

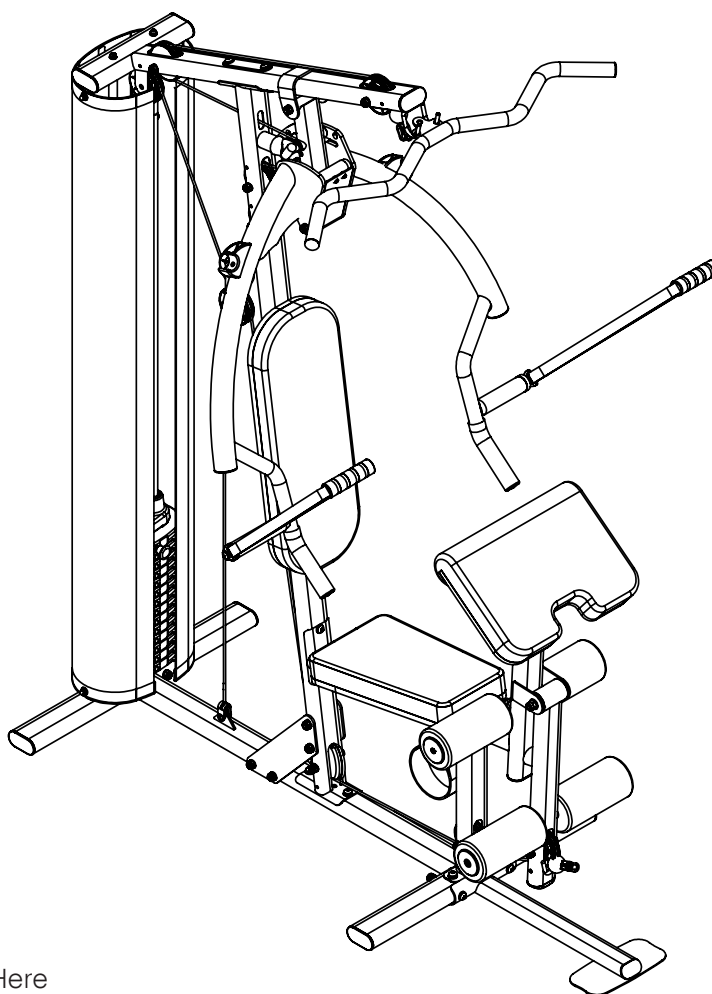


Model: CMG1.2  
ITM. / ART. 1819449

## USER MANUAL

# CENTR MULTI-GYM

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



Record Serial Number Here

MADE IN CHINA  
80473-EN-V2025-03-22

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## WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

## NEED HELP? WE'RE HERE FOR YOU.

### US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



#### EMAIL

hello@centr.com



#### PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

*\*Support is provided in English and Spanish\**

### GLOBAL CUSTOMERS (OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

## PRODUCT WARRANTY

To view full warranty details, or to register your product for warranty, visit **[centr.com/support](https://centr.com/support)**

### AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

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## 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. Consult a physician prior to commencing an exercise program.
2. Always keep children and pets away from the machine. DO NOT leave children unattended in the same room with the machine. The cabling and moving parts on this machine can cause serious injury or death if used improperly.
3. Never allow children on selectorized strength equipment (unless the equipment is designed for the sole use of children) and to supervise the use of selectorized strength equipment by individuals age 13 to 17.
4. Only one person at a time should use the machine.
5. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
6. This machine is intended for consumer home use only. Do not exceed maximum user weight of 300 lbs (136 kg).
7. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
8. Keep hair, body and clothing free and clear of all moving parts.
9. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other loose clothing that could become caught in the machine. Running or training shoes are also required when using the machine.
10. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
11. Never use the machine for support during stretching or to attach and use resistance straps, ropes, or other means unless allowed by the manufacturer.
12. Do not place any sharp objects around the machine.
13. Disabled persons should not use the machine without a qualified person or physician in attendance.
14. Before using the machine to exercise, always do stretching exercises to properly warm up.
15. Inspect the machine before use, including ropes, belts, or chains and their connections. Do not use if the machine or any component is worn, damaged, or inoperable.
16. Keep a minimum open area of 0.6m (24in) up to the machine and on both sides of it for exiting from the machine. To exit the machine, bring all devices under resistance to a relaxed state, stow them, and safely dismount the machine being aware of all overhead items.
17. The CENTR Multi-Gym is designed for home use only. Therefore, it does not have a weight stack cover. This means the following for the user:
  - Only one person may use the CENTR Multi-Gym at the same time.
  - The person must also ensure that no other person is in the exercise area of the CENTR Multi-Gym. Persons who are in the room at the same time as the trainee must maintain a distance of at least 5 ft / 1.5 meters from the exercise equipment.
  - After using the device, it must be secured in such a way that no unauthorized person has access to it.
  - Be certain that the weight pin is completely inserted (for selectorized strength equipment that employ weight stacks). Never pin the weight stack or top plate in an elevated position. A machine must never be used if found in this condition (for selectorized strength equipment that employ weight stacks). To incrementally increase the weight resistance, use only incremental resistance means provided by the manufacturer.

### CARE AND MAINTENANCE

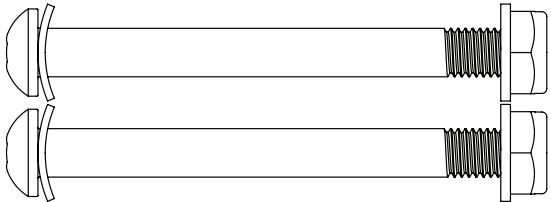
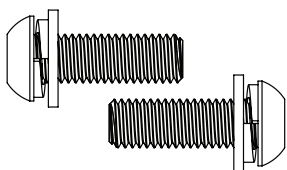
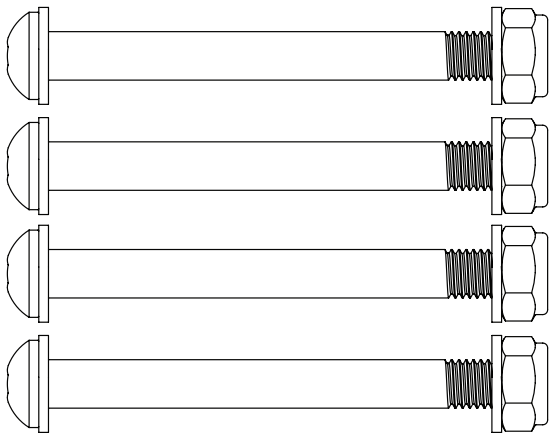
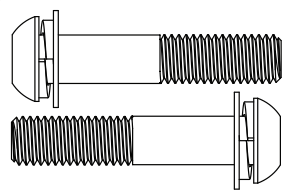
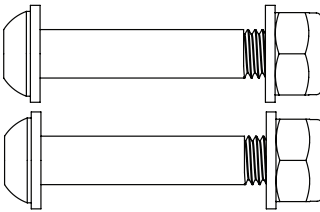
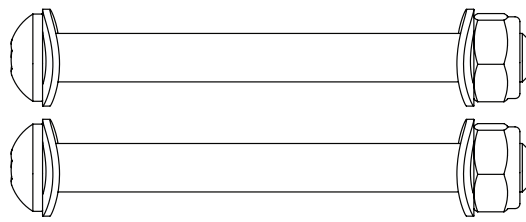
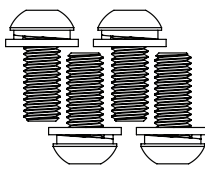
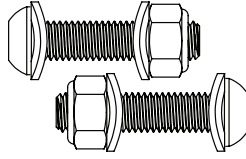
- Inspect and tighten all parts before using the machine.
- The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents .

**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.**

## DECAL PLACEMENT

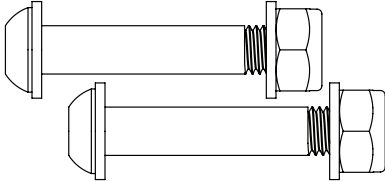
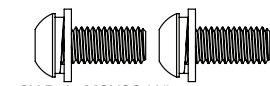
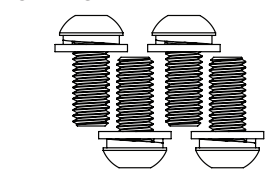
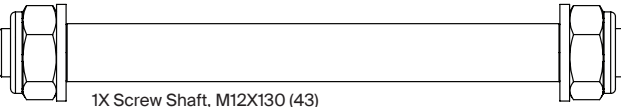
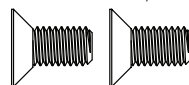
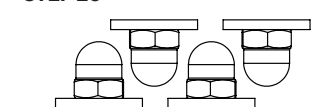
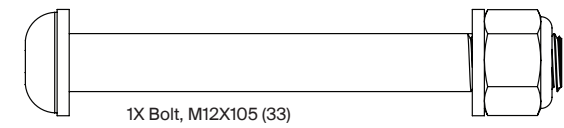
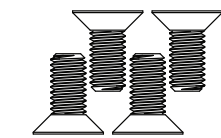
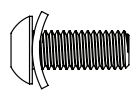
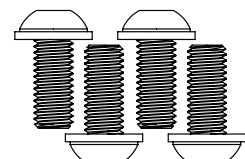
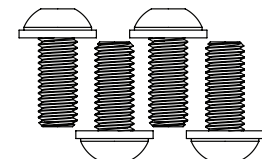
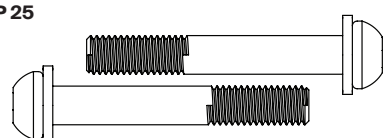
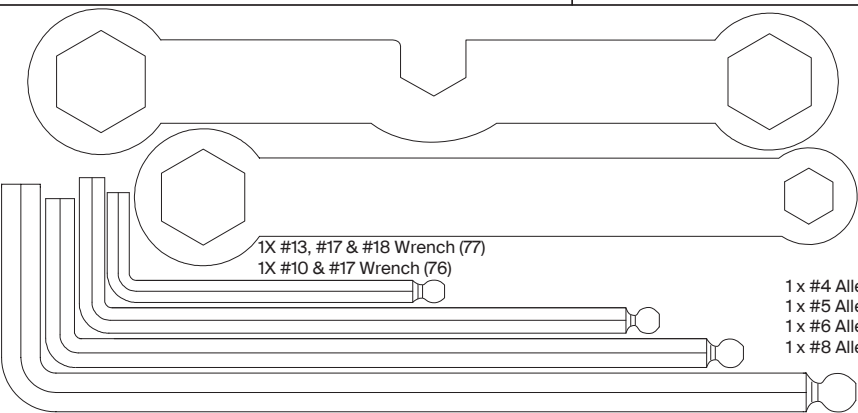


# HARDWARE PACK (NOT TO SCALE)

| ITM. / ART 1819449<br>HARDWARD 1/2 CMG1.2                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STEP 1</b>  <p>2X Bolt, M10X105 (34)<br/>2X Nut, M10 (47)<br/>2X Washer, 10.5 (51)<br/>2X Washer, 10 (55)</p> | <b>STEP 2</b>  <p>2X Bolt, M10X30 (32)<br/>2X Washer, 10.5 (51)<br/>2X Lock Washer, M10 (52)</p>                                                                                                                                                               |
| <b>STEP 3</b>  <p>4X Bolt, M10X105 (34)<br/>4X Nut, M10 (47)<br/>8X Washer, 10.5 (51)</p>                       | <b>STEP 4</b>  <p>2X Bolt, M10X50 (38)<br/>2X Washer, 10.5 (60)<br/>2X Lock Washer, M10 (52)</p>  <p>2X Bolt, M10X60 (37)<br/>2X Nut, M10 (47)<br/>4X Washer, 10.5 (51)</p> |
| <b>STEP 5</b>  <p>2X Bolt, M10X100 (35)<br/>2X Nut, M10 (47)<br/>4X Washer, M10 (56)</p>                       | <b>STEP 6</b>  <p>4X Bolt, M8X20 (41)<br/>4X Washer, M8 (53)<br/>4X Lock Washer, M8 (54)</p>                                                                                                                                                                 |
| <b>STEP 7</b>  <p>2X Bolt, M10X95 (36)<br/>2X Nut, M10 (47)<br/>4X Washer, M10 (57)</p>                        | <b>STEP 11</b>  <p>2X Bolt, M8X35 (45)<br/>2X Nut, M8 (48)<br/>4X Washer, 8.5 (58)</p>                                                                                                                                                                       |

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# HARDWARE PACK (NOT TO SCALE)

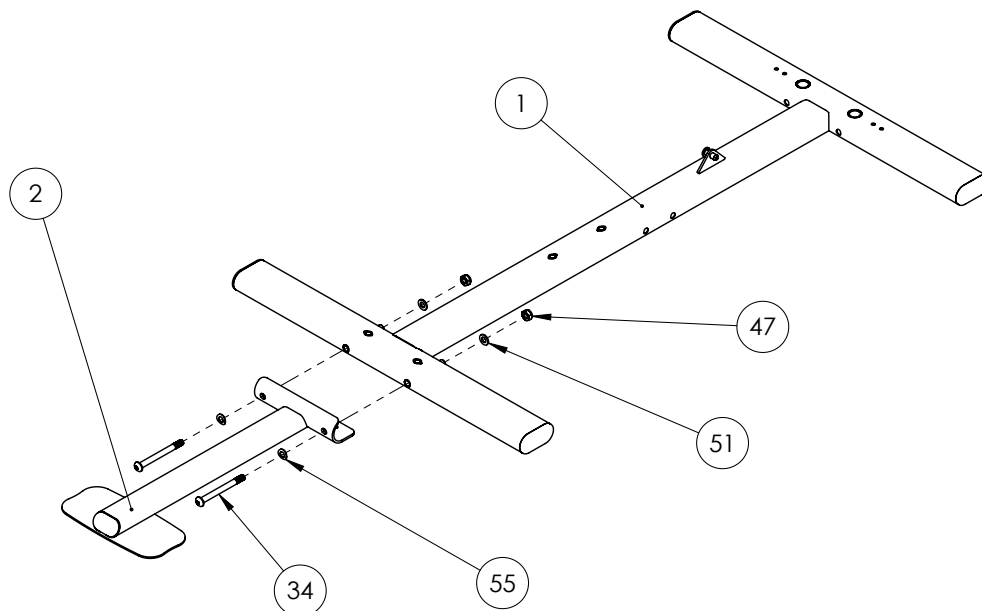
| ITM. / ART 1819449<br>HARDWARD 2/2 CMG1.2                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>STEP 12</b><br><br>2X Bolt, M10X60 (37)<br>2X Nut, M10 (47)<br>4X Washer, 10.5 (51)<br><br>2X Bolt, M8X20 (41)<br>2X Washer, 8.5 (53)<br>2X Lock Washer, M8 (54) | <b>STEP 13</b><br><br>1X Screw Shaft, M12X125 (39)<br>2X Nut, M10 (47)<br>2X Washer, 10.5 (51)                                                                                                             |
| <b>STEP 18</b><br><br>4X Bolt, M8X20 (41)<br>4X Washer, 8.5 (53)<br>4X Lock Washer, M8 (54)                                                                                                                                                          | <b>STEP 14</b><br><br>1X Screw Shaft, M12X130 (43)<br>2X Nut, M10 (47)<br>2X Washer, 10.5 (51)<br><br>2X Bolt, M8X16 (44) |
| <b>STEP 20</b><br><br>4X Nut, Cap, M6 (49)<br>4X Washer, 8.4 (59)                                                                                                                                                                                  | <b>STEP 15</b><br><br>1X Bolt, M12X105 (33)<br>1X Nut, M12 (46)<br>2X Washer, 12.5 (50)                                                                                                                    |
| <b>STEP 21</b><br><br>4X Bolt, M6X16 (42)<br><br>1X Bolt, M8X20 (41)<br>1X Washer, M8 (58)                                                                      | <b>STEP 23</b><br><br>4X Bolt, M8X20 (41)<br>4X Washer, 8.5 (53)                                                                                                                                          |
| <b>STEP 24</b><br><br>4X Bolt, M8X20 (41)<br>4X Washer, 8.5 (53)                                                                                                                                                                                 | <b>STEP 25</b><br><br>2X Bolt, M8X55 (40)<br>2X Washer, 8 (59)                                                                                                                                           |
| <br>1X #13, #17 & #18 Wrench (77)<br>1X #10 & #17 Wrench (76)<br>1x #4 Allen Wrench (74)<br>1x #5 Allen Wrench (73)<br>1x #6 Allen Wrench (72)<br>1x #8 Allen Wrench (75)                                                                         |                                                                                                                                                                                                                                                                                              |

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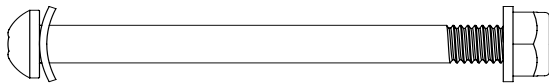
## ASSEMBLY

**NOTE: PLEASE REMOVE NUT AND WASHER FROM BOLT, PRIOR TO ASSEMBLING.**

**STEP 1: ATTACH THE BASE FRAME EXTENSION (2) TO THE BASE FRAME (1)**

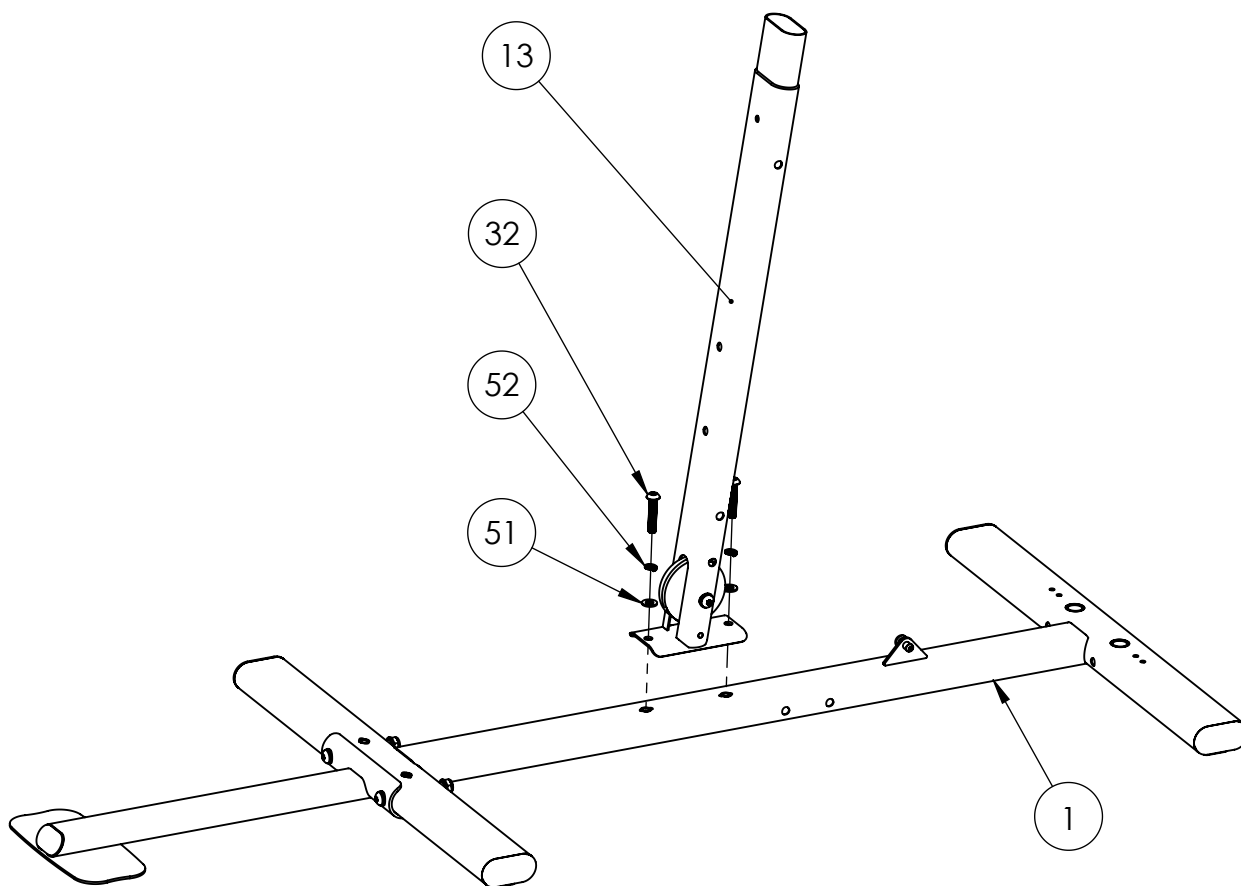


### HARDWARE REQUIRED:

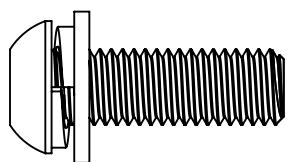


- 2X BOLT, M10X105 (34)
- 2X NUT, M10X9.5 (47)
- 2X WASHER, FLAT, 10.5X20 (51)
- 2X WASHER, CURVED, 10X24.5 (55)

## STEP 2: INSTALL THE LOWER VERTICAL FRAME (13) TO THE BASE FRAME (1)

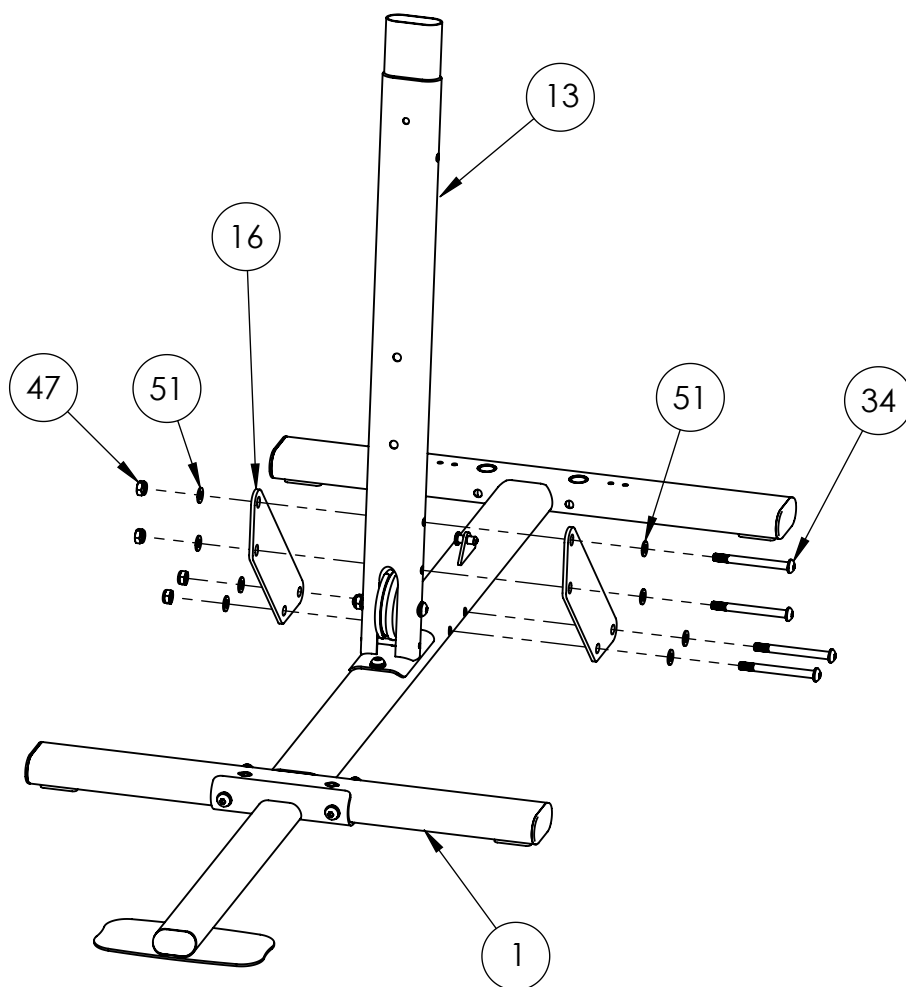


### HARDWARE REQUIRED:

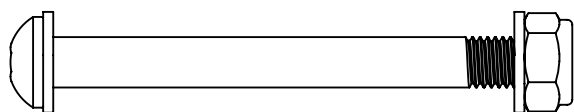


- 2X BOLT, M10X30 (32)
- 2X WASHER, FLAT, 10.5X20 (51)
- 2X WASHER, SPLIT LOCK, M10 (52)

## STEP 3: INSTALL STIFFENER PLATES (16) ON EITHER SIDE OF LOWER VERTICAL FRAME (13) AND BASE FRAME (1)



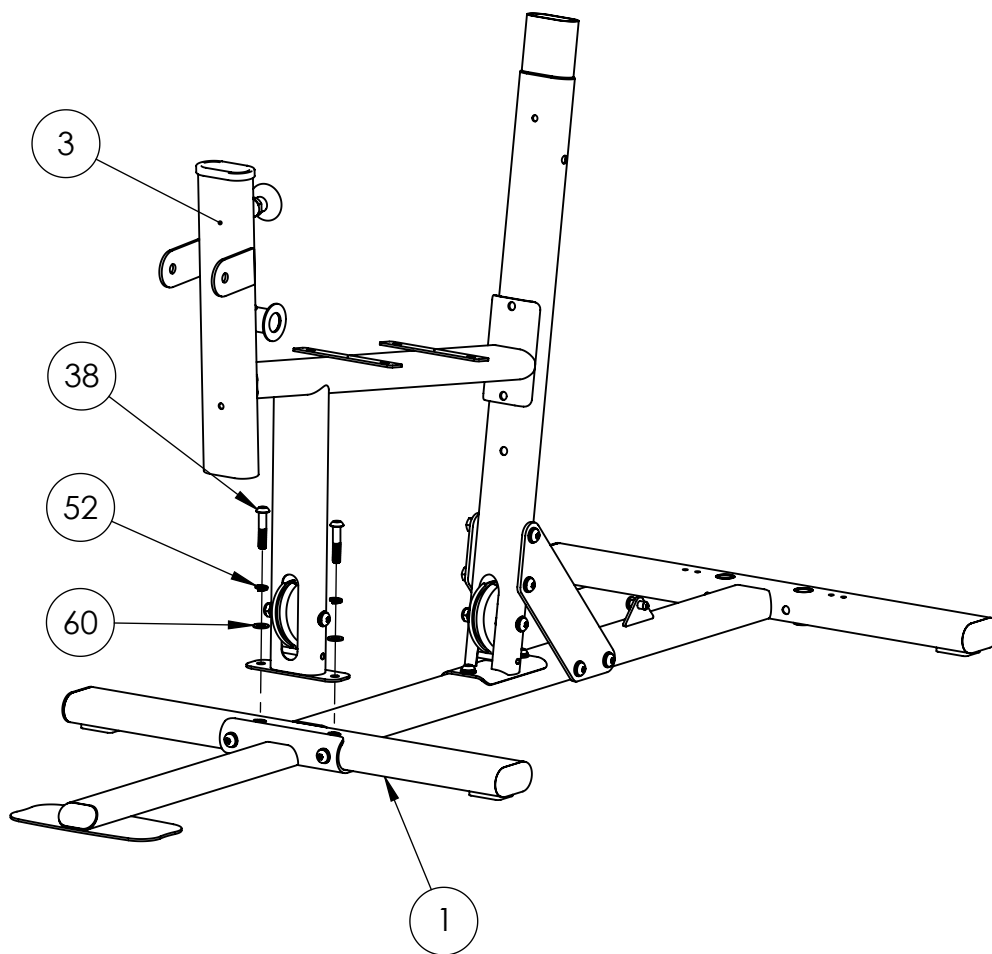
### HARDWARE REQUIRED:



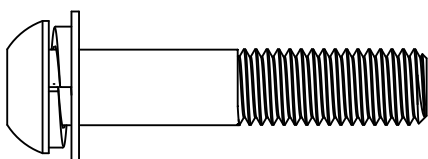
4X BOLT, M10X105 (34)  
 4X NUT, M10X9.5, LOCK (47)  
 8X WASHER, FLAT 10.5X20 (51)



## STEP 4: INSTALL SEAT FRAME (3) TO THE BASE FRAME (1)

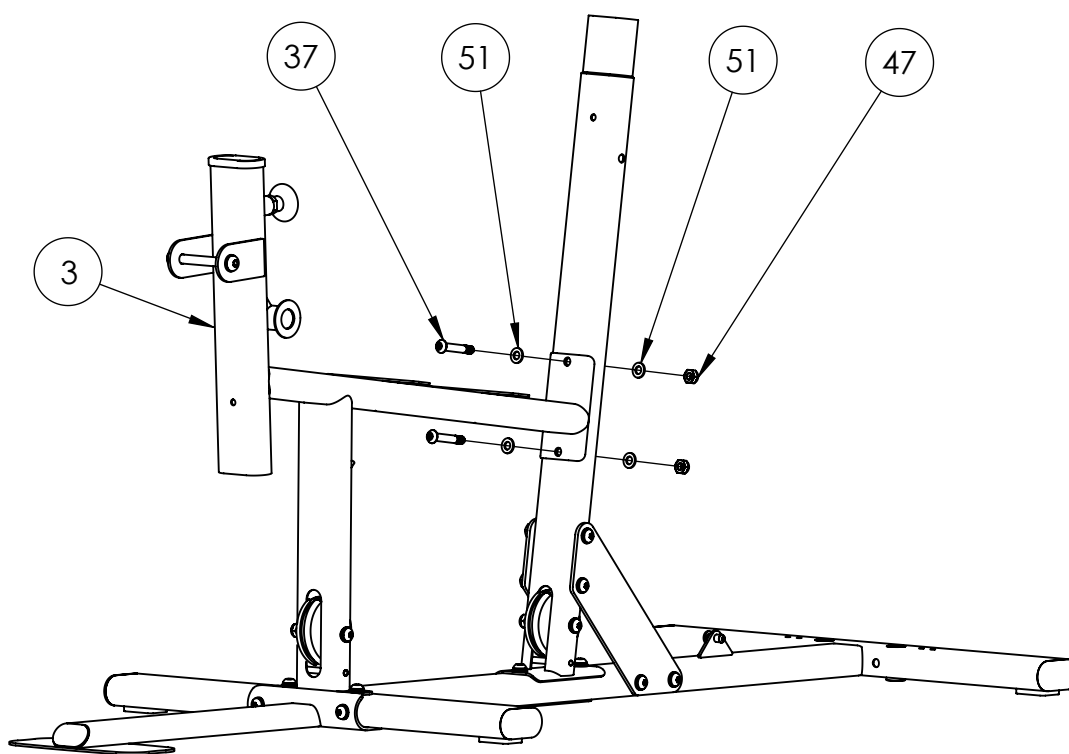


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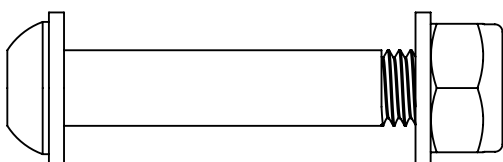


- 2X BOLT, M10X50 (38)
- 2X WASHER, FLAT, 10.5X20 (60)
- 2X WASHER, SPLIT LOCK, M10 (52)

## STEP 4 (CONT.): ATTACH SEAT FRAME (3) TO THE LOWER VERTICAL FRAME (13)

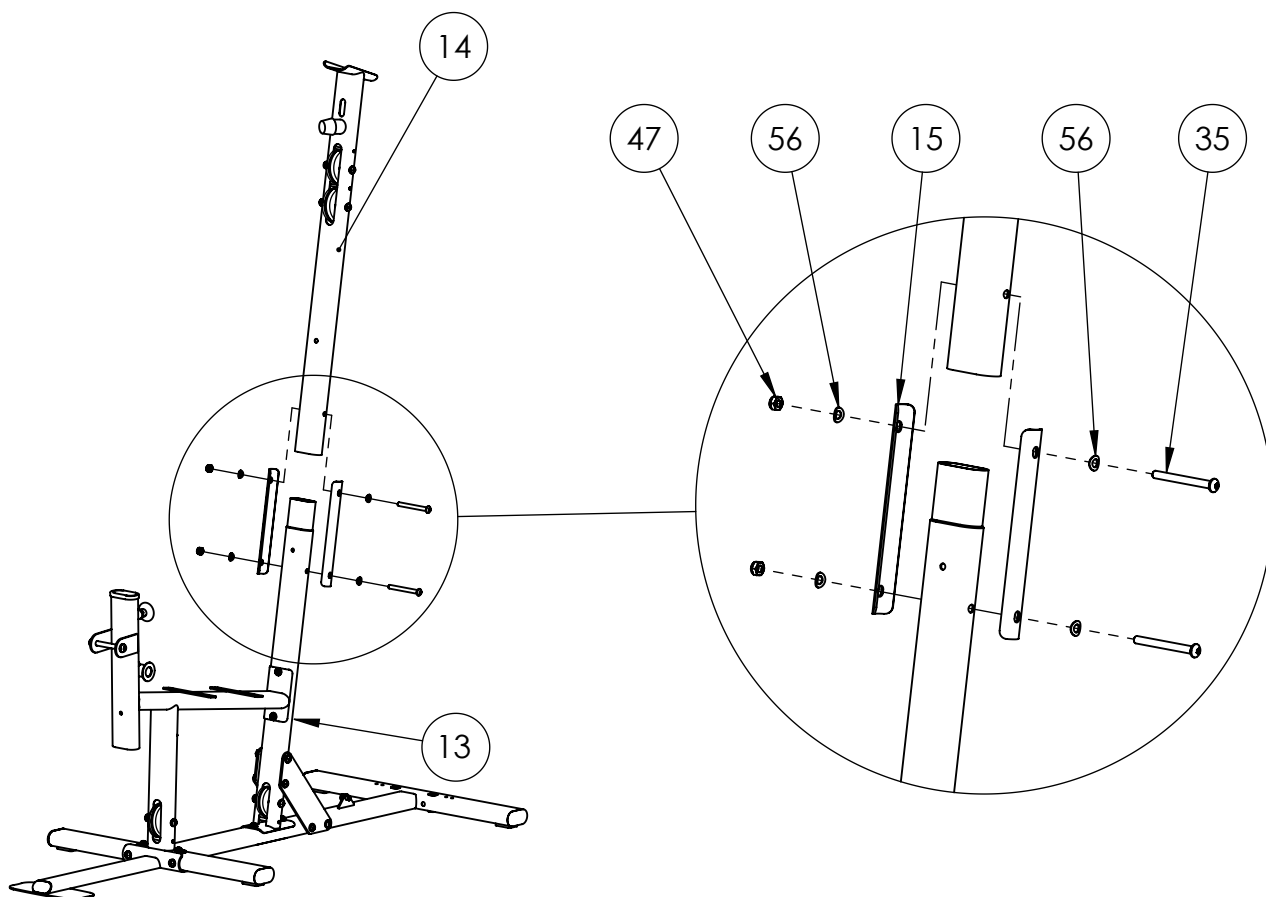


### HARDWARE REQUIRED:

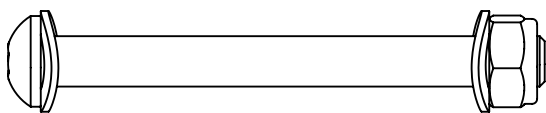


- 2X BOLT, M10X60 (37)
- 2X NUT, M10X9.5, LOCK (47)
- 4X WASHER, FLAT, 10.5X20 (51)

## STEP 5: ATTACH THE UPPER VERTICAL FRAME (14) TO LOWER VERTICAL FRAME (13)

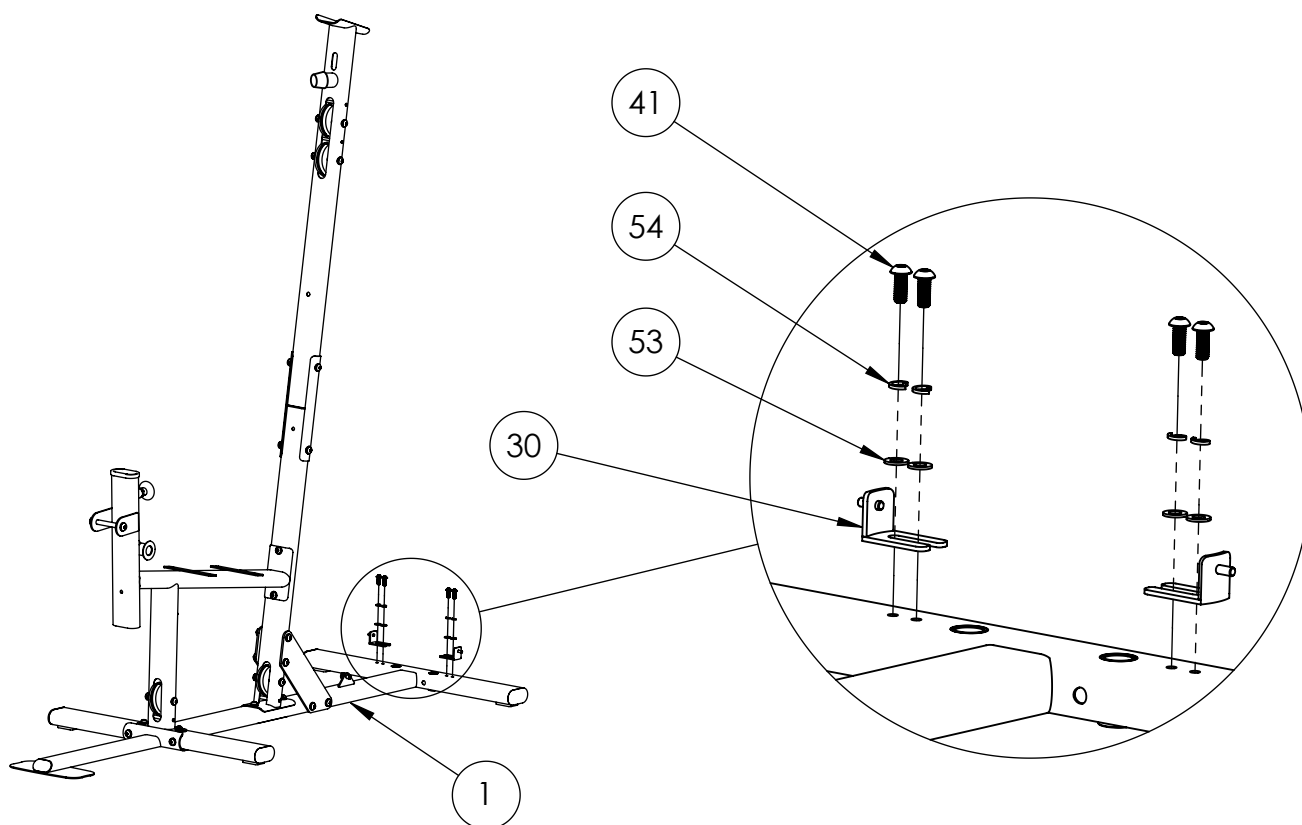


### HARDWARE REQUIRED:

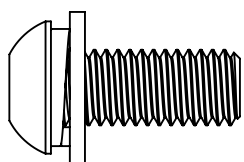


- 2X BOLT, M10X100 (35)
- 2X NUT, M10X9.5, LOCK (47)
- 4X WASHER, CURVED, M10X23 (56)

## STEP 6: INSTALL THE SHROUD BRACKET WELDMENTS (30) TO THE REAR OF THE BASE FRAME (1)

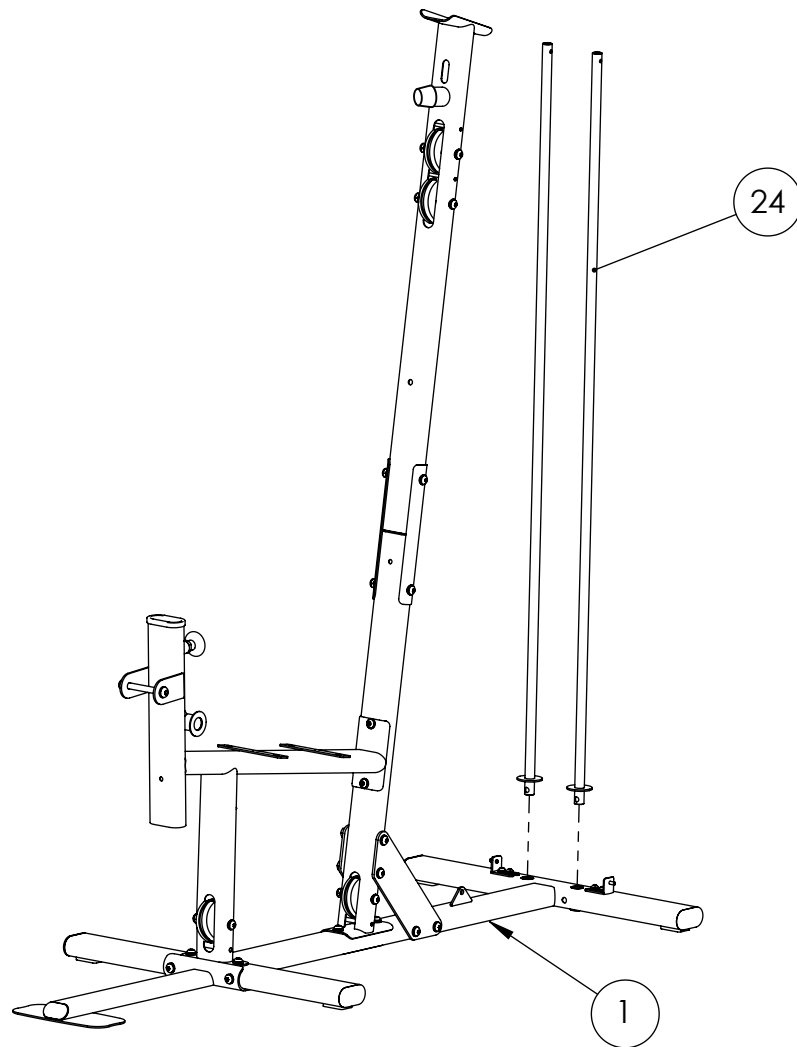


### HARDWARE REQUIRED:

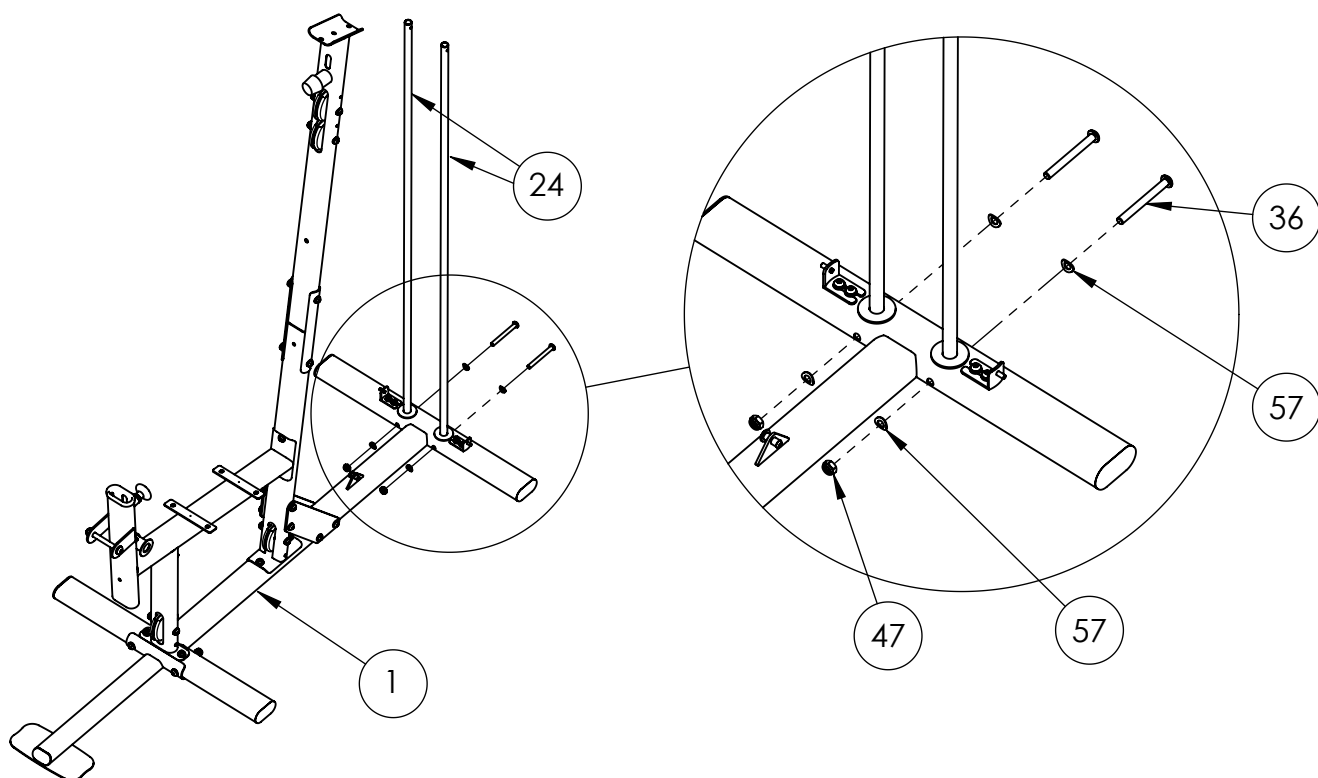


- 4X SCREW, M8X20 (41)
- 4X WASHER, FLAT, 8.5X16 (53)
- 4X WASHER, SPLIT LOCK, M8 (54)

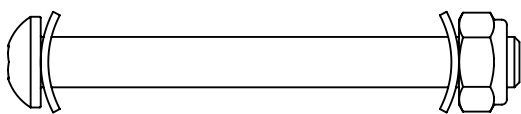
## STEP 7: INSERT THE LOWER GUIDE RODS (24) INTO THE REAR OF THE BASE FRAME (1)



## STEP 7 (CONT.): SECURE THE LOWER GUIDE RODS (24) TO THE BASE FRAME (1)

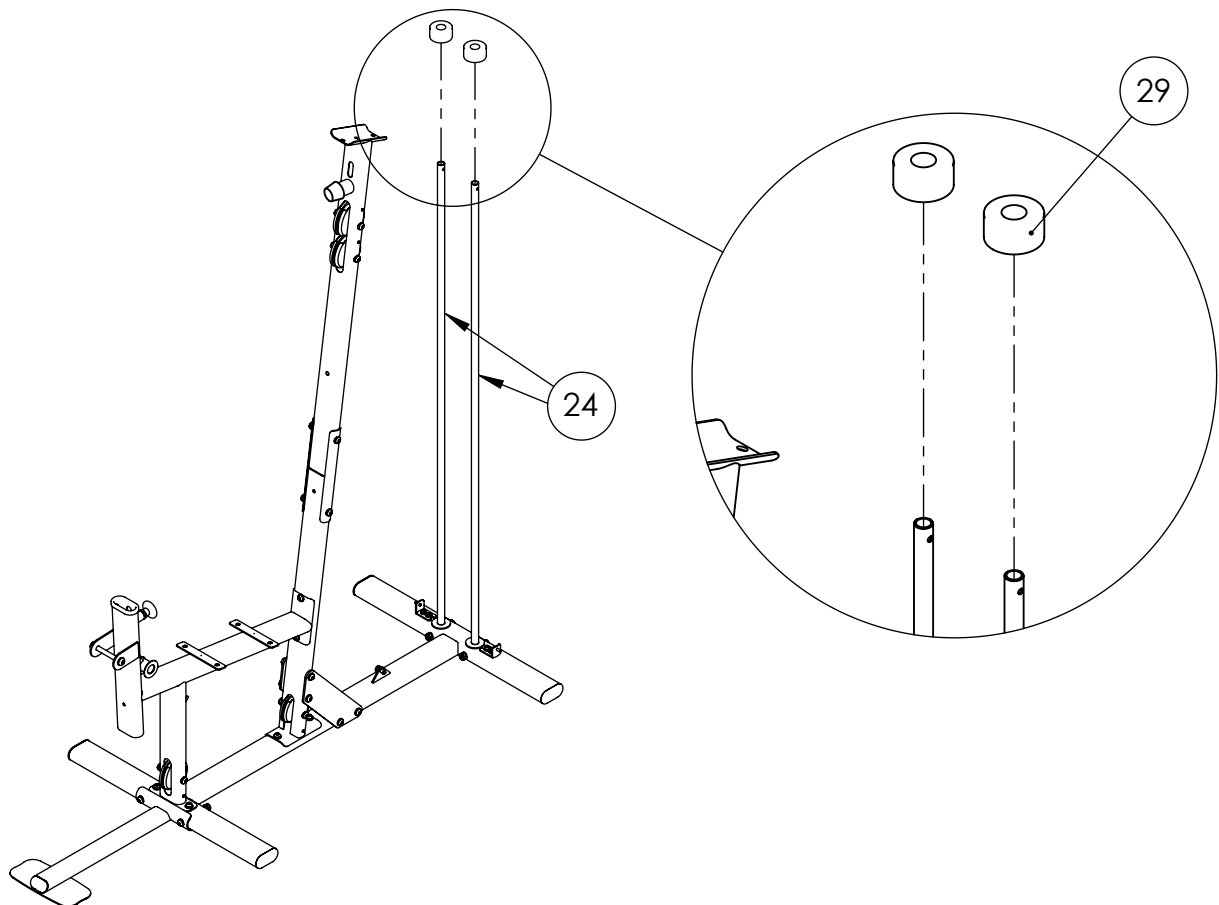


### HARDWARE REQUIRED:



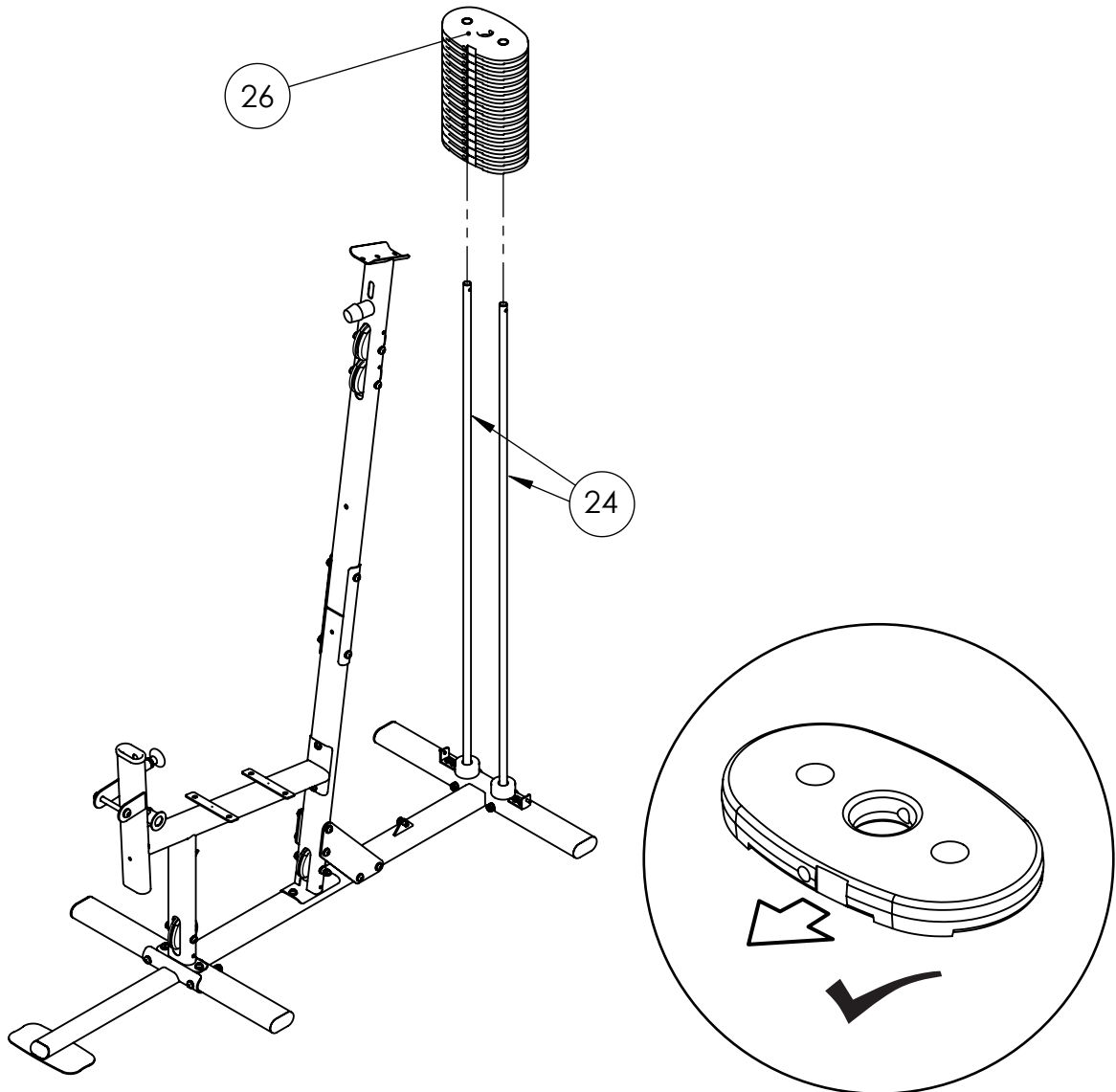
2X BOLT, M10X95 (36)  
 2X NUT, M10X9.5, LOCK (47)  
 4X WASHER, CURVED, M10X20 (57)

**STEP 8: PLACE THE WEIGHT STACK STOPS (29) ON THE LOWER GUIDE RODS (24)**



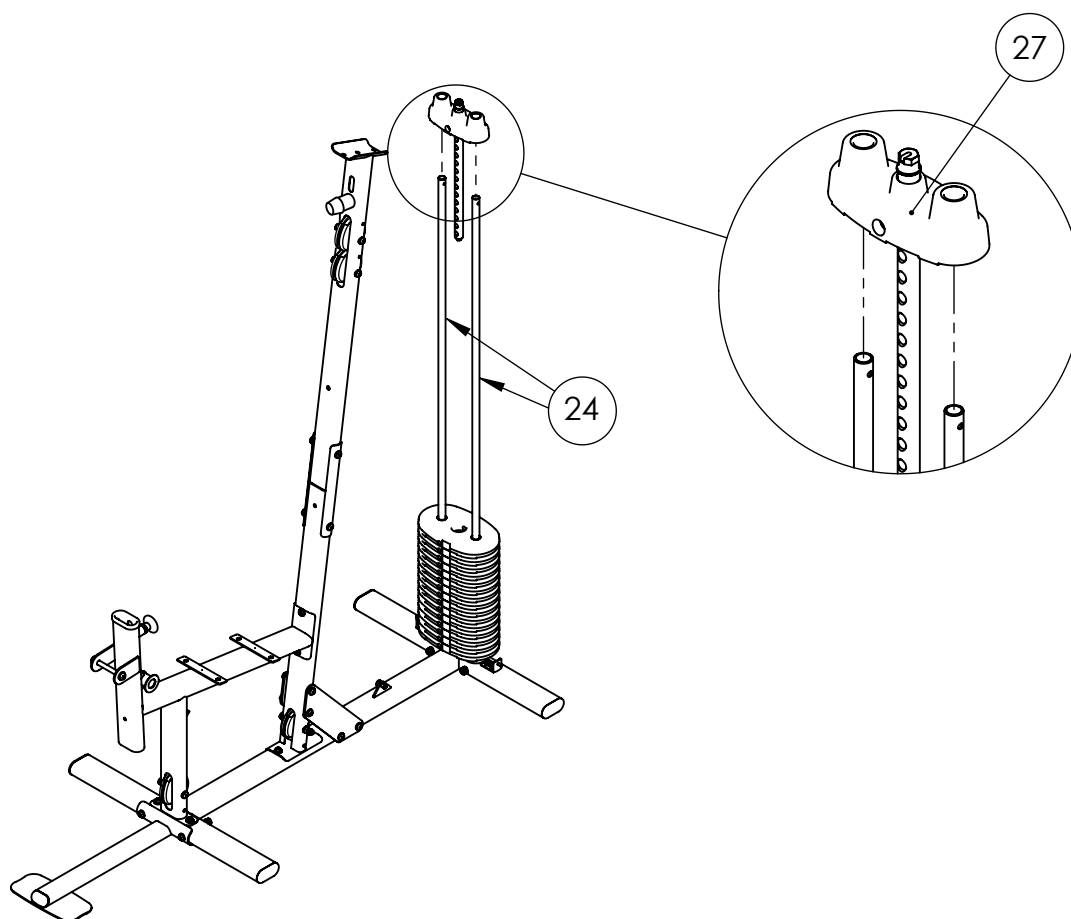
## STEP 9: GENTLY PLACE AND LOWER THE WEIGHT PLATES (26) ONTO THE LOWER GUIDE RODS (24)

**Note:** Slide each weight plate one at a time down the Guide Rods (24). Do not slide down all weight plates at the same time. Each weight plate has a recessed area for a label. Be sure that the recessed label area on the weight plate is forward. Once installed, apply the provided labels numerically onto each weight plate starting with “2” at the top.

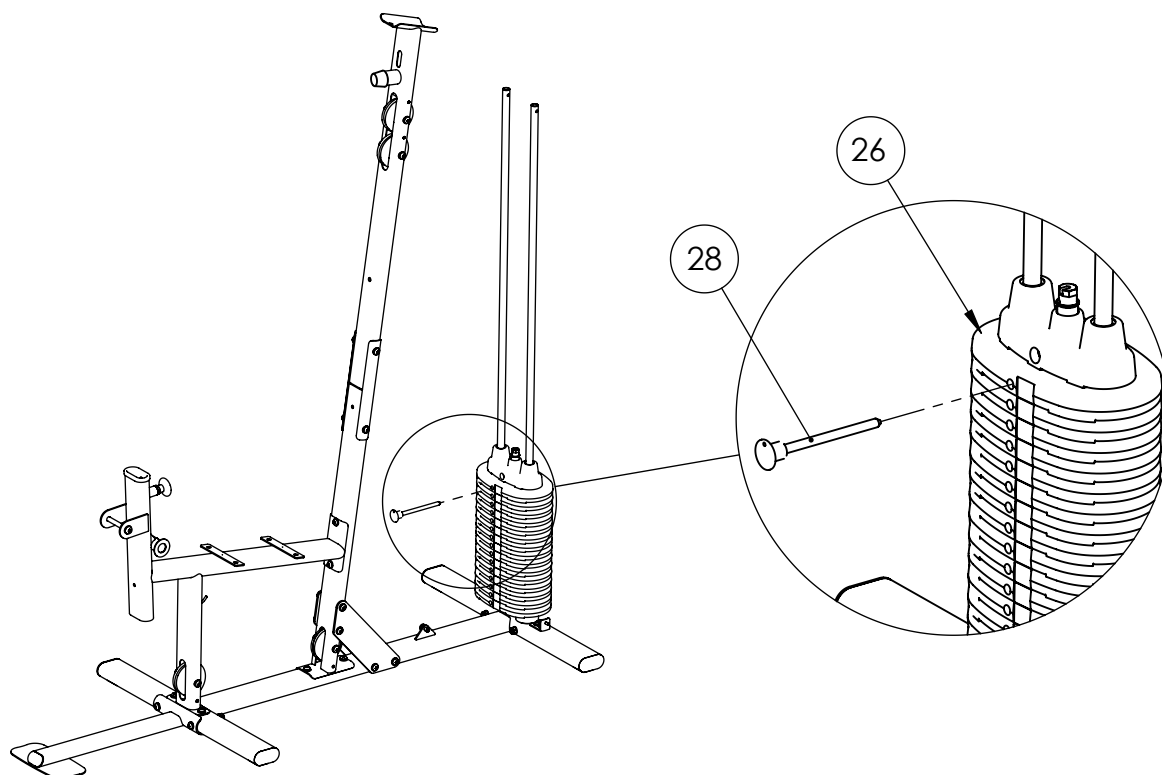




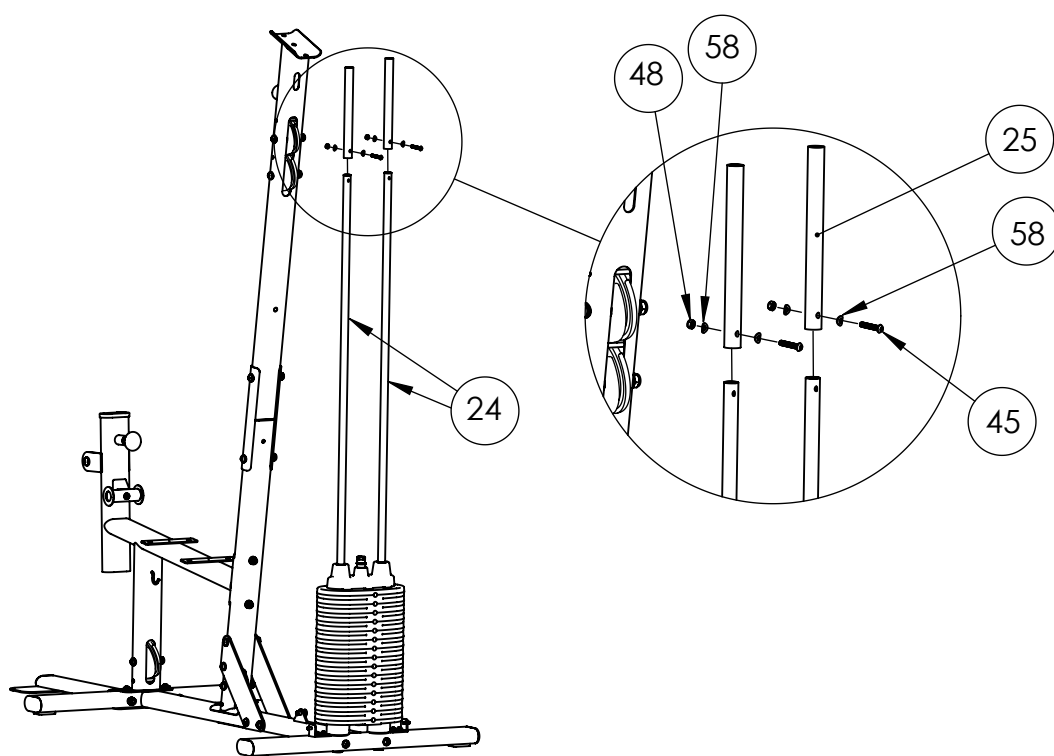
**STEP 10: SLIDE THE TOP WEIGHT AND STEM ASSEMBLY (27) ONTO THE LOWER GUIDE RODS (24)**



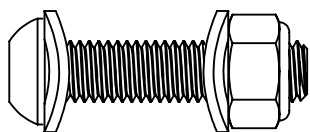
**STEP 10 (CONT.): INSERT WEIGHT STACK PIN (28) INTO THE UPPER WEIGHT PLATE (26)**



## STEP 11: INSERT THE UPPER GUIDE RODS (25) INTO THE LOWER GUIDE RODS (24), AND INSTALL THE HARDWARE

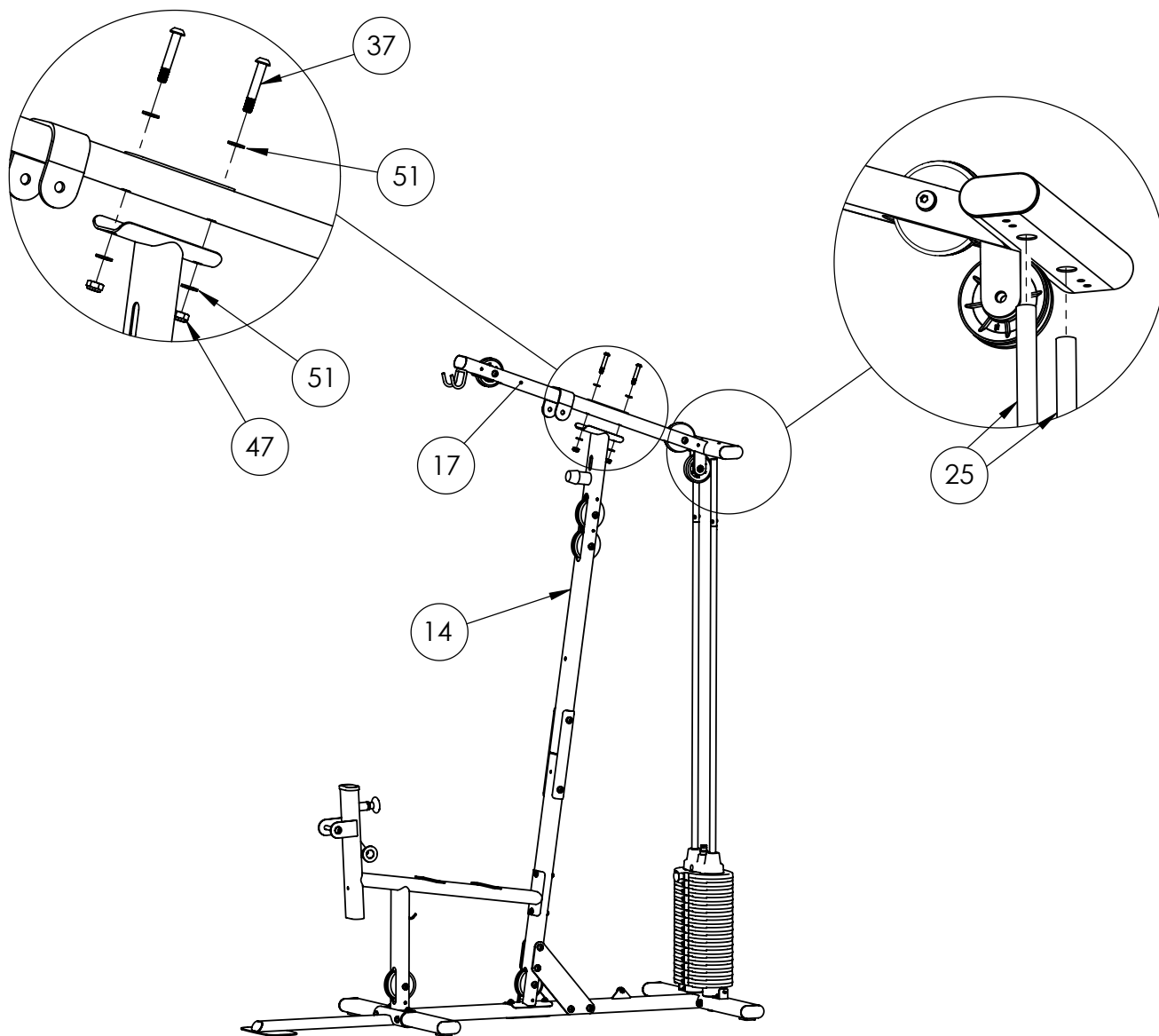


### HARDWARE REQUIRED:

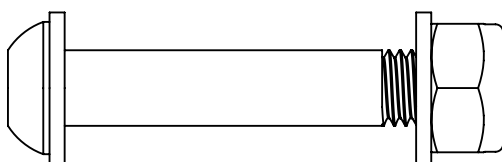


- 2X SCREW, M8X35 (45)
- 2X NUT, M8X16, LOCK (48)
- 4X WASHER, CURVED, 8.5X16 (58)

**STEP 12: ATTACH THE TOP FRAME ASSEMBLY (17) TO THE UPPER VERTICAL FRAME (14). BE SURE TO INSERT THE UPPER GUIDE RODS (25) INTO THE TOP FRAME ASSEMBLY (17).**

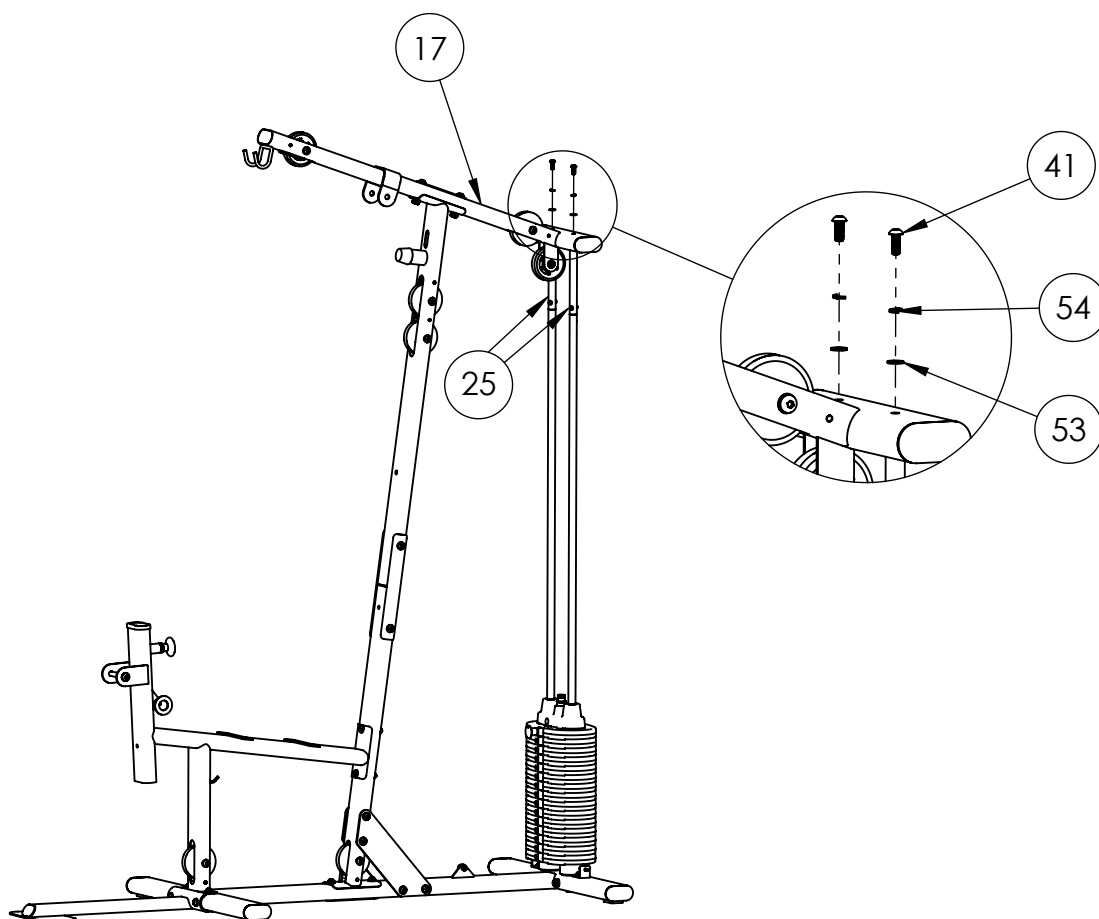


## HARDWARE REQUIRED:

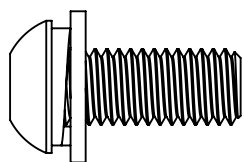


2X BOLT, M10X60 (37)  
2X NUT, M10X9.5, LOCK (47)  
4X WASHER, FLAT, 10.5X20 (51)

## STEP 12 (CONT.): SECURE THE UPPER GUIDE RODS (25) TO THE TOP FRAME ASSEMBLY (17)



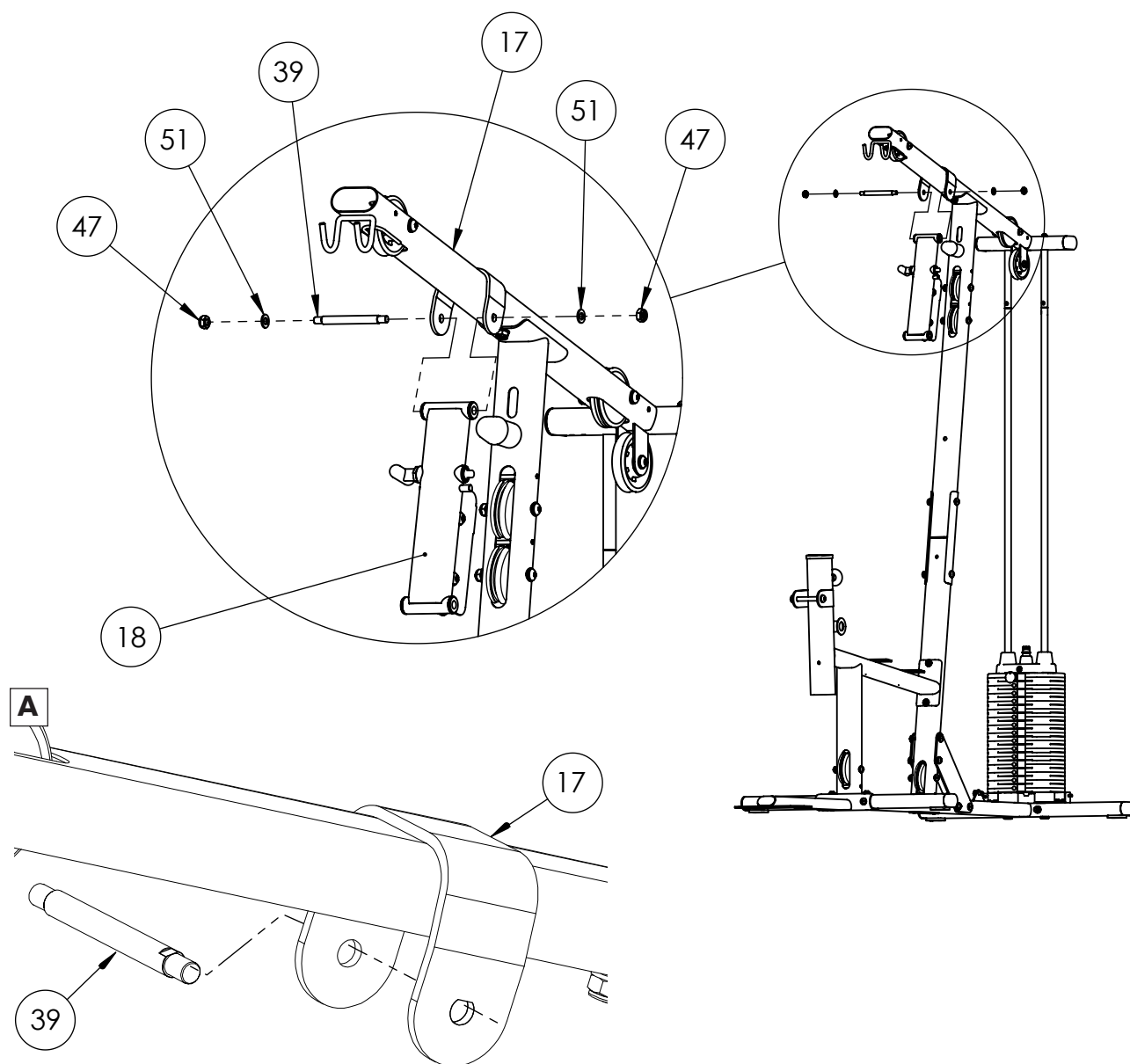
### HARDWARE REQUIRED:



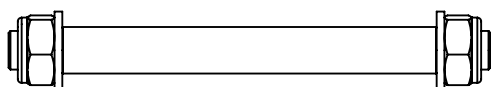
- 2X SCREW, M8X20 (41)
- 2X WASHER, FLAT, 8.5X16 (53)
- 2X WASHER, SPLIT LOCK, M8 (54)

## STEP 13: ATTACH THE CHEST PRESS PIVOT ASSEMBLY (18) ONTO THE TOP FRAME ASSEMBLY (17)

**Note:** Be sure the notch of the SCREW SHAFT (39) is set against the flat side of the bracket opening of the TOP FRAME ASSEMBLY (17), see IMAGE A.



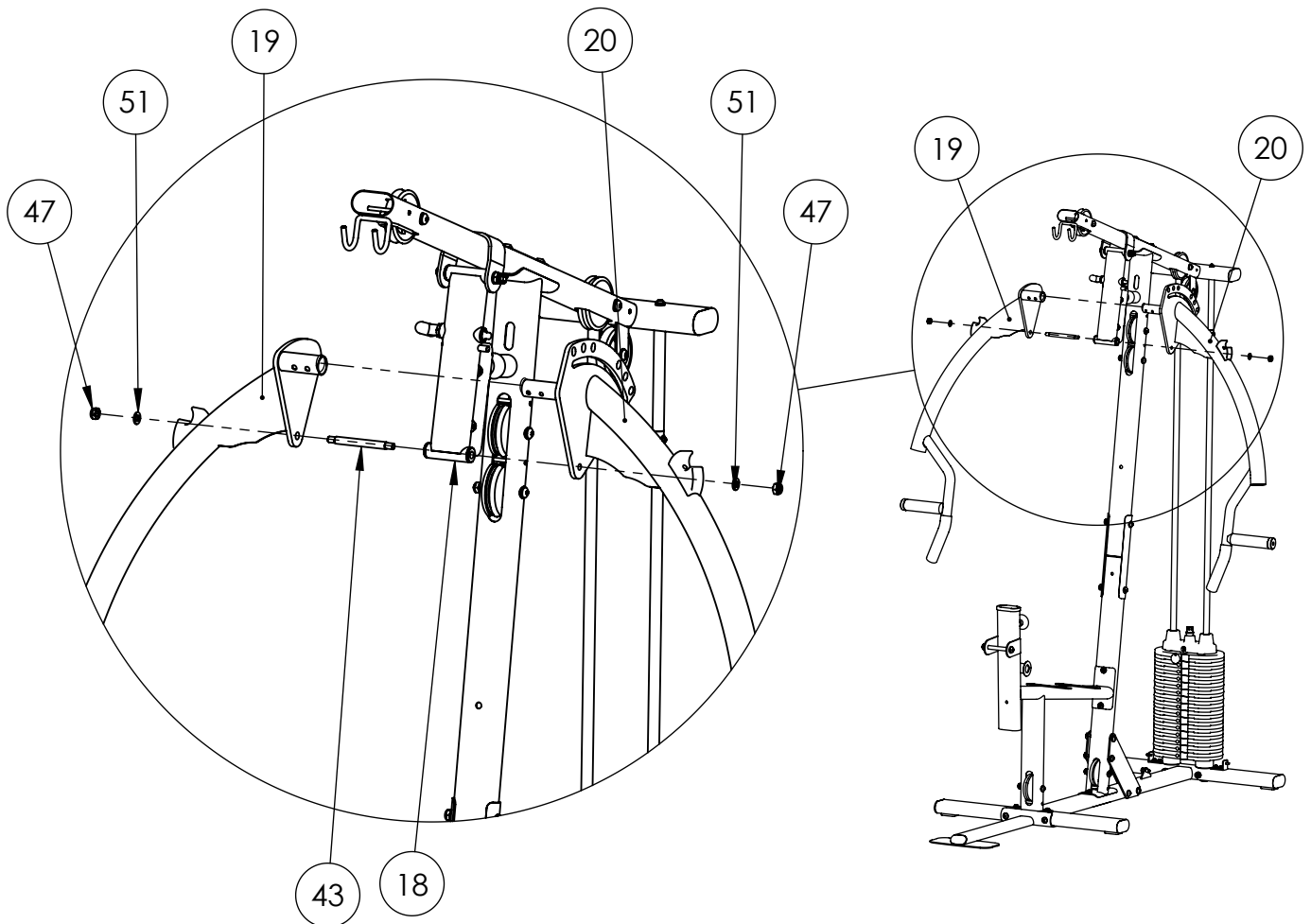
### HARDWARE REQUIRED:



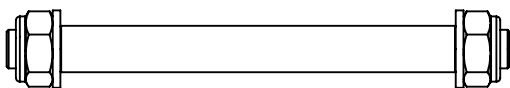
- 1X SCREW SHAFT, M12X125 (39)
- 2X NUT, M10X9.5, LOCK (47)
- 2X WASHER, FLAT, 10.5X20 (51)

**STEP 14: ATTACH THE RIGHT CHEST PRESS ARM ASSEMBLY (19) AND LEFT CHEST PRESS ARM ASSEMBLY (20) TO THE CHEST PRESS PIVOT ASSEMBLY (18)**

**Note:** The chest press straps are pre-installed to the CHEST PRESS ARM ASSEMBLIES (19 and 20), but are not shown for clarity.

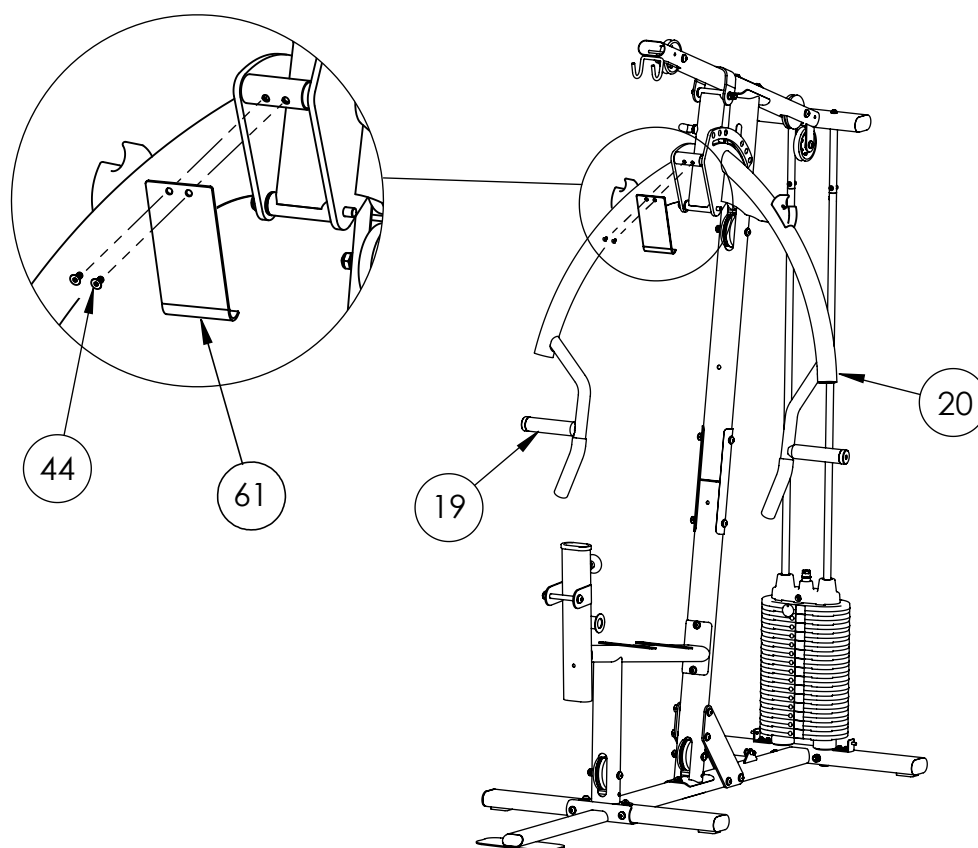


**HARDWARE REQUIRED:**

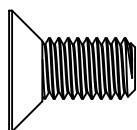


- 1X SCREW SHAFT, M12X130 (43)
- 2X NUT, M10X9.5, LOCK (47)
- 2X WASHER, FLAT, 10.5X20 (51)

## STEP 14 (CONT.): INSTALL THE LOGO PLATE (61) TO THE CHEST PRESS ARM ASSEMBLIES (19 AND 20)



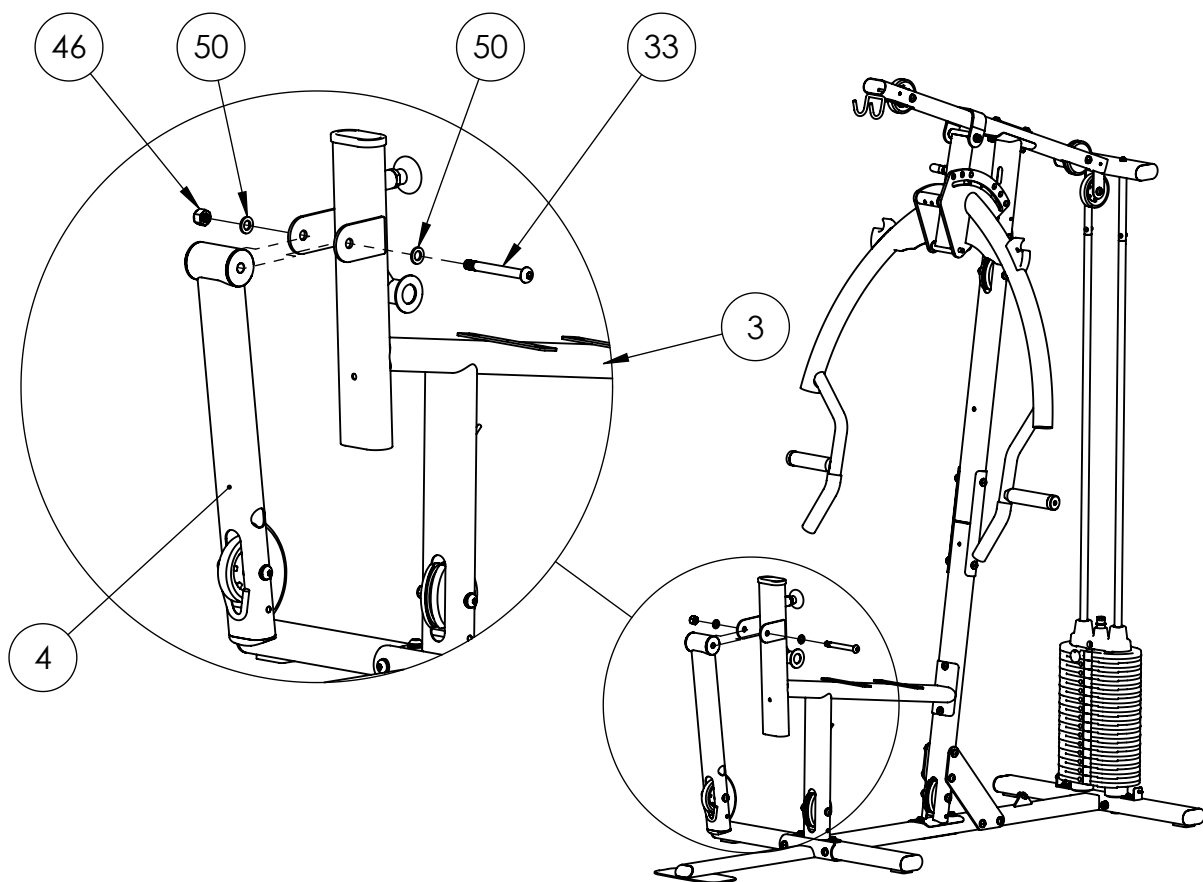
### HARDWARE REQUIRED:



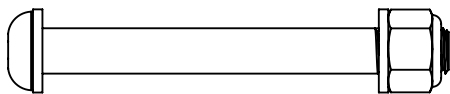
2X BOLT, M8X16 (44)



## STEP 15: INSTALL THE LEG EXTENSION (4) TO THE SEAT FRAME (3)



### HARDWARE REQUIRED:

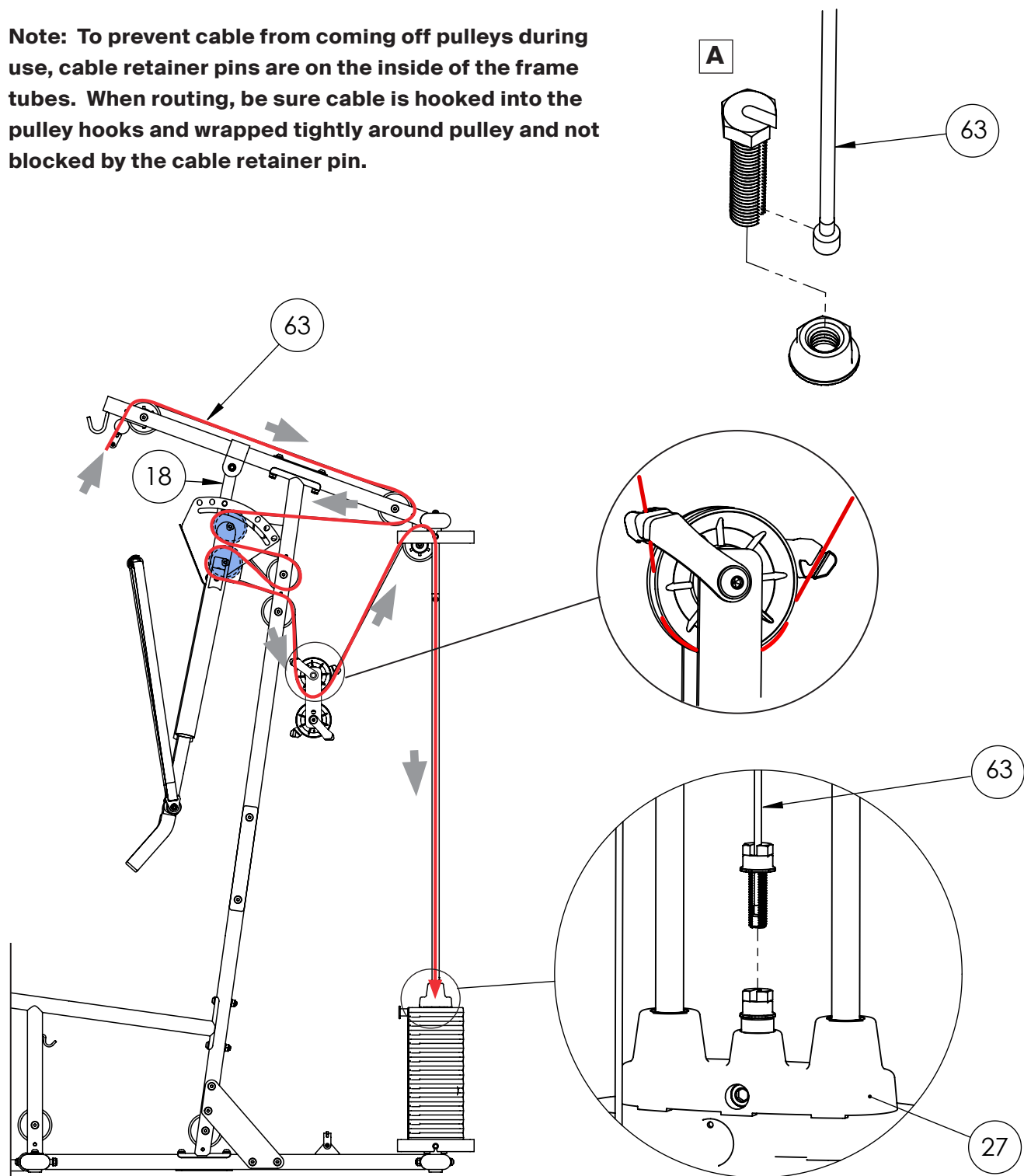


- 1X BOLT, M12X105 (33)
- 1X NUT, M12X14, LOCK (46)
- 2X WASHER, FLAT, 12.5X22 (50)

**STEP 16: INSTALL CHEST PRESS CABLE (63)**

- A) REMOVE SLOTTED BOLT AND FLANGE NUT FROM THE CABLE END (63) , SEE IMAGE A;**  
**B) ROUTE THE CHEST PRESS CABLE (63) ACCORDING TO THE DIAGRAM, REMOVING AND RE-INSTALLING THE PULLEYS (IN BLUE) OF THE CHEST PRESS PIVOT ASSEMBLY (18);**  
**C) INSERT END OF CHEST PRESS CABLE (63) INTO SLOTTED BOLT AND INSTALL FLANGE NUT;**  
**D) INSTALL SLOTTED BOLT AND FLANGE NUT BACK INTO THE TOP WEIGHT AND STEM ASSEMBLY (27);**  
**E) FULLY TIGHTEN THE HARDWARE OF EACH PULLEY TO CONFIRM THEY ARE FULLY SECURED.**

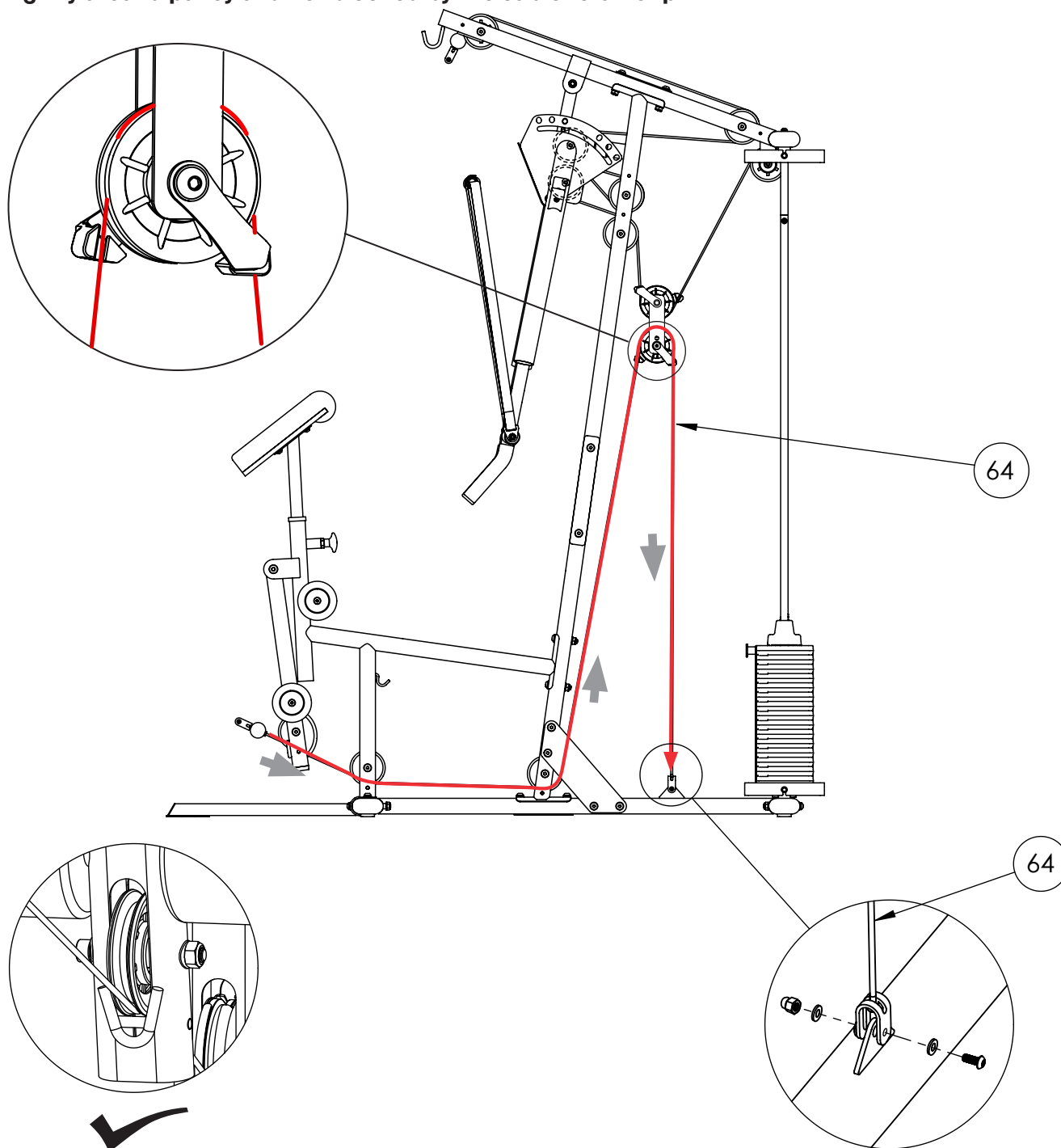
**Note:** To prevent cable from coming off pulleys during use, cable retainer pins are on the inside of the frame tubes. When routing, be sure cable is hooked into the pulley hooks and wrapped tightly around pulley and not blocked by the cable retainer pin.



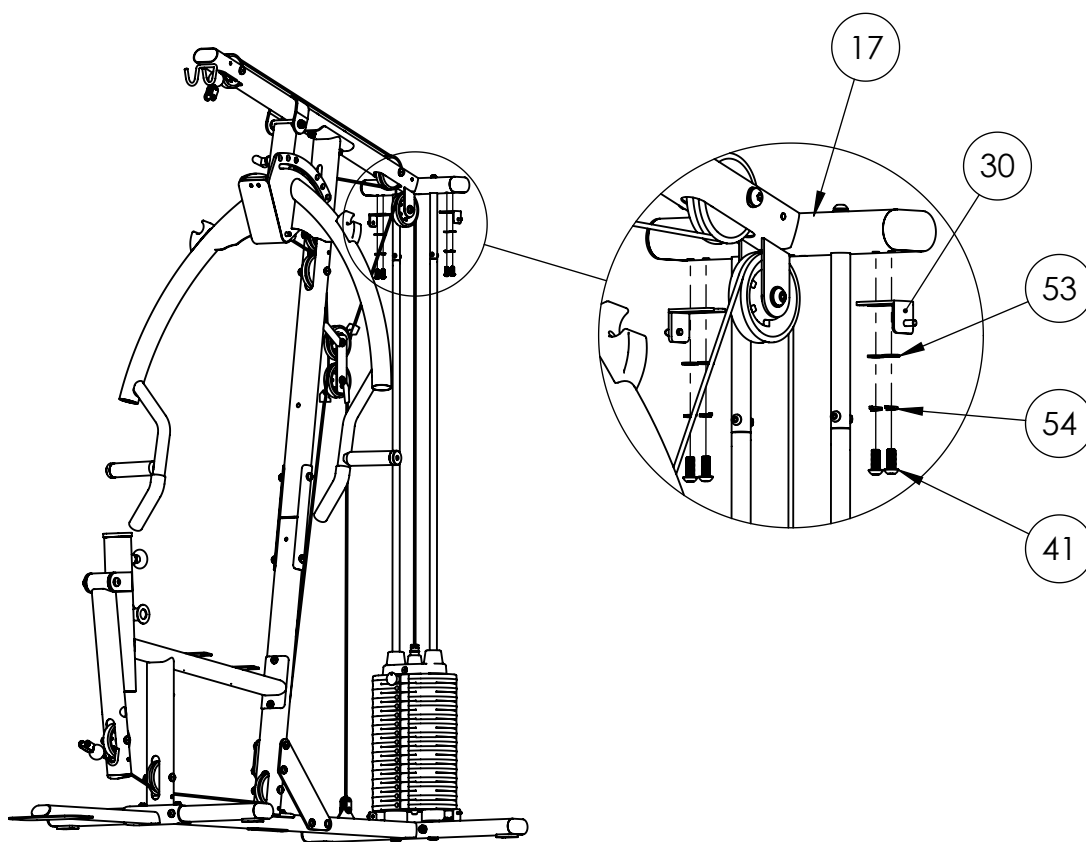
## STEP 17: INSTALL LEG EXTENSION CABLE (64)

- A) DISASSEMBLE SCREW AND BARREL NUT FROM END OF CABLE;
- B) POSITION U-BRACKET OVER ATTACHMENT POINT ON BASE FRAME;
- C) RE-ASSEMBLE SCREW AND BARREL NUT;
- D) FULLY TIGHTEN THE HARDWARE OF EACH PULLEY TO CONFIRM THEY ARE FULLY SECURED.

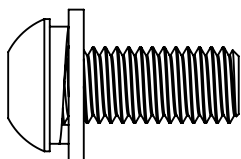
**Note:** To prevent cable from coming off pulleys during use, cable retainer pins are on the inside of the frame tubes. When routing, be sure cable is hooked into the pulley hooks and wrapped tightly around pulley and not blocked by the cable retainer pin.



## STEP 18: ATTACH THE SHROUD BRACKET WELDMENTS (30) TO THE TOP FRAME ASSEMBLY (17)



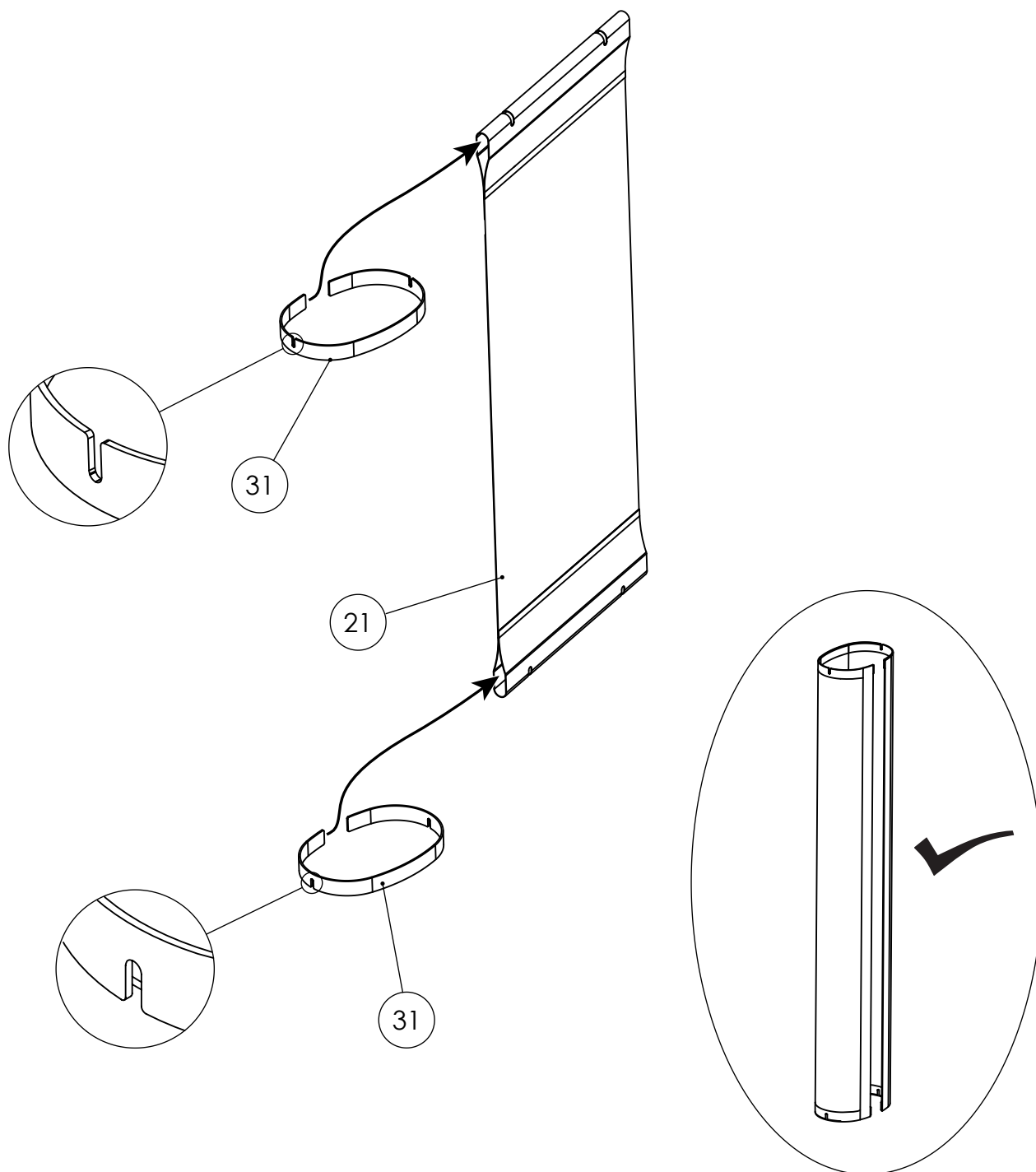
### HARDWARE REQUIRED:



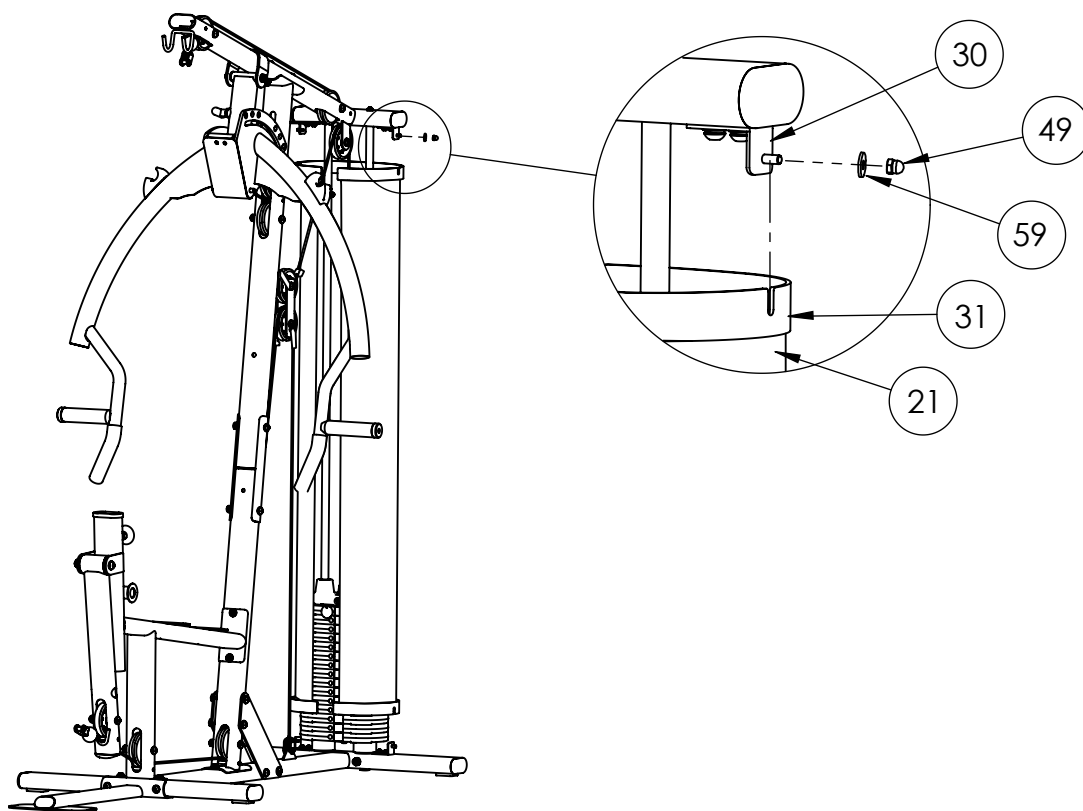
- 4X SCREW, M8X20 (41)
- 4X WASHER, FLAT, 8.5X16 (53)
- 4X WASHER, SPLIT LOCK, M8 (54)

**STEP 19: INSERT THE SHROUD BRACKETS (31) INTO THE ENDS OF THE SHROUD (21). BE CAREFUL NOT TO CRIMP OR BEND THE SHROUD (21).**

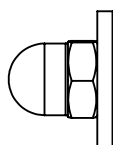
**Note:** The open slots on the Shroud Brackets (31) should point away from the Shroud (21).



**STEP 20: SECURE THE SHROUD BRACKET (31) WITH SHROUD (21) ONTO THE SHROUD BRACKET WELDMENTS (30) FROM STEP 18. IF NECESSARY, SHIFT THE SHROUD (21) ON THE SHROUD BRACKET (31) SLIGHTLY SO THE OPENINGS TO SECURE THE HARDWARE ARE CLEAR. DO NOT CRIMP OR BEND THE SHROUD (21).**



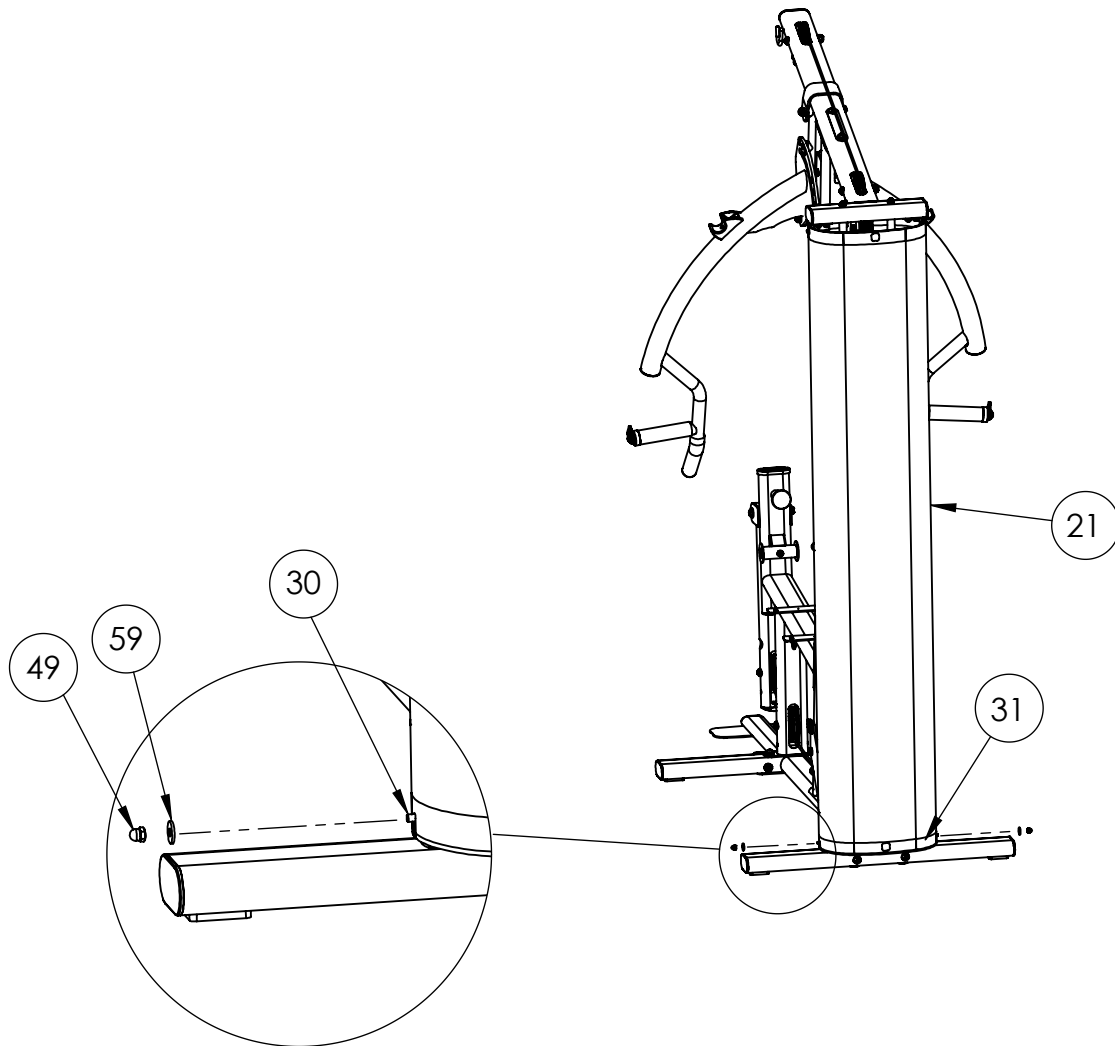
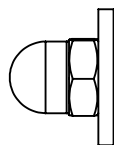
## HARDWARE REQUIRED:



2X NUT, CAP, M6 (49)

2X WASHER, FLAT, 8.4X24 (59)

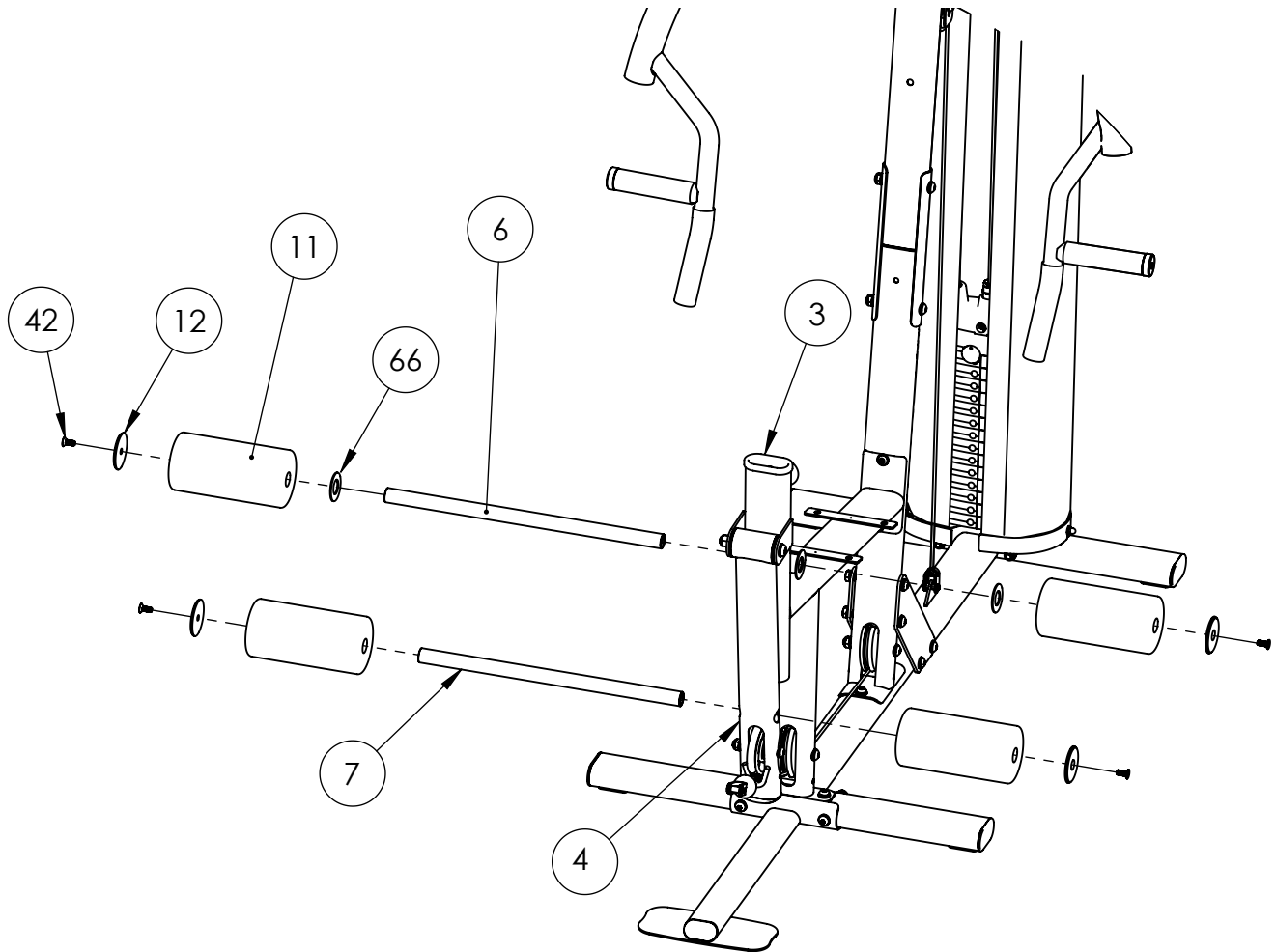
**STEP 20 (CONT.): SECURE THE SHROUD BRACKET (31) WITH SHROUD (21) ONTO THE SHROUD BRACKET WELDMENTS (30) FROM STEP 6. IF NECESSARY, SHIFT THE SHROUD (21) ON THE SHROUD BRACKET (31) SLIGHTLY SO THE OPENINGS TO SECURE THE HARDWARE ARE CLEAR. DO NOT CRIMP OR BEND THE SHROUD (21).**

**HARDWARE REQUIRED:**

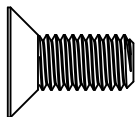
2X NUT, CAP, M6 (49)

2X WASHER, FLAT, 8.4X24 (59)

**STEP 21: INSERT THE THIGH PAD MOUNT (6) INTO THE SEAT FRAME (3), AND THE SHIN PAD MOUNT (7) INTO THE LEG EXTENSION (4). THEN INSTALL THE THIGH PAD WASHERS (66), LEG EXTENSION PADS (11) AND ENDCAPS (12)**



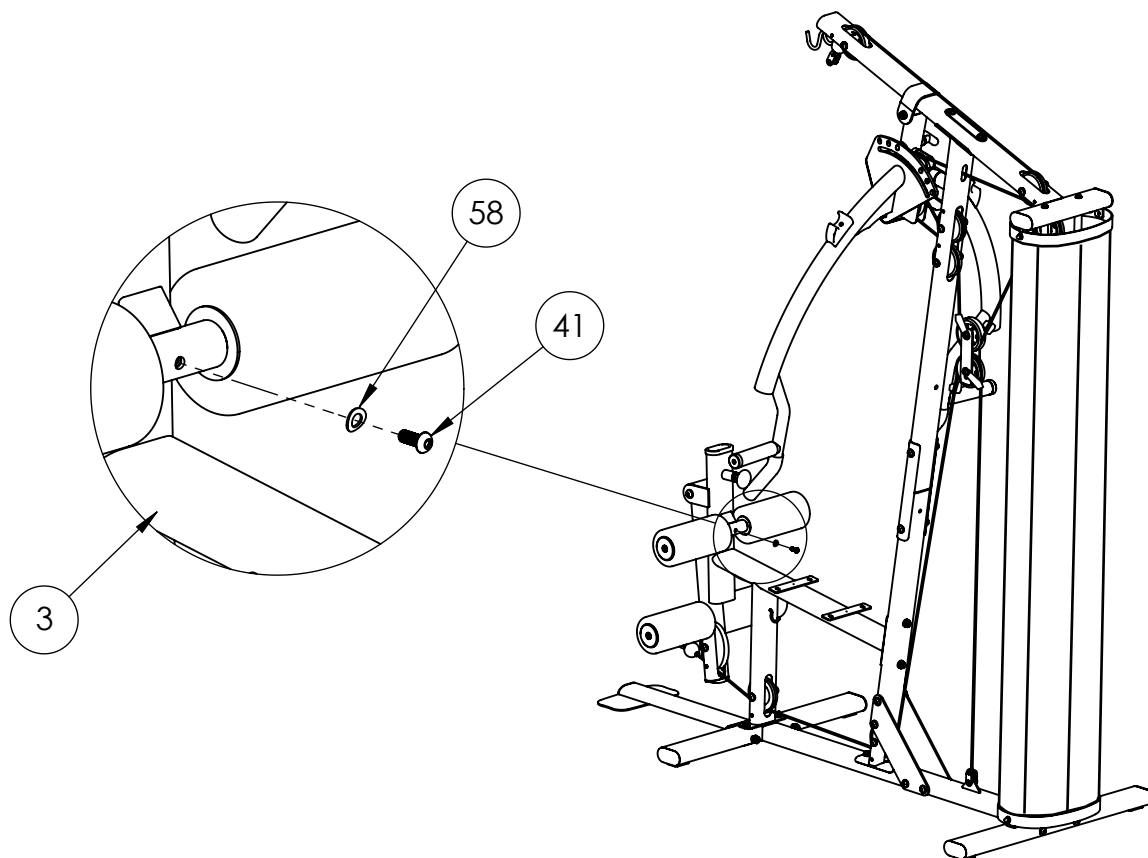
## HARDWARE REQUIRED:



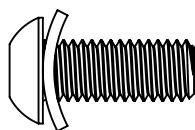
4X BOLT, M6X16 (42)



## STEP 21 (CONT.): SECURE THE THIGH PAD MOUNT (6) TO THE SEAT FRAME (13)



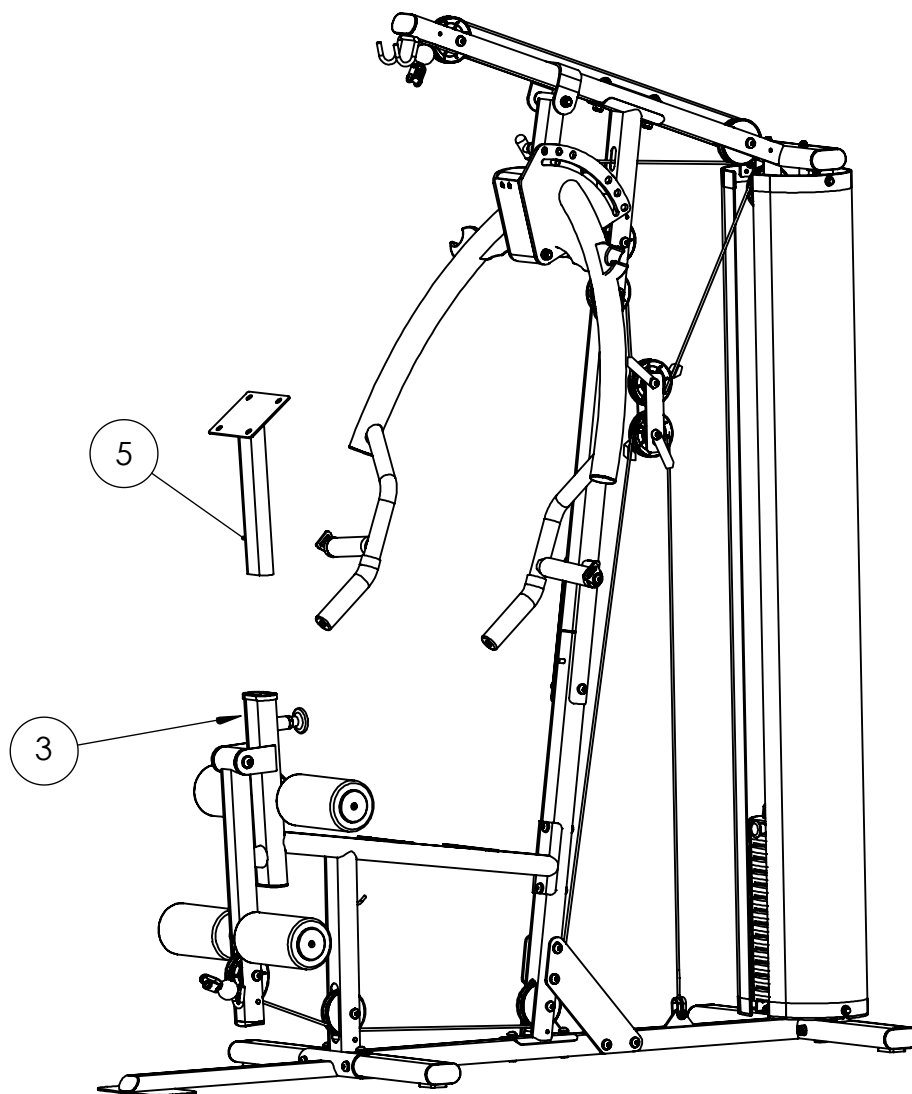
### HARDWARE REQUIRED:



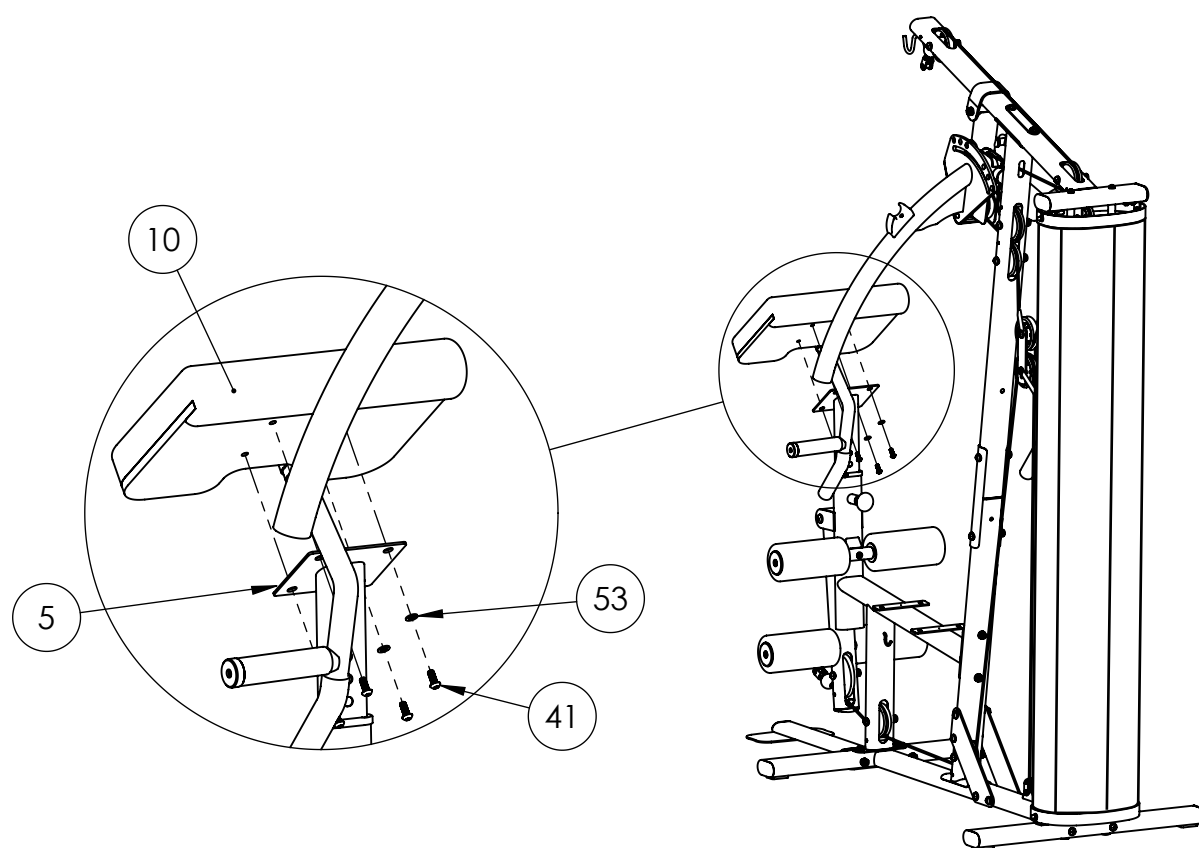
1X BOLT, M8X20 (41)

1X WASHER, CURVED, M8X16 (58)

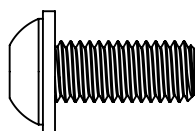
**STEP 22: INSERT THE ARM REST WELDMENT (5) INTO THE SEAT FRAME (3)**



## STEP 23: ATTACH THE ARM REST PAD (10) TO THE ARM REST WELDMENT (5)



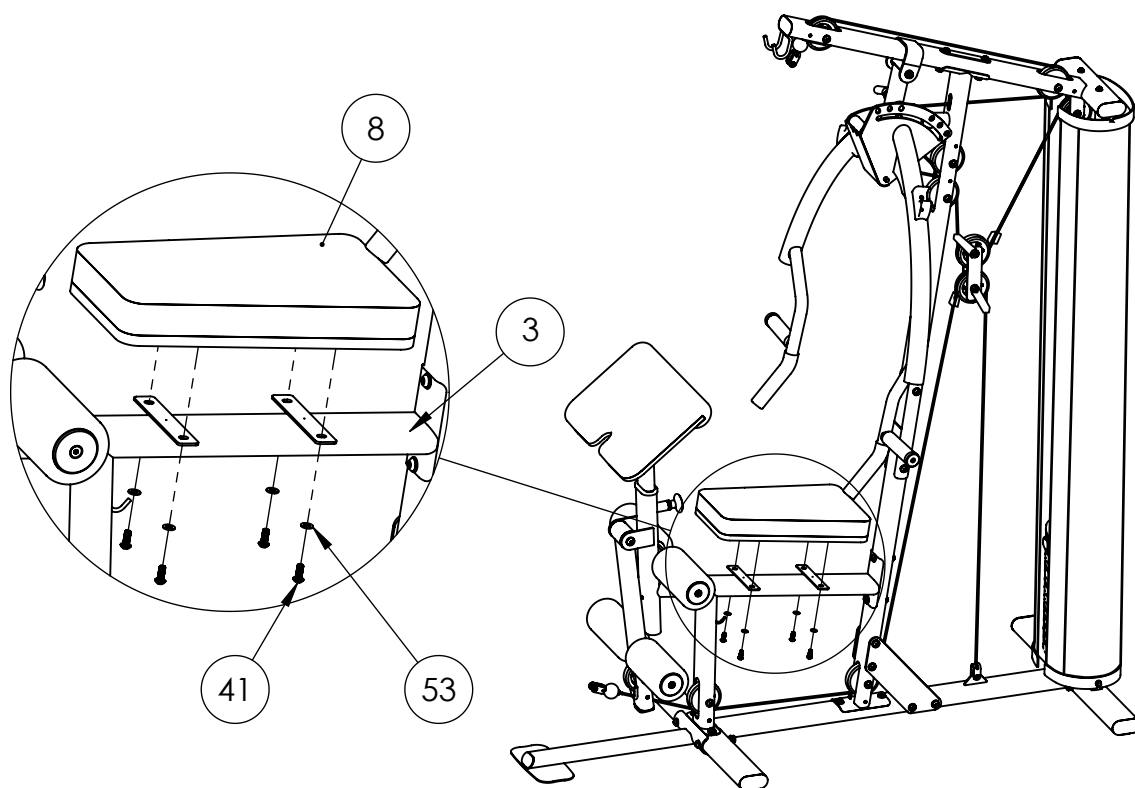
### HARDWARE REQUIRED:



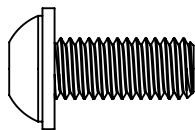
4X BOLT, M8X20 (41)

4X WASHER, FLAT, 8.5X16 (53)

## STEP 24: ATTACH THE SEAT PAD (8) TO THE SEAT FRAME (3)



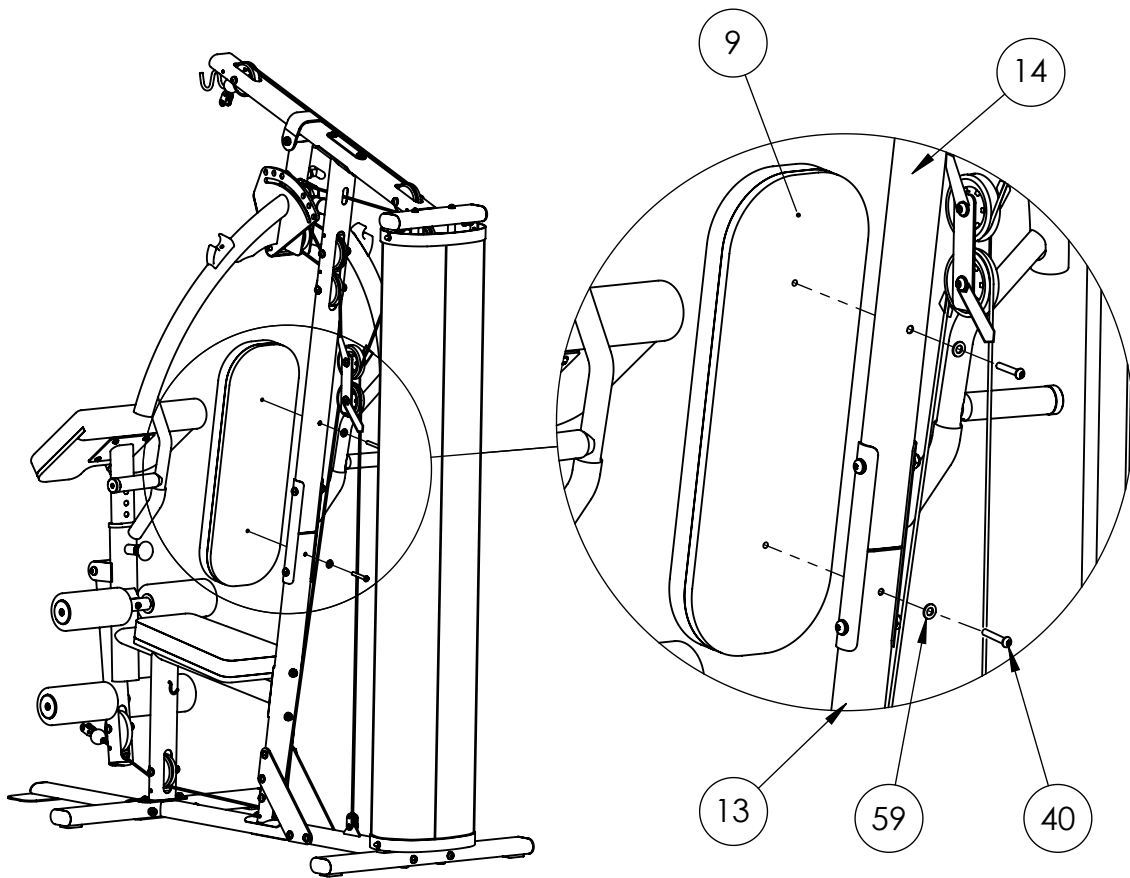
### HARDWARE REQUIRED:



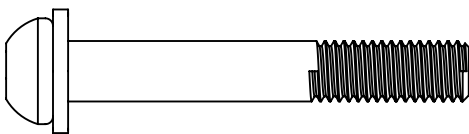
4X BOLT, M8X20 (41)

4X WASHER, FLAT, 8.5X16 (53)

**STEP 25: ATTACH THE SEAT BACK PAD (9) TO THE LOWER (13) AND UPPER (14) VERTICAL FRAME**



**HARDWARE REQUIRED:**



2X BOLT, M8X55 (40)  
2X WASHER, FLAT, 8X16 (59)

## STEP 26: INSTALL PULL DOWN BAR ASSEMBLY (67)

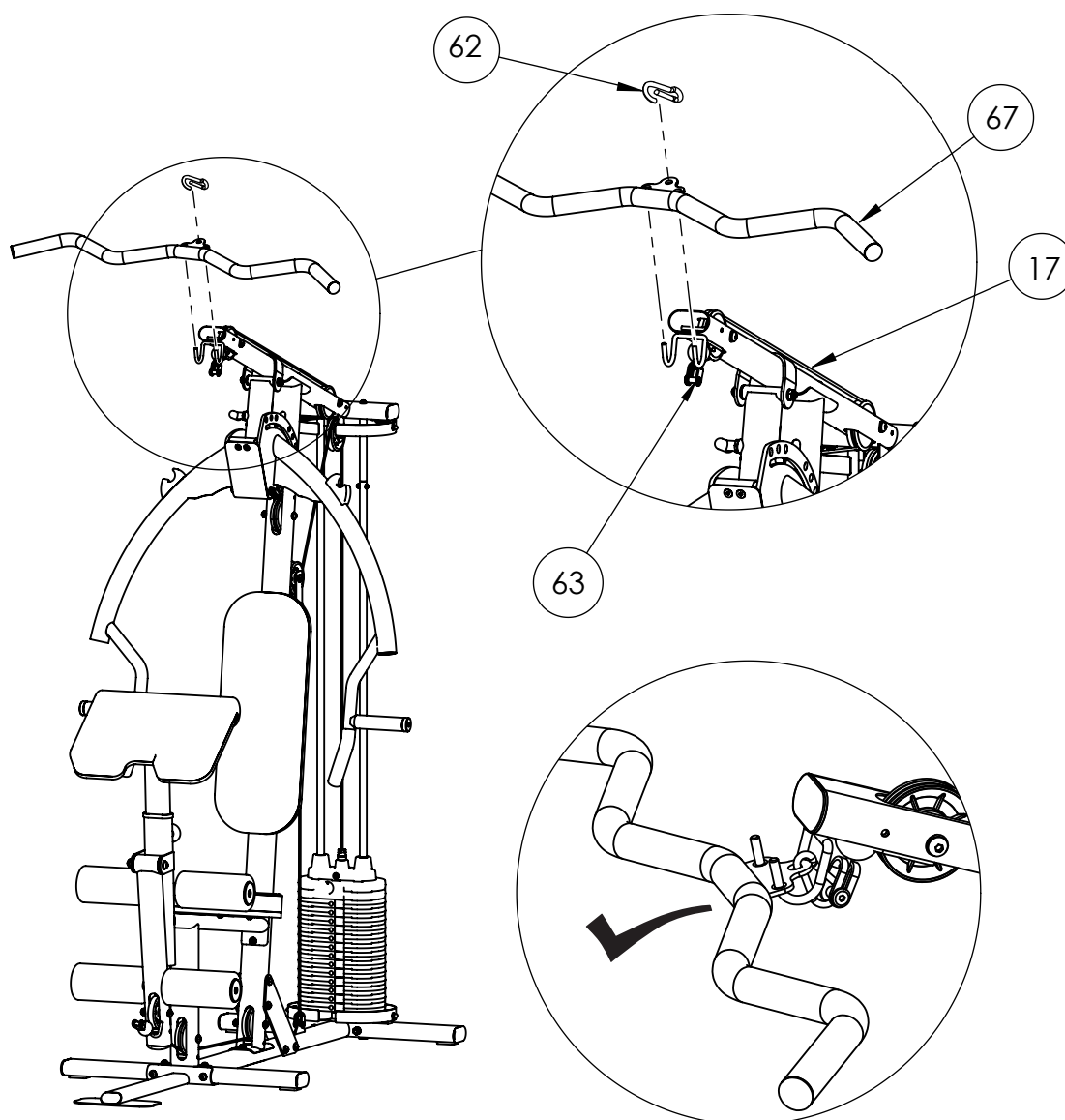
**A) ATTACH A CARABINER (62) TO THE UPPER OPENING OF THE PULL DOWN BAR ASSEMBLY (67);**

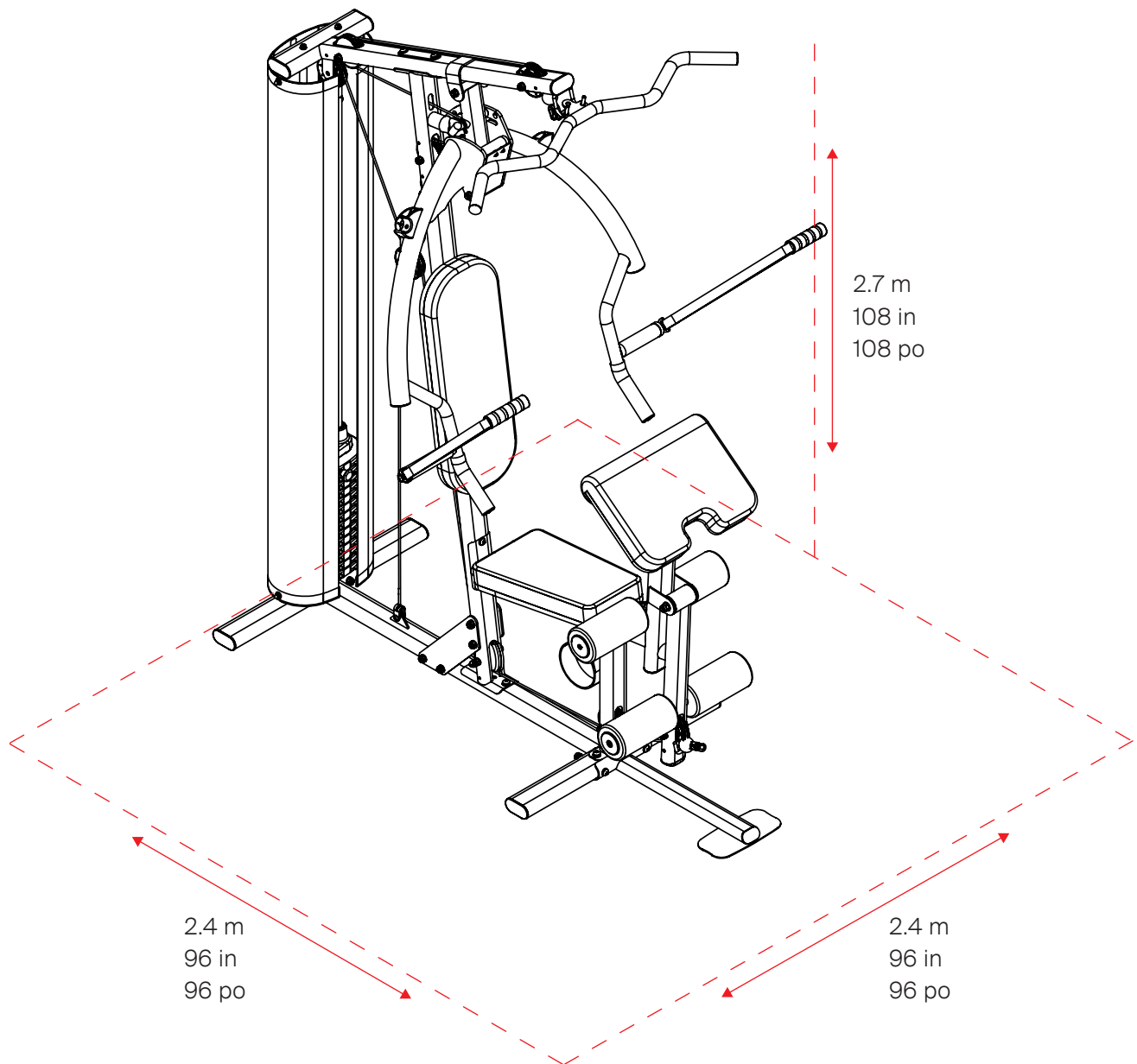
**B) ROUTE THE PULL DOWN BAR ASSEMBLY (67) ONTO THE TWO HOOKS OF THE TOP FRAME ASSEMBLY (17);**

**C) CONNECT THE U-BRACKET FROM THE END OF CHEST PRESS CABLE (63) TO THE CARABINER (62).**

### WARNING

**WHEN NOT IN USE, BE SURE TO PLACE THE PULL DOWN BAR ASSEMBLY (67) SO THAT THE TWO HOOKS FROM THE TOP FRAME ASSEMBLY (17) GO THROUGH THE TWO OPENINGS ON THE PULL DOWN BAR ASSEMBLY (67). DO NOT PLACE THE PULL DOWN BAR ASSEMBLY (67) SO IT IS ONLY CRADLED BY THE HOOKS. THE PULL DOWN BAR ASSEMBLY (67) MAY SUDDENLY SHIFT AND FALL. NEVER USE THE LEG EXTENSION CHAIN WITH THE PULL DOWN BAR ASSEMBLY (67).**

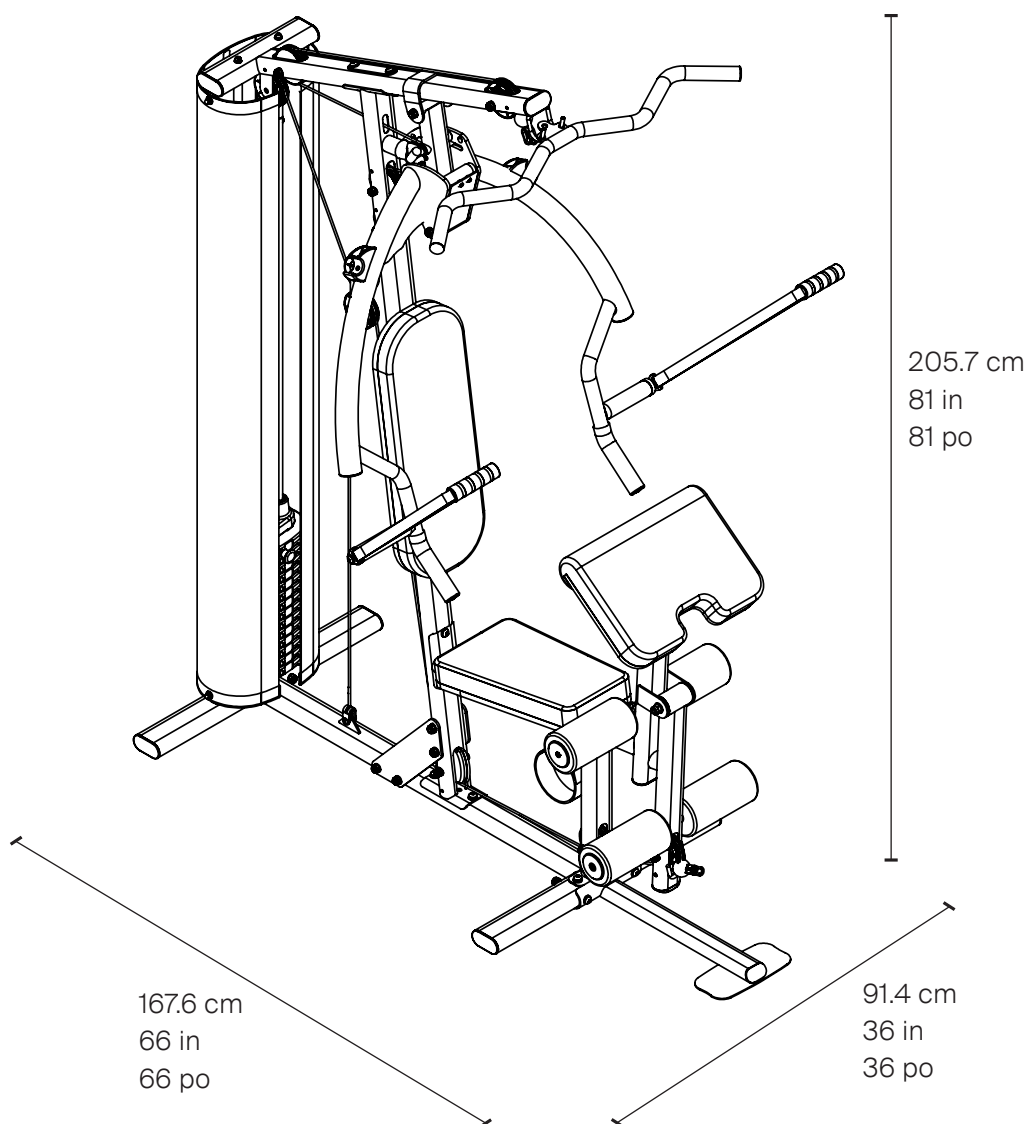


**LIVE AREA**

## PRODUCT DIMENSIONS AND WEIGHT

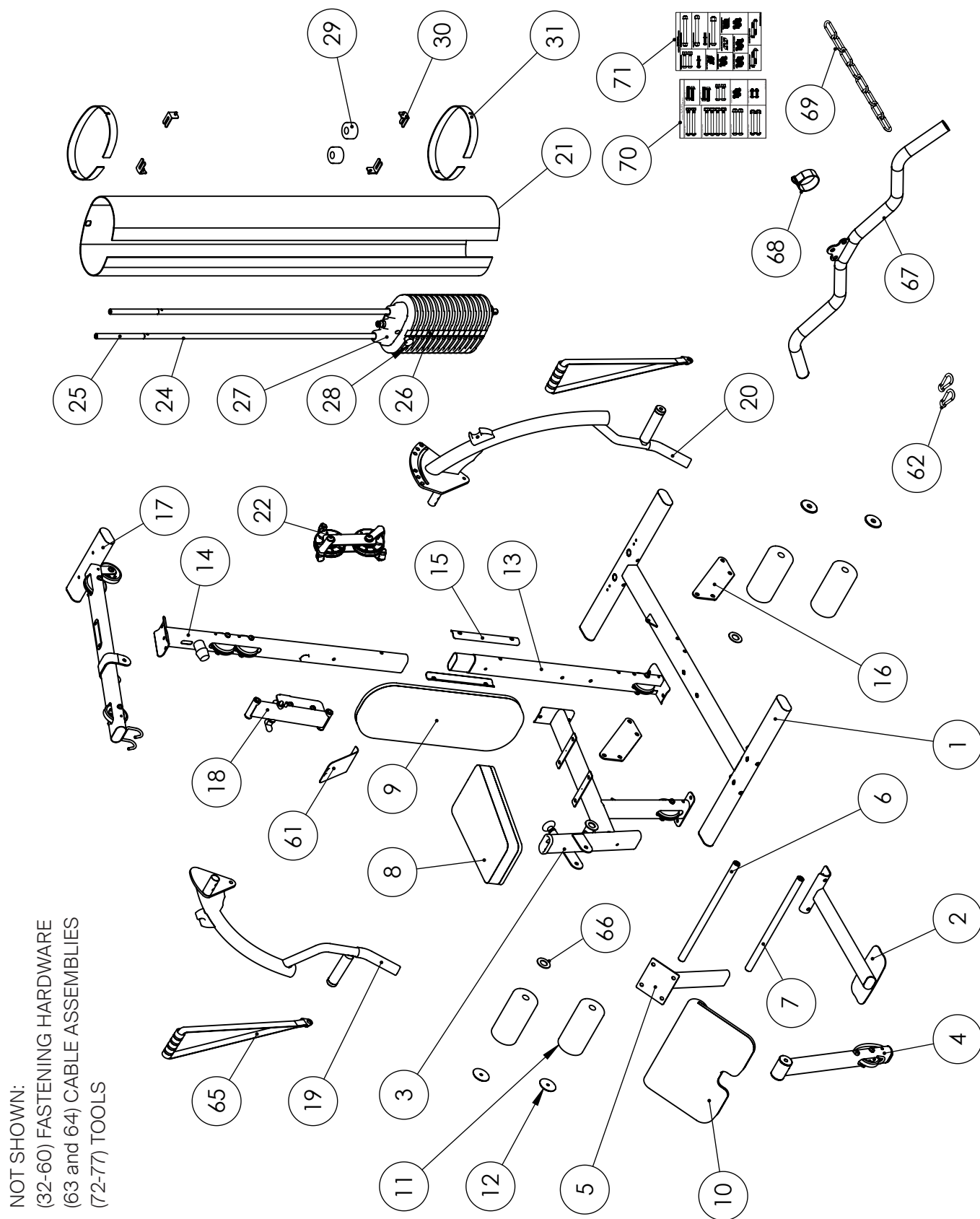
Weight of machine :

124 kg (273.4 lbs)





## EXPLODED VIEW



## PARTS LIST

| NO. | PART NUMBER | DESCRIPTION                             | QTY. |
|-----|-------------|-----------------------------------------|------|
| 1   | 104059      | ASSY, BASE FRAME                        | 1    |
| 2   | 104250      | WLDMT, BASE FRAME EXTENSION             | 1    |
| 3   | 105578      | ASSY, SEAT FRAME                        | 1    |
| 4   | 105587      | ASSY, LEG EXTENSION                     | 1    |
| 5   | 104835      | WLDMT, ARM REST                         | 1    |
| 6   | 104838      | WLDMT, THIGH PADS MOUNT                 | 1    |
| 7   | 104754      | WLDMT, SHIN PADS MOUNT                  | 1    |
| 8   | 104845      | ASSY, PAD, SEAT                         | 1    |
| 9   | 104763      | PAD, SEAT BACK                          | 1    |
| 10  | 104842      | ASSY, PAD, ARM REST                     | 1    |
| 11  | 104209      | PAD, LEG EXTENSION                      | 4    |
| 12  | 104759      | ENDCAP, LEG PADS, LEG EXTENSION         | 4    |
| 13  | 105581      | ASSY, VERTICAL FRAME, LOWER             | 1    |
| 14  | 105582      | ASSY, VERTICAL FRAME, UPPER             | 1    |
| 15  | 104762      | PLATE, CONNECTOR, VERTICAL FRAME        | 2    |
| 16  | 104234      | PLATE, STIFFENER, VERTICAL FRAME        | 2    |
| 17  | 105583      | ASSY, TOP FRAME                         | 1    |
| 18  | 104166      | ASSY, PIVOT, CHEST PRESS                | 1    |
| 19  | 104825      | ASSY, ARM, CHEST PRESS, RH              | 1    |
| 20  | 104830      | ASSY, ARM, CHEST PRESS, LH              | 1    |
| 21  | 104233      | SHROUD                                  | 1    |
| 22  | 105585      | ASSY, FLOATING PULLEYS                  | 1    |
| 23  | 104175      | STOP, CHEST PRESS                       | 1    |
| 24  | 104682      | WLDMT, GUIDE ROD, LOWER                 | 2    |
| 25  | 104685      | WLDMT, GUIDE ROD, UPPER                 | 2    |
| 26  | 102626      | ASSY, WEIGHT PLATE, 10LBS               | 15   |
| 27  | 104891      | ASSY, TOP WEIGHT AND STEM, 120LB        | 1    |
| 28  | 102629      | ASSY, WEIGHT PIN                        | 1    |
| 29  | 104176      | STOP, WEIGHT STACK                      | 2    |
| 30  | 104849      | WLDMT, BRACKET, SHROUD BRACKET          | 4    |
| 31  | 104093      | BRACKET, SHROUD                         | 2    |
| 32  | 103129      | BOLT, M10 X 1.5 X 30, CL 10.9, BZ       | 2    |
| 33  | 104978      | BOLT, M12 X 1.75 X 105P, BZ             | 1    |
| 34  | 104857      | BOLT, M10 X 1.5 X 105P, BH, CL 10.9, BZ | 6    |
| 35  | 104860      | BOLT, M10 X 1.5 X 100P, CL 10.9, BZ     | 2    |
| 36  | 104855      | BOLT, M10 X 1.5 X 95P, BH, CL 10.9, BZ  | 2    |
| 37  | 103969      | BOLT, M10 X 1.5 X 60P, BH, CL 10.9, BZ  | 4    |
| 38  | 104856      | BOLT, M10 X 1.5 X 50, BH, CL 10.9, BZ   | 2    |
| 39  | 104961      | SCREW SHAFT, M12 X 125                  | 1    |
| 40  | 104862      | BOLT, M8 X 1.25 X 55P, CL 10.9, BZ      | 2    |
| 41  | 102392      | BOLT, M8 X 1.25 X 20, BH, CL 10.9, BZ   | 19   |
| 42  | 104962      | BOLT, M6 X 1.0 X 16, FH, CL 10.9, BZ    | 4    |
| 43  | 104877      | SCREW SHAFT, M12 X 130                  | 1    |
| 44  | 104963      | BOLT, M8 X 1.25 X 16, FH, CL 10.9, BZ   | 2    |
| 45  | 102413      | BOLT, M8 X 1.25 X 35, BH, CL 10.9, BZ   | 2    |
| 46  | 103359      | NUT, M12 X 1.75 X 14, LOCK, CL 8, BZ    | 1    |
| 47  | 104853      | NUT, M10 X 1.5 X 9.5, LOCK, CL 8, BZ    | 18   |
| 48  | 103128      | NUT, M8 X 1.25 X 16, LOCK, CL 8, BZ     | 2    |
| 49  | 104865      | NUT, CAP, M6                            | 4    |
| 50  | 103360      | WASHER, FLAT, 12.5 X 22 X 2.5, BZ       | 2    |
| 51  | 102390      | WASHER, FLAT, 10.5 X 20 X 2, BZ         | 24   |
| 52  | 103097      | WASHER, SPLIT LOCK, M10, BZ             | 4    |
| 53  | 102393      | WASHER, FLAT, 8.5 X 16 X 1.6, BZ        | 18   |
| 54  | 104864      | WASHER, SPLIT LOCK, M8, BZ              | 14   |
| 55  | 104858      | WASHER, CURVED, M10 X R 24.5 X 1.5, BZ  | 2    |
| 56  | 104861      | WASHER, CURVED, M10 X R 23 X 1.5, BZ    | 4    |
| 57  | 104751      | WASHER, CURVED, M10 X R 20 X 1.5, BZ    | 4    |
| 58  | 104863      | WASHER, CURVED, M8 X R 16 X 1.5, BZ     | 5    |
| 59  | 104958      | WASHER, FLAT, 8.4 X 24 X 2.0, BZ        | 4    |
| 60  | 104997      | WASHER, FLAT, 10.5 X 20 X 1, BZ         | 2    |
| 61  | 104885      | PLATE, LOGO, CHEST PRESS                | 1    |
| 62  | 104449      | CARABINER                               | 2    |
| 63  | 104893      | ASSY, CABLE, CHEST PRESS                | 1    |
| 64  | 104901      | ASSY, CABLE, LEG EXTENSION              | 1    |
| 65  | 104914      | ASSY, CHEST PRESS STRAPS                | 2    |
| 66  | 104836      | THIGH PAD WASHER                        | 2    |
| 67  | 104917      | ASSY, PULL DOWN BAR                     | 1    |

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**PARTS LIST (CONT.)**

| NO. | PART NUMBER | DESCRIPTION             | QTY. |
|-----|-------------|-------------------------|------|
| 68  | 104918      | ASSY, LEG STRAP         | 1    |
| 69  | 104965      | LEG EXTENSION CHAIN     | 1    |
| 70  | 80446       | HARDWARE CARD 1, CMG1.2 | 1    |
| 71  | 80447       | HARDWARE CARD 2, CMG1.2 | 1    |
| 72  | 100224      | #6 ALLEN WRENCH         | 1    |
| 73  | 100225      | #5 ALLEN WRENCH         | 1    |
| 74  | 100226      | #4 ALLEN WRENCH         | 1    |
| 75  | 104989      | #8 ALLEN WRENCH         | 1    |
| 76  | 100227      | #10 & #17 WRENCH        | 1    |
| 77  | 104990      | #13, #17 & #18 WRENCH   | 1    |

## MAINTENANCE

### WARNING

The safe operation of the machine can only be maintained when the equipment is regularly examined for damage and wear. It is the sole responsibility of the user/owner to ensure that regular maintenance and inspections for damage and wear are performed. Special attention should be given to components which are most susceptible to wear. Components which are most susceptible to wear are the pulleys, cables, snap links, swivels, handles and weight stack pin. Worn or damaged components should be replaced immediately, or the equipment removed from use until the repair is made. Inspect all bolts, nuts and any other securing devices to be sure that they are fully tightened and that the machine is properly assembled and in a safe condition. All warnings and instructions must be read and followed prior to use.

General cleaning will help prolong the life and performance of this machine.

**DO NOT** place styrofoam or printed materials on the seat pads. Over time, these may stick to the pads and mar the surface.

**DO NOT** leave items sitting on the seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.

- Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable.
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect snap links, swivels, handles and weight stack pin for wear or damage. If wear or damage exists, replace with CENTR / Inspire Fitness parts only.
- Locate and familiarize yourself with all warning decals on the CENTR Multi-Gym.
- Replace damaged or worn upholstery immediately.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a Teflon™ based lubricant.

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