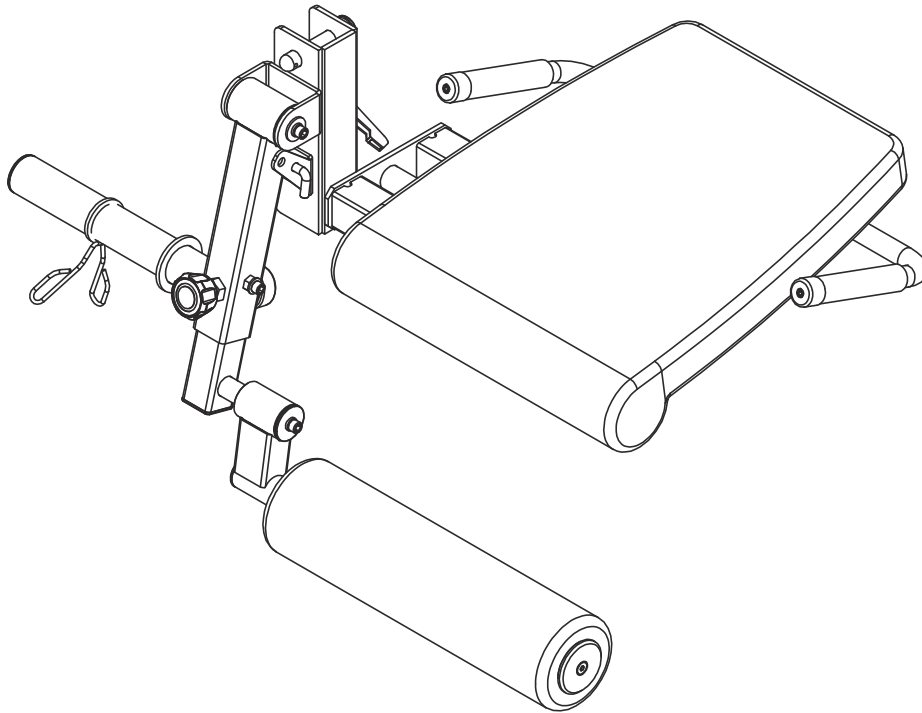


# VORTEX

OWNER'S MANUAL

VR-3400



**CAUTION!**

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

20241014-V1.0

## **IMPORTANT SAFETY NOTICE**

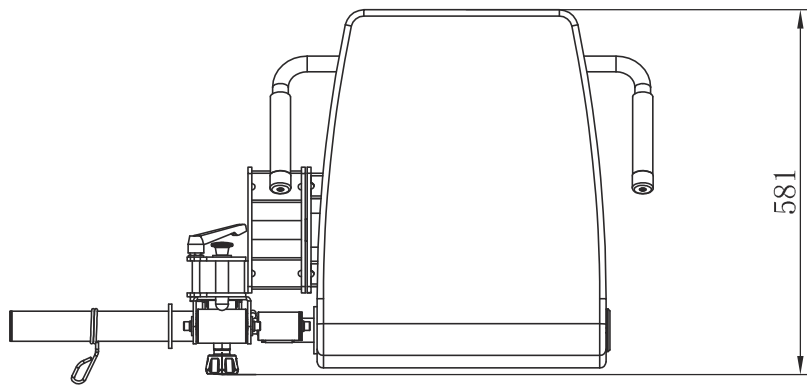
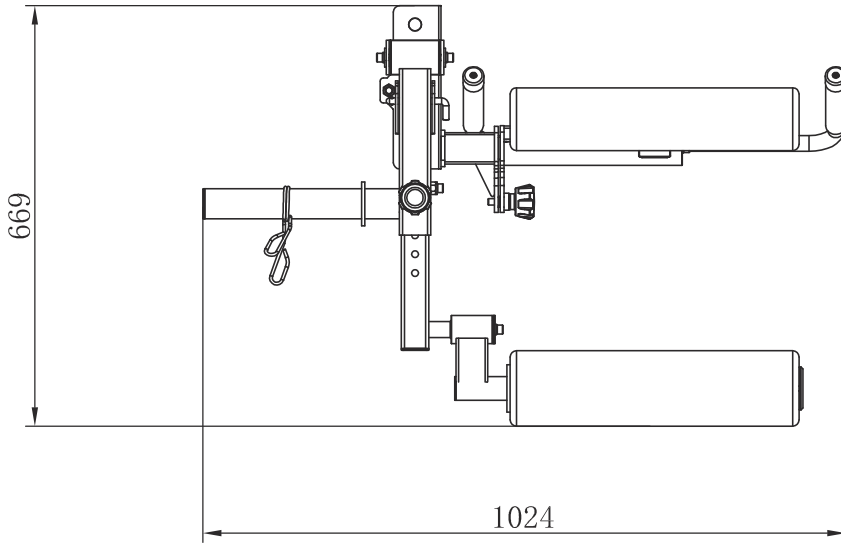
### **PRECAUTIONS**

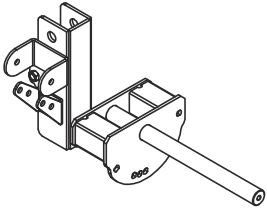
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
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 machine on a clear, leveled surface. DO NOT use the machine 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 machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine 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 machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.

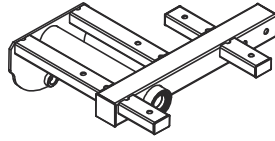
**WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY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

**SAVE THESE INSTRUCTIONS.**

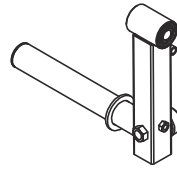




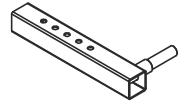
① ×1



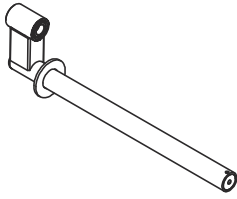
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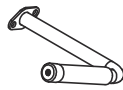
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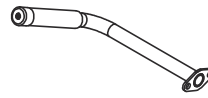
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⑤ ×1



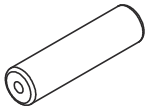
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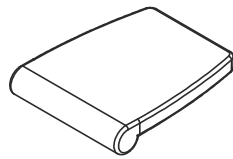
⑦ ×1



⑧ ×1



⑨ ×1



⑩ ×1



⑫ ×1



⑬ ×1



⑭ ×1



⑮ ×1



⑯ ×2



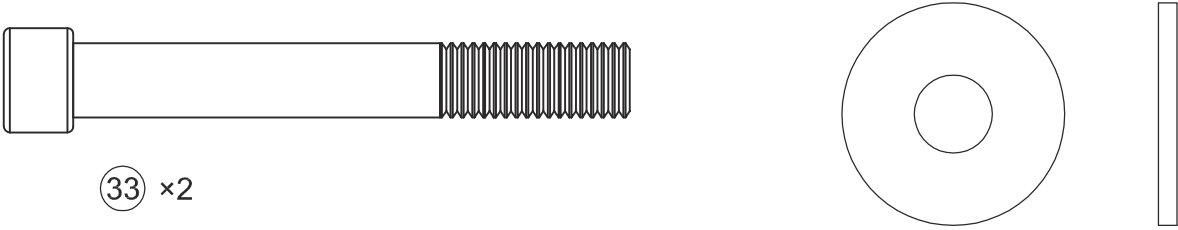
⑰ ×1



⑳ ×1

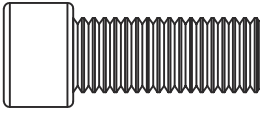


㉑ ×1

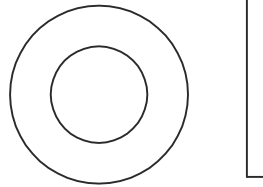


33 x2

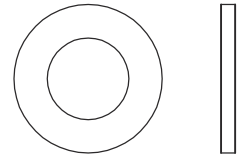
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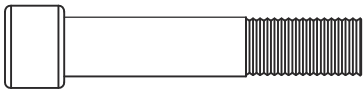
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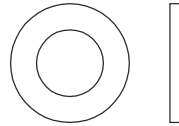
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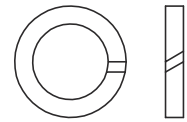
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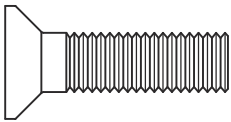
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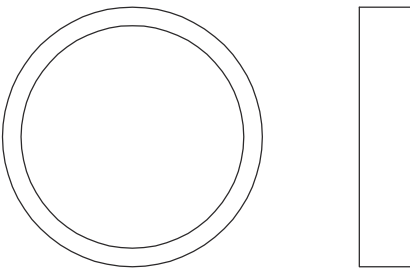
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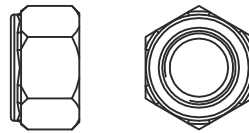
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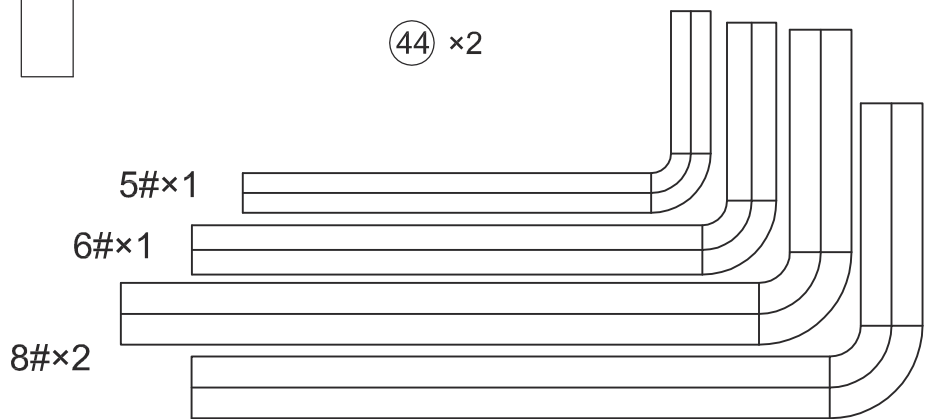
36 x1



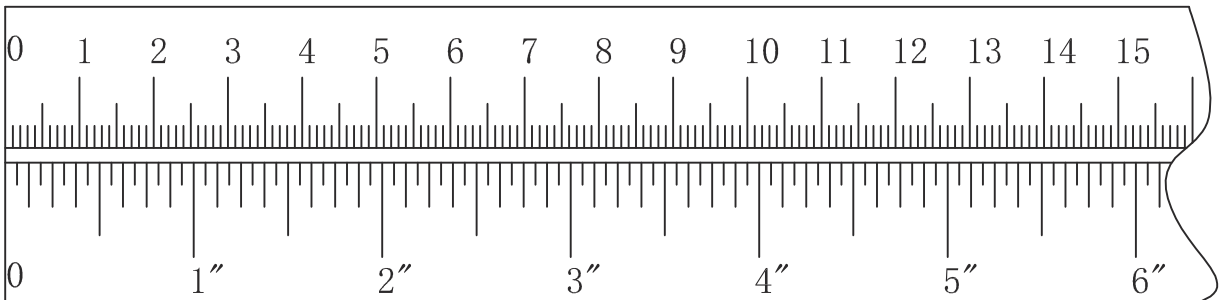
11 x1



44 x2



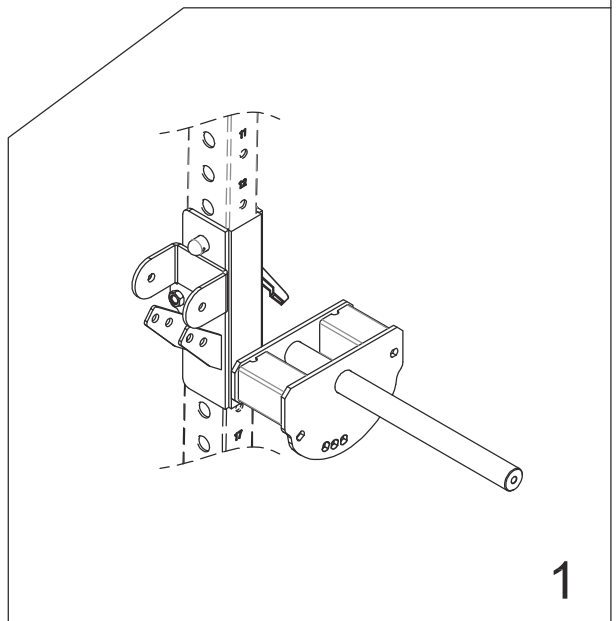
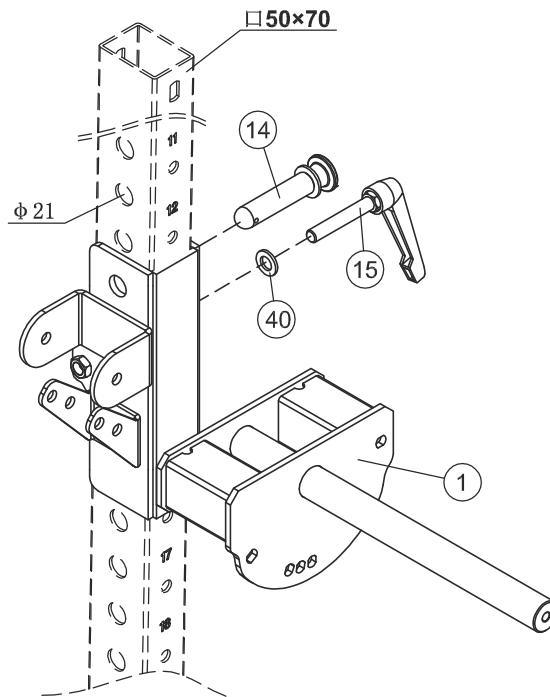
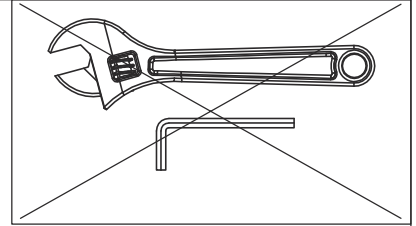
mm



40



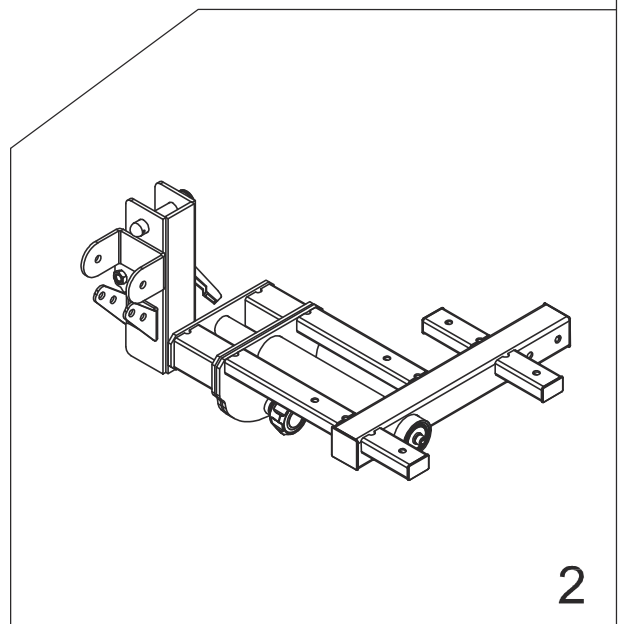
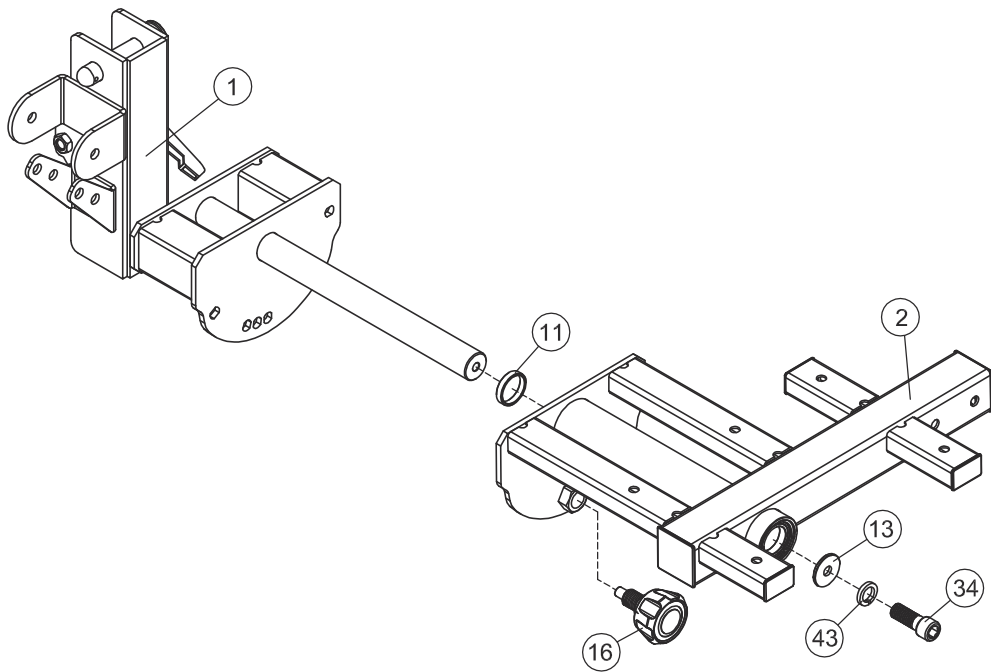
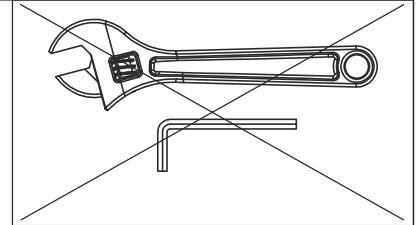
× 1 Φ12



11   × 1  $\Phi 35 \times \Phi 30.5 \times 7$

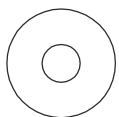
43   × 1  $\Phi 10$

34  × 1 M10×25

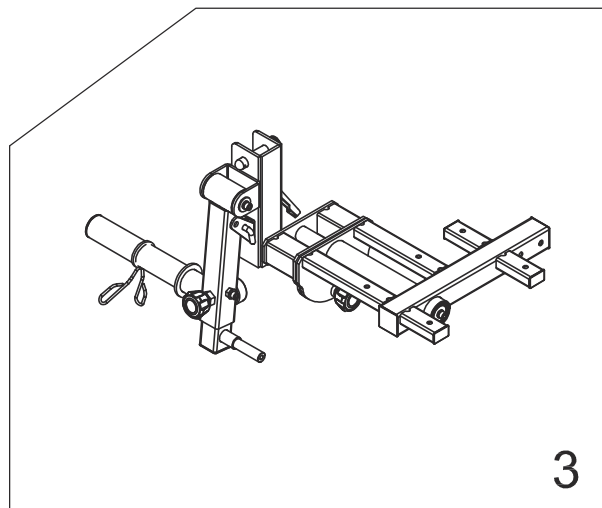
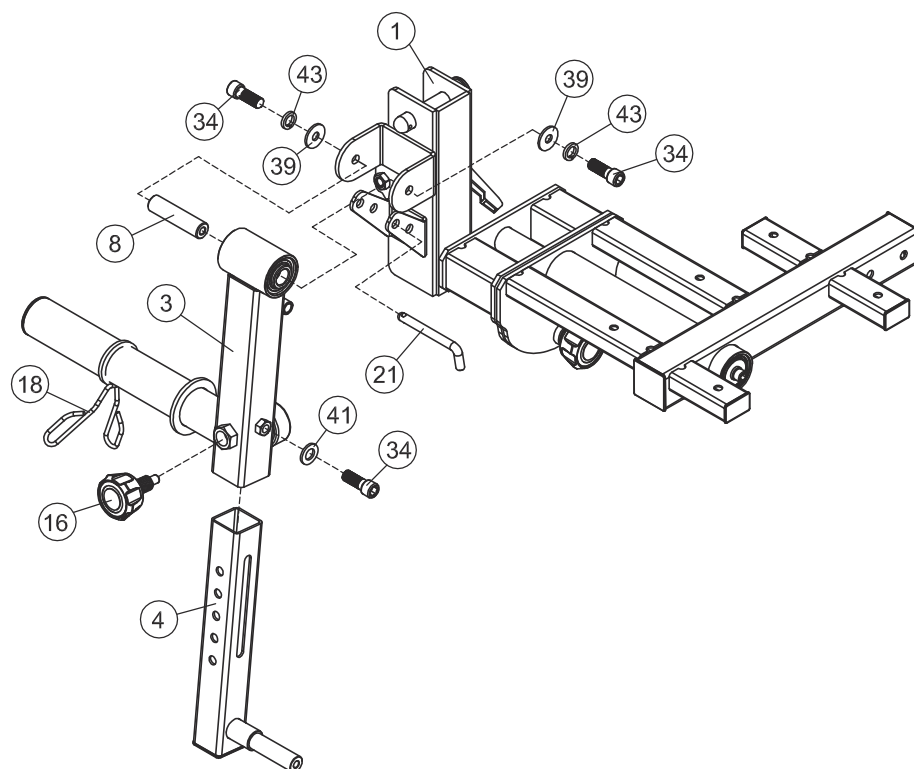
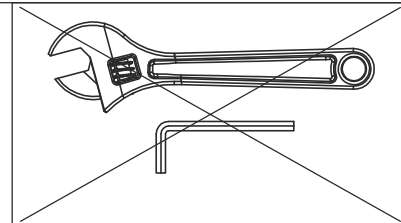


34  × 3 M10×25

41  × 1 Φ10

39  × 2 Φ30×Φ10.5×2.5

43  × 2 Φ10





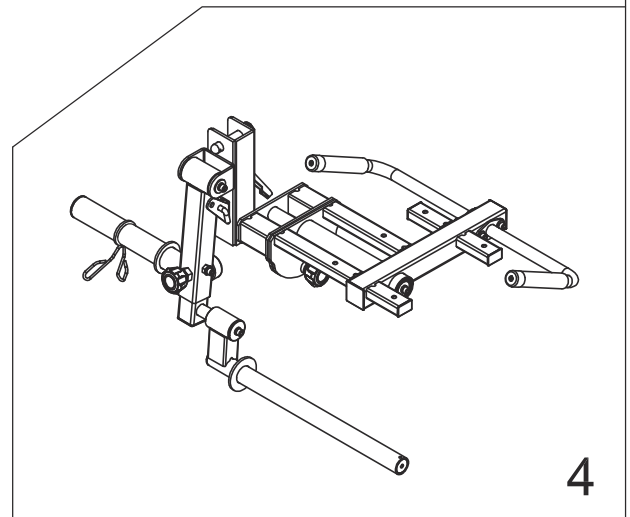
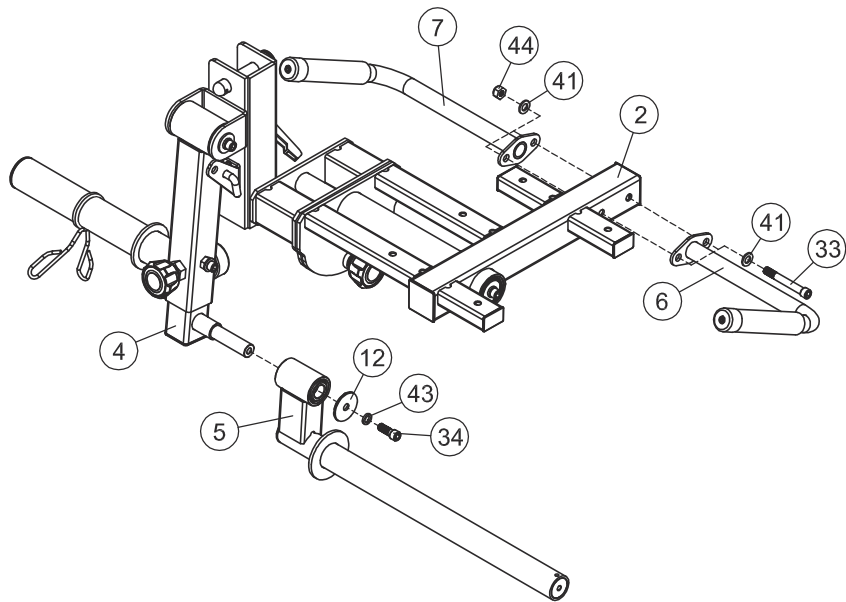
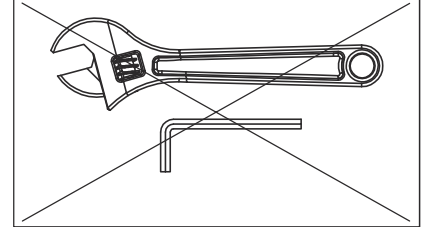
33  × 2 M10×75

41  × 4 Φ10

34  × 1 M10×25

43  × 1 Φ10

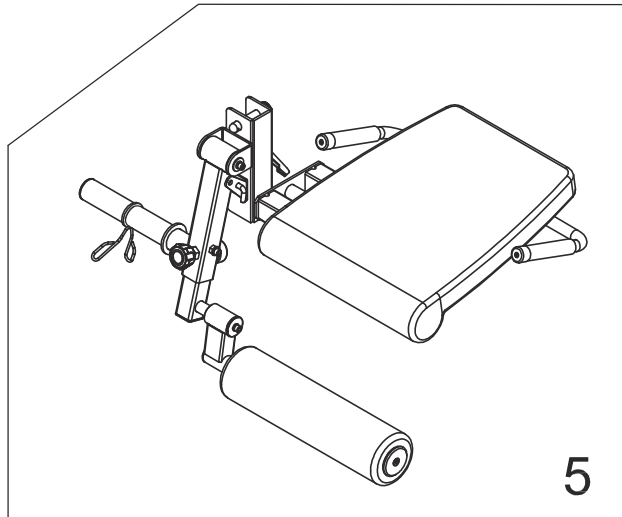
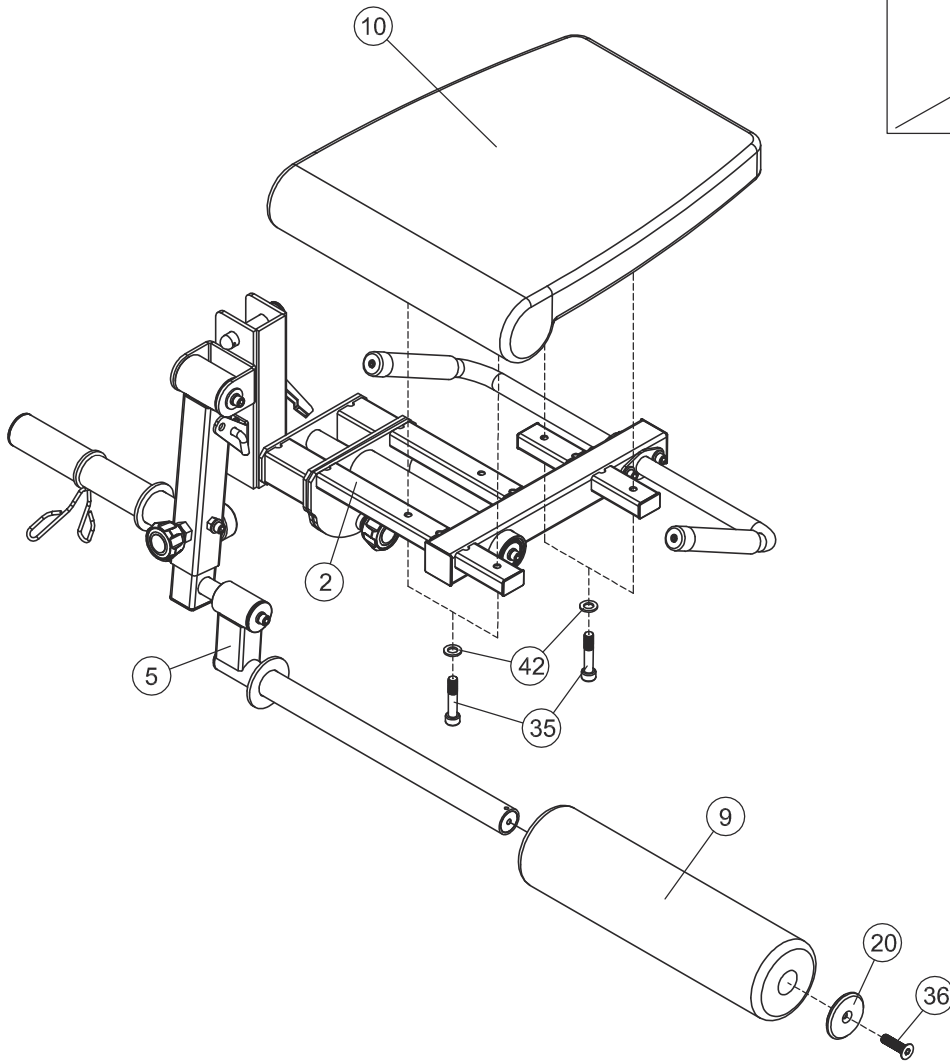
44  × 2 M10

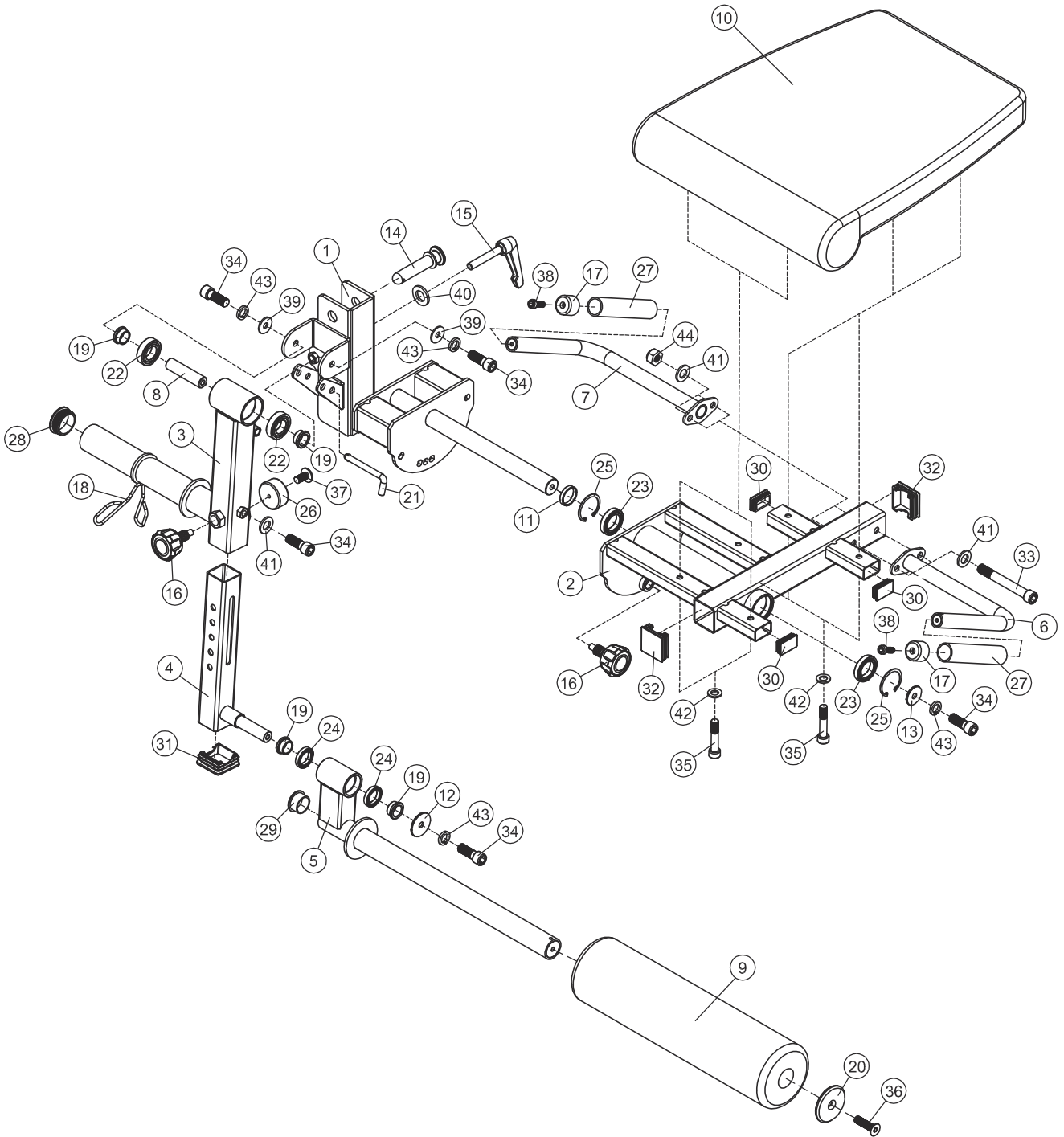


35  × 4 M8×40

36  × 1 M8×30

42  × 4 Φ8





## PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	QTY
1	Bracket		1
2	Seat Support Frame		1
3	Rotating Frame		1
4	Frame Slider		1
5	Foam Frame		1
6	Left Handle Holder		1
7	Right Handle Holder		1
8	Matlad	$\varnothing 20 \times 80 \times M10$	1
9	FOAM	$\varnothing 120 \times \varnothing 36 \times 460$	1
10	Seat	$550 \times 460 \times 360 \times 60$	1
11	Bushing	$\varnothing 35 \times \varnothing 30.5 \times 7$	1
12	Washer	$\varnothing 45 \times \varnothing 10.5 \times 3$	1
13	Washer	$\varnothing 35 \times \varnothing 10.5 \times 3$	1
14	Plug Section		1
15	Long Handle Lock Draw Pin		1
16	Lock Knod	$M18 \times \varnothing 10$	2
17	cover Cap	$\varnothing 33.5 \times \varnothing 6.6 \times 25$	2
18	Spring Clip	$\Phi 47$	1
19	Bushing	$\varnothing 30 \times \varnothing 20 \times 14$	4
20	Foam plate	$\Phi 68 \times 5.7$	1
21	L pin	$\varnothing 10 \times 100 \times 35$	1
22	Bearing	6005-2Z	2
23	Bearing	61906-2Z	2
24	Bearing	61805-2Z	2
25	Hole Circlip	$d0=47$	2
26	Rubber Stopper	$\varnothing 50 \times \varnothing 48 \times 23$	1
27	Handle Grip	$\Phi 23 \times 150$	2
28	End Cap	$\Phi 48$	1
29	End Cap	$\Phi 38$	1
30	End Cap	$\square 25 \times 40$	3

<b>31</b>	End Cap	□44	<b>1</b>
<b>32</b>	End Cap	□50	<b>2</b>
<b>33</b>	Socket Head Allen Bolt	M10×75	<b>2</b>
<b>34</b>	Socket Head Allen Bolt	M10×25	<b>5</b>
<b>35</b>	Socket Head Allen Bolt	M8×40	<b>4</b>
<b>36</b>	Allen Bolt	M8×30	<b>1</b>
<b>37</b>	Screw	M6×12	<b>1</b>
<b>38</b>	Socket Head Allen Bolt	M6×15	<b>2</b>
<b>39</b>	Washer	φ30×φ10.5×2.5	<b>2</b>
<b>40</b>	Washer	12	<b>1</b>
<b>41</b>	Washer	10	<b>5</b>
<b>42</b>	Washer	8	<b>4</b>
<b>43</b>	Washer	10	<b>4</b>
<b>44</b>	Nut	M10	<b>2</b>
	Allen wrench	8#	<b>2</b>
	Allen wrench	6#	<b>1</b>
	Allen wrench	5#	<b>1</b>