





# PRODUCT INFORMATION

## IMPORTANT SAFETY INFORMATION

It is the sole responsibility of the purchaser of Vision products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of Vision exercise equipment be informed of the following information prior to its use.

Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that Vision equipment be used properly to avoid injury.

## INSTALLATION

1. **STABLE AND LEVEL SURFACE:** Vision exercise equipment must be installed on a stable base and properly leveled.
2. **SECURING EQUIPMENT:** Manufacturer recommends that **all stationary Vision strength equipment be secured to the floor to stabilize equipment and eliminate rocking or tipping over. This must be performed by a licensed contractor.**
3. Under no circumstances should you slide equipment across the floor due to risk of tipping. Use proper materials handling techniques and equipment recommended by OSHA.

All anchor points must be able to withstand 750 lbs.. (3.3 kN) pull-out force.

## MAINTENANCE

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by your country's local Vision dealer.
2. **MAINTAIN LABELS AND NAMEPLATES:** Do not remove labels for any reason. They contain important information. If unreadable or missing, contact your Vision dealer for a replacement.
3. **MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

## ADDITIONAL NOTES

This equipment should only be used in supervised areas where access and control is specifically regulated by the owner. It is up to the owner to determine who is allowed access to this training equipment. The owner should consider a user's-degree of reliability, age, experience, etc.

This training equipment meets industry standards for stability when used for its intended purpose in accordance with the instructions provided by the manufacturer.

This equipment is for indoor use only. This training equipment is a Class S product (designed for use in a commercial environment such as a fitness facility). This training equipment is in compliance with EN ISO 20957-1:2013 and EN ISO 20957-2:2021.



Please read all instructions carefully before use and retain them for future reference.

## UNPACKING

Thank you for purchasing a Vision Fitness product. It is inspected before it is packaged. It is shipped in multiple pieces to facilitate the compact packaging of the machine. Prior to assembly, confirm all the components by matching them with the exploded diagrams. Carefully unpack the unit from this box and dispose of the packing materials in accordance with your local laws. Exercise device must be assembled by a trained assembly team or be pre-assembled prior to delivery.

## CAUTION

To avoid injury to yourself and prevent damage to the frame components, be sure to have proper assistance removing the frame pieces from this box. Please be sure to install the equipment on a stable base, and properly level the machine. Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around Vision strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.

## WARRANTY

As a promise of quality to you, Vision offers warranties on everything we make. Contact your local authorized Vision dealer to find out how we're protecting your vision of fitness today, tomorrow and years down the road.

**WARNING**

**DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

1. Keep children under the age of 14 away from this strength training equipment. Teenagers must be supervised at all times while using this equipment.
2. This equipment is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the equipment by a person responsible for their safety.
3. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
4. Inspect the machine before use. DO NOT use machine if it appears damaged or inoperable.
5. Do not exceed weight capacity of this equipment.
6. ALWAYS use a spotter if using free weights.
7. Balance the weight applied to this equipment and/or any barbell. Where applicable, use retention devices to retain weight discs.
8. Injuries to health may result from incorrect or excessive training. Cease exercise if you feel faint or dizzy. Obtain a medical exam before beginning an exercise program.
9. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
10. Adjustable stops, where provided, must be used at all times.
11. When adjusting any adjustable mechanism (stop position, seat position, and location, range of motion limiter, pulley carriage, or any other type), make certain that the adjustable mechanism is fully engaged prior to use to prevent unintended motion.
12. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
13. If equipment is NOT secured to floor: NEVER allow resistance straps, ropes or other means to be attached to this equipment, as this may result in serious injury. NEVER use this equipment for support during stretching, as this may result in serious injury.
14. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

**WARNING**

**DEATH OR SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. FOLLOW THESE PRECAUTIONS TO AVOID INJURY!**

1. All warnings and instructions should be read and proper instruction obtained prior to use. Use this equipment for its intended purpose ONLY.
2. ALWAYS use a spotter if working out on this equipment.
3. Do not allow the lifting bar/sled to drop suddenly.
4. Visually ensure lifting bar catches are fully engaged and seated in the hooks before releasing the load and exiting the machine.
5. Adjustable stops must be used at all times.
6. ALWAYS set both adjustable stops to the same height when using this machine.
7. PROPER adjustable stop height depends on the exercise performed.
  - Adjust as follows:
    - Remove weight from lifting bar/sled.
    - For squats, perform the exercise and determine the lowest comfortable position of the bar/sled that ensures no spinal compression. For other exercises, perform the movement and determine the lowest point of bar travel that is comfortable without the bar contacting your body.
    - Position both stop catches to stop the bar at this point. Ensure that they are completely seated on the stop rods or catch plate.
  - FOR SQUATS PERFORMED ON A SMITH PRESS: NEVER PLACE THE STOPS BELOW THE HEIGHT INDICATED ON THE EQUIPMENT.
  - Load weights onto the lifting bar and carefully perform the exercise.
8. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.



## PRODUCT INFORMATION

### PROPER USAGE

1. Do not exceed weight limits of the exercise device.
2. If applicable, set safety stops to appropriate height.
3. If applicable, adjust seat pads, leg pads, foot pads, range of motion adjustment, or any other type of adjustment mechanisms to a comfortable start position. Make certain that the adjusting mechanism is fully engaged to prevent unintentional movement and to avoid injury.
4. Sit on bench (if applicable) and get into appropriate position for exercise.
5. Exercise using no more weight than you can safely lift and control.
6. In a controlled manner, perform exercise.
7. Return weight to its fully-supported start position.

### MAINTENANCE CHECKLIST

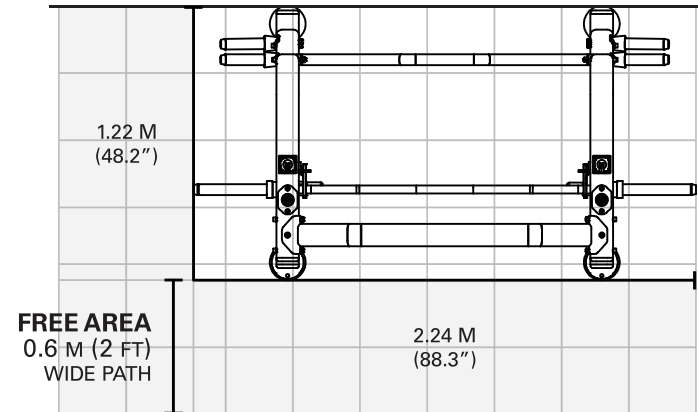
| ACTION                            | FREQUENCY   |
|-----------------------------------|-------------|
| Inspect Cables <sup>2</sup>       | Daily       |
| Clean Guide Rods                  | Monthly     |
| Inspect Hardware                  | Monthly     |
| Inspect Frame                     | Bi-Annually |
| Clean Machine                     | As Needed   |
| Clean Grips <sup>1</sup>          | As Needed   |
| Lubricate Guide Rods <sup>3</sup> | As Needed   |

<sup>1</sup> Upholstery & Grips should be cleaned with a mild soap and water or a non-ammonia based cleaner.

<sup>2</sup> Cables should be inspected for cracks or frays and immediately replaced if present. If excessive slack exists cable should be tightened without lifting the head plate.

<sup>3</sup> Guide rods should be lubricated with Teflon based lubricant. Apply the lubricant to a cotton cloth and then apply up and down the guide rods.

### TRAINING AREA



### PRODUCT SPECIFICATIONS

|                                        |                                                   |
|----------------------------------------|---------------------------------------------------|
| Maximum User Weight                    | 150 kg / 330 lbs.                                 |
| Maximum Training Weight                | 250 kg / 550 lbs.                                 |
| Product Weight                         | 100 kg / 220 lbs.                                 |
| Overall Dimensions (L x W x H)*        | 224.3 x 122.5 x 232.2 cm<br>88.3" x 48.2" x 91.4" |
| Weight Storage Horns Quantity          | 6                                                 |
| Max Weight Storage Horn Plate Capacity | 4-45 lbs. (20 kg) plates / horn (24 plates total) |

\* Ensure a minimum clearance width of 0.6 meters (24") for access to and passage around Vision strength equipment. Please note, 0.91 meters (36") is the ADA recommended clearance width for individuals in wheelchairs.



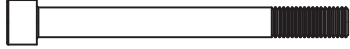
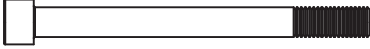
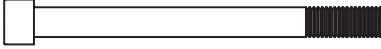
# ASSEMBLY

## LOOSELY TIGHTEN

Loosely tighten all hardware in this step. DO NOT Fully Tighten. Some component(s) may need pre-assembly and or alignment during the assembly process.

## FULLY TIGHTEN

Wrench tighten all hardware in this step.

- |                                                                                                                                 |                                                                                                        |                                                                                                         |                                                                                                       |                                                                                                     |                                                                                                     |                                                                                                      |                                                                                                     |                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 13 $\Phi 55 \times \Phi 31 \times 3$<br><br>x1 | 14 M12X125<br><br>x12 | 15 M12X30<br><br>x2    | 16 M10X25<br><br>x4 | 17 M12<br><br>x2 | 18 M10<br><br>x4 | 19 M12<br><br>x42 | 20 M10<br><br>x4 | 21 M12<br><br>x20 |
| 22 M12X135<br><br>x4                           | 23 M12X140<br><br>x4  | 24 50X40X8<br><br>x2 |                                                                                                       |                                                                                                     |                                                                                                     |                                                                                                      |                                                                                                     |                                                                                                      |

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## TOOLS REQUIRED FOR ASSEMBLY (not included)

4MM L-Shaped Allen Wrench



5MM L-Shaped Allen Wrench



6MM L-Shaped Allen Wrench



8MM L-Shaped Allen Wrench



Phillips Screwdriver



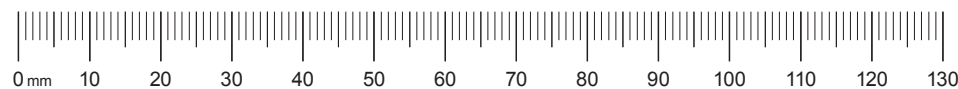
13MM Open-End Wrench



17MM Open-End Wrench



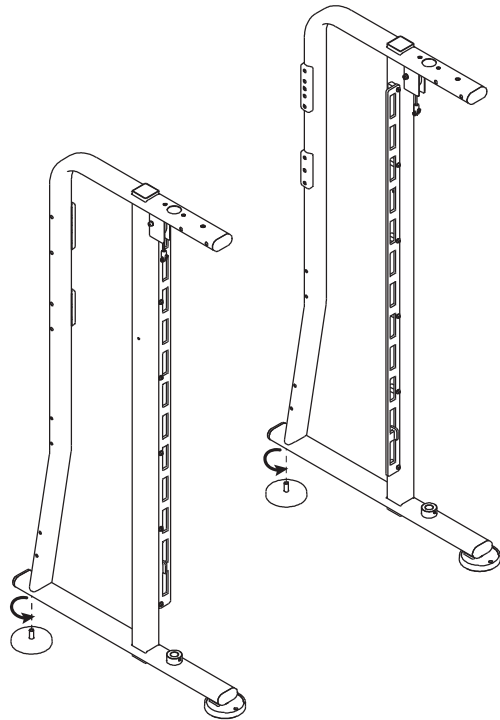
19MM Open-End Wrench



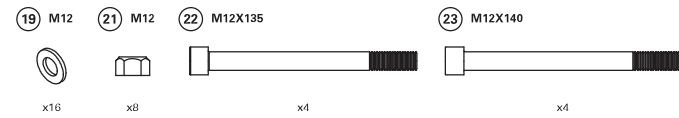


# ASSEMBLY

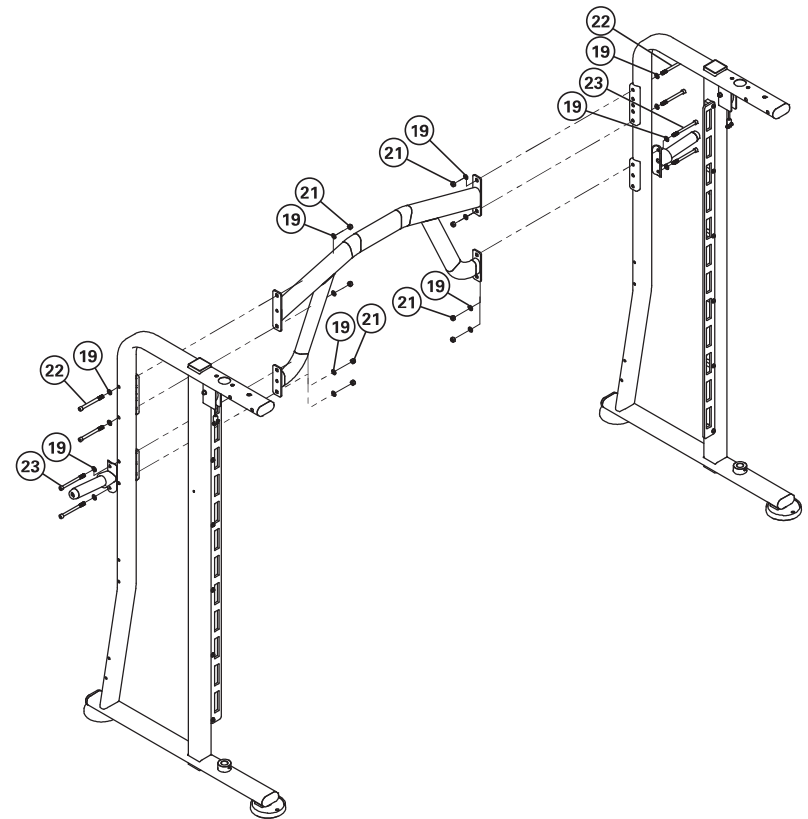
1



2



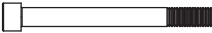
Loosely Tighten



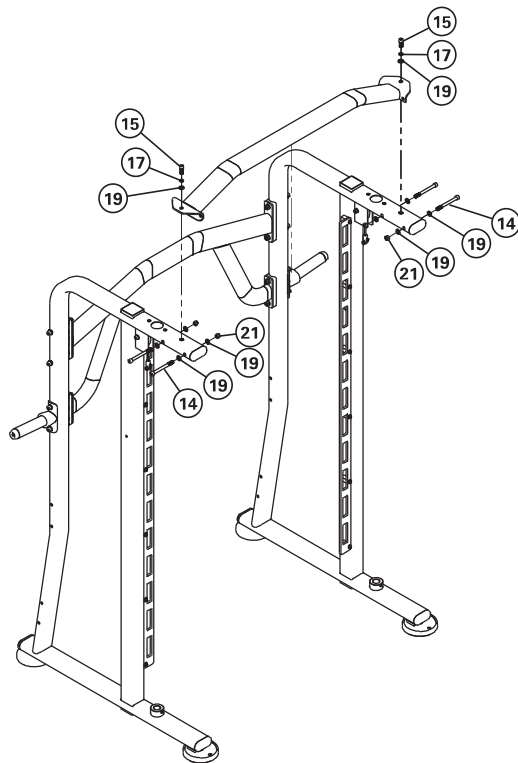


# ASSEMBLY

3

- |                                                                                   |                                                                                   |                                                                                   |                                                                                   |                                                                                   |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 14 M12X125                                                                        | 15 M12X30                                                                         | 17 M12                                                                            | 19 M12                                                                            | 21 M12                                                                            |
|  |  |  |  |  |
| x4                                                                                | x2                                                                                | x2                                                                                | x10                                                                               | x4                                                                                |

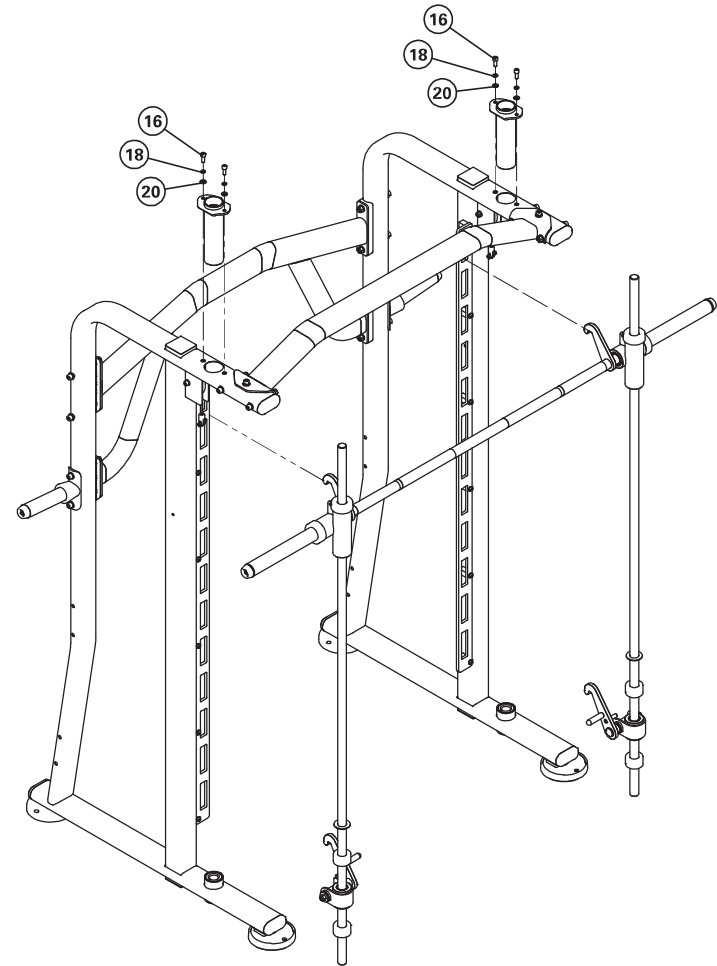
Loosely Tighten



4

- |                                                                                     |                                                                                     |                                                                                     |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| 16 M10X25                                                                           | 18 M10                                                                              | 20 M10                                                                              |
|  |  |  |
| x4                                                                                  | x4                                                                                  | x4                                                                                  |

Loosely Tighten





# ASSEMBLY

5

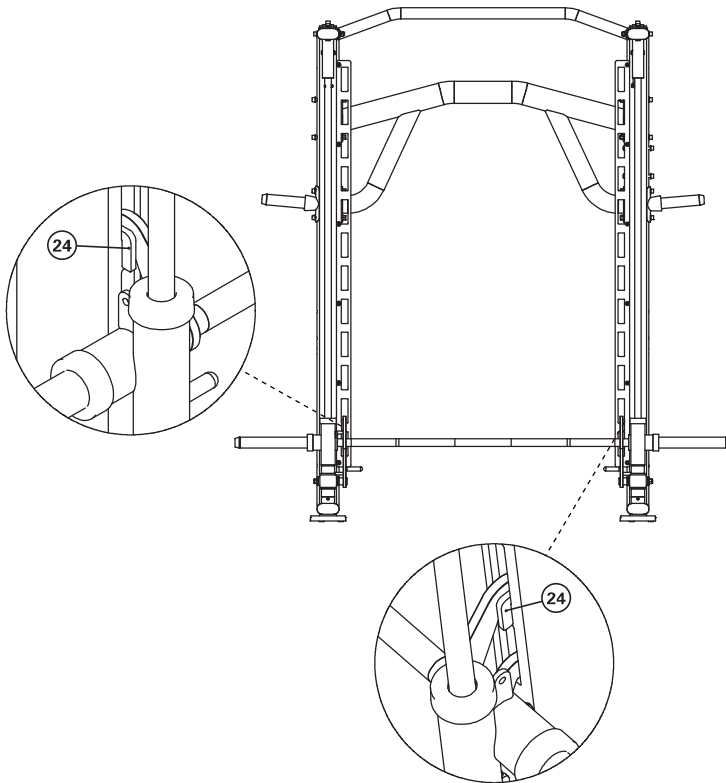
24 50X40X8



x2

- 1 Hang the barbell hook at the lowest position.
- 2 Place the positioning plate on the outside of the hook to limit the position.
- 3 Tighten the bolts in step 2 and step 3. After tightening, remove the positioning plate and the hook will rotate smoothly.

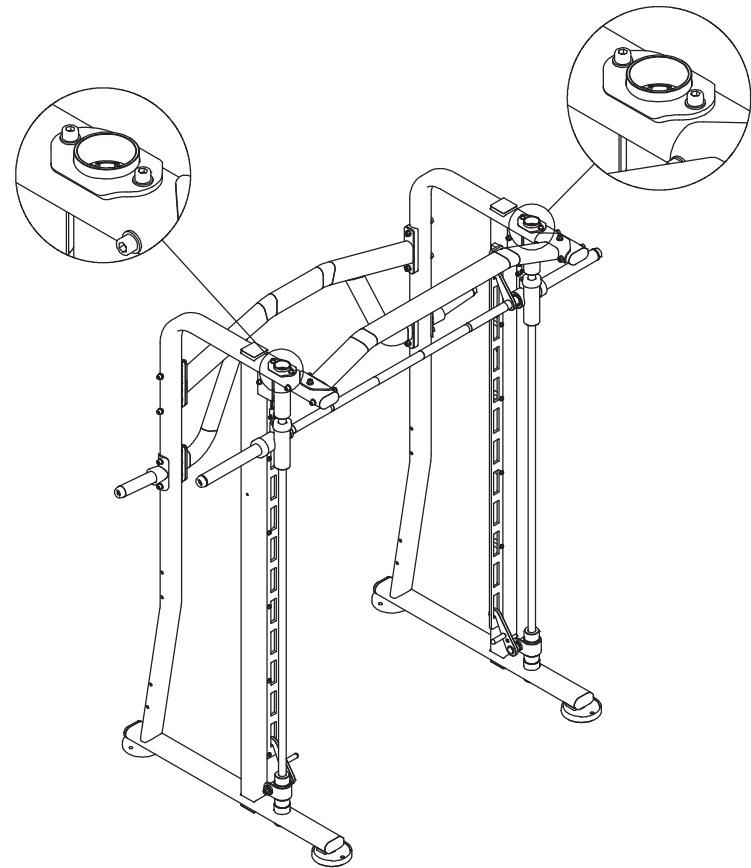
**Fully Tighten**  
Torque Value  
60 Nm / 44 ft-lbs.



6

- 1 Hang the barbell hook in the uppermost position.
- 2 Tighten the bolts in step 5. After tightening, the hook rotates smoothly.

**Fully Tighten**  
Torque Value  
40 Nm / 30 ft-lbs.



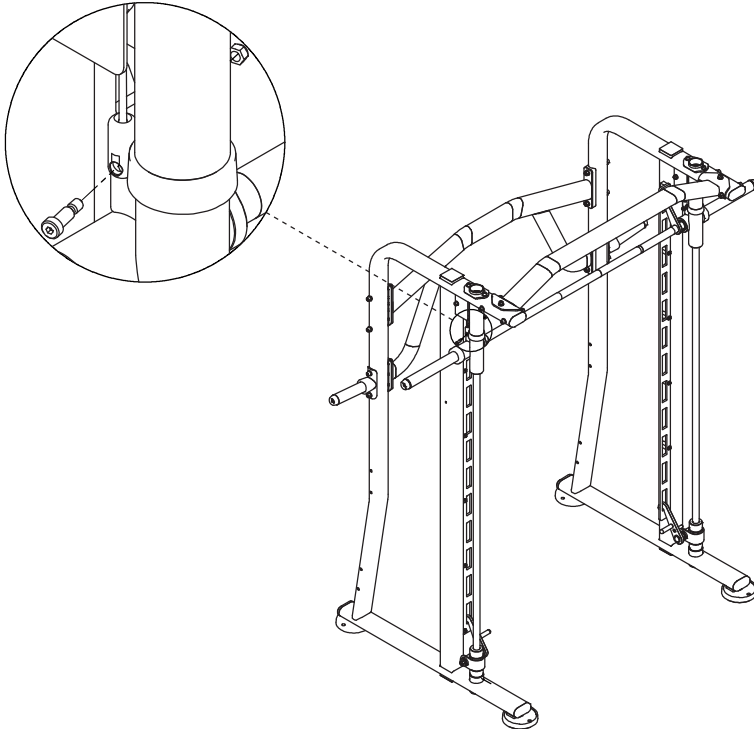


# ASSEMBLY

7

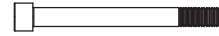
Fully Tighten

1  
1 : 3



8

14 M12X125



x8

19 M12



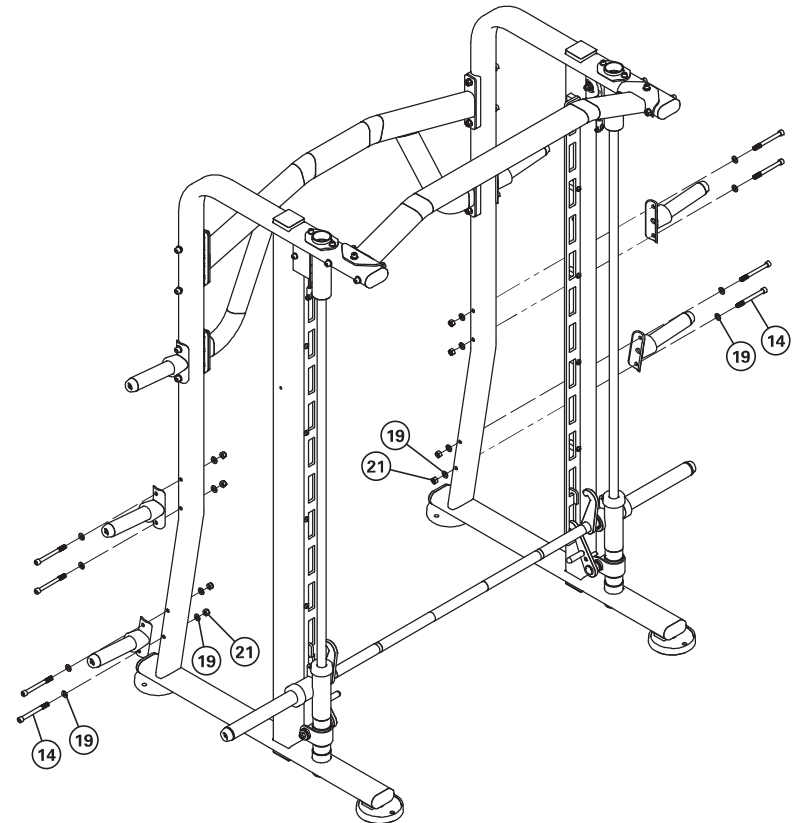
x16

21 M12



x8

Fully Tighten  
Torque Value  
60 Nm / 44 ft-lbs.





# ASSEMBLY

ASSEMBLY COMPLETE

