



# **CORE HEALTH & FITNESS**

## **INSPIRATION GLUTE PRESS**

### **OWNER'S MANUAL**



# TABLE OF CONTENTS



TABLE OF CONTENTS .....	2
IMPORTANT SAFETY INSTRUCTIONS.....	3
IMPORTANT LABEL LOCATIONS .....	5
OPERATIONS .....	8
ASSEMBLY .....	9
REPLACEMENT PARTS .....	12
IPGM5 - INSPIRATION GLUTE MACHINE.....	12
MAINTENANCE .....	33
TOOLS .....	33
MAINTENANCE SCHEDULE .....	35
IPGM4 UPGRADE WITH KIT 731-9448-KT.....	37
SUPPORT & SERVICE .....	38

## WARNING!



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

Read all warnings posted on the machine.



Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage 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.

**WARNING:** to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

The clear safety area recommendations are accurate as of the time of this manual publication, Core Health & Fitness strongly recommends that you review the latest applicable standards from:

ASTM standards for Stationary Training Equipment (<https://www.astm.org/>) and ISO standards for Stationary Training Equipment (<https://www.iso.org>)

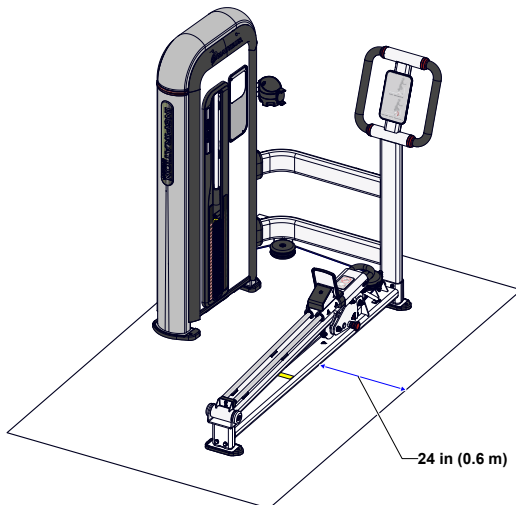


Fig. 1 Required Clearance

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 23.6 inches (0.6 meters) of clearance from the unit or the unit platform.

Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. These dimensions are the recommended minimum distances.

The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations ([www.access-board.gov/ada](http://www.access-board.gov/ada)).

2. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination from their health care provider before beginning any exercise program.
3. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
4. Do not exceed the maximum allowable user weight limit of:
  - 350 lbs. (159 kg.)

5. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all Nautilus® equipment.
6. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear. Routinely inspect all cable couplers that join movement arms to the cables and replace at the first sign of wear. (Consult Nautilus® if uncertain or if you have questions regarding wear).
7. Ensure weight selection switches are fully engaged. Partial insertion can cause weights to fall unexpectedly. Never pin the weight stack in an elevated position. Never attempt to "switch off" a cartridge if any weights are suspended. Never attempt to release jammed weights or parts.
8. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Nautilus®.
9. Ensure all adjustment and locking features are properly secured before using the equipment.
10. When adjusting any seat, knee stabilization pad, range of motion limiter, foothold pad or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury. If any of the adjustment devices are left projecting, they could interfere with the user's movement.
11. This machine is not intended to be used by children. It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine.
12. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
13. Use only replacement components supplied by Nautilus®. Substitutes are forbidden and will void all warranties.
14. **⚠ WARNING:** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately.

### **SAVE THESE INSTRUCTIONS**



# IMPORTANT LABEL LOCATIONS

This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and following pages. See Support and Service to order replacements.

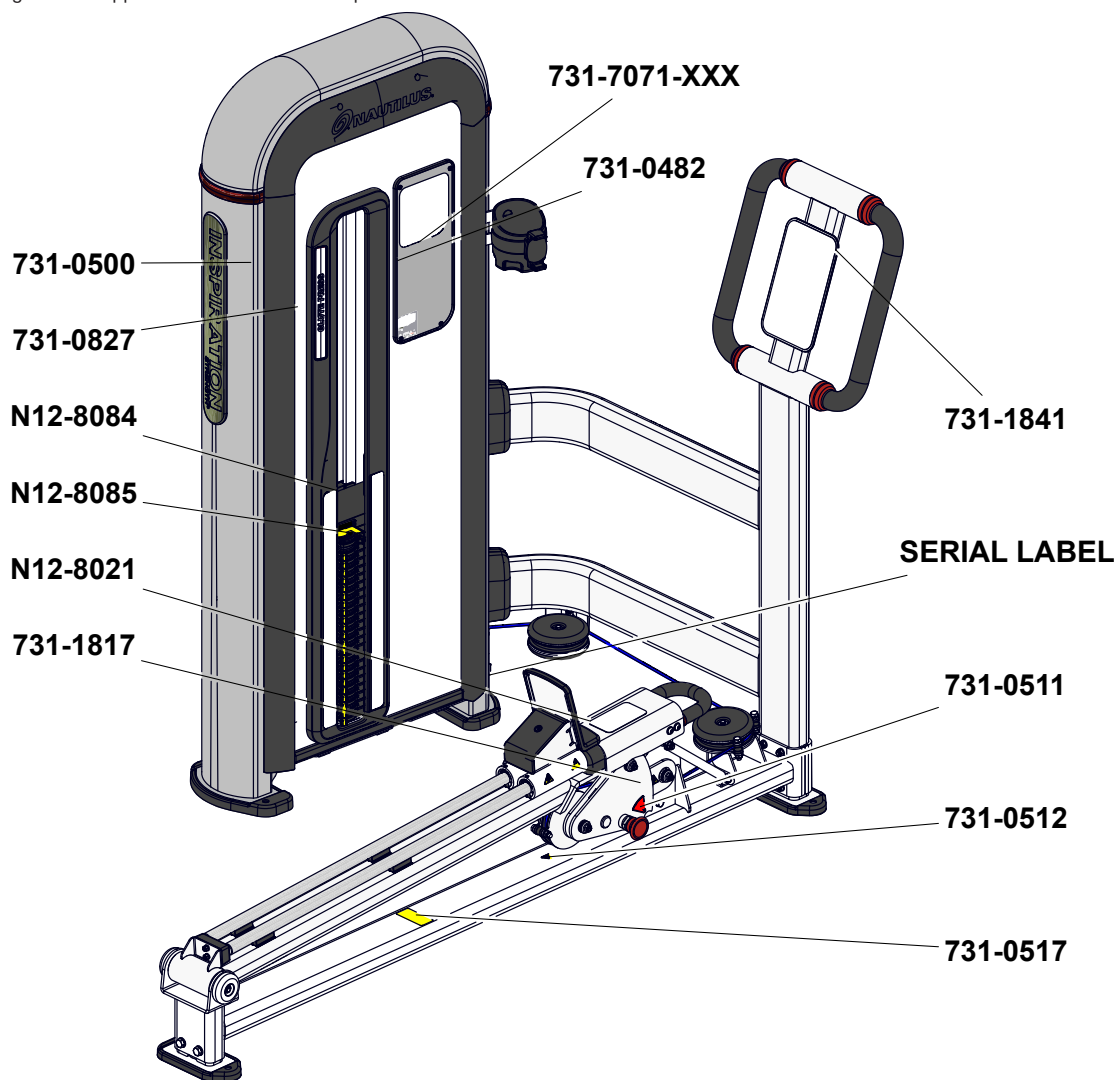
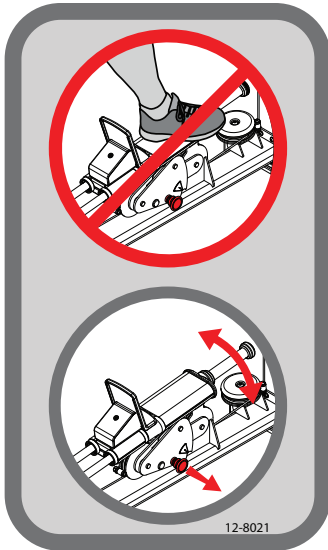


Fig. 2 Important Label Locations

**SKU:** 9-IPGM5

**Description:** Inspiration Glute Machine

Unit Weight		Stack Weight		Width		Length		Height		Max User Weight	
<b>575</b>	lbs	<b>240</b>	lbs	<b>44.6</b>	in	<b>74</b>	in	<b>64</b>	in	<b>350</b>	lbs
<b>261</b>	kg	<b>109</b>	kg	<b>113</b>	cm	<b>188</b>	cm	<b>163</b>	cm	<b>159</b>	kg



**N12-8021**

DECAL , WARNING, IPGM2



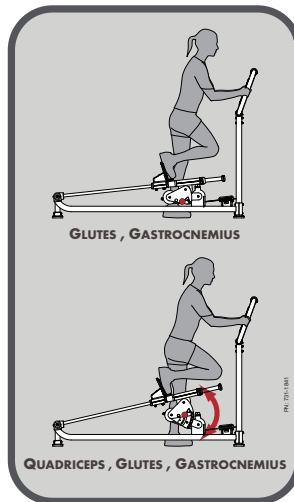
**731-0517**

STICKER, WARNING, BOLT DOWN



**731-0482**

STICKER,LENTICULAR, IPGM2



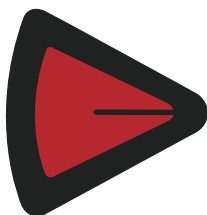
**731-1841**

STICKER,GLUTE PRESS,HOW TO

**INSPIRATION**  
STRENGTH™

**731-0827**

STICKER,IN\_ST,REVERSE



**731-0511**

STICKER,ARROW,POINTER,SEAT



**731-0512**

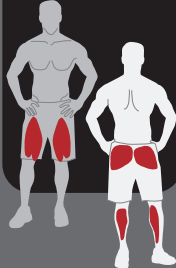
STICKER,CAUTION,PINCH



**N12-8085**

DECAL, SWITCH ADD-ON-WEIGHT, 5 LBS/2.3KGS

## GLUTE PRESS



### MUSCLES WORKED

**PRIMARY**  
GLUTES, QUADRICES  
**SECONDARY**  
GASTROCNEMIUS

### LOCK N LOAD® TECHNOLOGY



THIS MACHINE IS EQUIPPED WITH LOCK N LOAD® TECHNOLOGY. FOR WEIGHT SELECTION, SWITCH DESIRED PLATE TO THE **ON** POSITION. ALL OTHER PLATE SHOULD BE IN THE **OFF** POSITION.

## INSPIRATION STRENGTH®

### CAUTION

READ AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USING THE EQUIPMENT. IMPROPER USE CAN RESULT IN SERIOUS INJURY, AND SHOULD ONLY BE USED IN A SUPERVISED ENVIRONMENT.  
AS WITH ALL EXERCISE EQUIPMENT OR PROGRAM, CONSULT A PHYSICIAN PRIOR TO USE AND STOP IF YOU FEEL PAIN, DIZZY OR UNCOMFORTABLE.

INSPECT MACHINE PRIOR TO USE. IMMEDIATELY REPORT WEAR, LOOSE OR DAMAGED EQUIPMENT TO MAINTENANCE AND REFRAIN FROM USING EQUIPMENT.

ENSURE ALL ADJUSTMENT AND LOCKING FEATURES ARE PROPERLY SECURED BEFORE USING THE EQUIPMENT.

REPLACE LABEL IF DAMAGED, ILLEGIBLE OR MISSING.

### PRUDENCE

LEZ ET SUIVEZ LES INSTRUCTIONS AVANT L'UTILISATION DE L'APPAREIL. UNE UTILISATION INAPPROPRIÉE PEUT CAUSER DES BLESSURES GRAVES. CE APPAREIL DOIT ÊTRE UTILISÉ SEULEMENT DANS DES SITES SURVEILLÉS PAR DU PERSONNEL QUALIFIÉ.  
COMME POUR TOUT AUTRE APPAREIL OU PROGRAMME, S'ADRESSEZ À VOTRE MÉDECIN AVANT D'UTILISER L'APPAREIL. ARRÊTEZ L'EXERCICE SI VOUS AVEZ DES VERTÈGES OU SI VOUS VOUS SENTÉZ ÉPUISE.

VERIFIEZ L'APPAREIL AVANT L'UTILISATION. INFORMEZ IMMÉDIATEMENT LES RESPONSABLES SI-IL Y A TOUT CÂBLAGE DÉTACHÉ, ÉLÉMENT MOUVANT, APPAREIL ENDOMMAGÉ ET/OU DÉTACHÉ PLUS L'APPAREIL.

VERIFIEZ QUE TOUTES LES MÉCANISMES D'AJUSTEMENT ET DE FERMETURE SONT SÉCURISÉS AVANT L'UTILISATION DE L'APPAREIL.

REMPLACEZ L'ÉTIQUETTE S'IL Y A ENDOMMAGE, ILLISIBLE OU MANQUANT.

### VORSICHT

LESEN SIE DIE ANWEISUNGEN VOR DER BENUTZUNG DES GERÄTES DURCH UND BEFOLGEN SIE DAZU GIBT. UNACHSAMKEITEN KÖNNEN ZU SCHWEREN VERLETZUNGEN FÜHREN. DAS GERÄT SOLLTE NUR IN EINEM RAUM BENUTZT WERDEN, IN DEM PERSONAL ZUR BETREUUNG ZUR VERFÜGBAR STEHT.  
LÄSSEN SIE SICH VOR EINEM ARBEIT UNTERSUCHEN UND BEWERTEN, BEVOR SIE DAS GERÄT AN BENUTZEN ODER ANDERES GERÄT BEGIBEN. STOPPEN SIE DIE ÜBUNG, WENN SICH SCHNELL UNKOMFORT FÜHLEN.

UNTERSUCHEN SIE DAS GERÄT VOR DER BENUTZUNG. INFORMIEREN SIE DIE VERANTWORTLICHEN UNTERSUCHEN, WENN SIE DEFIZITE AN GERÄT FESTSTELLEN (VERLETZUNGEN, LOCKERE TEILE, SCHADENSCHÄDEN ALLES ANT) UND BEWERTEN SIE DAS GERÄT NICHT MEHR.

STELLEN SIE SICH, DASS ALLE VERSTELL- UND ENTSICHERUNGSSCHWACHEN KORREKT SICHERST, BEVOR SIE DAS GERÄT BENUTZEN.

ERSETZEN SIE DAS ETIKETT, WENN ES BESCHÄDIGT ODER UNLESBAR IST ODER WENN ES FEHLT SOLLTE.



support.nautilusstrength.com  
1-800-503-1221

## GLUTE PRESS

731-0500

STICKER, NAME,  
GLUTE PRESS

OFF  
20lb  
30lb  
40lb  
50lb  
60lb  
70lb  
80lb  
90lb  
100lb  
110lb  
120lb  
130lb  
140lb  
150lb  
160lb  
170lb  
180lb  
190lb  
200lb  
210lb  
220lb  
230lb  
240lb

ON  
20lb  
30lb  
40lb  
50lb  
60lb  
70lb  
80lb  
90lb  
100lb  
110lb  
120lb  
130lb  
140lb  
150lb  
160lb  
170lb  
180lb  
190lb  
200lb  
210lb  
220lb  
230lb  
240lb

## INSPIRATION STRENGTH®

731-6385

BADGE, TOWER,  
PRODUCT NAME

OFF  
9 kg  
14 kg  
18 kg  
23 kg  
27 kg  
32 kg  
36 kg  
41 kg  
46 kg  
50 kg  
55 kg  
59 kg  
64 kg  
68 kg  
73 kg  
77 kg  
82 kg  
86 kg  
91 kg  
96 kg  
100 kg  
105 kg  
109 kg

ON  
9 kg  
14 kg  
18 kg  
23 kg  
27 kg  
32 kg  
36 kg  
41 kg  
46 kg  
50 kg  
55 kg  
59 kg  
64 kg  
68 kg  
73 kg  
77 kg  
82 kg  
86 kg  
91 kg  
96 kg  
100 kg  
105 kg  
109 kg

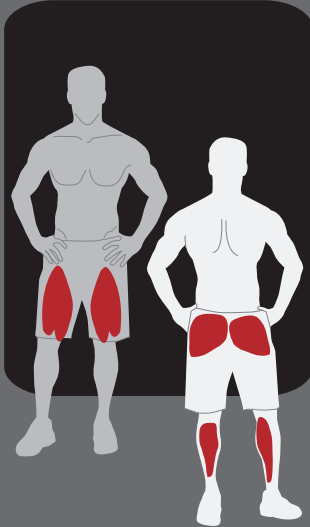
731-7071-XXX

STICKER, PLACARD, IPGM2

N12-8084

DECAL, WT STACK 20-240, IP3

# OPERATIONS



## GLUTE PRESS

- READ ALL SAFETY WARNINGS PRIOR TO USE
- ADJUST BASE SLIDE RAIL UP OR DOWN WITH THE RED ADJUSTMENT KNOB TO THE DESIRED STARTING POSITION
- STAND WITH ONE FOOT TO THE RIGHT OR LEFT SIDE OF THE BASE SLIDE RAIL, WITH KNEE SLIGHTLY BENT AND THE OPPOSITE FOOT PLACED ON THE SLIDE RAIL FOOT PLATFORM
- GRASP THE HANDLES AT A COMFORTABLE HEIGHT WITH THE ELBOWS BENT TO MAINTAIN STABILIZATION AND BALANCE
- INITIATE MOVEMENT BY PRESSING BACKWARD THROUGH THE BALL OF THE FOOT EXTENDING THE KNEE, HIP AND ANKLE IN A SLOW CONTROLLED MOTION

### MUSCLES WORKED

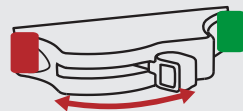
#### PRIMARY

GLUTES, QUADRICEPS

#### SECONDARY

GASTROCNEMIUS

### LOCK N LOAD® TECHNOLOGY



THIS MACHINE IS EQUIPPED WITH LOCK N LOAD® TECHNOLOGY. FOR WEIGHT SELECTION, SWITCH DESIRED PLATE TO THE **ON** POSITION. ALL OTHER PLATE SHOULD BE IN THE **OFF** POSITION.

## INSPIRATION STRENGTH®

### CAUTION

READ AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USING THE EQUIPMENT. IMPROPER USE CAN RESULT IN SERIOUS INJURY, AND SHOULD ONLY BE USED IN A SUPERVISED ENVIRONMENT.

AS WITH ALL EXERCISE EQUIPMENT OR PROGRAMS, CONSULT A PHYSICIAN PRIOR TO USE AND STOP IF YOU FEEL FAINT, DIZZY OR EXHAUSTED.

INSPECT MACHINE PRIOR TO USE. IMMEDIATELY REPORT WORK, LOOSE OR DAMAGED EQUIPMENT TO MANAGEMENT AND REFRAIN FROM USING THE EQUIPMENT.

ENSURE ALL ADJUSTMENT AND LOCKING FEATURES ARE PROPERLY SECURED BEFORE USING THE EQUIPMENT.

REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

### PRUDENCE

LISEZ ET SUIVEZ LES INSTRUCTIONS AVANT L'UTILISATION DE L'APPAREIL. UNE UTILISATION NON-CONFORME PEUT CAUSER DES BLESSURES GRAVES. CET APPAREIL DOIT ÊTRE UTILISÉ UNIQUEMENT DANS DES SITES SUPERVISÉS PAR DU PERSONNEL QUALIFIÉ.

COMME POUR TOUT AUTRE APPAREIL OU PROGRAMME SPORTIF, VEUILLEZ CONSULTER UN MÉDECIN AVANT L'UTILISATION DE CET APPAREIL. ARRÊTEZ L'EXERCICE SI VOUS AVEZ DES VERTIGES OU SI VOUS VOUS SENTEZ ÉPUISÉ.

VERIFIEZ L'APPAREIL AVANT L'UTILISATION. INFORMEZ IMMÉDIATEMENT LES RESPONSABLES DU SITE DE TOUT DÉGÂT CONSTATÉ (USURE, PIÈCES MAL FIXÉES, APPAREIL ENDOMMAGÉ) ET N'UTILISEZ PLUS L'APPAREIL.

VERIFIEZ QUE TOUTS LES MÉCANISMES D'AJUSTEMENT ET DE FERMETURE SOIENT SÉCURISÉS AVANT L'UTILISATION DE L'APPAREIL.

REMPLACEZ L'ÉTIQUETTE S'IL EST ENDOMMAGÉ, ILLISIBLE OU MANQUANT.

### VORSICHT

LESEN SIE DIE ANWEISUNGEN VOR DER BENÜTZUNG DES GERÄTES. DURCH UND BEFOLGEN SIE DIESE STRIKT. UNSACHGEMÄßER GEBRAUCH KANN ZU SCHWERWIEGENDEN VERLETZUNGEN FÜHREN. DAS GERÄT SOLLTE NUR IN EINEM RAUM BENÜTZT WERDEN, IN DEM PERSONAL ZUR BETREUUNG ZUR VERFÜGUNG STEHT.

LASSEN SIE SICH VON EINEM ARZT UNTERSUCHEN UND BERATEN, BEVOR SIE DAS TRAINING AN DIESEM ODER ANDEREN GERÄTEN BEGINNEN. STOPPEN SIE DIE ÜBUNGEN, WENN IHNEN SCHWIMMELIG WIRD ODER SIE ERSCHÖPFT SIND.

ÜBERPRÜFEN SIE DAS GERÄT VOR DER BENÜTZUNG. INFORMIEREN SIE DIE VERANTWORTLICHEN UNVERZÜGLICH, WENN SIE DEFEKTE AM GERÄT FESTSTELLEN (VERSCHLEIß, LOCKERE TEILE, BESCHÄDIGUNGEN ALLER ART) UND BENÜTZEN SIE DAS GERÄT NICHT MEHR.

STELLEN SIE SICHER, DAß ALLE VERSTELL- UND EINSTELLMECHANISMEN KORREKT GESICHERT SIND, BEVOR SIE DAS GERÄT BENÜTZEN.

ERSETZEN SIE DAS ETIKETT, WENN ES BESCHÄDIGT ODER UNLESBAR IST ODER WENN ES FEHLEN SOLLTE.

Fig. 3

## REQUIRED TOOLS

- Metric Allen Key Set
- Metric Open-Ended Wrench Set
- Large Adjustable Crescent Wrench
- 

### PACKAGING REMOVAL:



Carefully remove all packaging materials that wrap the equipment. If parts are missing see **Support & Service**

**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. Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly. Should any component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE**

**After assembly, a complete visual inspection, and test of the features and functions of the assembled unit must be made prior to use.**

## IN THE BOX

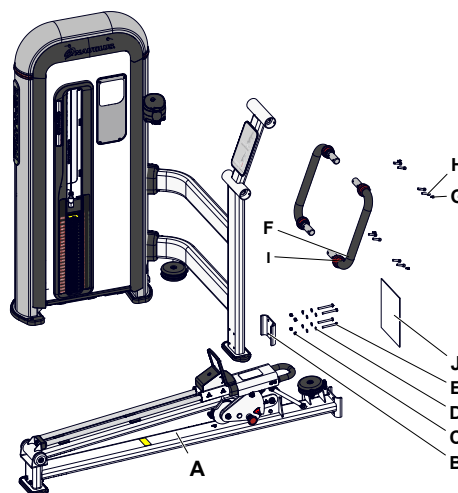


Fig. 4 Shipped Parts

#	PN	Description
A	IPGM4-01	ASSY, TROLLEY, BASE
B	IP-S1314-10-01-05	BRACKET, CLAMP, LEG EXT/CURL
C	DIN985 M8	NUT,M8 X 1.25,NYLOC JAM
D	GB-T 97.1 8	WASHER,PLAIN,M8,NARROW
E	GB-T 5782 M8X75	SCREW,M8x1.25,75,HHC,HE,AS,12.9,ZP,PT
F	IP-S1317-03-02-PJ	KIT, WELD, HANDLEBAR, GLUTE PRESS,
G	GB-T 70.1 M6X10	SCREW, M6 X 1.0, 10mm, SHC, HK, CS, NKL, NP, Gr-10.9
H	GB-T 70.1 M8X35E	SCREW, M8 X 1.25, 30MM, SHC, HK, CS
I	ML90416000	BASE, HANDLE GRIP, ARMS
J	19-7979	OWNERS MANUAL IPGM3

## PROCEDURE

1. Remove unit from pallet and install plastic feet prior to placement.
2. Slide the foot sled assembly into position against the handle weldment.
3. Use two 13mm wrenches to secure the foot sled assembly to the handle weldment using four (4) pieces of bolt 731-5521 and M8 nylock nut 731-0365, and eight (8) pieces of the M8 flat washer 731-0355 and the plate 731-0229-XX
4. Install the two hand grip bases 27-0165 onto the right side hand grip assembly, then install the hand grip assembly into the handlebar weldment.
5. Repeat on left hand side.
6. Use a 4mm allen key and a 5mm allen key to secure the hand grip assembly into the handlebar weldment using two (2) pieces of the screw 731-1529 and screw 110-3469 on each side.

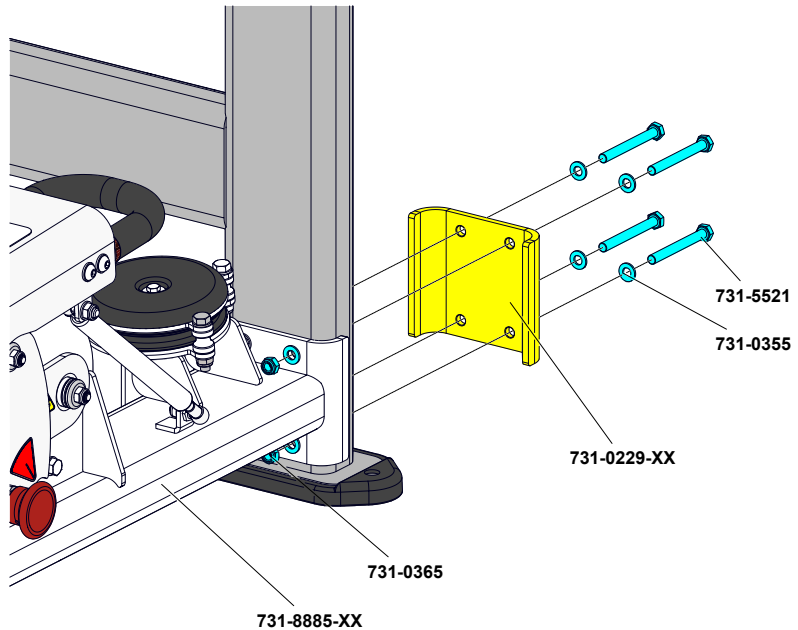


Fig. 5

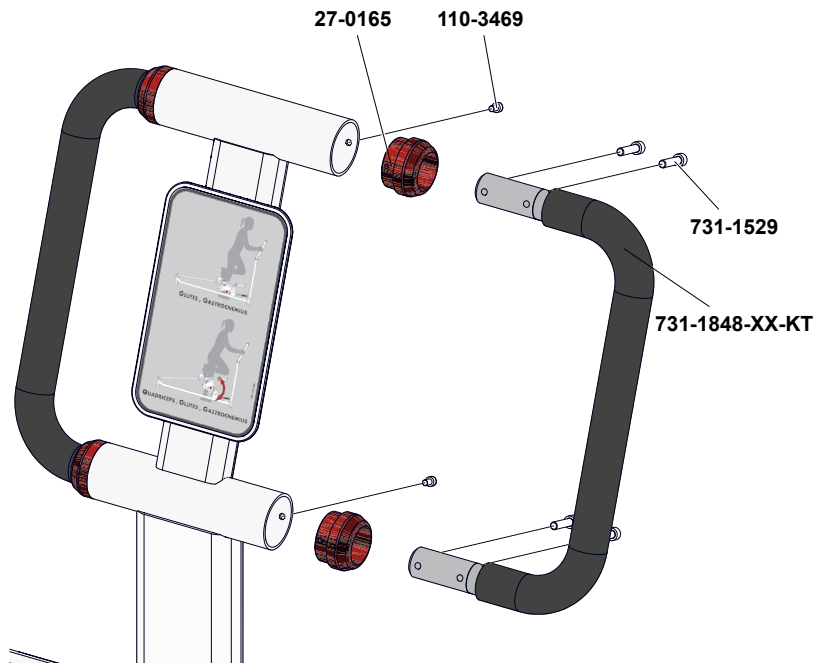


Fig. 6

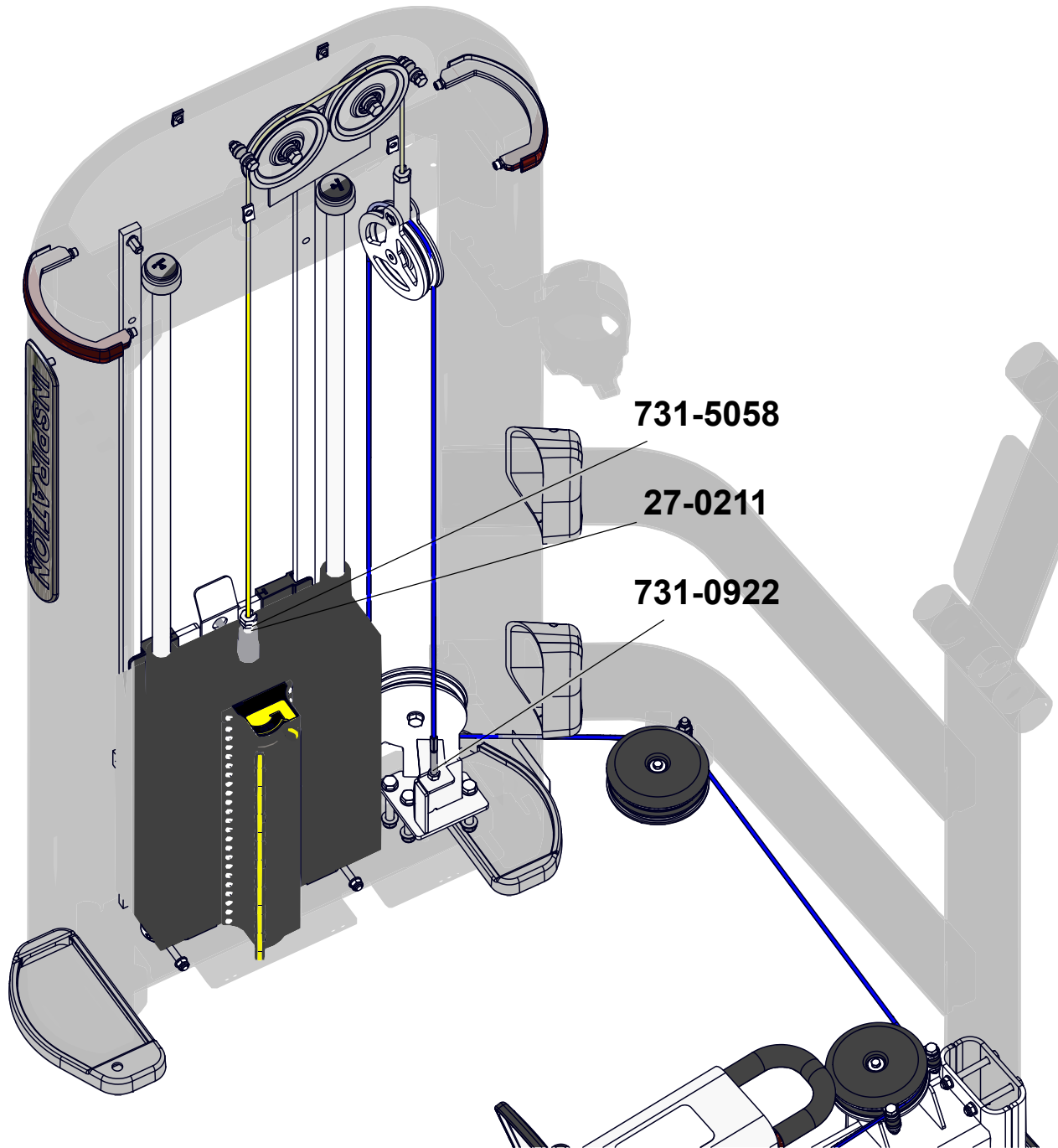


Fig. 7

7. Secure the cable to the weight stack using an 18mm open-ended wrench, then tighten the lock nut 731-5058 down to lock the cable into the weight stack.
8. Assembly is complete.



Replacement parts for this unit are available through SUPPORT & SERVICE. Parts listed are shown on the following pages and interactive drawings available on Core Connect. Listed parts may change, please check Core Connect for latest versions and other SKU's covered by this manual:

## IPGM5 - INSPIRATION GLUTE MACHINE

FOOT TROLLEY	14
GUIDE RODS	15
HANDLEBAR	16
LEG SUPPORT PULLEY	17
ROD SUPPORT PIVOT	18
ROD SUPPORT	19
SEAT FRAME PULLEYS	20
SHOCK	21
TOWER AOW	22
TOWER CONNECTIONS	23
TOWER FIXED PULLEY	24
TOWER FLOATING PULLEY	25
TOWER SHROUDS FRONT	26
TOWER SHROUDS REAR	27
TOWER UPPER PULLEYS	28
TROLLEY KIT	29
TROLLEY PIVOT LEFT	30
TROLLEY PIVOT RIGHT	31
WEIGHT STACK	32

Part Number	Qty	Description
17-4250	1	ASSEM, Top Plate, IPNEW, 240lb
17-4252-KT	1	SWITCH KIT, LnL, AOW, IP3, TOP PLATE W/5LB/2.3 KGS DECAL
17-4260	22	ASSEM, WT PLT, BOTTOM, IPNEW, 10LB
17-4262-KT	22	SWITCH KIT, LnL, BOTTOM PLATE, IP3
27-0035	2	Cover, Pulley, Flat Steel
27-0165	4	BASE, HANDLE GRIP, ARMS
27-0207	4	Linear Bearing 25mm Open
27-0211	2	SCREW ADJUSTMENT CABLE, ½-13, ZP
27-0299	1	STOP, INCREMENTAL WEIGHT
27-0300	2	GUIDE ROD-AOW
27-0326-XX	1	SHROUD, OUTSIDE, NARROW, 16 GA STL
27-0327-XX	1	SHROUD, INSIDE, NARROW, 16 GA STL
27-0353	2	TRIM, BEAUTY RING, TOWER, IP3
27-0497	1	PLATE, PULLEY REINFORCEMENT
27-0525	2	CAP, GUIDE ROD
66-2024-XX	1	CROSSMEMBER FRAME ASSEMBLY IPGM3
95-0771	1	WEIGHT 5lb, ADD ON
110-3402	4	SCREW, M4x0.7x19L, PHT, PH, CS, BZ
110-3469	4	SCREW, M6 X 1.0, 10mm, SHC, HK, CS, NKL, NP, Gr-10.9
110-3784	2	SCREW, M10X1.5, 65mm, HHC, HE, AS, ZC, GR12.9
110-3815	2	SCREW, M10x1.5, 35, HHC, HE, AS, 12.9, ZC, PT
110-3872	2	SCREW, M6x1.0x20mm, HHC, HE, AS, ZC, FT, 12.9

Part Number	Qty	Description
110-3922	5	SCREW, M8x1.25, 45mm, HHC, HE, AS, GR12.9, NKL, PT
110-3923	4	SCREW, M8x1.25, 40mm, HHC, HE, AS, GR12.9, NKL, FT
110-4017	16	NUT, M10X1.5, NYLOC
110-4232	2	SCREW, M6X1.0, 35mm, SHC, HK, CS, GR 10.9, BLK E-COAT
110-4273	2	SCREW, M5X.8, 10mm, SHC, HK, SS, B0
110-4299	2	SCREW, M8x1.25, 25mm, SFHC, HE, AS, DAC, GRD 10.9
140-3824	2	RING, RETAINING, 10mm SHAFT, WIDE POODLE
723-0361	2	WASHER, M4, INTERNAL T00TH
731-0040	1	STOP, 50X26, RUBBER
731-0111	2	STOP, BUMPER, WGT PLT
731-0112	2	SET COLLAR, GUIDE ROD, Ø22.4mm
731-0165	3	CAP, PLASTIC, PULLEY, Ø120mm
731-0208	2	MACHINE WASHER 25MM ID
731-0213	1	PLASTIC, COVER, LEG EXT
731-0229-XX	1	BRACKET, CLAMP, LEG EXT/CURL
731-0355	45	WASHER, PLAIN, M8, NARROW
731-0359	6	SCREW, M8 X 1.25, 25mm, BHC, HE, SS
731-0365	27	NUT, M8 X 1.25, NYLOC JAM
731-0367	29	WASHER, PLAIN, M10
731-0373	12	WASHER, PLAIN, M6
731-0377	4	SCREW, M10 X 1.5, 12mm, FPS, HK
731-0386	1	PLACARD, HOUSING, INNER
731-0390	2	SCREW, M8 X 1.25, 20mm, SHC, HK



Part Number	Qty	Description
731-0421	6	SCREW, M8 X 1.25, 30MM, SHC, HK, CS
731-0482	1	STICKER, LENTICULAR, IPGM2
731-0500	2	STICKER, NAME, GLUTE PRESS
731-0511	1	STICKER, ARROW, POINTER, SEAT
731-0512	6	STICKER, WARNING, PINCH
731-0517	1	STICKER, WARNING, BOLT DOWN
731-0585	2	WASHER, M4
731-0731-KT	9	ASSY, PULLEY, Ø120MM, CABLE
731-0827	1	STICKER, IN, ST, REVERSE
731-0922	1	NUT, M8X1.25, JAM
731-1043	4	SCREW, M10X1.5, 75MM, SHC, HK, ZP
731-1363	4	NUT, M6X1.0, NYLOC
731-1529	10	SCREW, M8 X 1.25, 30MM, SHC, HK, CS
731-1785	5	SCREW, SET, M4X7.4MM
731-1817	1	STICKER, NUMBER, GLUTE
731-1833	2	PLATE, PULLEY, BLANK
731-1841	1	STICKER, GLUTE PRESS, HOW TO
731-1848-XX-KT	2	KIT, WELD, HANDLEBAR, GLUTE PRESS,
731-1866	1	PAD, FOOT, GLUTE
731-1867-XX	1	PLATE, FOOT MOUNT, GLUTE
731-1957	1	NUT, M5, NYLOCK
731-2356	2	SCREW, M8X1.25, 70MM, HHC, HE, CS, BZ
731-2400	3	SCREW, M10X1.0, 80MM, HHC, HE, CS, BZ
731-2640-XX	1	WELD, FOOT, FREEDOM RACK, RH
731-2647	2	FOOT, LONG, LEVERAGE
731-3466	1	LEVERAGE BIG PIN
731-3546	2	TRIM RING, 19MM TUBE
731-5058	1	NUT, M12 X 1.5, NARROW
731-5162	2	SCREW, M8 X 1.25, 16MM, BHC, HK, CS, NP
731-5439	1	STOP, WEIGHT STACK
731-5469	6	STAND-OFF, ROD, SMITH
731-5521	4	SCREW, M8x1.25, 75, HHC, HE, AS, 12.9, ZP, PT
731-5635	6	BUSHING, FLANGED, 15 X 19, 15
731-5806	2	WASHER, M8, HAT
731-6385	1	BADGE, TOWER, PRODUCT NAME
731-6440	2	FOOT, TOWER, STANDARD, BOOT
731-6445	2	GUIDE RODE, Ø22MM X 1305MM
731-6517	1	BADGE, TOWER, PRODUCT NAME
731-6644	1	MOUNT, BOTTLE HOLDER, FRAME
731-6646	1	NUT, M5X0.8, 12MM, HK, NY, BLACK
731-6659	1	ASSY, WATER/PHONE, HOLDER
731-6772	2	COVER, MOLDED, TOWER CROSSMEMBER
731-6800-XX	1	WELD, PULLEY MOUNT, ONE FIXED
731-6902	4	SPEED NUT, U-STYLE CLIP-ON NUT, M6
731-7071-XXX	1	STICKER, PLACARD, IPGM2
731-8166	2	CAP, END, M10, 65MM, LARGE CB
731-8583	1	Single Pulley Clevis Pin
731-8599	1	Screw M10 X 1.5 X 40mm FH, ZP
731-8832	9	RACE, WEAR SLEEVE, CABLE, w/RELEAF
731-8842-XX	1	WELD, ROD SUPPORT, GM4
731-8851-XX	1	WELD, TROLLEY, FOOT, GLUTE
731-8858-XX	1	ASSY, PIVOT, OUTER, LEFT
731-8861-XX	1	ASSY, LINKAGE, RIGHT, OUTER
731-8862	6	END CAP, GLUTE DRIVE
731-8863	6	SPACER, SHAFT
731-8864	2	SHAFT, PIVOT, UPPER, GM
731-8865	1	SHAFT, PIVOT, REAR, GM
731-8866	1	STOP, BUMP, BASE
731-8867	1	STOP, BUMP, UPPER
731-8868	1	PLATE, MOUNT, CABLE STOP
731-8869	1	RACE, PIVOT, GM4
731-8871	1	CABLE, LOWER, IPGM
731-8872	1	PLATE, WEAR, FOOT, GLUTE
731-8873	2	LINEAR SHAFT, 25mm X 1295
731-8874	1	STIFFENER, SPACER
731-8880-XX	1	ASSY, PIVOT, INNER, RIGHT, GLUTE

Part Number	Qty	Description
731-8881	1	SHOCK, GAS, MC-4138T776
731-8883-XX	1	ASSY, PIVOT, LEFT, INSIDE, GLUTE
731-8885-XX	2	ASSY, TROLLEY, BASE
731-8886	1	SHAFT, PIVOT, REAR, GM
731-8887	1	HANDLE, GRIP, GM4
731-8889	1	GRIP, HANDLE, GM4
731-9448-KT	1	KIT, CABLE, RETROFIT, IPGM5
731-9450	1	BARREL, HANGER, CABLE, IPGM5
731-9451	1	ASSY, INTERNAL CABLE, IPGM5
731-9455	1	ASSY, CABLE, TRANSITION, IPGM5
731-9472-XX	1	LIGHTENED, SINGLE PULLEY PLATE, THIN
731-9473-XX	1	LIGHTENED, SINGLE PULLEY PLATE, THICK
740-7898	8	SCREW, M6x1.0, 20mm, SHC, HE
GB-T 845	6	SCREW, 2 X 6.5MM
ST4.2X6.5-F-H		
GB-T 923 M10	1	M10 ACORN NUT
GB-T 6172.2 M8E	1	NUT, M8 X 1.25, NYLOC THIN
N01-9317	3	BOLT M10 X 1.5 45MM HHC HE CS ZP
N01-9324	2	BOLT, M8 X 1.25 20MM HHC HE ZP
N01-9329	4	BOLT, M8 X 1.5, 30MM, HHC, HE, CS, ZP
N02-1001	21	SCREW, M4.0 x 10L, PHT, PH, CS, ZP
N02-9337	46	M5 x 0.8 x 14 Phillips Pan Head Screw
N04-5252	10	WASHER LOCK M8
N09-1300	2	BUSHING, TOP PLATE, IPNEW, GUIDE ROD
N09-1301	44	Bushing, 10 LB Bottom Plate, IPNEW
N09-8351	1	PLASTIC, SHROUD, WT. STACK ACCESS
N09-8352	4	PLASTIC, SHROUD, SIDE TRIM
N09-8353	2	PLASTIC, SHROUD, BASE TRIM, NARROW TOWER
N09-8354	2	PLASTIC, SHROUD, TOP TRIM, NARROW TOWER
N09-8357	1	PLACARD, HOUSING BASE
N09-8358	1	WINDOW TRIM HOUSING SHORT
N09-9704	1	STOP AOW TRIM (IP-3)
N09-9705	1	WINDOW, SHROUD, TEXTURED PC
N12-8021	1	DECAL, WARNING, IPGM2
N12-8084	1	DECAL, WT STACK 20-240, IP3
N12-8085	1	DECAL, SWITCH ADD-ON-WEIGHT, 5 LBS/2.3KGS
UB10193201	2	BRONZE BUSHING, 32X20

# FOOT TROLLEY

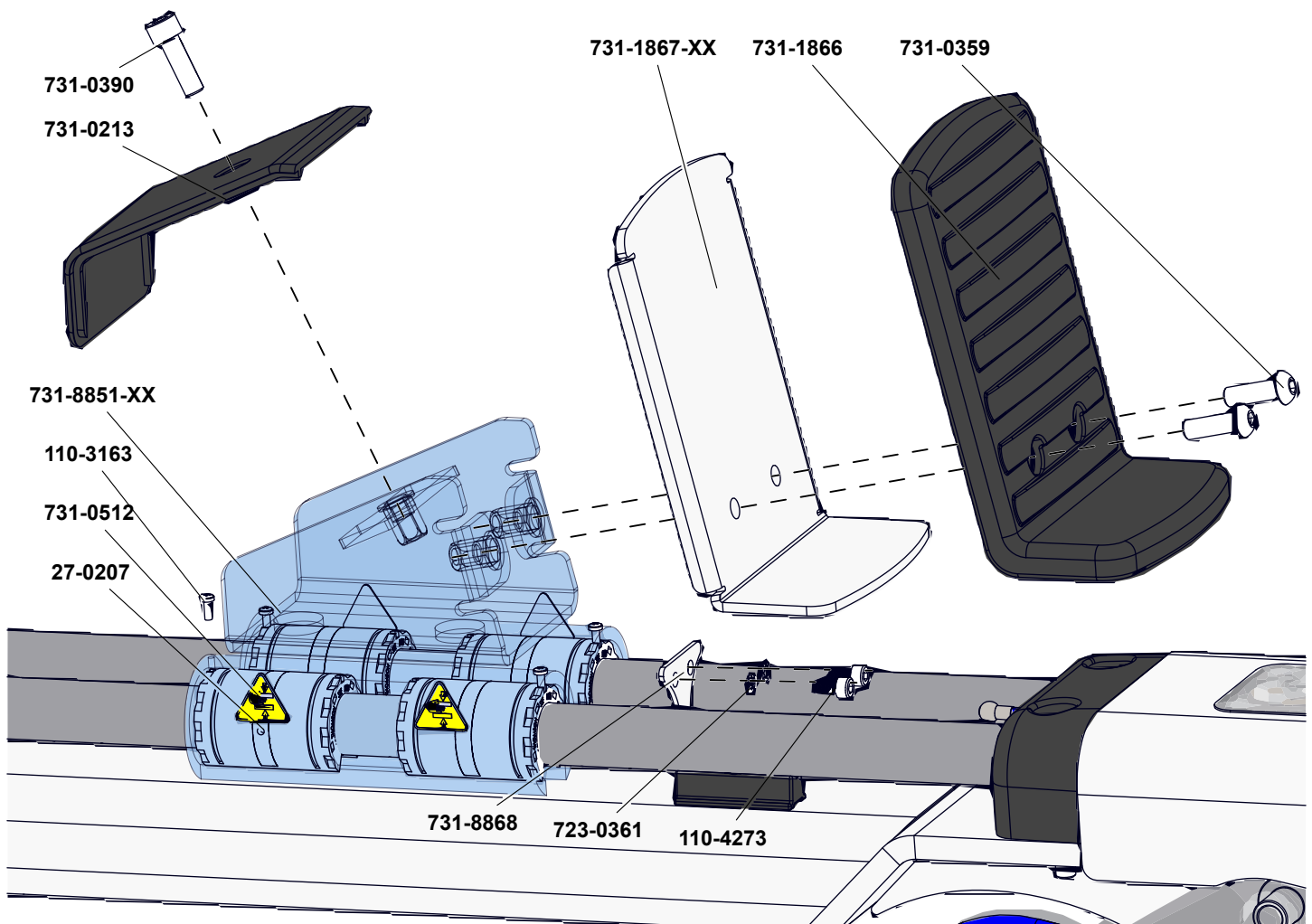


Fig. 8

## GUIDE RODS

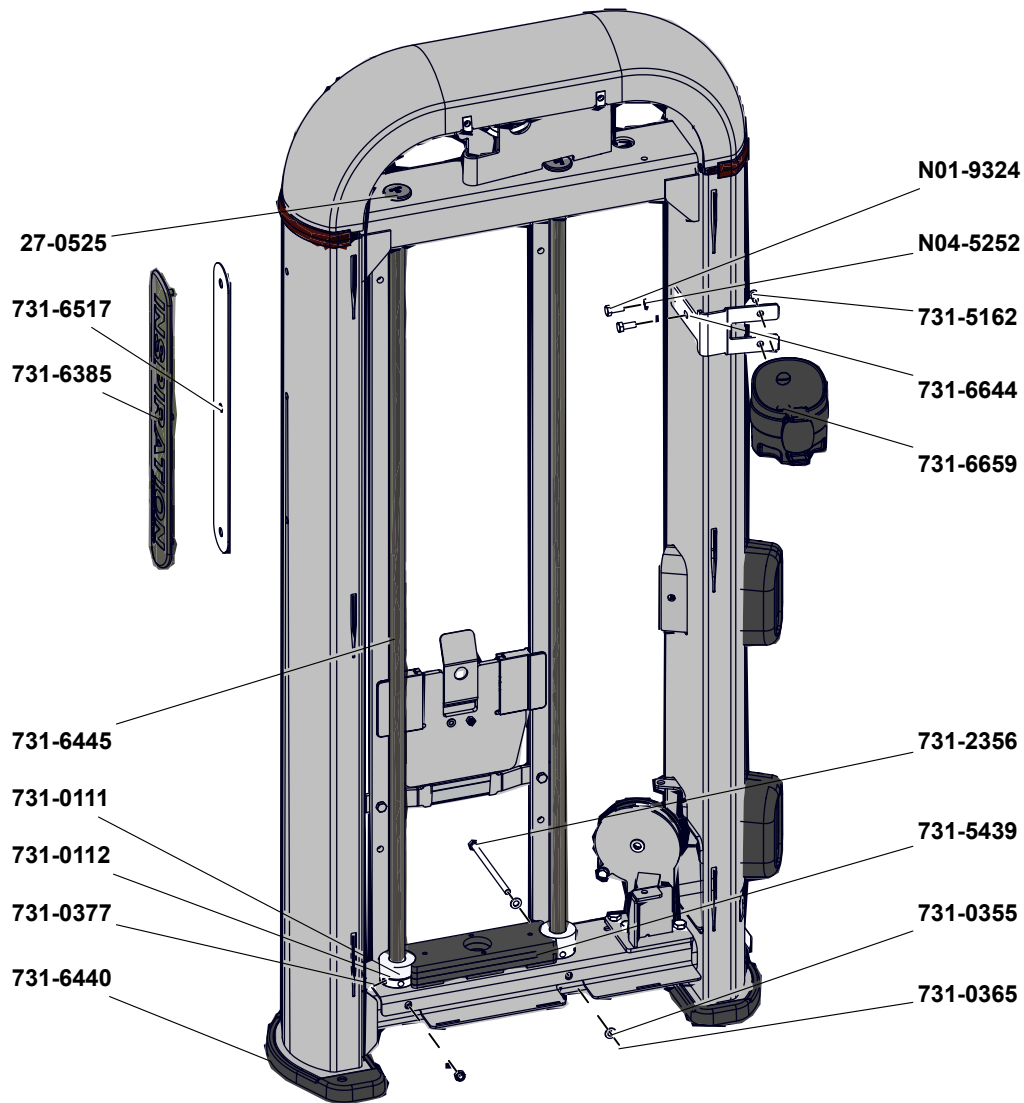


Fig. 9

# HANDLEBAR

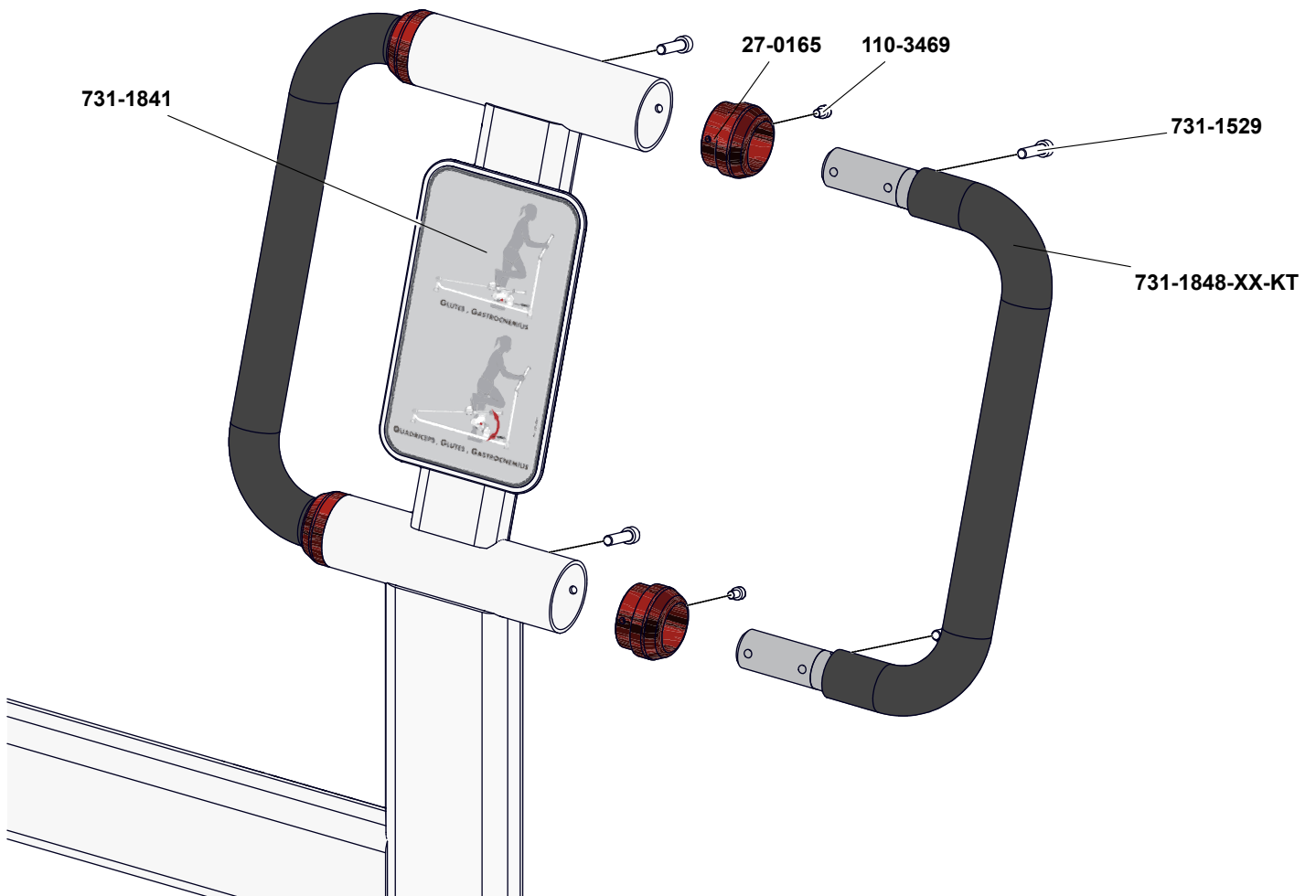


Fig. 10

# LEG SUPPORT PULLEY

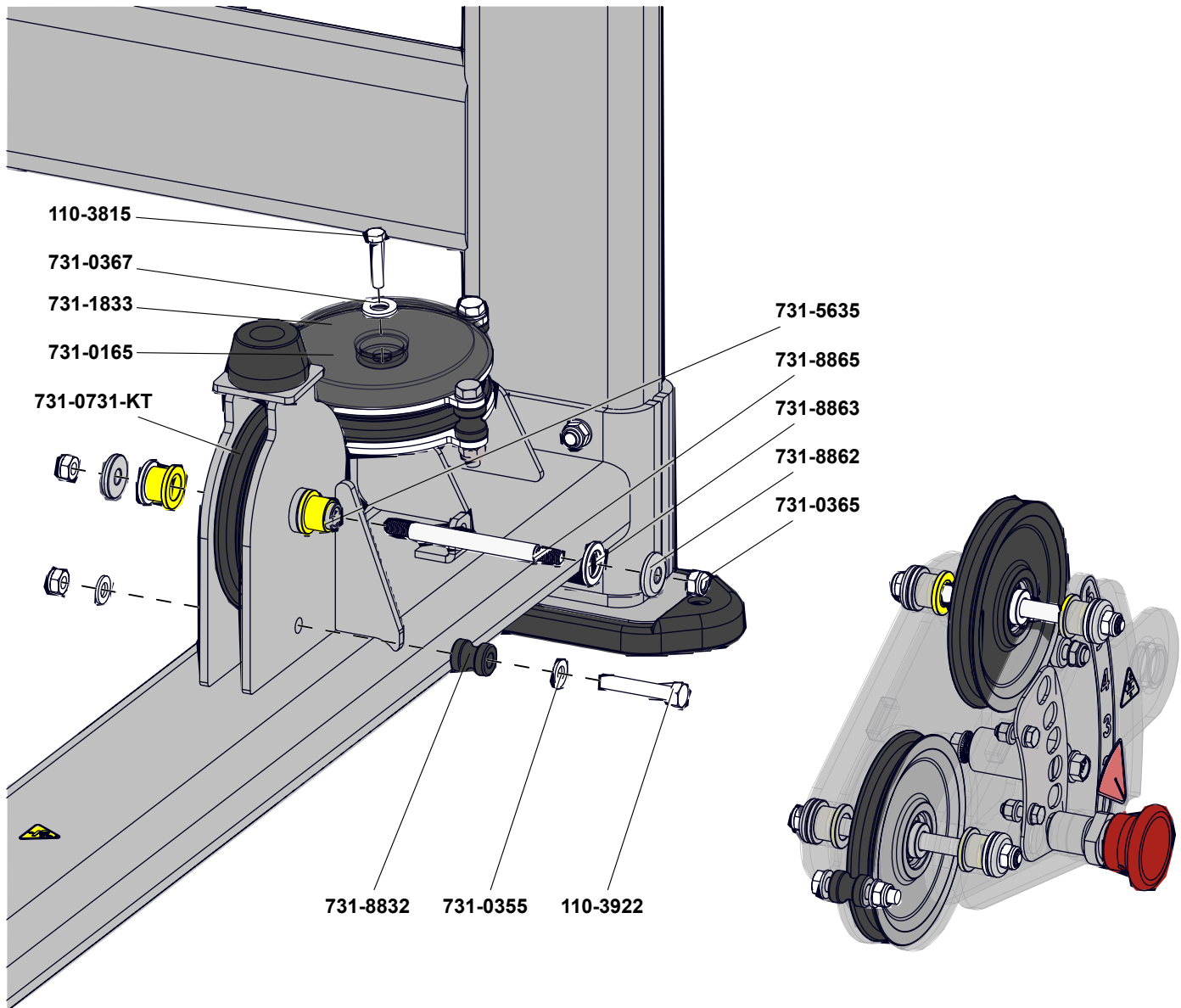


Fig. 11

## ROD SUPPORT PIVOT

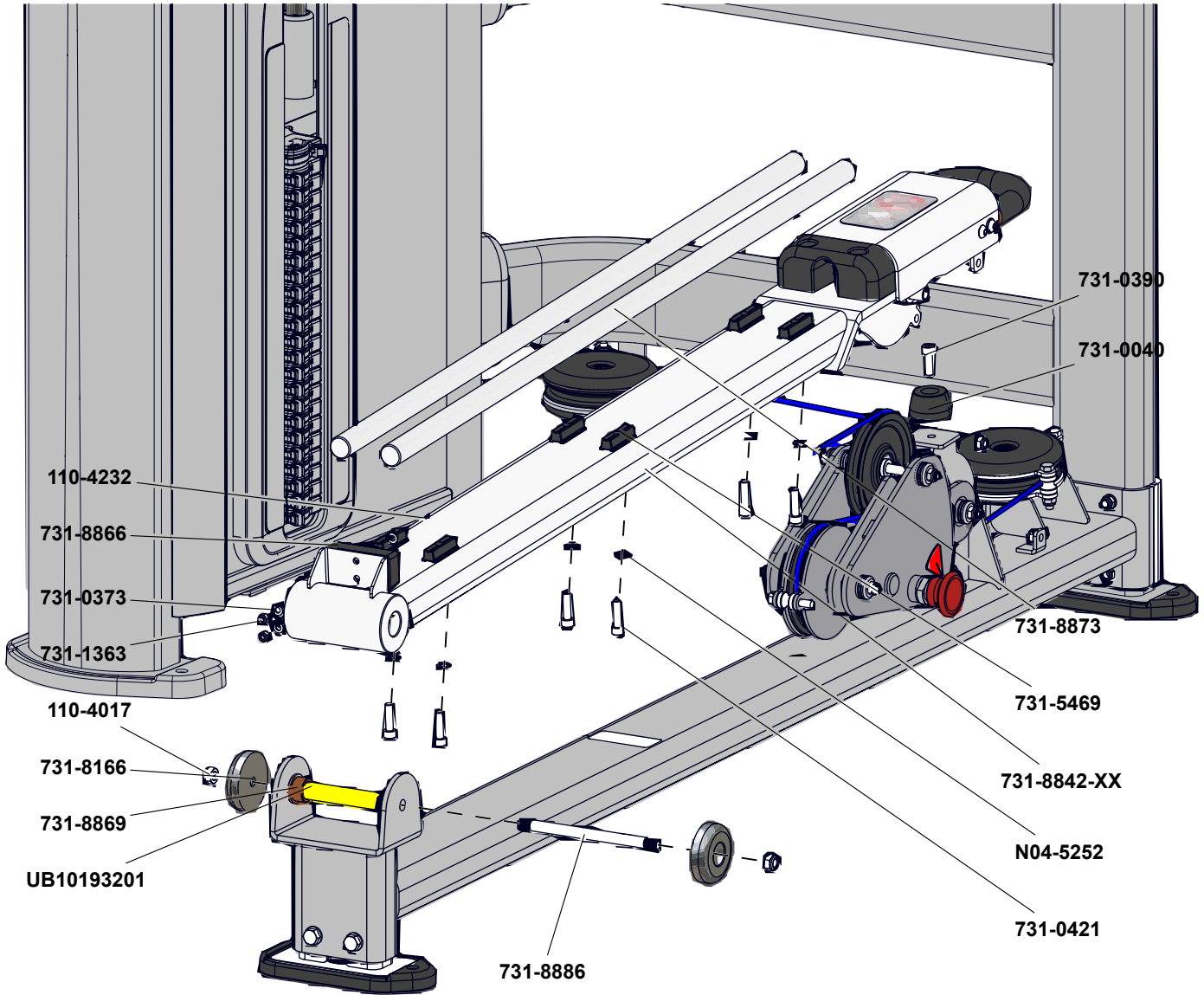


Fig. 12

# ROD SUPPORT

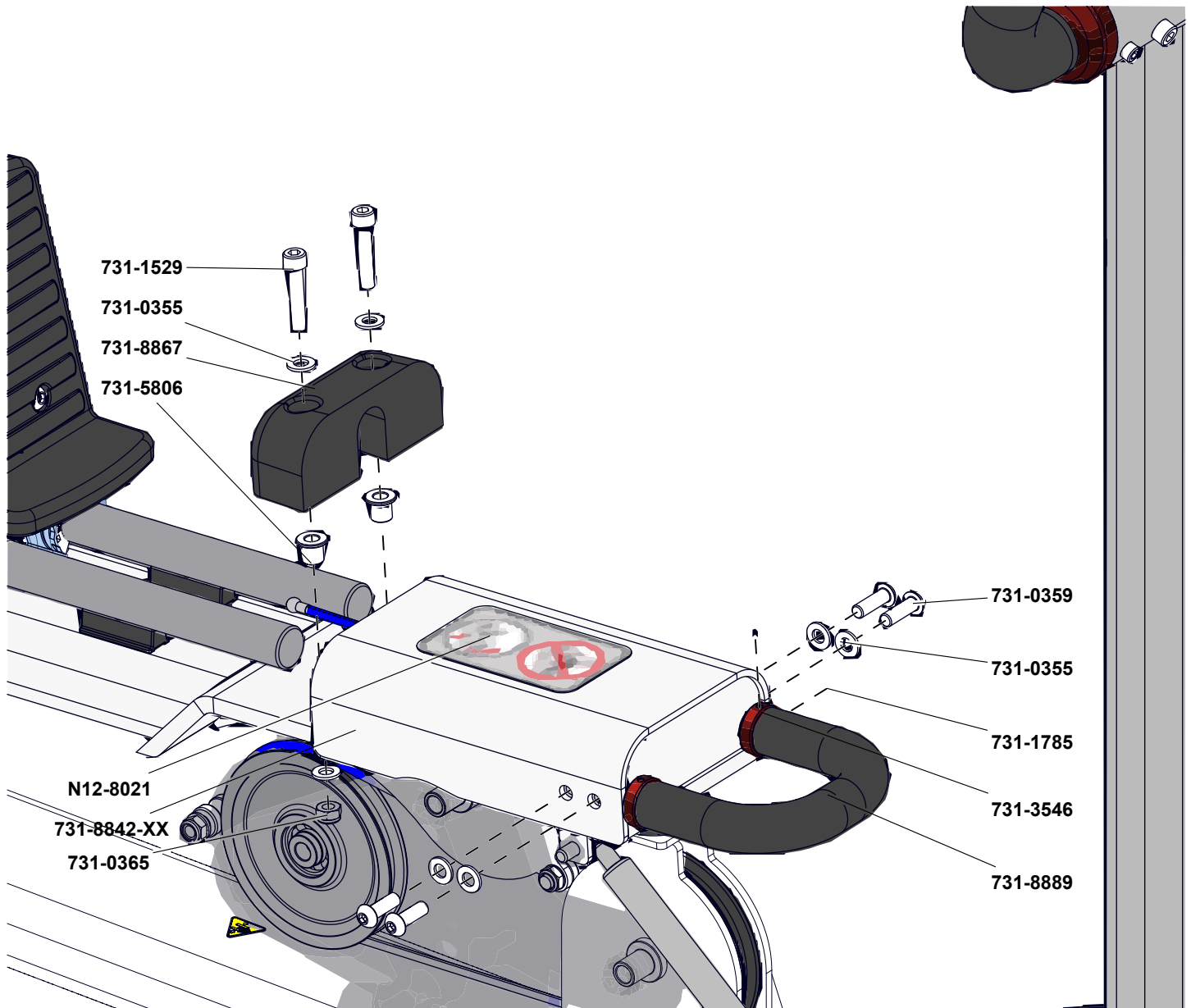


Fig. 13

## SEAT FRAME PULLEYS

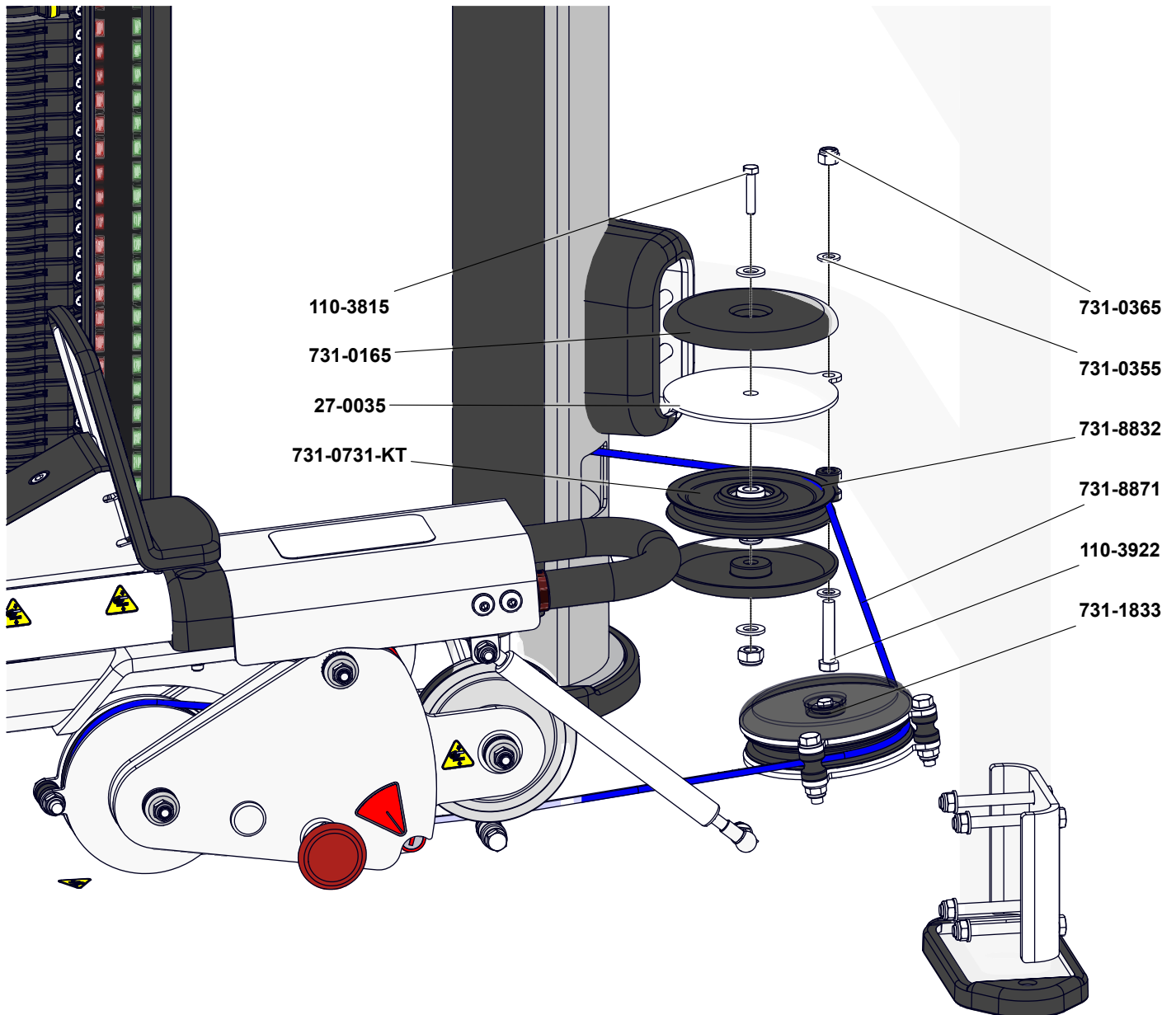


Fig. 14



# SHOCK

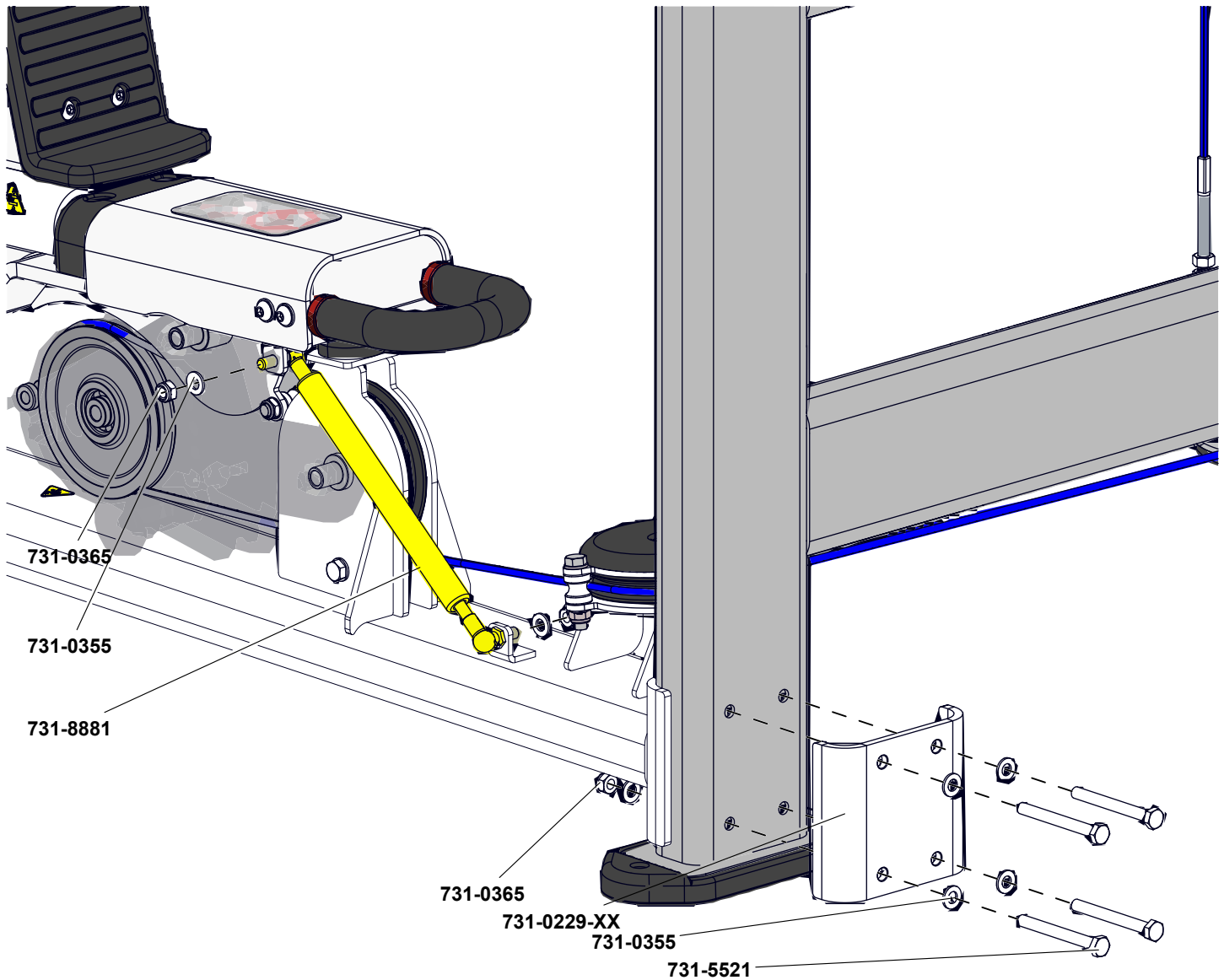


Fig. 15

# TOWER AOW

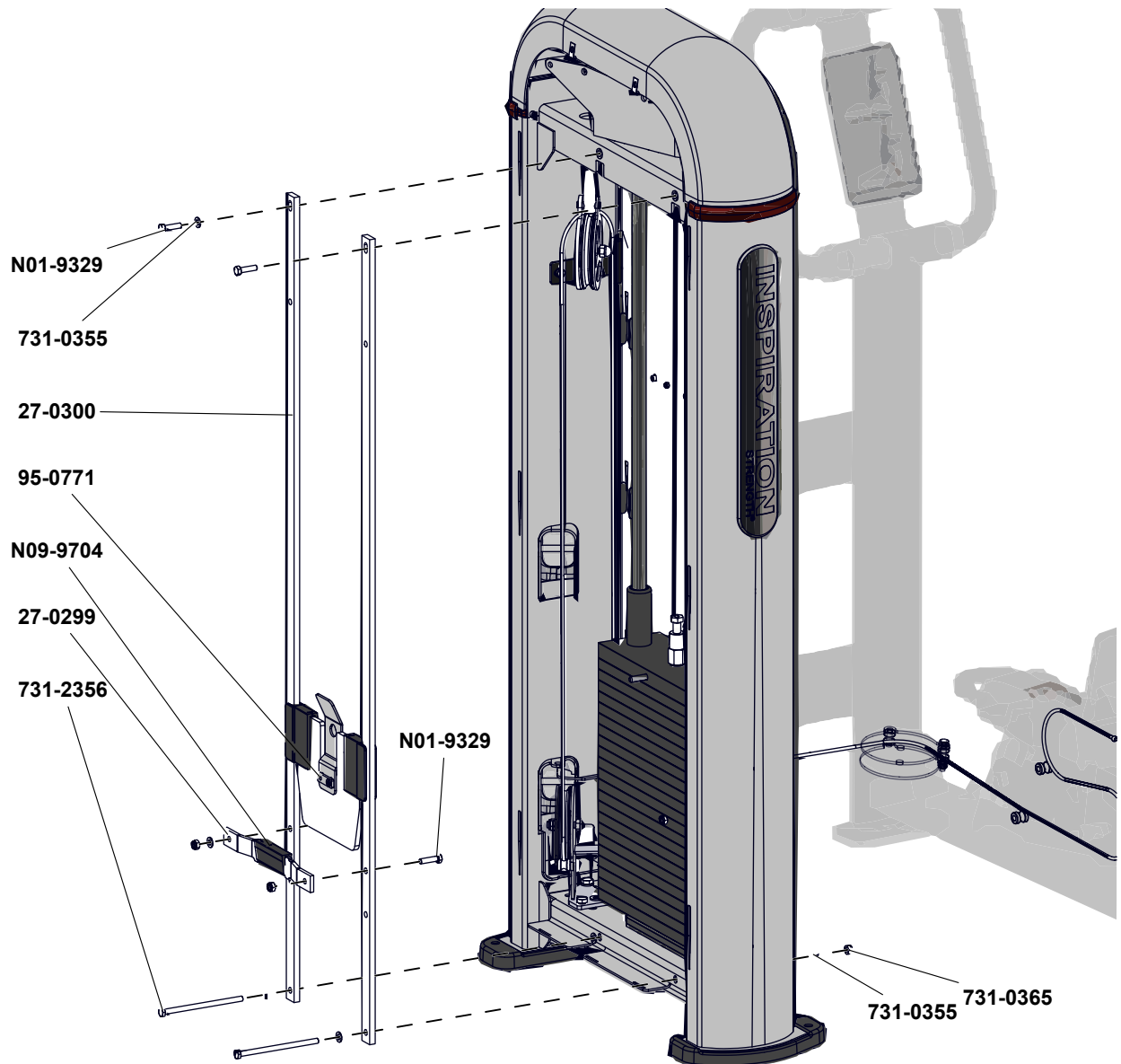


Fig. 16

## TOWER CONNECTIONS

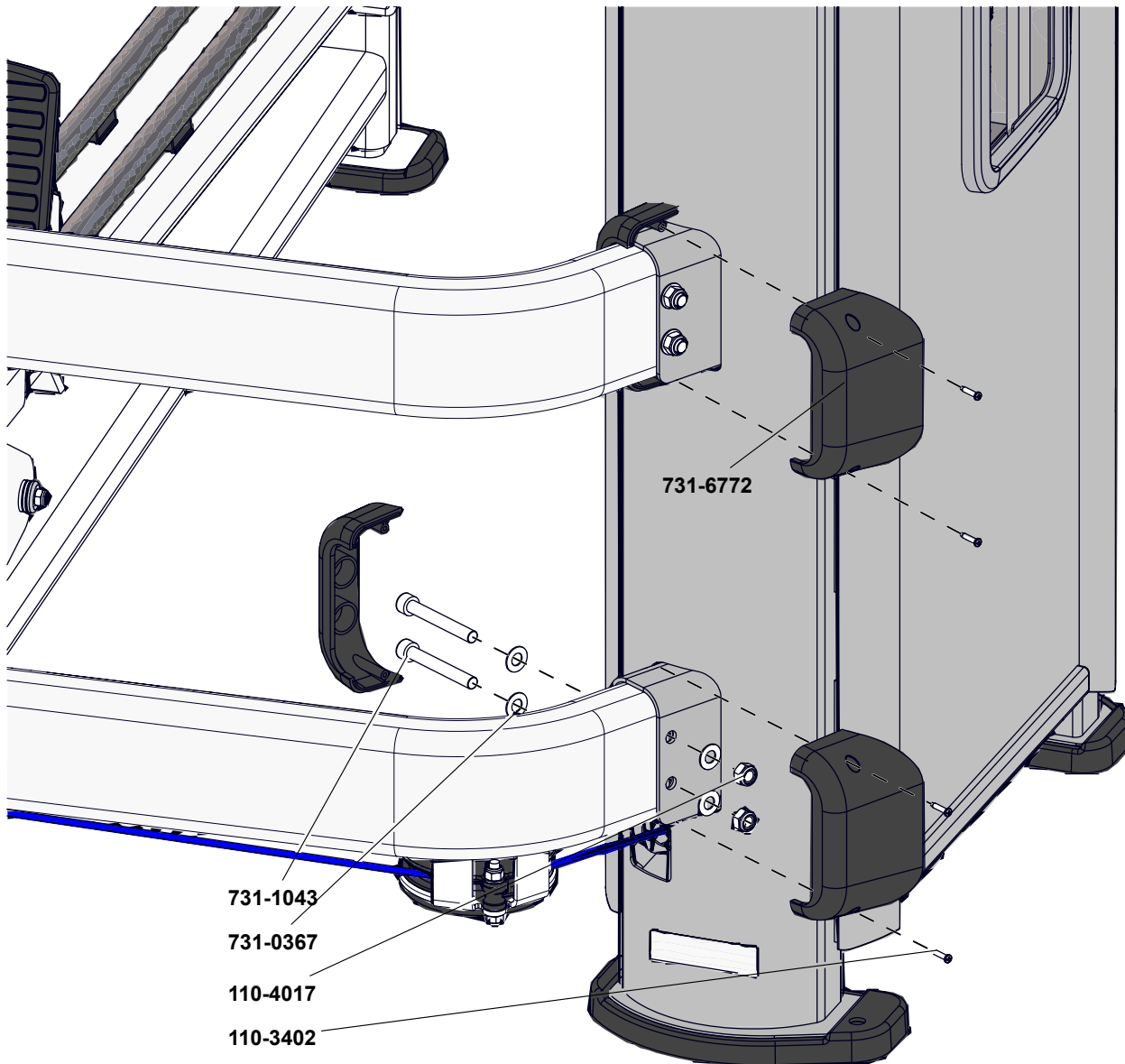


Fig. 17

## TOWER FIXED PULLEY

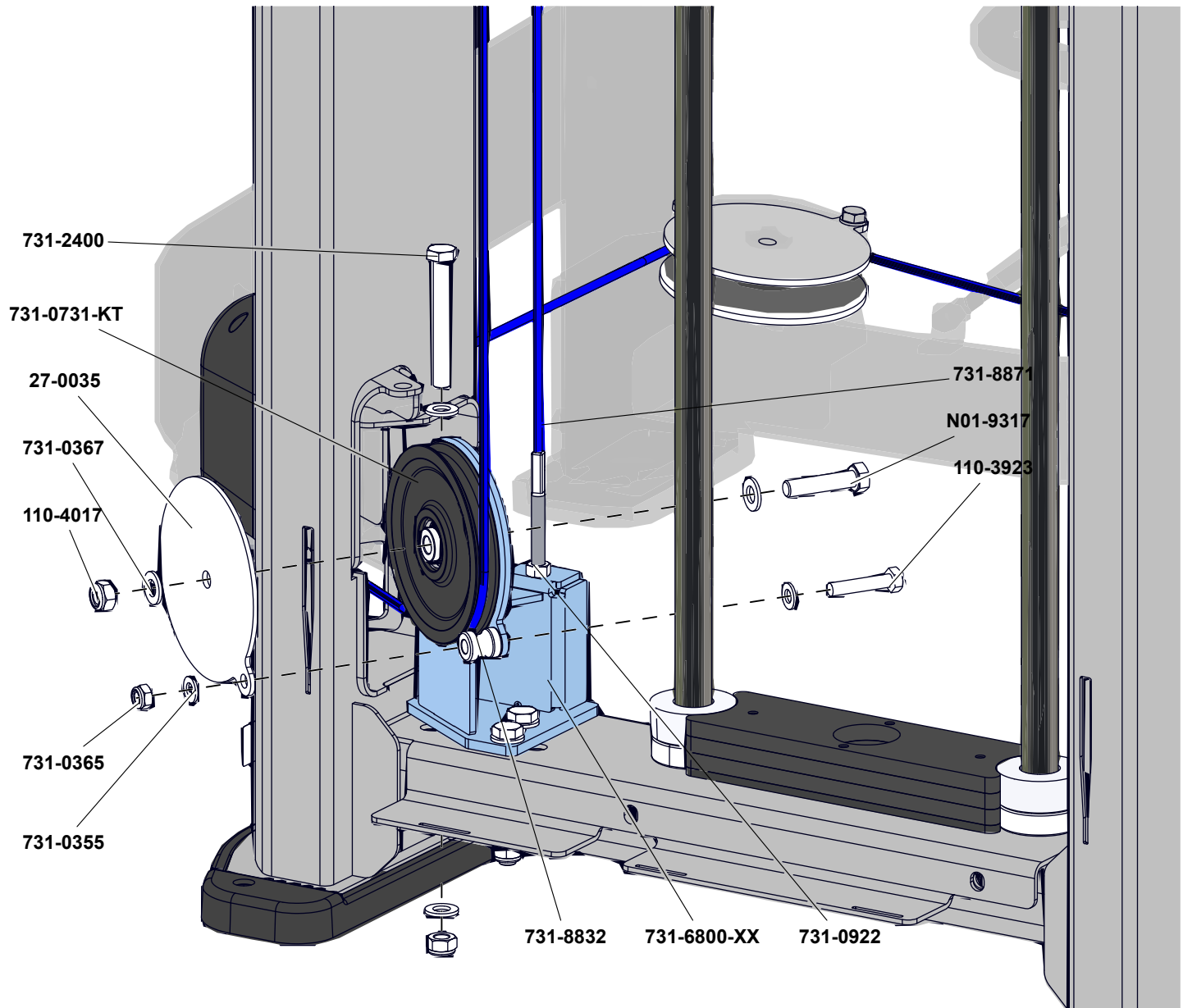


Fig. 18

## TOWER FLOATING PULLEY

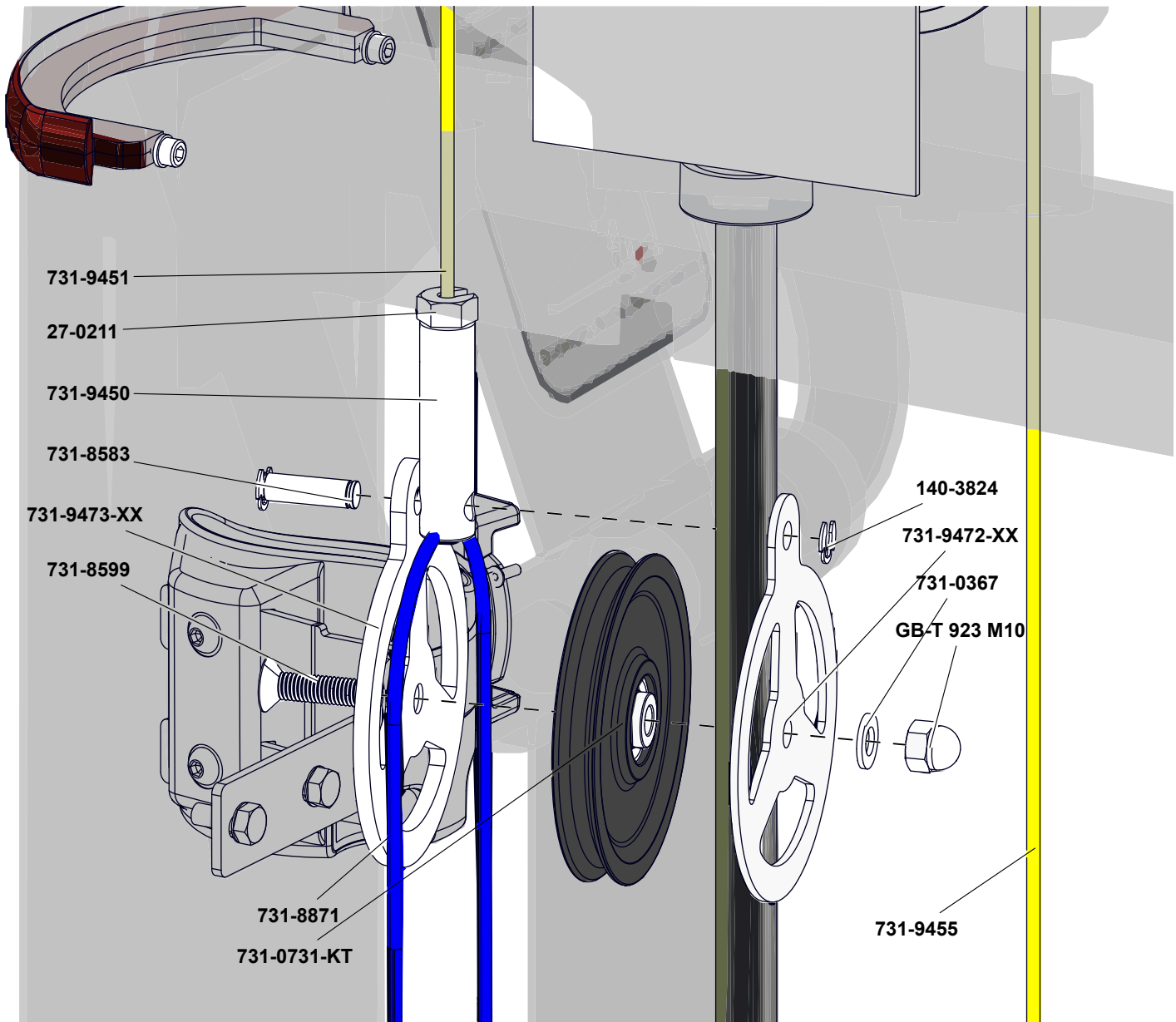


Fig. 19

## TOWER SHROUDS FRONT

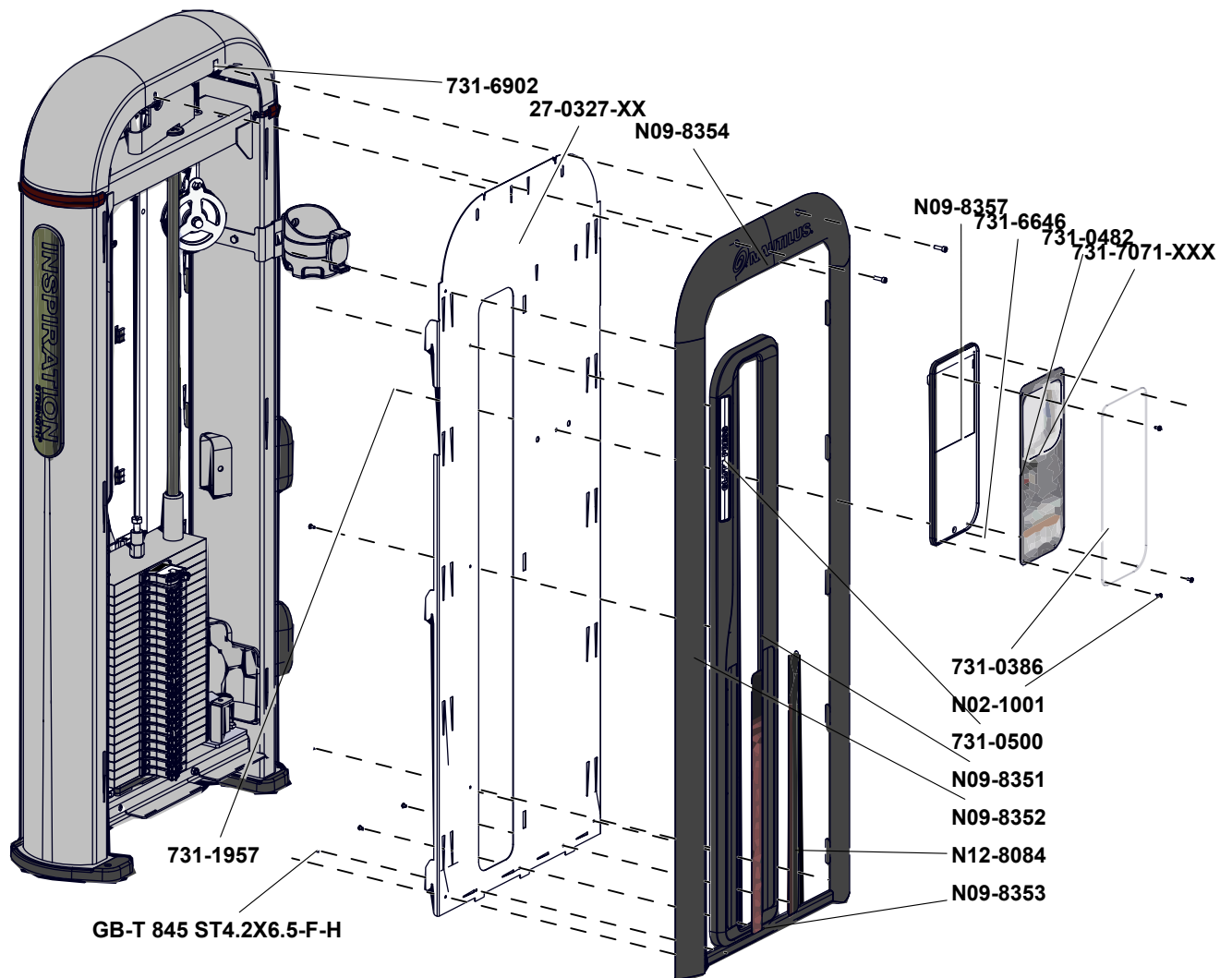


Fig. 20

## TOWER SHROUDS REAR

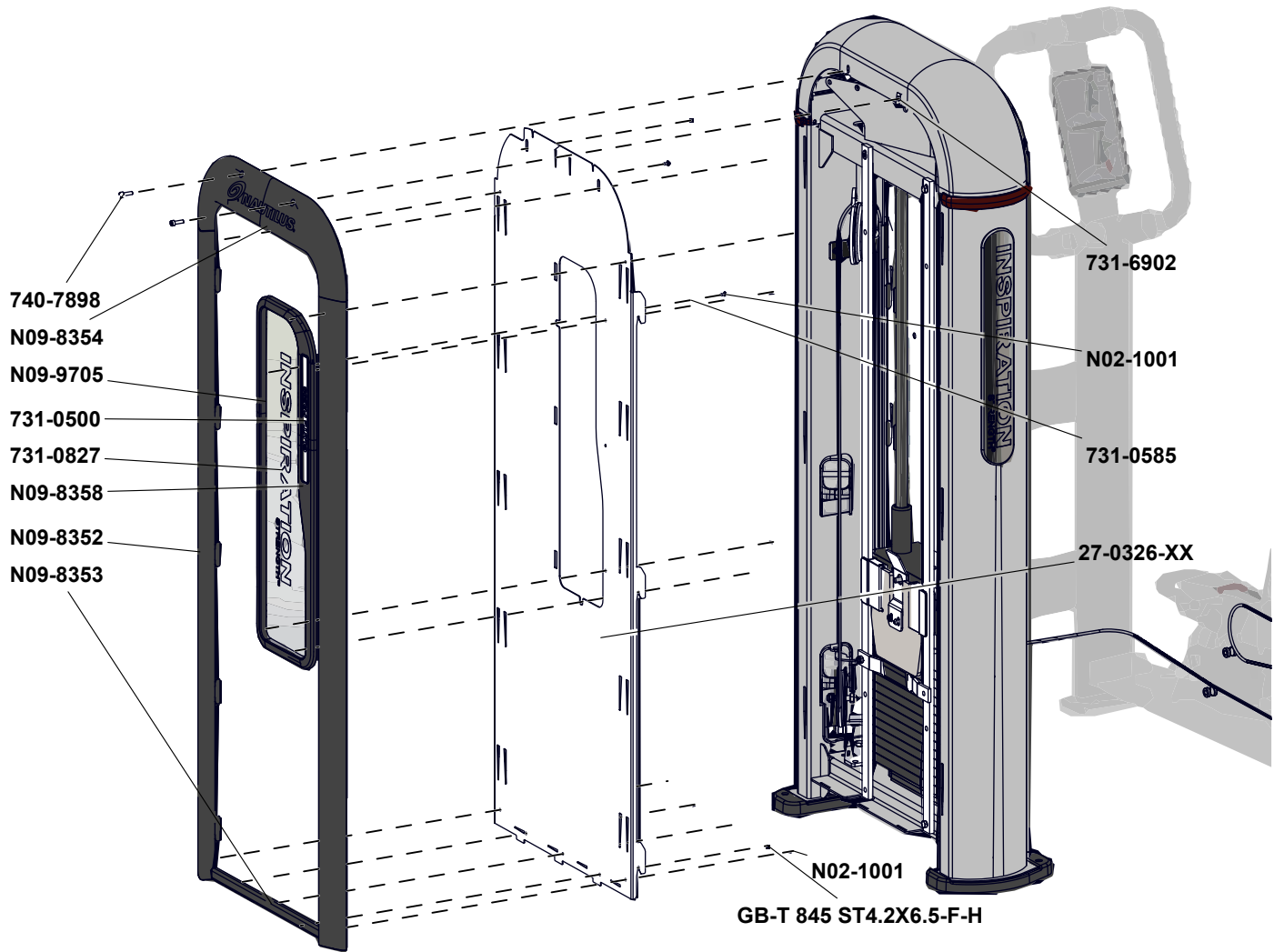


Fig. 21

## TOWER UPPER PULLEYS

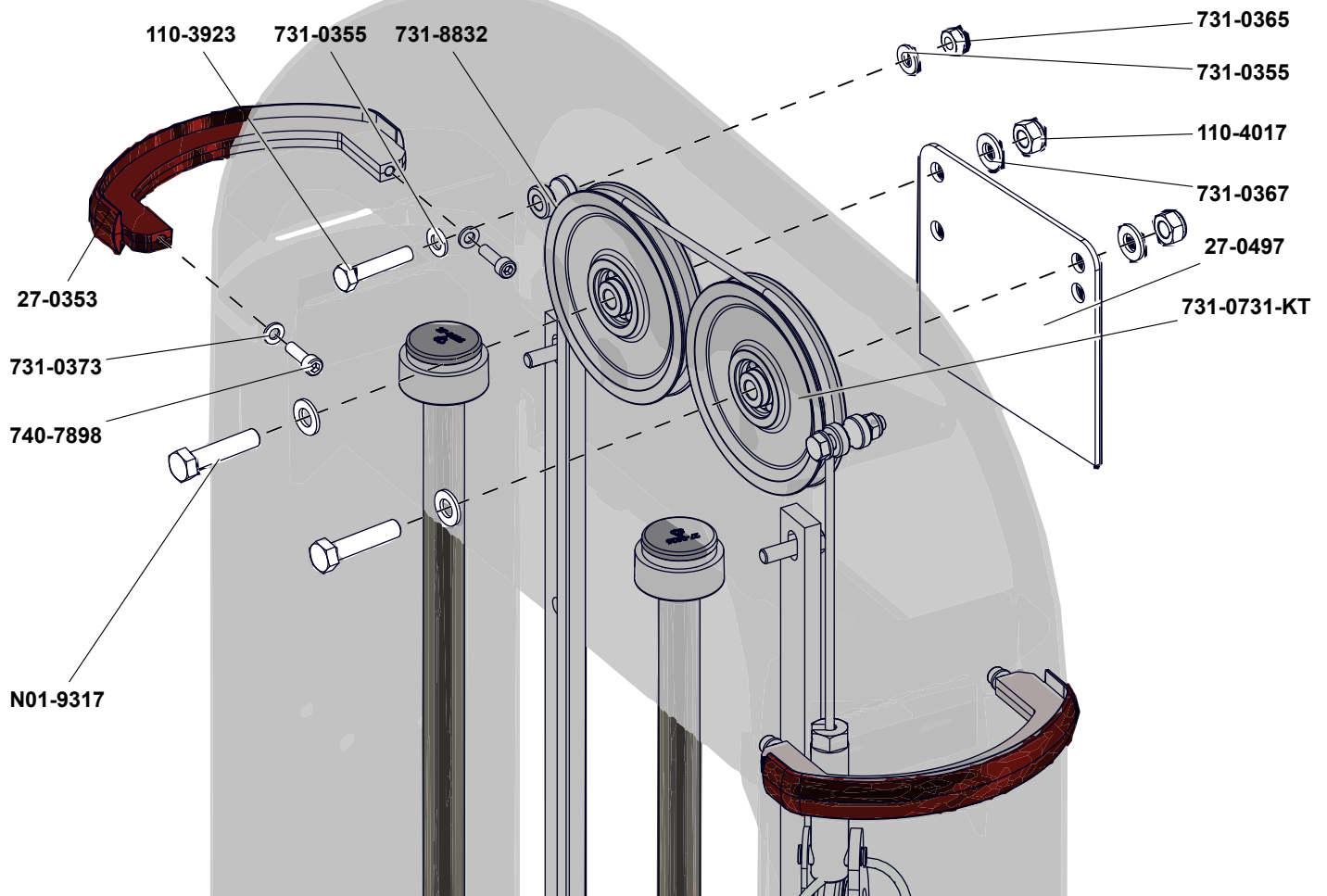


Fig. 22



# TROLLEY KIT

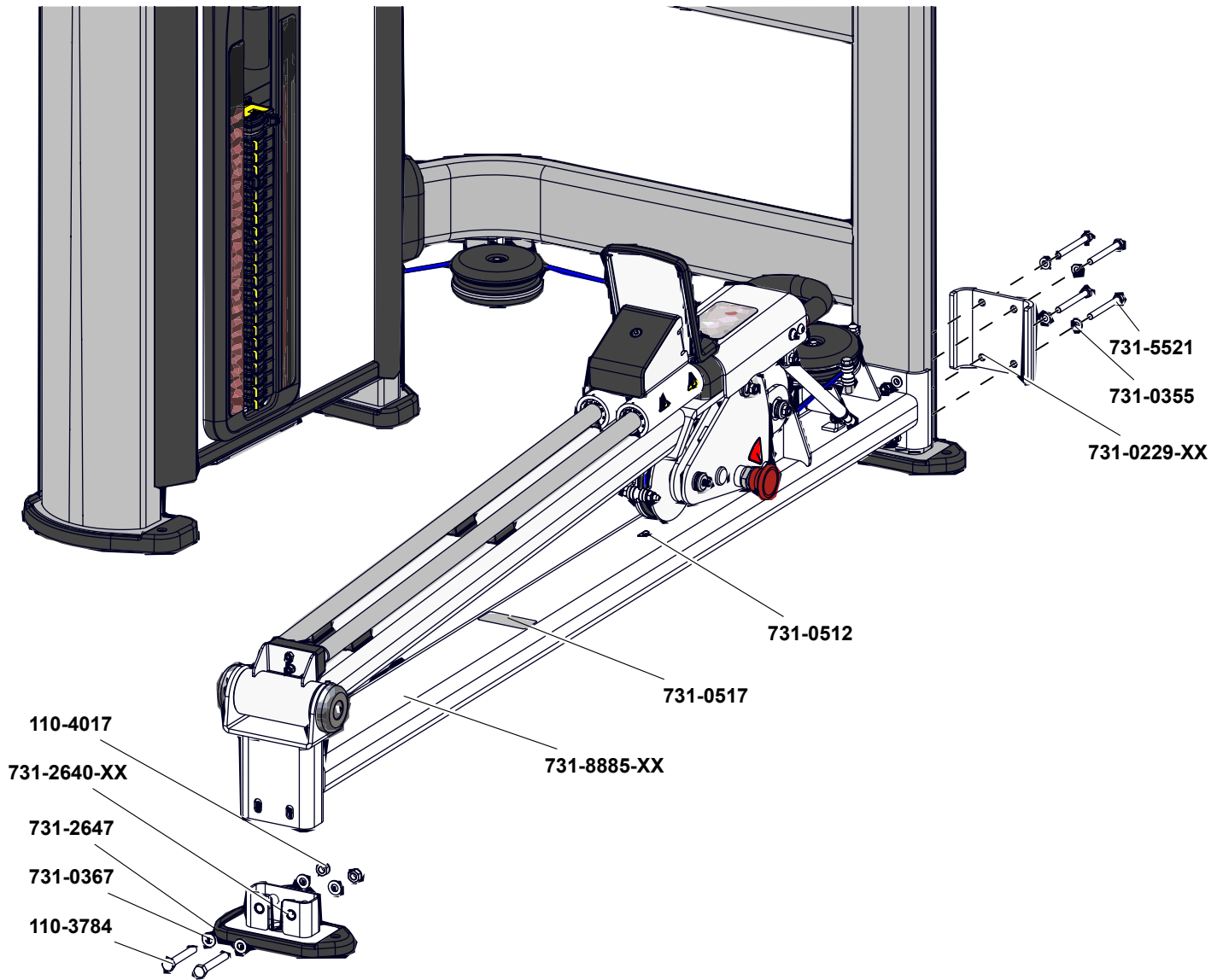


Fig. 23

# TROLLEY PIVOT LEFT

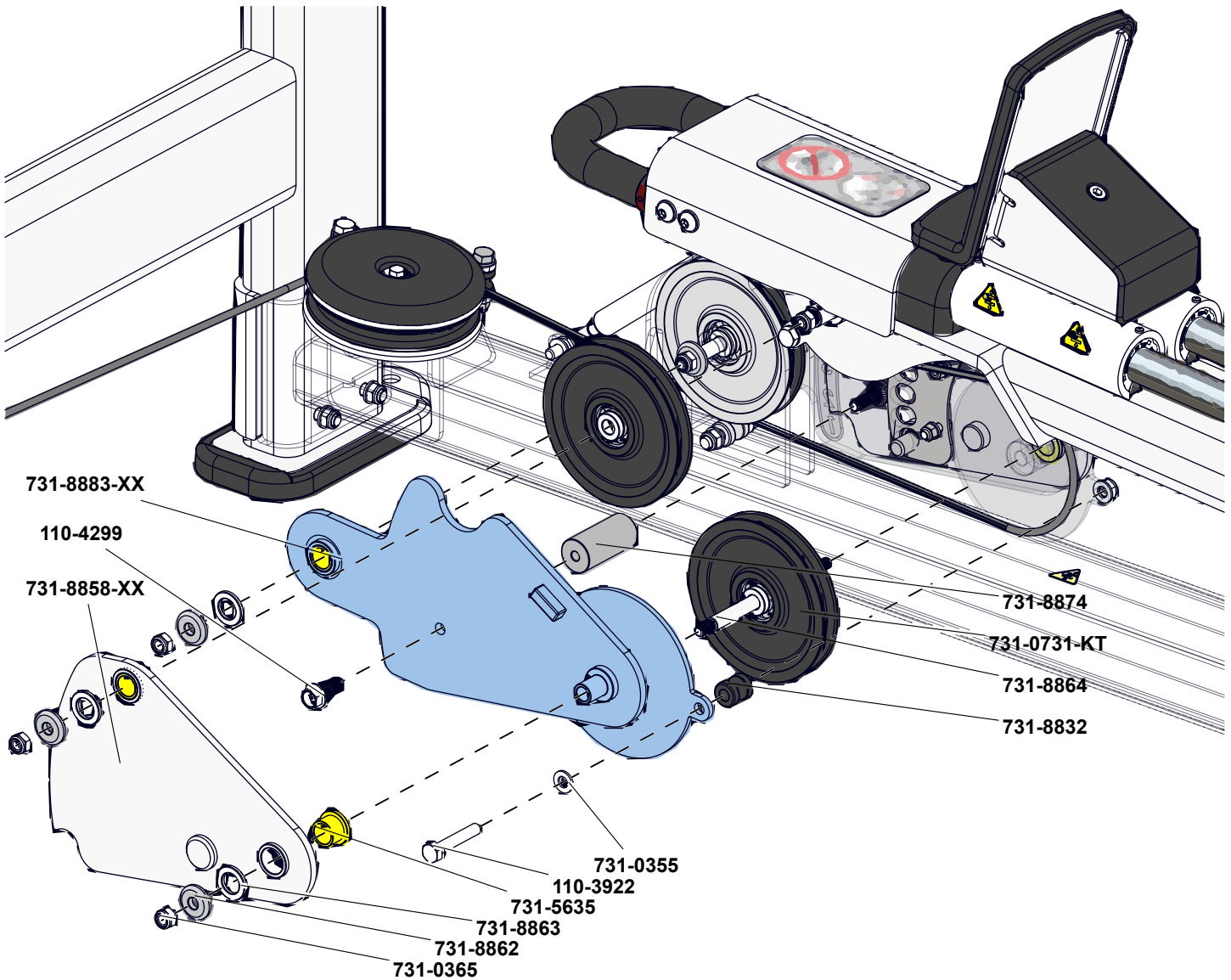


Fig. 24

# TROLLEY PIVOT RIGHT

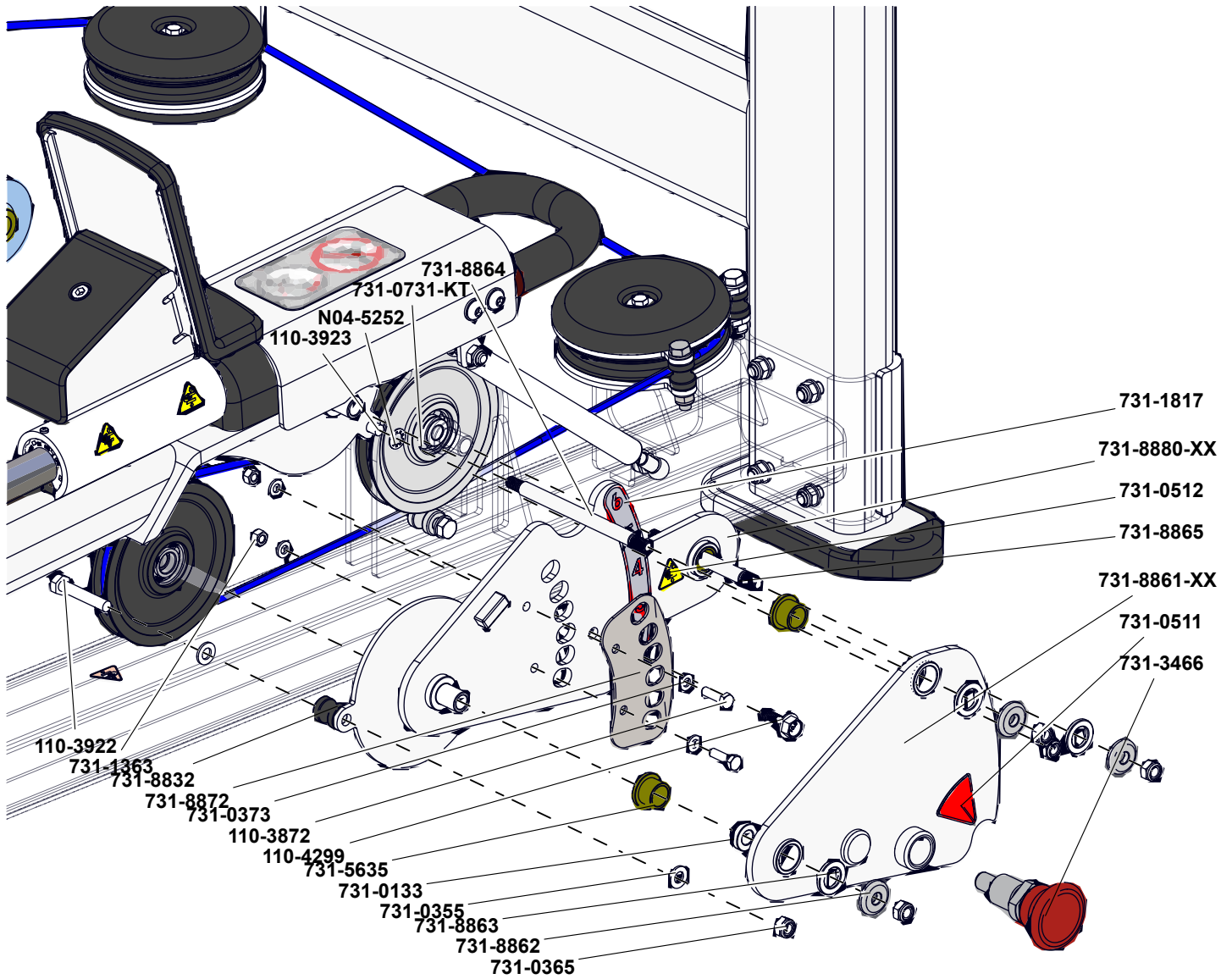


Fig. 25

## WEIGHT STACK

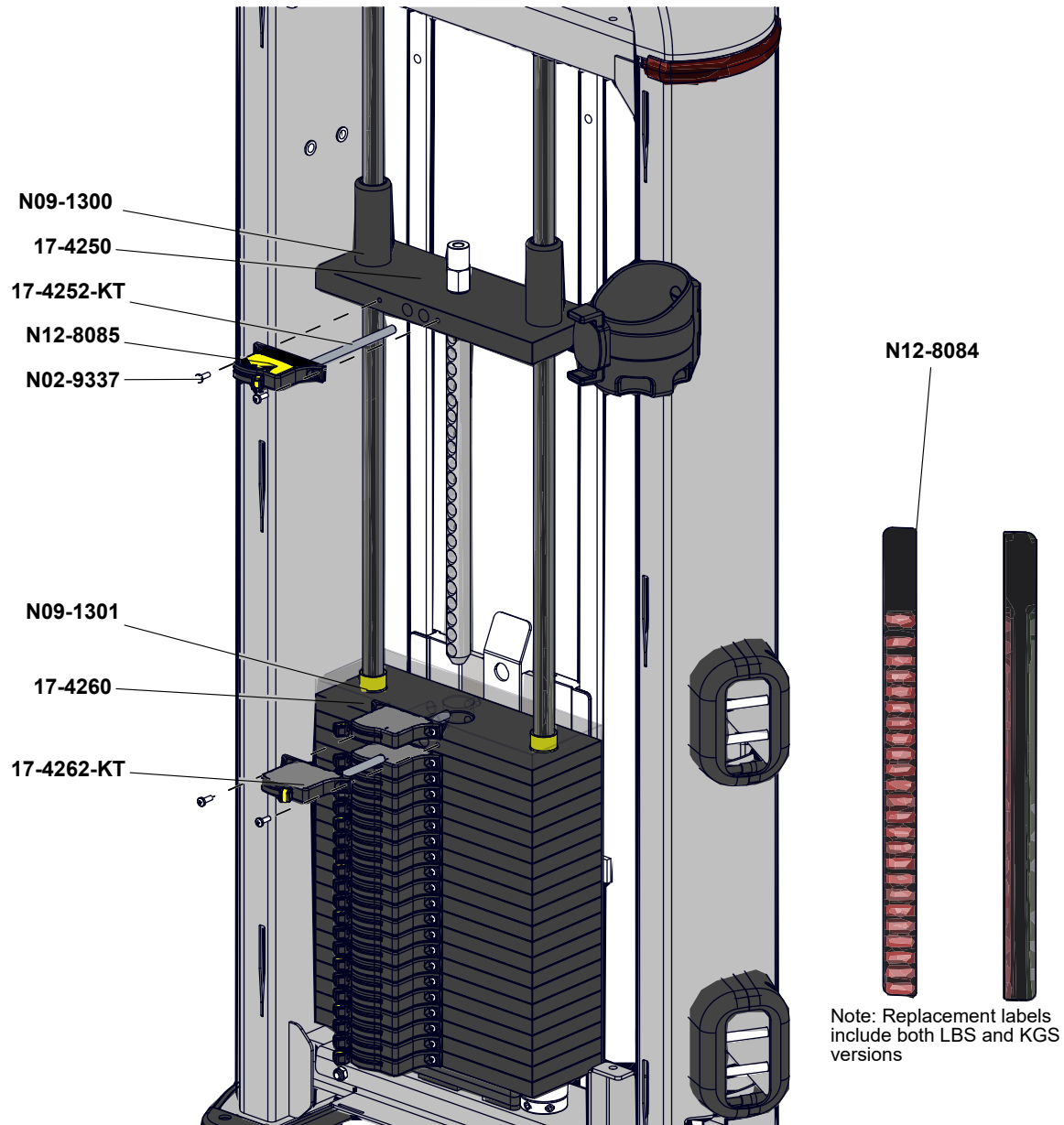


Fig. 26

## TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

Tool	
Metric Allen Key Set	Screwdriver Set, Phillips
Metric Open-Ended Wrench Set	Screwdriver Set, Flat
Large Adjustable Crescent Wrench	Torque Wrench
Metric Socket Set	M5 Rivet Gun

**MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.

## Cleaning

Keeping your Strength units clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear. See the maintenance schedule for recommended frequency.

- Guide rods should be cleaned monthly with a cotton cloth prior to lubrication. It is critical to remove all old lubricants and accumulated contaminants prior to applying lubrication.
- Internal tower and weight stack should be cleaned once every six months with a mild soap and water dampened cloth to remove all dust and accumulated contaminants. Caution should be taken to not leave excess moisture after cleaning.
- For general cleaning: A solution of 10% mild soap with warm water applied with a soft damp cloth OR Formula 409 applied to a cloth then wiped onto the upholstery.  
Note – do not use cleaners that contain solvents, alcohol or abrasives.
- For disinfecting: 1:10 Bleach/Water mix. After cleaning, rinse area with clean water, then dry with a clean, lint-free cloth. Failure to remove chemical residue will cause discoloration of the coated fabric surface to manifest earlier in the life cycle of the product
- Inclusion in this document does not imply “fit for use.” Customers should first determine if products are appropriate for use on their surfaces
- Should other cleaning methods or products be employed, carefully try them in an inconspicuous area to determine potential damage to the material. Never use harsh solvents or cleaners which are intended for industrial applications. To clean stained or soiled areas, a soft white cloth is recommended. Avoid use of paper towels. Cleaners/Disinfectants should be used at manufacturer recommended dilutions and never in concentrated form.

**⚠ CAUTION:** Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well-ventilated area. Follow all product manufacturer’s warnings. CORE Health and Fitness cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

## Inspection

Visual inspection of your units will insure a safe environment for your clients and alert you to any issues that may require maintenance prior to equipment failure. Proper, timely visual inspection is a critical component to the long term care of your product.

- Cables should be inspected weekly for damage including cracked vinyl housing, fraying metal strands, twisting or excessive rubbing on pulleys. Any incident of wear should elicit immediate replacement of damaged cable. While the full length of the cable should be inspected, particular focus should be placed on specific areas where the cable passes through pulleys or closely adjacent to stationary components of the product.
- Cables may become loose over time and require adjustment to maintain proper function – refer to your specific installation manual for cable tension instructions.
- Visually inspect all position selector pins weekly for damage and/or excessive wear and replace pin assembly if damage and/or excessive wear is identified.
- Fasteners, hardware and attachments should be checked monthly for looseness. Tighten as required using appropriate tools.
- Handgrips should be checked for wear or damage monthly and replaced as needed.
- Upholstery should be inspected for wear or damage monthly and replaced as needed.
- Pulleys should be inspected every six months for integrity, cracking or rubbing leading to excessive wear. Any incident of wear should elicit immediate replacement of damaged pulley.
- Main frame and tower should be inspected every six months for signs of unusual wear, corrosion or structural integrity issues.
- Inspect the cable end weekly for damage and to ensure the locknut is secured in place. Any issue in this area shall elicit immediate service and in the case of damage, replacement of the cable assembly.
- Also, upon inspection, if position selector pin cannot be fully engaged into the selector hole (as indicated on the warning label on the product (see **Important Label Locations** for warning label location and image), the product shall be marked out of service until an authorized service technician can evaluate the product for further necessary action.

## MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

	Daily	Weekly	Monthly	Bi-Annually
<b>Inspect</b>				
Cables		X		
ROM Pins		X		
Fasteners			X	
Handgrips			X	
Upholstery			X	
Labels			X	
Pulleys				X
Main Frame				X
<b>General Maintenance</b>				
Lubricate Guide Rods			X	
<b>Cleaning</b>				
Upholstery	X			
Hand Grips	X			
Main Frame		X		
Weight Stack Guide Rods			X	
Inside the Weight Tower				X

**⚠ WARNING: Replace all worn cables immediately.**

The following conditions indicate some types of wear.

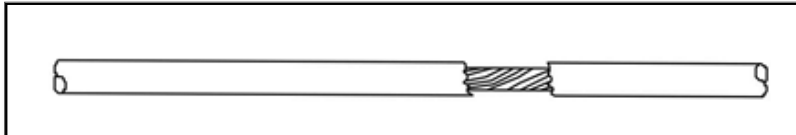


Fig. 27 Torn or Cracked Cable Sheath that exposes cable

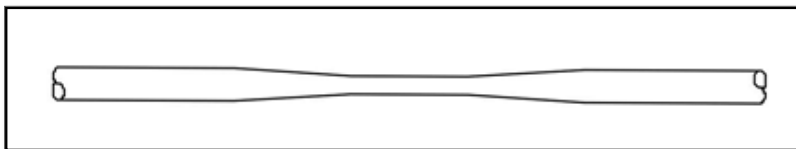


Fig. 28 Stretched Cable Sheath

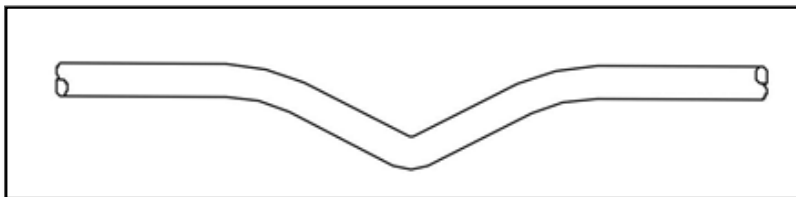


Fig. 29 Kink in the Cable

## Lubrication

Proper cleaning lubrication of guide rods will insure that each machine operates at its highest potential and that your clients continue to enjoy a smooth efficient motion while exercising. Often lubrication is either neglected or in many cases facilities over lubricate without cleaning the old dirty lubricant off prior to applying the new. This results in a build up of dirty contaminants that will cause premature wear and poor operational function.

- 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, and then run the cotton cloth up and down the guide rods as needed to apply a thin coat.
- Also apply oil to the incremental weight guide tracks.
- In some environments that are extremely dry or dusty more frequent cleaning and lubrication may be required.



## IPGM4 UPGRADE WITH KIT 731-9448-KT

1. Remove both cables and the floating pulley from existing unit.
2. Disassemble the trolley pulley, setting aside all hardware and the caps. (Fig. 1) Discard plate 731-1833.
3. Reassemble trolley pulley using new plate 731-9949-XX from upgrade kit 731-9448-KT. Second cablekeeper 731-8862 should be tightened as shown (Fig. 2) to only the top plate.
4. Install new cables and floating pulley from kit.

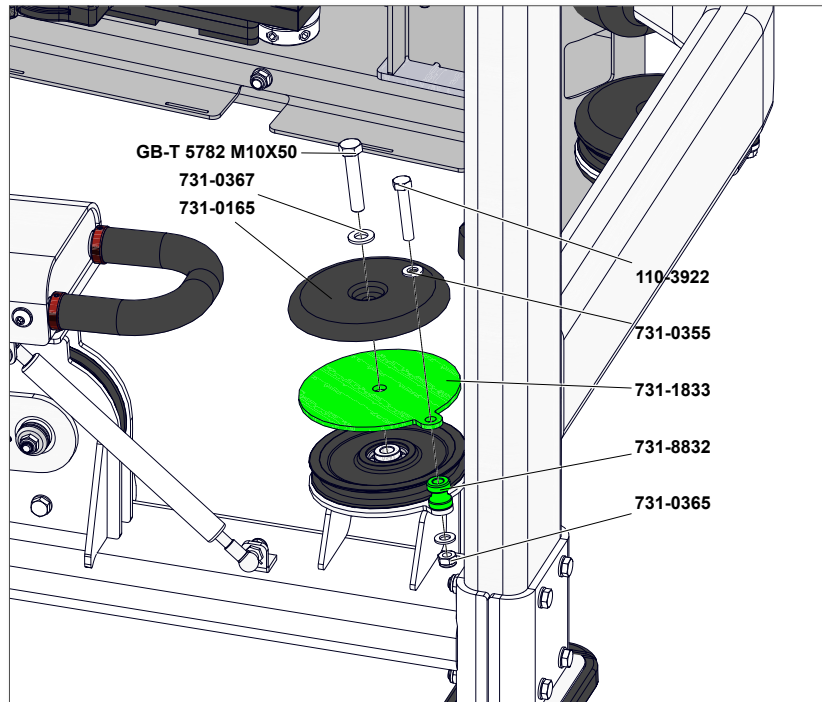


Fig. 30 IPGM4 Frame

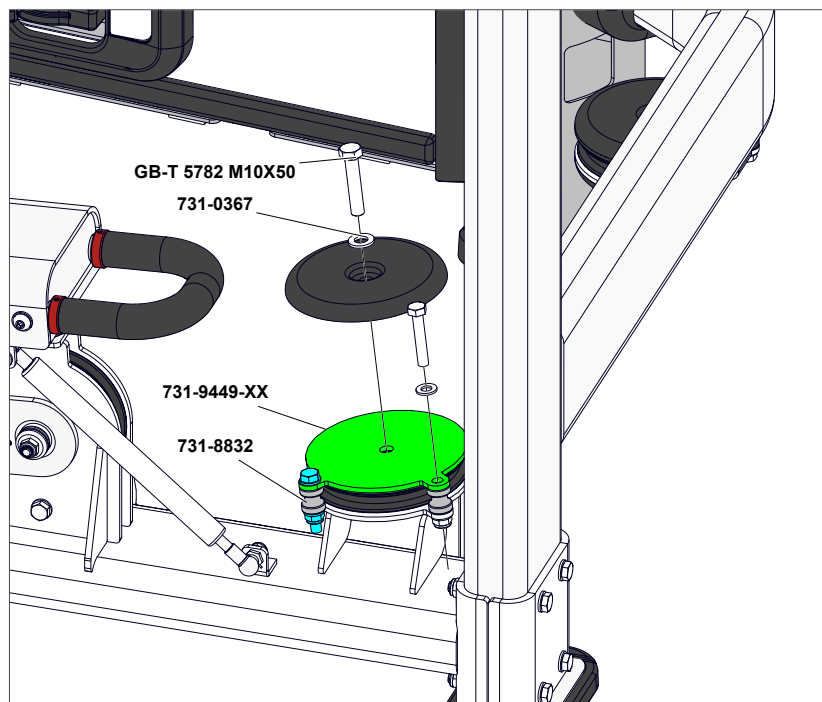


Fig. 31 IPGM4 Frame

## CORE CONNECT

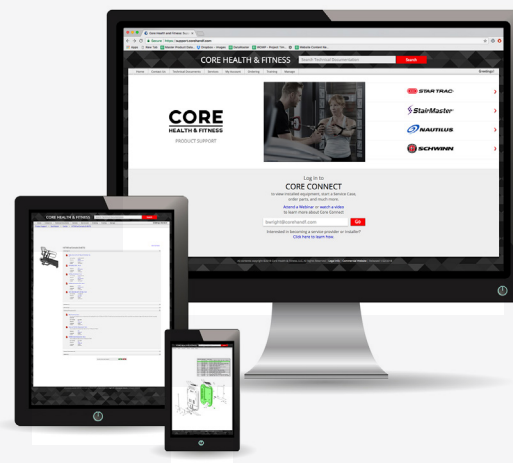
Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

### OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
- 24-Hour Automated Assistant
- Live Chat



Core Connect is accessible through our app on mobile devices



To request access scan or visit:  
**CONNECT.COREHANDF.COM**



To help us support you, please provide the following information when requesting assistance with your equipment:

■ Facility Name & Address

■ Product Serial Number

■ Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

### PREVENTATIVE MAINTENANCE

Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: [servicecontracts@corehandf.com](mailto:servicecontracts@corehandf.com)

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us by phone, email, or through our 24 hour support site:

PHONE & EMAIL SUPPORT AVAILABLE: MONDAY - FRIDAY 6AM - 5PM PST  
4400 NE 77th Avenue, Suite 250 Vancouver, WA 98662  
Tel: (360) 326-4090 • (800) 503-1221 • [support@corehandf.com](mailto:support@corehandf.com)

Warranty information: <https://corehandf.com/warranty>

**THIS PAGE INTENTIONALLY BLANK**

