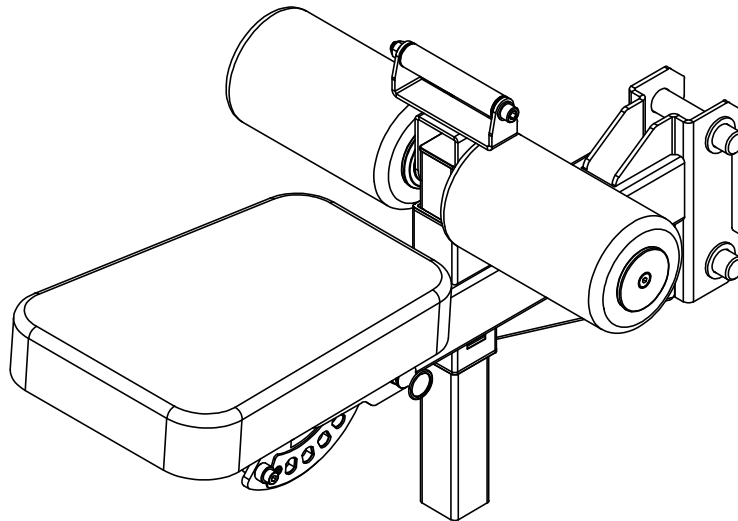


VESTA

VFORCE

ASSEMBLY MANUAL

VFS-LAT-PULL-DOWN-SEAT



CAUTION!

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

20260609-V1.0

IMPORTANT SAFETY NOTICE

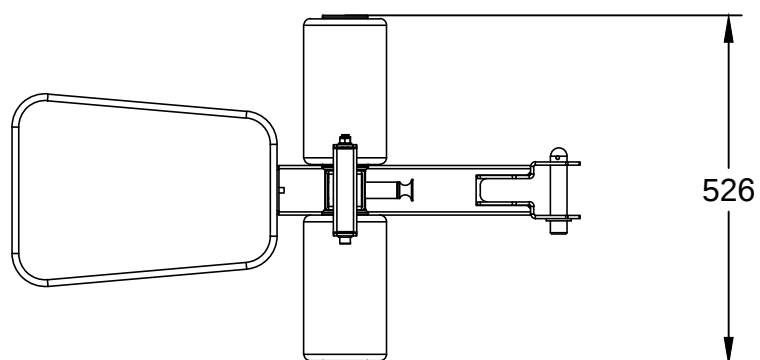
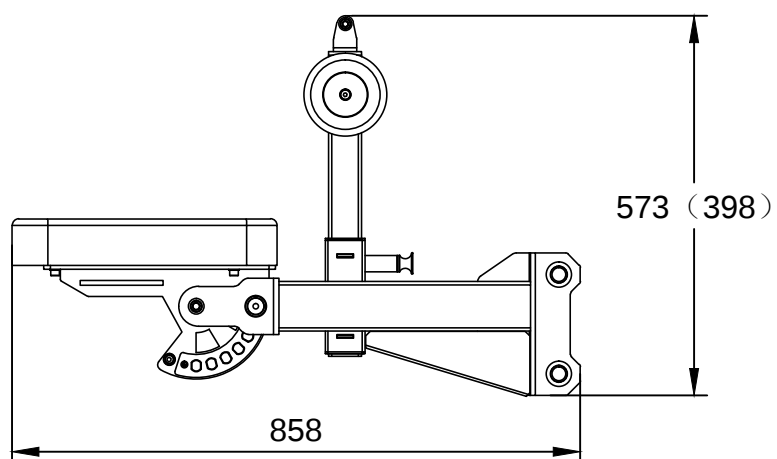
PRECAUTIONS

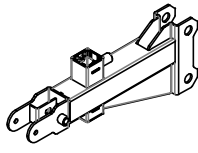
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

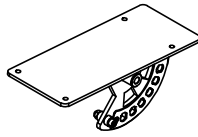
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

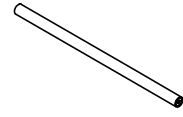




① ×1



② ×1



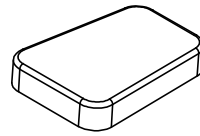
③ ×1



⑤ ×1



⑥ ×2



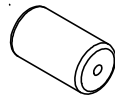
⑦ ×1



⑧ ×2



⑨ ×1



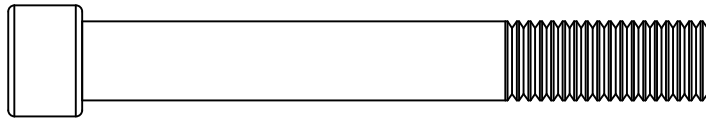
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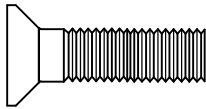
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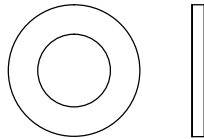
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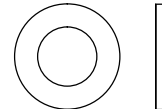
①⑨ ×1



②② ×2



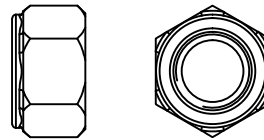
②⑤ ×2



②⑦ ×4



②③ ×4

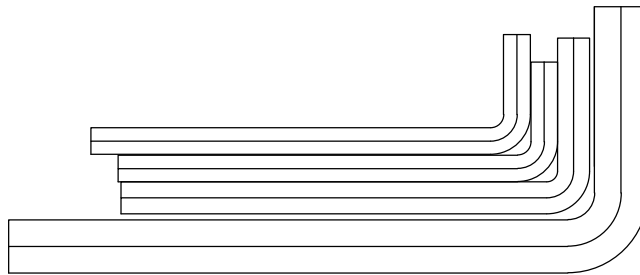


②⑧ ×1

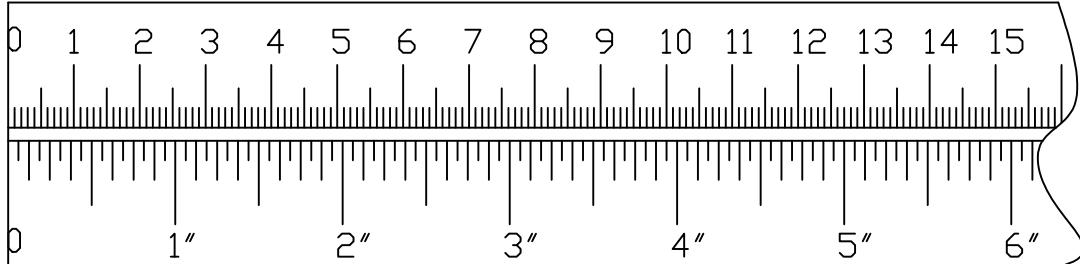
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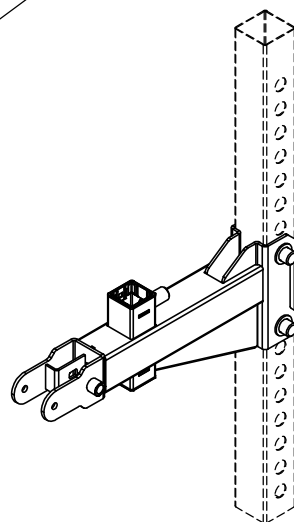
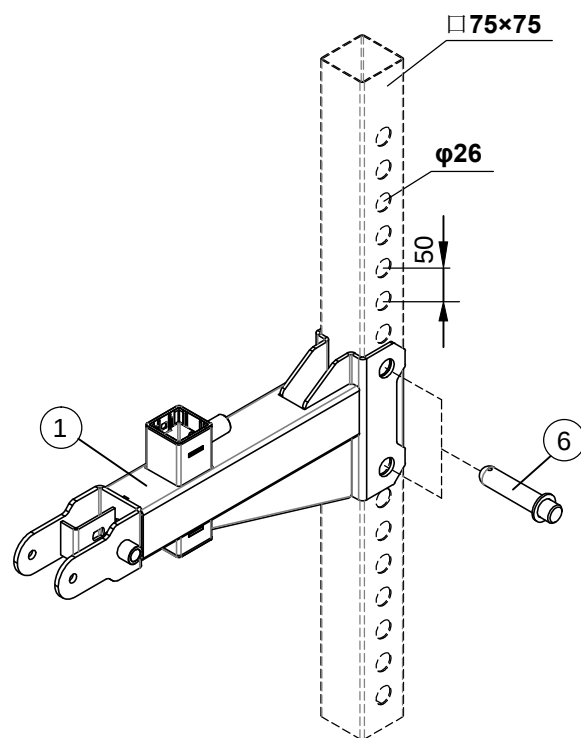
6#×1

10#×1



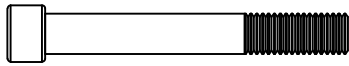
mm





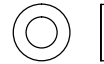
1

19



× 1 M12×95

25

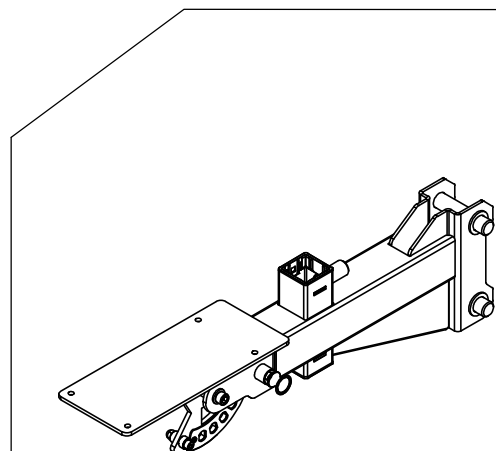
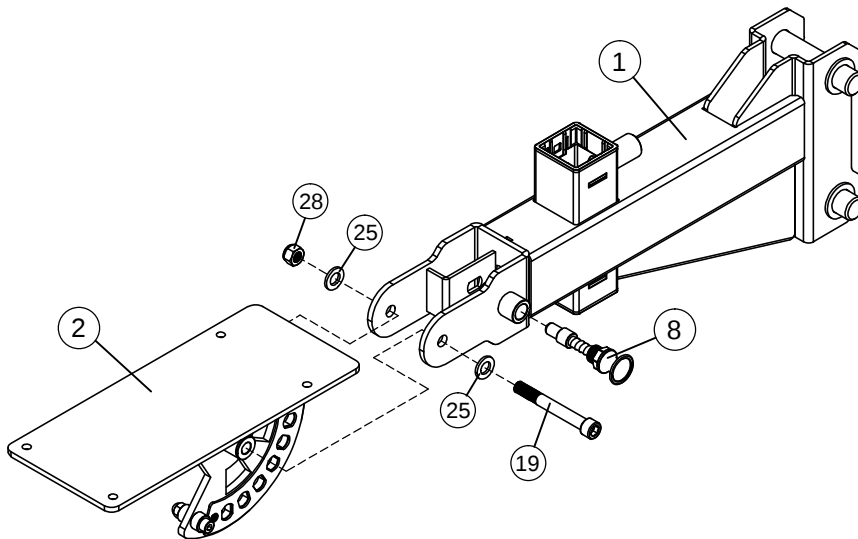
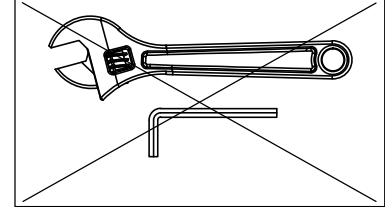


× 2 Φ12

28



× 1 M12

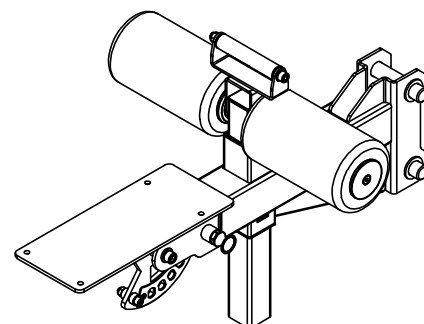
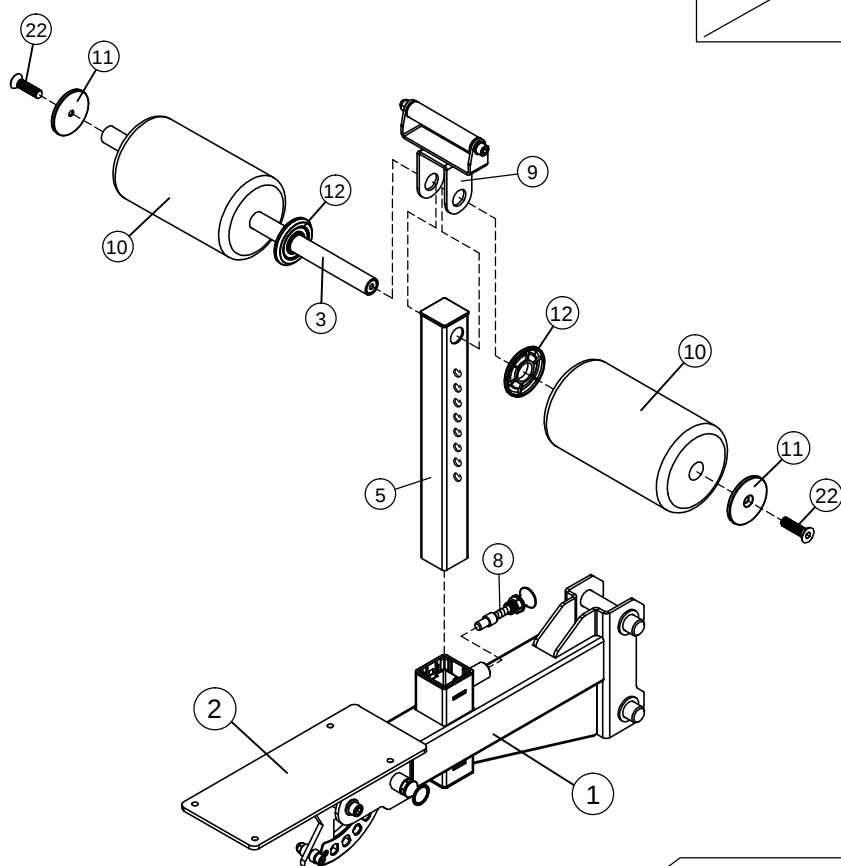
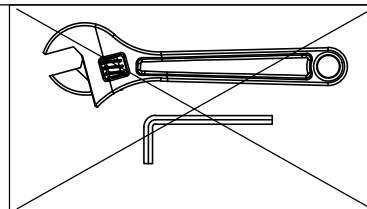


2

22



× 2 M8×30



3

23

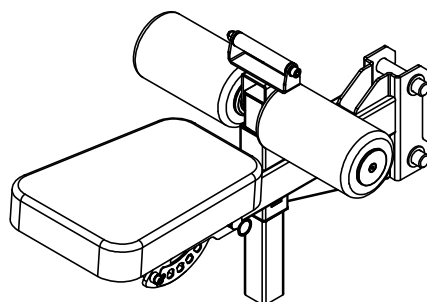
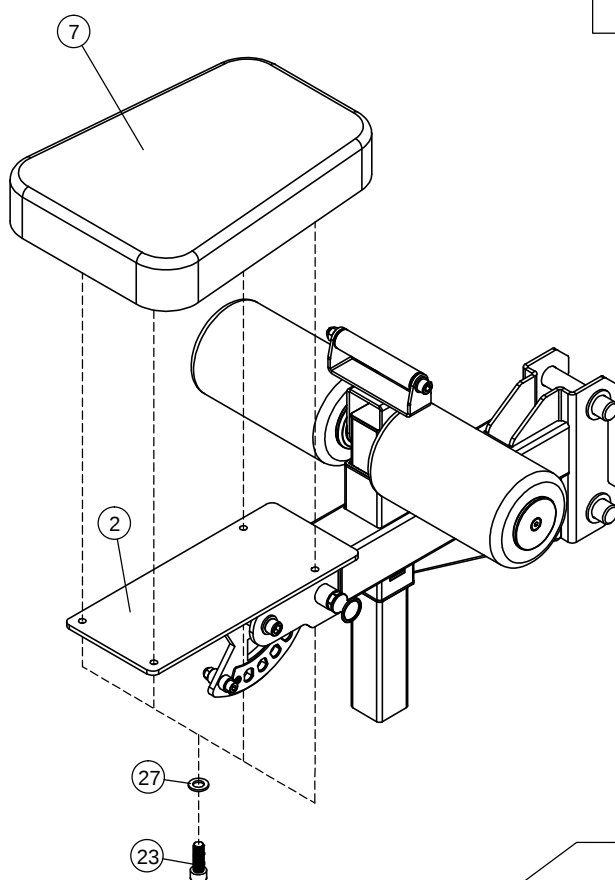
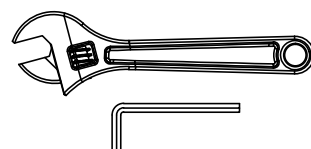


× 4 M8×25

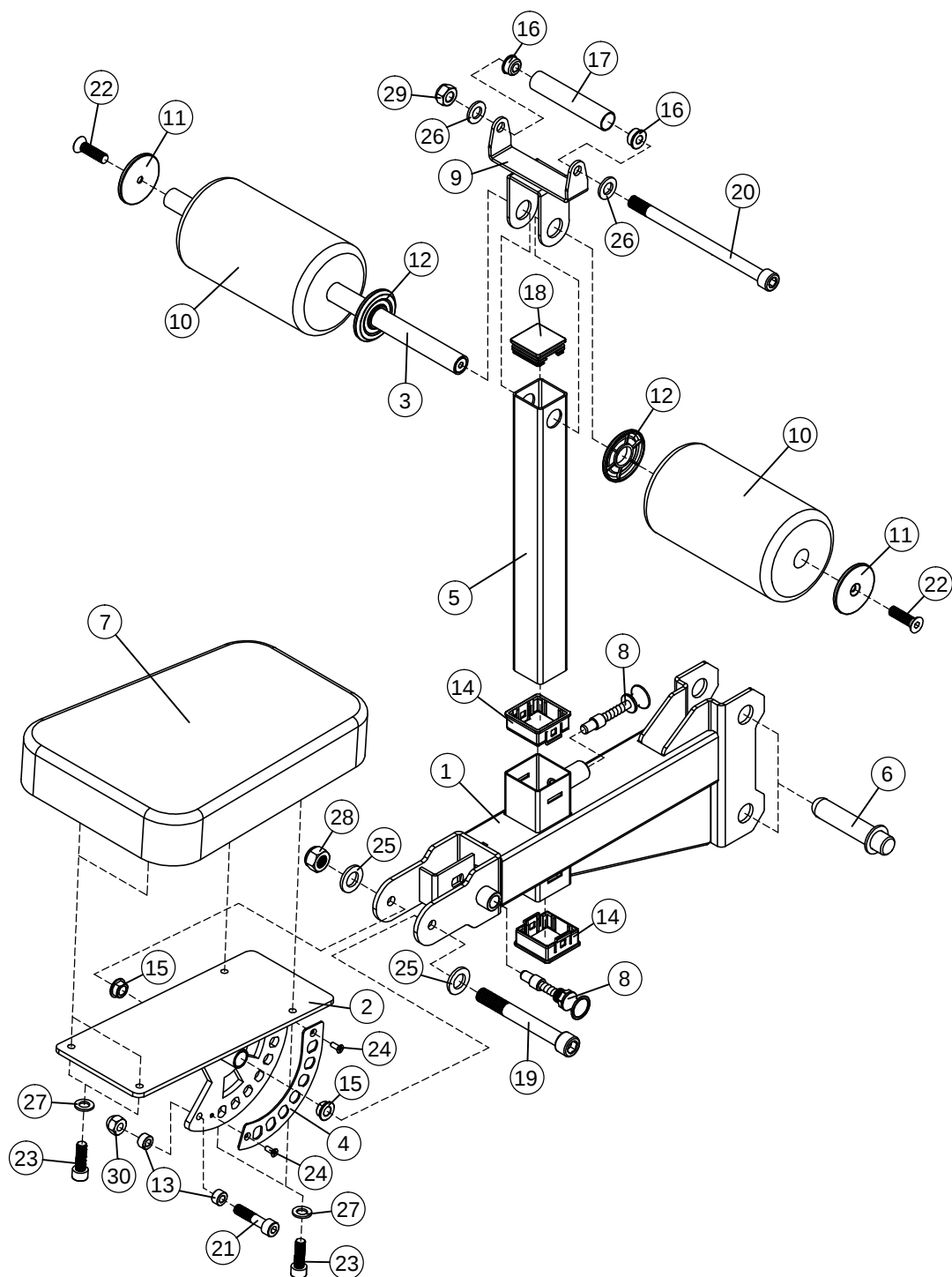
27



× 4 Φ8



4



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		1
2	Seat Pad Frame		1
3	Foam Frame		1
4	Angle Decorative Board	140×137.5×2×R107.5	1
5	Regulating Tube	□50×2×420	1
6	Pin		2
7	Seat Pad	400×300×230×70	1
8	Aluminum Alloy Plug		2
9	Handle Holder		1
10	FOAM	φ125×φ22×215	2
11	Retainer Plate	φ68×5.7	2
12	Retainer Plate	φ70×φ26×9.5	2
13	Bushing	φ18×φ9×10	2
14	Slide Guide	□60×2×□50×23.5	2
15	Bushing	φ25×φ20×φ12.2×10	2
16	Bushing	φ25×φ21.8×φ10.5×12	2
17	Handle Tube	φ25×2×125	1
18	End Cap	□50	1
19	Hexagon Socket Button Head	M12×95	1
20	Hexagon Socket Button Head	M10×155	1
21	Hexagon Socket Button Head	M8×35	1
22	Hex Socket Counter Sunk Head	M8×30	2
23	Hexagon Socket Button Head	M8×25	4
24	Cross Sink Calf Screw	M4×10	2
25	Washer	12	2
26	Washer	10	2
27	Washer	8	4
28	Nut	M12	1
29	Nut	M10	1
30	Cap Nut	M8	1
	Allen wrench	5#	2
	Allen wrench	6#	1
	Allen wrench	10#	1