

Inspire, By Casall

ASSEMBLY & OPERATION MANUAL

PT1 Power Trainer



RECORD SERIAL NUMBER HERE

TABLE OF CONTENTS

Section Description.....	Page
Instructions	1
Tools Required	1
Parts & Hardware List.....	2-4
Hardware Sizing Chart.....	5-6
Assembly Instructions	7-28
Exploded Diagram	29
Decal Reference	30
General Maintenance Information	31
Maintenance Schedule...	32
Limited Warranty.....	33

BEFORE ASSEMBLING YOUR Power Trainer

IMPORTANT: Read this entire manual before attempting to build or use this product. This manual contains step by step instructions for proper assembly.

Use the parts list included in this manual to verify that all parts are accounted for before assembly. If any parts are missing, contact the retailer of this product for replacement parts. Or, visit service.casall.se for more information.

Service of your home gym should only be performed by an authorized INSPIRE retailer. Service performed by anyone else can result in loss of warranty. Use only Inspire replacement parts on this machine. The use of any other brand of parts can also result in a loss of warranty. If you need help finding an authorized retailer, please contact us directly:

Sweden Head office
Casall Sport AB
Västgötegatan 7
Box 6007
600 06 Norrköping
Sweden
Phone: +46 (0) 11 32 56 00
Fax: +46 (0) 11 32 56 10
info@casall.se

REGISTER YOUR GYM ON LINE AT WWW.INSPIREFITNESS.NET

TOOLS REQUIRED FOR ASSEMBLY

- Metric socket set
- Adjustable wrench
- Tape Measure
- Rubber Mallet

Part List for Power Trainer

Part#	Description	Spec.	Q'ty (pcs)	说明
1	Main Base		1	
2	Main Upright		1	
3L	Left Leg		1	
3R	Right Leg		1	
4L	Left Support Arm		1	
4R	Right Support Arm		1	
5	Cross Brace		1	
6	Top Beam		1	
7	Lat Bar Assembly		1	
8R	Right Handlebar Assembly		1	
8L	Left Handlebar Assembly		1	
9	Connector Plate		1	
10	Arm Cushion		2	
11	Backrest Cushion Assembly		1	
12	Backrest Cushion Hanging plate		1	
13	U Bracket		2	
14	Backrest Cushion Protection Plate		1	
15	Backrest Cushion Limit Plate		1	
16L	Push Up Tube(Left)		1	
16R	Push Up Tube(Right)		1	
17	Washer	Φ30*Φ11*2.5	6	Black Zinc Plated
18	Pulley		27	BLACK
19	Top cover		1	BLACK
20	Locknut	M6	2	Black Zinc Plated
21	Rubber Plate	53*32*2	5	BLACK
22	Foot Cushion	M10*30	3	BLACK
23	Rubber Cushion	Fit with φ25.4 round tube	2	BLACK
24	End cap	Assembly	1	
25	Handlebar Grip	Φ33*Φ21*310	2	BLACK
26	End cap	Fit with Φ50.8 round tube	2	BLACK
27	Handlebar Grip	Φ33*Φ21*152	2	BLACK
28	End cap	fit with 75*50*2 tube	3	BLACK
29	EVA PAD	100*25*2	4	BLACK
30	Push Up tube Grip	Φ30*Φ24*350	2	BLACK
31	Hexagon socket button head screws	M10*30	7	Black Zinc Plated
32	Hexagon socket button head screws	M10*105	3	Black Zinc Plated
33	Hexagon socket button head screws	M10*85	2	Black Zinc Plated
34	Half-head inner hexagon screw with shoulder	M8*40	4	Black Zinc Plated
35	Hexagon socket button head screws	M10*100	2	Black Zinc Plated

Part List continued Power Trainer

36	Hexagon socket button head screws	M10*20	6	Black Zinc Plated
37	Flat-head inner hexagon screw with shoulder	φ12*93*M10	1	Black Zinc Plated
38	Hexagon socket button head screws	M8*15	4	Black Zinc Plated
39	Hexagon socket button head screws	M10*70	5	Black Zinc Plated
40	Hexagon socket button head screws	M10*125	2	Black Zinc Plated
41	Pan head screws with cross recess	M10*50	13	Black Zinc Plated
42	Hexagon socket button head screws	M8*20	10	Black Zinc Plated
43	Flat Washer	φ10	90	Black Zinc Plated
44	Spring Washer	φ10	8	Black Zinc Plated
45	Flat Washer	φ8	12	Black Zinc Plated
46	Flat Washer	φ12	1	Black Zinc Plated
47	Flat Washer	φ5	4	Black Zinc Plated
48	Locknut	M10	59	Black Zinc Plated
49	Hexagon socket button head screws	M10	2	Black Zinc Plated
50	Pulley distance sleeve	Φ20*Φ11*6	4	Black Zinc Plated
51	Locknut	M8	4	Black Zinc Plated
52	Guide Rod Spacer		1	
53	Bottom Shroud Plate		2	BLACK
54	Weight Stack Raisers		2	
55	Rubber Donuts	φ64*φ20*25.5	2	BLACK
56	Weight Selector Pin		1	
57	Weight Plate		15	BLACK
58	Selector Stem	Φ22*582	1	Chrome Plated
59	Cap Weight		1	BLACK
60	Guide Rod	Φ19*2008	2	Chrome Plated
61	U-shaped Pulley Bracket		1	
62	Upper Cross Brace		1	
63	Upper Pulley Bracket Assembly		1	
64	Rear upright tube		1	
65	Cable Adapter		2	
66	Floating Pulley Bracket		2	
67	Cable Stoper		2	BLACK
68	Cable Guide Bracket		2	
69	Rear Stabilizer		1	
70	Pulley Plate		2	Chrome Plated

Part List continued Power Trainer

71R	Upright tube assembly R		1	Chrome Plated
71 L	Upright tube assembly L		1	Chrome Plated
72	Adjusting grip	Φ33*Φ21*140	2	BLACK
73	Handle Assembly		2	
74R	Adjusting Sleeve Assembly -R		1	
74L	Adjusting Sleeve Assembly -L		1	
75	Carriage Sleeve		4	BLACK
76	T-shaped Lock Pin		2	
77	Rubber Plate	37*20*3	4	BLACK
78	Storage Hanger Bushing	Φ25.4*Φ21.4*Φ12*15	4	
79	Pulley Bracket		2	
80	U-Bracket Cable End		2	Chrome Plated
81	Bushing	Φ13*Φ10*Φ6.2*4.5	2	
82	Lower Bracket Assembly		2	
83	Foot Plate		1	
84	Rear Cable		1	
85	Cable		2	
86	Fabric Chain Cover		1	
87	Hexagon socket button head screws	M10*95	2	Black Zinc Plated
88	Hexagon socket button head screws	M10*45	6	Black Zinc Plated
89	Hexagon socket button head screws	M10*40	1	Black Zinc Plated
90	Hexagon socket button head screws	M10*40	4	Black Zinc Plated
91	Hexagon socket button head screws	M10*100	3	Black Zinc Plated
92	Hexagon socket button head screws	M10*130	2	Black Zinc Plated
93	Hexagon socket button head screws	M10*80	2	Black Zinc Plated
94	Hexagon socket button head screws	M10*145	2	Black Zinc Plated
95	Hexagon socket button head screws	M10*75	4	Black Zinc Plated
96	Flat-head inner hexagon screw with shoulder	φ12*63*M10	2	Black Zinc Plated
97	Half-head inner hexagon screw with shoulder	M6*32	2	Black Zinc Plated
98	Hexagon socket button head screws	M10*35	2	Black Zinc Plated
99	Hexagon socket button head screws	M10*55	2	Black Zinc Plated
100	End cap	Fit with 60*30*1.5 ellipse tube		
101	Washer	Φ26*Φ10*2	22	Black Zinc Plated
102	Allen Head Screw	M12	1	Black Zinc Plated
103	Rubber Plate	35*20*2	4	BLACK
104	End cap	Fit with φ25.4*2 ellipse tube	2	BLACK
	Hex key wrench	5#	1	Zinc Plated
	Hex key wrench	6#	1	Zinc Plated
	Hex key wrench	8#	1	Zinc Plated
	thin wrench	δ3	1	Zinc Plated

Hardware Sizing Chart



#45 M8 Flat Washer (Qty 8)



#43 M10 Flat Washer (Qty 30)



#101 M10 Larger Washer (Qty 22)



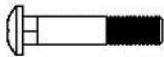
#46 M12 Flat Washer (Qty 1)



#38 M8x $\frac{3}{8}$ " Button Head Bolt (Qty 4)



#42 M8x $\frac{1}{2}$ " Button Head Bolt (Qty 4)



#34 M8x1 $\frac{3}{8}$ " Carriage Bolt (Qty 4)



#36 M10x4" Button Head Bolts (Qty 5)



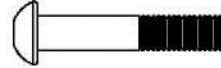
#31 M10x1 $\frac{1}{4}$ " Button Head Bolts (Qty 1)



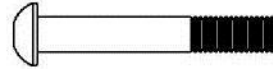
#90 M10x1 $\frac{3}{8}$ " Button Head Bolts (Qty 4)



#41 M10x2" Button Head Bolts (Qty 4)



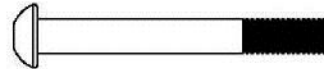
#99 M10x2 $\frac{1}{8}$ " Button Head Bolts (Qty 2)



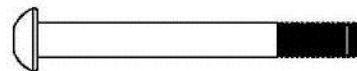
#39 M10x2 $\frac{3}{4}$ " Button Head Bolts (Qty 5)



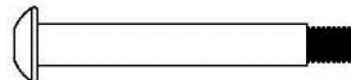
#93 M10x3 $\frac{1}{8}$ " Button Head Bolts (Qty 2)



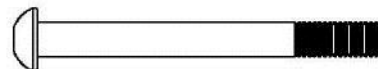
#33 M10x3 $\frac{3}{8}$ " Button Head Bolts (Qty 2)



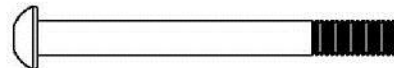
#87 M10x3 $\frac{3}{4}$ " Button Head Bolts (Qty 2)



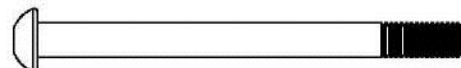
#37 M10x3 $\frac{5}{8}$ " Button Head Bolts (Qty 1)



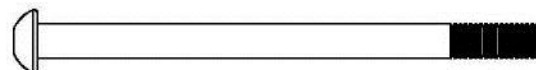
#35 M10x4" Button Head Bolts (Qty 2)



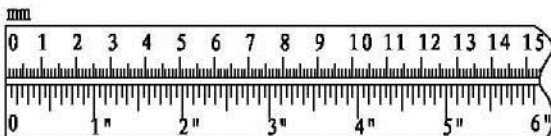
#32 M10x4 $\frac{1}{8}$ " Button Head Bolts (Qty 3)



#40 M10x4 $\frac{7}{8}$ " Button Head Bolts (Qty 2)



#94 M10x5 $\frac{3}{4}$ " Button Head Bolts (Qty 2)



Hardware Sizing Chart Continued



#51 M8 Lock Nut (Qty 4)



#48 M10 Lock Nuts (Qty 31)



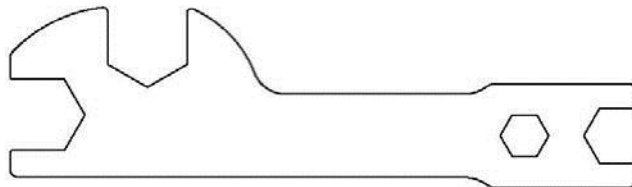
TOOL: 5mm Allen Wrench (Qty 1)



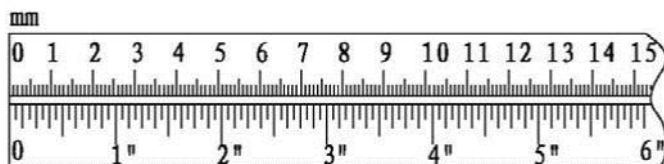
TOOL: 6mm Allen Wrench (Qty 1)



TOOL: 8mm Allen Wrench (Qty 1)



TOOL: 3mm (Qty 1)



STOP! VERY IMPORTANT:

To assemble the Inspire Fitness PT1, follow the hardware listing for the PT1 on the three hardware boards. The hardware needed for a step might be located on more than one board. For Example: the hardware for Step 1 is found on two separate boards.

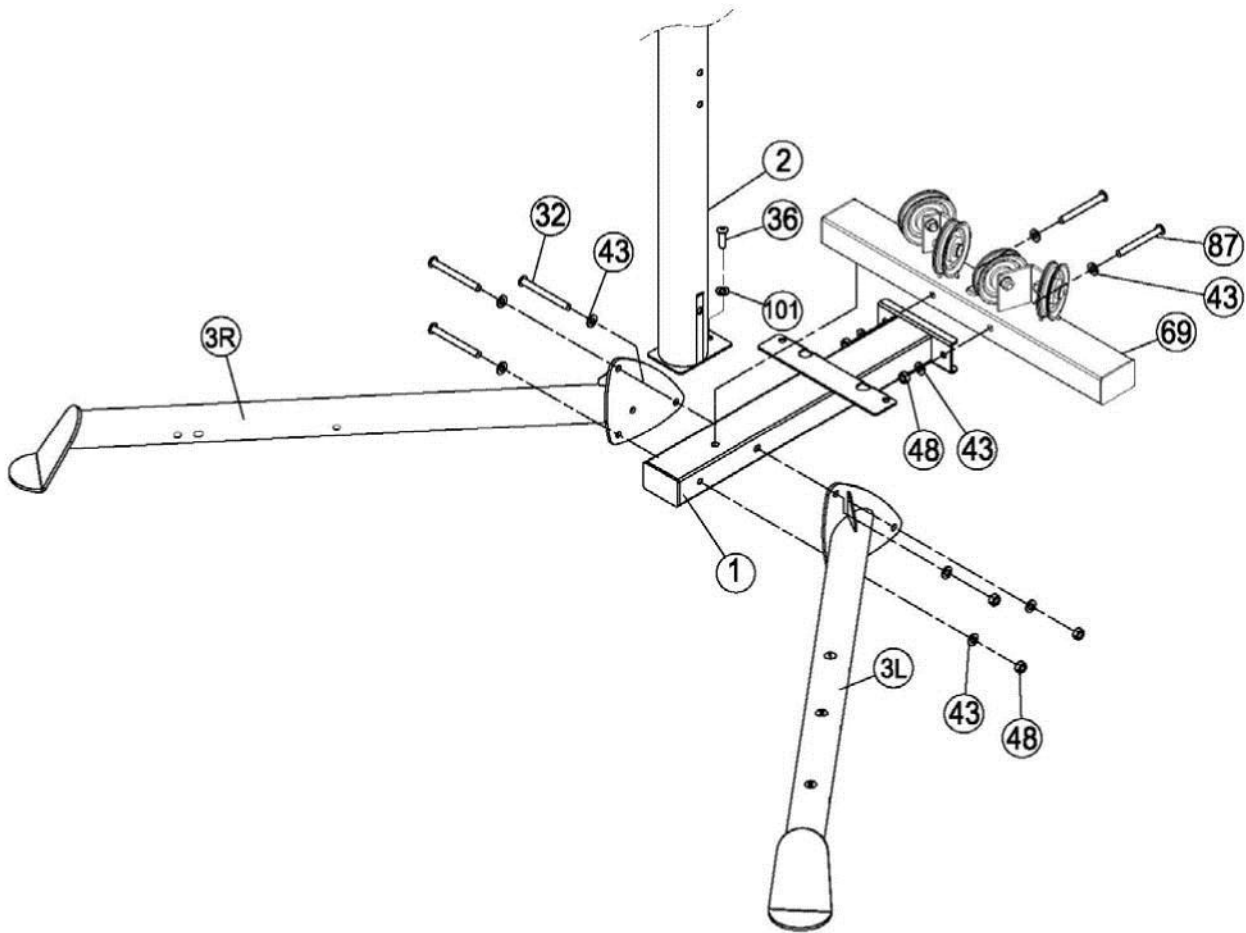
On one board the hardware is listed as:

CDVK2-Step 1
PT1-Step 1

On the other board the hardware is listed as:

PT1-Step 1

Step 1

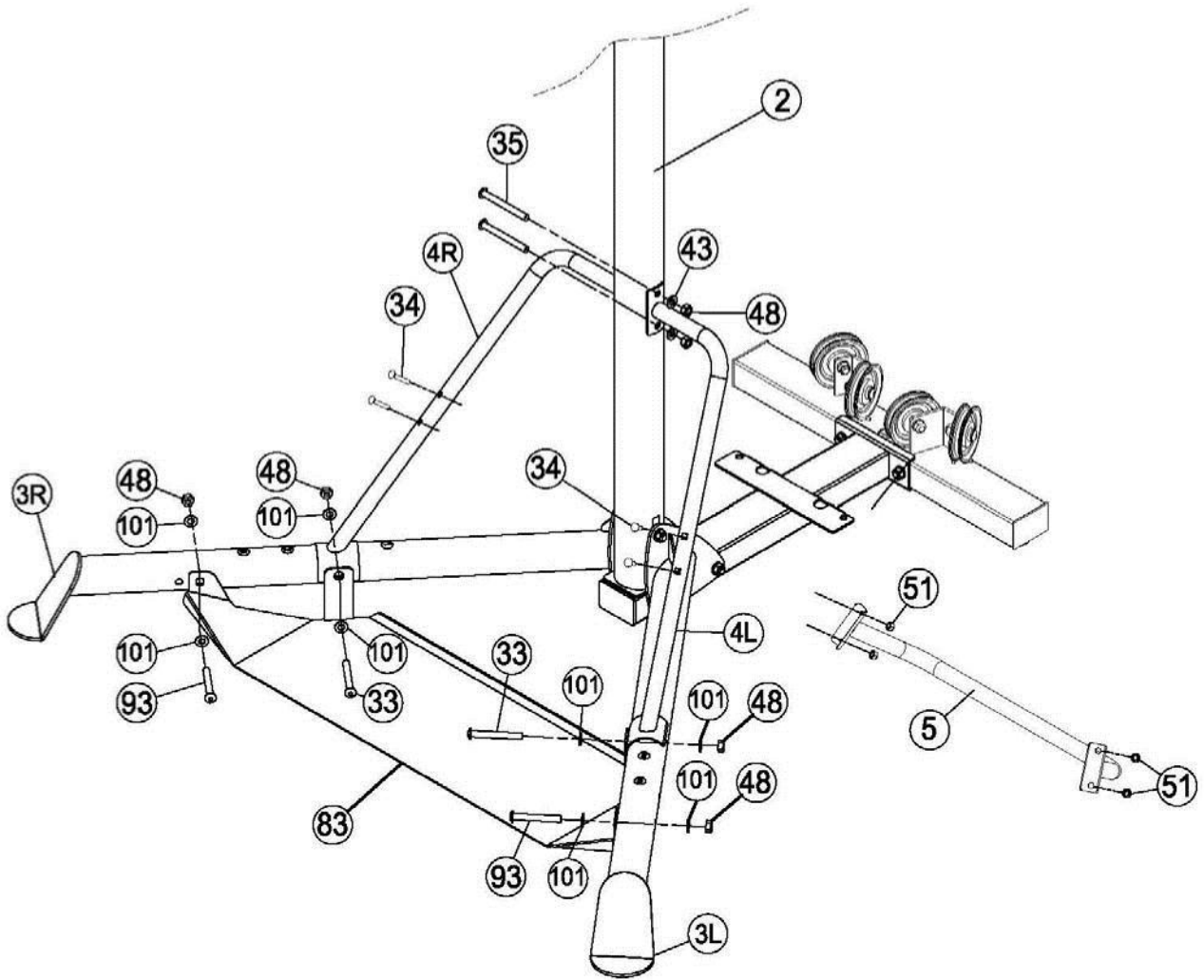


Attach Right & Left Legs (#3R & 3L) to Main Upright (#2) & Main Base (#1) using:
One (M10 x 4/5" Bolt)
Three (M10 x 4 1/8" Bolt)

Attach Rear Stabilizer (#69) to Main Base (#1) using: **Three (M10 x 3 3/4" Bolts)**

Note: Finger Tighten Only

Step 2



Attach Left & Right Support Arms (#4L & 4R) to Main Upright (#2) using:
Two (M10 x 4" Bolts)

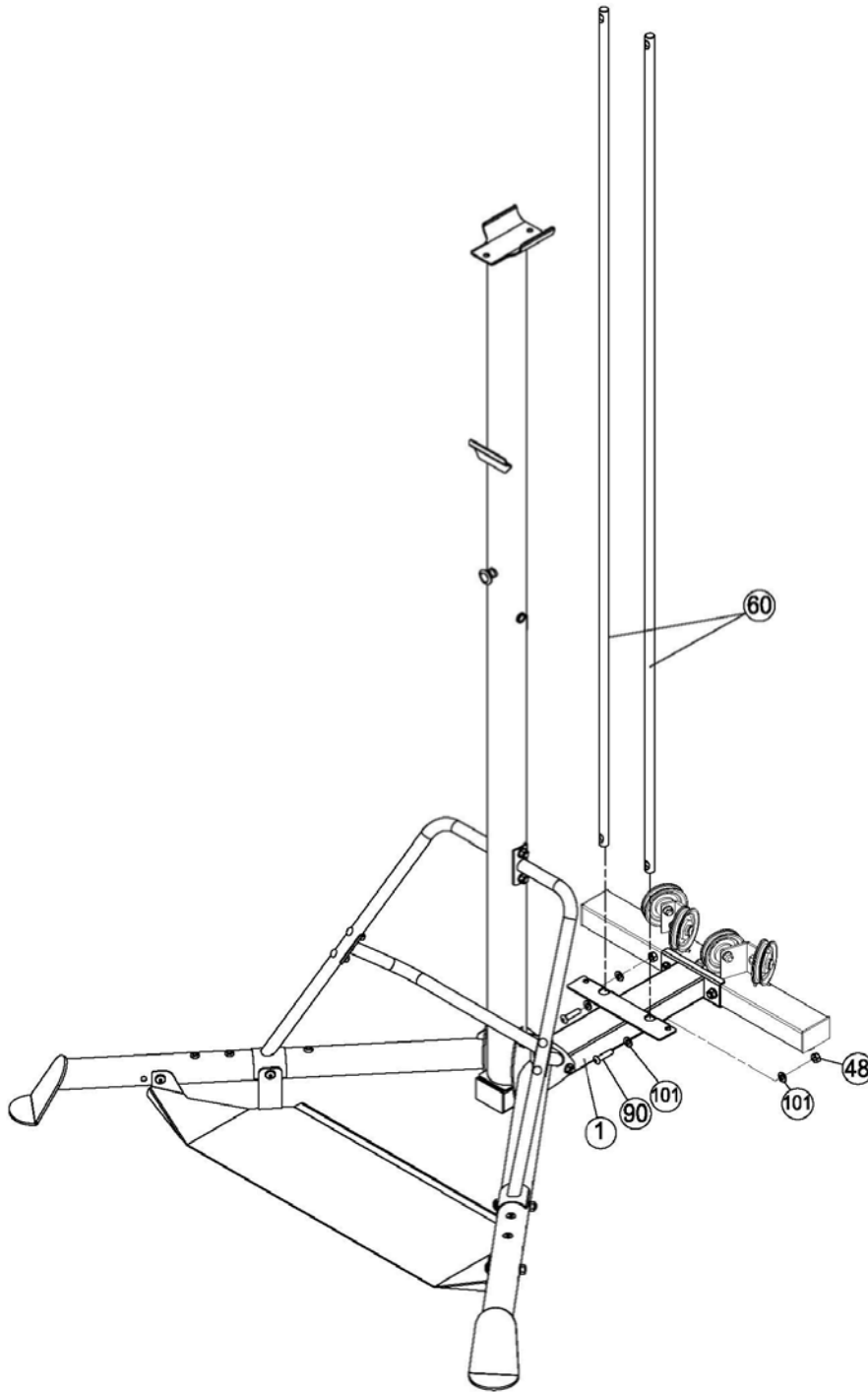
Attach Both Support Arms (#4L & 4R) and the Foot Plate (#83) to the Legs using:
Two (M10 x 3 3/8" Bolts)

Attach Foot Plate (#83) to Left and Right Legs (#3L & 3R) Using:
Two (M10 x 3 1/8" Bolts)

Attach Cross Brace (#5) to Support Arms (#4L & 4R) Using: **Four (M8 x 1 3/5" Bolts)**

Note: Wrench Tighten Steps 1 thru 2 now.

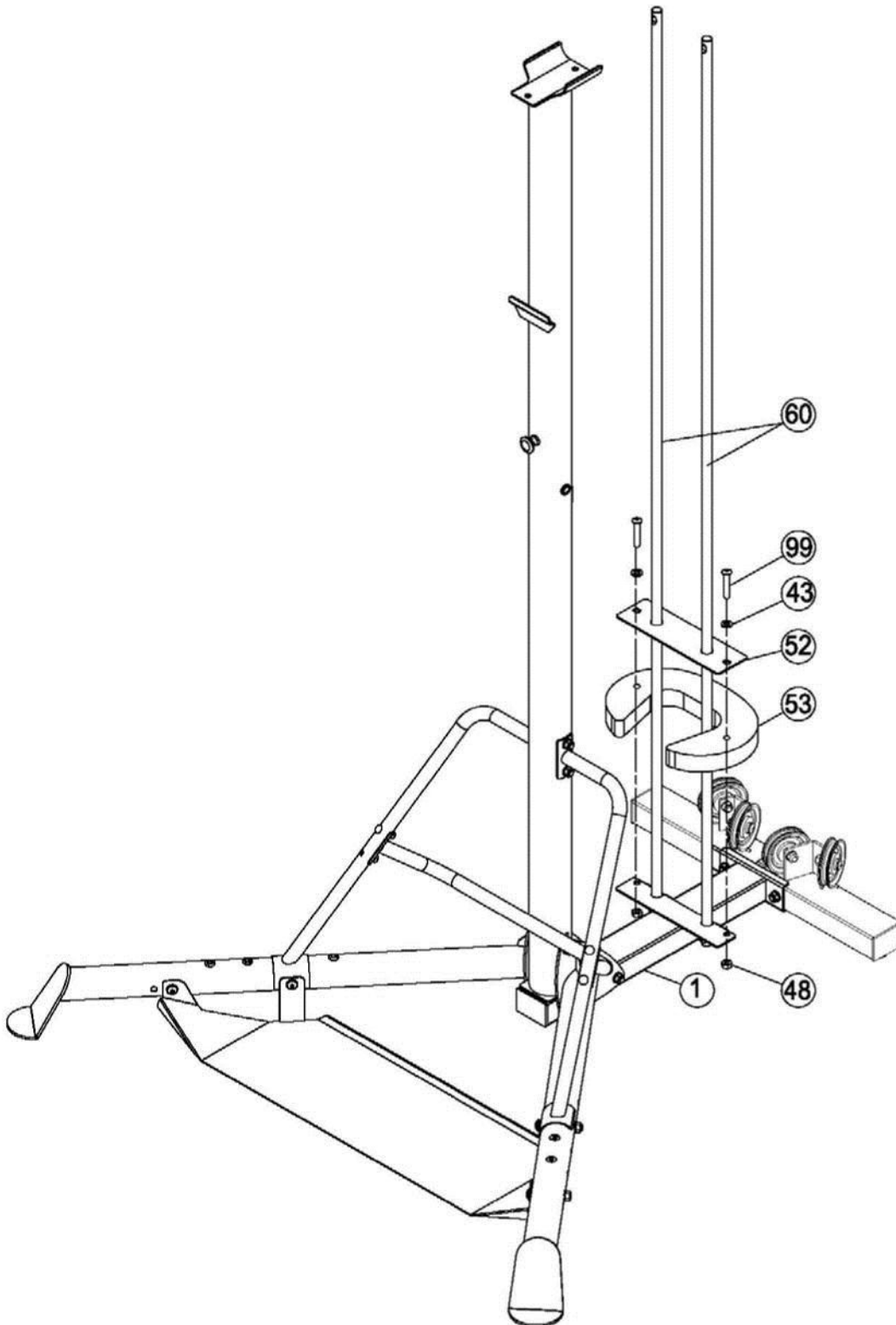
Step 3



Attach Guide Rods (#60) to Main Base (#1) Using: **Two (M10 x 1 3/5" Bolts)**

Note: Finger Tighten Only

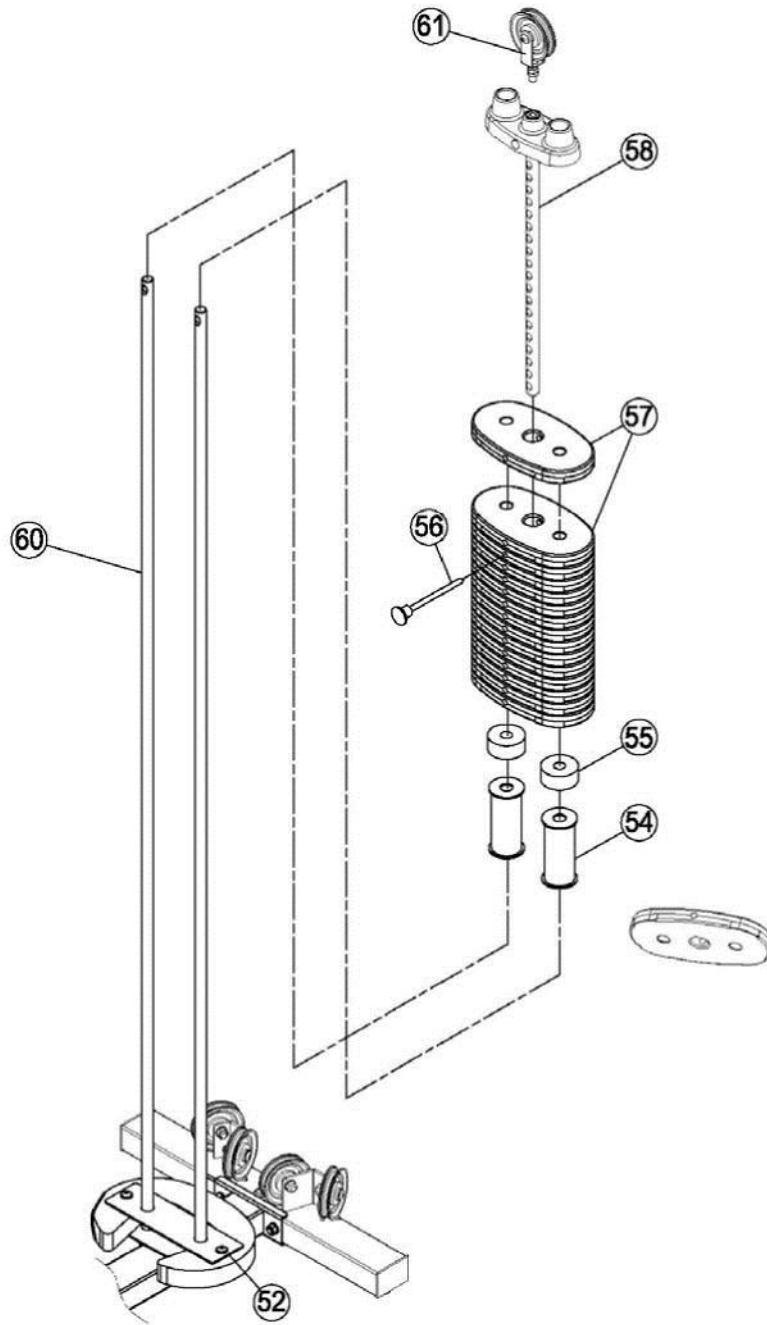
Step 4



Step 4: Attach Bottom Shroud Plate (#53) and Guide Rod Spacer (#52) to Main Base Using:
Two (M10 x 2 1/8" Bolts)

Note: Wrench Tighten Steps 3 & 4 Now.

Step 5

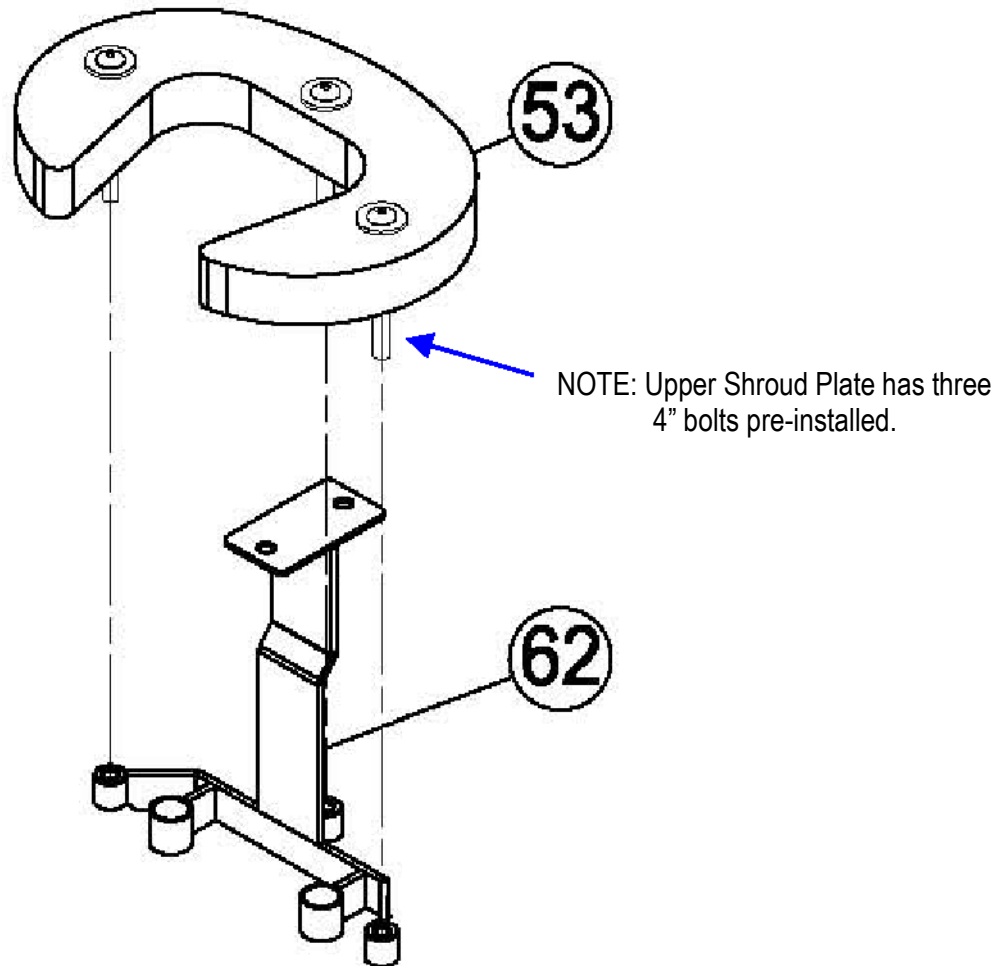


Attach U Shaped Pulley Bracket (#61) and pulley to Selector Stem (#58). **IMPORTANT! Thread U shaped Pulley bracket bolt halfway into Selector Stem and tighten Jam Nut securely.**

NOTE: Before beginning Step 5: If optional 200 lb. heavy weight stack is being assembled, eliminate the Weight Stack Risers (#54). (This space will be taken up by 5 extra weight plates.)

Slide Weight Stack Risers (#54) down the Guide Rods (#60) and onto the Shroud Plate. Next slide the Rubber Donuts (#55) down the Guide Rods until sitting on Weight Stack Risers. Next slide each plate down the Guide Rods until all 15 Weight Plates (#57) are resting on the Rubber Donuts. Be sure that all weight plates are facing forward and right side up. **(Front of each weight plate is signified by recessed area for weight stack numbers. The bottom of each plate has three raised feet).**

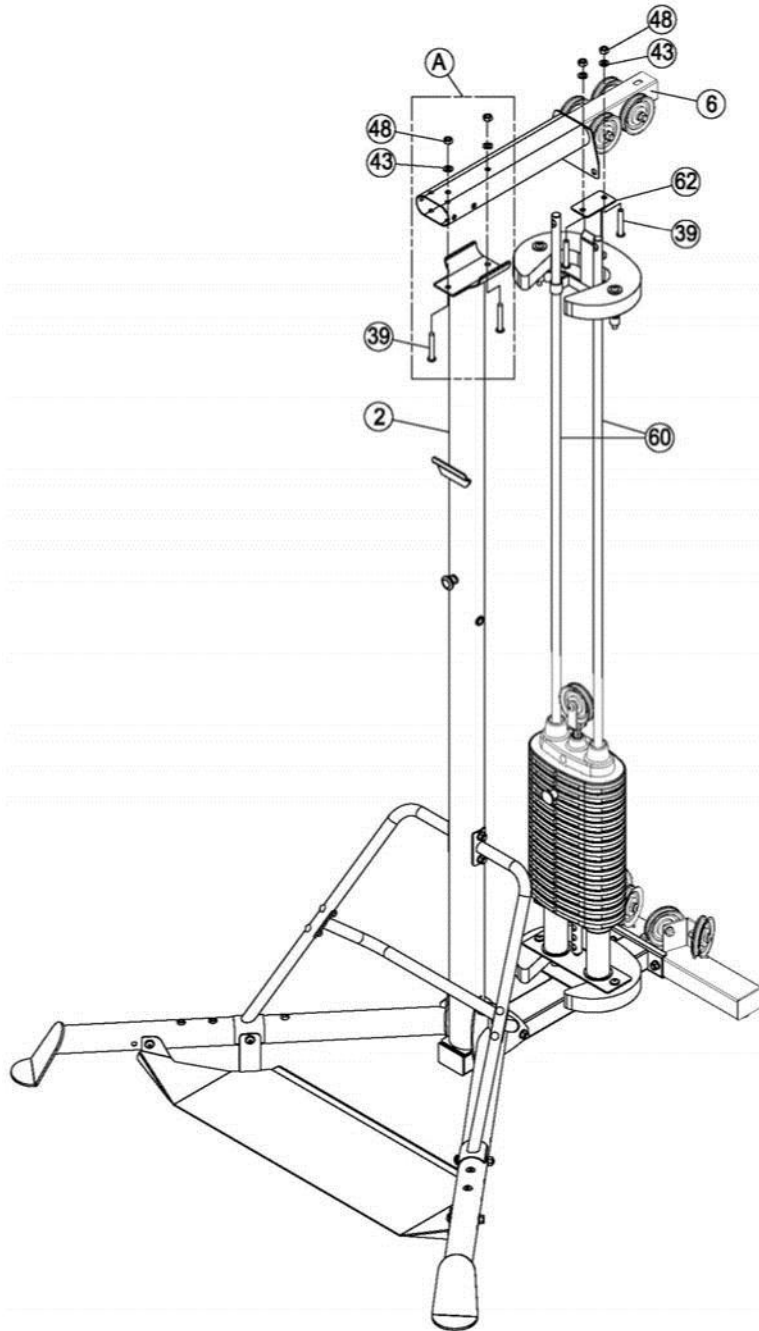
Step 6



Attach the Upper Shroud Plate (#53) to the Shroud Plate Mount (#62) by threading the three Button Head Screws half way down threaded barrels.

NOTE: Be sure that all three Button Head Screws are threaded to an equal depth.

Step 7



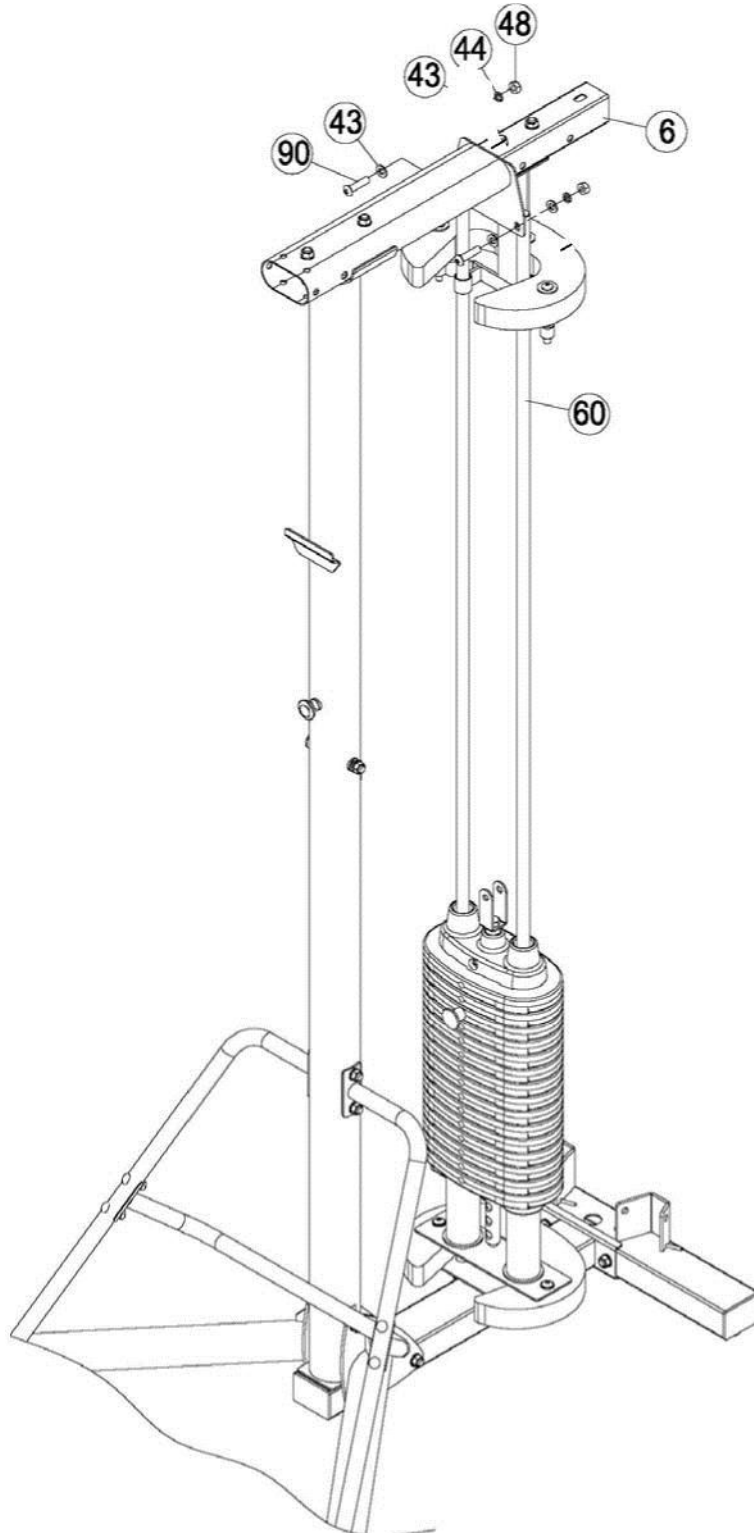
Attach Shroud Plate Mount (#62) to Top Beam (#6) Using: **Two (M10 x 2 3/4"**

Bolts) Slide Shroud Plate Mount (#62) onto the Guide Rods (#60)

Attach Top Beam (#6) to Main Upright (#2) Using: **Two (M10 x 2 3/4"**

Bolts) Note: Finger Tighten Only.

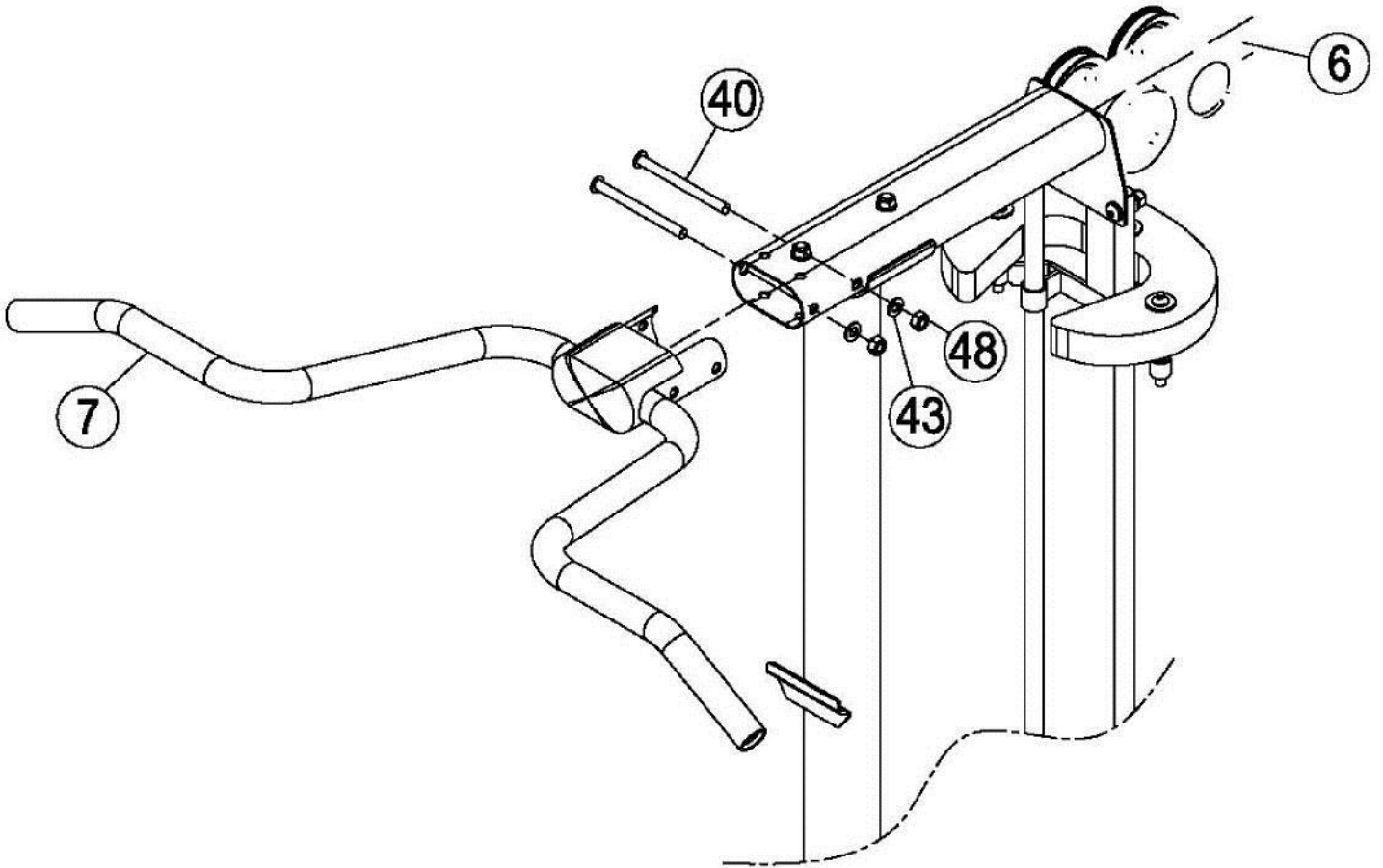
Step 8



Attach Guide Rods (#60) to Top Beam Assembly (#6) Using: **Two (M10 x 1 3/5" Bolts)**

Note: Finger Tighten Only.

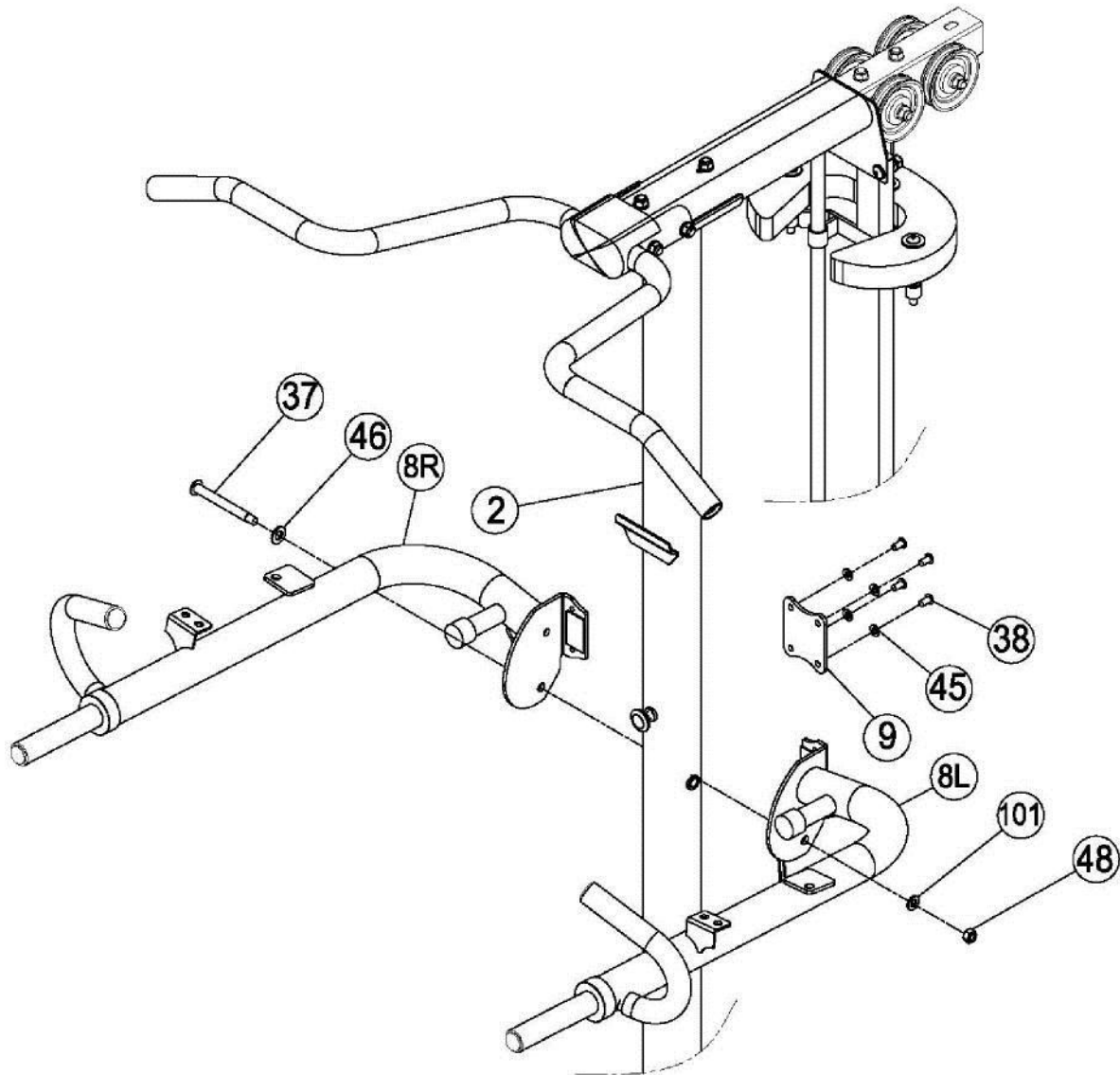
Step 9



Attach Lat Bar Assembly (#7) to Top Beam Assembly (#6) Using: **Two (M10 x 4 7/8" Bolts)**

Note: Wrench Tighten This Step Now.

Step 10

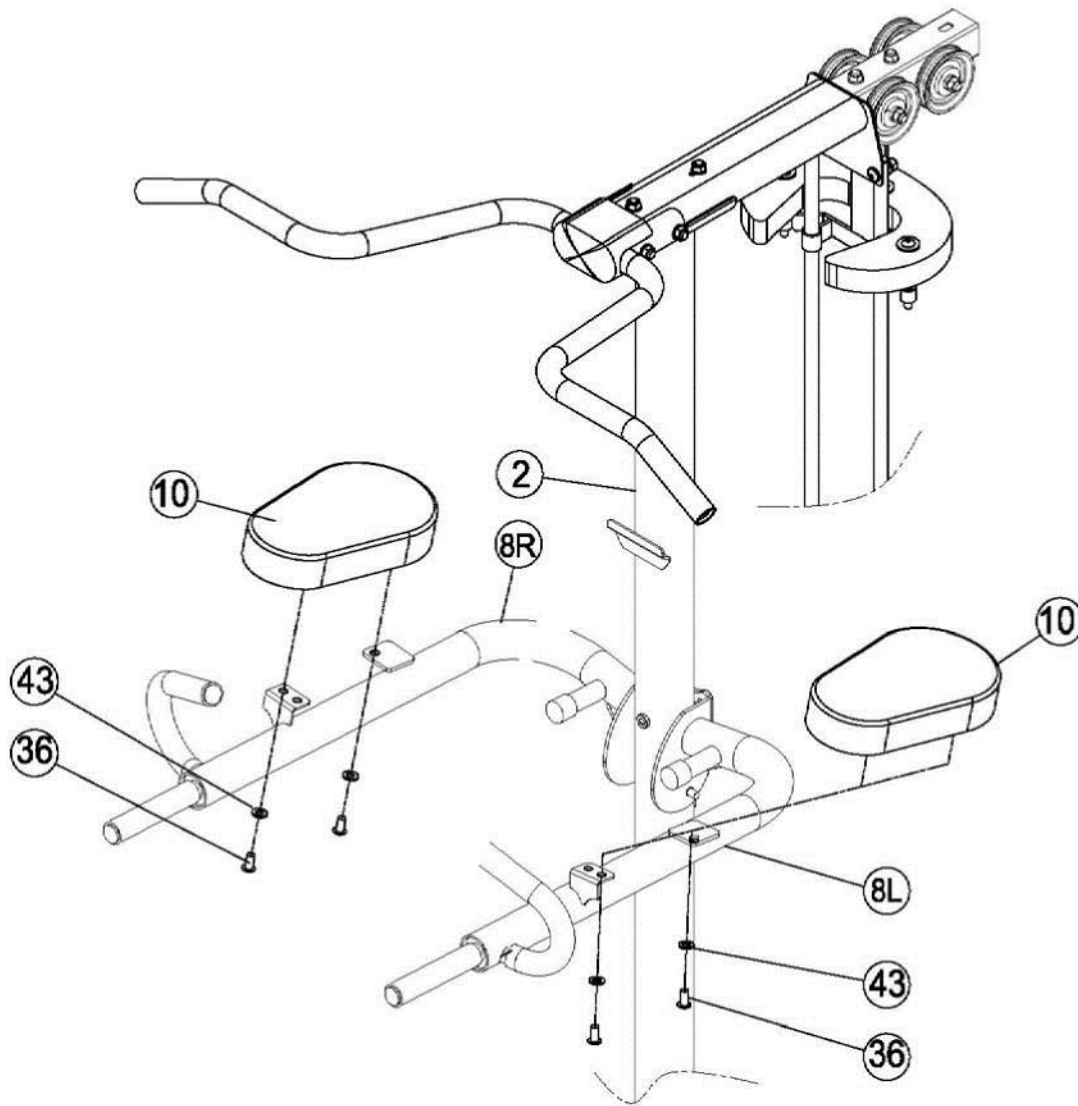


Attach Right & Left Handlebars (#8R & 8L) to Main Upright (#2) Using:
One (M12 x 3 5/8" Bolt)

Attach Right Handlebar (#8R) and Left Handlebar (#8L) to Connector Plate using:
Four (M8 x 3/5" Bolts)

Note: Wrench Tighten This Step Now.

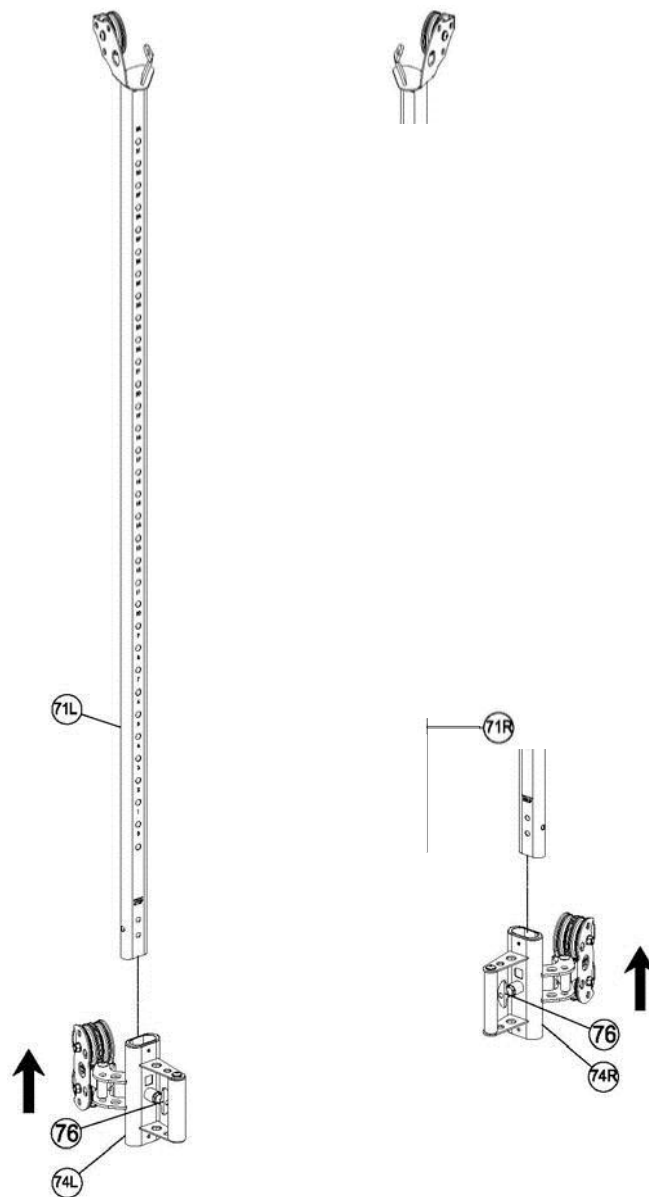
Step 11



Attach Arm Cushions (#10) to Right & Left Handlebars (#8R & 8L) Using:
Four (M10 x 4/5" bolts)

Note: Wrench Tighten This Step Now, But Do Not Over Tighten.

Step 12

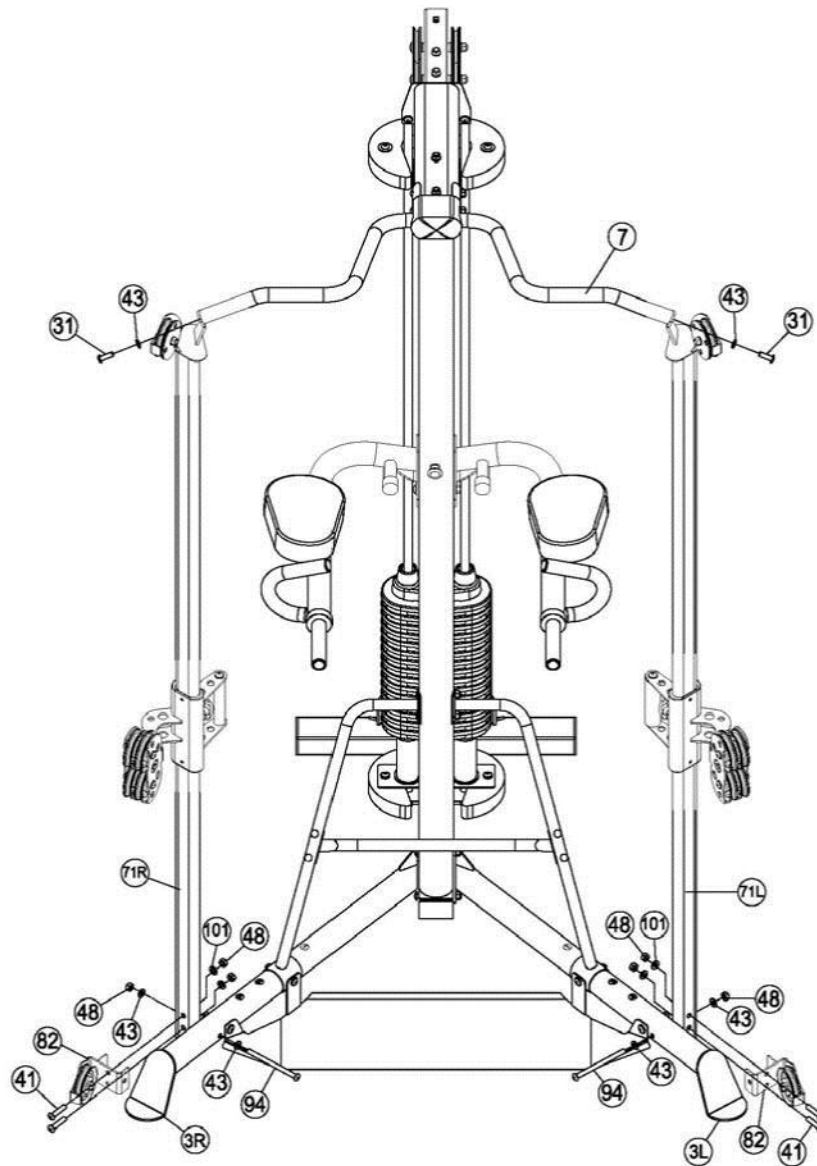


Attach the Left Slider Assembly (#74L) to the Left Slider Tube (#71L).

Attach the Right Slider Assembly (#74R) to the Right Slider Tube (#71R).

NOTE: Be sure that the window in the Left and Right Slider assemblies are above the T-shaped lock pin (#76).

Step 13



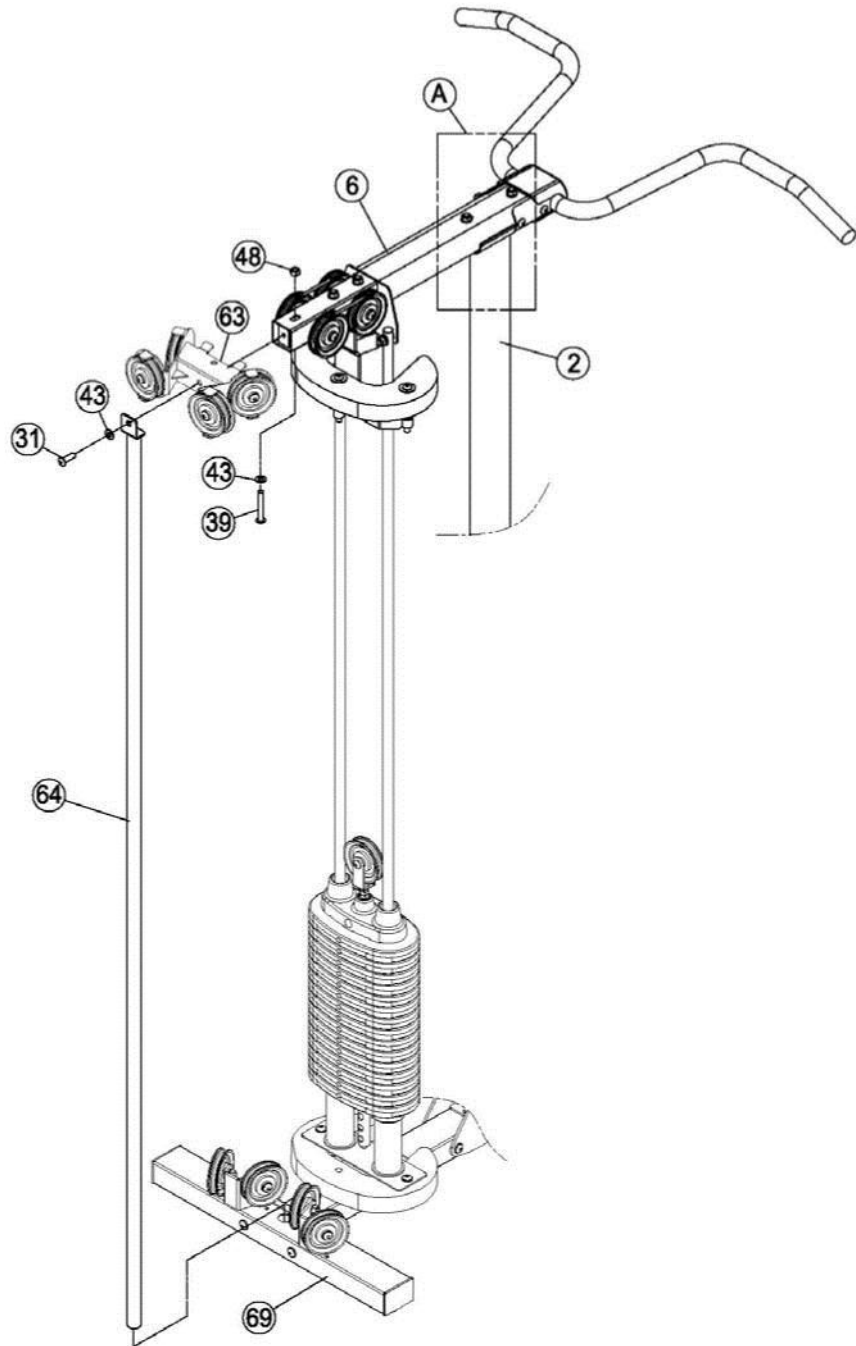
Attach Lower Pulley Brackets (#82) to bottom of Right & Left Selector Tube Using:
Four (M10 x 2" Bolts)

Attach Right & Left Selector Tubes (#71R & 71L) and Lower Pulley Brackets to the Right & Left Legs (#3R & 3L) using:
Two (M10 x 5 3/4" Bolts)

Attach Right & Left Selector Tubes (#71R & 71L) to Lat Bar Assembly Using:
Two (M10 x 1 1/4" Bolts)

Note: Finger Tighten Only

Step 14

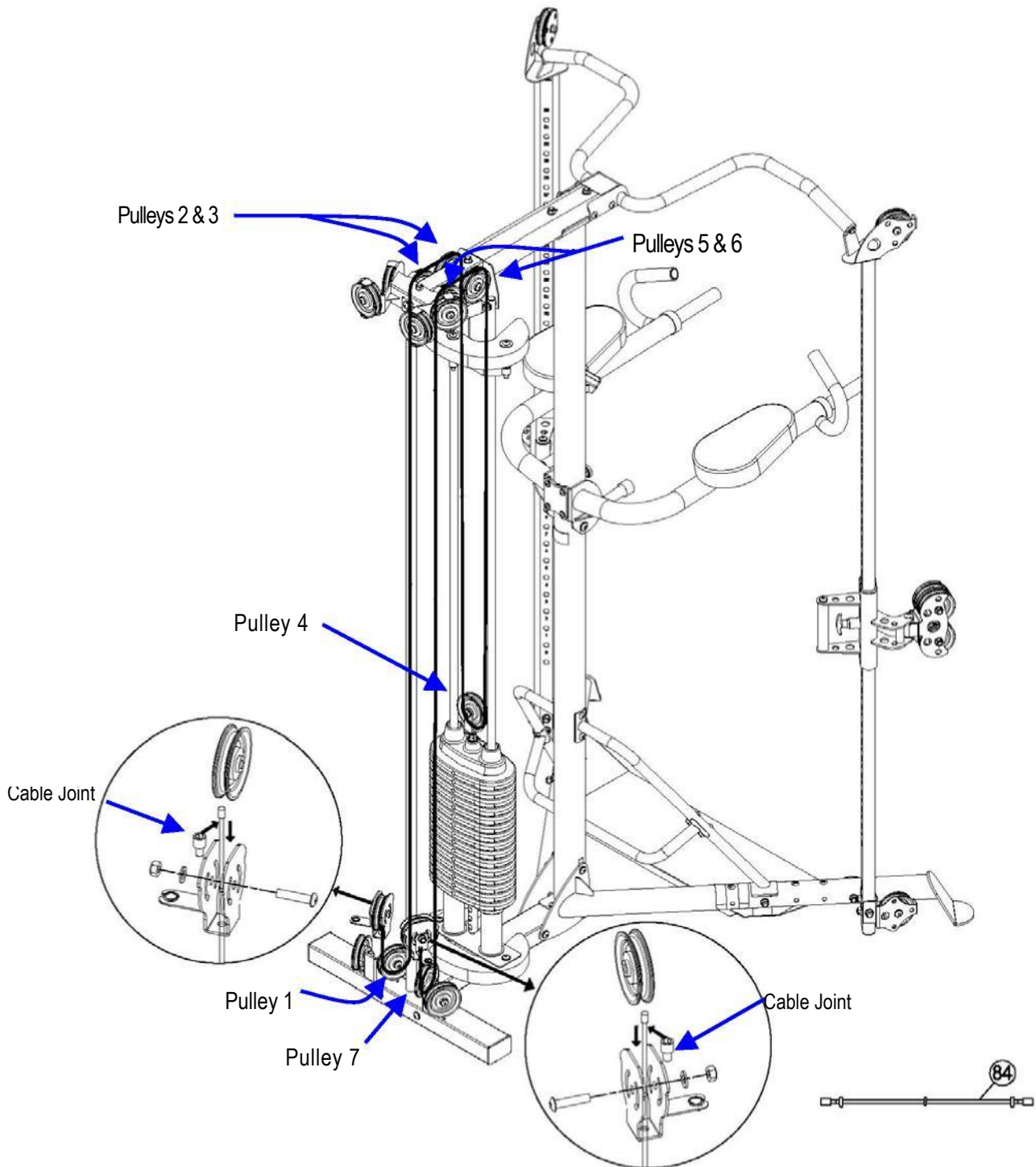


Attach Upper Pulley Bracket Assembly (#63) to Top Beam (#6) Using:
One (M10 x 2 3/4" Bolt)

Slide Rear Upright Tube (#64) into Rear Stabilizer (#69), then attach to Upper Pulley Bracket Assembly (#63) using:
One (M10 x 1 1/4" Bolt)

Note: Wrench Tighten Steps 7, 8, 13 & 14 Now.

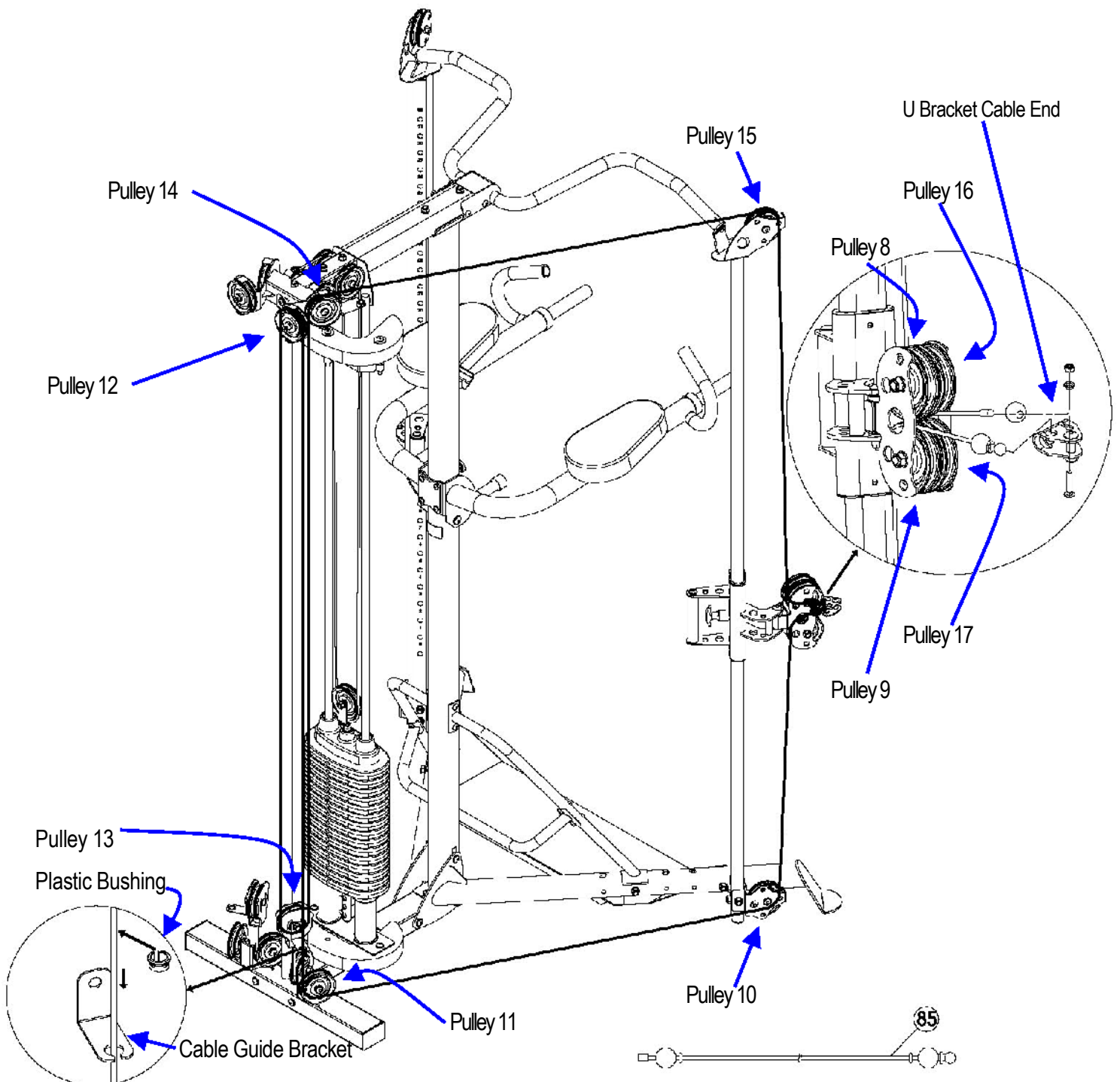
Step 15



Starting at the back of the gym, begin by routing the Rear Cable (#84) around Pulley 1. Continue to the top of the gym and route around pulleys 2 & 3. Continue down and around Pulley 4 and then up and around pulleys 5 & 6. Finish by directing the cable down and around Pulley 7.

Locate both Floating Pulley Brackets and start by removing the 3 1/2" pulleys from them. Next, slip both ends of cable (#84) into the bottom hole of each Floating Pulley bracket. Install the Cable Joints as shown in the magnified circles above. Reinstall the 3 1/2" pulleys and tighten now.

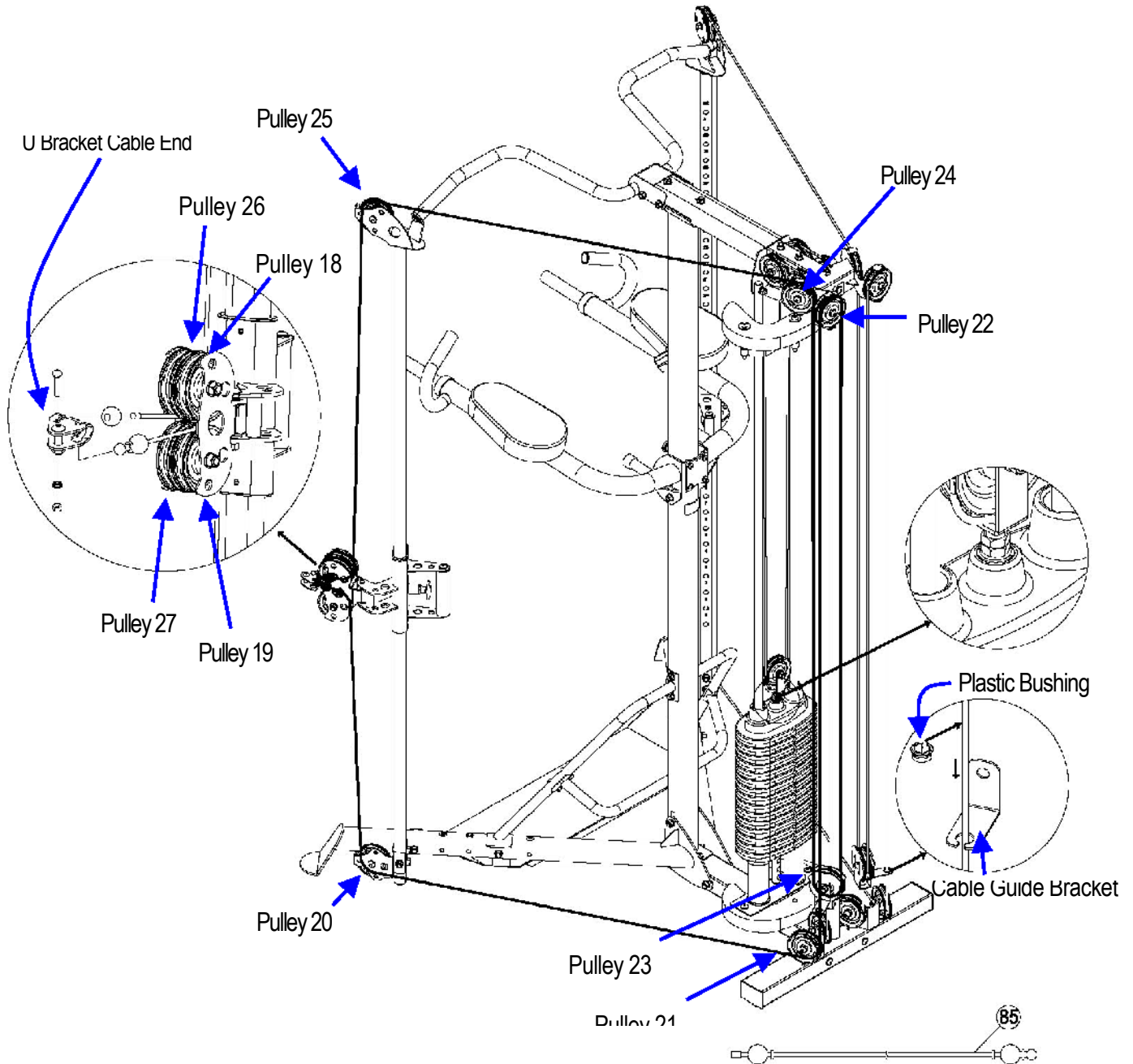
Step 16



Step 16 is threading the right side cable. Begin by locating cable (#85). Feed the end without the plastic ball between pulleys 8 & 9. Continue down and around pulleys 10 and 11. Guide the cable up and around pulley 12 then down and around floating pulley 13. Continue up and around pulleys 14 & 15. The cable ends between pulleys 16 & 17. Locate the U Bracket Cable End and remove the thinner carriage bolt. Slide a plastic ball onto the cable end and then attach the U Bracket to the cable end and replace the carriage bolt. The end of the cable between pulleys 8 & 9 can now be slipped into the groove in the U Bracket. This is the detachable end of the cable.

Insert the cable inside the Cable Guide Bracket. Snap a Plastic Bushing into place.

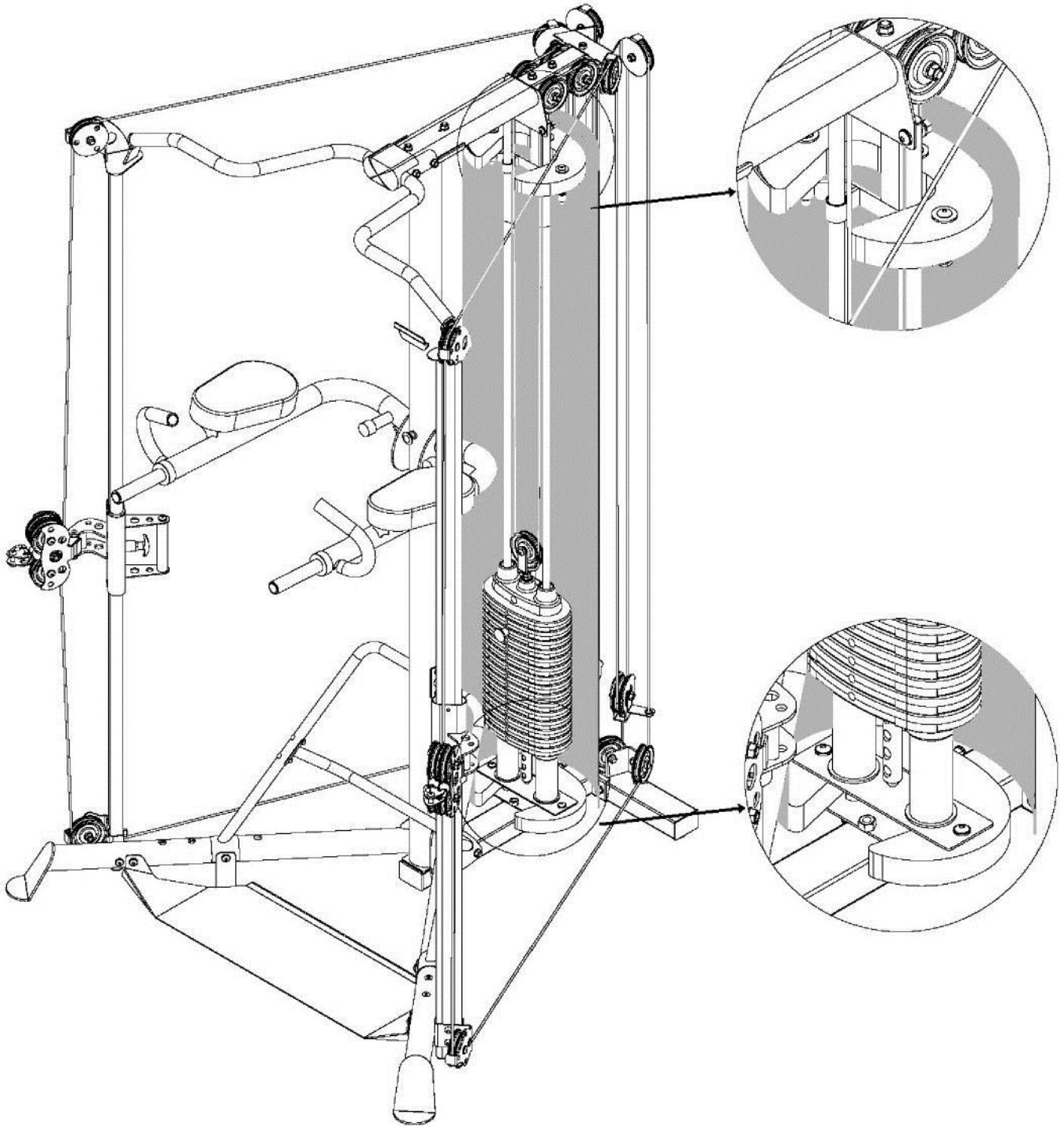
Step 17



Step 17 is threading the left side cable. Begin by locating cable (#85). Feed the end without the plastic ball between pulleys 18 & 19. Continue down and around pulleys 20 and 21. Guide the cable up and around pulley 22 then down and around floating pulley 23. Continue up and around pulleys 24 & 25. The cable ends between pulleys 26 & 27. Locate the U Bracket Cable End and remove the thinner carriage bolt. Slide a plastic ball onto the cable end and then attach the U Bracket to the cable end and replace the carriage bolt. The end of the cable between pulleys 18 & 19 can now be slipped into the groove in the U Bracket. This is the detachable end of the cable.

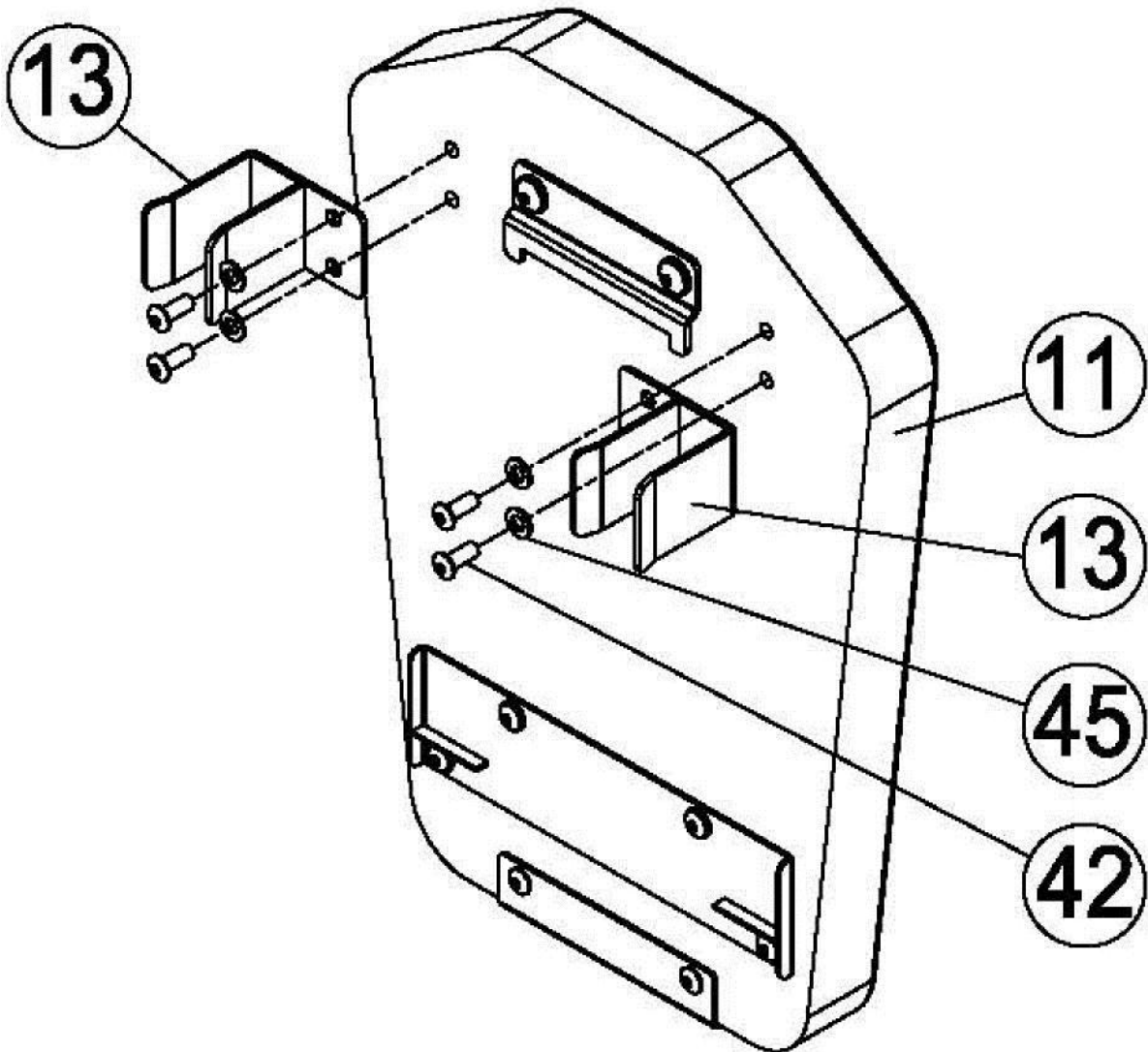
Insert the cable inside the Cable Guide Bracket. Snap a Plastic Bushing into place.

Step 18



Attach Shroud to top and bottom shroud plates. Begin at the top and wrap the Shroud around the Shroud Plate by matching up the Velcro. Once the top is secure, begin wrapping the shroud around the bottom shroud plate. Pull down-ward as you wrap so the shroud is taut.

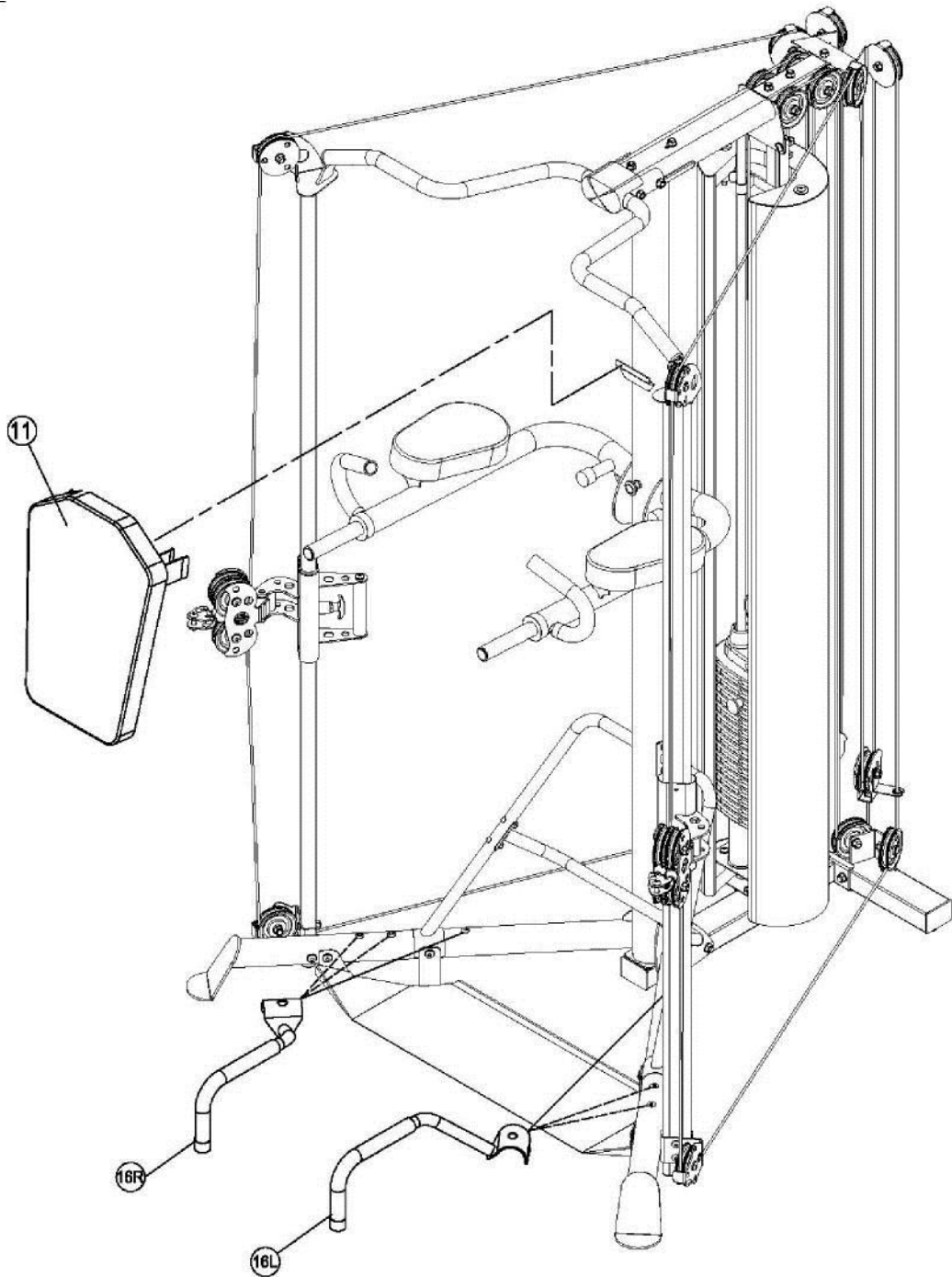
Step 19



Attach U Brackets (#13) to Backrest Cushion (#11) using: **Four (M10 x 4/5" Bolts)**

Note: Wrench Tighten Now But Do Not Over Tighten.

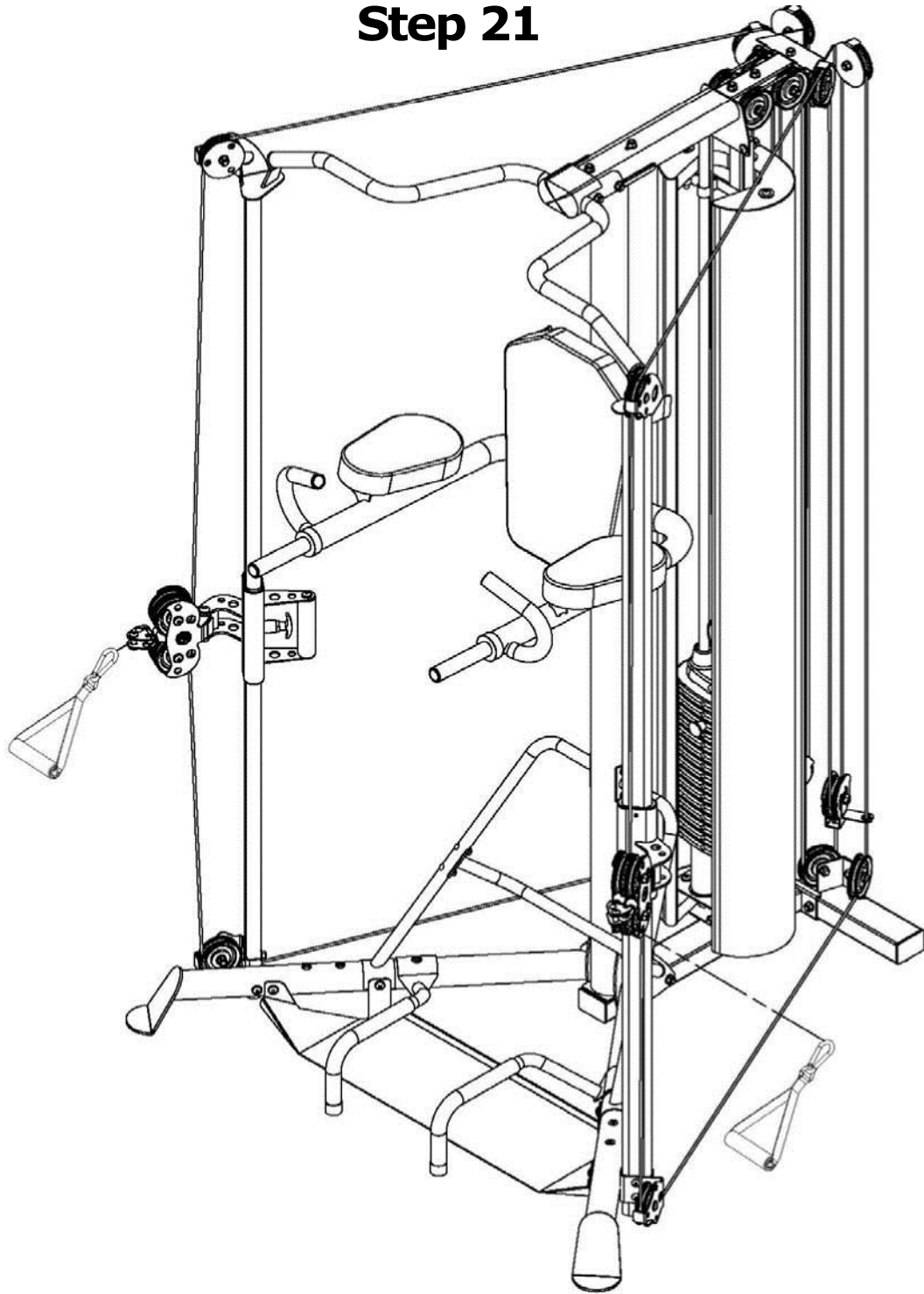
Step 20



Attach the Backrest Cushion (#11) to the flange on the Main Upright (#2).

Attach Left and Right Push Up Tubes (#16L & #16R).

Step 21

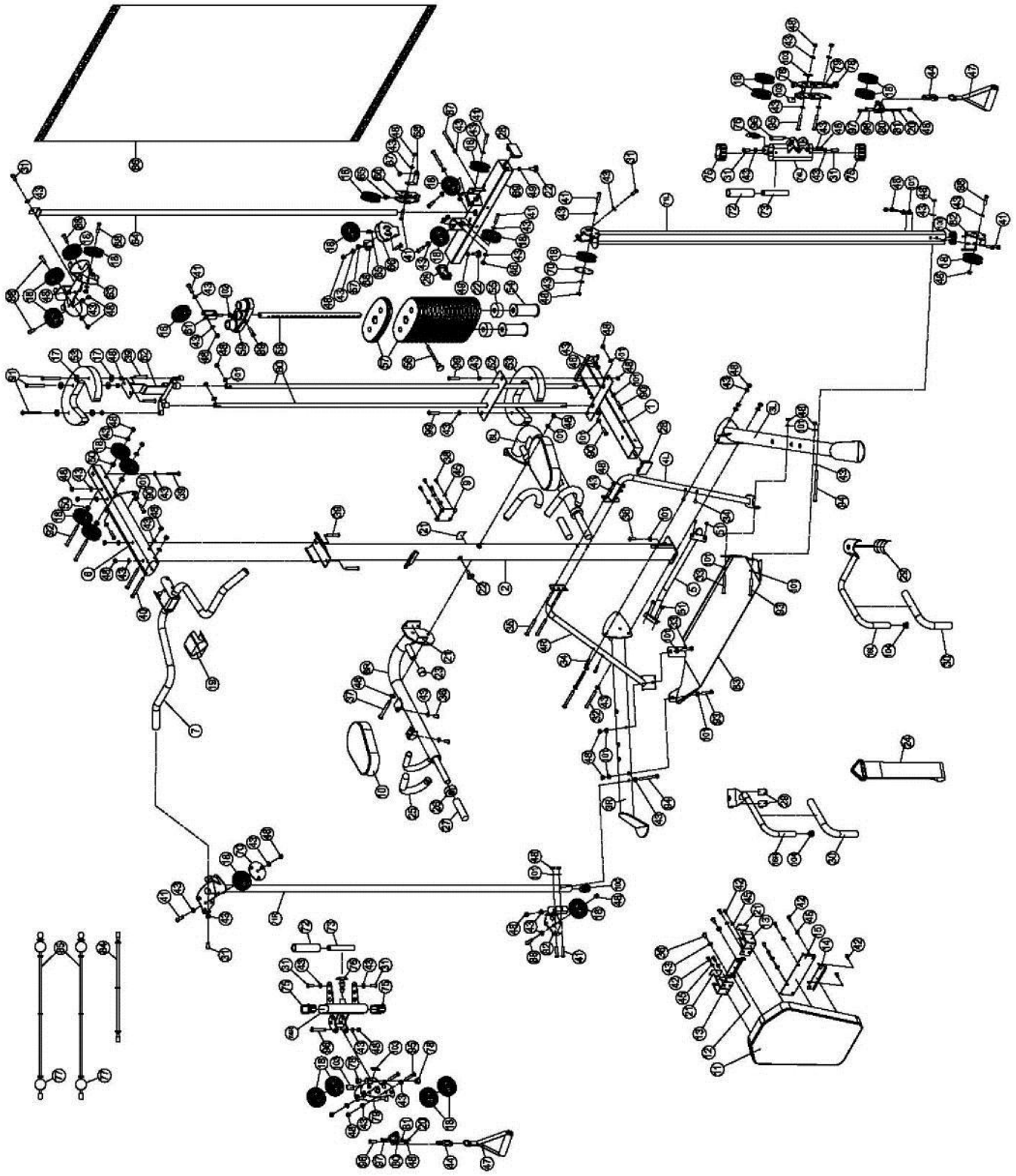


Attach D handles to Adjustable Hi/Low Pulleys using Spring Clips.

NOTE: At this point it is necessary to seat the cables. Start by verifying that cables are centered in the grooves of all pulleys. Next, adjust both swivel pulleys to knee level. Select a weight you can comfortably handle for a standing upright row. Perform 8 to 10 repetitions. Now lightly bounce the weight up and down for about 5 seconds. This will seat the cables into the pulleys and stretch the cables out to their maximum length.

Finally, if it is necessary to eliminate cable slack, remove the pulley in the U bracket above the cap weight. Dial the threaded portion of the U bracket deeper into the cap weight. Reattach the pulley to the U bracket making sure that the bolt is inserted from the rear so the nut is in the front. Wrench tighten the jam nut.

Exploded Diagram



DECAL REFERENCE



WARNING

Make sure the power tower is on flat, level surfaces only.

Do not swing from the Pull-up or Dip Handles.

500lbs Maximum Weight on the Pull-up and Dip Handles.

Make sure the Back Pad is fully engaged onto the main upright hooks before using.

Check hardware and the rear cable assembly weekly to ensure all parts are tight.

Make sure Push-up Handles are attached properly and stable before performing any exercises.

This product is designed for **RESIDENTIAL USE ONLY!**

GENERAL MAINTENANCE INFORMATION

- 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 immediately.
- Locate and familiarize yourself with all warning decals on the home 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.

MAINTENANCE SCHEDULE

ROUTINE	HOME MAINTENANCE	ENTRY DATE								
Inspect: Links, Pull Pins, Snap Links, Swivels, Weight Stack Pins	WEEKLY									
Clean: Upholstery	WEEKLY									
Inspect: Cables and their Fittings	WEEKLY									
Inspect: Tautness of all Shrouds	WEEKLY									
Inspect: Accessory Bars and Handles	3 MONTHS									
Inspect: All Decals	3 MONTHS									
Inspect: All Nuts and Bolts. Tighten if Needed	3 MONTHS									
Inspect: Anti-Skid surfaces	3 MONTHS									
Clean and Lubricate: Guide Rods with a Teflon based lubricant	3 MONTHS									
Lubricate: Seat Sleeves and all Plastic Slides	3 MONTHS									
Clean and Wax: All Glossy Finishes	YEARLY									
Replace: Cables, Belts and Connecting Parts	2 YEARS									

