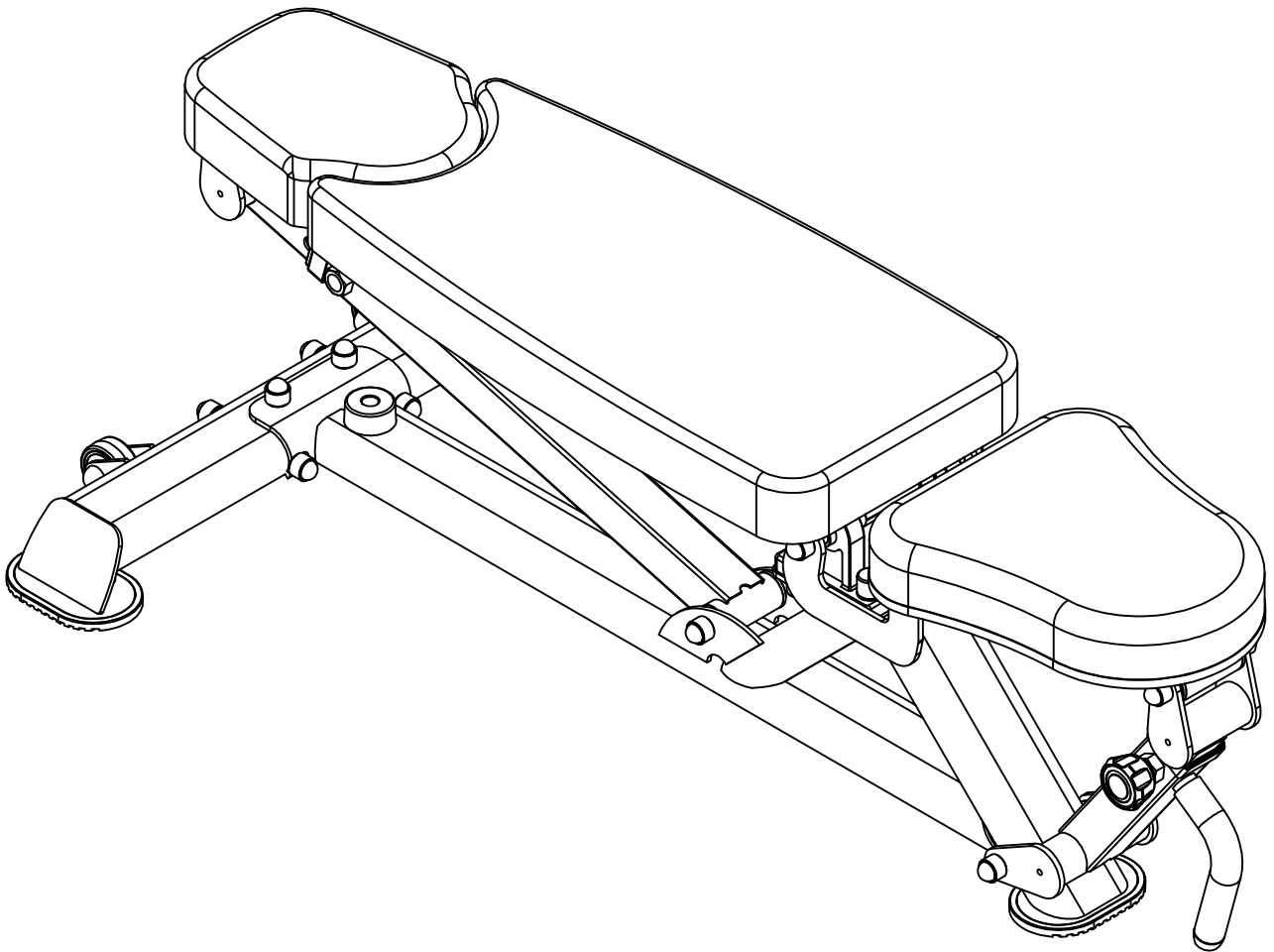


VORTEX

OWNER'S MANUAL

VR-250

COMMERCIAL ADJUSTABLE BENCH



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

20240429-V1.0

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BEFORE YOU BEGIN

Thank you for selecting the VR-110. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory.

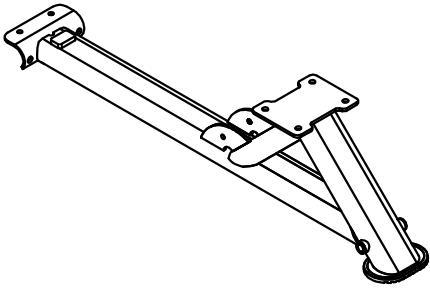
IMPORTANT SAFETY NOTICE

This exercise equipment is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your equipment. In particular, note the following safety precautions:

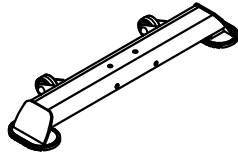
- 1. Keep children and pets away from the equipment at all times. DO NOT leave children unattended in the same room with the equipment.**
2. Only one person at a time should use the equipment.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the equipment on a clear, leveled surface. DO NOT use the equipment near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the equipment. Running or aerobic shoes are also required when using the equipment.
7. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the equipment.
9. Disabled person should not use the equipment.
10. Before using the equipment to exercise, always do stretching exercises to properly warm up.
11. Never operate the equipment if the equipment is not functioning properly.
12. A spotter is recommended during exercise.
- 13. This equipment is designed and intended for home and consumer use only, not for commercial use.**

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

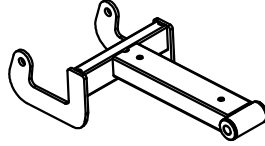
SAVE THESE INSTRUCTIONS.



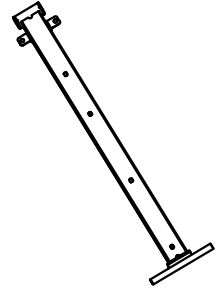
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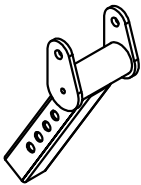
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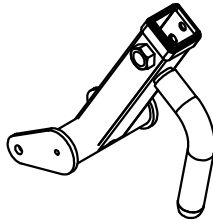
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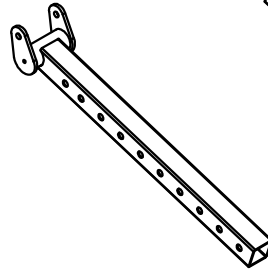
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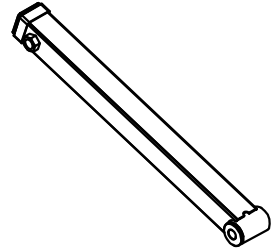
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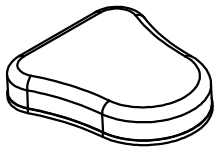
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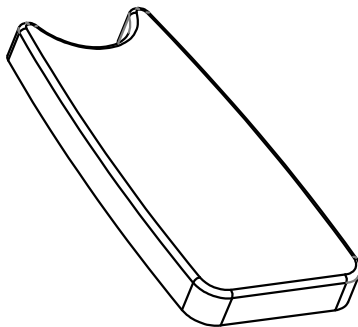
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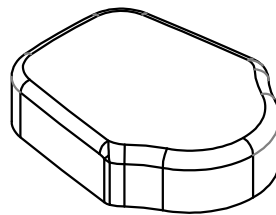
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⑨ × 1



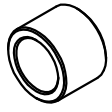
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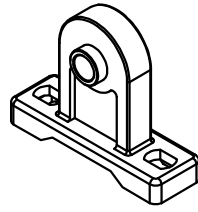
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⑫ × 3



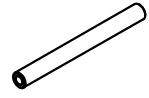
⑬ × 2



⑮ × 2



⑳ × 2



㉑ × 1



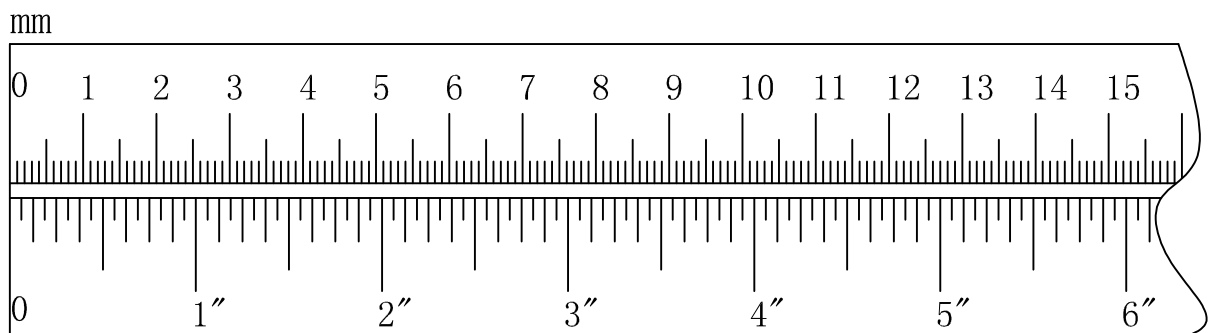
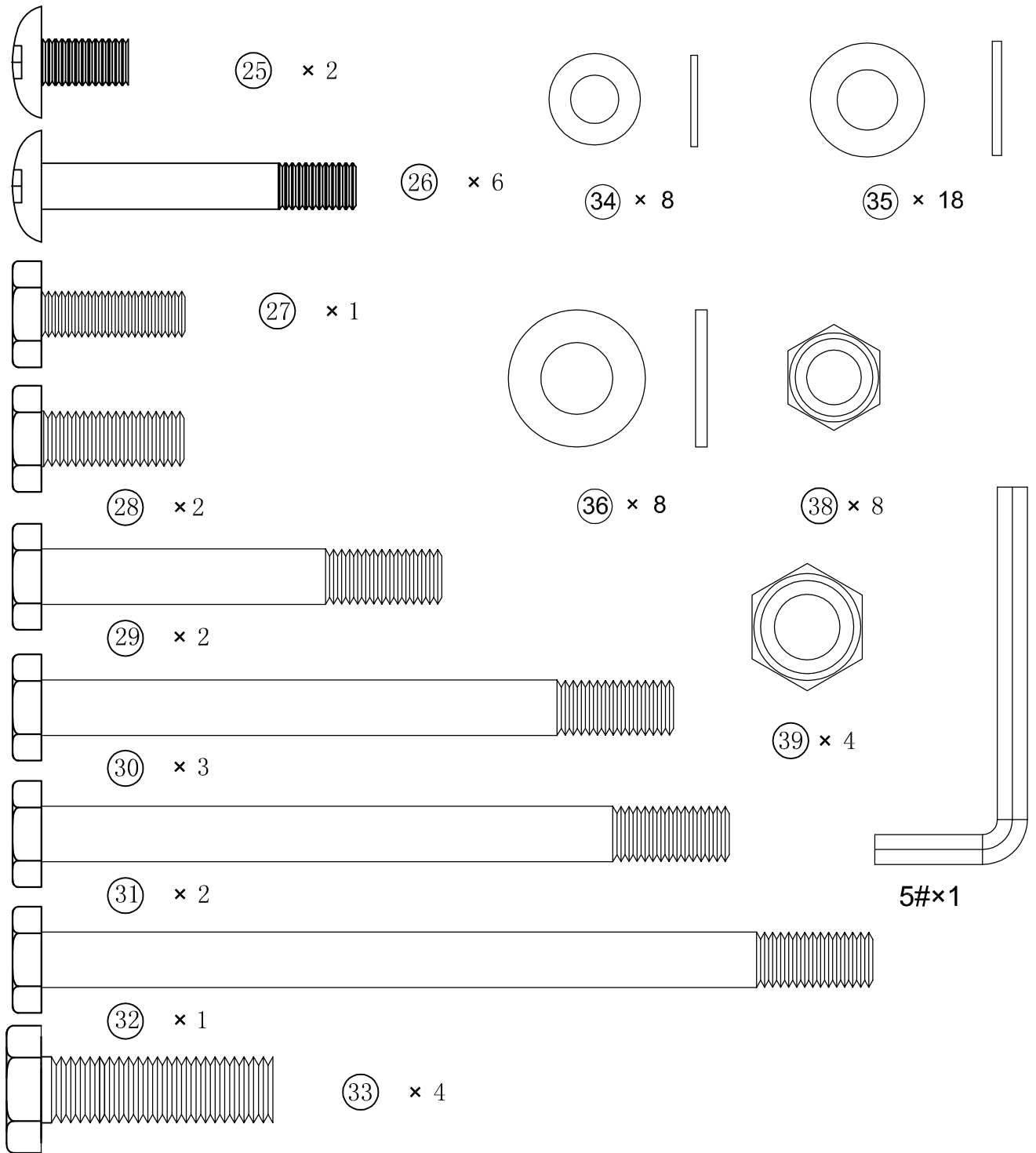
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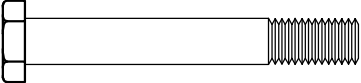


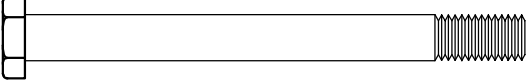
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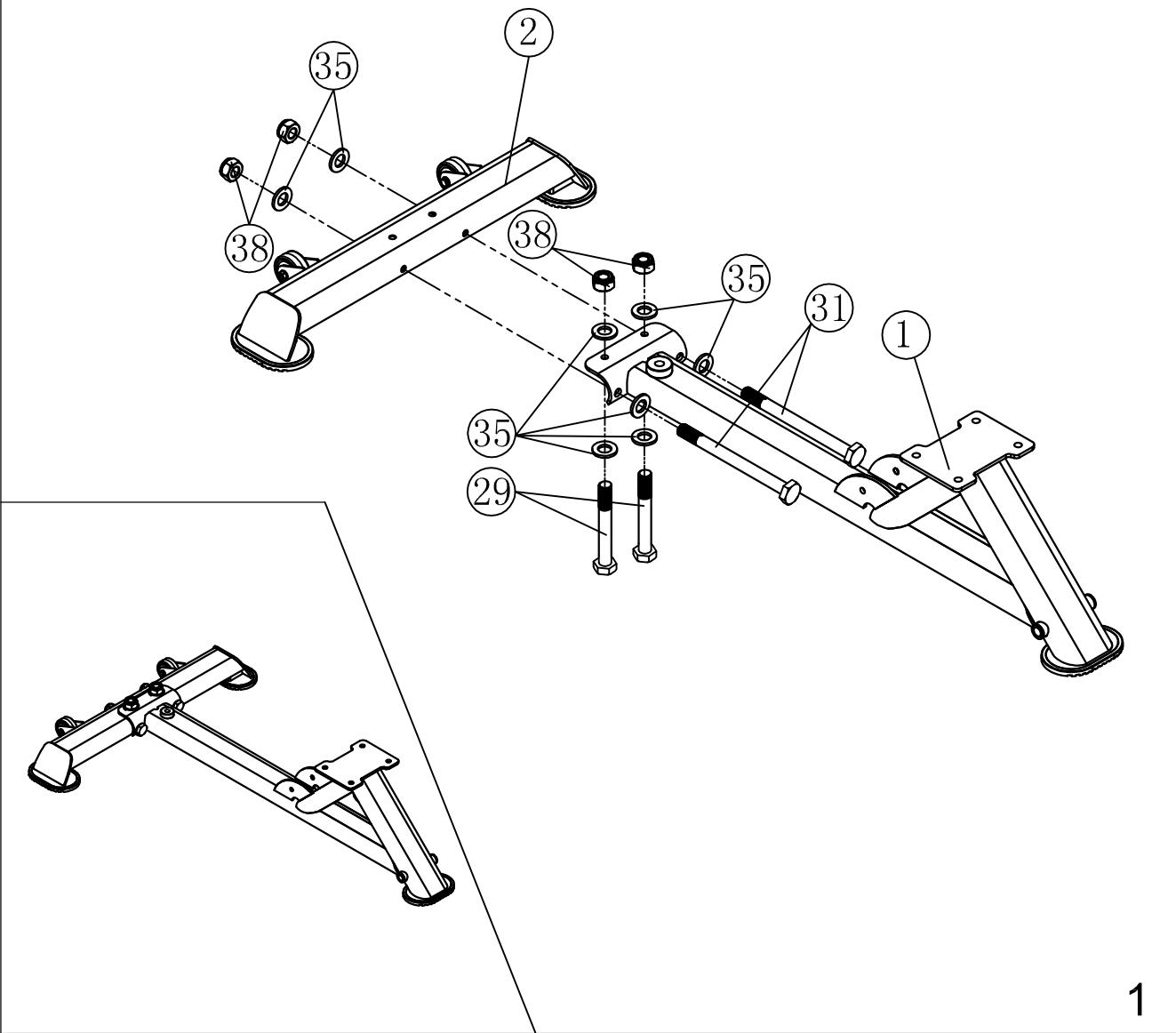
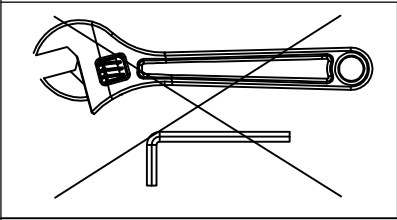
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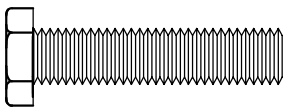



②⑨  × 2 M10×70

③①  × 2 M10×120

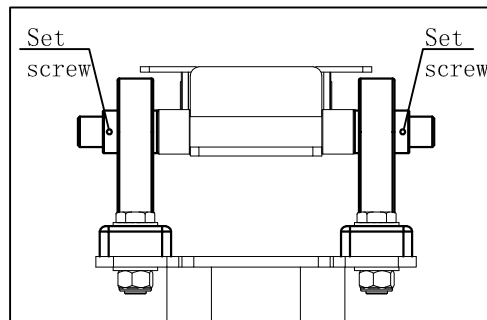
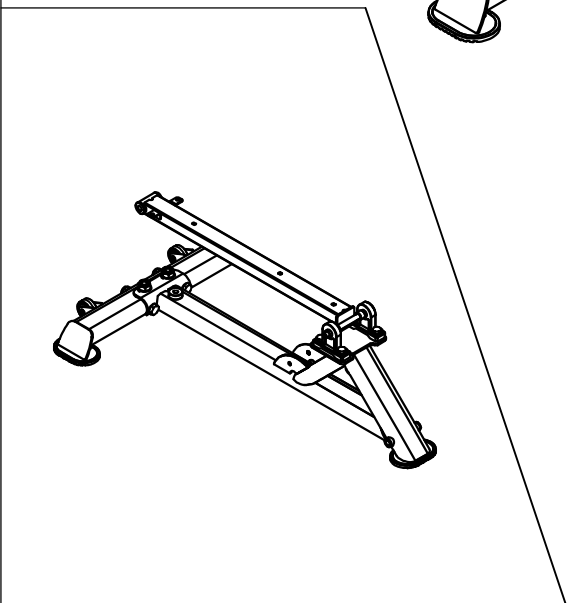
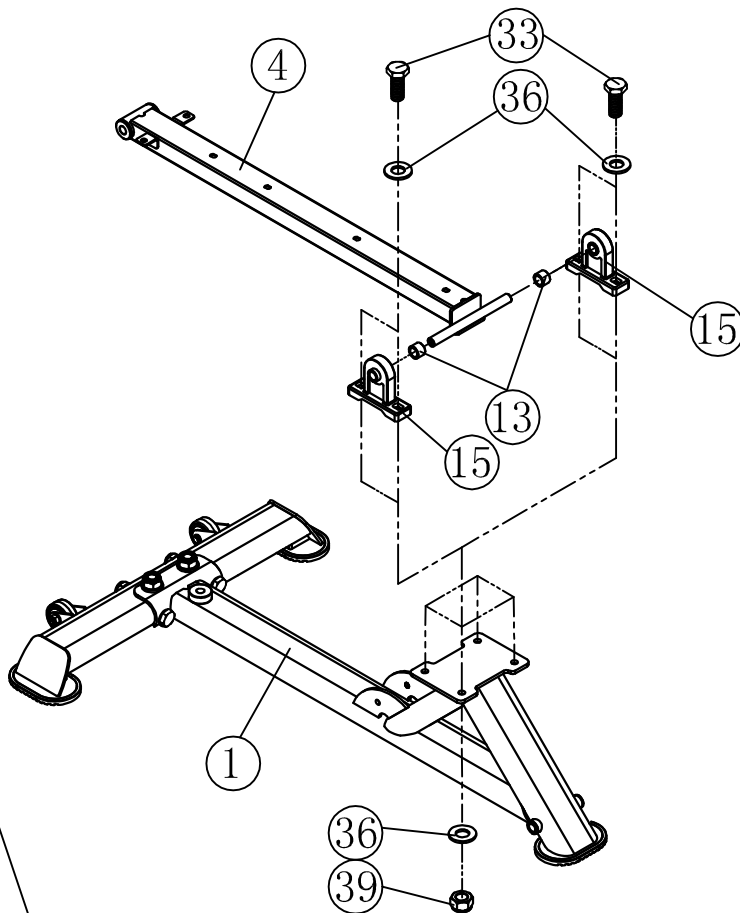
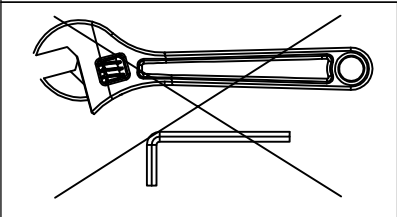
③⑤  × 8 $\Phi 20 \times 10.5$ ③⑧  × 4 M10



③③  × 4 M12×40

③⑥  | × 8 Φ24×12.5

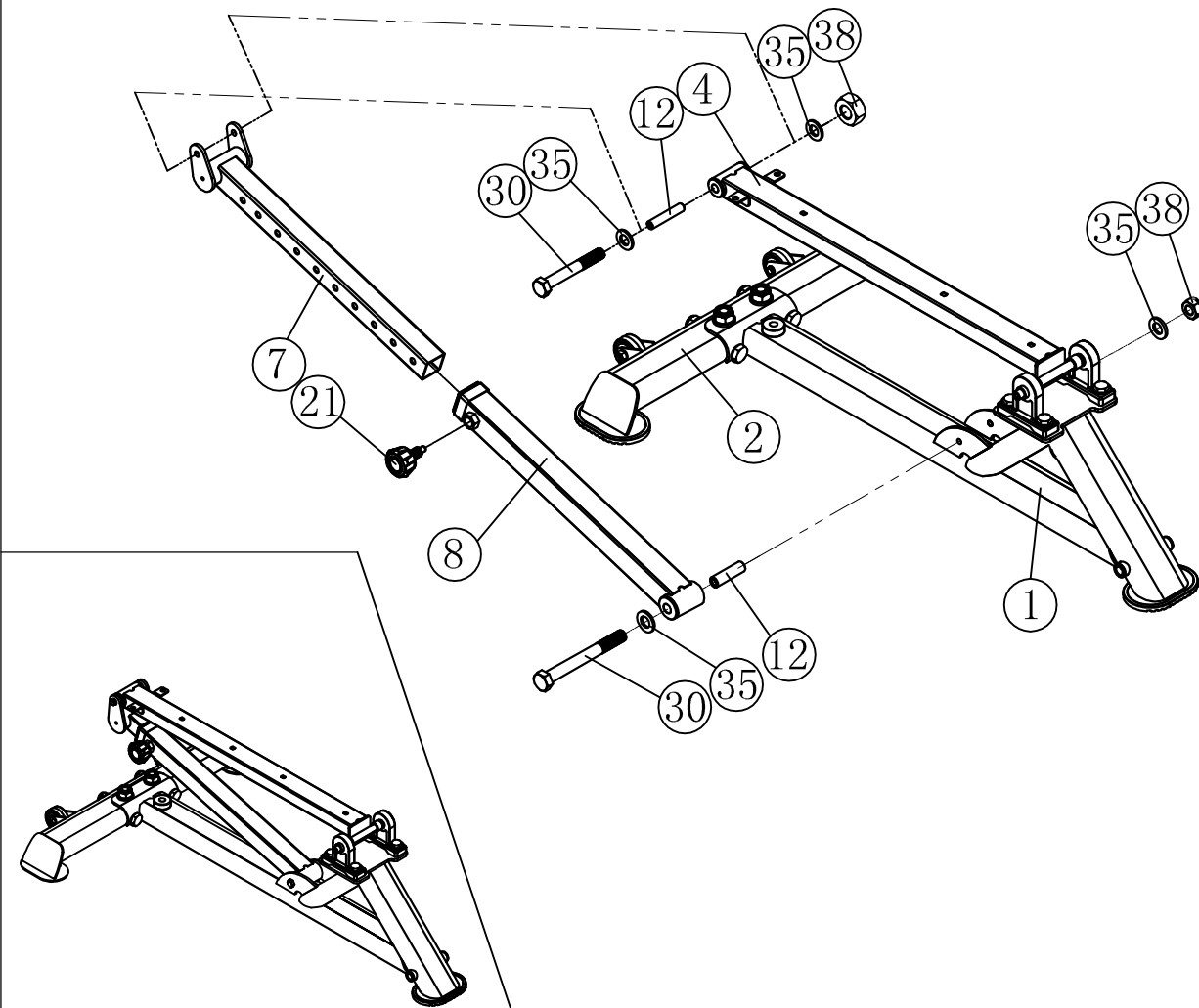
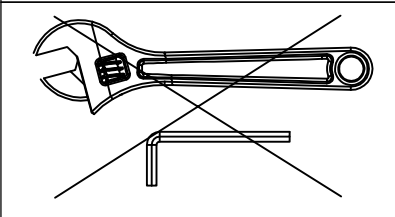
③⑨  × 4 M12



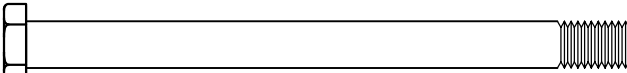
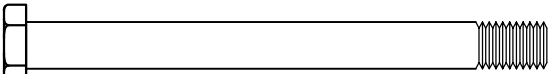
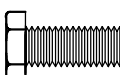
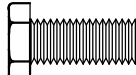


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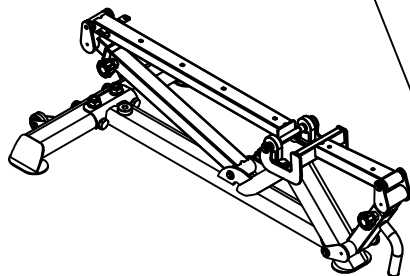
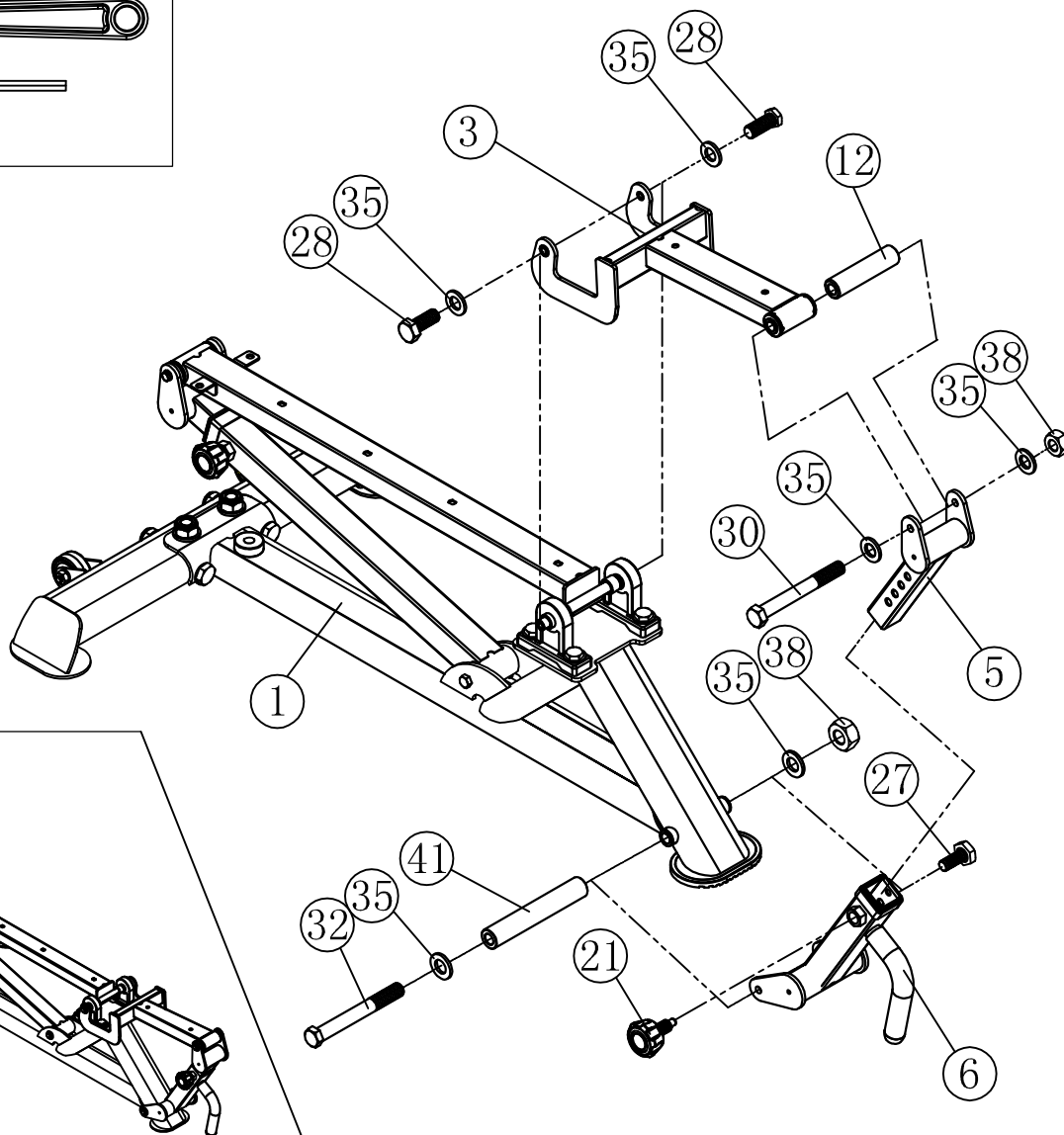
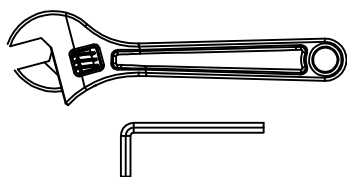
③① × 2 M10×110

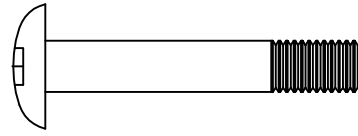
③⑤ × 4 $\Phi 20 \times 10.5$ ③⑧ × 2 M10

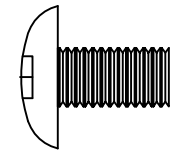



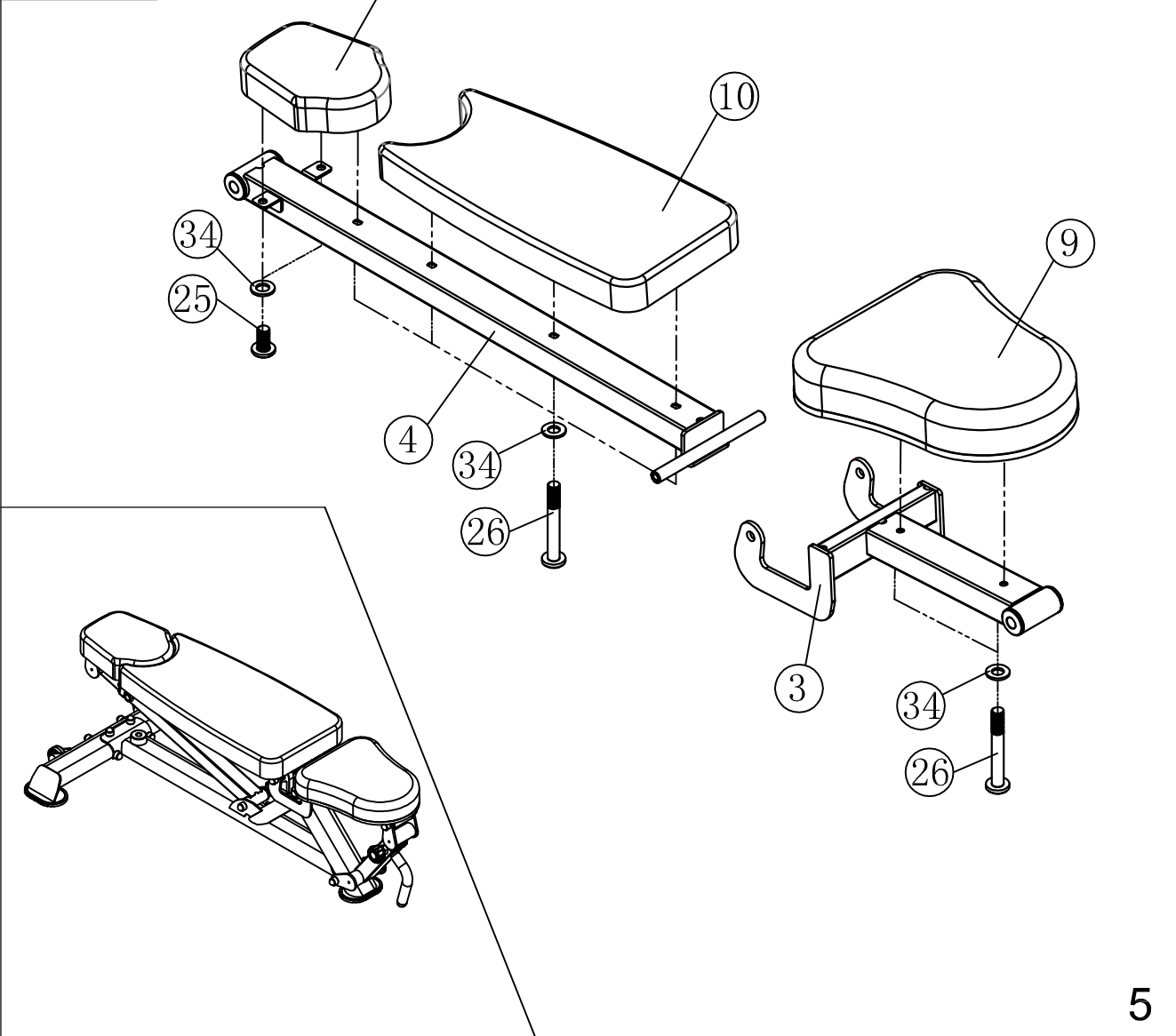
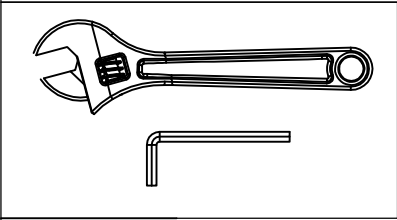
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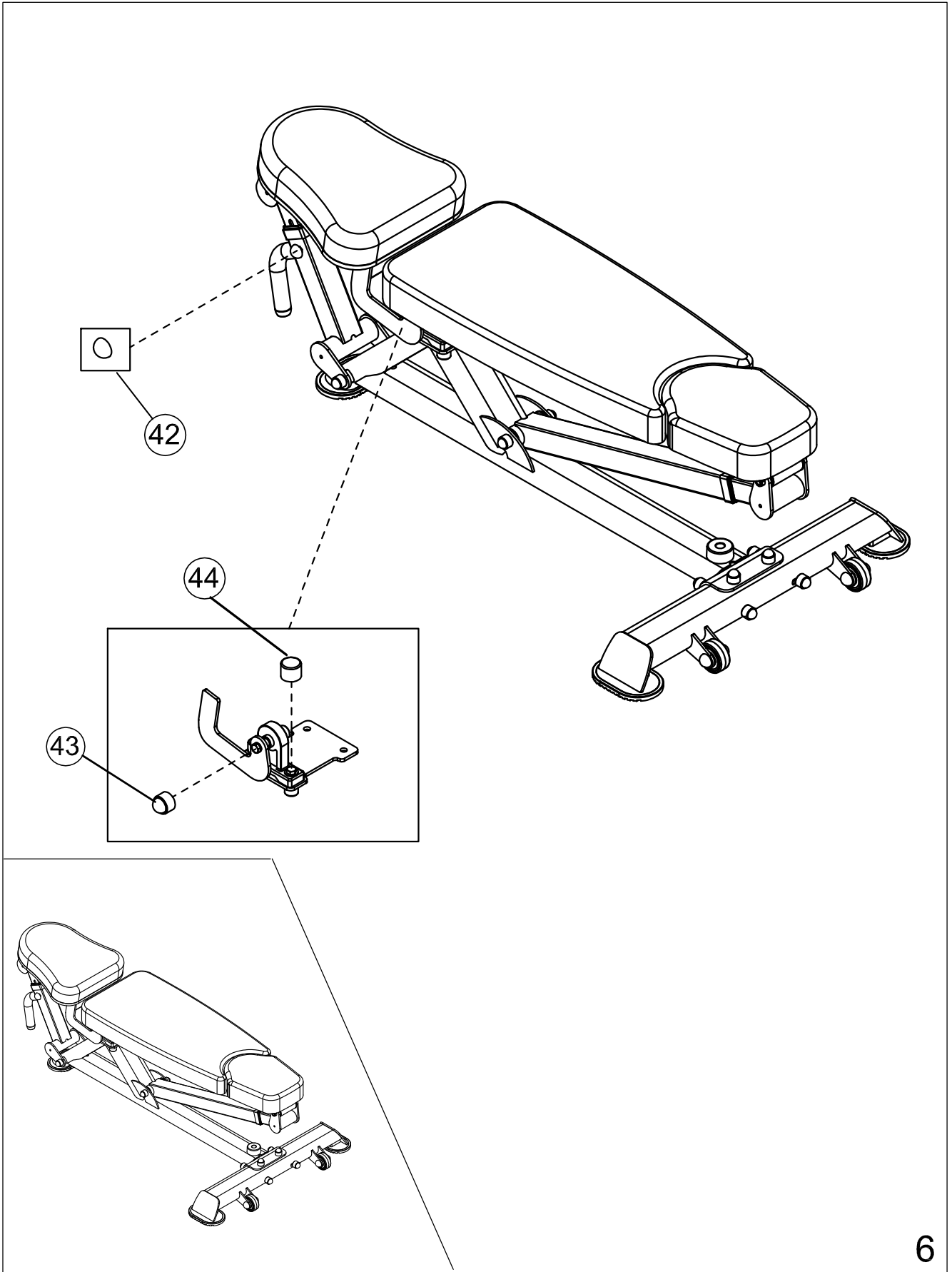
- | | | | | | |
|----|---|-----|-----------|-----|--|
| ③② |  | × 1 | M10× 145 | | |
| ③① |  | × 1 | M10× 110 | | |
| ②⑦ |  | × 1 | M8× 25 | ②⑧ |  |
| | | | | × 2 | M10× 25 |
| ③⑤ |  | × 6 | Φ20× 10.5 | ③⑧ |  |
| | | | | × 2 | M10 |



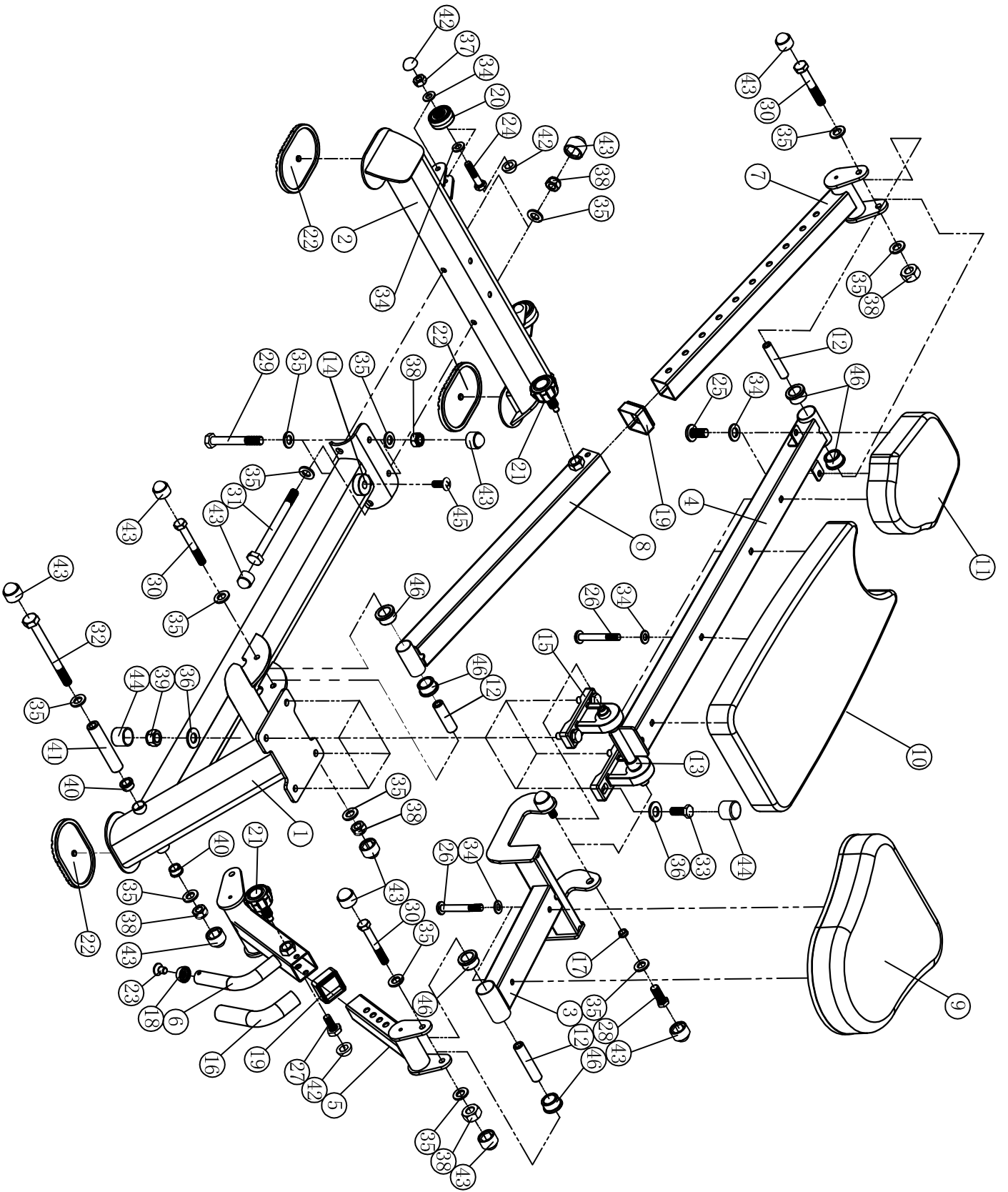
②⑥  × 6 M8×55

②⑤  × 2 M8×16 ③④  | × 8 Φ16×8.5





6



PARTS LIST

| KEY NO. | PART DESCRIPTION | SPEC | Q' TY |
|---------|---------------------------------|----------------------|-------|
| 1 | Base Frame | | 1 |
| 2 | Stick to frame after | | 1 |
| 3 | Seat Pad Frame | | 1 |
| 4 | Backrest Board Frame | | 1 |
| 5 | Seat Support | | 1 |
| 6 | Cushion brace | | 1 |
| 7 | Backrest Adjustment Support | | 1 |
| 8 | Cushion for leaning on of brace | | 1 |
| 9 | Seat Pad | 360×320×70 | 1 |
| 10 | Backrest Board | 700×334×70 | 1 |
| 11 | Head pad | 297×236×70 | 1 |
| 12 | Rotation | φ 25× φ 10.5×85 | 3 |
| 13 | Bushing | φ 25× φ 18×18 | 2 |
| 14 | Rubber Bumper | φ 50× φ 48×25 | 1 |
| 15 | Plummer block | | 2 |
| 16 | Handle Grip | φ 23×180 | 1 |
| 17 | Powder liner | φ 18× φ 14× φ 10.2×9 | 2 |
| 18 | Cover Cap | φ 30× φ 26×12 | 1 |
| 19 | The sliding sleeve | □50×□45 | 2 |
| 20 | Wheel | φ 50×28 | 2 |
| 21 | Pumping pin kit | M18× φ 10 (不帶字) | 2 |
| 22 | Floor End Cap | PT145×95×9 | 3 |
| 23 | Sunk Screw | M6×20 | 1 |
| 24 | Hex Bolt | M8×50 | 2 |
| 25 | Allen Bolt | M8×16 | 2 |
| 26 | Hex Bolt | M8×55 | 6 |
| 27 | Hex Bolt | M8×25 | 1 |
| 28 | Hex Bolt | M10×25 | 2 |
| 29 | Hex Bolt | M10×70 | 2 |

PARTS LIST

| KEY NO. | PART DESCRIPTION | SPEC | Q' TY |
|---------|-------------------------|---------------------|-------|
| 30 | Hex Bolt | M10×110 | 3 |
| 31 | Hex Bolt | M10×120 | 2 |
| 32 | Hex Bolt | M10×145 | 1 |
| 33 | Hex Bolt | M12×40 | 4 |
| 34 | Washer | 8 | 12 |
| 35 | Washer | 10 | 18 |
| 36 | Washer | 12 | 8 |
| 37 | Aircraft Nut | 8 | 2 |
| 38 | Aircraft Nut | 10 | 8 |
| 39 | Aircraft Nut | 12 | 4 |
| 40 | Powder liner | φ 25× φ 22× φ 16×10 | 2 |
| 41 | Casing | φ 16× φ 11×120 | 1 |
| 42 | Cover Cap | M8 | 5 |
| 43 | Cover Cap | M10 | 16 |
| 44 | Cover Cap | M12 | 8 |
| 45 | Cross Recess Head Screw | M6×16 | 1 |
| 46 | Powder liner | φ 38× φ 34× φ 25×22 | 6 |
| | Allen Wrench(Tool) | 5# | 1 |
| | | | |
| | | | |
| | | | |