

YOUR PARTNER IN TRAINING FOR LIFE



Hitting, lifting, throwing, kicking, twisting, jumping, bending, reaching, pulling... it could be happening on an athletic field or in the laundry room with a basketful of shirts and socks.

Life IS movement, whether it's in sports, work, or the normal chores of the average day. And if you think about it, almost all physical activity originates with the "core" or muscles of the midsection. These are the muscle groups that provide the strength, stability, and velocity to the arms and legs. Therefore, "functional training" goes hand-in-hand with "core training."

Be Your Best

We at Vectra feel confident that we have developed the machine that will best help you reach your desired level of fitness. Vectra quality, Vectra craftsmanship, Vectra beauty, Vectra superiority in engineering...all have gone into the VFT-100. As in our broad line of weight machines, everything fits, works smoothly, and is biomechanically correct...to help you reach your goals.

"V" for Versatility

The true measure of a functional trainer is versatility, and versatility can be measured in...how many exercises can be performed, how many cable angles can be created, how many possible pulley positions there are and how much cable travel is available. More pulley positions means you'll be able to select the precise angle required for your exercise, whether you are training for a specific sport or task or simply focusing your efforts towards maximum conditioning of your core muscle groups.

This remarkable training device has a combination of pulleys matched by no other. The wide pulleys adjust from just off the floor to about six feet high, with 23 possible positions (see adjacent diagram). The pulleys themselves are counter-balanced and swivel, ever-so-smoothly, a full 540 degrees, perfect for sports specific training. This swiveling is vastly superior to the common "V-groove" pulleys found on lesser machines.

The swiveling dual high pulleys are as close together as possible, allowing for a larger range of motion. These pulleys can be set at from 6'6" high to 6'11" high at the time of installation. This allows the machine to be customized to fit the room and/or primary users.

The low central pulley is perfectly positioned for seated low rows, back extensions, abdominal reverse curls, etc., and with the bench is ideal for leg extensions and curls.

In addition, the VFT-100 was designed to be used with the bench, a fitness ball, as well as by itself. Almost any bench exercise can be performed on a ball.

Thoughtfully Designed

The VFT-100 not only occupies a small amount of space, but all adjustments, including changing the weight, are in front, so you can put it close to a wall. And changing attachments is extremely quick and easy — no time wasted between exercises, thanks to intelligently designed connectors.



Cable Crossovers are among the many popular exercises at which the high/wide pulley positions excel. Lat Pulldowns and Crossover Rear Delts are other examples. The close spacing of the pulley arm positions means that the machine fits different size users and allows for an almost endless number of cable angles.



Swiveling pulley adjustment range



VFT-100 shown with included bench and optional rack and accessories.



From a 15 degree decline to a shoulder press position, the VFT bench features 7 different training angles. Sturdy wheels make positioning easy and an automatic locking mechanism keeps the bench securely in place. Since this bench doubles as the perfect place for dumbbell work, optional 5 and 8 pair dumbbell racks are available to store your dumbbells within easy reach.



Convenient adjustment lever (patented) adjusts both sides of the pulley arm at once. The pulley arm is counterbalanced to minimize effort and since both pulleys are on one arm, they are always at the same height, saving valuable training time.



The choice of training on the bench or a fitness ball is yours with the VFT-100. Simply roll the bench out and use a ball in its place for the benefits of core stabilization training in an unstable environment (ball not included).



The central low pulley is ideal for performing many exercises such as the low row. The decline bench position and thoughtfully designed footplates make the exercise comfortable and the dual grip handle attachment provides diverging motion to enhance results.

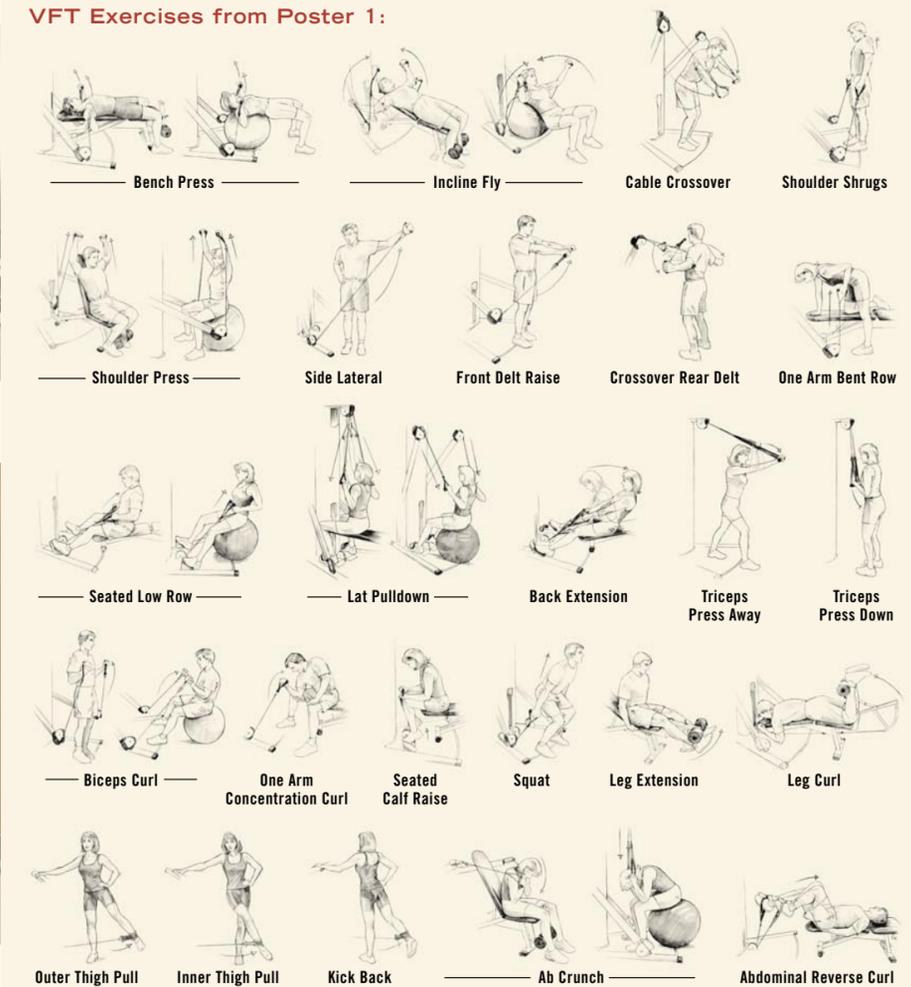


Unlike other functional trainers, the VFT-100 is strong on leg exercises. The ball-bearing leg developer allows you to perform leg extensions and leg curls one or two legs at a time, and the width-adjustable contoured leg rollers — a Vectra innovation — provide unsurpassed comfort. For other leg exercises use the ankle strap or the optional foot strap.

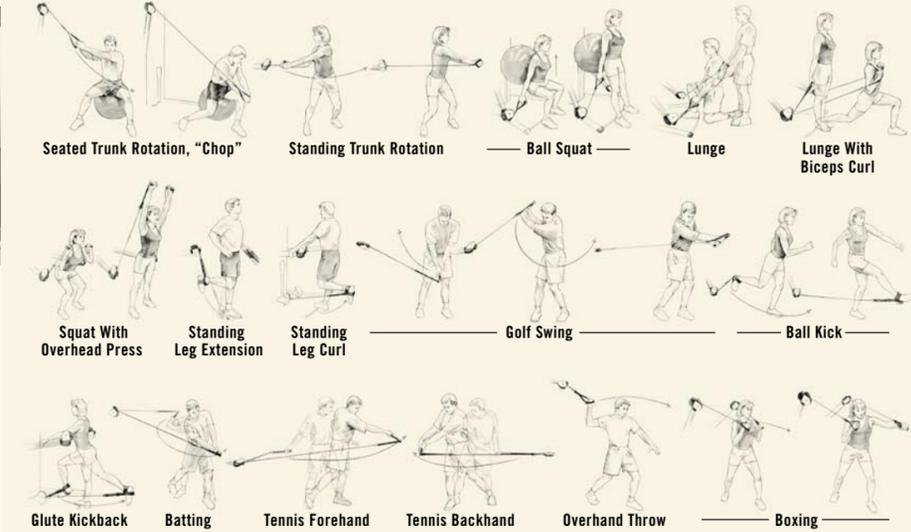


Comfortable and innovative, contoured foot hold-downs engage additional lower body muscles during pulldown exercises.

VFT Exercises from Poster 1:



VFT Exercises from Poster 2:

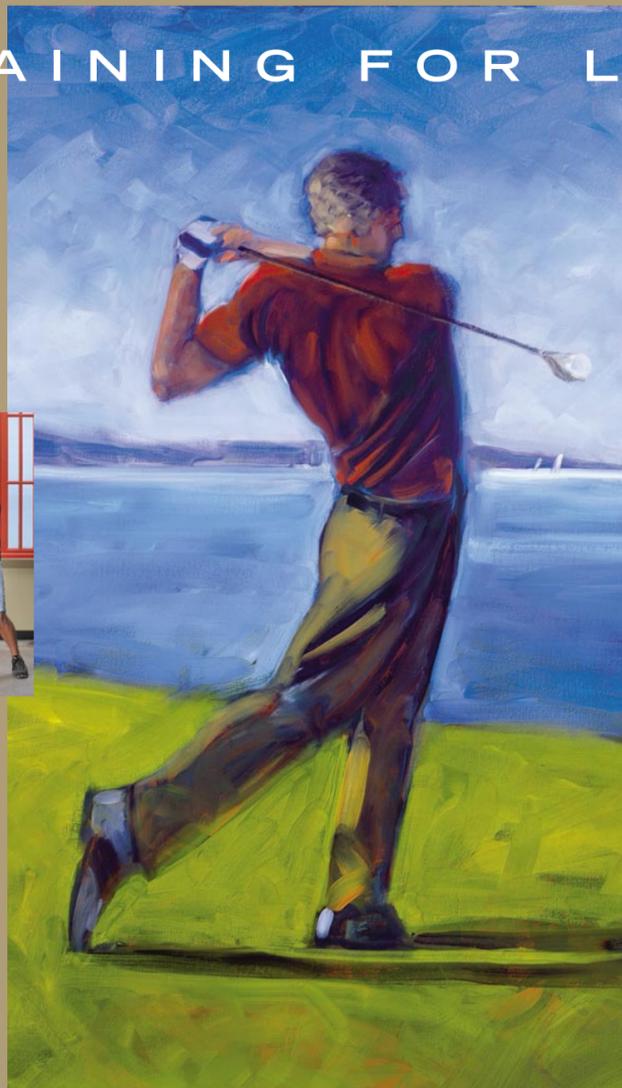


To guide you through the multitude of exercise possibilities available on the VFT-100, every machine comes with TWO large detailed exercise posters. The first poster emphasizes the more traditional exercises and introduces unstable environment (fitness ball) options for many of them. The second poster deals with Advanced Functional Training and Sports Related Training and emphasizes multi-joint and multi-plane resistance training.

OUTDRIVE YOUR BUDDIES!

Yes, you can train to hit a golf ball harder... or a baseball, a tennis ball, a hockey puck. Or make everyday activities, such as mowing or putting the baby in a car seat less of a task...AND reduce muscle soreness and stiffness! Technically it's called "functional fitness," the result of functional training, which puts an emphasis on training the body's mid-section (core training).

TRAINING FOR LIFE



Sports specific training shown here: golfing (above), batting, pitching, kicking, tennis backhand, boxing, and hockey.



With a removable bench and conveniently located adjustments, the VFT-100 is perfect for disabled users. Demonstrating this feature is wheelchair athlete and Army veteran, Joseph Sapienza, a 24-year participant in the National Veterans Wheelchair games held each summer. Joseph, #73, took home Gold in both weightlifting and bowling this last year!



In addition to White, the VFT-100 is available in Sterling (shown here), Black, and Classic Pewter.



Optional Accessories (top to bottom): Foot Strap, Racquet Sports Handle, Baseball Bat Handle, Golf Handle, Baseball Ball Accessory, Hockey Handle. Other optional accessories in development.

Specifications & Features

Premium Weight Stack: 160 lbs. standard, 210 lbs. available. Machined cast iron, powder coated, alloy selector shaft for low minimum weight, premium selector pin. Access from front of machine for convenience.

Weight Stack / Cable Travel: 50-1/2" of stack travel (45-1/2" for optional 210 lb. stack) yielding 101" of cable at swiveling pulleys (91", 210 lb. stack).

Central High Pulleys: Dual pulleys swivel more than 90-degrees. Located as close together as possible. Adjust from 6'6" to 6'11" during assembly. 1:1 resistance when two are used (50% each side).

Wide Pulleys: Dual pulleys swivel 540-degrees, counterbalanced. Adjust together from about 4 inches to about 6 feet, 23 positions. 1:1 resistance when two are used (50% each side).

Central Low Pulley: Floor level location, 1:1 resistance. Designed for easy bench connection. Dual grip handle included for two hand exercises.

Frame: Heavy duty welded steel construction. Quality powder coat finish for durability.

Frame Colors Available: White, Black, Sterling Silver and Classic Pewter.

Upholstery Colors: Black and Grey standard. Inquire about other color options.

Seamless Cushions: More durable than molded or sewn.

Leg Developer: Ball-bearing pivot. Two position for leg extensions and leg curls. Contoured, width-adjustable leg rollers.

Bench: 7-position seat back, 4 position seat bottom. Rated for users weighing up to 350 lbs.

Pulleys: Fiberglass reinforced nylon, 4-1/2" diameter, ball bearing hub.

Cable: Internally lubricated, clear nylon coated 7 x 11 strand construction, aircraft quality, 2000 lb. tensile strength, stainless steel fittings.

Guide Rods: Stainless steel, linear polished.

Weight Stack Guards: Standard.

Exercise/Safety Poster: Two Standard.

Available Options

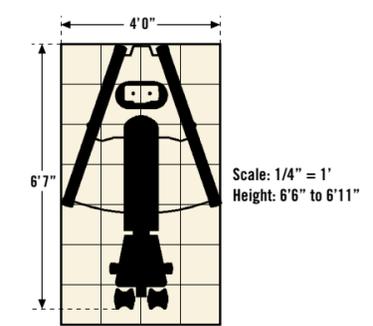
- VFT Accessory Rack
- 8 and 5 pair Dumbbell Racks
- Various accessory handles, see photo
- 2-1/2 and 5 lb. add-on plates

Safety

It is important to maintain a safe exercise environment. Vectra is extremely serious about safety. That's why our machines feature clear-coated cables and enclosed pulleys for the protection of not only users of the gym, but bystanders as well.

Heritage

In 1987 Vectra Fitness introduced its first single-stack weight machine, the revolutionary On-Line® 1500. Over the years, our emphasis on innovation and biomechanics has earned us the respect of those in the strength training field. This nearly 20-year heritage is evident as you put the VFT-100 through its paces in an actual workout.



Limited Warranty: 10 years frame (5 years in commercial use), 5 years weight stack and guide rods, 1 year cables, upholstery and bearings, 5 years pulleys (1 year in commercial use). See manual for details.

Do not rely upon the printed colors shown here for purposes of color selection. Actual paint and upholstery samples available. Specifications subject to change without notice.

Protected by one or more of the following patents: RE 34,572; 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; 6,994,660; 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, On-Line and Cornerstone are registered trademarks of Vectra Fitness, Inc. Series VX, ARC (Automatic Ratcheting Cam), AL (Arm-Leg), Vector and VFT are trademarks of Vectra Fitness, Inc.

Made in U.S.A.
© 2006 Vectra Fitness, Inc.
PN 64790



Vectra Fitness, Inc.
7901 South 190th Street / Kent, WA 98032 U.S.A.
Tel: 425-291-9550 / Fax: 425-291-9650
www.VectraFitness.com



FUNCTIONAL TRAINER



TRAINING FOR LIFE