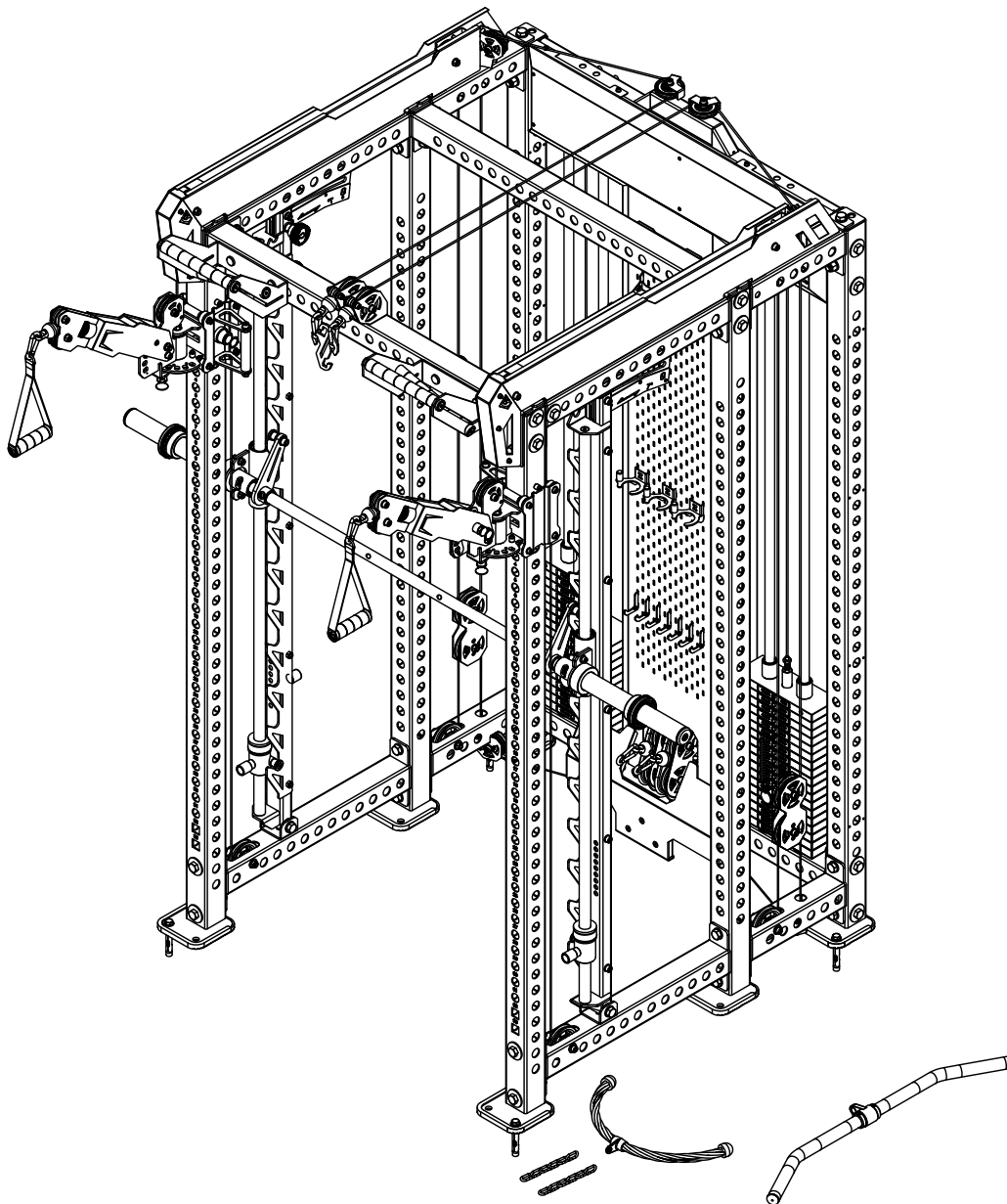


VESTA

VFORCE

ASSEMBLY MANUAL

VFS-3IN1



CAUTION!

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

20260622-V1.0

IMPORTANT SAFETY NOTICE

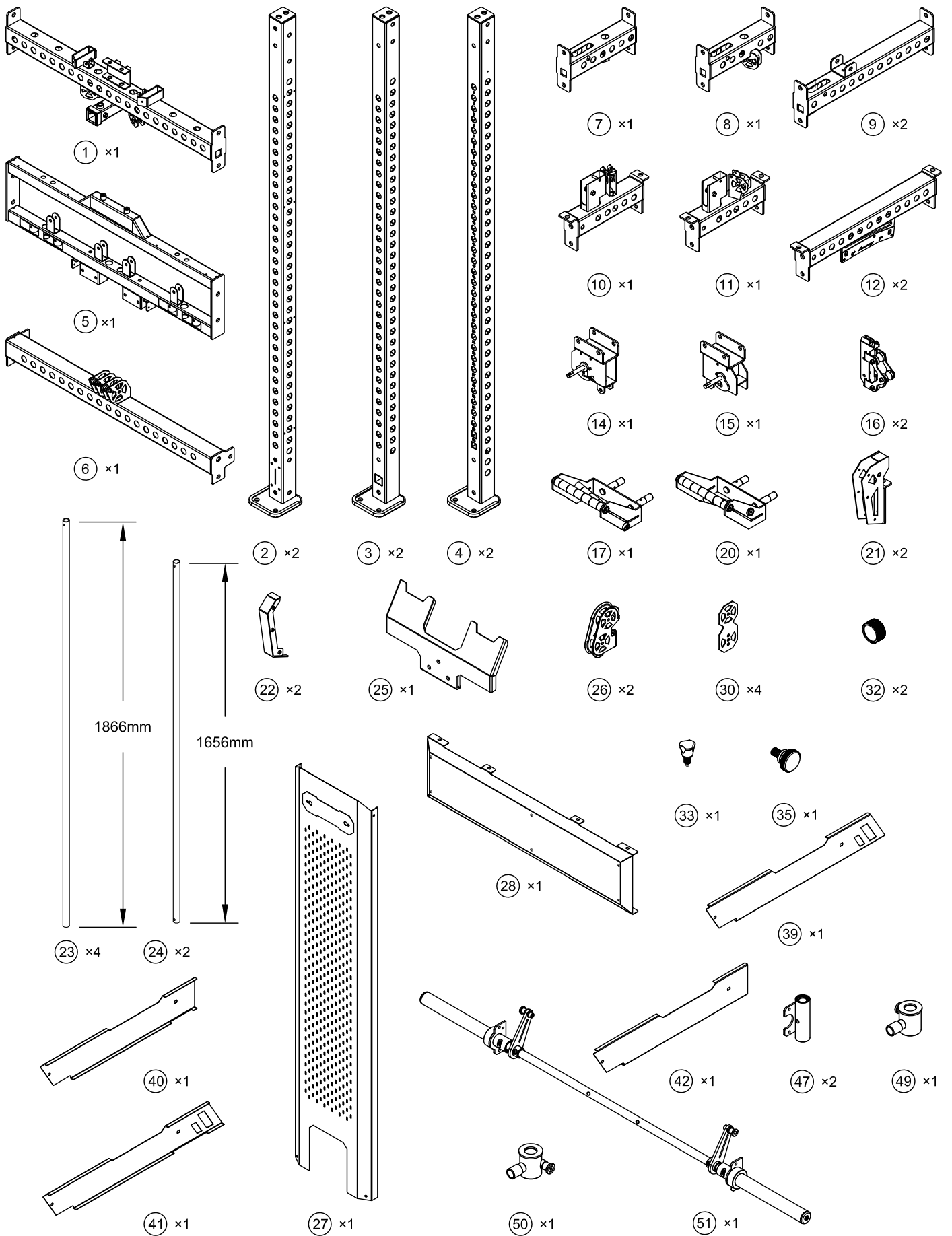
PRECAUTIONS

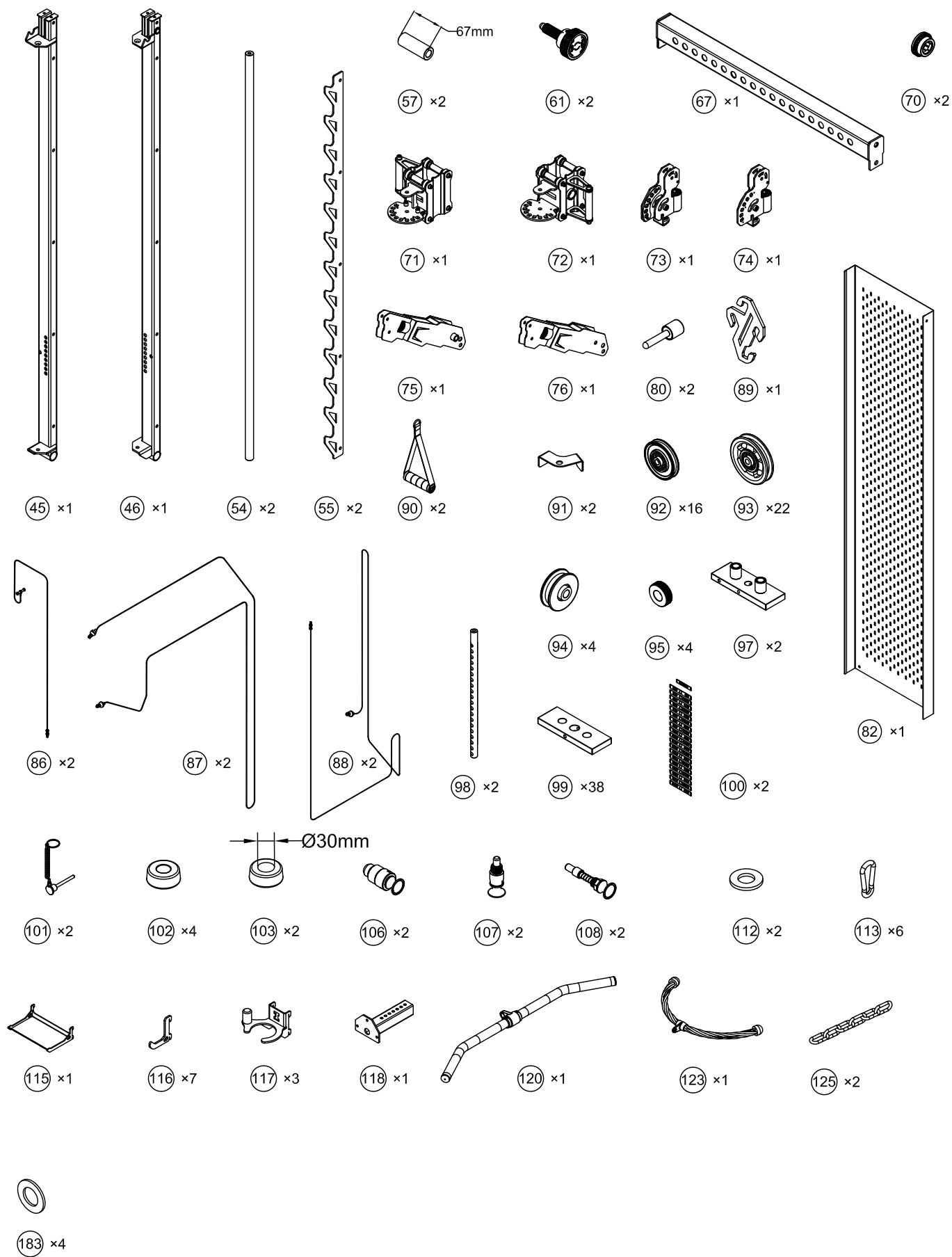
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

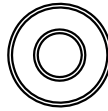
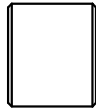
SAVE THESE INSTRUCTIONS.



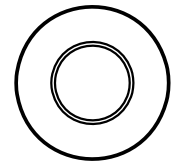
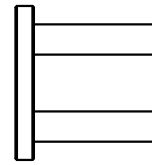




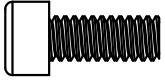
143 × 4



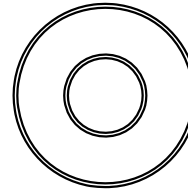
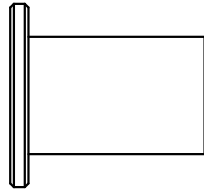
126 × 4



127 × 4



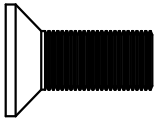
146 × 28



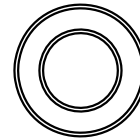
128 × 8



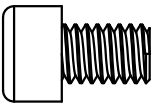
148 × 2



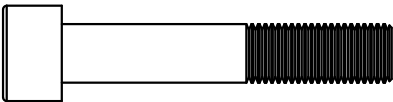
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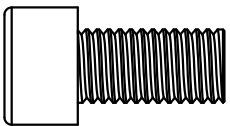
139 × 4



150 × 8

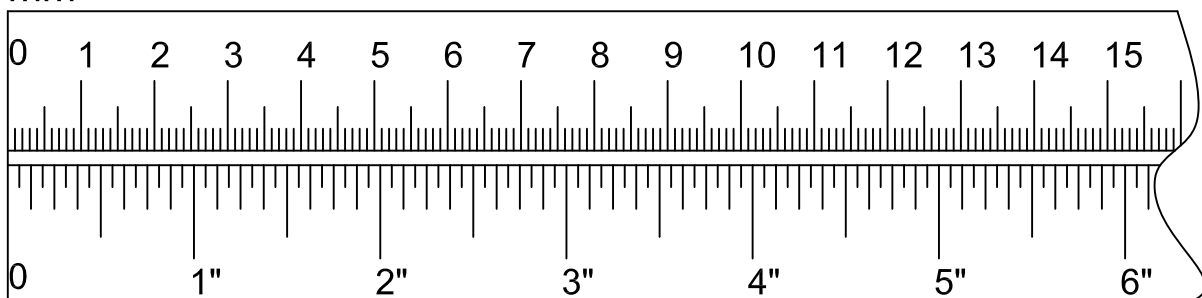


152 × 4



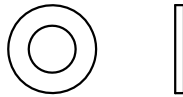
155 × 6

mm

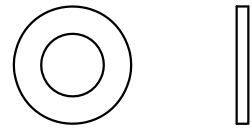




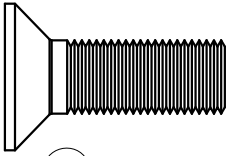
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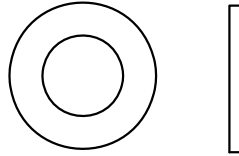
170 × 28



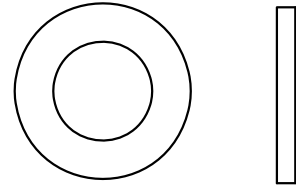
171 × 19



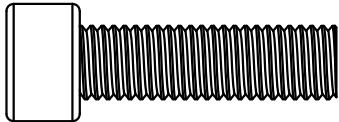
157 × 2



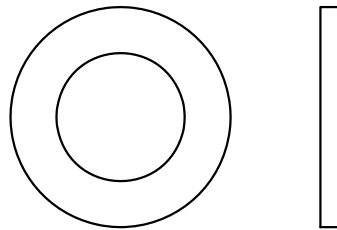
172 × 102



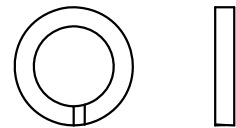
173 × 6



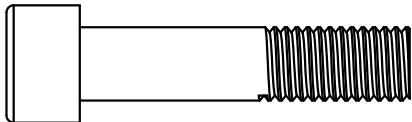
158 × 2



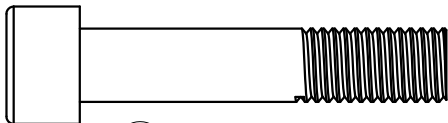
174 × 54



184 × 4



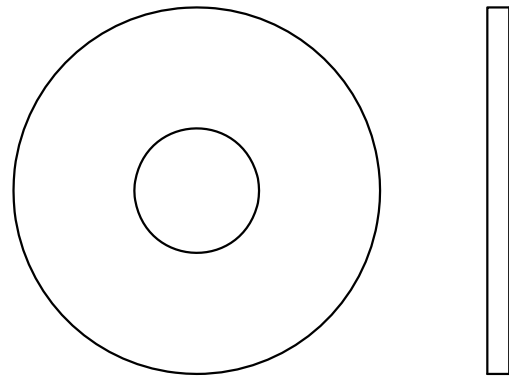
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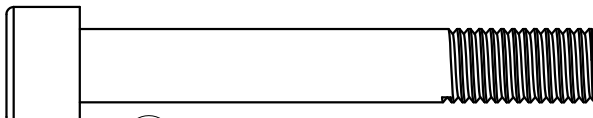
160 × 2



161 × 2

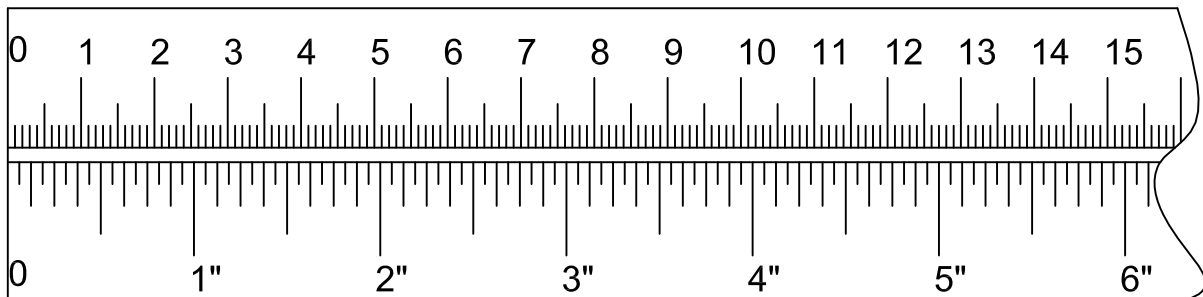


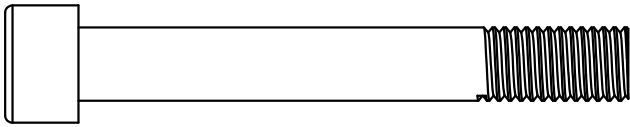
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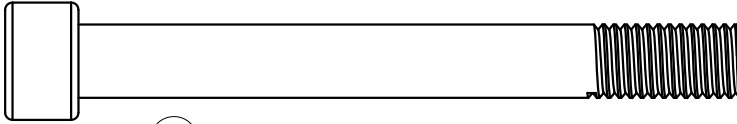
162 × 4

mm

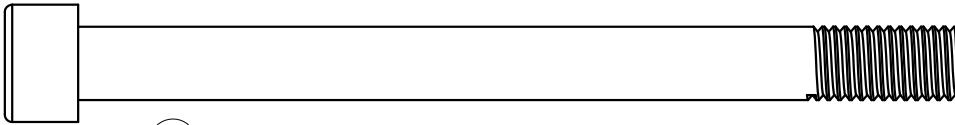




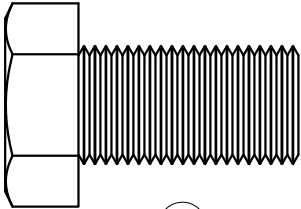
163 × 18



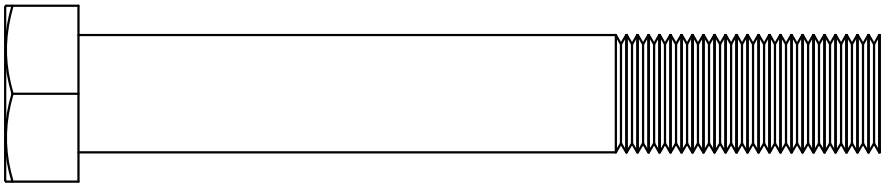
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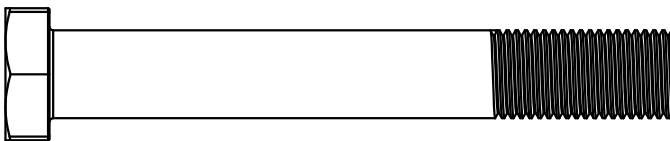
165 × 2



167 × 18

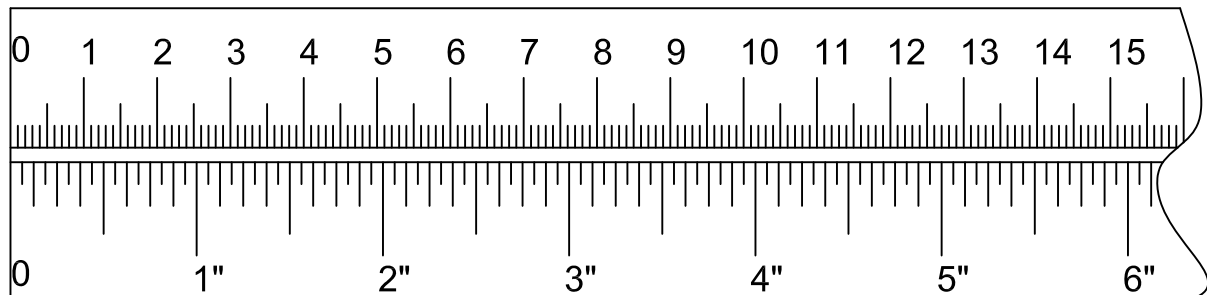


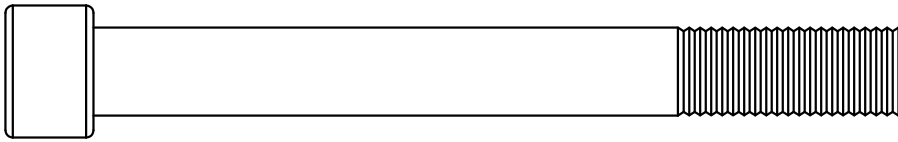
168 × 34



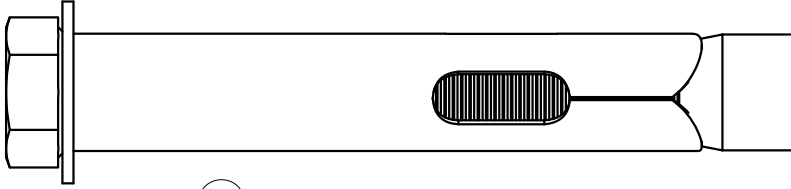
181 × 2

mm

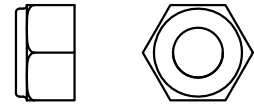




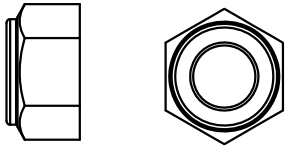
182 × 2



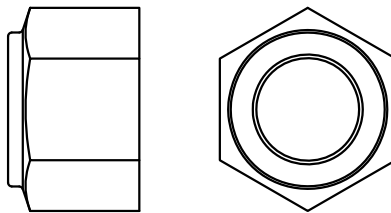
185 × 4



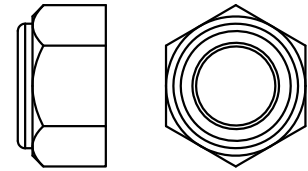
176 × 7



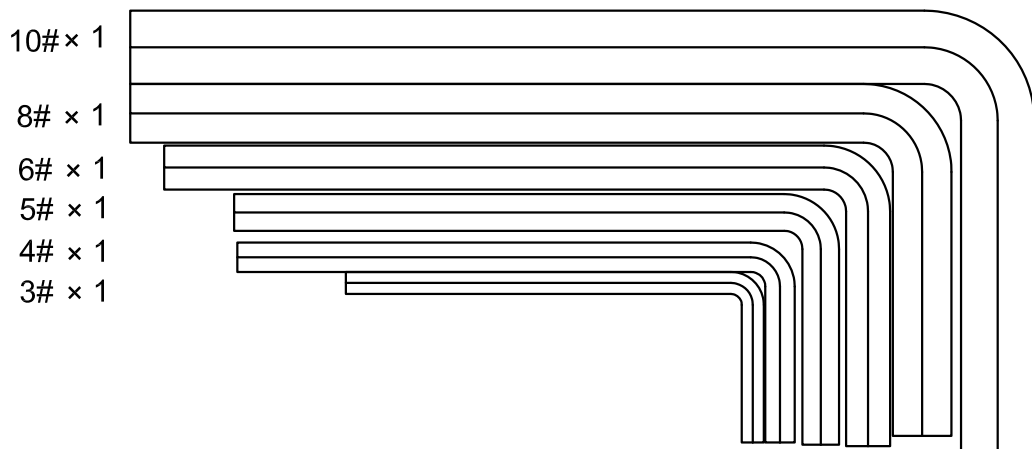
177 × 58



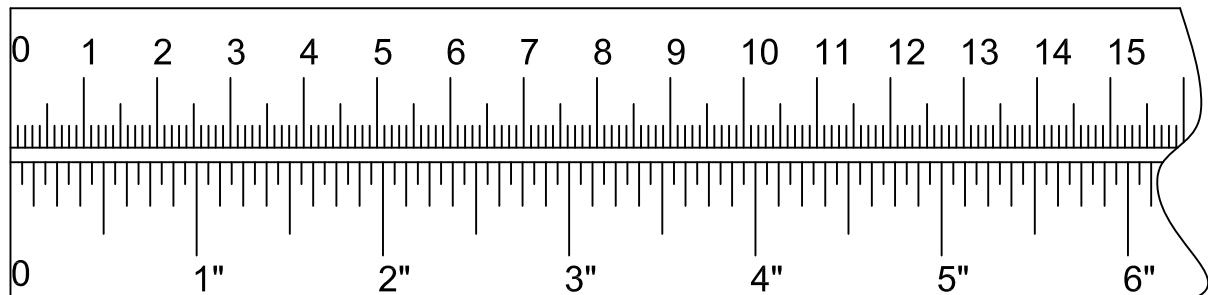
178 × 28



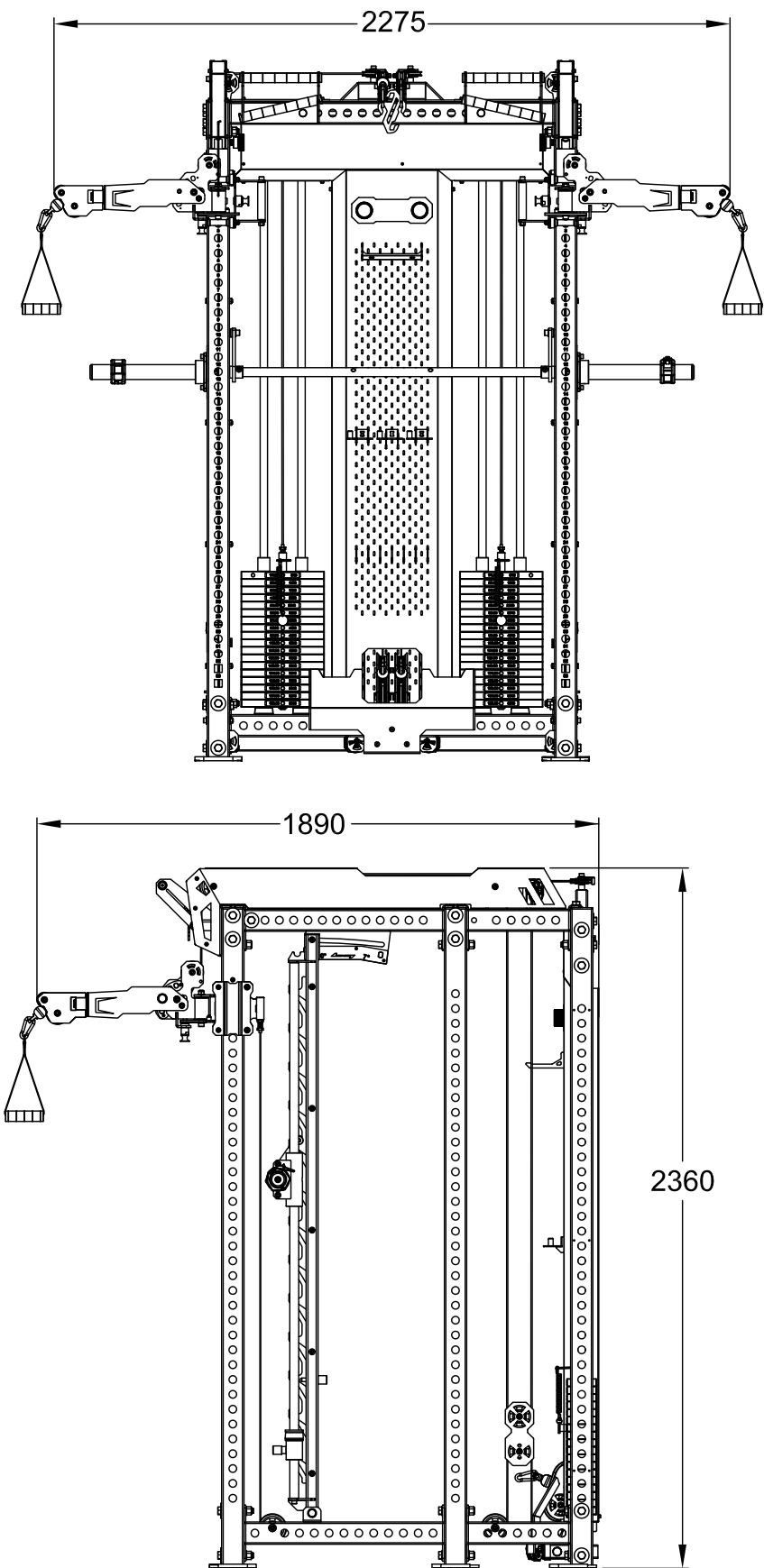
179 × 2



mm



Max Assembled Dimension: 1890mm x 2275mm x2360mm



126

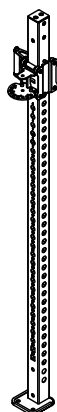
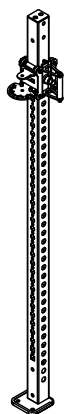
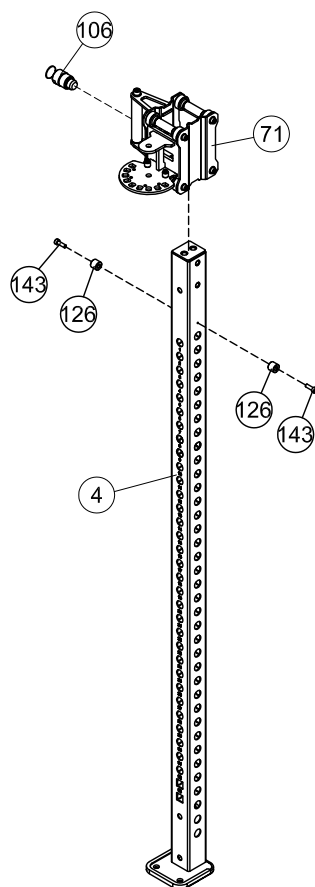
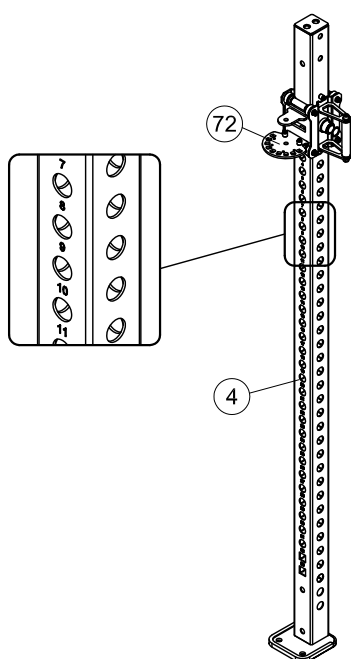
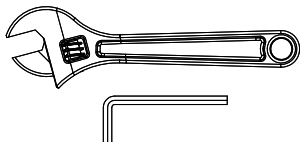


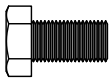
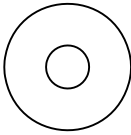
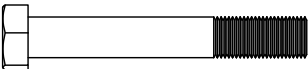
×4 $\phi 14 \times \phi 6 \times 12$

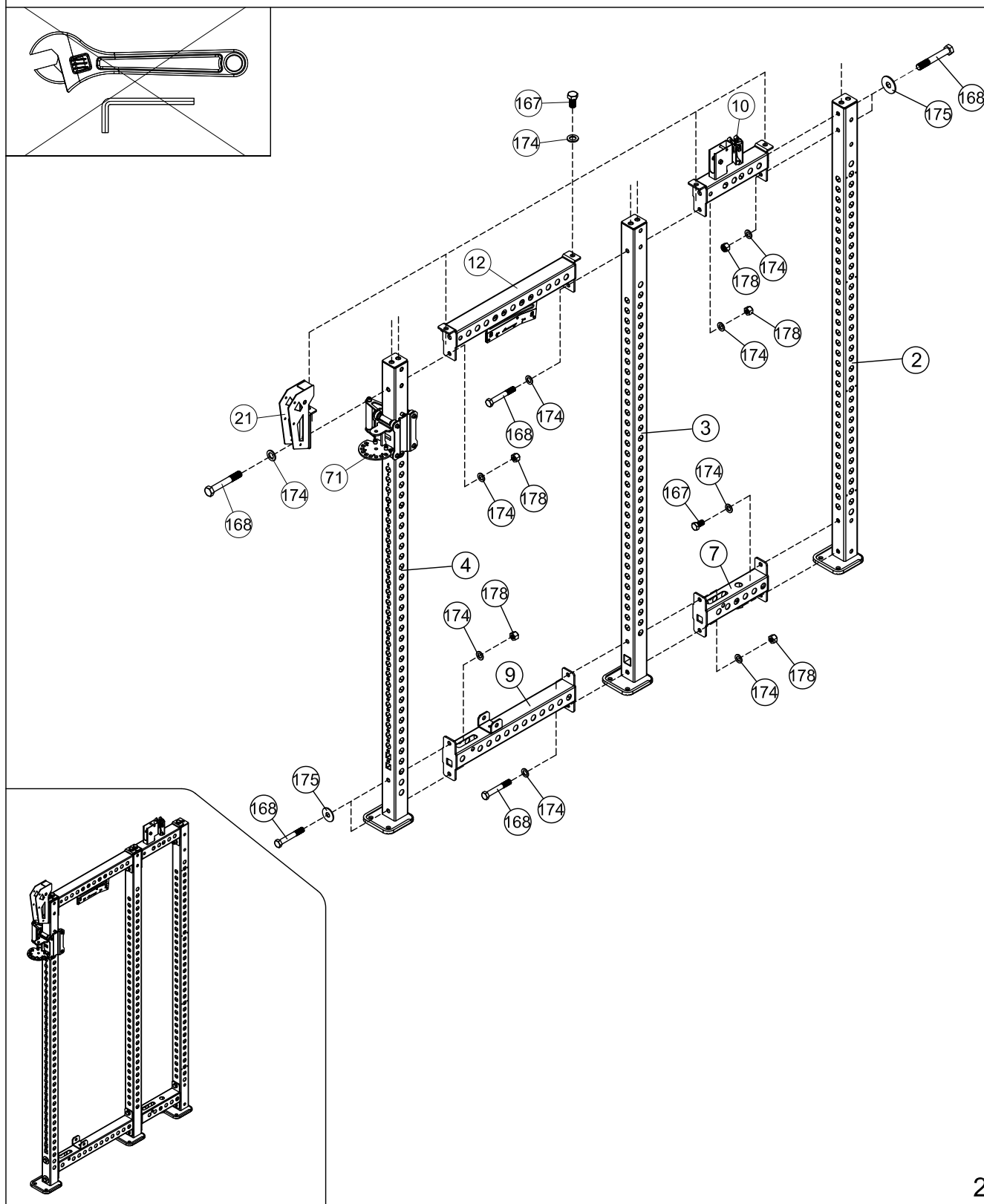
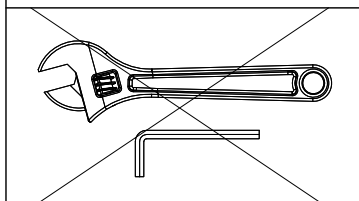
143

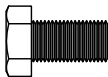
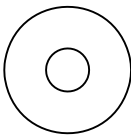
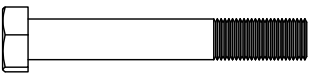


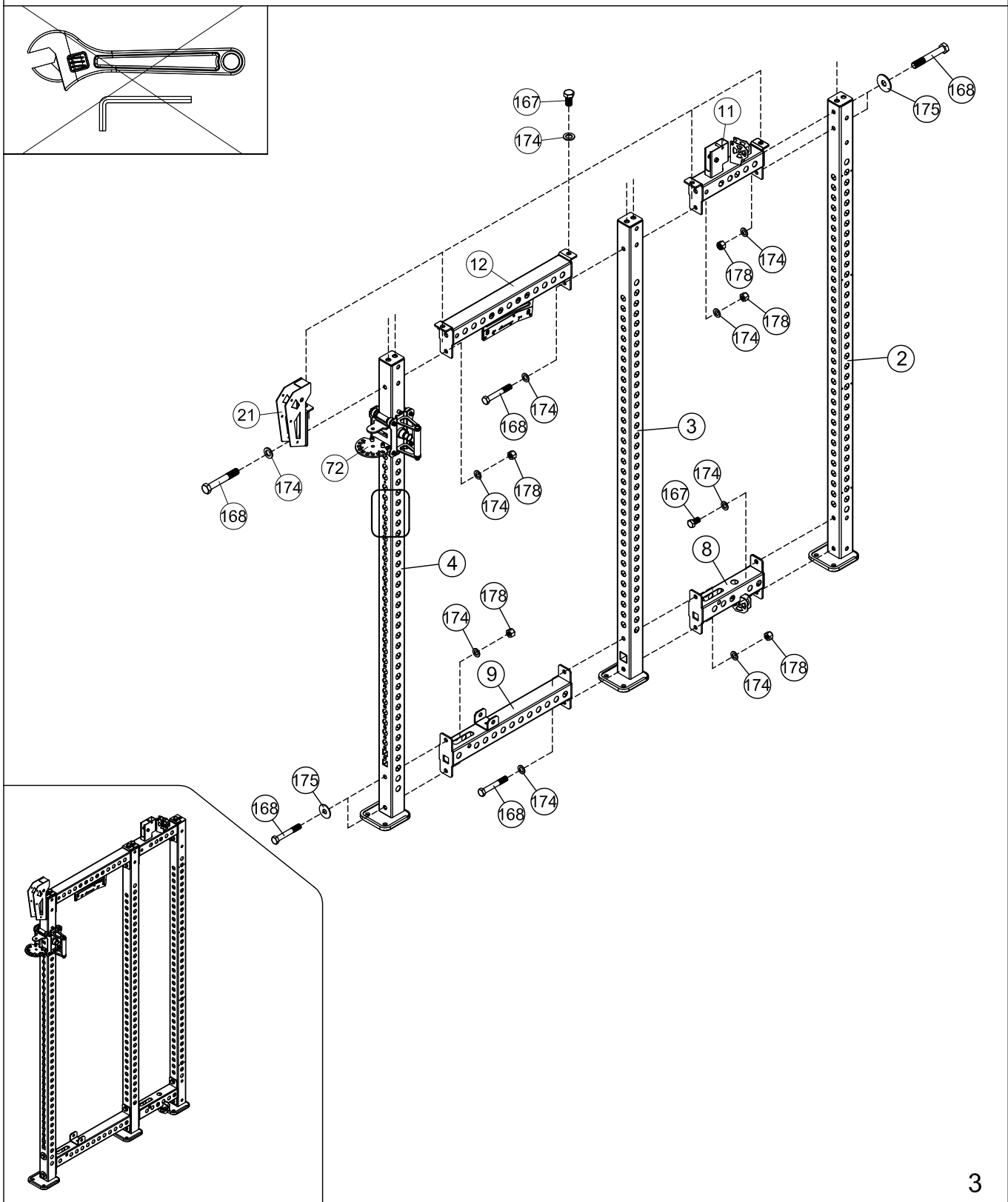
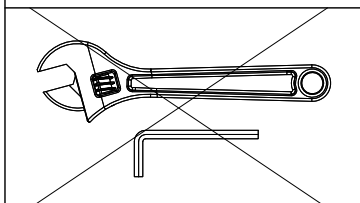
×4 M5×16

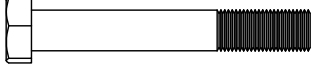
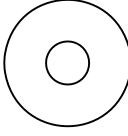


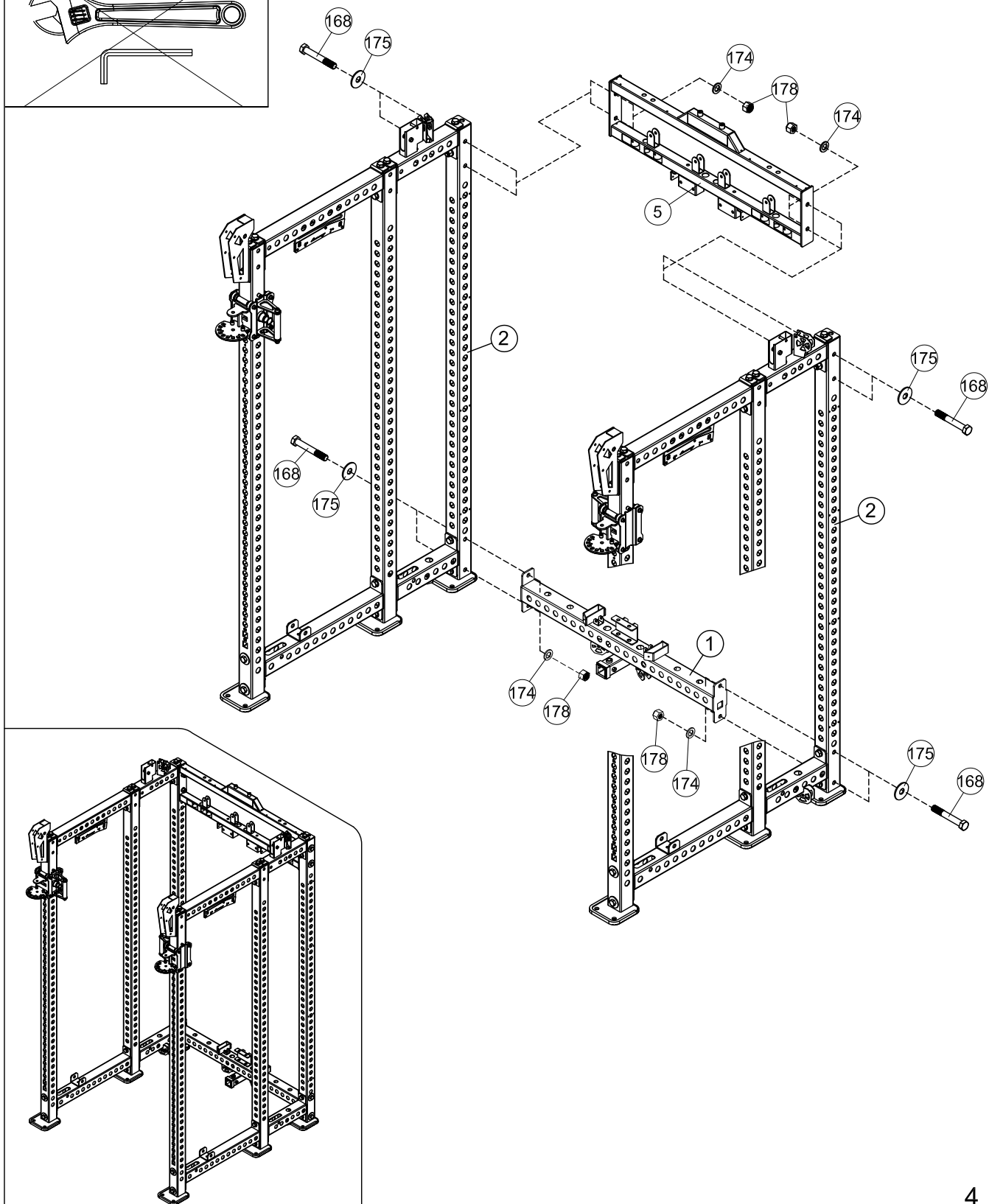
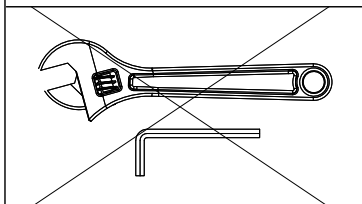
- (167)  ×7 M16×30 (175)  ×4 $\Phi 50 \times \Phi 16$
 (168)  ×8 M16×110 (178)  ×7 M16
 (174)  ×18 $\Phi 16$

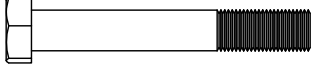
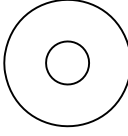


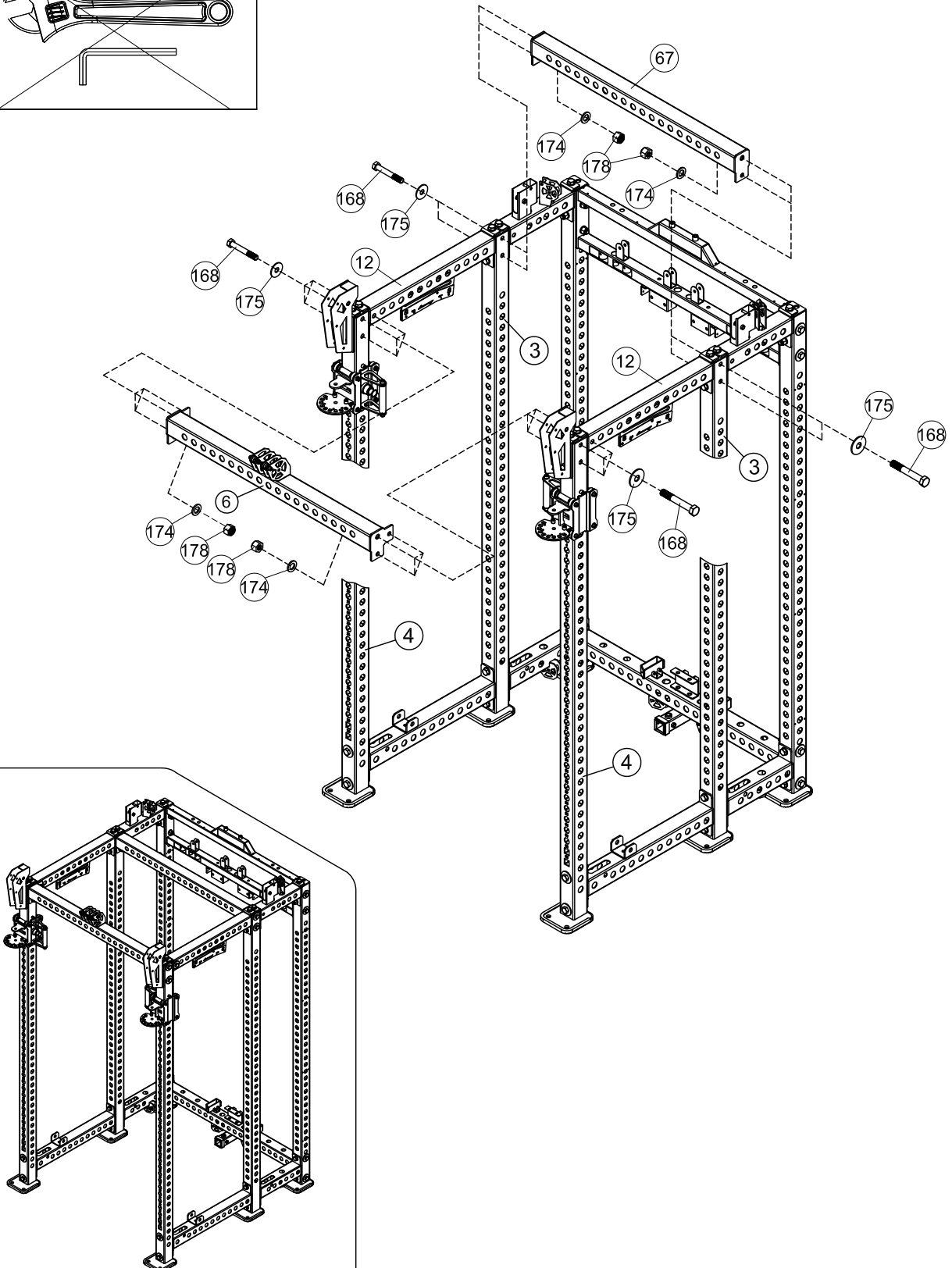
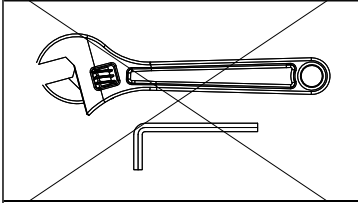
- | | | | | | | |
|-------|---|---------------|-------|--|----|--------------------------|
| (167) |  | x7 M16x30 | (175) |  | x4 | $\Phi 50 \times \Phi 16$ |
| (168) |  | x8 M16x110 | (178) |  | x7 | M16 |
| (174) |  | x18 $\Phi 16$ | | | | |



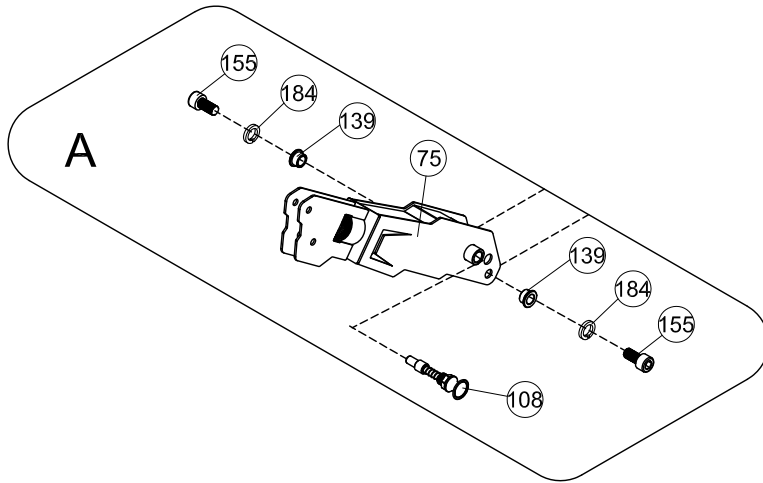
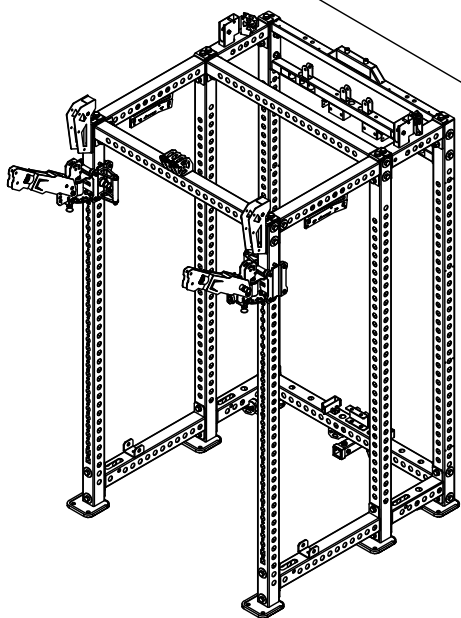
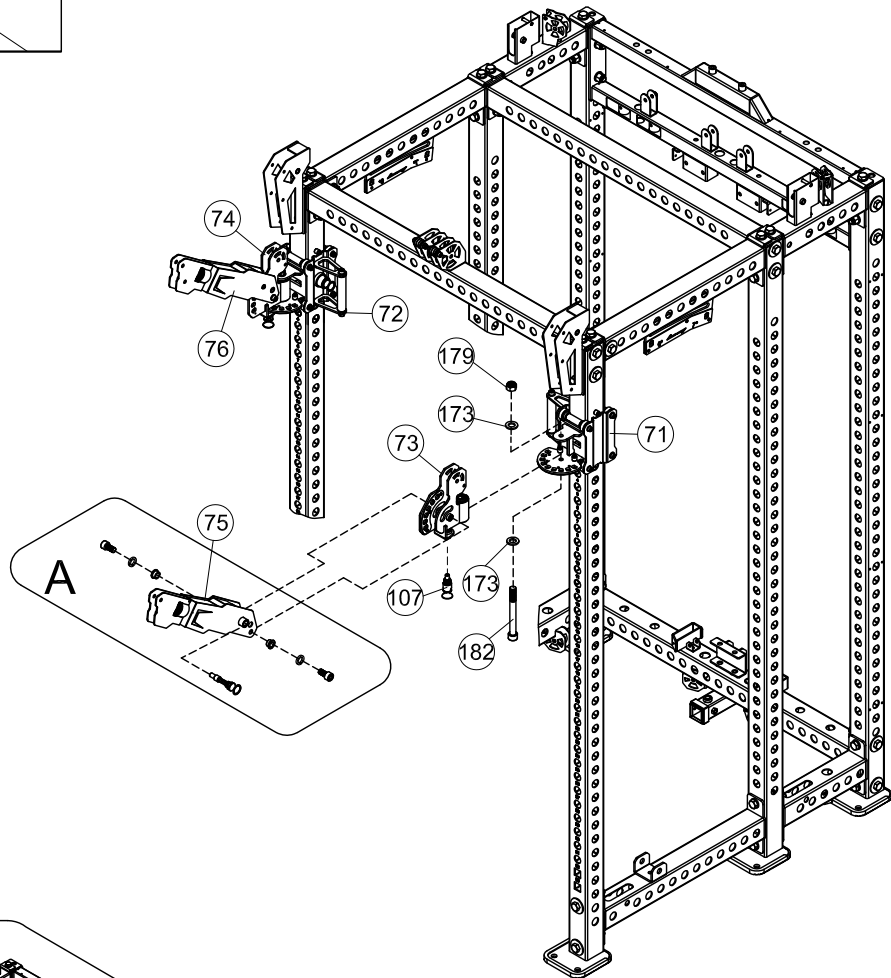
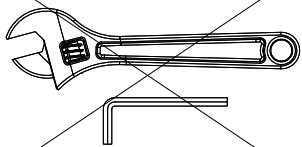
- 168  ×8 M16×110 175  ×8 Φ50×Φ16
 174  ×8 Φ16 178  ×8 M16



- 168  ×10 M16×110 175  ×10 Φ50×Φ16
 174  ×6 Φ16 178  ×6 M16



139			×4	φ18×φ14×φ10.2×9	179			×2	M12
155			×4	M10×20	182			×2	M12×110
173			×4	Φ12	184			×4	10



150



×8 M8×12

171

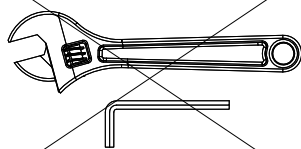


×8 Φ8

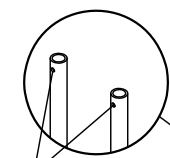
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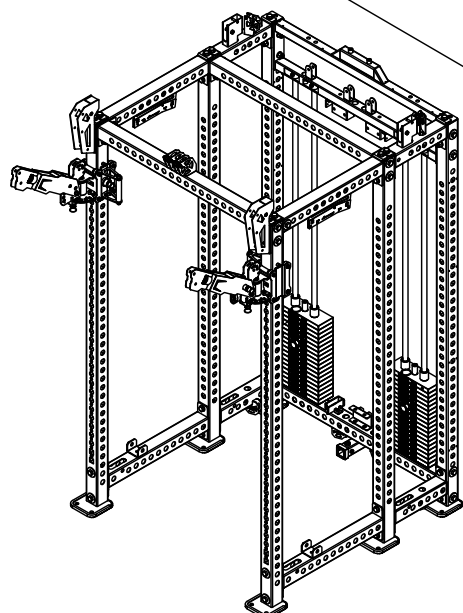
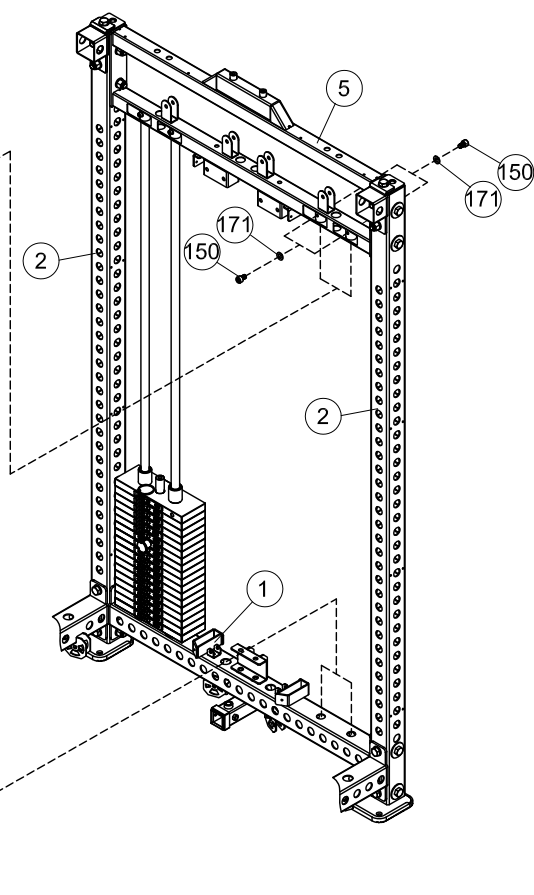
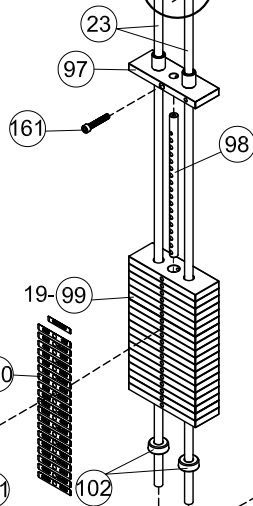
×2 M10×55

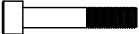
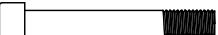
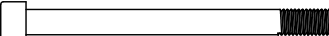


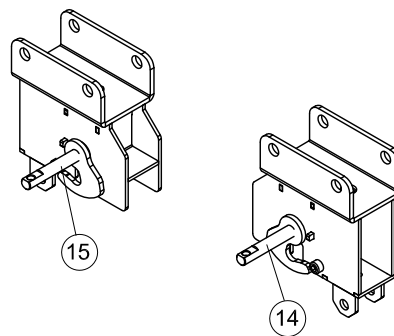
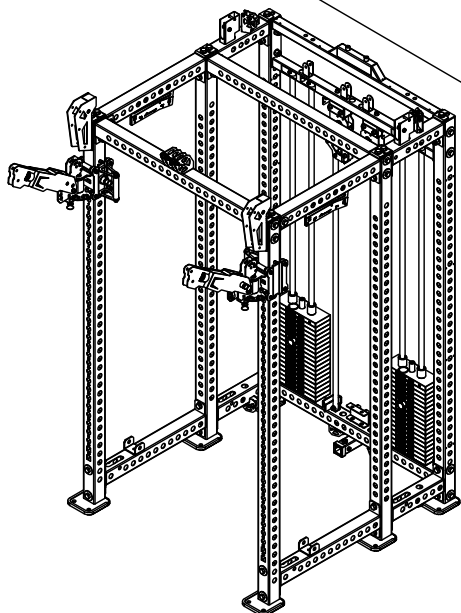
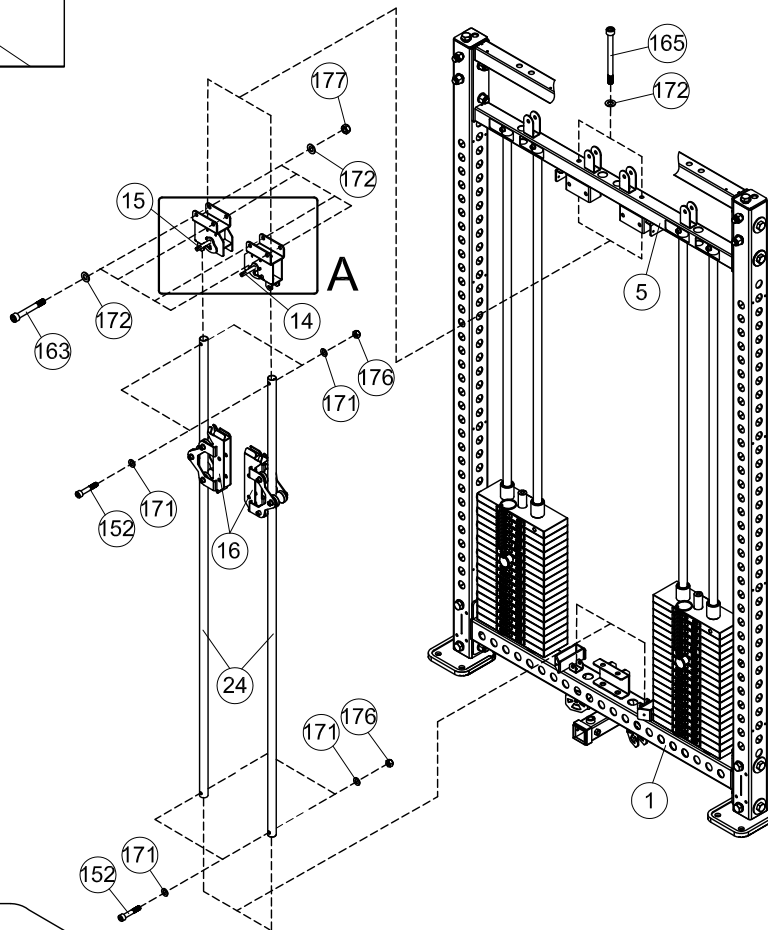
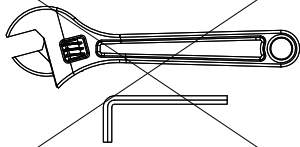
10LB/4.5KG	
20LB	9KG
30LB	13.5KG
40LB	18KG
50LB	22.5KG
60LB	27KG
70LB	31.5KG
80LB	36KG
90LB	40.5KG
100LB	45KG
110LB	49.5KG
120LB	54KG
130LB	58.5KG
140LB	63KG
150LB	67.5KG
160LB	72KG
170LB	76.5KG
180LB	81KG
190LB	85.5KG
200LB	90KG

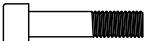


M8



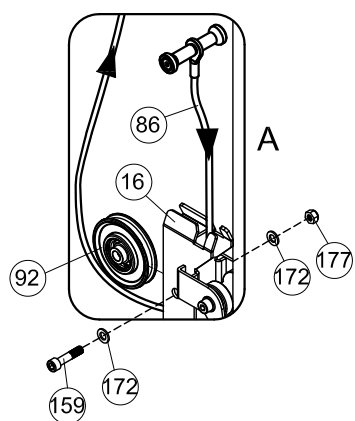
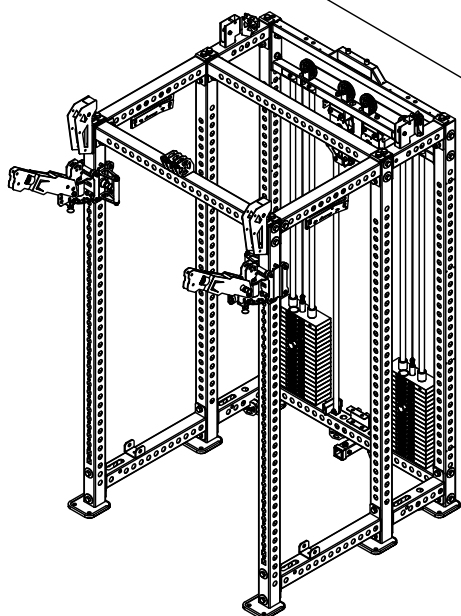
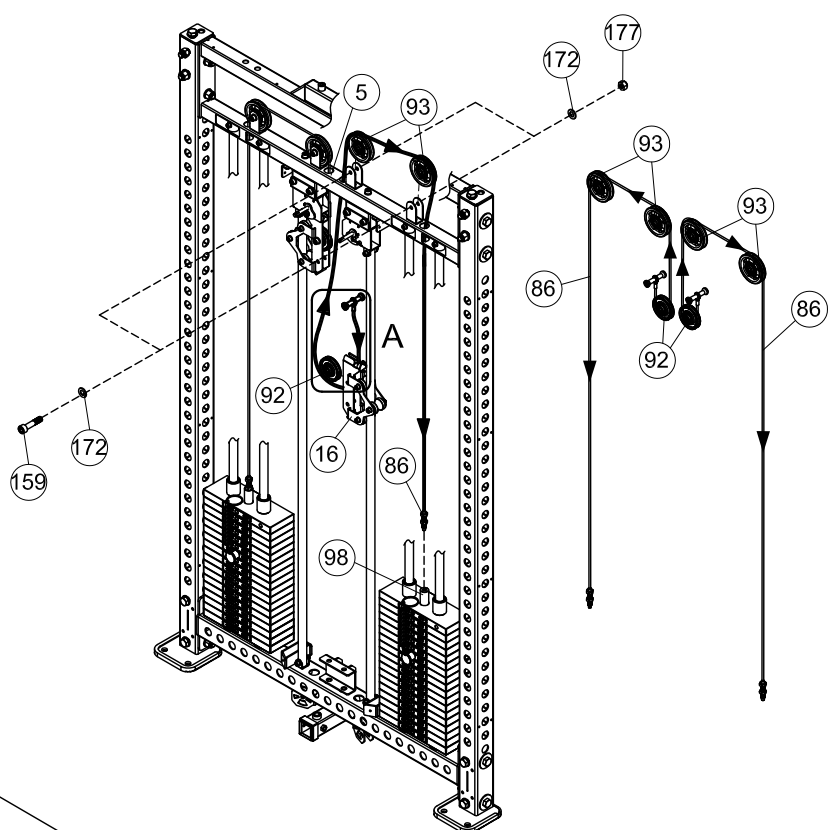
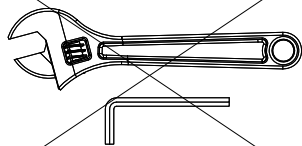
152		×4	M8×45	171		×8	Φ8
163		×4	M10×75	172		×10	Φ10
165		×2	M10×120	176		×4	M8
				177		×4	M10

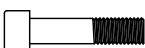
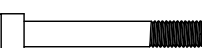


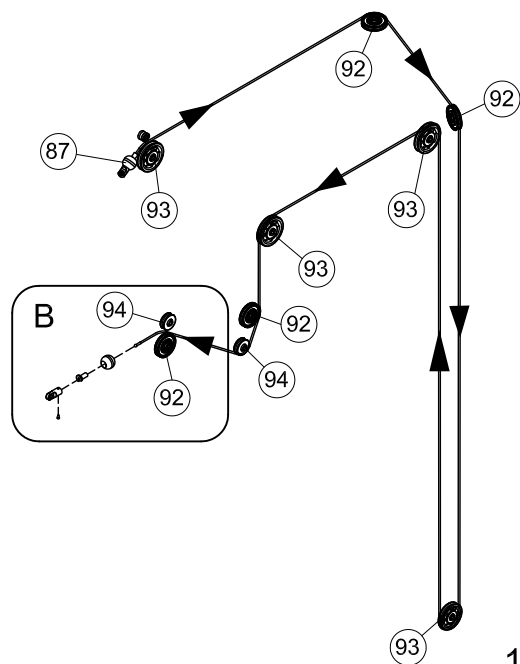
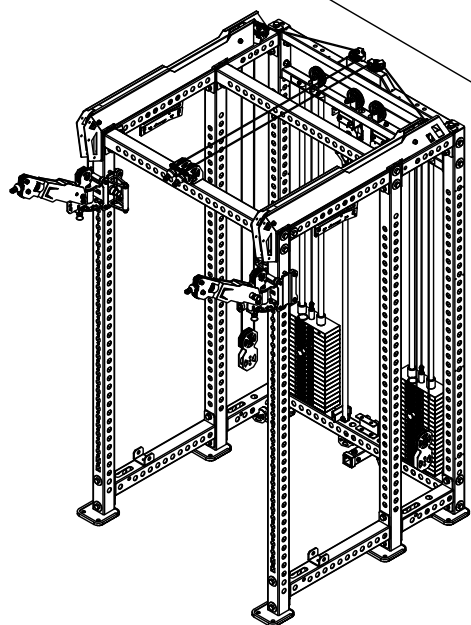
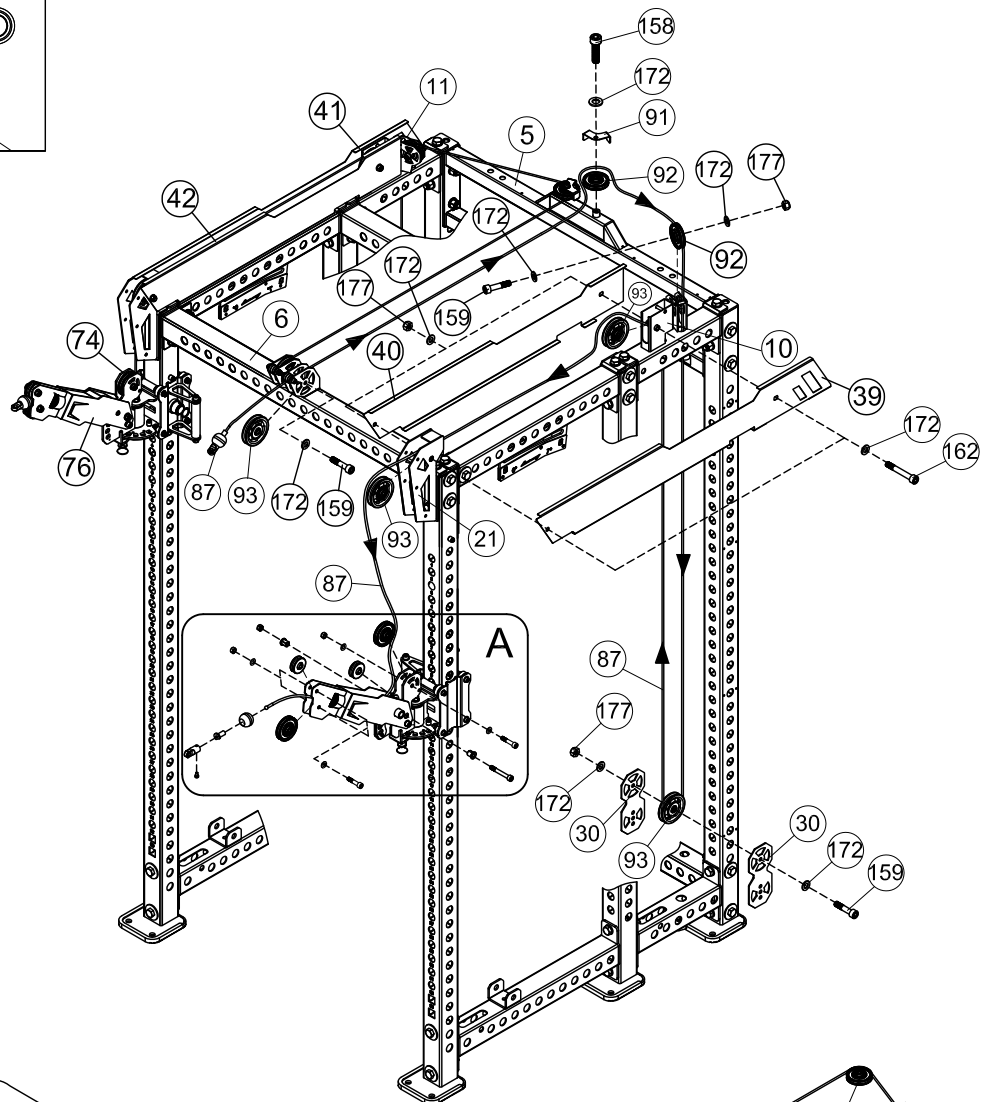
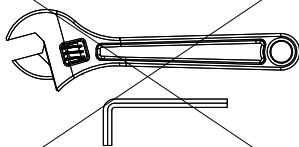
159  ×6 M10×45

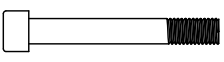
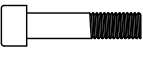
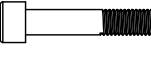
172  ×12 Φ10

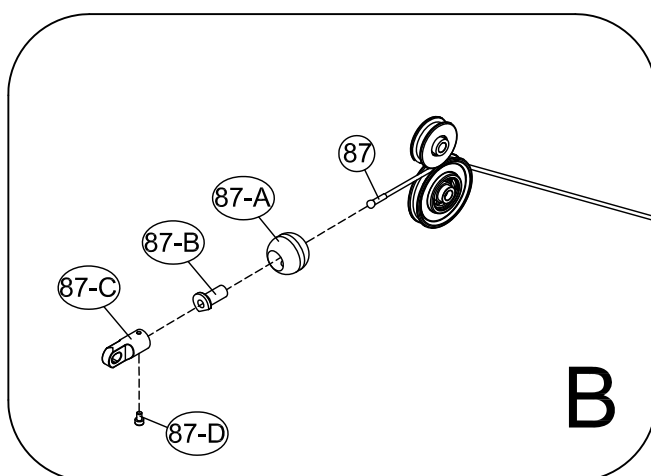
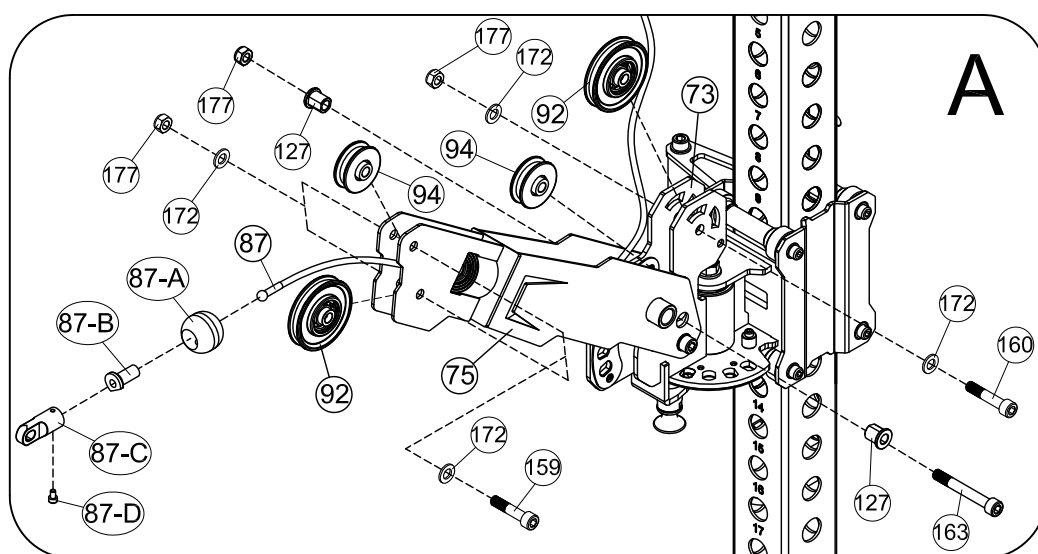
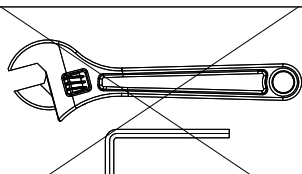
177  ×6 M10



158		×2	M10×35	172		×20	Φ10
159		×6	M10×45	177		×8	M10
162		×4	M10×70				

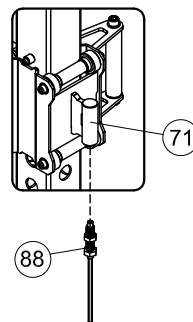
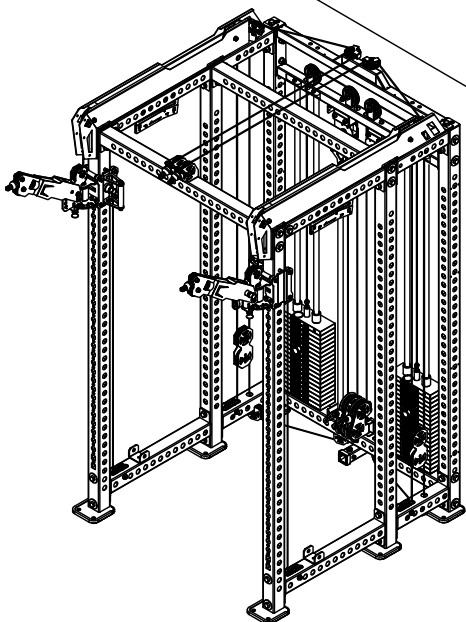
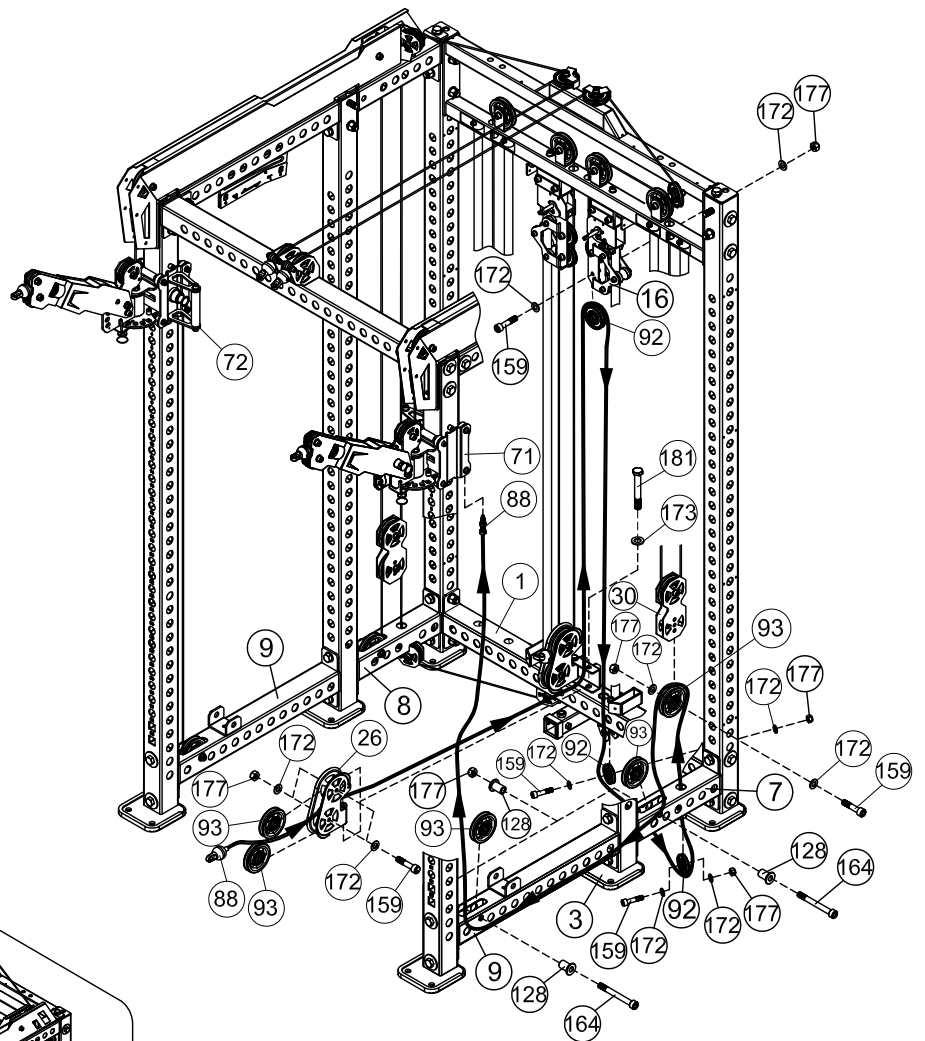
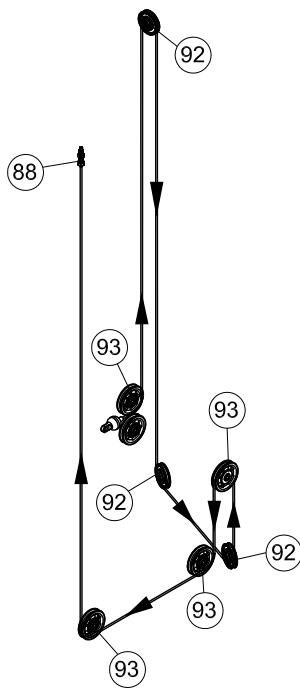
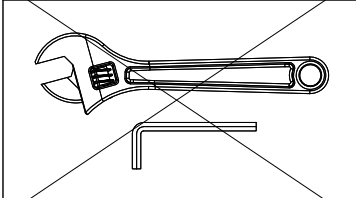


127			×4	φ25×φ10.2×19.5	163		×2	M10×75
159			×4	M10×45	172		×12	Φ10
160			×2	M10×50	177		×8	M10



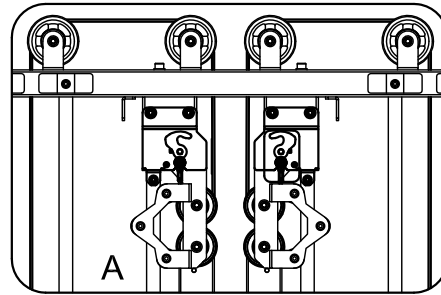
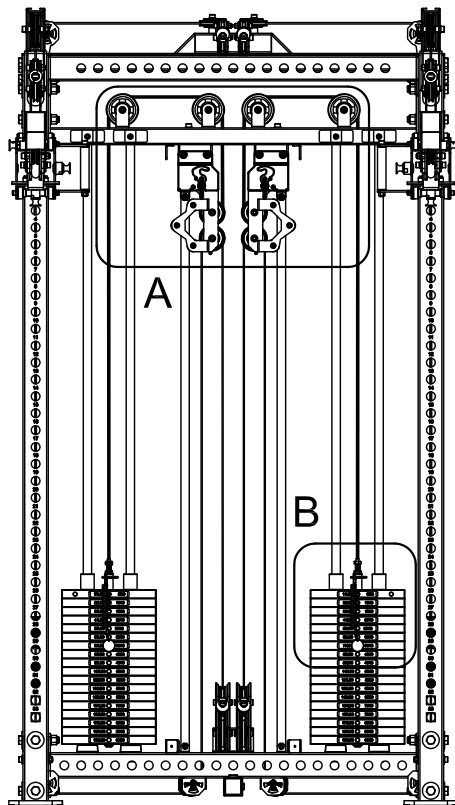
Remove the cable end screw, pull the cable out while keeping all terminal parts saved, route it between the two pulleys, then reassemble the cable end.

- | | | | | | | | |
|-----|---|-----|------------------|-----|---|-----|--------|
| 128 |  | ×8 | φ25×φ16×φ10.2×27 | 173 |  | ×2 | Φ12 |
| 159 |  | ×12 | M10×45 | 177 |  | ×16 | M10 |
| 164 |  | ×4 | M10×90 | 181 |  | ×2 | M12×85 |
| 172 |  | ×24 | Φ10 | | | | |

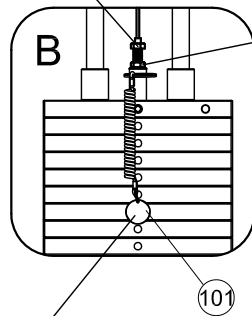


How to Adjust the Cable System

Part I

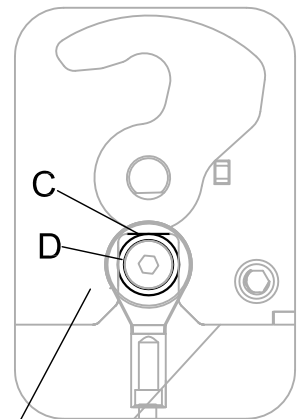


STEP1: Tighten the bolt while monitoring C and D in Step 2.



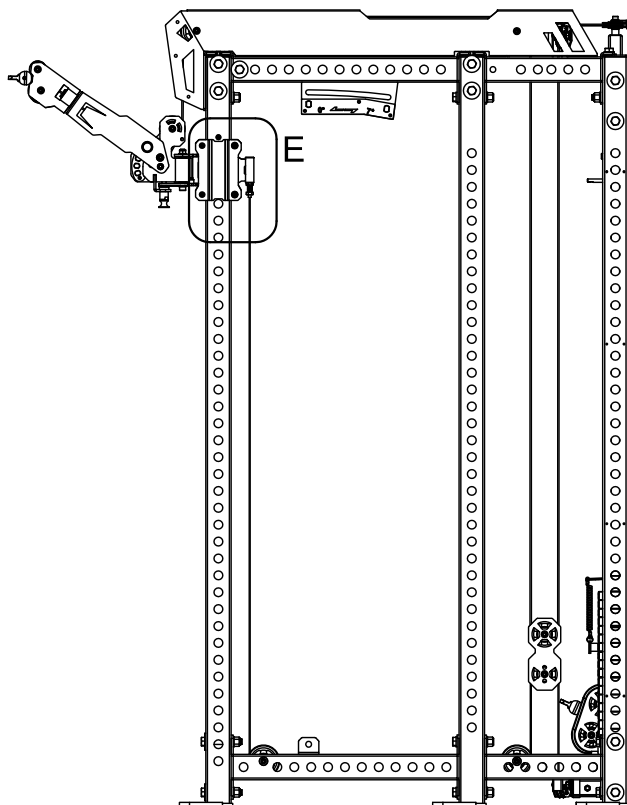
STEP4: Lock the nut to secure the setting

STEP3: Verify Pin #101 slides smoothly into every weight plate hole

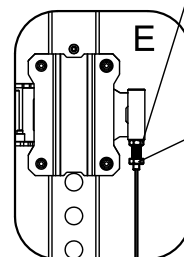


STEP2: Stop adjusting when C touches D.

Part II



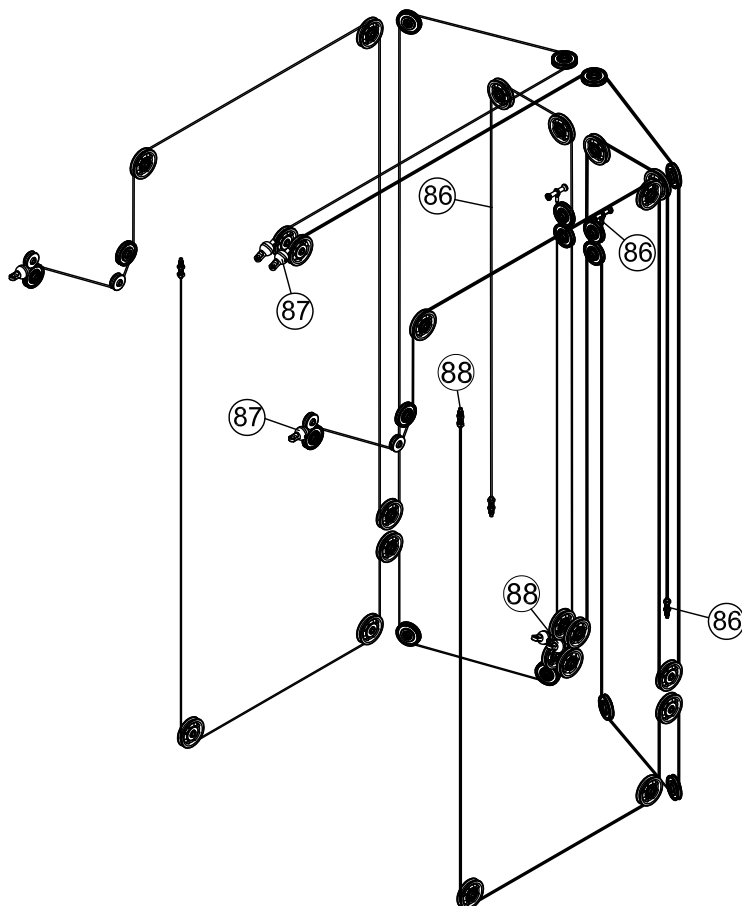
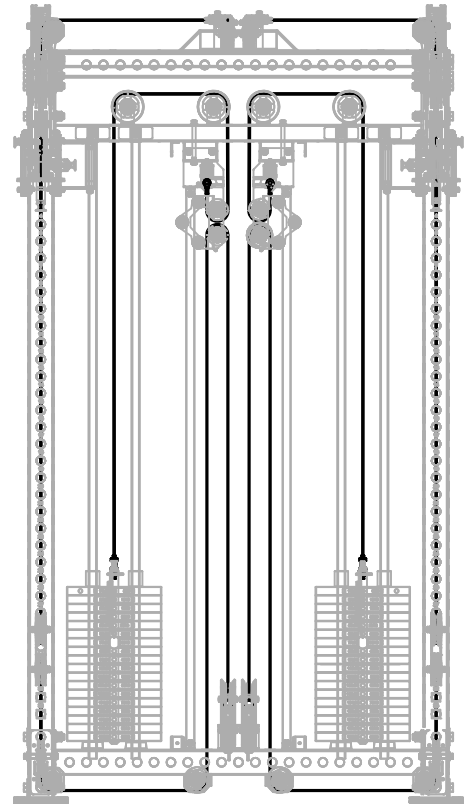
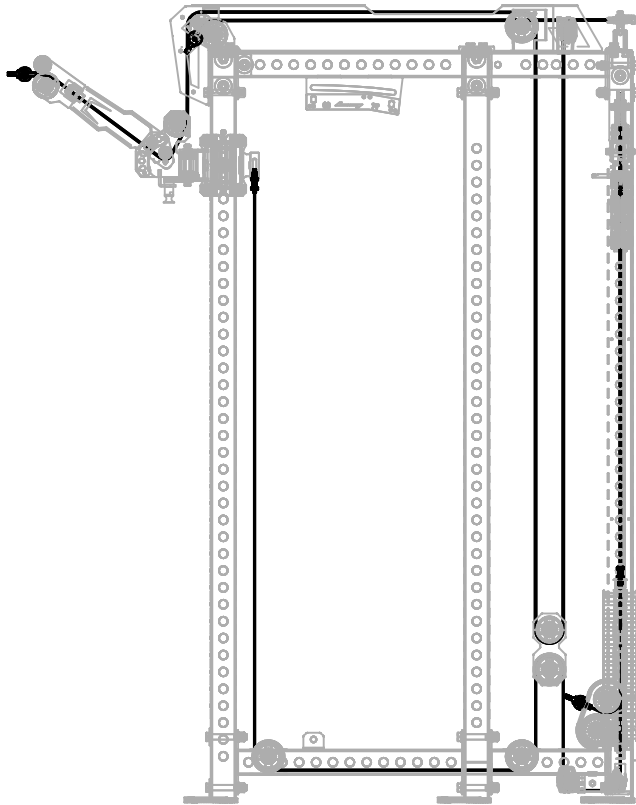
STEP2: Tighten the nut



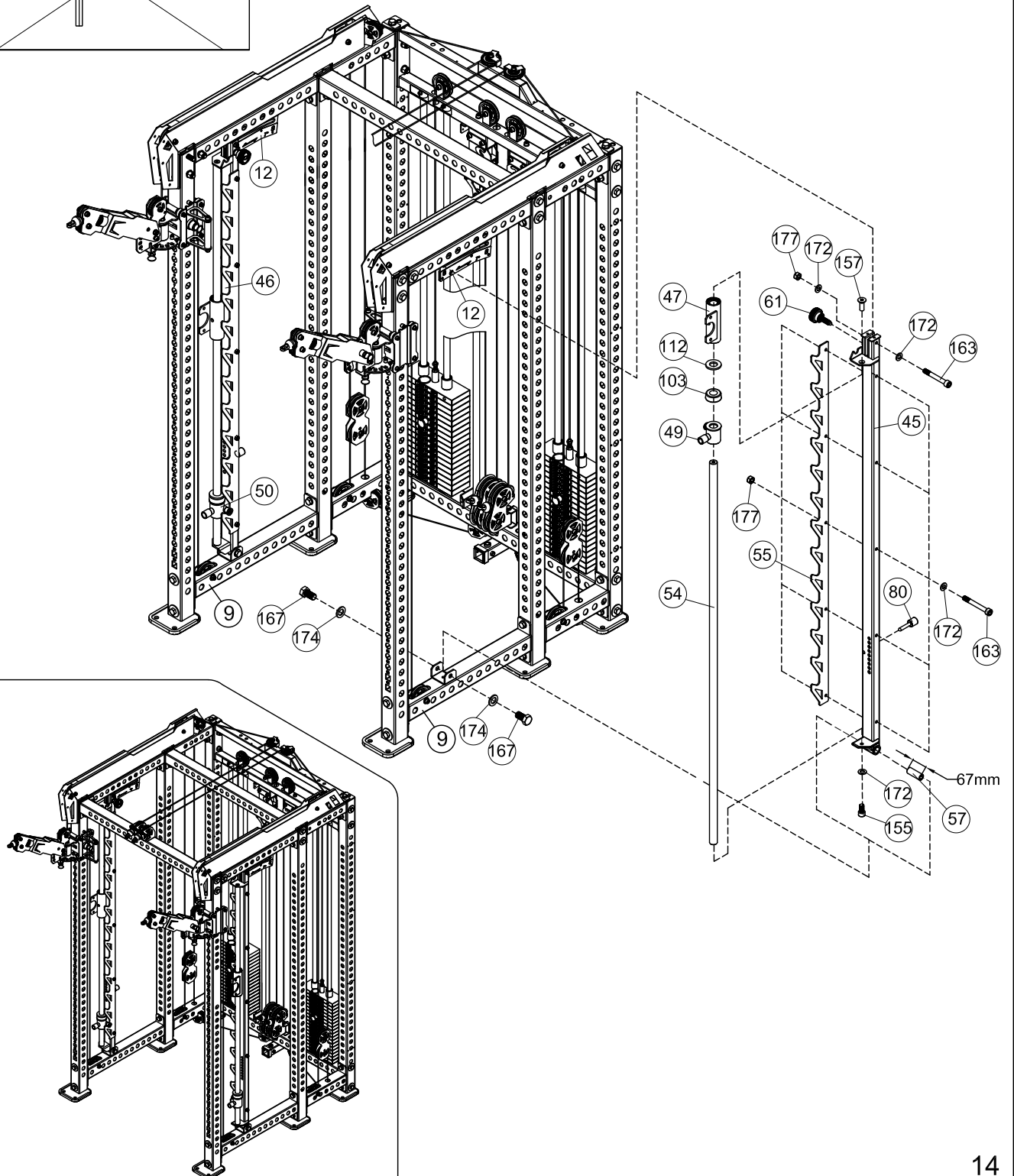
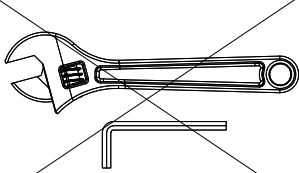
STEP1: Adjust the bolt

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



156



×4

M10×30

177



×4

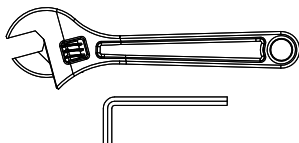
M10

172



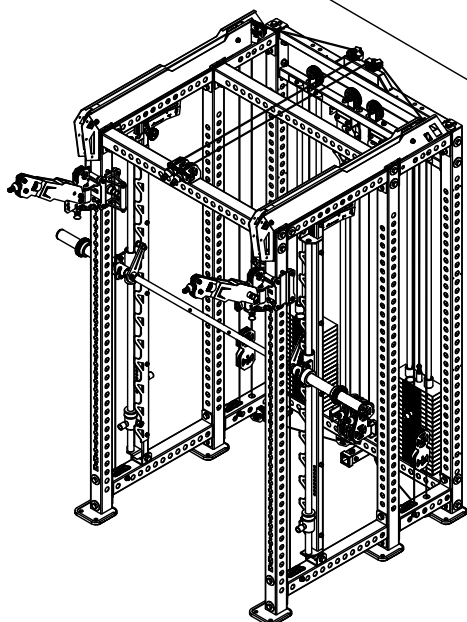
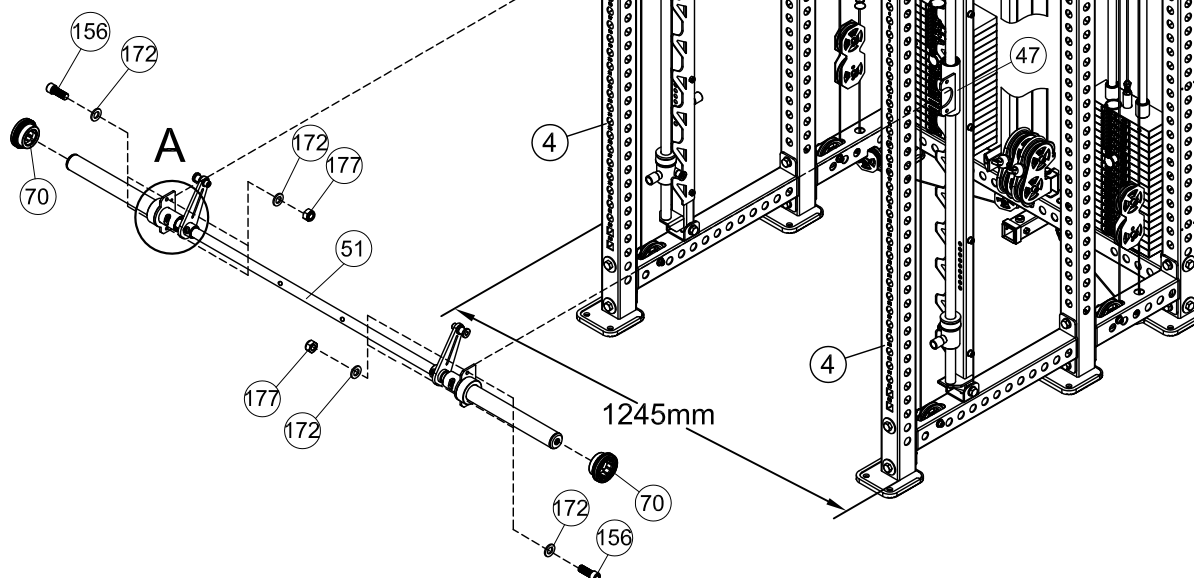
×8

Φ10



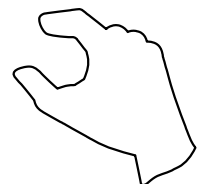
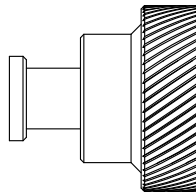
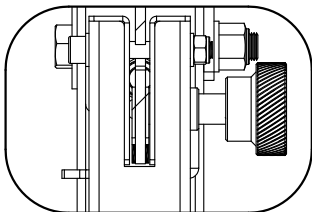
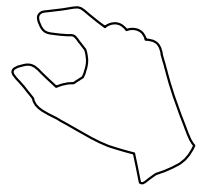
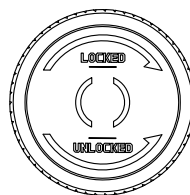
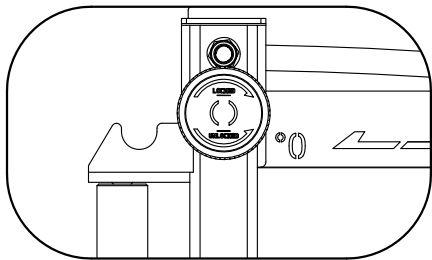
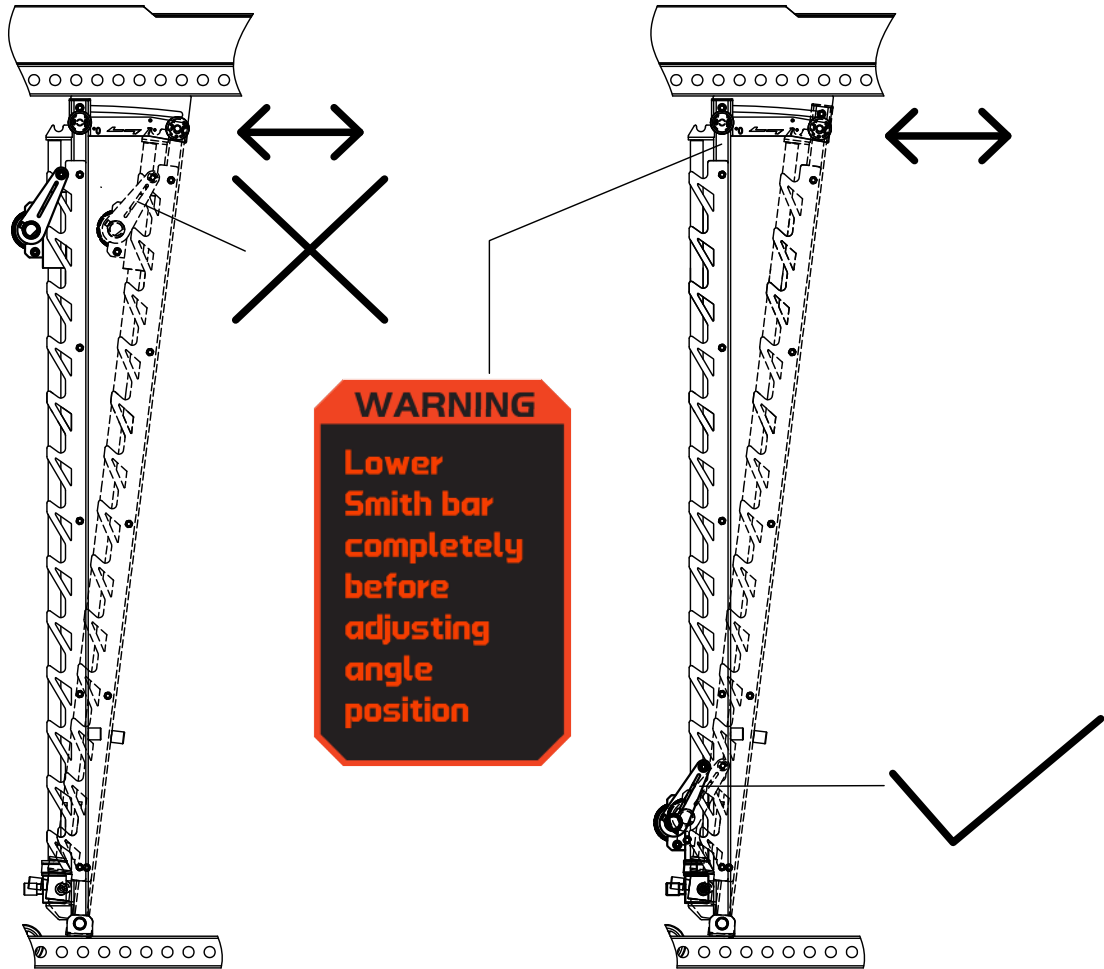
Hole-φ8

A



Pre-assembly Check:
Ensure the outer spacing of both No. 4 Uprights is 1245mm before proceeding to the SMITH machine assembly.

How to Adjust Smith Bar Angle

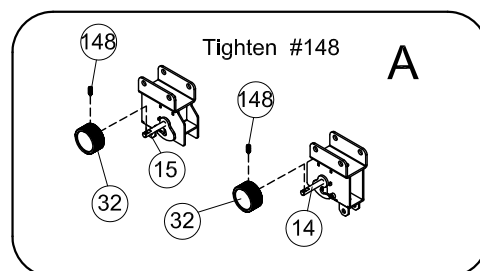
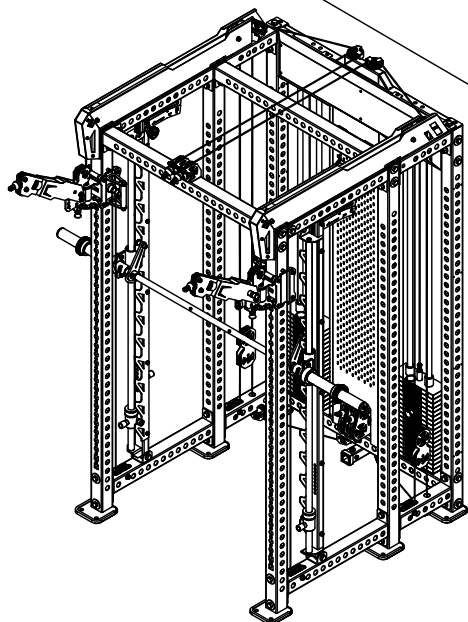
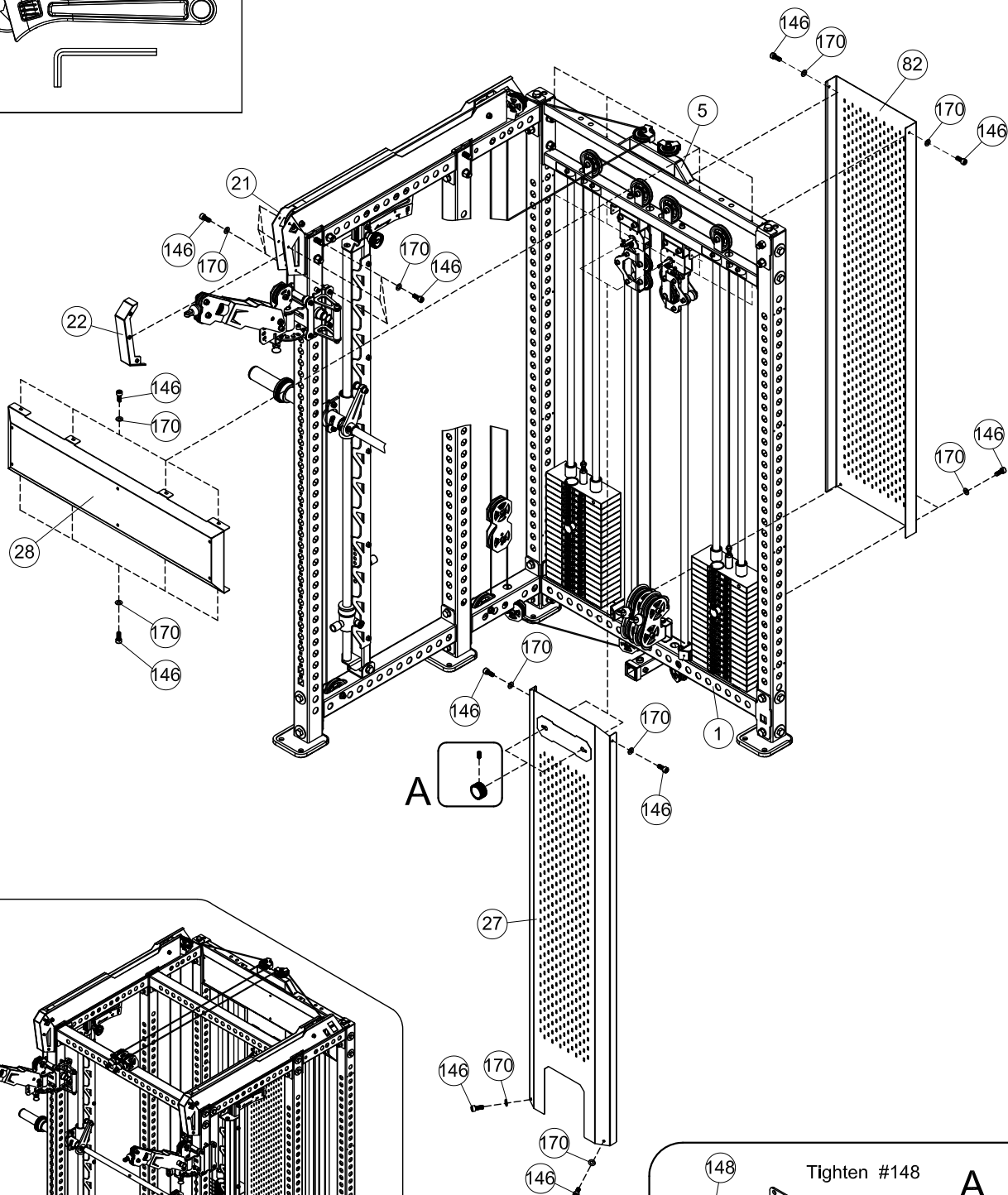
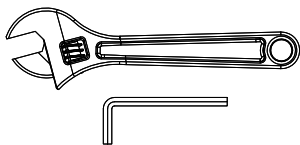


WARNING: After adjusting the Smith Bar angle, the pop-pin must be fully engaged and locked to prevent any accidental movement during exercise.

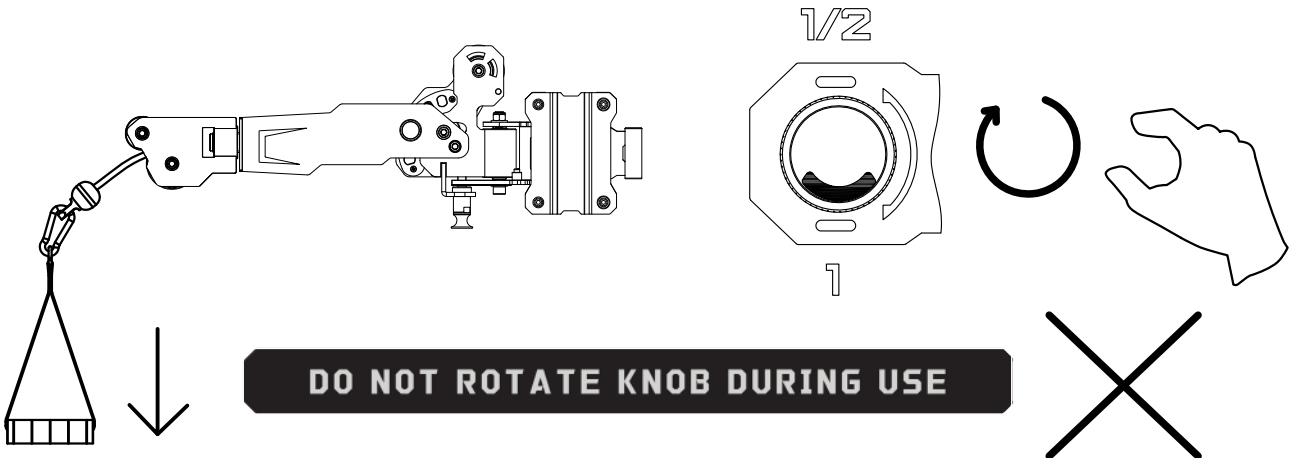
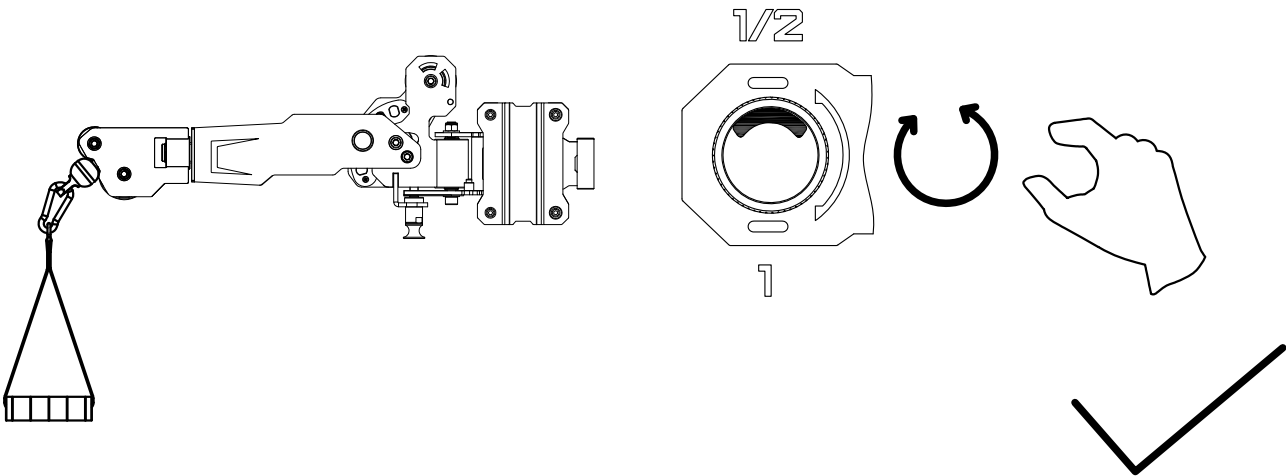
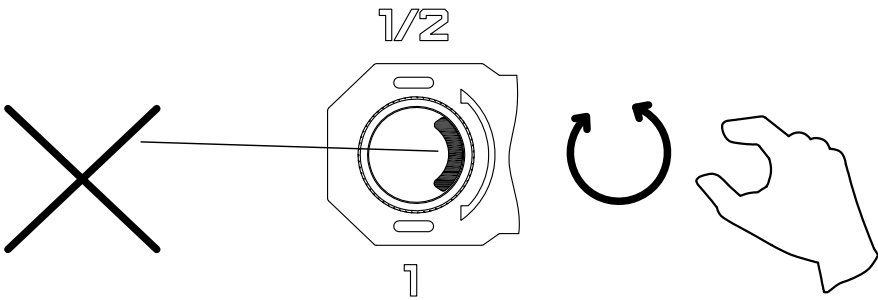
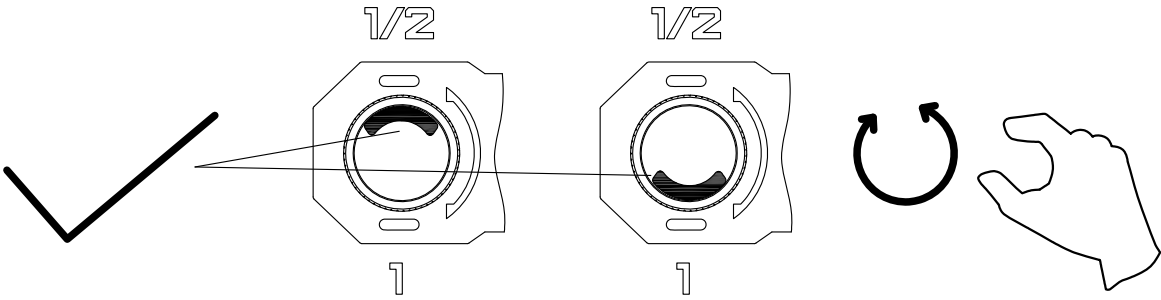
146  ×28 M6×15

170  | ×28 Φ6

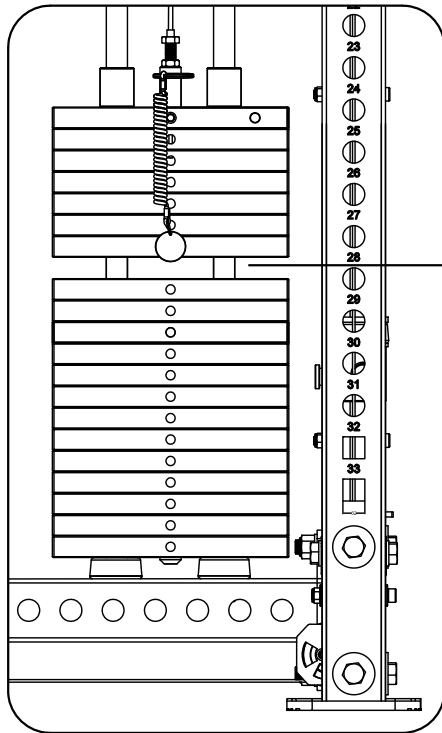
148  ×2 M8×20



Warning: Dangerous Operation

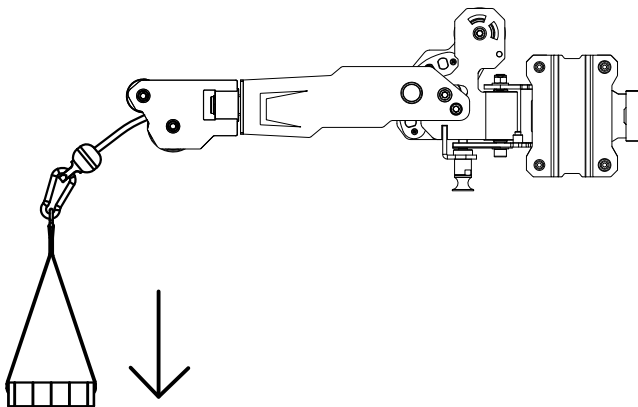


How to Reset the Weight Stack

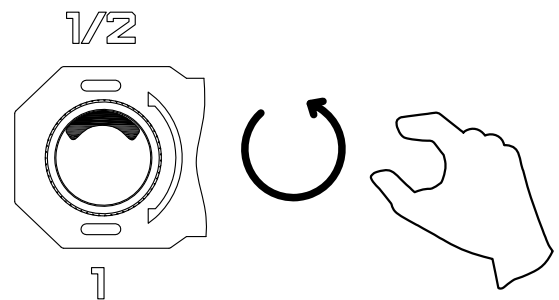


NOTICE: If the weight stack jams or hangs due to operational error, stop exercise immediately. Follow these correction steps to safely initialize the system

Correction



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

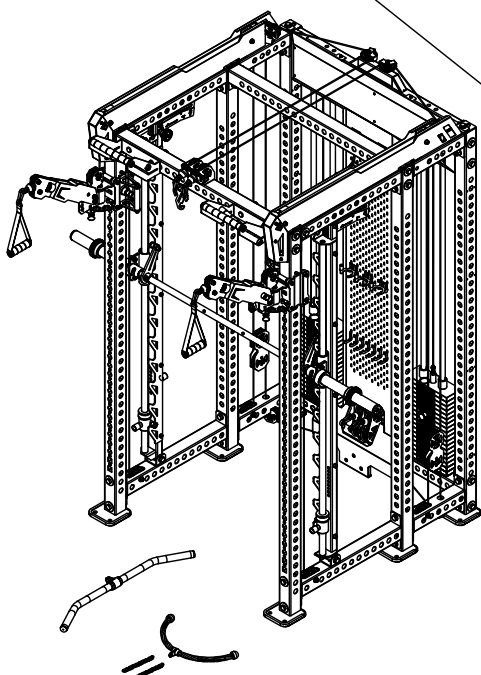
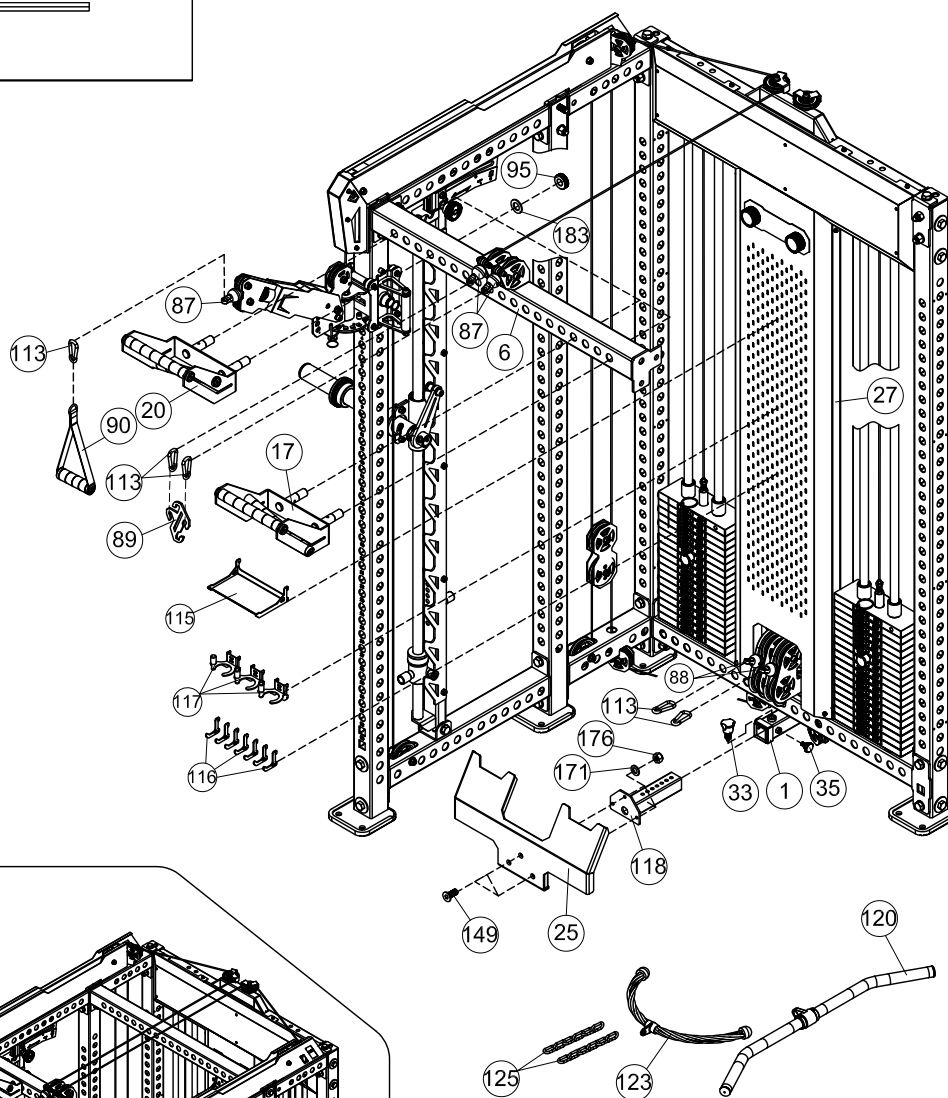
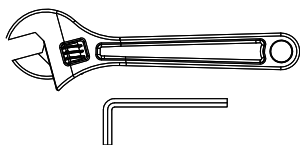


Step 2: Turn the knob to the 1/2 position to initiate the reset.

149  ×3 M8×20

176   ×3 M8

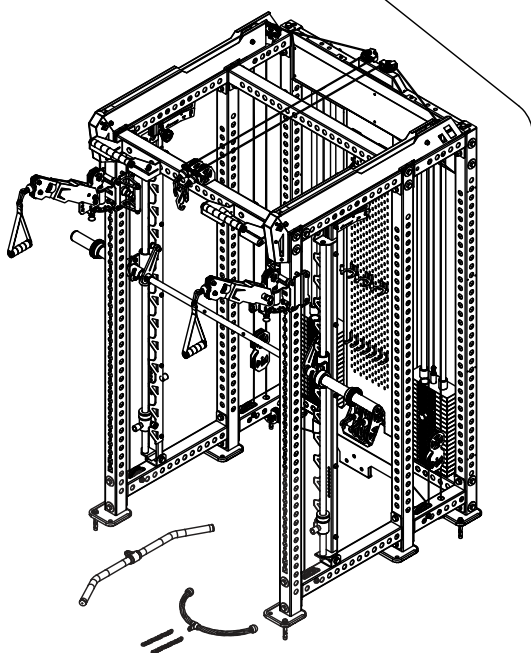
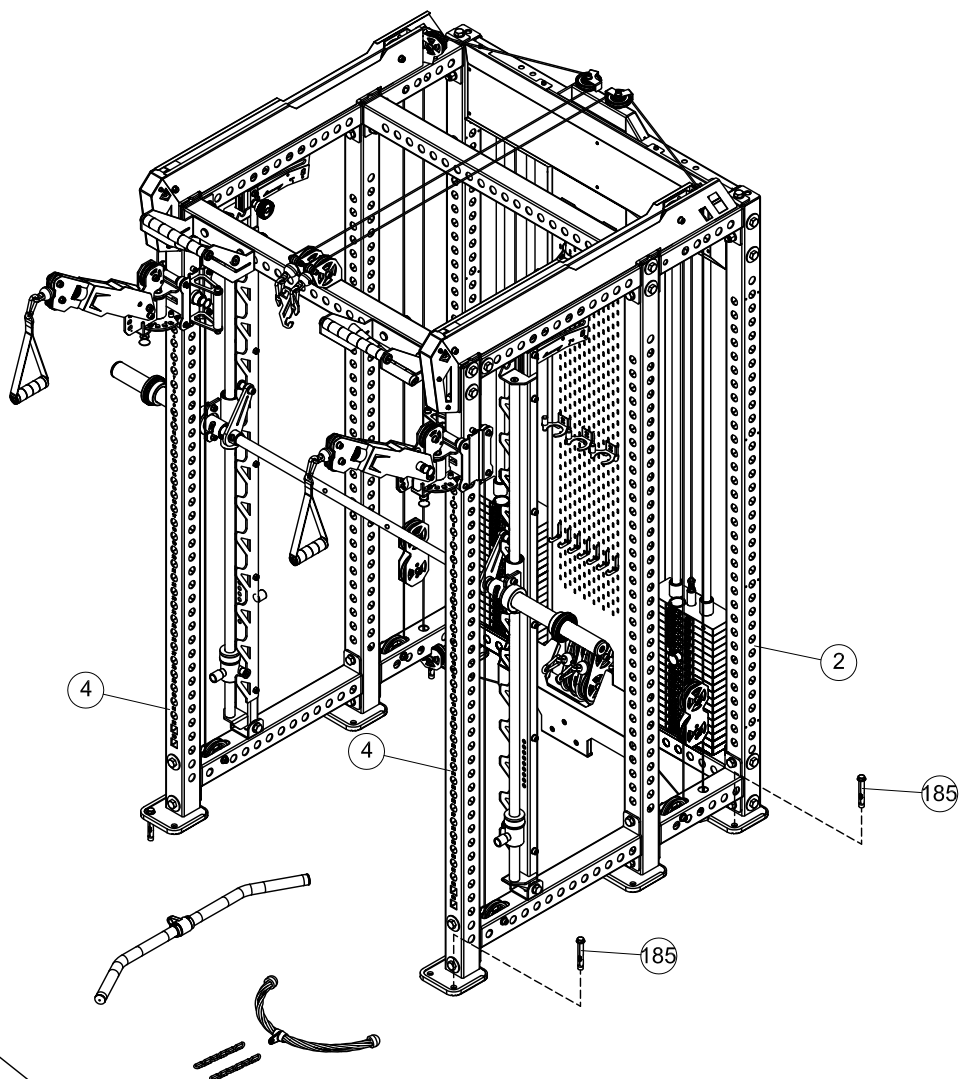
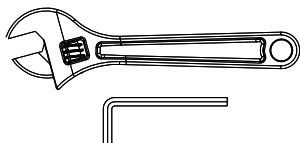
171  | ×3 Φ8

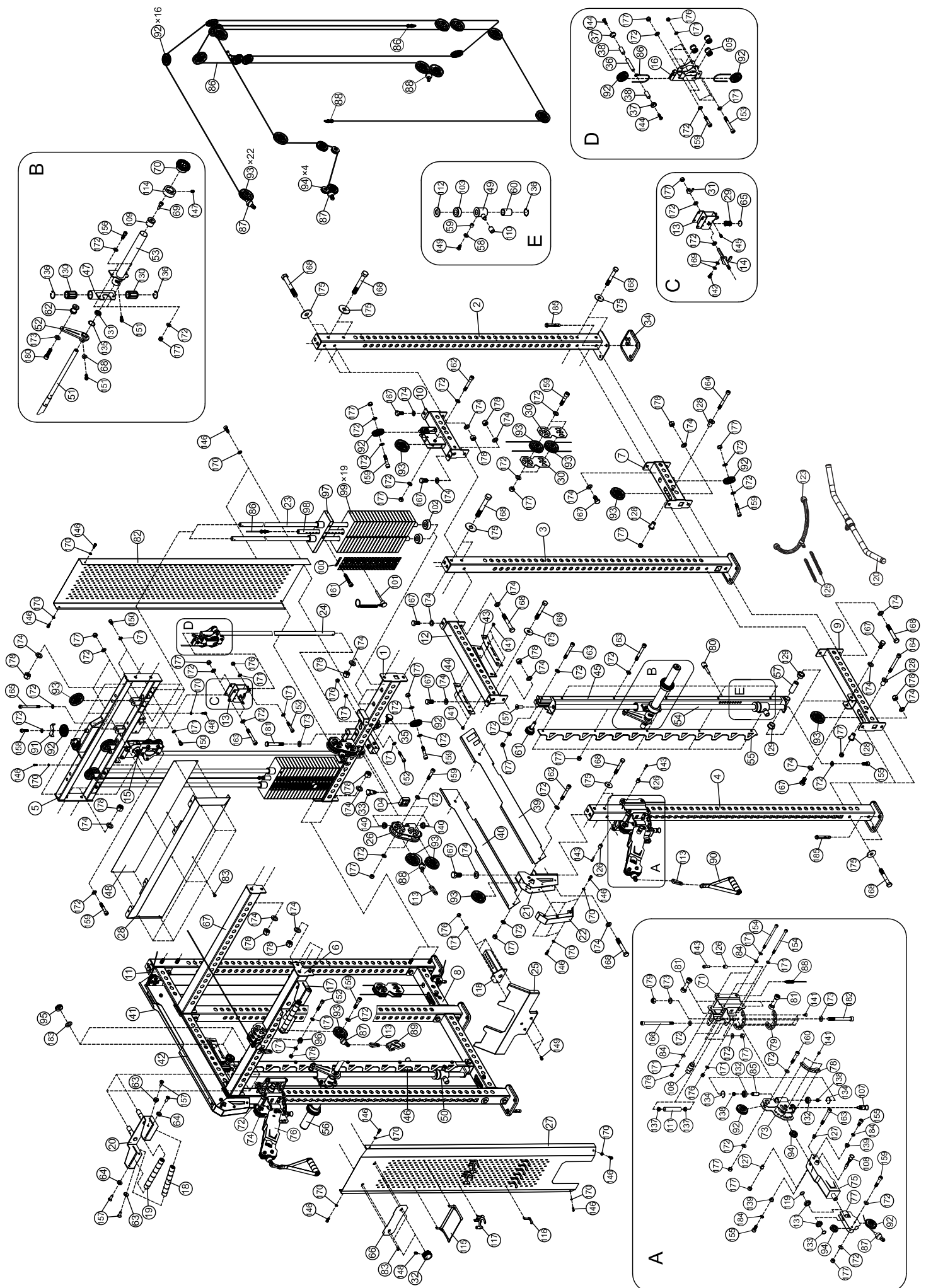


185



×4 M12×100





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Rear Base Frame		1
2	Rear Vertical Frame		2
3	Center Vertical Frame		2
4	Front Vertical Frame		2
5	Rear Connecting Frame		1
6	Top Beam		1
7	Left Rear Base Frame		1
8	Right Rear Base Frame		1
9	Side Frame		2
10	Left Rear Connecting Frame		1
11	Right Rear Connecting Frame		1
12	Upper Side Frame		2
13	Adjustment frame		2
14	Left turn button holder		1
15	Right turn button holder		1
16	Sliding frame		2
17	Left upper handle rack		1
18	Diagonal handle		2
19	Straight handle		2
20	Right upper handle rack		1
21	Pulley Bracket		2
22	Blocking bracket		2
23	Guide rod	φ25×3×1866	4
24	Guide rod	φ25×3×1656	2
25	Pedal		1
26	Pulley Bracket		2
27	Front cover	1831×406×61×1	1
28	Upper cover	1091×274×57×1	1
29	Spring	27×42×1.8×M6	2
30	Connecting plate	213×95×3	4
31	External hook	50×49×4	2
32	Knob	φ55×28×M8	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
33	Lock Knob	M16×1.5×22	1
34	Floor mat	158×158×14	6
35	Roll flower high head screw	M10×16	1
36	Rotating shaft	φ10×54×M6	2
37	Limit stop	φ20×φ6.2×10	4
38	Pipe	φ12×0.8×25	4
39	Left outer decorative panel	1233×137.5×1.5	1
40	Left interior decorative panel	1089×137.5×1.5	1
41	Right outer decorative panel	1233×137.5×1.5	1
42	Right interior decorative panel	1089×137.5×1.5	1
43	Left small decorative panel	277×60×2	2
44	Right small decorative panel	277×60×2	2
45	Left Smith Stand		1
46	Right Smith Stand		1
47	Sliding frame		2
48	Interior trim panel	1010×190×1.5	1
49	Left Lower Safety Stop Frame		1
50	Right Lower Safety Stop Frame		1
51	Barbell bar	Φ30×1995×M8	1
52	Hook		2
53	Left barbell rack		1
54	Guide rod	φ30×1806×M10	2
55	Tooth plate	1706×92×5	2
56	Right barbell rack		1
57	Rotating shaft	φ25×M16×67	2
58	Blocking disc	φ28×φ9×5	2
59	Pipe	φ20×1.5×17	2
60	Sliding sleeve	φ43×φ30.5×58	2
61	Lock Knob		2
62	Hanging scroll	φ28×30×φ20×M12	2
63	Cover	φ30×φ10.2×12	4
64	Cover	φ30×φ10.2×8	4

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
65	Spacer	φ30×φ6×6	2
66	Nameplate	271×86×1.5	1
67	Middle crossbeam		1
68	Bent washer	20×R20×φ9	2
69	Sepped bolt	M8×30	2
70	Buckle	φ50	2
71	Left adjustment bracket		1
72	Right adjustment bracket		1
73	left arm swing adjustment		1
74	Right arm swing adjustment		1
75	left swing arm		1
76	Right swing arm		1
77	Swivel PulleyBracket		2
78	Decorative panel	R50×35×1.5	2
79	Decorative panel	R35×35×1.5	2
80	Aluminum alloy bolt		2
81	Roller		8
82	Rear cover	1796×406×56×1	1
83	Blind rivet	4×10	8
84	Spherical washer	8	8
85	Pipe	φ21×φ13×50.7	2
86	Post cable	L=2200mm	2
87	Double pull cable	L=7550mm	2
88	Pull-down cable	L=7150mm	2
89	Multi-functional hook	145×93×5	1
90	Pull Handle	L=245MM	2
91	Cable Pulley Seat	84×45×25×2	2
92	Pulley	φ72	16
93	Pulley	φ95	22
94	Pulley	φ50	4
95	Round nut	φ45×15×M24	4
96	wheel	φ27×24	2

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
97	Top Weight Plate		2
98	Selector Rod	φ25×564 (19+1)	2
99	Weight Plate	250×100×25.4 (10LB)	38
100	selector iron sticker	119×17.5	2
101	Weight Selector Pin		2
102	Rubber Stopper	φ62×φ24.5×25	4
103	Rubber Stopper	φ62×φ30×25	2
104	Sleeve	□50×□45	1
105	Roller		6
106	Lock Knob		2
107	Lock Knob		2
108	Lock Knob		2
109	End cover		2
110	Plug pin	φ28×φ25×30×M10	2
111	handle	φ25×2×125	2
112	Retaining ring	φ60×φ31×6	2
113	Hook	φ8	6
114	Barbell plate cushion sleeve	φ78×φ51×30×M8	2
115	Tray		1
116	hook	55×53×3	7
117	Handle holder		3
118	Adjustment bracket		1
119	Retaining ring	φ30×φ25.5×3	2
120	Pull handle		1
121			
122			
123	Rope		1
124			
125	6-Joint Chain	φ5	2
126	Spacer sleeve	φ14×φ6×12	8
127	Pulley spacer sleeve	φ25×φ10.2×19.5	4
128	Spacer sleeve	φ25×φ16×φ10.2×27	8

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
129	Bush	Φ38×Φ32×Φ25.1×18	4
130	Linear Motion Bearing		4
131	Ball Bearing	61905-ZZ	6
132	Ball Bearing	6203-2RZ	4
133	Retaining ring	25	2
134	Retaining ring	d0=40	4
135	Retaining ring	42	2
136	Retaining ring	d0=47	6
137	Bushing	φ25×φ21.8×φ10.5×12	4
138	Bushing	φ21×φ12.5×12.5	4
139	Bushing	φ18×φ14×φ10.2×9	4
140	Bushing	φ25×φ20×φ12.2×10	4
141	Cross recessed countersunk head screw	M4×6	26
142	Allen Bolt	M5×12	2
143	Hexagon socket button head screws	M5×16	8
144	Hexagon socket countersunk head screw	M6×20	4
145	Hexagon socket button head screws	M6×8	2
146	Hexagon socket button head screws	M6×15	28
147	Set screw	M8×12	2
148	Set screw	M8×20	2
149	Hexagon socket countersunk head screw	M8×20	5
150	Hexagon socket button head screws	M8×12	8
151	Hexagon socket button head screws	M8×20	4
152	Hexagon socket button head screws	M8×45	6
153	Hexagon socket button head screws	M8×65	6
154	Hexagon socket button head screws	M8×130	8
155	Hexagon socket button head screws	M10×20	6
156	Hexagon socket button head screws	M10×30	4
157	Hexagon socket countersunk head screw	M10×30	10
158	Hexagon socket button head screws	M10×35	2
159	Hexagon socket button head screws	M10×45	28
160	Hexagon socket button head screws	M10×50	2

PARTS LIST

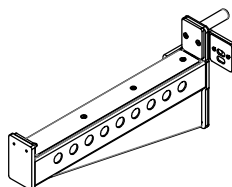
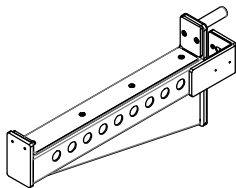
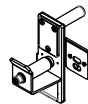
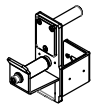
KEY NO.	PART DESCRIPTION	SPEC	QTY
161	Hexagon socket button head screws	M10×55	2
162	Hexagon socket button head screws	M10×70	4
163	Hexagon socket button head screws	M10×75	18
164	Hexagon socket button head screws	M10×90	4
165	Hexagon socket button head screws	M10×120	2
166	Hexagon socket button head screws	M10×155	2
167	Hex bolt	M16×30	18
168	Hex bolt	M16×110	34
169	Washer	5	4
170	Washer	6	28
171	Washer	8	51
172	Washer	10	110
173	Washer	12	8
174	Washer	16	54
175	Washer	φ50×φ17	26
176	Nut	M8	23
177	Nut	M10	62
178	Nut	M16	28
179	Nut	M12	2
180	Hexagon socket button head screws	M12×40	2
181	Hex bolt	M12×85	2
182	Hexagon socket button head screws	M12×110	2
183	Washer	24	4
184	Spring washer	10	4
185	Expansion screw	M12×100	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-3IN1
(JSA)



CAUTION!

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

20260622-V1.0

IMPORTANT SAFETY NOTICE

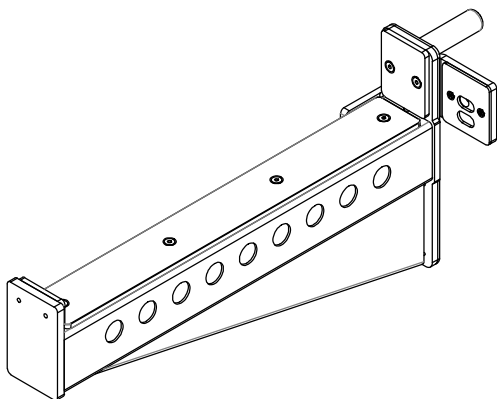
PRECAUTIONS

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:

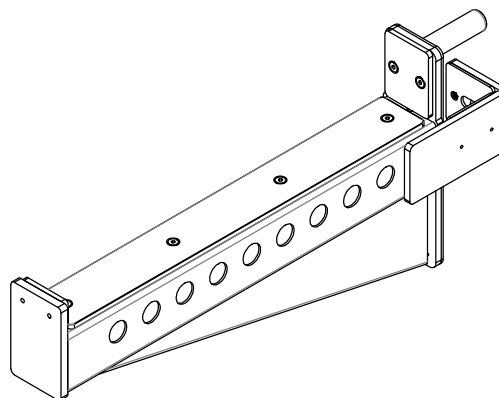
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.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

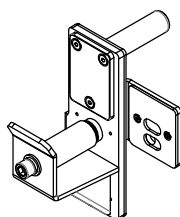
SAVE THESE INSTRUCTIONS.



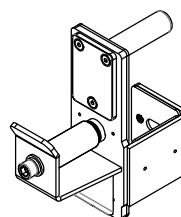
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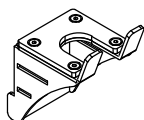
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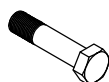
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④ x1



⑭ x1



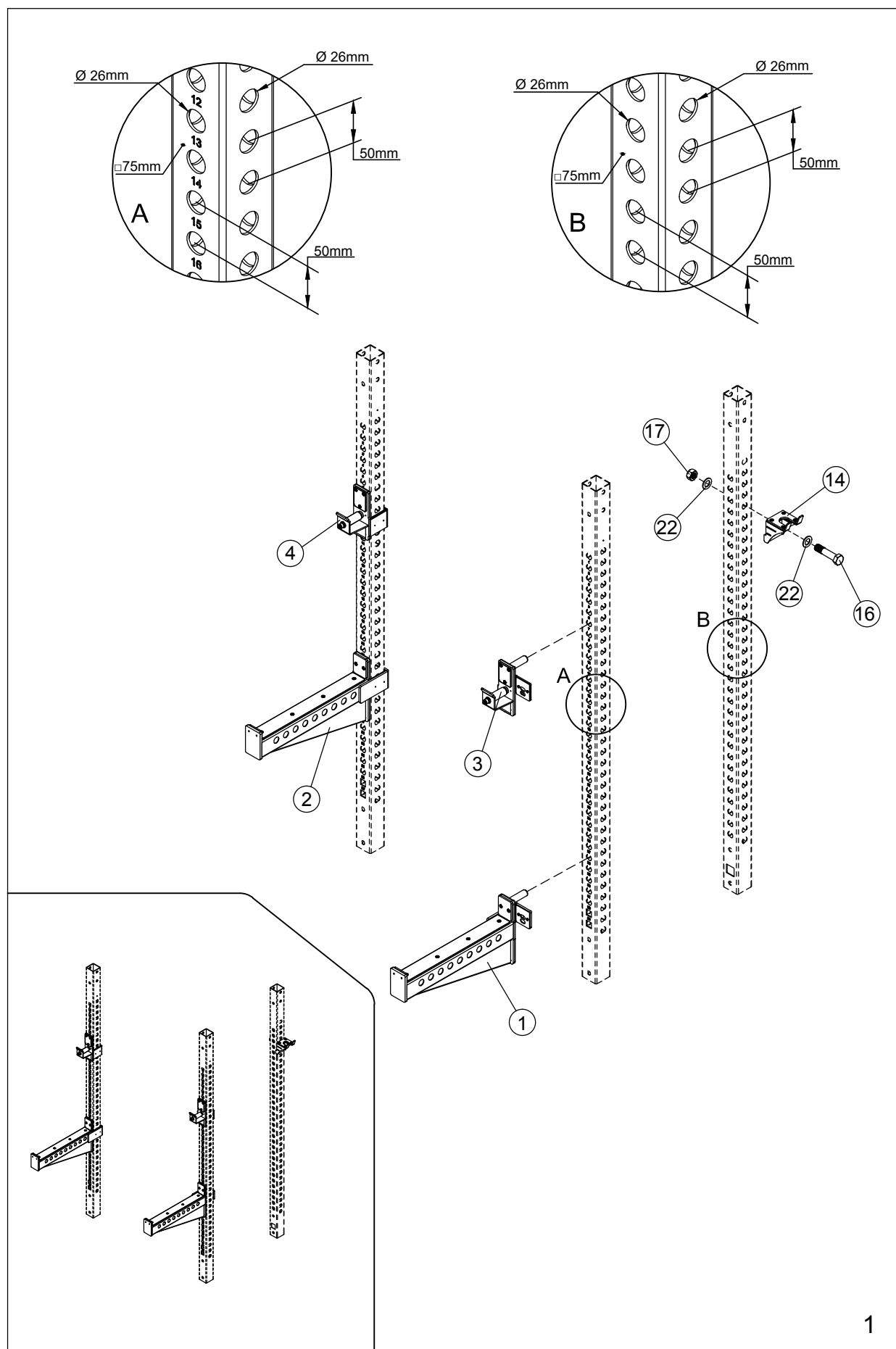
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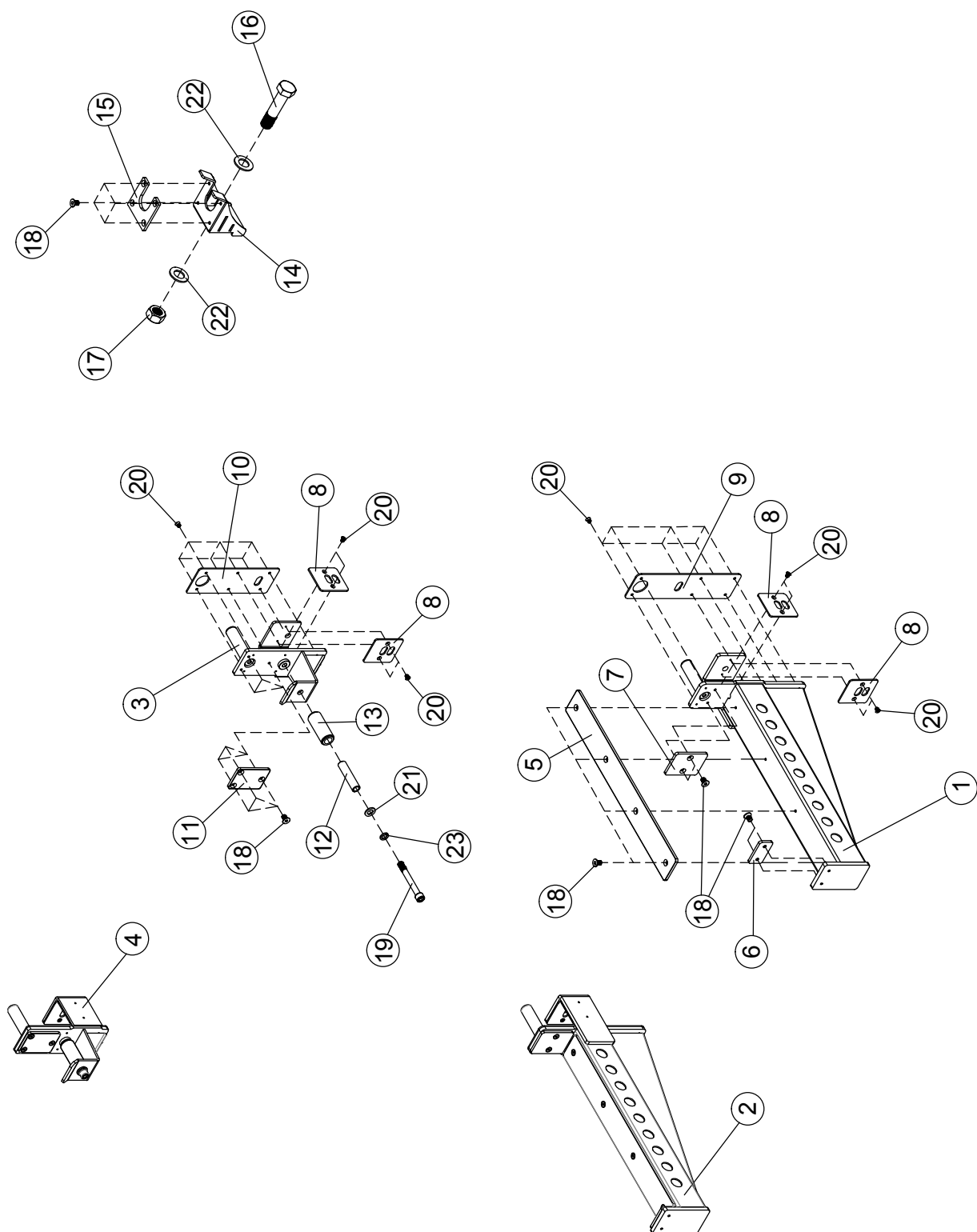


⑰ x1



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