

VERVE Arnold Series Leg Press Machine Owner's Manual

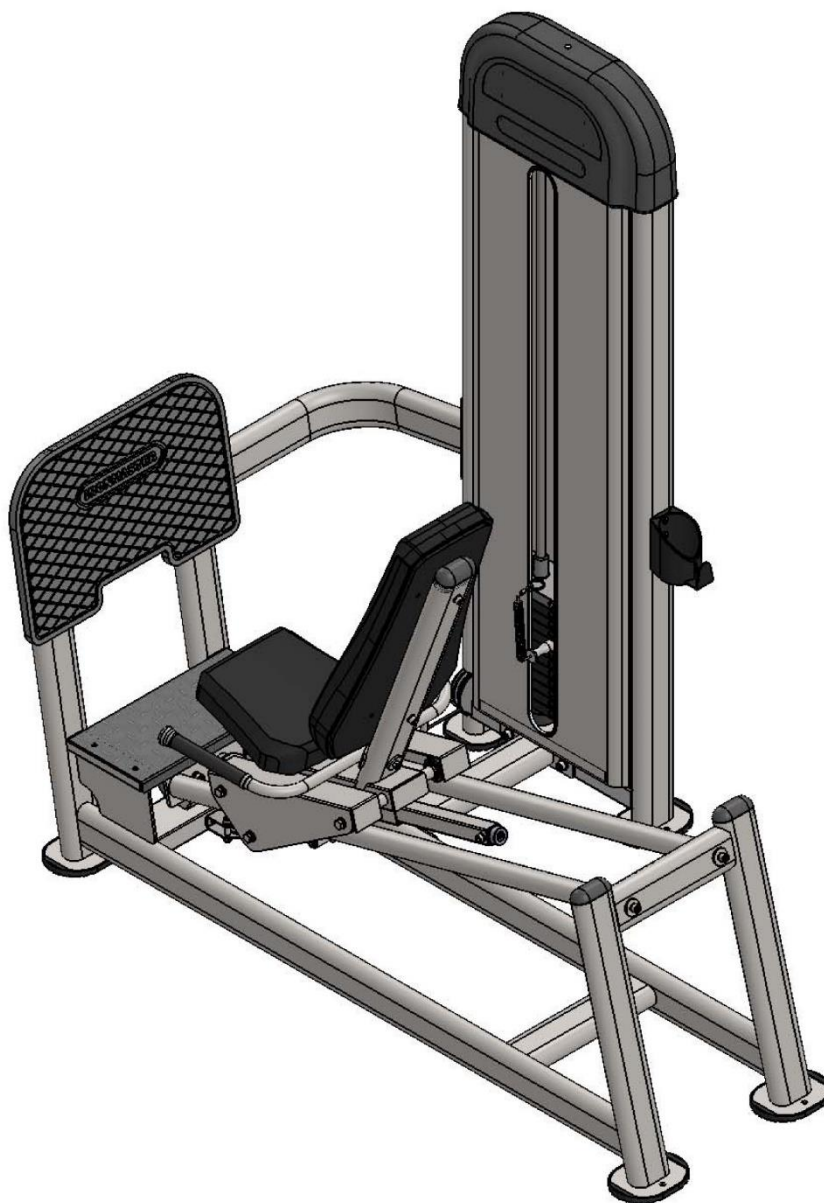


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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

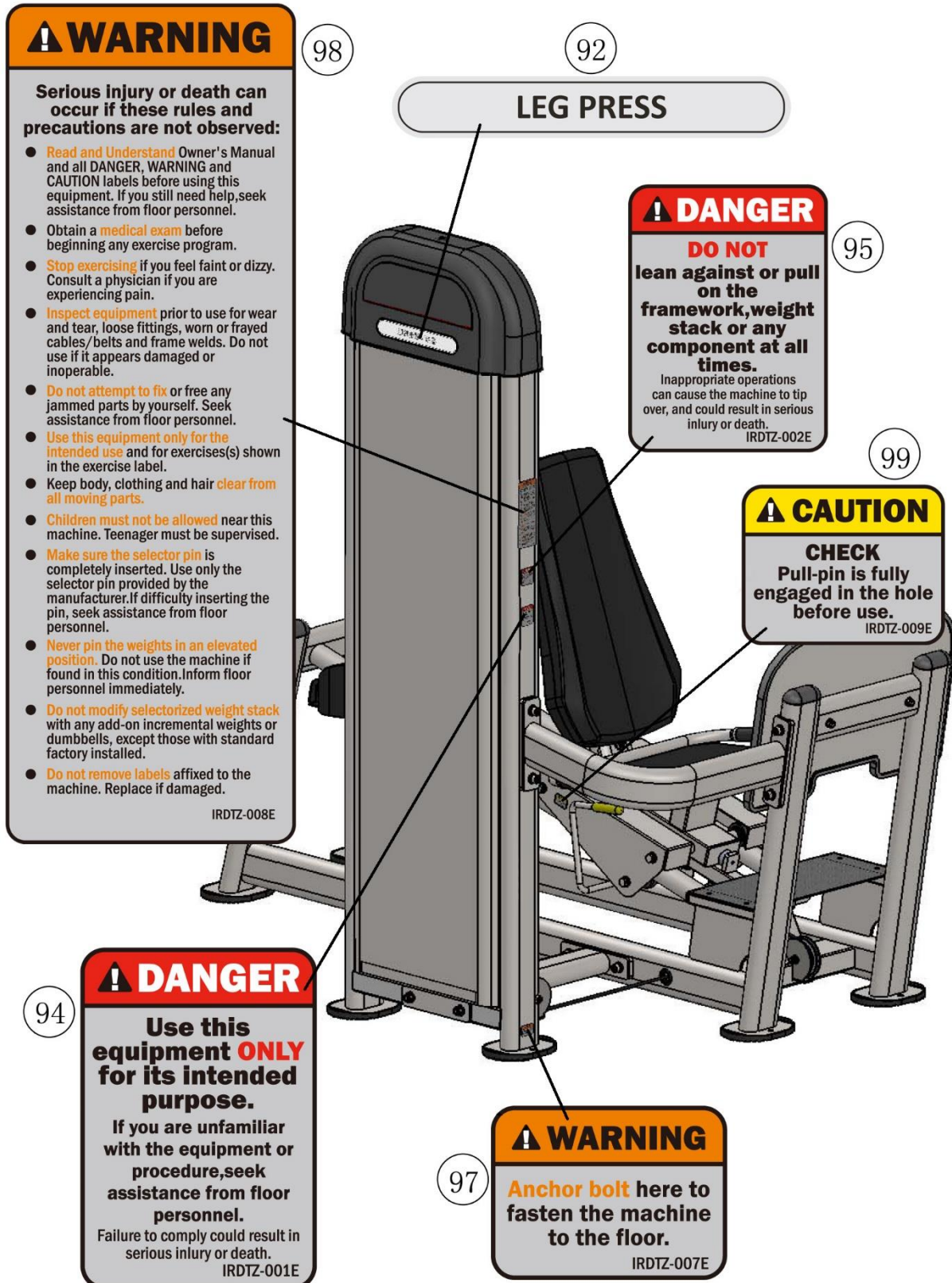
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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



LEG PRESS

START

FINISH

LEG PRESS

- Select appropriate weight resistance for your present fitness level.
- Adjust start position of about 90° at the knees.
- Place feet on foot plate shoulder width apart and grip handles.
- Slowly extend legs until knees are slightly bent, keeping lower back and hips against back pad at all times.
Tip: Regardless of foot position, keep knees lined up over toes during exercise.
- Return weight with controlled movement to start position.

LEG PRESS
■ Quadriceps Femoris, Gluteus Maximus, Hamstrings

IRDTZ-106-EN

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.

⚠ WARNING

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

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INSPECTIONS

Recommended Inspection
Replace all parts at first signs of wear or damage.

	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
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.					*

IRDTZ-013E

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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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IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.
IRDTZ-016E

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⚠ WARNING

Keep body, hands and fingers clear of all moving parts.
IRDTZ-005E

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IMPORTANT

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.
IRDTZ-017E

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



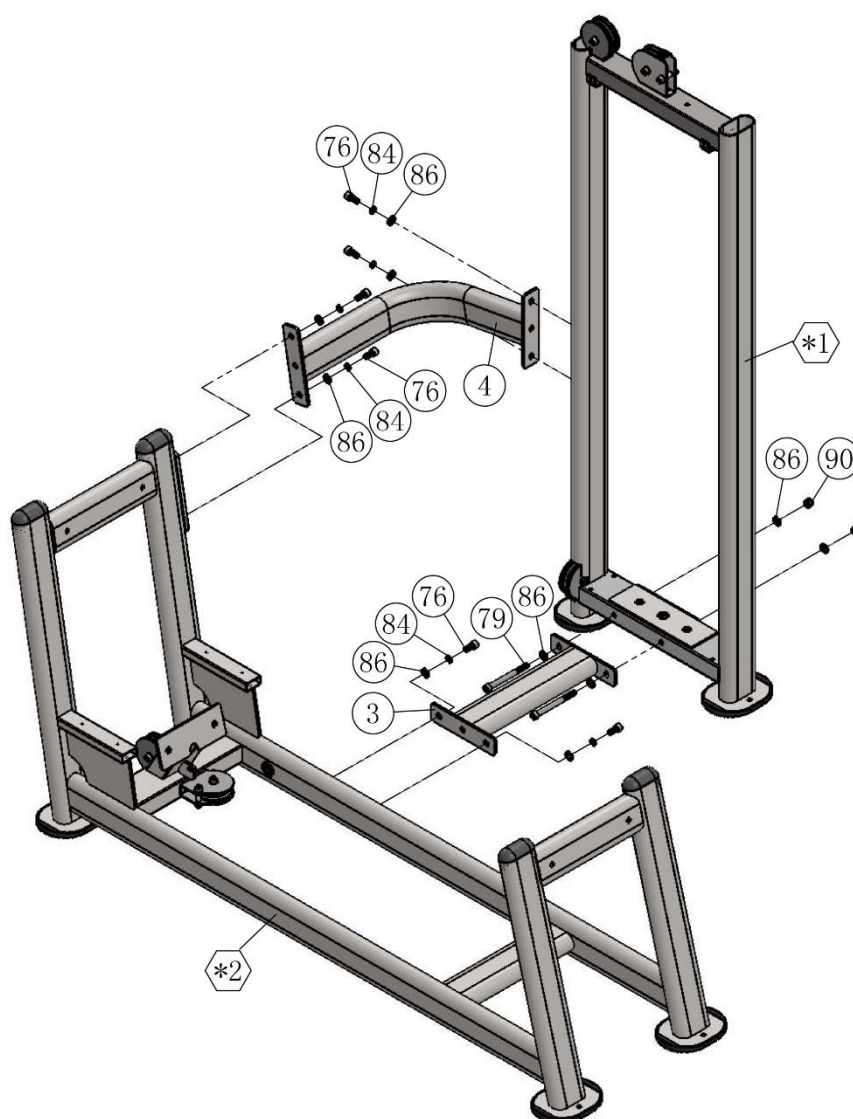
CABLE END SLIPPING OUT

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	79	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	84	Spring Washer $\Phi 12$	6
3	Bottom Cross Bracket	1	86	Flat Washer $\Phi 12$	10
4	Top Brace	1	90	Nylon Lock Nut M12	2
76	Hex Recessed Round Head Screw M12*25	6			

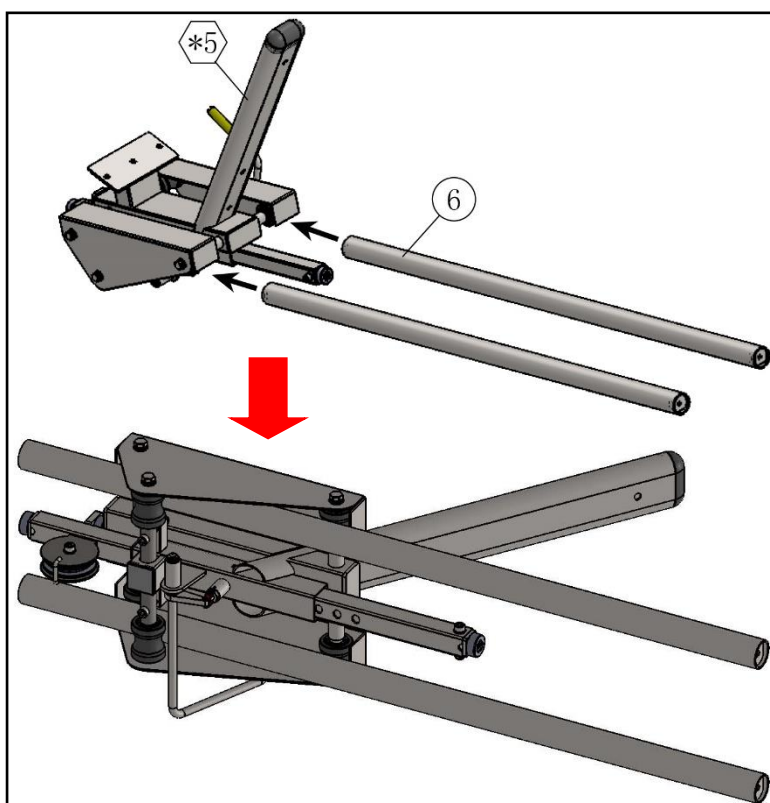


SPECIAL NOTE:

- 1.The placement of Bottom Cross Bracket (#3) as shown in figure A.
2. It is strongly recommended that 2 people participate in the assembly of this unit.

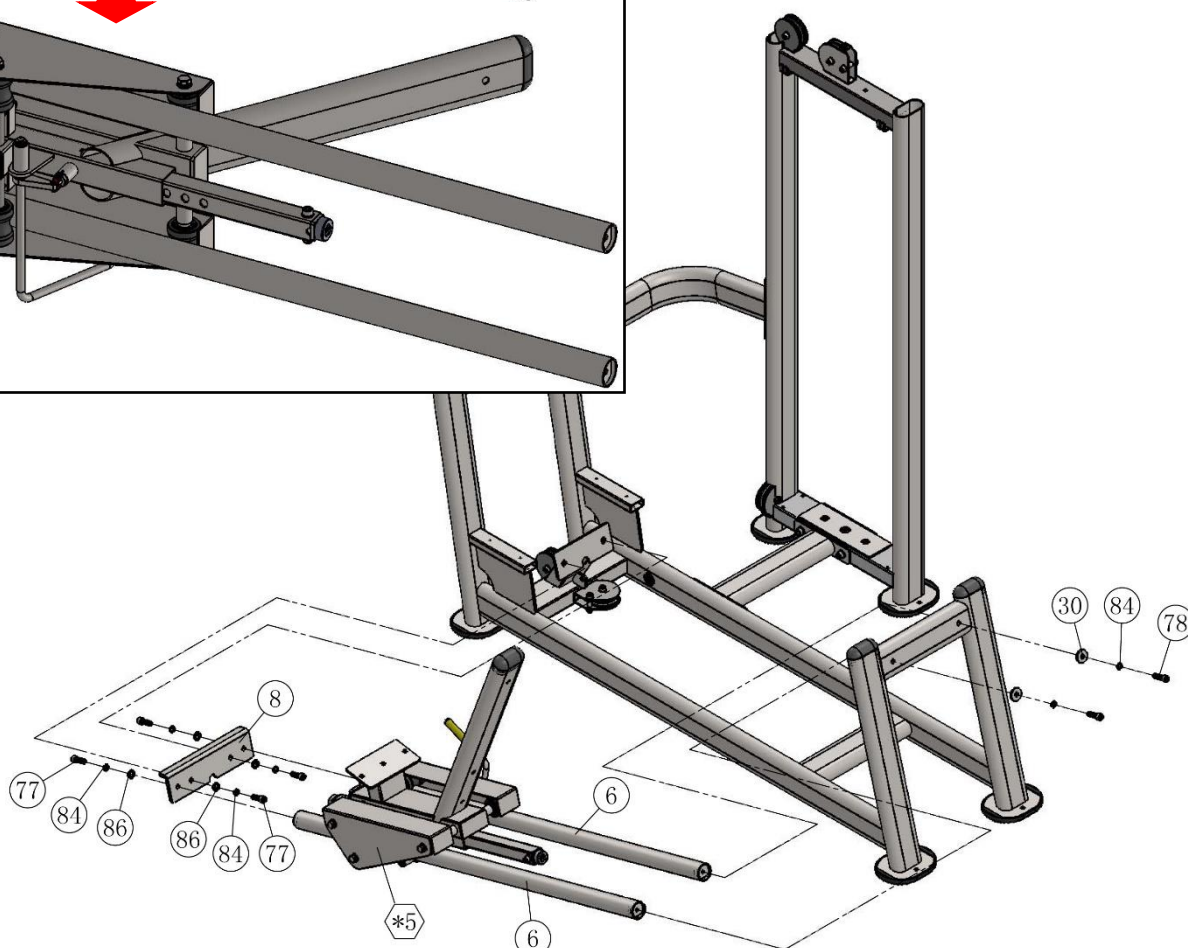
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Carriage	1	77	Hex Recessed Round Head Screw M12*35	4
6	Linear Shaft	2	78	Hex Recessed Round Head Screw M12*40	2
8	Front Plate	1	84	Spring Washer $\phi 12$	6
30	Big Washer $\phi 12$	2	86	Flat Washer $\phi 12$	4



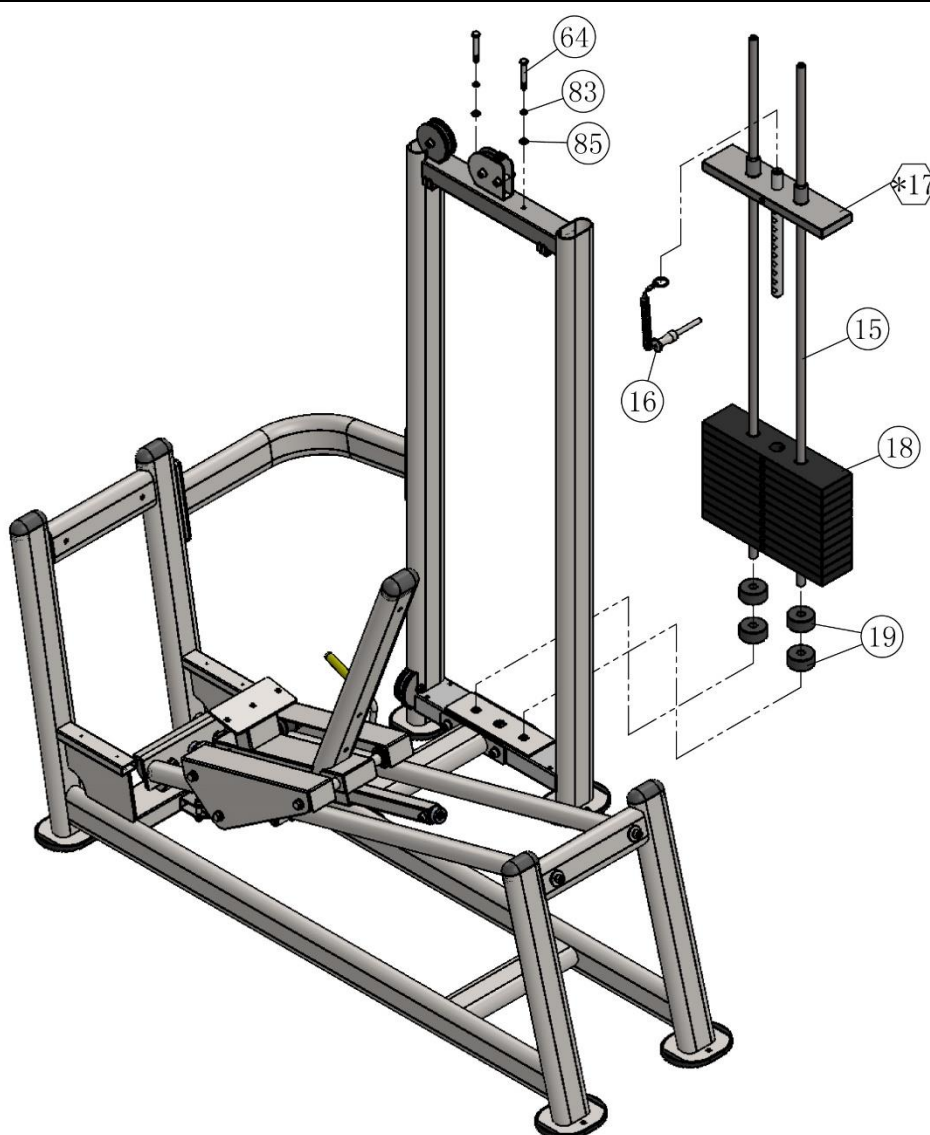
NOTE:

Please assemble Seat Pad Frame (#*5) and Lead Rail (#6x2) first, as shown in figure B.



Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*17	Top Block	1	64	Hex Bolt M10*75	2
15	Guide Rod	2	83	Spring Washer $\Phi 10$	2
16	Selector Pin	1	85	Flat Washer $\Phi 10$	2
18	7.5kg Weight Plate	11	91	Weight Plate Label	1
19	Rubber Donut	4			

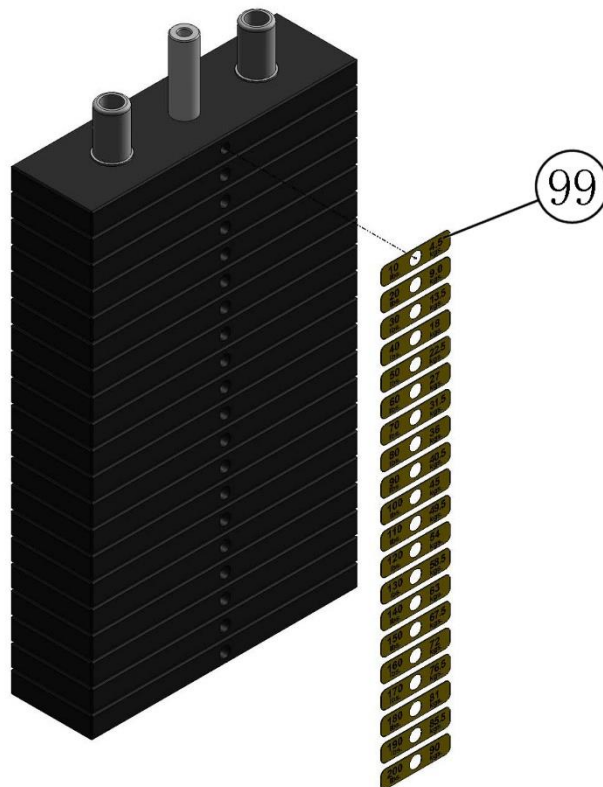


NOTE:

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 C first, then assemble Hex Bolt M10*75 (#64-2).

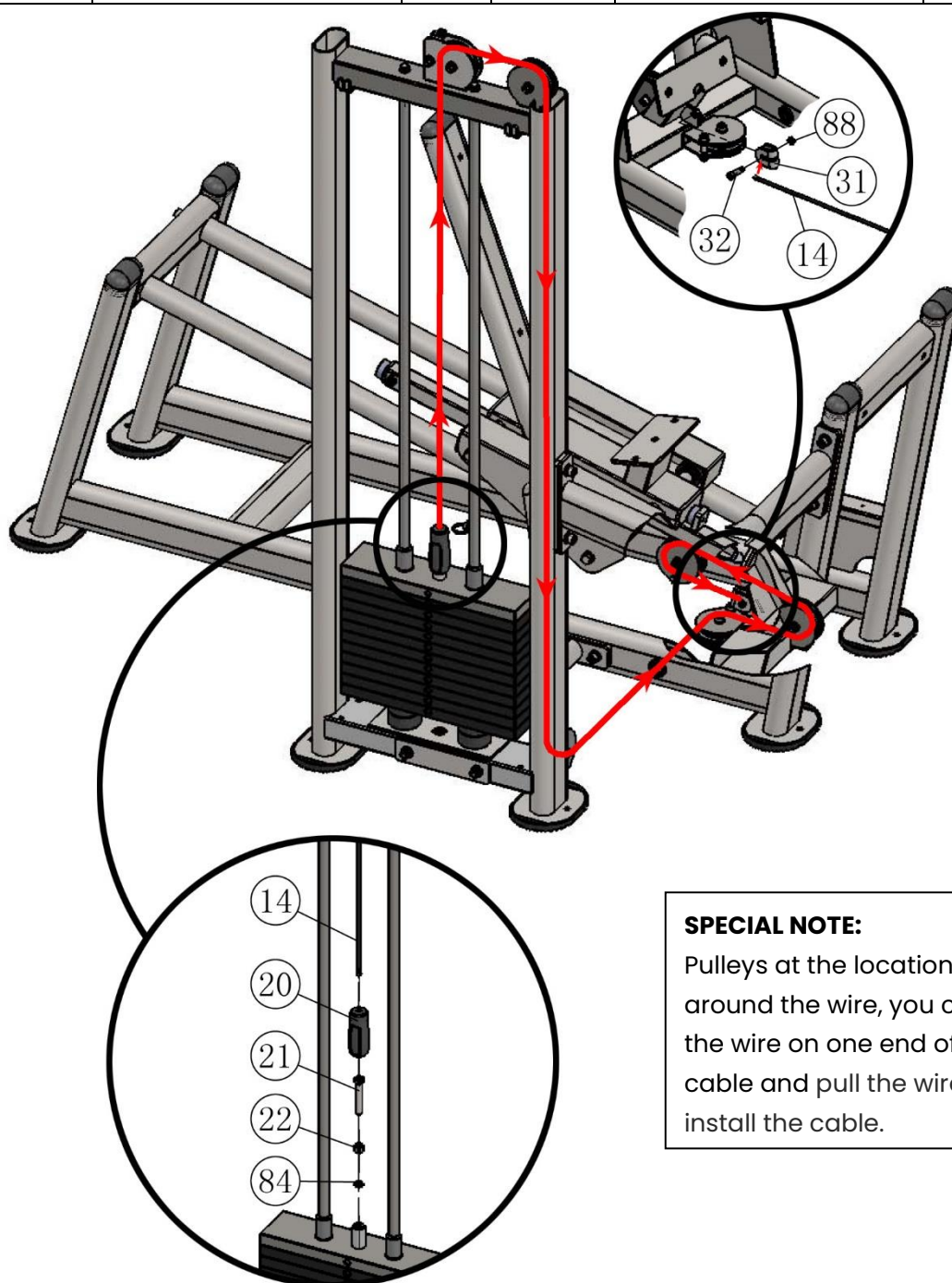
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#99) 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.
14	Cable	1	31	Cable Bracket	1
20	Bumper Cap	1	32	Metric Shaft Bolt	1
21	Hex Split Bolt	1	84	Spring Washer $\Phi 12$	1
22	Hex Nut M12	1	88	Nylon Lock Nut M8	1

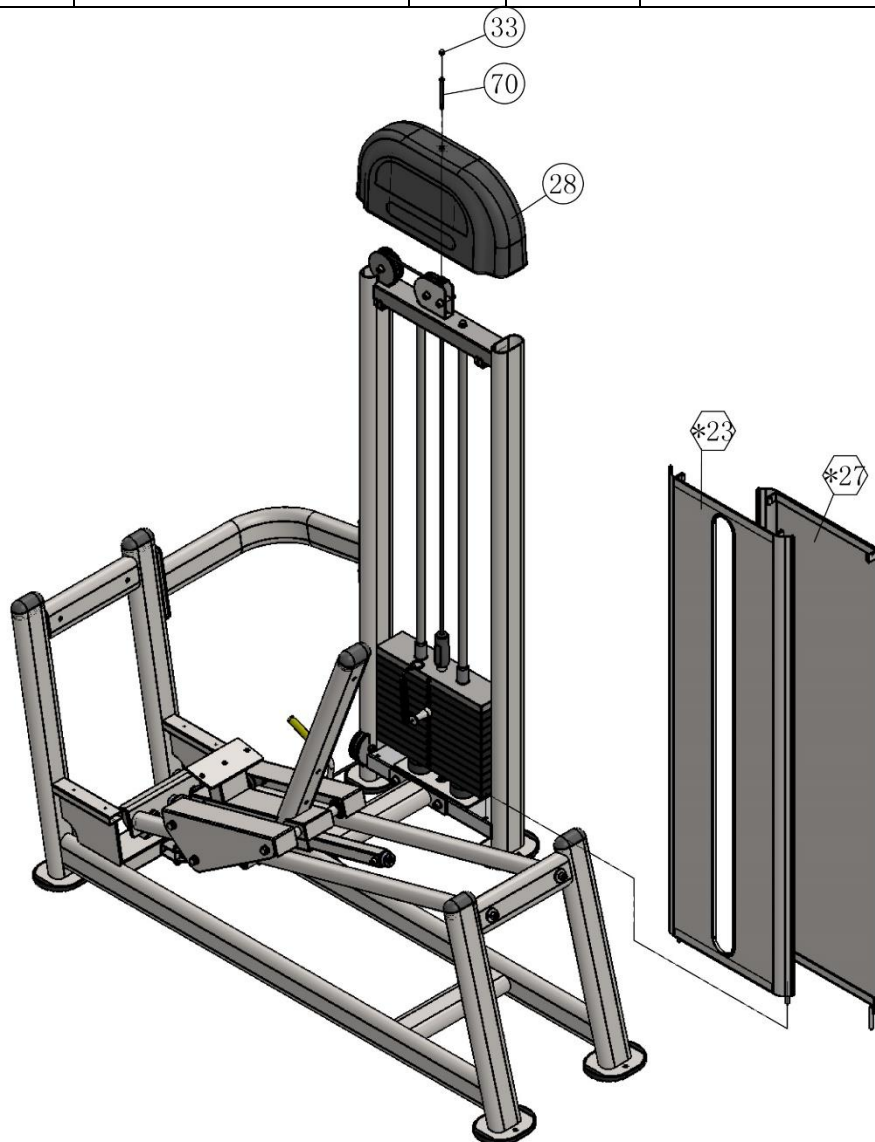


SPECIAL NOTE:

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 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*23	Weight Shield Front	1	33	Hole Plug	1
*27	Weight Shield Rear	1	70	Hex Recessed Round Head Screw M6*95	1
28	Weight Shield Top	1			

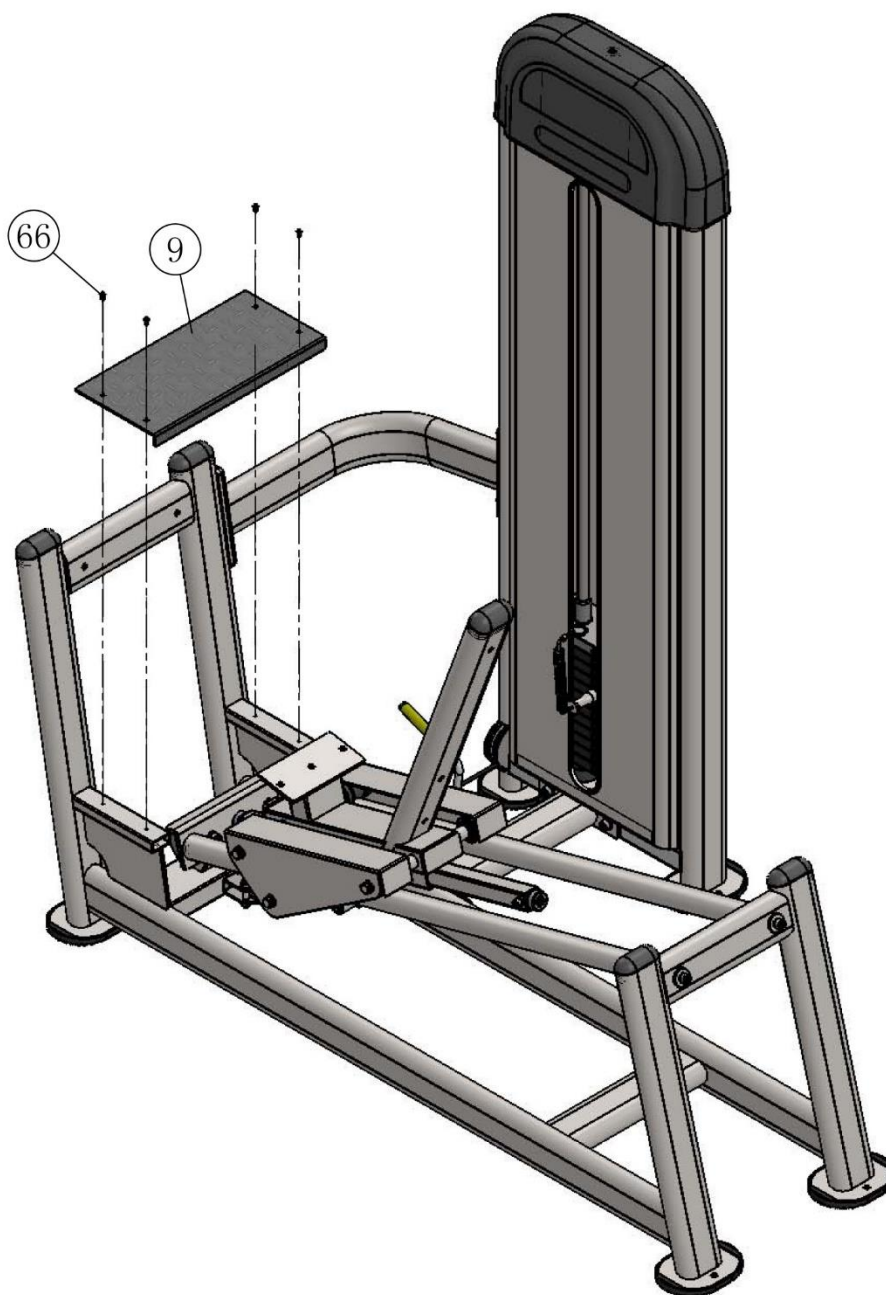


NOTE:

Please assemble Weight Shield Front & Rear (*23 & *27) first, then assemble Weight Shield Top (#28).

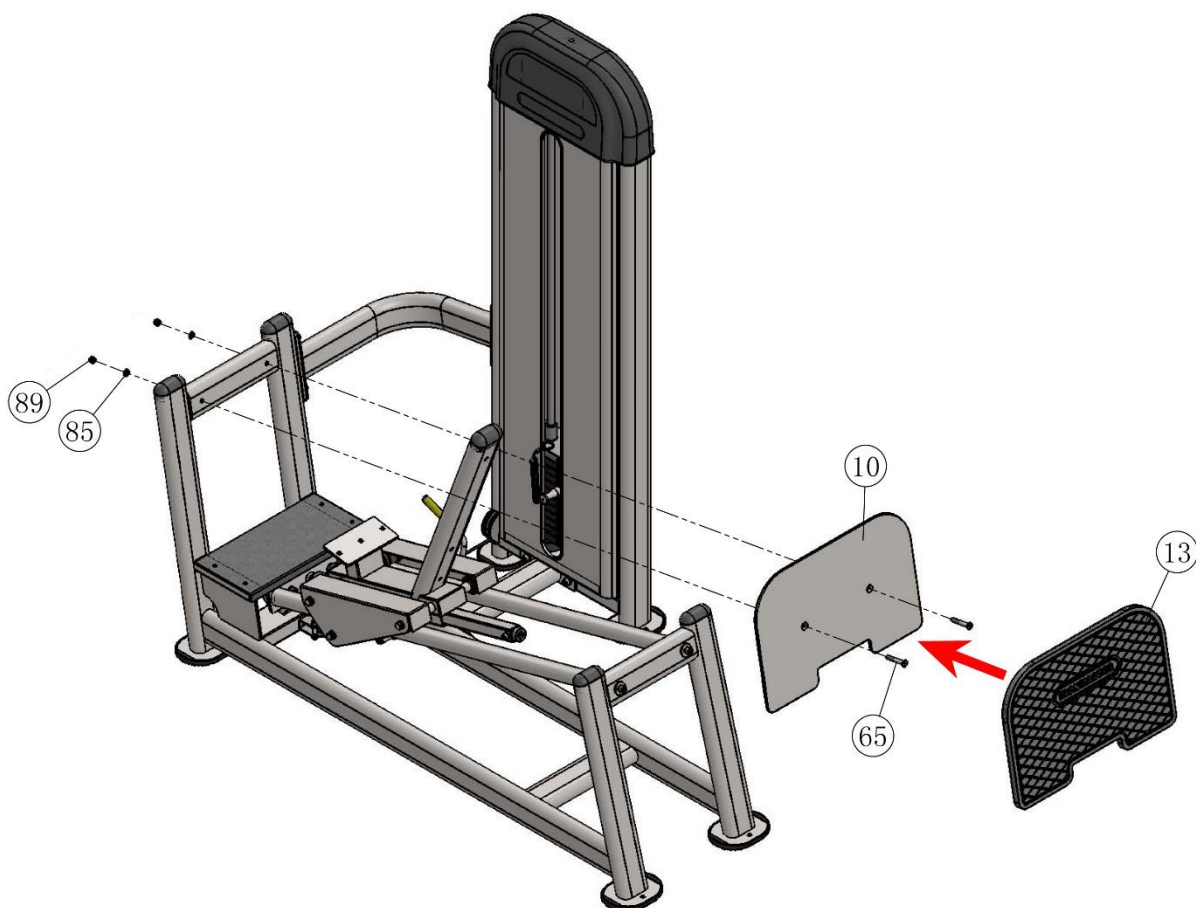
Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Pedal	1	66	Hex Recessed Countersunk Head Screw M5*10	4



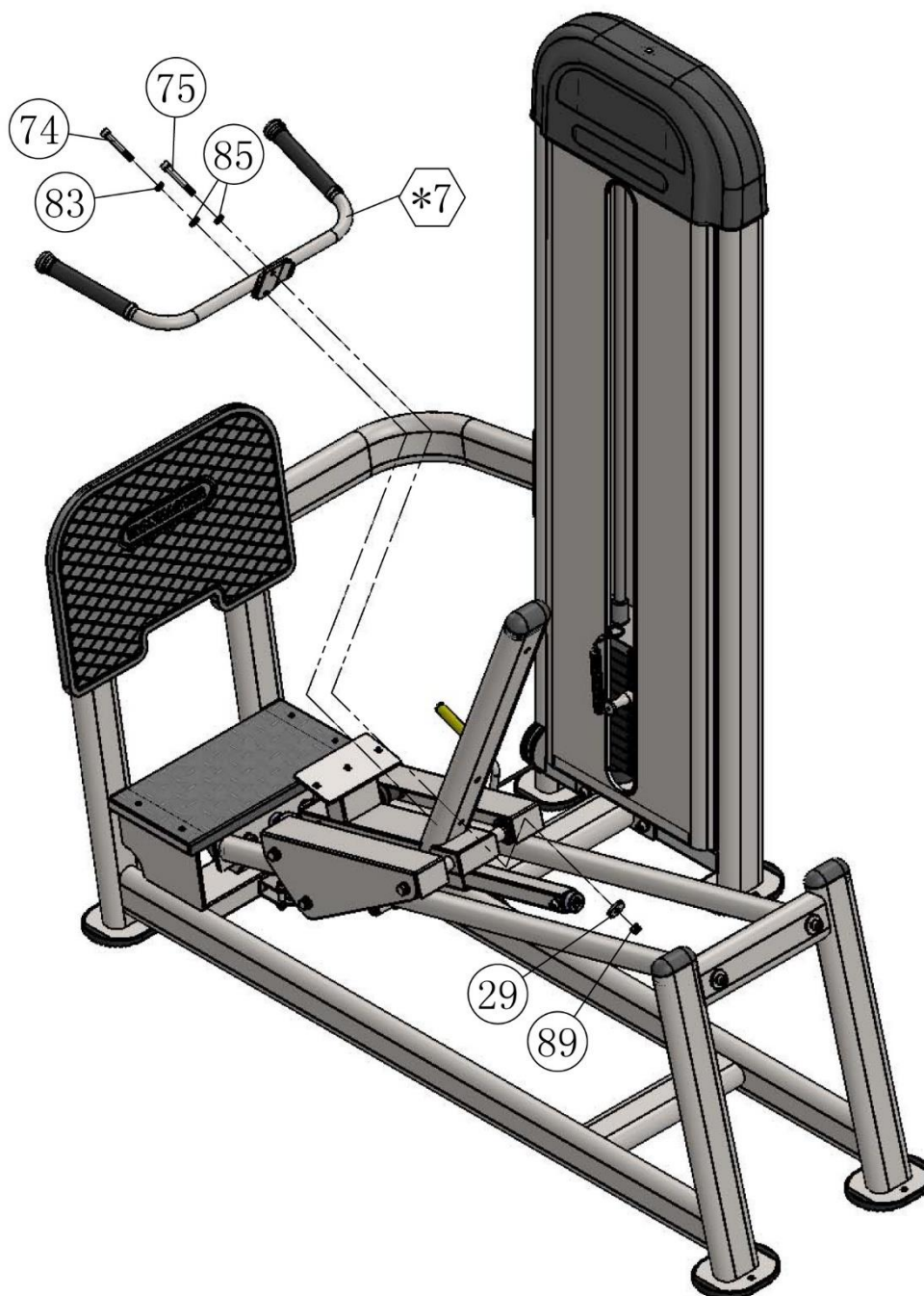
Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Foot Plate	1	85	Flat Washer $\Phi 10$	2
13	Rubber Foot Plate Cover	1	89	Nylon Lock Nut M10	2
65	Hex Recessed Countersunk Head Screw M10*70	2			



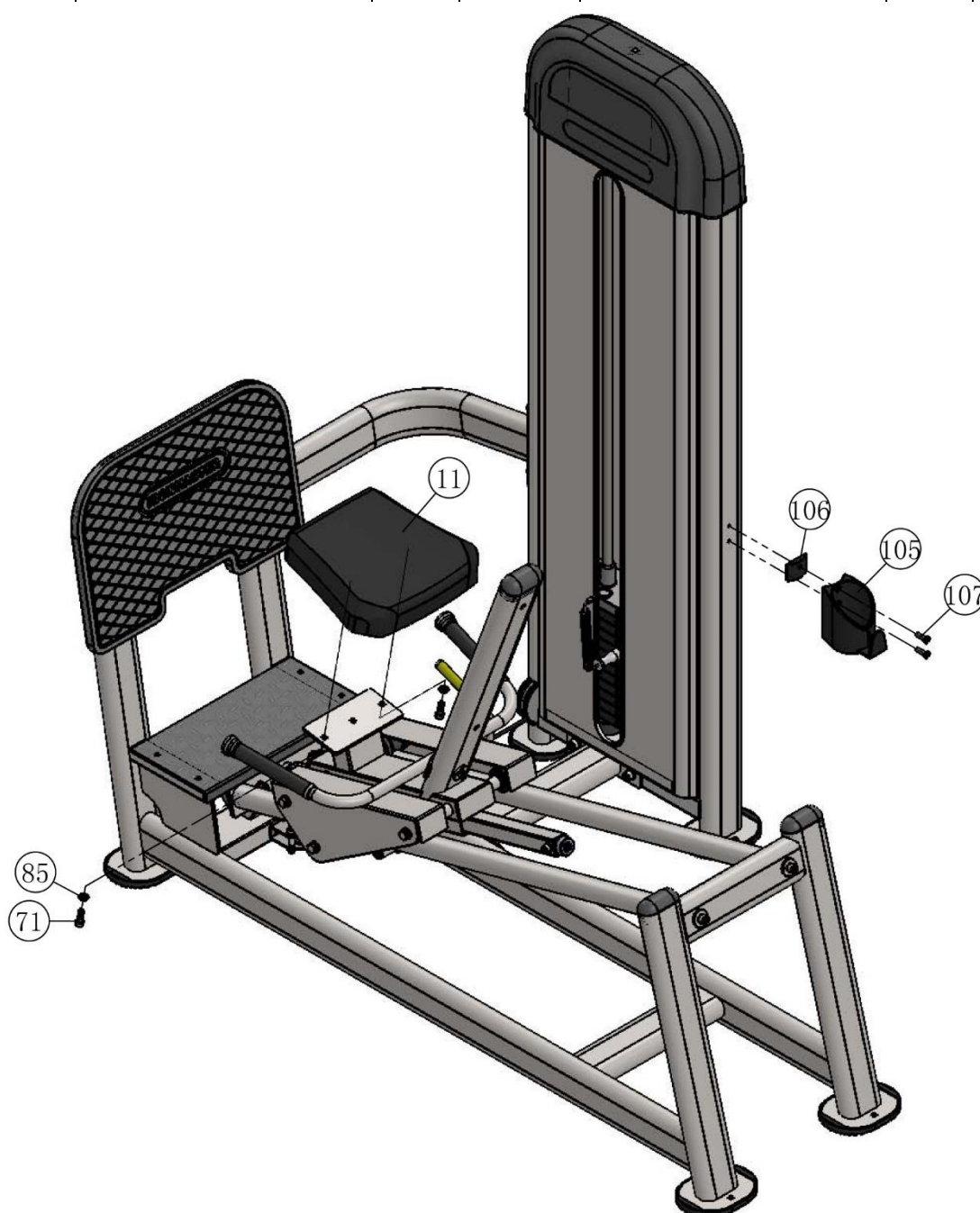
Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*7	Handles	1	83	Spring Washer $\Phi 10$	1
29	Big Washer	1	85	Flat Washer $\Phi 10$	2
74	Hex Recessed Round Head Screw M10*70	1	89	Nylon Lock Nut M10	1
75	Hex Recessed Round Head Screw M10*75	1			



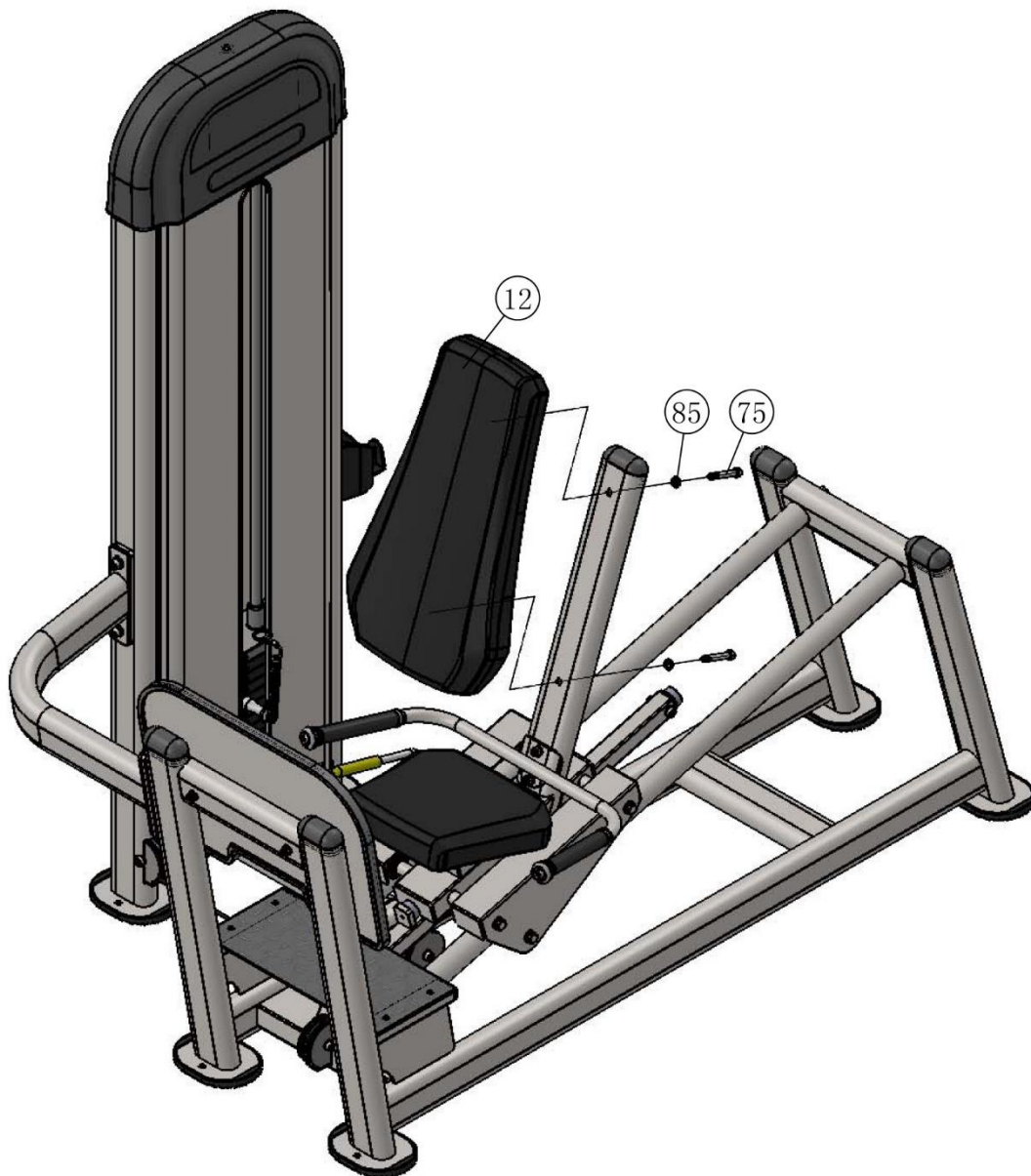
Step 9

Step 9 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
11	Seat Pad	1	105	Bottle Cage	1
71	Hex Recessed Round Head Screw M10*30	2	106	Spacer Block	1
85	Flat Washer $\phi 10$	2	107	Hex Recessed Countersunk Head Screw M8*30	2

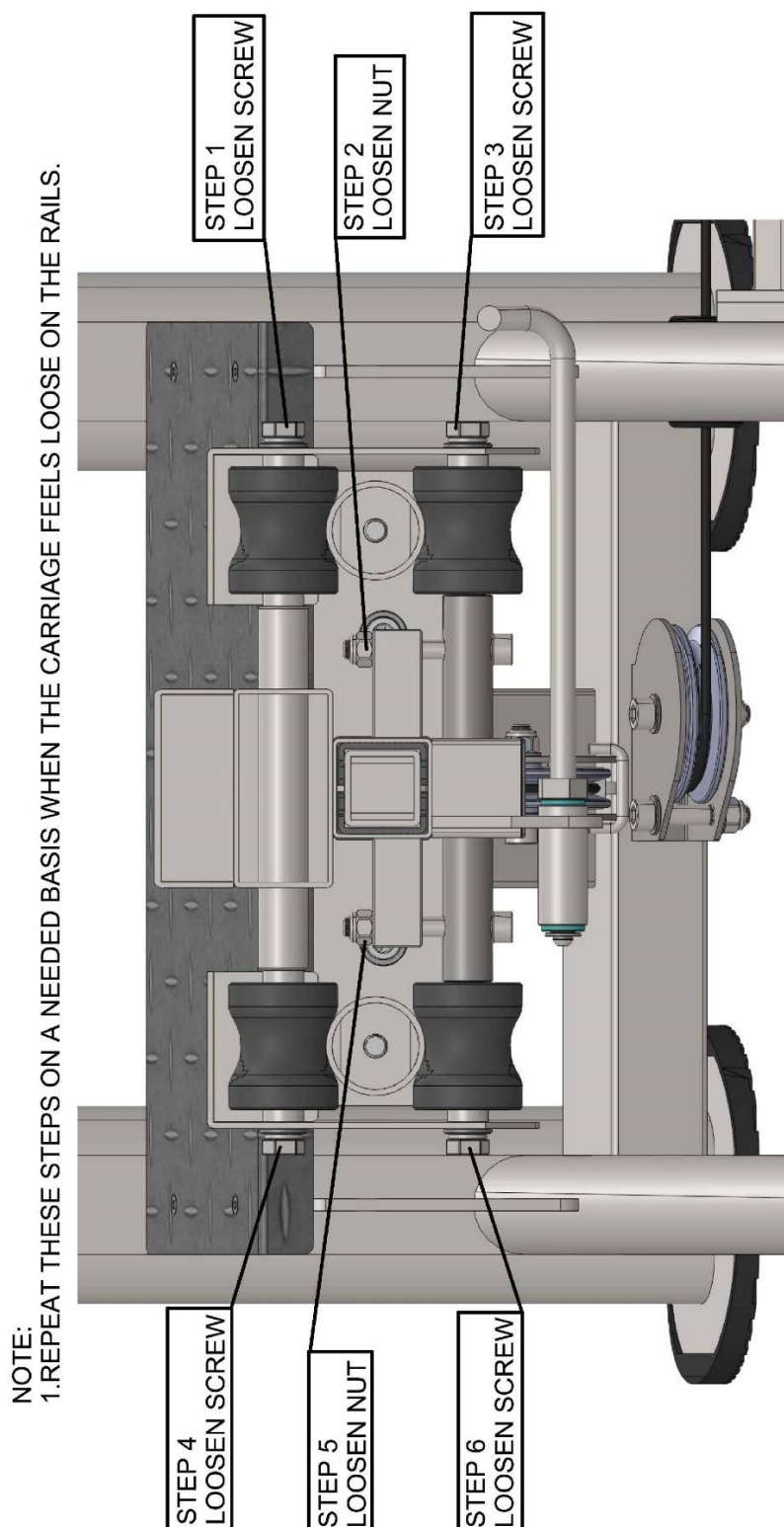


Step 10

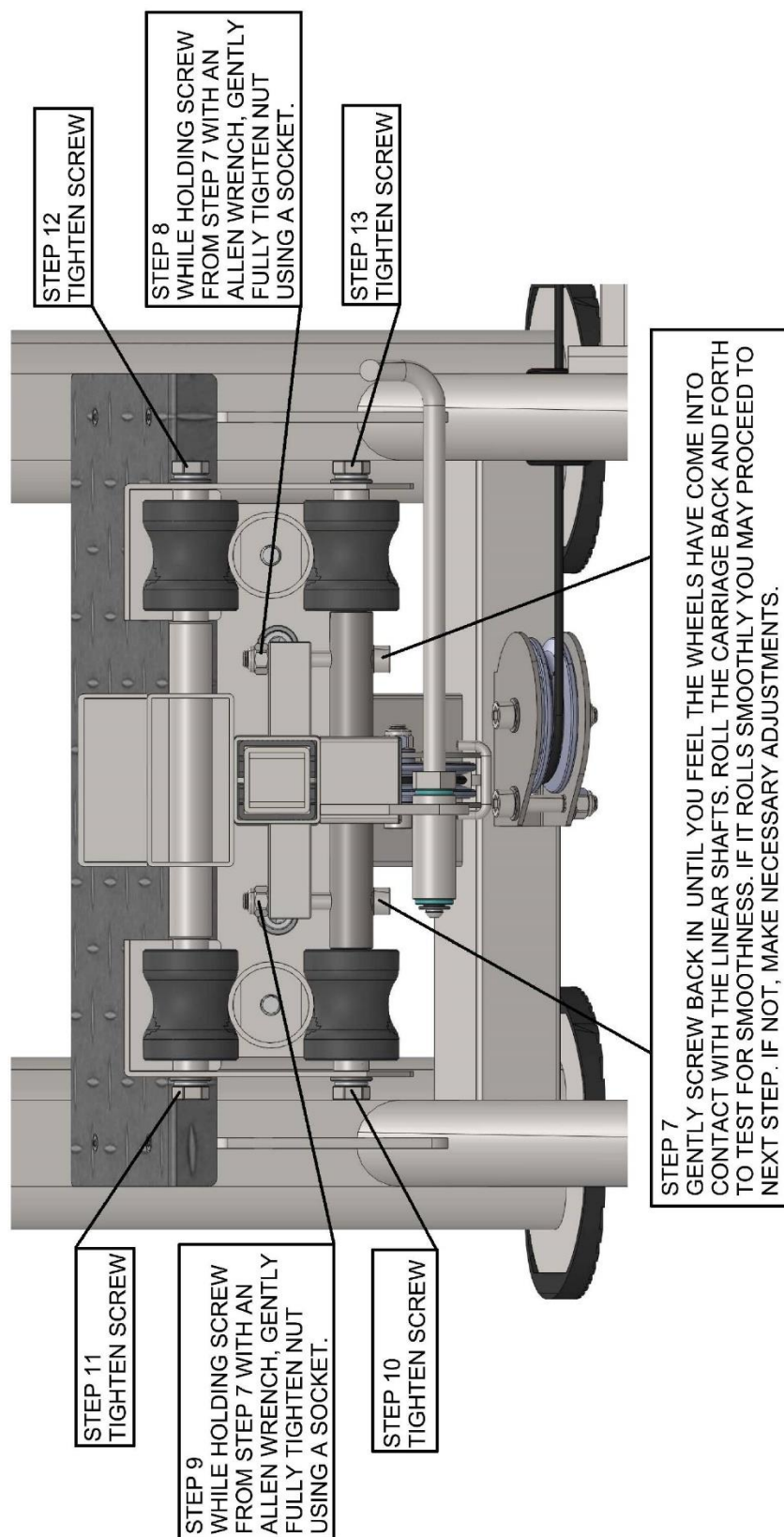
Step 10 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Back Pad	1	85	Flat Washer $\phi 10$	2
75	Hex Recessed Round Head Screw M10*75	2			



Rail Wheel Adjustment Step 1



Rail Wheel Adjustment Step 2



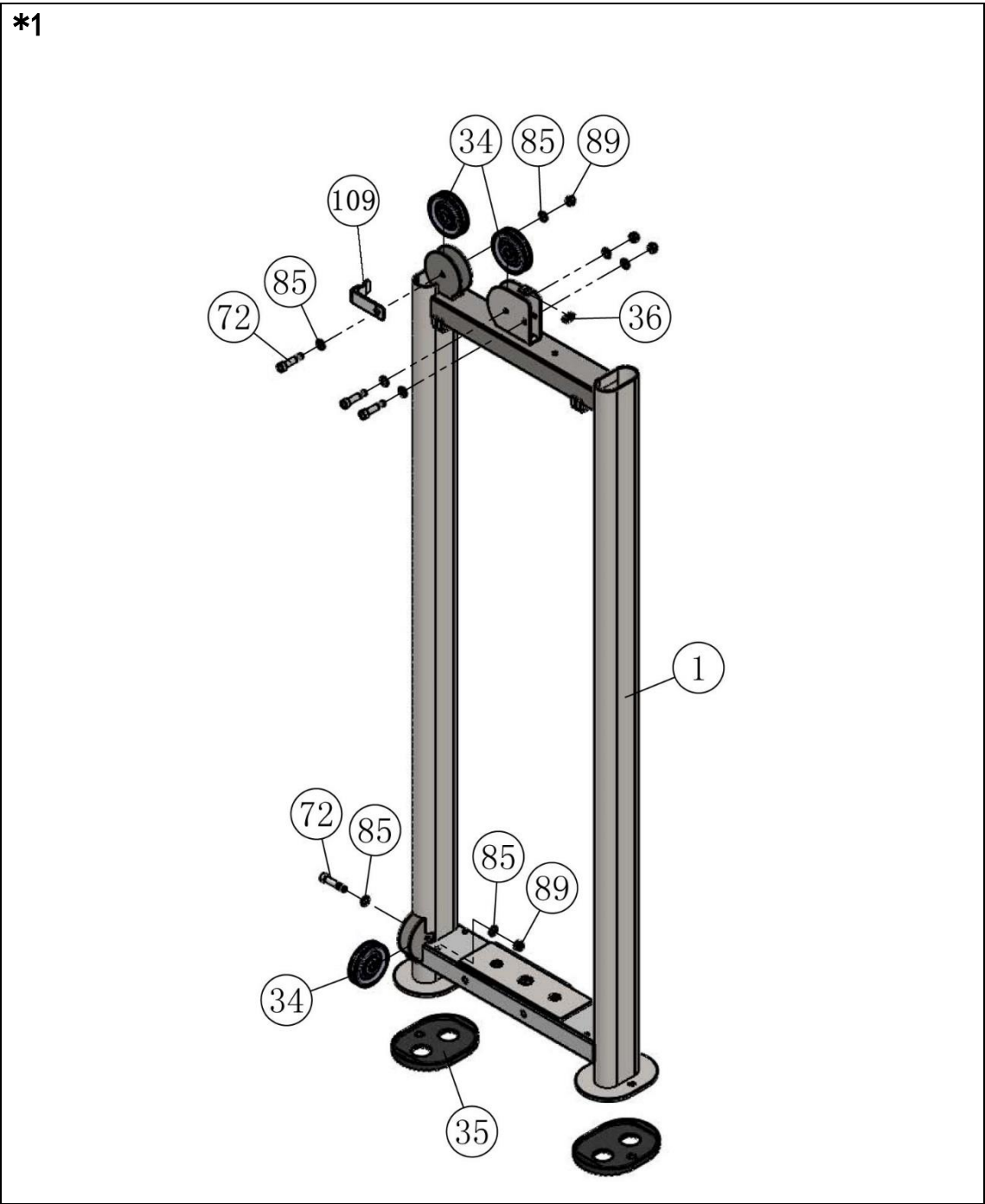
Parts List

Item#	Description	Qty	Item#	Description	Qty
1	Weight Stack Frame	1	32	Metric Shaft Bolt	1
2	Main Frame	1	33	Hole Plug	1
3	Bottom Cross Bracket	1	34	Pulley $\Phi 90 \times \delta 26$	6
4	Top Brace	1	35	Elliptical Rubber Shoe	6
5	Carriage	1	36	Cage Nut	1
6	Linear Shaft	2	37	Elliptical Plug	5
7	Handles	1	38	Copper Bush	1
8	Front Plate	1	39	Protective Sleeve	2
9	Pedal	1	40	Adjustable Handle	1
10	Foot Plate	1	41	Perforated Pull Pin	1
11	Seat Pad	1	42	Handle Sleeve	1
12	Back Pad	1	43	Pull Pin Stiff Spring $\Phi 1.2 \times \Phi 11.7 \times 38$	1
13	Rubber Foot Plate Cover	1	44	Perforated Bolt	1
14	Cable	1	45	Connecting Chain Link	1
15	Guide Rod	2	46	Adjustable Tube	1
16	Selector Pin	1	47	Cushion	1
17	Top Block 7.5kg	1	48	Side Cover Plate Left	1
18	7.5kg Weight Plate	11	49	Side Cover Plate Right	1
19	Rubber Donut	4	50	Rail Wheel Axle	
20	Bumper Cap	1	51	Rail Wheel 1	4
21	Hex Split Bolt	1	52	Rail Wheel 2	2
22	Hex Nut M12	1	53	Plastic Glide Insert	2
23	Weight Shield Front	1	54	Oil Bearing	2
24	Edge Protector Chrome 1	1	55	Square Plug 50*50*1.5	1
25	Edge Protector Chrome 2	1	56	Grip L=184	2
26	Edge Protector Chrome 3	3	57	Aluminium Cap $\Phi 25$	2
27	Weight Shield Rear	1	58	Elastic Cylindrical Pin $\Phi 10 \times 65$	1
28	Weight Shield Top	1	59	Selector Lever	1
29	Big Washer	1	60	Big Washer $\Phi 6$	1
30	Big Washer $\Phi 12$	1	62	Hex Bolt 1/2"-13UNC*1-1/2"	2
31	Cable Bracket	1	63	Hex Bolt 1/2"-13UNC*4-1/4"	4

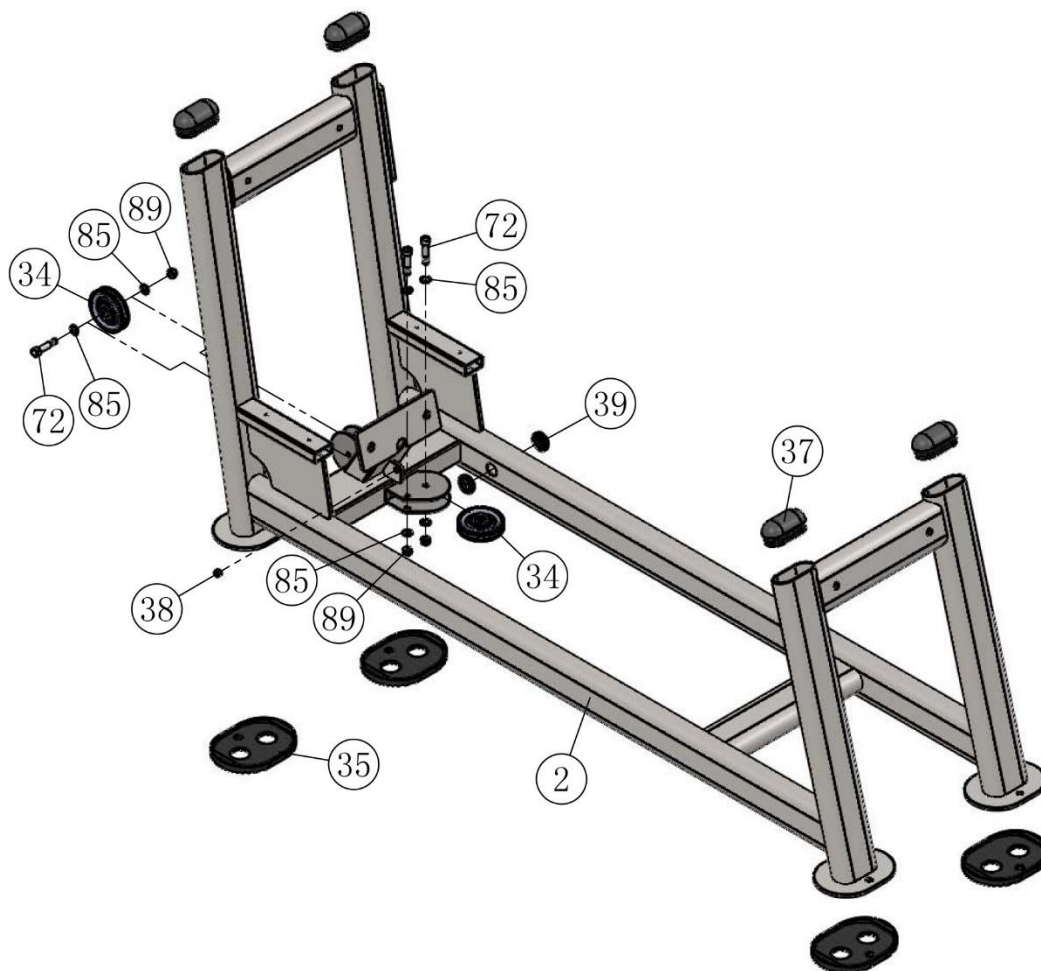
Item#	Description	Qty	Item#	Description	Qty
63	Hex Bolt 1/2"-13UNC*4-1/4"	4	86	Flat Washer Φ12	14
64	Hex Bolt M10*75	2	87	Flat Washer 1/2"	6
65	Hex Recessed Countersunk Head Screw M10*70	2	88	Nylon Lock Nut M8	1
66	Hex Recessed Countersunk Head Screw M5*10	4	89	Nylon Lock Nut M10	14
67	Hex Recessed Flat Head Screw M6*16	1	90	Nylon Lock Nut M12	2
68	Hex Recessed Flat Head Screw M8*20	3	91	Weight Plate Label	1
69	Hex Recessed Flat Head Screw M10*25	2	92	LABEL-LEG PRESS	2
70	Hex Recessed Round Head Screw M6*95	1	93	LABEL-EXERCISE CHART	1
71	Hex Recessed Round Head Screw M10*30	2	94	LABEL-DANGER(IRDTZ-001E)	2
72	Hex Recessed Round Head Screw M10*50	8	95	LABEL-DANGER(IRDTZ-002E)	1
73	Hex Recessed Round Head Screw M10*55	1	96	LABEL-WARNING(IRDTZ-005E)	2
74	Hex Recessed Round Head Screw M10*70	1	97	LABEL-WARNING(IRDTZ-007E)	1
75	Hex Recessed Round Head Screw M10*75	5	98	LABEL-WARNING(IRDTZ-008E)	1
76	Hex Recessed Round Head Screw M12*25	6	99	LABEL-CAUTION(IRDTZ-009E)	1
77	Hex Recessed Round Head Screw M12*35	4	100	LABEL-INSPECTIONS	1
78	Hex Recessed Round Head Screw M12*40	2	101	LABEL-CHECK CABLES	1
79	Hex Recessed Round Head Screw M12*135	2	102	LABEL-IMPORTANT(IRDTZ-017E)	1
80	Spring Washer 1/2"	6	105	Bottle Cage	1
81	Spring Washer Φ6	1	106	Spacer Block	1
82	Spring Washer Φ8	3	107	Hex Recessed Countersunk Head Screw M8*30	2
83	Spring Washer Φ10	5	108	Set Screw	1
84	Spring Washer Φ12	13	109	L Plate	1
85	Flat Washer Φ10	28			

Pre-Assemble Components Parts List

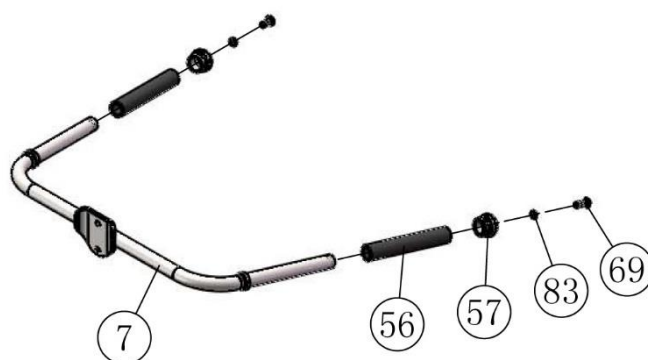
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*17	Top Block	1
*2	Main Frame	1	*23	Weight Shield Front	1
*5	Carriage	1	*27	Weight Shield Rear	1
*7	Handles	1			

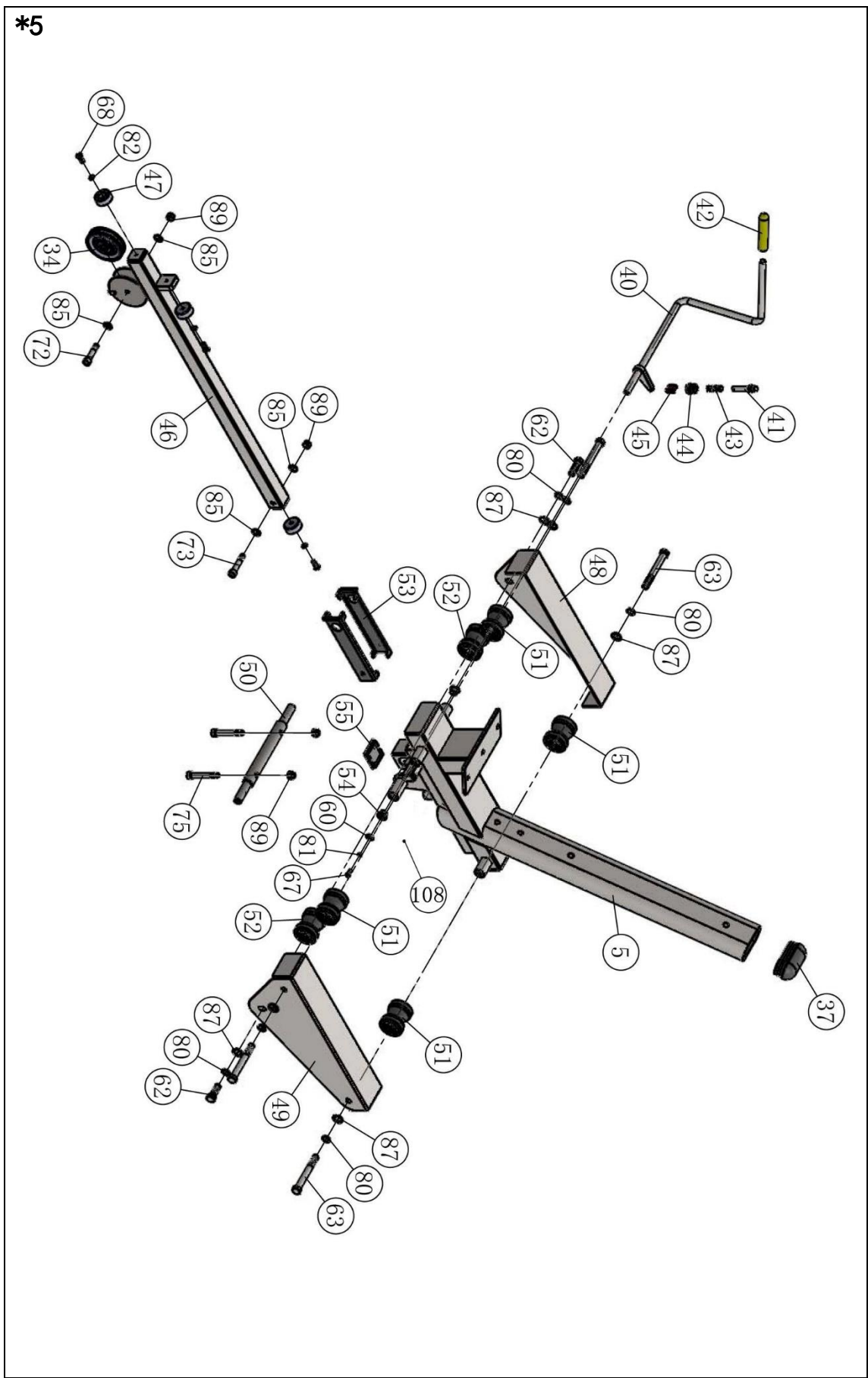


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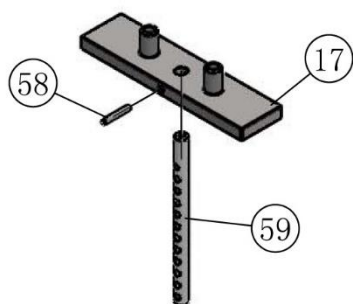


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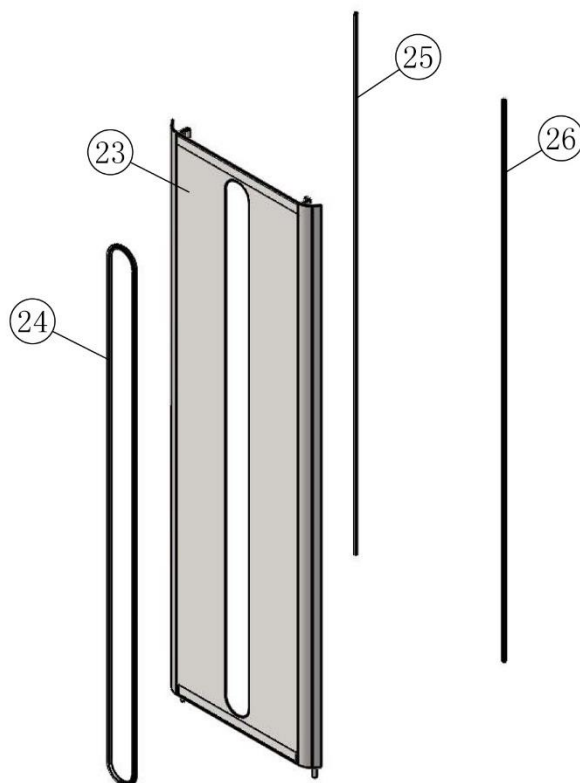




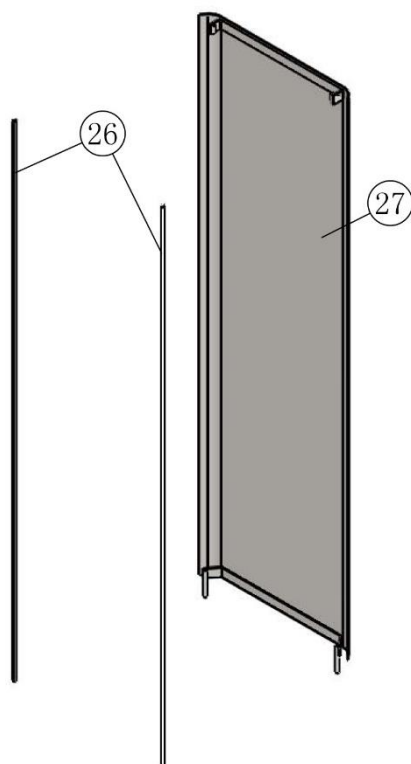
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***23**

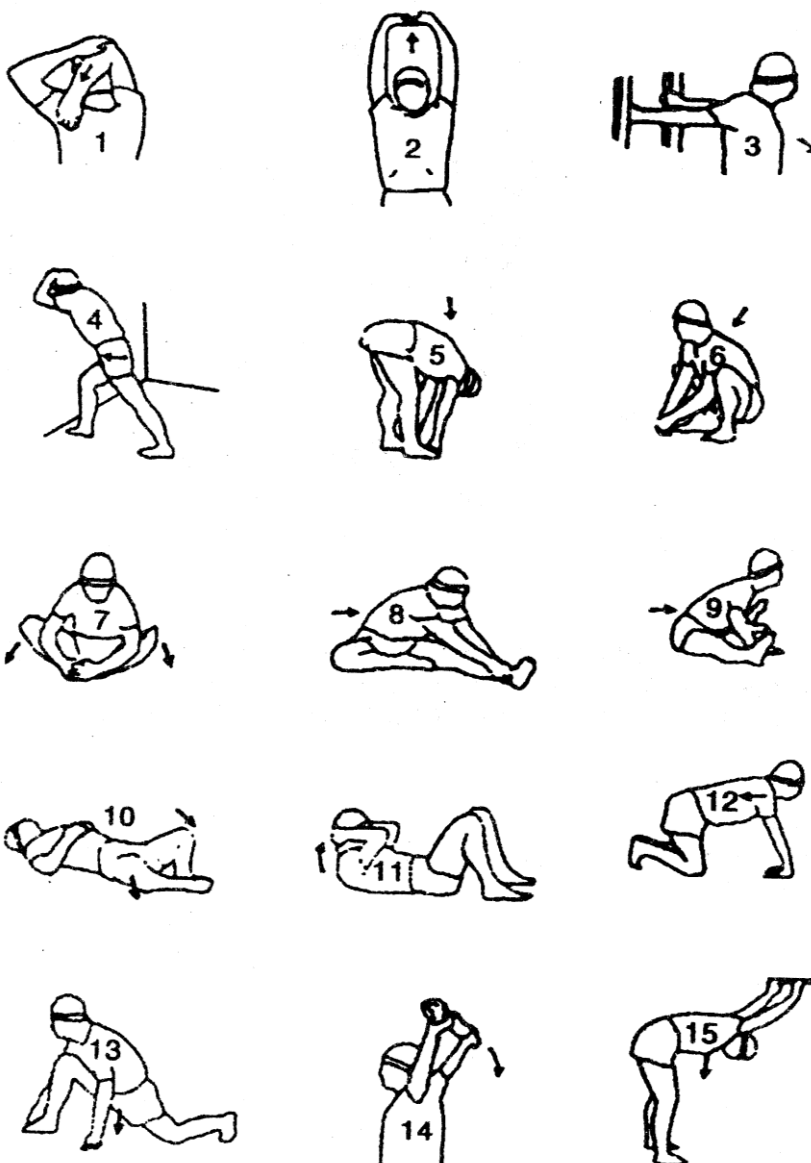


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INSTRUCTIONS FOR USE

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.