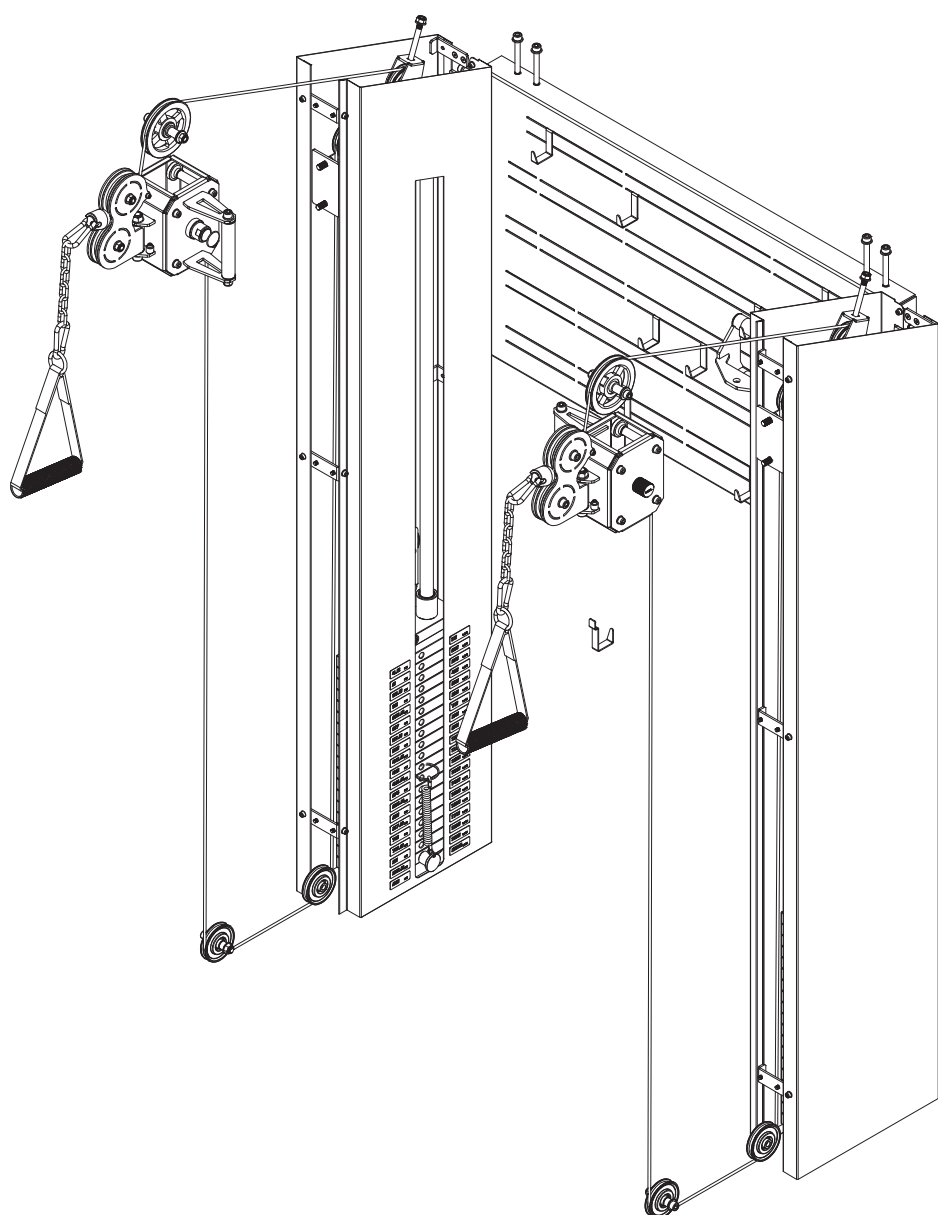


VESTA

F I T N E S S

ASSEMBLY MANUAL

VTA24004-1inch



CAUTION!

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

20250702-V1.0

IMPORTANT SAFETY NOTICE

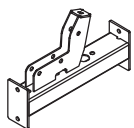
PRECAUTIONS

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.



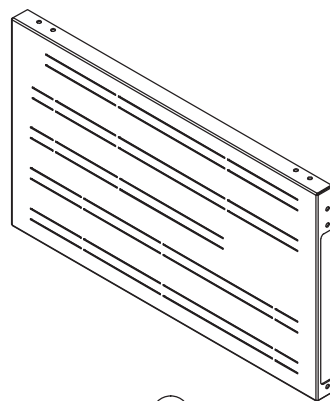
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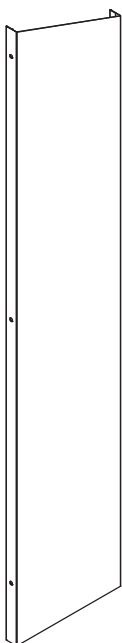
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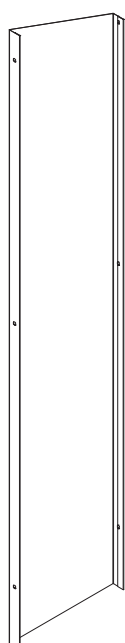
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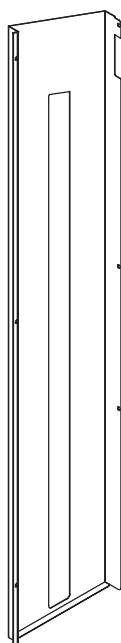
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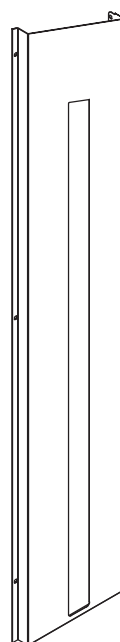
⑫⑧×1



⑫⑨×1



⑫⑩×1



⑫⑪×1



⑫⑫×4



⑫⑫×6



⑫⑫×6



⑫⑫×2



⑫⑫×12



⑫⑫×4



⑫⑫×2



⑫⑫×2



⑫⑫×4



⑫⑫×1



⑫⑫×4



⑫⑫×2



⑫⑫×1



⑫⑫×2



⑫⑫×4



⑧6×2



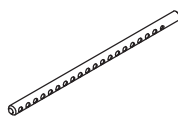
⑧7×4



⑧8×12



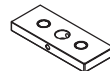
⑨1×2



⑨5×2



⑨6×2



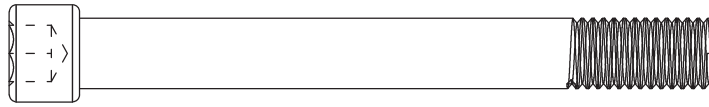
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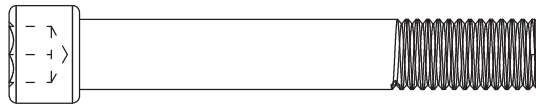
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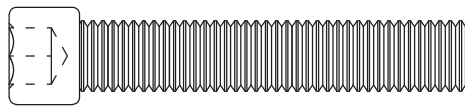
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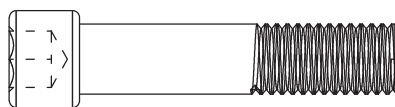
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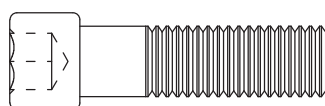
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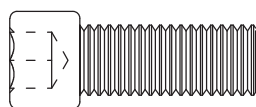
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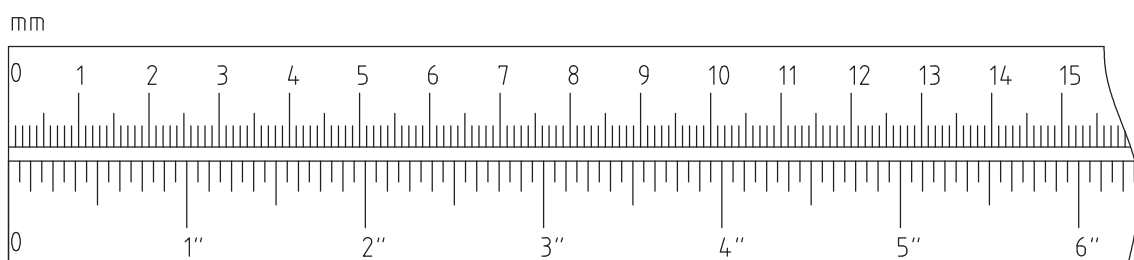
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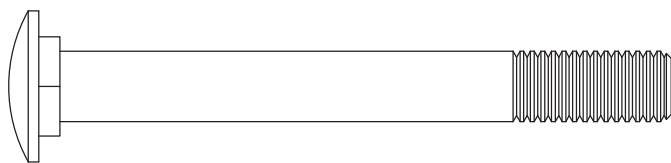


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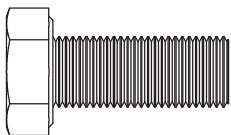


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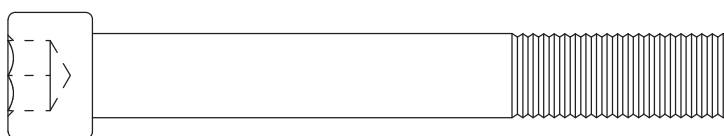




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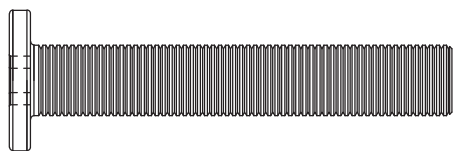
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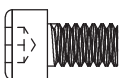
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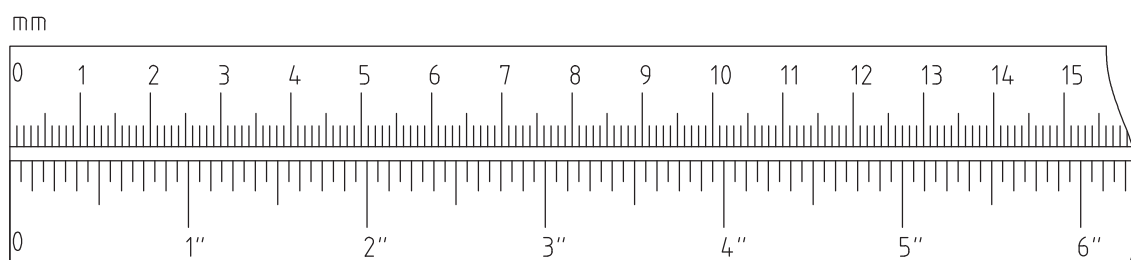
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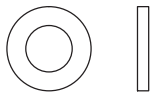


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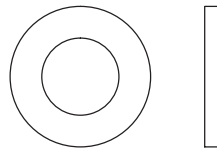


(105) ×24

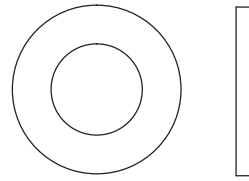




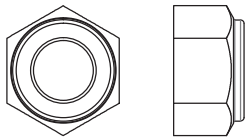
137×24



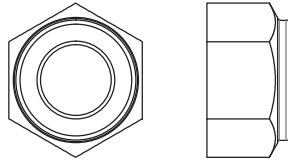
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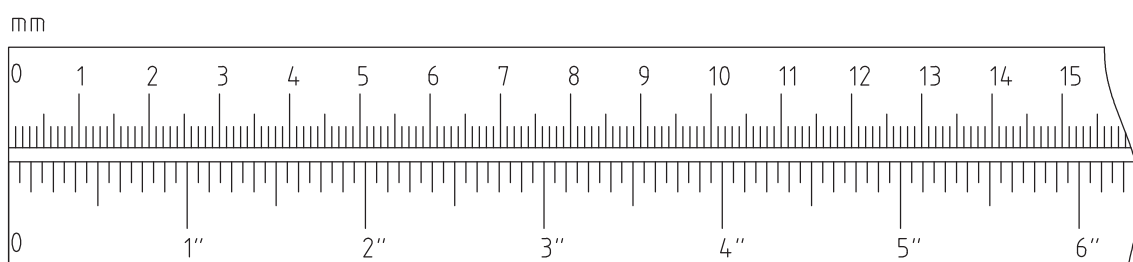
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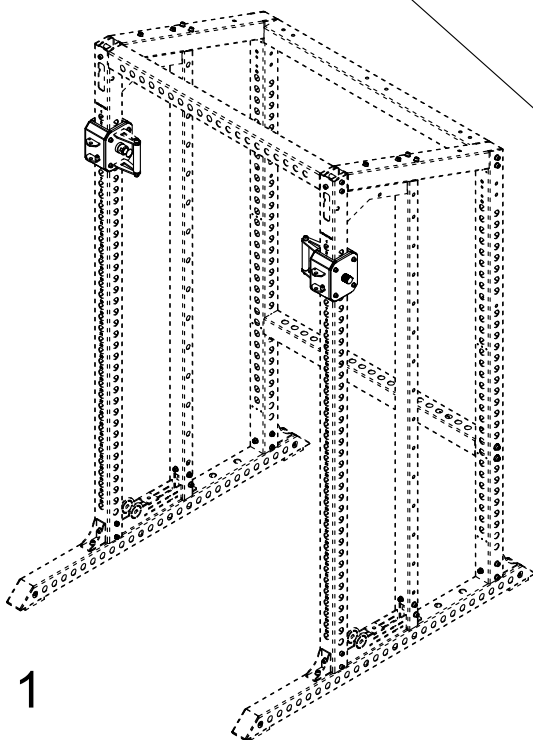
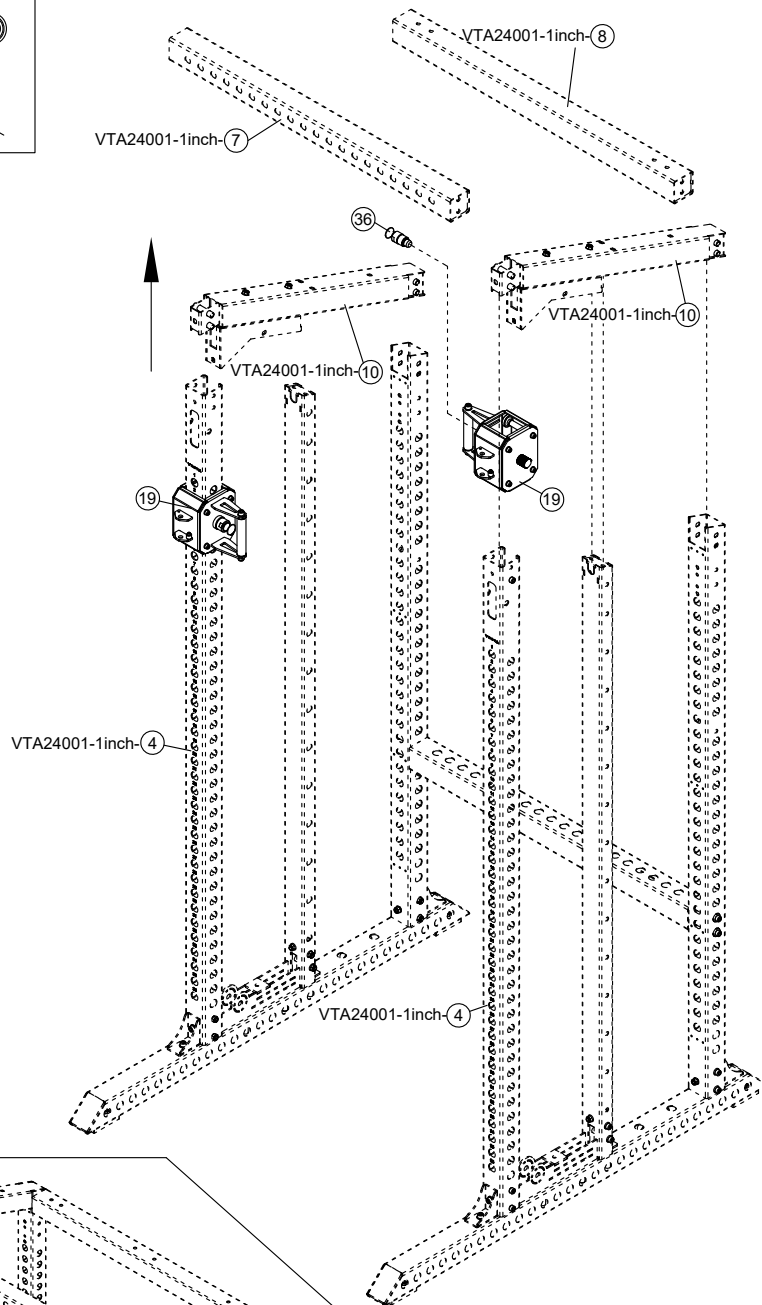
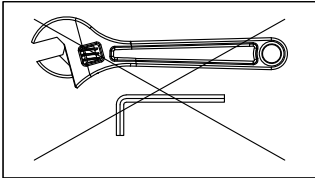


146×30

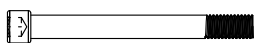


147×2





111



×10

M10×95mm

139



×20

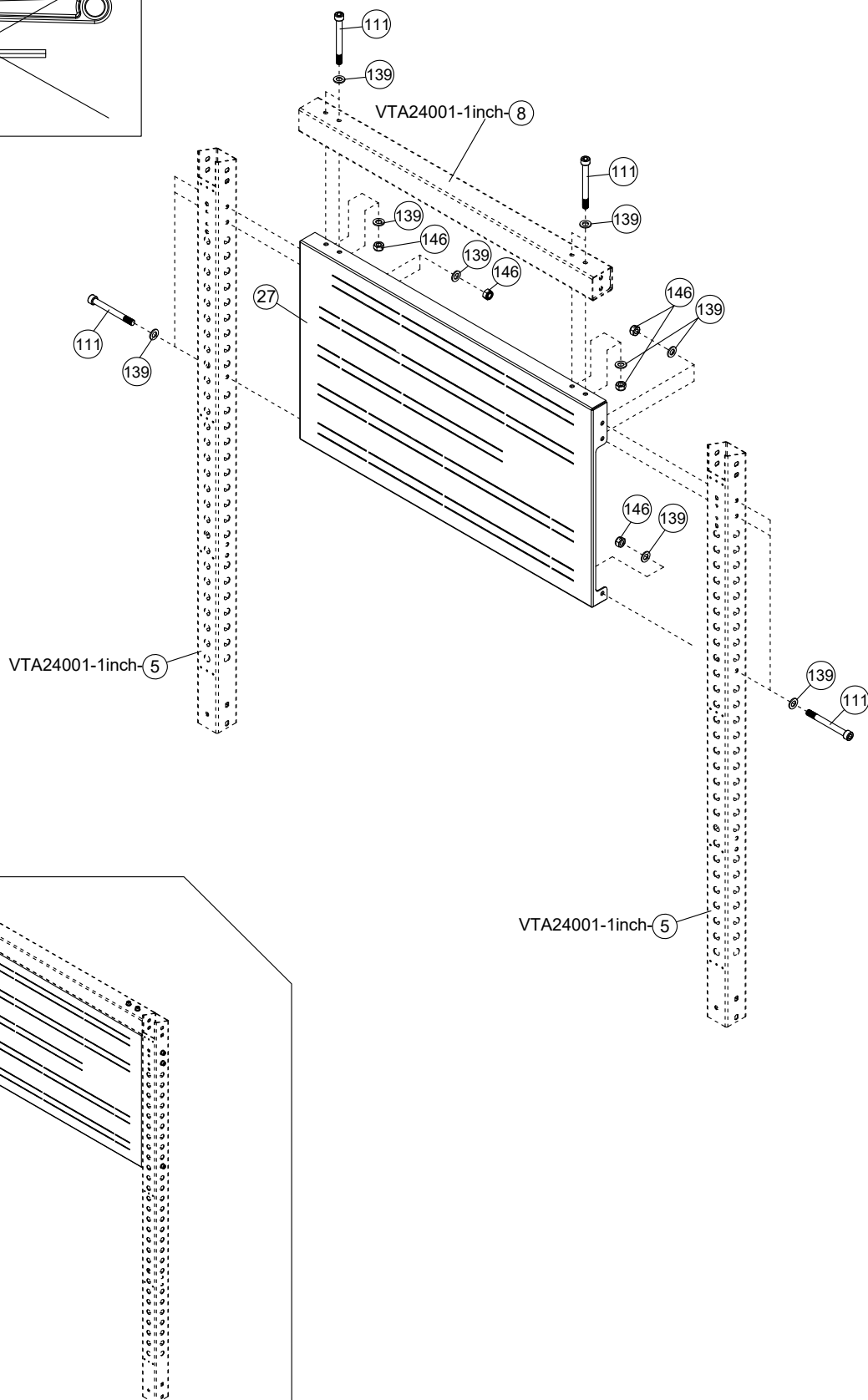
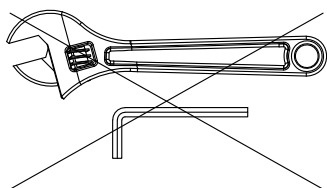
φ20×φ10.5

146



×10

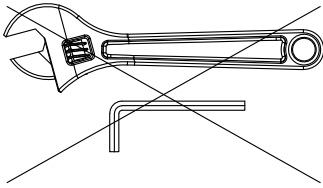
M10



130



× 24 M6×10mm



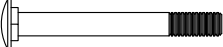
VTA24002-1inch-3

VTA24001-1inch-5

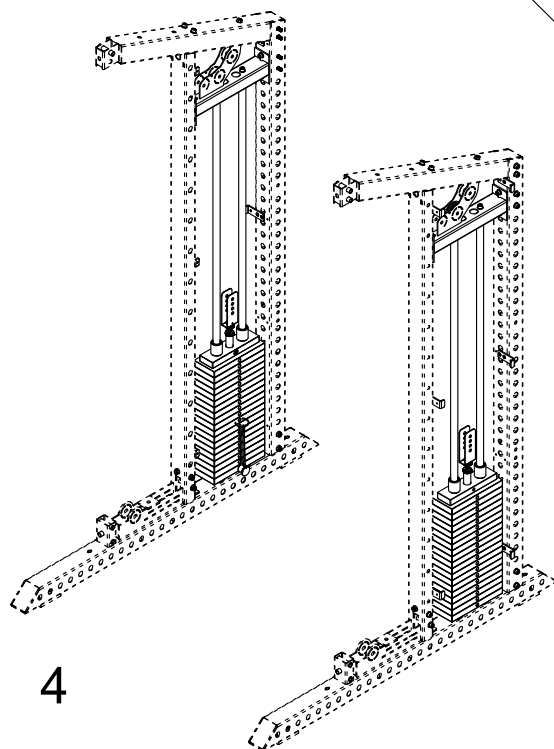
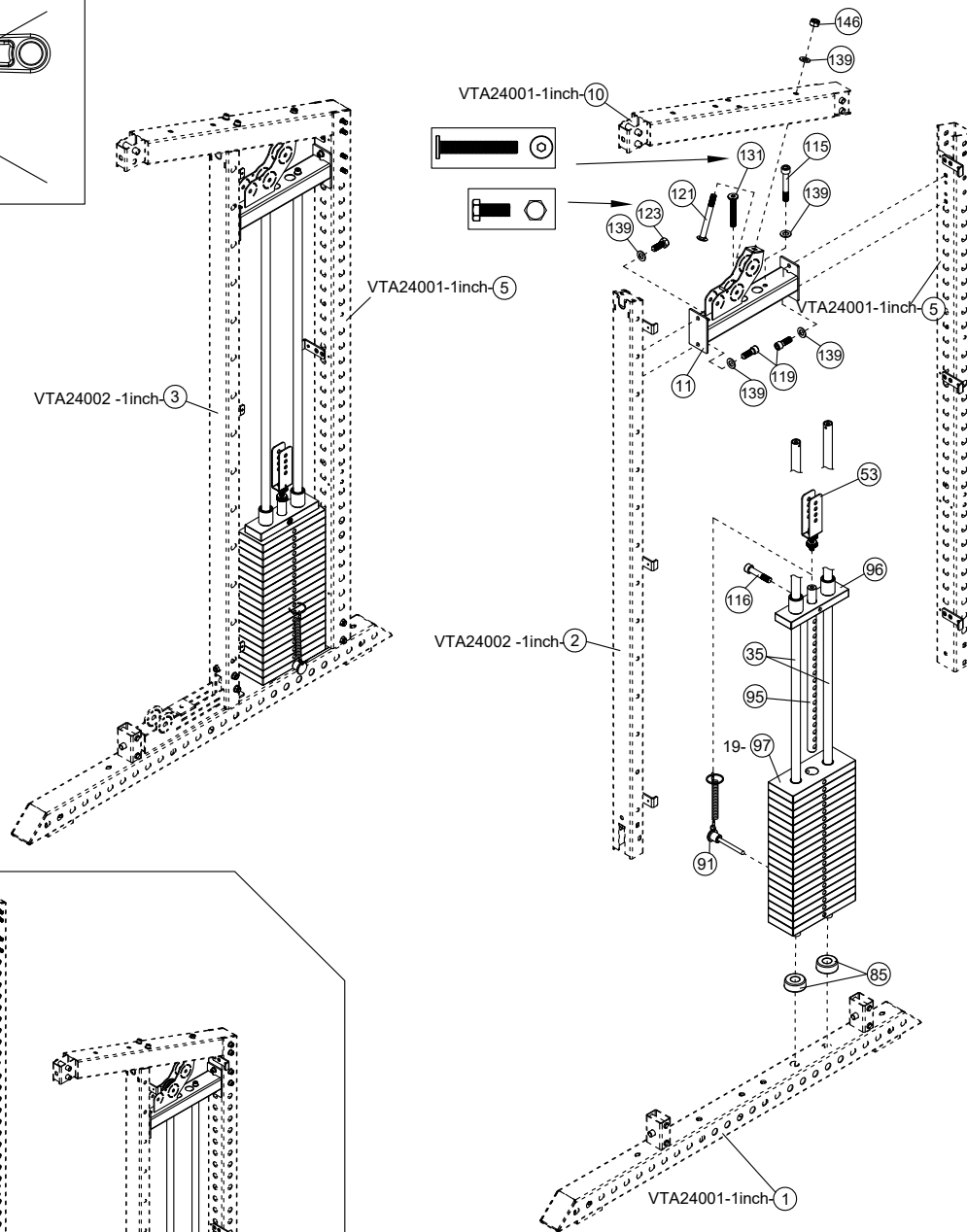
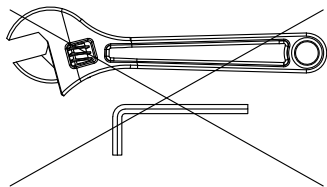
VTA24002-1inch-2

VTA24001-1inch-5

3

115		×2	M10×65mm
116		×2	M10×55mm
119		×6	M10×25mm
121		×2	M10×90mm

139		×12	φ20×φ10.5
146		×2	M10
131		×2	M10×60mm
123		×2	M10×25mm



105

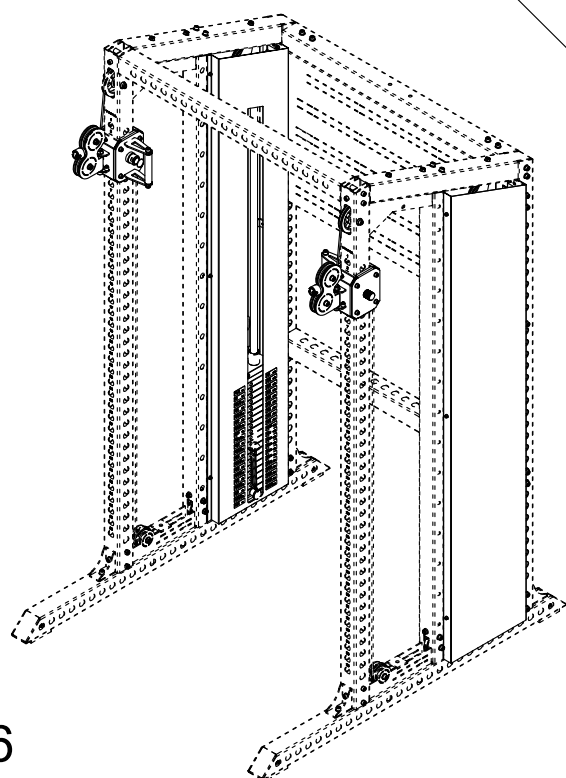
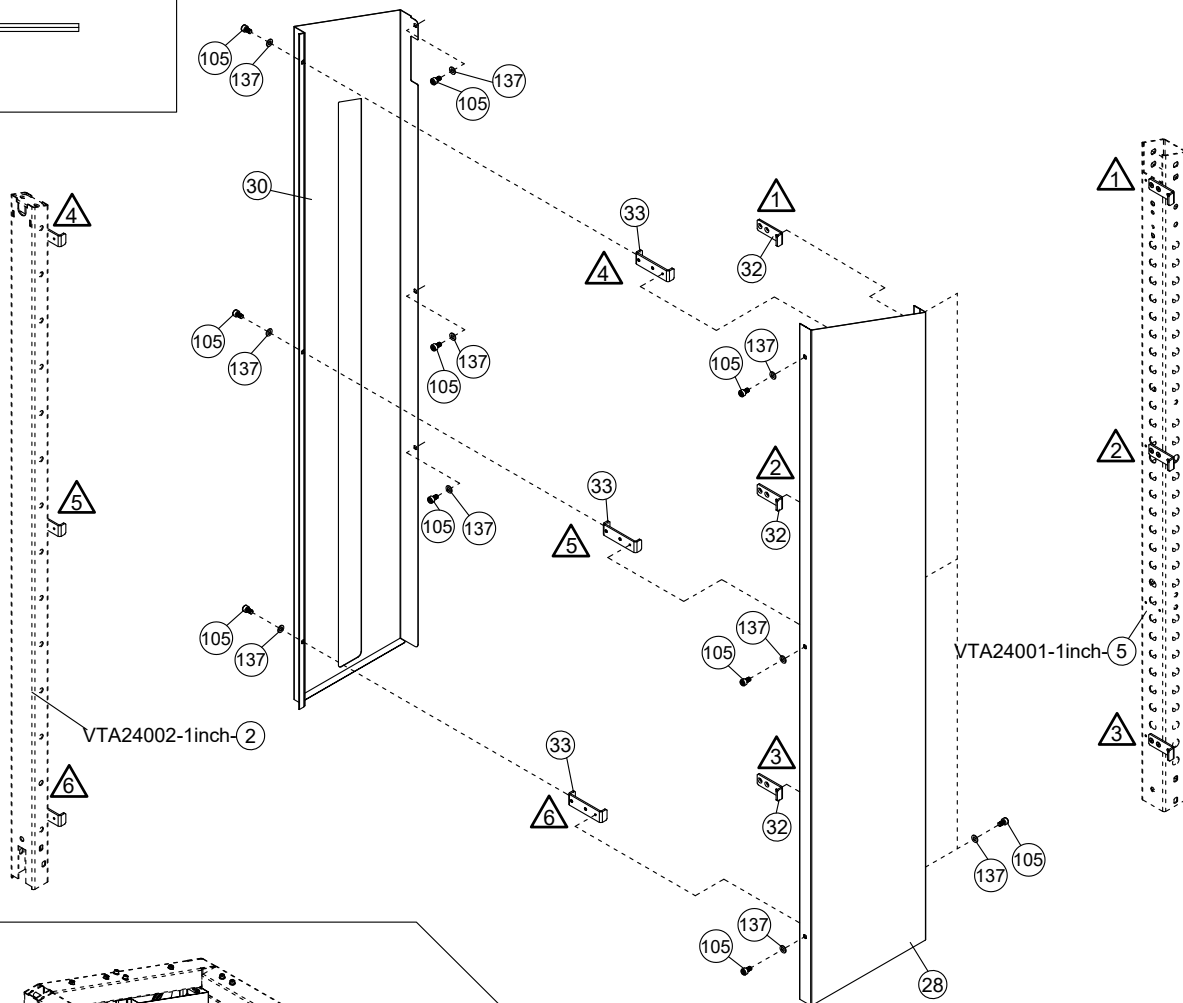
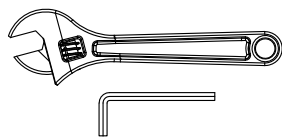


× 24 M6×10mm

137



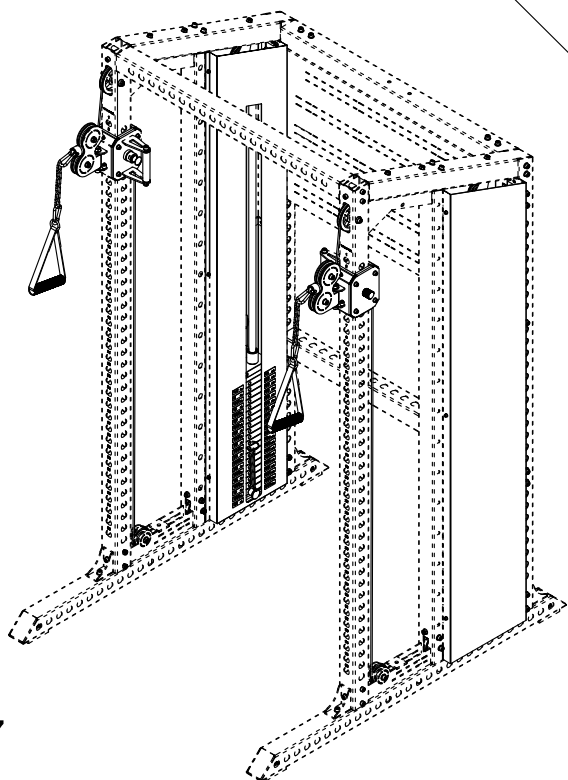
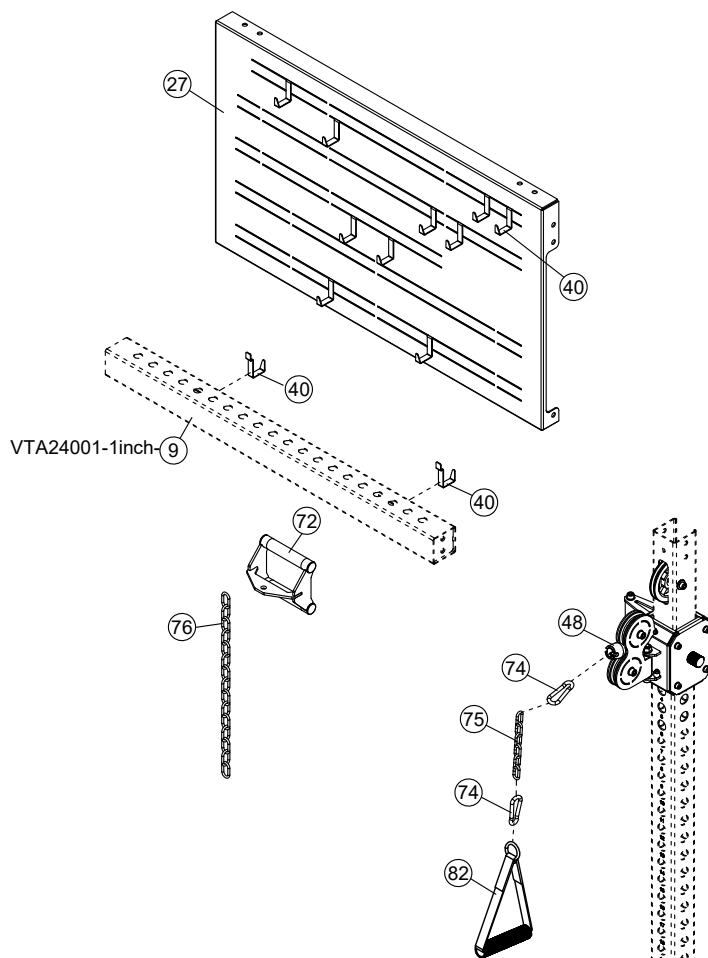
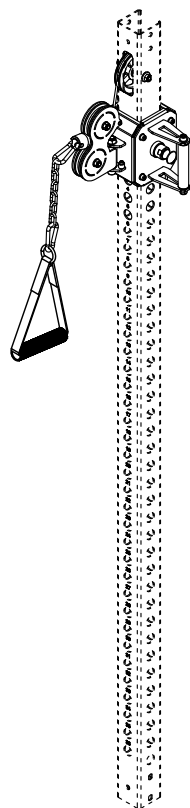
× 24 $\phi 12 \times \phi 6.6$



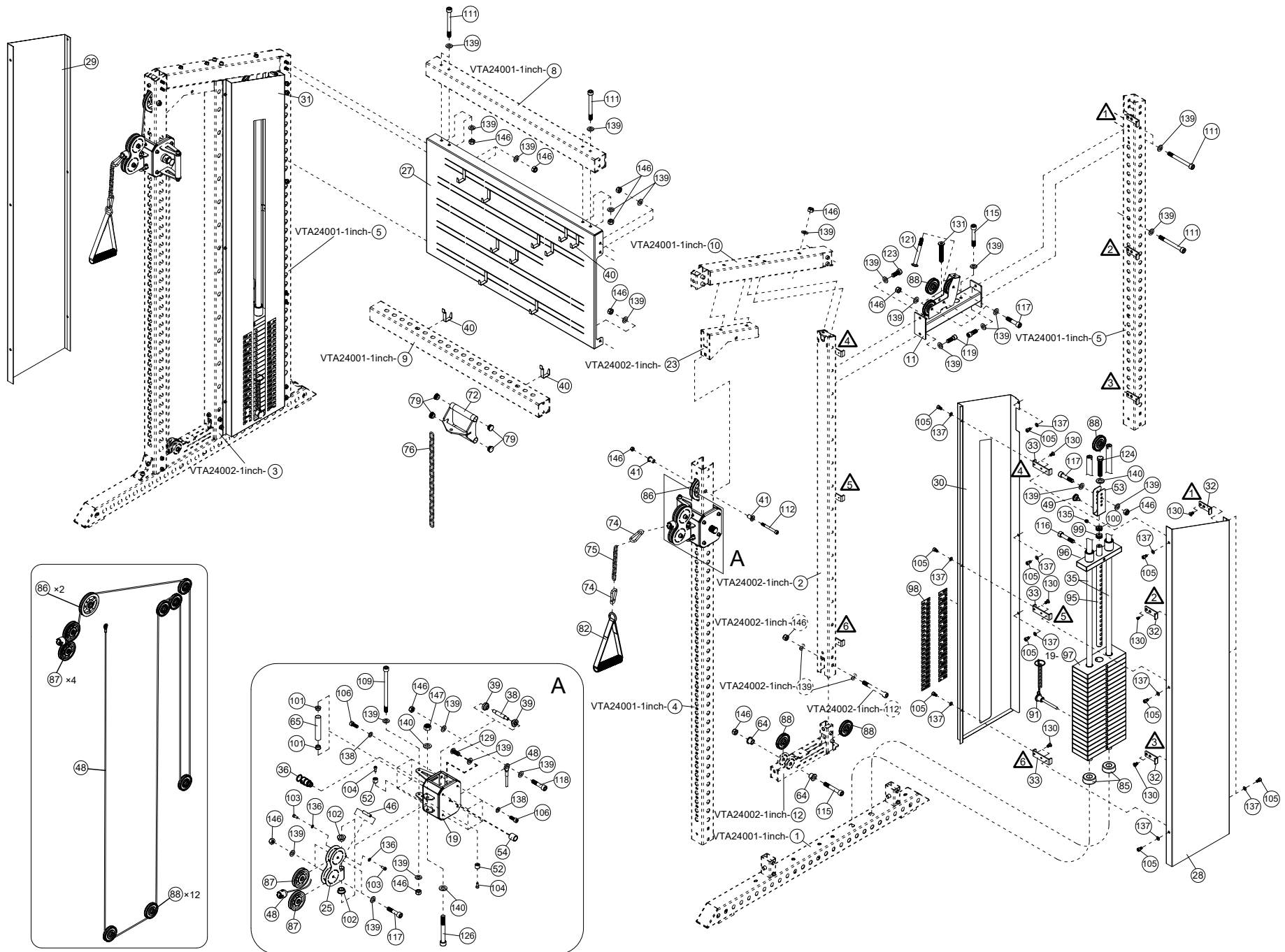
6

Assemble the inner cover (30) first, then assemble the outer cover (28).

Installation order is the same for left and right side.



7



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
11	Connecting Frame On Guide Rod		2
19	Roller Sliding Frame		2
25	Pulley Case		2
27	Rear Panel	1095×643×55×3	1
28	Left Outer Shield	2000×368.6×1	1
29	Right Outer Shield	2000×368.6×1	1
30	Left Inner Shield	1999×366.6×1	1
31	Right Inner Shield	1999×366.6×1	1
32	Shield Fixing L Plate	81×20×30×4	6
33	Shield Fixing Plate	107×20×20×30×4	6
35	Guide Rod Rear		4
36	Lock Pin		2
38	Roller Shaft	φ16×φ12×95×M8	8
39	Contact Roller	φ35×φ12.1×19.7	16
40	Hook		12
41	Bushing	φ25×φ16×φ10.2×27	4
46	Retaining Column	φ8×25×M5	2
48	Double pull cable	L=7450	2
49	Knurled Thumb Screws	M6×10	2
52	Bushing	φ14×φ6×12	4
53	Pulley Case	135×50×3×M6	2
54	Aluminum alloy Bolt Head	φ28×φ25×30×M10	2
64	Bushing	φ22×φ10.2×15	4
65	Handle tube	φ25×2×125	2
72	V-type handle		1
74	Hook	φ8	4
75	6-Joint Chain		2
76	15-Joint Chain		1
79	End Cap	φ28	4
82	Nylon Strap Iso-Handle	L=245mm	2
85	Rubber Stopper	φ62×φ24.5×25	4
86	Pulley with Bearings	φ114×φ10	2
87	Pulley with Bearings	φ95×φ10	4
88	Pulley with Bearings	φ72×φ10	12
91	Weight Selector Pin		2
95	Selector Rod	φ25×564 (19+1)	2
96	Top Weight Plate	230×65×72	2
97	Weight Plate	250×100×25.4 (10LB)	38

PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
98	Weight Plate Sticker (200LBS)	52×18	2
99	Knurled Nut	φ28×12×M12	2
100	Adjusting Sleeve	φ28×φ12.5×12	2
101	Bushing	φ25×φ21.8×φ10.5×12	4
102	Bushing	φ25×φ20×φ12.2×10	4
103	Hexagon socket button head screws	M5×10	4
104	Hexagon socket button head screws	M5×16	4
105	Hexagon socket button head screws	M6×10	24
106	Hexagon socket button head screws	M8×16	16
109	Hexagon socket button head screws	M10×155	2
111	Hexagon socket button head screws	M10×95	10
112	Hexagon socket button head screws	M10×90	2
115	Hexagon socket button head screws	M10×65	4
116	Hexagon socket button head screws	M10×55	2
117	Hexagon socket button head screws	M10×45	12
118	Hexagon socket button head screws	M10×35	2
119	Hexagon socket button head screws	M10×25	6
121	Carriage Bolt	M10×90	2
123	Hex Bolt	M10×25	2
124	Hex Bolt	M12×60	2
126	Hexagon socket button head screws	M12×90	2
129	Allen Bolt	M10×25	2
130	Hexagon socket countersunk head screws	M6×10	24
131	Allen Bolt	M10×60	2
135	Set Screw	M8×8	2
136	Washer	5	4
137	Washer	6	24
138	Washer	8	16
139	Washer	10	66
140	Washer	12	6
146	Nut	M10	32
147	Nut	M12	2
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	1
	Allen Wrench	8#	1
	Allen Wrench	10#	1

PACKAGE LIST

BOX1		BOX3	
2	Part 25	1	Part 28
1	Part 27	1	Part 29
1	Assembly Manual	1	Part 30
1	PARTS BAG 3-1	1	Part 31
1	PARTS BAG 3-2	4	Part 35
1	PARTS BAG 3-3	BOX4	
BOX2		5	Part 97
2	Part 11	BOX5	
2	Part 19	5	Part 97
6	Part 32	BOX6	
6	Part 33	5	Part 97
2	Part 36	BOX7	
12	Part 40	5	Part 97
4	Part 41	BOX8	
2	Part 48	5	Part 97
2	Part 49	BOX9	
2	Part 53	5	Part 97
4	Part 64	BOX10	
1	Part 72	4	Part 97
4	Part 74	BOX11	
2	Part 75	4	Part 97
1	Part 76		
2	Part 82		
4	Part 85		
2	Part 86		
4	Part 87		
12	Part 88		
2	Part 91		
2	Part 95		
2	Part 96		