

VERVE Arnold Series

Back extension

Owner's Manual



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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. Note the following safety precautions:

- **Maximum user weight: 150kg.**
- Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Position the machine on a clear, level surface. DO NOT use near water or outdoors.
- Keep hands away from all moving parts.
- 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.
- Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- DO NOT place any sharp objects around the machine.
- Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- Before exercising, always stretch first.
- Never operate the machine if it is not functioning properly.
- Please read the instructions carefully before assembling the machine.

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

Label Information:

Carefully read ALL Danger, Warning & Caution labels posted on the machine

BACK EXTENSION

START

FINISH

BACK EXTENSION

1. Sit and position hips in line with machine's pivot point.
2. Attach seat belt for additional stabilization.
3. Position feet on the appropriate foot bar for your height.
4. With chest up and shoulder back, slowly extend backwards to the fully extended position.
5. Return weight with controlled movement to start position.

■ **BACK EXTENSION**
Erector Spinae, Gluteus Maximus

Safety Tips

1. Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
2. It is important to know your own physical condition before beginning any type of exercise program.
3. Always choose a light resistance when using a machine the first time.
4. Train at a controlled rate of speed.
5. Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.
6. Warm-up with light cardio exercises, stretchings or callisthenics.

⚠ WARNING

If the machine appears to be damaged or inoperable, **DO NOT** use. Inform floor personnel immediately.

IRDZ-102-EN



INSPECTIONS

Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
75 Replace all parts at first signs of wear or damage.					
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: Cables, Belts and tension (adjust if needed).	*				
INSPECT: All labels		*			
INSPECT: All nuts and bolts (tighten if needed).		*			
INSPECT: Accessory bars, handles rubber grips.		*			
INSPECT: All anti-skid surfaces.		*			
CLEAN & LUBRICATE: Clean guide rods with Super Lube. spray lubricant and lubricate with Super Lube (PTFE) grease.			*		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			*		
CLEAN & WAX: All powder-coat finishes.				*	
REPLACE: Cables & connecting parts.					*

Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.

IRDZ-013E

⚠ DANGER

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel. Failure to comply could result in serious injury or death.

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IMPORTANT

CHECK CABLES

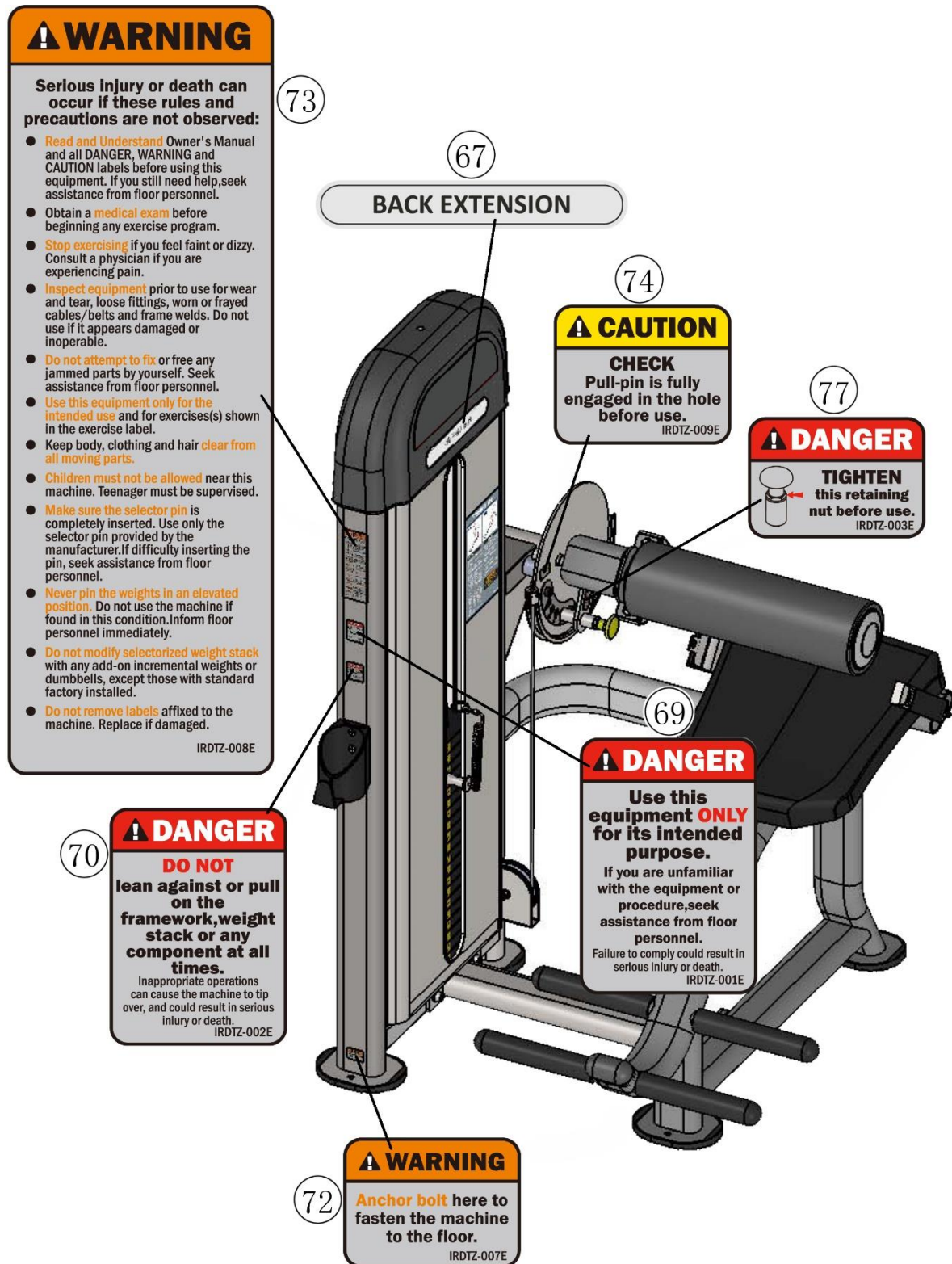
Be sure cables run between the pulleys and working properly.

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⚠ WARNING

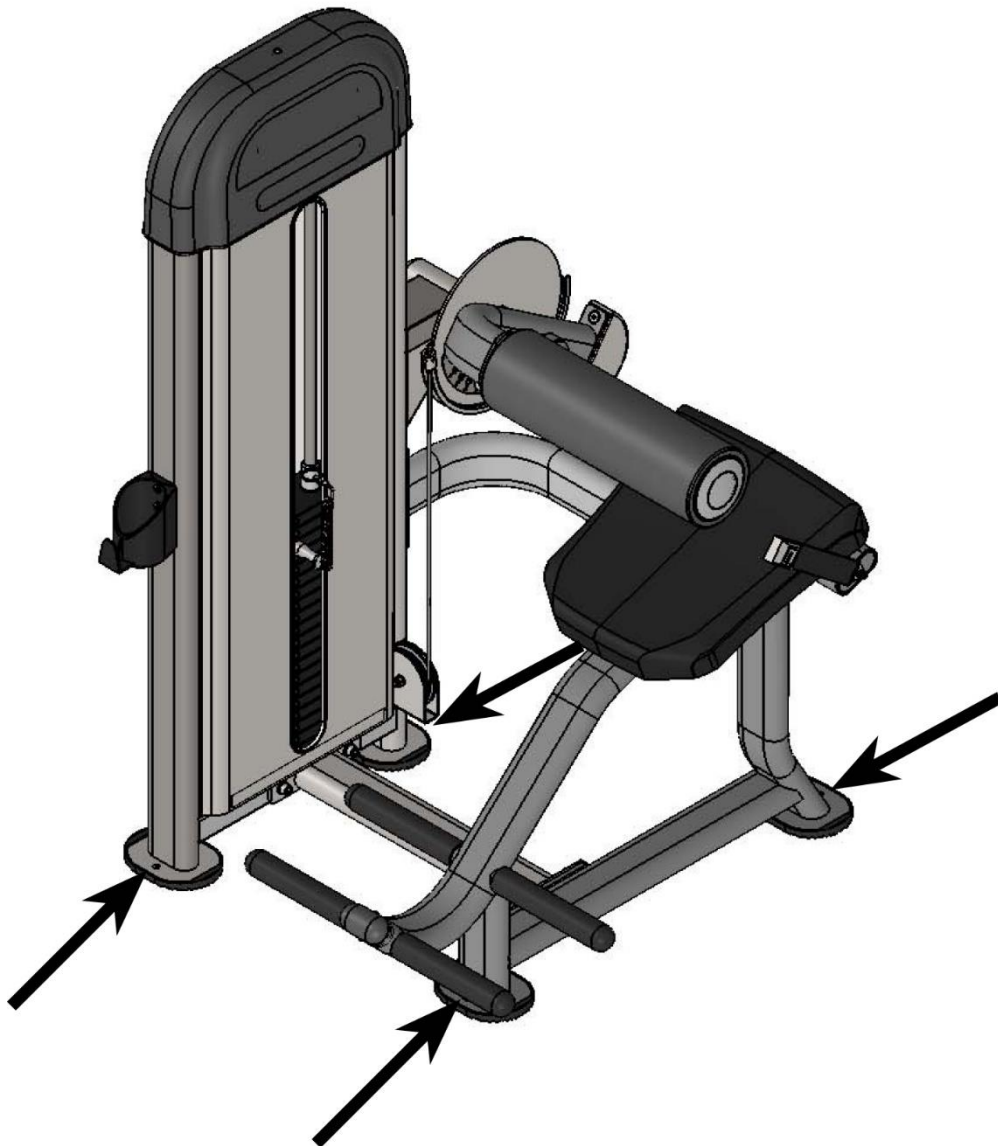
Keep body, hands and fingers clear of all moving parts.

IRDZ-004E



Anchoring Unit

Holes on the frame are provided for anchoring the unit to the floor. See anchoring hole locations Below



Cable Inspection

WARNING:

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY



"NECKING", STRETCHED CABLE COVERING



A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



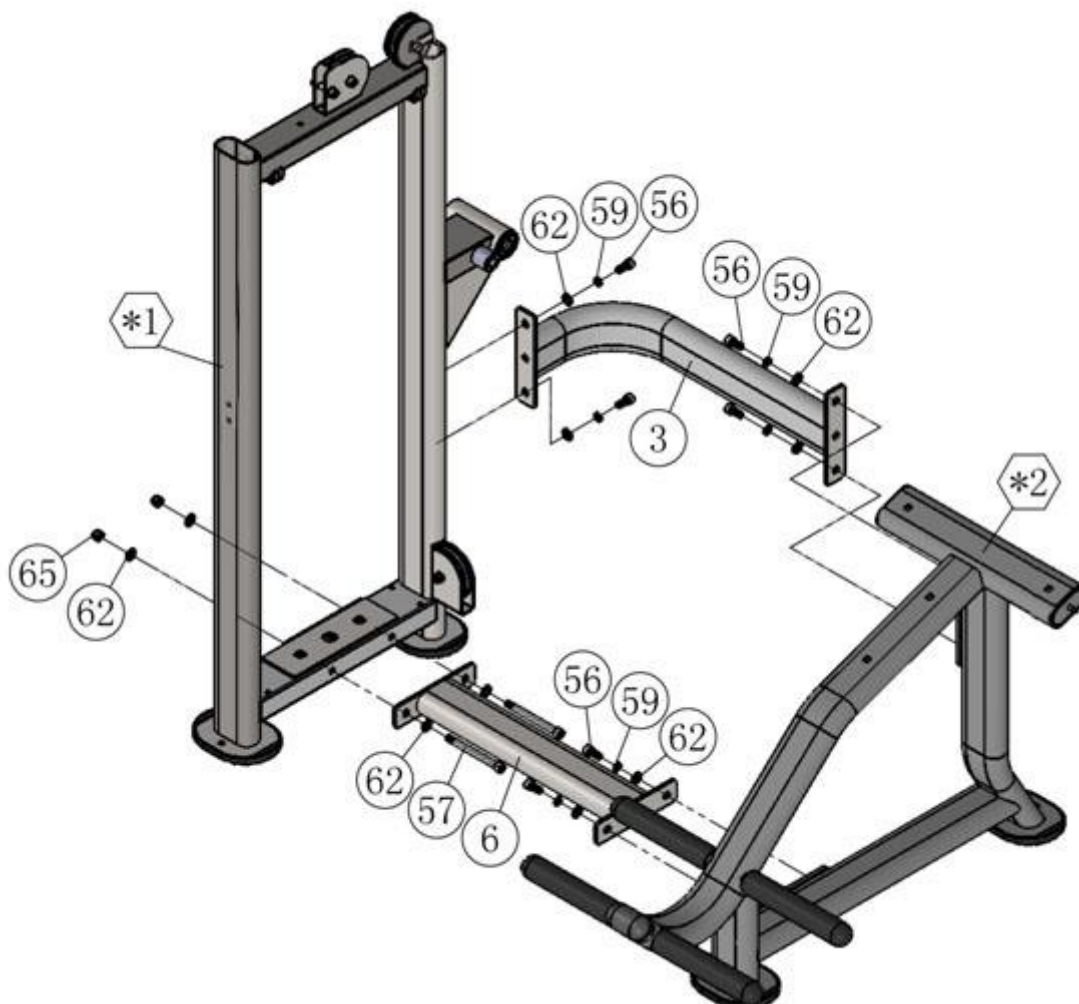
CABLE END SLIPPING OUT

Important Note:

Damaged or worn cables (as shown above) may damage the pulley(s). you must inspect the pulleys at this time for wear and tear. Replace if needed.

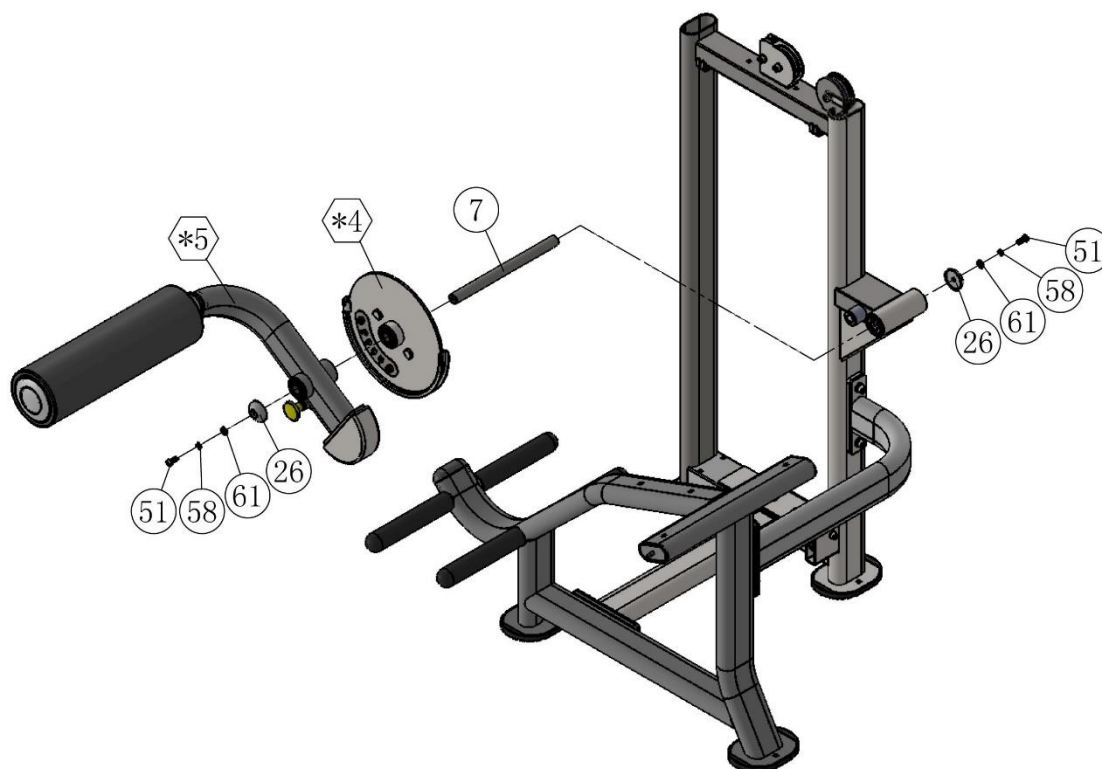
Step 1

Step 1 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	57	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	59	Spring Washer $\Phi 12$	6
3	Top Brace	1	62	Flat Washer $\Phi 12$	10
6	Bottom Cross Brace	1	65	Nylon Lock Nut M12	2
56	Hex Recessed Round Head Screw M12*25	6			



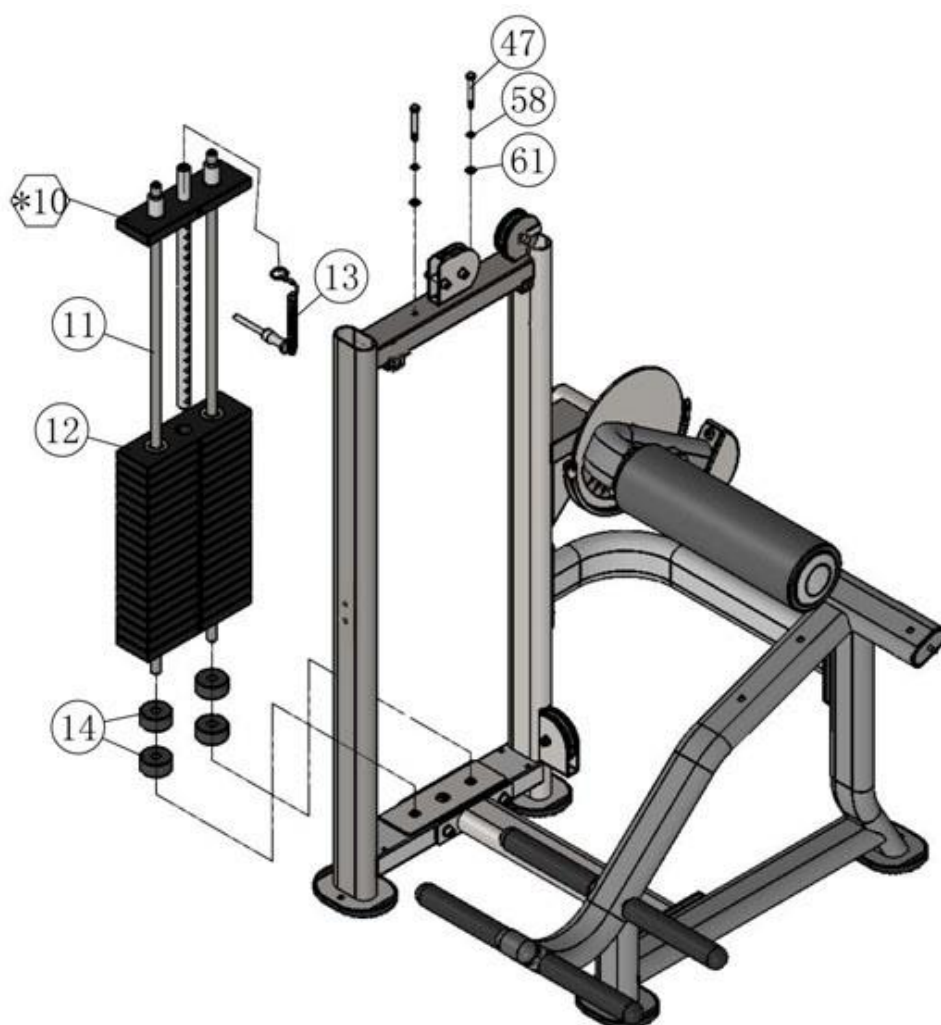
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
*4	Cam	1	51	Hex Recessed Flat Head Screw M10*25	2
*5	Foam Support	1	58	Spring Washer Φ10	2
7	Axle	1	61	Flat Washer Φ10	2
26	Axle End Cap	2			



Step 3

Step 3 Parts List					
Item#	Description	Qty.	Item#	Description	Qty.
*10	Top Block	1	47	Hex Bolt M10*75	2
11	Guide Rod	2	58	Spring Washer Φ10	2
12	4.5kg Weight Plate	19	61	Flat Washer Φ10	2
13	Selector Pin	1	66	Weight Plate Label	1
14	Rubber Donut	4			

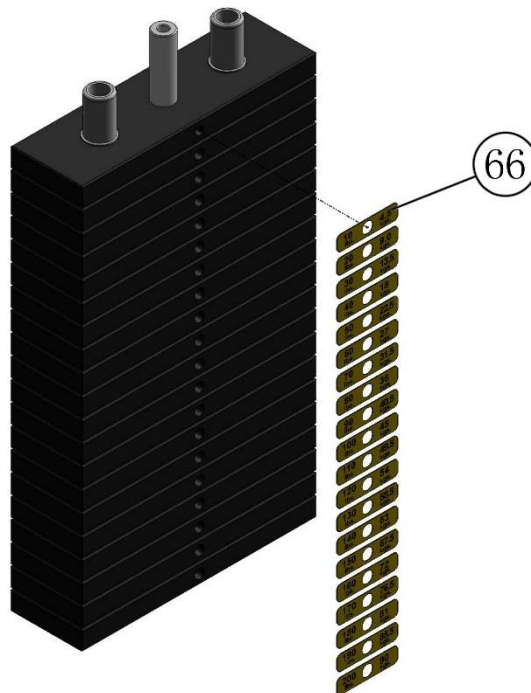


NOTE:

1. place the side with the plastic part face up when you assemble the weight plate.
2. You can remove the pulley in position A first, then assemble Hex Bolt M10*75 (#47x2pcs).

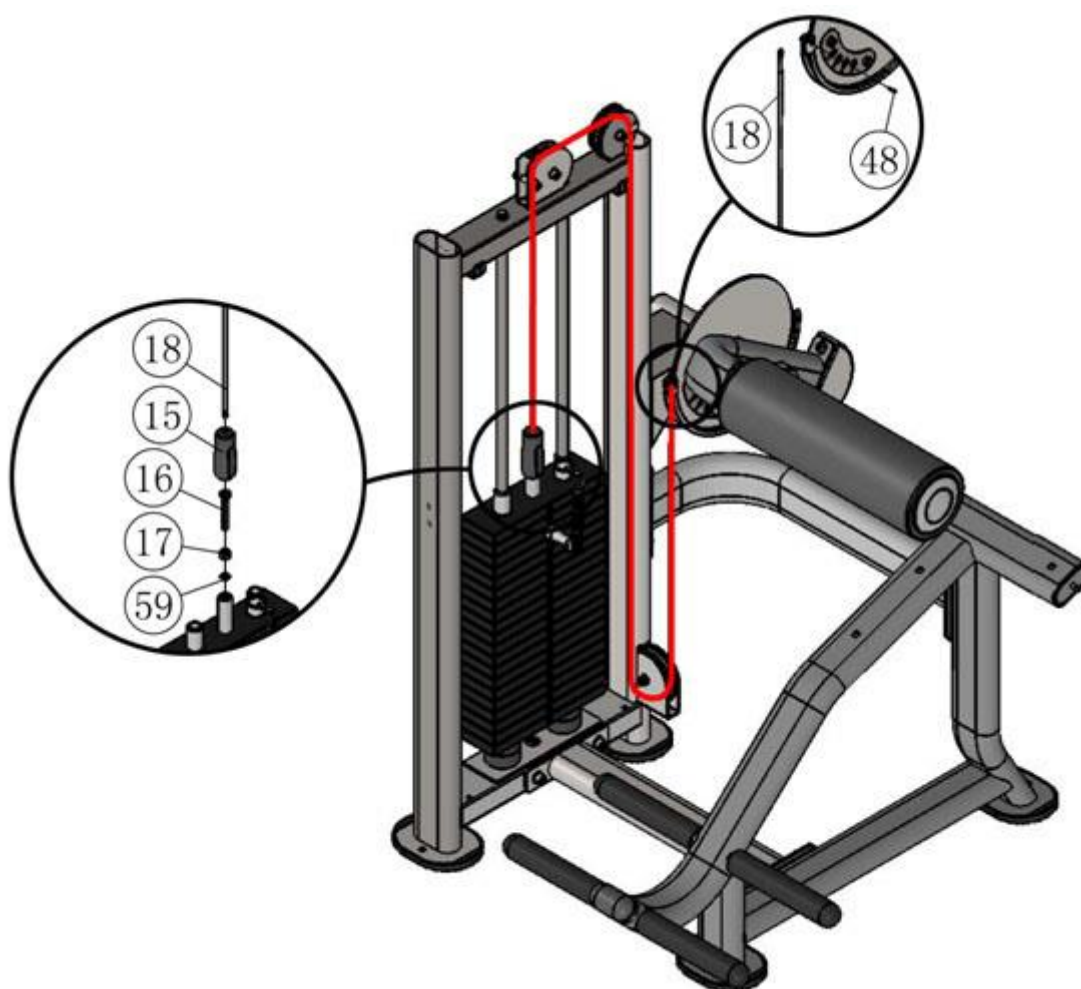
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#66) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Make sure label is straight and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.



Step 4: Cable Routing

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
15	Bumper Cap	1	18	Cable	1
16	Hex Split Bolt	1	48	Cross Countersunk Head Screw M3*15	1
17	Hex Nut M12	1	59	Spring Washer Φ12	1

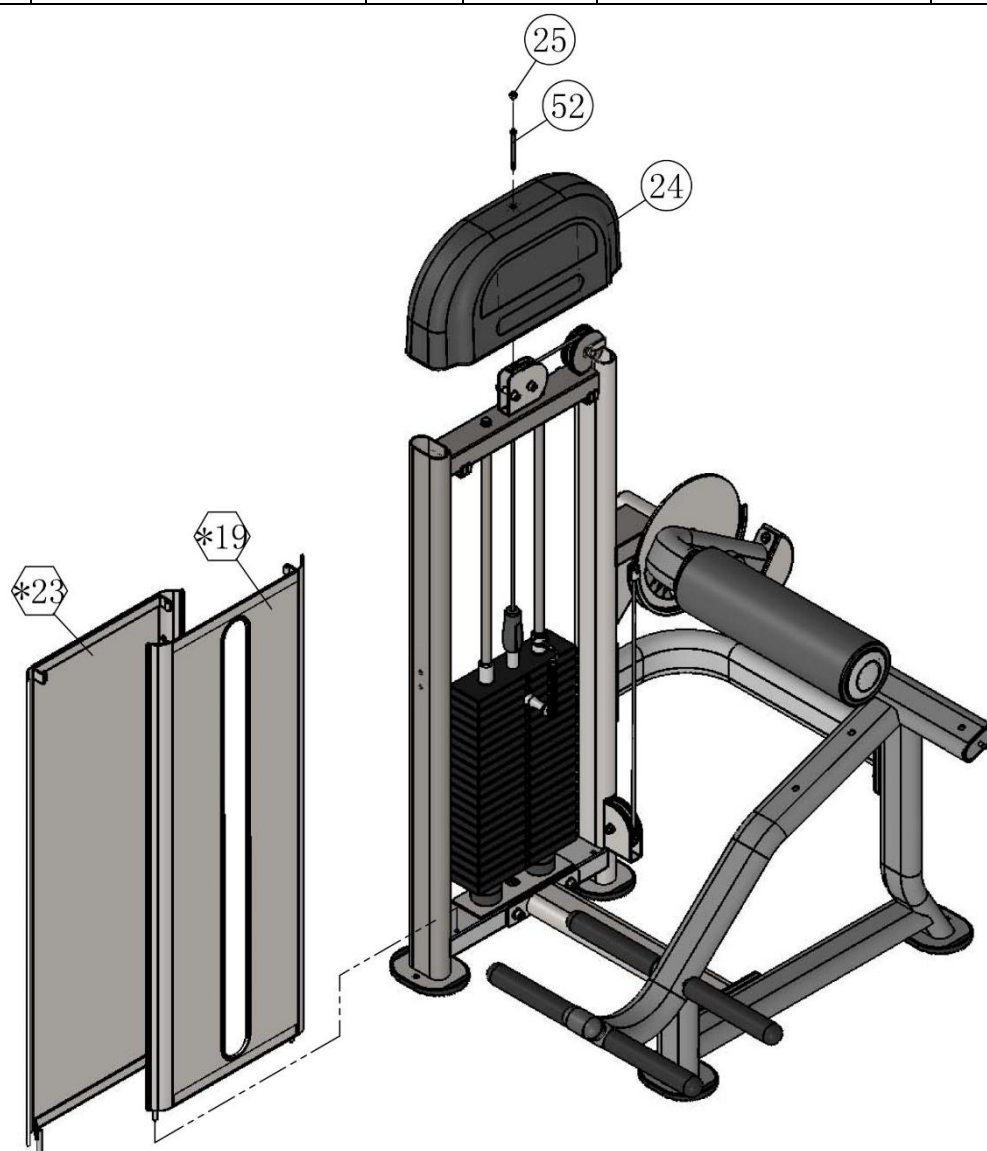


SPECIAL NOTE:

1. loosen the Screw (#42) first, then put the cable into the cam, and finally tighten the Screw (#42).
2. Pulleys at the location are around the wire, you can tie the wire on one end of the cable and pull the wire to help install the cable.

Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
*19	Weight Shield Front	1	25	Hole Plug	1
*23	Weight Shield Rear	1	52	Hex Recessed Round Head Screw M6*95	1
24	Weight Shield Top	1			

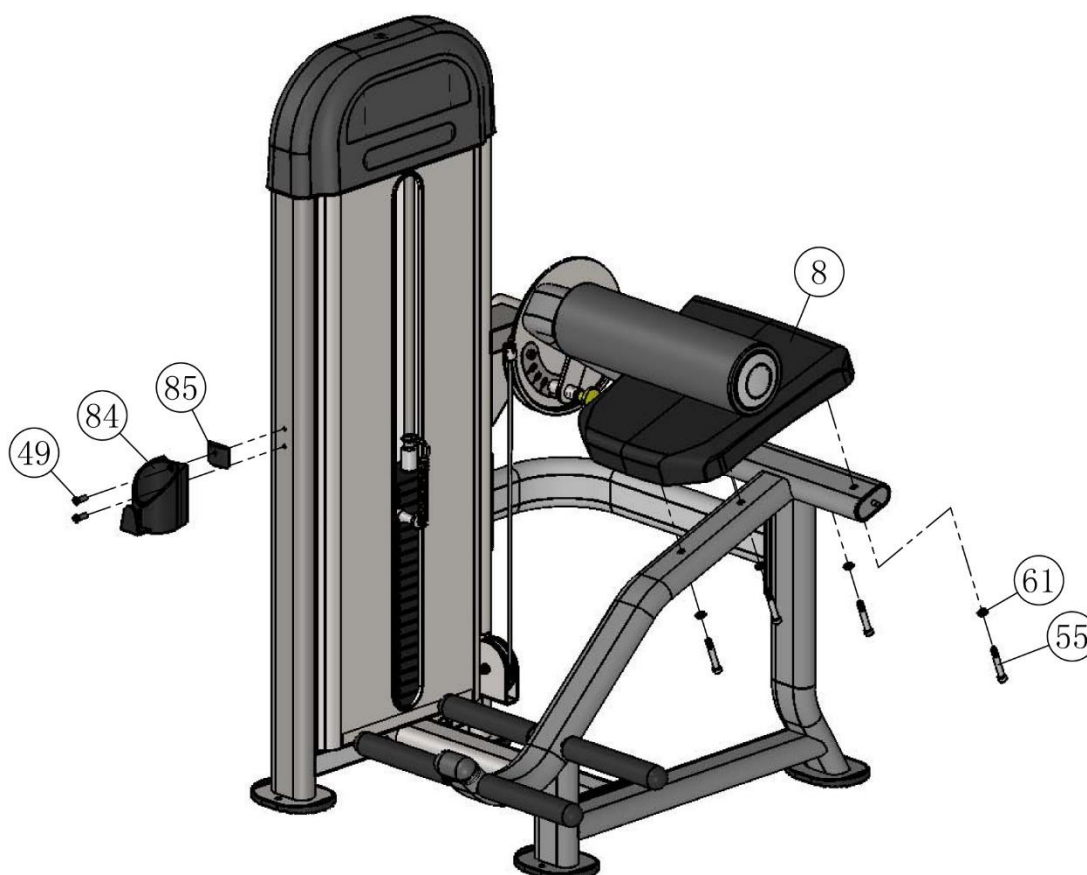


NOTE:

Please assemble Weight Shield Front & Rear (#19 & #23) first, then assemble Weight Shield Top (#24).

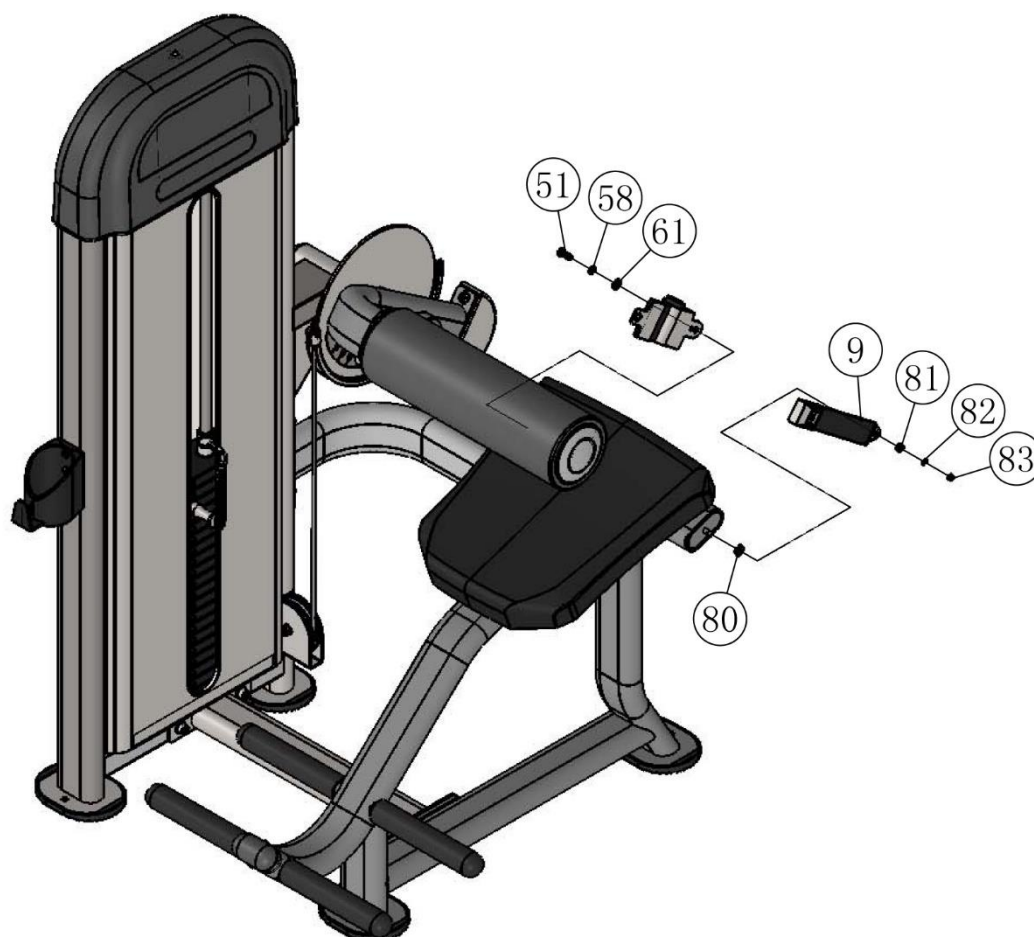
Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Seat Pad	1	61	Flat Washer $\phi 10$	4
49	Hex Recessed Countersunk Head Screw M8*30	2	84	Bottle Cage	1
55	Hex Recessed Round Head Screw M10*75	4	85	Spacer Block	1



Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Safety Belt	1	80	Nylon Washer	1
51	Hex Recessed Flat Head Screw M10*25	1	81	Oil Bearing	1
58	Spring Washer $\Phi 10$	1	82	Flat Washer $\Phi 6$	1
61	Flat Washer $\Phi 10$	1	83	Nylon Lock Nut M6	1



Parts List

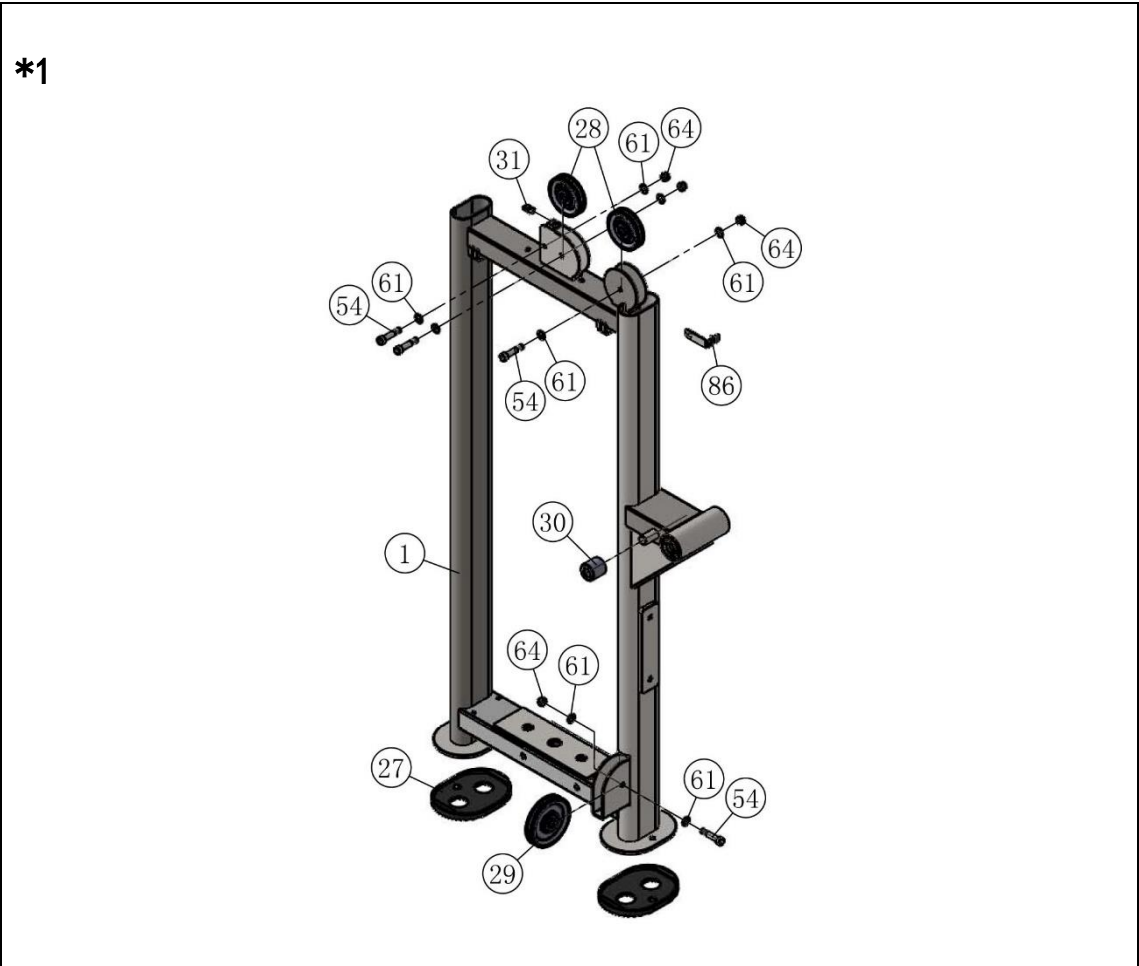
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	27	Elliptical Rubber Shoe	4
2	Main Frame	1	28	Pulley $\Phi 90 \times \delta 26$	2
3	Top Brace	1	29	Pulley $\Phi 114 \times \delta 26$	1
4	Cam	1	30	Cushion	1
5	Foam Support	1	31	Cage Nut	1
6	Bottom Cross Brace	1	32	Elliptical Plug	1
7	Axle	1	33	Tube Sleeve	4
8	Seat Pad	1	34	T Bearing	4
9	Safety Belt	1	35	Stainless Steel Panel	1
10	Top Block 4.5kg	1	36	Nylon Collar	2
11	Guide Rod	2	37	Foam	1
12	4.5kg Weight Plate	19	38	Pull Pin Lever	1
13	Selector Pin	1	39	Pull Pin Handle	1
14	Rubber Donut	4	40	Counter Balance R90	1
15	Bumper Cap	1	41	Foam Small End Cap	1
16	Hex Split Bolt	1	42	Perforated Bolt	1
17	Hex Nut M12	1	43	Pull Pin Stiff Spring $\Phi 1 \times \Phi 11.5 \times 36$	1
18	Cable	1	44	External Circlip $\Phi 38$	1
19	Weight Shield Front	1	45	Elastic Cylindrical Pin $\Phi 10 \times 65$	1
20	Edge Protector Chrome 1	1	46	Selector Lever	1
21	Edge Protector Chrome 2	1	47	Hex Bolt M10*75	2
22	Edge Protector Chrome 3	3	48	Cross Countersunk Head Screw M3*15	1
23	Weight Shield Rear	1	49	Hex Recessed Countersunk Head Screw M8*30	2
24	Weight Shield Top	1	50	Hex Recessed Countersunk Head Screw M10*25	2
25	Hole Plug	1	51	Hex Recessed Flat Head Screw M10*25	3
26	Axle End Cap	2	52	Hex Recessed Round Head Screw M6*95	1

Parts List

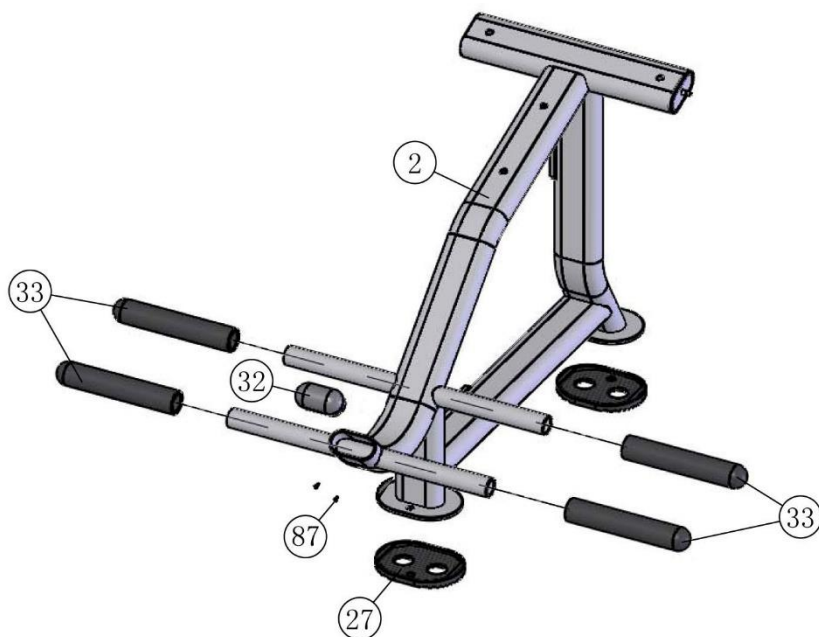
Item #	Description	Qty.	Item #	Description	Qty.
53	Hex Recessed Round Head Screw M8*20	2	70	LABEL-DANGER(IRDTZ-002E)	1
54	Hex Recessed Round Head Screw M10*50	4	71	LABEL-WARNING(IRDTZ-004E)	1
55	Hex Recessed Round Head Screw M10*75	4	72	LABEL-WARNING(IRDTZ-007E)	1
56	Hex Recessed Round Head Screw M12*25	6	73	LABEL-WARNING(IRDTZ-008E)	1
57	Hex Recessed Round Head Screw M12*135	2	74	LABEL-CAUTION(IRDTZ-009E)	1
58	Spring Washer Φ10	5	75	LABEL-INSPECTIONS	1
59	Spring Washer Φ12	7	76	LABEL-CHECK CABLES	1
60	Flat Washer Φ8	2	77	LABEL-DANGER (IRDTZ-003E)	1
61	Flat Washer Φ10	17	80	Nylon Washer	1
62	Flat Washer Φ12	10	81	Oil Bearing	1
63	Nylon Lock Nut M8	2	82	Flat Washer Φ6	1
64	Nylon Lock Nut M10	4	83	Nylon Lock Nut M6	1
65	Nylon Lock Nut M12	2	84	Bottle Cage	1
66	Weight Plate Label	1	85	Spacer Block	1
67	LABEL-BACK EXTENSION	2	86	"L" Plate	1
68	LABEL-EXERCISE CHART	1	87	Cross Countersunk Head Tapping Screw ST4.2*9.5	2
69	LABEL-DANGER(IRDTZ-001E)	2			

Pre-Assemble Components Parts List

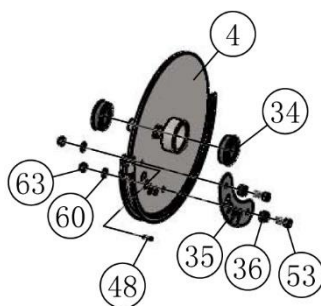
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*10	Top Block	1
*2	Main Frame	1	*19	Weight Shield Front	1
*4	Cam	1	*23	Weight Shield Rear	1
*5	Foam Support	1			



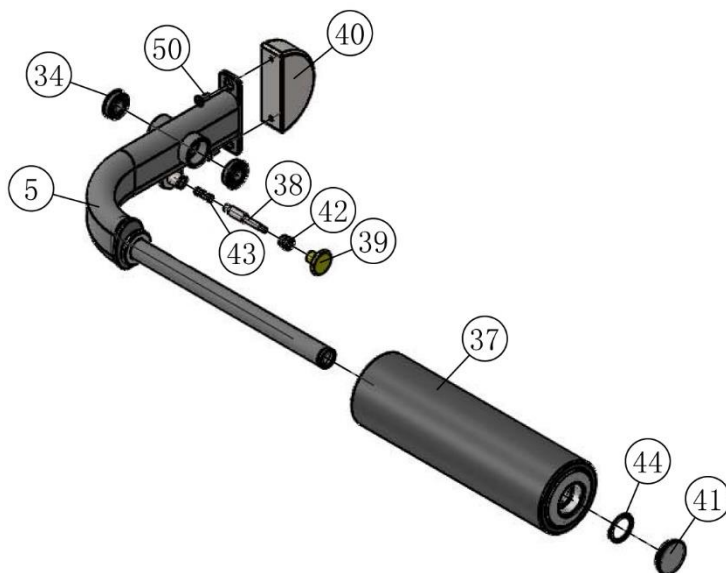
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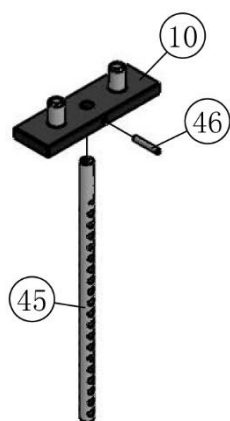
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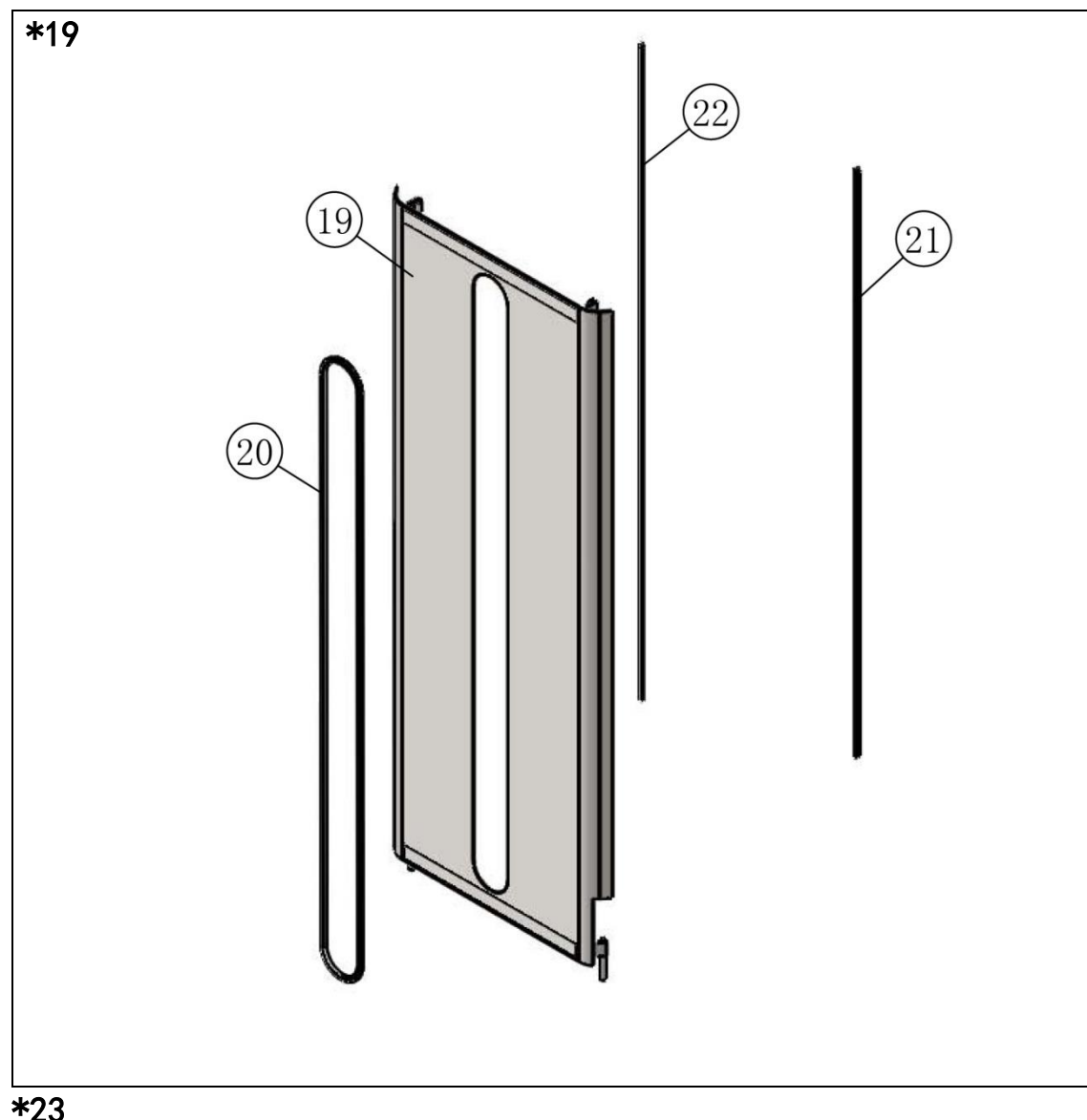


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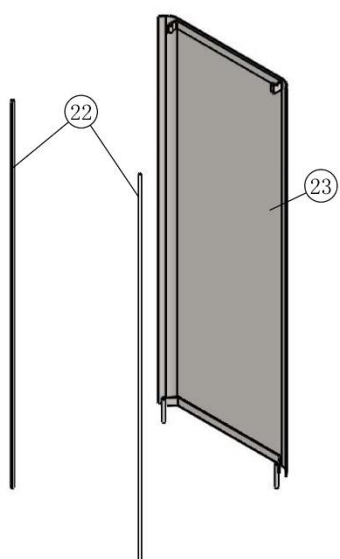


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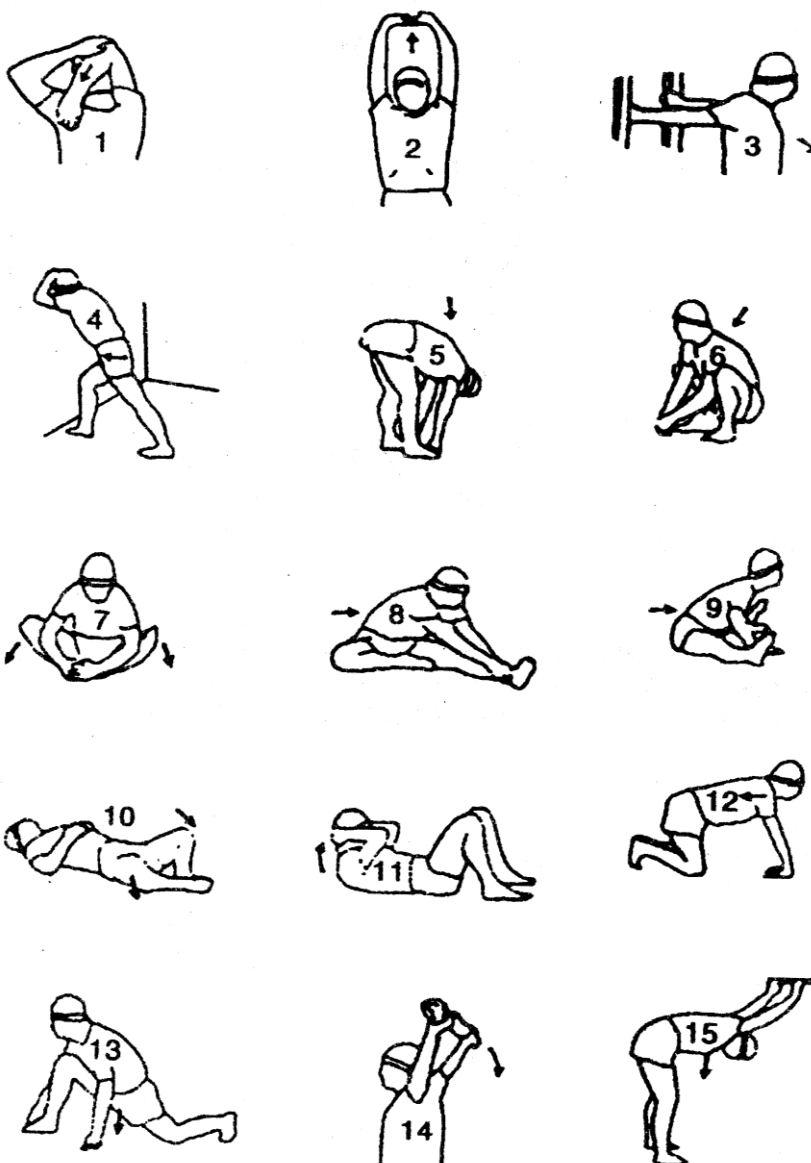


***23**



INSTRUCTIONS FOR USE

Using this Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight. The machine helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch-if it hurts, **STOP**.



MAINTENANCE

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine.

Note: Do not use oil-based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and lustre of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
8. Check welds to be free of cracks.

Failure to perform routine maintenance could result in personal injury and/or equipment damage.