



Model: CHG2.1  
ITM. / ART. 1872108

## USER MANUAL

# CENTR 2

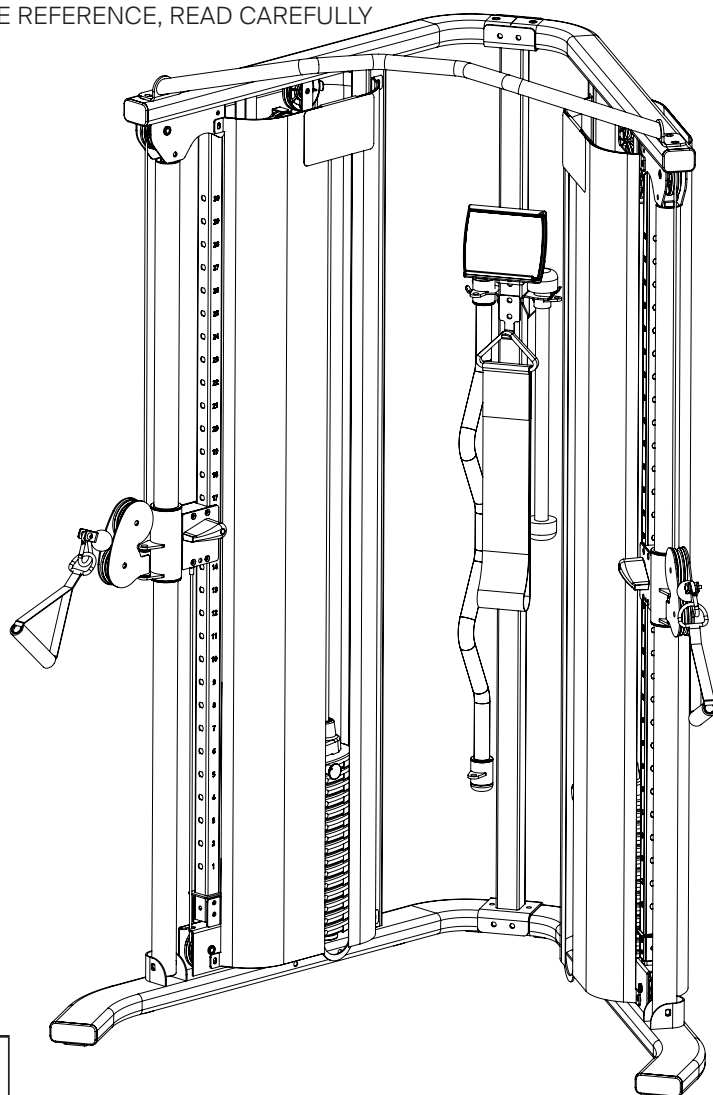
## HOME GYM FUNCTIONAL TRAINER

IMPORTANT: RETAIN FOR FUTURE REFERENCE, READ CAREFULLY



SCAN FOR MANUALS,  
VIDEOS, AND SUPPORT

Record Serial Number Here



MADE IN CHINA  
80486-EN-V2025-07-07



## 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

*\*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](https://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;
- 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.



## TABLE OF CONTENTS

PRODUCT WARRANTY.....	3
IMPORTANT SAFETY NOTICE.....	6
DECAL PLACEMENT.....	7
FUNCTIONAL TRAINER ASSEMBLY INSTRUCTIONS.....	9
LIVE AREA.....	14
PRODUCT DIMENSIONS.....	15
MAINTENANCE SCHEDULE.....	16
EXPLODED DIAGRAM.....	17
PARTS LIST.....	18
FLB2C FOLDING ADJUSTABLE BENCH USER MANUAL.....	19

## 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. **WARNING:** injuries to health may result from incorrect or excessive training.
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. Indoor use only. **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 Centr 2 Functional Trainer is designed for home use only. Class H (Home) : domestic use. This means the following for the user:
  - Only one person may use the Centr 2 Functional Trainer at the same time.
  - The person must also ensure that no other person is in the exercise area of the Centr 2 Functional Trainer. 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.

### 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.**
- Replace damaged or worn upholstery immediately.

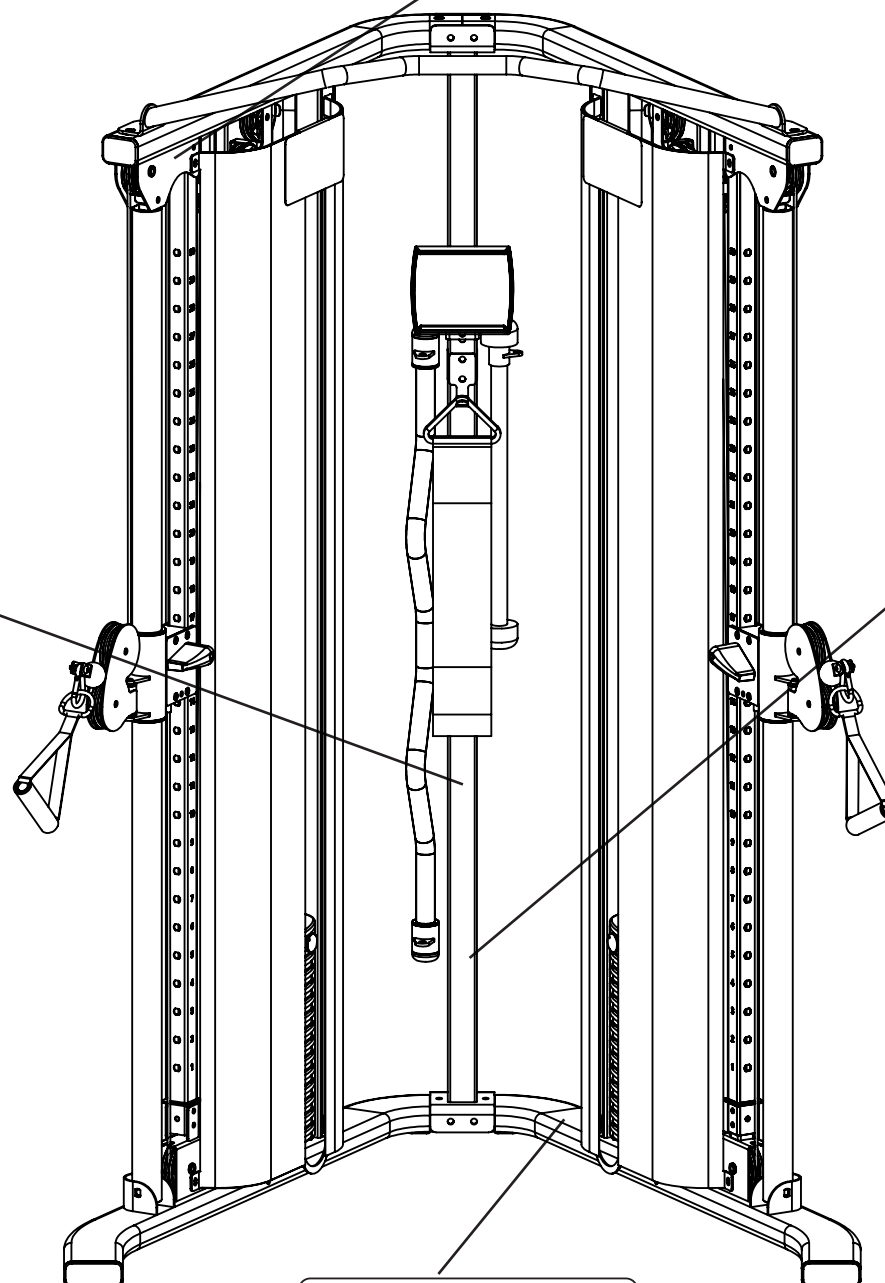
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

## DECAL PLACEMENT

**MAXIMUM USER WEIGHT**  
**POIDS UTILISATEUR MAXIMAL**  
**PESO MÁXIMO DE USUARIO**

**136 kg / 300 lb**

80193\_V2024\_11\_25

[illegible][illegible]

**HEALTH IN MOTION, LLC**  
3300 HORSELESS CARRIAGE DRIVE, NORCO, CA, USA 92860  
SERIAL NO. / NO DE SÉRIE / N.º DE SERIE:

Y Y Y Y Y \_ Y Y Y \_ Y \_ Y Y \_ Y Y \_ Y Y Y Y Y Y



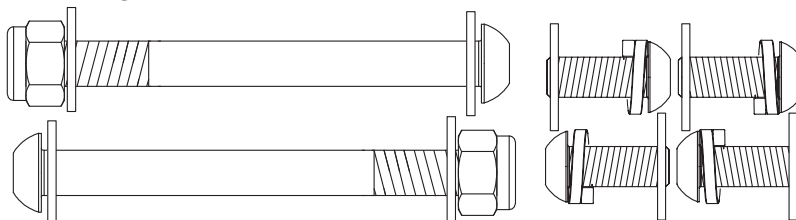
MODEL / MODÈLE / MODELO:  
XXXX

SALES AND SERVICE / VENTE ET  
SERVICE / VENTAS Y SERVICIOS:  
**+1 714-738-1729**

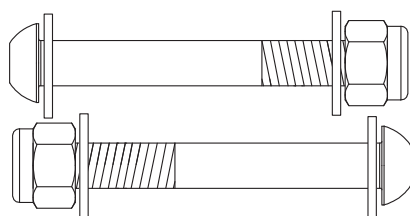
MADE IN CHINA  
FABRIQUÉ EN CHINE  
HECHO EN CHINA

## ITM. / ART. 1872108 HARDWARE CHG 2.1

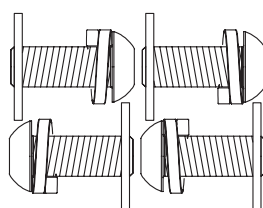
### STEP 1



2 x Allen Bolt, M10 X 130 (41)  
4 x Washer, M10 (25)  
2 x Nut, M10 (24)

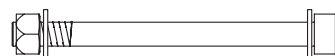


2 x Allen Bolt, M10 X 95 (42)  
4 x Washer, M10 (25)  
2 x Nut, M10 (24)

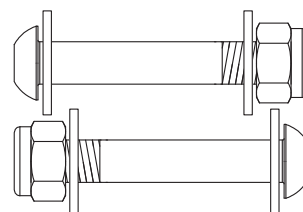


8 x Allen Bolt, M10 X 25 (20)  
8 x Washer, M10 (25)  
8 x Lock Washer, M10 (23)

### STEP 4

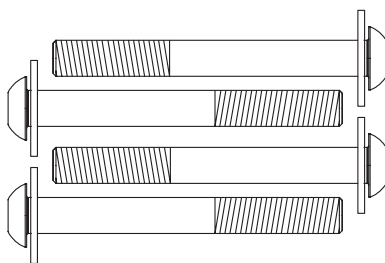


1 x Bolt, M6 x 75 (28)  
1 x Washer, M6 (29)  
1 x Nut, M6 (30)



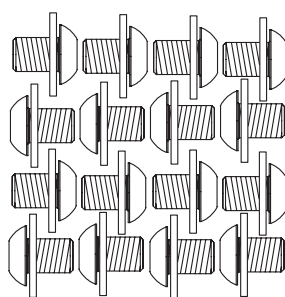
2 x Allen Bolt, M10 X 70 (19)  
4 x Washer, M10 (25)  
2 x Nut, M10 (24)

### STEP 2

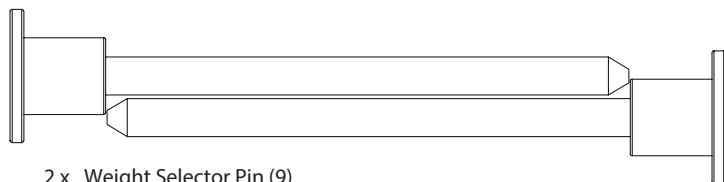


4 x Allen Bolt, M10 X 80 (18)  
4 x Washer, M10 (25)

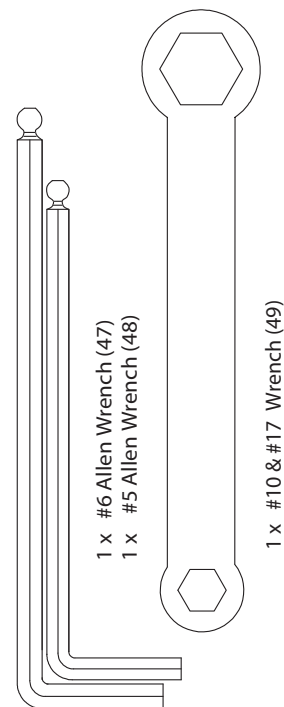
### STEP 3



16 x Allen Bolt, M8 X 15 (39)  
16 x Washer, M8 (40)



2 x Weight Selector Pin (9)



1 x #6 Allen Wrench (47)  
1 x #5 Allen Wrench (48)

1 x #10 & #17 Wrench (49)

80487-EN-V2025-07-07



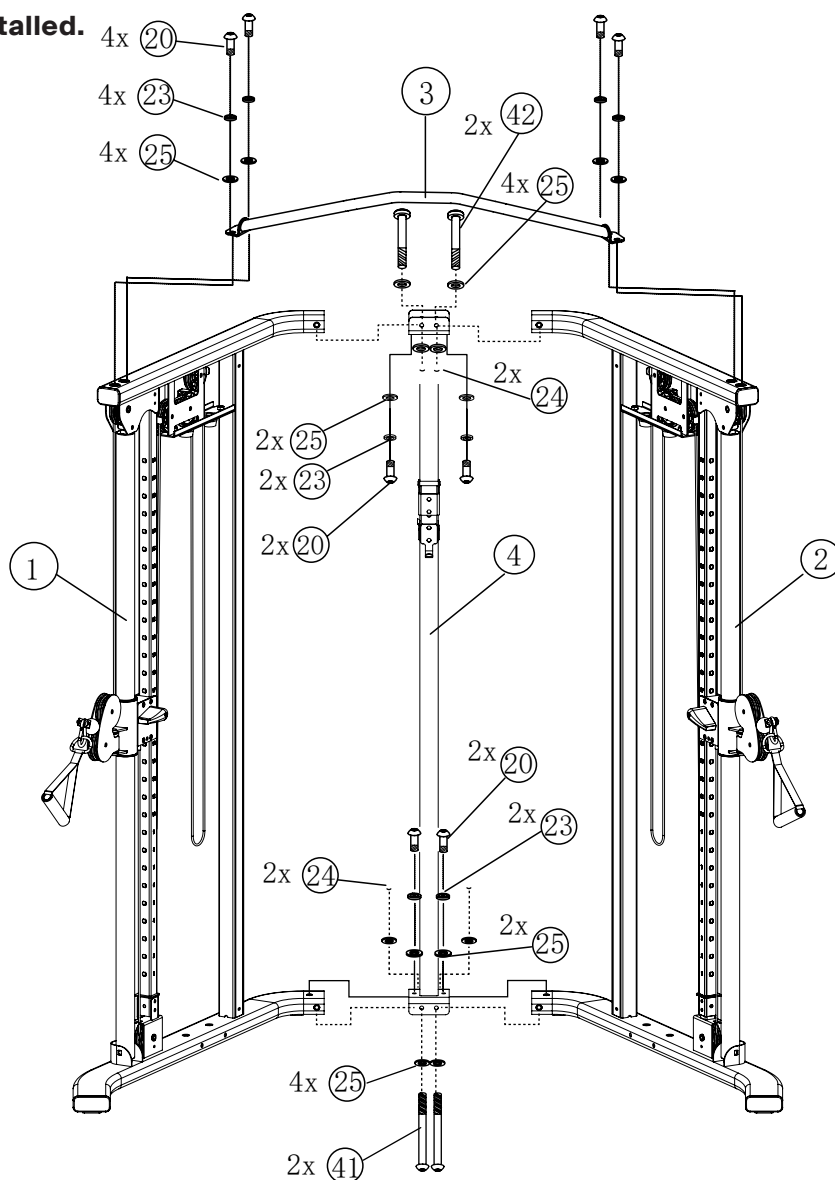
# FUNCTIONAL TRAINER ASSEMBLY INSTRUCTIONS

**NOTE: PLEASE REMOVE NUT AND WASHER FROM BOLT, PRIOR TO ASSEMBLING.**

## STEP 1

- A. Do not tighten the Nuts and Bolts until instructed to do so. **Tools required for assembly: #6 Allen Wrench (47), #5 Allen Wrench (48), #10 & #17 Wrench (49).**
- B. Connect Vertical Center Post (#4) to Right & Left Stations (#1 & #2).
- C. Secure Horizontal bottom with M10 x 130 Bolts (#41) M10 Washers (#25), M10 Nuts (#24). Install Vertical Bottom M10 x 25 Bolts (#20), M10 Lock Washers (#23), and M10 Washers (#25)
- D. Secure Horizontal top with bolts M10 x 95 (#42) M10 Washers (#25), M10 Nuts (#24). Install Vertical Top M10 x 25 Bolts (#20), M10 Lock Washers (#23) and M10 Washers (#25).
- E. Install Pull Up Bar (#3). Fasten with M10 x 25 Allen Bolts (#20), M10 Lock Washers (#23), and M10 Washers (#25).

**F. Tighten all Nuts and Bolts installed.**

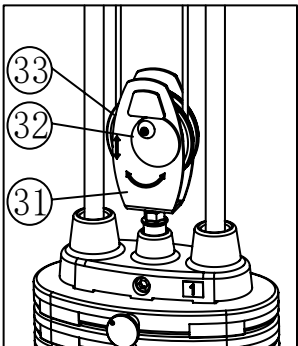
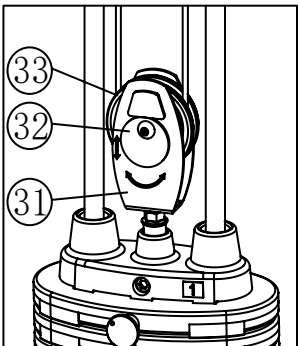
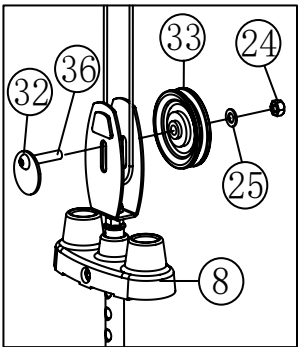
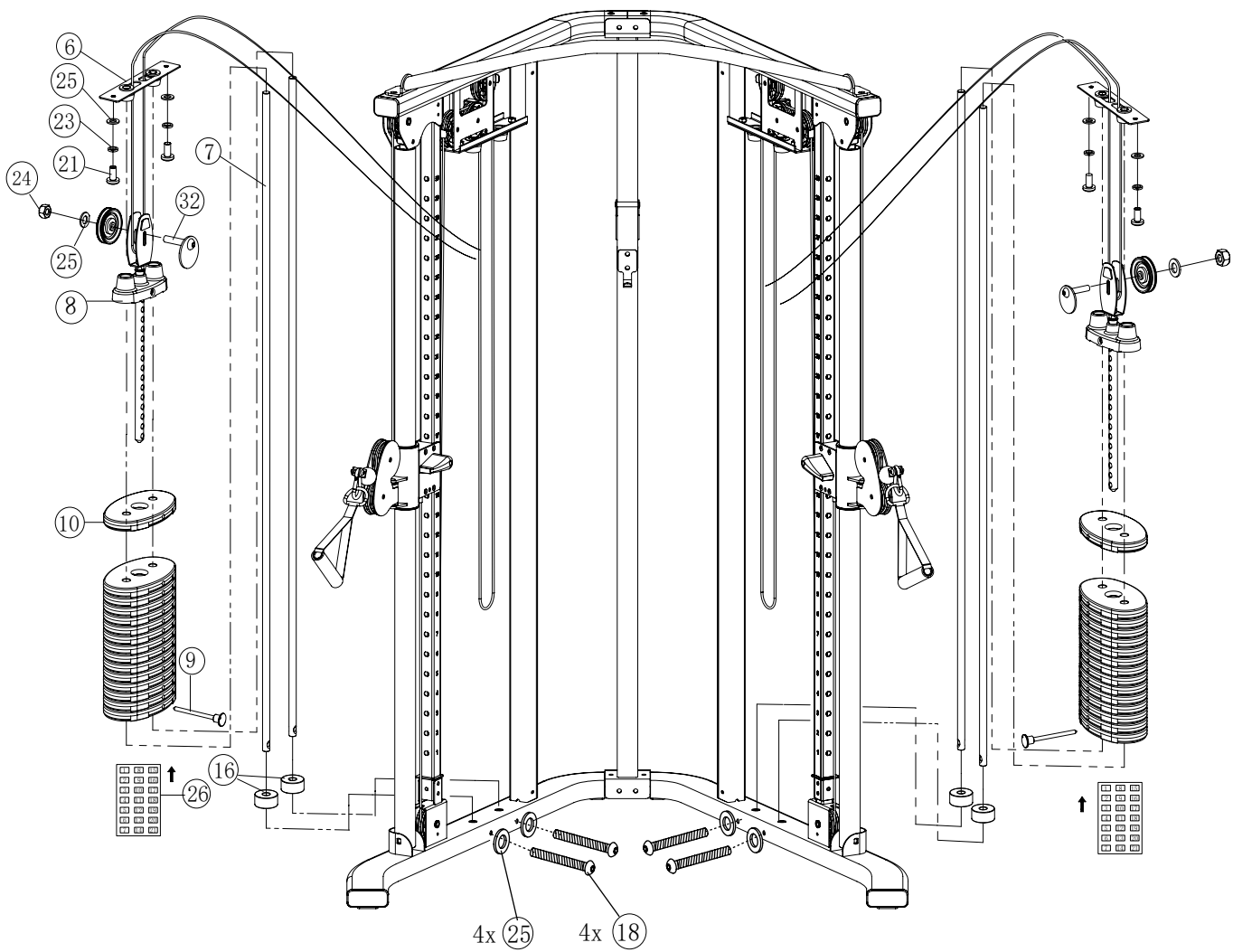


## STEP 2

- A. Install Guide Rods **(#7)** to Frame. Secure with M10 x 80 Bolt **(#18)** and M10 Washers **(#25)**. **Tighten all.**
- B. Install Rubber Bumpers **(#16)** to Guide Rod **(#7)**. Install 15 Weight Plates **(#10)** from the top of Guide Rods **(#7)** down to the Rubber Bumpers **(#16)**. Weight sticker cut out face Inwards, pads of the weight face down. See example below:



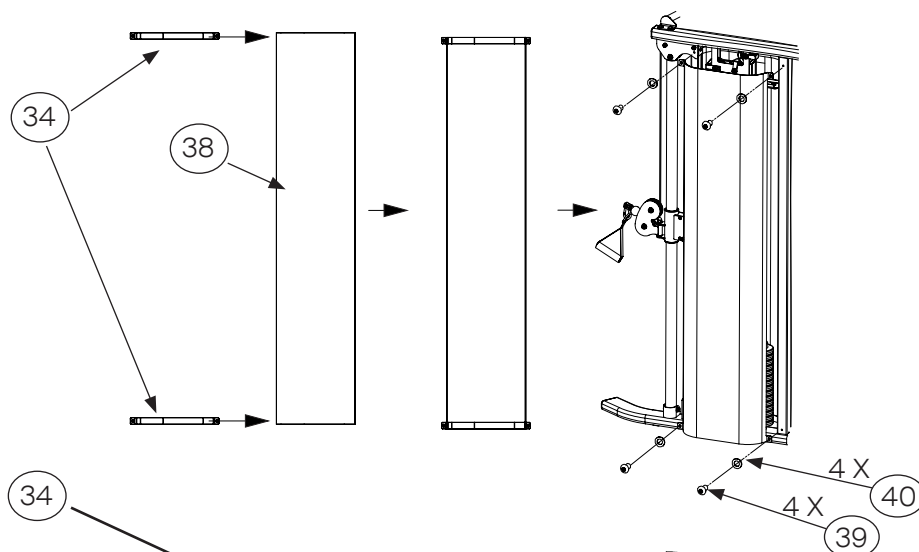
- C. Remove Pre-Installed M10 x 20 Bolts **(#21)**, M10 Spring Washers **(#23)**, and Ø 10 Washers **(#25)** holding Guide Rod Bracket **(#6)**. Slide the Selector Stem Assembly **(#8)** onto the Guide Rods **(#7)**. Install the weight stack Pulley **(#33)** with the cable wrapped between the pulley and the U shaped bracket **(#31)**. Insert Cam Bolt **(#32)** and secure with a M10 Washer **(#25)**, and a M10 Nut **(#24)**.
- D. Hold the Selector Stem Assembly **(#8)** above the weight stack to install Guide Rod Bracket **(#6)** on Guide Rods **(#7)**.
- E. Push Up Guide Rod Bracket **(#6)** into the upright.
- F. Fasten Bracket with M10 x 20 Bolts **(#21)**, M10 lock Washers **(#23)**, M10 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. Install weight number stickers **(#26)**. Start with Number **1** on the **selector stem weight**.
- J. Install Weight Pin **(#9)** to weight stack.
- K. Lubricate the Guide Rods with super lube or lube provided in Hardware Pack.
- L. Adjust 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 for opposite side.**



## STEP 3

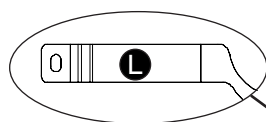
- A. Install Bracket **(#34)** into fabric shrouds 1, 2, 3 **(#36, 37, 38)**. Install Bracket **(#35)** into the bottom of fabric shrouds 1, 2 **(#36, 37)**. Secure top side first with M8 x 15 Bolt **(#39)**, M8 Washer **(#40)**, then bolt in bottom bracket. Repeat for right side.
- B. Refer to illustration for orientation.
- C. Install Logo Plates **(#5)** to top of shrouds

### Outside Shroud

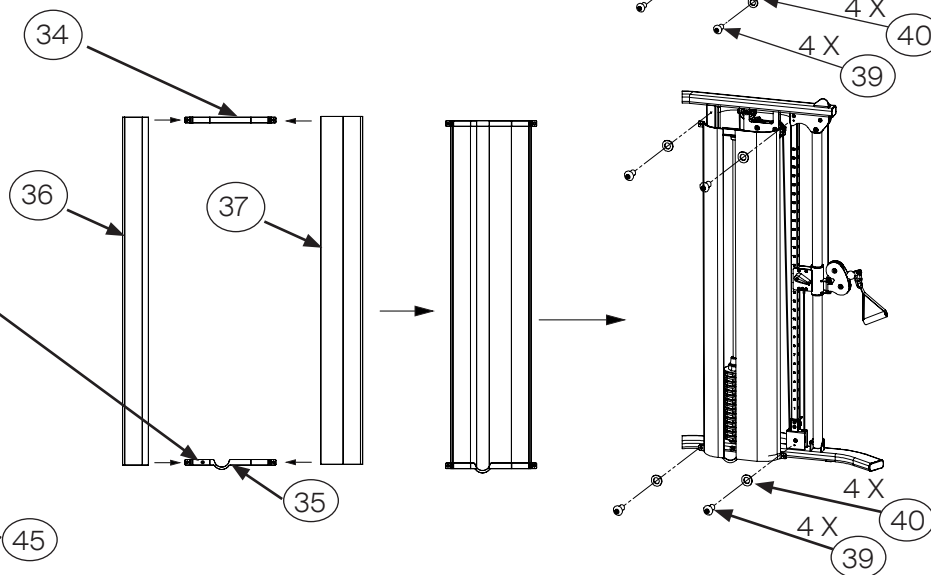
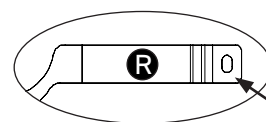


### Inside Shroud

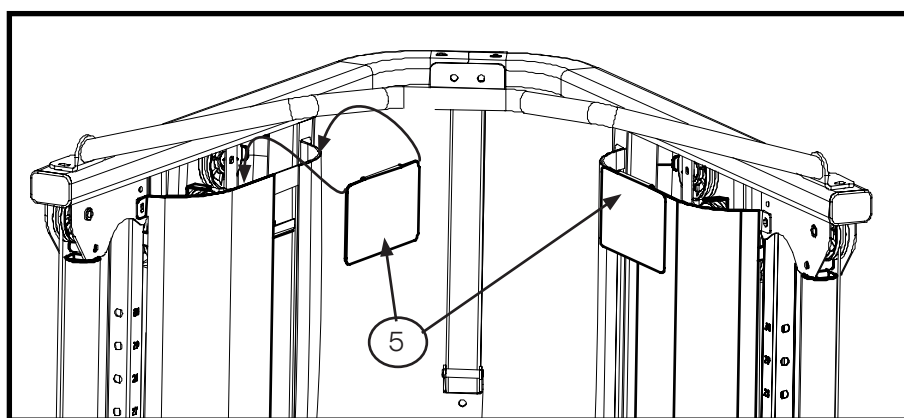
#### LEFT SIDE



#### RIGHT SIDE

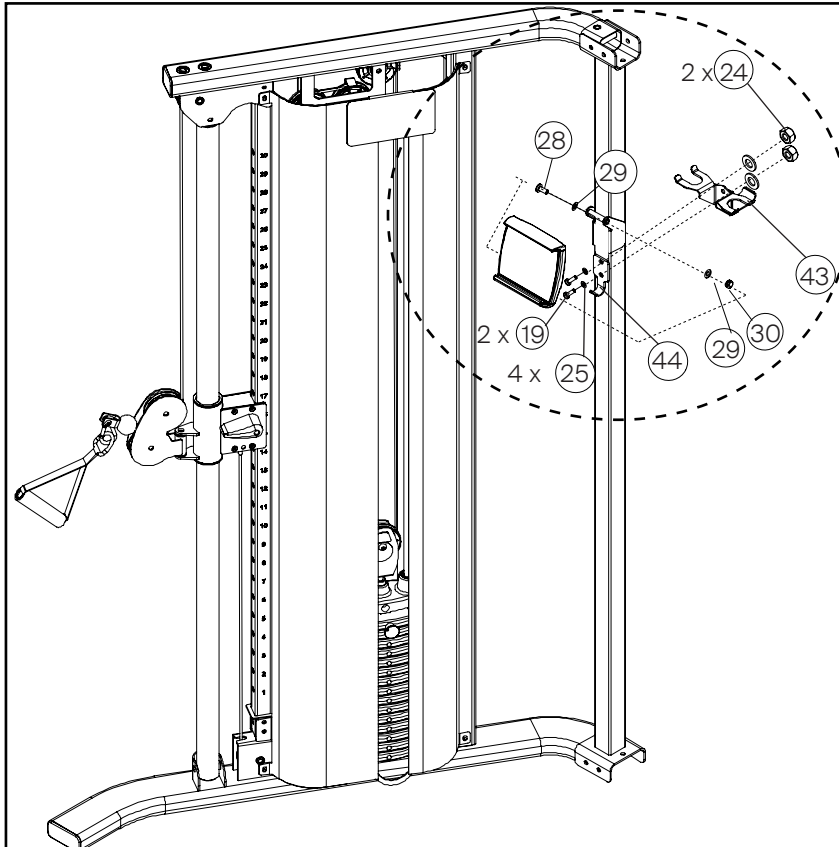


### Logo Plates (#5)

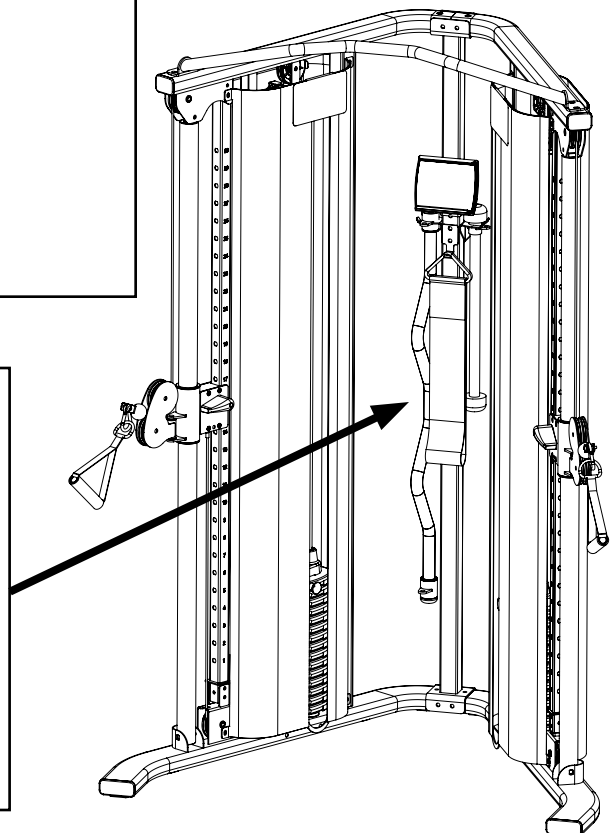
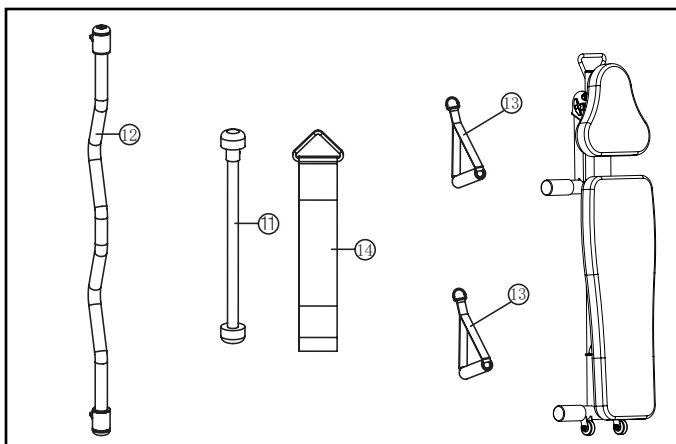


## STEP 4

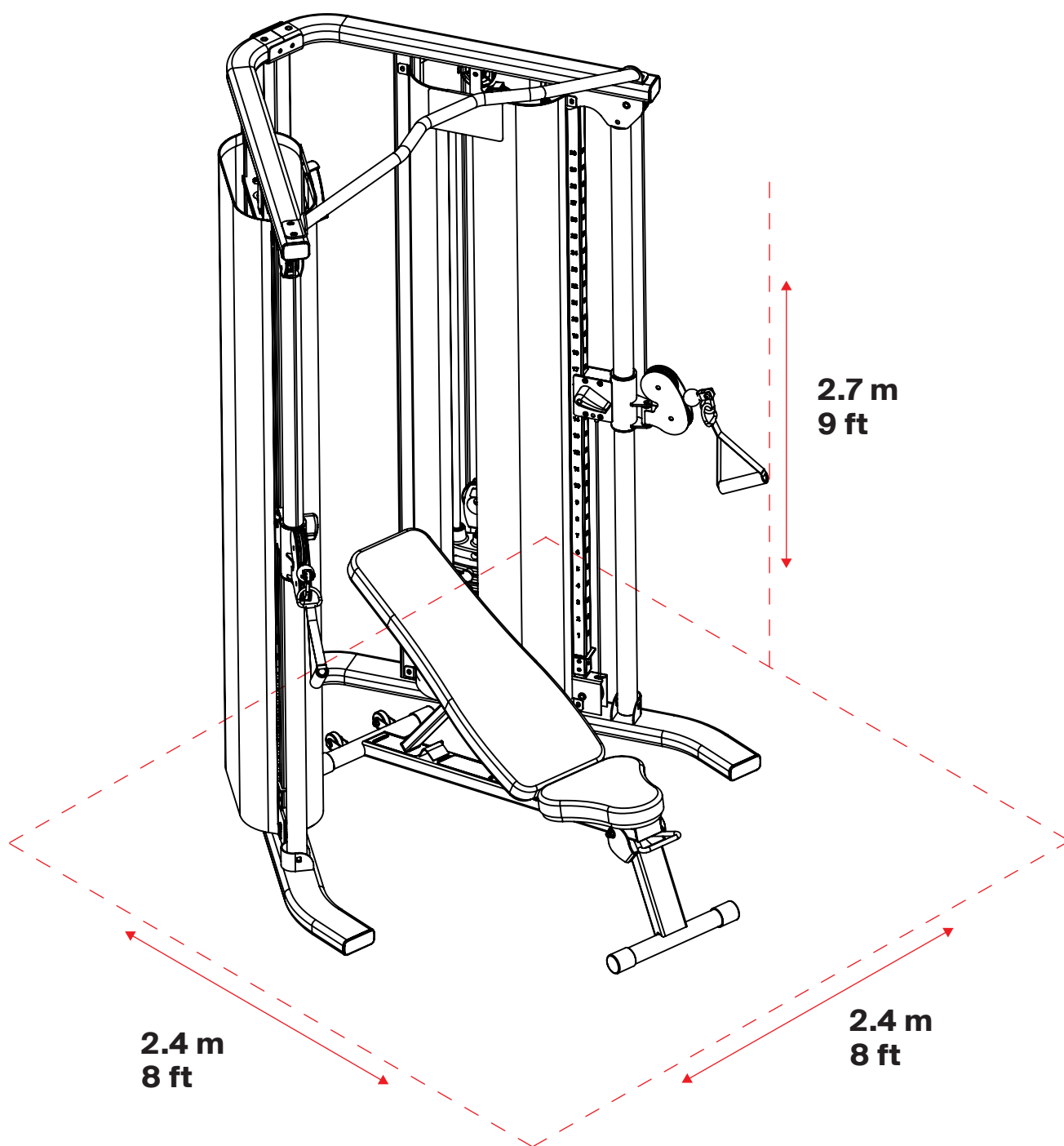
- A. Install Tablet Holder, secure with M6x75mm bolt (#28) and M6 Locknut (#30), M6 Washers (#29) . Fasten hardware.
- B. Install accessory brackets (#43 , #44) to center tube, use bolts M10x70 (#19) , M10 Washers (#25) and M10 Nuts (#24) to secure in place.
- C. Store Curl Bar (#12), and Rope (#11) onto the Hanger Bracket behind the Upper Cross Brace (#4). Hang Chin Up Belt (#14) on Upper Cross Brace (#4).



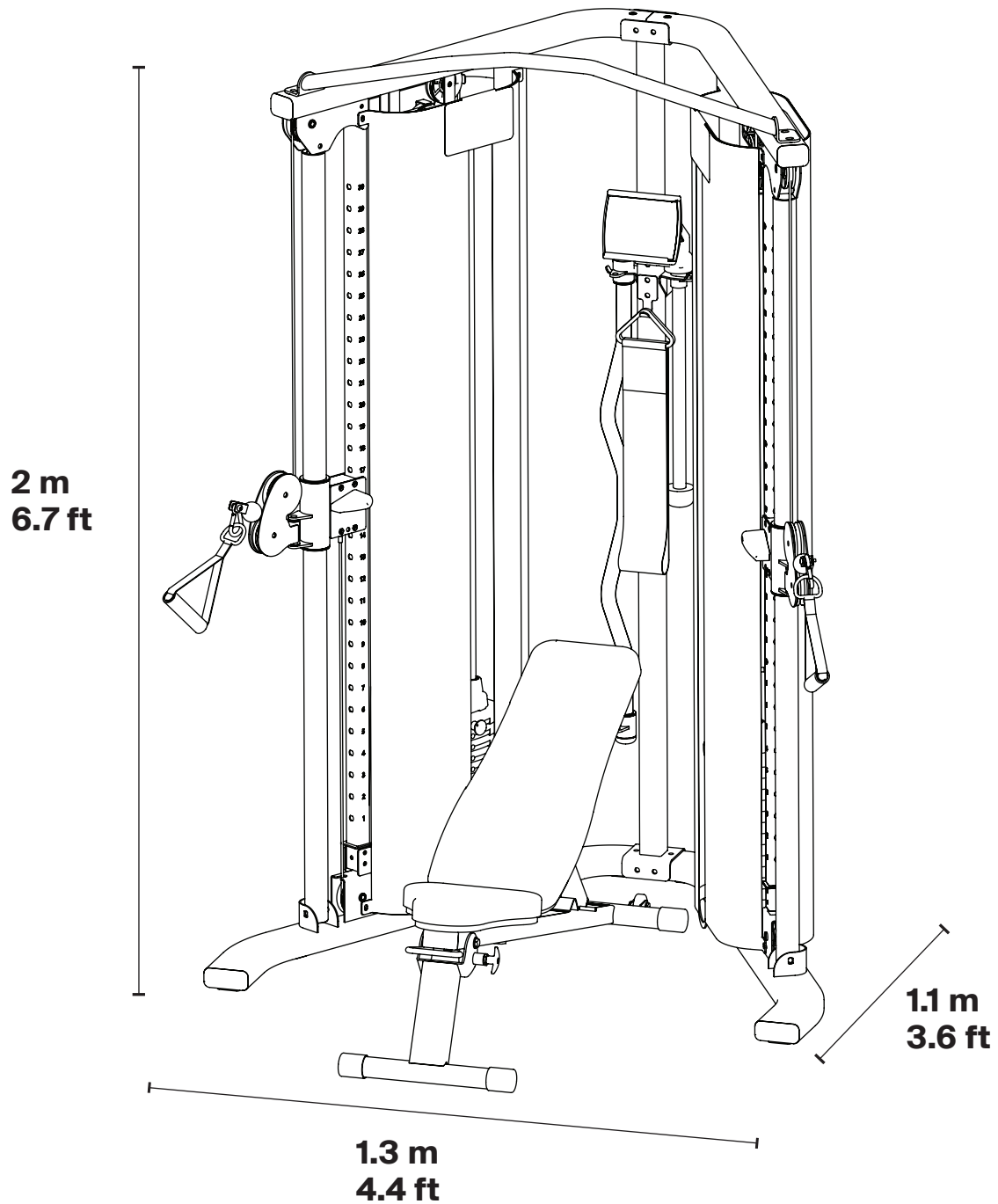
## ACCESSORIES



## LIVE AREA



## 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 objects will leave imprints in the surface that may take time to come out.

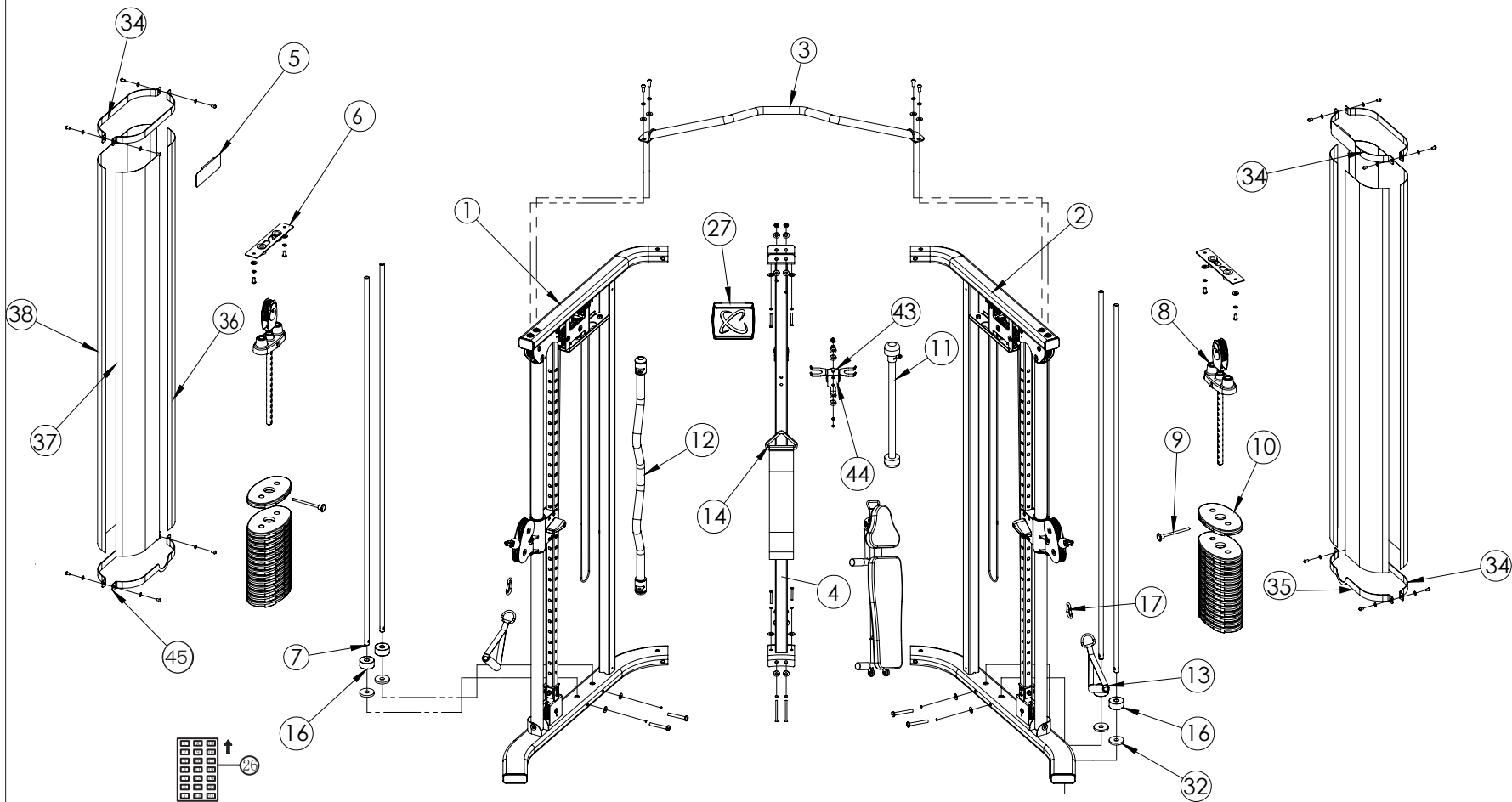
- Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable.
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically 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 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									
<b>Inspect:</b> Links, Pull Pins, Spring Clips, Swivels, Weight Stack Pins	WEEKLY										
<b>Clean:</b> Upholstery	WEEKLY										
<b>Inspect:</b> Cables and their Fittings	WEEKLY										
<b>Inspect:</b> Tautness of all Shrouds	WEEKLY										
<b>Inspect:</b> Accessory Bars and Handles	3 MONTHS										
<b>Inspect:</b> All Decals	3 MONTHS										
<b>Inspect:</b> All Nuts and Bolts. Tighten if Needed	3 MONTHS										
<b>Inspect:</b> Anti-Skid surfaces	3 MONTHS										
<b>Clean and Lubricate:</b> Guide Rods with a Teflon based lubricant	3 MONTHS										
<b>Lubricate:</b> Seat Sleeves and all Plastic Slides	3 MONTHS										
<b>Clean and Wax:</b> All Glossy Finishes	YEARLY										
<b>Replace:</b> Cables, Belts and Connecting Parts	2 YEARS										



# EXPLODED DIAGRAM



## PARTS LIST

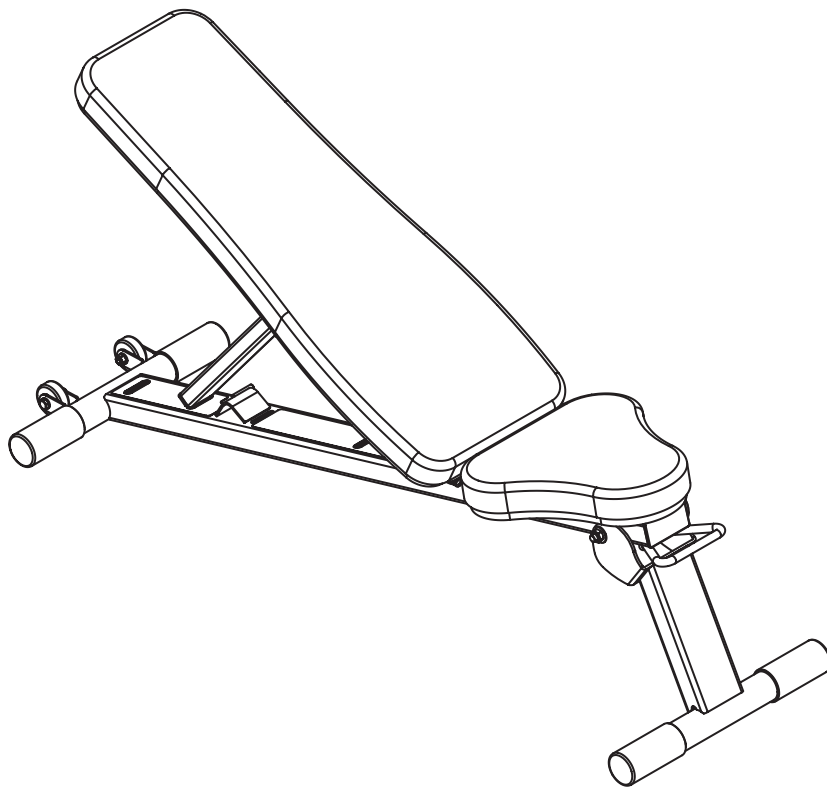
No.	Description	Part Number	Qty.
1	Right Station Assembly	105800	1
2	Left Station Assembly	105801	1
3	Pull up Bar Frame Assembly	105802	1
4	Center Frame Bar Assembly	105803	1
5	Centr Logo Plate	105817	1
6	Guide Rod Bracket	105809	2
7	Guide rod	103665	4
8	Selector Stem Assembly	102621	2
9	Weight Selector Pin	102629	2
10	Weight Plate	102626	30
11	Rope	105804	1
12	Curl Bar Dual Hook	105807	1
13	Single Handle	105806	2
14	Chin Up Belt	105805	1
15	Height Adjustment Handle	104453	2
16	Rubber Bumper	102582	4
17	Carabiner 80 x 40	105808	2
18	M10×80 Allen Bolt	104243	4
19	M10×70 Allen Bolt	105822	2
20	M10×25 Allen Bolt	105823	8
21	M10×20 Allen Bolt	105824	4
23	#10 Lock Washer	105825	8
24	M10 Nut	105821	6
25	#10 Flat Washer	103312	24
26	Resistance Label Set		2
27	Tablet Holder	102338	1
28	M6×75 Bolt	102400	1
29	#6 Washer	102401	2
30	M6 Nut	102402	1
31	Pulley Bracket	103589	2
32	Flat Washer Guide Rod Bumper	105826	2
33	Pully	102535	2
34	Shroud Bracket 1	105812	6
35	Shroud Bracket, Left	105813	2
36	Shroud Inner 1	105814	2
37	Shroud Inner 2	105815	2
38	Shroud 3	105816	2
39	M8x15 Bolt	103854	16
40	M8 Washer	102393	16
41	M10 x 130 Allen Bolt	102669	2
42	M10 x 95 Allen Bolt	104855	2
43	Accessory Bracket Hook 1	105820	1
44	Accessory Bracket Hook 2	105821	1
45	Shroud Bracket, Right	105822	1
<b>Tool list</b>			
47	#6 Allen Wrench		1
48	#5 Allen Wrench		1
49	#10&#17Wrench		1



Model: FLB2C

**USER MANUAL**

# **FOLDING ADJUSTABLE BENCH**



Record Serial Number Here

MADE IN CHINA  
80486-EN-V2025-07-07

## 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

*\*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](https://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;
- 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

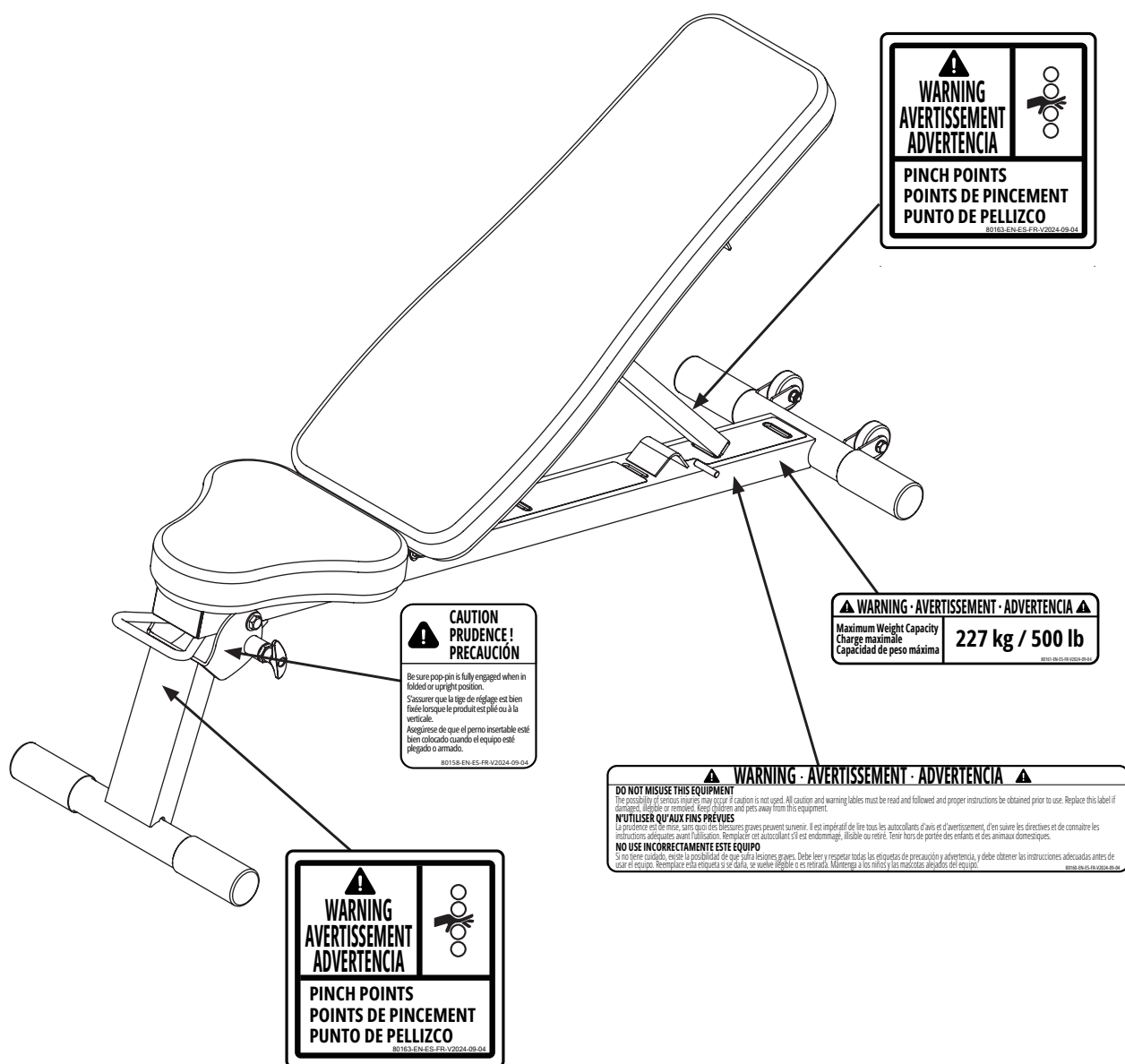
This exercise bench is built for optimum safety. However, certain precautions apply whenever you use a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your bench. In particular, note the following safety precautions:

1. Keep children and pets away from the bench at all times.
2. Only one person at a time should use the bench.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a physician.
4. Position the bench on a clear, leveled surface. Do not use outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the bench.
7. Use the bench only for its intended use as described in this manual.
8. Disabled persons should not use this bench without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using this bench.
10. Never use this bench if it is not functioning properly.
11. A spotter is recommended during exercise.
12. Maximum **USER** weight on bench is 136 kg / 300 lb. This means that a **PERSONS** maximum weight can be up to 136 kg / 300 lb. **The total weight capacity that the bench can hold is 226.8 kg / 500 lb.**

### CARE AND MAINTENANCE

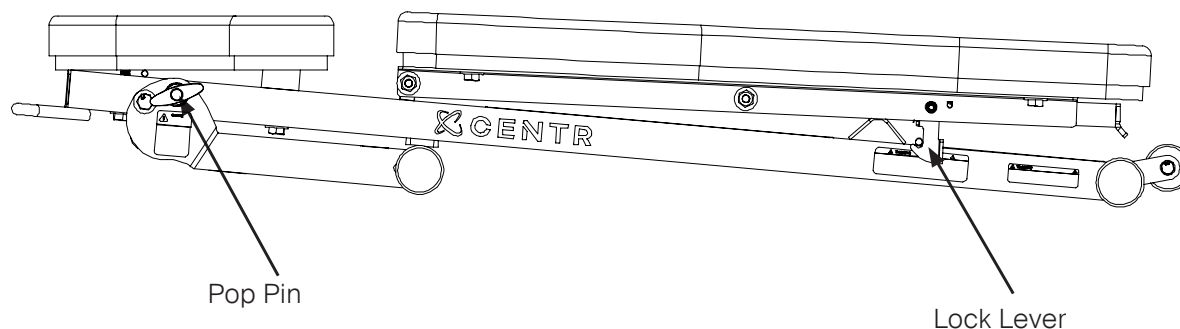
1. Regularly inspect product for loose hardware.
2. Do not use or store equipment outdoors.
3. Locate and familiarize yourself with all warning decals on the home gym.
4. Replace damaged or worn upholstery immediately.

## LABEL PLACEMENT

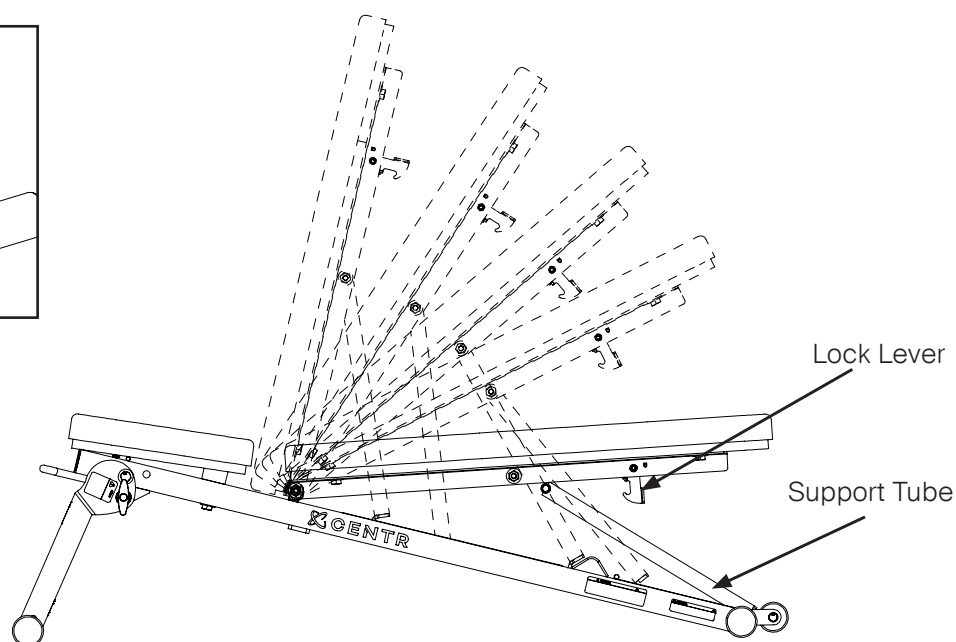
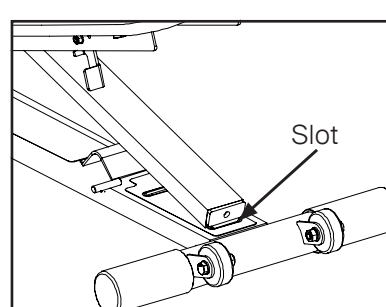


## PRODUCT FEATURES

**This bench is for adult use only. Do not let children play with the bench. Use caution while adjusting or working out on the bench.**

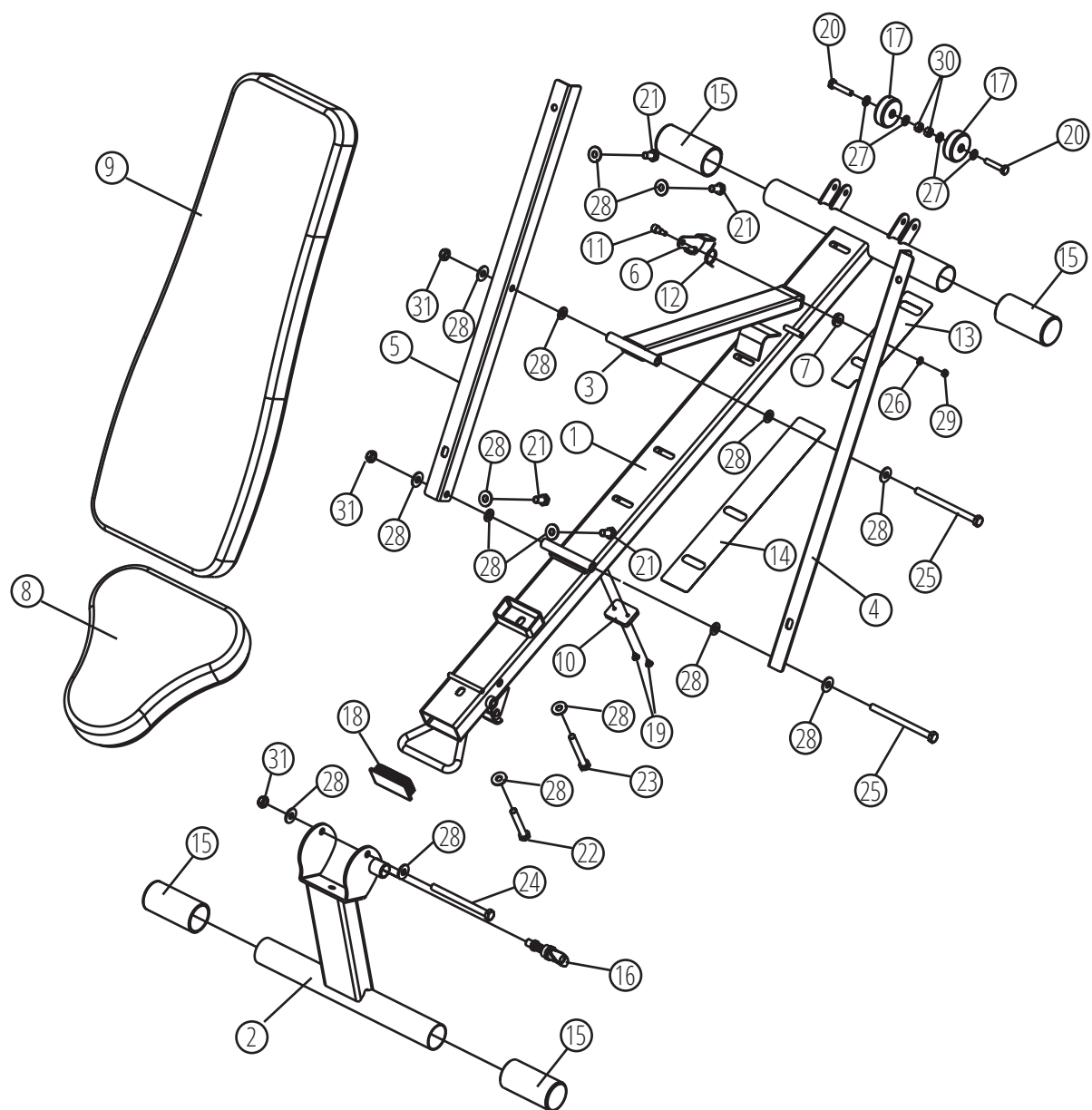


Pull pop pin to unfold or fold leg. Make sure hands are clear of pivot area. Make sure pop pin is fully engaged in locking holes after each adjustment.



Swivel lock lever under pad to release back pad. Raise the head end of the pad so the free end of the support tube slips into a slot for a desired position. Before use, make sure the support tube is secure in a slot. Five degrees are available.

When folding the bench flat, keep hands clear of any pivot areas or closing areas. make sure the lock lever is locked over catch pin before moving.

**EXPLODED DIAGRAM**



**CENTR**