PRECOR®

Vitality™ Series Selectorized Pulldown/Seated Row Assembly Guide

Assembly requirements

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

When assembling the equipment, we recommend you:

- Follow the steps in the order listed in this assembly guide.
- 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 that it remains level and stable.

Required tools

- Adjustable wrench
- Torque wrench
- Rubber mallet
- Hex wrench sets, metric and standard, with extensions
- Socket wrench set, metric and standard, with extensions

Equipment dimensions: W51.7 x D78.9 x H86.7 inches/W131.2 x D200.4 x H220.2 cm (in-use) - W51.7 x D78.9 x H86.7 inches/W131.2 x D200.4 x H220.2 cm (idle)

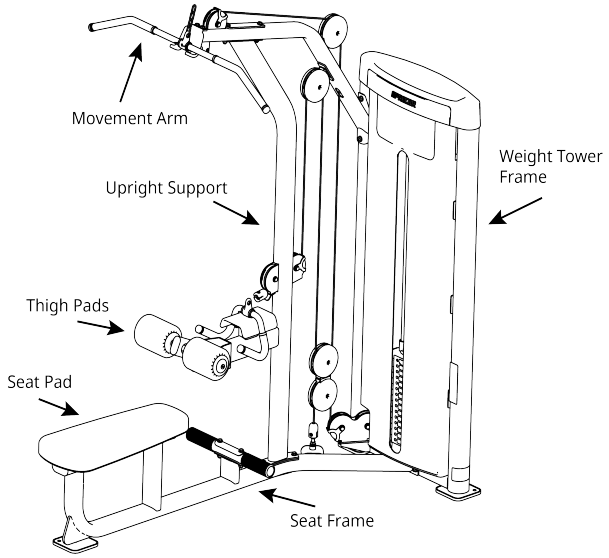


Fig. 1

Begin Assembly

CAUTION: Do not fully tighten fasteners until instructed to do so.

The equipment is designed to be freestanding; however, it can be bolted to the floor for extra stability. Precor highly recommends that the equipment be bolted to the floor to reduce the risk of toppling the equipment due to improper use. Since floor construction varies, please consult a professional building engineer for proper fastening.

Assemble frame

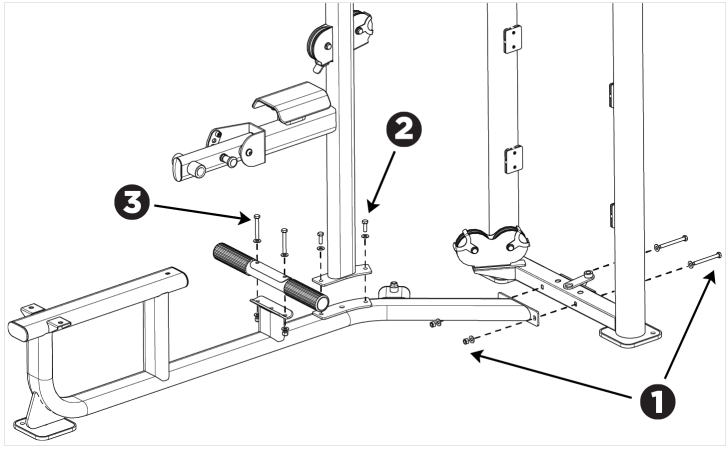


Fig. 2

1. 1. Attach the seat frame to the weight tower frame using:
   2 – M10 x 100 mm hex head bolts
   4 – 11 mm flat washers
   2 – M10 nylon lock nuts
2. 2. Have your assistant hold the upright support and attach it to the seat frame using:
   2 – M10 x 30 mm hex head bolts
   2 – 11 mm flat washers
   Partially tighten the fasteners.
3. 3. Attach the foot bar to the seat frame using:
   2 – M10 x 75 mm hex head bolts
   4 – 11 mm flat washers
   2 – M10 nylon lock nuts
   Fully tighten the fasteners securing the foot bar to the seat frame.

Attach movement arm

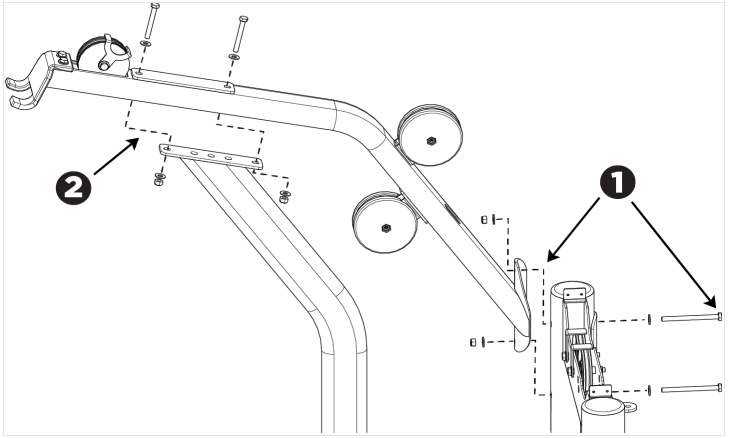


Fig. 3

1. With assistance, lift the movement arm assembly and place on top of the weight tower upright. While your assistant holds the movement arm in place, attach the movement arm to the weight tower frame using:

   2 - M10 x 125 mm hex head bolts

   4 – 11 mm flat washers

   2 – M10 nylon lock nuts

   Partially tighten the fasteners.

2. 2. While your assistant continues to support the movement arm, attach the movement arm to the upright support using:

   2 - M10 x 80 mm hex head bolts

   4 – 11 mm flat washers

   2 – M10 nylon lock nuts

   Partially tighten the fasteners.

Install weight stack tower

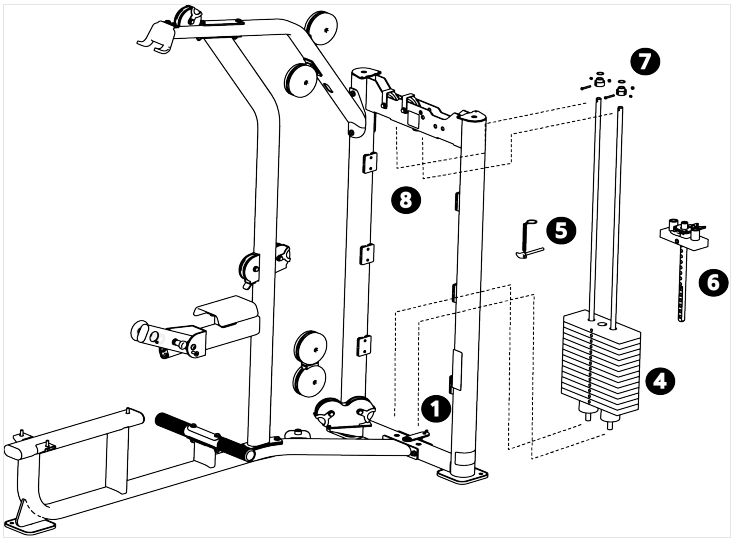


Fig. 4

1. 1. Insert the guide rods into the holes at the bottom of the weight tower frame.

   Important: A hole passes through one end of each guide rod. Be sure to insert the end without the hole into the bottom of the frame.

   2. Pull the guide rods away from the frame, keeping their lower ends engaged in the bottom of the frame. Slide one weight stack bumper over each guide rod, narrow end up.

   3. Check the guide rods for silicone lubricant. If you do not find any, add some of the lubricant supplied in the hardware kit to the guide rods.

4. 4. Carefully slide **fourteen** 15 lb (7 kg) weight plates onto the guide rods, one by one.

5. 5. Slide the ring at the end of the tether on the weight selection pin over the right-hand post on the top weight plate.

6. 6. Slide the top weight plate with weight stack stem onto the two guide rods and lower the stem through the center holes of the weight plates. The weight selection handle should be on the right side facing the user.

7. 7. Secure the weight stack assembly to the weight tower frame. Slide the guide rod locking collar (O-rings on top) onto the guide rods (the smaller diameter shoulder on the collar should be facing up). Re-align the guide rods with the mounting holes at the top of the weight tower.

8. 8. Have your assistant hold the guide rods in place. Slide the collars up until the shoulder of each collar fits into the tower frame. Insert one M6 × 45 mm button head cap screw through the holes in each collar and each guide rod, then attach an M6 nylon lock nut to each button head cap screw. Tighten the button head cap screws securely, then attach and tighten the M8 set screws using the S4 hex key.

   9. Spray a lint-free cloth with isopropyl alcohol and wipe the front of the weight plates clean. Use a second lint-free cloth to remove any remaining alcohol before applying labels.

   10. Apply the weight plate labels (select LBs or KGs) to the left of the weight selection holes.

Install add-on weight assembly

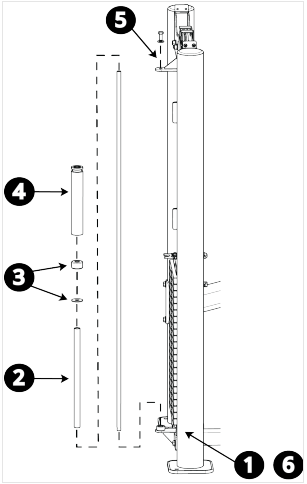


Fig. 5

1. 1. Insert the lower end of the 14 mm guide rod into the retaining ring at the bottom of the weight tower frame.

   Note: The rod has a threaded hole in one end for a screw and a hole in the side towards the other end. The threaded screw hole in the end for the screw should face up so it can be secured in step 5.

2. 2. Slide the 160 mm support tube onto the guide rod from the top down.
3. 3. Slide the support ring onto the guide rod, followed by the rubber bumper.
4. 4. Slide the 7.5 lb (3.5 kg) add-on weight onto the guide rod, making sure that the groove is at the top end of the weight.
5. 5. Attach the top of the guide rod to the bracket at the top of the weight tower frame using:
   1 – M10 x 25 mm hex head bolt
   1 – 11 mm flat washer
6. 6. Fully tighten the M8 set screw in the retaining ring using the S4 hex key.

Tighten all frame mounting hardware

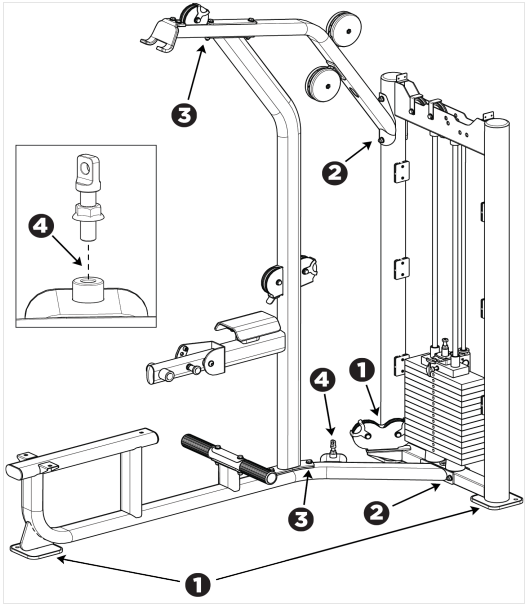


Fig. 6

1. 1. Check that the weight tower and seat frame are sitting evenly on the floor.
2. 2. On the weight tower, tighten the mounting hardware at the seat frame, then at the movement arm.
3. 3. On the upright support, tighten the mounting hardware at the seat frame, then at the movement arm.
4. 4. Screw the cable anchor into its fitting on the base frame so that when the jam nut is tightened, between three and five (3–5) threads remain visible.

Route the cable

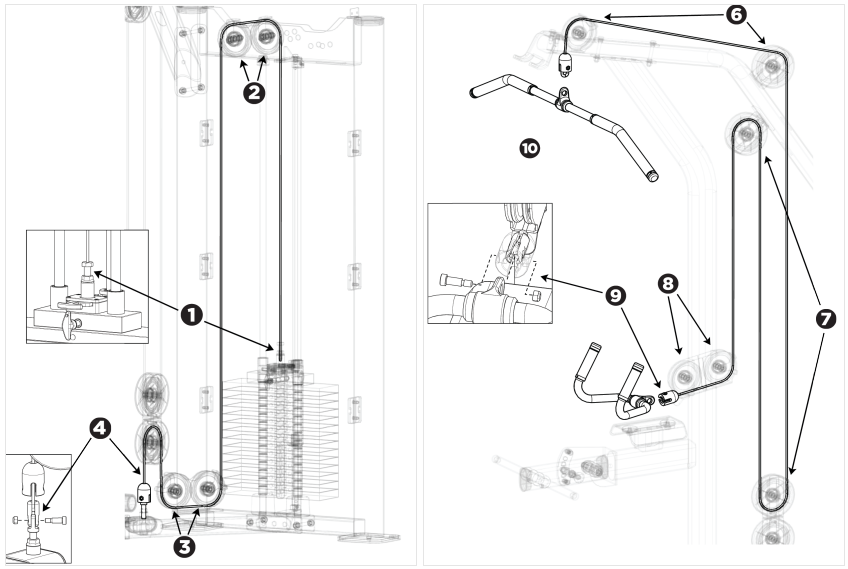


Fig. 7

Units with two or more pulleys may require removal of pulley covers to route cables.

1. 1. If the weight stack cable is not attached to the weight stack stem, screw one end of the cable into the top of the weight stack stem.

   CAUTION: Be sure to complete seven (7) turns/threads of the cable bolt into the fitting, and then tighten the jam nut. There should be a maximum of 1-1/8 inch (29 mm) between the bottom of the cable bolt head and the bottom of the flange lock nut (see Adjust cable tension section).

2. 2. Pull the cable through the top of the weight tower frame, over the top of the dual pulleys, and under the cable retaining brackets. Thread the cable down through the tower frame.

   Important: In the following step, make sure the cable passes between the fingers on both sides of the pulley bracket.

3. 3. At the bottom of the weight tower frame, thread the cable through the lower pulley bracket.

4. 4. Thread the cable over one of the pulleys on the dual floating pulley assembly, then attach the end of the cable to the fixed bracket on the base frame.

   5. Remove the cable anchor fitting from one end of the movement arm cable.

   Important: In the following step, make sure the cable passes between the fingers of the pulley bracket at the front of the movement arm.

6. 6. Thread the cable through the pulley at the front of the movement arm, then through the pulley at the upper back of the movement arm, and down to the floating pulley assembly.

7. 7. Thread the cable around the upper pulley in the floating pulley assembly, then up to the pulley at the lower back of the movement arm.

   Important: In the following step, make sure the cable passes between the fingers of the front pulley bracket in the center of the support arm.

8. 8. Thread the cable down and around the two pulleys in the center of the support arm.

9. 9. Reassemble the cable anchor fitting as shown in Figure 7, attaching the row handle to the carabiner clip at the end of the cable. Rest the row handle on the protective plate.

10. 10. Attach the pulldown bar to the upper end of the movement arm cable using a carabiner clip.

Adjust cable tension

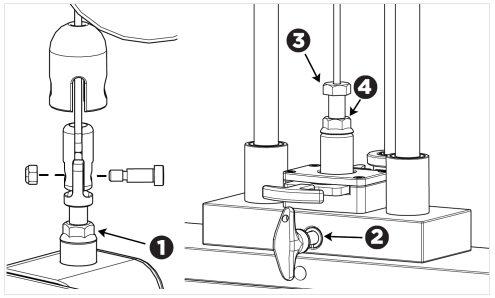


Fig. 8

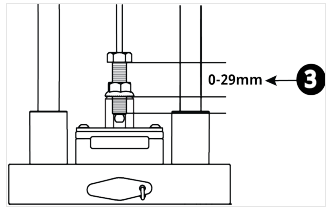


Fig. 9

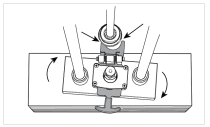


Fig. 10: Misaligned

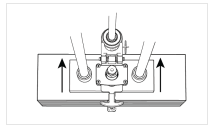


Fig. 11: Aligned

1. 1. Adjust the cable anchor on the base frame so that only three to five (3 – 5) threads are exposed.

2. 2. Place the weight selection pin in the top weight.

3. 3. Screw the cable bolt into the selector stem until the cable meets the following requirements:
   — At least seven (7) turns/threads (minimum) of the cable bolt into the weight selector stem.
   — A maximum of 1-1/8 inch (29 mm) between the bottom of the cable bolt head and the bottom of the flange lock nut.
   — No excess slack remains.
   — The top weight begins to separate from the second weight.
   — The cable is just loose enough to permit insertion of the selector in into each of the weight plates.

4. 4. Hold the weight tower straight while tightening the locking jam nut against the selector stem. If you do not hold the weight tower straight, it can twist (see Figure 10).

   5. Once tightened, verify alignment between the selector and the add-on weight.

   6. Check the adjustment by inserting the weight pin into every weight plate hole. The weight pin should slide easily in and out of each weight plate.

Attach the pads

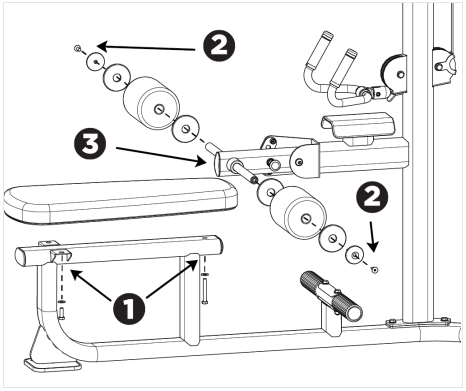


Fig. 12

1. 1. Attach the seat pad to the seat post using:
   Note: The narrow end of the seat pad should face the weight tower.
   2 – M10 x 30 mm hex bolts
   1 – M10 x 75 mm hex bolt
   3 – 11 mm flat washers
2. 2. Attach the thigh roller pads to the seat frame using:
   2 – M10 x 25 mm flat-head cap screws (silver)
   4 – oversized roller pad washers
   2 – aluminum end caps
   1 – thigh pad axle
3. 3. Install the two M8 set screws to secure the thigh pad axle to the upright support, using the S4 hex wrench supplied in the hardware kit.

Install weight stack shroud and top cap

The inside shroud has a slot for weight selection. Both shrouds have three slotted tabs on each side that fit into the shroud clips mounted to the inside of the weight tower uprights.

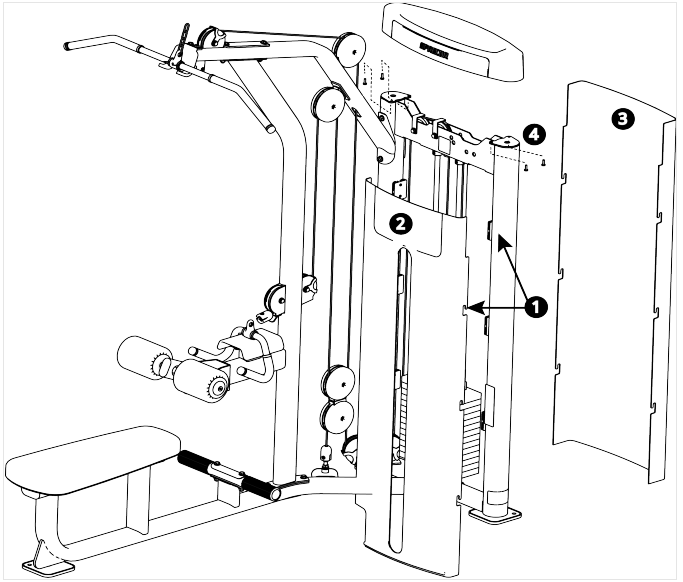


Fig. 13

1. 1. Align the slotted tabs on the inside shroud with the shroud clips on both sides of the weight tower.
2. 2. Press the hooks into the clips and lower the shroud securely into place.
3. 3. Repeat steps 1 and 2 to install the outside shroud.
4. 4. Place the top cap on top of the shrouds so that the top edges of the shrouds fit into the slot between the lip and the ribs of the top cap. Secure the top cap to the weight tower frame using:
   4 – M6 x 16 mm pan-head Phillips screws

Bolt equipment to floor

Precor recommends that the strength equipment be bolted down at all anchoring points. Bolting is made possible through the bolt holes on each foot. The inside diameter of each hole is 14.3 mm.

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

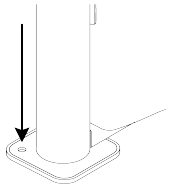


Fig. 14

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.

Apply label

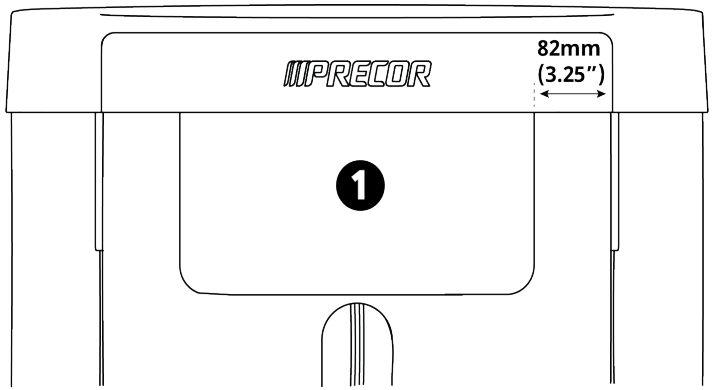


Fig. 15

1. Attach the **Instructional label** to the inside shroud under the top cap. Center and place the label flush with the bottom of the cap. To help center, align the right edge of the label 82 mm (3.25") from the edge of the raised section of the top cap.

Verify operation of equipment

Once assembly is complete, verify safe operation by checking the following points:

- Cable tension is correct and the cable is moving smoothly on its pulleys.
- Movement arm is stable and moves smoothly through its range of motion.
- Adjustment points are stable and move smoothly through their range of motion.

Disassemble the equipment

You may occasionally need to disassemble this unit to move it between rooms or buildings. In such cases, reverse the assembly steps in this manual to

disassemble. After the unit has been moved, follow the steps in this manual to reassemble it.

WARNING: You will need assistance to disassemble this unit. The weight tower can become unstable during parts when disassembling. Make sure the weight tower is supported safely throughout the process and NEVER attempt to disassemble by yourself.

Maintenance information

It is important that the equipment be maintained in accordance with the Vitality Selectorized Line Maintenance Guide. Visit any Vitality Selectorized product page at ***www.precor.com*** to view the guide.