

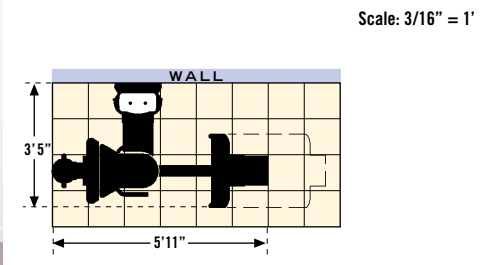


VX-11  
VX-18  
VX-28  
VX-38  
VX-48

TECHNICALLY SUPERIOR MULTI-STATION GYMS

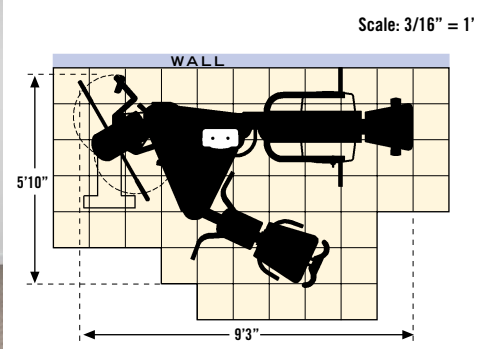
Height = 5' 11"  
1 USER  
Exercises available:  
Area D exercises  
VX-11 shown in  
Classic Pewter with  
Grey upholstery.  
All paint and upholstery  
colors available.

VX-11



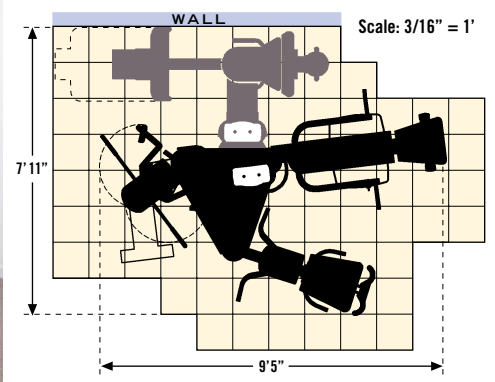
Height = 6' 11"  
1 USER  
Exercises available:  
Area A, B, C exercises  
VX-18 shown in Black  
with Black upholstery.  
All paint and upholstery  
colors available.

VX-18



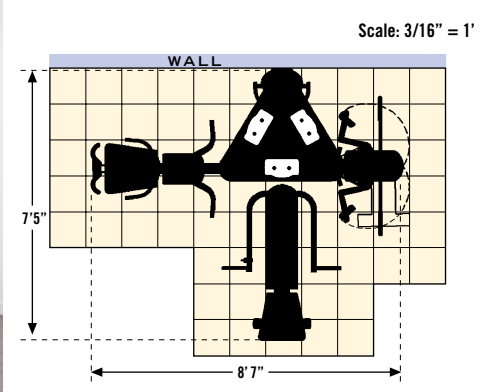
Height = 6' 11"  
2 USERS  
Exercises available:  
Area A, B, C, D exercises  
VX-28 shown in Black with  
Black upholstery. All paint and  
upholstery colors available.  
May be assembled as  
shown or as two separate  
units (shaded differently  
in this diagram) to better  
fit your floor plan (even  
in separate rooms!).

VX-28



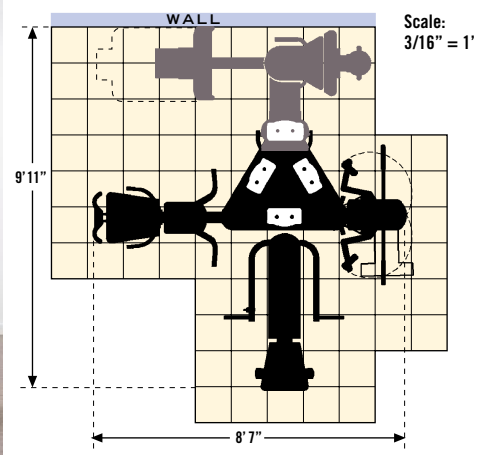
Height = 6' 11"  
3 USERS  
Exercises available:  
Area A, B, C exercises  
VX-38 shown in White  
with Black upholstery.  
All paint and upholstery  
colors available.

VX-38



Height = 6' 11"  
4 USERS  
Exercises available:  
Area A, B, C, D exercises  
VX-48 shown in  
Sterling Silver with  
Black upholstery.  
All paint and upholstery  
colors available.  
May be assembled as  
shown or as two separate  
units (shaded differently  
in this diagram) to better  
fit your floor plan (even  
in separate rooms!).

VX-48



The Vector™ Bench rolls free of the machine, making it the perfect place for dumbbell work. Optional 5 and 8 pair dumbbell racks are the space efficient way to store your dumbbells within easy reach.



Accessory Rack (optional) shown with accessories: Low Row/Calf Block, Lat Bar, Squat Attachments, Single Handle, Ab Strap, Ankle Strap, Extension Cable and Curl Bar (standard on VX-18, VX-28, VX-38, VX-48).



Cambered Bar (standard on VX-11, VX-28, VX-48).



Custom Handle Kit: Parallel Grip Lat Bar, Close Grip Multi-Function Bar, Triceps Strap (optional).

**Specifications & Features**

**Seamless Cushions:** more durable than molded or sewn cushions.

**Premium Weight Stacks:** 210 lbs. standard, 260 lbs. available. Machined cast iron, powder coated, alloy selector shaft for low minimum weight, premium selector pin.

**Maximum Press Resistance:** 260 lbs. standard, 310 lbs. available (50 lbs. press arm).

**Minimum Press Resistance:** 2 weight reduction springs included and may be installed on the press arm, each reduces the 50 lb. press arm weight by 20 lbs.

**Leg Press Resistance:** 350 lbs. standard, 440 lbs. available.

**Ball Bearings:** For unsurpassed smoothness of operation, ball bearings are used extensively throughout the Series VX machines. For example, the VX-28 contains 71 ball bearings! Ball bearings provide smooth, quiet operation, even after many years of heavy use.

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

**Frame Colors Available:** All Series VX machines available in: White, Black, Sterling Silver and Classic Pewter.

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

**Pulleys:** Fiberglass reinforced nylon, 4-1/2" and 6" diameter, ball bearing hub.

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

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

**Weight Stack Guards:** Standard.

**Exercise/Safety Poster:** Standard.

**Available Options**

- Accessory rack
- Dumbbell racks
- Various accessory handles
- 2-1/2 and 5 lb. add-on plates

**Industry Respect**

As an example of the respect shown Vectra Fitness by knowledgeable members of the fitness industry, the American Council on Exercise® selected Vectra as the weight machine to demonstrate a variety of exercises for its Personal Trainer Manual. We can think of no higher compliment than to be chosen by this respected organization to illustrate their text book on correct exercise biomechanics.

**Safety**

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



The Trademark Columns of Distinction

Over the years, the Vectra columns have become the standard of not only excellence in function, but also in form. The elegant appearance of all Vectra gyms adds to the tasteful environment of your exercise room and your assurance of Vectra quality.

**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.

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Part# PN 65600



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



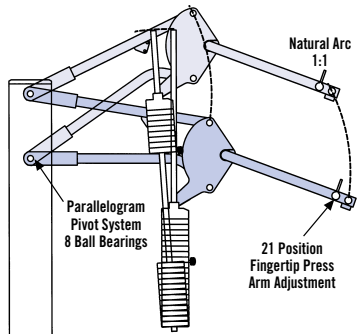
# AREA A

PRESS ARM EXERCISES

In 1987 Vectra introduced its first single-stack weight machine, the On-Line 1500, which revolutionized the industry with features such as the patented "no cable change" On-Line® system. That, along with other patented technologies in that gym established Vectra as the industry leader, and we have remained at the pinnacle for all these years. Our emphasis upon innovation, attention to detail and making biomechanics the highest priority has earned Vectra unrivaled respect from those in the strength training field. The VX Series is the embodiment of nearly 20 years of development. As you examine it in detail you will agree. Vectra has raised the bar again.



The new generation Vector™ bench features 7 positions, from a 15 degree decline to a shoulder press, all with full back support. Adjust the back pad, and the seat pad automatically adjusts to the correct angle (patent #5,462,510). Sturdy wheels make positioning easy and an automatic locking mechanism keeps the bench securely in place during use.



The Parallelogram Direct-Drive Press Arm eliminates cable stretch completely. It lifts the weight at an exact 1:1 ratio in an arc similar to the natural motion of a correctly performed free weight bench press (patent #5,605,523).



# SERIES VX

# AREA B

BUTTERFLY AND HIGH & LOW PULLEY EXERCISES



The butterfly station features ARC™ (Automatic Ratcheting Cam) with 9 fine increment, pre-stretch settings per arm (patent# 5,378,216). While you are in the exercise position, each arm adjusts separately, ensuring the perfect range of motion setting to match your flexibility.

The multi-position lat hold-down keeps you comfortably but firmly in position.

The Series VX pulley stations are versatile and, like all Vectra exercises, operate very smoothly. The high pulley, swiveling low pulley, and swiveling mid pulley (see AREA C) provide you options for a great number of quality strength training exercises. Innovative cable attachments are designed to make changes extremely quick and easy.



VX-48 & VX-28 EXERCISES

VX-18 & VX-38 EXERCISES

AREA B EXERCISES

# AREA C

LEG/ROW/MID PULLEY EXERCISES



The chest supported row seat back has 12 positions and a one-touch adjustment lever and also provides back support during leg extension exercises. The ball-bearing smooth row arm features narrow and wide grip handle positions.

The locking two position seat (patent #4,900,018), cam and accommodating pads (patent #5,395,295) make the leg curl and extension exercises extremely comfortable and effective.



AREA C EXERCISES

# AREA D

LEG PRESS/BI-TRI EXERCISES

Biceps/triceps and leg exercises at the same station? Yes, as with all Vectra machines, extreme care is taken to maximize the number of exercises per square foot. In this case, the seat back for the leg press/calf press converts in one movement to a biomechanically correct preacher curl station. You will appreciate the cambered bar, perfectly positioned for your next set in a pinch-proof cradle.



During leg presses, the non-skid footplate pivots throughout the exercise motion, minimizing ankle stress. Adjust the ball-bearing guided seat back and move the feet down onto the purpose designed section of the footplate for an unbeatable calf press. The step through design and the handy stack location are other features that separate Vectra from the pack.

VX-11 EXERCISES

AREA D EXERCISES

