

TABLE OF CONTENTS

BEFORE YOU BEGIN	1
IMPORTANT SAFETY NOTICE	2
CONTENTS OF PACKAGING	3
LABEL PLACEMENT	4
HARDWARE PACK	5
ASSEMBLY INSTRUCTIONS	6-15
PRODUCT FEATURES	16-17
COMPUTER OPERATION GUIDELINE	18-22
PARTS LIST	23-25
ALTERNATE PLUG PART NUMBERS	26
EXPLODED DIAGRAMS	27-29
WARRANTY	30-31

BEFORE YOU BEGIN

Thank you for selecting the INSPIRE CS2 CARDIOSTRIDER. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to providing you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

HEALTH IN MOTION, LLC.
255 AIRPORT CIRCLE, SUITE 101
CORONA, CA 92880
Toll-Free Customer Service Number
1-877-738-1729
Mon. - Fri. 8 a.m. - 5 p.m. PST
www.inspirefitness.com

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. In particular, note the following safety precautions:

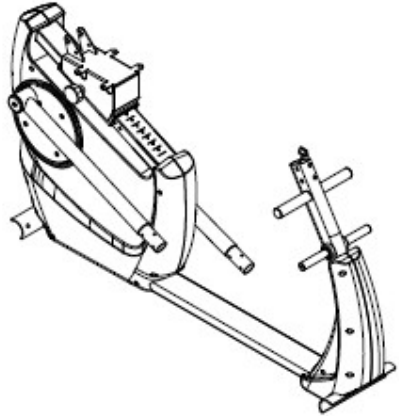
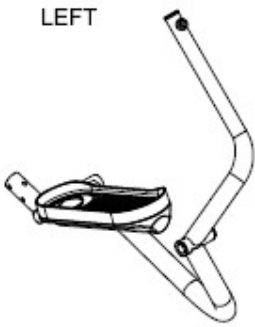





- **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.**
- Engage Child Safety Lock, detailed in this manual, after each use.
- Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
- Position the machine on a clear, leveled surface.
- **DO NOT use the machine near water or outdoors.**
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
- Do not place any sharp object around the machine.
- **Disabled persons should not use the machine without a qualified person or physician in attendance.**
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- Never operate the machine if the machine is not functioning properly.
- Maximum user weight **300 lbs.**
- Allow 24" (61 cm) of space on each side of the unit. Never place body parts under pivot area (directly behind pedal).
- Ensure that all pull pins, locks, and safety latches are fully engaged before use.








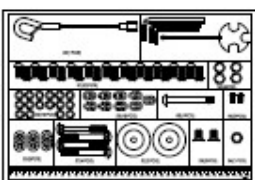
CARE AND MAINTENANCE

1. Keep seat slider clean
2. Inspect and tighten all parts before using the machine.
3. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. **DO NOT USE SOLVENTS.**

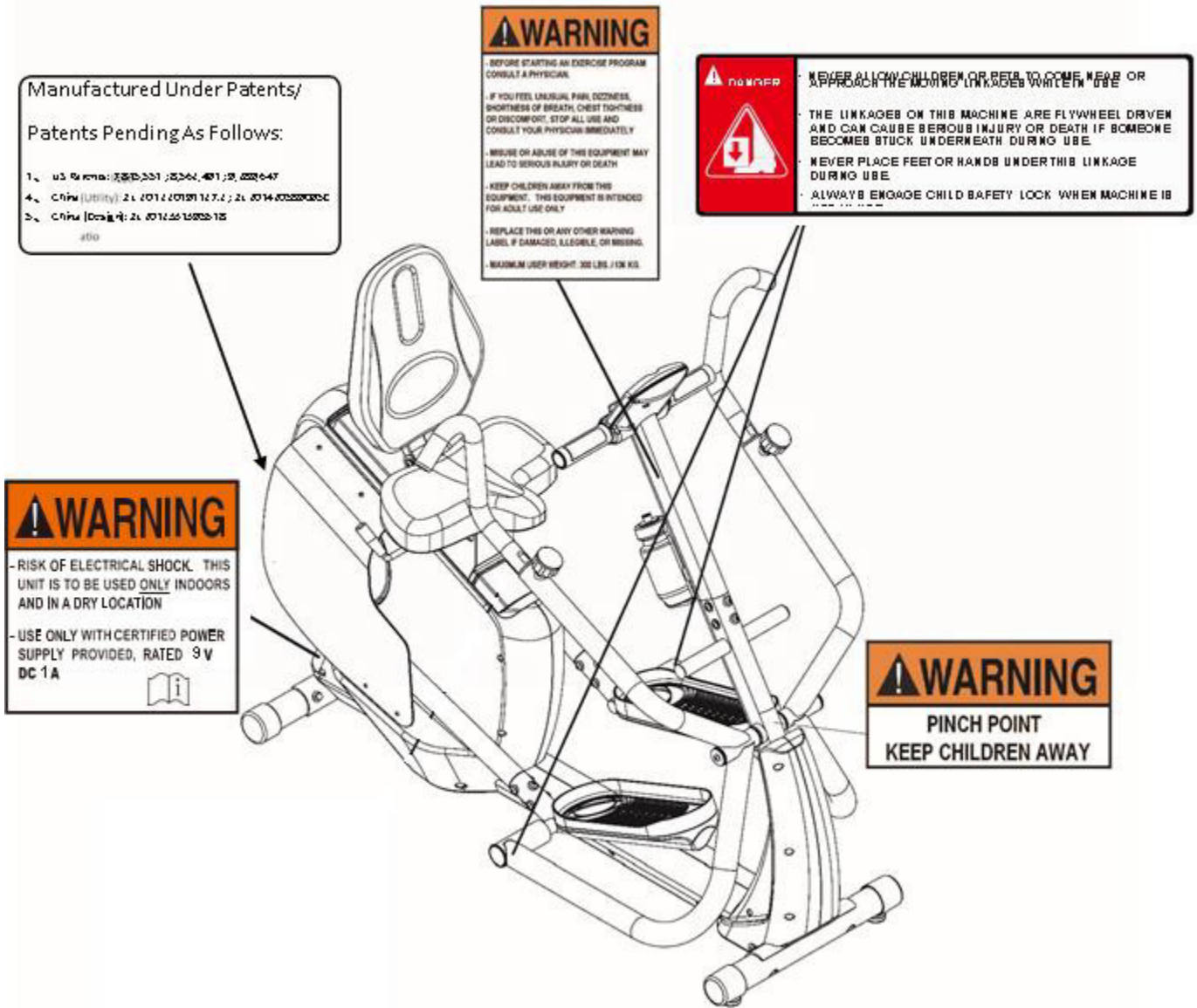
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. NEITHER HEALTH IN MOTION, LLC. NOR FG1, LLC. ASSUMES ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

CONTENTS OF PACKAGING

		1	
<p>LEFT</p> 	1		1
			1
<p>RIGHT</p> 	1		1
			1

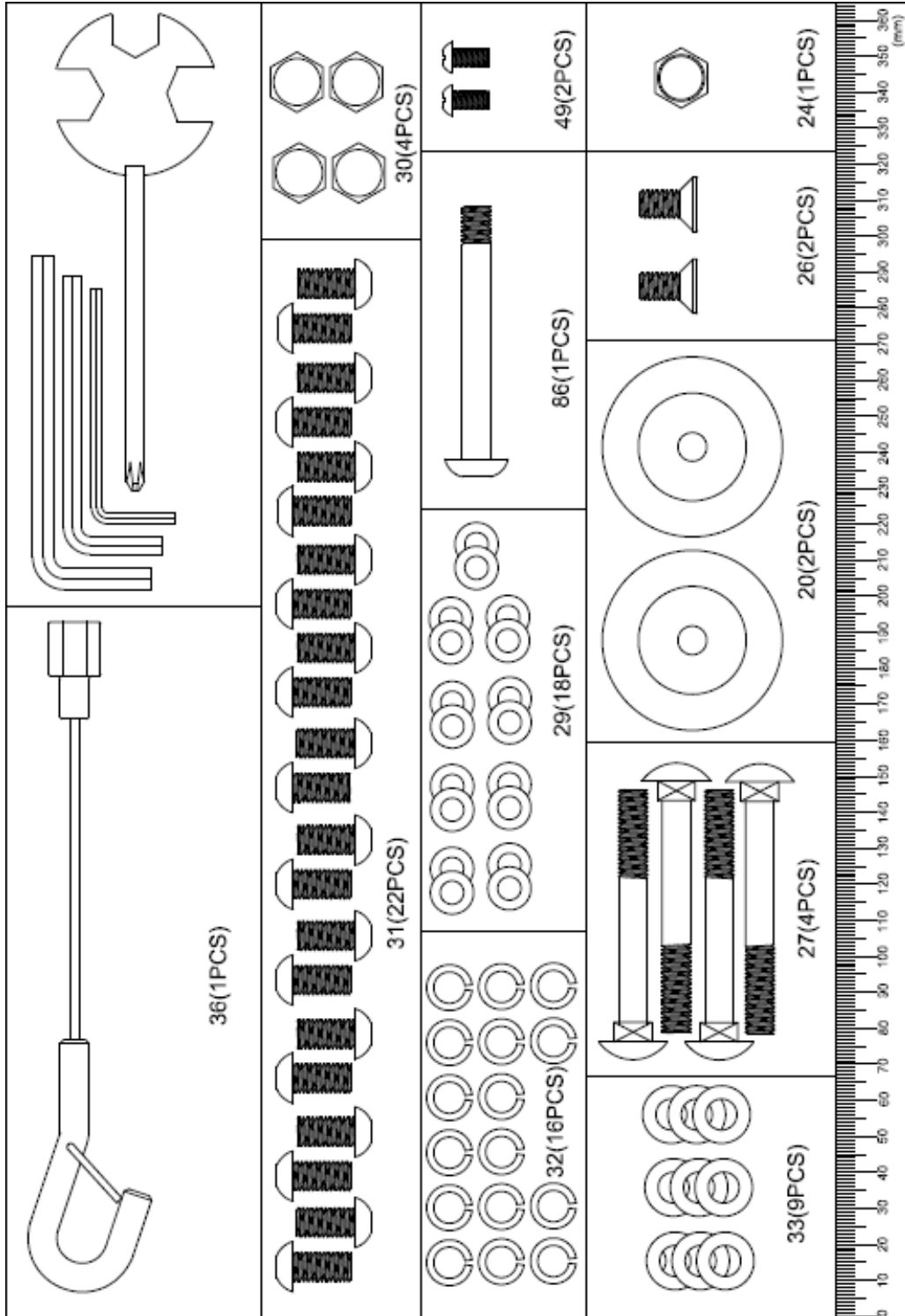
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WARNING/PATENT LABEL PLACEMENT



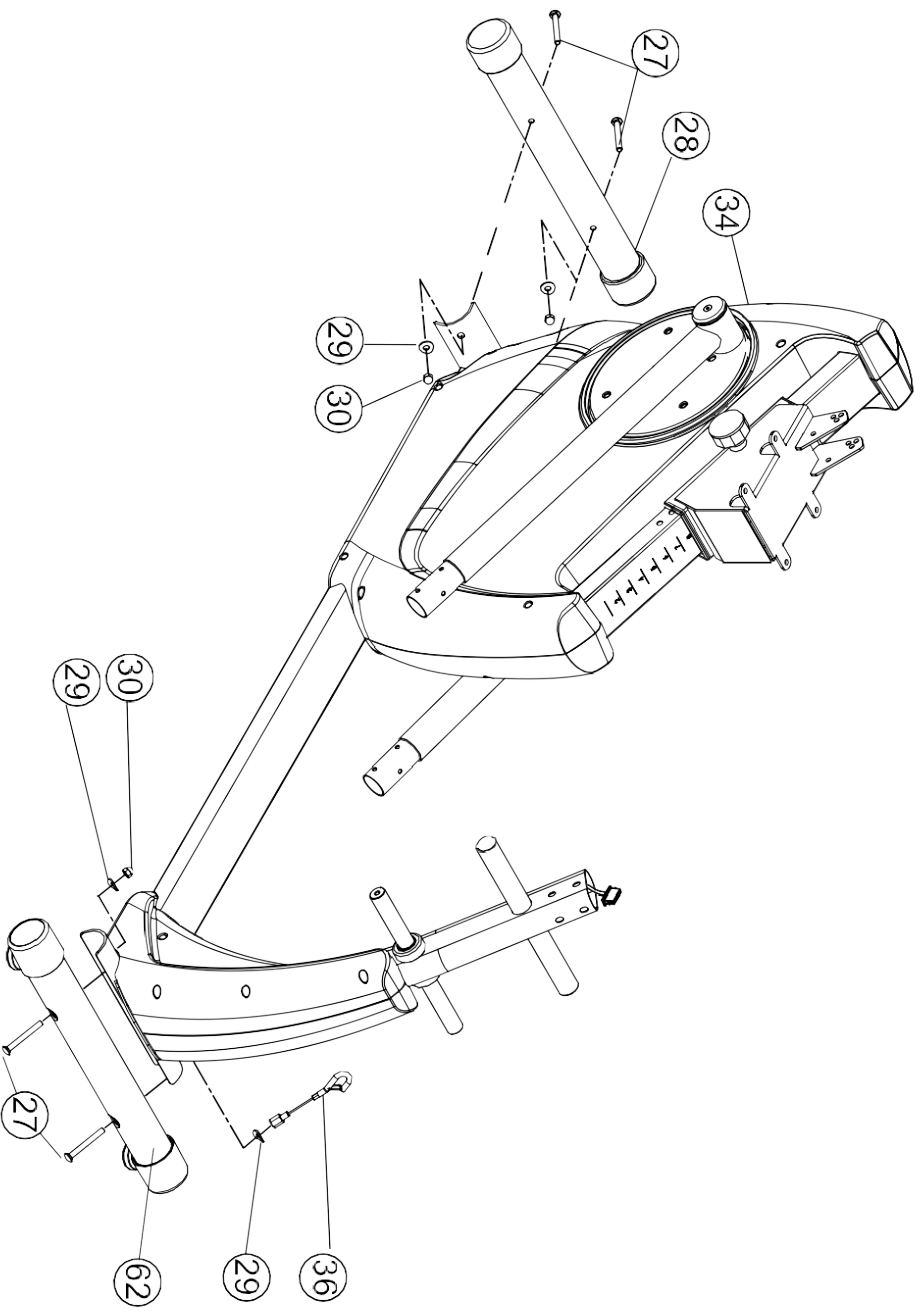
The warning and patent labels have been placed on the unit in location shown. If the labels are missing or illegible, please call customer service at 1-877-738-1729 for replacements. Apply the labels in location shown.

HARDWARE PACK



NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.

Step 1



4PCS		(27)
4PCS		(29)
1PCS		(7)
4PCS		(30)

STEP 1: FRAME STABILIZER ASSEMBLY (See Step 1 Figure)

Required Hardware: STEP 1

4x (#27) M8x 70 Carriage Bolts

3x (#30) Acorn Nut

4x (#29) Curved Washer

1x (#36) Child Safety Lock

Required Parts:

(#28) Rear Stabilizer Tube

(#62) Front Stabilizer Tube

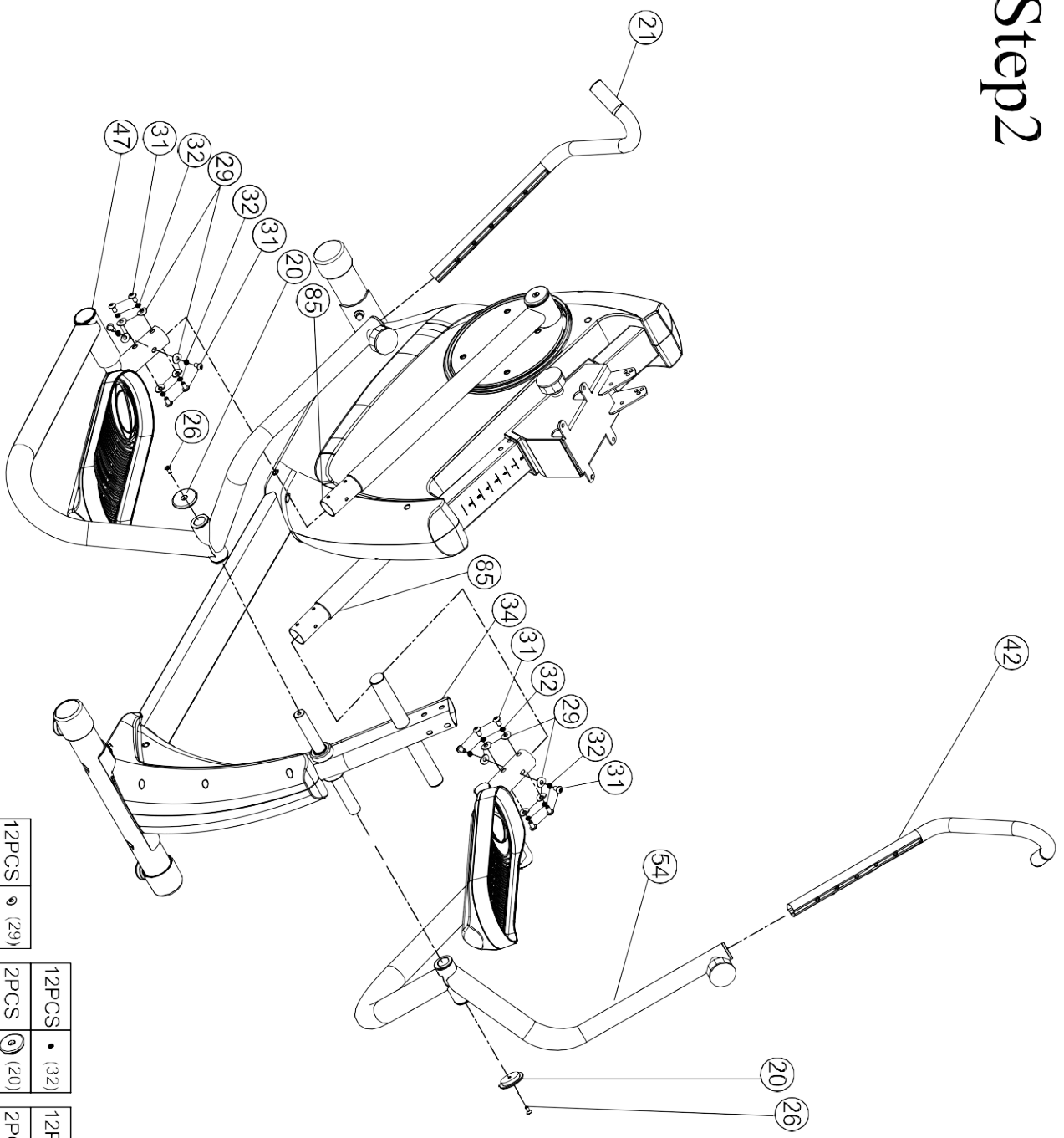
Installing Stabilizers

- A.) Carefully unpack contents of box leaving the 3 large styrofoam frame support blocks in place.
- B.) Remove large styrofoam support from REAR portion of frame.
The Rear Stabilizer mounting bracket should now be exposed.
- C.) Place (#28) Rear Stabilizer underneath the Rear Mounting Bracket.
Ensure that the transport wheels are facing away from the unit.
- D.) Attach the (#28) Rear Stabilizer to the frame as shown in FIGURE 1 with:
2 x (#27) M8x 70 Carriage Bolts 2x (#29) Curved Washers
2 x (#30) Acorn Nuts
- E.) Remove large styrofoam support from FRONT portion of frame.
The Front Stabilizer mounting bracket should now be exposed.
- F.) Place (#62) Front Stabilizer underneath the Front Mounting Bracket.
- G.) Attach (#62) Front Stabilizer to the frame as shown in FIGURE 1 with:
2 x (#27) M8x 70 Carriage Bolts 2x (#29) Curved Washers
1 x (#30) Acorn Nuts 1x (#36) Child Safety Lock

NOTE:

(#36) Child Safety Lock is used instead of a nut on USER left side of the Front Stabilizer.

Step 2



12PCS (29)

12PCS • (32)
2PCS (20)

12PCS (31)
2PCS (26)

STEP 2: SWING ARM ASSEMBLY (See Step 2 Figure)

Required Hardware: STEP 2

2x (#20) Aluminum End Cap

12x (#29) Curved Washer

12x (#32) Spring Washer

2x (#26) Flat Head Socket Screw

12x (#31) M8 * 17 Hex Screw

Required Parts

(#47) Swing Arm Assembly R

(#54) Swing Arm Assembly L

- A.) Slide (#47) Swing Arm Assembly R over the pivot shaft of main frame, as shown in Step 2. **NOTE: Lift spacer between bearings to allow insertion.**
- B.) Secure using:
1x (#20) Aluminum End Cap **1x (#26) Flat Head Socket Screw**
As seen in Step 2 Figure
- C.) Place the (#47) Swing Arm Assembly R on top of a styrofoam support block, so the swing arm doesn't touch the floor.
- D.) Slide the (#85) Pedal Arm that is already attached to unit, into the (#47) Swing Arm Assembly R
- E.) Secure using:
6x (#29) Curved Washers **6x (#31) M8 * 17 Hex Screw**
6x (#32) Spring Washer

As seen in Step 2 Figure
- F.) Slide (#54) Swing Arm Assembly L over the pivot shaft of main frame as shown in Figure 2.
- G.) Secure using:
1x (#20) Aluminum End Cap **1x (#26) Flat Head Socket Screw**
As seen in Figure 2
- H.) Place the (#54) Swing Arm Assembly L on top of the styrofoam support block with the red dot, so the swing arm doesn't touch the floor.
- I.) Slide the (#85) Pedal Arm that is already attached to unit, into the (#54) Swing Arm Assembly L
- J.) Secure using:
6x (#29) Curved Washers **6x (#31) M8 * 17 Hex Screw**
6x (#32) Spring Washer

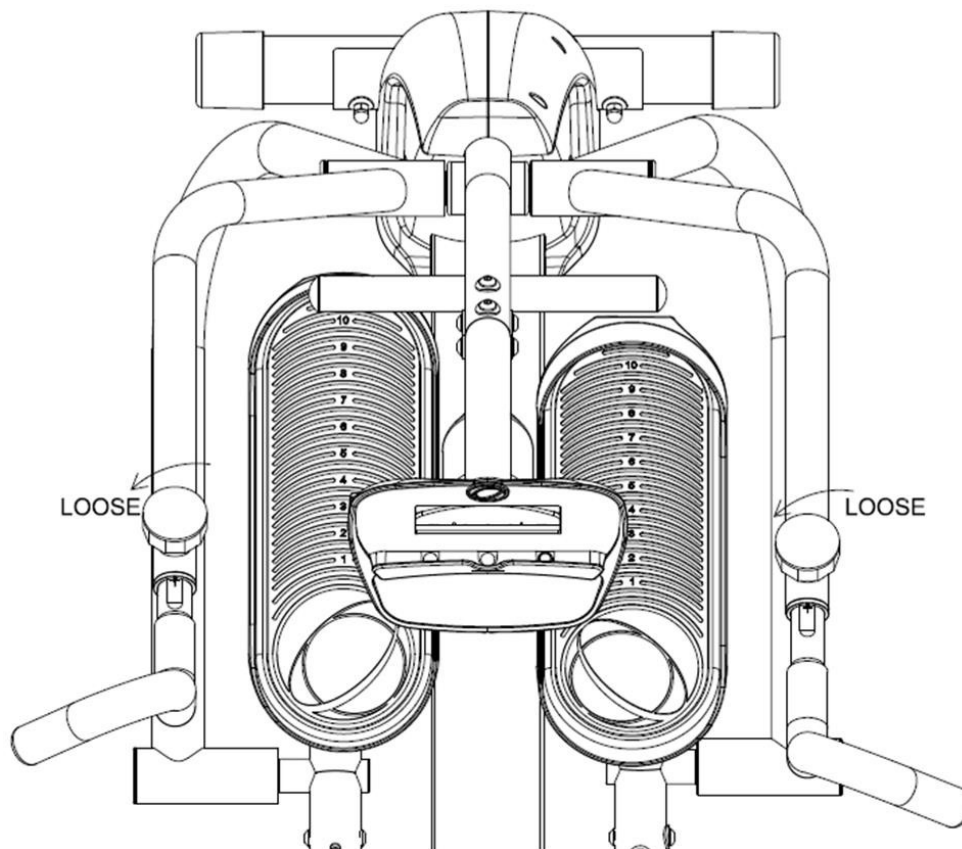
HANDLE ASSEMBLY (See Step 2 Figure)

- A) Loosen handle adjustment knob 2-3 turns. This will allow the arm to slide in.
- B.) Slide the Right Handle Assembly (#21) into the (#47) Swing Arm Assembly R. Adjust to desired position and tighten.

WARNING: Check to make sure the Right Handle Assembly has an “R” Sticker on it. Accidental switching of the Right and Left Handle Assemblies can result in serious injury.

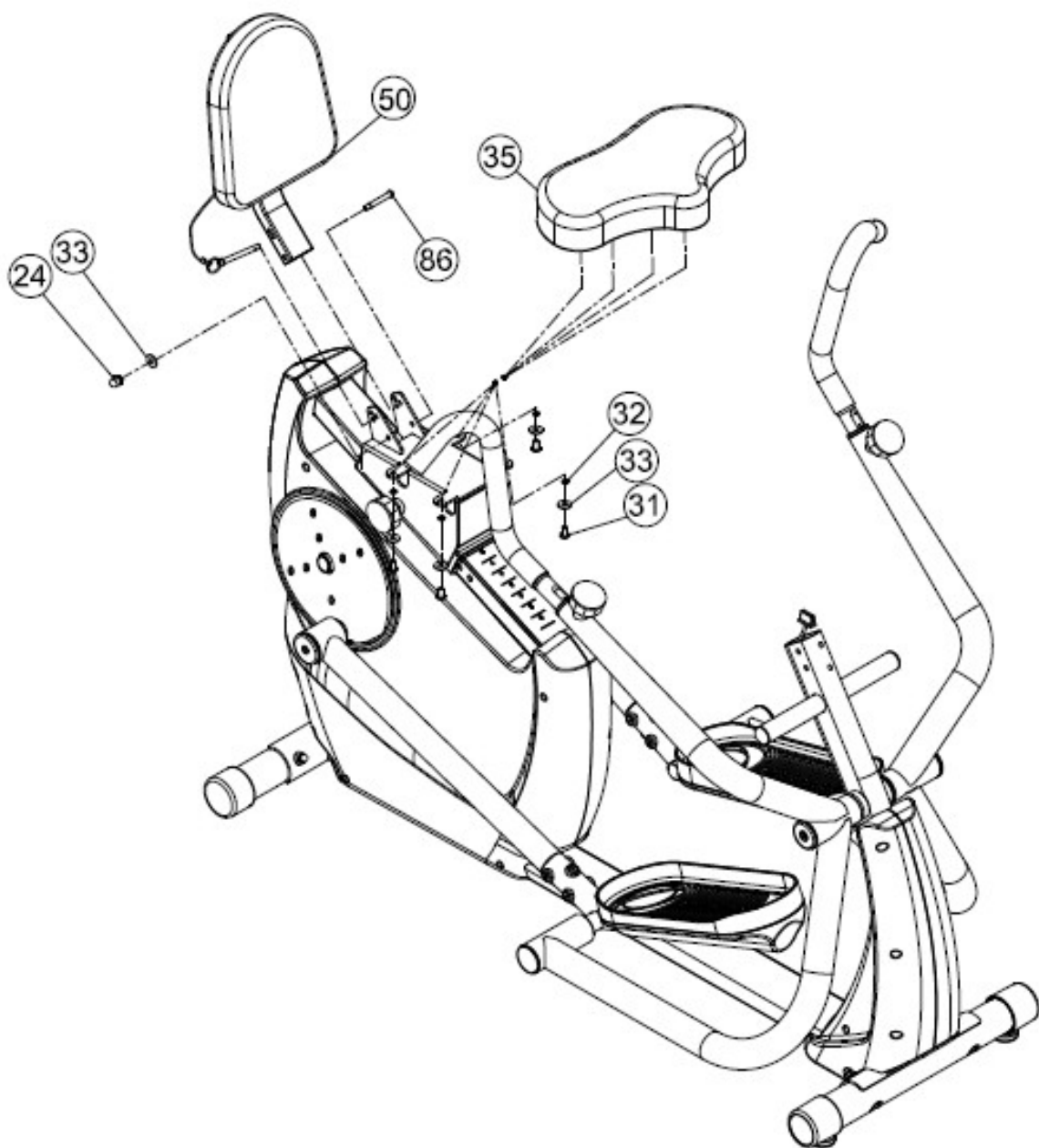
- C.) Loosen handle adjustment knob 2-3 turns. This will allow the arm to slide in.
- D.) Slide the Left Handle Assembly (#42) into the Left Swing Arm Sleeve (#54). Adjust to desired position and tighten.

WARNING: Check to make sure the Left Handle Assembly has an “L” Sticker on it.



Accidental switching of the Right and Left Handle Assemblies can result in serious injury.

Step3



4PCS	• (32)	1PCS	⌒ (86)	4PCS	⦿ (31)
12PCS	⦿ (29)	1PCS	⦿ (24)	5PCS	⦿ (33)

STEP 3: ASSEMBLING THE SEAT BACK & SEAT (See FIGURE 3)

Required Hardware: Step 3

1x (# 86) Hex Bolt

1x (#24) Lock Nut

5x (#33) Flat Washer

4x (#31) M8 * 17 Hex Screw

4x (#32) Spring Washers

Required Parts:

(# 50) Seat Back Assembly

(#35) Seat Pad, Charcoal

Installing Seat Back Assembly

A.) Assemble Seatback Assembly (#50) onto Seat Slider Assembly.

Align lower hole and secure using:

1x (#24) Lock Nut

1x (#33) Flat Washer

1x (#86) Hex Bolt

Installing Seat

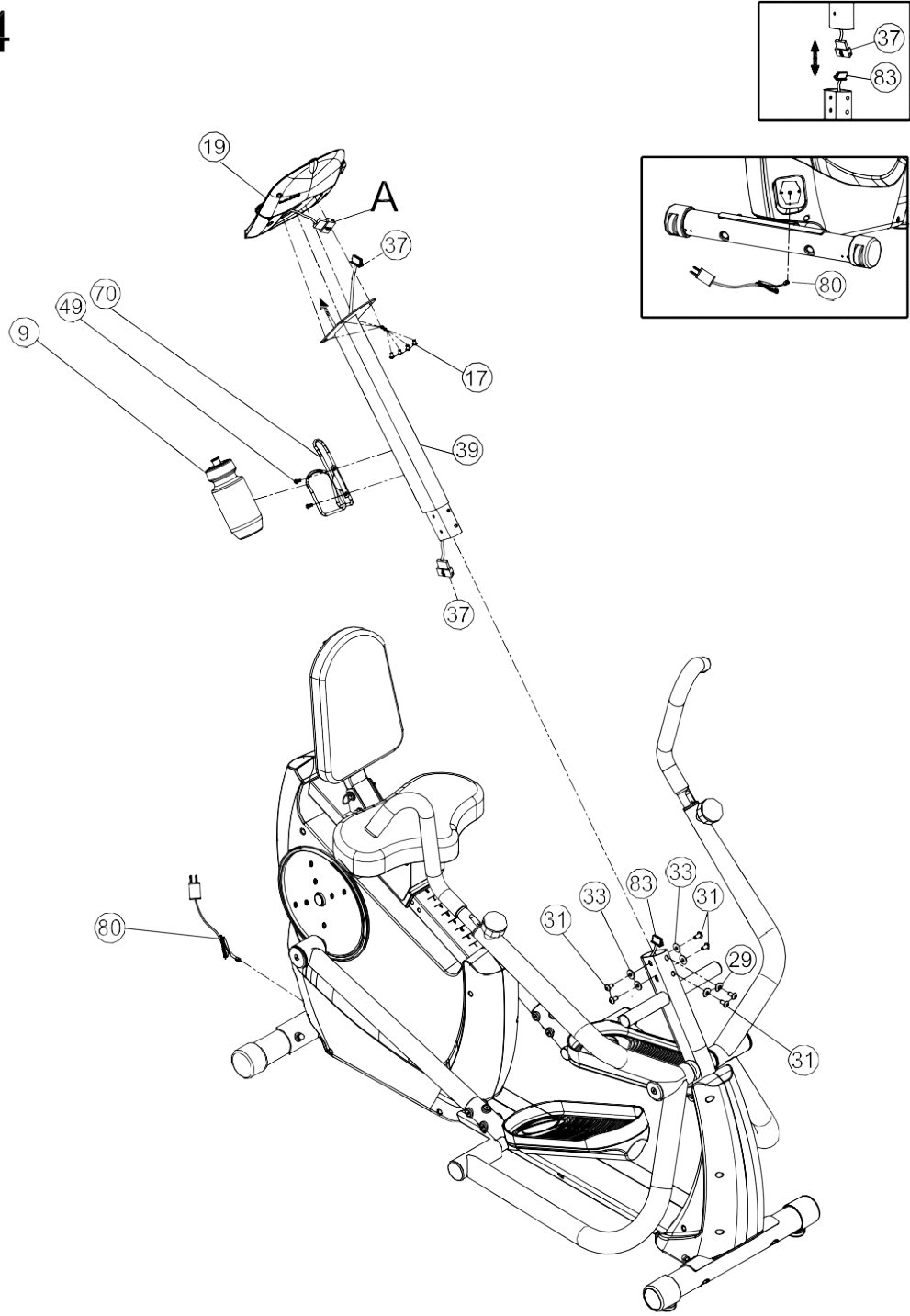
B.) Secure (#35) Seat to Seat Slider Assembly using:

4x (#31) M8 * 17 Hex Screw

4x (#33) Flat Washer

4x (#32) Spring Washers

Step4



2PCS	⌀ (29)	6PCS	♥ (37)
2PCS	▴ (49)	4PCS	⊙ (33)

Attaching the Console

- I.) Located, on the backside of (#19) Console,
will be 4x (#17) Phillips Head Screws threaded into four corners of the console.
- J.) Remove the four screws, these will be used to mount the console onto the console mount.
- K.) Orient the console near the top of the mast ;
Connect cable ends "A" to the cables coming from the frame
- L.) Tuck cable away neatly inside the mast to avoid pinching, then mount the console onto the mounting plate.
- M.) Secure the console using the four screws removed in Step I.

FINAL STEPS



Level the unit by unscrewing the leveler feet under (#62) Front Stabilizer so that both sit flat on the ground.

Unscrew center leveler (located under the center point of the unit) so that it touches the ground. Failure to do so could cause damage to your unit.

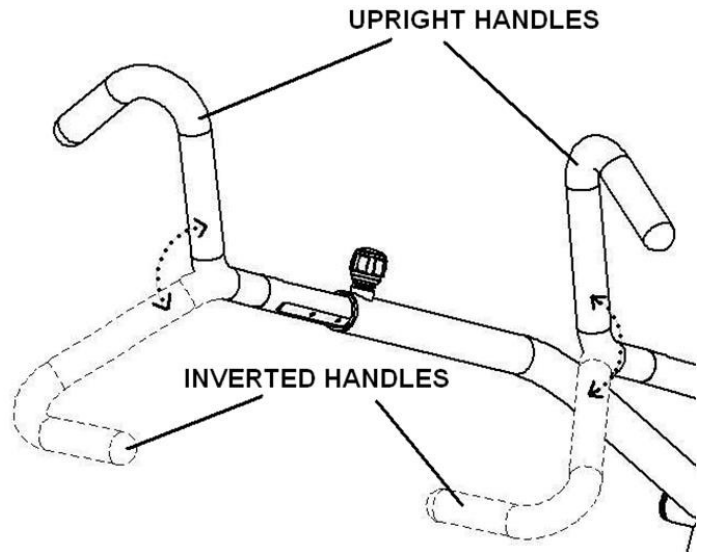


PRODUCT FEATURES

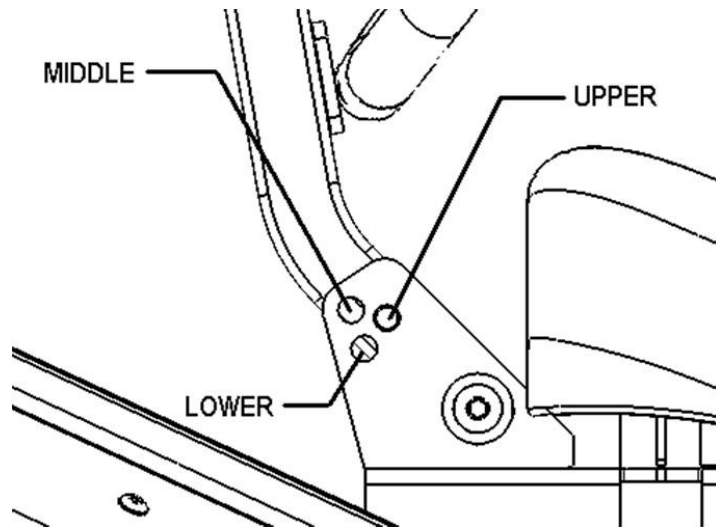
Handle Orientation

INVERTED HANDLES: Place handles in inverted position. This will focus on your **biceps and triceps** muscles.

UPRIGHT HANDLES: Place handles in upright position. This will focus on your **chest and back** muscles.



Seat Back Orientation



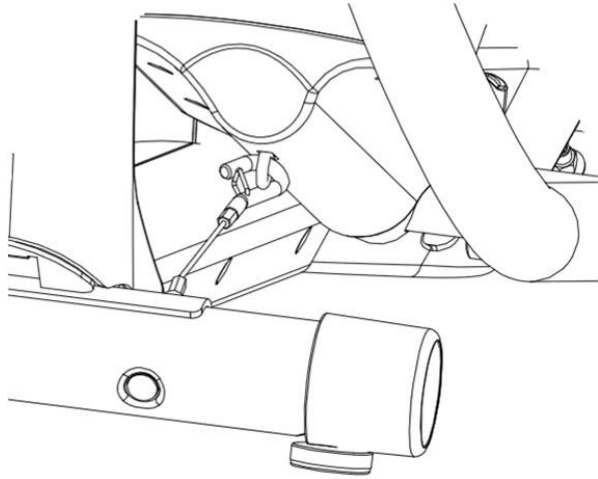
Choose a preferred Seatback Recline Angle.

The seatback (#8) may be adjusted in 3 different Recline Angles (UPPER, MIDDLE, LOWER) Based on the users' preferred position. Align upper seatback tube hole with preferred hole based on the below figure. Secure using the pin (b) as shown in to the left.

ENGAGING THE CHILD SAFETY LOCK ASSEMBLY

1. ALWAYS engage the CHILD SAFETY LOCK ASSEMBLY after each use by clipping the hook onto the loop located UNDERNEATH the LEFT PEDAL ASSEMBLY. (see FIGURE B below).

2. Before each workout, disengage the hook from the loop. The CHILD SAFETY LOCK ASSEMBLY can hang freely during your workout and will not interfere with the mechanism.



CS2 COMPUTER OPERATION AND FEATURES

BASIC OPERATION

- Press QUICK START to immediately begin workout in Manual Mode.
- Press the STOP/RESET key at any time to PAUSE the workout. Press ENTER to resume exercise. (Press STOP/RESET twice to reset program).
- Press and hold the STOP/RESET key for 2 seconds to RESET the computer.
- RESISTANCE: Press the UP or DOWN key to change the Resistance Level during a workout. The Resistance may be adjusted from LEVEL 1 (Lowest) to LEVEL 20 (Highest). The Resistance level is displayed in the top center of the LCD.



- VIEWING WORKOUT DATA: During a workout RPM and CALORIES are displayed on the scrolling text bar. Press the "VIEW" button to display WATTS and DISTANCE. Press and hold the "VIEW" buttons for 2 seconds to toggle on/off Autoscan (the computer will switch between RPM/CALORIES and WATTS/DISTANCE every 10 seconds).

English/Metric Units: This computer uses a default of English Units of measurements.

To toggle between English / Metric Units:

-Press and hold RESET for 2 seconds to reset the computer

-While computer is rebooting, immediately press and hold the ENTER and VIEW button at the same time

-Press UP and DOWN to toggle between Km and MILE. Press ENTER to accept setting and reset the computer.

STANDARD PROGRAMS:

The CS2 CardioStrider has 6 Standard workout programs that will automatically adjust the resistance.



- At startup, press PROGRAMS. Press UP or DOWN to scroll through the PROGRAMS.



- ROLLING HILL
- PEAK
- PLATEAU
- MOUNTAIN CLIMB
- HILL INTERVAL
- STRENGTH INTERVAL
- After selecting your program press ENTER
- LEVEL: Press UP or DOWN to set maximum resistance level. The resistance will not go above this level during the workout. You may adjust the maximum resistance during your workout. Press ENTER to accept maximum resistance level. Press STOP/RESET to go back to PROGRAM selection.



- WORKOUT TIME: Press UP or DOWN to set total workout time. Press ENTER to accept workout time and begin. Press STOP/RESET to go back to LEVEL.
NOTE: The WORKOUT TIME may be changed during a workout by pressing the "TIME +/- key. Press UP/DOWN to modify the WORKOUT TIME. Press ENTER to begin workout.



FOCUS PROGRAMS:



The CS2 CardioStrider has 2 programs to focus workout on your upper body (Upper Body Focus, Arms Focus). During the workout, the computer will beep and a scrolling message will give you instructions.



A list of messages and their definitions are described below:

FEET ON PEDALS: Place feet on the moving pedals.

FEET ON PEGS: Place feet on the pegs. Round tube located at the front of the unit.

PALMS UP: Place handles in INVERTED MODE. In INVERTED MODE, keep palms facing upward to focus workout on the biceps muscle.

PALMS DOWN: Place handles in INVERTED MODE. In INVERTED MODE, keep palms facing downward to focus workout on the triceps muscle.

FOCUS PROGRAM SETUP:

- Press PROGRAMS. Press UP or DOWN to scroll through the PROGRAMS.
 - UPPER BODY FOCUS: Focusing on upper body workout, including the chest, back and arms. Also includes lower body workout.
 - ARMS FOCUS: Focusing on upper body workout only. Feet remain on pegs.
- After selecting your FOCUS program press ENTER
- LEVEL: Press UP or DOWN to set maximum resistance level. This resistance will not go above this level during the workout. You may adjust the maximum resistance during your workout. Press ENTER to accept maximum resistance level. Press STOP/RESET to go back to PROGRAM selection.



- WORKOUT TIME: Press UP or DOWN to set total workout time. Press ENTER to accept workout time and begin workout. Press STOP/RESET to go back to LEVEL.



PARTS LIST

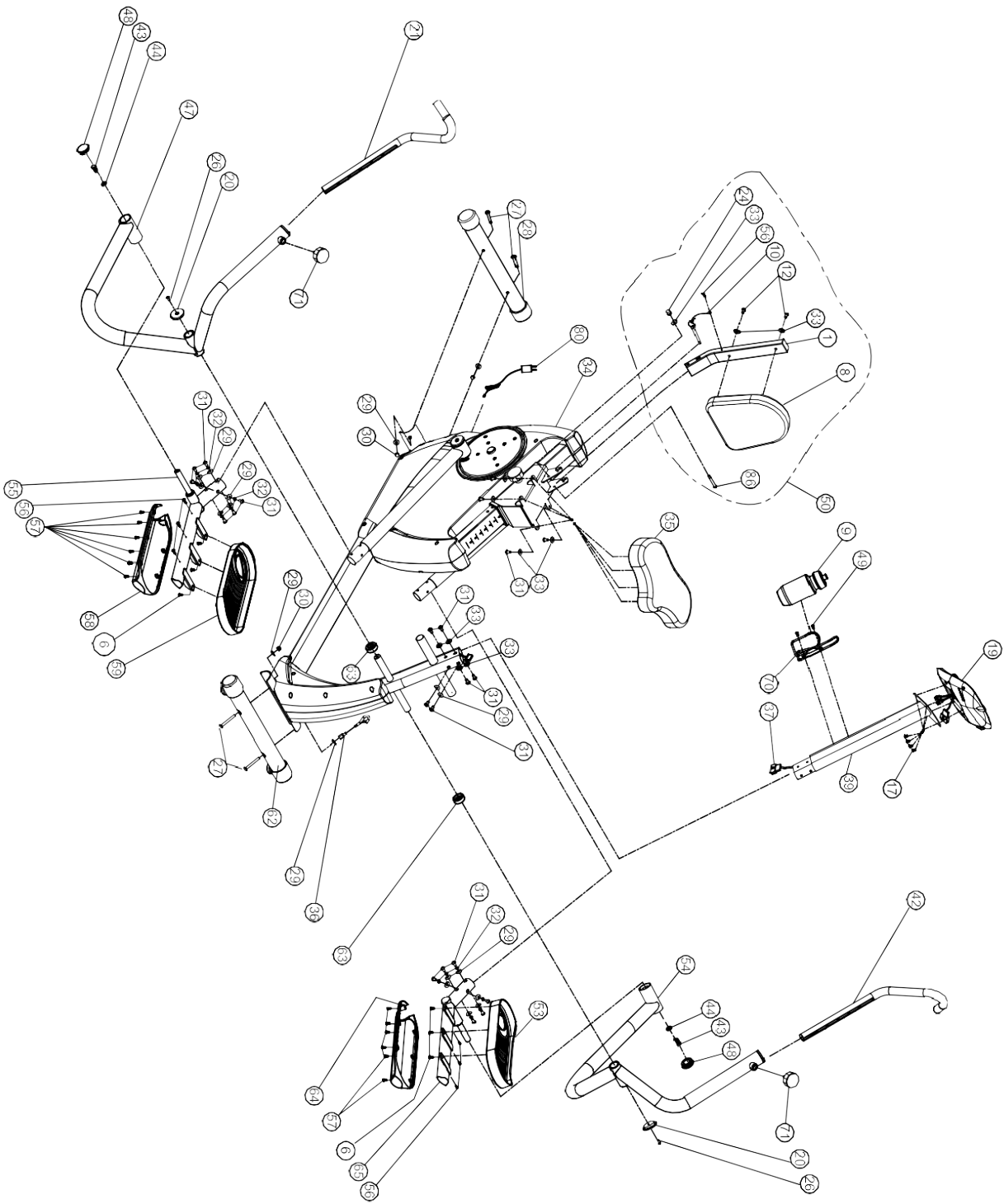
EXP NO.	EVS CODE	Description	Qty/Item
1	RC803-360-001	Back Pad Tube Assembly	1
2	CN-S24-000	EMS Flywheel	1
3	RC800-801-008A	Front Shroud R	1
4	0110-006-12	Hex Nut	2
5	RC803-601-001	Grip Shifter Tension Wire	1
6	0114-742-068	Cross Head Tap Bolt	6
7	RC804-801-001	Shroud L	1
8	RC803-401-002SK	Pad	1
9	BC830-881-006Q	Water Bottle	1
10	RC800-391-013	Ring Wire Pop pin $\phi 8 \times 63$	1
11	0116-306-02	Spring Washer $\phi 6$	2
12	0113-208-358A	Allen Head Bolt M8*35	1
13	RC800-801-014	Pedal Arm	2
14	0110-410-019	Hex Flange Nut M10*1	2
15	0113-104-108	Cross Head Bolt M4*10	20
16	BC12-011-72	Tension Bolt M6	2
17	RC802-630-002SK	Phillips Head Screw M5*10	4
18	0114-142-198	Phillips Head Screw ST4.2*19	7
19	RC803-630-001A	Console	1
20	RC804-561-017	Aluminum End Cap $\phi 50 \times 6$	2
21	RC801-331-002	Right Handle Assembly	1
22	0113-106-018	Cross Head Bolt M6*10	2
23	BC680-801-010B	End Cap 2	2
24	0110-808-008	Lock Nut M8	1
25	0113-306-165	Inner Hex Socket Bolt M6*16	2

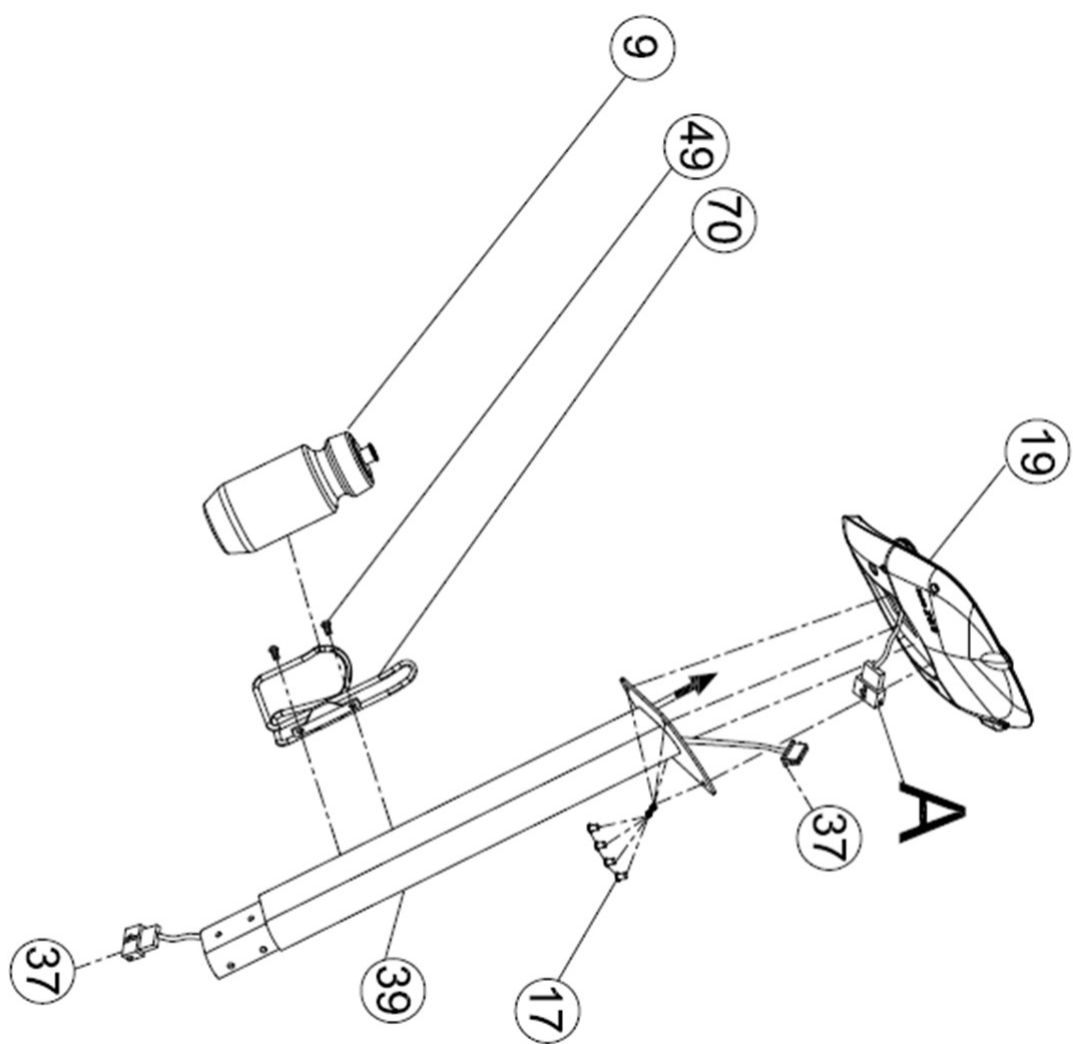
26	0113-308-206	Flat Head Socket Screw M8*20	2
27	0111-408-718	M8*70 Carriage Bolt	4
28	RC800-341-002PZ	Rear Stabilizer Tube	1
29	0116-608-008	Curved Washer	18
30	0110-308-008	Acorn Nut	4
31	0113-008-168	M8 * 17 Hex Screw	30
32	0116-308-010	Spring Washer $\phi 8$	28
33	0116-008-010	Flat Washer $\phi 8$	18
34	RC803-200-001	Main Frame Assembly	1
35	RC803-401-001SK	Seat Pad Assembly	1
36	RC800-561-005	Child Safety Lock	1
37	RC803-630-001B	Console Upper Wire	1
38	RC804-801-002	Shroud R	1
39	RC803-350-001	Console Mast	1
40	RC800-221-002	Five-way Tube	1
41	0200-310-532	Ball Bearing 6004ZZ	2
42	RC801-331-001	Left Handle Assembly	1
43	0111-008-208A	Hex Bolt M8*20	2
44	0116-208-508A	Flat Washer $\phi 8 * \phi 28$	2
45	RC800-221-003	Five-way Tube 2	1
46	RC800-391-012	Hex Nut M20*1.0	1
47	RC803-300-002PZ	Swing Arm Assembly R	1
48	RC800-801-015	Foot Tube End Cap $\phi 50 * 13.5$	2
49	0113-105-108	M5*10 Phillips Head Screw	2
50	RC803-360-001PZ	Seat Back Assembly	1
51	RC804-240-001	Pedal Arm Assembly	2
52	0110-412-599	Hex Flange Nut M12*1.25	2
53	RC800-801-010	Upper Pedal L	1
54	RC803-300-001PZ	Swing Arm Assembly L	1
55	RC800-310-002	Foot Pedal Tube Assembly R	1
56	0114-742-198	Cross Self-Tap Bolt ST4.2*19	33

57	0114-142-088	Cross Self-Tap Bolt ST4.2*8	12
58	RC800-801-013	R Lower Pedal	1
59	RC800-801-012	R Upper Pedal	1
60	RC803-630-001C	Console Wire	1
61	RC800-801-020	Adjustment Foot M12	3
62	RC800-340-001PZ	Front Stabilizer Assembly	1
63	RC800-301-009	Upper Bushing $\phi 48*18$	2
64	RC800-801-011	L Lower Pedal	1
65	RC800-310-001	Foot Pedal Tube Assembly L	1
66	BC770-801-011	Sensor Bracket	1
67	0110-412-008	Flange Nut M12*1.75	2
68	BC12-011-92	Tension U Plate	2
69	0114-142-108A	Inner Hex Socket Bolt ST4.2*10	2
70	B470-380-001	Bottle Holder	1
71	RC800-801-202A	Knob	3
72	RC803-630-001D	Resistance Motor	1
73	BE480-881-005A	End Cap	2
74	RC800-801-007A	Front Shroud L	1
75	RC803-370-001PZ	Seat Support Assembly	1
76	RC803-201-004	Power supply socket	1
77	RC804-200-002	Switch Strength Bracket	1
78	RC803-501-001	Belt 470, J8 (VEGA)	1
79	RC804-220-001PZ	Belt Pulley Assembly	1
80	RC803-630-001E	Power Inlet	1
81	RM610-881-101	Seat	2
82	RC803-201-005	Connection Tube	1
83	RC803-630-001F	Console Lower Wire	1
84	RC804-561-018	Aluminum Plate 2	2
85	RC804-320-001PZ	Foot Pedal Connection Tube Assembly	2
86	0113-208-708	Hex Bolt M8*70	1

ALTERNATE ADAPTER CABLE OPTIONS (to be ordered separately)

TYPE	PART NUMBER	COUNTRIES	PHOTO
A-type	RC802-631-002	United States, Japan, Phillipines, Canada, Columbia, Ecuador, Honduras, Mexico, Panama, Peru, Taiwan	
I-type	RC802-631-003	Australia, New Zealand, China	
C-type	RC802-631-004	Europe, Argentina, Russia, Brazil, Egypt, India, Indonesia, Israel, Pakistan, South Korea, South Africa	
G-type	RC802-631-005	United Kingdom, Hong Kong, Singapore	







Warranty

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

RESIDENTIAL WARRANTY:

10 YEAR FRAME (CS2):

Includes Main Frame and Welds

3 YEAR PARTS (CS2):

Excluding Paint and Finish (unless defective out of box)

1 YEAR LABOR (all cardio units)

Inspire Fitness warrants that the Product you have purchased from Health In Motion or from an authorized Inspire 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. You must demonstrate proof of purchase to obtain a warranty. 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 and cosmetic items, including, but not limited to the following: grips, seats and labels. This Warranty becomes **VALID ONLY** if the Product is assembled / installed following the instructions / directions included with the Product.

Replacement and repair of parts

During the warranty period Inspire will, at no additional charge, repair or replace the product if it becomes defective, malfunctions, or otherwise fails to conform with this warranty under normal personal, family, or household use. In repairing the product, Inspire Fitness may replace defective parts with, at the option of Inspire Fitness, 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 Inspire Fitness. Inspire Fitness 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 Inspire Fitness or an authorized Inspire Fitness 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 Inspire Fitness 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. You may be charged a trip charge if you are outside a reseller's service area. Register your warranty online visit www.inspirefitness.net

Conditions and Exceptions

This warranty does not extend to any product not purchased from Inspire Fitness or from an authorized Inspire Fitness reseller. Labor claims must be authorized prior to performing service or they may be denied. This warranty does not extend to any product missing a serial number or with a serial tag that has been altered or defaced. This warranty does not extend to service calls to correct installation of the equipment or instruct owners on how to use the equipment. 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 Inspire Fitness; (c) by modification of the product; (d) as a result of service by anyone other than Inspire Fitness, or an authorized Inspire Fitness warranty service provider; (e) product that has not been properly maintained (follow maintenance schedule found on product); (f) as a result of neglect. 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 Inspire Fitness receipt of payment or acceptable arrangement of payment.

Disclaimer

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