

VERVE Arnold Series Tricep Press machine Owner's Manual



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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

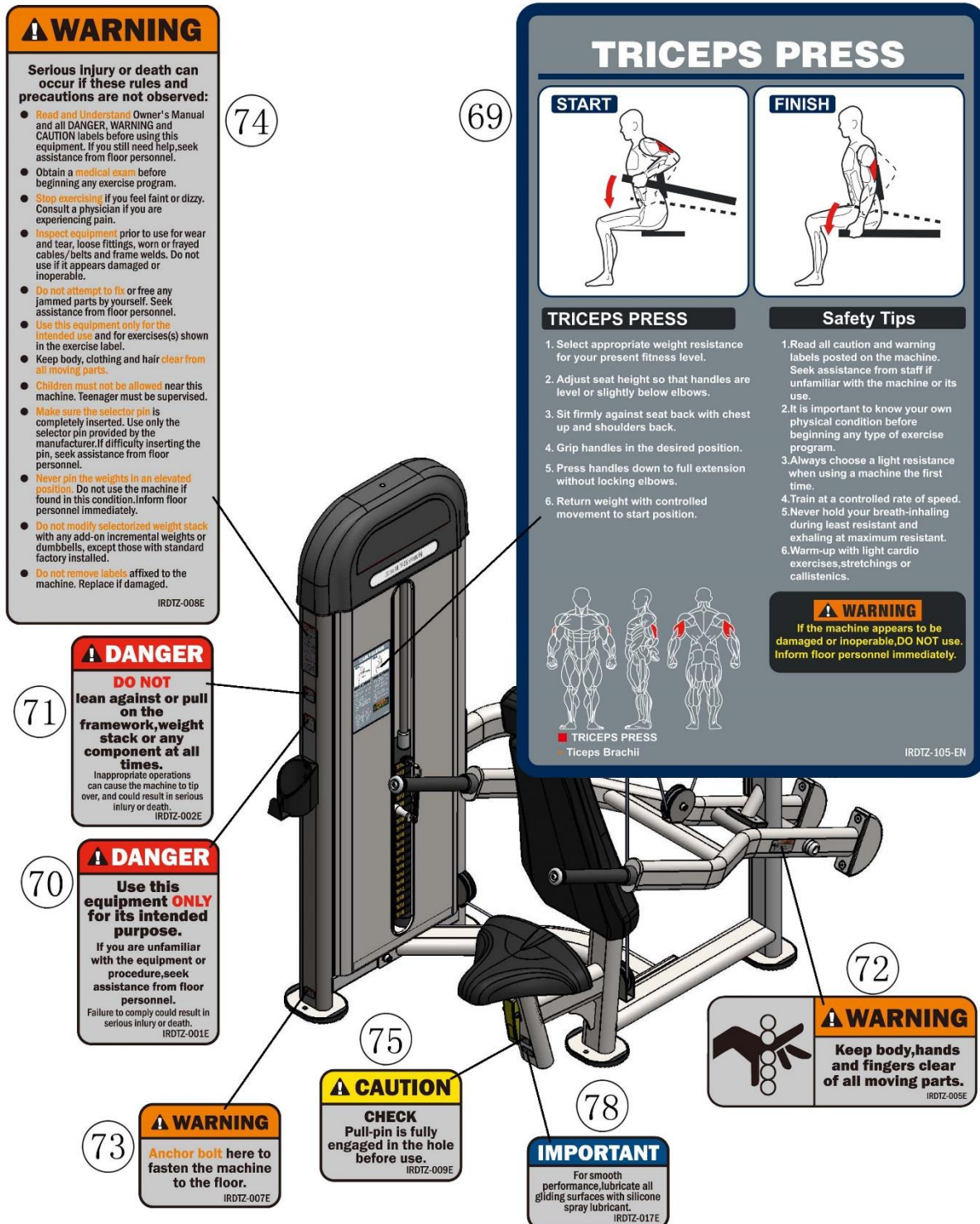
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

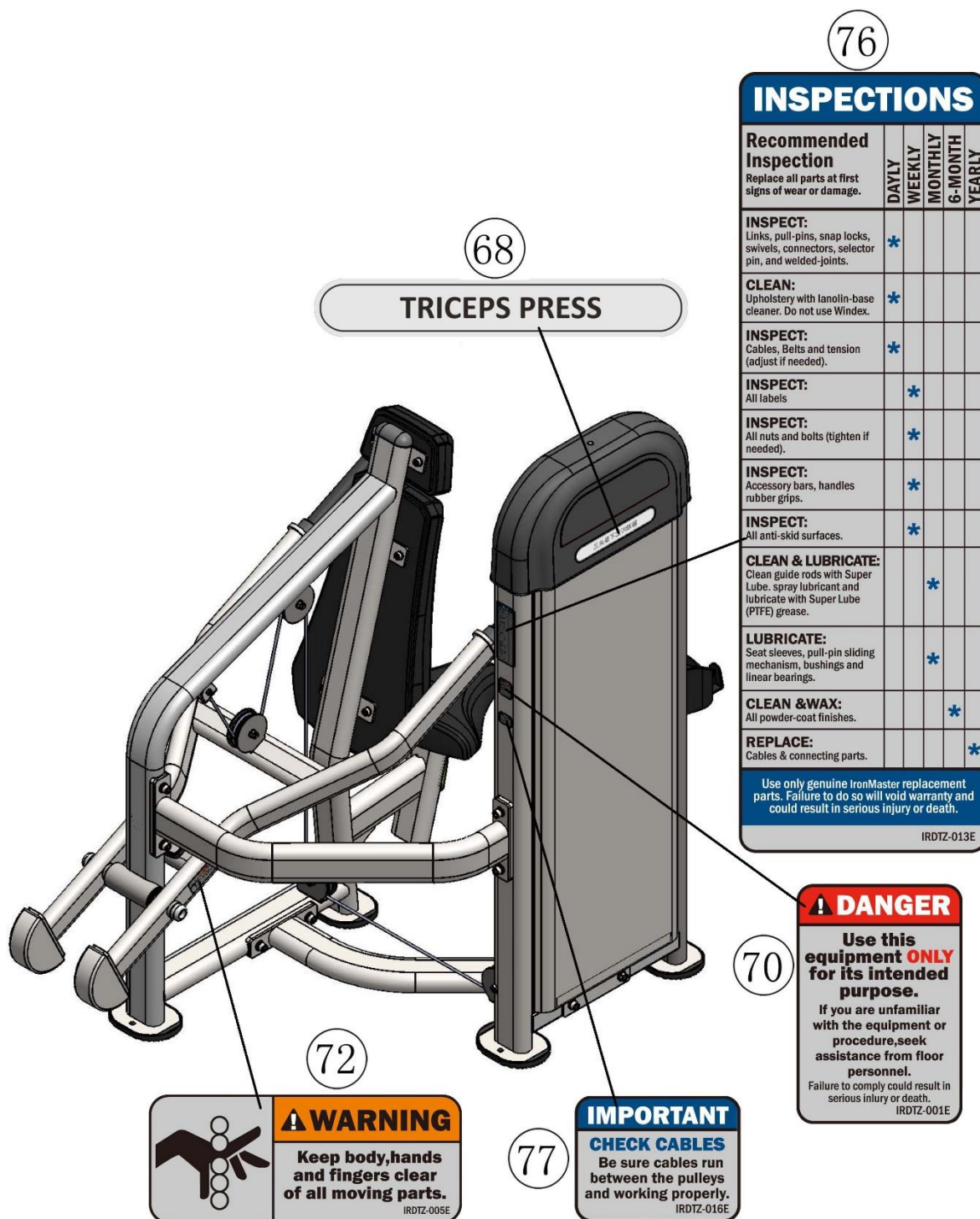
- **Maximum user weight: 150kg.**
- Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, 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





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



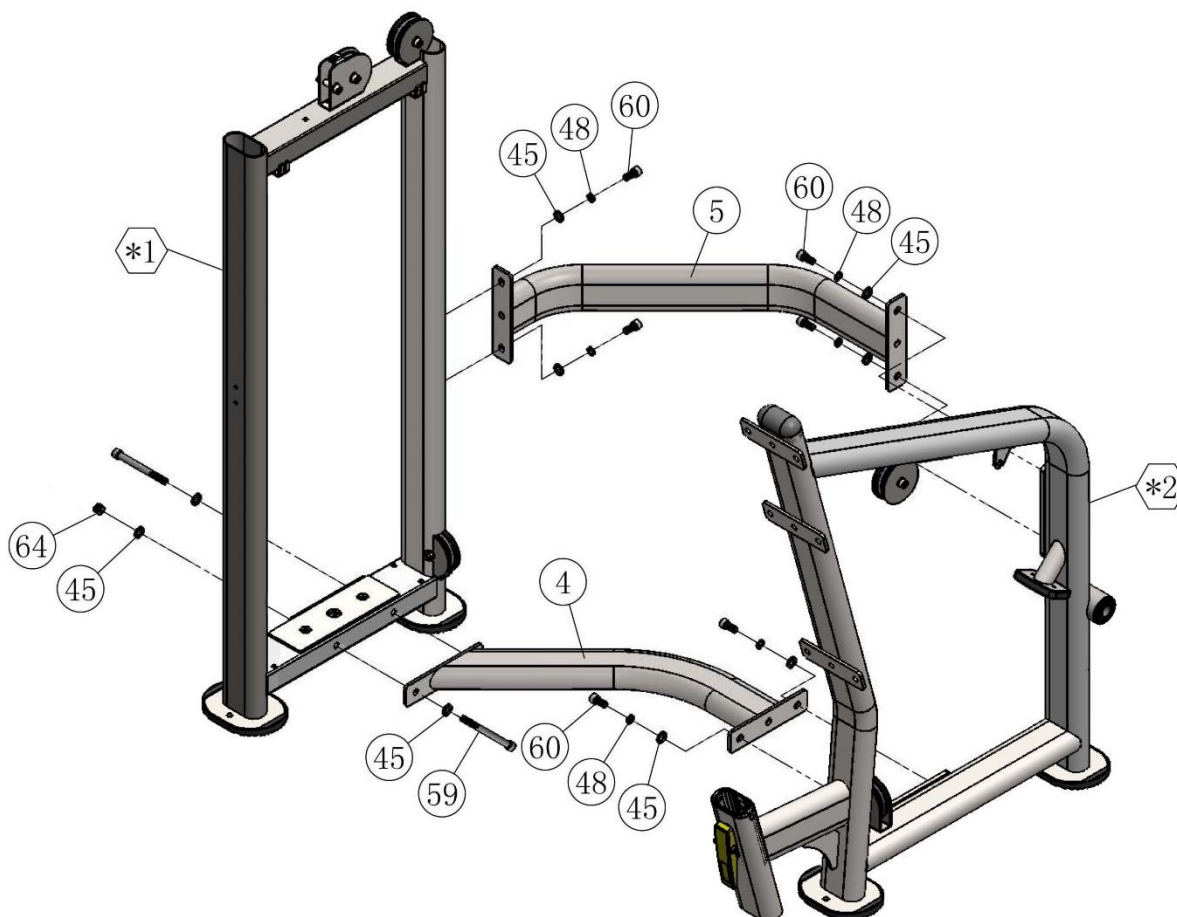
CABLE END SLIPPING OUT

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 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	48	Spring Washer Φ12	6
*2	Main Frame	1	59	Hex Recessed Round Head Screw M12*135	2
4	Bottom Cross Bracket	1	60	Hex Recessed Round Head Screw M12*25	6
5	Top Brace	1	64	Nylon Lock Nut M12	1
45	Flat Washer Φ12	9			

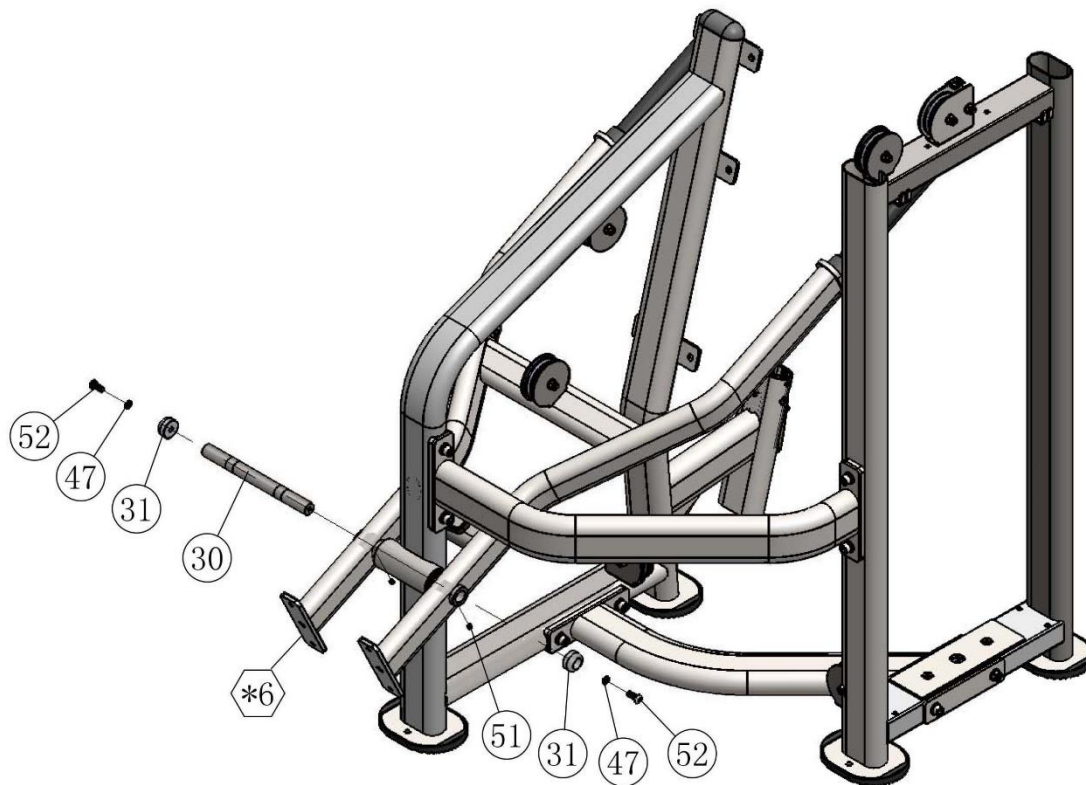


NOTE:

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

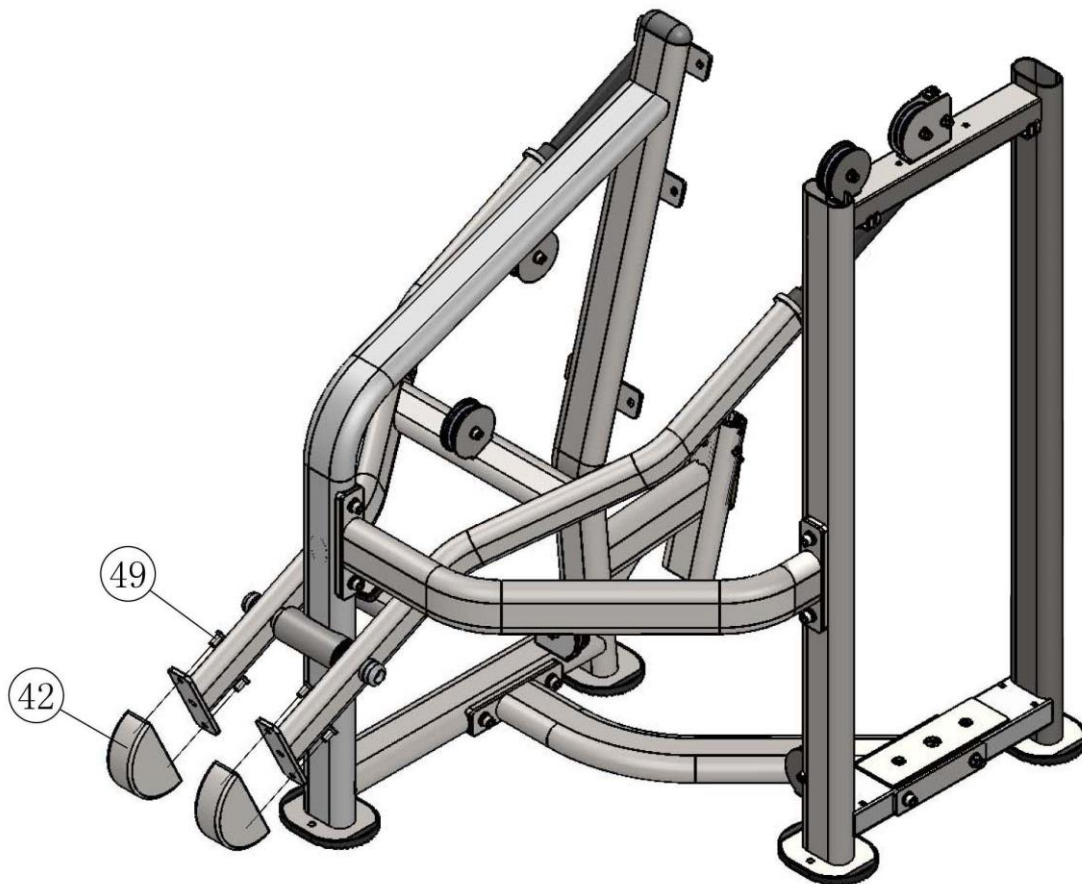
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*6	Handles	1	47	Spring Washer $\Phi 10$	2
30	Axle	1	51	Hex Socket Set Screw M8*8	2
31	Axle End Cap	2	52	Hex Recessed Flat Head Screw M10*25	2



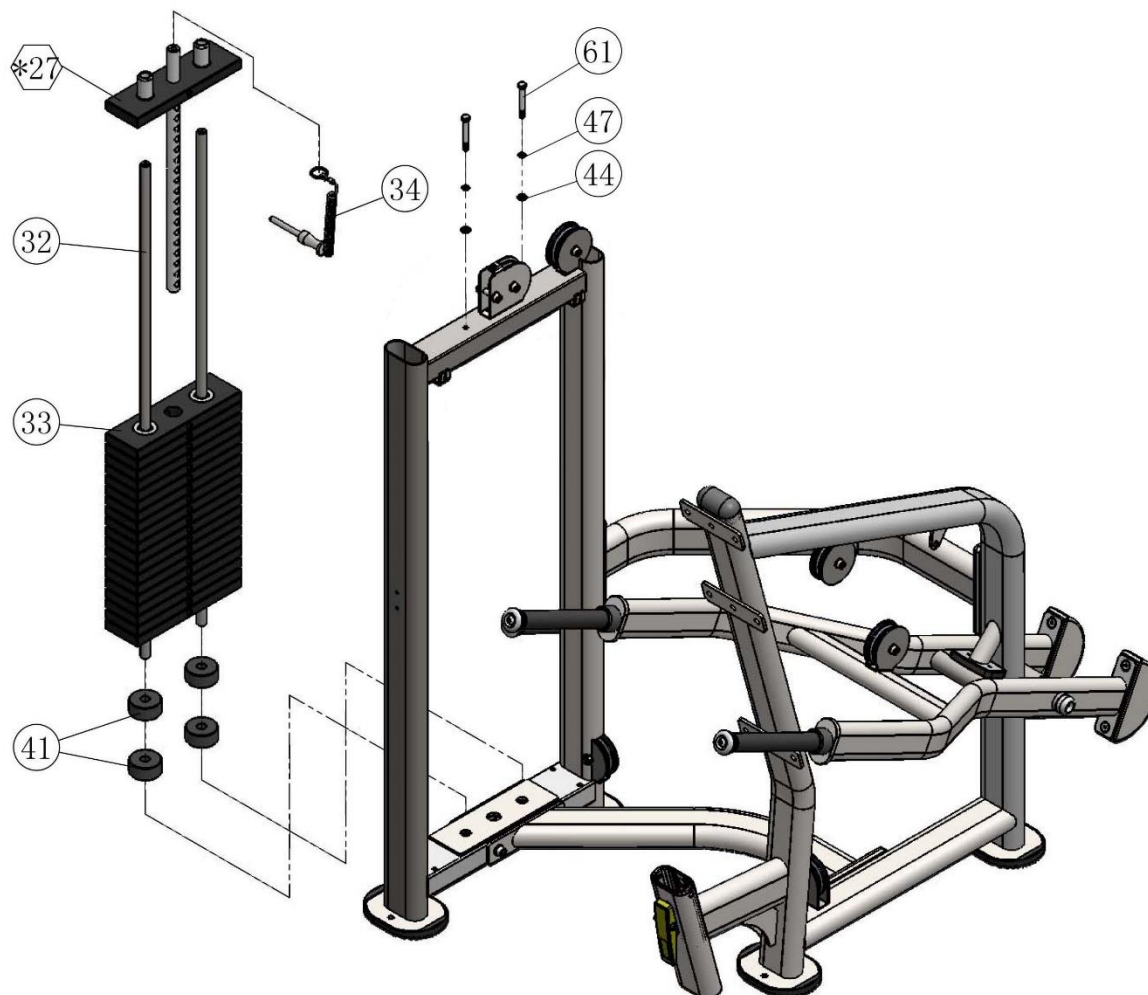
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
42	Counterbalance	2	49	Hex Socket Countersunk Head Screw M10*25	4



Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*27	Top Block	1	44	Flat Washer Φ10	2
32	Guide Rod	2	47	Spring Washer Φ10	2
33	4.5kg Weight Plate	19	61	Hex Bolt M10*75	2
34	Selector Pin	1	65	Weight Plate Label	1
41	Rubber Donut	4			

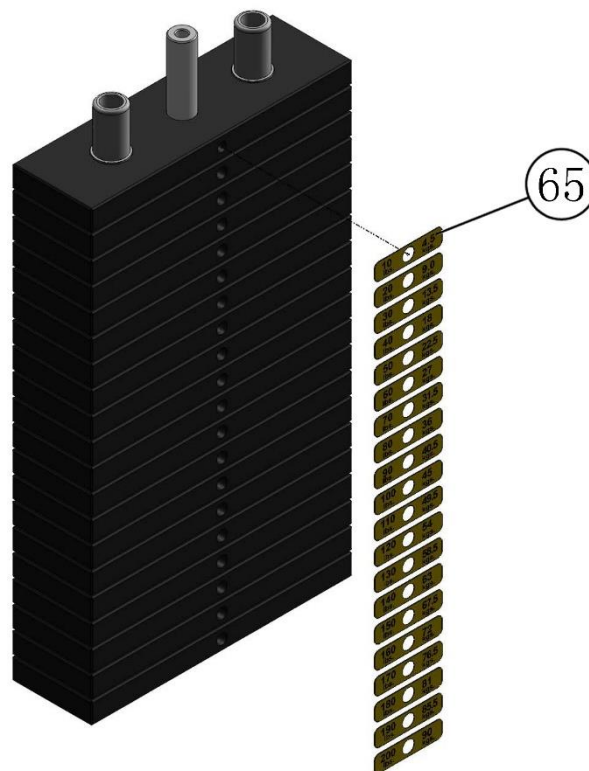


NOTE:

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 (#61-2).

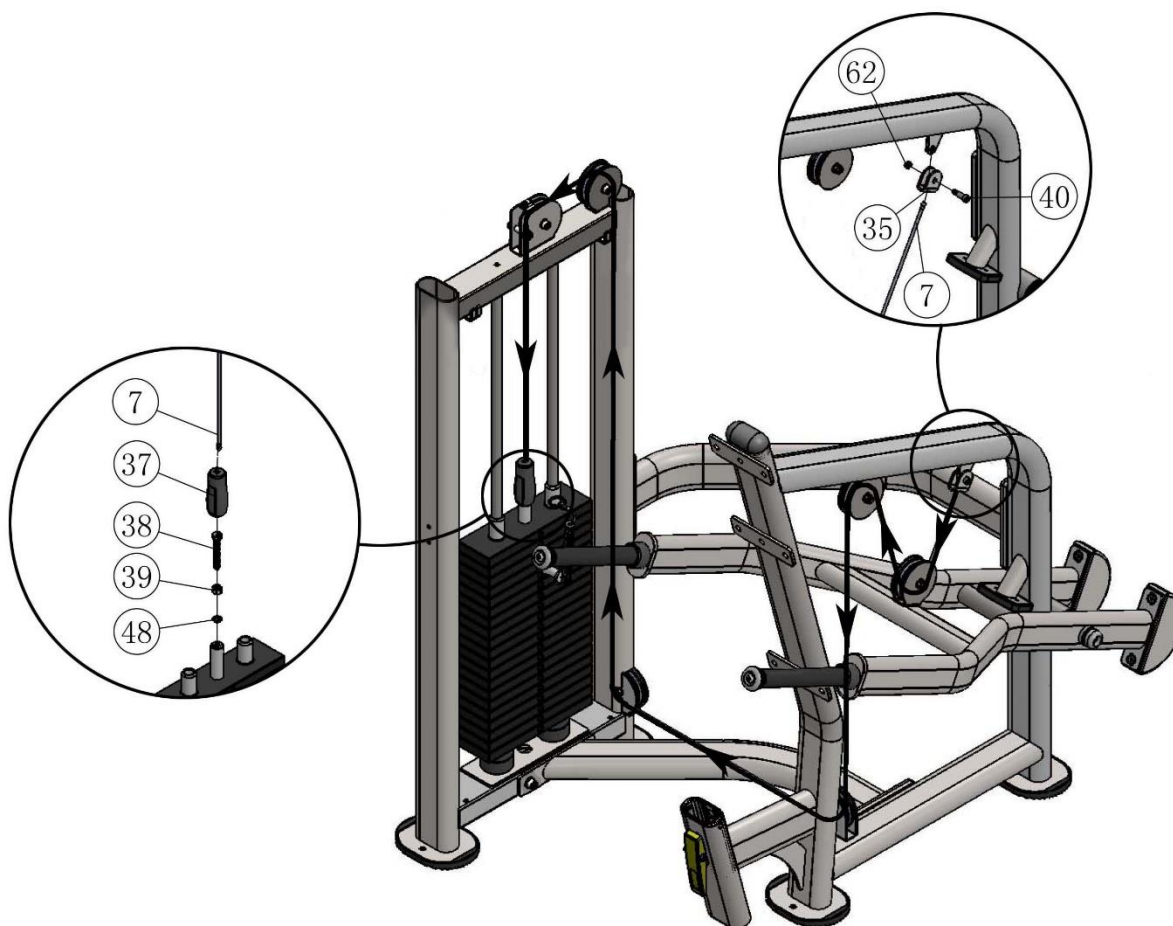
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label (#65) 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	39	Hex Nut M12	1
35	Cable Bracket	1	40	Metric Shaft Bolt	1
37	Bumper Cap	1	48	Spring Washer $\Phi 12$	1
38	Split Bolt	1	62	Nylon Lock Nut M8	1

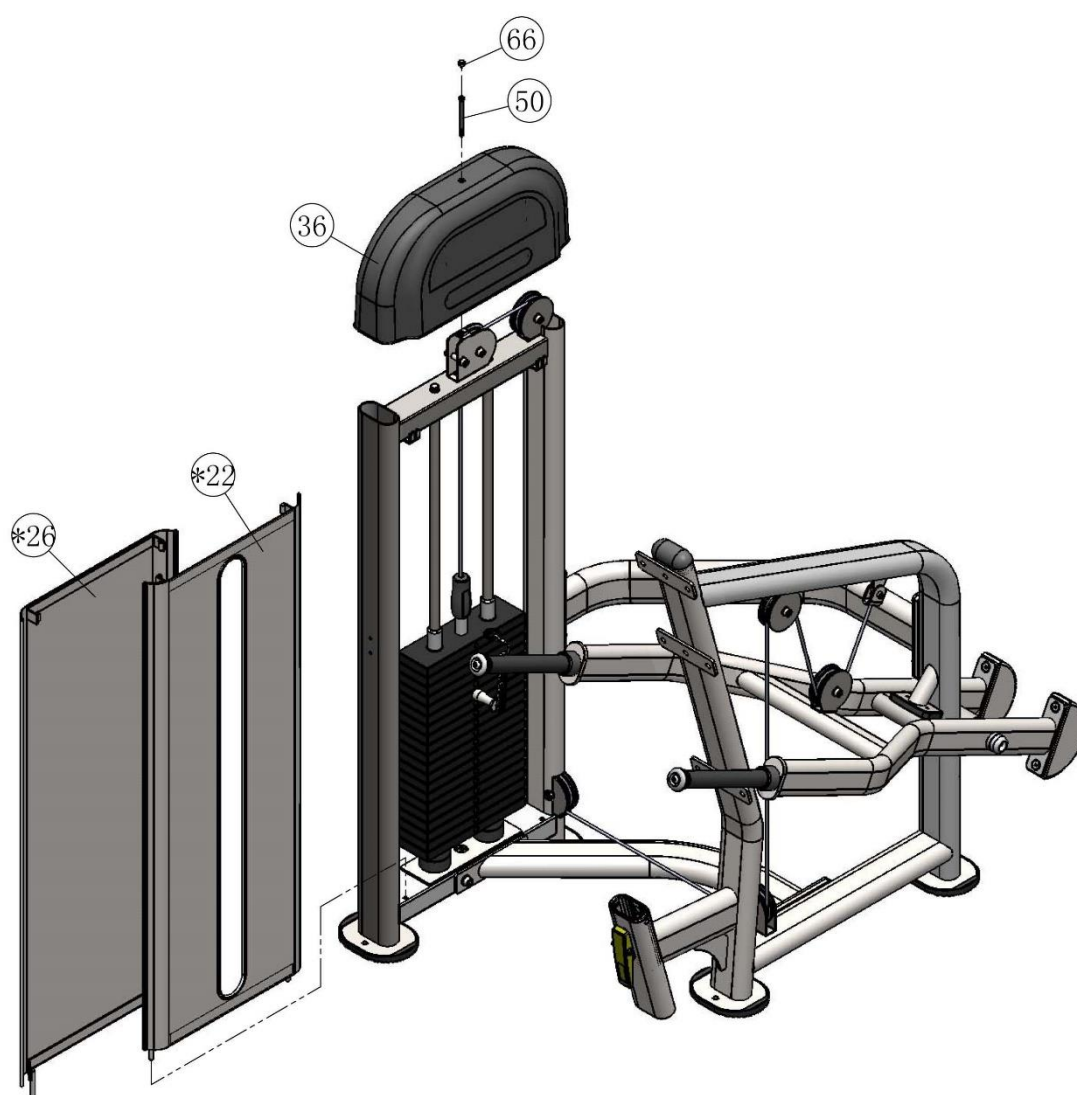


SPECIAL NOTE:

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.
*22	Weight Shield Front	1	50	Hex Recessed Round Head Screw M6*95	1
*26	Weight Shield Rear	1	66	Hole Plug	1
36	Weight Shield Top	1			

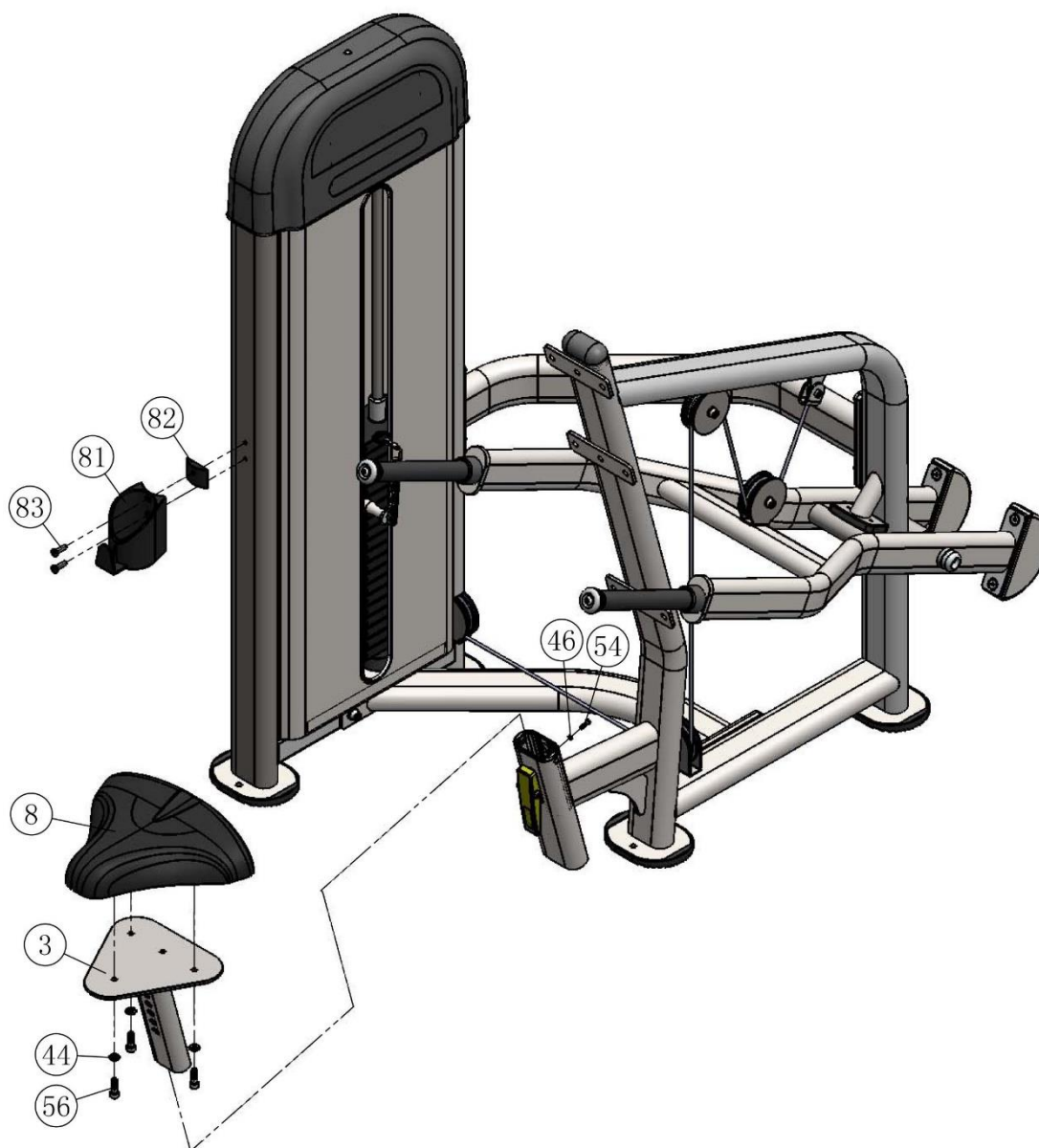


NOTE:

Please assemble Weight Shield Front & Rear (*22 & *26) first, then assemble Weight Shield Top (#36).

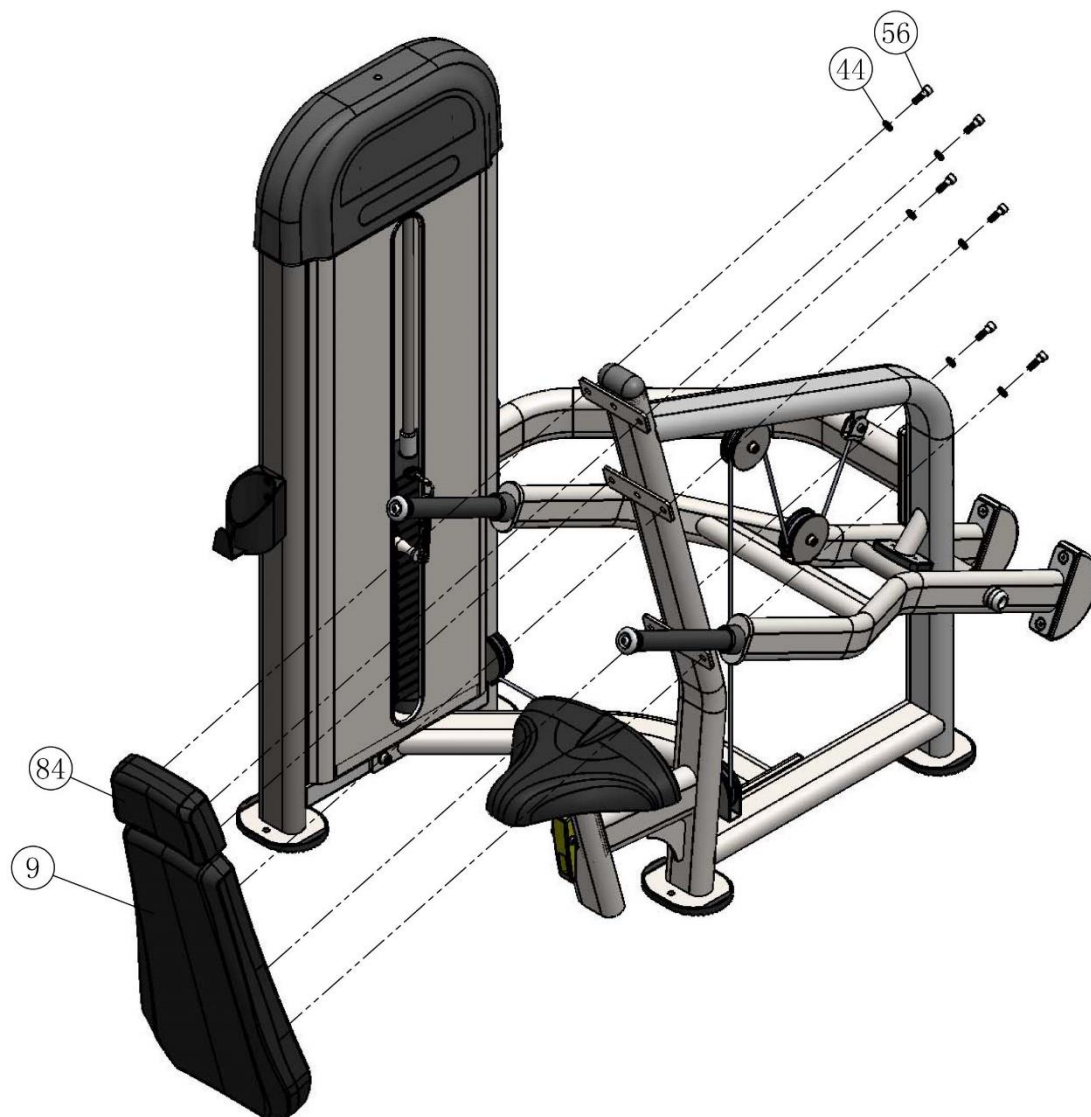
Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Adjustable Seat Pad Tube	1	56	Hex Recessed Round Head Screw M10*30	4
8	Back Pad	1	81	Bottle Cage	1
44	Flat Washer $\Phi 10$	3	82	Spacer Block	1
46	Spring Washer $\Phi 6$	1	83	Hex Recessed Countersunk Head Screw M8*30	2
54	Hex Recessed Flat Head Screw M6*20	1			



Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Seat Pad	1	56	Hex Recessed Round Head Screw M10*30	6
44	Flat Washer $\Phi 10$	6	84	Head Rest	1



Part List

Item#	Description	Qty	Item#	Description	Qty
1	Weight Stack Frame	1	27	Top Block 4.5kg	1
2	Main Frame	1	28	Selector Lever	1
3	Adjustable Seat Pad Tube	1	29	Elastic Cylindrical Pin $\phi 10 \times 65$	1
4	Bottom Cross Bracket	1	30	Axle	1
5	Top Brace	1	31	Axle End Cap	2
6	Handles	1	32	Guide Rod	2
7	Cable	1	33	4.5kg Weight Plate	19
8	Back Pad	1	34	Selector Pin	1
9	Seat Pad	1	35	Cable Bracket	1
10	Pulley	6	36	Weight Shield Top	1
11	Elliptical Rubber Shoe	4	37	Bumper Cap	1
12	Oval Tube Plastic Glide Insert	1	38	Split Bolt	1
13	Adjustable Release Handle	1	39	Hex Nut M12	1
14	Cushion	1	40	Metric Shaft Bolt	1
15	a Spring	1	41	Rubber Donut	4
16	Elliptical Plug 100*50* $\phi 2.5$	1	42	Counterbalance	2
17	T Bearing	2	43	Flat Washer $\phi 6$	2
18	Copper Bush	1	44	Flat Washer $\phi 10$	25
19	Aluminium Cap $\phi 32$	2	45	Flat Washer $\phi 12$	9
20	Grip L=280	2	46	Spring Washer $\phi 6$	1
21	Joint Sleeve $\phi 32$	2	47	Spring Washer $\phi 10$	6
22	Weight Shield Front	1	48	Spring Washer $\phi 12$	7
23	Edge Protector Chrome 1	1	49	Hex Socket Countersunk Head Screw M10*25	4
24	Edge Protector Chrome 2	1	50	Hex Recessed Round Head Screw M6*95	1
25	Edge Protector Chrome 3	3	51	Hex Socket Set Screw M8*8	2
26	Weight Shield Rear	1	52	Hex Recessed Flat Head Screw M10*25	4

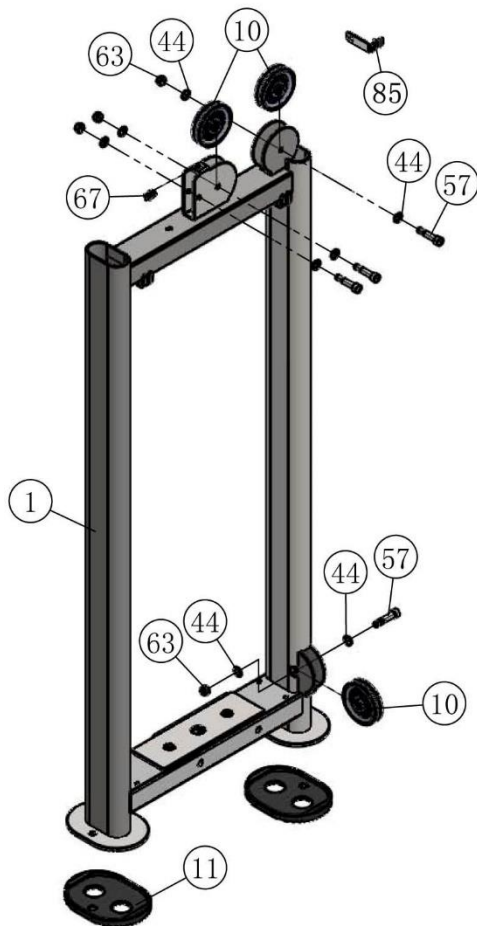
Item#	Description	Qty	Item#	Description	Qty
53	Hex Recessed Round Head Screw M8*50	1	69	LABEL-EXERCISE CHART	1
54	Hex Recessed Flat Head Screw M6*20	1	70	LABEL-DANGER(IRDTZ-001E)	2
55	Hex Recessed Flat Head Screw M6*8	4	71	LABEL-DANGER(IRDTZ-002E)	1
56	Hex Recessed Round Head Screw M10*30	9	72	LABEL-WARNING(IRDTZ-005E)	2
57	Hex Recessed Round Head Screw M10*50	7	73	LABEL-WARNING(IRDTZ-007E)	1
58	Flat Washer Φ8	2	74	LABEL-WARNING(IRDTZ-008E)	1
59	Hex Recessed Round Head Screw M12*135	2	75	LABEL-CAUTION(IRDTZ-009E)	1
60	Hex Recessed Round Head Screw M12*25	6	76	LABEL-INSPECTIONS	1
61	Hex Bolt M10*75	2	77	LABEL-CHECK CABLES	1
62	Nylon Lock Nut M8	2	78	LABEL-IMPORTANT(IRDTZ-017E)	1
63	Nylon Lock Nut M10	7	81	Bottle Cage	1
64	Nylon Lock Nut M12	1	82	Spacer Block	1
65	Weight Plate Label	1	83	Hex Recessed Countersunk Head Screw M8*30	2
66	Hole Plug	1	84	Head Rest	1
67	Cage Nut	1	85	L Plate	1
68	LABEL-TRICEPS PRESS	2			

Pre-assembled Components Part List

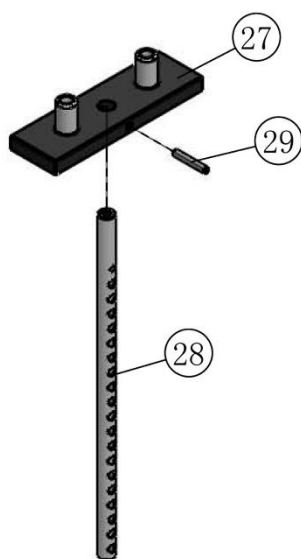
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*22	Weight Shield Front	1
*2	Main Frame	1	*26	Weight Shield Rear	1
*6	Handles	1	*27	Top Block	1

Pre-assembled Components

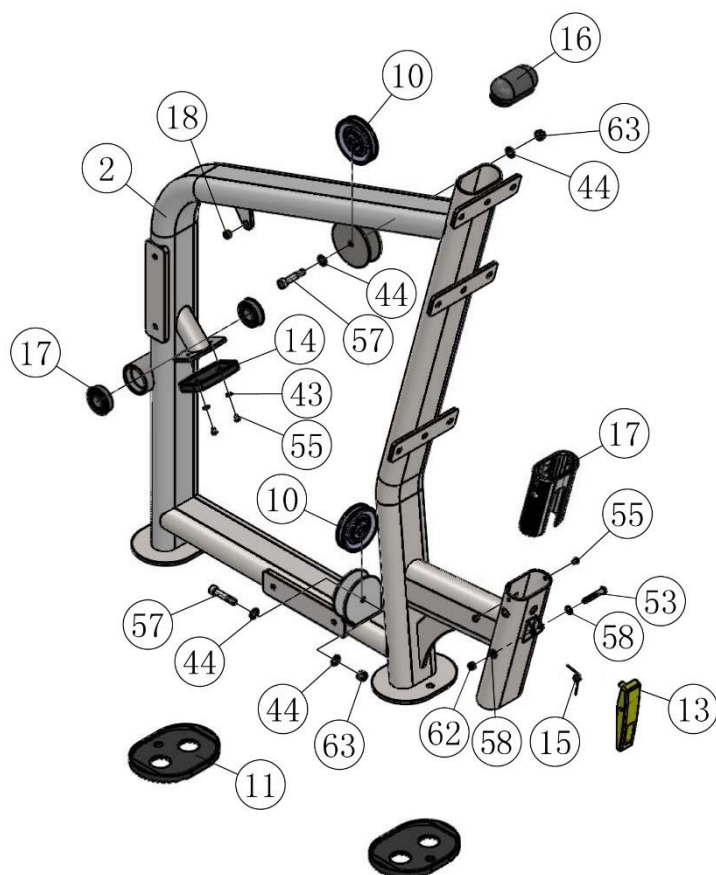
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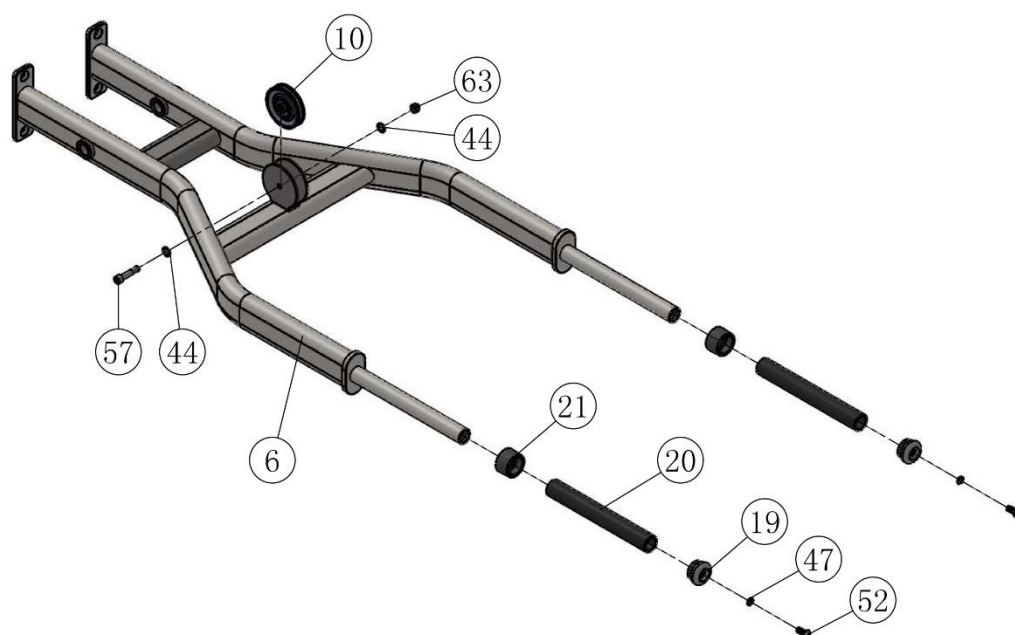
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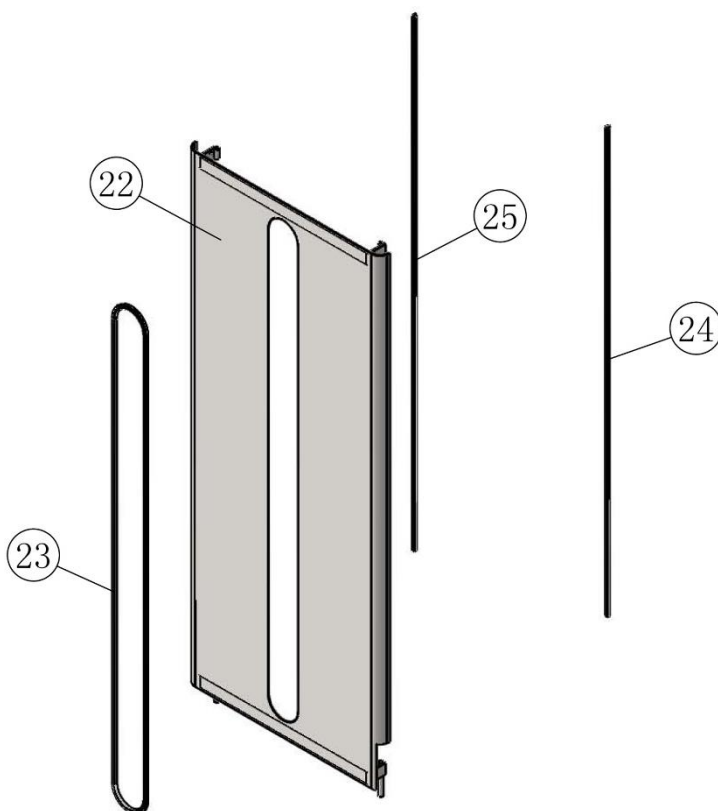
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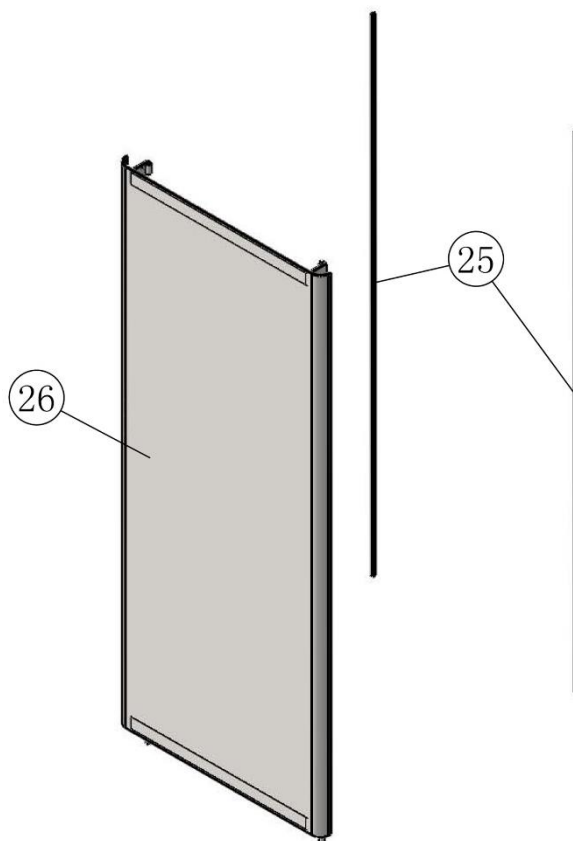
***6**



***22**



***26**



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.