



Core Health & Fitness

Inspiration Back Extension

OWNER'S MANUAL

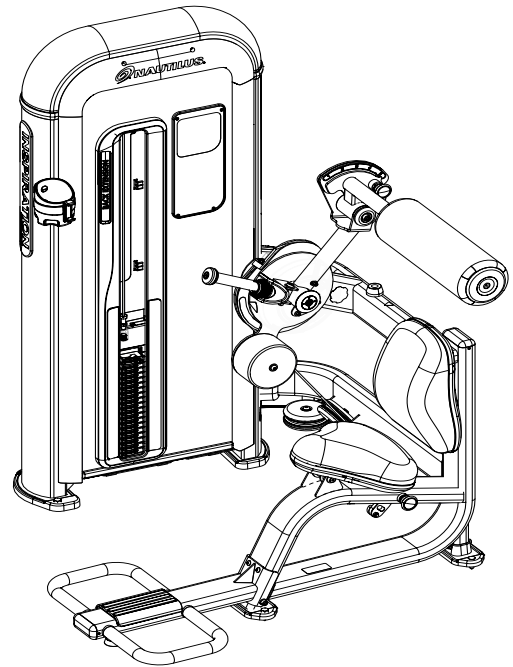
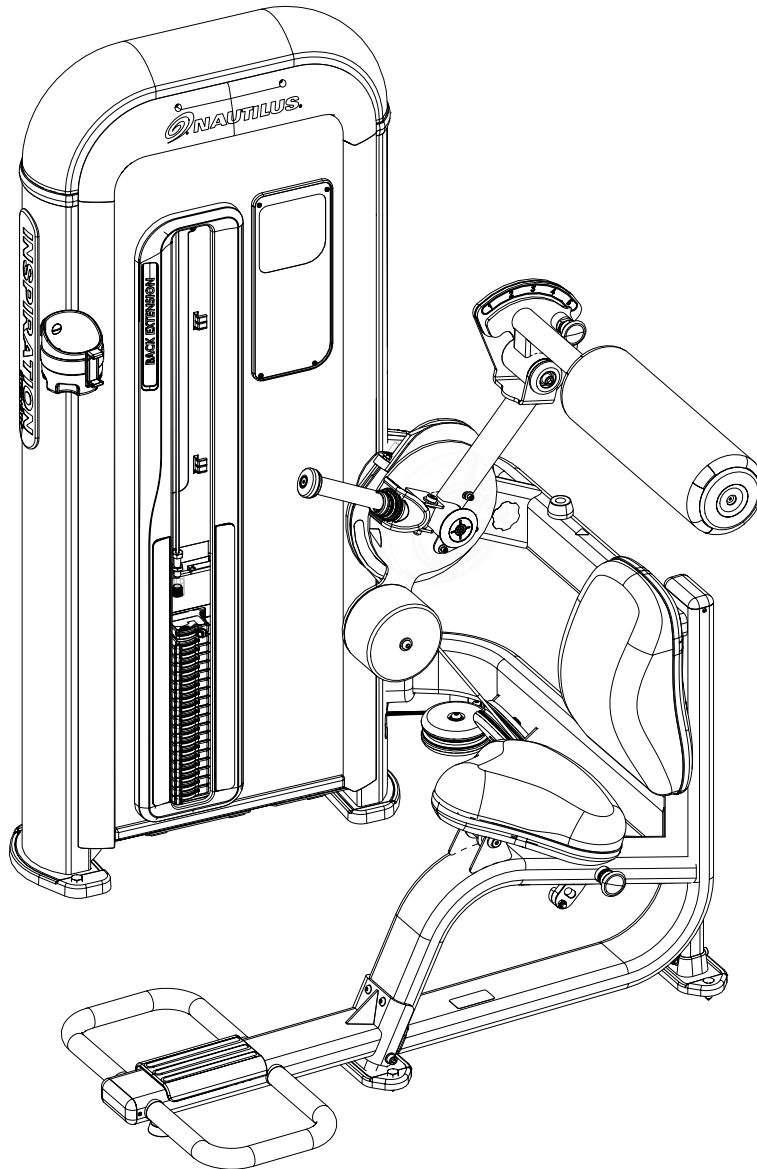


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IPBE3 Inspiration Back Extension

Overall Weight	Stack Weight	Width	Length	Height	User Weight
560 lb (255 kg)	200 lb (91 kg)	51" (130 cm)	50" (127 cm)	64" (163 cm)	0-350 lbs (0-158 kgs)

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 setup 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. STAR TRAC 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 injury to person:

1. 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 form their health care provider before beginning any exercise program.
2. 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.
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. All equipment MUST be secured (bolted and tightened) to a solid, level surface, using a minimum of 3 of the anchoring holes provided, to stabilize and eliminate rocking or tipping over. Shim any mounting surface that does not rest thoroughly on the floor using flat washers, DO NOT force the foot to contact the ground with anchors.

Fasteners must have a minimum of 500 lbs. tensile capacity, be a bolt of grade 2 or better and be installed per the bolt manufacturer's specifications.

 **WARNING:** Due to the wide variety of flooring on which equipment may be anchored or installed and differences in applicable local building codes, Core Health & Fitness is not responsible for any damage to the flooring that may result due to anchoring or installing equipment to the floor and for compliance with local building codes. Only licensed contractors or certified installers should be used to insure proper anchoring, installation, and compliance with local building code.

5. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
6. Ensure all adjustment and locking features are properly secured before using the equipment.

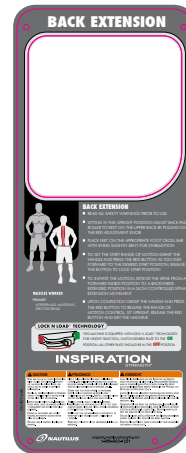
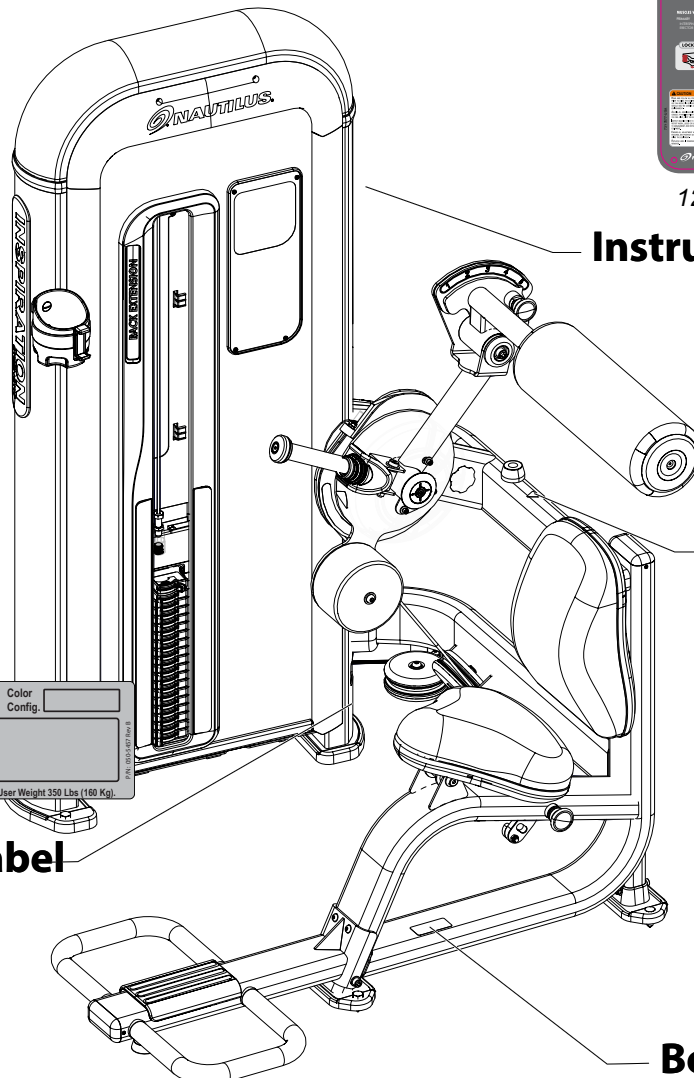
7. Cables pose an extreme liability if used when frayed. Always replace any cable at first sign of wear. Routinely inspect all cable couplers that join movement arms to the cables and replace at the first sign of wear. (consult Nautilus if uncertain or if you have questions regarding wear).
8. Use only replacement components supplied by Nautilus®. Substitutes are forbidden and will void all warranties.
9. 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.
10. 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.
11. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Nautilus. Do not exceed the maximum user weight of 350 lbs.
12. 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.
13. 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.

SAVE THESE INSTRUCTIONS

IMPORTANT LABEL LOCATIONS

This page shows examples of the Nautilus® Leverage Strength® 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 each sample indicated includes its corresponding part number so that replacements may be ordered.

NOTE: STICKERS AND LABELS ARE NOT SHOWN TO SCALE



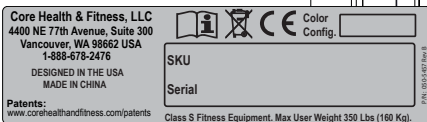
12-8048-USA

Instruction Placard



731-0512

Pinch Point

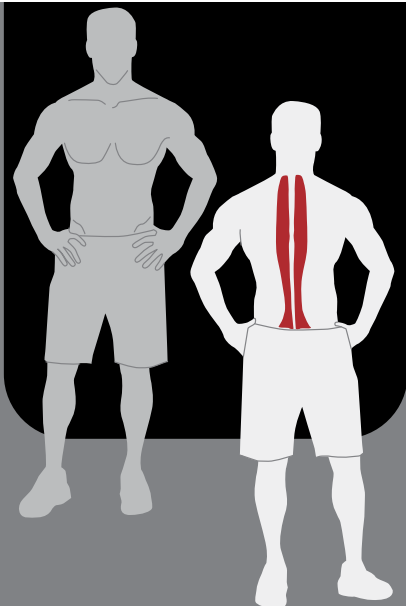


Serial Label



731-0517

Bolt Down Label



MUSCLES WORKED

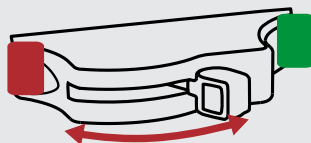
PRIMARY

INTERSPINALIS, MULTIFIDUS, ERECTOR SPINAE

BACK EXTENSION

- READ ALL SAFETY WARNINGS PRIOR TO USE
- SITTING IN THE UPRIGHT POSITION ADJUST BACK PAD ROLLER TO REST ON THE UPPER BACK BY PULLING ON THE RED ADJUSTMENT KNOB
- PLACE FEET ON THE APPROPRIATE FOOT CROSS BAR WITH KNEES SLIGHTLY BENT FOR STABILIZATION
- TO SET THE START OF THE MOTION, PULL THE HANDLE AS YOU FLEX FORWARD TO THE DESIRED START POSITION. RELEASE THE LEVER TO SET THE START POSITION
- TO INITIATE THE MOTION, EXTEND THE SPINE FROM A FORWARD FLEXED POSITION TO A BACKWARDS EXTENDED POSITION IN A SLOW CONTROLLED SPINAL EXTENSION MOVEMENT
- UPON COMPLETION, PULL THE LEVER AND RESET TO UPRIGHT POSITION

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.

⚠ 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 WORN, LOOSE OR DAMAGED EQUIPMENT TO MANAGEMENT AND REFRAIN FROM USING 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.

VÉRIFIEZ 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.

VÉRIFIEZ QUE TOUS 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 BENUTZUNG DES GERÄTES DURCH UND BEFOLGEN SIE DIESE STRIKT. UNSACHGEMÄßER GEBRAUCH KANN ZU SCHWERWIEGENDEN VERLETZUNGEN FÜHREN. DAS GERÄT SOLLTE NUR IN EINEM RAUM BENUTZT 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 SCHWINDELIG WIRD ODER SIE ERSCHÖPFT SIND.

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

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

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

TOOLS

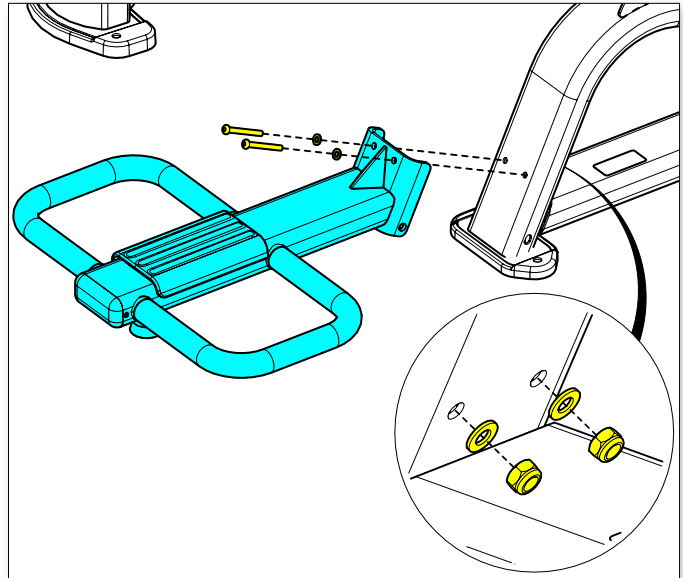
SKU	Description
731-1640-XX	WELDMENT, FOOT SUPPORT, IPBE
731-0355	WASHER,PLAIN,M8,REGULAR
731-0365	NUT,M8 X 1.25,NYLOC JAM
731-0398	SCREW,M10X1.5,20MM,BHC,HK,CS,NP
731-0363	M10 - 1.5 THREAD HEX LOCKNUT
731-0367	WASHER,PLAIN,M10
N02-9345	SCREW M10 X 1.5 X 140 SHC HK AS, ZP

Required Tools:

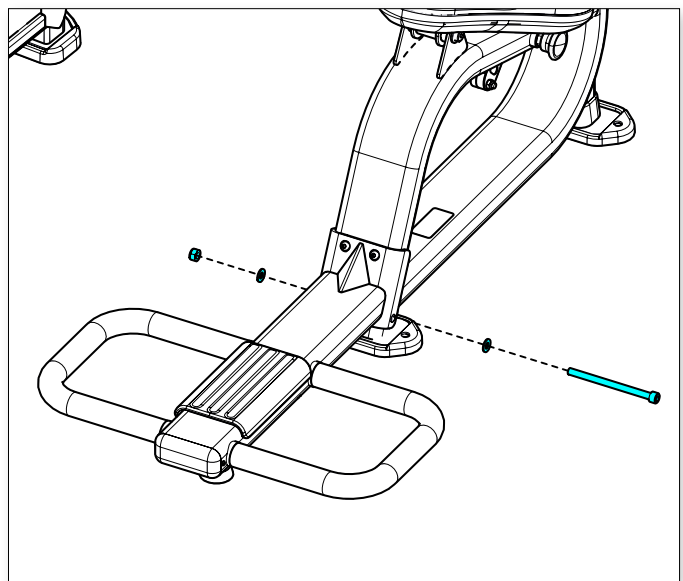
- Ratchet Wrench
- 5mm Allen Socket
- 8mm Allen Socket
- 13mm Open-ended Wrench
- 17mm Open-ended Wrench

PROCEDURE

1. Use a ratchet wrench with a 5mm allen socket and a 13mm open-ended wrench to secure the foot support (731-1640-XX) to the frame using two (2) pieces each of the M8 x 70mm button head cap screw (731-0398) and M8 nylock nut (731-0365), and four (4) pieces of the M8 flat washer (731-0355).



2. Use a ratchet wrench with an 8mm socket and a 17mm open-ended wrench to finish securing the foot support to the frame using one (1) piece each of the M10 x 140mm socket head cap screw (N02-9345) and M10 nylock nut (731-0363), and two (2) pieces of the M10 flat washer (731-0367).



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	
Socket Set, SAE	Screwdriver Set, Phillips
Socket Set, Metric	Screwdriver Set, Flat
Socket driver	Tape Measure
Open end wrenches, SAE	Ball Peen Hammer
Open end wrenches, Metric	Rubber Mallet
Hex Bit Socket Set, SAE	Motorcycle straps, adjustable
Hex Bit Socket Set, Metric	Loctite 680
Adjustable Wrench	
Snap Ring Pliers	
Torque Wrench	

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 Nautilus® Inspiration 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.

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 Nautilus® Inspiration Strength® 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.
- Cables may become loose over time and require adjustment to maintain proper function – refer to you specific installation manual for cable tension instructions.
- 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.

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.

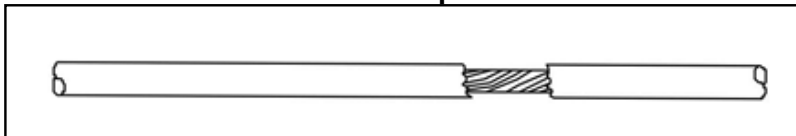
MAINTENANCE SCHEDULE

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

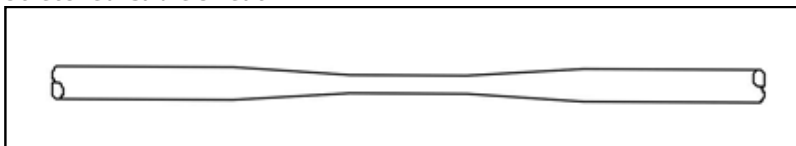
⚠ WARNING: Replace all worn cables immediately.

The following conditions indicate some types of wear.

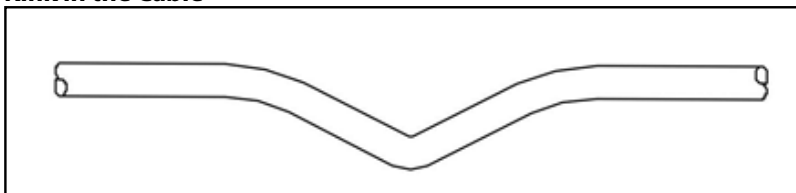
Torn or Cracked Cable Sheath that exposes cable



Stretched Cable Sheath



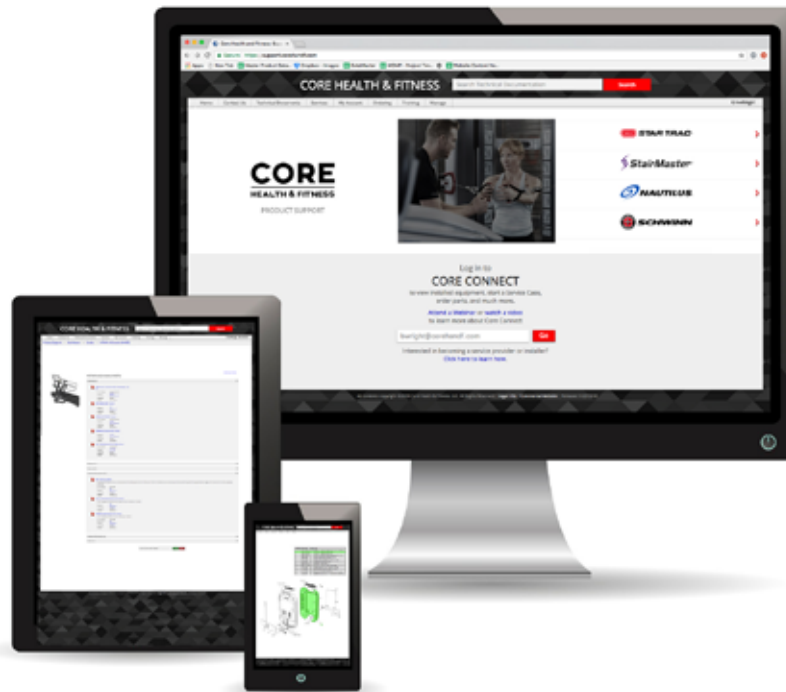
Kink in the Cable



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.



CORE CONNECT

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- 24 hour self service access
- Real time communication
- Seamless Order Experience
- Intuitive user experience
- Mobile friendly technology
- Asset management
- Automated partner payment
- Seamless access to technical library
- Transparency on service performance
- Fast, reliable, quality service every time

Contact Information

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Customer Support

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

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