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Fitness First, Inc.

BRINGING QUALITY FITNESS EQUIPMENT
TO THE WORLD

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|INSPIRE FITNESS|

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BL1

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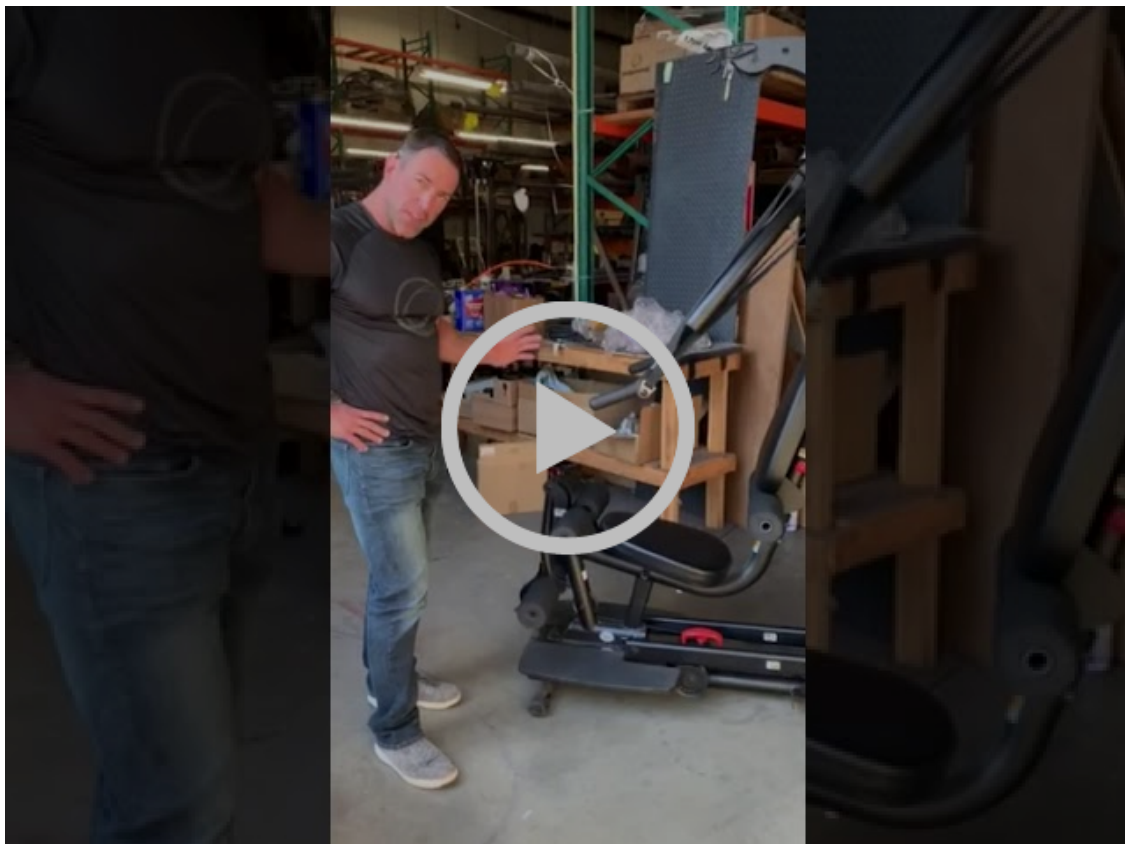
Make this adjustment to
their floor models
today!!

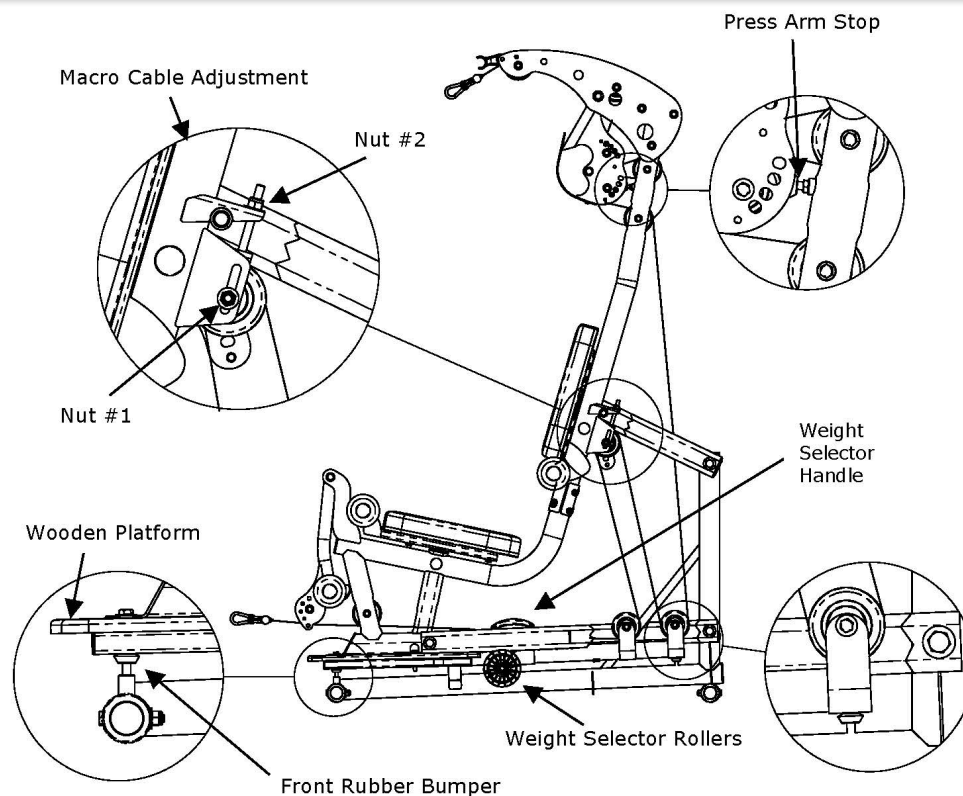
Body Lift Slider Adjustment



We have noticed that many floor models are not adjusted properly to allow the slider to move easily. If it doesn't move, it won't sell, and you can't demo the unit.

In this short service video, Fred Hoag shows you how to adjust the weight slider so it will move freely. **Please request your service teams to check every floor model for this proper adjustment.**



**FINAL ADJUSTMENT:** (if needed)

Below the seat you will find the weight selector. Grab the weight selector handle and pull the spring loaded pin. Slide the weight selector from position one to fifteen. The rollers should move freely. If the weight selector rollers bind between positions 1-8, lift the wooden platform and adjust the two Front Rubber Bumpers up slightly. This will ease the pressure on the rollers and allow the weight selector mechanism to slide freely.

If the Weight Selector Rollers bind between positions 8-15, thread the press arm stop completely into the frame. This will provide slack in the cable and ease the pressure on the Weight Selector Rollers. If the Weight Selector Rollers are still binding, loosen nut #1 in the Macro Cable Adjustment drawing above. Next, adjust nut #2 counter clockwise until the Weight Selector Rollers move freely. Re-tighten nut #1.

NOTE:

The cable on this gym will stretch over time. There are two places to eliminate cable slack. A large amount of cable slack can be removed by adjusting the pulley upward on the Macro Cable Adjustment. Start by loosening nut (#1) shown in the Macro Cable Adjustment drawing above. Next, using a wrench, turn nut (#2) clockwise until adequate cable slack has been removed. Finish by tightening nut #1 back up.

To eliminate a small amount of cable slack, adjust the Press Arm Stop counter clockwise. Wrench tighten Jam Nut.

BLUETOOTH CONSOLES

Inspire Fitness

The CR2.5, IC1.5 and the CS3.1 all have Bluetooth compatible consoles. These consoles are ready to connect to any Bluetooth enabled Heart Rate Monitoring Devices, and the New Inspire Fitness Mobile App. We are no longer supplying the Chest Strap with these models as the new technology is replacing chest straps in the future.

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INDOOR CYCLE

IC1.5

[CLICK HERE TO LEARN MORE](#)

THE IC1.5 IS A HUGE HIT! MAGNETIC RESISTANCE, BELT DRIVE, THREE WAY ADJUSTMENTS, AND BLUETOOTH CONNECTIVITY. WE EVEN INCLUDE A TABLET/PHONE HOLDER FOR GROUP TRAINING WITH THE INSPIRE FITNESS STUDIO APP.



CARDIO STRIDER

CS3.1

[CLICK HERE TO LEARN MORE](#)

THE NEW CS3.1 IS BEAUTIFUL IN MATTE BLACK. WE UPGRADED THE CONSOLE WITH A NEW LED SCREEN FOR EASIER VIEWING, AND INCLUDED 40 RESISTANCE LEVELS AND 10 PRESET PROGRAMS. WITH A LIFETIME FRAME, AND 5 YEAR RESIDENTIAL PARTS WARRANTY, YOU CAN'T GO WRONG THE THE CS3.1.



2019 is coming to an end, are your orders up 10% over last year? Inspire wants 10% growth every year from their distributors/retailers and they count on your continued support to develop new products and fund future growth. We are always looking for ways to

contact us with your new order as soon as possible.

Fitness First, Inc. in Egypt

| Egypt, HACE Tradeshow |

Desiree and I travel near and far to see all our wonderful customers. In October we visited Sobek Sports and helped with the HACE hospitality tradeshow in Cairo, Egypt. Ahmed Abd El Meguid and his team did an excellent job with a full booth of Inspire equipment. Every product was well received and the market for growth looks good in Egypt.



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We were able to see some amazing sites in Egypt and we highly recommend putting this on your bucket list if you haven't been there yet.

Upcoming Tradeshows

FitnessExports.com

Tradeshow Season is just around the corner and I want to update you on our plans this coming year.



ISPO TRADESHOW
MUNICH

Michael and I will be at ISPO for the first two days of the show. If you will be there we would like to meet with you. Please let me know.

dbinford@fitnessexports.com.



MARCH 5 - 7
2020
TWTC EXHIBITION HALL 1

#FIT THE
FUTURE

TAISPO TRADESHOW TAIWAN

March 5th -7th 2020

BOOTH # Do727 (Same location as two years ago, across from Dyaco).

We will have the full range of Dual Machines at the show including the Assisted Chin / Dip. We will also have products from Marcy, GoFit, and Xtreme Elite. Don't miss this important show in Taipei.



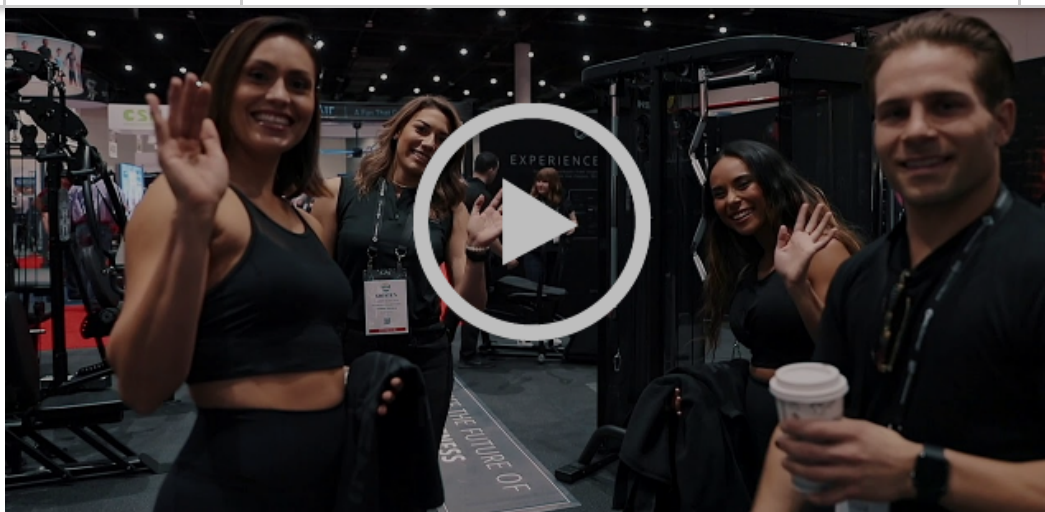
IHRSA TRADESHOW

San Diego, California

19 March 2020, 10:00 to 18:00

20 March 2020, 10:00 to 17:00

Inspire Fitness IHRSA 2019 Tradeshow

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The world's biggest trade show for fitness, wellness and health
Exhibition Centre Cologne

02 – 05 April 2020, 09:00 – 18:00 daily.

(We will be there on Wednesday and Thursday only. Book
appointment early!)

EMAIL DAN BINFORD HERE

CHINESE NEW YEAR – FACTORY CLOSURES:

Saturday, 18 Jan to Monday, 3 Feb 2020

Please don't wait until it is too late to get your orders
shipped before Chinese New Year. We will always take
advance orders and ship them the day you want, but not
during Chinese New Year!!

PLEASE PLAN AROUND THIS HOLIDAY

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Get the latest pricing and product lists on GoFit. Every Equipment Sale should have an Accessory Sale with it.

Muscle Hook Multi-Tool
Thermal Roll-On Massager



Go Vibe Vibrating Massager
Go Roller 12" Massage Kit

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EMAIL DAN BINFORD HERE

Email me to make an order today!

Dan Binford
President



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Our mailing address is:

|dbinford@fitnessexports.com|

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Fitness First, Inc. · 4040 S Gary Rd · Salt Lake City, UT 84124-2312 · USA

