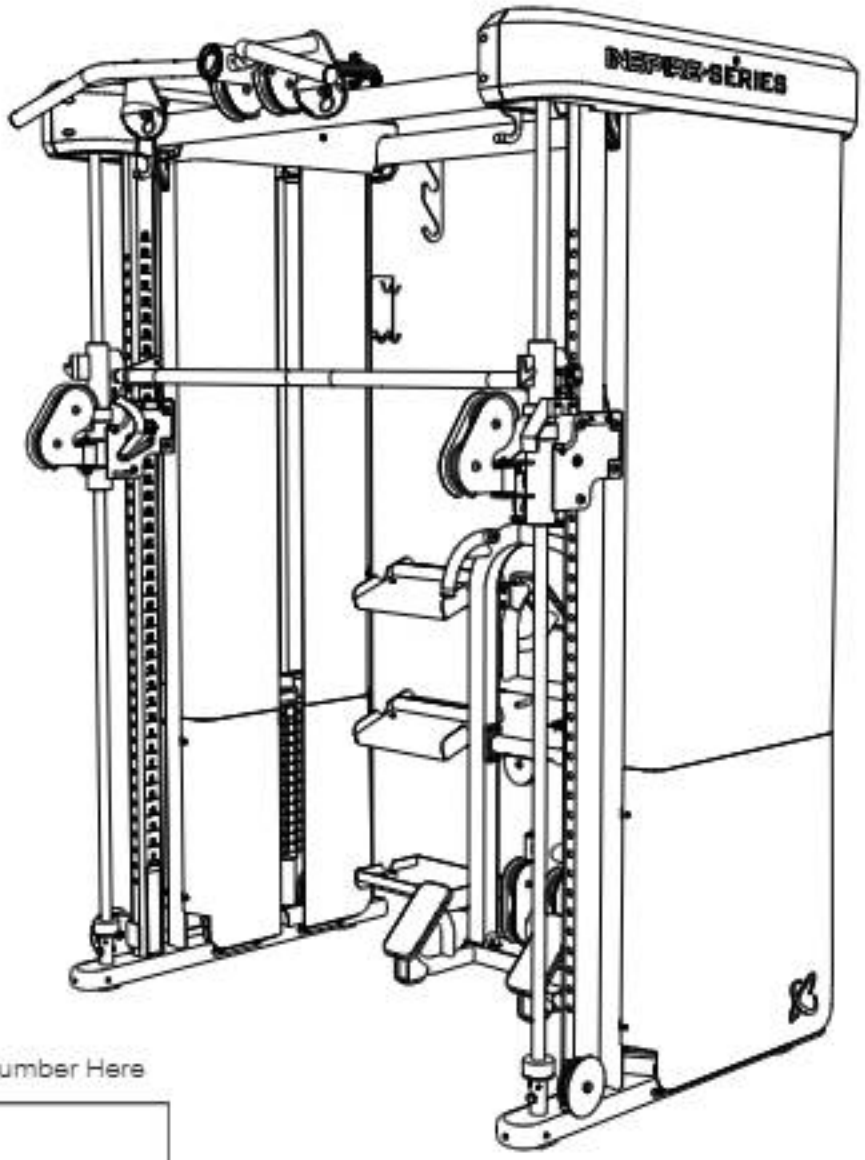
CENTR

Model: FT2PRO1

USER MANUAL

CENTR INSPIRE SERIES FT2 PRO SMITH FUNCTIONAL TRAINER

IMPORTANT: RETAIN FOR FUTURE REFERENCE
READ CAREFULLY



Record Serial Number Here

MADE IN CHINA
80273-EN-V2024-09-03

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**

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; and
- 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

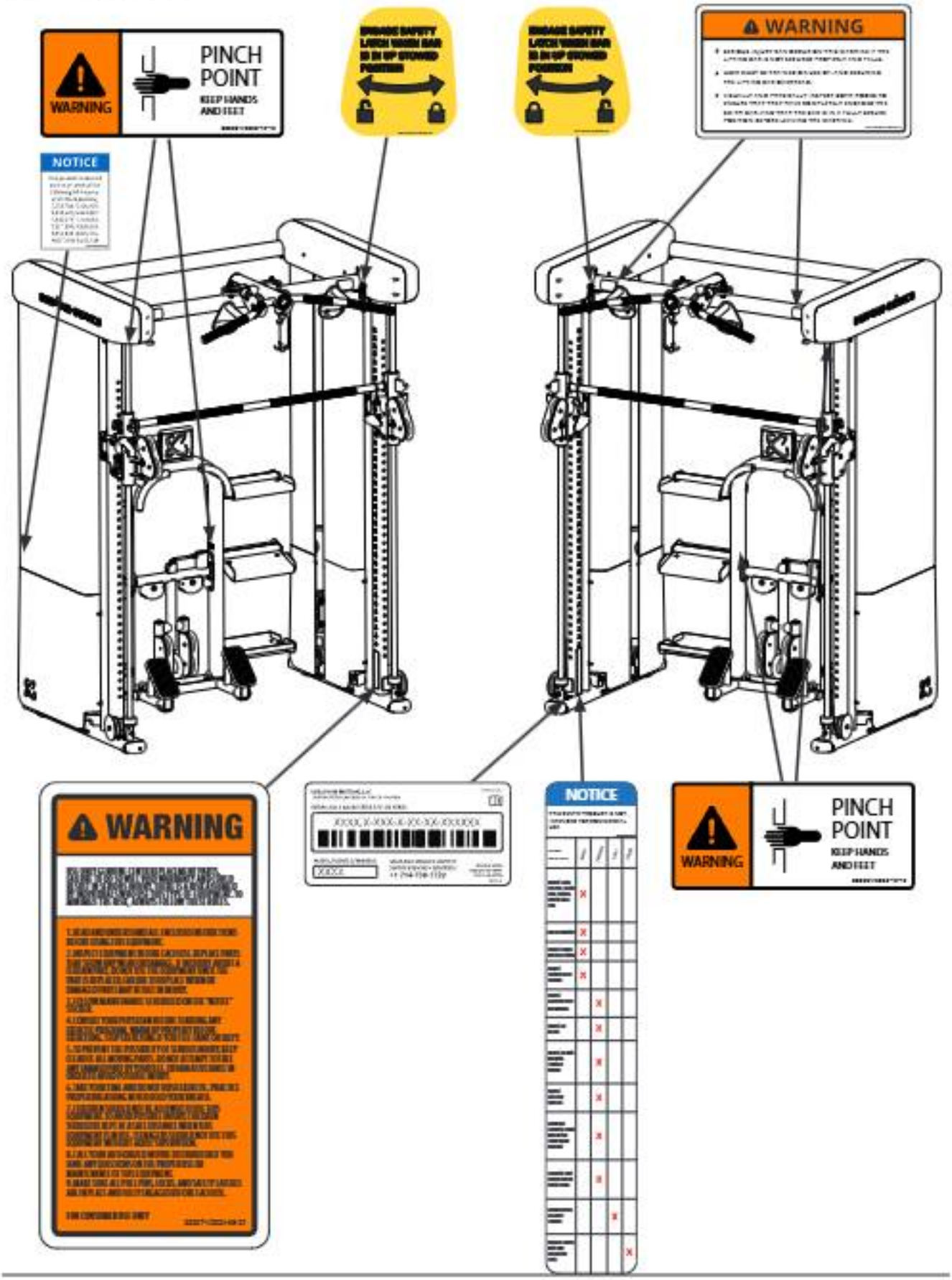
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. Please note the following safety precautions:

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 cables 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. 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. **Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.**
7. **Keep hair, body, and clothing free and clear of all moving parts.**
8. **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.**
9. **Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.**
10. **Never use the machine for support during stretching or for attaching resistance straps, ropes, or other means of training requiring an anchor point unless allowed by the manufacturer.**
11. **Do not place any sharp objects near the machine.**
12. **Disabled persons should not use the machine without a qualified person or physician in attendance.**
13. **Before using the machine to exercise, always do stretching exercises to properly warm up.**
14. **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.**
15. **The FT2 Pro Home 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 FT2 Pro Home Gym at the same time.**
    - **The user must ensure that no other person is in the exercise area of the FT2 Pro Home Gym. Persons who are in the room at the same time as the user must maintain a distance of at least 5 ft / 1.5 meters from the exercise equipment.**
    - **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.**

Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the Care and Maintenance section on page 39.

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. CENTR DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

LABEL LOCATIONS

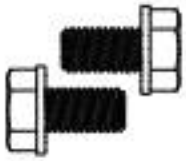


HARDWARE PACK (NOT TO SCALE)

FT2PRO.1
HARDWARE CARD 1 /3

STEP 1

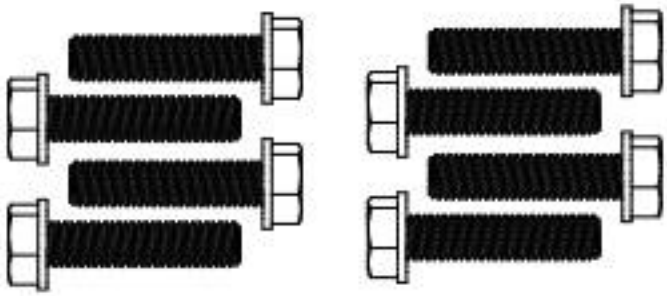
(4) M10 X 45 HEX BOLT, 10PCS
(5) M10 FLAT WASHER, 10PCS



(6) M10 X 20 HEX BOLT, 2PCS
(5) M10 FLAT WASHER, 2PCS

STEP 2

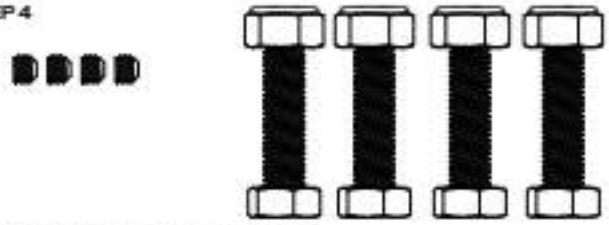
(4) M10 X 45 HEX BOLT, 8PCS
(5) M10 FLAT WASHER, 8PCS



STEP 3

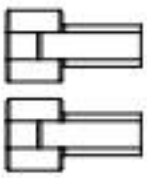
(11) M8 X14 ALLEN HEAD CAP SCREW, 8PCS

STEP 4



(17) M10 X 35 HEX HEAD BOLT, 4 PCS
(18) M10 LOCK NUT, 4 PCS
(19) M8 X 8 SET SCREW, 4 PCS

STEP 6/7



(22) CABLE ADAPTER8 (GOLD), 2 PCS

(24) M8 X12 BUTTON HEAD BOLT, 2 PCS

(25) U-BRACKET, 2 PCS

(23) CABLE GUIDE GROMMET8 , 4 PCS

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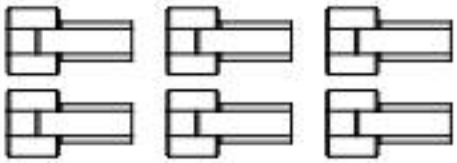
HARDWARE PACK (NOT TO SCALE)

FT2PRO.1
HARDWARE CARD 2/3

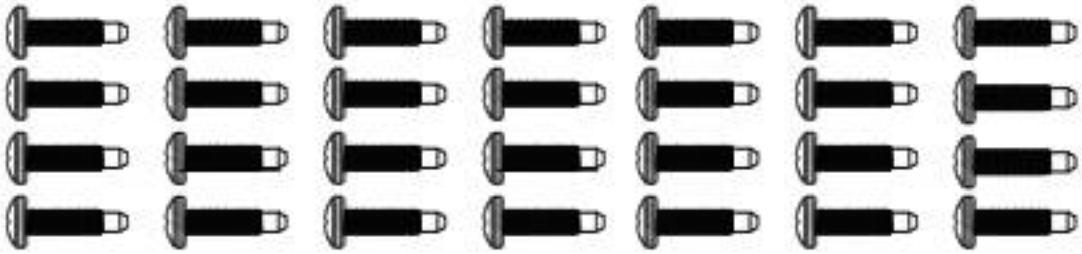
STEP 7



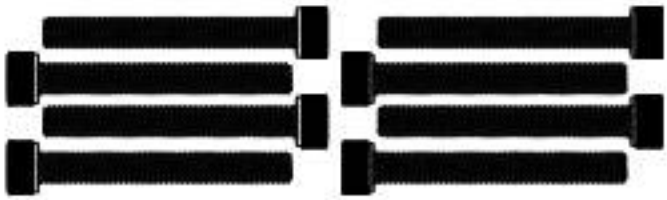
(22) CABLE ADAPTERS, 8 PCS

(23) CABLE GROMMETS, 12 PCS

STEP 9

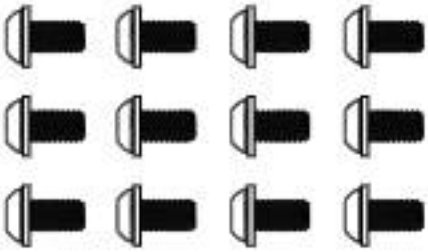


(36) M5 X 20 PHILLIPS HEAD SCREW, 28 PCS



(37) M8 X 50 ALLEN HEAD CAP SCREW, 8 PCS

STEP 10

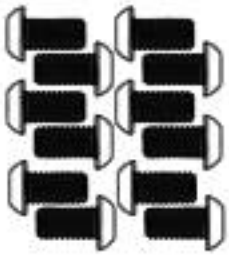


(24) M6 X 12 BUTTON HEAD SCREW, 12 PCS
(48) M6 FLAT WASHER, 12 PCS

STEP 11

(38) M5 X 20 PHILLIPS HEAD SCREW, 14 PCS

STEP 13/14



(24) M6 X 12 BUTTON HEAD SCREW, 12 PCS

STEP 12

(45) M10 X 40 HEX BOLT, 2 PCS
(46) M10 PLASTIC FLAT WASHER, 2 PCS

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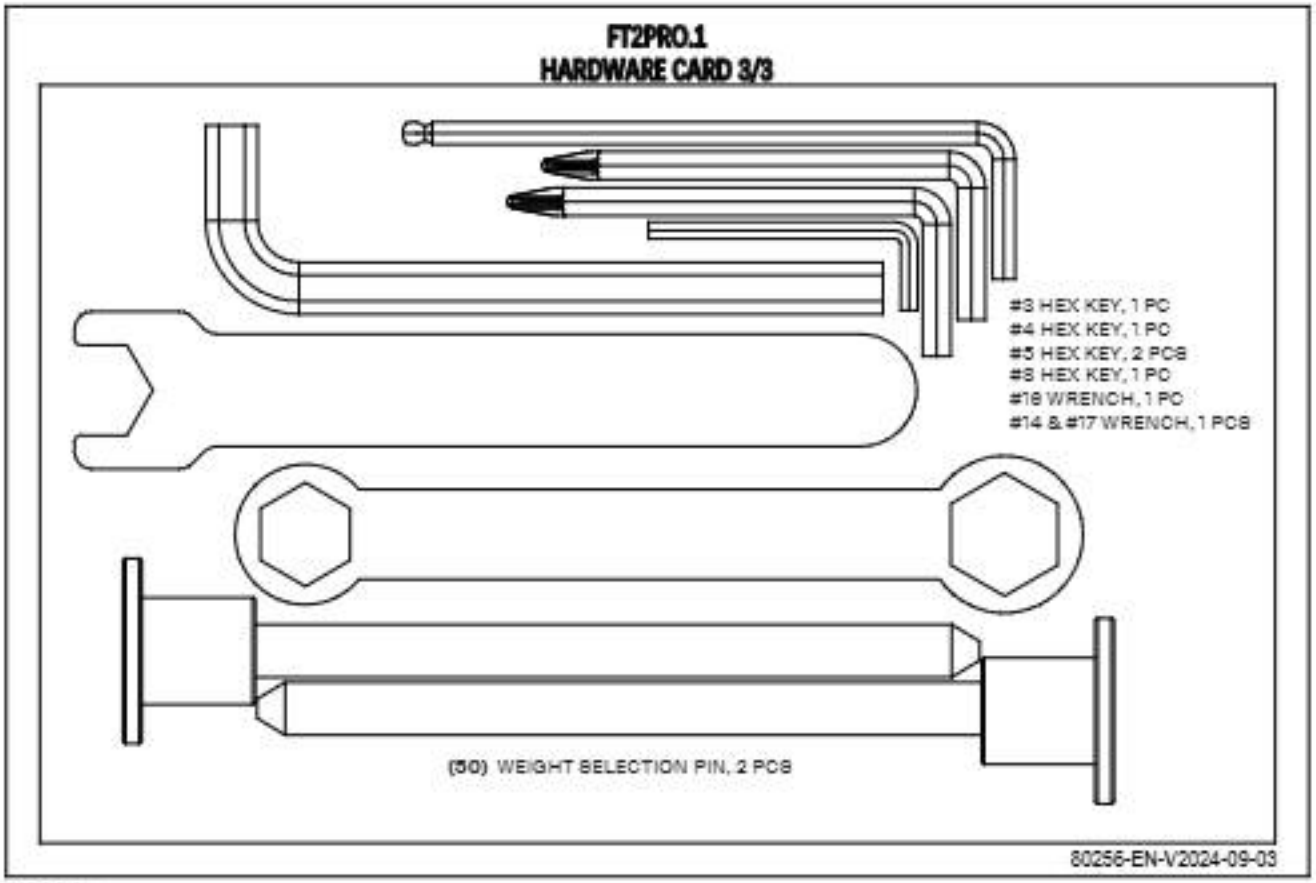
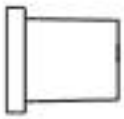
HARDWARE PACK (NOT TO SCALE)



NOTE:
Taped to this oard will be a small bag oontaining 6X **TOP SHROUD PLUGS (104282)**.
These plugs will be used during STEP 30.



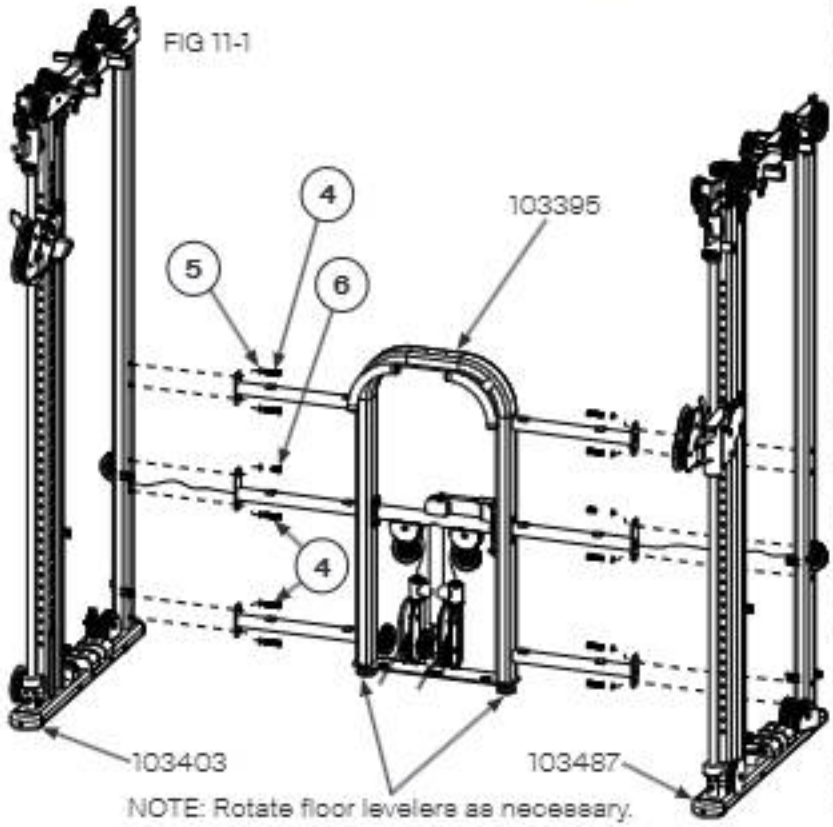
(104282) PLUG, TOP SHROUD, **6 PCS**

ASSEMBLY

NOTE: ASSEMBLY IS RECOMMENDED WITH TWO OR MORE PEOPLE AT ALL STAGES

STEP 1 - INSTALL COLUMNS TO CENTER FRAME

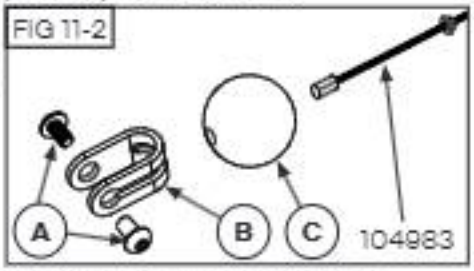
FIG 11-1



NOTE: Rotate floor levelers as necessary.

Unwrap the CENTER FRAME CABLE (104983) from the frame.

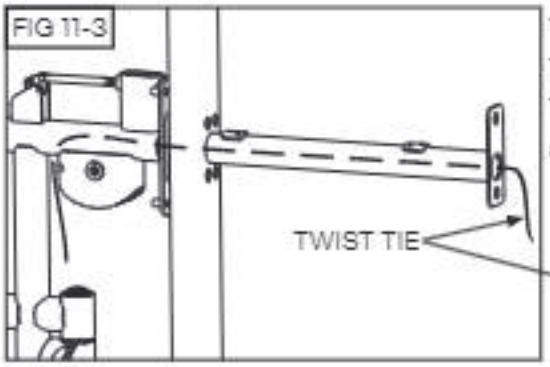
FIG 11-2



Uninstall the BINDING BARREL (A), and slide off the BRACKET (B) and RETAINING BALL (C) from the CENTER FRAME CABLE (104983).

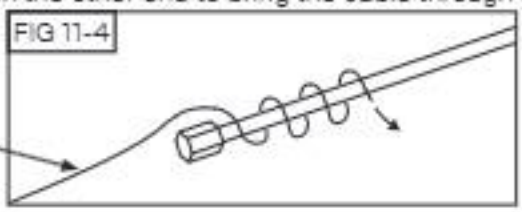
Route each CENTER FRAME CABLE from the pulley on the COLUMN ASSEMBLIES (103403/103487) through the horizontal middle tube on the CENTER FRAME ASSEMBLY (103395) and then around the pulleys on the rotating arm [FIG 12-1, next page].

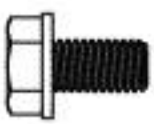
FIG 11-3



To help bring the cable through the long tubes, there are TWIST TIES pre-installed through the tubes on both sides [FIG 11-3]. Wrap one end of the twist tie around the cable [FIG 11-4] and pull on the other end to bring the cable through the tube.

FIG 11-4

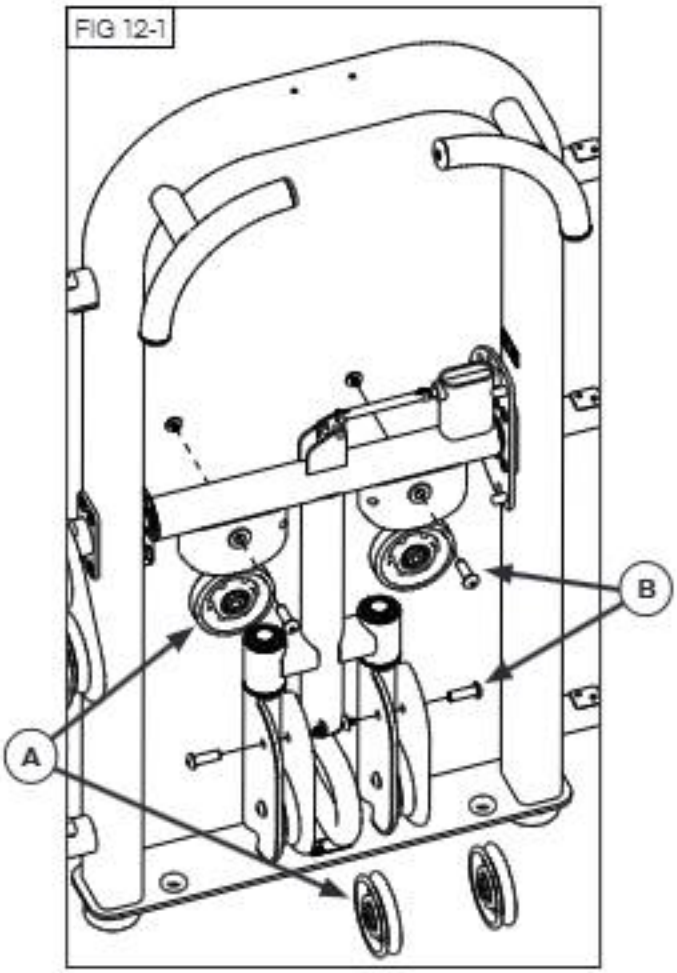


HARDWARE REQUIRED (for both sides):	
	(4) M10 X 45 HEX BOLT, **10 PCS** **(5)** M10 FLAT WASHER, **10 PCS**
	**(6)** M10 X 20 HEX BOLT, **2 PCS** **(5)** M10 FLAT WASHER, **2 PCS**

STEP 1 (CONTINUED) - TEMPORARILY REMOVE PULLEYS ON ROTATING ARM

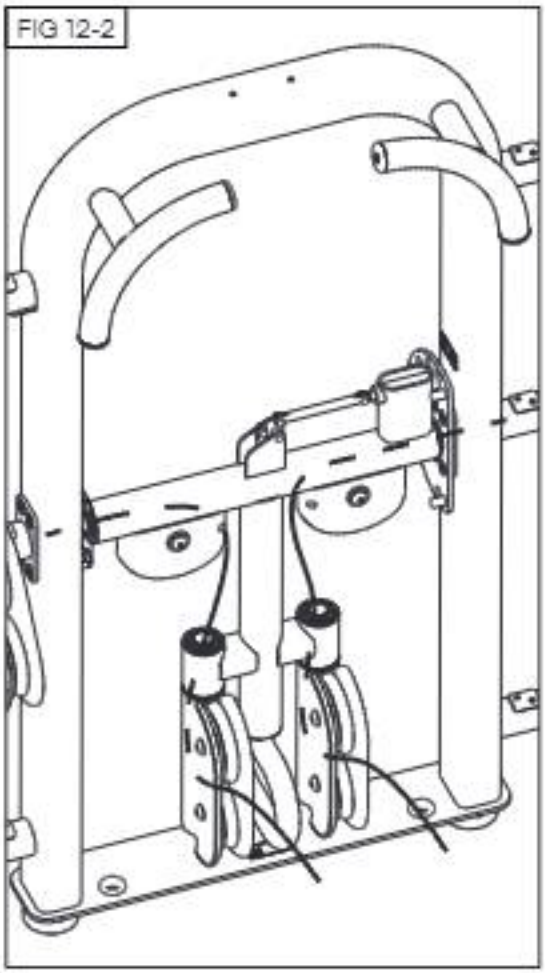
Temporarily remove PULLEYS (A) on the rotating arm by uninstalling the BINDING BARRELS (B).

FIG 12-1



Cables routed and pulleys reinstalled.

FIG 12-2



After cables are routed, reassemble the RETAINING BALLS (C) and BRACKETS (B) onto the end of the cables, and reinstall BINDING BARRELS (A).

The remaining length of the cable on the column side will be routed during STEP 8.

STEP 2 - INSTALL TOP FRONT FRAME TO COLUMNS

FIG 13-1

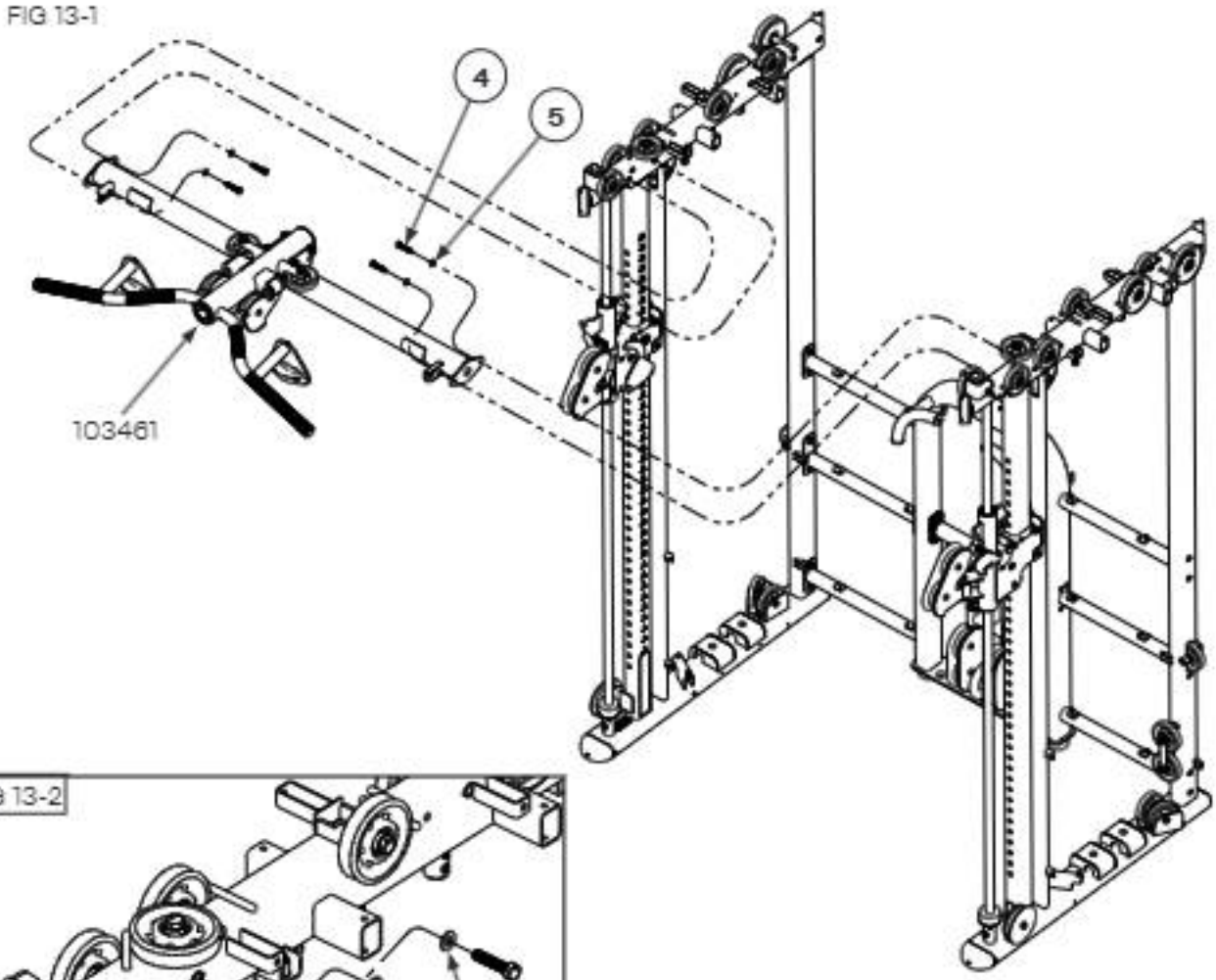
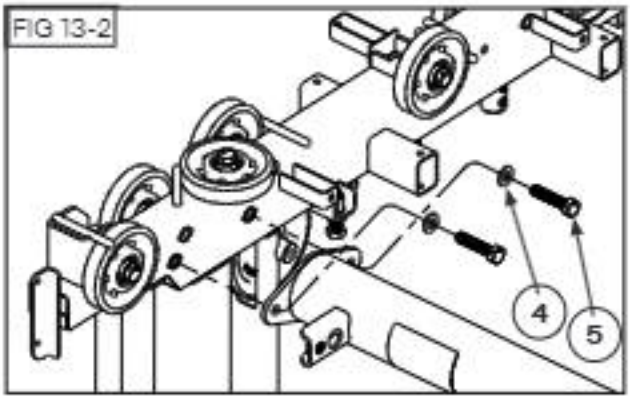


FIG 13-2



HARDWARE REQUIRED :

(4) M10 X 45 HEX BOLT, **4 PCS**
(5) M10 FLAT WASHER, **4 PCS**

STEP 2 (CONTINUED) - INSTALL TOP REAR FRAME TO COLUMNS

FIG 14-1

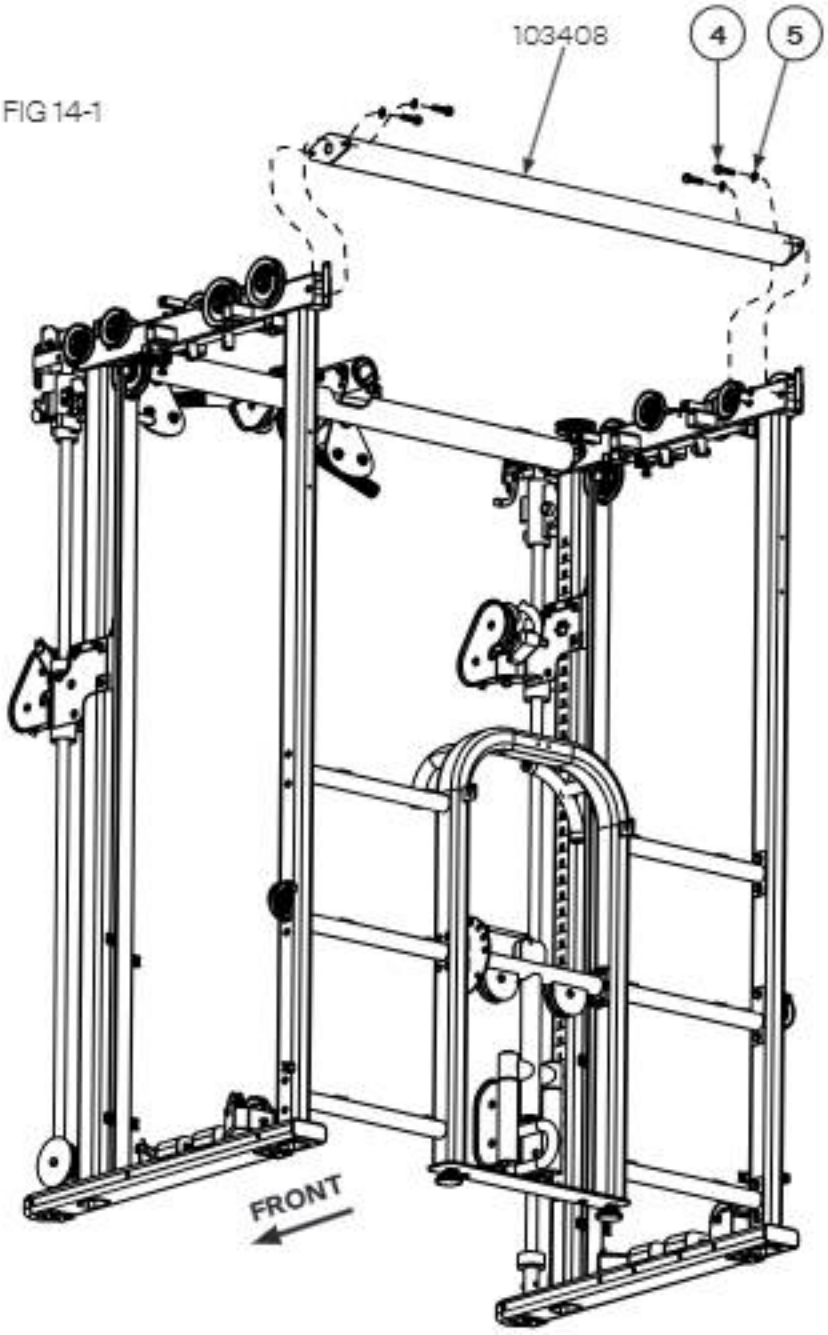
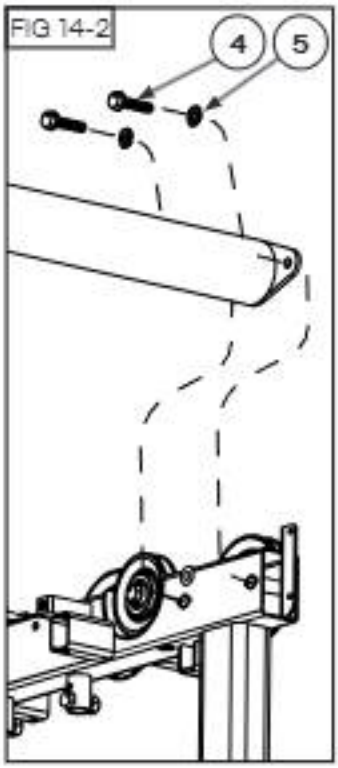


FIG 14-2

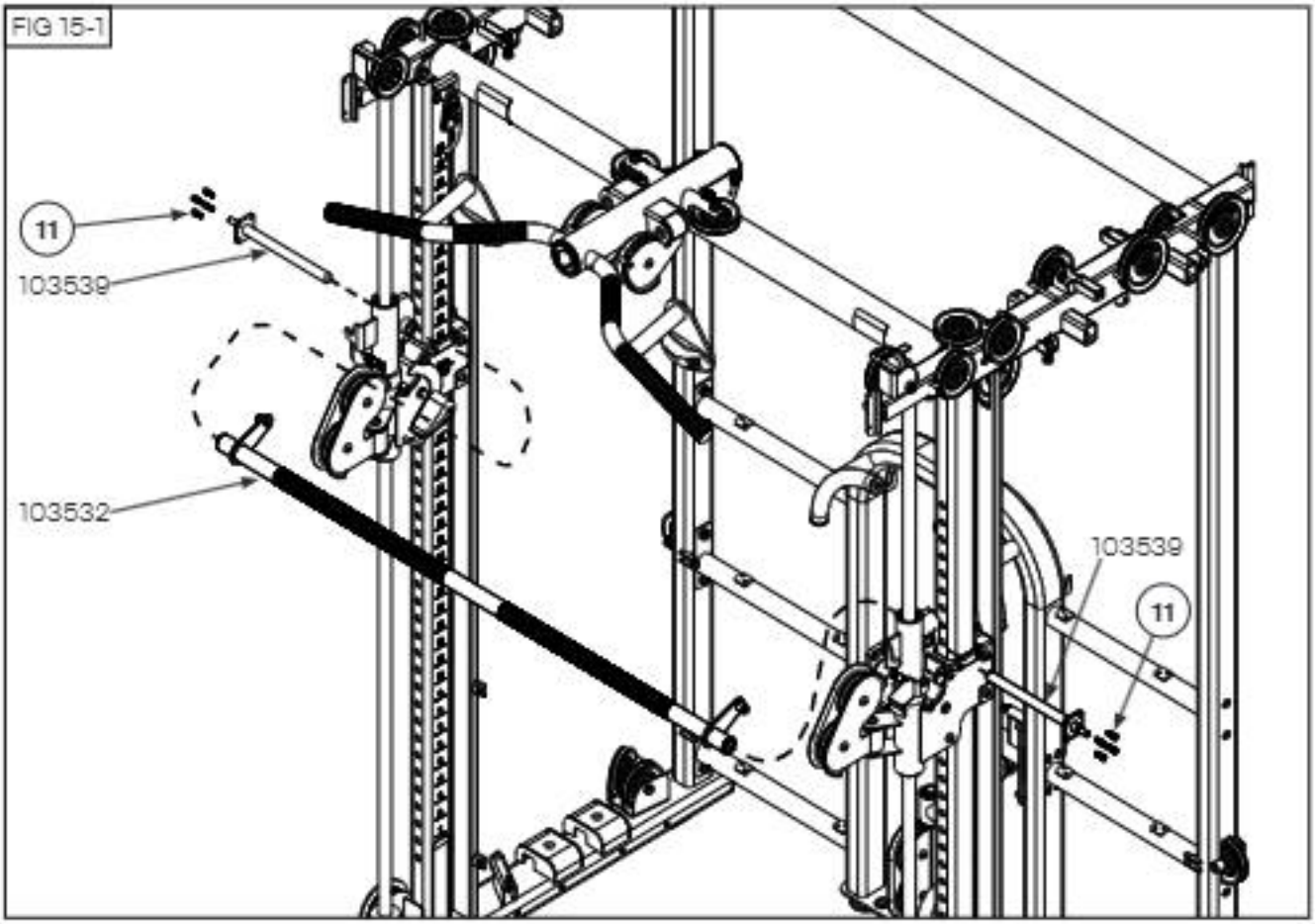


HARDWARE REQUIRED :

(4) M10 X 45 HEX BOLT, **4 PCS**
(5) M10 FLAT WASHER, **4 PCS**

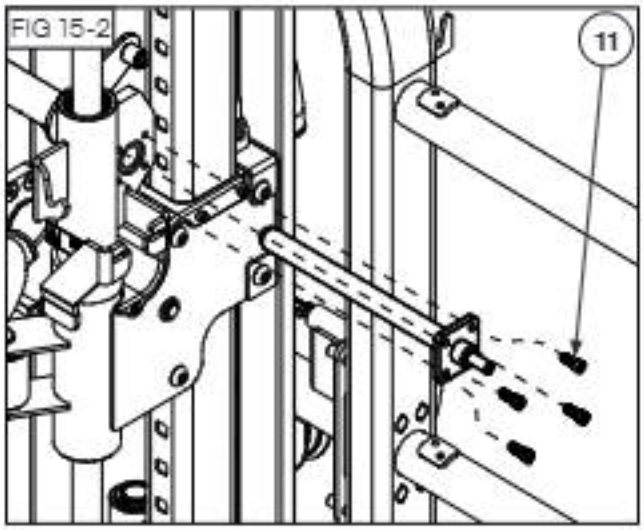
STEP 3 - INSTALL SMITH BAR TO CARRIAGES

FIG 15-1



Attach the SMITH BAR ASSEMBLY (103532) by inserting the SMITH BAR PIVOT (103539) through the carriages on both sides and into the SMITH BAR ASSEMBLY. Secure all aforementioned components to the carriages by installing 4X **M6 X 14 ALLEN HEAD CAP SCREW BOLTS (11)** on each side.

FIG 15-2



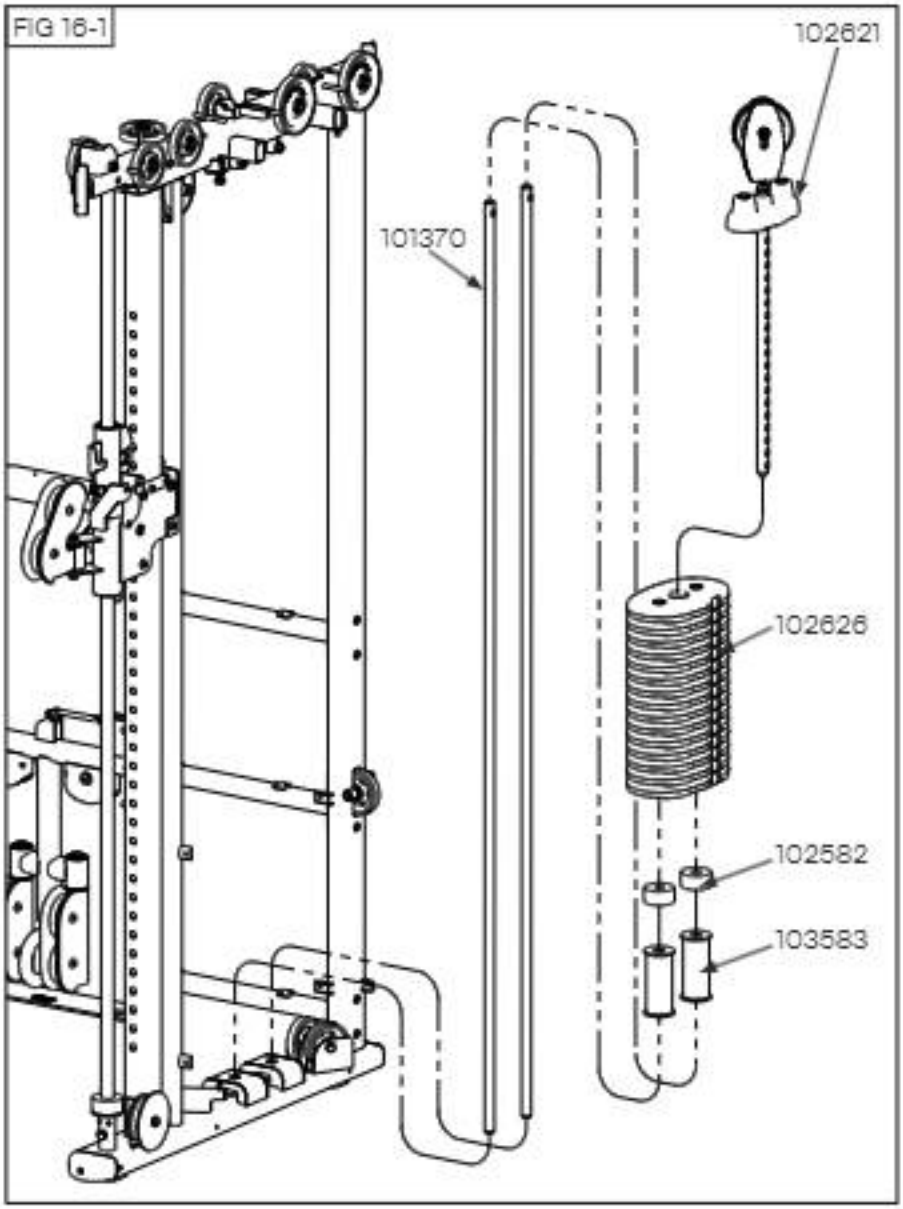
HARDWARE REQUIRED :

(11) M6 X 14 ALLEN HEAD CAP SCREW, **8 PCS**

STEP 4 - INSTALL WEIGHT STACKS

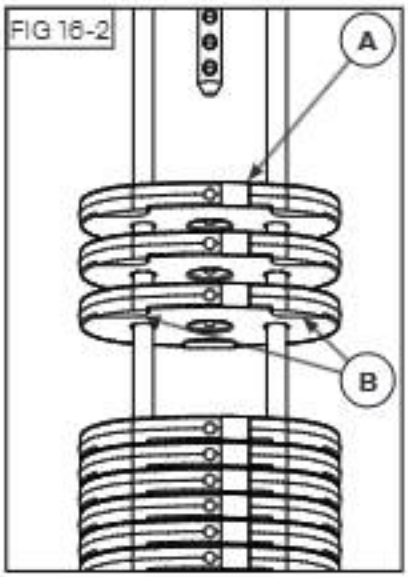
Insert GUIDE RODS (101370) into the base of a column. Then, slide the remaining items down guide rods in the following order: WEIGHT STACK RISERS (103583), RUBBER BUMPERS (102582), 15X WEIGHT PLATES (102626), and TOP PLATE AND STEM ASSEMBLY (102621).

FIG 16-1



During installation of the weight plates, ensure the flat sticker pockets (A) face the user during normal operation and the weight plate feet (B) are facing down.

FIG 16-2

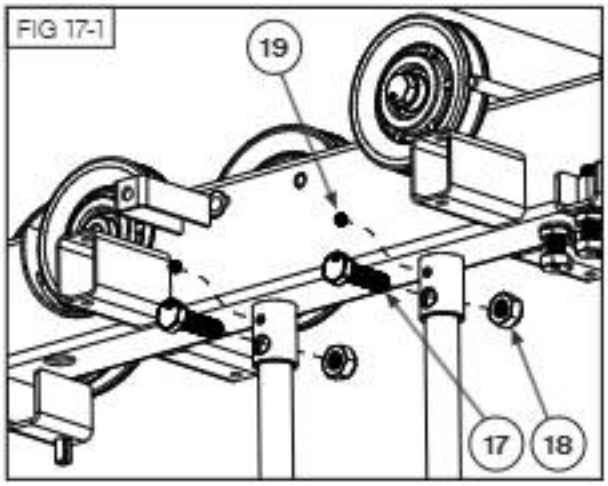


REPEAT WITH OTHER SIDE

STEP 4 (CONTINUED) - SECURE GUIDE RODS & LABEL WEIGHT PLATES

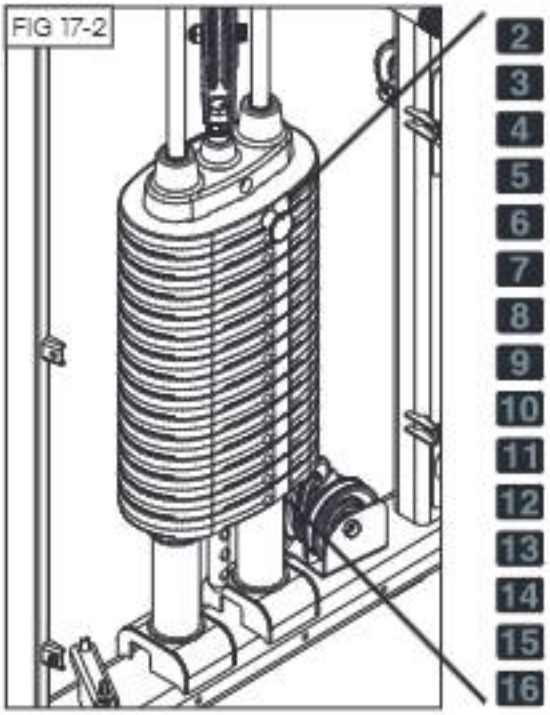
For each column, secure the GUIDE RODS to top frame with 2X **M10 X 35 HEX HEAD BOLTS (17)**, 2X **M10 LOCKNUTS (18)**, and 2X **M6 X 5 SET SCREWS (19)**

FIG 17-1



Apply one sticker to each plate with numbers increasing from 2 to 16, top to bottom. Additional stickers are available for additional plates.

FIG 17-2



REPEAT WITH OTHER SIDE

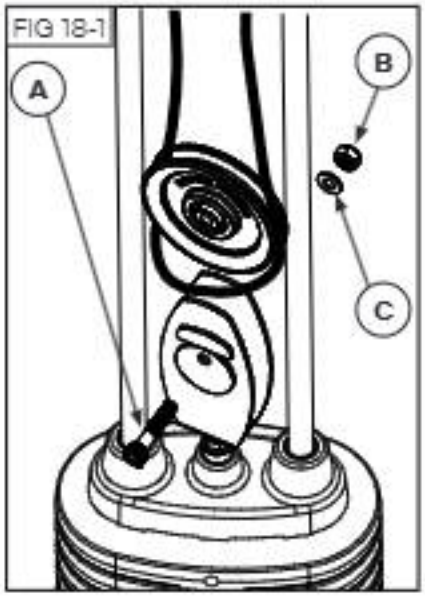
HARDWARE REQUIRED (total for both sides):	
	(17) M10 X 35 HEX HEAD BOLT, **4 PCS** **(18)** M10 LOCK NUT, **4 PCS**
	(19) M6 X 5 SET SCREW, **4 PCS**

STEP 5 - ROUTE WEIGHT STACK CABLES

Temporarily uninstall the pulley on top of the TOP PLATE AND STEM ASSEMBLY by unscrewing the BOLT (A) and NUT (B). Set aside the BOLT (A), NUT (B), and WASHER (C).

Uncoil the cables attached to the main frame. Loop the cable around the pulley and reinstall the pulley with the previously set aside BOLT, NUT, and WASHER.

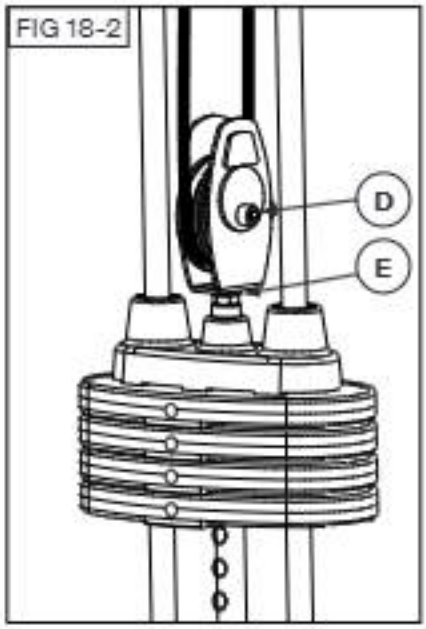
FIG 18-1



Check that the cables are not twisted.

Adjust the cable tension by rotating the CAM BOLT (D) until the TOP PLATE AND STEM ASSEMBLY starts lifting slightly from the weight stack. Tighten the nut of the cam bolt to lock its position. Then tighten the JAM NUT (E) at the base of the pulley.

FIG 18-2

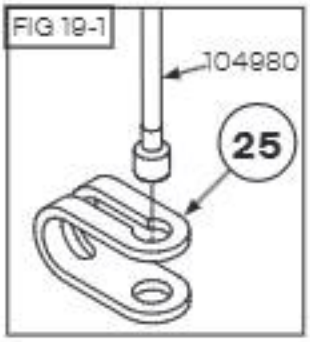


REPEAT WITH OTHER SIDE

STEP 6 - ATTACH SMITH BAR CABLE

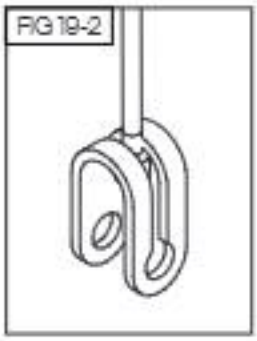
Insert one end of the SMITH BAR CABLE (104980) through a **U BRACKET (25)**.

FIG 19-1



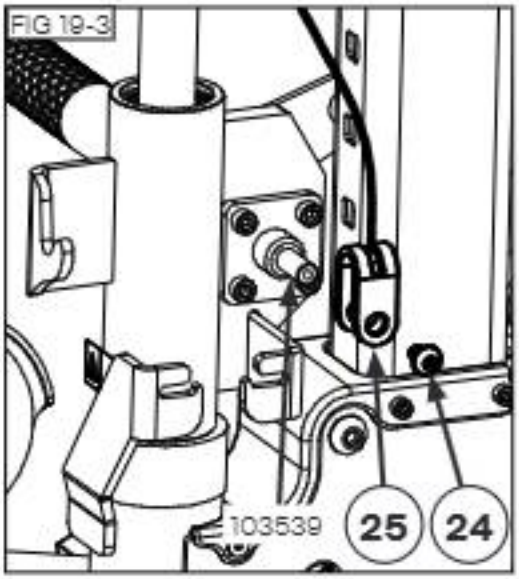
Rotate the **U BRACKET (25)** to lock in the cable.

FIG 19-2



Slide the **U-BRACKET (25)** on to the SMITH BAR PIVOT (103539) and secure the **U-BRACKET (25)** with an **M6 X 12 BUTTON HEAD BOLT (24).**

FIG 19-3



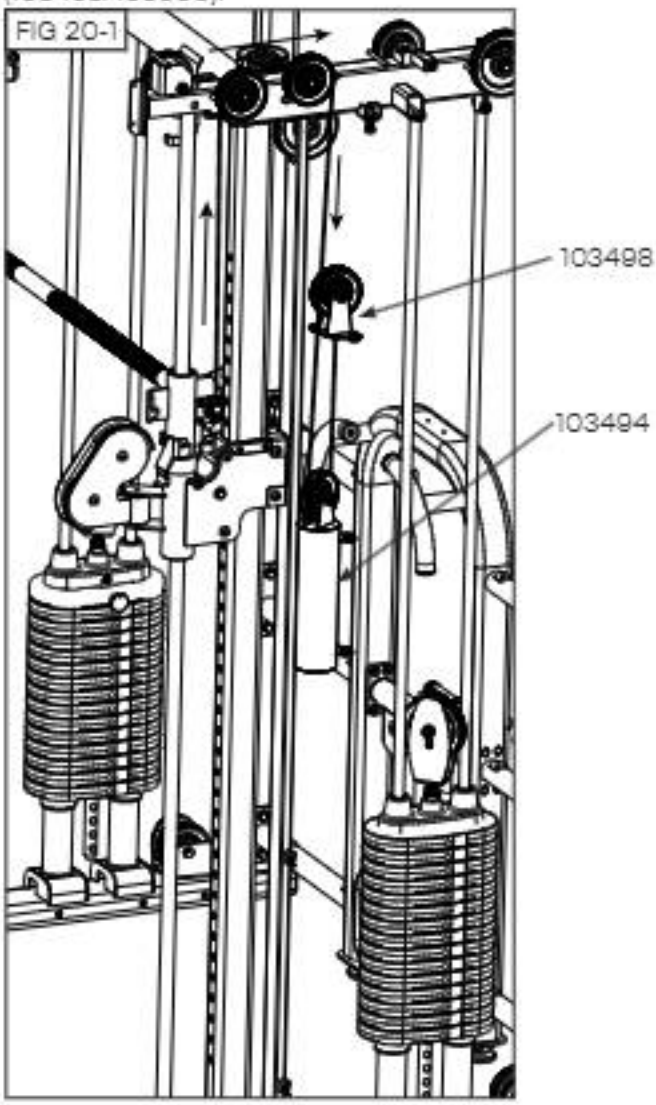
REPEAT WITH OTHER SIDE

HARDWARE REQUIRED (total for both sides):	
	(25) U-BRACKET, **2 PCS**
	(24) M6 X 12 BUTTON HEAD BOLT, **2 PCS**

STEP 6 (CONTINUED) - ROUTE SMITH BAR CABLE

[FIG 20-1]
Run the cable over the pulleys on top of the column, through the pulley on top of the COUNTER BALANCE ASSEMBLY (103494), and secure the cable to the bracket of the WEIGHT PULLEY GUIDE ASSEMBLY (103498/103500).

FIG 20-1



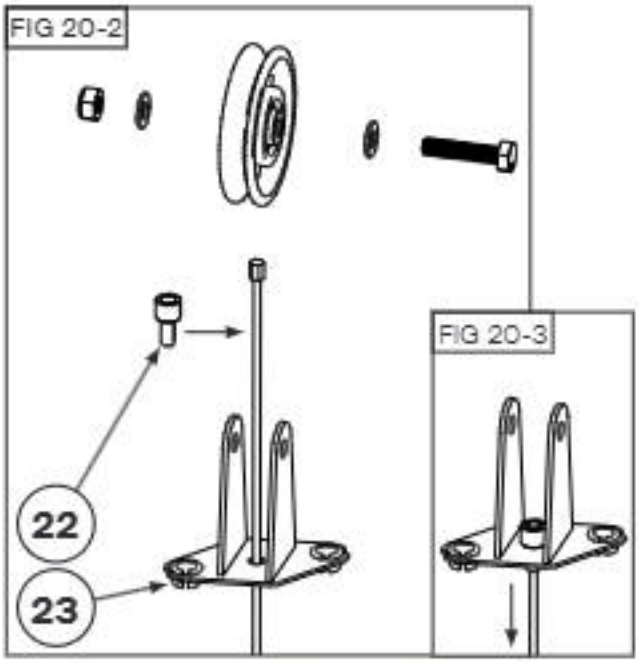
[FIG 20-2]
To secure the cable to the WEIGHT PULLEY GUIDE ASSEMBLY, start by temporarily removing the pulley by unscrewing the bolt and nut. Set aside the bolt, nut, and two washers.

Slide a **CABLE ADAPTER (22)** on to the cable.

Insert 2X **CABLE GUIDE GROMMETS (23)** into the bracket of the WEIGHT PULLEY GUIDE ASSEMBLY. These grommets will later be used to secure more cables.

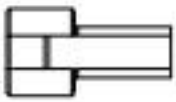
[FIG 20-3]
Pull the cable and adapter tight against the bracket, and reinstall the pulley.

FIG 20-2



REPEAT WITH OTHER SIDE

HARDWARE REQUIRED (total for both sides):



(22) CABLE ADAPTERS (GOLD), **2 PCS**

(23) CABLE GUIDE GROMMETS, **4 PCS**

STEP 7 - ROUTE GUIDE CABLES THROUGH FLOATING PULLEYS

Route one GUIDE CABLE (104981) [FIG 21-1] by first securing one end of the cable to the top frame with a CABLE END ADAPTER (22) [FIG 21-2]. Pass the other end through the cable holes on the FLOATING DOUBLE PULLEY ASSEMBLY (103504) [FIG 21-3] and secure the cable with **2X CABLE GROMMETS (23)**. Finally, secure and tension the cable to the bottom frame by screwing in the CABLE BARREL SCREW (A) and tightening the BARREL NUT (B) against the bottom frame [FIG 21-4].

FIG 21-1

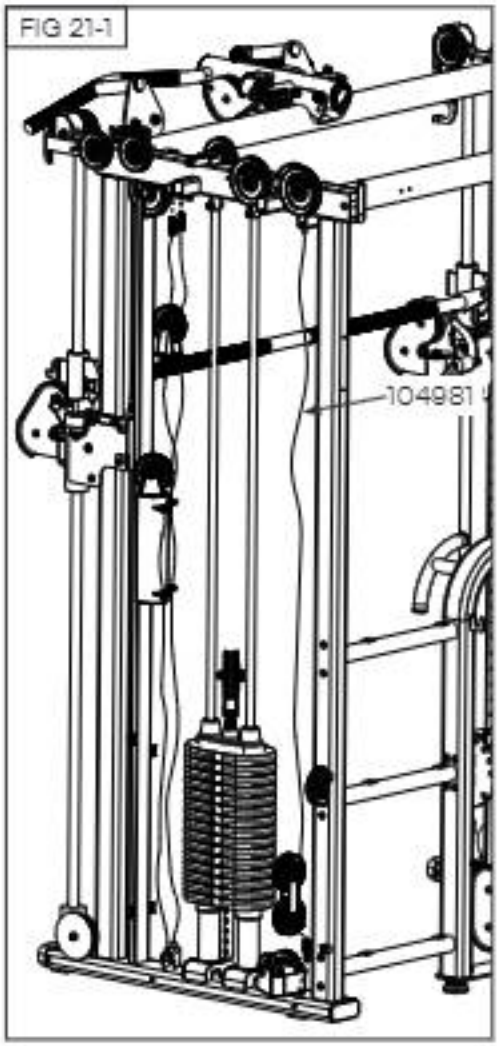


FIG 21-2

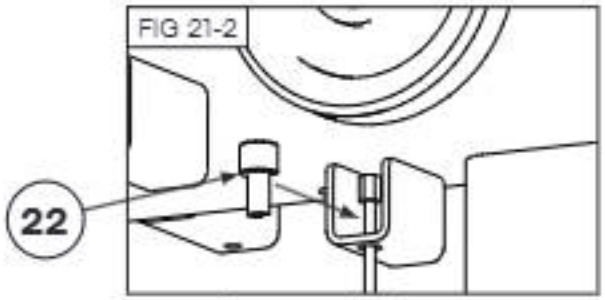


FIG 21-3

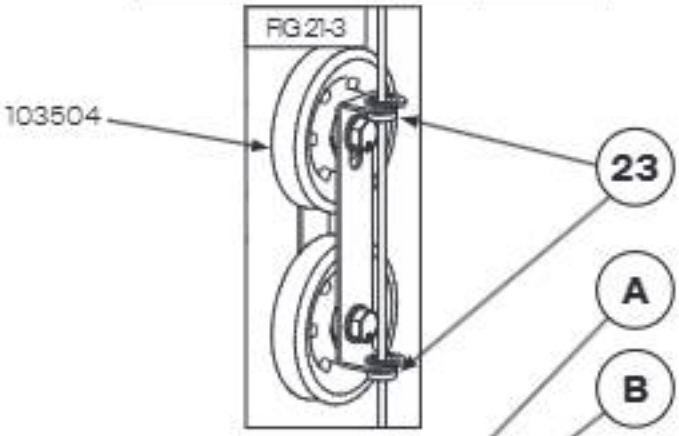
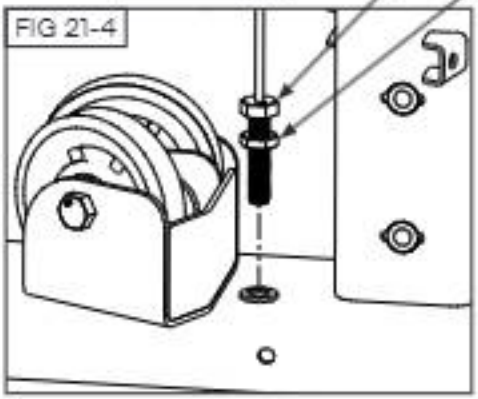
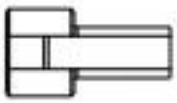


FIG 21-4



REPEAT WITH OTHER SIDE

HARDWARE REQUIRED (total for both sides):	
	**(22)** CABLE ADAPTERS (GOLD), **2 PCS**
	(23) CABLE GROMMETS, **4 PCS**

STEP 7 (CONTINUED) - ROUTE GUIDE CABLES THROUGH COUNTER BALANCE AND WEIGHT PULLEY GUIDE

Route two GUIDE CABLES (104981) [FIG 22-1] by first screwing the CABLE BARREL SCREWS (A) to the top frame [FIG 22-2]. Pass the other ends through the cable holes on the COUNTER BALANCE ASSEMBLY (103494) [FIG 22-3] and secure the cables with 4X **CABLE GROMMETS (23)**; repeat with the WEIGHT PULLEY GUIDE ASSEMBLIES (103498/103500) [FIG 22-4] using the grommets inserted during STEP 6. Secure the cables to the bottom frame with 2X **CABLE END ADAPTERS (22)** [FIG 22-5].

Finally, tighten the BARRLE NUT (B) against the top frame [FIG 22-2].

FIG 22-1

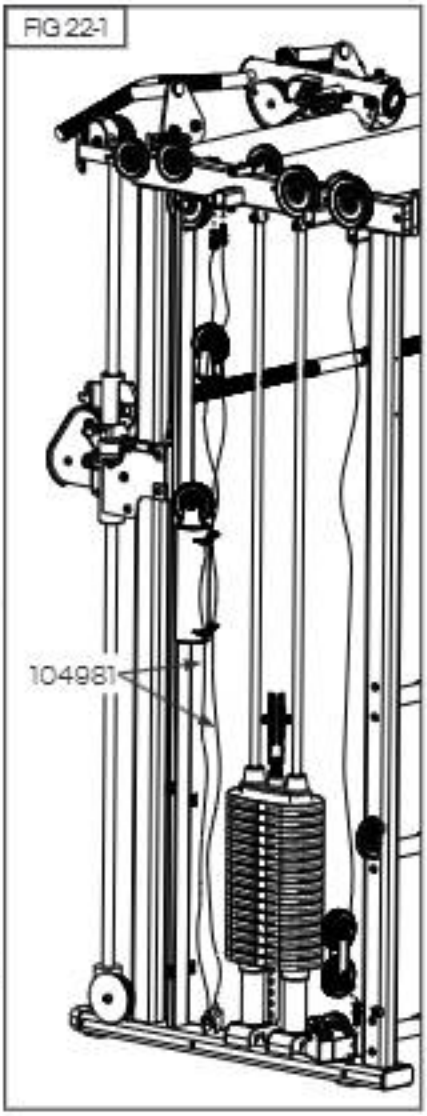


FIG 22-2

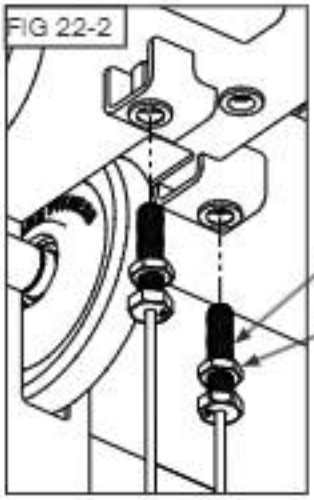


FIG 22-3

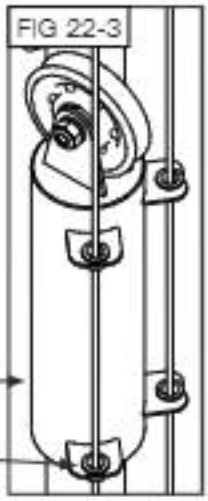


FIG 22-4

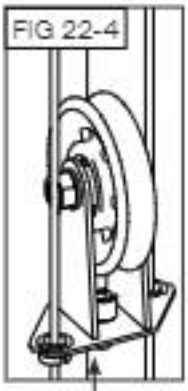
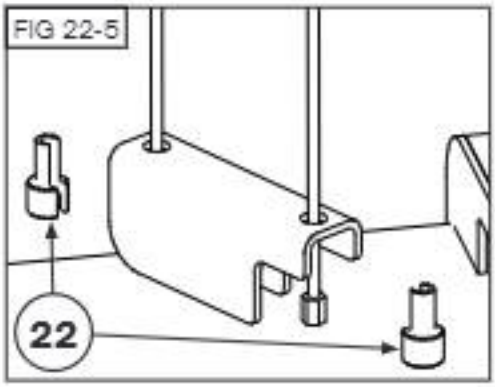


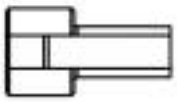
FIG 22-5



NOTE:
The WEIGHT PULLEY GUIDE ASSEMBLY [FIG 22-4] comes in left-hand and right-hand orientations.

After securing the cables, check that the cables are straight and not twisted.

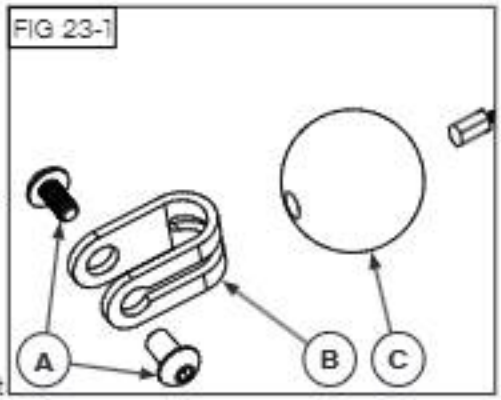
REPEAT WITH OTHER SIDE

HARDWARE REQUIRED (total for both sides):	
	**(22)** CABLE ADAPTERS (GOLD), **4 PCS**
	(23) CABLE GUIDE GROMMETS, **8 PCS**

STEP 8 - UPPER CABLE INSTALLATION

Before routing the remaining length of cable from STEP 1, diaaaeemble the BINDING BARRLE (A), BRACKET (B), and RETAINING BALL (C) from the end of the cable [FIG 23-1]. Now, route the cable according to the path ahown in [FIG 23-2].

FIG 23-1



From the pulley (D) on the vertical column, bring the cable up to the pulley (E) at the rear of the top frame, then down and around the floating pulley (F). Bring the cable back up again to another pulley (G) near the rear of the top frame, but on the inside of the frame.

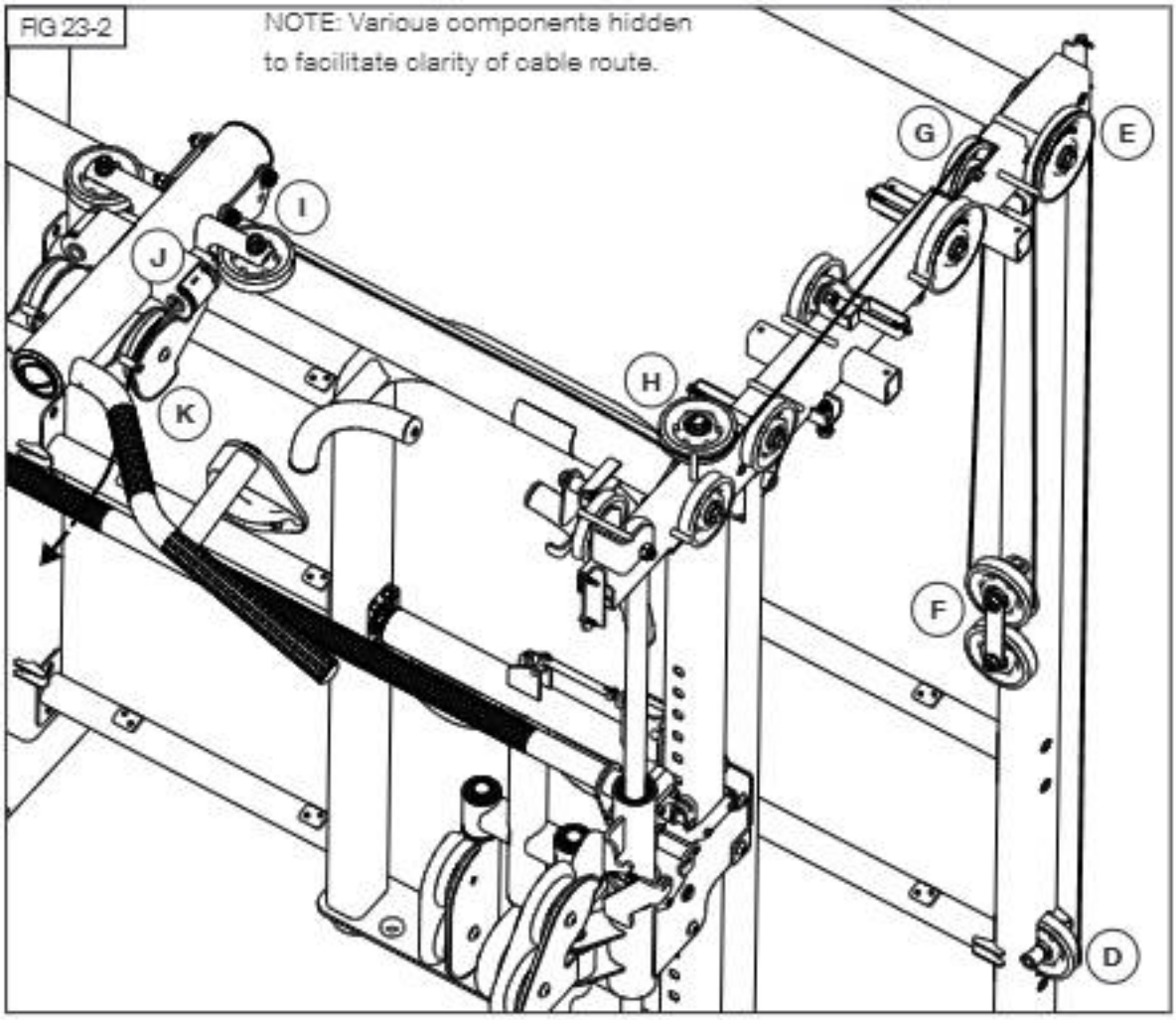
From there, bring the cable to the horizontal pulley (H) near the front of the top frame. The cable now turns at a right angle to a horizontal pulley (I) on the PULL UP ARM ASSEMBLY (103461).

Finally, bring the cable through the tube (J) and around the last pulley (K).

Now, re-aaaemble the BINDING BARREL (A), BRACKET (B), and RETAINING BALL (C).

FIG 23-2

NOTE: Various components hidden to facilitate clarity of cable route.



REPEAT WITH OTHER SIDE

STEP 9 - INSTALL OUTER SHROUDS AND ENCLOSURES

Insert the OUTER SHROUD (103846) into the tubing [FIG 24-1 & FIG-24-3] and let the OUTER SHROUD hang on the tubing [FIG 24-2]. Secure the OUTER SHROUD by slightly screwing in 2X **M6 X 50 ALLEN HEAD CAP SCREWS (37)** - don't screw in the bolts all the way [FIG 24-3]. With the OUTER SHROUD secured, hang the OUTER ENCLOSURE (103903/104009) onto the rod at the bottom of the OUTER SHROUD.

FIG 24-1

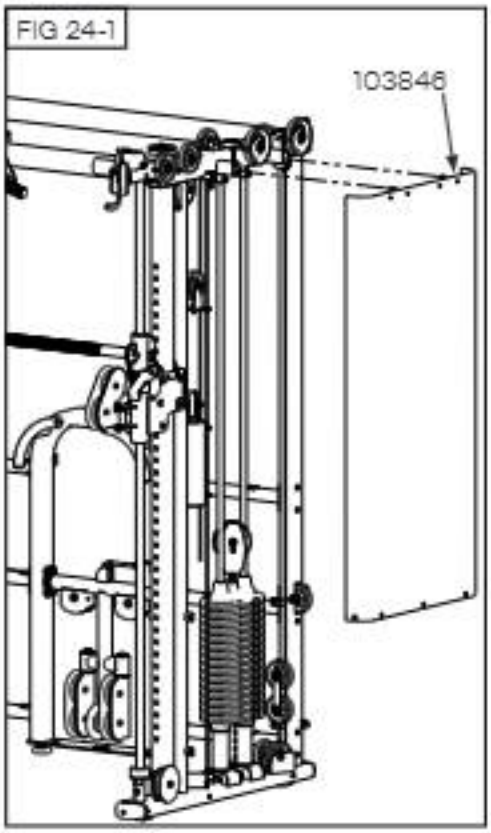


FIG 24-2

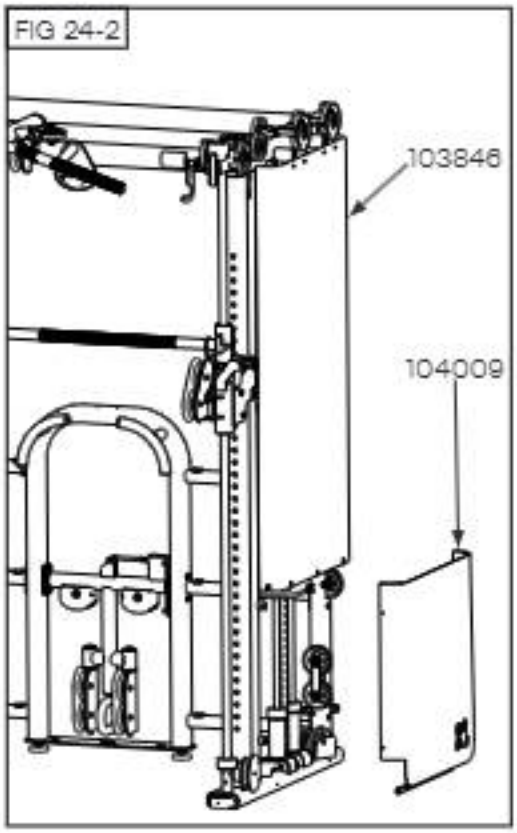
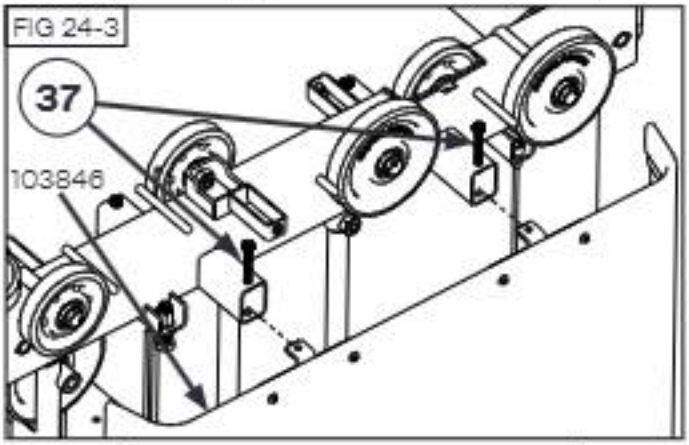
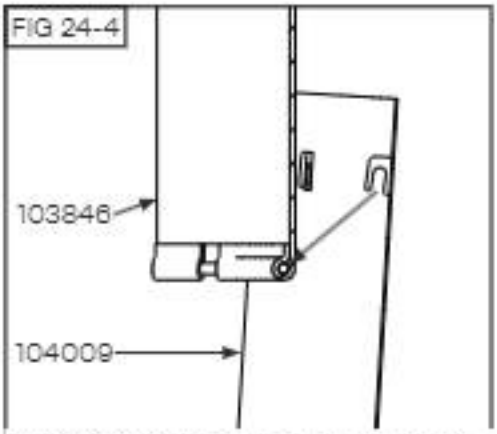


FIG 24-3



REPEAT WITH OPPOSITE SIDE

FIG 24-4



This figure presents a section-view to show the hooks within the curvature of the the outer enclosure.

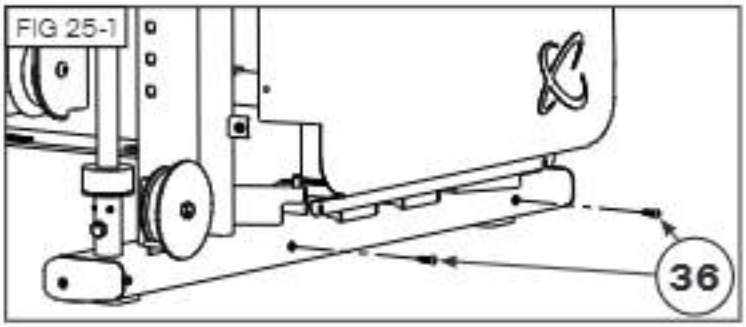
HARDWARE REQUIRED (total for both sides):

(37) M6 X 50 ALLEN HEAD CAP SCREW **8 PCS**

STEP 9 (CONTINUED)- INSTALL OUTER SHROUDS AND ENCLOSURES

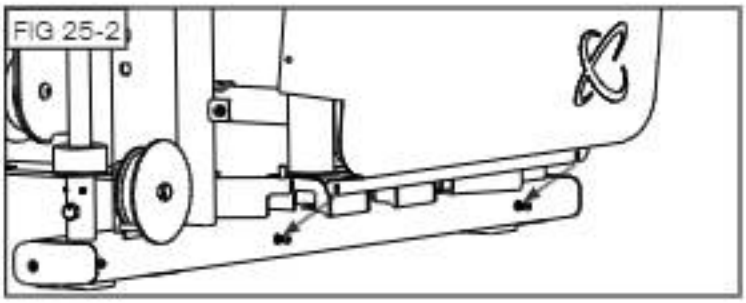
Install in 2X **M5 X 20 PHILLIPS HEAD SCREW (36)** into the bottom of the column. Screw in the screws just enough for them to stay in place; don't screw them in all the way.

FIG 25-1



There are two slots at the bottom of each OUTER ENCLOSURE (103903/104009). Slide the slots onto the screws and let OUTER ENCLOSURE rest on the screws.

FIG 25-2

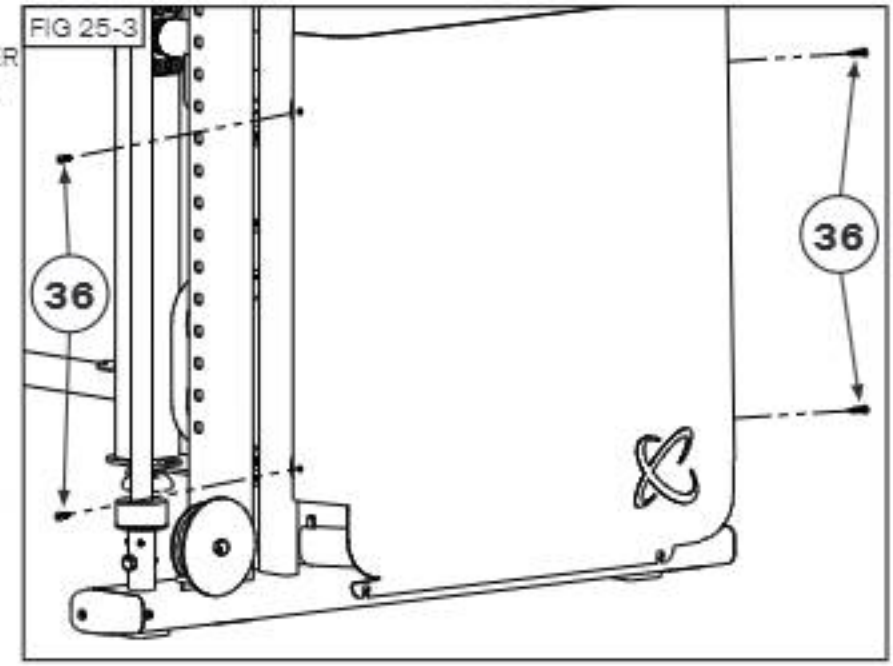


With the OUTER ENCLOSURE resting on the screws, tilt the OUTER ENCLOSURE into place against the column and install 4X **M5 X 20 PHILLIPS HEAD SCREW (36)** to secure the OUTER ENCLOSURE.

Now screw in the bottom **M5 X 20 PHILLIPS HEAD SCREW (36)** all the way.

Then tighten the bolts in the top frame to tension the OUTER SHROUD (103846) until the cloth is taut.

FIG 25-3



REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED (total for both sides):

(36) M5 X 20 PHILLIPS HEAD SCREW **12 PCS**

STEP 9 (CONTINUED) - INSTALL INNER SHROUDS AND ENCLOSURES

Repeat for the INNER SHROUDS (103852) and INNER ENCLOSURES (103841/103910).

FIG 26-1

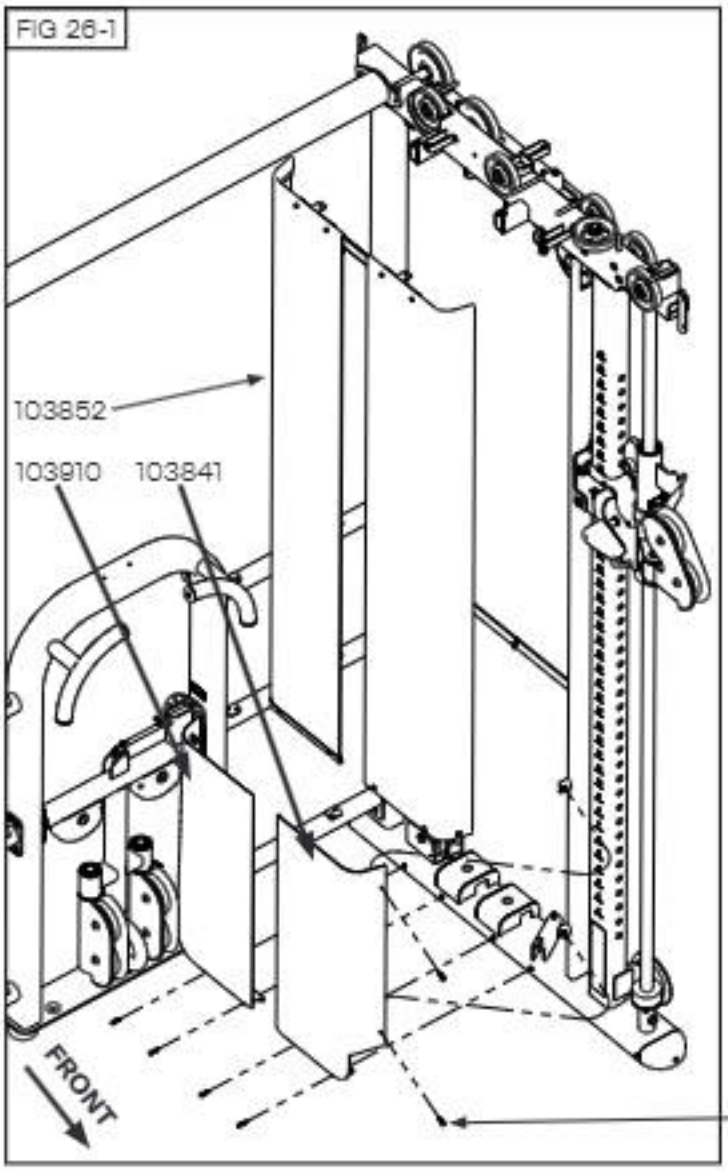
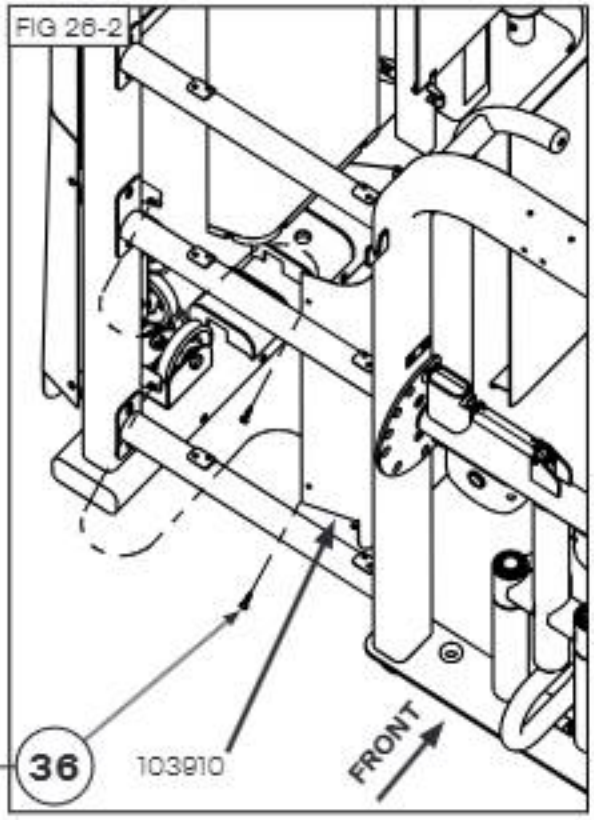


FIG 26-2

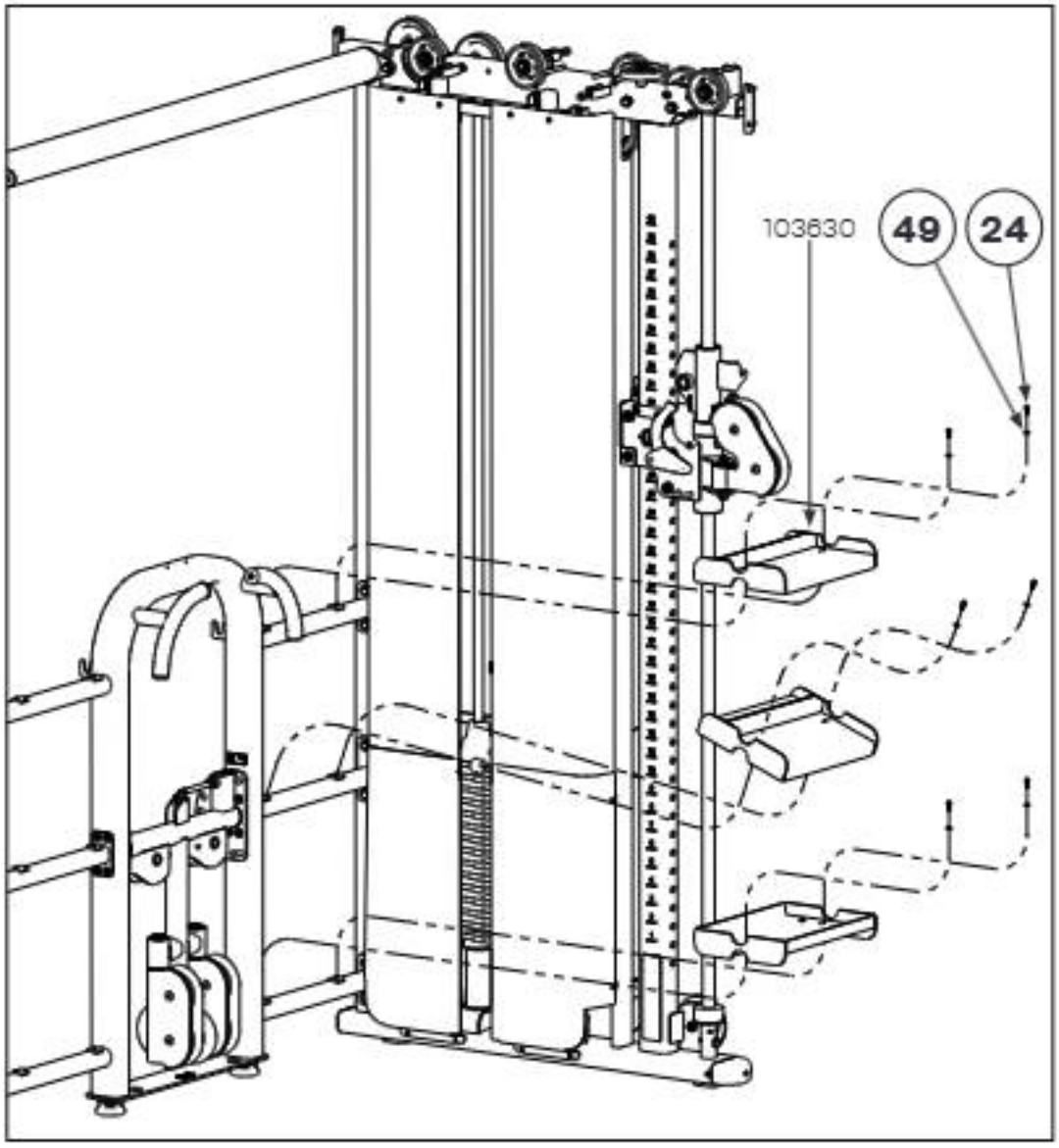


REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED (total for both sides):

(36) M5 X 20 PHILLIPS HEAD SCREW, **16 PCS**

STEP 10 - INSTALL STORAGE SHELVES



REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED (total for both sides):

(24) M6 X 12 BUTTON HEAD SCREW, **12 PCS**
(49) M6 FLAT WASHER, **12 PCS**

STEP 10 (CONTINUED) - STORAGE SHELVES / BENCH POSITION FOOT PADS

Each shelf has two sides - one side with a ledge for securing dumbbells [FIG 28-3] and one side that's flat for storing kettlebells and other items that don't need a ledge for security [FIG 28-4]. Each shelf can be installed at two angles [FIG 28-5] depending on which set of mounting holes are used [FIG 28-1]. The REAR MOUNTING HOLES (A) are provided for a flat shelf while the FRONT MOUNTING HOLES (B) are provided for an angled shelf.

FIG 28-1

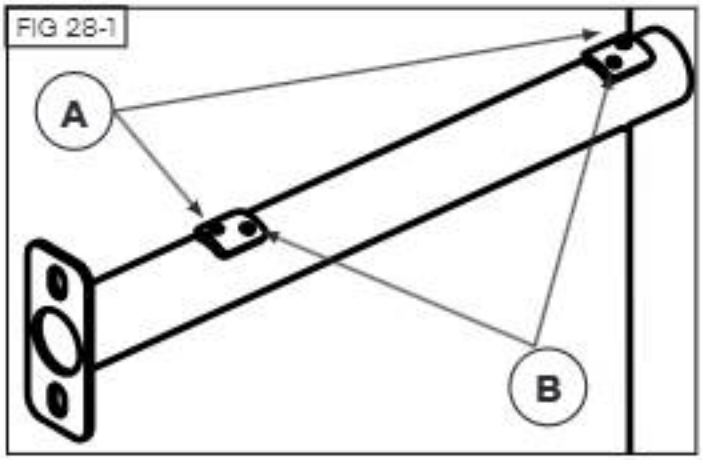


FIG 28-2

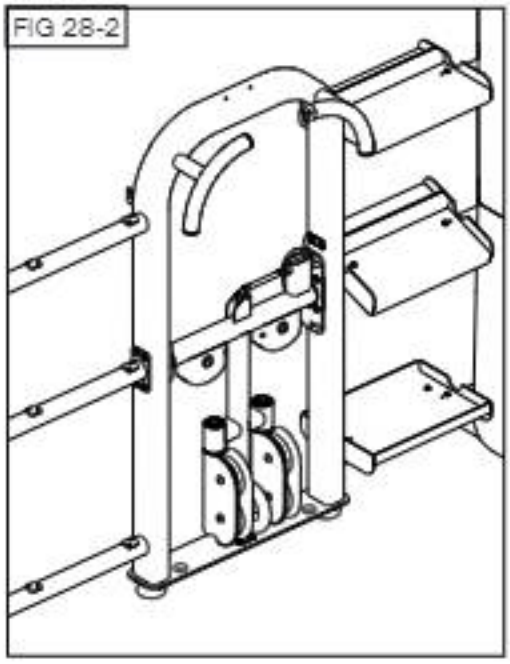


FIG 28-3

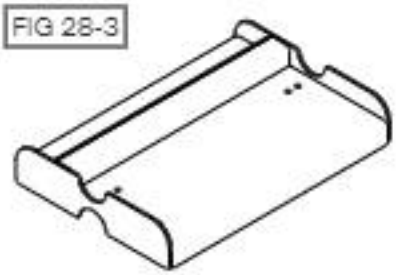


FIG 28-4

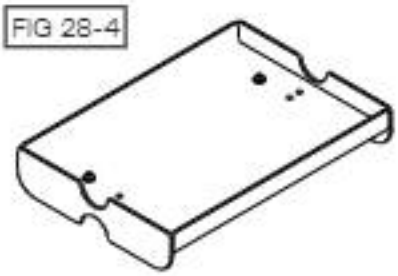
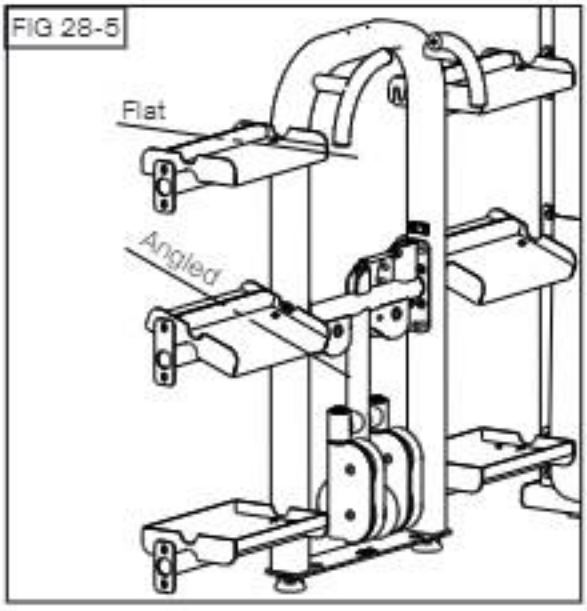


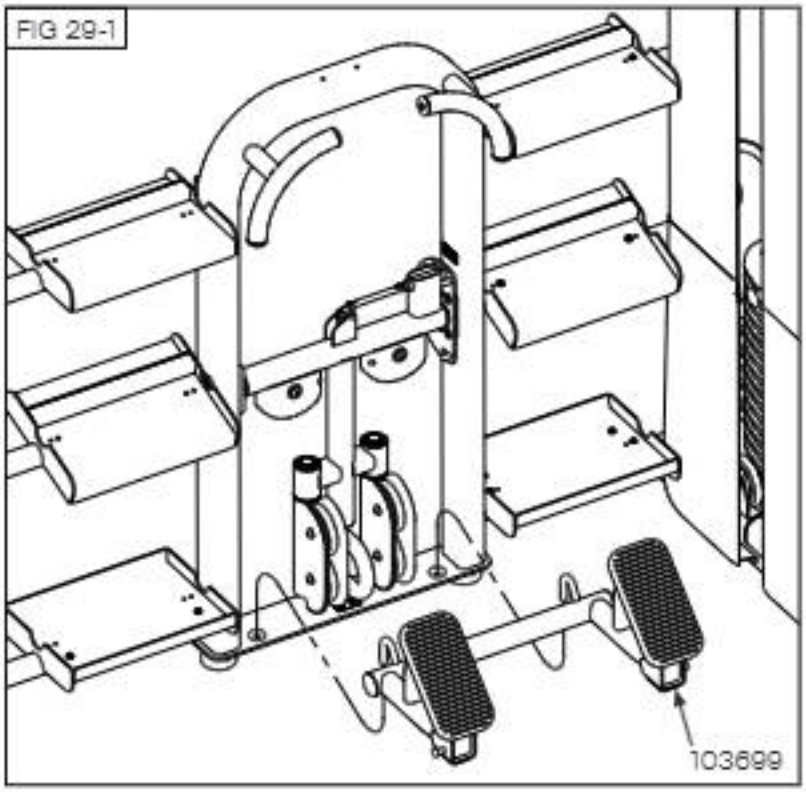
FIG 28-5



STEP 10 (CONTINUED) - INSTALL FOOT PADS ASSEMBLY

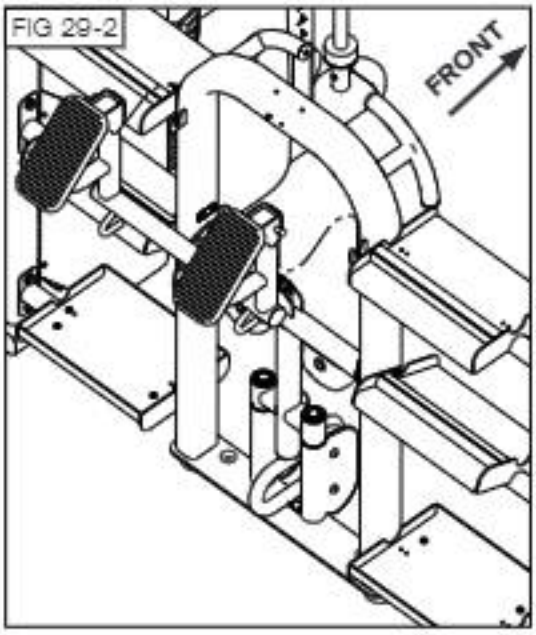
Install the BENCH POSITION FOOT PADS (103699) by hooking them in to the insert holes at the bottom of the center frame.

FIG 29-1



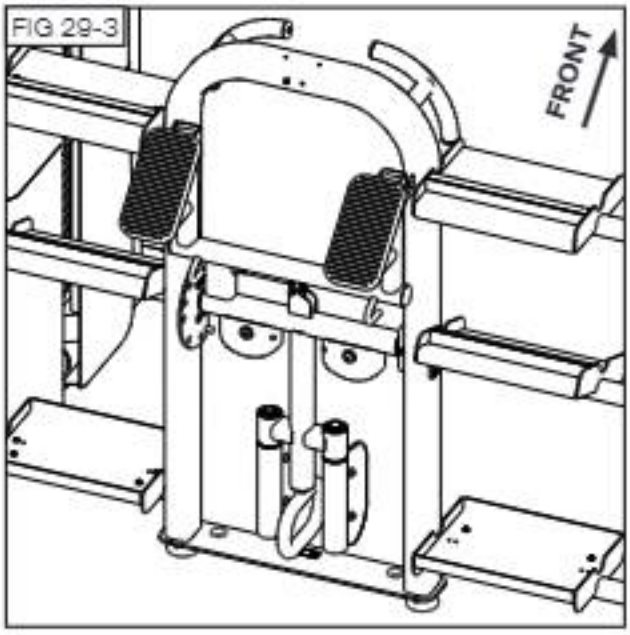
When not in use, the BENCH POSITION FOOT PADS can be stored on the backside of the center frame on a set of hooks.

FIG 29-2



BENCH POSITION FOOT PADS shown here in the storage position.

FIG 29-3



STEP 11 - INSTALL TOP SHROUDS

Slide the INNER TOP SHROUD (104281/104285) down onto the top of the frame. Install the INNER TOP SHROUD with 2X **M5 X 20 PHILLIPS HEAD SCREWS (36)** to the column frame.

Install the OUTER TOP SHROUD (104280/104284) to the INNER TOP SHROUD with 4X **M5 X 20 PHILLIPS HEAD SCREWS (36)**.

Install the last **M5 X 20 PHILLIPS HEAD SCREWS (36)** to the OUTER TOP SHROUD.

After all screws are installed, install the 3X **TOP SHROUD PLUGS (104282)** to cover the screws that connect the shrouds to the frame.

FIG 30-1

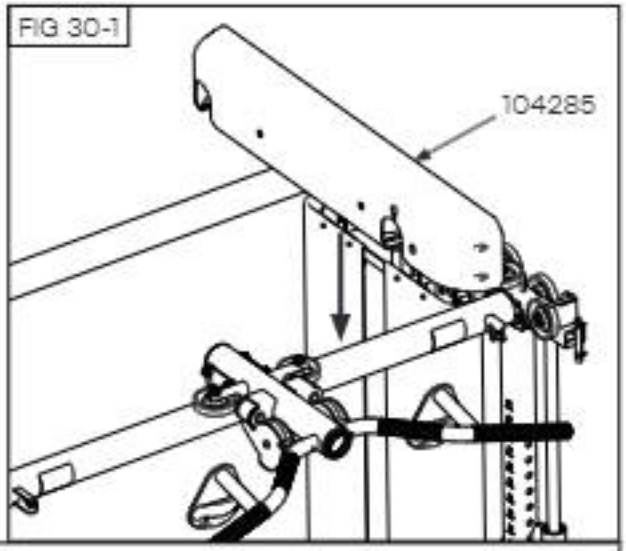
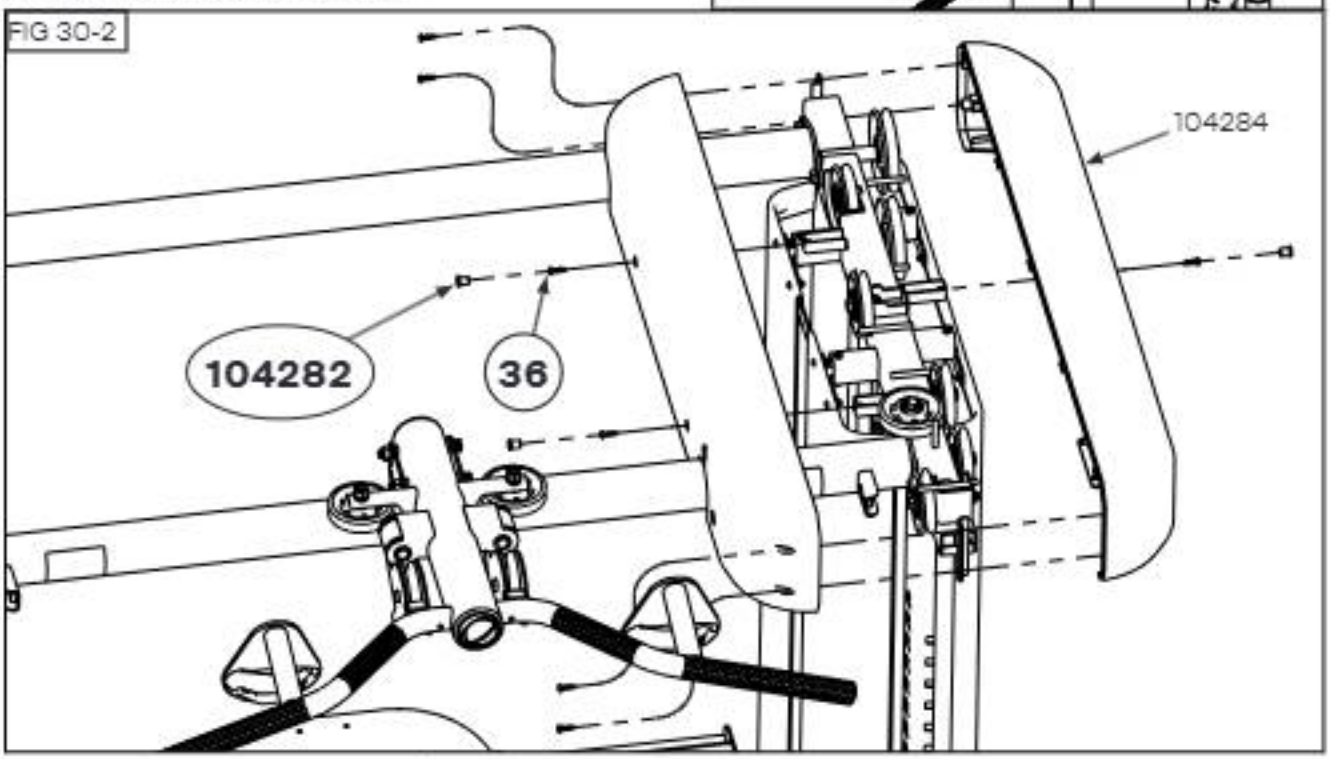
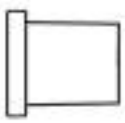


FIG 30-2



REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED (for both sides):	
	(36) M5 X 20 PHILLIPS HEAD SCREW, **14 PCS**
	**(104282)** PLUG, TOP SHROUD, **6 PCS**

STEP 12 - INSTALL SMITH BAR CATCHES

Install the SMITH BAR SAFETY LATCH (103737/103741) with 1X set of a **M10 X 40 HEX BOLT (45)** and a **M10 PLASTIC FLAT WASHER (46)**. The mounting hole for the SMITH BAR SAFETY LATCH is within the top shroud [FIG 31-2] and is not visible from certain angles.

Tighten the hex bolt such that the SMITH BAR SAFETY LATCH will remain in position without support [FIG 31-4], but do not tighten to the point where the latch cannot be moved.

FIG 31-1

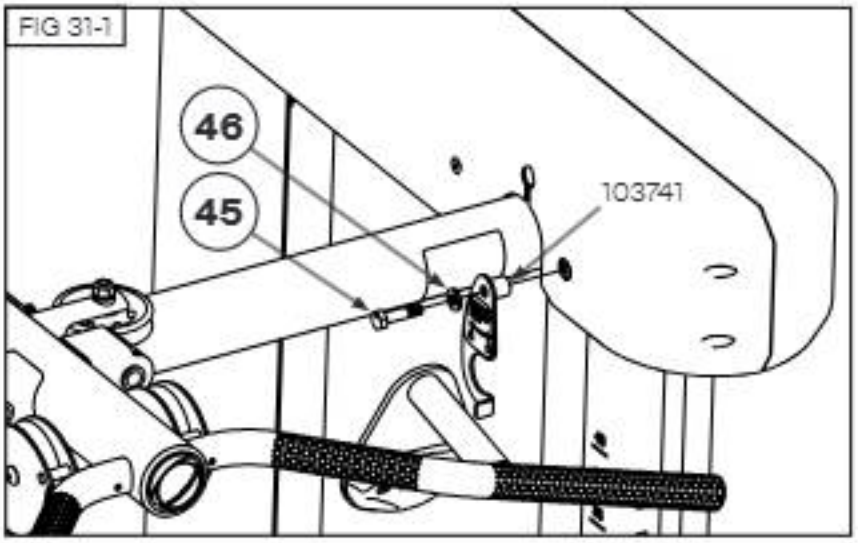


FIG 31-2

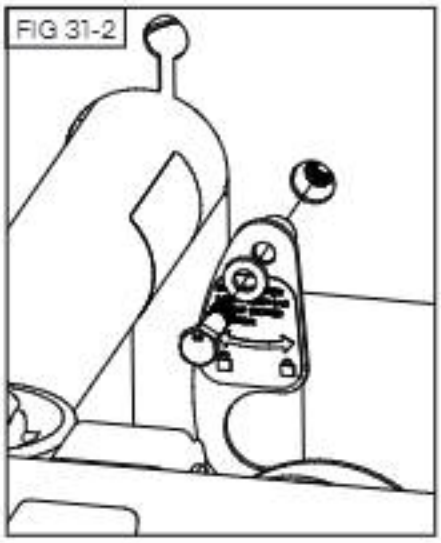


FIG 31-3

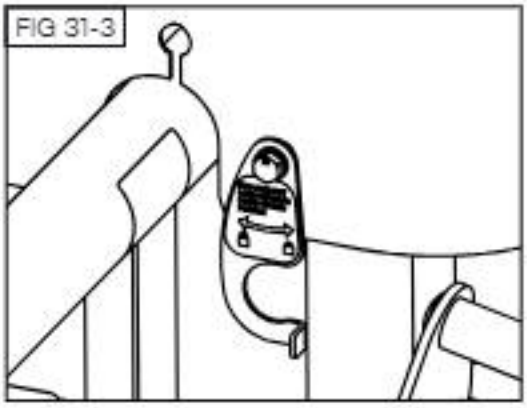
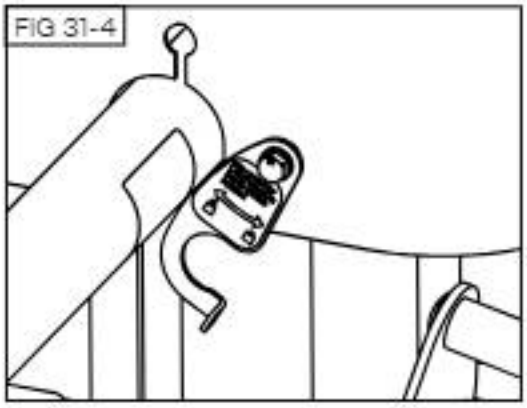


FIG 31-4

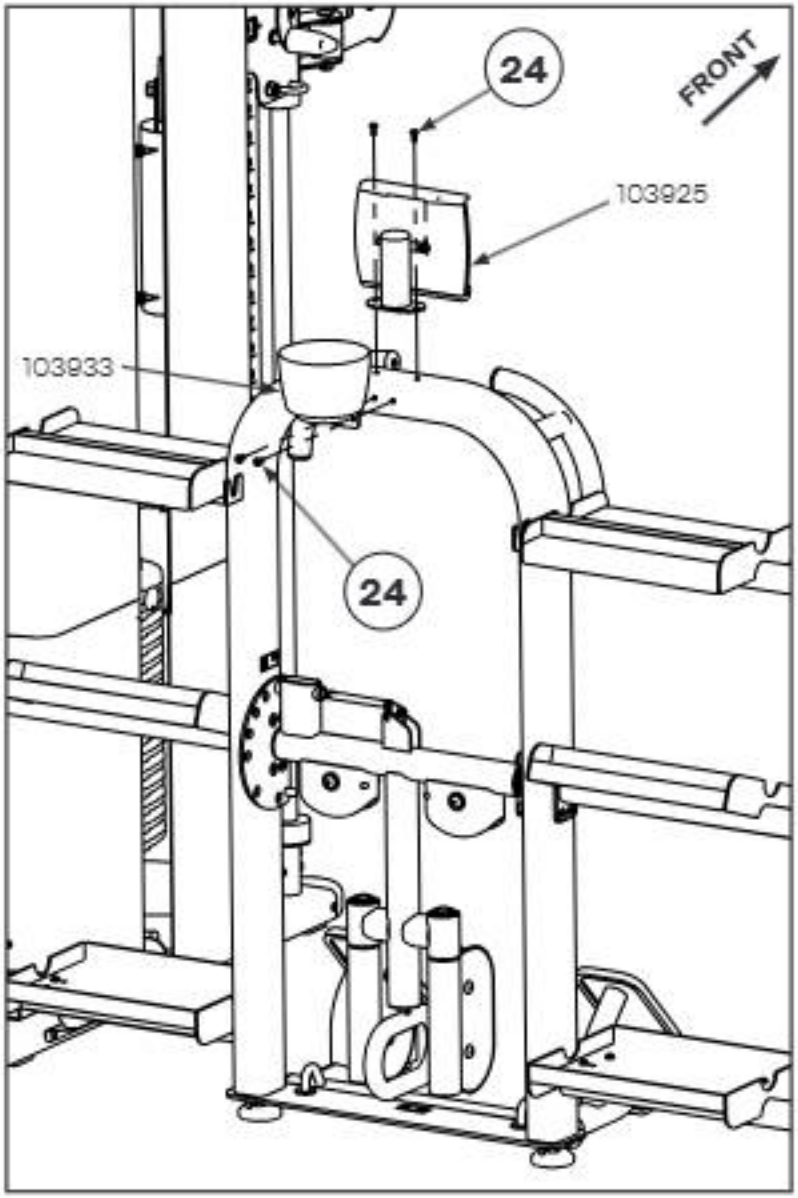


REPEAT WITH OPPOSITE SIDE

HARDWARE REQUIRED (for both sides):

(45) M10 X 40 HEX BOLT, **2 PCS**
(46) M10 PLASTIC FLAT WASHER, **2 PCS**

STEP 13 - INSTALL TABLET AND WATER BOTTLE HOLDERS



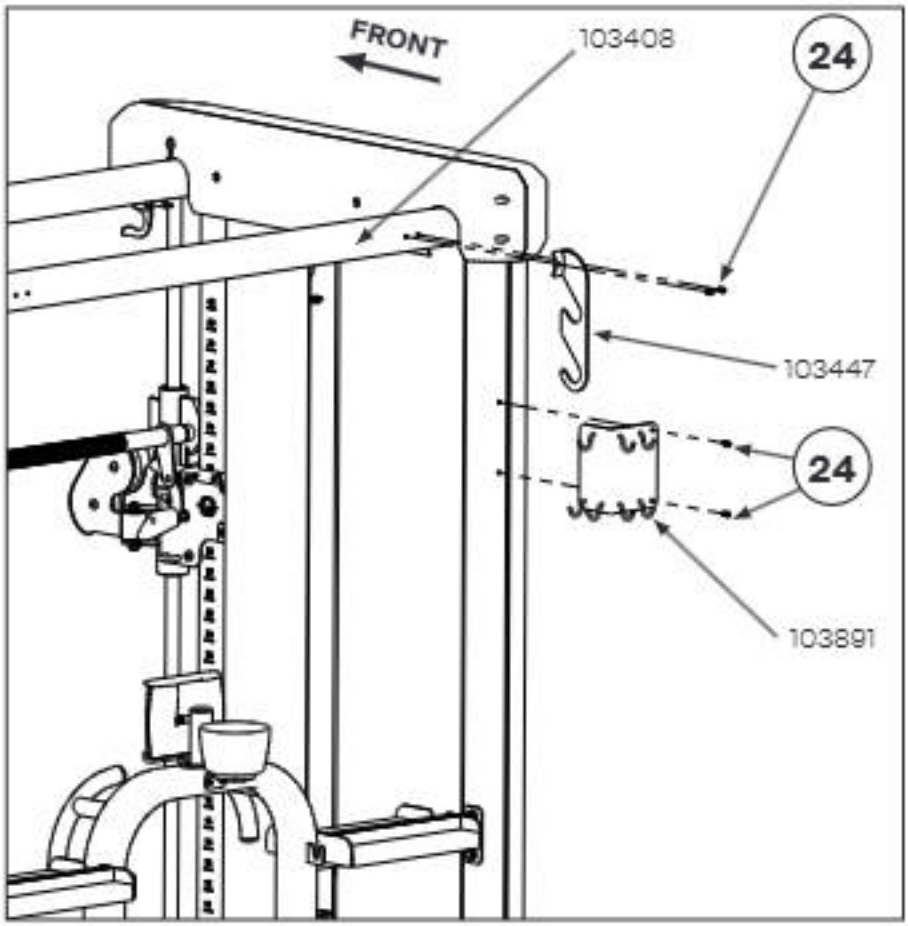
HARDWARE REQUIRED:

(24) M6 X 12 BUTTON HEAD SCREW, **4 PCS**

STEP 14 - INSTALL ACCESSORY HOOKS AND BAR RACK

First install the ACCESSORY HOOKS (103891/103901) with 2X **M6 X 12 BUTTON HEAD SCREWS (24)** to the column frame.

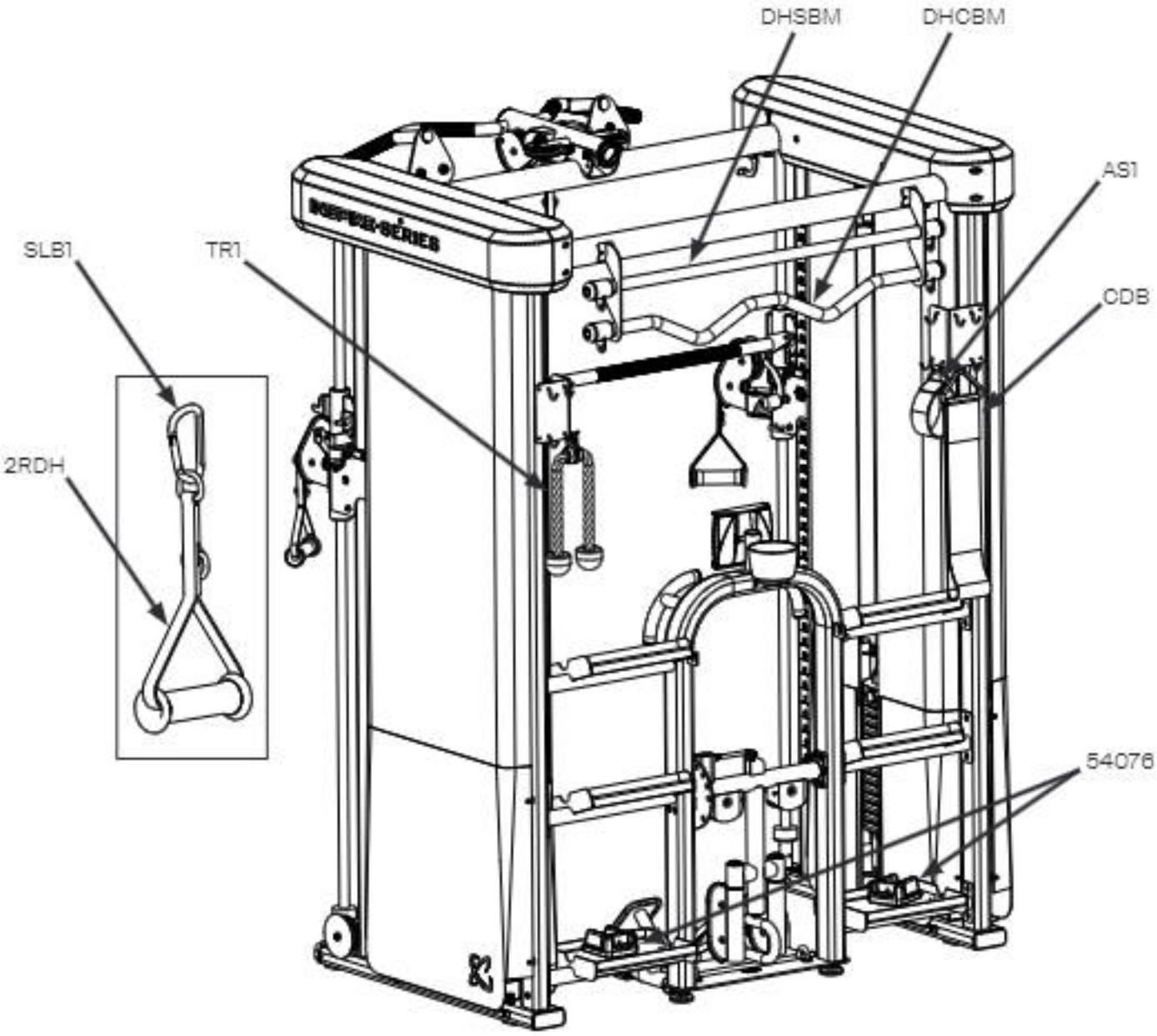
Then, install the BAR RACK (103447) to the TOP REAR FRAME (103408) with 2X **M6 X 12 BUTTON HEAD SCREWS (24)**.



REPEAT WITH OTHER SIDE

HARDWARE REQUIRED (for both sides):	
	(24) M6 X 12 BUTTON HEAD SCREW, **8 PCS**

ACCESSORIES

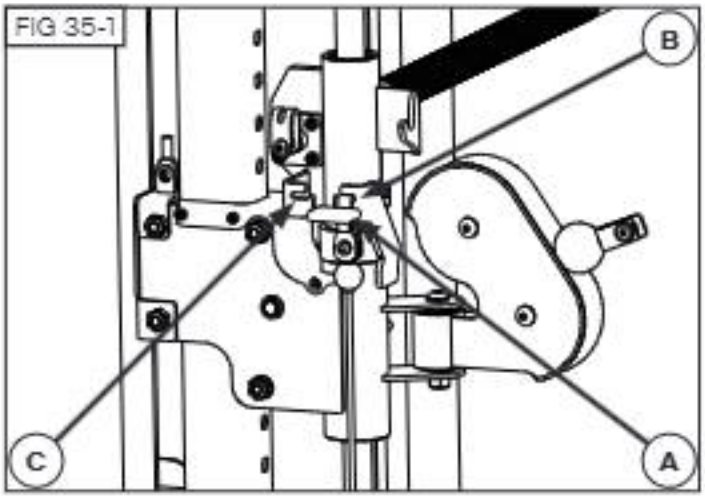


ACCESSORIES LIST:	
(2RDH) D-HANDLE STRAP, 6 PCS	(DHSBM) STRAIGHT BAR, 1 PC
(54076) EXTRA WEIGHT, 2 PCS	(DHCBM) CURVED BAR, 1 PC
(AS1) ANKLE STRAP, 1 PC	(SL1B) SNAP LINK, 6 PCS
(CDB) BELT STRAP, 1 PC	(TR1) ROPE HANDLE, 1 PC

FEATURES AND FUNCTIONS

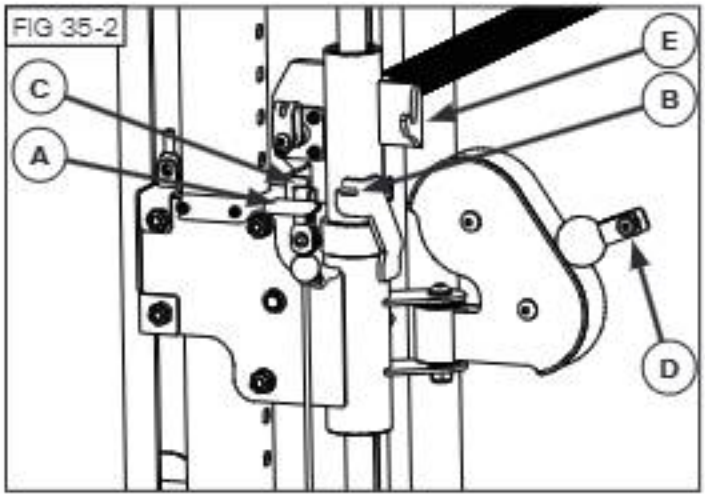
The smith bar is disengaged from the weight stack when the CABLE END TAB (A) is on the FRONT HOOK (B).

FIG 35-1



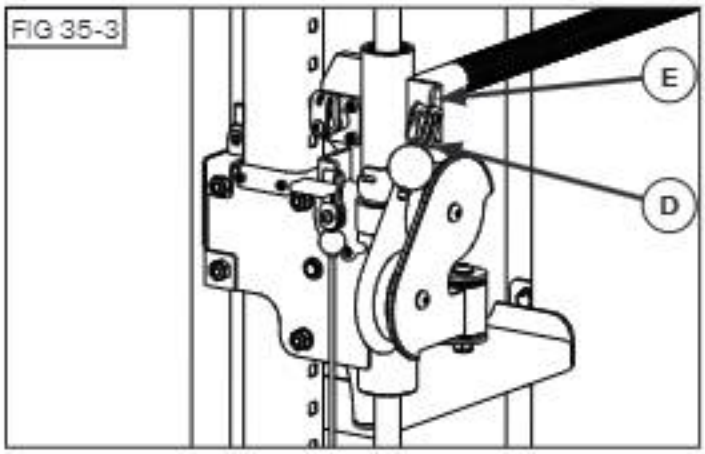
The smith bar is engaged with the weight stack when the CABLE END TAB (A) is on the REAR HOOK (C).

FIG 35-2



The effective weight can be doubled by hooking the PULLEY CABLE END (D) onto the WEIGHT DOUBLER HOOK (E).

FIG 35-3



CAUTION

Always engage or disengage hooks on both sides of the smith bar.
Never engage only one side while leaving the other side disengaged.

FEATURES AND FUNCTIONS

Pull on the handle of the center pulley assembly [FIG 36-3] to rotate the center arm through its available positions ranging from straight down [FIG 36-1] to straight up [FIG 36-2].

Release the handle to allow the center arm to lock into place.

FIG 36-1

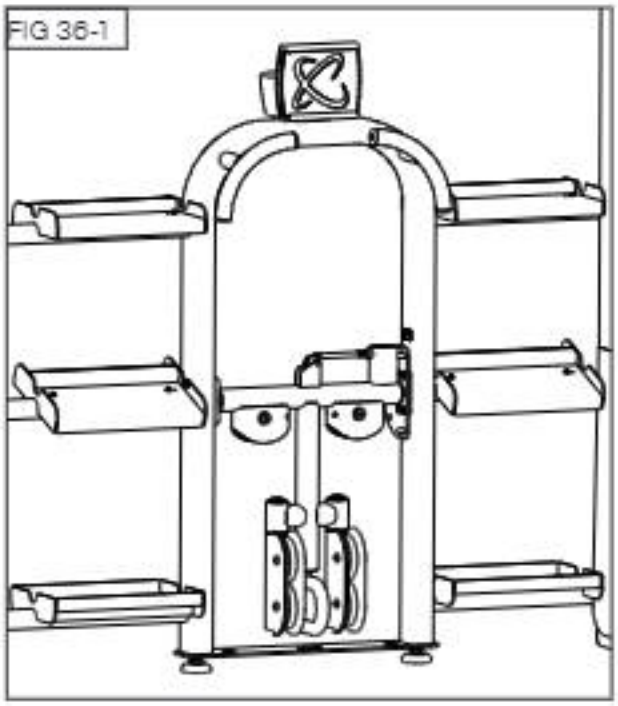


FIG 36-2

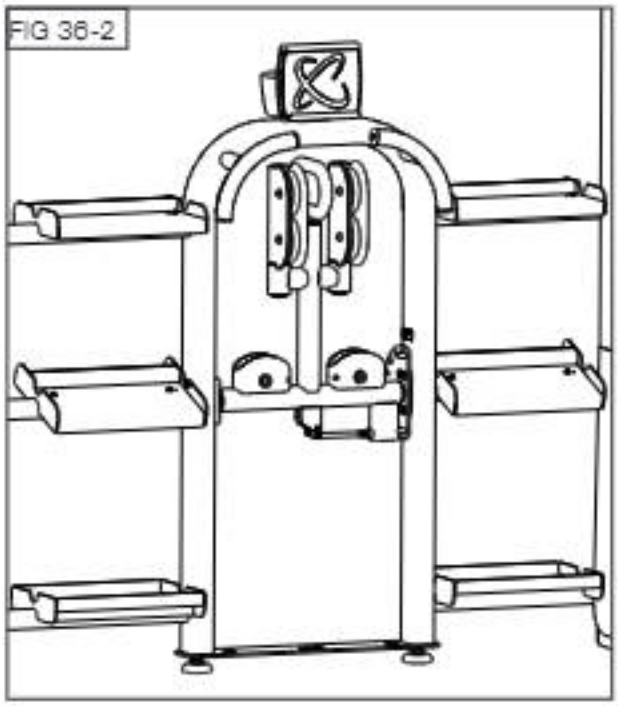
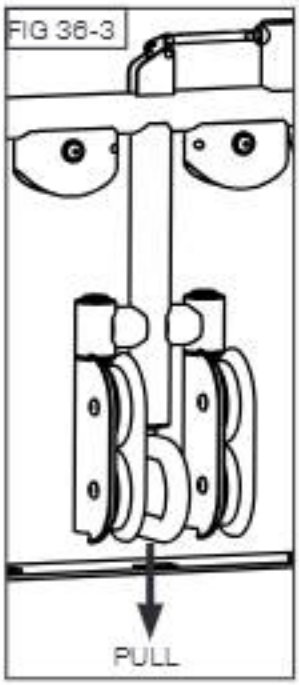


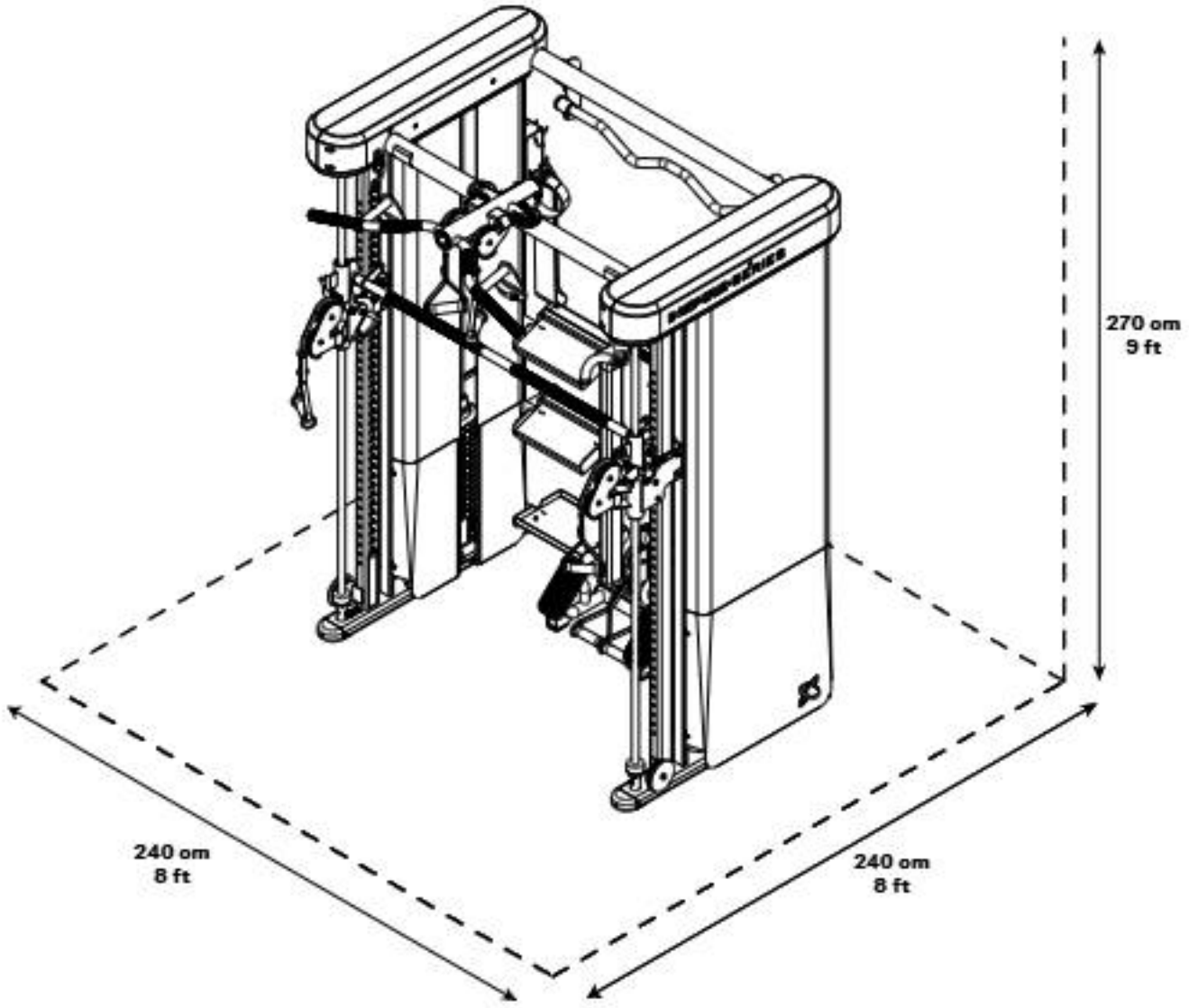
FIG 36-3



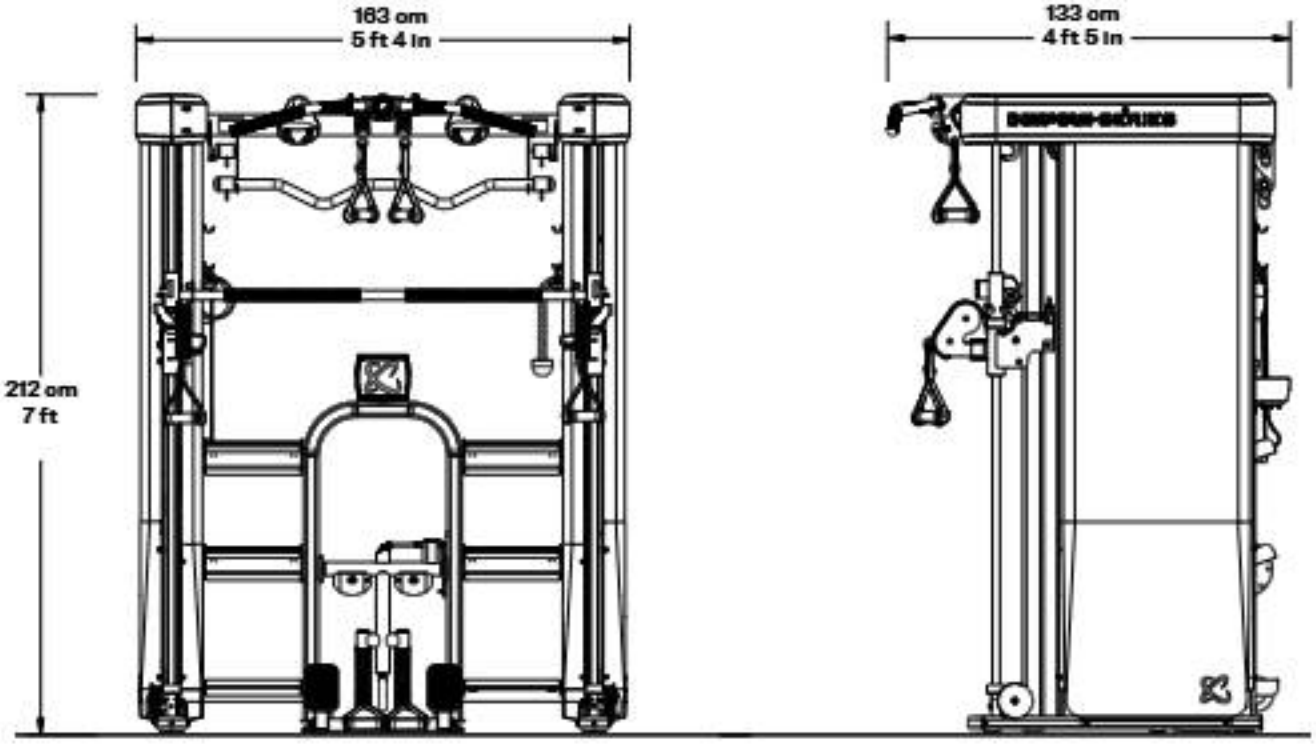
WORKOUT AREA

The FT2 PRO requires a minimum amount of floor space to safely assemble and operate. Keep the machine in a space with a minimum floor area of 240 cm (8 ft) and minimum ceiling height of 270 cm (9 ft).

Access to the rear of the machine is required during both assembly and operation.



PRODUCT DIMENSIONS



MAINTENANCE

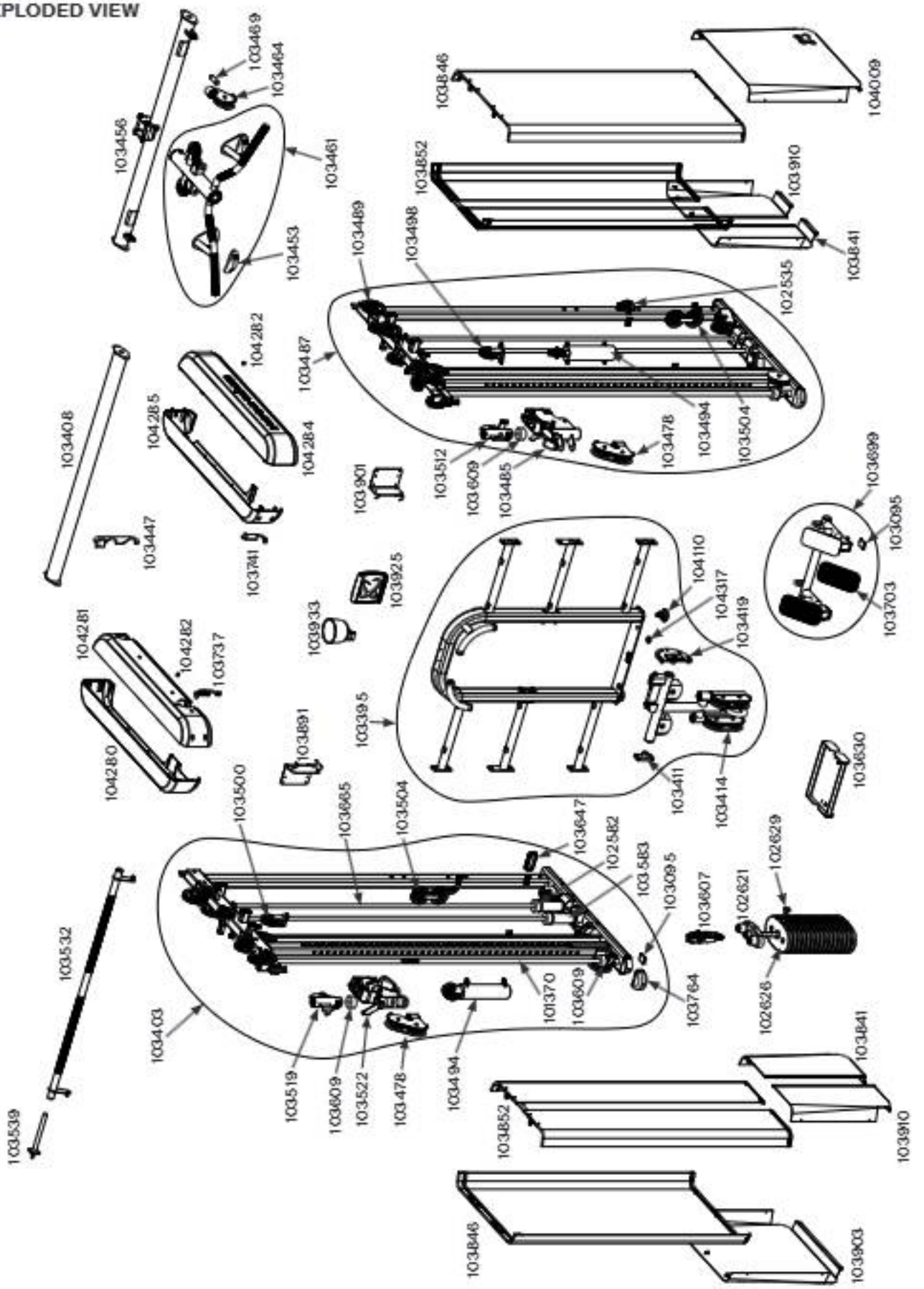
Proper and regular maintenance is important for maximizing the lifetime and function of your machine.

Please refer to the blue MAINTENANCE NOTICE label depicted on Page 7 of this manual for the recommended maintenance schedule.

Please follow the steps below for recommended maintenance tasks and procedures.

1. Inspect all links, swivels, carabiners, and weight stack pins. for wear and damage. Wear and damage can include, but are not limited to, steel rods that are bent, steel parts that are indented past 1/8 inch (3 mm), and carabiner clips not locking. If wear and damage is identified, contact CENTR immediately for replacements and replace parts as soon as possible. Use only original CENTR or INSPIRE FITNESS parts.
2. Inspect all cables for wear and damage. Wear and damage can include cable splitting, cracking, fraying, bulging, flatness, or any length of cable that is not consistent in diameter and shape. If wear and damage is identified, contact CENTR immediately for replacements and replace parts as soon as possible. Use only original CENTR or INSPIRE FITNESS parts.
3. Inspect steel shrouds for sturdiness and cloth shrouds for tautness. If steel shrouds can be shifted more than 1/8 inch (3 mm), inspect the screws for looseness and hand-tighten where necessary. If cloth shroud is not taut, tighten the cloth shroud by hand-tightening the bolts in the top frame.
4. Inspect all hardware and hand-tighten any screws, bolts, and nuts that are loose.
5. Inspect all labels/stickers. If any are peeling, contact CENTR immediately for replacements and replace the peeling labels/stickers as soon as possible.
6. Inspect all components for water moisture and wipe dry if water moisture is found.
7. Wipe down weight stack guide rods with a dry cloth and apply a thin coat of Teflon™ based lubricant.
8. At all times, place the machine in a clean location without exposure to dust and airborne contaminants from activities such as cooking, cleaning, woodworking, etc.
9. Aside from operating the machine, do not engage in any other activities within the workout space specified on Page 37.
10. When not in use for long periods of time, store the machine in a dry location out of direct sunlight.

EXPLODED VIEW



PARTS LIST

PART NUMBER	DESCRIPTION	QUANTITY
80254	HARDWARE CARD 1	1
80255	HARDWARE CARD 2	1
80256	HARDWARE CARD 3	1
101370	GUIDE ROD, 25 X 1965	2
102535	ASSY, 3" CABLE PULLEY	20
102562	RUBBER, BUMPER, 20 X 60 X 28	4
102621	ASSY, TOP PLATE AND STEM, 150LB	2
102626	ASSY, WEIGHT PLATE, 10LBS	30
102629	ASSY, WEIGHT PIN	2
103095	SPACER, FRAME LEG	10
103395	ASSY, CENTER FRAME	1
103403	ASSY, COLUMN, RH	1
103408	WLDMT, TOP REAR FRAME	1
103411	WLDMT, ARM PIVOT, RH	1
103414	ASSY, LOWER ARM	1
103419	WLDMT, ARM PIVOT, LH	1
103447	WLDMT, BAR RACK	2
103453	GRIP, CLIMBING, COOL GRAY 8C-9C	2
103456	WLDMT, TOP FRONT FRAME	1
103461	ASSY, PULL UP ARM	1
103464	ASSY, UPPER PULLEY	2
103469	SHAFT, UPPER PULLEY	2
103478	ASSY, CARRIAGE PULLEY	2
103485	ASSY, CARRIAGE, LH	1
103487	ASSY, COLUMN, LH	1
103489	ASSY, 4" CABLE PULLEY	6
103494	ASSY, COUNTER BALANCE	2
103498	ASSY, WEIGHT PULLEY GUIDE, LH	1
103500	ASSY, WEIGHT PULLEY GUIDE, RH	1
103504	ASSY, FLOATING 3" DOUBLE PULLEY	2
103512	ASSY, SMITH CARRIAGE GUIDE, LH	1
103519	ASSY, SMITH CARRIAGE GUIDE, RH	1
103522	ASSY, CARRIAGE, RH	1
103532	ASSY, SMITH BAR	1
103539	WLDMT, SMITH BAR PIVOT	2
103583	WLDMT, WEIGHT STACK RISER	4
103607	ASSY, TOP PLATE, 4" PULLEY	2
103609	RUBBER, BUMPER, 25 X 60 X 28	4
103630	ASSY, SHELF	6
103647	CAP, 1.75 X 4	2
103665	GUIDE ROD, 19 X 1869L	4
103699	ASSY, BENCH POSITION	1
103703	RUBBER FOOT PAD	2
103737	ASSY, SMITH SAFETY LATCH, RH	1
103741	ASSY, SMITH SAFETY LATCH, LH	1

PARTS LIST (CONTINUED)

PART NUMBER	DESCRIPTION	QUANTITY
103764	CAP, ROUND END	2
103841	WLDMT, INNER ENCLOSURE, RH	2
103846	ASSY, SHROUD, OUTER	2
103852	ASSY, SHROUD, INSIDE	2
103891	WLDMT, ACCESSORY HOOKS, RH	1
103901	WLDMT, ACCESSORY HOOKS, LH	1
103903	ASSY, OUTER ENCLOSURE, RH	1
103910	WLDMT, INNER ENCLOSURE, LH	2
103925	ASSY, TABLET POST	1
103933	ASSY, WATER BOTTLE HOLDER	1
104009	ASSY, OUTER ENCLOSURE, LH	1
104110	ASSY, LEVELER WITH BRACKET, 59MM DIA	2
104260	SHROUD, OUTSIDE TOP, RH	1
104261	SHROUD, INSIDE TOP, RH	1
104262	PLUG, TOP SHROUD	8
104264	SHROUD, OUTSIDE TOP, LH	1
104265	SHROUD, INSIDE TOP, LH	1
104317	BUSHING, FOOT PLATFORM RECEIVER	2
104960	CABLE, SMITH BAR (2590 MM)	2
104961	CABLE, GUIDE (1904 MM)	6
104963	CABLE, CENTER FRAME (7660 MM)	2
104964	CABLE, MAIN CARRIAGE (8905 MM)	2
105132	CABLE, COUNTERWEIGHT (2045 MM)	2
2RDH	ACCESSORY, STRAP, D-HANDLE	6
54076	ACCESSORY, EXTRA 5LB WEIGHT	2
AS1	ACCESSORY, STRAP, ANKLE	1
CDB	ACCESSORY, STRAP, BELT	1
DHSBM	ACCESSORY, BAR, STRAIGHT	1
DHCBM	ACCESSORY, BAR, CURVED	1
SL1B	SNAP LINK, BLACK	6
TR1	ACCESSORY, ROPE HANDLE	1

CENTR