

Welcome
to the world of the
finest multi-station
gyms ever built;
the world of
Vectra Fitness.

Before embarking on an exercise program, it is recommended that you undergo a complete physical. Discuss with your physician a personalized exercise program taking into account your age, weight and physical condition. For safety, perform exercises exactly as shown and described here and with attachments as shown. A qualified trainer can suggest other exercises and programs to help you accomplish your fitness goals. However, only depart from the exercises shown here under the guidance of a qualified individual.

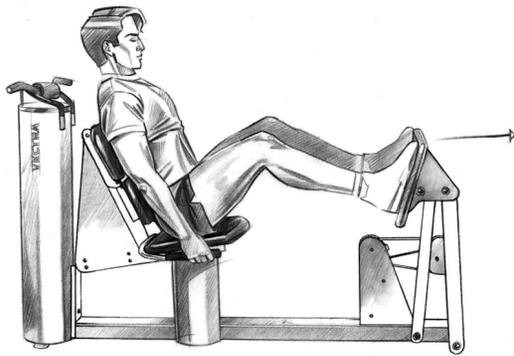
To enhance the benefits and enjoyment you receive from using Vectra equipment, please pay attention to the following:

- While exercising, never hold your breath. Exhale upon exertion.
- Always use proper form. Do not sacrifice good form in an attempt to lift more weight.
- Use controlled speed of movement when performing exercises. Avoid jerky movements.
- Always use a full range of motion. Never lock out elbows or knees.
- Train at least 3 days a week. Do not train the same body part two days consecutively.
- Choose a weight you can handle for ten or more repetitions. As you become stronger, adjust the weight so that you cannot complete more than the prescribed number of repetitions.

For additional or specific information on workout programs, we suggest you consider the following options: 1) consult a certified fitness instructor or certified personal trainer (A.C.E., N.S.C.A. and the A.C.S.M. are all reputable certification programs); 2) consult your specialty fitness retailer; 3) consult a physical therapist; or 4) read reference materials suggested by any of the previously mentioned sources.

1. Leg Press

Benefits: (Primary) Quadriceps, Gluteals. (Secondary) Hamstrings.
Position: Adjust seat to desired starting position (i.e., one that does not place undue stress on knees or back). Feet should be shoulder width apart and flat on the footplate.
Action: Press footplate to almost full extension (knees just short of being locked). Return to starting position. Repeat.
Tips: Grasp handles for stability. Note: Vary foot positions to change the training effect.



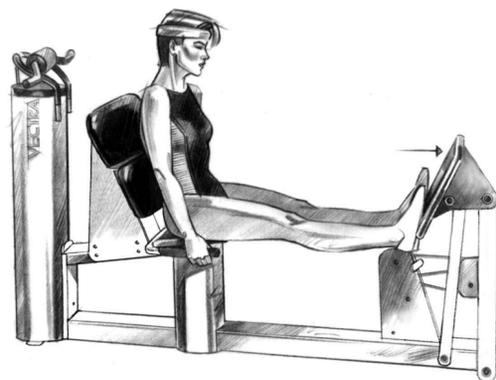
3. Preacher Curl

Benefits: (Primary) Biceps. (Secondary) Brachialis.
Position: Raise seat to preacher curl position. Adjust for arm length by moving seat either toward or away from column. Turn and face pads while straddling seat bottom.
Action: With elbows and triceps firmly against pad, reach and grasp cambered bar. While keeping elbows and chest against pads, pull bar toward your chin. Use slow, controlled motion.
Tips: Different hand positions on the cambered bar will alter the training effect.



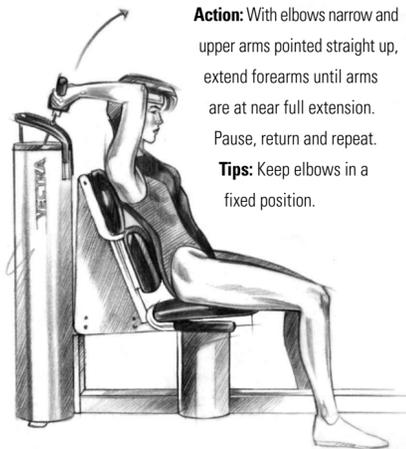
2. Calf Raise

Benefits: Soleus, Gastrocnemius (calf muscles).
Position: With seat back and feet near bottom of footplate, shoulder width apart, legs near full extension (see illustration).
Action: Press footplate away as far as possible with balls of your feet. Pause at full extension. Return. Repeat.
Tips: Point toes inward for slightly different training effect.



4. Triceps Extension

Benefits: Triceps.
Position: With cushions down and seats all the way back, sit with back against pads. Reach behind and grab the cambered bar.
Action: With elbows narrow and upper arms pointed straight up, extend forearms until arms are at near full extension. Pause, return and repeat.
Tips: Keep elbows in a fixed position.



Protected by patents: RE34,572; 4,900,018; 4,986,538; 5,336,148; 5,378,216; 5,395,295; 5,462,510; 5,605,523; 5,672,143; 5,779,601; 6,482,135; 6,508,748; 6,582,346; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; CN1,309,738; CN2,023,972; J3,117,451. Other U.S. and foreign patents pending. Vectra, and On-Line are registered trademarks of Vectra Fitness, Inc. ARC (Automatic Ratcheting Cam) and AL (Arm-Leg) are trademarks of Vectra Fitness, Inc.

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PN 56860 Rev. 6/04
Made in U.S.A.

WARNING

Serious injury can occur if you are struck by falling weights or moving parts. The risk that you assume by using this type of equipment can be reduced by obeying a few simple rules:

- IMPORTANT:** Cables are a wear item. It is your responsibility to prevent unexpected breakage. To do this, inspect every cable daily. Pay particular attention to areas near the fittings at each end of each cable. Access panels are provided, where necessary, for this purpose. Replace worn, frayed or damaged cables immediately. The actual wire strands, the fittings and the nylon jacket itself must all be scrutinized. Using or allowing a machine to be used with a suspect cable can result in serious injury.
- Inspect the nylon jacket of each cable carefully, again paying particular attention to the cable ends. This nylon jacket is essential for cable life and safety. Any cable should be replaced if the nylon jacket is missing, is damaged in any way, has pulled or shrunk away from the fittings at the end of the cable, or is discolored. DISCOLORATION, DARKENING OR BULGING OF THE JACKET IS AN EARLY INDICATION OF INTERNAL PROBLEMS SUCH AS WEAR OR FRAYING.
- Read and follow all instructions in your Owner's Manual and on your exercise chart. Additional copies are available from Vectra Fitness, Inc. or your dealer. Do not use this machine until you have taken the time to become completely familiar with its safe operation.
- Consult your physician before beginning your exercise program.
- Do not allow young children to use or play with or around this machine. Allow older children to use the machine only with adult supervision.
- Keep head and limbs clear of weights and moving parts at all times. Keep fingers clear of moving parts while making adjustments.
- Inspect the gym for loose or worn parts, damaged, frayed, or worn cables, broken weight plates, etc. Do not use or allow the machine to be used until any defective parts are repaired or replaced. Refer to the "Routine Inspection and Maintenance" section of your manual for specific inspection rules.
- Ensure that the weight selector pin is in good working condition and fully engaged in the selector shaft prior to lifting. Use only the factory supplied pin or a factory authorized replacement.
- Ensure that any locking mechanisms are properly engaged prior to lifting. Locking mechanisms secure the following in position during use: seat pads, accessory items such as squat attachments and lat hold downs, cable attachments, press arms, leg developers, etc. An improperly engaged locking mechanism could result in an injury.
- Obtain assistance to free jammed weight plates, pulleys, etc. Do not attempt to free jammed weight plates by yourself. Falling weight plates can cause serious injury.
- Do not drop the weight plates. Lift only as much as you can control safely. Don't be careless, stay alert.
- Serious injury could result if equipment moves while in use. To prevent this ensure that the floor is even, strong and not too slippery. If equipment slides too easily on floor, place equipment on rubber matting. Errors in lifting form could also result in bench moving in use. To prevent this, lift weight vertically only and do not push horizontally with your feet while lifting.

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