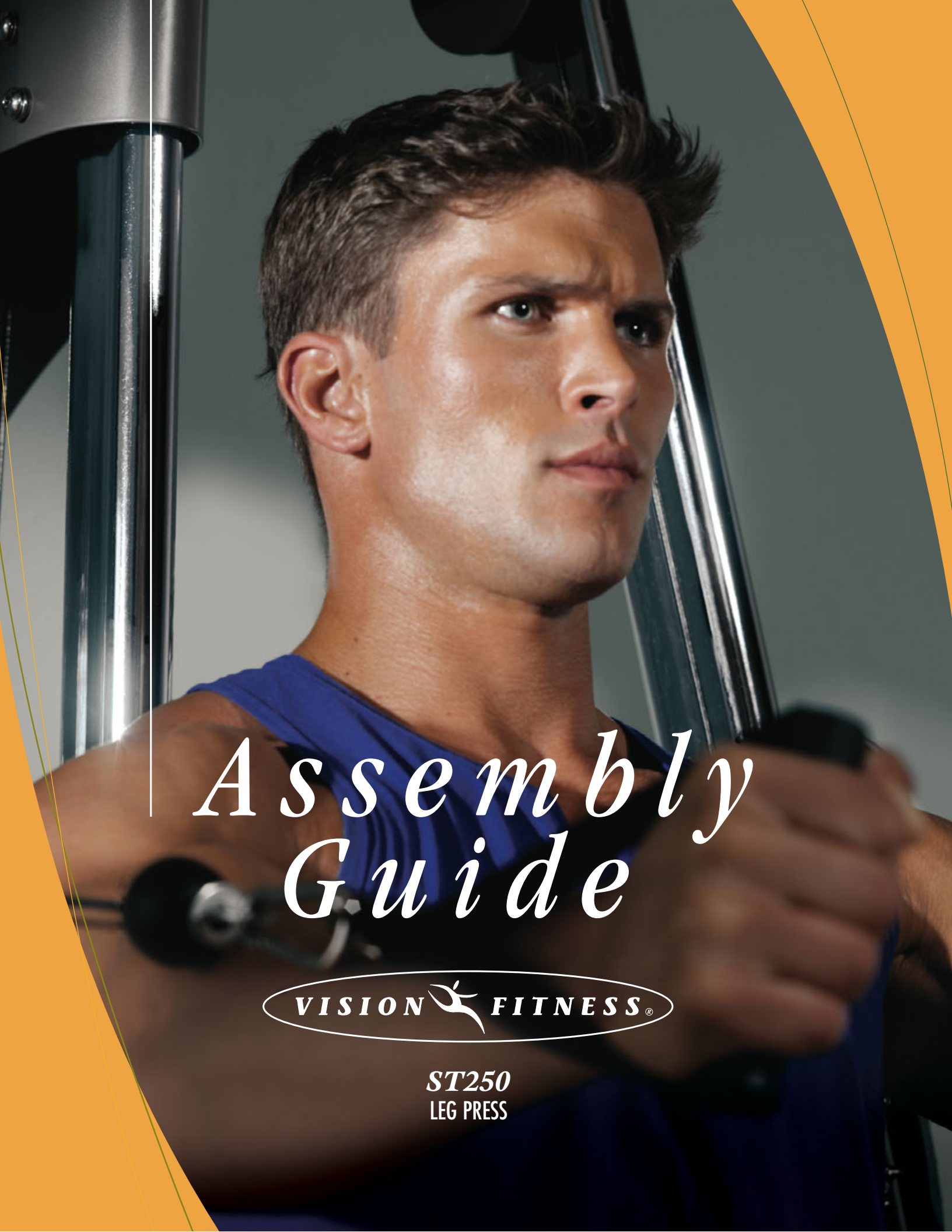


A man with short brown hair and a focused expression is using a leg press machine. He is wearing a blue tank top. The machine's metal frame is visible around him. The background is a solid grey color. There are orange decorative shapes on the left and right sides of the image.

Assembly Guide



ST250
LEG PRESS

Assembly Guide

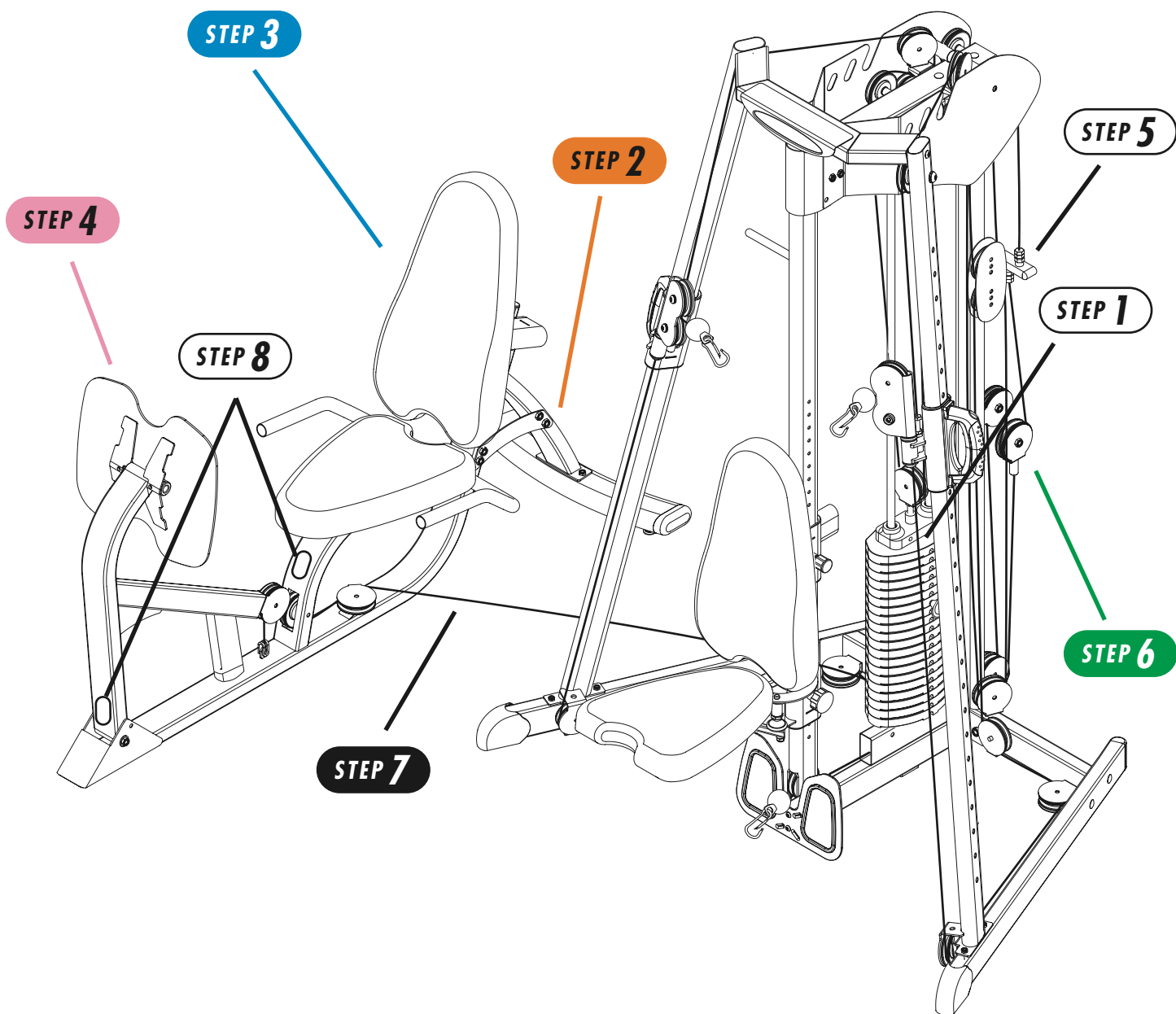
ST250 LEG PRESS

To avoid possible damage to this Leg Press, please follow these assembly steps in the correct order. Before proceeding, find your new Leg Press' serial number located on the back of the base tube (1b), and enter here:

Refer to this number when calling for service, and enter this serial number on your Warranty Card and in your own records. Be sure to read your Owner's Guide before using your new Leg Press.

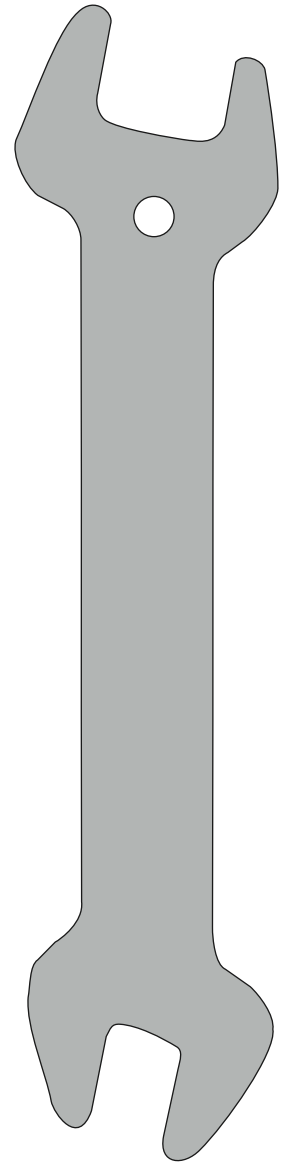
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12

NOTE: It is recommended that you apply grease to the threads of each screw as you assemble your Leg Press to prevent loosening and noise. Also, during each assembly step, ensure that ALL screws are in place and partially threaded in before completely tightening any ONE screw.

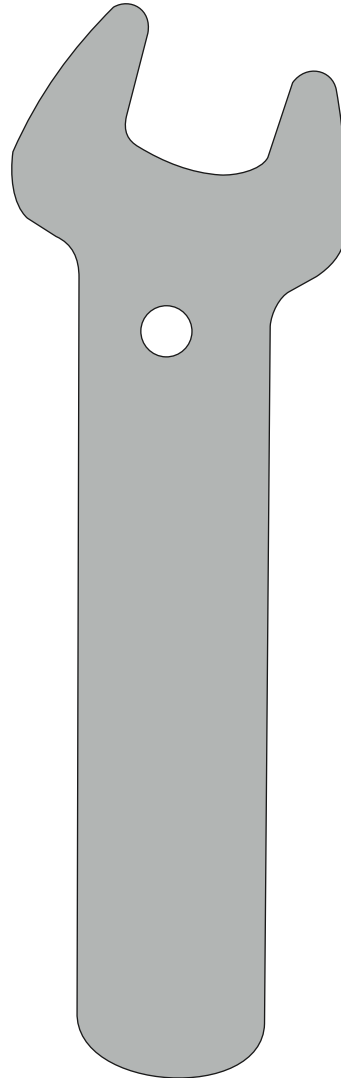


TOOLS & PARTS INCLUDED

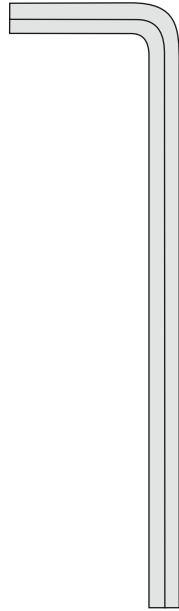
10mm/17mm Wrench



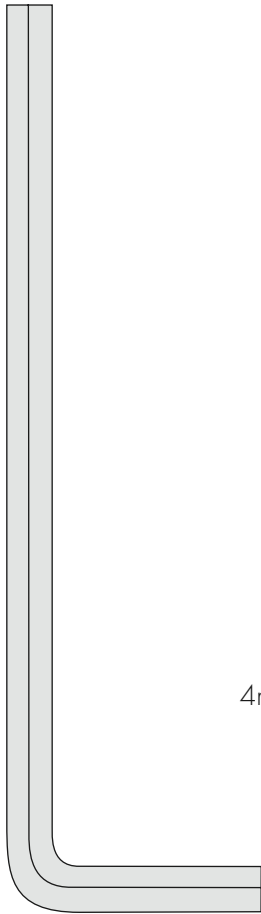
19mm Wrench



4mm L-Shaped Wrench



6mm L-Shaped Wrench (2)

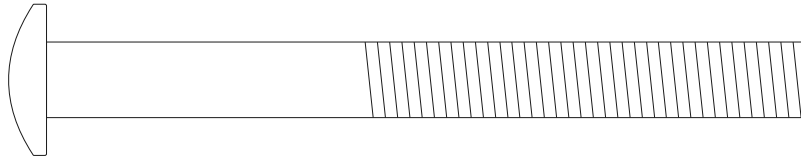
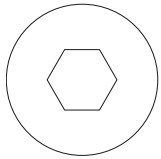


PARTS BOX

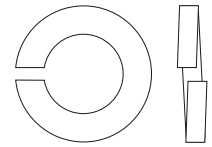
Color-coded Hardware Bags
Owner's Guide
Assembly Guide
Warranty Card

HARDWARE INCLUDED

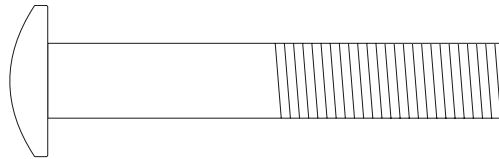
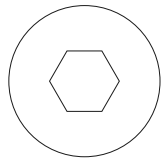
ORANGE BAG



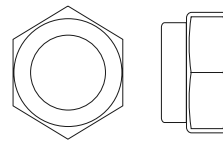
M10 x 1.5P x 100L Bolt
Quantity: 4



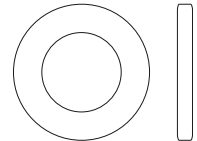
SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 8



M10 x 1.5P x 60L
Carriage Bolt
Quantity: 2

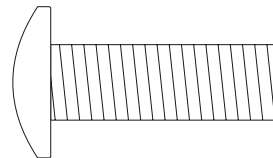
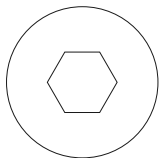


M10 x 1.5P Nut
Quantity: 12

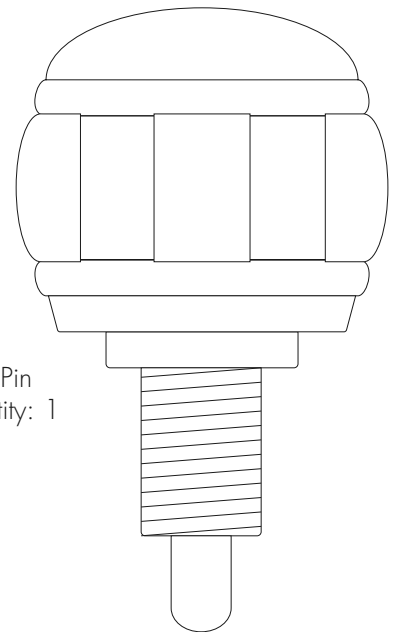
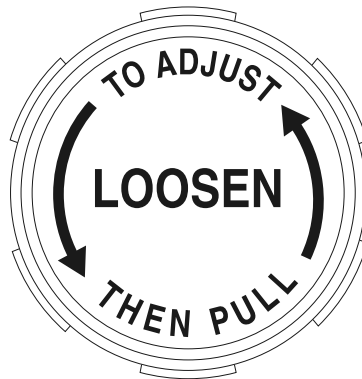


10.5 x 18 x 2T
Flat Washer
Quantity: 16

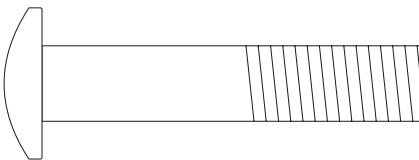
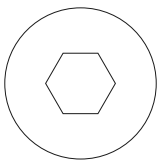
BLUE BAG



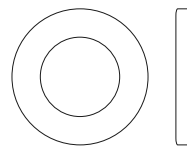
M10 x 1.5P x 30L Bolt
Quantity: 8



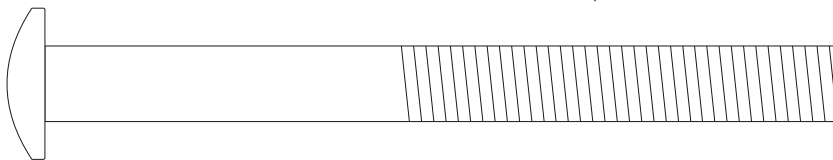
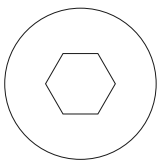
Pull Pin
Quantity: 1



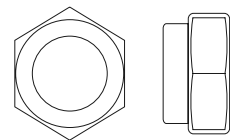
M10 x 1.5P x 50L
Carriage Bolt
Quantity: 2



10.5 x 18 x 2T
Flat Washer
Quantity: 4



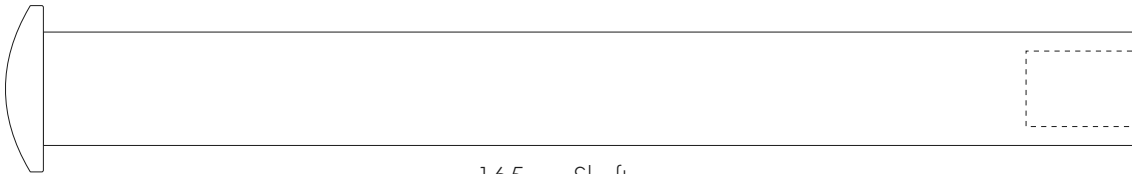
M10 x 1.5P x 105L Bolt
Quantity: 1



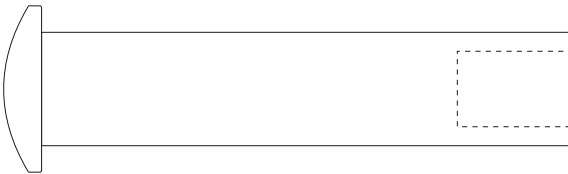
M10 x 1.5P Nut
Quantity: 3

HARDWARE INCLUDED

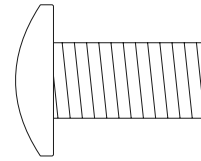
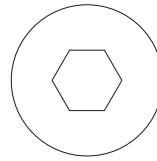
PINK BAG



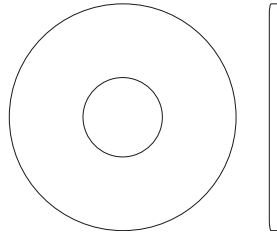
165mm Shaft
Quantity: 1



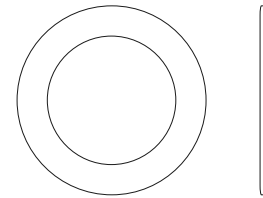
90mm Shaft
Quantity: 1



M10 x 1.5P x 20L Bolt
Quantity: 2

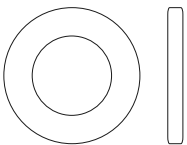


10.5 x 30 x 2T
Flat Washer
Quantity: 2

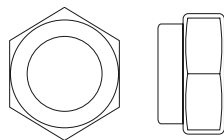


17 x 25 x 1.5T
Flat Washer
Quantity: 1

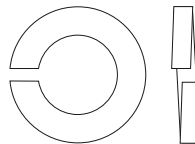
GREEN BAG



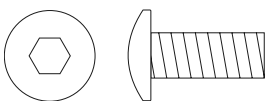
10.5 x 18 x 2T
Flat Washer
Quantity: 2



M10 x 1.5P Nut
Quantity: 2



SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 2



M6 x 1P x 15L Bolt
Quantity: 3



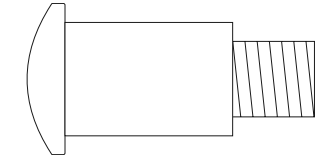
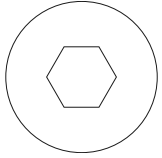
SW6.1 x 12.2 x 1.5T
Spring Washer
Quantity: 3



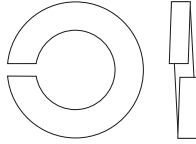
6.4 x 14 x 1T
Flat Washer
Quantity: 3

HARDWARE INCLUDED

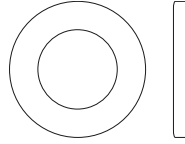
BLACK BAG



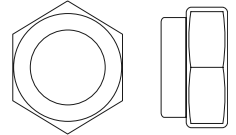
15x33L
Shoulder Bolt
Quantity: 1



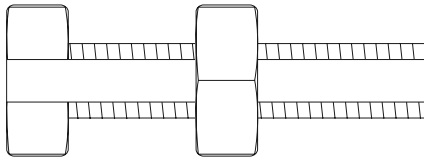
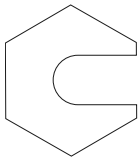
SW10.2 x 18.4 x 2.5T
Spring Washer
Quantity: 1



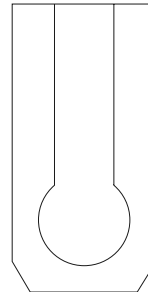
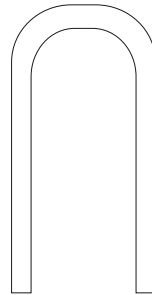
10.5 x 18 x 2T
Flat Washer
Quantity: 1



M10 x 1.5P Nut
Quantity: 1



M12 Slotted Bolt
Quantity: 1



U Bracket
Quantity: 1

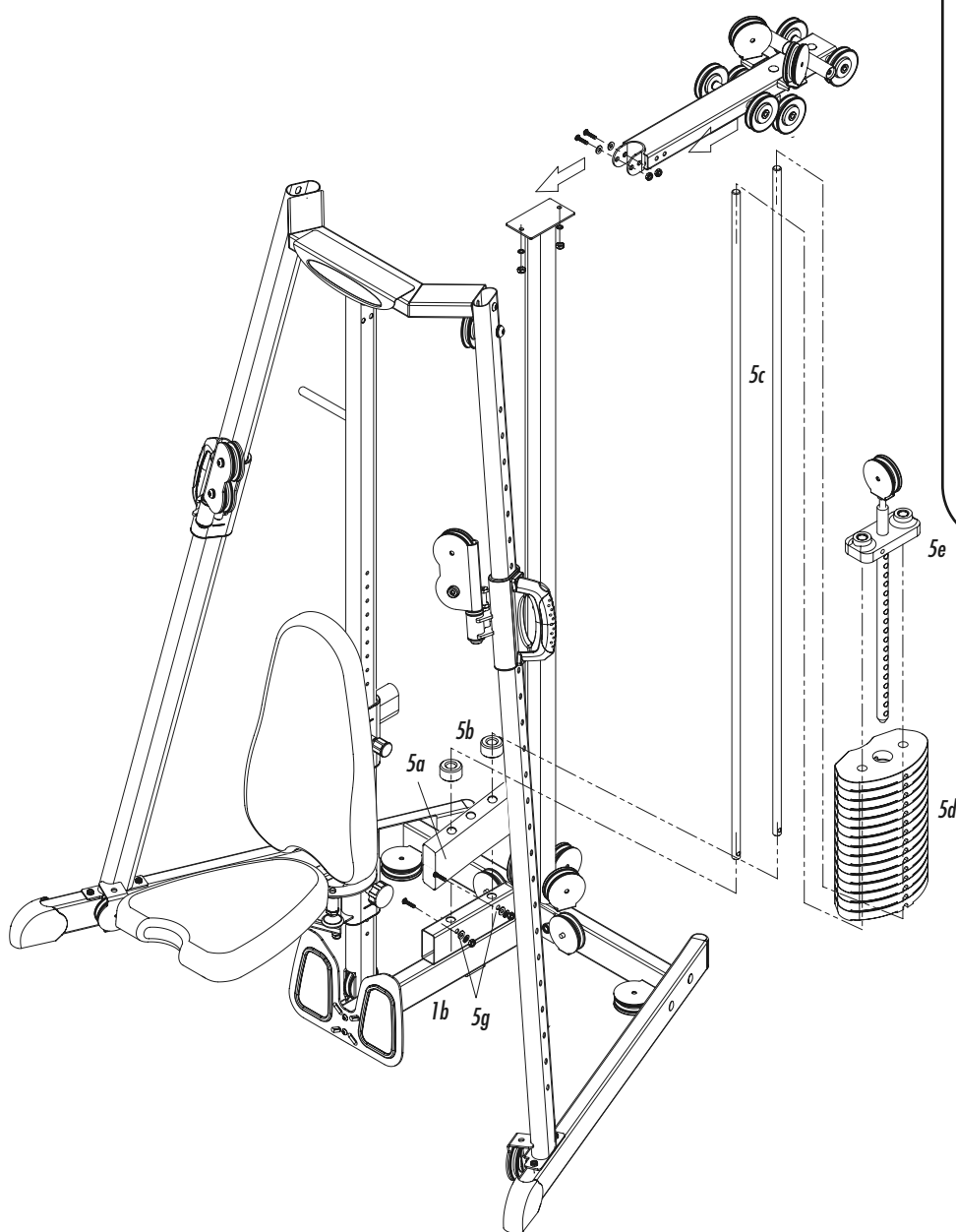
STEP 1

WEIGHT PLATES

- If you aren't adding any weight plates to the stack, skip this step and proceed to Step 2.

- Your unit is equipped to handle 21-ten pound plates (20 plates and the header plate). If you are adding plates to the stack after it has been in use, proceed as follows: Loosen the nuts, attached to the bolts (5g) with a 10mm wrench and a 4mm L-shaped wrench, and remove. Allow the guide rods (5c) to drop to the bottom of the tube (1b). With the weight selector pin disengaged, raise the header plate assembly (5e) and each successive weight plate (5d) over the top of the guide rods. Remove the steel tube spacer (5a).

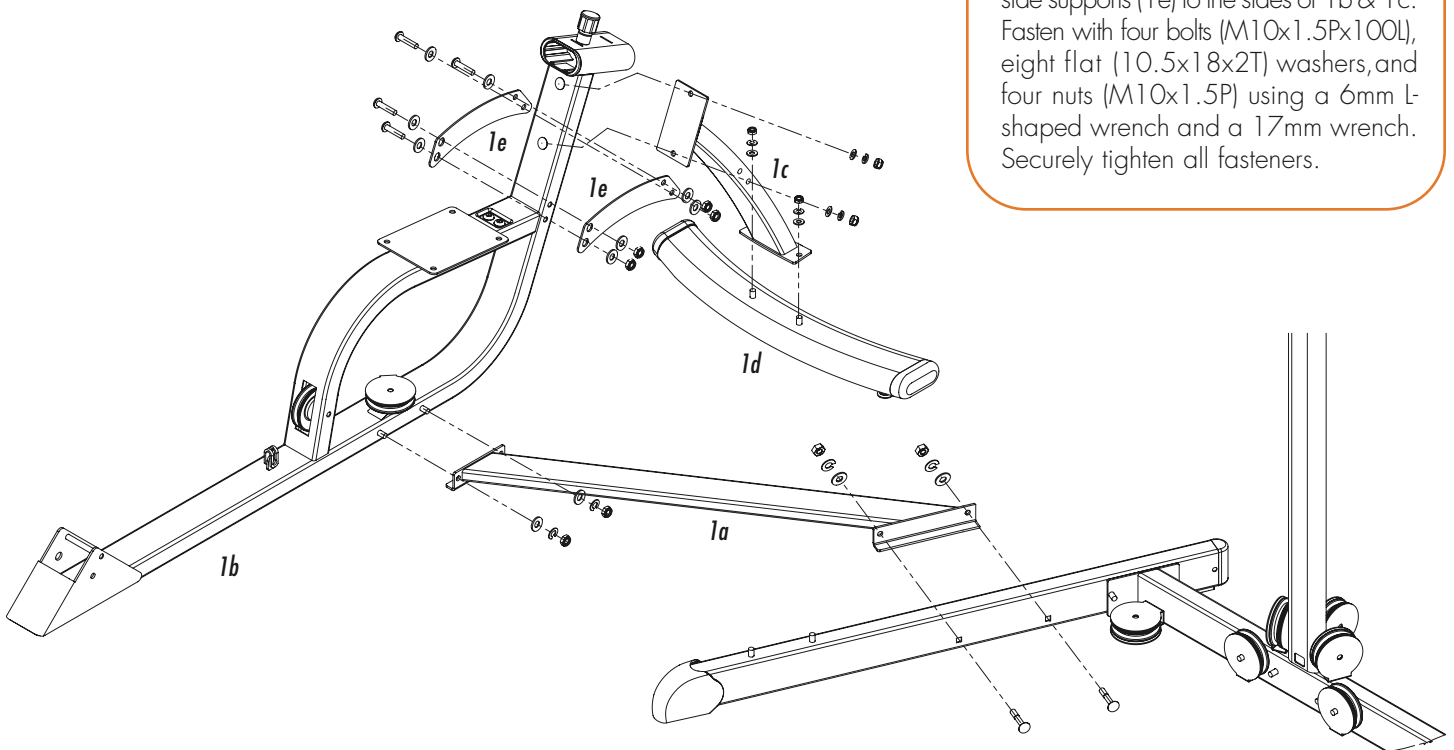
- Before stacking the 20 weight plates back on, place rubber bumpers (5b) directly above each hole of 1b. Make sure you slide the weight plates with no decals on first. Slide the header plate assembly onto the top weight plate. Reattach the washers and nuts to the bolts to the appropriate holes (5g) of the guide rods. Attach the appropriate decals to the weight plates.



STEP 2**ORANGE BAG**

- Attach the connecting brace (1a) to the empty holes on the left floor support of the base unit (**ST200**). Connect with two carriage bolts (M10x1.5Px60L), two flat (10.5x18x2T) & spring (SW10.2x18.4x2.5T) washers, and two nuts (M10x1.5P). Attach the opposite end of the connecting brace to the main floor support (1b) of the leg press. Attach the two bolts already in (1b) with two flat (10.5x18x2T) & spring (SW10.2x18.4x2.5T) washers, and two nuts (M10x1.5P). Tighten all four nuts with a 17mm wrench.

- Slide the rear vertical support (1c) over the top of the protruding bolts on the rear floor support (1d). Loosely fasten two flat (10.5x18x2T) & spring (SW10.2x18.4x2.5T) washers and two nuts (M10x1.5P) to the bolt ends. Slide this structure and mate with the bolts attached to the rear of 1b. Loosely attach two flat (10.5x18x2T) & spring (SW10.2x18.4x2.5T) washers and two nuts (M10x1.5P). Attach the side supports (1e) to the sides of 1b & 1c. Fasten with four bolts (M10x1.5Px100L), eight flat (10.5x18x2T) washers, and four nuts (M10x1.5P) using a 6mm L-shaped wrench and a 17mm wrench. Securely tighten all fasteners.

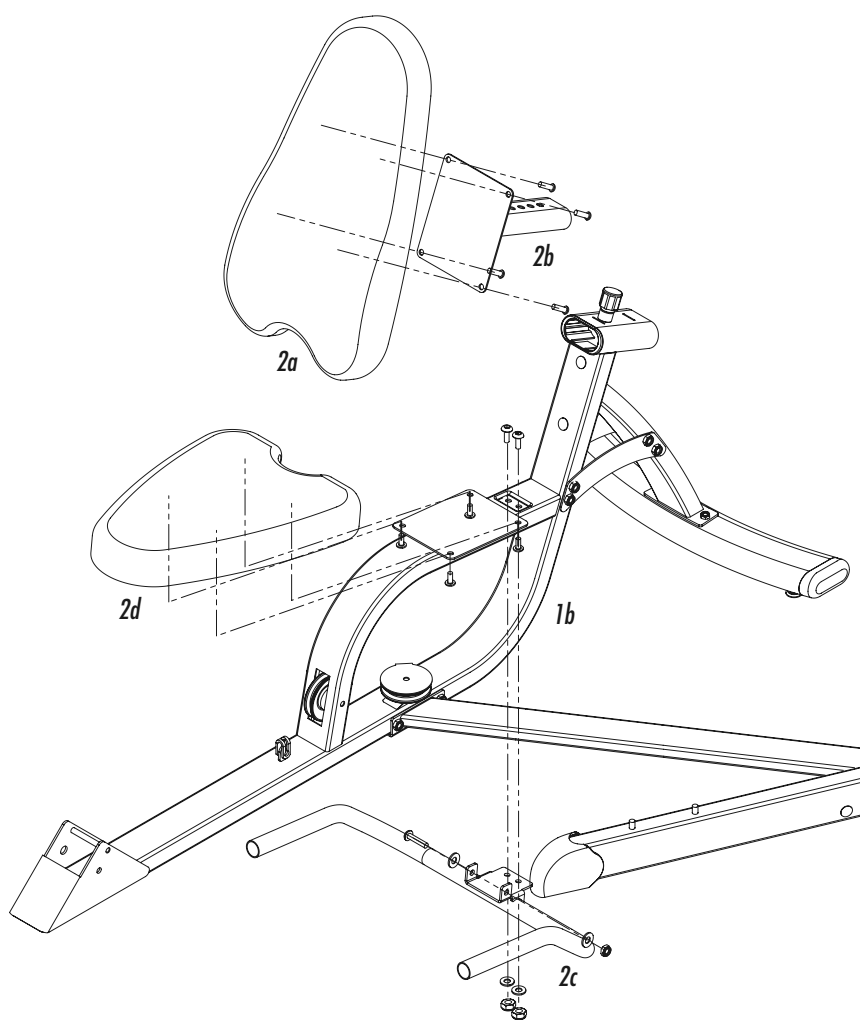


- Lay the seatback (2a) face down. Mate the seatback support (2b) to 2a. Make sure the holes of 2b are pointing up towards the top of the seatback. Securely fasten four bolts (M10x1.5Px30L) into the seatback using a 6mm L-shaped wrench. Thread the pull pin partially into the opening of 1b. Guide the seatback into the oval opening at the rear of the main support tube (1b). Pull up and hold the pull pin, while you guide the seatback in the rest of the way. Release the pull pin and allow to engage in one of the holes.

- Bring the handle bars (2c) up to the bottom of the rectangular seat support plate of 1b. Place a bolt (M10x1.5Px105L) and a flat (10.5x18x2T) washer horizontally through the seat support tube of 1b. Attach a flat (10.5x18x2T) washer and a nut (M6x1P). Leave loose.

- Drop 2 bolts (M10x1.5Px50L) vertically through the seat support tube of 1b. Attach two flat (10.5x18x2T) washers and two nuts (M10x1.5P). Tighten using a 6mm L-shaped wrench and a 17mm wrench. Tight the horizontal hardware with a 10mm wrench and a 4mm L-shaped wrench.

- Lay the seat (2d) on top of the flat steel support of 1a. Make sure the rounded part of the seat is pointed towards the front. Securely fasten four bolts (M10x1.5Px30L) up into the seat using a 6mm L-shaped wrench.

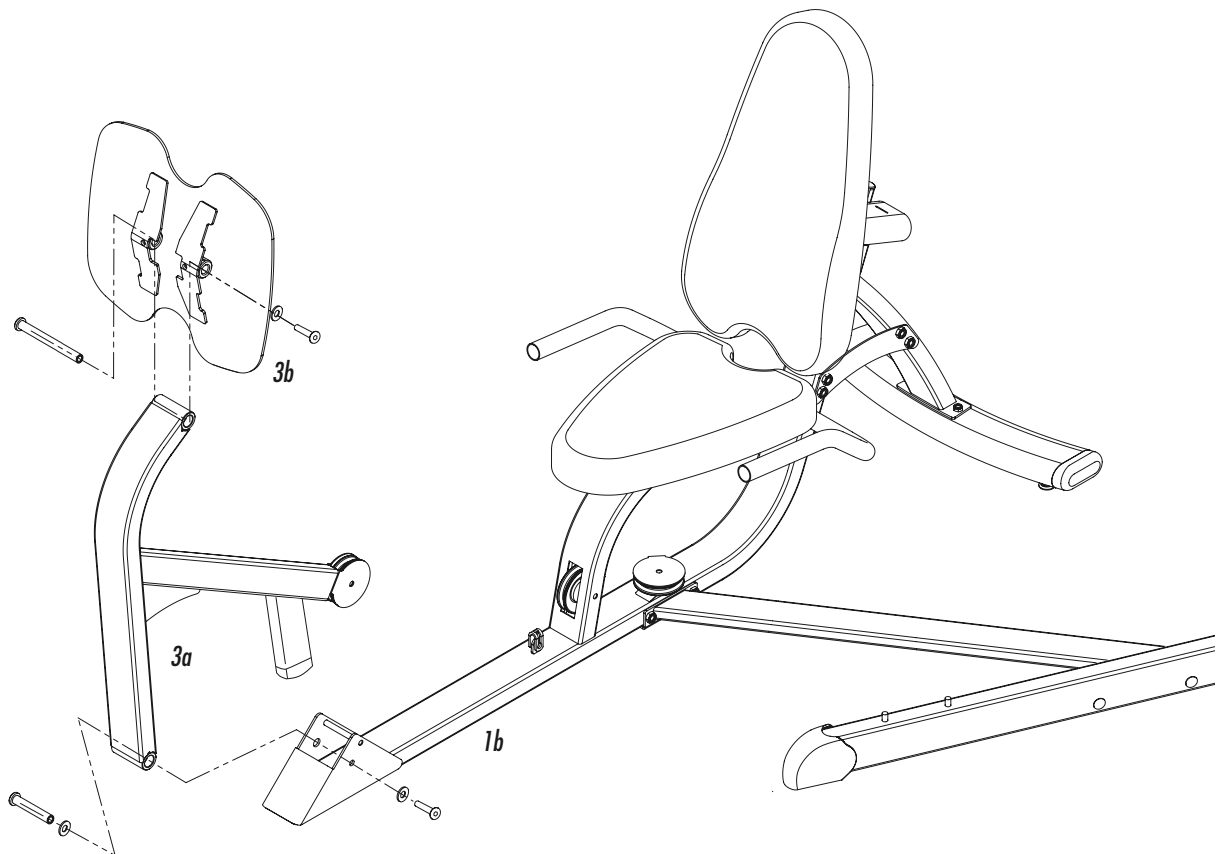


STEP 4

PINK BAG

- Insert the lever arm (3a) into the triangular structure at the front of 1b. When the holes are lined up, insert the 90mm shaft along with a flat (17x25x1.5T) washer through the lower end of 3a and fasten with a flat (10.5x30x2T) washer and a bolt (M10x1.5Px20L). Tighten firmly using two 6mm L-shaped wrenches.

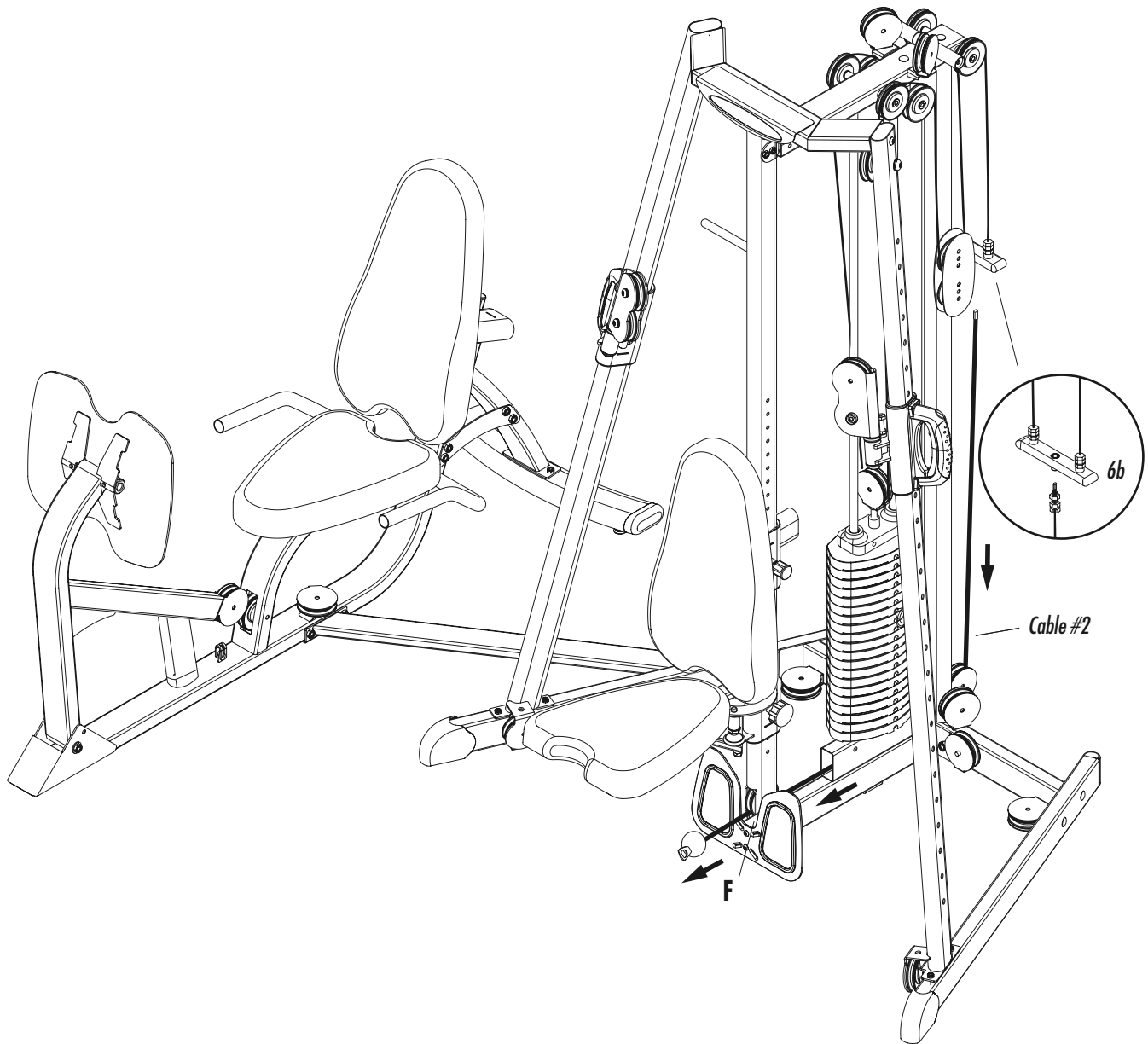
- Insert the foot plate (3b) over the top opening of the lever arm. When the holes are lined up, slide the 165mm shaft through the opening and fasten a flat (10.5x30x2T) washer and a bolt (M10x1.5Px20L). Tighten firmly using a 6mm L-shaped wrench.



STEP 5

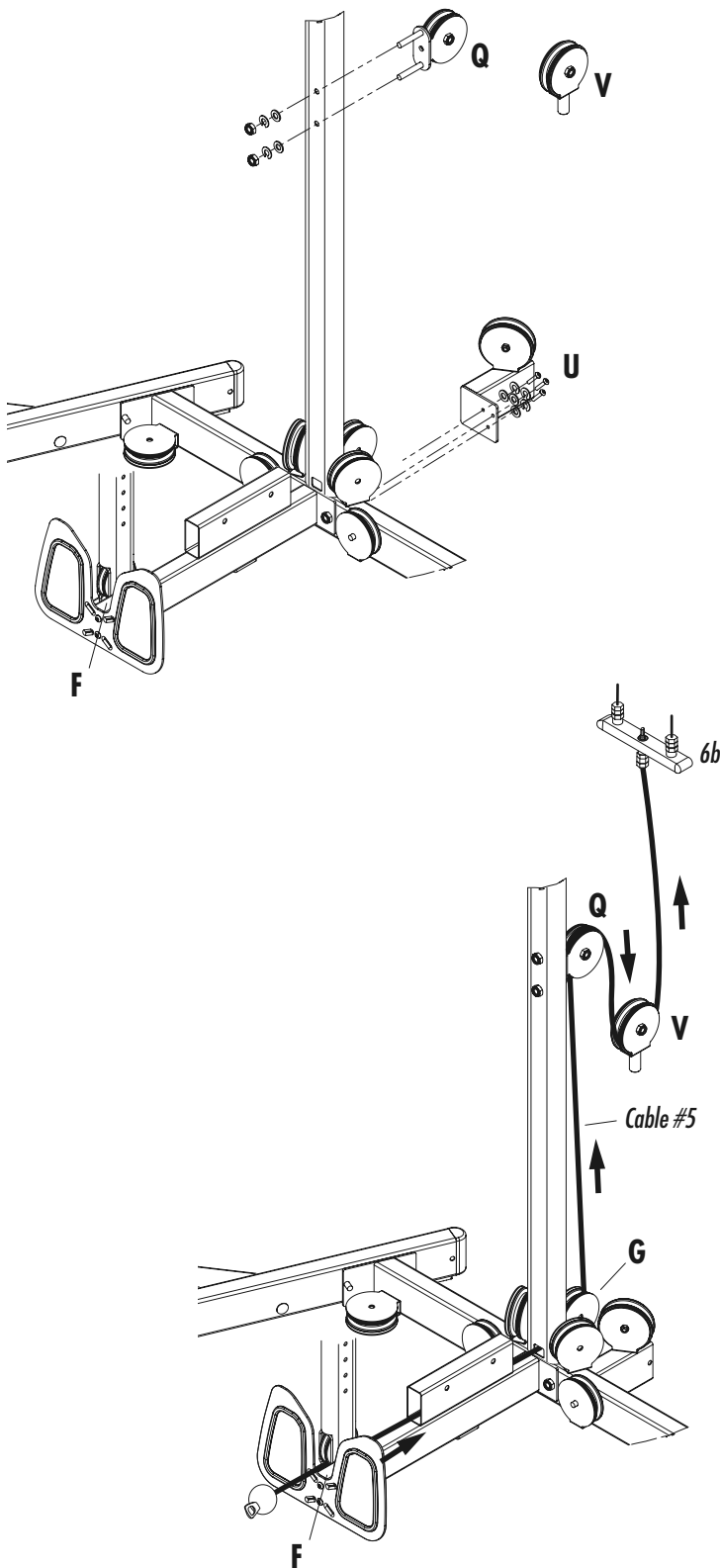
CABLE #2

- If you already have the base unit assembled with cable #2 and are adding the leg press to it, follow this instruction, otherwise proceed to Step 6: Unscrew the nuts and bolt that attaches cable #2 to the rear termination tube (6b of base unit), using a 19mm wrench. Unscrew the nuts from the slotted bolt. Pull the cable out through the front at pulley F of the base unit.



STEP 6

GREEN BAG



- Attach the pulley structure (U) to the bottom rear floor support of the base unit with three bolts (M6x1Px15L), three flat (6.4x14x1T), and three spring (SW6.1x12.2x1.5T) washers. Tighten with a 4mm L-shaped wrench.

- Slide pulley structure (Q) through the back side of the rear vertical support (base unit) and fasten securely with two spring (SW10.2x18.4x2.5T) & flat (10.5x18x2T) washers and two nuts (M10x1.5P). Use a 17mm wrench.

- Feed the small steel end of cable #5 through pulleys (in the following order) F, G, Q, V. Place the slotted bolt (5a of base unit) around cable #5. Thread the nuts back on the slotted bolt. With the threads pointing up, thread the bolt into the rear termination tube (6b of base unit) far enough that the cable is taught. Tighten the locking nut against the bottom of 6b using a 19mm wrench.

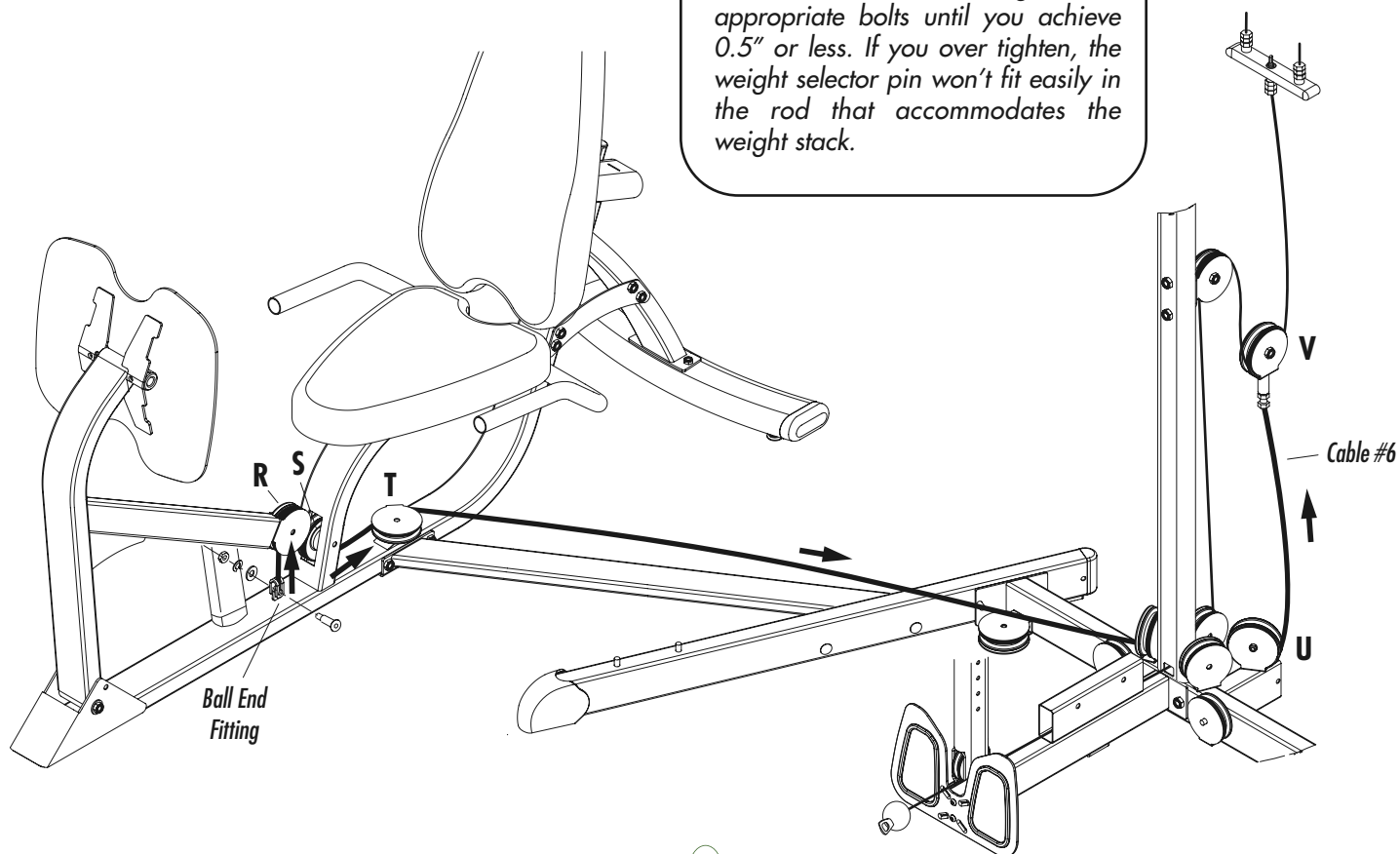
STEP 7**BLACK BAG**

- Begin routing cable #6 with the end opposite the steel ball end. Feed the cable over pulley R, under S, around T, and under U. Unscrew the nut from the slotted bolt (M12). With the threads of the bolt facing up, slide cable #6 through it and reattach the nut. Thread the bolt into the post of pulley V, just enough so the cable won't fall out. Slip the opposite end of the cable (ball end fitting) through the wide opening, on the side of the U bracket. Place the U bracket over the cable receptor attachment point on the main floor support (1b). Line up the holes and slide the shoulder bolt (15x33L) through the 3 holes. Attach a spring (SW10.2x18.4x2.5T) and flat (10.5x18x2T) washer and nut (M10x1.5P) using a 6mm L-shaped wrench and a 17mm wrench. Tighten until the end of the bolt protrudes beyond the end of the nut. Do not crush the U bracket.

WARNING: FAILURE TO PROPERLY COMPLETE THIS STEP COULD RESULT IN SERIOUS INJURY!

- Go back up and tighten the slotted bolt (M12), until the cable is taught (a minimum of 0.5"). Tighten both the bolt and the locking nut using a 19mm wrench.

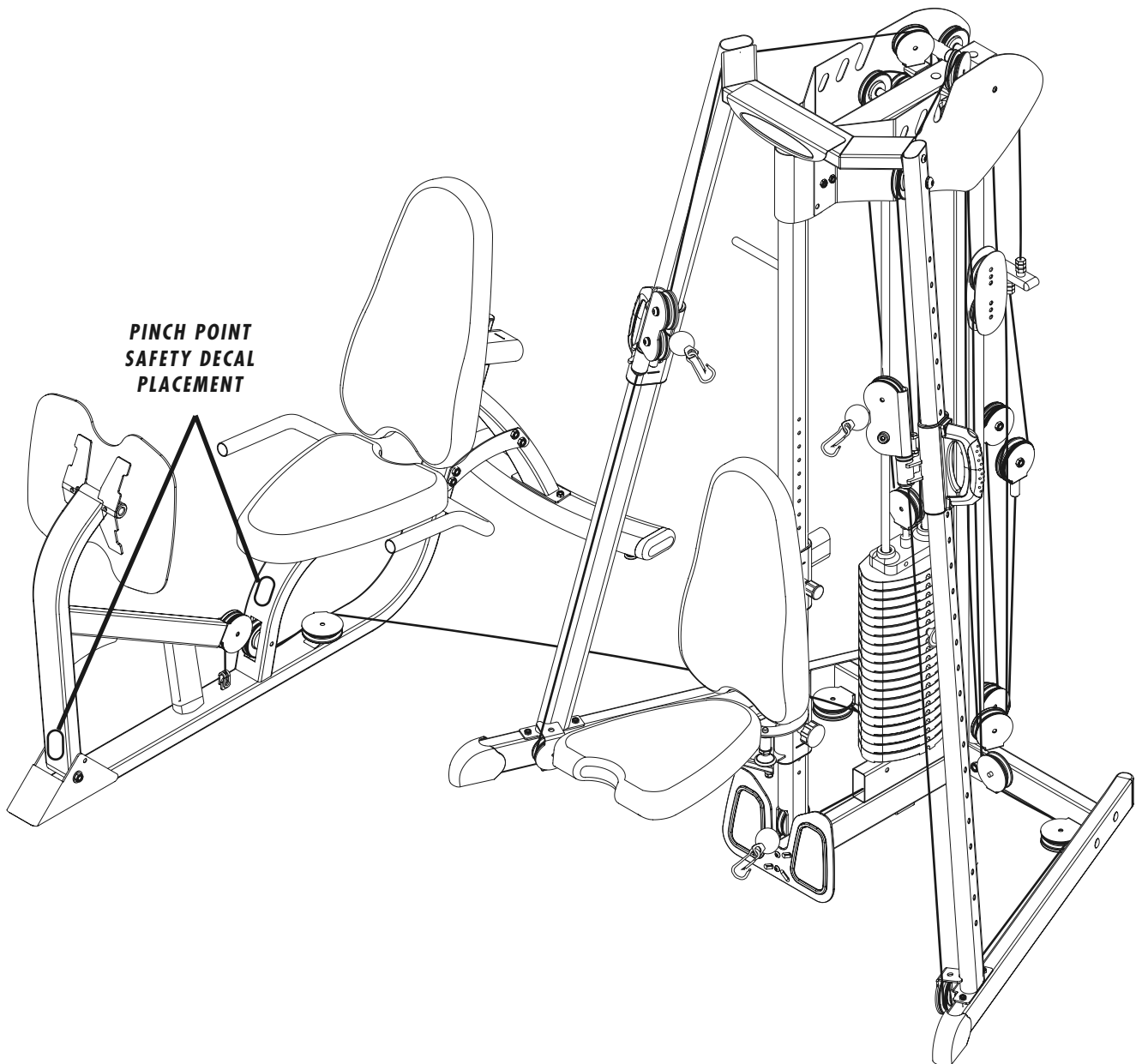
NOTE: With the weight selector pin engaged in the 10 pound hole, pull on all three cable ends. There should be no more than 0.5" of play in the cable. This means that the 10 pound weight should begin to move vertically, within 0.5" of cable pull. If there is more distance than this, tighten the appropriate bolts until you achieve 0.5" or less. If you over tighten, the weight selector pin won't fit easily in the rod that accommodates the weight stack.



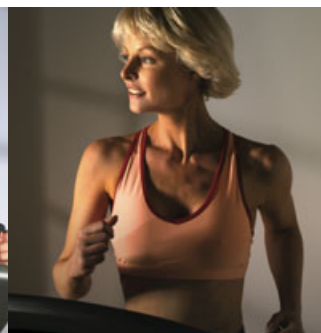
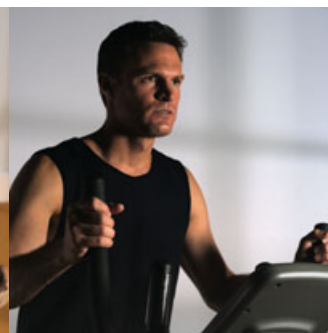
STEP 8

DECALS

- Attach the decals according to the diagram below.



*it all
starts
with a
vision*



500 South CP Avenue • P.O. Box 280 • Lake Mills, WI 53551
toll free 800.335.4348 • phone 920.648.4090 • fax 920.648.3373
www.visionfitness.com

©2005 Vision Fitness. All Rights Reserved. 10.05
AG18.38PRD
REV2