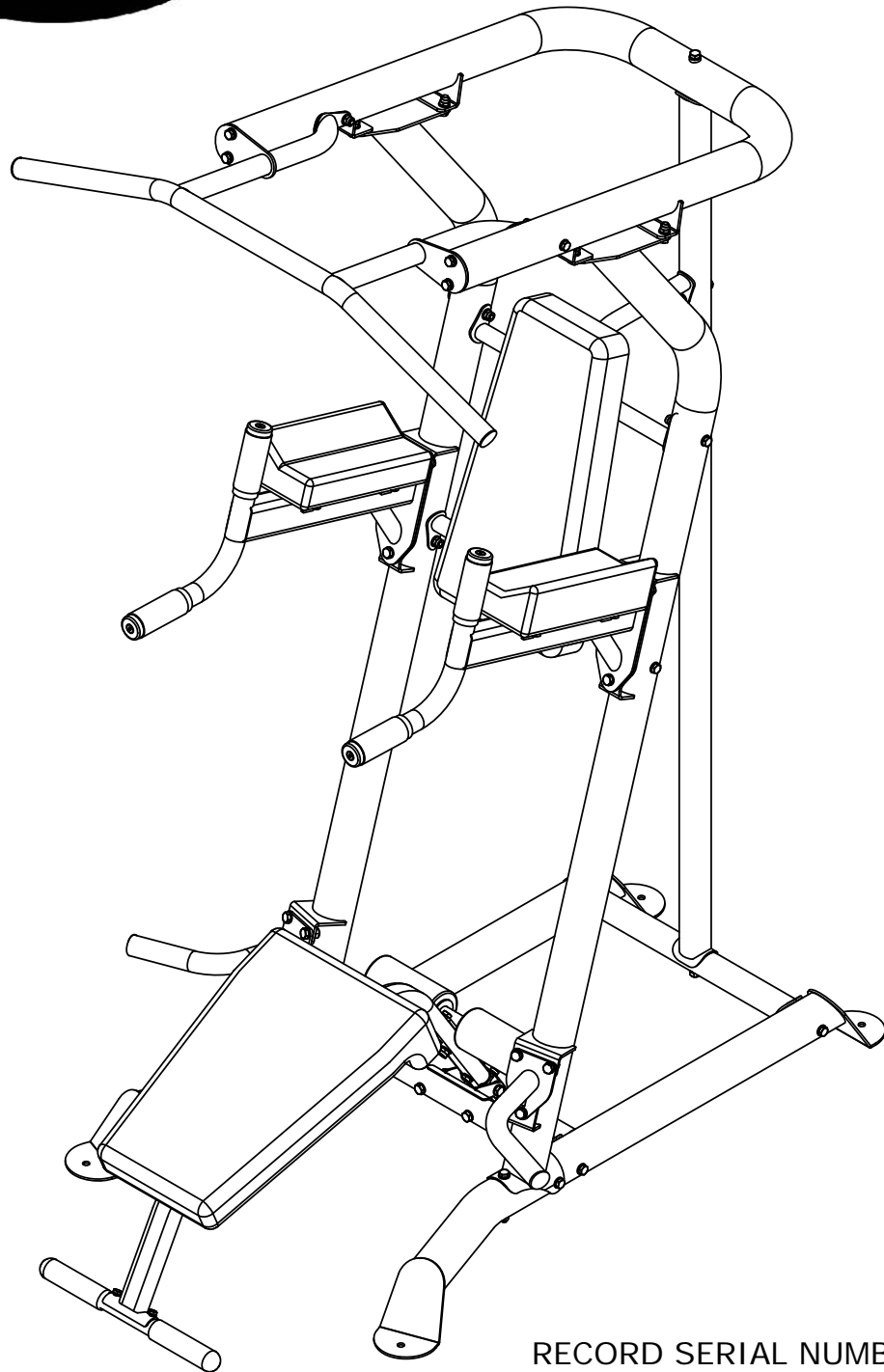




ASSEMBLY & OPERATION MANUAL



RECORD SERIAL NUMBER HERE

**CONGRATULATIONS...** You've just taken the first step to a healthier and stronger body. This home gym by Inspire Fitness offers the key to unlocking your body's potential. Regular strength training on a home gym has been shown to deliver a host of benefits including: increased muscle tone, decreased body fat, improved energy levels, a reduction in stress, and improved cardiac output. Once again, congratulations, you are on your way to improving your self image, overall health and quality of life.

## **BEFORE ASSEMBLING YOUR HOME GYM**

**CAUTION:** Two people are required to complete steps 1-4 to ensure that the frame does not fall resulting in injury to the person assembling the gym.

**IMPORTANT:** Read this entire manual before attempting to build or use this machine. This manual contains step by step instructions for proper assembly.

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the retailer of this home gym for replacement parts. Or, call Inspire Fitness at 714-738-1729.

Make sure that adequate room has been cleared before attempting to build your home gym. A rubber mat is recommended for use under your home gym to protect wood flooring or carpeting from damage during assembly and usage.

This home gym is intended for indoor use only. In addition, garages and screened in porches are not recommended due to high humidity or dust. Certain parts including guide rods can form rust in a humid environment, resulting in impaired function.

Service of your home gym should only be performed by an authorized Inspire Fitness retailer. Service performed by anyone else can result in loss of warranty. If you need help finding an authorized retailer, please contact us directly:

Inspire Fitness  
255 Airport Circle, Suite 101  
Corona, CA 92880  
Ph: 714-738-1729  
Fx: 714-738-1728  
[www.inspirefitness.net](http://www.inspirefitness.net)

# TABLE OF CONTENTS

<b>Section Description</b> .....	<b>Page</b>
Important Safety Instructions.....	1
Parts List.....	2
Exploded Diagram.....	3
Assembly Instructions.....	4
Accessories.....	13
Decal Reference.....	14
General Maintenance Information.....	16
Maintenance Schedule.....	17
Limited Warranty.....	18

## **IMPORTANT SAFETY INSTRUCTIONS**

Please read this entire manual and familiarize yourself with all decals and warnings before using this home gym.

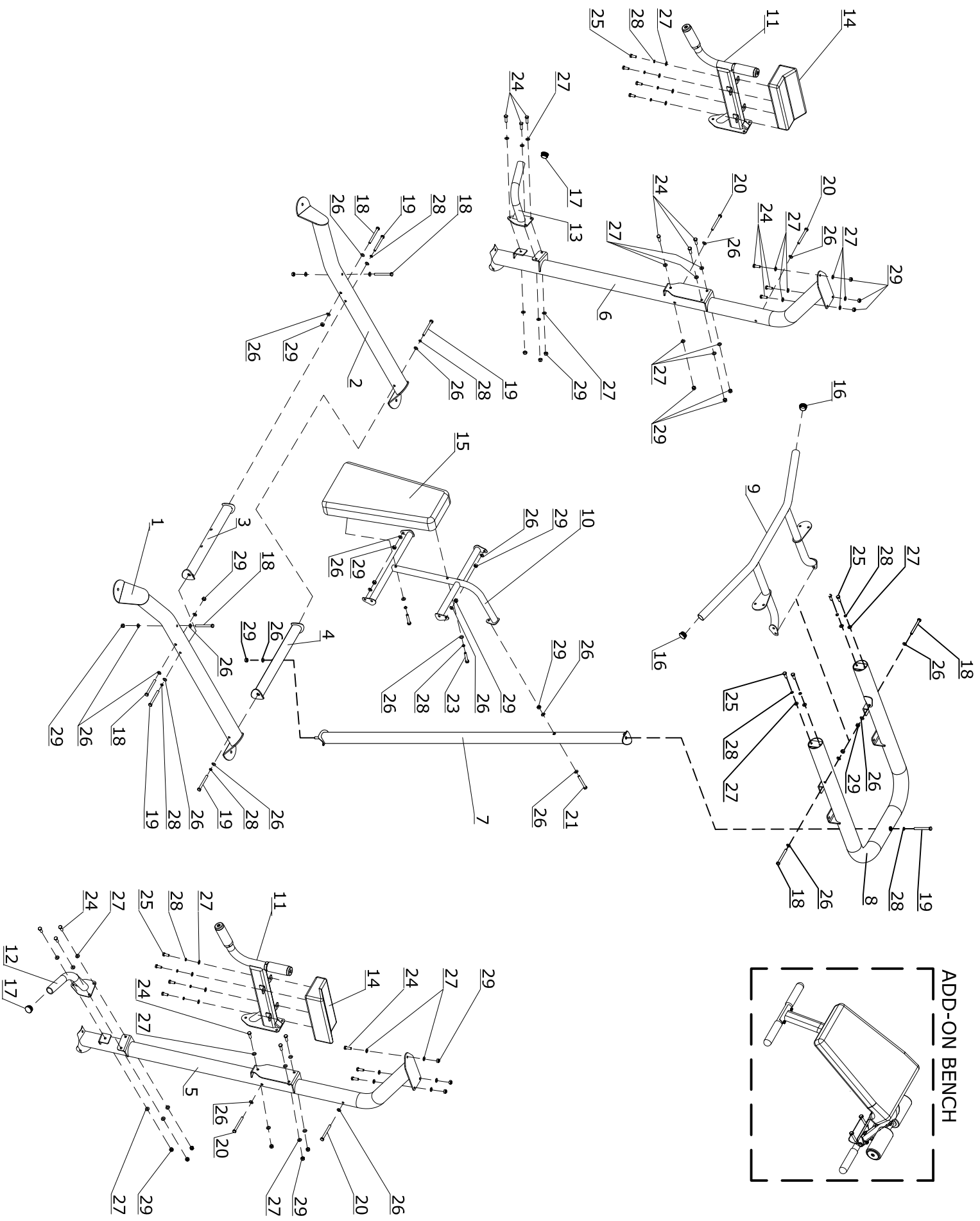
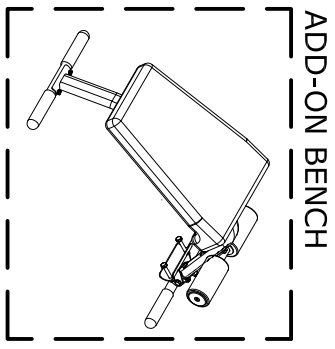
- **WARNING!** It is necessary to inspect the VKR1 regularly to maintain safety and proper function. Please use the maintenance schedule included towards the back of this manual. Immediately replace all defective or worn parts. See General Maintenance section for complete details.
- Use the VKR1 for its intended purpose as described in this Operation Manual. Do not use attachments not recommended by the manufacturer.
- Make sure bystanders are at least 5 feet away from the VKR1 while it is in use.
- Keep children off the VKR1 at all times.
- Keep the VKR1 away from walls and clear any obstructions and furniture.
- Stop immediately if you experience shortness of breath, pain, or dizziness during your workout. Inspire Fitness strongly recommends consulting your doctor before starting an exercise program.

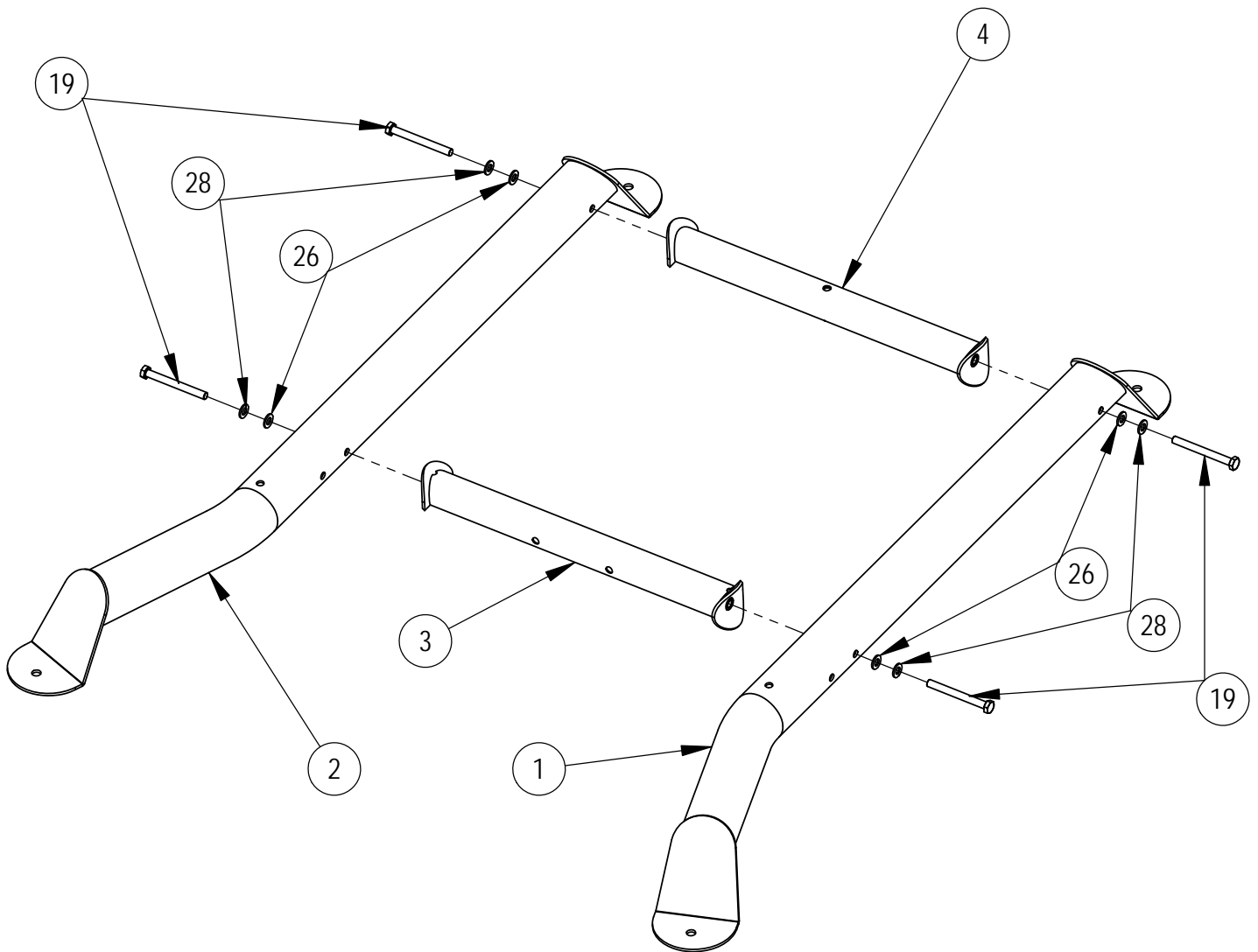
## **TOOLS REQUIRED FOR ASSEMBLY**

- 17mm wrench
- 16mm wrench

# PARTS & HARDWARE LIST

Item	Part Number	Part Description	Qty
1	GM576-100-010	Bottom Base Tube, L	1
2	GM576-100-011	Bottom Base Tube, R	1
3	GM576-100-012	Center Brace Tube, Front	1
4	GM576-100-013	Center Brace Tube, Rear	1
5	GM576-220-003	Upright Tube, L	1
6	GM576-220-004	Upright Tube, R	1
7	GM576-220-005	Main Upright	1
8	GM576-220-006	Top Beam	1
9	GM576-320-011	Pull-up Bar	1
10	GM576-300-010	Backrest Frame	1
11	GM576-320-010	Armrest Tube	2
12	GM576-340-003	Push-Up Bar, L	1
13	GM576-340-004	Push-Up Bar, R	1
14	GM576-400-004	Arm Pad	2
15	GM576-400-005	Back Pad	1
16	0240-038-030	Pull-Up Bar End Cap	2
17	0240-038-18	Push-Up Bar End Cap	2
18	0111-010-018	Hex bolt M10x100	6
19	0111-010-958B	Hex bolt M10x95 (Threadlock)	5
20	0111-010-958A	Hex bolt M10x95	4
21	0111-010-808B	Hex bolt M10x80	1
23	0111-010-608	Hex bolt M10x60	2
24	0111-010-308	Hex bolt M10x30	18
25	0111-010-258A	Hex bolt M10x25	12
26	0116-610-008	Curved Washer, 10mm	28
27	0116-010-208	Flat Washer, 10mm	49
28	0116-310-028	Lock Washer, 10mm	19
29	0110-710-008	M10 Nut	30



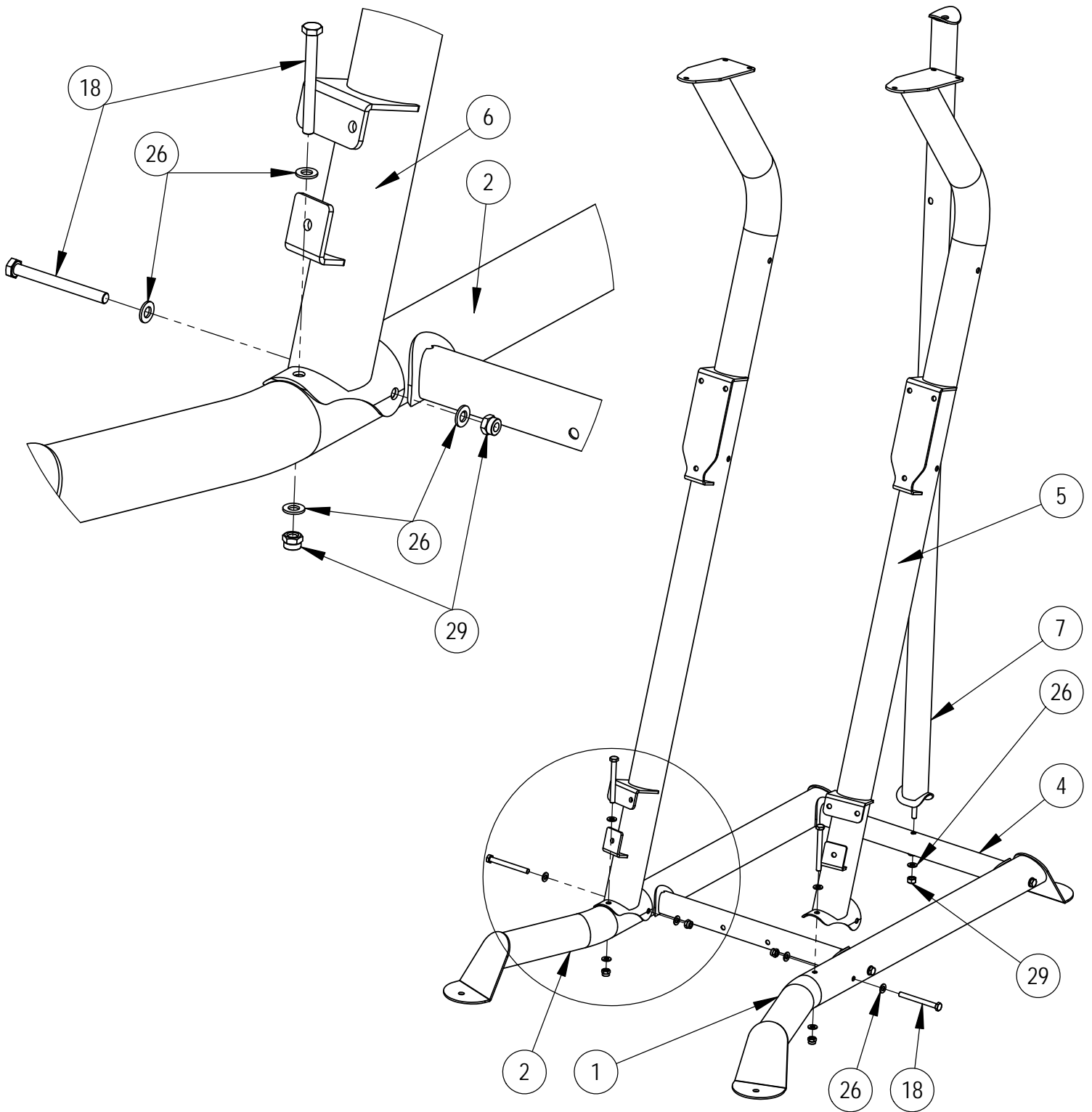


## Step 1

### **DO NOT TIGHTEN ANY HARDWARE IN THIS STEP**

**NOTE: The front and rear center brace tubes look similar but they are not. When installed, the holes on the rear center brace should face up.**

- A Attach the Front & Rear Center Brace Tube (3,4) to the Left Bottom Base Tube (1) using 2-M10 bolts (19), 2-M10 lock washers (28), and 2-M10 washers (26).
- B Attach the Front & Rear Center Brace Tube (3,4) to the Right Bottom Base Tube (2) using 2-M10 bolts (19), 2-M10 lock washers (28), and 2-M10 washers (26).

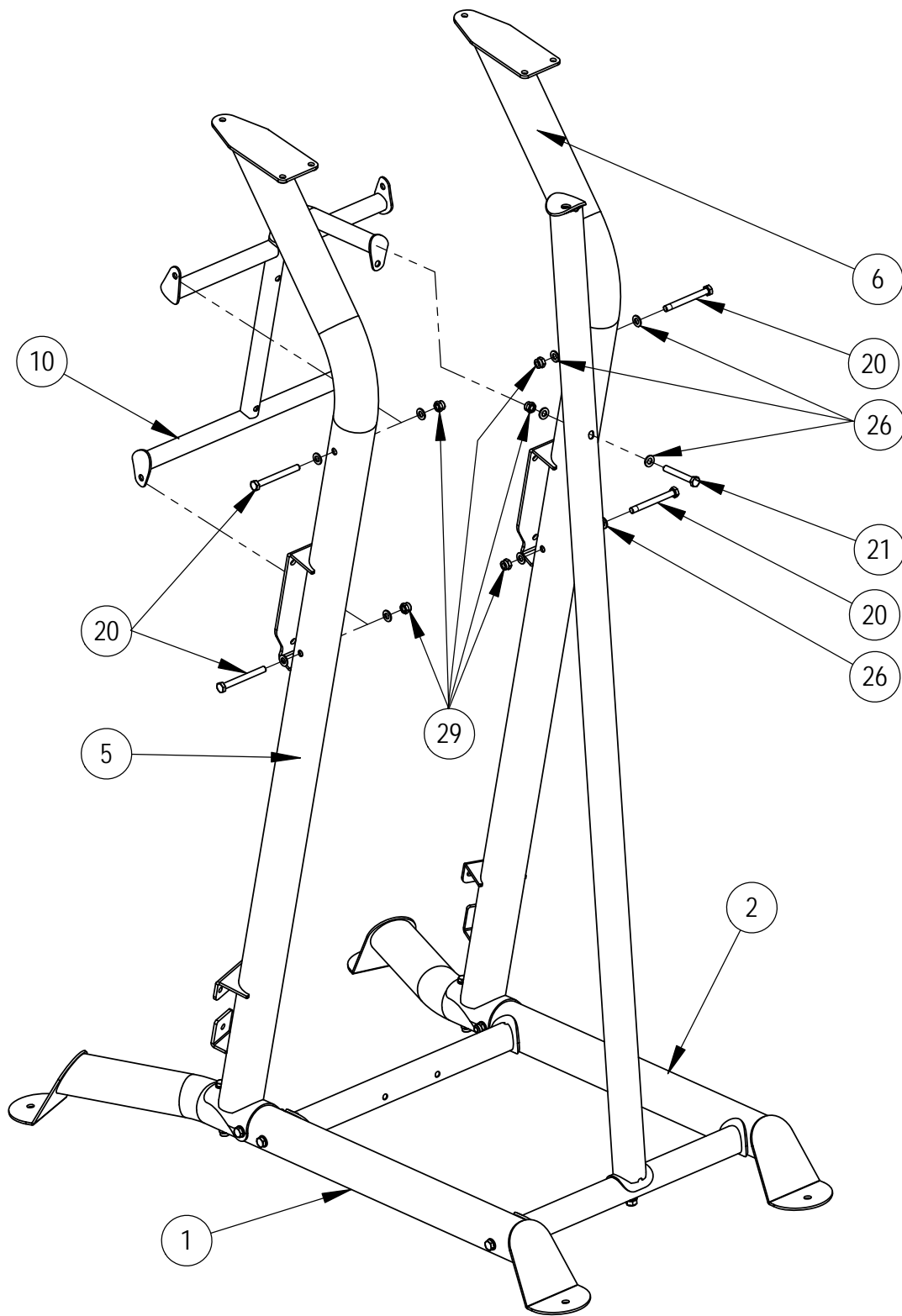


## Step 2

### **DO NOT TIGHTEN ANY HARDWARE IN THIS STEP**

- A Attach the Left Upright Tube (5) to the Left Bottom Base Tube (1) using 2-M10 bolts (18), 4-M10 washers (26), and 2-M10 Hex nuts (29).
- B Attach the Right Upright Tube (6) to the Right Bottom Base Tube (2) using 2-M10 bolts (18), 4-M10 washers (26), and 2-M10 Hex nuts (29).
- C Attach the Main Upright tube (7) to the Rear Center Brace Tube (4) using 1-M10 washers (26) and 1-M10 Hex nuts (29).

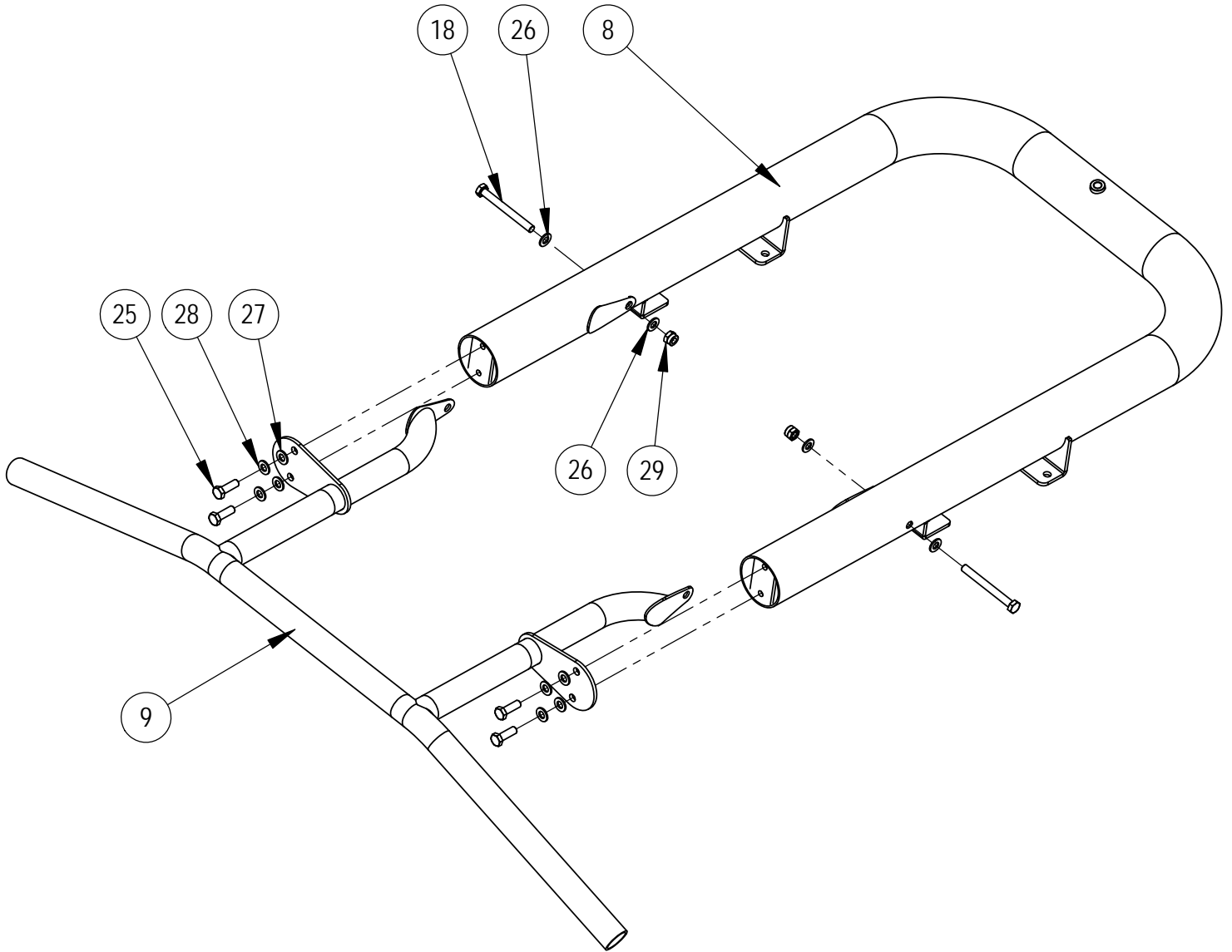




### Step 3

#### **DO NOT TIGHTEN ANY HARDWARE IN THIS STEP**

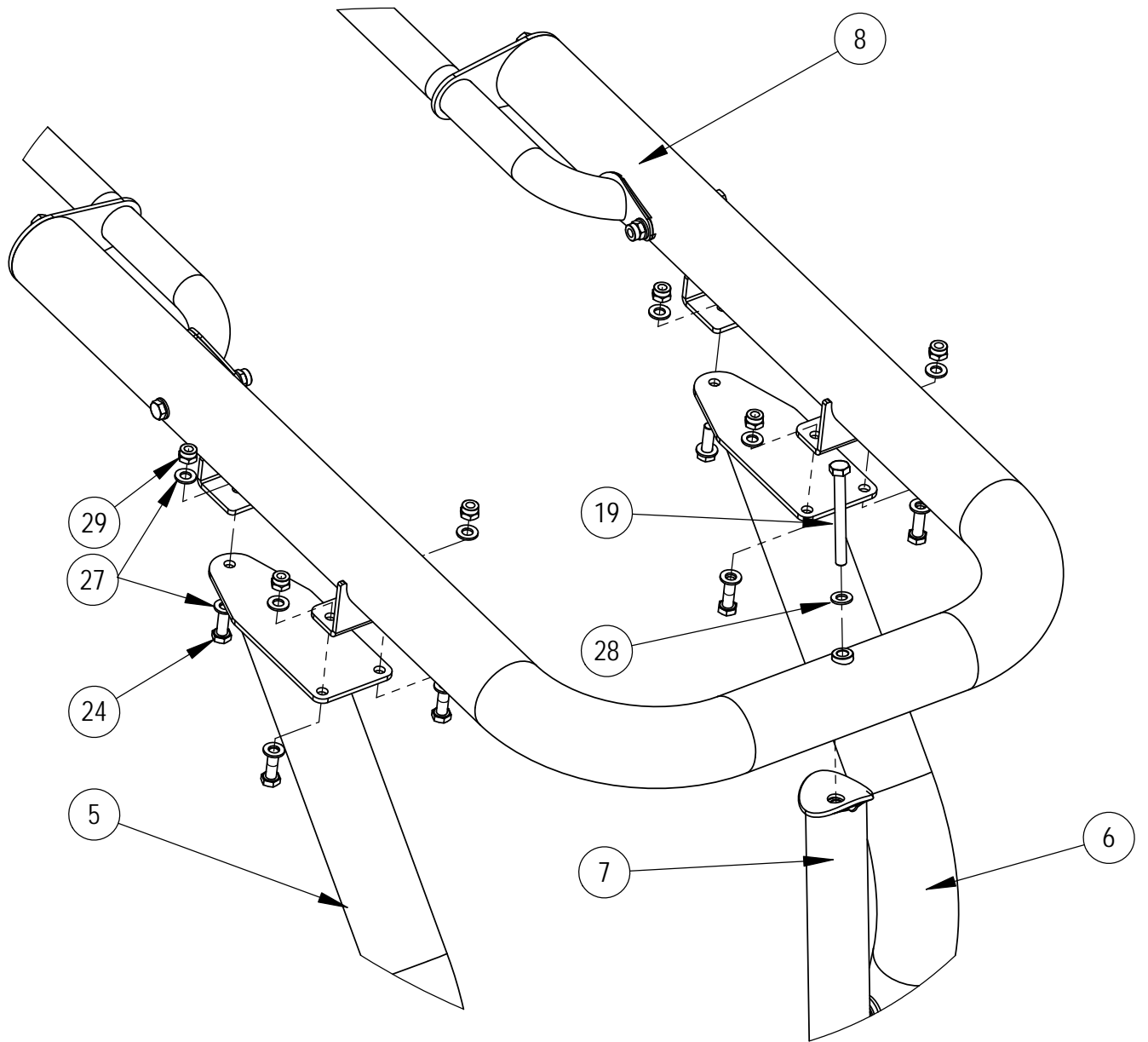
- A Attach the Backrest Frame (10) to the Left & Right Upright Tubes (5, 6) using 4-M10 bolts (20), 8-M10 washers (26), and 4-M10 Hex nuts (29).
- B Attach the Backrest Frame (10) to the Main Upright (7) using 1-M10 bolts (21), 2-M10 washers (26), and 1-M10 Hex nuts (29).



## Step 4

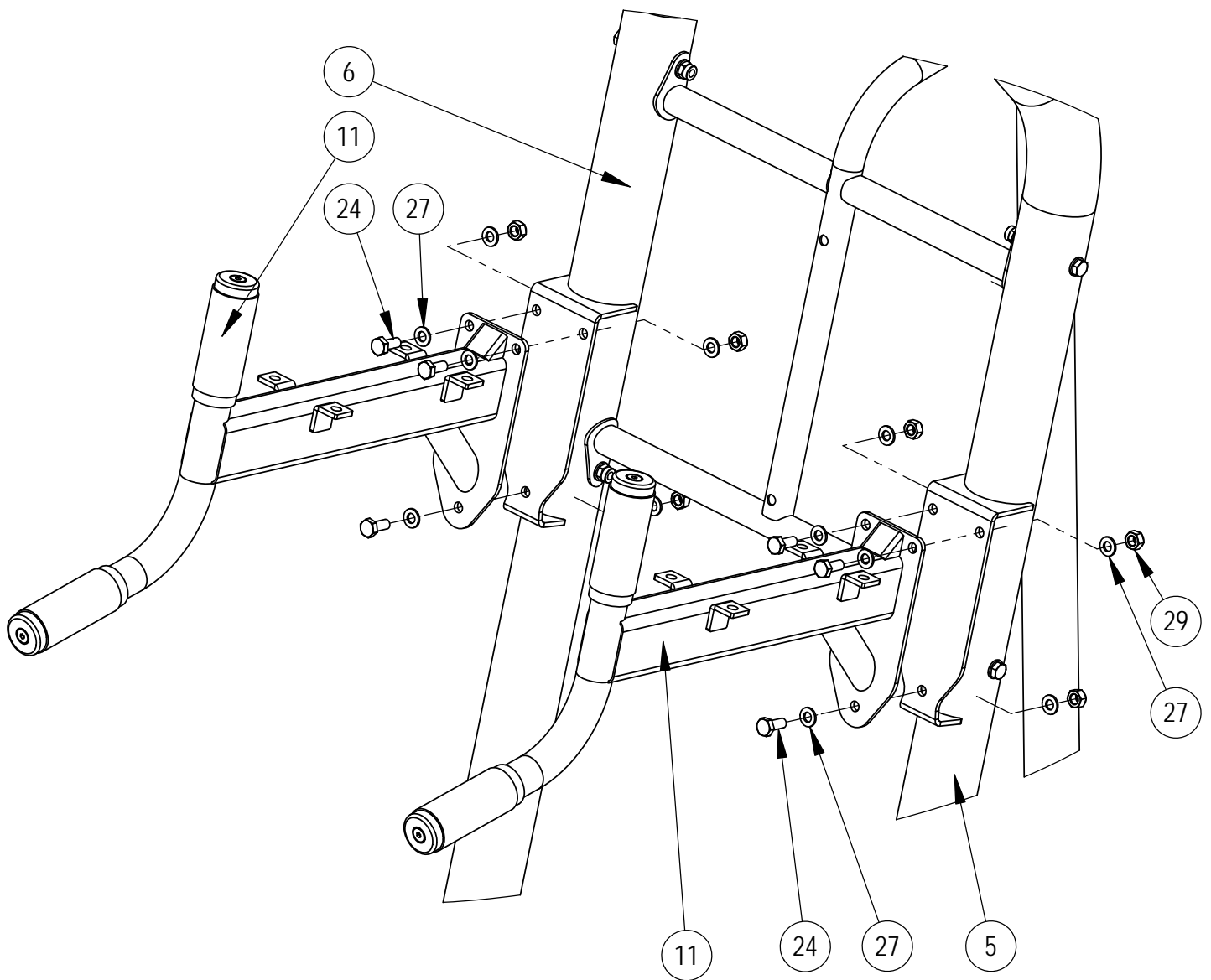
### **DO NOT TIGHTEN ANY HARDWARE IN THIS STEP**

- A Attach the rear end of the Pull-Up Bar (9) to the Top Beam (8) using 2-M10 bolts (18), 4-M10 washers (26), and 2-M10 nuts (29).
- B Attach the front of the Pull-Up Bar (9) to the Top Beam (8) using 4-M10 bolts (25), 4-M10 Lock washers (28), and 4-M10 washers (27).



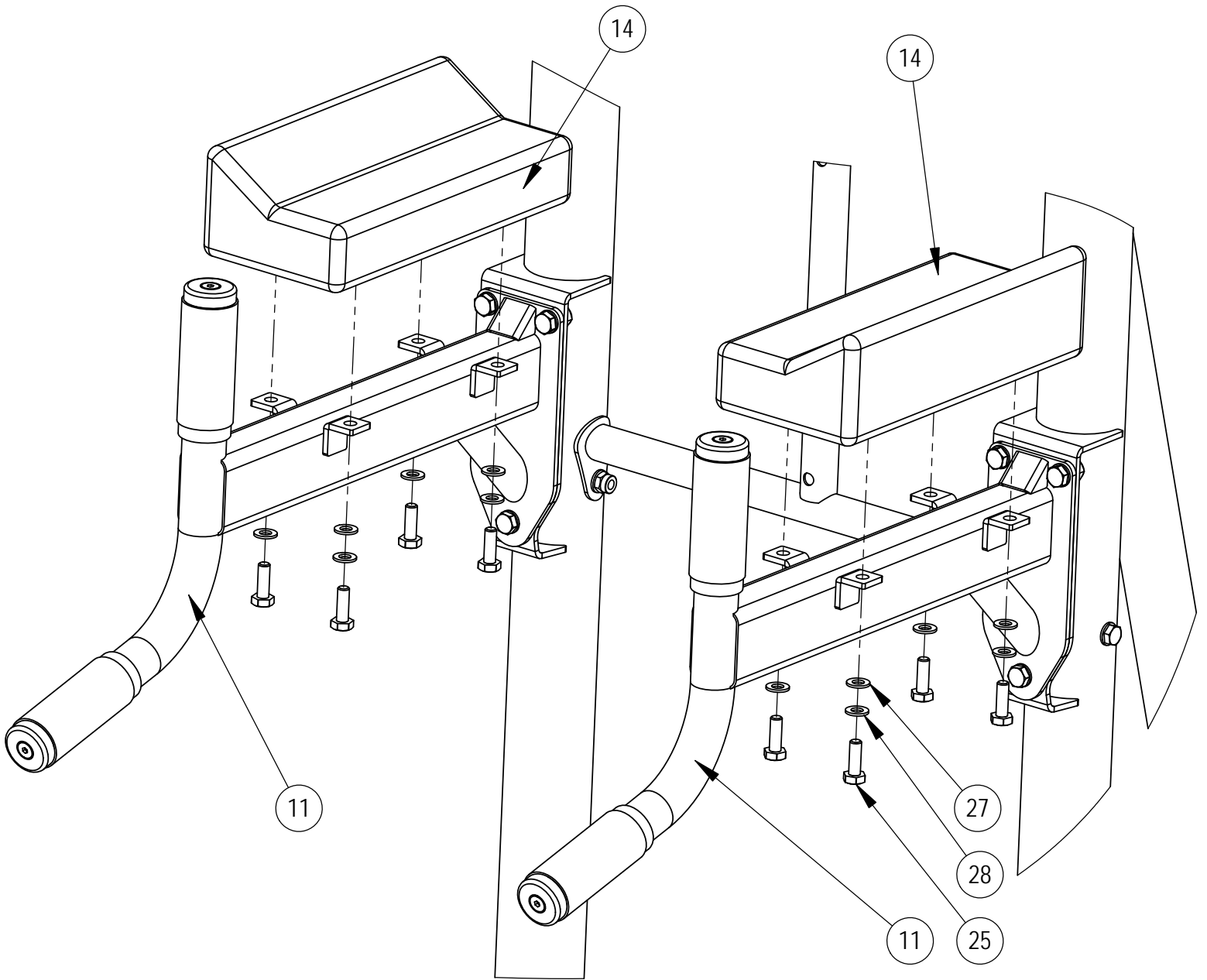
## Step 5

- A Attach the Top Beam (8) to the Main Upright (7) using 1-M10 bolts (19) and 1-M10 lock washer (28).
- B Attach the Top Beam (8) to the Left & Right Upright Tubes (5, 6) using 6-M10 bolts (24), 12-M10 washers (27), and 6-M10 Hex nuts (29).
- C Tighten all hardware from steps 1-5.**



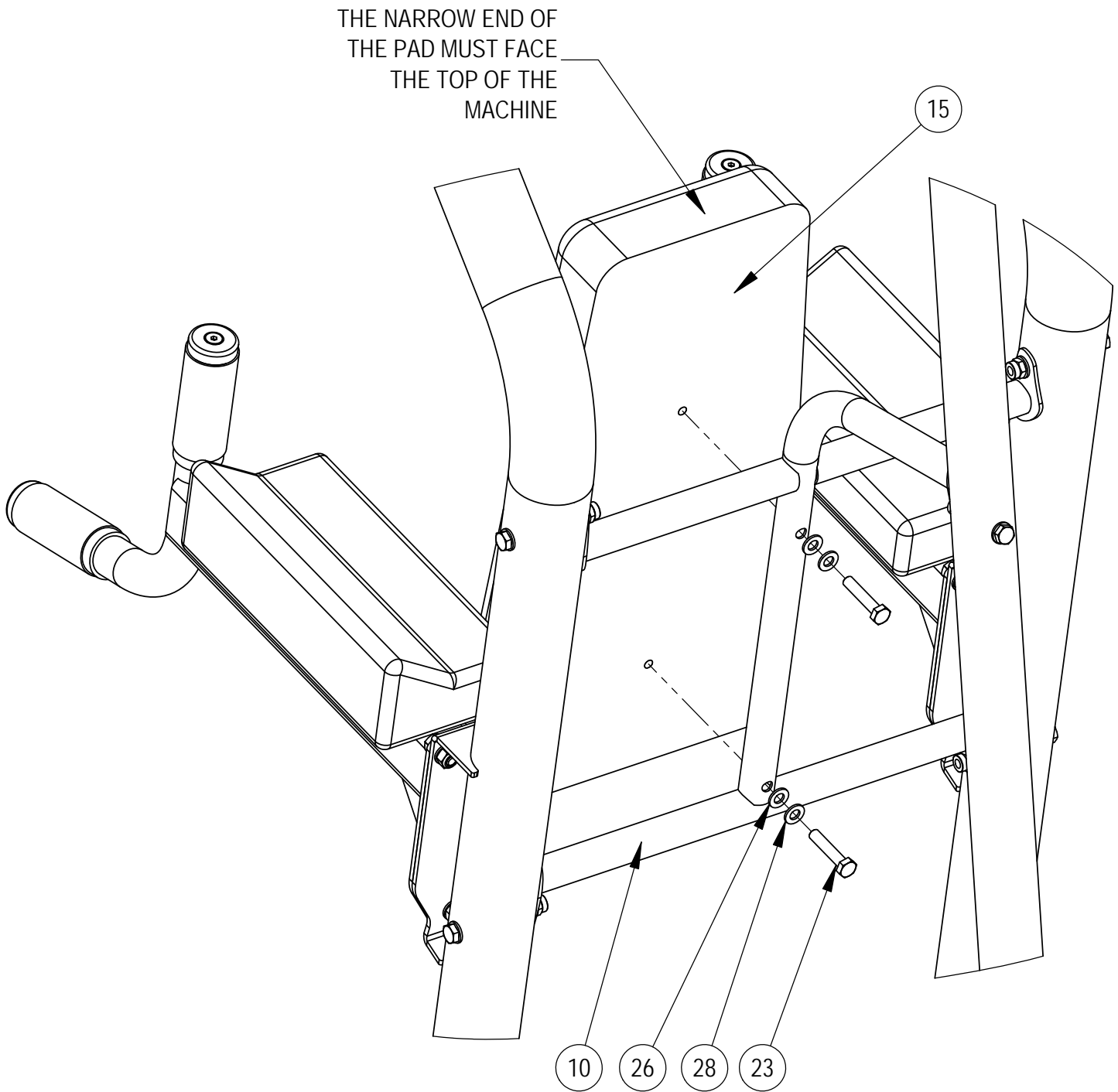
## Step 6

- A Attach the Armrest Tube (11) to the Left Upright Tube (5) using 3-M10 bolts (24), 6-M10 washers (27), and 3-M10 nuts (29).
- B Attach the Armrest Tube (11) to the Right Upright Tube (6) using 3-M10 bolts (24), 6-M10 washers (27), and 3-M10 nuts (29).



## Step 7

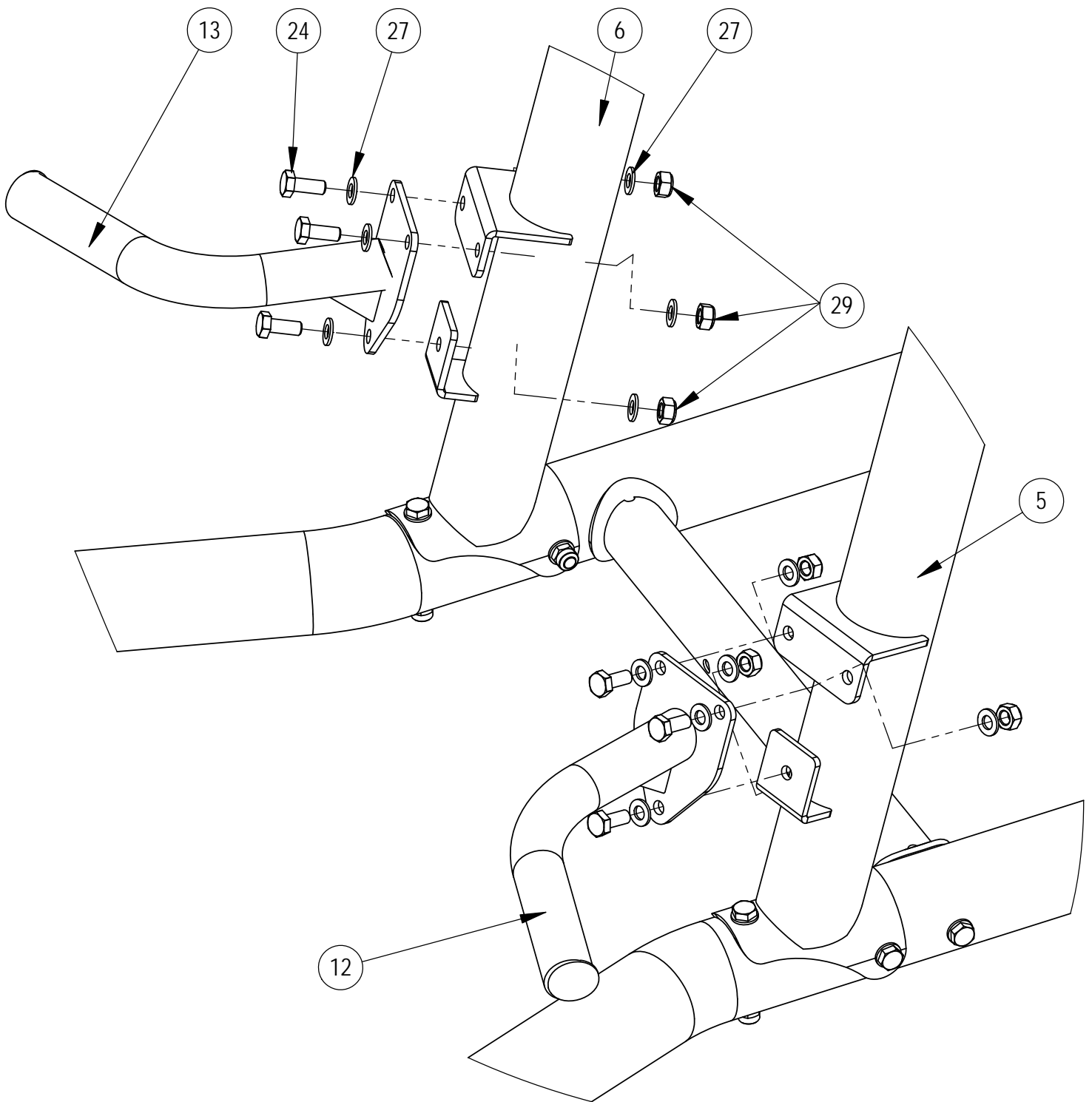
- A Attach the Arm Pads (14) to the Armrest Tubes (11) using 8-M10 bolts (25), 8-M10 lock washers (28), and 8-M10 flat washers (27).



## Step 8

**Note: The back pad must be installed with the wide end facing down.**

- A Attach the Back Pad (15) to the Backrest Frame (10) using 2-M10 bolts (23), 2-M10 lock washers (28), and 2-M10 curved washers (26).

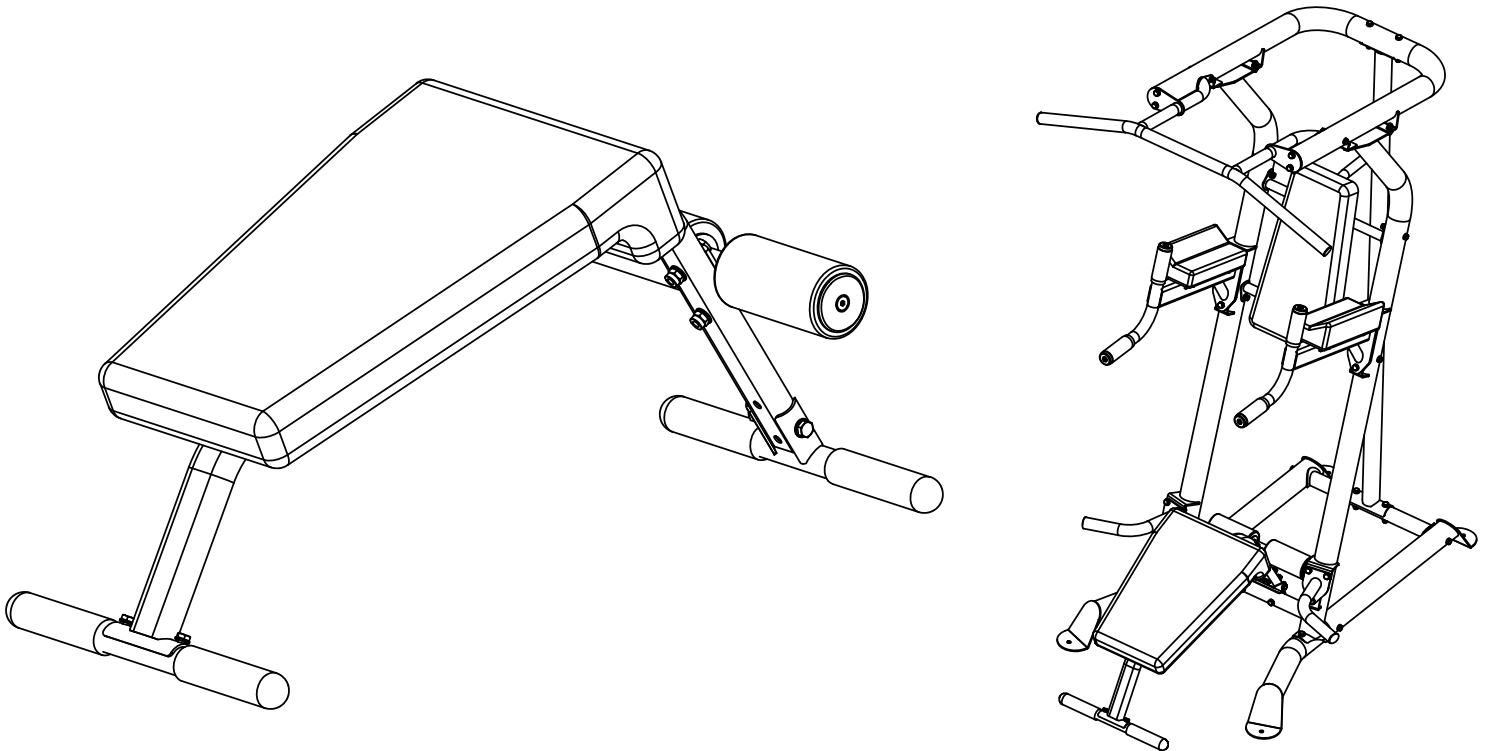


## Step 9

- A Attach the Left Push Up Bar (12) to the bottom of the Left Upright Tube (5) using 3-M10 bolts (24), 6-M10 washers (27), and 3-M10 nuts (29).
- B Attach the Right Push Up Bar (13) to the bottom of the Right Upright Tube (6) using 3-M10 bolts (24), 6-M10 washers (27), and 3-M10 nuts (29).

## ACCESSORIES (Sold Separately)

### *AB Bench*



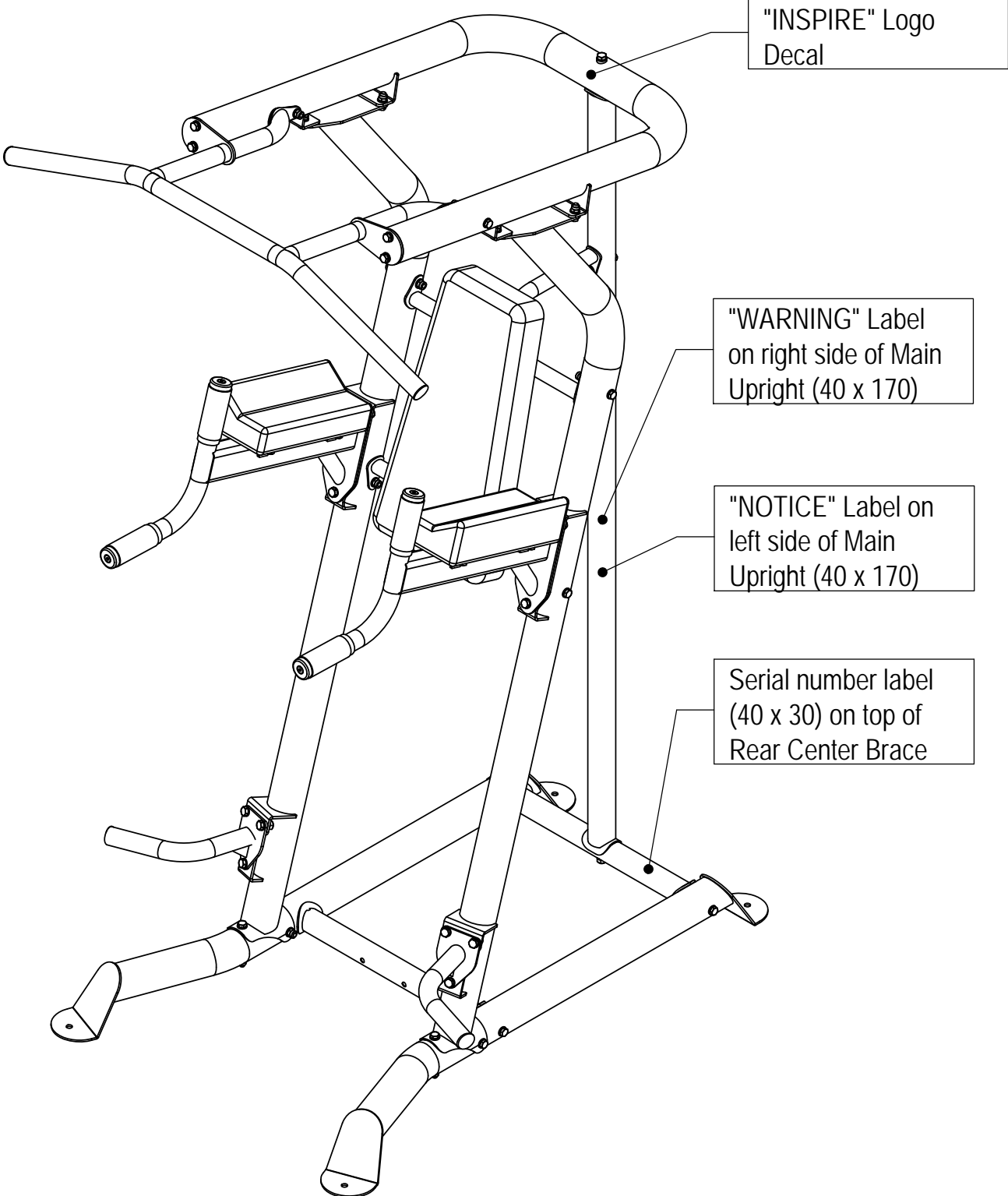
### Training Tips

*CONSULT A PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM*

1. **Always warm up** before you start weight training. This helps get your muscles warm and prevents injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.
2. **Control the weight.** Always work with a weight that you can handle through a full range of motion. Slow and steady movements are recommended.
3. **Breathe.** Don't hold your breath during your set. Holding your breath builds internal pressure which increases your chance for broken blood vessels, as well as a hernia.
4. **Sit up straight.** Pay attention to your posture and keep everything straight. Engage your abs in every movement to keep balanced and protect your spine.



# DECAL PLACEMENT



# DECAL REFERENCE

# INSPIRE

**INSPIRE™**  
VKR1.2



BY HEALTH IN MOTION LLC  
877-738-1729  
[www.inspirefitness.com](http://www.inspirefitness.com)  
MADE IN CHINA  
Serial # 4-09-06-00001

NOTICE				
<i>This INSPIRE product is not intended for commercial use.</i>				
IN HOME MAINTENANCE	Weekly	3 Months	Yearly	2 Years
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X			
Clean; Upholstery	X			
Inspect; Cables and their fittings	X			
Inspect taughtness of all shrouds	X			
Inspect; Accessory Bars and Handles		X		
Inspect; All Decals		X		
Inspect; All nuts and Bolts Tighten if Needed.		X		
Inspect; Anti-Skid Surfaces		X		
Clean & Lubricate; Guide Rods with a Teflon(PTFE) based lubricant (Superlube)		X		
Lubricate; Seat Sleeves and all plastic slides		X		
Clean & Wax; All Glossy Finishes			X	
Replace; Cables, Belts and Connectin Parts.				X

**WARNING**

USE ONLY GENUINE INSPIRE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN SERIOUS INJURY. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE THE RISK, ALWAYS FOLLOW THESE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS BEFORE USING THIS EQUIPMENT.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace parts that show any wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW MAINTENANCE SCHEDULE on the "NOTICE" sticker.
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before exercising. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. DO NOT ATTEMPT TO FREE ANY JAMMED PART BY YOURSELF. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush exercise. Practice proper breathing, NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT. To avoid possible injury, children should be kept at a safe distance when this equipment is in use. Teenagers should not use this equipment without adult supervision.
8. CALL YOUR AUTHORIZED INSPIRE DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.
9. Make sure all Pull Pins, Locks, and Safety Latches are in place an fully engaged before each use.

## GENERAL MAINTENANCE INFORMATION

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

## MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	ENTRY DATE								
Clean: Upholstery	WEEKLY									
Inspect: Accessory Bars and Handles	3 MONTHS									
Inspect: All Decals	3 MONTHS									
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS									
Inspect: Anti-Skid surfaces	3 MONTHS									
Clean and Lubricate: Guide Rods with a Teflon based lubricant	3 MONTHS									
Lubricate: Seat Sleeves and all Plastic Slides	3 MONTHS									
Clean and Wax: All Glossy Finishes	YEARLY									

# INSPIRE

## Warranty.

This Warranty applies to Inspire Strength products manufactured or distributed by Health In Motion LLC.

### CONSUMER USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### LIMITED LIFETIME PARTS:

Includes Upholstery, Hardware, etc.

### LIGHT-COMMERCIAL USE:

#### LIMITED LIFETIME FRAME:

Includes Frame and Welds

#### 10 YEAR PARTS:

Includes Upholstery, Hardware, etc.

### PLEASE NOTE THAT NOT ALL INSPIRE PRODUCTS ARE MADE FOR LIGHT-COMMERCIAL USE

Refer to your Owner's Manual or consult with your fitness product dealer to establish if a product is made for light-commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Health In Motion warrants that the product you have purchased for light-commercial, personal, family or household use from Health In Motion LLC or from an authorized Health In Motion reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the product from you. It excludes expendable parts such as paint and finish. This Warranty becomes VALID ONLY if the product is assembled / installed according to the instructions / directions included with the product.

### Replacement and repair of parts.

During the warranty period Health In Motion will repair or replace the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal light-commercial, personal, family, or household use. In repairing the product Health In Motion may replace defective parts with, at the option of Health In Motion, serviceable used parts that are equivalent to new parts in performance, or new parts. All exchanged parts and products replaced under this warranty will become the property of Health In Motion. Health In Motion reserves the right to change manufacturers and or specification of any part to cover any existing warranty.

### Service procedures.

To obtain warranty parts, you must return the parts to Health In Motion or an authorized Health In Motion retailer in its original container (or equivalent). You must pre-pay any shipping charges, taxes, or any other charges associated with transportation of the product. In addition, you are responsible for insuring any product shipped or returned. You assume the risk of loss during shipment. You must present Health In Motion with proof-of-purchase documents (including the date of purchase, Model, and Serial Number). Any evidence of alteration, erasing or forgery of proof - of-purchase documents will be cause to void this Warranty. Register your warranty online visit [www.inspirefitness.com](http://www.inspirefitness.com)

### Conditions and Exceptions.

This Warranty does not extend to any product not purchased from Health In Motion LLC or from an authorized Health In Motion reseller. This Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Health In Motion; (c) by modification of the product; (d) as a result of service by anyone other than Health In Motion, or an authorized Health In Motion warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product). Should any product submitted for Warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Health In Motion receipt of payment or acceptable arrangement of payment.

### Disclaimer

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY HEALTH IN MOTION MAKES NO OTHER WARRANTIES; EXPRESSED OR IMPLIED INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. HEALTH IN MOTION EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER HEALTH IN MOTION NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. HEALTH IN MOTION IS NOT RESPONSIBLE FOR THE REPAIR OR REPLACEMENT OF ANY PARTS THAT HEALTH IN MOTION DETERMINES HAVE BEEN SUBJECTED AFTER THE DATE OF MANUFACTURE TO ALTERATION, NEGLIGENCE, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, OR ANY ACT OF GOD. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Health In Motion's "Inspire" branded strength products. Health In Motion neither assumes nor authorizes anyone to assume for it any other express warranty.