

VECTRA



***On-Line 3800
Owner's Manual***

Introduction

We at Vectra appreciate your selecting our On-Line® 3800 for your fitness program, and invite your questions and comments. We're sure that you'll be pleased with your new Vectra 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 On-Line® 3800.

Routine Inspection & Maintenance

The Vectra On-Line® 3800 is 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 (semi-annual 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 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 handlebar adjustment lever for proper engagement. Replace improperly functioning parts only with VECTRA replacement parts.
5. Inspect handlebar mounting screws for tightness. Tighten if necessary.*
6. Inspect bench bolts. Tighten bolts if necessary.*
7. Inspect leg developer mounting screws for tightness. Tighten if necessary.*
8. Inspect leg/ab seat bolts for tightness. Tighten if necessary.*
9. Inspect cable retaining plugs and spring plungers. Replace if necessary.
10. Inspect arm mounting screws for tightness. Tighten if necessary.*
11. Adjust cable system tension if necessary.

PERFORM THE FOLLOWING CHECKS MONTHLY:

1. Inspect all foam hand grips. Replace any damaged, worn, or loose hand grips.
2. Inspect weight plates for cracks, damaged bushings, etc. Replace 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.

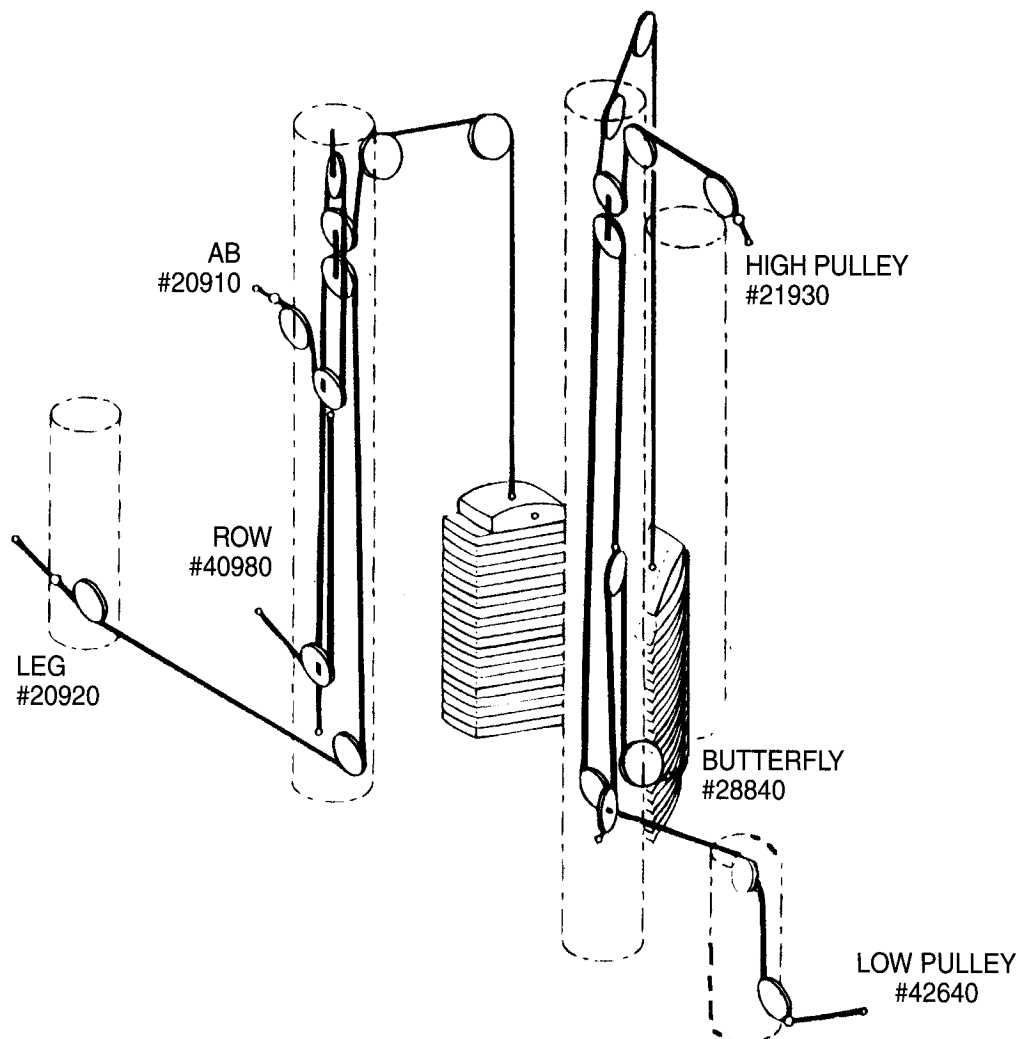
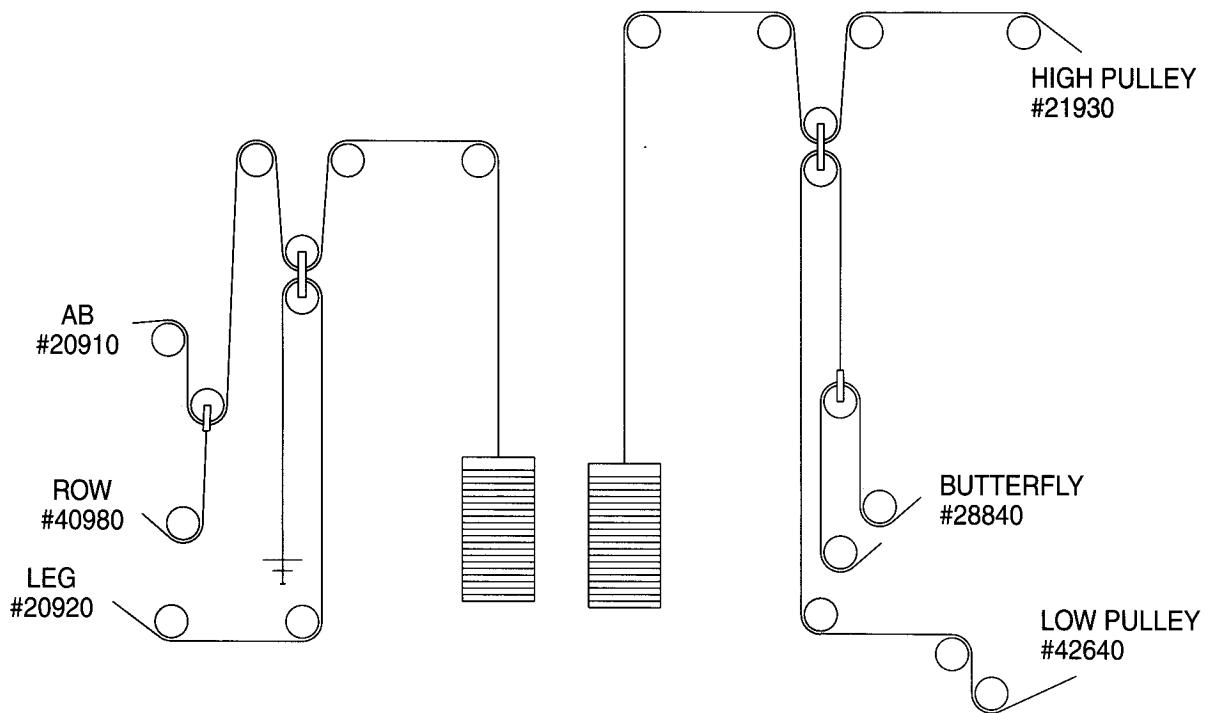
Safety Rules

Warning:

Serious injury can occur if 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 wear items. 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 or darkening 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.
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. Insure 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. Insure 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.

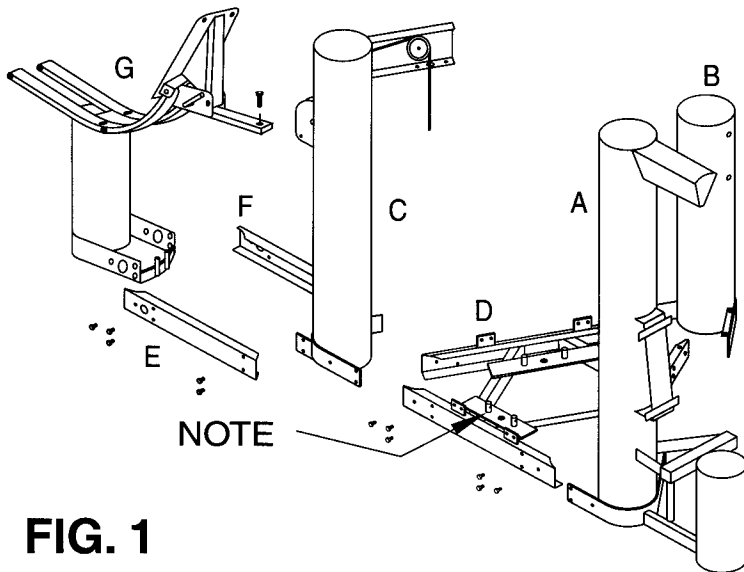
Vectra On-Line 3800 Cable Diagrams



Tools Required:

Wrenches: One each (1/2), two each (7/16, 9/16)
Hex Keys: 1/8, 1/4, 5/16
Phillips head screwdriver, hammer

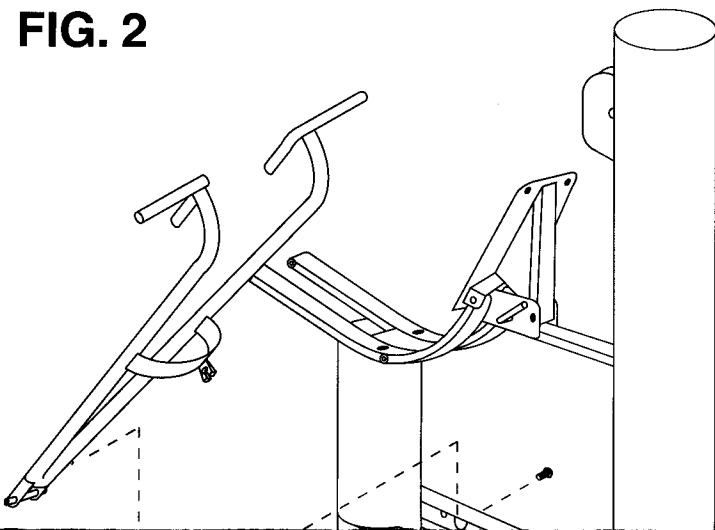
1. Select location for your machine. Set machine up in a well lighted and well ventilated area where you will enjoy exercising. Use rubber floor matting or carpet remnants to protect your floor if desired.
2. Unbox entire unit. (**NOTE: LEAVE ALL CABLES AND CABLE RETAINERS IN PLACE.**)



3. Assemble the three columns (A, B and C), the triangular frame piece (D) and the right frame member (F), (3/8-16 x 3/4 hex screws, qty: 22).
Note: Press station guide rod locator tubes (the ones with holes) face front. The four screws that go down pass through slots and therefore require washers (qty: 4). **FIG. 1.** Frame member (F) is installed in this step because the bolts that secure it also secure (D) to (C).

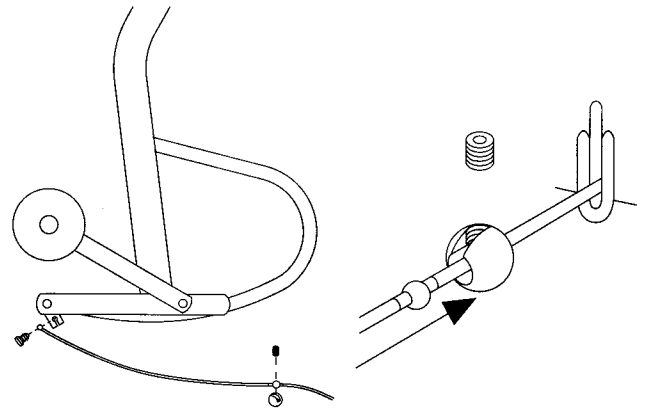
4. Assemble the left frame member (E) and the leg/ab seat column (G) to the machine (3/8-16 x 3/4 hex screw, qty: 8; 3/8-16 x 1-3/4 hex screw, qty: 1). **FIG. 1.** Tighten all frame bolts firmly.

FIG. 2



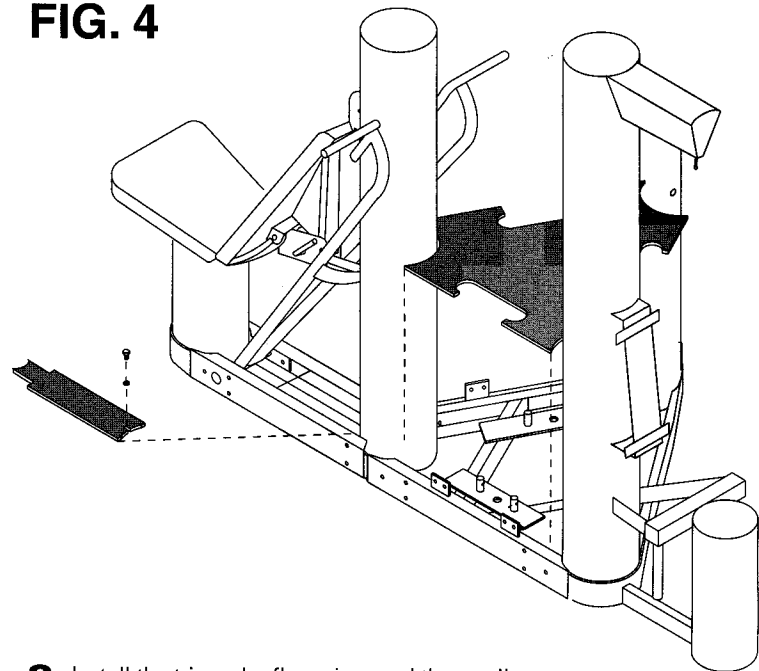
Assembly

FIG. 3A



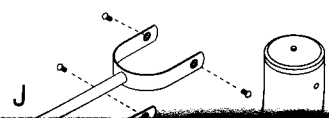
7. Route the cable at the base of the row column through the row arm pivot and the pulley inside the base of seat column, exiting through the slot in the front of the column. Attach the aluminum ball to the cable as shown (**FIG. 3A**) and attach the cable end to the leg developer, securing it with plastic hole plug. (Caution: Cable must be routed correctly above pivot, between pulley and keeper, between floor supports.) Note: Aluminum ball must be installed to correctly take cable force. Counter bore facing away from machine.

FIG. 4



8. Install the triangular floor piece and the smaller rectangular piece (3/8-16 x 3/4 hex screw, washer, qty: 1 ea.) **FIG. 4.**
NOTE: TRIANGULAR FLOOR PIECE MUST BE IN PLACE PRIOR TO ASSEMBLING THE WEIGHT STACKS. Check the location of the machine in the room at this point. It will be very difficult to move after the weight stacks are in place.

FIG. 5



5. Attach row arm assembly to the base of the seat column (1/2-13 x 1 button screw, qty: 2). **FIG. 2.** Attach row cable to cable retainer and secure with plastic hole plug. **FIG. 2A.**

FIG. 2A

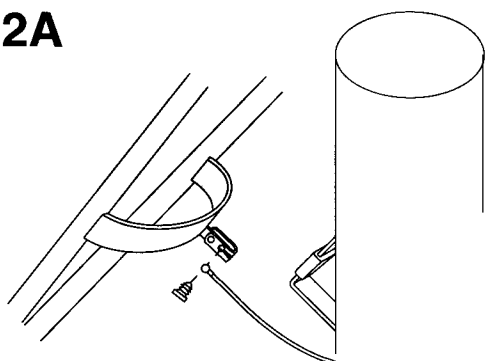
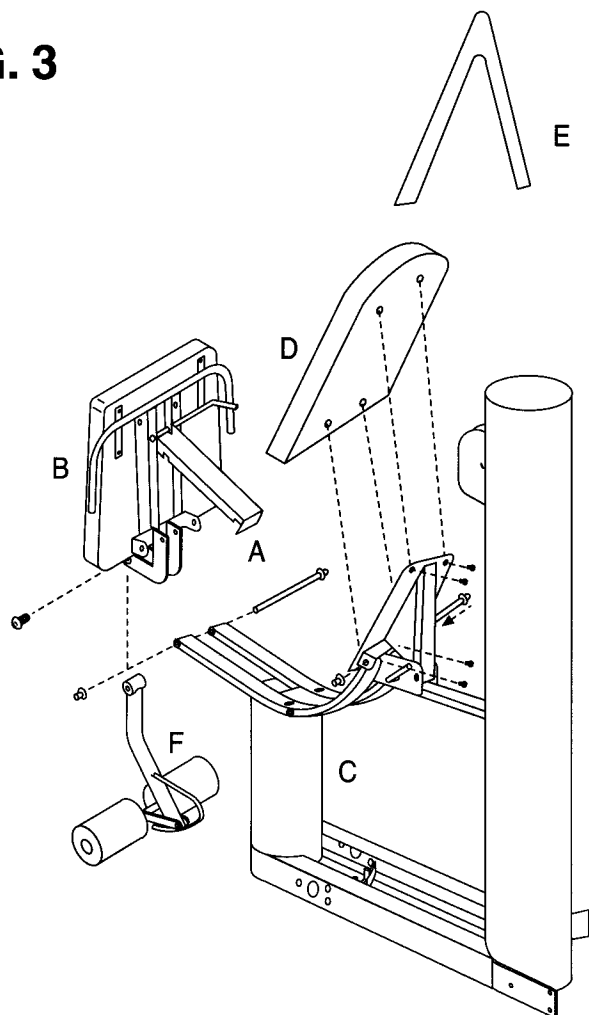
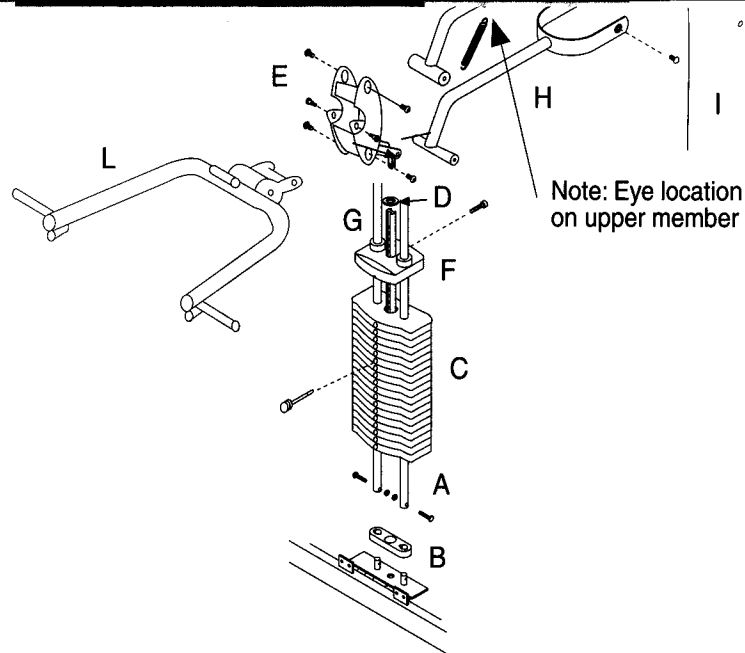


FIG. 3



6. Install seat bottom assembly (A & B) to frame (C) and install pivot rod in seat back mechanism (1/2" rods and shaft retainers). Install retainers with hammer. Attach leg/ab seat back (D) to frame (C) (1/4-20 x 3/4 hex screws, qty: 4). Attach abdominal crunch strap to cable above seat back (D). Attach leg developer (F) to the seat bottom assembly (B) (1/2-13 x 1 button head screw, qty: 2). **FIG. 3.**

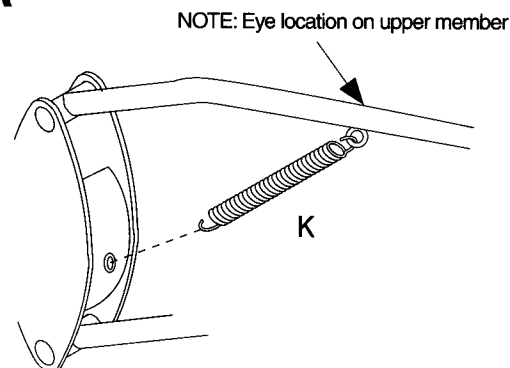


9. Attach the press station guide rods (A) to the locator tubes (1/4-20 x 1-1/4 hex screw and nut, qty: 2 ea.). Assemble the rubber bumper (B) weight plates (C) (20 each), onto the guide rods. **FIG. 5.**

10. Slide the rubber finish washer (D) onto the tabs at the base of the press handle adjustment assembly (E). Note: Each stack has one of these, but the one for the press station has the largest rectangular hole. Assemble the press handle adjustment assembly (E) to the top plate (F) and selector shaft (G) (3/8-16 x 3 hex screw). Now bolt the lower press pivot arm (H, i.e., no eye) to the bearings on the bottom of the press handle adjustment assembly (E) (1/2-13 x 1 button head screws, qty: 2). **FIG. 5.**

11. Take the large assembly created in the previous step and lower it onto the guide rods (A). This is easiest if the weight stack is leaning away from the machine. With the top plate (F) resting on top of the stack, carefully bring the back end of the lower press pivot arm (H) into alignment with the lower bolt holes on the rear column (I) (1/2-13 x 1 button head screw, qty: 2). **FIG. 5.** Likewise, bolt the upper press pivot arm (J) in place (1/2-13 x 1 button head screw, qty: 4).

FIG. 5A

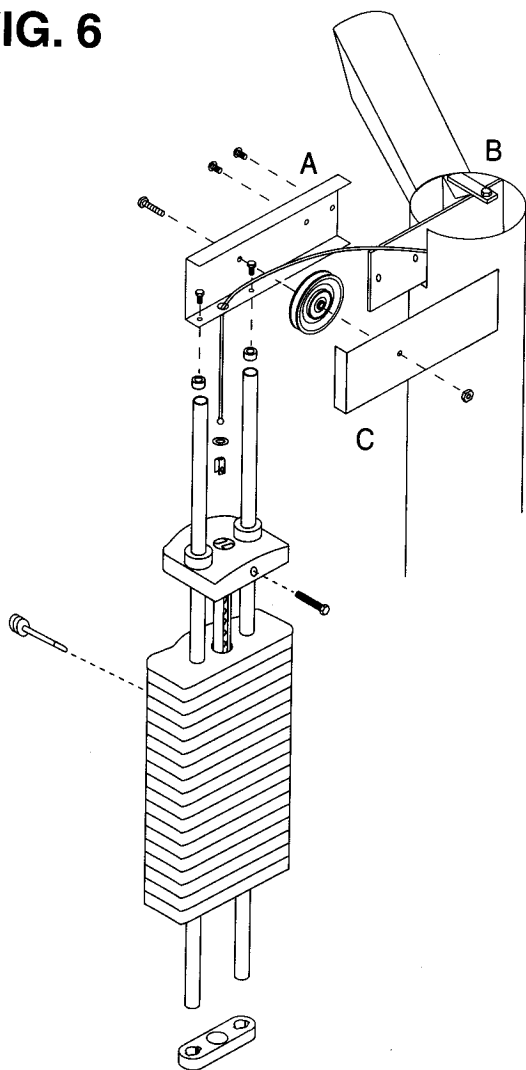


12. Attach the spring (K) to the eye on the upper press pivot arm (J). Lifting the press handle adjustment assembly (E) to its highest position, attach the other end of the spring to the eye on the back of the press handle adjustment assembly (E). Note: Installation of this spring is optional. Leaving it off will increase the weight 20 lbs. during pressing exercises. **FIG. 5A.**

13. Attach the press handle (L) to the adjustment assembly (E) (1/2 x 3/8 shoulder screw, qty: 2). Make sure that the adjustment handle is up as shown. Make sure all bolts are very tight. **FIG. 5.**

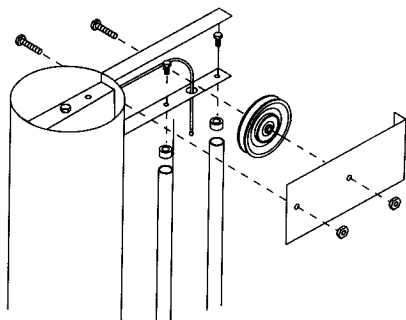
Instructions

FIG. 6



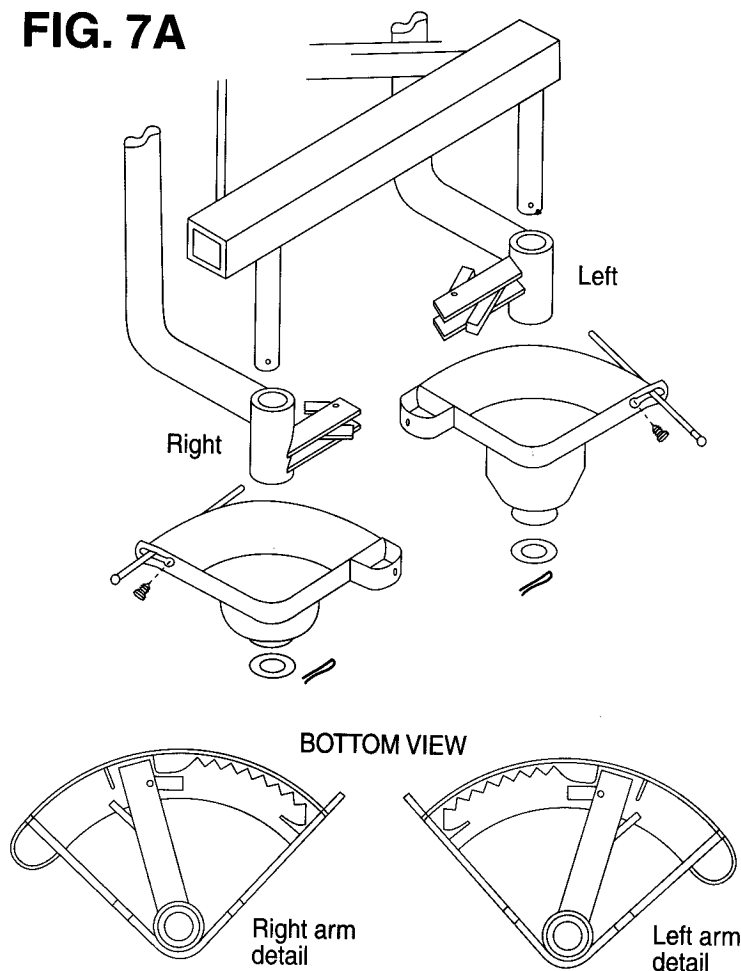
14. Attach the upper stack support (A) to the butterfly/high pulley column (B) (3/8-16 x 1/2 hex screw, qty: 2). Do not route the cable yet. **FIG. 6.** Assemble the longest guide rods, rubber bumper, weight plates, top plate and selector shaft. Remove the pulley from the upper stack support and attach the guide rods to the support (5/16-18 x 1-1/2 hex screw and spacer, qty: 2 ea.). Tighten the guide rod screws while holding the top plate raised to the full height. Now route the cable and replace the pulley along with the cover plate (C). Slide a rubber finish washer over cable before attaching cable to "U" shaped clip. The top plate, selector shaft and cable end are secured with a "U" shape clip and 3/8-16 x 3 hex screw.

FIG. 6A



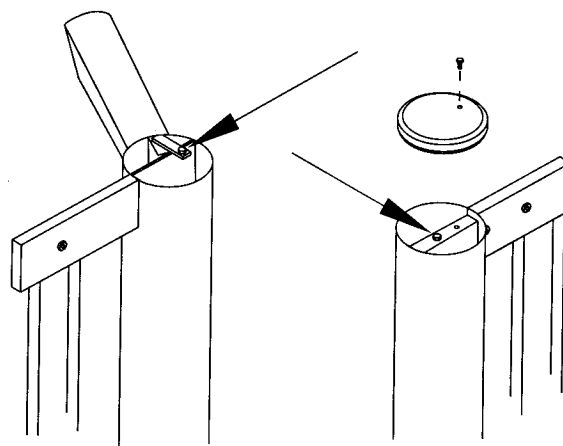
18. Connect butterfly cables to butterfly cams. Use plastic hole plugs in keyholes to prevent disconnection. **FIG. 7A.** Attach lat bar (D) to cable at high pulley. **FIG. 7.**

FIG. 7A



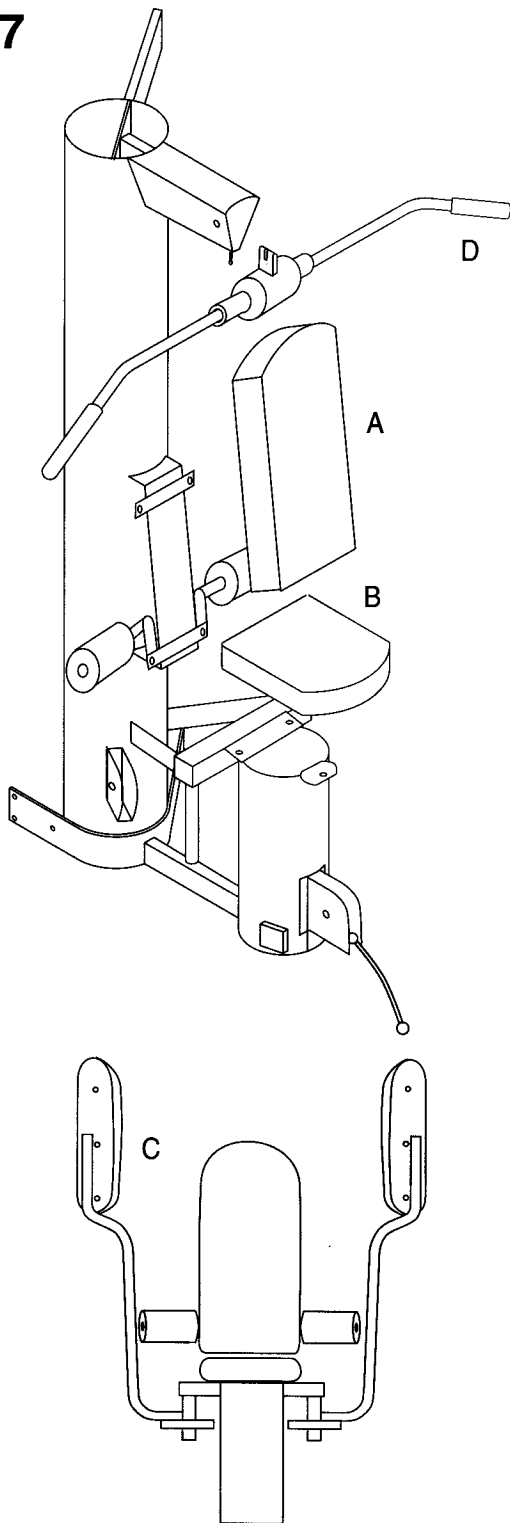
19. Install weight plate number labels per instructions with labels. The "Press Arm Adds 25 lbs." label goes on the press arm.

FIG. 8



15. Repeat step 14 for the row/ab column with the shortest guide rods.
FIG. 6A.

FIG. 7

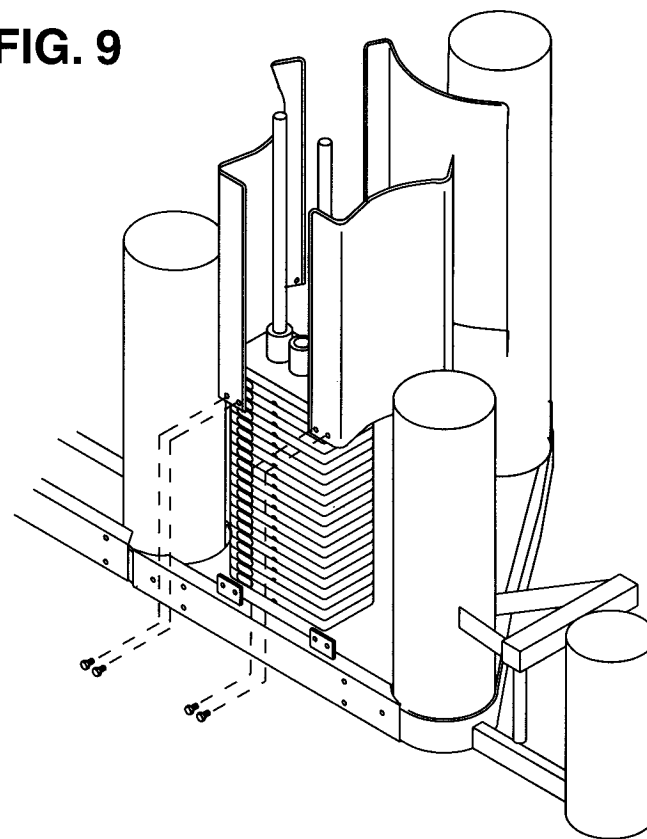


16. Install butterfly seat bottom (1/4-20 x 3/4 hex screws, qty: 3). Install butterfly seat back and Lat Hold Down (1/4-20 x 3/4 hex screws, qty: 2) for upper holes. (1/4-20 x 1-1/4 hex screws, qty: 2) for lower holes. The bolts for the lower two holes are longer because they must also pass through the Lat Hold Down attachment brackets. **FIG. 7.**

17. Install right butterfly arm on pivot bar. Tilt right cam to install. Install washer and then drive cotter pin in fully and bend end. Repeat for left side. **FIG. 7A.** Install butterfly arm pads (C). **FIG. 7.** The metal plate on each arm goes between the two upholstered parts so that this bracket is completely hidden in the finished assembly.

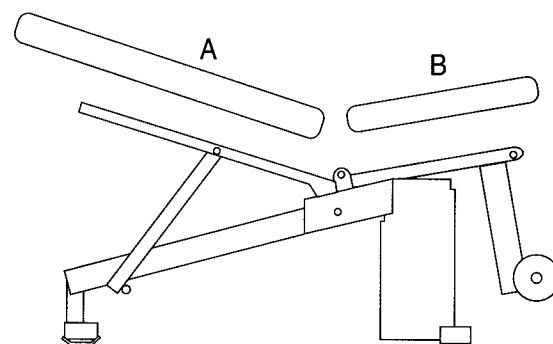
20. Tension the cable systems in the butterfly/high pulley column and the leg/ab column by locating the adjustment bolt at the top of each column. The adjustment bolts are located under the column caps. Rotate the screw until the top plate just begins to lift. Check that the selector pin engages at each weight plate completely. **FIG. 8.** Attach the column cap to the top of the leg/ab column (3/8-16 x 1-3/4 hex screw).

FIG. 9



21. Attach the three weight stack guards (3/8-16 x 1/2 hex screw, qty: 12). **FIG. 9.**

FIG. 10



22. Attach the seat back(A) and seat bottom (B) to the bench (1/4-20 x 3/4 hex screw, qty: 12). **FIG. 10.**

23. Make sure cables move freely when machine is operated. Immediately fix any cable rubbing problem.

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

Vectra On-Line 3800 Limited Warranty

Vectra Fitness, Inc. warrants, to the original owner only, this Vectra On-Line 3800 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 Stack5 years	Bearings	1 year
Guide Rods	5 years	Upholstery	1 year
Pulleys5 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 Stack5 years	Bearings	1 year
Guide Rods	1 year	Upholstery	1 year
Pulleys	5 years	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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Other U.S. and foreign patents pending.

PN 43130, Rev. D - 9/97