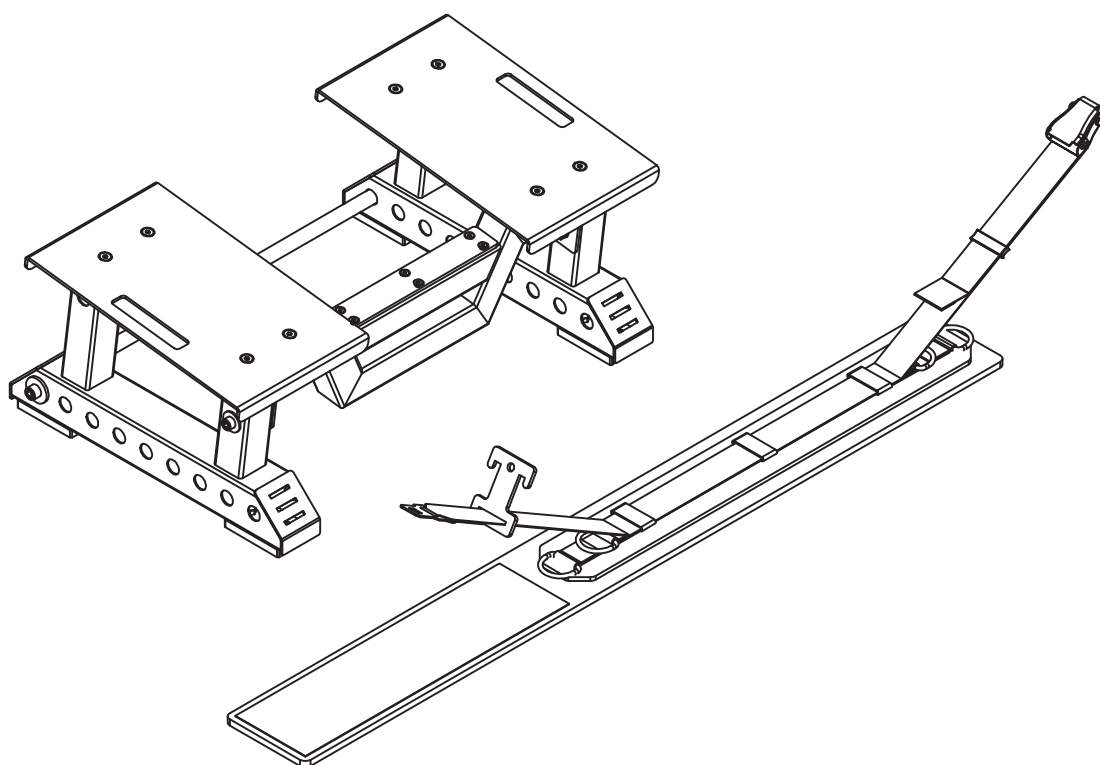


VESTA

F I T N E S S

ASSEMBLY MANUAL

VTA-BeltSquat



CAUTION!

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

20250512-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.

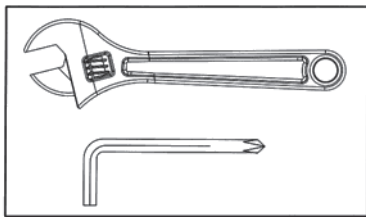
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

IMPORTANT ASSEMBLY INFORMATION

- ❖ Tools Required for Assembling the Equipment: 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

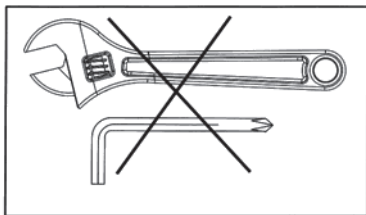
Fasten Nuts and Bolts



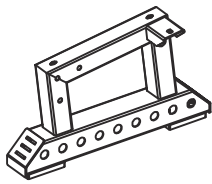
Securely tighten all Nuts and Bolts after all components have been assembled in current and previous steps.

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

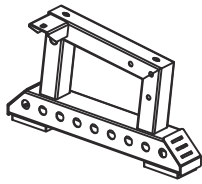
Make sure all pivoting components are able to move freely.



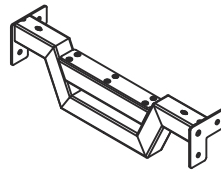
Do not tighten all Nuts and Bolts in this step.



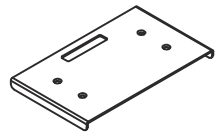
① x1



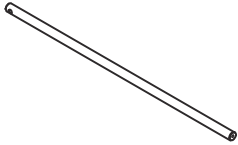
② x1



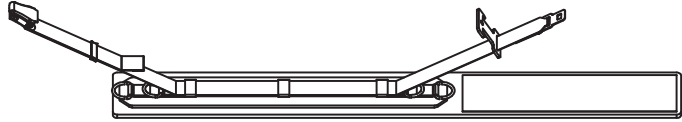
③ x1



④ x2



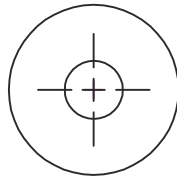
⑤ x1



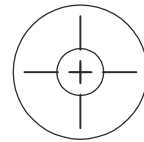
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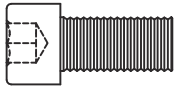
⑨ x8



⑮ x1



⑫ x6



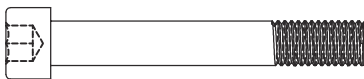
⑩ x1



⑰ x4



⑳ x2



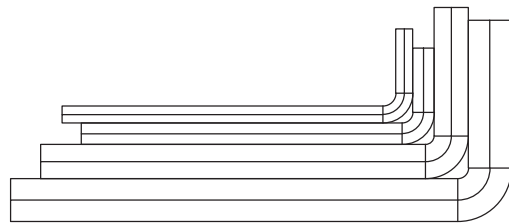
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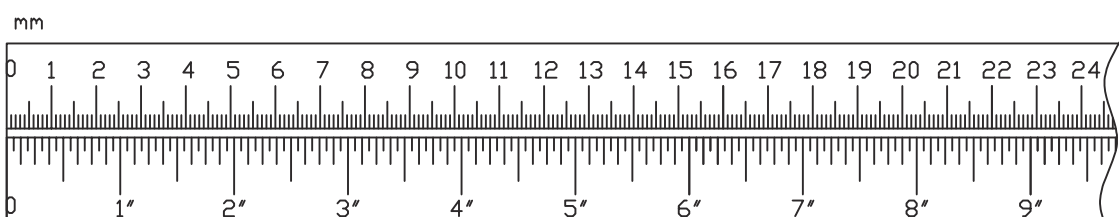
⑬ x4

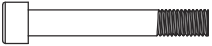


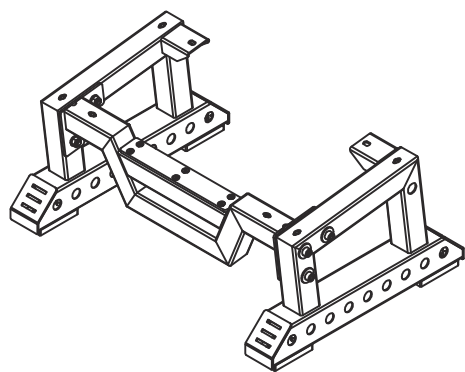
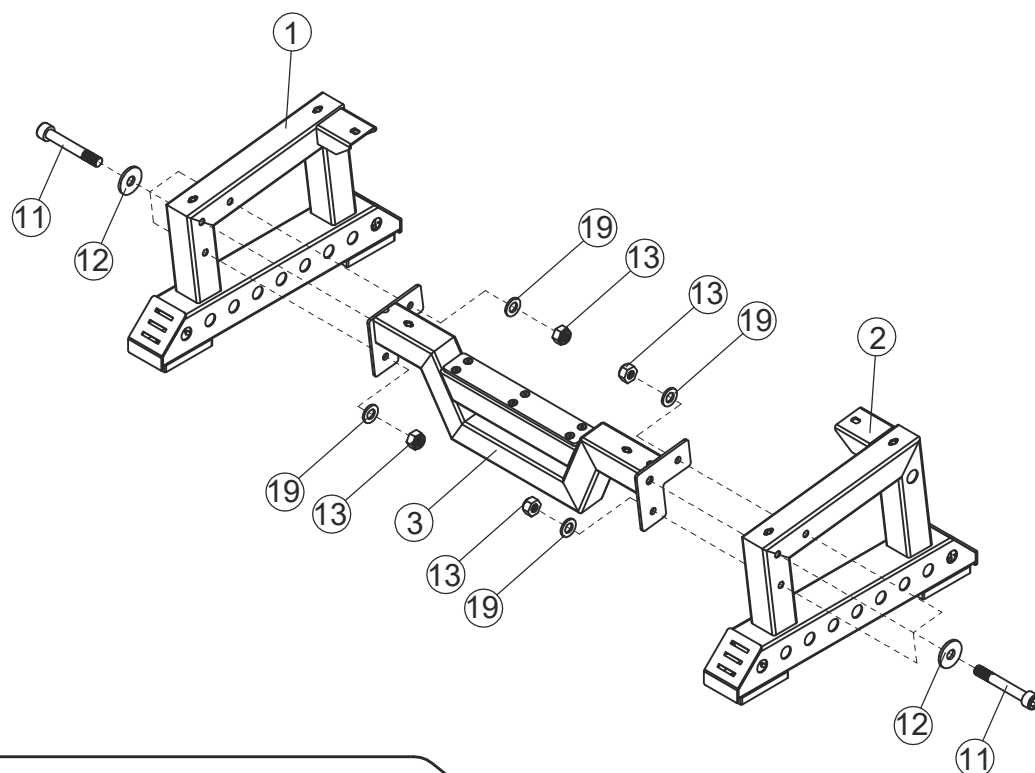
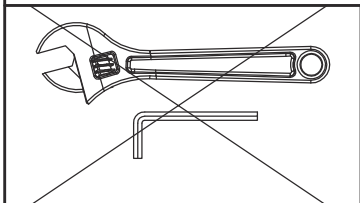
⑭ x2



4# 5# 8# 10#

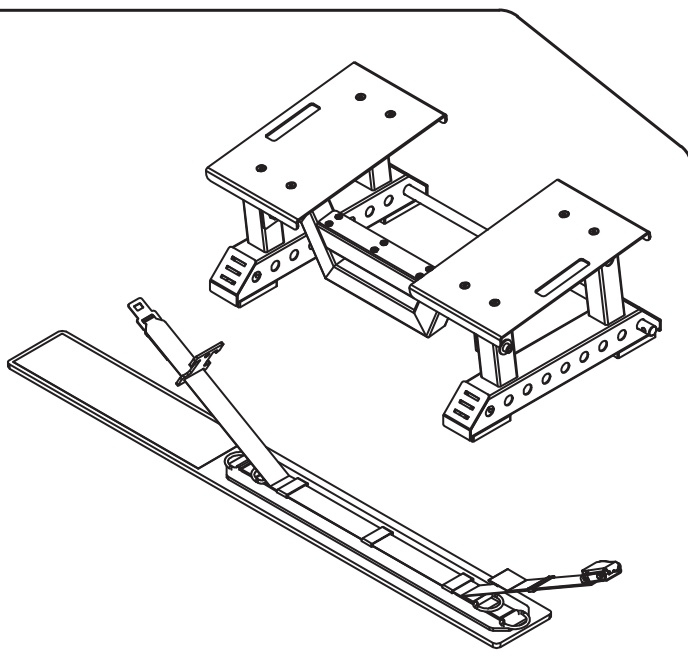
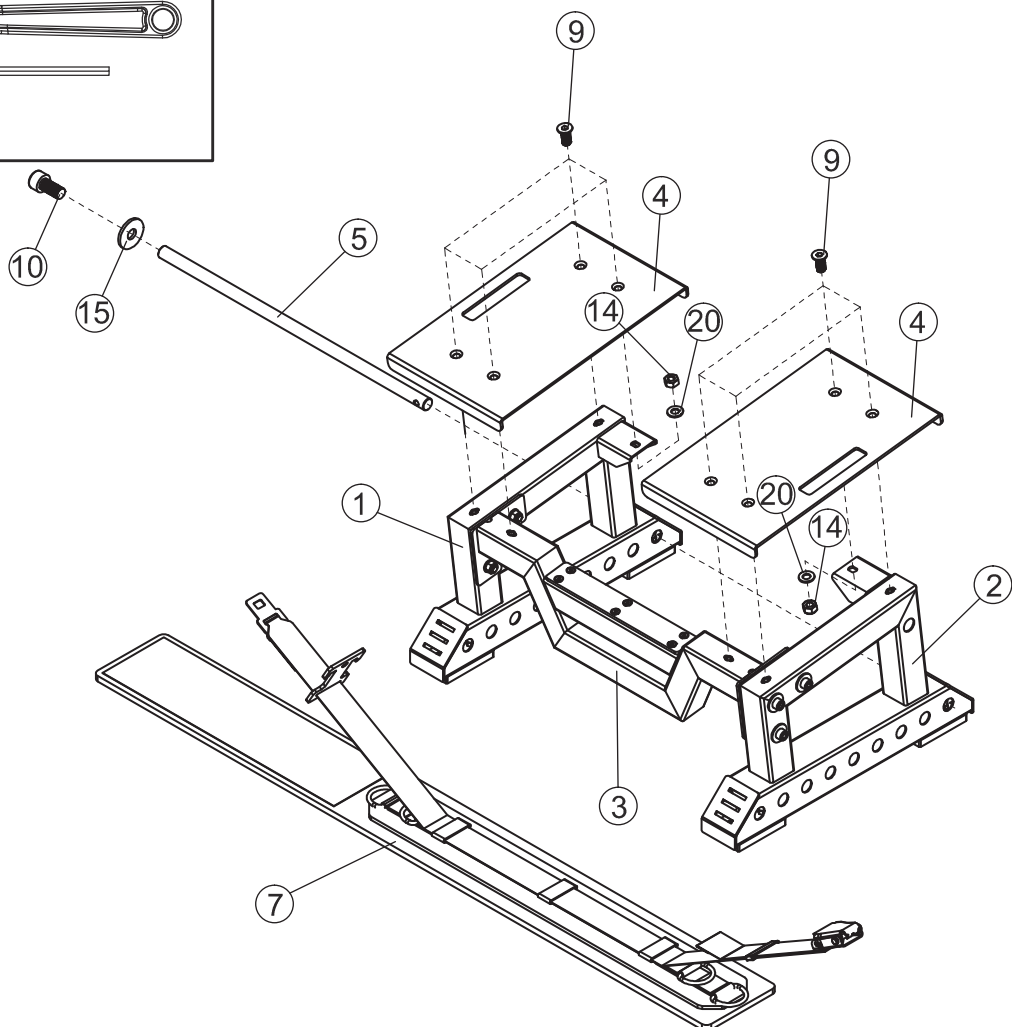
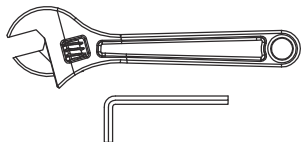


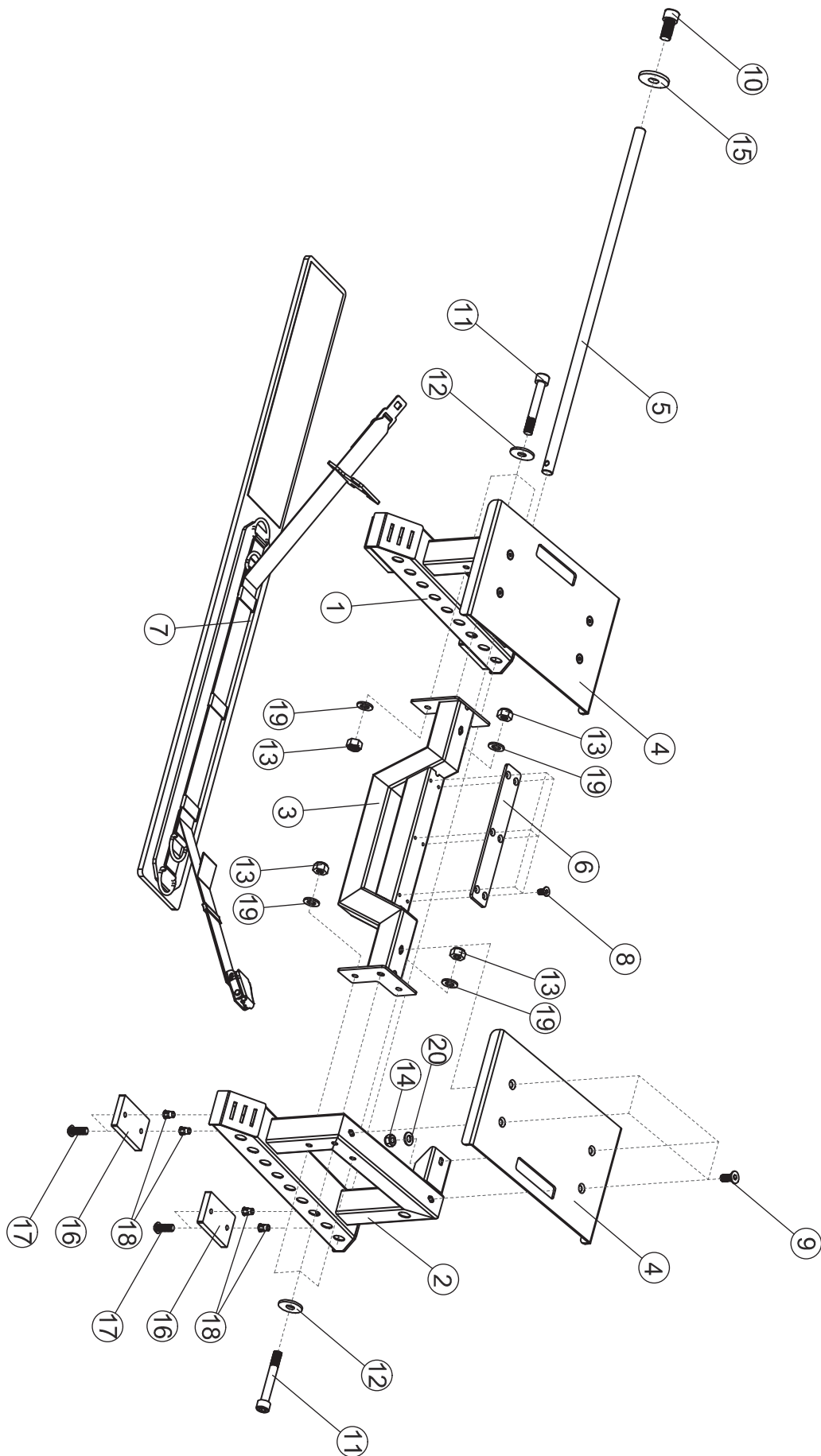
- | | | | | | | | |
|---|---|----|-----------|---|---|----|-----|
| ⑪ |  | ×6 | M10×70 | ⑲ |  | ×4 | Φ10 |
| ⑫ |  | ×6 | φ30×φ10.5 | | | | |
| ⑬ |  | ×4 | M10 | | | | |



9  ×8 M8×20
 14   ×2 M8
 20   ×2 Φ8

10  ×1 M12×25
 15   ×1 φ38×φ13





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Base Frame L		1
2	Base Frame R		1
3	Connecting Frame		1
4	Footboard	400×25×25×240×4	2
5	Long Shaft	φ20×720×M12	1
6	Rack Liner	280×45×5	1
7	Belt		1
8	Allen Screw	M6×12	6
9	Allen Screw	M8×20	8
10	Socket Head Cap Screw	M12×25	1
11	Socket Head Cap Screw	M10×70	6
12	Washer	φ30×φ10.5×2.5	6
13	Nut	M10	4
14	Nut	M8	2
15	Washer	φ38×φ13×4	1
16	Rubber Bumper	65×100×12	4
17	Hexagon Socket Button Head Screw	M8×20	8
18	Flat Head Semi-Hexagon Rivet Nut	M8	8
19	Washer	φ10	4
20	Washer	φ8	2
	Allen Wrench	4#	1
	Allen Wrench	5#	1
	Allen Wrench	8#	1
	Allen Wrench	10#	1