



VST600 Selectorized Strength



Cable Routing Diagrams

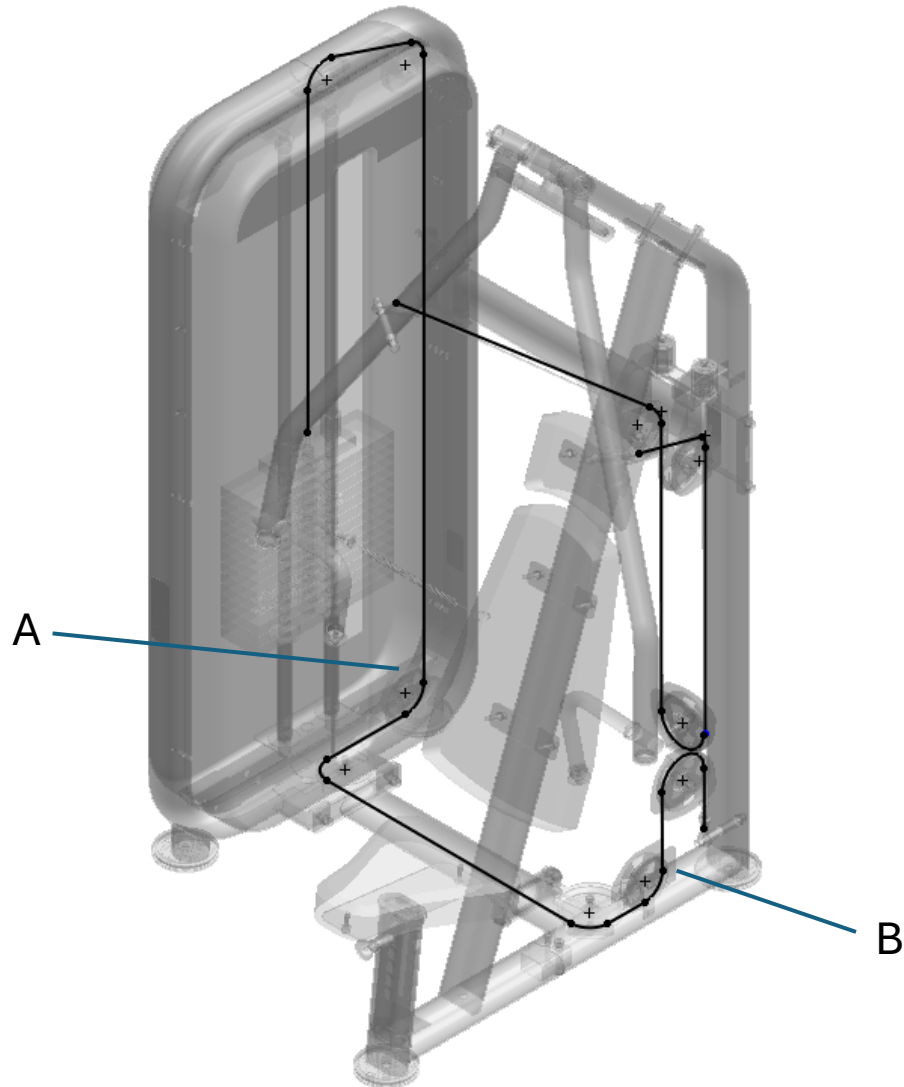
Posted 5/20/2024

Table of Contents

VST600-S13 Chest Press.....	3
VST600-S21 Lateral Raise.....	4
VST600-S22 Pec Fly / Rear Delt.....	5
VST600-S23 Shoulder Press.....	6
VST600-S55 Rotary Torso.....	7
VST600-S70 Leg Press.....	8
VST600-S73 Prone Leg Curl.....	9
VST600-S74 Hip Abductor / Adductor.....	10
VST600-S76 Rotary Hip.....	11
VST600-S331 Lat Pulldown / Seated Row.....	12
VST600-S401 Biceps / Triceps.....	13
VST600-S531 Ab / Low Back.....	14
VST600-S601 Assisted Dip / Chin.....	15
VST600-S711 Leg Extension / Curl.....	16

Cable Routing Diagram

VST600-S13 Chest Press



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

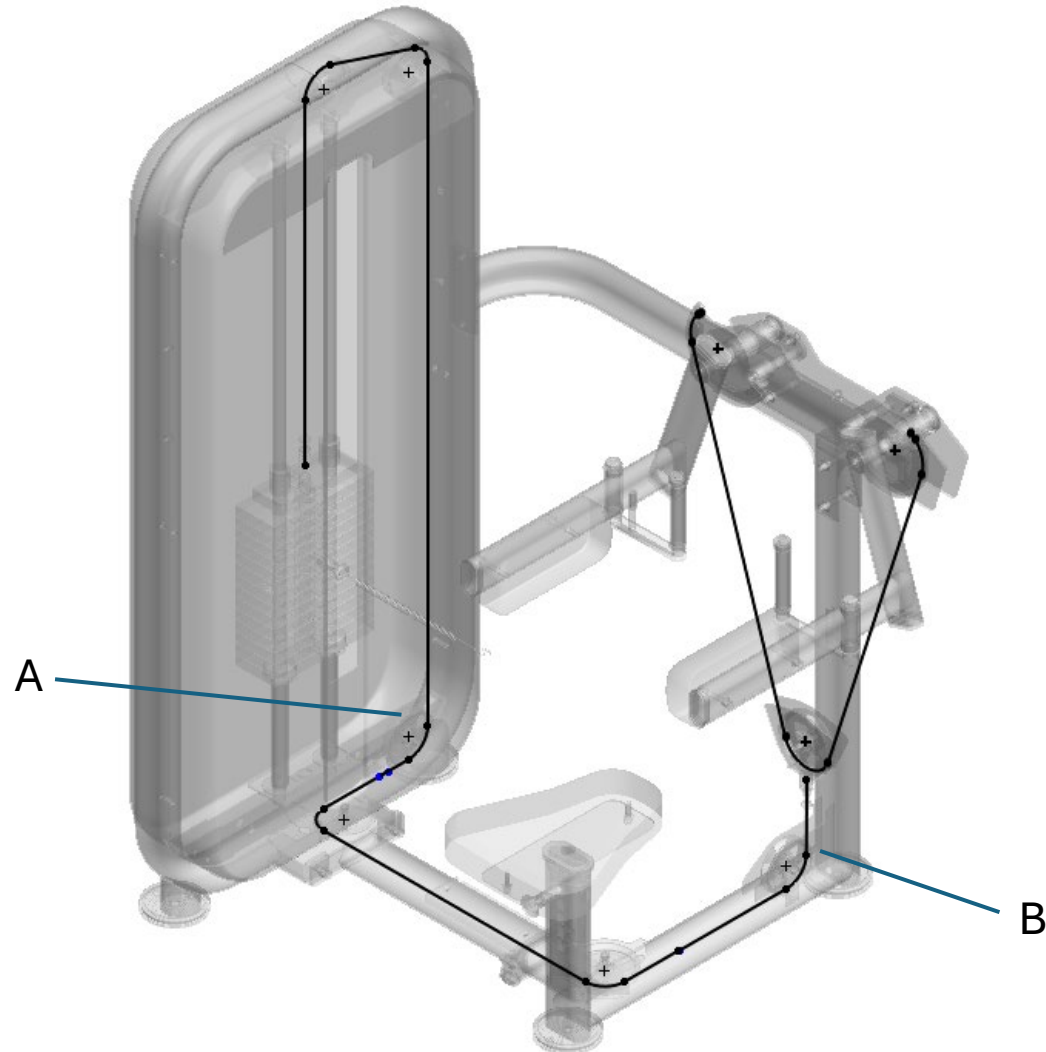
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S21 Lateral Raise



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

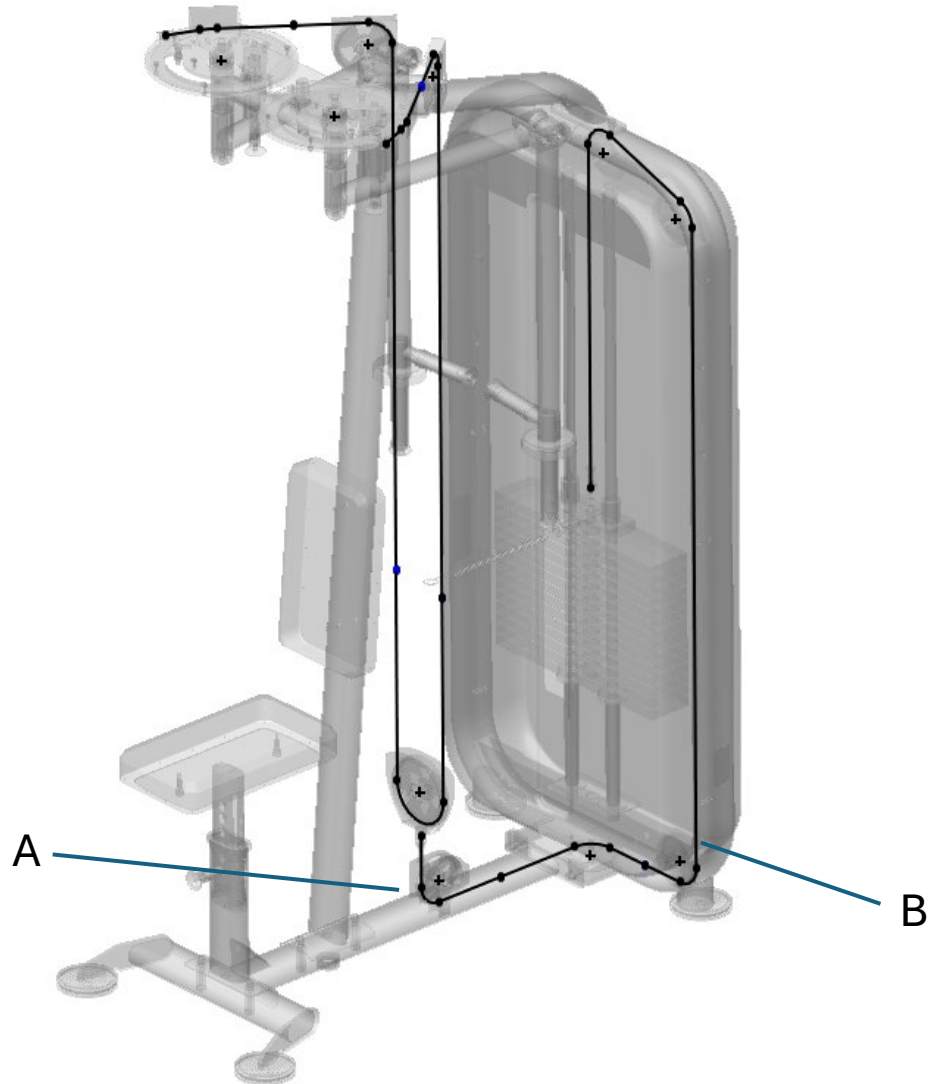
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S22 Pec Fly / Rear Delt



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

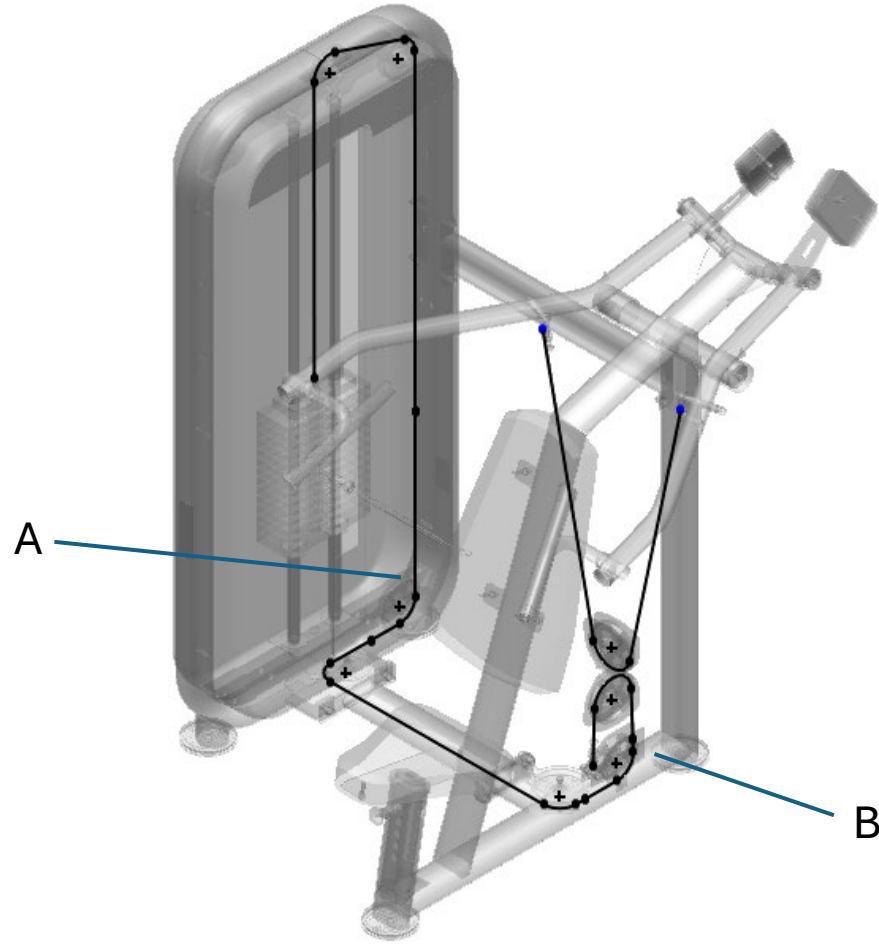
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S23 Shoulder Press



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

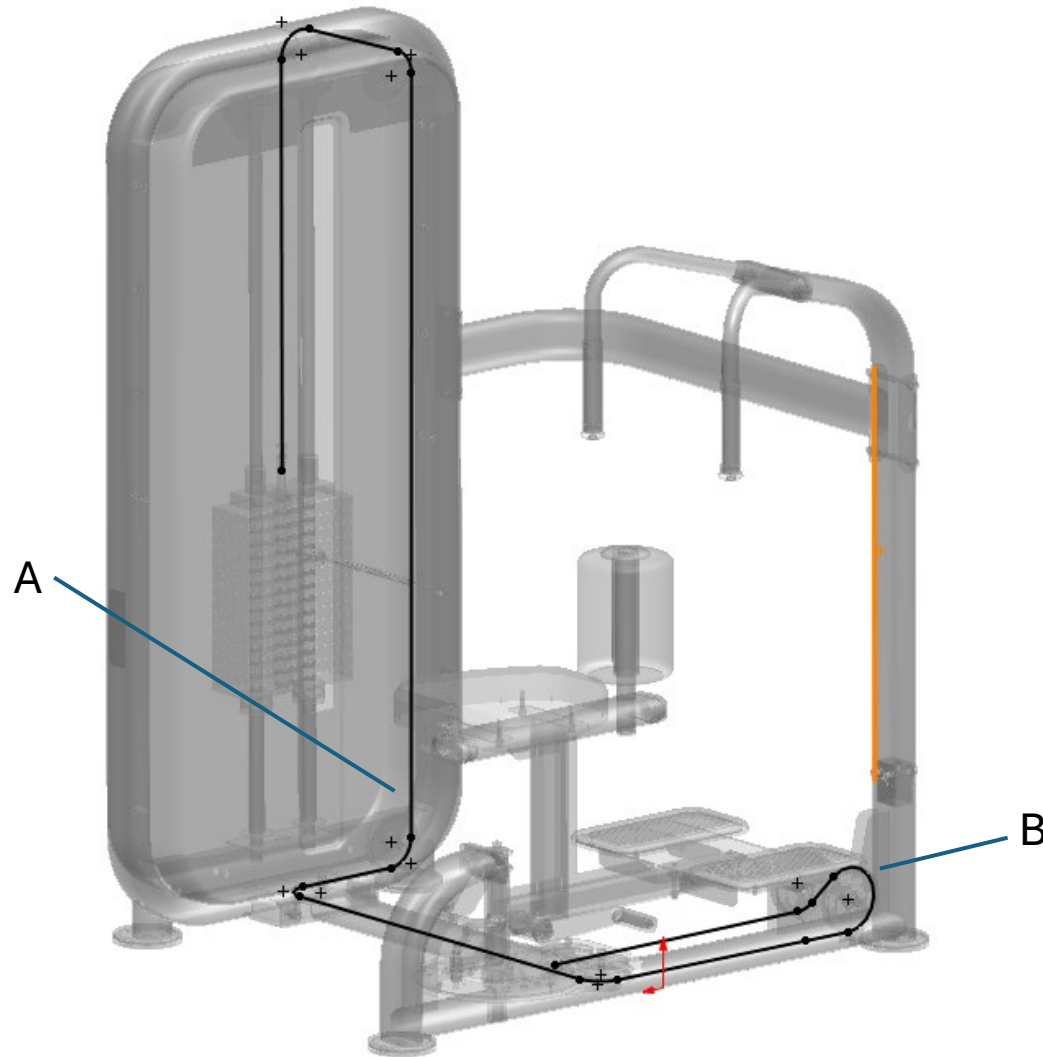
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S55 Rotary Torso



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

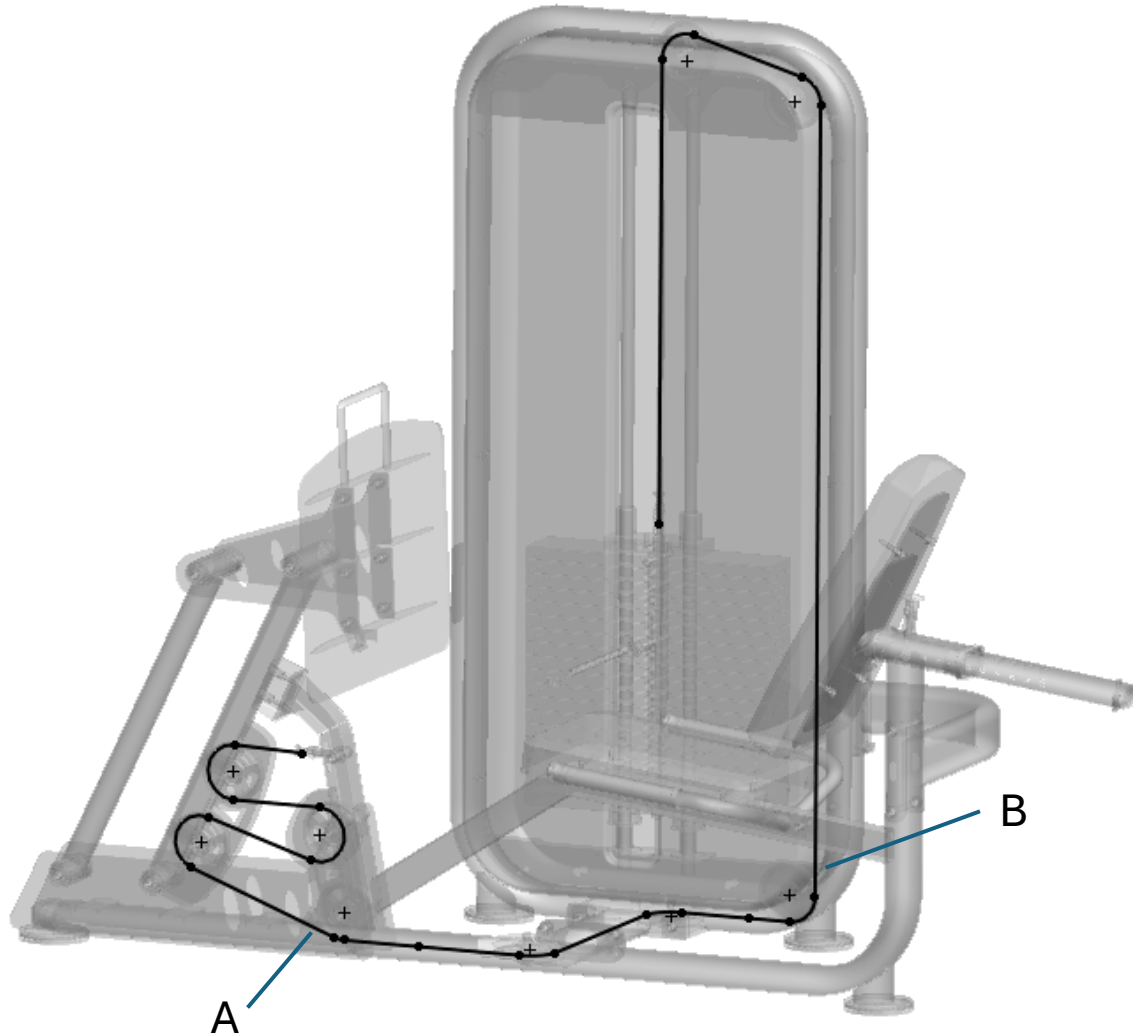
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S70 Leg Press



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

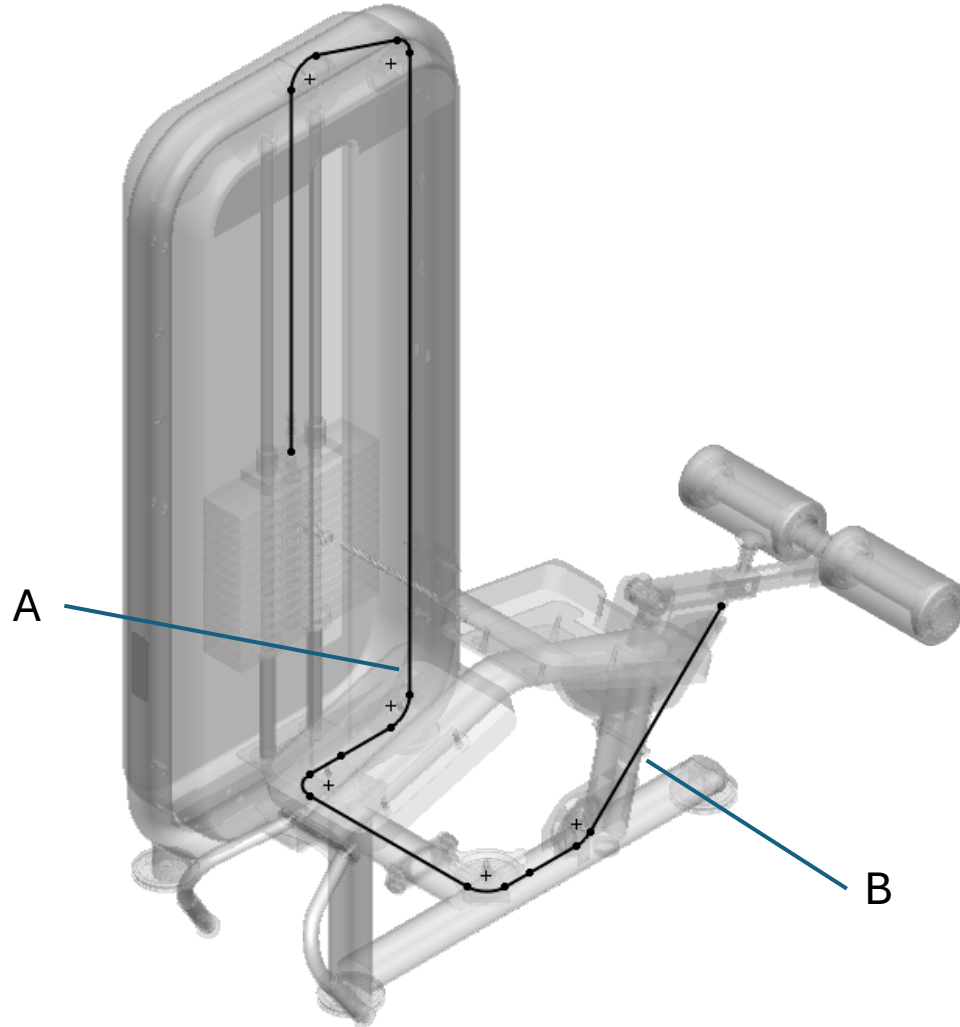
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S73 Prone Leg Curl



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

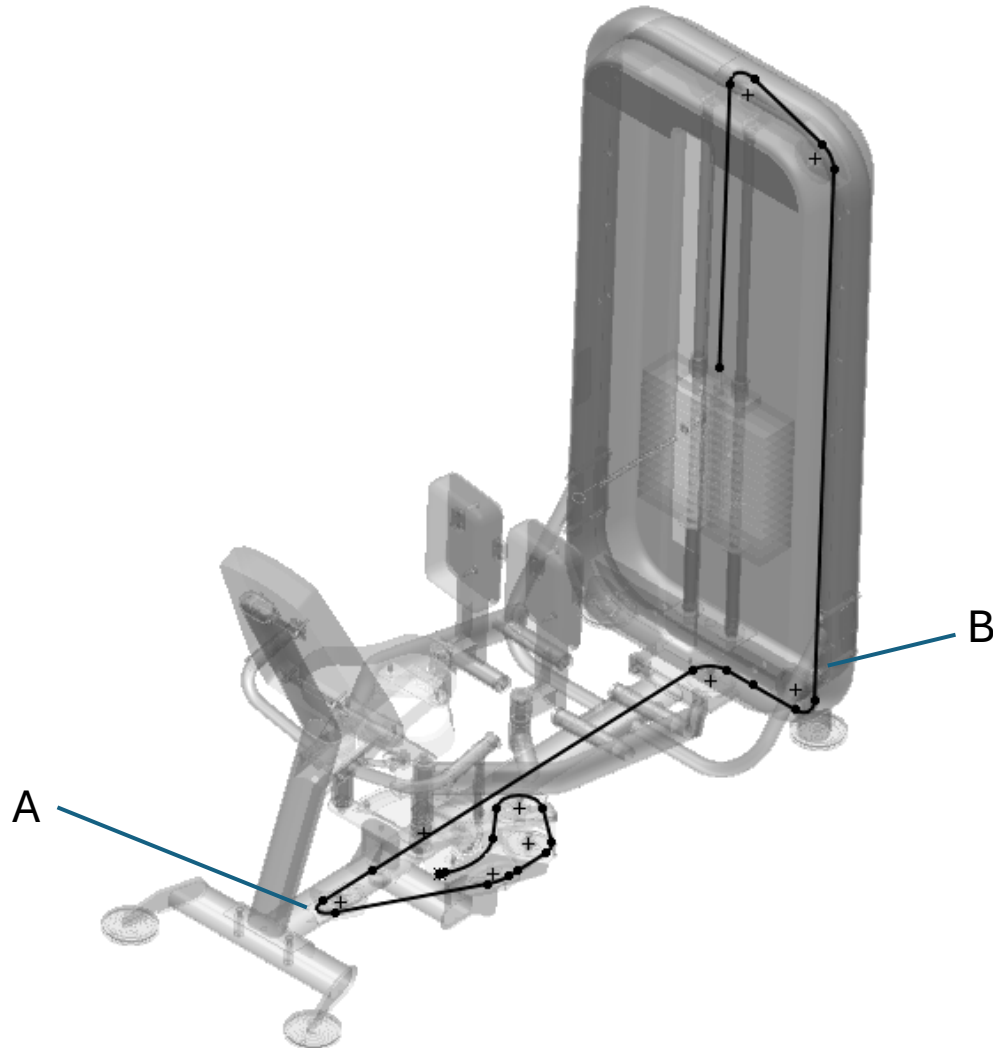
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S74 Hip Abductor / Adductor



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

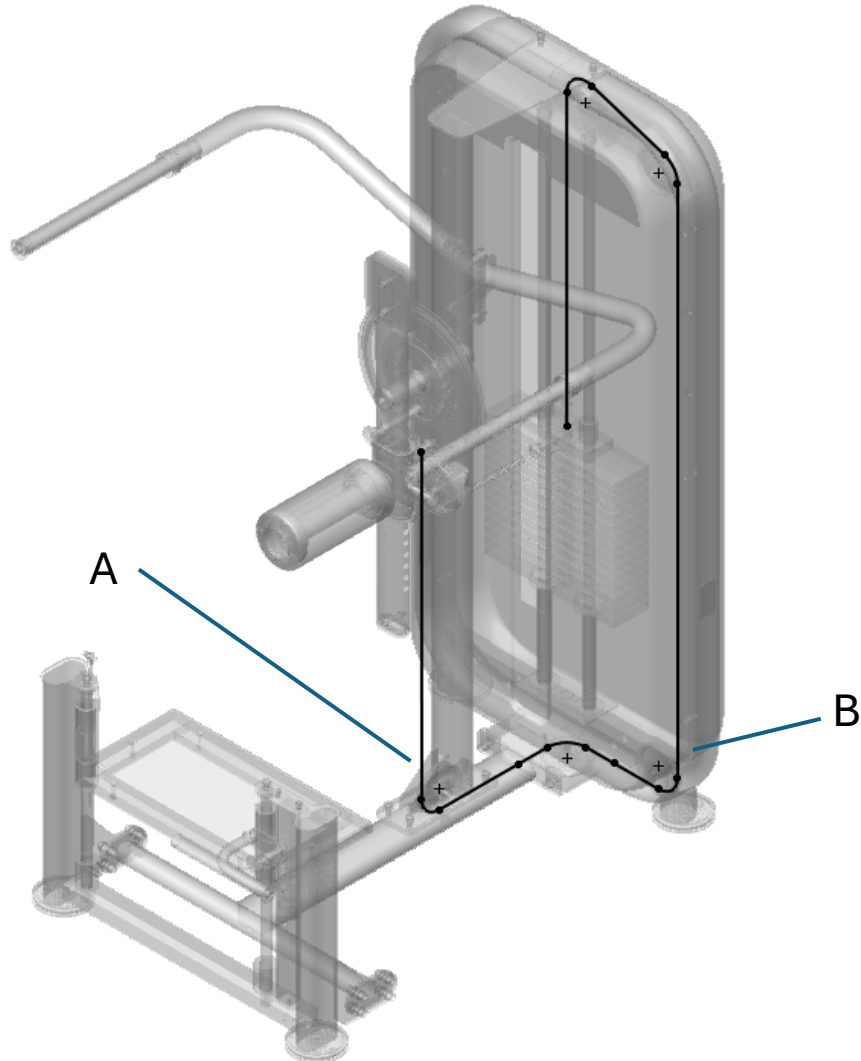
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S76 Rotary Hip



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

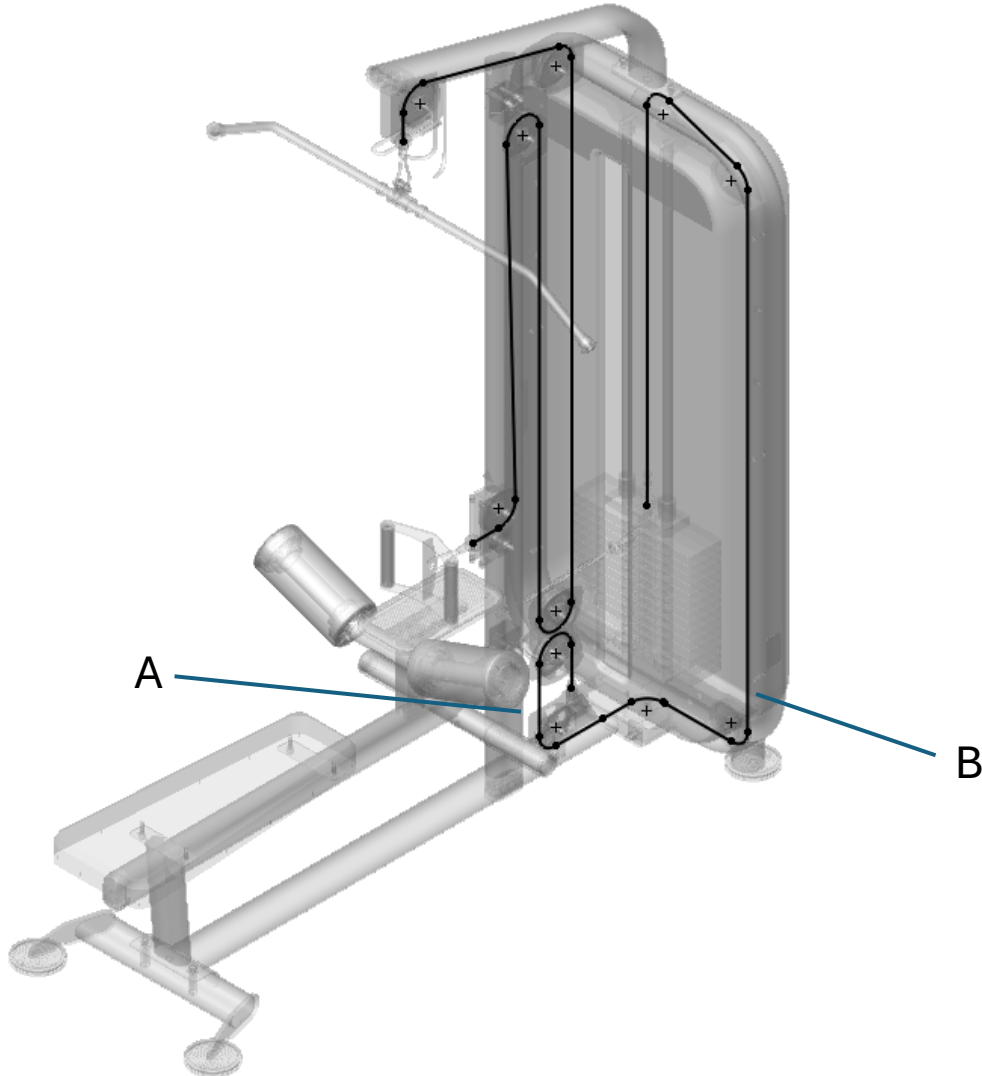
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S331 Lat Pulldown / Seated Row



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

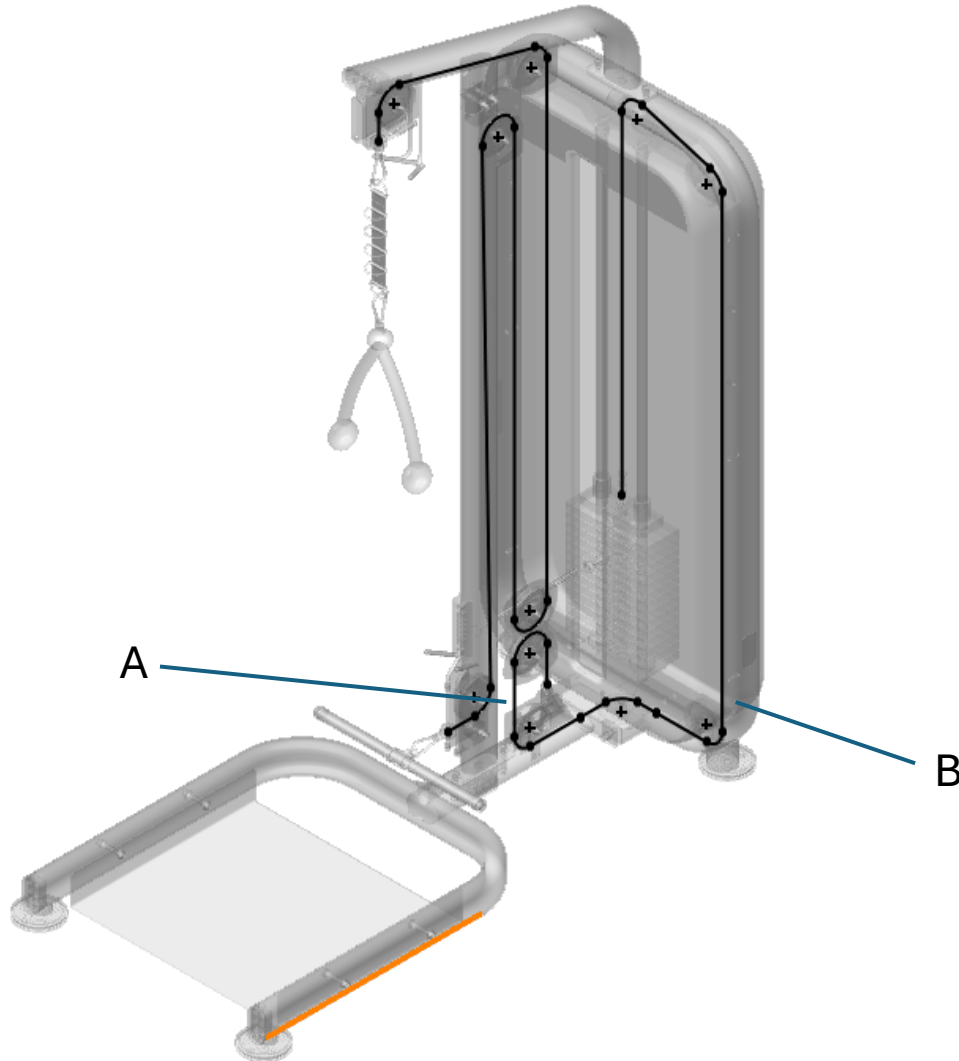
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S401 Biceps / Triceps



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

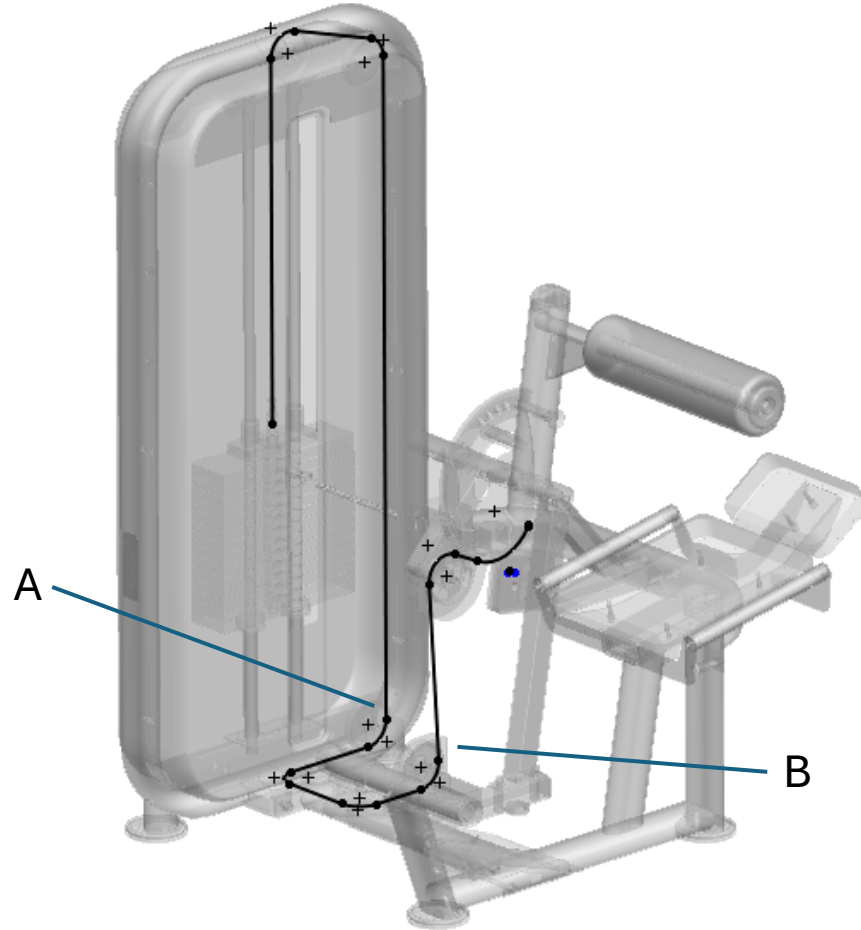
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S531 Ab / Low Back



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

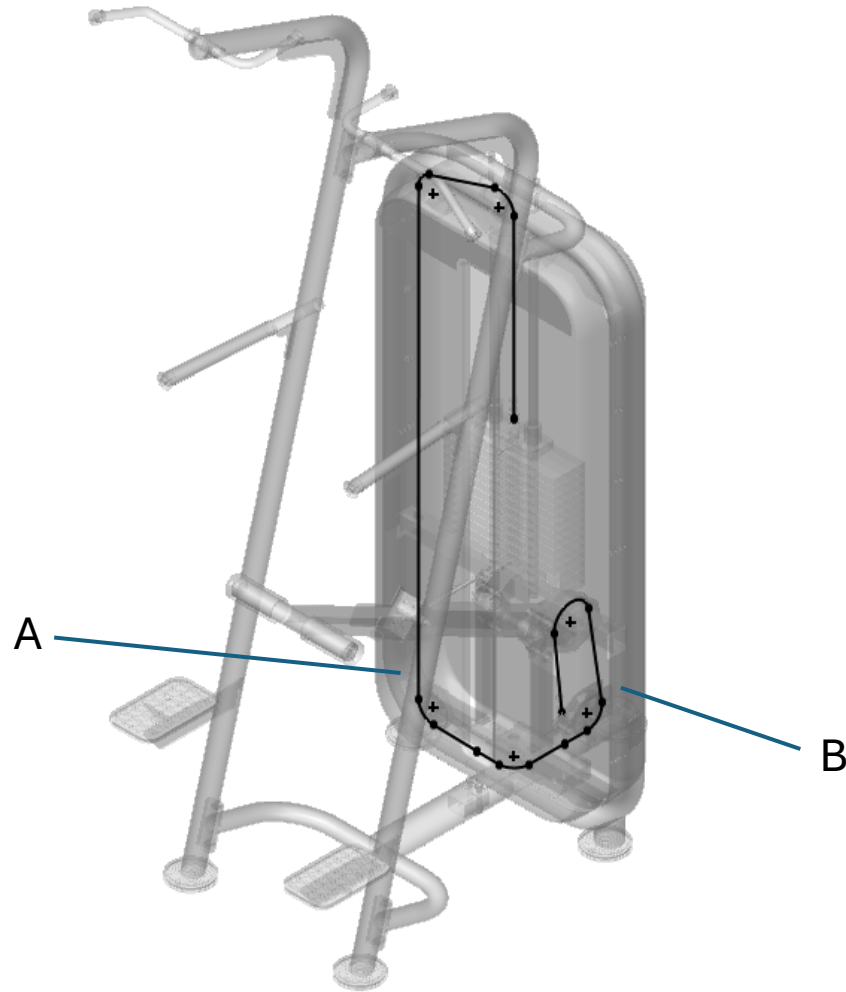
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S601 Assisted Dip / Chin



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

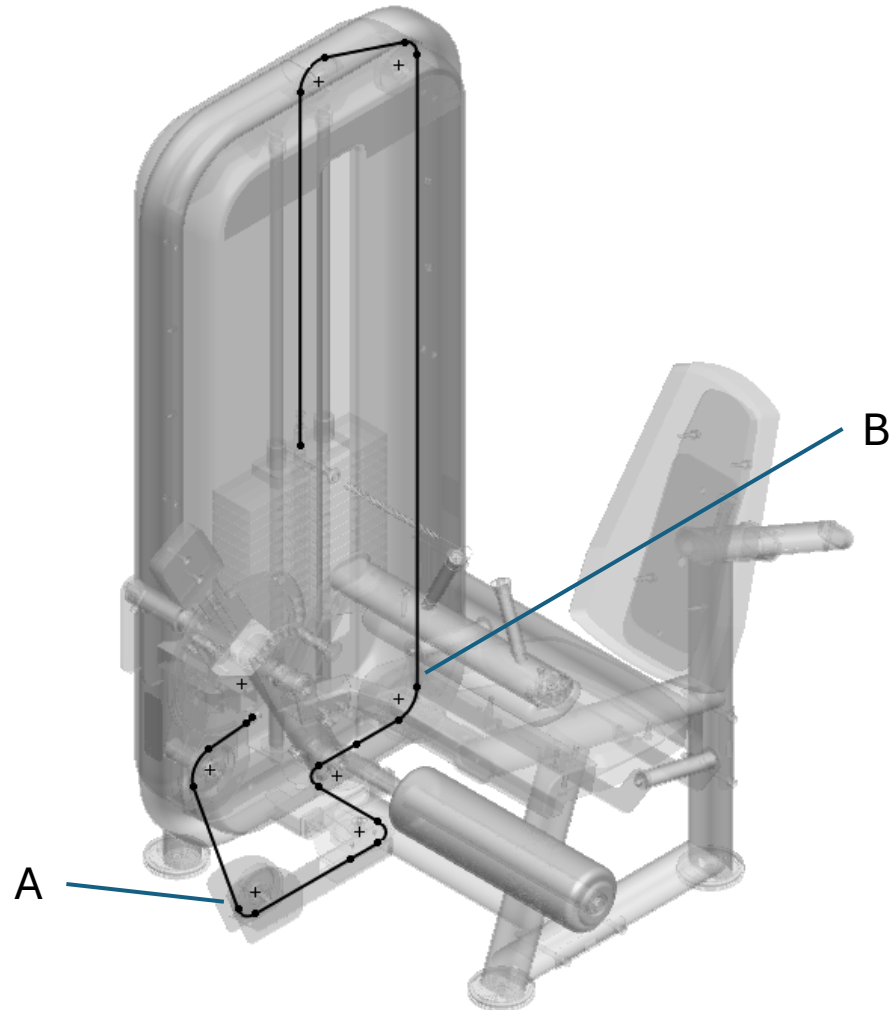
If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.

Cable Routing Diagram

VST600-S711 Leg Extension / Curl



Initial installation:

Use the pre-assembled fish tape wire to help route the cable through the machine from points A to B.

If cable replacement is required:

If possible, tie a fish tape wire to the damaged / broken cable prior to removing the old cable, especially in the area between points A and B. Use this fish tape wire to reroute the new cable.

It may be necessary to remove pulleys to verify proper routing of the new cable. Make sure the cable is in the pulley groove and the cable is on the correct side of all the cable keepers.