

	Vision strength weight plates configurations	
Effective Date: Oct 24, 2024	Models Affected:	Bulletin Number
Prepared by: Kevin Chang	Vision Strength	NB-2412004 V3.0

Update:

Nov-15, 2025 added Keystone series weight plate configurations.

Descriptions:

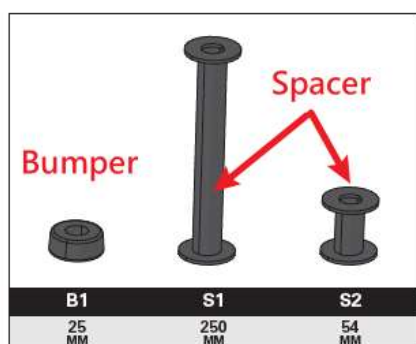
Note: During assembly, please also refer to the service bulletin "Guidelines for Weight Stack Label Attachment" (NB-2509006)

VST600 series

The tables below show the weight plates needed for each strength model

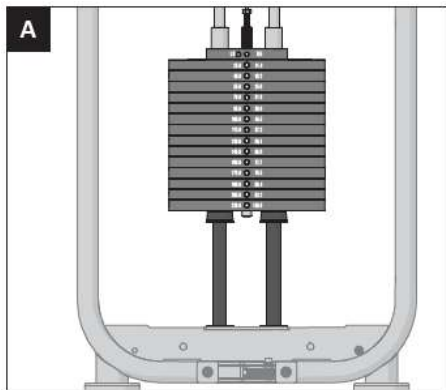
Weight plate quantity list

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



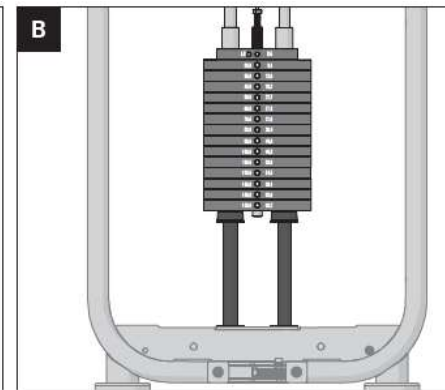
Bumper / Space		
B1	25mm	1000491754
S1	250mm	1000491712
S2	54mm	1000491912

Configurations



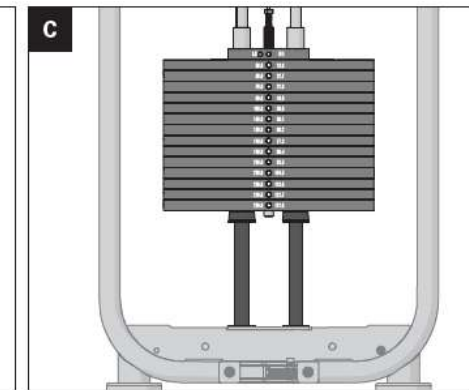
A

FOR MODELS:		BUMPER	B1 (25 mm)
VST600-S13	VST600-S73	SPACER	S1 (250 mm)
VST600-S711	VST600-S76	STACK	220 LBS
VST600-S74	VST600-S531	DECAL	D3



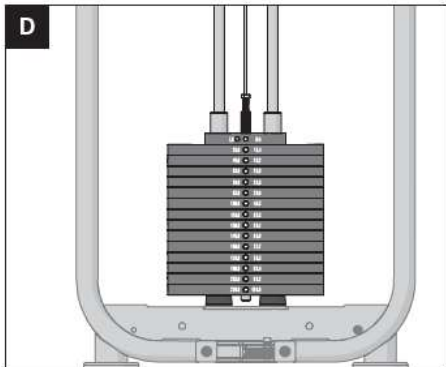
B

FOR MODELS:		BUMPER	B1 (25 mm)
VST600-S23		SPACER	S1 (250 mm)
VST600-S21		STACK	150 LBS
VST600-S55		DECAL	D4



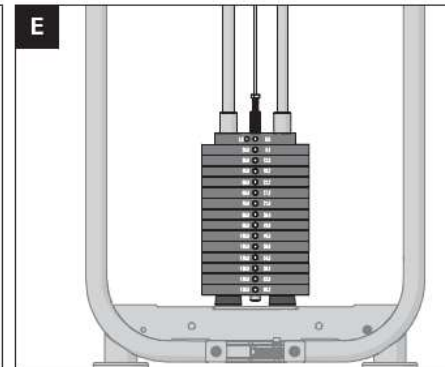
C

FOR MODELS:		BUMPER	B1 (25 mm)
VST600-S22		SPACER	S1 (250 mm)
		STACK	290 LBS
		DECAL	D1



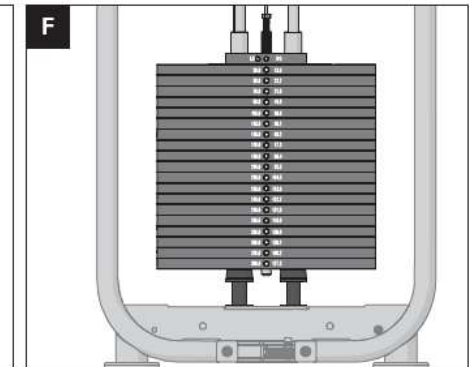
D

FOR MODELS:		BUMPER	B1 (25 mm)
VST600-S601		SPACER	N/A
VST600-S331		STACK	220 LBS
		DECAL	D3



E

FOR MODELS:		BUMPER	B1 (25 mm)
VST600-S401		SPACER	N/A
		STACK	150 LBS
		DECAL	D4



F

FOR MODELS:		BUMPER	B1 (25 mm)
VST600-S70		SPACER	S2 (54 mm)
		STACK	390 LBS
		DECAL	D2

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				

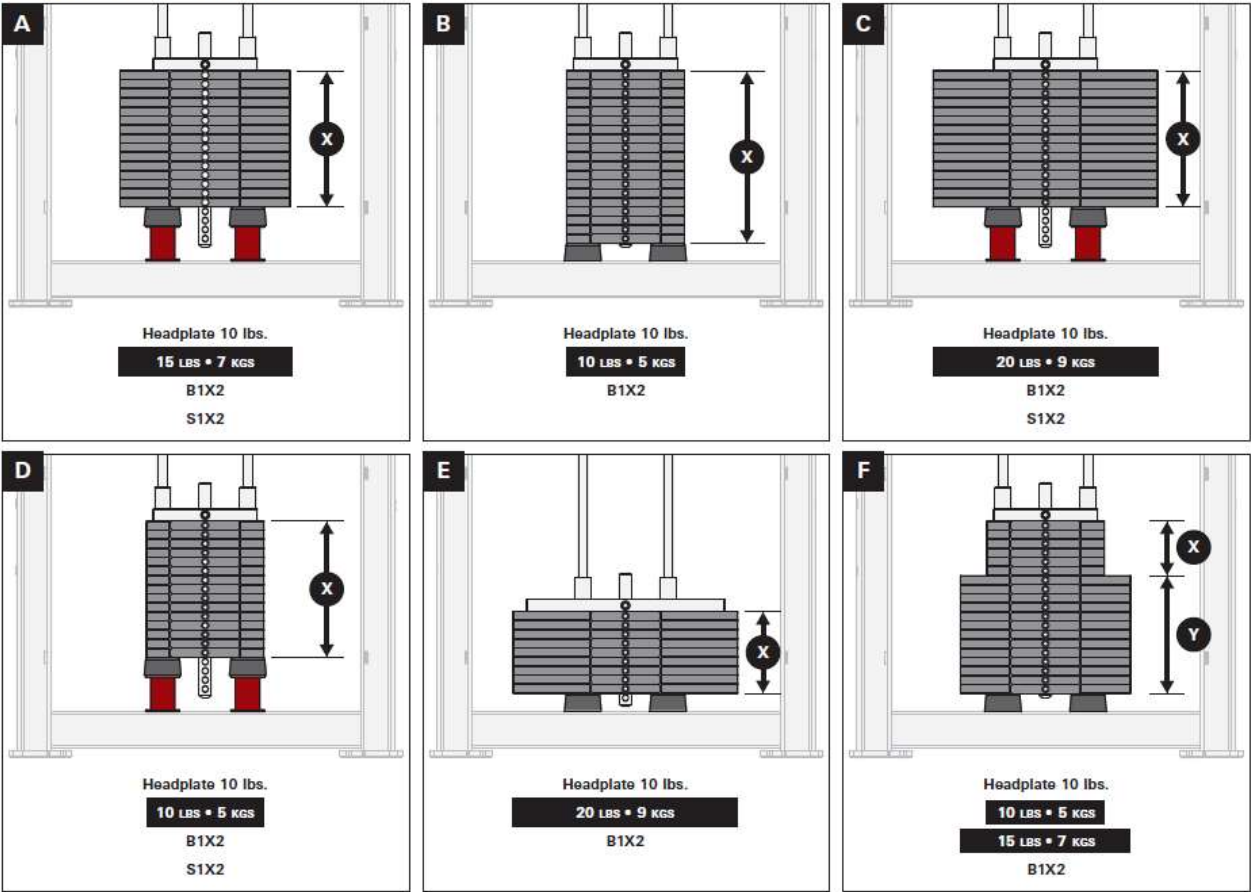
DECALS	JHT SAP NO	Description
D2	1000515277	390LBS weight stack label
D4	1000515278	150LBS weight stack label
D3	1000515280	220LBS weight stack label
D1	1000515281	290LBS weight stack label

VST600 Functional Trainer

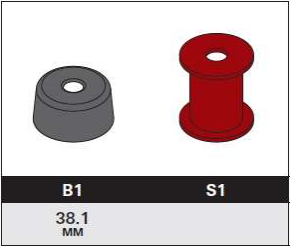
VST600 Series			
Model	Model #	Top (11 lbs)	11 lbs 1000468436
VST600-FT	GM203	1	18
VST600-FT-02	GT100	1	18

KEYSTONE series

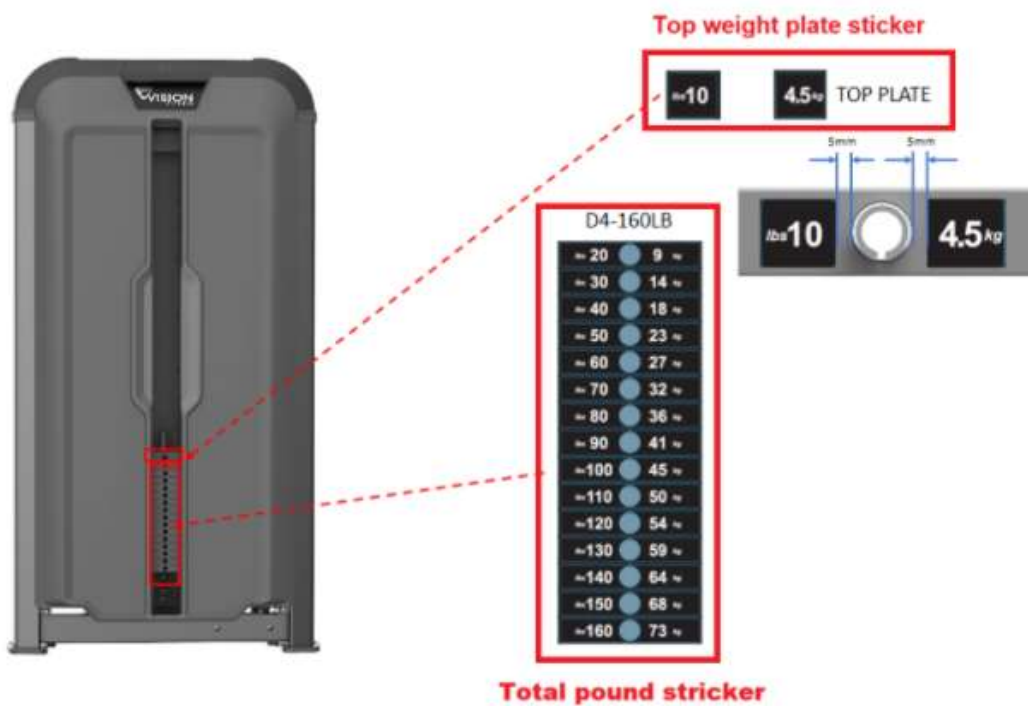
CONFIGURATIONS



BUMPERS



STACK DECALS



D1	D2	D3	D4	D5	D6	D7	D8
10 4.5kg 25 11 40 18 55 25 70 32 85 39 100 45 115 52 130 59 145 66 160 73 175 79 190 86 205 93 220 100 235 107	10 4.5kg 20 9 30 14 40 18 50 23 60 27 70 32 80 36 90 41 100 45 110 50 120 54 130 59 140 64 150 68 160 73 170 77 180 82 190 86 200 91	10 4.5kg 30 14 50 23 70 32 90 41 110 50 130 59 150 68 170 77 190 86 210 95 230 104 250 113 270 122 290 131 310 140	10 4.5kg 20 9 30 14 40 18 50 23 60 27 70 32 80 36 90 41 100 45 110 50 120 54 130 59 140 64 150 68 160 73	10 4.5kg 30 14 50 23 70 32 90 41 110 50 130 59 150 68 170 77 190 86	10 4.5kg 20 9 30 14 40 18 50 23 60 27 70 32 80 36 90 41 100 45 110 50 120 54 130 59 140 64 150 68 160 73 170 77 180 82	10 4.5kg 25 11 40 18 55 25 70 32 85 39 100 45 115 52 130 59 145 66 160 73 175 79 190 86 205 93	30 14

DECALS	SAP number	Description	SAP number	Description
D1	1000547565	Top weight plate sticker (counterweight sticker)	1000547566	235 pound sticker
D2			1000547625	200 pound sticker
D3			1000547710	310 pound sticker
D4			1000547666	160 pound sticker
D5			TBD	
D6				
D7				
D8				

CONFIGURATIONS

MACHINE	CONFIGURATION	BUMPERS	SPACERS	DECALS	WEIGHT PLATES	CARTON NAME	TOTAL LABELED WEIGHT	
							LBS	KG
V-KEY-SL-13 CONVERGING CHEST PRESS	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-23 CONVERGING SHOULDER PRESS	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-33 DIVERGING LAT PULLDOWN	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-34 DIVERGING SEATED ROW	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-40 BICEPS CURL	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-42 TRICEPS PRESS	B	B1	N/A	D6	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	180	82
V-KEY-SL-52 BACK EXTENSION	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-53 ABDOMINAL	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-55 ROTARY TORSO	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-701 LEG PRESS / CALF PRESS	C	B1	S1	D3+D8	X= 15 X 20 LBS. + HEADPLATE	V-KEY-SL-WS-310	310	140
V-KEY-SL-71 LEG EXTENSION	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-72 SEATED LEG CURL	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-78 GLUTE TRAINER	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-131 MULTI-PRESS	B	B1	N/A	D2	X= 19 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-200	200	91
V-KEY-SL-221 PEC FLY / REAR DELT	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-235	235	107
V-KEY-SL-331 LAT PULLDOWN / SEATED ROW	E	B1	N/A	D5	X= 9 X 20 LBS. + SPECIAL HEADPLATE	V-KEY-SL-WS-190	190	86
V-KEY-SL-531 AB / LOW BACK	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73
V-KEY-SL-601 CIN / DIP ASSIST	F	B1	N/A	D7	X= 6 X 10 LBS. Y= 13 X 15 LBS. + HEADPLATE	V-KEY-SL-WS-265	205	93
V-KEY-SL-711 LEG EXT / LEG CURL	A	B1	S1	D1	X= 15 X 15 LBS. + HEADPLATE*	V-KEY-SL-WS-235	235	107
V-KEY-SL-741 HIP ABDUCTOR / ADDUCTOR	D	B1	S1	D4	X= 15 X 10 LBS. + HEADPLATE	V-KEY-SL-WS-160	160	73