

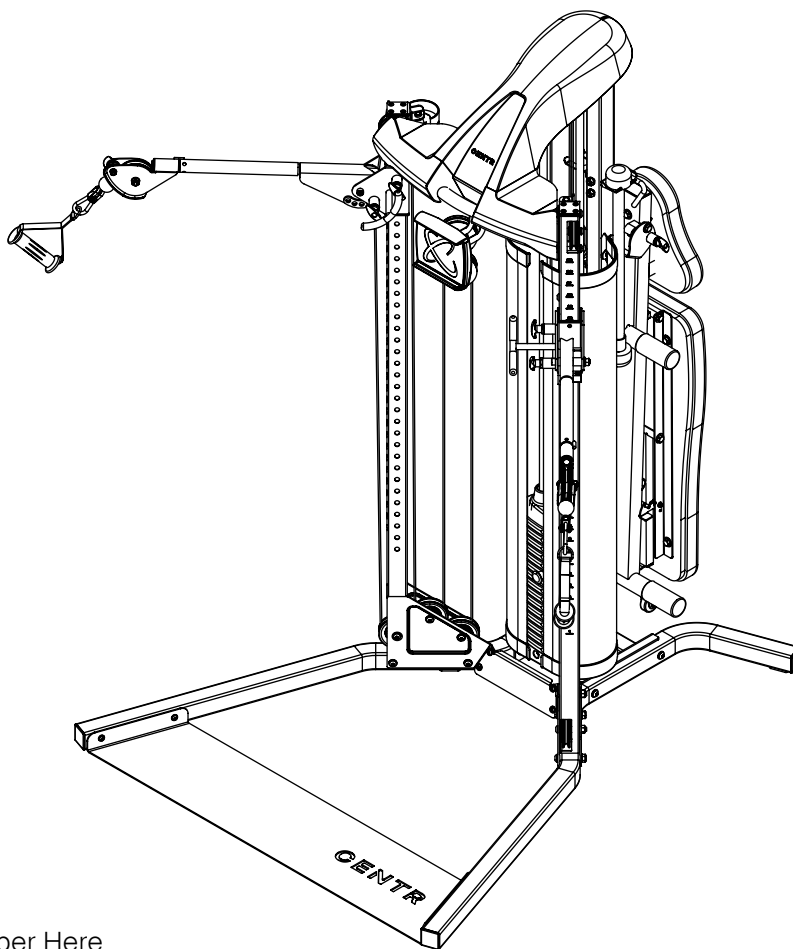


Model: SSFT.1
ITM. / ART. 1654532

USER MANUAL

CENTR 1

HOME GYM FUNCTIONAL TRAINER



Record Serial Number Here

MADE IN CHINA
V07122023-C5

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

hello@centr.com



PHONE

877-738-1729 (US Only)
+1 714-738-1729 (Global)
Mon-Fri 8am-5pm PT - UTC-7h/8



CHAT

www.inspirefitness.com

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

To view full warranty details, or to register your product for warranty, visit centr.com/support

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; and
- 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.

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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. Only one person at a time should use the machine.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Keep hands away from all moving parts.
7. 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.
8. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
9. Do not place any sharp objects around the machine.
10. Disabled persons should not use the machine without a qualified person or physician in attendance.
11. Before using the machine to exercise, always do stretching exercises to properly warm up.
12. Never operate the machine if the machine is not functioning properly.
13. The Centr 1 Home Gym 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 Centr 1 Home Gym at the same time.
 - The person must also ensure that no other person is in the exercise area of the Centr 1 Home Gym. 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.

CARE AND MAINTENANCE

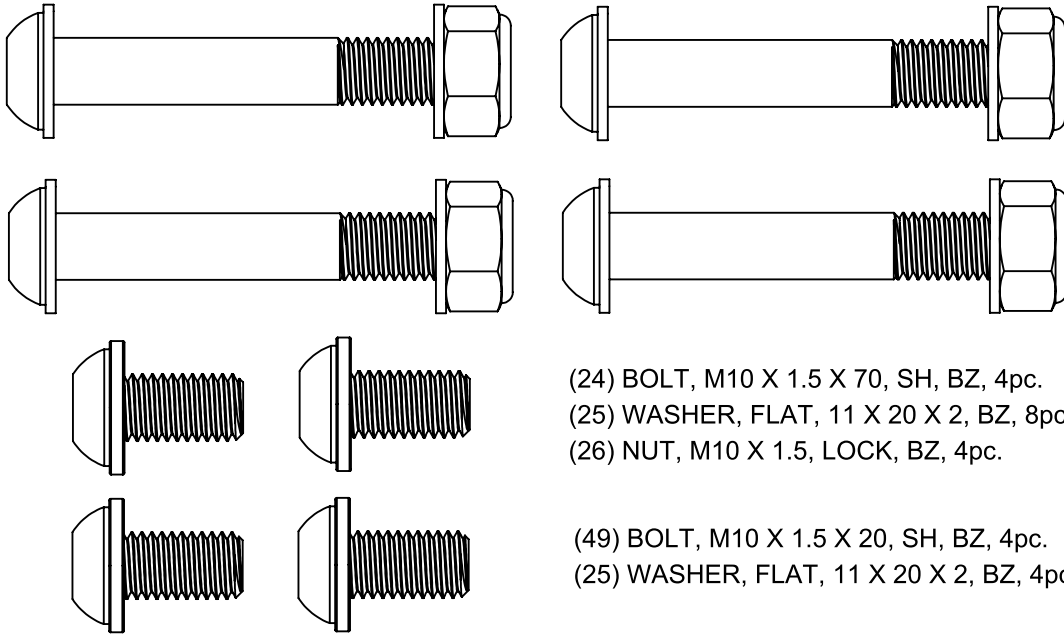
- Inspect and tighten all parts before using the machine.
- The Frame and Seat Pad of the machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

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)

SSFT.1-C2

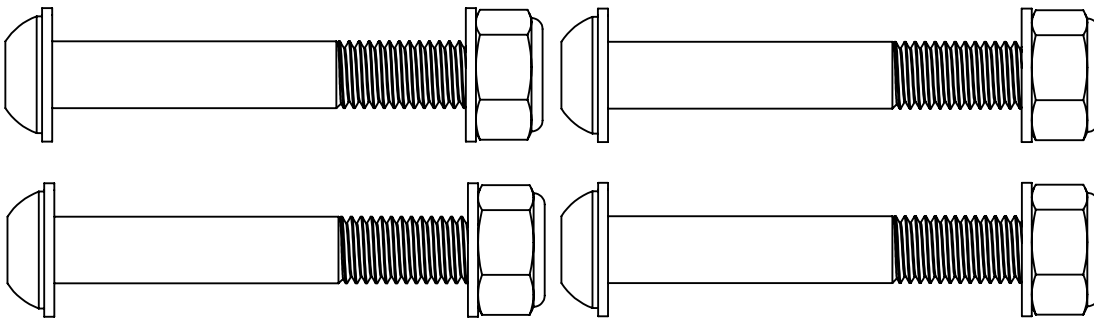
STEP 1



- (24) BOLT, M10 X 1.5 X 70, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.

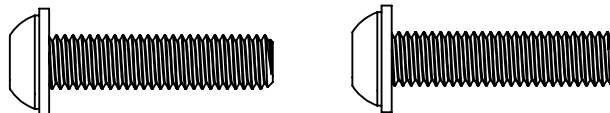
- (49) BOLT, M10 X 1.5 X 20, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 4pc.

STEP 2



- (48) BOLT, M10 X 1.5 X 75, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.

STEP 3

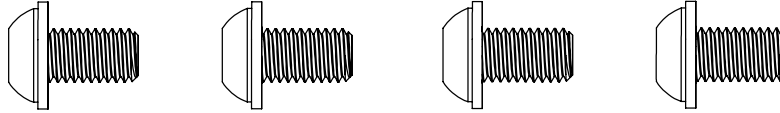


- (50) BOLT, M8 X 1.25 X 35, SH, BZ, 2pc.
- (28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 2pc.

HARDWARE PACK (NOT TO SCALE)

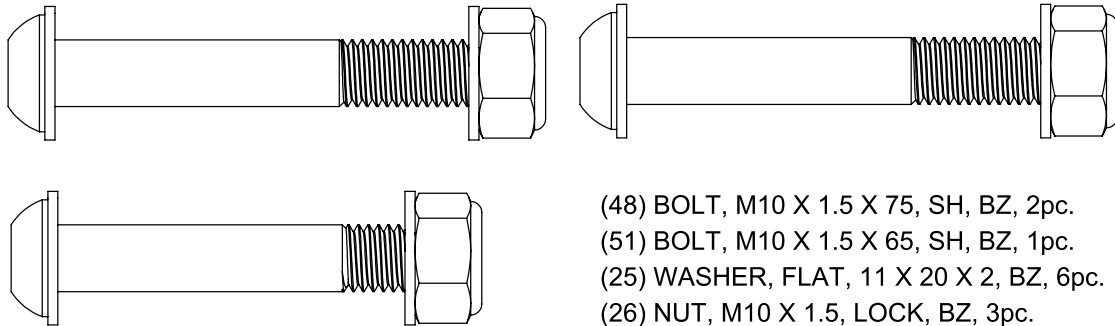
SSFT.1-C2

STEP 4



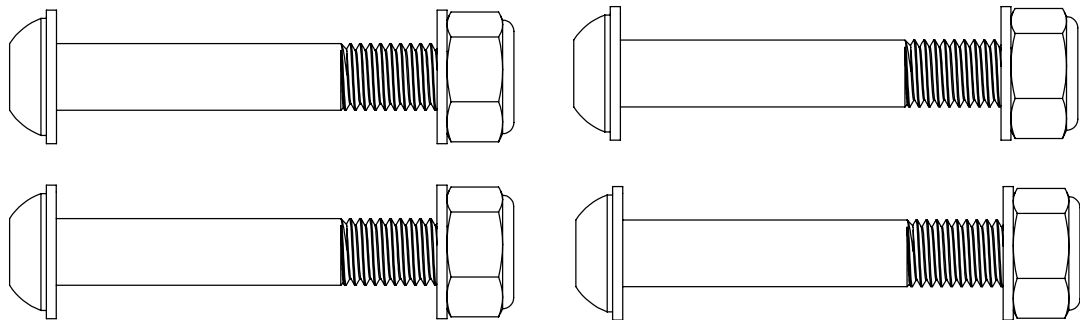
- (27) BOLT, M8 X 1.25 X 15, SH, BZ, 4pc.
- (28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 4pc.

STEP 5



- (48) BOLT, M10 X 1.5 X 75, SH, BZ, 2pc.
- (51) BOLT, M10 X 1.5 X 65, SH, BZ, 1pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 6pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 3pc.

STEP 6

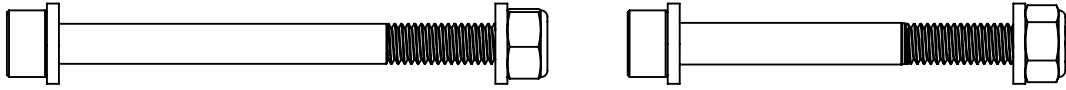


- (24) BOLT, M10 X 1.5 X 70, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.

HARDWARE PACK (NOT TO SCALE)

SSFT.1-C2

STEP 7



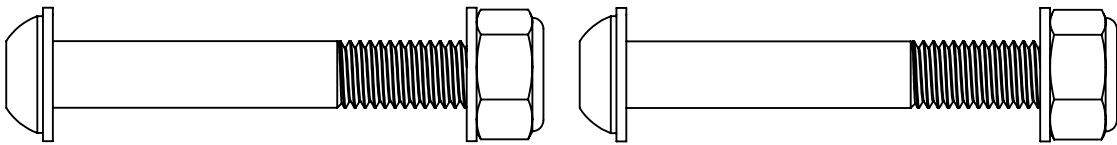
(35) BOLT, M6 X 1 X 75, SH, BZ, 1pc.

(16) BOLT, M6 X 1 X 60, SH, BZ, 1pc.

(36) WASHER, FLAT, 6.4 X 12 X 1.6, BZ, 4pc.

(37) NUT, M6 X 1, LOCK, BZ, 2pc.

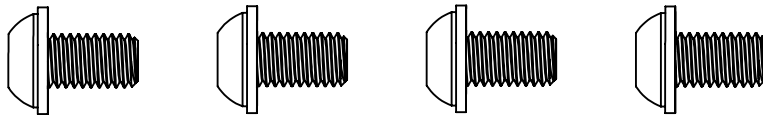
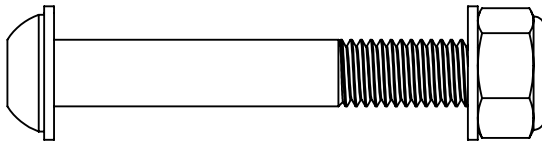
STEP 8



(48) BOLT, M10 X 1.5 X 75, SH, BZ, 3pc.

(25) WASHER, FLAT, 11 X 20 X 2, BZ, 6pc.

(26) NUT, M10 X 1.5, LOCK, BZ, 3pc.

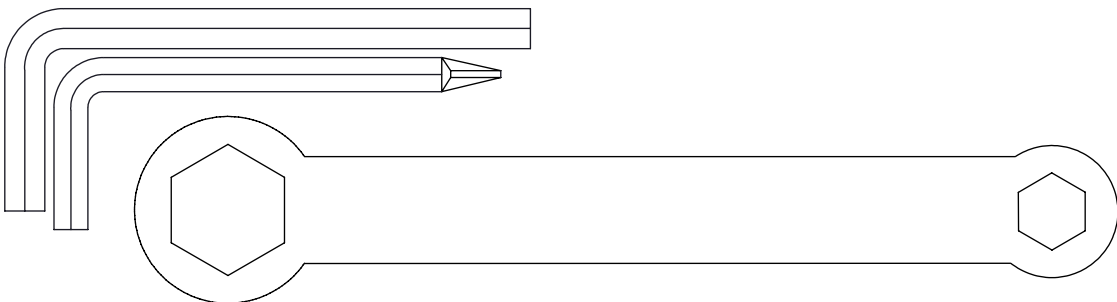
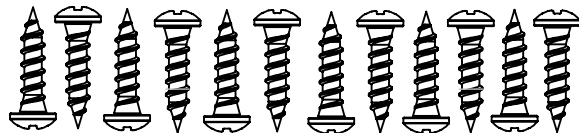


(27) BOLT, M8 X 1.25 X 15, SH, BZ, 4pc.

(28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 4pc.

STEP 9

(32) SCREW, M4 X 16, PH, BZ, TYPE A, 12pc.



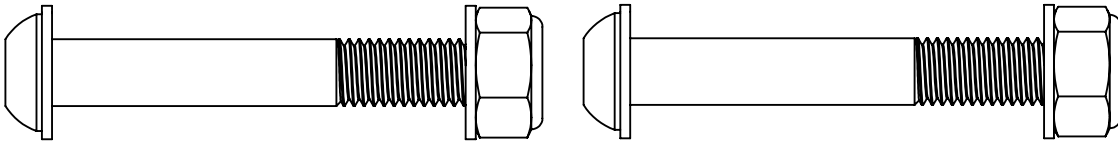
(38) #5 Allen Wrench, 1pc.

(39) #6 Allen Wrench, 1pc.

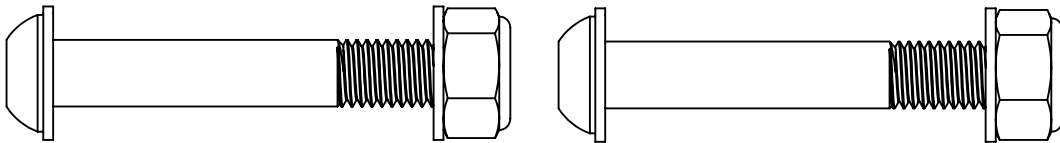
(40) #10 & #17 Wrench, 1pc.

SSFT.1-C2

STEP 10



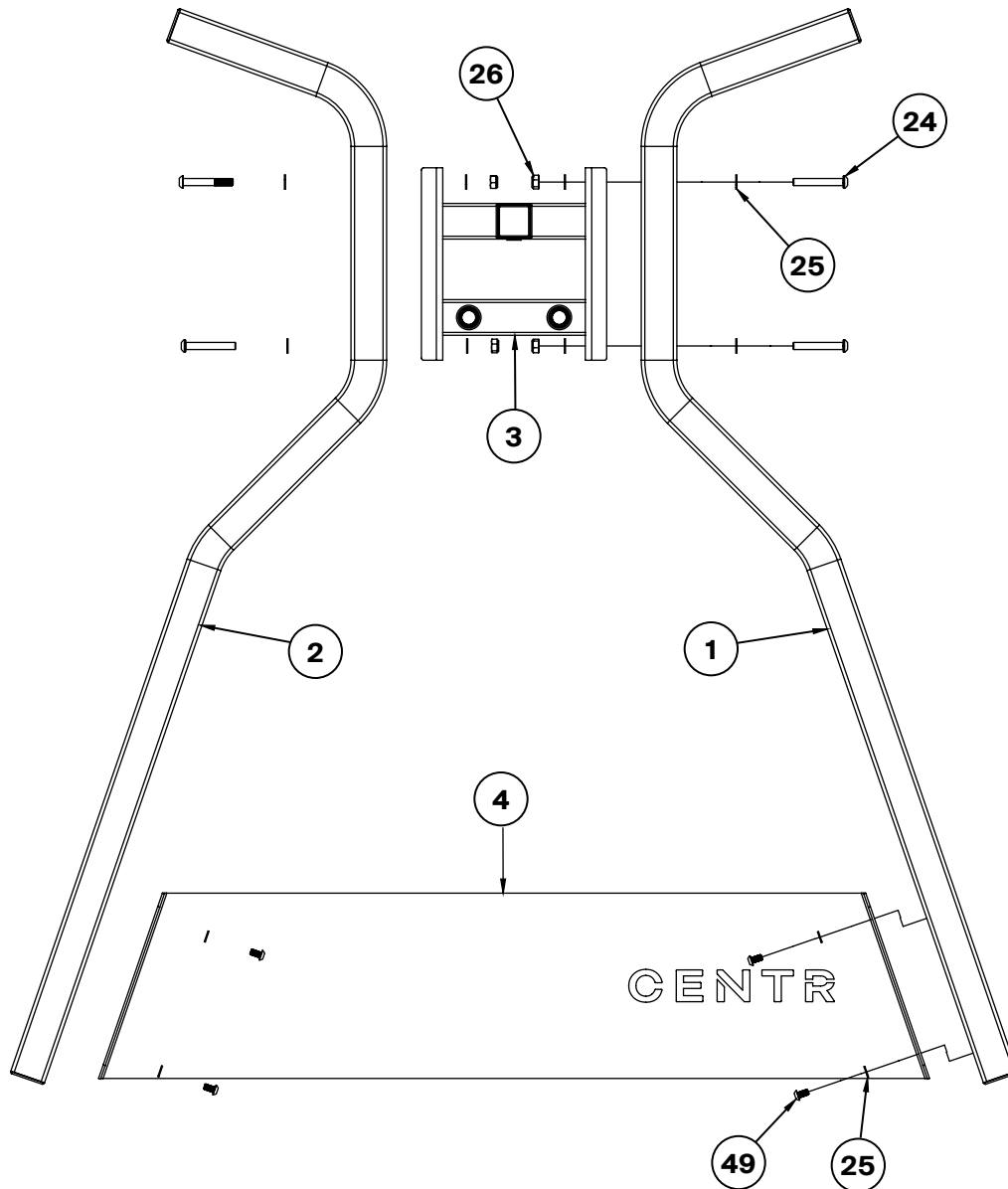
- (48) BOLT, M10 X 1.5 X 75, SH, BZ, 4pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 8pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 4pc.



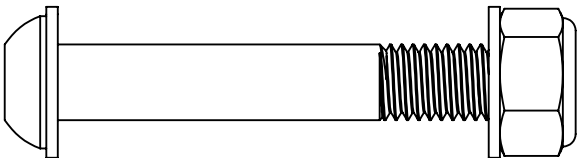
- (24) BOLT, M10 X 1.5 X 70, SH, BZ, 2pc.
- (25) WASHER, FLAT, 11 X 20 X 2, BZ, 4pc.
- (26) NUT, M10 X 1.5, LOCK, BZ, 2pc.

ASSEMBLY

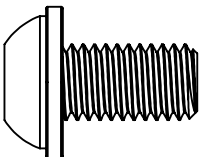
STEP 1



HARDWARE REQUIRED:



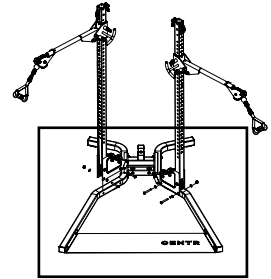
- (24)** BOLT, M10 X 1.5 X 70, SH, BZ, **4pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **4pc.**



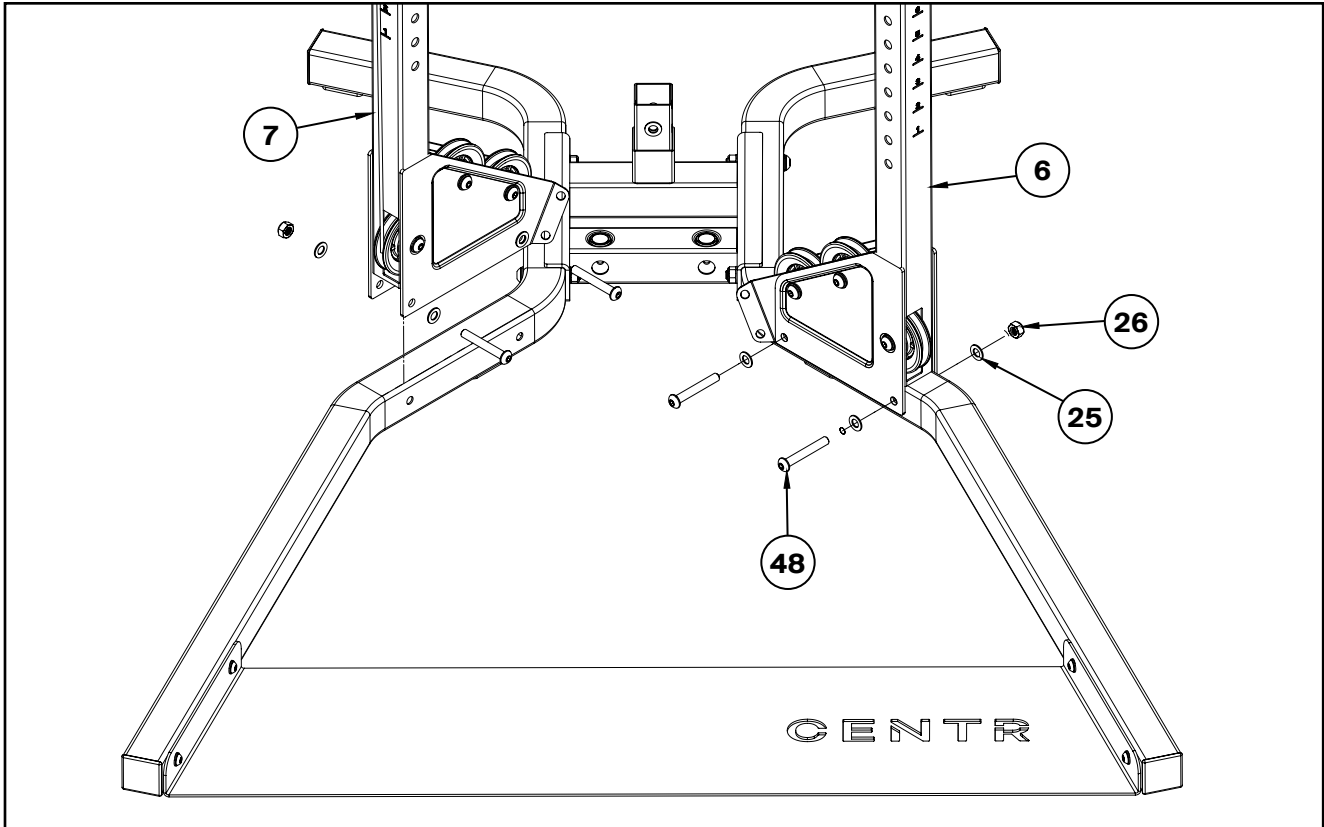
- (49)** BOLT, M10 X 1.5 X 20, SH, BZ, **4pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **4pc.**

CENTR

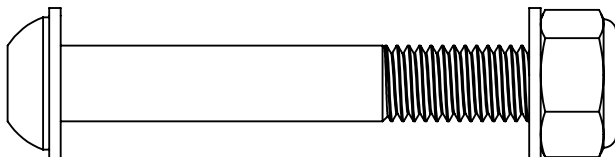
STEP 2



***Leave hardware loose until step 8**



HARDWARE REQUIRED:

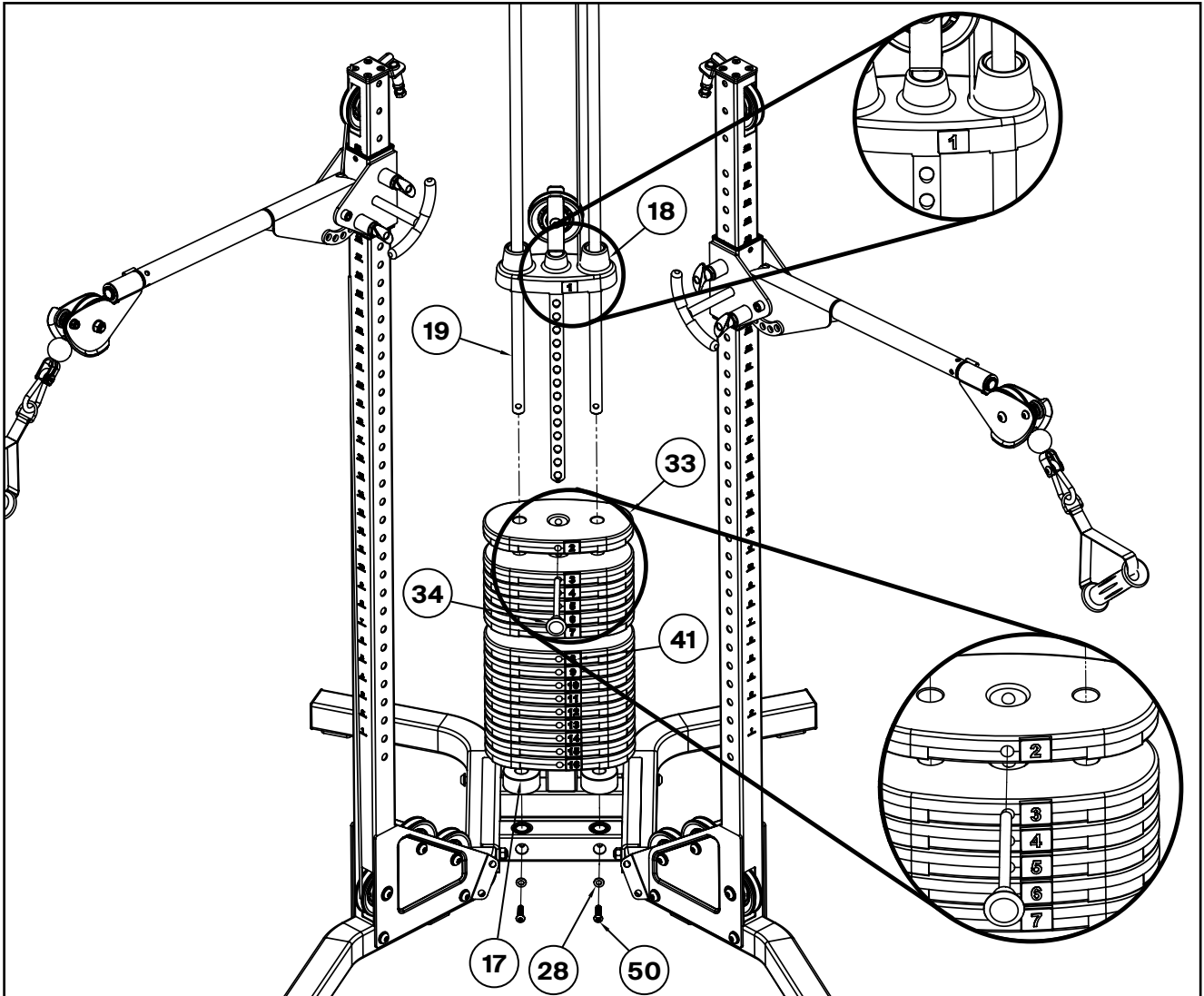


(48) BOLT, M10 X 1.5 X 75, SH, BZ, **4pc.**

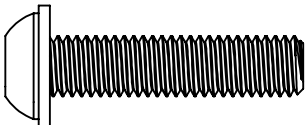
(25) WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**

(26) NUT, M10 X 1.5, LOCK, BZ, **4pc.**

STEP 3



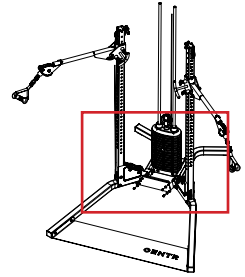
HARDWARE REQUIRED:



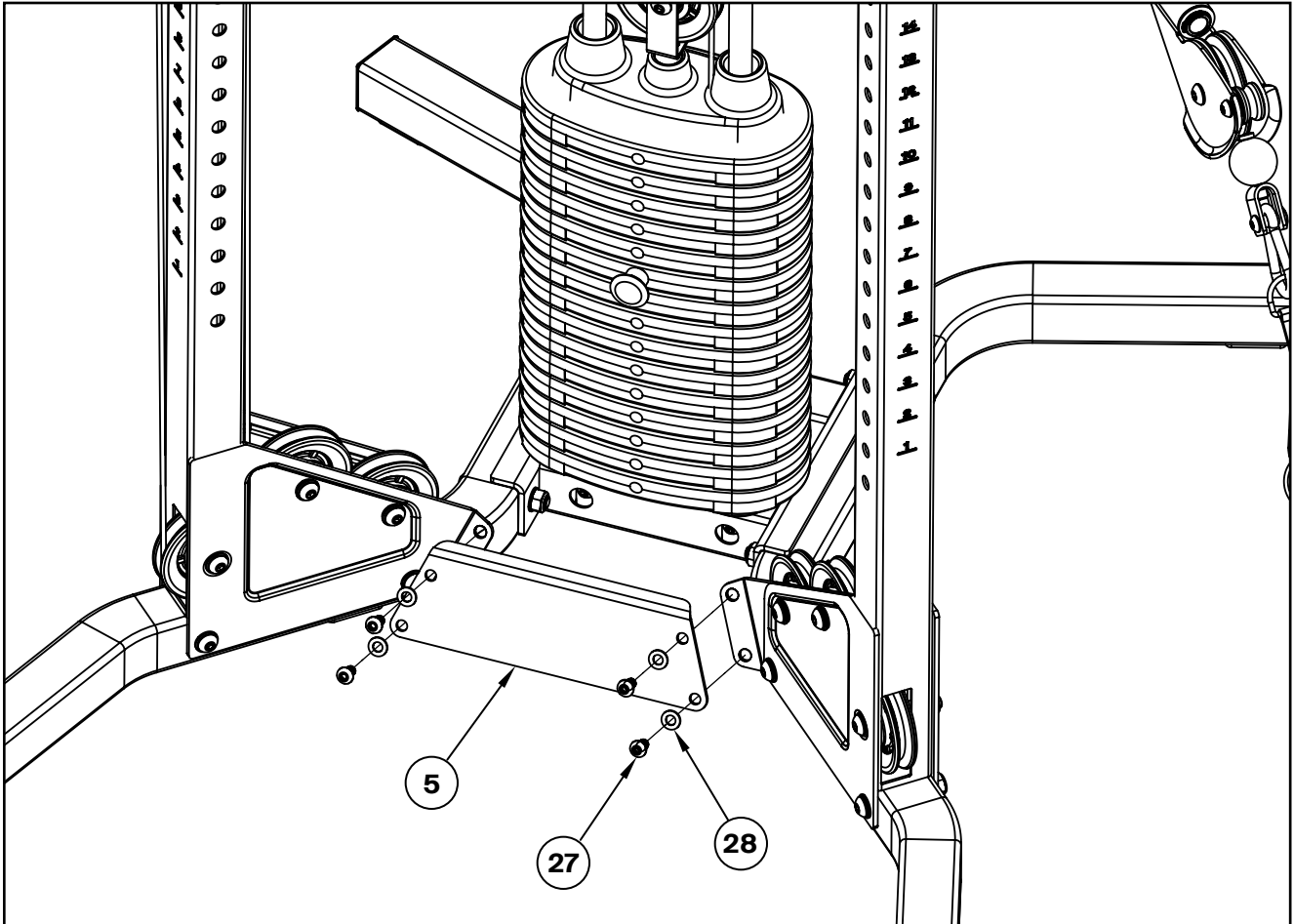
(50) BOLT, M8 X 1.25 X 35, SH, BZ, **2pc.**

(28) WASHER, FLAT, 8.5 X 16 X 2, BZ, **2pc.**

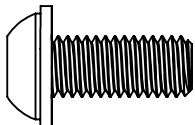
STEP 4



***Leave hardware loose until step 8**



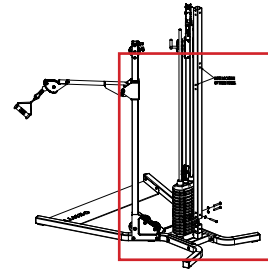
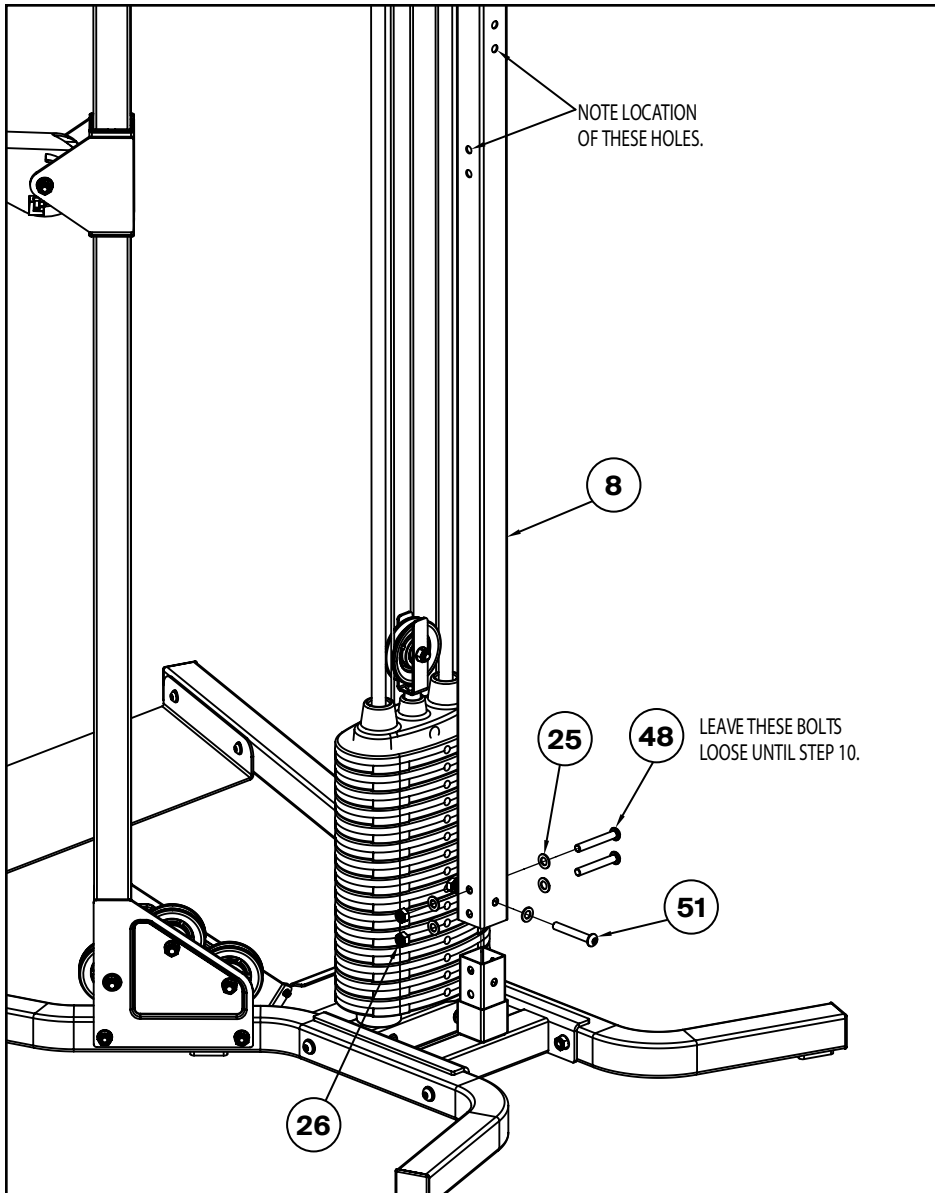
HARDWARE REQUIRED:



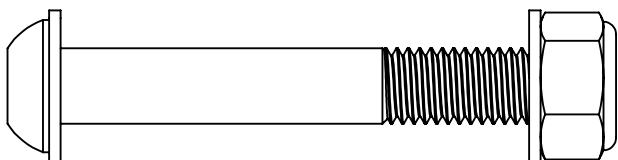
(27) BOLT, M8 X 1.25 X 15, SH, BZ, **4pc.**

(28) WASHER, FLAT, 8.5 X 16 X 2, BZ, **4pc.**

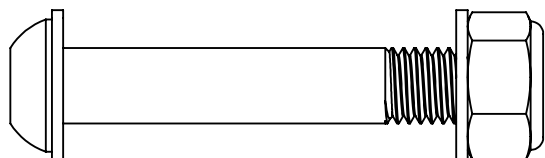
STEP 5



HARDWARE REQUIRED:



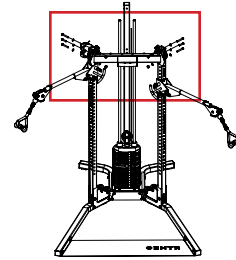
- (48)** BOLT, M10 X 1.5 X 75, SH, BZ, **2pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **4pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **2pc.**



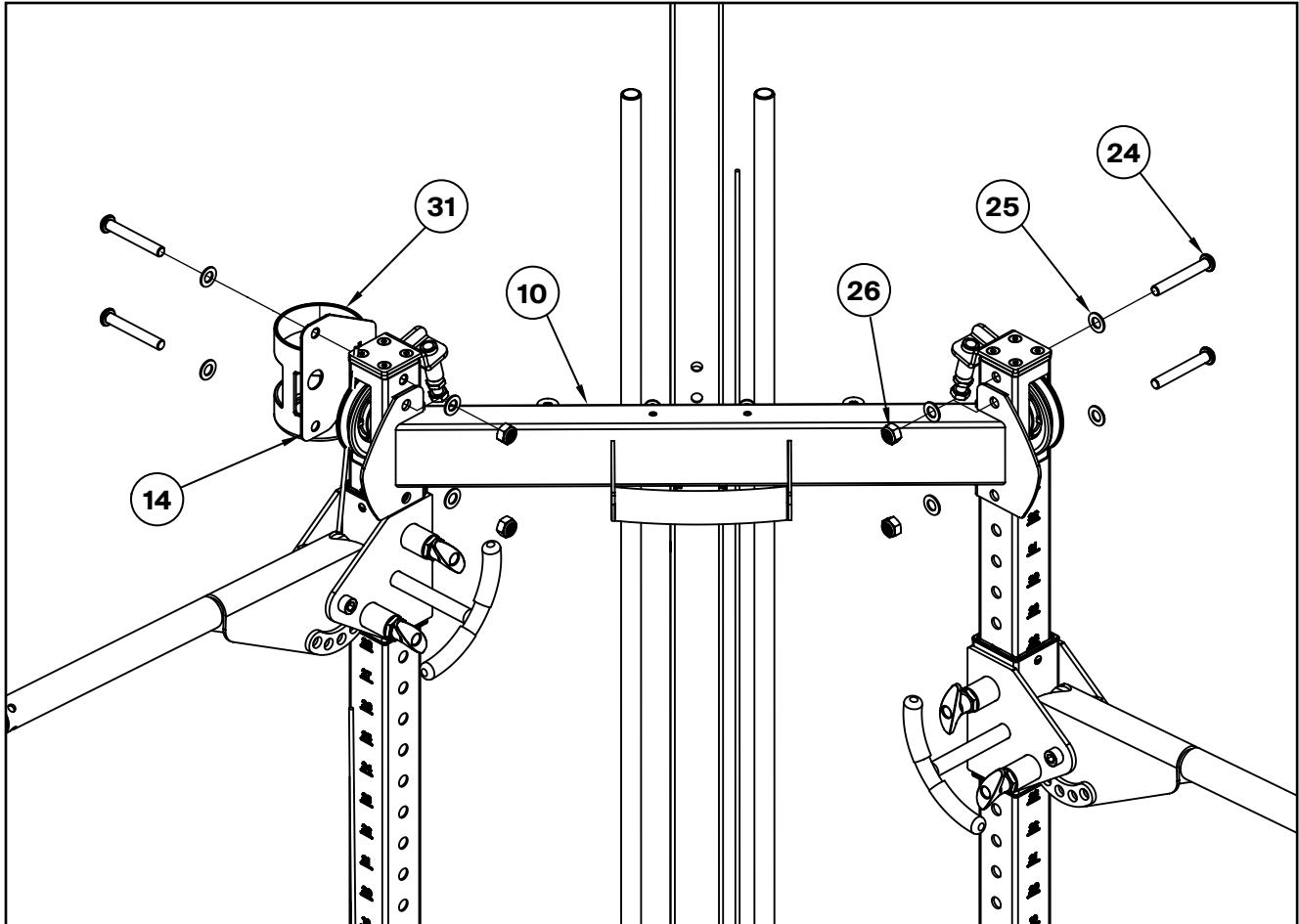
- (51)** BOLT, M10 X 1.5 X 65, SH, BZ, **1pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **2pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **1pc.**

CENTR

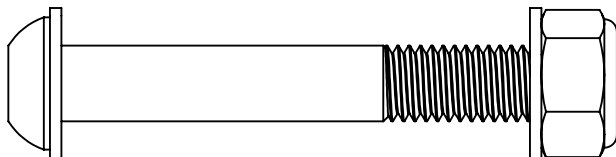
STEP 6



***Leave hardware loose until step 8**



HARDWARE REQUIRED:

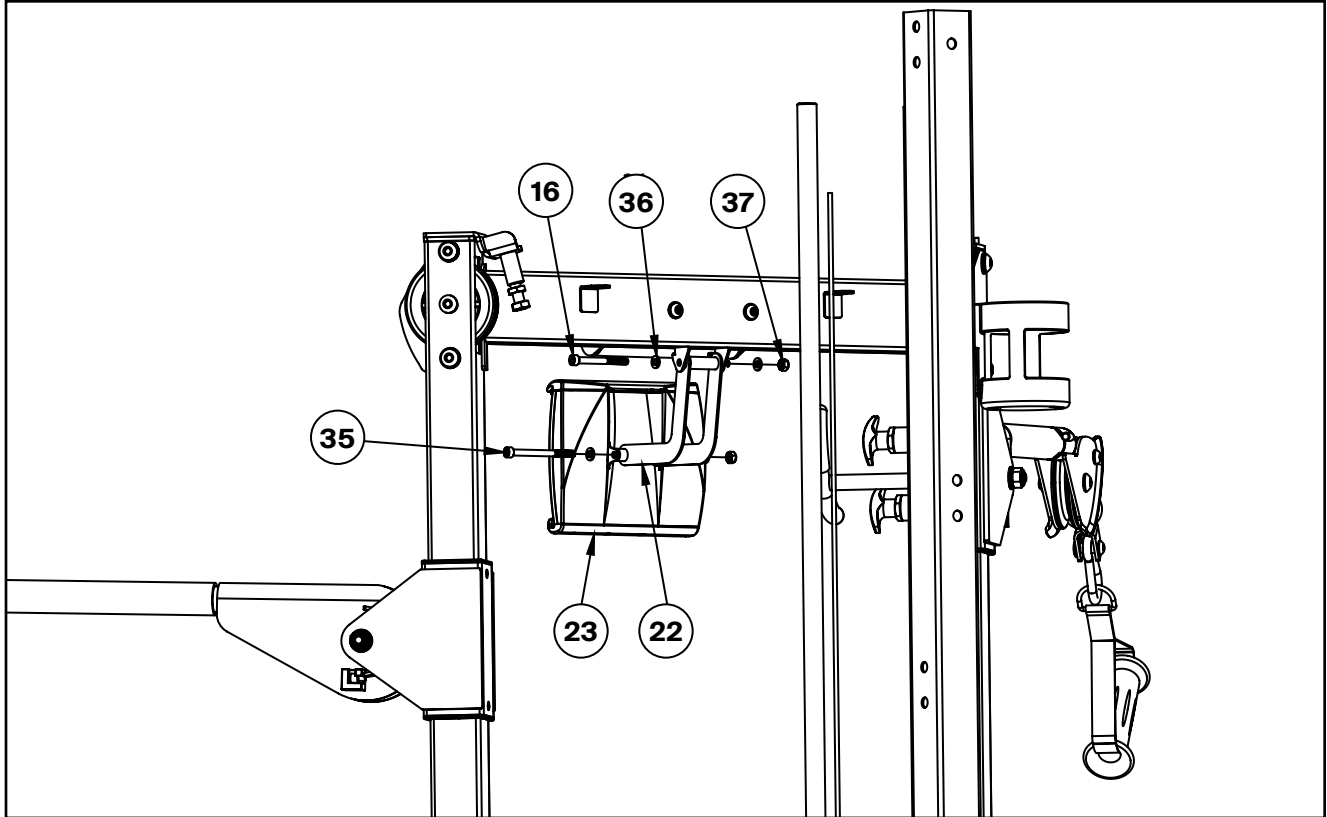
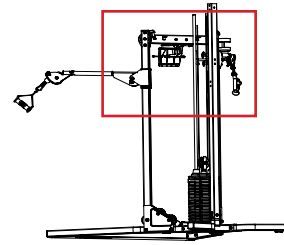


(24) BOLT, M10 X 1.5 X 70, SH, BZ, **4pc.**

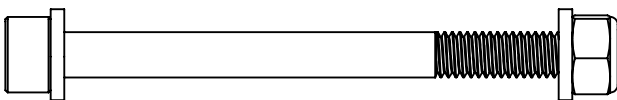
(25) WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**

(26) NUT, M10 X 1.5, LOCK, BZ, **4pc.**

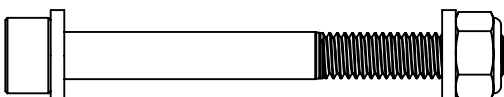
STEP 7



HARDWARE REQUIRED:

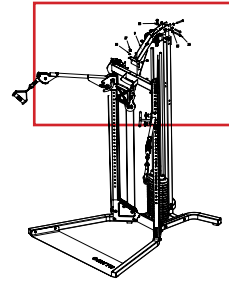


- (35)** BOLT, M6 X 1 X 75, SH, BZ, **1pc.**
- (36)** WASHER, FLAT, 6.4 X 12 X 1.6, BZ, **4pc.**
- (37)** NUT, M6 X 1, LOCK, BZ, **2pc.**

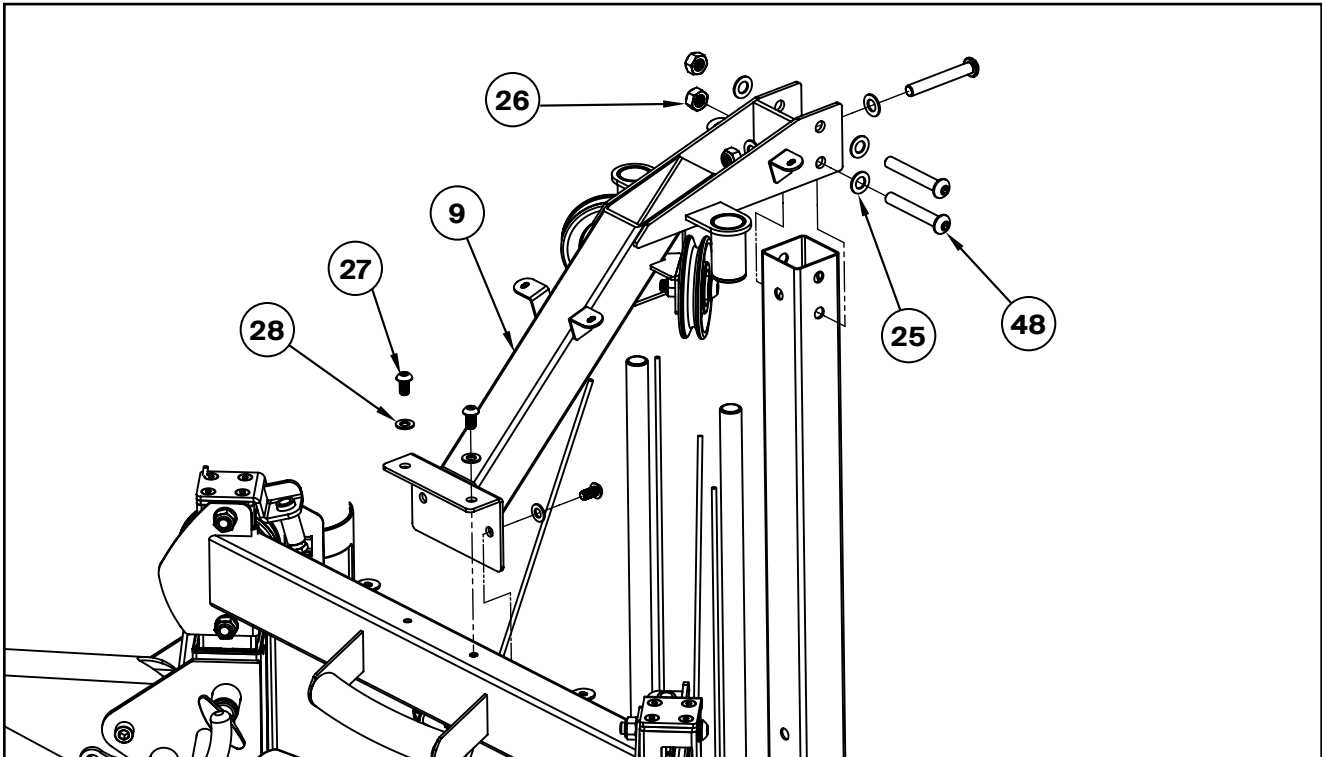


- (16)** BOLT, M6 X 1 X 60, SH, BZ, **1pc.**
- (36)** WASHER, FLAT, 6.4 X 12 X 1.6, BZ, **4pc.**
- (37)** NUT, M6 X 1, LOCK, BZ, **2pc.**

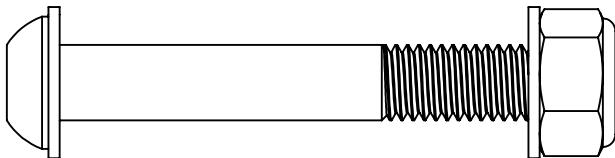
STEP 8



*Tighten all hardware



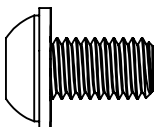
HARDWARE REQUIRED:



(48) BOLT, M10 X 1.5 X 75, SH, BZ, 3pc.

(25) WASHER, FLAT, 11 X 20 X 2, BZ, 6pc.

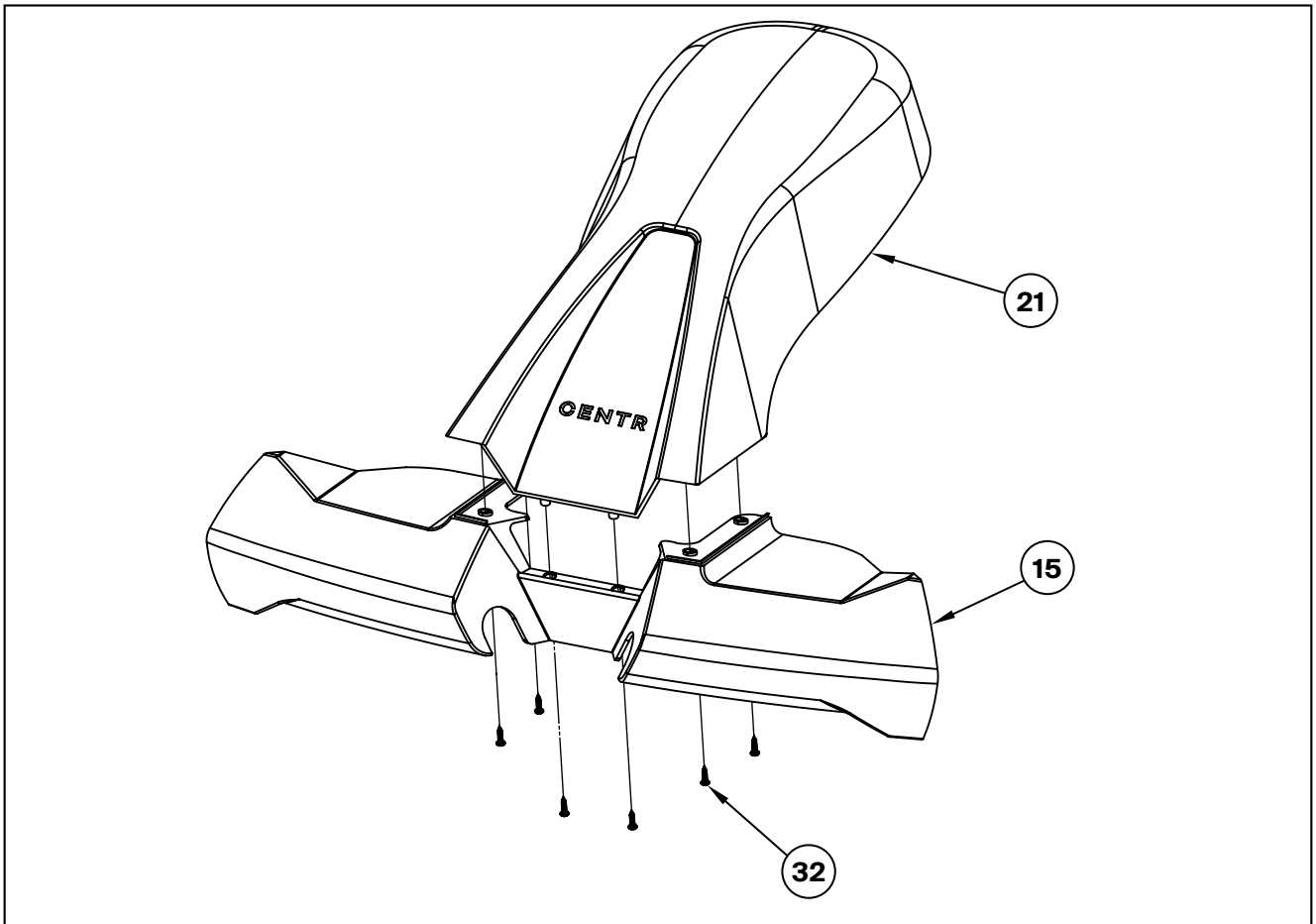
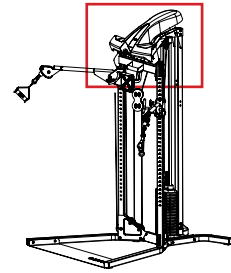
(26) NUT, M10 X 1.5, LOCK, BZ, 3pc.



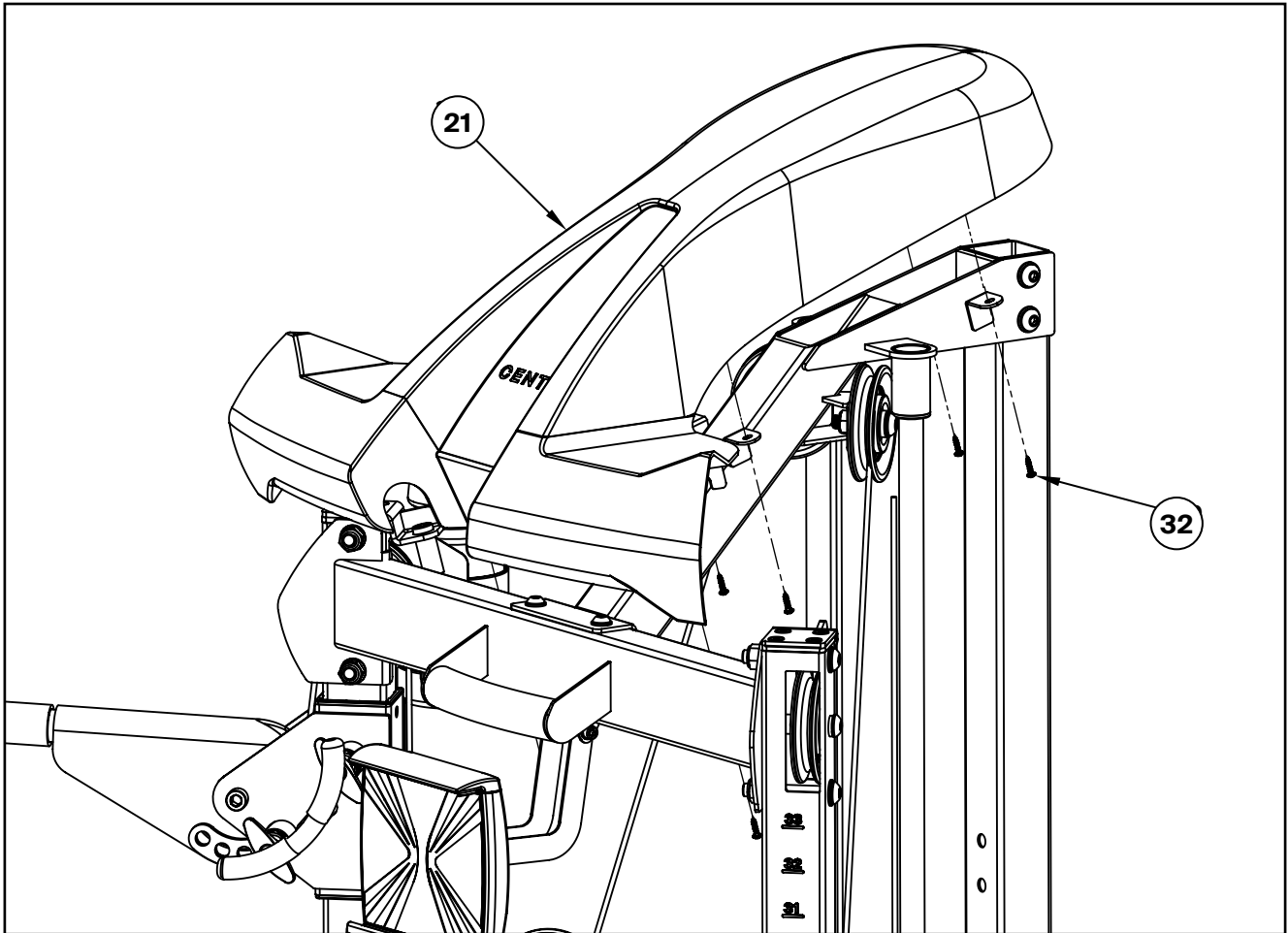
(27) BOLT, M8 X 1.25 X 15, SH, BZ, 4pc.

(28) WASHER, FLAT, 8.5 X 16 X 2, BZ, 4pc.

STEP 9



STEP 9 (CONTINUED)

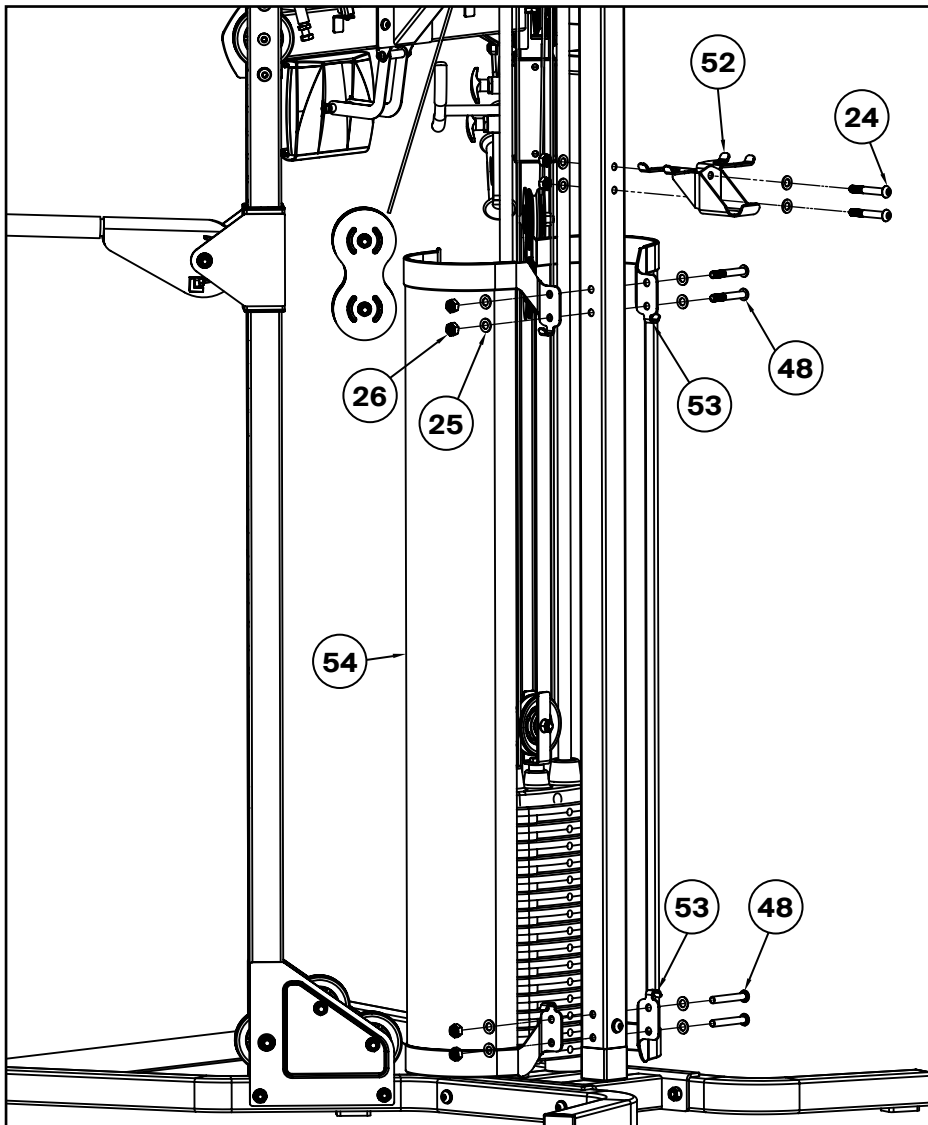
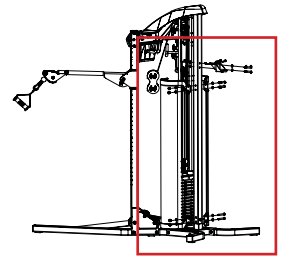


HARDWARE REQUIRED:

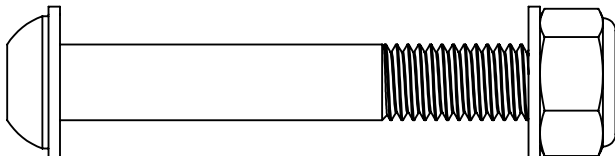


(32) SCREW, M4 X 16, PH, BZ, TYPE A, **12pc**

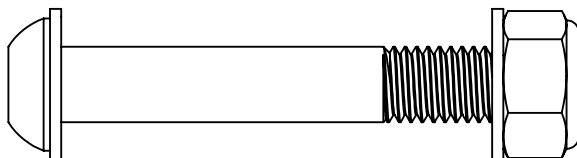
STEP 10



HARDWARE REQUIRED:

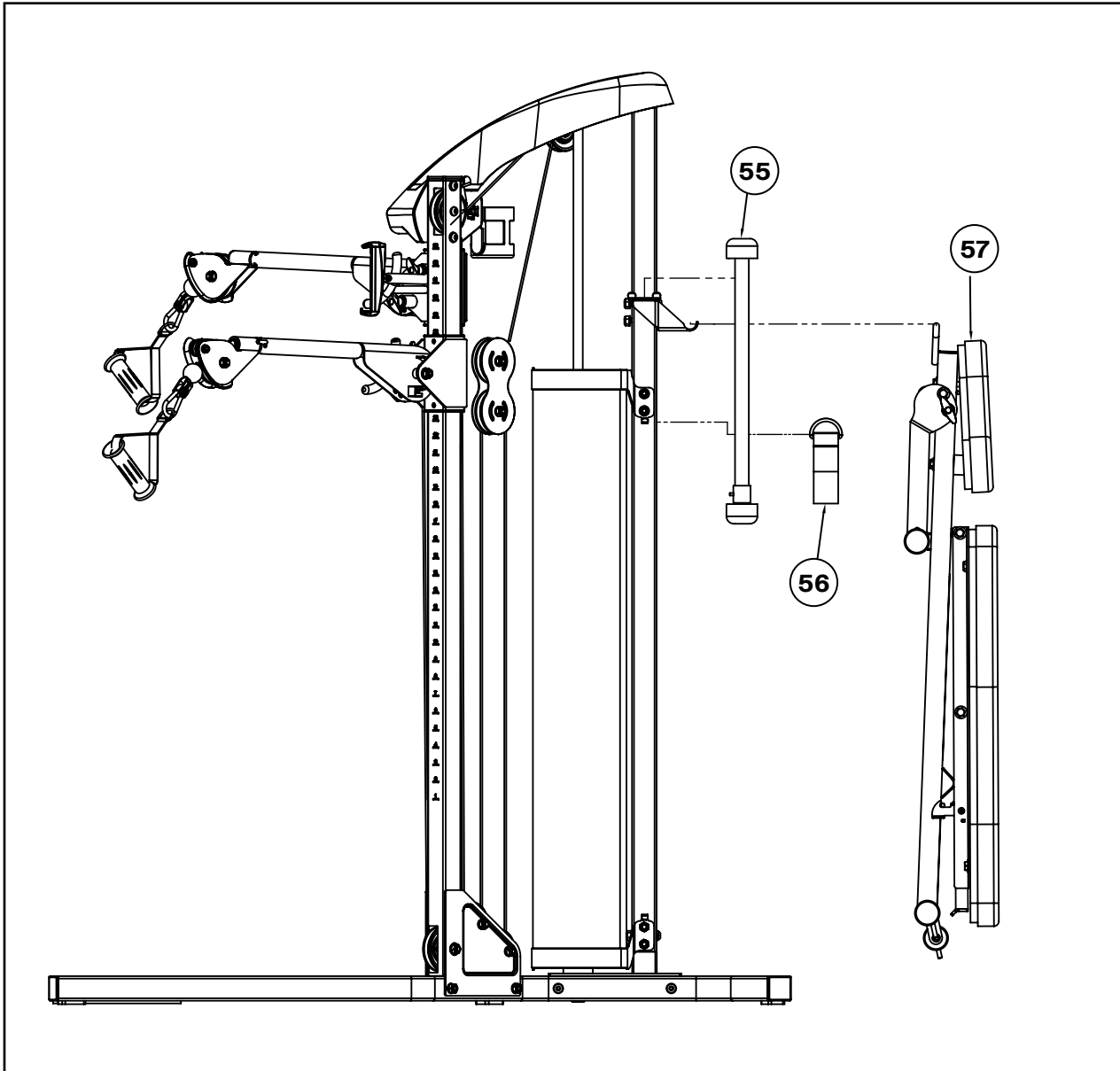


- (48)** BOLT, M10 X 1.5 X 75, SH, BZ, **4pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **8pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **4pc.**

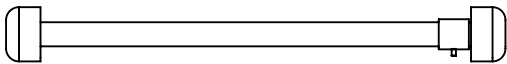


- (24)** BOLT, M10 X 1.5 X 70, SH, BZ, **2pc.**
- (25)** WASHER, FLAT, 11 X 20 X 2, BZ, **4pc.**
- (26)** NUT, M10 X 1.5, LOCK, BZ, **2pc.**

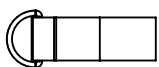
STEP 11



HARDWARE REQUIRED:



(55) TRICEP ROPE, 1pc.

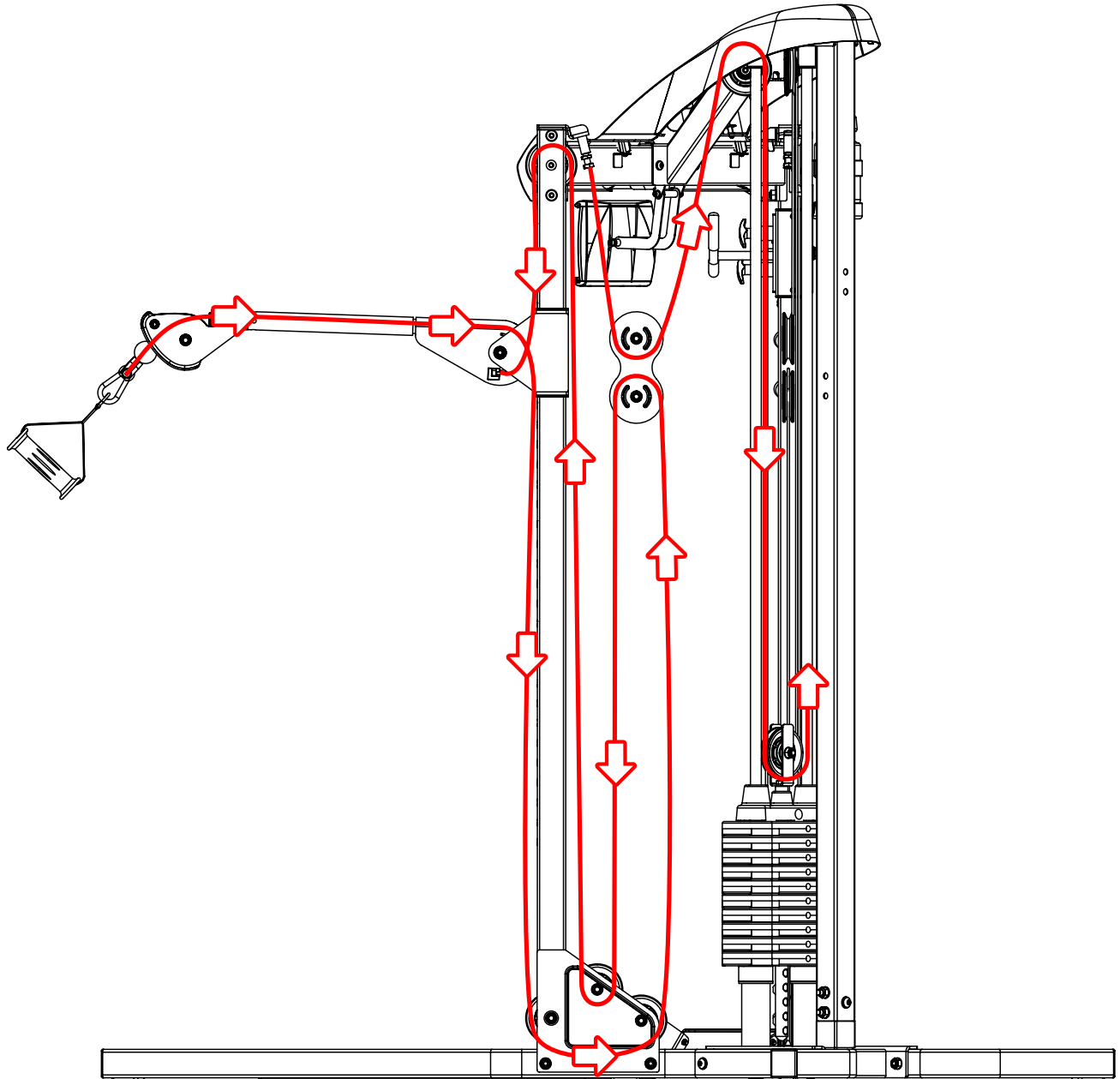


(56) ANKLE STRAP, 1pc.

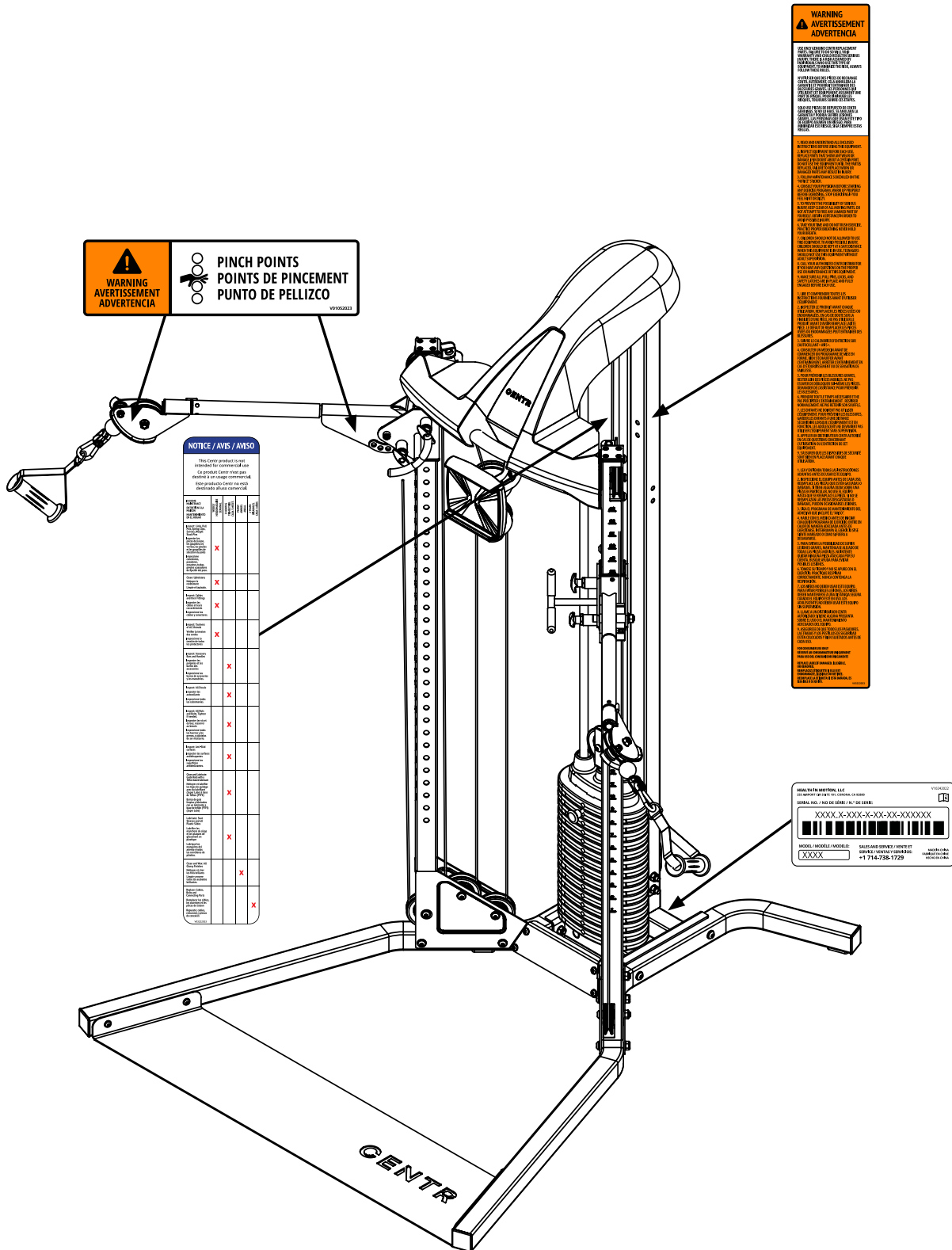


(57) FLB2 BENCH, 1pc.

CABLE ROUTING DIAGRAM



DECAL PLACEMENT



WARNING
AVERTISSEMENT
ADVERTENCIA

PINCH POINTS
POINTS DE PINCEMENT
PUNTO DE PELLIZCO

V01002023

NOTICE / AVIS / AVISO

This Centr product is not intended for commercial use. Ce produit Centr n'est pas destiné à un usage commercial. Este producto Centr no está destinado a uso comercial.

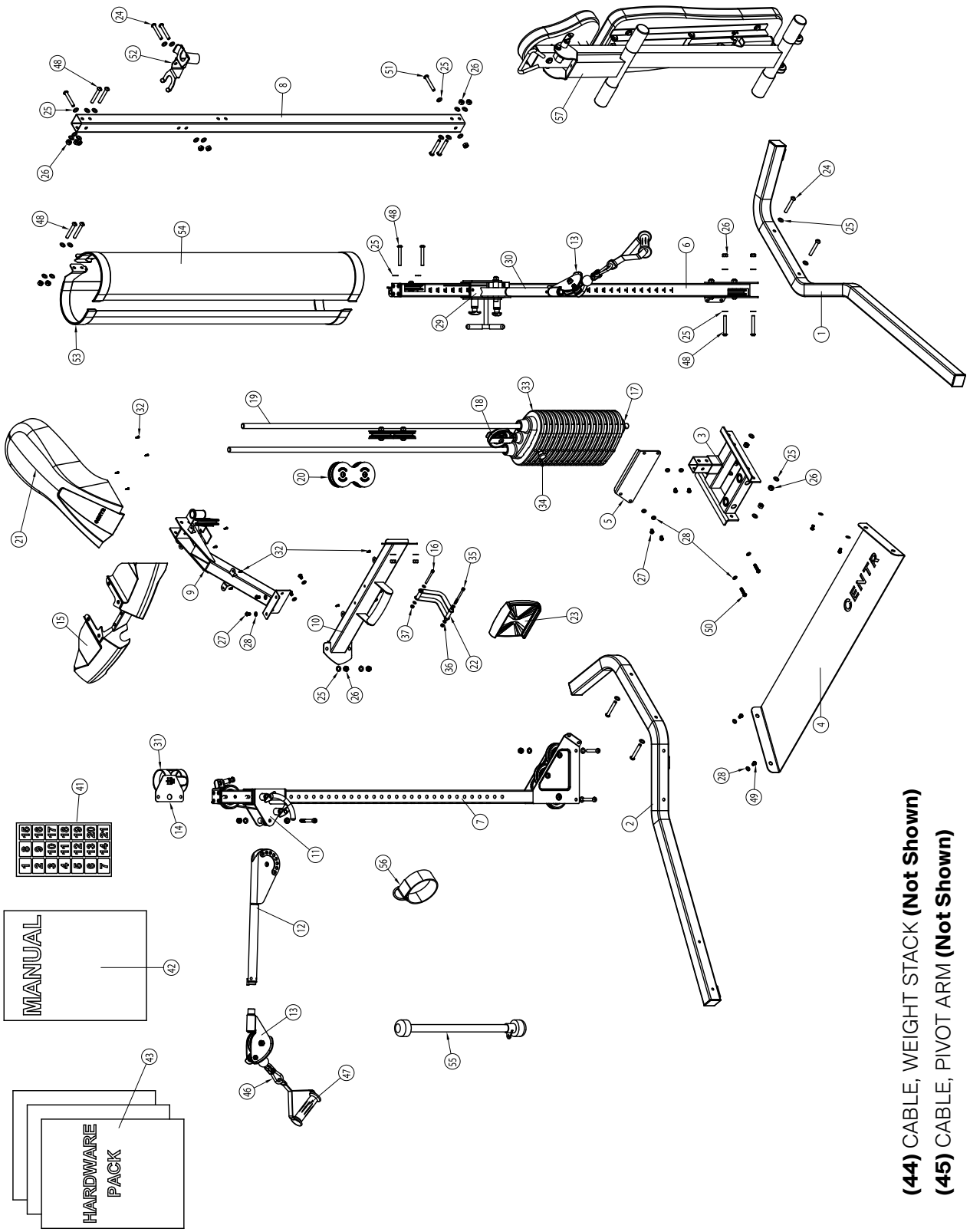
Modelo / Modèle / Modelo	USA	Canada	Mexico	Other
Centr 1000	X			
Centr 1500	X			
Centr 2000	X			
Centr 2500	X			
Centr 3000	X			
Centr 3500	X			
Centr 4000	X			
Centr 4500	X			
Centr 5000	X			
Centr 5500	X			
Centr 6000	X			
Centr 6500	X			
Centr 7000	X			
Centr 7500	X			
Centr 8000	X			
Centr 8500	X			
Centr 9000	X			
Centr 9500	X			
Centr 10000	X			

WARNING
AVERTISSEMENT
ADVERTENCIA

... (Detailed safety instructions in multiple languages) ...

MADE IN THE UNITED STATES OF AMERICA
 SERIAL NO. / NO. DE SERIE / N.º DE SERIE: XXXXX-XXXX-XX-XX-XXXXXX
 MODEL / MODELE / MODELO: XXXXX
 MADE AND SERVED / FABRICO E FORNECIDO: CENTR / CENTR / CENTR
 +1 714 238-1729

EXPLODED DIAGRAM



(44) CABLE, WEIGHT STACK (Not Shown)
(45) CABLE, PIVOT ARM (Not Shown)

MAINTENANCE

WARNING

DO NOT place styrofoam or printed materials on the seat pads. Over time, these may stick to the pads and mar the surface.

DO NOT leave items sitting on the seat pads, these pads have a special density that takes shape to objects and small objects will leave imprints in the surface that may take time to come out.

- Periodically inspect the cables for splitting, cracking or fraying. Also watch for bulging or flat areas in the cable.
- 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 Inspire Fitness parts only.
- Locate and familiarize yourself with all warning decals on the Home Gym.
- Replace damaged or worn upholstery immediately.
- Periodically wipe down guide rods with a dry cloth and re-apply a thin coat of a Teflon™ based lubricant.

PARTS LIST

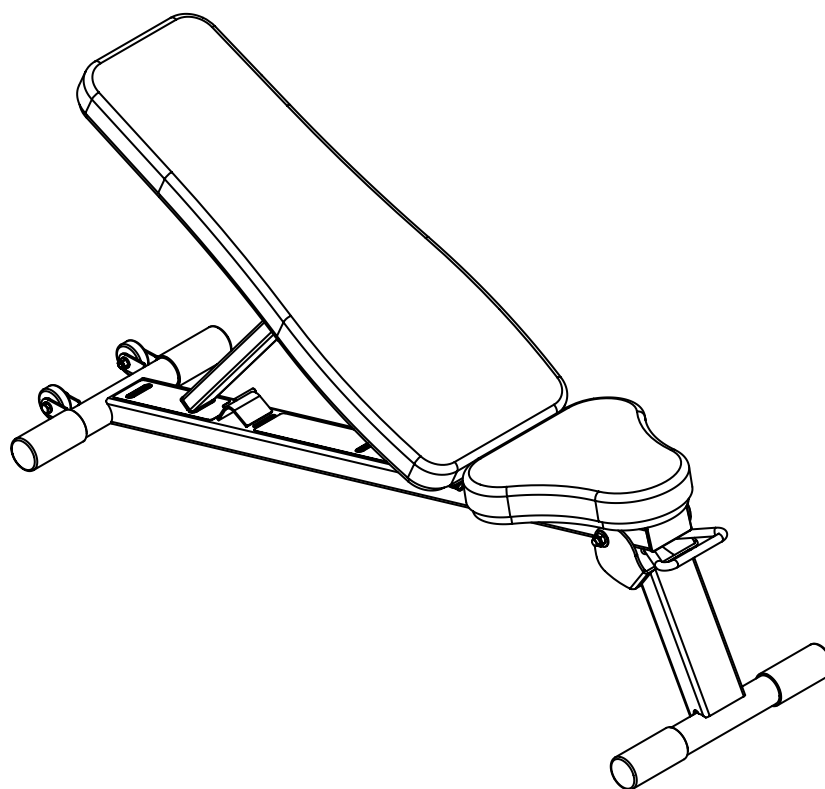
No.	Description	Part Number	Qty.
1	TUBE, FRAME LEG, LH	102366	1
2	TUBE, FRAME LEG, RH	102367	1
3	WLDMT, LOWER MAIN FRAME	102368	1
4	PLATE, FOOT	102369	1
5	PLATE, FLOOR	102370	1
6	ASSY, UPRIGHT/SLIDER, LH	102371	1
7	ASSY, UPRIGHT/SLIDER, RH	102372	1
8	TUBE, UPRIGHT SUPPORT, REAR	102373	1
9	WLDMT, UPPER MAIN FRAME	102374	1
10	WLDMT, UPPER CROSSBAR	102375	1
11	ASSY, SLIDER, RH	102376	1
12	ASSY, EXTENSION/PIVOT ARM, RH	102377	1
13	ASSY, ROTATING PULLEY	102378	2
14	BRACKET, WATER BOTTLE HOLDER	102379	1
15	COVER, CROSSBAR	102380	1
16	BOLT, M6 X 1 X 60, SH, BZ	102381	1
17	BUMPER, RUBBER, 50 X 25	102382	2
18	ASSY, TOP PLATE	102383	1
19	GUIDE ROD, HOLLOW 1786mm	102384	2
20	ASSY, DUAL FLOATING PULLEY, CENTR1	102385	2
21	COVER, TOP	102386	1
22	L BRACKET, TABLET MOUNT	102387	1
23	TABLET HOLDER, CENTR	102388	1
24	BOLT, M10 X 1.5 X 70, SH, BZ	102389	10
25	WASHER, FLAT, 11 X 20 X 2, BZ	102390	67
26	NUT, M10 X 1.5, LOCK, BZ	102391	33
27	BOLT, M8 X 1.25 X 20, SH, BZ	102392	8
28	WASHER, FLAT, 8.5 X 16 X 2, BZ	102393	12
29	ASSY, SLIDER, LH	102394	1
30	ASSY, EXTENSION/PIVOT ARM, LH	102395	1
31	WATER BOTTLE HOLDER	102396	1
32	SCREW, M4 X 16, PH, BZ, TYPE A	102397	6
33	WEIGHT STACK PLATE	102398	10
34	WEIGHT PIN	102399	1
35	BOLT, M6 X 1 X 75, SH, BZ	102400	2
36	WASHER, FLAT, 6.4 X 12 X 1.6, BZ	102401	4
37	NUT, M6 X 1, LOCK, BZ	102402	2
38	WRENCH, 5mm ALLEN	102403	1
39	WRENCH, 6mm ALLEN	102404	1
40	WRENCH, 10mm & 17mm	102405	1
41	WEIGHT STACK NUMBERS #1-21	102406	1
42	DOCUMENT, UM, CENTR1	102407	1
43	Hardware pack, CENTR1 (STEPS 1-9)	102408	3
44	CABLE, WEIGHT STACK	102409	1
45	CABLE, PIVOT ARM	102410	2
46	SNAP LINK SL1	SL1	2
47	HANDLE, D	2RDH	2
48	BOLT, M10 X 1.5 X 75, SH, BZ	102411	11
49	BOLT, M10 X 1.5 X 20, SH, BZ	102412	4
50	BOLT, M8 X 1.25 X 35, SH, BZ	102413	2
51	BOLT, M10 X 1.5 X 65, SH, BZ	102414	3
52	WLDMT, BENCH MOUNT CENTR1	102415	1
53	BRACKET, SHROUD, CENTR1	102416	4
54	SHROUD, CENTR1	102417	2
55	ROPE, TRICEP	TR1	1
56	ANKLE STRAP	AS1	1
57	BENCH, FLB2	FLB2	1



Model: FLB2C

USER MANUAL

FOLDING ADJUSTABLE BENCH



Record Serial Number Here

MADE IN CHINA
V07122023-C5

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

hello@centr.com



PHONE

877-738-1729 (US Only)
+1 714-738-1729 (Global)
Mon-Fri 8am-5pm PT - UTC-7h/8



CHAT

www.inspirefitness.com

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

To view full warranty details, or to register your product for warranty, visit centr.com/support

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; and
- 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.

IMPORTANT SAFETY NOTICE

PRECAUTIONS

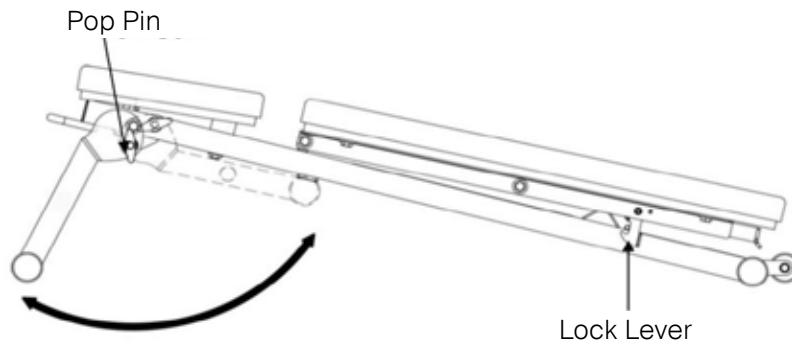
This exercise bench is built for optimum safety. However, certain precautions apply whenever you use a piece of exercise equipment. Be sure to read the entire manual before you assemble or use your bench. In particular, note the following safety precautions:

1. Keep children and pets away from the bench at all times.
2. Only one person at a time should use the bench.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a physician.
4. Position the bench on a clear, leveled surface. Do not use outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Running or aerobic shoes are also required when using the bench.
7. Use the bench only for its intended use as described in this manual.
8. Disabled persons should not use this bench without a qualified person or physician in attendance.
9. Always do stretching exercises to properly warm up before using this bench.
10. Never use this bench if it is not functioning properly.
11. A spotter is recommended during exercise.
12. Maximum **USER** weight on bench is **136 kg / 300 lb**. This means that a **PERSONS** maximum weight can be up to 136 kg / 300 lb. **The total weight capacity that the bench can hold is 226.8 kg / 500 lb.**

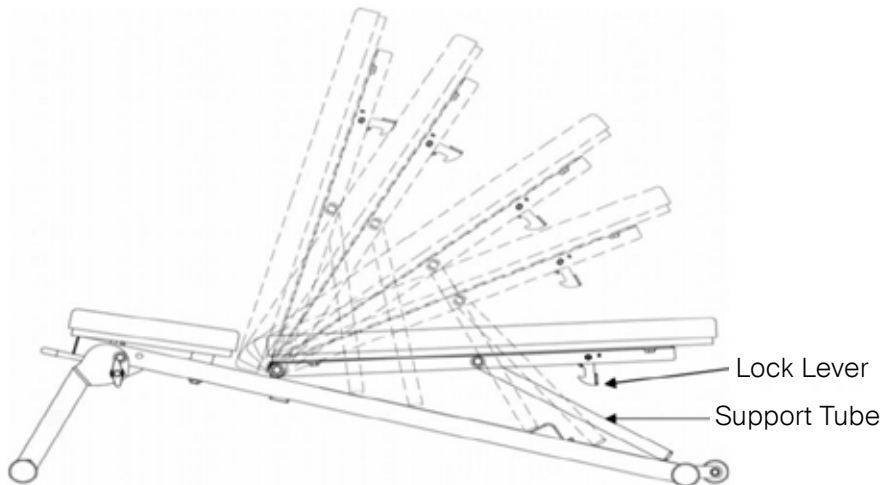
CARE AND MAINTENANCE

1. Regularly inspect product for loose hardware.
2. Do not use or store equipment outdoors.
3. Locate and familiarize yourself with all warning decals on the home gym.
4. Replace damaged or worn upholstery immediately.

This bench is for adult use only. Do not let children play with the bench. Use caution while adjusting or working out on the bench.



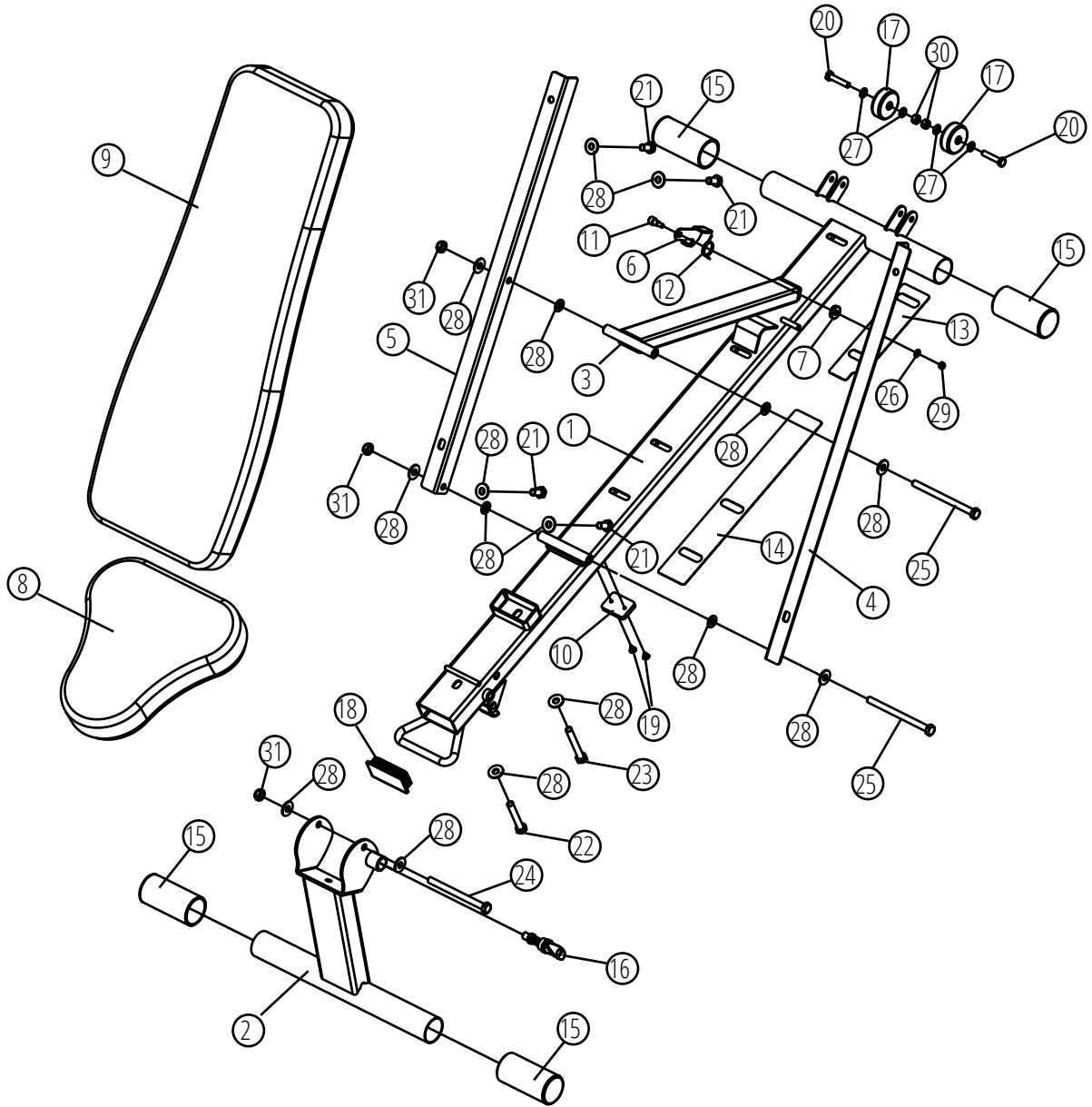
Pull pop pin to unfold or fold leg. Make sure hands are clear of pivot area. Make sure pop pin is fully engaged in locking holes after each adjustment.



Swivel lock lever under pad to release back pad. Raise the head end of the pad so the free end of the support tube slips into a slot for a desired position. Before use, make sure the support tube is secure in a slot.

When folding the bench flat, keep hands clear of any pivot areas or closing areas. make sure the lock lever is locked over catch pin before moving.

EXPLODED DIAGRAM



CENTR