

NOTE:
Please read all
instructions carefully
before using this
product.

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MODEL
CR 2.1

Retain This
Manual for
Reference

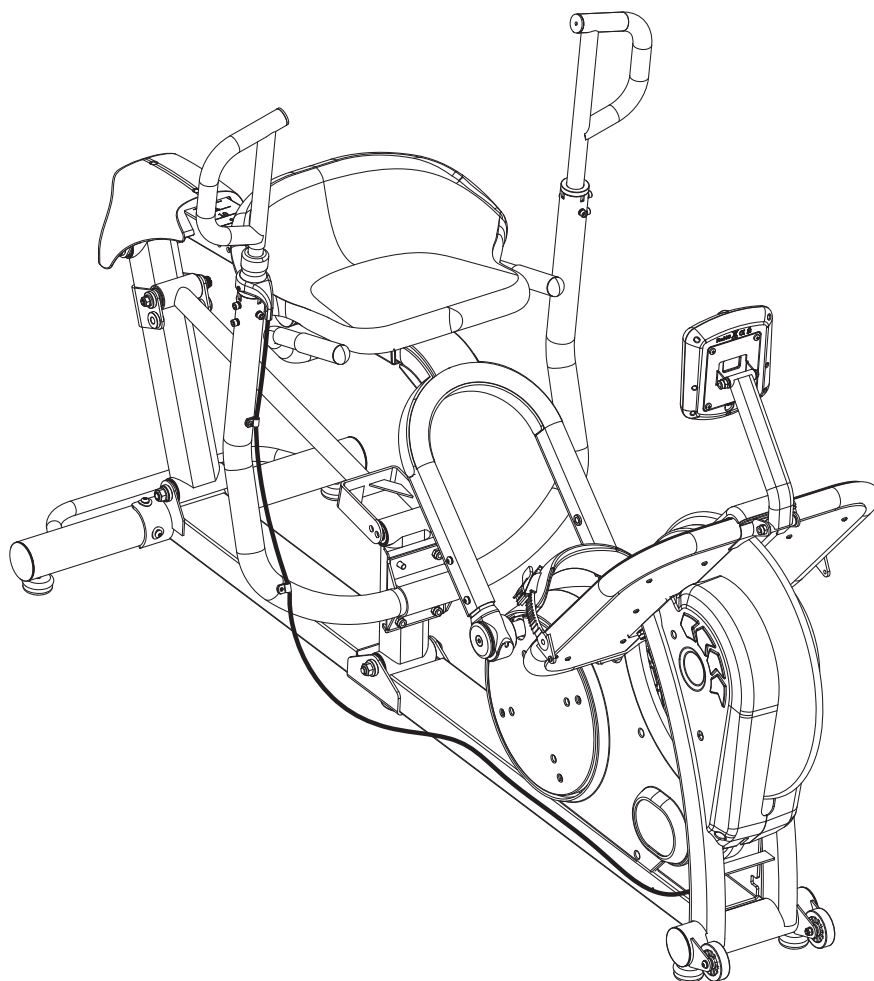
04-01-2016

OWNER'S
MANUAL



INSPIRE

Rower
CR 2.1



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www.inspirefitness.com

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Before You Begin

Thank you for selecting the INSPIRE CROSS ROW. 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. In particular, note the following safety precautions:

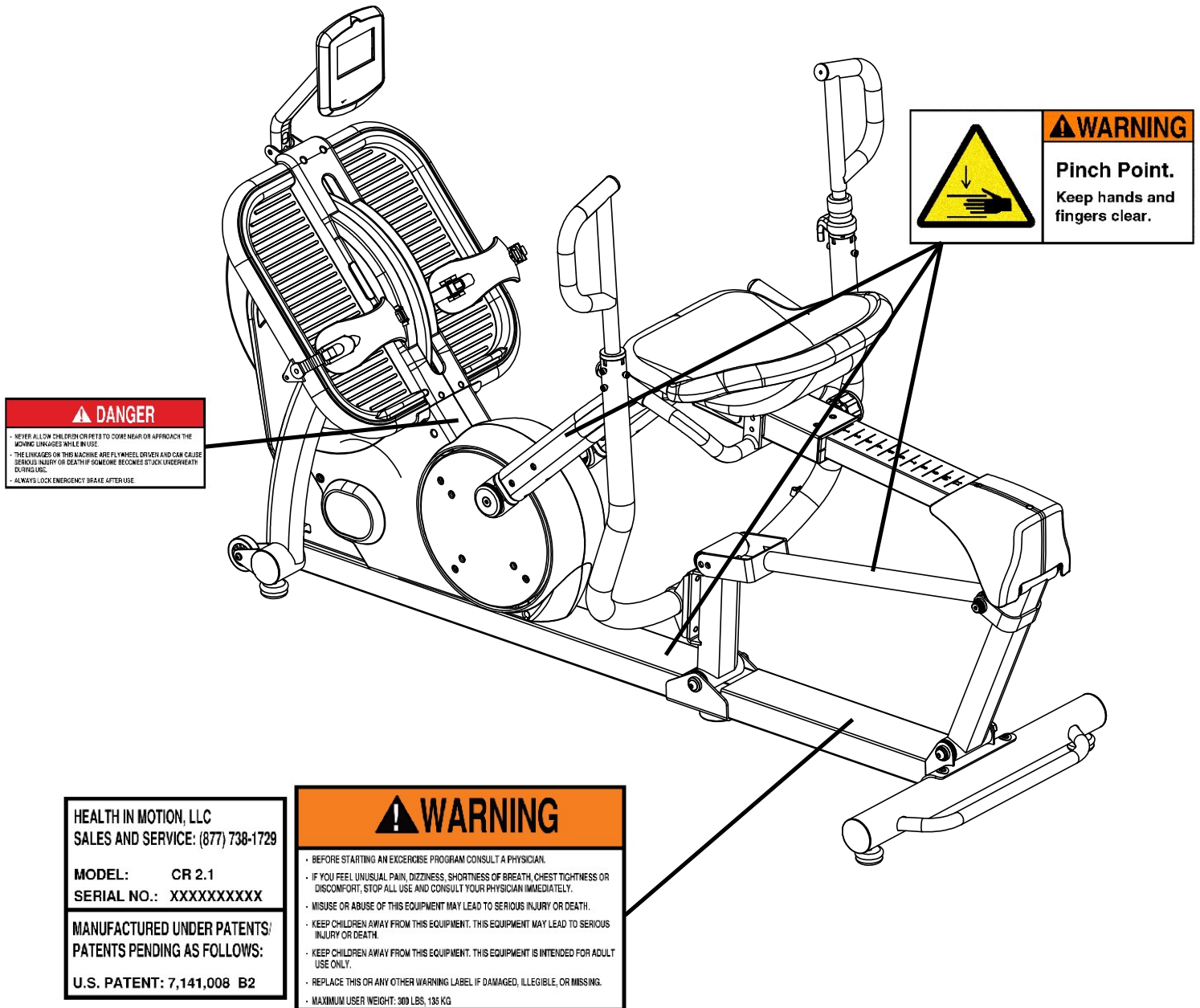
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine. The linkages on this machine can cause serious injury or death if used improperly.**
2. Never place your hands or feet in the path of the linkages because injury may occur to you or damage may occur to the equipment. Never allow children to come near or approach the moving linkages while in use.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp objects around the machine.
9. Disabled persons should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. Maximum user weight 300 lbs.

CARE AND MAINTENANCE

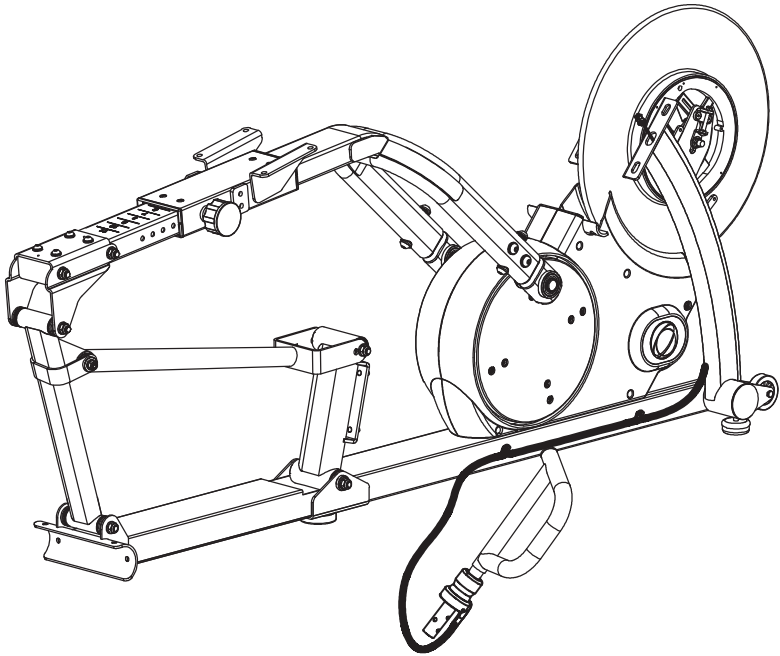
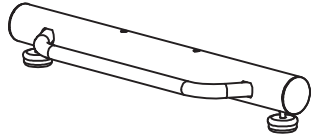


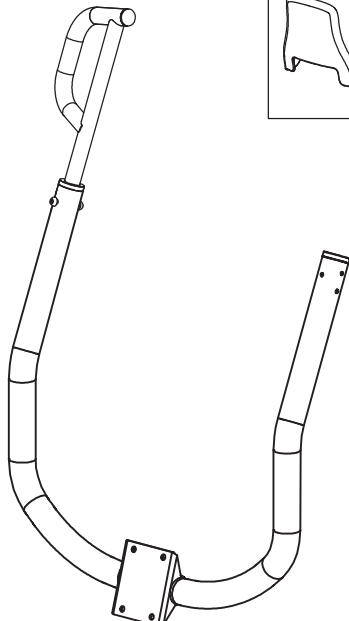
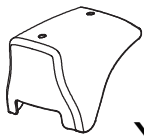


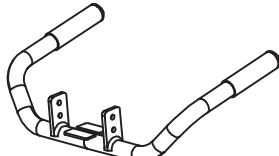


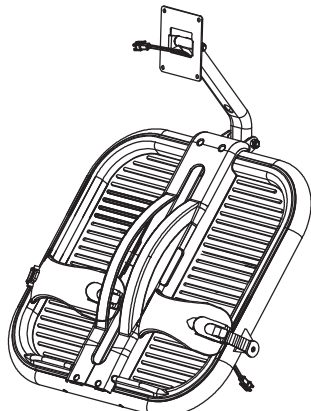
1. Keep seat slider clean
2. Inspect and tighten all parts before using the machine.
3. The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

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.

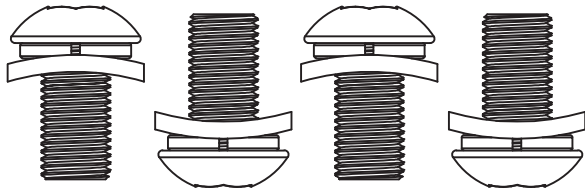
Warning Label Placement



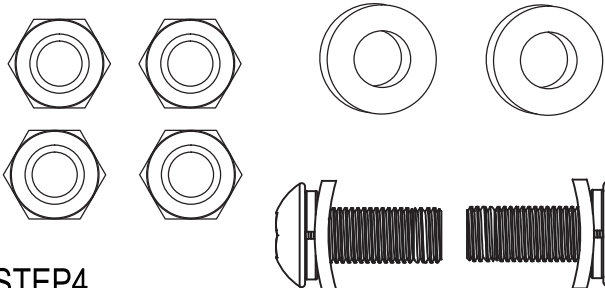
Contents of Packaging

			 x1	
			 x1	
			 x1	
 x1	 x1	 x1	TOOL  x1	 x1
		 x1	 x1	 x1

CR2 Hardware Pack

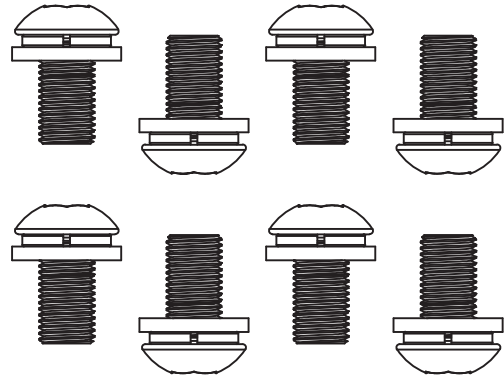


STEP1 (27) X 4 + (28) X 4 + (29) X 4

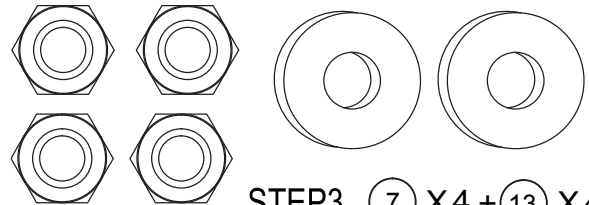


STEP4

(7) X 4 + (21) X 4 + (33) X 2 + (20) X 2 + (31) X 2



STEP2 (19) X 8 + (20) X 8 + (21) X 8



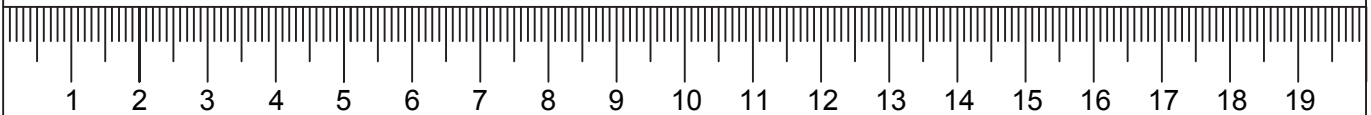
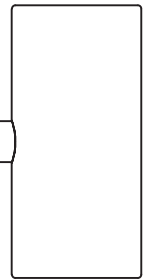
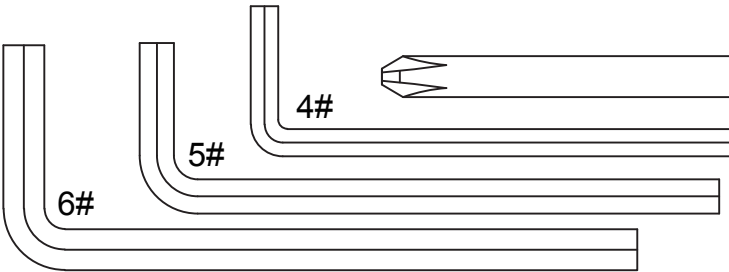
STEP3 (7) X 4 + (13) X 4



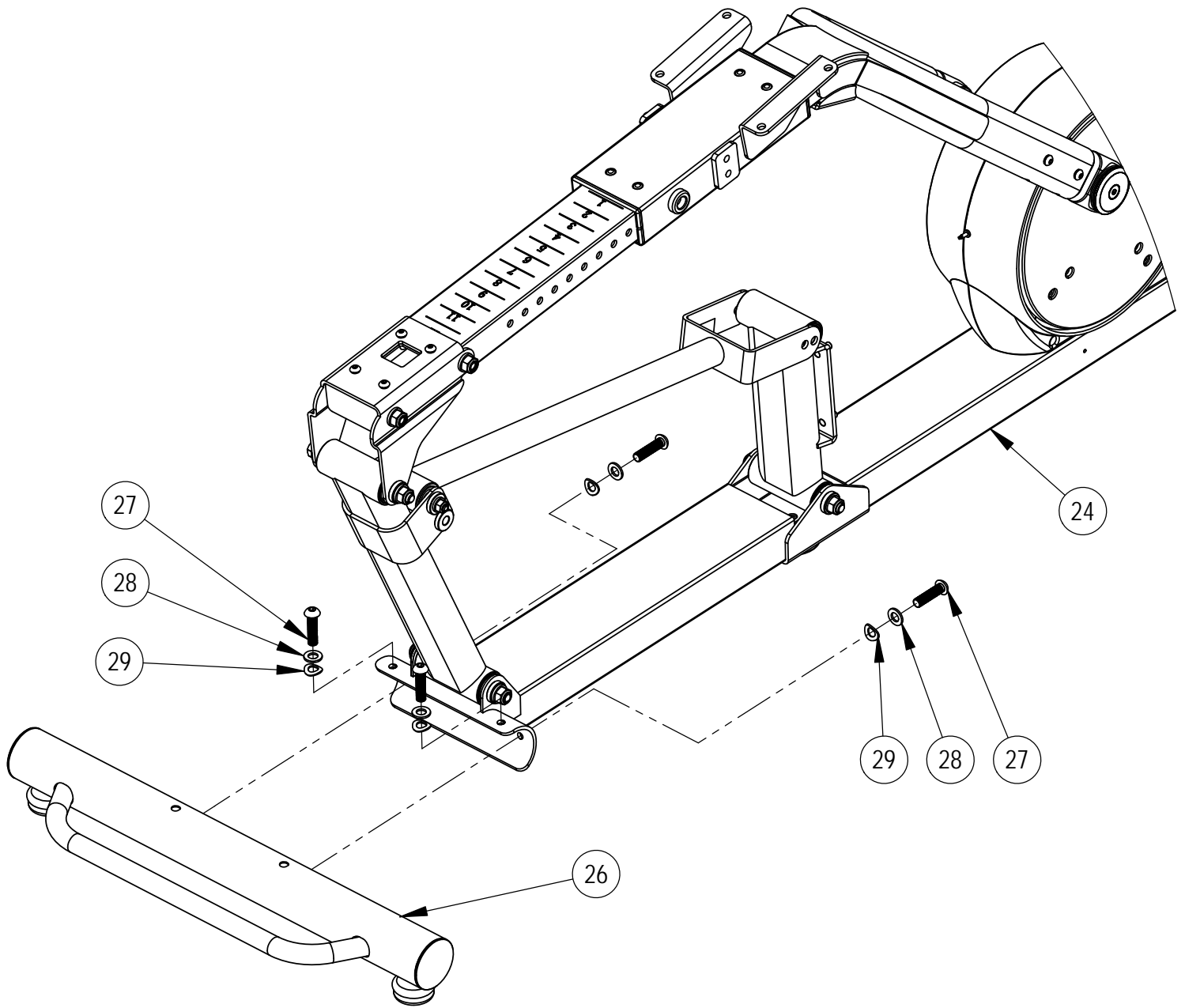
STEP5 (5) X 2



STEP6 (15) X 2 + (39) X 4 + (18) X 1

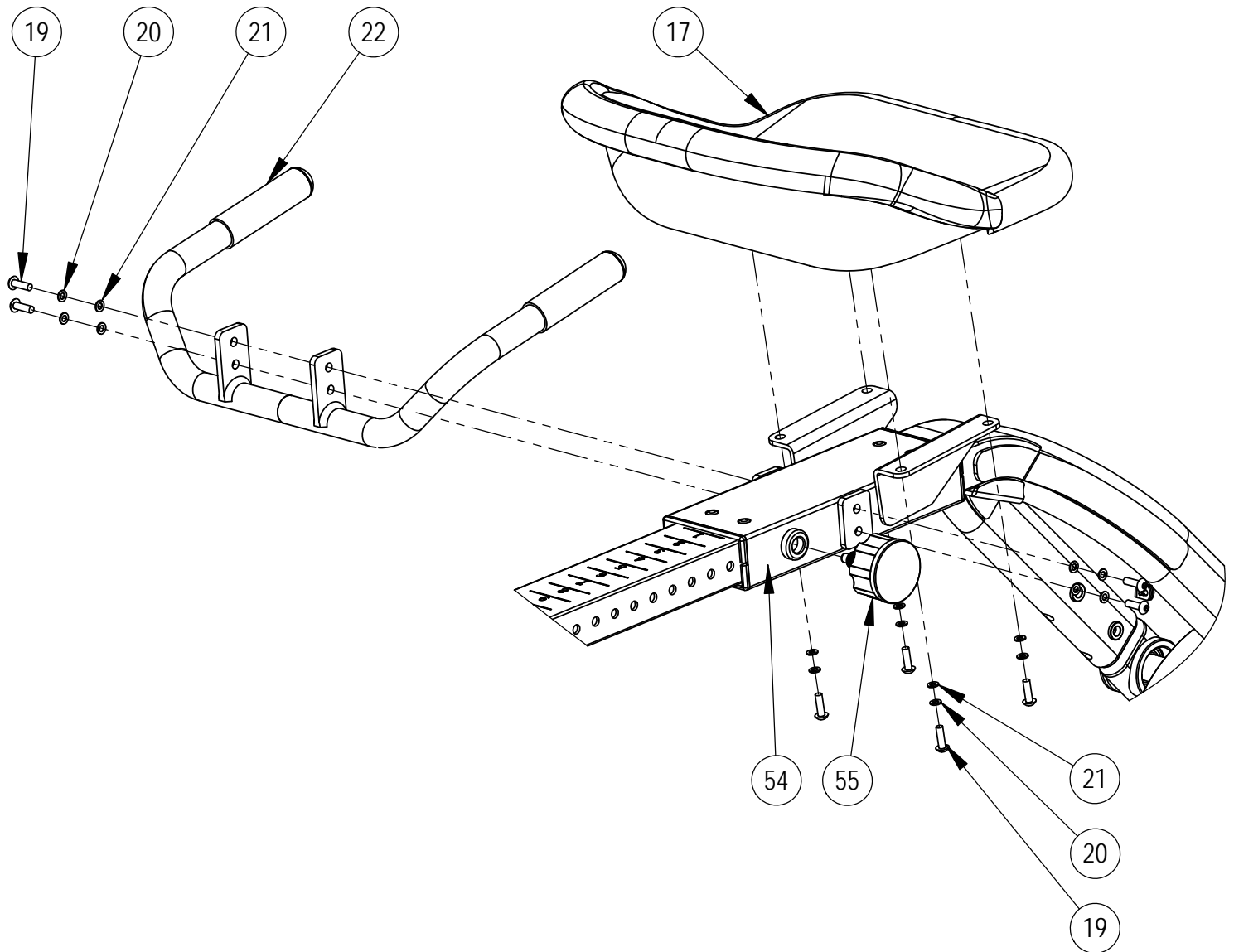


NOTE: The following parts are not drawn to scale. Please use your own ruler or scale to measure the size.



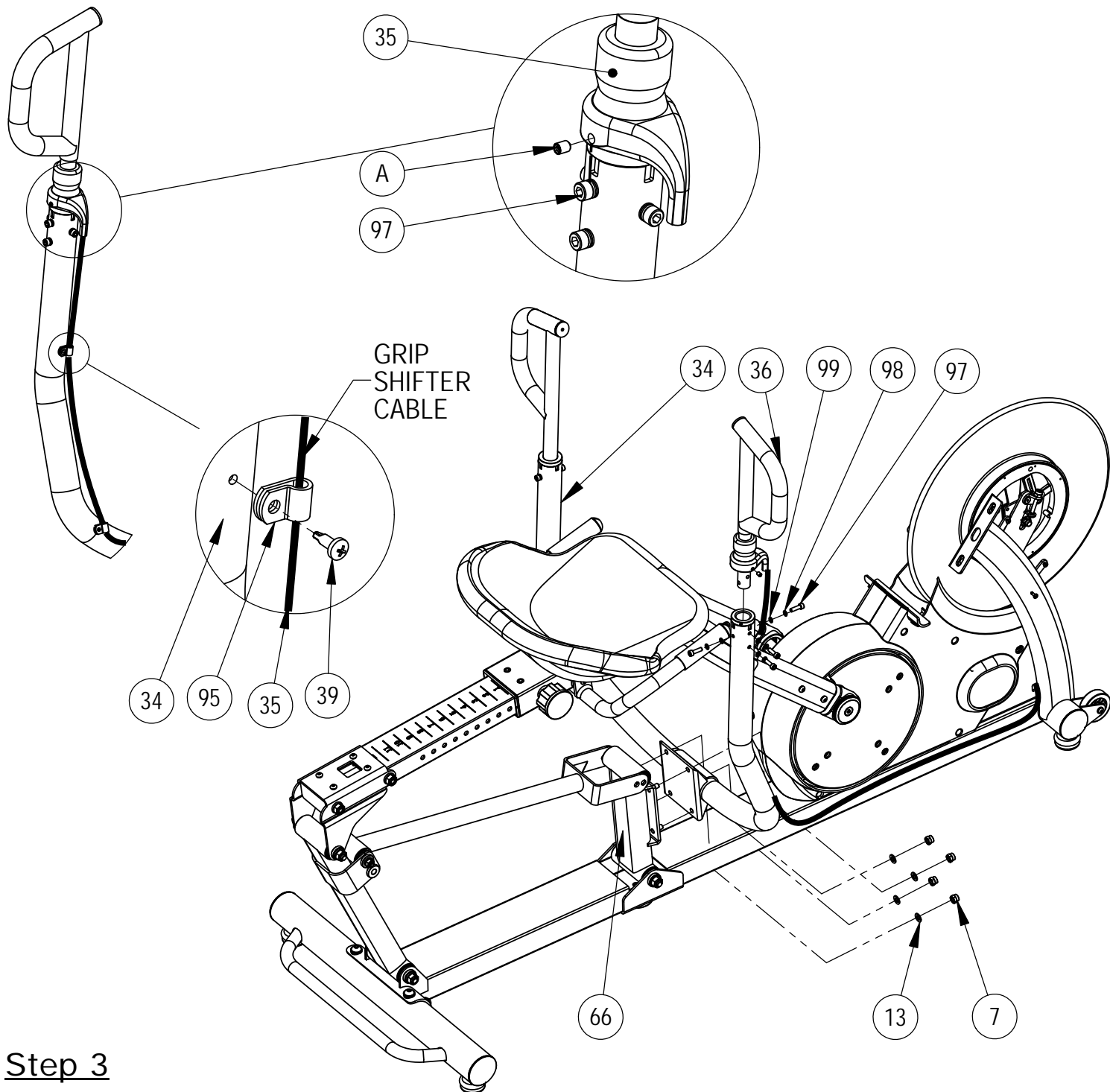
Step 1

- A Attach and tighten the Rear Stabilizer Tube Assembly (26) to the Main Frame (24) using 4 – M10x20 Socket Head Screws (27), 4 – M10 Spring Washers (28), and 4 – M10 Curved Washers (29).



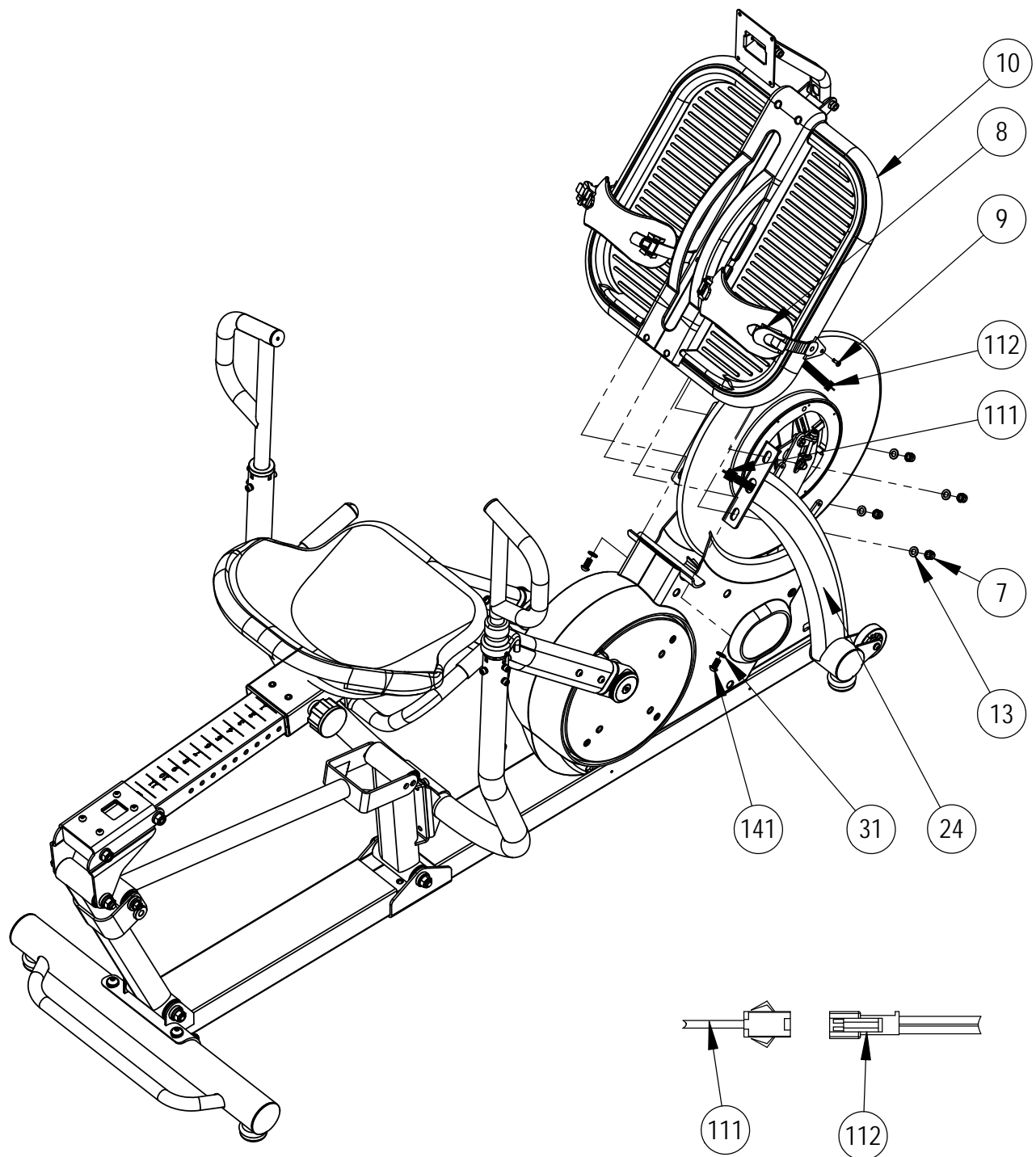
Step 2

- A Attach the Seat Handles (22) to the Seat Slider (54) using 4 – M8x16 Socket Head Screws (19), 4 – M8 Spring Washers (20), and 4 –M8 Flat Washers (21).
- B Attach the Seat Pad (17) in the orientation shown in the image and secure it to the Seat Slider (54) using 4 – M8x16 Socket Head Screws (19), 4 – M8 Spring Washers (20), and 4 –M8 Flat Washers (21).
- C Thread the Pop Pin (55) into the Seat Slider (54).



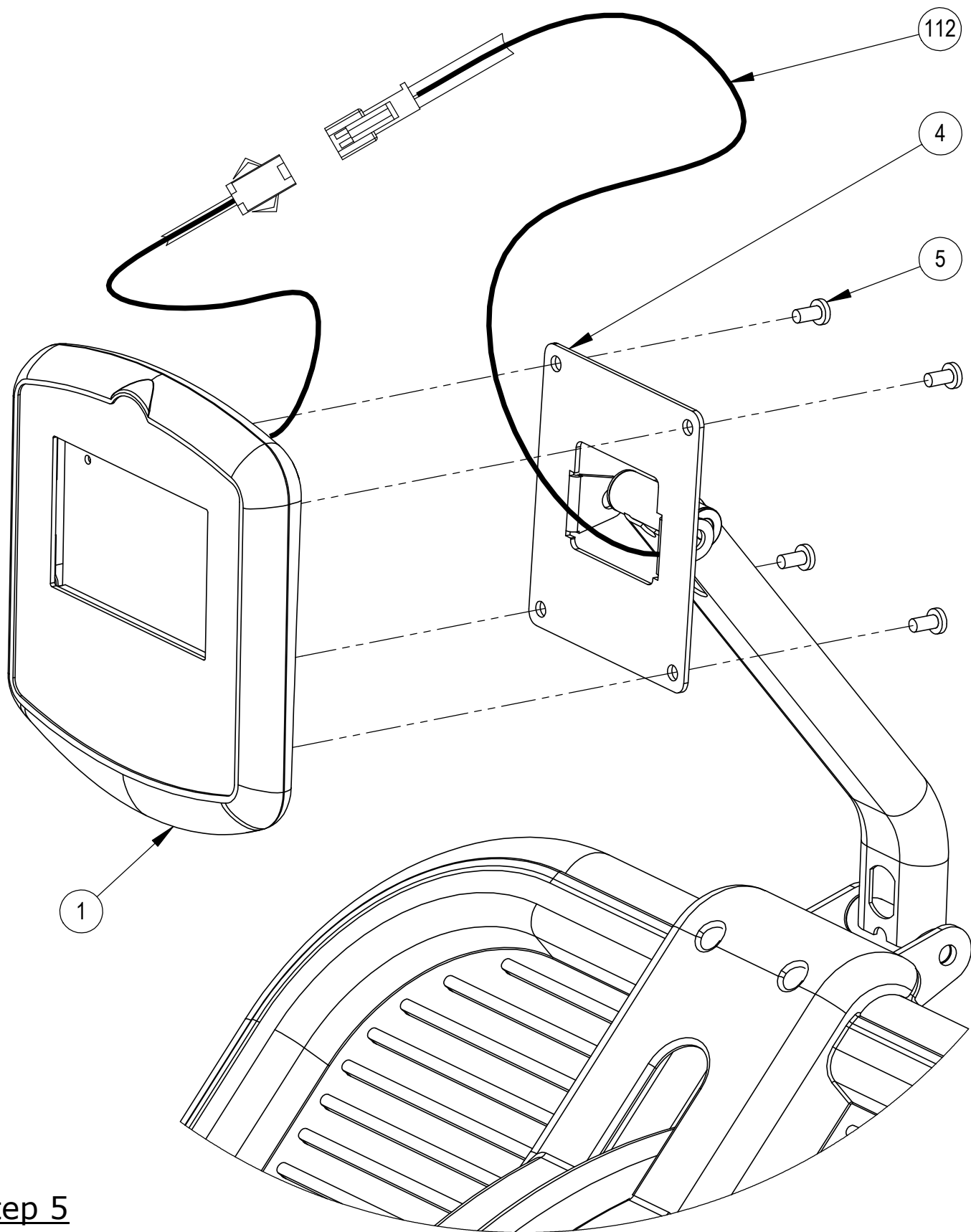
Step 3

- A Attach the Press Arm (34) to the Press Arm Vertical Linkage (66) using 4 - M8 Lock Nuts (7) and 4 - M8 Washers (13).
- B Insert the Right Press Arm Handle (36) into the right side of the Press Arm (34) and secure it using 4 - M6x20 Socket Head Screw (97), 4 - M6 Spring Washers (98), and 4 - M6 Flat Washers (98). **NOTE: You may be required to rotate the Grip Shifter (35) in order to bolt down the Resistance Handle (36) to the Press Arm (34). Refer to step C.**
- C Rotate the Grip Shifter (35) so that the mounting screw (A) is vertically aligned with the outer handle screw (97). Tighten the mounting screw (A). See the picture at the top of this page.
- D Secure the Resistance Cable attached to the Grip Shifter (35) to the Cable Clips (95) on the Press Arm (34) using a M4 Cross Head Screw (39).



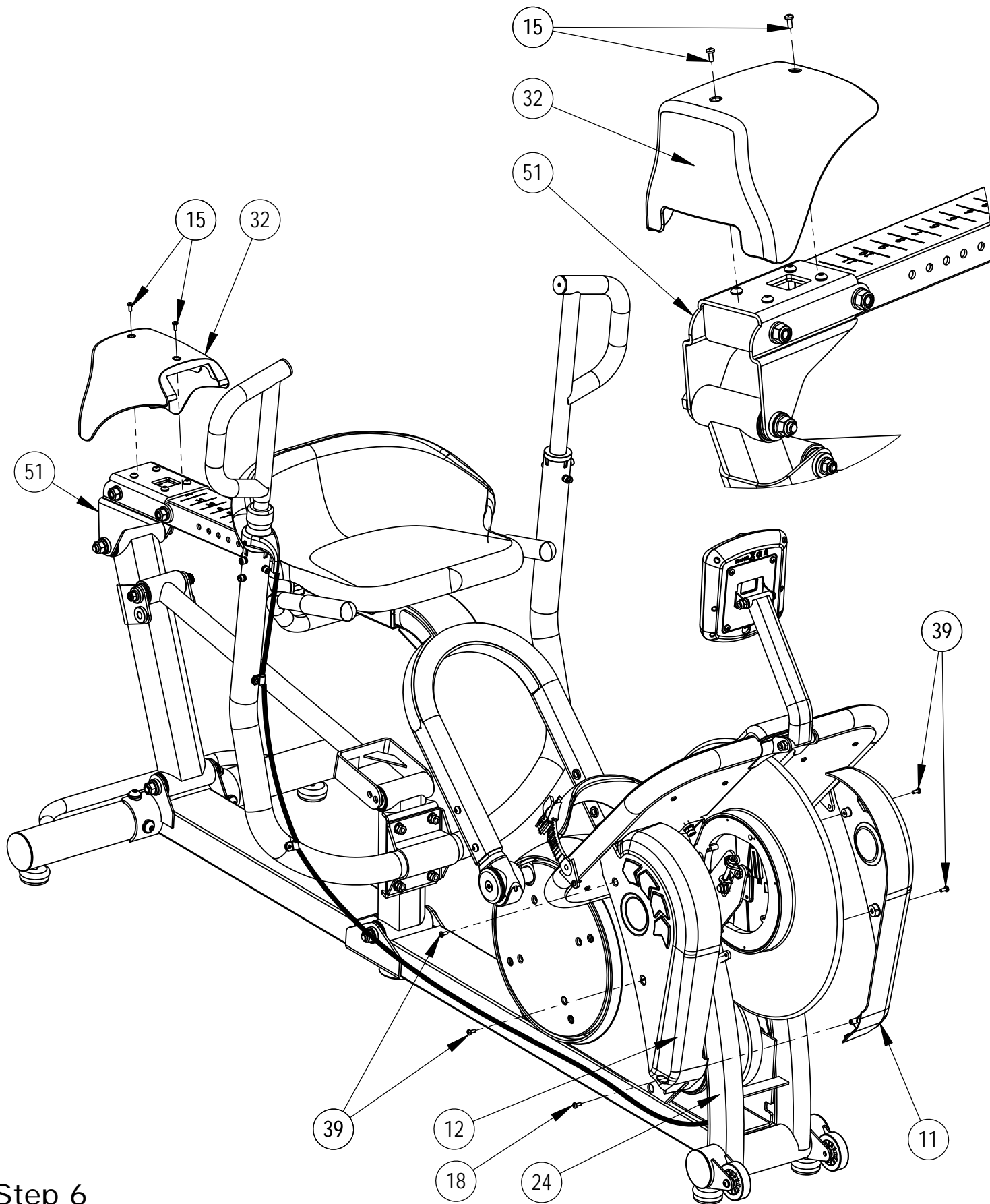
Step 4

- A Position the Foot Plate (10) near the Main Frame (24) and connect the Upper and Lower Computer Cables, items 112 and 111 respectively. **NOTE: Feed the cable wires into the frame after the connection has been made. Not feeding the cable could result in pinching the electrical wires and possibly even cutting the connection off.**
- B Attach the Foot Plate (10) onto the Main Frame (24) using 4 – M8 Locking Nuts (7), 4 – M8 Washers (21) 2 – M8x25 Socket Head Screws (33) and 2 – M8 Curved Washers (31). Make sure that the computer cables are not pinched between the Foot Plate (10) and the Main Frame (24.)
- C Screw on the Foot Straps (8) using the provided M6 screw (9).



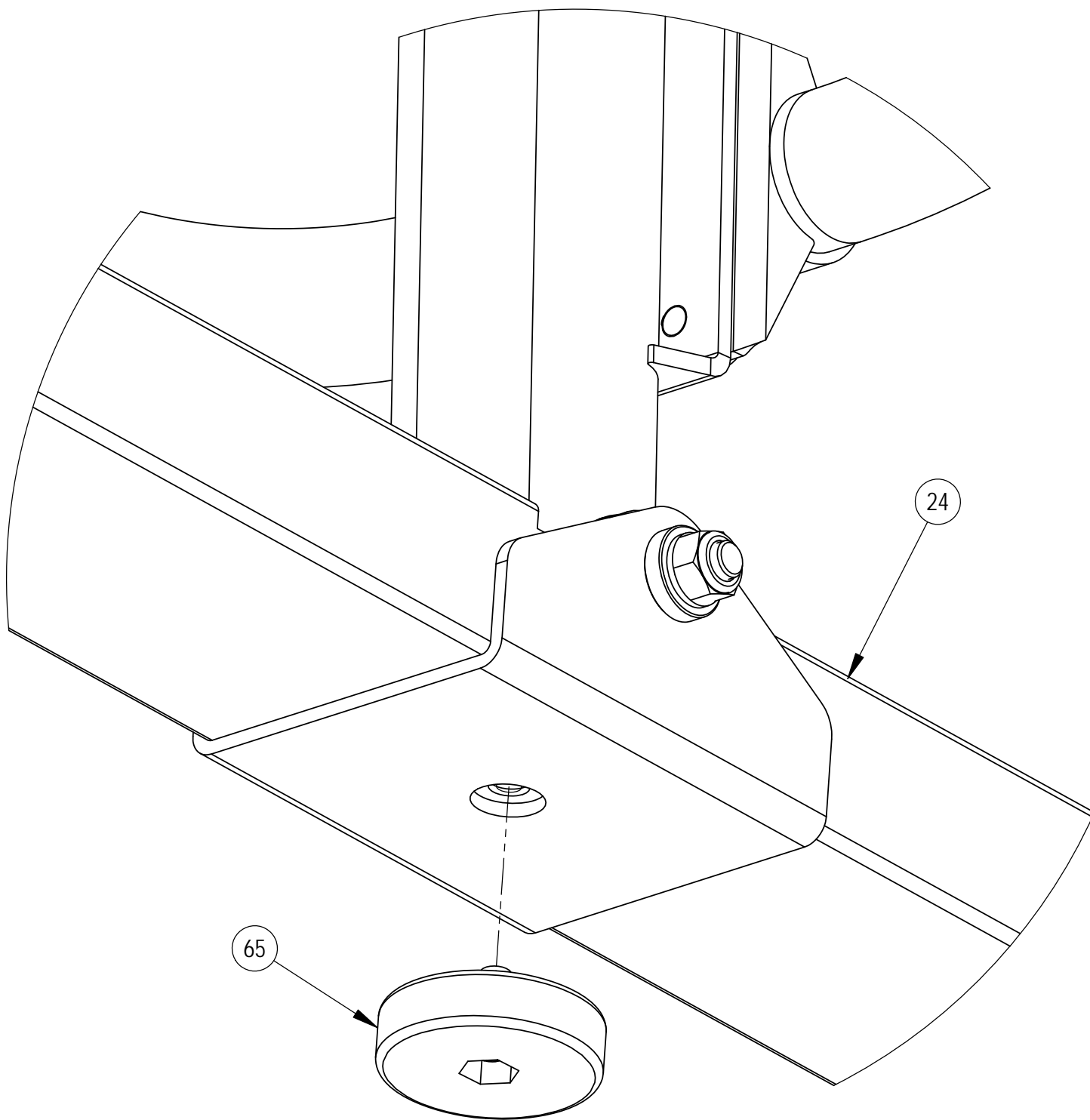
Step 5

- A Install 2 AAA batteries into the back of the console. A pair of AAA batteries is included with the console.
- B Connect the Computer Console's connector to the Upper Computer Cable (112) and secure the Computer Console (1) to the Computer Console Plate (4) using 4 - M5 screws (5).



Step 6

- A Attach the Flywheel Shrouds 11 & 12 to the left and right sides of the Main Frame (24), respectively using 4 - M5 Screws (39) and 1 self-tapping screw (18).
- B Attach the Seat Slider Shroud (32) to the Seat Slider Bracket (59) using 1 self-tapping screw (15)

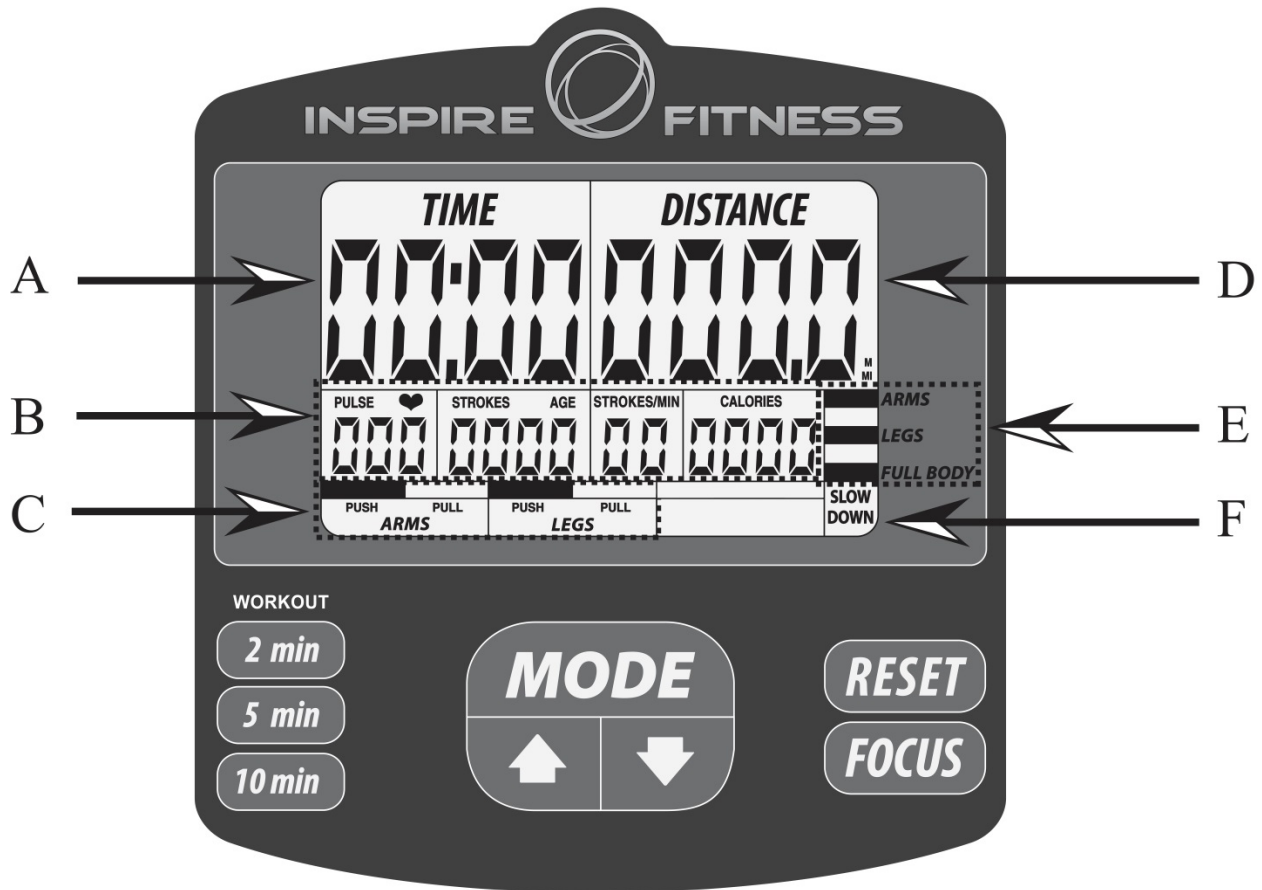


Step 7

A Thread the Center Leveling Pad (65) until it makes firm contact with the floor.

COMPUTER OPERATION

This unit is equipped with a Telemetric Heart Rate transmitter that allows the user to monitor their heart rate while wearing a Chest Strap. A *Chest Strap* may be purchased from *Inspire* by calling (877) 738-1729.



Display

A Time

During a workout the time counts up from 00:00. The time may also be set as a goal and will count down from an input time between 1:00 & 99:00 minutes.

B 1) Pulse

When equipped with a Telemetric Heart Rate transmitter, users will be presented with their heart rate.

- 2) **Age** Users may input their age in order to adjust the calorie counter accordingly.
Entering Age
a.) Press and Hold the *UP* + *DOWN* button for 2 seconds
b.) *AGE* will begin to blink. The default is 35. Adjust the age using the arrow keys.
c.) After reaching your age, hit the *MODE* button to save this information into the computer.
- 3) **Strokes** During a workout the counter will indicate how many repetitions have been made.
- 4) **Strokes/Min** During a workout the counter will indicate how many repetitions are made per minute.
- 5) **Calories** Accumulates calorie consumption during training from 0 up to 999.9 calories.
Note: User must use a heart rate monitor in order for the calorie counter to function.
- C Focus Command** When active, the targeted workout method will flash. By default, no flashing occurs until the user has designated which workout they choose to pursue.
- D Distance** Keeps track of the total distance traveled during a workout in either miles or meters. Units may be defined by pressing and holding down the *FOCUS* + *RESET* button for 5 seconds.
- E Focus Program** When active, the targeted workout area will flash. By default, no flashing occurs until the user has designated which workout they choose to pursue.
- F Slow Down** Continuously blinks whenever the user has reached or exceeded an unsafe rotational speed.

Focus Program Setup (Predeveloped workout sessions designed to target specific body parts chosen by the user.)

- I. Press the *FOCUS* button to toggle through the *Focus Program* options listed below.
 - a. Arms, Legs, Full Body, off
- II. During a *FOCUS* workout the computer will alternate between various Focus Commands in 1:00 minute intervals.
 - a. The active command will be highlighted and all other commands will turn off
- III. Each Focus Command workout criteria can be seen in the table below.
- IV. The console will *beep* every 1 minute to indicate the interval has ended.
- V. Intervals will repeat until the workout has finished.

Program	Command	Interval Time
ARMS FOCUS	Push with legs, Push with arms	1:00 minute
	Push with legs, Pull with arms	1:00 minute
	Pull with arms, Push with arms	2:00 minute
	Push with legs, Pull with arms, Push with arms	1:00 minute
LEGS FOCUS	Push with legs, No arms	1:00 minute
	Pull with legs, No arms	1:00 minute
	Push with legs, Pull with legs, No arms	1:00 minute
	Push with legs, Pull with legs, Pull with arms	2:00 minute
FULL BODY FOCUS	Push with legs, Push with arms, Crunch abs	1:00 minute
	Pull with legs, Pull with arms	1:00 minute
	Push with legs, Pull with legs, No arms	1:00 minute
	Push with arms, Pull with arms	1:00 minute
	Push with legs, Pull with legs, Pull with arms	1:00 minute

Goal Programs

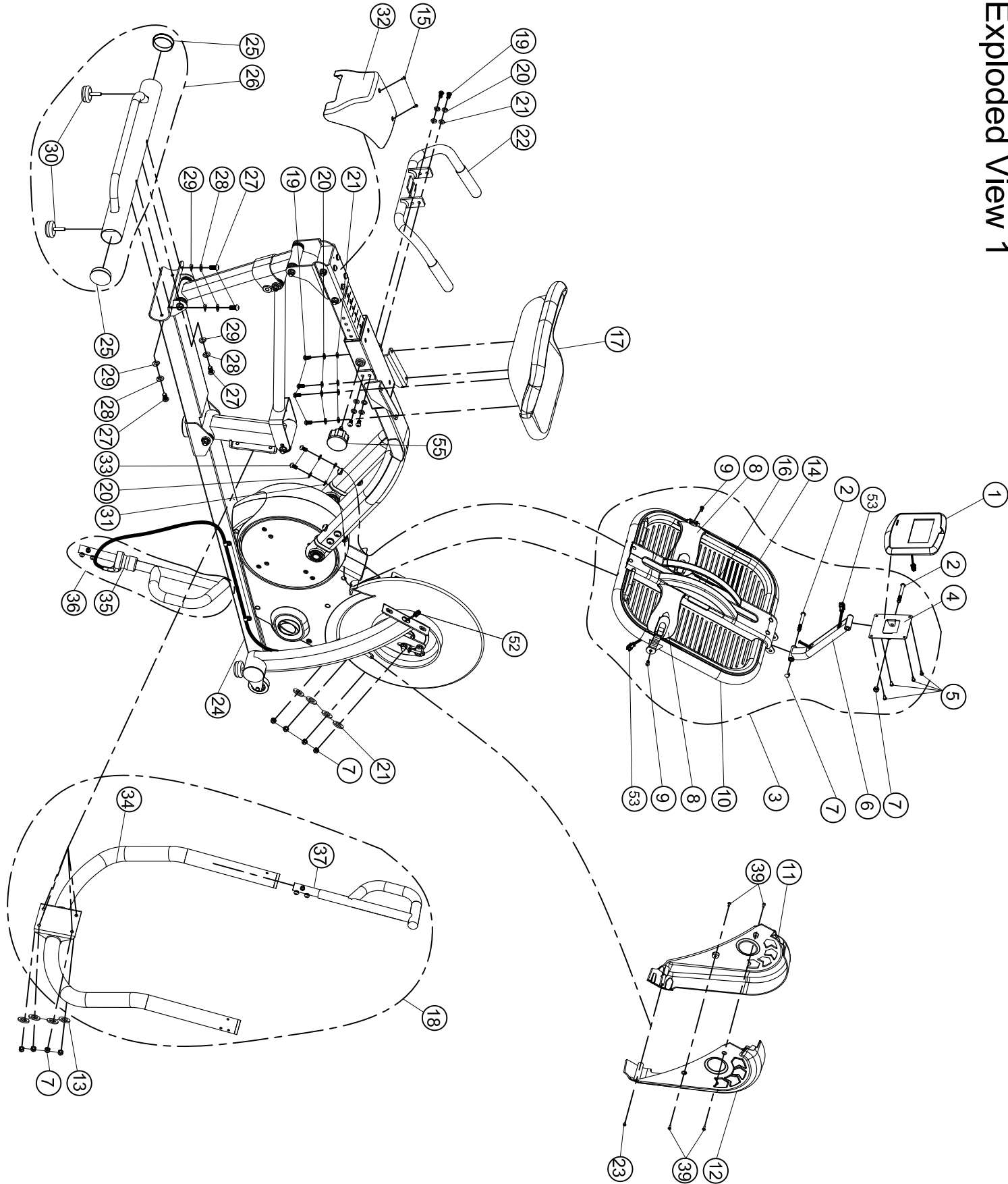
The CR1 computer console may also run a goal program in which the user reaches a total calorie or total time.

1. Before working out, press the *MODE* button to toggle between *TIME*, *DISTANCE*, & *CALORIES*.
2. Press either the *UP* or *DOWN* buttons to set a goal for the field you would like.
3. Afterwards you may either toggle through the focus programs or begin working out without selecting a focus.

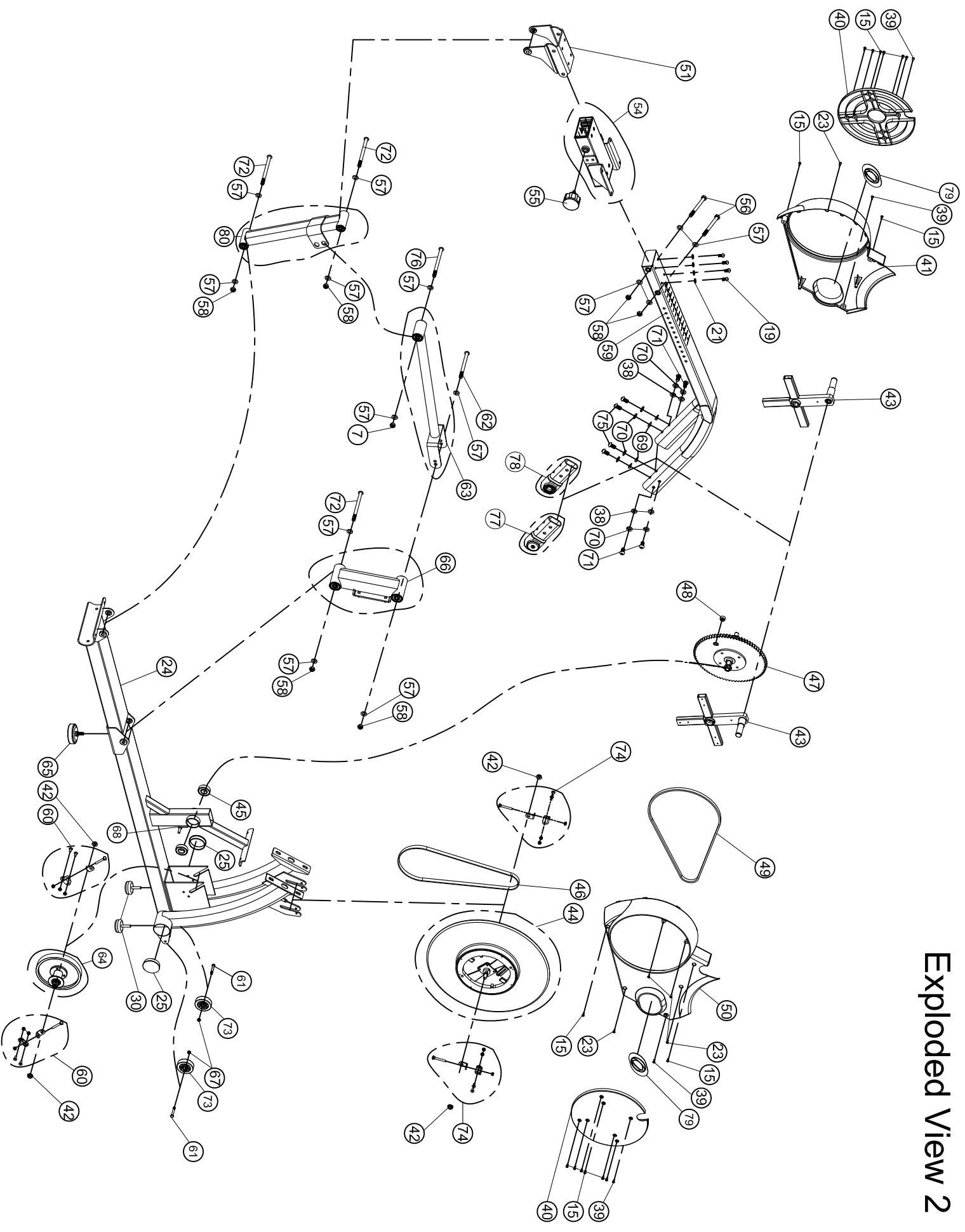
Example

In order to do a 2.5 mile workout, press the *MODE* button (while the machine is stopped) until *DISTANCE* is blinking. Press and hold the *UP* key until 2.5 appears. Begin pedaling to start the program. You are now running a program that will not stop until you have reached 0.0 miles.

Exploded View 1



Exploded View 2



Parts List

	Part No.	Description	Qty
1	RM300-631-001	Computer Console	1
2	0113-208-658B	M8x65 Socket Head Screw	2
3	RM301-340-001PZ	Foot Plate Assembly	1
4	RM300-381-013	Computer Console Plate	1
5	-	M5x10 Bolt	4
6	RM300-380-009PZ	Computer Adjustment Post	1
7	0110-708-028	M8 Hex Nut	11
8	RM300-801-006	Foot Strap	2
9	0113-206-138	M6x12 Bolt	4
10	RM301-340-001	Foot Plate Assembly	1
11	RM300-801-007	Flywheel Shroud, L	1
12	RM300-801-008	Flywheel Shroud, R	1
13	0116-202-082	Flat Washer	4
14	RM300-801-005	Rubber Foot Pad	2
15	0114-742-198A	Self-Tapping Screw	2
16	RM300-801-004	Plastic Foot Plate	1
17	RM300-401-001	Seat Pad	1
18	RM301-320-002PZ	Press Arm Assembly	1
19	0113-208-218	M8x20 Bolt	12
20	0116-308-028	M8 Spring Washer	8
21	0116-008-028	M8 Flat Washer	17
22	RM300-320-001PZ	Seat Handles	1
23	0114-142-198	Self-Tapping Screw	5
24	RM301-200-001PZ	Main Frame Assembly	1
25	0240-060-159	End-Cap	4
26	RM300-100-001PZ	Rear Stabilizer Assembly	1
27	0113-210-208	M10x20 Bolt	4
28	0116-610-008	M10 Curved Washer	4
29	0116-310-028	M10 Spring Washer	4
30	BE480-881-006	Leveling Foot	4
31	0116-608-008	M8 Curved Washer	2

32	RM301-801-009	Seat Slider Shroud	1
33	0113-208-256	M8x25 Bolt	2
34	RM301-320-003PZ	Press Arm	1
35	RM300-521-006	Grip Shifter	1
36	RM301-320-001PZ	Press Arm Handle Assembly, R	1
37	RM301-320-002	Press Arm Handle Assembly, L	1
38	0116-010-03	M10 Flat Washer	4
39	0113-104-108	M4x10 Bolt	8
40	RM300-801-003	Crank Cover	2
41	RM300-801-001	Shroud, L	1
42	0110-410-019	M10 Flanged Nut	4
43	RM300-380-005	Crank	2
44	CN-S23-00	Flywheel Assembly	1
45	0200-231-31S	Crank Shaft Bearing	2
46	B662-501-010	Belt	1
47	RM300-500-001PZ	Crank Sprocket	1
48	-	Speed Sensor Magnet	1
49	RM300-501-004	Chain	1
50	RM300-801-002	Shroud, R	1
51	RM300-381-015	Seat Slider Bracket	1
52	-	Console Cable, Lower	1
53	-	Console Cable, Upper	1
54	RM300-300-001PZ	Seat Slider Assembly	1
55	RC800-801-202	Pop Pin	2
56	0111-110-058	M10x105 Bolt	2
57	0116-010-008	M10 Flat Washer	14
58	0110-710-018	M10 Nut	6
59	RM301-300-001	Seat Slider Linkage	1
60	BC480-561-015PZ	Pull Kits	2
61	0111-006-418	M6x40 Bolt	2
62	0113-210-128	M10x120 Bolt	1
63	RM301-380-001PZ	Horizontal Linkage Assembly	1
64	RM301-500-001PZ	Intermediate Drive Assembly	1
65	GM575-881-005PZ	Middle Leveling Foot	1
66	RM300-380-006PZ	Press Arm Vertical Linkage	1

67	0110-706-008	M6 Nut	2
68	BC770-801-011	Speed Sensor Bracket	1
69	0116-610-03	M10 Curved Washer	4
70	0116-310-003	M10 Spring Washer	8
71	0113-210-385	M10x38 Bolt	4
72	0111-010-135A	M10x135 Bolt	3
73	AB83-021-26PZ	Roller Wheel	2
74	BC480-561-016PZ	Flywheel Tensioner	2
75	0113-210-205	M10x20 Bolt	4
76	RM301-561-009	M10x100 Bolt	1
77	RM301-300-002PZ	Fork-Crank Bearing Housing, R	1
78	RM301-300-003PZ	Fork-Crank Bearing Housing, L	1
79	-	Shroud Badge	2
80	RM301-380-002PZ	Rear Vertical Linkage	1
81	0114-742-138	Self-Tapping Screw	18



Warranty

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

RESIDENTIAL WARRANTY:

10 YEAR FRAME:

Includes Main Frame and Welds

3 YEAR PARTS:

Excluding Paint and Finish (unless defective out of box)

1 YEAR LABOR

LIGHT COMMERCIAL WARRANTY:

10 YEAR FRAME:

Includes Main Frame and Welds

1 YEAR PARTS:

Excluding Paint and Finish (unless defective out of box)

1 YEAR LABOR

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.