

CORNERSTONE®

BIG GYM

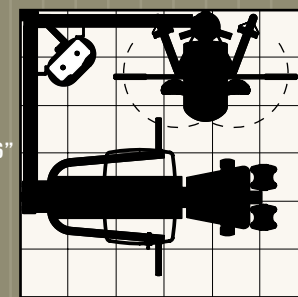
SMALL SPACE



“BENCH-BASED,”
NOT “CHAIR-BASED”

Most small gyms on the market are “chair-based” and don’t offer nearly as many legitimate exercises as bench-based gyms such as the 1450. They sacrifice not only the number of exercises, but the comfort, correctness, and effectiveness of Vectra “bench-based” gyms. The bench format offers a great many pressing angles, positions that can be used with dumbbells as well. Additionally, the station can be used without the bench so that exercises like squats, calf raises, dips, and shrugs can be performed. Most chair-based gyms are missing these exercises entirely. When personal trainers equip their studios, they opt for the variety offered by a multi-position bench. A bench just like you’ll find on the On-Line 1450.

ON-LINE 1450



Height: 6’6” to 6’11”
Scale: 1/4” = 1 ft.

If you have limited floor space, the 1450 may be the gym for you. Even a simple Olympic bar and bench require more room than this innovative machine. And what about other small weight machines? With most other machines, you perform the exercises outside the perimeter of the machine itself, requiring about twice the area of the machine’s actual footprint.

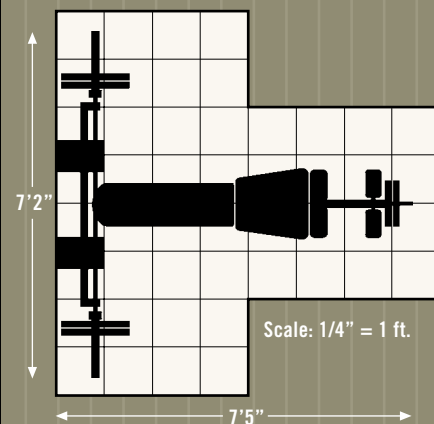
FITS IN A CORNER

The 1450, the latest version of the corner unit (pioneered by Vectra), takes up a miniscule 6’ x 6’ of floor space and can be placed anywhere you want, even against a wall or in a corner. And all of the exercises are performed WITHIN this footprint. The machine surrounds you.

BIG GYM FEATURES

Most small gyms lack the quality of Vectra and don’t offer nearly as many legitimate exercises. In addition to the exercises found on most gyms, the 1450 also delivers shoulder shrugs, a greater variety of presses including shoulder presses, squats, calf raises, abdominal exercises, dips and lying leg curls. These “bonus” exercises create a more complete workout. Make the 1450 the Cornerstone® of your training routine AND your room.

TYPICAL BENCH



Scale: 1/4” = 1 ft.

SPECIFICATIONS & FEATURES

ADJUSTS TO FIT YOUR NEEDS

All Vectra gyms are designed to provide you with a safe, effective, comfortable workout. A contributing factor is the ability to easily adjust the workout station to fit your unique needs. The 20 position press arm combined with the 7 position bench means near limitless ability to tailor your workout to your goals and flexibility.

Weight Stack: 160 lbs. standard, 210 lbs. available. Powder coated, machined cast iron. Alloy selector shaft for low minimum weight. Premium selector pin. (Add 10 lbs. to all exercises lifting the press arm).

Press Arm: 20 position with ball bearing pivots. Patented release lever functions in both directions for easy adjustment from all exercise positions. Natural arc motion. 1 to 1 lift ratio.

Bench: 7 Position bench with 4 position seat bottom. Rolls on a spring-loaded ball bearing wheel for easy adjustment. New handle for easy positioning and graduated scale help you find the right bench angle.

Leg Developer: Ball bearing pivot. Bench mounted with cam. On-line and ready to use in all bench positions. Easy one-touch adjustment from leg extension to lying leg curl. Contoured, width-adjustable leg rollers.

Cross Chest Fly Arms: 3 swiveling attachment points to fit different users and vary training emphasis. Comfortable elastomeric grips.

Pulleys: Fiberglass reinforced nylon with ball bearing hub.

Cable System: Patented On-Line cable system invented by Vectra Fitness in 1987.



Complete your gym with the 1450 Option Kit. Includes Squat Attachments, Calf Raise/Seated Row Block and Foot Hold-Downs.



Multiply your exercise options with Vectra’s Custom Handle Kit.



Other available accessories: Close Grip Press Option, Add-On Plates (2-1/2 & 5 lb.), Cambered Bar, Dual Grip Handle.

Cable: Internally lubricated, clear nylon coated. 7 x 19 strand construction, aircraft quality. 2000 lb. tensile strength with stainless steel fittings.

Guide Rods: Stainless steel, linear polished.

High Pulley: Infinitely adjustable during assembly from 6’6” to 6’11” (overall machine height). Custom fit to ceiling height and/or primary users.

Frame: Heavy duty welded steel construction. Quality powder coat finish for beauty and durability.

Frame Colors Available: White, Black, Sterling Silver and Classic Pewter.

Upholstery Colors: Black and Grey standard. Inquire about other color options.

Cushions: Seamless cushions, more durable than molded or sewn cushions.



The Trademark Columns of Distinction

Over the years, the Vectra columns have become the standard of not only excellence in function, but also in form. The elegant appearance of all Vectra gyms adds to the tasteful environment of your exercise room and your assurance of Vectra quality.

INCLUDED ACCESSORIES

- Integral Weight Stack Shrouding
- Padded Ankle Strap
- Lat Bar, Curl Bar, two Single Handles
- Cable Extension
- Adjustable Lat Hold-Down
- Exercise/Safety Poster

AVAILABLE OPTIONS

- 1450 Option Kit: Squat Attachments, Calf Raise / Seated Row Block, Foot Hold-Downs
- Accessory Rack
- Custom Handle Kit (Parallel Grip Lat Bar, Close Grip Multi-Function Bar, Triceps Strap)
- 10” and 15” cable extensions
- Dual Grip Handle
- Close Grip Press Option
- Cambered Bar
- Dumbbell Racks
- 2-1/2 and 5 lb. Add-On Plates

Lifetime Limited Warranty (home use):

Lifetime frame; 5 years weight stack, guide rods, pulleys, bearings; 3 years cables, cable attachments, upholstery. See manual for details.

Specifications subject to change without notice.

Protected by one or more of the following patents: RE34,572; 4,900,018; 4,986,538; 5,336,148; 5,378,216; 5,395,295; 5,462,510; 5,605,523; 5,672,143; 5,779,601; 6,482,135; 6,508,748; 6,582,346; 6,994,660; D320,246; D320,247; D320,248; D329,563; D454,168; D457,581; D460,508; D462,731; CN1,309,738; CN2,023,972; J3,117,451
Other U.S. and foreign patents pending.

Vectra, On-Line and Cornerstone are registered trademarks of Vectra Fitness, Inc. Series VX, ARC (Automatic Ratcheting Cam), AL (Arm-Leg), Vector and VFT are trademarks of Vectra Fitness, Inc.

Made in U.S.A.

PN 67430, Rev. 12/06

© 2006 Vectra Fitness, Inc.



Vectra Fitness, Inc.
7901 South 190th Street
Kent, WA 98032 U.S.A.
Tel: 425-291-9550 / Fax: 425-291-9650
www.VectraFitness.com

VECTRA®
FITNESS

ON-LINE®



FITS IN A
CORNER

ON-LINE® 1450

The 1450 is the latest in the exciting evolution of Vectra weight machines. It incorporates many recent revolutionary design concepts found in other models in our home and commercial lineup.

BIOMECHANICS

As with all Vectra machines, biomechanics is a top priority. This emphasis results in superior muscular development and maximum comfort. The design ensures that each exercise is performed in the correct position, with necessary body support and with each muscle group moving through its correct and full range of motion.

A testimony to Vectra's emphasis on biomechanical correctness—prior to the advent of the 1450, Vectra was honored by having been selected by the American Council on Exercise® as the weight machine used to demonstrate proper exercise form in its Personal Trainer Manual.

EFFICIENCY

With conventional machines, you can spend much of your valuable workout time adjusting seats, press arms and other components with off-the-shelf pop pins and annoying tightening-down knobs.

Not so with Vectra. The patented On-Line® "no cable change system" means just that. And, adjustments to exercise components, such as the press arm and lat station hold-downs are made while you are in your exercise position, with one simple movement, such as a flick of the finger.

WHAT YOU SEE IS WHAT YOU GET

Vectra weights are calibrated in pounds, not in unrelated "units" as found on other machines. If you put the selector pin in at the 50 pound weight, you're lifting 50 pounds—a direct one-to-one ratio. You'll discover even more examples of intelligent design during your first workout.

SAFETY

It's important to maintain a safe exercise environment. Vectra understands that as well as anyone. That's why our machines feature padded bars, clear-coated cables and enclosed pulleys for the protection of not only users of the gym, but bystanders as well.

SETTING THE STANDARD

The components used in the 1450 are the very best. This is a heavy-duty machine, with stainless steel guide rods, powder coated weight plates, ball bearing leg developer and press arm for smooth, solid operation and long life. It also features ball bearing pulleys, and aircraft quality cable with stainless steel fittings. Large diameter tubing, besides adding to the integrity of the welded frame, creates a picture of massive beauty, the trademark *Columns of Distinction*.



Round out your exercise routine with the comfortable, available squat attachments.



New to the 1450, the available contoured foot hold-downs enable additional exercises such as the wide grip mid row (left) and the cross bench sit up (right).



The high pulley adjusts from 6'6" to 6'11" to accommodate various ceiling heights and physical characteristics of the primary users.



The revolutionary cross-chest fly is a tremendous chest exercise for a couple of reasons. One, YOU determine the path your arms will take, so you can work the pecs from a variety of angles. And two, this unique station features an ingenious arm-and-cam design which gives you consistent resistance throughout the repetition, even as your hands cross each other, providing a tremendous squeeze of the pecs and surrounding muscles.

The lat pull-down incorporates a multi-position hold-down that keeps you comfortably but firmly in position. Simply push on the pads, they ratchet down to fit the user's requirements. A handy release lever returns them to the top position.



Low pulley access is convenient, resulting in ample space in which to execute curls, seated rows and the many other exercises using the low pulley.



The press arm incorporates ball bearings to ensure smooth operation and a handy fingertip adjustment lever.



The 7-position bench moves on a spring-loaded wheel for easy adjustment. For variety in your routine, the bench can be used for dumbbell exercises.



The ball-bearing leg developer allows you to perform leg extensions and leg curls one or two legs at a time, and the width-adjustable contoured leg rollers—a Vectra innovation—provide unsurpassed comfort.



A simple, one-touch adjustment allows you to convert from leg extensions to lying leg curls.



1450 EXERCISES



Incline Press



Decline Press



Bench Press



Cross Chest Fly



Dips



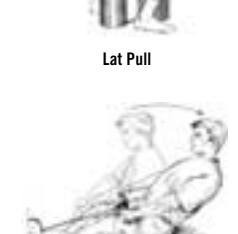
Seated Low Row*



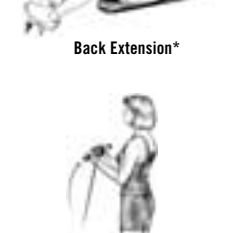
Wide Grip Mid Row*



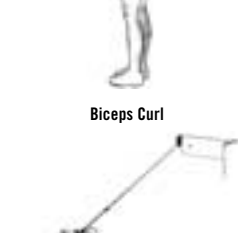
Lat Pull



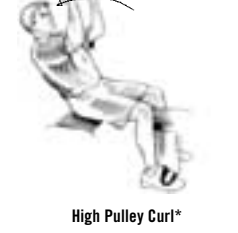
Back Extension*



Biceps Curl



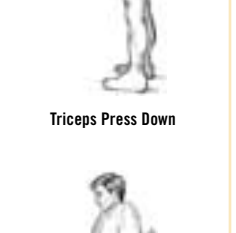
High Pulley Curl*



Triceps Extension



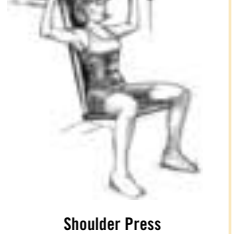
Triceps Press Down



Shoulder Shrugs



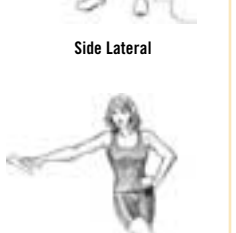
Shoulder Press



Side Lateral



Inner Thigh Pull



Outer Thigh Pull



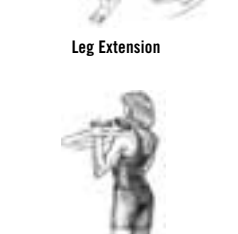
Squat*



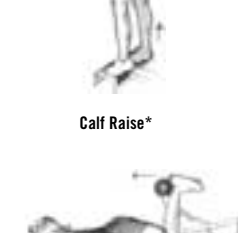
Kick Back



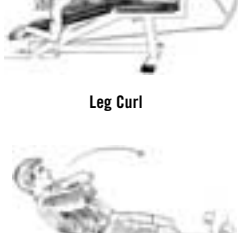
Leg Extension



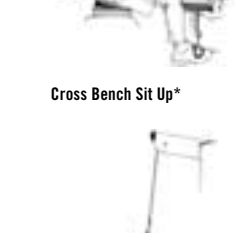
Calf Raise*



Leg Curl



Cross Bench Sit Up*



Seated Ab Crunch*

*Optional equipment shown