

VERVE Arnold Series

Bicep Curl

Owner's Manual

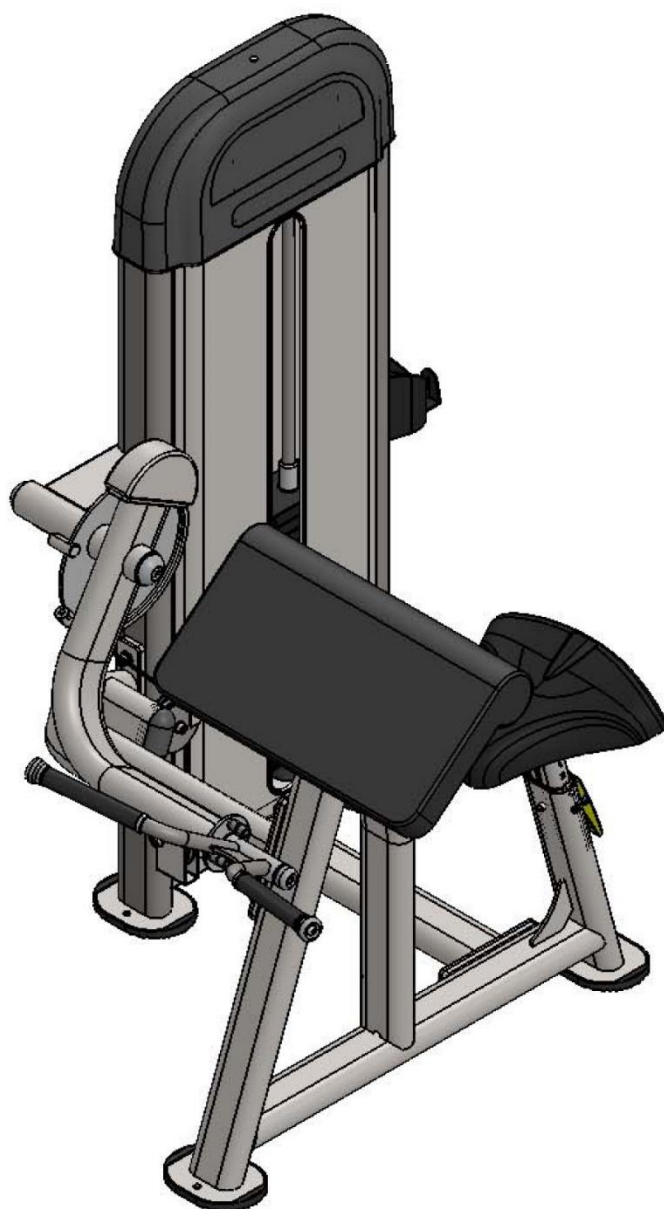


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IMPORTANT SAFETY NOTICE

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. In particular, 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

INSPECTIONS				
Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH YEARLY
INSPECT: 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				

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BICEPS CURL

START

FINISH

BICEPS CURL

- Select appropriate weight resistance for your present fitness level.
- Adjust seat height so entire back of arm rests on pad.
- Grip handles firmly and make sure the elbow joints are concentric to the pivot point.
- Keeping upper arms on pads, bend arms slowly to curled position.
- Return weight with controlled movement to start position.

Safety Tips

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

■ BICEPS CURL
● Biceps Brachii, Brachialis, Brachioradialis

WARNING

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

IRDZ-104-EN

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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.

IRDZ-001E

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IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.

IRDZ-016E

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WARNING

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

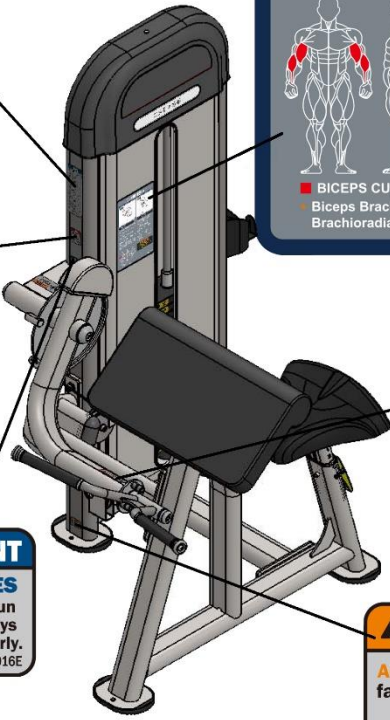
IRDZ-005E

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WARNING

Anchor bolt here to fasten the machine to the floor.

IRDZ-007E



⚠ **WARNING**

Serious injury or death can occur if these rules and precautions are not observed:

- **Read and Understand** Owner's Manual and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- **Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- **Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- **Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- **Use this equipment only for the intended use** and for exercises(s) shown in the exercise label.
- Keep body, clothing and hair **clear from all moving parts**.
- **Children must not be allowed** near this machine. Teenager must be supervised.
- **Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- **Never pin the weights in an elevated position**. Do not use the machine if found in this condition. Inform floor personnel immediately.
- **Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- **Do not remove labels** affixed to the machine. Replace if damaged.

IRDTZ-008E

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BICEPS CURL

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⚠ **WARNING**



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

IRDTZ-005E

⚠ **CAUTION**

CHECK
Pull-pin is fully engaged in the hole before use.

IRDTZ-009E

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IMPORTANT

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.

IRDTZ-017E

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⚠ **DANGER**

DO NOT
lean against or pull on the framework, weight stack or any component at all times.

Inappropriate operations can cause the machine to tip over, and could result in serious injury or death.

IRDTZ-002E

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⚠ **DANGER**

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.

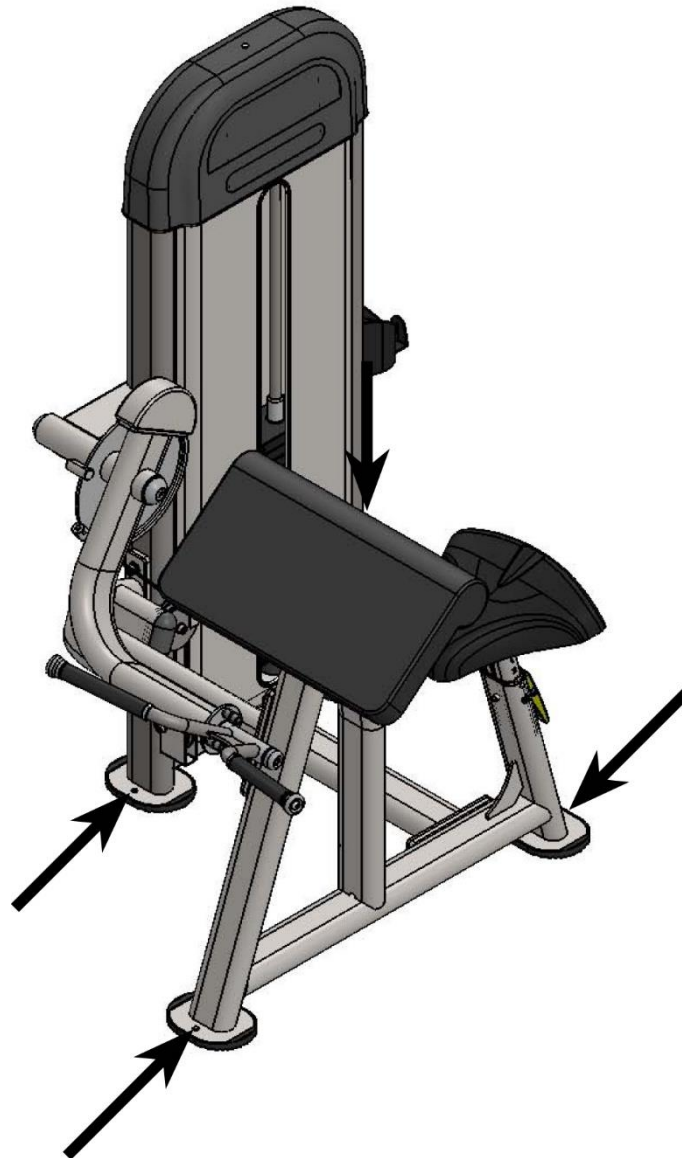
Failure to comply could result in serious injury or death.

IRDTZ-001E

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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

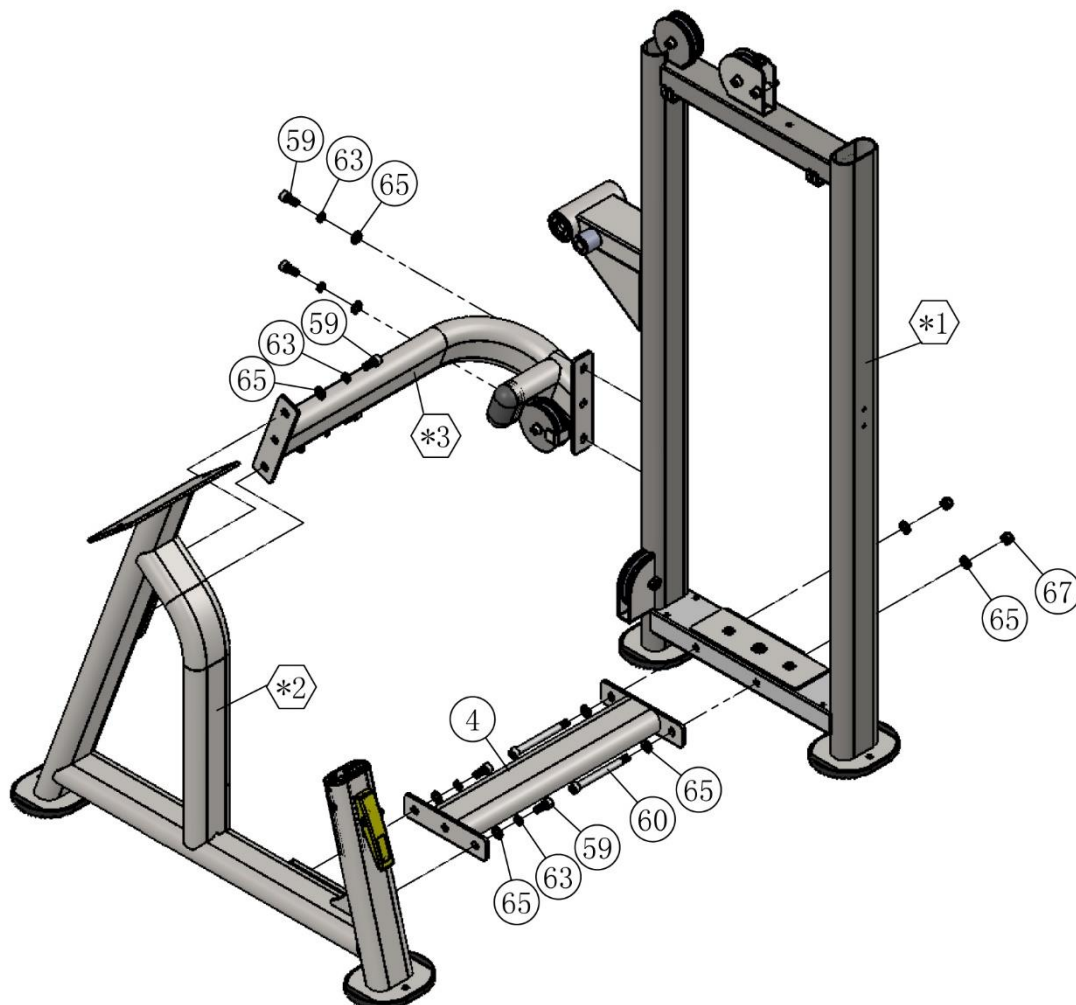


CABLE END SLIPPING OUT

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.

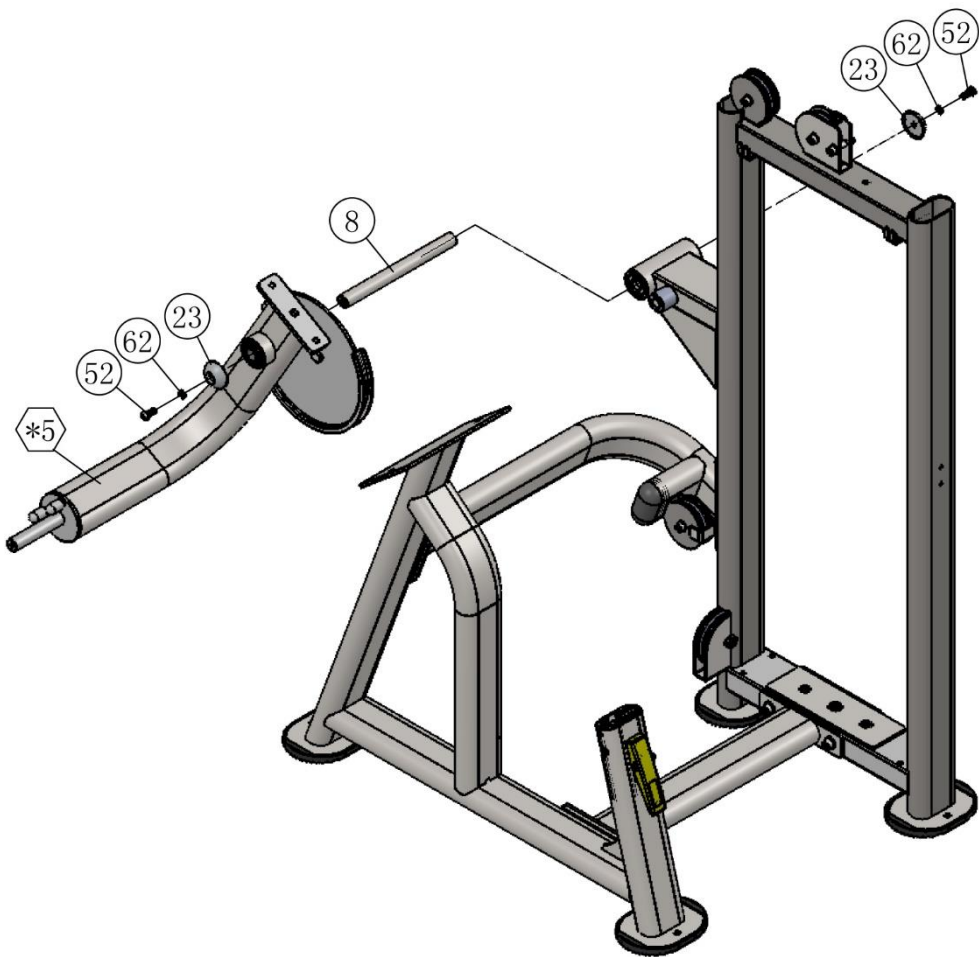
Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	60	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	63	Spring Washer Φ12	6
*3	Top Brace	1	65	Flat Washer Φ12	10
4	Bottom Cross Brack	1	67	Nylon Lock Nut M12	2
59	Hex Recessed Round Head Screw M12*25	6			



It is strongly recommended that 2 people participate in the assembly of this unit.

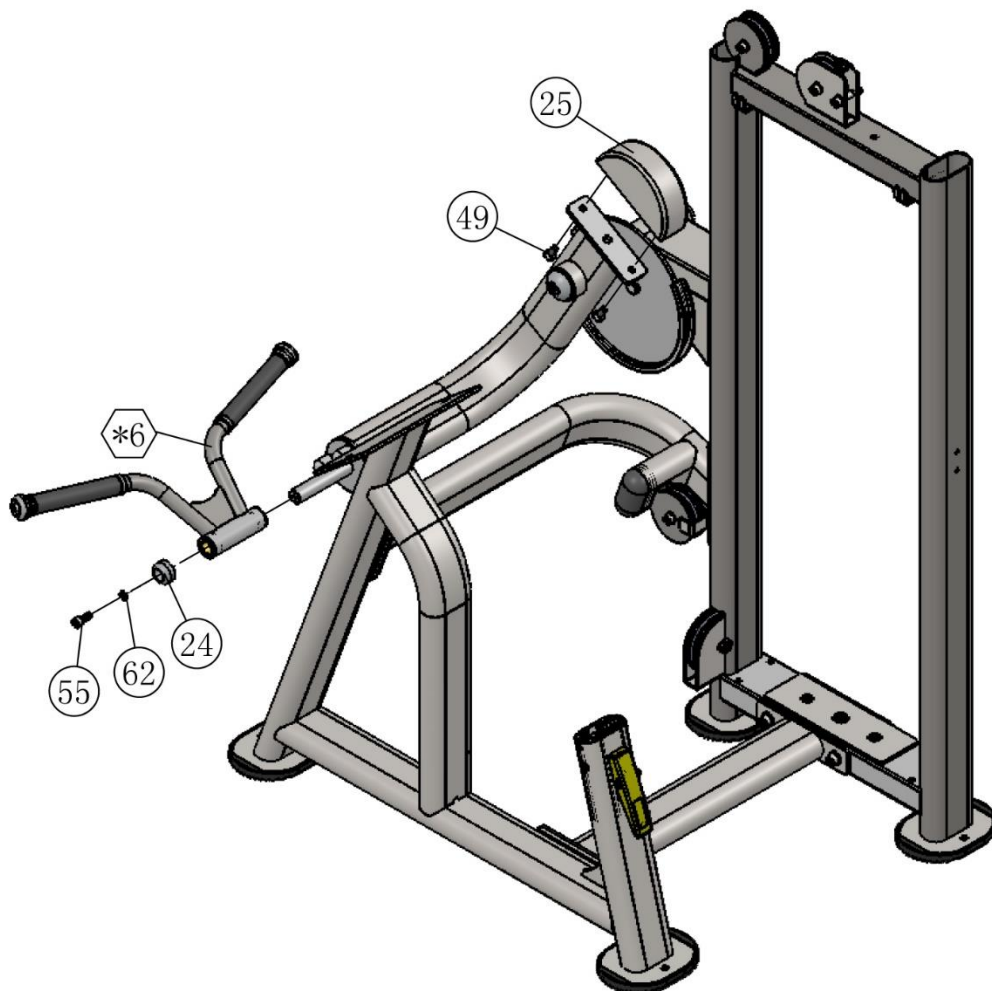
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Push Arm	1	52	Hex Recessed Flat Head Screw M10*25	2
8	Axle	1	62	Spring Washer Φ10	2
23	Axle End Cap1	2			



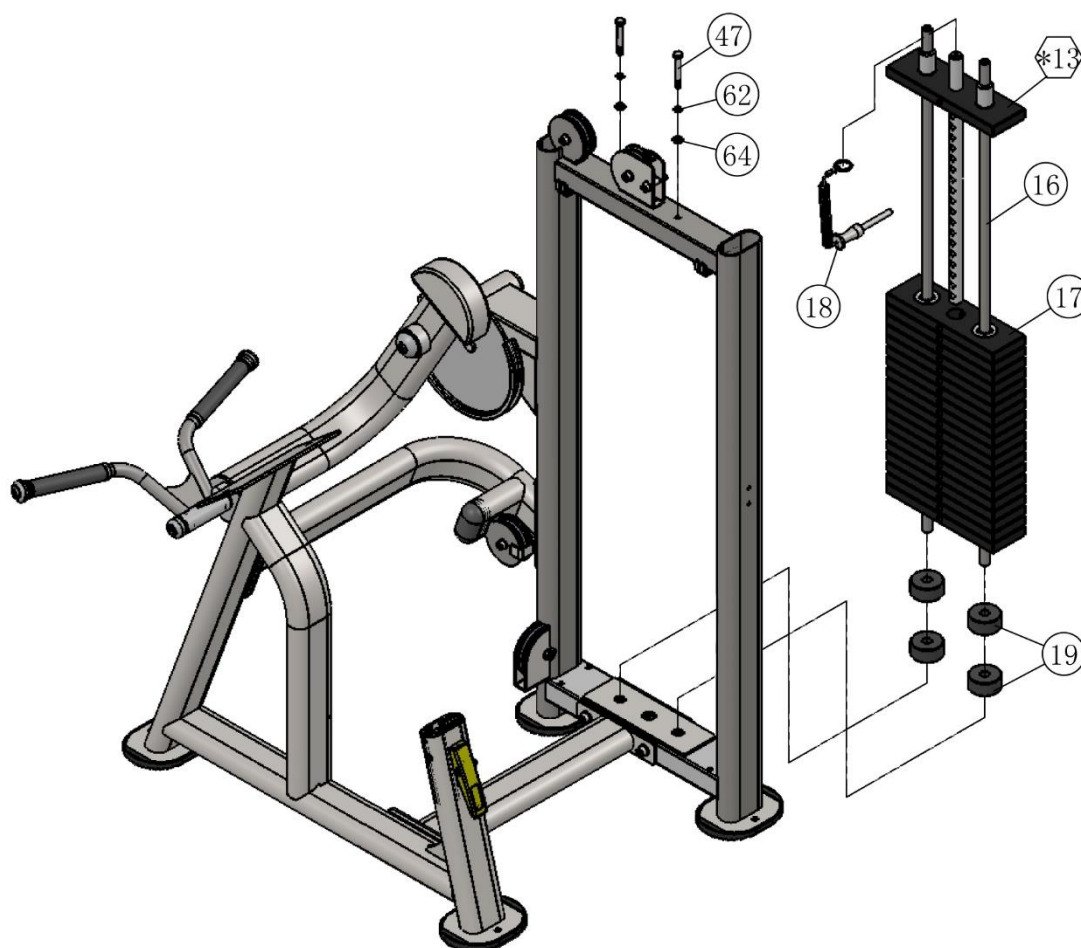
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*6	Armrest	1	49	Hex Recessed Countersunk Head Screw M10*25	2
24	Axle End Cap2	1	55	Hex Recessed Round Head Screw M10*25	1
25	Counterbalance R90	1	62	Spring Washer $\Phi 10$	1



Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*13	Top Block	1	47	Hex Bolt M10*75	2
16	Guide Rod	2	62	Spring Washer $\phi 10$	2
17	4.5kg Weight Plate	19	64	Flat Washer $\phi 10$	2
18	Selector Pin	1	68	Weight Plate Label	1
19	Rubber Donut	4			

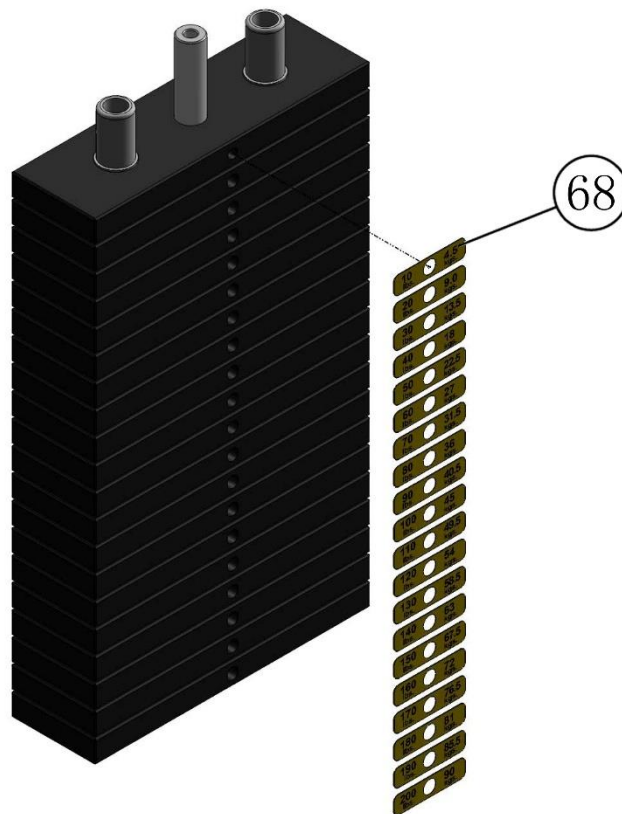


NOTE:

1. Please 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 (#47-2).

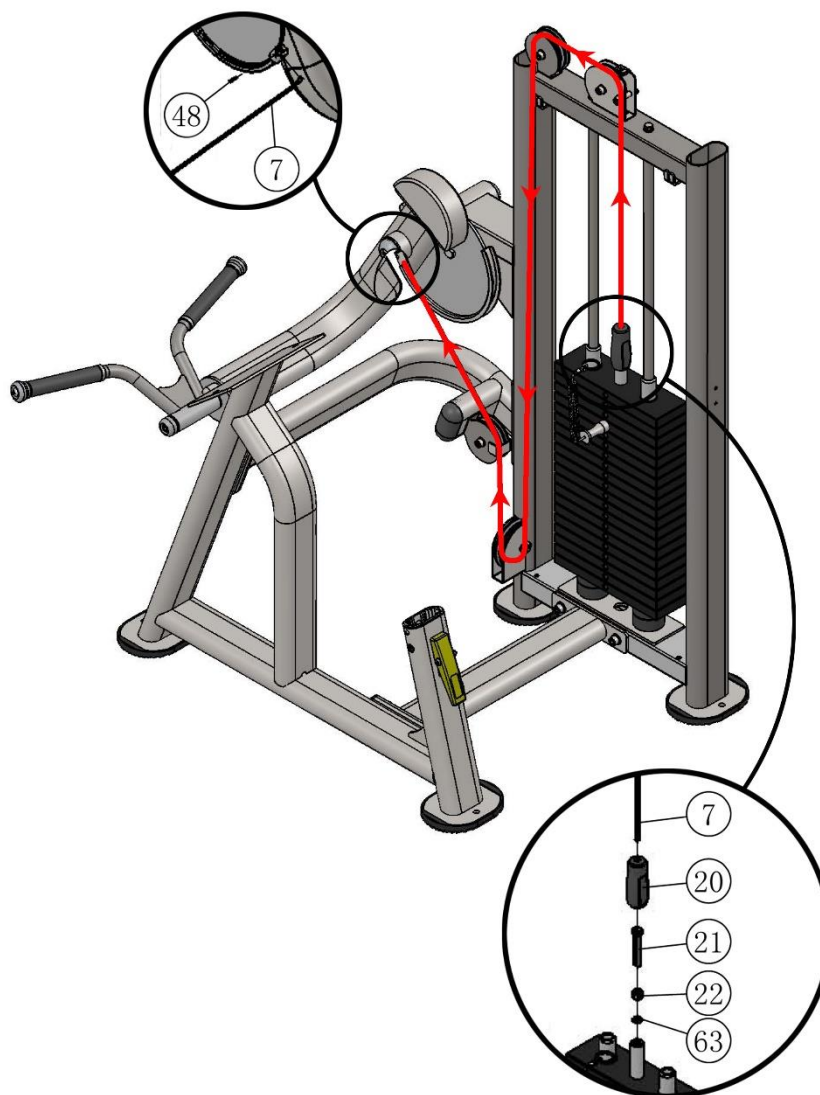
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label (#68) 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 5: Cable Routing

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Cable	1	22	Hex Nut M12	1
20	Bumper Cap	1	48	Cross Countersunk Head Screw M3*15	1
21	Hex Split Bolt	1	63	Spring Washer $\Phi 12$	1

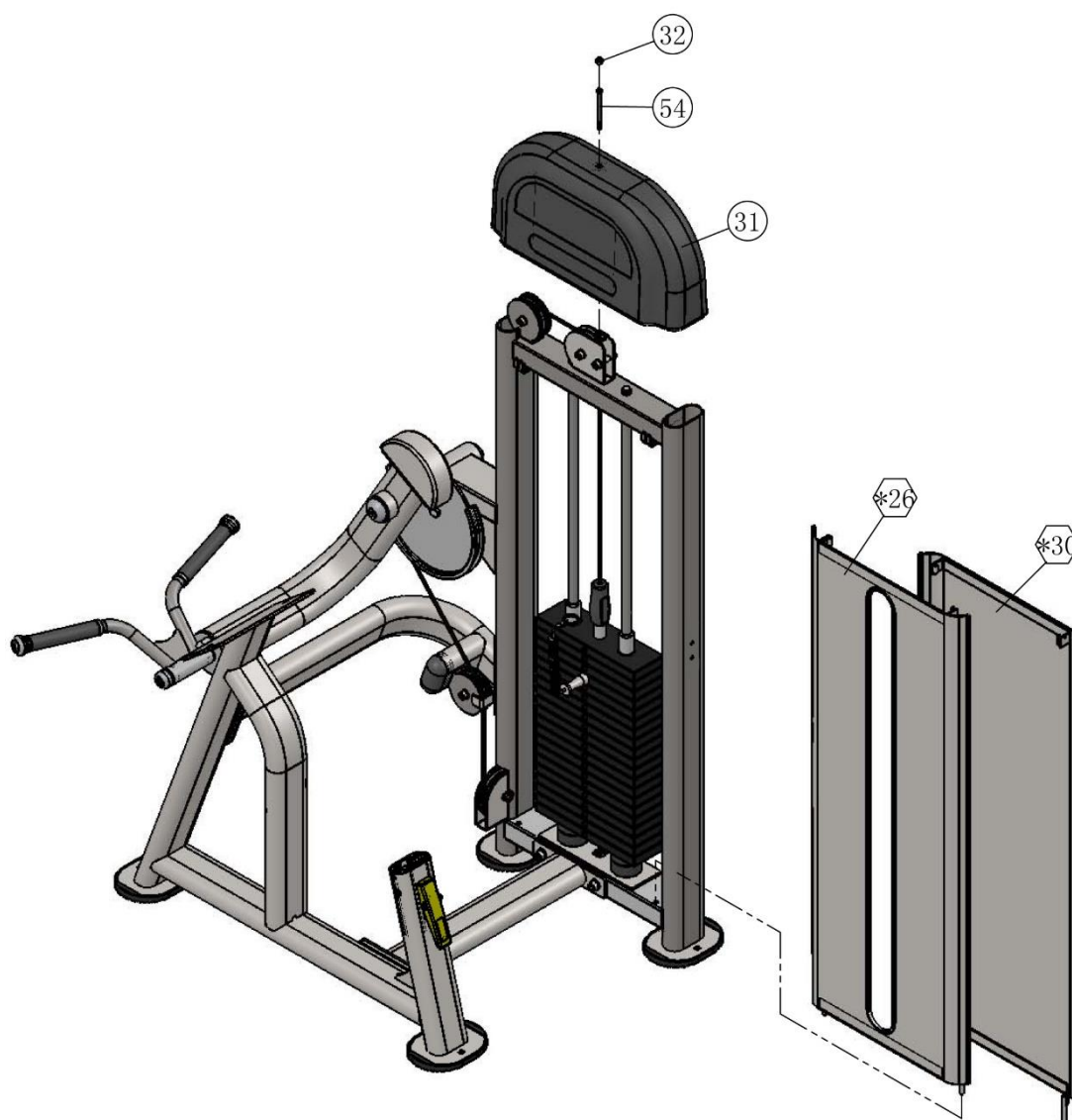


SPECIAL NOTE:

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 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*26	Weight Shield Front	1	32	Hole Plug	1
*30	Weight Shield Rear	1	54	Hex Recessed Round Head Screw M6*95	1
31	Weight Shield Top	1			

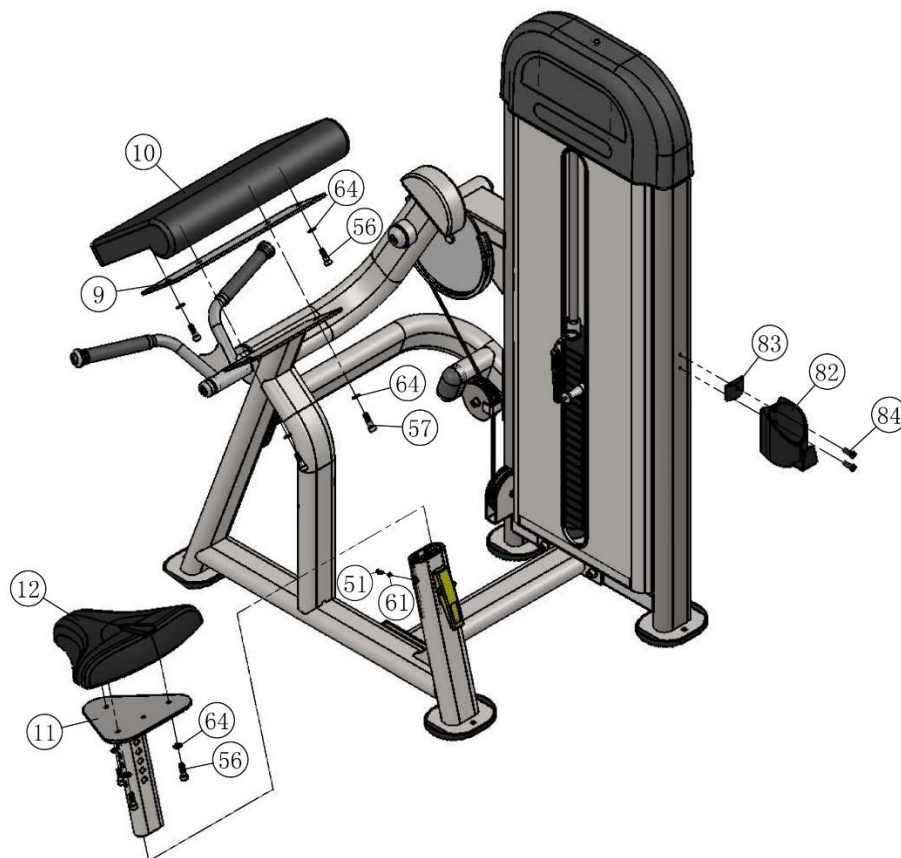


NOTE:

Please assemble Weight Shield Front & Rear (*26 & *30) first, then assemble Weight Shield Top (#31).

Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Arm Pad Plate	1	57	Hex Recessed Round Head Screw M10*35	2
10	Arm Pad	1	64	Flat Washer $\phi 10$	7
11	Adjustable Seat Pad Tube	1	82	Bottle Cage	1
12	Seat Pad	1	83	Spacer Block	1
56	Hex Recessed Round Head Screw M10*30	5	84	Hex Recessed Countersunk Head Screw M8*30	2



SPECIAL NOTE:

Please loosen the Screw (#51) first, then put the Adjustable Seat Pad Tube (#11) into the Main Frame, and finally tighten the Screw (#51).

Part List

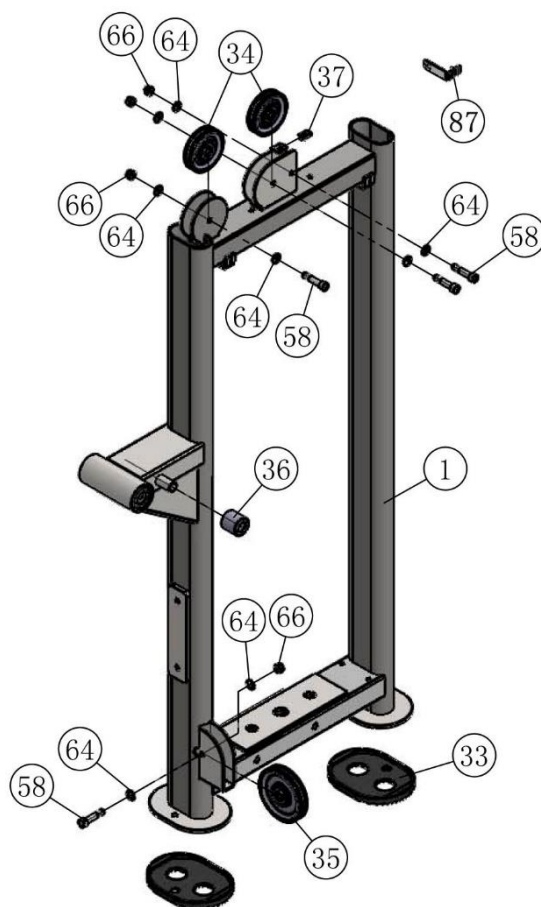
Item#	Description	Qty	Item#	Description	Qty
1	Weight Stack Frame	1	27	Edge Protector Chrome 1	1
2	Main Frame	1	28	Edge Protector Chrome 2	1
3	Top Brace	1	29	Edge Protector Chrome 3	3
4	Bottom Cross Bracket	1	30	Weight Shield Rear	1
5	Push Arm	1	31	Weight Shield Top	1
6	Armrest	1	32	Hole Plug	1
7	Cable	1	33	Elliptical Rubber Shoe	4
8	Axle	1	34	Pulley $\Phi 90 \times \delta 26$	3
9	Arm Pad Plate	1	35	Pulley $\Phi 114 \times \delta 26$	1
10	Arm Pad	1	36	Cushion	1
11	Adjustable Seat Pad Tube	1	37	Cage Nut	1
12	Seat Pad	1	38	T Bearing	2
13	Top Block 4.5kg	1	39	Cushion Cover	2
14	Selector Lever	1	40	Elliptical Plug	1
15	Elastic Cylindrical Pin $\Phi 10 \times 65$	1	41	Oil Bearing	2
16	Guide Rod	2	42	Aluminium Cap $\Phi 25$	2
17	4.5kg Weight Plate	19	43	Armrest Foam	2
18	Selector Pin	1	44	Oval Tube Plastic Glide Insert	1
19	Rubber Donut	4	45	a Spring	1
20	Bumper Cap	1	46	Adjustable Release Handle	1
21	Hex Split Bolt	1	47	Hex Bolt M10*75	2
22	Hex Nut M12	1	48	Cross Countersunk Head Screw M3*15	1
23	Axle End Cap1	2	49	Hex Recessed Countersunk Head Screw M10*25	2
24	Axle End Cap2	1	50	Hex Recessed Flat Head Screw M6*8	2
25	Counterbalance R90	1	51	Hex Recessed Flat Head Screw M6*16	1
26	Weight Shield Front	1	52	Hex Recessed Flat Head Screw M10*25	4

Item#	Description	Qty	Item#	Description	Qty
53	Hex Recessed Round Head Screw M8*50	1	70	LABEL-EXERCISE CHART	1
54	Hex Recessed Round Head Screw M6*95	1	71	LABEL-DANGER(IRDTZ-001E)	2
55	Hex Recessed Round Head Screw M10*25	1	72	LABEL-DANGER(IRDTZ-002E)	1
56	Hex Recessed Round Head Screw M10*30	5	73	LABEL-WARNING(IRDTZ-005E)	2
57	Hex Recessed Round Head Screw M10*35	2	74	LABEL-WARNING(IRDTZ-007E)	1
58	Hex Recessed Round Head Screw M10*50	5	75	LABEL-WARNING(IRDTZ-008E)	1
59	Hex Recessed Round Head Screw M12*25	6	76	LABEL-CAUTION(IRDTZ-009E)	1
60	Hex Recessed Round Head Screw M12*135	2	77	LABEL-INSPECTIONS	1
61	Spring Washer Φ6	1	78	LABEL-CHECK CABLES	1
62	Spring Washer Φ10	7	79	LABEL-IMPORTANT(IRDTZ-017E)	1
63	Spring Washer Φ12	7	82	Bottle Cage	1
64	Flat Washer Φ10	19	83	Spacer Block	1
65	Flat Washer Φ12	10	84	Hex Recessed Countersunk Head Screw M8*30	2
66	Nylon Lock Nut M10	5	85	Flat Washer Φ8	2
67	Nylon Lock Nut M12	2	86	Nylon Lock Nut M8	1
68	Weight Plate Label	1	87	L Plate	1
69	LABEL-BICEPS CURL	2			

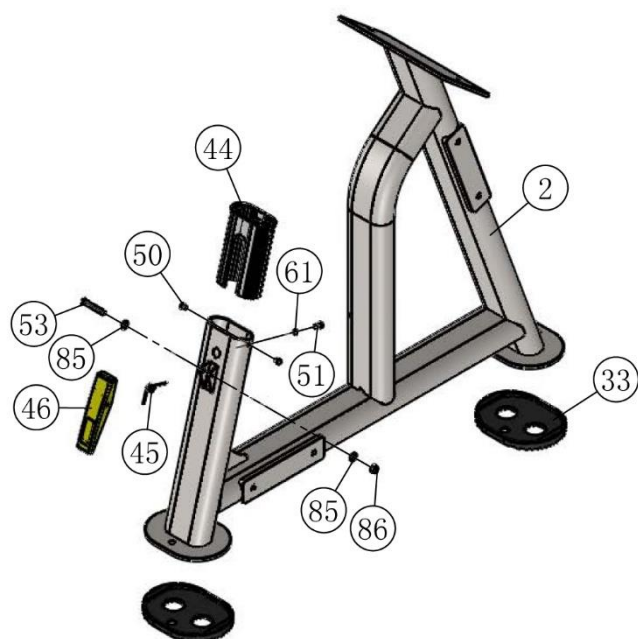
Pre-assembled Components Part List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*6	Armrest	1
*2	Main Frame	1	*13	Top Block	1
*3	Top Brace	1	*26	Weight Shield Front	1
*5	Push Arm	1	*30	Weight Shield Rear	1

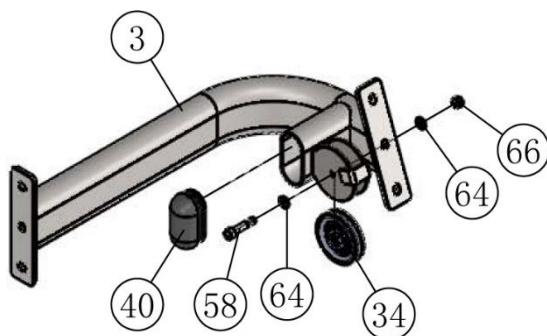
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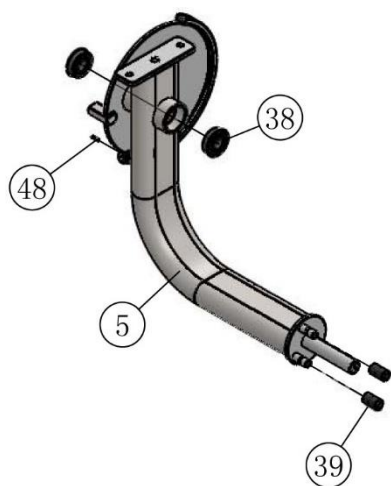
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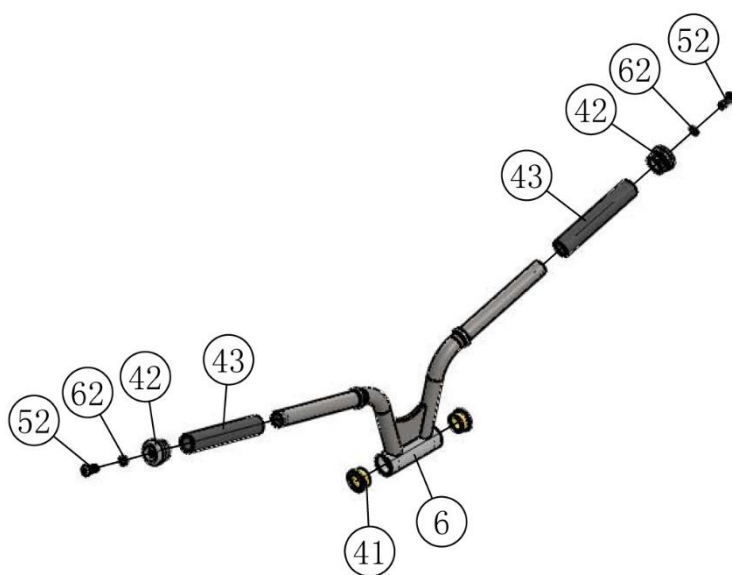
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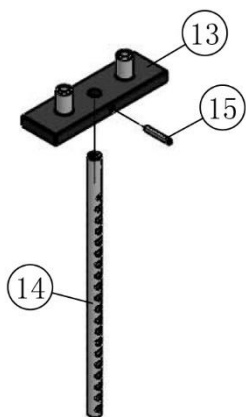
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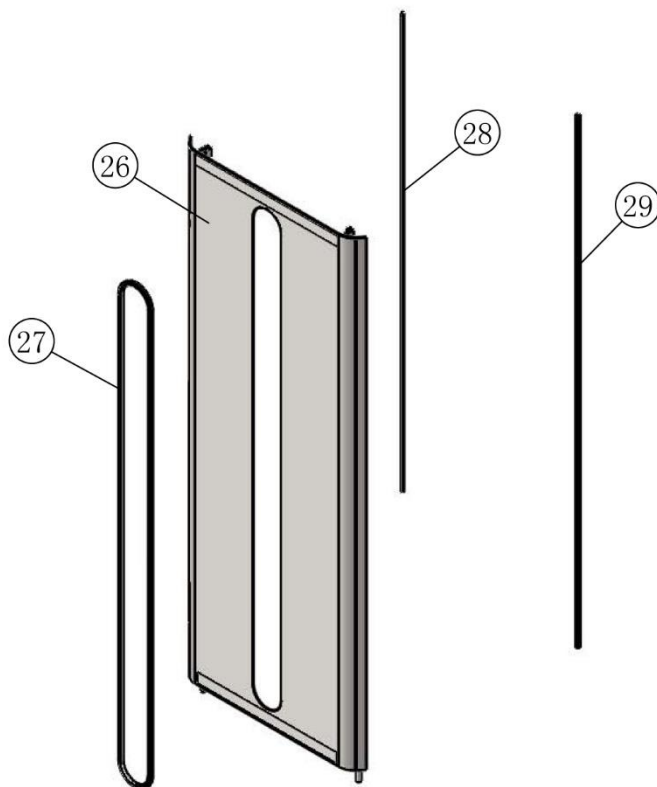
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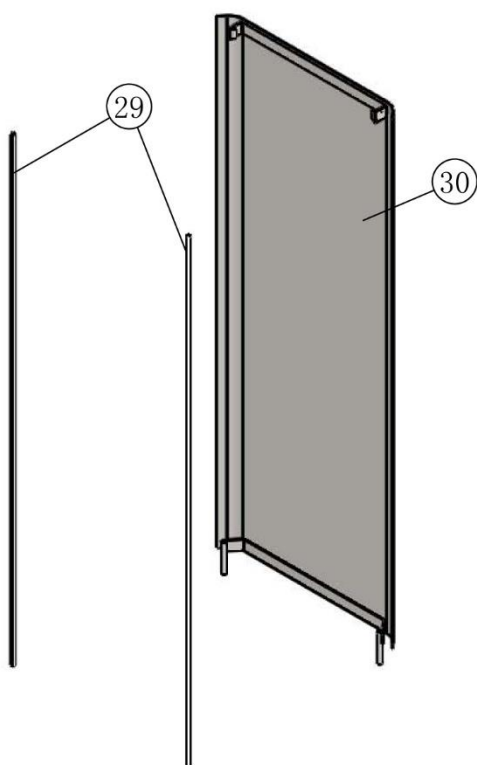
***13**



***26**

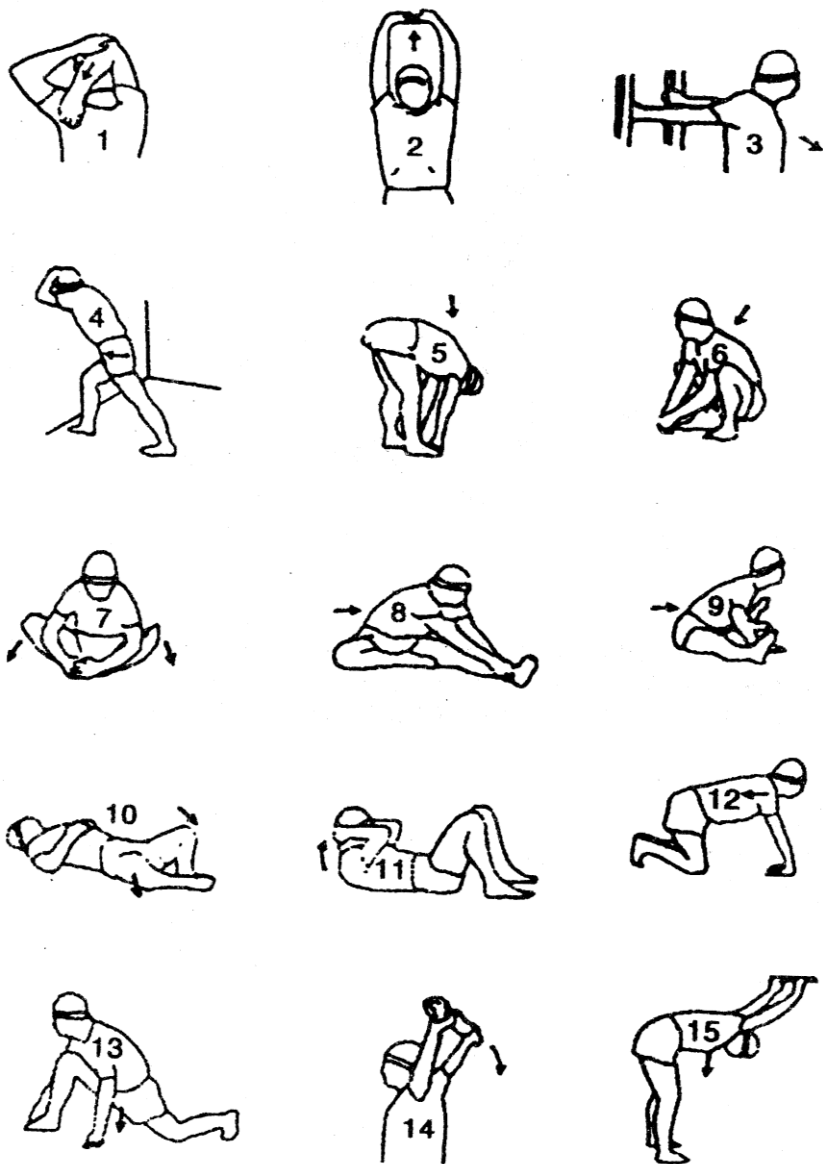


***30**



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.