

**Star Trac Instinct™  
Crunch Machine**

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**OWNER'S MANUAL**



STAR TRAC  
14410 Myford Road  
Irvine, California 92606  
Telephone: (800) 228-6635, (714) 669-1660  
Fax: (714) 508-3303  
<http://www.startrac.com>  
email: support @startrac.com



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# INTRODUCTION

Thank you for choosing the **STAR TRAC INSTINCT CRUNCH MACHINE**. This unit has been designed to provide the user the most rewarding experience based upon the carefully planned features it possesses. The design elements of this product will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Our mission is to provide products to mold lifelong habits for health and fitness, and the **INSTINCT CRUNCH MACHINE** will provide the path to meet your goals.

## ABOUT THIS MANUAL

This manual is applicable to the **INSTINCT CRUNCH MACHINE**. The manual is divided into eight sections, as follows:

### **Introduction**

Provides an overview of each section within the manual.

### **Safety Instructions**

Provides guidelines for safely operating the **INSTINCT CRUNCH MACHINE**.

### **Assembly and Setup**

Provides instructions for unpacking, assembling and setting up the **INSTINCT CRUNCH MACHINE**.

### **Exercise Guidelines**

Provides general guidelines to be followed when using the **INSTINCT CRUNCH MACHINE**.

### **Preventative Maintenance**

Describes the preventative maintenance measures required to keep the **INSTINCT CRUNCH MACHINE** in top condition.

### **Labels and Placards**

Provides illustrations and part number information for labels and placards used on **STAR TRAC INSTINCT** products.

### **Regulatory Information**

Provides warrant and servicing information for the **INSTINCT CRUNCH MACHINE**.

# WARRANTY & DISCLAIMER

**STAR TRAC** warrants all frameworks for a period of 10 years. All moving parts are warranted for 1 year. 10 year limited warranty on structural frame not including coatings. 90 days on upholstery stitching only, cables and belts. Warranty is for parts only. Warranty is good and available to the original purchaser only as noted by **STAR TRAC** invoice and is not transferable nor assumable. **STAR TRAC** cannot warrant products that have been abused, neglected and or poorly maintained. All equipment should be reviewed at the time of delivery for damage, breakage, loosening of nuts and bolts, components and or any other moving parts. Any and all claims for warranty must be received in writing within 70 days of defect. Do not alter, modify or redesign any **STAR TRAC** products or use any replacement parts or materials other than those components original to **STAR TRAC** as it will limit the warranty and liability of **STAR TRAC**. **STAR TRAC** reserves the right to change, replace or modify products, parts, accessories and or design without notice. Deposits on cancelled orders will be subject to handling and restocking charges.

## WHAT IS COVERED

This **STAR TRAC INSTINCT CRUNCH MACHINE** is warranted to be free of all defects in material and workmanship.

## WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

## WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, **STAR TRAC**, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges for all subsequent years.

## WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

## WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Products environment, rust or corrosion as a result of the Product(s) location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Owners Manual.

## OWNERS MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

## HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 966-3539 or (951) 600-3800, Monday through Friday from 8:00 a.m. to 5:00 p.m. Pacific Standard Time, and tell them your name, address and the model number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. You can also contact us via Fax at (951) 600-1706 or e-mail us at

Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

## EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

## CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

## EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

## OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards. **STAR TRAC** wants you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

# SAFETY INSTRUCTIONS

Read this Owner's Manual carefully before assembling, servicing or using your **STAR TRAC INSTINCT CRUNCH MACHINE**.

**WARNING: SERIOUS INJURY MAY OCCUR IF THESE SAFETY PRECAUTIONS ARE NOT OBSERVED. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT STAR TRAC PRODUCT SUPPORT FOR CLARIFICATION.**

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that weight stack machines as well as any other **STAR TRAC INSTINCT** equipment is used properly to avoid injury.
2. Make sure there is enough room for safe access and operation of the **INSTINCT CRUNCH MACHINE**.
3. Keep hands, feet, head, limbs, fingers and hair clear at all times from moving parts to avoid injury. Use appropriate positioning, speed and controlled movements.
4. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by **STAR TRAC**.
5. DO NOT wear loose or dangling clothing while using the **INSTINCT CRUNCH MACHINE**. Keep away from all moving parts.
6. Obtain a medical examination prior to beginning an exercise program.
7. If at any time during exercise you feel faint, dizzy or experience pain, STOP IMMEDIATELY and consult your physician before continuing.
8. Children must NOT be allowed to operate the **INSTINCT CRUNCH MACHINE**. Adolescents must be supervised when using the **INSTINCT CRUNCH MACHINE**.
9. DO NOT attempt to fix a broken or jammed unit. Notify authorized personnel.
10. Use the **INSTINCT CRUNCH MACHINE** only for the intended use. Obtain instruction on proper use of the unit. It is the purchaser's sole responsibility to properly instruct end users and supervising personnel as to the proper operating procedures of all **STAR TRAC INSTINCT** equipment. DO NOT modify the unit.
11. Load plates evenly and carefully to avoid tipping equipment and possible crushing injuries.
12. DO NOT use the **INSTINCT CRUNCH MACHINE** if guards or shrouds are missing or damaged.
13. USE A SPOTTER.
14. DO NOT add incremental weights, except those provided by **STAR TRAC**.
15. MAINTAIN PLACARDS AND LABELS: Do not remove labels for any reason; they contain important information. If illegible or missing, contact the STAR TRAC Parts Department for replacement.
16. SECURING EQUIPMENT: The **INSTINCT CRUNCH MACHINE** MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. DO NOT use the UNIT if it is not set up and located on a solid level surface.
17. Make sure that each machine is set up and operated on a solid level surface. DO NOT install equipment on an uneven surface.
18. MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to ensuring smooth and reliable operation of the **INSTINCT CRUNCH MACHINE**, as well as keeping your liability to a minimum. Inspect the unit prior to use. Give particular attention to the areas most susceptible to wear. DO NOT use if the unit is damaged or inoperable.
19. Ensure that adjustment, maintenance and/or repair of the **INSTINCT CRUNCH MACHINE** is performed by qualified personnel ONLY. Immediately replace worn or damaged components. If unable to immediately replace worn or damaged components then remove the **INSTINCT CRUNCH MACHINE** from service until repairs are made.
20. Keep a repair log of all maintenance activities.
21. Routinely inspect all accessory clips that join attachments to weight belts or cables, and replace at the first sign of wear.
22. Use only weight selector pins supplied by **STAR TRAC** on weight stacks. Substitutes are forbidden.
23. Cables and belts pose an extreme liability if used when frayed. Always replace any cable or belt at first sign of wear (consult **STAR TRAC** Product Support if uncertain).
24. Fully insert the weight selector pin when selecting the desired weight. Partially inserted pins can cause weights to fall unexpectedly. NEVER remove the weight selector pin if any weights are suspended. NEVER attempt to release jammed weights or parts.
25. DO NOT use Lat Pulldown Bars on Multi-jungle Crossover cable systems or any other pulley systems. These bars are designed for lat pulldown machines ONLY. If improperly used, the Lat Bar could fall unexpectedly, striking the user when weight selector pin is removed.
26. Lat Pulldown Machines pose a danger if used with worn or damaged cables and connecting links. The user can be struck in the head if the cable or related parts break during use.
27. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the retainer hole to avoid injury.

**NOTE:** It is the sole responsibility of the user/owner or facility operator to ensure that regular maintenance is performed.

# ASSEMBLY AND SETUP

## PARTS AND MATERIALS

The following parts are included with the **STAR TRAC INSTINCT CRUNCH MACHINE**:

1	Frame, Front	1	26	Screw, Button Head Socket Cap, 10X30M	2
2	Frame, Rear	2	27	Screw, Button Head Socket Cap, 10X35M	8
3	Foot, Rear	1	28	Screw, Button Head Socket Cap, 10X25M	2
4	Bracket, Handle	1	29	Screw, Button Head Socket Cap, 8X20M	8
5	Handle Subassembly	1	30	Screw, Socket Head Cap, 8X20M	3
6	Armrest, Left	1	31	Screw, Socket Head Cap, 8X15M	2
7	Armrest, Right	1	32	Screw, Button Head Socket Cap, 10X75M	2
8	Cushion, Seat	1	33	Screw, Button Head Socket Cap, 10X80M	2
9	Cushion, Back	1	36	Washer, 9M	8
10	Handle, Front	2	37	Washer, 11M	22
14	Nut, Flange, 1/2"-13	4	38	Lock Nut, Nylon Insert, 10M	6
15	Nut, Nylon	4	40	Washer, Spring, 8M	8
21	Cap, Front Frame	1	41	Washer, Spring, 10M	2

## TOOLS REQUIRED

Most **STAR TRAC INSTINCT** machines can be assembled using the following tools:

- Metric Hex Key Wrenches - 2.5mm, 5mm, 6mm, 8mm, 10mm
- Metric Open-End Wrenches - 10mm, 15mm, 17mm
- Metric Ratchet Socket Wrench Set (including 17mm socket)
- Torque Wrench
- Channel Lock Pliers
- Vice Grip Pliers
- Rubber Mallet
- Phillips Head Screwdriver - #2

Your **INSTINCT CRUNCH MACHINE** includes a hex key set and combination open-end wrench.

## SITING REQUIREMENTS

Your **INSTINCT CRUNCH MACHINE** requires approximately 32 square feet of floor space to ensure safe operation of the unit.

## UNPACKING

Your **INSTINCT CRUNCH MACHINE** is shipped in one or more shipping cartons. Each carton will generally contain one sub-assembly of the entire unit. To unpack:

- Remove the shipping straps from the outside of each shipping carton.
- Open the top of each carton and fold back all four flaps.
- Remove the packing materials, foam inserts, and ALL parts from each shipping carton. Keep the contents of each carton in a *separate area* to facilitate assembly. To ensure personal safety during assembly, place all packing materials *outside* the assembly area.
- Verify that all parts listed above are included in your shipment.

Take time now to enter your **INSTINCT CRUNCH MACHINE** serial number in the space below. If parts are missing, or if you have any operational questions, please call Star Trac's Service department at (800) 503-1221; have your serial number ready.

Serial No. \_\_\_\_\_

- Deep scratches and chips must be repaired by filling the damaged area using a "touch-up" bottle of color-matched paint (available through the **STAR TRAC** Parts Department). Fill the damaged area sparingly, using two or more coats. Allow the area to dry thoroughly between coats. Once the touch-up is complete, it can be left "as is", or it can be blended and color-sanded to the surrounding surface.

**NOTE:** The process of blending and sanding repaired areas to the surrounding surface is difficult. It should be attempted **ONLY** by persons knowledgeable in this area.

The weight stack shrouds are made of PETG (glycol-modified polyethylene terephthalate). Proper cleaning is necessary to preserve the appearance of the shrouds. The following cleaners are compatible with PETG: Original Dawn®, Freon® T.F., Palmolive Liquid®, Top Job® and Windex® with Ammonia D.

**CAUTION:** Use **ONLY** recommended cleaning agents and procedures when cleaning the weight stack shrouds:

- **DO NOT** use abrasive or highly alkaline cleaners to clean the shrouds.
- **DO NOT** use scrape the shrouds with squeegees, razor blades or other sharp instruments. **DO NOT** scrub or use brushes on the shrouds.
- **DO NOT** use Benzene, gasoline, acetone or tetrachloride to clean the shrouds.
- **DO NOT** clean the shrouds in hot sun or at elevated temperatures.

Wash the shrouds using a clean sponge or soft cloth, and a solution of mild soap or detergent and lukewarm water. Rinse well with clean water, and dry thoroughly with a chamois or moist cellulose sponge to prevent water spots.

Remove stubborn accumulations (paint, grease, scuff marks) before drying by rubbing lightly with Isopropyl alcohol. Remove labels, placards or other adhesive residue using kerosene. If solvent does not penetrate the adhesive, heat the area using a hand-held blow dryer to soften the adhesive and aid in removal.

Clean all areas treated with solvent using a clean sponge or soft cloth, and a solution of mild soap or detergent and lukewarm water. Rinse thoroughly with clean water.

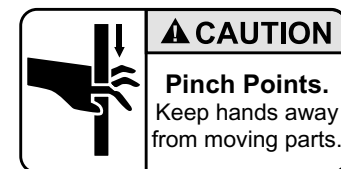
## UPHOLSTERY MAINTENANCE

**CAUTION:** **DO NOT** use cleaners such as Lysol®, Armor All®, Windex®, or other abrasive detergents to clean upholstered surfaces. These products will remove moisture from the Naugahyde® upholstery, resulting in premature cracking.

Upholstered cushions should be cleaned on a daily basis to prevent damaged due to corrosives found in perspiration.

Wipe the top and sides of upholstered cushions using a cloth moistened with a solution of one part lanolin hand cleaner to nine parts water. After cleaning, wipe down using a dry towel to remove any residue.

# LABELS AND PLACARDS



To minimize user and/or bystander injury:

- Do not lean the against framework, weight stack or any component, regardless of whether it is dynamic or static.
- Exercising on free weight and selectorized products should be performed with the assistance of a spotter.

## PRODUCT USE AND MAINTENANCE

Repair of the *INSTINCT CRUNCH MACHINE* should be performed only by authorized persons.

NEVER modify the *INSTINCT CRUNCH MACHINE* or attempt to make adjustment(s) to, or the repair of, the unit equipment without first calling *STAR TRAC* Product Support. Always notify authorized personnel to make such repairs.

Instruct all users to report any equipment or training irregularities to supervisory personnel IMMEDIATELY.

## PREVENTIVE MAINTENANCE

### MAINTENANCE SCHEDULE

Star Trac strongly recommends performing regular preventive maintenance on your *STAR TRAC INSTINCT CRUNCH MACHINE*. Without regularly scheduled maintenance, normal wear and tear may cause cumulative effects, such as misalignment or premature wear, resulting in downtime. For this reason, we highly recommend following the maintenance schedules. Additionally, unusual symptoms, such as excessive noise during use, stiffness or free play in moving parts, etc., should be investigated and necessary corrective actions (adjustment or parts replacement) should be performed. If any components are found to be worn or damaged, the unit should be removed from service until repairs can be made. Only components supplied or approved by Star Trac shall be used to maintain and/or repair the unit.

### DAILY MAINTENANCE

- Wipe down and inspect the framework and other structural components (see **FRAMEWORK MAINTENANCE** on page 10 for requirements). Check all attaching hardware for security. Tighten as needed.
- Clean and inspect the upholstered cushions and the hand grips (see **UPHOLSTERY MAINTENANCE** on page 11 for requirements).

### WEEKLY MAINTENANCE

- Check all labels and placards affixed to the unit for legibility and security. Replace illegible labels and placards as needed (see **LABELS AND PLACARDS** on page 11 for illustrations and part numbers of standard labels and placards used on *STAR TRAC INSTINCT* products).

### QUARTERLY MAINTENANCE

- Apply wax to powder-coated areas of the framework and other structural components.

## MAINTENANCE PROCEDURES

### FRAMEWORK MAINTENANCE

**CAUTION: DO NOT use lacquer thinner, acetone, or other solvents to clean powder-coated finishes on the framework or other structural components. Solvents will dull the finish, and contain components that may remove the epoxy-based powder from the frame.**

Framework and other structural components should be wiped down on a daily basis using a moistened with water. This will increase the longevity of protective powder-coat finishes. The framework should be inspected while cleaning for evidence of fatigue cracks, scratches or chips in the finish, loose hardware, and other areas that may require attention.

Apply easy-application car wax to all powder-coated surfaces quarterly. Regular waxing will aid in preventing premature rusting due to corrosives found in perspiration, and will allow loose particles to be removed more easily when performing the daily wipe-down.

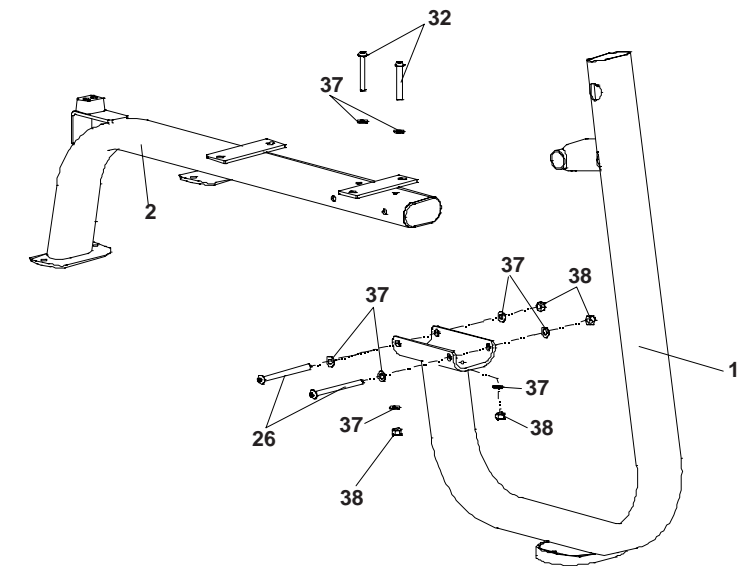
Procedures to repair scratches and chips depend on the severity of the damage:

- Surface scratches can generally be repaired by polishing with an automotive rubbing compound.

## ASSEMBLY

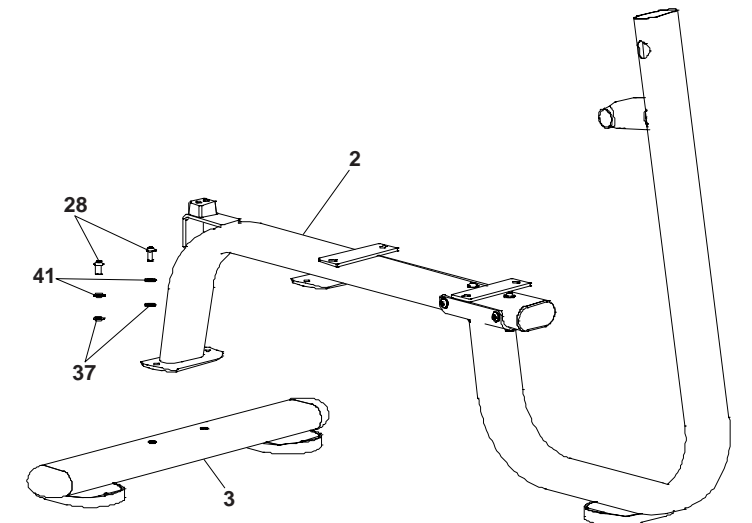
### 1. Assemble the Frame

Align the six drilled holes in the rear frame (2) with the mating holes in the mounting bracket of the front frame (1). Secure the rear frame to the front frame using two screws (26), two screws (32), eight washers (37) and four lock nuts (38). Tighten the nuts securely.



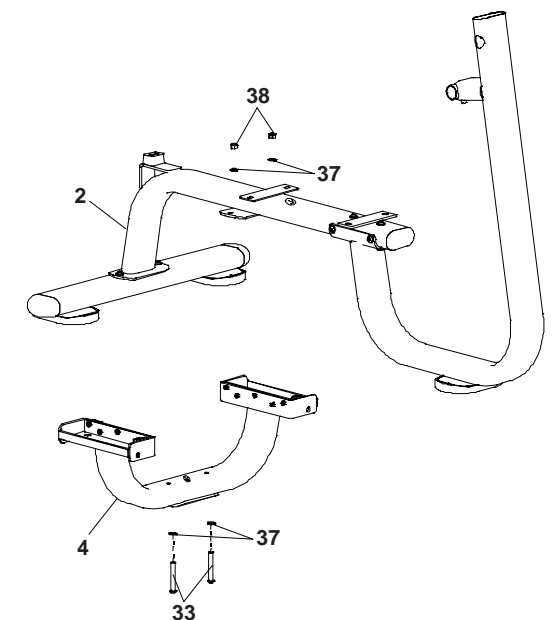
### 2. Install the Rear Foot

Align the two drilled holes in the rear foot (3) with the mating holes in the rear frame (2). Secure the rear foot to the rear frame using two screws (28), two washers (41) and two washers (37). Tighten the screws securely.



### 3. Install the Handle Bracket

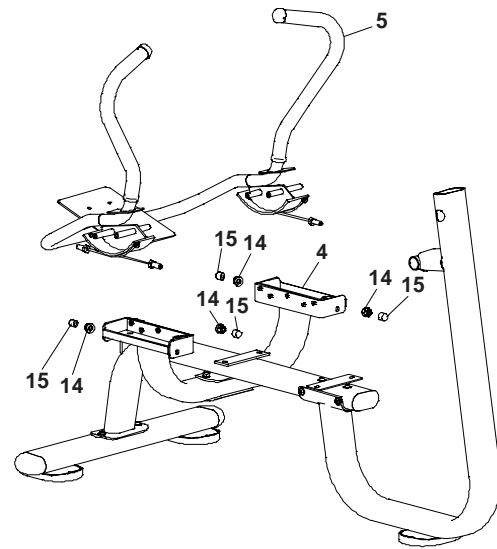
Position the handle bracket (4) on the underside of the rear frame (2) and align the two drilled holes in the handle bracket with the mating holes in the rear frame. Secure the handle bracket to the rear frame using two screws (33), four washers (37) and two lock nuts (38). Tighten the nuts securely.



#### 4. Install the Handle Subassembly

Place the handle subassembly (5) in position on the handle bracket (4). Insert the two threaded couplings on each side of the handle subassembly through the drilled holes in the handle bracket. Secure the couplings to the handle bracket using four flange nuts (14). Tighten the nuts securely.

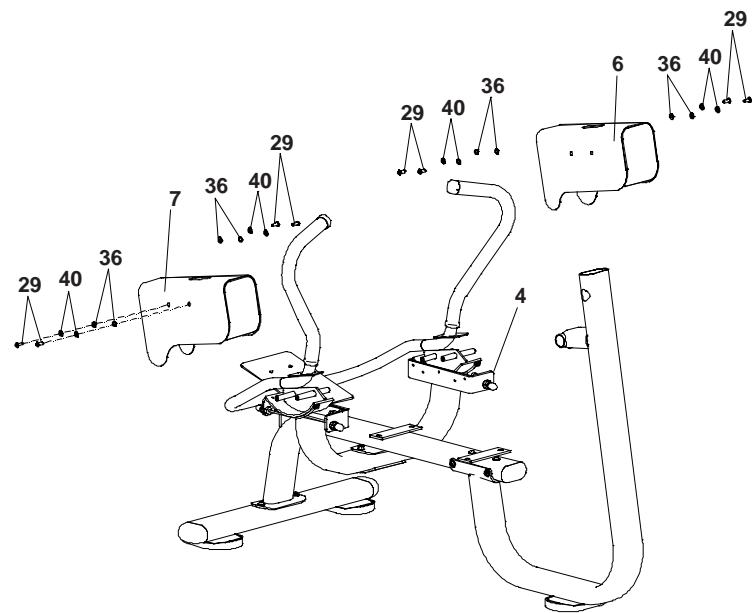
Press a nylon nut (15) over each flange nut (14). If needed, use a rubber mallet to tap the caps in place. Make sure the bottom of each cap is flush with the handle bracket.



#### 5. Install the Armrests

Slide the left armrest (6) onto the left handle and into position on the handle bracket (4). Align the four drilled holes in the armrest with the four mounting studs on the handle bracket. Secure the armrest to the handle bracket using four screws (29), four washers (40) and four washers (36). Tighten the screws securely.

Repeat for the right armrest (7).

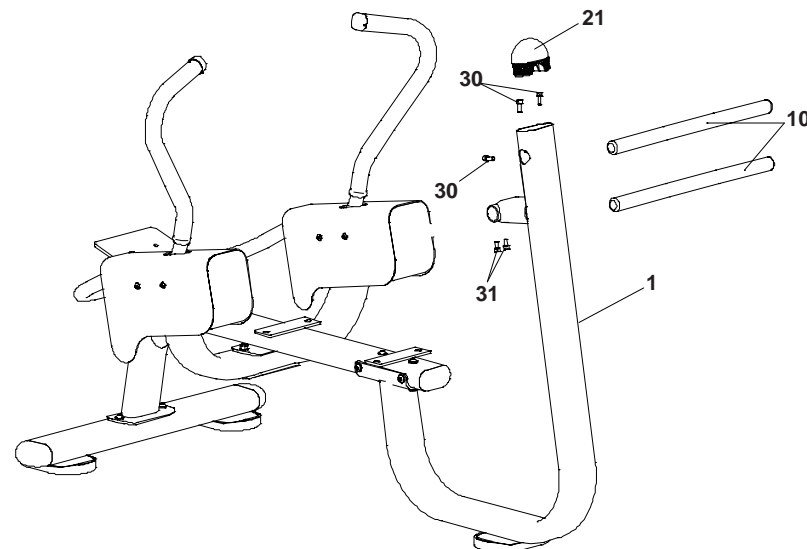


#### 6. Install the Front Handles and Cap

Install the front frame cap (21) into the top of the front frame (1). If needed, use a rubber mallet to tap the cap in place. Make sure the cap is fully seated in the front frame.

Insert the front handles (10) through the guide holes in the front frame (1), centering the handles in the frame.

Secure the upper front handle to the front frame using one screw (30). Secure the lower front handle to the front frame using two screws (30) and two screws (31). Tighten all screws securely.

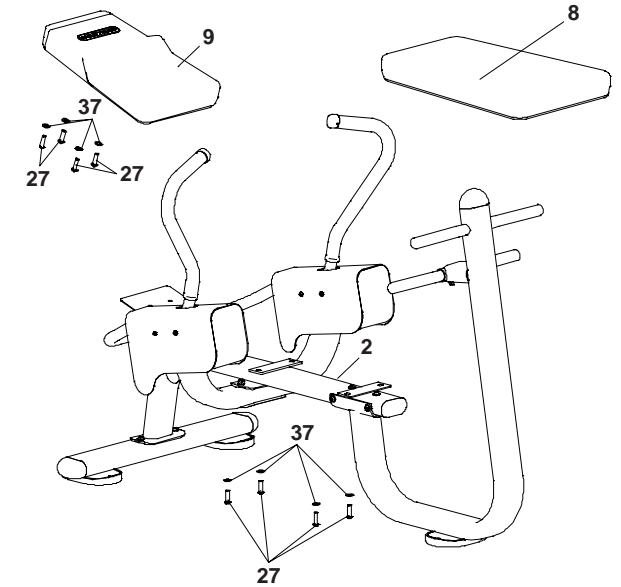


#### 7. Install the Back and Seat Cushions

Hold the seat cushion (8) in place on the rear frame (2). Secure the seat cushion to the rear frame using four screws (27) and washers (37). Tighten the screws securely.

Hold the back cushion (9) in place on the rear frame (2). Secure the back cushion to the rear frame with four screws (27) and washers (37). Tighten the screws securely.

You have now completed assembly of your **INSTINCT CRUNCH MACHINE**.



## ANCHORING

**IMPORTANT: The INSTINCT CRUNCH MACHINE must be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor. Failure to anchor the unit will void the warranty. STAR TRAC shall not be liable for damage or injury caused by unanchored or improperly anchored units.**

The **INSTINCT CRUNCH MACHINE** must be anchored to the floor using through bolts or anchoring studs. Each foot pad on the unit provides two anchoring holes that will accommodate bolts of up to 12mm (7/16") diameter. Only one hole in each foot pad is required during anchoring. The holes used for anchoring may be selected based on installation site requirements or customer preference.

Anchoring bolts/studs must meet the following requirements:

- Anchor bolts shall be Grade 8.8 or Grade SAE 5.
- Anchoring bolts or studs shall have a minimum size of 6mm (1/4") diameter; 8mm (5/16") diameter bolts/studs are recommended.
- Pull-out force shall be 100kg (2201 lbs) minimum for any single anchor. This will ensure a secure anchoring system and safe operation of the unit by all users.

## EXERCISE GUIDELINES

### GENERAL GUIDELINES

As with any exercise program, strength training involves an element of risk. The information provided in this section will help you and/or your members make safe and productive use of your **STAR TRAC INSTINCT CRUNCH MACHINE**.

- ALWAYS consult a physician before beginning any strength-training program. This is particularly important for persons with known health conditions and/or persons that are not familiar with the risks involved with weight training.
- All training sessions should be supervised by trained personnel.
- BE SURE that all warning labels and placards affixed to the **INSTINCT CRUNCH MACHINE** remain on the unit. DO NOT alter warning labels and placards. BE SURE that each user reads and understands the information shown on all labels and placards (safety, instructional and/or other).
- Instruct all users on the proper use of the **INSTINCT CRUNCH MACHINE**, as well as those actions that should be avoided.