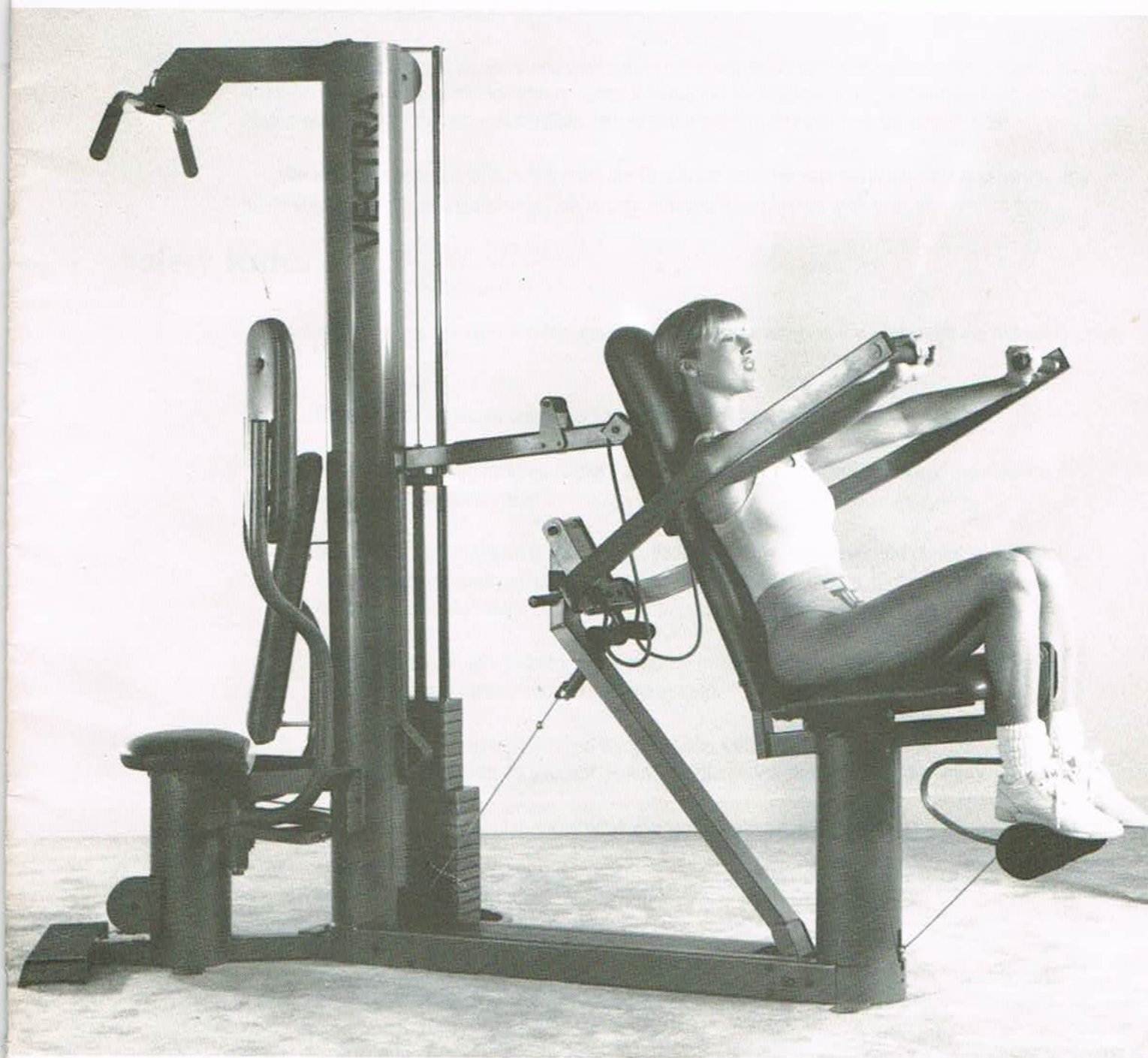


VECTRA



ON-LINE 1250
OWNER'S MANUAL

Introduction

Your new Vectra On-Line® 1250 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® 1250.

We at Vectra appreciate your selecting our On-Line® 1250 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

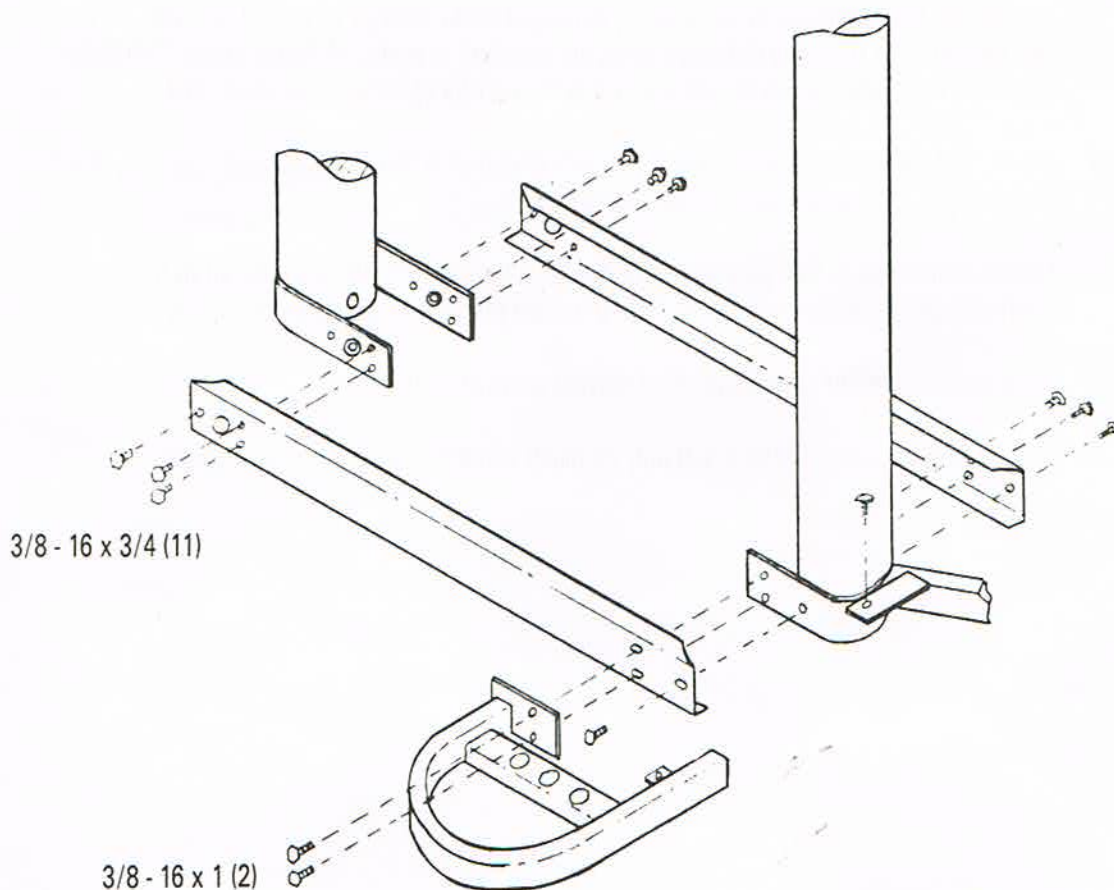
TOOLS REQUIRED: 9/16, 1/2, 7/16, 3/4 wrenches, 7/32, 5/16 hex key, and #3 phillips screwdriver.

1. Select location for machine.

Set machine up in a well lighted and well ventilated area where you will enjoy exercising. Use carpet remnants or rubber matting to protect floor if desired.

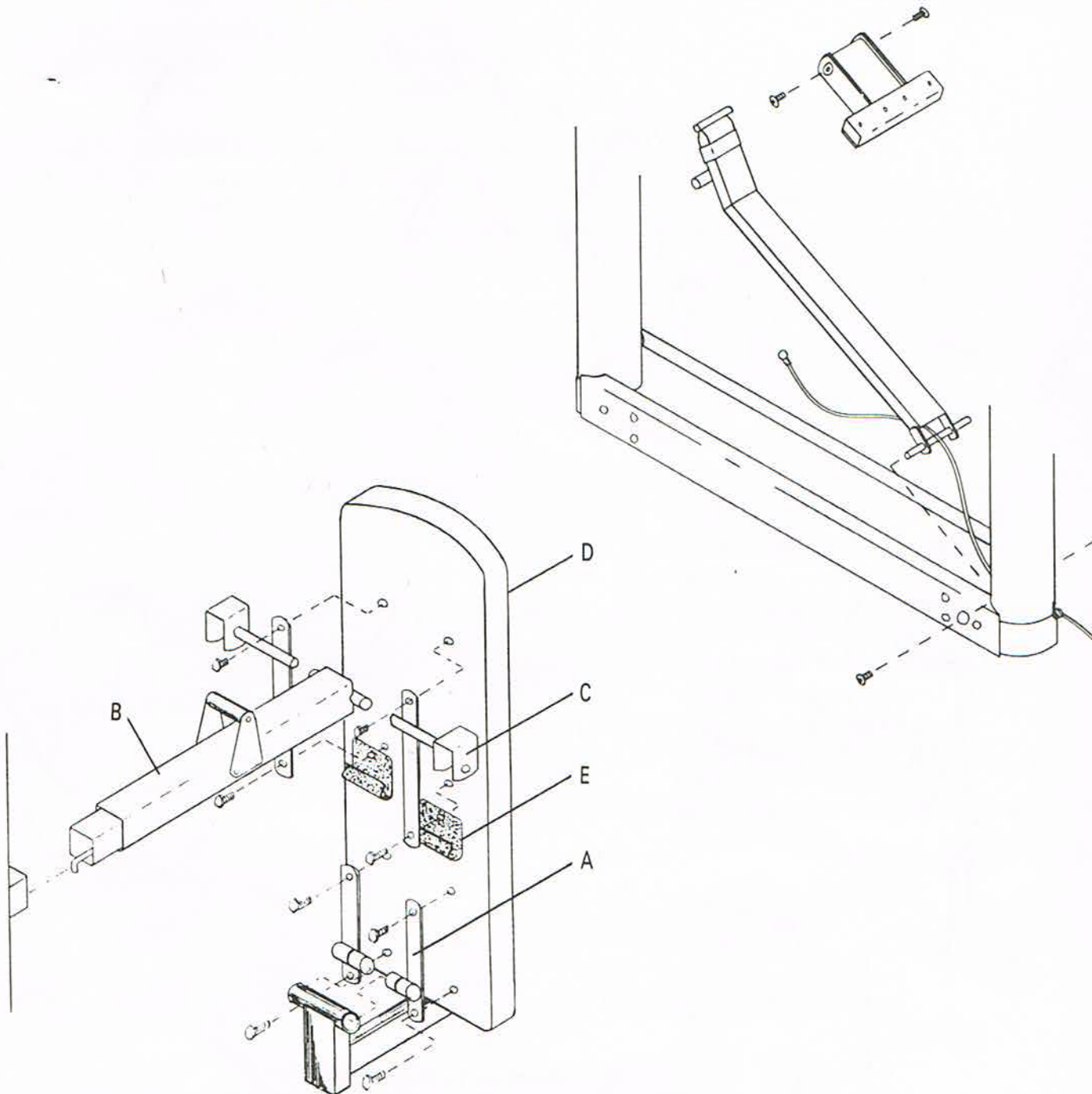
2. Unbox entire unit. **LEAVE ALL CABLE RETAINERS IN PLACE.**

3. Stand main column and leg column up as shown. Stack base (3/8 - 16 x 1 bolts, qty: 2) and frame members (3/8 - 16 x 3/4 bolts, qty: 11). Hand tighten bolts.



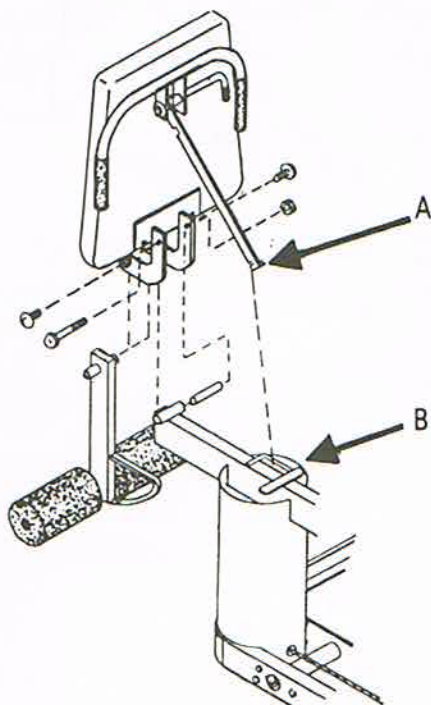
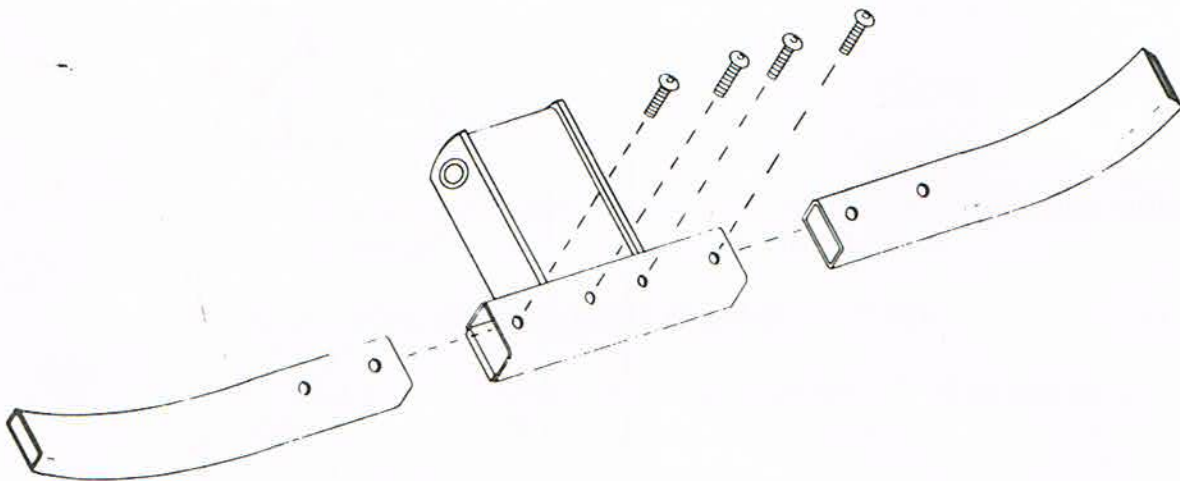
4. Tighten all frame bolts.

5. Attach "A" member as shown, tighten bolts very tight.
(1/2 – 13 button head screws, qty:4)



- 6.a. Attach lower seat pivots (A) to leg station, then to seat back (D).
6.b. Make sure pin on seat adjuster (B) drops into bracket on the main column. Attach seat adjuster to upper pivots (C), then to seat back, with rope retainer (E) placed as shown.
(1/4 - 20 screws, qty: 8)

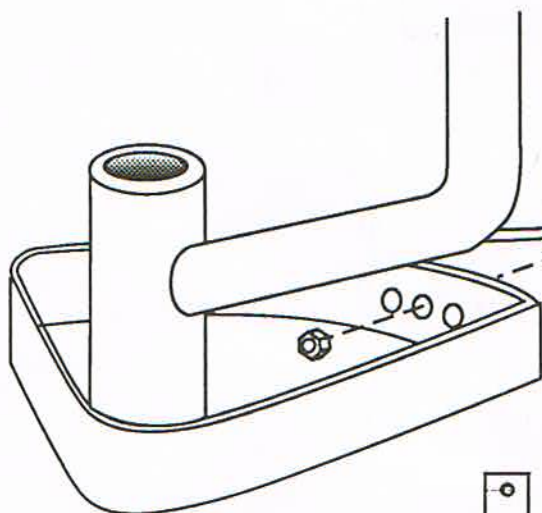
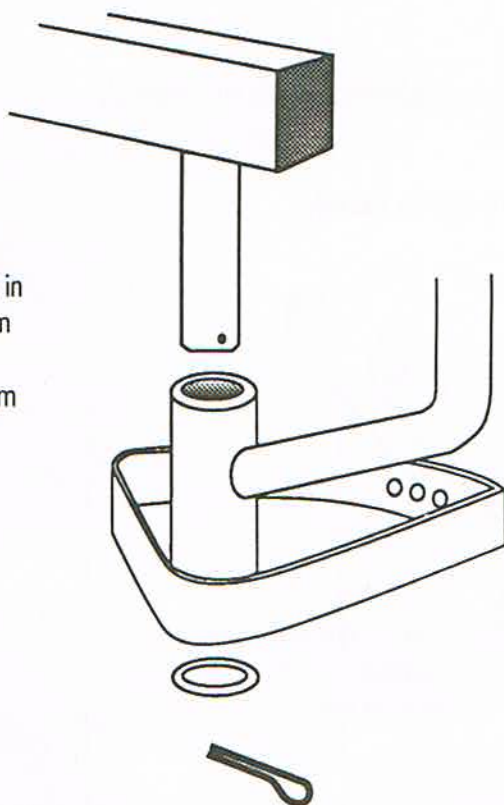
7. Install press arm halves as shown very tight.
(3/8 – 16 button head screws qty:4)



8. Install leg/ab seat bottom
(5/16 – 18 screw, nut and pivot tube).
Attach leg machine
(1/2 – 13 button head screws qty:2).
MAKE SURE CATCH 'A' IS INSERTED INTO SLOT 'B'.

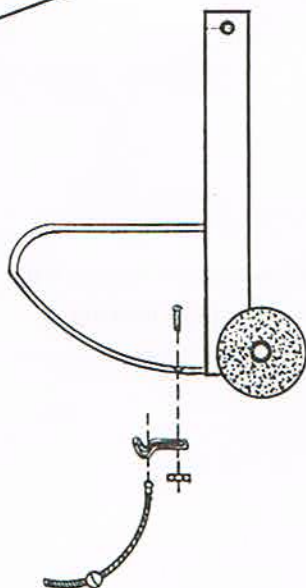
9. Install butterfly arms on butterfly pivot pins. Insure that the cotter pin is driven in fully. Bend cotter pins after driving them in.

Install such that 4 holes in cam lead cam as butterfly arms are rotated outward (left butterfly arm as shown).



- 10a. Connect butterfly cables to butterfly cams. Mount the quick connect clips to the cams by running the mounting screw through the large diameter hole in the clip. Insure that the clip does not rotate while tightening the screw.

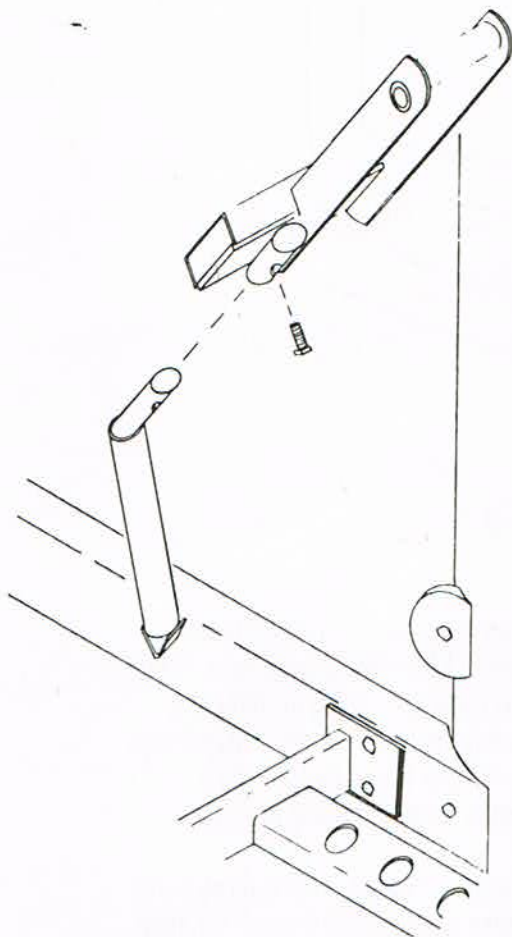
Each cam has 4 holes. Begin by using either of the middle 2 holes. For more stretch, attach cable to end hole at start of cam.



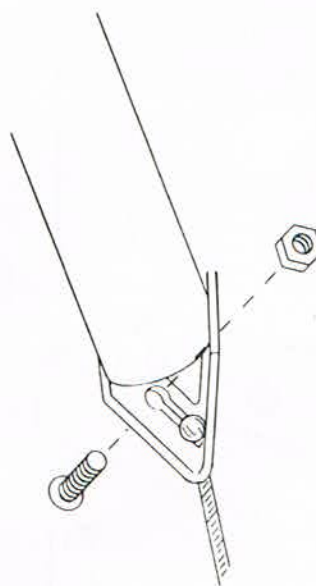
- 10b. Connect leg machine to cable as shown.

11. Install press arm cable attachment to press arm assembly (3/8-16 bolt, qty: 1).

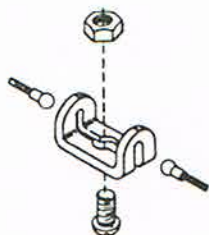
Align with pulley and tighten securely.

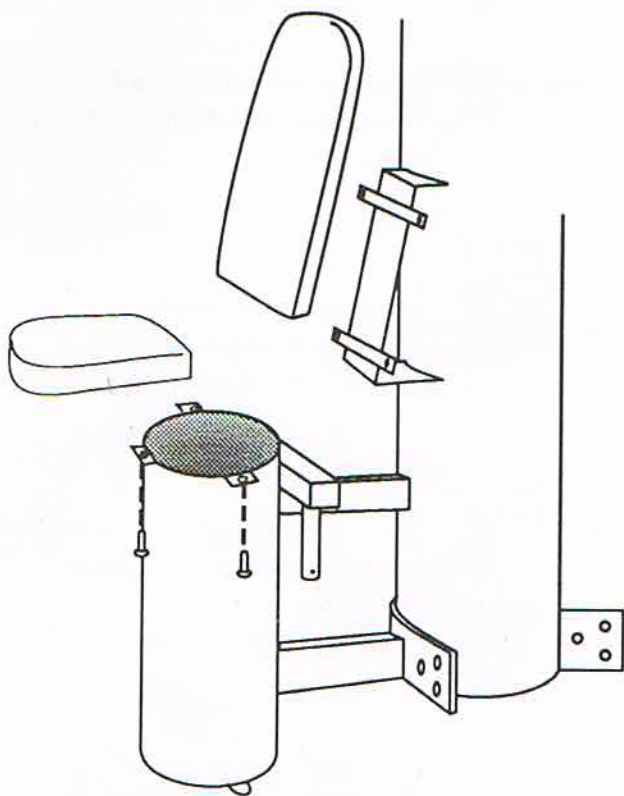


12. Connect press cable. Secure with 1/4-20 screw and nut.

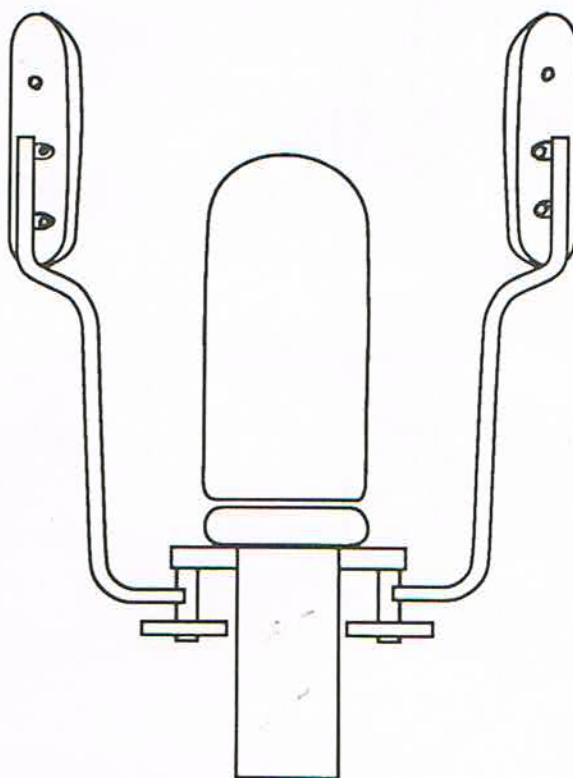


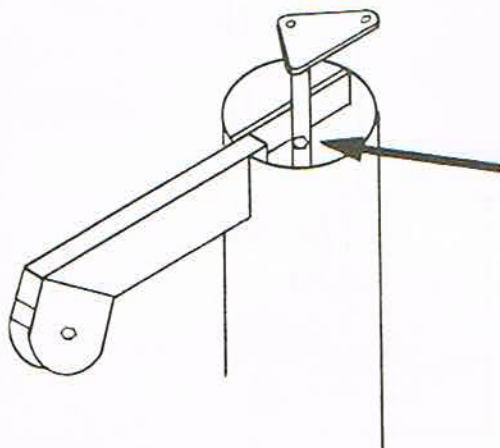
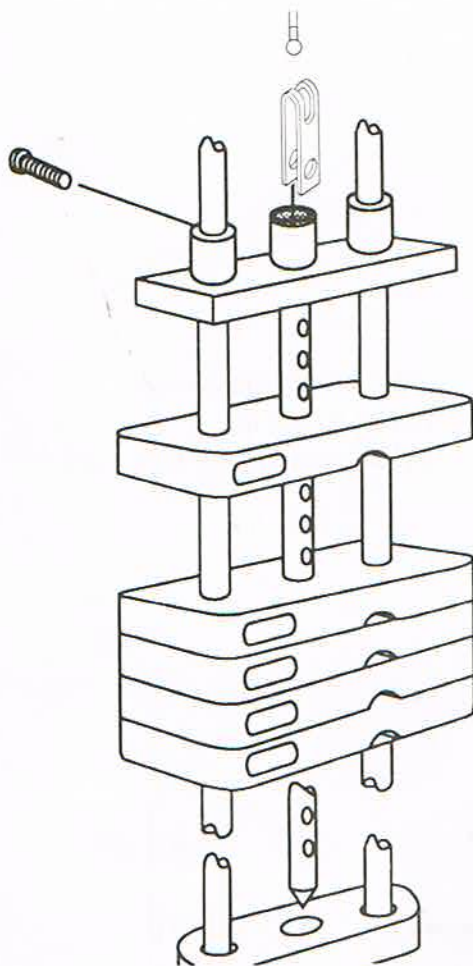
13. Connect cable between columns with splice slip. Install cable retaining screw as shown.





14. Install butterfly seat cushions (1/4-20 screws, qty.: 7), and arm pads with screws provided.





15. Install rubber stack bumper and guide rods.
16. Load weight plates one at a time, with selector pin groove facing out. Load all 10 lb. plates first.
17. Load top plate and selector shaft, connecting weight stack cable to top plate with cable retainer and 7/16 x 1 3/4 socket head screw.
18. With top plate raised to full height, attach guide rods to upper stack support (5/16 - 18 bolts).
DO NOT OVERTIGHTEN.
19. Adjust cable system tension. Tighten adjustment bolt at top of main column until the top plate lifts slightly. Now, loosen the bolt until the top plate just touches the weight plates. Check that the selector pin can be inserted in all the weight plates.
20. Install floor board.
21. Install calf block.

22. Install weight stack number labels.

Weight stack numbering instructions. Please read 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 Top Plate.

175 lbs. stack

215 lbs. stack

15 (Top Plate)

15 (Top Plate)

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

Eight
5 lbs.
Plates

Twelve
10 lbs.
Plates

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

Twenty
10 lbs.
Plates

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

Routine Inspection and Maintenance

The Vectra On-Line ® 1250 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.

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® 1250 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® 1250 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.

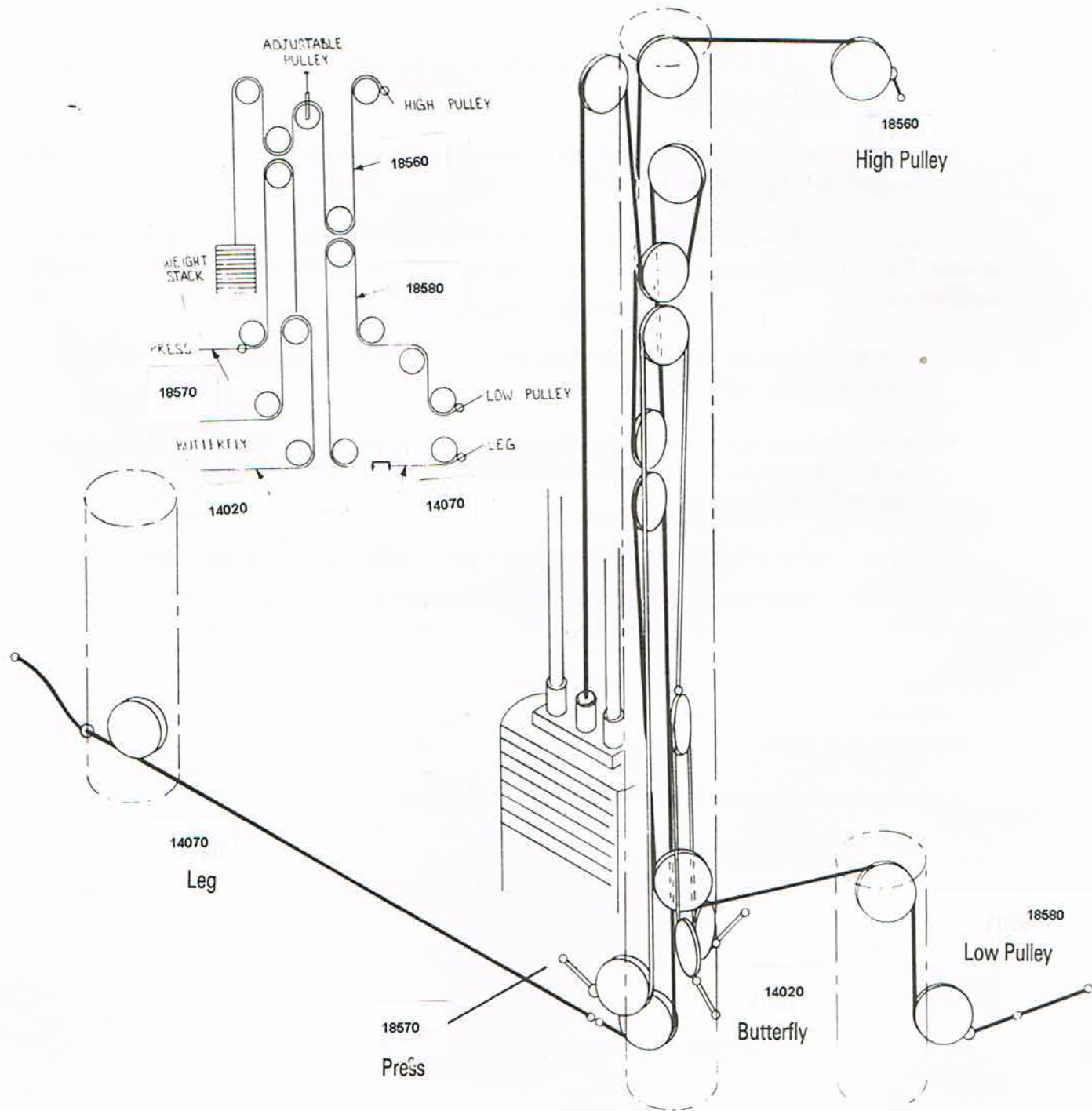
Since overall fitness is essential to good performance in any sport, you should begin this program only after 3-6 months of general fitness training.

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.

SCHEMATIC DIAGRAM ON-LINE® 1250



LIMITED WARRANTY

Vectra Fitness, Inc. warrants the Vectra On-Line™ 1250 against defects in materials and workmanship for a period of one year from date of purchase. Additionally the frame is warranted for a total of five years against defects in materials and workmanship.

Normal wear, damage due to misuse or abuse, and institutional or commercial use are not covered by this warranty.

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. Product was delivered to carrier in perfect condition. Title passes to buyer upon delivery to carrier. If product is damaged in transit file claim with carrier.

Please contact the authorized dealer from whom you purchased your gym should your machine require warranty or other service. Items returned to Vectra without prior factory authorization or freight collect will not be accepted.

Vectra Fitness, Inc
15135-C NE 90th Street
Redmond, WA 98052

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