

VECTRA®



VX-48 (combination of a VX-38 and a VX-11)



VX-38

VX-38 Owner's Manual

Introduction

We at Vectra Fitness appreciate your selection of our product 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

Vectra 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. 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.

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, 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.

7. Keep fingers clear of moving parts while making adjustments.

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.

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.

13. Adjust cable system tension if necessary (see assembly instructions for details).

found using Vectra replacement parts only.

12. Inspect non-slip tread. Inspect rubber feet on frame and bench. Remedy any problems

problems found 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

replacement parts only.

10. Inspect cable retaining plugs and spring plungers. Replace if needed using Vectra

damaged.

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

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

and/or proper function. Replace any damaged or malfunctioning parts.

7. Inspect leg developer mounting screws, pivots, bearings, and spring for tightness

damaged or malfunctioning parts.

6. Inspect bench bolts. Tighten if necessary. Inspect bench wheels, wheel suspension

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

replacing each position fully. Replace improperly functioning parts with Vectra

replacement parts only.

4. Inspect press arm adjustment lever for proper function. Ensure that latch pin is

properly functioning pin for other stack components) with Vectra replacement parts only.

3. Inspect weight selector pin for proper fit and retention in selector shaft. Replace impro-

perly functioning pin for other stack components) with Vectra replacement parts only.

2. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

1. Inspect frame and pulley bolts for tightness. Tighten if necessary. Inspect

bars, ankle strap, foot strap, treecs strap, sport handles such as racquet, sports, golf,

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.

Tools Required:

Wrenches: One each (1/2", 3/4"), two each (7/16", 9/16")
Hex Keys: 1/8", 5/16"
Phillips head 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.
2. Unbox entire unit. (NOTE: LEAVE ALL CABLES AND CABLE RETAINERS IN PLACE.)

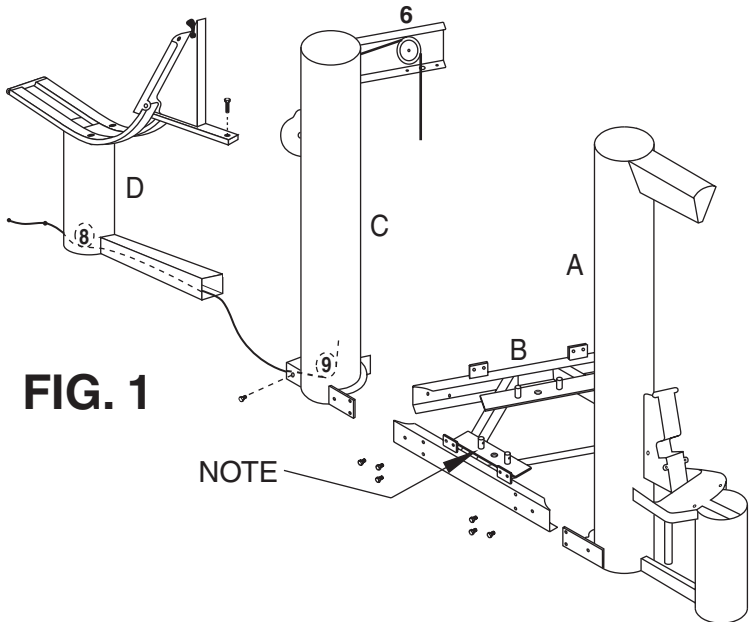


FIG. 1

3. Assemble main column (A) to main triangle frame (B) (3/8-16 X 3/4 hex screws, Qty: 6). **Note: Press station guide rod locator tubes (the ones with cross holes) face front.** Now assemble the Ab/Row column (C) to the main triangle frame (B) (3/8-16 x 3/4 hex screws, Qty: 6). The row seat adjustment mechanism—upper portion of ab/leg seat column (D)—is shipped almost entirely assembled. To complete this assembly pull E-ring off of clevis pin with pliers, and remove clevis pin. Now rotate mechanism into position, and reinstall clevis pin and E-ring. *Ensure that the cable exiting the bottom of the ab/row column (C) goes around the associated pulley (#9) and leaves the column through the large square opening. Take this cable and thread it into the large square tube at the base of the ab/leg seat column (D). This cable passes under pulley #8 and exits through the slot in the front of the column. Note: this cable will be easiest to route if the ab/leg seat column (D) is lying on its side to allow easy access to the area below pulley #8. Now attach the ab/leg seat column (D) to the ab/row column (C) (3/8-16 x 3/4 hex screws, Qty: 2, and 3/8-16 x 1-1/2 hex screw, Qty: 1). **IMPORTANT: VERIFY THAT THE CABLE ROUTING IS CORRECT BETWEEN PULLEYS #8 & #9 BEFORE PROCEEDING. FIG. 1**

FIG. 2

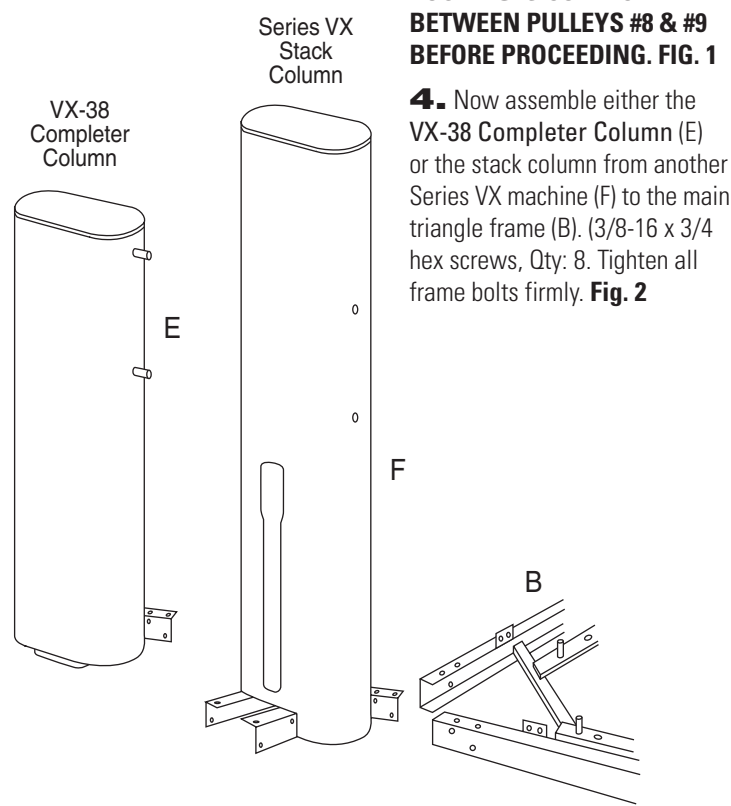
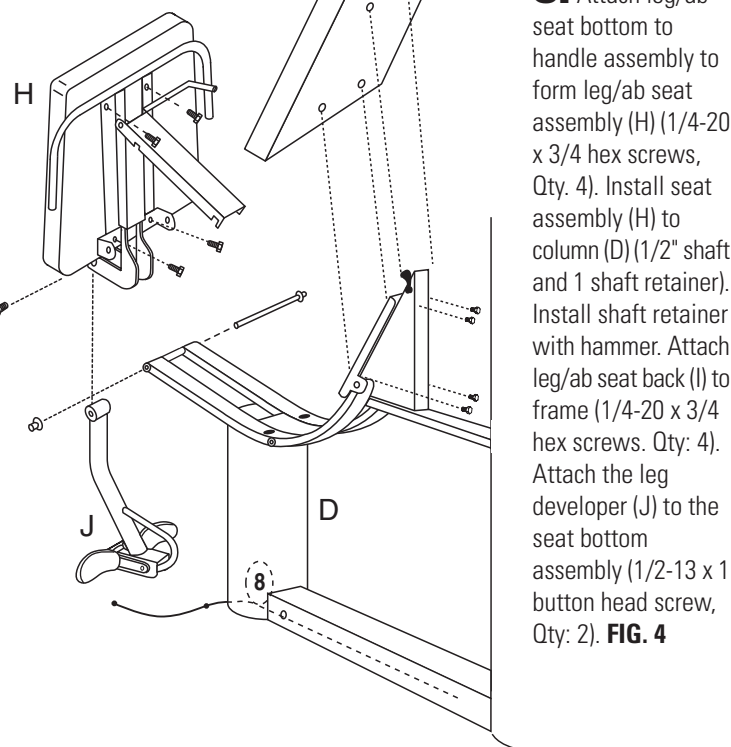


FIG. 3

5. Now attach row arm assembly (G) to the base of the ab/leg seat column (1/2-13 x 1 button head screws, Qty: 2). Attach row cable to cable retainer and secure with plastic hole plug. **FIG. 3**

FIG. 4



Assembly Instructions

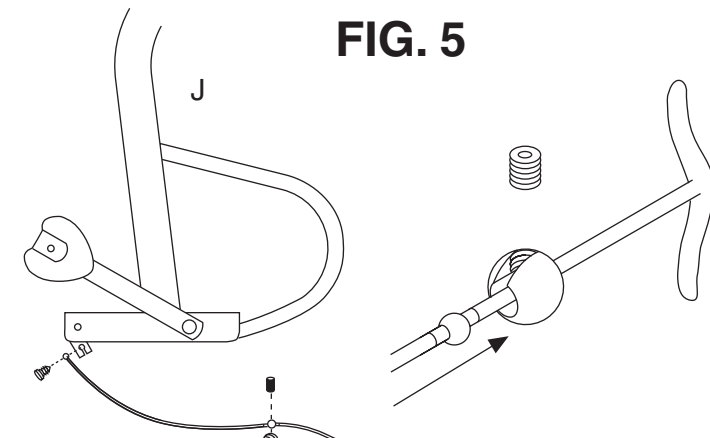
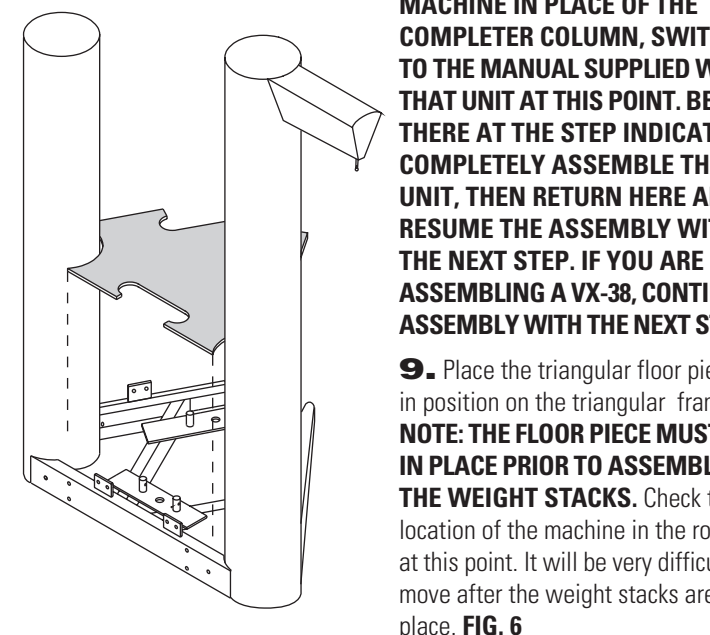


FIG. 5

7. Attach the aluminum ball to the leg developer cable as shown. Note: Aluminum ball must be installed correctly to take the cable force. Counter bore facing away from machine. Make sure that the set screw enters the slot straight and is not cross threaded. Tighten set screw with 1/8" hex key. Now attach cable end to the leg developer, securing it with a plastic hole plug. **FIG. 5**

FIG. 6



8. **IMPORTANT: IF YOU ARE ASSEMBLING ANOTHER SERIES VX MACHINE ATTACHED TO THIS MACHINE IN PLACE OF THE COMPLETER COLUMN, SWITCH TO THE MANUAL SUPPLIED WITH THAT UNIT AT THIS POINT. BEGIN THERE AT THE STEP INDICATED. COMPLETELY ASSEMBLE THAT UNIT, THEN RETURN HERE AND RESUME THE ASSEMBLY WITH THE NEXT STEP. IF YOU ARE ASSEMBLING A VX-38, CONTINUE ASSEMBLY WITH THE NEXT STEP.**

9. Place the triangular floor piece in position on the triangular frame. **NOTE: THE 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. 6**

10. Attach the press station guide rods (K) to the locator tubes (1/4-20 x 1-1/4 hex screw and nut, Qty: 2 ea.). Slide the rubber bumpers (L) down the guide rods. Load the 20 weight plates one at a time with selector groove on the bottom facing out (load 15 lb. plates first, if optional heavy stack is being installed). **USE EXTREME CAUTION. FIG. 7**

11. Slide the pin lanyard ring over the front tab at the base of the press housing (N). Now slide the rubber finish washer (M) onto the tabs at the base of the press housing (N). Note: Each stack has one of these, but the one for the press station has the largest rectangular hole. Assemble the press housing (N) to the top plate (O) and selector shaft (P) (3/8-16 x 3 hex screw, Qty: 1). **FIG. 7**

12. Now bolt the lower press pivot lever (Q) (the lower lever is the one with the bend) to the press housing (N) (1/2-13 x 1 button head screw, Qty: 2). It attaches to the press housing bearings nearest the top plate. Assemble it such that the bend matches the drawing. **FIG. 7** Bolt the upper press pivot lever (R) (the upper lever is straight and has a spring attachment bracket on it) to the press housing (N) (1/2-13 x 1 button head screw, Qty: 2). It attaches to the press housing to the bearings farthest from the top plate. Assemble it such that the spring attachment bracket is down, matching the drawing. **FIG. 7**

13. Take the large assembly created in the previous step and lower it onto the guide rods (K). This is easiest if the stack is leaning away from the machine. With the top plate (O) resting on top of the stack, carefully bring the back end of the lower press pivot lever (Q) into alignment with the lower bolt holes on the column (1/2-13 x 1 button head screw, Qty: 2). Likewise, bolt the upper press pivot lever (R) to the column (1/2-13 x 1 button head screw, Qty: 2). Tighten the eight pivot bolts very tight. There are 4 hole plugs to cover the bolts at the column end of the press pivot levers. **FIG. 7**

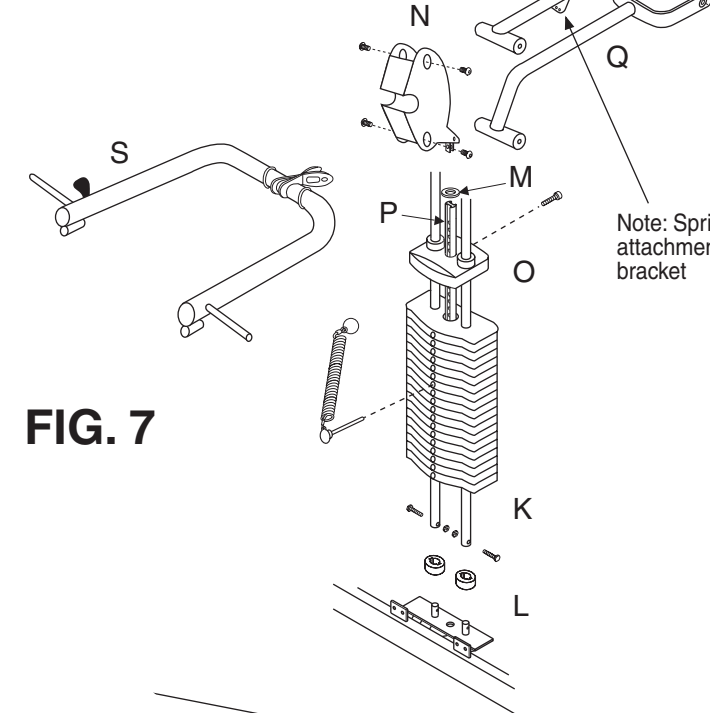


FIG. 7

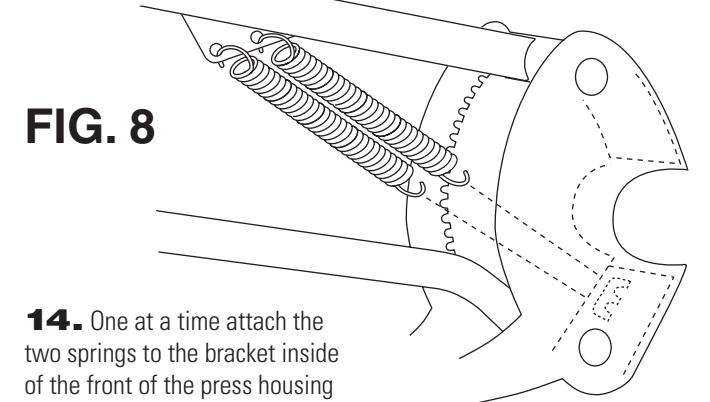


FIG. 8

14. One at a time attach the two springs to the bracket inside of the front of the press housing (N). With the press housing lifted to its highest point, attach the other end of each spring to the bracket on the underside of the upper press pivot lever. Use gloves and care in doing this to prevent pinching. **FIG. 8** Note: the installation of the springs is optional. Each spring reduces the weight of the press arm by 20 pounds. If both springs are installed, the press arm will add only 10lbs. to the stack weight. (affix the "PRESS ARM ADDS 10lbs." label to the press housing (N). If only one spring is installed, affix the "PRESS ARM ADDS 30lbs." label. If no springs are installed, affix the "PRESS ARM ADDS 50lbs." label. Suggestion: If uncertain how many springs to install, install them both. They can be removed later if you find yourself wanting additional weight. **FIG. 8**

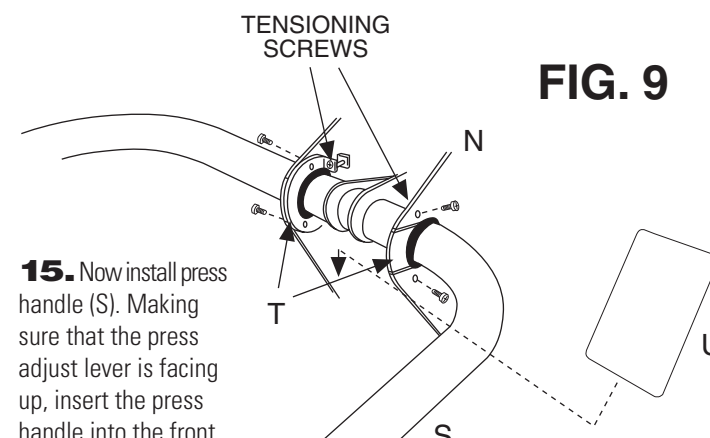


FIG. 9

15. Now install press handle (S). Making sure that the press adjust lever is facing up, insert the press handle into the front of the press housing (N) such that the pin in the back of the handle engages one of the notches with a bracket from the press handle (S) on each side. **FIG. 9** A nylon bushing should be positioned (slot towards the rear) to engage each side of the press housing. Note: the press handle (S) will be on center relative to the press housing (N), even though the brackets are off center inside the press housing. Secure each bushing with a bushing cap (T). Install the screws in the sides (1/4-20 x 1/2 pan head phillips, Qty: 4) and the tensioning screws (1/4-20 x 1-1/4 oval head, Qty: 2). Tighten the 4 side screws finger tight. Now tighten the tensioning screws until the slop is taken up. Do not over tighten. Once the slop is removed from the pivot, but the joint still rotates easily, tighten the 4 cross screws. Check the 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. When correctly adjusted, the latch pin will be forced by the spring all the way against the far end of the slot it travels in. The adjustment lever will pull it almost, but not all the way, to the other end of the slot. **It is very important** that it be adjusted such that it goes all the way to the end of the slot with the pressure of the spring. Now install the plastic cover (U). With the textured side out, insert the lower end into the front of the press housing, curve it back and insert the other end up into the press housing. **FIG. 9**

16. Attach the upper stack support (V) to the main column (A) (3/8-16 x 1/2 hex screw, Qty: 2). Do not route the cable yet. **FIG. 10** Assemble the longest guide rods, rubber bumpers (L), weight plates, and a top plate/selector shaft assembly (again, load 15 lb. plates first, if optional heavy stack is being installed). **Important:** Make sure the threaded insert inside of each guide rod is located at the top. If these inserts are down and you force the rod onto the locator tube, you could push the insert in too far. Remove the pulley from the upper stack support (V) and attach the guide rods (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 (W). Slide the weight pin ring and a rubber finish washer over cable before attaching cable to U-clip. The top plate, selector shaft, and cable end are secured with a U-clip and a 3/8-16 x 3 hex screw. **FIG. 10**

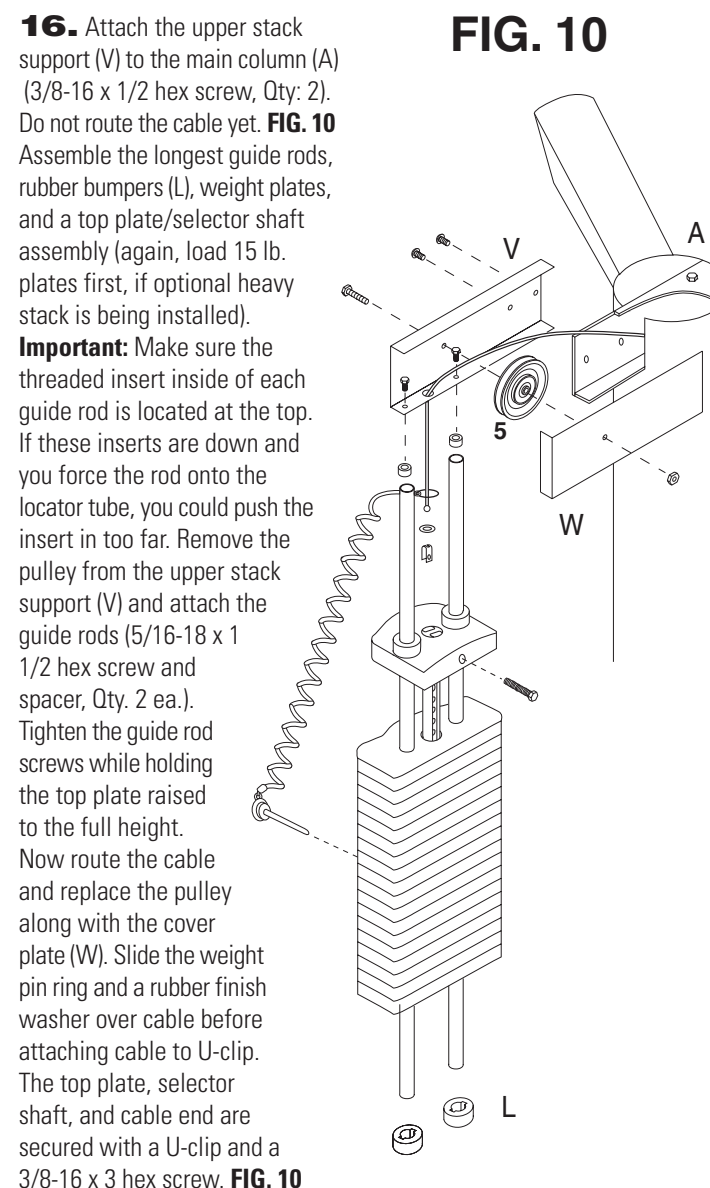


FIG. 10

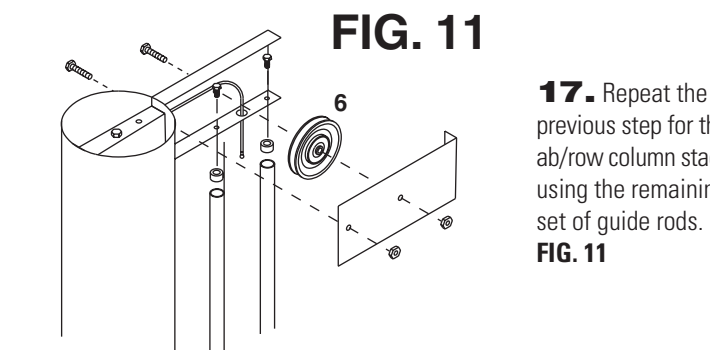


FIG. 11

17. Repeat the previous step for the ab/row column stack using the remaining set of guide rods. **FIG. 11**

18. Install right butterfly arm (arm closest to press handles) on its vertical pivot bar. The right arm is the one with the spring mounted flipper and related assembly at the lowest point on the arm. The right cam is the cam with the bushing supported by the shortest connector. Slip the cam over the assembly that holds the spring mounted flipper, such that the flipper engages the notches on the underside of the cam and such that the bushings all line up. Now slide the two items as one up the pivot shaft. Install 1" washer and then cotter pin, bend end. Repeat this process for the left arm and cam. Test the ratcheting system at this point. If any problems are suspected, look up into the ratcheting mechanism from below. If the spring mounted flipper is not in the notched section, take the cam and arm off the pivot and after getting the flipper in the right area, reinstall the cam and arm as an assembly. **FIG. 12**

FIG. 12

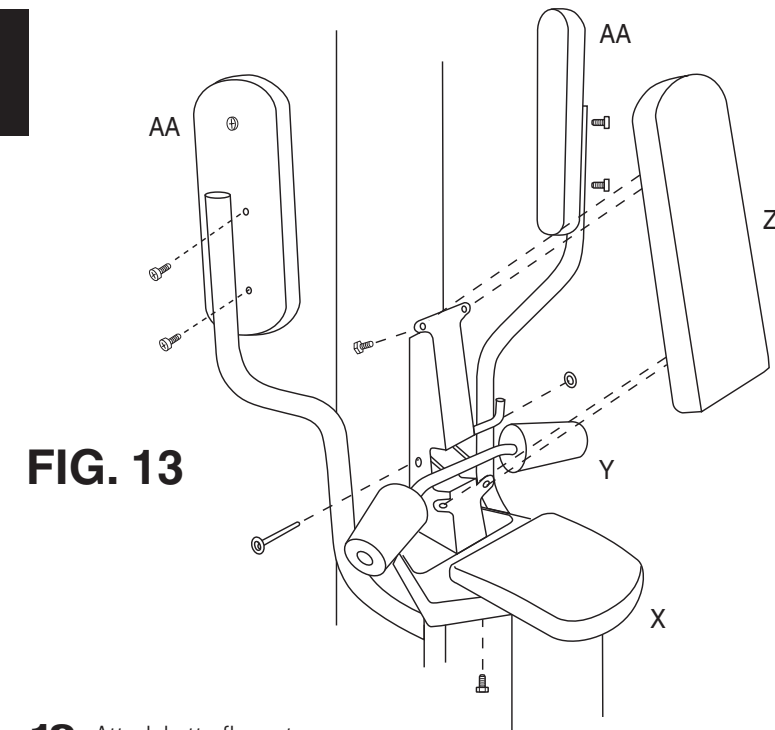
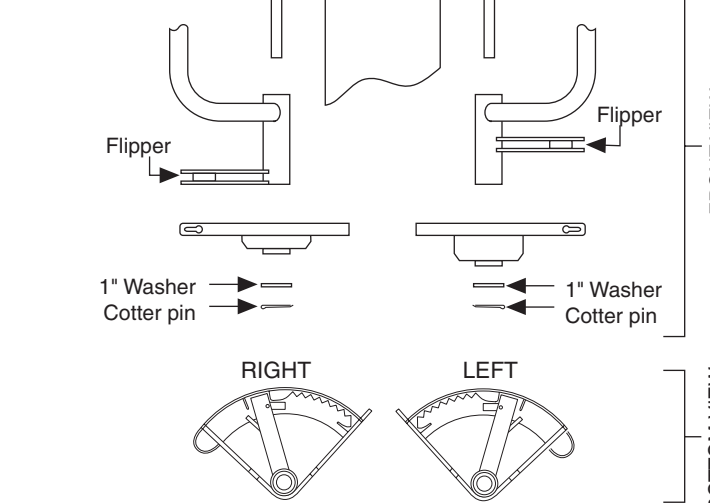
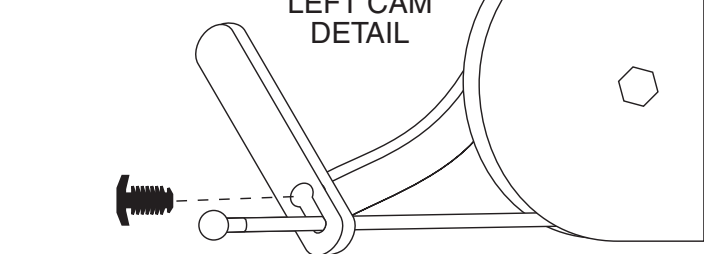


FIG. 13

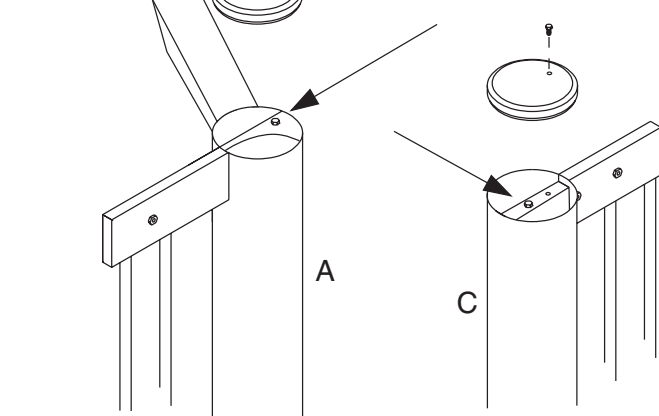
19. Attach butterfly seat bottom (X) (1/4-20 x 3/4 hex screws, Qty: 2). Install the Lat Hold Down (Y) with the yellow lever on the right pointing up. Line up the 1/2" holes and insert the pivot (1/2" diameter rod and shaft retainer). Install shaft retainer with a hammer. Attach butterfly seat back (Z) (1/4-20 x 3/4 hex screws, Qty: 4). Install butterfly arm pads such that metal brackets on each arm are hidden between the two upholstered parts (AA). Tighten mounting screws firmly. **FIG. 13**

FIG. 14



20. Connect butterfly cables to butterfly cams. Use plastic hole plugs in keyholes to prevent disconnection. **FIG. 14**

FIG. 15



21. Next tension the cable systems in the main column (A) and the ab/row column (C) by locating the adjustment bolt at the top of each column. The adjustment bolts are located under the column caps. Tighten each bolt until the respective top plate lifts slightly. Loosen the bolt until the top plate just touches the weight plates. Check that the weight selector pin engages at each weight plate completely. Replace/install the column caps. **FIG. 15**

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

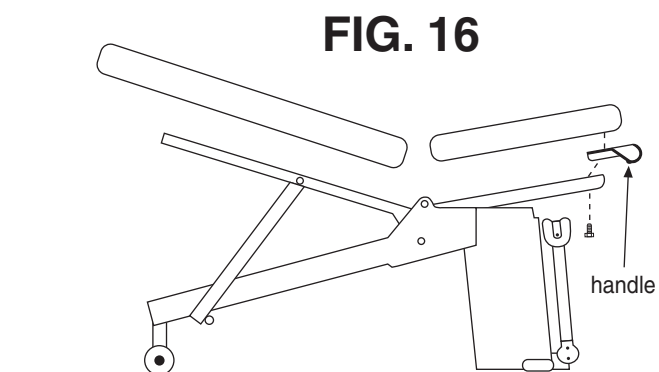
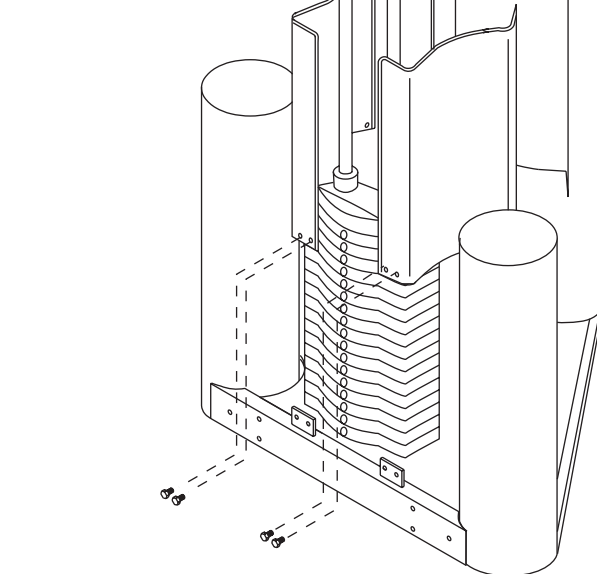


FIG. 16

23. Attach the bench seat back and bench seat bottom to the bench (1/4-20 x 3/4 hex screw, qty. 10). The bench handle installs between the cushion and the bench frame and is held in place by 2 of these screws. Tighten firmly. **FIG. 16**

FIG. 17



24. Attach lat bar to cable at high pulley. Attach the ab strap at the ab pulley.

25. Apply weight stack number labels per instructions printed on label sheets.

26. Attach the three weight stack guards (3/8-16 x 1/2 hex screws, Qty: 12). **FIG. 17**

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