

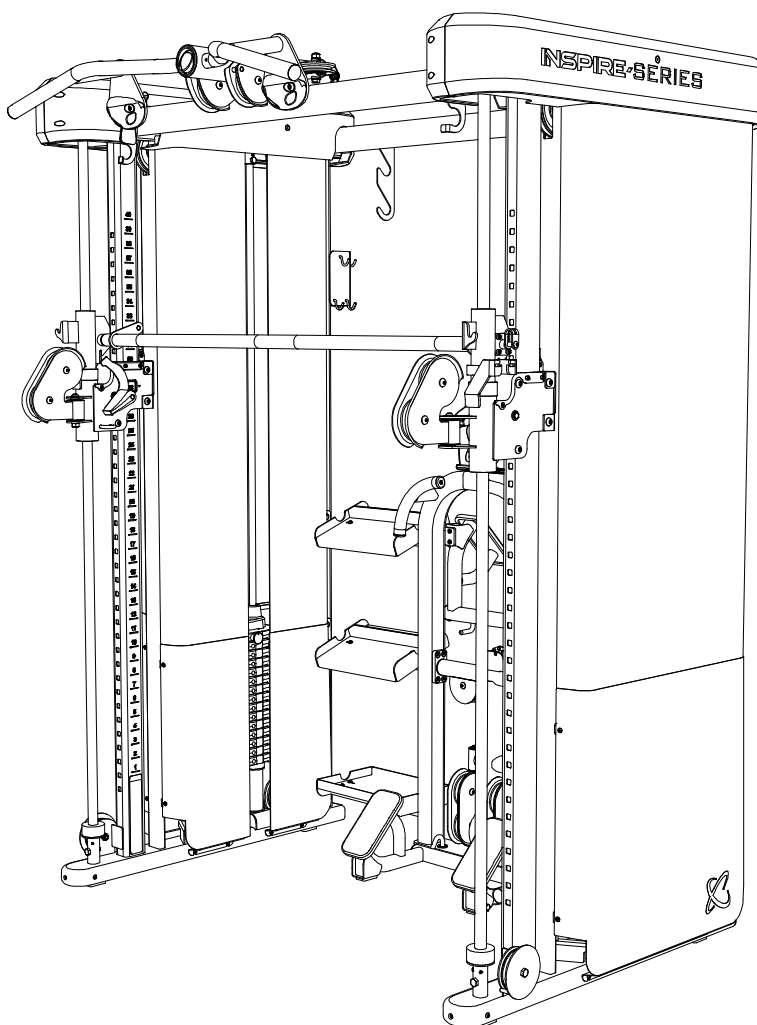


Model: FT2PRO.1

USER MANUAL

CENTR INSPIRE SERIES FT2 PRO SMITH FUNCTIONAL TRAINER

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80273-EN-V2024-07-26

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Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

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If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



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PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **centr.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.

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

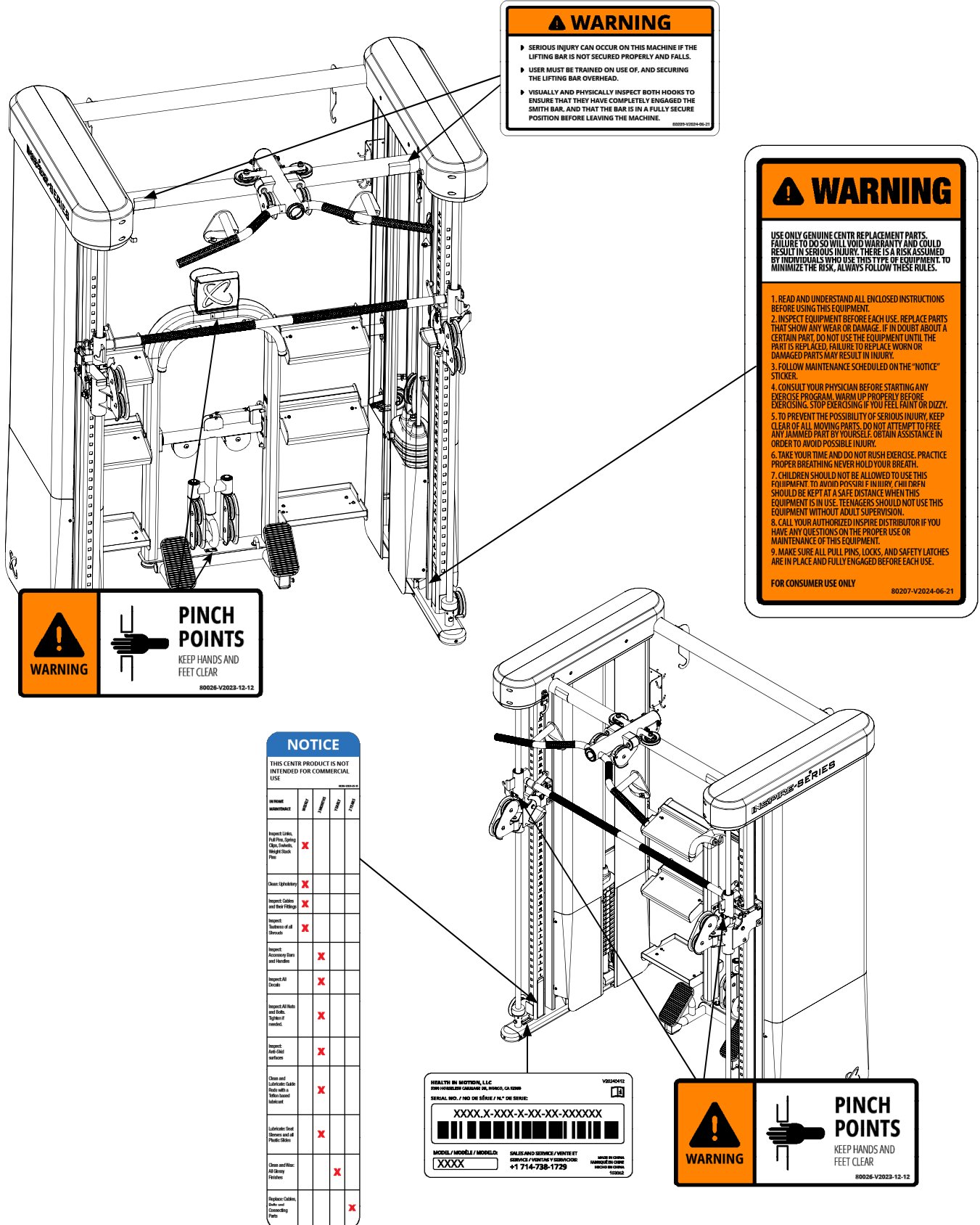
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

1. **Consult a physician prior to commencing an 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. Never allow children on selectorized strength equipment (unless the equipment is designed for the sole use of children) and to supervise the use of selectorized strength equipment by individuals age 13 to 17.
4. Only one person at a time should use the machine.
5. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
6. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
7. Keep hair, body and clothing free and clear of all moving parts.
8. 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.
9. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
10. Never use the machine for support during stretching or to attach and use resistance straps, ropes, or other means unless allowed by the manufacturer.
11. Do not place any sharp objects around the machine.
12. Disabled persons should not use the machine without a qualified person or physician in attendance.
13. Before using the machine to exercise, always do stretching exercises to properly warm up.
14. Inspect the machine before use, including ropes, belts, or chains and their connections. Do not use if the machine or any component is worn, damaged, or inoperable.
15. The FT2 Pro Home Gym 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 FT2 Pro Home Gym at the same time.
 - The person must also ensure that no other person is in the exercise area of the FT2 Pro Home Gym. Persons who are in the room at the same time as the trainee must maintain a distance of at least 5 ft / 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.
 - Be certain that the weight pin is completely inserted (for selectorized strength equipment that employ weight stacks). Never pin the weight stack or top plate in an elevated position. A machine must never be used if found in this condition (for selectorized strength equipment that employ weight stacks). To incrementally increase the weight resistance, use only incremental resistance means provided by the manufacturer.

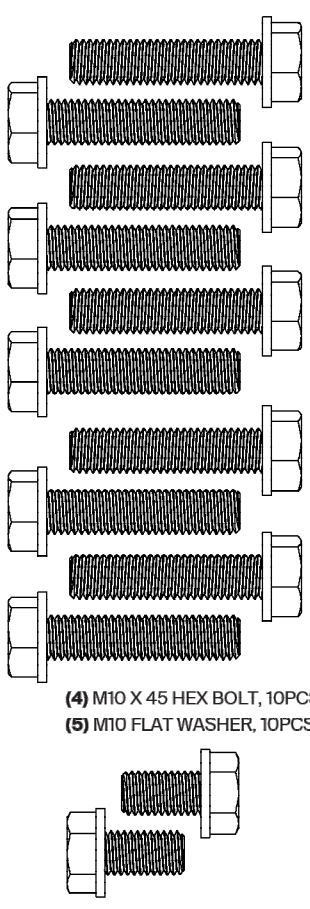
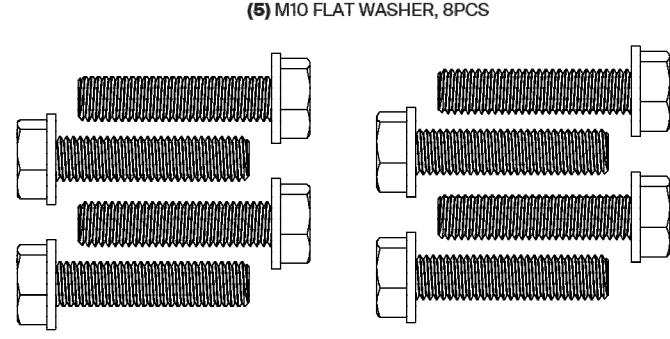
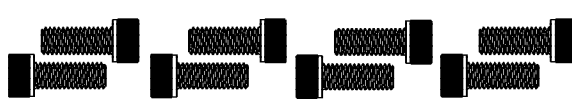
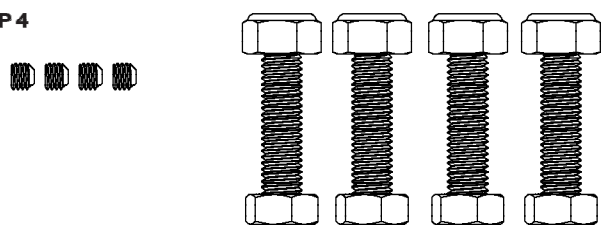
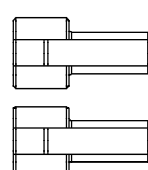
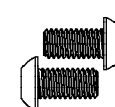
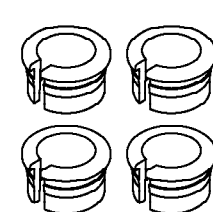
Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the Care and Maintenance section on page 35

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.

LABEL LOCATIONS



HARDWARE PACK (NOT TO SCALE)

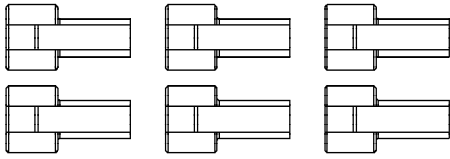
FT2PRO.1 HARDWARE CARD 1/3	
STEP 1  (4) M10 X 45 HEX BOLT, 10PCS (5) M10 FLAT WASHER, 10PCS (6) M10 X 20 HEX BOLT, 2PCS (5) M10 FLAT WASHER, 2PCS	STEP 2 (4) M10 X 45 HEX BOLT, 8PCS (5) M10 FLAT WASHER, 8PCS  STEP 3  (11) M6 X 14 ALLEN HEAD CAP SCREW, 8PCS STEP 4  (17) M10 X 35 HEX HEAD BOLT, 4 PCS (18) M10 LOCK NUT, 4 PCS (19) M6 X 5 SET SCREW, 4 PCS
STEP 6/7  (22) CABLE ADAPTERS (GOLD), 2 PCS  (24) M6 X 12 BUTTON HEAD BOLT, 2 PCS  (25) U-BRACKET, 2 PCS  (23) CABLE GUIDE GROMMETS, 4 PCS	

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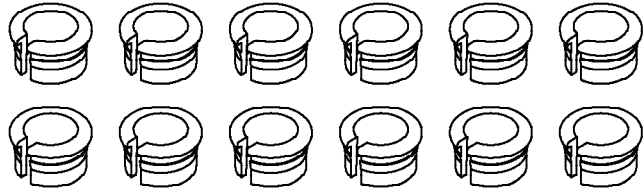
HARDWARE PACK (NOT TO SCALE)

FT2PRO.1 HARDWARE CARD 2/3

STEP 7

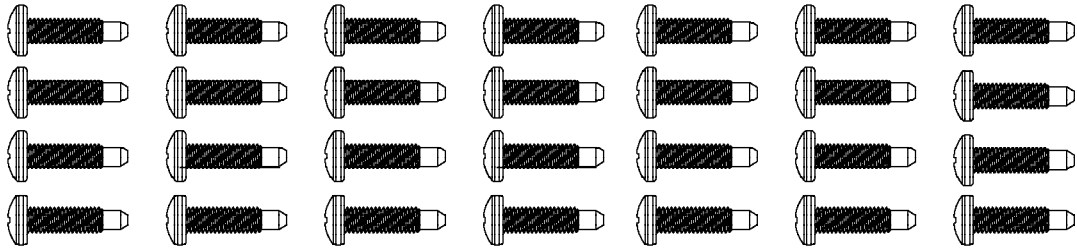


(22) CABLE ADAPTERS, 6 PCS



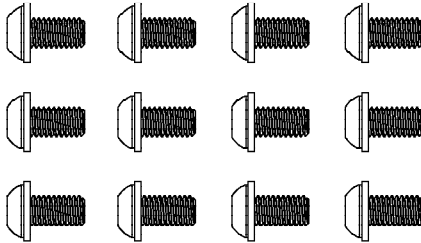
(23) CABLE GROMMETS, 12 PCS

STEP 9

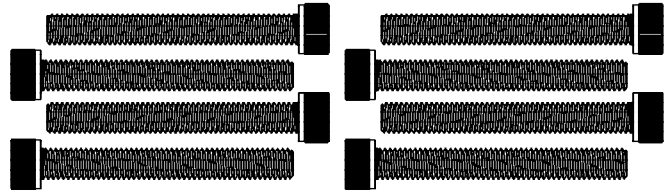


(36) M5 X 20 PHILLIPS HEAD SCREW, 28 PCS

STEP 10

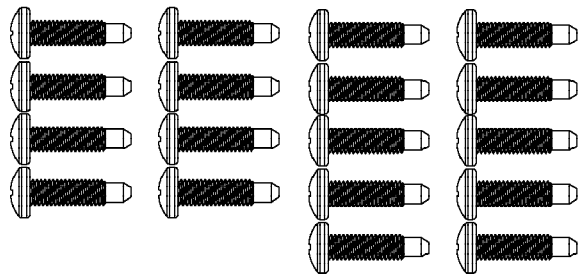


(24) M6 X 12 BUTTON HEAD SCREW, 12 PCS
(49) M6 FLAT WASHER, 12 PCS



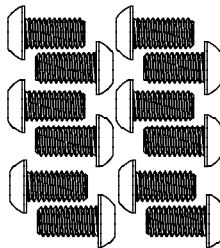
(37) M6 X 50 ALLEN HEAD CAP SCREW, 8 PCS

STEP 11



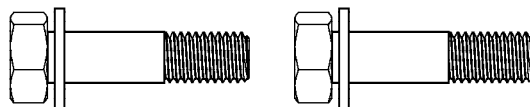
(36) M5 X 20 PHILLIPS HEAD SCREW, 14 PCS

STEP 13/14



(24) M6 X 12 BUTTON HEAD SCREW, 12 PCS

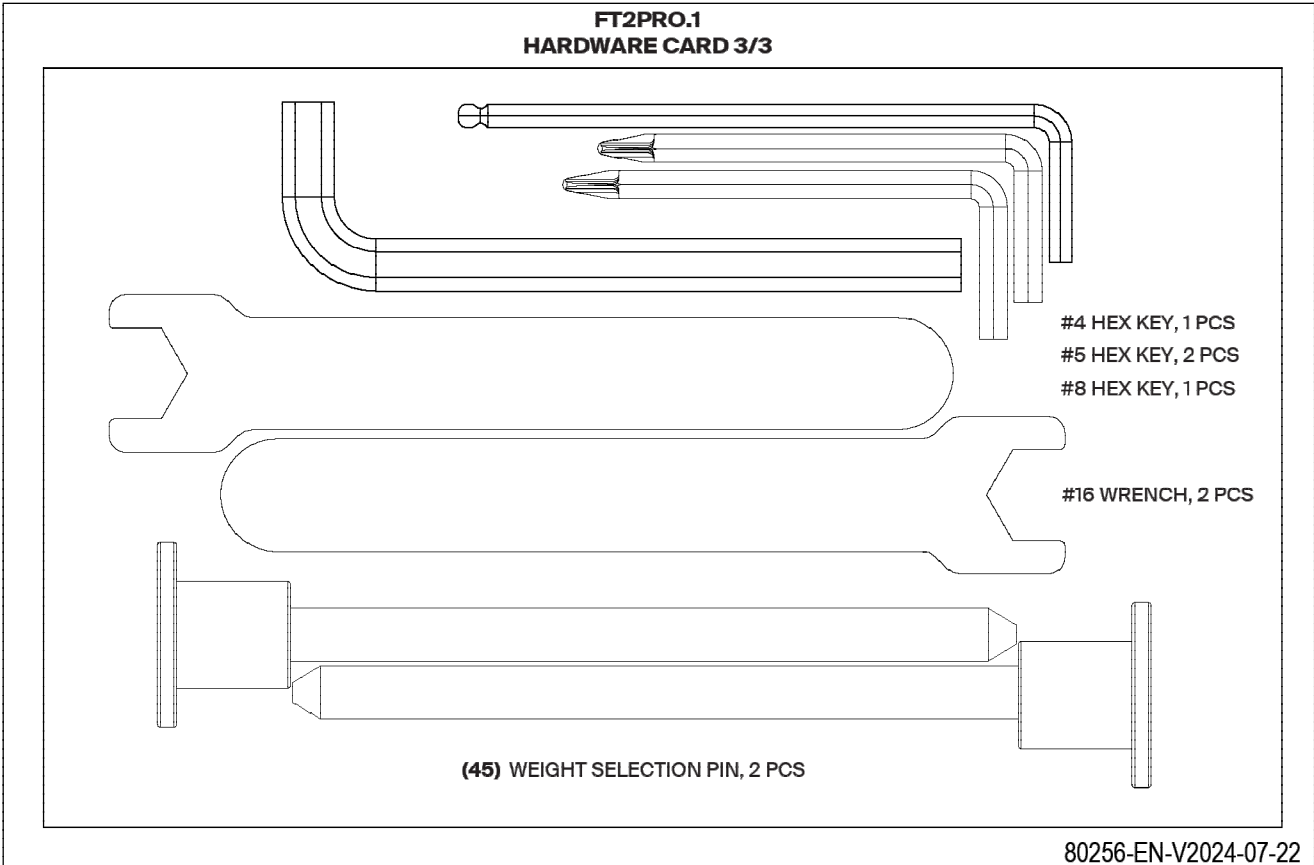
STEP 12



(45) M10 X 40 HEX BOLT, 2 PCS
(46) M10 PLASTIC FLAT WASHER, 2 PCS

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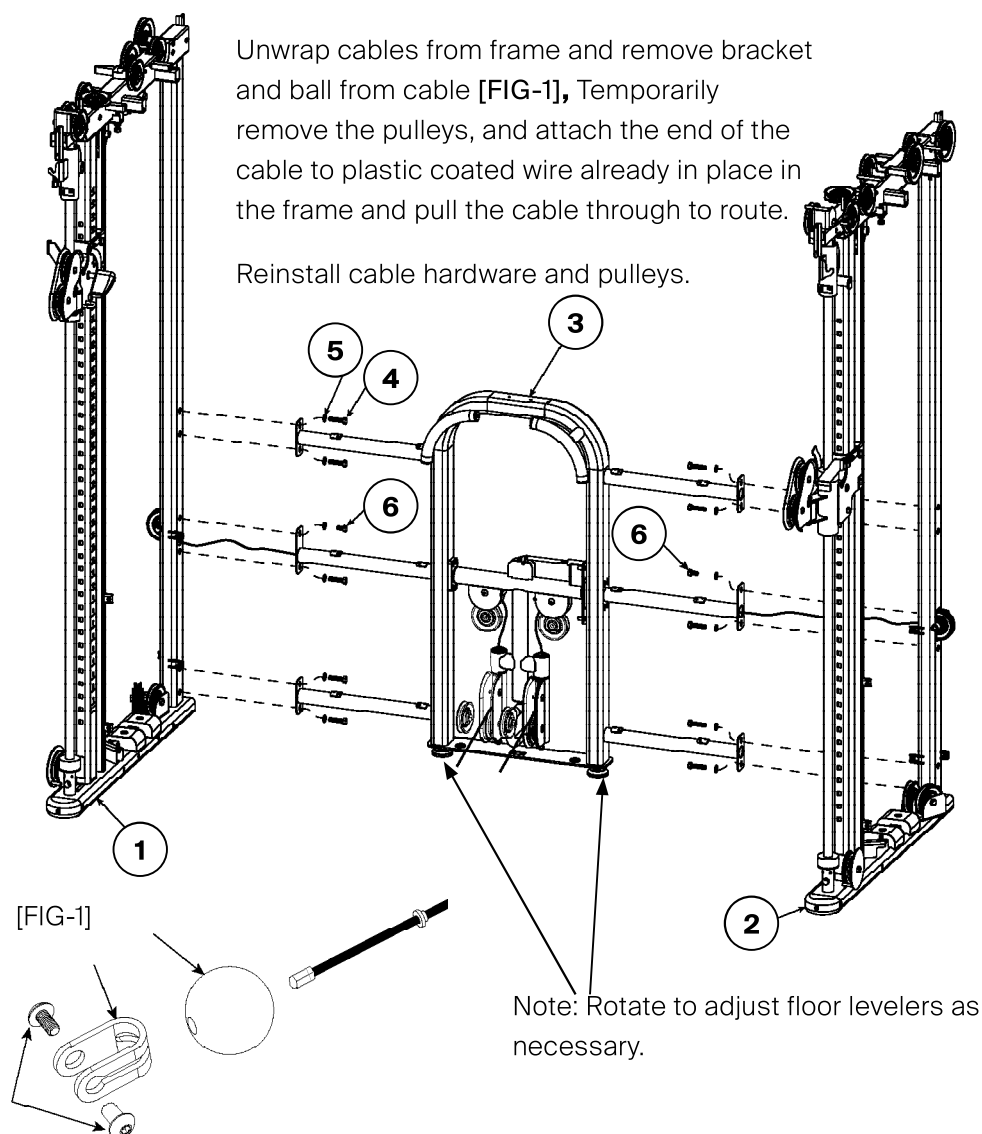
HARDWARE PACK (NOT TO SCALE)



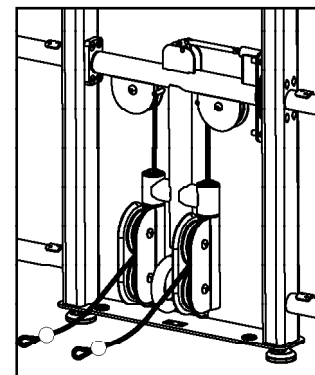
ASSEMBLY

NOTE: HAVING AN ASSISTANT IS RECOMMENDED FOR THIS STEP

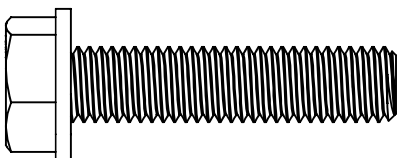
STEP 1 - CENTER FRAME TO COLUMNS



Cables Installed

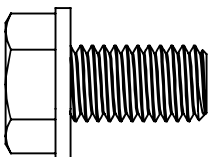


HARDWARE REQUIRED:



(4) BOLT, M10 X 1.5 X 45, HH, BZ, **10pc.**

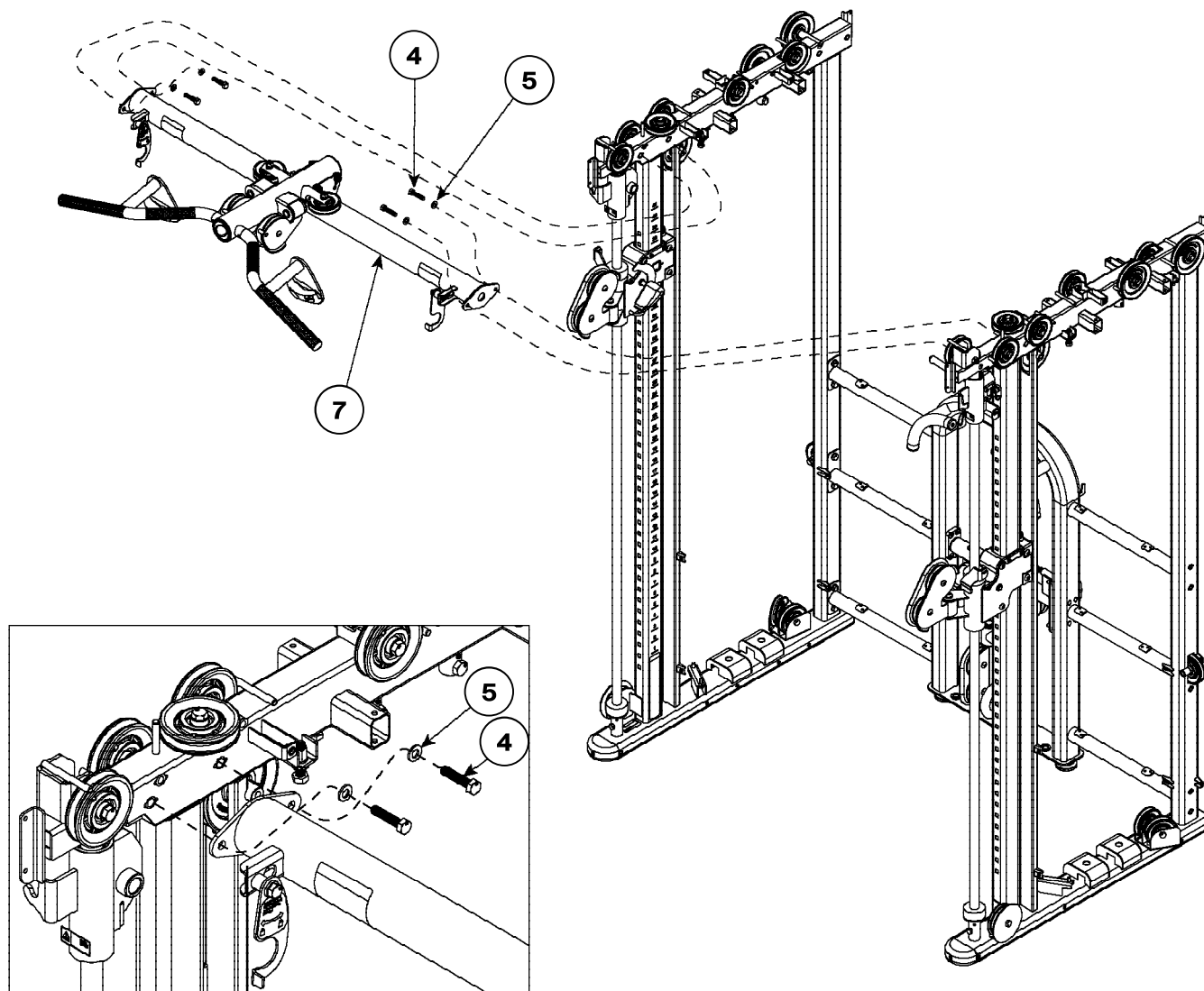
(5) WASHER, FLAT, 11 X 20 X 2, BZ, **10pc.**



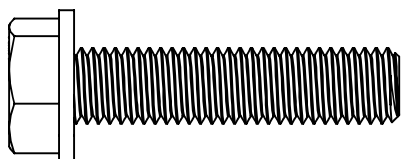
(6) BOLT, M10 X 1.5 X 20, HH, BZ, **2pc.**

(5) WASHER, FLAT, 11 X 20 X 2, BZ, **2pc.**

STEP 2A - UPPER PULL UP FRAME



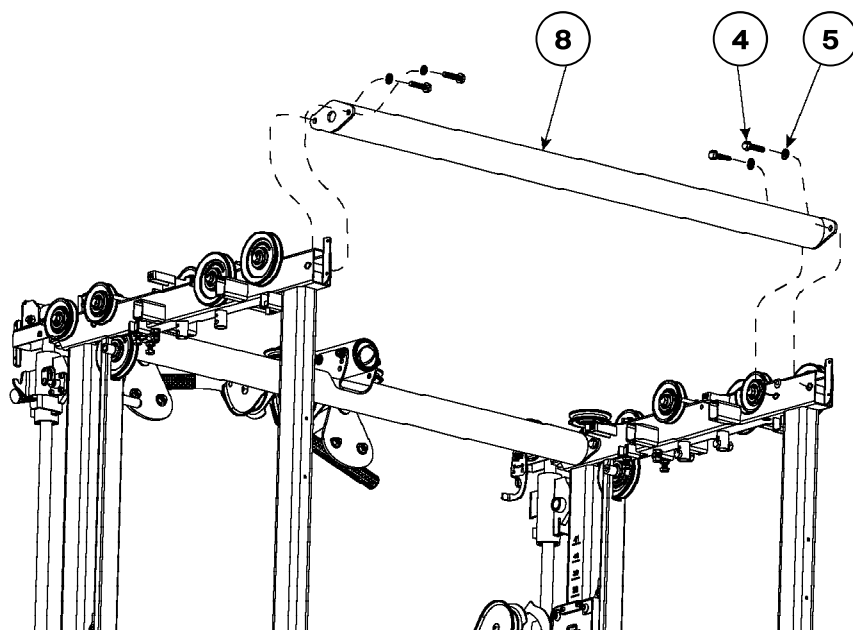
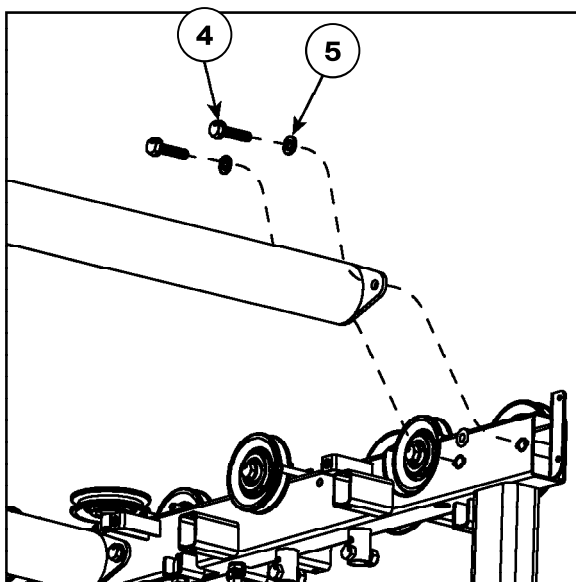
HARDWARE REQUIRED:



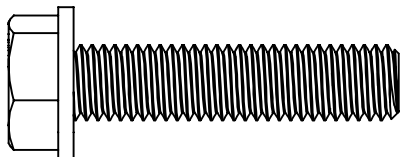
(4) BOLT, M10 X 1.5 X 45, HH, BZ, 4pc.

(5) WASHER, FLAT, 11 X 20 X 2, BZ, 4pc.

STEP 2B - REAR CROSS FRAME



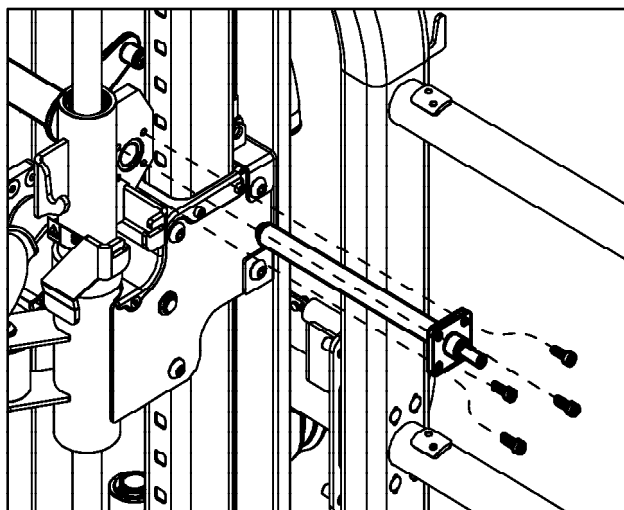
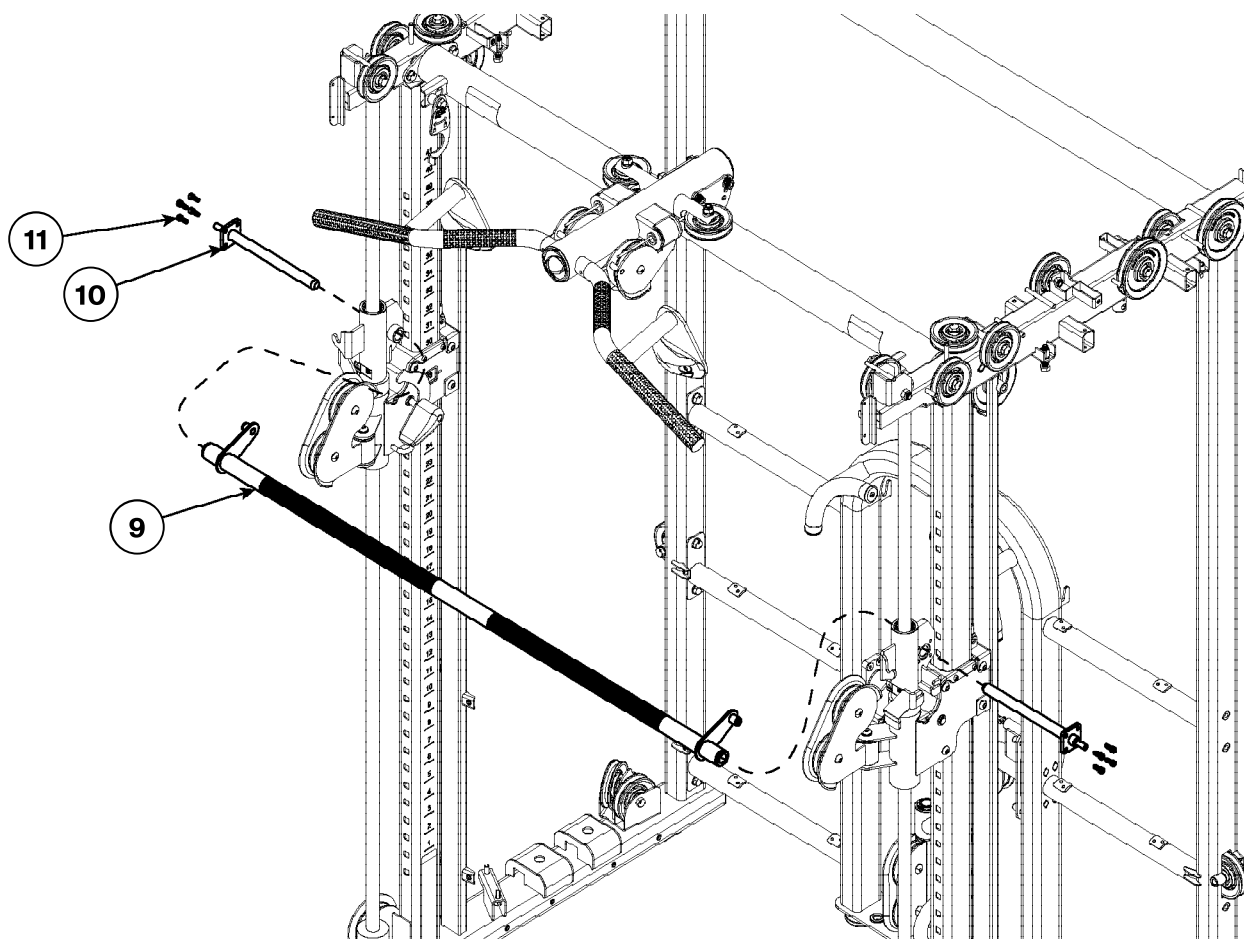
HARDWARE REQUIRED:



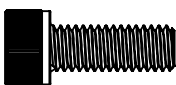
(4) BOLT, M10 X 1.5 X 45, HH, BZ, **4pc.**

(5) WASHER, FLAT, 11 X 20 X 2, BZ, **4pc.**

STEP 3 - SMITH BAR



Install smith bar by inserting the **SMITH BAR PIVOT (10)** through the smith carriage on both sides and into the **SMITH BAR ASSEMBLY (9)**. Attach to smith carriage with **4X M6 BOLTS (11)** repeat on opposite side.

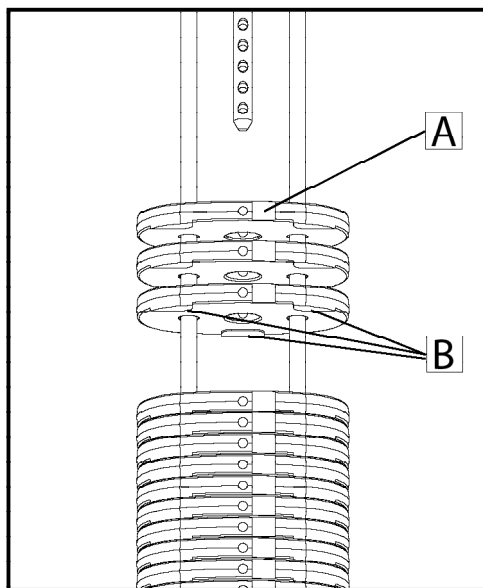
HARDWARE REQUIRED:

(11) BOLT, M6 X 1.0 X 14, SH, BZ, **8pc.**

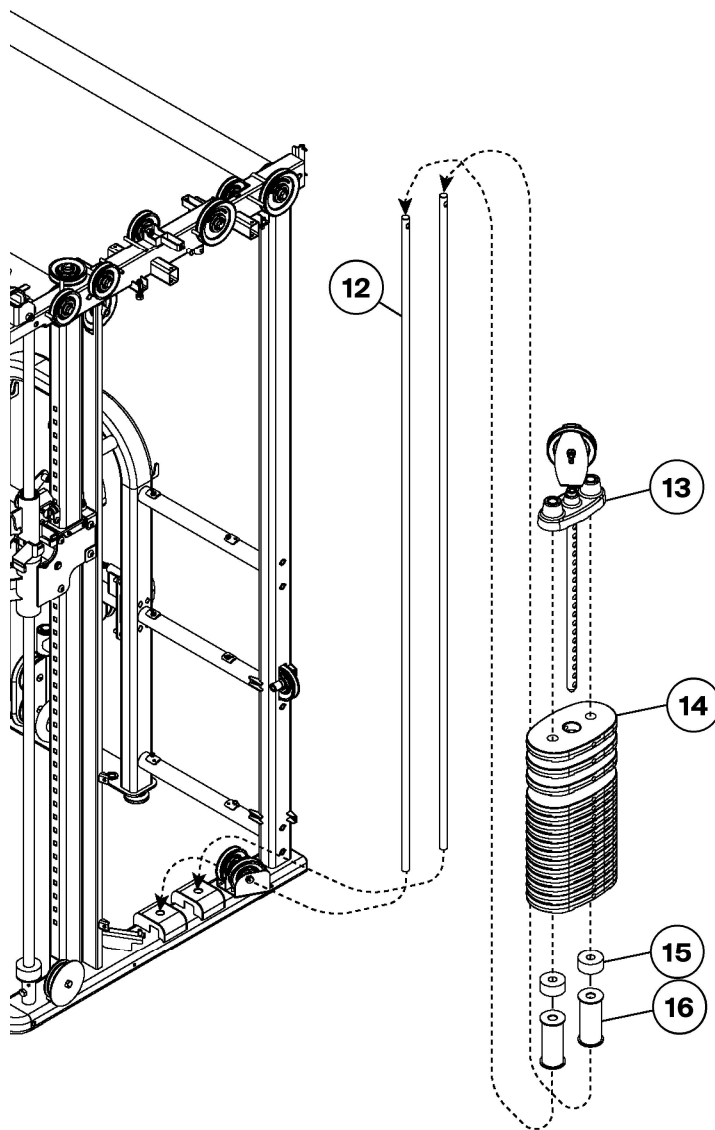
STEP 4 - WEIGHT STACKS

Install weight stack **GUIDE RODS (12)** then remaining items in the following order **WEIGHT STACK RISERS (16)**, **RUBBER BUMPERS (15)**, **WEIGHT PLATES (14)**, and **TOP WEIGHT ASSEMBLY (13)**

During each plate installation make sure for both weights stacks the flat sticker pocket **(A)** is facing the user during normal operation and the three weight plate feet **(B)** are facing down.

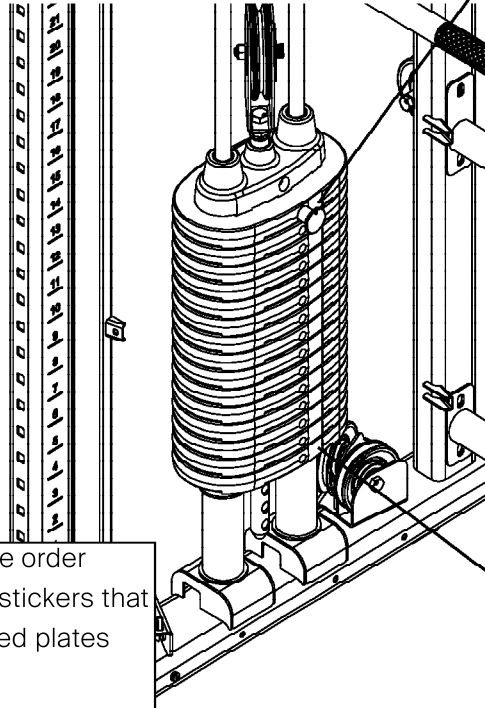
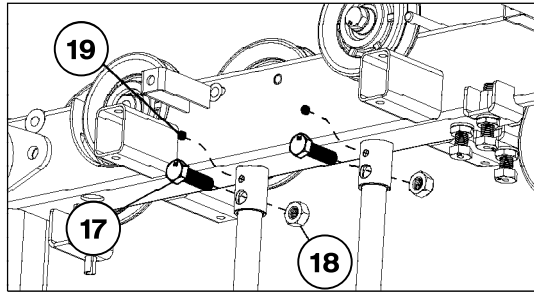


REPEAT WITH OPPOSITE SIDE

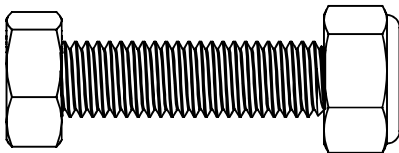


STEP 4 - WEIGHT STACKS CONTINUED

After all items are placed on guide rods in the engine. Secure guide rods with **M10 HEX BOLT (17)** and **M10 LOCKNUT (18)** Secure guide rods with **SET SCREW (19)**



Apply stickers to plates in the order shown. There are additional stickers that can be used if you have added plates

**HARDWARE REQUIRED:**

(17) HEX HEAD BOLT M10 X 35L 4pc..

(18) HEX LOCK NUT M10, 4pc..



(19) SET SCREW M6, 4pc..

STEP 5 - WEIGHT STACK CABLES

[FIG-1]

Locate the pulley above the weight stack, remove the pulley and set aside the hardware.

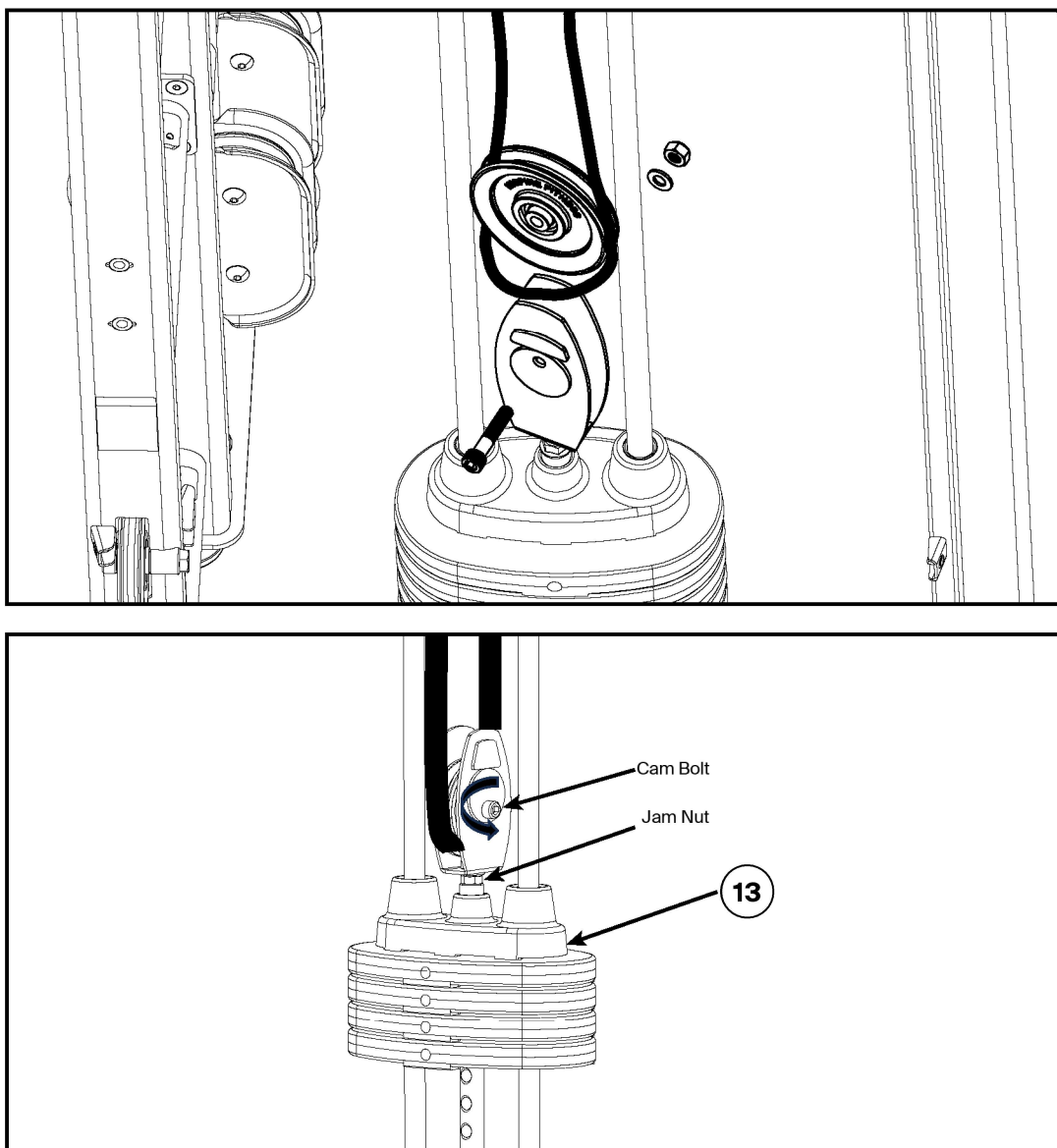
Unwrap cables that are attached to the main frame and uncoil. Route the bottom loop around the weight stack pulley and reassemble with the same hardware.

[FIG-2]

Ensure that the cables are not twisted and the pulley is perpendicular to the guide rods.

Adjust the cable tension by rotating the cam bolt until the **Top Plate Assembly (13)** starts lifting slightly from the weight

stack. Tighten the nut of the cam bolt to lock it's position. Then tighten the jam nut at the base of the pulley.

**REPEAT WITH OPPOSITE SIDE**

STEP 6 - COUNTERWEIGHT INSTALLATION

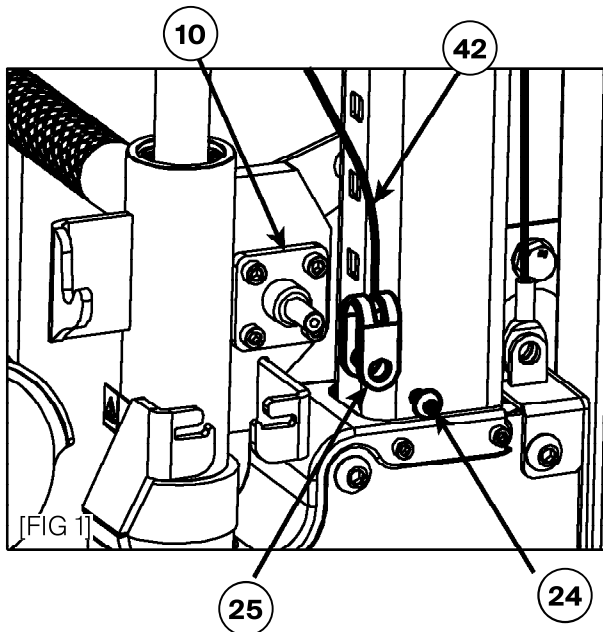
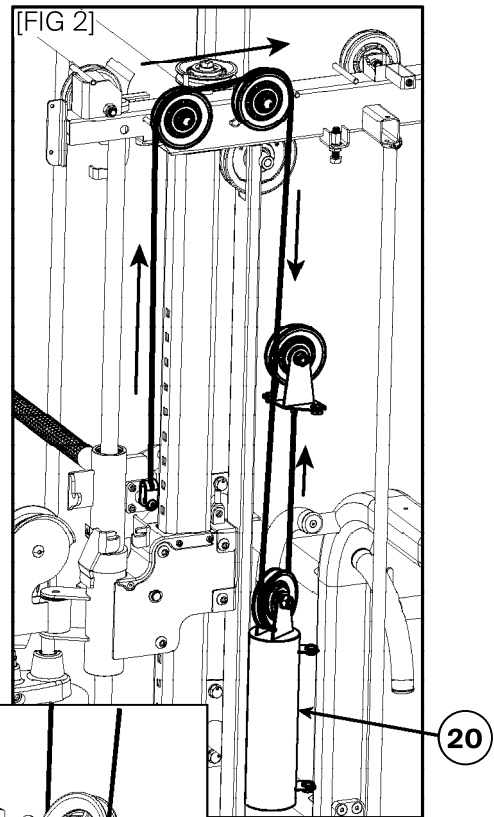


FIG 1

Start with **SMITH PULLEY CABLE (54)** and attach to **U-BRACKET (25)** then screw into the **SMITH BAR PIVOT (10)** with **M6 BOLT (24)**.



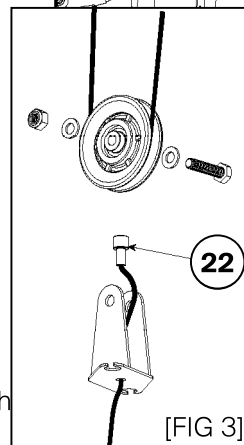
[FIG 2]

FIG 2

Run the cable over pulleys as indicated and through the **COUNTERWEIGHT PULLEY (20)**.

FIG 3

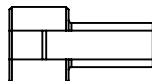
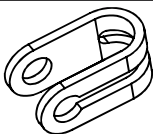
Remove smith floating pulley and set hardware aside, run end of cable through pulley bracket and secure with gold cable adapter from floating bracket. Reassemble the pulley taking care to make sure pre-installed cable is in the proper place.



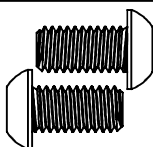
[FIG 3]

REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED:

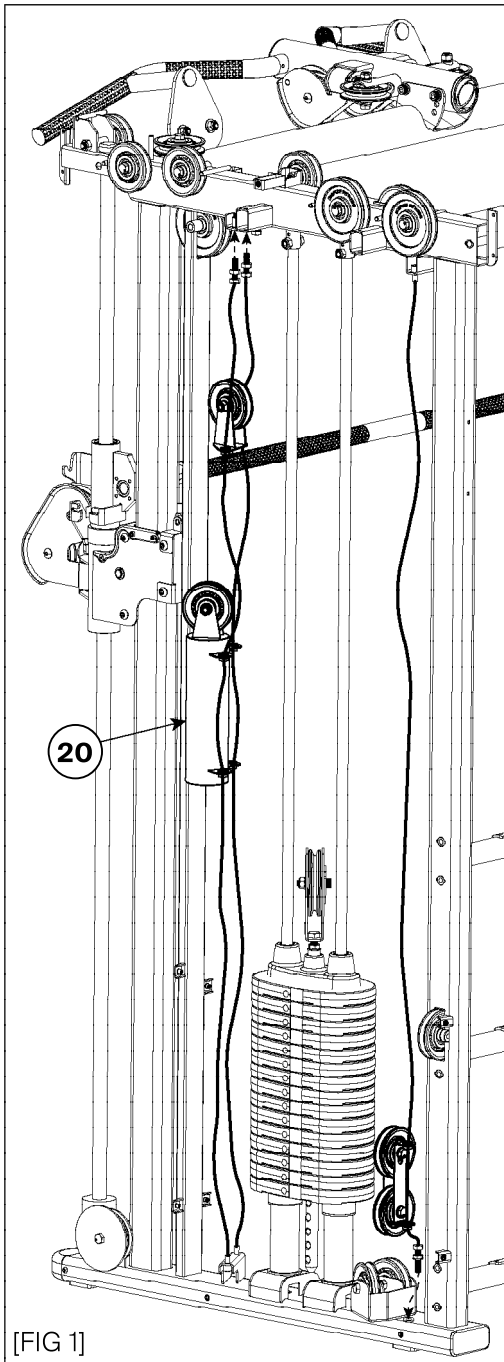
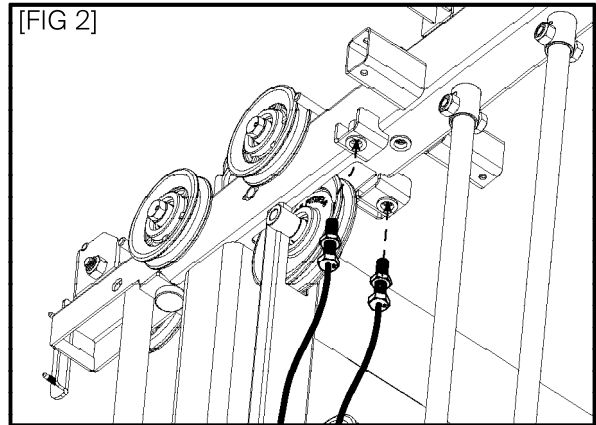


(25) SMITH U-BRACKET 2pc..
(22) CABLE ADAPTER 2pc..



(24) SET SCREW M6, 2pc..

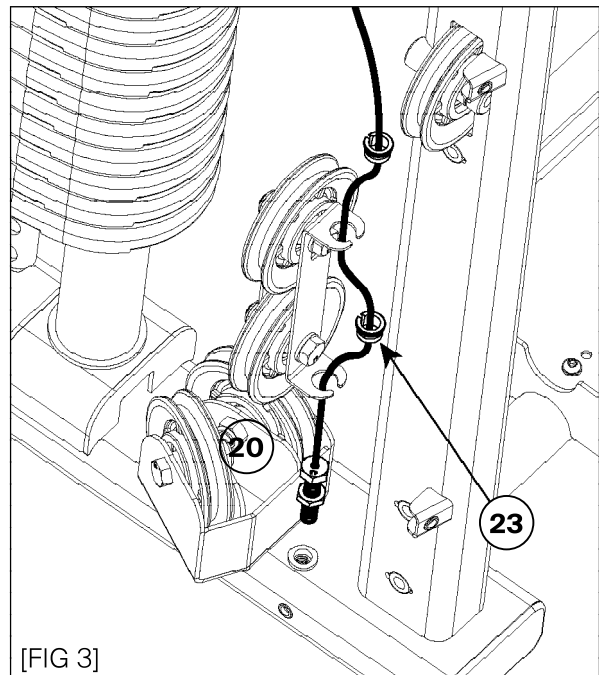
STEP 7 - GUIDE CABLES

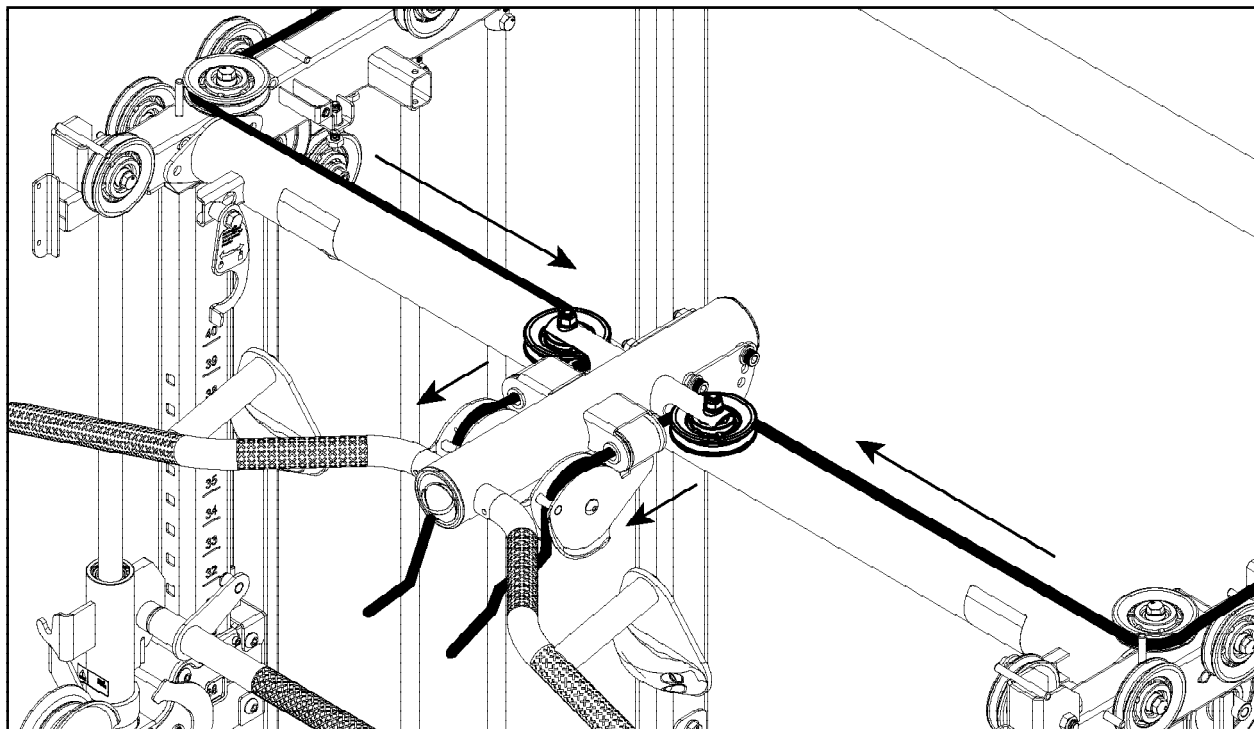
**REPEAT WITH OPPOSITE SIDE**

[FIG 1] Route the **GUIDE CABLES (52)** as indicated.

Attach cable end through **CABLE ADAPTERS (22)** and through **CABLE GROMMETS (23)** - [FIG 3]. Attach cables to **COUNTER WEIGHT (20)** and **SMITH PULLEY (21)** in same manner as show in [FIG 3].

For all three guide cables screw threaded cable ends in to frame as indicated in [FIG 2] and [FIG 3].



STEP 8 - UPPER CABLE INSTALLATION

Unwrap cables from packaging on top of frame. Remove **BALL [A], U-BRACKET [B], AND HARDWARE [C]** from cable [FIG 4] and set aside;

Route the cables through the pulleys as indicated above.

Re-attach **BALL [A], U-BRACKET [B], AND HARDWARE [C]** to cable.

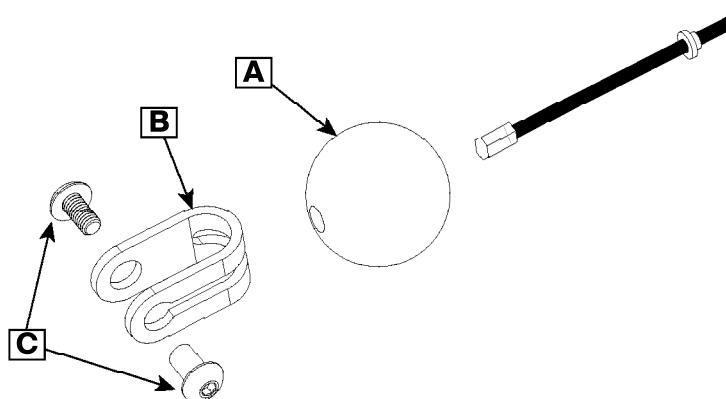
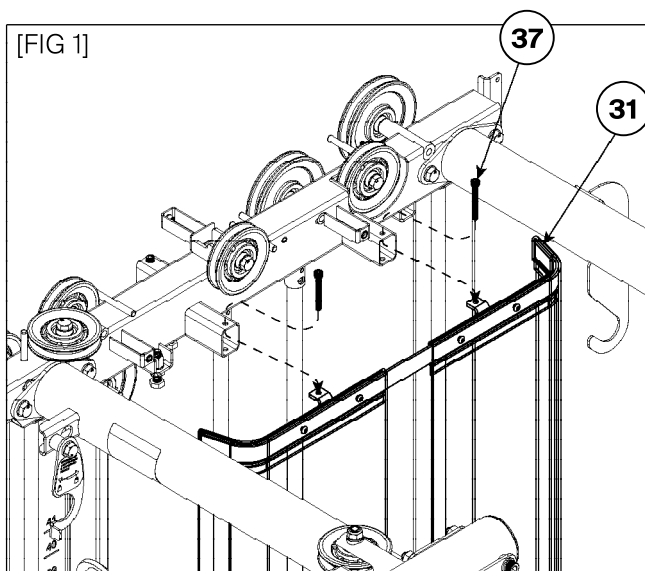


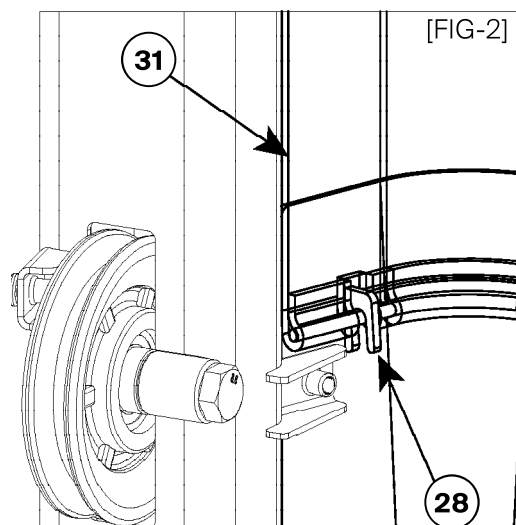
FIG 4

STEP 9 - COLUMN SHROUD INSTALLATION



[FIG-1]

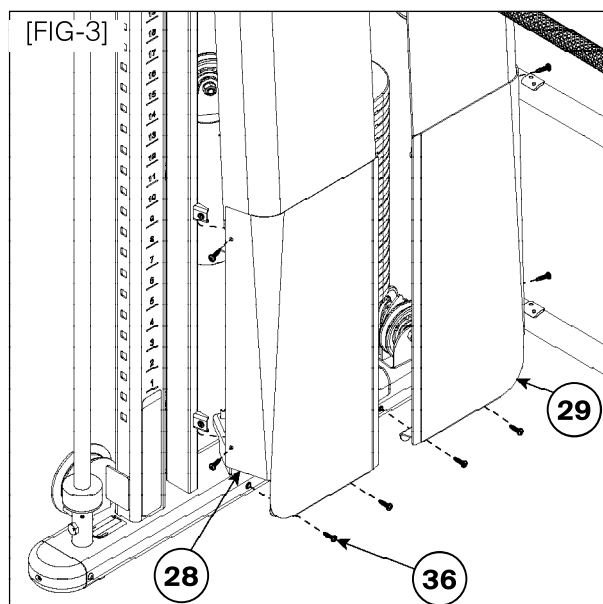
Attach **INSIDE TOP FABRIC SHROUD (31)** to top of frame with **M6 SOCKET HEAD BOLT (37)**



[FIG-2]

[FIG-2]

Attach **LOWER INSIDE SHROUDS (28 & 29)** to **UPPER FABRIC SHROUD (30)** by hanging lower shrouds from fabric shroud



[FIG-3]

[FIG-3]

Attach **LOWER INSIDE SHROUDS (28 & 29)** to frame with **M5 SCREWS (36)**

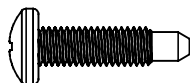
Tighten fabric shrouds by turning **M6 SOCKET HEAD SCREWS (37)** at top of frame until tight and the top bar is parallel to floor

REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED:

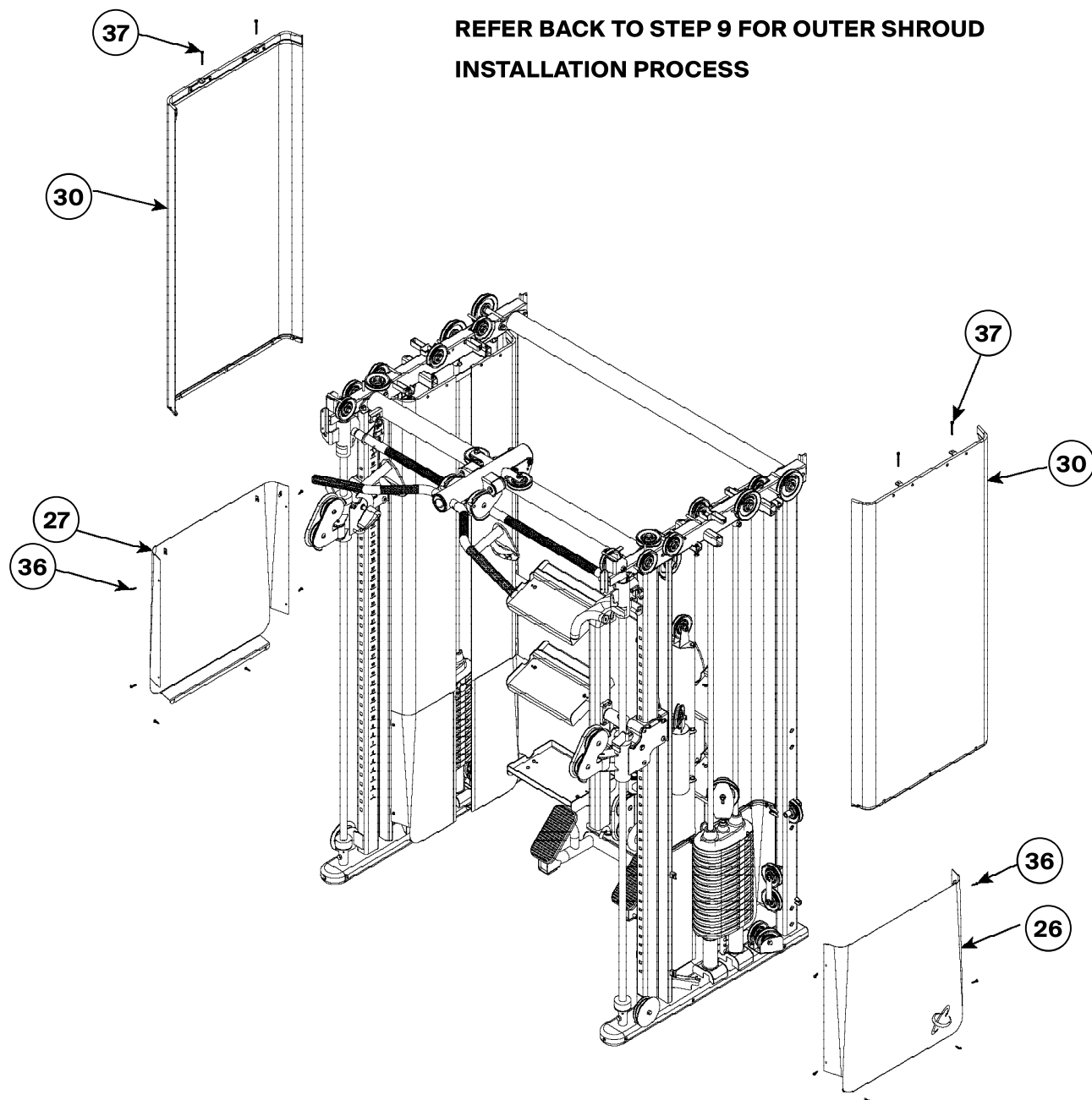


(37) BOLT, M6 X 1.0 X 50, SH, CZ, 4pc.



(36) SCREW, M5 X 0.8 X 20, PH, BZ, PILOT TIP 16pc.

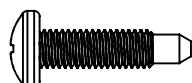
STEP 9 - SHROUD INSTALLATION CONTINUED



HARDWARE REQUIRED:

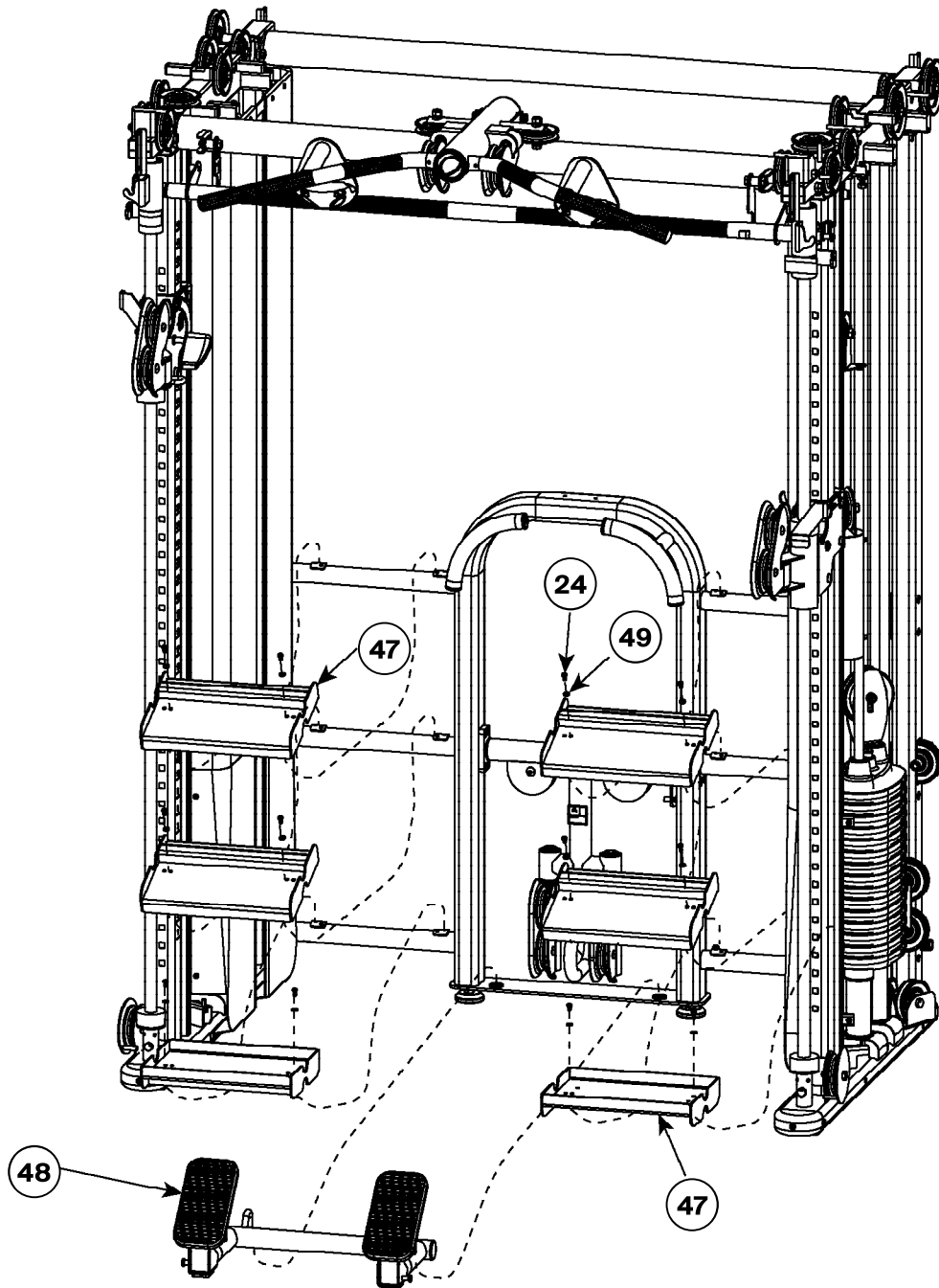


(35) BOLT, M6 X 1.0 X 50, SH, CZ, **4pc.**

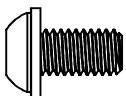


(36) SCREW, M5 X 0.8 X 20, PH, BZ, PILOT TIP **16pc.**

STEP 10 - STORAGE SHELVES / BENCH POSITIONER



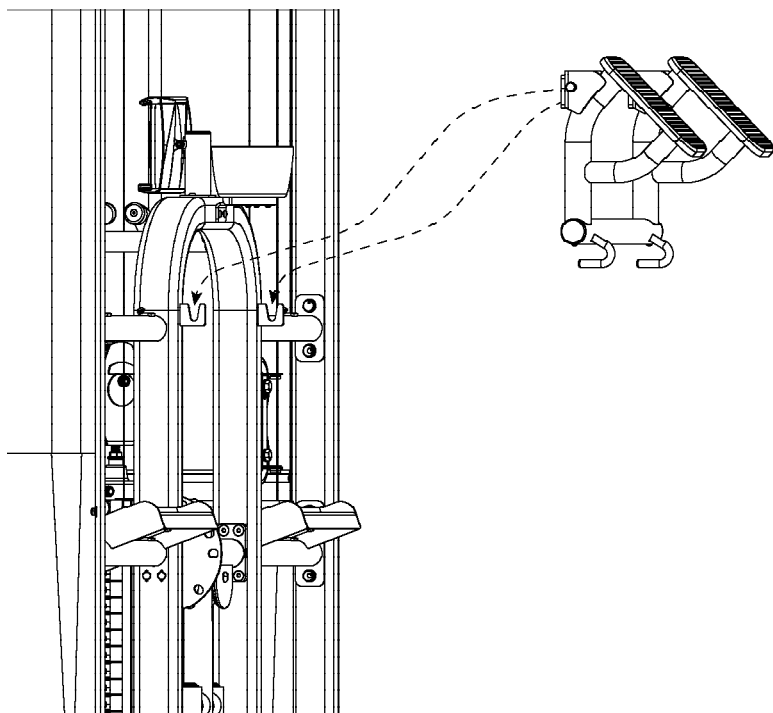
HARDWARE REQUIRED:



(24) BOLT, M6 X 1.0 X 12, BH, BZ, **12pc.**

(49) WASHER, FLAT, 6.5 X 12 X 1.5, BZ, **12pc**

STEP 10 - STORAGE SHELVES / BENCH POSITIONER CONTINUED



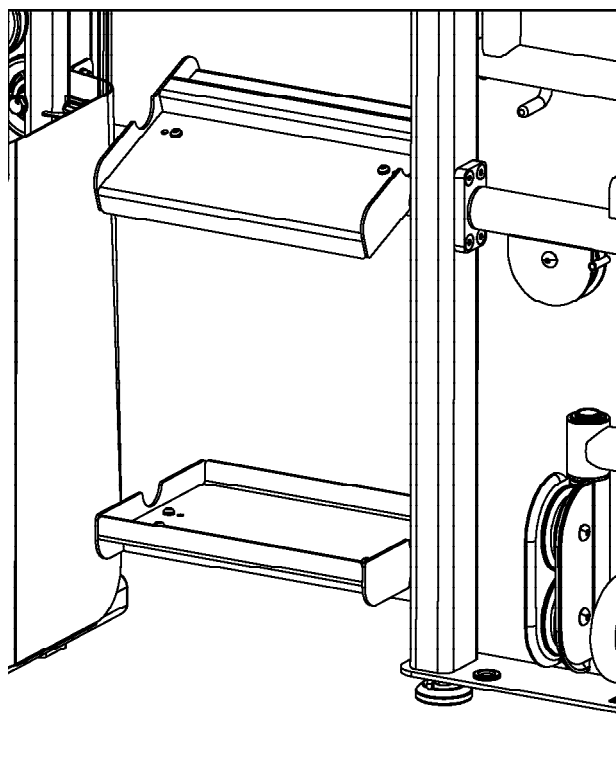
BENCH POSITION FRAME (48)

can be stored on the back of the gym when not in use.

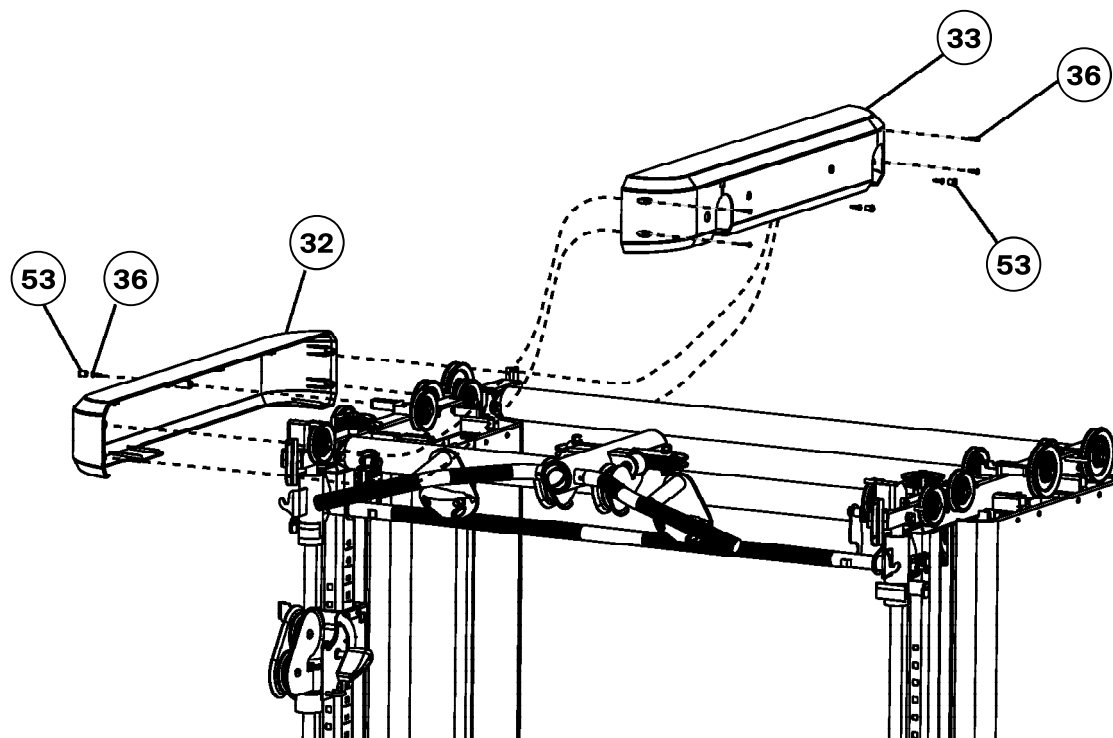
You can assemble the **STORAGE SHELVES (47)** into either a flat shelf for storage or an angled shelf for dumbbells

Do this by removing the **M5 PHILLIPS SCREWS (36)** and **FLAT WASHERS (49)** then flip the shelf and reassembling.

Note that the outer holes are used for the flat shelf while the inner holes are for attaching the angled shelf

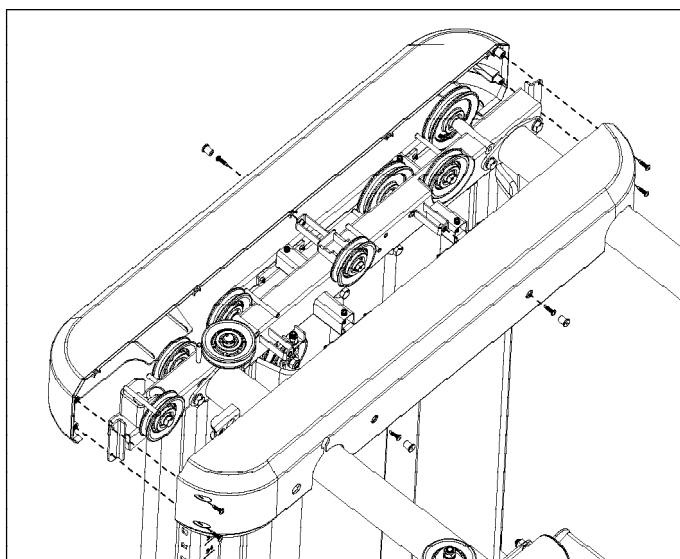


STEP 8 - UPPER SHROUD INSTALLATION



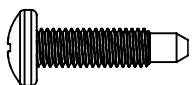
Install **TOP CAP SHROUDS (32/33)** & **(34/35)** start with **M5 PHILLIPS SCREWS (36)** that attach to the frame then the screws that secure the plastics together add the **RUBBER PLUGS (53)** into the holes indicated

NOTE: the **RUBBER PLUGS (53)** will be pre-installed into a shrouds and need to be removed before installation

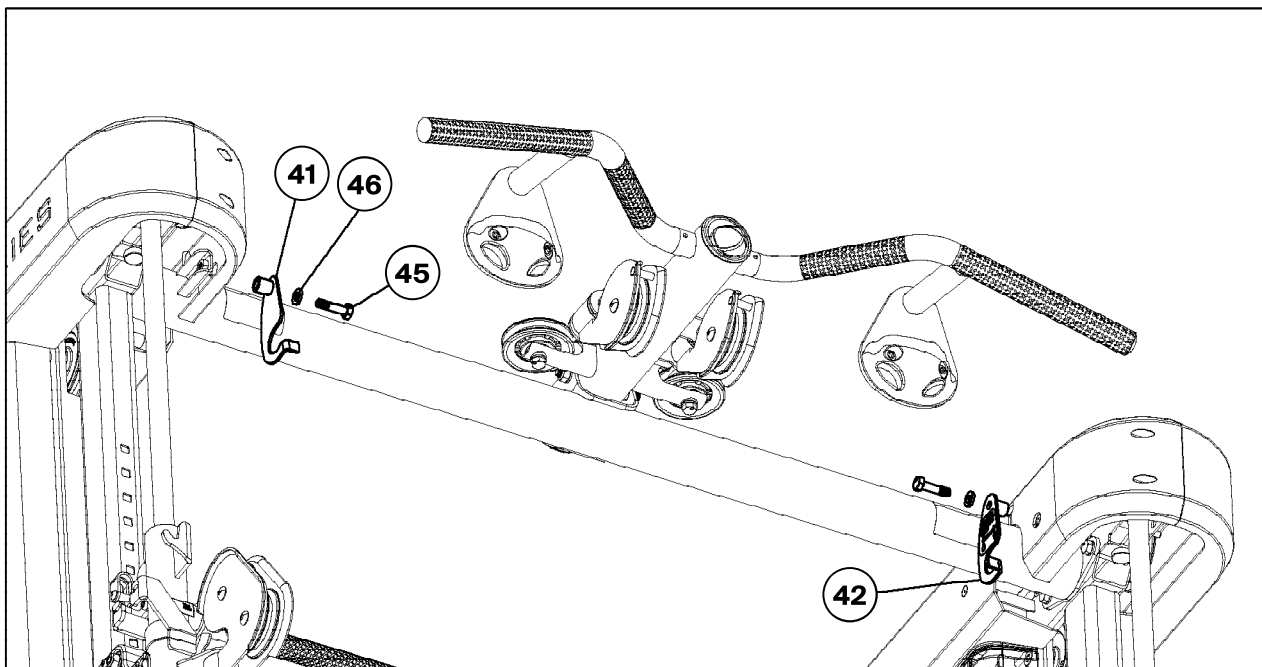
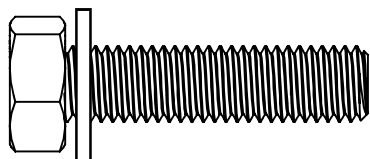


REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED:



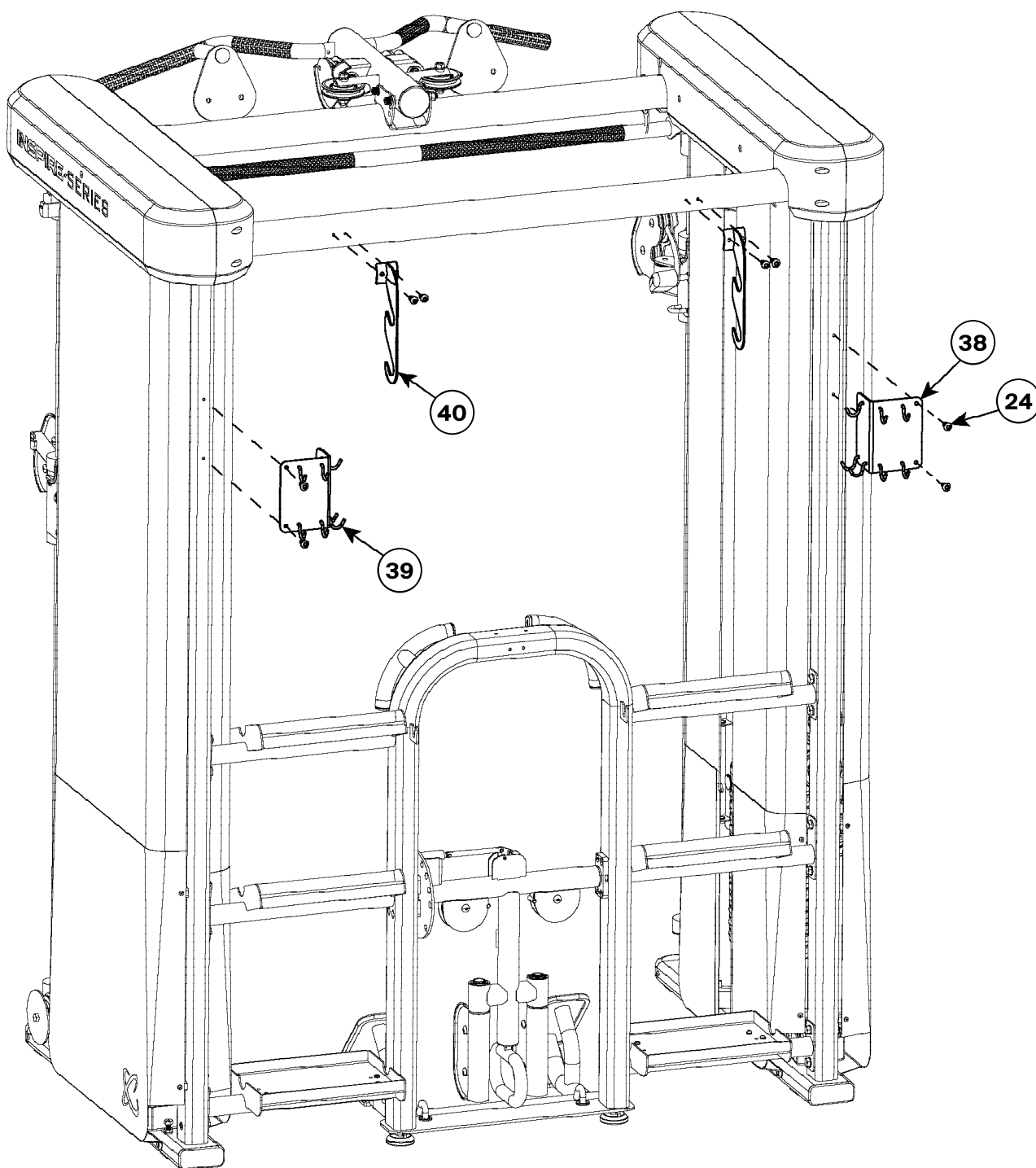
(36) SCREW, M5 X 0.8 X 20, PH, BZ, PILOT TIP 16pc.

STEP 12 - INSTALL SMITH BAR CATCHES**HARDWARE REQUIRED:**

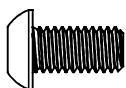
(45) BOLT, M10 X 40, HEX, **4pc.**

(46) PLASTIC WASHER, FLAT, M11, **4pc.**

STEP 13 - INSTALL ACCESSORY AND BAR HOLDERS

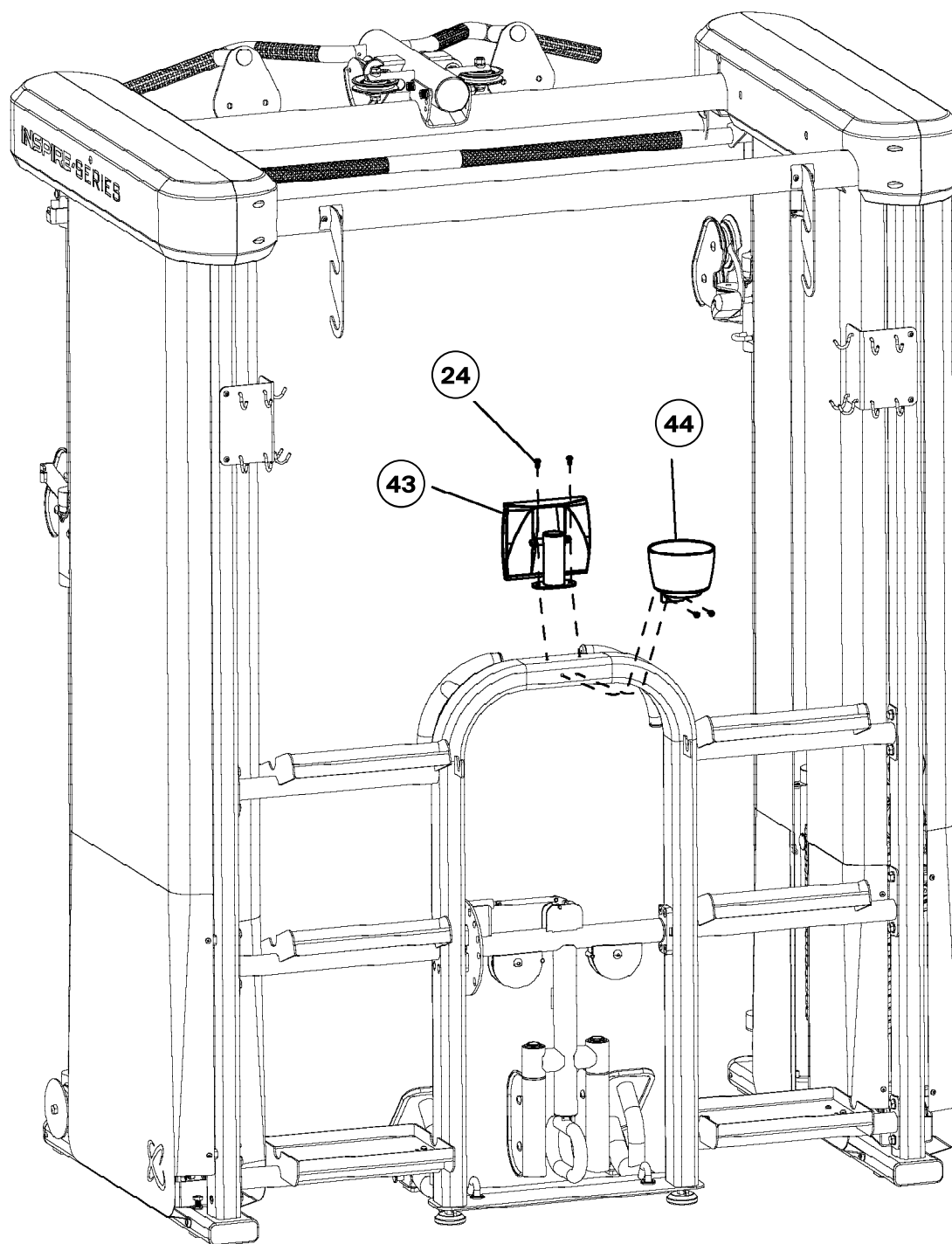


HARDWARE REQUIRED:

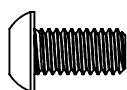


(24) BOLT, M6 X 1.0 X 12, BH, BZ 8pc.

STEP 14 - INSTALL TABLET AND WATER BOTTLE HOLDERS



HARDWARE REQUIRED:

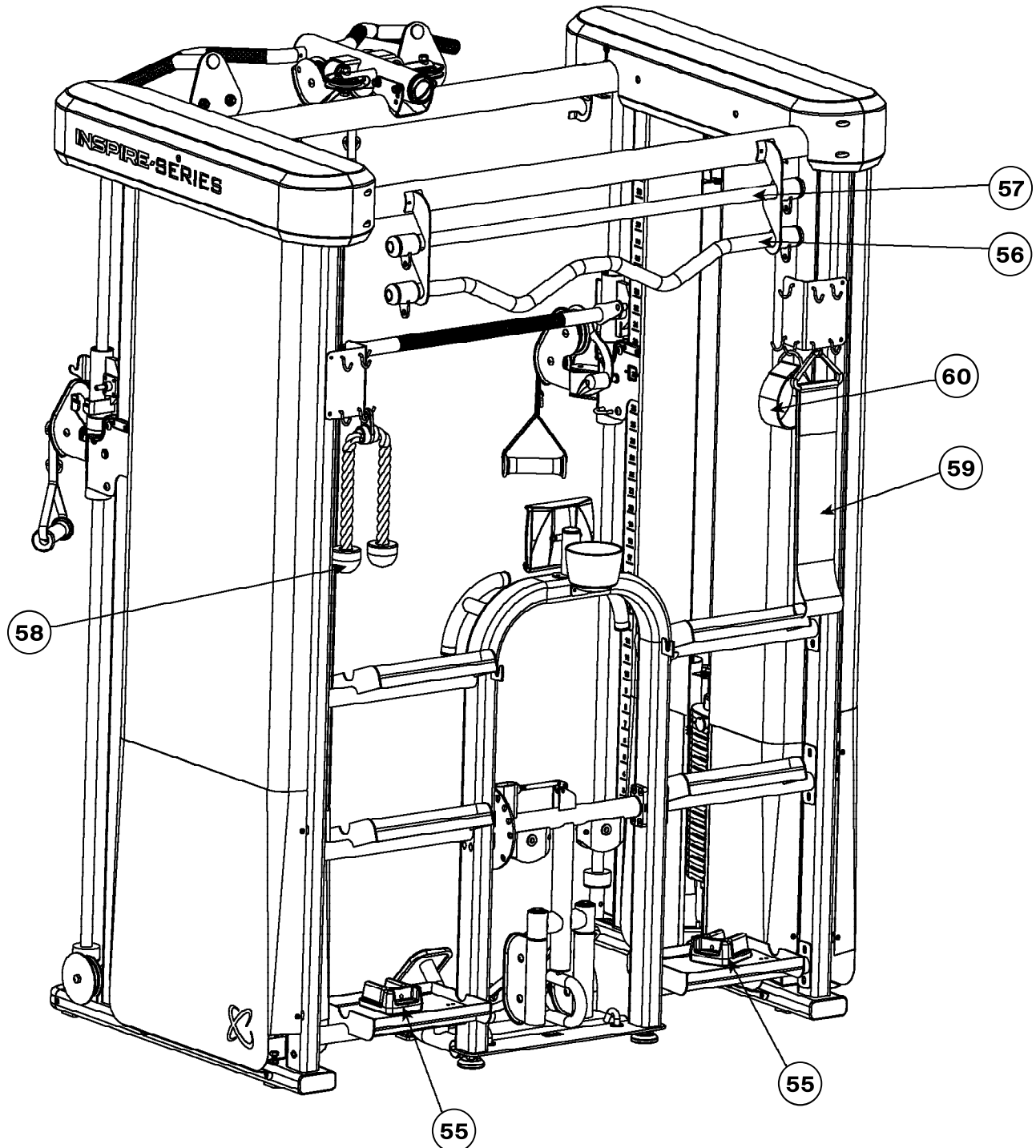


(24) BOLT, M6 X 1.0 X 12, BH, BZ **4pc.**

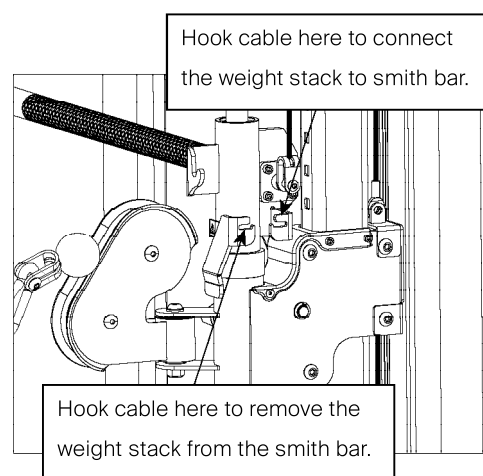
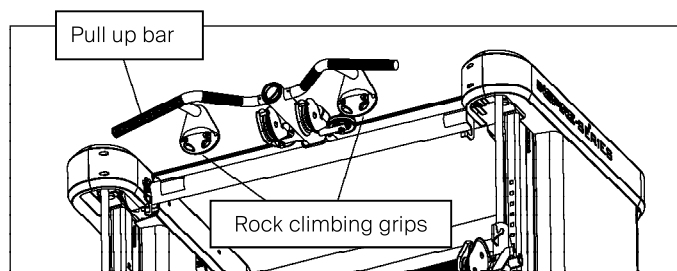
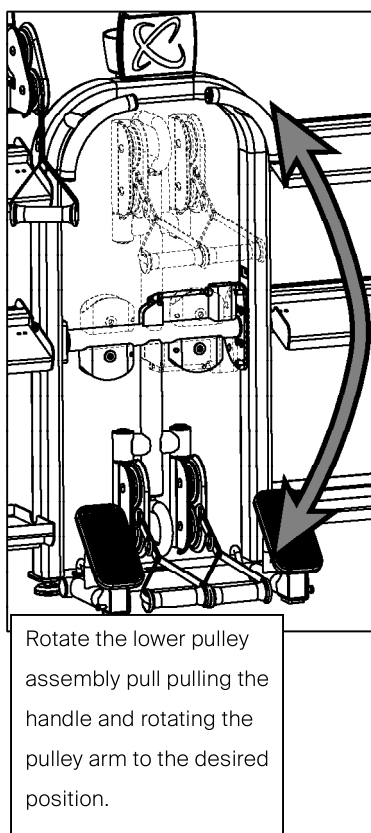
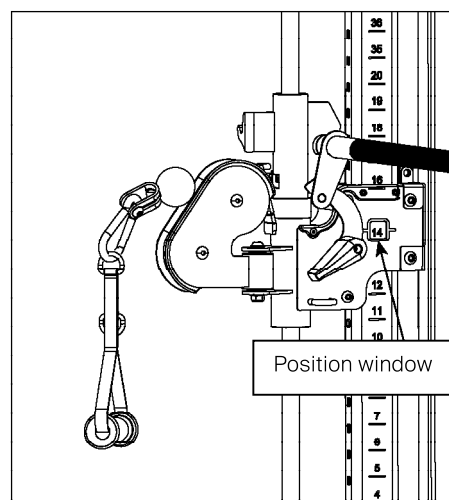
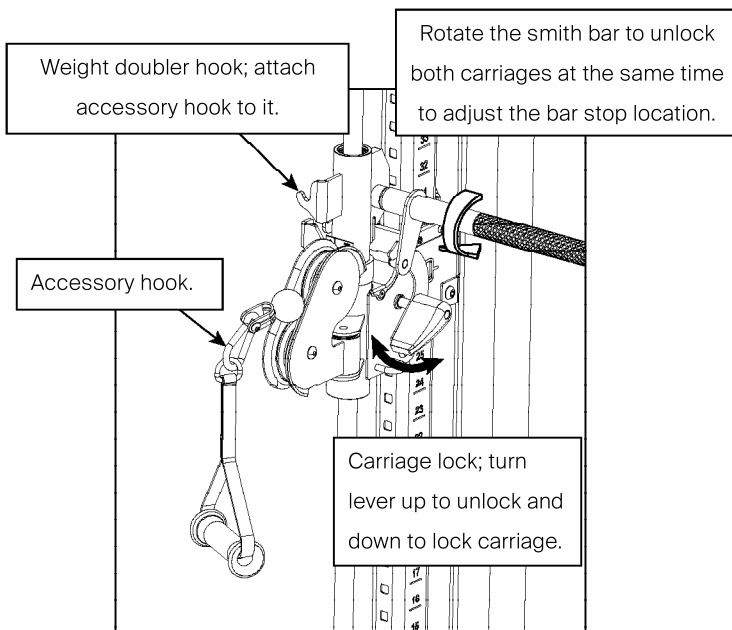
ACCESSORIES PAGE

Place the **5LB ADD ON WEIGHTS (55)**, **DUAL HOOK CURL BAR (56)**, **STRAIGHT BAR (57)**, **TRICEP ROPE (58)**, **CHIN/DIP BELT (59)**, and **ANKLE STRAP (60)** on the accessory racks as shown.

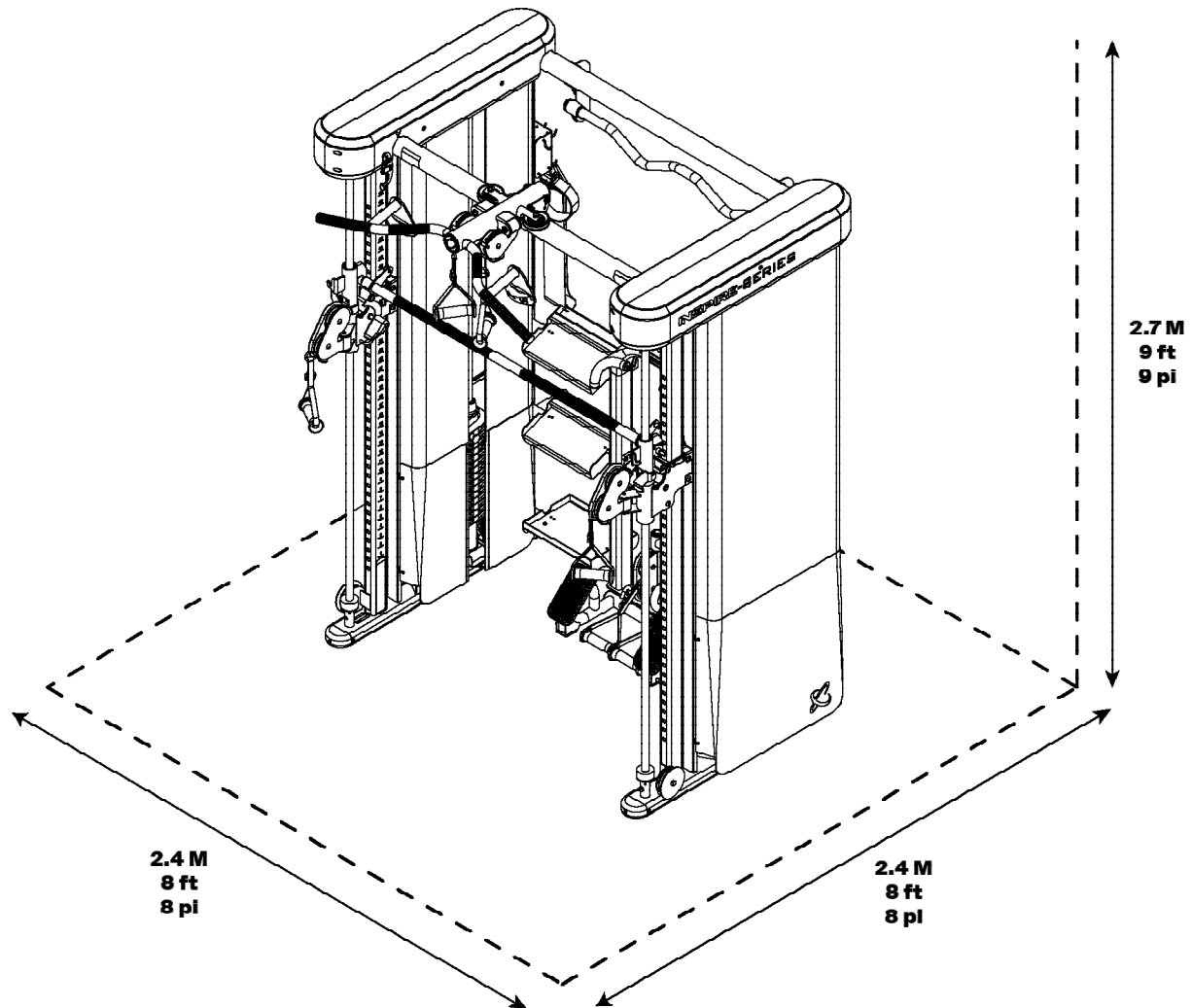
Note: to use the 5lb add onweight place on top of the weight stacks in between the pullies.



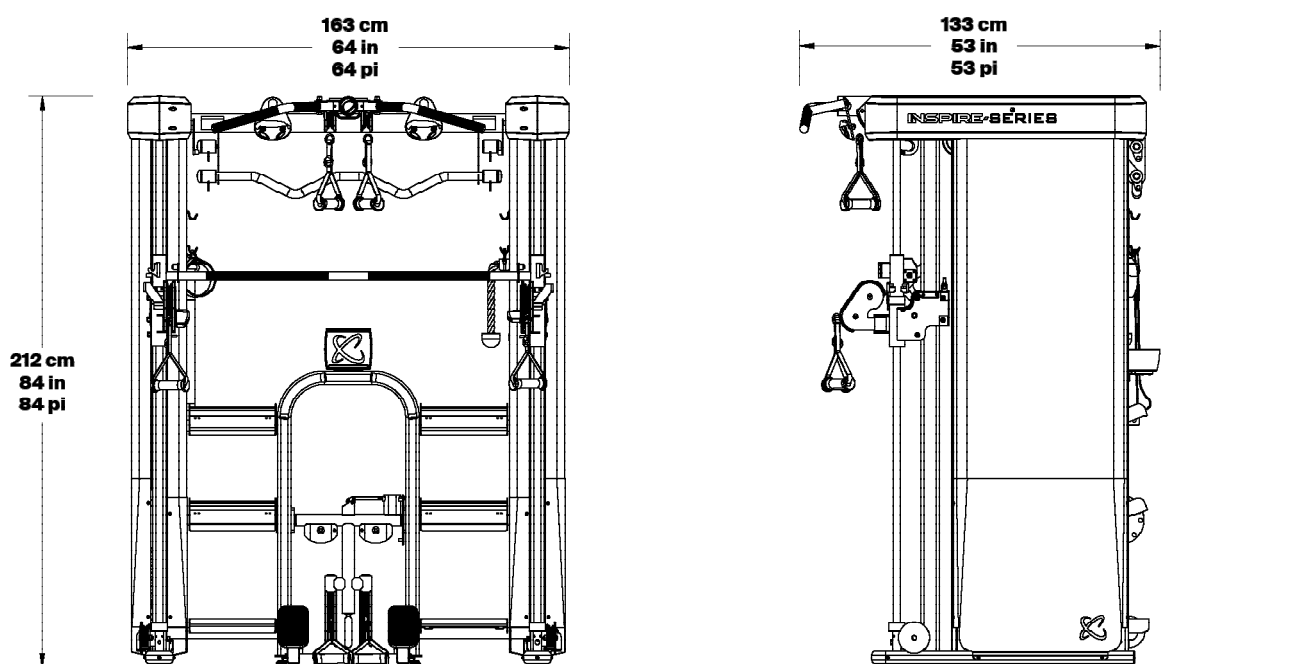
FEATURES AND FUNCTIONS



WORKOUT AREA



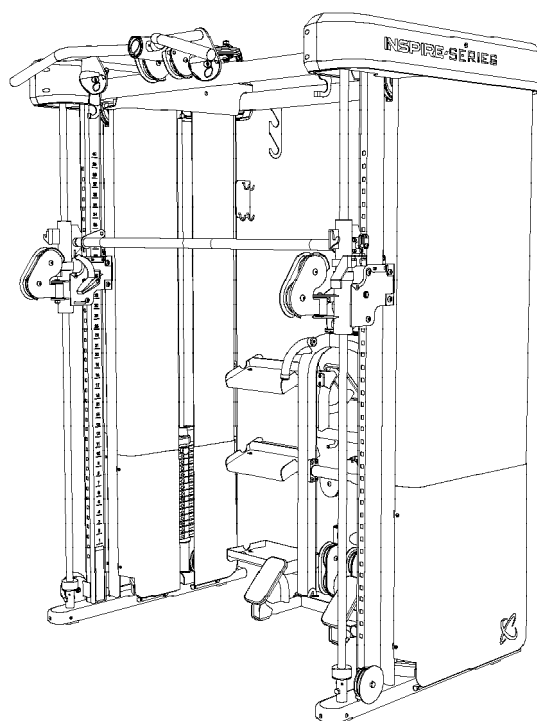
PRODUCT DIMENSIONS



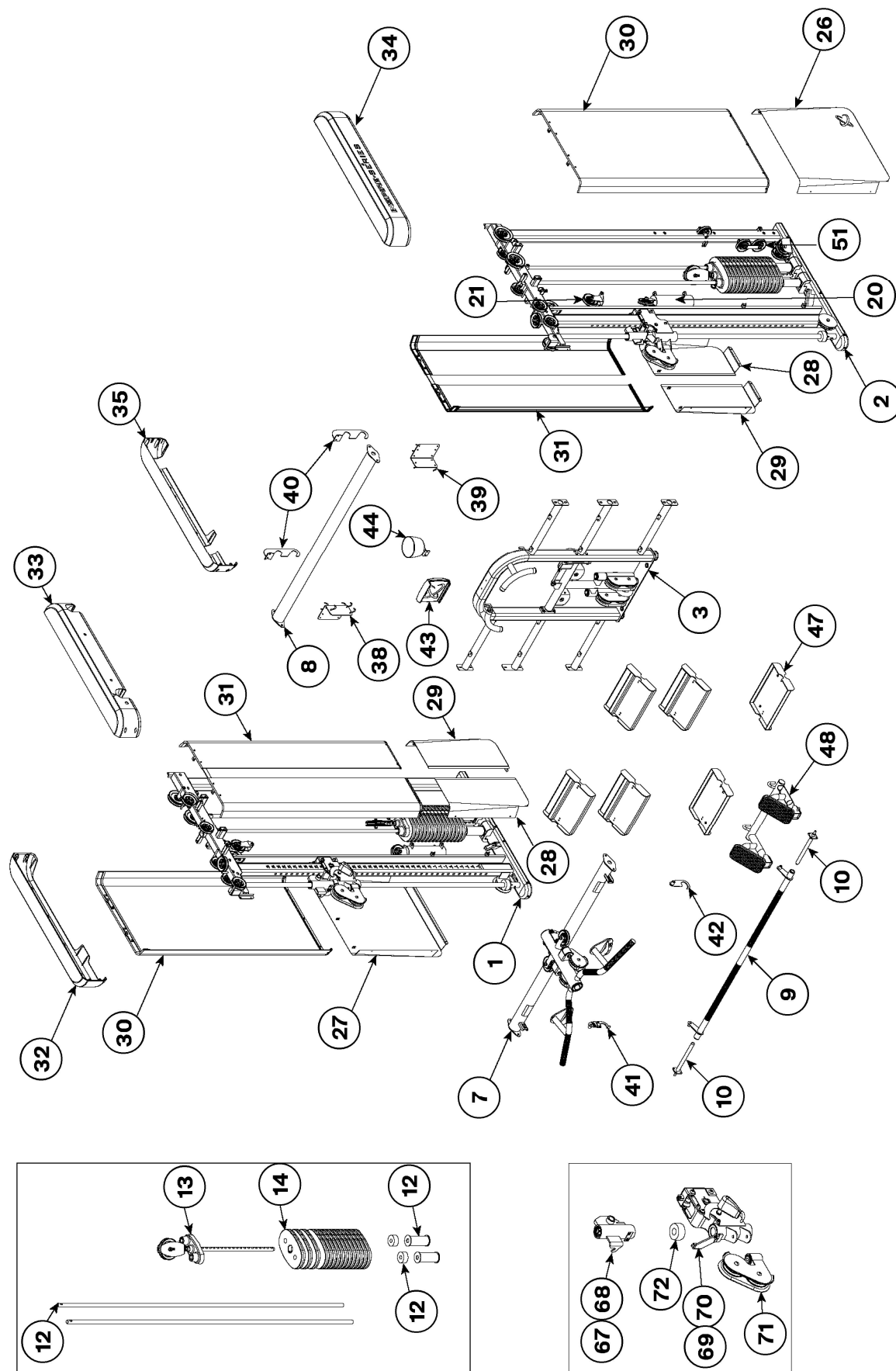
MAINTENANCE

Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the schedule of maintenance which is located as a label on your machine (Refer to page 7 for location)

- Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable. **Pay particular attention to the cable ends.**
- 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 FT2 Pro Functional Trainer.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a Teflon™ based lubricant.



EXPLODED VIEW



PARTS LIST

No.	Part No.	Description	Qty.	No.	Part No.	Description	Qty.
1	103403	RH COLUMN ASSEMBLY	1	50	102629	*SELECTION PIN	2
2	103487	LH COLUMN ASSEMBLY	1	51	103504	FLOATING DOUBLE PULLEY	2
3	103395	CENTER FRAME ASSEMBLY	1	52	104981	GUIDE CABLES	6
4	103236	*HEX HEAD M10 X 45L	18	53	104282	PLUG, TOP SHORUD	6
5	102390	*FLAT WASHER M10	22	54	104980	SMITH PULLEY CABLE	2
6	102666	*HEX HEAD M10 X 20L	2	55	GM692-500-001	5LB ADD-ON WEIGHT	2
7	103462	TOP FRONT CROSS FRAME	1	56	GM691320003PZ02	DUAL HOOK CURL BAR	1
8	103408	REAR CENTER CROSS FRAME	1	57	GM691320004PZ03	STRAIGHT BAR	1
9	103532	SMITH BAR	1	58	GM692-881-011	TRICEP ROPE	1
10	103539	SMITH BAR PIVOT	1	59	GM692-400-005	CHIN/DIP BELT	1
11	103541	*SOCKET HEAD BOLT M6 X 14	8	60	GM690-880-002	ANKLE STRAP	1
12	103665	GUIDE ROD - WEIGHT STACK	4	61	GM870-880-007SK	SINGLE HANDLE	6
13	102621	TOP WEIGHT PLATE ASSEMBLY	2	62	80254	HARDWARE CARD 1	1
14	102626	WEIGHT PLATE, 10LBS	30	63	80255	HARDWARE CARD 2	1
15	102582	RUBBER BUMPER	4	64	80256	HARDWARE CARD 3	1
16	103583	WEIGHT STACK RISER	4	65	104983	CENTER FRAME CABLE	2
17	104324	*HEX HEAD M10 X 35L	4	66	104984	MAIN CARRIAGE CABLE	2
18	102391	*HEX LOCK NUT M10	4	67	103519	ASSY SMITH CAR GUIDE RH	1
19	102520	*SET SCREW M6	4	68	103512	ASSY SMITH CAR GUIDE LH	1
20	103494	COUNTER WEIGHT	2	69	103522	ASSY CARRIAGE RH	1
21	103498	SMITH PULLEY	2	70	103485	ASSY CARRIAGE LH	2
22	103542	*CABLE ADAPTERS	8	71	103478	ASSY CARRIAGE PULLEY	2
23	102588	*GUIDE CABLE GROMMET	16	72	103609	BUMPER 20X60X28	2
24	102659	*BUTTON HEAD SCREW M6 X 12	2	* ITEM ON HARDWARE CARD			
25	102656	*U-BRACKET	2				
26	104009	SHROUD OUTER LOWER LH (METAL)	1				
27	103903	SHROUD OUTER LOWER RH (METAL)	1				
28	103910	SHROUD INNER LOWER LH (METAL)	2				
29	103841	SHROUD INNER LOWER RH (METAL)	2				
30	103846	SHROUD OUTSIDE TOP (FABRIC)	2				
31	103716	SHROUD INSIDE TOP (FABRIC)	2				
32	104280	SHROUD OUTSIDE TOP CAP RH	1				
33	104281	SHROUD INSIDE TOP CAP RH	1				
34	104284	SHROUD OUTSIDE TOP CAP LH	1				
35	104285	SHROUD INSIDE TOP CAP LH	1				
36	103680	*PHILLIPS HEAD M5X20	42				
37	103141	SOCKET HEAD BOLT M6X50	8				
38	103891	ACCESSORY HOOKS RH	1				
39	103901	ACCESSORY HOOKS LH	1				
40	103447	BAR RACK	2				
41	103737	SMITH BAR LOCK RH	1				
42	103741	SMITH BAR LOCK LH	1				
43	103925	TABLET HOLDER	1				
44	103933	WATER BOTTLE HOLDER	1				
45	102661	*HEX HEAD BOLT M10 X 40L	2				
46	103738	*PLASTIC WASHER M10	2				
47	103630	STORAGE SHELF	6				
48	102699	BENCH POSITIONER	1				
49	102401	*FLAT WASHER M6.5	12				

CENTR