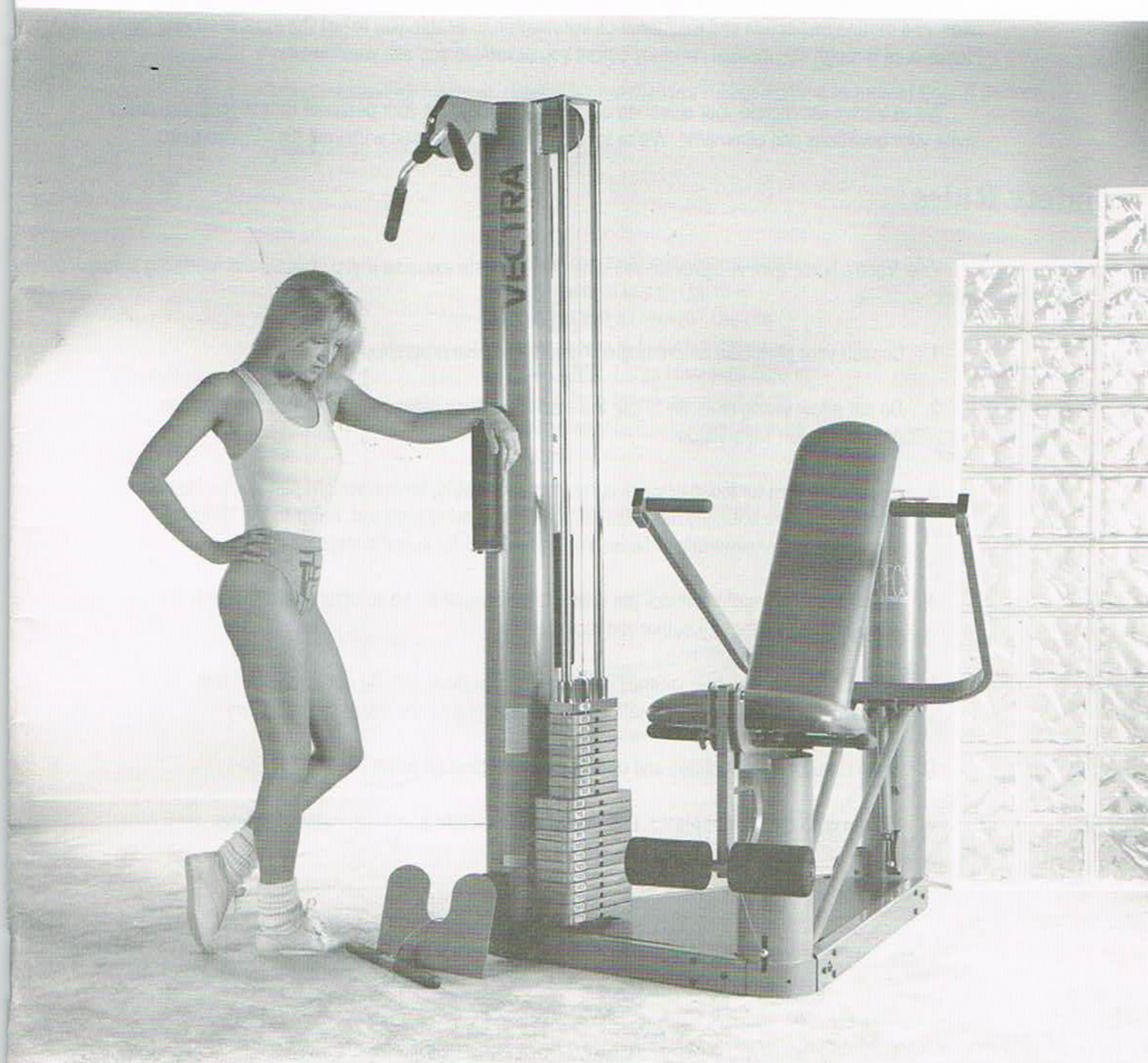


VECTRA



ON-LINE 1200

OWNERS MANUAL

Introduction

Your new Vectra On-Line® 1200 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® 1200.

We at Vectra appreciate your selecting our On-Line® 1200 for your personal fitness program, and invite your questions and comments. We're sure that you'll be pleased with your new Vectra gym.

Safety Rules

Your Vectra home gym will provide you with years of safe exercise if you observe the following safety rules.

1. Consult your physician before beginning your exercise program.
2. Do not allow young children to use the machine. Allow older children to use the machine only with adult supervision.
3. Inspect the gym for loose or worn parts, damaged cable, broken weight plates, etc. Do not use the machine until any defective parts are repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of this manual for specific inspection rules.
4. Insure that the weight selector pin is properly engaged in the selector shaft. Use only the supplied pin or a factory authorized replacement.
5. 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.
6. Keep clear of weight plates and other moving parts at all times.
7. Do not drop the weight plates. Lift only as much weight as you can control safely.

Assembly Instructions

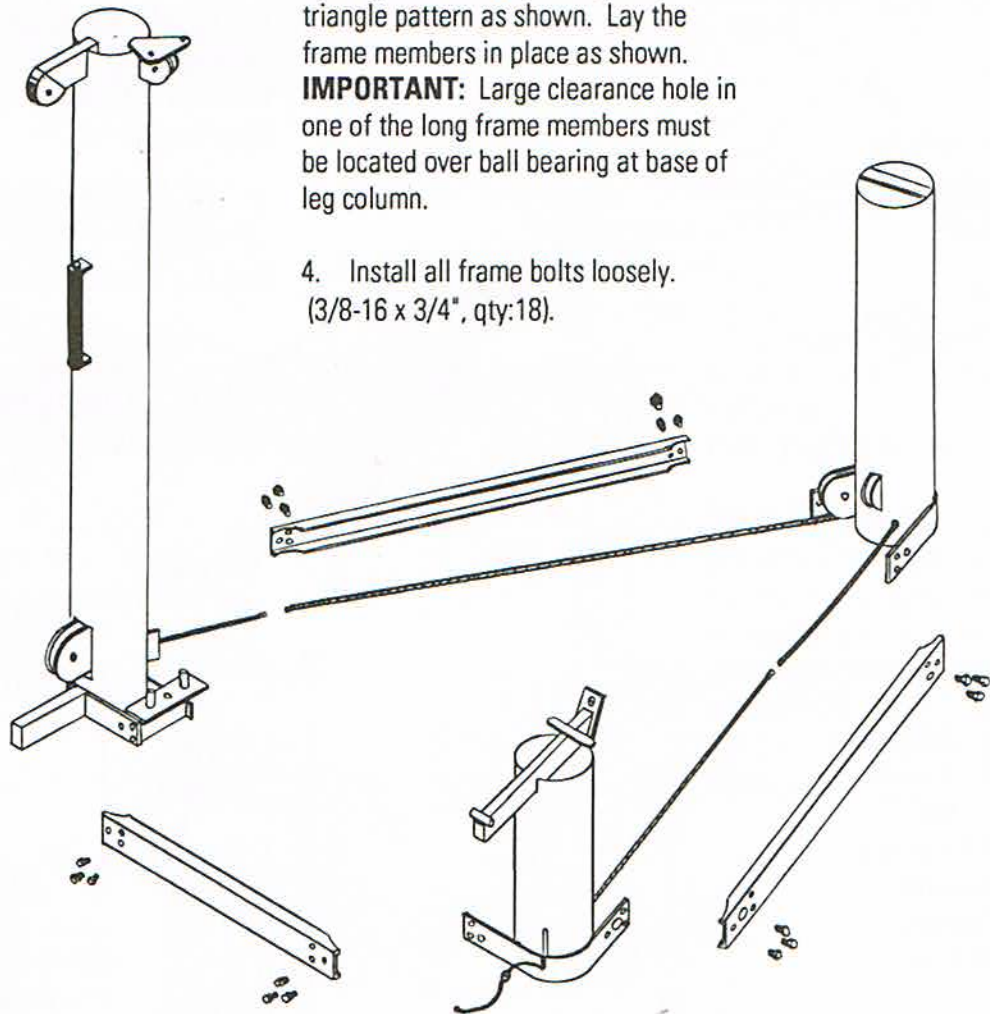
TOOLS REQUIRED: 9/16, 1/2, 7/16, 3/4 wrenches, 5/16 hex key, and phillips screwdriver.

1. Select location for machine. Use carpet remnants or rubber matting to protect floor if desired.
2. Unbox entire unit. Leave all cables in place.

3. Stand main column, rear column, and leg machine column up in a triangle pattern as shown. Lay the frame members in place as shown.

IMPORTANT: Large clearance hole in one of the long frame members must be located over ball bearing at base of leg column.

4. Install all frame bolts loosely. (3/8-16 x 3/4", qty:18).

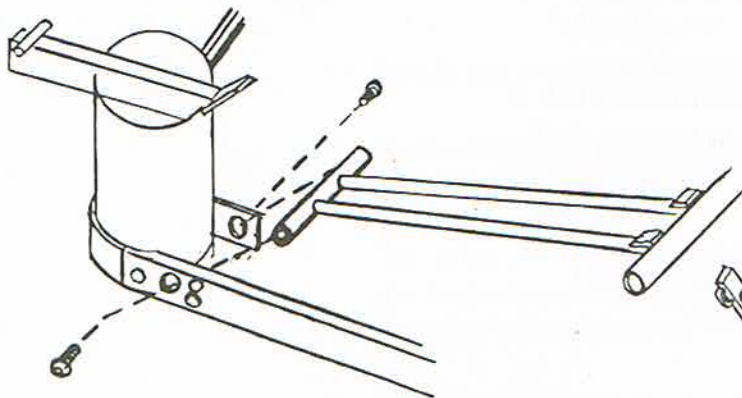
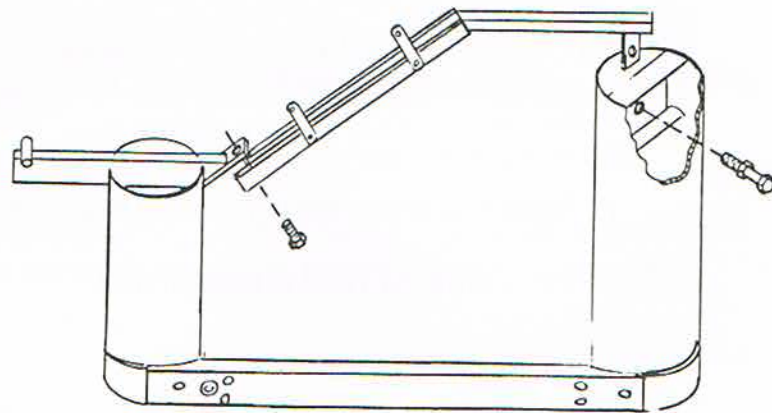


5. Install seat back support; connecting leg machine column to rear column.
(3/8-16 x 3/4" at leg machine column, longer bolt with nut on it at rear column).
Install column cap.
(plastic panel fasteners, qty: 2).

6. Tighten all frame bolts (qty: 18).

7. Attach tubular "A" member to base of leg machine column.
(1/2-13 x 1" button head screws, qty: 2).

IMPORTANT: Welded tabs must face up.



8. Attach cable connection tube to press yoke.
(3/8 -16 x 3/4" socket head screw, qty: 2).
Do not tighten yet.

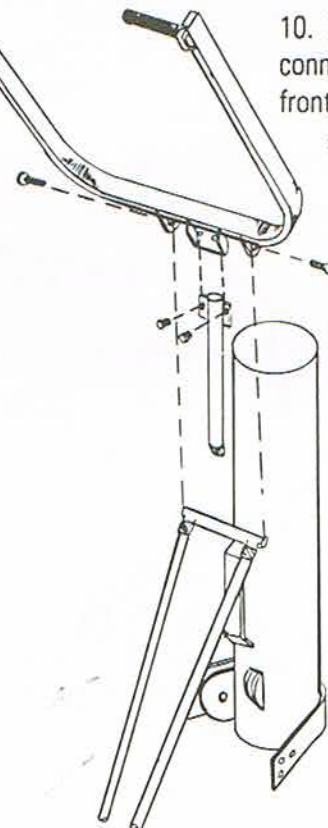
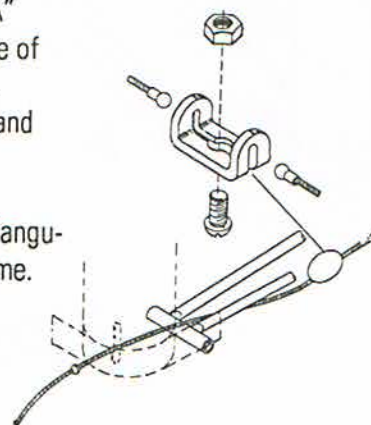
9. Attach press yoke assembly to "A" member.
(1/2-13 x 1" button head screws, qty: 2).

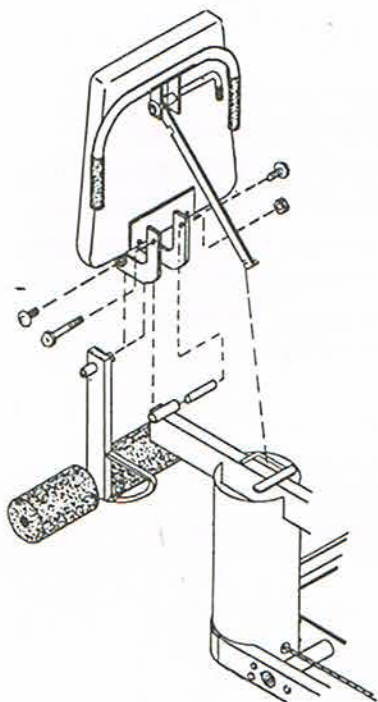
10. Position the cable connection tube directly in front of protruding pulley in rear column. Now tighten these bolts.

11. Attach the cable to the press yoke assembly.
(1/4-20 x 1/2" screw and nut).

12. Connect the cable splices.
Make sure the leg machine cable passes over the "A" member pivot at the base of the leg machine column.
(1/4—20 x 1/2" screws and nuts, cable splice clips).

13. Position the black triangular floor piece on the frame.



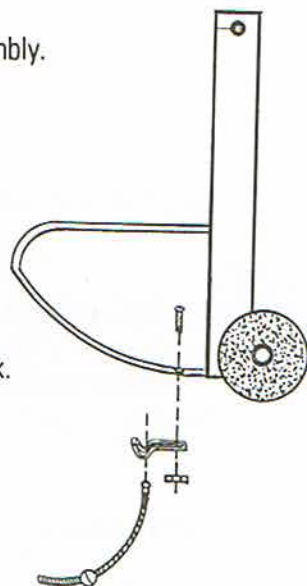


14. Attach the seat bottom assembly using clamp tube and bolt (5/16-18 x 3"). Tighten this bolt very tight. Ensure that the support strut latches at the top of the leg machine column. The strut pivot should be bolted on just tight enough to swing freely.

15. Attach leg machine member to seat bottom assembly. (1/2-13 x 1" button head screws, qty: 2)

16. Attach the cable to the leg cam. (1/4-20 x 3/4" screw and nut, cable retainer)

17. Attach the upholstered seat back. (1/4-20 x 3/4" screws, qty: 4)



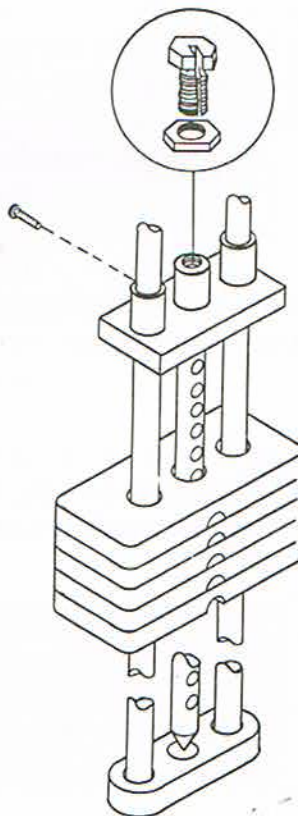
18. Place the rubber weight stack bumper and guide rods on the weight stack support.

19. **CAREFULLY** add the weight plates, one at a time. Use 10 lb. plates first- making sure that the plates are right side up with pin hole facing out.

20. Bolt the selector shaft to the top plate. Lower this assembly onto the weight stack. (7/16-14 x 1-1/4 socket head screw)



21. With top plate raised full height, bolt the guide rods to the top of the main column with the plastic spacers inside the rods. Do not overtighten. (5/16-18 x 1-1/2. qty: 2)



22. Attach the cable to the weight stack. Make sure cable does not twist as you tighten bolt. (1/2-13 x 1" slotted bolt and jam nut)

23. At this point, all cables should be connected. Take the slack out of the On-Line™ cable system by turning the bolt on the top of the rear column clockwise. Do this until the top plate lifts off the weight stack. Now, loosen until the top plate is just barely resting on the weight stack.

24. Number the weight stack per the instructions.

Please read these instructions carefully before beginning. The attached number set contains all the numbers necessary to number all VECTRA weight stacks. Therefore, first determine which weight stack you have and follow the diagram corresponding to your stack.

IMPORTANT: the first number (15) goes on the chrome Top Plate.

175 lbs. stack
15 (chrome)

20	
25	
30	
35	
40	
45	
50	
55	
65	
75	
85	
95	
105	
115	
125	
135	
145	
155	
165	
175	

Eight
5lbs.
Plates

Twelve
10lbs.
Plates

215 lbs. stack
15 (chrome)

25	
35	
45	
55	
65	
75	
85	
95	
105	
115	
130	
145	
160	
175	
190	
205	
220	
235	
250	
265	

Ten
10lbs.
Plates

Ten
15lbs.
Plates

265 lbs. stack
15 (chrome)

25	
35	
45	
55	
65	
75	
85	
95	
105	
115	
125	
135	
145	
155	
165	
175	
185	
195	
205	
215	

Twenty
10lbs.
Plates

25. Install footplate at base of pulley. Note that it mounts flat on the floor to stand, or upright for low row exercises.

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

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® 1200 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 full body 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® 1200 is to set up an exercise program tailored to your personal fitness objectives. The following sections will first provide you with general guidelines applicable to any program. Next, we will discuss a general purpose conditioning program and two supplementary specialized programs in more detail.

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 bench pressing 20 more pounds in one month. Or try competing with a partner, or keeping a wall chart showing your progress.

By exercising regularly as described in the following sections, 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!

General Purpose Program

This next section presents a general purpose weight training program for your Vectra gym. This program is suitable for most people. If your fitness goal is overall conditioning, aerobic training, weight reduction/control, stress reduction, etc., this is the program for you.

This general purpose program features the use of relatively light weights and many repetitions. You exercise alternate muscle groups without taking rest periods between exercises. The On-Line® cable system lets you keep moving without pausing to adjust your machine, so you obtain the benefits of aerobic conditioning in addition to the benefits of weight training.

- Follow a "circuit" of exercises that alternates muscle groups, (i.e. chest press, leg extension, abdominal crunch, leg curl, etc.). Include a balance of upper body and lower body exercises. The poster included with your machine outlines a good starting program.
- Perform 10-15 repetitions of each exercise before moving to the next station on your circuit.
- Perform 2 or more complete circuits for your exercise session.
- Keep moving between stations to enhance the aerobic training effect and burn more calories.
- Follow your program at least every other day. If you exercise daily, take care to keep the weights light enough to avoid excessive muscle soreness.
- Select your starting weight at each station as follows. Begin with a weight that you can comfortably lift for 15 repetitions. Your muscles should feel tired but not painfully exhausted after 15 repetitions.
- After following your program for 1-2 weeks, begin increasing the weight gradually, one plate at a time. A good rule of thumb to follow is to go up a plate when you can perform 15 repetitions without feeling tired. Initially, it typically takes 2-3 weeks at a given weight to go up to the next level.

If you experience excessive muscle soreness, reduce the weight one plate and then continue exercising in sets of 10-15 repetitions.

Always increase weight gradually to avoid straining or pulling your muscles.

- Here is an example general purpose circuit you can use as a guide to develop your own exercise program.

1. Stretching/warm-up
2. Incline press
3. Leg extension
4. Abdominal crunch
5. Leg curl
6. Butterfly
7. Lat pulldown
8. Inner/outer thigh pull or squats

Specialty Program #1

This next section presents a specialty program for fitness enthusiasts who wish to maximize their muscle size and strength in a "body builder" type development program.

This development program should only be undertaken after 3-6 months of general fitness training. You should remember that professional athletes work all day, every day for years to reach their peak. You can achieve peak performance too, but work carefully and allow yourself plenty of time to reach your goals.

This specialty program emphasizes the use of relatively heavy weights and fewer repetitions. You perform 2 sets of repetitions at each station before moving to the next exercise, with a brief rest between sets. Vectra's ball bearing pivots and all-steel construction allow you to lift heavy weights smoothly and confidently.

- Follow a "circuit" of exercises that concentrates on the muscle groups you want to develop, and includes exercises to maintain strength in your other muscle groups.
- Perform 2 sets of 5-8 repetitions of each exercise before moving to the next station. Rest for 1 minute between sets.
- Perform 1 complete circuit for your exercise session.
- Work out every other day. The rest day between exercise sessions prevents you from developing chronic muscle soreness.
- Select your starting weight at each station as follows. Begin with a weight that you can controllably lift for only 8 repetitions. Your muscles should feel quite tired after 8 repetitions.
- After following your program for 1-2 weeks, begin increasing the weight gradually, one plate at a time. A good rule of thumb to follow is to go up a plate when you can perform 8 repetitions without feeling tired. Initially, it should typically take 2-3 weeks at a given weight to go up to the next level.

If you experience excessive muscle soreness, reduce the number of repetitions to 5 and then continue exercising with the same weight.

Always increase the weight gradually to avoid straining or pulling your muscles.

Specialty Program #2

This next section presents a specialty program for sports enthusiasts who wish to optimize their performance in a specific sport.

Since overall fitness is essential to good performance in any sport, you should begin this program only after 3-6 months of general fitness training.

This program is based on the general purpose program described earlier, and incorporates some features of the muscle development program for concentrating on specific muscle groups.

The heavy weight/few repetitions principle is applied to the sports-specific muscle groups you want to develop. The light weight/many repetitions concept is applied to all other muscle groups to achieve all-around conditioning.

- Refer to your specialty dealer, sports coach, or weight training reference book for advice on specific exercises applicable to your sport.
- Incorporate these sports-specific exercises into a general-purpose program as described above. Use the heavy weight/5-8 repetitions concept described in the muscle development specialty program for these exercises.
- Enhance your total fitness profile by performing 3 general purpose circuits for each exercise session.

Routine Inspection and Maintenance

The Vectra On-Line ® 1200 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 and pulley bolts for tightness. Tighten if necessary.
2. Inspect cables and cable ends for visible wear, fraying, or loose ends. Adjust cable system tension if necessary. Replace any damaged or worn cables.
3. Inspect accessory items (lat bar, curl bar, abdominal strap, ankle strap, etc.) for damaged mounting eyes, broken stitches, etc. Replace any damaged items.
4. Inspect weight selector pin for proper fit in selector shaft. Replace improperly functioning pin with Vectra replacement pin only.
5. Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary.
6. Inspect leg machine mounting screws and cable attachment for tightness. Tighten if necessary.
7. Inspect leg/ab seat pivot mounting bolt for tightness. Tighten if necessary.
8. Inspect press arm mounting screws for tightness. Tighten if necessary.
9. Inspect all foam hand grips. Replace any damaged, worn, or loose hand grips.
10. 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.
11. Clean upholstery with mild soap and water as desired.

VECTRA

ON-LINE 1200

CABLE DIAGRAM

