





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 20957-1:2024 and EN ISO 20957-2:2024.

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. Check to see that the selector pin is completely inserted into the weight stack.
7. NEVER use the machine with the weight stack pinned in an elevated position.
8. NEVER use dumbbells or other means to incrementally increase the weight resistance. Only use the means provided directly from the manufacturer.
9. 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.
10. Keep body, clothing, hair, and fitness accessories free and clear of all moving parts.
11. Adjustable stops, where provided, must be used at all times.
12. When adjusting any adjustable mechanism (stop position, seat position, pad 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.
13. Manufacturer recommends that this equipment be secured to the floor to stabilize and eliminate rocking or tipping over. Use a licensed contractor.
14. 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.
15. DO NOT REMOVE THIS LABEL. REPLACE IF DAMAGED OR ILLEGIBLE.

General Selectorized



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

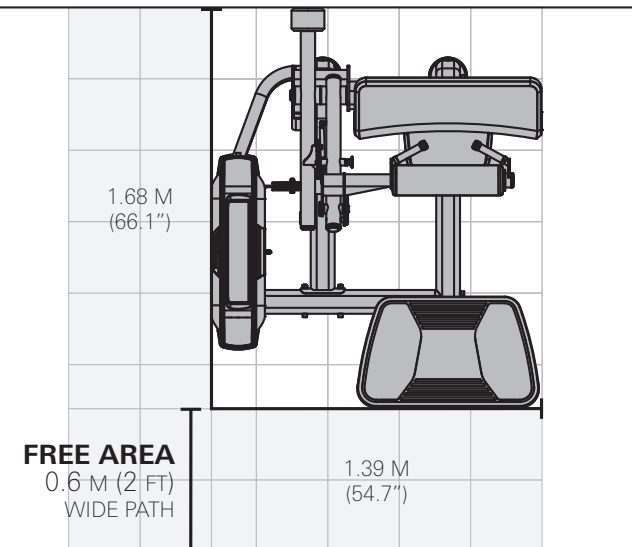
ACTION	FREQUENCY
Inspect Cables ²	Daily
Clean Guide Rods	Monthly
Inspect Hardware	Monthly
Inspect Frame	Bi-Annually
Clean Machine	As Needed
Clean Grips ¹	As Needed
Lubricate Guide Rods ³	As Needed

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

² 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.

³ 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	75.3 kg / 165 lbs.
Product Weight	253.4 kg / 558.7 lbs.
Weight Stack	73 kg / 160 lbs.
Add-On-Weight	2.3 kg / 5 lbs.
Overall "Static" Dimensions (L x W x H)*	139 x 163 x 155 cm / 54.7" x 64.2" x 61"
Overall "In-Use" Dimensions (L x W x H)	139 x 168 x 155 cm / 54.7" x 66.1" x 61"

* 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.

TORQUE VALUES

M12 Bolt (Nyloc Nut & Flowdrill)	60 Nm / 44 ft-lbs.
M10 Bolt (Nyloc Nut & Flowdrill)	40 Nm / 30 ft-lbs.
M8 Bolts	25 Nm / 18 ft-lbs.
M8 Plastic	15 Nm / 11 ft-lbs.
M6 Bolts	10 Nm / 7 ft-lbs.
M10 Pad Bolts	20 Nm / 15 ft-lbs.



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.

- (36) Ø46XØ30.5X3 (37) Ø25.4X45X1/2"-13 (38) 1/2"-13X1" (39) Ø60XØ10.5X11.6 (40) Ø42XØ12.5X8.4 (41) Ø11XØ38X2 (42) M10 (43) M12
 x1 x1 x1 x4 x2 x1 x20 x29
 (44) M8 (45) M8 (46) M12 (47) M10 (48) 1/2" (49) M10X25 (50) M10X50 (51) M10X30 (52) M6X20 (53) M12X30 (54) M10X85
 x2 x4 x9 x4 x1 x3 x1 x2 x6 x2 x2
 (55) M12X100 (56) M12X125 (57) M12X140 (58) M12X30 (59) M10X40 (60) M10X75 (61) M8X30 (62) M10X50 (63) M8X25
 x2 x8 x2 x7 x2 x2 x2 x6 x2
 (64) M12 (65) M10 (66) M8 (70) Ø30X2.25X3
 x10 x8 x1 x1

visionfitness.com



TOOLS REQUIRED FOR ASSEMBLY

4MM L-Shaped Allen Wrench



6MM L-Shaped Allen Wrench



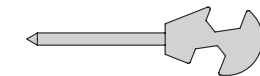
8MM L-Shaped Allen Wrench



10MM L-Shaped Allen Wrench



17MM Open-End Wrench/Phillips Screwdriver



13MM Open-End Wrench

19MM Open-End Wrench

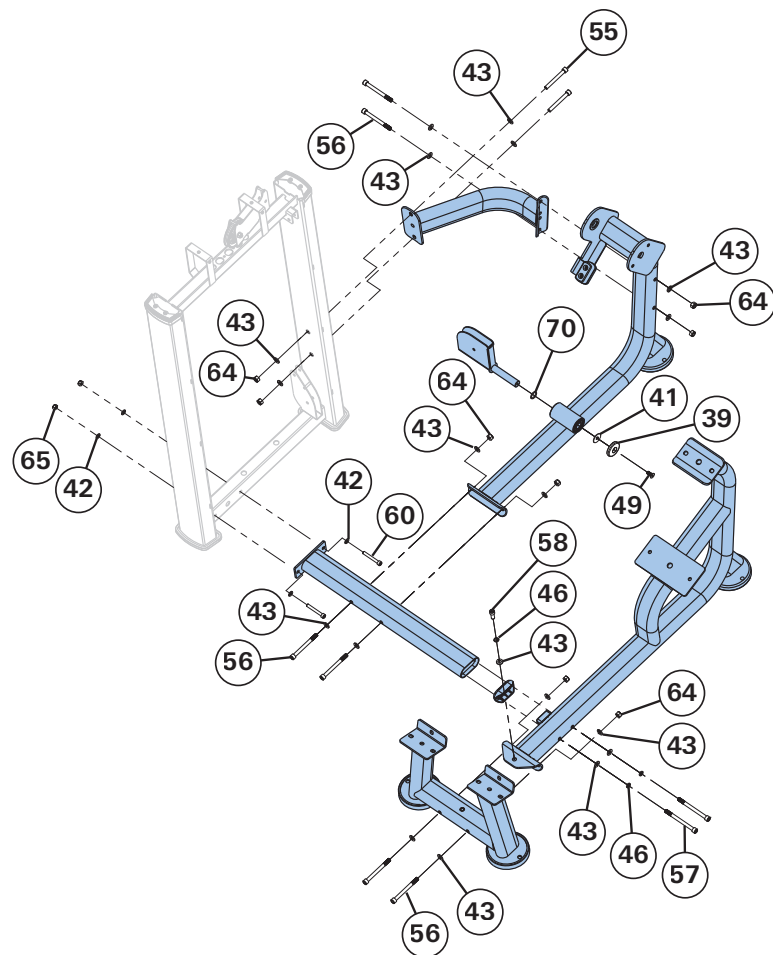


ASSEMBLY

1

- (39) Ø60XØ10.5X11.6 x1
 (41) Ø11XØ38X2 x1
 (42) M10 x4
 (43) M12 x19
 (46) M12 x3
 (49) M10X25 x1
 (55) M12X100 x2
 (56) M12X125 x6
 (57) M12X140 x2
 (58) M12X30 x1
 (60) M10X75 x2
 (64) M12 x8
 (65) M10 x2
 (70) Ø30X2.25X3 x1

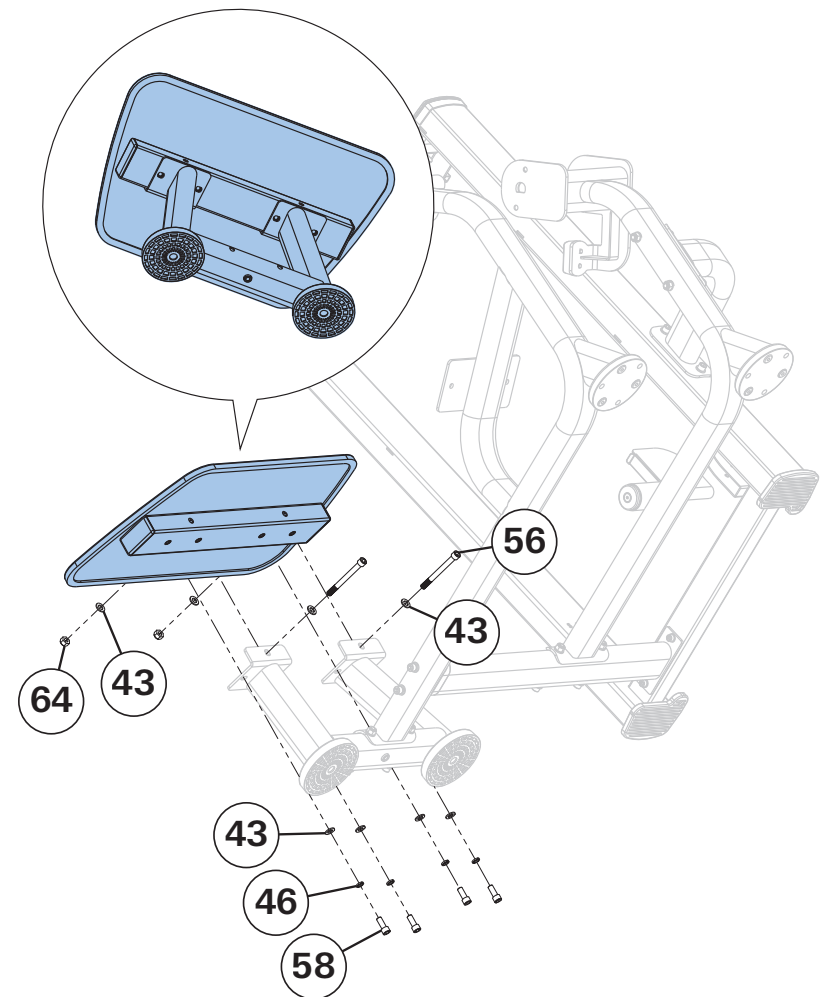
Loosely Tighten



2

- (43) M12 x8
 (46) M12 x4
 (56) M12X125 x2
 (58) M12X30 x4
 (64) M12 x2

Loosely Tighten





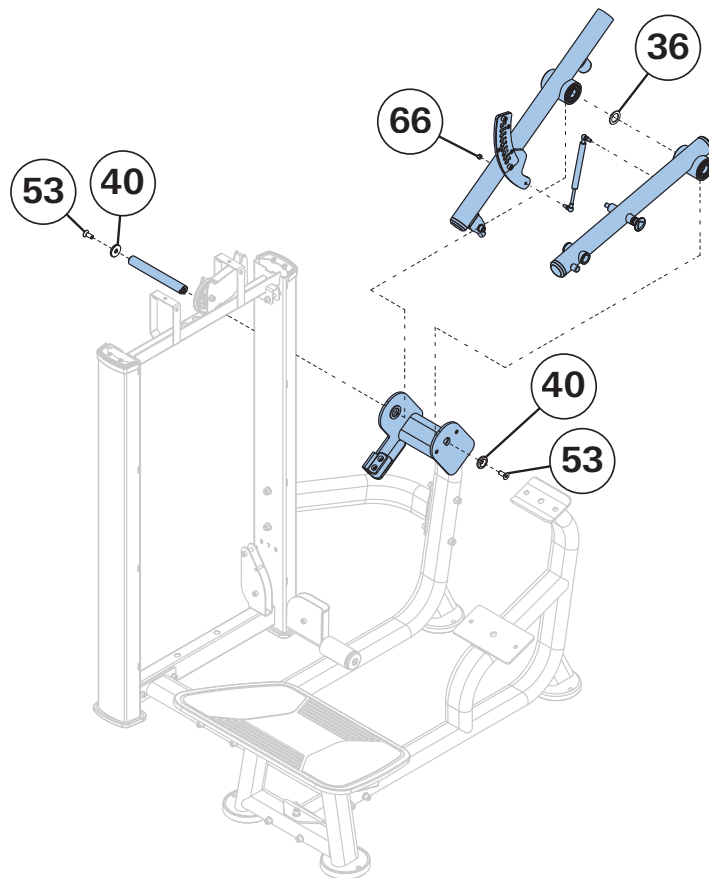
ASSEMBLY

3

- 36 Ø46XØ30.5X3
 40 Ø42XØ12.5X8.4
 53 M12X30
 66 M8



Fully Tighten

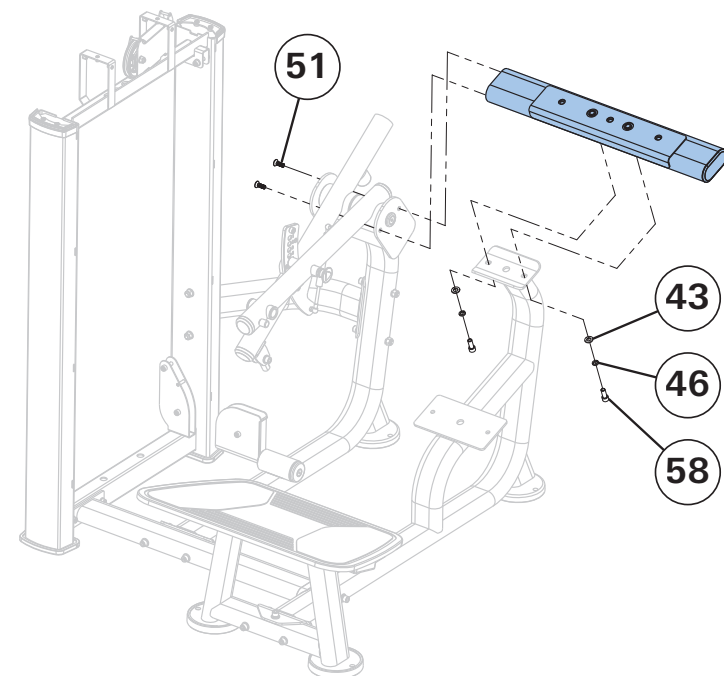


4

- 43 M12
 46 M12
 51 M10X30
 58 M12X30



Loosely Tighten





ASSEMBLY

5

- (37) Ø25.4X45X1/2"-13 (39) Ø60XØ10.5X11.6 (42) M10 (44) M8 (45) M8 (49) M10X25 (50) M10X50



x1



x3



x2



x2



x4



x2



x1

- (61) M8X30 (62) M10X50 (63) M8X25 (64) M12 (65) M10



x2



x1



x2

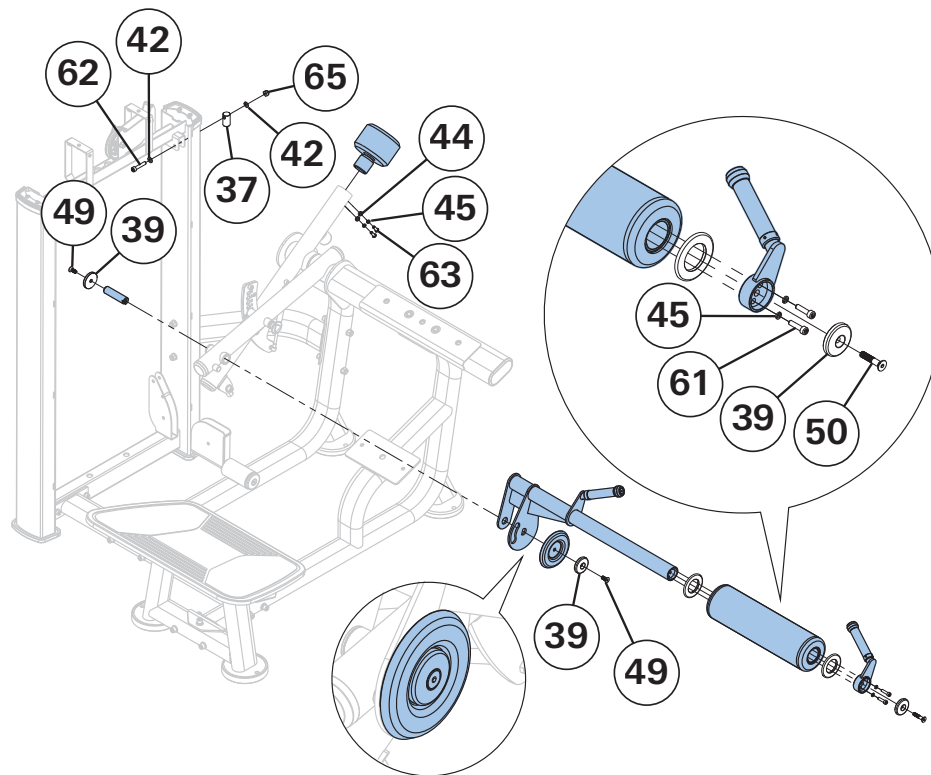


x2



x1

Fully Tighten



6-1

- (42) M10 (62) M10X50 (65) M10



x10

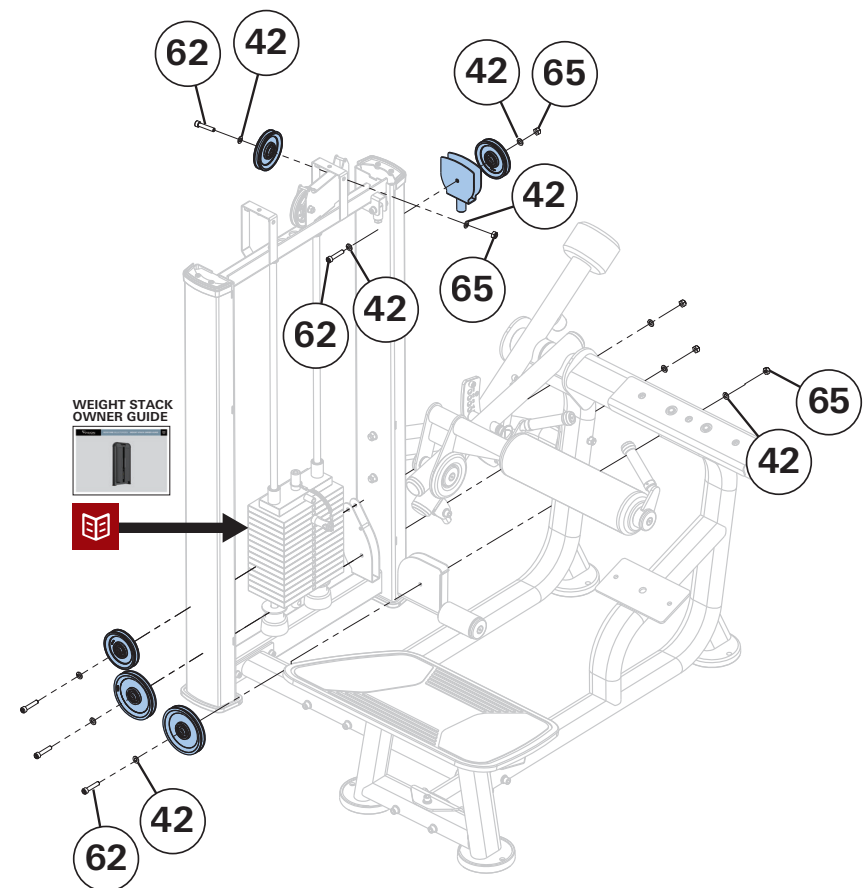


x5



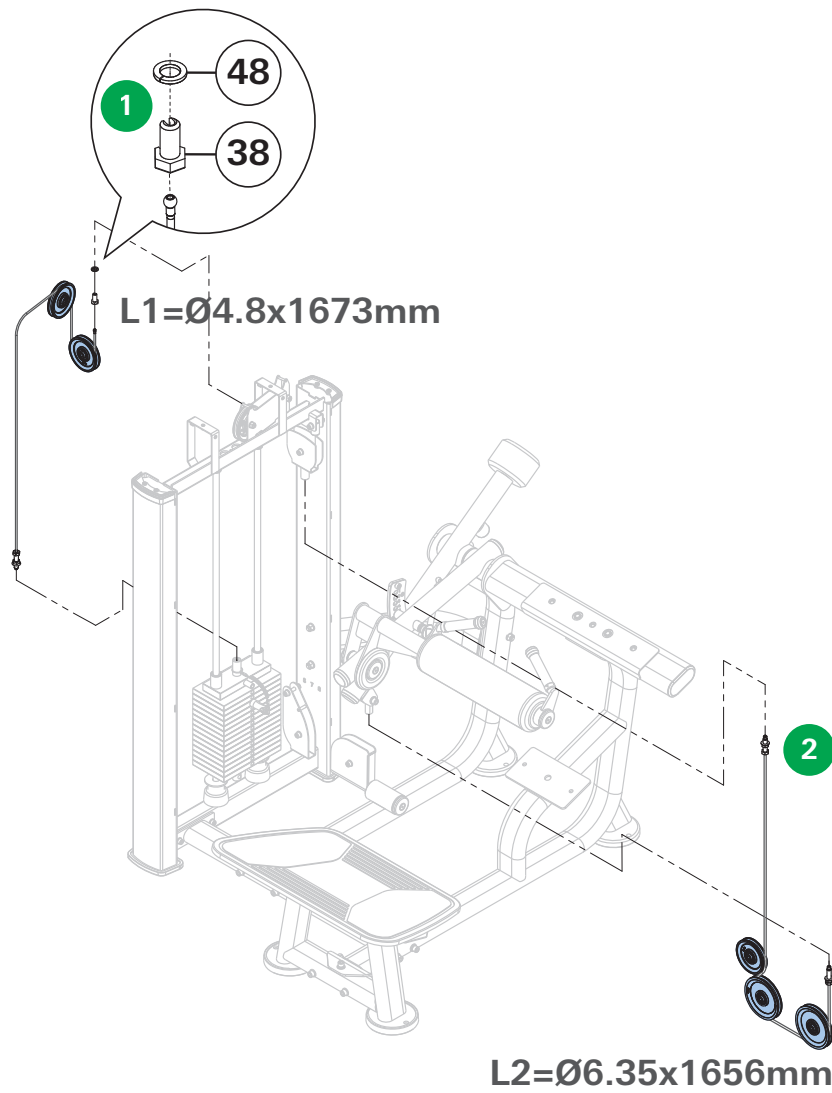
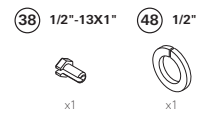
x5

Fully Tighten





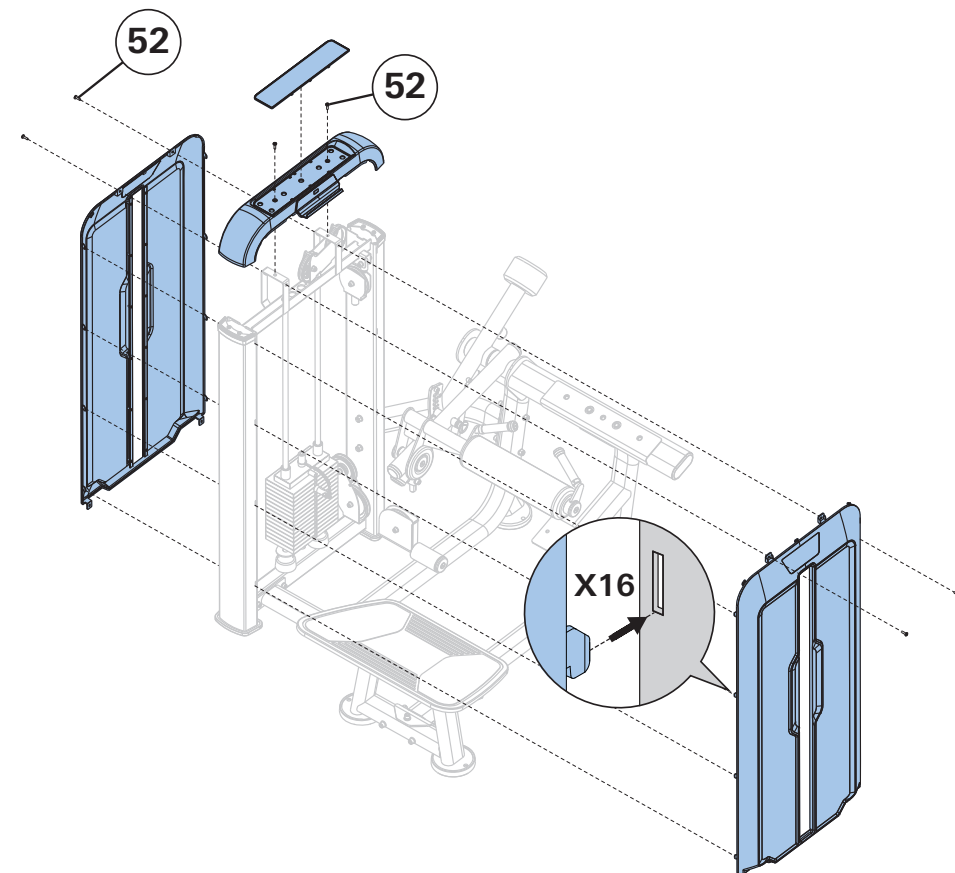
ASSEMBLY

6-2**7**

(52) M6X20



Fully Tighten





ASSEMBLY

8

④② M10 ④⑦ M10 ⑤④ M10X85 ⑤⑨ M10X40



x4



x4

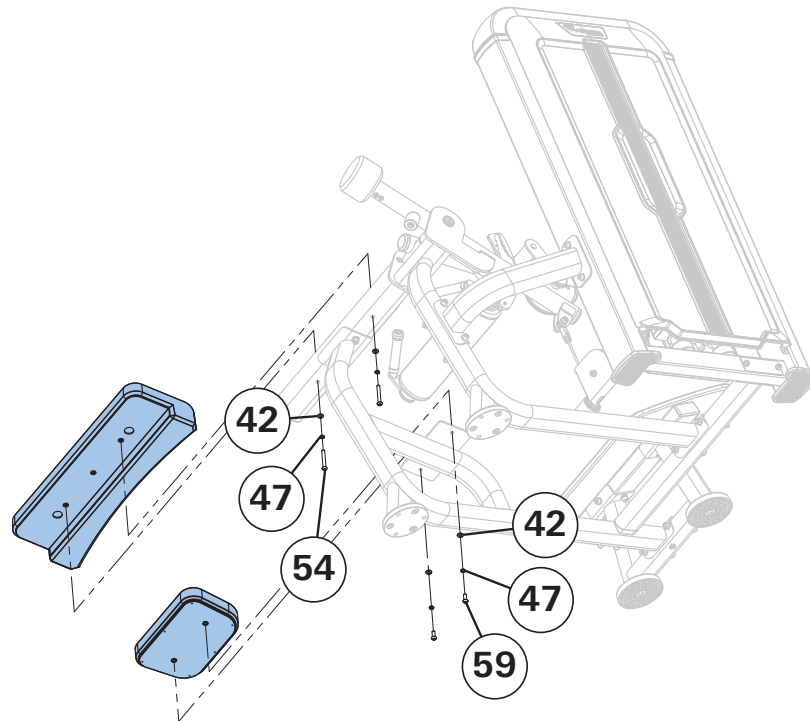


x2

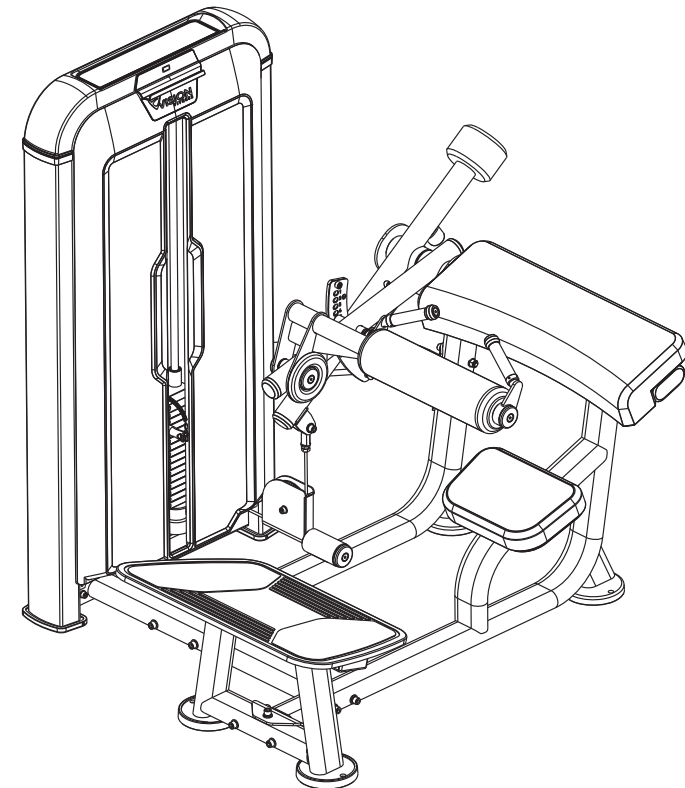


x2

Fully Tighten



ASSEMBLY COMPLETE



**UNITED STATES**

Johnson Health Tech NA
1600 Landmark Drive
Cottage Grove, WI 53527 USA
Email: info@johnsonfit.com
Toll Free: +1-866-693-4863

CANADA

Johnson Health Tech Canada
10401 Ray-Lawson Blvd.
Montreal, QC H1J 1M3
Email: cts@jhtcanada.com
Toll Free : 1-844-548-2262 x8800

INTERNATIONAL (OTHER COUNTRIES)

Johnson Health Tech Co., Ltd.
999, Sec 2, Dongda Rd., Daya Dist.,
Taichung City 428, TAIWAN (R.O.C)
Tel: +886-4-25667100

**KEYSTONE GLUTE TRAINER**
V-KEY-SL-78

© 2025 Johnson Health Tech
Rev 1.0 A