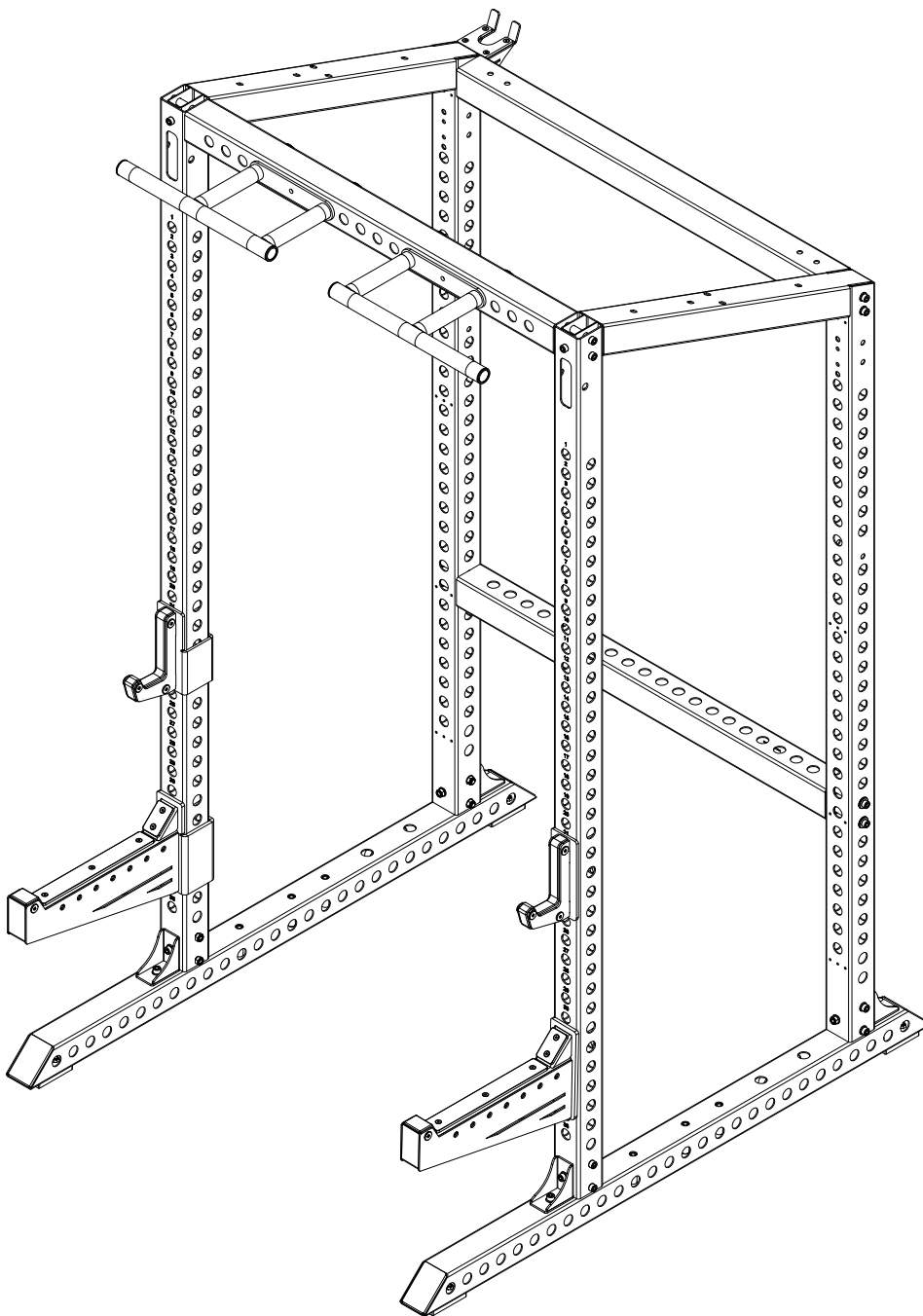


VESTA

F I T N E S S

ASSEMBLY MANUAL

VTA24001-1inch



CAUTION!

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

20250702-V1.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

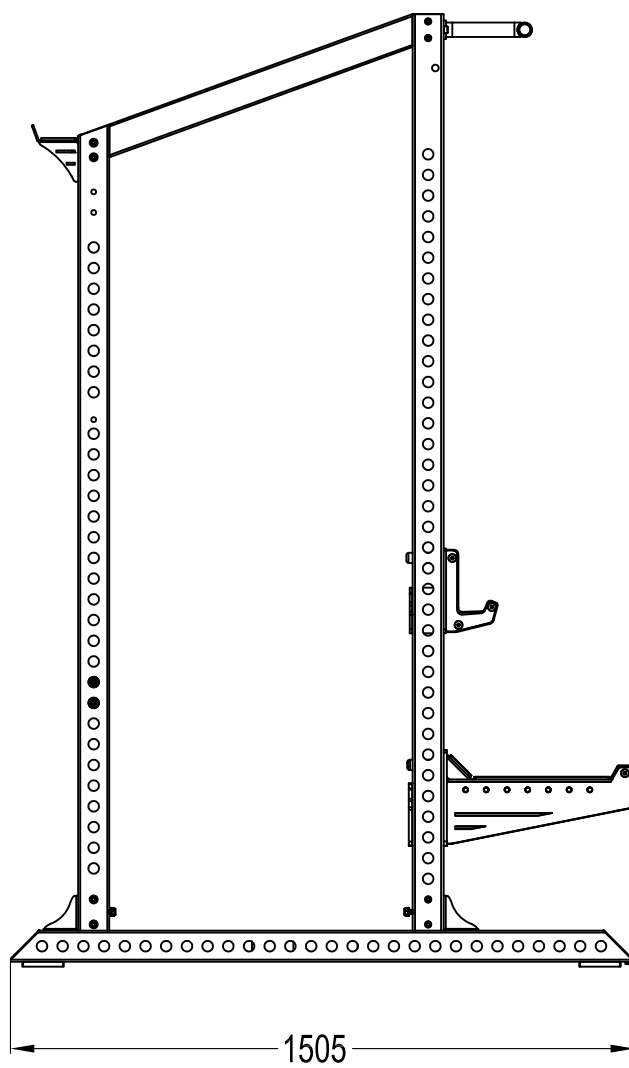
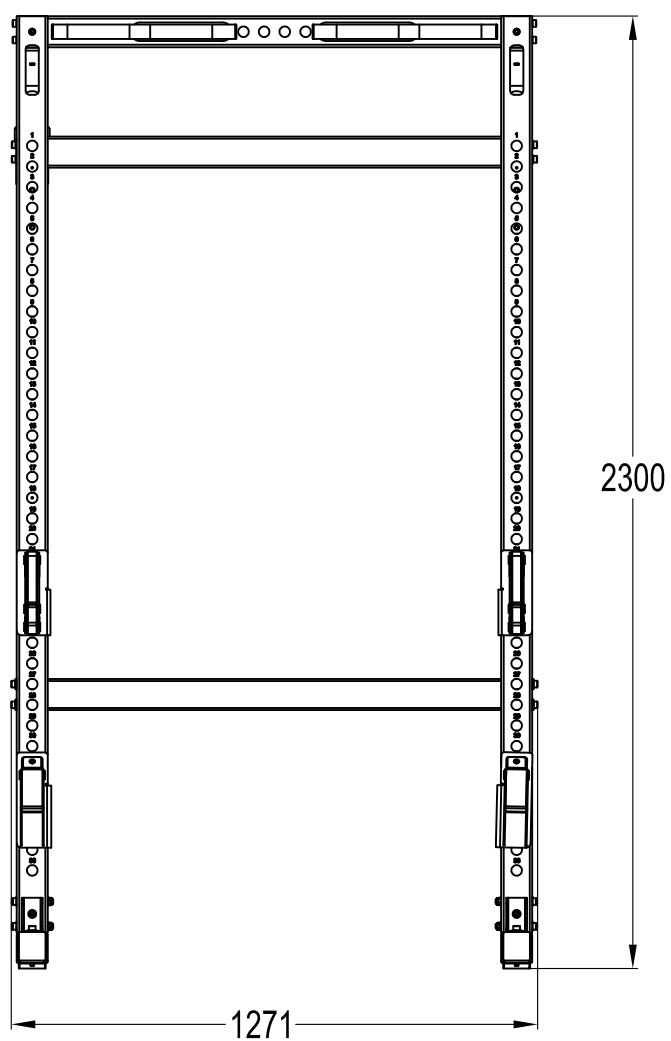
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

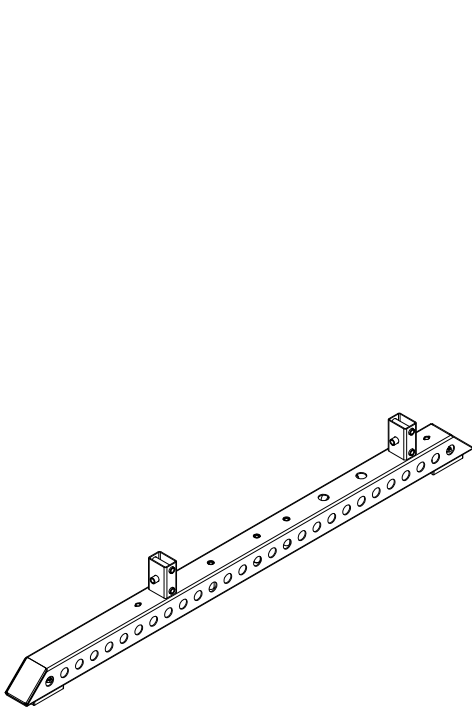
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.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

Assembly Dimension:1505×1271×2300





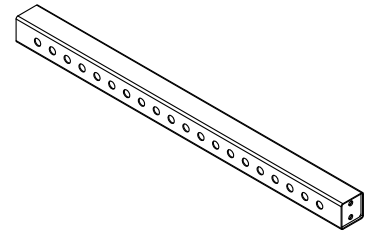
① × 2



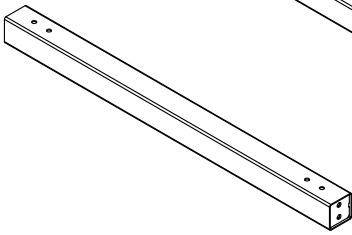
④ × 2



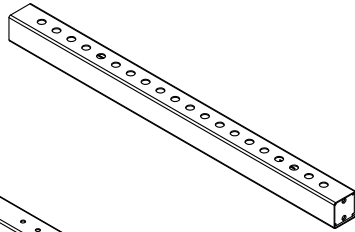
⑤ × 2



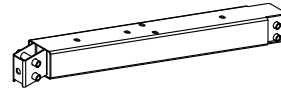
⑦ × 1



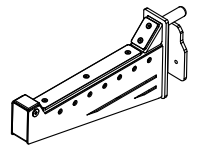
⑧ × 1



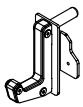
⑨ × 1



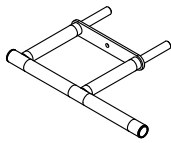
⑩ × 2



⑬ × 1



⑭ × 1



⑳ × 2



㉒ × 4



㉔ × 1



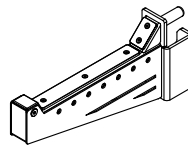
⑥③ × 4



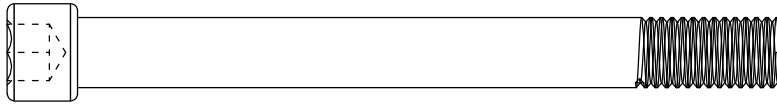
⑭⑧ × 4



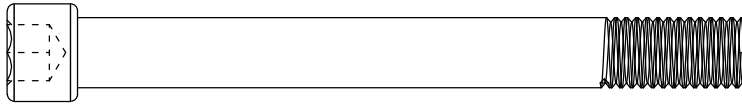
⑭⑨ × 1



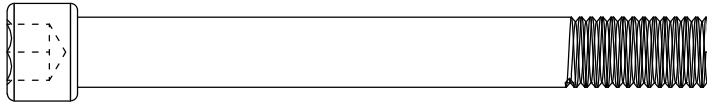
⑭⑩ × 1



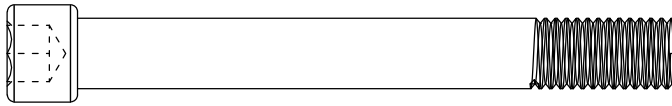
110 × 4



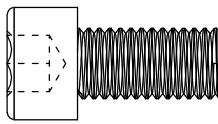
111 × 14



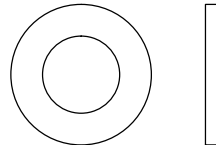
112 × 4



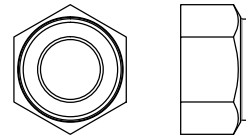
113 × 4



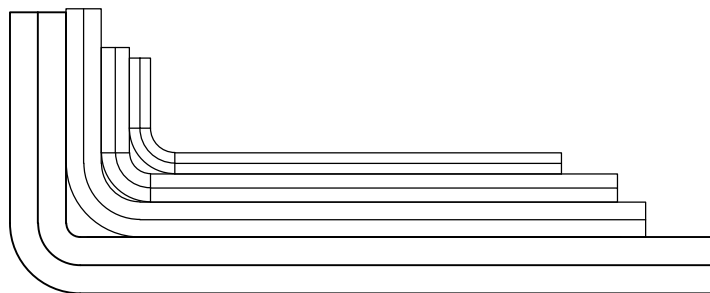
120 × 7



139 × 27

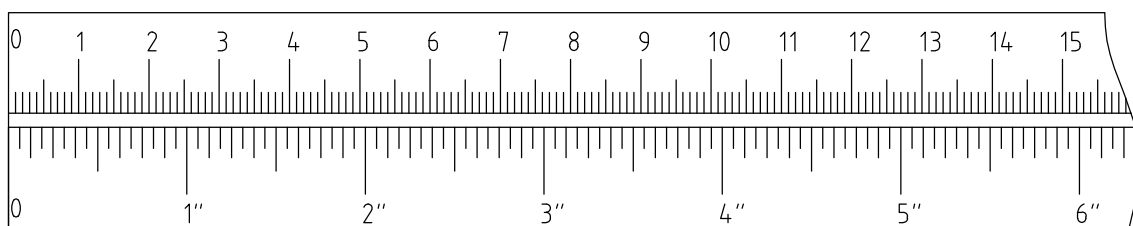


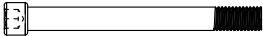
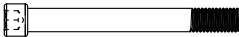
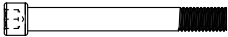
146 × 12



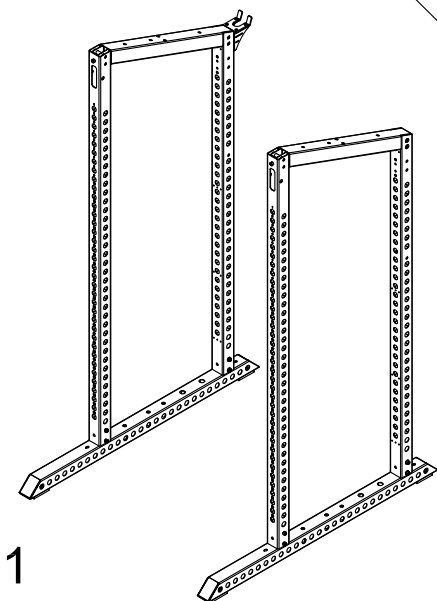
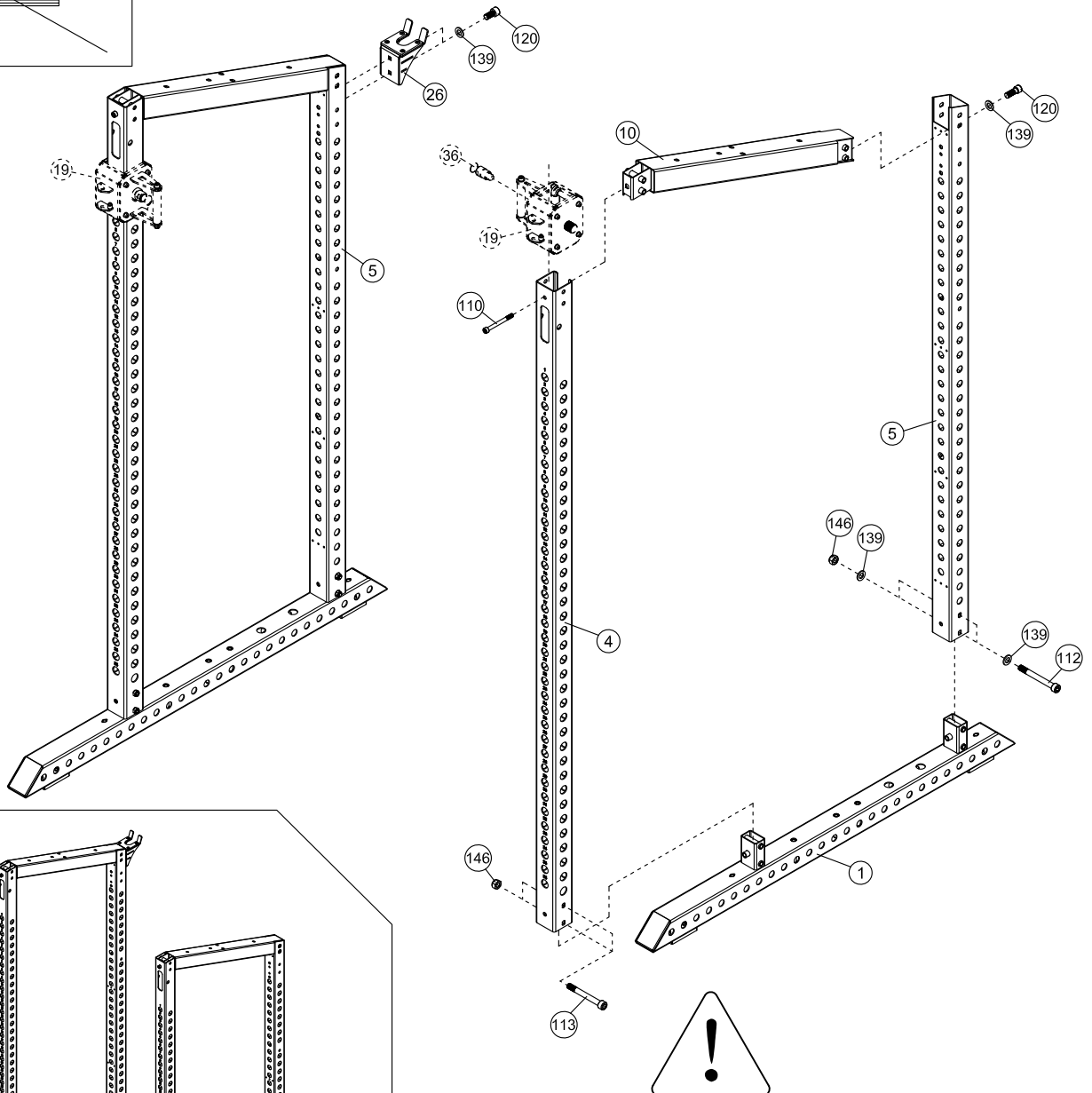
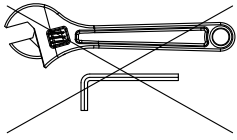
3# × 1
4# × 1
5# × 1
8# × 1

mm



- | | | | |
|-----|---|----|-----------|
| 110 |  | ×2 | M10×100mm |
| 112 |  | ×4 | M10×90mm |
| 113 |  | ×4 | M10×85mm |
| 120 |  | ×3 | M10×20mm |

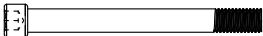
- | | | | |
|-----|---|-----|-----------|
| 139 |  | ×11 | φ20×φ10.5 |
| 146 |  | ×8 | M10 |



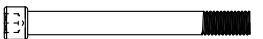
1

If you purchased VTA24004-1inch,
please install #19 and #36 in this step.

VTA24004-1inch (dual adjustable pulley
with weight stack)

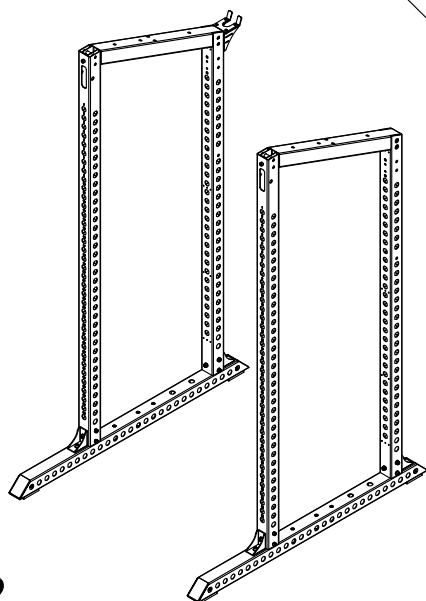
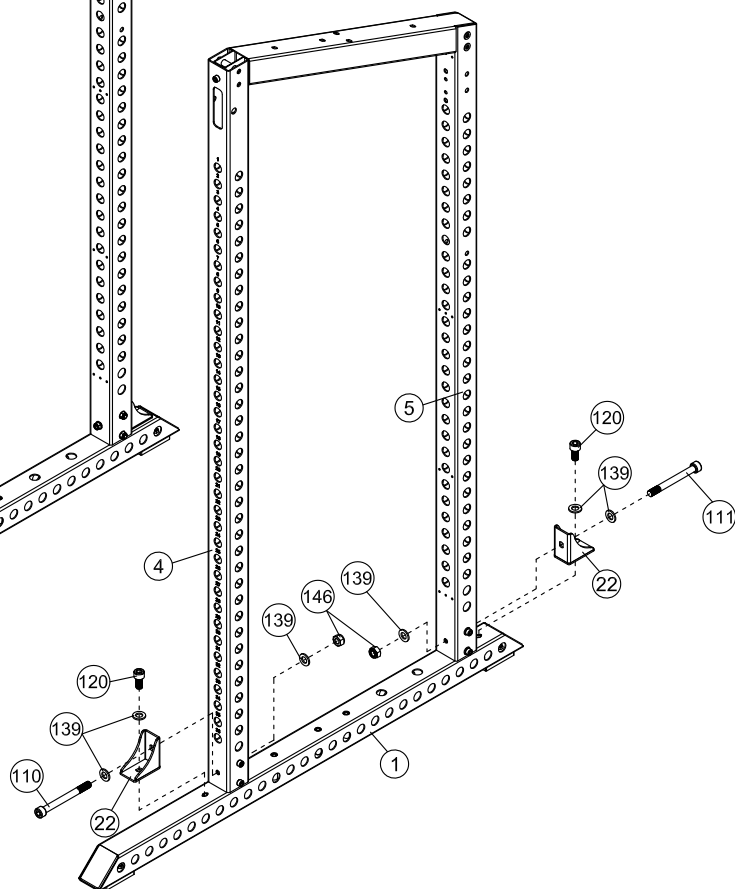
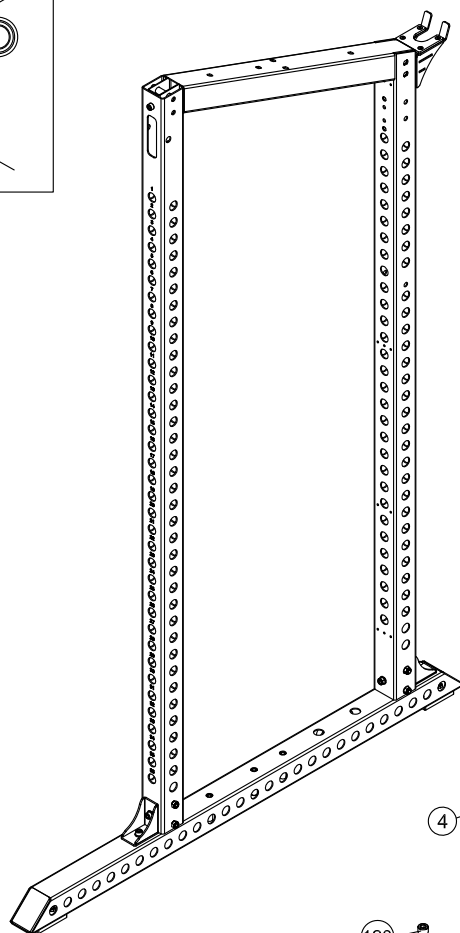
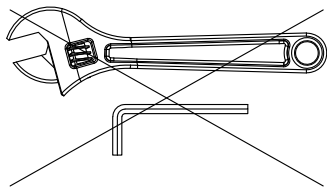
110  ×2 M10×100mm

139  ×12 $\phi 20 \times \phi 10.5$

111  ×2 M10×95mm

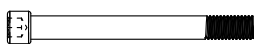
146  ×4 M10

120  ×4 M10×20mm



2

111



×12

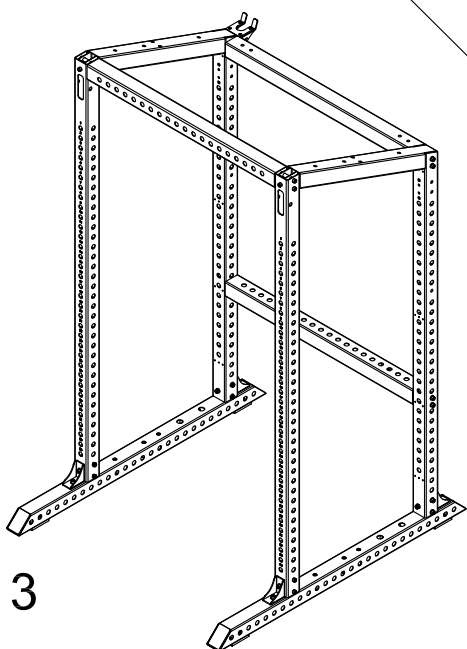
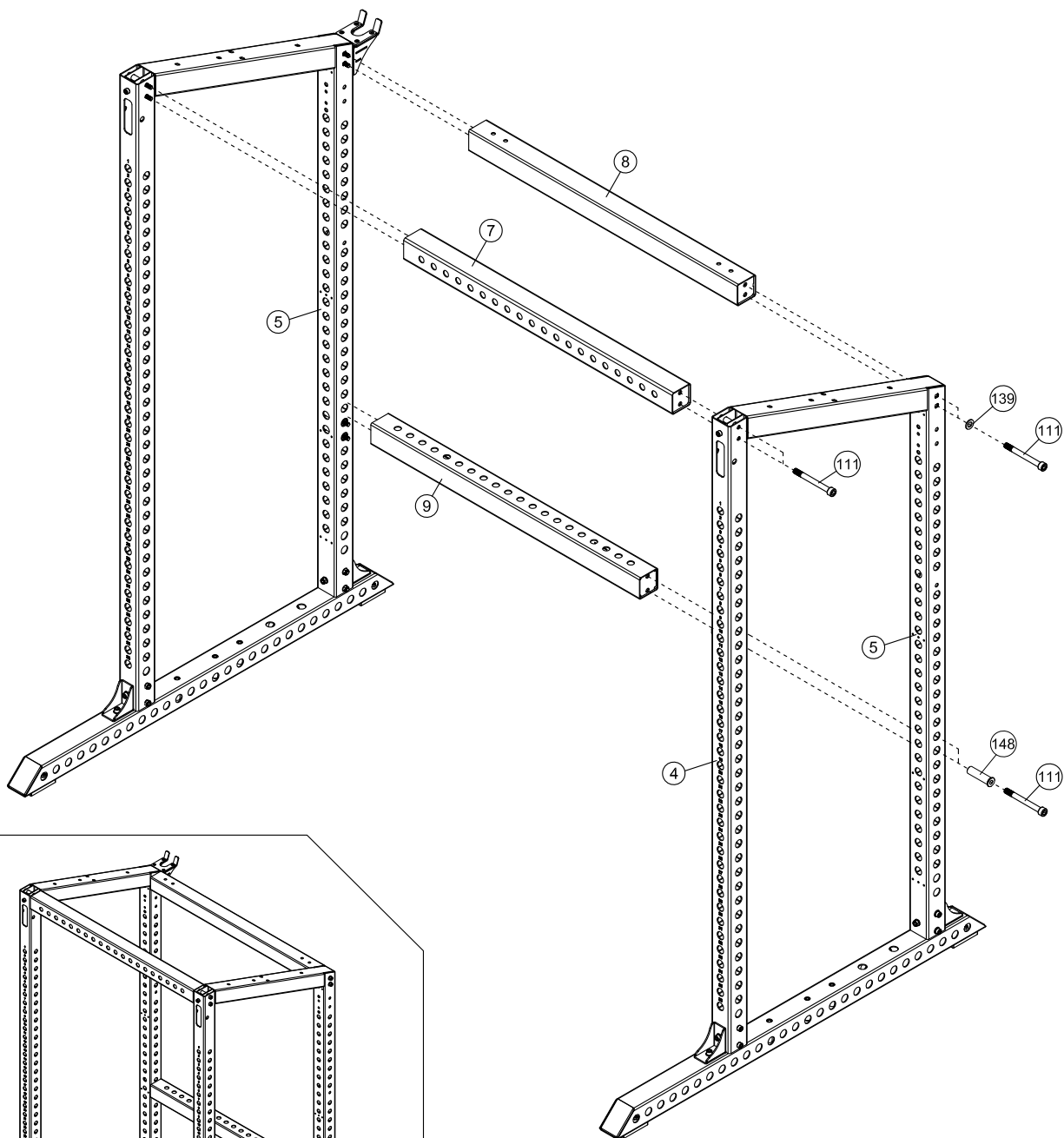
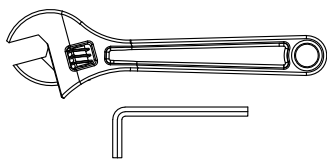
M10×95mm

139

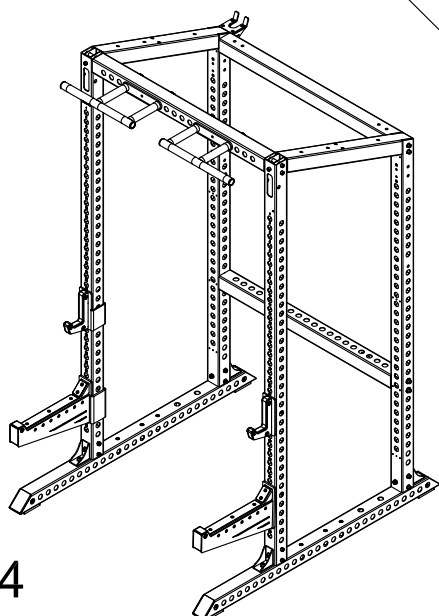
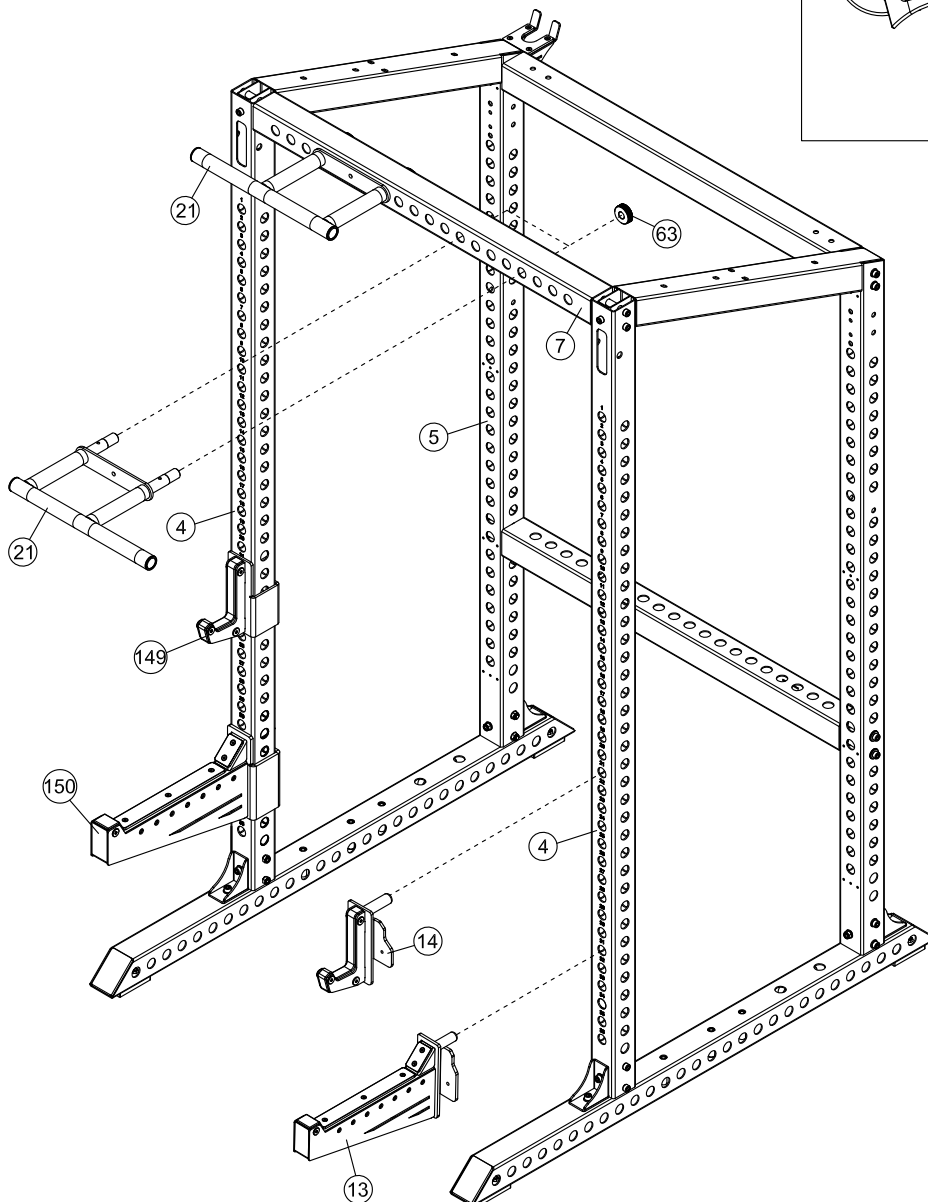
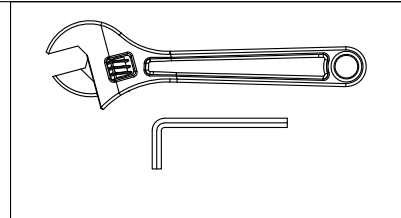


×4

φ20×φ10.5



3

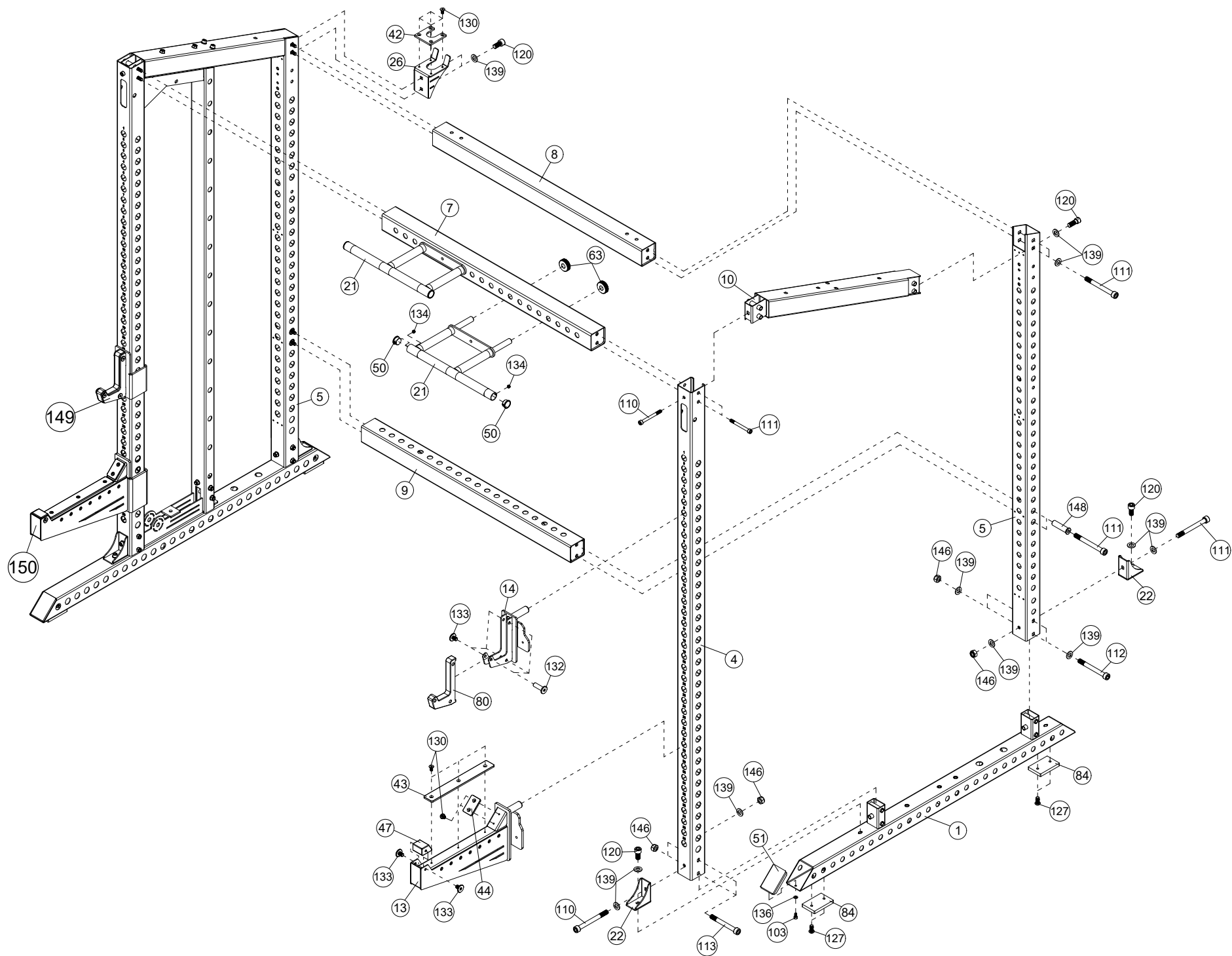


4



If you purchased VTA24002-1inch or VTA24004-1inch, please do not tighten the screws in this step.

VTA24002-1inch (middle support for smith or weight stack shrouds)
VTA24004-1inch (dual adjustable pulley with weight stack)



KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame		2
4	Front Sliding Frame		2
5	Stand Frame		2
7	Connecting Frame Rear		1
8	Connecting Frame Rear		1
9	Connecting Frame Rear		1
10	Upper Connecting Frame		2
13	Left Long Safety Rack		1
14	Left Short Safety		1
21	Handle		2
22	Small Reinforcing Frame		4
26	Barbell Bar Hanger		1
37	Aluminum Alloy Bolt		4
42	Rack Liner	85×84×6	1
43	Rack Liner	330×45×6	2
44	Rack Liner	70×45×6	2
47	Nylon Block	52×33×49	2
50	Aluminum Trim Cover	φ35×φ30×15	4
51	Angled Cover	□75×2.5 (45°)	4
63	Knurled Nut	φ45×15×M24	4
80	Safety Hook	199×125×25	2
84	Rubber Stopper	65×100×12	4
103	Hexagon socket button head screws	M5×10	4
110	Hexagon socket button head screws	M10×100	4
111	Hexagon socket button head screws	M10×95	14
112	Hexagon socket button head screws	M10×90	4
113	Hexagon socket button head screws	M10×85	4
120	Hexagon socket button head screws	M10×20	7
127	Allen Bolt	M8×16	8
130	Hexagon socket countersunk head screws	M6×10	14
132	Allen Bolt	φ20×φ10×M8×32	6
133	Allen Bolt	φ20×M8×12	10
134	Set Screw	M6×6	4
136	Washer	5	4
139	Washer	10	27
146	Nut	M10	12
148	Bushing	φ30×φ25×φ10.2×77.5	4
149	Right Short Safety		1
150	Right Long Safety Rack		1

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
	Allen Wrench	3#	1
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	8#	1

PACKAGE LIST

BOX1	
2	Part 1
2	Part 10
4	Part 22
1	Part 26
4	Part 148
1	Assembly Manual
1	PARTS BAG 2-1
1	PARTS BAG 2-2
BOX2	
2	Part 4
BOX3	
2	Part 5
BOX4	
1	Part 7
1	Part 8
1	Part 9
BOX5	
1	Part 14
1	Part 149
BOX6	
1	Part 13
1	Part 150
BOX7	
2	Part 21
4	Part 63