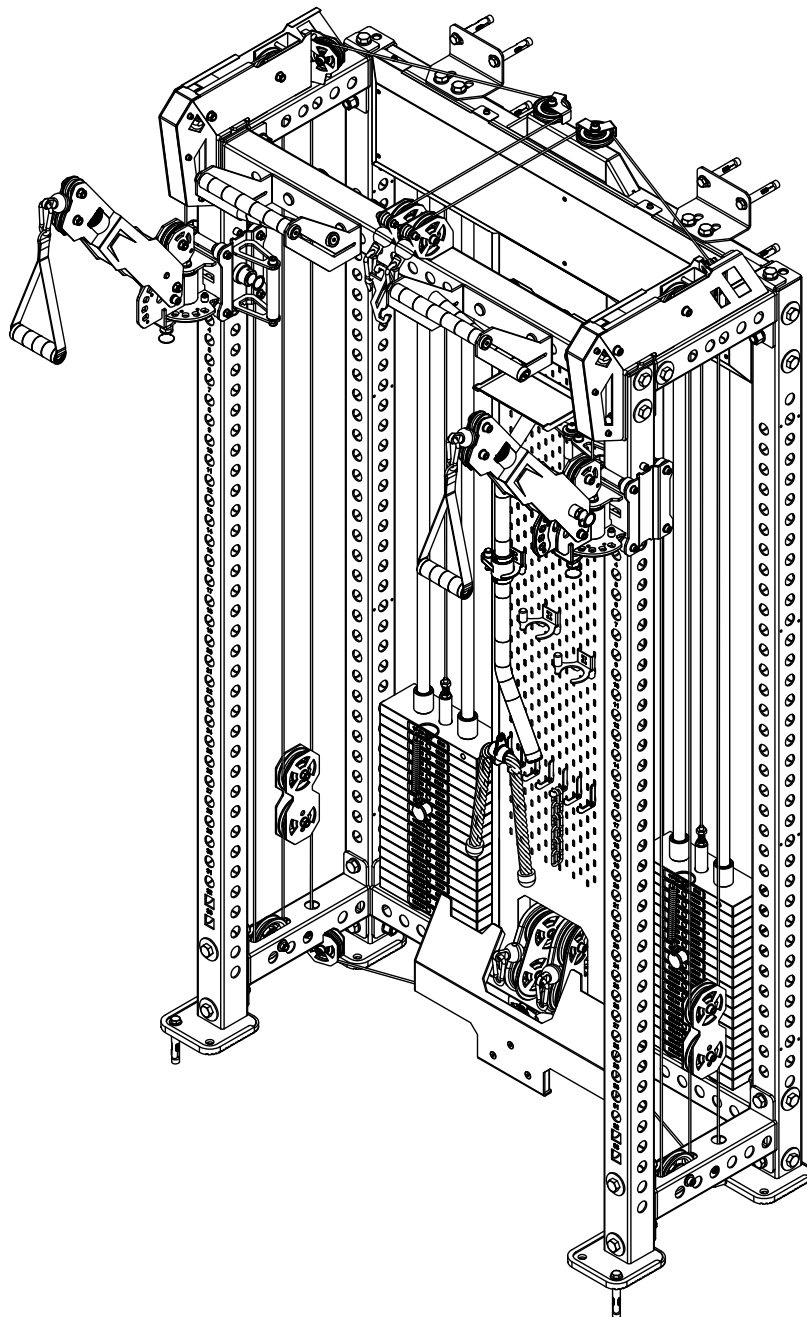


VESTA

VFORCE

ASSEMBLY MANUAL

VFS-2IN1



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20260625-V1.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

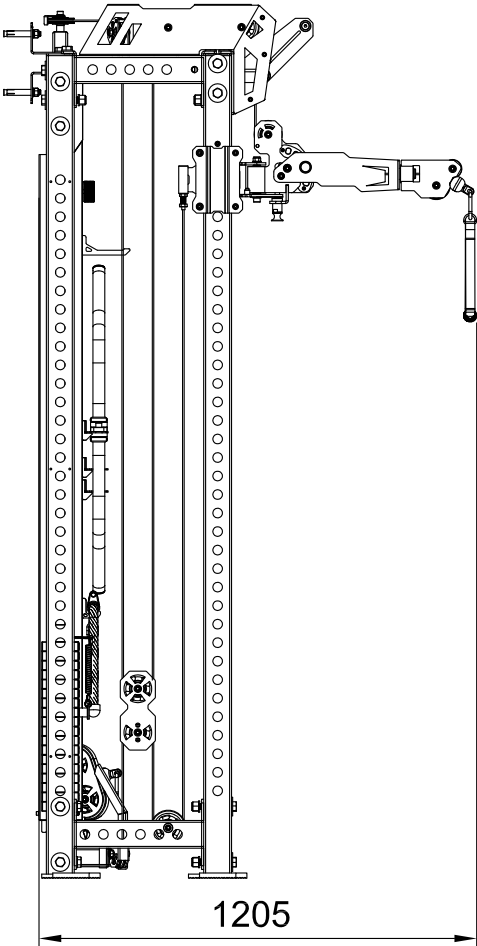
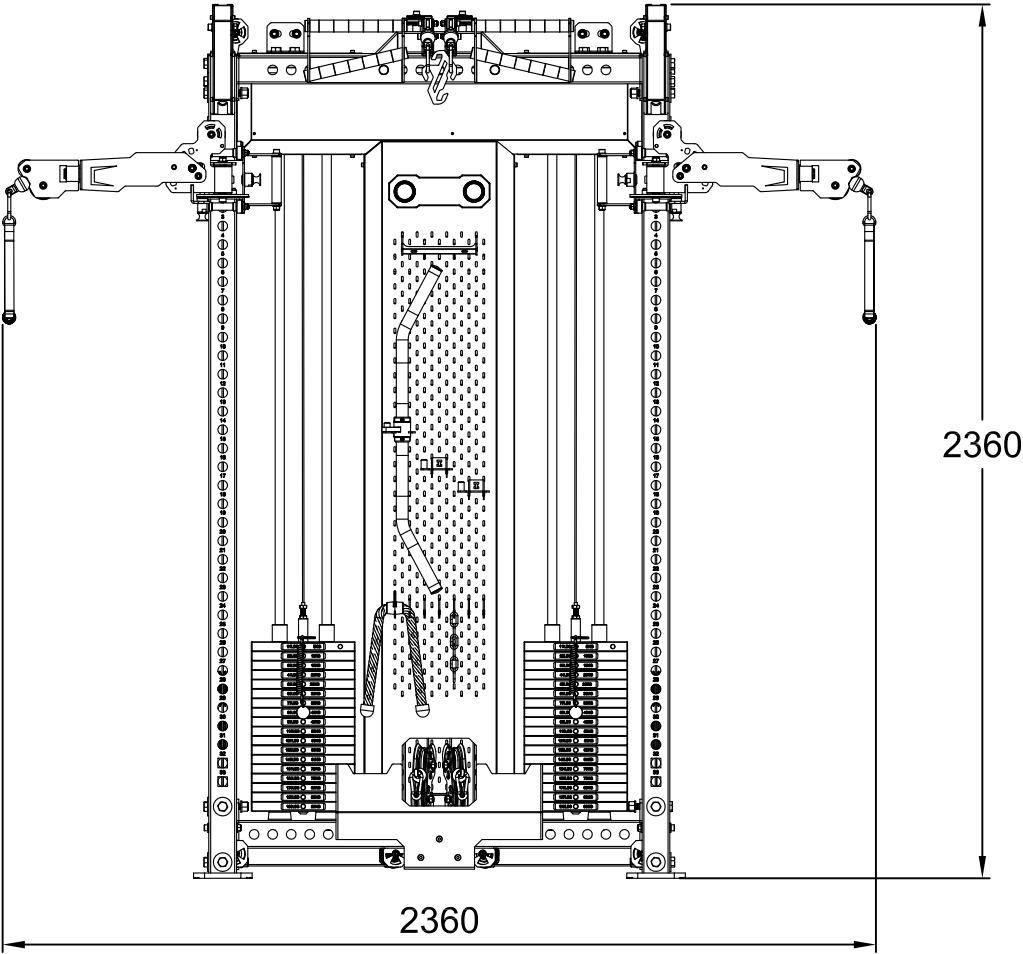
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

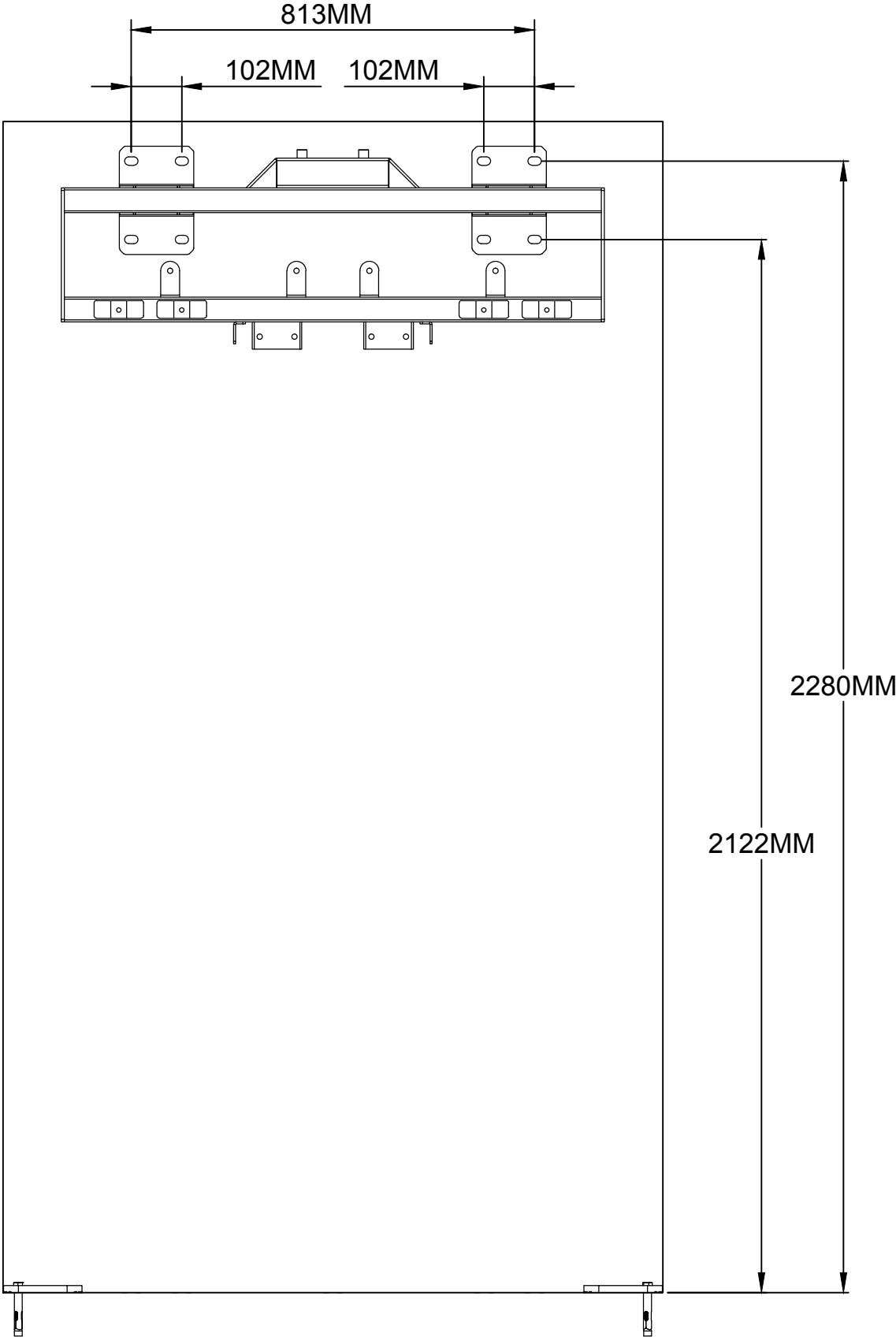
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

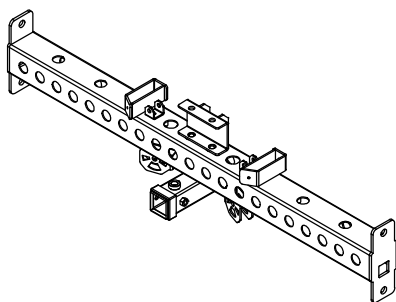
SAVE THESE INSTRUCTIONS.

Maximum Assembly Dimension:1205×2360×2360

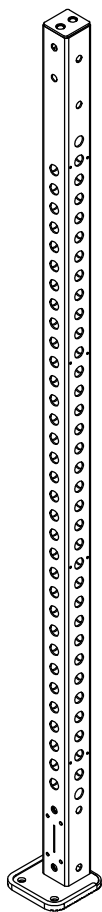


Construction Dimension Drawings for Expansion Screws and Wood Screws

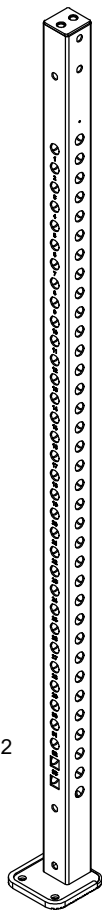




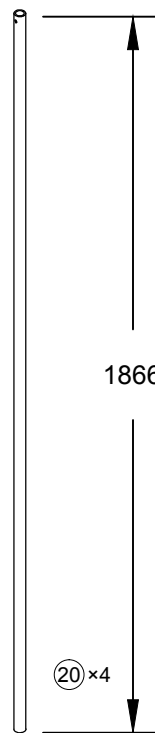
① ×1



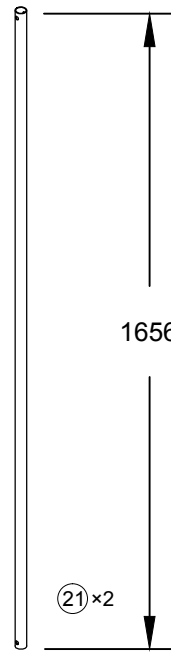
② ×2



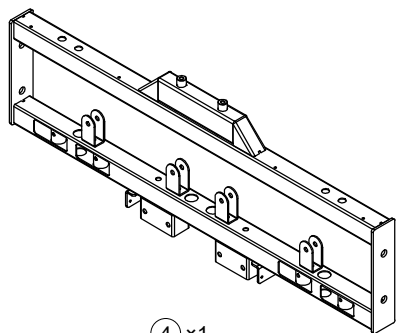
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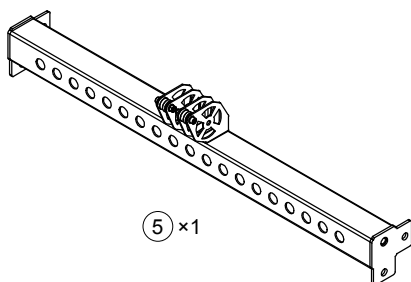
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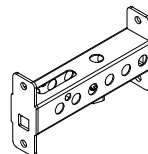
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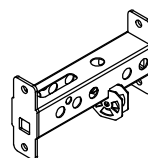
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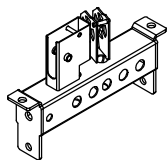
⑤ ×1



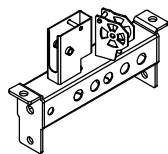
⑥ ×1



⑦ ×1



⑧ ×1



⑨ ×1



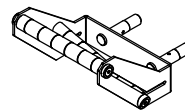
⑩⑪ ×1



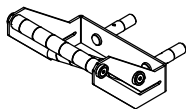
⑩⑫ ×1



⑬ ×2



⑭ ×1



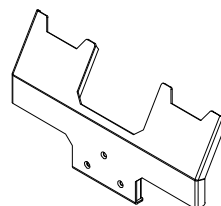
⑰ ×1



⑱ ×2



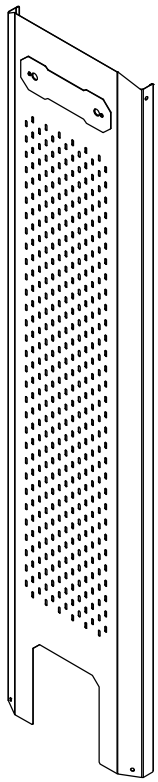
⑲ ×2



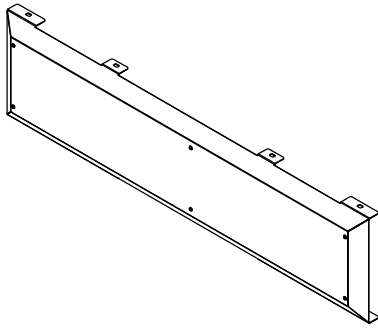
⑳ ×1



㉓ ×2



②4 × 1



②5 × 1



②7 × 4

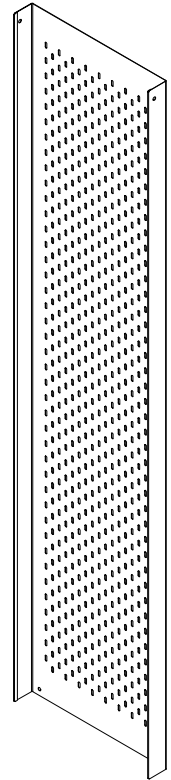


②9 × 2

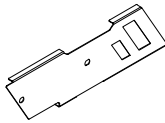


③0 × 1

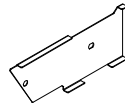
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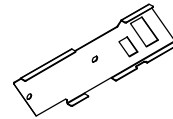
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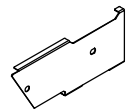
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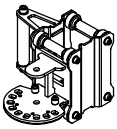
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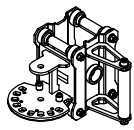
③8 × 1



③9 × 1



④5 × 1



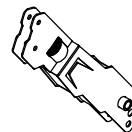
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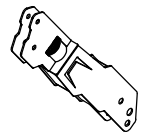
④7 × 1



④8 × 1



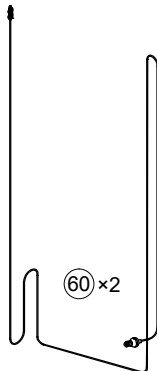
④9 ⑤1 × 1



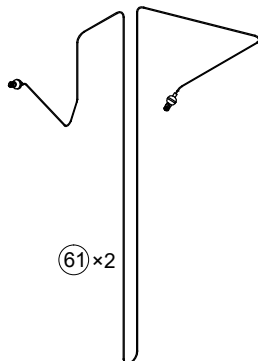
⑤0 ⑤1 × 1



⑤9 × 2



⑥0 × 2



⑥1 × 2



⑥2 × 1



⑥3 × 2



⑥4 × 2



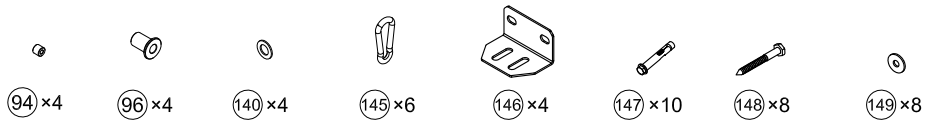
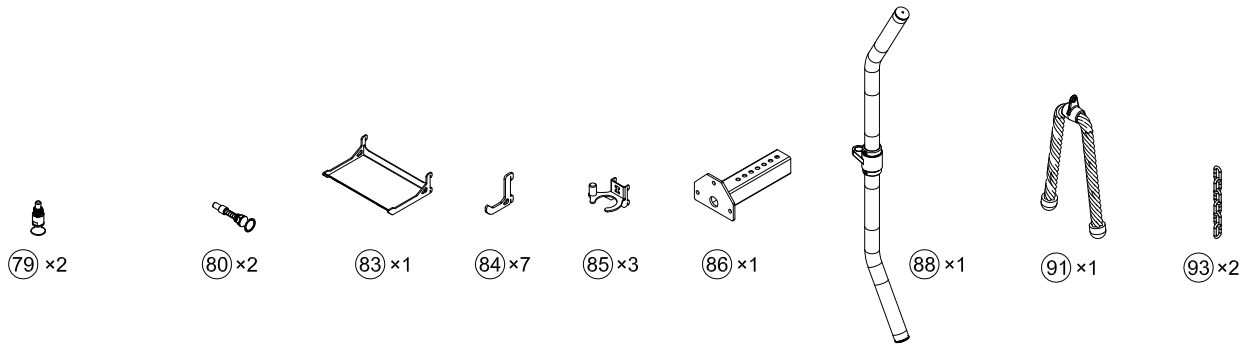
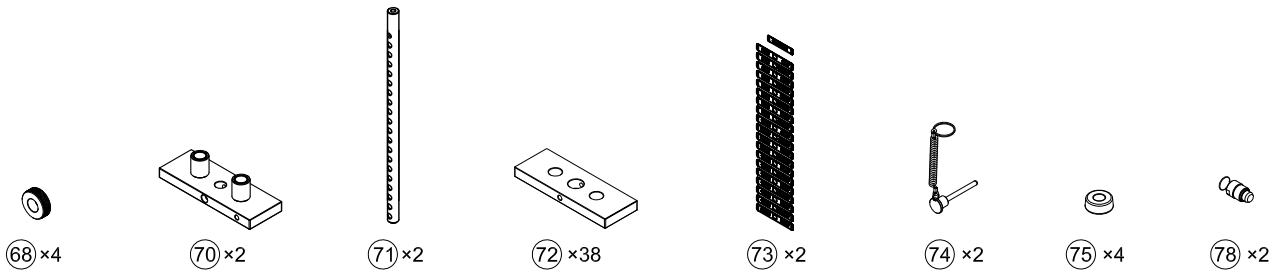
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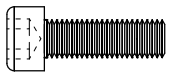


⑥6 × 20

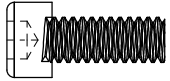


⑥7 × 4

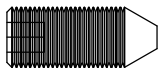




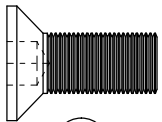
107 ×4



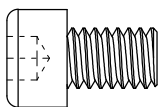
110 ×28



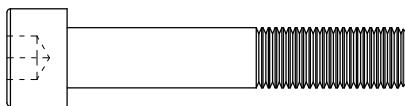
111 ×2



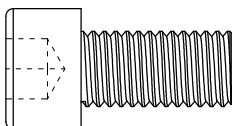
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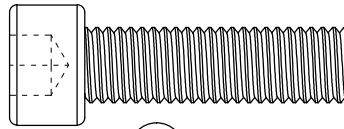
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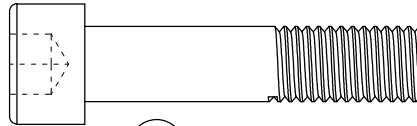
114 ×4



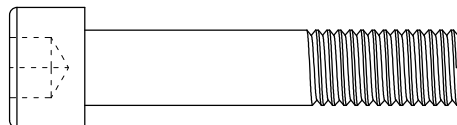
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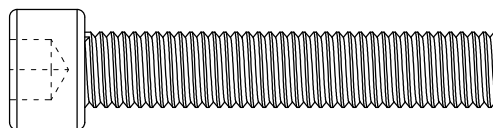
119 ×2



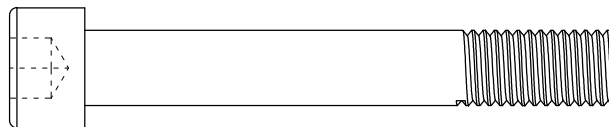
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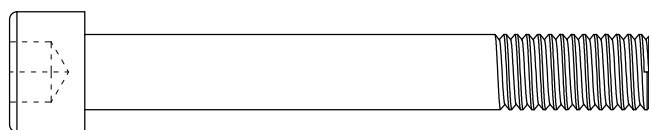
121 ×2



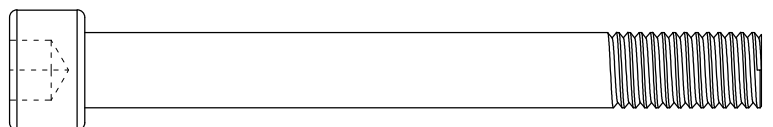
122 ×2



123 ×4

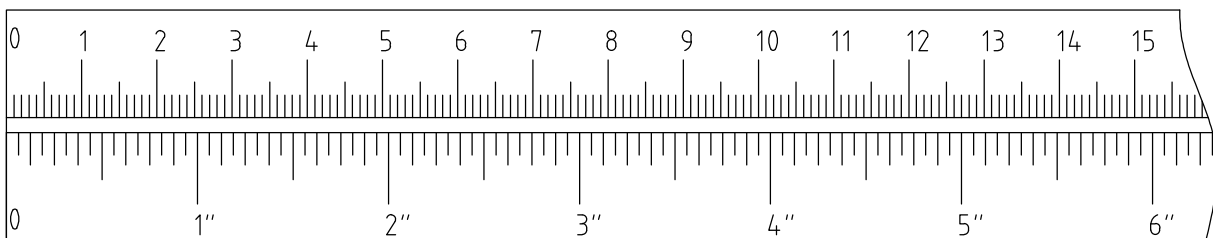


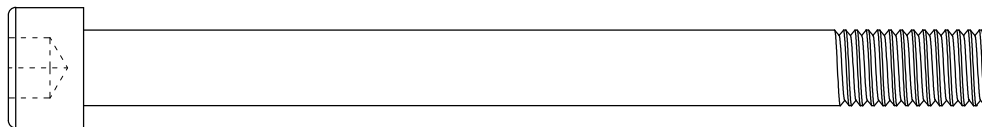
124 ×6



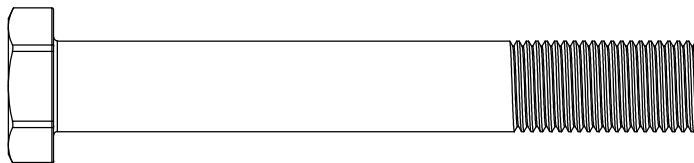
125 ×2

mm

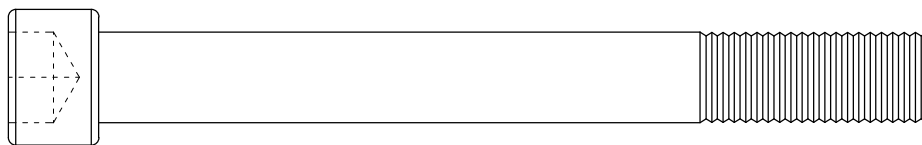




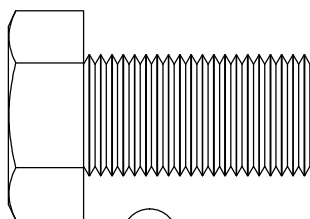
126 × 2



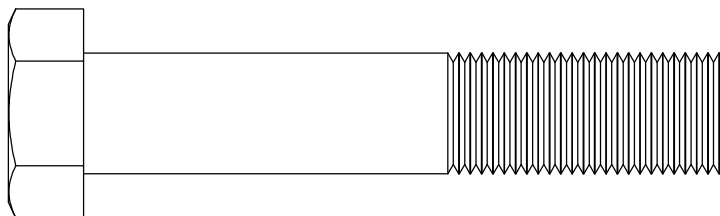
128 × 2



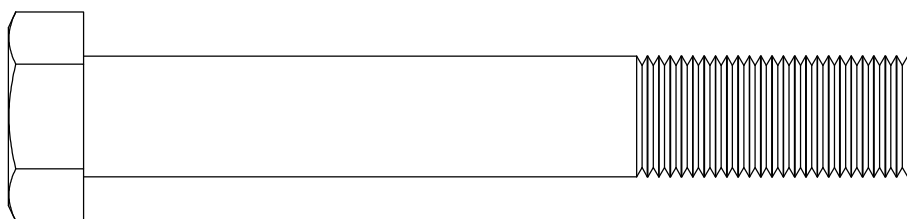
129 × 2



130 × 10

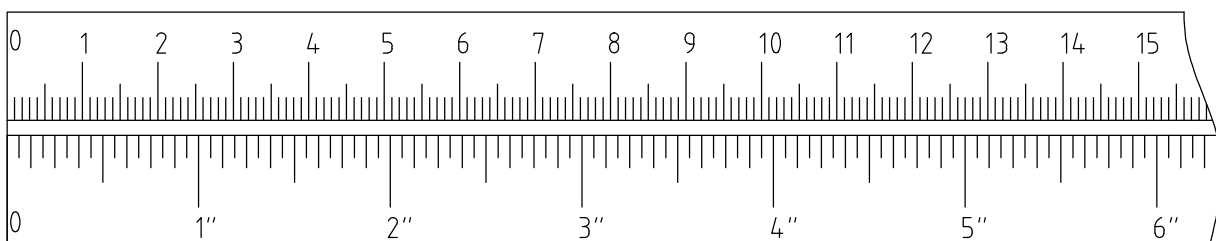


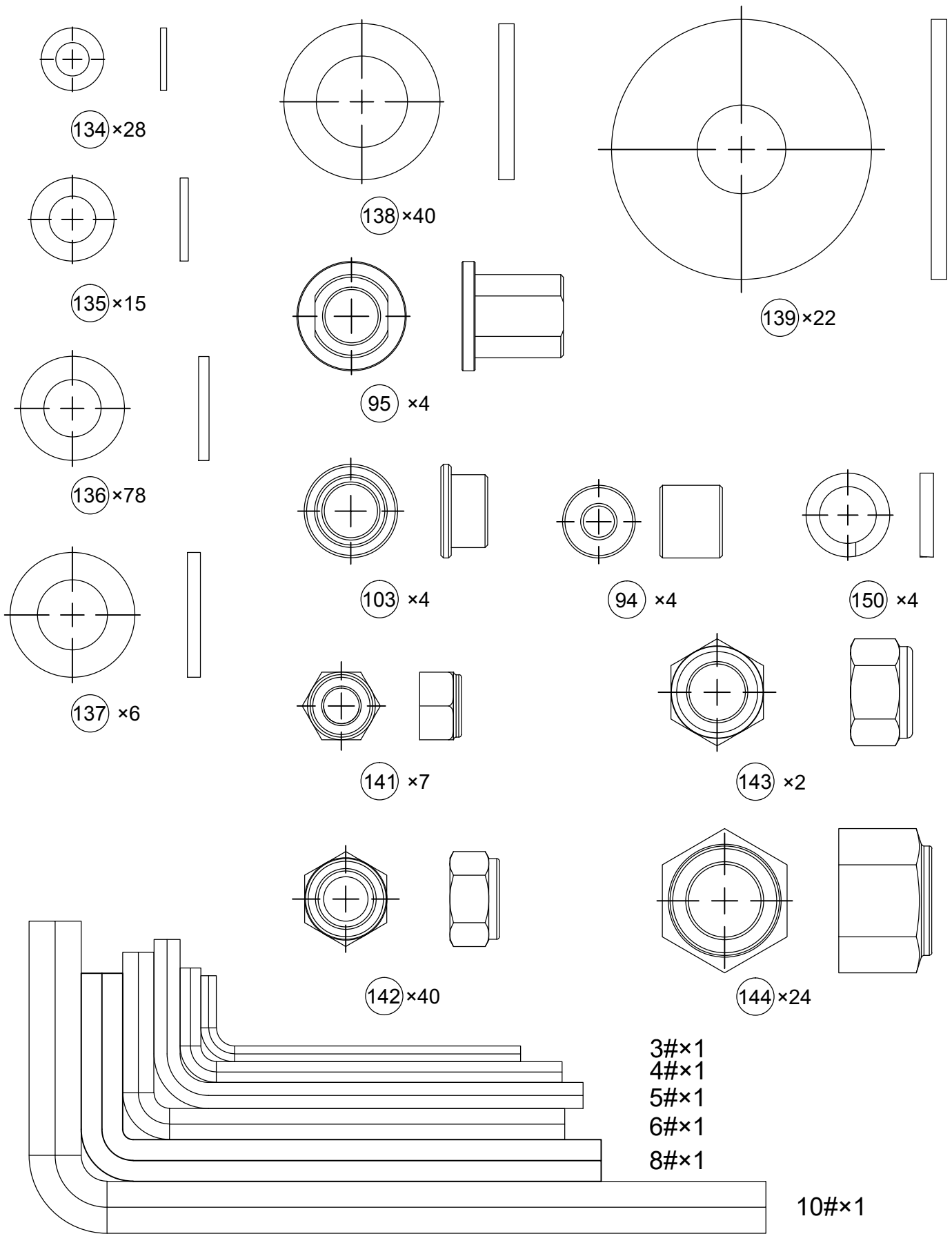
131 × 4



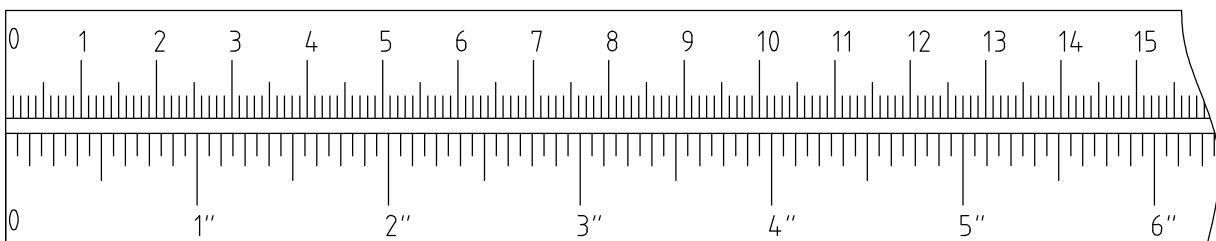
132 × 24

mm

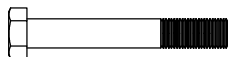




mm



132



×8

M16×110mm

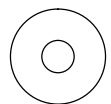
138



×8

φ30×φ17.5

139



×8

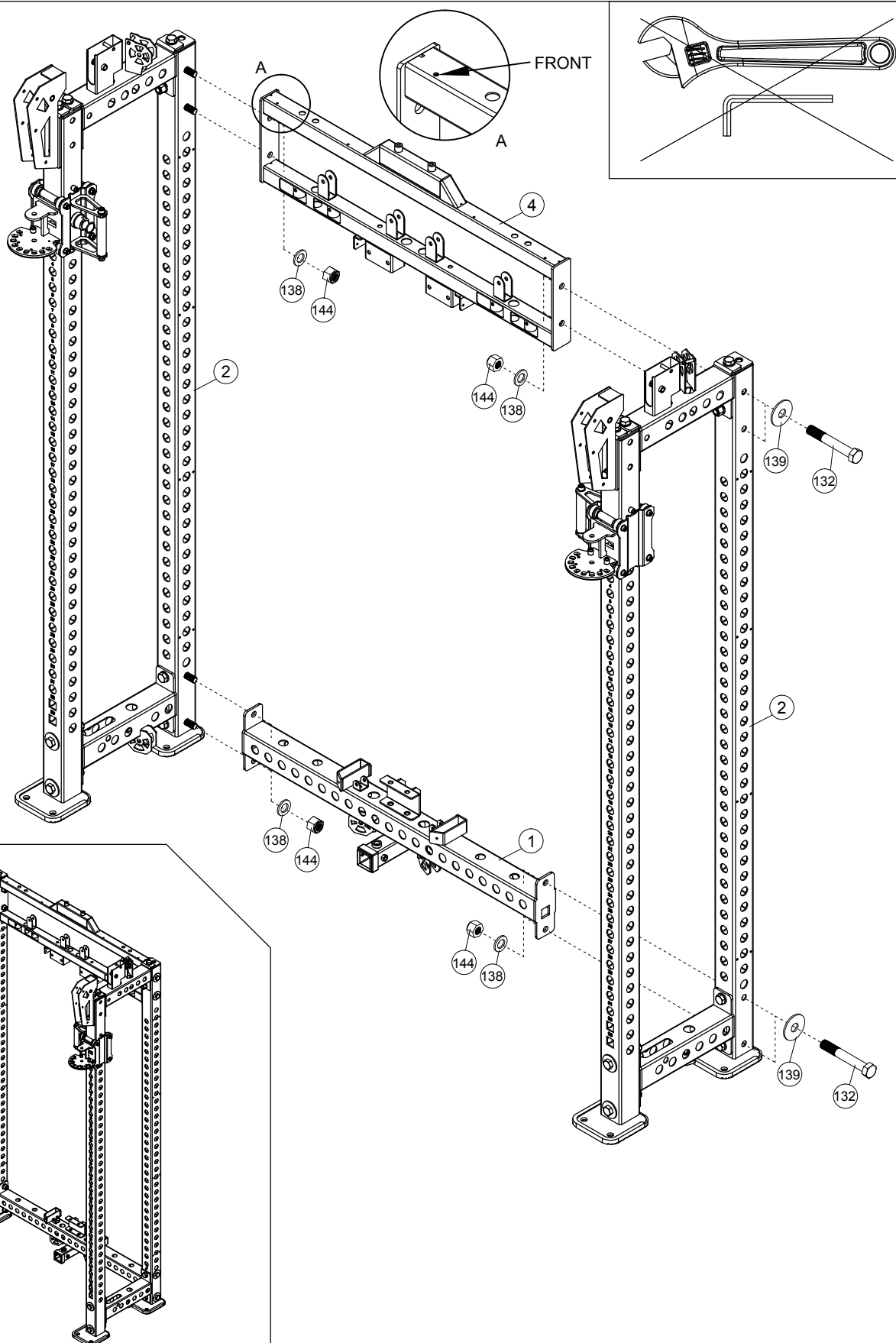
φ50×φ17

144



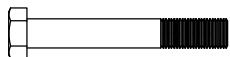
×8

M16



2

132



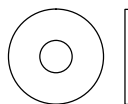
×6 M16×110mm

138



×4 $\phi 30 \times \phi 17.5$

139

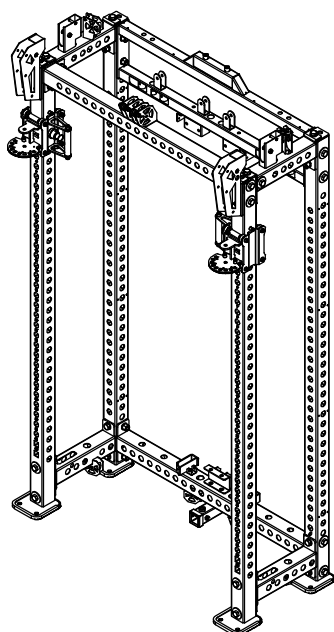
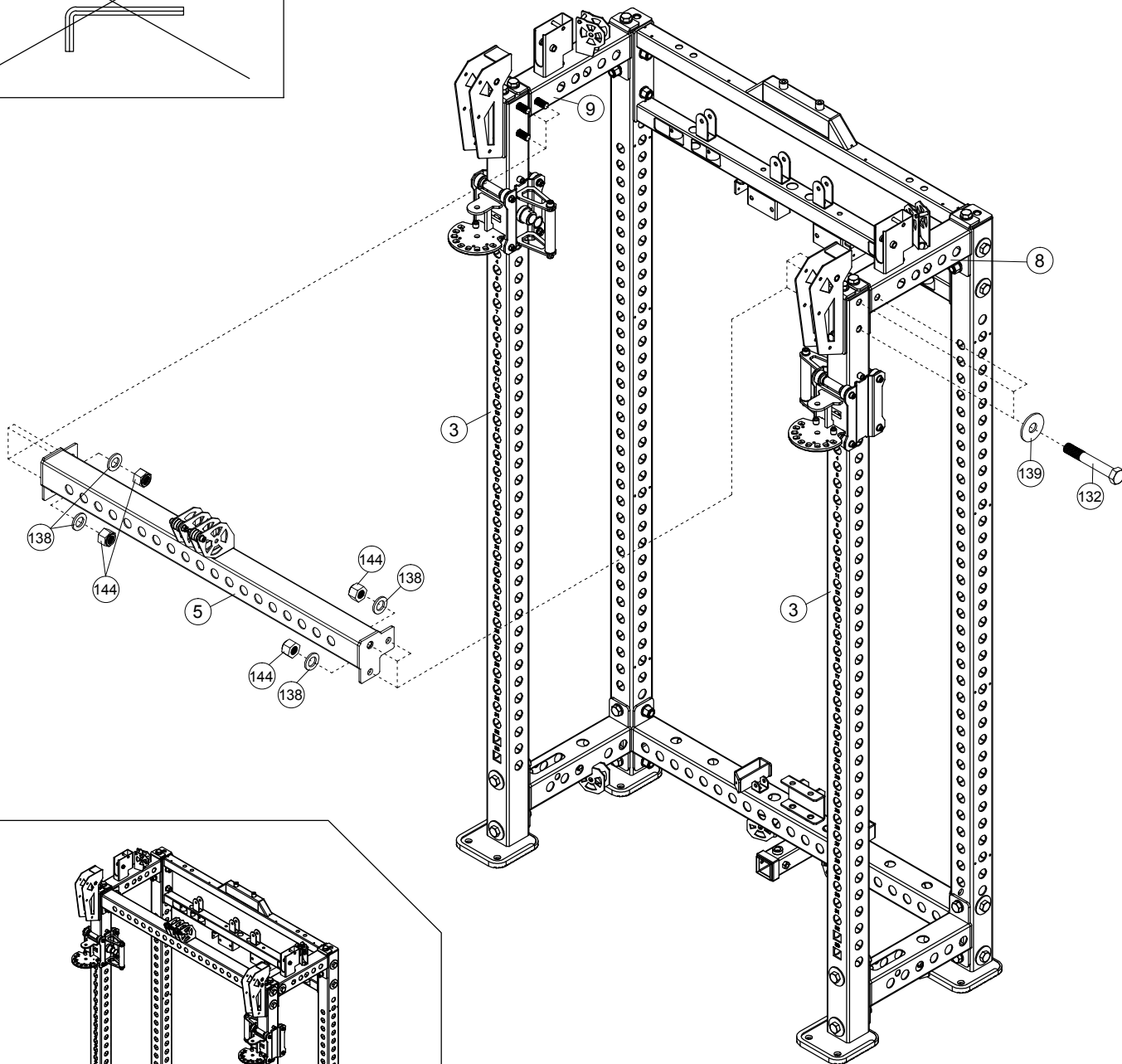
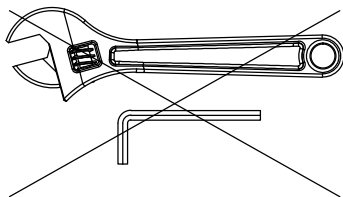


×6 $\phi 50 \times \phi 17$

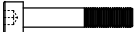
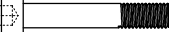
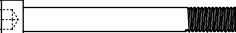
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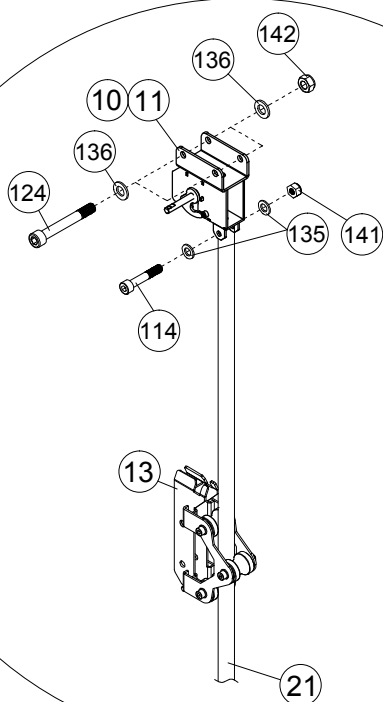
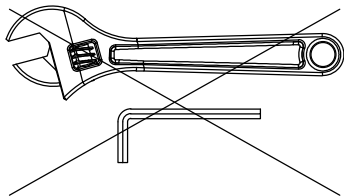


×4 M16

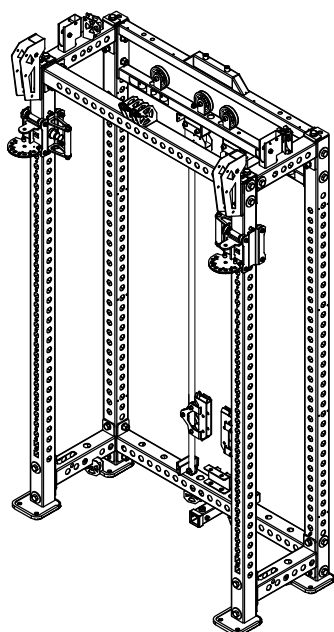
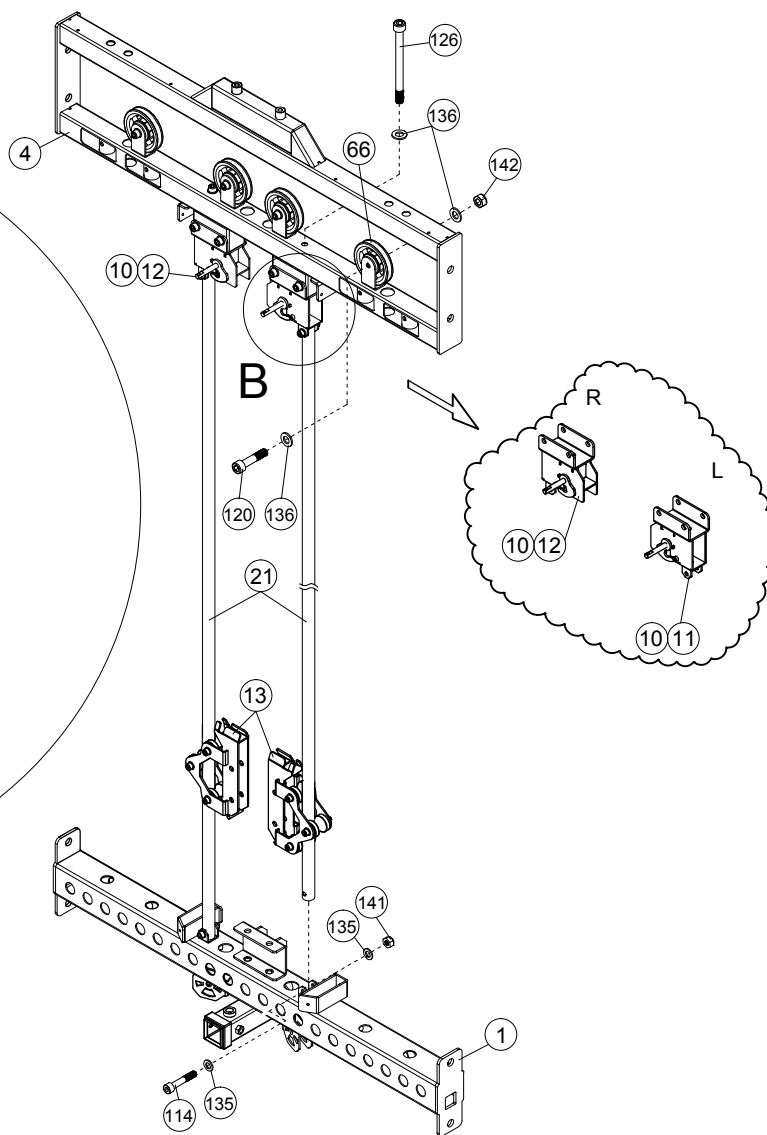


3

114		×4	M8×45mm	135		×8	φ16×φ9
120		×4	M10×45mm	136		×18	φ20×φ10.5
124		×4	M10×75mm	141		×4	M8
126		×2	M10×120mm	142		×8	M10

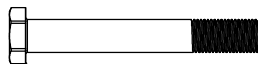


B



4

128

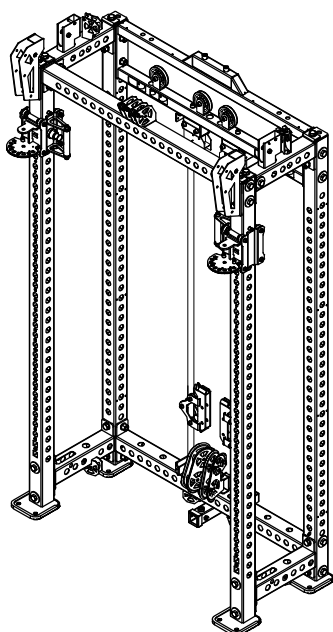
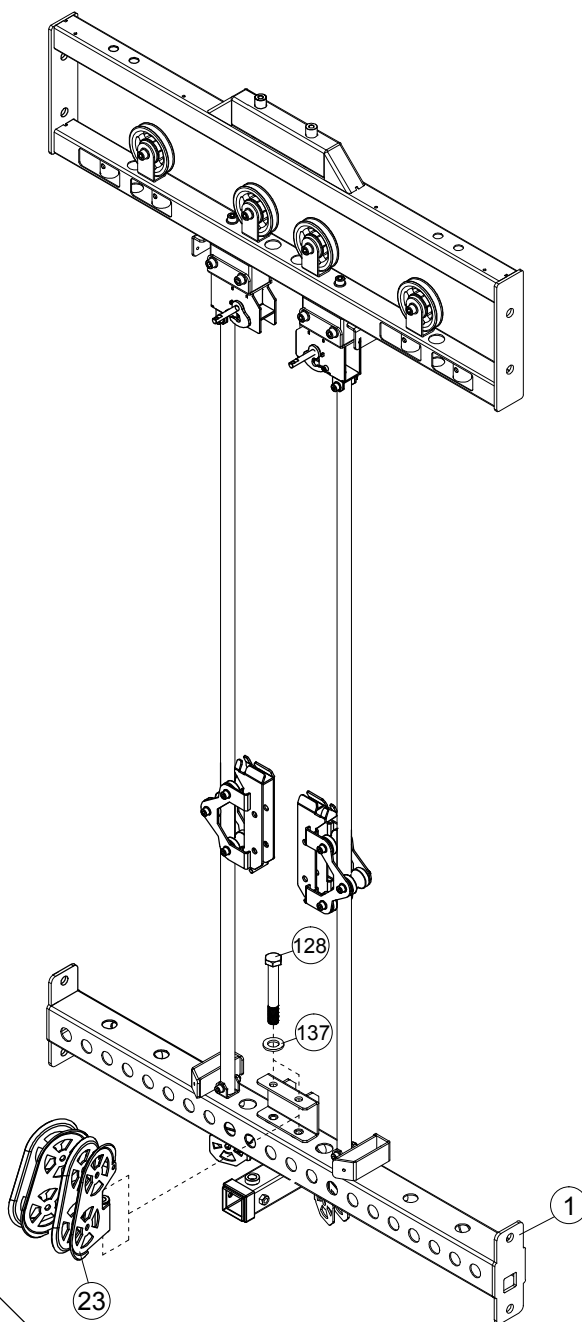
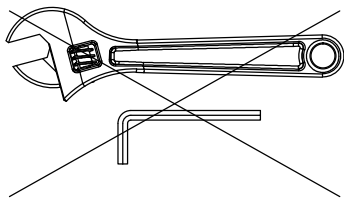


×2 M12×85mm

137



×2 φ24×φ13.5



5

110



×4

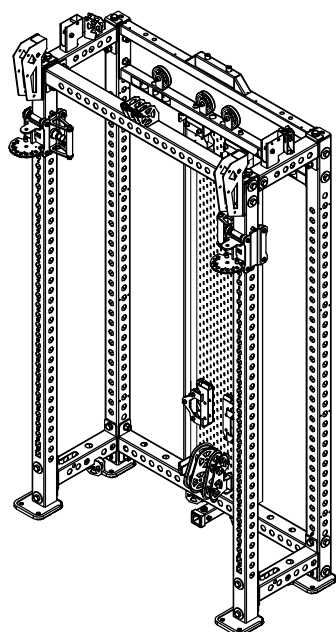
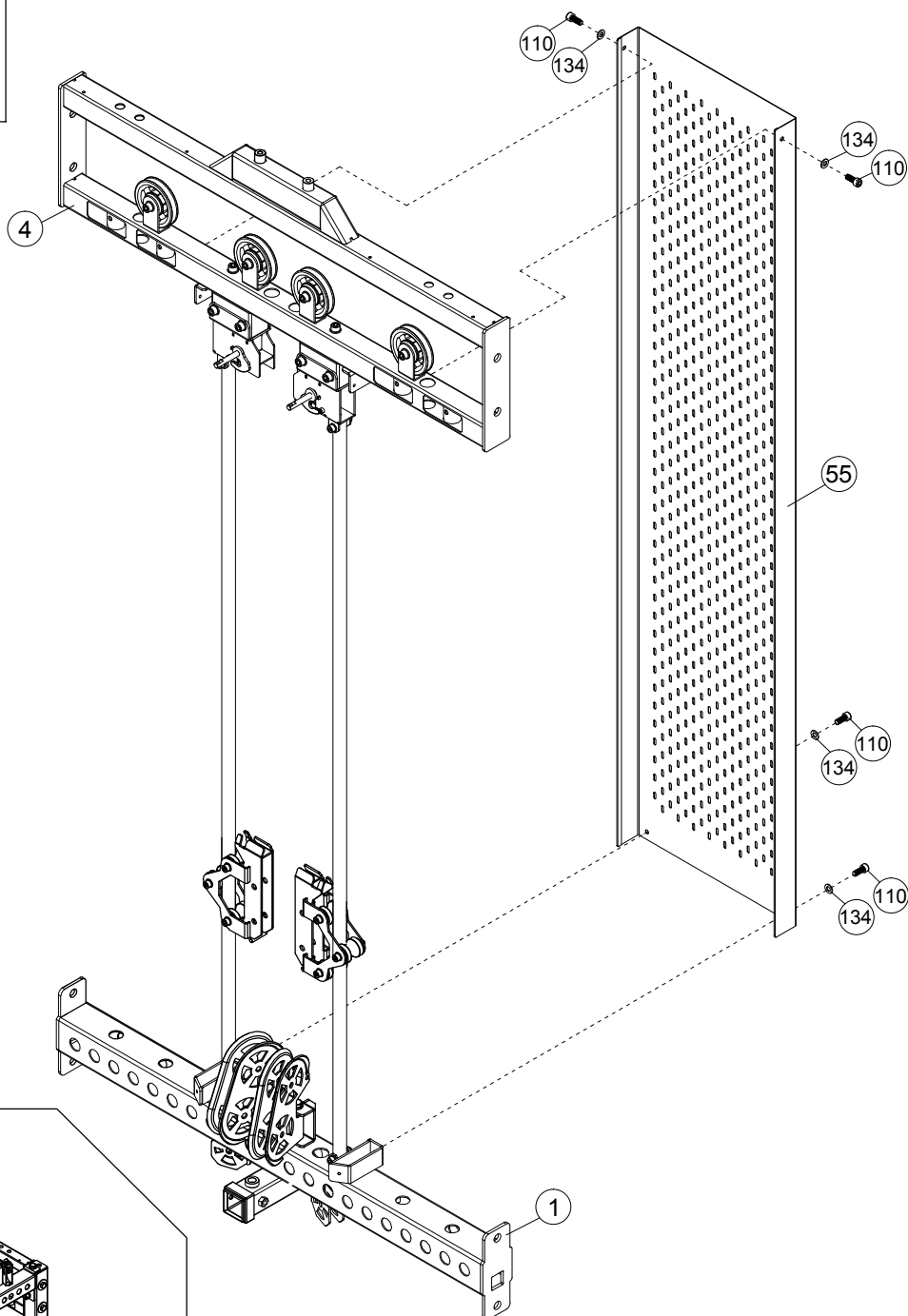
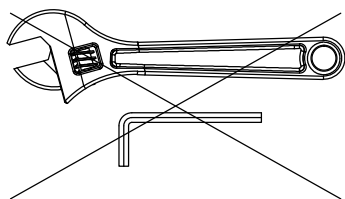
M6×15mm

134



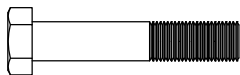
×4

φ12×φ6.4



6

131



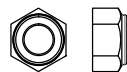
×4 M16×85mm

138

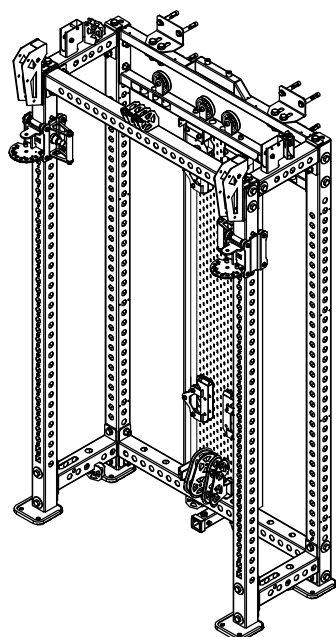
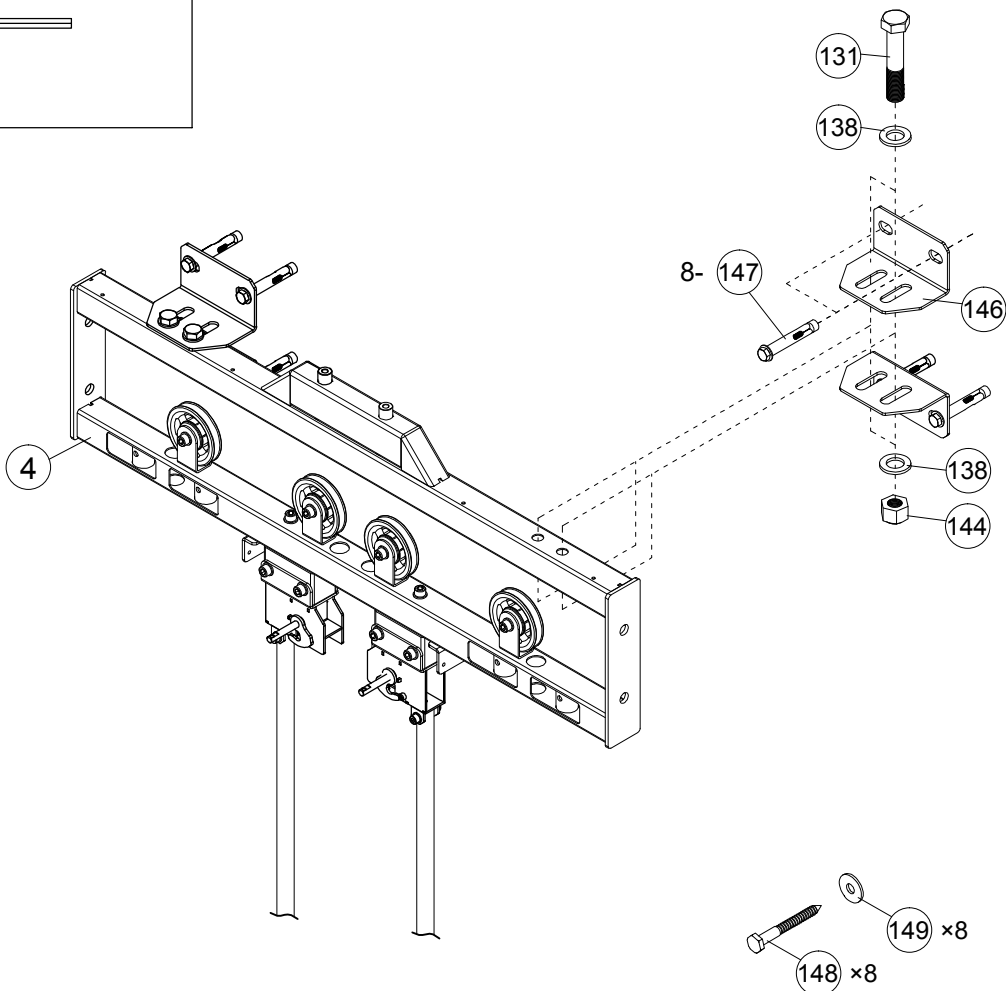
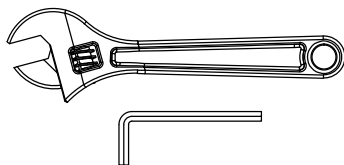


×8 φ30×φ17.5

144

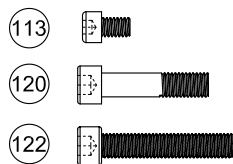


×4 M16

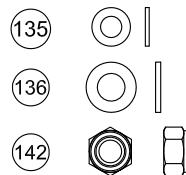


7

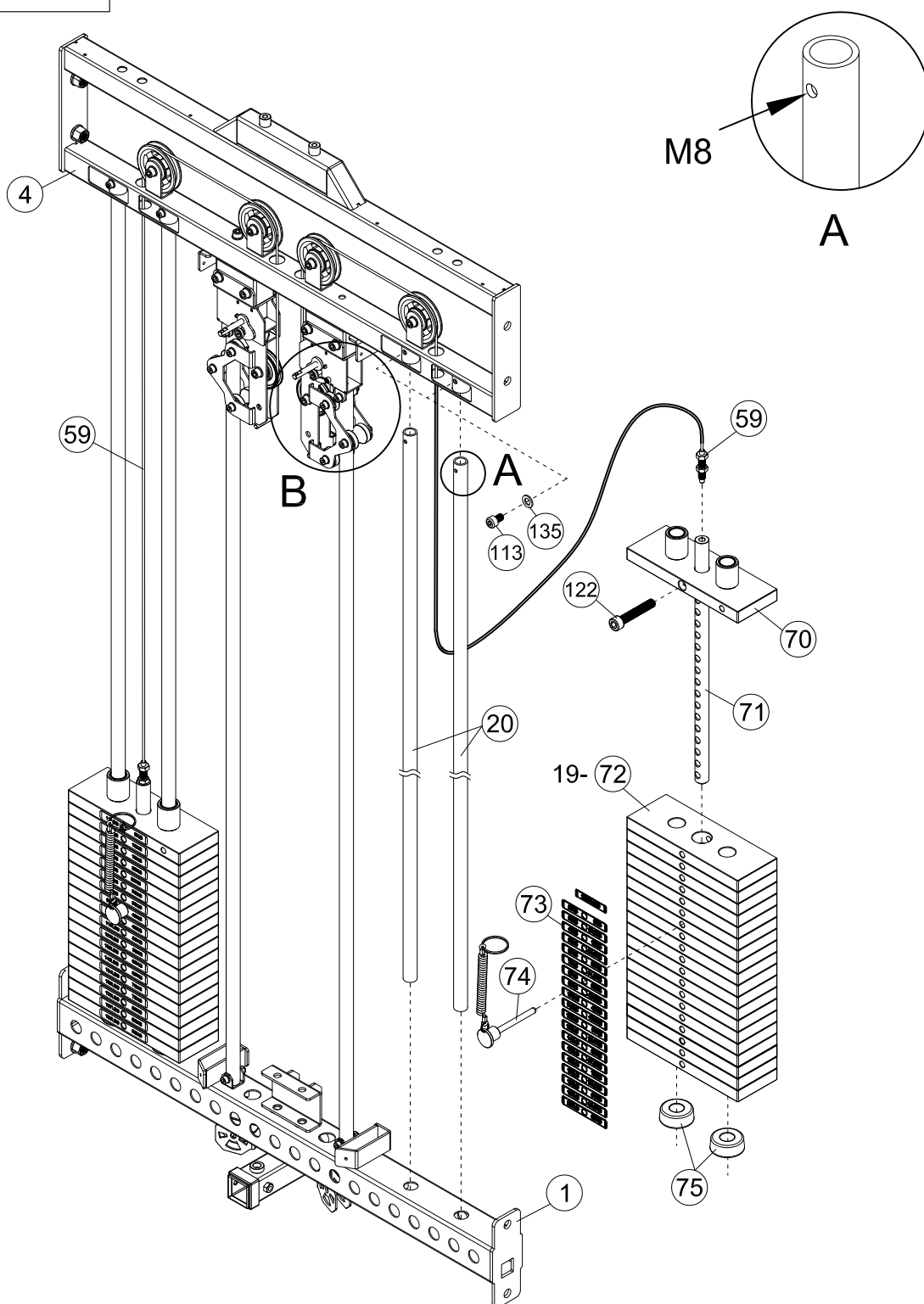
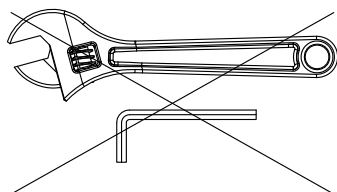
If the equipment is mounted to a brick wall,
#147 is required.
If mounted to a wood stud wall, #148 and #149
is required.

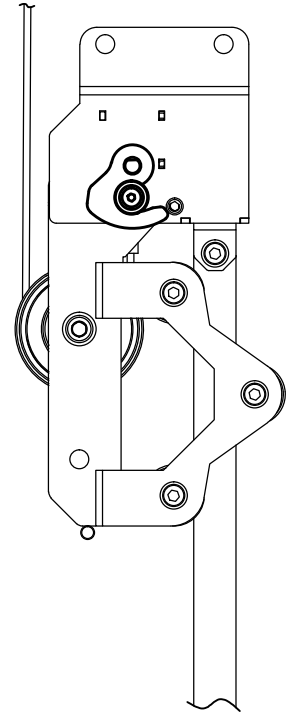
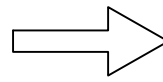
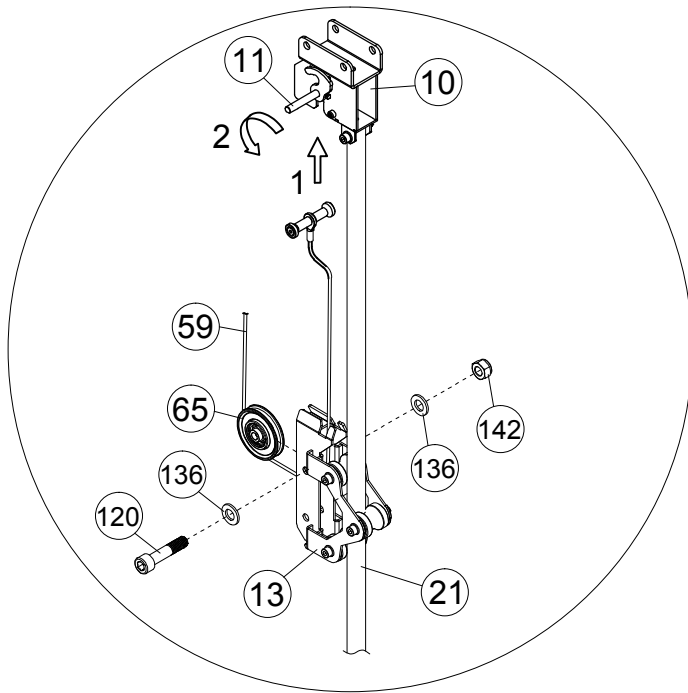


×4 M8×12mm
 ×2 M10×45mm
 ×2 M10×55mm

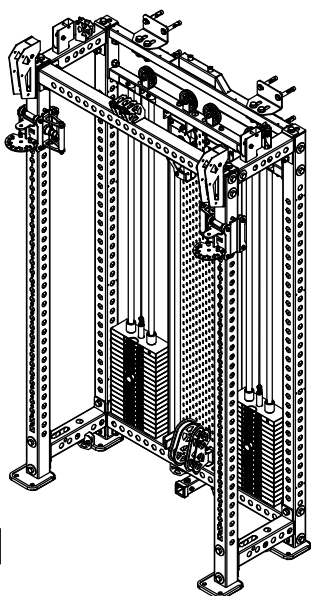


×4 $\phi 16 \times \phi 9$
 ×4 $\phi 20 \times \phi 10.5$
 ×2 M10

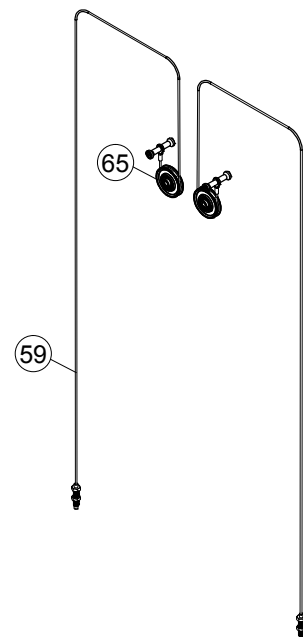




B



8-1



117



×4

M10×20mm

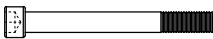
137



×4

φ24×φ13.5

129



×2

M12×110mm

143



×2

M12

103



×4

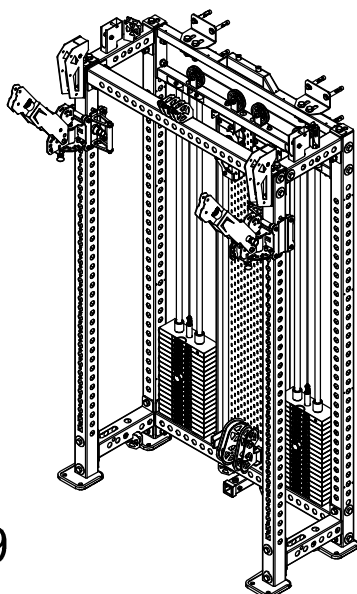
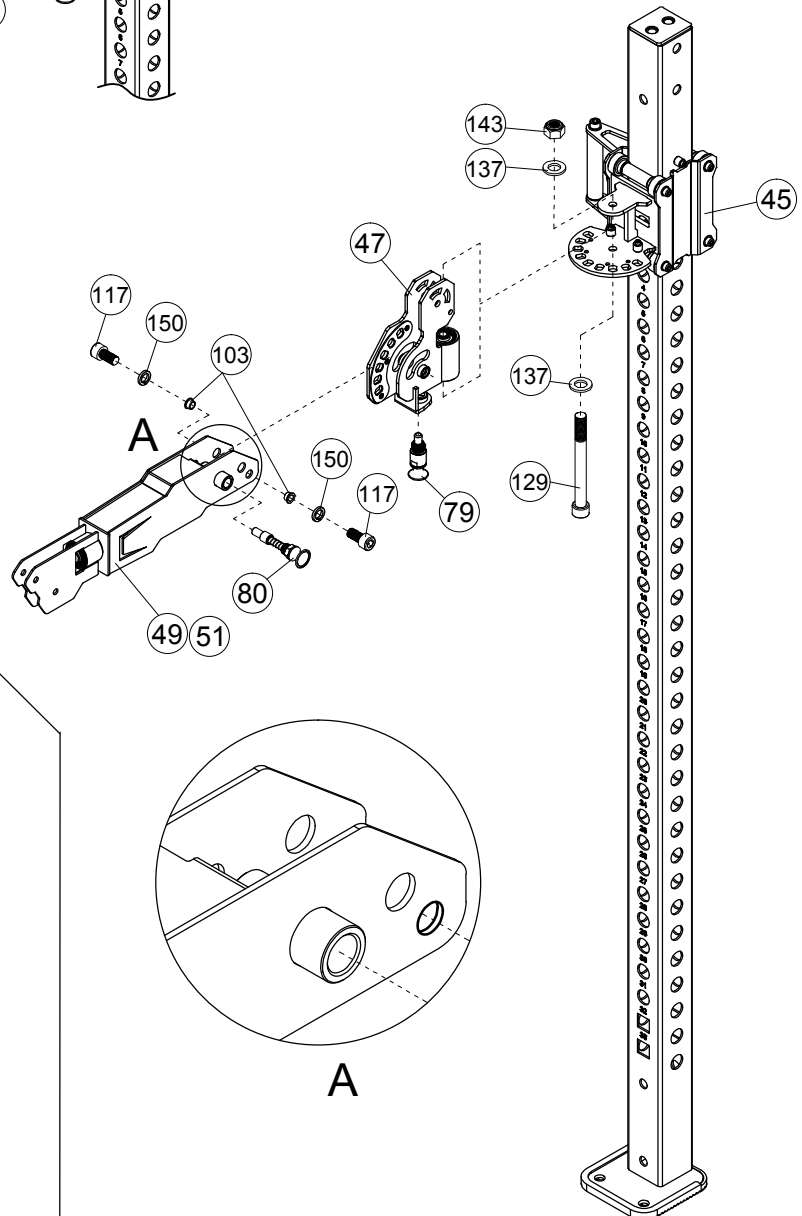
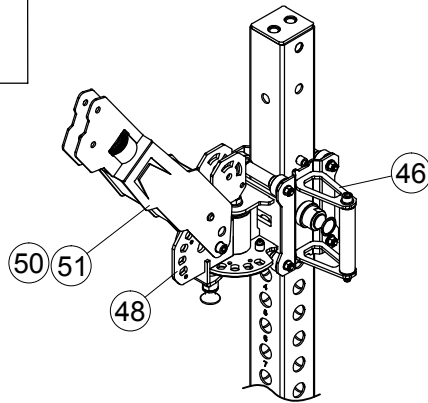
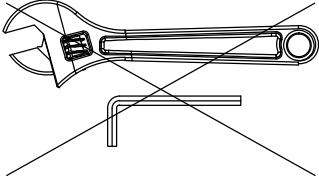
φ18×φ14×φ10.2×9

150



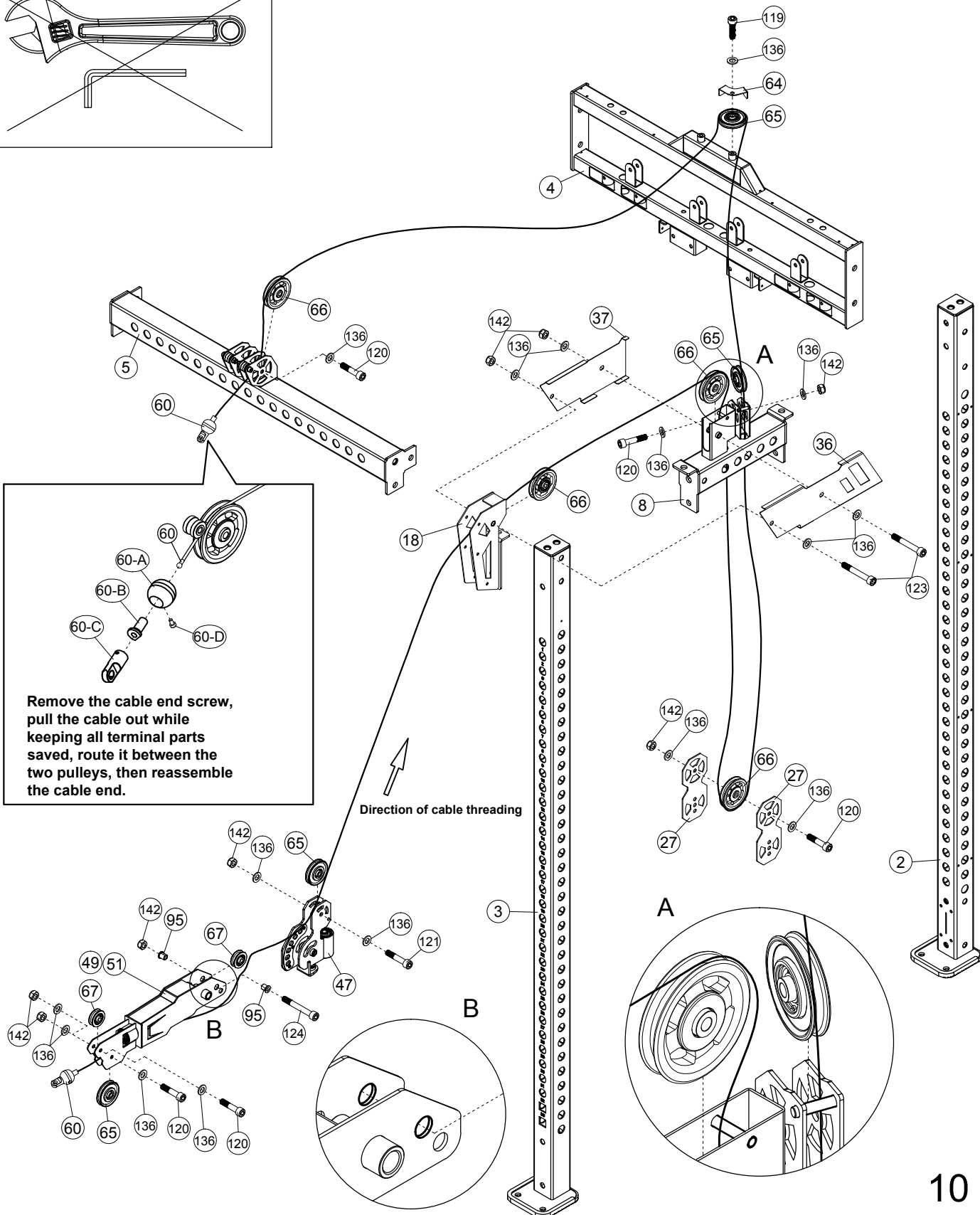
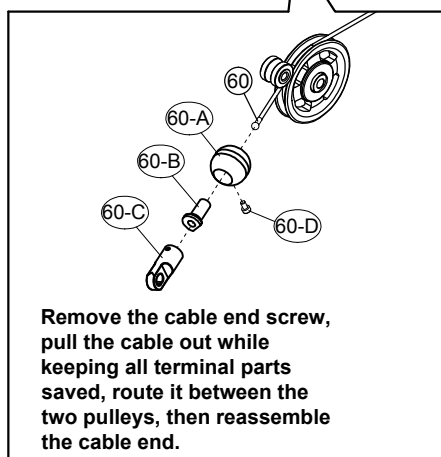
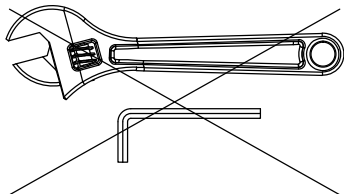
×4

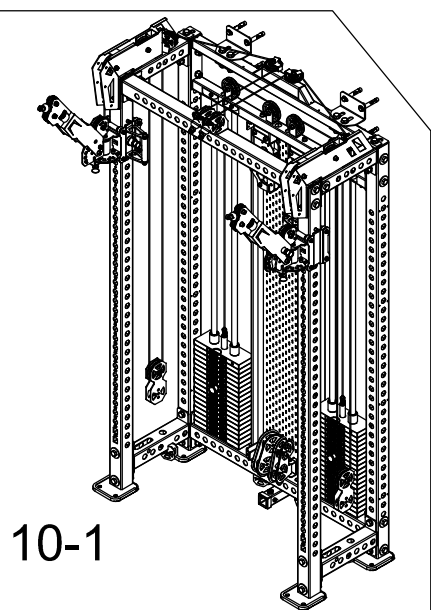
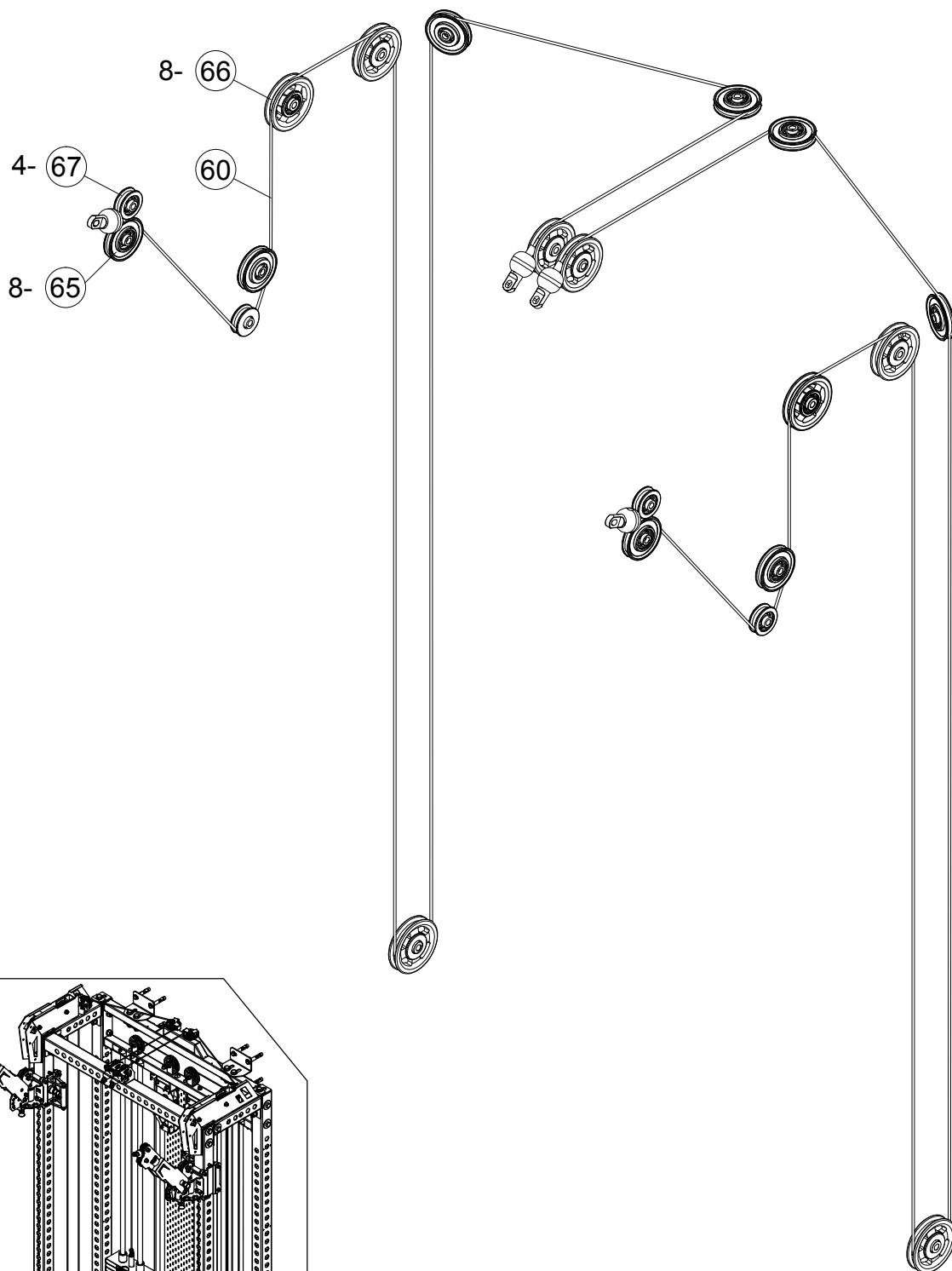
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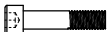
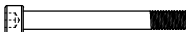


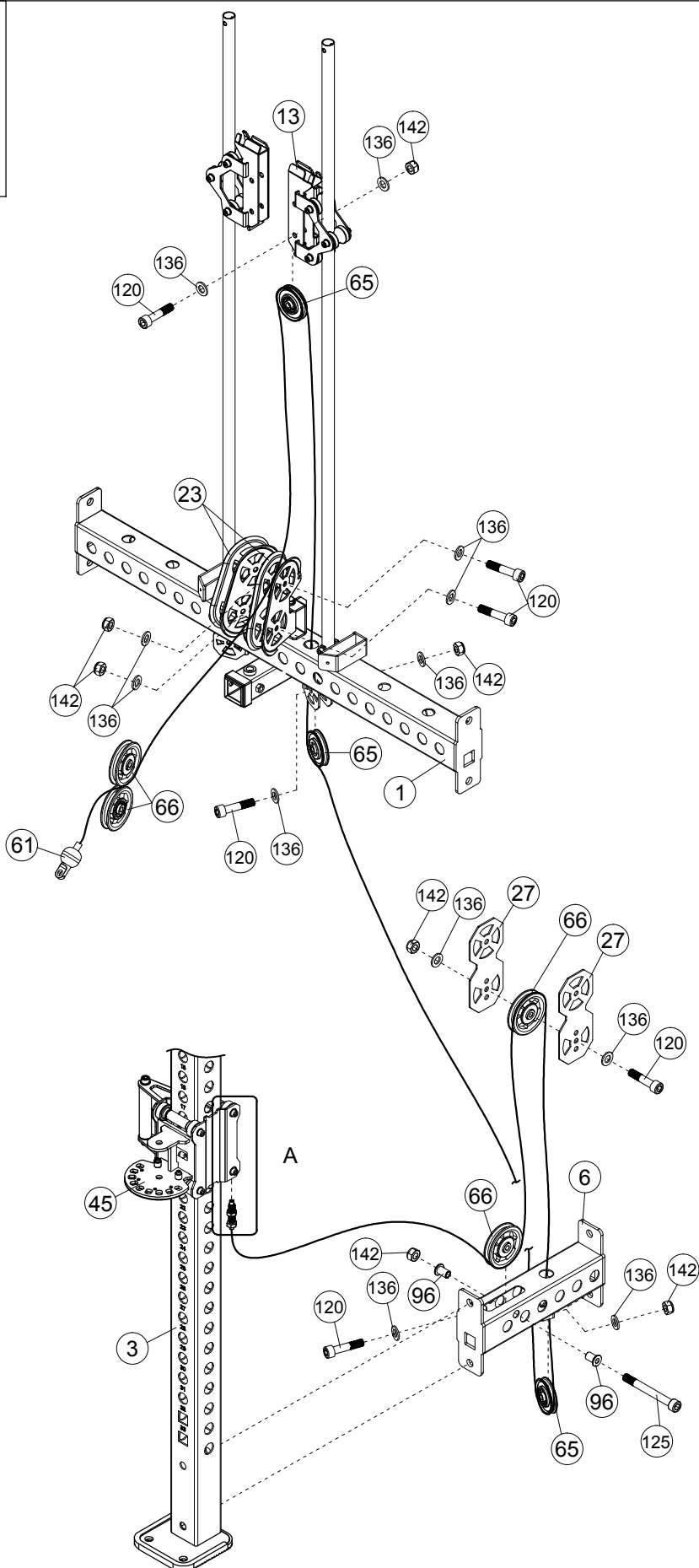
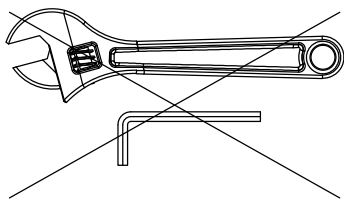
9

119		×2	M10×35mm	136		×32	φ20×φ10.5
120		×10	M10×45mm	142		×16	M10
121		×2	M10×50mm	95		×4	φ25×φ10.2×19.5
123		×4	M10×70mm				
124		×2	M10×75mm				

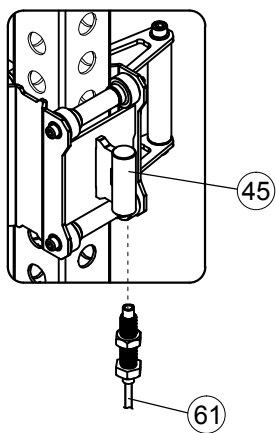


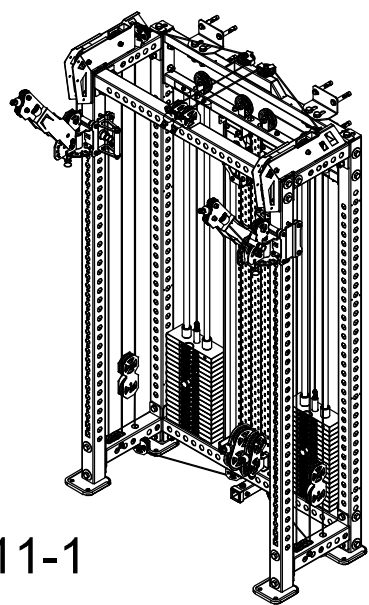
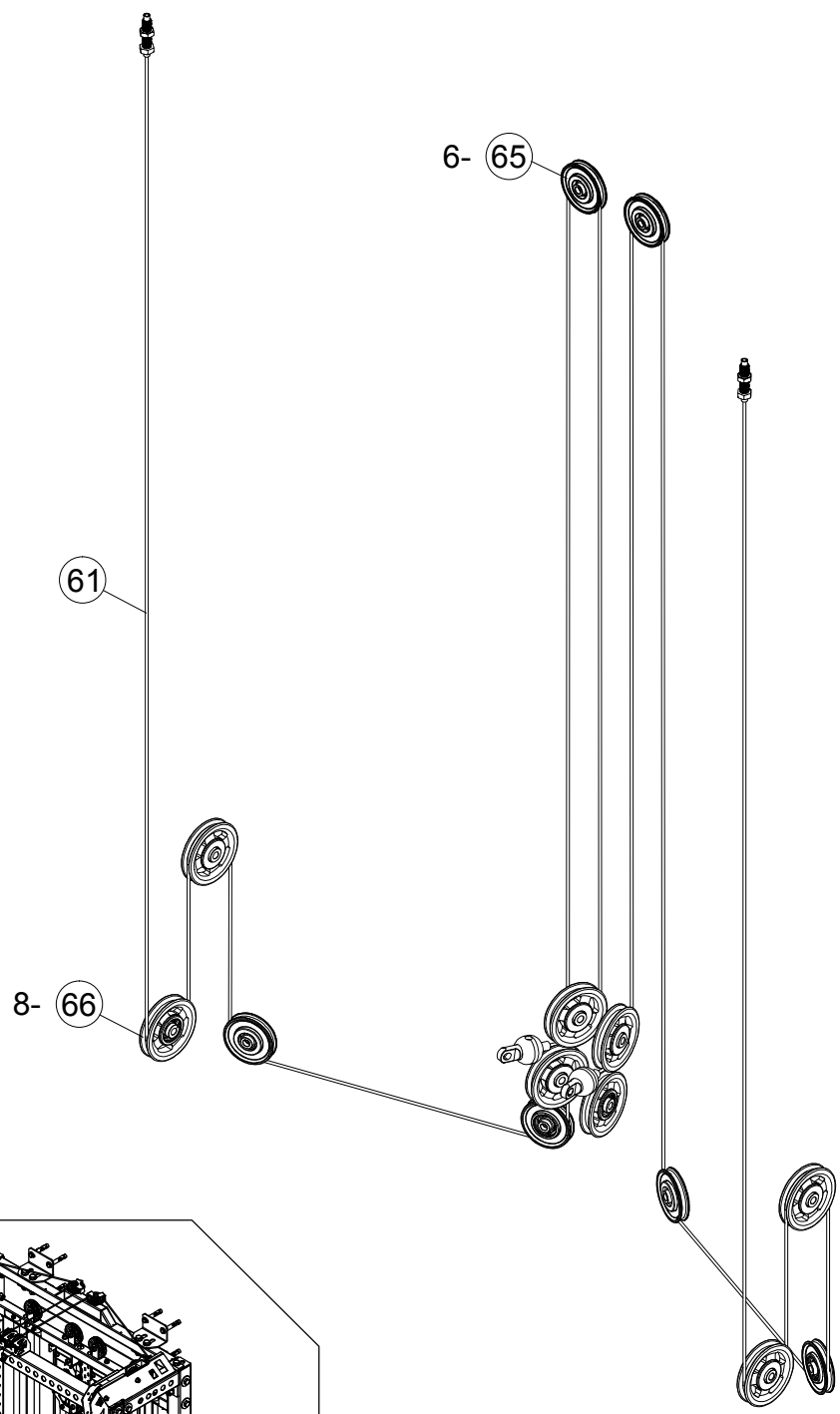


120		×12	M10×45mm	136		×24	φ20×φ10.5
125		×2	M10×90mm	142		×14	M10



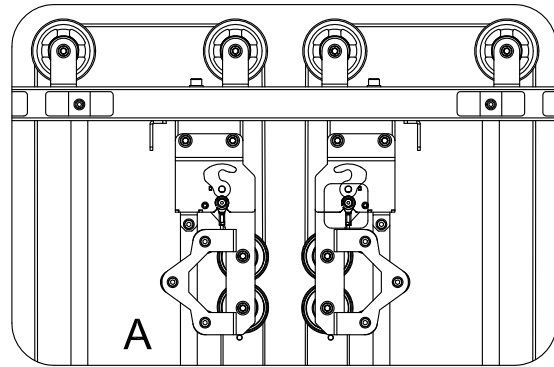
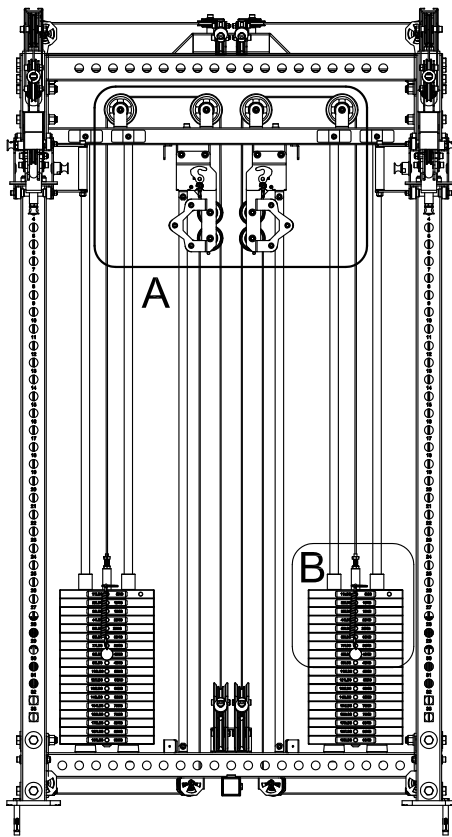
A Rotated



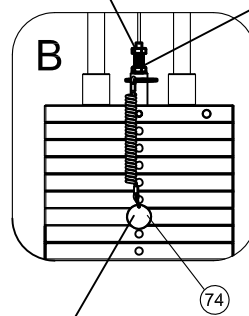


How to Adjust the Cable System

Part I

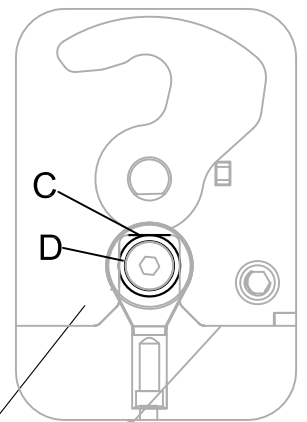


STEP1: Tighten the bolt while monitoring C and D in Step 2.



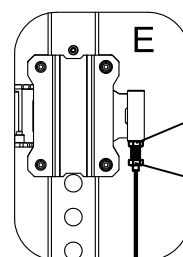
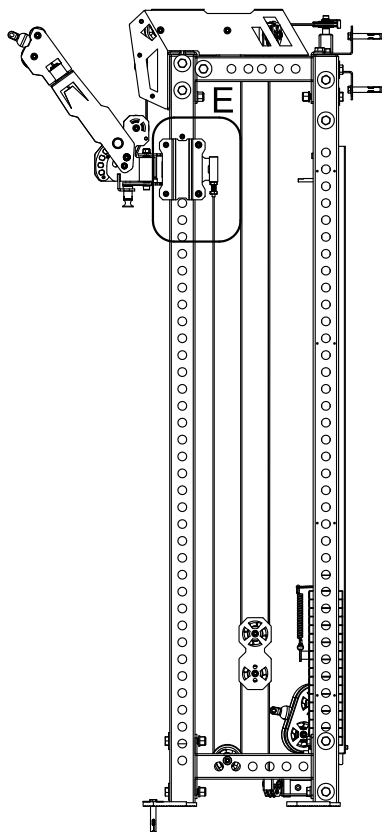
STEP3: Verify Pin #74 slides smoothly into every weight plate hole.

STEP4: Lock the nut to secure the setting



STEP2: Stop adjusting when C touches D.

Part II

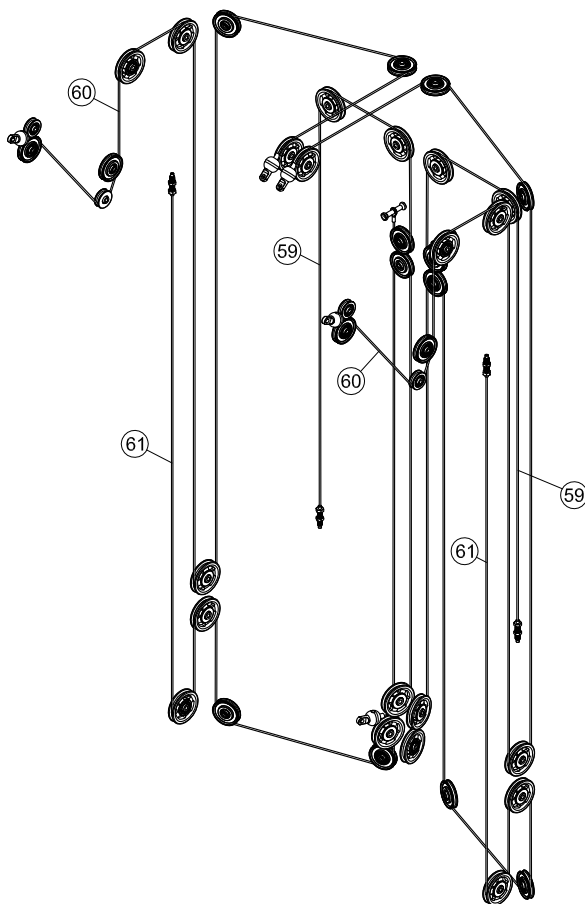
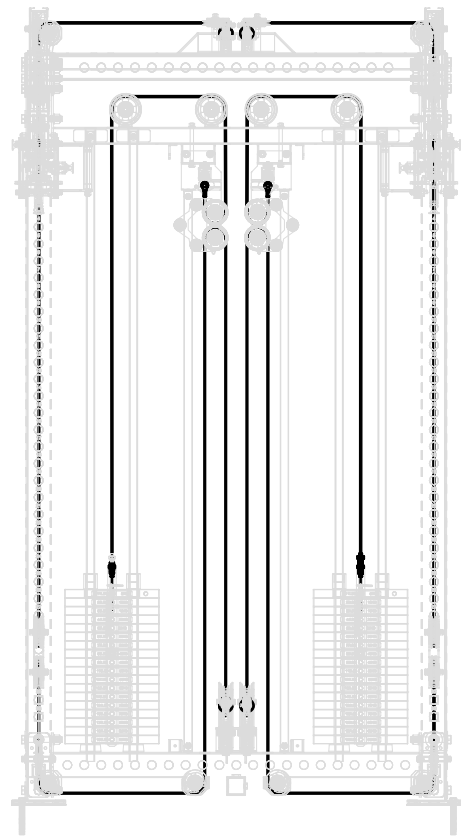
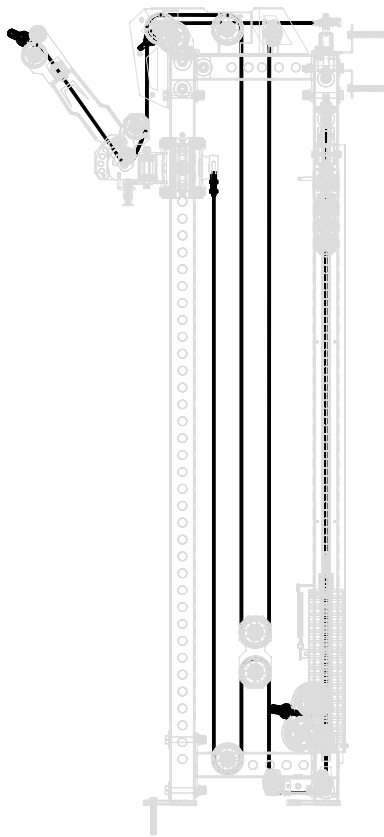


STEP2: Tighten the nut

STEP1: Adjust the bolt

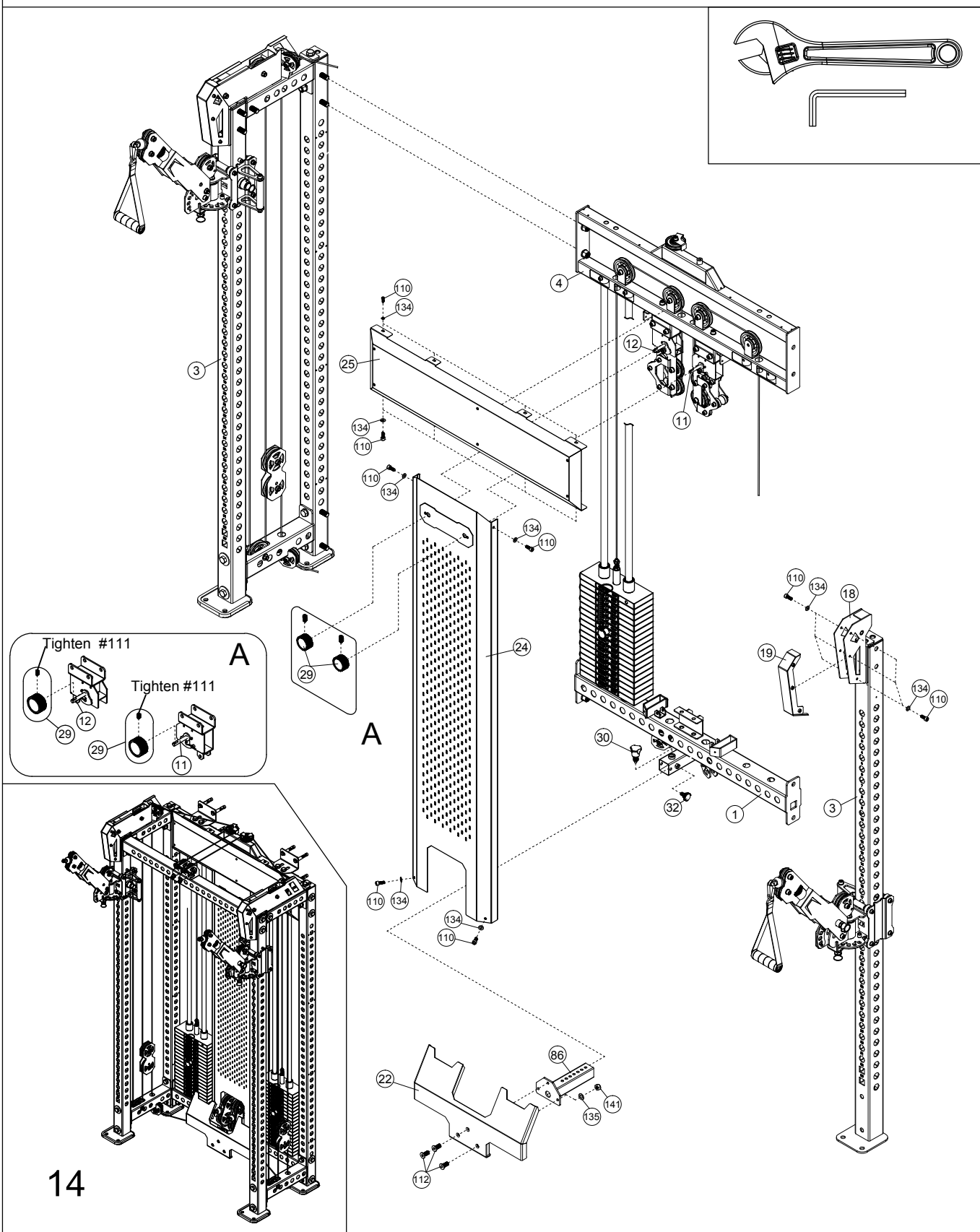
Note: Always ensure the tension and alignment status achieved in Part I remains completely unchanged during this process.

Check the Cable System

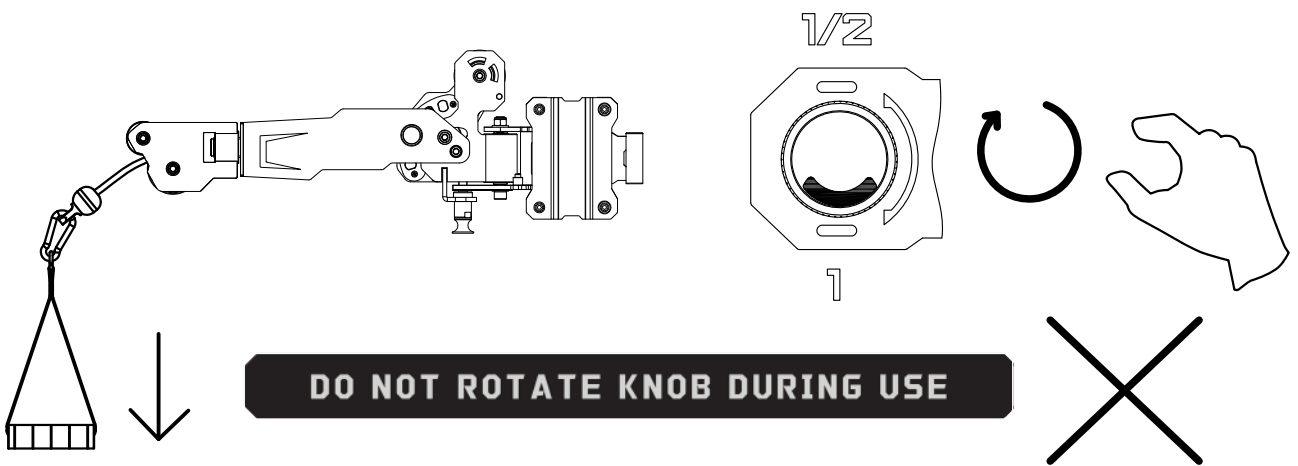
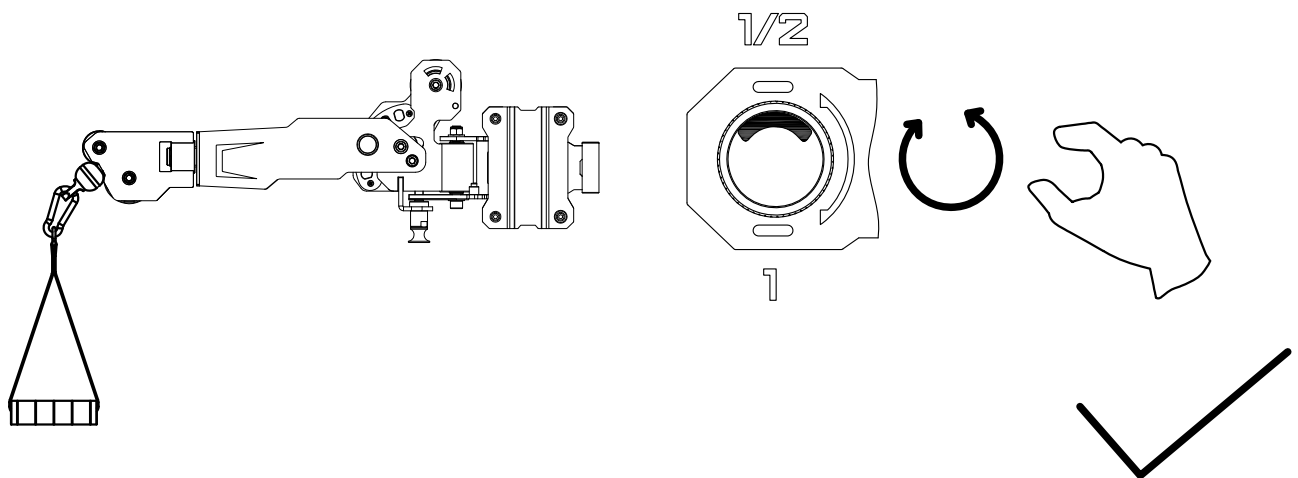
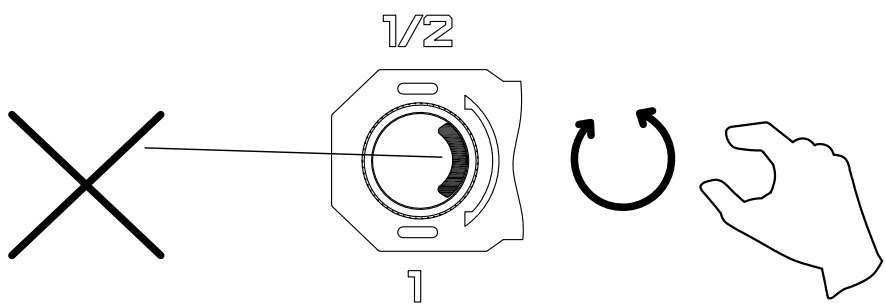
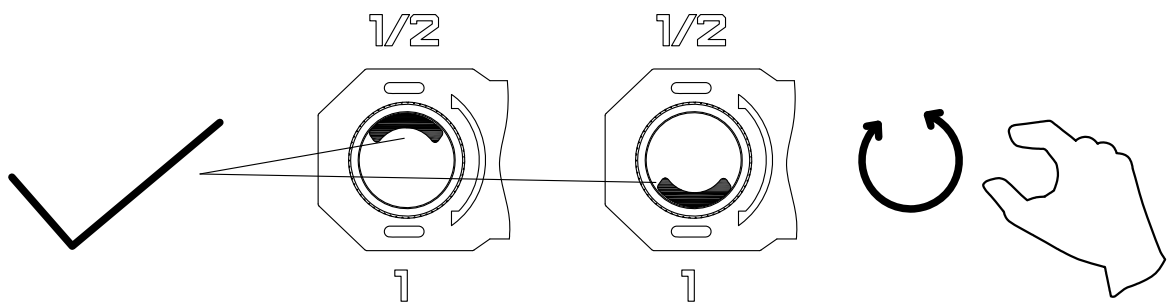


Please check the direction and smoothness of the cable before tightening all bolts

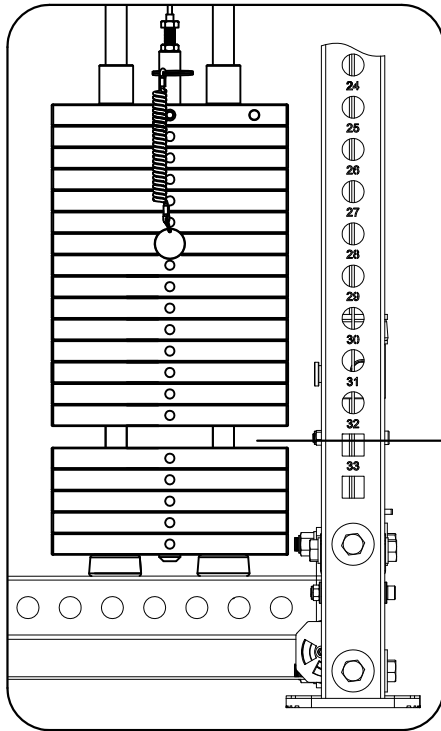
110		×24	M6×15mm	134		×24	φ20×φ10.5
111		×2	M8×20mm	135		×3	φ16×φ9
112		×3	M8×20mm	141		×3	M8



Warning: Dangerous Operation

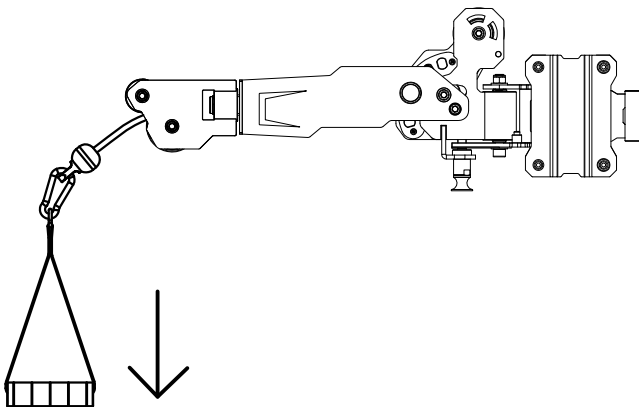


How to Reset the Weight Stack

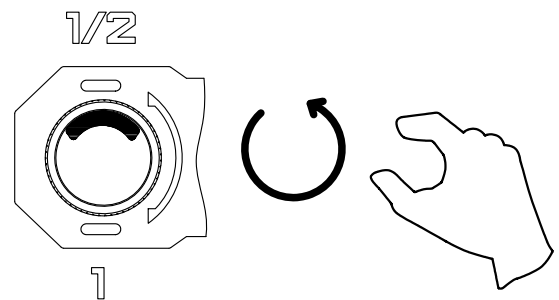


NOTICE: If the weight stack jams or hangs due to operational error, stop exercise immediately. Follow these correction steps to safely initialize the system

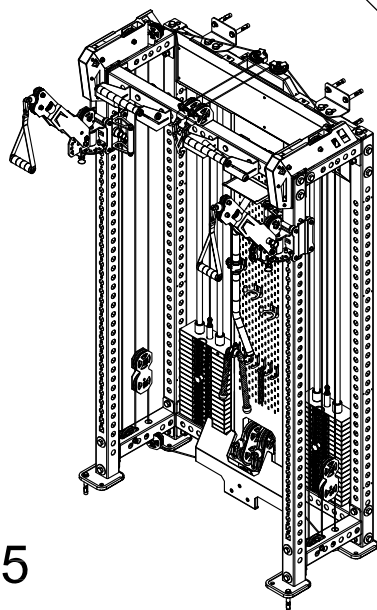
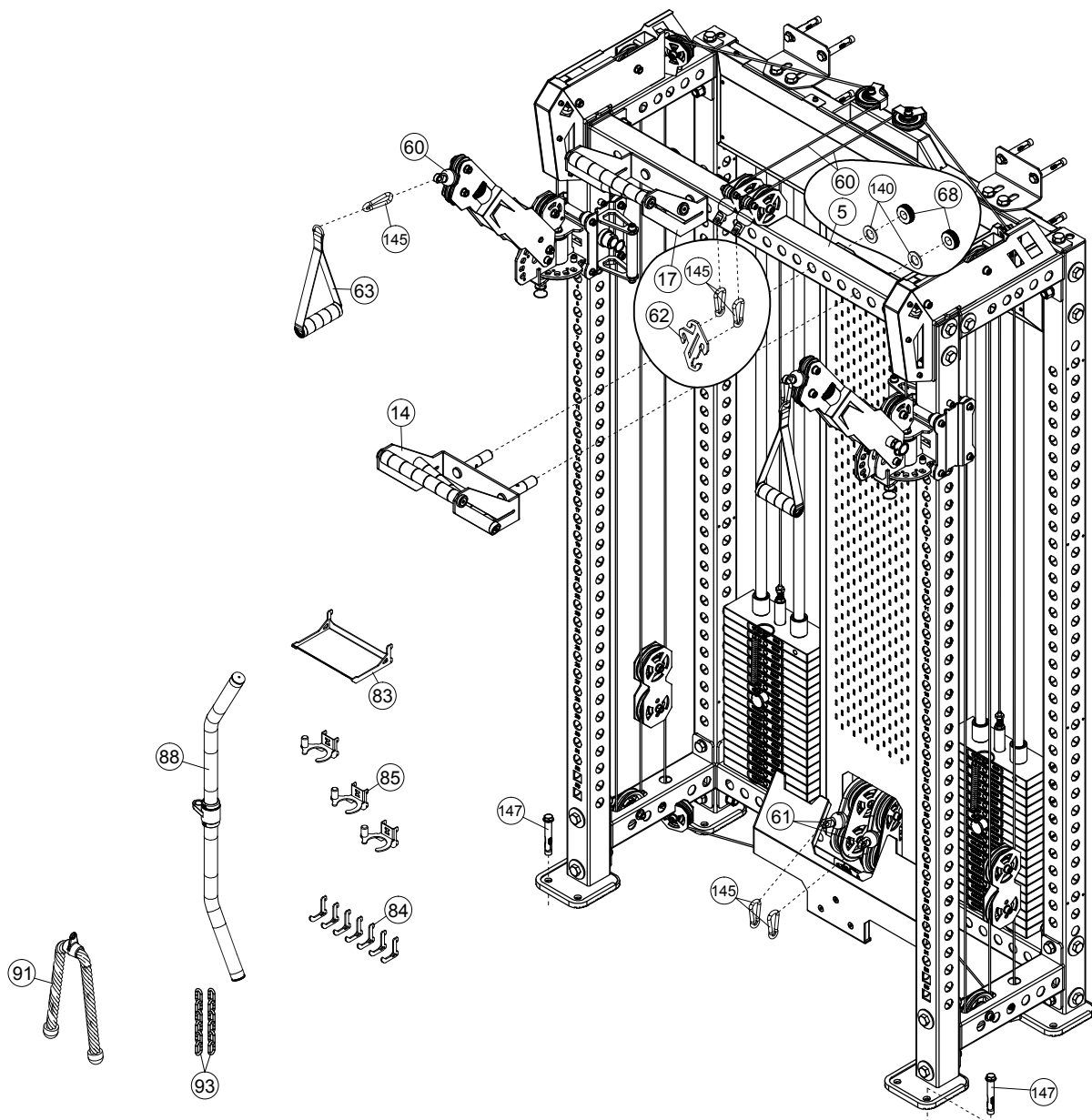
Correction



Step 1: Pull out either of the cables to relieve system tension.



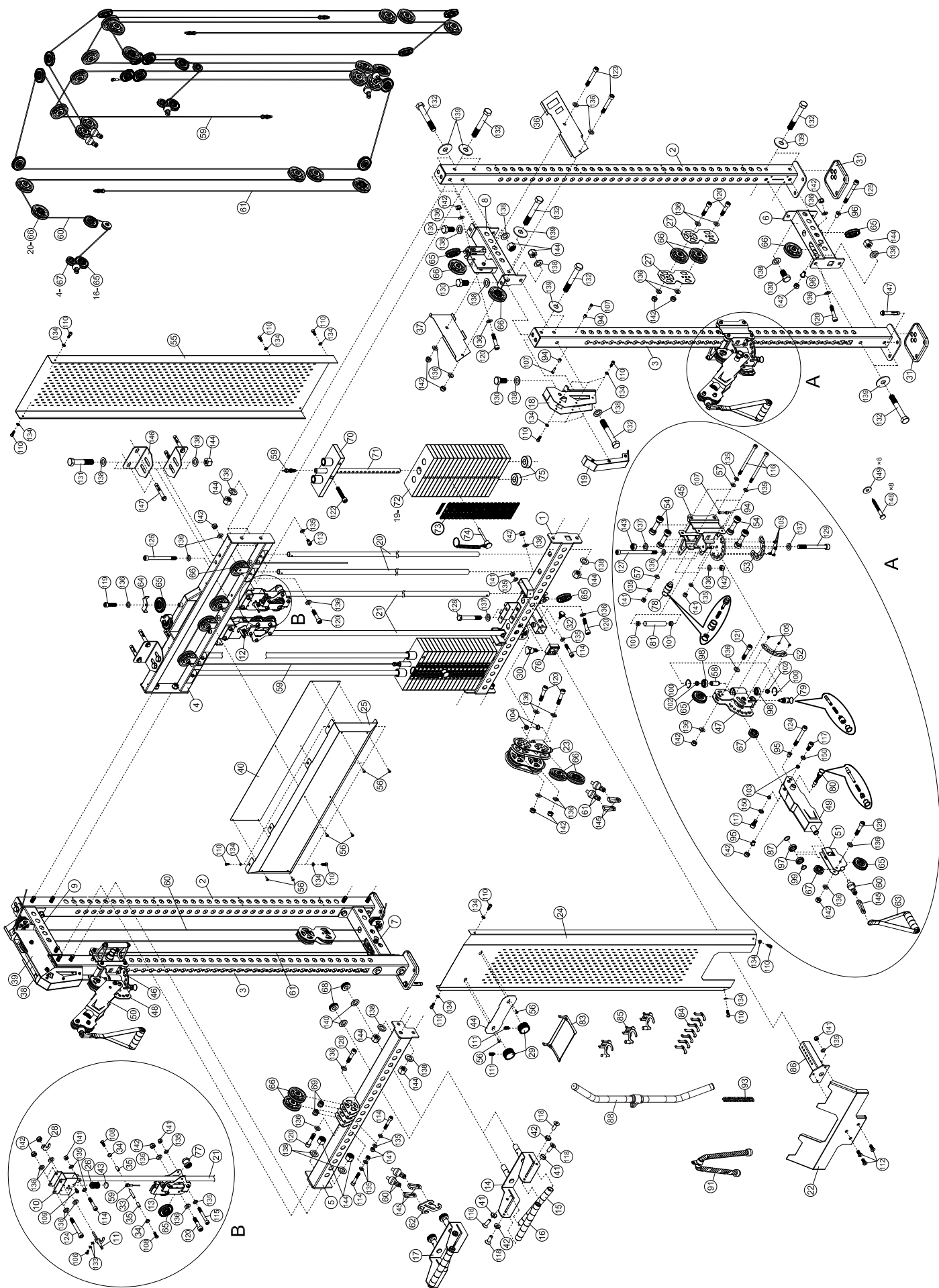
Step 2: Turn the knob to the 1/2 position to initiate the reset.



15



After assembling the equipment, the upright frame must be secured to the floor using expansion bolts (#147) to ensure stability.



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rear Base Frame		1
2	Rear Vertical Frame		2
3	Front Vertical Frame		2
4	Rear Connecting Frame		1
5	Top Beam		1
6	Left Rear Base Frame		1
7	Right Rear Base Frame		1
8	Left Rear Connecting Frame		1
9	Right Rear Connecting Frame		1
10	Sliding frame		2
11	Left turn button holder		1
12	Right turn button holder		1
13	Sliding frame		2
14	Left upper handle rack		1
15	Diagonal handle		2
16	Straight handle		2
17	Right upper handle rack		1
18	Pulley Bracket		2
19	Blocking bracket		2
20	Guide rod	φ25×3×1866	4
21	Guide rod	φ25×3×1656	2
22	Pedal		1
23	Pulley Bracket		2
24	Front cover	1831×406×61×1	1
25	Upper cover	1091×274×57×1	1
26	Spring	27×42×1.8×M6	2
27	Connecting plate	213×95×3	4
28	External hook	50×49×4	2
29	Knob	φ55×28×M8	2
30	Lock Knob	M16×1.5×22	1
31	Floor mat	158×158×14	4
32	Roll flower high head screw	M10×16	1
33	Rotating shaft	φ10×54×M6	2
34	Limit stop	φ20×φ6.2×10	4
35	Pipe	φ12×0.8×25	4
36	Left outer decorative panel	483.5×137.5×15×1.5	1
37	Left interior decorative panel	338.5×137.5×15×1.5	1
38	Right outer decorative panel	483.5×137.5×15×1.5	1
39	Right interior decorative panel	338.5×137.5×15×1.5	1
40	Interior trim panel	1010×190×1.5	1
41	Cover	φ30×φ10.2×12	4
42	Cover	φ30×φ10.2×8	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
43	Spacer	φ30×φ6×6	2
44	Nameplate	271×86×1.5	1
45	Left adjustment bracket		1
46	Right adjustment bracket		1
47	left arm swing adjustment		1
48	Right arm swing adjustment		1
49	left swing arm		1
50	Right swing arm		1
51	Swivel PulleyBracket		2
52	Decorative panel	R50×35×1.5	2
53	Decorative panel	R35×35×1.5	2
54	Roller		8
55	Rear cover	1796×406×56×1	1
56	Blind rivet	4×10	8
57	Spherical washer	8	8
58	Pipe	φ21×φ13×50.7	2
59	post cable	L=2200mm	2
60	Double pull cable	L=6050mm	2
61	Pull-down cable	L=6400mm	2
62	Multi-functional hook	145×93×5	1
63	Pull Handle	L=245MM	2
64	Cable Pulley Seat	84×45×25×2	2
65	Pulley	φ72×φ10	16
66	Pulley	φ95×φ10	20
67	Pulley	φ50×φ10	4
68	Round nut	φ45×15×M24	4
69	wheel	φ27×24	2
70	Top Weight Plate		2
71	Selector Rod	φ25×564 (19+1)	2
72	Weight Plate	250×100×25.4 (10LB)	38
73	selector iron sticker	119×17.5	2
74	Weight Selector Pin		2
75	Rubber Stopper	φ62×φ24.5×25	4
76	Sleeve	□50×□45	1
77	Roller		6
78	Lock Knob		2
79	Lock Knob		2
80	Lock Knob		2
81	Handle	φ25×2×125	2
83	Tray		1
84	hook	55×53×3	7
85	Handle holder		3
86	Adjustment bracket		1
87	Retaining ring	φ30×φ25.5×3	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
88	Pull handle		1
89			
90			
91	Rope		1
92			
93	6-Joint Chain	φ5	2
94	Spacer sleeve	φ14×φ6×12	8
95	Pulley spacer sleeve	φ25×φ10.2×19.5	4
96	Spacer sleeve	φ25×φ16×φ10.2×27	4
97	Ball Bearing	61905-ZZ	4
98	Ball Bearing	6203-2RZ	4
99	Retaining ring	25	2
100	Retaining ring	d0=40	4
101	Bushing	φ25×φ21.8×φ10.5×12	4
102	Bushing	φ21×φ12.5×12.5	4
103	Bushing	φ18×φ14×φ10.2×9	4
104	Bushing	φ25×φ20×φ12.2×10	4
105	Cross recessed countersunk head screw	M4×6	14
106	Allen Bolt	M5×12	2
107	Hexagon socket button head screws	M5×16	8
108	Hexagon socket countersunk head screw	M6×20	4
109	Hexagon socket button head screws	M6×8	2
110	Hexagon socket button head screws	M6×15	28
111	Set screw	M8×20	2
112	Hexagon socket countersunk head screw	M8×20	3
113	Hexagon socket button head screws	M8×12	4
114	Hexagon socket button head screws	M8×45	6
115	Hexagon socket button head screws	M8×65	6
116	Hexagon socket button head screws	M8×130	8
117	Hexagon socket button head screws	M10×20	4
118	Hexagon socket countersunk head screw	M10×30	8
119	Hexagon socket button head screws	M10×35	2
120	Hexagon socket button head screws	M10×45	28
121	Hexagon socket button head screws	M10×50	2
122	Hexagon socket button head screws	M10×55	2
123	Hexagon socket button head screws	M10×70	4
124	Hexagon socket button head screws	M10×75	6
125	Hexagon socket button head screws	M10×90	2
126	Hexagon socket button head screws	M10×120	2
127	Hexagon socket button head screws	M10×155	2
128	Hex bolt	M12×85	2
129	Hexagon socket button head screws	M12×110	2

PARTS LIST

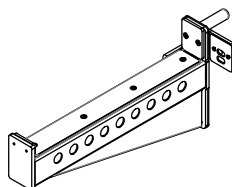
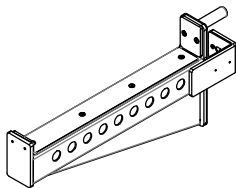
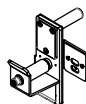
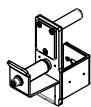
KEY NO.	PART DESCRIPTION	SPEC	QTY
130	Hex bolt	M16×30	10
131	Hex bolt	M16×85	4
132	Hex bolt	M16×110	24
133	Washer	5	4
134	Washer	6	28
135	Washer	8	47
136	Washer	10	86
137	Washer	12	6
138	Washer	16	40
139	Washer	16	22
140	Washer	24	4
141	Nut	M8	23
142	Nut	M10	44
143	Nut	M12	2
144	Nut	M16	24
145	Hook	φ8	6
146	Fixed plate	150×84×104×4	4
147	Expansion screw	M12×100	10
148	Self-tapping wood screws	M10×60	8
149	Washer	φ30×φ10.5×2.5	8
150	Spring washer	10	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

VESTA

VFORCE

ASSEMBLY MANUAL

VFS-2IN1 (JSA)



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20260625-V1.0

IMPORTANT SAFETY NOTICE

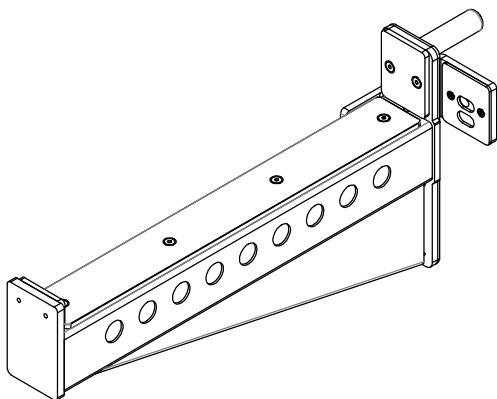
PRECAUTIONS

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:

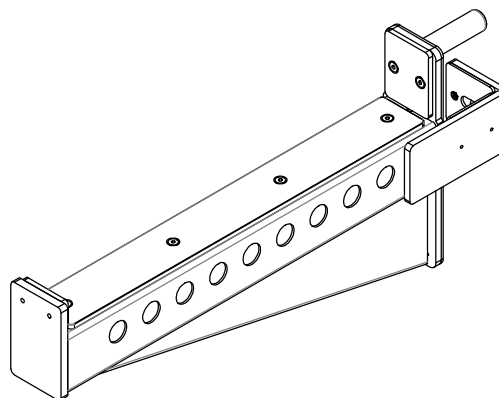
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.
12. A spotter is recommended during exercise.

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.

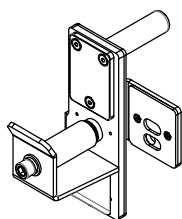
SAVE THESE INSTRUCTIONS.



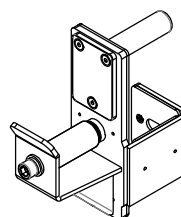
① x1



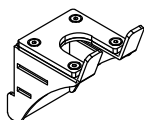
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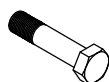
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④ x1



⑭ x1



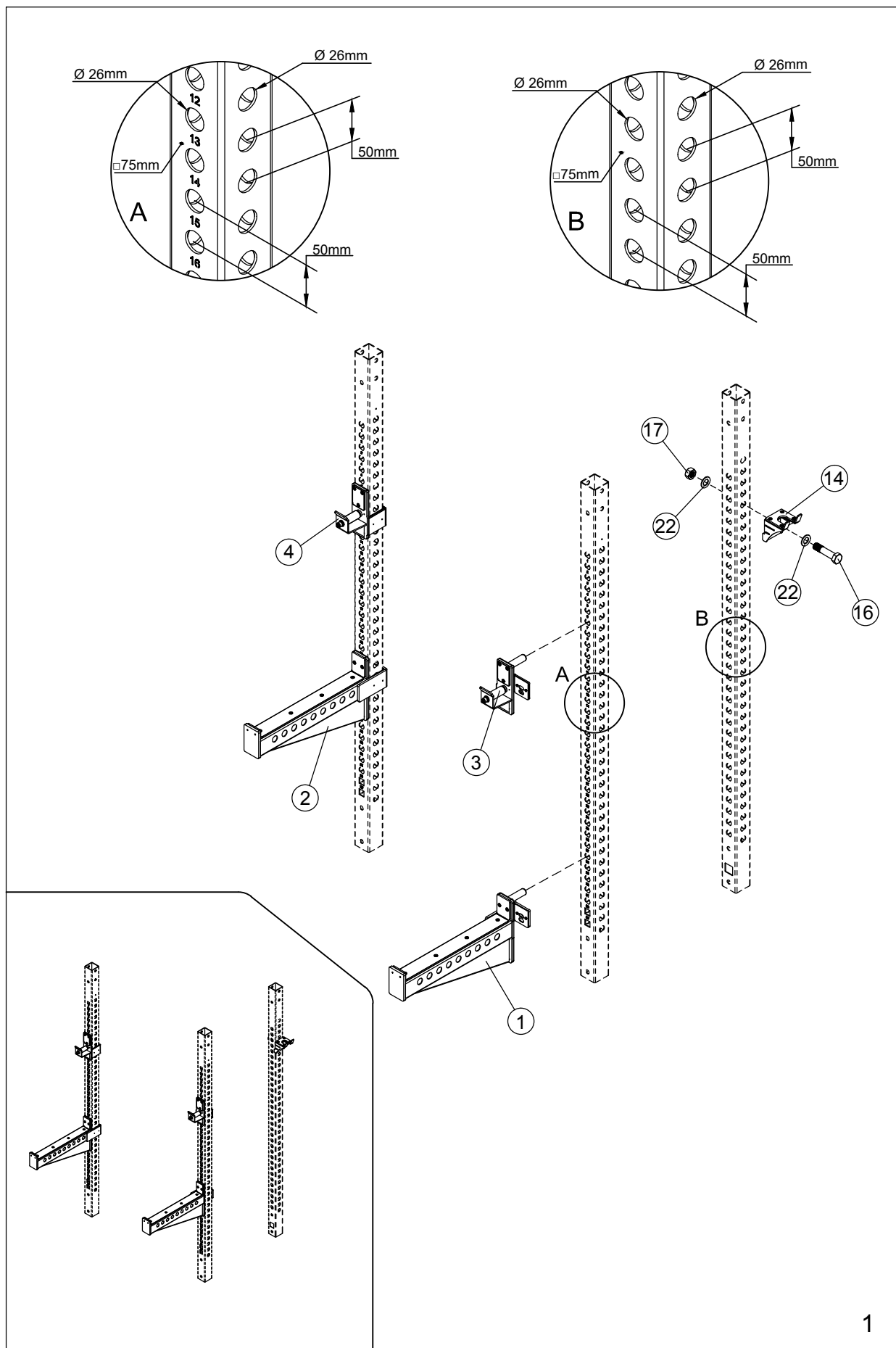
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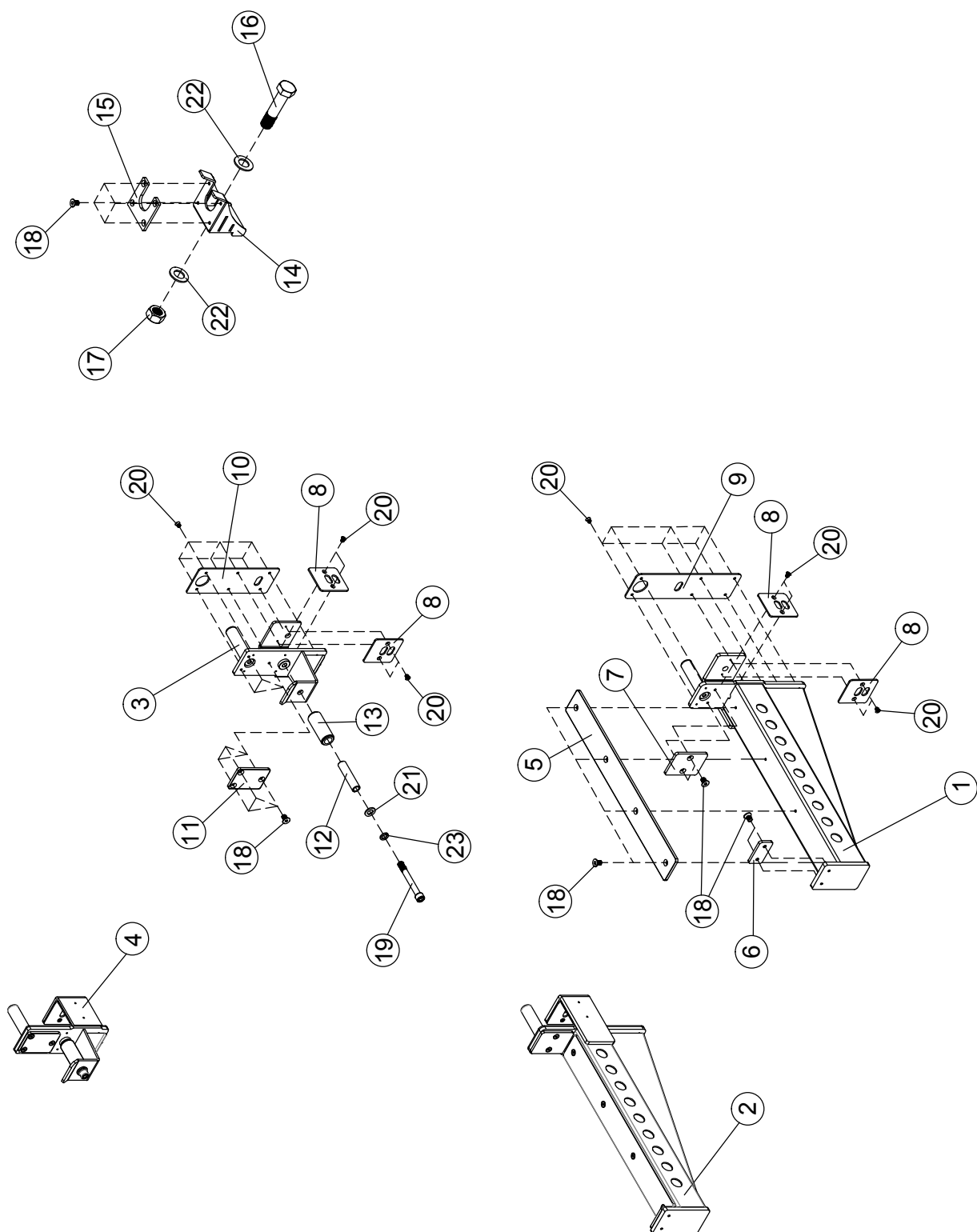


⑰ x1



⑳ x2





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Long Safety Rack L		1
2	Long Safety Rack R		1
3	Short Safety Rack L		1
4	Short Safety Rack R		1
5	High Molecular Liner	530×65×6	2
6	Small High Molecular Liner	65×35×6	2
7	Front High Molecular Liner	85×65×6	2
8	Small Inner Liner	75×70×3	8
9	Long Inner Liner	280×75×3	2
10	Short Inner Liner	215×75×3	2
11	High Molecular Liner (three-hole)	85×60×6	2
12	Tube	φ18×φ13×78	2
13	Roller	φ30.5×φ18.3×77	2
14	Bar Stow Rack		1
15	Rack Liner	85×84×6	1
16	Allen Bolt	M24×105	1
17	Hex Nut	M24	1
18	Hexagon Socket Countersunk Head Screws	M6×10	26
19	Hexagon Socket Button Head Screws	M12×100	2
20	Cross Recessed Countersunk Head Screws	M4×6	40
21	Washer	12	2
22	Washer	24	2
23	Spring Washer	12	2