

VECTRA[®]

FITNESS



VX-DC

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

PERFORM THE FOLLOWING CHECKS WEEKLY:

- 1.** Inspect frame and pulley bolts for tightness. Tighten if necessary.*
- 2.** Inspect cable attachments (short and long single handles, double handles, lat or curl bars, multi-purpose bar, ankle strap, foot strap, triceps strap, sport handles such as racquet sports, golf, hockey or baseball, ab strap, functional training belt, etc.) carefully. Look for damaged mounting eyes, springs, latches, buckles, 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. Replace any damaged or worn items.
- 3.** Inspect weight selector pin for proper fit and retention in selector shaft. Replace improperly functioning pin (or other stack components) with Vectra replacement parts only.
- 4.** Inspect pulley arm adjustment levers for proper function. Ensure that latch pins are engaging all positions fully. Replace improperly functioning parts with Vectra replacement parts only.
- 5.** Inspect pulley arm mounting screws (horizontal and vertical axes) for tightness. Tighten if necessary.*
- 6.** Inspect all springs, including arm counter balance springs and arm latching springs to make sure they are in good condition and working properly. Replace any missing, damaged or worn springs with Vectra replacement parts only.
- 7.** Inspect bench bolts. Tighten if necessary.* Inspect bench wheels, wheel suspension pivots, retaining rings, spring, and braking features for proper function. Replace any damaged or malfunctioning parts.
- 8.** Inspect cushion bolts for tightness. Tighten if necessary.* Inspect cushion support structure, pivots and associated latches. Remedy any problems found using Vectra replacement parts only.
- 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 damaged.
- 10.** Inspect cable retaining plugs and spring plungers. Replace if needed using Vectra replacement parts only.
- 11.** Inspect pulley pivots, retainers, axles, bushings, attachment points, and rotation limiters. Remedy any problems found using Vectra replacement parts only.
- 12.** Inspect non-slip tread. Inspect rubber feet on frame and bench. Remedy any problems found using Vectra replacement parts only.
- 13.** Adjust cable system tension if necessary (see assembly instructions for details).

PERFORM THE FOLLOWING CHECKS MONTHLY:

- 1.** Inspect all hand grips, pads, etc. Replace any damaged, worn, loose or missing parts.
- 2.** Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary. Check bolt, tighten if necessary.*
- 3.** Vectra's stainless steel guide rods **DO NOT REQUIRE LUBRICATION** or anti-rust treatment. Simply keep them free of grit, sticky or gummy sprays, etc.
- 4.** Apply grease to the following locations: counter balance levers at pivot and spring hole, side-to-side arm pivots.
- 5.** Clean upholstery with mild soap and water as desired.
- 6.** If unit is in a humid area, such as near a pool, hot tub or sauna, or in certain climates, use of an auto wax should delay rusting.

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

Safety Rules



WARNING

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

1. IMPORTANT: Cables are a wear item. It is your responsibility to prevent unexpected breakage. To do this, inspect every cable daily. Pay particular attention to areas near 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 labels. 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. Keep fingers clear of moving parts while making adjustments.

7. Inspect the gym for loose or worn parts, damaged, frayed, or worn cables, broken weight plates, etc. Do not use or allow the machine to be used until any defective parts are repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of your manual for specific inspection rules. Use only Vectra authorized replacement parts.

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, pulley 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. Use only those means provided by Vectra. 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.

13. Prior to use, ensure machine is fully assembled in a Vectra Fitness authorized configuration per owner's manual.

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

1. Exercise in front of machine only. Pulling cables to side or rear of machine is dangerous, as machine could tip in use.

2. Do not release cable attachments without first returning them to rest position. Doing so could lead to serious injury of yourself or bystanders.

3. Do not make arm position adjustments without first returning all exercise stations to their rest positions. Support weight of arm while adjusting.

Assembly Instructions

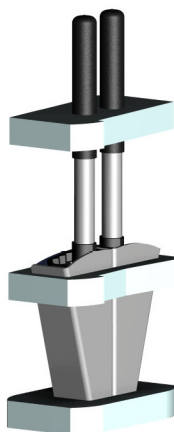
Tools Required

Combination Wrenches: 1/2", 9/16"
Ratchet Wrench: 9/16" Socket
Phillips Screwdriver
Hex Key: 7/32" (included)



- 1.** Remove Dip handles out of column bottom after removing top column pulley bracket. Remove 3/8-16 x .50" hex screws (2) Separate left and right dip handles.

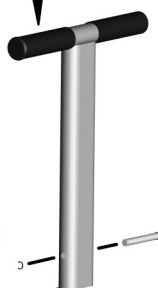
FIG. 1



- 2.** Leave "T" shaped standing assist lever in place if setting up VX-DC in standing format. Remove "C" clip and assist lever if setting up VX-DC in kneeling format.

- 4.** Place step columns upside down and install main floor frame. 3/8-16 x .50" hex screws (6)

FIG. 2



- 3.** Remove Chin spreader bar. Remove 3/8-16x.75" hex screw (1)

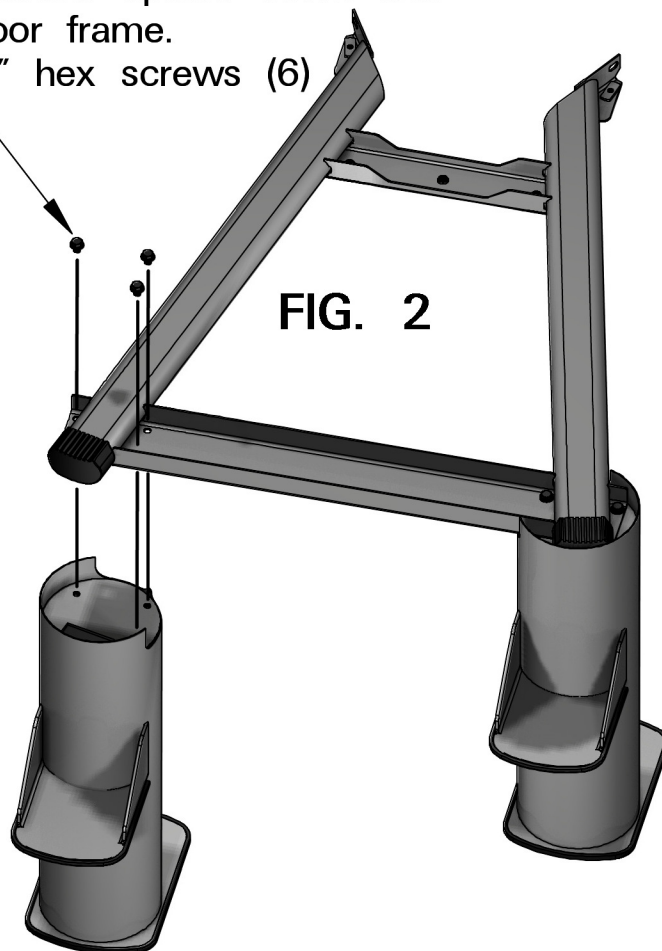


FIG. 3

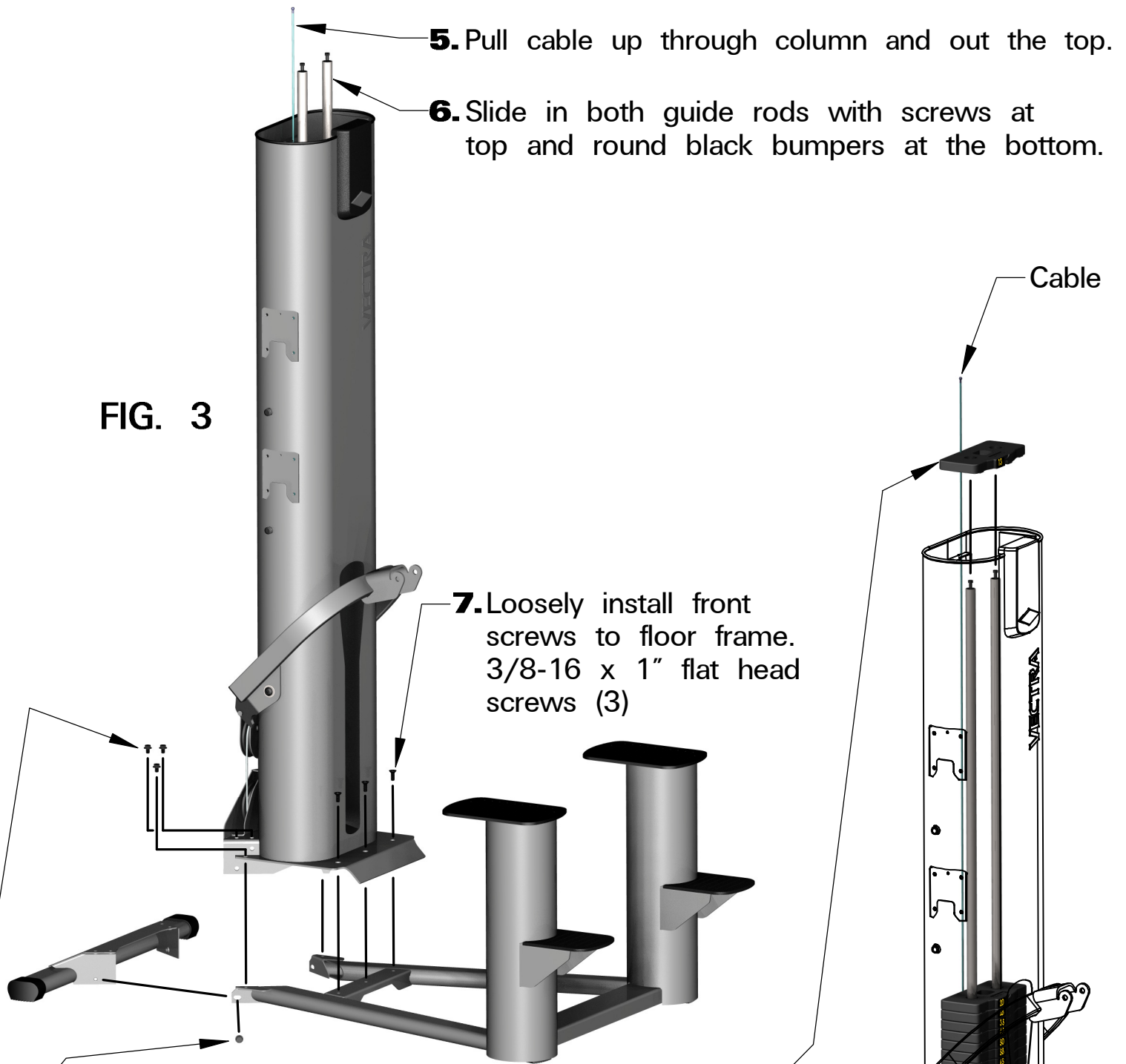


FIG. 4

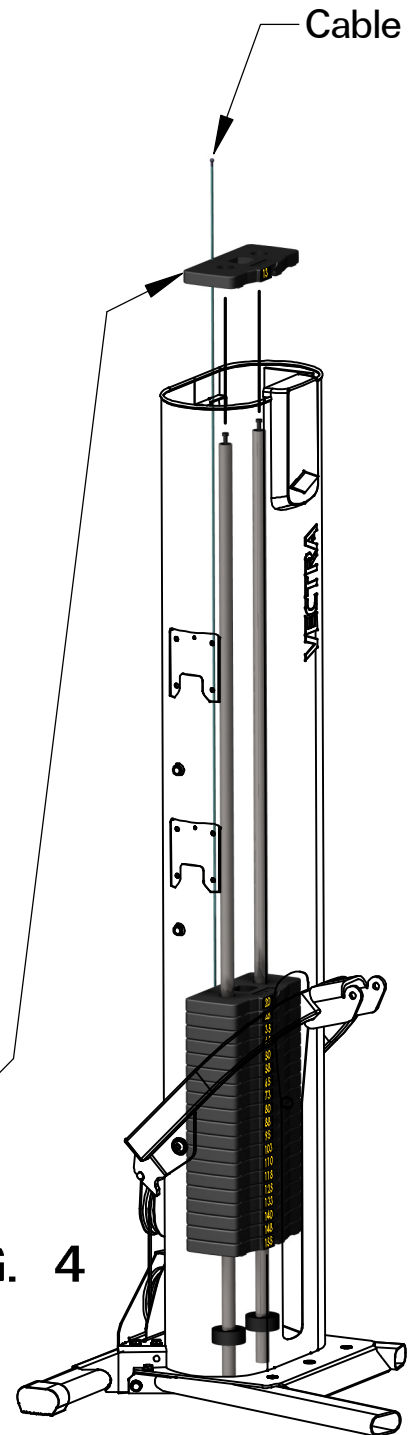
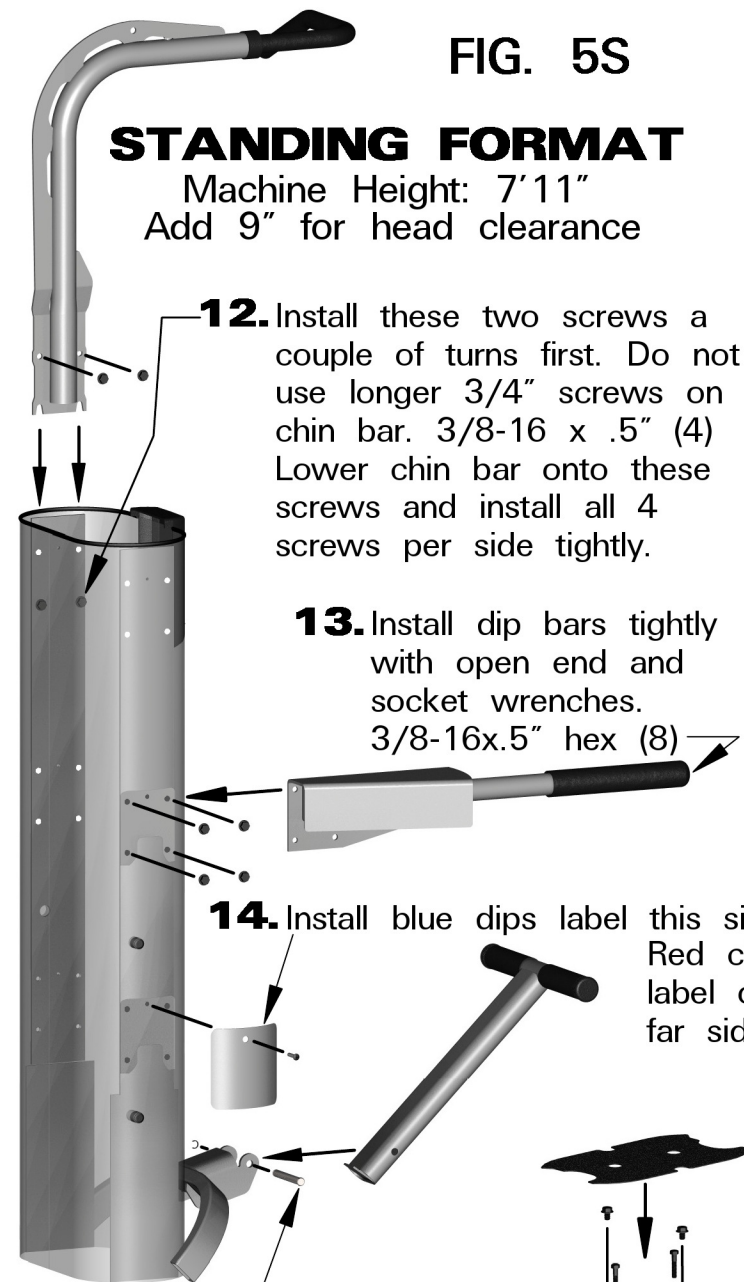


FIG. 5S

STANDING FORMAT

Machine Height: 7'11"
Add 9" for head clearance



12. Install these two screws a couple of turns first. Do not use longer 3/4" screws on chin bar. 3/8-16 x .5" (4) Lower chin bar onto these screws and install all 4 screws per side tightly.

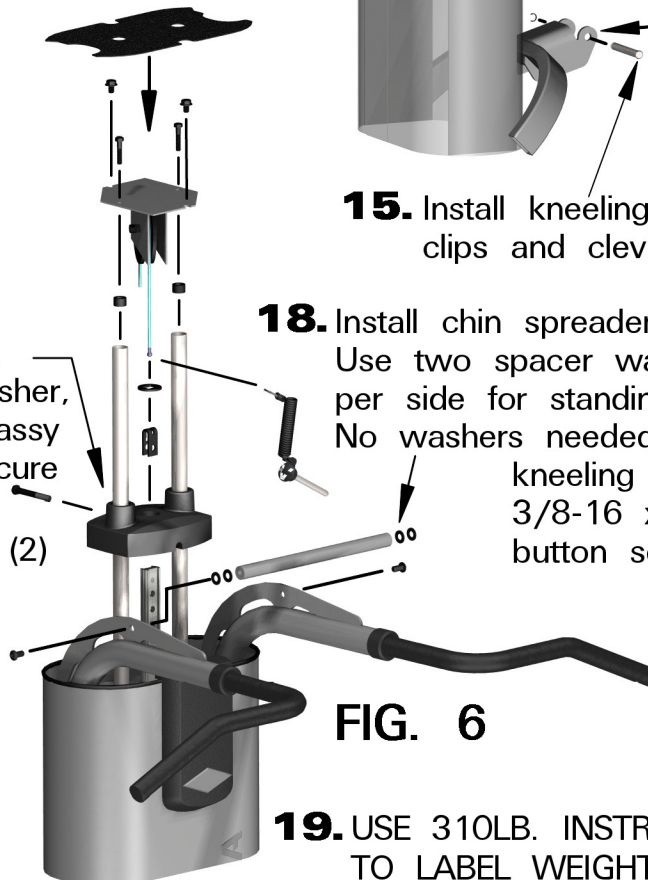
13. Install dip bars tightly with open end and socket wrenches. 3/8-16x.5" hex (8)

14. Install blue dips label this side. Red chin label on far side.

15. Install standing "T" assist bar with "C" clips and clevis pin.

16. Screw together top plate, "U" clip, cable, black washer, and selector pin. Lower assy down guide rods and secure top pulley bracket. 3/8-16 x .5" hex screws (2)

17. Tighten guide rod screws and raise top weight plate to test for smooth travel. 5/16-18 x 1.5" hex screws (2)



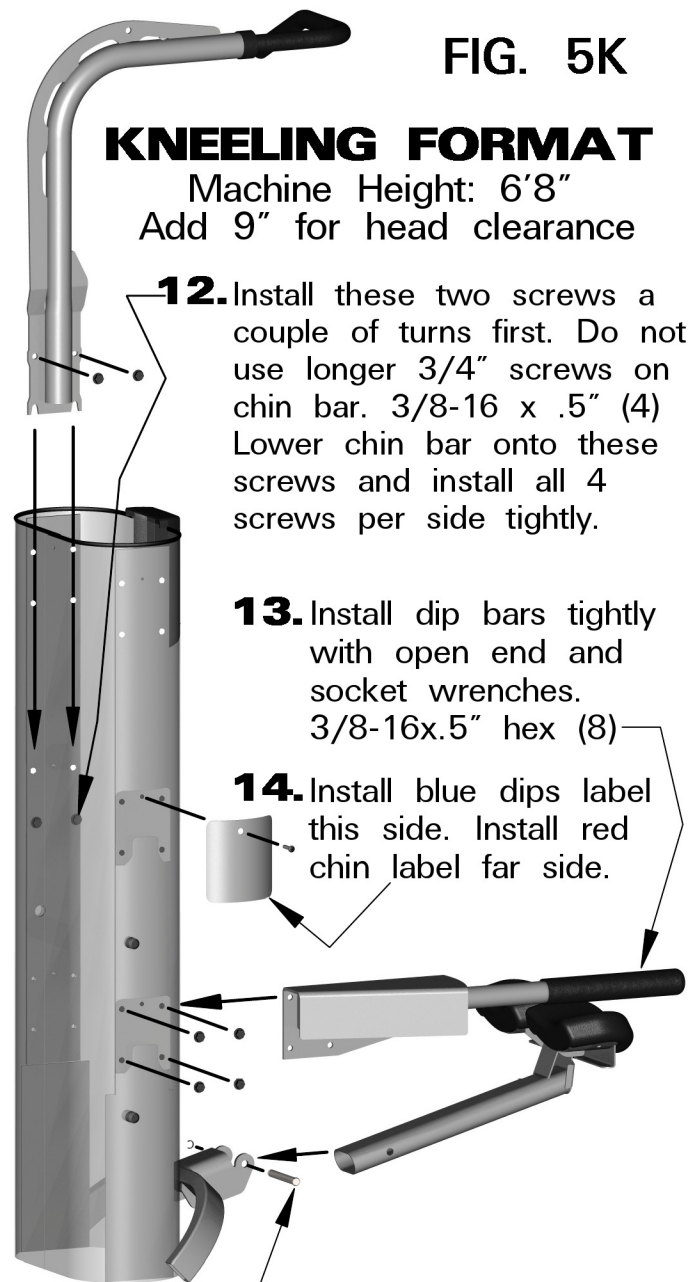
18. Install chin spreader bar. Use two spacer washers per side for standing format. No washers needed for kneeling assist. 3/8-16 x .75" button screws (2)

19. USE 310LB. INSTRUCTIONS TO LABEL WEIGHT STACK.

FIG. 5K

KNEELING FORMAT

Machine Height: 6'8"
Add 9" for head clearance



12. Install these two screws a couple of turns first. Do not use longer 3/4" screws on chin bar. 3/8-16 x .5" (4) Lower chin bar onto these screws and install all 4 screws per side tightly.

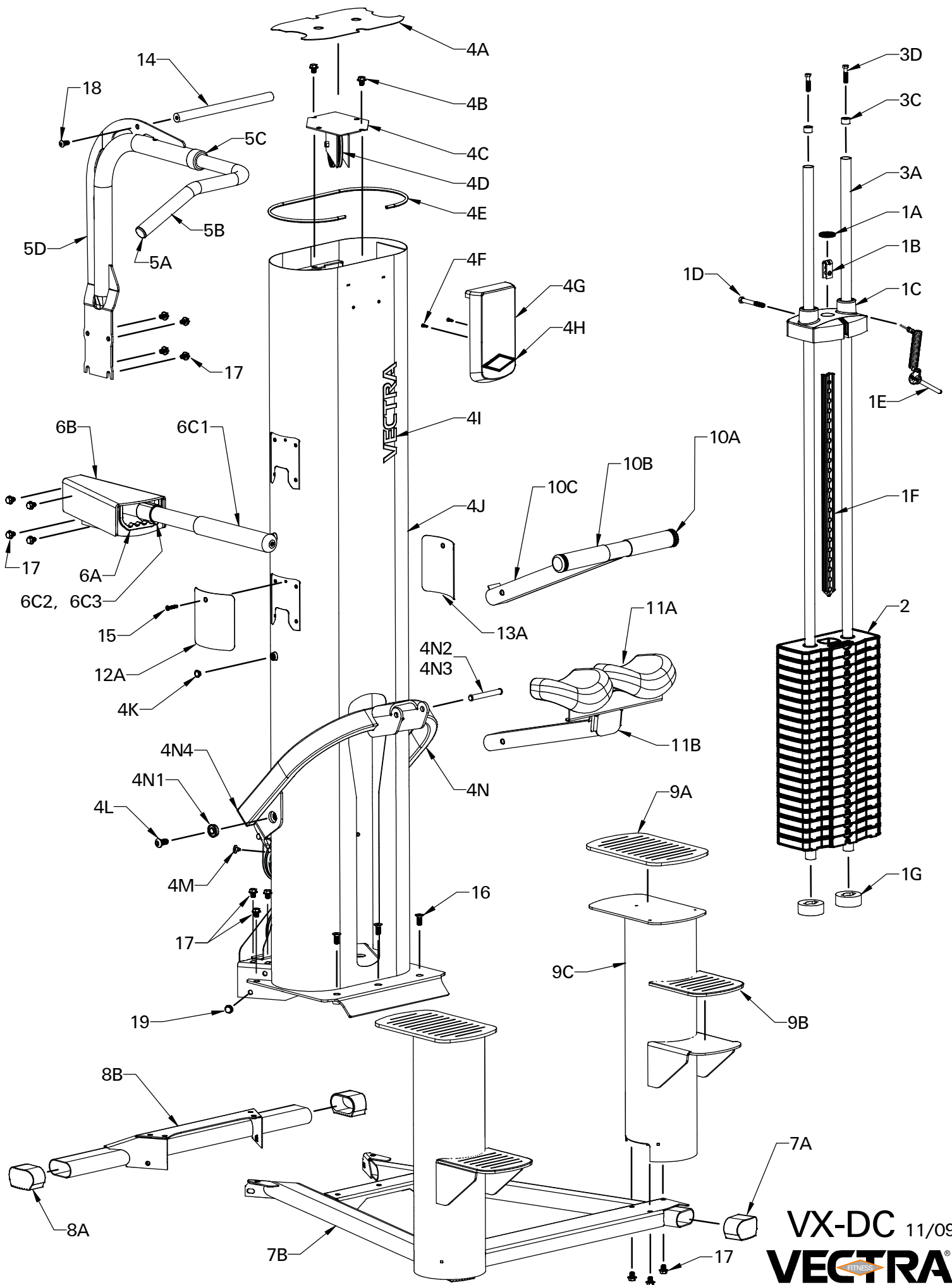
13. Install dip bars tightly with open end and socket wrenches. 3/8-16x.5" hex (8)

14. Install blue dips label this side. Install red chin label far side.

15. Install kneeling assist bar with "C" clips and clevis pin.

INSTRUCTIONS			
Follow the chart below to find the correct labels for the weight plates.			
# Plate	STACK WEIGHT		
			310LB.
Top Plate	Precision Alloy	Stack System	Label
1			13
2			20
3			28
4			35
5			43
6			50
7			58
8			65
9			73
10			80
11			88
12			95
13			103
14			110
15			118
16			125
17			133
18			140
19			148
20			155

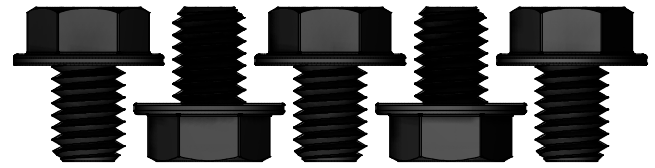
FIG. 6



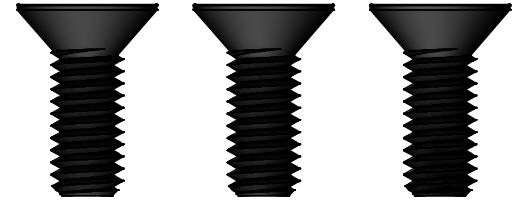
VX-DC Exploded View Parts List

ITEM #	PART #	QTY.	DESCRIPTION
1	60740	1	KIT, 210/160 TOP PLATE HARDWARE
1A	26130	1	TOP PLATE NEOPRENE WASHER
1B	20660-BLK	1	TOP PLATE CABLE "U" CLIP
1C	60700	1	TOP PLATE WITH BUSHINGS
1D	29190	1	SCREW, 3/8-16 X 3.0 HEX
1E	60610	1	SELECTOR PIN
1F	20630	1	SELECTOR SHAFT FOR 20 WEIGHT PLATES
1G	57670	2	WEIGHT STACK BUMPERS
2	60680	20	10 POUND WEIGHT PLATE (QTY. 5 BOX IS #60710)
3	65280	2	ASSY, GUIDE ROD, 69.75" WITH SCREW
3A	63950	1	GUIDE ROD, 69.75"
3B	11340	1	CONNECTOR, 5/16-18
3C	16520	1	SPACER
3D	17080	1	SCREW, 5/16-18 X 1.5
4	71800-CLR	1	VX-DC STACK COLUMN ASSEMBLY
4A	71810	1	VX-DC COLUMN CAP
4B	55870	2	3/8-16 X 1/2 LONG FLANGE/HEX HEAD SCREW
4C	66500-CLR	1	UPPER STACK PULLEY BRACKET WELDMENT
4D	10580	3	4.5" DIAMETER PULLEY
4E	66560	1	5/16 X 34.45" LONG EDGE TRIM
4F	63830	2	M4 X 16MM SELF TAPPING SCREW
4G	66000	1	DIAMOND MOUNT CREST
4H	63260	1	SERIES VX DIAMOND LABEL
4I	61720	1	10" SILVER VECTRA LABEL
4J	71500-CLR	1	VX-DC STACK COLUMN WELDMENT
4K	57080	4	7/16" DIAMETER HOLE PLUG
4L	13790	2	1/2-13 X 1" LONG BUTTON HEAD SCREW
4M	54130	2	3/4" DIAMETER HEAD STEM BUMPER
4N	71840-CLR	1	VX-DC ASSIST LEVER HOOP ASSEMBLY
4N1	11920	2	BALL BEARING WITH 1/2" INNER DIAMETER
4N2	71600	1	1/2" DIAMETER C-RING PIN
4N3	53790	2	1/2" C-RING
4N4	15780	2	1 X 2 RECTANGULAR TUBE CLOSURE
	71570	1	VX-DC CABLE ASSY
	10600	3	3/8-16 LOCKING HEX NUT
	23300	1	3/8-16 X 1.25 HEX SCREW
	52910	2	3/8-16 X 1.5 HEX SCREW
	28010	1	WARNING LABEL
	28020	1	MANUFACTURED BY VECTRA LABEL
5	71680-CLR	1	VX-DC LEFT CHIN BAR ASSEMBLY (RIGHT IS PN71690-CLR)
5A	71710	1	TUBE CLOSURE FOR 1" DIAMETER THICK WALL TUBE
5B	71720	1	1" DIAMETER X 23" FOAM GRIP
5C	71700	1	1.75" DIAMETER WITH HOLE TUBE END CAP
5D	71290	1	LEFT VX-DC CHIN BAR WELDMENT (RIGHT IS PN71300)
6	71730-CLR	1	VX-DC LEFT DIP BAR ASSEMBLY (RIGHT IS PN71740-CLR)
6A	69570	1	VX-DC MOLDED DIP POSITION RACK
6B	71100-CLR	1	VX-DC LEFT MAIN DIP WELDMENT (RIGHT IS PN71110-CLR)
6C	71750-CLR	1	VX-DC DIP BAR ASSY (WELDMENT ONLY IS PN71090)
6C1	27270	1	1.5" DIAMETER X 10" FOAM GRIP
6C2	69560	1	DIP BAR POSITION SLEEVE
6C3	71760	1	3/16" DIAMETER X 2" ROLL PIN
	27910	1	5/32" DIAMETER X 7/8" ROLL PIN
	52530	1	.42" DIAMETER X 1.25" COMPRESSION SPRING
7	71670-CLR	1	VX-DC FLOOR FRAME ASSEMBLY
7A	61960	2	OBROUND TUBE FLOOR FOOT
7B	71360-CLR	1	VX-DC FLOOR FRAME WELDMENT
8	71660-CLR	1	VX-DC REAR FOOT ASSEMBLY
8A	61960	2	OBROUND TUBE FLOOR FOOT
8B	71380-CLR	1	VX-DC REAR FOOT WELDMENT
9	71650-CLR	1	VX-DC RIGHT STEP COLUMN ASSEMBLY (LEFT IS PN71640-CLR)
9A	69530	1	VX-DC TOP STEP TREAD
9B	69540	1	VX-DC MID STEP TREAD
9C	71450-CLR	1	VX-DC RIGHT STEP COLUMN WELDMENT (LEFT IS PN71440-CLR)
10	71780-CLR	1	VX-DC STANDING ASSIST LEVER ASSEMBLY
10A	13100	2	1.5" DIAMETER TUBE CLOSURE
10B	71790	2	VX-DC STANDING ASSIST LEVER TREAD
10C	71170-CLR	1	VX-DC STANDING ASSIST LEVER WELDMENT
11	71770-CLR	1	VX-DC KNEELING ASSIST LEVER ASSEMBLY
11A	65870	2	SQUAT SHOULDER PAD
11B	71000-CLR	1	VX-DC KNEELING ASSIST LEVER WELDMENT
	71880	1	VX-DC KNEELING ASSIST LEVER TORSION SPRING
	59660	.23'	5/16" EDGE GUARD TRIM
	14500	4	1/4-20 X .5" BLACK PHILLIPS PAN HEAD SCREW
12	71820-CLR	1	VX-DC DIP EXERCISE PLACARD ASSEMBLY
12A	71550-CLR	1	VX-DC DIP PLACARD BASE
	69650	1	VX-DC DIP EXERCISE PLACARD
13	71830-CLR	1	VX-DC CHIN EXERCISE PLACARD ASSEMBLY
13A	71560-CLR	1	VX-DC CHIN PLACARD BASE
	69660	1	VX-DC CHIN EXERCISE PLACARD
14	71850-CLR	1	VX-DC 7/8" DIAMETER CHIN SPREADER BAR
15	71630	1	VX-DC HARDWARE KIT
15A	15890	2	1/4-20 X 1.25 OVAL PHILLIPS SCREW
16	27280	3	3/8-16 X 1 FLAT HEAD SCREW
17	55870	28	3/8-16 X 1/2 LONG FLANGE/HEX HEAD SCREW
18	56410	2	3/8-16 X .75 BUTTON HEAD SCREW
19	55860	2	3/8-16 X 3/4 LONG FLANGE/HEX HEAD SCREW
	42100	1	7/32 HEX KEY WRENCH
	71610	1	VX-DC OWNER'S MANUAL
	67630	1	WEIGHT STACK LABELS 4:1 (USE 310LB. (13 TO 155))

VX-DC Hardware



28 EA PN55870
3/8-16 X .5 HEX SCREW



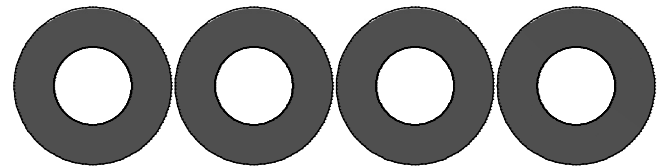
3 EA PN27280
3/8-16 X 1 FLAT HD SCREW



2 EA PN56410
3/8-16 X .75 BTN HD SCREW

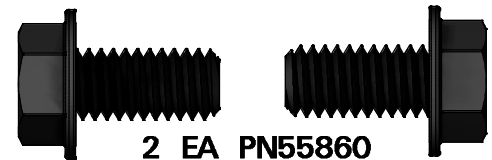


2 EA PN15890
1/4-20 X 1.25 OHP SCREW

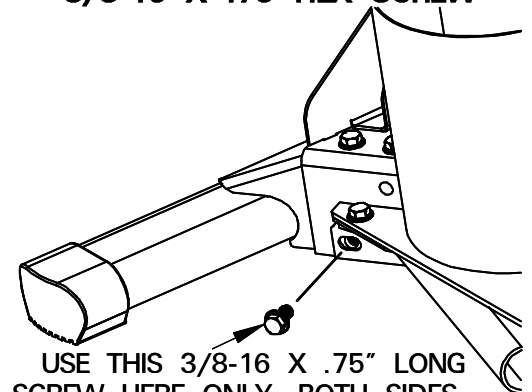


4 EA PN42240
WASHER, 3/8 SAE

FOR CHIN SPREADER BAR WITH STANDING ASSIST MACHINE. NOT NEEDED FOR KNEELING ASSIST.



2 EA PN55860
3/8-16 X .75 HEX SCREW



USE THIS 3/8-16 X .75" LONG SCREW HERE ONLY, BOTH SIDES.

To purchase parts, go to <http://partsstore.vectrafitness.com/>

Vectra® VX-DC Limited Warranty

Vectra Fitness, Inc. warrants, to the original owner only, this Vectra VX-DC 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 Limited 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. shipping 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	Lifetime	Bearings	5 years
Weight Stack	5 years	Cables and Cable Attachments. . .	3 years
Guide Rods	5 years	Upholstery	3 years
Pulleys	5 years	Other parts not listed	3 years

Home Use is defined as use in a family's home by the members of that family. Lifetime means while owned by the original owner.

Commercial/ Institutional Use:

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

Commercial/Institutional Use is defined as any use other than Home Use.

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

Replacement and Repair Expenses: Vectra Fitness will provide only replacement parts or repair to parts under this Limited 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 repaired or 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 or implied warranties have 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; or for incidental or consequential damages. This Limited Warranty is LIMITED STRICTLY to the terms stated herein and no other express warranties or remedies shall be binding on us. THIS LIMITED WARRANTY AND ALL WARRANTIES WHICH MAY BE IMPLIED UNDER STATE LAW, INCLUDING, BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY AND WARRANTIES OF FITNESS FOR A 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 LIMITED WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. IN NO EVENT SHALL WE BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, FOR BREACH OF THIS LIMITED 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; 7,150,701; 7,255,665; 7,303,514; 7,695,418; 7,846,075; 7,909,742; 7,922,631; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; D576,230; D576,231; D576,232; D576,233; D576,234; CN1,309,738; CN2,023,972; J3,117,451.

Other U.S. and foreign patents pending. Vectra, On-Line and Cornerstone are registered trademarks of Vectra Fitness, Inc.. Series VX, VX-FT, ARC (Automatic Ratcheting Cam), AL (Arm-Leg), Vector, BRT, BodyResiStability, and VFT are trademarks of Vectra Fitness, Inc.