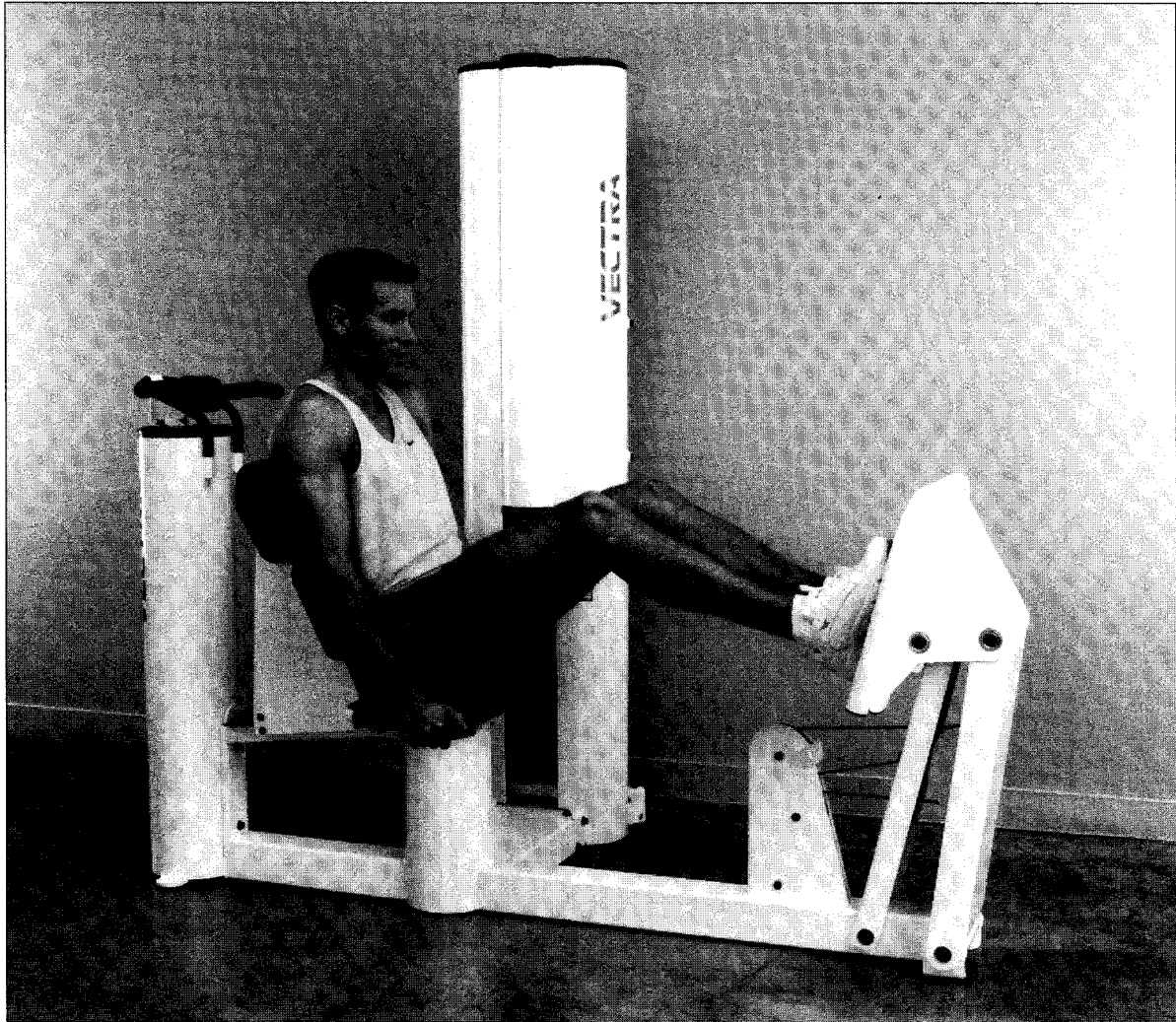


# VECTRA<sup>®</sup> FITNESS



## ***Owner's Manual***

- ***On-Line 1150***
- ***On-Line 2850 (part 2)***
- ***On-Line 4850 (part 2)***

## Introduction

**W**e at Vectra Fitness appreciate your selection for your fitness program, and invite your questions and comments. We're sure that you'll be pleased with your new Vectra Fitness gym.

This owner's manual provides you with safety rules, assembly instructions and routine inspection and maintenance information to enable you to get the most from your gym. Please read through this manual carefully before you assemble and use your Vectra Fitness gym.

## Routine Inspection & Maintenance

**V**ectra Fitness gyms are designed to provide years of trouble-free service with minimal routine maintenance. You can be confident of continued top quality performance by carrying out the following periodic inspection.

### PERFORM THE FOLLOWING SAFETY CHECK DAILY:

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 (semiannual in multi-user settings) is strongly recommended as an additional precaution. The rate at which cables wear depends on many factors including: repetitions, 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.

### PERFORM THE FOLLOWING CHECKS WEEKLY:

1. Inspect frame and pulley bolts for tightness. Tighten if necessary.\*
2. Inspect accessory items (lat bar, curl bar, abdominal strap, ankle strap, etc.) for damaged mounting eyes, broken stitches, etc. Replace any damaged or worn items.
3. Inspect weight selector pin for proper fit and retention in selector shaft. Replace improperly functioning pin with Vectra replacement pin only.
4. Inspect press arm adjustment lever for proper engagement. Replace improperly functioning parts only with VECTRA replacement parts.
5. Inspect press arm mounting screws for tightness. Tighten if necessary.\*
6. Inspect bench bolts. Tighten bolts if necessary.\* Inspect bench wheels, wheel suspension springs and bench feet. Replace any damaged or malfunctioning parts.
7. Inspect leg developer mounting screws for tightness. Tighten if necessary.\*
8. Inspect leg/ab seat bolts and cushion bolts for tightness. Tighten if necessary.\*
9. Inspect cable retaining plugs, aluminum stop balls and associated set screws, and spring plungers. Replace or tighten if necessary.
10. Inspect butterfly arm mounting screws for tightness. Tighten if necessary.\*
11. Inspect butterfly adjustment mechanism for proper function. Replace improperly functioning parts only with VECTRA replacement parts.
12. Adjust cable system tension if necessary (see assembly instructions for details).
13. Inspect row seat back mechanism for proper adjustment/latching function. Repair or replace as necessary.
14. Inspect wheels on press arm. Repair or replace as necessary.

### PERFORM THE FOLLOWING CHECKS MONTHLY:

1. Inspect all foam hand grips, pads, etc. Replace any damaged, worn, or loose 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 gummy 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.

\* If any bolts seem to loosen periodically, use Loctite 242 for a long-term cure.

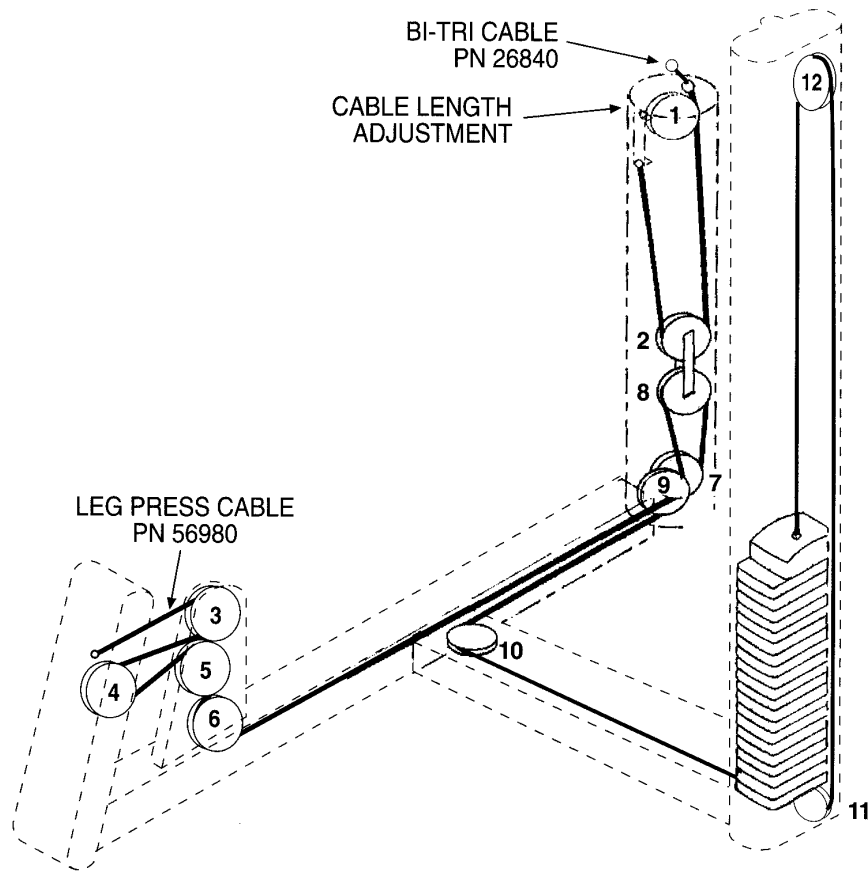
## Safety Rules

### 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 the fittings at each end of each cable. Access panels are provided 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.
2. Inspect the nylon jacket of each cable carefully, again paying particular attention to the cable ends. This nylon jacket is essential for cable life and safety. Any cable should be replaced if the nylon jacket is missing, is damaged in any way, has pulled or shrunk away from the fittings at the end of the cable, or is discolored. **DISCOLORATION, DARKENING OR BULGING OF THE JACKET IS AN EARLY INDICATION OF INTERNAL PROBLEMS SUCH AS WEAR OR FRAYING.**
3. Read and follow all instructions in your Owner's Manual, the labels on the product and on your exercise chart. 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 head and limbs clear of weights and moving parts at all times. Keep fingers clear of moving parts while making adjustments.
7. Inspect the gym for loose or worn parts; damaged, frayed or worn cables, broken weight plates, etc. Do not use or allow the machine to be used until any defective parts are repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of this manual for specific inspection rules.
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 factory supplied pin or a factory authorized replacement.
9. Ensure that the 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.
11. Do not drop the weight plates. Lift only as much weight as you can control safely. 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.

## Vectra AL (Arm-Leg) 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 leg press cable (PN 56980), you would begin at pulley #3. Note: where applicable, text and other drawings in this manual that mention or show pulleys contain corresponding numbers.

## Tools Required:

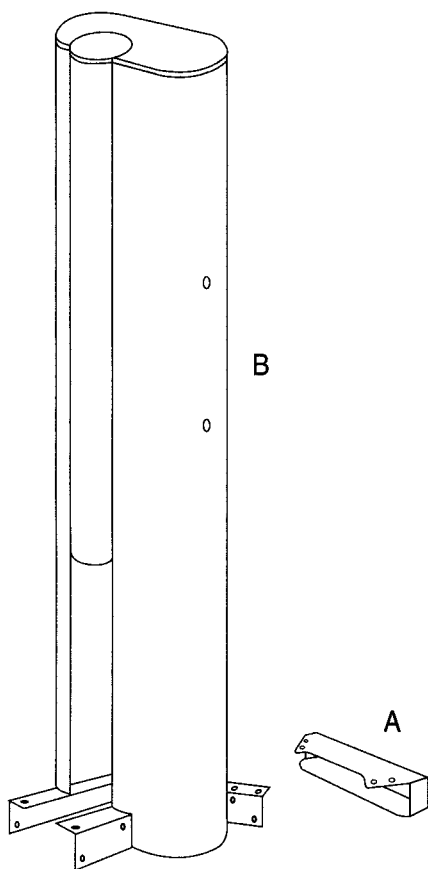
Wrenches: One each 7/16", 1/2" and 9/16"

Hex Keys: 5/16"

**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.

**2.** Unbox entire unit. (**NOTE: LEAVE ALL CABLES AND CABLE RETAINERS IN PLACE.**)

**FIG. 1**

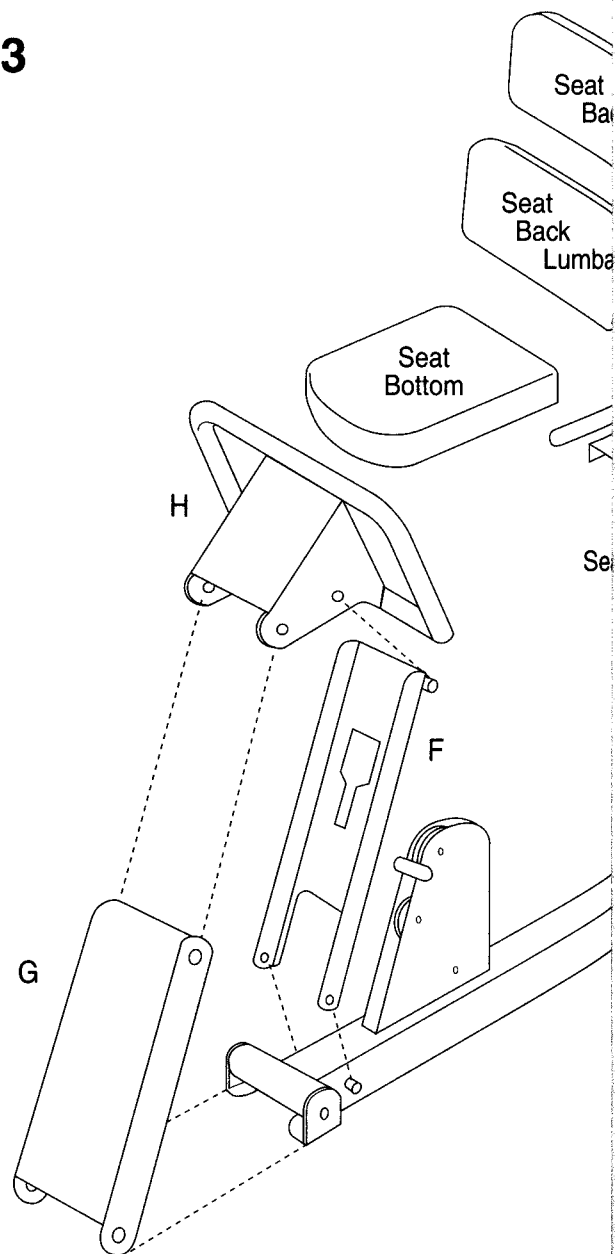


**3.** Bolt stack column base channel (A) to the stack column (B) (3/8-16 X 3/4 hex screws, qty. 4). **IMPORTANT:** If you are assembling a 4850, you will not need this part. If you are assembling a 2850 by attaching this unit to an 1850, then bolt the stack column base channel (A) to the 1850 frame first before attaching it to the stack column (B) (3/8-16 X 3/4 hex screws, qty. 4). **FIG. 1**

**4.** In preparation for assembling the stack column (B) to the leg press main frame (C), route the cable under the pulley #11 at the base of the column and then vertically up and out the top of the column. **IMPORTANT:** The guide rods need to be in stack column (B) now because ceiling height might make later insertion difficult or impossible. Now assemble the stack

# Assembly I

**FIG. 3**



**5.** Ensure that the seat strip is bolted to the top of the leg press main frame (C). Now, slide front of seat assembly (D) onto rear of seat strip.

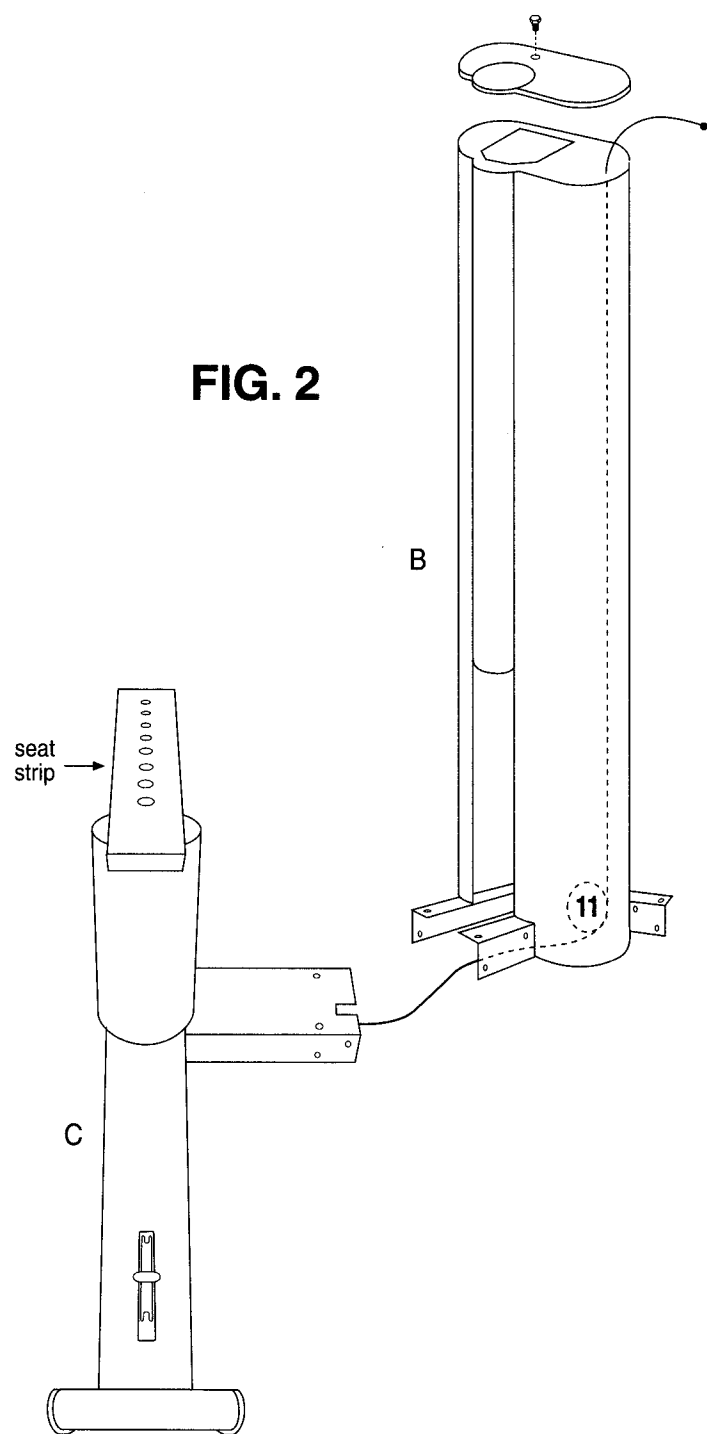
**FIG. 3**

**6.** Attach bi/tri column (E) to frame (C) (3/8-16 X 3/4 hex screws, qty:2). **IMPORTANT:** Ensure that the two cables that pass between the frame and the column aren't twisted around each other. At this point make sure that all frame bolts are tight. **FIG. 3**

**7.** Attach both pivot levers (F & G) to frame (C) (1/2-13 X 1 button head

column (B) to the leg press main frame (C) (3/8-16 X 3/4 hex screws, qty:6).

**FIG. 2**



**FIG. 2**

screw, Qty: 4). Now attach footplate (H) to both pivot levers (1/2-13 X 1 button head screw, Qty: 4). Make sure all 8 screws put in in this step are very tight.

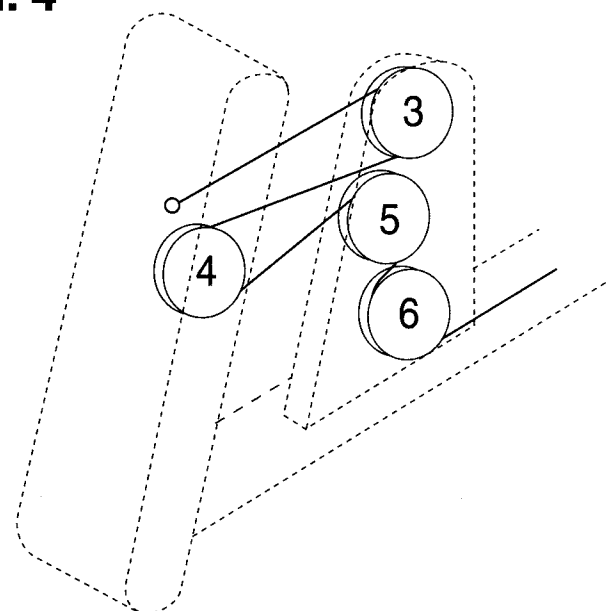
**FIG. 3**

**8.** Refer to **FIG. 4**. String cable around pivot lever pulley #4, string cable around upper pulley #3 in main frame (C), then insert cable into hole on pivot lever cam strip. Insert plastic hole plug to retain cable. **FIG. 4**

**9.** Install the three seat cushions onto seat assembly installed previously. The upper cushion needs to be installed such that it matches the diagram. (1/4-20 X 3/4 hex screws, Qty: 11) **FIG. 3**

**10.** Remove the column cap (I) from the top of the stack column (B) and set aside. Remove the bolt at the front of the column and the two guide rod bolts, and flip the pulley plate (J) open. The bolts may be threaded back into their respective holes to keep them at hand. Now thread the cable around the pulley #12 in the pulley plate (J) and secure temporarily. **FIG. 5**

**FIG. 4**



# Instructions

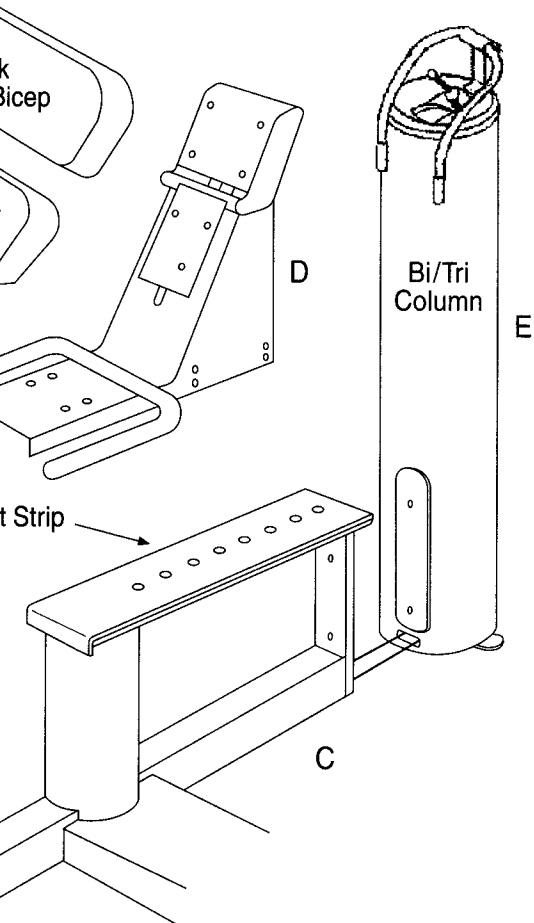
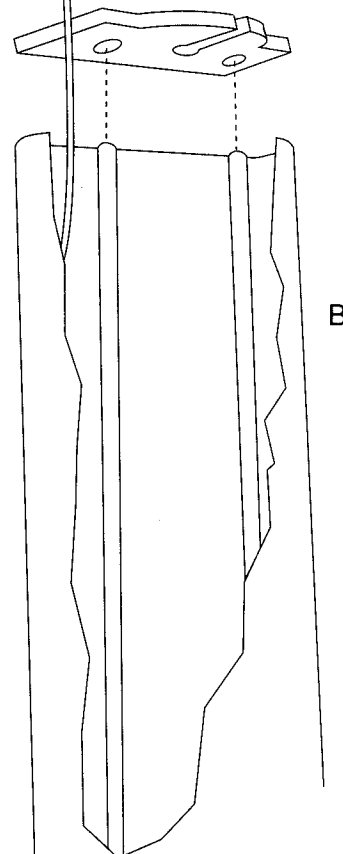
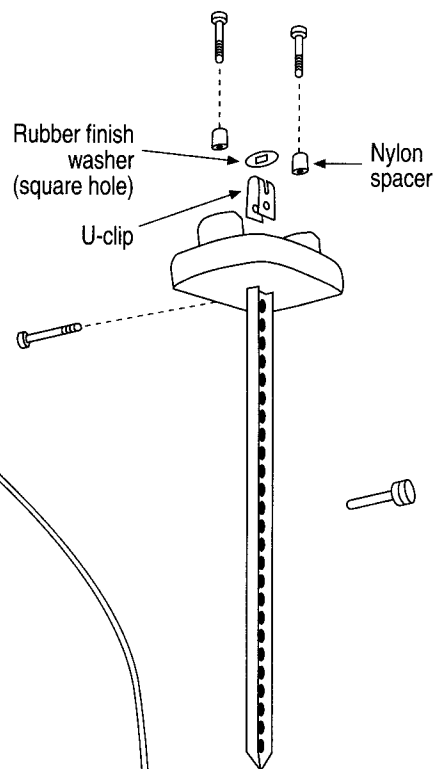


FIG. 6



**11.** Now install the weight stack inside the stack column (B). Ensure that the guide rods are in place as mentioned in step 4 above. Lift up the guide rods one at a time and position the rubber stack bumper on the stack support plate. Replace guide rods through holes in stack support plate. Load the 20 weight plates one at a time by placing them on the guide rods at the top of the column with selector groove on the bottom facing out (load 15 lb. plates first, if optional heavy stack is being installed). **IMPORTANT:** To safely keep plates from banging together the following procedure is suggested: after releasing each plate, pull the guide rods apart to slow

**14.** Install weight plate number labels per instructions with labels. Each label has two numbers on it. One number is for the arm exercises. The larger number is for the leg exercises. The label explaining this goes on the stack column (B)

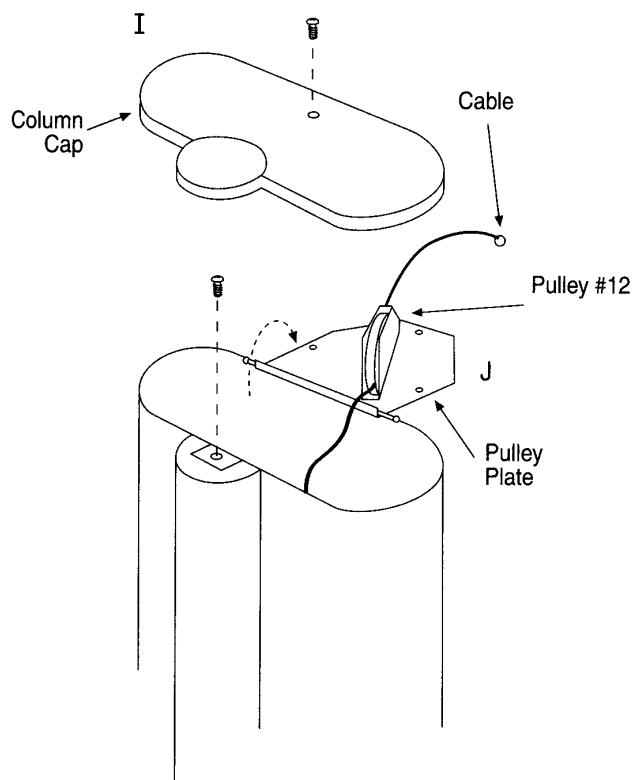
the fall of the plate. **DO NOT** try to catch plates with hands or feet.

**USE EXTREME CAUTION. FIG. 6**

**12.** After all 20 plates are in place, assemble the top plate, selector shaft, rubber finish washer and U-clip to the cable end, securing with 3/8-16 X 3 hex screw. To do this first slide the 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 tight, slide the finish washer down onto the top of the U-clip. **FIG. 6**

**13.** Now lower the top plate assembly down the guide rods making sure the cable is not tangled around anything. As the top plate nears the stack, flip the pulley plate (J) back into position and secure with bolt removed earlier. Replace and tighten the guide rod screws also removed earlier. Make sure that the cable feeds straight and doesn't go around guide rods and put on column cap (I). **FIG. 5**

**FIG. 5**



**15.** Tension the cable system by locating the adjustment screw at the top of the bi/tri column (E). See the cable diagram on the other side of this manual for location. Since the adjustment screw is under the column cap, it will have to be removed. This requires the removal of one bolt. 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. Reinstall column cap.

**16.** Attach cambered bar to cable on top of bi/tri column.

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

**18.** Enclosed with this unit are two labels: On-Line 1150 and On-Line 2850. If this unit is part of a 4850, then no model designation is added since the model designation is located elsewhere on the unit already. If this unit is assembled as a free standing, one stack unit, then add the On-Line 1150 designation above the triangle of the "VECTRA" label on the stack column. If this unit is assembled to an 1850 to form a 2850, then remove the On-Line 1850 designation on the main column and replace it with the On-Line 2850 label. If the 1850 label does not come off easily, warming it with a hair dryer will soften up the adhesive so that it will. These labels include pre-spacing tape. To apply them, first cut out the portion of the label you will apply and remove the backing to reveal the adhesive. Next carefully place the label. The space from the yellow triangle to the number should be the same as the space from the yellow triangle to the "A". Once it is in the chosen position, rub it down with the backs of the fingernails or a credit card. Now carefully remove the pre-spacing tape.

**19.** If this AL (Arm-Leg) unit is installed as an 1150 or a 2850, then the holes on the sides of the stack column (B) need to be plugged with the provided plastic hole plugs. Also in this configuration, there are holes to plug in the stack column base channel (A). These hole plugs are enclosed, if needed, as well.

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

# Vectra AL (Arm-Leg) Limited Warranty

**V**ectra Fitness, Inc. warrants, to the original owner only, this Vectra gym, whether assembled as an 1150 or as part of a 2850 or a 4850, 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 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. 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 . . . . .	10 years	Cables . . . . .	1 year
Weight Stack . . . . .	.5 years	Bearings . . . . .	1 year
Guide Rods . . . . .	.5 years	Upholstery . . . . .	1 year
Pulleys . . . . .	.5 years	Other parts not listed . . . . .	1 year

Home use is defined as use in a family's home by the members of that family.

**Commercial/Institutional use:**

Structural Frame . . . . .	5 years	Cables . . . . .	1 year
Weight Stack . . . . .	.5 years	Bearings . . . . .	1 year
Guide Rods . . . . .	.5 years	Upholstery . . . . .	1 year
Pulleys . . . . .	1 year	Other parts not listed . . . . .	1 year

**Conditions and Exceptions:** Failures due to normal wear, damage, misuse, abuse, neglect, alteration, improper assembly, repairs other than by an authorized Vectra Service Center, 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 warranty. This 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 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 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 replace components rather than entire machines or assemblies. It is also our policy to repair rather than replace frame components. Such repairs of structural parts will be made using appropriate technology and may be visible. Repaired items will be repainted as needed, but the new paint may not match the old.

**Replacement and Repair Expenses:** Vectra Fitness will provide only replacement parts or repair to parts under this 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 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 warranty has 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, and incidental or consequential damages. This warranty is LIMITED STRICTLY to the terms stated herein and no other express warranties or remedies shall be binding on us. THIS WARRANTY AND ALL WARRANTIES WHICH MAY BE IMPLIED UNDER STATE LAW, INCLUDING, BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY AND WARRANTIES OF FITNESS FOR ANY 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 WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. IN NO EVENT SHALL WE BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, FOR BREACH OF THIS 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.

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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; D320,246; D320,247; D320,248; D329,563; CN1,309,738; CN2,023,972; J3,117,451.

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

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