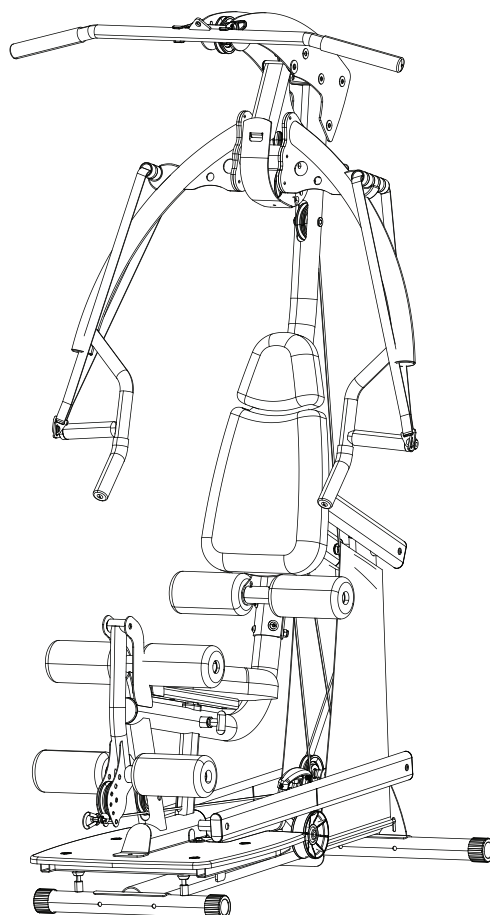




Model: BW1.1

USER MANUAL

CENTR BODY WEIGHT HOME GYM MACHINE



Record Serial Number Here

MADE IN CHINA
V07212023

WELCOME

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.

US CUSTOMERS

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



EMAIL

service@centr.com



PHONE

877-738-1729 (US Only)
+1 714-738-1729 (Global)
Mon-Fri 8am-5pm PT - UTC-7h/8



CHAT

www.inspirefitness.com

Support is provided in English and Spanish

GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

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.

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. Only one person at a time should use the machine.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Keep hands away from all moving parts.
7. 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.
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, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. The Centr 1 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 Centr 1 Home Gym at the same time.
 - The person must also ensure that no other person is in the exercise area of the Centr 1 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.

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.

MAINTENANCE

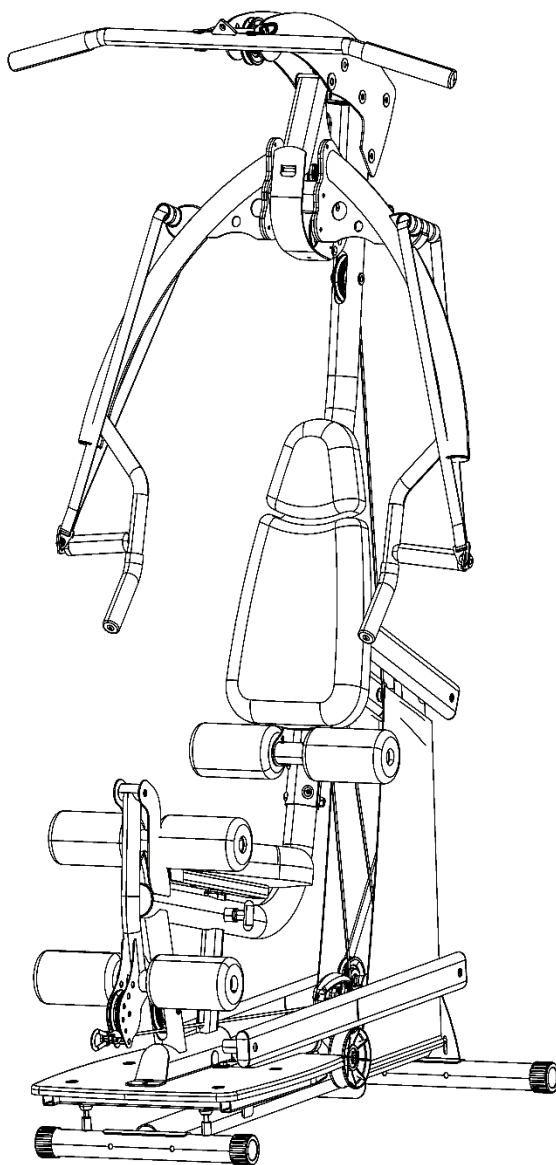
WARNING

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

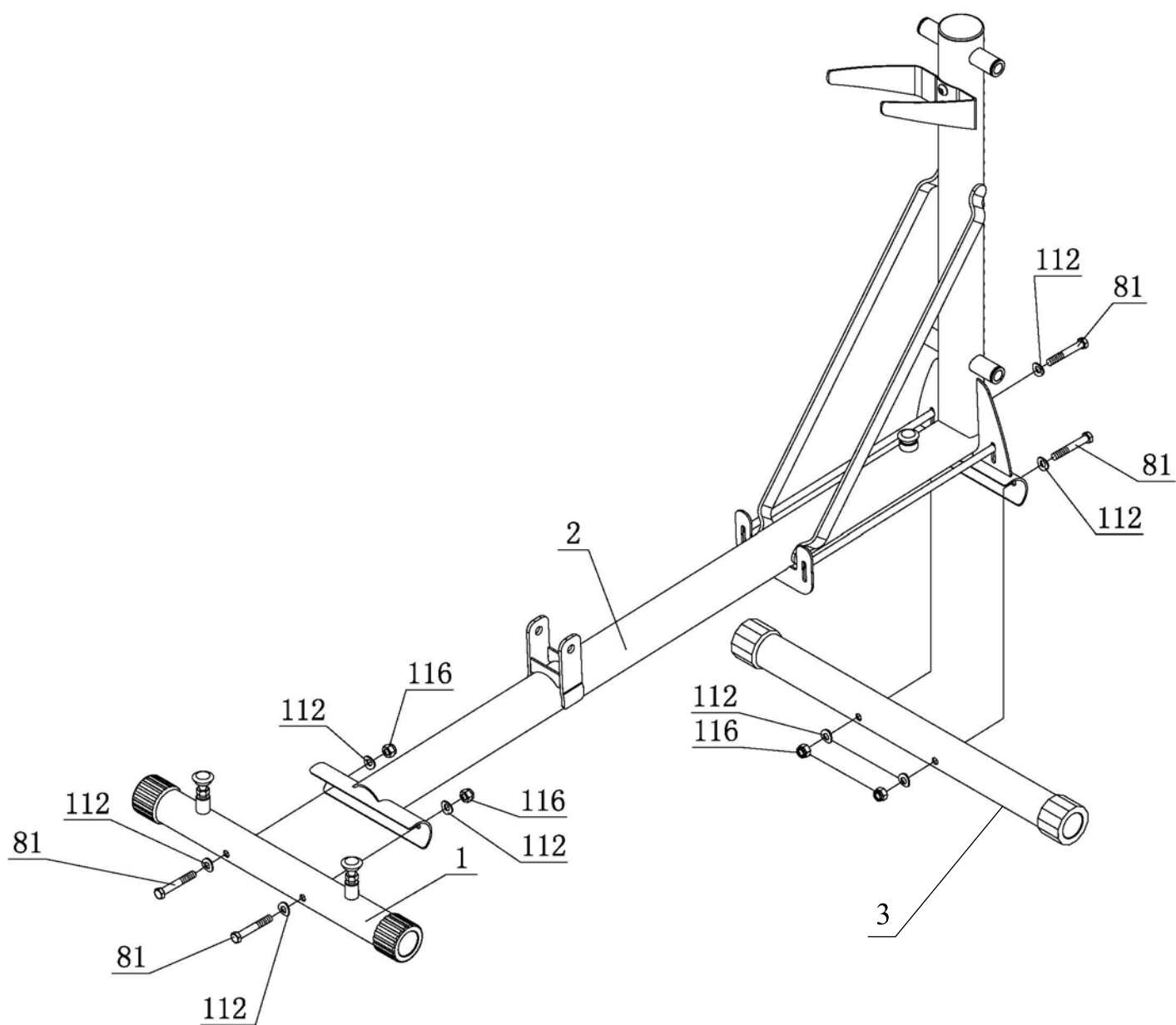
DO NOT leave items sitting on the seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.

- 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 Home Gym.
- 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.

ASSEMBLY INSTRUCTIONS



STEP 1

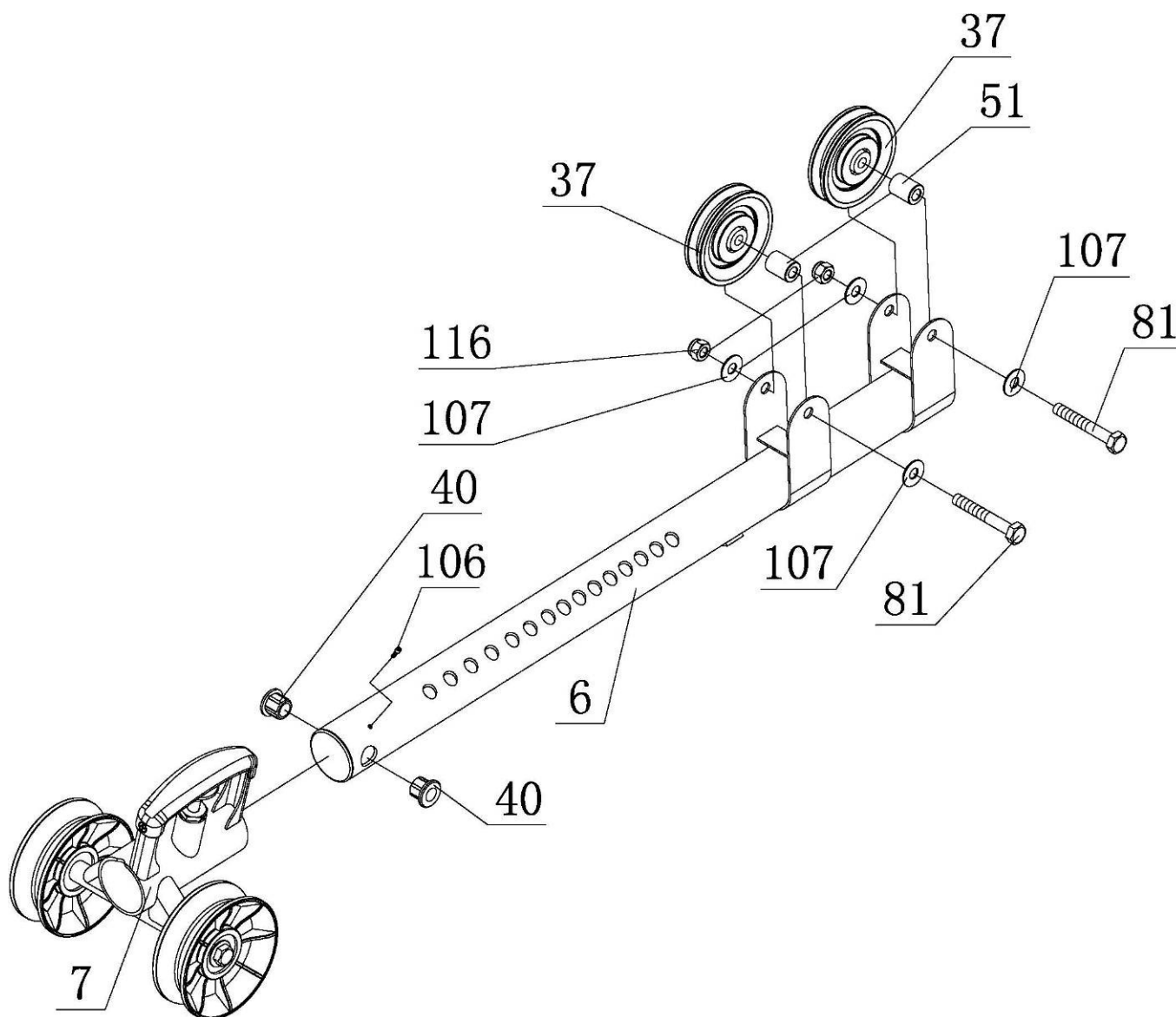


Attach Front Foot Assembly (#1) to Base Frame Assembly (#2) using: **Two (M10x70 Bolts)**

Attach Rear Foot Assembly (#3) to Base Frame Assembly (#2) using: **Two (M10x70 Bolts)**

Wrench tighten all bolts now.

STEP 2



Attach Slider Assembly (#7) to Weight Selector Tube(#6).

Install M5x10 Screw (#106) into Weight Selector Stem (#6) and tighten.

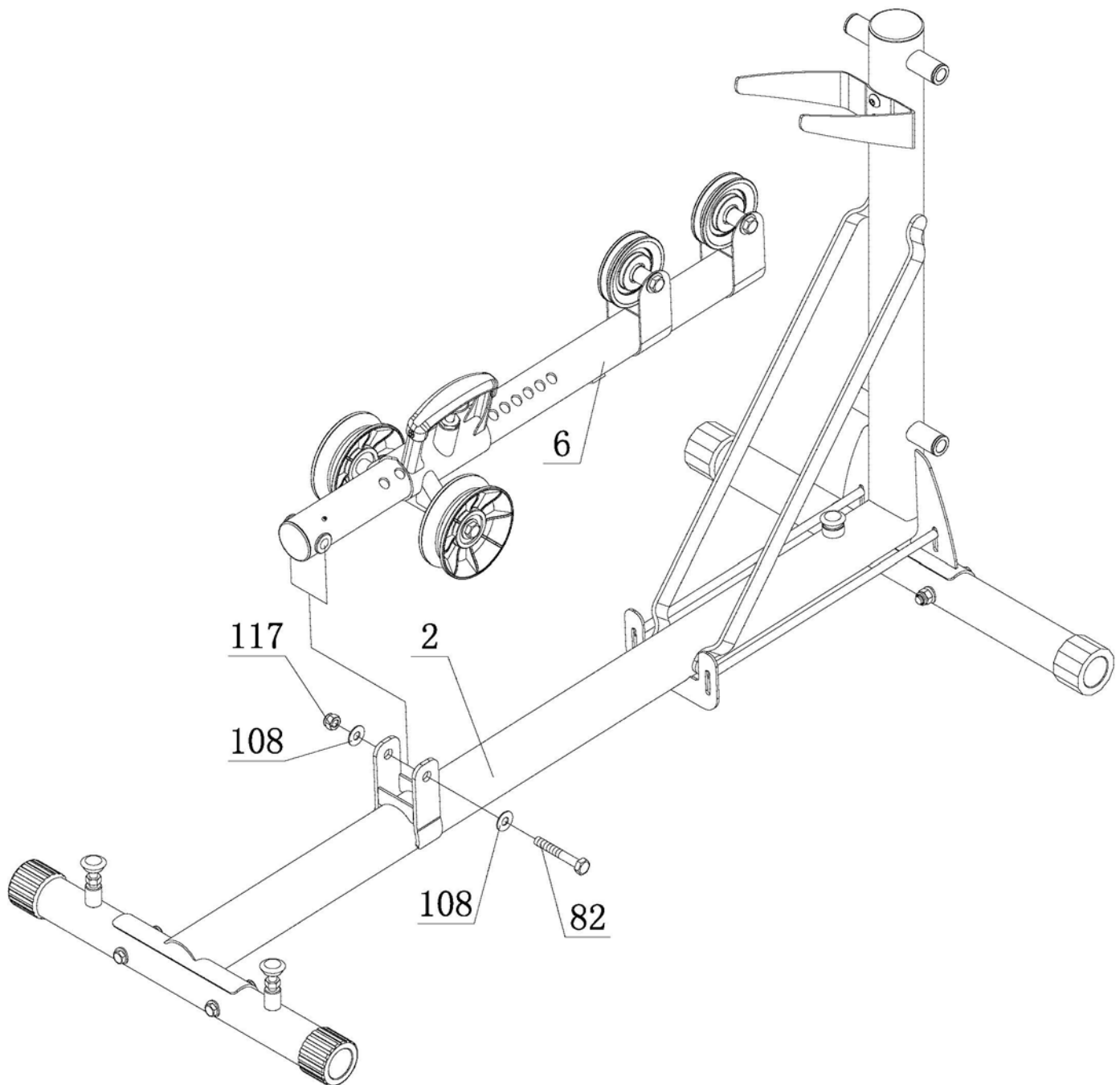
Insert two Step Bushings (#40) into the Weight Selector Tube (#6).

Attach two 3 ½" Pulleys (#37) and two 1" long Barrel Spacers (#51) to Weight Selector Tube (#6) using:

Two (M10x70 Bolts)

Wrench Tighten Bolts Now.

STEP 3

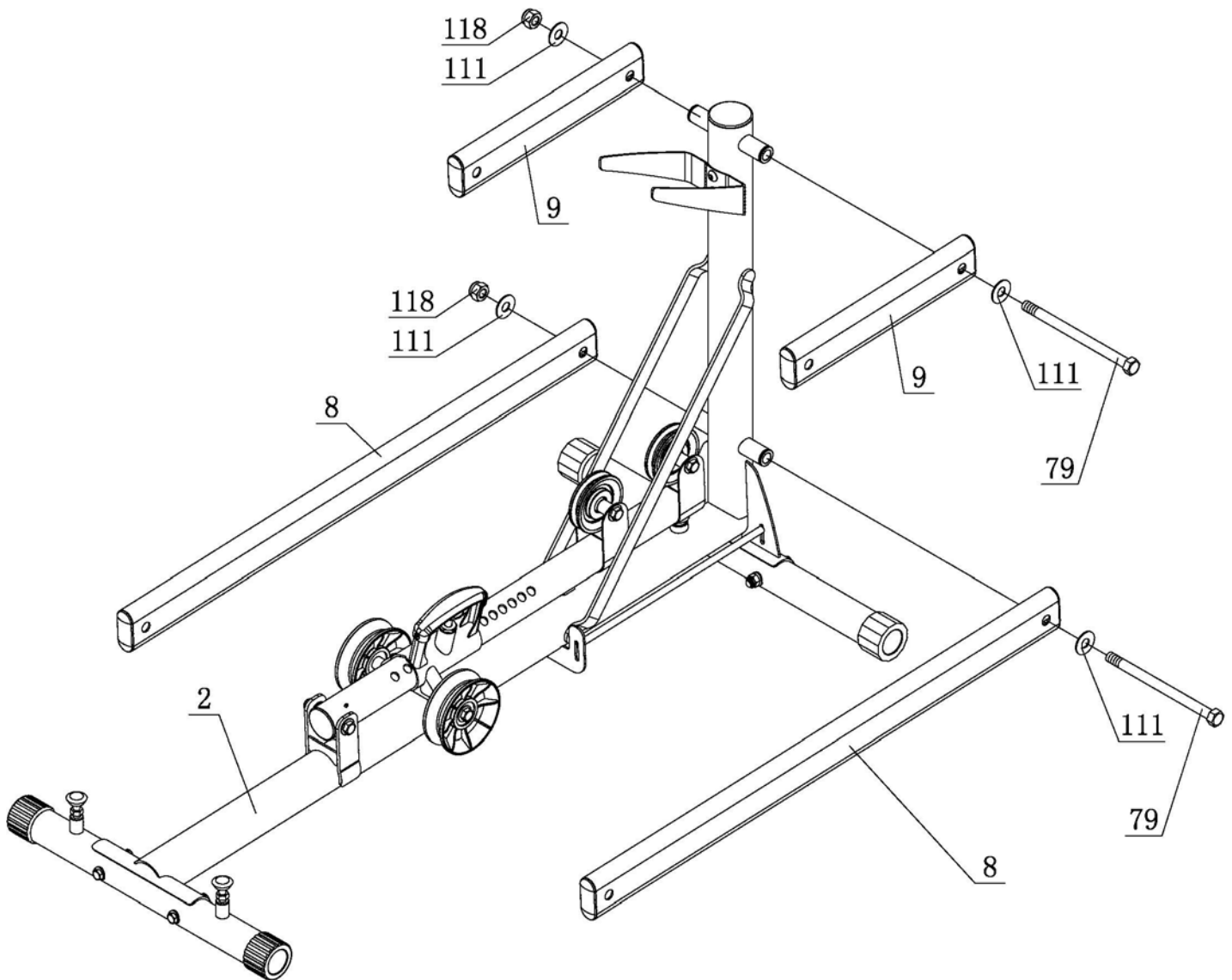


Attach Weight Selector Tube (#6) to Base Frame Assembly (#2) using:

One (M12x90 Bolt)

Wrench tighten bolt so there is a slight drag when moving Weight Selector Tube. Do not over tighten.

STEP 4

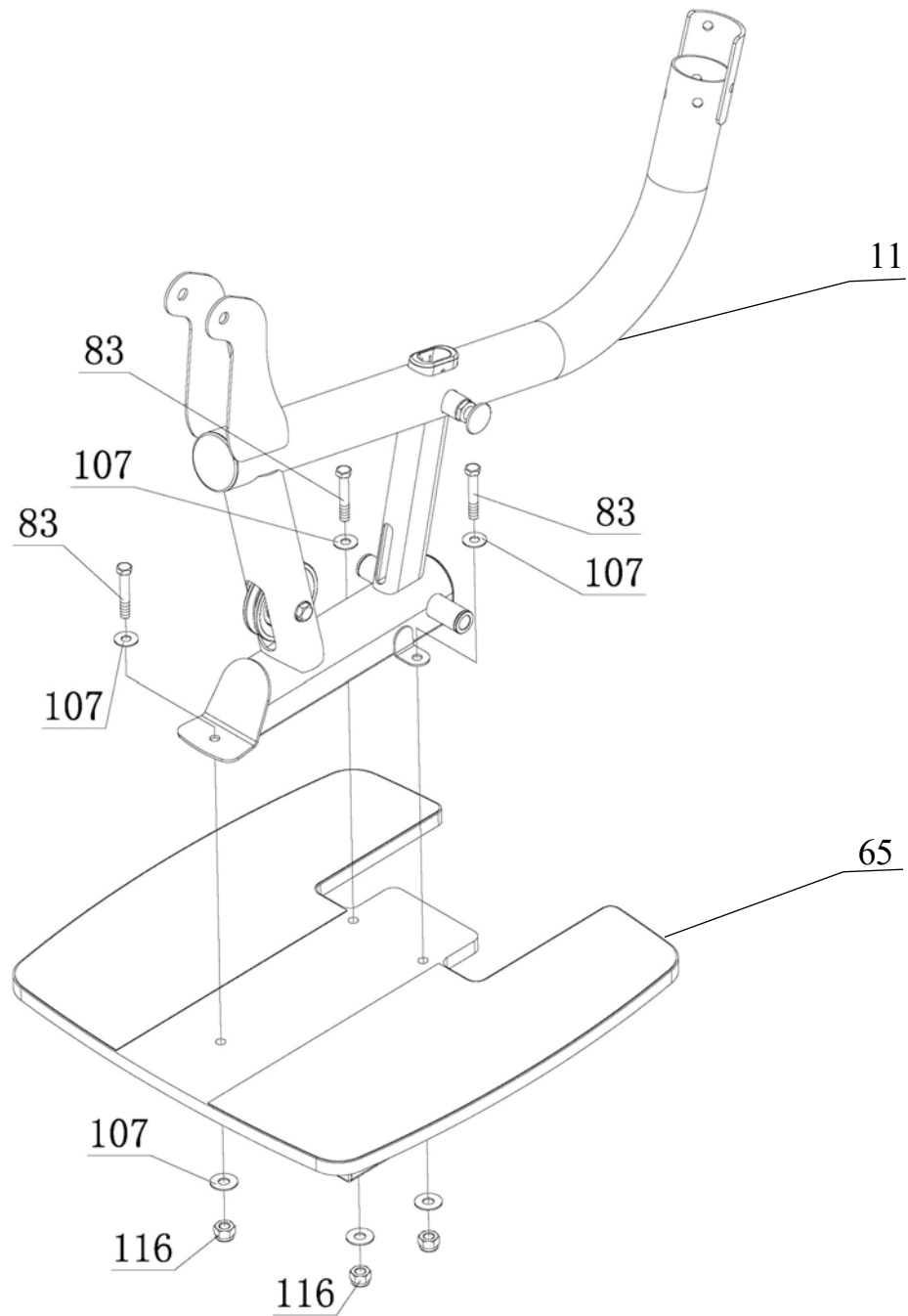


Attach Lower Arms (#8) to Base Frame Assembly (#2) using: **One (M16x230 Hex Bolt)**

Attach Upper Arms (#9) to Base Frame Assembly (#2) using: **One (M16x230 Hex Bolt)**

**Wrench Tighten bolts so there is a slight drag on the Arms when moved.
Do not over tighten.**

STEP 5

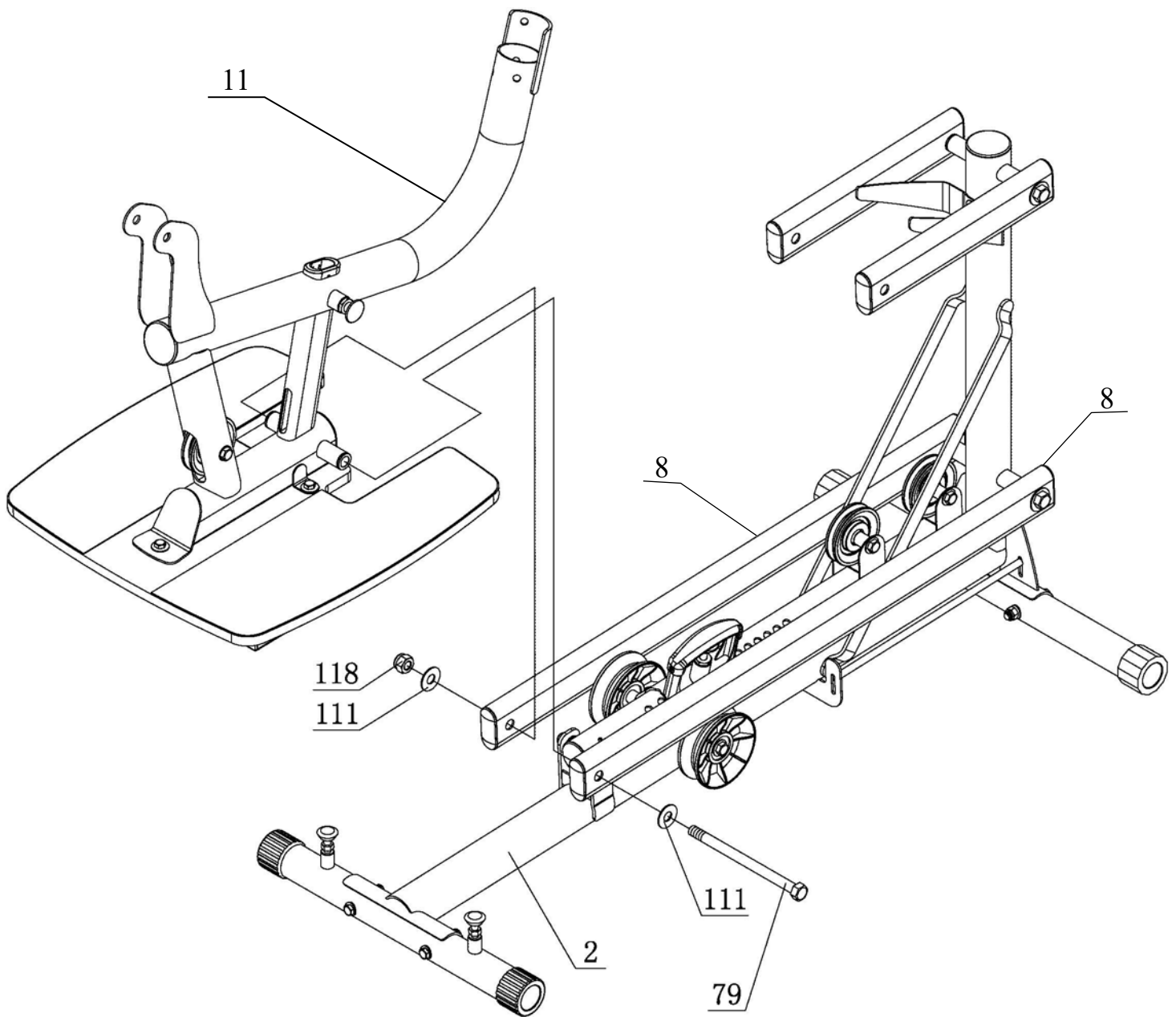


Attach Lower Main Frame (#11) to Foot Plate (#65) using:

Three (M10x60 Hex Bolt)

Wrench Tighten Now.

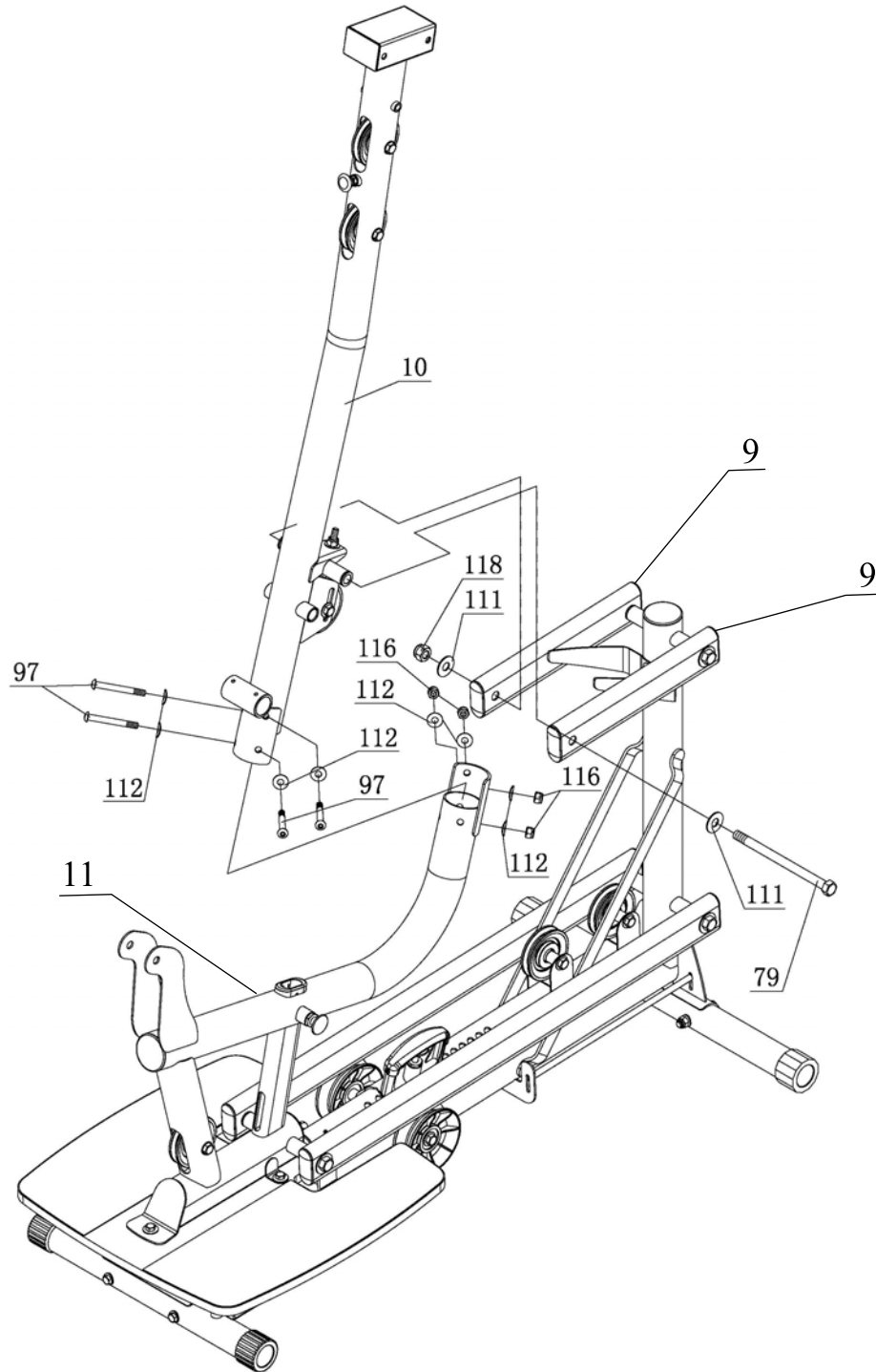
STEP 6



Attach Lower Main Frame (#11) to Lower Arms (#8) using: **One (M16x230 Hex Bolt)**

**Wrench Tighten bolt so there is a slight drag when moving Lower Main Frame.
Do not over tighten .**

STEP 7



Attach Upper Main Frame (#10) to Lower Main Frame (#11) using:

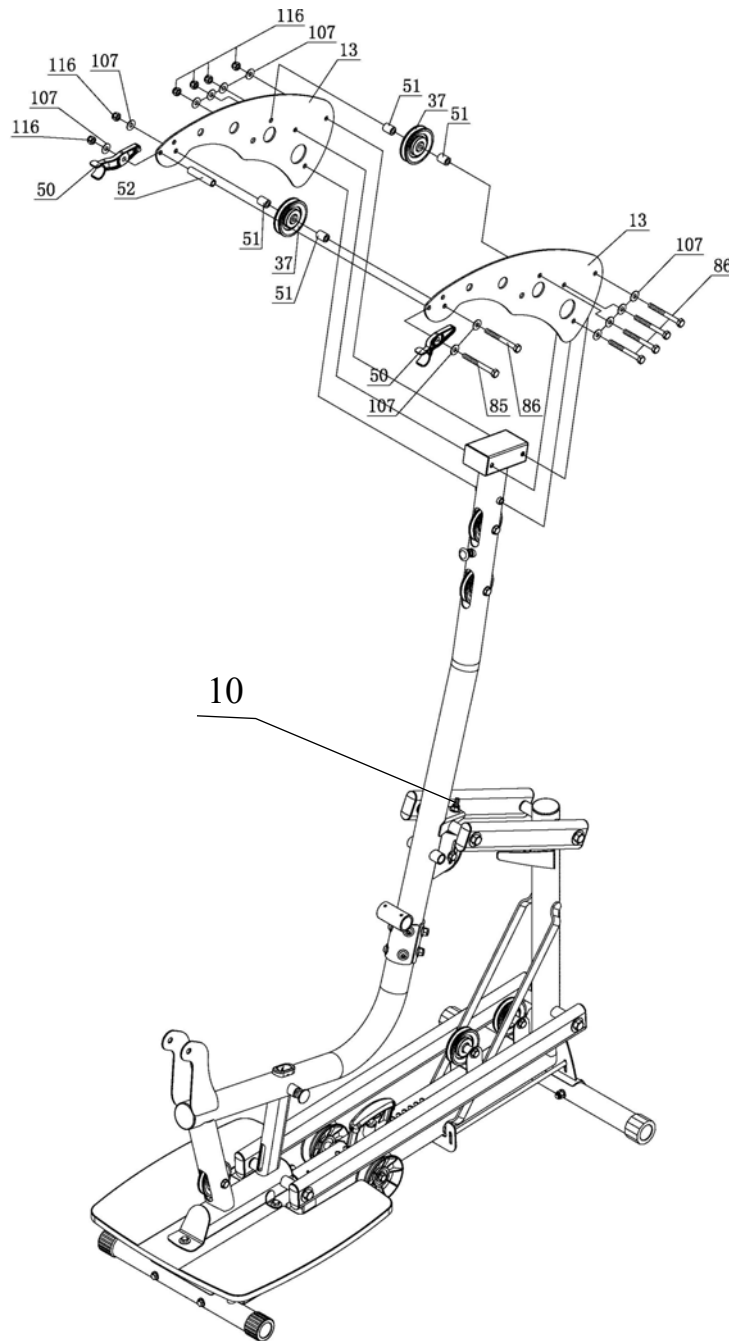
Four (M10*90 Allen Head Screws)

Attach Upper Main Frame (#10) to Left & Right Upper Arms (#8 & #9) using:

One (M16*230 Hex Bolt)

Wrench tighten bolts now.

STEP 8



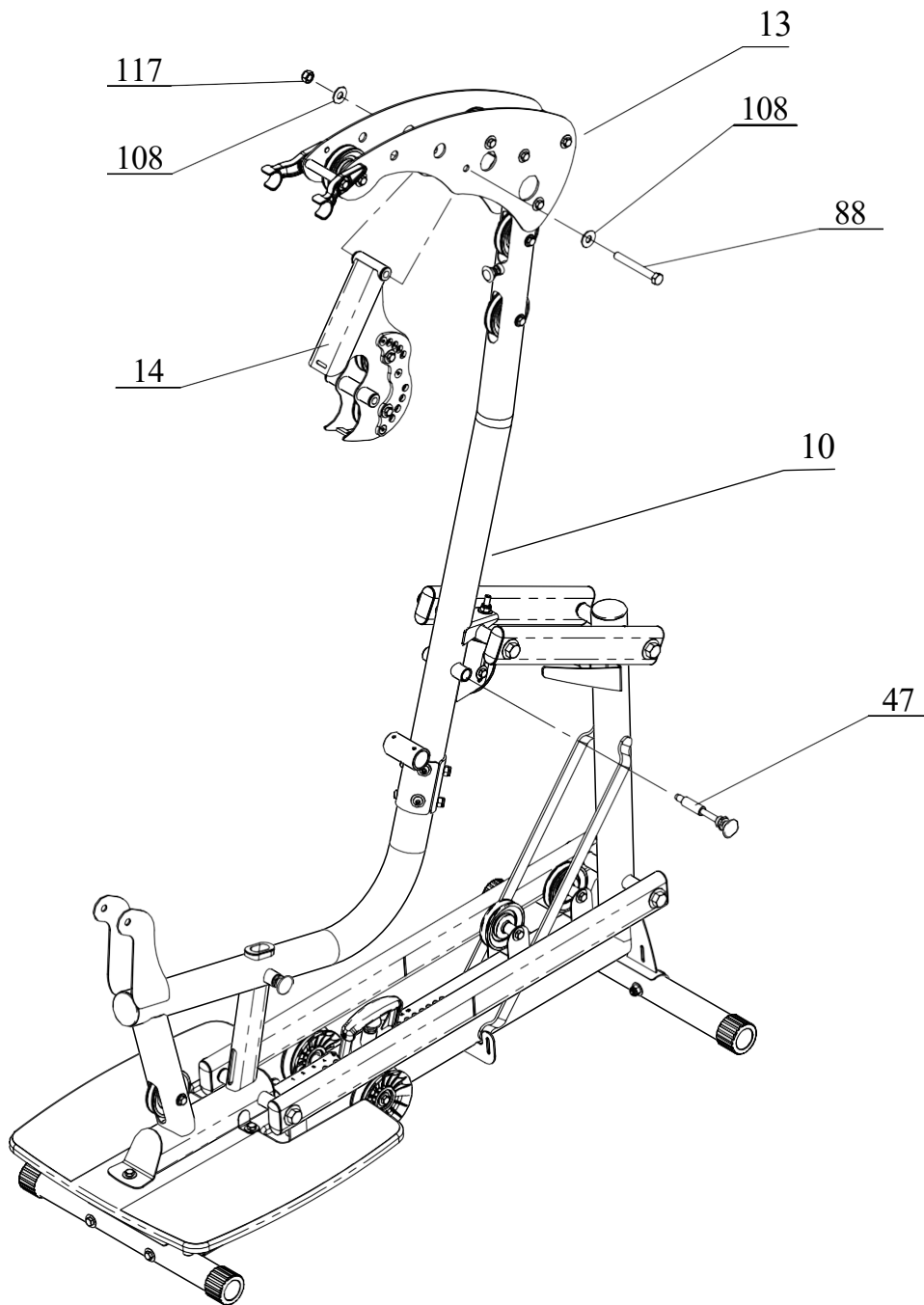
Note: Item 13 may look different from what is represented.

Attach Top Beam Plates (#13) and One 3 ½" Pulley (#37) to Upper Main Frame (#10) using:
Four (M10*100 Hex Bolts)
Two (1" Long barrel Spacers)
Finger Tighten Only

Attach Lat Bar Holders (#50) and One 3 ½" Pulley (#37) to Top Beam Plates (#13) Using:
One (M10*115 Hex Bolt)
One (M10*100 Hex Bolt)
One (3" Spacer Tube)
Two (1" Long barrel Spacers)

Finger tighten bolts only. No not wrench tighten until after step 9.

STEP 9



Attach Press Arm Mount (#14) to Top Beam Plates (#13) using: **One (M12*100 Hex Bolt)**

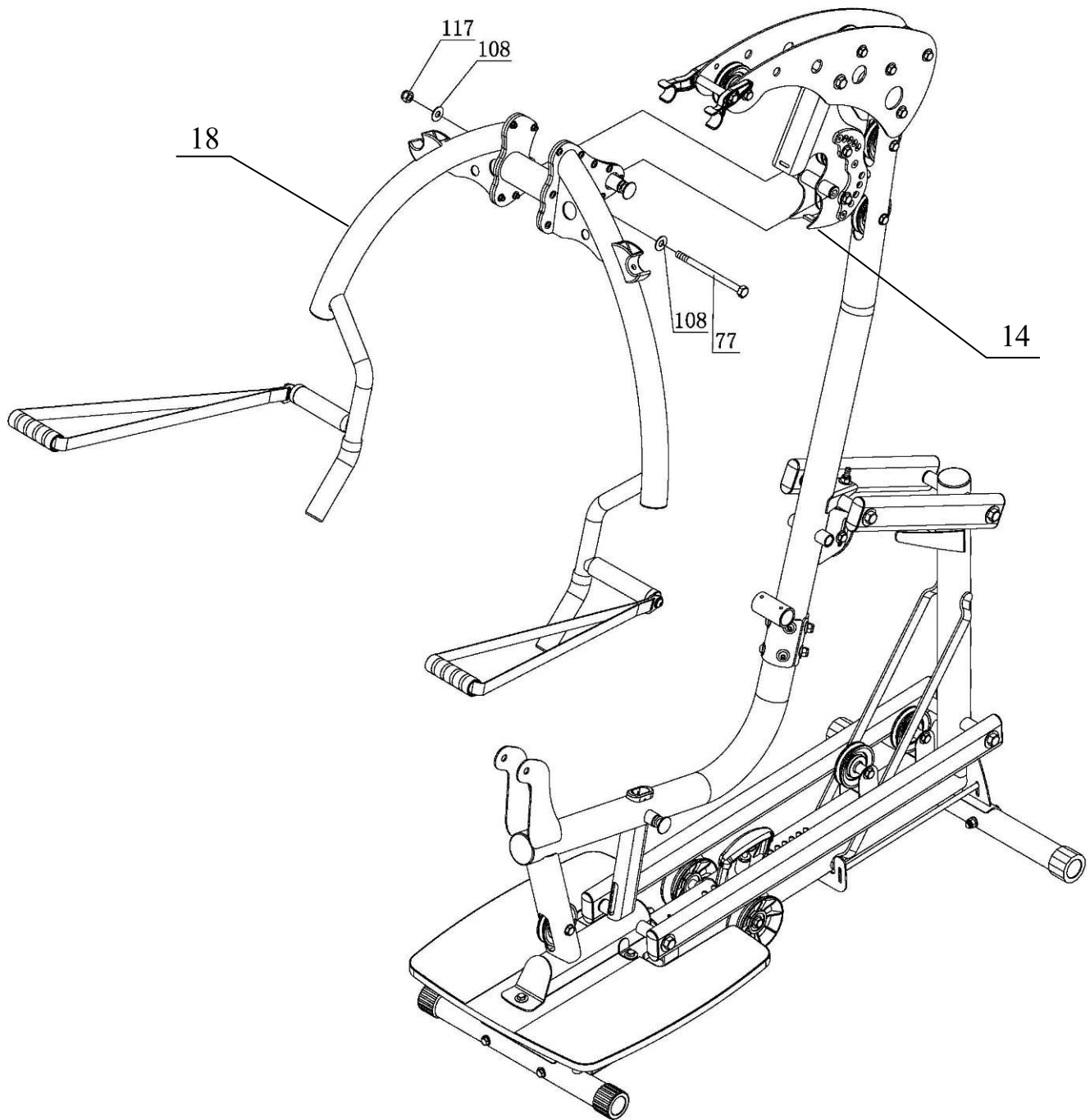
Wrench Tighten bolt #88 so there is a slight drag when moving Press Arm Mount. Do not over tighten .

Wrench tighten all bolts installed in Step 8.

Attach Pop-Pin Shaft (#47) to Upper Main Frame (#10)

Thread Completely and Wrench Tighten.

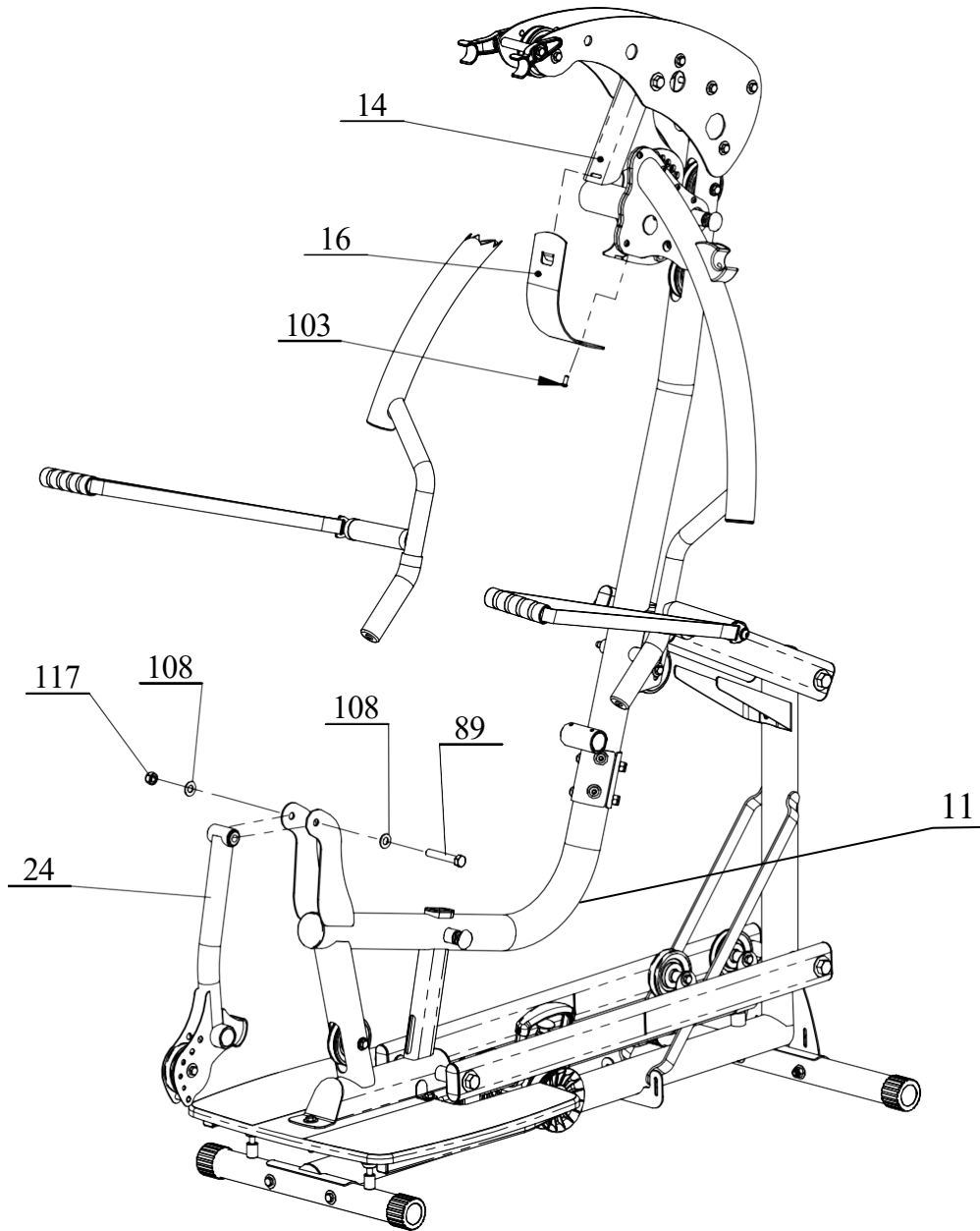
STEP 10



Attach Press Arm (#18) to Press Arm Mount (#14) using: **One (M12*160 Hex Bolt)**

**Wrench Tighten bolt so there is a slight drag when moving Press Arm.
Do not over tighten .**

STEP 11



Attach Leg Extension Assembly (#24) to Lower Main Frame (#11) using:

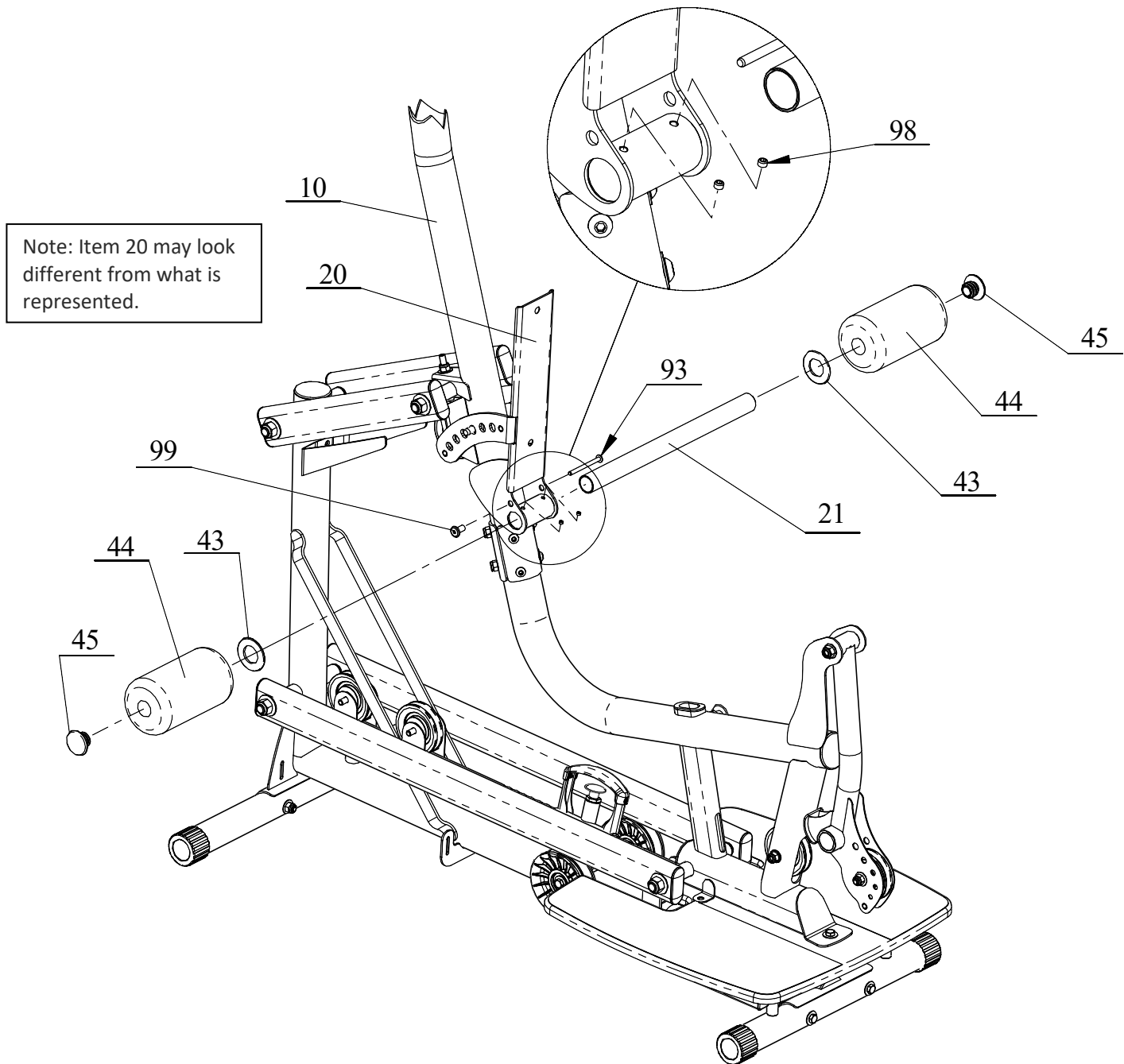
One (M12*80 Hex Bolt)

**Wrench Tighten bolt so there is a slight drag when moving Leg Extension Assembly.
Do not over tighten .**

Attach Press Arm Mount Cover Plate (#16) using: **One (M5*12 Philips head Screw)**

Wrench Tighten Now.

STEP 12



Attach Back Pad Tilt Frame (#20) to Upper Main Frame (#10) using:

One Roller Tube (#21)

Two Foam Rollers (#44)

Two Large Plastic Washers (#43)

Two End Caps (#45)

Two M6*8 Set Screws (#98)

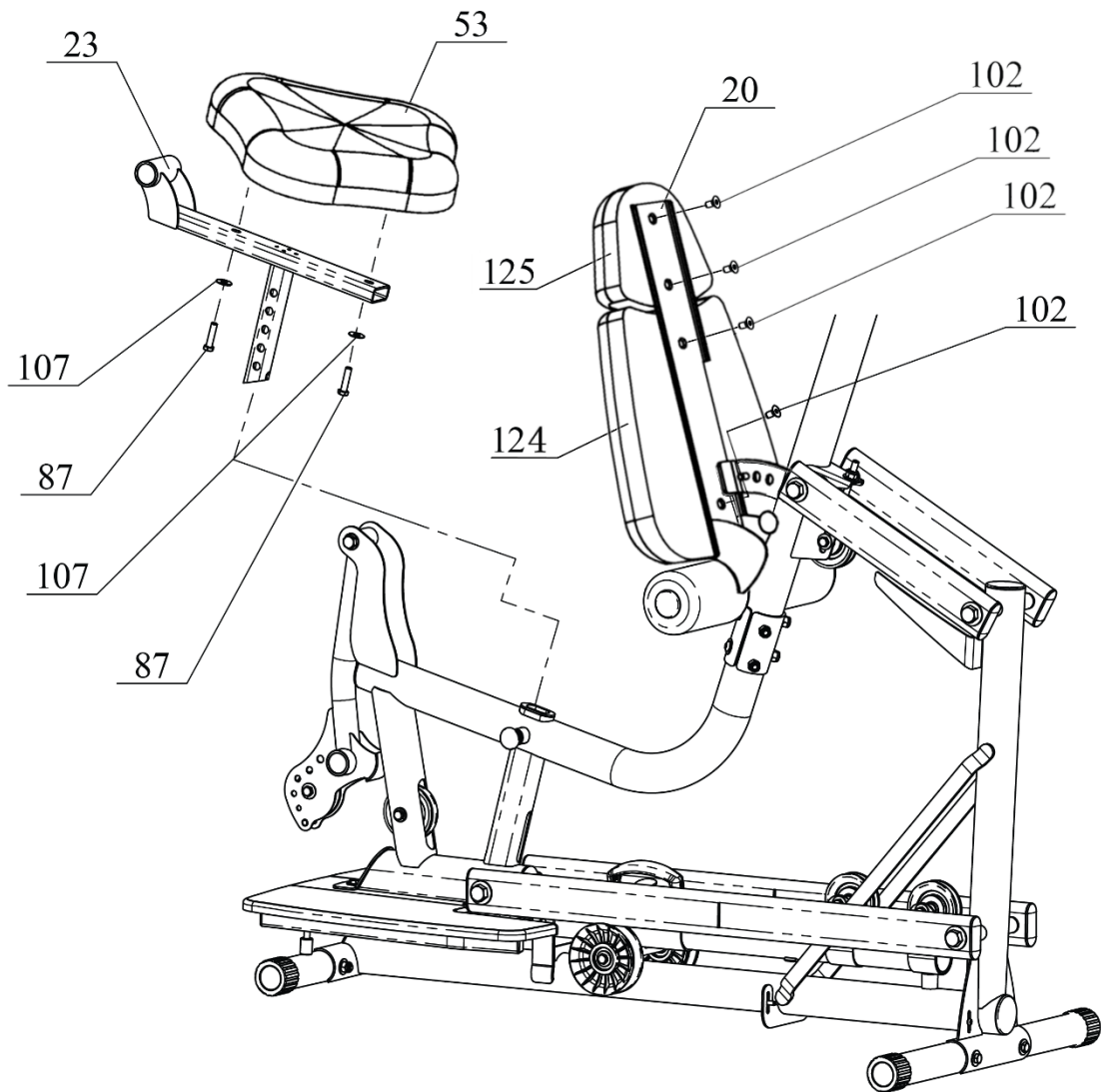
One M6*75 Button Head Screw (#93)

One M6 Flat Head Nut (#99)

Wrench Tighten bolt #93 so there is a slight drag when moving Back Pad tilt Frame. Do not over tighten .

Note: Tighten the two set screws(#98) completely after Foam Rollers are installed.

STEP 13



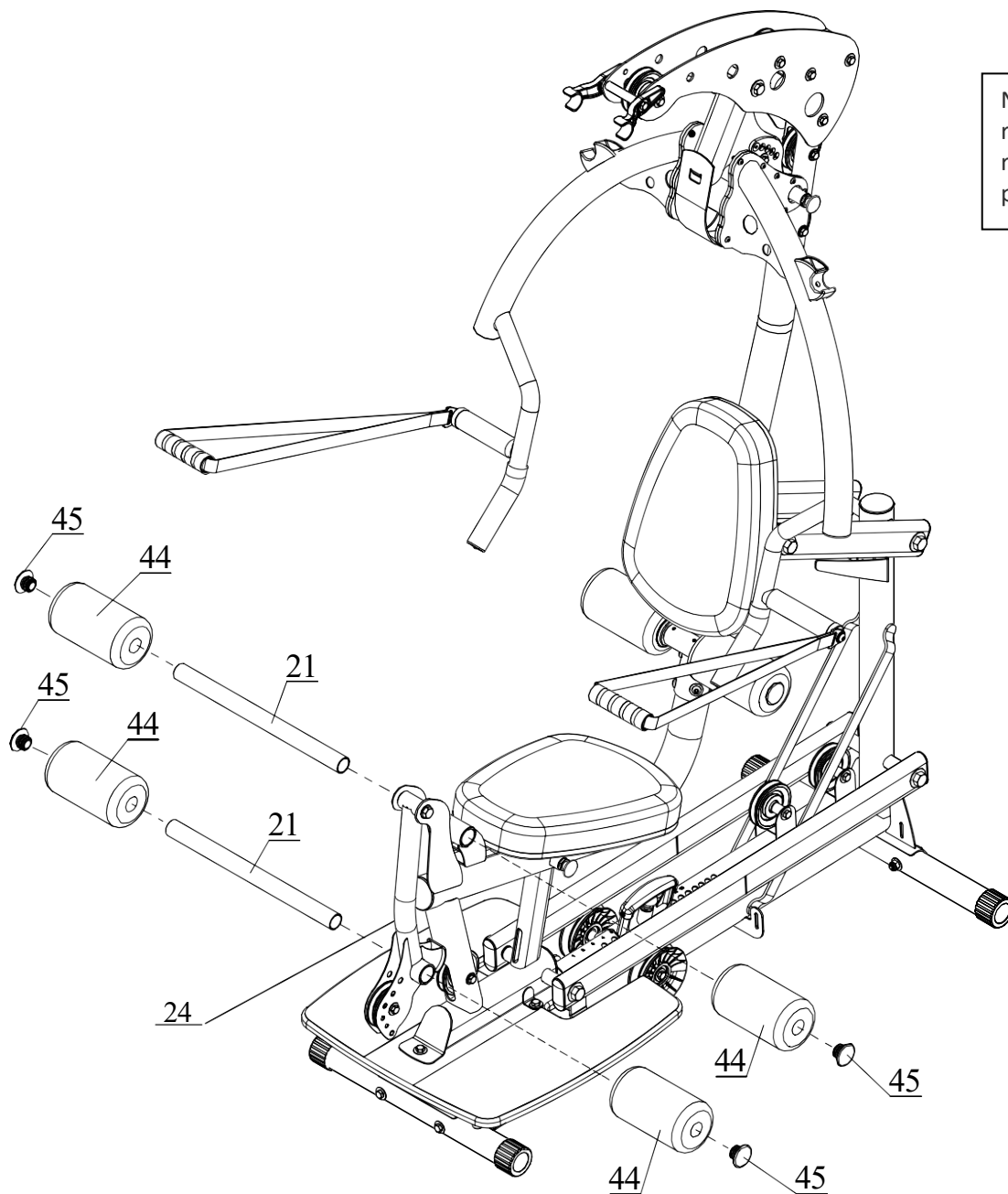
Attach Seat Pad (#53) to Seat Stem (#23) using: **Two (M10*40 Hex Bolts)**
Wrench Tighten Now.

Slide Seat Stem (#23) into Lower Main Frame (#11)

Attach the Lower (#124) and Upper (#125) Back Pads to Back Pad Tilt Frame (#20) using: **Two (M10*15 Flat Head Screws)** **Wrench Tighten Now.**

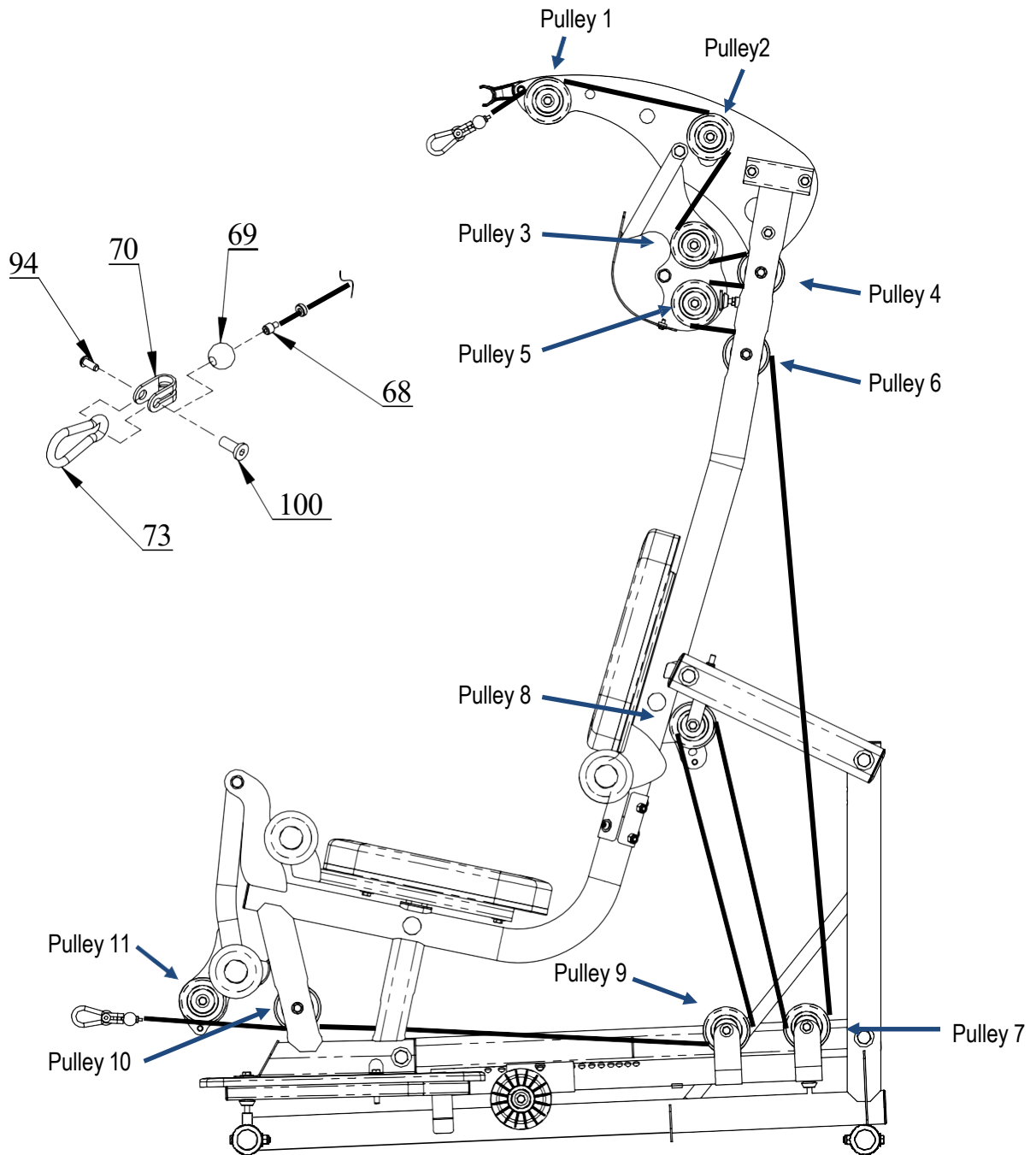
STEP 14

Note: Image may not represent the most recent look of the product.



Attach 4 Foam Rollers (#44) to Leg Extension Assembly (#24) & Seat Stem (#23) using:
Two Roller Tubes (#21)
Four End Caps (#45)

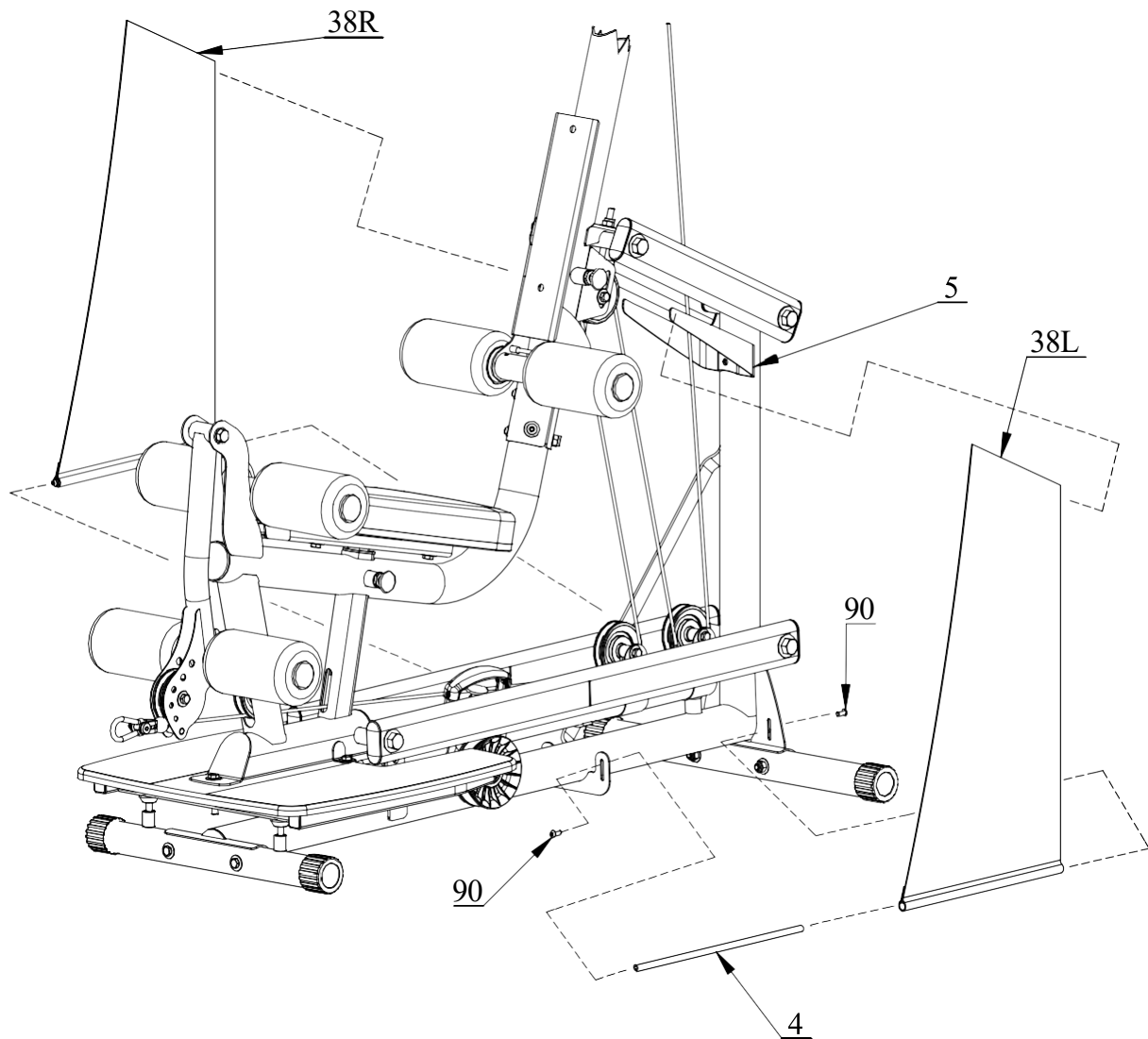
STEP 15



Began at the top of the machine and run the cable sequentially from pulley #1 to pulley #11, as shown in the above drawing. Once complete, finish both cable ends with a plastic ball (#69), "U" bracket (#70), flat head nut (#100), button head bolt (#94), and a spring clip (#73). Look back over the cable routing to make sure that the cable is sitting securely in each pulley.

Note: Wrench tighten "U" bracket hardware at both ends of the cable.

STEP 16



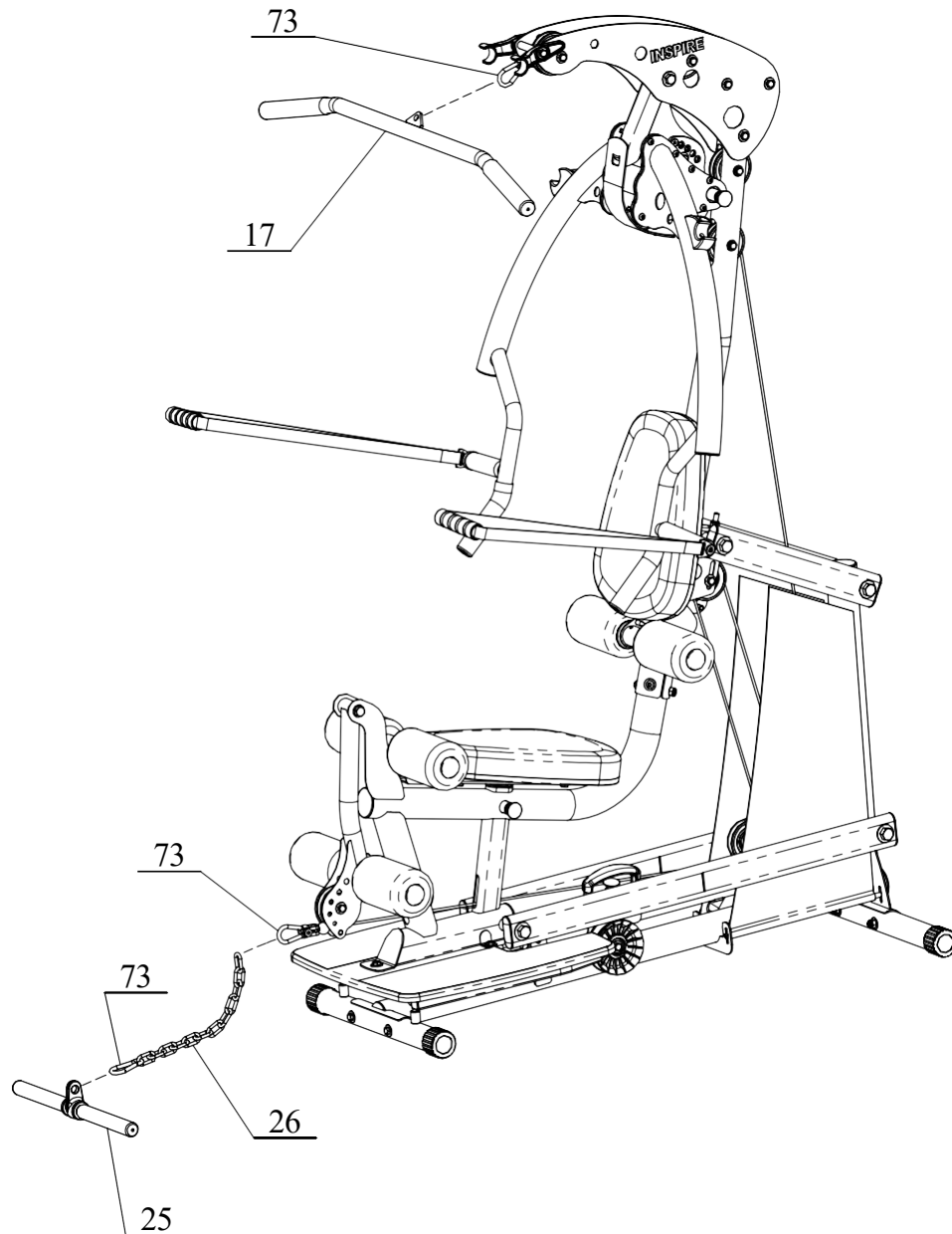
Attach Left and Right Shrouds (#38L & #38R) by first slipping the top of each Shroud onto the horns of the upper shroud mount (#5), as shown above. Make sure seams are to the inside. Next, slide rods (#4) into the bottom of each shroud and attach to frame using:

Four M6*12 Button Head Screws

Note: Be sure to pull the shrouds down taut before tightening the four screws.

STEP 17

Note: Image may not represent the most recent look of the product.

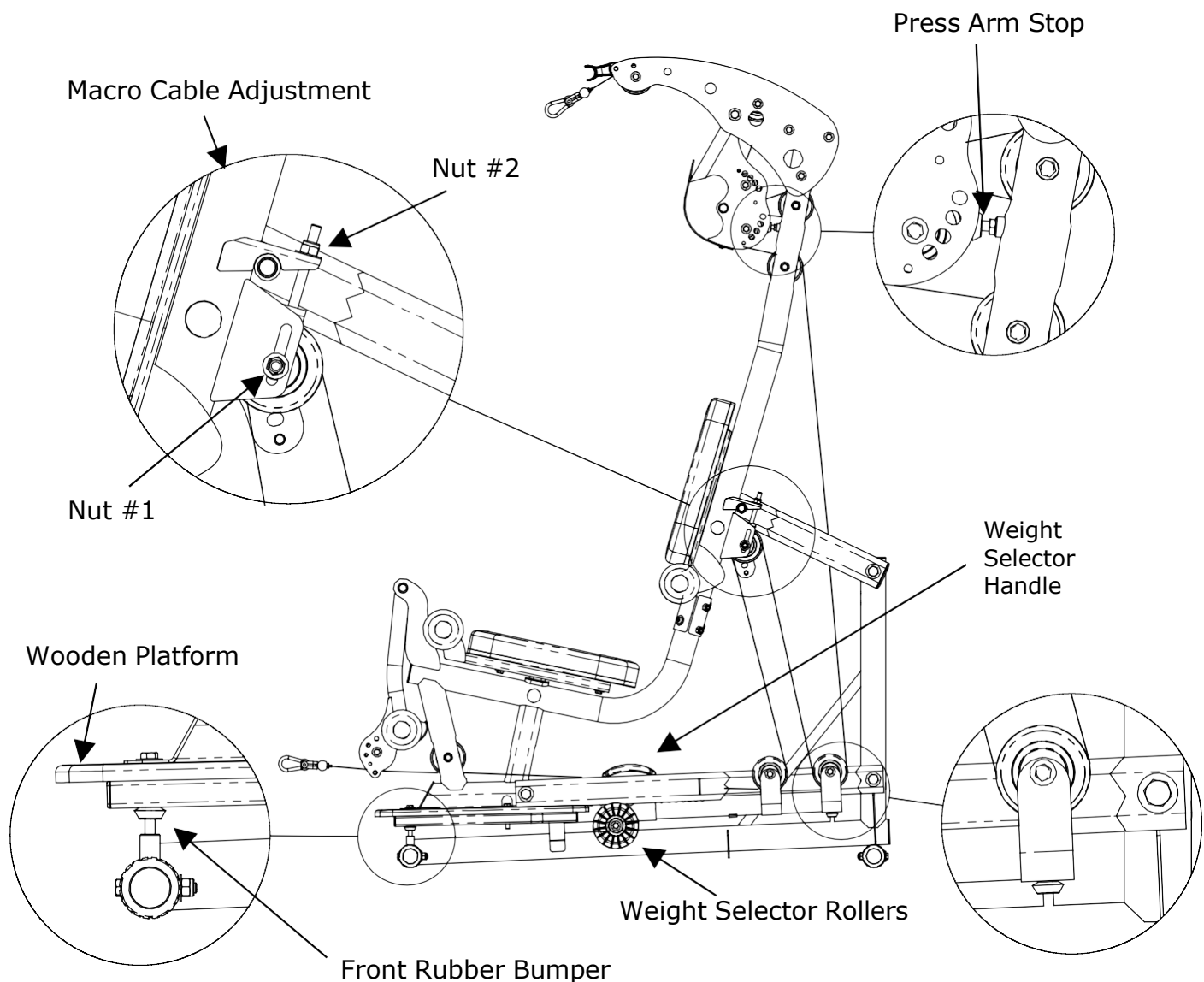


Attach Lat Bar (#17) to Spring Clip (#73).

Attach Chain (#26) to Spring Clip (#73) on the end of the Cable.

Attach Revolving Curl Bar (#25) to Chain (#26) with Spring Clip (#73).

FINAL ADJUSTMENTS AFTER ASSEMBLY



FINAL ADJUSTMENT: (if needed)

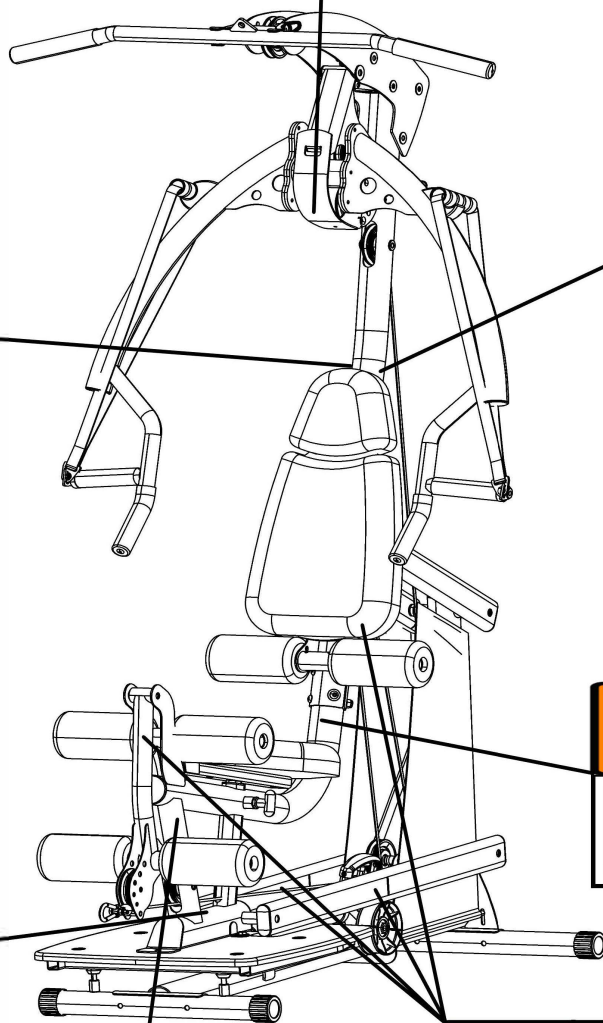
Below the seat you will find the weight selector. Grab the weight selector handle and pull the spring loaded pin. Slide the weight selector from position one to fifteen. The rollers should move freely. If the weight selector rollers bind between positions 1-8, lift the wooden platform and adjust the two Front Rubber Bumpers up slightly. This will ease the pressure on the rollers and allow the weight selector mechanism to slide freely.

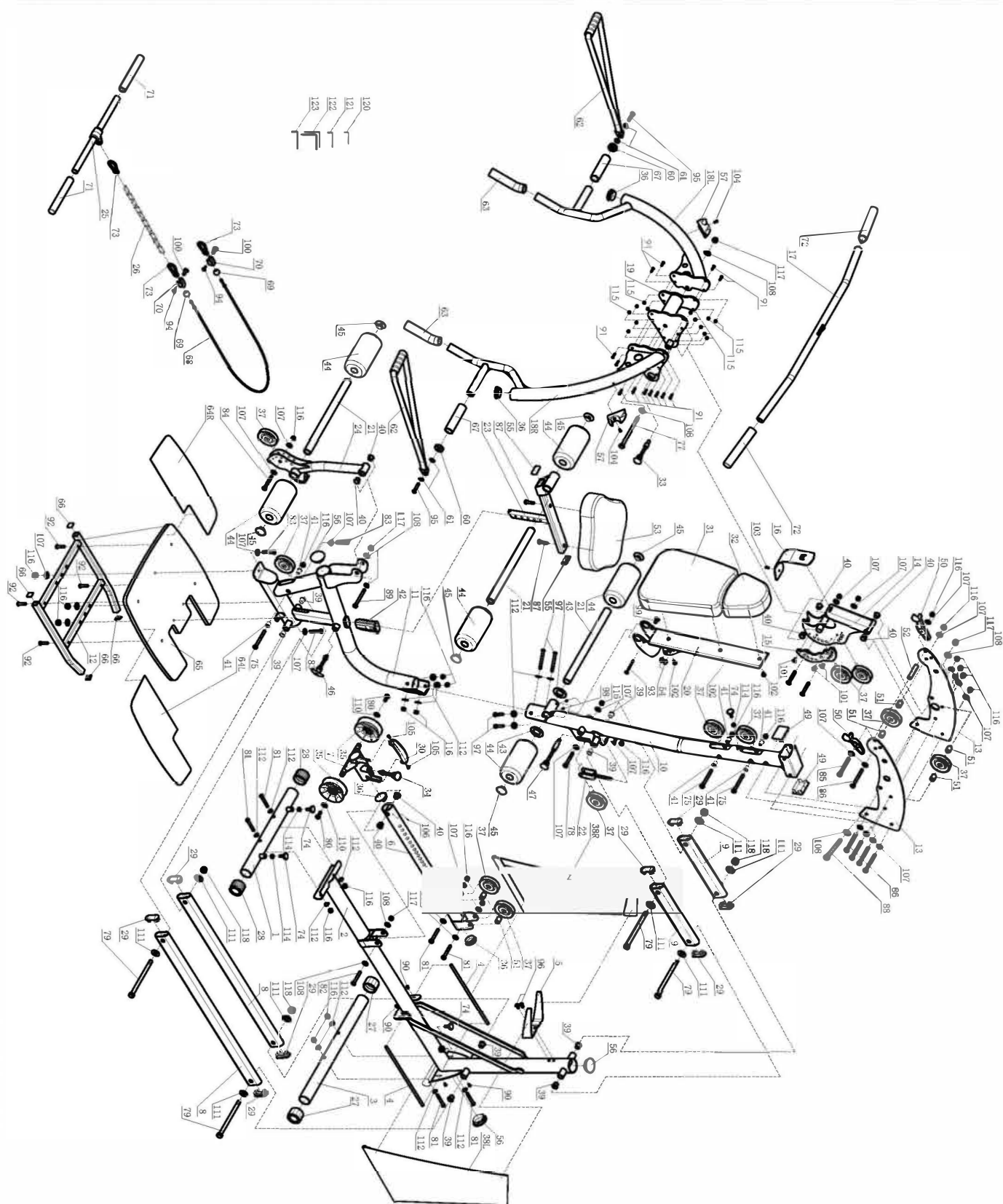
If the Weight Selector Rollers bind between positions 8-15, thread the press arm stop completely into the frame. This will provide slack in the cable and ease the pressure on the Weight Selector Rollers. If the Weight Selector Rollers are still binding, loosen nut #1 in the Macro Cable Adjustment drawing above. Next, adjust nut #2 counter clockwise until the Weight Selector Rollers move freely. Re-tighten nut #1.

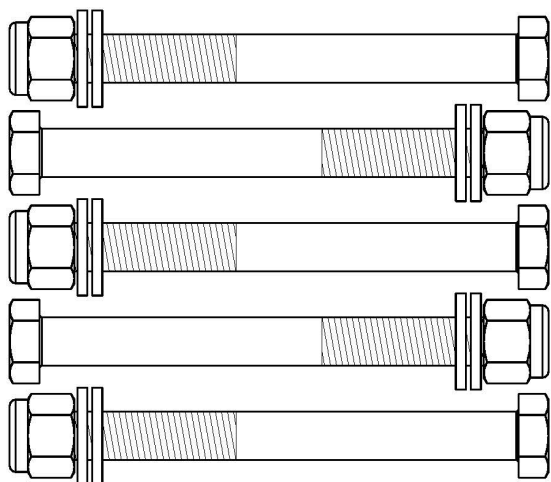
NOTE:

The cable on this gym will stretch over time. There are two places to eliminate cable slack. A large amount of cable slack can be removed by adjusting the pulley upward on the Macro Cable Adjustment. Start by loosening nut (#1) shown in the Macro Cable Adjustment drawing above. Next, using a wrench, turn nut (#2) clockwise until adequate cable slack has been removed. Finish by tightening nut #1 back up.

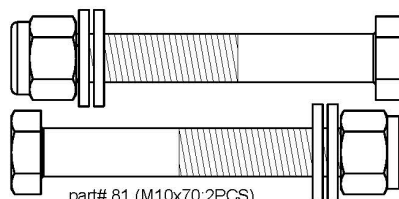
To eliminate a small amount of cable slack, adjust the Press Arm Stop counter clockwise. Wrench tighten Jam Nut.

[illegible][illegible]

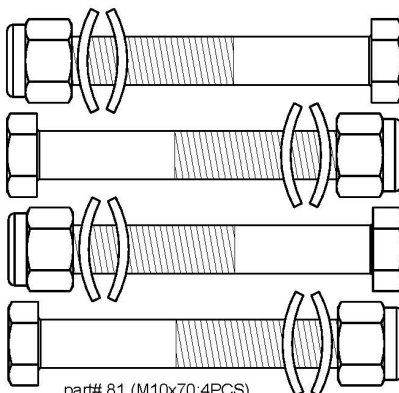




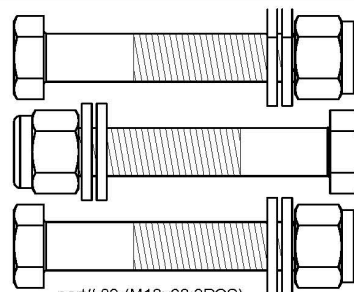
part# 86 (M10x100;5PCS)
part# 107 (Ø10;10PCS)
part# 116 (M10;5PCS)



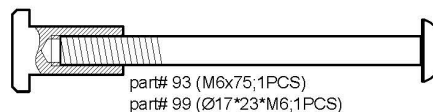
part# 81 (M10x70;2PCS)
part# 107 (Ø10;4PCS)
part# 116 (M10;2PCS)



part# 81 (M10x70;4PCS)
part# 112 (Ø10;8PCS)
part# 116 (M10;4PCS)



part# 83 (M10x60;3PCS)
part# 107 (Ø10;6PCS)
part# 116 (M10;3PCS)



part# 93 (M6x75;1PCS)
part# 99 (Ø17*23*M6;1PCS)



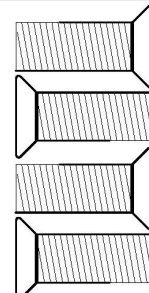
part# 106 (M5x10;1PCS)



part# 98 (M6x8;2PCS)

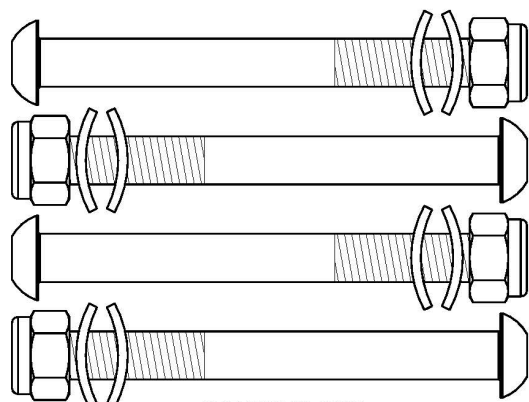


part# 103 (M5x12;1PCS)

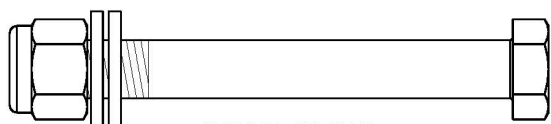


part# 102 (M10x20;4PCS)

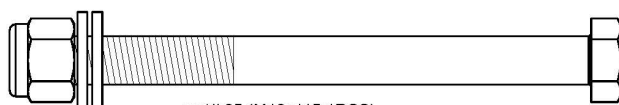
Tool# 120 (3#;1PCS)
Tool# 121 (4#;1PCS)
Tool# 122 (5#;2PCS)
Tool# 123 (6#;1PCS)



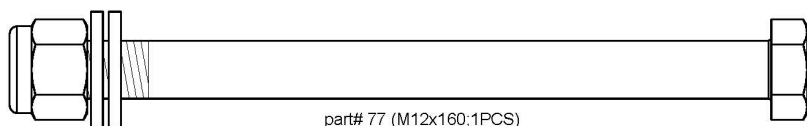
part# 97 (M10x90;4PCS)
part# 112 (Ø10;8PCS)
part# 116 (M10;4PCS)



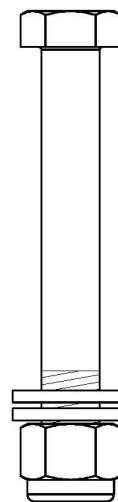
part# 88 (M12x100;1PCS)
part# 108 (Ø12;2PCS)
part# 117 (M12;1PCS)



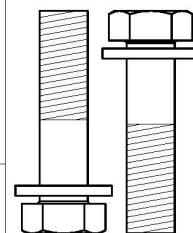
part# 85 (M10x115;1PCS)
part# 107 (Ø10;2PCS)
part# 116 (M10;1PCS)



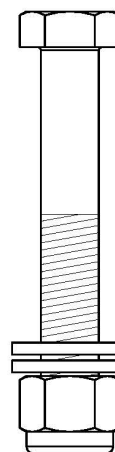
part# 77 (M12x160;1PCS)
part# 108 (Ø12;2PCS)
part# 117 (M12;1PCS)



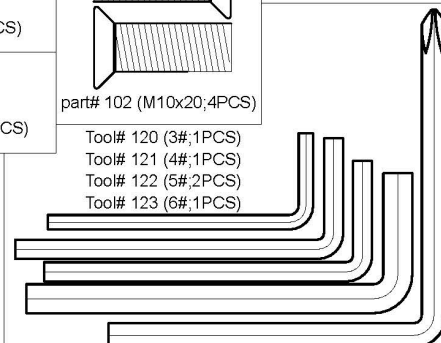
part# 82 (M12x90;1PCS)
part# 108 (Ø12;2PCS)
part# 117 (M12;1PCS)



part# 87 (M10x40;2PCS)
part# 107 (Ø10;2PCS)



part# 89 (M12x80;1PCS)
part# 108 (Ø12;2PCS)
part# 117 (M12;1PCS)



unit: mm



BW1 PARTS LIST

Part #	Part Number	Description	Q'ty
1	GM880200002PT0105	Front Foot Assembly	1
2	GM880100004PT0105	Base Frame Assembly	1
3	GM880201001PT0105	Rear Foot Assembly	1
4	GM880201005PT0105	Shroud Mount Rod, Lower	2
5	GM880201006PT0105	Shroud Mount Bracket, Upper	1
6	GM880100005WX	Weight Selector Tube	1
7	GM880200003PT0201	Slider Assembly	1
8	GM880201003PT0105	Lower Arm	2
9	GM880201002PT0105	Upper Arm	2
10	GM880300006PT0105	Upper Main Frame Assembly	1
11	GM880100003PT0105	Lower Main Frame Assembly	1
12	GM880200001PT0105	foot plate support	1
13	GM880101052PZ	Top Beam Plate	2
14	GM880300004PT0105	Press Arm Mount	1
15	GM880-201-007	Swing adjustment plate	1
16	GM880201008WY	Press Arm Mount Cover Plate	1
17	GM880300001PT0105	Lat Bar	1
18L	GM880300002PT0105	Press Arm Assembly, Left	1
18R	GM880300003PT0105	Press Arm Assembly, Right	1
19	GM880300005PT0105	handebar rotation assembly	1
20	GM880100006PT0105	Backpad Tilt Frame	1
21	GM880201004PT0105	Roller Tube	3
22	GM880100001PT0105	Pulley Bracket, Cable Tensioner	1
23	GM880200005PT0105	Seat Stem	1
24	GM880200004PT0105	Leg Extension Assembly	1
25	GM880200006PT0105	Revolving Straight Bar	1
26	GM880-561-005	Chain	1
27	0240-150-19	round end cap	2
28	0240-150-091	round end cap	2
29	GM880-881-005	oval end cap	4
30	GM880-881-004ARC	adjustment handlebar	1
31	GM880-400-006	back pad	1
32	GM880-400-007	pillow	1
33	GM880-880-004ARC	spring loaded pin 1	1
34	GM880-880-007ARC	spring loaded pin 3	1
35	GM880-881-006	adjustment pulley	2
36	GM710-881-001	round end cap	2
37	GM692-880-001ARC	Pulley Assembly, $\phi 3 \frac{1}{2}$ "	11
38L	GM880-400-008	Shroud, Left	1
38R	GM880-400-009	Shroud, Right	1
40	GM880-101-036	Step Bushing, $\phi 12$ ID	8
41	GM880-101-030	pulley shaft	2
42	GM880-881-011	bushing	1
43	GM880-881-007	Large Plastic Washer	2
44	GM880-861-001	Foam Roller	6
45	0240-033-001	Endcap, Roller Tube	6
46	GM880-560-001ARC	spring loaded pin assembly	1
47	GM880-880-005ARC	Pop-Pin Shaft, 140 long	1

49	0240-475-211	square end cap	2
50	GM880-881-002	Lat Bar Holder	2
51	GM880-101-017	Barrel Spacer, 1" Long	6
52	GM880-101-033	Spacer Tube, 3" long	1
53	GM880-400-005	Seat Pad	2
54	AB135-881-009	stopper sleever	2
55	0240-450-09	square end cap	2
56	0240-063-009	round end cap	2
57	GM880-881-001	handlebar socket	1
60	GM880-201-025	sleeve	2
61	GM880-201-026	axle	4
62	GM880-880-008RC	handle	2
63	GM880-821-002	grip	2
64R	GM880-881-016	right stopper	1
64L	GM880-881-015	left stopper	1
65	GM880-401-002	Foot Plate Assembly	1
66	0210-225-19	square end cap	4
67	GM880-821-001	grip	2
68	GM880-500-001	Cable Assembly	1
69	GM851-881-009	Cable Ball	2
70	GM880-101-051	"U" Bracket, Cable End	2
71	GM880-821-004	grip	2
72	GM880-821-003	grip	2
73	GM880-561-004	Spring Clip	3
74	GM577-881-006	Adjustable Bumper	4
75	0111-010-808B	Hex Bolt, M10*80	2
77	0111-012-168	Hex Bolt, M12*160	1
78	0111-010-558	Hex Bolt, M10*55	1
79	0111-016-238	Hex Bolt, M16*230	4
80	0111-010-168	Hex Bolt, M10*16	2
81	0111-010-708	Hex Bolt, M10*70	6
82	0111-012-908	Hex Bolt, M12*90	1
83	0111-010-608	Hex Bolt, M10*60	3
84	0111-010-458	Hex Bolt, M10*45	1
85	0111-010-058	Hex Bolt, M10*115	1
86	0111-010-018	Hex Bolt, M10*100	5
87	0111-010-403	Hex Bolt, M10*40	2
88	0111-012-108	Hex Bolt, M12*100	1
89	GM880-201-031	Hex Bolt, M12*80	1
90	0113-206-138	Button Head Screw, M6*12	4
91	0113-208-198	Button Head Cap Screw, M8*20	13
92	0113-208-408A	Button Head Cap Screw, M8*40	4
93	0113-206-758	Button Head Screw, M6*75	1
94	0113-206-158A	Button Head Screw, M6*15	2
95	0113-210-358	Button Head Cap Screw, M10*35	2
96	0113-210-168	Button Head Cap Screw, M10*16	2
97	0113-210-908A	Button Head Screw, M10*90	4
98	0113-806-581	Setscrew, M6*8	2
99	GM880-201-029	Flathead Nut, <17*23*M6	1
100	GM880-201-032	Flat Head Nut, <17*25.5*M6	2

101	0113-308-158	Flat Head Screw,M8*15	3
102	0113-310-209B	Flat Head Screw, M10*20	4
103	0113-105-128	Philips Head Screw, M5*12	1
104	0113-206-208	Button Head Cap Screw, M6*20	2
105	0113-005-14	Flat Head Screw,M5*10	4
106	0113-205-102B	Cap Screw, M5*10	1
107	0116-010-008	Flat washer, $\phi 10$	24
108	0116-012-008	Flat washer, $\phi 12$	8
110	0116-210-102	Flat washer, $\phi 22 * \phi 10 * 2$	2
111	0116-240-258	Flat washer, $\phi 40 * \phi 16.5 * 2.5$	8
112	0116-610-008	Arc Washer, $\phi 10$	16
114	0110-010-008	Hex nut, M10	3
115	0110-708-608	Hex nut M8	13
116	0110-710-008	Lock Nut, M10	19
117	0110-712-008	Lock Nut, M12	4
118	0110-716-018	Lock Nut, M16	4
120	0511-603-01	Allen Wrench, 3mm	1
121	0511-604-01	Allen Wrench, 4mm	1
122	GM660-562-001	4-Way Po Plug Wrench, 5mm	1
123	0511-606-03	Allen Wrench, 6mm	1

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