



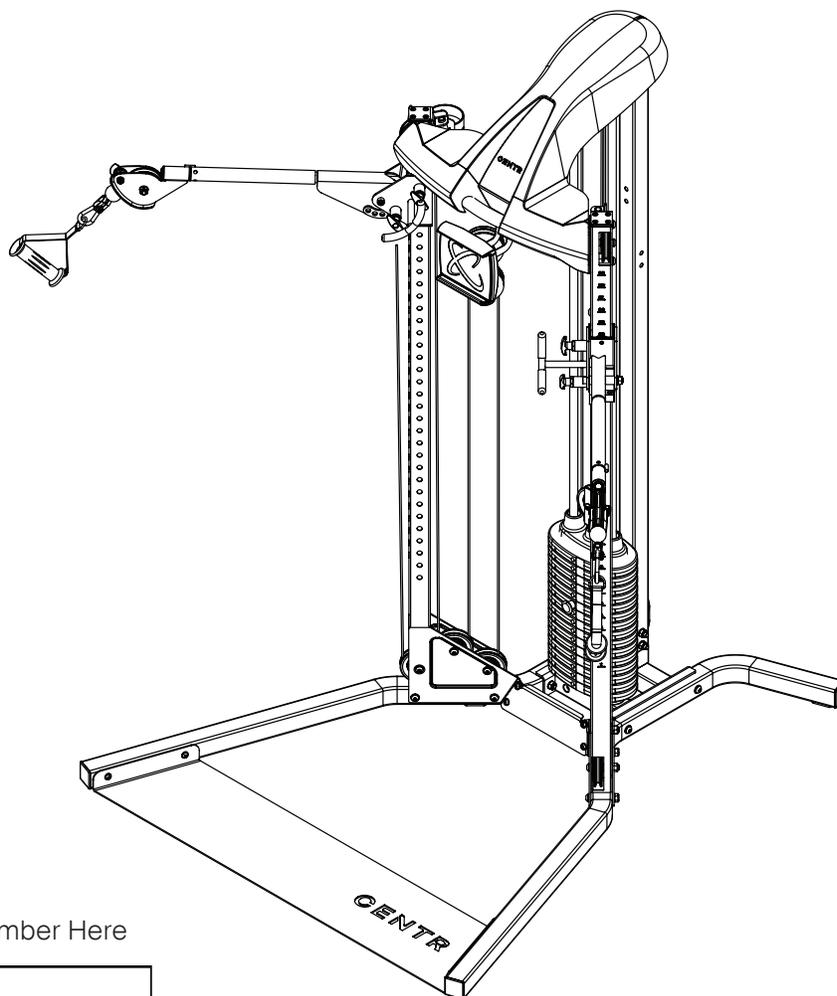
Model: SSFT.1

**USER MANUAL**

# **CENTR 1**

**HOME GYM**

**FUNCTIONAL TRAINER**



Record Serial Number Here

MADE IN CHINA  
V06282023



## 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

hello@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](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; 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.



## TABLE OF CONTENTS

PRODUCT WARRANTY.....	3
IMPORTANT SAFETY NOTICE.....	6
HARDWARE PACK (NOT TO SCALE).....	7
ASSEMBLY.....	10
CABLE ROUTING DIAGRAM.....	20
DECAL PLACEMENT.....	21
EXPLODED DIAGRAM.....	22
MAINTENANCE.....	23
PARTS LIST.....	24

## 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. 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.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. 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.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. 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

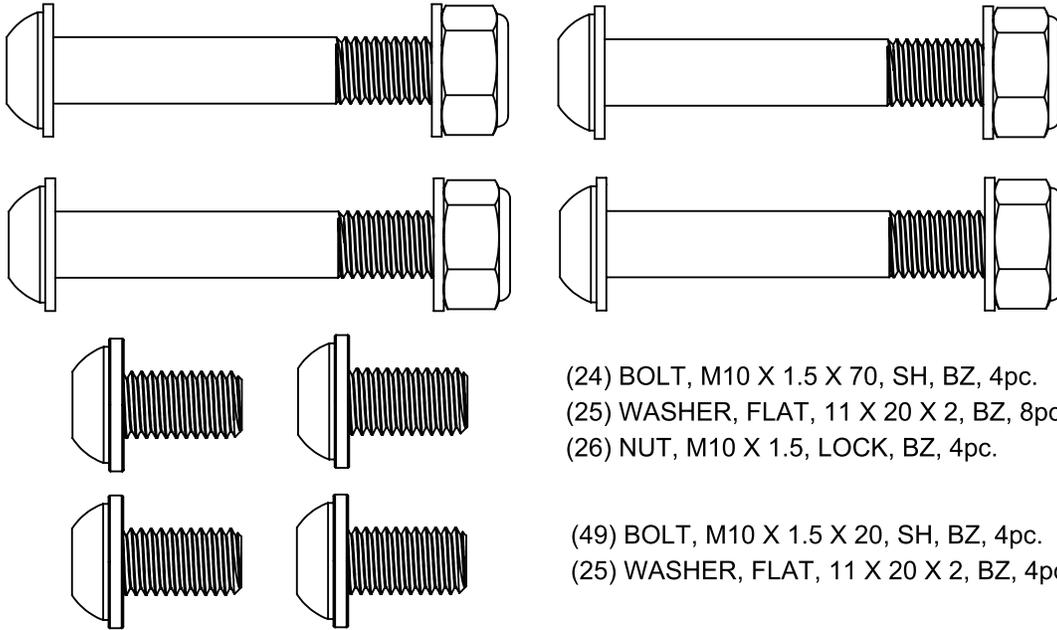
- Inspect and tighten all parts before using the machine.
- The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

**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.**

**HARDWARE PACK (NOT TO SCALE)**

**SSFT.1**

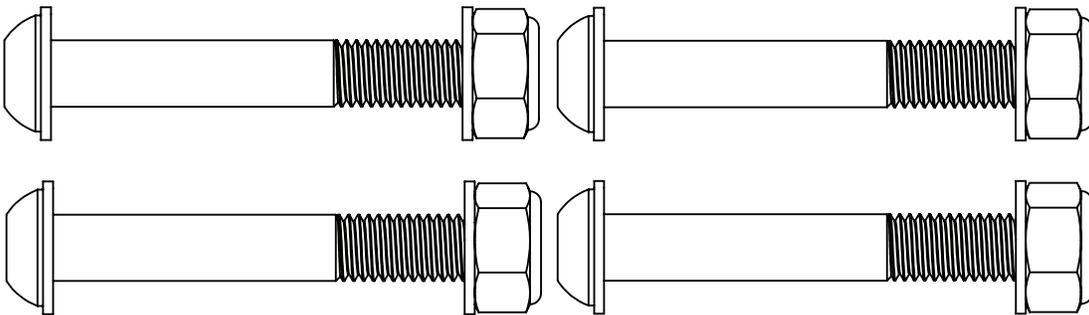
**STEP 1**



- (24) BOLT, M10 X 1.5 X 70, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.

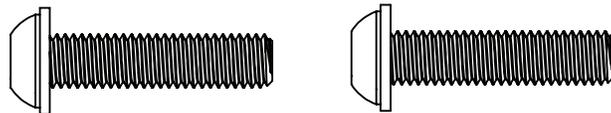
- (49) BOLT, M10 X 1.5 X 20, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 4pc.

**STEP 2**



- (48) BOLT, M10 X 1.5 X 75, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.

**STEP 3**

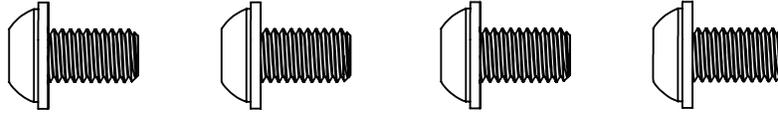


- (50) BOLT, M8 X 1.25 X 35, SH, BZ, 2pc.
- (28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 2pc.

**HARDWARE PACK (NOT TO SCALE)**

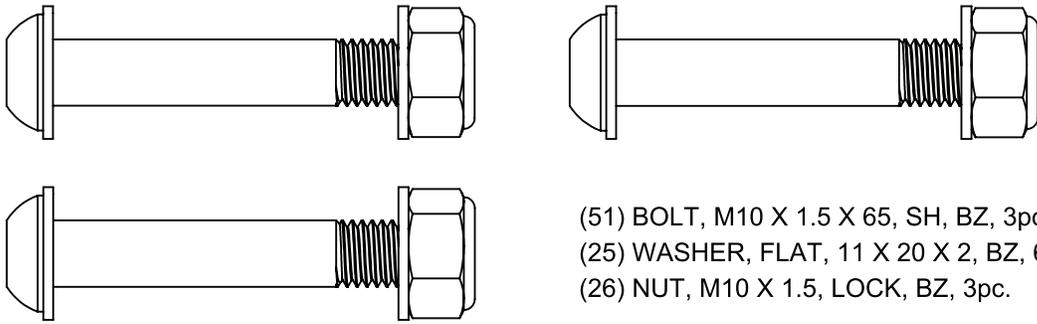
**SSFT.1**

**STEP 4**



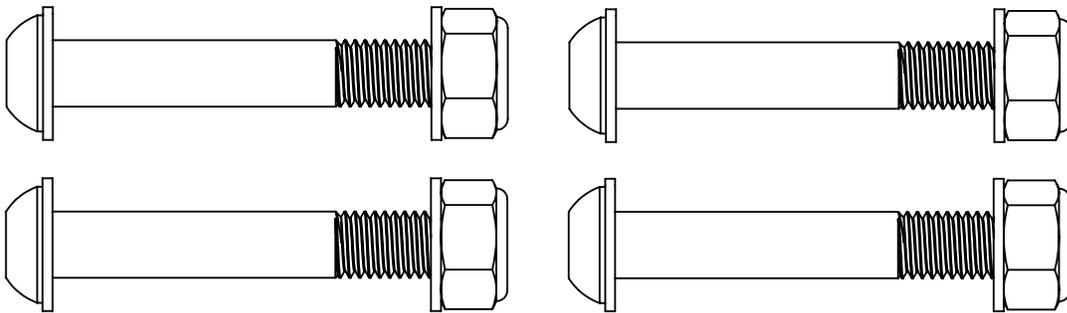
- (27) BOLT, M8 X 1.25 X 15, SH, BZ, 4pc.
- (28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 4pc.

**STEP 5**



- (51) BOLT, M10 X 1.5 X 65, SH, BZ, 3pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 6pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 3pc.

**STEP 6**

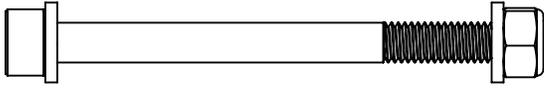


- (24) BOLT, M10 X 1.5 X 70, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.

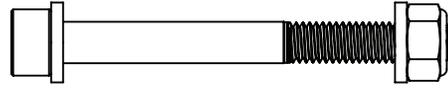
**HARDWARE PACK (NOT TO SCALE)**

**SSFT.1**

**STEP 7**



(35) BOLT, M6 X 1 X 75, SH, BZ, 1pc.

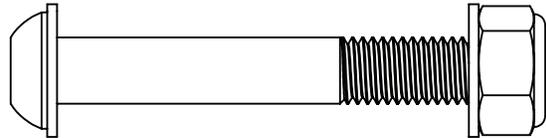
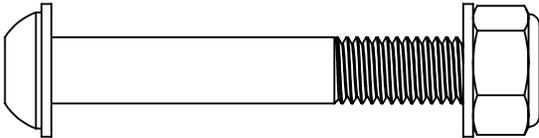


(16) BOLT, M6 X 1 X 60, SH, BZ, 1pc.

(36) WASHER, FLAT, 6.4 X 12 X 1.6, BZ, 4pc.

(37) NUT, M6 X 1, LOCK, BZ, 2pc.

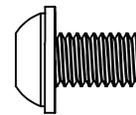
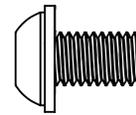
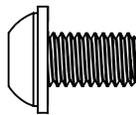
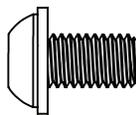
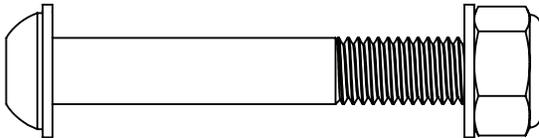
**STEP 8**



(48) BOLT, M10 X 1.5 X 75, SH, BZ, 3pc.

(25) WASHER, FLAT, 11 X 20 X 2, BZ, 6pc.

(26) NUT, M10 X 1.5, LOCK, BZ, 3pc.

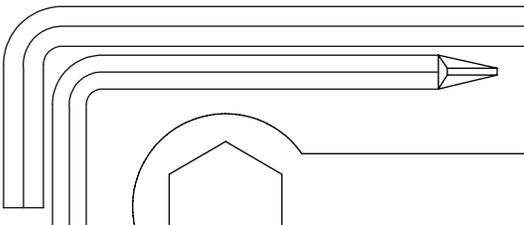
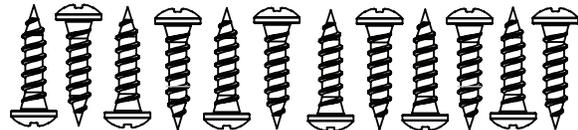


(27) BOLT, M8 X 1.25 X 15, SH, BZ, 4pc.

(28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 4pc.

**STEP 9**

(32) SCREW, M4 X 16, PH, BZ, TYPE A, 12pc.



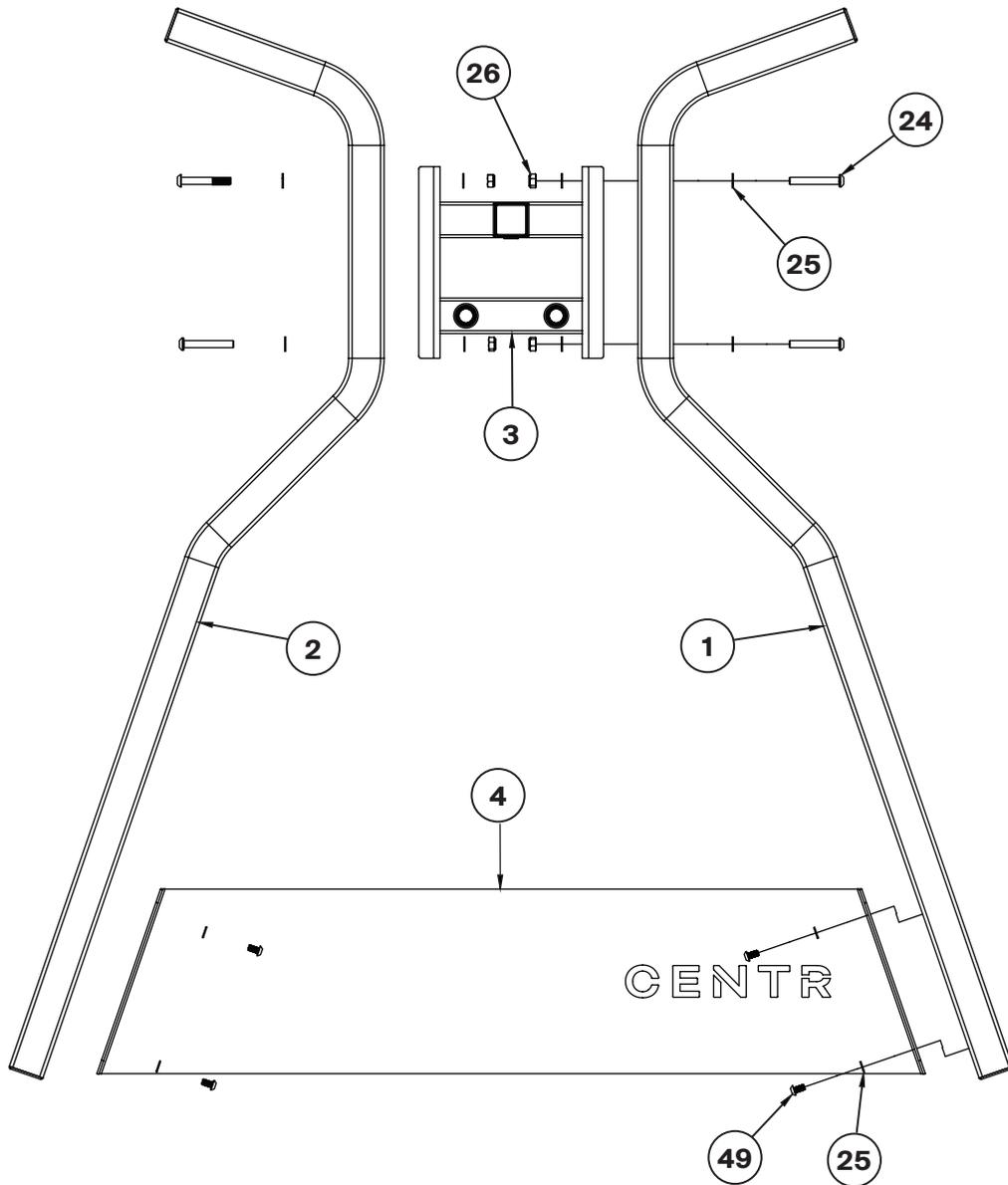
(38) #5 Allen Wrench, 1pc.

(39) #6 Allen Wrench, 1pc.

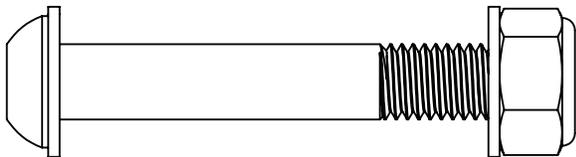
(40) #10 & #17 Wrench, 1pc.

**ASSEMBLY**

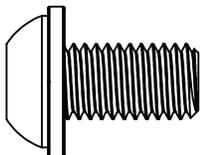
**STEP 1**



**HARDWARE REQUIRED:**

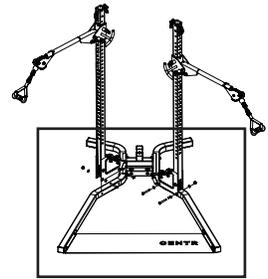


- (24)** BOLT, M10 X 1.5 X 70, SH, BZ, **4pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **4pc.**

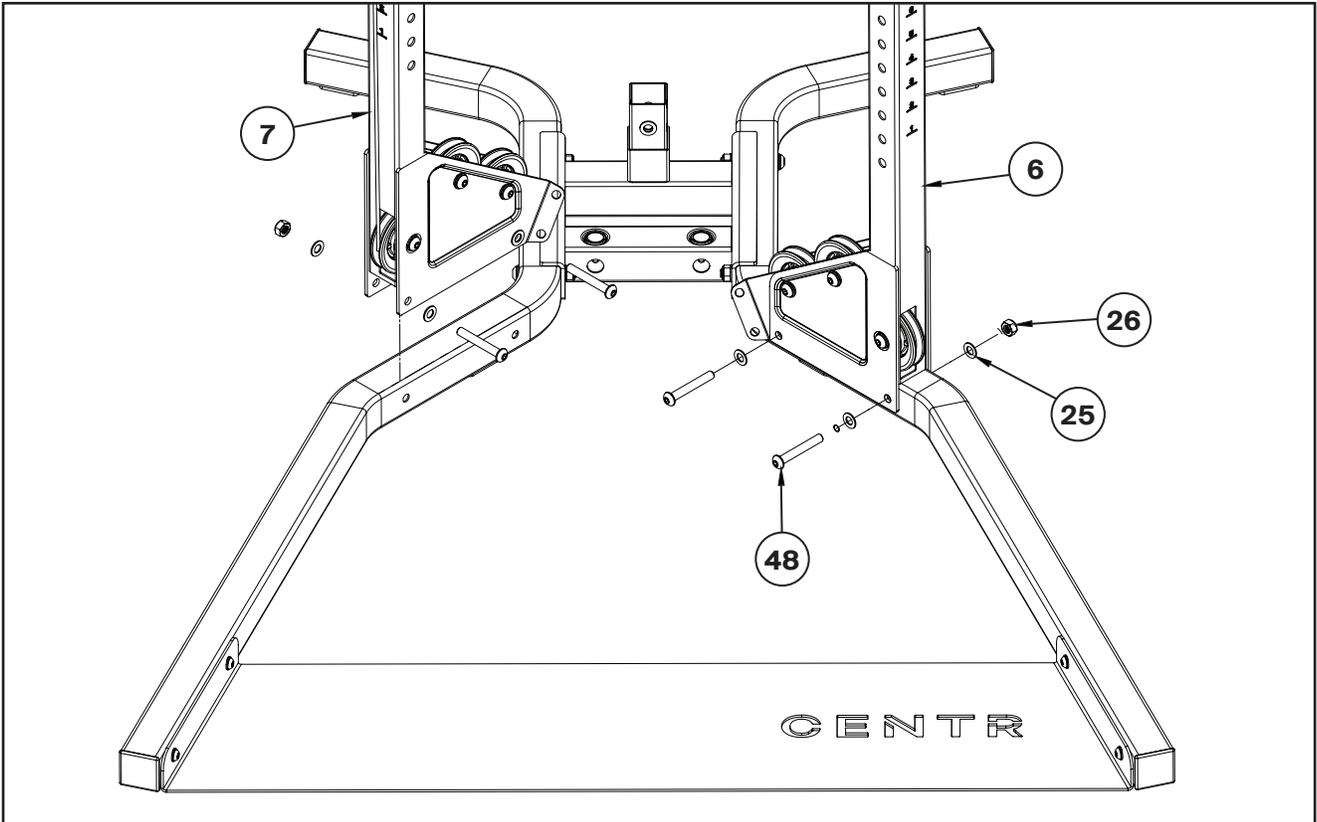


- (49)** BOLT, M10 X 1.5 X 20, SH, BZ, **4pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **4pc.**

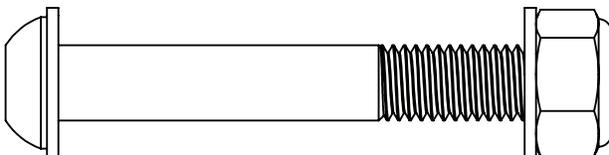
## STEP 2



**\*Leave hardware loose until step 8**



### HARDWARE REQUIRED:

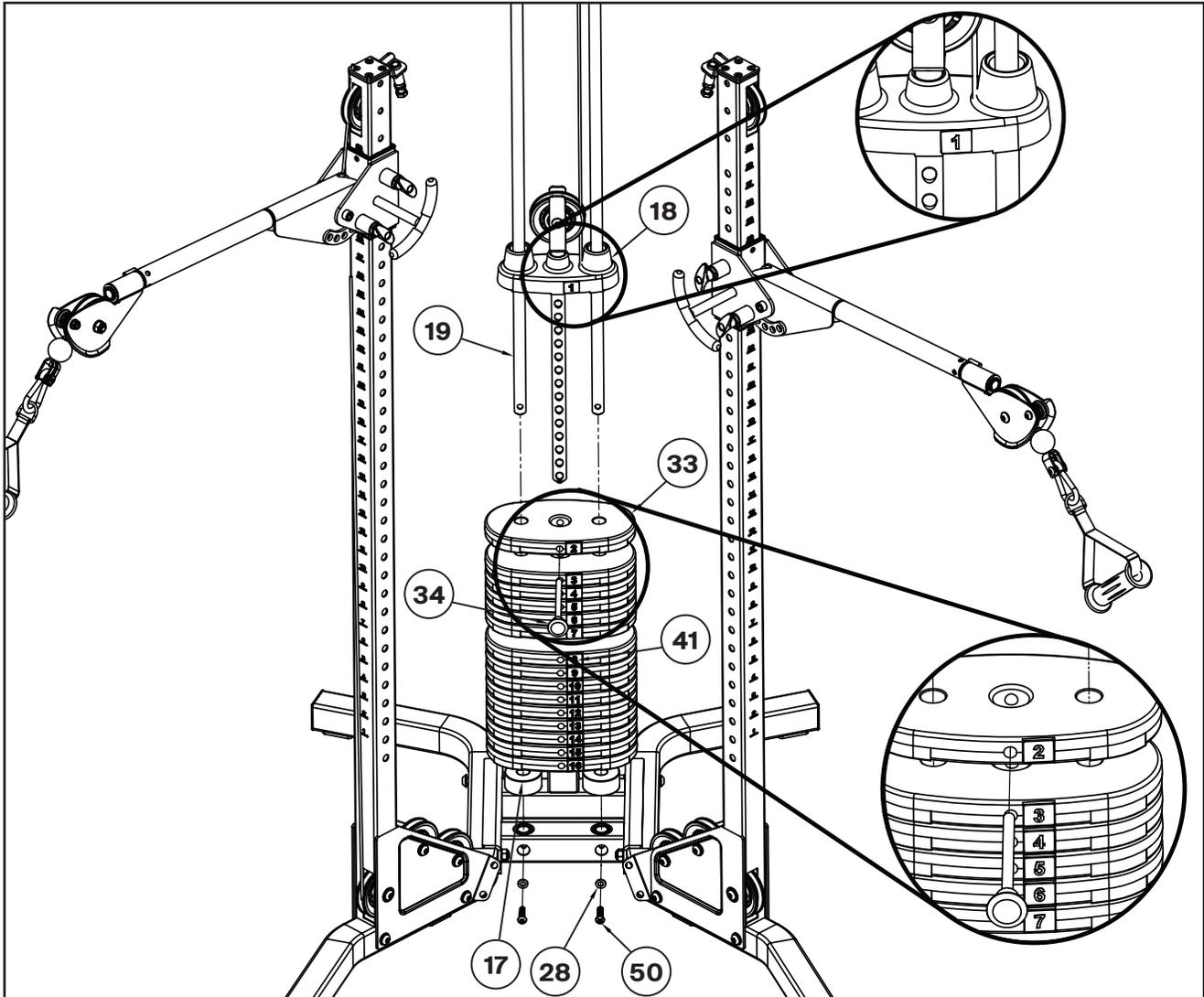


**(48)** BOLT, M10 X 1.5 X 75, SH, BZ, **4pc.**

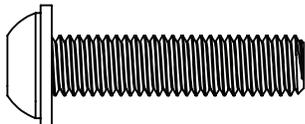
**(25)** WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**

**(26)** NUT, M10 X 1.5, LOCK, BZ, **4pc.**

STEP 3



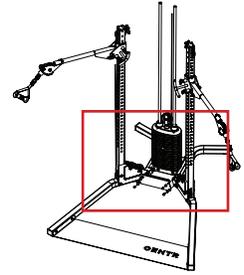
**HARDWARE REQUIRED:**



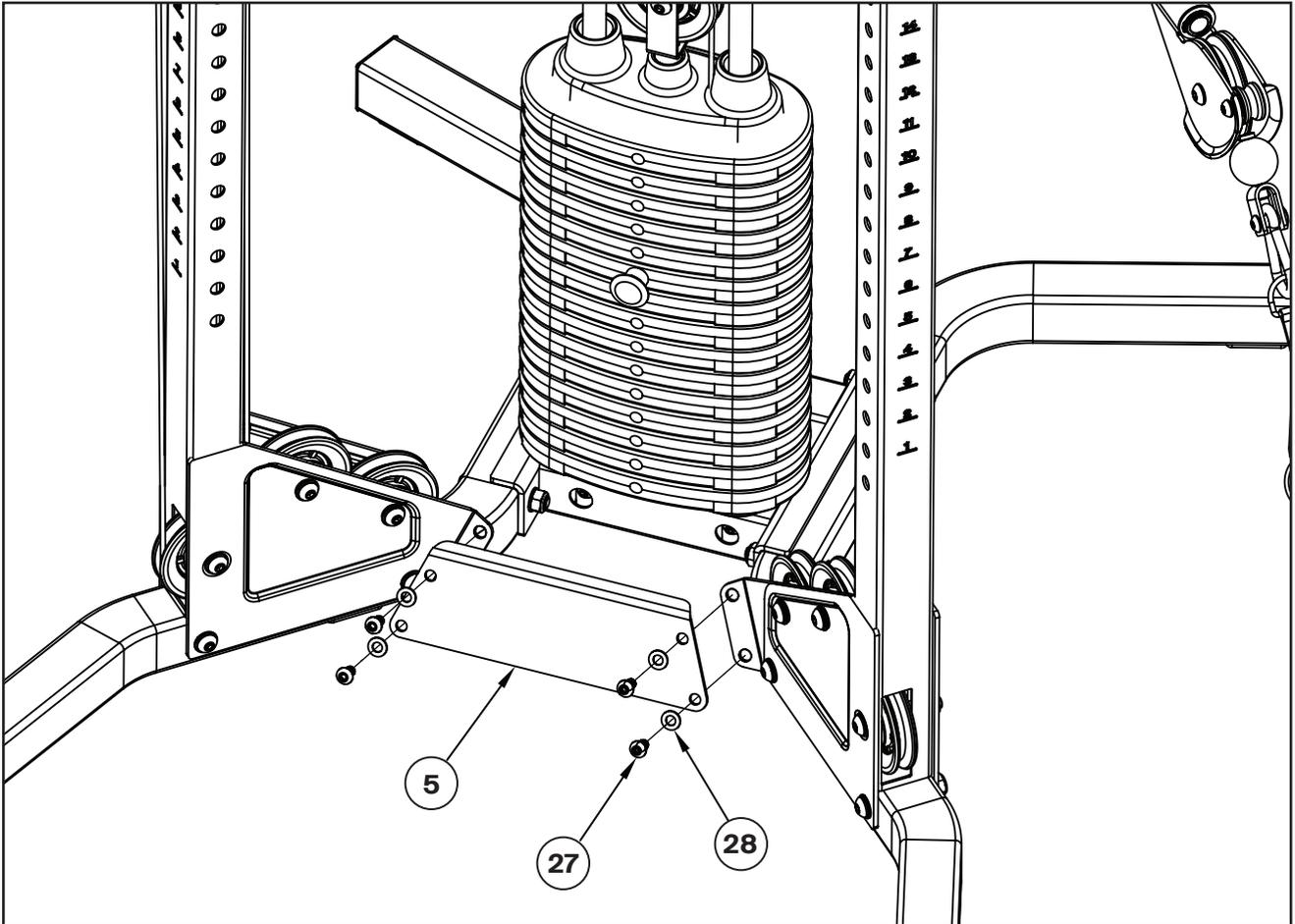
**(50)** BOLT, M8 X 1.25 X 35, SH, BZ, **2pc.**

**(28)** WASHER, FLAT, 8.5 X 16 X 2, BZ, **2pc.**

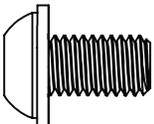
## STEP 4



\*Leave hardware loose until step 8

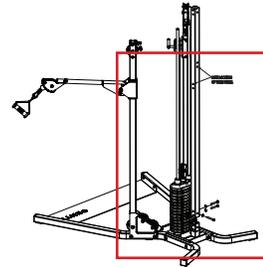
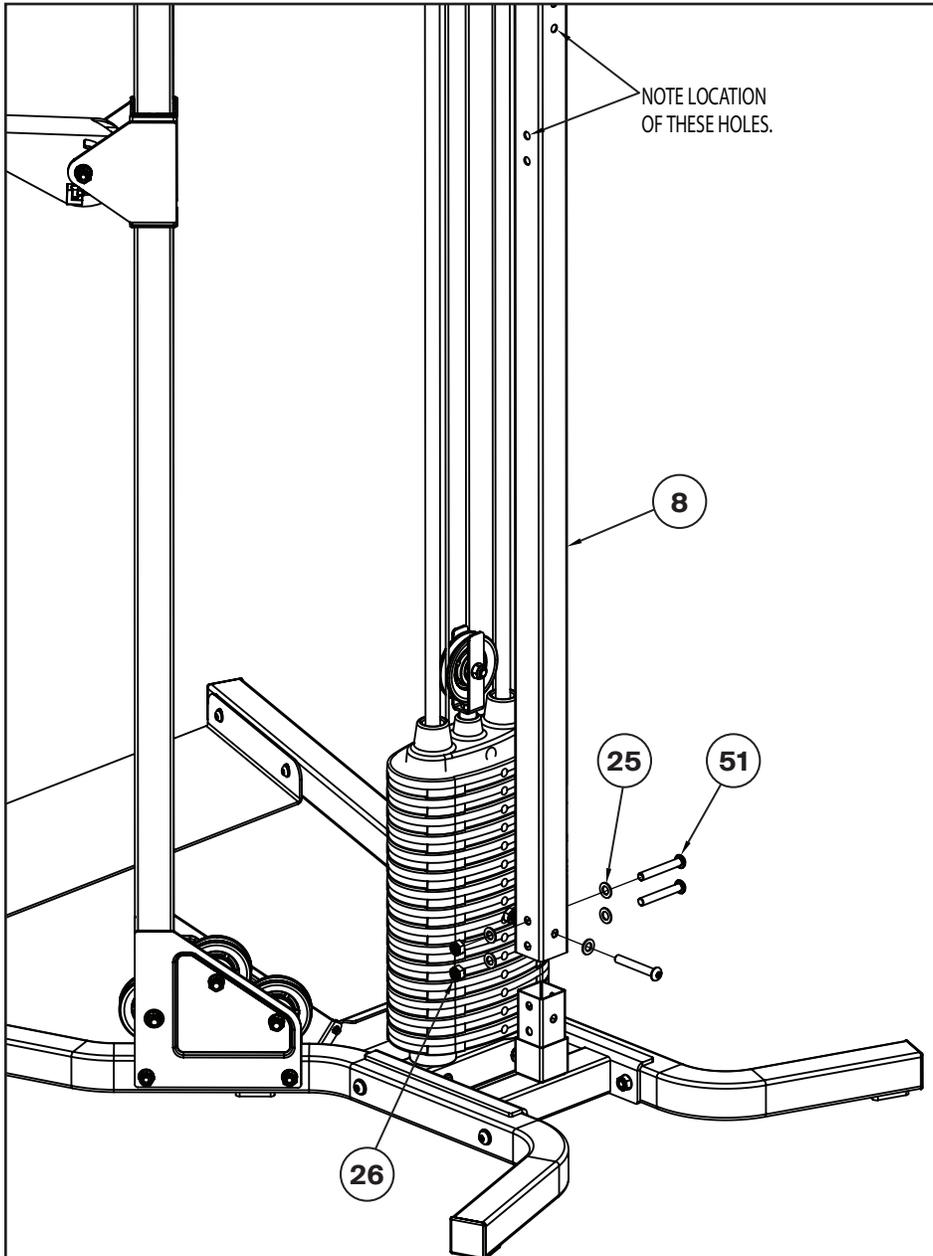


### HARDWARE REQUIRED:

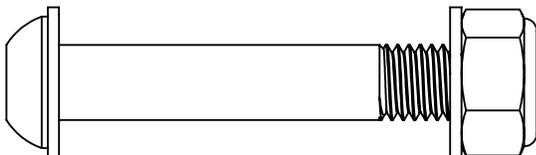


- (27)** BOLT, M8 X 1.25 X 15, SH, BZ, **4pc.**
- (28)** WASHER, FLAT, 8.5 X 16 X 2, BZ, **4pc.**

## STEP 5



### HARDWARE REQUIRED:

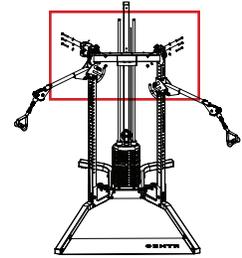


**(51)** BOLT, M10 X 1.5 X 65, SH, BZ, **3pc.**

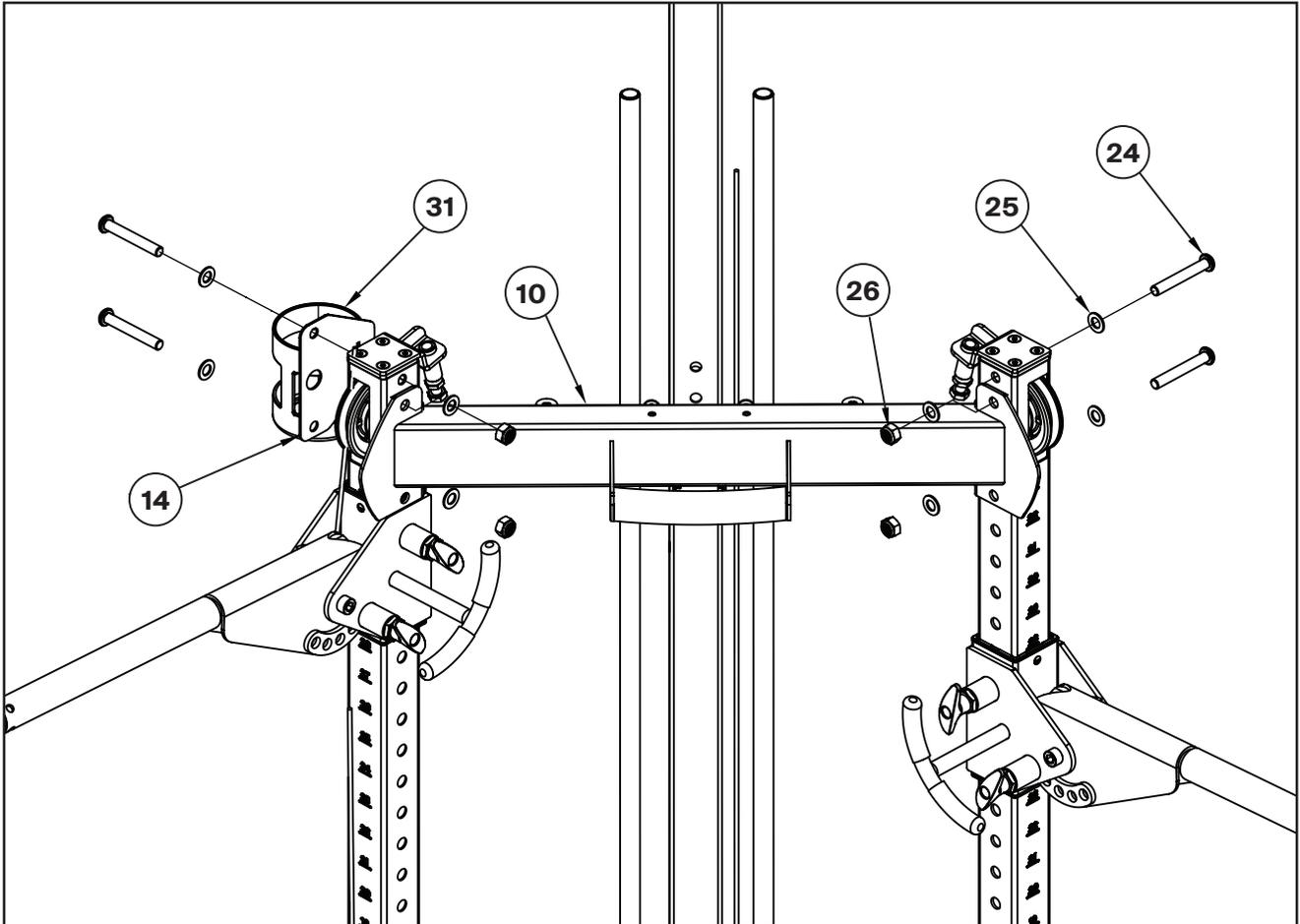
**(25)** WASHER, FLAT, 11 X 20 X 2, BZ, **6pc.**

**(26)** NUT, M10 X 1.5, LOCK, BZ, **3pc.**

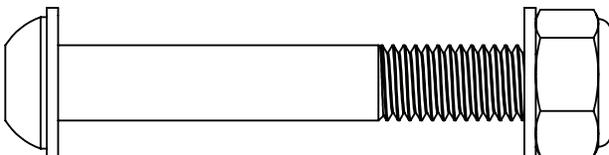
STEP 6



\*Leave hardware loose until step 8



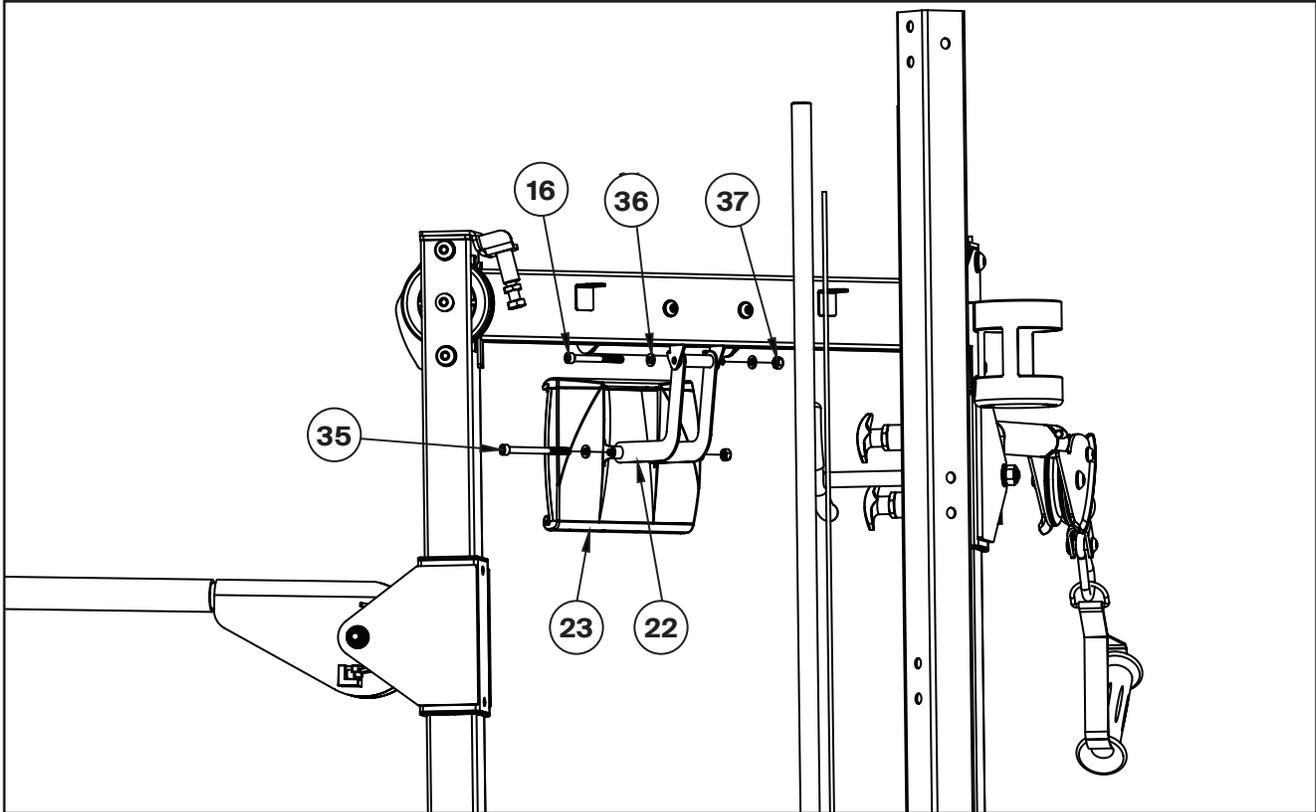
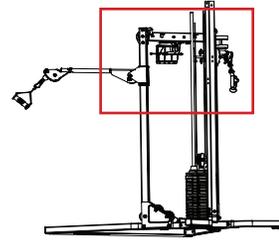
**HARDWARE REQUIRED:**



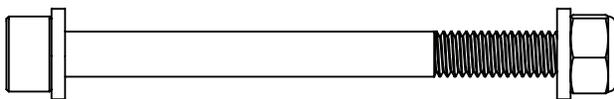
- (24)** BOLT, M10 X 1.5 X 70, SH, BZ, **4pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **4pc.**

# CENTR

## STEP 7



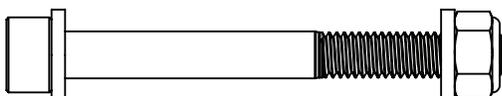
### HARDWARE REQUIRED:



**(35)** BOLT, M6 X 1 X 75, SH, BZ, **1pc.**

**(36)** WASHER, FLAT, 6.4 X 12 X 1.6, BZ, **4pc.**

**(37)** NUT, M6 X 1, LOCK, BZ, **2pc.**

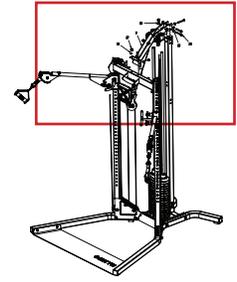


**(16)** BOLT, M6 X 1 X 60, SH, BZ, **1pc.**

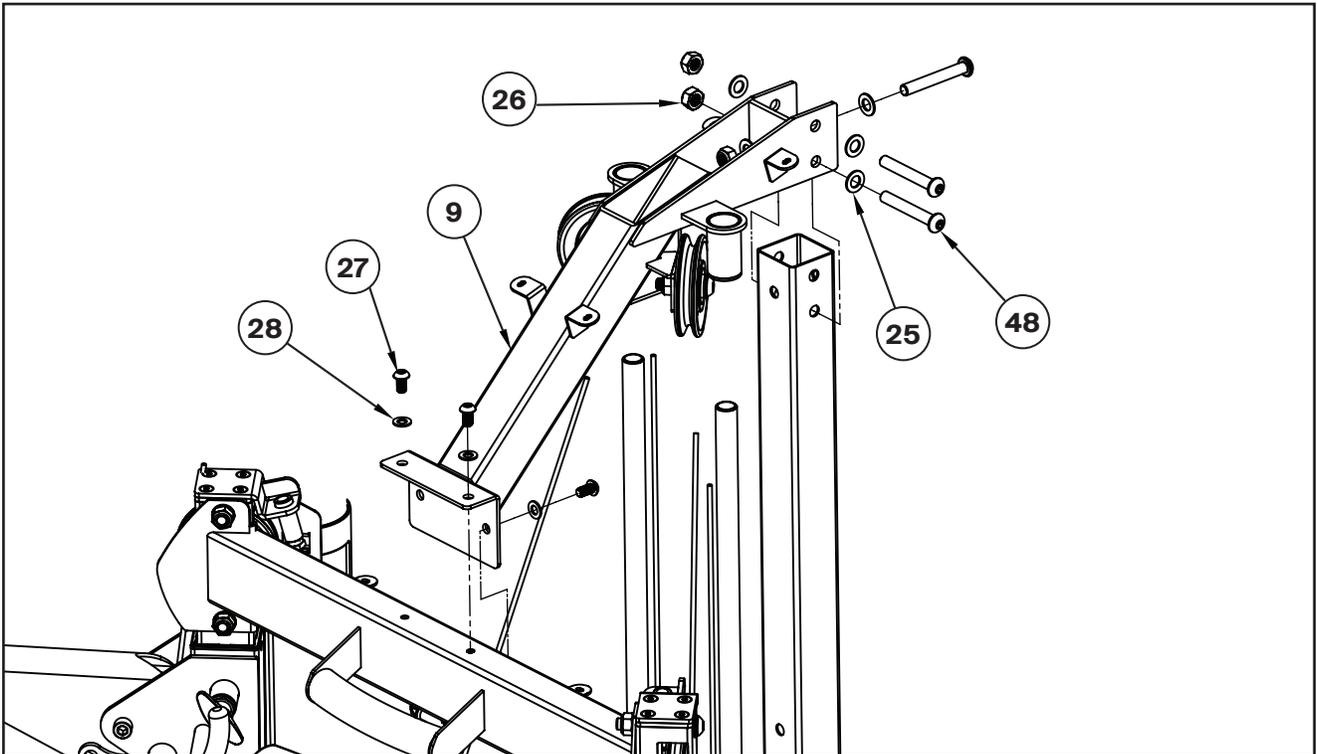
**(36)** WASHER, FLAT, 6.4 X 12 X 1.6, BZ, **4pc.**

**(37)** NUT, M6 X 1, LOCK, BZ, **2pc.**

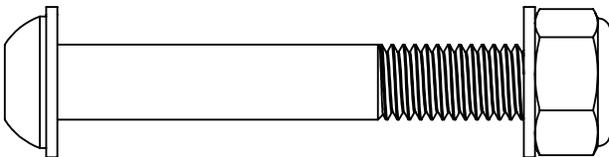
**STEP 8**



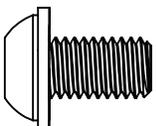
**\*Tighten all hardware**



**HARDWARE REQUIRED:**



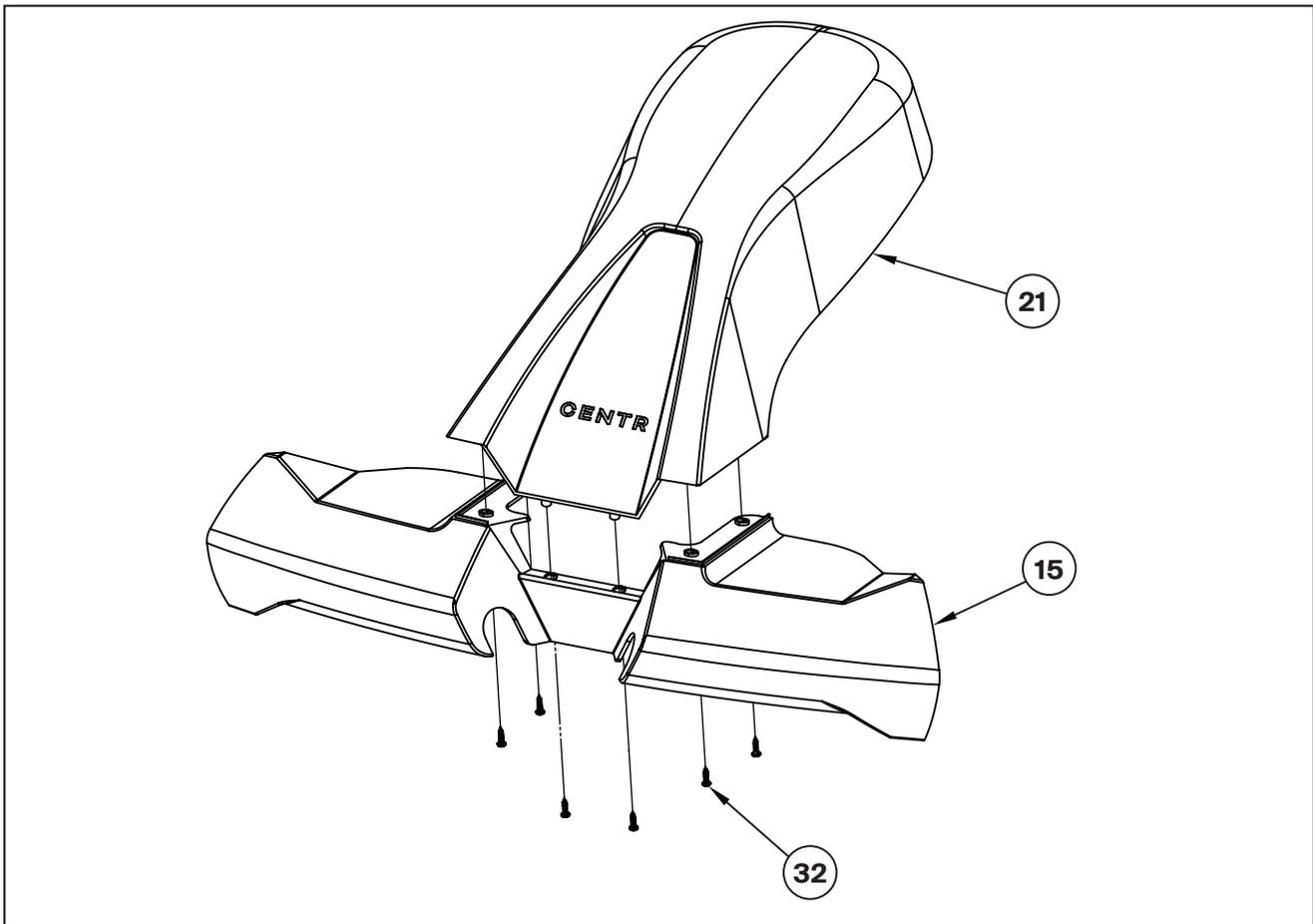
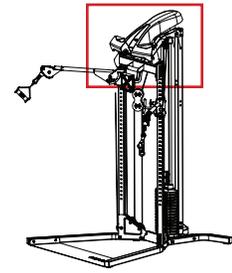
- (48) BOLT, M10 X 1.5 X 75, SH, BZ, 3pc.**
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 6pc.**
- (26) NUT, M10 X 1.5, LOCK, BZ, 3pc.**



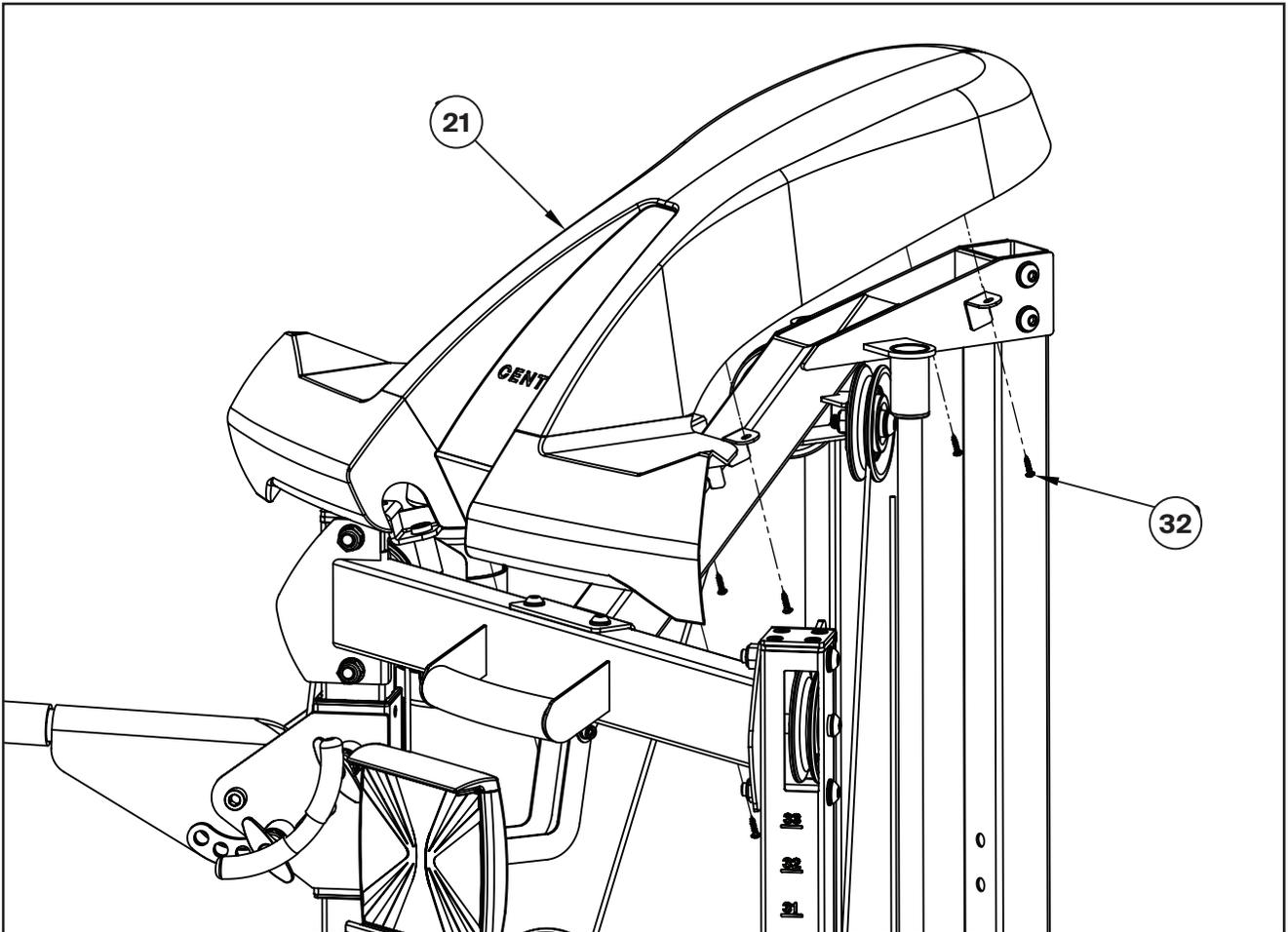
- (27) BOLT, M8 X 1.25 X 15, SH, BZ, 4pc.**
- (28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 4pc.**

# CENTR

## STEP 9



STEP 9 (CONTINUED)

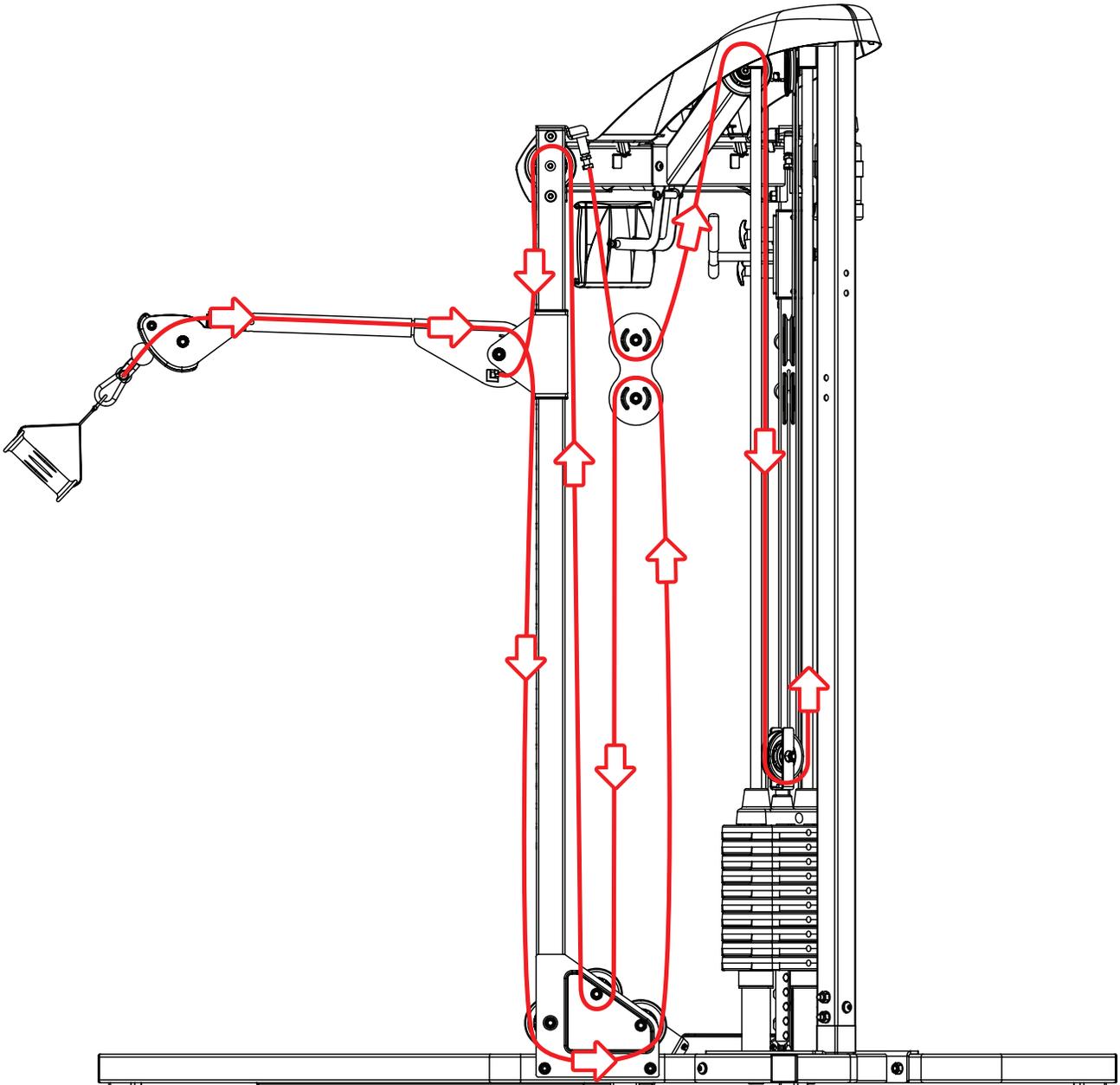


**HARDWARE REQUIRED:**



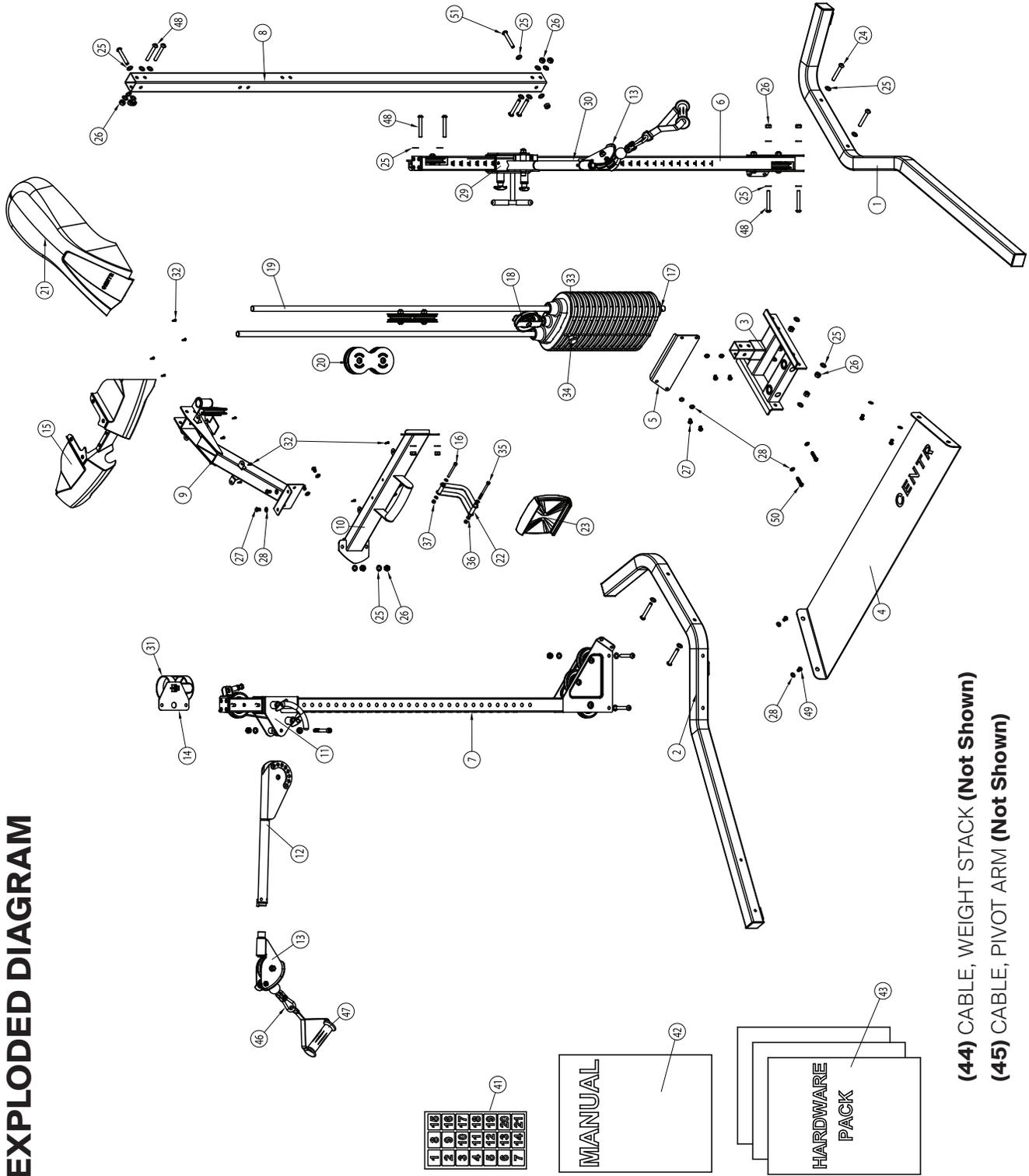
**(32)** SCREW, M4 X 16, PH, BZ, TYPE A, **12pc**

# CABLE ROUTING DIAGRAM





**EXPLODED DIAGRAM**



**(44) CABLE, WEIGHT STACK (Not Shown)**

**(45) CABLE, PIVOT ARM (Not Shown)**

1	8	16
2	9	17
3	10	18
4	11	19
5	12	20
6	13	21
7	14	22

MANUAL

HARDWARE  
PACK

## 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.

# CENTR

## PARTS LIST

No.	Description	Part Number	Qty.
1	TUBE, FRAME LEG, LH	102366	1
2	TUBE, FRAME LEG, RH	102367	1
3	WLDMT, LOWER MAIN FRAME	102368	1
4	PLATE, FOOT	102369	1
5	PLATE, FLOOR	102370	1
6	ASSY, UPRIGHT/SLIDER, LH	102371	1
7	ASSY, UPRIGHT/SLIDER, RH	102372	1
8	TUBE, UPRIGHT SUPPORT, REAR	102373	1
9	WLDMT, UPPER MAIN FRAME	102374	1
10	WLDMT, UPPER CROSSBAR	102375	1
11	ASSY, SLIDER, RH	102376	1
12	ASSY, EXTENSION/PIVOT ARM, RH	102377	1
13	ASSY, ROTATING PULLEY	102378	2
14	BRACKET, WATER BOTTLE HOLDER	102379	1
15	COVER, CROSSBAR	102380	1
16	BOLT, M6 X 1 X 60, SH, BZ	102381	1
17	BUMPER, RUBBER, 50 X 25	102382	2
18	ASSY, TOP PLATE	102383	1
19	GUIDE ROD, HOLLOW 1786mm	102384	2
20	ASSY, DUAL FLOATING PULLEY, CENTR1	102385	2
21	COVER, TOP	102386	1
22	L BRACKET, TABLET MOUNT	102387	1
23	TABLET HOLDER, CENTR	102388	1
24	BOLT, M10 X 1.5 X 70, SH, BZ	102389	14
25	WASHER, FLAT, 11 X 20 X 2, BZ	102390	67
26	NUT, M10 X 1.5, LOCK, BZ	102391	33
27	BOLT, M8 X 1.5 X 15, SH, BZ	102392	8
28	WASHER, FLAT, 8.5 X 16 X 2, BZ	102393	12
29	ASSY, SLIDER, LH	102394	1
30	ASSY, EXTENSION/PIVOT ARM, LH	102395	1
32	SCREW, M4 X 16, PH, BZ, TYPE A	102397	6
33	WEIGHT STACK PLATE	102398	10
34	WEIGHT PIN	102399	1
35	BOLT, M6 X 1 X 75, SH, BZ	102400	2
36	WASHER, FLAT, 6.4 X 12 X 1.6, BZ	102401	4
37	NUT, M6 X 1, LOCK, BZ	102402	2
38	WRENCH, 5mm ALLEN	102403	1
39	WRENCH, 6mm ALLEN	102404	1
40	WRENCH, 10mm & 17mm	102405	1
41	WEIGHT STACK NUMBERS #1-21	102406	1
42	DOCUMENT, UM, CENTR1	102407	1
43	Hardware pack, CENTR1 (STEPS 1-9)	102408	3
44	CABLE, WEIGHT STACK	102409	1
45	CABLE, PIVOT ARM	102410	2
46	SNAP LINK SL1	SL1	2
47	HANDLE, D	2RDH	2
48	BOLT, M10 X 1.5 X 75, SH, BZ	102411	7
49	BOLT, M10 X 1.5 X 20, SH, BZ	102412	4
50	BOLT, M8 X 1.25 X 35, SH, BZ	102413	2
51	BOLT, M10 X 1.5 X 65, SH, BZ	102414	3



**CENTR**