

## CENTR SF5 Smith-Functional Trainer

# CENTR Inspire Fitness FTX Functional Trainer and Essentials Kit User Manual

Model: SF5 Smith-Functional Trainer

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your CENTR Inspire Fitness FTX Functional Trainer and Essentials Kit. Please read all instructions carefully before assembly and operation. This kit is designed to provide a comprehensive home fitness solution, combining a functional cable machine with a variety of accessories for full-body training.

## 2. SAFETY INFORMATION

**WARNING: Serious injury or death can occur if precautions are not followed. Read all warnings and instructions before using this equipment.**

- Consult a physician before beginning any exercise program.
- Keep children and pets away from the equipment during use.
- Ensure all bolts and nuts are securely tightened before each use.
- Inspect cables, pulleys, and attachments for wear or damage before each workout. Do not use if any components are damaged.
- Use the equipment on a level, stable surface.
- Do not exceed the maximum user weight or resistance capacity of the machine.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel pain, dizziness, or nausea.

## 3. PACKAGE CONTENTS

Verify that all components listed below are present in your package. If any parts are missing or damaged, contact customer support.

- Inspire Fitness FTX Functional Trainer Unit
- Centr Fitness Essentials Kit:
  - 5 Resistance Bands
  - 3 Fabric Bands
  - Portable Yoga Mat
  - Shaker Bottle
- Functional Trainer Accessories:
  - 2 D Handles
  - Triceps Rope
  - Dual Hook Curl Bar
  - Ankle Strap
  - Multi-Purpose Belt
  - 2 x 5lb Add-On Weights
- Assembly Hardware and Tools (if applicable)
- User Manual
- 3-Month Centr Digital Wellness Platform Membership Activation Card

# ACCESSORIES INCLUDED



① Triceps Rope

③ Chin/Dip Belt

② D Handles (x2)

④ Dual Hook Curl Bar

**Figure 3.1:** Included Accessories for the Functional Trainer. This image displays the Triceps Rope, two D Handles, a Chin/Dip Belt, and a Dual Hook Curl Bar.



**Figure 3.2:** Centr Fitness Essentials Kit. This image shows the Centr Essentials Kit box, a set of resistance bands, fabric bands, a yoga mat, a shaker bottle, and a smartphone displaying the Centr app.

## 4. SETUP

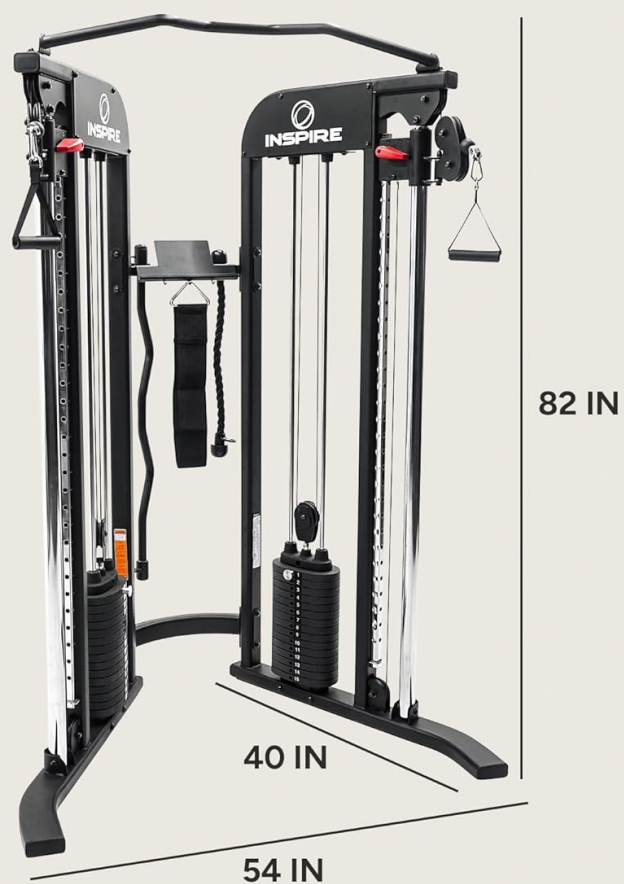
The Inspire Fitness FTX Functional Trainer requires assembly. Follow the detailed instructions provided in the separate assembly guide included with your product. Ensure all components are correctly aligned and securely fastened before use.

### 4.1. Placement and Dimensions

Place the functional trainer on a flat, stable surface with adequate clearance around it for safe operation. Consider the following dimensions for proper placement:

- **Product Dimensions (LxWxH):** 45"D x 59"W x 84"H
- **Item Weight:** 631 Pounds

# MAXIMUM OPTIONS MINIMUM SPACE



**Figure 4.1:** Inspire Fitness FTX Functional Trainer with dimensions. The image indicates a height of 82 inches, a depth of 40 inches, and a width of 54 inches.

# COMPACT HOME GYM



**Figure 4.2:** Overview of the Inspire FTX Functional Trainer. Key components such as the Pull Up Bar, Adjustable Pulleys, Accessory Rack, Tablet Holder, and Dual Weight Stacks are labeled.

## 5. OPERATING INSTRUCTIONS

### 5.1. Inspire Fitness FTX Functional Trainer

The functional trainer features dual adjustable pulleys and precision cable resistance, allowing for a wide range of exercises targeting various muscle groups. The weight stacks provide resistance, which can be adjusted by inserting the pin into the desired weight plate.

- **Adjusting Pulleys:** To change the height of the pulleys, pull the adjustment pin, slide the pulley carriage to the desired position, and release the pin to lock it in place. Ensure the pin is fully engaged before use.
- **Attaching Accessories:** Use the carabiner clips on the cable ends to attach accessories such as D Handles, the Triceps Rope, or the Dual Hook Curl Bar.
- **Performing Exercises:** The functional trainer supports exercises like cable crossovers, rows, presses, curls, triceps extensions, and more. Refer to exercise guides or a fitness professional for proper form and technique.

# FULL BODY STRENGTH TRAINING

- ➕ Work your entire body with one effective and efficient machine



**Figure 5.1:** A user demonstrating a bicep curl exercise using the Inspire FTX Functional Trainer with a curl bar attachment.

## 5.2. Centr Fitness Essentials Kit

The Essentials Kit provides additional tools to complement your functional trainer workouts and expand your exercise options.

- **Resistance Bands:** Use these bands for warm-ups, stretching, strength training, and rehabilitation exercises. They offer varying levels of resistance.
- **Fabric Bands:** Ideal for lower body exercises, these bands provide consistent resistance for glute activation and leg workouts.
- **Yoga Mat:** Provides a comfortable and stable surface for floor exercises, yoga, and stretching.
- **Shaker Bottle:** Use for mixing protein shakes or other supplements to support your nutrition goals.





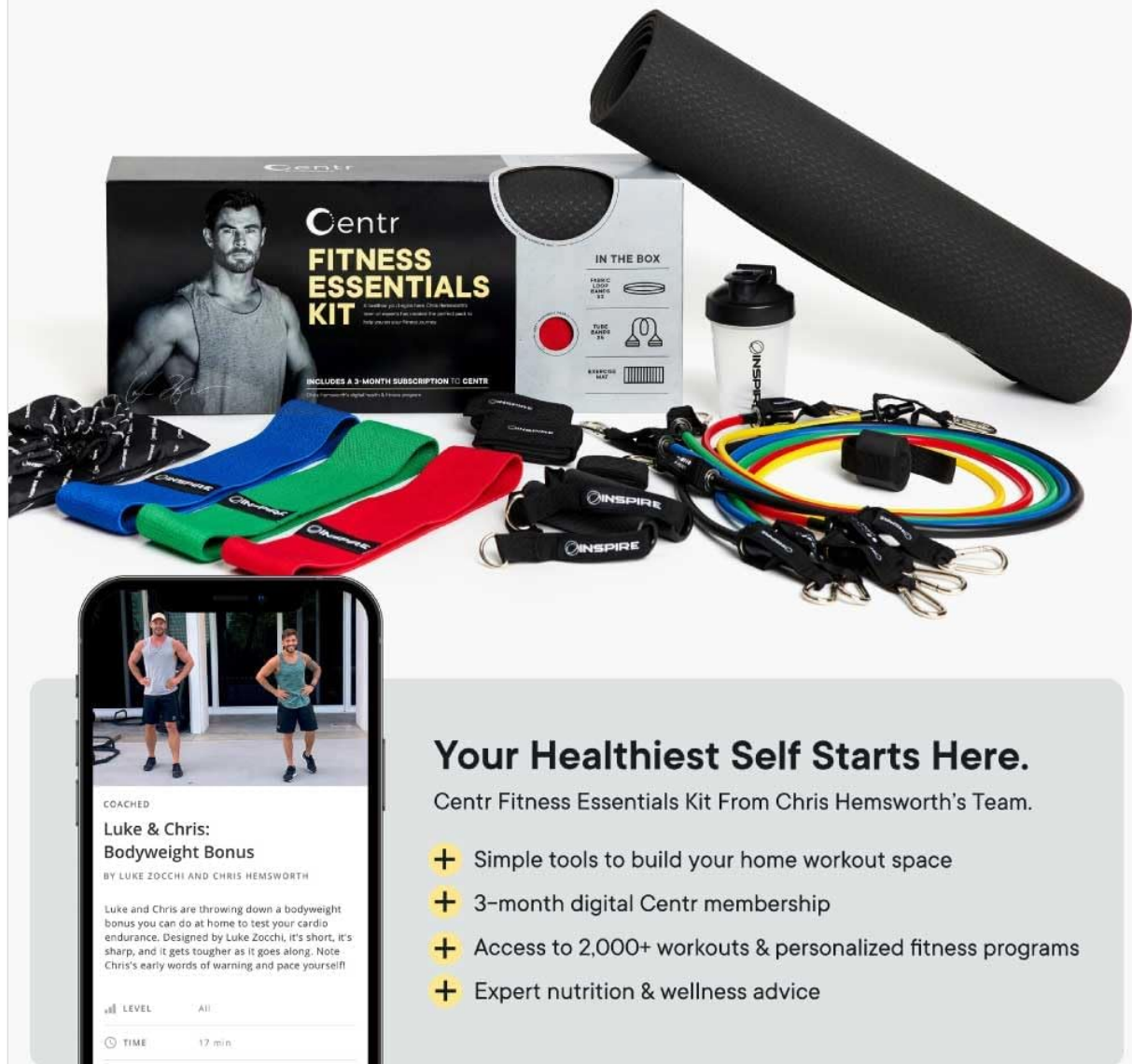
**Figure 5.2:** A user performing a side plank with a resistance band, alongside images of the 5x Resistance Bands, 3x Fabric Bands, Yoga Mat, Shaker Bottle, and a smartphone displaying the Centr Digital Wellness Platform.

### 5.3. Centr Digital Wellness Platform

Your purchase includes a 3-month membership to the Centr digital wellness platform. This platform offers expert-led workouts, meal plans, and mindfulness tools to guide your fitness journey.

- **Activation:** Follow the instructions on the included activation card to redeem your 3-month membership.
- **Content:** Access a library of workouts, including strength, cardio, yoga, and more, suitable for various fitness levels. Explore personalized meal plans and guided meditation sessions.





**Figure 5.3:** The Centr Fitness Essentials Kit displayed with a smartphone showing the Centr app, highlighting access to workouts and personalized fitness programs.

## 6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your equipment.

- **Cleaning:** Wipe down the frame and upholstery with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Cable and Pulley Check:** Inspect cables for fraying or damage and pulleys for smooth operation. Lubricate moving parts as recommended by the manufacturer.
- **Storage:** Store the equipment in a dry, clean environment away from extreme temperatures and direct sunlight.

## 7. TROUBLESHOOTING

If you encounter issues with your functional trainer, refer to the following common solutions:

- **Cables not moving smoothly:** Check for any obstructions in the pulley system. Ensure cables are properly routed. Apply a silicone-based lubricant to the guide rods if necessary.
- **Unusual noises during operation:** Inspect all connections for tightness. Loose bolts can cause rattling. Check for any rubbing parts.
- **Weight plates sticking:** Ensure the guide rods are clean and lubricated. Check for any debris between the plates.
- **Difficulty adjusting pulleys:** Ensure the adjustment pin is fully pulled out before attempting to slide the carriage. Clean any debris from the adjustment holes.

For issues not covered here, contact customer support.

## 8. SPECIFICATIONS

Feature	Detail
Brand	CENTR
Model Name	SF5 Smith-Functional Trainer
Item Dimensions (LxWxH)	45 x 59 x 84 inches
Product Dimensions (DxWxH)	45"D x 59"W x 84"H
Item Weight	631 Pounds
Material	Alloy Steel
Color	Black
Tension Level	Heavy Duty
Manufacturer	Inspire Fitness
Suggested Users	unisex-adult
Included Components	(2) D Handles, Triceps Rope, Dual Hook Curl Bar, Ankle Strap, Multi-Purpose Belt, and (2) 5lb Add-On Weights
ASIN	B0FSSN75X2
GTIN	00810000547760

## 9. WARRANTY

The Inspire Fitness FTX Functional Trainer comes with a **Limited Lifetime Warranty** on the frame and all parts. Please retain your proof of purchase for warranty claims. For specific terms and conditions, refer to the warranty documentation included with your product or contact the manufacturer.

## 10. SUPPORT

For technical assistance, missing parts, or warranty inquiries, please contact Inspire Fitness customer support. Refer to the contact information provided in your product packaging or visit the official Inspire Fitness website.

© 2026 CENTR. All rights reserved.