

Инструкция

Мультистанция Vectra ON-LINE 1450 Двухсторонняя угловая

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Tools Required:

Wrenches: one each 7/16", 1/2", and two each 9/16" end wrenches
Hex key: 5/16"
Phillips 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. It is necessary to have access to all sides of the unit during assembly. Once the unit is assembled, it may be slid into a corner for use.

2. Unbox entire unit, taking care to not bang parts together lifting them from their foam supports. (NOTE: LEAVE ALL CABLE RETAINERS IN PLACE.) Lay large items, such as the main column down until needed to prevent them from accidentally falling over. To make assembly as easy as possible, many cables are pre-routed at the factory. Route and attach cables when the instructions call for it. After routing any cable, resecure it to prevent it from coming unrouted before going on. Some bolts should be tightened very tight only after the instructions say to do so. All bolts should be tight at the end of assembly.

FIG. 1

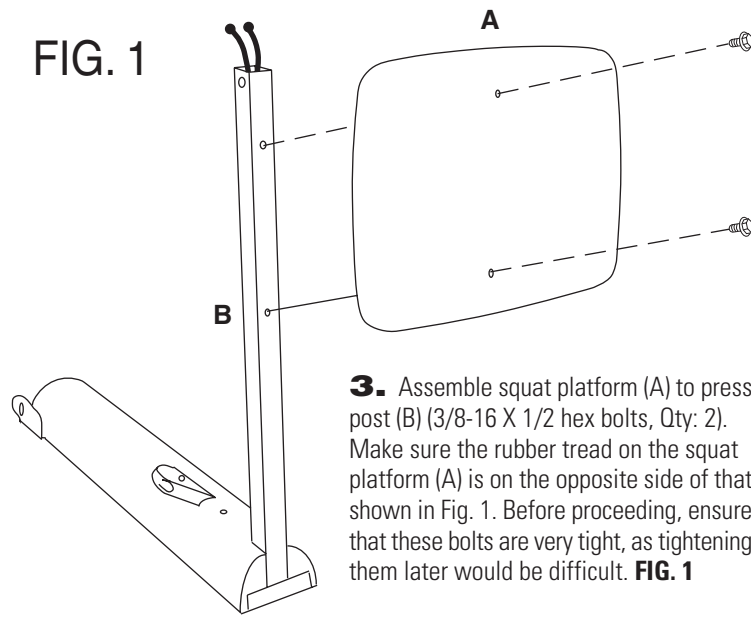
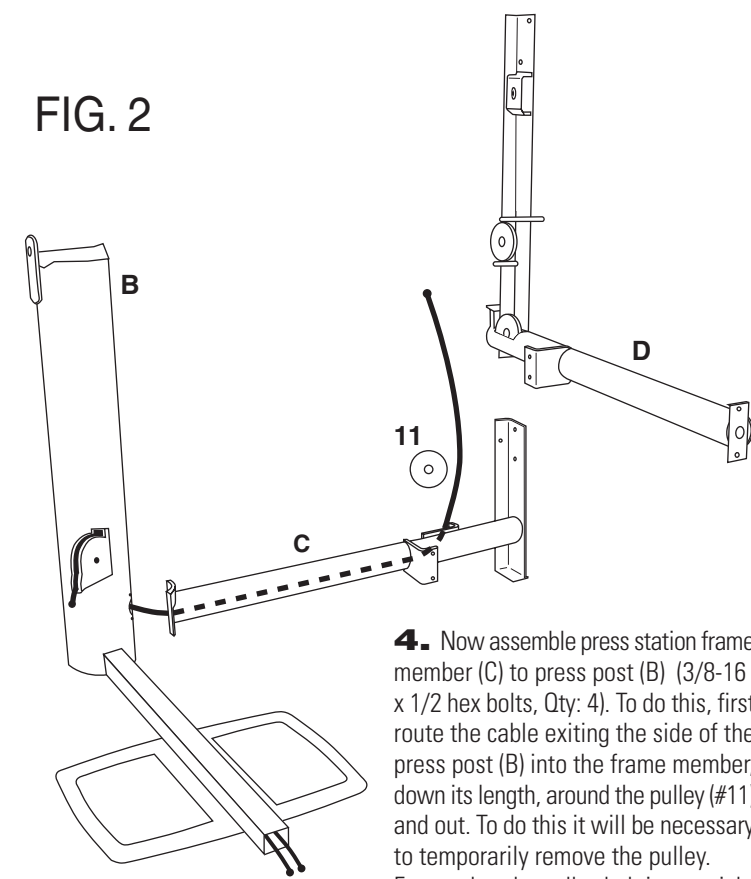
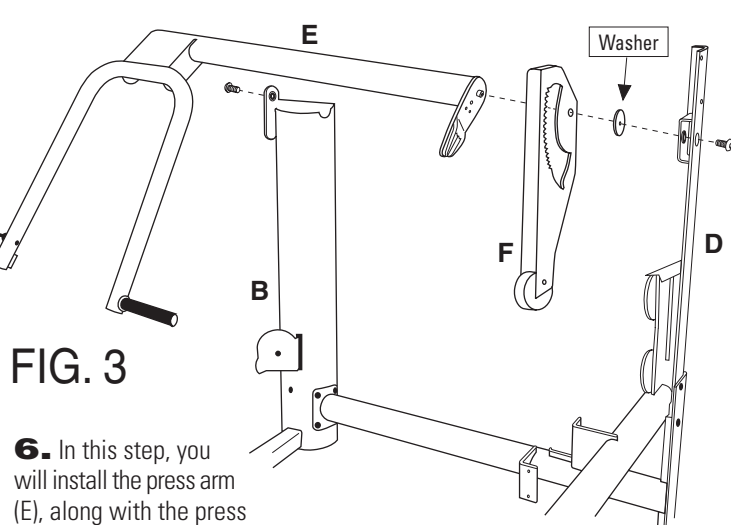


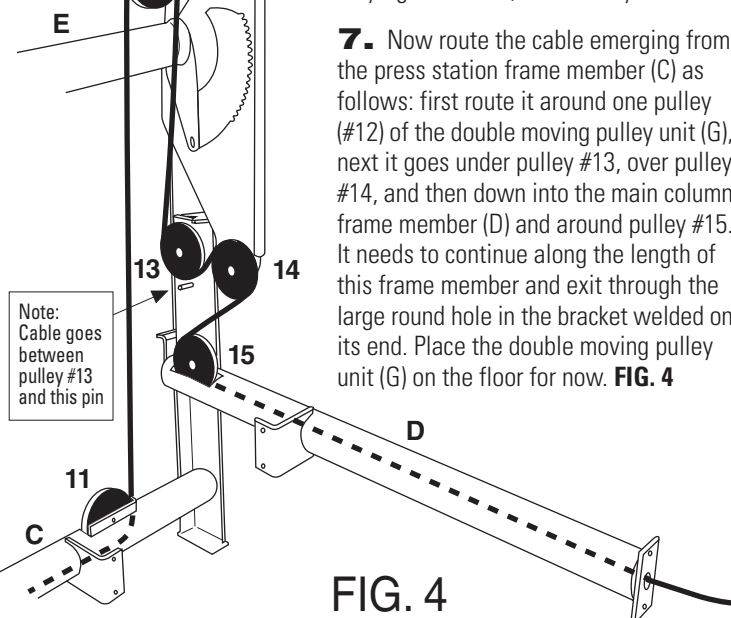
FIG. 2



5. Now attach main column frame member (D) to press station frame member (C) (3/8-16 x 3/4 hex bolts and nuts, Qty: 3 ea.) FIG. 2



7. Now route the cable emerging from the press station frame member (C) as follows: first route it around one pulley (#12) of the double moving pulley unit (G), next it goes under pulley #13, over pulley #14, and then down into the main column frame member (D) and around pulley #15. It needs to continue along the length of this frame member and exit through the large round hole in the bracket welded on its end. Place the double moving pulley unit (G) on the floor for now. FIG. 4



Assembly Instructions

FIG. 5

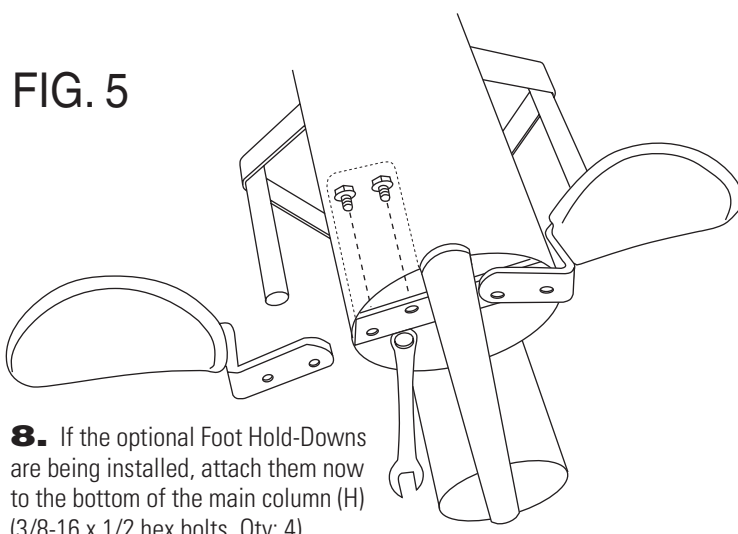


FIG. 6

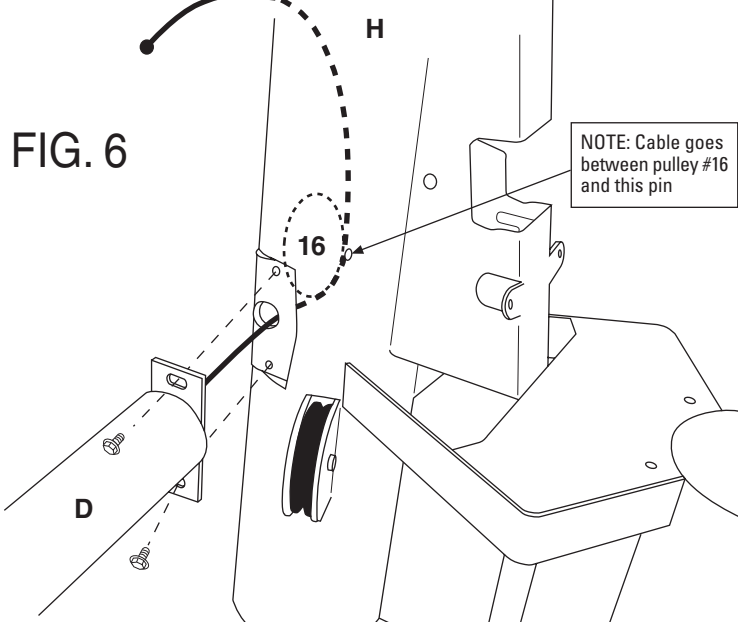


FIG. 7

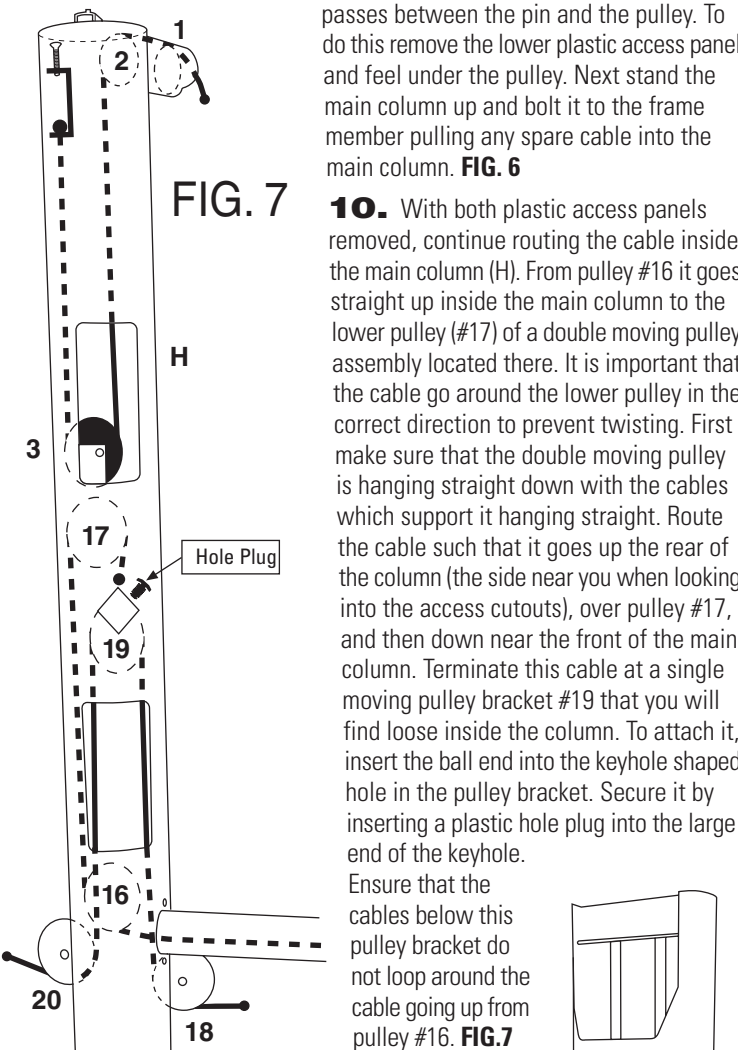


FIG. 8

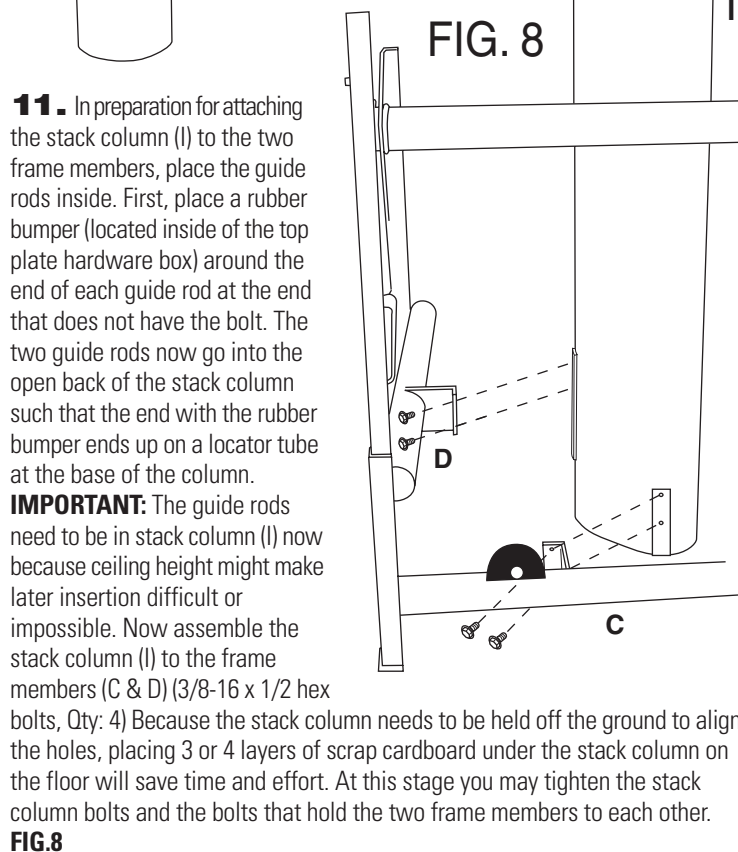
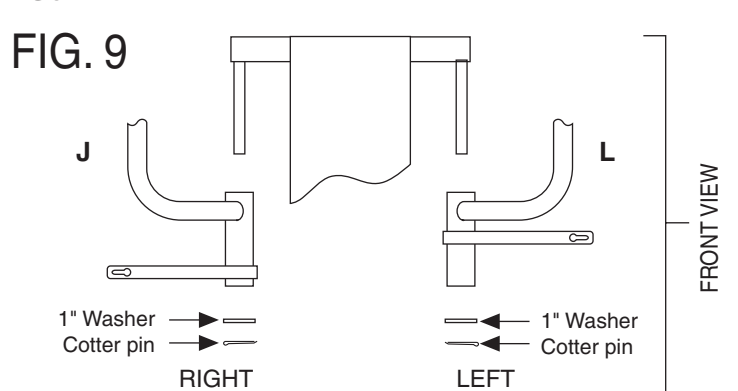


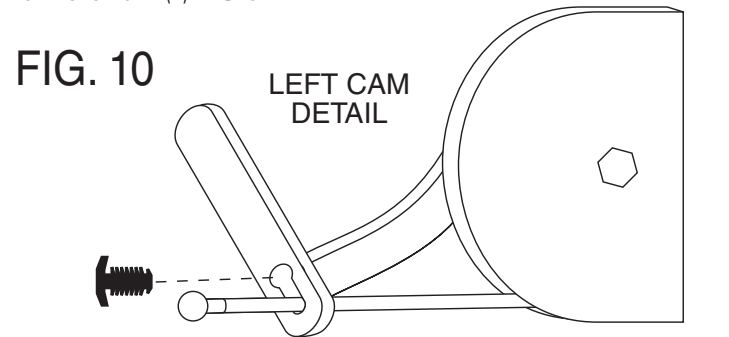
FIG. 9



18. Now install the stack column frame member (R) as shown (3/8-16 x 1/2 hex bolts and nuts, Qty: 4 ea.). This frame member goes on the inside of the angle of the main column frame member (D), not on its outside. Tighten these four bolts very tight. FIG. 13

12. Install right cross chest fly arm (J) (arm closest to stack column) on pivot bar. The right arm is the one with the cam at the lowest point on the arm. Install 1" washer and then cotter pin, bend end. Repeat this process for the left arm (L). FIG. 9

FIG. 10



13. Connect cables to cross chest fly cam. Use plastic hole plugs in keyholes to prevent disconnection. FIG. 10

14. Install seat bottom (N) (1/4-20x3/4 hex bolts, Qty: 2). Install the Lat Hold-Down (O) with the lever on the right pointing up. Line up the 1/2" holes and insert the pivot (1/2" diameter rod and shaft retainers). Install shaft retainer with a hammer. Install seat bak (P) (1/4-20x3/4 hex bolts, Qty: 4). Install one single handle per side (Q). FIG. 11

FIG. 11

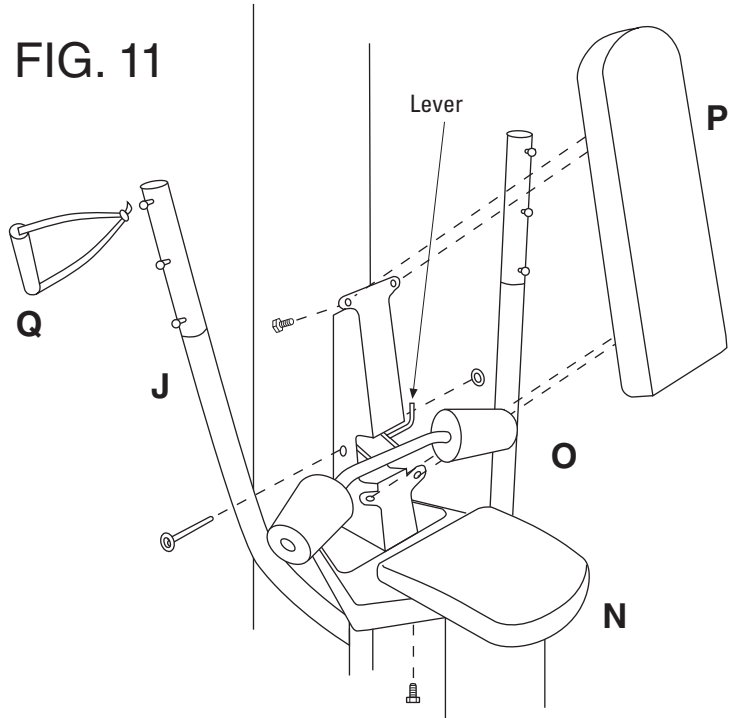


FIG. 12

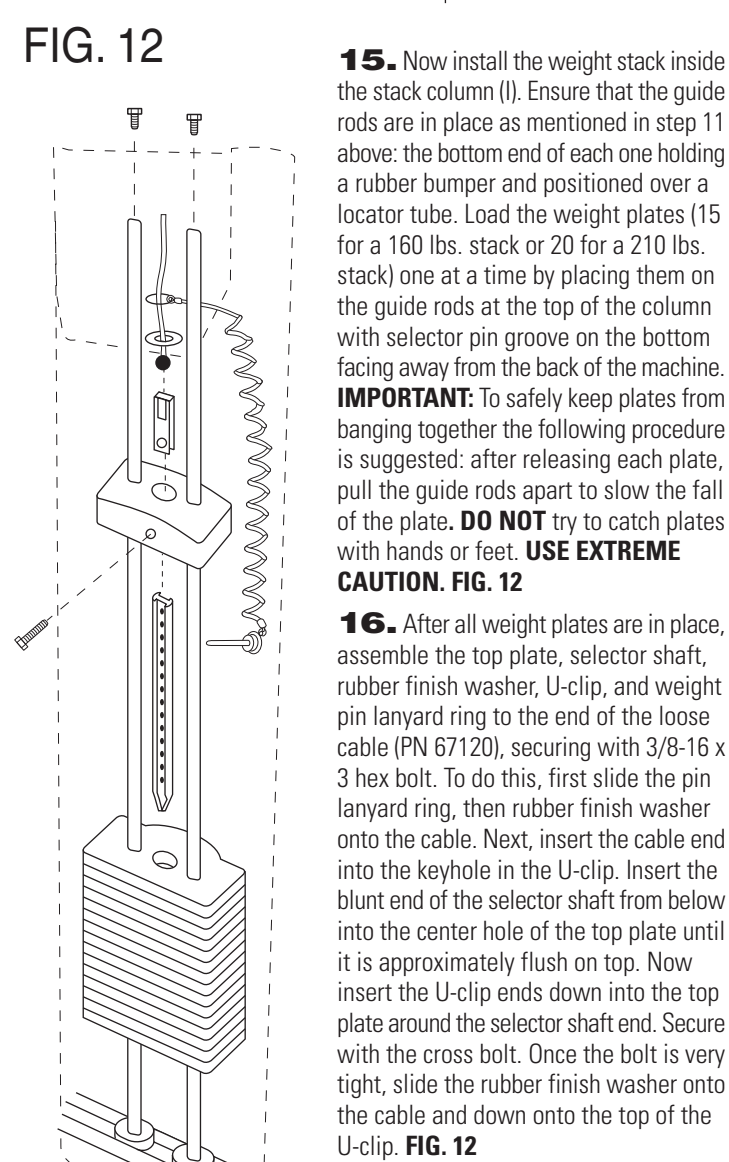
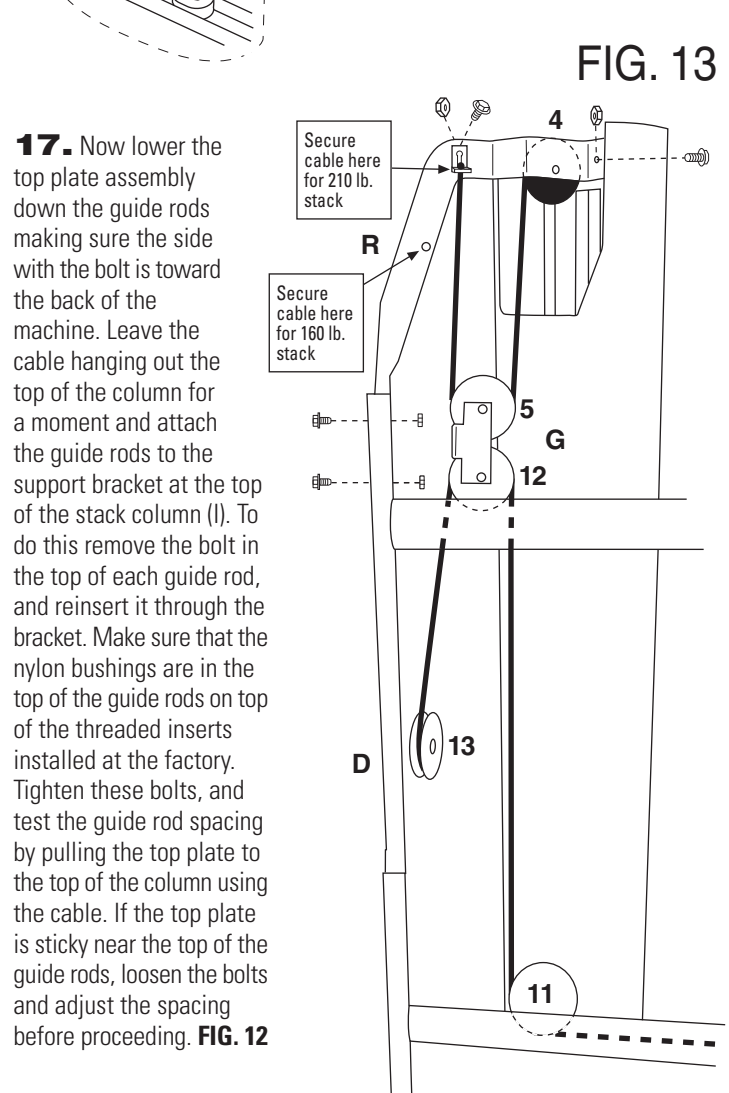


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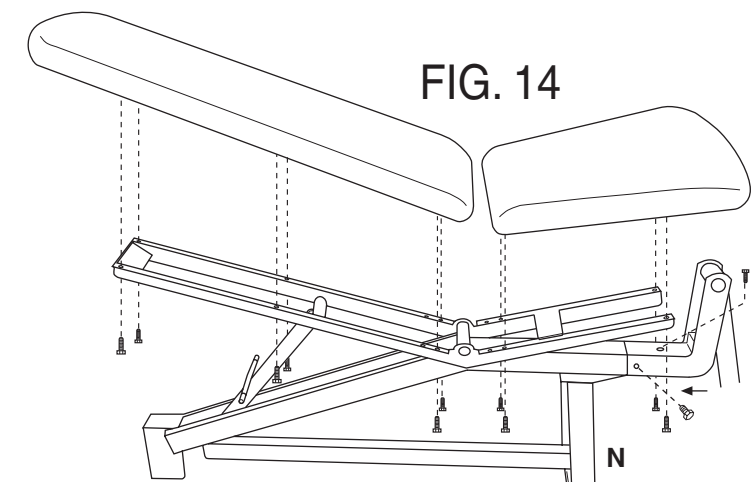
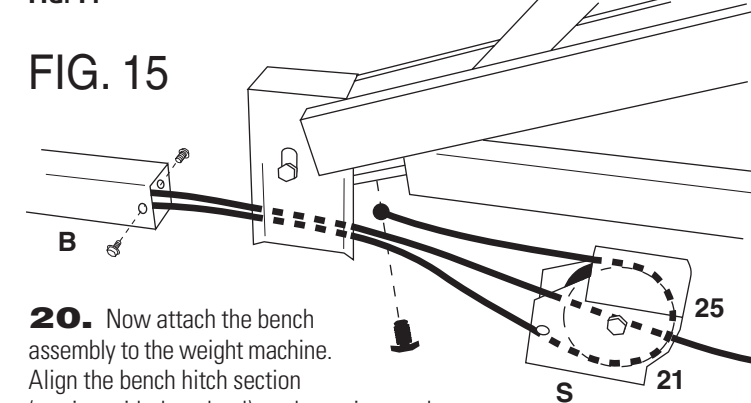
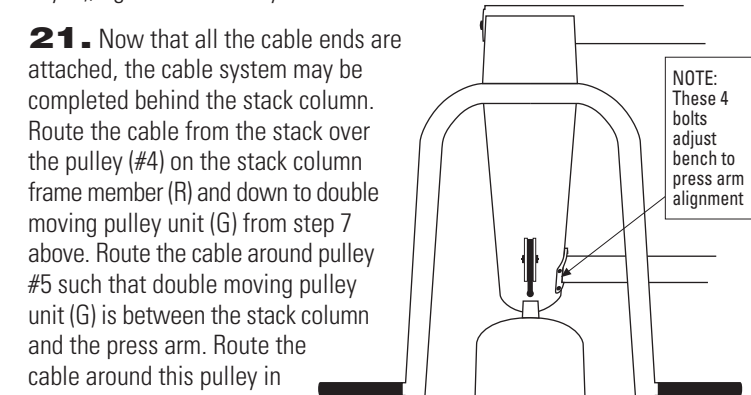


FIG. 15

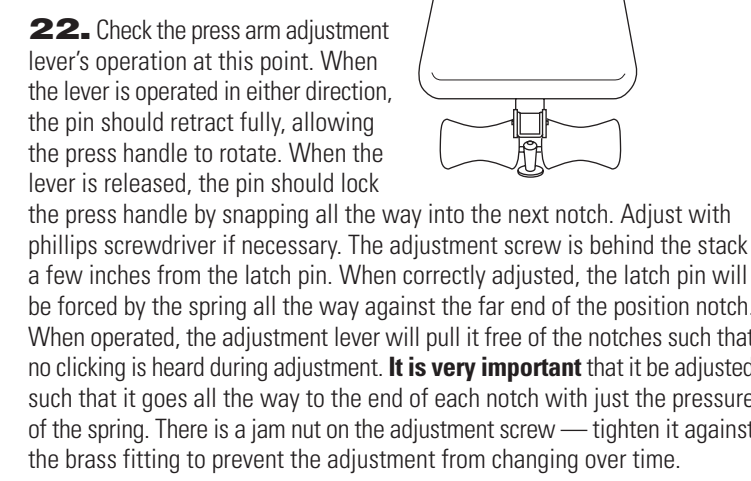


21. Now that all the cable ends are attached, the cable system may be completed behind the stack column. Route the cable from the stack over the pulley (#4) on the stack column frame member (R) and down to double moving pulley unit (G) from step 7 above. Route the cable around pulley #5 such that double moving pulley unit (G) is between the stack column and the press arm. Route the cable around this pulley in the direction that matches the diagram to prevent twisted cables. Secure the cable end to the stack column frame member (R) at one of the two provided attachment points. The upper hole should be used with the 210 lb. stack. The lower hole should be used with the 160 lb. stack. First remove the small bracket with the keyhole, insert the cable end in the keyhole, then reattach the bracket to the correct hole. FIG. 13



23. At this point, all assembly behind the stack is complete, and all the bolts in that region should be tight. The machine may now be moved into a corner.

24. Adjust the center of the bench at this point. Move it side to side until it is centered in the press arm. Once it is centered, tighten the four bolts securing the press station frame member (C) to the press post (B). FIG. 16



26. Tension the cable system by locating the adjustment screw on the right of the high pulley member (T) at the top of the main column (H). Adjust the cable tension as follows: tighten the adjustment screw until the top plate lifts slightly. Loosen the bolt until the top plate just touches the first weight plate. Check that the weight selector pin can be inserted in all weight plates. FIG. 17

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

28. Attach lat bar to cable at high pulley.

29. Apply weight stack number labels per instructions printed on label sheets. Affix the "PRESS ARM ADDS 10 lbs." label (located on the weight stack label sheet) to the press arm. Hang the Exercise Chart on the wall nearby for convenient reference, frame or laminate as desired.

25. Adjust the high pulley member (T) height now if necessary. Adjust it up to provide additional pre-stretch for the tallest user, ceiling height allowing. To do this, loosen the bolts that pass through pulley #2 at the top of the main column (H). You will need two 9/16" end wrenches for this as most other wrenches will not fit. Now tighten (or loosen if adjusting down) the bolt on the top of the back of the high pulley member (T). Once the chosen adjustment is reached, retighten the bolts that pass through pulley #2. They must be very tight. The lower two frame bolts that attach the main column frame member (D) to the main column (H) should now be tightened, taking care to see that the base of the main column is flat on the floor. FIG. 17

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