Tools Required:
- Wrenches: One each (3/16", 3/8", 1/2"
- Hex Keys: Two 5mm (provided) and one 3/8" (provided)
- Phillips screwdriver

1. Select location for your machine. Let machine sit on a well-lighted and well-ventilated area where you will enjoy exercising. Consider floor matting or carpet underlay to protect your floor if needed. It is necessary to have access to all sides of the unit during assembly. Once the unit is assembled, it may be moved around on a level surface or on casters.

2. Under finite steps, cover parts of the base frame with discarded wrapping material. Leave any wrapping labeled “do not remove during setup” alone until instructions say otherwise. It is necessary to keep the assembly of the pulley arm with cables back and to protect the paint during assembly. Lay parts such as the main columns down until needed to prevent them from6 accidentally falling over.

3. To prepare for assembly, remove the Footplates/Lat Hold Downs (L, M on Fig. 4) from the Base Frame (D). These bolt heads are just above the bolts that go into the guide rods. You will need a 5/16" wrench. Loosen the bolts just one or two turns each. Once the bolts are loose, push the High Pulley Member all the way down. Right the free end. FIG. 1

4. The Guide Rods (C) need to be in Stack Column (B) now because ceiling height might make later adjustments difficult. Assembling the Stack Column (B) on Base Frame (D) (13/6-16 X 3/4 flat head bolts, Qty. 4, in face of stack column) is critical for the stack. Stack Column (B) on Base Frame (D) (13/6-16 X 3/4 flat head bolts, Qty. 4, holes further back). IMPORTANT: It is present instructions 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 left unsecured. So cover the base frame with wrapping material (floor, cabinet, etc.). Put the columns in position, and then pull out the wrapping material. This step requires a 7/16" key (the largest of these provided) and a 5/16" wrenches. Before proceeding, ensure that these bolts are very tight. FIG. 1

5. Now remove the Adjust Rack Shroud (E) but not the wrapping material just under it. Also, remove the Bushing Retainers (F) engaged with the guide rods 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 (B). These bolt heads are just above the bolts that go into the guide rods. You will need a 5/16" wrench. Loosen the bolts just one or two turns each. Once the bolts are loose, push the High Pulley Member all the way down. Right the free end. FIG. 1

6. Remove the pulley bracket (I) from the stack column (B) to make room for the loading the weight stack. Note how it fits for reassembly later. Don’t take out the pulley bracket just, remove the two bolts that go up into the frame and remove the entire bracket leaving it threaded on the cable. Carefully place the pulleys back in their original position but not the wrapping material that passes through the rack and holds the cables back. Now put in the screws that go from in the sides. The pulley arm has two raising positions in the expected are these 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 bracket screws. FIG. 1

7. Now install the weight stack inside the Stack Column (B) from the top. Ensure that the guide rods 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 bracket screws. FIG. 1

8. Once the arm is centered relative to the stack column (C), raise the ends to about six feet off the floor and place the arm. IMPORTANT: This step is best done with two people. FIG. 1

9. Release the pulley bracket (I) from the stack column (B) to tighten these bolts very tight. This pulley bracket goes on such that it protrudes as far as possible. Compare to molded bracket or end-to-end is set in the position as one. FIG. 1

10. Install weight plate number labels per instructions with labels. Attach the weight pin lanyard ring along the stack column and above the rubber finish washer. This step is made done through the access slot in the front of the Stack Column (B). FIG. 1

11. The box that came down from pulley bolt and go into the bolt the arm before tightening the stack column (B). FIG. 1

12. Install weight plate number labels per instructions with labels. Attach the weight pin lanyard ring along the stack column and above the rubber finish washer. This step is made done through the access slot in the front of the Stack Column (B). FIG. 1

13. To raise the pulley arm to its highest position for this step. Next tension the cable system by locating the weight plate number labels. This step requires a 5/16" wrench. FIG. 1

14. Install the second Bushing Retainer (F) engage the two brackets on the back of the stack column. Now remove the Adjust Rack Shroud (E) removed earlier. First put in the long screws that go from in the back, don’t tighten these. Next remove the wrapping material that passes through the rack and holds the cables. Now put in the screws that go from in 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 bracket screws. FIG. 1

15. Now adjust the height of the two high pulleys (L6 & R6 on cable diagram) in the High Pulley Member (A) to the desired height. If making height changes, you don’t wish to make the height of these pulleys, stop this step. To raise these pulleys, loosen the two bolts, in each side. These bolt heads are just above the bolts that go into the guide rods. You’ll need a 5/16" wrench and you can reach these from above below. Loosen the bolts just one or two turns each. Push the pulleys up to the desired height, taking into account over travel. Next remove any wrapping from the plastic cover just below the High Pulley Member (A). Install rubber feet in a spring. Make sure that it is seated against the column up against the high pulley member. There should be no room for movement in this step, but it is done without the spring, you must raise the member inside the column and install the rubber feet. This will requires a tool FIG. 1

16. Raise the pulley arm to its highest position for this step. Next tension the cable system by locating the weight plate number labels. This step requires a 5/16" wrench. LOosen the two high pulleys (L6 & R6 on cable diagram) of the available pulleys bracket (A). FIG. 1

17. Install weight plate number labels per instructions with labels. Attach the weight pin lanyard ring along the stack column and above the rubber finish washer. This step is made done through the access slot in the front of the Stack Column (B). FIG. 1

18. Move cables for storage. Make sure all cables move freely when all cable ends are pulled. Immediately any cable is stuck or if you can’t put them in the holes. A helpful trick is to slide the stack column and push it off. Make sure that all cables feed straight down to the stack and don’t go around a gear not FIG. 1

19. Install weight plate number labels per instructions with labels. Attach the weight pin lanyard ring along the stack column and above the rubber finish washer. This step is made done through the access slot in the front of the Stack Column (B). FIG. 1

20. Install rubber feet onto bench frame (D). FIG. 2

21. Attach the rubber feet onto bench frame (D). FIG. 2

22. Hang the exercise charts on the wall where you can be referred to easily. Read the exercise charts, all product labels, and this manual before beginning an exercise program.
VFT-100 Owner’s Manual Addendum for swiveling double pulley machines manufactured after 11/2009
Tools Required:
Wrench: one 7/16"
Screwdriver: one #2 Phillips

1. Push 1/4-20 Phillips head screw through arc label assembly upper hole and into upper column hole.
2. Reach inside column with 1/4-20 nut and start on screw threads.
3. Put 7/16” wrench on nut inside of column and tighten Phillips screw with screwdriver.
4. Install second screw and nut in the same way.
5. Move pulley arm to test if the arc label assembly is correctly positioned. Adjust arc assembly position as necessary and tighten.