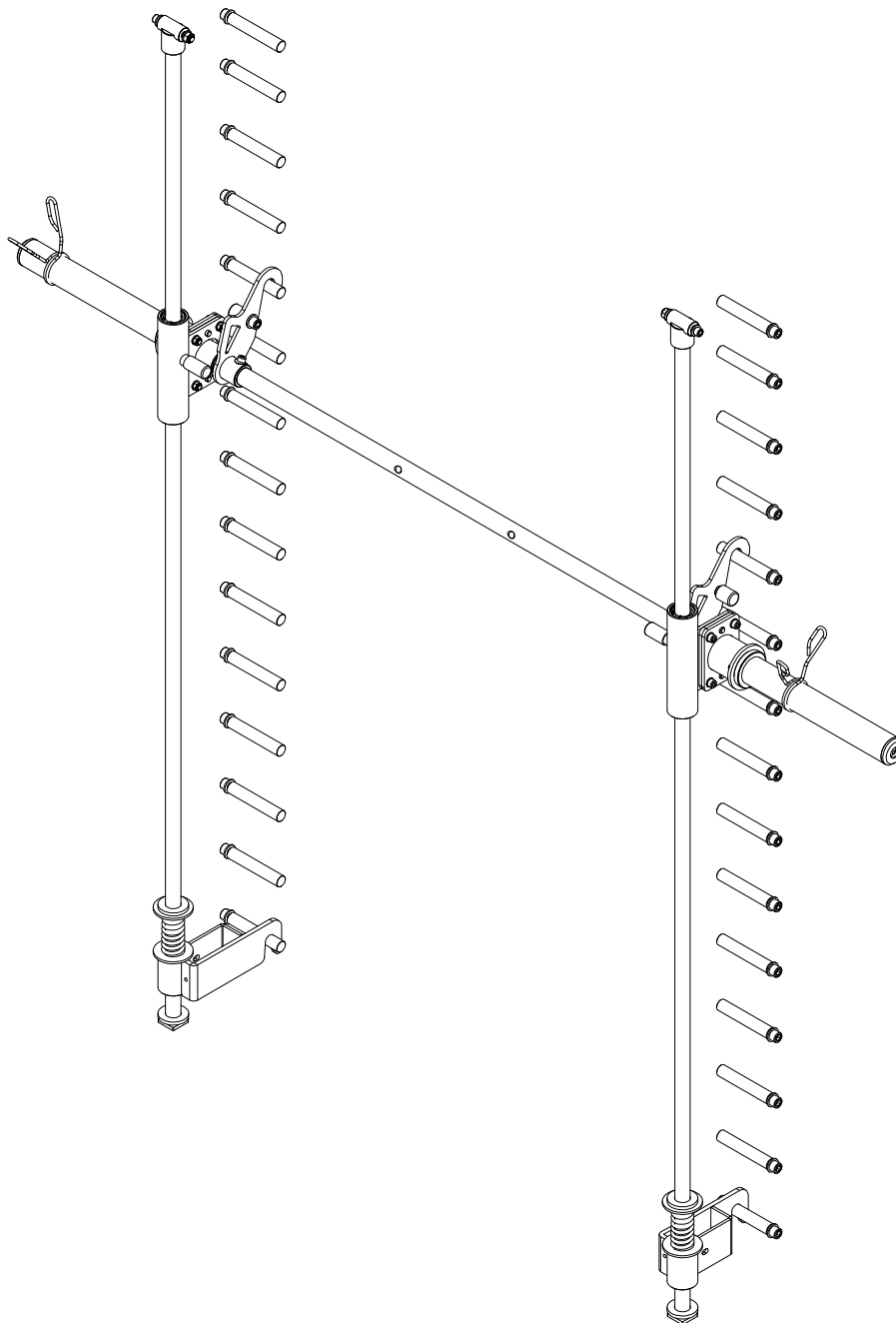


VESTA

F I T N E S S

ASSEMBLY MANUAL

VTA24003-1inch



CAUTION!

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

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:

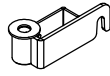
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.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

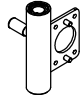
SAVE THESE INSTRUCTIONS.



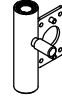
⑮×1



⑮×1



⑮×1



⑮×1



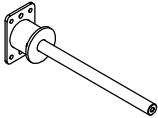
⑮×2



⑮×2



⑮×4



⑮×2



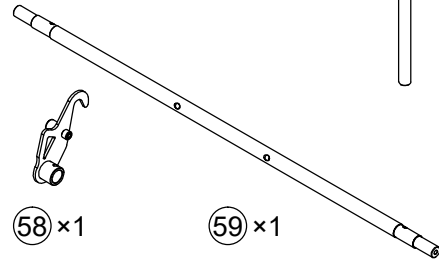
⑮×2



⑮×1



⑮×1



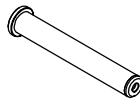
⑮×1



⑮×30



⑮×2



⑮×2



⑮×2



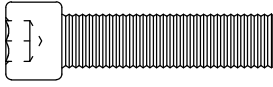
⑮×2



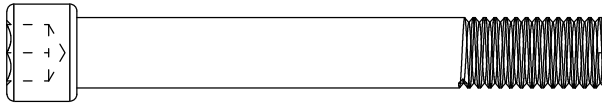
⑮×2



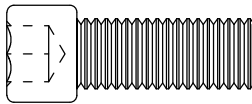
107 × 2



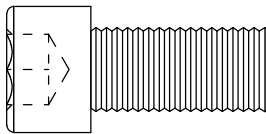
108 × 8



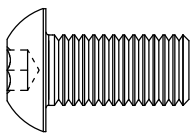
114 × 2



119 × 2



125 × 30

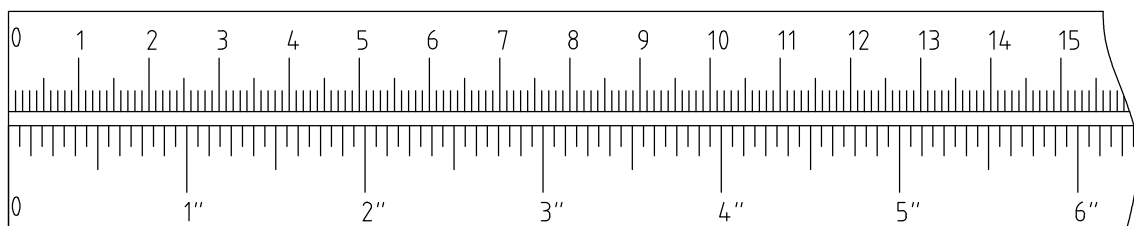


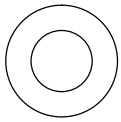
128 × 2



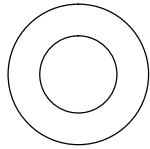
135 × 2

mm

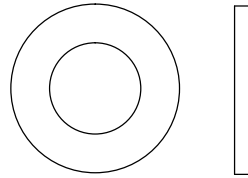




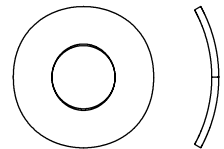
138 × 16



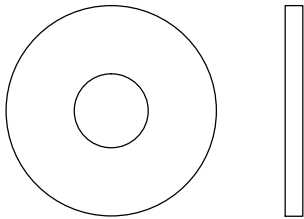
139 × 4



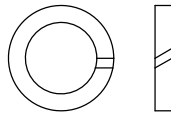
140 × 30



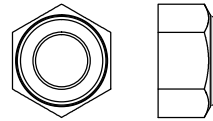
141 × 2



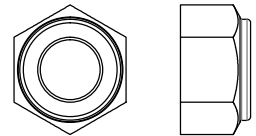
142 × 2



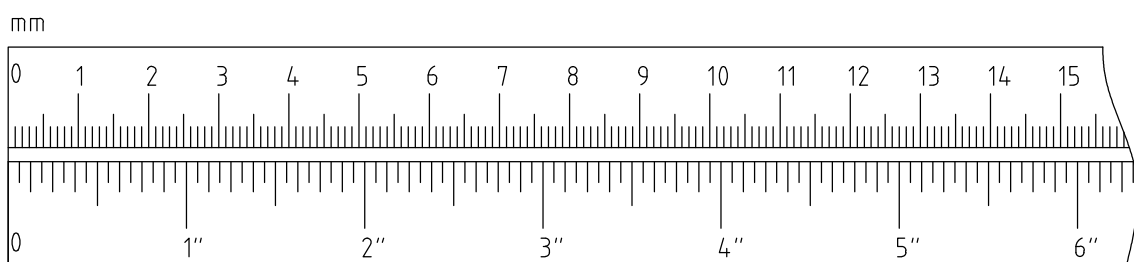
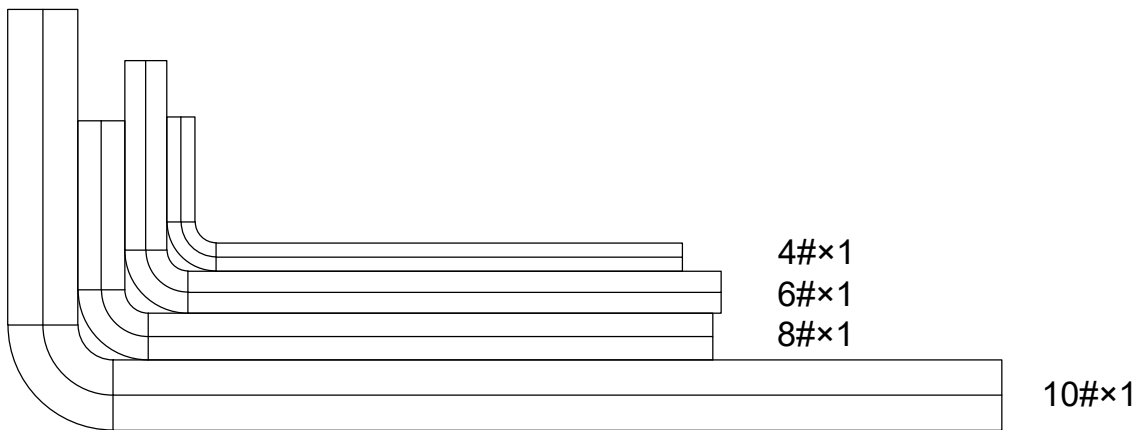
144 × 2



145 × 8



146 × 2



125



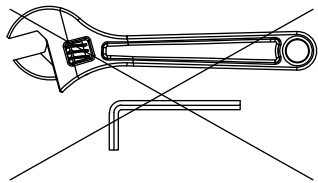
×30 M12×25mm

140



×30

φ24×φ13



VTA24002-1inch- (3)

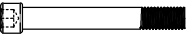
VTA24002-1inch- (2)

60

140

125

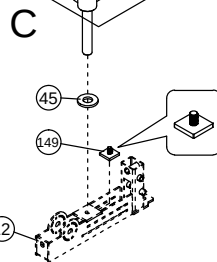
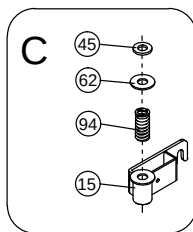
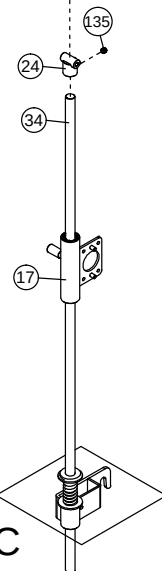
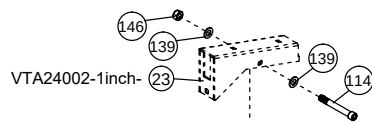
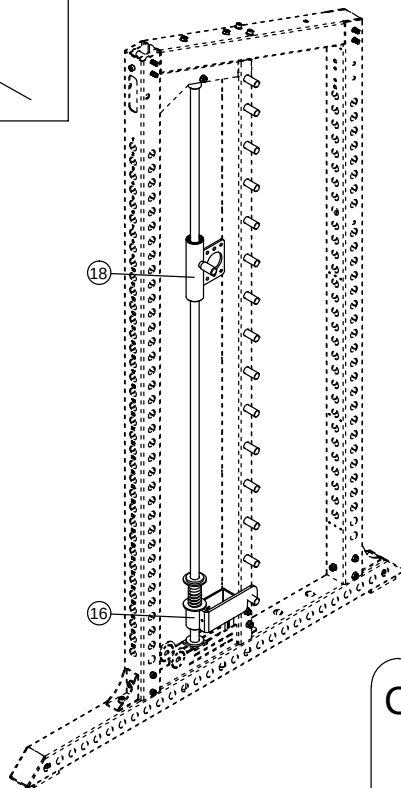
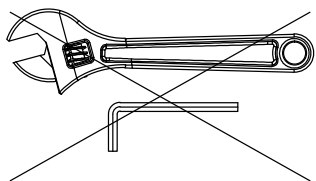
1

114  ×2 M10×75mm

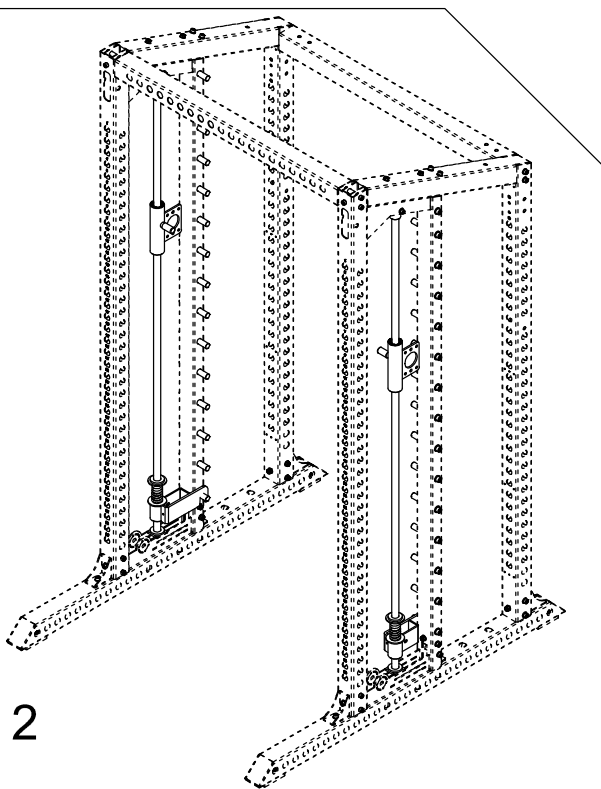
139  ×4 φ20×φ10.5

135  ×2 M8×8mm

146  ×2 M10



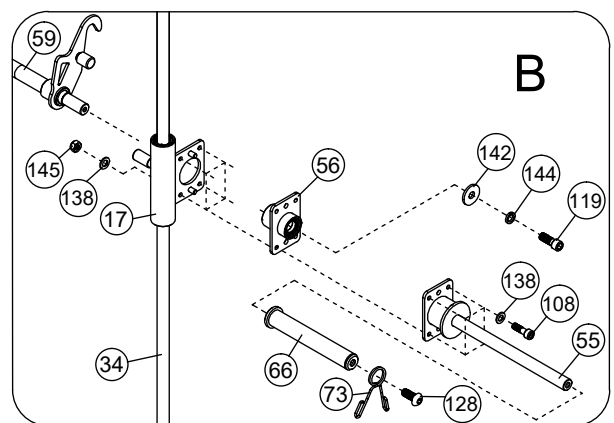
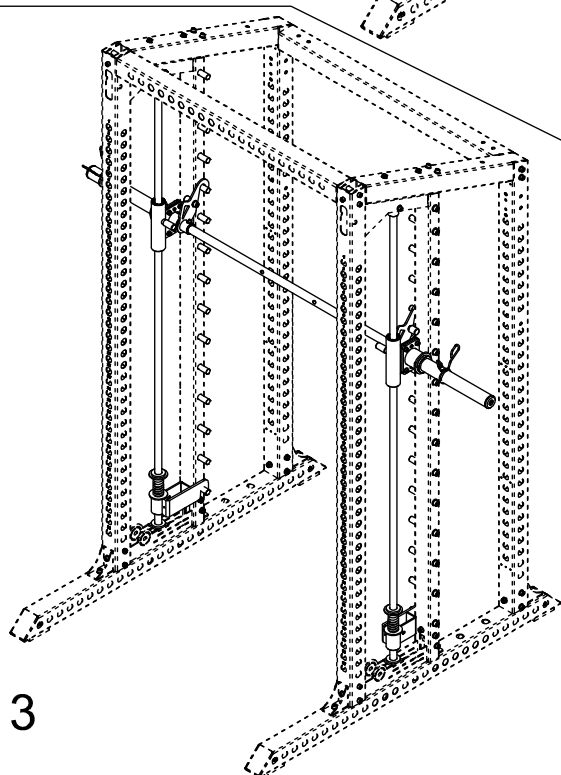
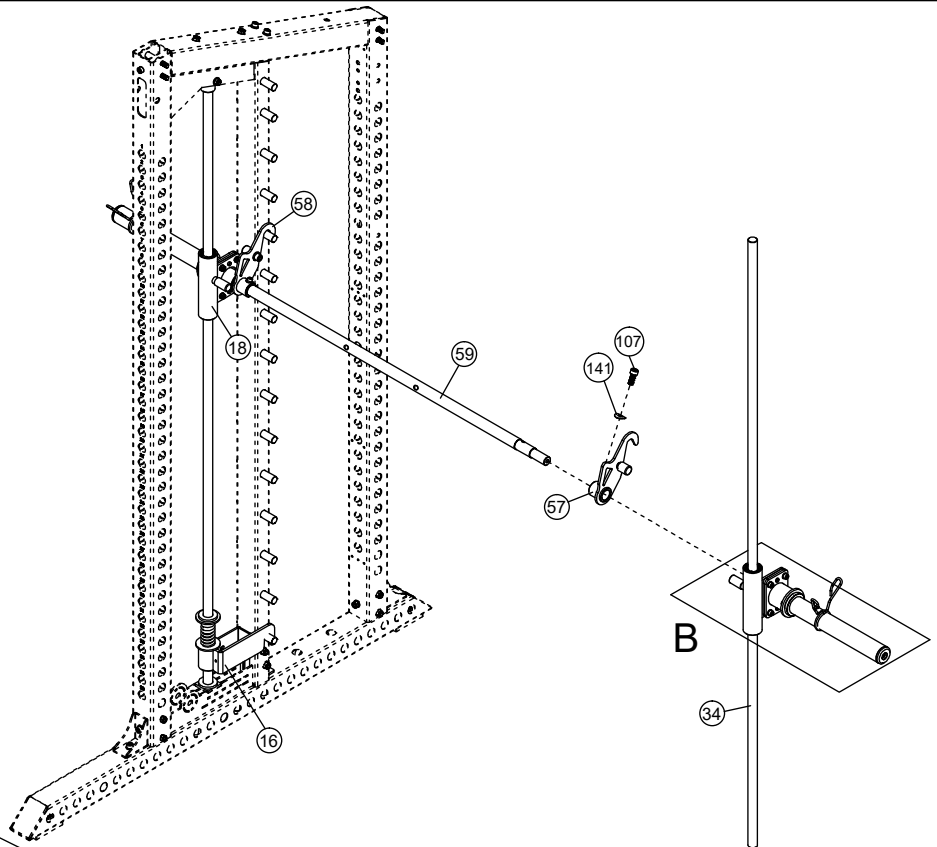
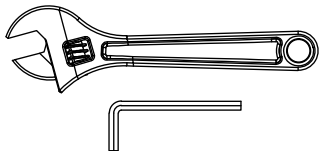
VTA24002-1inch-12

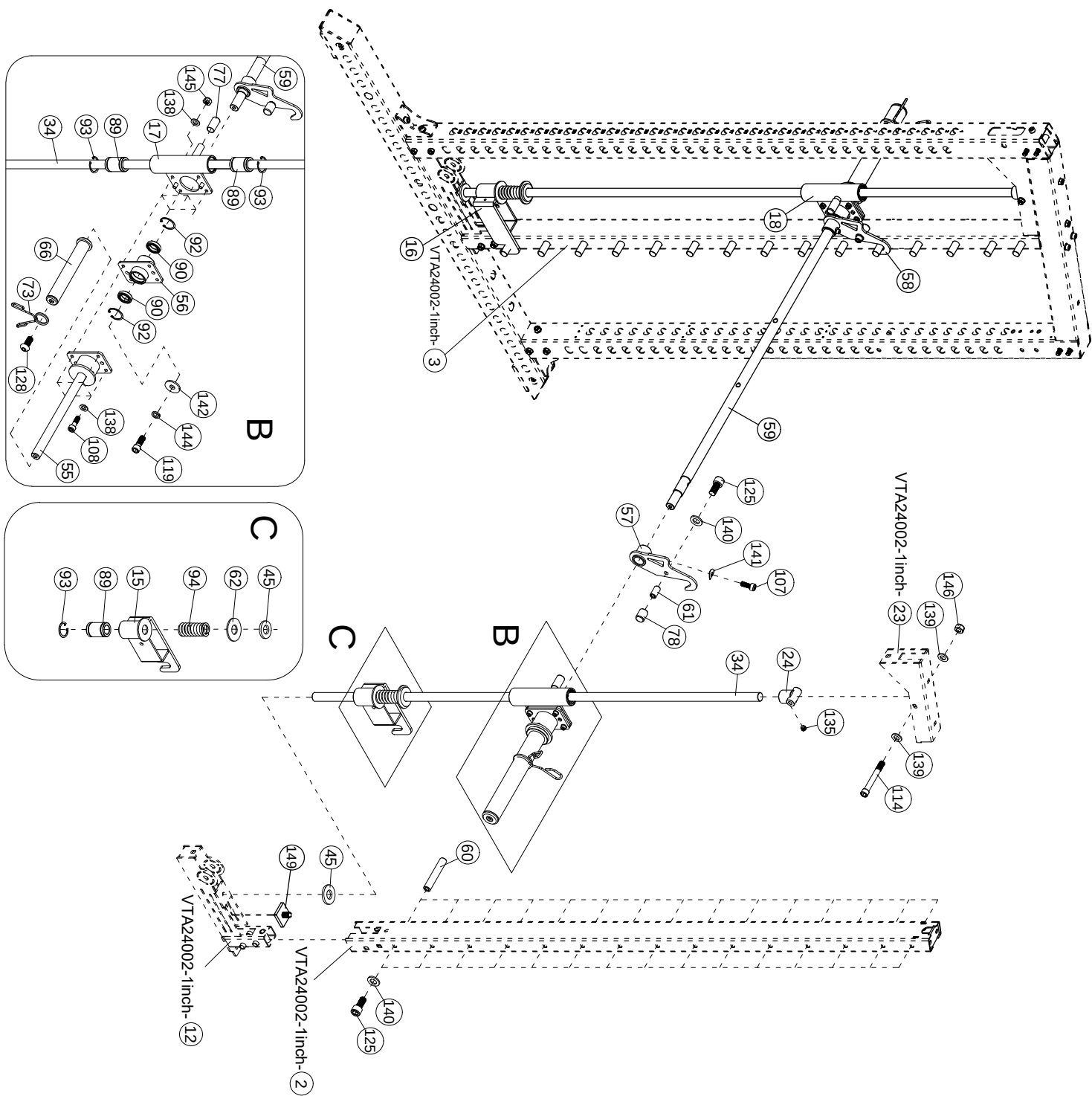


2

- (107)  ×2 M8×20mm
- (108)  ×8 M8×30mm
- (119)  ×2 M10×25mm
- (128)  ×2 M10×20mm

- (138)  ×16 $\phi 16 \times \phi 9$
- (141)  ×2 20×R20× $\phi 9$
- (142)  ×2 $\phi 30 \times \phi 10.5$
- (144)  ×2 10
- (145)  ×8 M8





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
15	Safety Hook Bracket L		1
16	Safety Hook Bracket R		1
17	Mobile Rack L		1
18	Mobile Rack R		1
24	Upper Guide Rod Base		2
34	Guide Rod	φ25×1948×M10	2
45	Plastic Retaining Ring	φ50×φ26×6	4
55	Weights Stow Rod		2
56	Bearing Frame		2
57	Hanging Bar L		1
58	Hanging Bar R		1
59	Weight Rod	Φ30×1215×M10×M8	1
60	Hanging Post	φ20×115	30
61	Support Shaft	φ18×32×M12	2
62	Bracket	φ65×φ27×4	2
66	Long Olympic Sleeve		2
73	Spring Clip	φ47	2
77	Tube End Cap	φ19×42	2
78	Cushion Cover	φ18×φ25×30	2
89	Linear Motion Bearing	LB254058	6
90	Deep Groove Ball Bearing	61905	4
92	Hole Circlip	42	4
93	Hole Circlip	d0=40	6
94	Spring	φ43×φ27×φ8×80	2
107	Hexagon socket button head screws	M8×20	2
108	Hexagon socket button head screws	M8×30	8
114	Hexagon socket button head screws	M10×75	2
119	Hexagon socket button head screws	M10×25	2
125	Hexagon socket button head screws	M12×25	32
128	Allen Bolt	M10×20	2
135	Set Screw	M8×8	2
138	Washer	8	16
139	Washer	10	4
140	Washer	12	32
141	Washer	20×R20×φ9	2
142	Washer	φ30×φ10.5×2.5	2
144	Washer	10	2
145	Nut	M8	8

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
146	Nut	M10	2
149	Guide Rod Holder		2
	Allen Wrench	4#	1
	Allen Wrench	6#	1
	Allen Wrench	8#	1
	Allen Wrench	10#	1

PACKAGE LIST

BOX1		BOX2	
1	Part 15	2	Part 34
1	Part 16	1	Part 59
1	Part 17		
1	Part 18		
2	Part 24		
4	Part 45		
2	Part 55		
2	Part 56		
2	Part 57		
1	Part 58		
30	Part 60		
2	Part 62		
2	Part 66		
2	Part 73		
2	Part 94		
2	Part 149		
1	Assembly Manual		
1	PARTS BAG 2-1		
1	PARTS BAG 2-2		