

Инструкция

Силовой тренажер Vectra VX11 Жим ногами

Полезные ссылки:

[Силовой тренажер Vectra VX11 Жим ногами - смотреть на сайте](#)

VECTRA[®]



VX-11

Owner's Manual

Introduction

We at Vectra Fitness appreciate your selection of our product for your fitness program, and invite your questions and comments. We're sure that you'll be pleased with 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 gym.

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 by carrying out the following periodic inspection.

PERFORM THE FOLLOWING SAFETY CHECK DAILY:

1. Inspect cables, cable ends and nylon jacket very carefully. Refer to Warning Label for specific information on inspecting cables. This same information is repeated in this manual and on your exercise chart. **Replace any damaged or worn cables.** Annual cable replacement (semiannual in multi-user settings) is strongly recommended as an additional precaution. The rate at which cables wear depends on many factors including: repetitions, weight setting, misuse, abuse, etc. Because of this, periodic cable replacement is not a sufficient safeguard against unexpected breakage. Nothing short of a thorough, careful daily inspection constitutes an adequate safety program.

PERFORM THE FOLLOWING CHECKS WEEKLY:

- 1.** Inspect frame and pulley bolts for tightness. Tighten if necessary.*
- 2.** Inspect cable attachments (short and long single handles, double handles, lat or curl bars, multi-purpose bar, ankle strap, foot strap, triceps strap, sport handles such as racquet sports, golf, hockey or baseball, ab strap, functional training belt, etc.) carefully. Look for damaged mounting eyes, springs, latches, buckles, etc. Inspect the webbing for fraying and check that the stitching is intact and strong. Inspect all joints, fixed and pivoting. Make sure any bolts are tight and that all retaining rings are intact and in good condition. Inspect any bearings. Replace any damaged or worn items.
- 3.** Inspect weight selector pins for proper fit and retention in selector shafts. Replace any improperly functioning pin (or other stack components) with Vectra replacement parts only.
- 4.** Inspect pulley arm adjustment levers for proper function. Ensure that latch pins are engaging all positions fully. Replace improperly functioning parts with Vectra replacement parts only.
- 5.** Inspect pulley arm mounting screws (horizontal and vertical axes) for tightness. Tighten if necessary.*
- 6.** Inspect all springs, including arm counter balance springs and arm latching springs to make sure they are in good condition and working properly. Replace any missing, damaged or worn springs with Vectra replacement parts only.
- 7.** Inspect bench bolts. Tighten if necessary.* Inspect bench wheels, wheel suspension pivots, retaining rings, spring, and braking features for proper function. Replace any damaged or malfunctioning parts.
- 8.** Inspect cushion bolts for tightness. Tighten if necessary.* Inspect cushion support structure, pivots and associated latches. Remedy any problems found using Vectra replacement parts only.
- 9.** 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 damaged.
- 10.** Inspect cable retaining plugs and spring plungers. Replace if needed using Vectra replacement parts only.
- 11.** Inspect pulley pivots, retainers, axles, bushings, attachment points, and rotation limiters. Remedy any problems found using Vectra replacement parts only.
- 12.** Inspect non-slip tread. Inspect rubber feet on frame and bench. Remedy any problems found using Vectra replacement parts only.
- 13.** Adjust cable system tension if necessary (see assembly instructions for details).

PERFORM THE FOLLOWING CHECKS MONTHLY:

- 1.** Inspect all hand grips, pads, etc. Replace any damaged, worn, loose or missing parts.
- 2.** Inspect weight plates for cracks, damaged bushings, etc. Replace if necessary. Check bolt, tighten if necessary.*
- 3.** 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.
- 4.** Apply grease to the following locations: counter balance levers at pivot and spring hole, side-to-side arm pivots.
- 5.** Clean upholstery with mild soap and water as desired.
- 6.** 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 Loctite 242 for a long-term cure.

Safety Rules



WARNING Serious injury can occur if you are 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 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, frayed, or damaged cables immediately. The actual wire strands, the fittings, and the nylon jacket itself must all be scrutinized. Using or allowing a machine to be used with a suspect cable can result in serious injury.
- 2.** Inspect the nylon jacket of each cable carefully, again paying particular attention to the cable ends. This nylon jacket is essential for cable life and safety. Any cable should be replaced if the nylon jacket is missing, is damaged in any way, has pulled or shrunk away from the fittings at the end of the cable, or is discolored. **DISCOLORATION, DARKENING OR BULGING OF THE JACKET IS AN EARLY 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 warning labels. 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 your 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 loose or worn parts, damaged, frayed, or worn 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 your manual for specific inspection rules. Use only Vectra authorized replacement parts.
- 8.** 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.
- 9.** 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 squat attachments and lat hold downs, cable attachments, press arms, pulley arms, leg developers, etc. An improperly engaged locking mechanism could 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 cause 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.
- 13.** Prior to use, ensure machine is fully assembled in a Vectra Fitness authorized configuration per owner's manual.

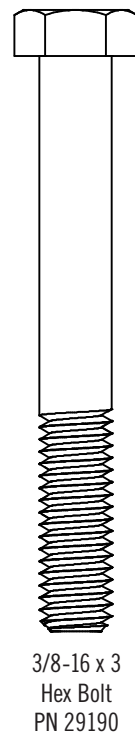
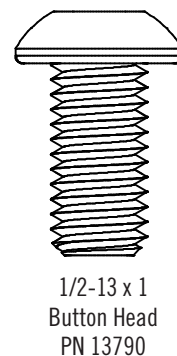
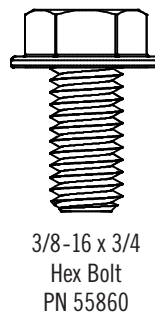
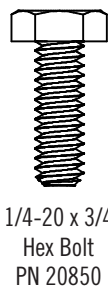
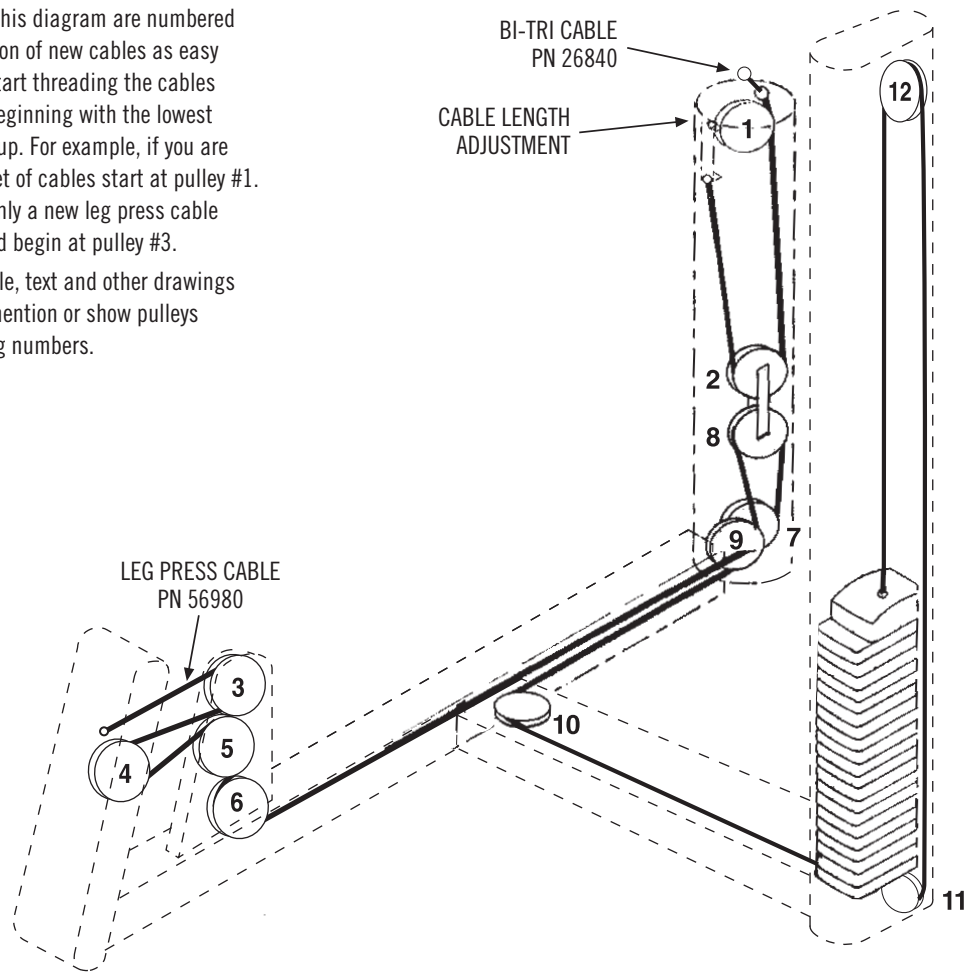
Replace any warning or caution labels on product if damaged, illegible, or removed.

- 1.** Exercise in front of machine only. Pulling cables to side or rear of machine is dangerous, as machine could tip in use.
- 2.** Do not release cable attachments without first returning them to rest position. Doing so could lead to serious injury of yourself or bystanders.
- 3.** Do not make arm position adjustments without first returning all exercise stations to their rest positions. Support weight of arm while adjusting.

Vectra VX-11 Cable Diagram

Note: The pulleys on this diagram are numbered to make the installation of new cables as easy as possible. Simply start threading the cables beginning with the lowest number and working up. For example, if you are installing an entire set of cables start at pulley #1. If you are installing only a new leg press cable (PN 56980), you would begin at pulley #3.

Note: Where applicable, text and other drawings in this manual that mention or show pulleys contain corresponding numbers.



Assembly Instructions

Tools Required:

Wrenches: One each 7/16", 1/2", 9/16"

Hex keys: 5/16"

1. 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. Lay large items down until needed to prevent them from accidentally falling over. **NOTE: LEAVE ALL CABLES AND CABLE RETAINERS IN PLACE.** In general, tighten all bolts very tight at the completion of each step.

3. In preparation for assembling the stack column (B) to the Leg Press Main Frame (C), route the cable under pulley #11 at the base of the column and then up and out the top of the column. Ensure that the Guide Rods are inside the Column Assembly (B) now because ceiling height might make later insertion difficult or impossible.

FIG. 2

Authorized Frame Configurations

The VX-11 is part of the modular Series VX. Please select the configuration you are assembling from the list below and follow the associated instructions.

Freestanding:

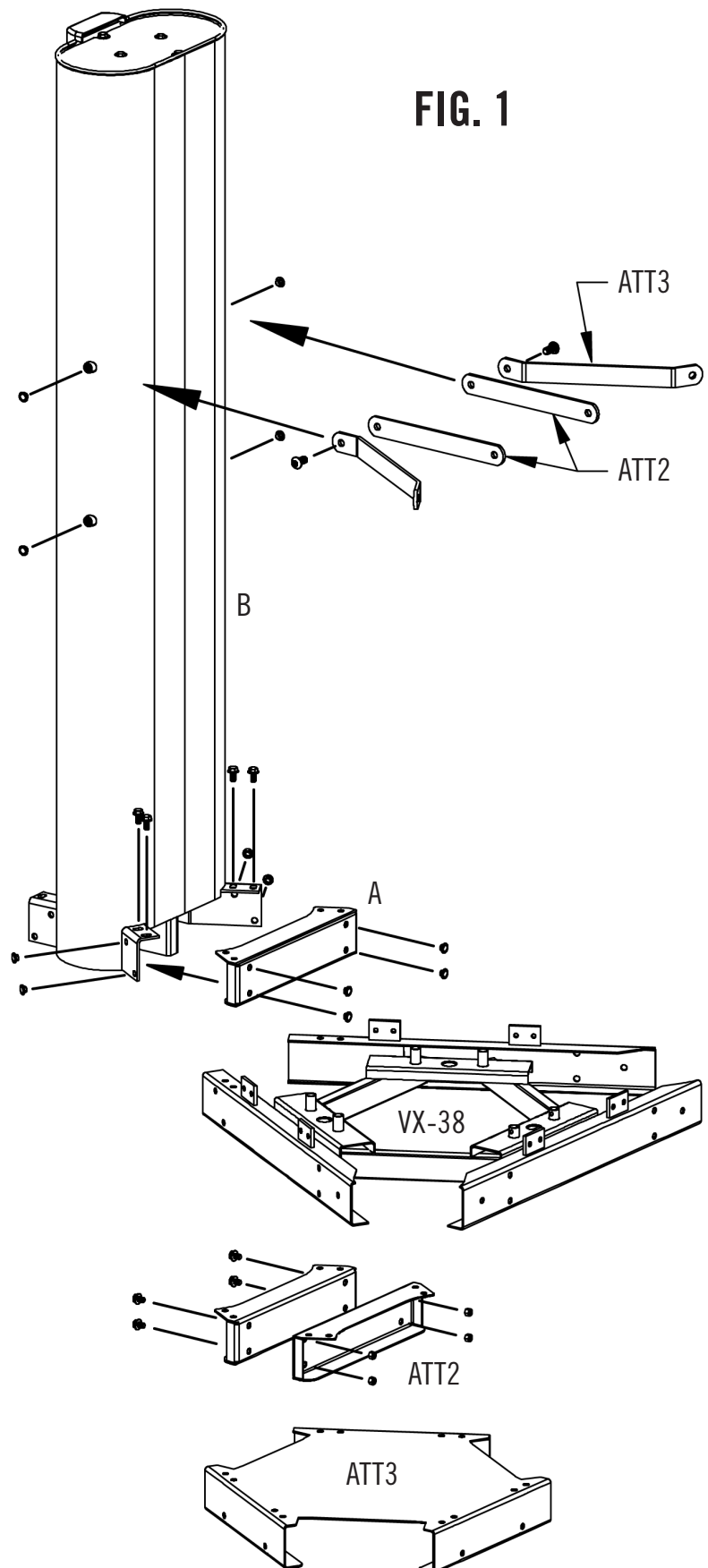
4a. Bolt the Stack Column (B) to a Standard Base Channel (A). (3/8-16 X 3/4 hex bolts, qty. 4). Use large hole plugs to fill empty holes. **FIG. 1**

Attached to a VX-18 Machine:

4b. Bolt the Standard Base Channel (A) to the "main frame" of the VX-18 such that 4 holes face up, see Step 3 in the VX-18 Owner's Manual (3/8-16 X 1/2 hex bolts, Qty: 4). This is easiest if done at step 3 in the VX-18 manual, as VX-18 assembly has not yet begun and the VX-18 frame can be turned over. Ensure that these bolts are very tight. Now bolt the VX-11 Stack Column (B) to the base channel (3/8-16 X 1/2 hex bolts, Qty: 4). Use large hole plugs to fill empty holes. **FIG. 1**

Attached to a VX-38 Machine:

4c. Bolt the Stack Column (B) to the "main triangle frame" of the VX-38, see Step 4 in the VX-38 Owner's Manual (3/8-16 X 3/4 hex bolts, Qty: 8, provided with VX-38). **FIG. 1**



Attached to One Other Series VX Machine:

4d. Bolt two Standard Base Channels (ATT2) together (3/8-16 X 1/2 hex bolts and nuts, Qty: 4 each). Bolt them together on a flat surface to ensure that surfaces align with each other. Ensure that these bolts are very tight. Now bolt the column to one of the base channels (3/8-16 X 1/2 hex bolts, Qty: 4 per column). Once the two Series VX columns are in place, use the two Straight Connecting Bars to connect the upper attachment holes on the columns together (1/2-13 X 1 button head bolts, Qty: 4). Use large hole plugs to fill empty holes. **FIG. 1**

Attached to Two Other Series VX Machines:

4e. Bolt the Stack Column (B) to the Triangle Base (ATT3) (3/8-16 X 1/2 hex bolts, Qty: 6 per column). Once the three Series VX columns are in place, use the three Angled Connecting Bars to connect the upper attachment holes on each column together (1/2-13 X 1 button head bolts, Qty: 6). Use large hole plugs to fill empty holes. **FIG. 1**

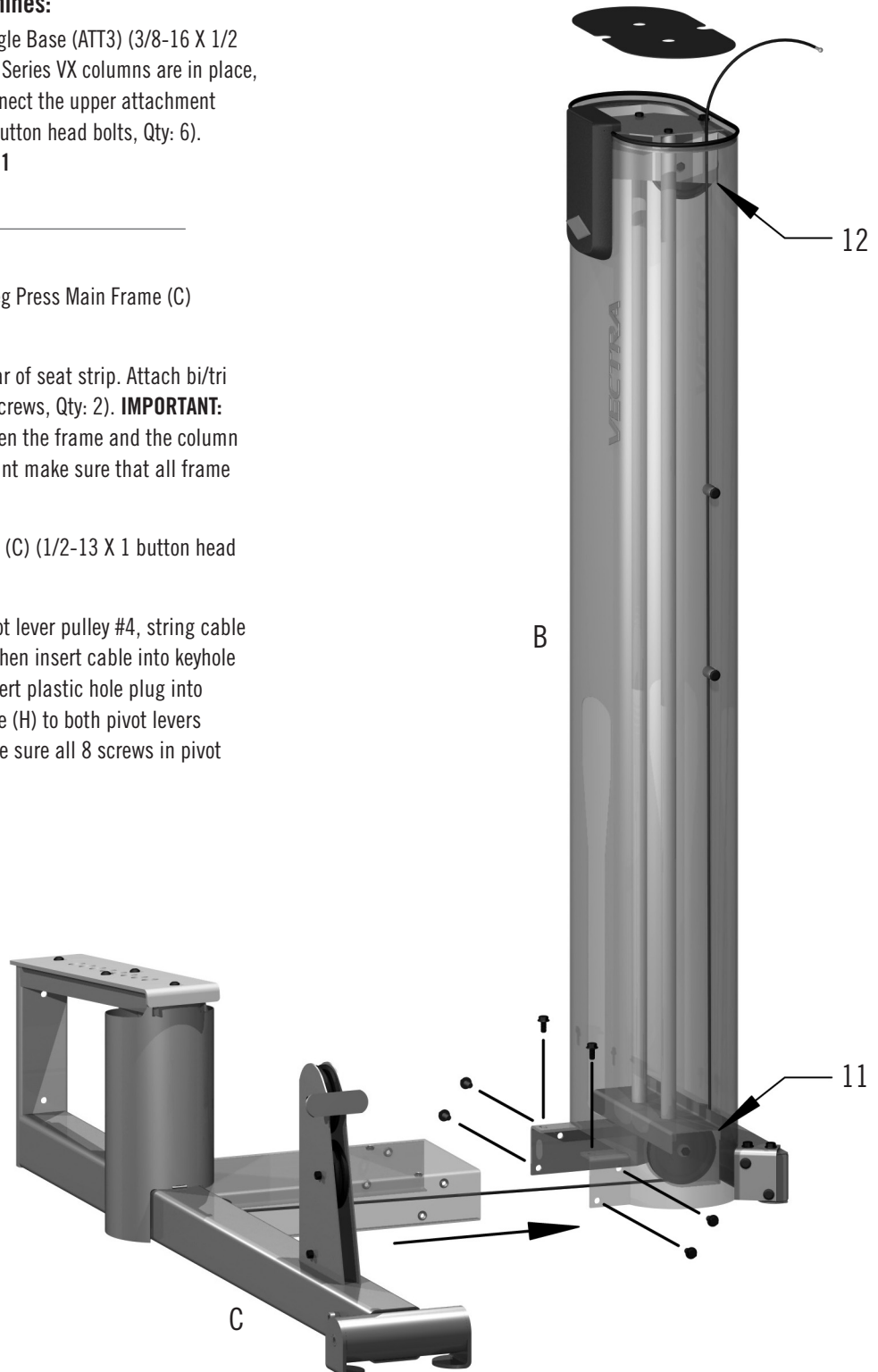
FIG. 2

5. Assemble the Stack Column (B) to the Leg Press Main Frame (C) (3/8-16 X 1/2 hex bolts, Qty: 6). **FIG. 2**

6. Slide front of seat assembly (D) onto rear of seat strip. Attach bi/tri column (E) to frame (C) (3/8-16 X 3/4 hex screws, Qty: 2). **IMPORTANT:** Ensure that the two cables that pass between the frame and the column aren't twisted around each other. At this point make sure that all frame bolts are tight. **FIG. 3**

7. Attach both pivot levers (F & G) to frame (C) (1/2-13 X 1 button head screw, Qty: 4). **FIG. 4**

8. Refer to **FIG. 4**. String cable around pivot lever pulley #4, string cable around upper pulley #3 in main frame (C), then insert cable into keyhole on pivot lever cam strip and slide down. Insert plastic hole plug into keyhole to retain cable. Now attach footplate (H) to both pivot levers (1/2-13 X 1 button head screw, Qty: 4). Make sure all 8 screws in pivot levers are very tight. **FIG. 4**



9. Install the three seat cushions onto seat assembly installed previously. The upper cushion needs to be installed such that it matches the diagram. (1/4-20 X 3/4 hex screws, Qty: 11) **FIG. 3**

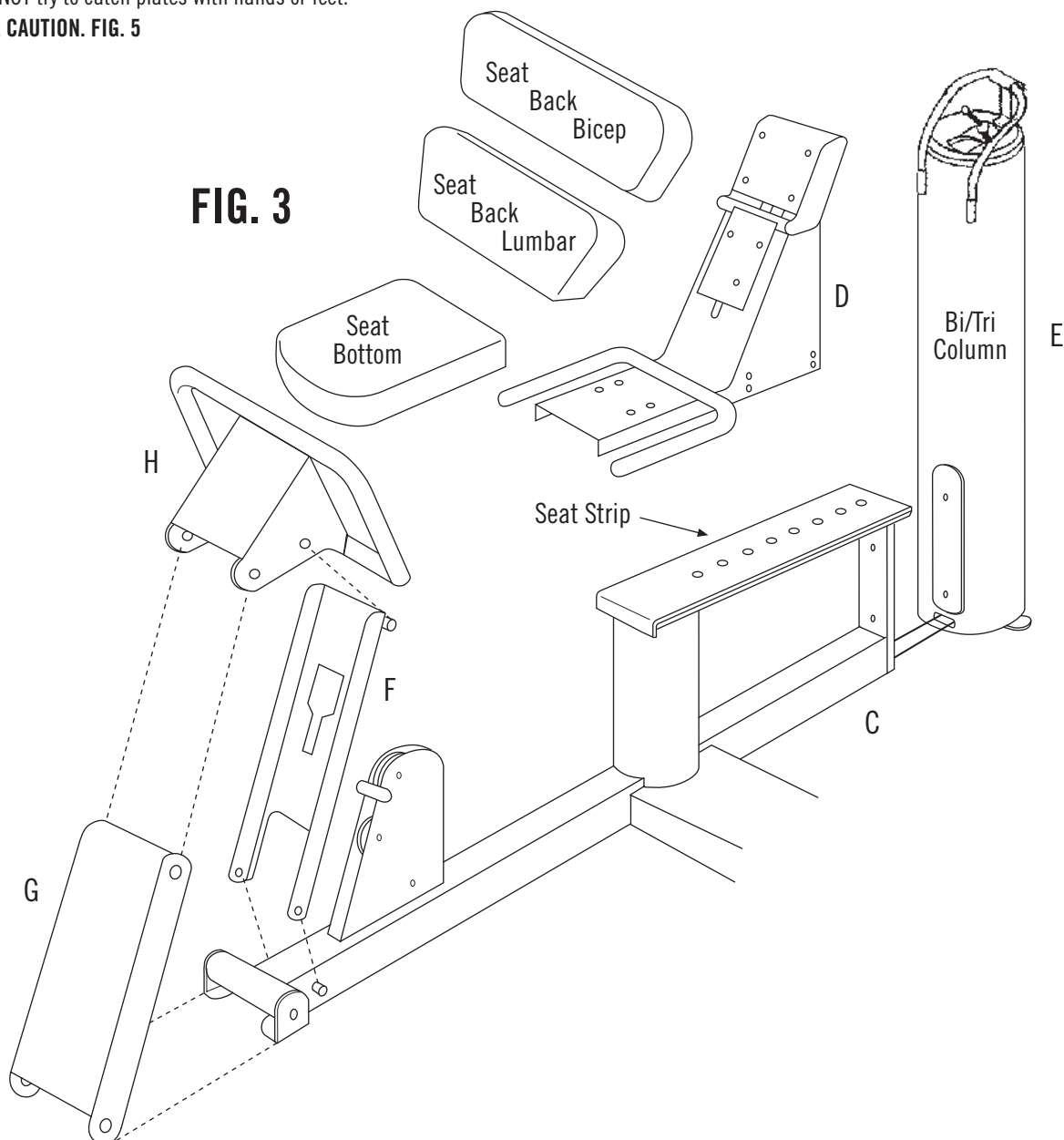
10. Remove the Column Cap (I) from the top of the Stack Column (B). Remove the Pulley Plate (J) by removing 2 frame bolts and 2 guide rod bolts. The bolts may be threaded back in their respective holes to keep them at hand. **FIG. 5**

11. Now install the weight stack inside the stack column (B). Ensure that the guide rods are in place as mentioned in Step 3. Lift up the guide rods one at a time and position the rubber stack bumper on the stack support plate. Replace guide rods through holes in stack support plate. Load the 20 weight plates one at a time by placing them on the guide rods at the top of the column with selector groove on the bottom facing out (load 15 lb. plates first, if optional heavy stack is being installed). **IMPORTANT:** To safely keep plates from banging together the following procedure is suggested: after releasing each plate, pull the guide rods apart to slow the fall of the plate. **DO NOT** try to catch plates with hands or feet.

USE EXTREME CAUTION. FIG. 5

12. After all 20 plates are in place, route the cable around pulley #12 in the Pulley Plate (J). It goes around the pulley in the direction such that it comes out in the center of the plate. Now assemble the top plate to the cable end. To do this first thread the cable through the ring on the selector pin lanyard, then the rubber finish washer, and then insert it into the keyhole in the U-clip. Insert the blunt end of the selector shaft from below into the center hole of the top plate until it is approximately flush on top. Now insert the U-clip ends down into the top plate around the selector shaft. Secure with the cross bolt (3/8-16 X 3 hex bolt, Qty: 1). Once the bolt is very tight, slide the finish washer down onto the top of the U-clip. **FIG. 5**

13. Now lower the top plate assembly down the guide rods making sure the cable is not tangled around anything. As the top plate nears the stack, place the pulley plate (J) back in position and secure with bolts removed earlier. Replace and tighten the guide rod screws also removed earlier. (Make sure there is a guide rod bushing in the top of each guide rod.) Make sure that the cable feeds straight and doesn't go around guide rods and put on column cap (I). **FIG. 5**



14. Install weight plate number labels per instructions with labels. Each label has two numbers on it. One number is for the arm exercises. The other number is for the leg exercises. The labels explaining this go on the stack column (B).

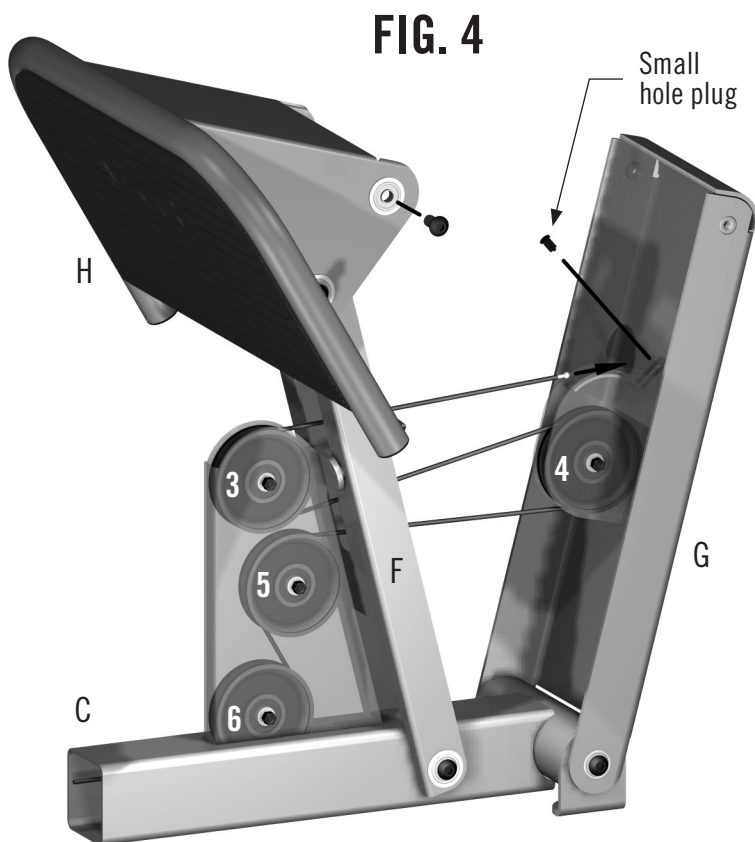
15. Tension the cable system by locating the adjustment screw at the top of the bi/tri column (E). See the cable diagram on the other side of this manual for location. Since the adjustment screw is under the column cap, it will have to be removed. This requires the removal of one bolt. Adjust the cable 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. Reinstall column cap.

16. Attach cambered bar to cable on top of bi/tri column.

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

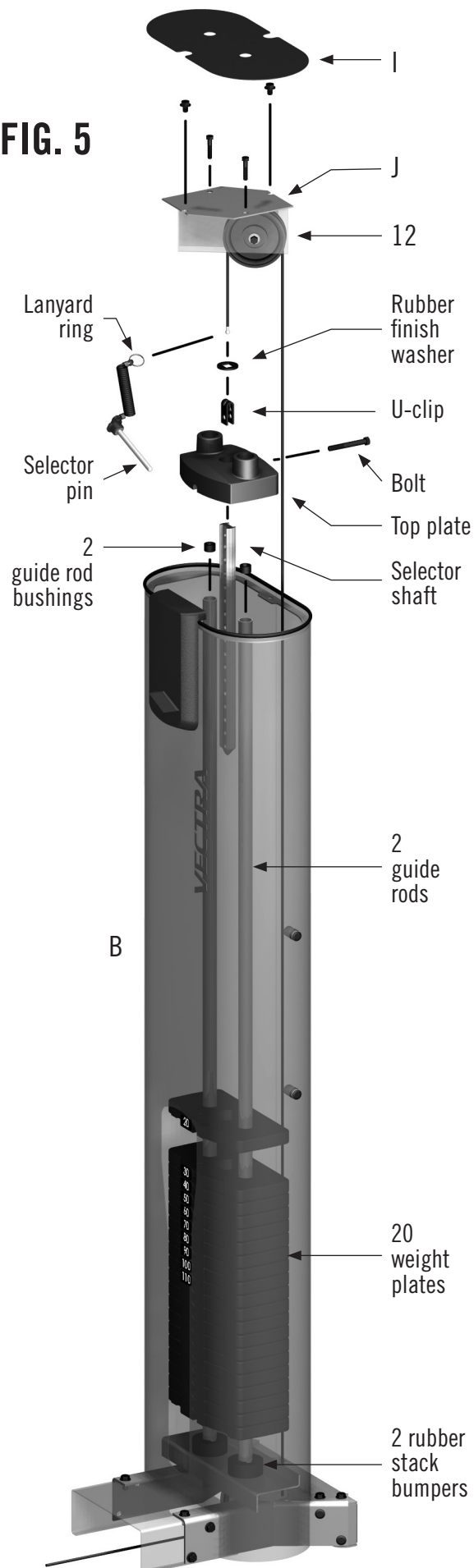
18. If this VX-11 is not installed attached to a VX-38, then there are 4 holes to plug half way up the Stack Column (B). Use large hole plugs enclosed. **FIG. 1**

19. Hang the exercise chart on the wall where it can be referred to easily. Read the exercise charts, all product labels, and this manual before beginning an exercise program.



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

FIG. 5



Vectra VX-11 Limited Warranty

Vectra Fitness, Inc. warrants, to the original owner only, this Vectra VX-11 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 Limited 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. shipping 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	Lifetime	Bearings	5 years
Weight Stack	5 years	Cables and Cable Attachments . . .	3 years
Guide Rods	5 years	Upholstery	3 years
Pulleys	5 years	Other parts not listed	3 years

Home Use is defined as use in a family's home by the members of that family. Lifetime means while owned by the original owner.

Commercial/Institutional Use:

Structural Frame	5 years	Bearings	1 year
Weight Stack	5 years	Cables and Cable Attachments . . .	1 year
Guide Rods	5 years	Upholstery	1 year
Pulleys	5 years	Other parts not listed	1 year

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

Conditions and Exceptions: Failures due to misuse, abuse, neglect, alteration, improper assembly, repairs other than by an authorized Vectra Service Center, normal wear, damage 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 Limited Warranty. This Limited 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 Limited 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 Limited 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 repair or replace components rather than entire machines or assemblies. It is also our policy to repair rather than replace frame components. Repairs of structural parts will be made using appropriate technology and may be visible. Repaired items will be refinished as needed, but the new finish may not match the old.

Replacement and Repair Expenses: Vectra Fitness will provide only replacement parts or repair to parts under this Limited 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 repaired or 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 or implied warranties have 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; or for incidental or consequential damages. This Limited Warranty is LIMITED STRICTLY to the terms stated herein and no other express warranties or remedies shall be binding on us. THIS LIMITED WARRANTY AND ALL WARRANTIES WHICH MAY BE IMPLIED UNDER STATE LAW, INCLUDING, BUT NOT LIMITED TO, WARRANTIES OF MERCHANTABILITY AND WARRANTIES OF FITNESS FOR A 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 LIMITED WARRANTY IS THE EXCLUSIVE REMEDY OF THE CONSUMER. IN NO EVENT SHALL WE BE LIABLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, FOR BREACH OF THIS LIMITED 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.

Vectra Fitness, Inc.
7901 South 190th Street
Kent, WA 98032 U.S.A.
www.vectrafitness.com

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; 5,605,523; 5,672,143; 5,779,601; 6,482,135; 6,508,748; 6,582,346; 6,994,660; 7,150,701; 7,255,665; 7,303,514; 7,695,418; 7,846,075; 7,909,742; 7,922,631; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; D576,230; D576,231; D576,232; D576,233; D576,234; CN1,309,738; CN2,023,972; J3,117,451.

Other U.S. and foreign patents pending. Vectra, On-Line and Cornerstone are registered trademarks of Vectra Fitness, Inc.

Series VX, VX-FT, BRT, Body ResiStability, ARC (Automatic Ratcheting Cam), AL (Arm-Leg), Vector, and VFT are trademarks of Vectra Fitness, Inc.

PN 72670, Rev. 3/11

©2011, Vectra Fitness, Inc.