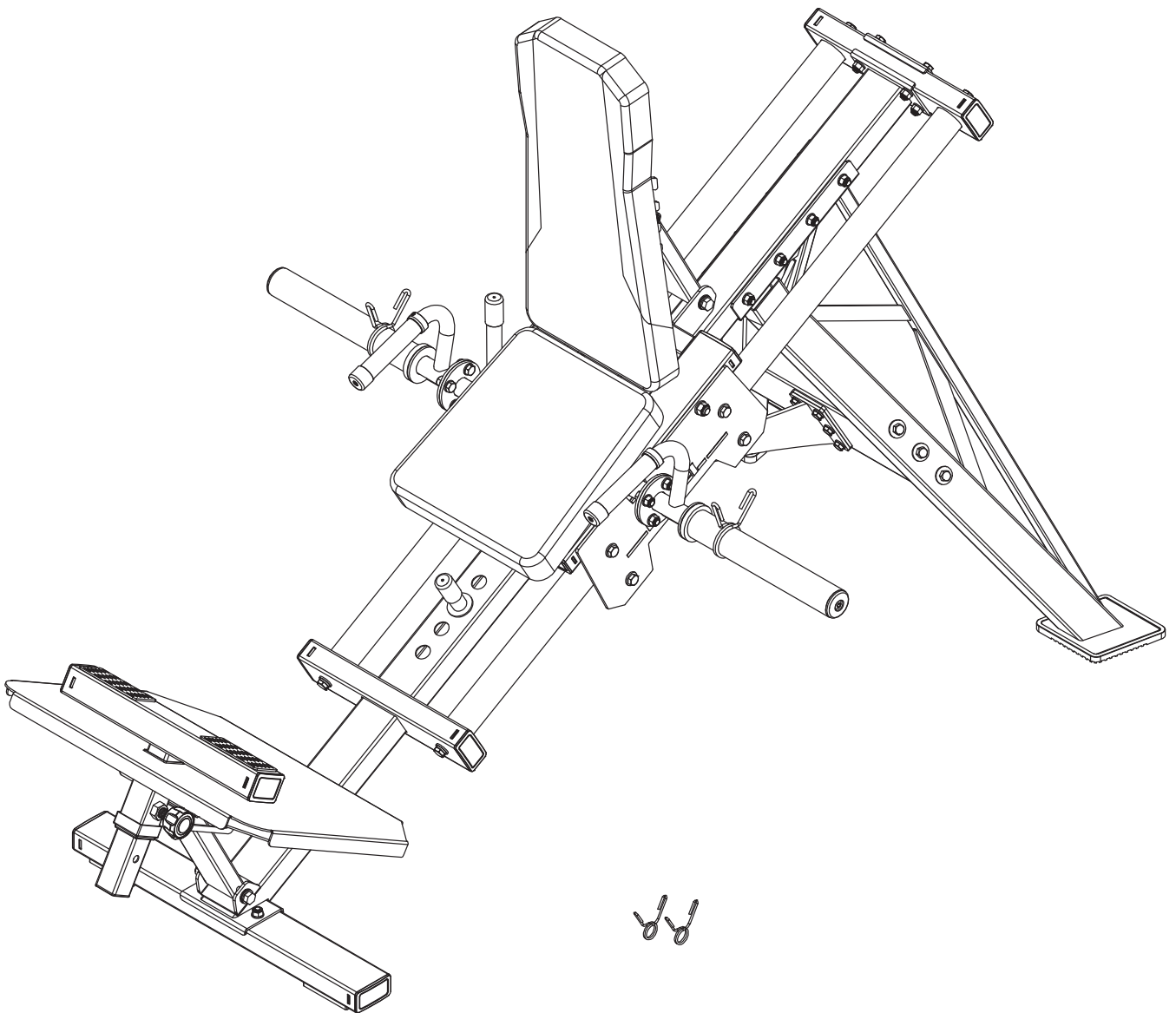


VORTEX

OWNER'S MANUAL

VR-730



CAUTION!

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

20241014-V1.0

IMPORTANT SAFETY NOTICE

PRECAUTIONS

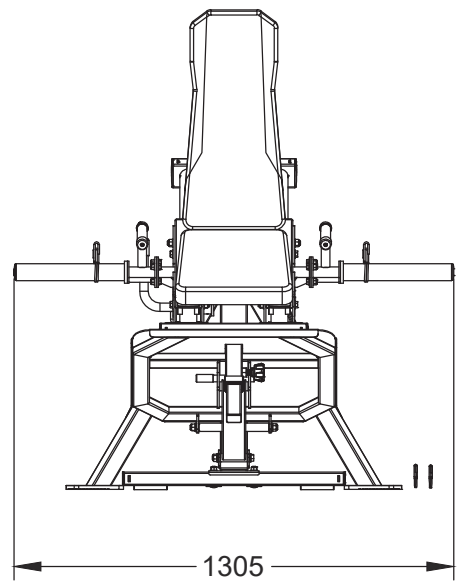
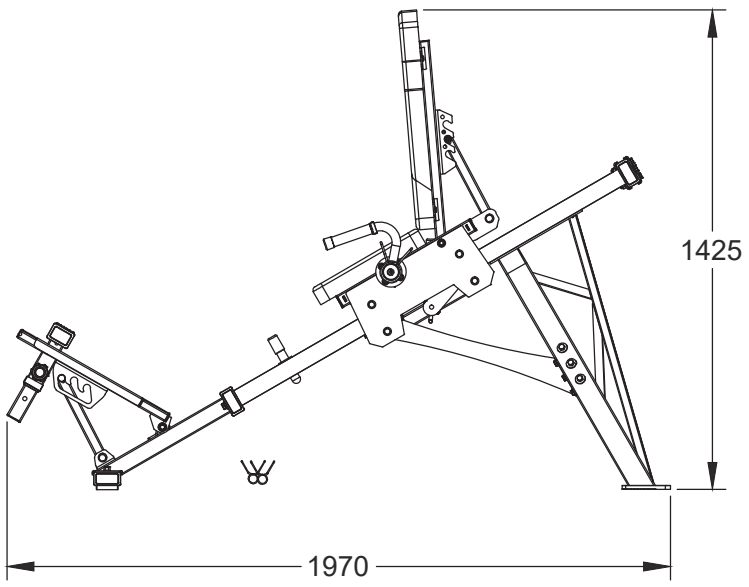
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

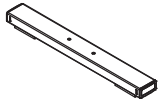
1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. 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.

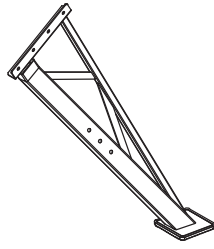
SAVE THESE INSTRUCTIONS.

Assembly Dimension:1970×1305×1425

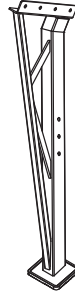




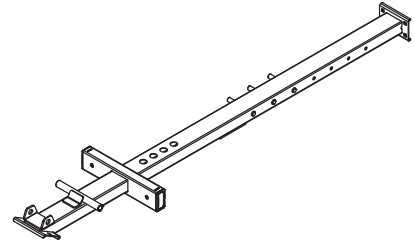
① ×1



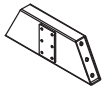
② ×1



③ ×1



④ ×1



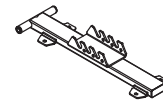
⑤ ×1



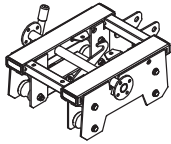
⑥ ×1



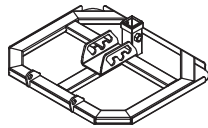
⑦ ×1



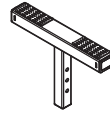
⑧ ×1



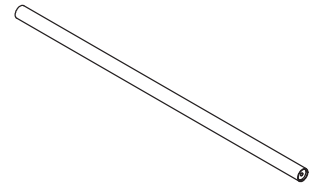
⑨ ×1



⑩ ×1



⑪ ×1



⑫ ×2



⑬ ×1



⑭ ×1



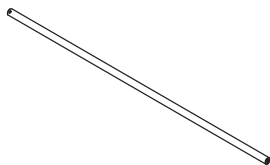
⑮ ×1



⑱ ×1



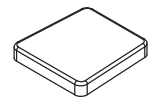
⑲ ×1



⑳ ×1



㉑ ×1



㉒ ×1



㉓ ×1



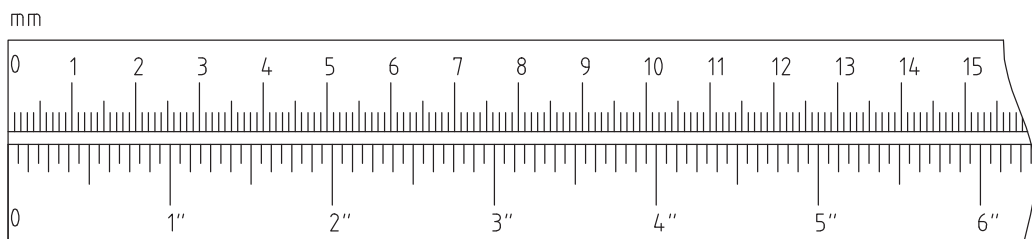
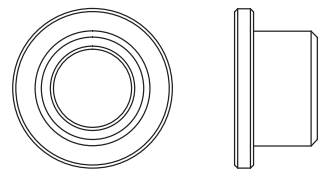
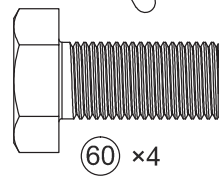
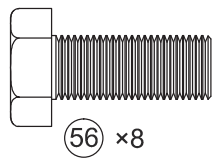
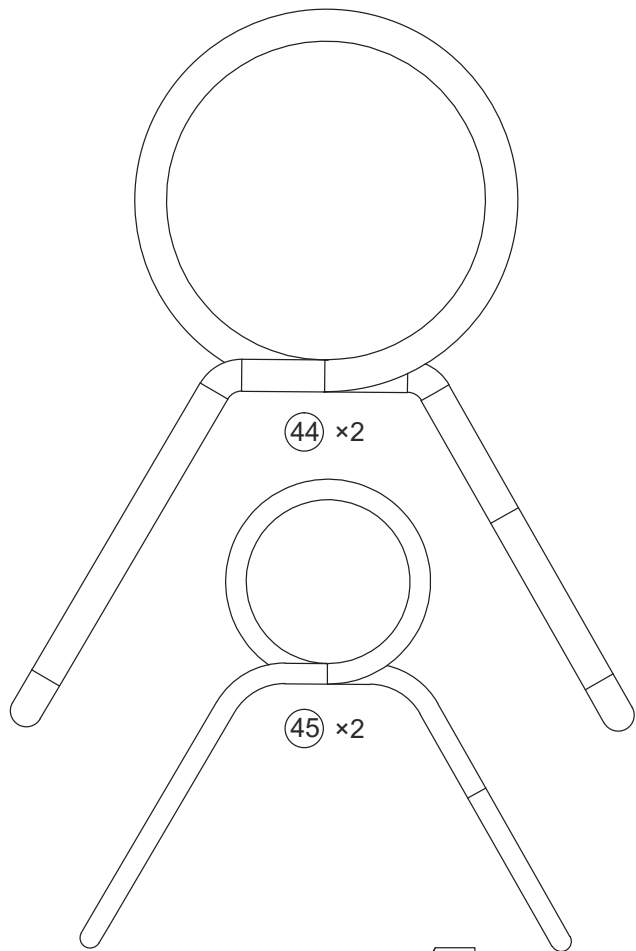
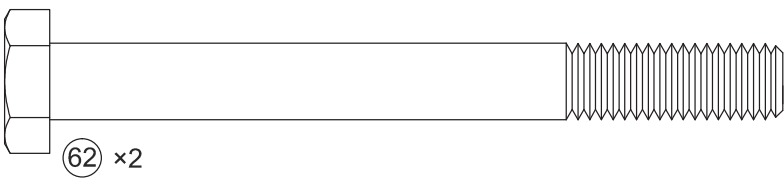
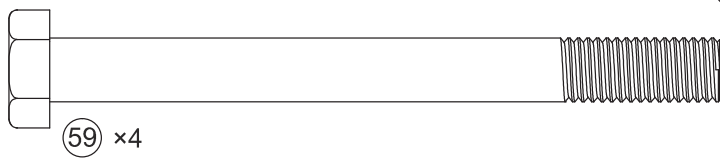
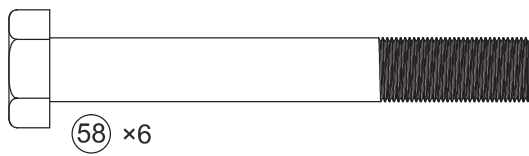
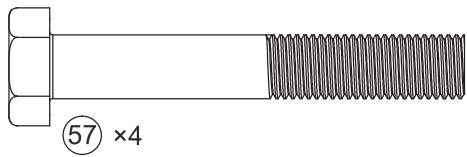
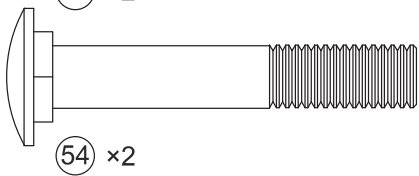
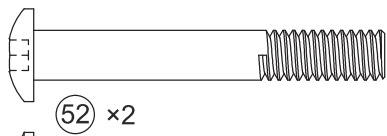
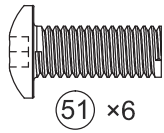
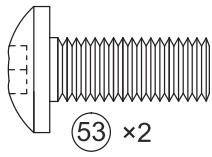
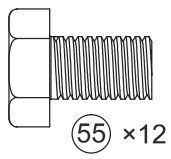
㉔ ×1

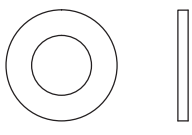


㉕ ×1

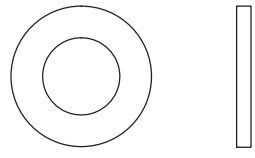


㉖ ×2

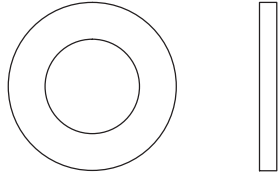




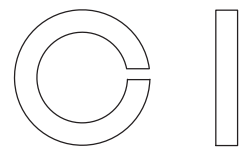
63 x8



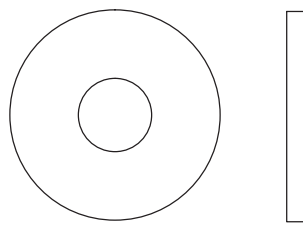
64 x46



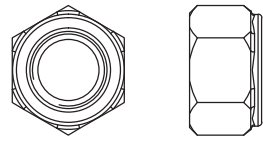
65 x12



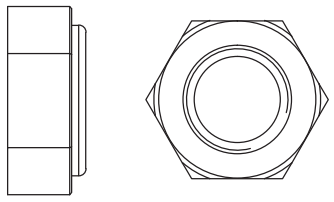
66 x4



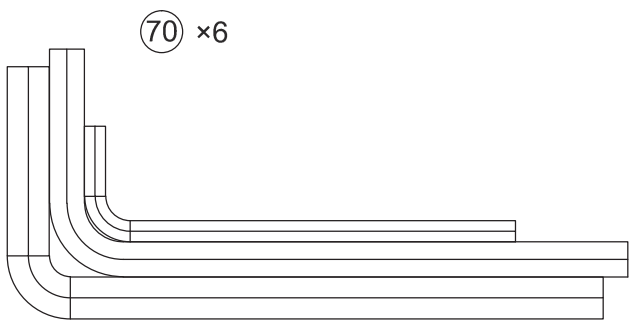
68 x6



69 x18

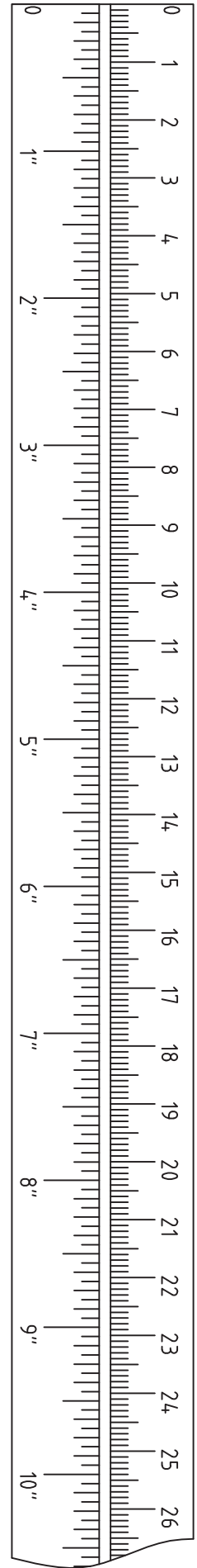
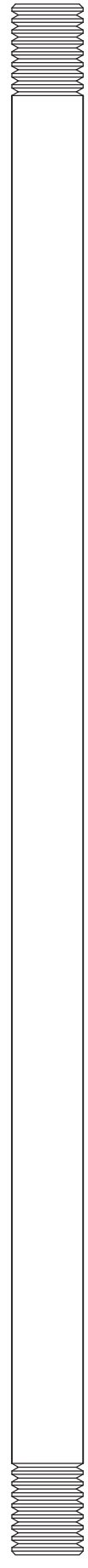
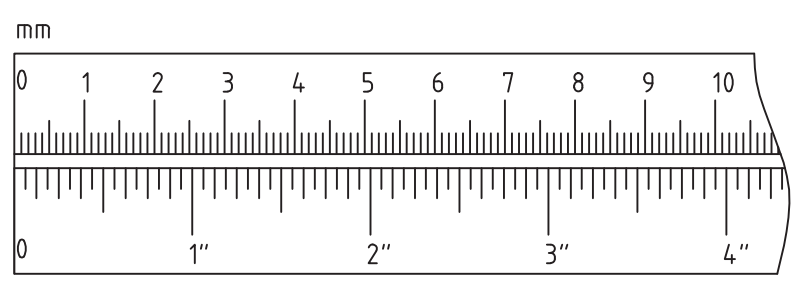


46 x1



70 x6

3#x1
5#x1
6#x1



54



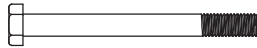
x2 M10x60mm

64



x10 $\Phi 20 \times \Phi 10.5$

59

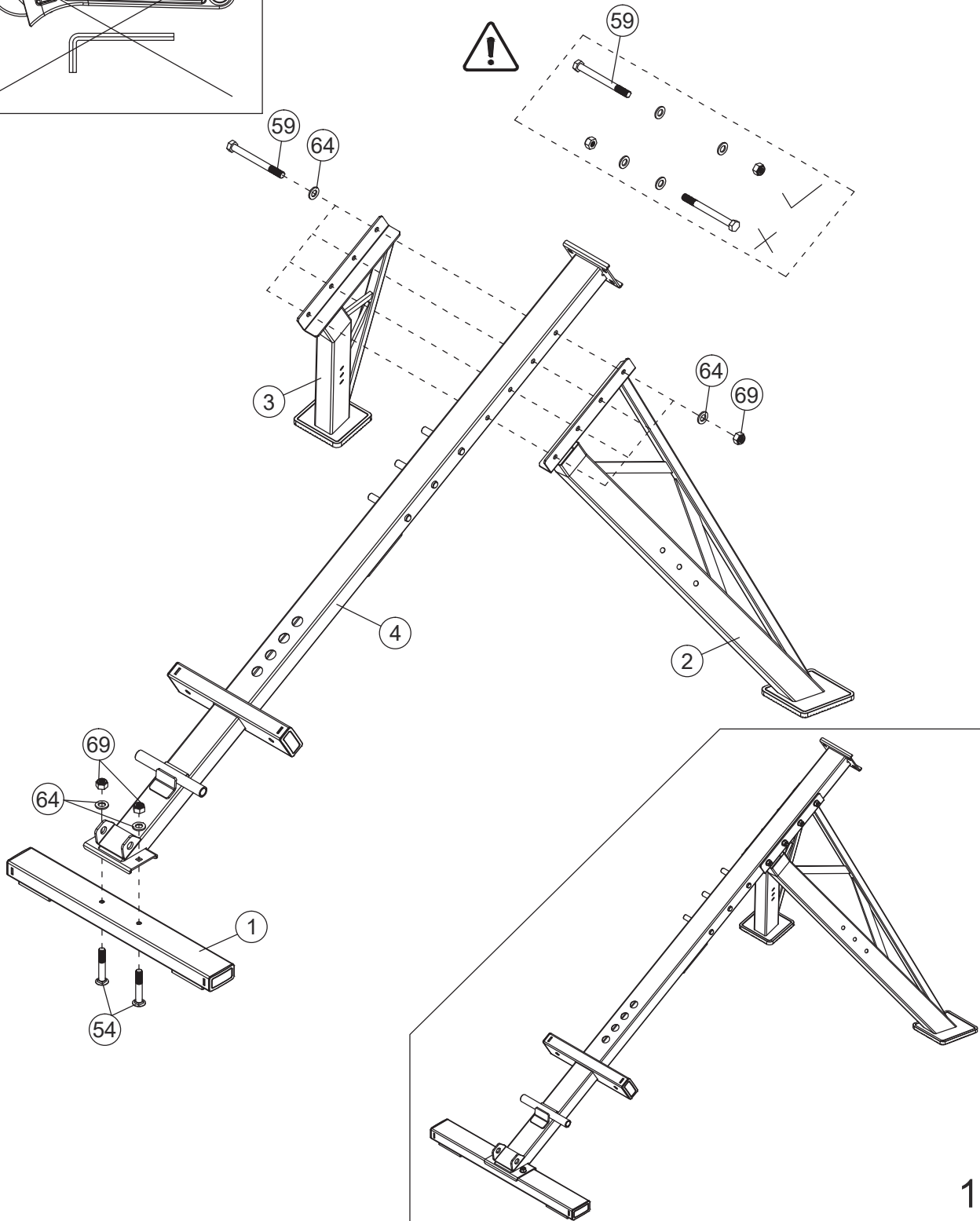
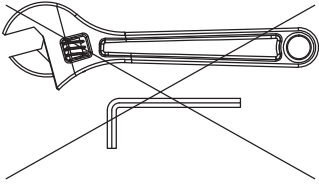




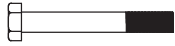

x4 M10x105mm

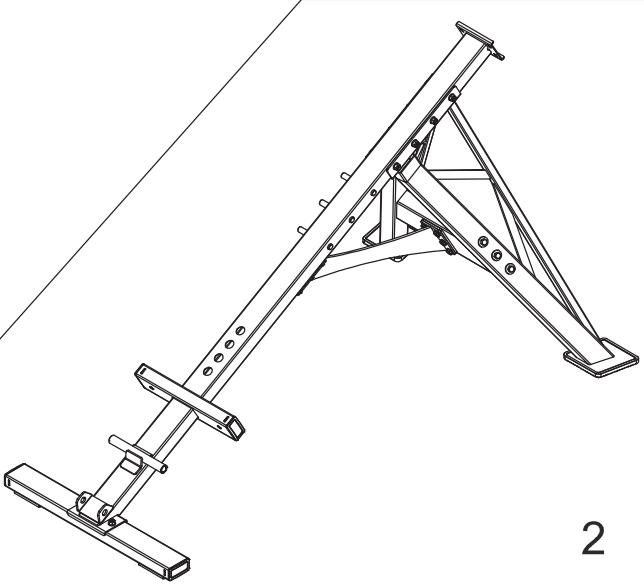
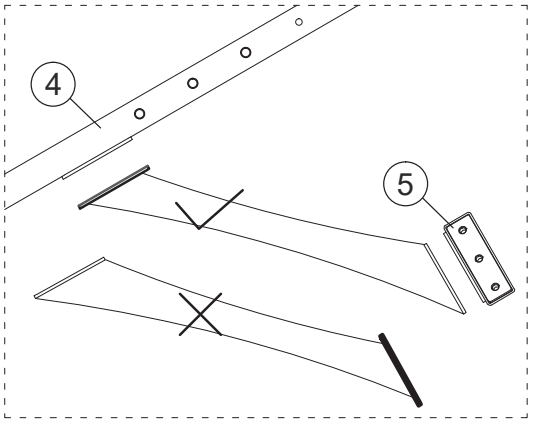
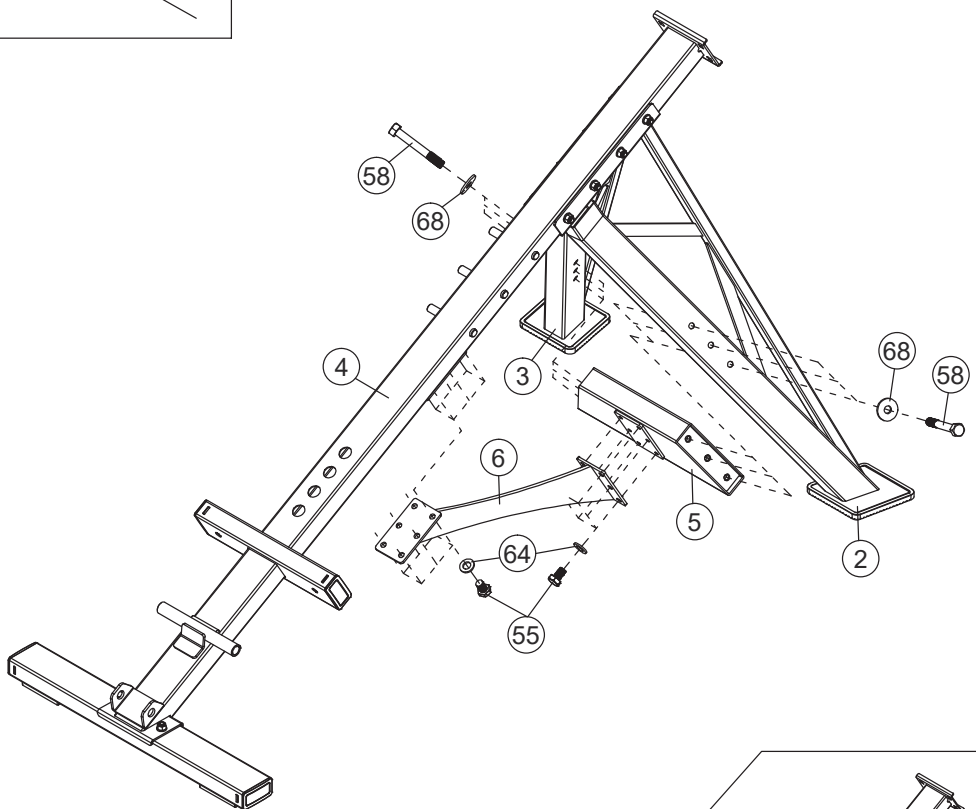
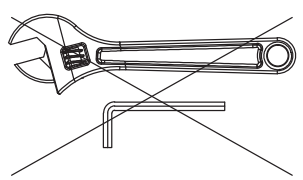
69



x6 M10



- | | | | | | | |
|----|---|--------------|----|--|-----|-----------|
| ⑤⑤ |  | ×12 M10×16mm | ⑥④ |  | ×12 | Φ20×Φ10.5 |
| ⑤⑧ |  | ×6 M10×75mm | ⑥⑧ |  | ×6 | Φ30×Φ10.5 |

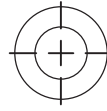


60



x2 M12x25mm

65

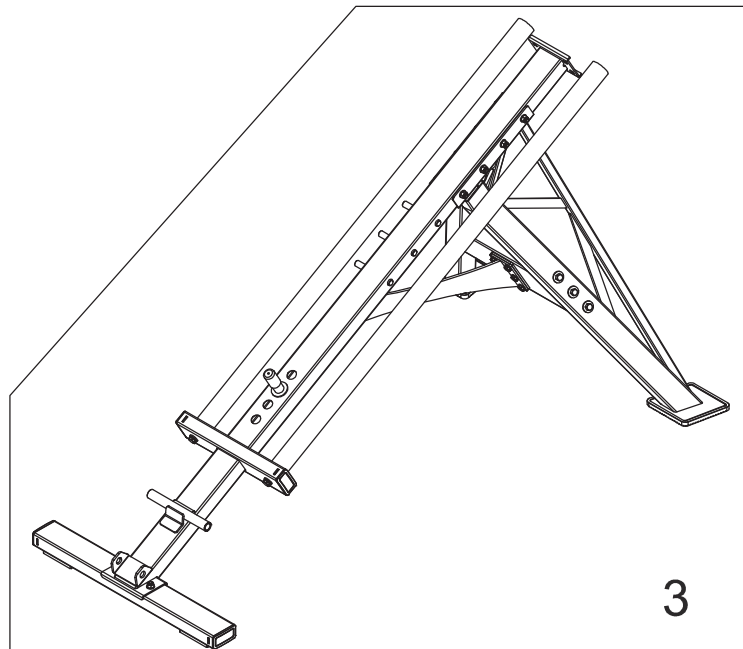
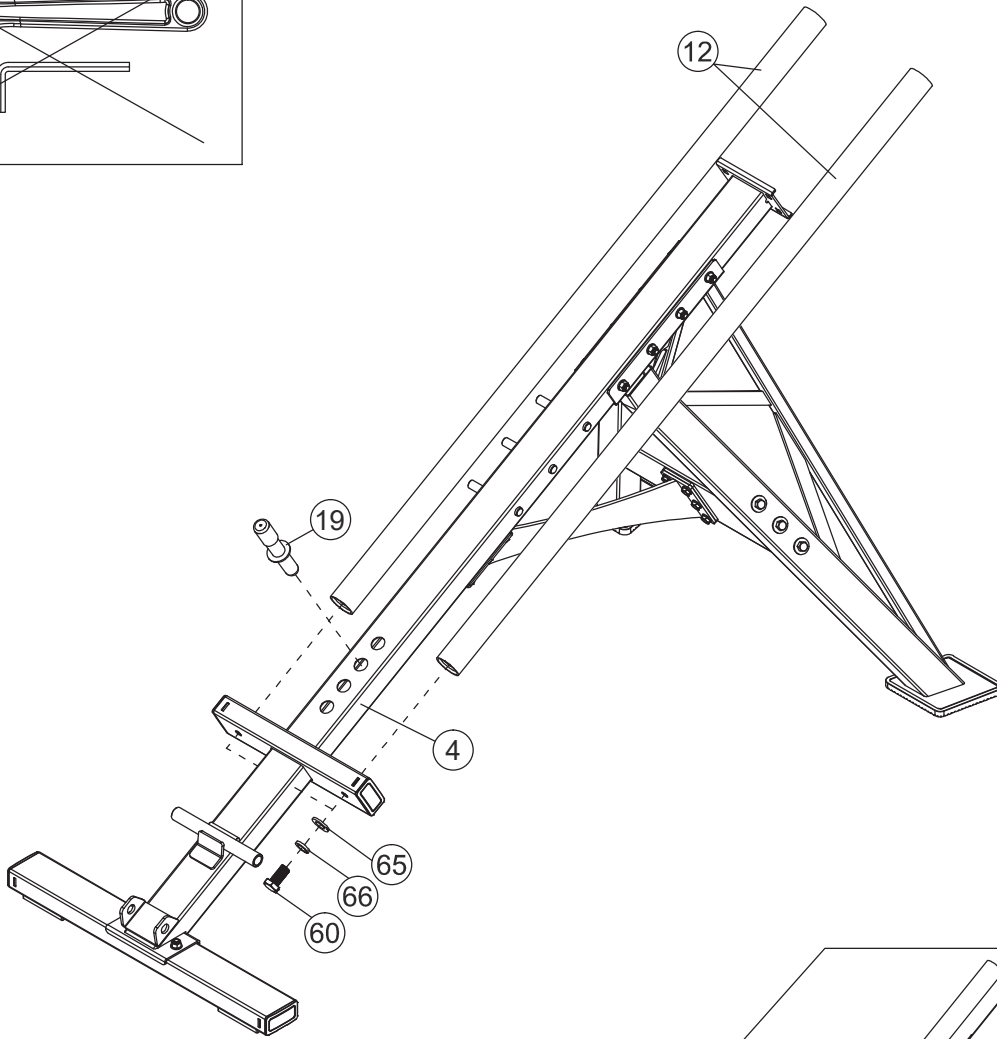
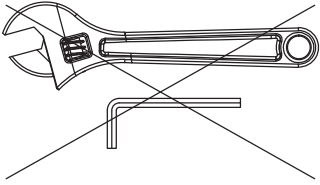


x2 $\Phi 24 \times \Phi 13.5$

66



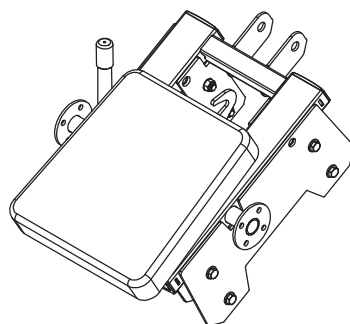
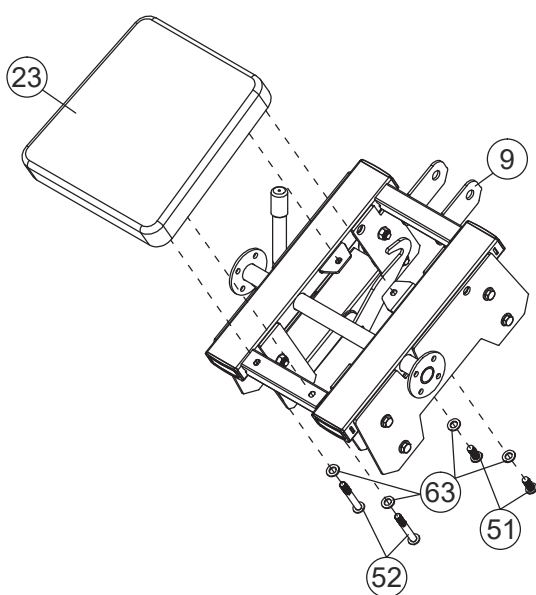
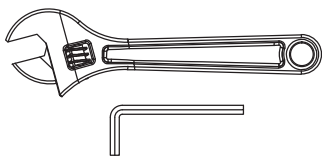
x2 $\Phi 12$









⑤①  ×2 M8×20mm

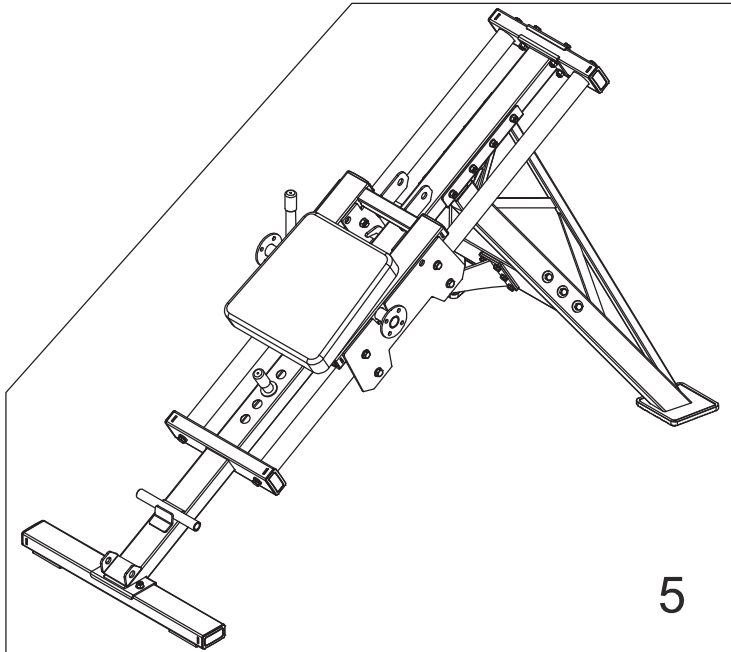
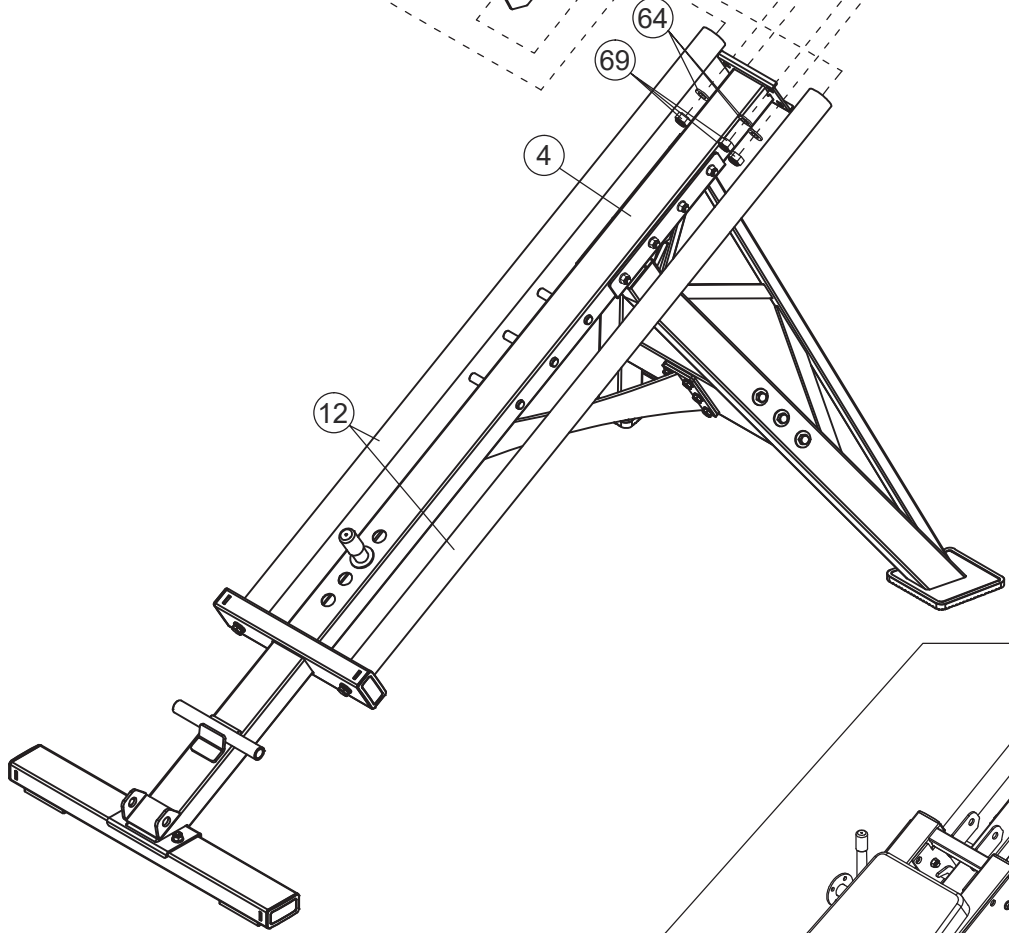
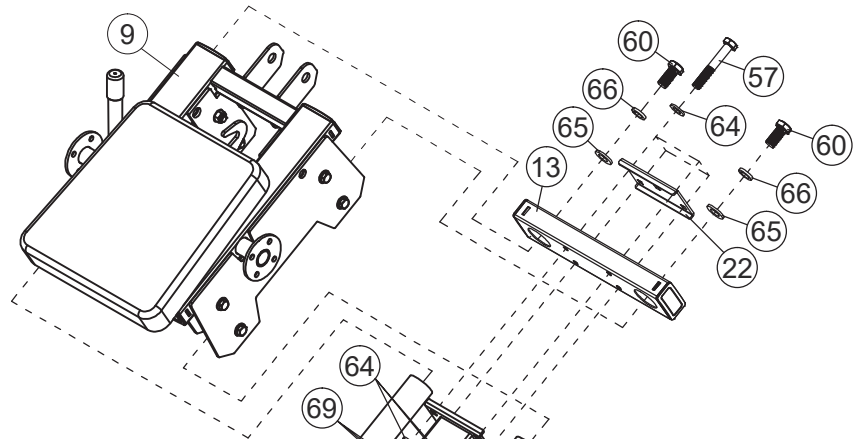
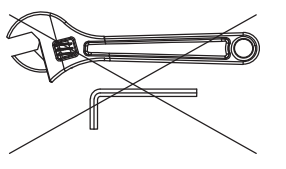
⑥③  ×4 Φ16×Φ8.4

⑤②  ×2 M8×55mm



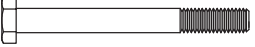





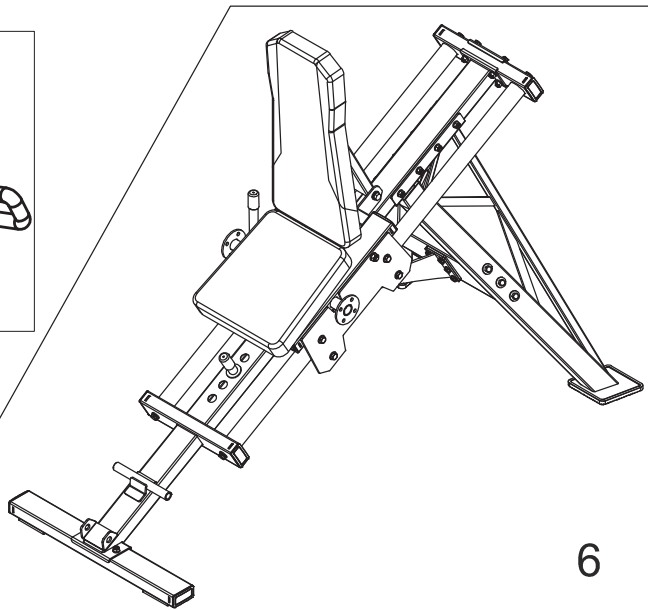
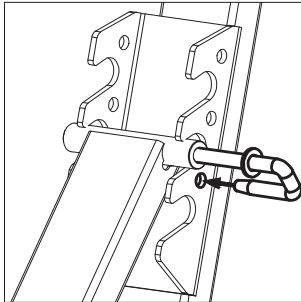
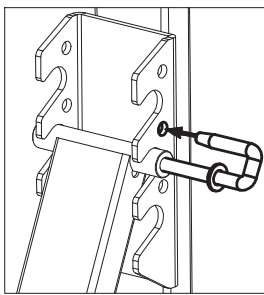
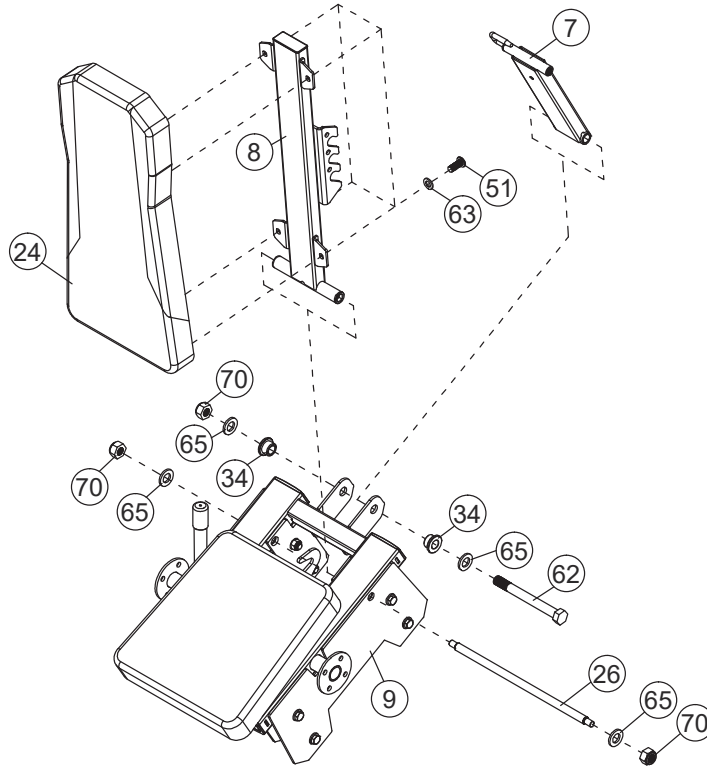
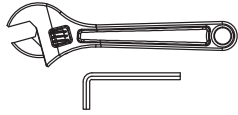
4

57		×4	M10×65mm	65		×2	Φ24×Φ13.5
60		×2	M12×25mm	66		×2	Φ12
64		×8	Φ20×Φ10.5	69		×4	M10

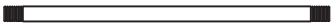



5

- | | | | | | | | |
|----|---|----|-----------|----|---|----|-----------|
| ⑤1 |  | x4 | M8x20mm | ⑥3 |  | x4 | Φ16xΦ8.4 |
| ⑥2 |  | x1 | M12x115mm | ⑥5 |  | x4 | Φ24xΦ13.5 |
| ③4 |  | x2 | Φ25xΦ12.2 | ⑦0 |  | x3 | M12 |



6

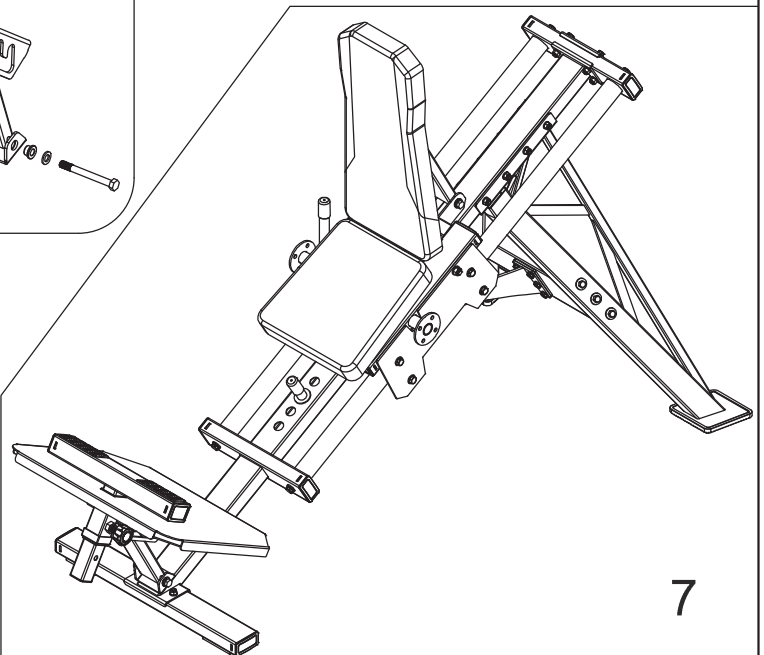
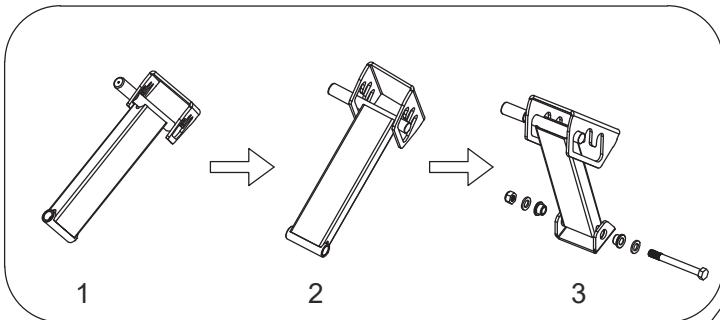
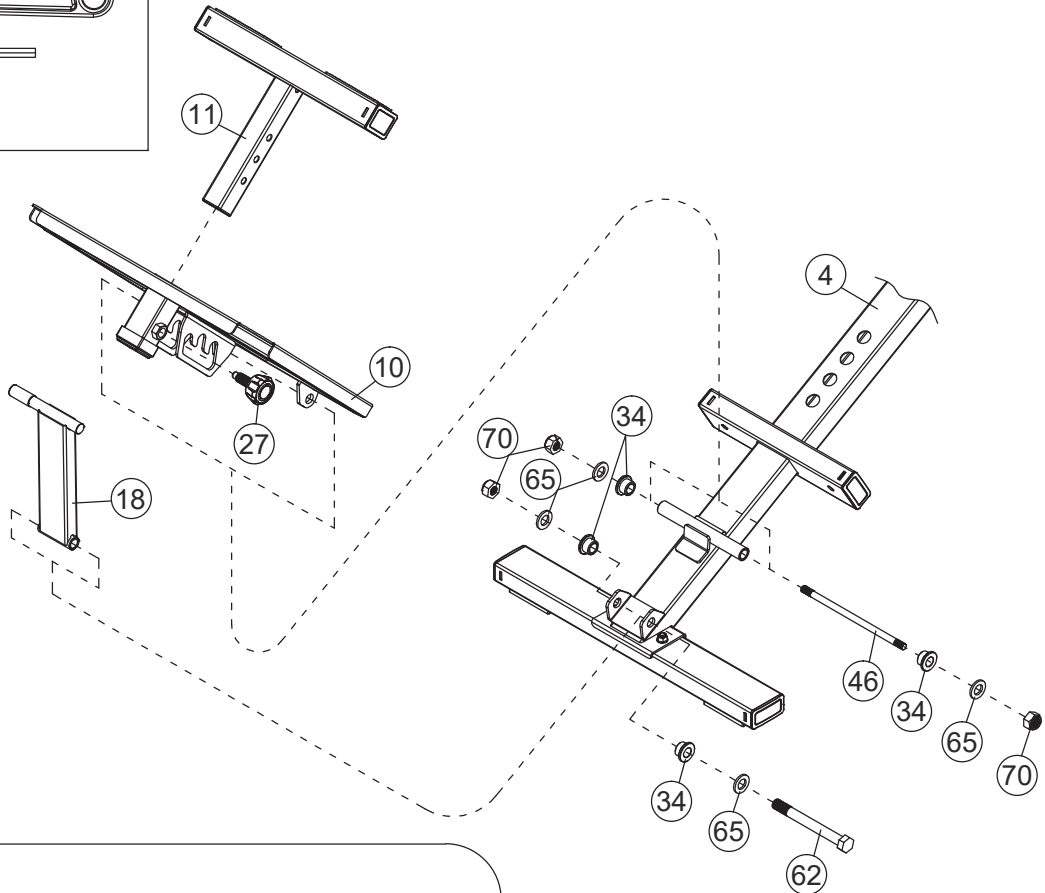
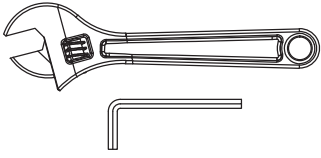
④⑥  ×1 M12×260mm

⑥⑤  ×4 $\Phi 24 \times \Phi 13.5$


⑥②  ×1 M12×115mm

③④  ×4 $\Phi 25 \times \Phi 12.2$

⑦⑦  ×3 M12

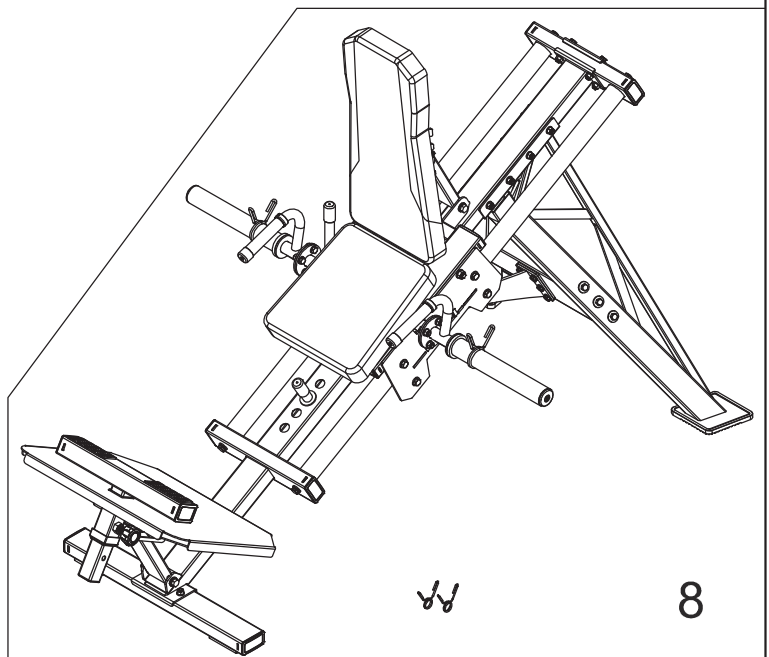
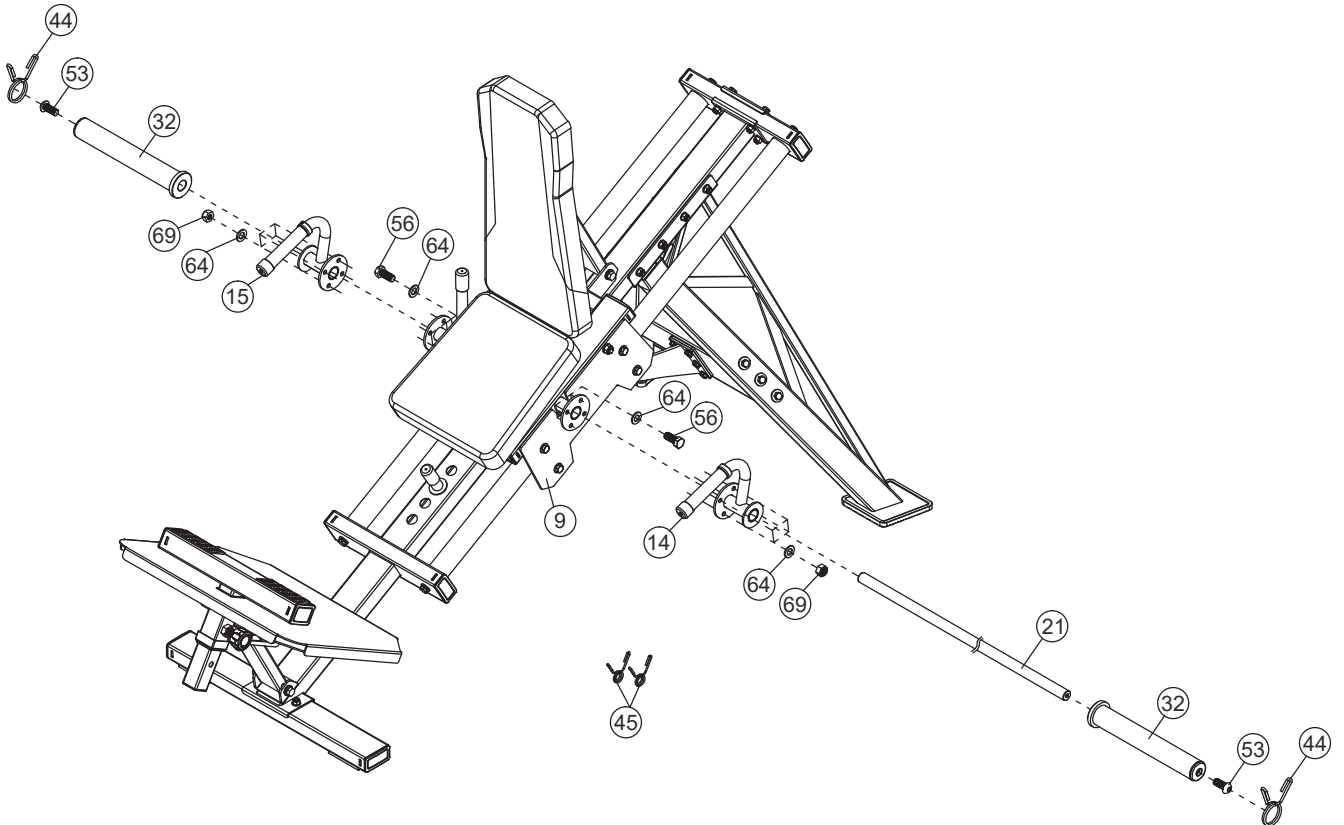
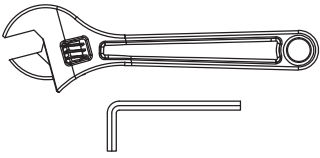


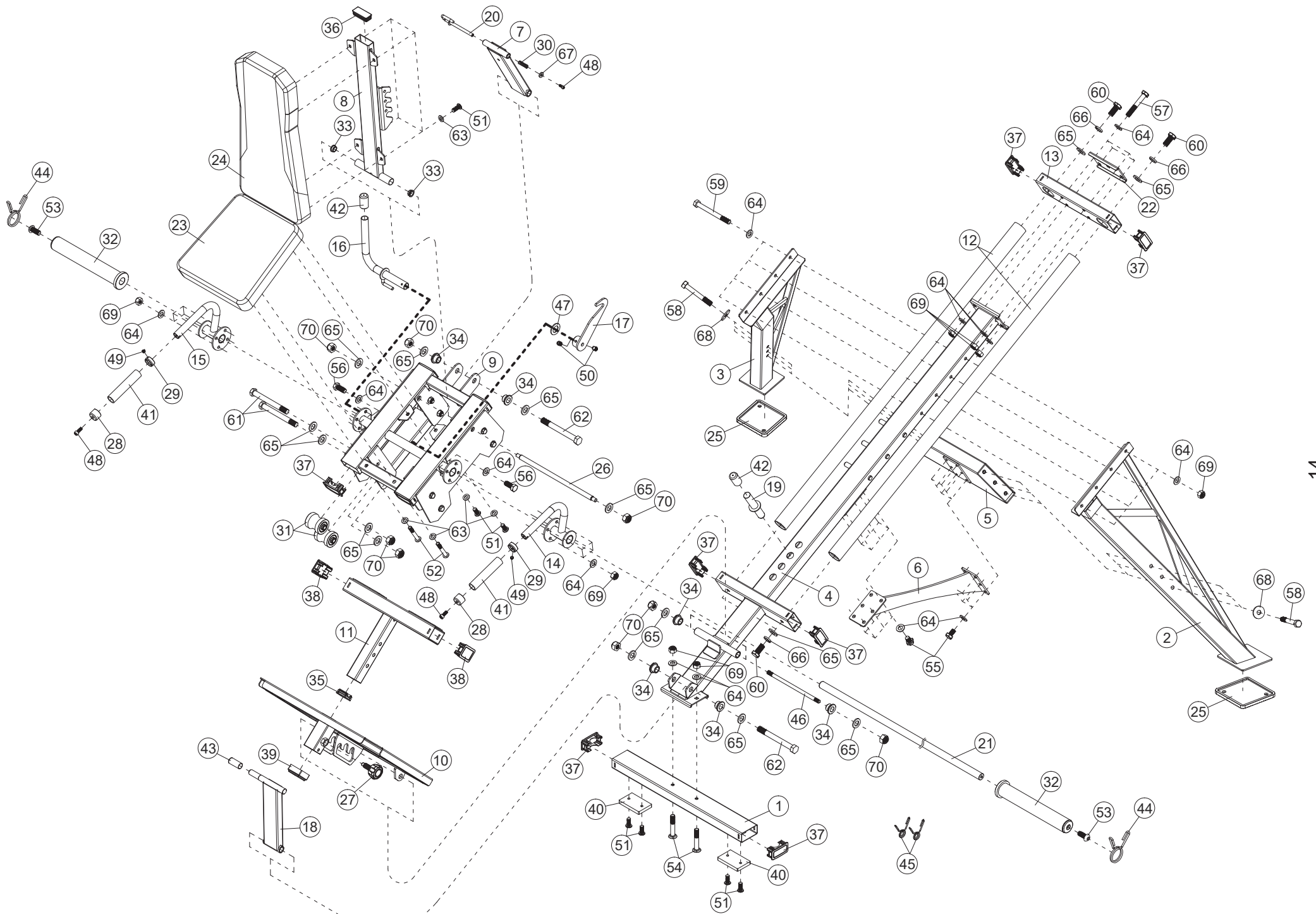
⑤③  ×2 M10×25mm

⑥④  ×16 Φ20×Φ10.5

⑤⑥  ×8 M10×25mm

⑥⑨  ×8 M10





PARTS LIST

KEY NO.	PART DESCRIPTION	SPEC	Q'ty
1	Front Stabilizer		1
2	Left Oblique Bracket		1
3	Right Oblique Bracket		1
4	Skew Frame		1
5	Rear Connecting Frame		1
6	Connector		1
7	Backrest Pad Adjuster		1
8	Backrest Pad Mount		1
9	Sliding Frame		1
10	Foot Stand		1
11	Pedal Stand		1
12	Guide Rod		2
13	Connector Tube		1
14	Left hand stand		1
15	Right hand stand		1
16	Rotating hand stand		1
17	Hook		1
18	Adjuster		1
19	Pin axle		1
20	U-shaped Pin		1
21	Bearing Rod	φ25×1270×M10	1
22	Bracket	140×81×13×4	1
23	Seat Pad	360×350×310×55	1
24	Backrest Pad	650×310×260×55	1
25	Diamond Floor Covering	127×127×12	2
26	Achse	φ16×M12×394	1
27	Lock Knob	M18×φ12	1
28	Decorative Cover	φ33.5×φ6.6×25	2
29	Retaining Ring	φ34.5×φ26.5×14×M6	2
30	Spring	φ12.4×φ1.2×38.2	1
31	Rollers		8
32	Long Olympic Sleeve		2
33	Bushing	φ25×φ22×φ16×10	2
34	Bushing	φ25×φ18×φ12.2×13	6
35	Square End Cap	□44	1
36	Square End Cap	□70×30	1
37	Square End Cap	□40×80	10
38	Square End Cap	□50×70	2

KEY NO.	PART DESCRIPTION	SPEC	Q'ty
39	Sleeve	□50×□45	1
40	Rubber Bumper	65×100×12	2
41	Grip	φ23×150	2
42	Limit Set	φ30×φ25×50	2
43	Cover	φ19×50	1
44	Spring Clip	φ49	2
45	Spring Clip	φ24.5	2
46	Stud Bolt	M12×260	1
47	Washer	φ44×φ25.5×3	1
48	Socket Head Allen Bolt	M6×15	3
49	Set Screw	M6×6	2
50	Set Screw	M10×16	2
51	Allen Bolt	M8×20	10
52	Allen Bolt	M8×55	2
53	Allen Bolt	M10×25	2
54	Carriage Bolts	M10×60	2
55	Hex Bolt	M10×16	12
56	Hex Bolt	M10×25	8
57	Hex Bolt	M10×65	4
58	Hex Bolt	M10×75	6
59	Hex Bolt	M10×105	4
60	Hex Bolt	M12×25	4
61	Hex Bolt	M12×110	8
62	Hex Bolt	M12×115	2
63	Washer	8	8
64	Washer	10	46
65	Washer	12	28
66	Spring Washer	12	4
67	Washer	φ13×φ6.5×2	1
68	Washer	φ30×φ10.5×2.5	6
69	Aircraft Nut	M10	18
70	Aircraft Nut	M12	14
	Allen Wrench	3#	1
	Allen Wrench	5#	1
	Allen Wrench	6#	1