

F. Secure each end with two M10 x 25 Allen Bolts **(#20)**, two Ø 10 ″ Lock Washers **(#23)**, and Ø 10 Washers **(#25)**.

G. Place the Tablet Holder on to its mount and secure with a M6x75mm Allen Head Cap Screw **(#28)** and M6 Locknut **(#30)**, using M6 Washers **(#29)** on both sides. Tighten hardware until tablet holder holds its position but can still be tilted up and down by hand.

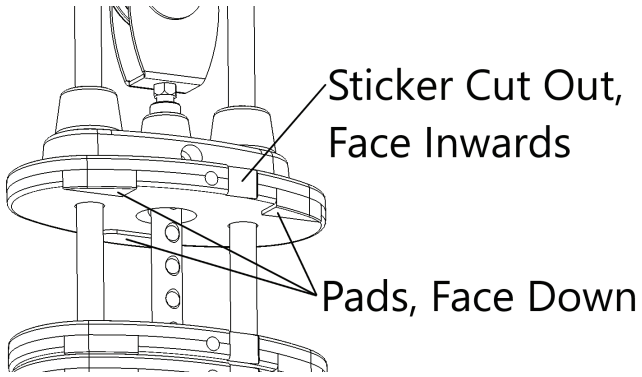
H. Securely tighten all Nuts and Bolts installed.



STEP 2

A. Install Guide Rods **(#7)** into holes on bottom Frame using M10 x 80 Allen Bolt **(#18)** and Ø 10 Spring Washers **(#25)**. Tighten.

B. Install Rubber Bumpers **(#16)** on each Guide Rod **(#7)**. Slide fifteen 10lb Weight Plates **(#10)** from the top of Guide Rods **(#7)** down to the Rubber Bumpers **(#16)**. Make sure the weight sticker cut out is facing the inside of the machine and the pads of the weight face down. See example below:



C. Remove the two M10 x 20 Allen Bolts **(#21)**, Ø 10 Spring Washers **(#23)**, and Ø 10 Washers **(#25)** which were pre-assembled in the factory to hold the Guide Rod Bracket **(#6)**. Slide the Selector Stem Assembly **(#8)** onto the Guide Rods **(#7)**. Install the weight stack Pulley **(#33)** with the cable wrapped between the pulley and the U shaped bracket **(#31)**. Then insert the Cam Bolt **(#32**) and secure with a Ø 10 Washer **(#25)**, and a M10 Aircraft Nut **(#24)**.

D. Hold the Selector Stem Assembly **(#8)** above the weight stack to make it easier to install Guide Rod Bracket **(#6)** on Guide Rods **(#7)**.

E. Once the Guide Rod Bracket **(#6)** is installed onto the Guide Rods **(#7)**, Push the Guide Rod Bracket back into the upright.

F. Secure the Bracket back to the upright frame with the two M10 x 21 Allen Bolts **(#21)**, Ø 10 lock Washers **(#23)**, Ø 10mm Washers **(#25)**.

G. Lower the Selector Stem down onto the top of the weight stack.

H. Check all the cables to make sure they are on track on the pulleys.

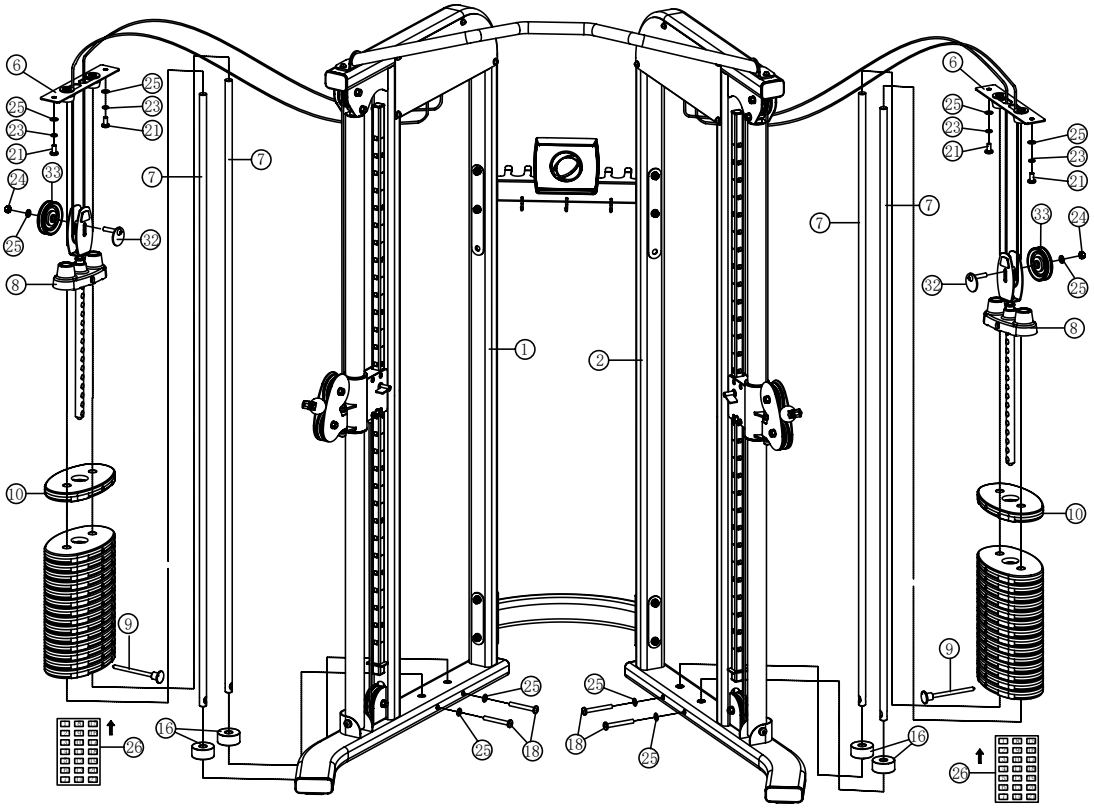
I. Peel off the weight stack number label from the Resistance Label Set **(#26)** and attach to the plates, starting with number one on the selector stem weight.

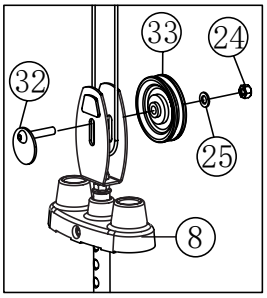
J. Insert the Weight Selector Pin **(#9)** into the weight stack.

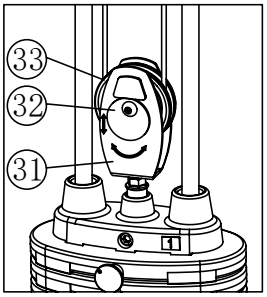
K. Lubricate the Guide Rods with super lube or lube provided in Hardware Pack.

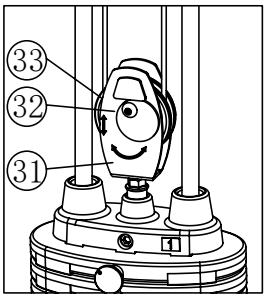
L. If Needed, Adjust the cable tension by loosening and rotating the Cam Bolt **(#32)** until the Selector Steam Assembly **(#8)** starts lifting slightly from the weight stack. Tighten the nut of the cam bolt to lock it's position.

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


6
25
23
21
24
33
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10
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24
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25
8


33
32
31


33
32
31

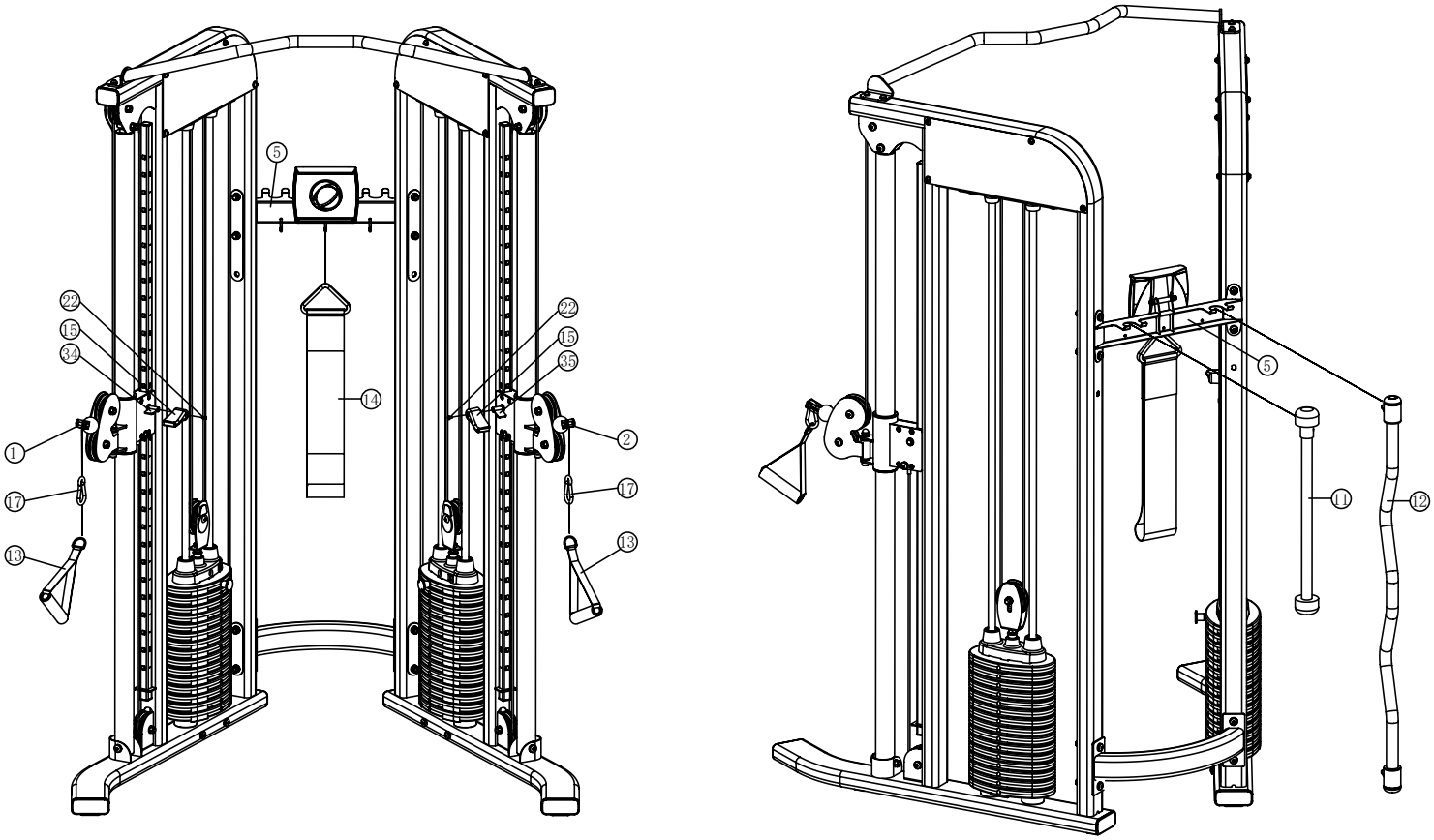
STEP 3

A. Attach the Height Adjustment Handle **(#15)** to the Left Lock Switch **(#35)** on the Pulley Carriage, secure it with one M5 x 10 Allen Bolt **(#22)**. Repeat the same procedure to install the other side.

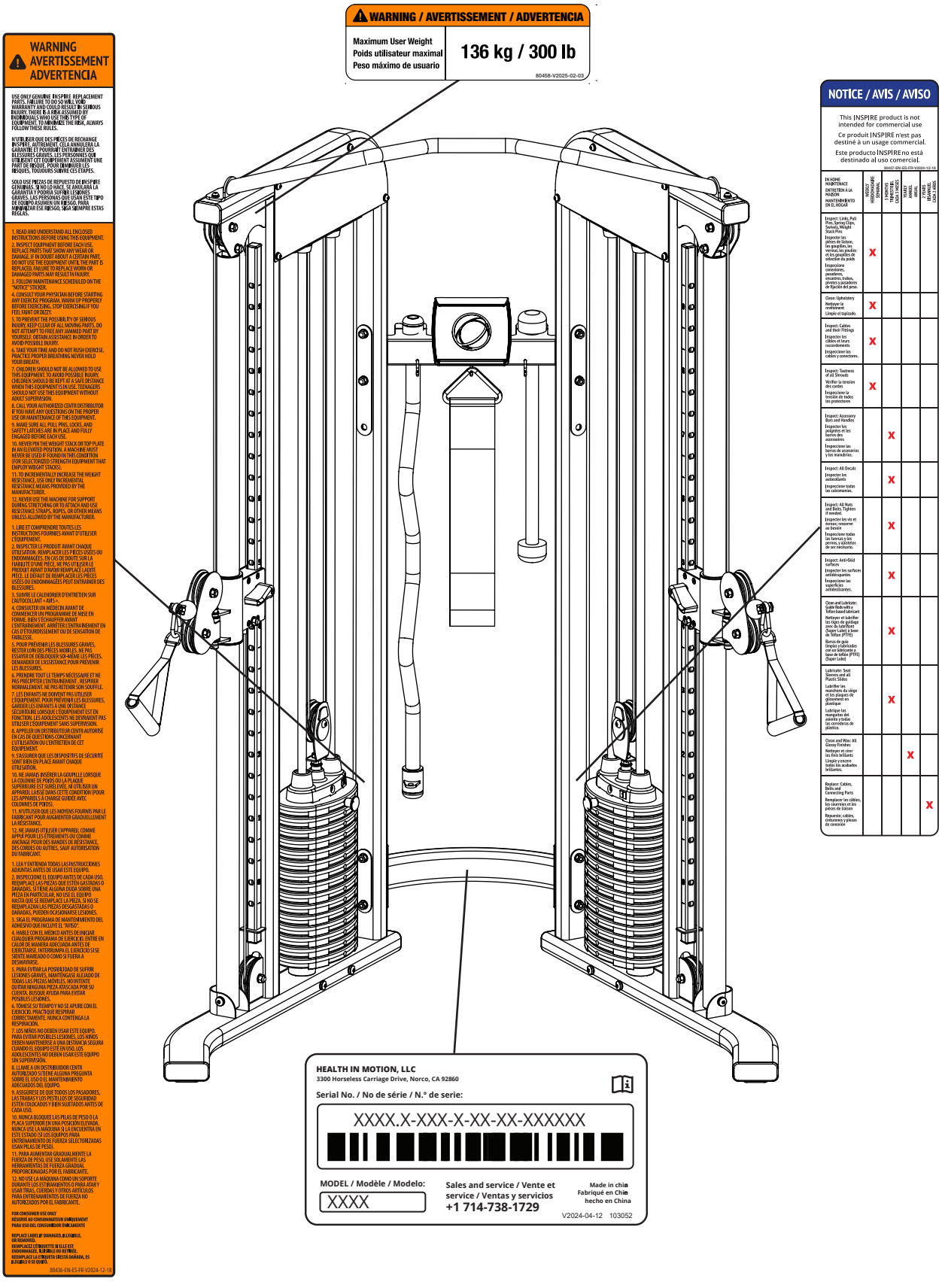
B. Connect the Single Handle **(#13)** to the Cable **(#1)** on the Right Station **(#1)** with a Spring Clip **(#17)**. Repeat the same procedure to install the other side.

C. Lift up the Height Adjustment Handle **(#15)** and slide the Pulley Carriage along the Pulley Carriage Support Frame to the selected level. Release the Handle to lock the Pulley Carriage in position.

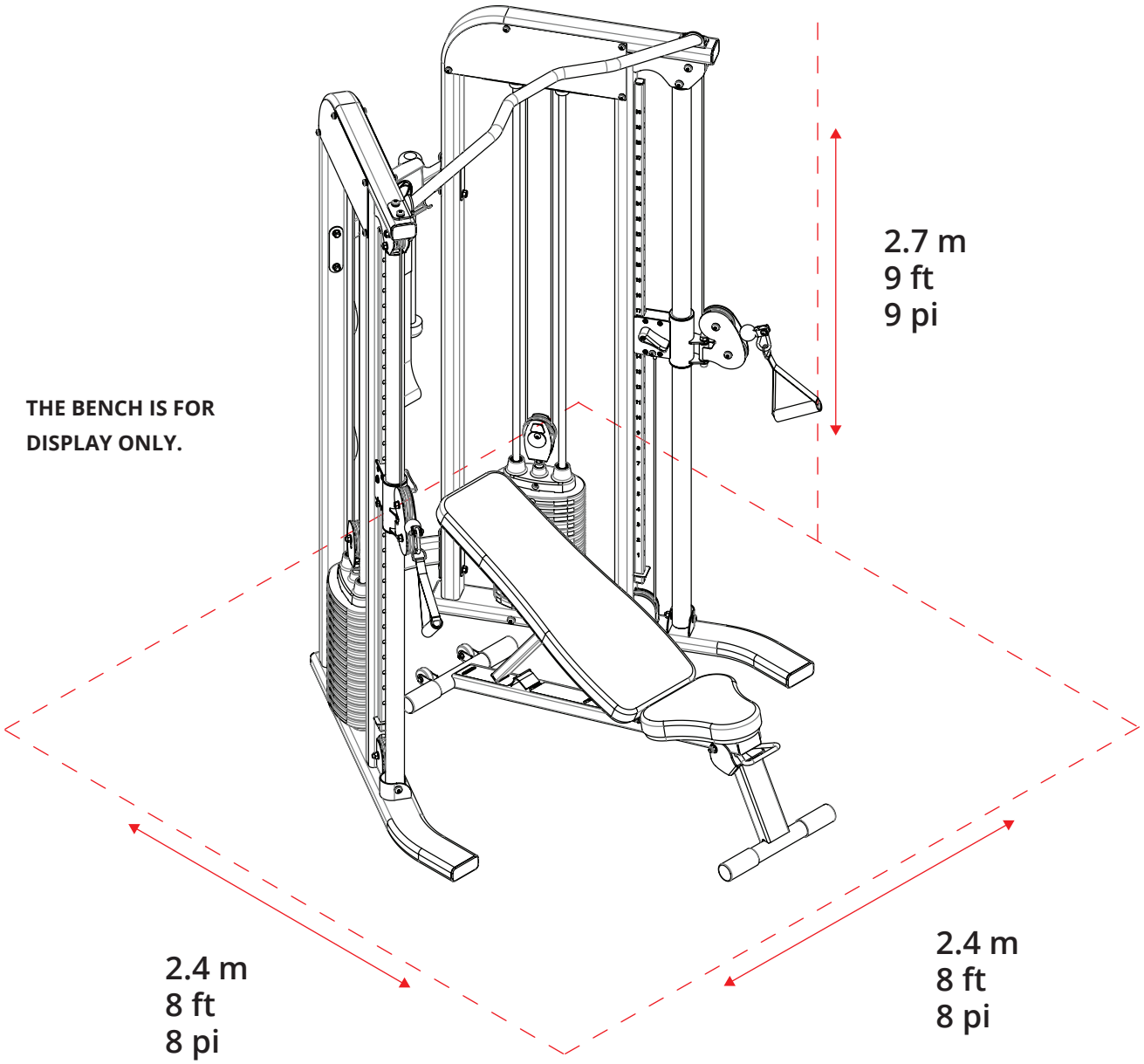
D. Store Curl Bar **(#12)**, and Rope **(#11)** onto the Hanger Bracket behind the Upper Cross Brace **(#5)**. Hang Chin Up Belt **(#14)** on Upper Cross Brace **(#5)**.



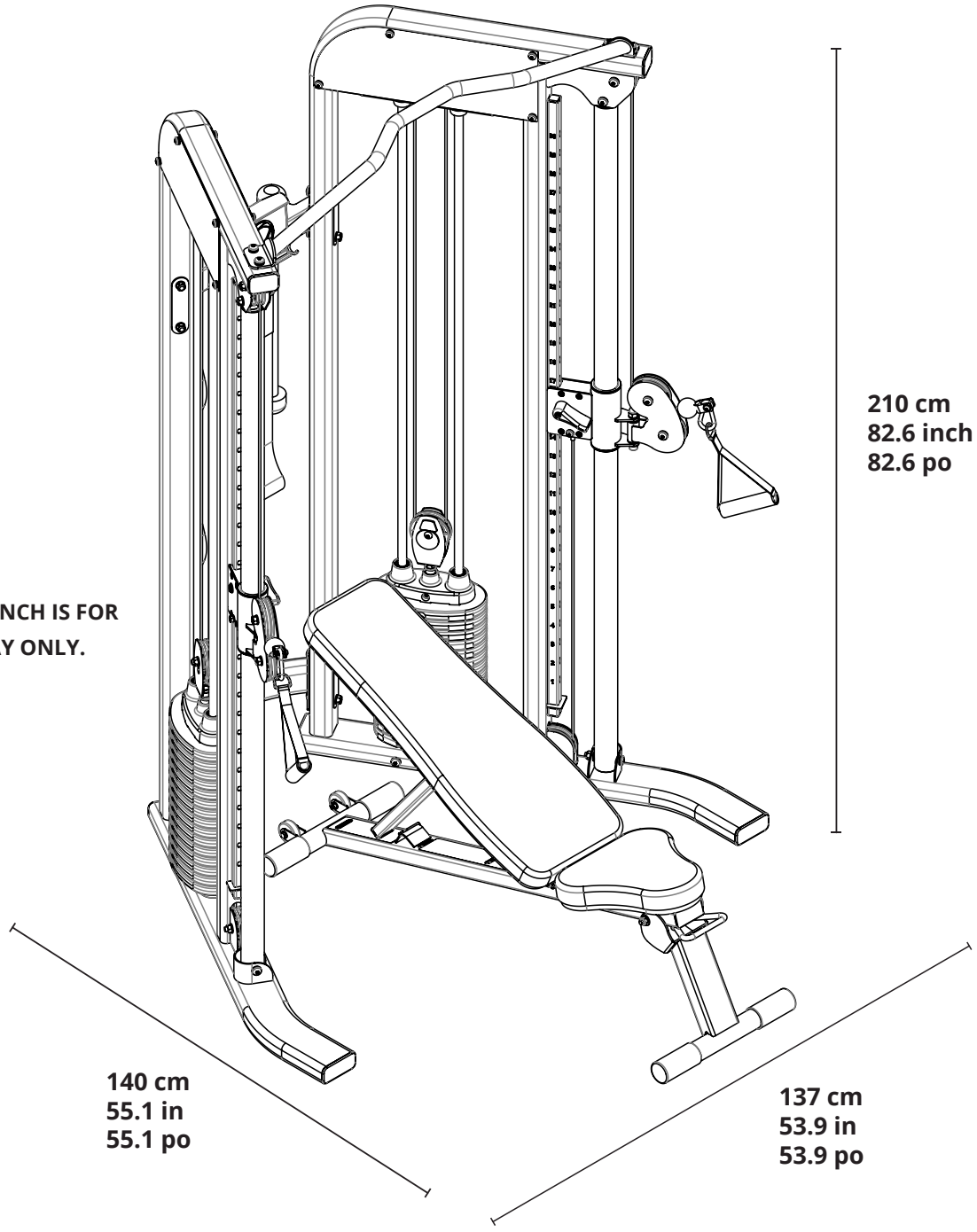
DECAL PLACEMENT



LIVE AREA


2.7 m
9 ft
9 pi
THE BENCH IS FOR
DISPLAY ONLY.
2.4 m
8 ft
8 pi
2.4 m
8 ft
8 pi

PRODUCT DIMENSIONS



MAINTENANCE

Warning

DO NOT place styrofoam or printed materials on the seat pads. Over time, these may stick to the pads and mar the surface.

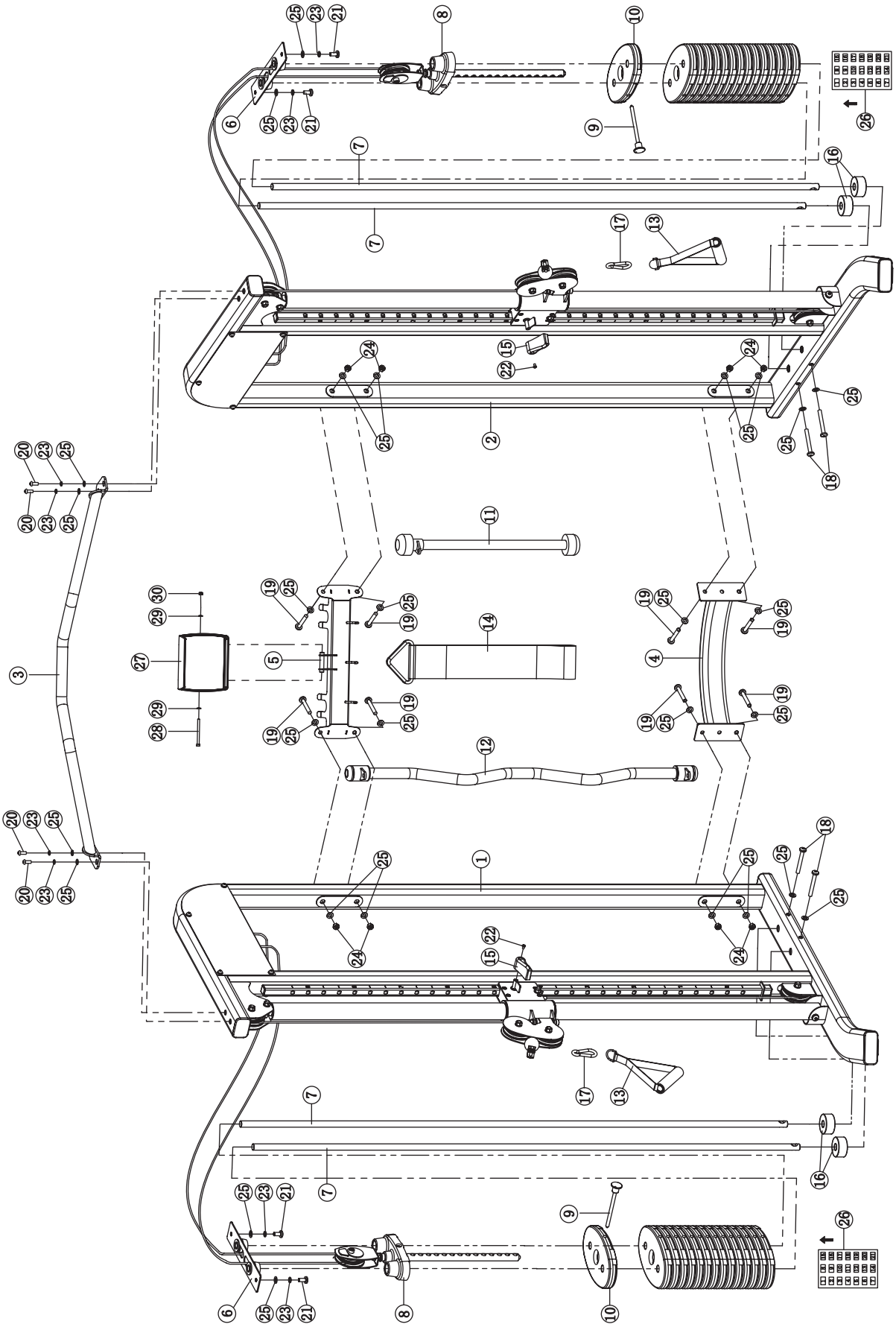
DO NOT leave items sitting on the seat pads, these pads have a special density that takes shape to objects and small objectswill leave imprints in the surface that may take time to come out.

- **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 with Inspire Fitness parts only.**
- **Locate and familiarize yourself with all warning decals on the Smith Machine Functional Trainer.**
- **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, Spring Clips, 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									

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Part Number	Qty.
1	Right Station Assembly	100100	1
2	Left Station Assembly	100101	1
3	Upper Frame Assembly	100104	1
4	Lower Cross Brace	100102	1
5	Upper Cross Brace	100103	1
6	Guide Rod Bracket	100185	2
7	Guide rod	100122	4
8	Selector Stem Assembly	100183	2
9	Weight Selector Pin	100151	2
10	Weight Plate	100177	30
11	Rope	100172	1
12	Curl Bar	100184	1
13	Single Handle	100152	2
14	Chin Up Belt	100171	1
15	Height Adjustment Handle	100145	2
16	Rubber Bumper	100148	4
17	Hook	100174	2
18	M10×80 Allen Bolt	100187	4
19	M10×70 Allen Bolt	100188	8
20	M10×25 Allen Bolt	100189	4
21	M10×20 Allen Bolt	100190	4
22	M5×8 Allen Bolt	100191	2
23	#10 Lock Washer	100192	8
24	M10 Aircraft Nut	100193	8
25	#10 Washer	100194	24
26	Resistance Label Set	100178	2
27	Tablet Holder	100186	1
28	M6×75 Bolt	100195	1
29	#6 Washer	100196	2
30	M6 Nut	100197	1
31	Pulley Bracket	100110	2
32	Flat Washer Assembly	100115	2
33	Pulley	100173	2
34	Right Lock Switch	100108	1
35	Left Lock Switch	100109	1
36	M10×50 Allen Bolt	100201	2
Tool list			
37	#6 Allen Wrench	100224	1
38	#5 Allen Wrench	100225	1
39	#4 Allen Wrench	100226	1
40	#10&#17Wrench	100227	1



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