

**Versatility, smooth/reliable operation and convenience** are the measure of functional trainers, and on all counts the VX-FT machines are unsurpassed. With pulley arms that adjust simply with one lever from 6 inches to 7 feet above the floor and from 8 inches to over 8 feet apart, these machines are setting new expectations in the strength training field. More pulley positions over a larger area means the VX-FT machines fit all potential users better and users can select the precise exercise angle to focus on a specific sport or muscle group.

The commercially rated Series VX machines are known for smooth and reliable operation. Thanks to quality components such as stainless linear polished guide rods, ball bearings, and precision machined weight stacks, the operation is smooth when new and after many years of heavy use. This coupled with painstaking design and heavy-duty construction make those years trouble free.

Whether used by one person or many users in a commercial setting, the convenience and ease-of-use of the VX-FT are sure to please. The space saving and ADA compliant VX-FT...fitness that fits.



Need a two user machine? The 2 stack VX-FT functional trainer is the perfect choice.



▲ The versatile, patented Vector™ Bench is ideal with the VX-FT.



▲ To capitalize on the advantages of unstable environment training, the VX-FT is designed to incorporate a greater range of fitness ball exercises.



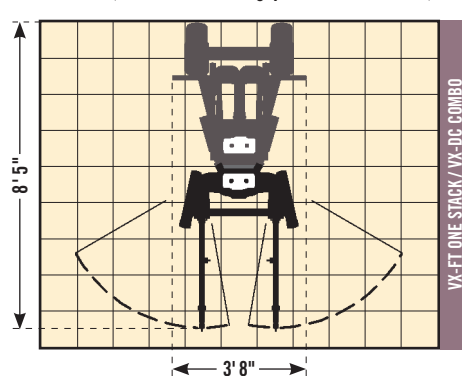
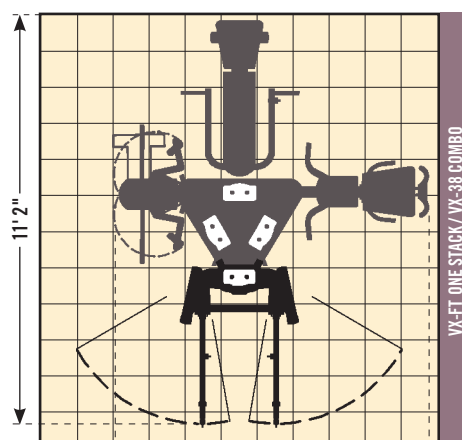
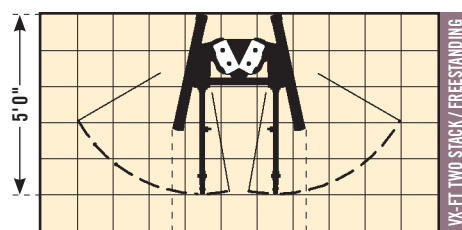
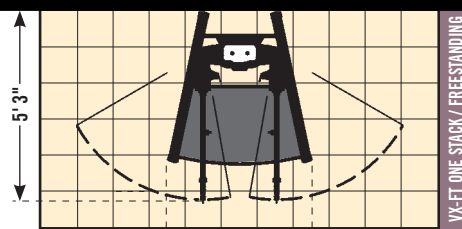
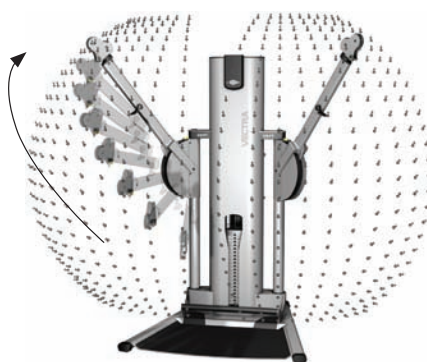
▲ One convenient lever (patented) allows for simultaneous horizontal and vertical arm adjustments. Indicators for both axes make it easy to get the arms in mirror image positions or back to regularly used positions.

▲ Attaching any handle is literally a snap! Connectors are identical for both the swiveling Body ResiStability™ anchor points as well as the stack-weighted cable ends, maximizing versatility.

The VX-FT 1 stack may be attached to a VX-38 as shown here for a 4-stack configuration. Other configurations include Freestanding, or attached to other VX Series machines. Tailor a Vectra gym to the size and needs of any facility!



This 3D computer rendering of the freestanding VX-FT 1 stack shows the versatility of both VX-FT machines. Every possible cable end starting location is depicted...500 in all, 250 per arm. Adjust each independent arm directly from any one position to any other position. Even diagonal adjustments are simple, such as illustrated by the arrow! Vectra Fitness has more than doubled the number of exercise positions previously available in this category while cutting the number of necessary adjustments in half!



(Scale: 3/16" = 1') (Height up to 7' 3")

	Cabling Option	Weight Stack Option	Maximum Weight pulling both grips	Incremental Weight per grip	Cable Travel per grip	
					pulling 1 grip	pulling 2 grips
VX-FT ONE STACK	2:1	210 lb.	210 lb.	5 lb.	6' 8"	3' 4"
		260 lb.	260 lb.	5 lb. then 7 1/2 lb.		
	4:1	210 lb.	105 lb.	2 1/2 lb.	12' 10"	6' 5"
	260 lb.	130 lb.	2 1/2 lb. then 3 1/4 lb.			
	6:1	210 lb.	70 lb.	1 1/2 lb.	19' 0"	9' 6"
		260 lb.	87 lb.	1 1/2 lb. then 2 1/2 lb.		
VX-FT TWO STACK	2:1	2 x 260 lb.	260 lb.	5 lb.	5' 0"	
		4:1	2 x 260 lb.	130 lb.	2 1/2 lb.	9' 7"
	6:1	2 x 260 lb.	87 lb.	1 1/2 lb.	14' 5"	

**Specifications & Features**

**Vertical Arm Positions:** 25 positions from 6" to 7'. Arms are counterbalanced to minimize adjusting effort.

**Horizontal Arm Positions:** 10 positions per arm, separation ranging from 8" to over 8-1/2'.

**Arm Locking Mechanisms:** Fully shrouded.

**Swiveling Pulleys:** Unique dual offset pulley design offers more cable/pulley contact for the ultimate in smooth swiveling motion to freely follow exercise movements.

**Premium Weight Stack(s):** Powder coated, machined cast iron. Alloy selector shaft for low minimum weight. Premium selector pin with lanyard. Access from front of machine for convenience, fully shrouded.

**Cabling:** 4 to 1 cabling standard, 2 to 1 and 6 to 1 available. See chart below for details.

**Cable:** Internally lubricated, clear nylon coated 7 x 19 strand construction, aircraft quality, 2000 lb. tensile strength, stainless steel fittings.

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

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

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

**Guide Rods:** Stainless steel, linear polished.

**Rubber Coated Foot Bar:** A Vectra innovation that maximizes core involvement and forms the pivot point for many Body ResiStability exercises.

**Informational Materials Included:**

- 3 Exercise/Safety Posters
- Instructional DVD

**Modular:** Kits available for attaching the VX-FT 1 stack to other Series VX machines. A freestanding frame is required for freestanding installations; see manual for details. The VX-FT 2 stack is freestanding only.

**Included Accessories (two each):**

- Short single handles (8")
- Long single handles (14")
- Foot straps
- Extension cables (20")

**Available Options:**

- Vector™ Bench
- FT Accessory Rack
- Various Accessory Handles (see photo below)



**Limited Warranty**

(see manual for details)

**Commercial:** 5 years frame, weight stack(s), guide rods, pulleys; 1 year bearings, cables and attachments, upholstery.

**Home Use:** Lifetime frame; 5 years weight stack(s), guide rods, pulleys, bearings; 3 years cables and attachments, upholstery.

Do not rely upon the printed colors. Actual paint and upholstery samples available. Specifications subject to change without notice. Protected by one or more of following 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; 6,994,660; 7,150,701; 7,255,665; 7,303,514; 7,695,418; 7,846,075; 7,909,742; 7,922,631; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; D576,230; D576,231; D576,232; D576,233; D576,234; CN1,309,738; CN2,023,972; J3,117,451.

Other U.S. and foreign patents pending.

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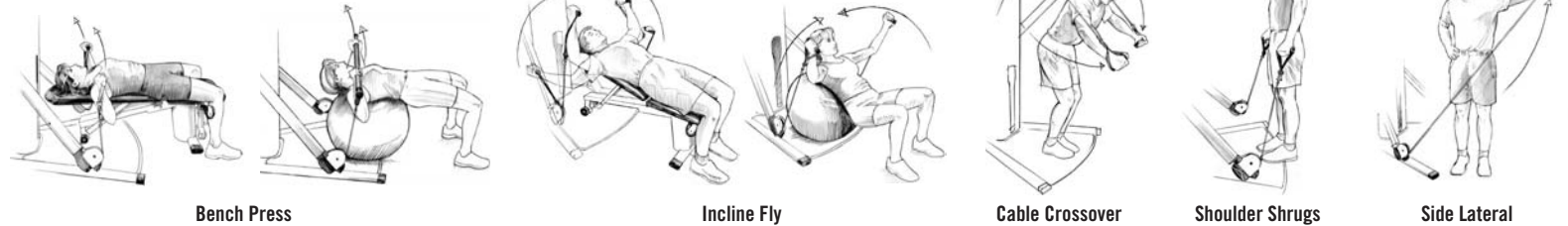
SERIES  
COMMERCIAL FUNCTIONAL TRAINERS  
**BODY RESI STABILITY™**



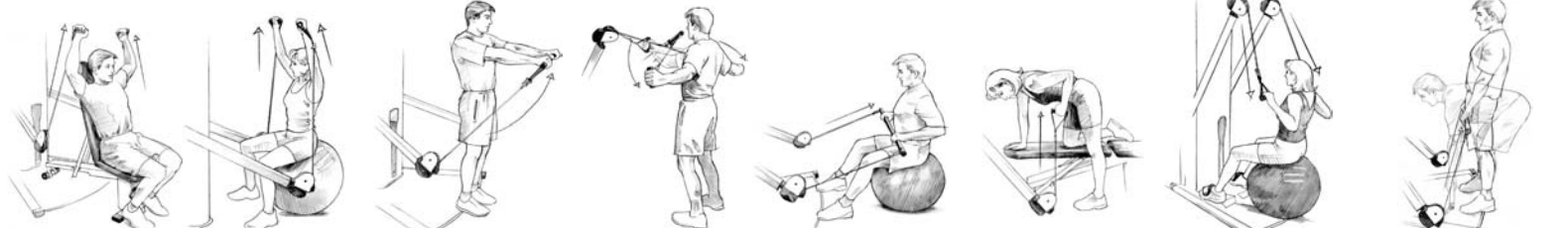
VX-FT  
ONE & TWO  
STACK  
AND  
COMBINATIONS

# VX-FT EXERCISES USING WEIGHT STACK(S)

## CORE & FUNCTIONAL TRAINING: Poster 1



Bench Press      Incline Fly      Cable Crossover      Shoulder Shrugs



Side Lateral      Shoulder Press      Front Delt Raise      Crossover Rear Delt      Seated Low Row      One Arm Bent Row      Lat Pulldown



Straight Leg Dead Lift      Triceps Press Away      Triceps Press Down      Biceps Curl      One Arm Concentration Curl      Standing Calf Raise      Squat

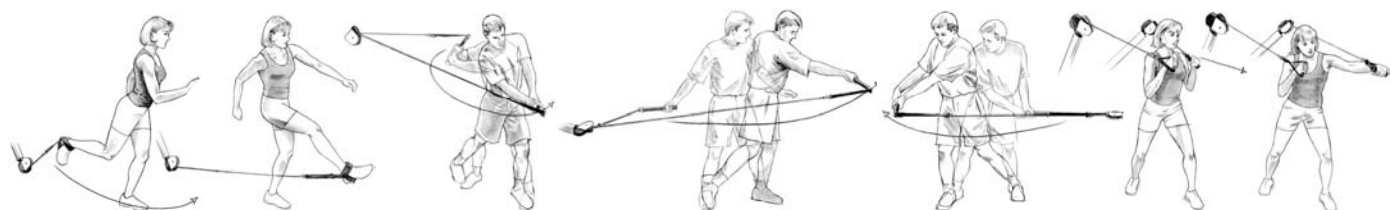


Standing Leg Curl      Outer Thigh Pull      Inner Thigh Pull      Kick Back      Ab Crunch      Kneeling Oblique Flexion

## ADVANCED FUNCTIONAL & SPORTS RELATED TRAINING: Poster 2



Standing Trunk Rotation      Seated Trunk Rotation ("Chop")      Lunge      Lunge With Biceps Curl      Jump Squat



Ball Squat      Squat With Overhead Press      Glute Kickback      Ball Throw



Ball Kick      Baseball Swing      Tennis Forehand      Tennis Backhand      Boxing      Hockey Slapshot      Golf Swing      Kayaking



< Training for golf or another sport with a Vectra Sports Handle improves your game by building directly applicable strength, improving muscle memory and developing a more solid core.

### Life is movement.

Sports, work, and daily activities all involve movement, and this movement originates in the "core" or muscles of the mid-section. This is why "functional training" and "core training" go hand-in-hand. Make Vectra your partner in TRAINING FOR LIFE with the VX-FT. Functional training is an effective way to improve your quality of life and can play an important role in achieving your specific goals, including losing weight, enhancing physical performance, and reducing risk of injury. The VX-FT delivers these benefits in the most advanced and easy to use format.

# BODY RESISTABILITY™ EXERCISES USING BODY WEIGHT

## Adding another full machine's worth of training capability to the planet's most versatile Functional Trainers.

Body Resistability™ Strength Training is a feature found exclusively on all Vectra Fitness functional trainers, including the VX-FT one and two stack machines. It involves using many muscles in dynamic and coordinated movements against the weight of your own suspended body. By varying the position and angle of the body relative to gravity, Body Resistability™ multiplies exercise variety and allows the user to change the resistance level. Traditional "against gravity" exercises have long had their roles in training. Think push-ups, pull-ups, sit ups, even stair climbing. Body Resistability™ takes such exercises one giant step further by making

the user provide the stability, in the same way that a gymnast stabilizes the body during exercise recruits the muscles of the core and leads to exceptional results. By varying the exercise angle, the resistance is changed from very easy to very advanced.

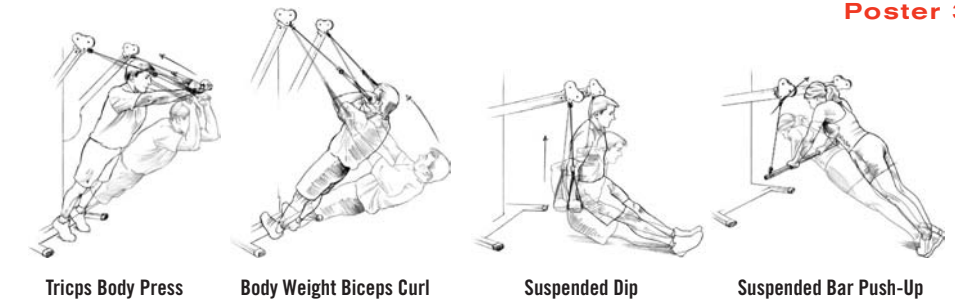
✓ The Multi-Purpose Straight Bar is the perfect complement to the VX-FT. It expands the exercise possibilities for both body and stack-weighted training.



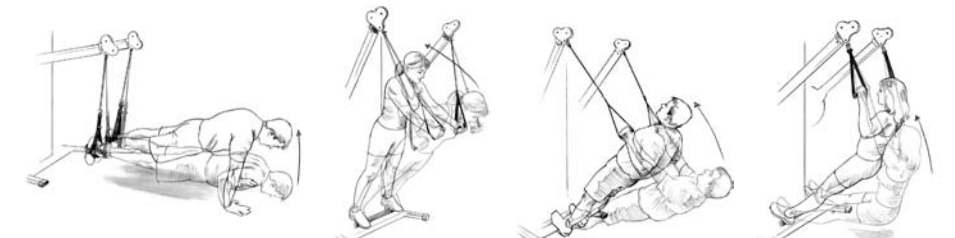
# TRAINING FOR LIFE™



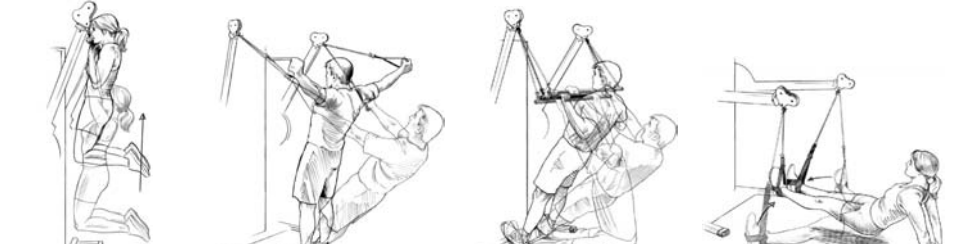
## Poster 3



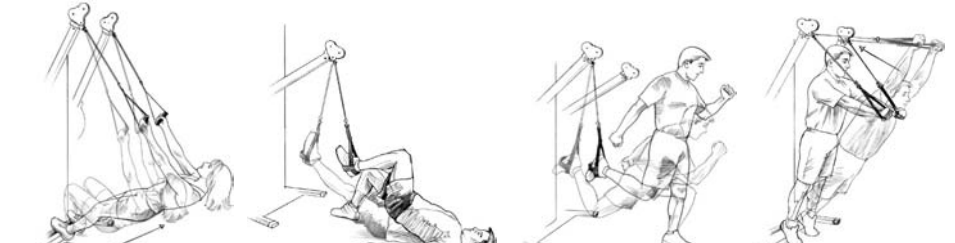
Trips Body Press      Body Weight Biceps Curl      Suspended Dip      Suspended Bar Push-Up



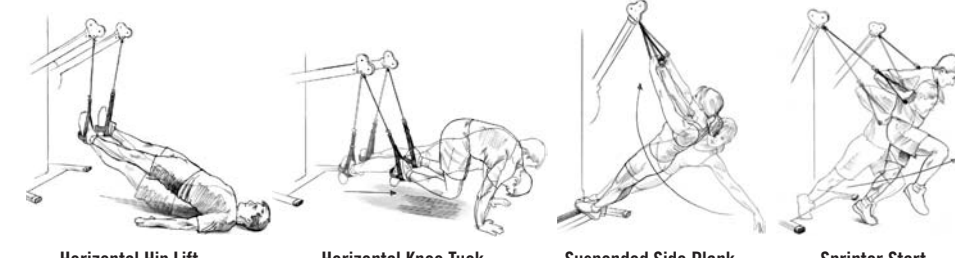
Suspended Feet Push-Up      Angled Chest Fly      Body Weight Row      Body Weight Lat Pull



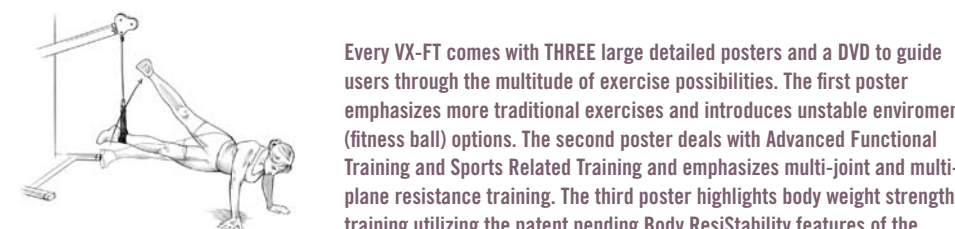
Reverse Grip Pull-Up      Rear Shoulder Y-Raise      Pike-Plank-Pull      Horizontal Adduction



Reclined Squat      Horizontal Single Leg Curl      Single Leg Curl      Body Weight Pullover



Horizontal Hip Lift      Horizontal Knee Tuck      Suspended Side Plank      Sprinter Start



Suspended Hip Abduction

Every VX-FT comes with THREE large detailed posters and a DVD to guide users through the multitude of exercise possibilities. The first poster emphasizes more traditional exercises and introduces unstable environment (fitness ball) options. The second poster deals with Advanced Functional Training and Sports Related Training and emphasizes multi-joint and multi-plane resistance training. The third poster highlights body weight strength training utilizing the patent pending Body Resistability features of the VX-FT. All three categories are covered in the DVD.

Your body is the weight stack.