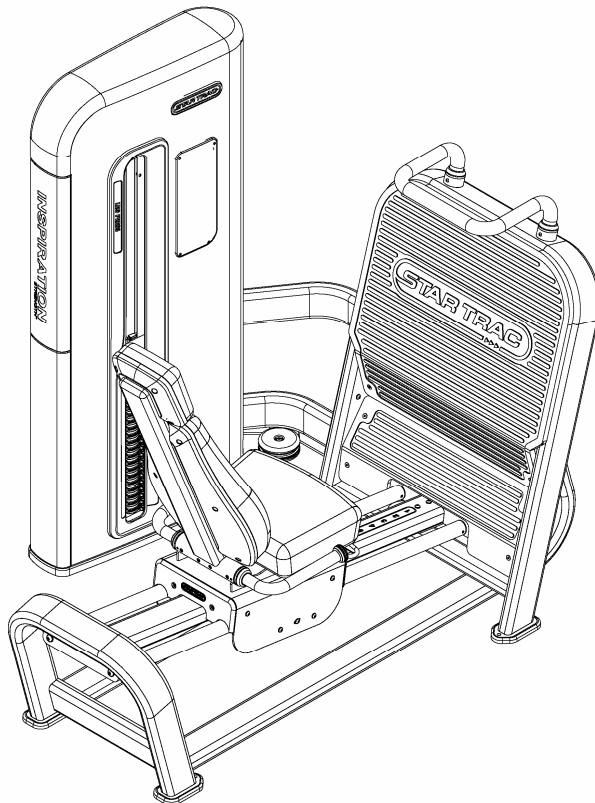


# INSPIRATION

STRENGTH™

Designed to Inspire™



## SEATED LEG PRESS

IP-S1313

## INSTALLATION INSTRUCTIONS



expect different™.

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# INSTALLATION INSTRUCTIONS

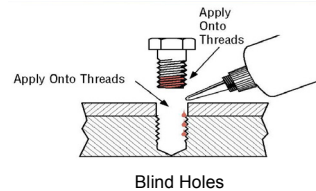
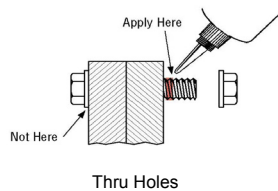
## REQUIRED TOOLS:

• 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 Seated Leg Press Machine weighs approximately 480 Kg (1058 lbs) when fully assembled and occupies an area 136 cm wide by 170 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 11 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](http://www.startrac.com). Specifically refer to your Inspiration serial number and model number labeled on your equipment.

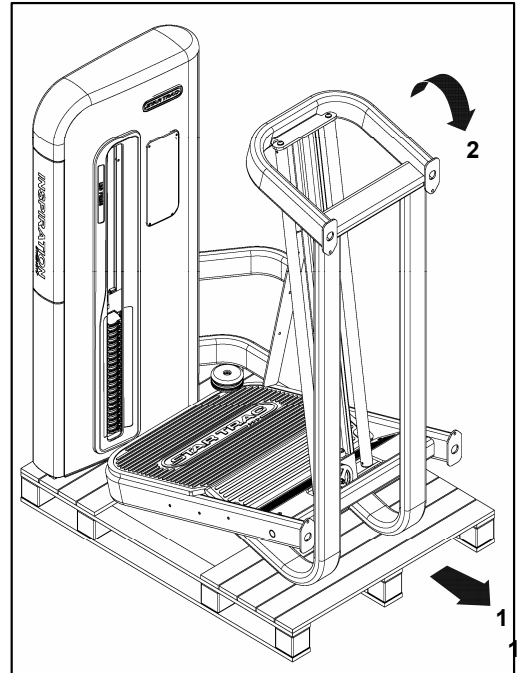
## PACKAGING REMOVAL:

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.



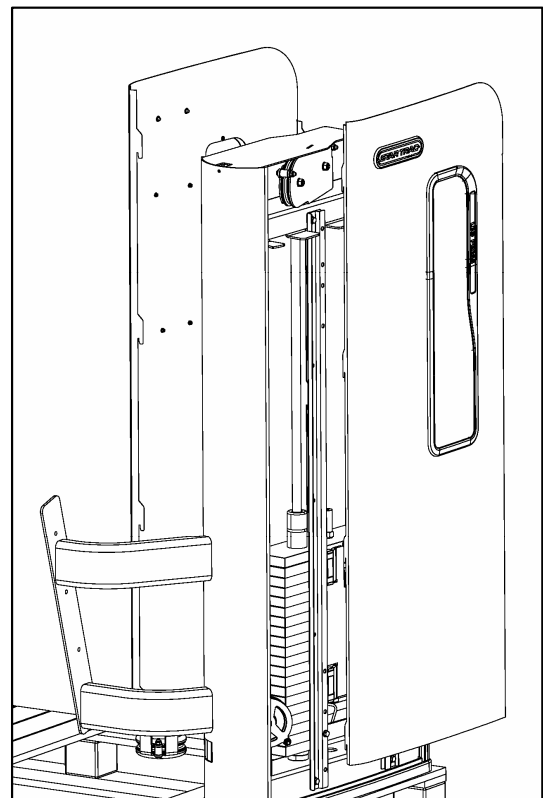
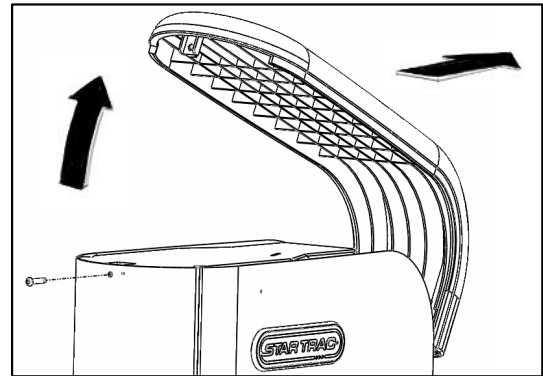
### REMOVE SEAT FRAME FROM PALLET:

1. Slide the SEAT FRAME forward at least 250mm (10 inches).
2. Carefully rotate the SEAT FRAME down and off the pallet. **CAUTION:** SEAT FRAME weighs 100Kg (220 lbs)



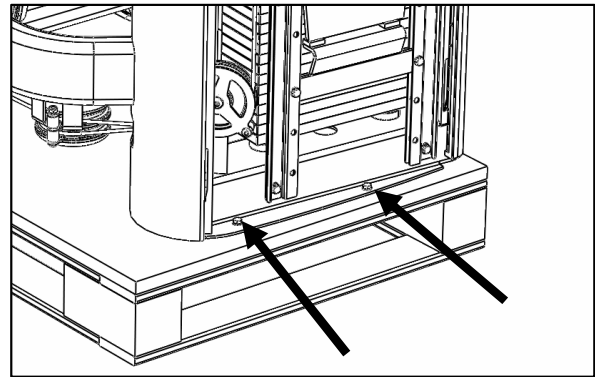
### REMOVE THE SHROUDS:

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. Grip the top of the outside SHROUD and lift to remove it from the weight stack. Carefully store the SHROUD for later use. Now repeat with the inside SHROUD.



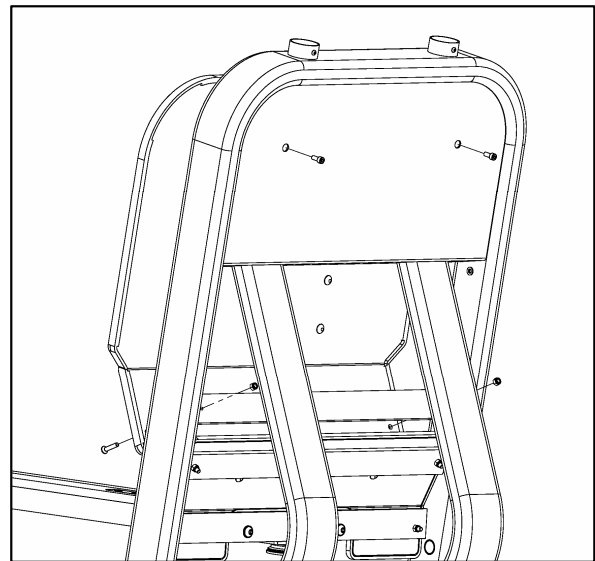
### REMOVE FROM PALLET:

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.



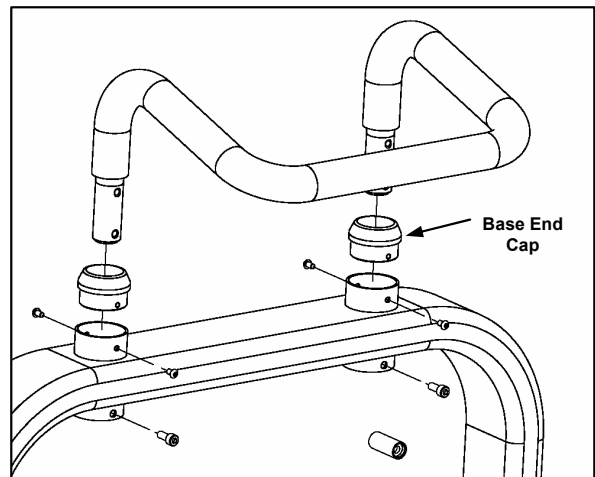
### REMOVE MAIN FOOT PAD SUPPORT:

1. Remove two (M8, 25MM, Socket Head Screws) recessed in the back panel using a 6MM hex key.
2. Remove two (M8, 40MM, Flat Head Socket Screws) located down at the bottom of the FOOT PAD using a 5MM hex key.
3. Remove the MAIN FOOT PAD and set aside along with the screws and Nyloc nuts.



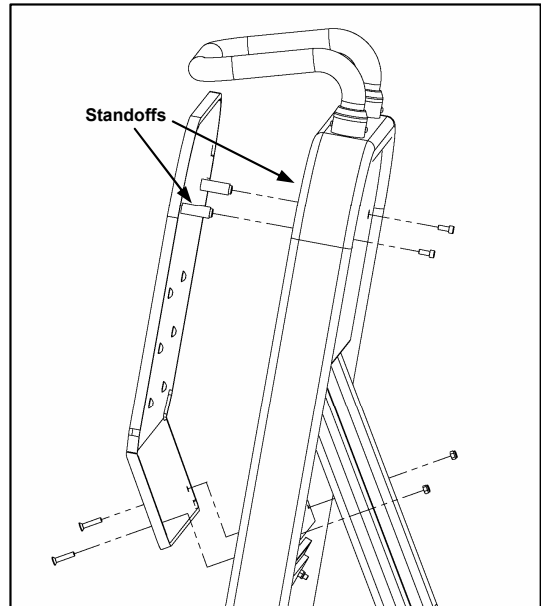
### INSTALL GRAB HANDLE:

1. Install BASE END CAP into the RECEIVER TUBING and secure using four (M6, 10MM, Button Head Screws) with a 4MM hex key.
2. Install the rubber covered GRAB HANDLE and secure using two (M8, 25MM, Socket Head Screws) with a 6MM hex key.



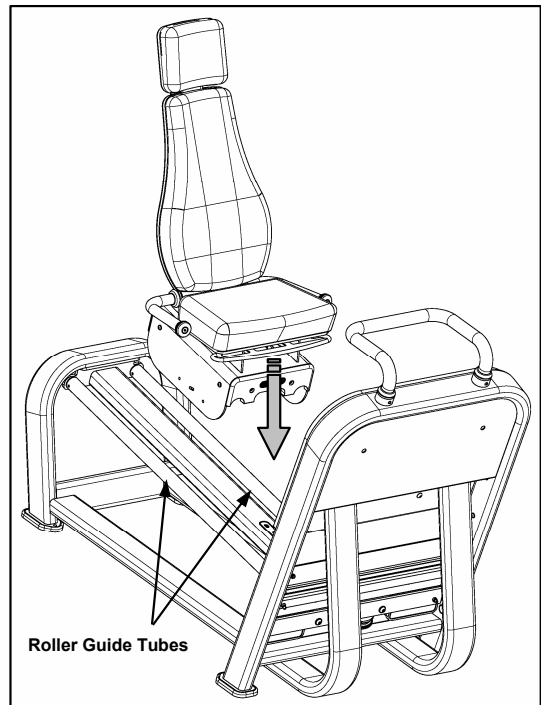
## RE-INSTALL MAIN FOOT PAD SUPPORT:

1. Align the MAIN FOOT PAD STANDOFFS with the back panel STANDOFFS and secure with (M8, 25MM, Socket Head Screws) recessed in the back panel using a 6MM hex key.

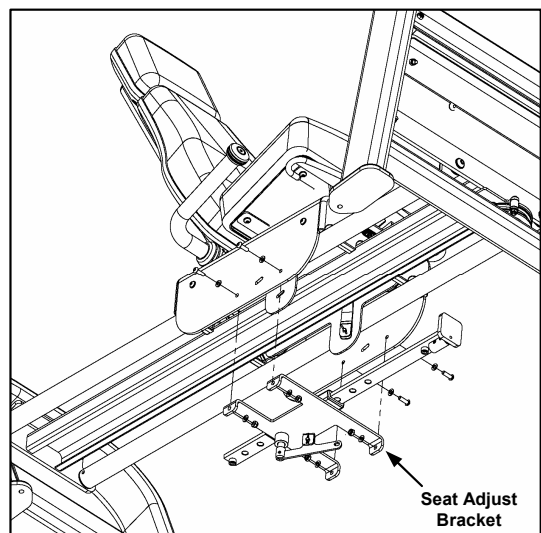


## INSTALLING THE SEAT ASSEMBLY:

1. Place the SEAT ASSEMBLY onto the ROLLER GUIDE TUBES. Note: The assembly weighs approximate 43 kg (95 lbs).

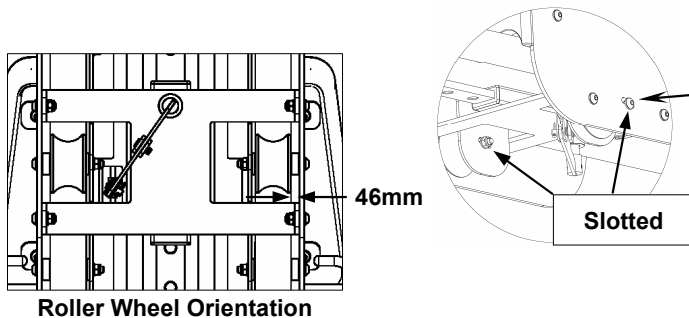
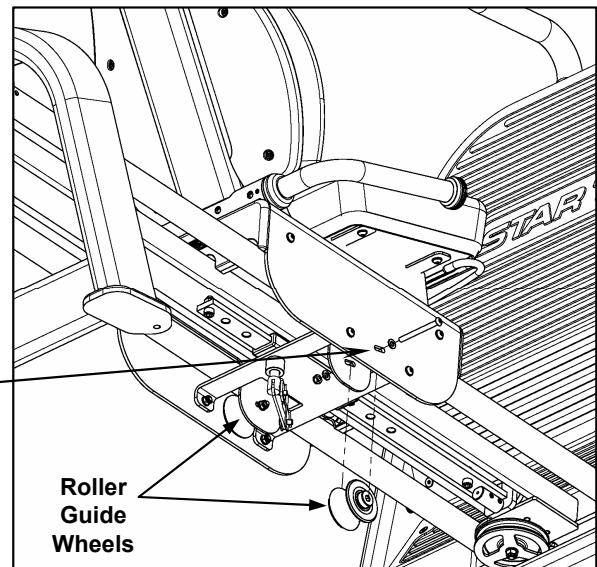
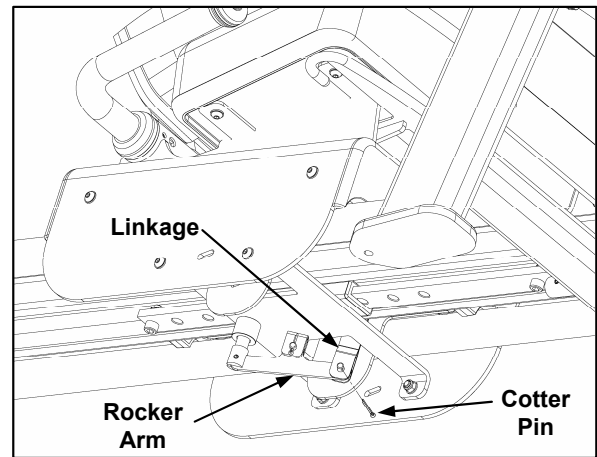


2. Install the SEAT ADJUST BRACKET into the SEAT ASSEMBLY with four sets of (M8, 25MM, Button Head Screw), (M8, Washer, 2X), and (M8, Nyloc Nut) using a 6MM hex key and 13MM open end wrench.



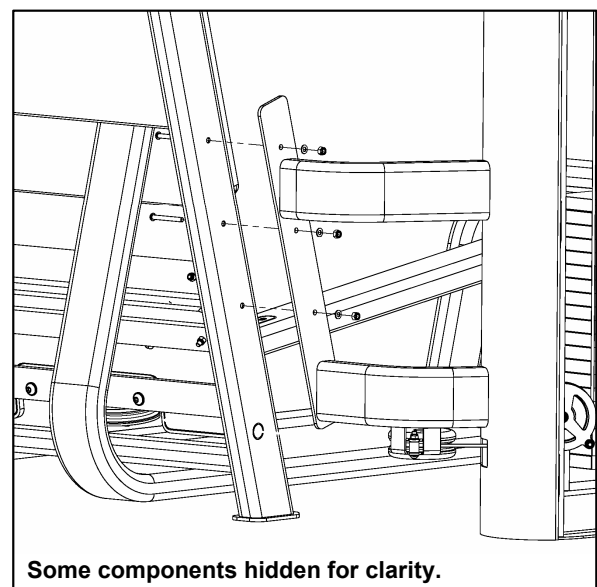
## INSTALLING THE SEAT ASSEMBLY:

1. Locate and connect the LINKAGE to the ROCKER ARM with the CLEVIS PIN. Then insert COTTER PIN as shown.
2. Install the ROLLER GUIDE WHEEL using a (M8, 85MM, Button Head Screw), two (M8, Washer) and a (M8, Nyloc Nut). Note wheel orientation – the 46mm spacer needs to face out.
3. Slide the WHEEL up along the slotted screw hole and push it up against the ROLLER GUIDE TUBE while tightening the Button Head Screws. Use a 6MM hex key with a 13MM open end wrench.
4. Repeat Steps 2-4 for the other ROLLER WHEEL on the other side.
5. Slide the SEAT ASSEMBLY along the entire length of the ROLLER GUIDE TUBES and verify smooth operation.



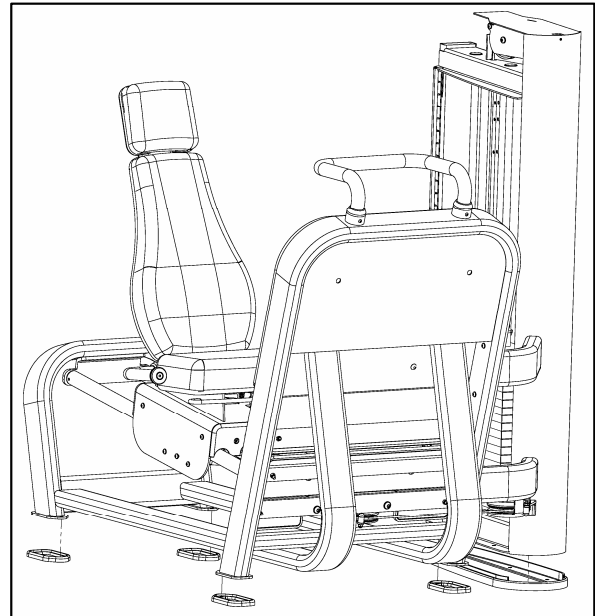
## MAINFRAME ASSEMBLY:

1. Position the WEIGHT STACK FRAME at the desired location.
2. Assemble the SEAT FRAME onto the WEIGHT STACK FRAME with three (M8, 70MM, Button Head Screws) using 6MM hex key and 13MM open end wrench.



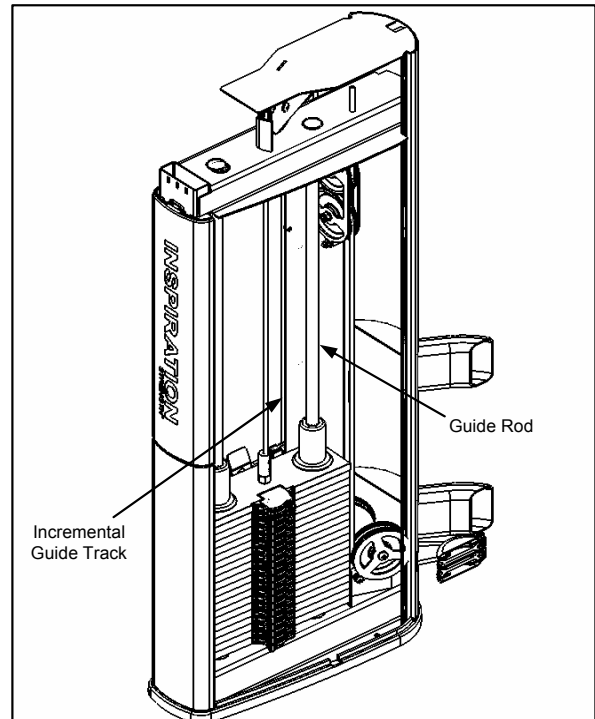
### PROTECTIVE FEET:

1. Your equipment shipped with a set of PROTECTIVE FEET. Tilt the equipment towards the weight stack until the four smaller feet under the SEAT assembly lift off the ground; slip the PROTECTIVE FEET on and set the equipment back down.
2. Now tilt the equipment onto the four small feet lifting the weight stack off the ground. Install the large PROTECTIVE FOOT and set the equipment back down.



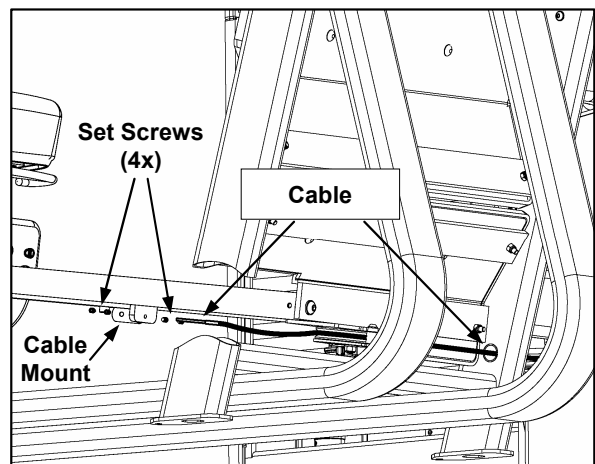
### GUIDE ROD LUBRICATION:

1. Apply a general purpose lubricant (such as 3-in-1 oil) that does not contain Teflon to a cotton cloth, then run the cotton cloth up and down the guide rods as needed.
2. Also apply oil to the incremental weight guide tracks.
3. Verify that the Top Plate and Incremental Plate slide smoothly.



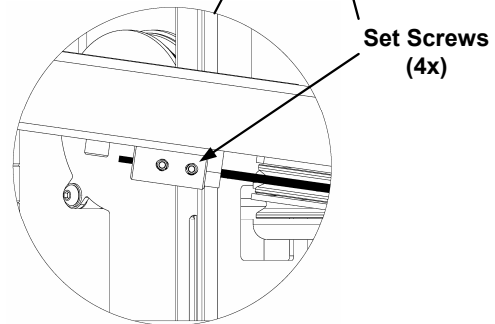
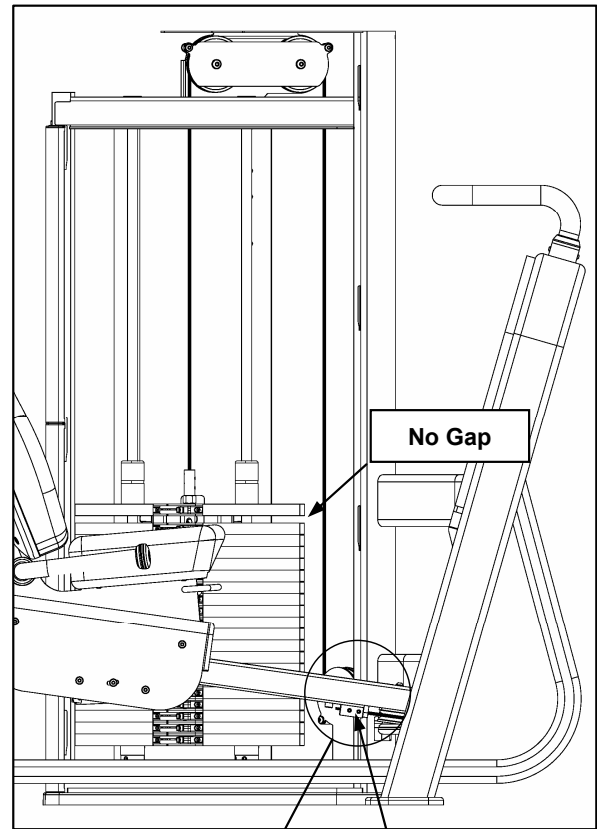
### INSTALLING THE CABLE:

1. Route cable thru the side hole of the main tube and around the pulley as shown, taking care not to fray the wire strands at the end of the cable.
2. Insert cable end into the CABLE MOUNT and secure with four SET SCREWS (M8) using a 4MM hex key.



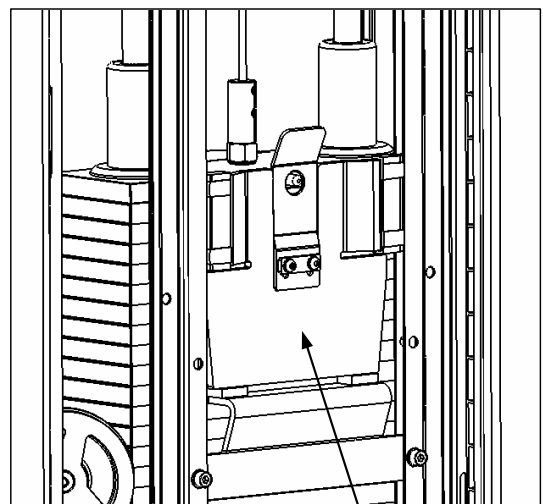
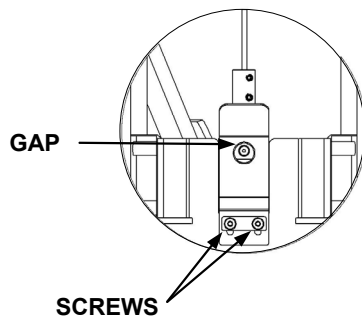
## TOP PLATE & CABLE ADJUSTMENT:

1. Engage **LOCKNLOAD™** pin at 1/3<sup>rd</sup> to 1/2 maximum weight and lift weight stack 3 to 4 times to fully seat.
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. Adjust cable tension by loosening the four M8 SET SCREWS using a 4MM hex key. Adjust cable tension in or out of the CABLE MOUNT until the Top Plate drops and rests on to the weight stack.
4. Tighten the SET SCREWS 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. Torque SET SCREWS to 15-17 N-m (11-12.5 lb-ft).



## INCREMENTAL WEIGHT ADJUSTMENT:

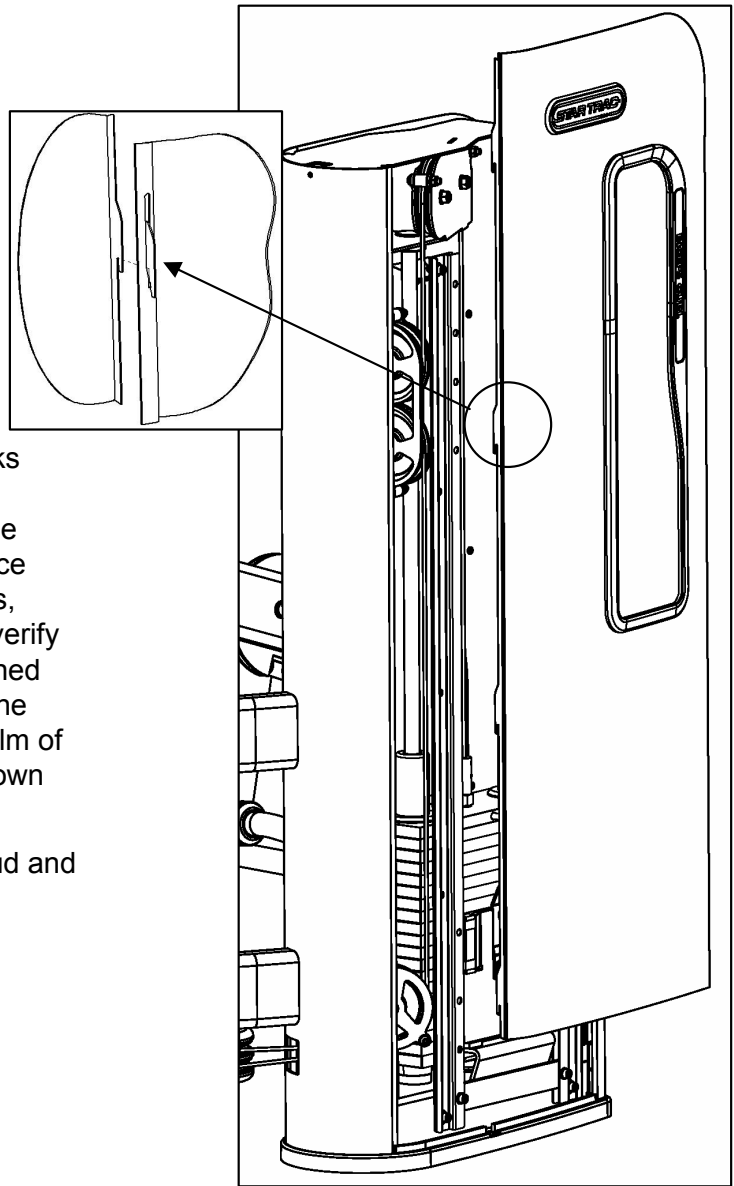
1. Check to make sure the gap between the TOP PLATE pin and the 20mm hole of the INCREMENTAL WEIGHT plate is 3mm or less when engage.
2. If gap is greater than 3mm, loosen but do not remove the two BUTTON HEAD SCREWS (M6) using a 4MM hex key.
3. Slide the bracket up or down to create a 3mm gap.
4. Re-tighten the two BUTTON HEAD SCREWS.



INCREMENTAL WEIGHT PLATE

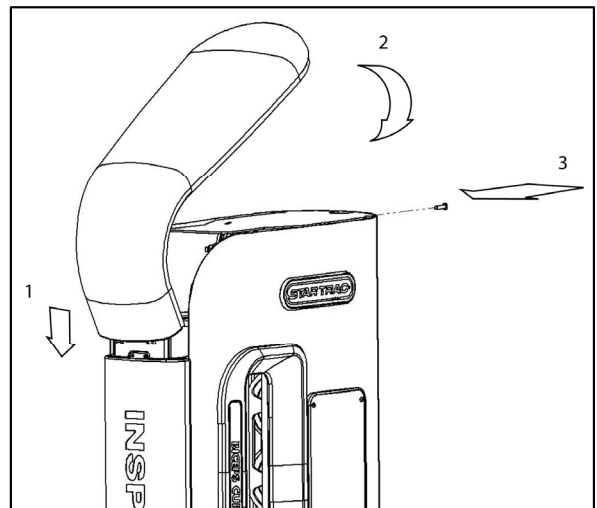
### INSTALLING THE SHROUDS:

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.



### INSTALLING THE TOP BUMPER:

1. After both shrouds have been installed install the black TOP BUMPER by first inserting the two tabs (1) found on the large end of the TOP BUMPER into the equipment main frame. Now rotate (2) the TOP BUMPER down until it is sitting flush on top of the weight frame. Install the (M6,30MM,Button Head Bolt) (3) through the weight frame into the TOP BUMPER as shown and tighten to 1.0 N-m max.

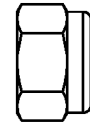


# HARDWARE GUIDE



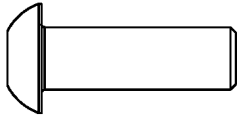
X 4

M6 X 10 Button Head Screw



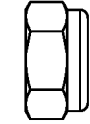
X 5

M8 Nyloc Nut



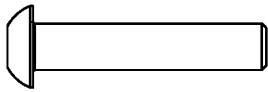
X 4

M8 X 25mm Button Head Screw



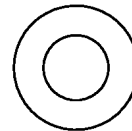
X 6

M8 Nyloc Jam Nut



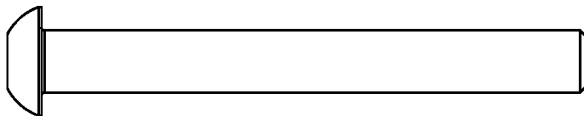
X 1

M6 X 30mm Button Head Screw



X 18

M8 Washer - 18



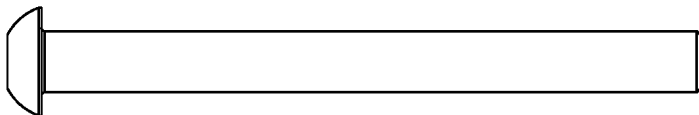
X 3

M8 X 75mm Button Head Screw



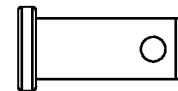
X 4

M8 Setscrew



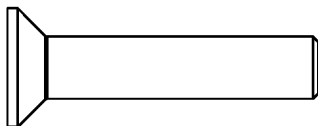
X 2

M8 X 85mm Button Head Screw



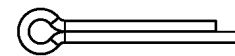
X 2

Clevis Pin



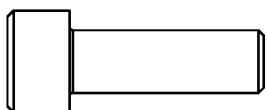
X 2

M8 X 40mm Flat Head Screw



X 2

Cotter Pin



X 4

M8 X 25mm Socket Head Screw



### **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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