



*Assembly &
Owner's Guide*

VISION  FITNESS®

ST730
MULTI-LAT

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ASSEMBLY GUIDE

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OWNER'S GUIDE

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Assembly & Owner's Guide

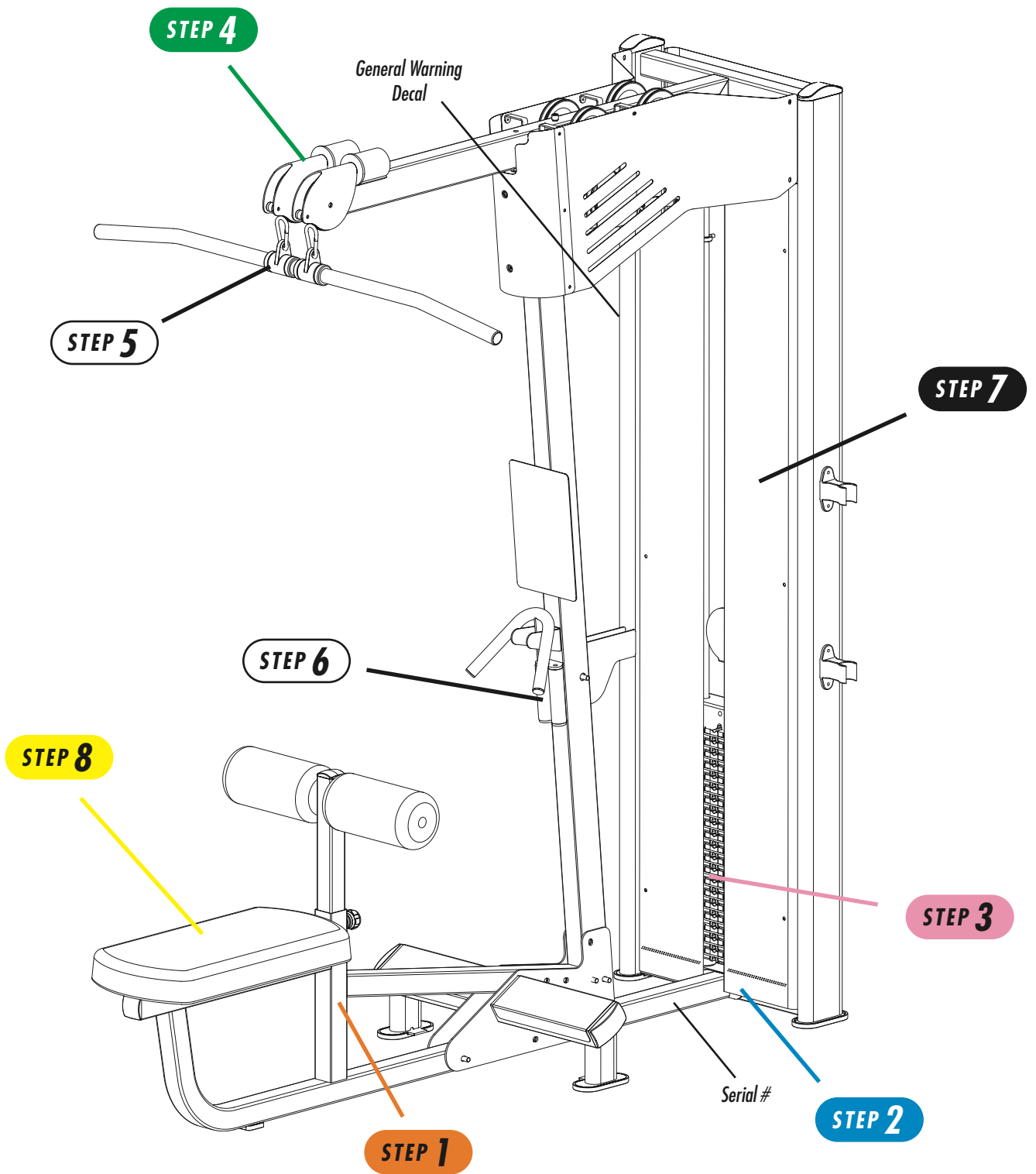
ST730
MULTI-LAT

To avoid possible damage to this Multi-Lat, please follow these assembly steps in the correct order. Before proceeding, find your new Multi-Lat serial number located on the side of the main floor support (AT1), 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 Multi-Lat.

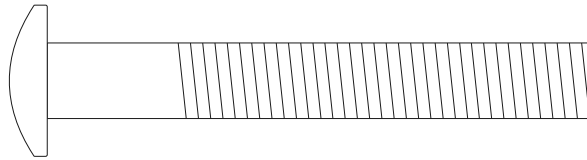
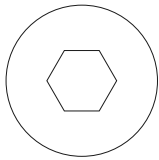
If any parts, hardware or tools are missing, please call 1.800.335.4348, Extension 12

NOTE: During assembly, it is recommended to ensure that all bolts are in place and partially threaded before completely tightening any one bolt. During assembly steps 1 thru 4, do not completely tighten any bolts until completion of Step 4.

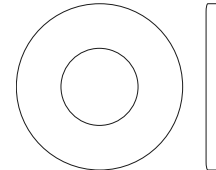


HARDWARE INCLUDED

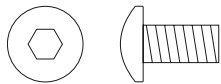
ORANGE BAG



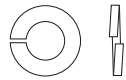
M10 x 72 Bolt
Quantity: 7



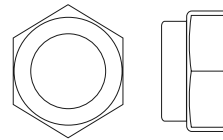
10.2 x 22 x 2
Flat Washer
Quantity: 14



M5 x 10 Bolt
Quantity: 4



5.1 x 9.3 x 1.3
Lock Washer
Quantity: 4

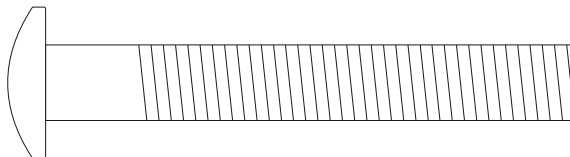
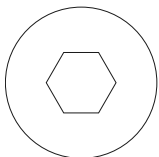


M10 Nylon Nut
Quantity: 7

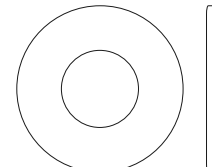


5.3 x 10 x 1.0
Flat Washer
Quantity: 4

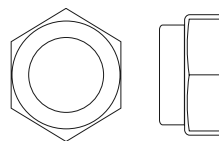
BLUE BAG



M10 x 70 Bolt
Quantity: 2



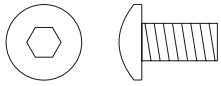
10.2 x 22 x 2
Flat Washer
Quantity: 4



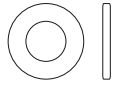
M10 Nylon Nut
Quantity: 2

HARDWARE INCLUDED

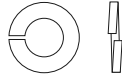
PINK BAG



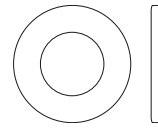
M5 x 10 Bolt
Quantity: 20



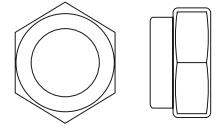
5.3 x 10 x 1.0
Flat Washer
Quantity: 20



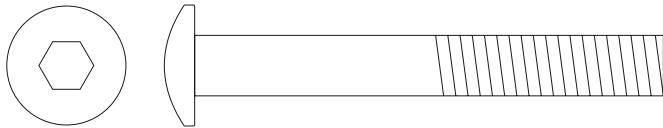
5.1 x 9.3 x 1.3
Lock Washer
Quantity: 20



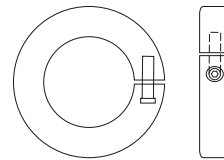
8.4 x 15.5 x 1.6
Flat Washer
Quantity: 4



M8 Nylon Nut
Quantity: 2

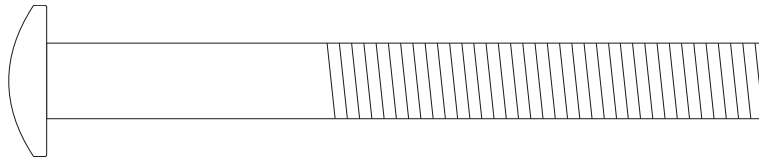
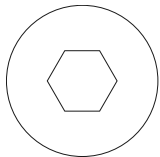


M8 x 62 Bolt
Quantity: 2

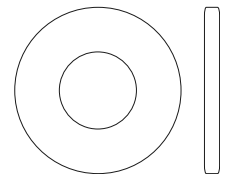


Stopper Ring
(illustration not to scale)
Quantity: 1

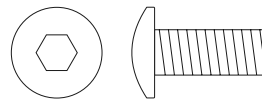
GREEN BAG



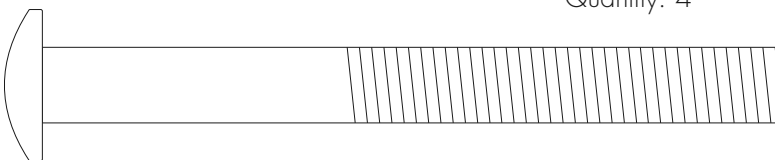
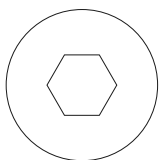
M10 x 95 Bolt
Quantity: 2



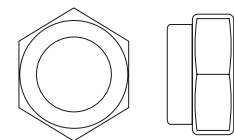
10.2 x 22 x 2
Flat Washer
Quantity: 12



M6 x 15 Bolt
Quantity: 4



M10 x 98 Bolt
Quantity: 4



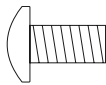
M10 Nylon Nut
Quantity: 6

HARDWARE INCLUDED

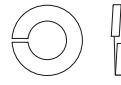
BLACK BAG



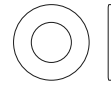
M5 x 10 Bolt
Quantity: 36



5.1 x 9.3 x 1.3
Lock Washer
Quantity: 4

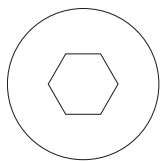


5.3 x 10 x 1
Flat Washer
Quantity: 20

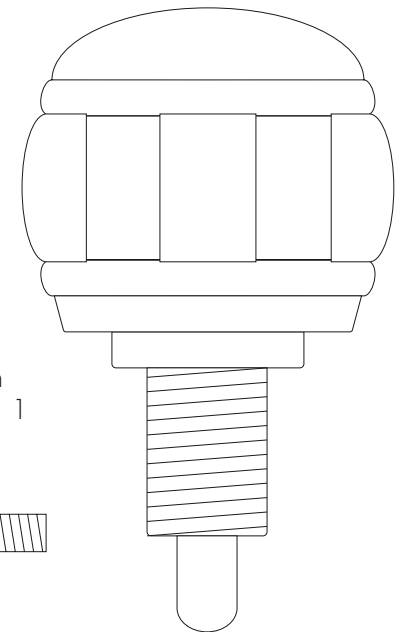
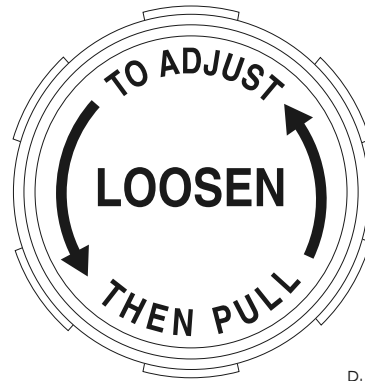
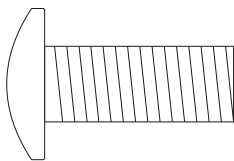


M5 Nylon Nut
Quantity: 2

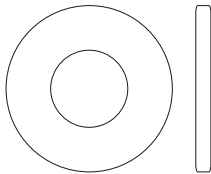
YELLOW BAG



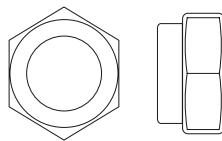
M10 x 25 Bolt
Quantity: 6



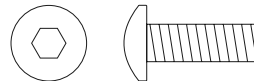
Pull Pin
Quantity: 1



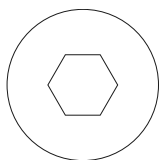
10.2 x 22 x 2
Flat Washer
Quantity: 2



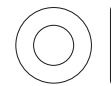
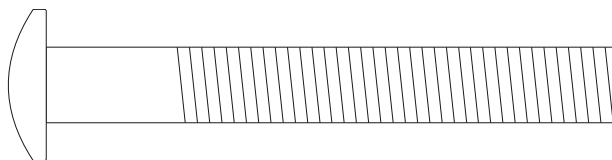
M10 Nylon Nut
Quantity: 1



M5 x 15 Bolt
Quantity: 4



M10 x 75 Bolt
Quantity: 1



5.3 x 10 x 1
Flat Washer
Quantity: 4



5.1 x 9.3 x 1.3
Lock Washer
Quantity: 4

STEP 1

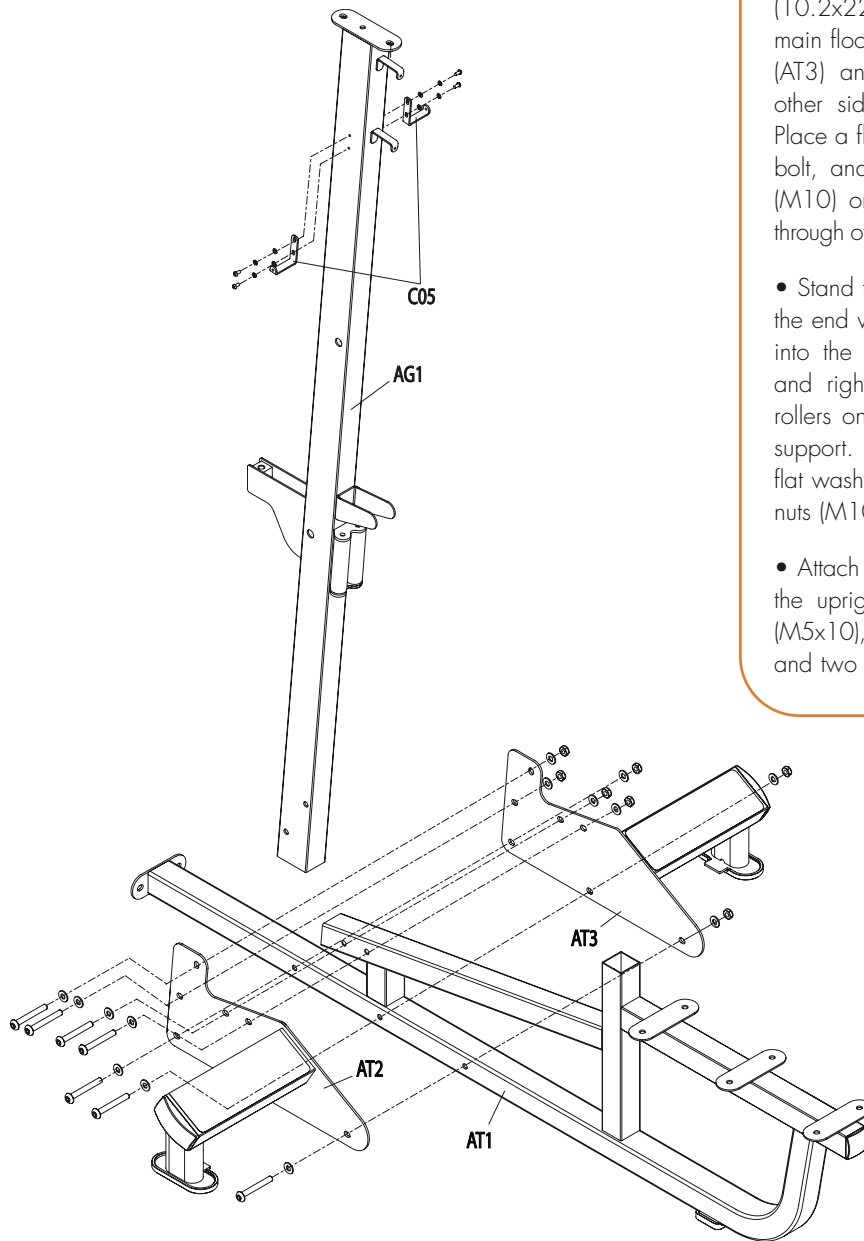
ORANGE BAG

• **NOTE:** It is recommended that all bolts in Steps 1 thru 4 are loosely fastened. Tighten all hardware at the conclusion of Step 4

• With the flat side down, place the left foot support (AT2) up against the main floor support (AT1), aligning the three holes along bottom of both pieces. Place three bolts (M10x72) and three flat washers (10.2x22x2) through left foot support and main floor support. Take right foot support (AT3) and slide onto bolts sticking out other side of main floor support (AT1). Place a flat washer (10.2x22x2) on each bolt, and partially thread one nylon nut (M10) on each bolt. Do not place bolts through other remaining holes until next step!

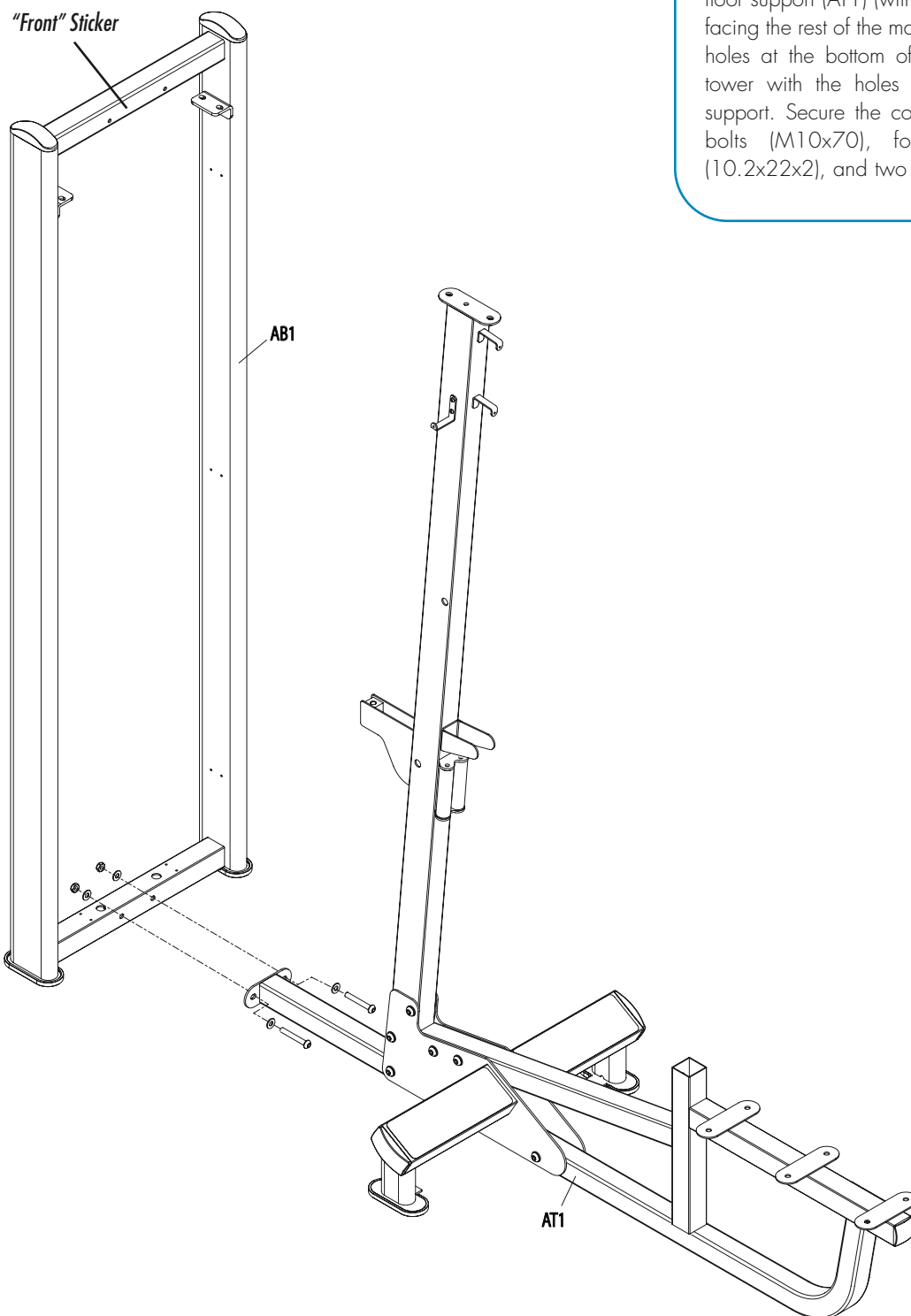
• Stand the upright frame (AG1), placing the end with four holes in the broad side, into the remaining slot between the left and right foot supports. Make sure the rollers on the upright are facing the seat support. Use four bolts (M10x72), eight flat washers (10.2x22x2), and four nylon nuts (M10) to secure the upright.

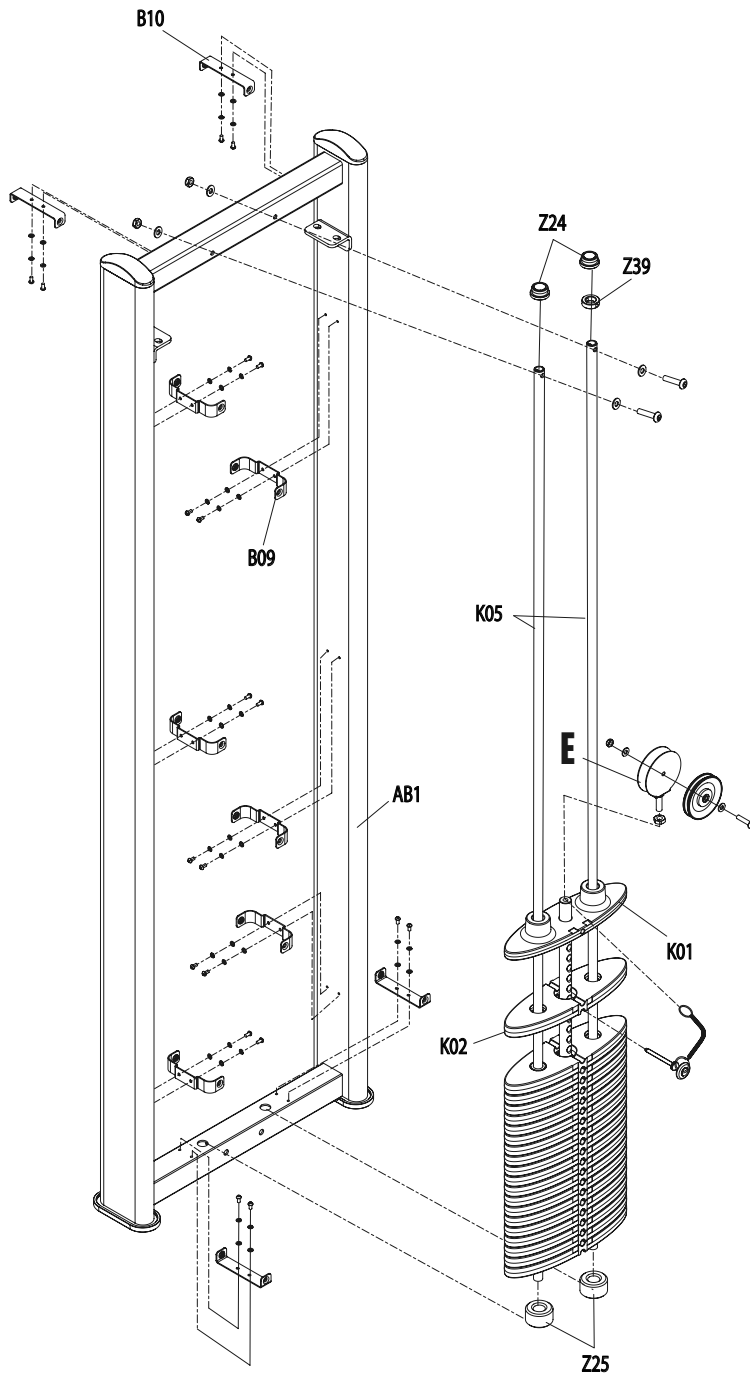
• Attach a bracket (C05) to each side of the upright frame (AG1) with two bolts (M5x10), two lock washers (5.1x9.3x1.3), and two flat washers (5.3x10x1.0).



STEP 2**BLUE BAG**

- With the weight stack tower (AB1) standing upright, slide it against the T-shaped bracket at the end of the main floor support (AT1) (with the "Front" sticker facing the rest of the machine). Line up the holes at the bottom of the weight stack tower with the holes in the main floor support. Secure the connection with two bolts (M10x70), four flat washers (10.2x22x2), and two nylon nuts (M10).



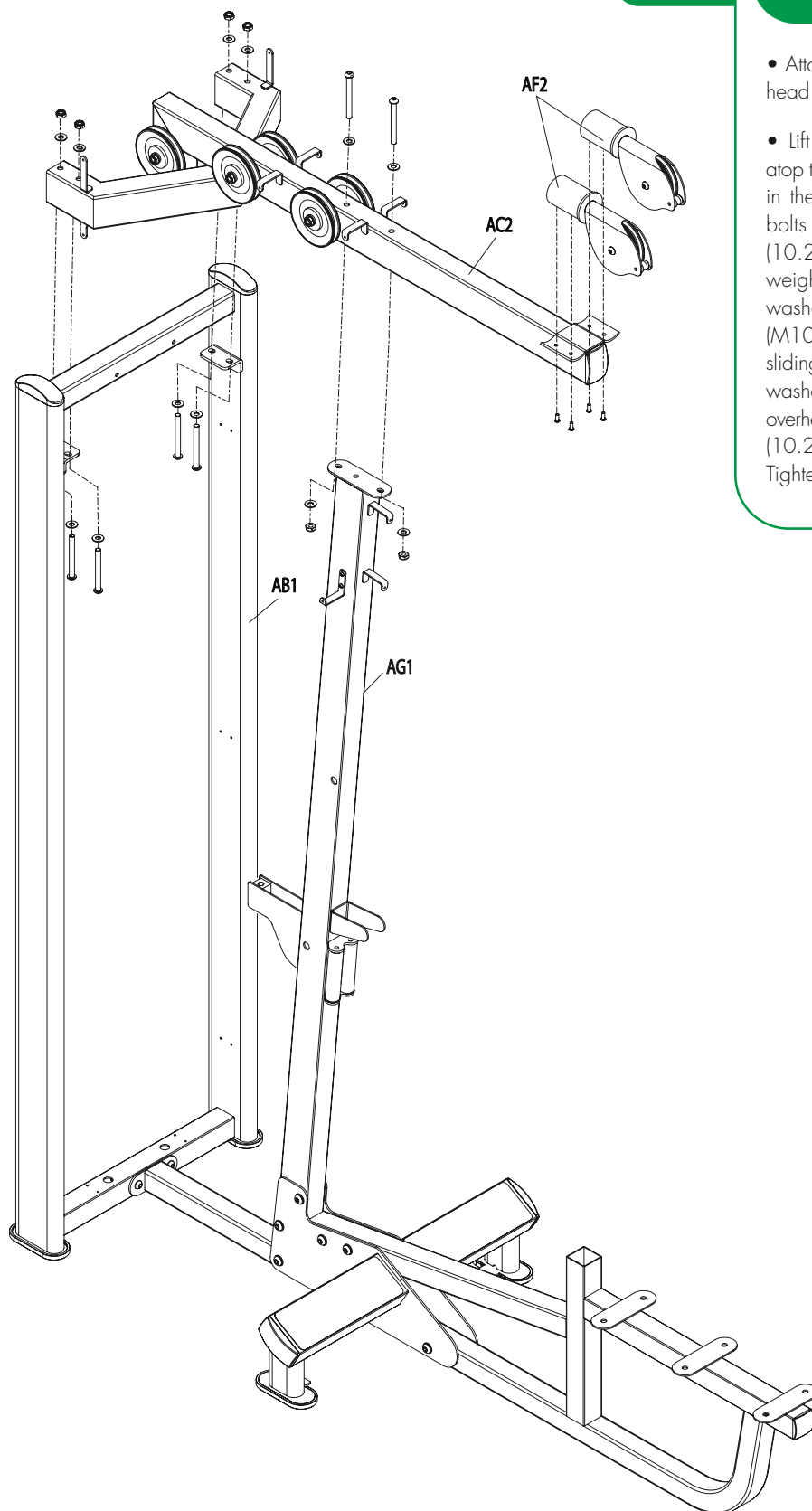
STEP 3**PINK BAG**

- Secure top and bottom shield brackets (B10) to weight stack tower using bolts (M5x10), lock washers (5.1x9.3x1.3), and flat washers (5.3x10x1.0) provided. Repeat for all side brackets (B09).

- Place two rubber weight plate bumpers (Z25) over the holes in the lower cross tube of the weight stack tower. With the horizontal holes of the guide rods at the top, place the guide rods (KO5) over and through the rubber weight plate bumpers into the weight stack tower (AB1). Let the guide rods tilt forward from the tower. Slide each of the 20 weight plates (KO2) over both of the guide rods on top of one another. Place the header weight plate (K01) over both guide rods on top of other weight plates. Slide the stopper ring (Z39) over the top of the right guide. Position the bottom edge of the ring 11.5" from the top edge of the guide rod. Tighten the set screw firmly.

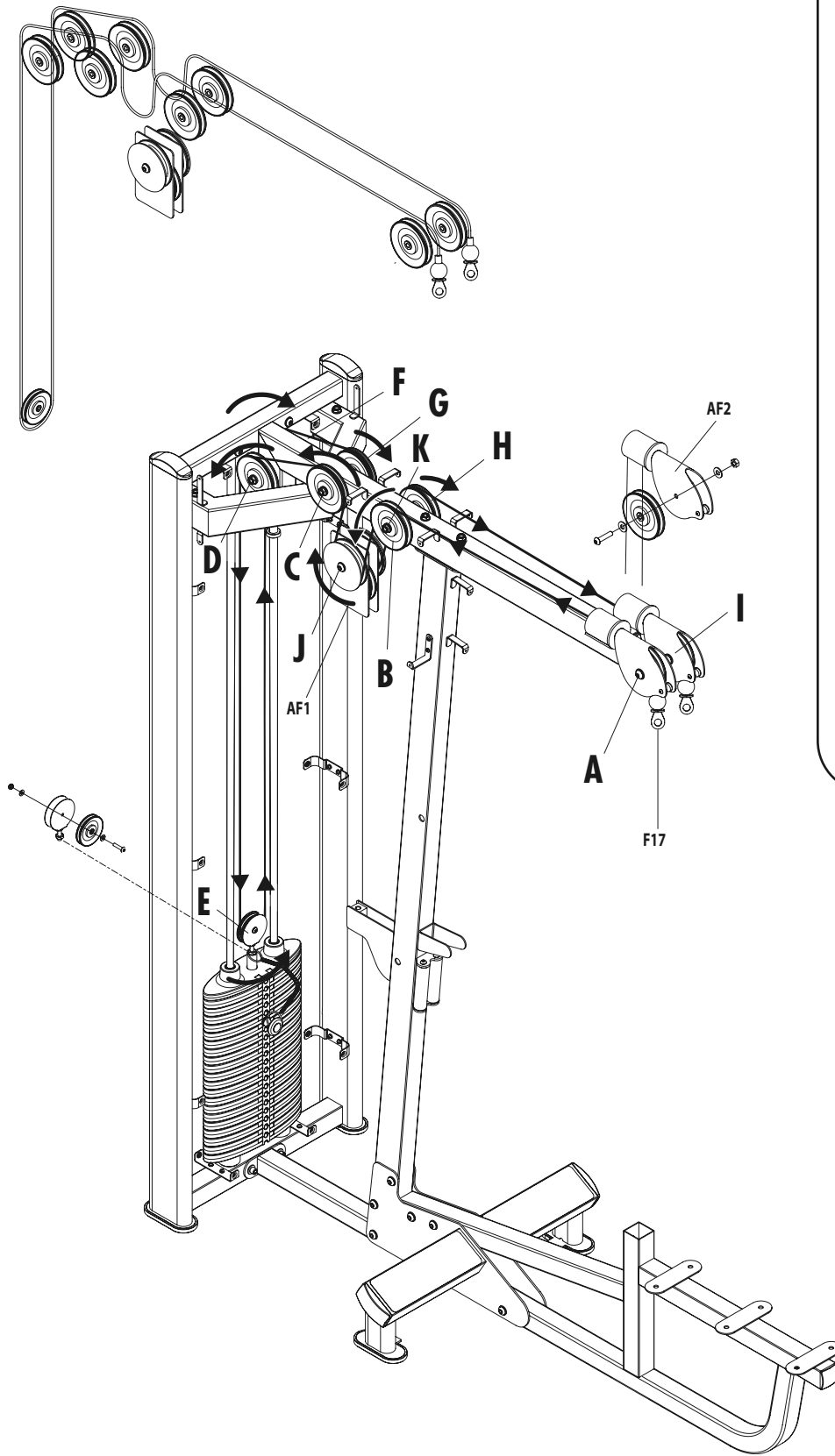
- Make sure rubber guide rod sleeves (Z24) are in place in top holes of the weight stack tower. Lift the guide rods into top of weight stack tower until holes in the guide rod are lined up with the horizontal holes on the top of the weight stack tower. Insert a bolt (M8x62) and flat washer (8.4x15.5x1.6) through each guide rod and fasten with a flat washer (8.4x15.5x1.6) and a nut (M8).

- Remove the nut from pulley bracket E. Slip the loose end of the weight selector tether around the threaded rod of pulley bracket E. Thread the nut back on. Thread pulley bracket E at 0.75" into the header plate (K01). Tighten nut to the weight selector rod. Make sure the pulley bracket is positioned parallel to the guide rods.

STEP 4**GREEN BAG**

- Attach the bearing tubes (AF2) to the overhead lat arm (AC2) with four bolts (M6x15).

- Lift the overhead lat arm (AC2) and set atop the upright frame (AG1) and the brackets in the weight stack tower (AB1). Slide two bolts (M10x98) with two flat washers (10.2x22x2) up through each bracket on weight stack tower and secure with two flat washers (10.2x22x2) and two nylon nuts (M10). Secure to top of upright frame by sliding two bolts (M10x95) with two flat washers (10.2x22x2) down through holes in overhead lat arm. Secure with two flat washers (10.2x22x2) and two nylon nuts (M10). Tighten all hardware.

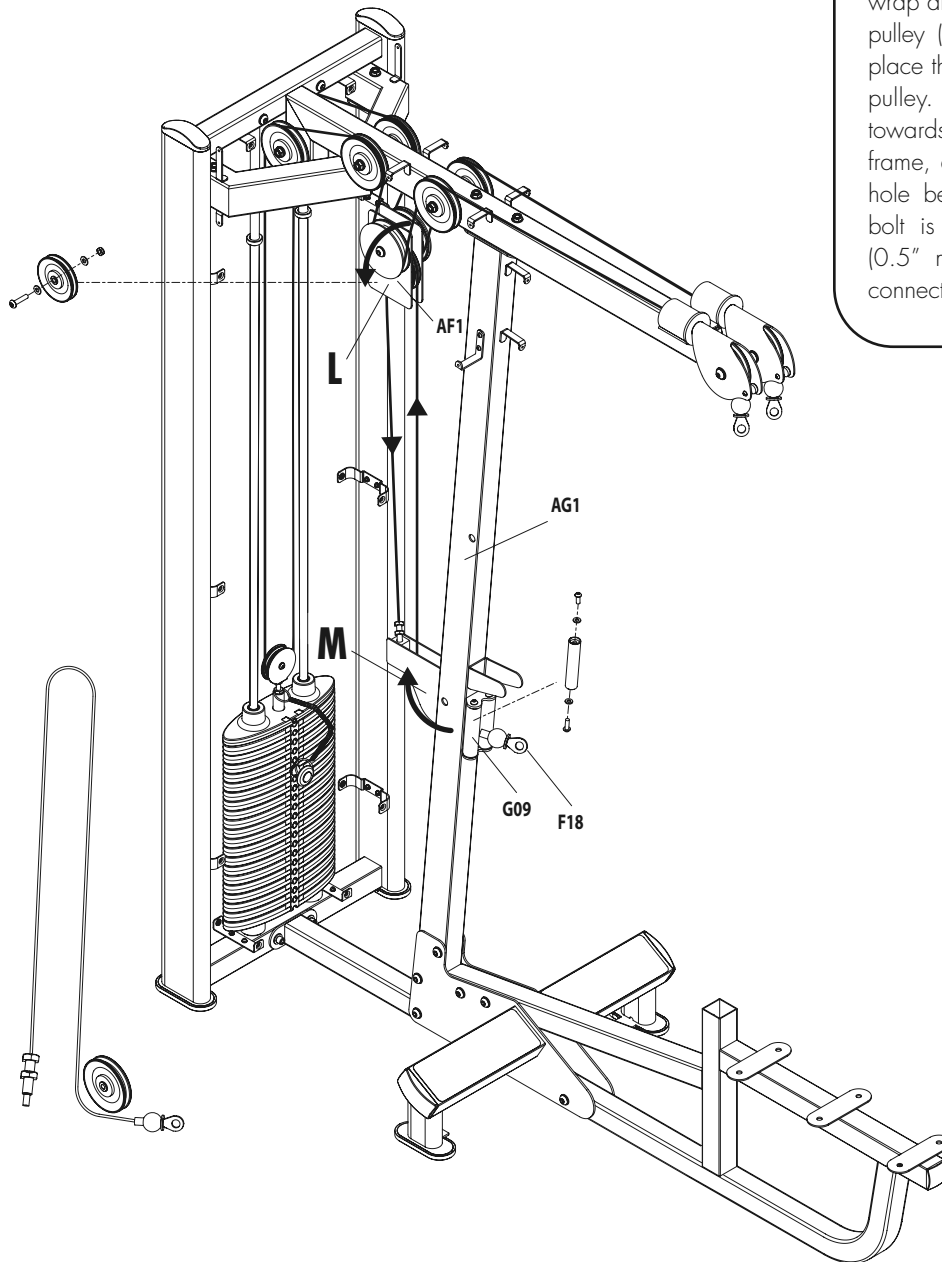
STEP 5**CABLE #1**

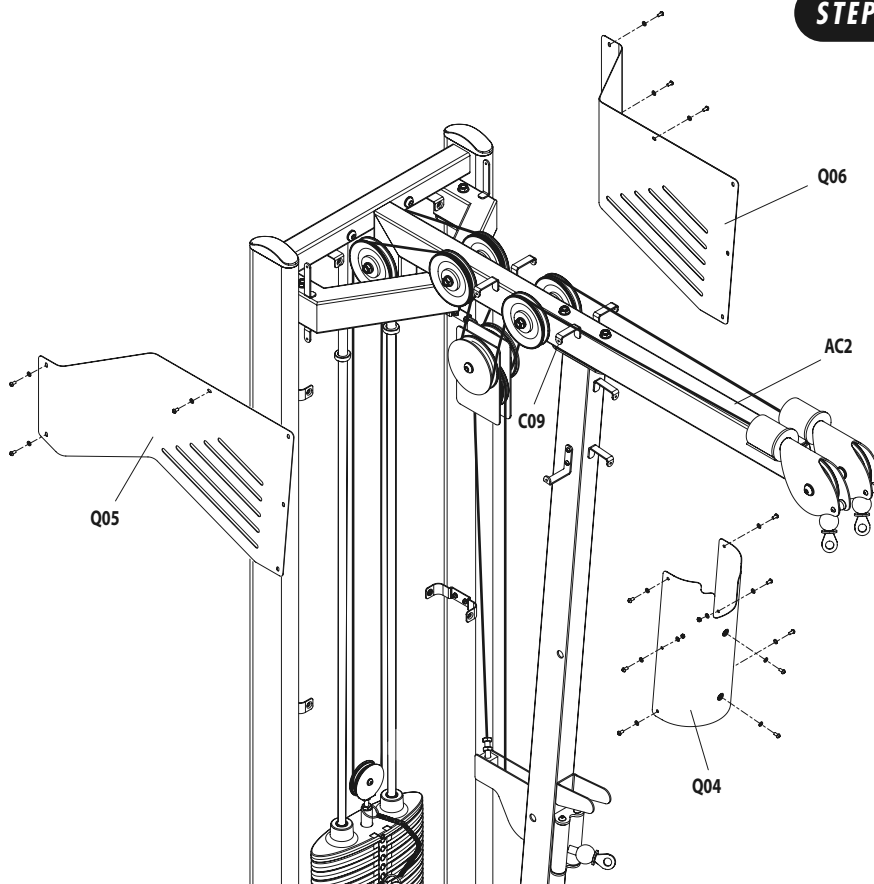
- Remove pulley A from the left overhead pulley bracket (AF2) and guide one end of cable #1 (F17) through housing on the bracket. Reinstall pulley, making sure cable is between pulley and small roller in front of the bracket. Guide the cable along the overhead arm, through pulleys B, C, and D. Remove pulley E from weight stack pulley bracket, reinstalling after guiding the cable through. Bring cable back up weight stack and around pulleys F, G, and H. Remove pulley I from the right side overhead pulley bracket and guide end of cable through housing. Reinstall the pulley with cable in between it and small roller.

- Take the floating tri-pulley bracket assembly (AF1) and hang the upper left (J) and right (K) pulleys from the cable (F17) you just installed. In between pulleys B and C on the overhead lat arm, pull the cable down and wrap around pulley J on the assembly. Repeat on the other side by wrapping the cable around pulley K, after pulling down between pulleys G and H. See diagram for clarification.

STEP 6**CABLE #2**

- Remove pulley M and one of the rollers (G09) in the front of the upright frame (AG1). Guide the bolt end of cable #2 (F18) through the hole, routing towards the rear in upright frame (AG1), and reinstall roller (G09) and pulley M for the cable to wrap around (bottom). Remove the bottom pulley (L) on the floating tri-pulley (AF1), place the cable (F18) inside, and reinstall pulley. Guide the cable back down towards the pulley bracket in the upright frame, and thread the cable bolt into the hole behind pulley M, making sure the bolt is threaded in as far as possible (0.5" minimum). Tighten the nut to the connection point.

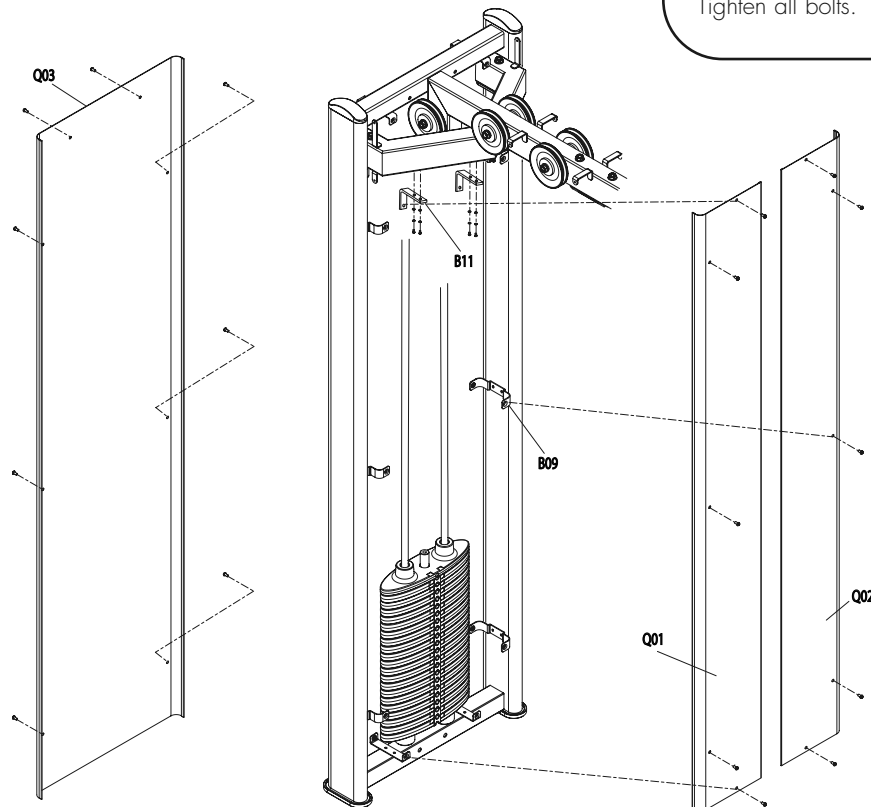


STEP 7**BLACK BAG**

- Loosely attach each of the two shield mounting brackets (B11) to the underside of the overhead lat arm (AC2) with two bolts (M5x10), two lock washers (5.1x9.3x1.3), and two flat washers (5.3x10x1)

- Align holes in rear shield (Q03) with the holes in the brackets (BO9 & B11) on the back side of the weight stack; loosely secure using 8 bolts (M5x10). Take the left (Q01) and right (Q02) side shields and repeat on front side of weight stack tower using five bolts (M5x10) for each shield. Tighten all bolts.

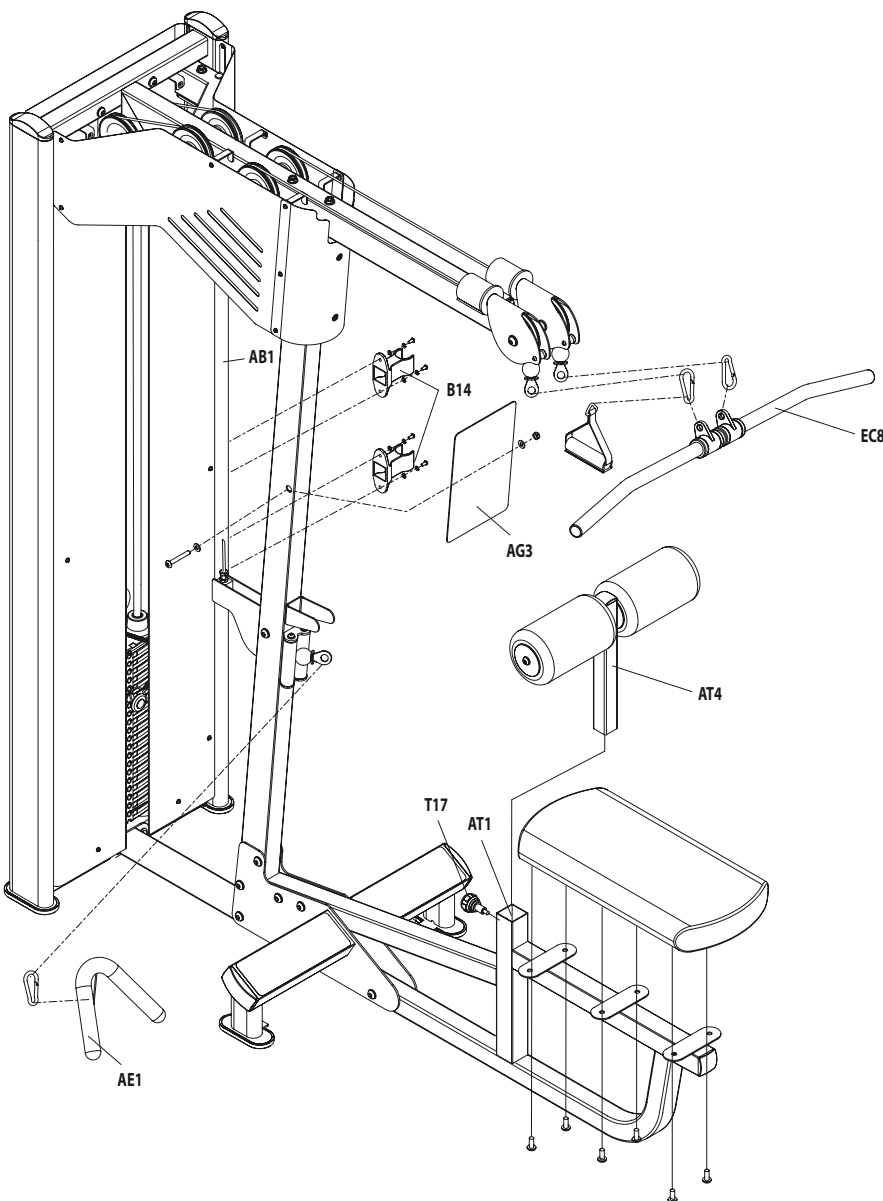
- Loosely mount the left (Q05) and right (Q06) covers to the brackets (C09) on the overhead lat arm (AC2) using three bolts (M5x10) and three flat washers (5.3x10x1) on each shield. Place the front shield (Q04) on front and mount using eight bolts (M5x10) and eight flat washers (5.3x10x1). The center holes on each side need a flat washer (5.3x10x1) and a nut (M5) attached on the inside of the shield. Tighten all bolts.



STEP 8

YELLOW BAG

- Slide the thigh support post (AT4) into the seat support opening (AT1). Thread pull pin (T17) into hole on the front of the seat support (AT1) until it latches into place.
- Mount the seat onto the seat support using six bolts (M10x25).
- Attach the two bar storage snap hooks (B14) to the side of the weight stack tower (AB1) with four bolts (M5x15), four spring washers (5.1x9.3x1.3), and four flat washers (5.3x10x1).
- Attach the instructional placard (AG3) to the front of the upright frame by sliding a bolt (M10x75) and a flat washer (10.2x22x2) through the four holes. Fasten with another flat washer (10.2x22x2) and a nut (M10).
- Attach row handle (AE1) to the karabiner at the center of the upright frame. Attach the aluminum bar (EC8) to either the dual karabiners at the top or to the snap hooks (B14). The same can be done with the two co-molded handles.



RESISTANCE TRAINING BENEFITS AND TIPS

Always consult a physician before starting an exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of resistance training. Now that you have assembled your VISION FITNESS gym, it is only natural that you want to get started immediately. First, determine a few realistic, short term goals and expectations for yourself. Choose an appropriate exercise routine that best suits your individual needs. Any of the 3 programs, explained in the Training Programs section below, is a great starting point.

Warm up properly before engaging in resistance training. Stretching, yoga, jogging, calisthenics, or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and ensure that you work the proper muscle groups.

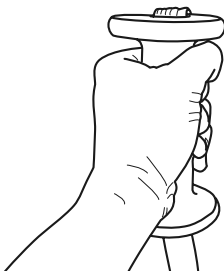
Know your limitations. If you are new to resistance training or are starting back, after an extended layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. As a general rule of thumb: inhale on the non-exertion part of the movement and exhale during the exertion portion. Never hold your breath.

Keep in mind how important the recovery phase is in achieving your goals. The general rule is to allow a minimum of 48-72 hours before training the same muscle/s. If you still experience soreness after this period of time has elapsed, take a few additional days until the soreness has subsided.

Use this manual to guide you through the basic exercises you can perform on your VISION FITNESS gym. To achieve maximum results and avoid possible injury, consult a fitness professional to formulate a complete exercise program.

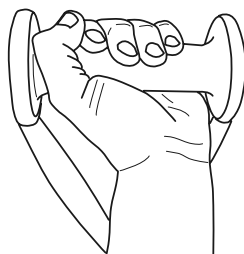
WORKOUT VARIATIONS



NEUTRAL GRIP



OVERHAND OR PRONATED GRIP



UNDERHAND OR SUPINATED GRIP

TRAINING PROGRAMS

MUSCULAR ENDURANCE

A program that stresses moderate intensity, a lower amount of resistance, and higher repetitions (anywhere from 13-100 or more). These types of sets will take longer to complete. This type of training conditions the muscles for activities that stress the slow twitch muscle fibers of your body. This is beneficial for sustaining energy over moderate periods of time.

MUSCULAR STRENGTH

A program that stresses high intensity, a higher amount of resistance, and lower repetitions (anywhere from 6-12). These types of sets will take a shorter period of time to complete. This type of training conditions the muscles for activities that stress the fast twitch muscle fibers of the body. This is beneficial for activities that require short bursts of speed and power.

SPRINT 8

This program is exclusive to VISION FITNESS exercise equipment. This is a program that stresses high intensity, a moderate amount of resistance, and as many repetitions that a person can perform in a specified period of time (usually 20-30 seconds). This program works especially well for the time crunched exerciser. It allows you to work both the slow and fast twitch muscle fibers of the body. This program gives you a good cardiovascular and strength workout. The thing that is most appealing about this program is that an individual can complete it in 20 minutes.

This is how the program works:

The person picks the number of exercises they want to perform. Examples would be 1, 2, 4, or 8 exercises. The individual completes a 3 minute warm up with a brisk walk or on a piece of cardiovascular equipment. After the warm up is complete, the user begins performing the first exercise maintaining a high intensity pace throughout the determined amount of time (20-30 seconds). After this period of time, the individual can perform an active, low intensity recovery phase, stretching, or complete rest. This should last 1.5-2 minutes or less, if you are at a higher fitness level. After the recovery phase, the individual performs the second high intensity exercise for the required amount of time (20-30 seconds). This is followed by the second recovery phase. This process repeats until you are done with 8 high intensity intervals. Finish the workout by completing a 3-5 minute very low intensity cool down.

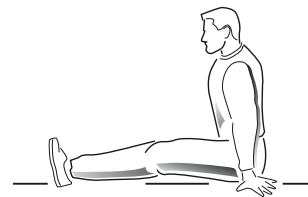
STRETCHING

Flexibility Training is not associated with fitness as often as cardiovascular exercise or Strength Training, even though it is just as important. A good stretching program will help to maintain flexibility of the hips and lower back. A flexible person will be less likely to injure themselves in common activities, such as reaching, twisting and turning, or in uncommon activities such as the annual softball tournament.

Before stretching, take a few minutes to warm up the muscles because stretching a cold muscle can cause injury. Start your stretch slowly, exhaling as you gently stretch the muscle. Try to hold each stretch 15 to 30 seconds. Don't bounce when you stretch. Holding a stretch offers less chance of injury. Don't strain or push a muscle too far. If it hurts, ease up. Here are a few stretches you can incorporate into your exercise program:

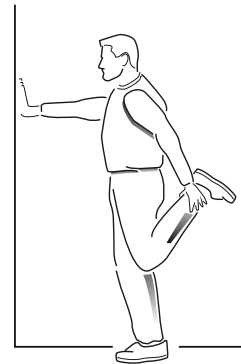
SEATED TOE TOUCH (HAMSTRINGS & LOWER BACK)

Sit on the floor with your legs together and straight out in front of you. Do not lock your knees. Extend your fingers toward your toes, exhaling as you go. Hold for 15 to 30 seconds. Return to the start position, and repeat as necessary.



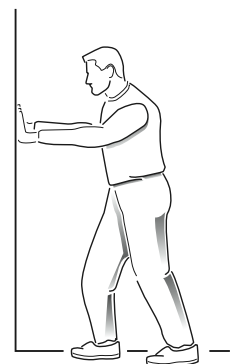
STANDING QUADRICEPS STRETCH

Using a wall to provide balance, grasp your left ankle with your left hand and hold to stretch. Your knee should be pointing toward the floor. Hold the stretch for 15 to 30 seconds. Repeat with your right leg, and continue to alternate as necessary.



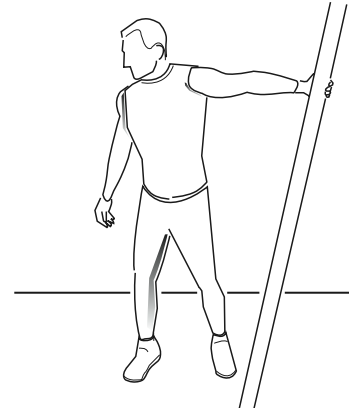
STANDING CALF STRETCH

Standing about three to four feet from the wall, take one step forward with your right foot. Place your hands on the wall in front of you. Bend your right leg slowly, using your movement to control the amount of stretch in the left calf. Your left heel should remain on the ground. Slowly bring yourself back to the starting position and switch legs. Repeat as necessary.



BICEP/CHEST STRETCH

Grasp an immovable object (pole or corner of a wall) with your feet planted firmly and evenly on the floor. With the palm of your stretched side facing forward, rotate your hips away from that hand. **Be careful not to rotate too far or hyperextend the elbow joint.** Hold the stretch for 15 to 30 seconds. Repeat with the opposite side, and continue to alternate as necessary.



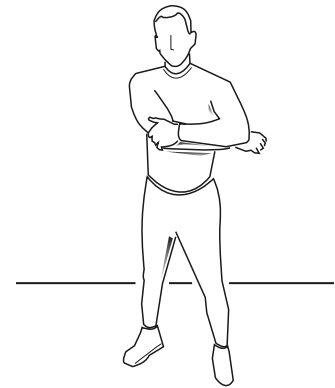
TRICEP STRETCH

Stand erect with your eyes fixated straight ahead. Raise and bend your right arm until your forearm is parallel to the floor (palm down). Grasp the area below the right elbow with your left hand. Gently apply a constant upward force for 15 to 30 seconds. Switch arms and repeat as necessary.



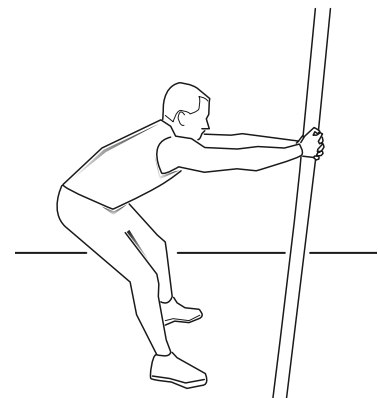
SHOULDER STRETCH

Make sure your feet are even and planted firmly on the floor. Grasp your right arm, behind the elbow, with your left hand. While keeping both elbows bent, apply a gentle, constant pull to the left for 15 to 30 seconds. Switch arms and repeat as necessary.



UPPER BACK STRETCH

Stand facing an immovable object, feet even and flat on the floor. Grasp the object (fingers interlocked or one hand over the other) and slowly move your hips to the rear. **Be very careful not to round your back.** Only stretch as far as your comfort zone. Hold for 15 to 30 seconds and repeat as necessary.



MAINTENANCE SCHEDULE

FOR *BEST* PERFORMANCE WE RECOMMEND THE FOLLOWING MAINTENANCE SCHEDULE:

Check the integrity and function of the following parts. Replace all worn components immediately.

| ITEM | DAILY | WEEKLY |
|---|--------------|---------------|
| CABLES CHECK END FITTINGS AND CABLE JACKET COATING. CHECK TIGHTNESS OF WEIGHT STACK LOCKING NUT. REPLACE CABLES ANNUALLY. | • | • |
| UPHOLSTERY WIPE DOWN AND DRY. CLEAN AND CONDITION. | • | • |
| FRAME WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX. | • | • |
| CHROME WIPE WITH WATER DAMPENED CLOTH AND DRY COMPLETELY. POLISH AND WAX. | • | • |
| NUTS/BOLTS/FASTENERS TIGHTEN AND/OR ADJUST AS NEEDED. | | • |
| GUIDE RODS LUBRICATE AND CLEAN. | | • |
| ADJUSTMENTS/LOCKING PINS/TIGHTENING KNOBS | | • |
| WEIGHT STACK PIN | | • |
| WARNING/INSTRUCTION LABELS | | • |
| ANTI-SKID GRIP TAPE | | • |
| HAND GRIPS | | • |

ST730 COMMERCIAL WARRANTY*

COMMERCIAL USES DEFINED VISION FITNESS warrants the ST730 model Multi-Lat for use in commercial facilities. Examples of commercial facilities include but are not limited to: Hotels; Resorts; Police and Fire Stations; Apartment Complexes; Rehabilitation and Sports Medicine Clinics; Hospitals; Elementary, Middle, and High Schools; YMCAs; Private Health Clubs; Colleges and Universities.

FRAME, WELDS, WEIGHT PLATES, & GUIDE RODS - LIFETIME VISION FITNESS warrants the Frame, Welds, Weight Plates and Guide Rods against defects in workmanship and materials for the life of the product, as long as it remains in the possession of the original owner.

BUSHINGS, ROTATING BEARINGS, & PULLEYS - FIVE YEARS VISION FITNESS warrants these components against defects in workmanship and materials for a period of five years from the date of original purchase, so long as the device remains in the possession of the original owner.

CABLES, LINEAR BEARINGS, SHAFTS, & OTHER PARTS - ONE YEAR VISION FITNESS warrants these components against defects in workmanship and materials for a period of one year from the date of original purchase, so long as the device remains in the possession of the original owner.

EXCLUSIVE REMEDY

The exclusive remedy for any of the above warranties shall be repair or replacement of defective parts.

EXCLUSIONS AND LIMITATIONS

This warranty applies only to the original owner and is not transferable. This warranty is expressly limited to the repair or replacement of a defective frame, electronic component, or defective part and is the sole remedy of the warranty. The warranty does not cover normal wear and tear, improper assembly or maintenance, or installation of parts or accessories not originally intended or compatible with the product as sold. This warranty does not cover failure to follow instructions and warnings in the Owner's Guide or failure to provide reasonable and necessary maintenance. This warranty does not apply to damage or failure due to accident, abuse, corrosion, discoloration of paint or plastic or neglect. VISION FITNESS shall not be responsible for incidental or consequential damages. Parts and electronic components reconditioned to As New Condition by VISION FITNESS or its vendors may sometimes be supplied as warranty replacement parts and constitute fulfillment of warranty terms. Any warranty replacement parts shall be warranted for the remainder of the original warranty term.

VISION FITNESS expressly disclaims all other warranties, express or implied, including but not limited to all warranties of fitness for a particular purpose or of merchantability. This warranty gives you specific rights and your rights may vary from state to state.

WARRANTY REGISTRATION

Your warranty card must be completed and sent to VISION FITNESS before a warranty claim can be processed. You may also register via our website at www.visionfitness.com. Inside the enclosed warranty card you will find a customer survey. Your care in completing the survey will be of value to us in serving you in the future. Comments and suggestions are always welcome. We are certain you will enjoy your new treadmill. Thank you for selecting a VISION FITNESS product.

*ST730 Commercial Warranty valid in North America only

Week #

Weekly Goals: _____

Scheduled Workout Time: _____

Reward: _____

| <i>Day</i> | <i>Date</i> | <i>Exercise</i> | <i>Sets</i> | <i>Reps</i> | <i>Weight</i> |
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| <i>Sunday</i> | | | | | |
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Week #

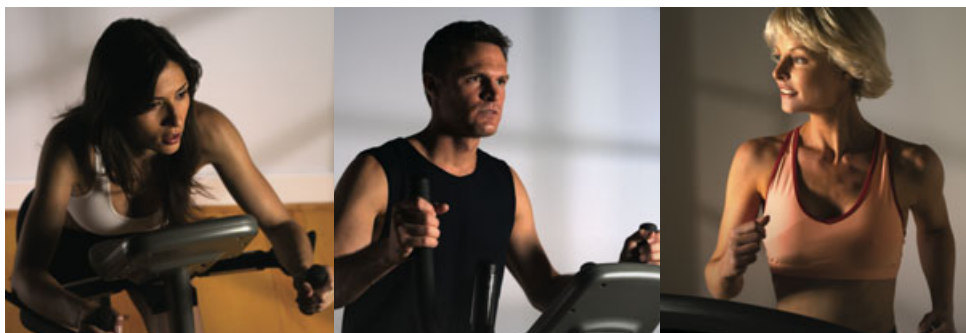
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Reward: _____

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| Saturday | | | | | |
| Totals | | | | | |

*it all
starts
with a
v i s i o n*



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
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