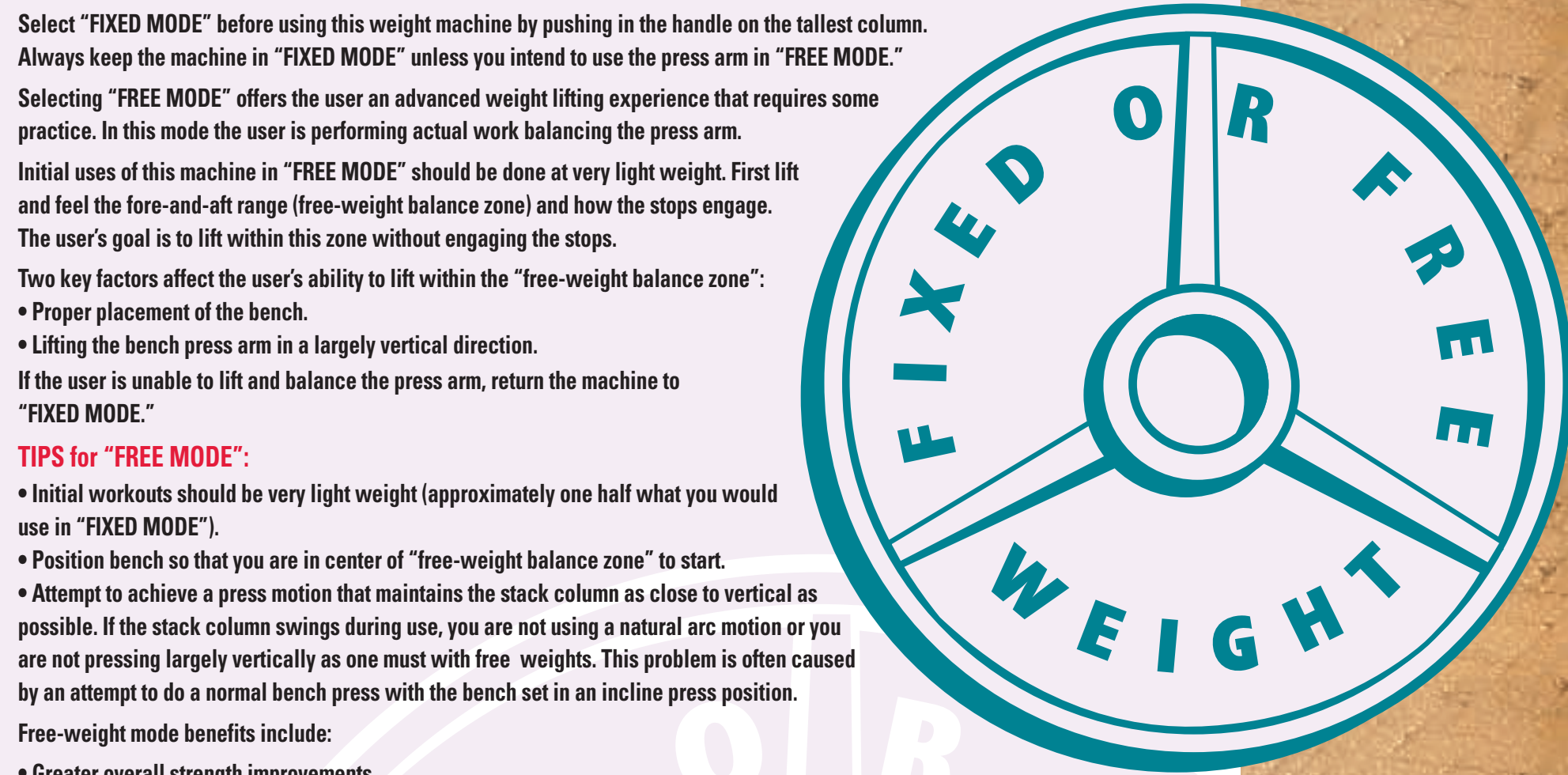


Welcome to the world of the finest multi-station gyms ever built — the world of Vectra Fitness. Before embarking on an exercise program, it is recommended that you undergo a complete physical. Discuss with your physician a personalized exercise program taking into account your age, weight and physical 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 consider the following suggestions:

- 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



Select "FIXED MODE" before using this weight machine by pushing in the handle on the tallest column. Always keep the machine in "FIXED MODE" unless you intend to use the press arm in "FREE MODE." Selecting "FREE MODE" offers the user an advanced weight lifting experience that requires some practice. In this mode the user is performing actual work balancing the press arm. Initial uses of this machine in "FREE MODE" should be done at very light weight. First lift and feel the fore-and-aft range (free-weight balance zone) and how the stops engage. The user's goal is to lift within this zone without engaging the stops. Two key factors affect the user's ability to lift within the "free-weight balance zone":

- Proper placement of the bench.
- Lifting the bench press arm in a largely vertical direction.

If the user is unable to lift and balance the press arm, return the machine to "FIXED MODE."

**TIPS for "FREE MODE":**

- Initial workouts should be very light weight (approximately one half what you would use in "FIXED MODE").
- Position bench so that you are in center of "free-weight balance zone" to start.
- Attempt to achieve a press motion that maintains the stack column as close to vertical as possible. If the stack column swings during use, you are not using a natural arc motion or you are not pressing largely vertically as one must with free weights. This problem is often caused by an attempt to do a normal bench press with the bench set in an incline press position.

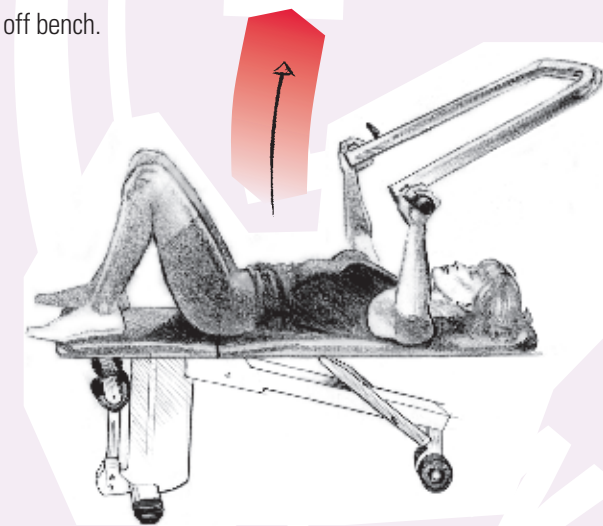
Free-weight mode benefits include:

- Greater overall strength improvements.
- Improved upper body awareness and stability.
- Functional and sport specific strength improvements.

**IMPORTANT:** Certain exercises are only to be performed in "FIXED MODE." The four exercises shown in this section are the only exercises we recommend for use in either "FREE MODE" or "FIXED MODE."

**1. Bench Press**

**Benefits:** Pectorals, deltoids, triceps.  
**Position:** Lie on bench, feet flat on floor (feet may be placed on bench to help prevent lower back strain). Grasp bar, palms forward, at chest level.  
**Action:** Push bar to full extension (just short of locking out elbows), return.  
**Tips:** Don't raise head, back or buttocks off bench.



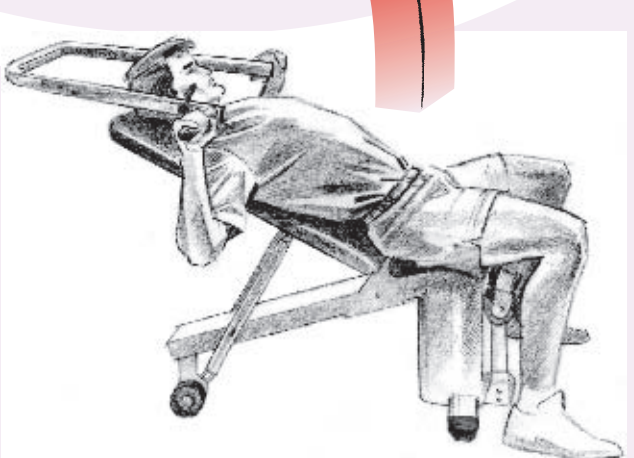
**3. Shoulder Shrugs**

**Benefits:** Trapezius.  
**Position:** Stand erect, grasp bench press handles, palms rearward.  
**Action:** Elevate shoulders as high as possible, pause, return.  
**Tips:** Keep arms extended and body rigid, knees slightly bent. Try to touch shoulders to ears.



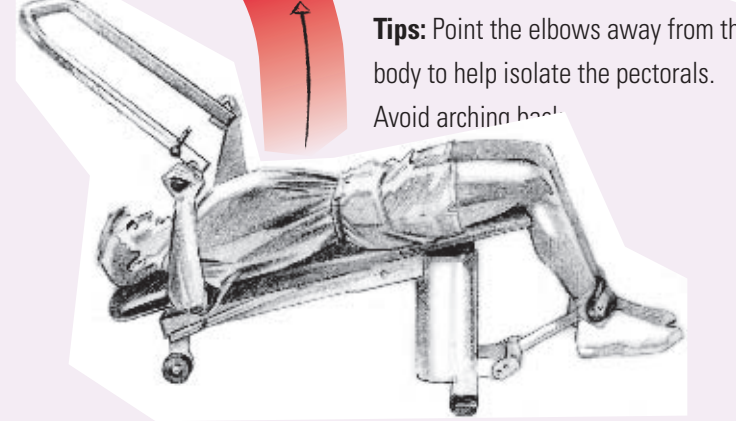
**4. Incline Press**

**Benefits:** Upper pectorals, deltoids, triceps.  
**Position:** Adjust bench to either 15°, 30°, 45° or 60° position. Lie on bench with bar above chest level. Don't start too low. Feet flat on floor. Grasp bar, palms forward.  
**Action:** Push bar to full extension (just short of locking out elbows), return.  
**Tips:** Don't raise head or buttocks off bench.



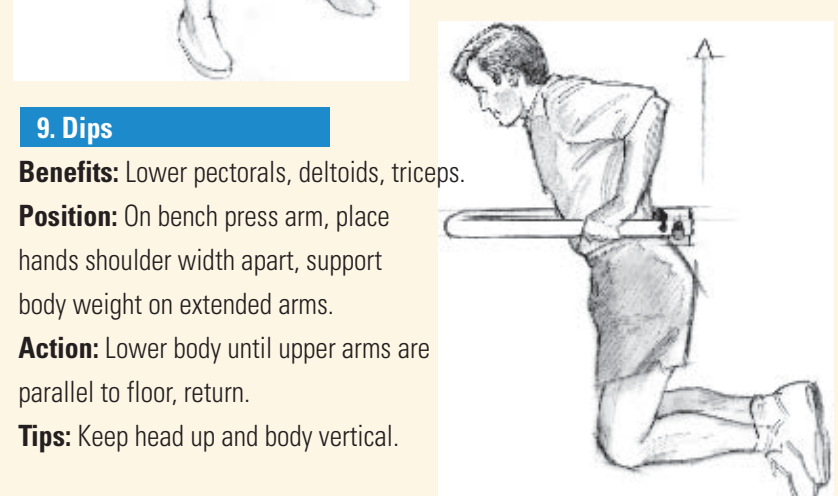
**2. Decline Press**

**Benefits:** Lower pectorals, deltoids, triceps.  
**Position:** Position bench (set at 15° decline) such that grips are in line with lower chest. Lie on the bench with bar at chest level and feet placed behind the pads. Grasp bar, palms forward.  
**Action:** Push bar to full extension (just short of locking out elbows), return.  
**Tips:** Point the elbows away from the body to help isolate the pectorals. Avoid arching lower back.



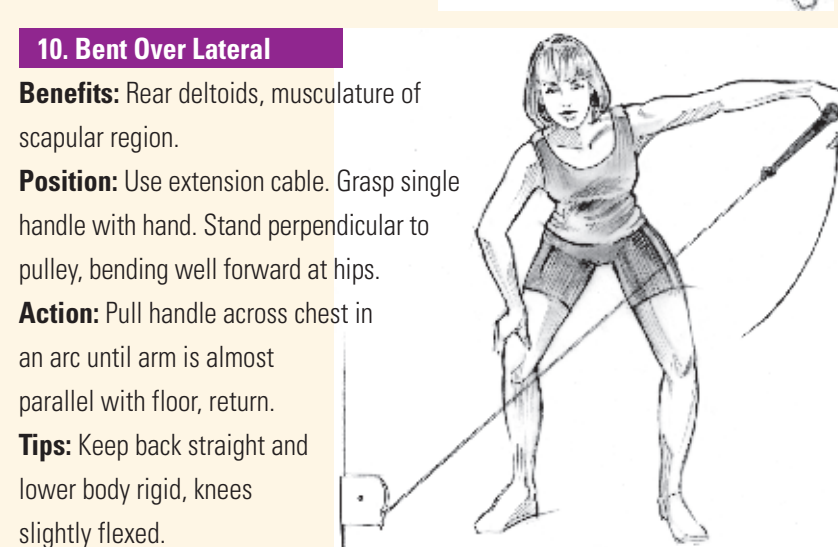
**8. Cross Chest Fly**

**Benefits:** Pectorals.  
**Position:** Sit upright with feet on floor. Grasp handles with elbows and hands at shoulder height.  
**Action:** Bring hands together in an arc motion, keeping elbow angle fixed. For greater contraction, cross hands over each other, alternating top hand.  
**Tips:** Adjust strap height and exercise angle to vary training effect.



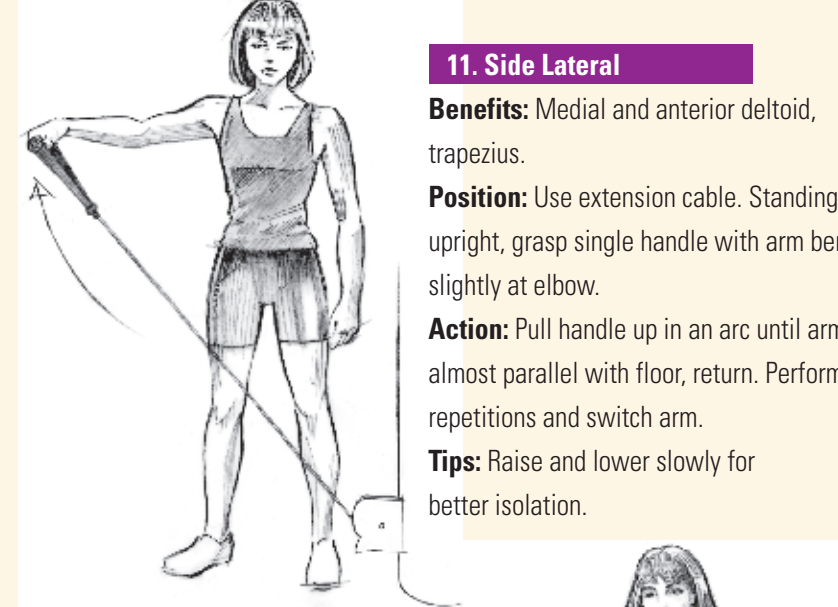
**9. Dips**

**Benefits:** Lower pectorals, deltoids, triceps.  
**Position:** On bench press arm, place hands shoulder width apart, support body weight on extended arms.  
**Action:** Lower body until upper arms are parallel to floor, return.  
**Tips:** Keep head up and body vertical.



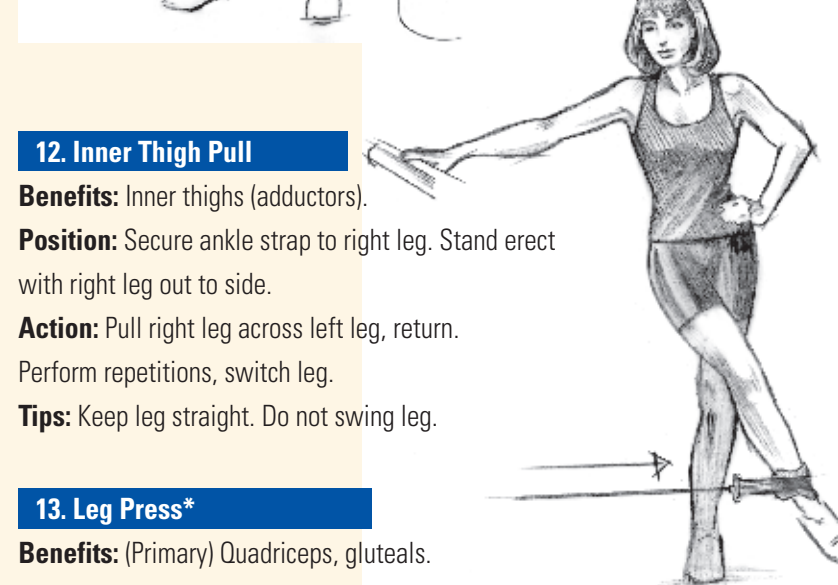
**10. Bent Over Lateral**

**Benefits:** Rear deltoids, musculature of scapular region.  
**Position:** Use extension cable. Grasp single handle with hand. Stand perpendicular to pulley, bending well forward at hips.  
**Action:** Pull handle across chest in an arc until arm is almost parallel with floor, return.  
**Tips:** Keep back straight and lower body rigid, knees slightly flexed.



**11. Side Lateral**

**Benefits:** Medial and anterior deltoid, trapezius.  
**Position:** Use extension cable. Standing upright, grasp single handle with arm bent slightly at elbow.  
**Action:** Pull handle up in an arc until arm is almost parallel with floor, return. Perform repetitions and switch arm.  
**Tips:** Raise and lower slowly for better isolation.

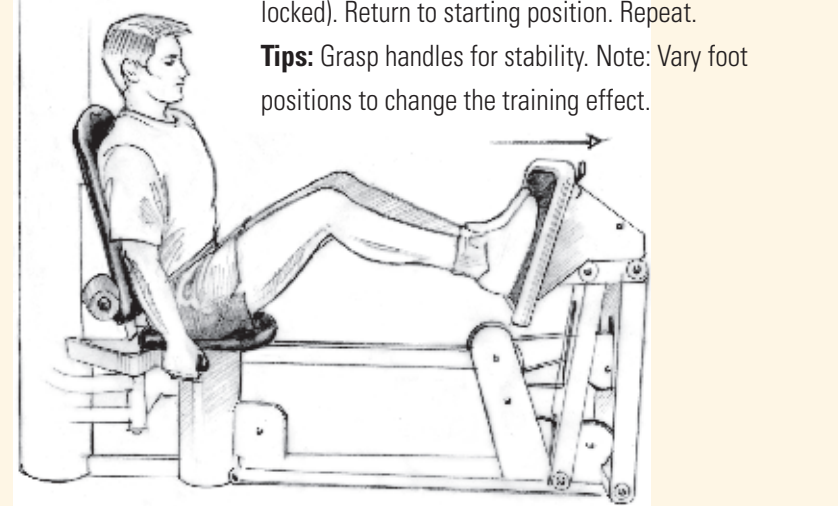


**12. Inner Thigh Pull**

**Benefits:** Inner thighs (adductors).  
**Position:** Secure ankle strap to right leg. Stand erect with right leg out to side.  
**Action:** Pull right leg across left leg, return. Perform repetitions, switch leg.  
**Tips:** Keep leg straight. Do not swing leg.

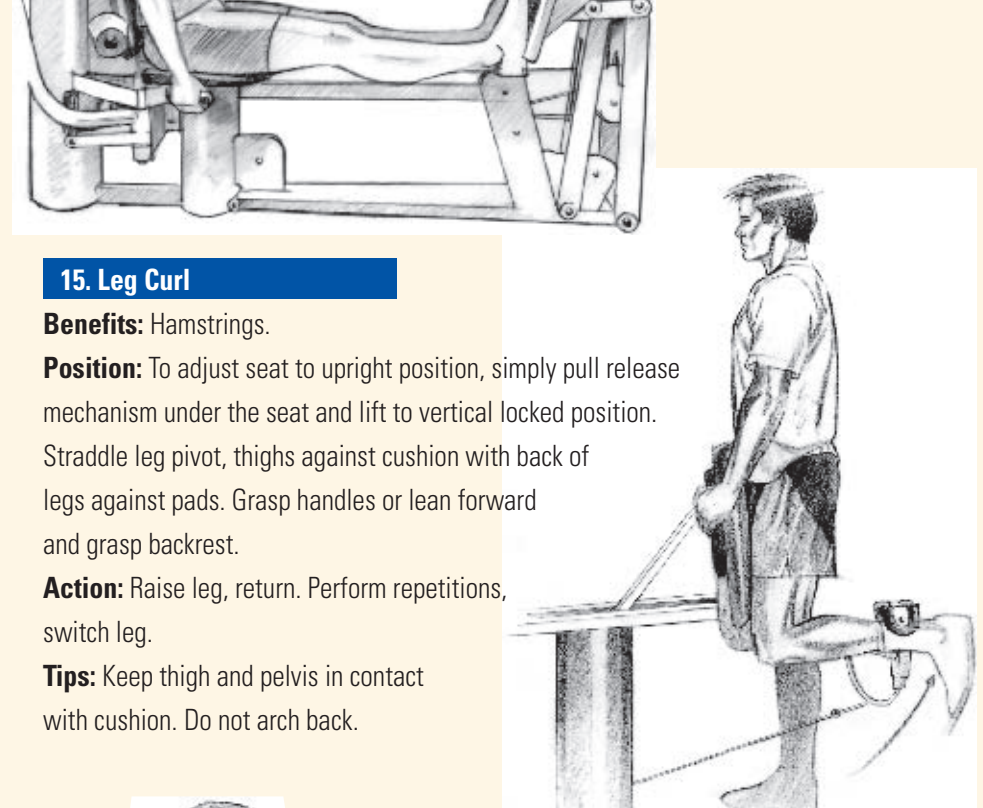
**13. Leg Press\***

**Benefits:** (Primary) Quadriceps, gluteals. (Secondary) Hamstrings.  
**Position:** Adjust footplate 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.



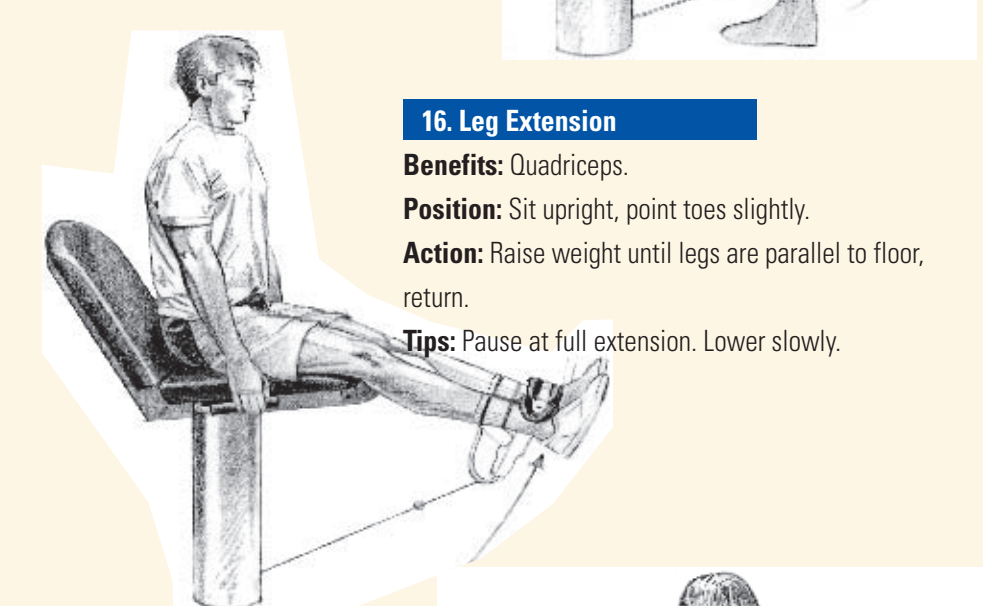
**14. Calf Press\***

**Benefits:** Soleus, Gastrocnemius (calf muscles).  
**Position:** Adjust footplate to position farthest from seat. Place 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 a slightly different training effect.



**15. Leg Curl**

**Benefits:** Hamstrings.  
**Position:** To adjust seat to upright position, simply pull release mechanism under the seat and lift to vertical locked position. Straddle leg pivot, thighs against cushion with back of legs against pads. Grasp handles or lean forward and grasp backrest.  
**Action:** Raise leg, return. Perform repetitions, switch leg.  
**Tips:** Keep thigh and pelvis in contact with cushion. Do not arch back.

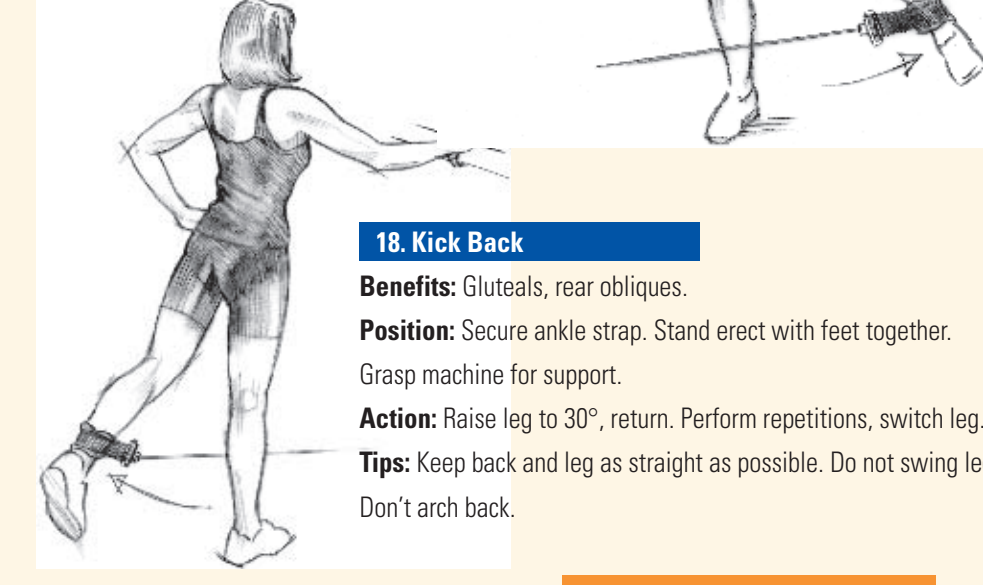


**16. Leg Extension**

**Benefits:** Quadriceps.  
**Position:** Sit upright, point toes slightly.  
**Action:** Raise weight until legs are parallel to floor, return.  
**Tips:** Pause at full extension. Lower slowly.

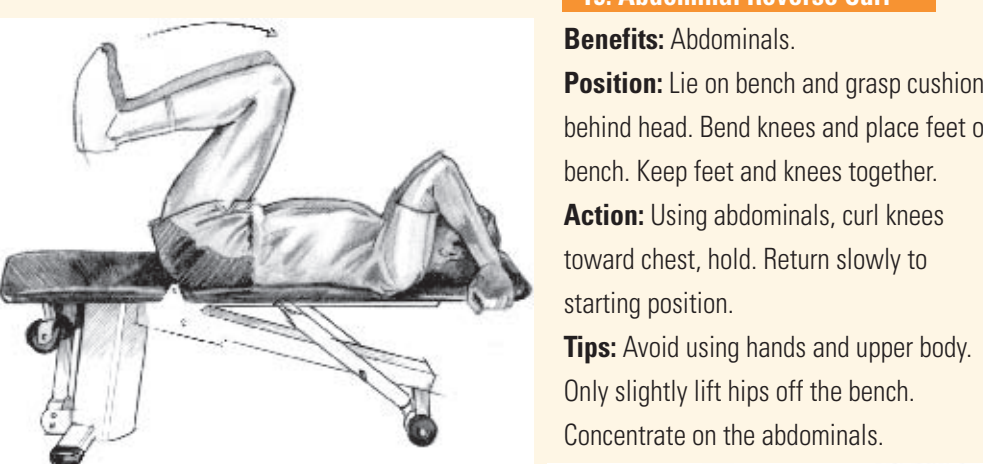
**17. Outer Thigh Pull**

**Benefits:** Hip (abductors), obliques.  
**Position:** Secure ankle strap to left leg. Stand erect with left foot in front of right. Grasp machine for support.  
**Action:** Raise leg to 45°. Perform repetitions, switch leg.  
**Tips:** Keep leg straight. Do not swing leg.



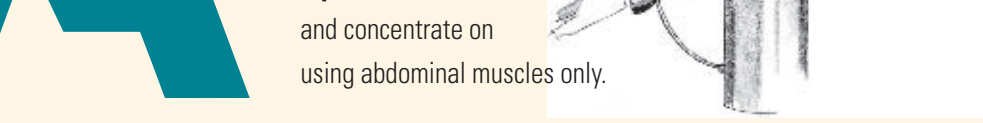
**18. Kick Back**

**Benefits:** Gluteals, rear obliques.  
**Position:** Secure ankle strap. Stand erect with feet together. Grasp machine for support.  
**Action:** Raise leg to 30°, return. Perform repetitions, switch leg.  
**Tips:** Keep back and leg as straight as possible. Do not swing leg. Don't arch back.



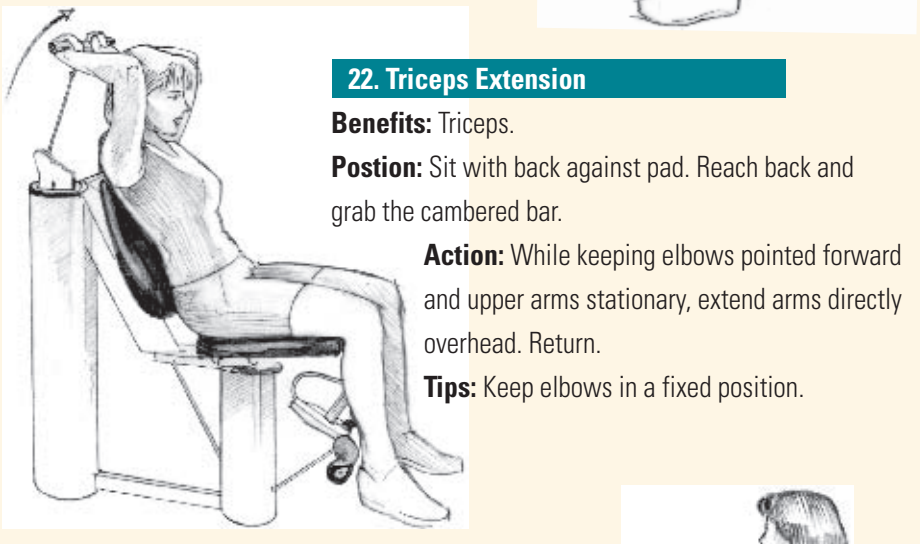
**19. Abdominal Reverse Curl**

**Benefits:** Abdominals.  
**Position:** Lie on bench and grasp cushion behind head. Bend knees and place feet on bench. Keep feet and knees together.  
**Action:** Using abdominals, curl knees toward chest, hold. Return slowly to starting position.  
**Tips:** Avoid using hands and upper body. Only slightly lift hips off the bench. Concentrate on the abdominals.



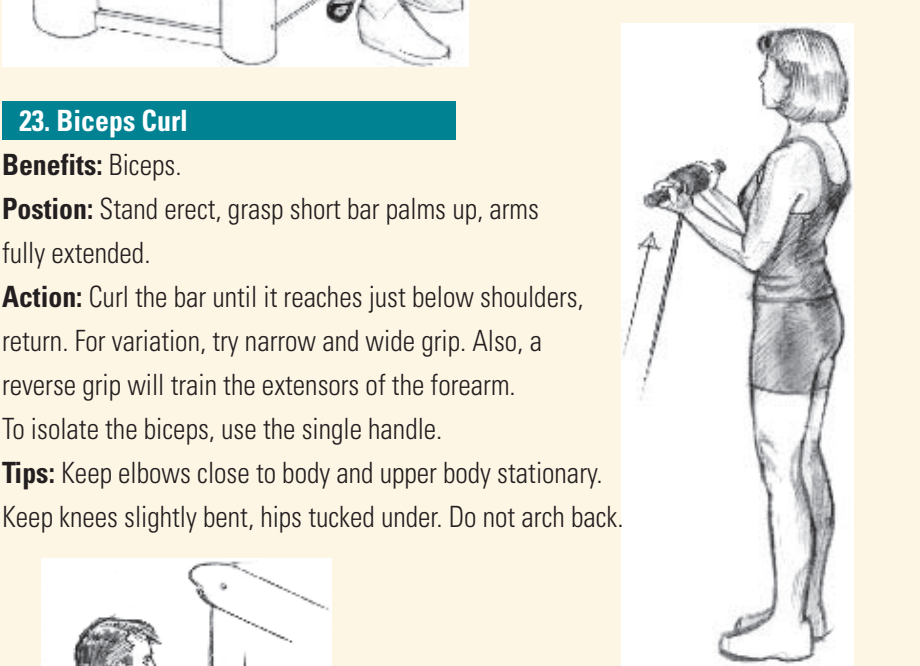
**21. Preacher Curl**

**Benefits:** (Primary) Biceps. (Secondary) Brachialis.  
**Position:** Raise seat to preacher curl position. Adjust cushion height for comfort. Sit facing cushion while straddling seat bottom.  
**Action:** With elbows and triceps firmly against pad, reach and grasp cambered bar. While keeping elbows and chest against cushion, pull bar toward chin. Use slow, controlled motion.  
**Tips:** Different hand positions on the cambered bar will alter the training effect.



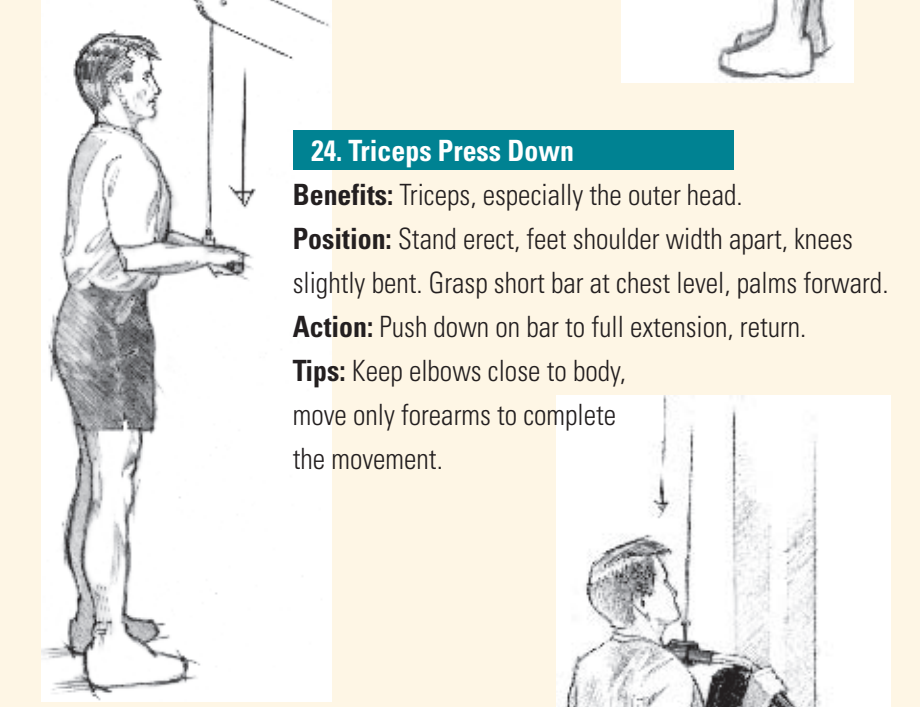
**22. Triceps Extension**

**Benefits:** Triceps.  
**Position:** Sit with back against pad. Reach back and grab the cambered bar.  
**Action:** While keeping elbows pointed forward and upper arms stationary, extend arms directly overhead. Return.  
**Tips:** Keep elbows in a fixed position.



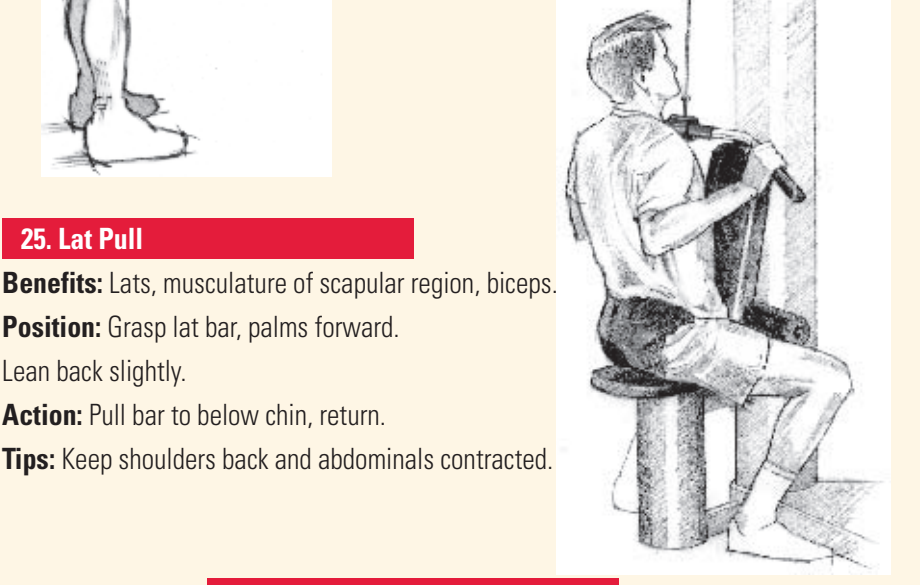
**23. Biceps Curl**

**Benefits:** Biceps.  
**Position:** Stand erect, grasp short bar palms up, arms fully extended.  
**Action:** Curl the bar until it reaches just below shoulders, return. For variation, try narrow and wide grip. Also, a reverse grip will train the extensors of the forearm. To isolate the biceps, use the single handle.  
**Tips:** Keep elbows close to body and upper body stationary. Keep knees slightly bent, hips tucked under. Do not arch back.



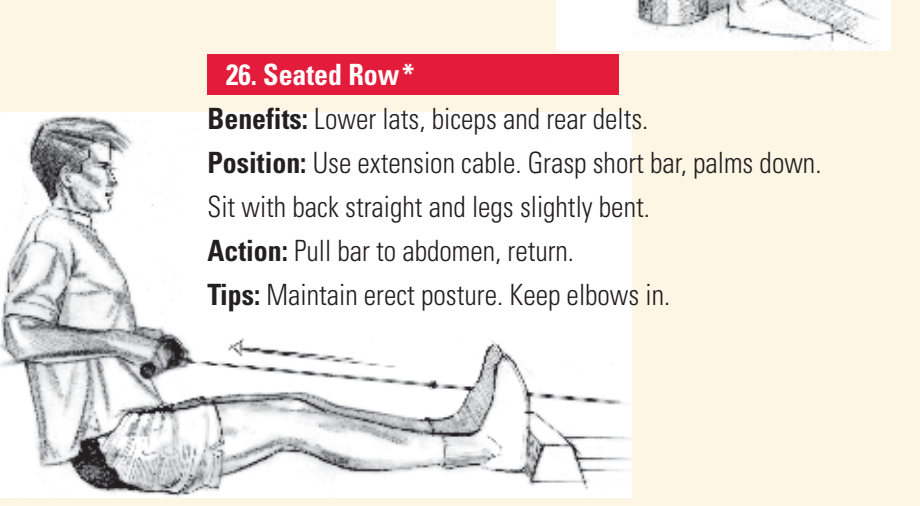
**24. Triceps Press Down**

**Benefits:** Triceps, especially the outer head.  
**Position:** Stand erect, feet shoulder width apart, knees slightly bent. Grasp short bar at chest level, palms forward.  
**Action:** Push down on bar to full extension, return.  
**Tips:** Keep elbows close to body, move only forearms to complete the movement.



**25. Lat Pull**

**Benefits:** Lats, musculature of scapular region, biceps.  
**Position:** Grasp lat bar, palms forward. Lean back slightly.  
**Action:** Pull bar to below chin, return.  
**Tips:** Keep shoulders back and abdominals contracted.



**26. Seated Row\***

**Benefits:** Lower lats, biceps and rear delts.  
**Position:** Use extension cable. Grasp short bar, palms down. Sit with back straight and legs slightly bent.  
**Action:** Pull bar to abdomen, return.  
**Tips:** Maintain erect posture. Keep elbows in.



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; 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), Vector and AL (Arm-Leg) are trademarks of Vectra Fitness, Inc.

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 PN 62270 \*Optional equipment shown

**PRIMARY MUSCLE GROUP WORKED**

- CHEST 1, 2, 4, 8, 9
- SHOULDERS 3, 7, 10, 11
- BACK 25, 26
- ARMS 21, 22, 23, 24
- LEGS 5, 6, 12, 13, 14, 15, 16, 17, 18,
- ABDOMINALS 19, 20

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:

1. **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 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.
2. 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.**
3. Read and follow all instructions in your owner's manual, on your exercise chart, and on product warning label. 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.
4. Consult your physician before beginning your exercise program.
5. 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.
6. Keep body, hair, and clothing clear of weights and moving parts at all times. Keep fingers clear of moving parts while making adjustments. 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. Use only Vectra authorized replacement parts.
8. Ensure that the weight selector pin is in good working condition and fully engaged in the selector shaft prior to lifting. Use only the Vectra supplied pin or a Vectra authorized replacement.
9. 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.
10. 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 pin the weight stack or top plate in an elevated position and do not use machine if found in this condition.
11. Do not drop the weight plates. Lift only as much as you can control safely. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by Vectra. Don't be careless, stay alert.
12. 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.

Replace any warning or caution labels on product if damaged, illegible, or removed.

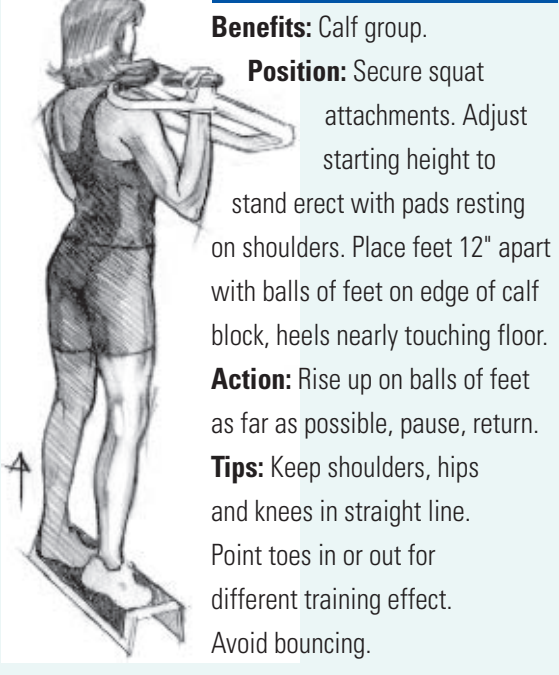
**CAUTION:** SELECT "FIXED MODE" BEFORE USING THIS WEIGHT MACHINE by pushing in the handle on the tallest column. This press station offers an advanced free weight simulation that requires the user to perform actual balancing work. "FREE MODE" should only be selected after reviewing all information on exercise chart, labels and owner's manual. (Certain exercises are to be performed in fixed mode only.)

**CAUTION:** ATTACH LEG PRESS CABLE TO CABLE ANCHOR when not connected to the low pulley cable. Leg press footplate can move forward freely with no resistance if cable is not anchored. Before using leg press, review exercise chart, all labels, and owner's manual.

FIXED MODE ONLY

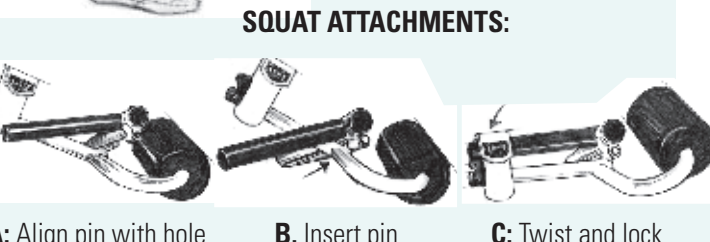
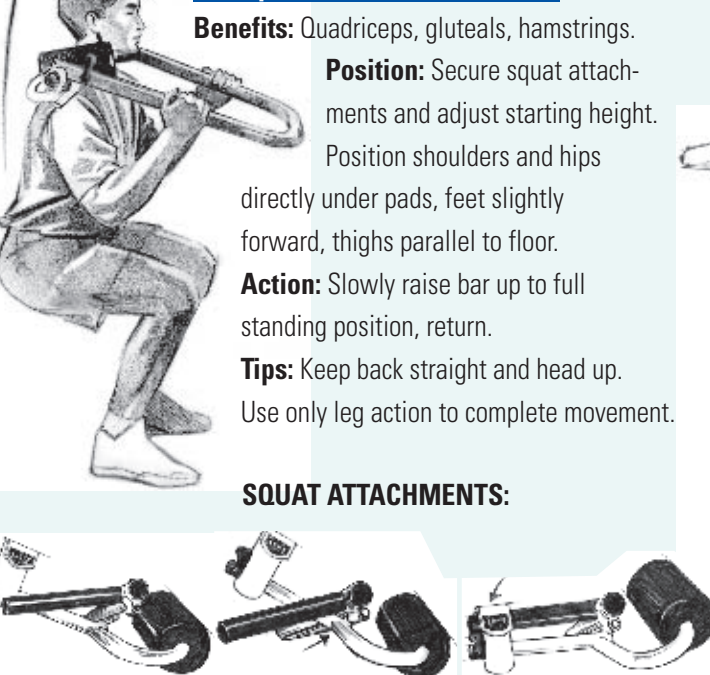
**5. Standing Calf\***

**Benefits:** Calf group.  
**Position:** Secure squat attachments. Adjust starting height to stand erect with pads resting on shoulders. Place feet 12" apart with balls of feet on edge of calf block, heels nearly touching floor.  
**Action:** Rise up on balls of feet as far as possible, pause, return.  
**Tips:** Keep shoulders, hips and knees in straight line. Point toes in or out for different training effect. Avoid bouncing.



**6. Squat\***

**Benefits:** Quadriceps, gluteals, hamstrings.  
**Position:** Secure squat attachments and adjust starting height. Position shoulders and hips directly under pads, feet slightly forward, thighs parallel to floor.  
**Action:** Slowly raise bar up to full standing position, return.  
**Tips:** Keep back straight and head up. Use only leg action to complete movement.



**7. Shoulder Press**

**Benefits:** Deltoids, trapezius, triceps.  
**Position:** Adjust bench to upright position. Grasp bar with palms forward, handles approximately aligned with ears.  
**Action:** Push bar directly overhead to full extension, return.  
**Tips:** Don't arch back. Keep feet flat on the floor.

