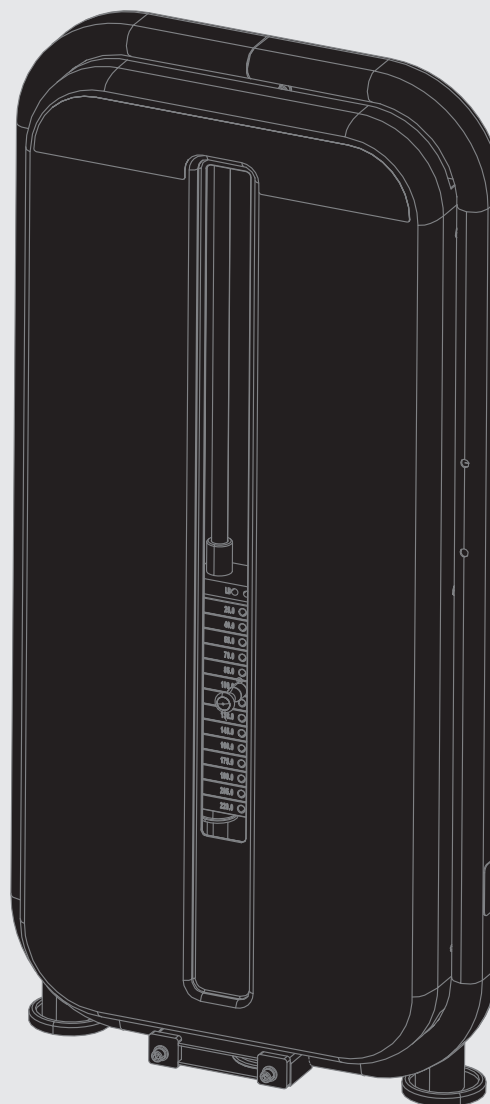


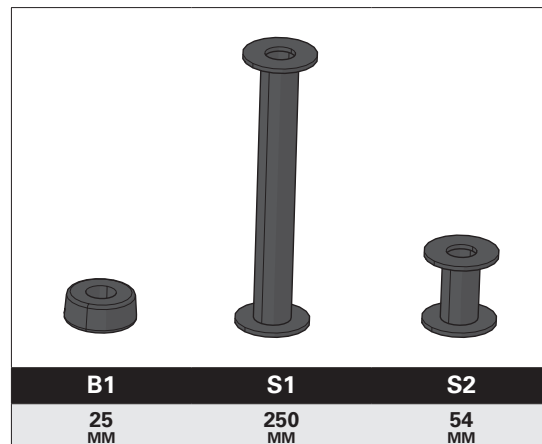




CONFIGURATIONS

MACHINE	MODEL	BUMPER	SPACER	CONFIG	DECAL	WEIGHT PLATES	TOTAL LABELED WEIGHT	
							LBS	KG
Chest Press	VST600-S13	B1	S1	A	D3	14 x 15 lbs + headplate	220	100
Shoulder Press	VST600-S23	B1	S1	B	D4	14 x 10 lbs + headplate	150	68.2
Pec Fly / RD	VST600-S22	B1	S1	C	D1	14 x 20 lbs + headplate	290	131.8
Chin / Dip Assist	VST600-S601	B1	N/A	D	D3	14 x 15 lbs + headplate	220	100
Lat Pulldown / Row	VST600-S331	B1	N/A	D	D3	14 x 15 lbs + headplate	220	100
Leg Extension / Curl	VST600-S711	B1	S1	A	D3	14 x 15 lbs + headplate	220	100
Hip Ab / Ad	VST600-S74	B1	S1	A	D3	14 x 15 lbs + headplate	220	100
Leg Press	VST600-S70	B1	S2	F	D2	19 x 20 lbs + headplate	390	177.3
Lat Raise	VST600-S21	B1	S1	B	D4	14 x 10 lbs + headplate	150	68.2
Bicep / Tricep	VST600-S401	B1	N/A	E	D4	14 x 10 lbs + headplate	150	68.2
Prone Leg Curl	VST600-S73	B1	S1	A	D3	14 x 15 lbs + headplate	220	100
Rotary Hip	VST600-S76	B1	S1	A	D3	14 x 15 lbs + headplate	220	100
Ab / Back	VST600-S531	B1	S1	A	D3	14 x 15 lbs + headplate	220	100
Rotary Torso	VST600-S55	B1	S1	B	D4	14 x 10 lbs + headplate	150	68.2

BUMPER / SPACER



STACK DECALS

D1	D2	D3	D4
LB ● KG	LB ● KG	LB ● KG	LB ● KG
30.0 ● 13.6	30.0 ● 13.6	25.0 ● 11.4	20.0 ● 9.1
50.0 ● 22.7	50.0 ● 22.7	40.0 ● 18.2	30.0 ● 13.6
70.0 ● 31.8	70.0 ● 31.8	55.0 ● 25.0	40.0 ● 18.2
90.0 ● 40.9	90.0 ● 40.9	70.0 ● 31.8	50.0 ● 22.7
110.0 ● 50.0	110.0 ● 50.0	85.0 ● 38.6	60.0 ● 27.3
130.0 ● 59.1	130.0 ● 59.1	100.0 ● 45.5	70.0 ● 31.8
150.0 ● 68.2	150.0 ● 68.2	115.0 ● 52.3	80.0 ● 36.4
170.0 ● 77.3	170.0 ● 77.3	130.0 ● 59.1	90.0 ● 40.9
190.0 ● 86.4	190.0 ● 86.4	145.0 ● 65.9	100.0 ● 45.5
210.0 ● 95.5	210.0 ● 95.5	160.0 ● 72.7	110.0 ● 50.0
230.0 ● 104.5	230.0 ● 104.5	175.0 ● 79.5	120.0 ● 54.5
250.0 ● 113.6	250.0 ● 113.6	190.0 ● 86.4	130.0 ● 59.1
270.0 ● 122.7	270.0 ● 122.7	205.0 ● 93.2	140.0 ● 63.6
290.0 ● 131.8	290.0 ● 131.8	220.0 ● 100.0	150.0 ● 68.2
	310.0 ● 140.9		
	330.0 ● 150.0		
	350.0 ● 159.1		
	370.0 ● 168.2		
	390.0 ● 177.3		

D

E

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VST-600 WEIGHT STACK

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Rev 1.0 A