

CENTR

2025 CATALOG



 CENTR

INSPIRE

 CENTR

 HYROX
WORLD SERIES OF FITNESS RACING

A photograph of three people in a gym setting, starting a workout. They are in a low, athletic stance on a concrete floor. The person on the left is a woman with dark hair tied back, wearing a black sports bra and leggings. The person in the middle is a woman with curly hair, wearing a white sports bra and black leggings. The person on the right is a man with a beard and tattoos, wearing a black tank top and shorts. They are all looking forward with determination. The background shows a concrete ceiling with pipes and a white wall. The text 'OUR MISSION' is centered above the main headline.

OUR MISSION

**EMPOWERING PEOPLE TO LIVE WELL BY
ENERGIZING THEIR EVERY DAY**

THE CENTR BRAND FAMILY

CENTR



Consumer / Home Gym



Elite Fitness Enthusiasts / Specialty
Commercial / Vertical



Competitive / Hyrox Events
Commercial / Gyms & Studios



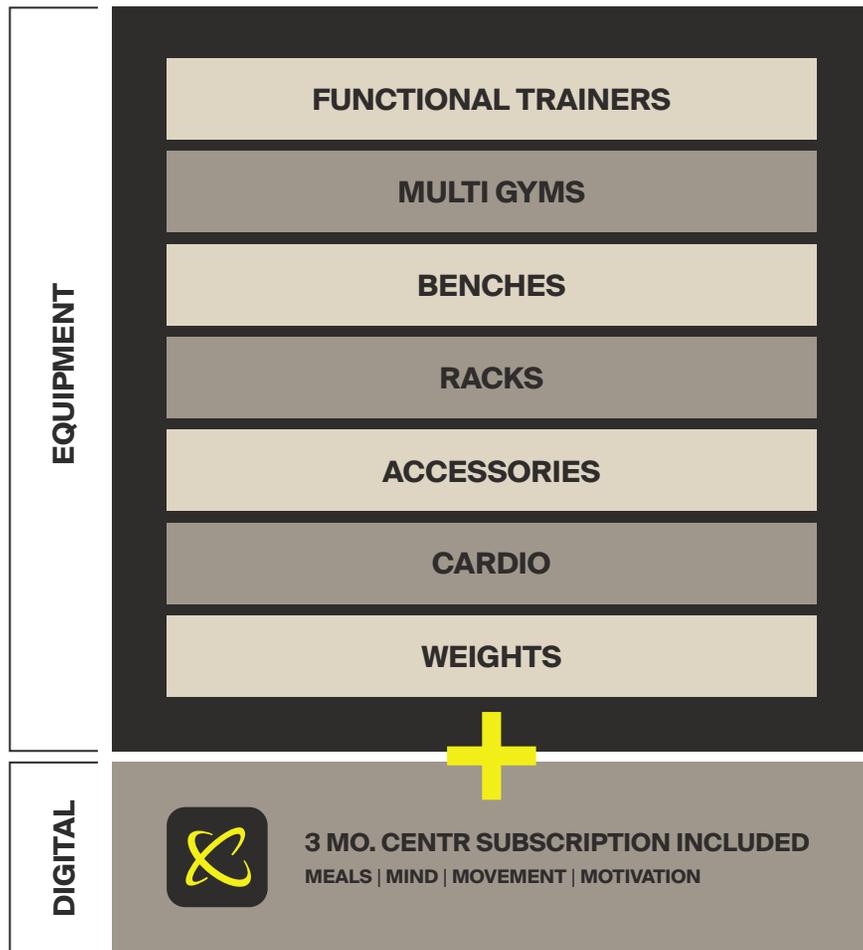


INSPIRE

EQUIPMENT

INSPIRE FITNESS

At Inspire Fitness, we've been designing multi-functional fitness equipment for more than 20 years. Each innovative piece is engineered to perform and built to last.



INSPIRE FTX

FUNCTIONAL TRAINER

Model #: FTX

The FTX is full of versatility, but at an affordable price. It also has one of the industry's smallest footprints in a full functional trainer. Constructed of heavy-duty steel and finished with a matte black powder coat, it's beautiful and durable. The on-board storage for the included accessories keep things organized and your workouts efficient. Despite its size and simplicity, you can engage all your muscle groups with easy adjustments and limitless exercises utilizing the smooth pulleys.

FEATURES

Durable Construction

Constructed of heavy-duty steel and finished with a matte black powder coat, it's beautiful and durable.

Infinite Exercises

Thirty swivel pulley positions allow for complete freedom of motion

Engineering Perfected

One of the industry's smallest footprints in a full functional trainer



SPECIFICATIONS

Weight Stacks

2 x 165 lb (75 kg)
1:2 ratio for 82.5 lb per pulley

Frame

Heavy-duty round and rectangular steel,
matte black finish

Muscle Groups

All

Included Accessories

Triceps Rope, 2 x Deluxe D Handles, Dual Hook
Curl Bar, Chin / Dip Belt

Optional Add-ons

Bench, Ab Bar, Straight Bar, Ankle Strap, 5 lb
Add-On Weights, Rubber D Handles



3-Month Membership to
Centr Digital Included

INSPIRE FT1

FUNCTIONAL TRAINER

Model #: FT1

The FT1 is loaded with options with one of the most compact designs in the industry for a functional trainer. It's designed to tuck perfectly in a corner of your home with all the exercises front-facing and no reason to go to the back side. What makes this machine so special is the pulley system and weight stacks. The pulleys give you freedom to move in any direction and even work each side independently with a full range of motion.



FEATURES

Loaded, Yet Compact

One of the industry's smallest footprints in a full functional trainer

Isolate Each Pulley

Two weight stacks and inventive engineering allow for independent movements

Complete Freedom

Thirty swivel pulley positions provide movement in any direction for unrestricted exercises



SPECIFICATIONS

Weight Stacks

2 x 165 lb (75 kg)
1:2 ratio for 82.5 lb per pulley
85 lb with 5 lb Add-On Weights

Frame

Heavy-duty rectangular steel,
matte black finish

Muscle Groups

All

Included Accessories

Tablet Holder Attachment, Tricep Rope, 2 x Rubber D Handles, Straight Bar, EZ Curl Bar, Ankle Strap, Multi-Function Belt, Sport Handle, 2 x 5 lb Add-On Weights, Exercise Booklet

Optional Add-ons

Weight stack upgrades 2 x 50 lb



3-Month Membership to
Centr Digital Included

INSPIRE SF3

FUNCTIONAL TRAINER

Model #: SF3.2PK

The SF3 brings the entire gym to you. It's equipped with two weight stacks, two sliding pulleys, a selectorized Smith bar, a pull up bar, tablet holder, and a complete accessory kit. The adjustable cable column allows a wide range of exercises and is the versatile key to a complete weight training program. The selectorized Smith bar eliminates the need for more weights as it uses the integrated weight stacks and can even double the weight with the multiplier feature.



FEATURES

Dual Weight Stacks

The SF3 is equipped with two 165 lb weight stacks that allow a variety of workout options for muscle targeting

Weight Multiplier

Need more weight on your Smith Bar? Just double the weight with the SF3's weight multiplier feature

Accessories & Built-in Storage

Complete with all of the accessories you need as well as a clean way to store them.



SPECIFICATIONS

Frame

Heavy-duty round and rectangular steel
Matte black finish with chrome

Weight Stacks

2 x 165 lb (2:1 ratio for 82.5 lb per pulley)
17 lb (starting weight) Smith bar

Weight Multiplier

Doubles weight for heavy lifters, while using the Smith bar (320 lb max)

Included Accessories

Tricep Ropes, 2 x 2-Ring Rubber D Handles, Dual Hook Curl Bar, Ankle Strap, Chin / Dip Belt, 2 x 5 lb Add-On Weights

Built-in Storage

Accessory Rack Tablet Mount for mobile devices, Bench mount for FLB2 Folding Adjustable Bench

Warranty

Residential: Limited Lifetime on frame & all parts



3-Month Membership to
Centr Digital Included



INSPIRE SF5

FUNCTIONAL TRAINER

Model #: SF5.1

There's almost no dynamic movement or resistance training exercise you can't do on this machine. This ultimate two-in-one home gym combines a selectorized Smith Machine and a functional cable machine in an all in one commercial-quality machine built for your home gym. The SF5 is equipped with two 165 lb weight stacks that can be upgraded to 215 lb each, sliding adjustable pulleys, built-in storage for free weights, and unique extras like mountain climbing grips and band anchors.



FEATURES

Selectorized Smith Bar

Seamlessly integrates into the weight stacks. Counter-balanced for a smooth feel. No need for Olympic plates or a spotter.

Weight Multiplier

Patented design allows you to lift up to 360 lb with the SF5's weight multiplier feature.

Built-in Storage

Two-tiered horizontal rack with rubberized surface for dumbbells, kettlebells, wall balls, and more.



SPECIFICATIONS

Frame

Heavy-duty round and rectangular steel
Matte Black and chrome with electrostatic
Powder Coat finish

Weight Stacks

2 x 165 lb (2:1 ratio for 82.5 lb per pulley) {87.5 lb max with 5 lb Add-On Weights}

Weight Multiplier

Doubles weight for heavy lifters, while using the Smith bar

Built-In Storage

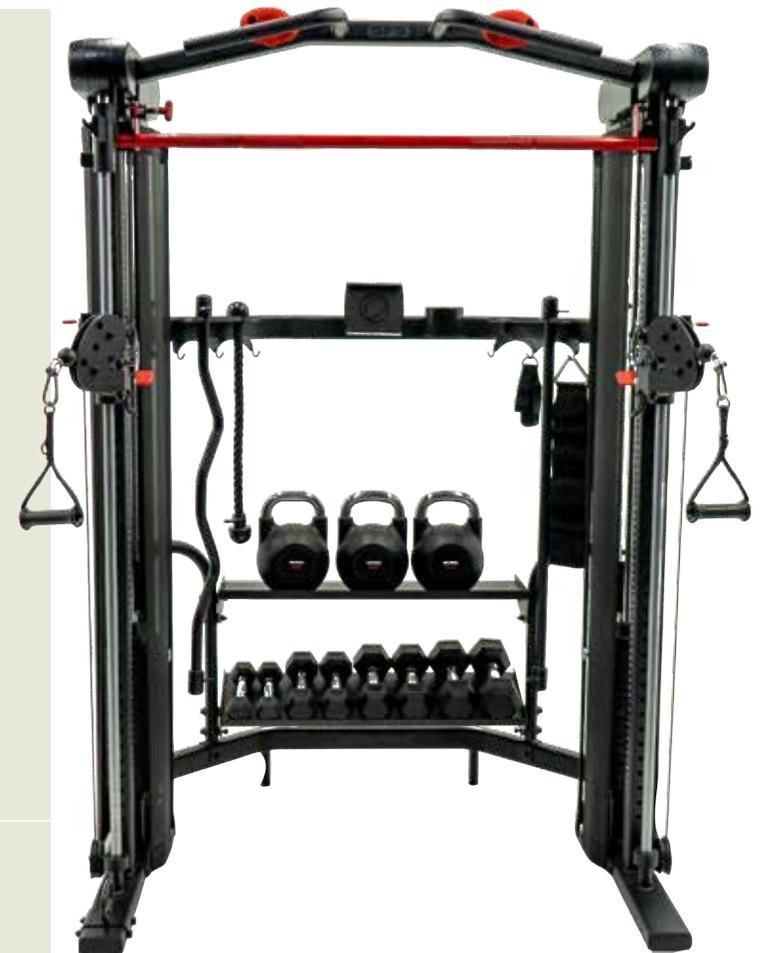
(2) Accessory Storage Racks, Tablet Mount for mobile devices, Cup Holder, FLB2 Bench Mount

Included Accessories

(2) D Handles, Triceps Rope, Dual Hook Curl Bar, Ankle Strap, Multi - Purpose Belt, and (2) 5 lb Add On Weights

Warranty

Residential: Limited Lifetime on frame & all parts



3-Month Membership to
Centr Digital Included

INSPIRE FT2

FUNCTIONAL TRAINER

Model #: FT2

The revolutionary FT2 from Inspire gives you the ability to do both traditional barbell lifts and functional movements all in one gym that fits easily into your home and your routine. This functional trainer's heart is the selectorized Smith bar that's easy to use – just set a pin instead of changing weight plates and wasting time. The bevy of included accessories helps you keep your workouts fresh and your goals attainable.



FEATURES

Olympic Bar, No Plates

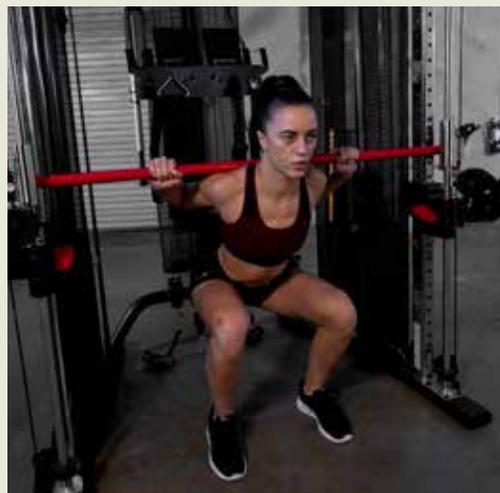
The unique Selectorized Smith Bar is directly tied into the weight stacks; no need to load and unload olympic plates to change weight, just move the pins

Infinite Exercises

Eight possible pulley positions comprised of 2 wide, 2 narrow high, and four narrow low points

Engineering Perfected

Commercial-grade construction and patented engineering make it a home gym favorite



SPECIFICATIONS

Weight Stacks

2 x 165 lb (2:1 ratio for 82.5 lb per pulley)
{85 lb max with 5 lb Add-On Weights}
20 lb Smith bar

Frame

Heavy-duty round and rectangular steel
Matte black finish with chrome

Weight Multiplier

Doubles weight for heavy lifters, while using the Smith bar

Included Accessories

Triceps Rope, 2 x Rubber D Handles, Straight Bar, EZ Curl Bar, Ankle Strap, 2 x Water Bottles, Multi-Function Belt, Sport Handle, 2 x 5 lb Add-On Weights, and Exercise Booklet

Optional Add-ons

2 x 50 lb, 2 x 5 lb (107.5 lb max per pulley, 460 lb max on Smith bar), Bench, Preacher Curl Attachment, Leg Ext / Curl Attachment, Ab Bar



3-Month Membership to
Centr Digital Included

INSPIRE SCS

SMITH CAGE SYSTEM

Model #: SCS Package

The Inspire SCS Smith Cage System is the best of both worlds, as it provides a free weight center and functional trainer all in one. This sturdy fitness foundation features six total pulleys, a pull up bar, power rack, and free weight Smith bar. With all of the options on the Inspire SCS, you can easily vary your workouts and keep your muscles guessing for the best results.



FEATURES

Dual Racking System

Safely rack both the Smith bar & your own free weight bar simultaneously

Freedom to Move

Versatility of a functional trainer; 2 adjustable wide, 2 narrow low & 2 narrow high pulleys

Built to Last

Solid steel frame & commercial grade cables mean you'll be sweating for years to come



SPECIFICATIONS

Frame

Heavy-duty oval & round steel

Color

Matte black powder coat finish, chrome & red

Smith Bar

30 lbs

Weight Stacks

2 x 165 lbs (75 kgs) (2:1 ratio for 82.5 lbs per pulley)

Optional

2 x 50 lbs, 2 x 5 lbs Add On Weights (110 lbs max per pulley)

Included Accessories

2x Multi-Ring D Handles, Rubber D Handles, Ankle Strap, & Multi-Function Belt

Warranty

Residential: Limited Lifetime
Light Commercial: Limited Lifetime Frame, 10 years parts



3-Month Membership to
Centr Digital Included



INSPIRE-SERIES | FT2 PRO

FUNCTIONAL TRAINER

Model #: SF7.1

The FT2 PRO Functional Trainer is the next generation of Inspire Fitness's top rated FT2 Functional Trainer. It is a commercial-grade cable machine plus a selectorized Smith bar all in one machine. Our patented design includes a counterbalanced Smith bar and carriage system, three main pulley areas (top, mid-adjustable, and wide), pull up station, integrated free weight and accessory storage, and two 165 lb weight stacks to get the most out of any workout.

FEATURES

Full Body Strength Training

Two 165 lb weight stacks, six pulleys with two mid-adjustable pulleys, two upper pulleys and two wide pulleys, and a patented selectorized Smith bar

Built-In Smith Machine

Our patented, selectorized Smith bar with counterbalanced bar and carriages integrates directly into the cable system. No need for a spotter or the loading or unloading of Olympic plates. With our unique weight multiplier system, you can lift up to 380 lb on the bar

Extra Features

Fully integrated and adjustable 3-tier weight racks make accessory storage easy. Tucked away hooks hold bands and other accessories

SPECIFICATIONS

Frame

Heavy-duty steel, matte black

Weight Stacks

2 x 165 lb (2:1 ratio for 82.5 per pulley, 20 lb smith bar (190 max with Smith bar, before weight multiplier)

Upgradeable Weight Stacks

Add up to 50 additional pounds to each weight stack (sold separately)

Patented Weight Multiplier System

Doubles weight for heavy lifters to 380lb max on Smith bar

Cables

1/8-inch steel cable with polyurethane coating
3/16-inch

Includes 10 Accessories

Triceps Rope, 2 x Rubber D Handles, Straight Bar, EZ Curl Bar, Ankle Strap, Multi-Function Belt, 2 x 5 lb Add-On Weights, & Sport Handle

Warranty

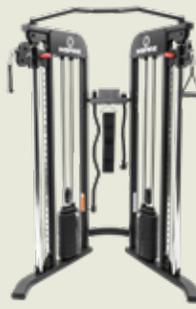
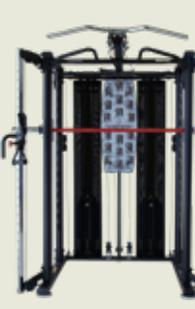
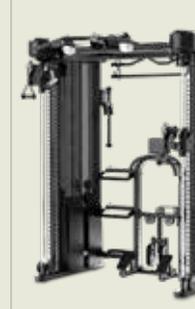
Residential: Limited Lifetime on frame & all parts
Light Commercial: Limited 10yr frame & all parts



3-Month Membership to
Centr Digital Included



*Free weights sold separately

INSPIRE FUNCTIONAL TRAINER COMPARISON							
	Inspire FTX	Inspire FT1	Inspire SF3	Inspire SF5	Inspire FT2	Inspire SCS	Inspire FT2 PRO
Pulleys and Workout Stations	2 Pulleys, Pull Up Bar	8 Pulleys, Pull Up, Smith Bar	6 Pulleys, Pull Up, Smith Bar	6 Pulleys, Pull Up, Smith Bar , Free Weight Storage			
Weight Stacks	2 x 165 lb	2 x 165 lb	2 x 165 lb				
Maximum Weight Resistance	82.5 lb per pulley	82.5 lb per pulley	82.5 lb per pulley, 350 lb on Smith Bar with Weight Multiplier	82.5 lb per pulley, 350 lb on Smith Bar with Weight Multiplier	82.5 lb per pulley, 350 lb on Smith Bar with Weight Multiplier	82.5 lb per pulley	82.5 lb per pulley 350 lb on Smith Bar with Weight Multiplier
Upgradable Weight Stack, 50 lb		✓		✓	✓	✓	✓
Weight Selection Method	Pull Pin	Pull Pin + Plate Loaded Bar	Pull Pin + Plate Loaded Bar				
Accessories	5 Total Accessories	11 Total Accessories	7 Total Accessories	8 Total Accessories	11 Total Accessories	6 Total Accessories	10 Total Accessories
Materials	Steel Frame, Smooth Pulleys	Steel Frame, Smooth Pulleys	Steel Frame, Smooth Pulleys				
Other Features	Tablet Holder Accessory Storage	Tablet Holder Rotating Accessory Storage	Patented Weight Multiplier doubles weight on Smith Bar	Built-In Storage Rack for free weights Weight Multiplier on Smith Bar	Compatible with FT2 Leg Conversion Kit & Leg Ext / Leg Curl Weight Multiplier on Smith Bar	Built in Smith Bar with dual rack for traditional Smith exercises	Fully integrated and adjustable 3-tier weight racks Weight Multiplier on Smith Bar
Dimensions	W - 54 in / 138 cm L - 40 in / 102 cm H - 85 in / 216 cm	W - 54 in / 138 cm L - 46 in / 117 cm H - 82 in / 209 cm	W - 59 in / 150 cm L - 46 in / 117 cm H - 84 in / 213 cm	W - 59 in / 150 cm L - 45 in / 114 cm H - 84 in / 213 cm	W - 61 in / 155 cm L - 58 in / 148 cm H - 83 in / 211 cm max - 88 in / 224 cm	W - 75 in / 191 cm L - 61 in / 155 cm H - 81 in / 206 cm max - 87 in / 221 cm	W - 61 in / 155 cm L - 58 in / 148 cm H - 83 in / 211 cm

INSPIRE BL1

BODY LIFT MULTI GYM

Model #: BL1

This innovative home gym functions without a heavy weight stack and uses your own body weight to provide resistance at 15 levels for challenging both your upper and lower body. The machine is completely silent and all the movements are smooth with none of the drag that weight stacks have. The BL1 is extremely customizable and adjustable for dozens of exercises that will tone and strengthen your entire physique.

FEATURES

Body Weight Resistance

15 different body weight resistance levels, no weights or plate noises

Compact Build

With a minimal footprint, it's perfect for any corner of your home

Multi Functional Gym

Leg and arm in one machine means efficiency for you and less equipment in your home



SPECIFICATIONS

Frame

Heavy-duty steel, matte black, electrostatic powder coat

Weight Stack

216 lb (98 kg)

Included Accessories

Revolving Curl Bar, Steel Lat Bar

Available Add-Ons

Sport Handle, Ab Bar

Resistance

10% of your body weight, or up to 150% of your body weight

Resistance Adjustment

15% of your body weight, adjusted with one-handed adjustment slide

Warranty

Residential: Limited Lifetime



3-Month Membership to
Centr Digital Included



INSPIRE M3

MULTI GYM

Model #: M302

A complete gym system features independent press arms and four pulleys for more isolated exercise options for targeted body parts. The design of the Inspire M3 offers a seated leg curl and extension station, seated ab crunch, and free movement handles for nearly limitless exercises and angles. The dual high pulleys are completely independent of each other and gives more possibilities while really strengthening your core. The M3 is the answer to complete home fitness.



FEATURES

Total Body Machine

More than 100 different types of exercises with one efficient tool

Built-in Crunch Bench

The patented seated crunch station is a one-of-a-kind integration

Independent Press Arms

Work both arms at once, or individually with the unique press arm design



SPECIFICATIONS

Frame

Heavy-duty steel with chrome and matte black electrostatic powder coat finish

Included Accessories

EZ Curl Bar, Ankle Strap, Extension Chain, 4 x D Handles

Available Add-Ons

Leg Press, Triceps Rope, Abdominal Bar, Multi-Ring D Handles, Double D Low Row Handle, Sport Handle

Resistance Ratio

High, Mid and Lower pulleys 1:2, Leg Ext 1:1, Leg Curl 3:4, Leg Press 2:1, Press Arm 1.2:2

Bearings

Precision Steel Ball System

Warranty

Residential: Limited lifetime

Light Commercial: Limited lifetime on frame and 10 years parts



3-Month Membership to
Centr Digital Included



MULTI GYM COMPARISON



**Inspire BL1
Body Lift**

**Inspire M1
Multi Gym**

**Inspire M2
Multi Gym**

**Inspire M3
Multi Gym**

**Inspire M5
Multi Gym**

Model Number	BL1	M102	M202	M302	M5.2
Upper Pulleys	1	2	1	2	1
Mid Pulleys		2	1	1	1
Lower Pulleys	1	2	1	1	2
Isolateral Lat Station		✓		✓	
Isolateral Press Arms				✓	
Seated Ab Crunch				✓	
Seated Leg Extension	✓		✓	✓	✓
Seated Leg Curl			✓	✓	✓
Back Pad Adjustment	Single	Telescoping	Single	Dual	Dual
Leg Press Compatibility			✓	✓	✓
User Capacity	1	1	1	1	2
Dimensions	W - 43 in / 110 cm L - 55 in / 140 cm H - 89 in / 226 cm	W - 39 in / 99 cm L - 75 in / 190.5 cm H - 84 in / 213 cm	W - 49 in / 125 cm L - 65 in / 165 cm H - 78 in / 199 cm with optional leg press W - 79 in / 201 cm L - 72 in / 183 cm	W - 40 in / 102 cm L - 73 in / 186 cm H - 84 in / 214 cmw with optional leg press W - 74 in / 188 cm	W - 88 in / 224 cm L - 94 in / 239 cm H - 85 in / 216 cm with optional leg press W - 124 in / 315 cm

LEG PRESS ATTACHMENT

MULTI GYM

Model #: LP3

This Leg Press attachment works with our Inspire M2, M3 and M5 Multi Gyms. It ties into the weight stack system, giving you the ability to execute leg press and calf raise exercises on your home gym. A rubberized foot plate keeps you secure and foam pads keep you comfortable.



COMPATIBILITY



Inspire M2 Multi Gym



Inspire M3 Multi Gym



Inspire M5 Multi Gym

SPECIFICATIONS

Frame

Heavy-duty steel

Color

Matte black and chrome

Finish

Electrostatic powder coat

Resistance Ratio

1:2

Dimensions

52" W x 71" L x 37" H

Weight

165 lb (75 kg)

Warranty

Residential: Limited Lifetime



LP3 shown on M5 Multi Gym



3-Month Membership to
Centr Digital Included

INSPIRE FPC1

FULL POWER CAGE

Model #: FPC1

Dual racking system allows you to perform exercises inside or in front of the cage. Heavy gauge steel allows for full commercial use and can handle the toughest at home workouts. The tubing is laser cut for precision fitment and features clear number markers for easy reading and efficient workouts. Robust construction with front safety catches and included attachments such as dip bar handles, the FPC1 will be a hub for any gym for years to come.



FEATURES

Dual Racking System

Perform exercises inside of the cage or in front of the fully adjustable racking system.

Commercial Quality, Built for Home

A solid, 11-gauge steel frame means commercial quality, at a price and size for your home.

7 Unique Attachments

Loaded up with extras like band attachments, dip handles, a landmine and battle rope attachment.



SPECIFICATIONS

Frame

Heavy-duty, 11 gauge steel

Square Tubing

3 in x 3 in tubing with 1 in holes for attachments

Color

Matte black and red

Pull Up Bar

Knurled and multi-grip

Included Attachments

2 x Dip Handles, 2 x Inner Safeties, 2 x J-Hooks, 2 x Outer Safeties, Landmine, Battle Rope Holder, 2 x Upper and Lower Band Attachments

Warranty

Residential: Limited Lifetime



3-Month Membership to
Centr Digital Included

INSPIRE-SERIES | HALF RACK

RACK



Model #: IHR.1

Set a strong foundation for any home gym with the Inspire Series Half Rack. The Rack is built with a 3 in. x 3 in. steel frame and oversized footpads, for solid stability. With adjustable J-hooks, adjustable safeties, and a built-in pull up bar this rack can deliver a variety of traditional free weight training capabilities. Built-in storage for weight plates keeps things organized while the compact footprint makes it suitable for small spaces and low ceilings.

FEATURES

Dual Racking System

Perform exercises inside of the cage or in front with the fully adjustable racking system.

Multi-Functional Design

Vertical bar catch and safety rail adjusts in 16 positions for standing, kneeling, and seated exercises. Add a workout bench for even more exercise options.

Safe Weight Plate Storage

Dual 10 in. (25.4 cm) weight storage horns can hold 5 to 10 weight plates per horn, depending on the width of the weight plates

Quality Construction.

Industrial-grade steel frame, wide foot pads and bolt down capabilities ensure a safe set-up for the most rigorous of workouts

Long-Lasting Protection

Bar catches and safety rails are equipped with replaceable wear guards to protect the rack and olympic bar over time

Versatile

Ideal for squats, lunges, pull ups and chin ups, rack pulls and deadlifts

SPECIFICATIONS

Frame / Color / Finish

Heavy-duty 3 in. x 3 in. box steel frame tubing, matte black powder coated

Vertical Bar Catch and Safety Rails

16 adjustment positions at 3-1/8 in equipped with replaceable wear guards to protect the rack

Dual Pull-Up Handles

Knurled surface multi-grip handles for maximum grip

Max Load Capacity

750 lb / 340 kg

Max User Weight

350 lb / 159 kg

DIMS (W X L X H)

49.8 in x 52.7 in x 85.2 in (126.4 cm x 133.8 cm x 216.4 cm)

Weight

157.6 lb / 71.5 kg

Warranty

Residential: Limited Lifetime



3-Month Membership to
Centr Digital Included

INSPIRE-SERIES | FID7 PRO

WEIGHT BENCH

Model #: FID7.1

This sturdy, multi-functional workout bench is ideal for a wide range of athletes. It has an extended range of incline and seated positions including a one-of-a-kind mid-back seat adjustment. Designed with versatility in mind, the FID7 is compatible with leg extension/curl and preacher curl attachments to maximize your workout.



FEATURES

Innovative Back Pad Adjustment

A one-of-a-kind split back pad with remote handle adjustment allows you to get in any optimal position for safe, effective, and efficient dumbbell workouts.

Maximum Adjustability

Ladder-style 7-position back pad adjustment, 4-position seat adjustment, and 4-position mid back rest support a wide array of functional and strength training exercises.

Built to Last

Heavy-duty upholstered pads, soft foam padding and a steel, single-welded frame delivers a comfortable and durable workout bench.

Easy to Position

With a sturdy handle and built-in wheels, getting the bench into an optimal workout position is easy to do

Versatile & Intentional

Pair this bench with optional attachments to complete your workout - preacher curl and leg extension/leg curl attachment for more versatility

SPECIFICATIONS

7 Position Back Pad Adjustments

-15 decline, 0 at, 15°, 30°, 45°, 60° and 75° incline angles with traction grip handles

4 Position Seat Adjustment

Pull pin style seat pad adjustments 0°, 10°, 20° and 30°

4 Position Mid-Back Adjustment

Quick adjust mid-back pad to 0 (degrees symbols after each number), 30, 45, 90

Frame

Heavy-duty steel, matte black powder coated

Easy to Move

Wheels and handle make it simple to move around

Max User Weight

500 lb / 227 kg

Backward Compatible

Works with original FT2 leg conversion kit, SCS-LE, and SCS-PC

Warranty

Residential: Limited lifetime warranty

Light Commercial: 10-year warranty



Compatible with optional attachments like Leg Extension / Leg Curl



3-Month Membership to
Centr Digital Included

WEIGHT BENCHES				
	Inspire Folding Bench	Inspire FID3 Bench	Inspire FID5 Bench	Inspire Series FID7 PRO Bench
Model Number	FLB2	FID3	FID5	FID7
Use Cases	Weight training	Weight training	Weight training	Weight training
# of Bench Positions	6 back	3 seat 7 back	4 seat 4 mid 7 back	4 seat 4 mid 7 back
Weight Capacity	500 lb	500 lb	500 lb	500 lb
Dimensions	52" L x 17" W x 41" H	54" L x 23.4" W x 15.5" H	55.6" L x 26.8" W x 17.8" H	55.6" L x 26.8" W x 17.8" H
Transport Wheels	✓	✓	✓	✓
Bench Pads	Closed-cell foam / Naugahyde	Closed-cell foam / Naugahyde	Closed-cell foam / Naugahyde	Closed-cell foam / Naugahyde
Frame	Heavy Duty Steel	Heavy Duty Steel	Heavy Duty Steel	Heavy Duty Steel
Compatible with Attachments				✓



MORE BENCHES



**Inspire Fitness
Mini Crunch Bench**

**Inspire Fitness 45 / 90
Hyper-extension Bench**

**Inspire Fitness
Ab Crunch Bench**

Model Number	MCB1	HYP1	ACB1
Use Cases	Obliques, Abdominals, Back	Back, Abdominals, Glutes, Hamstrings	Obliques, Abdominals, Back
# of Bench Positions	1	5 x 45 to 90 degrees	1
Weight Capacity	500 lb	300 lb	350 lb
Dimensions	6" L x 34" W x 29" H	54" L x 32" W x 40" H	61" L x 36" W x 41" H
Transport Wheels		✓	✓
Bench Pads	Closed-cell foam / naugahyde	Closed-cell foam / naugahyde	Closed-cell foam / naugahyde
Frame	Heavy Duty Steel	Heavy Duty Steel	Heavy Duty Steel



INSPIRE ACCESSORIES

DUAL HOOK CURL BAR

SKU: DHCB



Attaches to 2 aligning cable pulleys on any Inspire functional trainer, allowing you to execute a variety of upper body exercises.

ALUMINUM LAT BAR

SKU: RLBA3

Designed to connect to any cable pulley for a variety of upper body exercises. The unique design works well for attaching multiple, close-proximity pulleys for even more resistance.



DOUBLE D LOW ROW HANDLE

SKU: LRDDH

Attaches to any cable pulley, allowing you to execute a variety of single or dual arm exercises.



AB BAR

SKU: ABB

Attaches to any cable pulley, allowing you to execute weighted crunches.



ANKLE STRAP

SKU: AS1

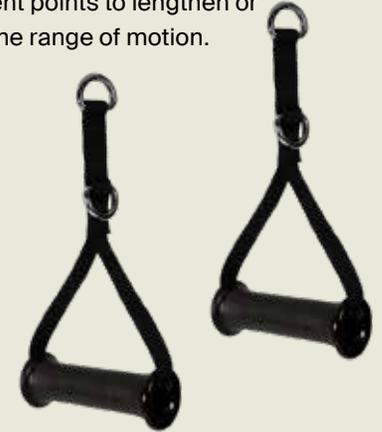
Attaches to any cable pulley, allowing you to conduct a number of lower body exercises like donkey kicks and inner or outer thigh work.



MULTI-RING D HANDLES

SKU: 4RDH

Attaches to any cable pulley, allowing you to execute a variety of single or dual arm exercises with multiple attachment points to lengthen or shorten the range of motion.



BLUETOOTH HEART RATE STRAP

SKU: HRA3

Connect to a device with Bluetooth connectivity for a real-time read out on your heart rate, with compatible apps.



RUBBER GRIP D HANDLES

SKU: RDH

Attaches to any cable pulley, allowing you to execute a variety of single or dual arm exercises.



ALUMINUM EZ CURL BAR

SKU: CBA

Attaches to any cable pulley, allowing you to execute a variety of upper body exercises.



PREACHER CURL ATTACHMENT

SKU: SCS-PCA

Attaches to the SCS-WB and FIDB benches. Use to comfortably execute single or double hand curl exercises. The built-in bar rack works nice for easy storage between sets.



INSPIRE ACCESSORIES



TRICEPS ROPE

SKU: TR1

Attaches to any cable pulley, allowing you to execute a variety of single or dual arm exercises.



STEEL LAT BAR

SKU: LBS1

Attaches to any cable pulley, allowing you to execute a variety of pull down exercises.



STEEL 18" REVOLVING STRAIGHT BAR

SKU: RSB

Attaches to any cable pulley, allowing you to execute a variety of upper body exercises.



LEG EXTENSION / CURL ATTACHMENT

SKU: SCS-LEC

Connects to the SCS-WB and FIDB benches. Use to comfortably execute leg curl and extension exercises. The built-in weight horn allows you to add weight plates for added resistance.

Compatible with FT2 and FT2 Leg Kit.



WEIGHT STACK UPGRADE

SKU: 54293W5



This 50 lb add-on, five 10-lb plates, is designed for heavy lifters who need more resistance on their Inspire Fitness machine. Compatible with: FT1, FT2, SCS, M1, M2.

SPORT HANDLE

SKU: SH1

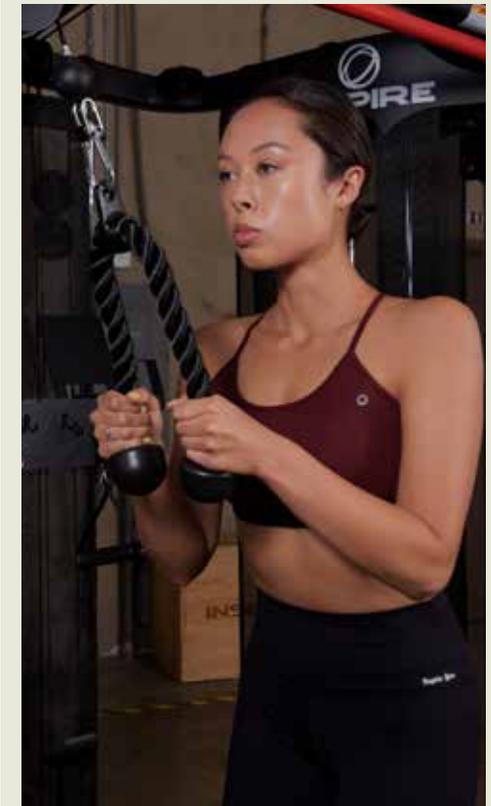
Attaches to any cable pulley, allowing you to execute a variety of sport-specific exercises.



5LB ADD ON WEIGHT

SKU: ADW5

The 5 Lb. Add-On Weight sits atop any Inspire weight stack for 5 Lb. of additional resistance.



INSPIRE SERIES | T4 and T4s

TREADMILLS

Model #: TM4

Inspire Series T4 and T4s are performance treadmills with ultra-smooth and responsive running surfaces, and a quiet, yet powerful brushless motor to meet all your workout needs. This line includes both a base model with a tablet holder and quick key panel, with an upgraded model with a 10" multimedia touchscreen showcasing workout programs, entertainment, and more. The T4 line features a tool-free setup and with the foldable frame it is ideal for any room in your home.



Inspire Series T4
with quick key panel

Inspire Series T4s
with 10" multimedia touchscreen

FEATURES

Natural Stride Technology

Specially designed motor controller delivers the feel of running on a flat road by sensing the user's natural stride speed and adjusting accordingly.

Cloud Cushion Suspension

Minimize the impact on your body with a tread that is engineered to soften the impact of each stride.

Worry-Free Brushless Motor

High-performance motor delivers an energy efficient, self-cooling, quiet and long-lasting experience.

Innovative Touchscreen (T4s Only)

Responsive 10" touchscreen has quick-key functionality and the ability to wirelessly mirror your mobile device.

Self Lubricating Belt

A built-in lubrication valve makes maintenance simple as you pour oil into one convenient port and the Tread belt then self-lubricates as it rotates.

SPECIFICATIONS

Motor

Brushless motor

Power

3.0 HP peak

Running Surface

20 in. x 55 in. (50.8 cm x 139.7 cm)

Heart Rate Integration

Standard Bluetooth heart rate device connection

Folding Frame

Pivot fold up, soft gas assist fold down mechanism

Max Speed | Max Incline

10 mph / 16 kph | 12%

Rollers

1.8 in (4.5 cm)

Max User Weight

300 lb / 136 kg

Warranty

Residential: Limited Lifetime Motor and Frame
5 Years Parts



3-Month Membership to
Centr Digital Included

INSPIRE SERIES | T5 and T5s

TREADMILLS

Model #: T5LED-110.1 / T5TS-110.1

The T5 is a treadmill built for runners with a reliable brushless motor, large running surface and high-quality components for long lasting use. Available with a 15.6" multimedia touchscreen showcasing workout programs, entertainment, and the ability to cast content from your mobile device.



Inspire Series T5
with 15" touch key LED panel

Inspire Series T5s
with 15.6" multimedia touch screen

FEATURES

Natural Stride Technology

Enjoy the feel of running on a flat road with a specially designed motor controller that senses the users stride speed and adjusts automatically.

Cloud Cushion Suspension

Minimize the impact on your knees, ankles, and feet with a tread that is engineered to soften the impact with each stride.

Worry-Free Brushless Motor

High-performance motor delivers an energy efficient, self-cooling, quiet and long-lasting experience.

15.6" Multimedia Touchscreen

Full color touchscreen display brings your run to life with workouts, stats, and the ability to wirelessly mirror your mobile device for entertainment that keeps you moving

Non-Maintenance Belt

The belt system is designed to require zero maintenance, making it simple to maintain and built to last.

SPECIFICATIONS

Motor

Brushless DC

Power

4.0 HP

Running Surface

20 in x 60 in / 50.8 cm x 152.4 cm

Heart Rate Integration

Bluetooth Device Compatibility

Folding Frame

Pivot fold up, soft gas assist fold down mechanism

Max Speed | Max Incline

10 mph / 16 kph | 15%

Rollers

Crowned, 2.0" (5.08 cm)

Max User Weight

300 lb / 136 kg

Warranty

Residential: Limited Lifetime Motor and Frame
5 Years Parts



3-Month Membership to
Centr Digital Included

INSPIRE SERIES | T7 and T7s

TREADMILLS

Model #: TM7.1

The T7 is the ultimate runner's treadmill with a powerful AC motor, large running surface and high-quality components for long lasting use. Designed with peak innovations in comfort, control, and entertainment - the T7 delivers for athletes of all levels. This line includes both a base model with 15" touch key LED screen, and an upgraded model with 15.6" multimedia touchscreen showcasing workout programs, entertainment, quick touch controls, and more. This light commercial treadmill boasts a lifetime warranty on frame and motor, making it your go-to treadmill day after day.



Inspire Series T7
with 15" touch key LED panel

Inspire Series T7s
with 15.6" multimedia touchscreen

FEATURES

Natural Stride Technology

Enjoy the feel of running on a flat road with a specially designed motor controller that senses the users stride speed and adjusts automatically.

Cloud Cushion+ Suspension

Innovative and responsive running surface provides all the cushioning, support and stability you need as you walk, jog and run.

15.6" Multimedia Touchscreen

Full color touchscreen display brings your run to life with workouts, stats, and the ability to wirelessly mirror your mobile device for entertainment that keeps you moving.

Convenient Features

Quick-Touch toggles on the inside of the tread make it easy to adjust speed and incline as you workout. Safer, quicker, easier to use.

Non-Maintenance Belt

The belt system is designed to require zero maintenance, making it simple to maintain and built to last.

SPECIFICATIONS

Motor
AC motor

Power
5.0 HP

Running Surface
22 in. x 60 in. (55.8 cm x 152.4 cm)

Heart Rate Integration
Bluetooth Device Compatibility + Integrated Contact Heart Rate Handles

Max Speed | Max Incline
12 mph / 19.3 kph | 18%

Rollers
2.4 in (6.1 cm)

Max User Weight
350 lb / 159 kg

Warranty
Residential: Limited Lifetime Motor, Frame, and Deck, 10 Years Parts, and 1 Year Labor

Commercial: Limited Lifetime Motor, Frame, and Deck, 5 Years Parts



3-Month Membership to
Centr Digital Included

CS2.5 CARDIO STRIDER

STRIDER

Model #: CS2.5

Experience a smooth, low impact, full body workout on the 2.5 Cardio Strider. Eight preset workout programs make it easy to get on and go. With 20 resistance levels, the Strider can grow with you as you get stronger.

SPECIFICATIONS

Frame
Heavy-duty steel

Finish
Electrostatic powder coat

Resistance System
Motorized Magnetic

Adjustable Handles
4-Way Adjustable, in / out and face up / down

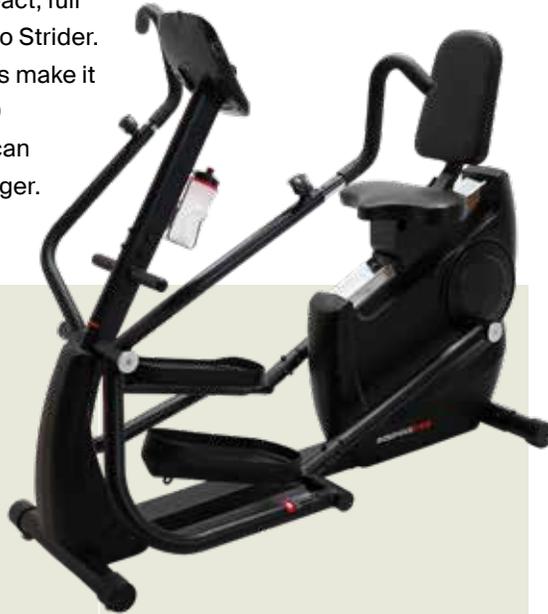
Included Accessories
Child Lock

Max User Weight
300 lb

Dims (W X L X H)
35 in x 60 in x 50 in

Weight
183 lb

Warranty
Residential: Limited Lifetime frame, 5y parts



FEATURES

Interactive Console
Eight preset programs keep you on track

20 Resistance Levels
It continues to challenge you as you improve your fitness

Low Step-through Height
Easy access to seat.

Silent Poly V Belt System
Provides whisper quiet operation.

CS3 CARDIO STRIDER

STRIDER

Model #: CS3.1

A Cardio Strider with 40 resistance levels, adjustable seat, 10 preset programs, and rotating handles. A machine that engages every muscle in your body, all without stressing your knees, back or hips.

SPECIFICATIONS

Customized Seat
Adjustable seat height and 3-point back tilt

Adjustable Handles
Lock up or down

Resistance System
Electro-magnetic flywheel

Display
LCD display (plug-in)

Bluetooth
Ready to connect to heart rate monitoring devices

Heart Rate Handles
Reads heart rate when held

Built-In
Tablet holder and water bottle storage

Max User Weight
300 lb (136 kg),
with locking pin 400 lb (182 kg)

Weight
187 lb (85 kg)



Warranty
Residential: Limited Lifetime frame, 5y parts
Light Commercial: 10y frame, 1y parts

FEATURES

Low Impact Cardio
Unique striding motion reduces stress on knees, hips and back for a one of a kind workout

40 Resistance Levels
No matter your fitness level, there's a resistance that matches you now and in the future

Interactive Console
10 Preset programs with a log of your workout history and settings keep you on track

CARDIO STRIDER COMPARISON



CS2.5 Cardio Strider



CS3 Cardio Strider

Model Number	CS2.5	CS3.1
Quick Release Handles		✓
Adjustable Back Tilt	✓	✓
Blue Backlit Screen		✓
Resistance Levels	20	40
Present Programs	8	10
Heart Rate Grips		✓
Maximum User Weight	300 lb (136 kg)	300 lb (136 kg), 400 lb (182 kg) with locking pin
Warranty	Residential: Limited lifetime frame, 3y parts	Residential: Limited lifetime frame, 5y parts Light Commercial: 10y frame, 1y parts

INSPIRE CROSS ROW

MAGNETIC ROWER

Model #: CR2.5

A unique Cross Row machine with adjustable, bi-directional resistance and a unique motion for a total body workout. No matter your body type and fitness goals, this machine puts you on the fast track because it makes the most of your allotted exercise time. The Cross Row helps you knock out your cardio and strength training at the same time on a finely tuned and sturdy workout device.



FEATURES

Less Time, Better Results

Torch calories in minimal time with this high intensity resistance workout machine

Adjustable Resistance

Smooth, magnetic resistance is easily adjusted from the handle grip

Full Body Workout

Work both sides of the body, core and legs at once, in an ergonomically correct way



SPECIFICATIONS

Resistance System

Magnetic

Frame

Heavy-duty steel, matte black, chrome and red details

Flywheel

30 lb (14 kg) with silent drive chain

Display

LCD touch panel (6V, 4D size batteries)

Bluetooth

Ready to connect to heart rate monitoring devices

Built-In Storage

Tablet, water and personal item storage

Machine Storage

Tilt upright, on front end to store

Max User Weight

300 lb (136 kg)

Warranty

Residential: Limited 10 years frame, 3 years parts

Light Commercial: 10 years frame, 2 years parts

Full Commercial: 5 years frame, 1 year parts



3-Month Membership to
Centr Digital Included



INSPIRE WEIGHTS

CHROME OLYMPIC BAR

SKU: RDH

Seven-foot Olympic Bar with 700 lb weight capacity and two included clips.



KEVLAR WALL BALLS

SKU: KWB

Available in 8lb, 10lb, 12lb, 14lb, 16lb, 18lb, 20lb, 24lb, 26lb, and 30lb.



RUBBER OLYMPIC WEIGHT PLATES

SKU: DHCB



Available in 2.5 lb, 5 lb, 10 lb, 25 lb, 35 lb, or 45 lb weight plates. Unique, tri-grip design also gives you flexibility to do a variety of exercises with the plates alone – giving you even more versatility with your set.





For more information or to place an order, contact our team at sales@centr.com.

centr.com | shop.centr.com | inspirefitness.com