Vitality® Benches and Racks

Vitality FTS Glide | Assembly and Use Guide

Assembly Requirements

Precor recommends at least two (2) people for this installation. DO NOT attempt assembly by yourself.

When assembling the equipment, we recommend you:

- Follow the assembly instructions in order.
- Unpack the box and assemble the equipment close to where you plan to use it.
- Locate the equipment at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind or in front of the equipment.
- **Assemble the equipment on a solid, flat surface so it remains level and stable.**
- DO NOT move equipment without assistance.

Required Tools

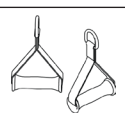
- 6 ft (2 m) step ladder rated Type I
- Open-end and socket wrench set (metric)
- Philips screwdriver
- Metric hex wrench set
- Metric hex bit set
- Torque wrench 75 ft-lb (100 N-m)

Hardware Kit

	Name	Qty
1	Right side frame	1
2	Left side frame	1
3	Upper cross frame (accessory rack)	1
4	Lower cross frame	1
5	Pull-up bar	1
6	Pulley	2
7	Left inner shroud	1
8	Right inner shroud	1
9	Outer shroud	2

	Name	Qty
10	M10 x 65 mm hex head bolt (HHB)	8
11	M10 x 50 mm hex head bolt (HHB)	2
12	M6 x 40 mm button head cap screw (BHCS)	32
13	Flat washer, 11 mm	20
14	Flat washer, 8 mm	32
15	M10 lock nut	10
16	Weight plate 10 lb (4.5 kg)	14
17	Weight plate 5 lb (2.3 kg)	10
18	Weight labels	2

Accessories

Handles (2)	Ankle strap	Handlebar
		

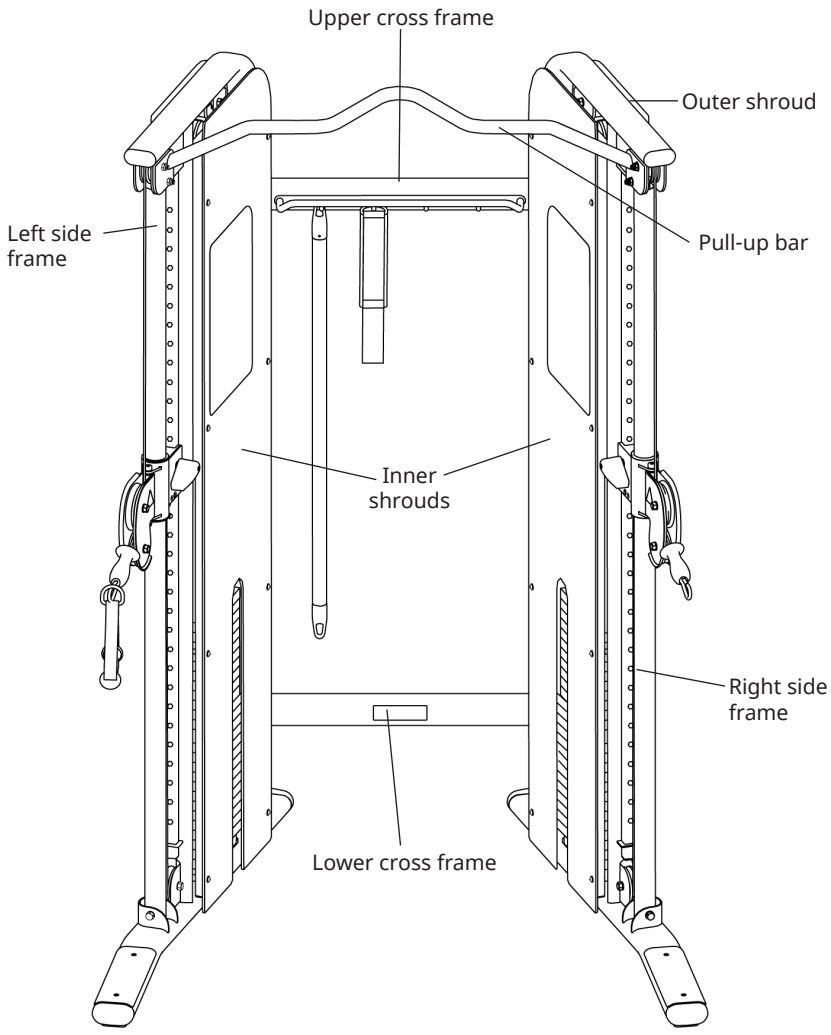


Figure 1. Vitality FTS Glide

1. Frame assembly

1. With your assistant, stand up the 1 right and 2 left side frames. Space the rear feet approximately 22-inches (54 cm) apart and the front feet approximately 51-inches (130 cm) apart. Connect the 3 upper cross frame (accessory rack) to each side with 4 10 M10 x 65 mm HHB, 8 13 11 mm washers, and 4 15 M10 lock nuts (Figure 2). Partially tighten.
2. Connect the 4 lower cross frame to each side with 4 10 M10 x 65 mm HHB, 8 13 11 mm washers, and 4 15 M10 lock nuts (Figure 2). Partially tighten.

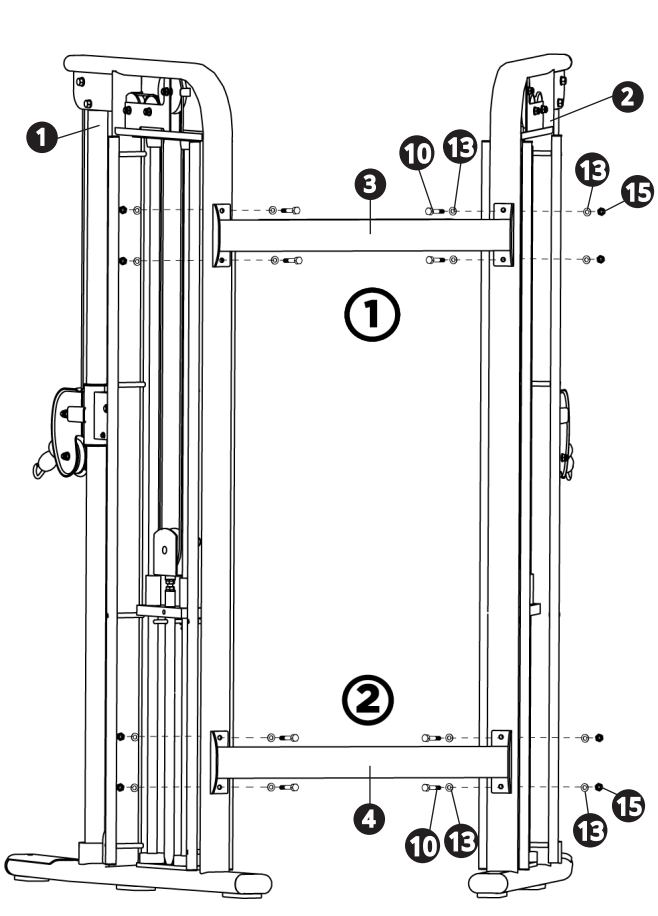


Figure 2.

2. Attach pull-up bar

1. Use the ladder and carefully loosen the M10 hex head bolts and nuts connected to the upper pulleys on both side frames (Figure 3). **DO NOT REMOVE AT THIS TIME.**
2. Remove the nuts and washers on the inside **only** (Figure 4). Have your assistant pull the hex head bolts on one side slightly outward WITHOUT causing the pulley to fall. Set the 5 pull-up bar into place. Slide the hex head bolts back through the pull-up bar frame and replace the washers and nuts (Figure 5).

   CAUTION Allowing the pulley to fall may cause injury or damage to the equipment or part.
3. Repeat for the other side.
4. Square frame and **torque ALL M10 hardware to 37 ft-lb (51 N-m).**

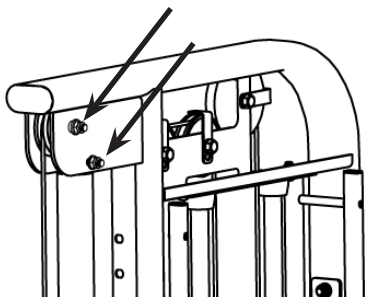


Figure 3.

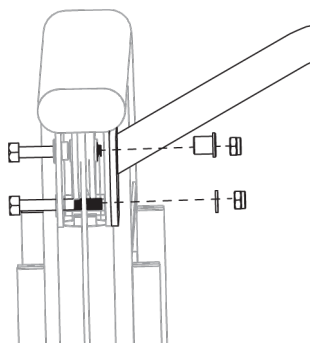


Figure 4.

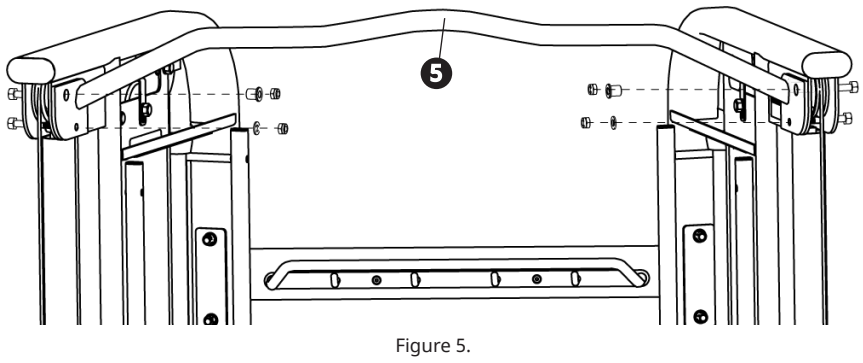


Figure 5.

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3. Bolt the frames to the floor

Precor strongly recommends that the FTS Glide be bolted to the floor at all anchoring points. The equipment must be bolted to the floor prior to assembling the weight stack.

After the equipment frame is squared and torqued, ensure it is in its appropriate location. At the base of each side frame, remove the plug caps next to each guide rod (Figure 6). This is the access point for anchoring the unit.

NOTE As floor materials vary, it is important to consult a licensed contractor to advise on proper bolting techniques and appropriate fastener types.

CAUTION Standards can change. Precor recommends you keep apprised of your local industry standards. Precor shall not be held liable for failure to properly bolt the strength equipment to the floor.

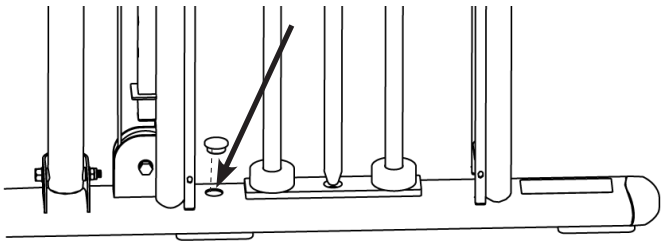


Figure 6.

4. Assemble the weight stack

1. In each side frame where the weight guide rods meet the top, remove the 2 M10 x 20 BHCS and washers from the plate (Figure 7). Slide the plate with bumpers downwards (Figure 7). Tilt the guide rods inwards towards the middle of the FTS. Slide the plate and bumpers off the rods and set aside with the plate hardware.
2. Slide the top weight plate with selector rod off the guide rods.
3. On to each set of guide rods, slide 14 (16) 10 lb (4.5 kg) weight plates (Figure 8).
4. Next, slide on 10 (17) 5 lb (2.3 kg) weight plates (Figure 8).
5. Slide the top weight plate with selector rod back on top.
6. Replace the plate with bumpers on top of the guide rods.
7. Tilt the guide rods back into place. Hold the plate in its original position and replace the 2 BHCS and washers removed in step 1. **Torque to 37 ft-lb (50 N-m).**
8. Start at the bottom weight plate and with a straight edge to align and center, peel and set the labels (18) on to the weight (LB labels on left and KG on right) (Figure 8). The labels should be 30 mm apart and centered with the weight plate hole. Rub the labels firmly into place. Align the labels for the next weight plate with the labels on the lower plate and continue upward with all labels. Repeat for the other weight stack.

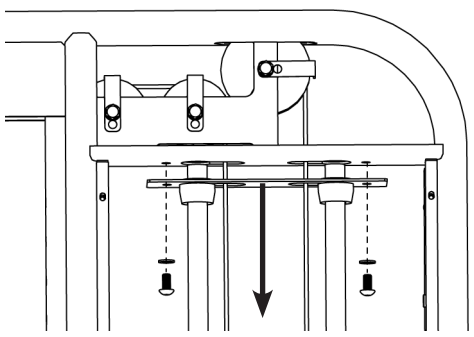


Figure 7.

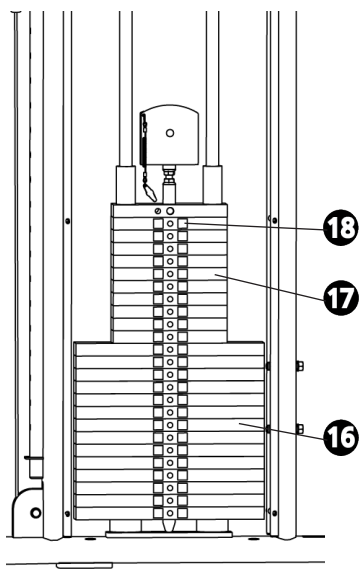


Figure 8.

5. Route cable

1. Take the loose cable above the weight stack and route around the (6) pulley (Figure 9).
2. Place pulley and cable into weight stack pulley holder and secure with an (11) M10 x 50 mm HHB, 2 (13) 11 mm flat washers, and 1 (15) M10 lock nut (Figure 9). Fully tighten. Repeat for other side. **Torque the M10 hardware to 37 ft-lb (50 N-m).**

Adjust cable tension

Adjust the cable tension by tightening or loosening the nuts below the weight stack pulley and cam or the nuts near the handle pulley with open-end wrenches. The cable tension should allow for the top weight plate to rest on the second weight plate and the weight selector pin can be easily inserted into each of the weight plates.

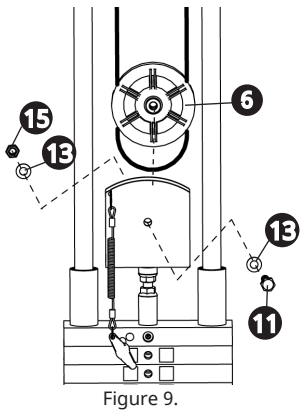


Figure 9.

6. Attach shrouds

1. Have your assistant hold the (7) left inner shroud and secure it with 8 (12) M6 x 40 mm BHCS and 8 (14) 8 mm flat washers (Figure 10). Fully tighten. Repeat for the (8) right inner shroud.
2. Have your assistant hold an (9) outer shroud in place and secure it with 8 (12) M6 x 40 mm BHCS and 8 (14) 8 mm flat washers (Figure 10). Fully tighten. Repeat for the other outer shroud.

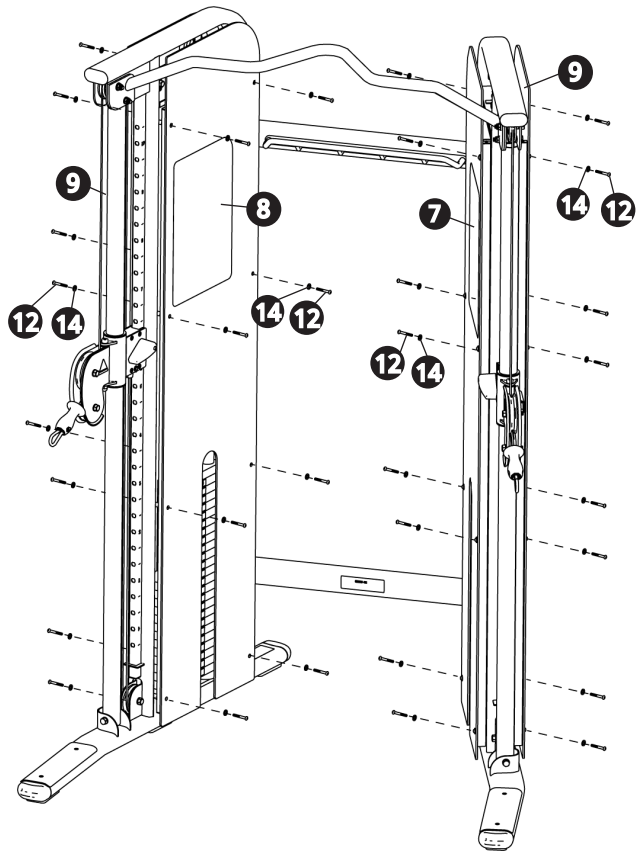


Figure 10.

Maintenance

Refer to the *VSL Maintenance Guide* at *www.precor.com* for details on maintaining the equipment in accordance with the warranty.

Dimensions Length 52 in. (132 cm); Width 58 in. (147 cm); Height 85 in. (216 cm)
Unit Weight 675 lbs (306 kg)

Weight Stacks 200 lbs (91 kg) each side
Workout Area Length 53 in. (135 cm); Width 85 in. (216 cm); Height 97 in. (247 cm)

User Safety

- Read all of the warnings on the equipment and obtain instructions on the use of the equipment.
- DO NOT exceed maximum weight capacities.
- If you do not understand how to operate a piece of equipment, ask someone from the facility such as a trainer to demonstrate how to use it and to explain any safety instructions.
- Make sure adjustment features are set securely in place or locked securely in position. SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT IF THE ADJUSTMENT PIN IS NOT COMPLETELY INSERTED BEFORE USE.
- Use proper form and technique when you lift weights.
- If you're doing an exercise that involves pressing a weight above your head or positioning a bar over your body, always use a spotter.
- Cease exercise if you feel faint or dizzy.
- Do not allow children under 13 years of age on or near this equipment. Supervise use by individuals between ages 13-17.
- Inspect the equipment prior to use. Check for loose fasteners. If you suspect the equipment is damaged or inoperable, do not use the equipment and contact facility staff.
- Use the equipment only for its intended purpose. Obtain proper instruction prior to use. Never use the machine for support during stretching or as an attachment for resistance bands, straps, ropes or other accessories.

General Guidelines

- For the best results on your exercise program, consult with a certified fitness professional.
- Start your exercise program conservatively and always warm up your muscles before exercising.
- For each exercise, start with a weight that is easily performed for the full range of your motion.
- Focus on good posture and engaging your abdominal, back, and gluteal muscles to stabilize your body during all exercises.
- Pay attention to how your body feels during and after training, and adapt your program accordingly.

Training and Exercising

CAUTION Before beginning any fitness program, see your physician for a thorough medical examination.

- Refer to the instructional placards on the unit for specific exercises and the muscle groups targeted.
- One REPETITION is one complete movement from the starting position, through the full range of motion, and back to the starting position.
- One SET is a series of continuous repetitions, ideally 8-15 repetitions. As a general rule, the lower the number of repetitions performed (8-10), the heavier the weight used.
- Rest just long enough between each set of repetitions to catch your breath. Work up to 3 or 4 sets for each isolated exercise.
- When you can perform the desired number of repetitions at a given weight, increase the resistance.

You can find workout and training videos at *www.precor.com/product-education.*

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