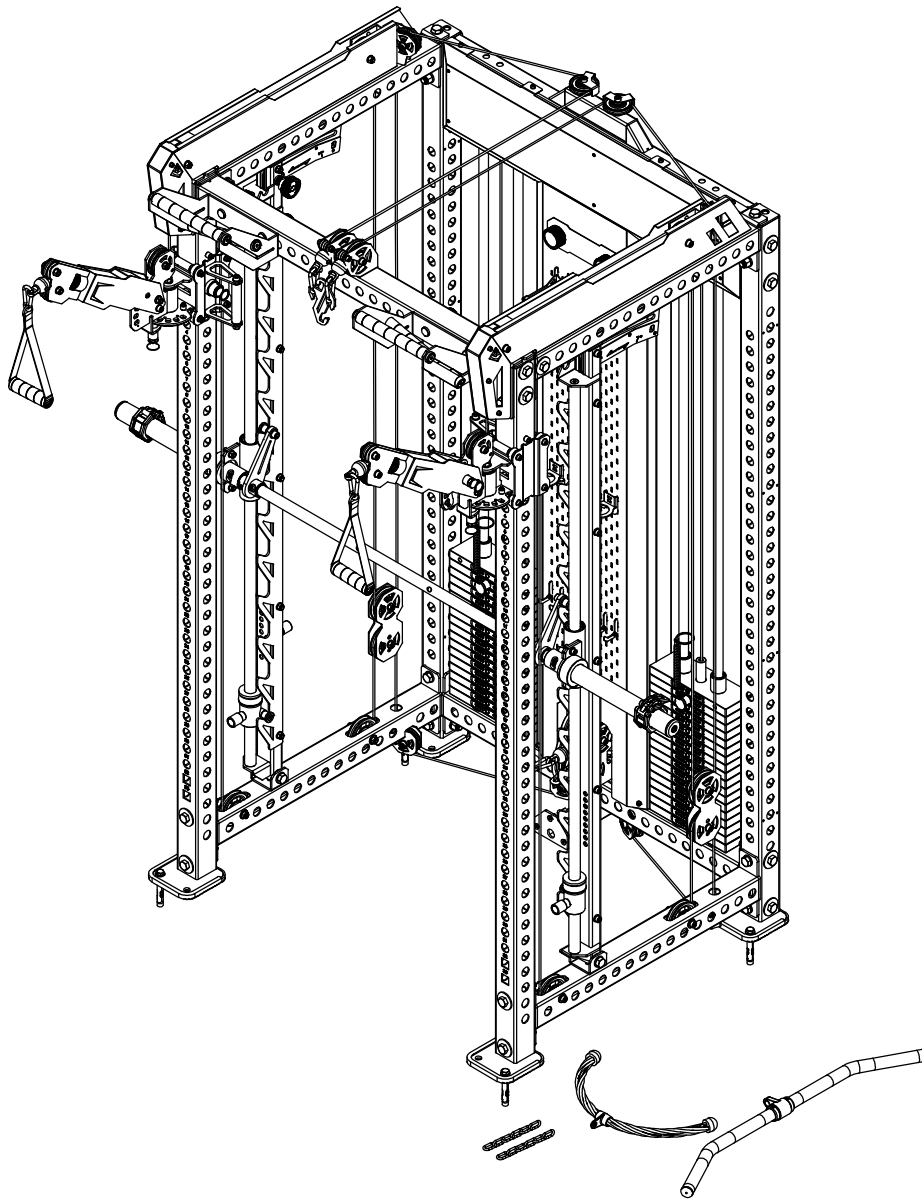


# VESTA

## VFORCE

ASSEMBLY MANUAL

VFS-3IN1



### CAUTION!

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

20260623-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.

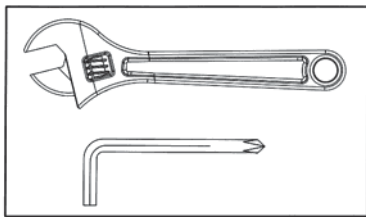
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

**SAVE THESE INSTRUCTIONS.**

## IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Bench: Adjustable Wrench and Allen Wrench.
- ❖ NOTE: It is strongly recommended that this equipment is assembled by two or more people to avoid possible injury.
- ❖ Ensure **Carriage Bolts** are inserted through the **SQUARE holes** on components that need to be assembled. Attach washer only to end of the Carriage Bolt.
- ❖ Use **Allen Bolts or Hex Bolts** inserted through the **ROUND hole** on components that need to be assembled.
- ❖ Always wait until all bolts are assembled onto the bench before tightening the bolts. Do not tighten each bolt right after it is installed

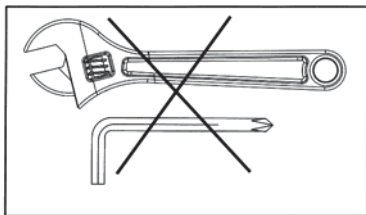
### Fasten Nuts and Bolts



**Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.**

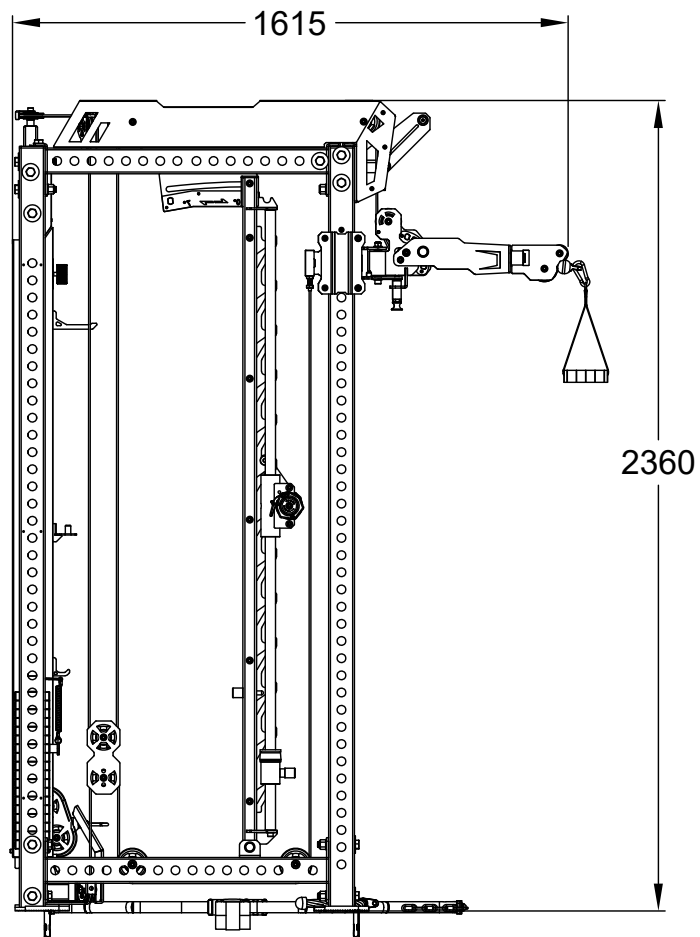
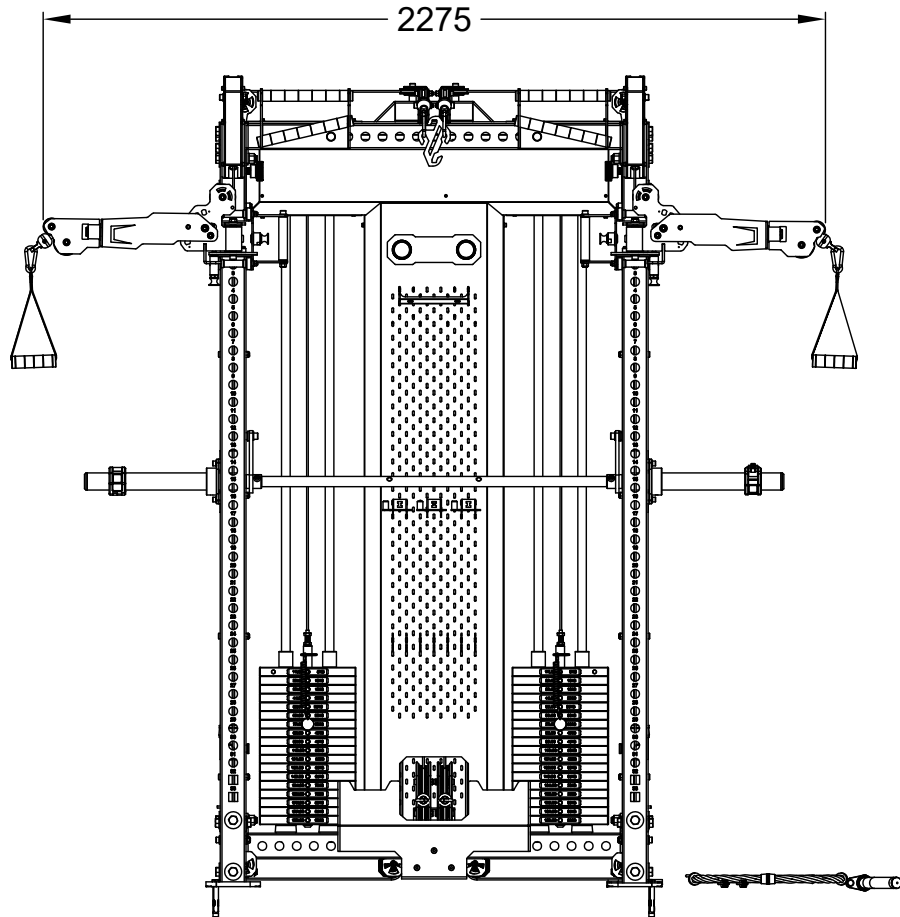
**NOTE: Do not over tighten any component with pivoting function.**

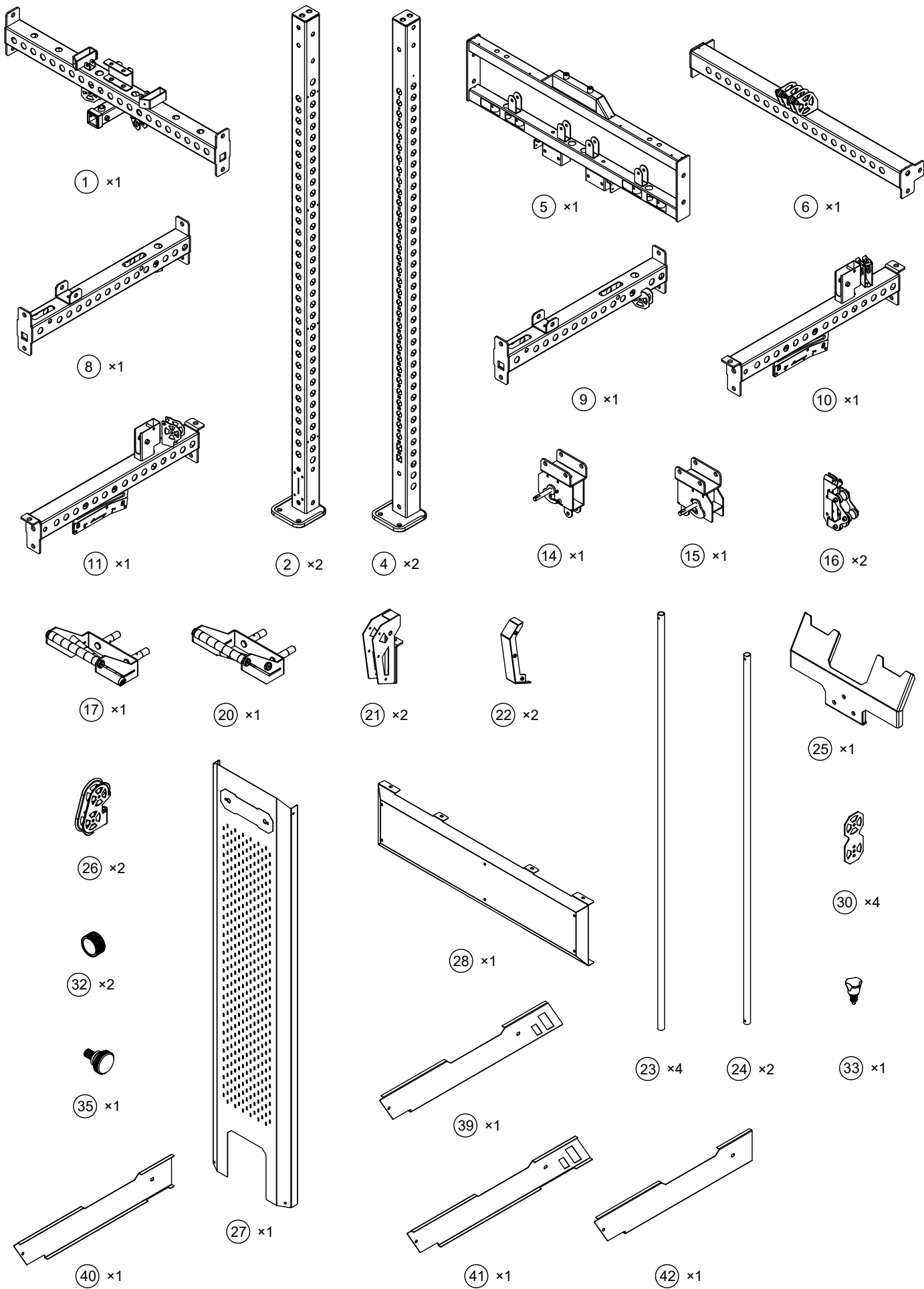
**Make sure all pivoting components are able to move freely.**

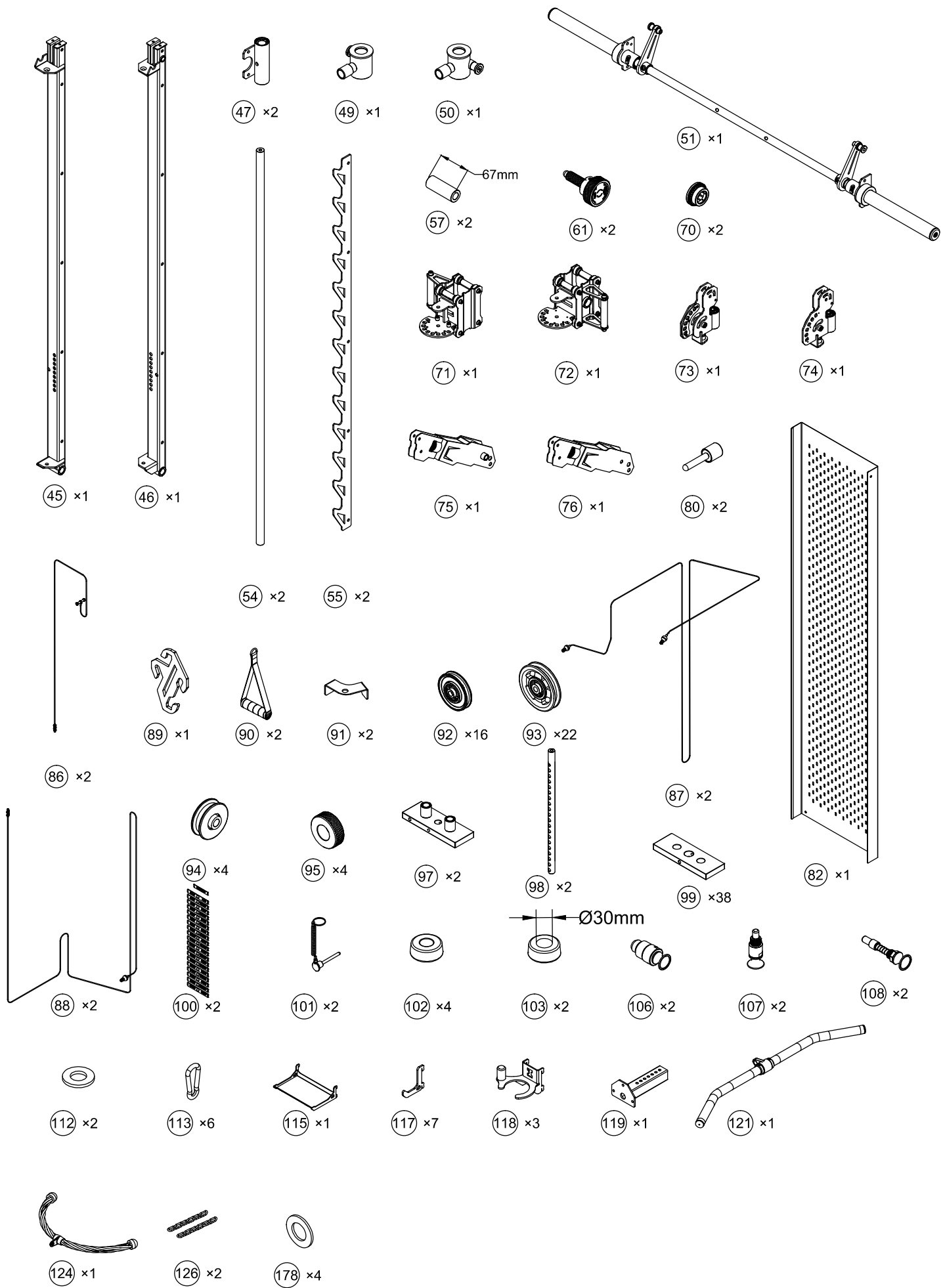


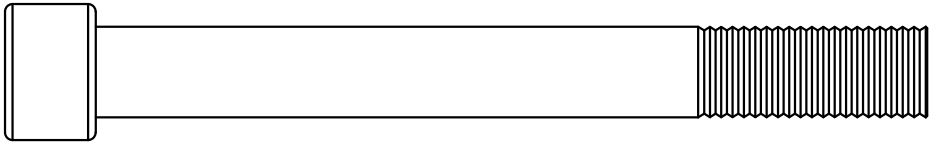
**Do not tighten all Nuts and Bolts in this step.**

**Assembled Dimension: 1615mm x 2275mm x2360mm**

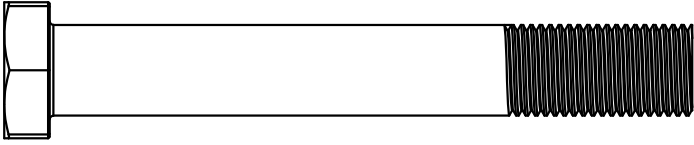








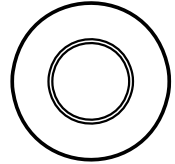
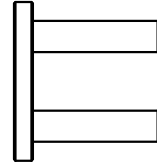
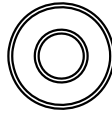
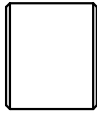
7 × 2



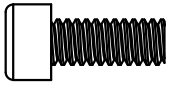
12 × 2



144 × 4

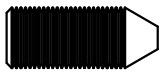


128 × 4

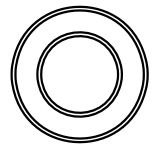
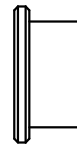
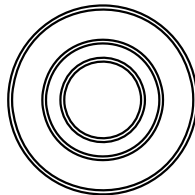
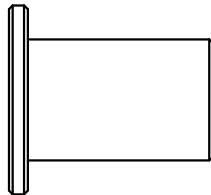


147 × 28

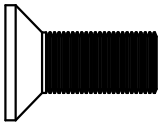
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149 × 2

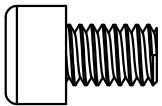


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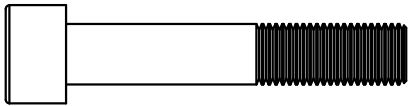


150 × 3

129 × 8

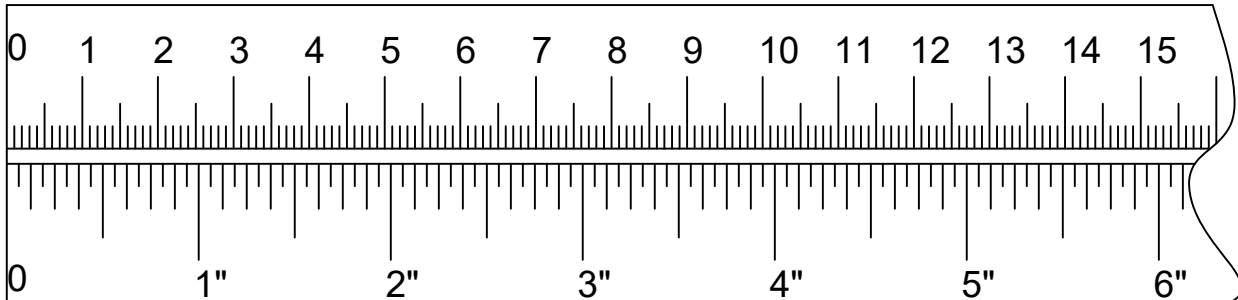


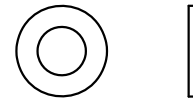
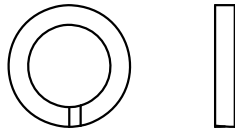
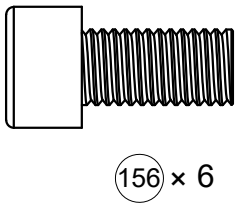
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153 × 4

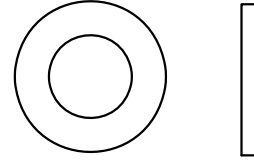
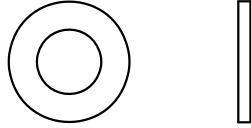
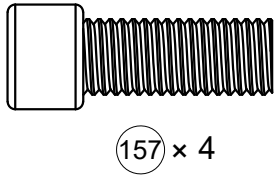
mm





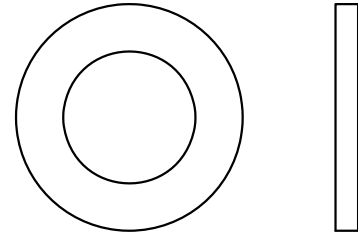
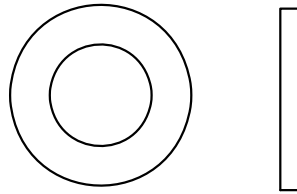
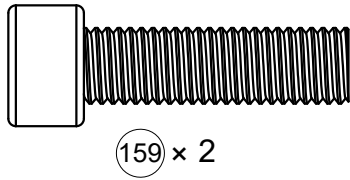
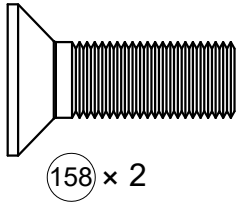
(3) x 4

(172) x 28



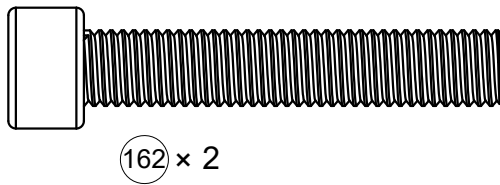
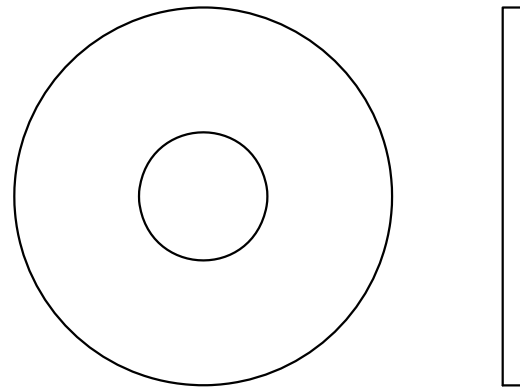
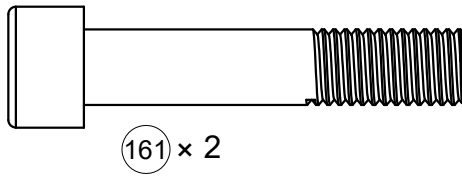
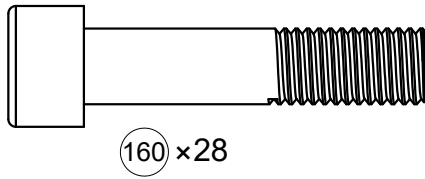
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(174) x 112



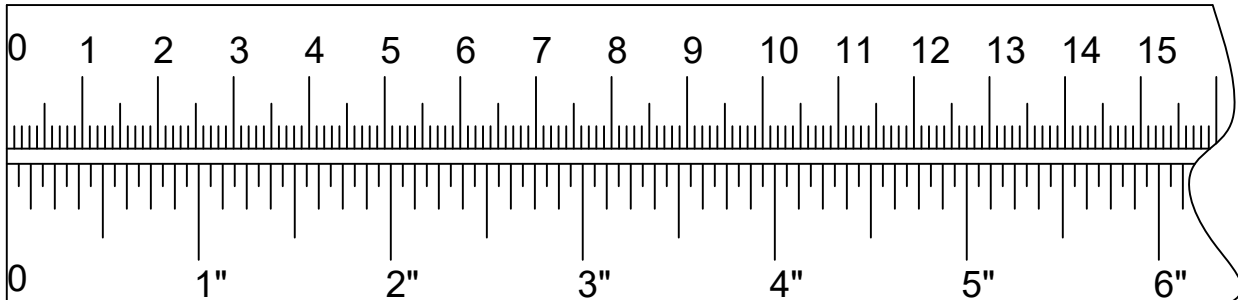
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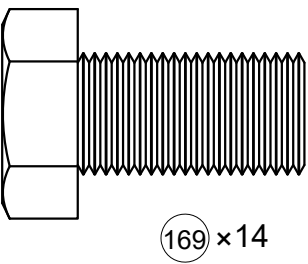
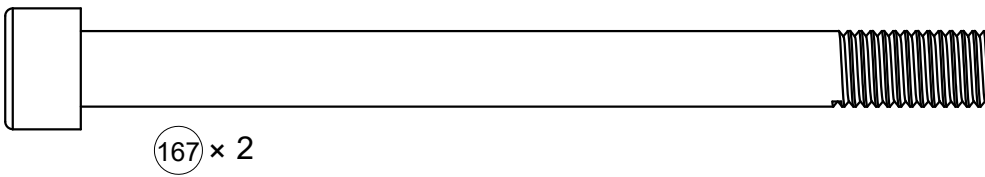
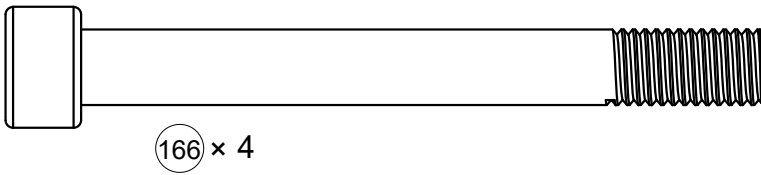
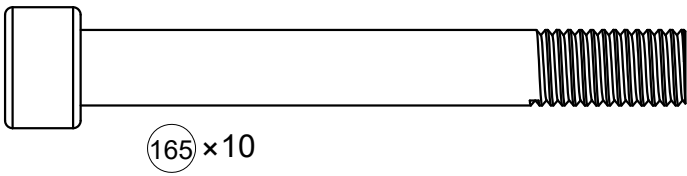
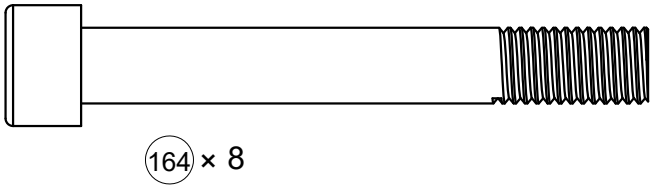
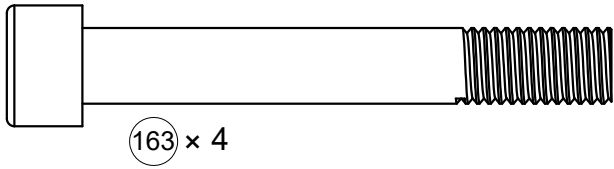
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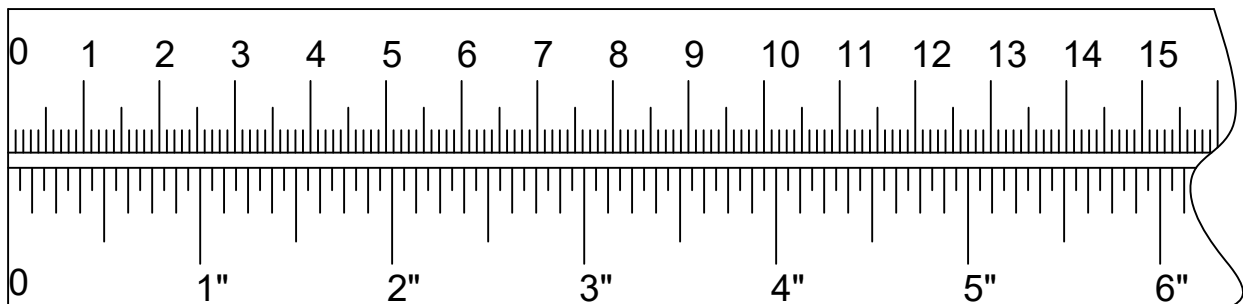
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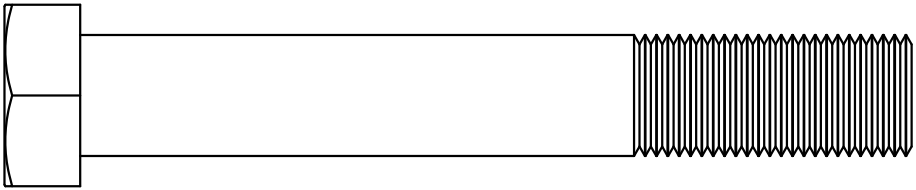
mm



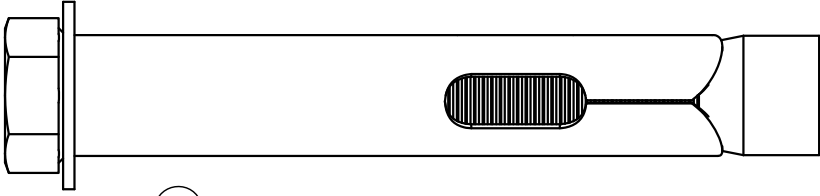


mm

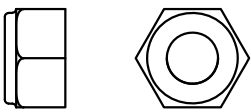




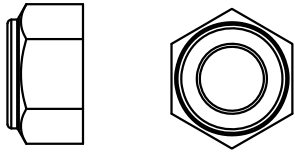
①70 × 24



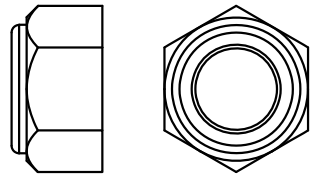
①83 × 4



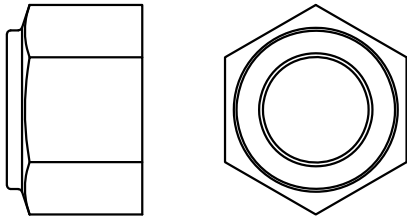
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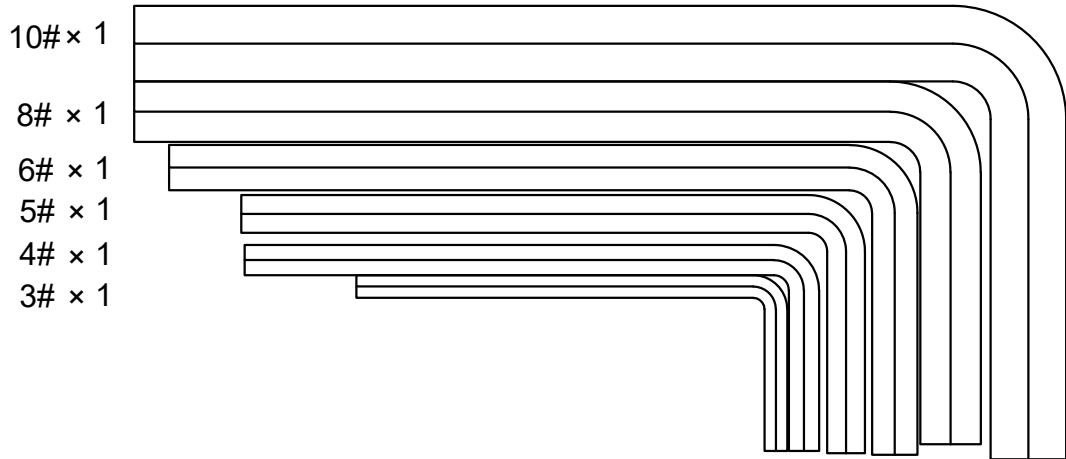
①80 × 58



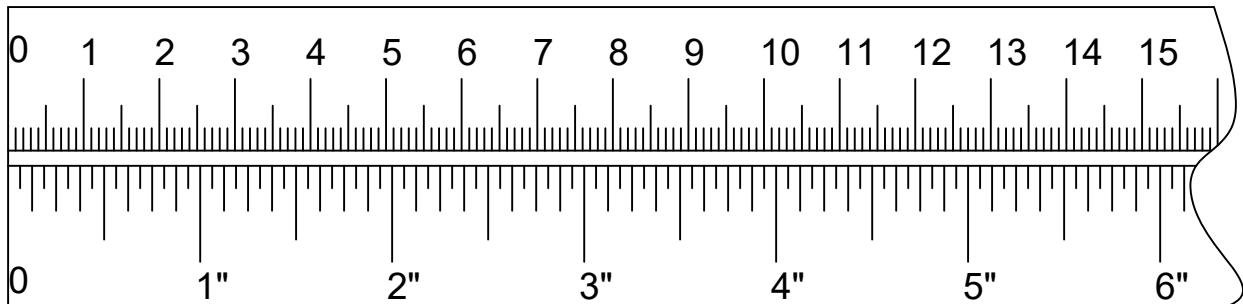
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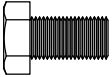
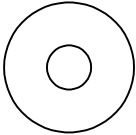
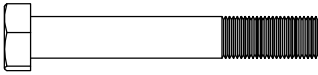


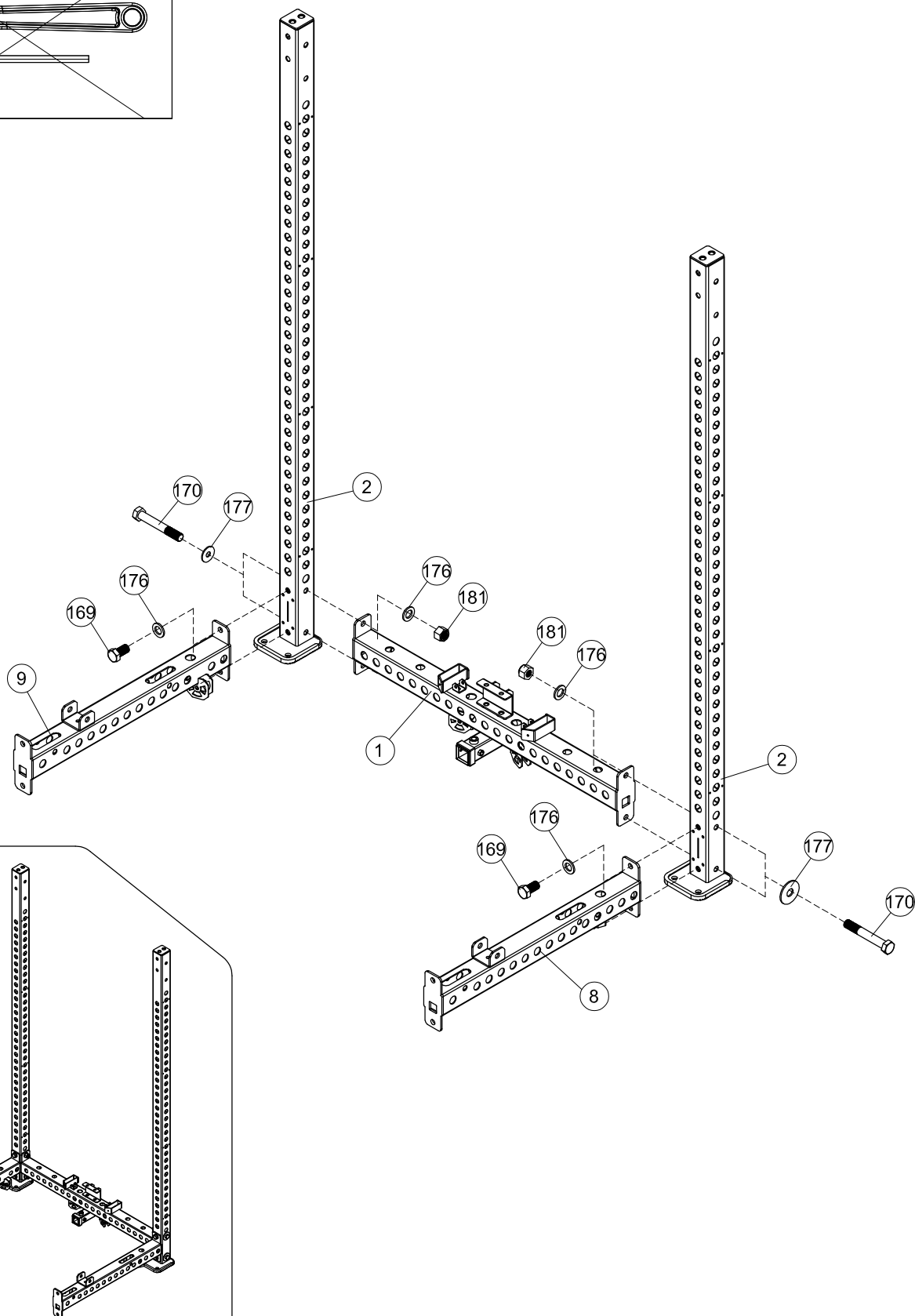
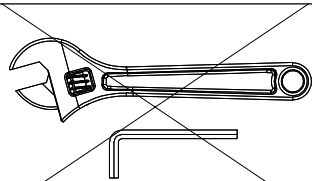
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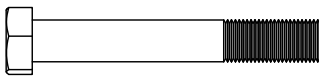
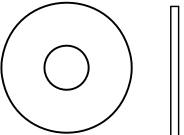
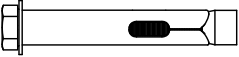


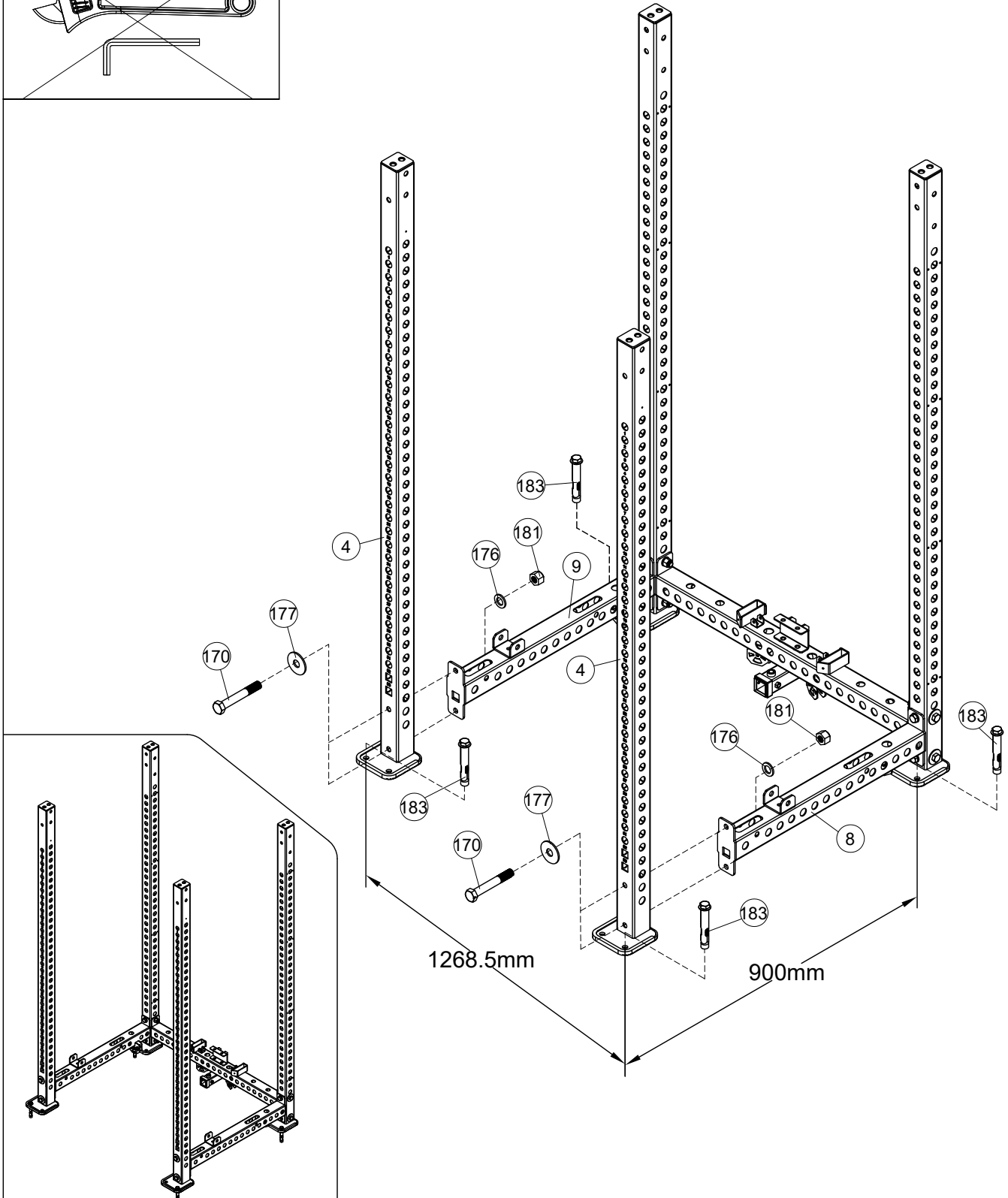
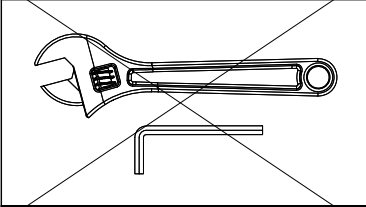
mm



- |       |                                                                                   |            |       |                                                                                    |        |
|-------|-----------------------------------------------------------------------------------|------------|-------|------------------------------------------------------------------------------------|--------|
| (169) |  | ×4 M16×30  | (177) |  | ×4 Φ16 |
| (170) |  | ×4 M16×110 | (181) |  | ×4 M16 |
| (176) |  | ×8 Φ16     |       |                                                                                    |        |



- |       |                                                                                   |    |         |       |                                                                                    |    |     |
|-------|-----------------------------------------------------------------------------------|----|---------|-------|------------------------------------------------------------------------------------|----|-----|
| (170) |  | ×4 | M16×110 | (177) |  | ×4 | Φ16 |
| (176) |  | ×4 | Φ16     | (181) |  | ×4 | M16 |
| (183) |  | ×4 | M12×100 |       |                                                                                    |    |     |



127  

×4  $\phi 14 \times \phi 6 \times 12$

176

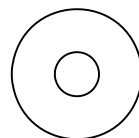


×4  $\Phi 16$

144 

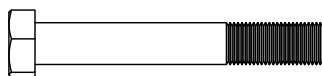
×4 M5×16

177



×4  $\Phi 16$

170

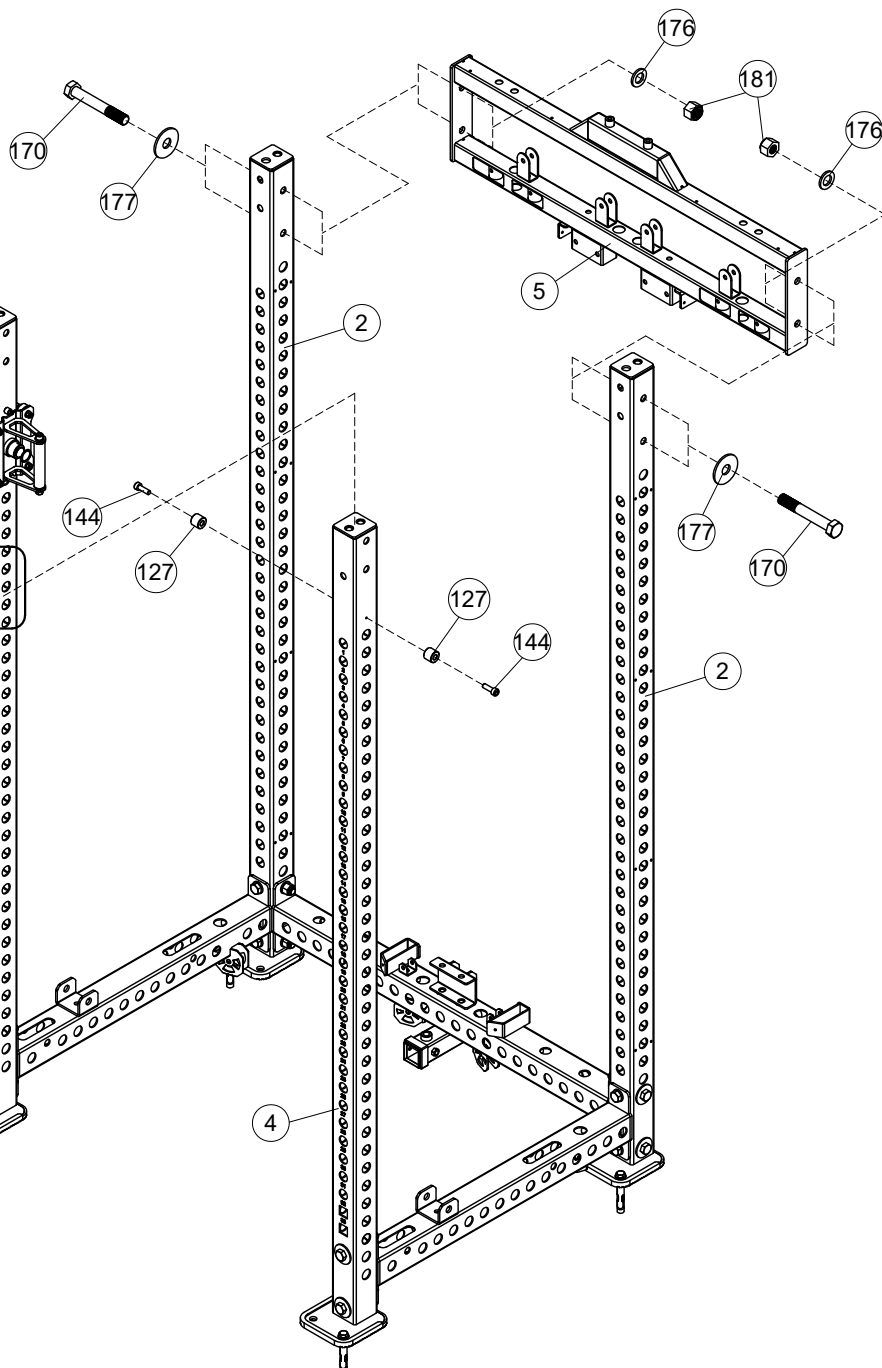
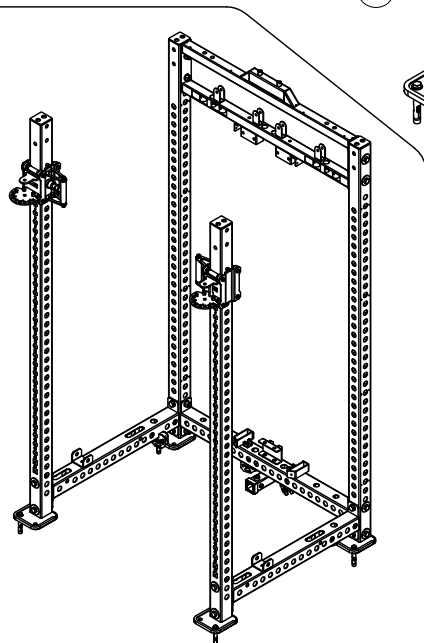
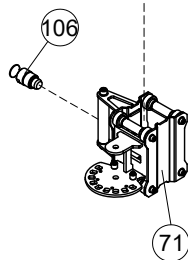
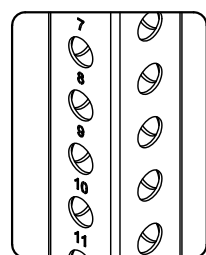
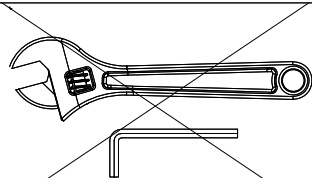


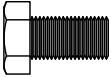
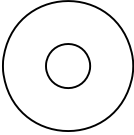
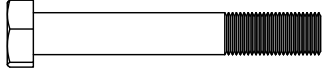
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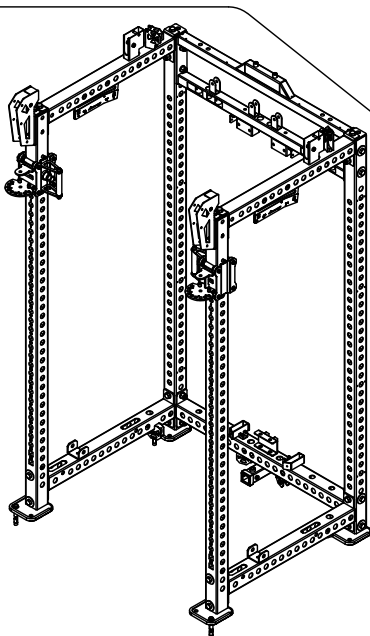
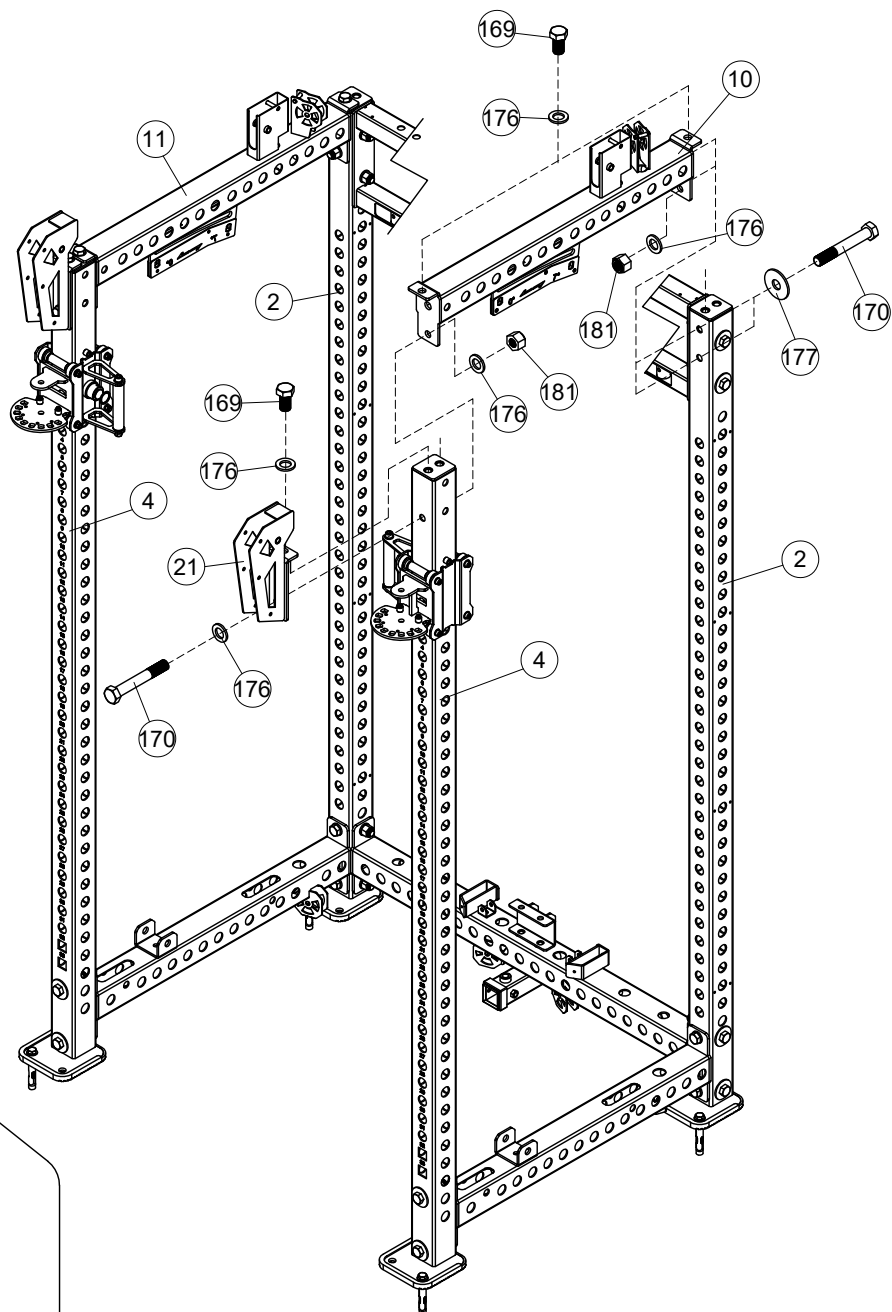
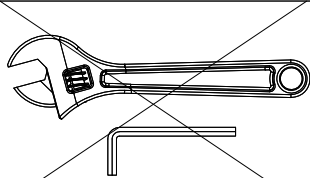
181

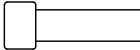
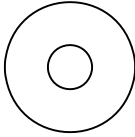
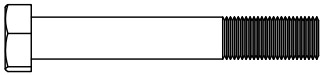


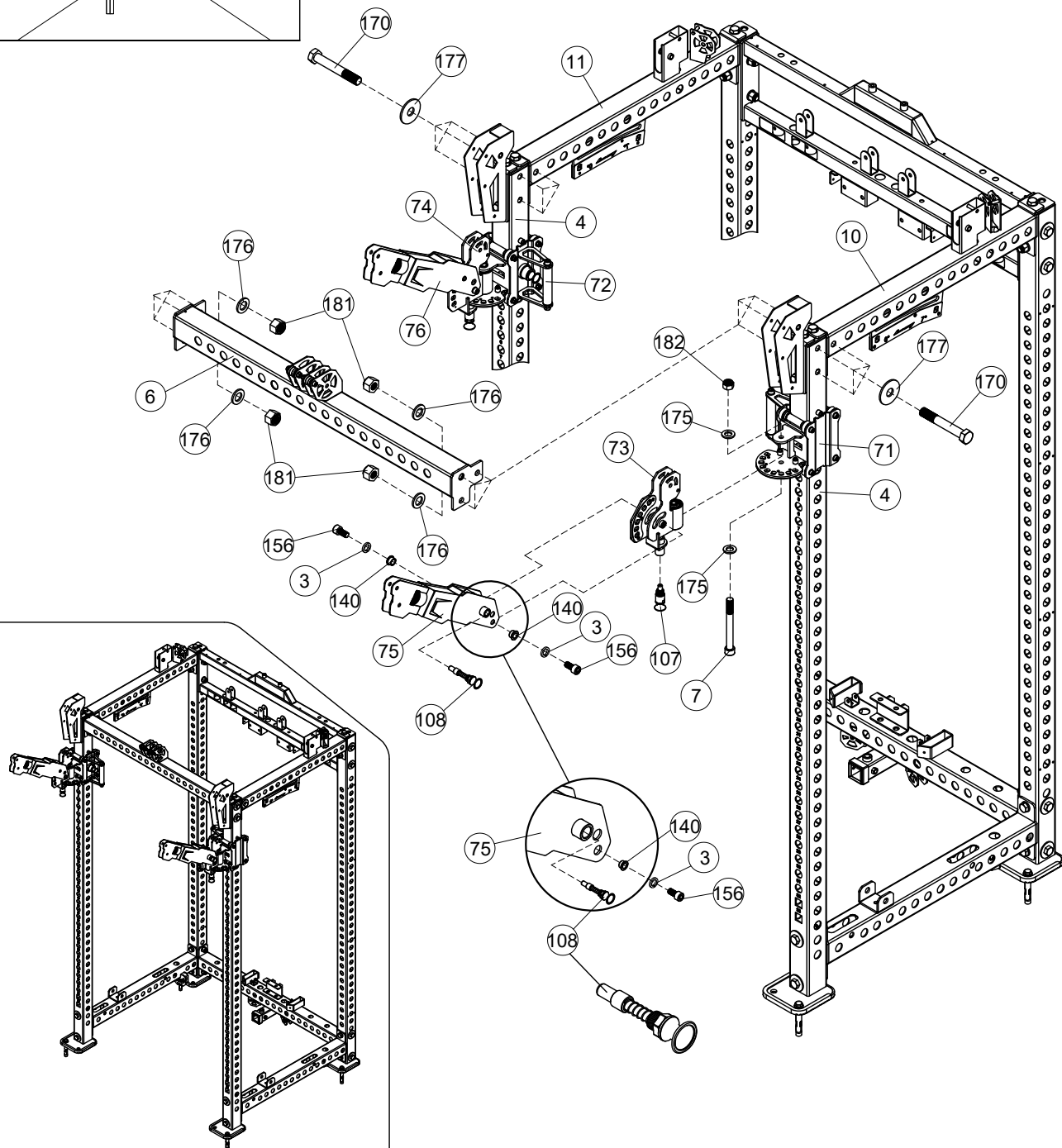
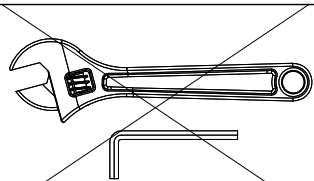
×4 M16



|     |                                                                                   |            |     |                                                                                     |        |
|-----|-----------------------------------------------------------------------------------|------------|-----|-------------------------------------------------------------------------------------|--------|
| 169 |   | ×6 M16×30  | 177 |   | ×4 Φ16 |
| 170 |  | ×6 M16×110 | 181 |   | ×4 M16 |
| 176 |  | ×12 Φ16    |     |  |        |



|     |                                                                                   |    |                 |     |                                                                                    |    |     |
|-----|-----------------------------------------------------------------------------------|----|-----------------|-----|------------------------------------------------------------------------------------|----|-----|
| 3   |   | x4 | 10              | 175 |   | x4 | Φ12 |
| 7   |  | x2 | M12×110         | 176 |  | x4 | Φ16 |
| 140 |  | x4 | φ18×φ14×φ10.2×9 | 177 |  | x6 | Φ16 |
| 156 |  | x4 | M10×20          | 181 |  | x4 | M16 |
| 170 |  | x6 | M16×110         | 182 |  | x2 | M12 |



151



×8 M8×12

173

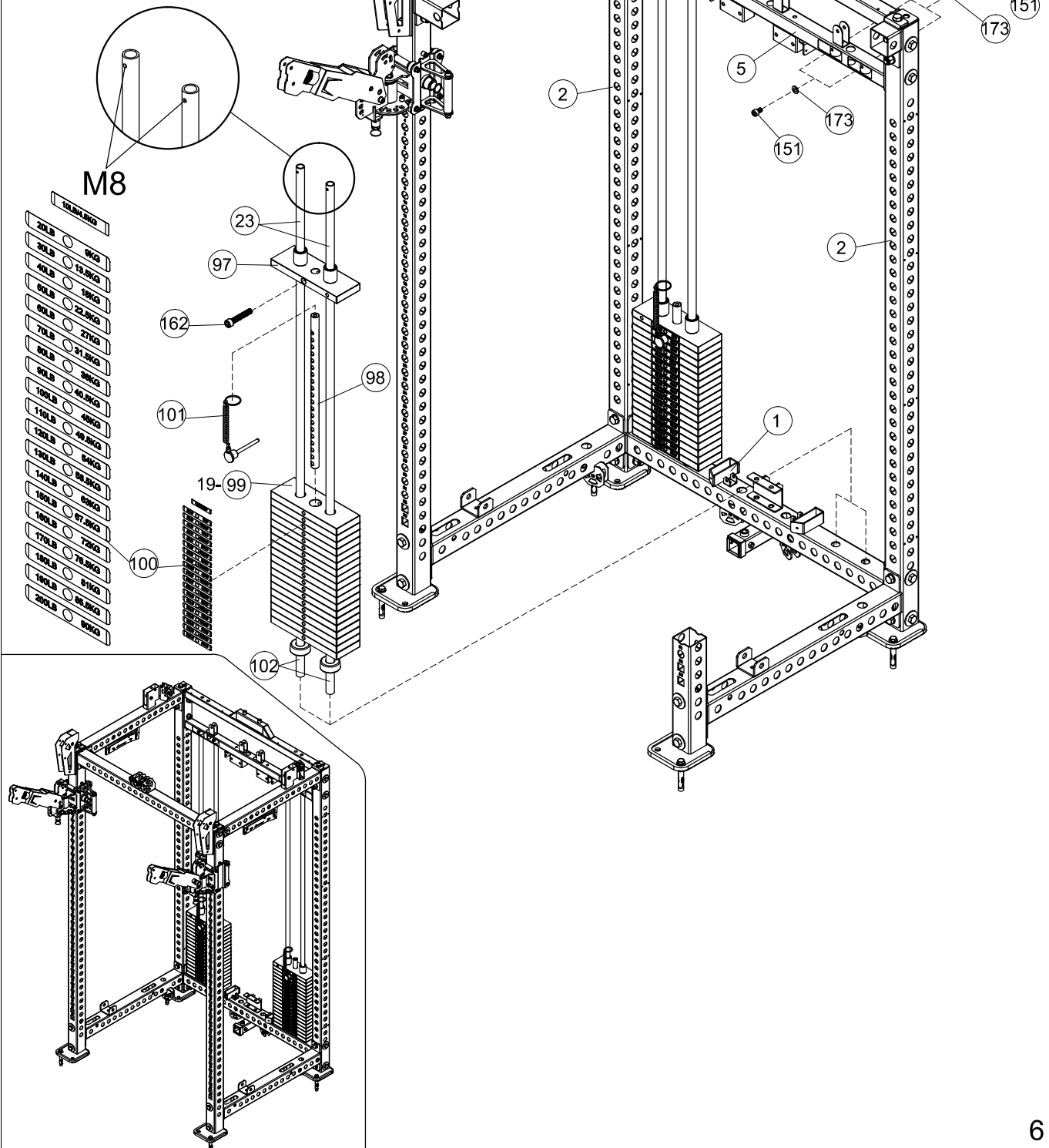
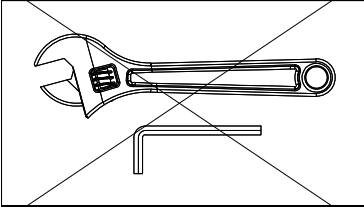


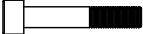
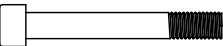
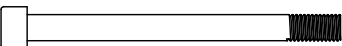
×8 Φ8

162

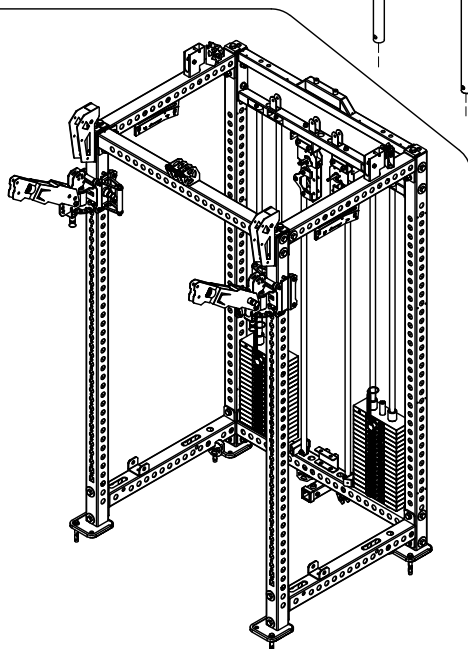
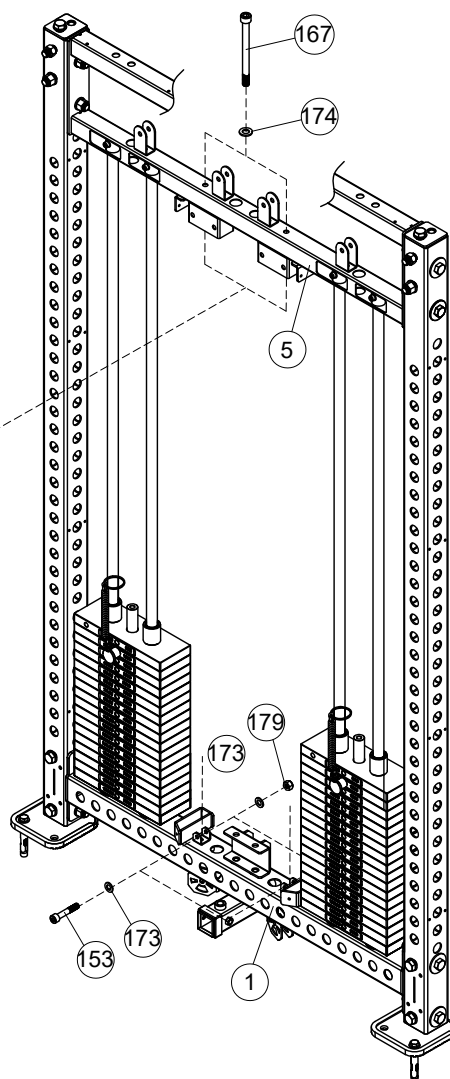
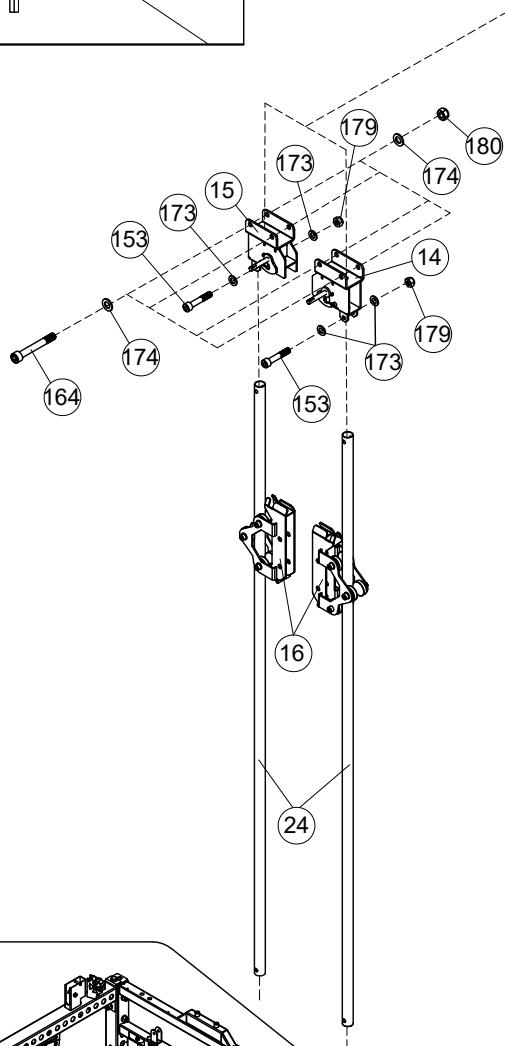
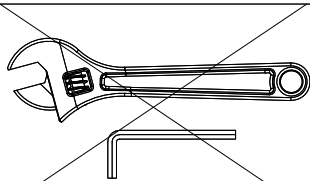


×2 M10×55

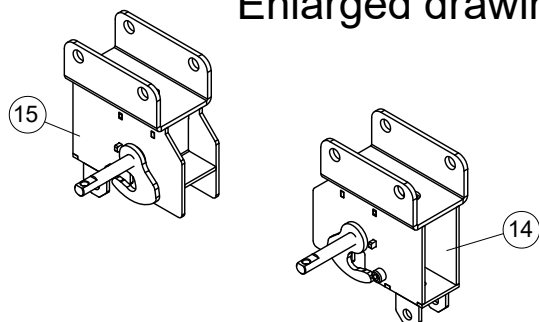


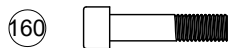
- 153  ×4 M8×45  
 164  ×4 M10×75  
 167  ×2 M10×120

- 173  | ×8 Φ8  
 174  | ×10 Φ10  
 179  | ×4 M8  
 180  | ×4 M10



Enlarged drawing





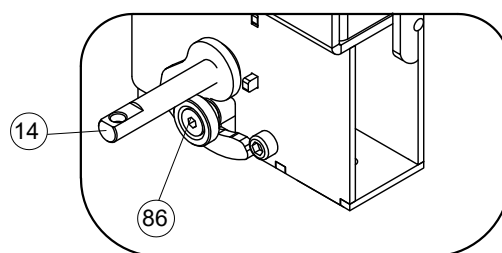
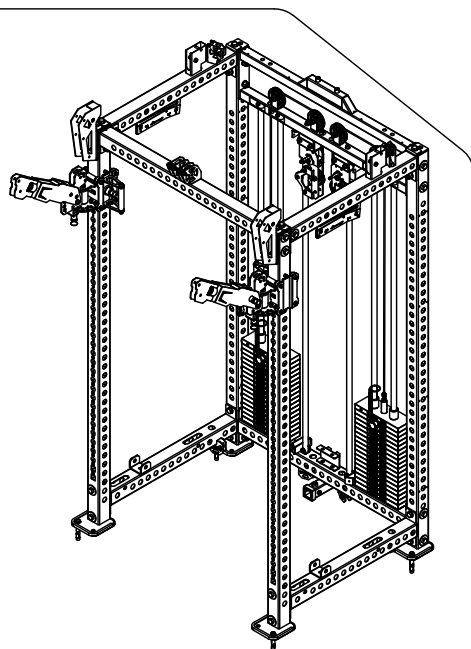
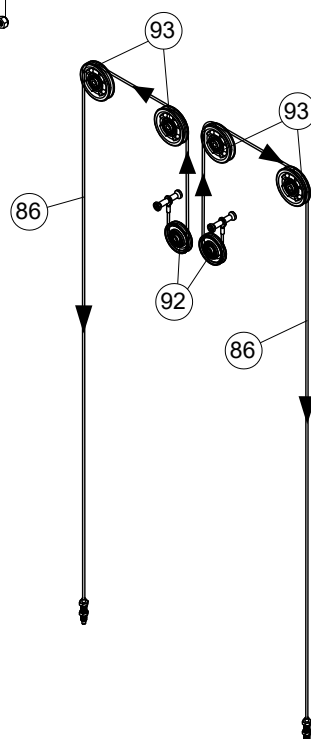
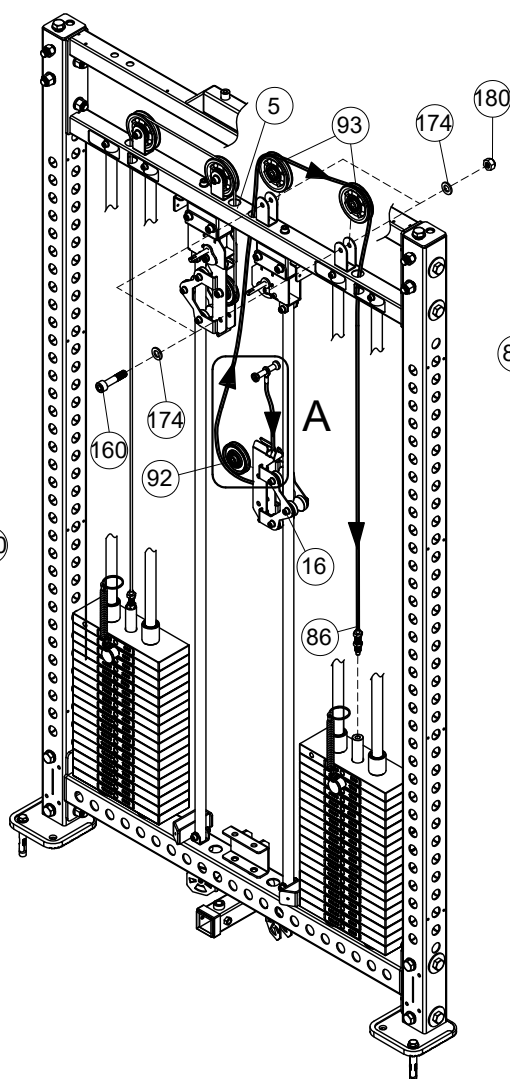
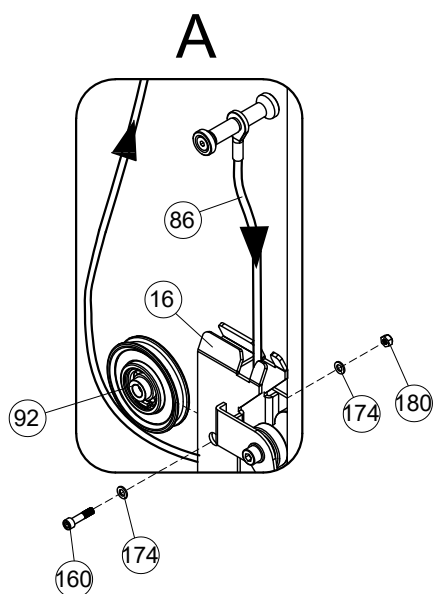
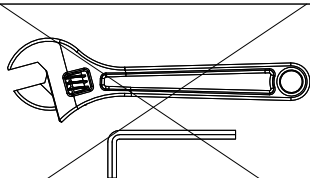
×6 M10×45

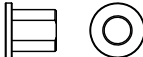
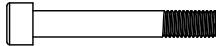
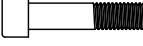
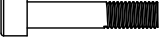


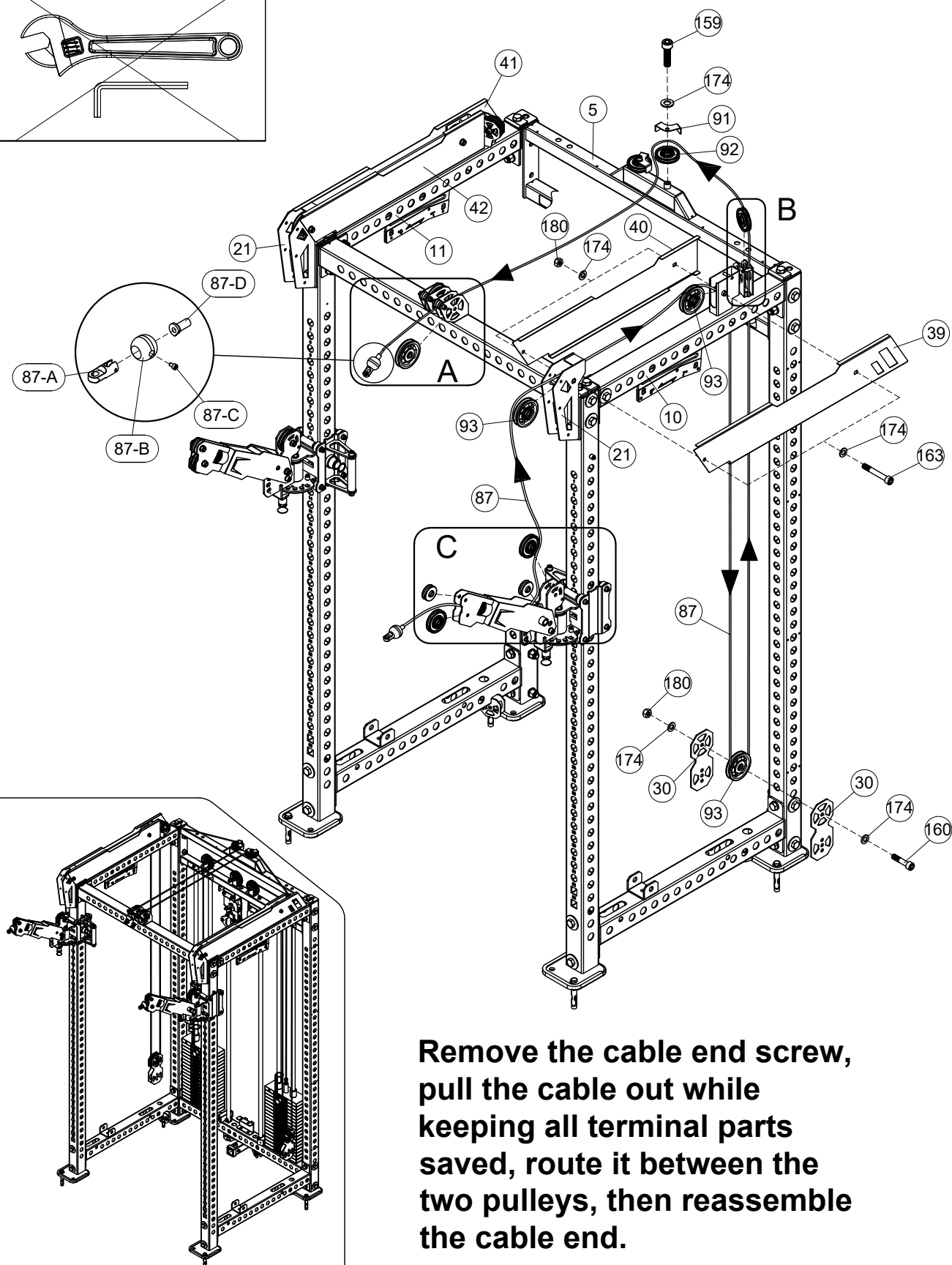
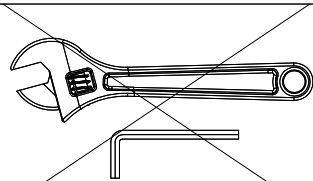
×12 Φ10



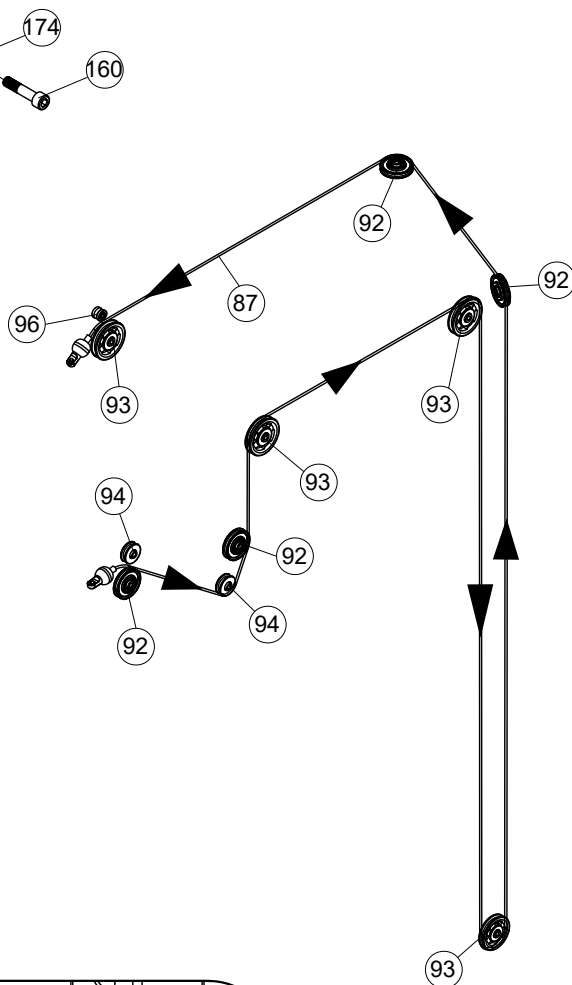
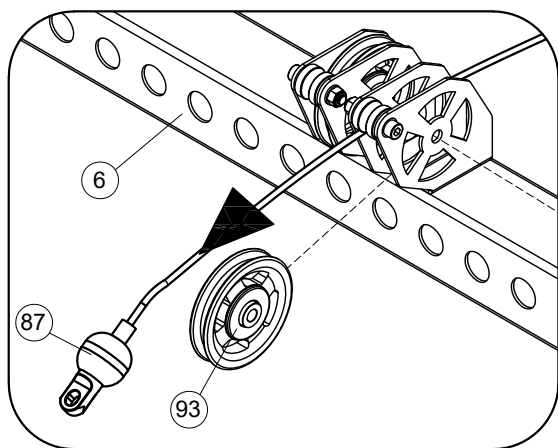
×6 M10



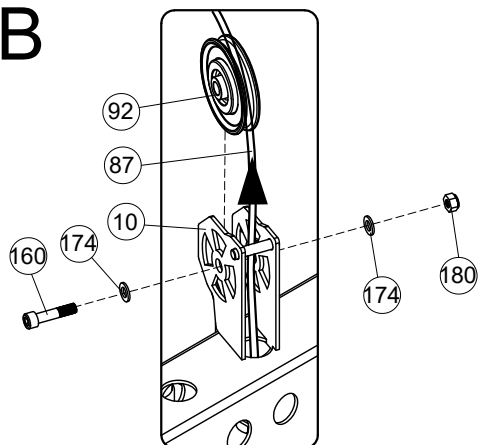
|     |                                                                                   |     |                |     |                                                                                    |     |        |
|-----|-----------------------------------------------------------------------------------|-----|----------------|-----|------------------------------------------------------------------------------------|-----|--------|
| 128 |  | ×4  | φ25×φ10.2×19.5 | 163 |  | ×4  | M10×70 |
| 159 |  | ×2  | M10×35         | 164 |  | ×2  | M10×75 |
| 160 |  | ×10 | M10×45         | 174 |   | ×32 | Φ10    |
| 161 |  | ×2  | M10×50         | 180 |  | ×18 | M10    |



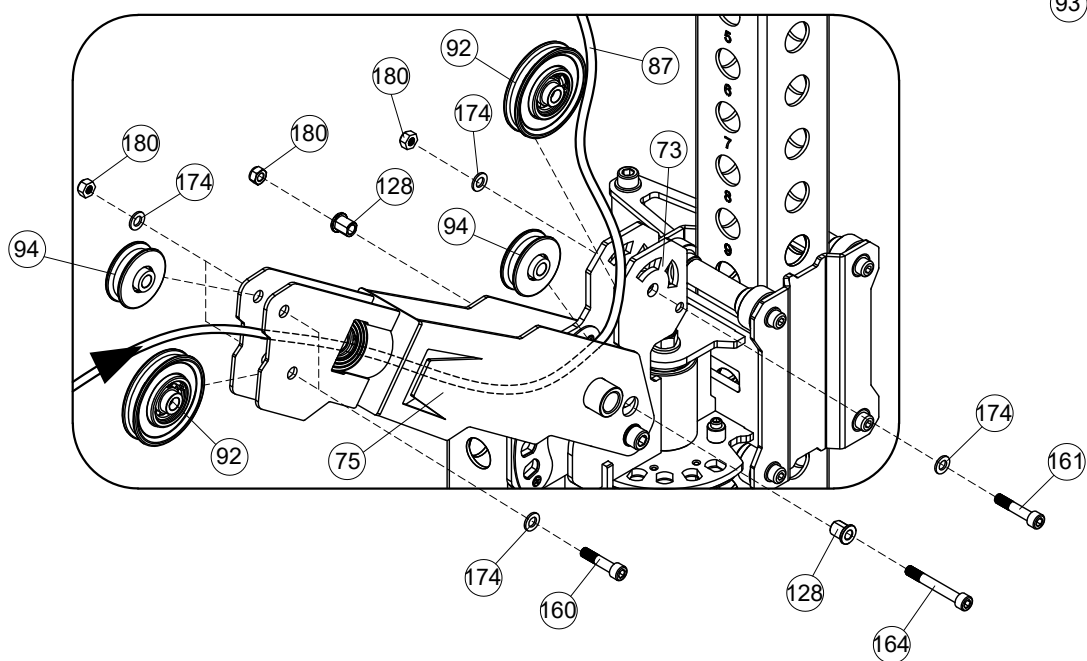
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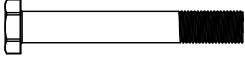
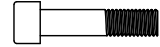
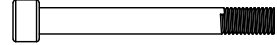


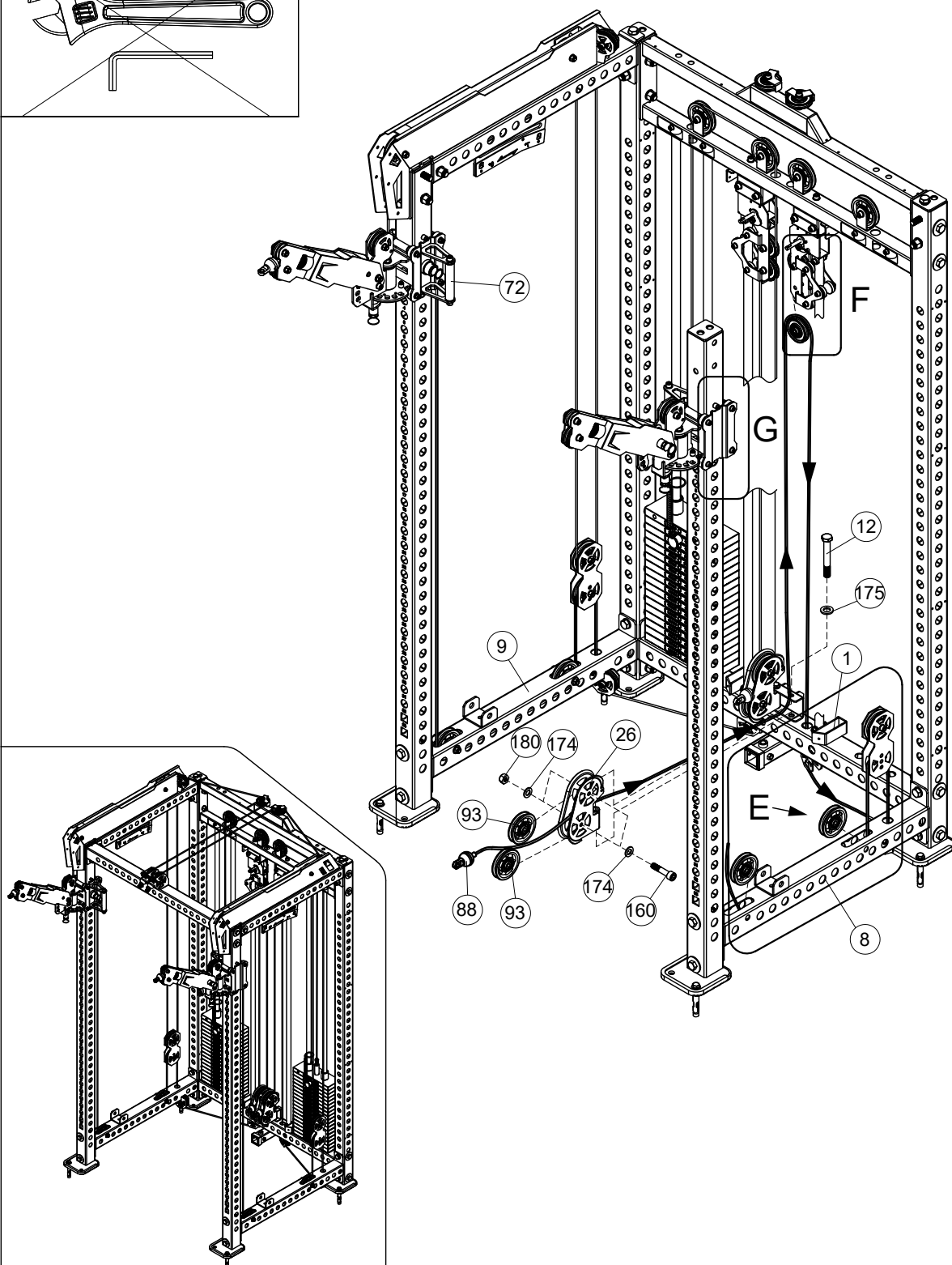
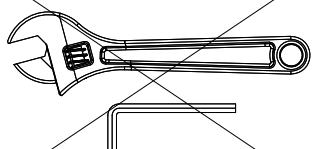
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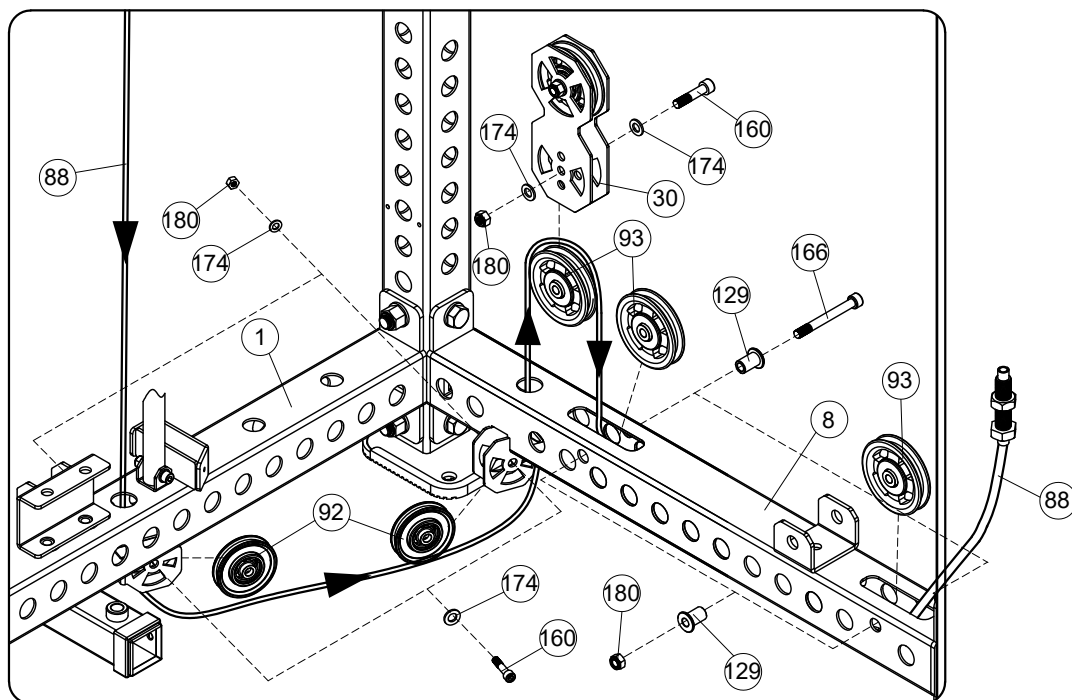
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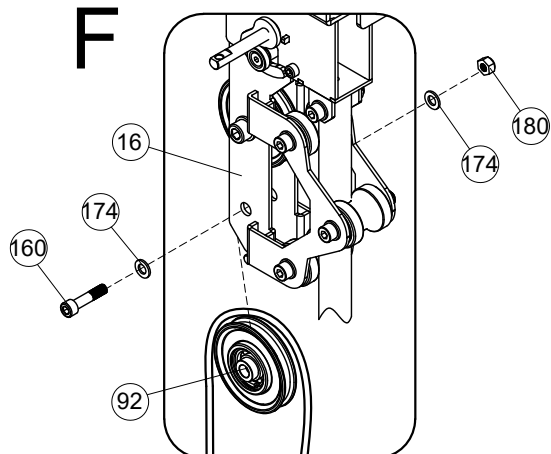
- |       |                                                                                   |     |                  |       |                                                                                     |     |     |
|-------|-----------------------------------------------------------------------------------|-----|------------------|-------|-------------------------------------------------------------------------------------|-----|-----|
| (12)  |  | ×2  | M12×85           | (174) |  | ×24 | Φ10 |
| (129) |  | ×8  | φ25×φ16×φ10.2×27 | (175) |  | ×2  | Φ12 |
| (160) |  | ×12 | M10×45           | (180) |  | ×16 | M10 |
| (166) |  | ×4  | M10×90           |       |                                                                                     |     |     |



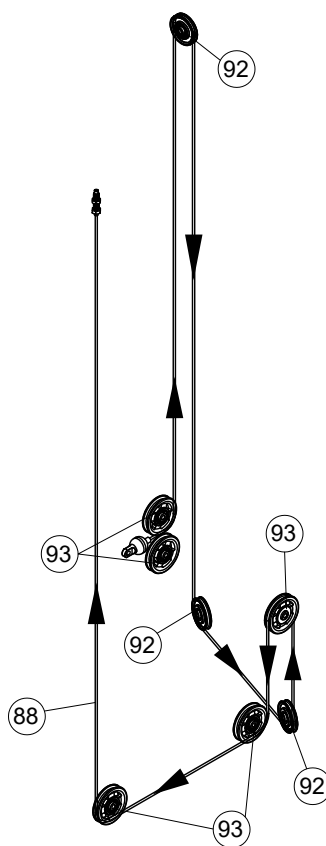
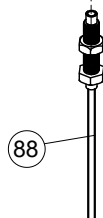
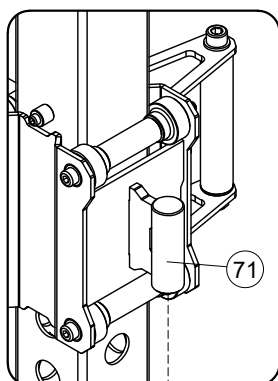
# E



# F

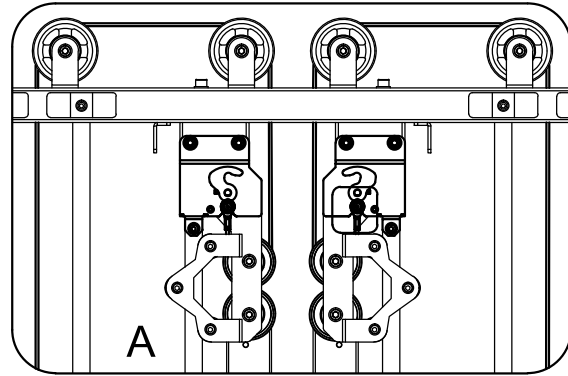
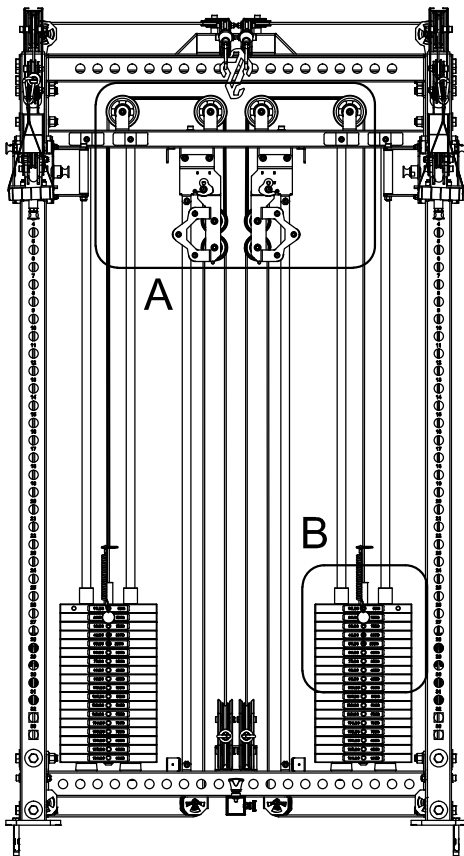


# G



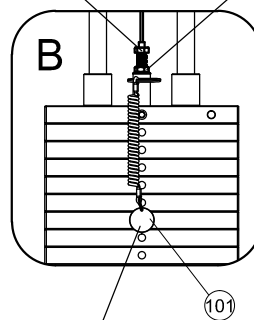
# How to Adjust the Cable System

## Part I

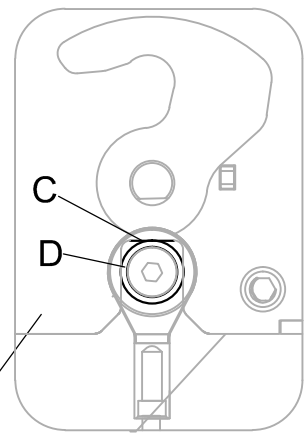


STEP1: Tighten the bolt while monitoring C and D in Step 2.

STEP4: Lock the nut to secure the setting

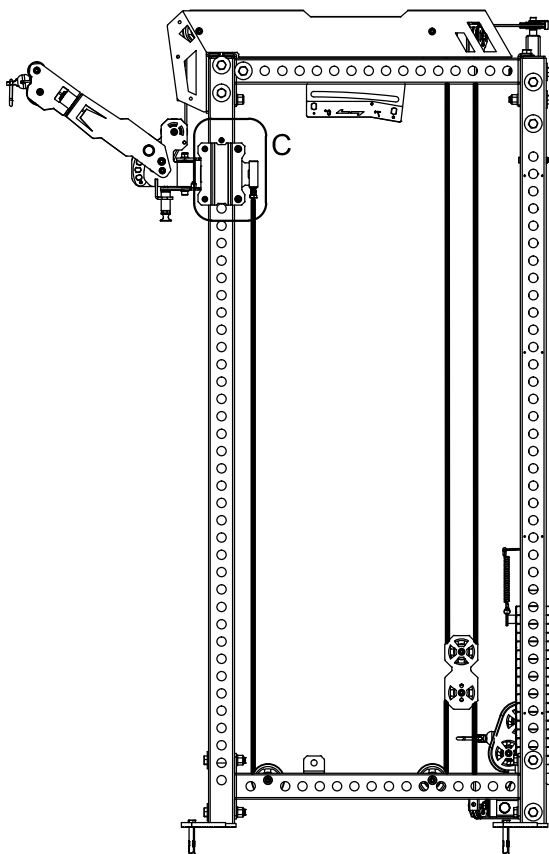


STEP3: Verify Pin #101 slides smoothly into every weight plate hole

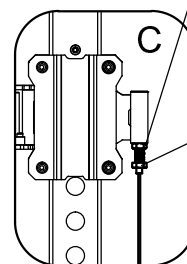


STEP2: Stop adjusting when C touches D

## Part II



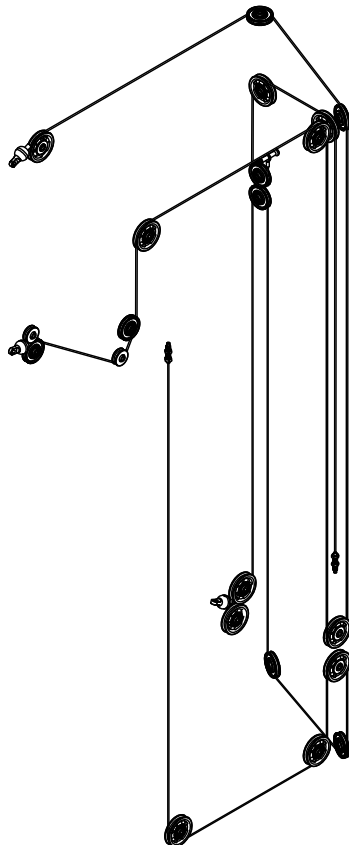
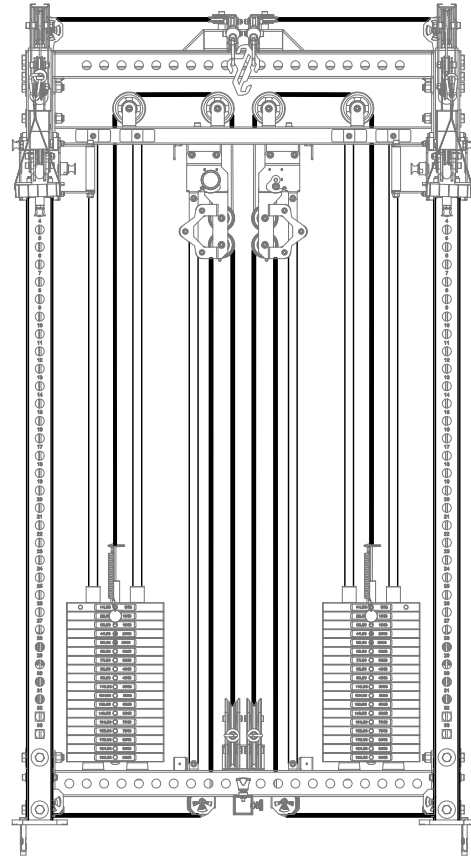
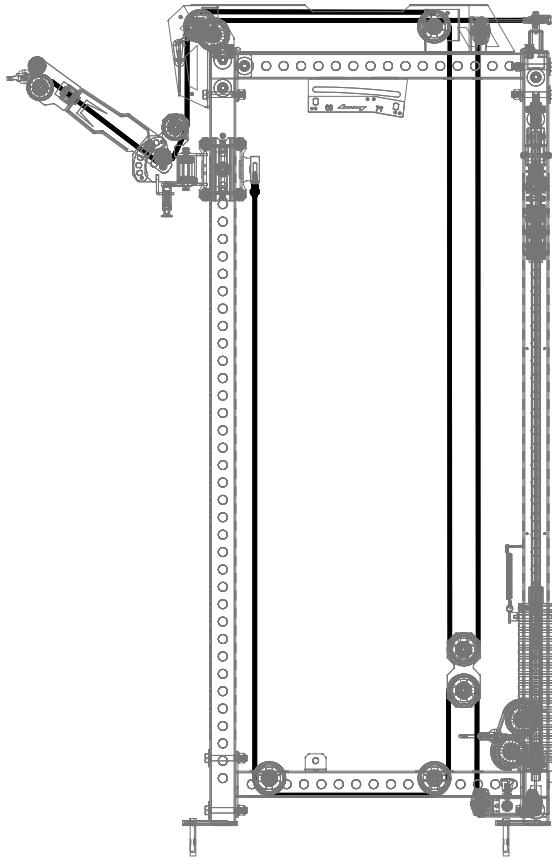
STEP2: Tighten the nut



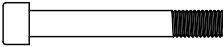
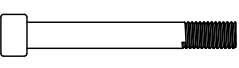
STEP1: Adjust the bolt

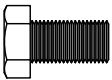
Note: Always ensure the tension and alignment status achieved in Part I remains completely unchanged during this process.

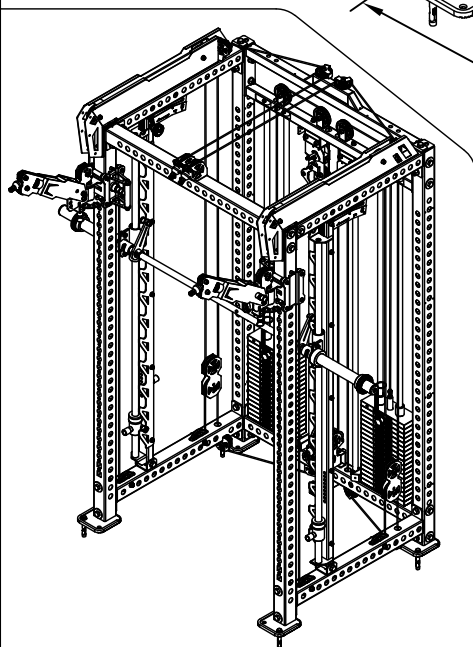
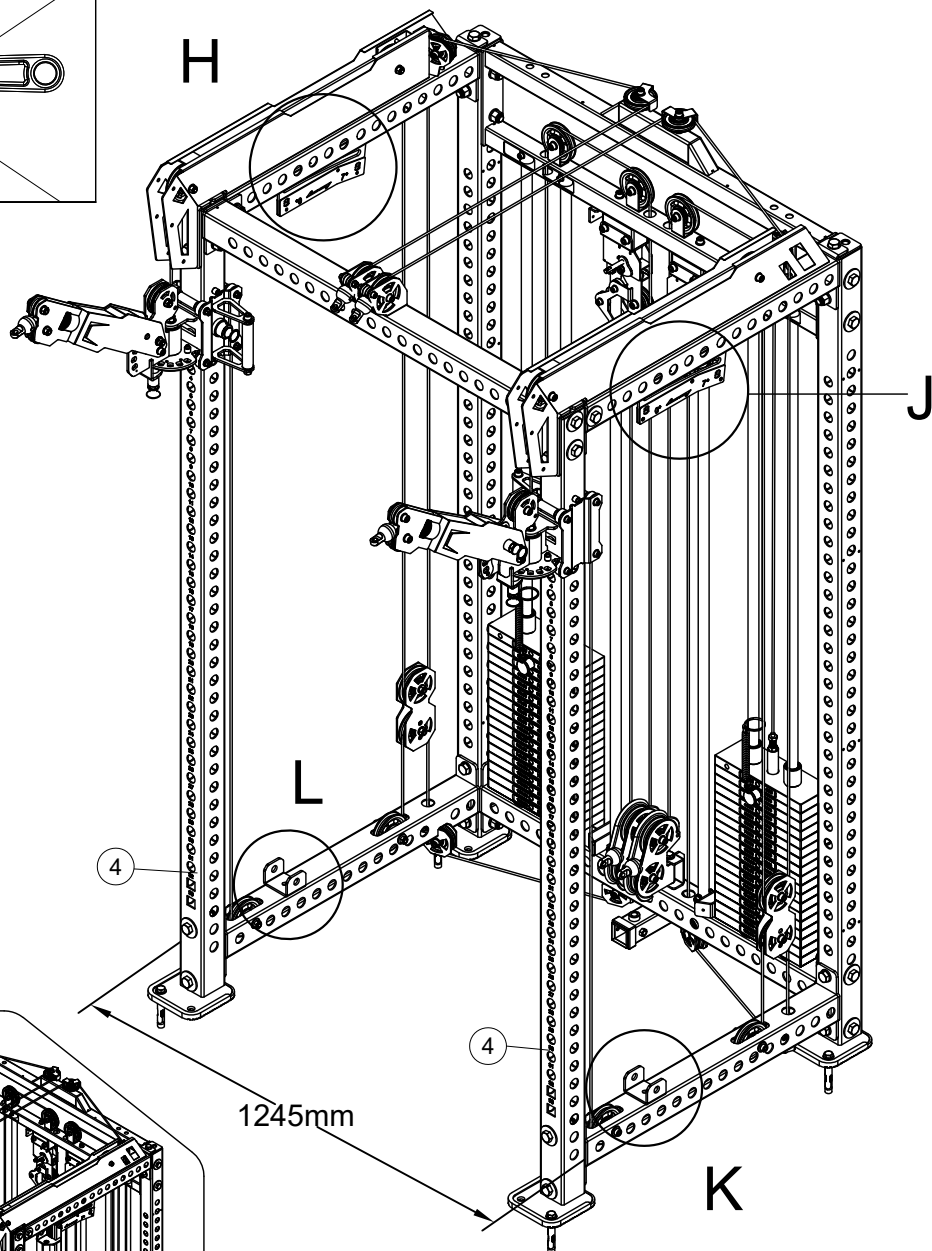
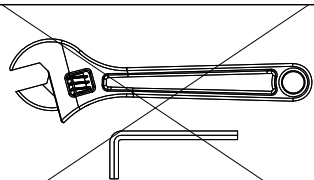
# Check the Cable System



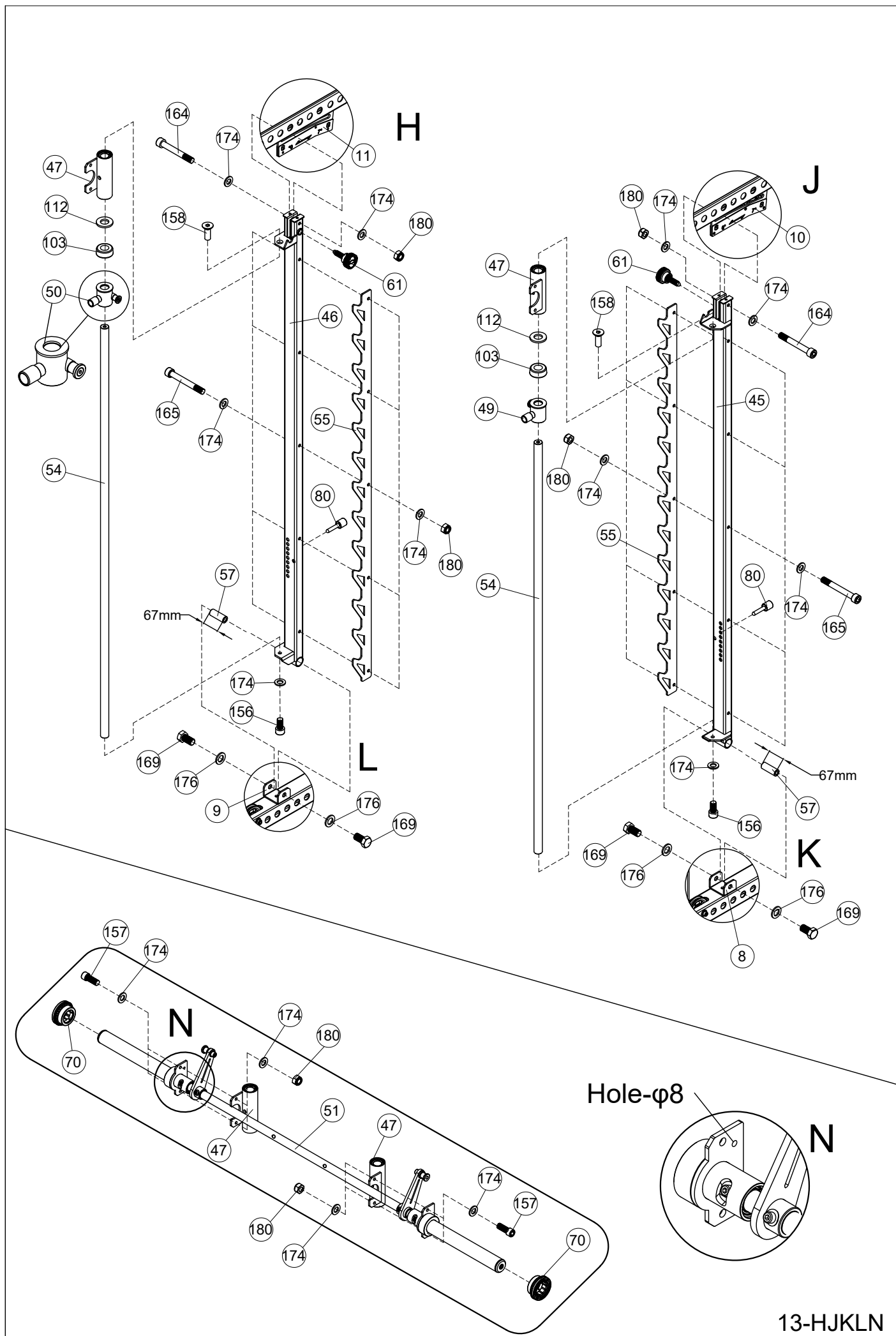
Please check the direction and smoothness of the cable before tightening all bolts

- |     |                                                                                   |     |        |
|-----|-----------------------------------------------------------------------------------|-----|--------|
| 156 |  | ×2  | M10×20 |
| 157 |  | ×4  | M10×30 |
| 158 |  | ×2  | M10×30 |
| 164 |  | ×2  | M10×75 |
| 165 |  | ×10 | M10×80 |

- |     |                                                                                    |     |        |
|-----|------------------------------------------------------------------------------------|-----|--------|
| 169 |   | ×4  | M16×30 |
| 174 |  | ×34 | Φ10    |
| 176 |  | ×4  | Φ16    |
| 180 |  | ×16 | M10    |

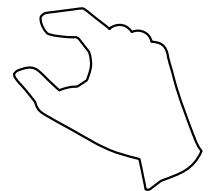
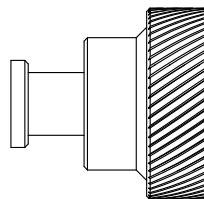
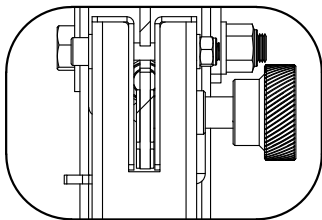
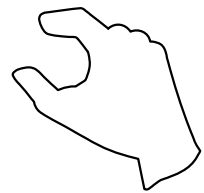
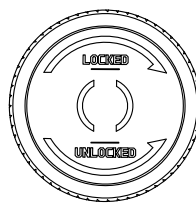
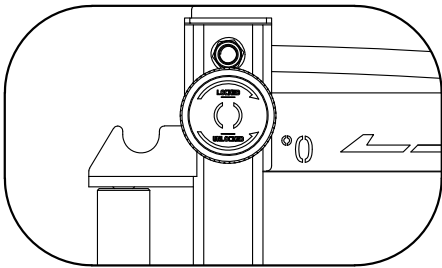
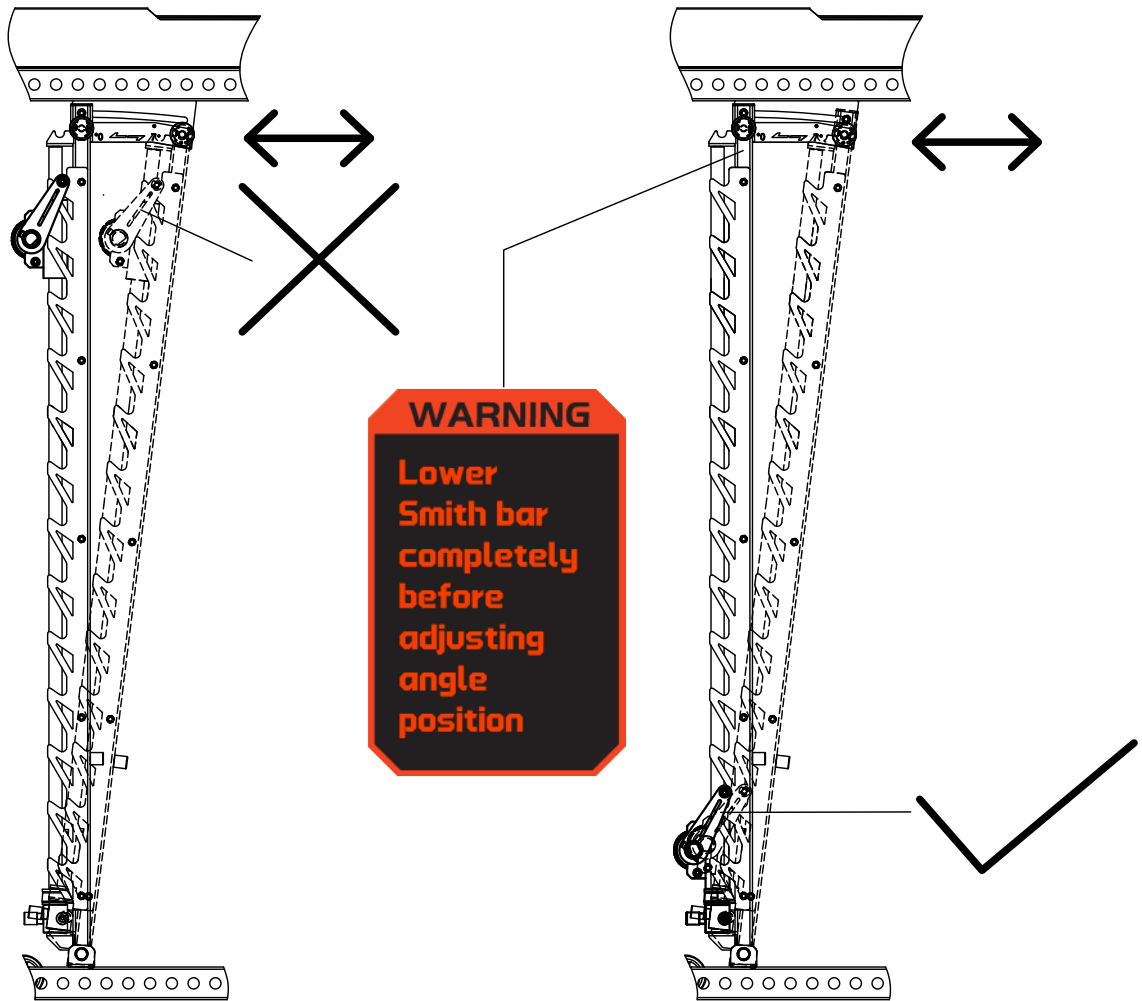


**Pre-assembly Check:**  
Ensure the outer spacing of both No. 4 Uprights is 1245mm before proceeding to the Smith machine assembly.



13-HJKLN

# 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.

147



×28 M6×15

172

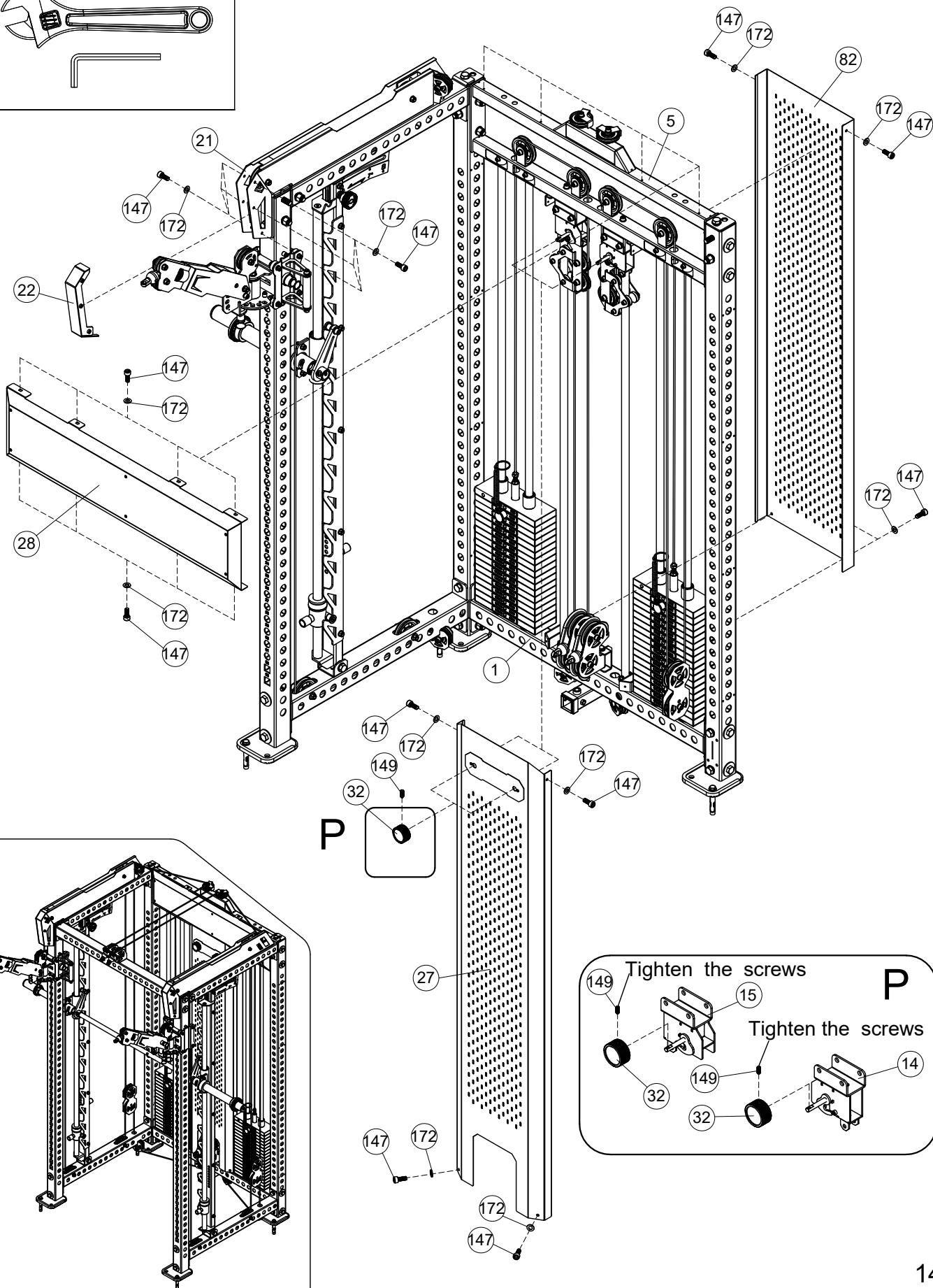
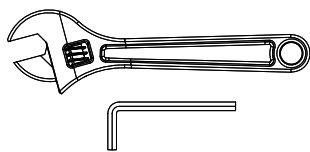


×28 Φ6

149



×2 M8×20

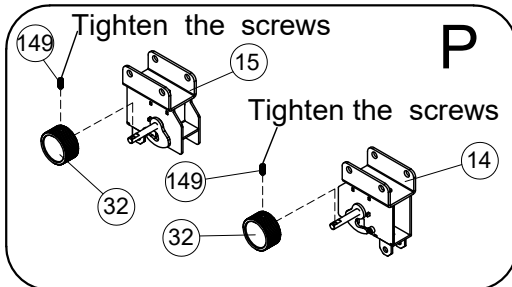


P

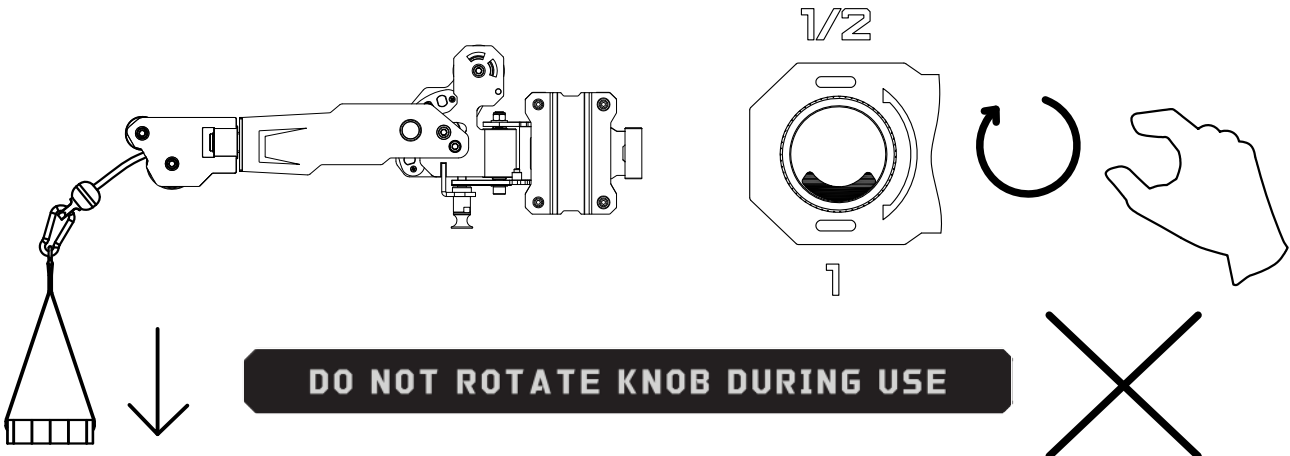
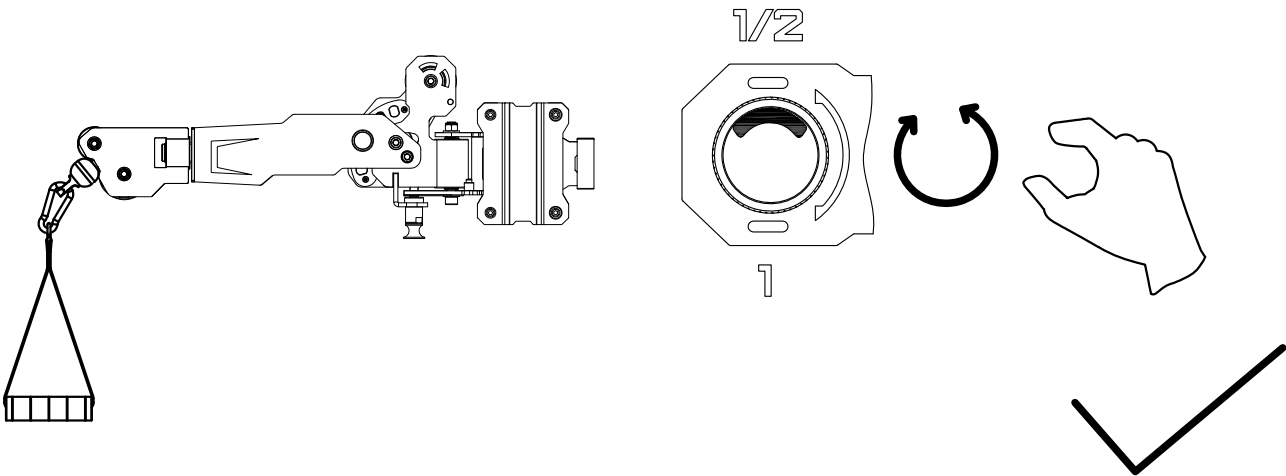
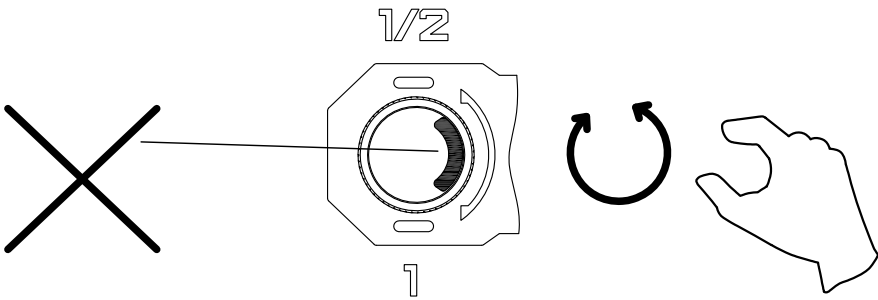
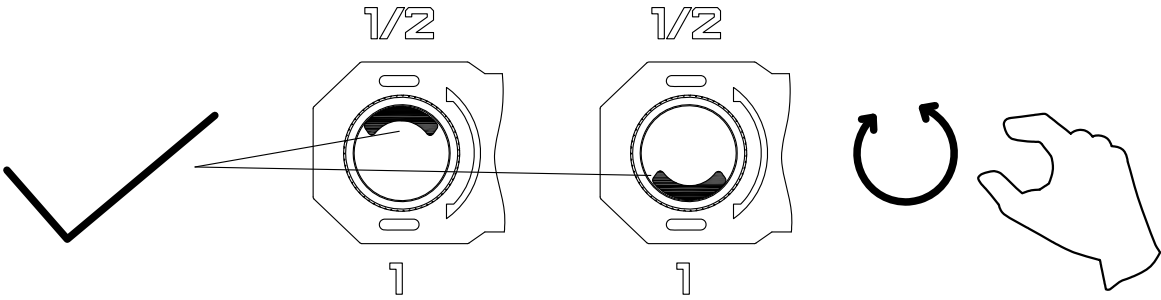
P

Tighten the screws

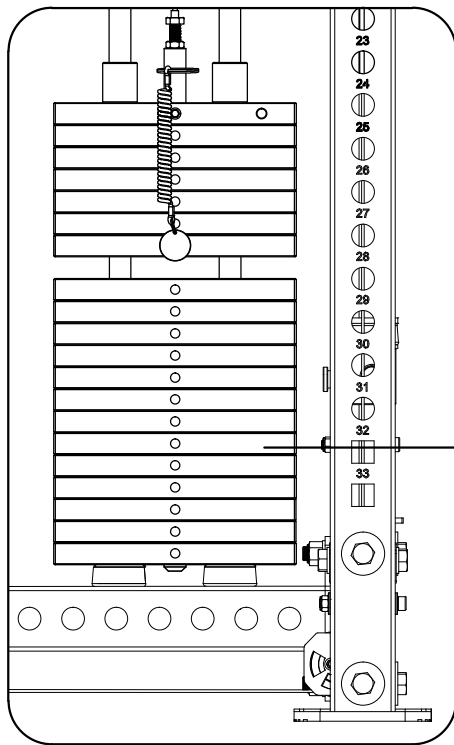
Tighten the screws



**Warning: Dangerous Operation**

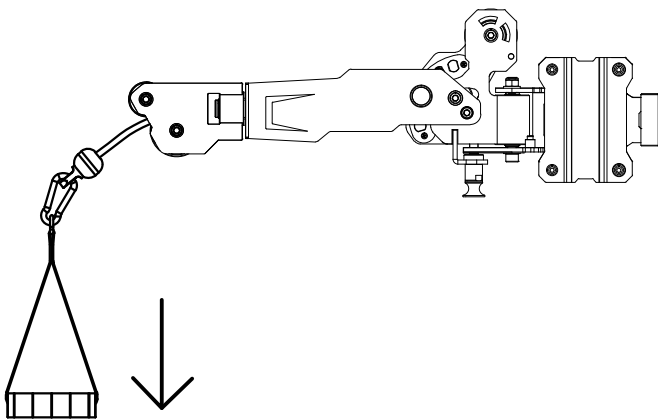


# How to Reset the Weight Stack

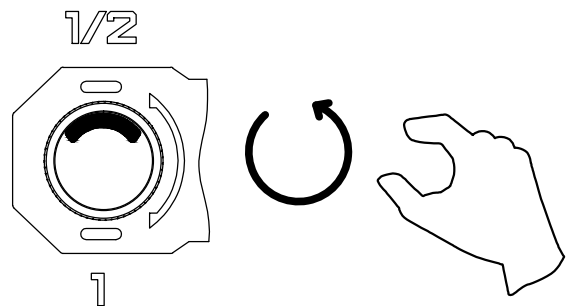


**NOTICE:** If the weight stack jams or hangs due to operational error, stop exercise immediately. Follow these correction steps to safely initialize the system

## 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.

150



×3 M8×20

179

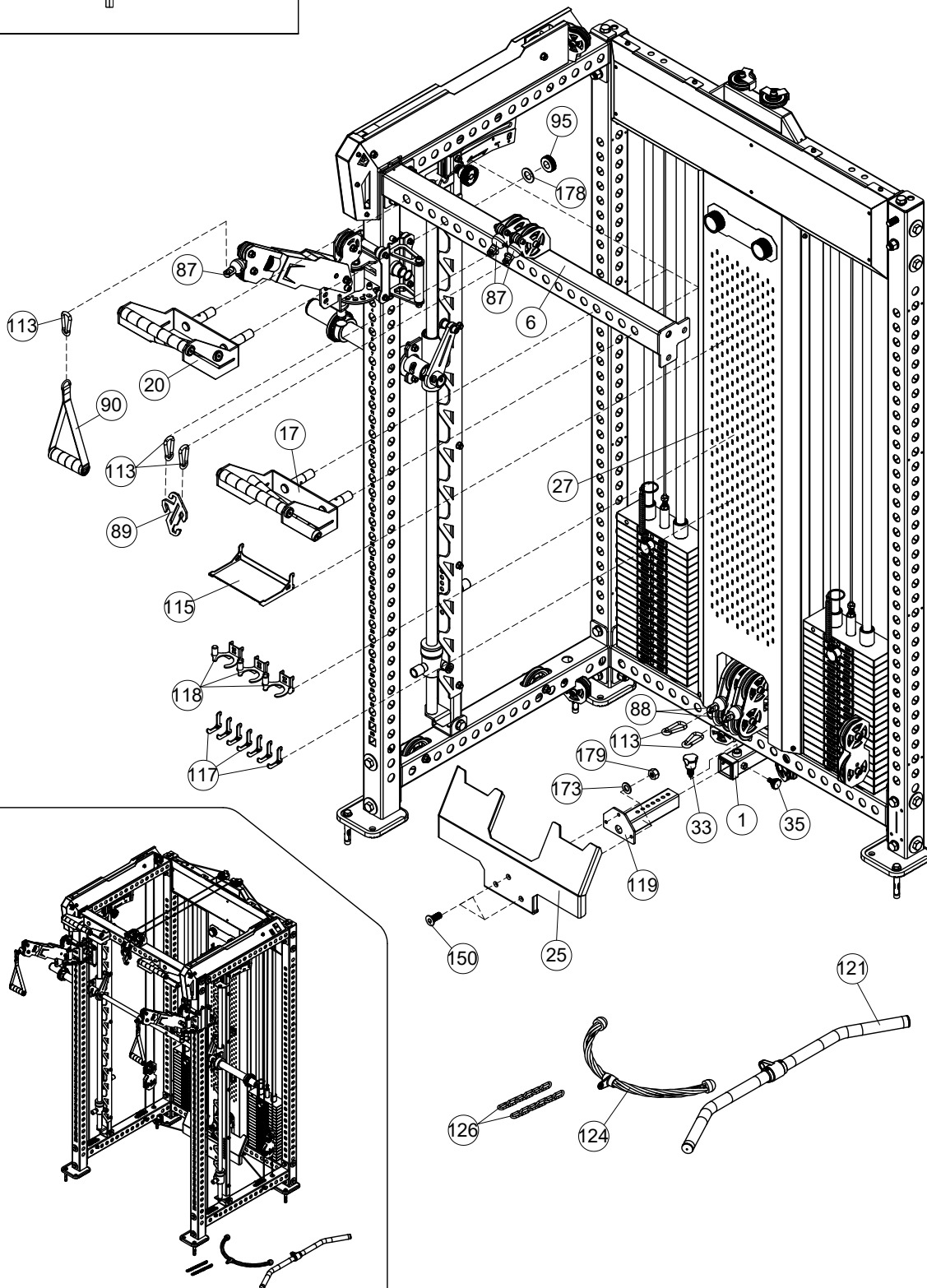
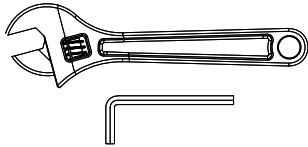


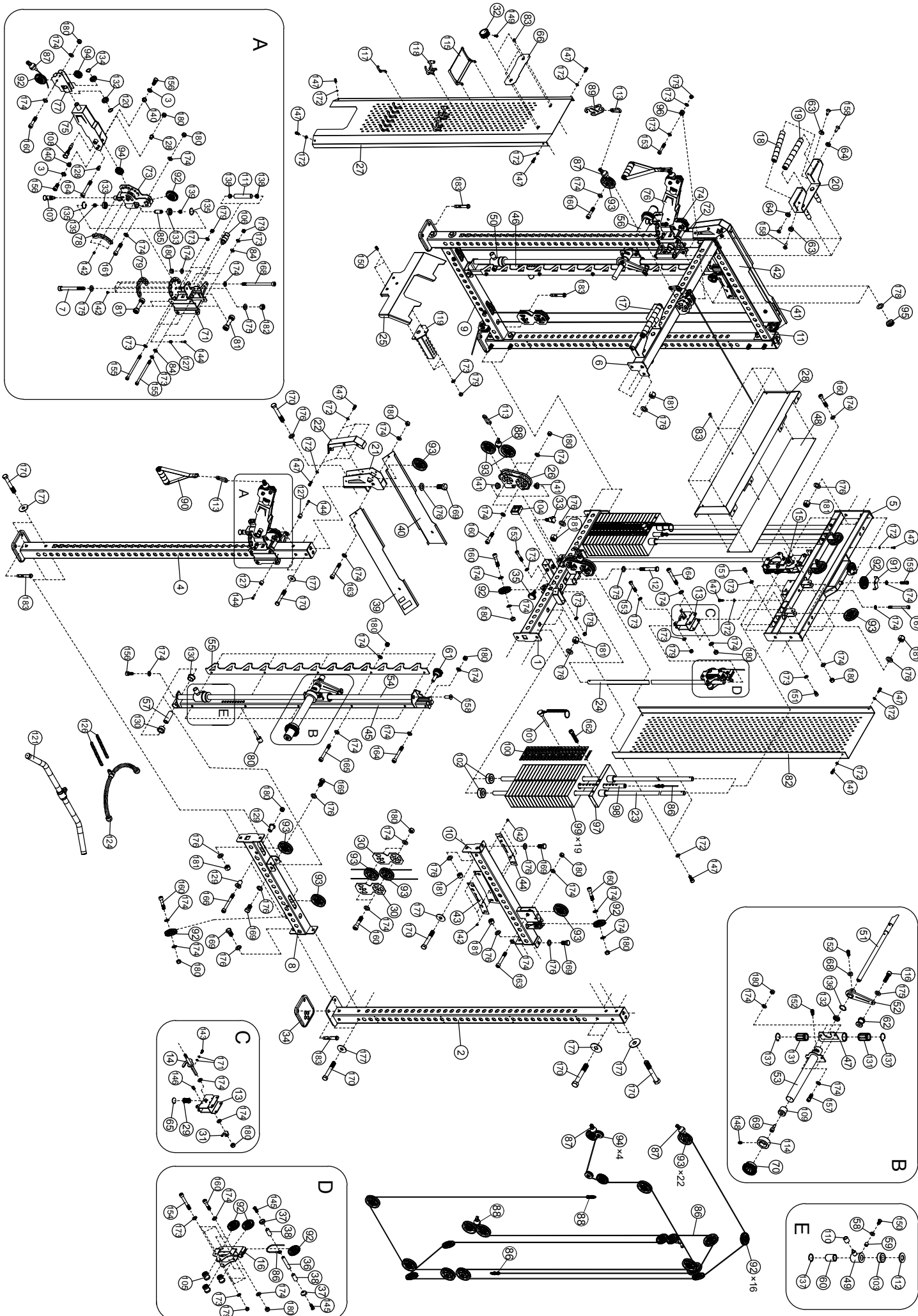
×3 M8

173



×3 Φ8





# PARTS LIST

| KEY NO. | PART DESCRIPTION                  | SPEC          | QTY |
|---------|-----------------------------------|---------------|-----|
| 1       | Rear Base Frame                   |               | 1   |
| 2       | Rear Vertical Frame               |               | 2   |
| 3       | Spring washer                     | 10            | 4   |
| 4       | Front Vertical Frame              |               | 2   |
| 5       | Rear Connecting Frame             |               | 1   |
| 6       | Top Beam                          |               | 1   |
| 7       | Hexagon socket button head screws | M12×110       | 2   |
| 8       | Upper left Connecting Frame       |               | 1   |
| 9       | Upper right Connecting Frame      |               | 1   |
| 10      | Lower left Connecting Frame       |               | 1   |
| 11      | Lower right Connecting Frame      |               | 1   |
| 12      | Hex bolt                          | M12×85        | 2   |
| 13      | Sliding 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                         | φ25×1866      | 4   |
| 24      | Guide rod                         | φ25×1656      | 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   |
| 33      | Lock Knob                         | M16×1.5×22    | 1   |
| 34      | Floor mat                         | 158×158×14    | 4   |
| 35      | Roll flower high head screw       | M10×16        | 1   |
| 36      | Rotating shaft                    | φ10×54×M6     | 2   |

# PARTS LIST

| KEY NO. | PART DESCRIPTION                | SPEC            | QTY |
|---------|---------------------------------|-----------------|-----|
| 37      | Limit stop                      | φ20×φ6.2×10     | 4   |
| 38      | Pipe                            | φ12×0.8×25      | 4   |
| 39      | Left outer decorative panel     | 948.5×137.5×1.5 | 1   |
| 40      | Left interior decorative panel  | 818.5×137.5×1.5 | 1   |
| 41      | Right outer decorative panel    | 948.5×137.5×1.5 | 1   |
| 42      | Right interior decorative panel | 818.5×137.5×1.5 | 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×M10    | 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   |
| 65      | Spacer                          | φ30×φ6×6        | 2   |
| 66      | Nameplate                       | 271×86×1.5      | 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   |

# PARTS LIST

| KEY NO. | PART DESCRIPTION           | SPEC                | QTY |
|---------|----------------------------|---------------------|-----|
| 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=7000mm            | 2   |
| 88      | Pull-down cable            | L=6875mm            | 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×φ10             | 16  |
| 93      | Pulley                     | φ95×φ10             | 22  |
| 94      | Pulley                     | φ50×φ10             | 4   |
| 95      | Round nut                  | φ45×15×M24          | 4   |
| 96      | wheel                      | φ27×24              | 2   |
| 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   |

# PARTS LIST

| KEY NO. | PART DESCRIPTION                      | SPEC               | QTY |
|---------|---------------------------------------|--------------------|-----|
| 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     | Hexagon socket button head screws     | M12×40             | 2   |
| 117     | hook                                  | 55×53×3            | 7   |
| 118     | Handle holder                         |                    | 3   |
| 119     | Adjustment bracket                    |                    | 1   |
| 120     | Retaining ring                        | φ30×φ25.5×3        | 2   |
| 121     | Pull handle                           |                    | 1   |
| 122     |                                       |                    |     |
| 123     |                                       |                    |     |
| 124     | Rope                                  |                    | 1   |
| 125     |                                       |                    |     |
| 126     | 6-Joint Chain                         | φ5                 | 2   |
| 127     | Spacer sleeve                         | φ14×φ6×12          | 8   |
| 128     | Pulley spacer sleeve                  | φ25×φ10.2×19.5     | 4   |
| 129     | Spacer sleeve                         | φ25×φ16×φ10.2×27   | 8   |
| 130     | Bush                                  | Φ38×Φ32×Φ25.1×18   | 4   |
| 131     | Linear Motion Bearing                 |                    | 4   |
| 132     | Ball Bearing                          | 61905-ZZ           | 6   |
| 133     | Ball Bearing                          | 6203-2RZ           | 4   |
| 134     | Retaining ring                        | 25                 | 2   |
| 135     | Retaining ring                        | d0=40              | 4   |
| 136     | Retaining ring                        | 42                 | 2   |
| 137     | Retaining ring                        | d0=47              | 6   |
| 138     | Bushing                               | φ25×φ21.8×φ10.5×12 | 4   |
| 139     | Bushing                               | φ21×φ12.5×12.5     | 4   |
| 140     | Bushing                               | φ18×φ14×φ10.2×9    | 4   |
| 141     | Bushing                               | φ25×φ20×φ12.2×10   | 4   |
| 142     | Cross recessed countersunk head screw | M4×6               | 26  |
| 143     | Allen Bolt                            | M5×12              | 2   |
| 144     | Hexagon socket button head screws     | M5×16              | 8   |
| 145     | Hexagon socket countersunk head screw | M6×20              | 4   |

# PARTS LIST

| KEY NO. | PART DESCRIPTION                      | SPEC    | QTY |
|---------|---------------------------------------|---------|-----|
| 146     | Hexagon socket button head screws     | M6×8    | 2   |
| 147     | Hexagon socket button head screws     | M6×15   | 34  |
| 148     | Set screw                             | M8×12   | 2   |
| 149     | Set screw                             | M8×20   | 2   |
| 150     | Hexagon socket countersunk head screw | M8×20   | 5   |
| 151     | Hexagon socket button head screws     | M8×12   | 8   |
| 152     | Hexagon socket button head screws     | M8×20   | 4   |
| 153     | Hexagon socket button head screws     | M8×45   | 6   |
| 154     | Hexagon socket button head screws     | M8×65   | 6   |
| 155     | Hexagon socket button head screws     | M8×130  | 8   |
| 156     | Hexagon socket button head screws     | M10×20  | 6   |
| 157     | Hexagon socket button head screws     | M10×30  | 4   |
| 158     | Hexagon socket countersunk head screw | M10×30  | 10  |
| 159     | Hexagon socket button head screws     | M10×35  | 2   |
| 160     | Hexagon socket button head screws     | M10×45  | 28  |
| 161     | Hexagon socket button head screws     | M10×50  | 2   |
| 162     | Hexagon socket button head screws     | M10×55  | 2   |
| 163     | Hexagon socket button head screws     | M10×70  | 4   |
| 164     | Hexagon socket button head screws     | M10×75  | 8   |
| 165     | Hexagon socket button head screws     | M10×80  | 10  |
| 166     | Hexagon socket button head screws     | M10×90  | 4   |
| 167     | Hexagon socket button head screws     | M10×120 | 2   |
| 168     | Hexagon socket button head screws     | M10×155 | 2   |
| 169     | Hex bolt                              | M16×30  | 14  |
| 170     | Hex bolt                              | M16×110 | 24  |
| 171     | Washer                                | 5       | 4   |
| 172     | Washer                                | 6       | 28  |
| 173     | Washer                                | 8       | 51  |
| 174     | Washer                                | 10      | 120 |
| 175     | Washer                                | 12      | 8   |
| 176     | Washer                                | 16      | 36  |
| 177     | Washer                                | φ50×φ17 | 22  |
| 178     | Washer                                | 24      | 4   |
| 179     | Nut                                   | M8      | 23  |
| 180     | Nut                                   | M10     | 62  |
| 181     | Nut                                   | M16     | 20  |

# PARTS LIST

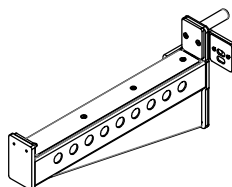
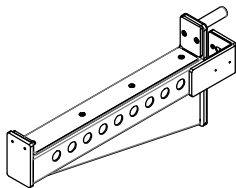
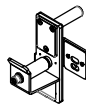
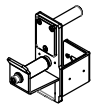
| KEY NO. | PART DESCRIPTION | SPEC    | QTY |
|---------|------------------|---------|-----|
| 182     | Nut              | M12     | 2   |
| 183     | Expansion Bolt   | M12×100 | 4   |
|         | Allen wrench     | 3#      | 1   |
|         | Allen wrench     | 4#      | 1   |
|         | Allen wrench     | 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.

20260623-V1.0

## **IMPORTANT SAFETY NOTICE**

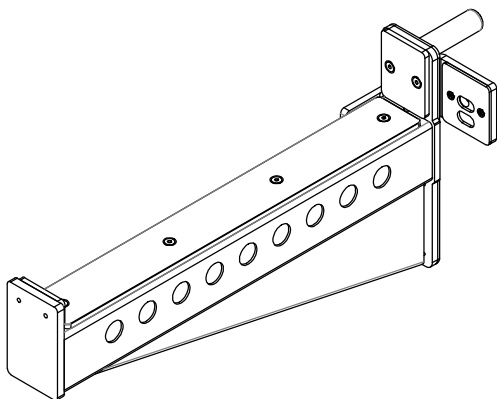
### **PRECAUTIONS**

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:

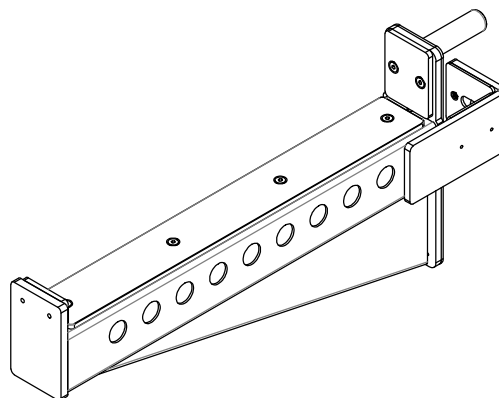
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.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

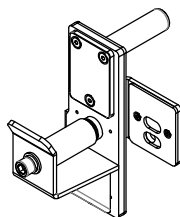
**SAVE THESE INSTRUCTIONS.**



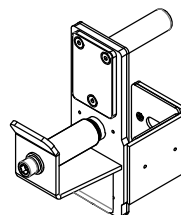
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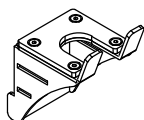
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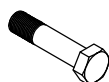
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④ x1



⑭ x1



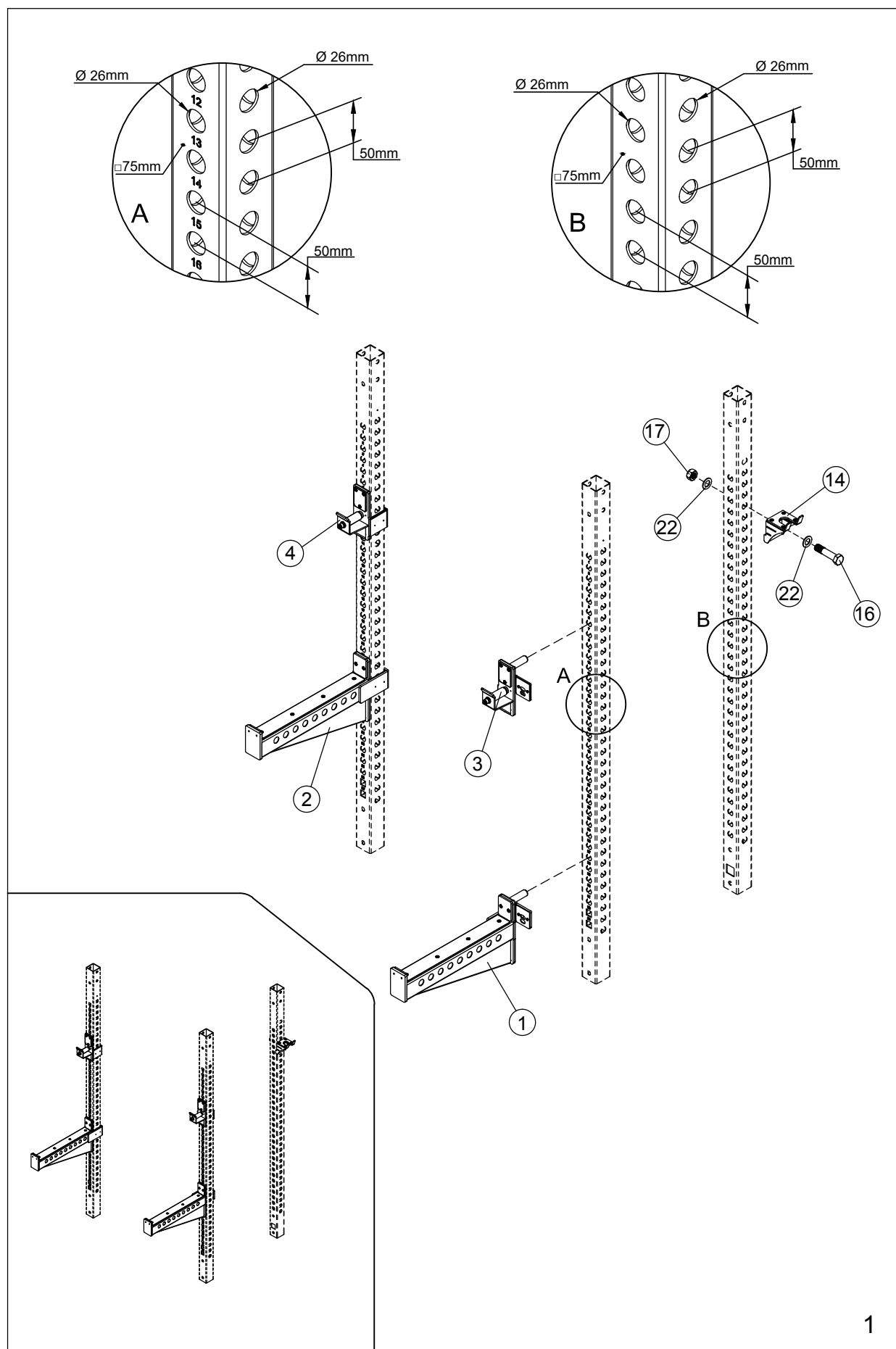
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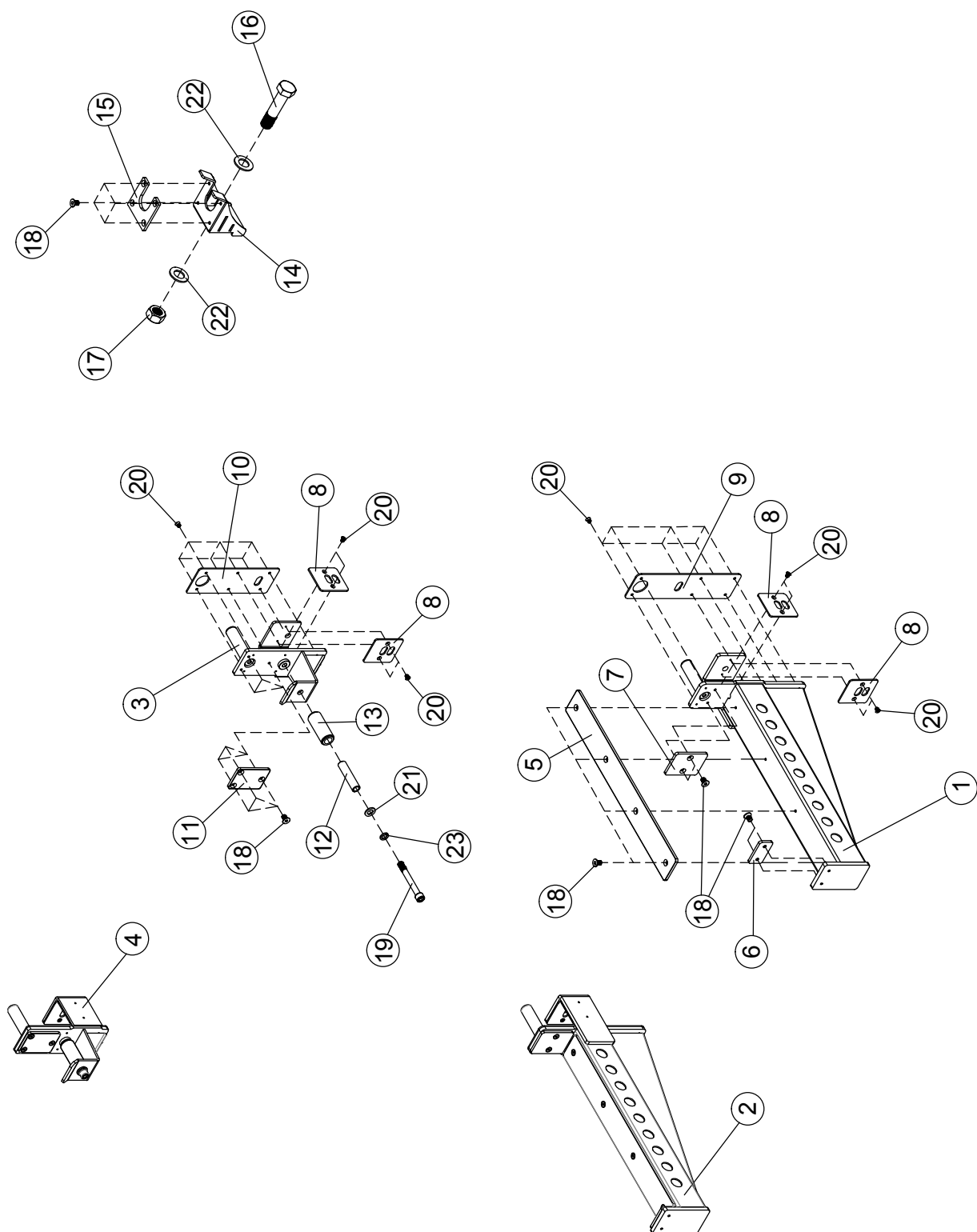


⑰ x1



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   |