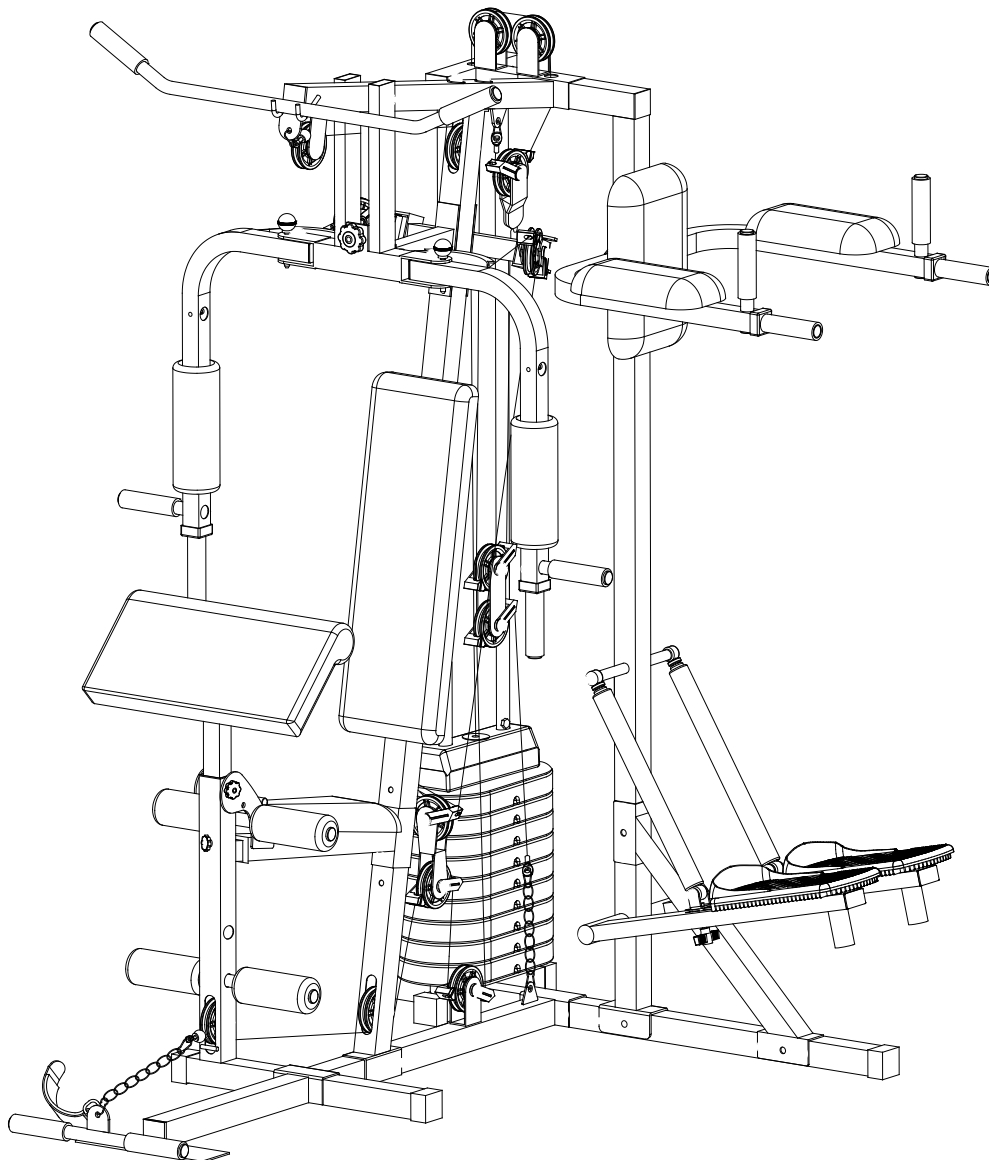


# V-FIT-ST

SERIAL No. CH2922-UK



## **ADDER GYM TO PYTHON CROSS TRAINER CONVERSION KIT**

☎ **Call FREEPHONE 0800-3-101-202 for  
CUSTOMER SUPPORT (UK ONLY)**

If anything is wrong with your order, or if you have any questions or queries relating to the assembly or operation of this product, please get in touch by e-mail ([support@benysports.co.uk](mailto:support@benysports.co.uk)) or, by calling our FREEPHONE Number 0800-3-101-202 (for the UK)

or  
+44 (0) 1535-637711 (outside the UK),  
so we have the opportunity to resolve any problems

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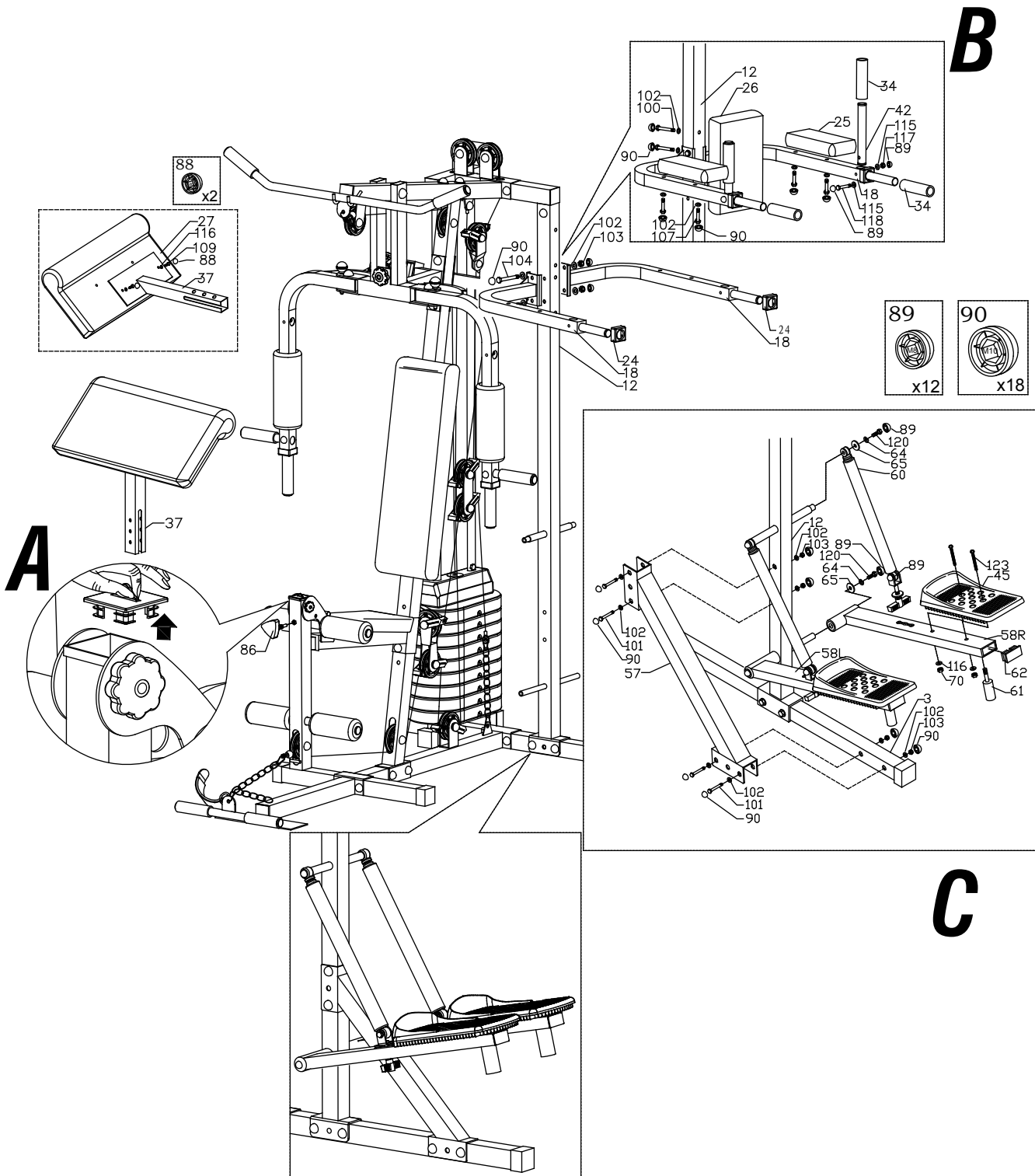
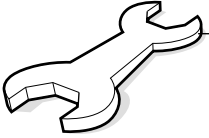
| <i><b>Section</b></i>            | <i><b>Page</b></i> |
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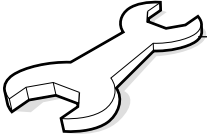
*Protect the environment by not disposing of this product with household waste.*

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# Assembly

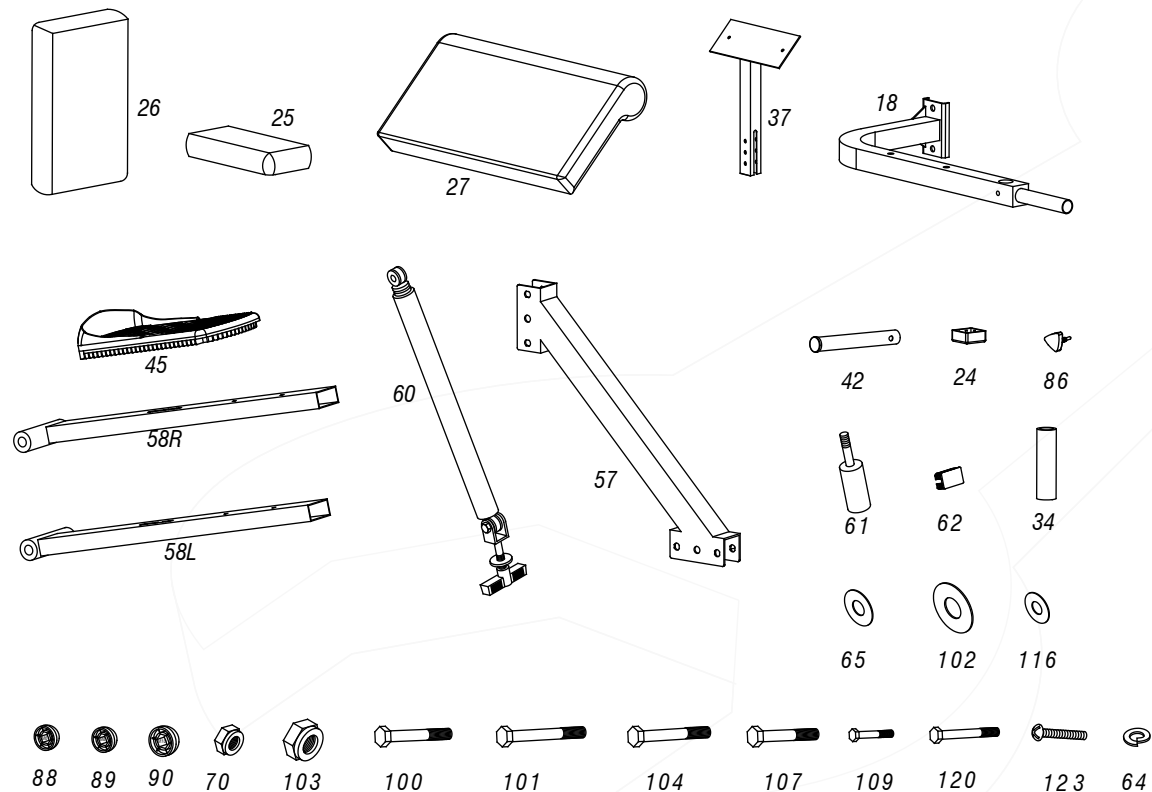


# Assembly

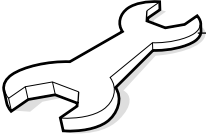


## MASTER PARTS & ACCESSORY LIST

| PART No. | DESCRIPTION              | QTY |
|----------|--------------------------|-----|
| 18       | VKR SUPPORT FRAME        | 2   |
| 24       | HOLLOW CAP 38 x 38mm     | 2   |
| 25       | VKR ARM PADS             | 2   |
| 26       | VKR BACKREST             | 1   |
| 27       | PREACHER CURL PAD        | 1   |
| 34       | FOAM GRIP                | 4   |
| 37       | PREACHER CURL            | 1   |
| 42       | VKR GRAB-HANDLES         | 2   |
| 45       | FOOTPLATE                | 2   |
| 57       | SUPPORT TUBE             | 1   |
| 58R      | STEP ARM(R)              | 1   |
| 58L      | STEP ARM(L)              | 1   |
| 59       | CYLINDER MOUNT BRACKET   | 2   |
| 60       | CYLINDER                 | 2   |
| 61       | RUBBER STEP BUMPER       | 2   |
| 62       | INT CAP 30 x 60mm        | 2   |
| 64       | M8 SPRING WASHER         | 4   |
| 65       | M8 x 3T FLAT WASHER      | 4   |
| 70       | M6 NYLON LOCKNUT         | 4   |
| 86       | M12 LOCKING KNOB (MALE)  | 6   |
| 88       | M6 BOLT COVER            | 2   |
| 89       | M8 BOLT COVER            | 12  |
| 90       | M10 BOLT COVER           | 18  |
| 100      | M10 x 65mm HEX BOLT      | 3   |
| 101      | M10 x 75mm HEX BOLT      | 6   |
| 102      | M10 FLAT WASHER          | 18  |
| 103      | M10 NYLON LOCKNUT        | 6   |
| 104      | M10 x 70mm HEX BOLT      | 2   |
| 107      | M10 x 50mm HEX BOLT      | 4   |
| 109      | M6 x 15mm HEX BOLT       | 2   |
| 115      | M8 FLAT WASHER           | 4   |
| 116      | M6 FLAT WASHER           | 6   |
| 117      | M8 NYLON LOCKNUT         | 2   |
| 118      | M8 x 45mm HEX BOLT       | 2   |
| 120      | M8 x 20mm HEX BOLT       | 4   |
| 123      | M6 x 60mm MACHINE SCREWS | 4   |

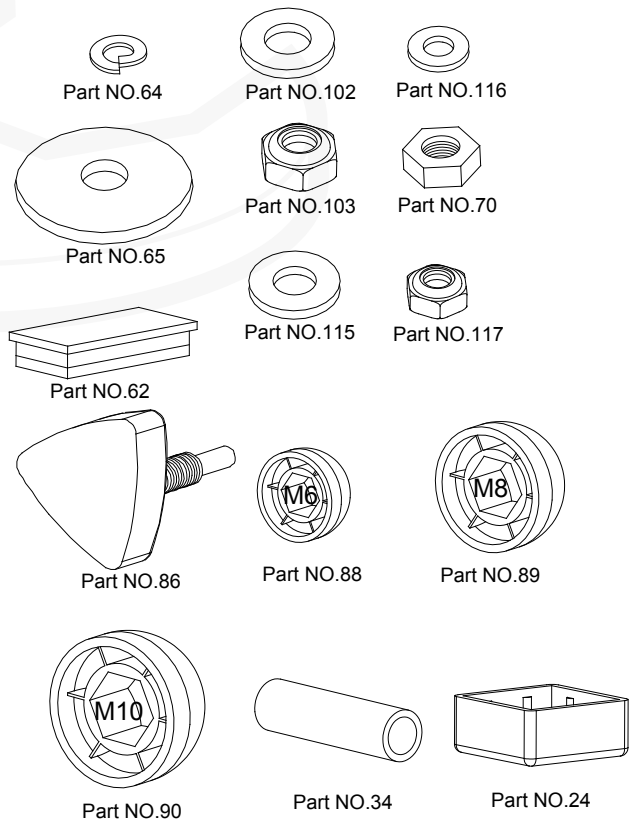
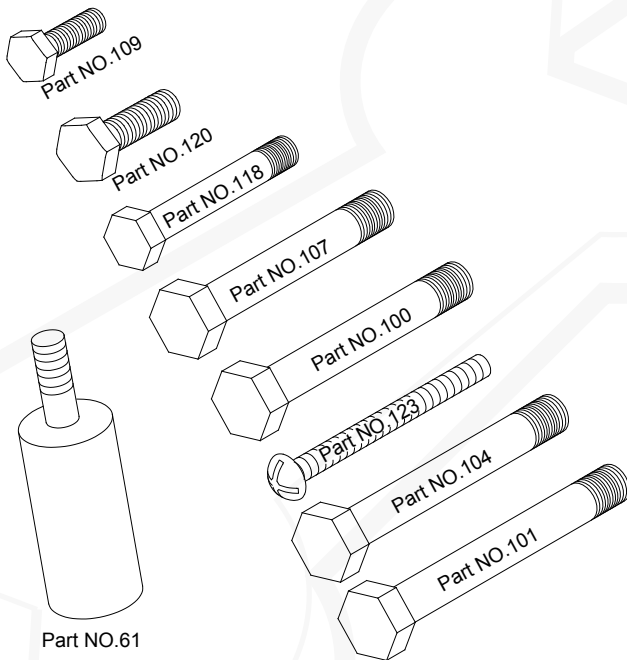


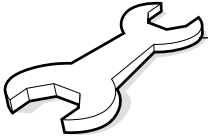
# Assembly



## ASSEMBLY ACCESSORIES

| PART No. | DESCRIPTION                    | QTY |
|----------|--------------------------------|-----|
| 24       | HOLLOW CAP 38 x 38mm .....     | 2   |
| 34       | FOAM GRIP .....                | 4   |
| 61       | RUBBER STEP BUMPER .....       | 2   |
| 62       | INT CAP 30 x 60mm .....        | 2   |
| 64       | M8 SPRING WASHER .....         | 4   |
| 65       | M8 x 3T FLAT WASHER .....      | 4   |
| 70       | M6 NYLON LOCKNUT .....         | 4   |
| 86       | M12 LOCKING KNOB (MALE) .....  | 6   |
| 88       | M6 BOLT COVER .....            | 2   |
| 89       | M8 BOLT COVER .....            | 12  |
| 90       | M10 BOLT COVER .....           | 18  |
| 100      | M10 x 65mm HEX BOLT .....      | 3   |
| 101      | M10 x 75mm HEX BOLT .....      | 6   |
| 102      | M10 FLAT WASHER .....          | 18  |
| 103      | M10 NYLON LOCKNUT .....        | 6   |
| 104      | M10 x 70mm HEX BOLT .....      | 2   |
| 107      | M10 x 50mm HEX BOLT .....      | 4   |
| 109      | M6 x 15mm HEX BOLT .....       | 2   |
| 115      | M8 FLAT WASHER .....           | 4   |
| 116      | M6 FLAT WASHER .....           | 6   |
| 117      | M8 NYLON LOCKNUT .....         | 2   |
| 118      | M8 x 45mm HEX BOLT .....       | 2   |
| 120      | M8 x 20mm HEX BOLT .....       | 4   |
| 123      | M6 x 60mm MACHINE SCREWS ..... | 4   |





# Assembly

## INSTRUCTIONS:- STAGE A

- 1 Fit the Preacher Curl Pad (27) to the Preacher Curl (37) using 2 x M6 x 15mm Hex Bolts (109) and 2 x M16 Flat Washers (116) Secure in place at the desired height using the M12 Locking Knob (male) (86).

## INSTRUCTIONS:- STAGE B

- 2 Attach the VKR Support Frames (18) to the Rear Upright (12) using 2 x M10 x 70mm Hex Bolts (104), 4 x M10 Flat Washers (102) and 2 x M10 Nylon Locknuts (103).
- 3 Fit the VKR Backrest (26) to the Rear Upright (12) with 2 x M10 x 65mm Hex Bolts (100) and 2 x M10 Flat Washers (102).
- 4 Fit the VKR Arm Pads (25) to each of the VKR Support Frames (18) using 2 x M10 x 50mm Hex Bolts (107) and 2 x M10 Flat Washers (102) for each pad.
- 5 Fit the VKR Grab-Handles (42) into the VKR Support Frames (18), securing each in place with a M8 x 45mm Hex Bolt (118), 2 x M8 Flat Washers (115) and a M8 Nylon Locknut (117).
- 6 Slide 1 x Hollow Cap (24) over each of the welded Grab Handles on the VKR Support Frame (18). Now slide 1 x Press Bar Foam Grip (34) onto each end of the welded Grab Handles on the VKR Support Frame (18).

## INSTRUCTIONS:- STAGE C



### Note

Ensure that the offset on the Step Arm is set towards the **INSIDE** of the Rear Upright to facilitate correct positioning of the Hydraulic Cylinders (60).

- 7 Fit a Step Arm (58R and 58L) to the LOWER mount on each side of the Rear Upright (12) and secure using 1 x M8 x 20mm Hex Bolt (120), 1 x M8 Spring Washer (64) and 1 x M8 x 3T Flat Washer (65).

- 8 Fit a Step Arm Footplate (45) to each Step Arm (58R and 58L) using 2 x M6 x 60mm Machine Screws (123), 2 x M6 Flat Washers (116) and 2 x M6 Nylon Locknuts (70).

- 9 Screw into the underside of each Step Arm Footplate (45) 1 x Rubber Step Bumper (61) and cap the open end of each Step Arm Footplate with 1 x Int Cap (62).



### Note

Ensure that the Machine Screws are fitted into the Step Arm Footplate from the TOP.

- 10 Assemble the top of the Hydraulic Cylinder (60) to the UPPER mount on each side of the Rear Upright (12) using 1 x M8 x 20mm Hex Bolt (120), 1 x M8 Spring Washer (64) and 1 x M8 x 3T Flat Washer (65).

- 11 Remove the Plastic "T" Knob on the underside of the Cylinder Mount Bracket (59) along with the large Flat Washer and locate the Bolt (welded to the Cylinder Mount Bracket) in one of the 3 slotted positions in the Step Arm (58R and 58L). Refit the Flat Washer and Plastic "T" Knob and tighten securely in place.



### Note

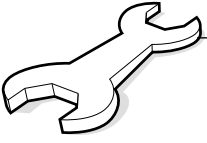
To adjust the Stepping Resistance move the Cylinder Mount Bracket **CLOSER** to the Rear Upright to **REDUCE** Resistance and **AWAY** from the Rear Upright to **INCREASE** Resistance.

- 12 Attach the Support Tube (57) to the Rear Upright (12) and Frame Stabiliser (3) using 4 x M10 x 75mm Hex Bolts (101), 8 x M10 Flat Washers (102) and 4 x M10 Nylon Locknuts (103).

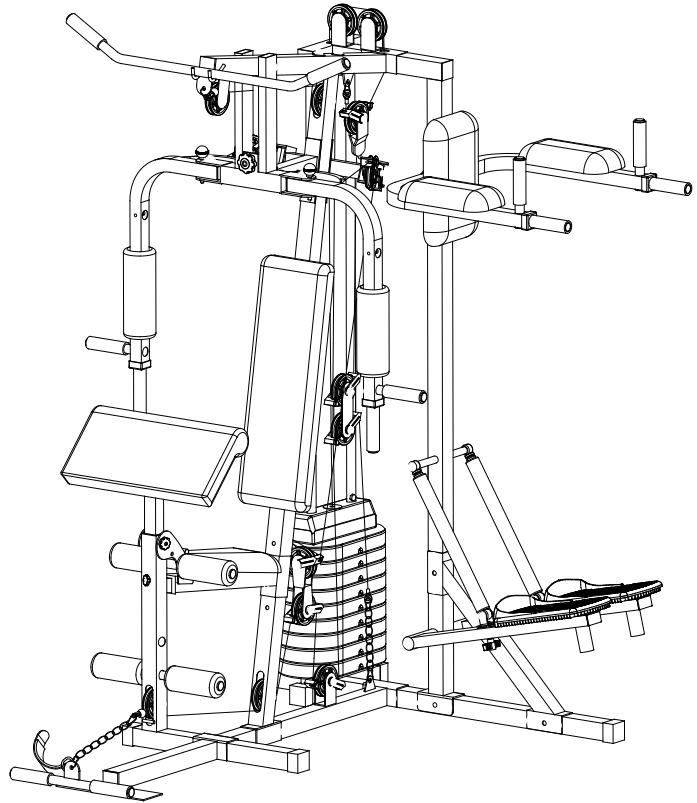
- 13 Cap all Nuts and Bolt heads with the Nut Caps (88, 89, 90 and 91).

# Note

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# V-FIT-ST



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## **CUSTOMER SUPPORT**

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