



Model: FT1PRO.1

USER MANUAL

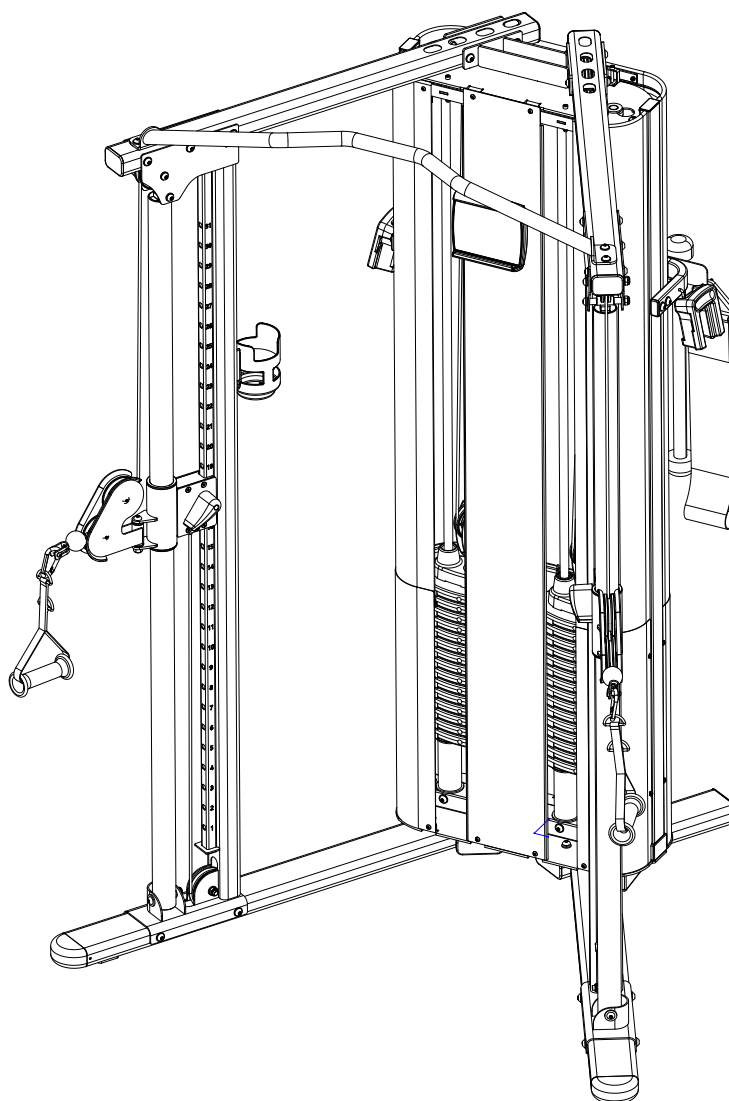
FT1 PRO

FUNCTIONAL TRAINER

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY



SCAN FOR MANUALS,
VIDEOS, AND SUPPORT



Record Serial Number Here

MADE IN CHINA
80633-EN-V2025-11-07

WELCOME

Welcome to Centr and thanks for your purchase. We're happy to have you. Please inspect your product and contact us right away if anything is missing or damaged.

Your equipment also comes with access to Centr's digital membership, unlocking tools that will fuel your active lifestyle and well-being. The Centr wellness system aligns your movement, meals and mind with expert-led programs and advice made to work together to deliver you the best results and lifelong healthy habits. Get moving with limitless ways to fuel your routine and reach your goals!

NEED HELP? WE'RE HERE FOR YOU.

US CUSTOMERS

If you have questions or issues with your equipment, please contact our US Customer Service team. Support is provided in English and Spanish.



EMAIL

support@centr.com



PHONE

877-738-1729 (US Only)

+1 714-738-1729 (Global)

Mon-Fri 8am-5pm PT - UTC-7h/8

Support is provided in English and Spanish



GLOBAL CUSTOMERS

(OUTSIDE OF US)

If you have any questions or issues with your equipment, please contact the store where your purchase was made.

PRODUCT WARRANTY

Scan the QR code to register your product and view full warranty details.



AUSTRALIA

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Our goods and services come with guarantees that cannot be excluded under the Australian Consumer Law. For major failures with the service, you are entitled:

- to cancel your service contract with us;
- to a refund for the unused portion, or to compensation for its reduced value.

You are also entitled to choose a refund or replacement for major failures with goods. If a failure with the goods or a service does not amount to a major failure, you are entitled to have the failure rectified in a reasonable time. If this is not done you are entitled to a refund for the goods and to cancel the contract for the service and obtain a refund of any unused portion. You are also entitled to be compensated for any other reasonably foreseeable loss or damage from a failure in the goods or service.

TABLE OF CONTENTS

| | |
|-----------------------------------|----|
| PRODUCT WARRANTY..... | 3 |
| IMPORTANT SAFETY NOTICE..... | 6 |
| LABEL LOCATIONS..... | 7 |
| HARDWARE PACK (NOT TO SCALE)..... | 8 |
| ASSEMBLY..... | 10 |
| LIVE AREA..... | 22 |
| PRODUCT DIMENSIONS..... | 23 |
| ACCESSORIES INCLUDED..... | 24 |
| MAINTENANCE..... | 24 |
| EXPLODED VIEW..... | 25 |
| PARTS LIST..... | 26 |

IMPORTANT SAFETY NOTICE

PRECAUTIONS

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

1. **Consult a physician prior to commencing an exercise program.**
2. Always keep children and pets away from the machine. **DO NOT** leave children unattended in the same room with the machine. The cabling and moving parts on this machine can cause serious injury or death if used improperly.
3. Never allow children on selectorized strength equipment (unless the equipment is designed for the sole use of children) and to supervise the use of selectorized strength equipment by individuals age 13 to 17.
4. Only one person at a time should use the machine.
5. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, **STOP** the workout at once. **CONSULT A PHYSICIAN IMMEDIATELY.**
6. Position the machine on a clear, leveled surface. **DO NOT** use the machine near water or outdoors.
7. Keep hair, body and clothing free and clear of all moving parts.
8. Always wear appropriate workout clothing when exercising. **DO NOT** wear robes or other loose clothing that could become caught in the machine. Running or training shoes are also required when using the machine.
9. Use the machine only for its intended use as described in this manual. **DO NOT** use attachments not recommended by the manufacturer.
10. Never use the machine for support during stretching or to attach and use resistance straps, ropes, or other means unless allowed by the manufacturer.
11. Do not place any sharp objects around the machine.
12. Disabled persons should not use the machine without a qualified person or physician in attendance.
13. Before using the machine to exercise, always do stretching exercises to properly warm up.
14. Inspect the machine before use, including ropes, belts, or chains and their connections. Do not use if the machine or any component is worn, damaged, or inoperable.
15. The FT1 PRO Functional Trainer is designed for home use only. Therefore, it does not have a weight stack cover. This means the following for the user:
 - Only one person may use the FT1 PRO Functional Trainer at the same time.
 - The person must also ensure that no other person is in the exercise area of the FT1 PRO Functional Trainer. Persons who are in the room at the same time as the trainee must maintain a distance of at least 5 ft / 1.5 meters from the exercise equipment.
 - After using the device, it must be secured in such a way that no unauthorized person has access to it.
 - Be certain that the weight pin is completely inserted (for selectorized strength equipment that employ weight stacks). Never pin the weight stack or top plate in an elevated position. A machine must never be used if found in this condition (for selectorized strength equipment that employ weight stacks). To incrementally increase the weight resistance, use only incremental resistance means provided by the manufacturer.

Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the Care and Maintenance section on page 24

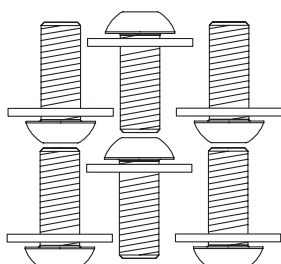
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. Health In Motion, LLC. DOES NOT ASSUME ANY RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.



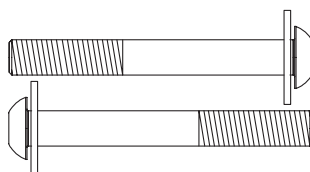
HARDWARE PACK (NOT TO SCALE)

HARDWARE 1/2 FT1 Pro

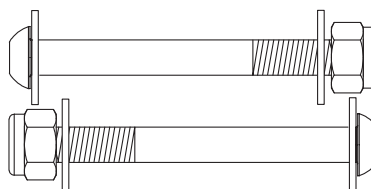
STEP 1



6 x Allen Bolt, M10 X 25 (50)
6 x Washer, M10 (51)

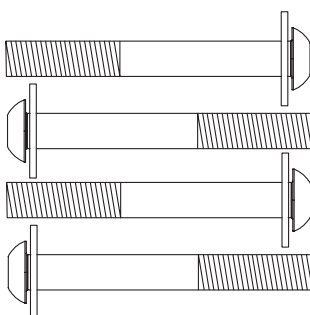


2 x Allen Bolt, M10 X 70 (52)
2 x Washer, M10 (51)

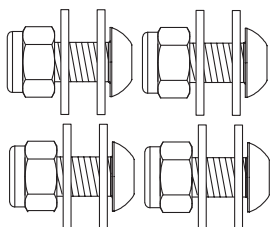


2 x Allen Bolt, M10 X 85 (54)
4 x Washer, M10 (51)
2 x Nut, M10 (53)

STEP 2

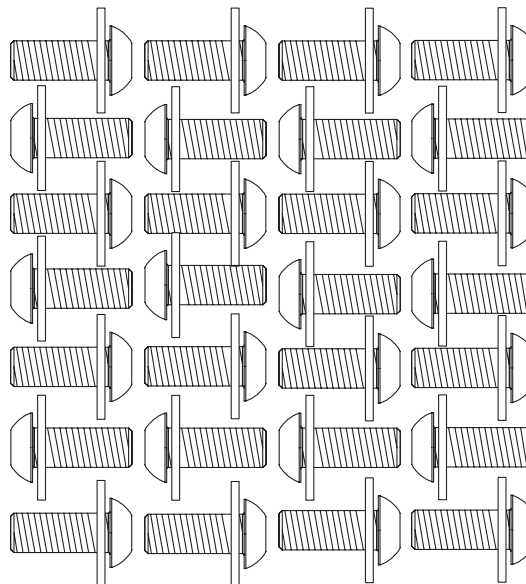


4 x Allen Bolt, M10 X 70 (52)
4 x Washer, M10 (51)



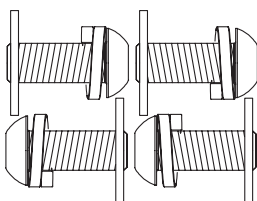
4 x Allen Bolt, M10 X 25 (50)
8 x Washer, M10 (51)
4 x Nut, M10 (53)

STEP 3

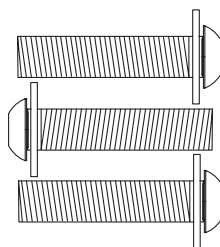


28 x Allen Bolt, M10 X 25 (50)
28 x Washer, M10 (51)

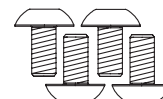
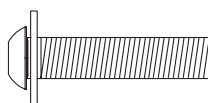
STEP 4



4 x Washer, M10 (51)
4 x Lock Washer, M10 (55)



4 x Allen Bolt, M10 X 45 (56)
4 x Washer, M10 (51)



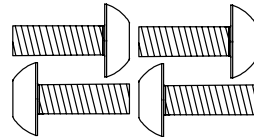
4 x Allen Bolt, M6 X 12 (57)

80631-EN-V2025-10-27

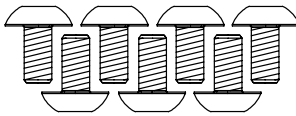
HARDWARE PACK (NOT TO SCALE)

HARDWARE 2/2 FT1 Pro

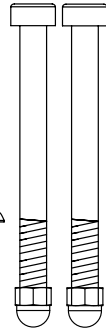
STEP 6



4 x Allen Bolt, M6 X 16 (58)

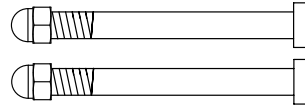


7 x Allen Bolt, M6 X 12 (57)

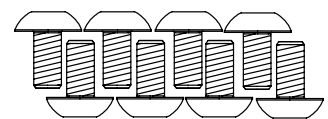


2 x Socket Head Bolt, M6 x 60 (60)
2 x Cap Nut, M6 (61)

STEP 7

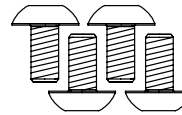


2 x Socket Head Bolt, M6 x 55 (62)
2 x Cap Nut, M6 (61)

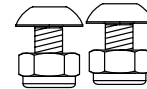


8 x Allen Bolt, M6 X 12 (57)

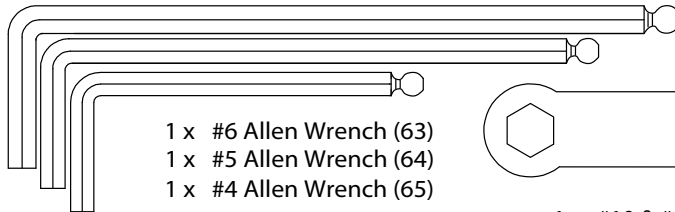
STEP 8



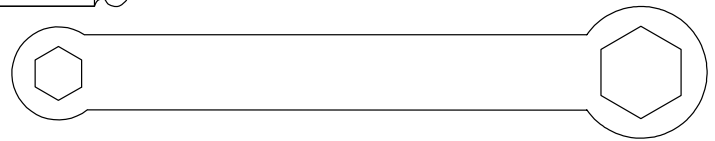
4 x Allen Bolt, M6 X 12 (57)



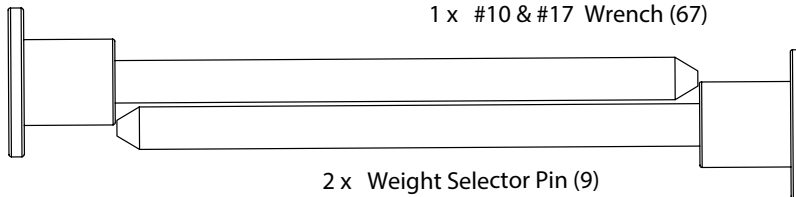
2 x Allen Bolt, M6 X 12 (57)
2 x Nut, M6 (59)



1 x #6 Allen Wrench (63)
1 x #5 Allen Wrench (64)
1 x #4 Allen Wrench (65)



1 x #10 & #17 Wrench (67)



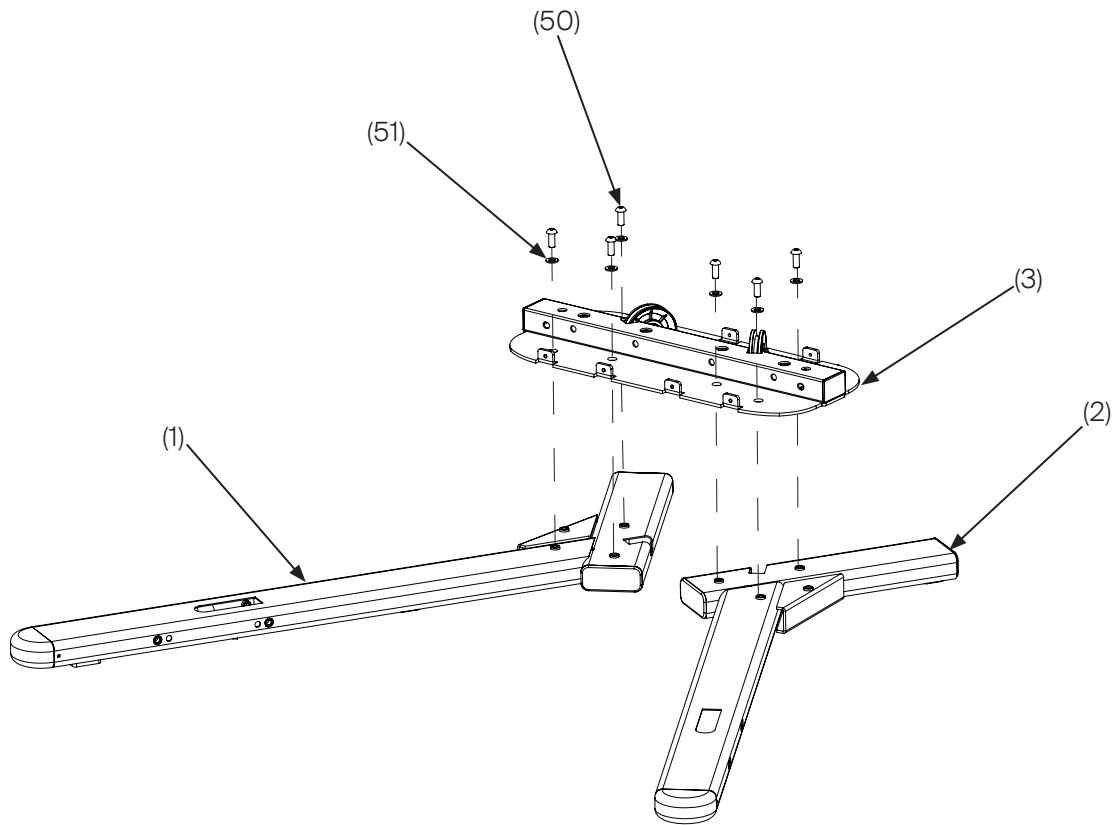
2 x Weight Selector Pin (9)

80632-EN-V2025-10-27

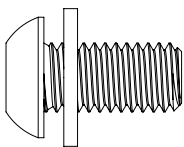
ASSEMBLY

STEP 1: Attach the **Rear Base Plate (3)** to the **Right Main Base (1)** followed by the **Left Main Base (2)** using **Hardware (50, 51)**.

NOTE: Tighten all the hardware at this time.



HARDWARE REQUIRED:

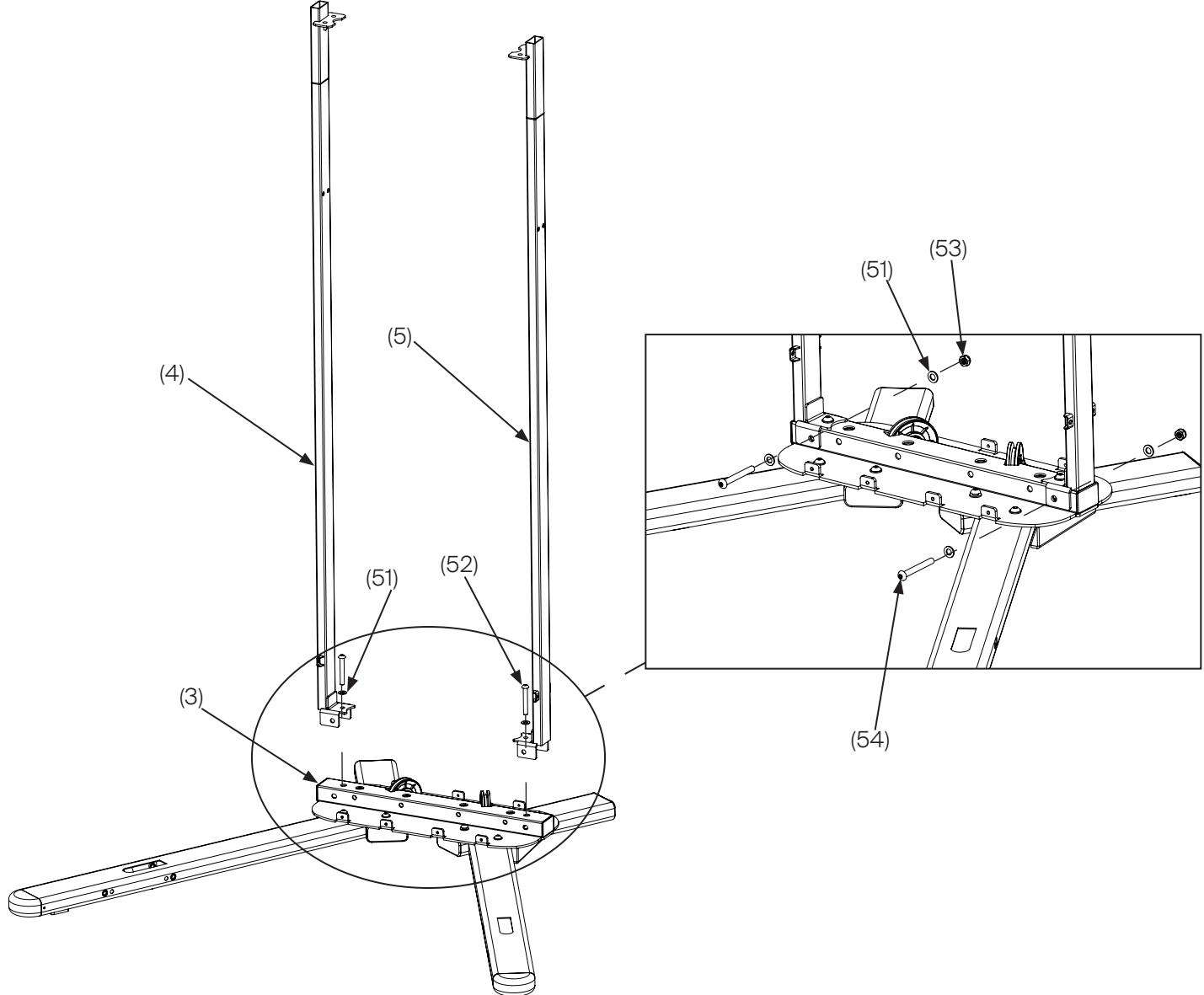


(50) ALLEN BOLT, M10X25 **6pc**

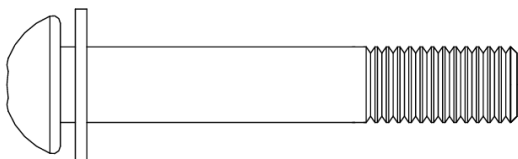
(51) WASHER, FLAT, M10 **6pc**

STEP 1 Cont: Attach the **Right Rear Upright (4)** and the **Left Rear Upright (5)** to the **Rear Base Plate (3)** using **Hardware (52, 51)**. Now fasten the **Right and the Left Rear Upright (4, 5)** using **Hardware (54, 51, 53)**.

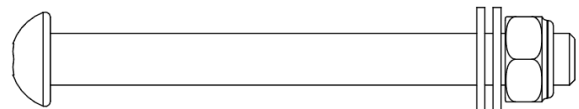
NOTE: Fully tighten the hardware at this stage.



HARDWARE REQUIRED:

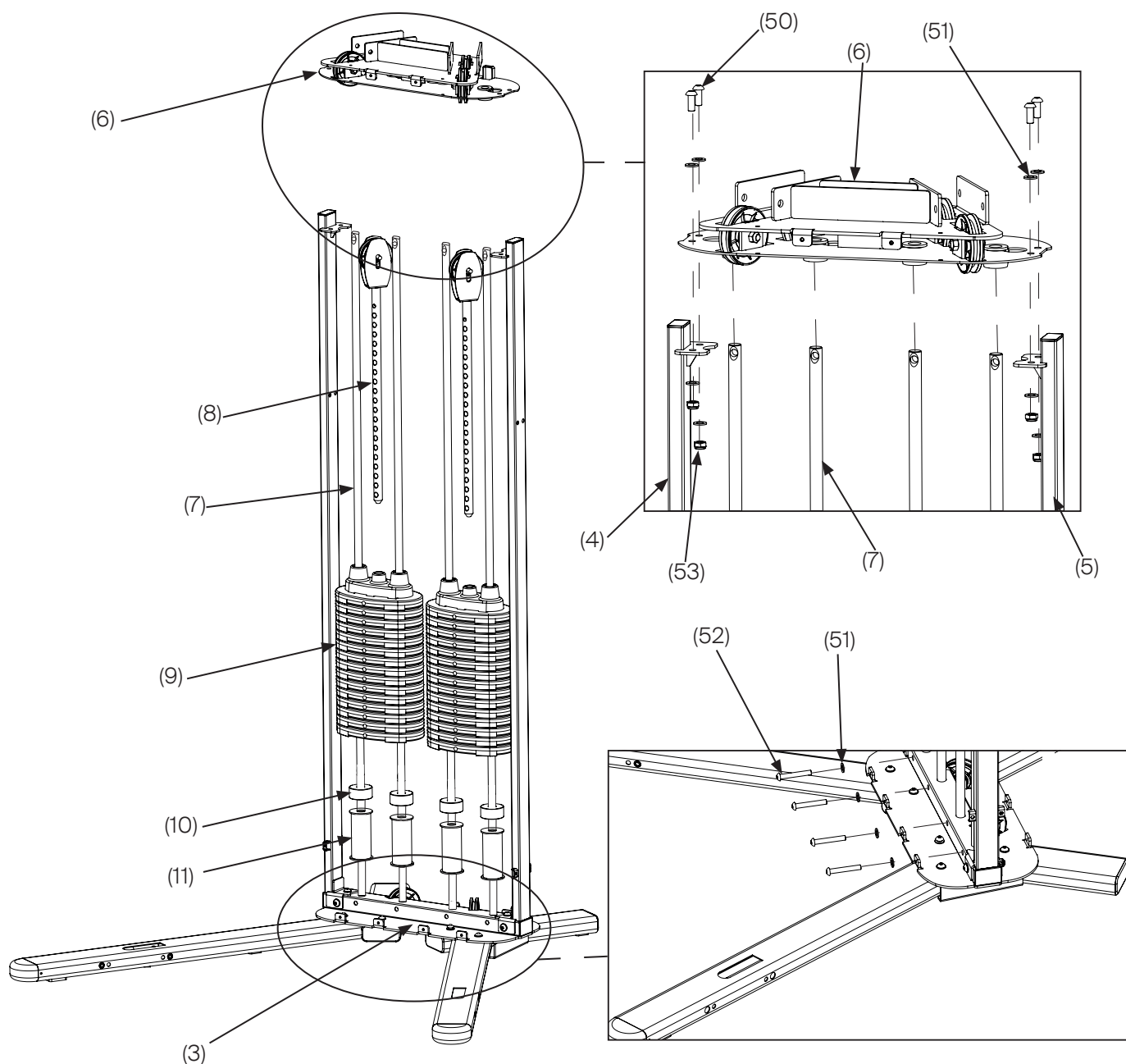


(52) BOLT, M10X70 2pc
(51) WASHER, FLAT, M10 2pc

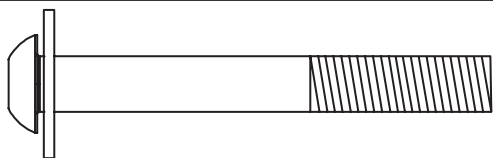


(54) BOLT, M10X85 2pc
(51) WASHER, FLAT, M10 4pc
(53) NUT, M10 2pc

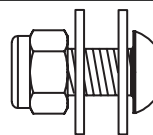
STEP 2: First slide the **Guide Rods (7)** into the **Rear Base Plate (3)**, and fasten using **Hardware (52, 51)**. In the following order now slide the **Weight Lifter (11)**, **Rubber Donuts (10)**, **Weight Plate Stack (9)**, and the **Selector Stem (8)**. Now attach the **Rear Top Plate (6)** using **Hardware (50, 51, 53)**.



HARDWARE REQUIRED:

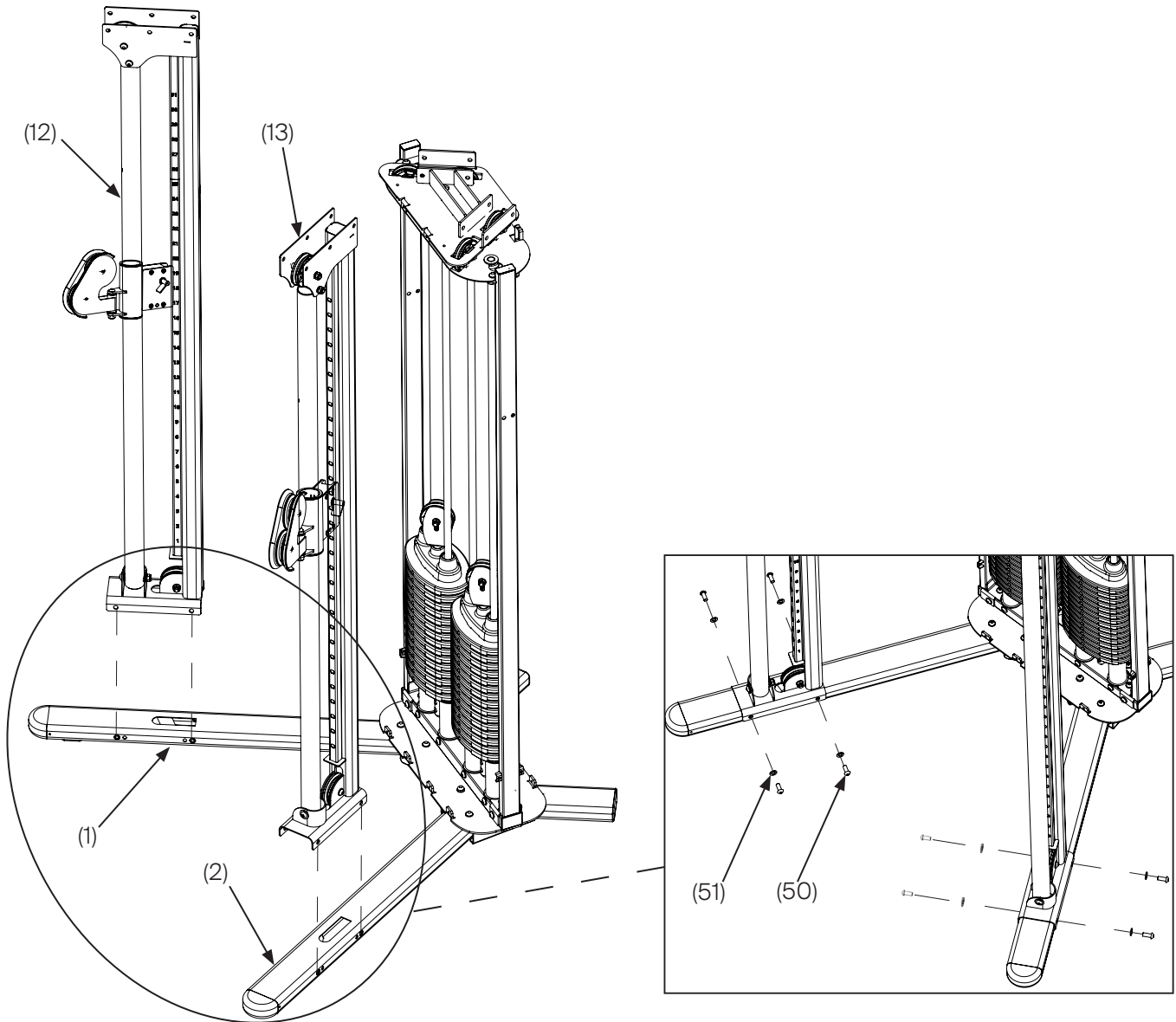


(52) BOLT, M10x70 4pc
(51) WASHER, Flat, M10 4pc

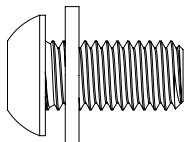


(50) BOLT, M10x25 4pc
(51) WASHER, FLAT, M10 8pc
(53) NUT, M10 4pc

STEP 3: Attach the **Right Upright Assembly (12)** to the **Right Main Base (1)**, and the **Left Upright Assembly (13)** to the **Left Main Base (2)** using **Hardware (50, 51)**.



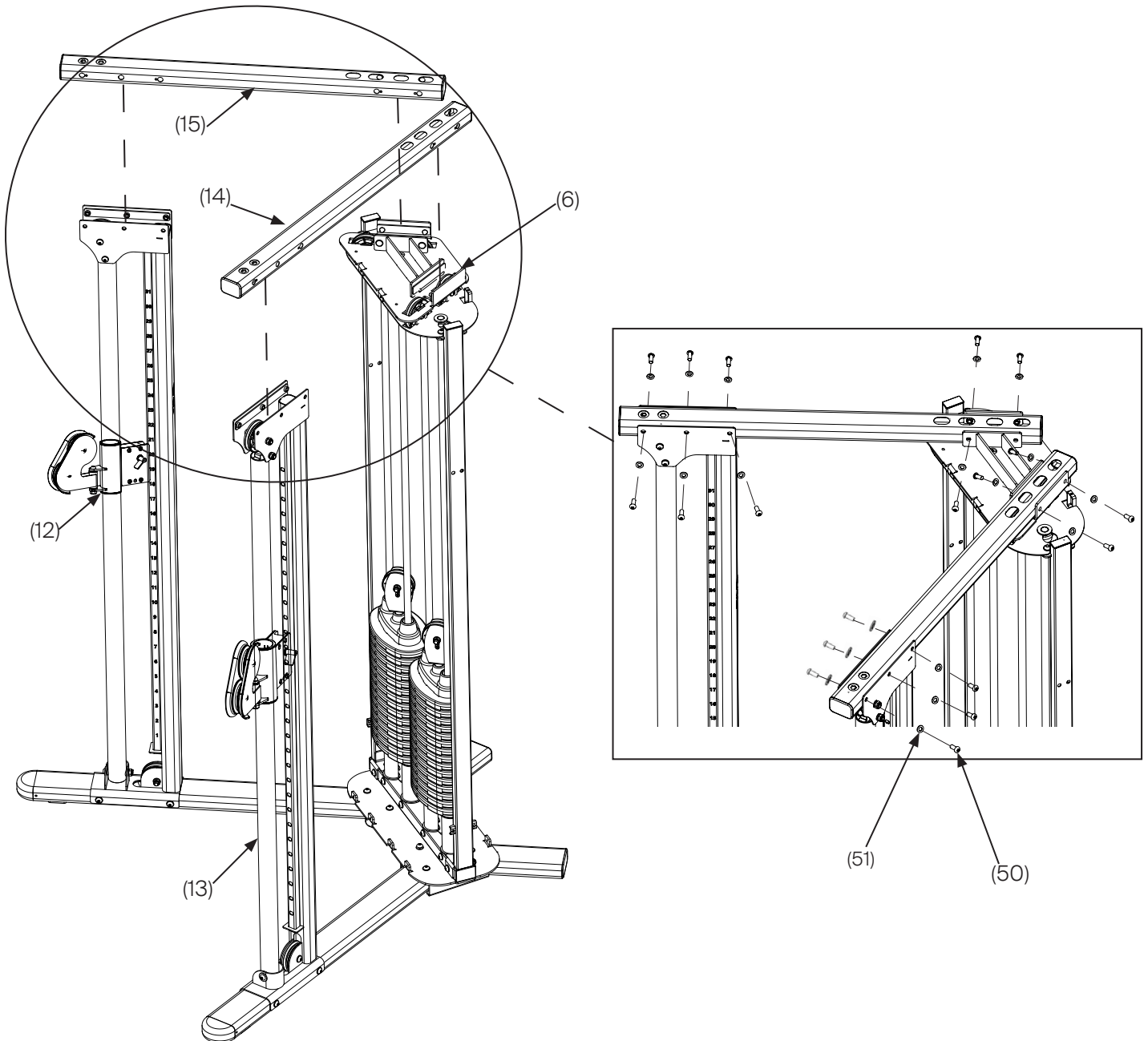
HARDWARE REQUIRED:



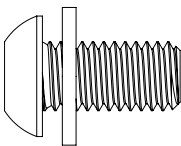
(50) BOLT, M10x25 8pc

(51) WASHER, FLAT, M10 8pc

STEP 3 Cont: Attach **Left and Right Top Tube (14, 15)** to the **Rear Top Plate (6)** and the **Left and Right Upright Assembly (13, 12)** using **Hardware (50, 51)**.



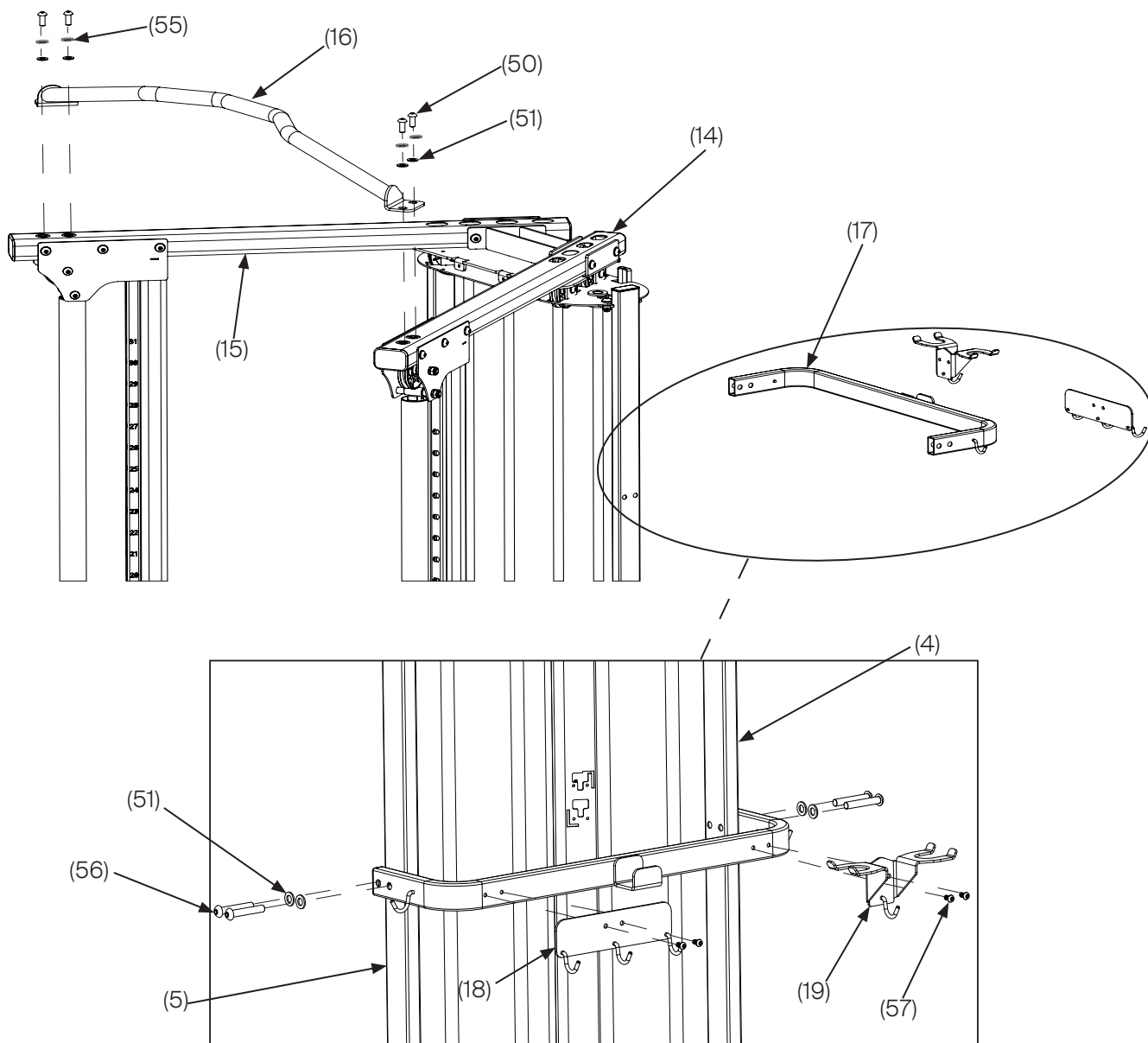
HARDWARE REQUIRED:



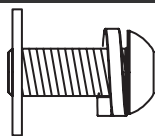
(50) BOLT, M10x25 20pc

(51) WASHER, FLAT, M10 20pc

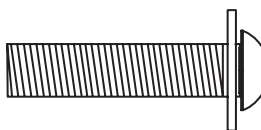
STEP 4: Attach the **Pull-Up Bar (16)** to the **Left and Right Top Tube (14, 15)** using **Hardware (50, 51, 55)**. Next, attach the **Base Accessory Rack (17)** to the **Right Rear Upright (4)** and the **Left Rear Upright (5)** using **Hardware (56, 51)**. Now attach, **Accessory Holder (18)** and the **Bar Holder (19)** to the **Base Accessory Rack (17)** using **Hardware (57)**.



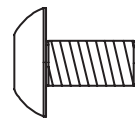
HARDWARE REQUIRED:



(50) BOLT, M10X25 4pc
(51) WASHER, FLAT, M10 4pc
(55) WASHER, LOCK, M10 4pc

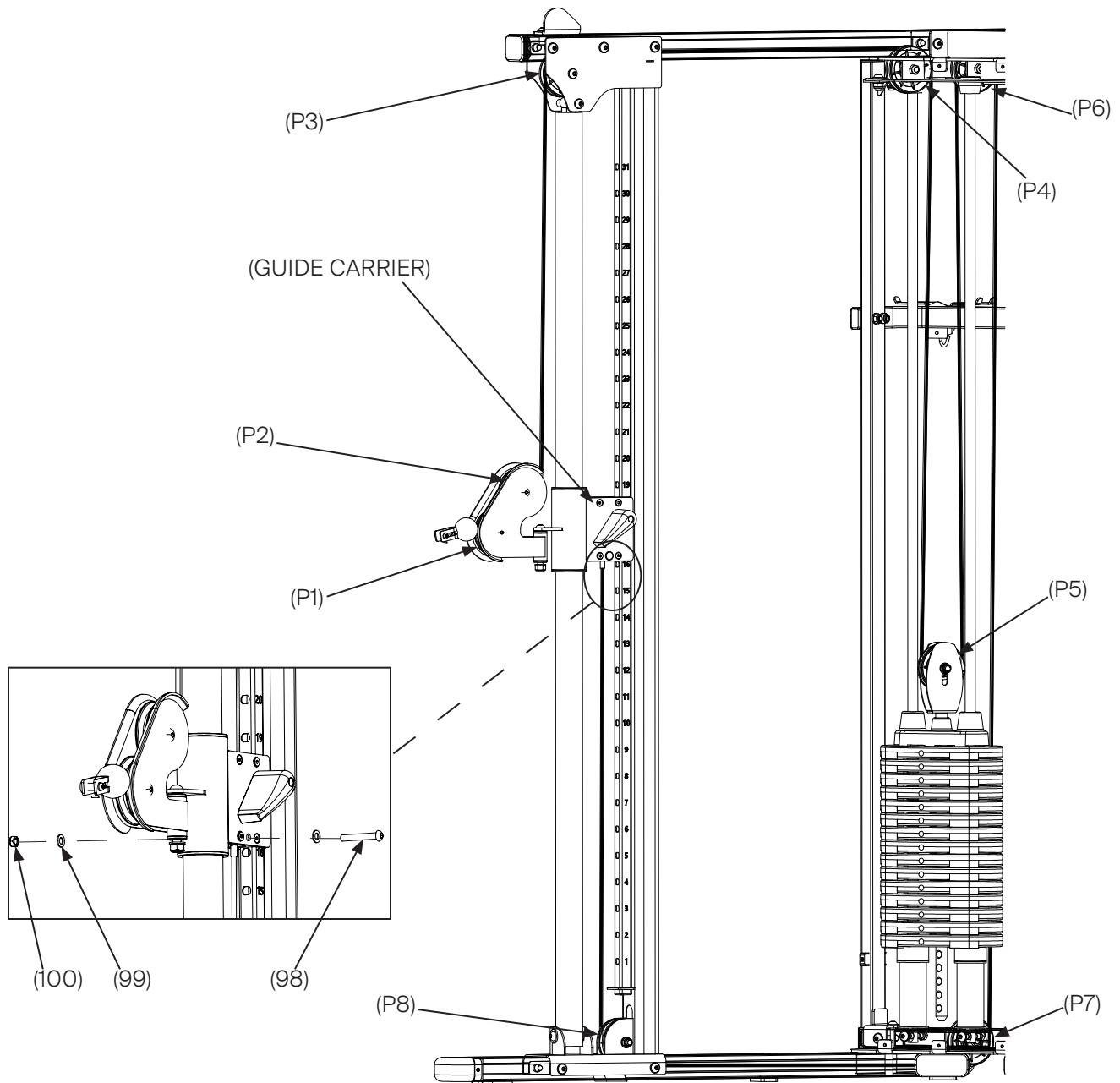


(56) BOLT, M10X45 4pc
(51) WASHER, FLAT, M10 4pc



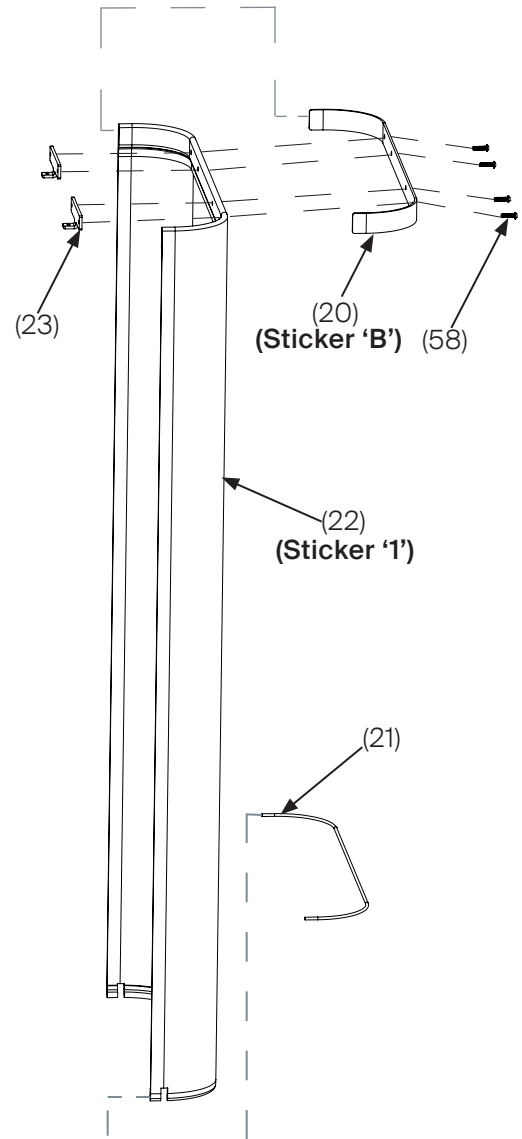
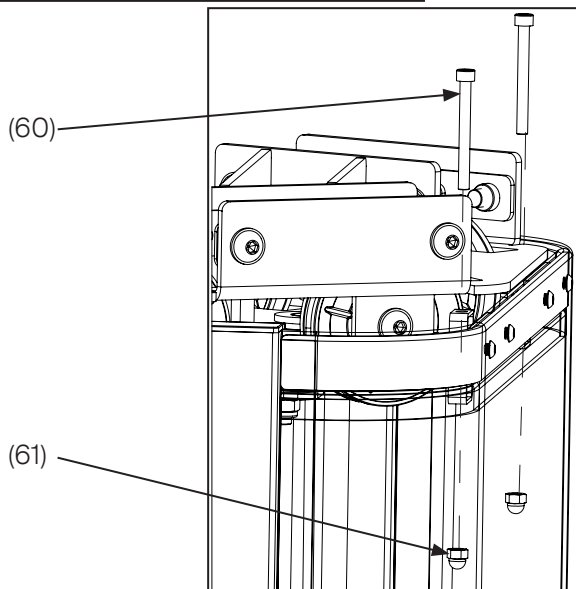
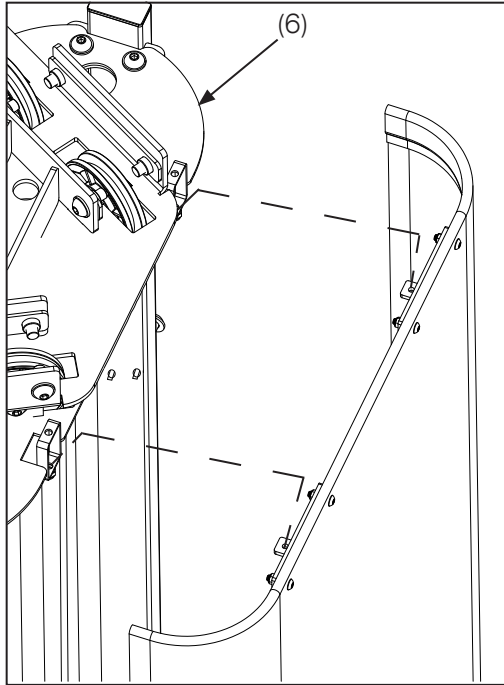
(57) BOLT, M6X12 4pc

STEP 5: To route the cable, slide the swage end between **Pulley (P1)** and **Pulley (P2)**. Now, Route it through **Pulleys (P3, P4, P5, P6, P7, P8)**. Now unscrew the **Hardware (98, 99, 100)** in the **Guide Carrier** and fix the end using the same hardware. **Repeat the same cable routing for the other side.**

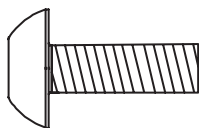


Step 6: Slide the **Top Shroud Bracket (20)** and the **Lower Shroud Rod (21)** through the **Rear Fabric Shroud (22)**. Now attach the **Rear Mounting Bracket (23)** to the **Shroud** using **Hardware (58)**. Next, place the **Rear Mounting Bracket (23)** between the Bracket on **Rear Top Plate (6)**, fix using **Hardware (60, 61)**.

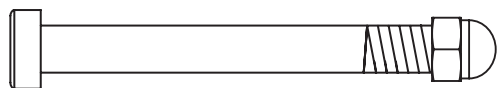
NOTE: Only finger tighten the Hardware at this stage.



HARDWARE REQUIRED:



(58) BOLT, M6X16 4pc

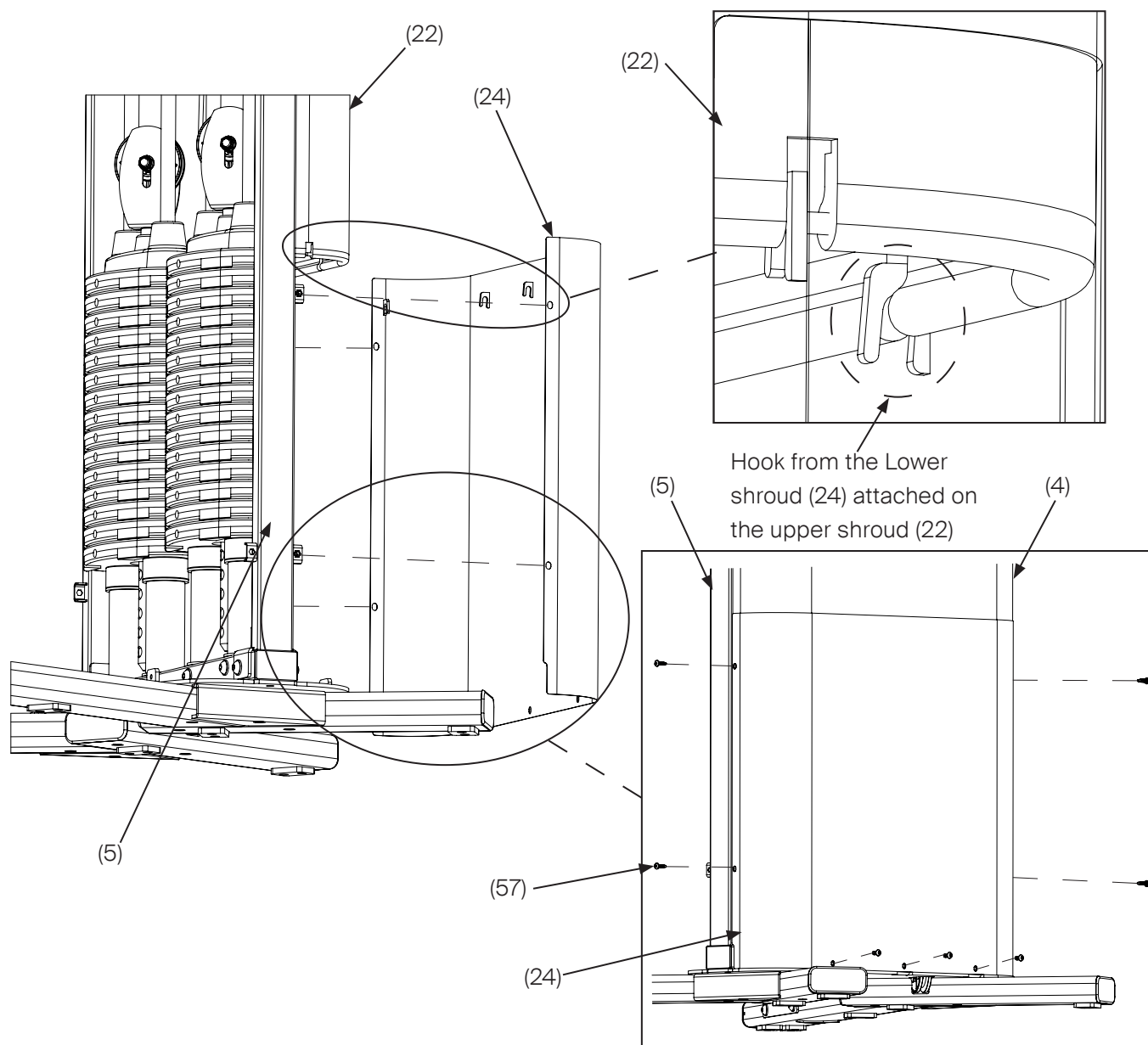


(60) BOLT, M6X60 2pc

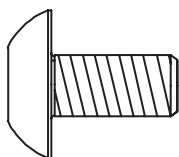
(61) NUT, CAP, M6 2pc

Step 6 Cont: Connect the **Lower Rear Shroud (24)** by hooking it on the **Rear Fabric Shroud (22)**. Now fasten the **Lower Rear Shroud (24)** to the **Left and Right Rear Upright (5, 4)** using **Hardware (57)**.

NOTE: Now fully tighten the Hardware (60, 61) from step 6 (previous step).



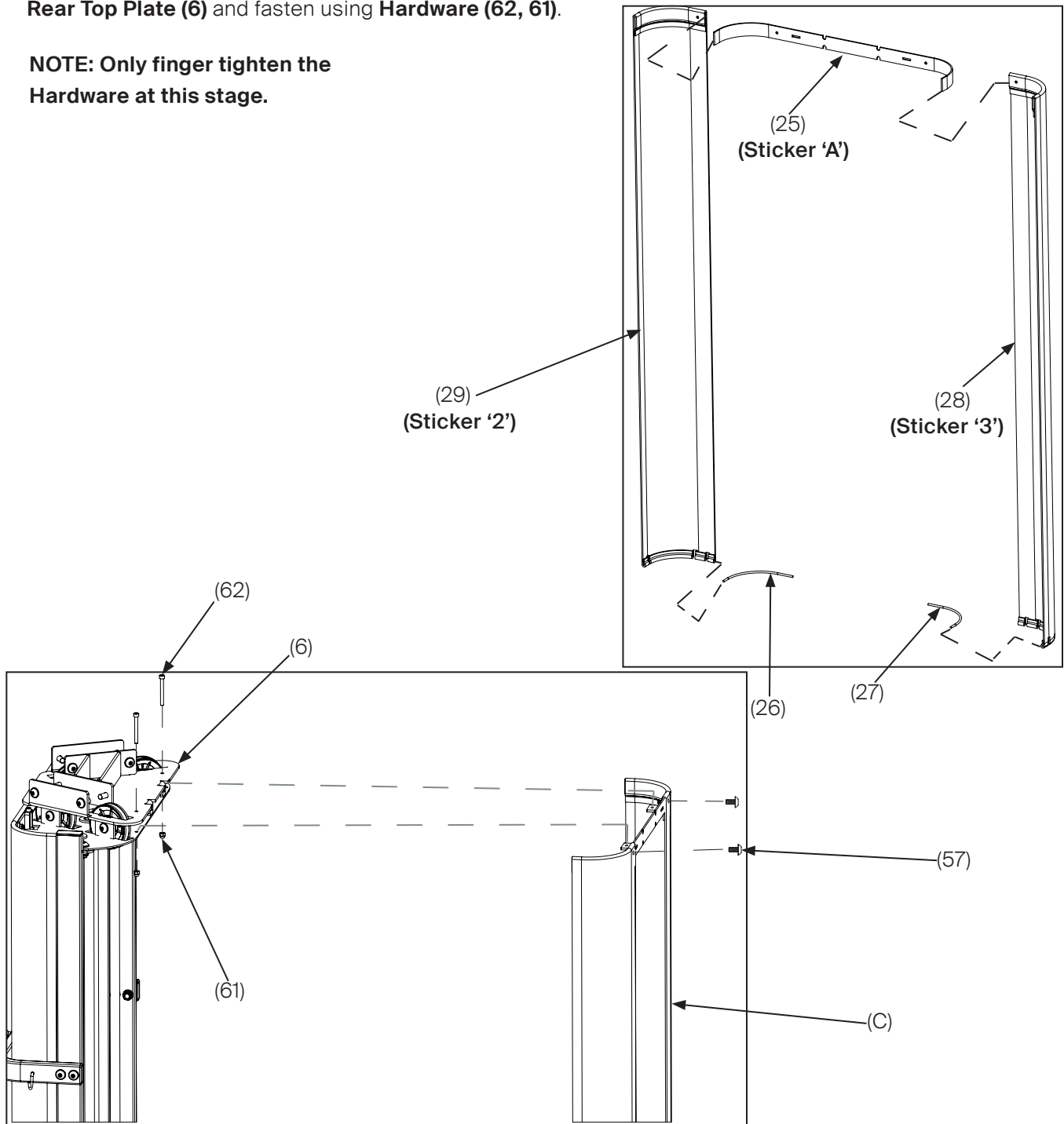
HARDWARE REQUIRED:



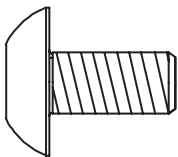
(57) BOLT, M6X12 7pc

Step 7: Slide **Front Shroud Bracket (25)** and **Bottom Shroud Brackets (26, 27)** through **Right and Left Front Fabric Shrouds (28, 29)**, fasten using **Hardware (57)**. Now slide the **Assembly (C)** between the **Rear Top Plate (6)** and fasten using **Hardware (62, 61)**.

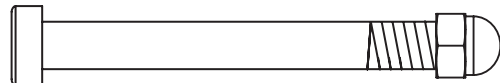
NOTE: Only finger tighten the Hardware at this stage.



HARDWARE REQUIRED:



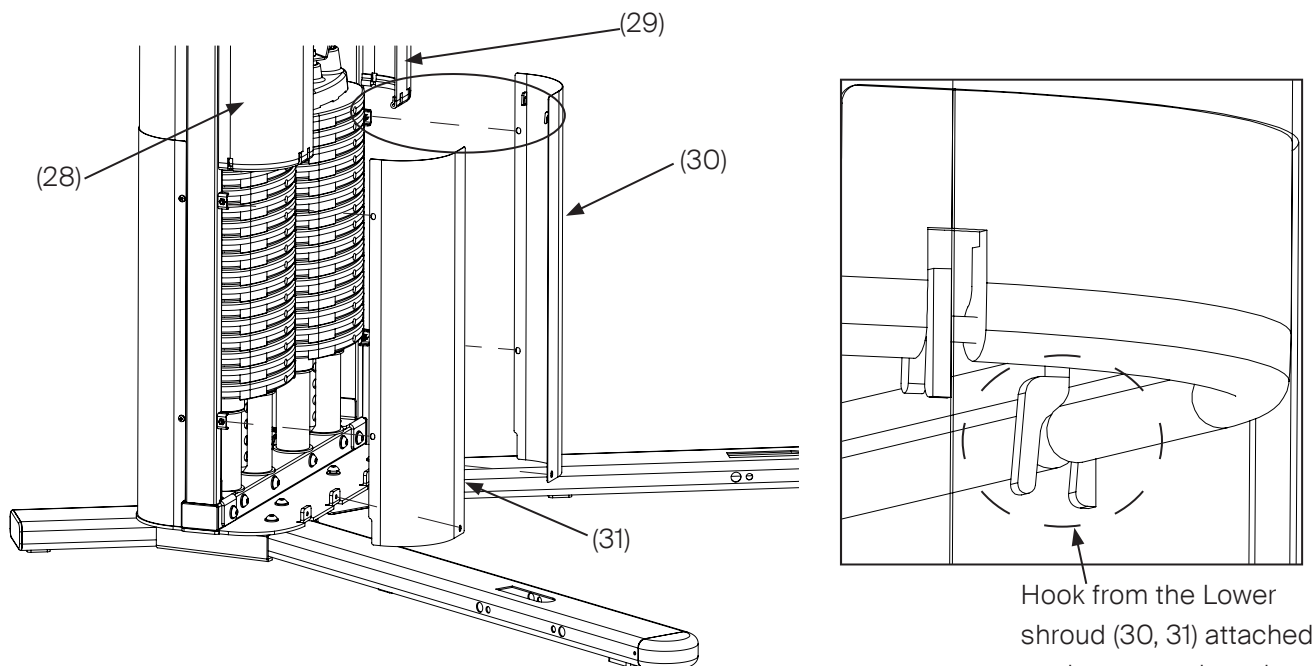
(57) BOLT, M6X12 2pc



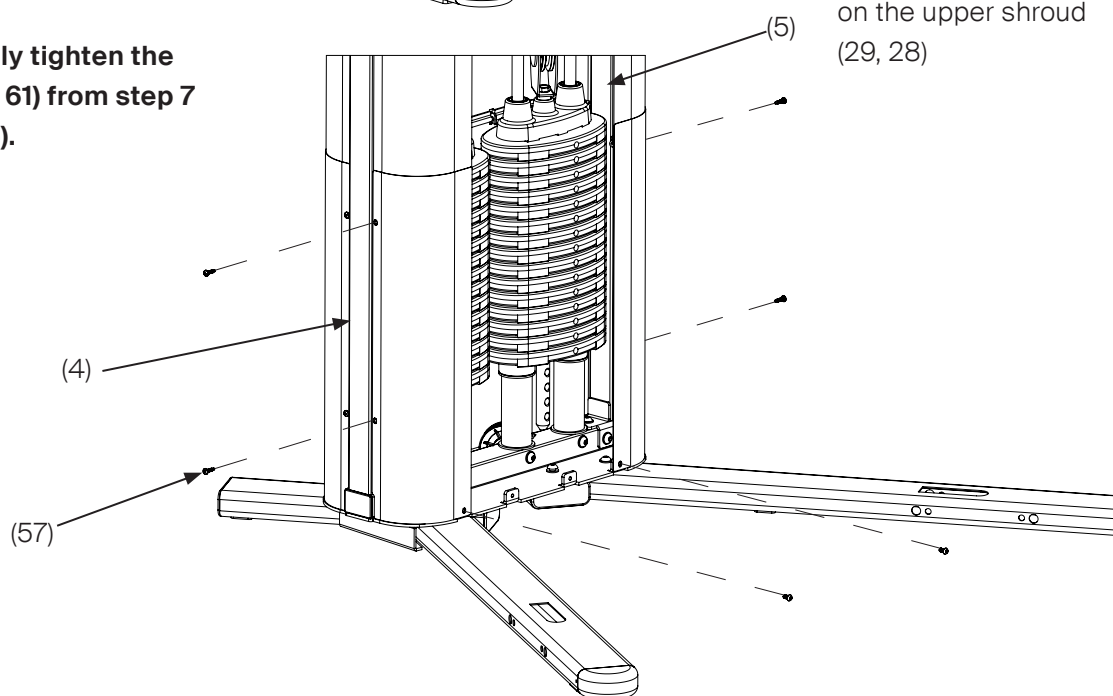
(62) BOLT, M6X55 2pc

(61) NUT, CAP, M6 2pc

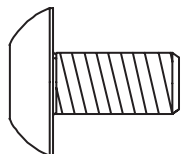
Step 7 Cont: Connect the **Left and Right Lower Front Shroud (30, 31)** by hooking it on the **Left and Right Front Fabric Shroud (29, 28)**. Now fasten the **Lower Front Shrouds (30, 31)** to the **Left and Right Rear Upright (5, 4)** using **Hardware (57)**.



NOTE: Now fully tighten the **Hardware (62, 61)** from step 7 (previous step).

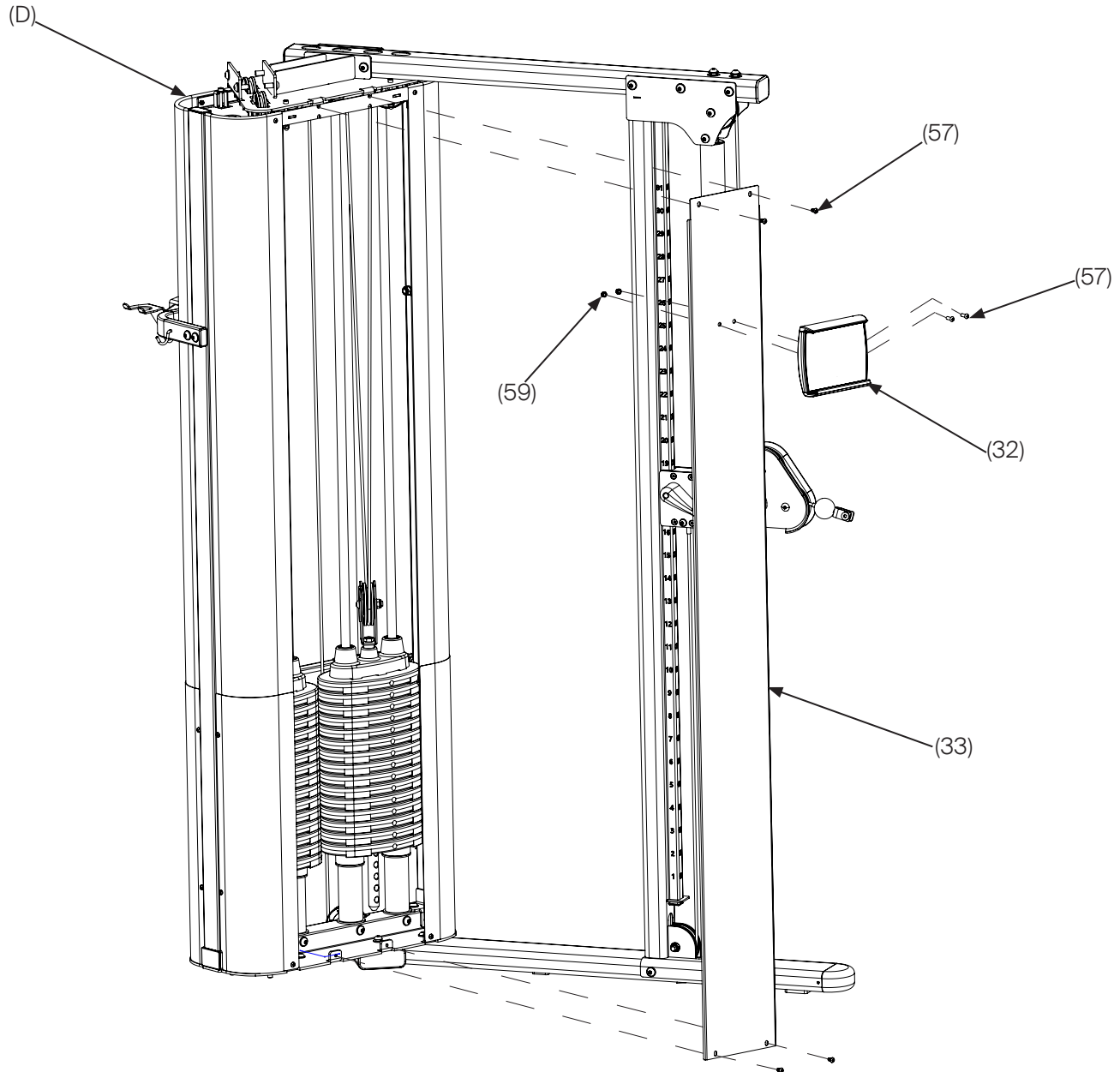


HARDWARE REQUIRED:

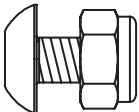


(57) BOLT, M6X12 6pc

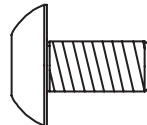
Step 8: Fasten the **Tablet Holder (32)** to the **Branding Shroud (33)** using **Hardware (57, 59)**. Attach the **Branding Shroud (33)** to the **Base Assembly (D)** using **Hardware (57)**.



HARDWARE REQUIRED:

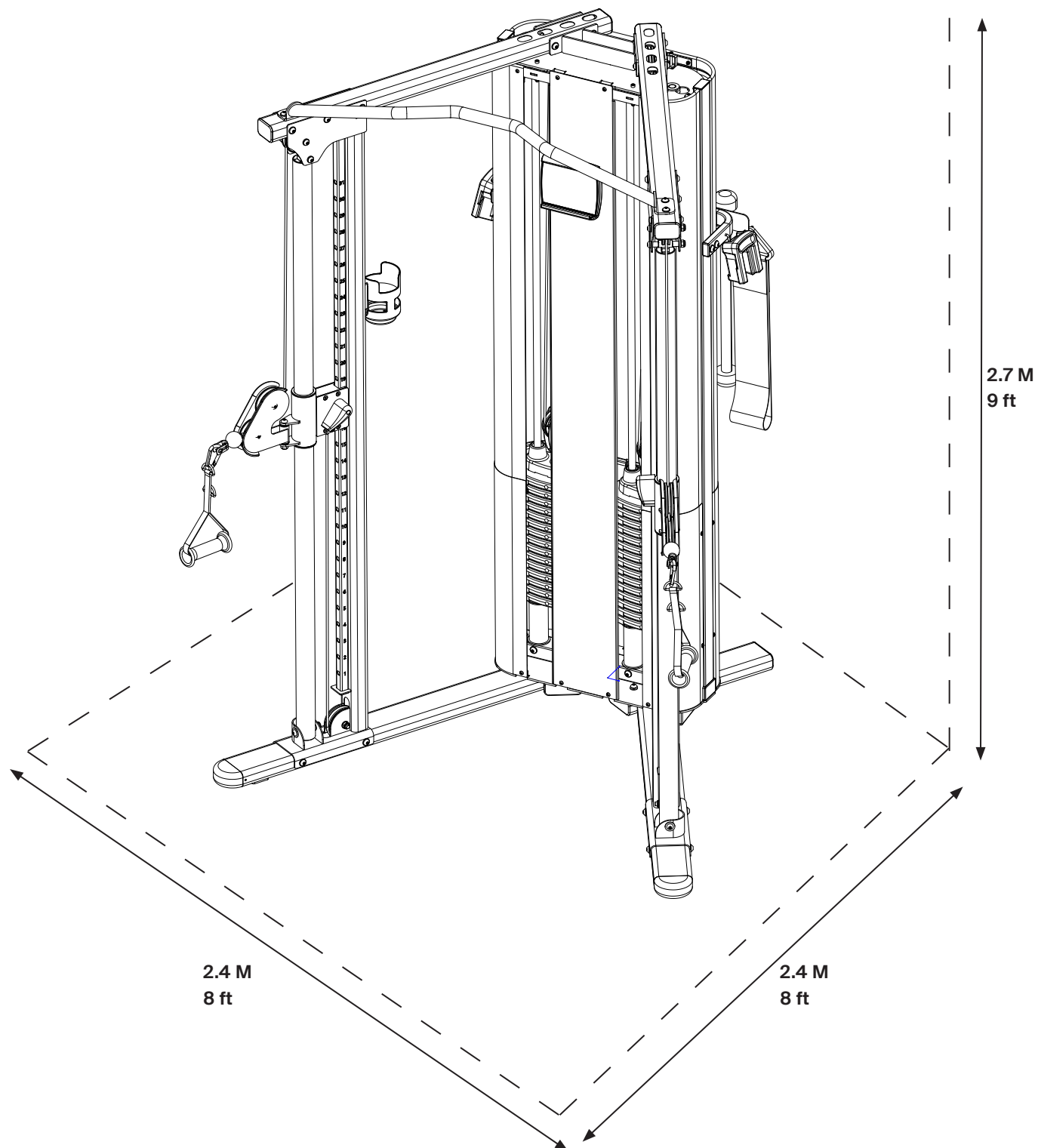


(57) BOLT, M6X12 2pc
(59) NUT, M6 2pc

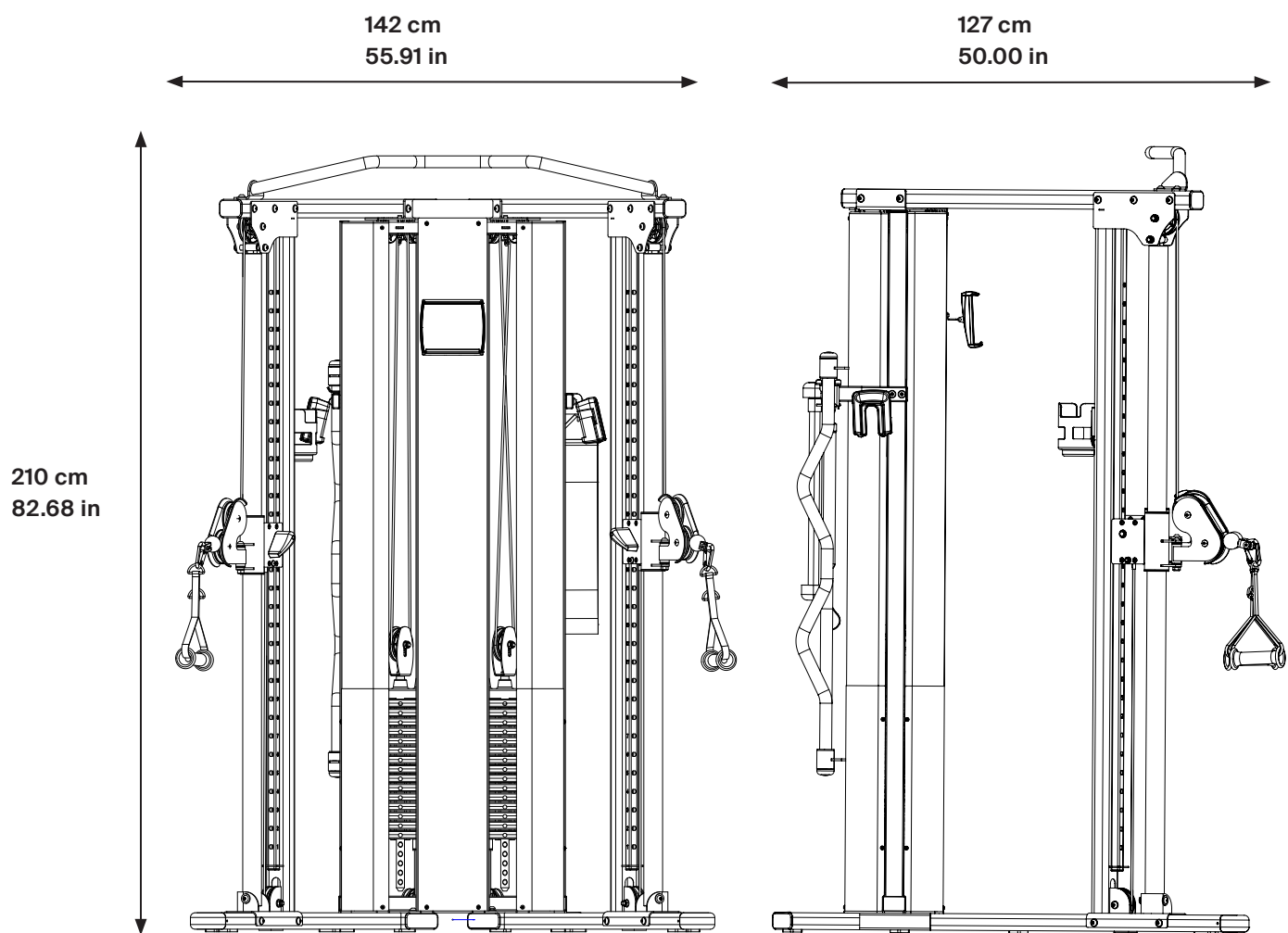


(57) BOLT, M6X12 4pc

WORKOUT AREA



PRODUCT DIMENSIONS



ACCESSORIES INCLUDED

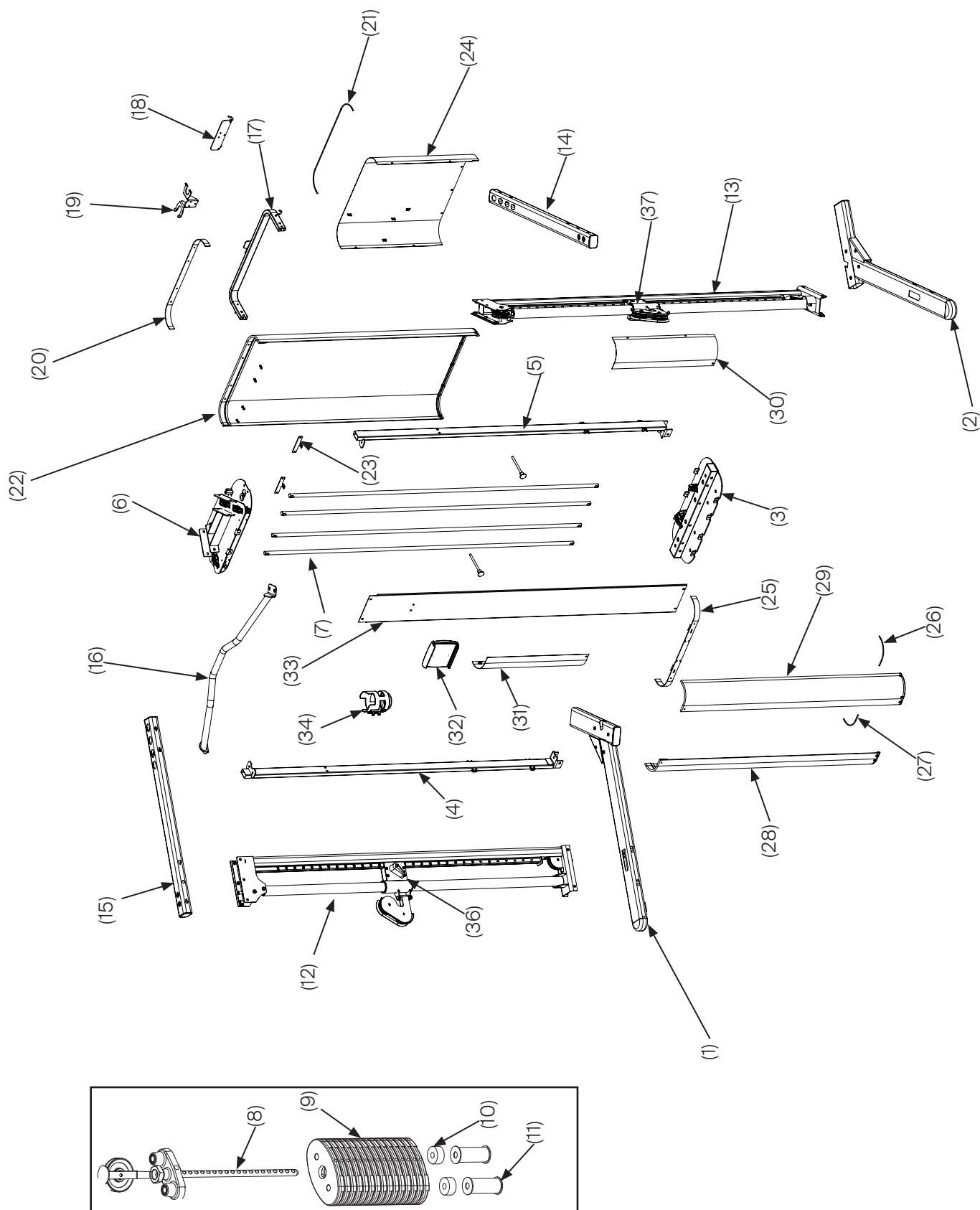
- Tricep Rope
- 2 X Rubber D-Handles
- Ez Curl Bar
- Ankle Strap
- Multi Function Belt
- Tablet Holder
- Bottle Holder
- Straight Bar
- 2 x 5lb Add-on Weights

MAINTENANCE

Proper and regular maintenance is important to the lifetime and function of your machine. Refer to the schedule of maintenance which is located as a label on your machine (Refer to page 7 for location)

- Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable. **Pay particular attention to the cable ends.**
- Immediately replace cables at the first signs of damage or wear. Never use equipment with damaged or worn cables.
- Cables naturally stretch over time, so check cable slack periodically and adjust cable tension as needed.
- Regularly inspect product for loose hardware.
- Do not use or store equipment outdoors.
- Inspect snap links, swivels, handles and weight stack pin for wear or damage. If wear or damage exists, replace with Centr parts only.
- Locate and familiarize yourself with all warning decals on the FT1 Pro Functional Trainer.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a Teflon™ based lubricant.

EXPLODED VIEW



PARTS LIST

| No. | Part Number | Description | Qty. |
|--------|-----------------------------------|-------------|------|
| 1 | ASSY, RIGHT MAIN BASE | 106137 | 1 |
| 2 | ASSY, LEFT MAIN BASE | 106138 | 1 |
| 3 | ASSY, REAR BASE PLATE | 106139 | 1 |
| 4, 5 | WLDMT, RIGHT, LEFT REAR UPRIGHT | 106140 | 2 |
| 6 | ASSY, REAR TOP PLATE | 106141 | 1 |
| 7 | GUIDE ROD | 106142 | 4 |
| 8 | TOP WEIGHT PLATE ASSEMBLY | 102621 | 2 |
| 9 | WEIGHT PLATE, 10 LB | 102626 | 30 |
| 10 | RUBBER DONUT, GUIDE ROD | 102582 | 4 |
| 11 | WEIGHT STACK RISER | 103583 | 4 |
| 12 | RIGHT UPRIGHT ASSEMBLY | 106143 | 1 |
| 13 | LEFT UPRIGHT ASSEMBLY | 106144 | 1 |
| 14, 15 | LEFT, RIGHT TOP TUBE | 106145 | 2 |
| 16 | PULL UP BAR | 106146 | 1 |
| 17 | WLDMT, BASE ACCESSORY RACK | 106147 | 1 |
| 18 | WLDMT, ACCESSORY HOLDER | 106148 | 1 |
| 19 | WLDMT, BAR HOLDER | 106149 | 1 |
| 20 | TOP SHROUD BRACKET | 106150 | 1 |
| 21 | LOWER SHROUD ROD | 106151 | 1 |
| 22 | REAR FABRIC SHROUD | 106152 | 1 |
| 23 | REAR MOUNTING BRACKET | 106153 | 2 |
| 24 | WLDMT, LOWER REAR SHROUD | 106154 | 1 |
| 25 | WLDMT, FRONT SHROUD BRACKET | 106155 | 2 |
| 26 | LEFT, RIGHT BOTTOM SHROUD BRACKET | 106157 | 1 |
| 27 | LEFT, RIGHT BOTTOM SHROUD BRACKET | 106157 | 1 |
| 28 | RIGHT FRONT FABRIC SHROUD | 106158 | 1 |
| 29 | LEFT FRONT FABRIC SHROUD | 106156 | 1 |
| 30 | LOWER FRONT SHROUD, LEFT | 106159 | 1 |
| 31 | WLDMT, LOWER FRONT SHROUD, RIGHT | 106160 | 1 |
| 32 | TABLET HOLDER | 103925 | 1 |
| 33 | BRANDING SHROUD | 106162 | 1 |
| 34 | BOTTLE HOLDER | 105130 | 1 |
| 35 | CABLE | 106164 | 2 |
| 36 | ASSY, CARRIAGE, RH | 103522 | 1 |
| 37 | ASSY, CARRIAGE, LH | 103485 | 1 |
| 38 | HARDWARE CARD 1 | 80631 | 1 |
| 39 | HARDWARE CARD 2 | 80632 | 1 |

CENTR