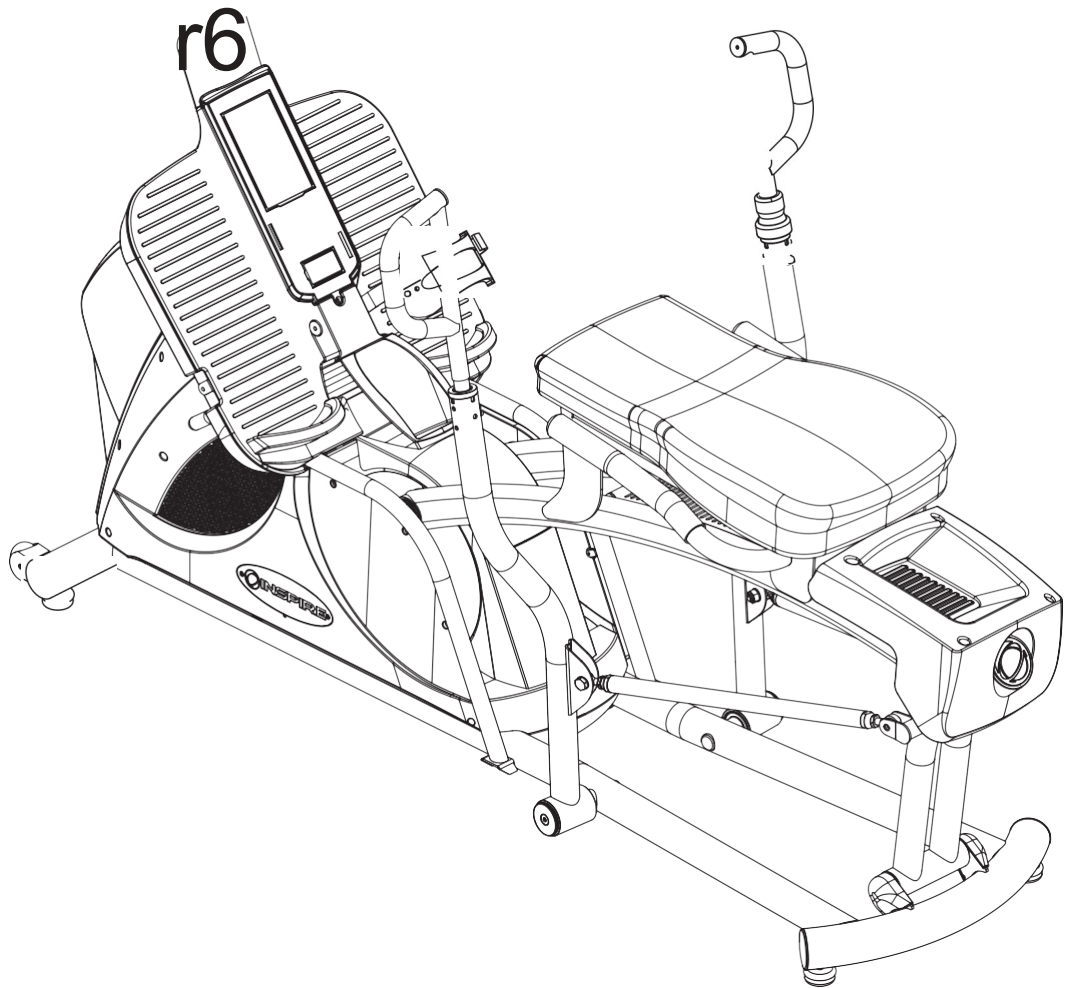


INSPIRE

CR 2.5 CrossRower



ASSEMBLY & OWNER'S MANUAL

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BEFORE YOU BEGIN

Thank you for selecting the INSPIRE CrossRow. 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.

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. Please note the following safety precautions:

1. 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.
2. 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.
3. Feet should be fully rested and securely strapped onto the foot plate during the entire workout.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Keep hands away from all moving parts.
7. 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.
8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the machine.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. Maximum user weight 300 lbs.

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. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

WARNING LABEL PLACEMENT

WARNING
 PINCH POINT
 KEEP CHILDREN AWAY

HEALTH IN MOTION, LLC
 SALES AND SERVICE: (877) 738-1729
 MADE IN CHINA
 MODEL: CR 2.5
 SERIAL NO.: XXXXXXXXXX

MANUFACTURED UNDER PATENTS/
 PATENTS PENDING AS FOLLOWS:
 U.S. PATENT: 7,141,008 B2
 CHINA PATENT: 201320154351.9
 201330069222.5

WARNING

Pinch Point.
 Keep hands and fingers clear.

WARNING

- BEFORE STARTING AN EXERCISE PROGRAM CONSULT A PHYSICIAN.
- IF YOU FEEL UNUSUAL PAIN, DIZZINESS, SHORTNESS OF BREATH, CHEST TIGHTNESS OR DISCOMFORT, STOP ALL USE AND CONSULT YOUR PHYSICIAN IMMEDIATELY.
- MISUSE OR ABUSE OF THIS EQUIPMENT MAY LEAD TO SERIOUS INJURY OR DEATH.
- KEEP CHILDREN AWAY FROM THIS EQUIPMENT. THIS EQUIPMENT MAY LEAD TO SERIOUS INJURY OR DEATH.
- THIS EQUIPMENT IS INTENDED FOR ADULT USE ONLY.
- REPLACE THIS OR ANY OTHER WARNING LABEL IF DAMAGED, ILLEGIBLE, OR MISSING.
- MAXIMUM USER WEIGHT: 300 LBS, 135KG
- MAKE SURE ALL PULL PINS, LOCKS, AND SAFETY LATCHES ARE IN PLACE AND FULLY ENGAGED BEFORE EACH USE.

KEEP YOUR FEET AWAY

DANGER

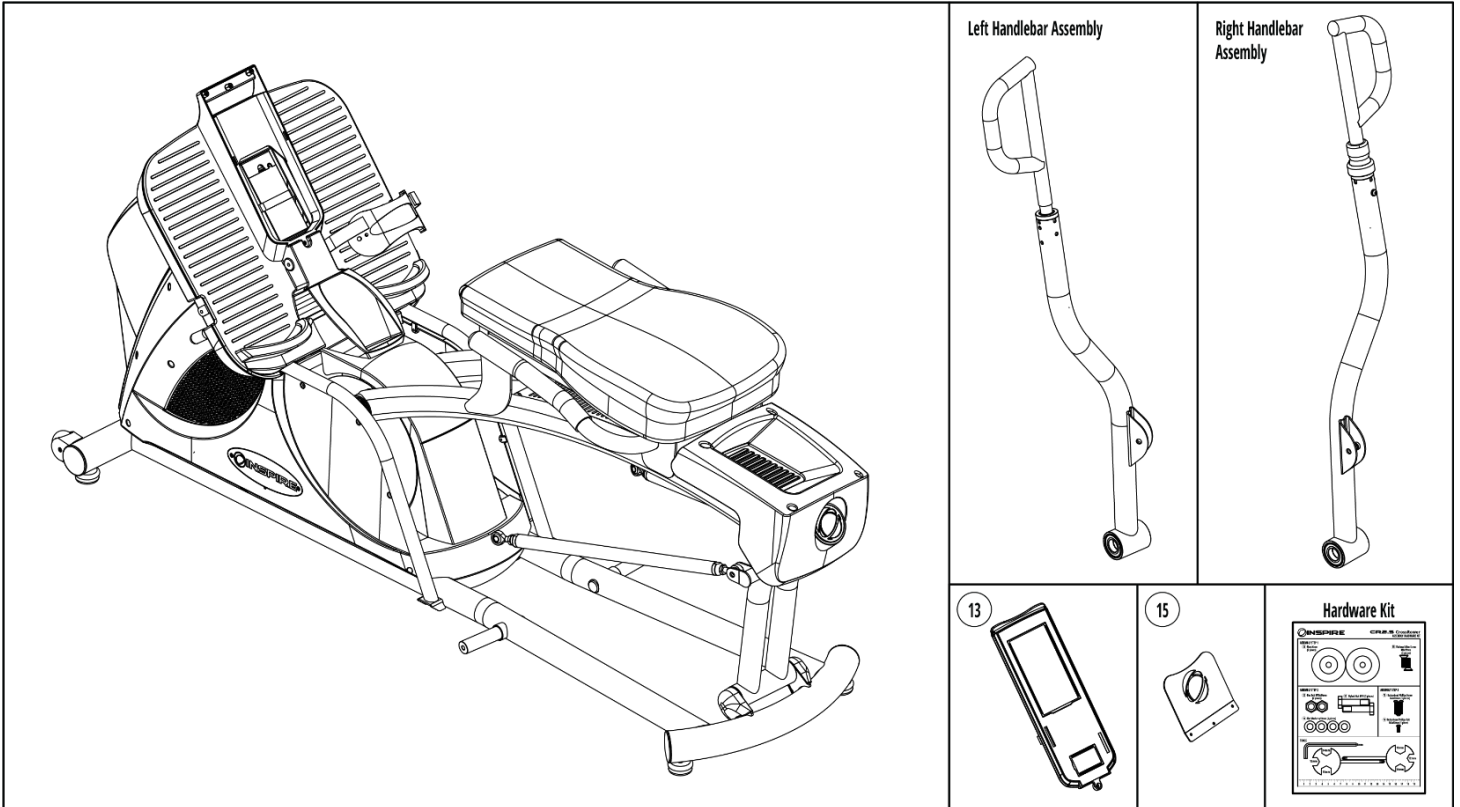
- NEVER ALLOW CHILDREN NEAR THE MOVING LINKAGES WHILE IN USE.
- DO NOT ALLOW CHILDREN TO PLAY ON THIS EXERCISE MACHINE.
- THE LINKAGES ON THIS MACHINE ARE FLYWHEEL DRIVEN AND CAN CAUSE SERIOUS INJURY OR DEATH IF SOMEONE BECOMES STUCK UNDERNEATH DURING USE.
- ALWAYS SET THE RESISTANCE TO MAXIMUM WHEN THE UNIT IS NOT IN USE.
- FEET SHOULD BE FULLY RESTED AND SECURELY STRAPPED ONTO THE FOOT PLATE DURING THE ENTIRE WORKOUT.
- MAKE SURE ALL PULL PINS, LOCKS, AND SAFETY LATCHES ARE IN PLACE AND FULLY ENGAGED BEFORE EACH USE.
- CHAIN LUBRICATION AND INSPECTION IS REQUIRED EVERY 6 MONTHS. PLEASE REFER TO OWNER'S MANUAL.

REV
 ABS - CHEST - FRONT SHOULDERS
 TRICEPS - HAMSTRINGS - GLUTES
MUSCLES WORKED
 BICEPS - BACK - REAR SHOULDERS
 FOREARMS - QUADS - CALVES
FWD



ASSEMBLY AND SETUP

Package Contents



CR2.5 Assembly Hardware Kit

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

CR2.5 CrossRower
ASSEMBLY HARDWARE KIT

ASSEMBLY STEP 1

36 Pivot Cover (2 pieces)

35 Flathead Allen Screw M6x20mm (2 pieces)

ASSEMBLY STEP 2

57 Nylock Nut M10 (2 pieces)

34 Flat Washer φ10mm (4 pieces)

32 Hex Bolt M10x54mm (2 pieces)

ASSEMBLY STEP 3

73 Buttonhead Phillips Screw M4x20mm (3 pieces)

16 Buttonhead Phillips Bolt M4x10mm (1 piece)

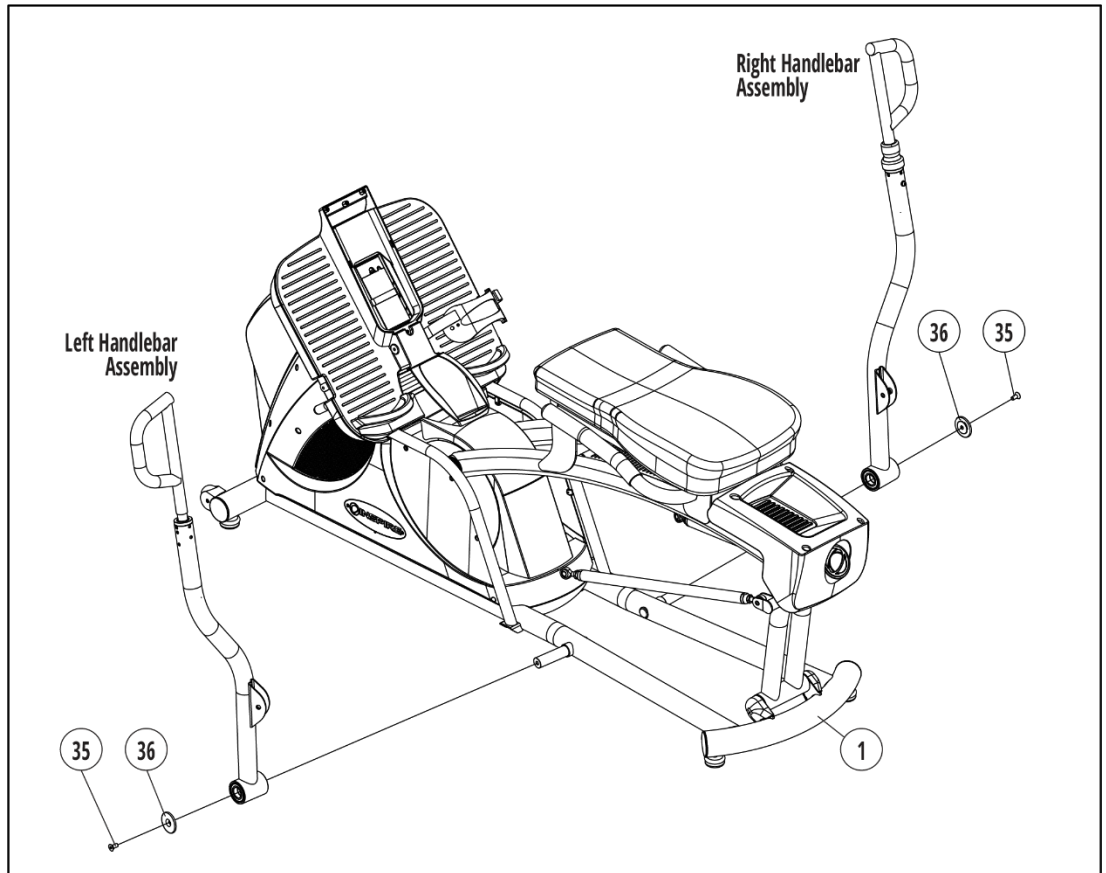
TOOLS

Part #98/RM302-891-002

ASSEMBLY INSTRUCTIONS

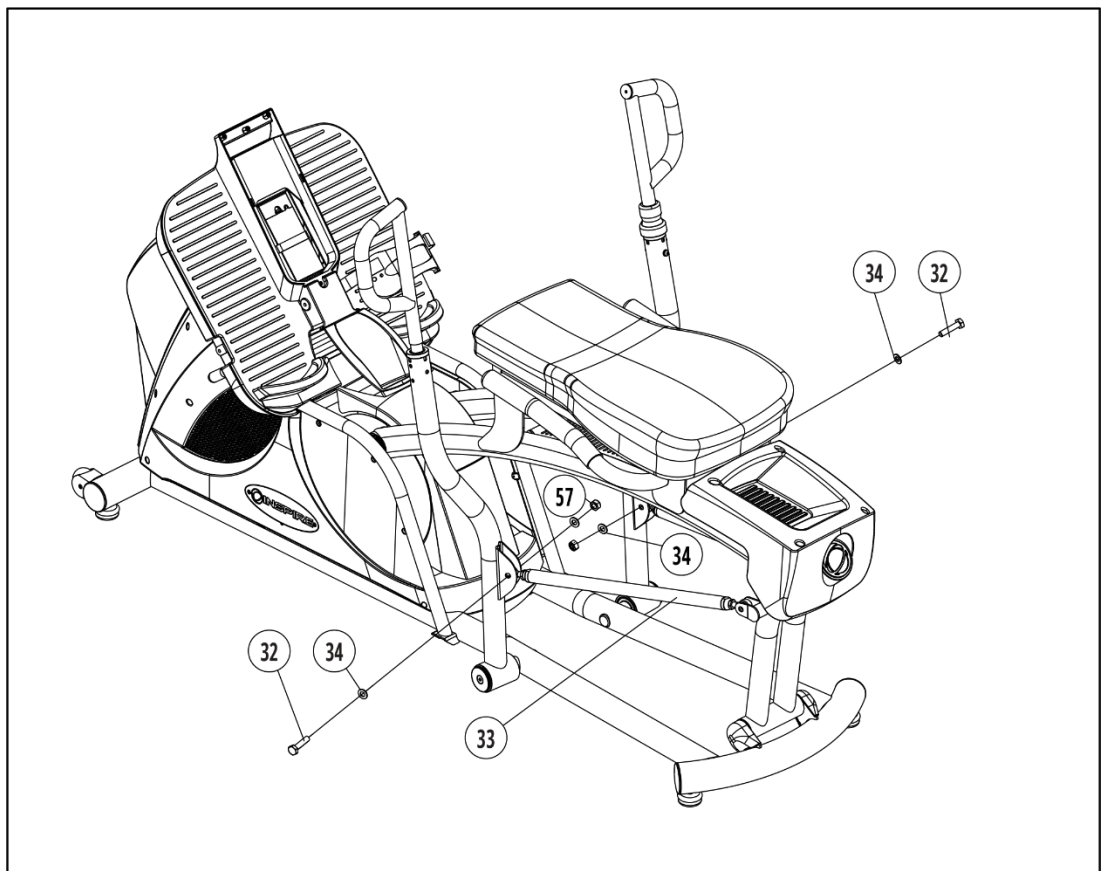
Assembly STEP 1

Attach the Left Handlebar Assembly and Right Handlebar Assembly to the main frame using the provided M8x25 flat head screws (35) and washers (36). Take care to align the sleeve inside the handlebar pivot before attempting to mount the arms.



Assembly STEP 2

Attach the right and left linkage assemblies (33) to their respective arms using the provided M10x54mm hex bolt (32), washer (34), and nut (57) sets.



Assembly STEP 3

Join the console cable connectors, taking care to pair the correct wires before making the connections.

Attach the console (13) by inserting the bottom tabs into their respective slots and sliding the console downward until the lower tab aligns with the base plastics.

Fix the console in place with the Phillips screw (16).

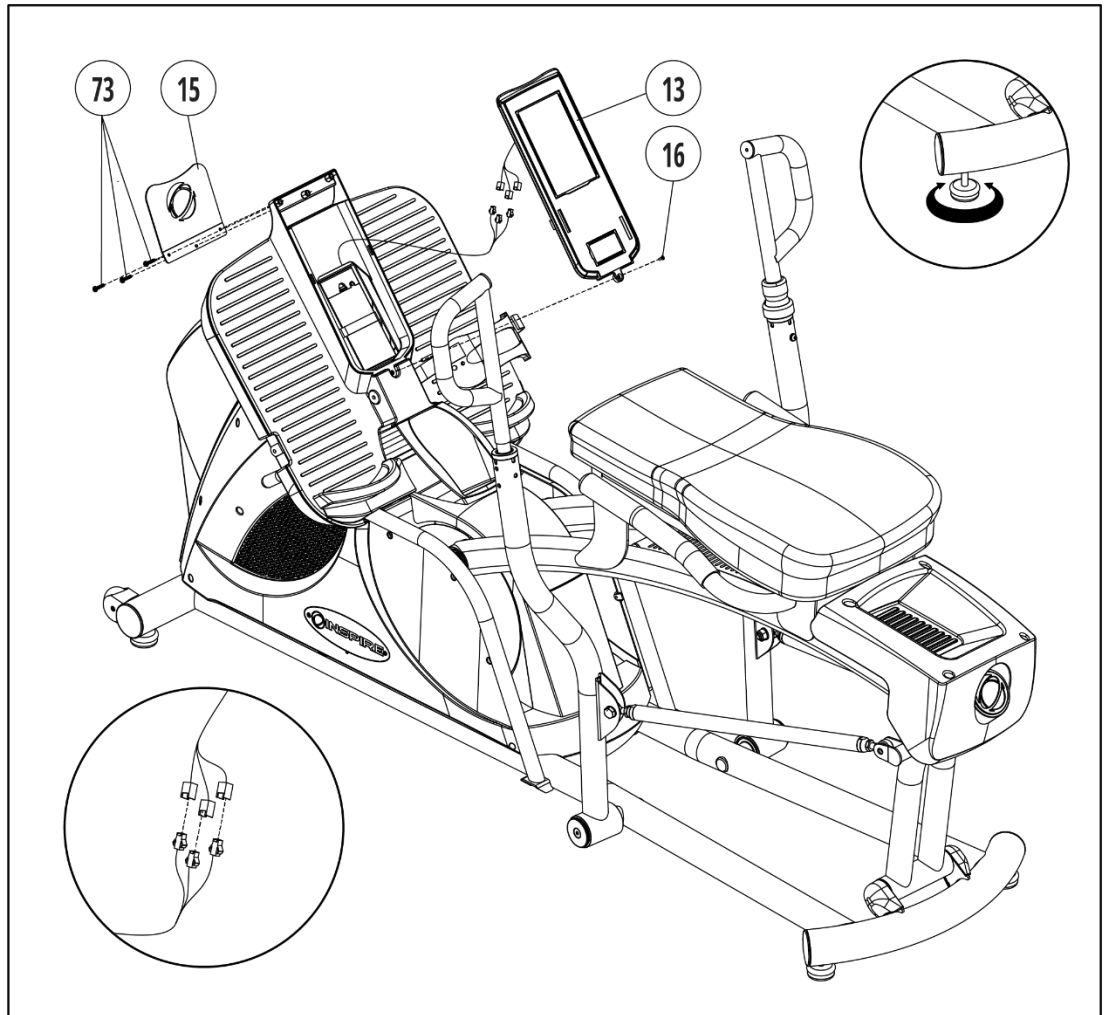
Attach the tablet mount (15) with the three Phillips screws (73).

Move the CR2.5 to an area with adequate space for safe operation and easy ingress and egress.

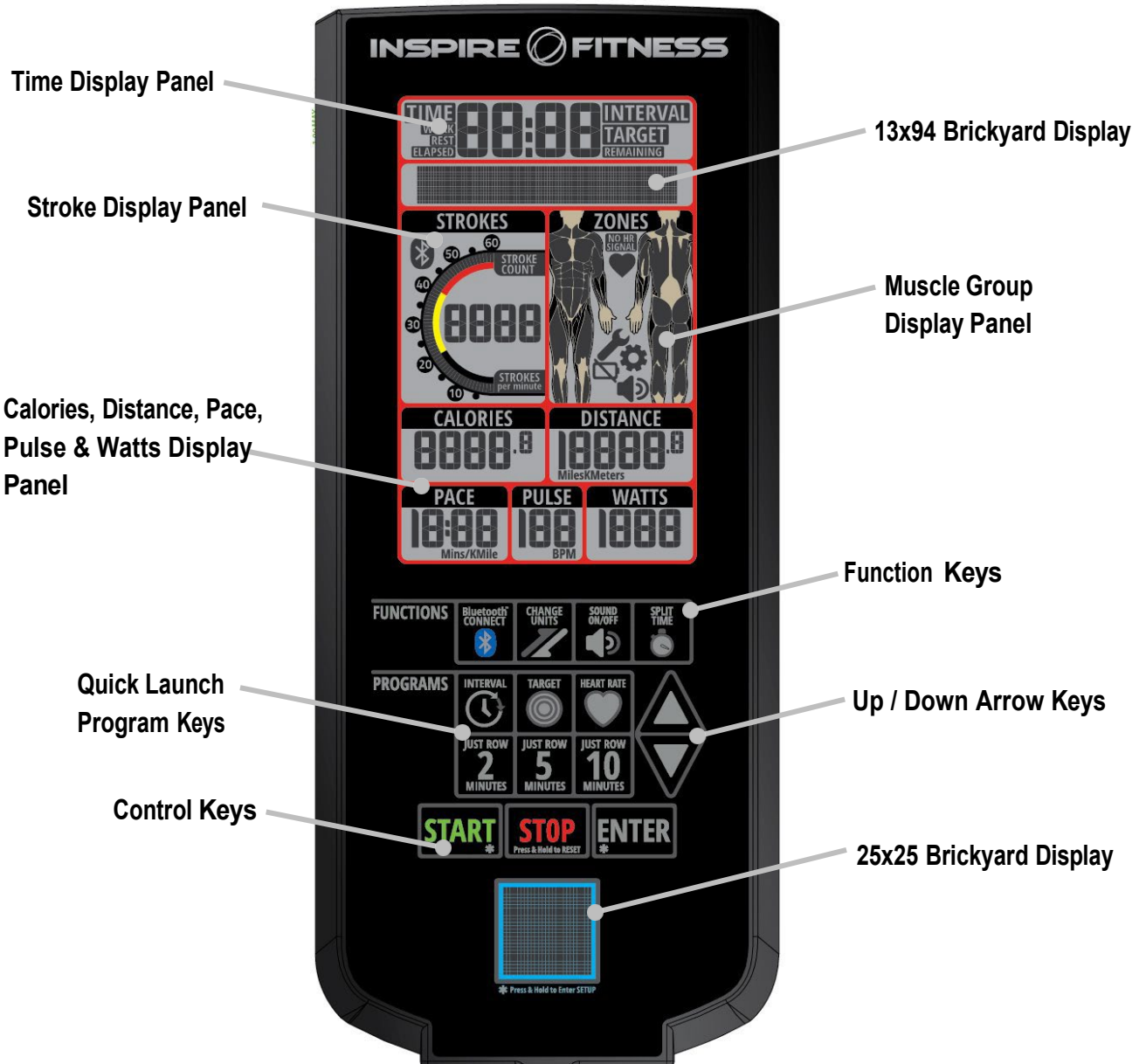
Level the unit by first raising the five leveling feet counter-clockwise (when viewed from above). Inspect the feet and adjust any that are not touching the ground until the unit is stable and does not rock when force is applied.

Finally, perform the pre-workout safety check.

Congratulations, the Inspire CR2.5 is assembled and ready for use.

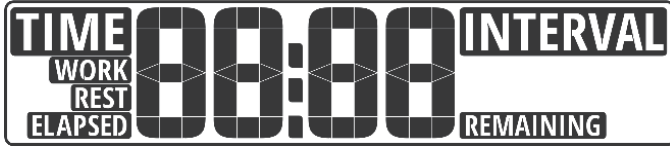


CONSOLE LAYOUT



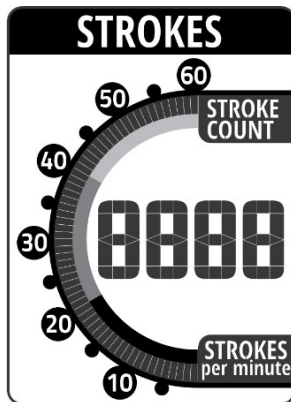
USER DISPLAY METRICS

Time / Interval Display Panel



The Time / Interval Display Panel will provide display details for the time metric as well as the Interval program details. Depending upon the selected program, the Remaining or Elapsed banners will light.

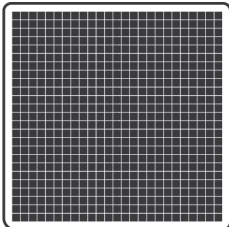
Strokes Display Panel



The Strokes Display offers the user a customized choice for the strokes metric to be displayed. By default, the display will toggle between posting Stroke Count or Strokes per Minute every 5 seconds. To stop the switching, press the UP ARROW or DOWN ARROW key while the desired metric is displayed.

A speedometer-type scale will post the current strokes graphically.

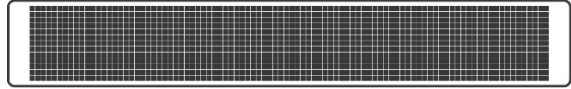
25x25 Brickyard Display



Between workouts, the 25 x 25 Brickyard Display will post QR codes for quick links for downloading Inspire applications.

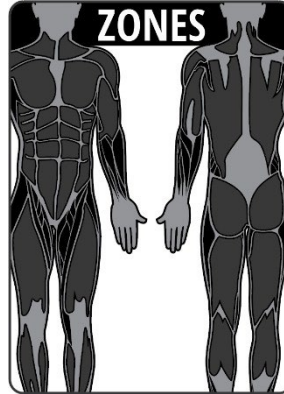
During the workouts directional arrows will post to confirm the direction of the flywheel rotation.

13x94 Brickyard Display



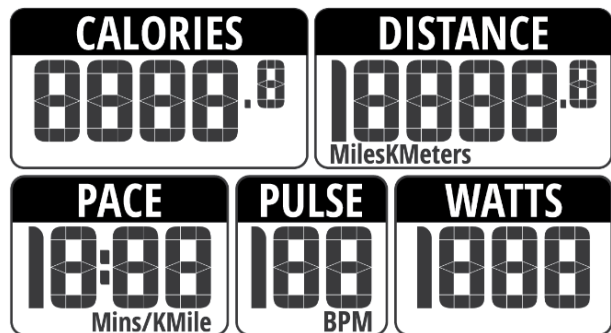
The 13 x 94 Brickyard Display will post instructions to help aid in the programing and setup of the console. Messaging during the workout will display here as well.

Zones Display Panel



Muscle groups that are engaged during the workout will be identified and lit. Varied movements, programs and direction will post different muscles.

Calorie, Distance, Pace, Pulse & Watts Display Panel



The Calorie, Distance, Pace, Pulse & Watts cluster will post real-time feedback and accumulated metrics throughout the workout.

Workout results will also display in the appropriate fields when the workout ends.

DISPLAY AND NOTIFICATION ICONS

No HR Signal Icon



The No HR Signal banner will light when a HR signal is not being received by the console.

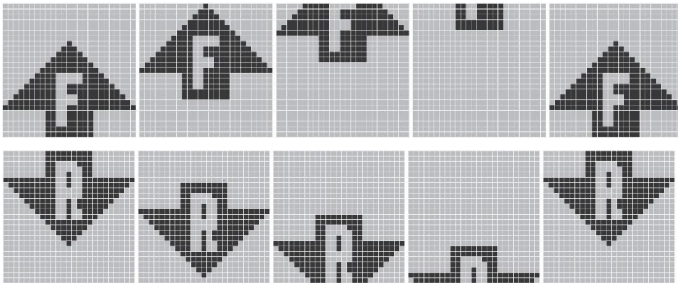
Heart / Pulse Icon



When a heart rate signal is received by the console, the Heart / Pulse Icon will light and flash in time with the signal.

Forward / Reverse Indicators

The 25x25 Brickyard Display will provide a visual confirmation of the rower's direction.



Sound On / Sound Off Icons



The Sound On and Sound Off Icons will provide visible indicators that the speaker is on or muted

Low Battery Icon



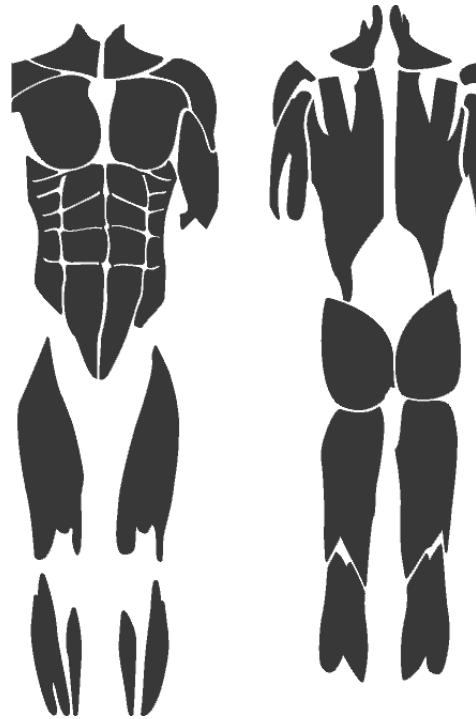
When the batteries are low, the Low Battery Icon will light.

Setting Icon



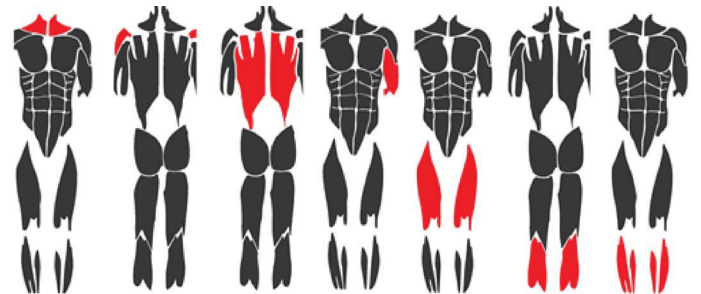
The Settings Icon will light while any setup of settings mode is running.

Muscle Groups

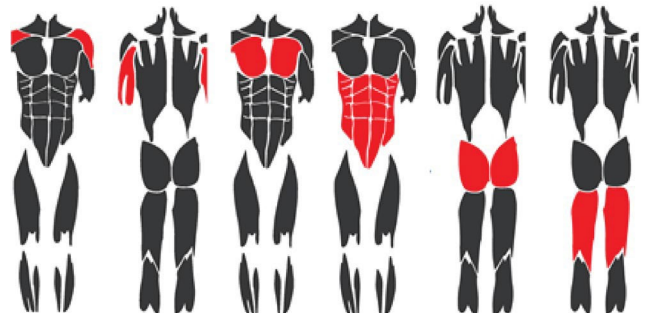


During all workouts, the engaged muscles will light to provide graphic feedback.

In the forward direction the neck, rear shoulders, back, bicep, quadricep and calf muscle segments will light.



In the reverse direction, the front shoulder, tricep, chest abdominal, gluteal and hamstring muscle segments will light.



CONSOLE CONTROL KEYS

START Key



The START key will launch a program and restart a paused program. Pressed in conjunction with the ENTER key, the Setup Mode will launch. Workout results will also display in the appropriate fields when the workout ends.

ENTER Key



The ENTER key confirms a value to be entered when adjusting a program. Pressed in conjunction with the ENTER key, the Setup Mode will launch. To launch the Comp Mode, press the ENTER key for five seconds.

INTERVAL PROGRAMS Key



To review and select that available console Interval programming, press the Interval Programs key.

JUST ROW Program Keys



The Just Row keys offer fast access to the CrossRower's most popular programs.

CONNECT Bluetooth



Connections to a mobile device or wireless chest strap via the on-board Bluetooth radio is initiated by pressing the CONNECT key.

SPEAKER ON / OFF Key



Pressing the SPEAKER ON / OFF key turns *off* or *on* the console's audible notifications.

STOP Key



Use the STOP key to *end* a program or temporarily *pause* a running program. To reset the console and erase all user-entered data, press the STOP key for more than two seconds.

UP ARROW / DOWN ARROW Keys



The UP/DOWN Arrow keys allow the user to increase and decrease console values.

HEART RATE Programs Key



The HEART RATE Programs key opens the available heart rate control programs.

TARGET PROGRAMS Key



The TARGET PROGRAMS key launches the Target Program setup mode. The user can program a custom calorie, time or distance target.

CHANGE UNITS Key



The CHANGE UNITS key allows on-the-fly unit of measure changes. Choose between English/Standard or Metric units. When pressed, the console will flash the updated units banner to confirm the change.

SPLIT TIME Key



Pressing the SPLIT TIME key will freeze the currently-displayed workout metrics for twenty seconds. The workout metrics will continue to tally in the background.

CONSOLE FEATURES

Bluetooth and ANT+ Wireless Radios

The CR2.5 console allows connection to Bluetooth and ANT+ compatible wireless devices such as heart rate transmitters and mobile phones or tablets. Pressing the Bluetooth CONNECT key will launch the Bluetooth communication process.

Wireless Heart Rate Monitors

Cordless Operation / Battery-Powered

The console operates on four (4) D-sized batteries and requires no other power supply. The battery compartment is located directly beneath the console. Only use alkaline batteries of the same brand and age to prevent damage to the electrical components. Removal/replacement of batteries will not erase total time and user data.

Permanent Memory

Total run time data will be maintained during battery displacement and replacement.

Low Battery Indicator



When power for the installed batteries reaches 10% of total capacity, the Low Battery Indicator icon will light to indicate fresh batteries are required. Always install four (4) new batteries when the low battery indicator is lit. Low battery level may cause erratic or erroneous data. To replace the batteries, remove the console to expose the battery box. Remove the bracket to access the batteries.

Audible Feedback

The CR2.5 console offers the user audible feedback in the form of electronic beeps or tones. If Sound On option is selected, keypad presses and program start/end notifications will sound.

Over-the-Air (OTA) Firmware/Software Updates.

The Inspire CR2.5 CrossRower console can be updated via a Bluetooth-enabled device as improvements or additional features become available. For more information, contact Inspire Customer Service or visit the Inspire website.

Child Safety Lock

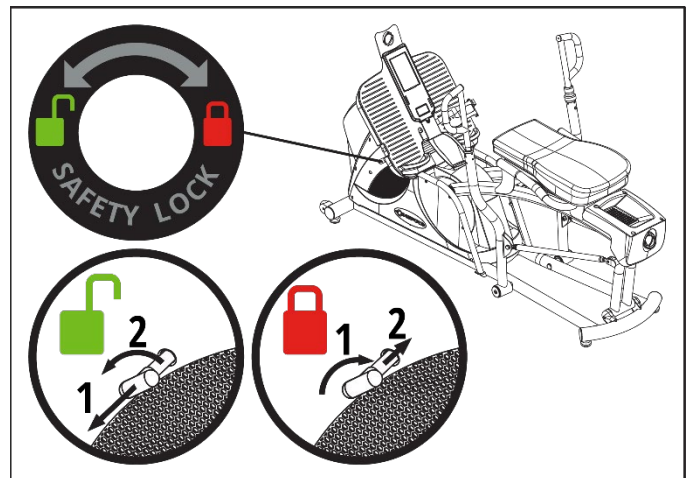
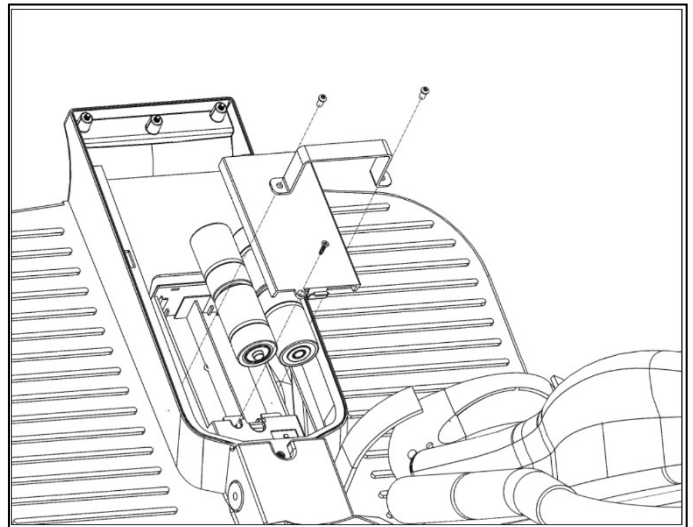
An additional feature of the CR2.5 CrossRower is the integrated Child Safety Lock.

To prevent unwanted use, engage/lock the Child Safety Lock by (1) rotating the red pop-pin knob (located on the left side of the main housing) clockwise. The pop-pin will (2) recess into the housing to confirm engagement.

To disengage/unlock the Child Safety Lock, (1) pull the red pop-pin knob away from the housing and (2) rotate the knob counter-clockwise.

USING THE WIRELESS HEART RATE RECEIVER

In general, a wireless heart rate chest strap (not included) is the most accurate and convenient method of detecting and monitoring a heart rate signal and is a considerable upgrade from the touch type heart rate sensors. Occasionally, certain factors can negatively affect the accurate transmission of the heart rate signal. Wi-Fi networks, cordless telephones and large electrical appliances may degrade or corrupt the signal so that the rate appears erratic or impossibly high. The only

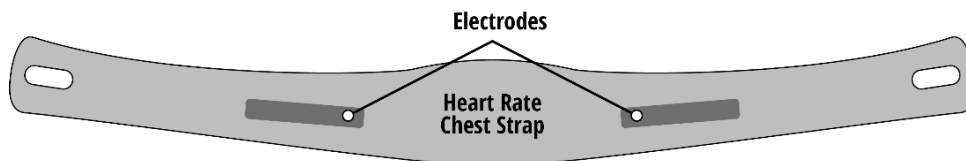


remedy for such a symptom is to isolate the unit from potential disturbances. Additionally, a person's body chemistry or lack of perspiration can prevent the chest strap from providing a strong or accurate heart rate signal.

A wireless telemetry heart rate receiving system is one feature found on this unit. For the console to detect and display your heart rate wirelessly, five (5) conditions must be present:

1. A compatible Bluetooth BLE or ANT+ heart rate transmitter must be functioning and worn. For proper function, please refer to the manufacturer's instructions.
2. The unit must be powered on.
3. A workout program must be running.
4. The user is within three (3) feet of the console.
5. The heart rate transmitter must be connected to the console.

For strong transmission of the heart rate signal, lightly wet the chest strap electrodes (the two molded, rectangular surfaces on the backside of the strap) and secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing. For detailed and model specific information, read and follow the heart rate manufacturer's instructions.



The chest strap will deliver an optimum heart rate reading when the electrodes are in direct contact with bare skin or in some cases, through wet, lightweight clothing. If necessary, moisten the chest strap electrodes by pulling the center of the chest strap away from the chest to expose the two electrodes.

OPERATIONAL MODES

Ready Mode

The Ready Mode is designed to notify the user that the console is powered on and ready to begin a program. "Inspire Fitness" will scroll upward in the 13x94 Brickyard Display, while the QR code containing links to the Inspire Fitness Studio applications will post in the 25x25 Brickyard Display. The Ready Mode is ten (10) minutes in length. If no other activity occurs before the Ready Mode period has elapsed, the console will enter the Sleep Mode.

Sleep Mode

After five (5) minutes of inactivity, the console will enter the power-saving Sleep Mode and display the Inspire logo. All display features will switch off. Any previously-entered user data will be saved. To launch the Ready Mode, rotate the handlebars or press any button on the console.

Change Units Mode

During Ready Mode and any Program Run Mode, pressing the CHANGE UNITS key will toggle the displayed values between the Metric-Meters Unit Setting, Metric-KMs Units Setting and Standard-Miles Units Setting.

Metric-Meters The Metric-Meters Unit Setting will post the distance value in meters and pace value in Mins/KM.

Metric-KMs The Metric-KMS Unit Setting will post the distance value in kilometers and the pace value in Mins/KM.

Standard-Miles The Standard-Miles Unit Setting will post the distance value in miles and the pace value in Mins/Mile.

Sound On/Off Change Mode



The SPEAKER ON Icon or SPEAKER OFF Icon will always be lit depending upon the user's current selection. To toggle between the Speaker On setting and the Speaker Off setting, press the SOUND ON/OFF key.

Reset Mode

To reset all user settings, press and hold the STOP key for two (2) seconds. The console speaker will sound, all segments will light, and the Wake Mode will launch. All user settings will return to default values and saved/custom programs will be erased. The total runtime data will be retained in the permanent memory.

Hold Mode

If no input is received by the speed sensor for 5 seconds, the Hold Mode will launch allowing the user a few moments to leave the machine to complete a task or complete a workout set off the CrossRower. All displayed values will freeze, including the timer and any accumulated metrics will post continuously. If a heart rate signal is received, the current BPM value will be displayed. If no input is received for 5 minutes, the current program will end, and the Workout Results Mode will launch. Any movement of rower's arms will end the Hold Mode and the user's metrics will continue to accumulate where the program left off. Pressing the STOP key will end the current program and the Workout Results Mode will launch.

Pause Mode

While any program is running, pressing the START key will launch the Pause Mode for ten (10) minutes. The onboard speaker (if turned on) will sound every thirty (30) seconds to serve as a reminder that the unit has been paused. The 13x94 Brickyard Display will flash "Paused" and each metrics display field will post "P". To return to the previous program, press the START key. If no further input is made, the Pause Mode will end, and console will enter the Ready Mode. To exit the Pause Mode and continue the currently running program, press the START key. To quit the paused program at any time, press the STOP key two (2) times to launch the Ready Mode.

Program Quick Start

The Inspire CR2.5 console allows the user to begin a workout without the selection of a program. When launched, the metrics will begin to display within seconds of pressing the START key or by simply rotating the pedals. The program will run continuously, and all metrics will count upward from zero.

Split Time Mode

The Split Time Mode allows the user to freeze the display while the program runs in the background. If the SPLIT TIME key is pressed one time during any program run mode, the Brickyard Display will post "Split Time", and all display metrics will freeze/post continuously. The Split Time Mode will last 20 seconds or until the SPLIT TIME key is pressed.

Stroke Count/Strokes-per-Minute Display Switching Mode

During normal operation, the Stroke Display field will post the Stroke Count banner and values for 5 seconds, then switch the display to the Strokes-per-Minute banner and values. The user can stop the display switching by pressing the UP ARROW or DOWN ARROW key while the desired metric is visible. Pressing the UP ARROW or DOWN ARROW keys again will relaunch the Display Switching Mode.

Stop/End Mode.

To end a workout mode at any time, press the STOP key 1 time and the Workout Results Mode will launch. To bypass the Workout Results Mode and jump to the Wake Mode, press the STOP key 2 times while a workout program is running.

Workout Results Mode

For additional user feedback, the Inspire CR2.5 CrossRower console provides a brief workout summary immediately following the completion of the workout session. Total Time, Stroke Count, Total Calories and Total Distance will post, followed by Maximum Pace, Maximum Pulse and Maximum RPM, then Average Speed, Average Watts and Average RPM.

Settings Mode

The Settings Mode allows users access to several functions, including total time, total stroke count, total forward distance, total reverse distance and the currently-loaded software version. Launch the Settings Mode by pressing and holding the START and ENTER keys simultaneously.

Bluetooth Low Energy (BLE) Connection Mode

The console can connect to compatible Bluetooth devices, including mobile phone, tablets & heart rate monitors. To launch the Bluetooth Connection Mode, press the CONNECT Bluetooth button. The Bluetooth Connection Mode will last 15 seconds. The unit's embedded 7-digit serial number, preceded by the short format model ID (CR = CrossRower), formatted as: "CR#####", will post in the 19x94 Brickyard Display and broadcast to the target device. When connected, the Brickyard Display will post "Connected." A BLE connection can be terminated by pressing the BLUETOOTH Connect key for 3 seconds.

WORKOUT PROGRAMS – AN OVERVIEW

Core Features

- Timer / Clock During any program run mode, the Time Display will post a timer that either counts up or down, depending upon the current program.
- Strokes The strokes display will provide user feedback for the total Stroke Count as well as the Strokes-per-Minute values. The values will switch by default. To freeze the switching, press the UP ARROW or DOWN ARROW key. A speedometer type graphic will also light during the Strokes-per-Minute display.
- Zones All programs will light the segments for muscles that are currently engaged during the workout.
- Calories In most programs, the Calories Metrics Display will track the calories burned.
- Distance The distance traveled during the workout will post during all programs. The user can toggle between metric and standard units by pressing the CHANGE UNITS key.
 - Pace The user can track their current pace throughout the workout. Pace is defined as the amount of time (in minutes) the user will travel a specific distance. The distance will either be miles or kilometers, depending upon the current console settings.
 - Pulse If the user's pulse signal is being sent via a Bluetooth or ANT+ heart rate transmitter and the console is connected to the transmitter, the heart rate value will post continuously in the Pulse Display.
 - Watts Many cardio fitness enthusiasts prefer to track Watts. Watts measures the rate of energy conversion and is a unit of energy that is defined as one joule per second. In the case of cardiovascular exercise, it is the power that you are producing when training. The more power you are producing, the harder you are working.
- Change Units Change the displayed units for the pace and distance metrics by pressing the CHANGE UNITS key.
- Pause The user may pause a workout at any time by pressing the START key. To return to the program, press the START key again.
- Sound On / Off Turn the speaker on or off via the SOUND ON / OFF key.
- Split Time To freeze the current display, press the SPLIT TIME key.
- End the Program To end the current program at any time, press the STOP key.

WORKOUT PROGRAMS

Manual Program

- Program Overview The Manual/QuickStart program allows the user to simply jump into a workout without any keystroke entries into the console.

Program Launch When the CrossRower detects movement of the handlebars, the console will enter the Ready Mode (if not already launched) and after a few seconds, the speaker will sound a short beep to indicate the launching of the Manual Program. The Time and Calories values will count up continuously.

End Program The Manual Program will run continuously until the user presses the STOP key and the Workout Results mode launches. The manual program will timeout after 5 minutes of inactivity.

Just Row Programs

Program Overview Just Row programs are the most popular among the Inspire CrossRower enthusiasts and offer a quick solution for a timed workout.

Program Launch Pressing 1 of the 3 Just Row shortcut keys will launch the corresponding program. Choose between a basic 10-minute, 5-minute or 2-minute workout.

End Program Just Row programs will end automatically when the time target has elapsed. Pressing the END key will stop the program and launch the Workout Results mode.

Interval Programs

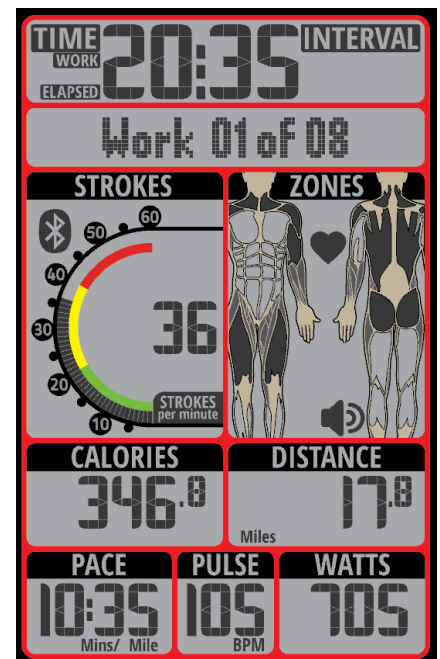
Table A – Interval Program Detail

	20-10 Interval Program	10-20 Interval Program	Custom Interval Program
Number of Intervals	8 Work / 7 Rest	8 Work / 7 Rest	1 to 20 Work
Work Intervals	20 seconds	10 seconds	5 seconds to 30 minutes
Rest Intervals	10 seconds	20 seconds	5 seconds to 30 minutes

Program Overview Interval programs are popular among high intensity interval training (HIIT) or Tabata® enthusiasts. The CrossRower CR2.5 offers two programs (20-10 Interval and 10-20 Interval) where the 8 work and 7 rest intervals are fixed. The 20-10 program offers 20-second work intervals and 10-second work intervals, while the 10-20 program uses work intervals of 10 seconds and rest intervals of 20 seconds.

The Custom Interval program allows the user to select the number of intervals as well as the length of the work/rest intervals. Additionally, the Custom Interval program offers what we call, Undefined Rest Intervals. The Undefined Rest Interval is an option where the user may select a rest period that is not defined by a specific time period. If Undefined Rest is selected, at the end of each Work Interval, the program will launch a Rest Interval of undefined length. The only way to move to the next Work Interval is to press the START key. This feature is favored by those performing circuit training where the Inspire CR2.5 is only one of the reps in the circuit.

Additionally, the previously-run Custom Interval program run will be saved automatically in the console memory to provide a shorter programming process if “Run LAST Program” is selected.



- Program Selection** Press the INTERVAL program key to enter the selection mode. “20-10 Interval” will flash in the 13x94 Brickyard Display. Press the UP ARROW, DOWN ARROW or INTERVAL key to toggle between the 3 program options. If the 20-10 Interval or 10-20 Interval programs were selected, pressing the ENTER key will confirm the selection and launch the corresponding program. If Custom Interval was chosen, more programming is required.
- Work Interval Setup** If the Custom Interval program was selected, and the Custom Interval program has been run previously, “Run LAST Program” will post in the 13x94 Brickyard Display. If the Custom Interval program was selected and this program has not previously run, “Run NEW Program” will post.
- Pressing the UP ARROW or DOWN ARROW key will toggle between “Run LAST Program” and “Run NEW Program.” If “Run LAST Program” was selected, the corresponding program will launch.
- If “Run NEW Program” was selected, “# of Intervals” will post and “04” will flash in the Time display. Pressing the UP ARROW or DOWN ARROW keys will adjust the interval count value with a range from 1 to 20 intervals. Pressing the ENTER key will confirm the entry. The user will then select Time, Distance, Calories or number of Strokes as the target to be completed in all work intervals. “Target = TIME” will flash in the 13x94 Brickyard Display. Use the arrow key to change the target and confirm the selection by pressing the ENTER key.
- If Time was selected as the target “Set WORK Time” and the default value (“0:10”) or the last value entered will flash. Use the arrow keys to adjust the time target value (range 00:05 = 30:00) and press the ENTER key confirm the selection.
- If Distance was selected as the target “Set UNITS” will post and the one of the unit banners will flash in the Distance Display. Select from Miles, Kilometers or Meters using the arrow keys, pressing ENTER to confirm. “Set DISTANCE” will post. Adjust the target distance for the work intervals via the arrow keys, and press ENTER to confirm.
- If Strokes was selected as the target, “Set STROKES target” and the strokes display value will flash. Adjust the stroke target for the work intervals and confirm the entry by pressing the ENTER key.
- If Calories was selected as the target, “Set CALORIE target” and the calorie display value will flash. Adjust the calorie target for the work intervals and press ENTER to confirm.
- Rest Interval Setup** “Set REST Time” will post in the 13x94 Brickyard Display and the default time value of “0:05” will flash in the Time value display (unless the program has been launched previously). The user can adjust the rest intervals for 5 seconds to 30 minutes via the UP ARROW and DOWN ARROW keys. An additional option for the Rest Interval program is to select the Undefined Rest option. If the DOWN ARROW is pressed while 0:05 is displayed, “Undefined Rest” will post. Confirm this entry by pressing the ENTER key. to select a rest period that is not defined by a specific time period. This feature is favored by those performing circuit training where the Inspire CR2.5 is only one of the reps in the circuit. If Undefined Rest is selected, at the end of each Work Interval, the program will launch a Rest Interval of undefined length. Progression to the next Work Interval can be achieved only by pressing the START key.
- Program Launch** When launched, the 13x94 Brickyard Display will post “Work 01 of XX” to indicate that the first of the selected number (“XX”) of intervals is in progress. The Time Display will flash and count down the time remaining in the interval.
- If the Undefined Rest option was selected, at each rest interval the Time value display will flash “Und” and “Press START to continue” will scroll to indicate that the rest interval time is undefined. All displayed metrics

will freeze, and the buzzer will sound to remind the user that the console is waiting for input. Pressing the START key will launch the next work interval.

If Undefined Rest was not selected for the rest intervals, "Rest 01 of XX" and the time value display will count down. Once the timer reaches 0:00, the next work interval will launch.

When the final work interval has been completed, the Workout Results Mode will launch. Only data from the work interval will be compiled and saved.

Target Programs

- Program Overview** Target programs offer individuals the ability to select a workout goal. Target goals include Time, Distance, Calories and Strokes.
- Program Selection** Press the TARGET key to launch the selection mode. If the Target program has been run previously, that target will post in the 13x94 for 2 seconds (example: "target = TIME"), then "Run LAST program" will post in the 13x94 Brickyard Display. Select "Run LAST program" or "Run NEW program" via the arrow keys, and press ENTER to confirm.
- If "Run LAST program" is selected the corresponding program will launch with the previously-selected target and data.
- If "Run NEW program" is selected "target = TIME" will flash in the 13x94 Brickyard Display. Press the UP ARROW, DOWN ARROW or TARGET key to toggle between the 4 program options (Time, Calories, Distance and Strokes) and confirm the selection by pressing ENTER.
- Program Setup** If Time was selected as the target "Set target TIME" will post and the time display will flash. Select a time value from 1 to 99 minutes via the arrow keys and confirm the selection by pressing the ENTER key.
- If Distance was selected, "Select UNITS" will post and the current units banner will flash in the Distance Display. Choose between Miles, Kilometers or Meters via the arrow keys and press ENTER to confirm. Set DISTANCE will post and the Distance value display will flash. Adjust the target via the UP ARROW / DOWN ARROW keys and confirm the selection by pressing the ENTER key.
- If Calories was selected, "Set CALORIE target" will post and the stroke display will flash. Select a target value between 5 and 2,000 strokes via the arrow keys, and press ENTER to confirm.
- If Strokes was selected, "Set STROKE target" will post and the stroke display will flash. Select a target value between 5 and 2,000 strokes via the arrow keys, and press ENTER to confirm.
- Program Launch** When the Target program launches the selected target metric will flash and count down. When the target has been reached, the program will end, and the Workout Results will post.

Heart Rate Programs

- Program Overview** Heart Rate (or Heart Rate Control) programs for the CrossRower CR2.5 will help guide the user to modify their workout intensity to maintain their targeted heart rate training zone. Three set programs and one custom are available.
- The Custom Heart Rate program allows the user to select a specific target heart rate value. Note: Because this value is set by the user, the target range may be outside of what is considered a normal or safe range.
- The Percentage Heart Rate programs differ from the Custom HR program in that the user's age is supplied, the console provides a calculated Maximum Heart Rate (MHR) and the target heart rate is based on a percentage of that value.

Calculated Maximum Heart Rate (MHR) = 220 – AGE

Example: For a 30-year old:

MHR = 220 – 30 = 190 bpm (beats per minute)

65% of MHR (90 bpm) = 124 bpm (values rounded up)

65% x 90 bpm = 124 bpm

75% of 90 bpm = 143 bpm

85% of 90 bpm = 162 bpm

AGE	Low Impact & Recovery 50%-65% of MHR	Cardio Vascular Conditioning 65%-85% MHR
18-21	101-130 bpm	130-170 bpm
22-25	100-128 bpm	128-166 bpm
26-29	98-126 bpm	126-163 bpm
30-33	97-124 bpm	124-160 bpm
34-37	94-120 bpm	120-156 bpm
38-41	92-118 bpm	118-153 bpm
42-45	90-115 bpm	115-149 bpm
46-49	88-113 bpm	113-146 bpm
50-53	86-110 bpm	110-142 bpm
54-57	84-107 bpm	107-139 bpm
58-61	82-105 bpm	105-136 bpm
62-65	80-102 bpm	102-132 bpm
66-69	78-100 bpm	100-129 bpm
70-73	76-97 bpm	97-125 bpm
74-77	74-94 bpm	94-122 bpm
78-81	72-92 bpm	92-119 bpm
82-85	70-89 bpm	89-115 bpm
86-89	68-87 bpm	87-112 bpm

Program Setup By default, the last Heart Rate program to be run (if any) will be preloaded and “Run LAST program” will flash in the 13x94 Brickyard Display. If applicable, choose between “Run LAST program” and “Run NEW program” via the arrow keys and confirm by pressing the ENTER key.

If “Run LAST program” was selected, the saved program will launch.

If “Run NEW program” was selected (or no previous program was available), “65% of Max HR” will flash. Pressing the UP ARROW or DOWN ARROW keys will scroll through the available programs (65% of Max”, “75% of Max”, “85% of Max HR” & “Set Custom HR”). Press ENTER to confirm.

If “Set Custom HR” was selected, the pulse display value will begin to flash. Adjust the value, and press ENTER to launch the program.

If one of the three % of Max HR programs was selected, “Set user AGE” will flash in the Brickyard Display and “30” will flash in the Time value display. Adjust the age value via the arrow keys, press ENTER to confirm and “Timer OFF” will begin to flash. If desired, the user may add a timer to the workout. Toggle between “Timer OFF” and “Timer ON” with the arrow keys, and press ENTER to confirm. If “Timer OFF” was

selected, the program will launch. If “Timer ON” was entered, “Set TIME” and “30:00” will begin to flash. Adjust the time value, pressing ENTER to confirm and launch the program.

Program Launch A consistent heart rate signal is required for the Heart Rate programs to operate. If no signal is detected, the NO HR SIGNAL banner will flash. If 30 seconds elapse without a heart rate signal, the program will automatically end, and the Wake Mode will launch.

When the HR programs launch, the selected heart rate target (example: “HR target = 123 bpm”) will flash in the 13x94 Brickyard Display. If a timer was selected, the timer will begin to count down from the entered time value. If the timer was not added, the timer will count upward continuously until the program is manually ended.

If the user’s pulse value ever varies more than 10%+/- from the selected target, the console will begin to post instructional messages such as “HR too LOW” and “Speed UP!” If the user’s heart rate ever equals or exceeds 100% of the calculated Maximum Heart Rate (MHR), warnings will post in the 13x94 Brickyard Display and the speaker will sound every 10 seconds. As a safety measure, when operation at or above the user’s calculated MHR, the program will automatically end.

End Program Heart Rate Programs will run continuously until either the user presses the STOP key or the value set for the optional timer has elapsed.

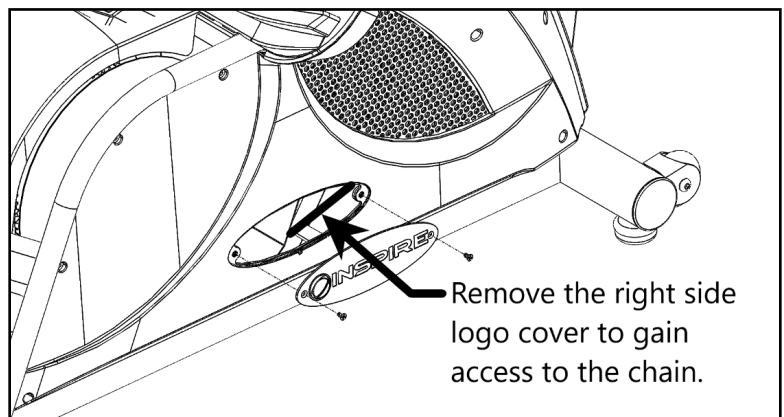
MAINTENANCE

General

All Inspire models are engineered for years of operation. Let noise be your first indication that a repair or adjustment is required. Please discontinue use immediately and contact an Authorized Service Technician or Fitness Dealer if an unusual noise, scraping, knocking, grinding or vibration is detected. Often, a minor issue will become a major repair if ignored and use is continued.

Prior to each workout, confirm that all adjustment levers and screws are tightened.

The CrossRower is manufactured of the most durable materials available. The plastics are molded of strong and chemical-resistant ABS and PVC. The frame is produced of high-tensile steel and protected with an industrial-grade, powder paint coating for the highest level of corrosion resistance. It is important to note however, that perspiration can be extremely corrosive if allowed to accumulate on the machine. After training, always wipe down the unit with a mild soap solution followed by a thorough drying with a clean towel. Positioning a small spray bottle and towel near the unit will help ensure that your equipment looks new for many years.



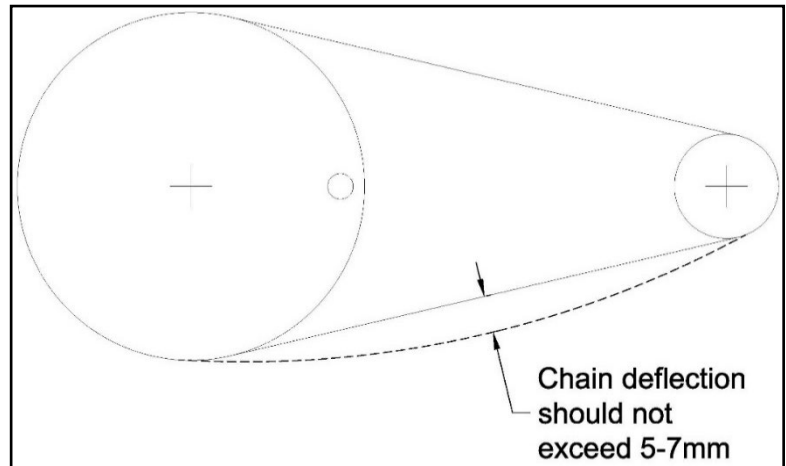
NOTE: Perspiration is very corrosive and if allowed to remain on the machine, will cause discoloration, fading, rust and odors. Unfortunately, these conditions are not covered under the Warranty Policy.

Lubrication

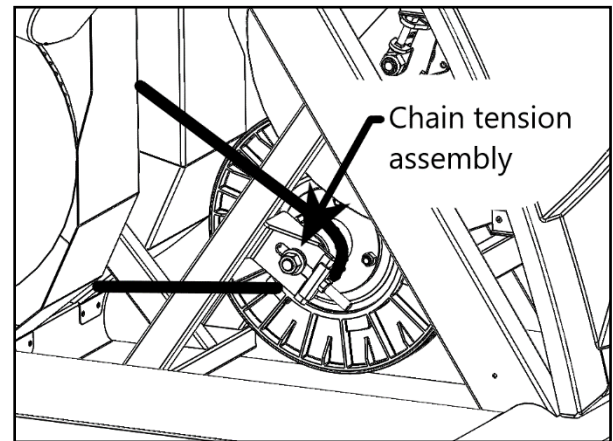
Lubrication is the key to years of worry-free usage and is required every 6 months. To access the chain, remove the right-side logo cover and liberally apply lubricating oil such as 3-In-One directly onto the lower portion of the chain. Place a rag under the chain to catch excess oil. Rotate the crank by rotating the flywheel by hand and applying oil to the entire chain. Oil can be applied with an acid brush or straight from the bottle.

Chain Adjustment

The chain tension should be checked every 6 months. To check the chain tension, apply a downward force on the lower, center portion of the chain as shown in the picture below. Place a ruler or tape measure on the main frame tube and record the height of the chain, measuring from the bottom of the chain teeth. Release the downward force and measure the height of the chain again at the same spot. Subtracting the 2 recorded values will give you the deflection. This should not exceed 5 to 7mm. If the deflection is larger than 7mm, the chain will need to be tightened until the deflection is corrected.



The chain is tightened using the chain tension assembly. Adjust the chain tension evenly between the left and right side until the proper deflection is reached.



GENERAL NOTES

ANT, ANT+ and the ANT+ logo are trademarks of Garmin Switzerland GmbH.

The Bluetooth® trademarks—including the BLUETOOTH word mark, the figure mark (the runic "B" and oval design), and the combination mark (Bluetooth word mark and design)—are owned by the Bluetooth SIG.

The Tabata® trademark is owned by Universal Pictures Visual Programming Limited.

REGULATORY INFORMATION

Federal Communication Commission Interference Statement

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in an individual installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the distance between the rower and the affected receiver.
- Consult the dealer or an experienced radio/TV technician for help. FCC Caution: To assure continued compliance, any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

FCC Radiation Exposure Statement

This equipment complies with FCC RF radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20 centimeters between the radiator and your body. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter. The antennas used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

IC Statement

This device complies with Industry Canada license-exempt RSS-210 standard. Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials considered hazardous to the environment. Federal law requires proper disposal.

Product Recycling and Disposal

This equipment must be recycled or discarded per applicable local and national regulations. Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive. In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste. Always use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, contact Inspire Customer Support.

WARRANTY

This Warranty applies to Inspire Cardio products manufactured or distributed by Inspire Fitness.

Inspire CrossRower Warranty Periods

	RESIDENTIAL WARRANTY	LIGHT COMMERCIAL WARRANTY
FRAME Includes Main Frame and Welds	10 Years	10 Years
PARTS Excluding Paint and Finish (unless defective out of box)	3 Years	3 Years
LABOR	1 Year	1 Year

Inspire Fitness warrants that the Product you have purchased for personal, family or household use from Health in Motion or from an authorized Inspire Fitness 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 Inspire Fitness 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.

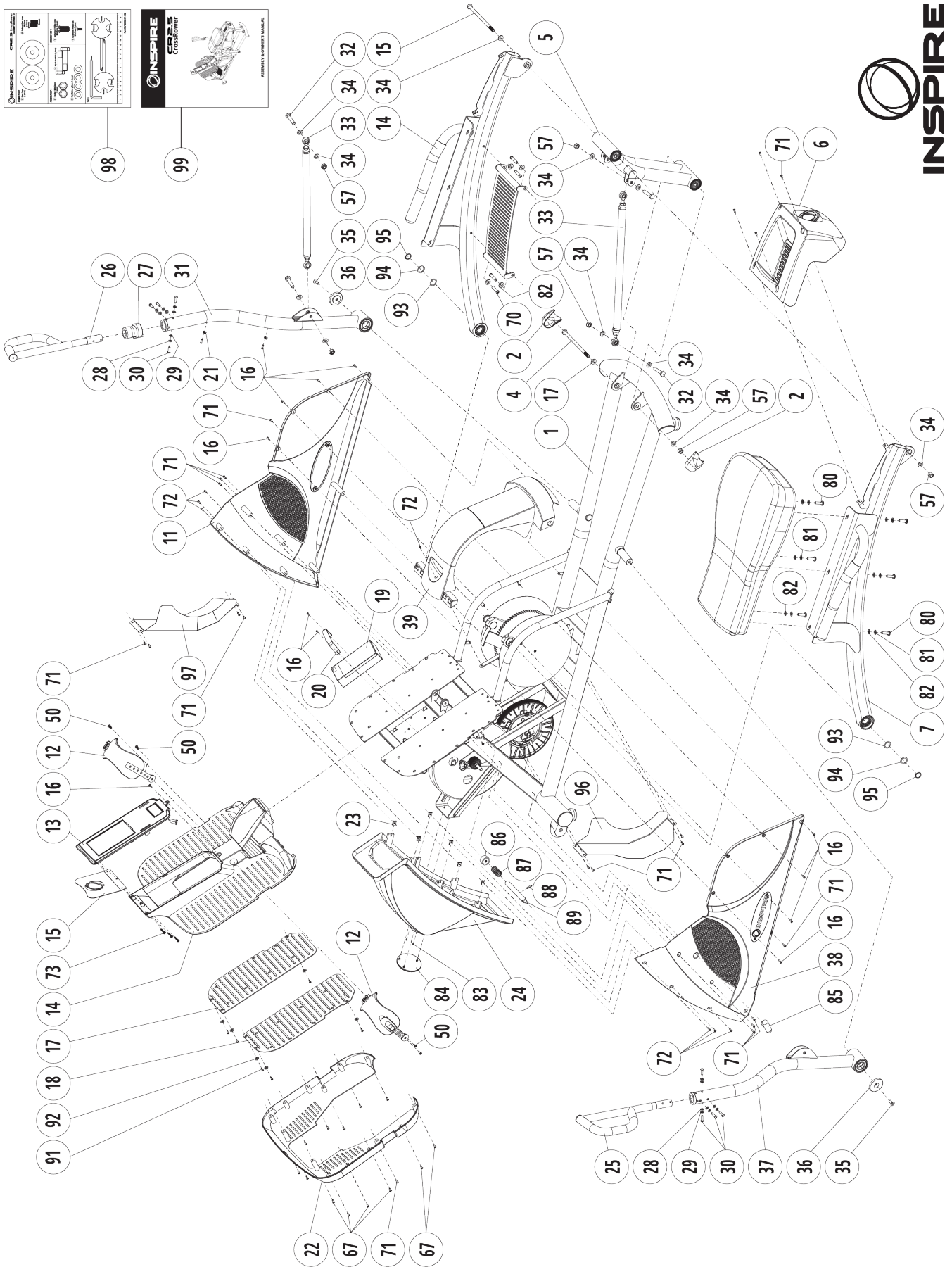
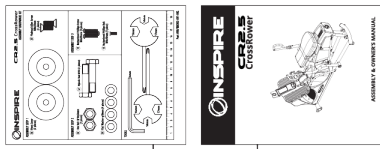
Service Procedures

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. Register your warranty online visit www.inspirefitness.com

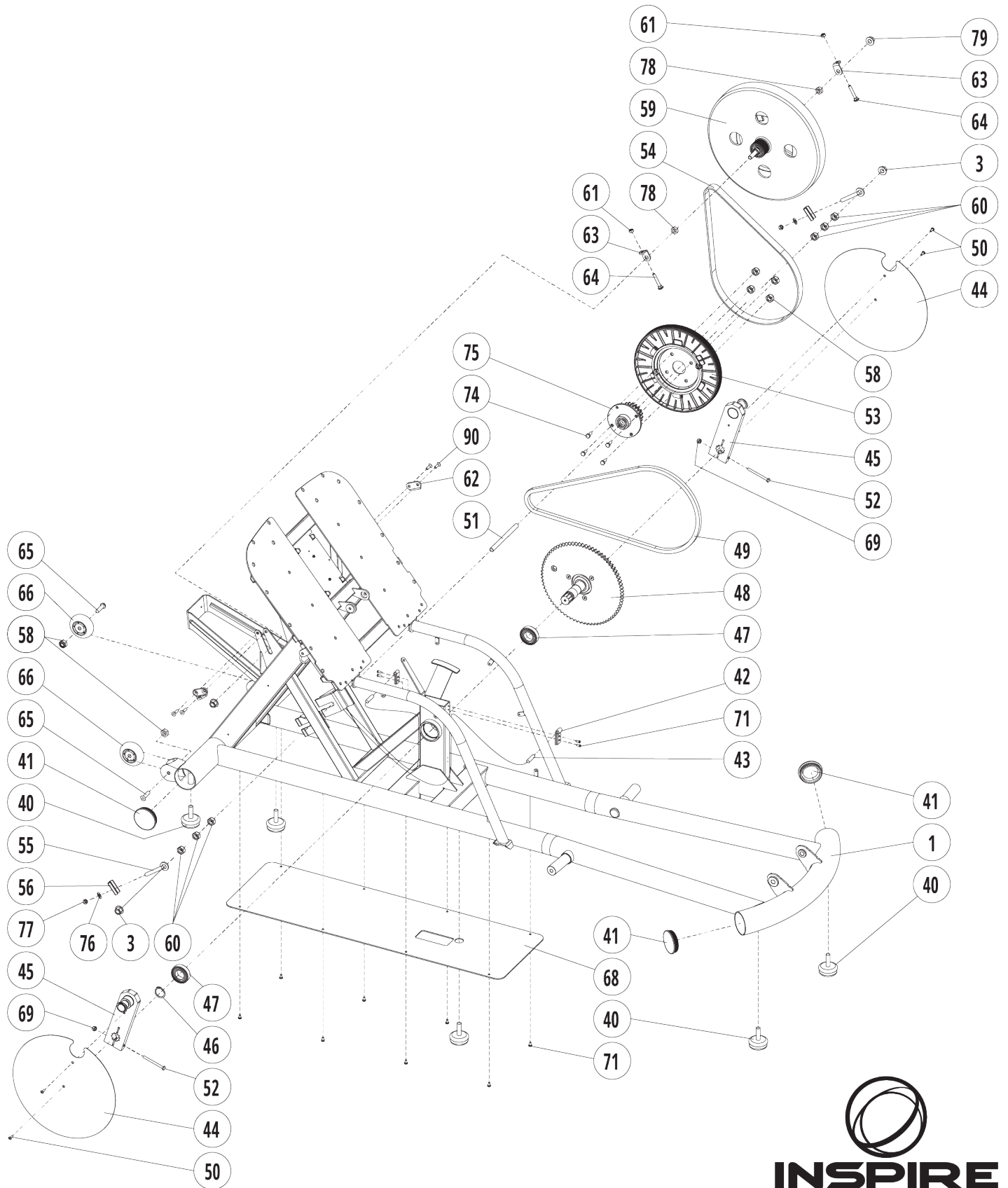
Conditions and Exceptions

This Warranty does not extend to any Product not purchased from Inspire Fitness or from an authorized Inspire Fitness 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 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). 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.

CR2.5 EXPLODED VIEW 1



CR2.5 EXPLODED VIEW 2



CR2.5 PARTS LIST

Part	SKU	Description	Qty
1	RM302-200-001	Main Frame Assembly	1
2	RM302-801-015	Rear Pivot Cover	2
3	0110-410-019	Flange Nut M10	4
4	0111-010-180	Hex Bolt M10x180mm	2
5	RM302-380-002	Rear Rocker Assembly	1
6	RM302-801-014	Rear Rocker Pivot Cover/Tray	1
7	RM302-300-002	Seat Tube - Left	1
8	RM302-300-003	Seat Tube Bridge	1
9	RM302-300-001	Seat Tube - Right	1
10	RM301-401-001SK	Seat	1
11	RM302-801-005	Main Shroud - Right	1
12	RM300-801-006SK	Foot Strap	2
13	RM302-630-001	Console	1
14	RM302-801-010	Foot Plate Cover - Top	1
15	RM302-201-005	Tablet/Phone Bracket	1
16	0113-104-108	Buttonhead Phillips Bolt M4x10mm	16
17	RM302-801-007	Foot Bed - Right	1
18	RM302-801-006	Foot Bed - Left	1
19	RM302-630-002	Battery Box	1
20	RM302-201-034	Battery Box Strap	1
21	TR510-881-018A	Cable Guide	2
22	RM302-801-003	Foot Plate Cover - Bottom	1
23	TR910-561-008	Panel Clip Nut	6
24	RM302-801-012	Flywheel Cover	1
25	RM301-320-002	Upper Handlebar Assembly - Right	1
26	RM301-320-001	Upper Handlebar Assembly - Left	1
27	RM301-521-003SK	Grip Shifter	1
28	0116-006-008	Flat Washer ϕ 6mm	8
29	0116-306-028	Spring Washer ϕ 6mm	8
30	0113-206-208C	Buttonhead Allen Bolt M6x20mm	8
31	RM302-320-002	Lower Handlebar Assembly - Right	1
32	RM302-561-004	Hex Bolt M10x54mm	4
33	RM302-380-001	Linkage Assembly - Left or Right	2
34	0116-010-008	Flat Washer ϕ 10mm	8
35	0113-308-205	Flathead Allen Screw M8x20mm	2
36	RM302-561-002	Pivot Cover - Aluminum	2
37	RM302-320-001	Lower Handlebar Assembly - Left	1
38	RM302-801-004	Main Shroud - Left	1
39	RM302-801-002	Center Shroud	1
40	BC868-881-021	Stabilizer Foot ϕ 59x16mm	5
41	GM660-881-016	End Cap ϕ 60x2.0mm Round	4
42	BC770-801-011	Speed Sensor Bracket	2
43	RM302-630-001A	Speed Sensor/Wire	2
44	RM302-201-001	Crank Cover	2
45	RM302-500-004	Crank Assembly	2
46	0171-125-048	Cir-Clip ϕ 25.0mm	2
47	0171-600-020	Cartridge Bearing 6005-2Z TPI	2
48	RM302-500-003	Shaft / Chainwheel Assembly	1
49	RM302-501-006	Chain 3/8x120 Links	1
50	0113-106-108	Panhead Phillips Bolt M6x10mm	1

Part	SKU	Description	Qty
51	RM302-561-015	Shaft - Small Sprocket	1
52	0113-208-005	Hex Bolt M8x60mm	1
53	BE920-501-001A	Pulley ϕ 228.6x22.23mm	1
54	0140-208-360	Belt J8	2
55	RM302-561-016	Chain Tensioner Banjo Bolt M8	2
56	BC496-561-016	Chain Tensioner U-Bracket	2
57	0110-710-018	Nylock Nut M10	6
58	0110-708-028	Nylock Nut M8	6
59	RM302-520-001	Flywheel 13Kg	1
60	0110-110-102	Nut M10	6
61	0110-706-008	Nylock Nut M6	6
62	BC480-561-016	Belt Tensioner Plate #2	2
63	BC480-561-015	Belt Tensioner Plate #1	2
64	0111-406-408	Carriage Bolt M6x40mm	2
65	0113-208-428	Buttonhead Allen Bolt M8x42mm	2
66	BC868-881-022	Transport Wheel	2
67	0114-142-128F	Self-Tapping Phillips Bolt ST4.2x12mm	12
68	RM302-801-001	Lower Frame Plate	1
69	0110-708-001	Nylock Nut M8	2
70	0113-208-198	Buttonhead Allen Bolt M8x20mm	4
71	0114-742-138	Self-Tapping Phillips Screw ST4.2x13mm	32
72	0114-142-128	Self-Tapping Phillips Screw ST4.2x12mm	7
73	0113-104-208	Panhead Phillips Screw M4x20mm	3
74	0111-008-208A	Hex Bolt M8x20mm	4
75	RM302-500-005	Sprocket Assembly	1
76	0116-308-02	Spring Washer ϕ 8mm	2
77	0110-008-02	Hex Nut M8	2
78	0110-090-31	Nut 3/8"x5mm	2
79	0110-490-31	Flange Nut 3/8"	2
80	0113-208-256	Buttonhead Allen Bolt M8x25mm	6
81	0116-308-028	Spring Washer ϕ 8mm	6
82	0116-008-028	Flat Washer ϕ 8mm	12
83	0113-004-098	Flathead Allen Bolt M4x8mm	2
84	RM302-801-013	Inspire Logo - Flywheel Cover	1
85	GM880-881-010A	Safety Lock T-Handle	1
86	RM302-801-016	Safety Lock Rubber Block 30x15mm	1
87	RM302-561-024	Spring ϕ 21.5x38.1mm	1
88	RM302-561-023	Safety Lock Shaft ϕ 15.9x145mm	1
89	0122-050-001	Roll Pin ϕ 5x20mm	1
90	0113-306-168	Flathead Allen Bolt M6x16mm	4
91	0114-142-052	Self-Tapping Phillips Bolt ST4.2x5mm	6
92	0116-105-001A	Flat Washer ϕ 5x ϕ 15.8x1.2mm	6
93	0116-421-011	Wave Washer ϕ 21mm	2
94	RM302-381-006	Flat Washer t1.0mm	2
95	0117-120-018	Cir-Clip ϕ 20mm	2
96	RM302-201-041	Crank Well Cover - Left	1
97	RM302-201-042	Crank Well Cover - Right	1
98	RM302-891-002	Assembly Hardware Kit	1
99	none	Owner's Manual	1

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255 Airport Cir Suite 101 Corona, CA 92880 OFFICE: 1.877.738.1729 FAX: 714.738.1728

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