

Инструкция Силовой комплекс Vectra VX38 трехсторонний

Полезные ссылки:

Силовой комплекс Vectra VX38 трехсторонний - смотреть на сайте Силовой комплекс Vectra VX38 трехсторонний - читать отзывы

Owner's Manual 8E-XV



11-AV (Combination of a VA-38 and a VA-11)





Introduction

e at Vectra Fitness appreciate your selection of our product for your fitness ith 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 own.

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. PERFORM THE FOLLOWING SAFETY CHECK DAILY

FORM THE FOLLOWING SAFETY CHECK DAILY. Integer cables, cable ends and nyion jackes very carefully. Refer to Warning Label for specific information on inspecting cables. This same information is repeated in this manual and on your exceise chart. Replace any damaged or worn cables. Annual cable replacement [semiannual in multi-user settings] is strongly recommended as an additional presentation. The rate at which cables were deepends on many factors including repetitions, weight setting, misuse, abuse, etc. Because of this, periodic cable replacement is not a sufficient setgency adaption unsepected meskage. Nothing short of a thorough, careful daily inspection constitutes an adequate safety program.

PERFORM THE FOLLOWING CHECKS WEEKLY:

- REFORM THE FOLLOWING CHECK WEEKLY:

 Inspect frame and pulley bolts for tightness. Tighten if necessary.*

 Inspect coble attachments (short and long single handles, double handles, lot or curl bass, andle starp, foot step, increase handles, per handles, clothe handles, lot or curl bass, andle starp, foot step, increase handles, per handles, and starp, estable, and the starp seeks, springs, latches, etc. Inspect the webbing for finging and theck that the stitching is intact and strong inspect cell plints, fixed and proteing. Melase are yields are tight and that all retaining rings are intact and in good condition. Inspect any belangs. Replace any damaged or row literus. Inspect weight sheek per in the proper fit and retention in selector shaft. Replace improperly functioning pin (or other stack components) with Vector episcement parts only. Inspect press arm mounting screw for tightness. Tightner in recessary. *Inspect all springs, including press arm contents contents only. Inspect press arm mounting screw for tightness. Tightner in recessary. *Inspect all springs, including press arm content belance springs to make sure they are in good condition and working properly. Replace any missing, damaged or worn springs with Vector replacement parts only.

 Inspect person arm for some parts.

 Inspect depended press, spring, and parks, spring, sincluding press, spring, and parks, spring, sprin

- 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
- dacement parts only.

 acet pulley pivots, retainers, axles, bushings, attachment points, and rotation

 iners. Inspect butterfly adjustment mechanism for proper function. Remedy any niters. Inspect butterfly adjustment mechanism for proper function. Remedy any oblems found using Vectra replacement parts only. spect non-slip tread. Inspect rubber feet on frame and bench. Remedy any problems und using Vectra replacement parts only.
- Adjust cable system tension if necessary (see assembly instructions for details).

- Inspect all hand grips, pads, etc. Replace any damaged, worn, loose or missing part Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary. Check holt, tighten if necessary.*

- Check bolt, tighten if necessary.*
 Vectra's stainless steel guide rods DO NOT REQUIRE LUBRICATION or anti-tust treatment. Simply keep them free of grit, stelly or gummy sprays, etc.
 Clean uphoistery with mild soap and water as desired.
 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 Loctile 242 for a long-term cure.

Safety Rules

Warning:

njury can occur if you are struck by falling weights or moving parts. The risk 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, fireyed, or damaged cables immediately. The actual wire strands, the fittings, and then y/on jacket itself must at lib escribinated. Using or allowing a machine to be used with a suspect cable can result in serious injury.

 2. Inspect the nyfon jacket of seak cable carefully, again paying particular attention to the cable ends. This nyfon jacket is essential for cable life and safety, Any, has pulled or shrunk away from the fittings at the end of the cable, or is discolored. DISCOLORATION, DARKENING OR BUILGING OF THE LACKET IS AN EARRY 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 warring label. Additional copies are available from Vector Piness.

- and on product warning label. 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 you 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 losse or worn parts, damaged, frayed, or worn cables, broke weight plates, etc. Do not use or allow the machine to be used until any deflective parts are repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of your manual for specific inspection and Maintenance' section of your manual for specific inspection and Maintenance' section of your manual for specific inspection order. See only Vectra authorized replacement parts.

 6. Ensure that the weight selector pin is in good vorking condition and fully engaged.
- 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.

 S. 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 sequet attenments and lat hold downs, cable attachments, press arms, leg developers, etc. An improperly engaged locking mechanism could sult in an injury.

- anis, e.g. developes, e.g., an imputery in enjaged bothing indications thought 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 cusse 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.

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

Other U.S. and foreign patents pending, Vectus, On-Line and Comerstone are registered trademarks of Vectua Fitness, Inc. Series VX, ARC (Automatic Batcheting Cam).
AL (Arm-Leg), Vector, and VFT are trademarks of Vectus Fitness, Inc. . 108,977,2,2P1,578,2,522,308,2,012,394,2,282,292,3,315,103,052,3,962,389,4,810,008,4,572,4,28,4,312,4,20,4,010,103,4,4,103,4,

Consumers Rights: This Limited Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Vectors, all Poederers of the Series contact the Vectors all motives decided of replecement present of the Series of the Series

Beplacement and Repair Expenses: Vectra Presses will provide only replacement parts or repair to parts under this Limited Warranty, and will pay for standard ground administration of the parts and parts of the par

It is our policy to repair or replace components rather than entrier machines or assemblies. It is also our policy to repair or replace trans components. Repairs the may be visible. Repetied thems will be refinished as needed, but the new finish may not maid the old.

Repeats to the Structural fearms and Weight Stands will be made only if such repeats are excessed to remove the control of the model of

Conditions and Exceptions: Failures due to misuse, againer, alteration, improper assembly, repairs other than by an authorized Vesta Service Center, normal suck financial representations and Exceptions: Failures due to misuse, about a service day a weight suck that is breawld link beawlest stack that Vesta Britans and list of one son cover damages usus intended ultimage histories and financial representations are some content to the property of the content of the con

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

	Commercial/Institutional Use:
Bearings 1 year	Structural Frame 5 years
Cables and Cable Attachments 1 year	Weight Stack 5 years
Upholstery	Suide Rods 5 years
Other parts not listed 1 year	Pulleys

Home Use is defined as use in a family's home by the members of that family. Lifetime mea ruiieys

Upholstery..... Datsil sted Syears Syears Bearings ... Cables and Cable Attachments. . Weight Stack 9mit9jiJ :өѕП әшоН

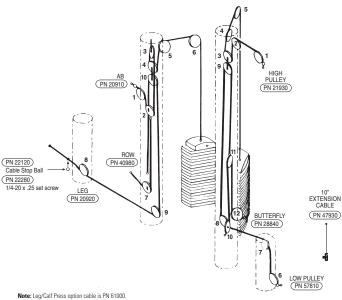
ASUSUITA FERIOD: (All periods are from date of purchase by original consumer)

Vactes Planess, Inc. warrants, to the original owner only, this Vectes VX-38 to be free from defects in materials and workmentalip for component specific periods as inclined blook Wishes must relate be substituted to we shall be replaced where the paties of seles committees or a seles to committee or a seles to committee or a seles to committee or a seles to where the seles to the selection of the selection of

Vectra VX-38 Limited Warranty

Vectra VX-38 Cable Diagrams

Note: The pulleys on this diagram are numbered to make the installation of new cables as easy as possible. Simply start threading Note: the pulsery of unit buggland are intuitients of make use in instruction of new values as easy a possible. Simply safe triesting the cables through the pulleys beginning with the lowest number and working up. Since this machine comprises two separate cable systems, both sets start at #1. If you are installing an entire set of cables start at either pulley #1, complete that system then start at the other pulley #1. If you are installing only a new log cable (PN 20200), you would begin at pulley #8. Note: where applicable, text and other drawings in this manual that mention or show pulleys contain corresponding numbers.

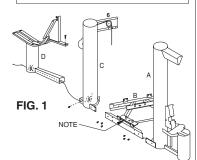


Tools Required:

Wrenches: One each (1/2", 3/4"), two each (7/16", 9/16") Hex Keys: 1/8", 5/16"

Phillips head 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.
- 2. Unbox entire unit. (NOTE: LEAVE ALL CABLES AND CABLE RETAINERS IN PLACE.)

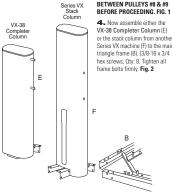


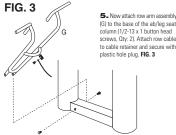
3. Assemble main column (A) to main triangle frame (B) (3/8-16 X 3/4 hex screws, Ctyr. 6). Note: Press station guide rod locator tubes (the ones with ross sholes) face fromt. Now assemble the Ah/Row column (C) to the main triangle frame (B) (3/8-16 X 3/4 hex screws, Ctyr. 6). The row seat adjustment mechanism—upper portion of ah/leg seat church (D)—is shipped almost entirely assembled. To complete this assembly pull chains of a different in such third resource of the constant of the consta E-ring off of clevis pin with pliers, and remove clevis pin. Now rotate mechanism into position, and reinstall clevis pin and E-ring. *Ensure that the cable exiting the bottom of the ab/row column (C) goes around the associated pulley (#9) and leaves the column through the large square opening. Take this cable and thread it into the large square tube at the base of the ab/leg seat column (D). This cable passes under pulley #8 and exits

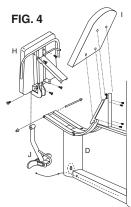
of the ah/leg seat column (I). This cable passes under pulley 48 and exits through the slot in the front of the column. Note: this cable will be easiest to route if the ah/leg seat column (ID) is living on its side to allow easy access to the area below pulley 48. Now attach the ah/leg seat column (ID) to the ab/row column (C) (3/8-16 x 3/4 hex screws, Clty: 2, and 3/8-16 x 1-1/2 hex screw, Clty: 1, I IMPORTANT:

FIG. 2

VERIFY THAT THE CABLE FIG. 2 ROUTING IS CORRECT BETWEEN PULLEYS #8 & #9
BEFORE PROCEEDING. FIG. 1

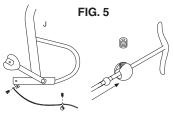




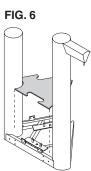


6. Attach leg/ab seat bottom to handle assembly to form leg/ab seat sembly (H) (1/4-20 Qty. 4). Install seat nhly (H) to assembly (H) to column (D) (1/2" shaft and 1 shaft retainer). Install shaft retainer with hammer. Attach leg/ab seat back (I) to frame (1/4-20 x 3/4 hex screws. Oty: 4). Attach the leg developer (J) to the seat hottom seat bottom assembly (1/2-13 x 1 button head sci Qty: 2). FIG. 4

Assembly Instructions



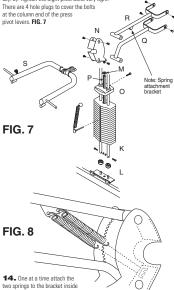
7. Attach the aluminum hall to the leg developer cable as shown. Note A - Accept the adminishment on the regiverence leads as shown twice. Adminishment is the installed correctly to take the cable force. Counter hore facing away from machine. Make sure that the set screw enters the slot straight and is not cross threaded. Tighten set screw with 187 he key. Now attach cable end to the leg developer, securing it with a plastic hole plug. FIG. 5



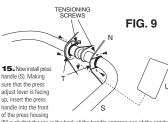
8. IMPORTANT: IF YOU ARE ASSEMBLING ANOTHER SERIES VX MACHINE ATTACHED TO THIS MACHINE IN PLACE OF THE COMPLETER COLUMN, SWITCH TO THE MANUAL SUPPLIED WITH THAT UNIT AT THIS POINT, BEGIN THERE AT THE STEP INDICATED COMPLETELY ASSEMBLE THAT COMPLETELY ASSEMBLE THAT UNIT, THEN RETURN HERE AND RESUME THE ASSEMBLY WITH THE NEXT STEP. IF YOU ARE ASSEMBLING A VX-38, CONTINUE ASSEMBLY WITH THE NEXT STEP.

9. Place the triangular floor piece The CHE CHECK TO THE CHECK TO THE CHECK THE FLOOR PIECE MUST BE IN PLACE PRIOR TO ASSEMBLING THE WEIGHT STACKS. Check the location of the machine in the room at this point. It will be very difficult to move after the weight stacks are in place. FIG. 6

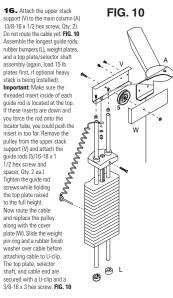
- 10. Attach the press station guide rods (K) to the locator tubes (1/4-20 x 1-1/4 hex screw and nut, City, 2 ea.). Slide the rubber bumpers (L) down the guide rods. Load the 20 weight plates one at a time with selector groove on the bottom facing out (load 15 lb. lplates first, if optional heavy stack is being installed). USE EXTREME CAUTION. FIG. 7
- 11. Slide the jin lawyad ring over the front tab at the base of the press housing (N). Now slide the rubber finish washer (M) onto the tabs at the base of the press housing (N). Note: Each stack has one of these, but the one for the press station has the largest rectangular hole. Assemble the press housing (N) to the top plate (O) and selector shaft (P) (3/8-16 x 3 hex screw, Cty, 1). FIG. 7
- 12. Now both the lower press pivot lever (0) (the lower lever is the one with the bend) to the press housing (N) (1/2-13 x 1 button head screw, Ohy 2). It attaches to the press housing hearings nearest the top plate. Assemble it such that the bend matches the drawing. RG. 7 Bolt the upper press pivot lever (R) (the upper lever is straight and has a spring attachment bracket on it) to the press housing (N) (1/2-13 x 1 button head screw, Qty. 2). It attaches to the press housing to the bearings farthest from the top plate. Assemble it such that the spring attachment bracket is down, matching the drawing. FIG. 7
- 13. Take the large assembly created in the previous step and lower it onto the guide rods (K). This is easiest if the stack is leaning away from the machine. With the top plate (O) resting on top of the stack, carefully bring the back end of the lower press pivot lever (Q) into alignment with the lower bolt holes on the column (1/2-13 x 1 button head screw, Qty: 2). Likewise, bolt the upper press pivot lever (R) to the column (1/2-13 x 1 button head screw, Qty: 2). Tighten the eight pivot bolts very tight

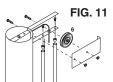


of the front of the press housing (N). With the press housing lifted to its highest point, attach the other end of each spring to the bracket on the underside of the upper press pivot lever. Use gloves and care in doing this to prevent pinching, FIG 8 Note: the installation of the springs is optional. Each spring reduces the weight of the press arm by 20 pounds. If both springs are installed, the press arm will add only 10lbs. to the stack weight. (affix the installed, the press arm will add only Tulbs. to the stack weight, laths: the PFBESS ARM ADDS Tollss." label to the press hosingin (NI. I Fonly one spring is installed, affix the "PFESS ARM ADDS 30lbs." label. If no springs are installed, affix the "PFESS ARM ADDS 50lbs." label. Suggestion: If uncertain how many springs to install, install them both. They can be removed later if you find yourself wanting additional weight. FIG. 8



(N) such that the pin in the back of the handle engages one of the notches with a bracket from the press handle (S) on each side. Fig. 9 A nylon bushing should be positioned (slot towards the rear) to engage each side of the press housing. Note: the press handle (S) will be on center relative of the press housing. Note: the press handle (S) will be on center relative to the press housing. Note: the press handle (S) will be on center relative to the press housing. (N), even though the brackets are off center inside the press housing. Secure each bushing with a bushing cap (T). Install the screws in the sides (1/4-20 x 1/2 pan head phillips, Ctyr. 4) and the tensioning screws (1/4-20 x 1-14) oval head, Ory -21. Tighten the 4 sides screws finger tight. Now tighten the tensioning screws until the slop is taken up. Do not over tighten. Once the slop is removed from the pivot, but the joint still rotates easily, tighten the 4 cross screws. Check the adjustment lever's operation at this point. When the lever is operated in either direction, the pin should retart fully, allowing the press handle to rotate. When the lever is released, the pin should lock the press handle to rotate. When the lever is released, the pin should lock the press handle by snapping all the way into the next notch. Adjust with phillips screwdiver in fecessary. When correctly adjusted, the latch pin will be forced by the spring all the way against the fear end of the slot it travels in. The adjustment lever will pull it almost, but not all the way, to the other end of the slot. It is very important that it be adjusted such that it goes all the way to the end of the slot with the pressure of the spring. Now install the plastic cover (U). the slot with the pressure of the spring. Now install the plastic cover (U). With the textured side out, insert the lower end into the front of the press housing, curve it back and insert the other end up into the press housing. FIG. 9





18. Install right butterfly arm (arm closest to press handles) on its vertical pivot bar. The right arm is the one with the spring mounted flipper and related assembly at the lowest point on the arm. The right cam is the cam with the bushing supported by the shortest connector. Slip the cam ove the assembly that holds the spring mounted flipper, such that the flipper engages the notches on the underside of the cam and such that the bushings all line up. Now slide the two items as one up the pivot shaft. Install 1* washer and then cotter pin, bend end. Repeat this process for the left arm and cam. Test the ratcheting system at this point. If any problems are suspected, look up into the ratcheting mechanism from below. If the spring mounted flipper is not in the notched section, take the cam and arm off the pivot and after getting the flipper in the right area, reinstall the cam and pivot and after getting the fli arm as an assembly. FIG. 12

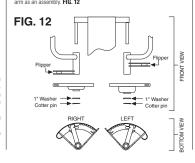
17. Repeat the

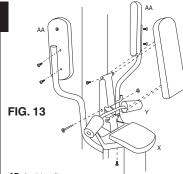
previous step for the

ab/row column stack

using the remaining

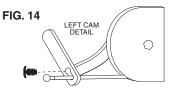
set of quide rods. FIG. 11



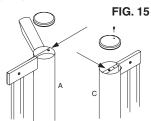


19. Attach butterfly seat

bottom (X) $(1/4-20 \times 3/4 \text{ hex screws}, \Omega_{Y})$. Install the Lat Hold Down (Y) with the yellow lever on the right pointing up. Line up the 1/2" holes and insert the pivot (1/2" diameter rod and shaft up. Line by the 1/2 moles and make the proof of content of the proof o Tighten mounting screws firmly. FIG. 13

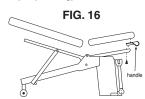


20. Connect butterfly cables to butterfly cams. Use plastic hole plugs ent disconnection. FIG. 14

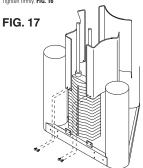


2.1 Next tension the cable systems in the main column (A) and the ab/row column (C) by locating the adjustment bolt at the top of each column. The adjustment bolts are located under the column case. Tighten each bolt until the respective top plate lifts slightly, Loosen the bolt until the pop late use touches the weight plates. Deck that the weight selector pin engages at each weight plate completely. Replace/install the column caps. FIG. 15

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



23. Attach the bench seat back and bench seat bottom to the bench (1/4-20 x 3/4 hex screw, qty. 10). The bench handle installs between the cushion and the bench frame and is held in place by 2 of these screws Tighten firmly. FIG. 16



24. Attach lat bar to cable at high pulley. Attach the ab strap at the

25. Apply weight stack number labels per instructions printed on label

26. Attach the three weight stack guards (3/8-16 x 1/2 hex screws,

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