

# VECTRA



**ON-LINE® 1100**  
**OWNER'S MANUAL**

## Introduction

Your new Vectra On-Line® 1100 is designed and manufactured to provide you with many years of convenient and reliable service.

This owner's manual provides you with safety rules, assembly instructions, exercise program guidelines, and routine inspection and maintenance information to enable you to get the most from your gym. Please read through this manual carefully before you assemble and use your On-Line® 1100.

We at Vectra appreciate your selecting our On-Line® 1100 for your fitness program, and invite your questions and comments. We're sure that you'll be pleased with your new Vectra gym.

## Safety Rules

### WARNING

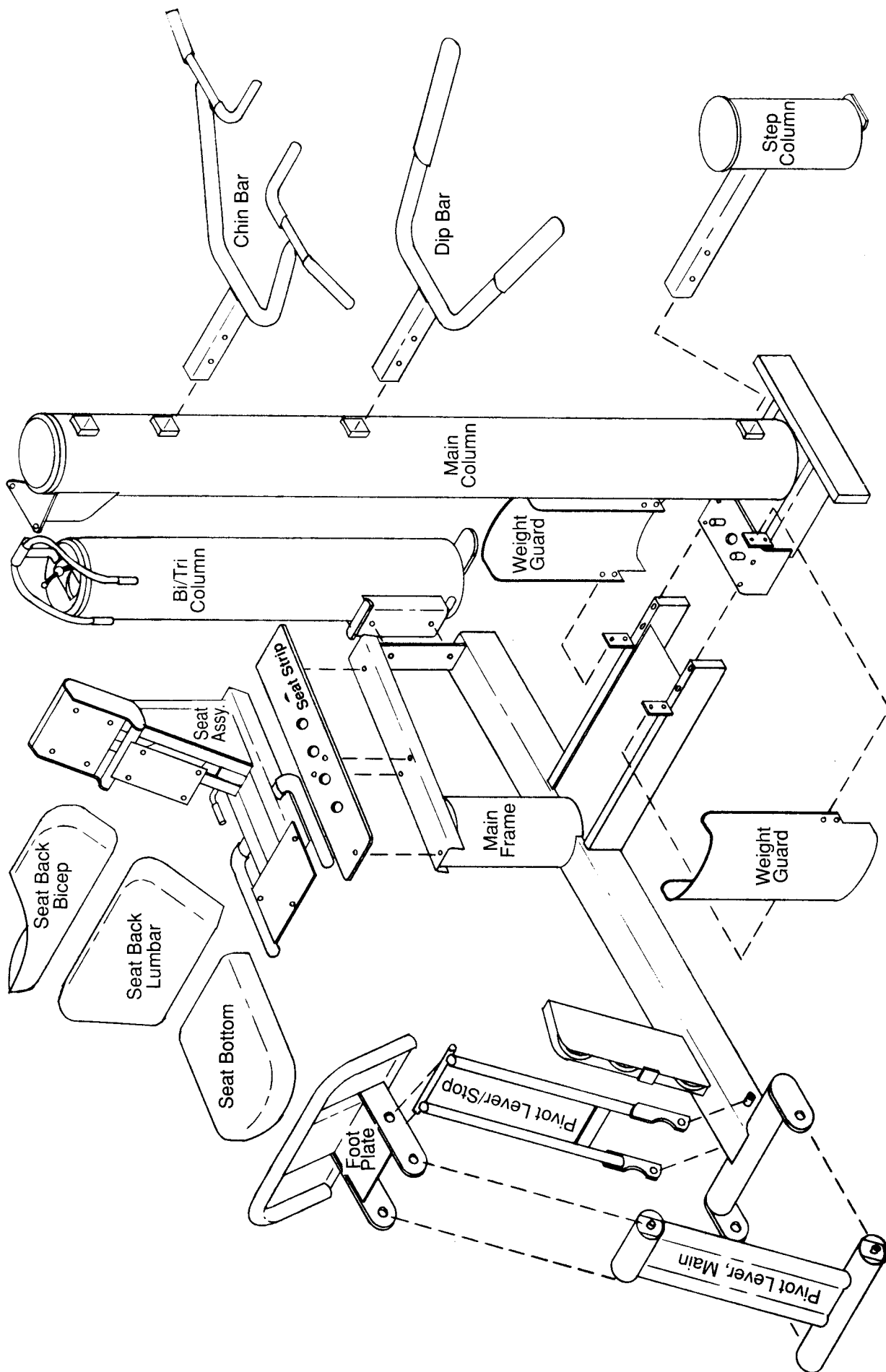
Serious injury can occur if struck by falling weights or moving parts. The risk that you assume by using this type of equipment can be reduced by obeying a few simple rules:

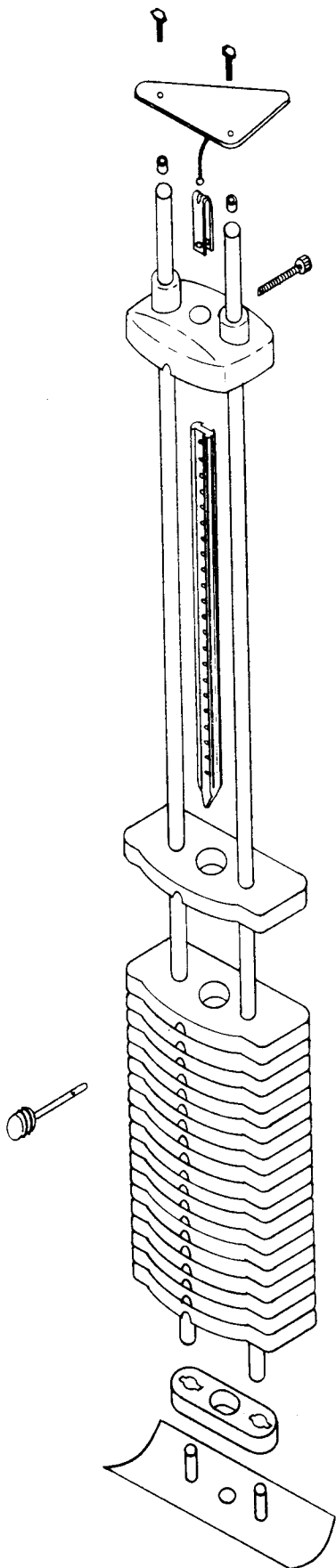
1. **IMPORTANT:** Cables are a wear item. It is your responsibility to prevent unexpected breakage. To do this, inspect every cable regularly. Pay particular attention to areas near the fittings at each end of each cable. Access panels are provided on columns for this purpose. Replace worn, frayed, or damaged cables immediately. Using or allowing a machine to be used with a suspect cable can result in serious injury.
2. Read and follow all instructions in your Owner's Manual and on your exercise chart. Additional copies are available from Vectra Fitness, Inc. or your dealer.
3. Consult your physician before beginning your exercise program.
4. Do not allow young children to use or play with this machine. Allow older children to use the machine only with adult supervision.
5. Keep head and limbs clear of weights and moving parts at all times.
6. Inspect the gym for loose or worn parts, damaged or frayed cables, broken weight plates, etc. Do not use or allow the machine to be used until any defective parts are repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of this manual for specific inspection rules.
7. Insure that the weight selector pin is properly engaged in the selector shaft. Use only the factory supplied pin or a factory authorized replacement.
8. Insure that the locking mechanisms are properly engaged prior to lifting.
9. 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.
10. Do not drop the weight plates. Lift only as much weight as you can control safely.

# Assembly Instructions

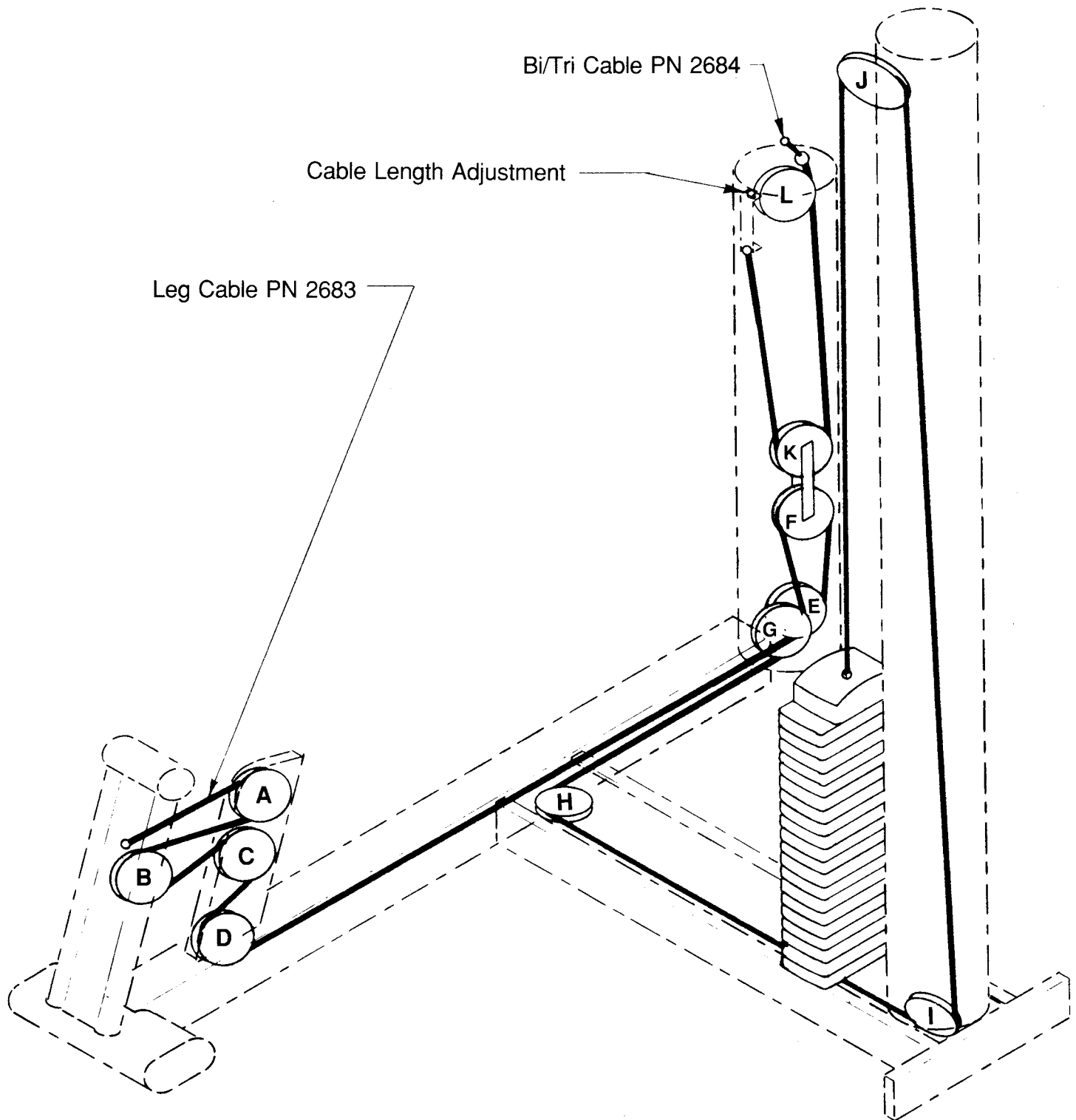
Tools Required: Wrenches: 7/16, 1/2, 2 x 9/16  
Hex Keys: 7/32, 5/16

1. Select location for machine.  
Set your machine up in a well lighted and well ventilated area where you will enjoy exercising. Use carpet remnants, etc. to protect floor if desired.
2. Unbox entire machine. Be careful with cables.
3. Attach seat strip tightly to main frame. (3/8-16 x .75 flat head screw-qty. 4) Seat strip is shipped inside seat assembly.
4. Slide front of seat assembly onto rear of seat strip.
5. Attach bi/tri column to main frame. (3/8-16 x .75 hex screw-qty. 2)
6. Position main column nearly in place with all three access doors off. Refer to cable diagram. String cable from side of main frame into main column going around pulley (I) at base of main column. Make sure the cable is between this lower pulley (I) and its cable retaining bar. String cable over upper main column pulley (J) and loop so that cable will not fall back inside main column. When looking in access doors, make sure the cable traverses the length of the column on the far side of the internal two by two tubes.
7. Tightly attach main column to main frame. (3/8-16 x .75 hex screw-qty. 4)
8. Tightly attach both pivot levers to main frame. (1/2-13 x 1.00 button screws-qty. 4)
9. Tightly attach foot plate to pivot levers (1/2-13 x 1.00 button screws-qty. 4)
10. Refer to cable diagram. String leg cable around pivot lever pulley (B), then string cable around upper main frame pulley (A), then insert cable into hole on pivot lever cam strip. Insert hole plug to retain cable.
11. Very tightly install step column, dip bar, and chin bar. (3/8-16 x 2.75 hex screws and nuts-qty. 6 each). Use highest port for chin bar if you have seven-foot-nine-inch ceiling or higher. Use next lower port with shorter ceiling.
12. Install access doors.
13. Install seat cushions. (1/4-20 x .75 hex screws-qty. 11) Note that lowest seat lever allows you to select seat positions closer to bi/tri column. Note that lifting lower edge of bicep cushion raises seat backs into preacher curl position and that upper seat lever releases the seat backs down to leg and tricep position.





14. Install rubber shock absorber on weight stack support.
15. Stand stack guide rods on weight stack support with guide rod mounting bolts up.
16. Load weight plates on guide rods **ONE AT A TIME**. With the selector pin groove pointed out. **USE EXTREME CAUTION LOADING THE STACK!**
17. Load top plate.
18. With top plate raised to full height, bolt guide rods to upper weight stack support. Do not overtighten mounting bolts.
19. Connect the cable to the weight stack top plate, selector shaft, and cable retainer. (3/8-16 x 3.00 socket head screw.)
20. Install weight plate number labels per instructions with labels.
21. Install weight stack guards. (3/8-16 x .50 hex screw. qty-8)
22. Adjust the cable system tension as follows: Tighten the adjustable cable mounting bolt under the bi/tri column cap until the weight stack top plate lifts slightly. Loosen the mounting bolt until the top plate just touches the weight plates. Check that the selector pin can be inserted in the weight plates. Reinstall column cap.
23. Attach cambered bar to the cable on top of the bi/tri column.
24. Make sure cable moves freely when machine is operated. Immediately fix any cable rubbing problem.



**Cable Diagram**

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## Routine Inspection and Maintenance

The Vectra On-Line® 1100 is designed to provide years of trouble-free service with minimal routine maintenance. You can be confident of continued top quality performance by carrying out the following periodic inspection.

### PERFORM THE FOLLOWING CHECKS AT LEAST ONCE A MONTH:

1. Inspect frame connecting bolts for tightness. Tighten if necessary.
2. Inspect pulley mounting bolts for tightness. Tighten if necessary.
3. Inspect cables and cable ends for visible wear, fraying, and excessive slack. Adjust cable system tension if necessary. Replace any damaged or worn cables.
4. Inspect seat strip and seat cushion mounting screws. Tighten if necessary.
5. Inspect chin bar, dip bar and step column mounting screws. Tighten if necessary.
6. Inspect the eight pivot lever screws. Tighten if necessary.
7. Inspect all foam hand grips. Replace any damaged, worn, or loose hand grips.
8. Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary.
9. 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.
10. Clean upholstery with mild soap and water as desired.
11. 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.

# Exercise Program Guidelines

You already know that regular physical exercise is a key element in improving your general health and strength, raising your mental and physical energy levels, reducing your risk of cardiovascular disease, and enhancing your appearance. You'll be pleased by the way your Vectra gym will help you reach your personal fitness goals.

Weight resistance exercise with the On-Line® 1100 offers you many benefits.

- Weight settings are easily matched to your goals and fitness level.
- Progressive weight increases and regular exercise result in dramatic improvements in your fitness and appearance.
- Ergonomically correct stations enable you to concentrate on specific parts of your body.
- Vectra's patented On-Line® cable system lets you exercise efficiently. You can do a workout in just minutes, spending your fitness session exercising without fussing with your gym.
- Vectra's top quality design and construction will provide you with years of professional level exercise in your own home.

Your first step in getting the most from your On-Line® 1100 is to set up an exercise program tailored to your personal fitness objectives.

The following guidelines apply to any exercise program.

- First, be sure to consult your physician before beginning your exercise program. This is especially important if you are planning a rehabilitation program following a serious injury or illness.
- Use your exercise specialty dealer as a resource for information and advice. Your professional dealer can provide you with reference materials, help you contact sports clinics and personal trainers, and give you tips on staying motivated and following your program.
- Motivation is key to your success. Do anything you can to make your regular workouts pleasant and challenging, not just another dull chore. You might set a goal of leg pressing 20 more pounds in one month. Or try competing with a partner, or keeping a wall chart showing your progress.

By exercising regularly, you will see a significant improvement in your performance in 4-8 weeks. And that's the best motivation of all!



- “No pain, no gain”. Well, not exactly. You should always be aware of the difference between fatigue and pain. You can expect to feel tired after exercising, but you should not feel sharp “stabbing” pains. Stop exercising if you experience this excessive pain.

Consult your physician if pain persists.

- As with any form of exercise, you should perform a stretching routine before working out on your Vectra gym. This will help you develop a full range of motion, improve your joint flexibility, and eliminate the possibility of straining “cold” muscles.
- Be sure to breathe properly while you exercise. Your natural tendency is to hold your breath while lifting weights, which leads to a light-headed, dizzy sensation. Instead, exhale when lifting the weights and inhale when lowering the weights.
- Start your weight training with weights you can lift comfortably and increase the weight gradually. You’ll make quick progress without strain and soreness.
- Keep up the good work!

# VECTRA ON-LINE 1100 LIMITED WARRANTY

Vectra Fitness, Inc. warrants, to the original owner only, this Vectra On-line 1100 to be free from defects in materials and workmanship for component specific periods as outlined below. Purchaser must retain bill of sale to establish warranty rights. This warranty is valid only if machine is purchased from a Vectra authorized dealer. Defective parts will be repaired or replaced at Vectra's option, when returned to Vectra Fitness, Inc. prepaid with prior authorization. No allowances for labor will be made.

**Warranty Period:** (All periods are from date of purchase by original consumer)

**Home Use:**

Structural Frame . . . . .	10 years	Cables . . . . .	1 year
Weight 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; D320,246; D320,247; D320,248; D329,563; CN1,309,738; CN2,023,972.

Other U.S. and foreign patents pending.

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