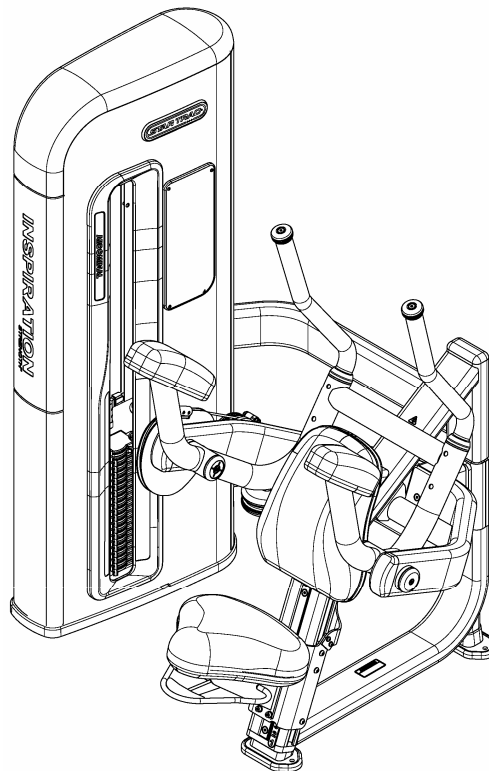


INSPIRATION

STRENGTH™

Designed to Inspire™



ABDOMINAL MACHINE

IP-S6331

INSTALLATION INSTRUCTIONS



expect different™.

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INSTALLATION INSTRUCTIONS

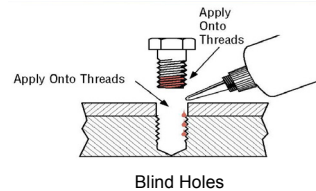
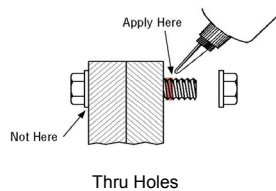
REQUIRED TOOLS:

• 2.5MM HEX KEY SOCKET	1	• 13MM OPEN-END WRENCH	2
• 3MM HEX KEY SOCKET	1	• 17MM OPEN-END WRENCH	1
• 4MM HEX KEY SOCKET	1	• 19MM OPEN-END WRENCH	1
• 5MM HEX KEY SOCKET	1	• 13MM SOCKET	1
• 6MM HEX KEY SOCKET	1	• #2 CROSS-HEAD (PHILLIPS) SCREWDRIVER	1
• 8MM HEX KEY SOCKET	1	• TORQUE WRENCH	1

GENERAL NOTES:

- Unless otherwise noted Loctite 242/243 or equivalent thread locker must be used on all threaded fasteners. (Do not use thread locker when a Nyloc nut is used.)
- All Star Trac Strength equipment **MUST** be secured to the floor using either 10mm or 3/8in. (grade 5 minimum) bolts. To accommodate this there are four mounting points inside the weight stack and one in either of the small feet.
- This Installation Instructions Manual must be used in conjunction with the equipment's Owner's Manual. The Owner's manual describes equipment setup and instructs members on how to use it correctly and safely.
- The Abdominal Machine weighs approximately 260 Kg (573 lbs) when fully assembled and occupies an area 155 cm wide by 108 cm deep. Star Trac recommends the addition of 1-2 people during assembly, and when moving the equipment to its designated point of use.

THREAD LOCKER APPLICATION: Clean all threads and holes, apply no more than 3-4 drops per bolt.



Metric Steel Bolts Torque Specifications

Bolt Size	Thread Pitch	Torque, N-m (lbs-ft)
6mm	1.25	4.5 to 6 (6 to 8)
8mm	1.25	9.5 to 12 (13 to 16)
10mm	1.75	26 to 30 (35 to 40)

- Torque all hardware to values as specified above, unless noted otherwise.
- See Page 11 of this manual for fastener sizing information; for reference only.
- Note: All torque values are in N-m unless otherwise stated.

Should any component not be present or if you have any operational questions, please refer to your owner's manual or on the web @ www.startrac.com. Specifically refer to your Inspiration serial number and model number labeled on your equipment.

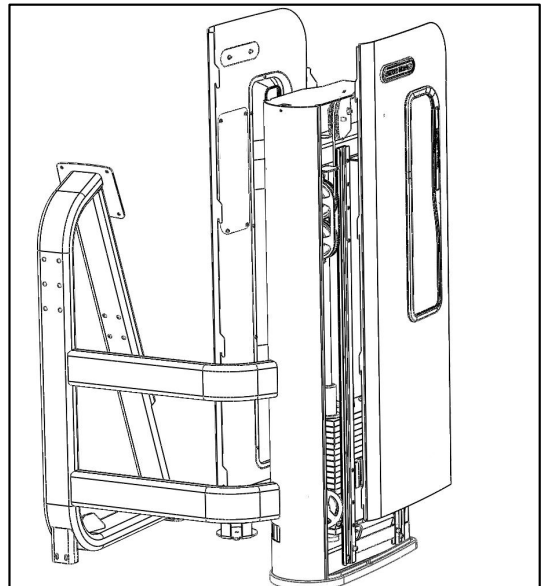
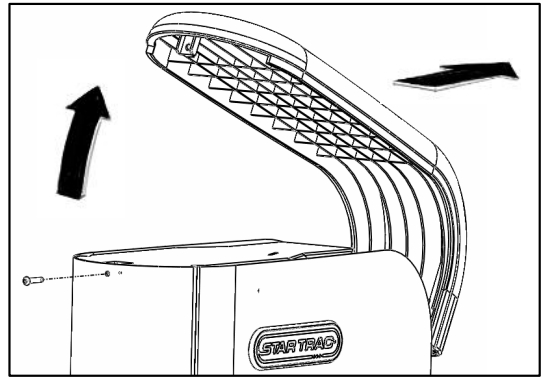
PACKAGING REMOVAL:

Carefully remove all packaging materials that wrap the equipment. **DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.** At this time remove any sub-components from the pallet and set aside for later assembly.



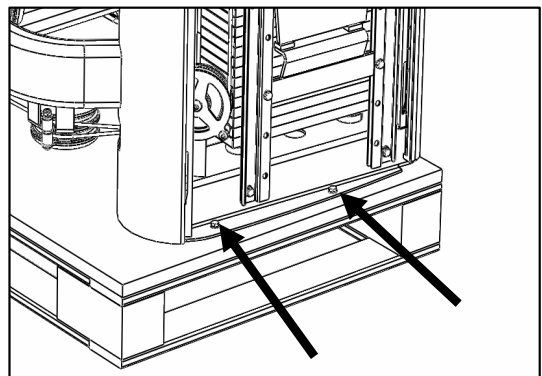
REMOVE THE SHROUDS:

1. Using a 4MM hex key remove the (M6,30MM,Button Head Bolt) from the rear of the weight stack. Save this bolt as you will need it to re-install later. After the bolt has been removed rotate the black TOP BUMPER towards the front of the weight stack then lift it off and set aside.
2. Grip the top of the outside SHROUD and lift to remove it from the weight stack. Carefully store the SHROUD for later use. Now repeat with the inside SHROUD.



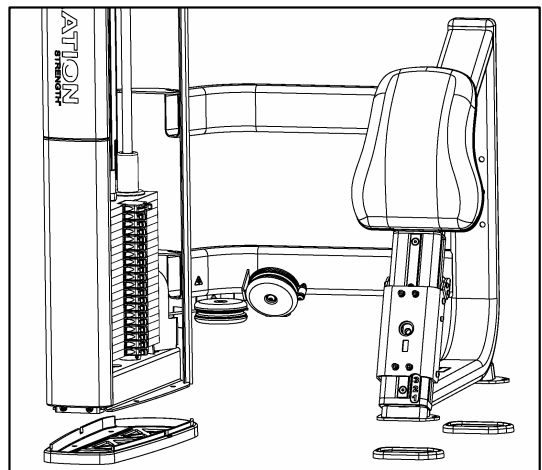
REMOVE FROM PALLET:

1. With the shrouds removed, locate and remove the two bolts that secure the equipment to the pallet. There will also be a bolt through each of the equipment's feet.
2. Once all bolts fastening the equipment to the pallet have been removed, carefully remove equipment off of the pallet and place in desired location.



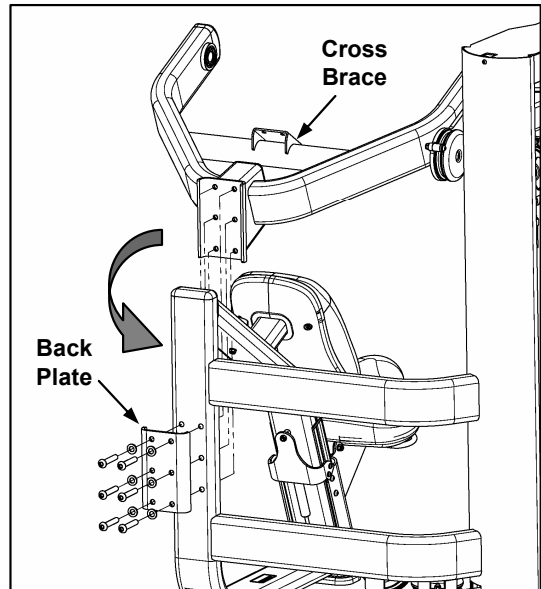
PROTECTIVE FEET:

1. Your equipment shipped with a set of PROTECTIVE FEET. Tilt the equipment towards the weight stack until the two smaller feet lift off the ground; slip the PROTECTIVE FEET on and set the equipment back down.
2. Now tilt the equipment onto the two small feet lifting the weight stack off the ground. Install the large PROTECTIVE FOOT and set the equipment back down.

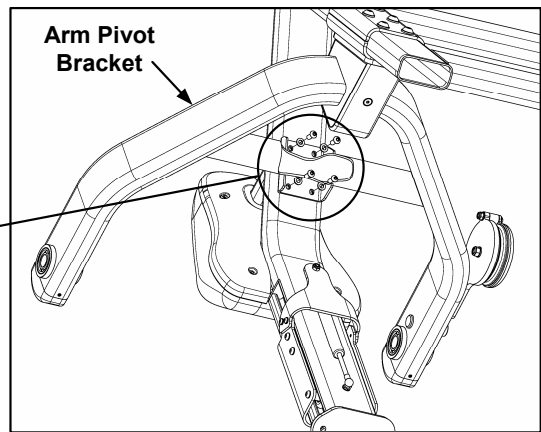
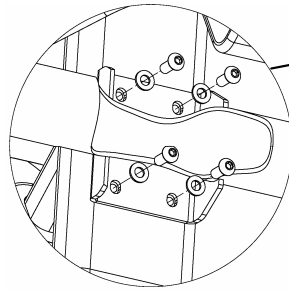


INSTALLING THE ARM PIVOT BRACKET:

1. Locate the six (M12,70MM,Button Head Bolts), six (M12,Washers), ARM BRACKET, & ARM PIVOT BACK PLATE. Align components and tighten bolts using an 8MM hex key.

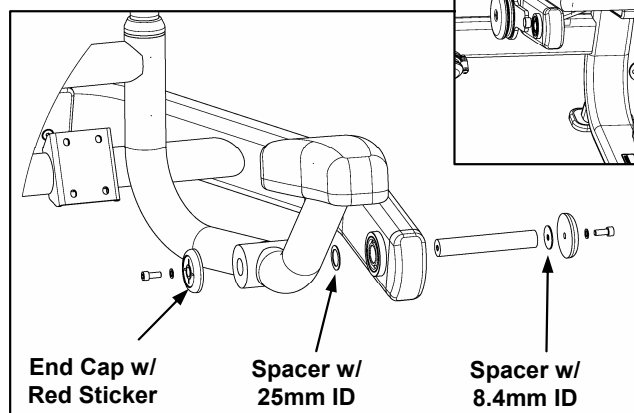
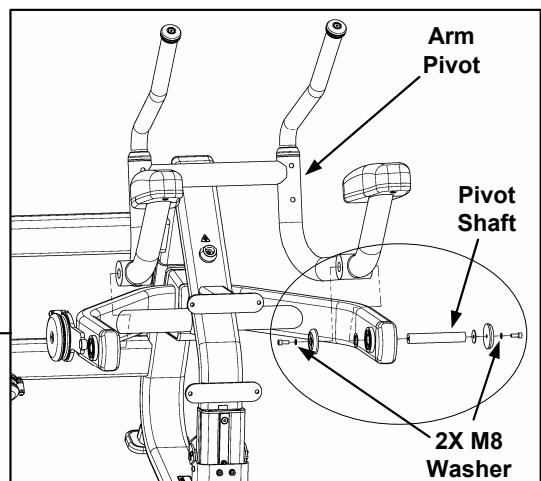


2. Secure the ARM BRACKET CROSS BRACE to the FRONT TUBING with four (M8, 20MM, Button Head Screw) and four (M8, Washers). Tighten with a 4MM hex key.



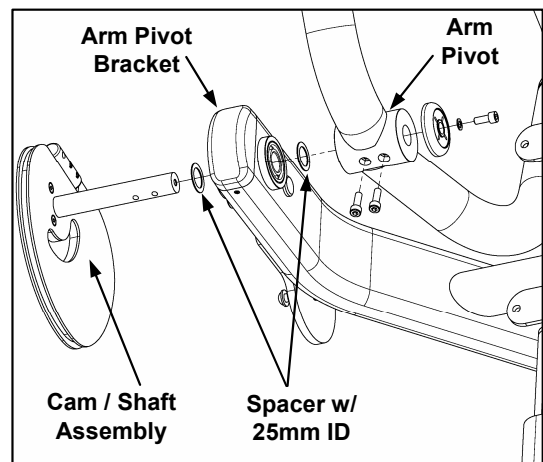
INSTALLING THE ARM PIVOT:

1. Place the ARM PIVOT assembly in between the ARM PIVOT BRACKET and align with the PIVOT SHAFT.
2. Install END CAPS as shown with a M8 Washer and (M8, 20MM, Socket Head Screw) on each side. NOTE: Place the END CAP with the red rotational sticker toward the user.



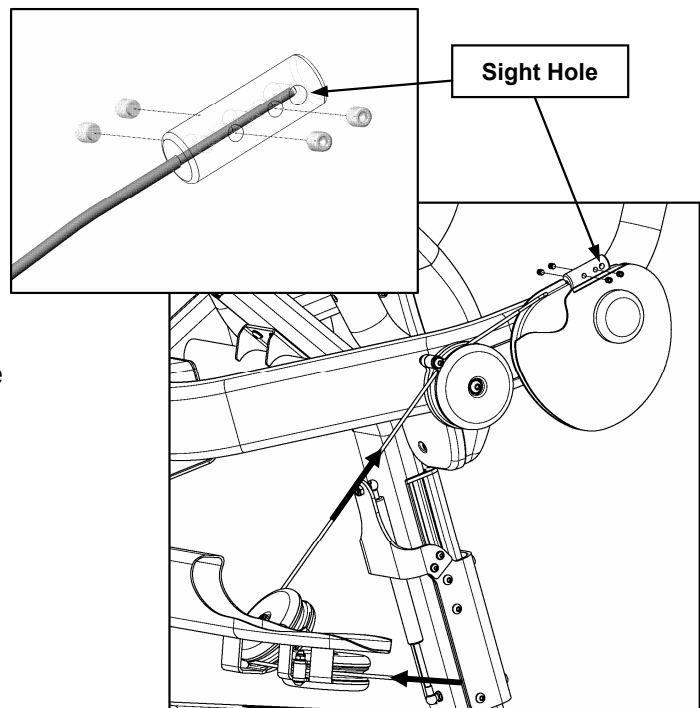
INSTALLING THE ARM PIVOT (CAM SIDE):

1. Install the CAM/SHAFT assembly thru the bearings in the ARM PIVOT BRACKET and into the ARM PIVOT.
2. Install END CAP as shown with a M8 Washer and (M8, 20MM, Socket Head Screw). NOTE: Place the END CAP with the red rotational sticker toward the user.
3. Align the thru holes in the ARM PIVOT with the threaded holes in the CAM/SHAFT and screw in two (M8, 25MM, Socket Head Screw). Tighten using a 4MM hex key.



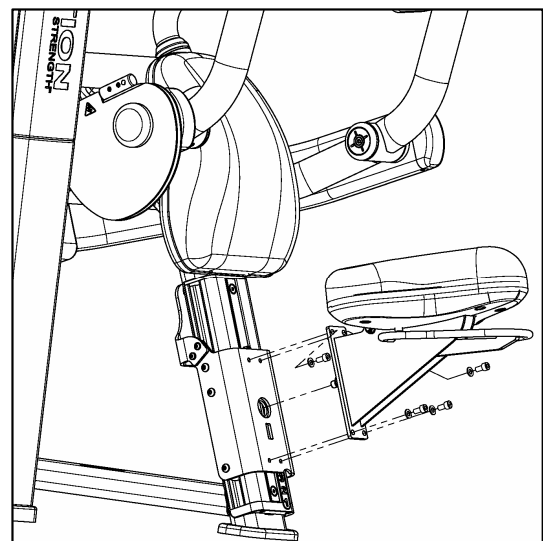
ATTACHING THE CABLE:

1. Locate the loose cable end and loop around the pulleys as shown taking care not to fray the stranded wire.
2. Pull and insert the CABLE END into the CABLE MOUNT of the CAM until the end of the CABLE is visible in the sight hole.
3. Secure with the four sets screws (M8) included, using a 4MM hex key. Torque to 15-17 N-m.



INSTALLING THE SEAT BOTTOM:

1. Align and install the ADJUSTABLE SEAT using four (M8, 16MM, Socket Head Bolts) and four (M8, Washers). Tighten using a 6MM hex key.
2. Pull up on the red handle and verify that the seat assembly slides up and down smoothly.



GUIDE ROD LUBRICATION:

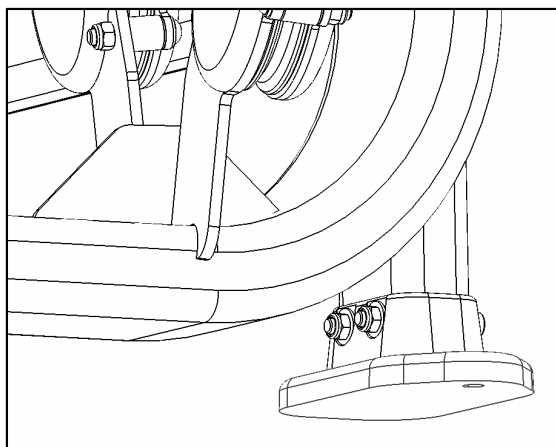
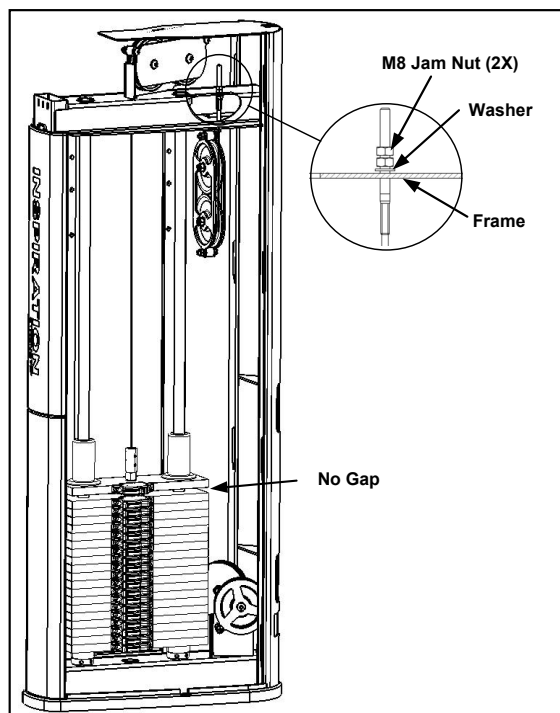
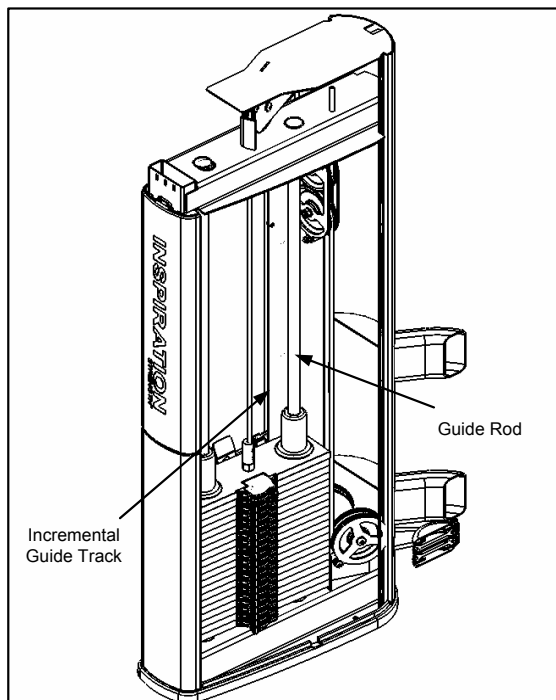
1. Apply a general purpose lubricant (such as 3-in-1 oil) that does not contain Teflon to a cotton cloth, then run the cotton cloth up and down the guide rods as needed.
2. Also apply oil to the incremental weight guide tracks.
3. Verify that the Top Plate and Incremental Plate slide smoothly.

TOP PLATE & CABLE ADJUSTMENT:

1. Engage **LOCKNLOAD™** pin at maximum weight and actuate arm 3 to 4 times to fully seat the weight stacks.
2. Disengage **LOCKNLOAD™** pins and verify that there is no gap between the Top Plate and the lower weight plate. If a gap exists or if there is too much slack on the cable, then the cable tension needs to be adjusted.
3. Using two 13MM open end wrench, loosen the upper M8 Jam Nuts. Adjust cable tension until the Top Plate drops and rests on to the weight stack.
4. Hand tighten the jam nuts and check to make sure the gap is gone. Cable should deflect no more than $\pm 25\text{mm}$ from centerline without raising the Top Plate. Check for smooth **LOCKNLOAD™** pin engagement.
5. Tighten jam nuts.

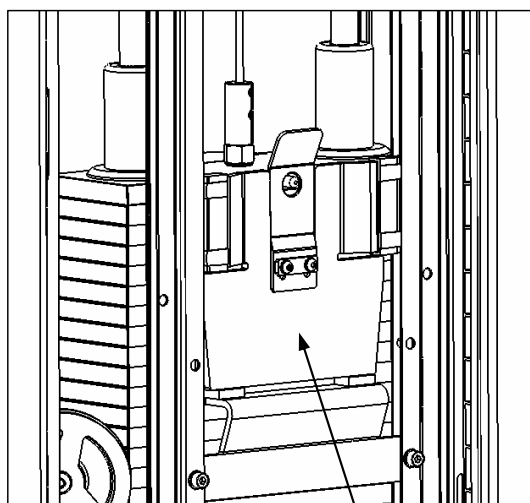
REAR FOOT ADJUSTMENT:

1. Verify that the equipment is at the desired location and then check to make sure the feet contact the ground and leveled.
2. If the machine rocks or is tippy, adjust rear foot by loosening the two Nyloc nuts using a 13MM open-end wrench and a 6MM hex key.
3. Slide the foot up or down until the machine is leveled.
4. Re-tighten the bolts and nuts.

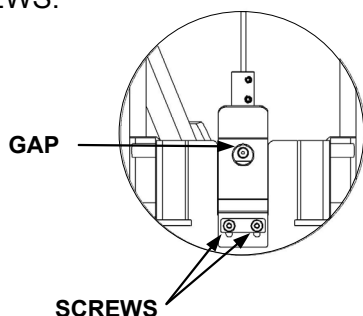


INCREMENTAL WEIGHT ADJUSTMENT:

1. Check to make sure the gap between the TOP PLATE pin and the 20mm hole of the INCREMENTAL WEIGHT plate is 3mm or less when engage.
2. If gap is greater than 3mm, loosen but do not remove the two BUTTON HEAD SCREWS (M6) using a 4MM hex key.
3. Slide the bracket up or down to create a 3mm gap.
4. Re-tighten the two BUTTON HEAD SCREWS.

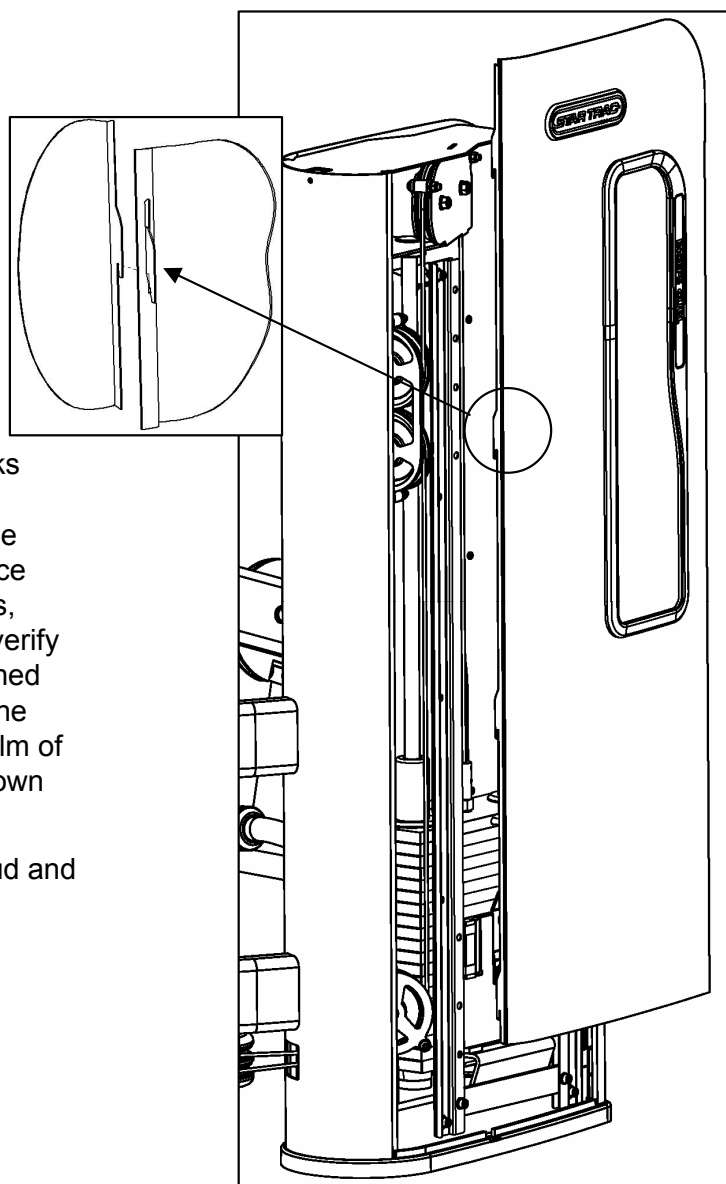


INCREMENTAL WEIGHT PLATE



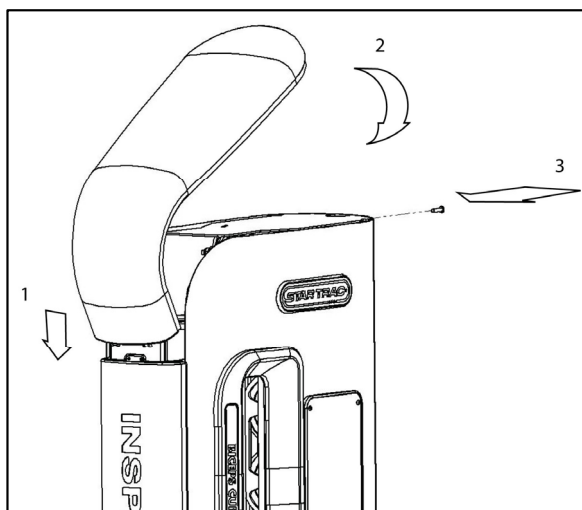
INSTALLING THE SHROUDS:

1. Insert the SHROUDS from the top sliding downward. The SHROUDS have seven hooks for mounting. Before the shroud can be slide down into place the SHROUD hooks need to be aligned with the corresponding mounting slots found on the weight frame of the equipment. Once the SHROUD hooks are in the slots, slide the SHROUD into place and verify that the top of the SHROUD is aligned with the top of the weight stack. If the SHROUD is not aligned use the palm of your hand and tap the SHROUD down until it is aligned.
2. Repeat step 1 with the inside shroud and verify alignment.



INSTALLING THE TOP BUMPER:

1. After both shrouds have been installed install the black TOP BUMPER by first inserting the two tabs (1) found on the large end of the TOP BUMPER into the equipment main frame. Now rotate (2) the TOP BUMPER down until it is sitting flush on top of the weight frame. Install the (M6,30MM,Button Head Bolt) (3) through the weight frame into the TOP BUMPER as shown and tighten to 1.0 N-m max.



MACHINE CLEARANCE AND SPACING

For the safe operation of Inspiration Strength™ Star Trac recommends that a clearance of 24 inches (60.96cm) be maintained between and behind machines including moving arms and levers. To insure safe entry and exit to each unit a walkway of at least 36 inches (91.44cm) inches is recommended front of, or on the entry side of each machine.

WARNING!

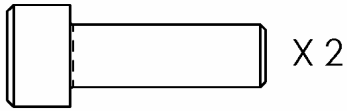


Before using this product, it is essential to read the ENTIRE operations manual and ALL installation Instructions. The Owner's manual describes equipment setup and instructs members on how to use it correctly and safely.

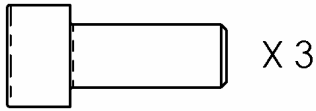


Health related injuries may result from incorrect or excessive use of exercise equipment. Star Trac strongly recommends you to encourage you and your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

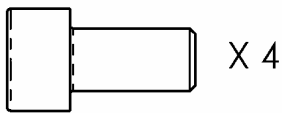
HARDWARE GUIDE



M8 X 25mm Socket Head Screw



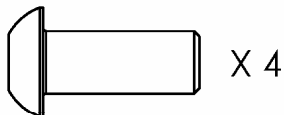
M8 X 20mm Socket Head Screw



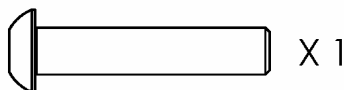
M8 X 16mm Socket Head Screw



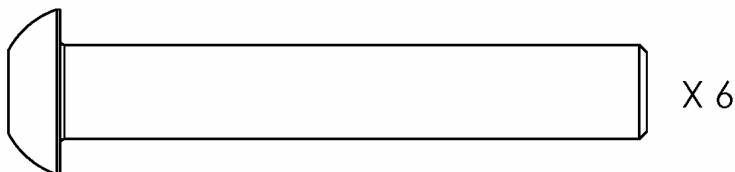
M5 X 10mm Socket Head Screw



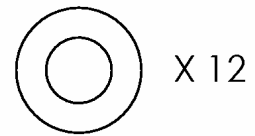
M8 X 20 Button Head Screw



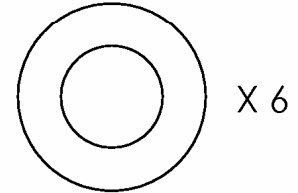
M6 X 30mm Button Head Screw



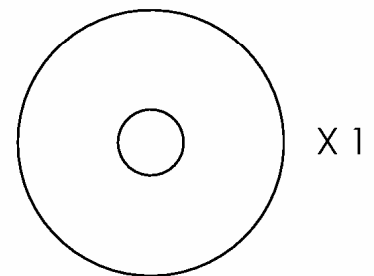
M12 X 75mm Button Head Screw



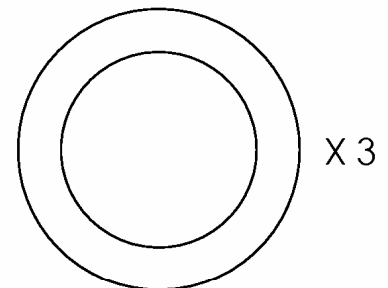
M8 Washer



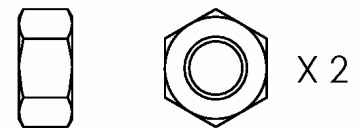
M12 Washer



M8 Washer, Large



M8 Washer, 25mm ID



M8 Jam Nut



M8 Setscrew



expect different.

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