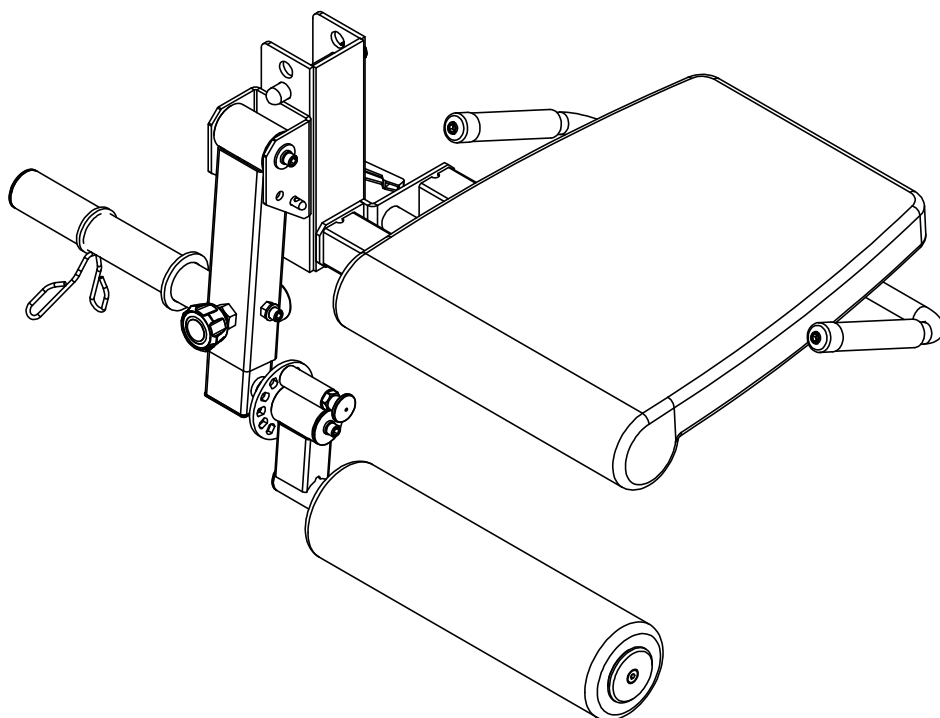


VESTA

F I T N E S S

ASSEMBLY MANUAL

VTA-LegCurl



CAUTION!

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

20250704-V1.0

IMPORTANT SAFETY NOTICE

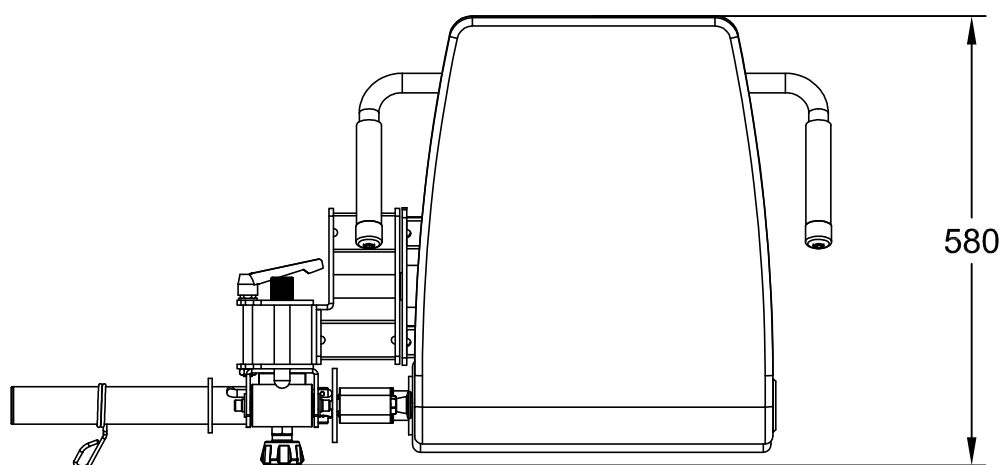
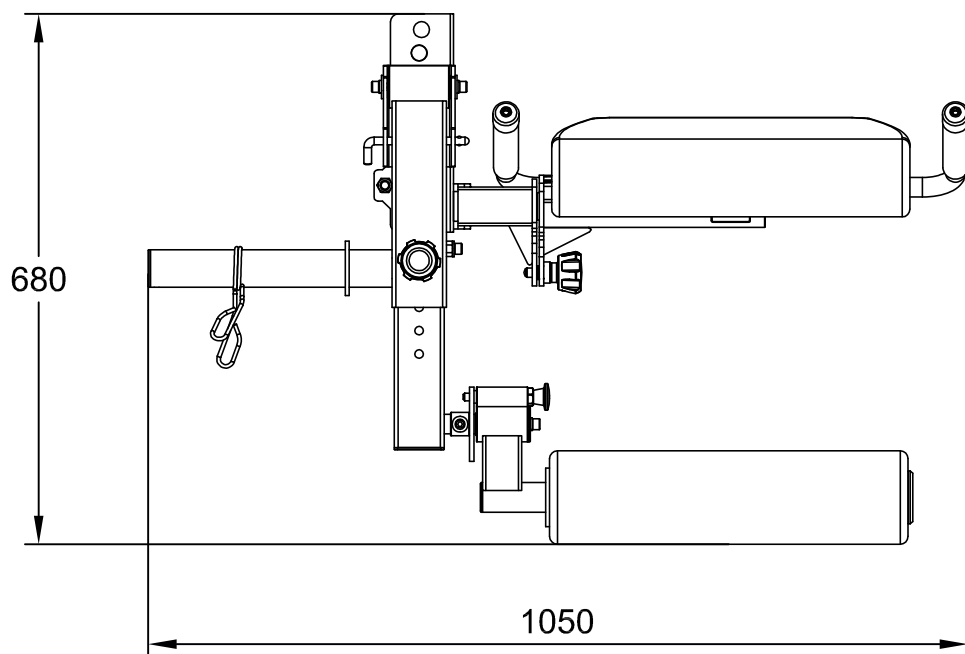
PRECAUTIONS

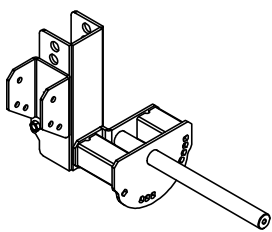
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

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.

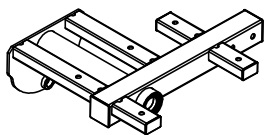
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE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

SAVE THESE INSTRUCTIONS.

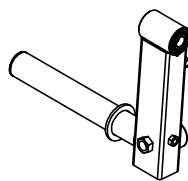




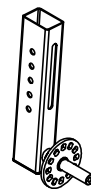
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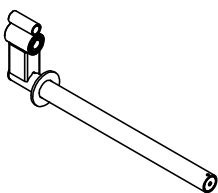
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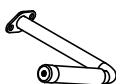
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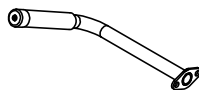
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⑤ ×1



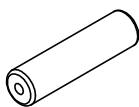
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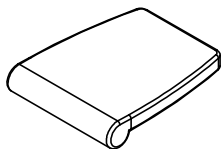
⑦ ×1



⑧ ×1



⑨ ×1



⑩ ×1



⑫ ×1



⑬ ×1



⑭ ×1



⑮ ×1



⑯ ×2



⑰ ×1



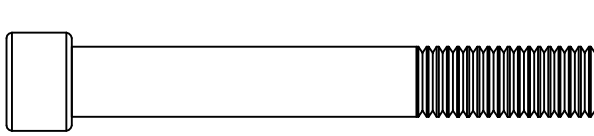
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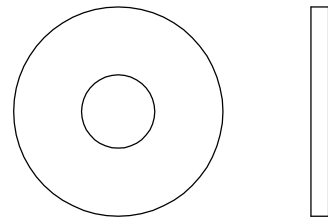
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㉓ ×1



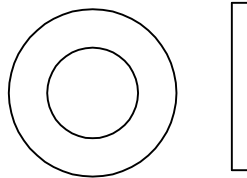
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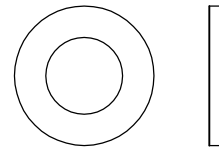
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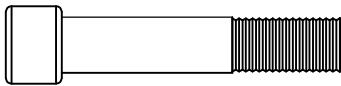
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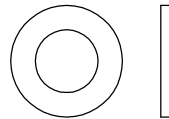
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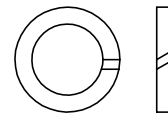
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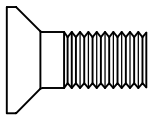
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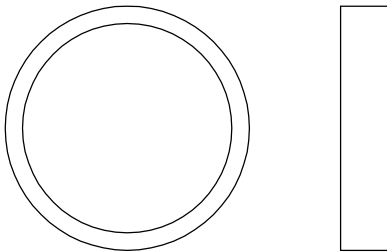
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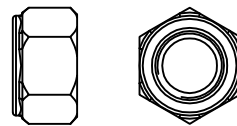
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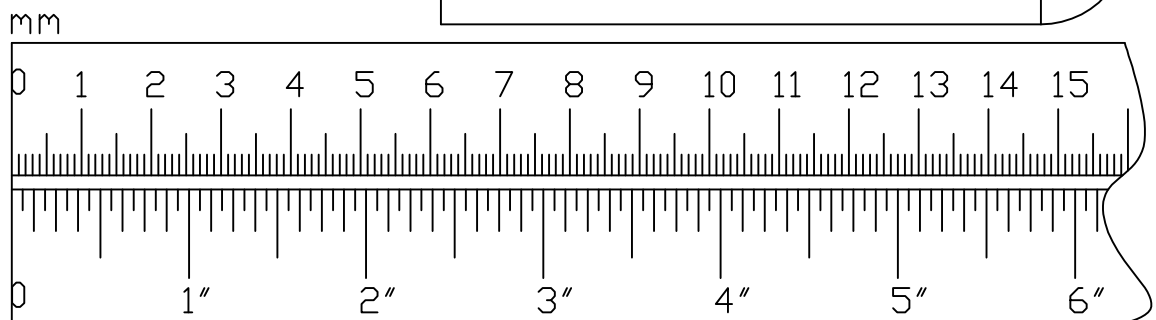
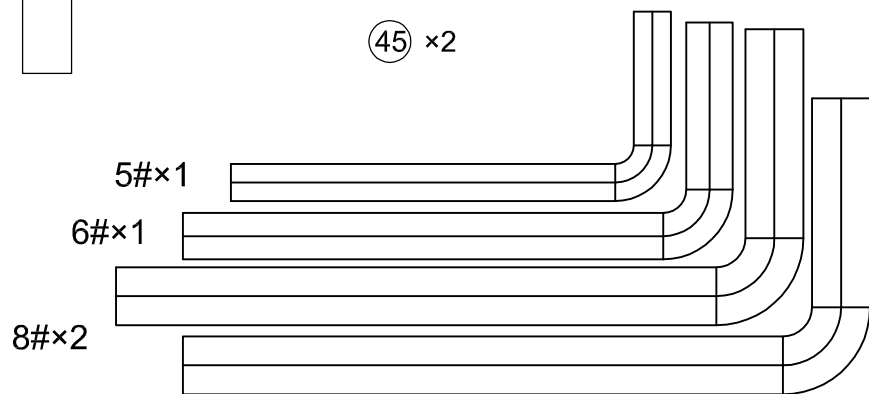
③⑦ ×1



①① ×1



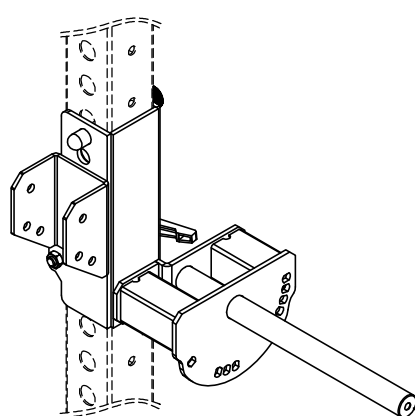
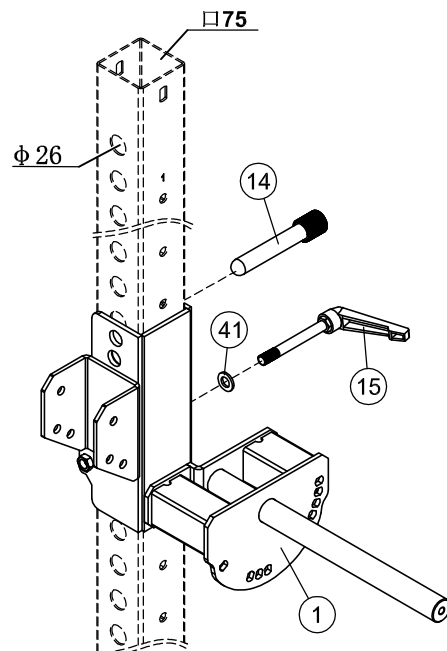
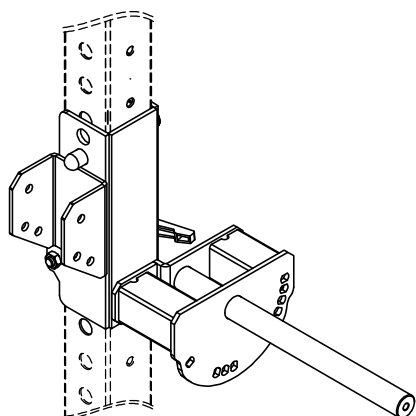
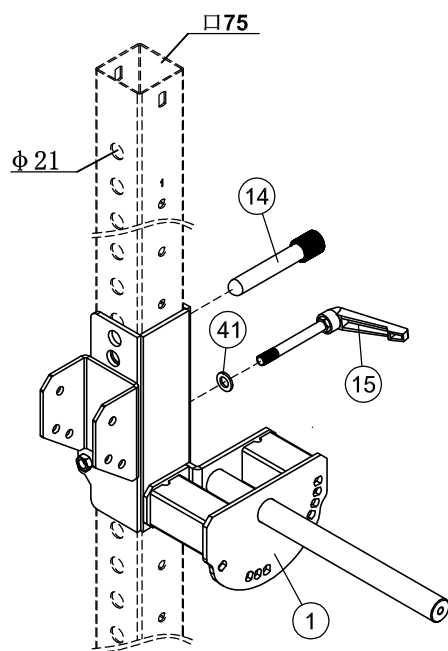
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41



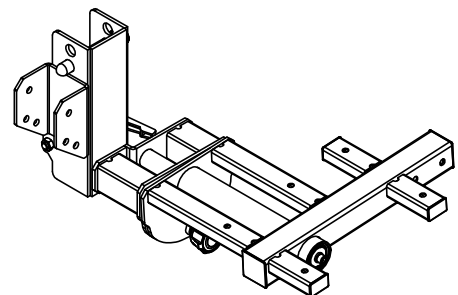
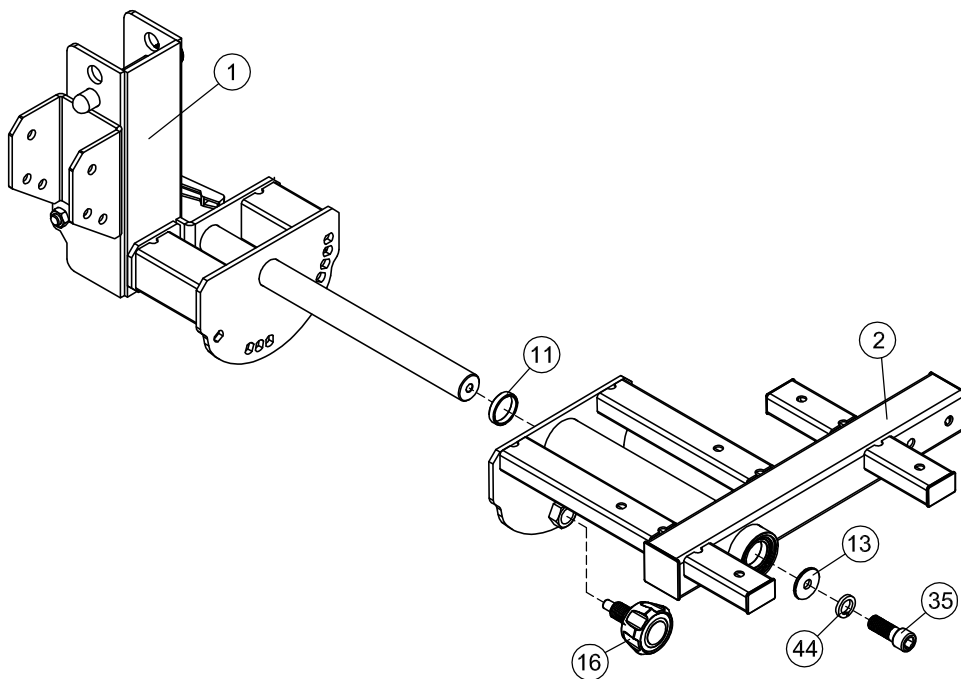
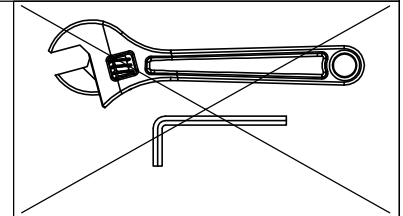
× 1 Φ12



⑪   × 1 $\Phi 35 \times \Phi 30.5 \times 7$

④④   × 1 $\Phi 10$

③⑤  × 1 M10×25



2

35



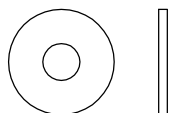
× 3 M10×25

42



× 1 Φ10

40

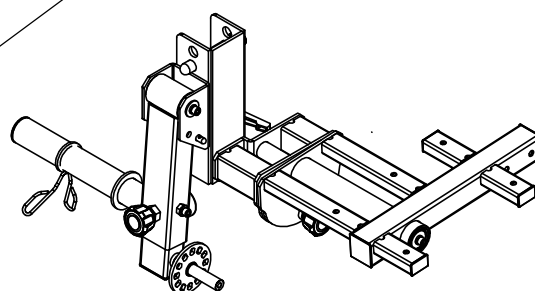
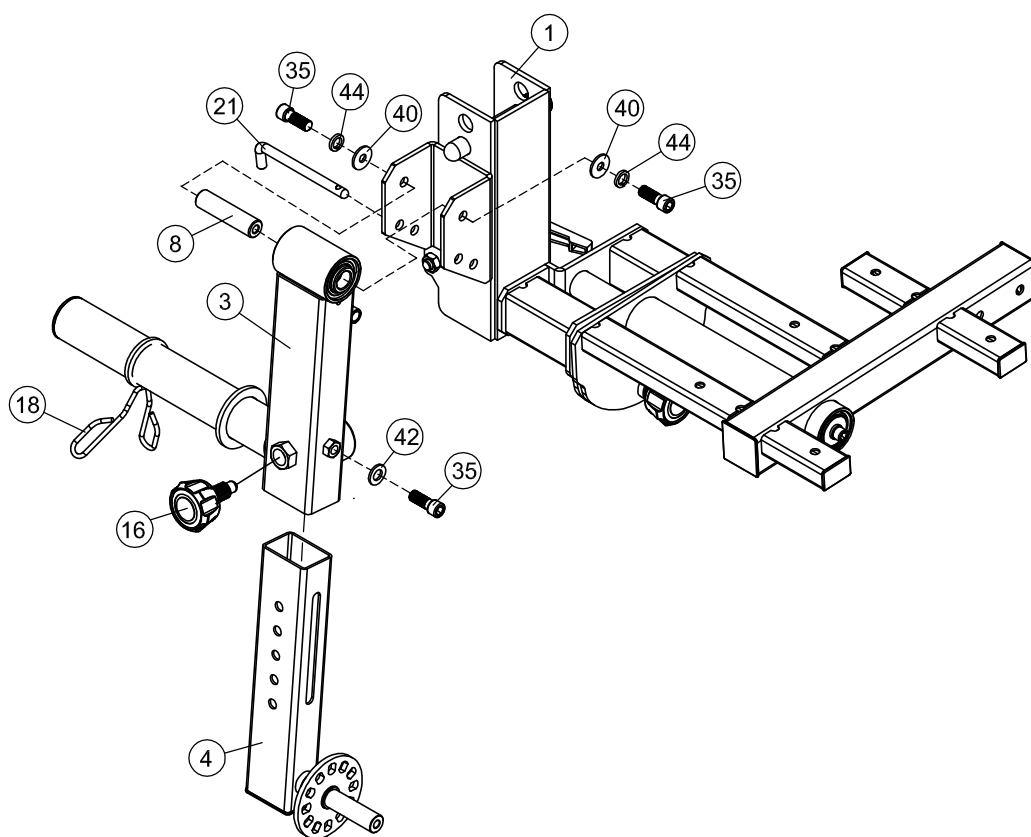
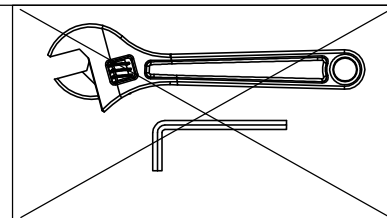


× 2 Φ30×Φ10.5×2.5

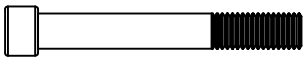
44



× 2 Φ10



3

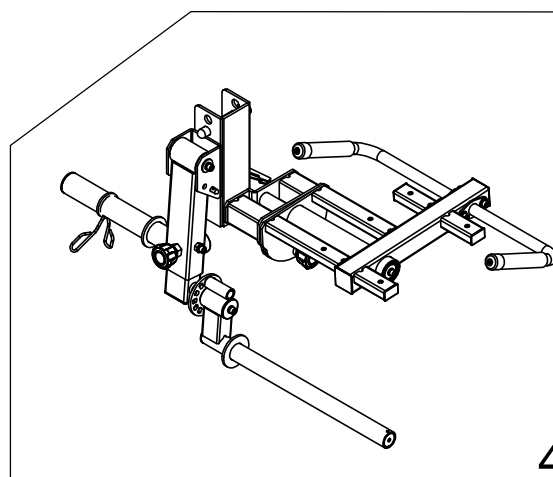
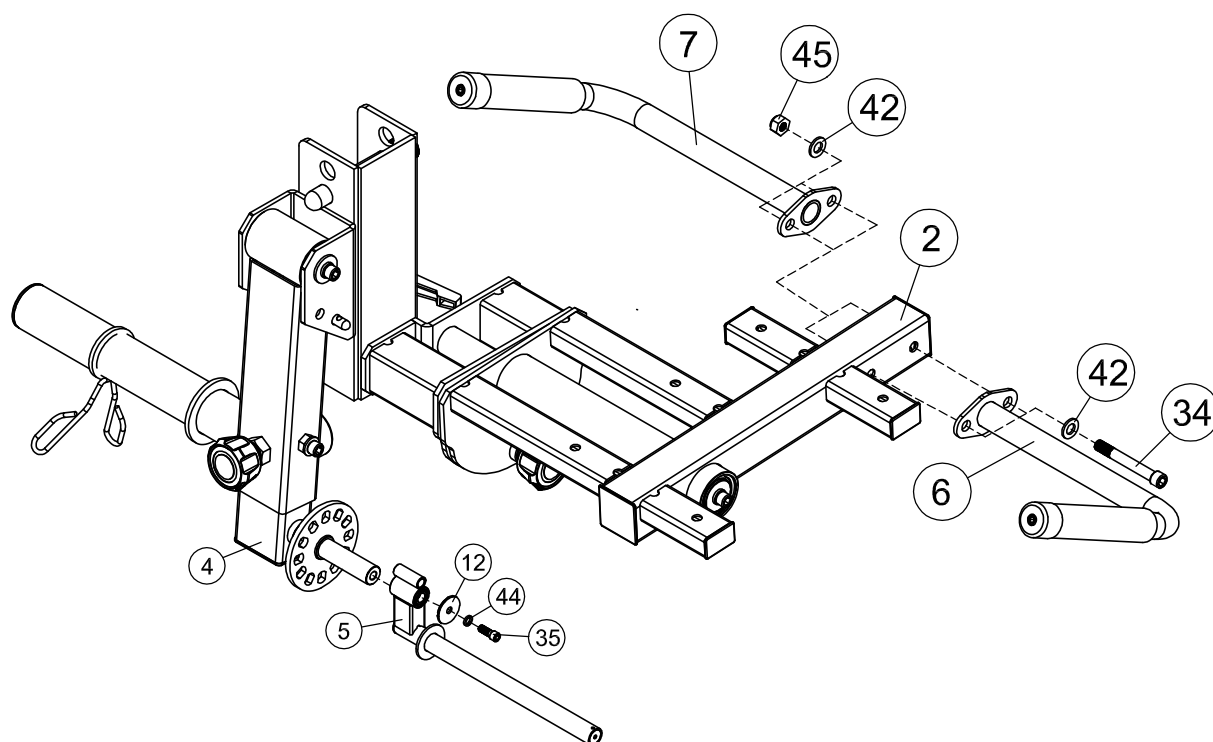
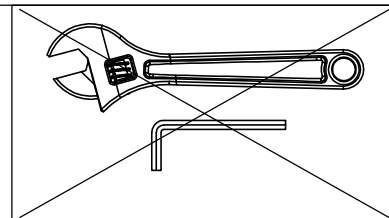
(34)  × 2 M10×75

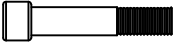
(35)  × 1 M10×25

(42)   × 4 Φ10

(44)   × 1 Φ10

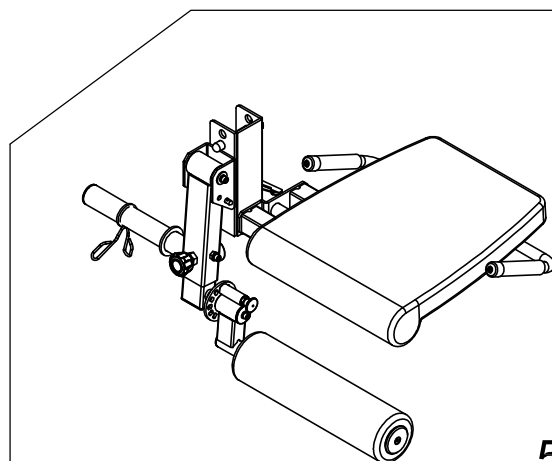
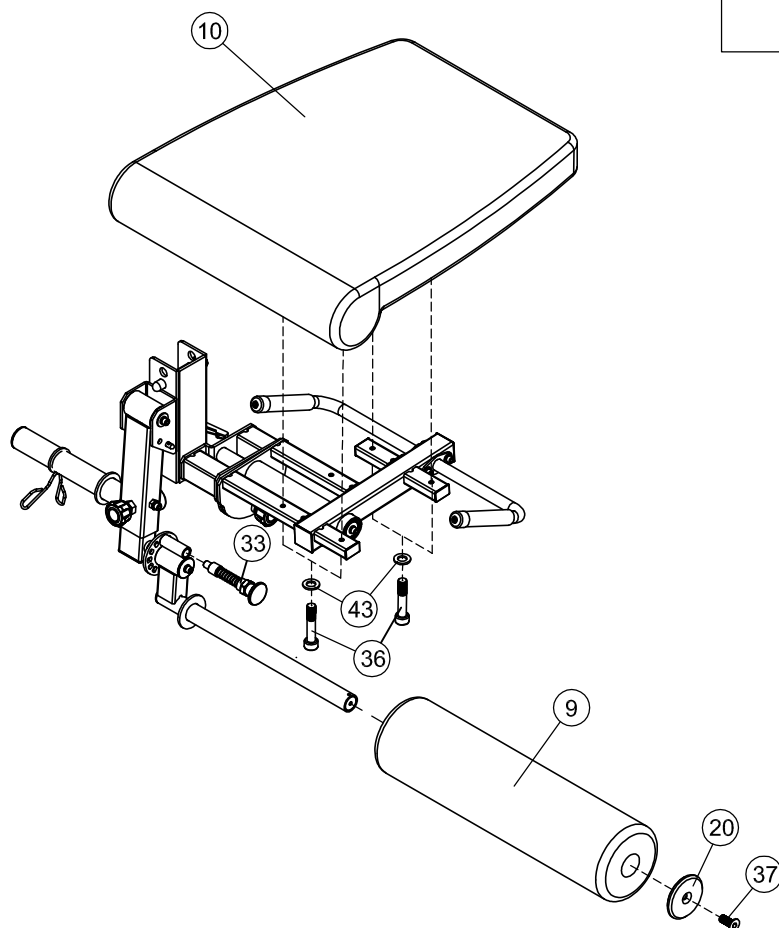
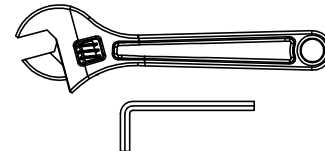
(45)   × 2 M10



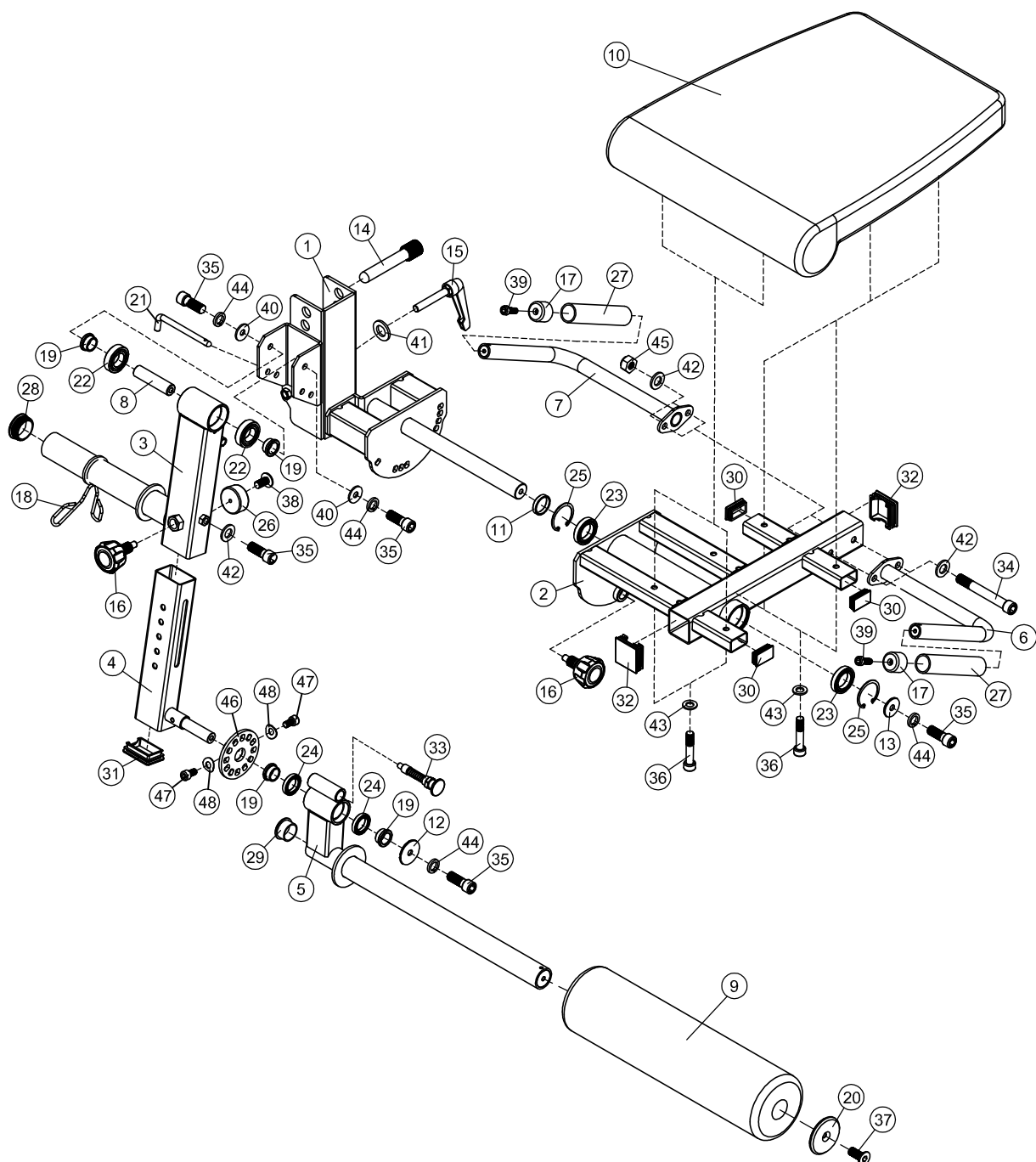
36  × 4 M8×40

37  × 1 M8×20

43   × 4 Φ8



5



PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Bracket		1
2	Seat Support Frame		1
3	Rotating Frame		1
4	Frame Slider		1
5	Foam Frame		1
6	Left Handle Holder		1
7	Right Handle Holder		1
8	Matlad	φ20×80×M10	1
9	FOAM	φ120×φ36×460	1
10	Seat	550×460×360×60	1
11	Bushing	φ35×φ30.5×7	1
12	Washer	φ45×φ10.5×3	1
13	Washer	φ35×φ10.5×3	1
14	Plug Section		1
15	Long Handle Lock Draw Pin		1
16	Lock Knob	M18×φ10	2
17	cover Cap	φ33.5×φ6.6×25	2
18	Spring Clip	Φ47	1
19	Bushing	φ30×φ20×14	4
20	Foam plate	Φ68×5.7	1
21	L pin	φ10×135×35	1
22	Bearing	6005-2Z	2
23	Bearing	61906-2Z	2
24	Bearing	61805-2Z	2
25	Hole Circlip	d0=47	2
26	Rubber Stopper	φ50×φ48×23	1
27	Handle Grip	Φ23×150	2
28	End Cap	Φ48	1
29	End Cap	Φ38	1
30	End Cap	□25×40	3

31	End Cap	□64×44	1
32	End Cap	□50	2
33	Moving Lock Pin		1
34	Socket Head Allen Bolt	M10×75	2
35	Socket Head Allen Bolt	M10×25	5
36	Socket Head Allen Bolt	M8×40	4
37	Allen Bolt	M8×20	1
38	Screw	M6×12	1
39	Socket Head Allen Bolt	M6×15	2
40	Washer	φ30×φ10.5×2.5	2
41	Washer	12	1
42	Washer	10	5
43	Washer	8	4
44	Washer	10	4
45	Nut	M10	2
46	Disc Rack		1
47	Socket Head Allen Bolt	M8×15	2
48	Washer	20×R20×φ9	2
	Allen wrench	8#	2
	Allen wrench	6#	1
	Allen wrench	5#	1