

### РЕВЕОВМ ТНЕ FOLLOWING CHECKS MONTHLY:

- Inspect all hand grips, pads, etc. Replace any damaged, worn, or loose parts.
- 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.
- $^{\ast}$  If any bolts seem to loosen periodically, use Loctile 242 for a long-term cure.

### Safety Rules

by carrying out the following periodic inspection. minimal routine maintenance. You can be confident of continued top quality performance he Vectra VFT-100 is designed to provide years of trouble-free service with

s Maintenance

Routine Inspection

Please read through this manual carefully before you assemble and use your VFT-100.

inspection and maintenance information to enable you to get the most from your gym.

program, and invite your questions and comments. We're sure that you'll be pleased with

Introduction

e at Vectra appreciate your selecting our VFT-100 for your fitness

This owner's manual provides you with safety rules, assembly instructions and routine

PERFORM THE FOLLOWING SAFETY CHECK DAILY:

.mvg stjoev vectra gym.

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

### **BERFORM THE FOLLOWING CHECKS WEEKLY:**

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

## PN 64810 CENTER LOW PULLEY (87) **CABLE SYSTEM** TSULDA PN 47930 CABLE (8A) 10" EXTENSION PN 64820 PN 64830 BENCH CABLE STACK WEIGHT MAA THAJ (017) MAA THDIA OLA IIЯ ์ 67 โ RI ר ) 1 PN 64800 6я∭ ר9 LEFT HIGH PULLEY ( 28 (98) RIGHT HIGH PULLEY 00879 Nd

NOTE: where applicable, text and other drawings in this manual that mention or show pulleys contain corresponding numbers. remove the plastic cable keeper behind the pulleys by removing the screw from the top of the machine. This will allow enough room to thread the large fitting. replace them, it is necessary to remove every pulley except R7 and L7, as the large fitting will not fit around the pulleys in place. In the case of pulleys R7 and L7, throughout this manual are based on the viewer's right and left facing the front of the machine). These two cables have large stainless fittings on both ends. To and one on the left. The pulleys associated with these cables are #6 through #11, and are designated with an R or L for right and left. (NOTE: Right and Left as used at the pulley with the lowest number associated with that cable. Two of the cables are identical (both PN 64800), differing only in that one is installed on the right beginning with the lowest number and working up. If you are installing an entire set of cables, start at pulley #1. If you are installing only one cable, you would begin 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

# Vectra VFT-100 Cable Diagram

# **Vectra VFT-100 Limited Warranty**

Vectra Fitness, Inc. warrants, to the original owner only, this Vectra VFT-100 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.

- 2. Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary. Check
- bolt, tighten if necessary.

- 5. If unit is in a humid area, such as near a pool, hot tub or sauna, or in certain climates, 4. Clean upholstery with mild soap and water as desired.
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### **:DNINAAW**

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

to be used with a suspect cable can result in serious injury. fittings and the nylon jacket itself must all be scrutinized. Using or allowing a machine Replace worn, frayed, or damaged cables immediately. The actual wire strands, the the fittings at each end of each cable. Access panels are provided for this purpose. breakage. To do this, inspect every cable daily. Pay particular attention to areas near L. IMPORTANT: Cables are wear items. It is your responsibility to prevent unexpected

SUCH AS WEAR OR FRAYING. DARKENING OR BULGING OF THE JACKET IS AN EARLY INDICATION OF INTERNAL PROBLEMS away from the fittings at the end of the cable, or is discolored. DISCOLORATION, replaced if the nylon jacket is missing, is damaged in any way, has pulled or shrunk cable ends. This nylon jacket is essential for cable life and safety. Any cable should be 2. Inspect the nylon jacket of each cable carefully, again paying particular attention to the

- familiar with its safe operation. dealer. Do not use this machine until you have taken the time to become completely on your exercise chart. Additional copies are available from Vectra Fitness, Inc. or your 3. Read and follow all instructions in your Owner's Manual, the labels on the product and
- 4. Consult your physician before beginning your exercise program.
- children to use the machine only with adult supervision. 5. Do not allow young children to use or play with or around this machine. Allow older
- clear of moving parts while making adjustments. 6. Keep body, hair and clothing clear of weights and moving parts at all times. Keep fingers
- manual for specific inspection rules. Use only Vectra authorized replacement parts. repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of this plates, etc. Do not use or allow the machine to be used until any defective parts are 7. Inspect the gym for loose or worn parts; damaged, frayed or worn cables, broken weight
- .fn9m9561d91 the selector shaft prior to lifting. Use only the Vectra supplied pin or a Vectra authorized Ensure that the weight selector pin is in good working condition and fully engaged in
- such as squat attachments and lat hold downs, cable attachments, press arms, leg mechanisms secure the following in position during use: seat pads, accessory items Ensure that the locking mechanisms are properly engaged prior to lifting. Locking
- ont the weight stack or top plate in an elevated position and do not use the machine jammed weight plates by yourself. Falling weight plates can cause serious injury. Do 10. Obtain assistance to free jammed weight plates, pulleys, etc. Do not attempt to free developers, etc. An improperly engaged locking mechanism could result in an injury.
- those means provided by Vectra. Don't be careless, stay alert. use dumbbells or other means to incrementally increase the weight resistance. Use only 11. Do not drop the weight plates. Lift only as much weight as you can control safely. Never If found in this condition.

vith your teet while litting. moving in use. To prevent this, lift weight vertically only and do not push horizontally place equipment on rubber matting. Errors in lifting form could also result in bench the floor is even, strong and not too slippery. If equipment slides too easily on floor, 12. Serious injury could result if equipment moves while in use. To prevent this, ensure that

Replace any warning or caution labels on product if damaged, illegible or removed.

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; 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 and On-Line are registered trademarks of Vectra Fitness, Inc. ARC (Automatic Ratcheting Cam), AL (Arm-Leg), Vector, VFT, and Cornerstone are trademarks of Vectra Fitness, Inc.

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**VFT-100 Owner's Manual** 

**Tools Required:** 

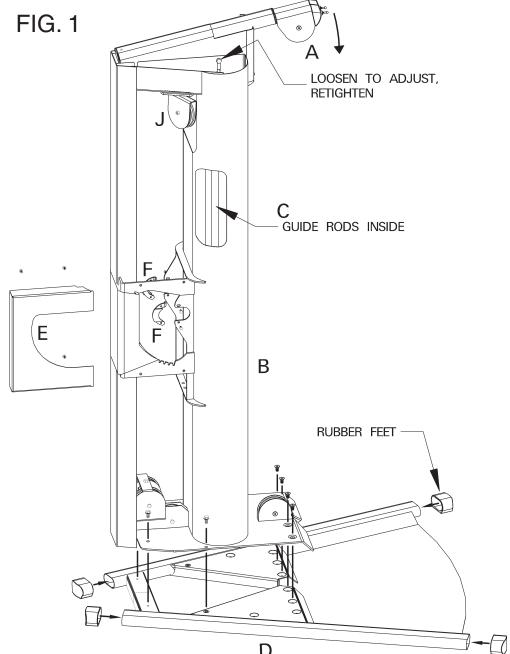
### Wrenches: One each (7/16", 1/2", 9/16", 3/4") Hex Keys: Two 5mm (provided) and one 7/32" (provided) Phillips screwdriver

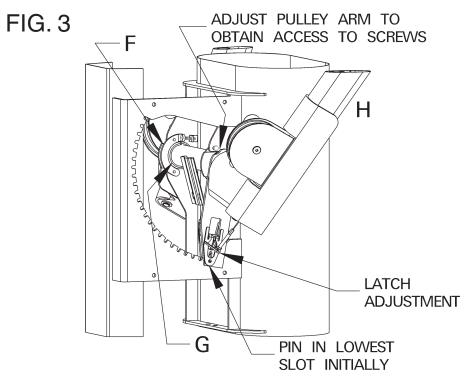
# **Assembly Instructions**

**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 moved against a wall or into a corner for use.

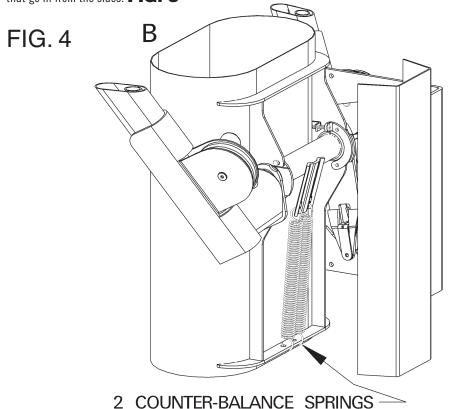
**2.** Unbox entire unit. **NOTE: LEAVE ALL CABLE RETAINERS IN PLACE.** Leave any wrapping labeled "leave in place during setup" on until instructions say to remove it. Some wrapping is intended to assist with the assembly of the pulley arm by holding cables back and by helping protect the paint during assembly. 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 instructions call for it. After routing any cable, resecure it to prevent it from coming unrouted before going on. In general, tighten all bolts very tight at the completion of each step, unless the instructions say otherwise.

**3.** In preparation for assembly, remove the Footplate/Lat Hold Downs (L & M on **Fig. 7**) from the Base Frame (D). They are shipped bolted to the frame differently than they are bolted on to the assembled unit. See figure 1 for a view of how the Base Frame should look after these are removed. Also, if you are assembling the unit under a ceiling that is 7'6" (229 cm) or less, it will be necessary to lower the High Pulley Member (A) before proceeding. To lower this pulley member, locate two bolts, one in each side at the top of the Stack Column (B). These bolt heads are just above the bolts that go into the guide rods. You'll need a 9/16" wrench. Loosen the bolts just one or two turns each. Once the bolts are loose, push the High Pulley Member all the way down. Retighten the two bolts. **FIG. 1** 





"toothed rack". Now line up the grooves in the Black Bushings (G) with the brackets on the back of the Stack Column (B). Rock the arm (pivoting on the "latch pin") such that the grooves in the two Black Bushings (G) engage the two brackets on the back of the stack column. Now reinstall the two Bushing Retainers (F) removed earlier. First put in the long screws that go in from the back, but don't tighten them. Next remove the wrapping material that passes through the rack and holds the cables back. Now put in the screws that go in from the sides. Adjusting the pulley arm to various heights is required to get these screws in. Bolt head access for each bolt is provided at a certain pulley arm position. Once the side screws are snug, tighten the screws that go in from the back to remove any play in the pulley arm. Now tighten the screws that go in from the sides. **FIG. 3** 



**7.** Install the two Counter-Balance Springs on the back of the Adjustable Pulley Arm (H). In preparation for this, adjust the pulley arm to its highest position. Doing so minimizes the amount that the springs must be stretched. Now (using gloves and care to prevent injury) stretch each spring and hook the lower end into a hole in a bracket on the Stack Column (B). **FIG. 4** 

8. Remove the pulley bracket (J) from the stack column (B) to make more room for loading the weight

**11.** Now lower the top plate assembly down the guide rods making sure the cable is not tangled around anything. Replace and tighten the guide rod bolts making sure that there is a nylon spacer in the top of each guide rod. Using the cable, lift the top plate to the top and make sure the guide rod spacing is such that the top plate does not bind. If it does, loosen a guide rod bolt and adjust the guide rod spacing, then retighten the bolt. Make sure that the cable feeds straight down to the stack and doesn't go around a guide rod. **FIG. 5** 

**12.** Install weight plate number labels per instructions with labels. Attach the weight pin lanyard ring around the stack cable just above the rubber finish washer. This is most easily done through the access slot in the front of the Stack Column (B).

**13.** Reattach the pulley bracket (J) to the stack column (B) and tighten these bolts very tight. This pulley bracket goes on such that it protrudes as far as possible. Compare to welded on bracket on other side to make sure it is positioned correctly. **FIG. 1** 

**14.** In preparation for cabling the Adjustable Pulley Arm (H), remove the 4 pulleys (R10, R11, L10, & L11) from the arm. Use 5mm hex keys (provided). Refer to the cable diagram on the other side of this manual as needed. Now, on the left side of the column (near side of Fig. 6), take the cable that comes down from pulley (L9) pulley bracket (J), and feed it into the pulley bracket on the arm straight below it. From here it enters a steel tube. Push it through the steel tube until it exits through a pulley bracket at the front end of the arm. Reinstall the 2 pulleys (L10 & L11) in this side of the arm to secure the cable using the screws and tube nuts removed earlier. Repeat this process with the cable coming down from R9 for the other side of the adjustable pulley arm. Tighten these screws very tight. **FIG. 6** 

**15.** Test the adjustable pulley arm to verify that it adjusts to all positions and latches fully (latch pin hitting the back of each slot in the rack). Adjust screw near latch pin if necessary. This is adjusted at the factory and is unlikely to require adjustment. After any adjustment, retighten jam nut against brass cable end to keep adjustment from changing over time. **FIG. 3** Cover this area with Adjustment rack shroud (E) (1/4-20 X 1/2" phillips head screws. Qtv: 4) **FIG. 1** 

**16.** Next adjust the height of the two high pulleys (L6 & R6 on cable diagram) in the High Pulley Member (A) to the desired height. If ceiling height does not allow or if you don't wish to raise the height of these pulleys, skip this step. To raise these pulleys, loosen the two bolts, one in each side. These bolt

FIG. 6

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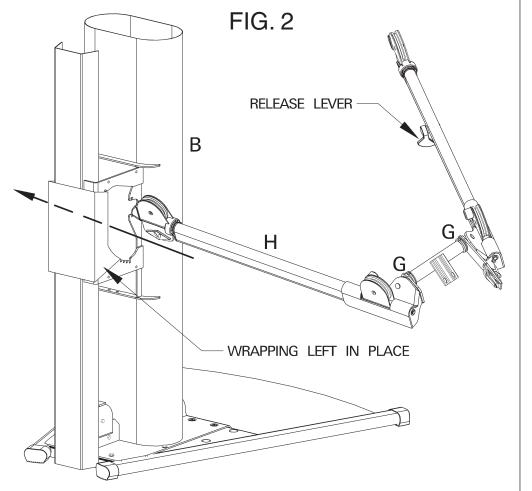
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heads are just above the bolts that go into the guide rods. You'll need a 9/16" wrench and vou can reach them from above or below. Loosen the bolts just one or two turns each. Push the pulleys up to the desired height, taking into account user L6 heights and ceiling height. Once the desired position has been reached, retighten the two bolts. Important: to prevent the high pulleys from moving in use these bolts must be tightened very tight. Now remove any wrapping from the plastic cover just below the High Pulley Member (A). It is held in place by a spring. Make sure that it is seated against the column up against the high pulley member. There should be no reason to remove this part, but to do it without ruining the spring, you must reach up inside the column and unhook the back end of the spring. This will require pliers or a hook. FIG. 1 L11 L10

> **17.** Raise the pulley arm to its highest position for this step. Next tension the cable system by locating the adjustment bolt between the two pulleys (#13 and #14 on cable diagram) of the adjustable pulleys bracket (K). A 3/4" wrench is required. Tighten this bolt until the top plate lifts slightly. Depending upon which

**4.** The Guide Rods (C) need to be in Stack Column (B) now because ceiling height might make later insertion difficult or impossible. Install 4 rubber feet on the Base Frame (D). Now carefully assemble the Stack Column (B) to Base Frame (D) (3/8-16 X 3/4 flat head bolts, Qty: 4, holes in front of stack column. 3/8-16 X 3/4 hex bolts, Qty: 4, holes further back). **IMPORTANT:** To prevent scratches to the parts during this step, cover parts of the base frame with discarded wrapping material. The stack column is heavy and could scratch the base frame if slid into place. So cover the base frame with wrapping material (foam, cardboard, etc.), get the column into position, and then pull out the wrapping material. This step requires a 7/32" hex key (the largest of those provided) and a 9/16" wrench. Before proceeding, ensure that these bolts are very tight. **FIG. 1** 

**5.** Now remove the Adjustment Rack Shroud (E) but not the wrapping material just under it. Also remove the Bushing Retainers (F) from the back of the Stack Column (B) noting carefully how they fit (left vs. right) and which screws come out of which holes. **FIG. 1** Locate the Black Bushings (G) on the pivot tube of the Adjustable Pulley Arm (H) and make sure they are spread about as far apart as they will go. The Bushing Retainers (F) removed above engage with the grooves in these bushings once the pulley arm is in place on the Stack Column (B). These bushing grooves also engage the brackets on the back of the stack column that the bushing retainers attach to. Familiarizing yourself with these parts is a good idea so that assembly will go easier once you are supporting the weight of the Adjustable Pulley Arm (H) in the next step. **FIG. 2** 



**6.** Now insert the Adjustable Pulley Arm (H) through the toothed adjustment rack of the stack column (the near side of Fig. 2). Insert the end of the pulley arm that does NOT have the "Release Lever" into the side of the stack column that has the toothed rack on it. The Release Lever points down. The wrapping material should be holding all cables back out of the way as they all belong rearward in the machine from the arm, IMPORTANT: This step is best done with two people. Go slow and use great care to prevent scratches to the adjustable pulley arm and stack column. Once the arm is centered relative to the stack column, raise the ends to about six feet off the floor and place the "latch pin" into the lowest slot in the

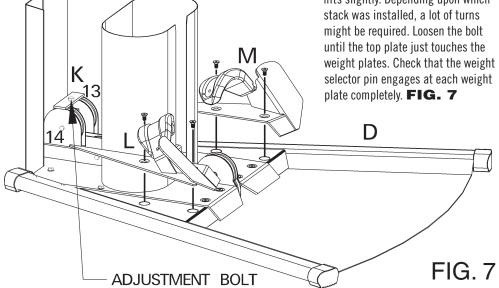
stack. Note how it fits for reassembly later. Don't take out the pulley itself, just remove the two bolts that go up into the frame and remove the entire bracket leaving it threaded on the cable. Carefully place it on the floor out of the way. **FIG.** 1

**9.** Now install the weight stack inside the Stack Column (B) from the top. Ensure that the guide rods are in place as mentioned in step 4 above. Unbolt the top of the guide rods and lift them up a few inches one at a time and position the rubber stack bumper on the bottom of each guide rod. Do this by reaching



BOLT NYLON SPACER bottom facing out. RUBBER FINISH WASHER **U-CLIP** TOP PLATE BOLT SELECTOR SHAFT Į, WEIGHT PLATE IJ RUBBER STACK BUMPERS

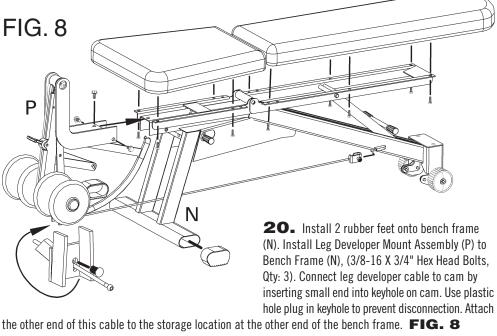
in the weight pin slot on the front of the column. Replace lower end of the guide rods through holes in the base of the stack column and push them down as far as they will go to make room at the top for loading the weight stack. Load the 15 weight plates for a 160 lb. stack (20 for the optional 210 lb. stack) one at a time by placing them on the guide rods at the top of the column with selector groove on the **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. 5 **10.** After all plates are in the column, assemble the top plate, selector shaft, rubber finish washer and Uclip to the end of the "stack cable", securing with 3/8-16 X 3 hex bolt. 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, and make sure it is very tight. Now slide the rubber finish washer down onto the top of the U-clip. **FIG. 5** 



Η

**18.** Make sure that all cables move freely when all cable ends are pulled. Immediately fix any cable rubbing problems. If a pulley is rubbing or otherwise making a noise while turning, the problem can usually be cured by tightening its bolt.

**19.** Attach left Footplate/Lat Hold Down (L) and right Footplate/Lat Hold Down (M) to Base Frame (D) (3/8-16 X 3/4 flat head bolts, Qty: 2 per side). This step requires a 7/32" hex key (the largest of those provided). **FIG. 7** 



**21.** Attach the cushions to the bench (1/4-20 X 3/4 hex screws, Qty: 10). Tighten mounting screws firmly. FIG. 8

**22.** Hang the exercise charts on the wall where they can be referred to easily. Read the exercise charts, all product labels, and this manual before beginning an exercise program.

