

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. *
2. Inspect cable attachments (short and long single handles, double handles, lat or curl bars, ankle strap, foot strap, triceps strap, sport handles such as racket sports, golf, or baseball, ab strap, squat attachments, etc.) carefully. Look for damaged mounting eyes, springs, latches, etc. Inspect the webbing for fraying and check that the stitching is intact and strong. Inspect all joints, fixed and pivoting. Make sure any bolts are tight and that all retaining rings are intact and in good condition. Inspect any bearings. Replace any damaged or worn items.
3. Inspect weight selector pin (or other stack components) with Vectra replacement parts only.
4. Inspect press arm adjustment lever for proper function. Ensure that latch pin is engaged each position fully. Replace improperly functioning parts with Vectra replacement parts only.
5. Inspect press arm mounting screws for tightness. Tighten if necessary. * Inspect all springs, including press arm counter balance springs to make sure they are in good condition and working properly. Replace any missing, damaged or worn springs with Vectra replacement parts only.
6. Inspect bench bolts for tightness. Tighten if necessary. * Inspect cushion suspension pivots, retaining rings, springs, and breaking features for proper function. Replace any damaged or malfunctioning parts.
7. Inspect leg developer mounting screws, pivots, bearings, and springs for tightness. Tighten if necessary. * Inspect bench wheels, wheel latches. Remedy any problems found using Vectra replacement parts only.
8. Inspect cushion bolts for tightness. Tighten if necessary. * Inspect cushion support structure, squat attachments, pivots, guide wheels and associated latches. Remedy any problems found using Vectra replacement parts only.
9. Inspect all molded parts such as pulleys, nylon bushings and cable stops. Make sure all are intact, undamaged and secure. Replace any parts that are missing, worn or damaged.
10. Inspect cable retaining plugs and spring plungers. Replace if needed using Vectra replacement parts only.
11. Inspect pulley pivots, retainers, axles, bushings, attachment points, and rotation limiters. Inspect butterfly adjustment mechanism for proper function. Remedy any problems found using Vectra replacement parts only.
12. Inspect non-slip tread. Inspect rubber feet on frame and bench. Remedy any problems found using Vectra replacement parts only.
13. Adjust cable system tension if necessary (see assembly instructions for details).

PERFORM THE FOLLOWING CHECKS WEEKLY:

daily inspection constitutes an adequate safety program.

1. Inspect cables, cable ends and nylon jacket very carefully. Refer to Warning Label for specific information on inspecting cables. This same information is repeated in this manual and on your exercise chart. **Replace any damaged or worn cables.** Annual cable replacement (semanual in multi-user settings) is strongly recommended as an additional precaution. The rate at which cables wear depends on many factors including: repetition, weight setting, misuse, abuse, etc. Because of this, periodic cable replacement is not a sufficient safeguard against unexpected breakage. Nothing short of a thorough, careful daily inspection constitutes an adequate safety program.

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PERFORM THE FOLLOWING CHECKS MONTHLY:

1. Inspect all hand grips, pads, etc. Replace any damaged, worn, loose or missing parts.
2. Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary. Check bolt, tighten if necessary. *
3. Vectra's stainless steel guide rods DO NOT REQUIRE LUBRICATION or anti-rust treatment. Simply keep them free of grit, sticky or gunny sprays, etc.
4. Clean upholstery with mild soap and water as desired.
5. If unit is in a humid area, such as near a pool, hot tub or sauna, or in certain climates, use of an auto wax should delay rusting.

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Routine Inspection & Maintenance

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Warning:

Serious injury can occur if you are struck by falling weights or moving parts. The risk that you assume by using this type of equipment can be reduced by obeying a few simple rules:

1. **IMPORTANT:** Cables are a wear item. It is your responsibility to prevent unexpected breakage. To do this, inspect every cable daily. Pay particular attention to areas near fittings at each end of each cable. Access panels are provided, where necessary, for this purpose. Replace worn, frayed, or damaged cables immediately. The actual wire strands, the fittings, and the nylon jacket itself must all be scrutinized. Using or allowing a machine to be used with a suspect cable can result in serious injury.
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3. Read and follow all instructions in your owner's manual, on your exercise chart, and on product warning label. Additional copies are available from Vectra Fitness, Inc. or your dealer. Do not use this machine until you have taken the time to become completely familiar with its safe operation.
4. Consult your physician before beginning your exercise program.
5. Do not allow young children to use or play with or around this machine. Allow older children to use the machine only with adult supervision.
6. Keep body, hair, and clothing clear of weights and moving parts at all times.
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8. Ensure that the weight selector pin is in good working condition and fully engaged in the selector shaft prior to lifting. Use only the Vectra supplied pin or a Vectra authorized replacement.
9. Ensure that any locking mechanisms are properly engaged prior to lifting. Locking mechanisms secure the following in position during use: seat pads, accessory items such as squat attachments and lat hold downs, cable attachments, press arms, leg developers, etc. An improperly engaged locking mechanism could result in an injury.
10. Obtain assistance to free jammed weight plates, pulleys, etc. Do not attempt to free jammed weight plates by yourself. Falling weight plates can cause serious injury. Do not pin the weight stack or top plate in an elevated position and do not use machine if found in this condition.
11. Do not drop the weight plates. Lift only as much as you can control safely. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Vectra. Don't be careless. Stay alert.
12. Serious injury could result if equipment moves while in use. To prevent this, ensure that the floor is even, strong, and not too slippery. If equipment slides too easily on floor, place equipment on rubber matting. Errors in lifting form could also result in bench moving in use. To prevent this, lift weight vertically only and do not push horizontally with your feet while lifting.
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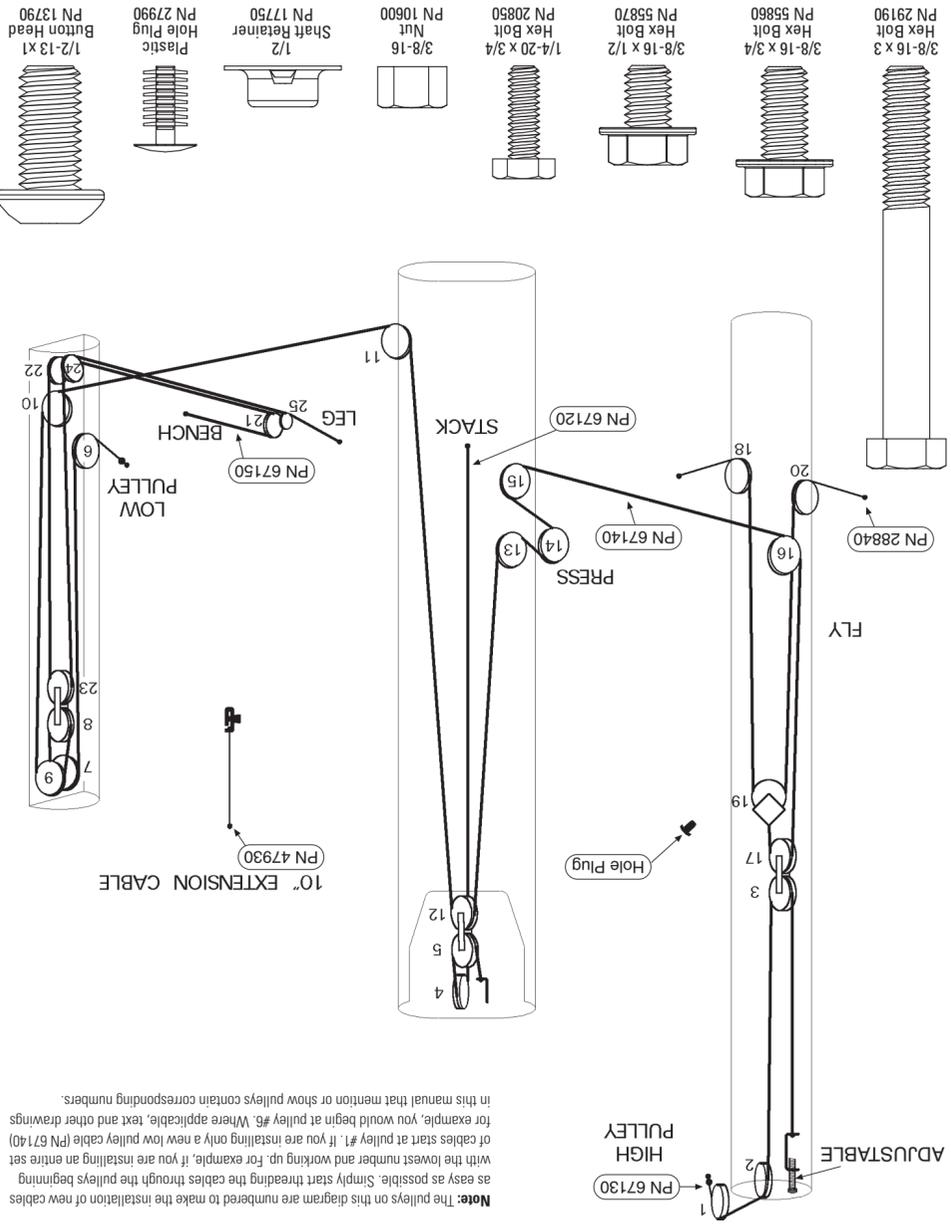
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Vectra On-Line 1450 Cable Diagram

Note: The pulleys on this diagram are numbered to make the installation of new cables as easy as possible. Simply start threading the cables through the pulleys beginning with the lowest number and working up. For example, if you are installing an entire set of cables start at pulley #1. If you are installing only a new low pulley cable (PN 67140) for example, you would begin at pulley #6. Where applicable, text and other drawings in this manual that mention or show pulleys contain corresponding numbers.

Vectra On-Line 1450 Limited Warranty

Vectra Fitness, Inc. warrants, to the original owner only, this Vectra On-Line 1450 to be free from defects in materials and workmanship for component specific periods as outlined below. Purchaser must retain bill of sale to establish warranty rights. This Limited Warranty is valid only if machine is purchased from a Vectra authorized dealer. Defective parts will be repaired or replaced at Vectra's option, when returned to Vectra Fitness, Inc., shipping prepaid with prior authorization. No allowances for labor will be made.

Warranty Period: (All periods are from date of purchase by original consumer)

Home Use:	
Structural Frame	Lifetime
Weight Stack	5 years
Guide Rods	5 years
Pulleys	5 years
Bearings	5 years
Cables and Cable Attachments	3 years
Upholstery	3 years
Other parts not listed	3 years

Home Use is defined as use in a family's home by the members of that family. Lifetime means while owned by the original owner.

Commercial/Institutional Use:

This warranty is void if this machine is used in any type of commercial or institutional setting. Commercial/Institutional Use is defined as any use other than Home Use.

Conditions and Exceptions: Failures due to misuse, abuse, neglect, alteration, improper assembly, repairs other than by an authorized Vectra Service Center, normal wear, damage or lack of maintenance are not covered. Use of a weight stack that is heavier than the heaviest stack that Vectra Fitness sells for use on the machine voids this Limited Warranty. This Limited Warranty does not cover damages sustained during shipment. Title passes to buyer upon delivery to carrier. If product is damaged in transit, file claim with carrier.

Repairs to the Structural Frame and Weight Stack will be made only if such repairs are necessary to make the machine functional as designed. Repairs for other reasons will not be made. Cosmetics are not covered by this Limited Warranty. This is a powder coated steel product, and as such rust-resistant in most settings. Any rusting and/or corrosion is completely outside the scope of this Limited Warranty. Owners who live in humid climates or intend to install this machine in a humid area such as outside, near a pool, hot tub, or sauna should apply an automotive wax to delay rusting. The corrosive effects of sweat, cleaners, body lotions, sunlight, etc. are also the responsibility of the owner.

It is our policy to repair or replace components rather than entire machines or assemblies. It is also our policy to repair rather than replace frame components. Repairs of structural parts will be made using appropriate technology and may be visible. Repaired items will be refinished as needed, but the new finish may not match the old.

Replacement and Repair Expenses: Vectra Fitness will provide only replacement parts or repair to parts under this Limited Warranty, and will pay for standard ground shipping of such parts to the consumer. The owner of the machine is responsible for all other costs. Such costs may include, but are not limited to: labor charges for service, removal, repair, and re-installation of the Vectra product or any component part; shipping, delivery, handling, and administrative charges for returning parts to Vectra; all necessary or incidental costs related to installation of the repaired or replacement part.

Claim Procedure: Please contact the Vectra authorized dealer from whom you purchased your machine should warranty service be required. Items returned to Vectra without prior factory authorization or freight collect will not be accepted. Vectra assigned RMA number MUST be prominently shown on OUTSIDE of carton. Copies of original bill of sale MUST accompany any merchandise returned for warranty service. Also, each returned item must be accompanied by the following information: RMA number assigned by Vectra, product serial number, description of problem experienced, and instructions for return of repaired/replaced part. Parts should be shipped to Vectra Fitness in their original carton or equivalent packaging. Vectra Fitness will not be responsible for any loss or damage incurred in shipping.

No other express or implied warranties have been made or will be made on behalf of Vectra Fitness with respect to any Vectra product or the operation, repair or replacement of any Vectra product. Vectra Fitness shall not be responsible for injury, loss of use of the Vectra product; inconvenience; loss or damage to personal property, whether direct or indirect; or for incidental or consequential damages. This Limited Warranty is LIMITED STRICTLY to the terms stated herein and no other express warranties or remedies shall be binding on us. **THIS LIMITED WARRANTY AND ALL WARRANTIES WHICH MAY BE IMPLIED UNDER STATE LAW, INCLUDING, BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY AND WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE, EXPIRE WITH THE TRANSFER OF OWNERSHIP FROM THE ORIGINAL OWNER. ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE SHALL BE LIMITED TO ONE YEAR FROM DATE OF PURCHASE. REPAIR OF THE PRODUCT AS PROVIDED UNDER THIS LIMITED WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. IN NO EVENT SHALL WE BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES FOR BREACH OF THIS LIMITED WARRANTY OR ANY OTHER WARRANTY EXPRESS OR IMPLIED.** Some states do not allow limitations on how long an implied warranty lasts, or do not allow the exclusion of incidental or consequential damages, so the above limitations or exclusions may not apply to you.

Consumers Rights: This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Vectra Fitness, Inc.
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Kent, WA 98032 U.S.A.
www.vectrafitness.com

Protected by one or more of the following Patent Numbers: RE34,572; 4,900,018; 4,986,538; 5,336,148; 5,378,216; 5,395,295; 5,462,510; 5,605,523; 5,672,143; 5,779,601; 6,482,135; 6,508,748; 6,582,346; 6,994,660; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; CN1,309,738; CN2,023,972; J3,117,451

Other U.S. and foreign patents pending. Vectra, On-Line and Cornerstone are registered trademarks of Vectra Fitness, Inc. Series VX, ARC (Automatic Ratcheting Cam), AL (Arm-Leg), Vector, and VFT are trademarks of Vectra Fitness, Inc.

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VECTRA®



On-Line 1450 Owner's Manual

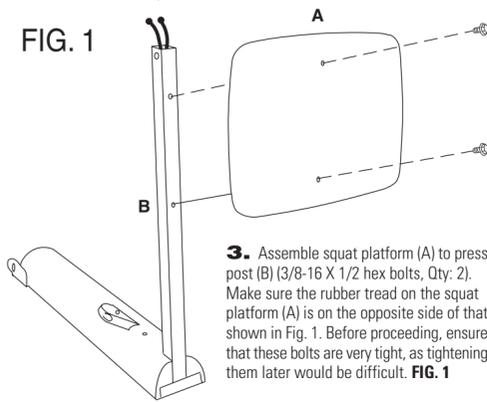
Tools Required:

Wrenches: one each 7/16", 1/2", and two each 9/16" end wrenches
Hex key: 5/16"
Phillips screwdriver, hammer, pliers

1. Select location for your machine. Set machine up in a well-lighted and well-ventilated area where you will enjoy exercising. Use rubber floor matting or carpet remnants to protect your floor, if desired. It is necessary to have access to all sides of the unit during assembly. Once the unit is assembled, it may be slid into a corner for use.

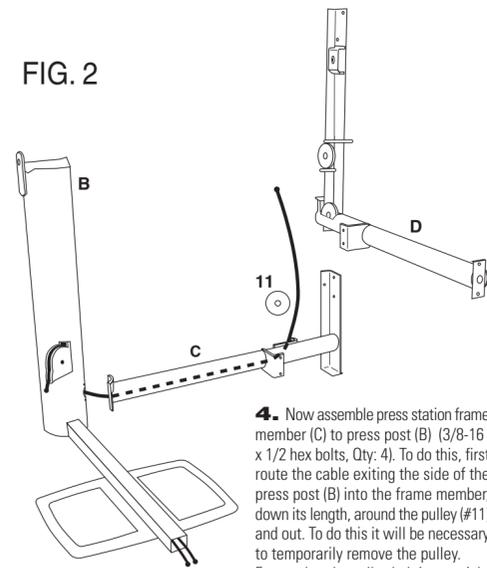
2. Unbox entire unit, taking care to not bang parts together lifting them from their foam supports. **(NOTE: LEAVE ALL CABLE RETAINERS IN PLACE.)** Lay large items, such as the main column down until needed to prevent them from accidentally falling over. To make assembly as easy as possible, many cables are pre-routed at the factory. Route and attach cables when the instructions call for it. After routing any cable, resecure it to prevent it from coming unrouted before going on. Some bolts should be tightened very tight only after the instructions say to do so. All bolts should be tight at the end of assembly.

FIG. 1



3. Assemble squat platform (A) to press post (B) (3/8-16 x 1/2 hex bolts, Qty: 2). Make sure the rubber tread on the squat platform (A) is on the opposite side of that shown in Fig. 1. Before proceeding, ensure that these bolts are very tight, as tightening them later would be difficult. **FIG. 1**

FIG. 2



4. Now assemble press station frame member (C) to press post (B) (3/8-16 x 1/2 hex bolts, Qty: 4). To do this, first route the cable exiting the side of the press post (B) into the frame member, down its length, around the pulley (#11) and out. To do this it will be necessary to temporarily remove the pulley. Ensure that the pulley bolt is very tight

after reinstalling it. Leave the four bolts connecting the frame member to the press post a little loose, until told to tighten them later in these instructions. (Note: any pulley numbers mentioned in the text or shown on these drawings correspond with the cable diagram on the other side of this manual. Refer to that diagram as necessary during the assembly process if you'd like another perspective.) **FIG. 2**

5. Now attach main column frame member (D) to press station frame member (C) (3/8-16 x 3/4 hex bolts and nuts, Qty: 3 ea). **FIG. 2**

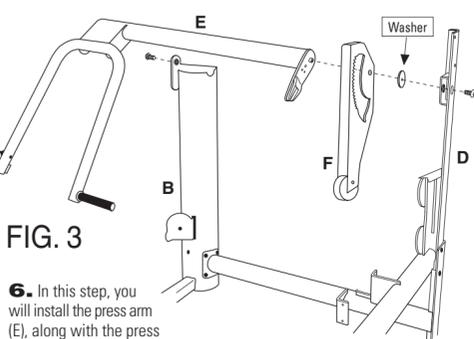


FIG. 3

6. In this step, you will install the press arm (E), along with the press adjustment plate (F) to the machine. (large 1/2" i.d. washer, Qty: 1, and 1/2-13 x 1 button head bolts, Qty: 2). Begin by placing the press adjustment plate onto the press arm such that the latch pin is in one of the notches and the large hole is over the post on the end of the press arm. Next place one of the bolts through the ball bearing installed in the main column frame member (D). Thread the washer onto this bolt. Now position the press arm assembly according to the diagram and thread this bolt into the internally thread post mentioned above. Insert the second bolt through the bearing at the top of the press post (B) and into the press arm assembly. The press adjustment plate should be supported in a "V" shaped notch in the main column frame member. Tighten the two bolts installed in this step very tight with a 5/16" hex key. **FIG. 3**

7. Now route the cable emerging from the press station frame member (C) as follows: first route it around one pulley (#12) of the double moving pulley unit (G), next it goes under pulley #13, over pulley #14, and then down into the main column frame member (D) and around pulley #15. It needs to continue along the length of this frame member and exit through the large round hole in the bracket welded on its end. Place the double moving pulley unit (G) on the floor for now. **FIG. 4**

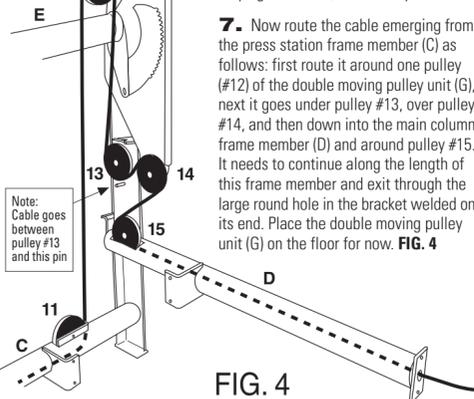
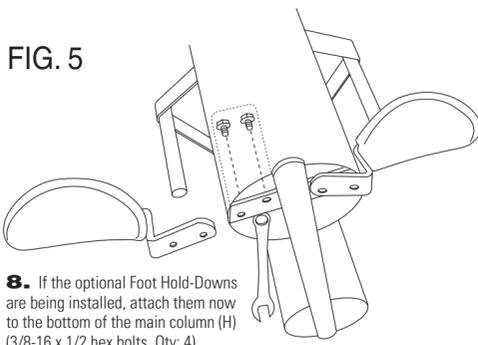


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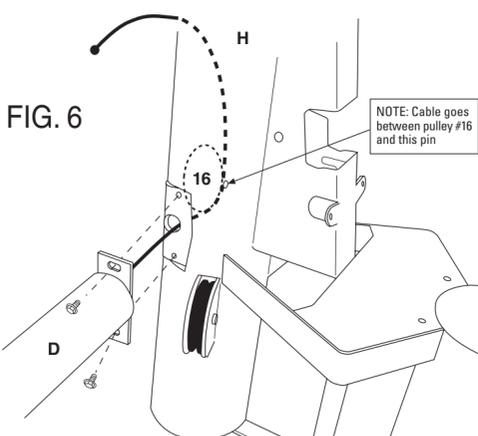
Assembly Instructions

FIG. 5



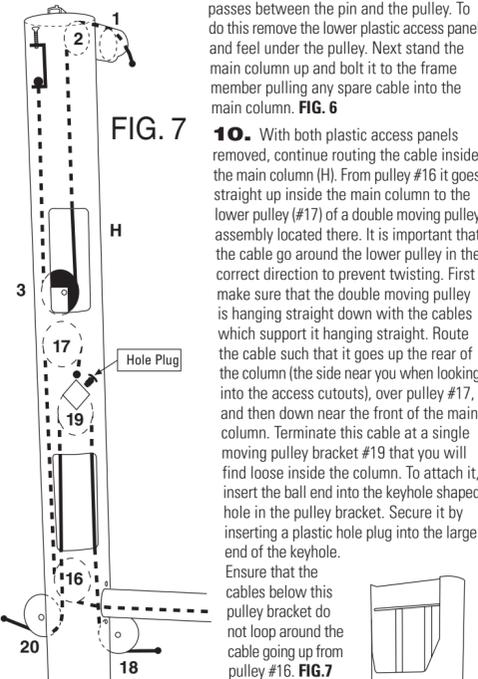
8. If the optional Foot Hold-Downs are being installed, attach them now to the bottom of the main column (H) (3/8-16 x 1/2 hex bolts, Qty: 4). The bolts go from the inside of column down into the Foot Hold-Downs. They can be tightened with a common wrench from below as shown. These may be assembled to an upright column, but it is more difficult and requires different wrenches. Tighten very tight before proceeding. **FIG. 5**

FIG. 6



9. Now assemble the main column (H) to the main column frame member (D) (3/8-16 x 1/2 hex bolts, Qty: 2). Before standing the main column up, route the cable into the hole in its bracket, and around the pulley (#16) located there such that it heads up inside the column. **IMPORTANT:** There is a small diameter pin near this pulley. Make sure the cable passes between the pin and the pulley. To do this remove the lower plastic access panel and feel under the pulley. Next stand the main column up and bolt it to the frame member pulling any spare cable into the main column. **FIG. 6**

FIG. 7



10. With both plastic access panels removed, continue routing the cable inside the main column (H). From pulley #16 it goes straight up inside the main column to the lower pulley (#17) of a double moving pulley assembly located there. It is important that the cable go around the lower pulley in the correct direction to prevent twisting. First make sure that the double moving pulley is hanging straight down with the cables which support it hanging straight. Route the cable such that it goes up the rear of the column (the side near you when looking into the access cutouts), over pulley #17, and then down near the front of the main column. Terminate this cable at a single moving pulley bracket #19 that you will find loose inside the column. To attach it, insert the ball end into the keyhole shaped hole in the pulley bracket. Secure it by inserting a plastic hole plug into the large end of the keyhole. Ensure that the cables below this pulley bracket do not loop around the cable going up from pulley #16. **FIG. 7**

FIG. 8

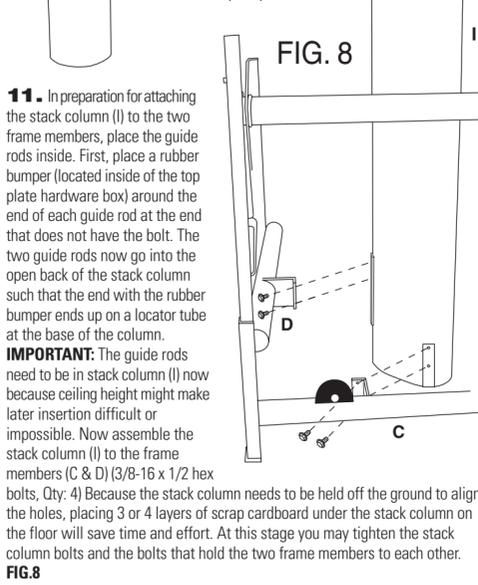
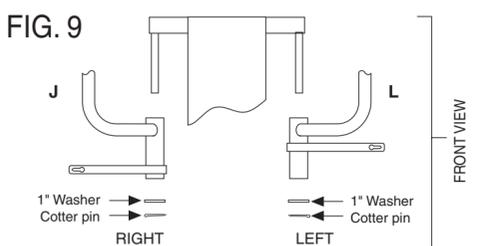


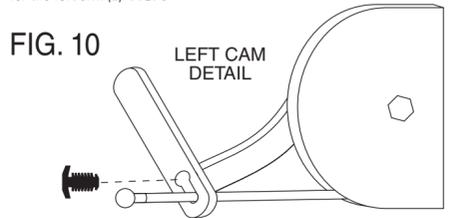
FIG. 9



11. In preparation for attaching the stack column (I) to the two frame members, place the guide rods inside. First, place a rubber bumper (located inside of the top plate hardware box) around the end of each guide rod at the end that does not have the bolt. The two guide rods now go into the open back of the stack column such that the end with the rubber bumper ends up on a locator tube at the base of the column. **IMPORTANT:** The guide rods need to be in stack column (I) now because ceiling height might make later insertion difficult or impossible. Now assemble the stack column (I) to the frame members (C & D) (3/8-16 x 1/2 hex bolts, Qty: 4) because the stack column needs to be held off the ground to align the holes, placing 3 or 4 layers of scrap cardboard under the stack column on the floor will save time and effort. At this stage you may tighten the stack column bolts and the bolts that hold the two frame members to each other. **FIG. 8**

12. Install right cross chest fly arm (J) (arm closest to stack column) on pivot bar. The right arm is the one with the cam at the lowest point on the arm. Install 1" washer and then cotter pin, bend end. Repeat this process for the left arm (L). **FIG. 9**

FIG. 10



13. Connect cables to cross chest fly cam. Use plastic hole plugs in keyholes to prevent disconnection. **FIG. 10**

14. Install seat bottom (N) (1/4-20x3/4 hex bolts, Qty: 2). Install the Lat Hold-Down (O) with the lever on the right pointing up. Line up the 1/2" holes and insert the pivot (1/2" diameter rod and shaft retainers). Install shaft retainer with a hammer. Install seat bak (P) (1/4-20x3/4 hex bolts, Qty: 4). Install one single handle per side (Q). **FIG. 11**

FIG. 11

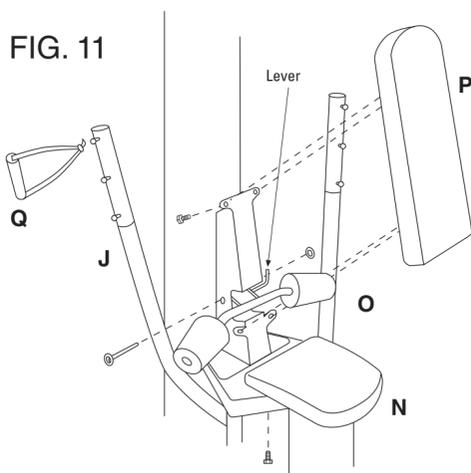


FIG. 12

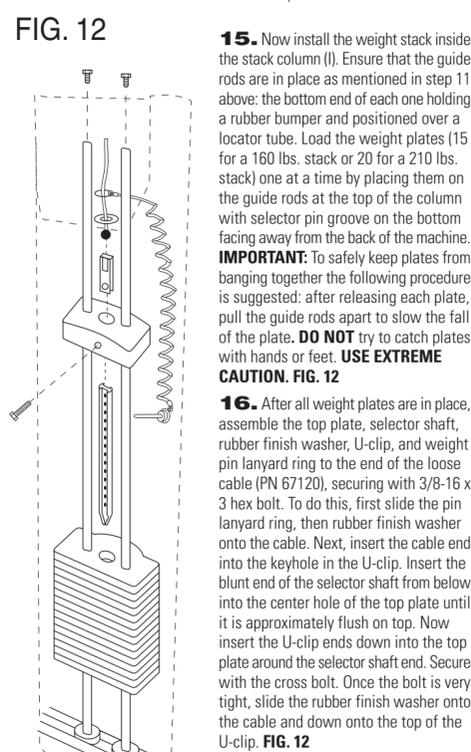


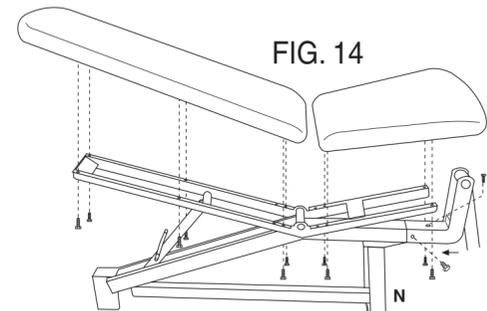
FIG. 13

15. Now install the weight stack inside the stack column (I). Ensure that the guide rods are in place as mentioned in step 11 above: the bottom end of each one holding a rubber bumper and positioned over a locator tube. Load the weight plates (15 for a 160 lbs. stack or 20 for a 210 lbs. stack) one at a time by placing them on the guide rods at the top of the column with selector pin groove on the bottom facing away from the back of the machine. **IMPORTANT:** To safely keep plates from banging together the following procedure is suggested: after releasing each plate, pull the guide rods apart to slow the fall of the plate. **DO NOT** try to catch plates with hands or feet. **USE EXTREME CAUTION. FIG. 12**

16. After all weight plates are in place, assemble the top plate, selector shaft, rubber finish washer, U-clip, and weight pin lanyard ring to the end of the loose cable (PN 67120), securing with 3/8-16 x 3 hex bolt. To do this, first slide the pin lanyard ring, then rubber finish washer onto the cable. Next, insert the cable end into the keyhole in the U-clip. Insert the blunt end of the selector shaft from below into the center hole of the top plate until it is approximately flush on top. Now insert the U-clip ends down into the top plate around the selector shaft end. Secure with the cross bolt. Once the bolt is very tight, slide the rubber finish washer onto the cable and down onto the top of the U-clip. **FIG. 12**

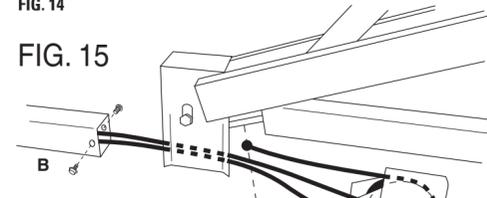
17. Now lower the top plate assembly down the guide rods making sure the side with the bolt is toward the back of the machine. Leave the cable hanging out the top of the column for a moment and attach the guide rods to the support bracket at the top of the stack column (I). To do this remove the bolt in the top of each guide rod, and reinsert it through the bracket. Make sure that the nylon bushings are in the top of the guide rods on top of the threaded inserts installed at the factory. Tighten these bolts, and test the guide rod spacing by pulling the top plate to the top of the column using the cable. If the top plate is sticky near the top of the guide rods, loosen the bolts and adjust the spacing before proceeding. **FIG. 12**

18. Now install the stack column frame member (R) as shown (3/8-16 x 1/2 hex bolts and nuts, Qty: 4 ea.). This frame member goes on the inside of the angle of the main column frame member (D), not on its outside. Tighten these four bolts very tight. **FIG. 13**



19. Install 2 rubber feet onto bench frame (N). Install Leg Developer Mount Assembly to Bench Frame (3/8-16 x 3/4" hex bolts, Qty: 3). Attach the two cushions to the bench (1/4-20 x 3/4 hex bolts, Qty: 10). Tighten pad mounting bolts firmly. **FIG. 14**

FIG. 15



20. Now attach the bench assembly to the weight machine. Align the bench hitch section (portion with the wheel), and start it onto the square frame, just enough such that the wheel is on the frame. Now the two cable ends need to be attached to opposite ends of the bench. The cable end farthest from the weight stack loops back around the larger pulley of the bench pulley bracket (S) and attaches inside the bench hitch section near the wheel. Insert the ball end into the keyhole and secure with a plastic hole plug. The second cable end, the one nearer the weight stack attaches to a similar keyhole on the leg developer cam. After inserting it, secure it with a plastic hole plug. Next slide the bench further onto the frame and slide the bench pulley bracket (S) back onto the frame. Secure it with the two bolts (3/8-16 x 1/2 hex bolts, Qty: 2), tighten them firmly. **FIG. 15**

21. Now that all the cable ends are attached, the cable system may be completed behind the stack column. Route the cable from the stack over the pulley (#4) on the stack column frame member (R) and down to double moving pulley unit (G) from step 7 above. Route the cable around pulley #5 such that double moving pulley unit (G) is between the stack column and the press arm. Route the cable around this pulley in the direction that matches the diagram to prevent twisted cables. Secure the cable end to the stack column frame member (R) at one of the two provided attachment points. The upper hole should be used with the 210 lb. stack. The lower hole should be used with the 160 lb. stack. First remove the small bracket with the keyhole, insert the cable end in the keyhole, then reattach the bracket to the correct hole. **FIG. 15**

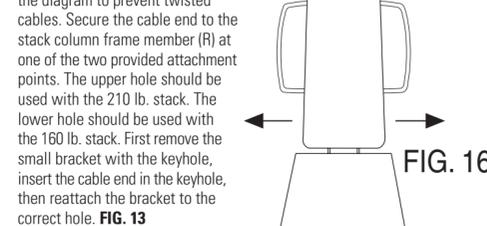
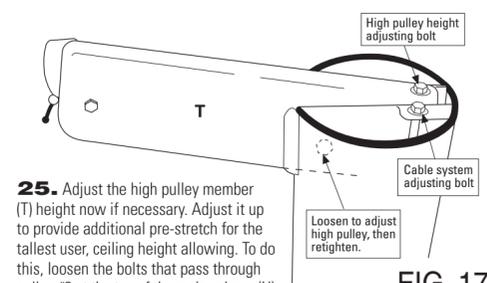


FIG. 16

22. Check the press arm adjustment lever's operation at this point. When the lever is operated in either direction, the pin should retract fully, allowing the press handle to rotate. When the lever is released, the pin should lock the press handle by snapping all the way into the next notch. Adjust with phillips screwdriver if necessary. The adjustment screw is behind the stack a few inches from the latch pin. When correctly adjusted, the latch pin will be forced by the spring all the way against the far end of the position notch. When operated, the adjustment lever will pull it free of the notches such that no clicking is heard during adjustment. **It is very important** that it be adjusted such that it goes all the way to the end of each notch with just the pressure of the spring. There is a jam nut on the adjustment screw — tighten it against the brass fitting to prevent the adjustment from changing over time.

23. At this point, all assembly behind the stack is complete, and all the bolts in that region should be tight. The machine may now be moved into a corner.

24. Adjust the center of the bench at this point. Move it side to side until it is centered in the press arm. Once it is centered, tighten the four bolts securing the press station frame member (C) to the press post (B). **FIG. 16**



25. Adjust the high pulley member (T) height now if necessary. Adjust it up to provide additional pre-stretch for the tallest user, ceiling height allowing. To do this, loosen the bolts that pass through pulley #2 at the top of the main column (H). You will need two 9/16" end wrenches for this as most other wrenches will not fit. Now tighten (or loosen if adjusting down) the bolt on the top of the back of the high pulley member (T). Once the chosen adjustment is reached, retighten the bolts that pass through pulley #2. They must be very tight. The lower two frame bolts that attach the main column frame member (D) to the main column (H) should now be tightened, taking care to see that the base of the main column is flat on the floor. **FIG. 17**

26. Tension the cable system by locating the adjustment screw on the right of the high pulley member (T) at the top of the main column (H). Adjust the cable tension as follows: tighten the adjustment screw until the top plate lifts slightly. Loosen the bolt until the top plate just touches the first weight plate. Check that the weight selector pin can be inserted in all weight plates. **FIG. 17**

27. Make sure that all cables move freely when all stations are operated. Immediately fix any cable rubbing problems.

28. Attach lat bar to cable at high pulley.

29. Apply weight stack number labels per instructions printed on label sheets. Affix the "PRESS ARM ADDS 10 lbs." label (located on the weight stack label sheet) to the press arm. Hang the Exercise Chart on the wall nearby for convenient reference, frame or laminate as desired.

If you have any questions, PLEASE contact the full-service dealer where you purchased this machine.