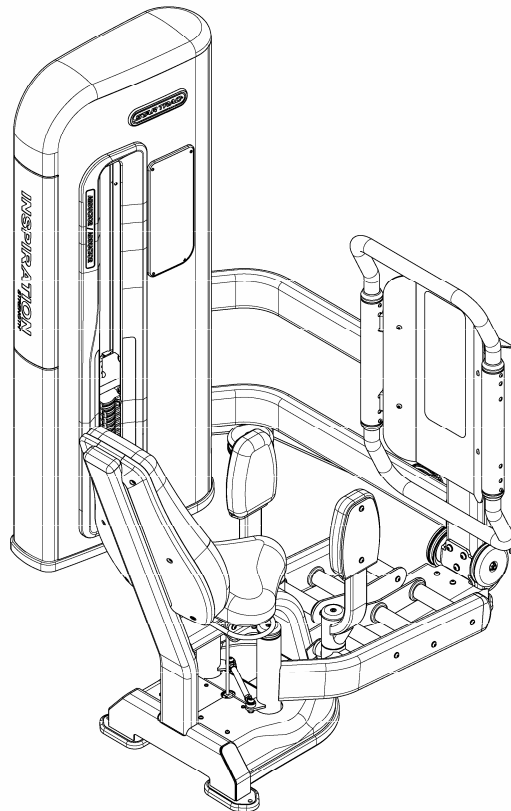


INSPIRATION

STRENGTH™

Designed to Inspire™



ABDUCTOR / ADDUCTOR

IP-S1316

INSTALLATION INSTRUCTIONS



expect different™.

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INSTALLATION INSTRUCTIONS

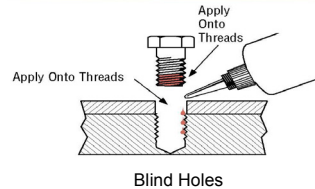
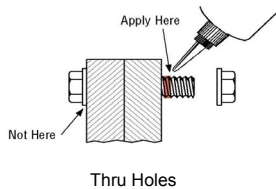
REQUIRED TOOLS:

• 2.5MM HEX KEY SOCKET	1	• 13MM OPEN-END WRENCH	2
• 3MM HEX KEY SOCKET	1	• 17MM OPEN-END WRENCH	1
• 4MM HEX KEY SOCKET	1	• 19MM OPEN-END WRENCH	1
• 5MM HEX KEY SOCKET	1	• 13MM SOCKET	1
• 6MM HEX KEY SOCKET	1	• #2 CROSS-HEAD (PHILLIPS) SCREWDRIVER	1
• 8MM HEX KEY SOCKET	1	• TORQUE WRENCH	1

GENERAL NOTES:

- Unless otherwise noted Loctite 242/243 or equivalent thread locker must be used on all threaded fasteners. (Do not use thread locker when a Nyloc nut is used.)
- All Star Trac Strength equipment **MUST** be secured to the floor using either 10mm or 3/8in. (grade 5 minimum) bolts. To accommodate this there are four mounting points inside the weight stack and one in either of the small feet.
- This Installation Instructions Manual must be used in conjunction with the equipment's Owner's Manual. The Owner's manual describes equipment setup and instructs members on how to use it correctly and safely.
- The Ab/Ad Machine weighs approximately 322 Kg (710 lbs) when fully assembled and occupies an area 140 cm wide by 151 cm deep. Star Trac recommends the addition of 1-2 people during assembly, and when moving the equipment to its designated point of use.

THREAD LOCKER APPLICATION: Clean all threads and holes, apply no more than 3-4 drops per bolt.



Metric Steel Bolts Torque Specifications

Bolt Size	Thread Pitch	Torque, N-m (lbs-ft)
6mm	1.25	4.5 to 6 (6 to 8)
8mm	1.25	9.5 to 12 (13 to 16)
10mm	1.75	26 to 30 (35 to 40)

- Torque all hardware to values as specified above, unless noted otherwise.
- See Page 13 of this manual for fastener sizing information; for reference only.
- Note: All torque values are in N-m unless otherwise stated.

Should any component not be present or if you have any operational questions, please refer to your owner's manual or on the web @ www.startrac.com. Specifically refer to your Inspiration serial number and model number labeled on your equipment.

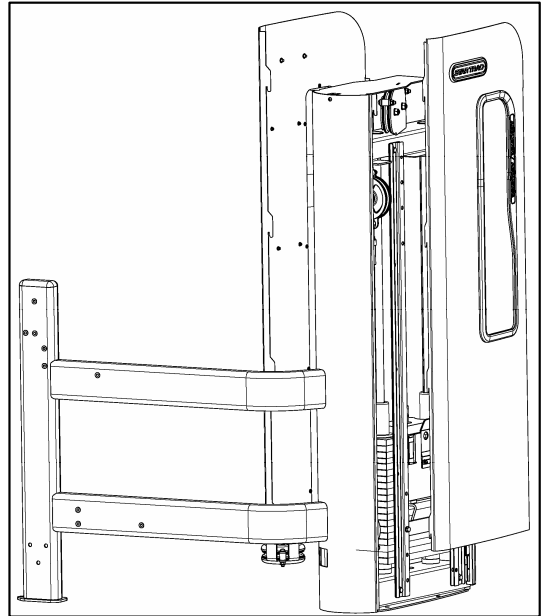
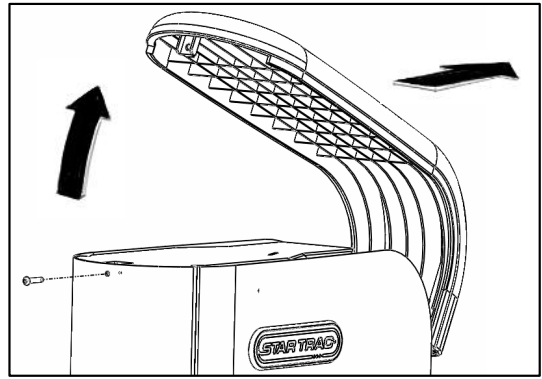
PACKAGING REMOVAL:

Carefully remove all packaging materials that wrap the equipment. **DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.** At this time remove any sub-components from the pallet and set aside for later assembly.



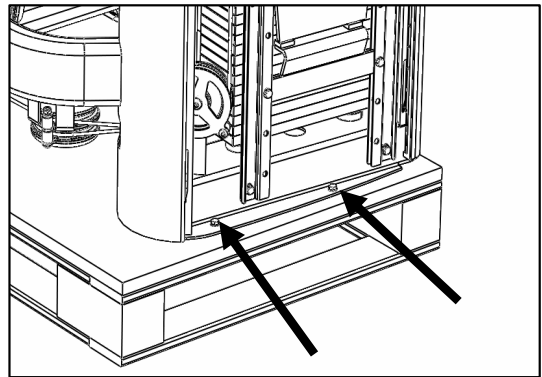
REMOVE THE SHROUDS:

1. Using a 4MM hex key remove the (M6,30MM,Button Head Bolt) from the rear of the weight stack. Save this bolt as you will need it to re-install later. After the bolt has been removed rotate the black TOP BUMPER towards the front of the weight stack then lift it off and set aside.
2. Gripping the top of the outside SHROUD lift and remove it from the weight stack. Carefully store the SHROUD for later use. Now repeat with the inside SHROUD.



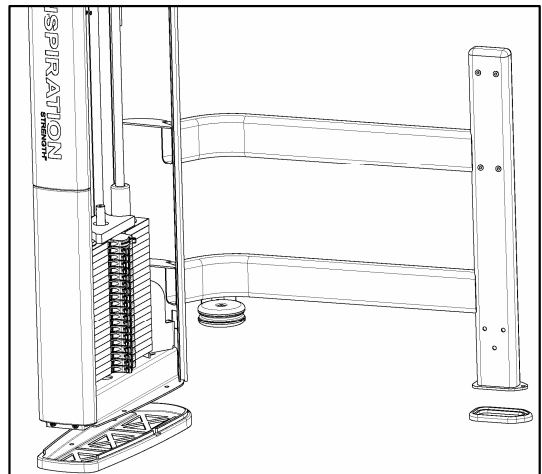
REMOVE FROM PALLET:

1. With the shrouds removed, locate and remove the two bolts that secure the equipment to the pallet. There will also be a bolt through each of the equipment's feet.
2. Once all bolts fastening the equipment to the pallet have been removed, carefully remove equipment off of the pallet and place in desired location.



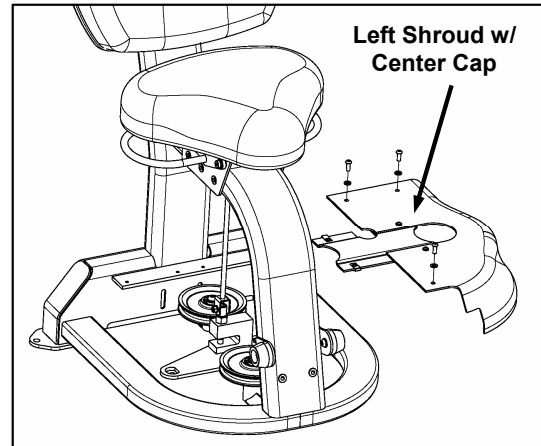
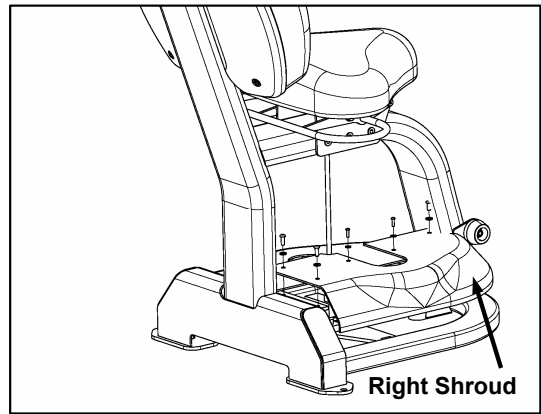
PROTECTIVE FEET:

1. Your equipment shipped with a set of PROTECTIVE FEET. Tilt the equipment towards the weight stack and slip the small PROTECTIVE FEET on and set the equipment back down.
2. Lift the weight stack and install the large PROTECTIVE FOOT and set the equipment back down. NOTE: The weight stack frame is very heavy and will require additional people to assist during the foot installation.



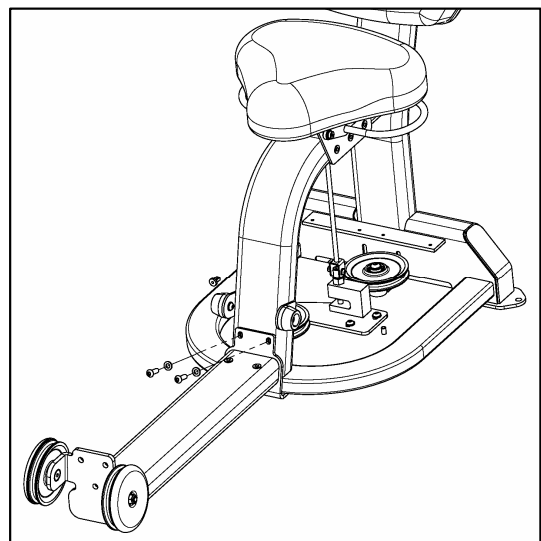
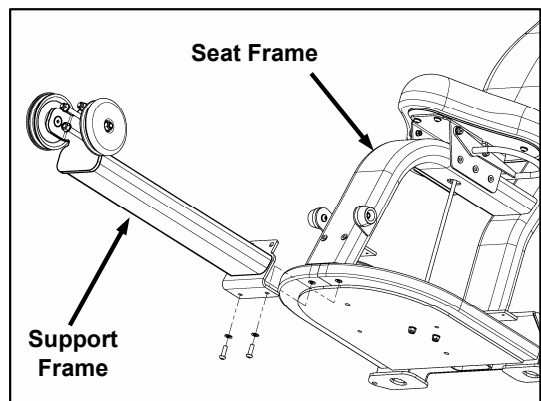
REMOVE THE SEAT FRAME SHROUD:

1. Remove the CAM SHROUDS underneath the SEAT. Use a 4MM hex key to remove the (M6, 16MM, Button Head Screws) and (M6, Washers) and retain for later use.



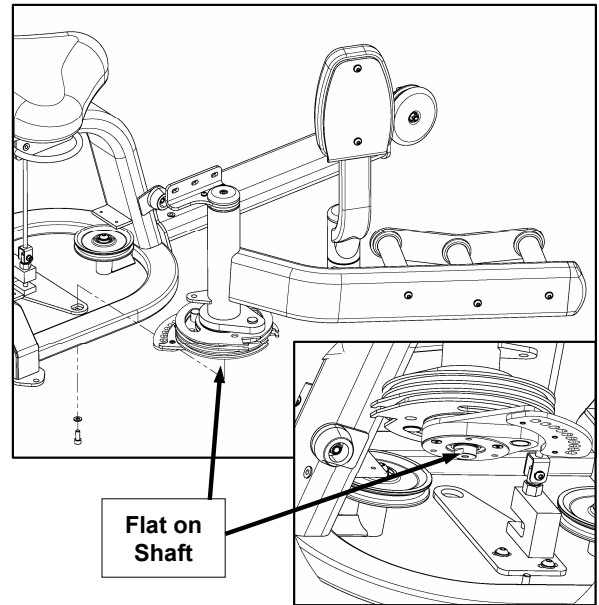
INSTALLING THE CROSS SUPPORT FRAME

1. Tilt back the SEAT FRAME.
2. Install the CROSS SUPPORT FRAME using two (M8, 25MM, Button Head Screw) and two (M8, Washer) with a 5MM hex key. Do not tighten yet.
3. Set the SEAT FRAME back down and install the two upper screws and washers.
4. Tighten all screws per torque specs.

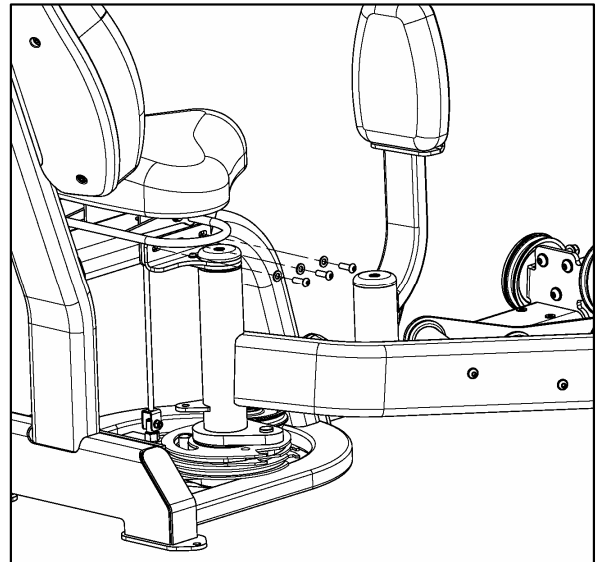


INSTALLING THE CAM / RIGHT LEG ASSEMBLY:

1. Install the RIGHT LEG with the CAM ASSEMBLY into the SEAT FRAME.
2. Align the flat on the shaft with the D-shape slot in the SEAT FRAME and secure with one (M8, 20MM, Socket Head Bolt) and one (M8, Washer). Hand tighten only.

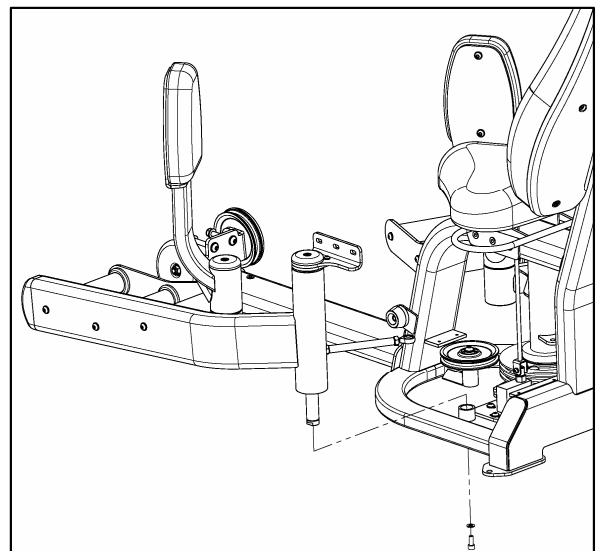


3. Secure the RIGHT LEG ASSEMBLY to the SEAT FRAME using three (M8, 25MM, Button Head Screws) and three (M8, Washers) Hand tighten the screws only.
4. Adjust the TUBE SHAFT to align vertically. Tighten the screws to specified torque values.



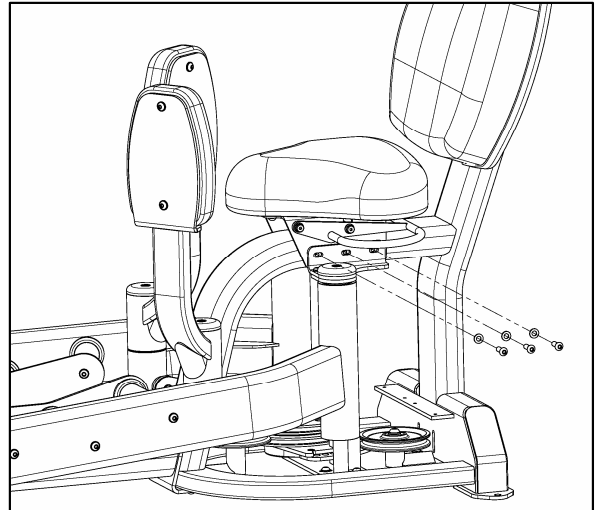
INSTALLING THE LEFT LEG ASSEMBLY:

1. Install the LEFT LEG ASSEMBLY into the SEAT FRAME and secure with one (M8, 20MM, Socket Head Bolt) and one (M8, Washer). Hand tighten only.



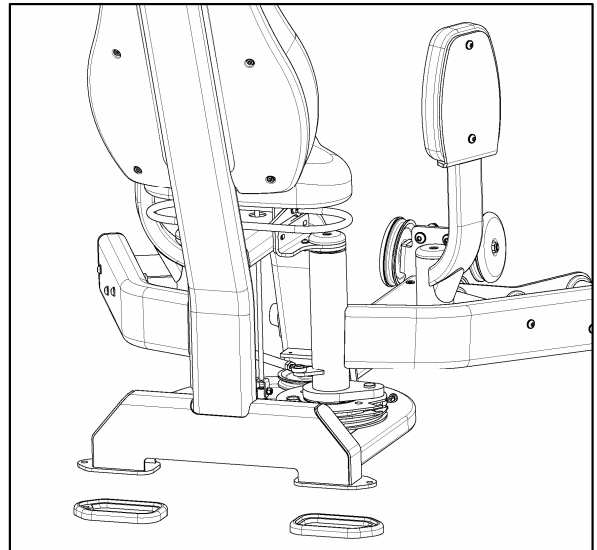
INSTALLING THE LEFT LEG ASSEMBLY (cont):

2. Secure the LEFT LEG ASSEMBLY to the SEAT FRAME using three (M8, 25MM, Button Head Screws) and three (M8, Washers) Hand tighten the screws only.
3. Adjust the TUBE SHAFT to align vertically.
4. Bring the LEFT LEG and RIGHT LEG ASSEMBLY together and make sure they are parallel. Tighten the screws to specified torque values.



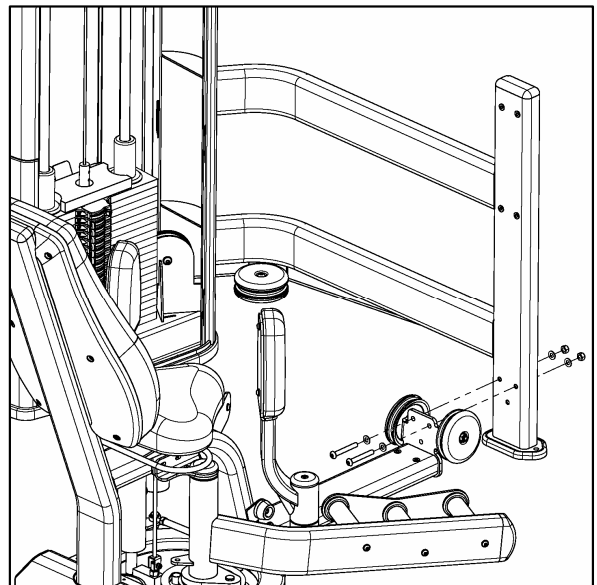
INSTALL THE PROTECTIVE FEET:

1. Position the SEAT FRAME ASSEMBLY near the MAIN FRAME.
2. Lift up the SEAT FRAME and install the two PROTECTIVE FEET.



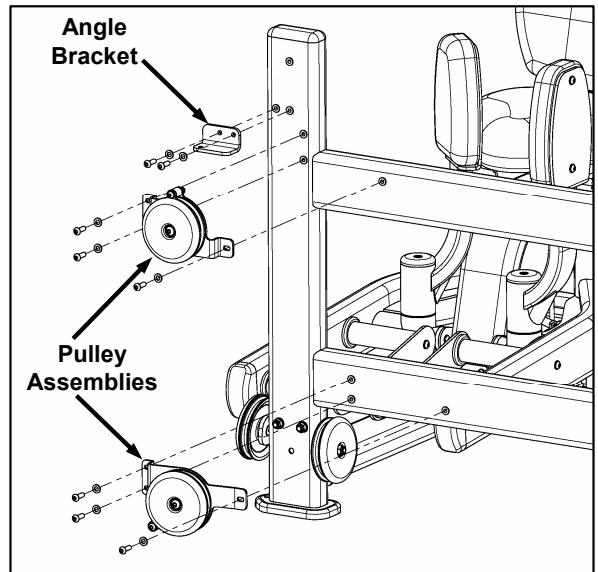
ASSEMBLE SEAT FRAME TO MAIN FRAME:

1. Verify that the machine is at the desired location.
2. Assemble the SEAT FRAME to the MAIN FRAME using two (M10, 75MM, Button Head Screws), four (M10, Washers), and two (M10, Nyloc Nuts).
3. Tighten screws using a 6MM hex key and 15MM open end wrench.



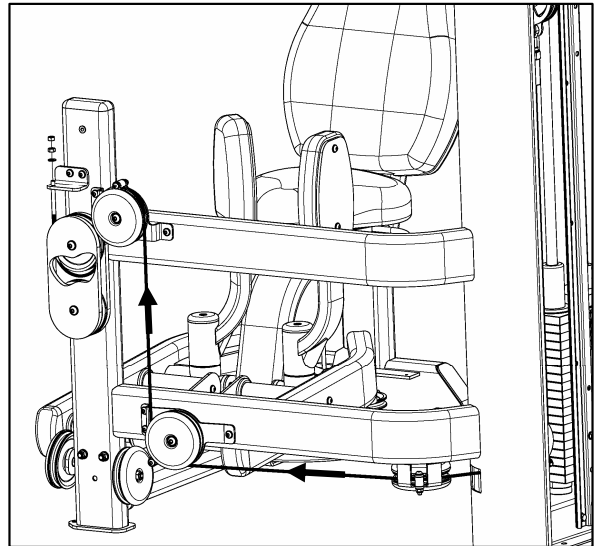
INSTALL THE REAR PULLEY BRACKETS:

1. Install two PULLEY ASSEMBLIES and an ANGLE BRACKET.
2. Use three (M8, 25MM, Button Head Screws) and three (M8, Washers) per PULLEY ASSEMBLY.
3. Use two (M8, 25MM, Button Head Screws) and two (M8, Washers) to install the ANGLE BRACKET.
4. Tighten screws using a 5MM hex key socket.



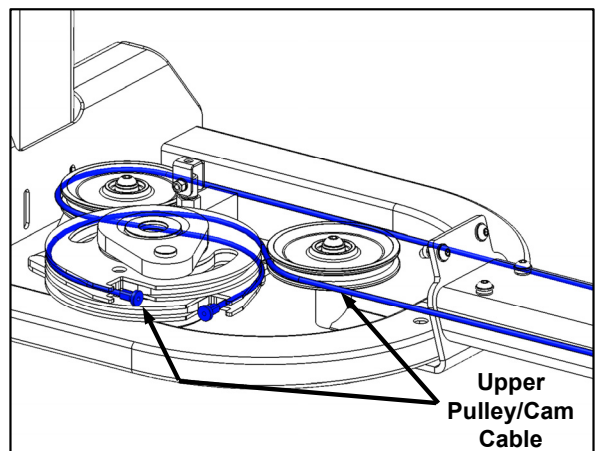
INSTALL THE WEIGHT STACK CABLE:

1. Loop the CABLE from the WEIGHT STACK thru the four pulleys as shown.
2. Secure into the ANGLE BRACKET with a (M8, Washer) and two (M8, Jam Nuts) using two 13MM open end wrench.



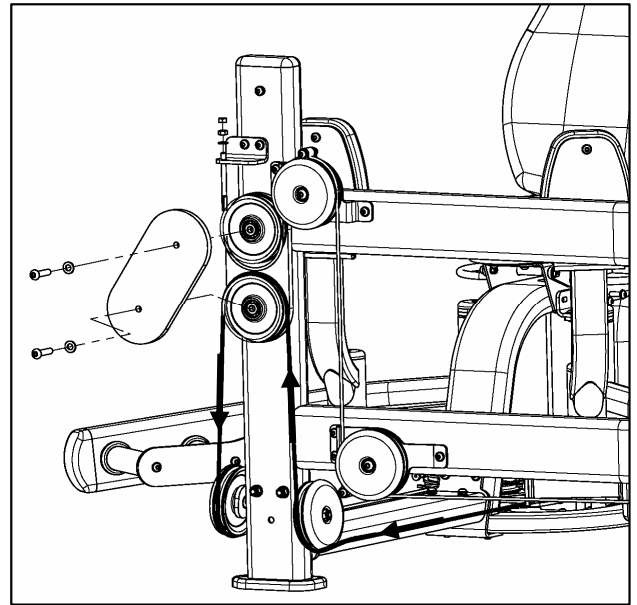
INSTALL THE LOWER CABLE:

1. Loop the CABLE around the CAMS as shown.
2. Take one CABLE END FITTING and hook onto the upper CAM flat. Loop the CABLE around the upper CAM clockwise and along the upper PULLEY.
3. Take the other end of the CABLE and hook the END FITTING onto the lower CAM flat. Loop partially counter-clockwise around the lower CAM and clockwise along the lower PULLEY.



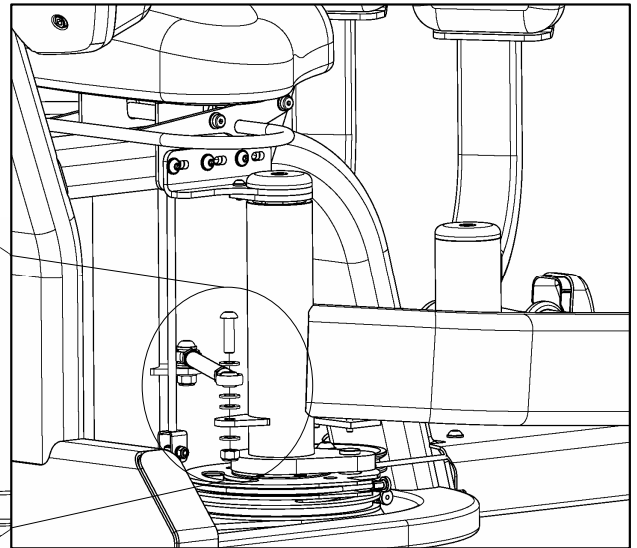
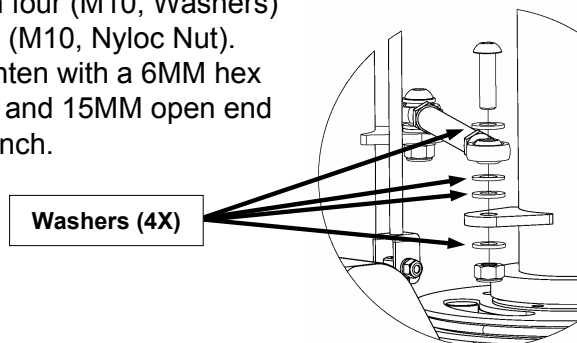
INSTALL THE LOWER CABLE (cont.):

4. Loop the CABLE from the CAMS and route around the LOWER PULLEYS, then up and around the upper PULLEY as shown. NOTE: You will have to partially disassemble the PULLEY BRACKET by removing the lower (M10, 45MM, Button Head Screw).



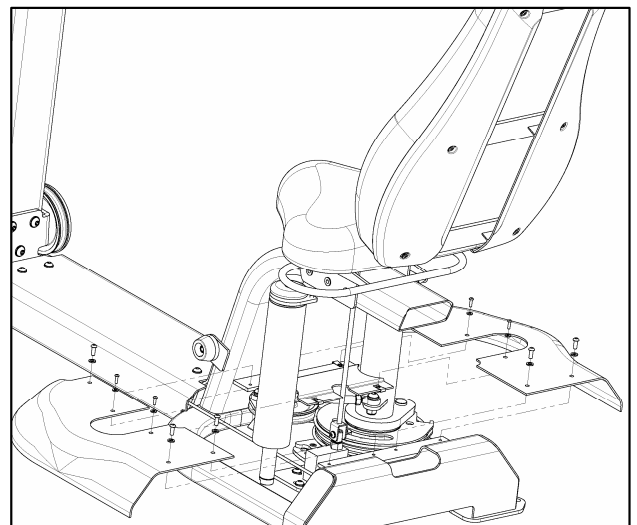
INSTALL THE CONNECTING ROD:

1. Install the CONNECTING ROD between the LEFT and RIGHT LEG assemblies.
2. Insert a (M10, 35MM, Button Head Screw) thru the CONNECTING ROD with four (M10, Washers) and (M10, Nyloc Nut). Tighten with a 6MM hex key and 15MM open end wrench.



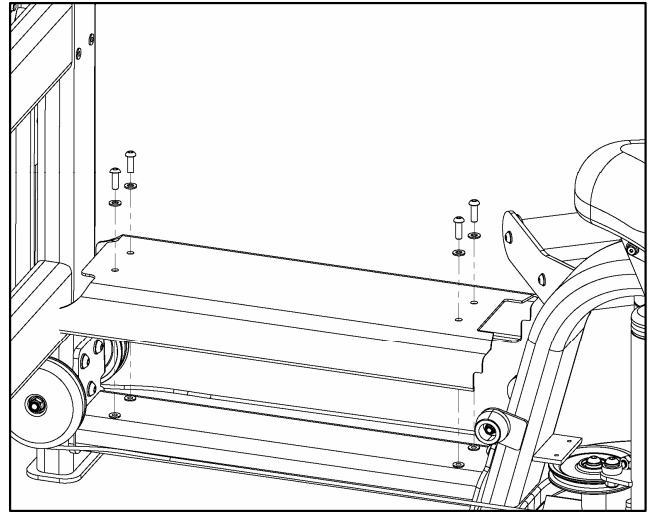
RE-INSTALL THE CAM SHROUDS:

1. Place the center SHROUD between the two vertical tube shafts. NOTE: Make sure the four clips are in place.
2. Install the right and left SHROUDS using the same (M8, 25MM, Button Head Screws) and (M8, Washers) you removed with the shrouds earlier.
3. Tighten screws using a 5MM hex key.



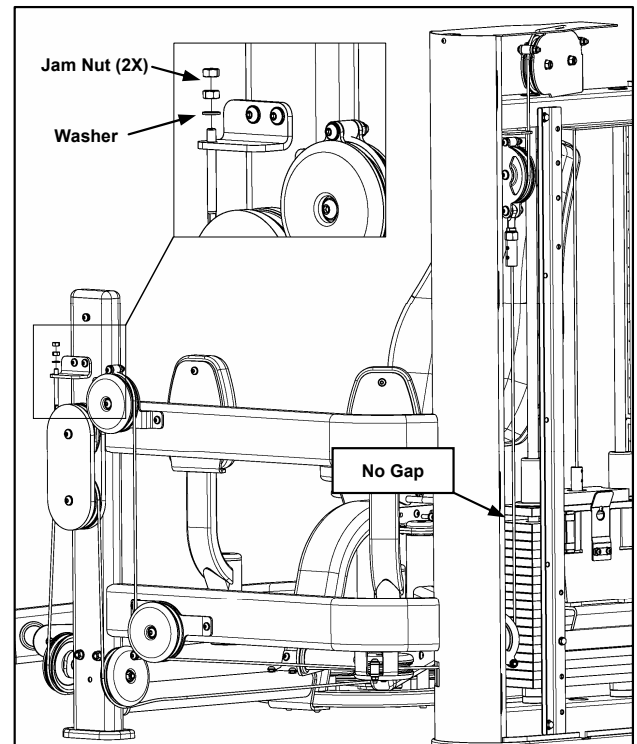
INSTALL THE LOWER COVER:

1. Install the lower cable COVER using four (M8, 25MM, Button Head Screws) and four (M8, Washers).
2. Tighten with a 5MM hex key.



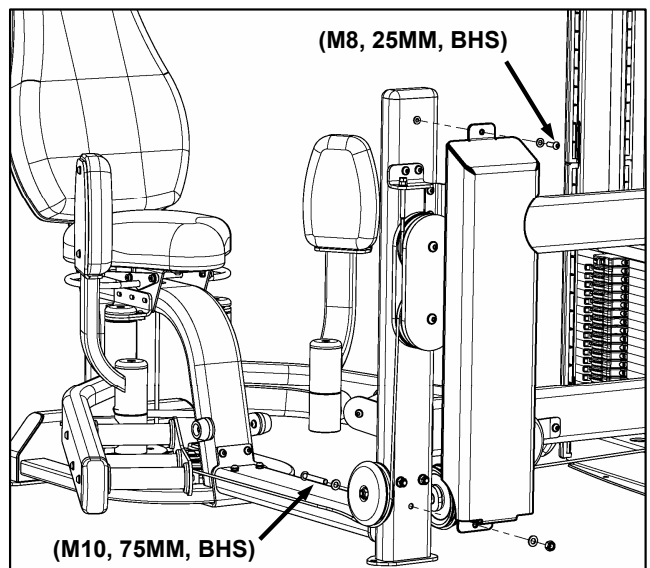
TOP PLATE & CABLE ADJUSTMENT:

1. Engage **LOCKNLOAD™** pin at maximum weight and actuate arms 3 to 4 times to fully seat the weight stacks.
2. Disengage **LOCKNLOAD™** pins and verify that there is no gap between the Top Plate and the lower weight plate. If a gap exists or if there is too much slack on the cable, then the cable tension needs to be adjusted.
3. Using two 13MM open end wrench, loosen the upper M8 Jam Nuts. Adjust cable tension until the Top Plate drops and rests on to the weight stack.
4. Hand tighten the jam nuts and check to make sure the gap is gone. Cable should deflect no more than $\pm 25\text{mm}$ from centerline without raising the Top Plate. Check for smooth **LOCKNLOAD™** pin engagement.
5. Tighten jam nuts.



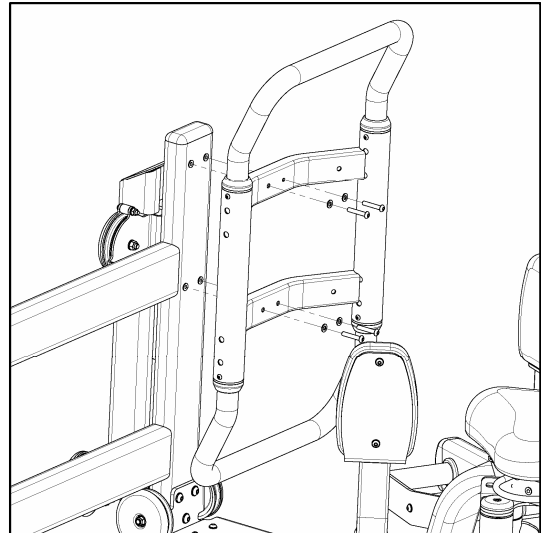
INSTALL THE REAR COVER:

1. Bolt on the rear pulley COVER using one (M8, 25MM, Button Head Screw) and one (M8, Washer) at the top. Use a 5mm hex key to tighten the screw.
2. Use a (M10, 75MM, Button Head Screw), two (M10, Washers), and a (M10, Nyloc Nut) for the lower hole. Note the bolt orientation as shown on the picture. Use a 6MM hex key and a 15MM open end wrench to tighten the screw.

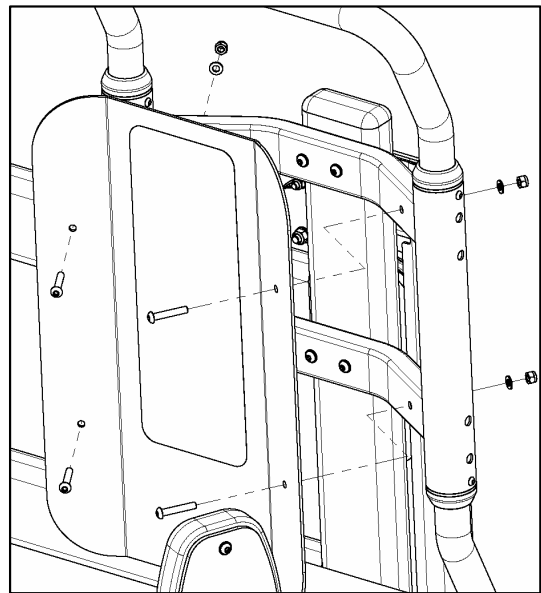


INSTALL THE VANITY SHIELD:

1. Bolt on the VANITY SHIELD FRAME onto the MAIN FRAME vertical rear tube using four (M8, 45MM, Button Head Screw) and four (M8, Washers). Note FRAME orientation – the top handle should protrude towards the user.
2. Tighten with a 5MM hex key.

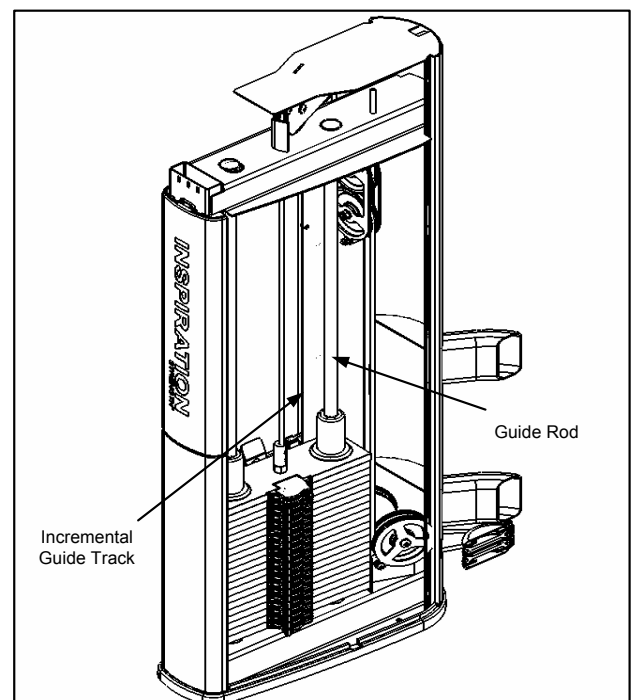


3. Install the VANITY SHIELD onto the FRAME using four (M8, 45MM, Button Head Screw). Tighten with a 5MM hex key.



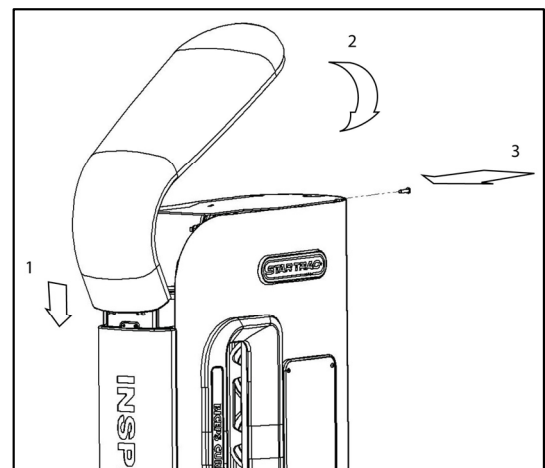
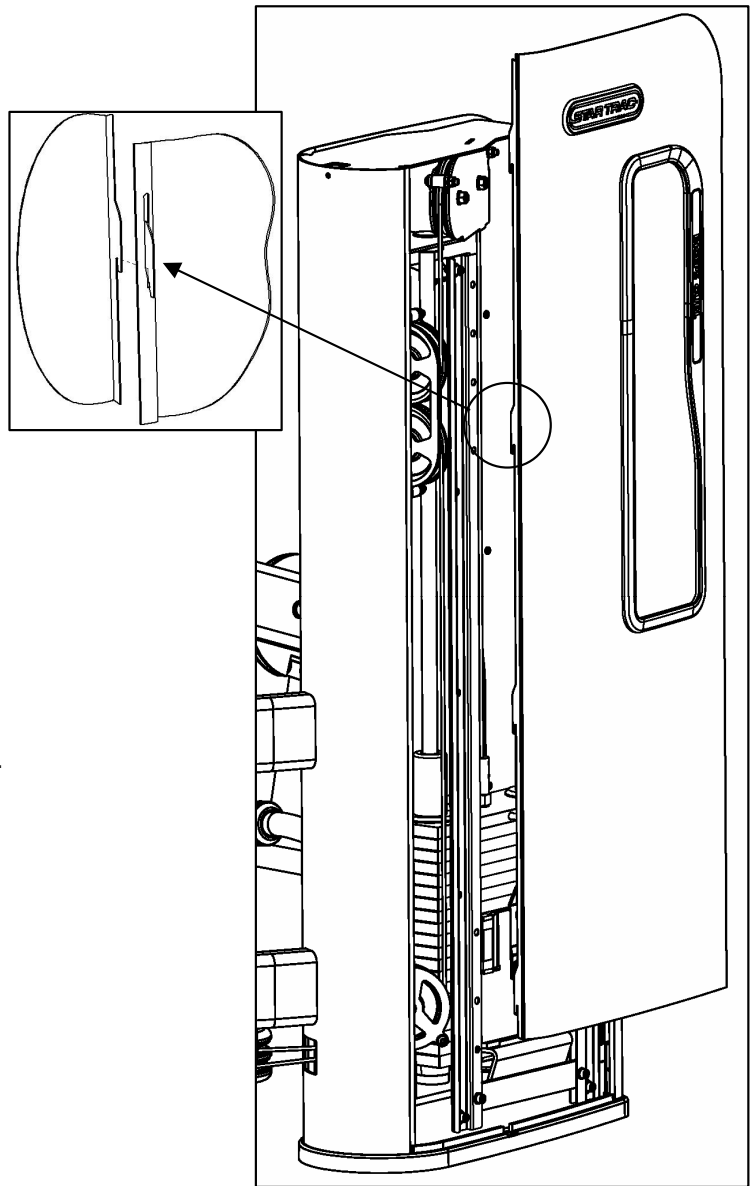
GUIDE ROD LUBRICATION:

1. Use a general purpose LUBRICANT that does not contain Teflon or solvent (such as 3-in-ONE® oil.) Apply the LUBRICANT to a cotton cloth, then run the cotton cloth up and down the guide rods as needed to apply a thin coat.
2. Also apply oil to the incremental weight guide tracks.
3. Verify that the top plate and incremental plate slide smoothly.

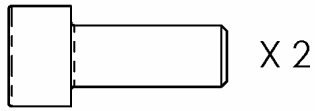


INSTALLING THE SHROUDS:

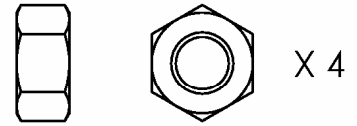
1. Insert the SHROUDS from the top sliding downward. The SHROUDS have seven hooks for mounting. Before the shroud can be slide down into place the SHROUD hooks need to be aligned with the corresponding mounting slots found on the weight frame of the equipment. Once the SHROUD hooks are in the slots, slide the SHROUD into place and verify that the top of the SHROUD is aligned with the top of the weight stack. If the SHROUD is not aligned use the palm of your hand and tap the SHROUD down until it is aligned.
2. Repeat step 1 with the inside shroud and verify alignment.
3. Replace the TOP BUMPER by inserting the two tabs (1) in the front. Then rotate the BUMPER down flush to the frame and install the (M6, 30MM, Button Head Screw).
4. Tighten to 1.0 N-m max.



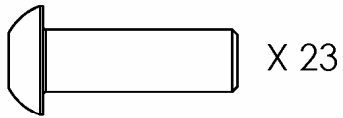
HARDWARE GUIDE



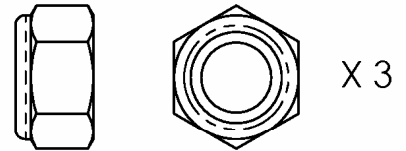
M8 X 20mm Socket Head Screw



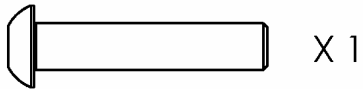
M8 Jam Nut



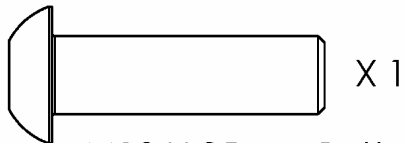
M8 X 25mm Button Head Screw



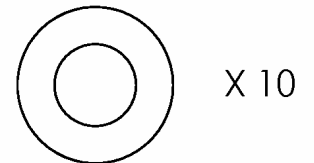
M10 Nyloc Nut



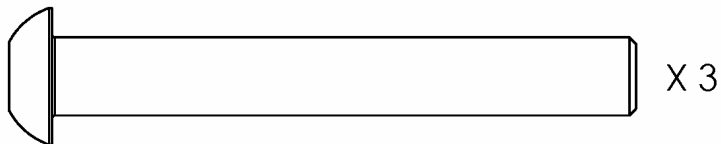
M6 X 30mm Button Head Screw



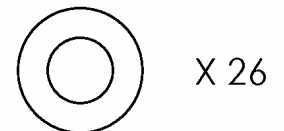
M10 X 35mm Button Head Screw



M10 Washer



M10 X 75mm Button Head Screw



M8 Washer, 16mm OD

MACHINE CLEARANCE AND SPACING

For the safe operation of Inspiration Strength™ Star Trac recommends that a clearance of 24 inches (60.96cm) be maintained between and behind machines including moving arms and levers. To insure safe entry and exit to each unit a walkway of at least 36 inches (91.44cm) inches is recommended front of, or on the entry side of each machine.

WARNING!



Before using this product, it is essential to read the ENTIRE operations manual and ALL installation Instructions. The Owner's manual describes equipment setup and instructs members on how to use it correctly and safely.



Health related injuries may result from incorrect or excessive use of exercise equipment. Star Trac strongly recommends you to encourage you and your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.



expect different.

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