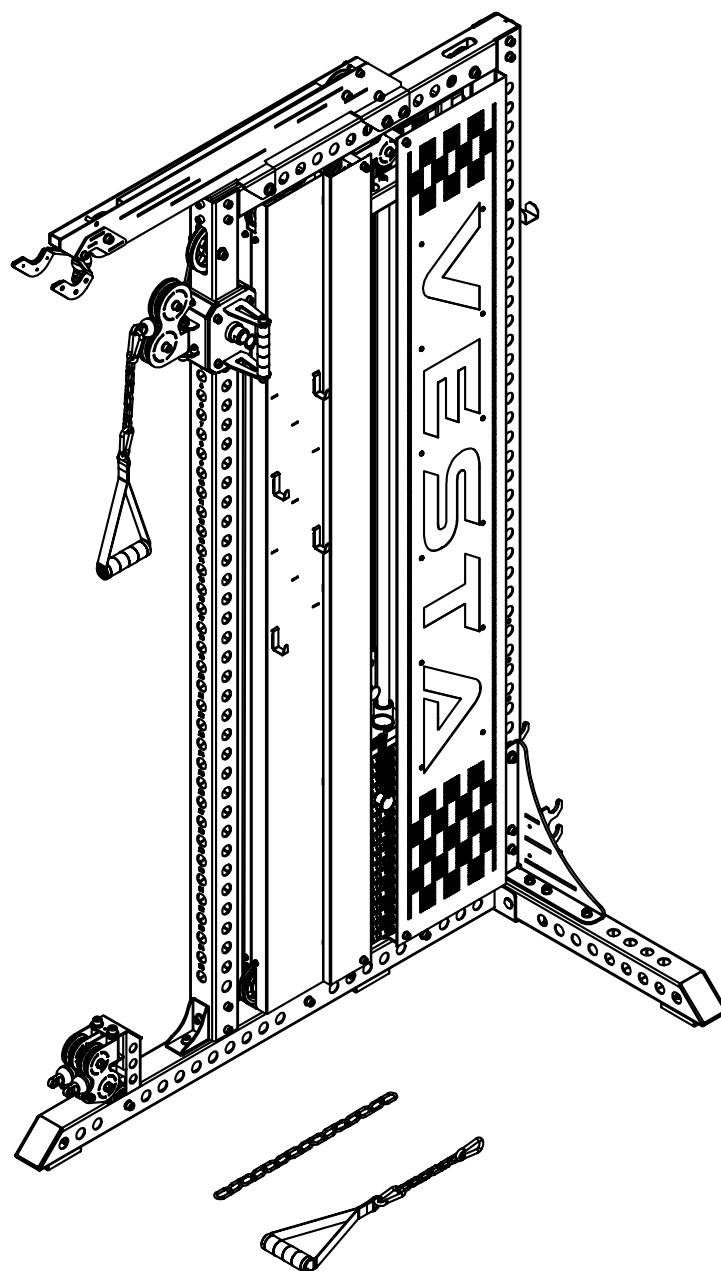


VESTA

F I T N E S S

ASSEMBLY MANUAL

VTA24011

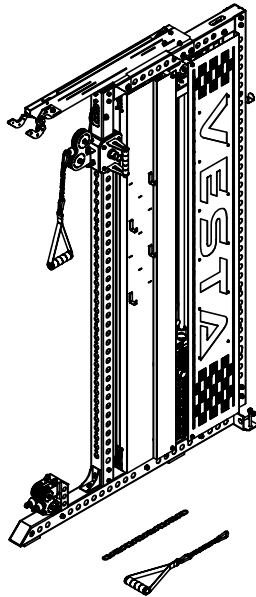


CAUTION!

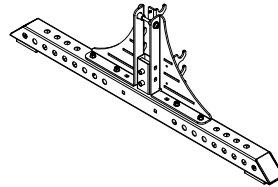
Read all precautions and instructions in this manual before using this equipment.
20260709-V2.0

COMBINATION INSTRUCTIONS:

VTA24011-LAT(1 inch)



VTA24011-STABILIZER(1 inch)



IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

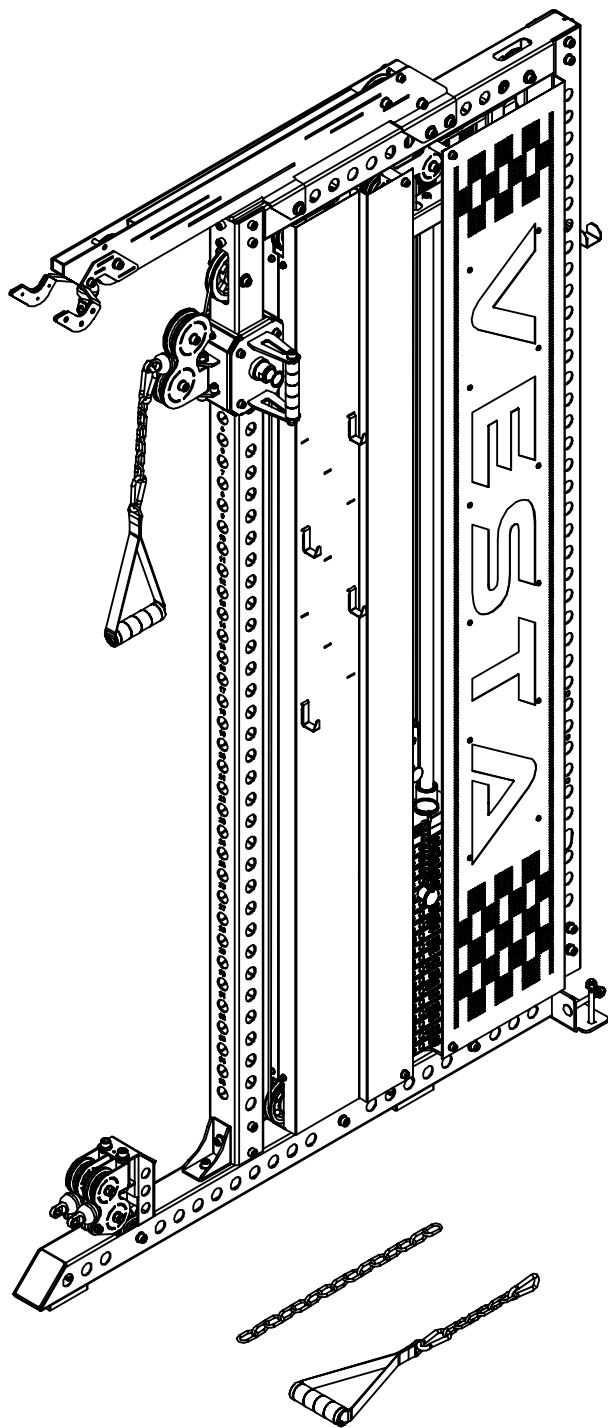
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

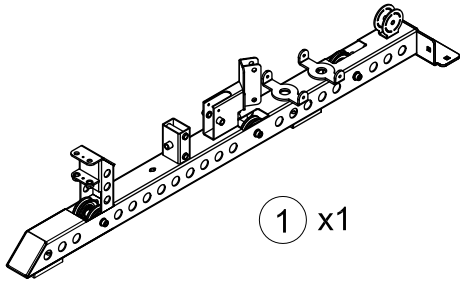
SAVE THESE INSTRUCTIONS.

The term "LAT(1 inch)" mentioned in the following text is an abbreviation of "VTA24011-LAT(1 inch)".

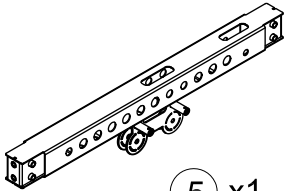
The term "STABILIZER(1 inch)" mentioned in the following text is an abbreviation of "VTA24011-STABILIZER(1 inch)".

VTA24011-LAT(1 inch)

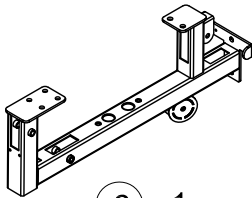




① x1



⑤ x1



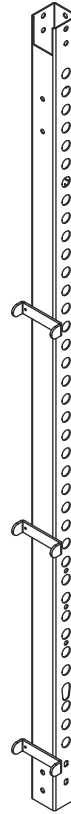
⑥ x1



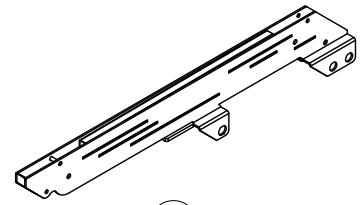
⑦ x2



③ x1



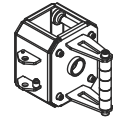
④ x1



⑧ x1



⑨ x1



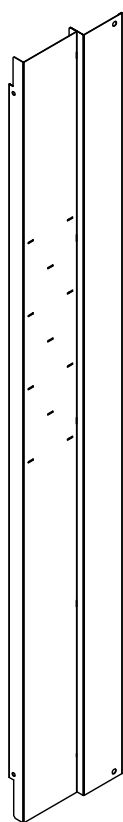
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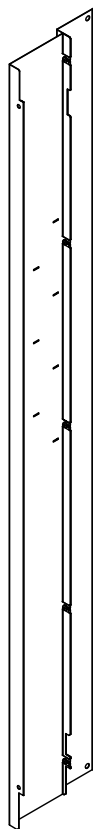
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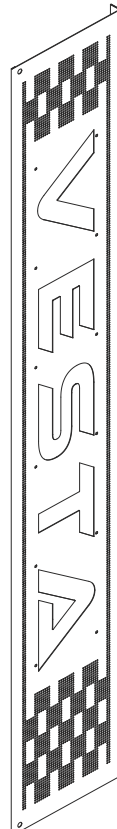
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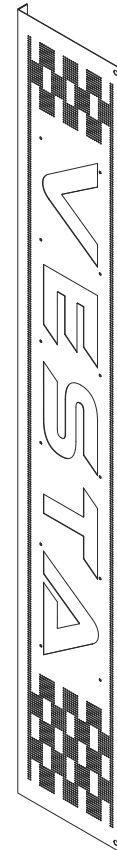
⑯ x1



⑰ x1



⑳ x1



㉑ x1



⑬ x1



⑮ x1



㉔ x1



⑮ x8



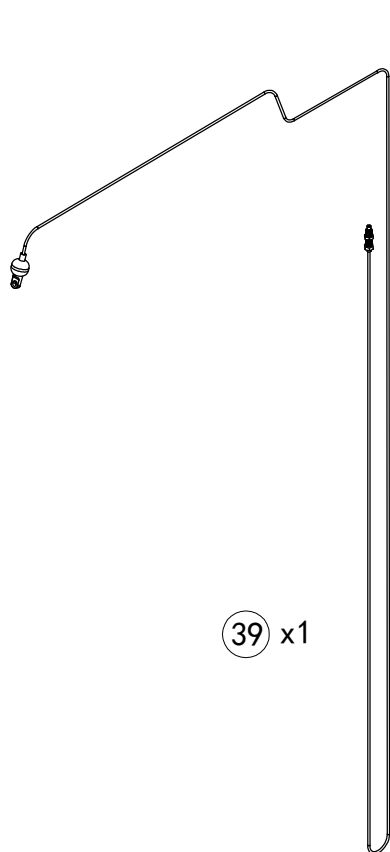
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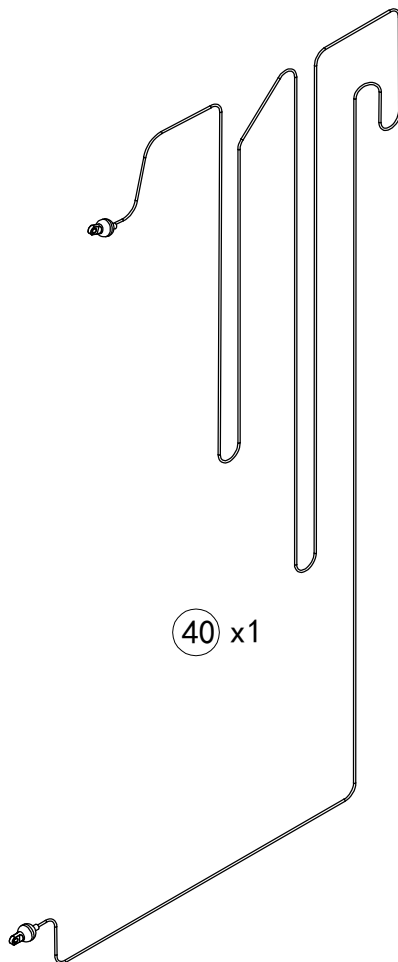
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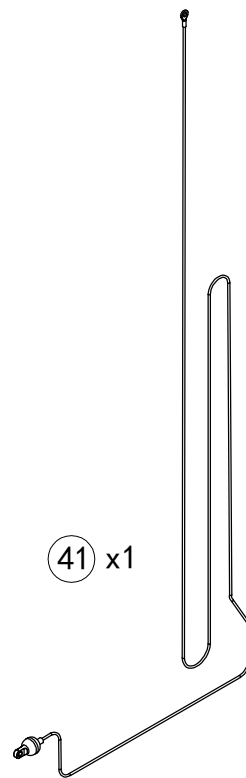
㉘ x2



③⑨ x1



④① x1



④① x1



④② x1



⑤② x2



⑤③ x2



⑤⑤ x1



⑤⑨ x2



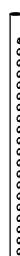
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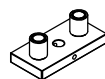
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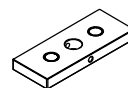
⑥④ x3



⑥⑥ x1



⑥⑦ x1



⑥⑧ x19



⑥⑨ x2



⑦① x1



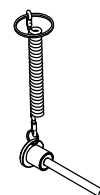
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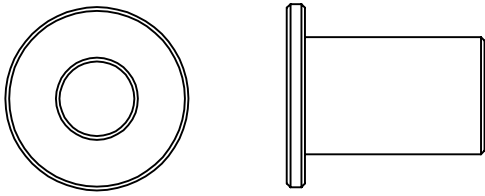
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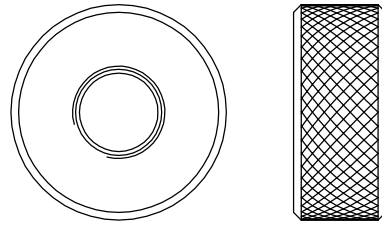
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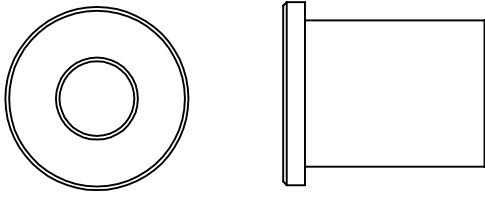
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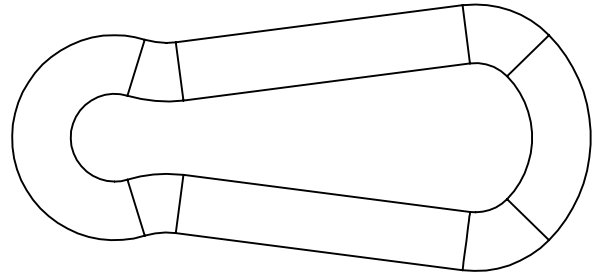
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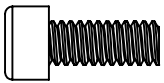
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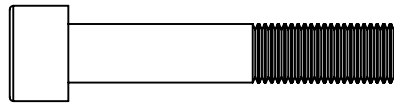
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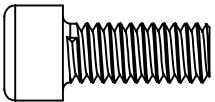
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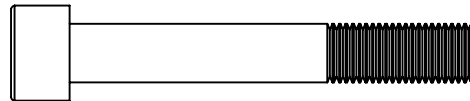
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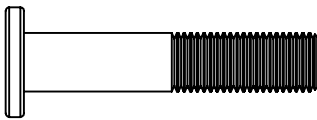
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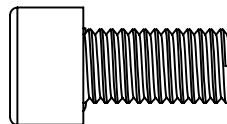
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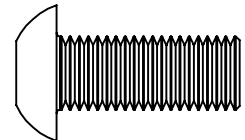
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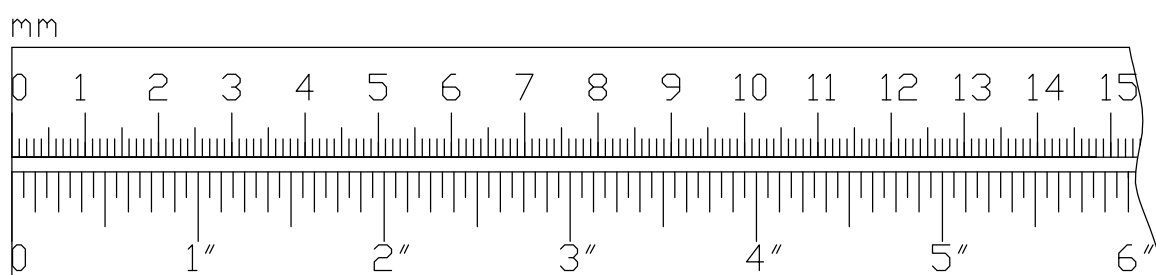
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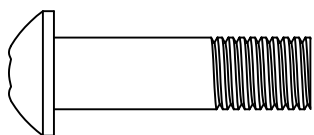


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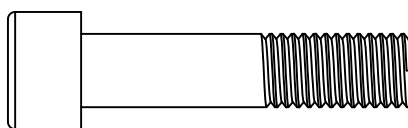


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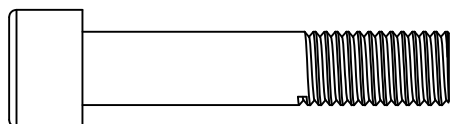




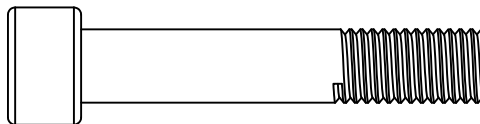
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⑨⑧ × 13



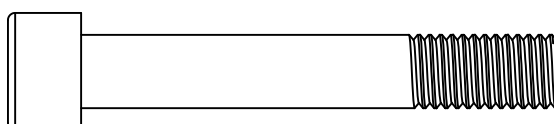
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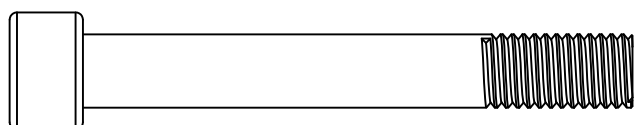
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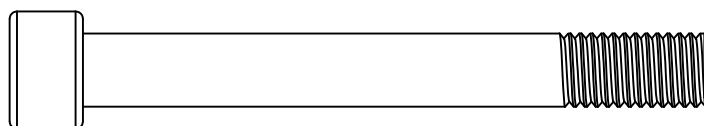
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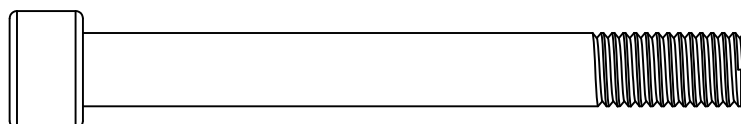
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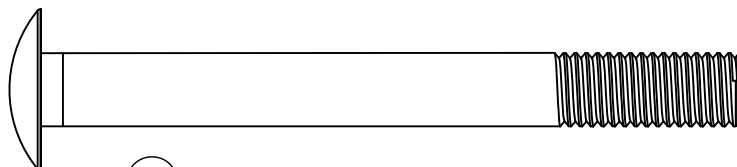
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⑩⑤ × 4

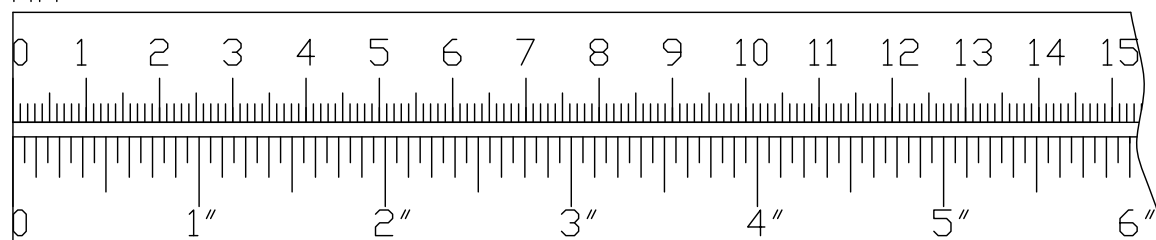


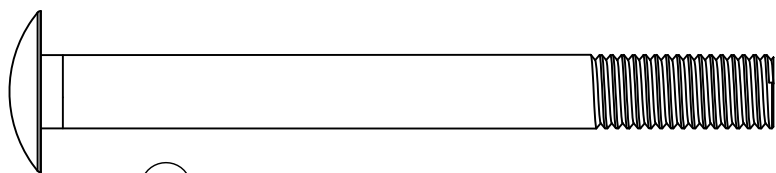
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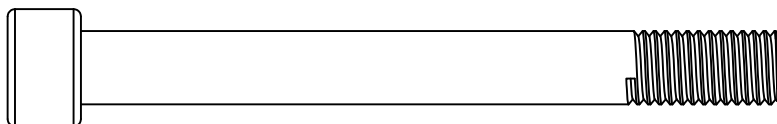
⑩⑦ × 2

mm

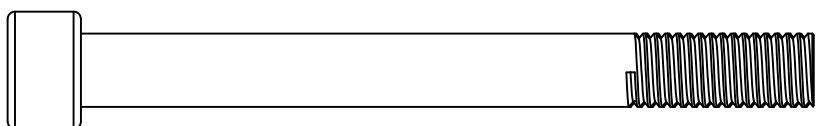




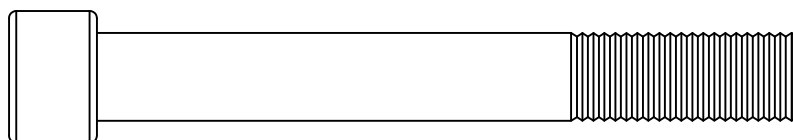
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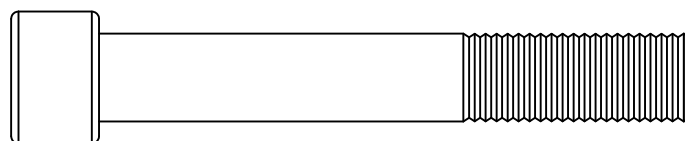
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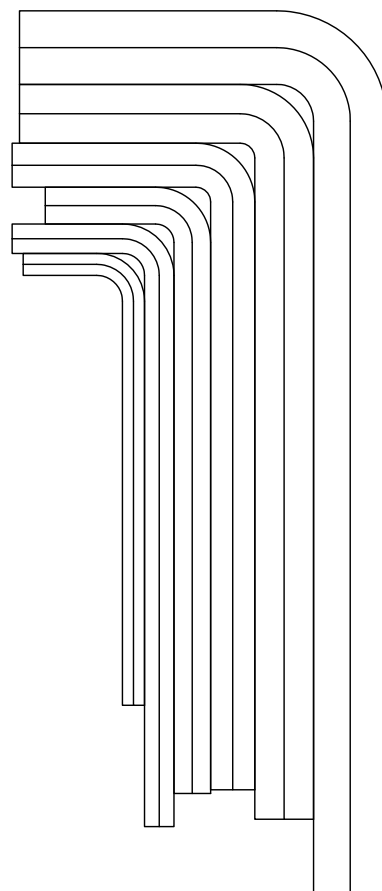
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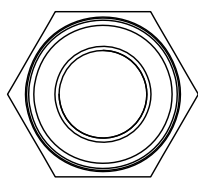
112 × 1



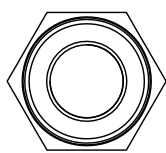
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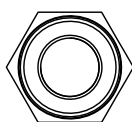
3# 4# 5# 6# 8# 10#×1



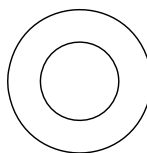
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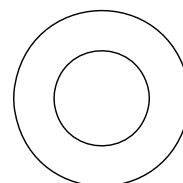
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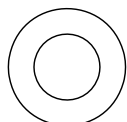
106 × 4



107 × 76



108 × 4

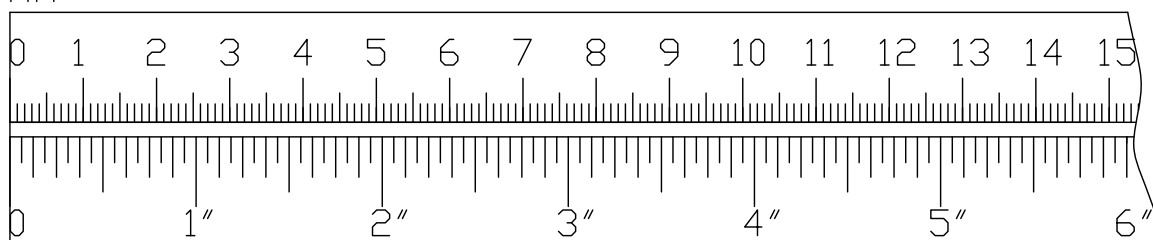


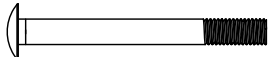
109 × 14



110 × 14

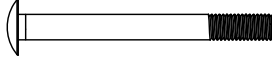
mm



99  ×2 M10×95

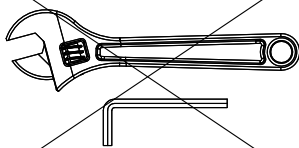
105  

×4 M10

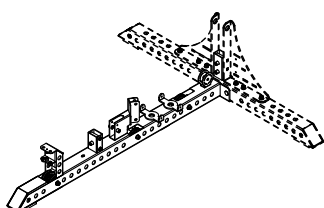
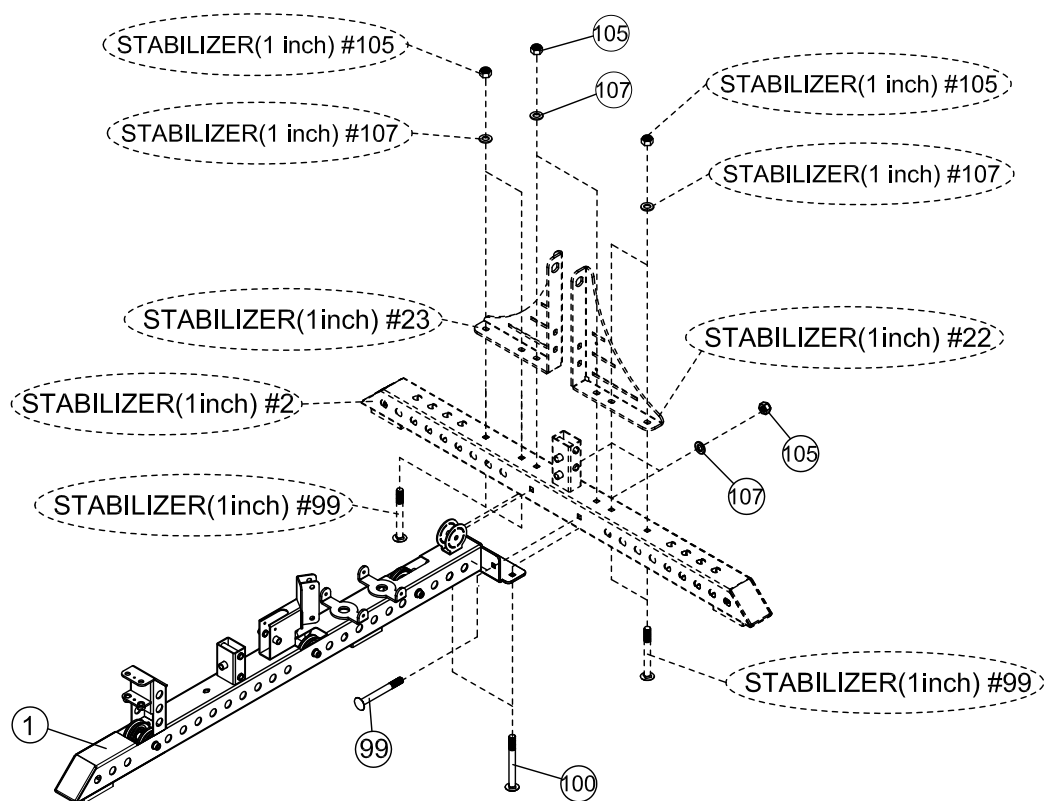
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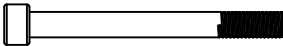
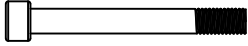
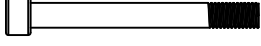
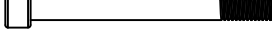
107  

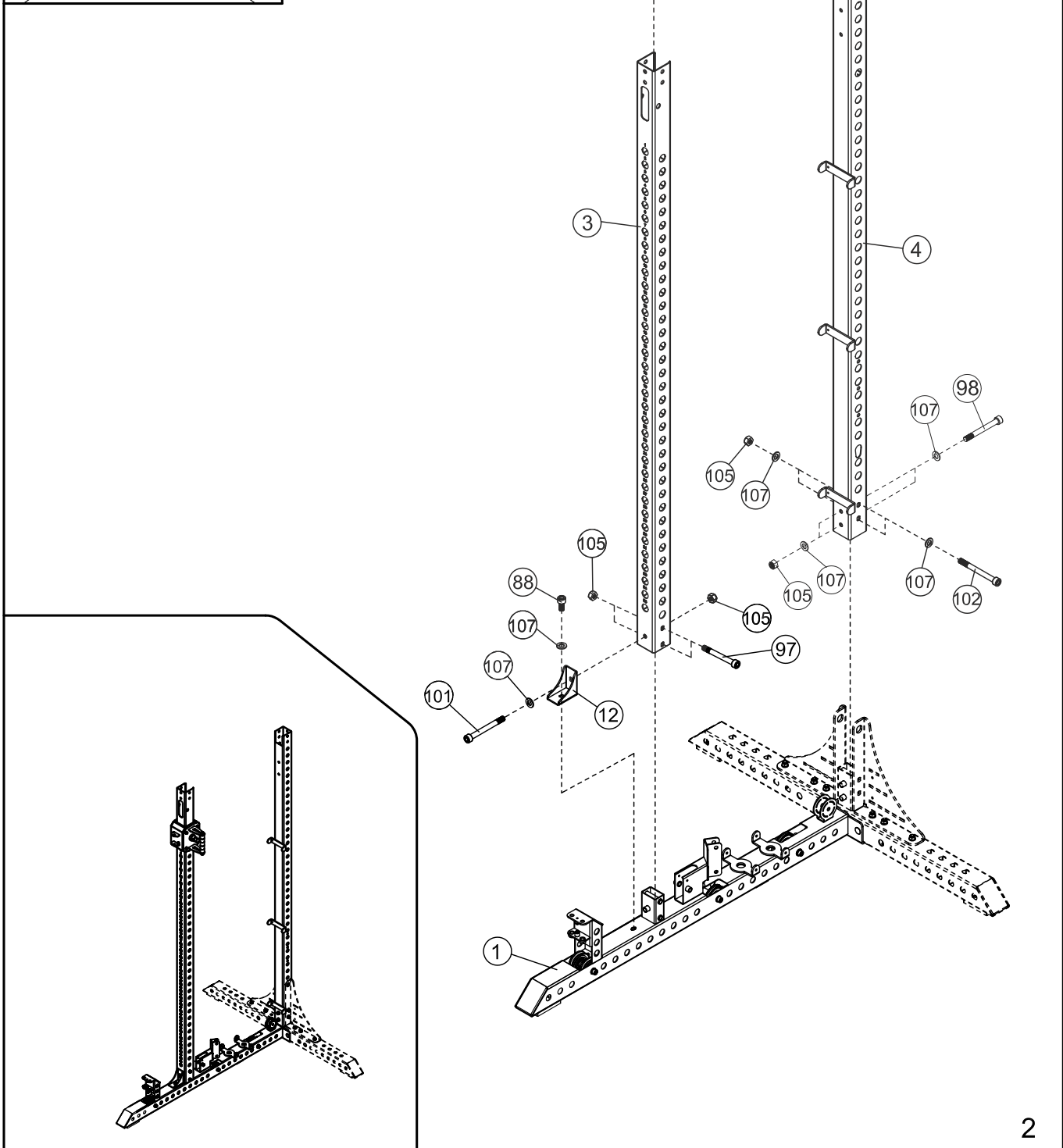
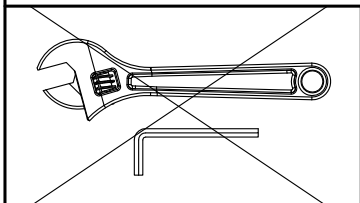
×4 Φ10



WHEN CONNECTED TO STABILIZER(1 inch):



88		×1 M10×20	102		×2 M10×100
97		×2 M10×85	105		×7 M10
98		×2 M10×90	107		×10 Φ10
101		×1 M10×95			

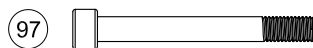




×4 M10×20



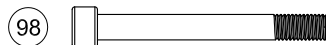
×4 M10



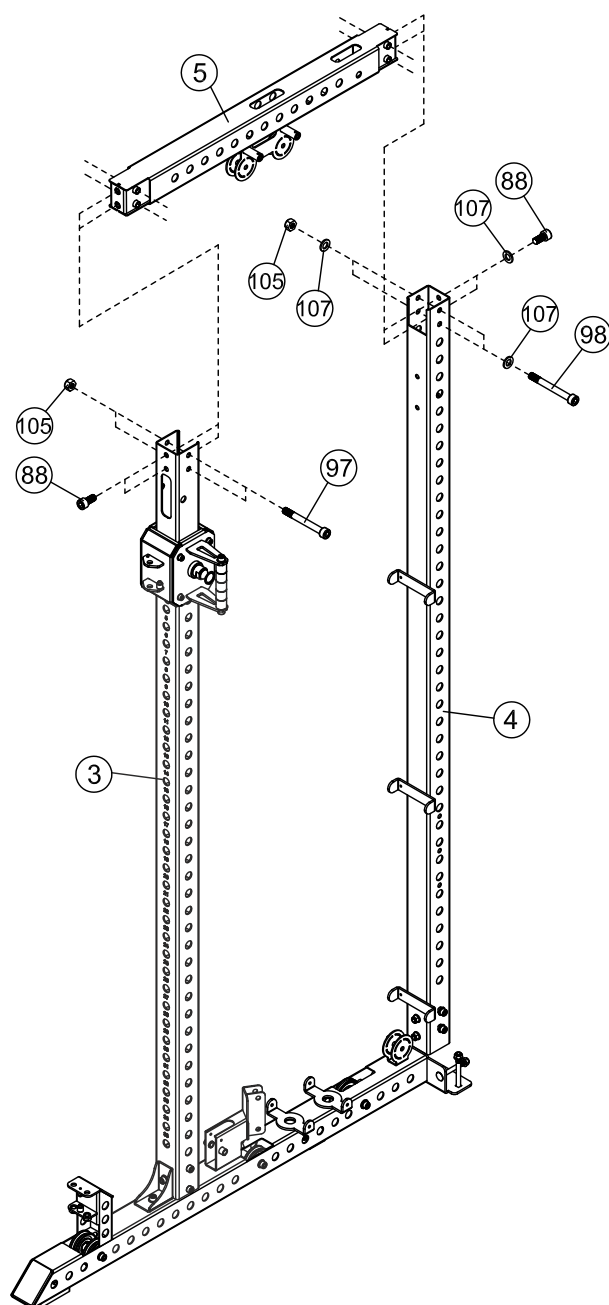
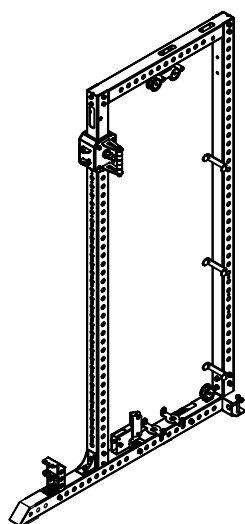
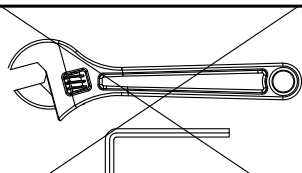
×2 M10×85



×6 Φ10



×2 M10×90

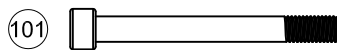




×6 M10×25



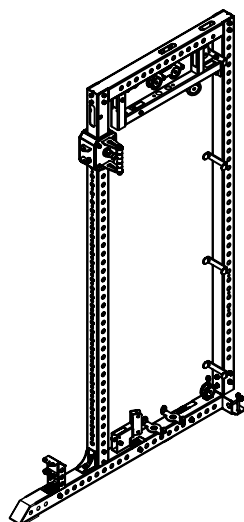
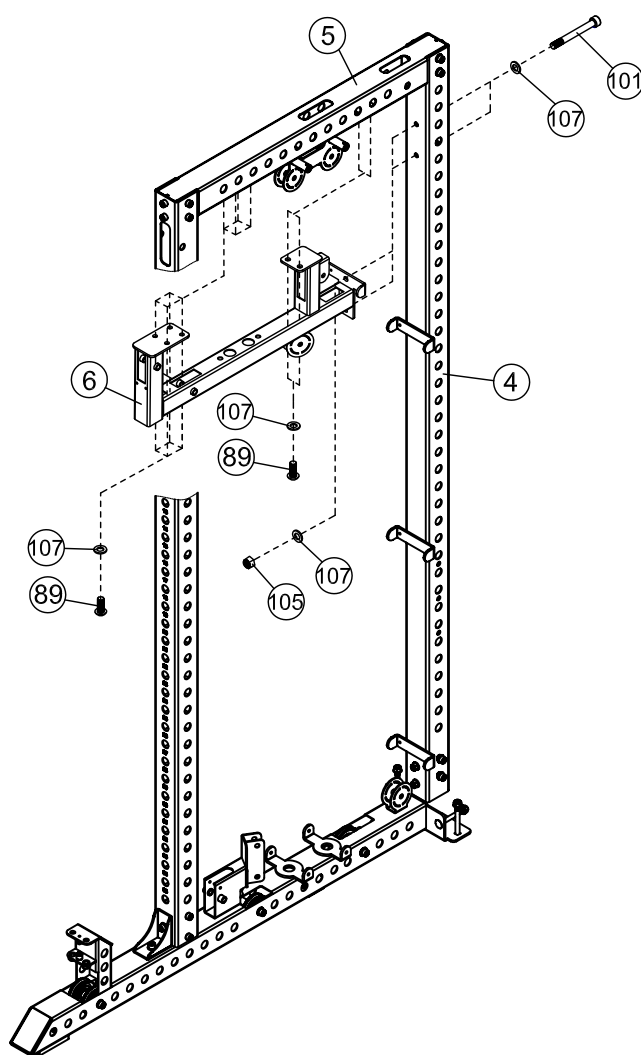
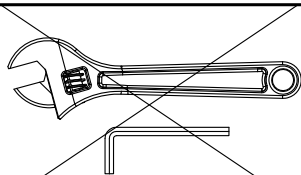
×2 M10

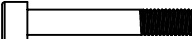


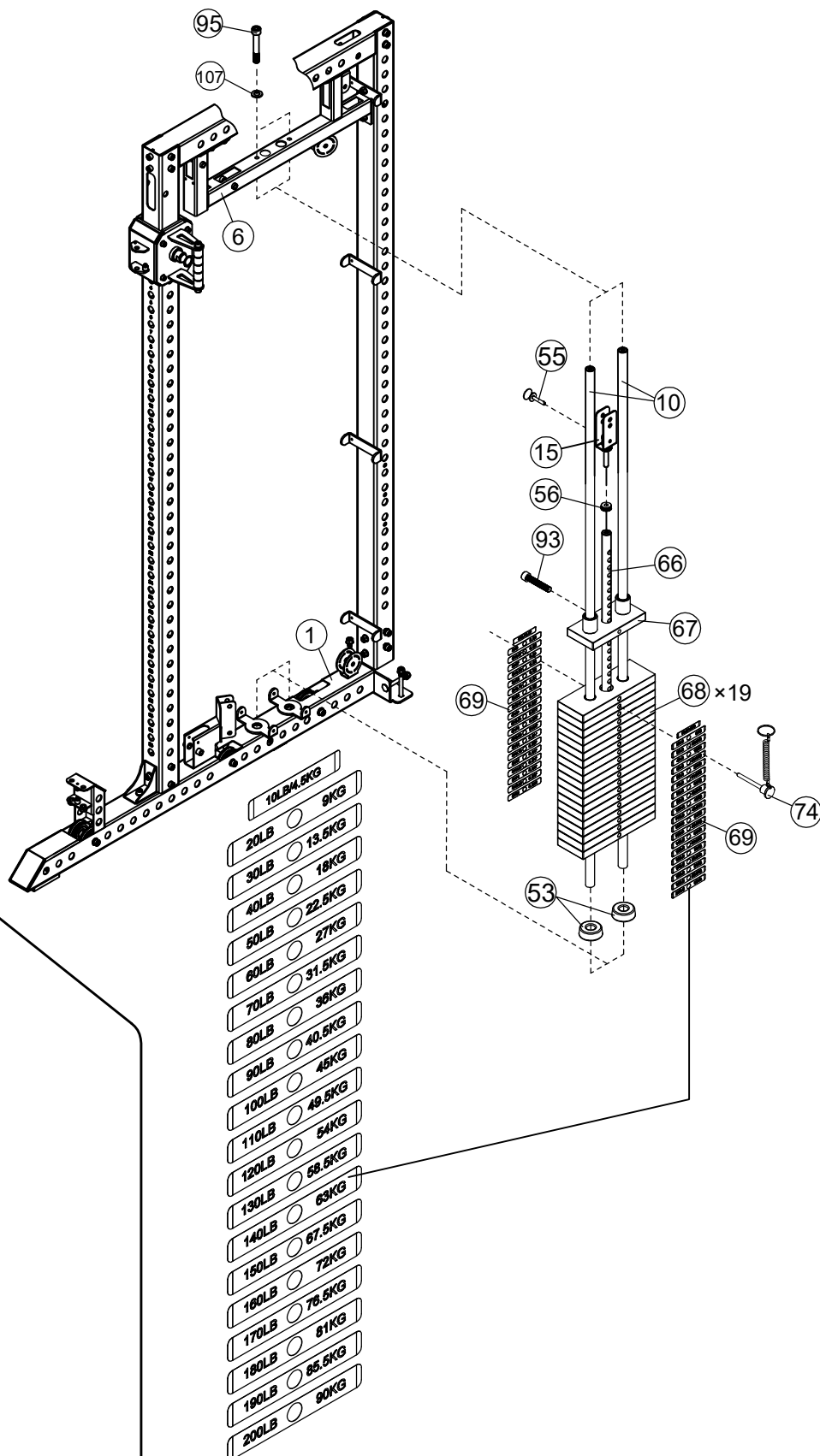
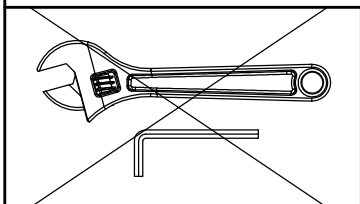
×2 M10×95

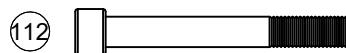


×10 Φ10



- (56)   ×1 $\Phi 28 \times 12 \times M12$
 (95)  ×2 M10×65
 (93)  ×1 M10×55
 (107)   ×2 $\Phi 10$

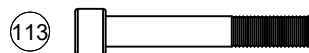




×1 M12×95



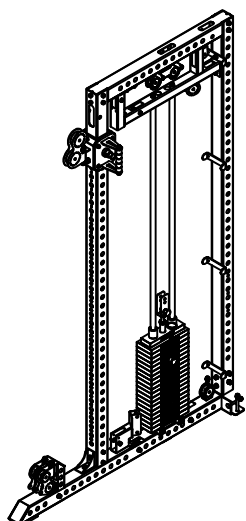
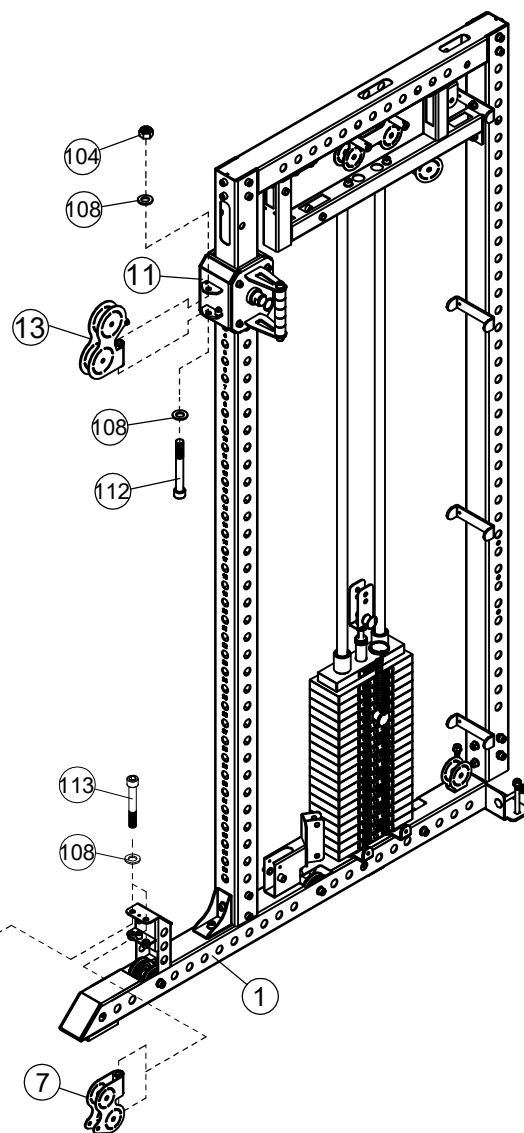
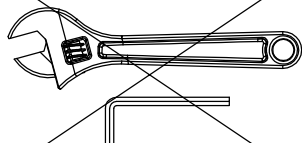
×1 M12

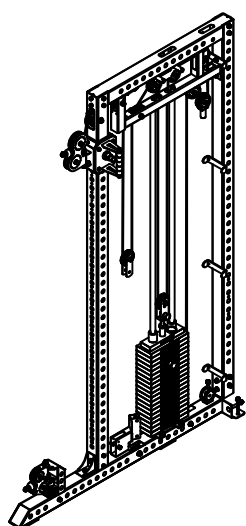
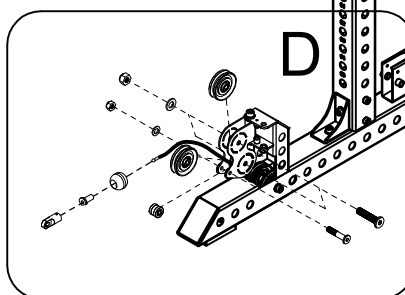
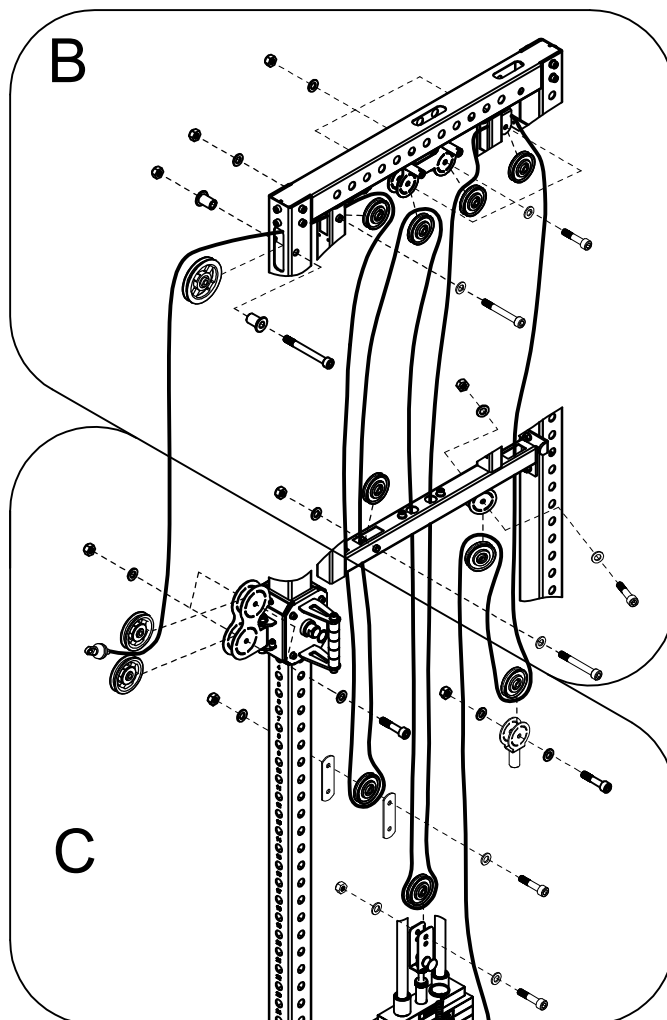
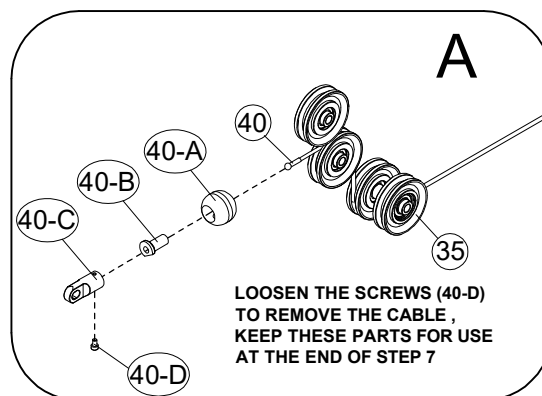
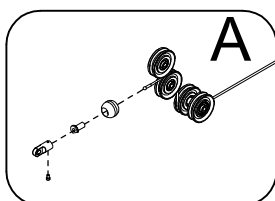
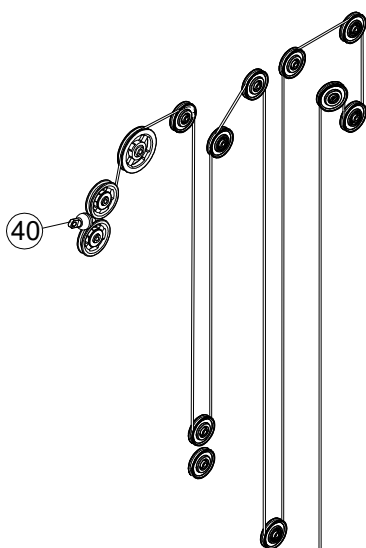


×2 M12×80

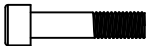


×4 Φ12

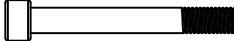




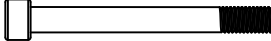
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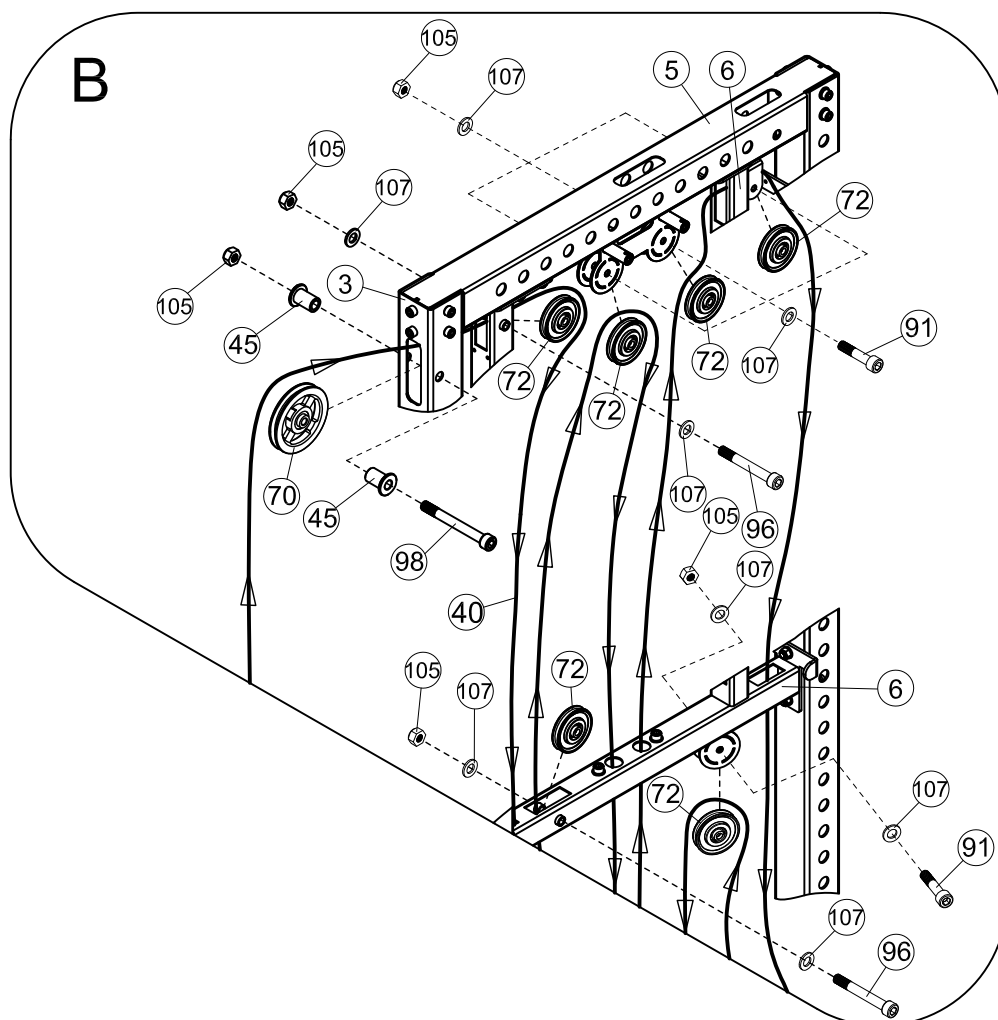
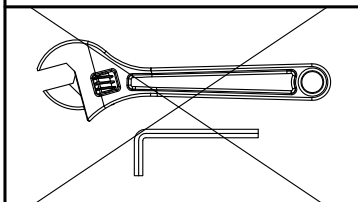
⑨①  ×4 M10×45

⑩⑤  ×7 M10

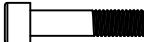
⑨⑥  ×2 M10×80

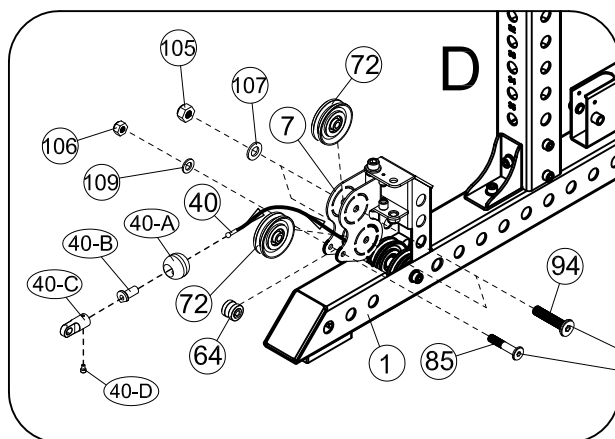
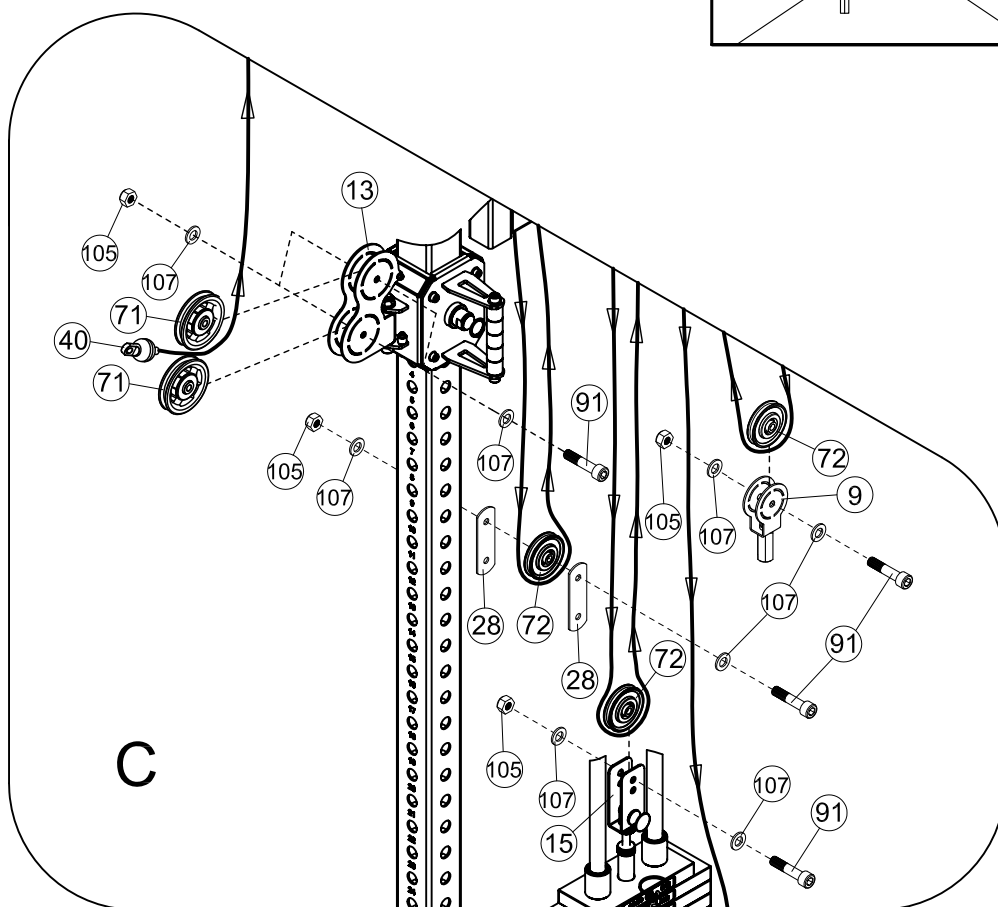
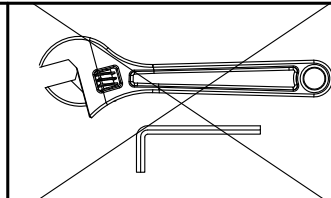
⑩⑦  ×12 Φ10

⑨⑧  ×1 M10×90



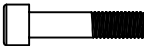
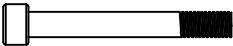
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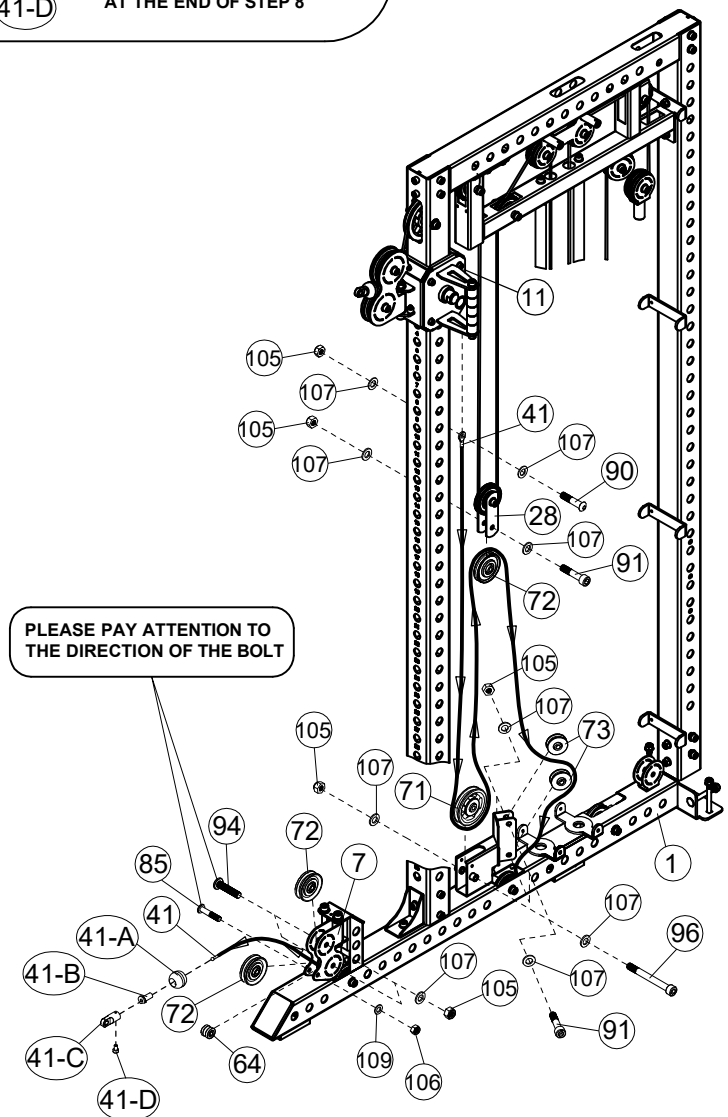
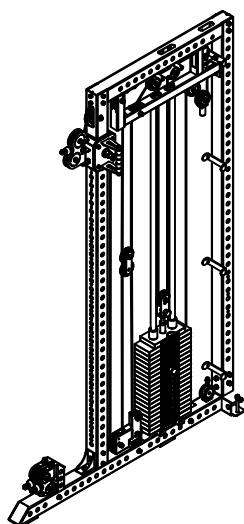
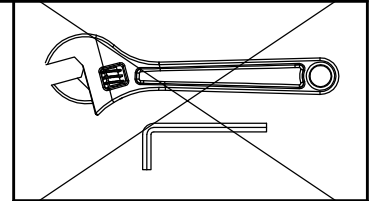
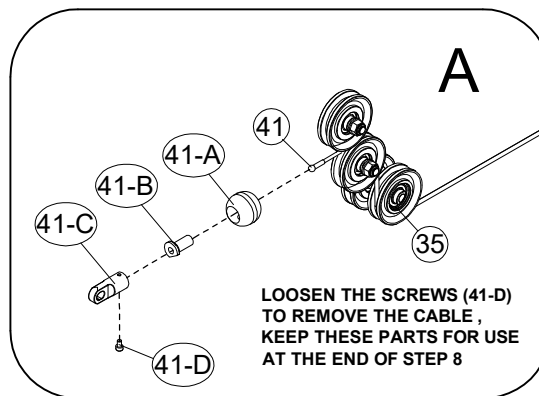
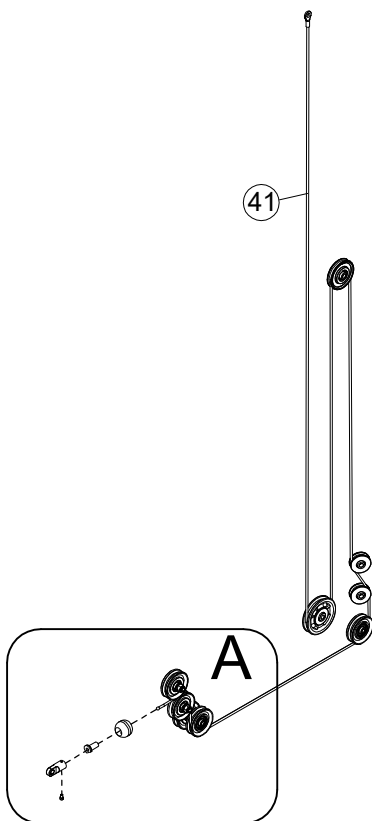
85		×1	M8×40	105			×7	M10
91		×5	M10×45	106			×1	M8
94		×2	M10×45	107			×12	Φ10
				109			×1	Φ8

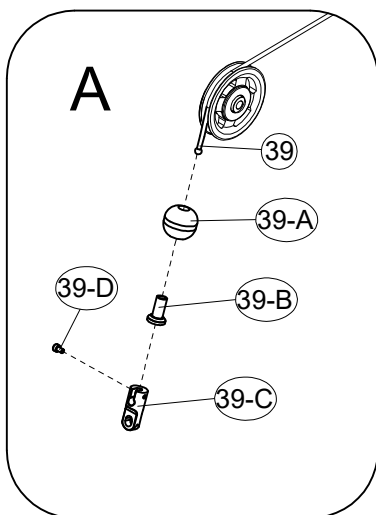


PLEASE PAY ATTENTION TO THE DIRECTION OF THE BOLT

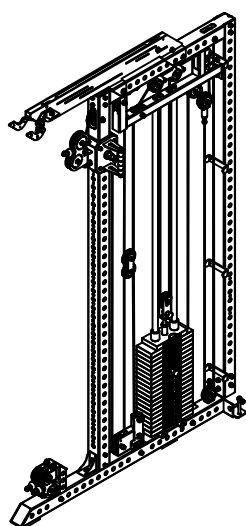
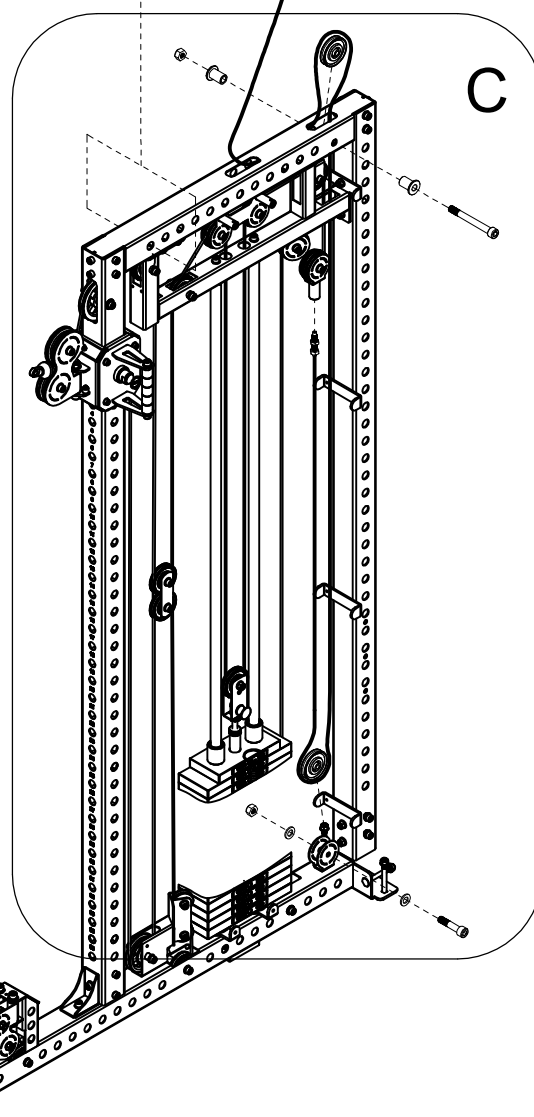
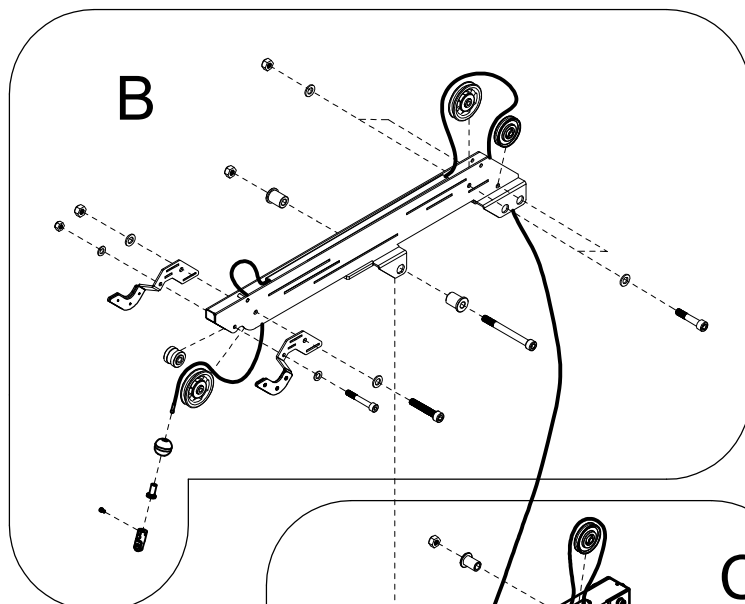
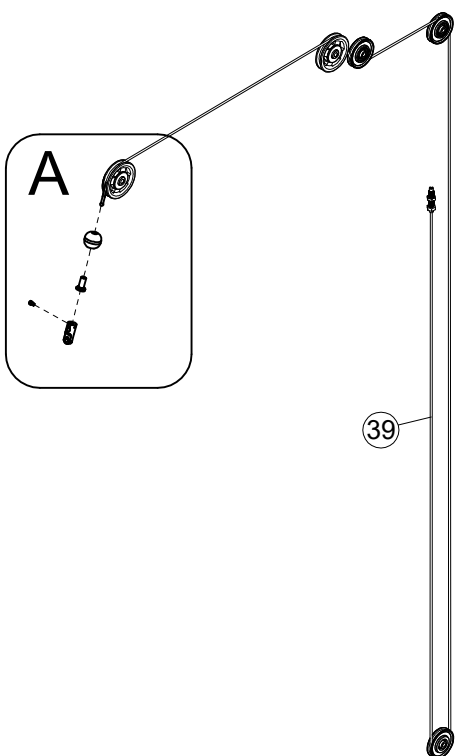
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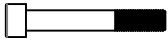
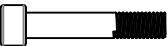
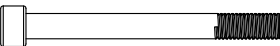
85		×1	M8×40	105			×7	M10
90		×1	M10×35	106			×1	M8
91		×3	M10×45	107			×12	Φ10
94		×2	M10×45	109			×1	Φ8
96		×1	M10×80					

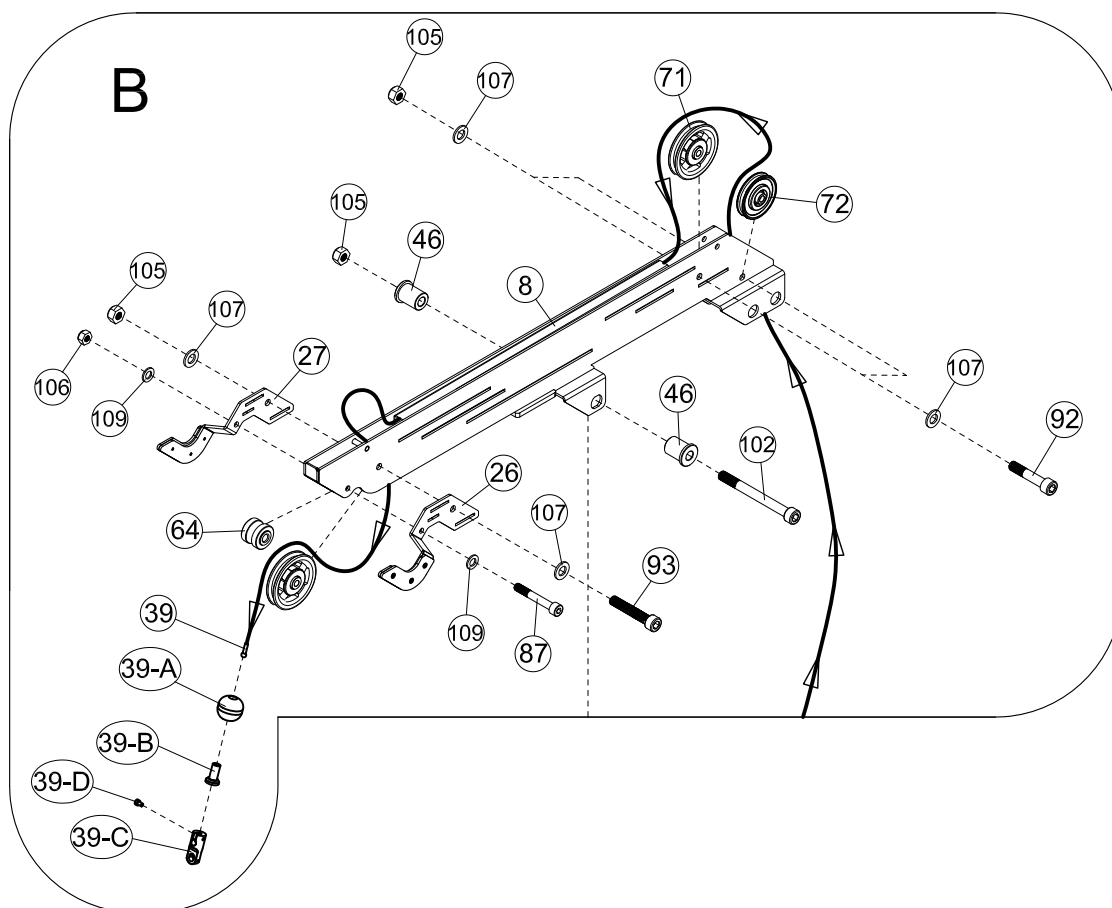
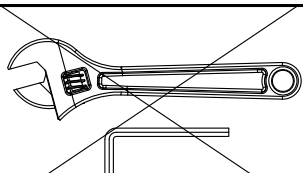


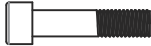
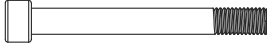


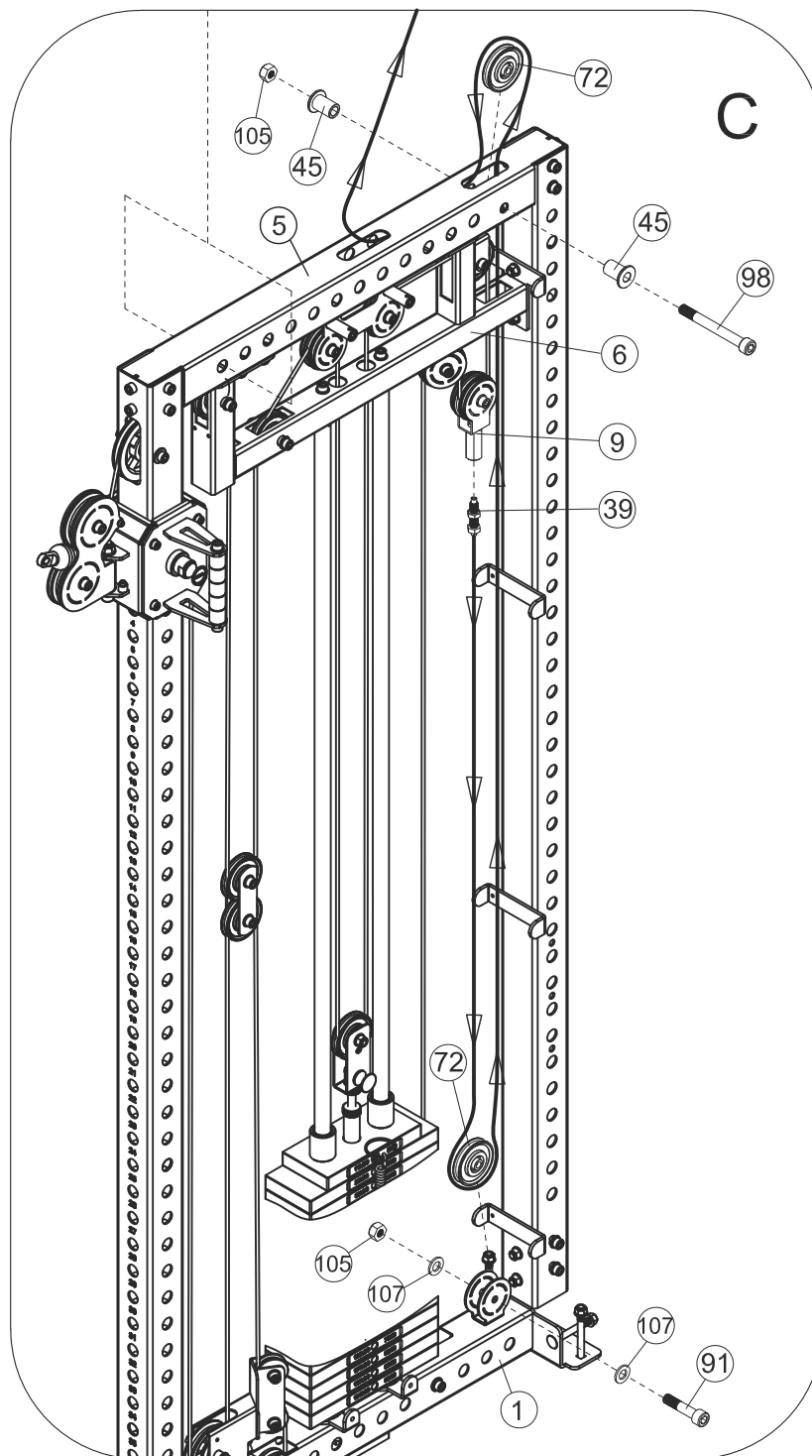
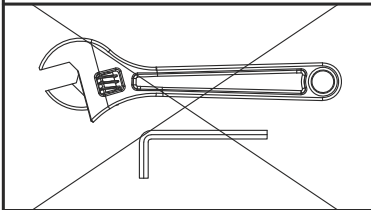
LOOSEN THE SCREWS (39-D)
TO REMOVE THE CABLE,
KEEP THESE PARTS FOR USE
AT THE END OF STEP 9



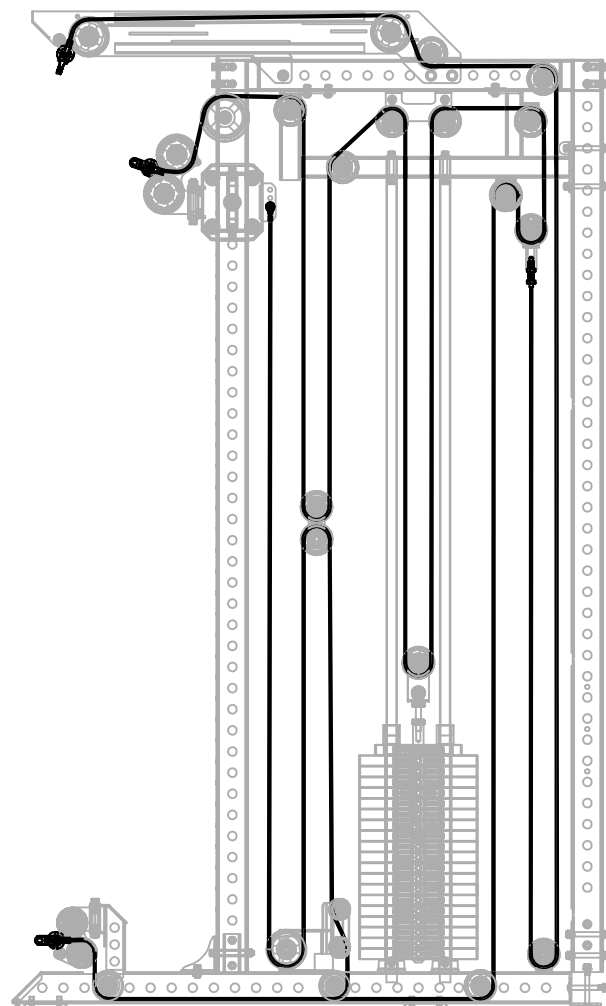
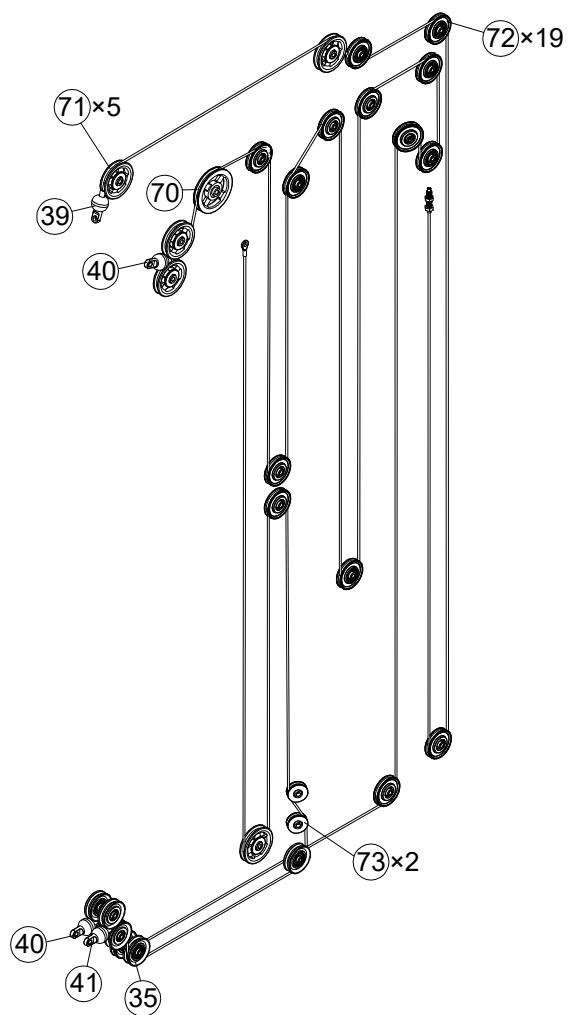
46		×2	Φ25×Φ20×Φ10.2×28	105		×4	M10
87		×1	M8×55	106		×1	M8
92		×2	M10×50	107		×6	Φ10
93		×1	M10×55	109		×2	Φ8
102		×1	M10×100				

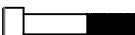
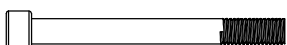


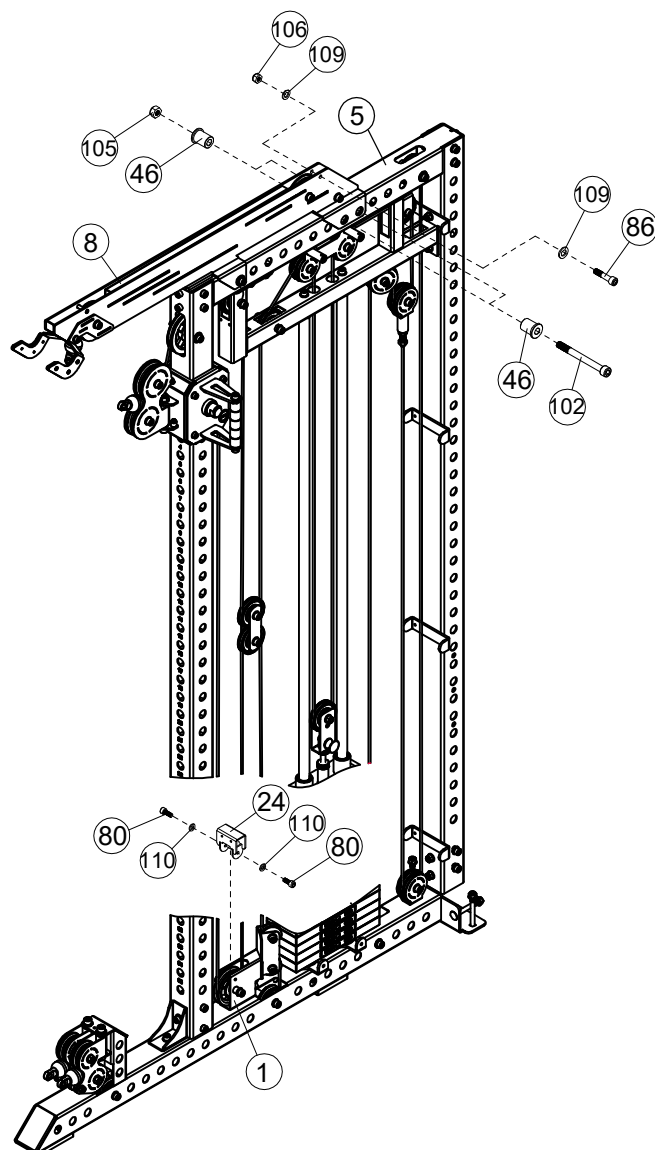
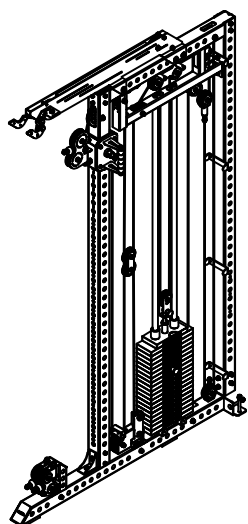
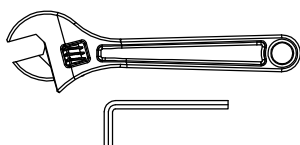
45		×2	Φ25×Φ16×Φ10.2×27	105		×2	M10
91		×1	M10×45	107		×2	Φ10
98		×1	M10×90				



9-C



46			×4	Φ25×Φ20×Φ10.2×28	105			×2	M10
80			×2	M6×15	106			×1	M8
86			×1	M8×45	109			×2	Φ8
102			×2	M10×100	110			×2	Φ6

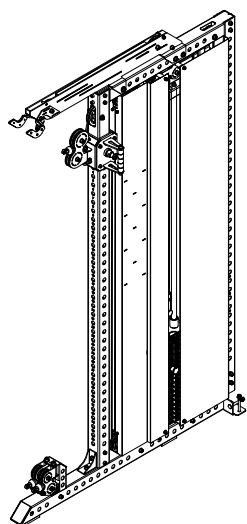
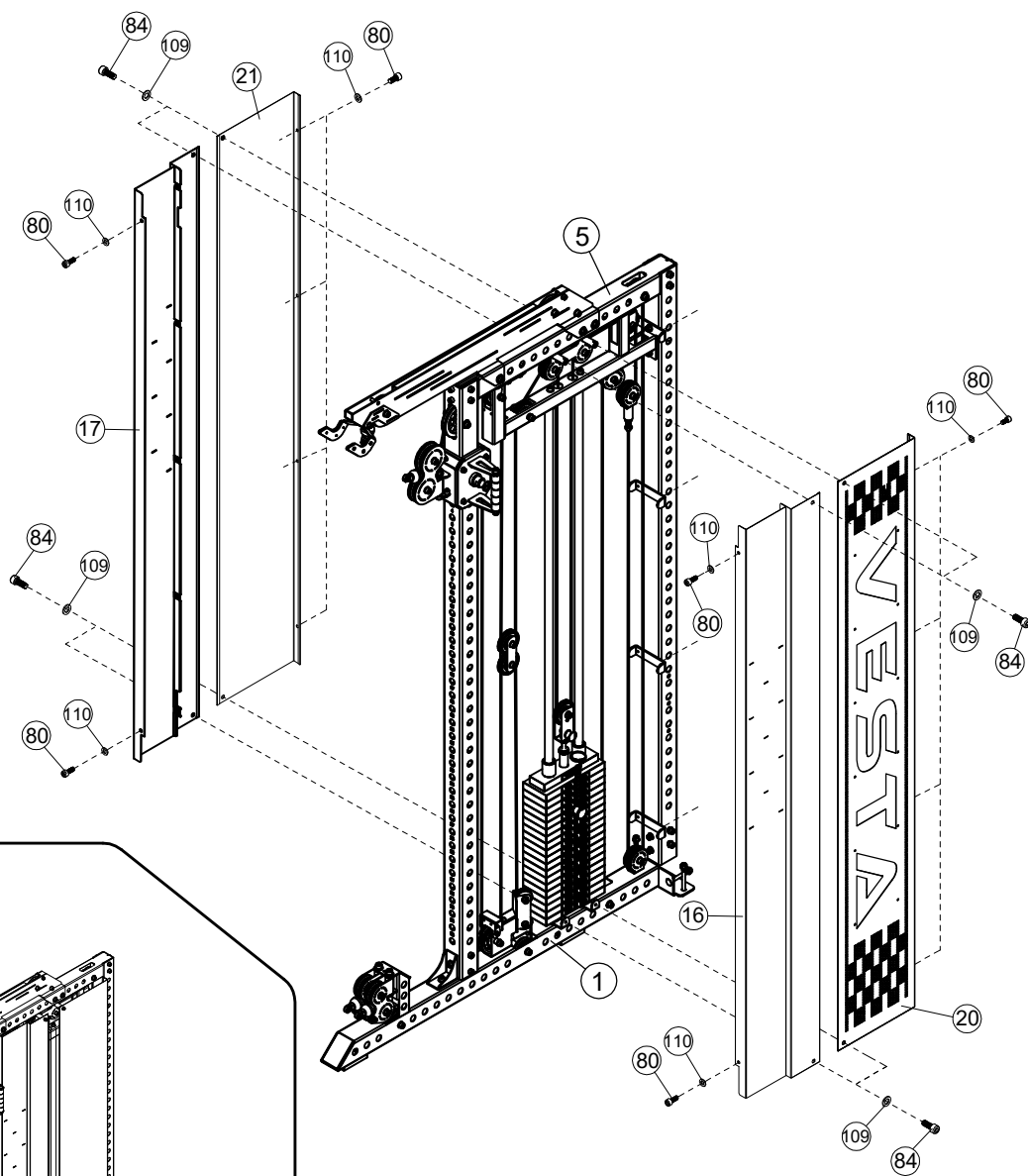
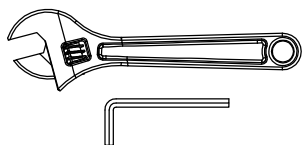


80  ×12 M6×15

109  | ×8 Φ8

84  ×8 M8×20

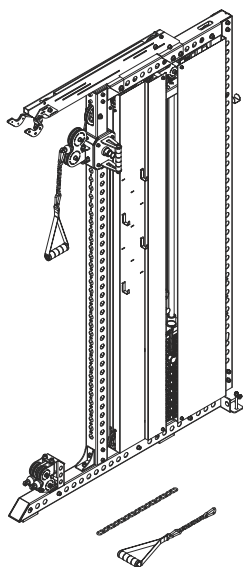
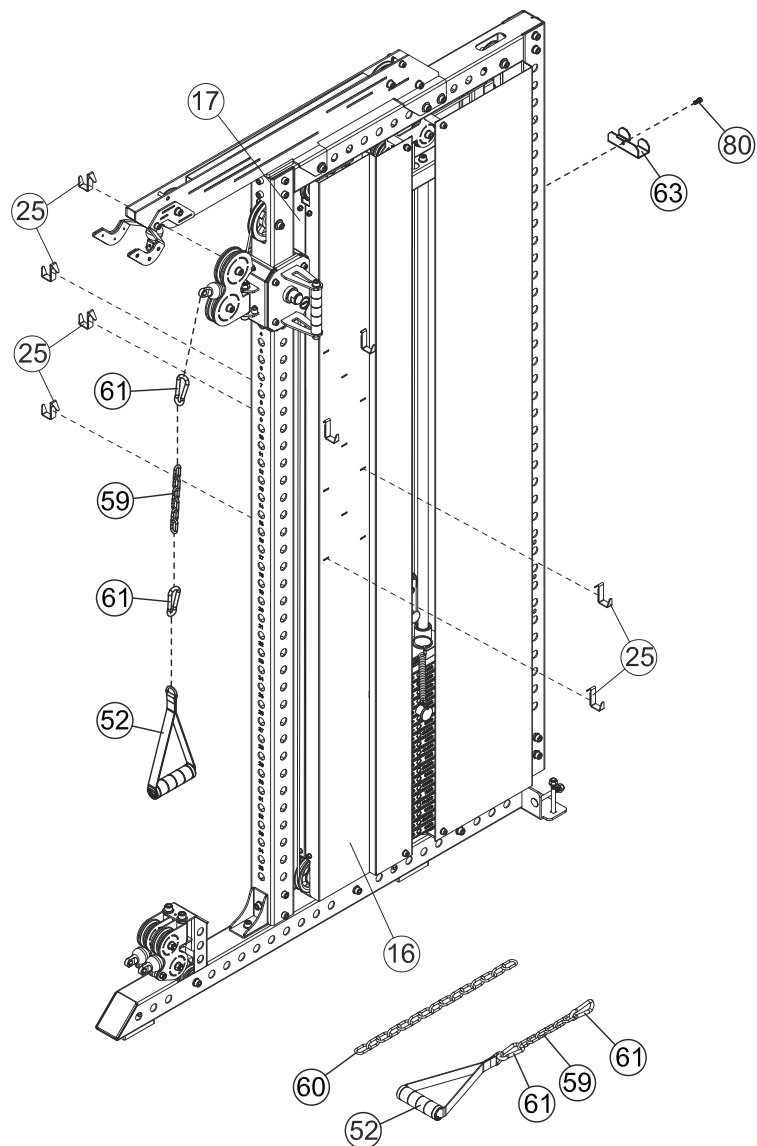
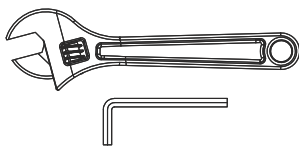
110  | ×12 Φ6

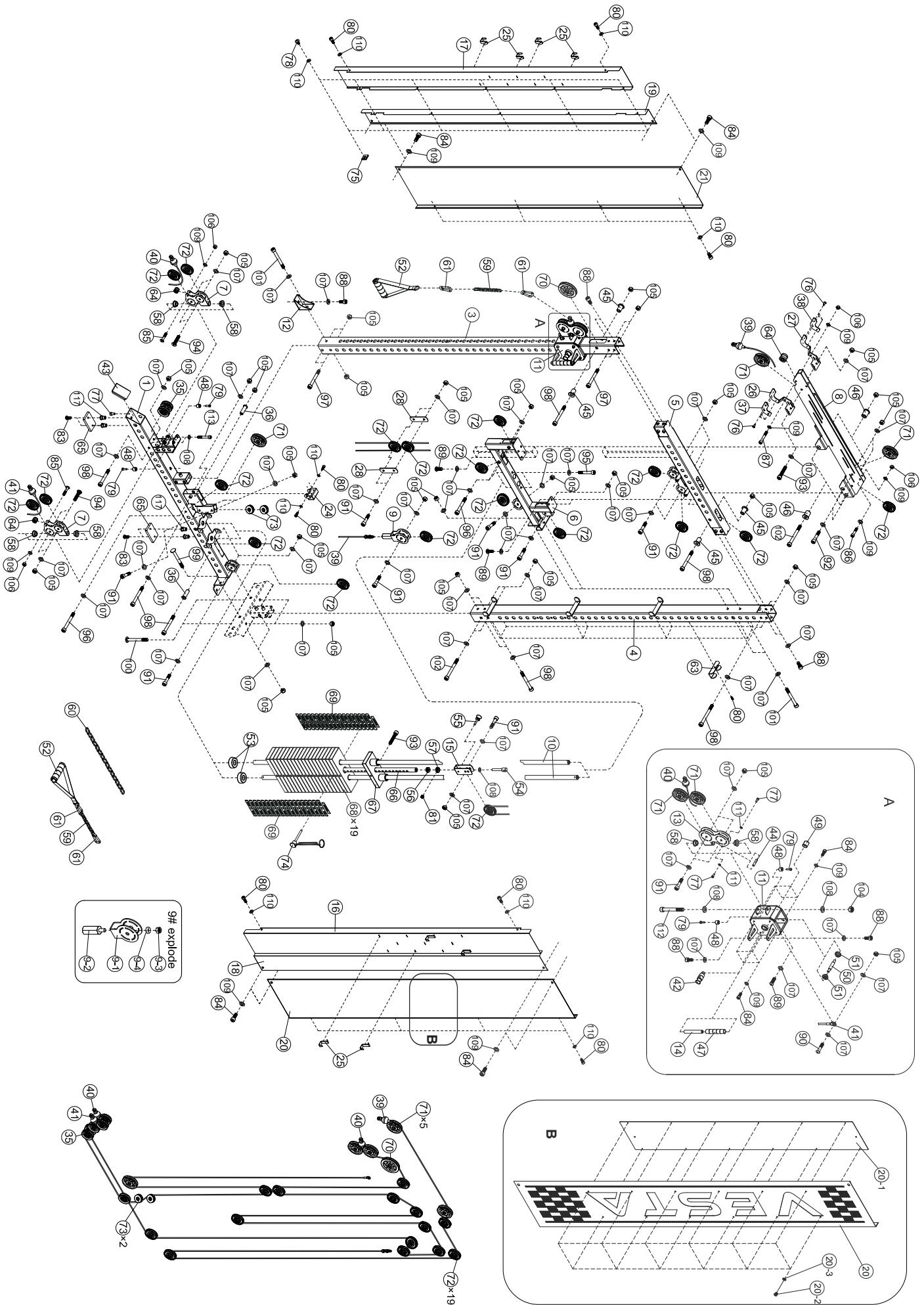


80



×1 M6×15





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		1
3	Front Vertical Frame	□75×3×2163	1
4	Rear Frame		1
5	Upper Frame		1
6	Connecting frame on guide rod		1
7	Lower Swivel pulley frame		2
8	Lat Pull Down Frame		1
9	Cable Adjusting Frame		1
10	Guide rod		2
11	Sliding frame		1
12	Small Stiffener		1
13	Swivel PulleyBracket		1
14	Connecting Rod Liner		1
15	Double Hole Pulley Frame	112×25×50×3	1
16	Left front cover	2084×170×46×1	1
17	Right front cover	2084×170×46×1	1
18	Left middle cover	2084×122×45×1	1
19	Right middle cover	2084×122×45×1	1
20	Left Rear cover	2084×326×29×1	1
20-1	Lining Plate	1420×200×2×M4	1
20-2	Cross recessed pan head screws	M4×4	12
20-3	Washer	4	12
21	Right Rear cover	2084×326×29×1	1
20-1	Lining Plate	1420×200×2×M4	1
20-2	Cross recessed pan head screws	M4×4	12
20-3	Washer	4	12
24	Cover Fixing frame		1
25	Hook		8
26	Left hook	168.5×96×42×4×M4	1
27	Right hook	168.5×96×42×4×M4	1
28	Double Floating Pulley Bracket	125×38×3	2
35	Double pulley combination		1
36	Spacer sleeve	φ22×φ16×φ10.2×50.5	2
37	Left Rack Liner	110×66.5×4	1
38	Right Rack Liner	110×66.5×4	1
39	Pull up the steel cable	φ4×5050	1
40	Mid pull steel cable	φ4×9490	1
41	Pull down steel cable	φ4×4600	1
42	Detent Pin		1
43	Slanted Decorative Cover	□75×2.5	1

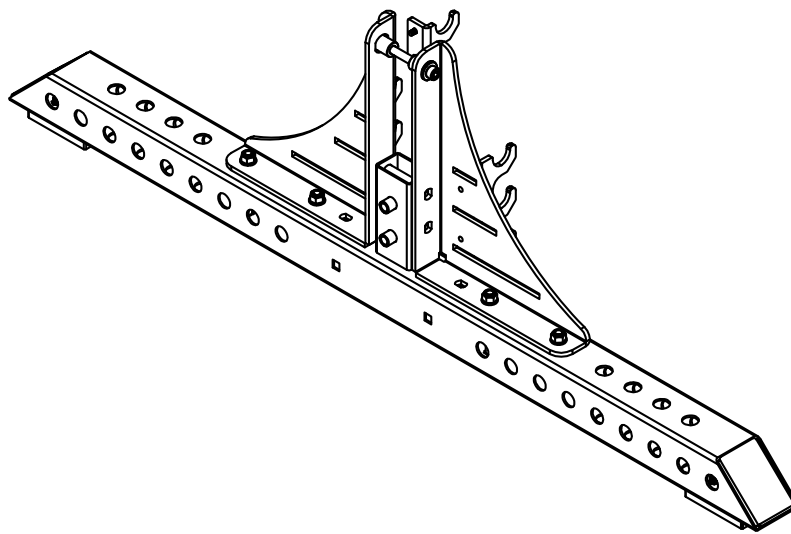
PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
44	Stop post	φ8×25×M5	1
45	Spacer sleeve	φ25×φ16×φ10.2×27	4
46	Spacer sleeve	φ25×φ20×φ10.2×28	6
47	Handle tube	φ25×2.5×130	1
48	Spacer sleeve	φ14×φ6×12	4
49	Alloy clevis pin head	φ28×φ25×30×M10	1
50	Threaded stud	φ16×φ12×95×M8	4
52	Pull Handle	L=245MM	2
51	Roller	φ35×φ12.1×19.7	8
53	Rubber Stopper	φ62×φ24.5×25	2
54	Adjusting bolt	φ22×100×M12	1
55	Alloy clevis pin		1
56	Round nut	φ28×12×M12	1
57	Adjustment sleeve	φ28×φ12.5×12	1
58	Bushing	φ25×φ20×φ12.2×10	6
59	6-Joint Chain		2
60	15-Joint Chain		1
61	Hook	φ8	4
63	Hangre	100×37×38×27×10×2	1
64	Roller	φ27×24	3
65	Rubber Bumper	65×100×12	2
66	Selector Rod	φ25×564	1
67	Top Weight Plate	230×65×72	1
68	Weight Plate	250×100×25.4 (10LB)	19
69	200LB selector iron sticker	10LB-200LB	2
70	Pulley with Bearings	φ114×φ10	1
71	Pulley with Bearings	φ95×φ10	5
72	Pulley with Bearings	φ72×φ10	19
73	Pulley with Bearings	φ50×φ10	2
74	Weight Selector Pin		1
75	U-shaped fixing clamp	24×20×M6	10
76	Cross slot head screw	M4×10	6
77	Hexagon socket button head screws	M5×10	3
78	Cross slot flat head screw	M6×10	10
79	Hexagon socket button head screws	M5×16	4
80	Hexagon socket button head screws	M6×15	15
81	Set screw	M8×8	1
83	Allen Bolt	M8×20	4
84	Hexagon socket button head screws	M8×20	16
85	Hexagonal socket head screw	M8×40	2

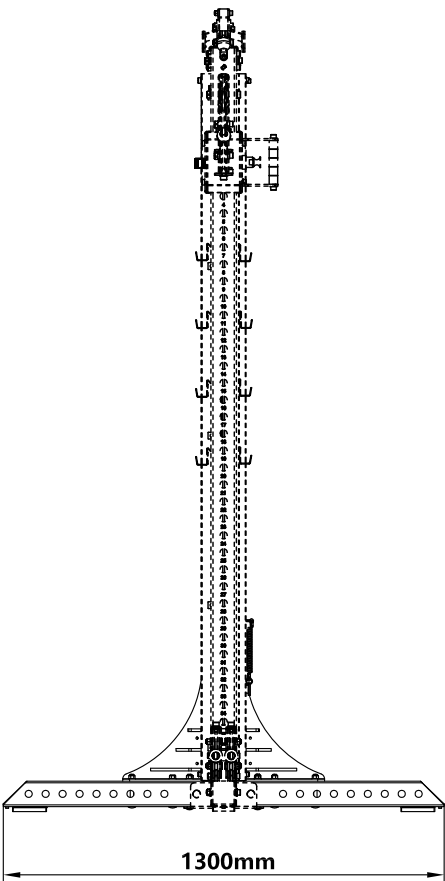
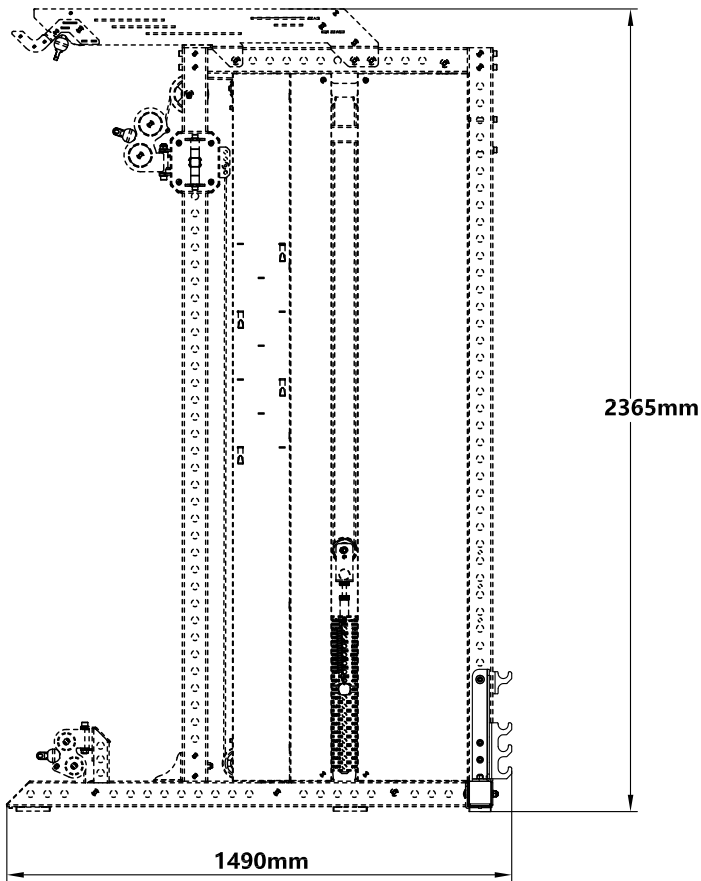
PARTS LIST

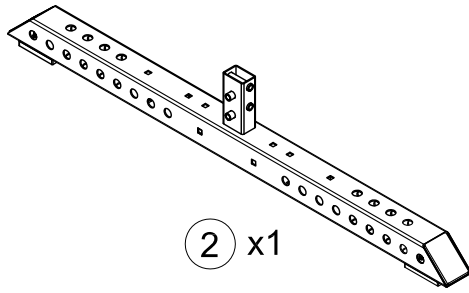
KEY NO.	PART DESCRIPTION	SPEC	QTY
86	Hexagon socket button head screws	M8×45	1
87	Hexagon socket button head screws	M8×55	1
88	Hexagon socket button head screws	M10×20	7
89	Allen Bolt	M10×25	7
90	Allen Bolt	M10×35	1
91	Hexagon socket button head screws	M10×45	13
92	Hexagon socket button head screws	M10×50	2
93	Hexagon socket button head screws	M10×55	2
94	Hexagonal socket head screw	M10×45	4
95	Hexagon socket button head screws	M10×65	2
96	Hexagon socket button head screws	M10×80	3
97	Hexagon socket button head screws	M10×85	4
98	Hexagon socket button head screws	M10×90	9
99	Carriage Bolt	M10×95	2
100	Carriage Bolt	M10×100	2
101	Hexagon socket button head screws	M10×95	3
102	Hexagon socket button head screws	M10×100	5
104	Nut	M12	1
105	Nut	M10	49
106	Nut	M8	4
107	Washer	10	83
108	Washer	12	5
109	Washer	8	22
110	Washer	6	24
111	Washer	5	2
112	Hexagon socket button head screws	M12×95	1
113	Hexagon socket button head screws	M12×80	2
117	Rivet nut	M8	4
	Allen wrench	3#	1
	Allen wrench	4#	1
	Allen wrench	5#	1
	Allen wrench	6#	1
	Allen wrench	8#	1
	Allen wrench	10#	1

VTA24011-STABILIZER(1 inch)

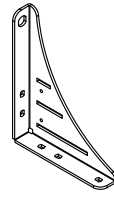


Assembled Dimension: 1490mm x 1300mm x2365mm

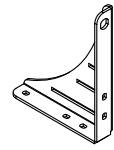




② x1



②② x1



②③ x1



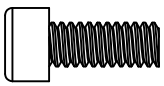
②⑨ x1



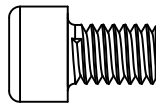
③① x1



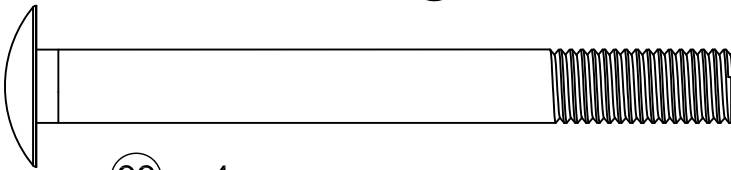
③① x1



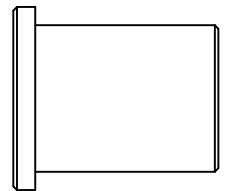
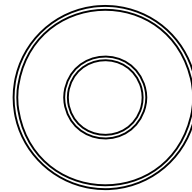
⑧① x 2



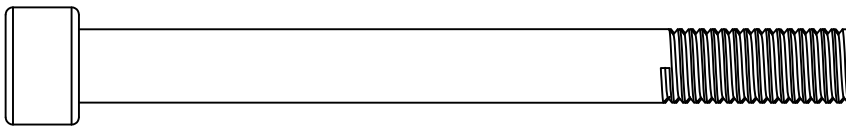
⑧② x 4



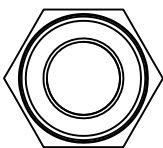
⑨⑨ x 4



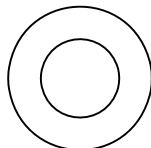
④⑥ x 2



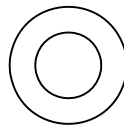
①①③ x 1



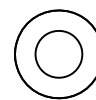
①①⑤ x 5



①①⑦ x 4

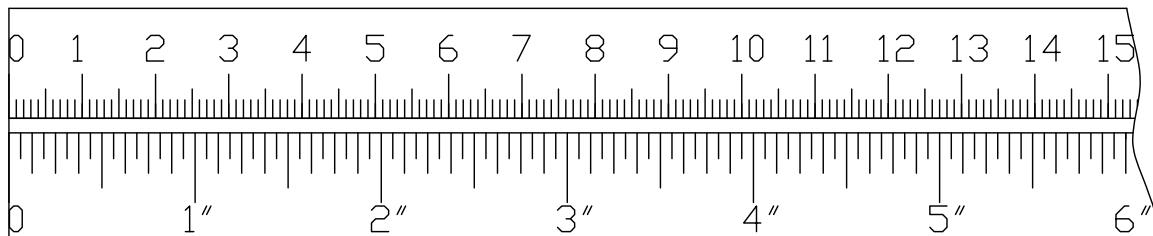


①①⑨ x 4

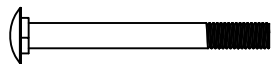


①①①① x 2

mm



99



×4 M10×95

105

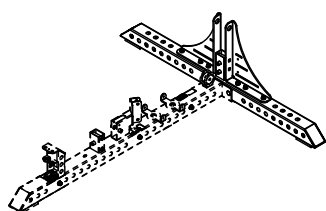
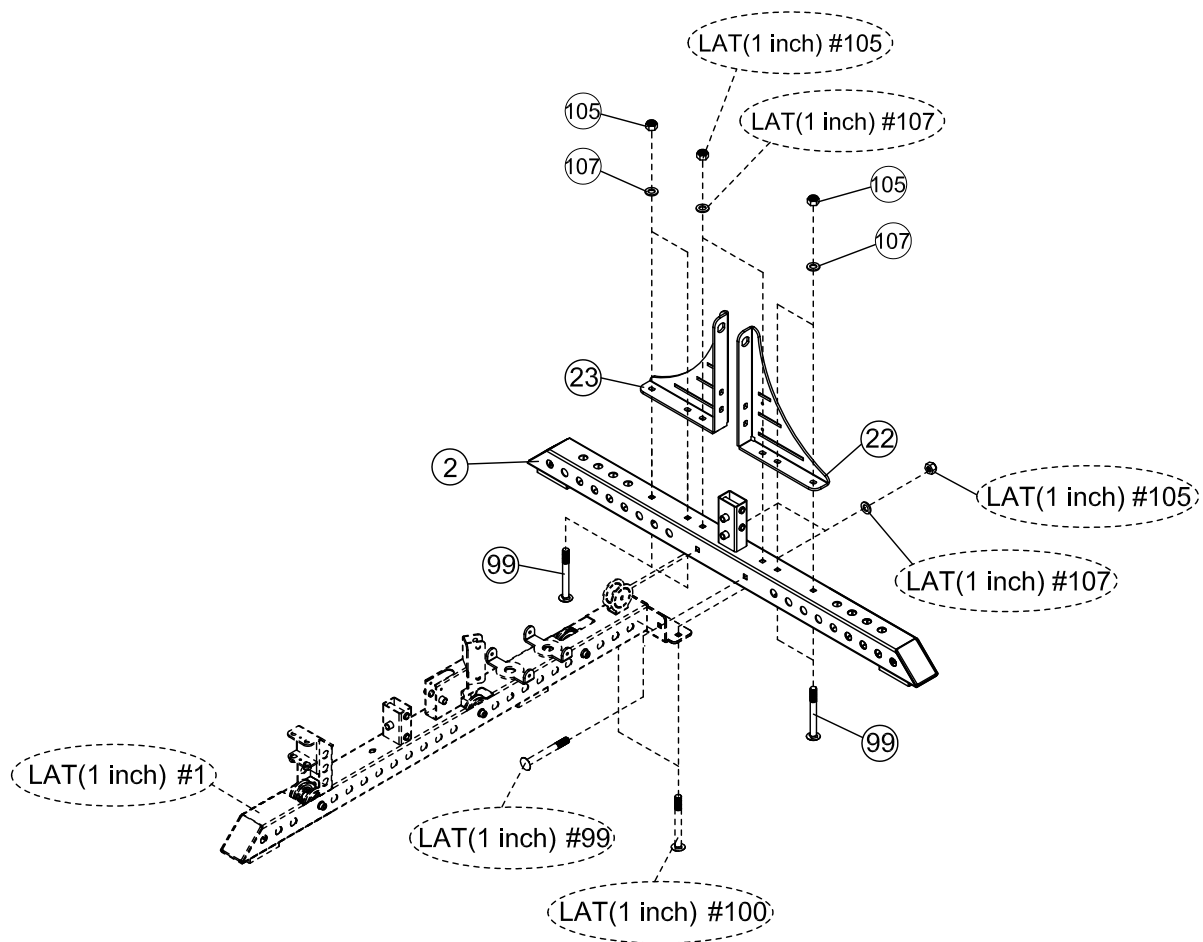
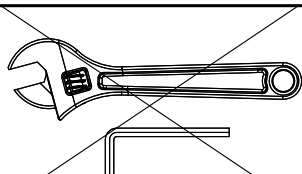


×4 M10

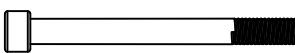
107



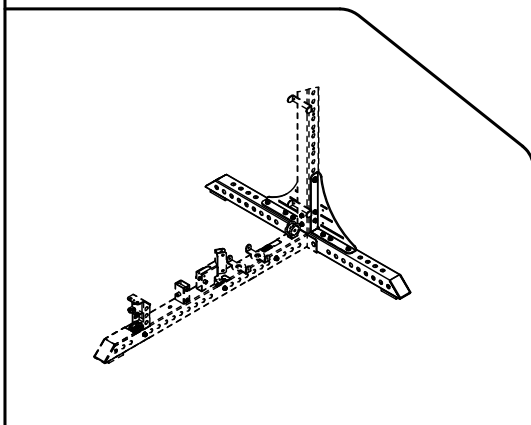
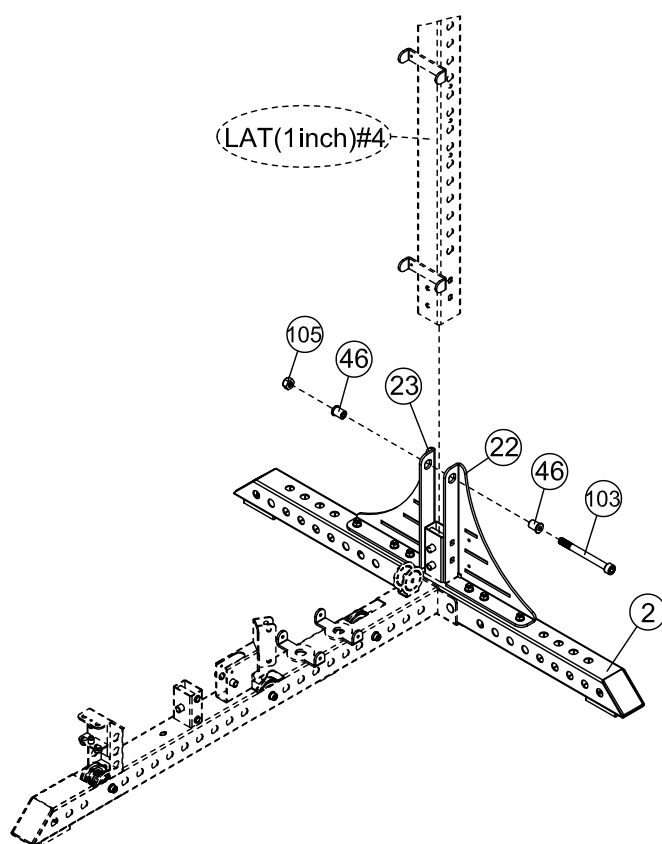
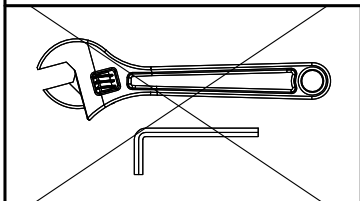
×4 Φ10



46   ×2 $\Phi 25 \times \Phi 20 \times \Phi 10.2 \times 28$

103  ×1 M10×105

105   ×1 M10

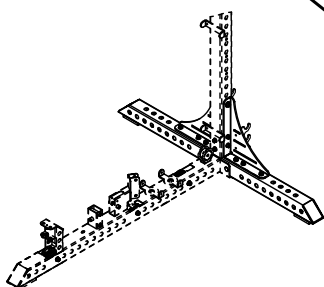
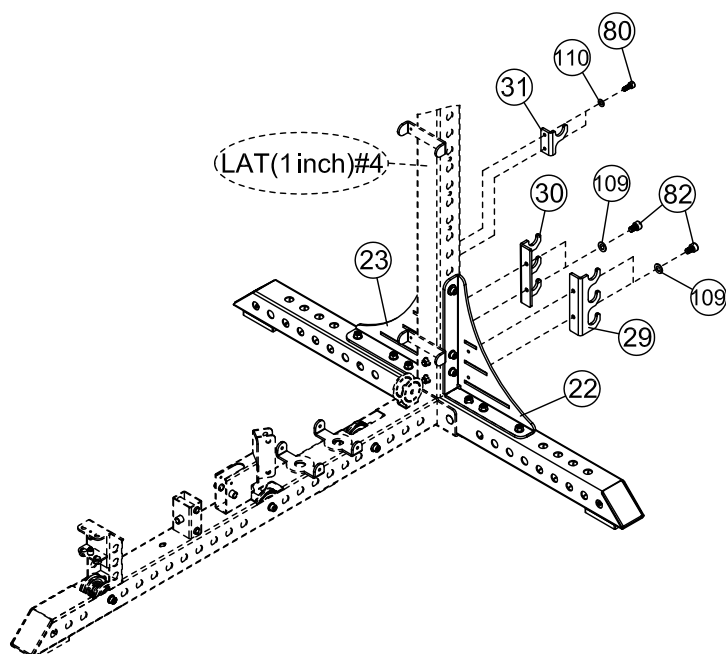
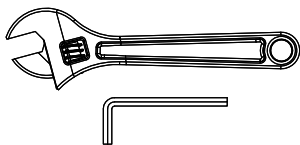


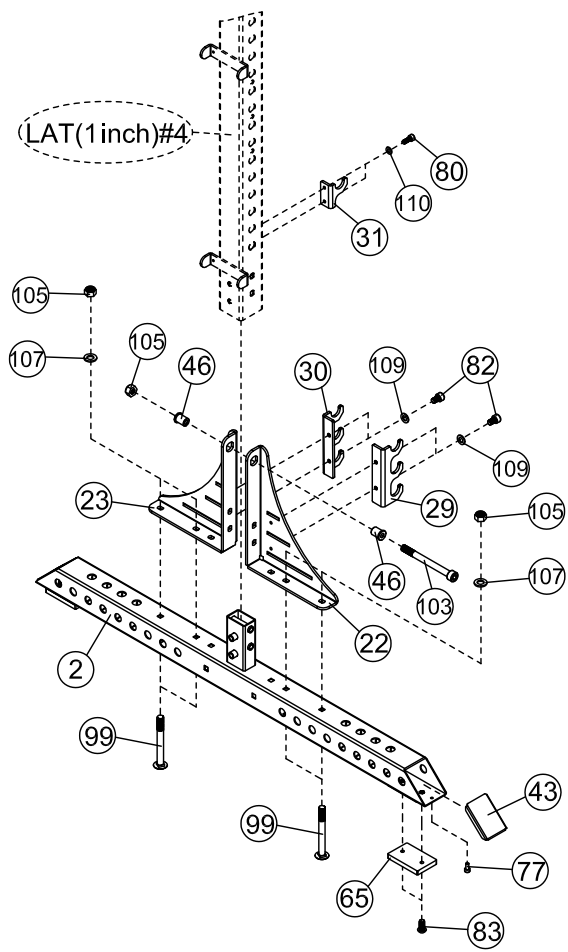
(80)  ×2 M6×15

(109)  | ×4 Φ8

(82)  ×4 M8×12

(110)  | ×2 Φ6





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
2	Rear Base Frame		1
22	Left Stiffener	330×260×50×6×M8	1
23	Right Stiffener	330×260×50×6×M8	1
29	Left Hanging rack		1
30	Right Hanging rack		1
31	Top Hanging rack		1
43	Slanted Decorative Cover	□75×2.5	2
46	Spacer sleeve	φ25×φ20×φ10.2×28	2
65	Rubber Bumper	65×100×12	2
77	Hexagon socket button head screws	M5×10	2
80	Hexagon socket button head screws	M6×15	2
82	Hexagon socket button head screws	M8×12	4
83	Allen Bolt	M8×20	4
99	Carriage Bolt	M10×95	4
103	Hexagon socket button head screws	M10×105	1
105	Nut	M10	5
107	Washer	10	4
109	Washer	8	4
110	Washer	6	2

Please locate the Serial Number on the product packaging below the barcode.

If the packaging is unavailable, you can find the Serial Number on the product itself, as shown below.

