

VERVE Arnold Series

Shoulder Press

Owner's Manual



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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

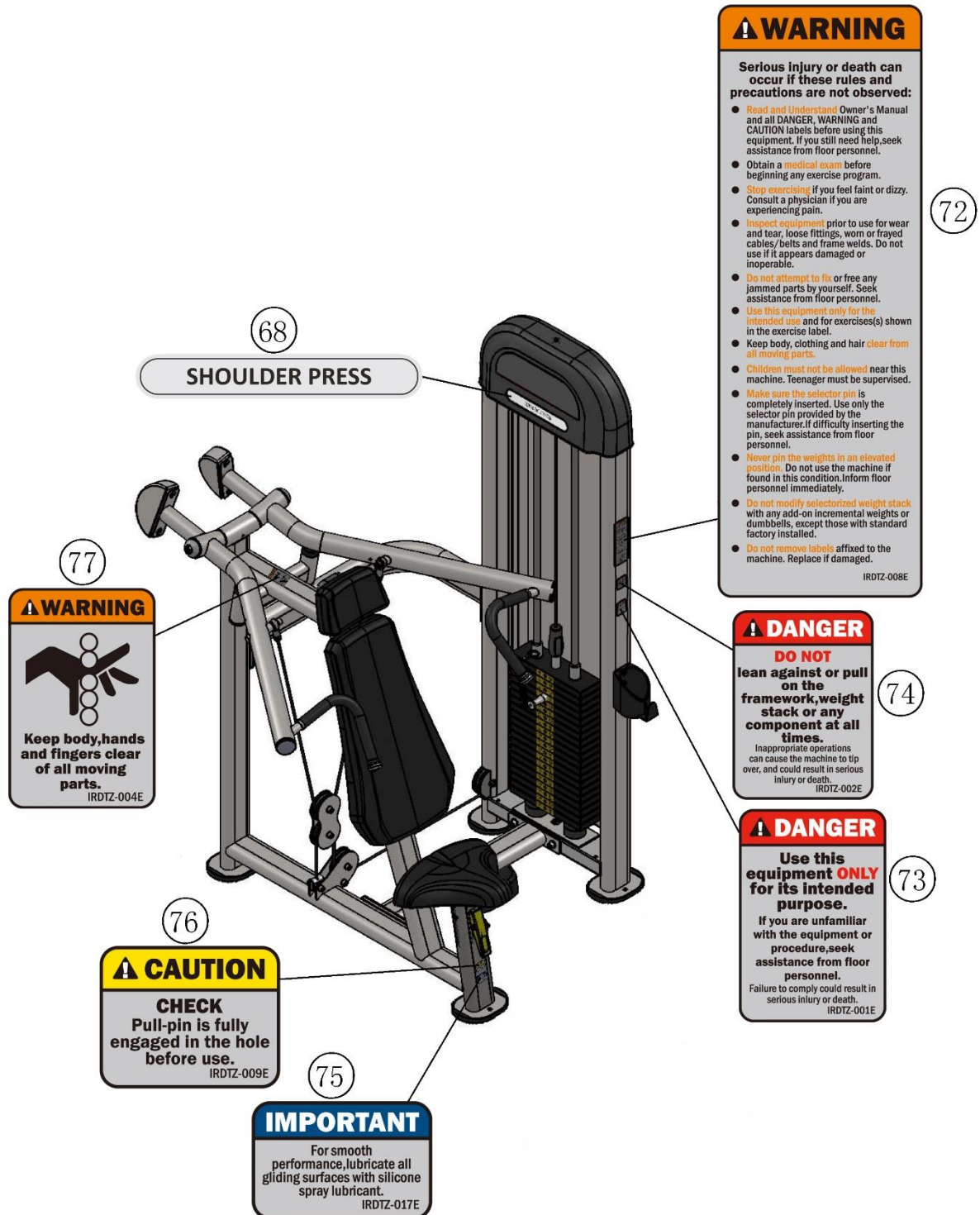
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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	YEARLY
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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SHOULDER PRESS

START

FINISH

SHOULDER PRESS

1. Select appropriate weight resistance for your present fitness level.
2. Adjust seat height so that handles are level or slightly above the top of shoulders.
3. Sit firmly against back pad with chest up and shoulders back.
4. Slowly extend arms up to full overhead position without locking elbows.
5. Return weight with controlled movement to start position.

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.

SHOULDER PRESS
Anterior Deltoid, Middle Deltoid, Triceps Brachii

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

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IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.

IRDZ-016E

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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.

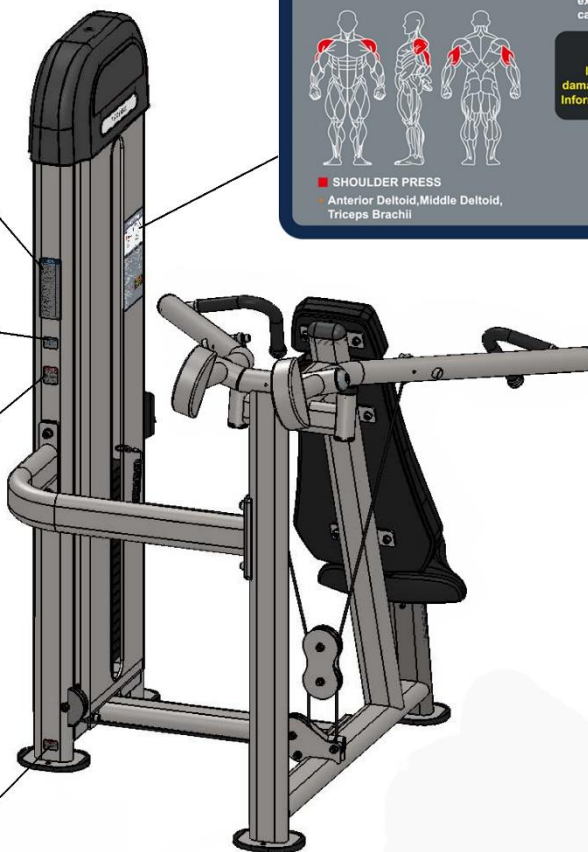
IRDZ-001E

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! WARNING

Anchor bolt here to fasten the machine to the floor.

IRDZ-007E



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



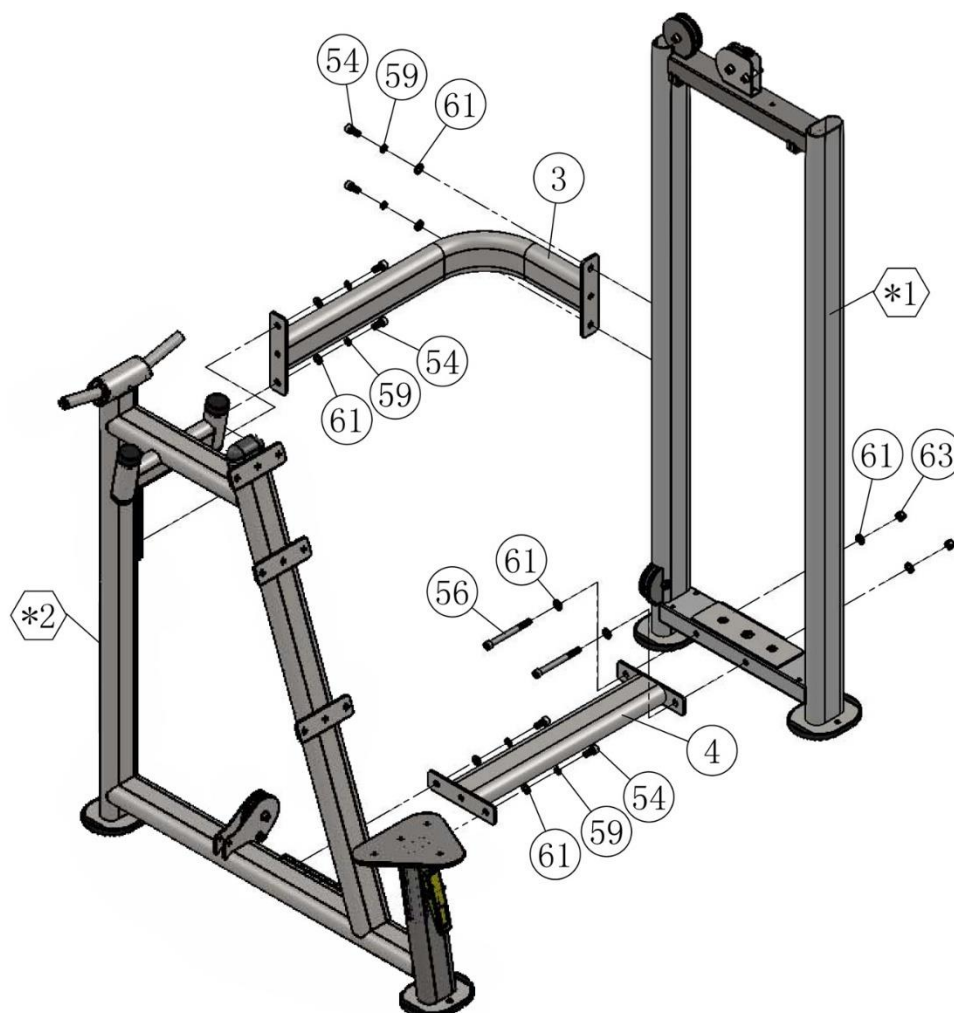
CABLE END SLIPPING OUT

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	56	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	59	Spring Washer $\phi 12$	6
3	Top Brace	1	61	Flat Washer $\phi 12$	10
4	Bottom Cross Bracket	1	63	Nylon Lock Nut M12	2
54	Hex Recessed Round Head Screw M12*25	6			

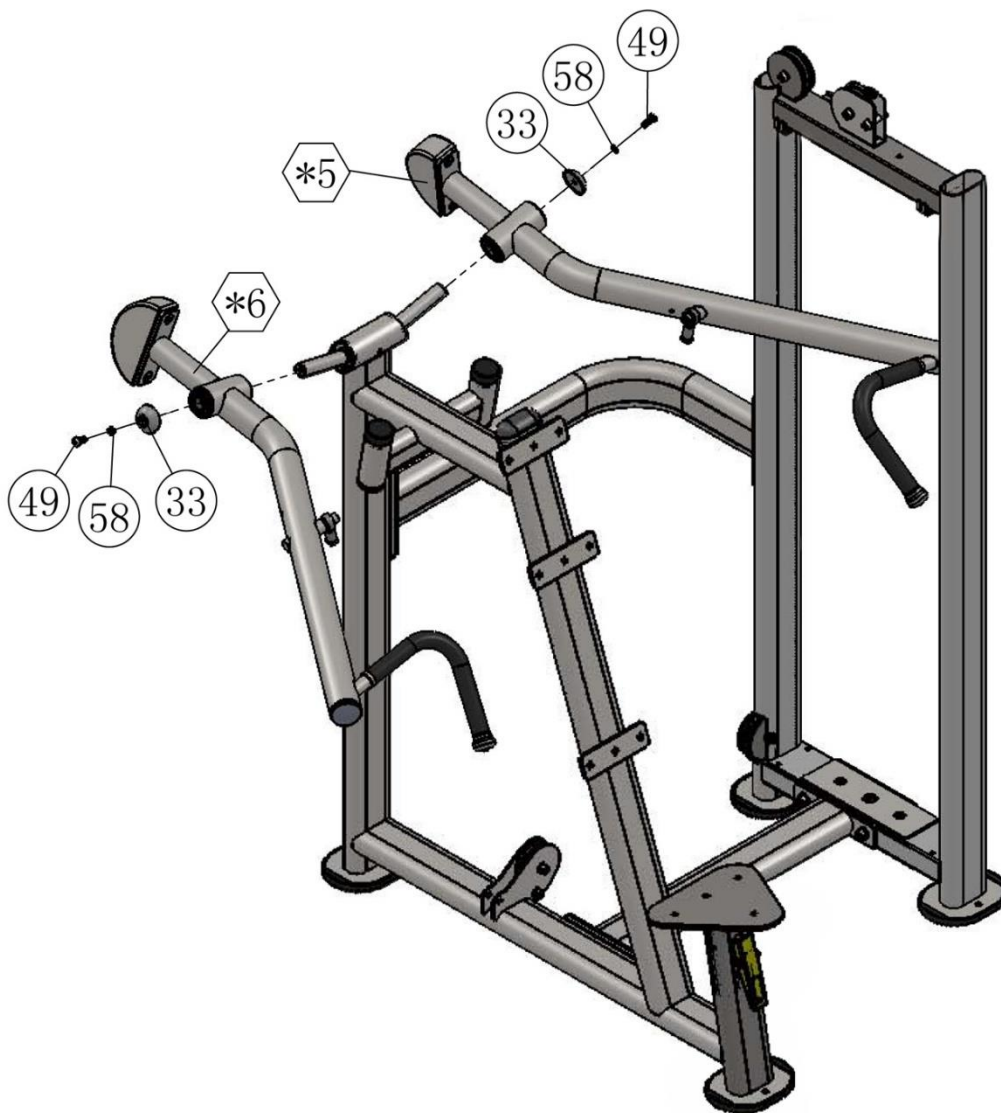


NOTE:

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

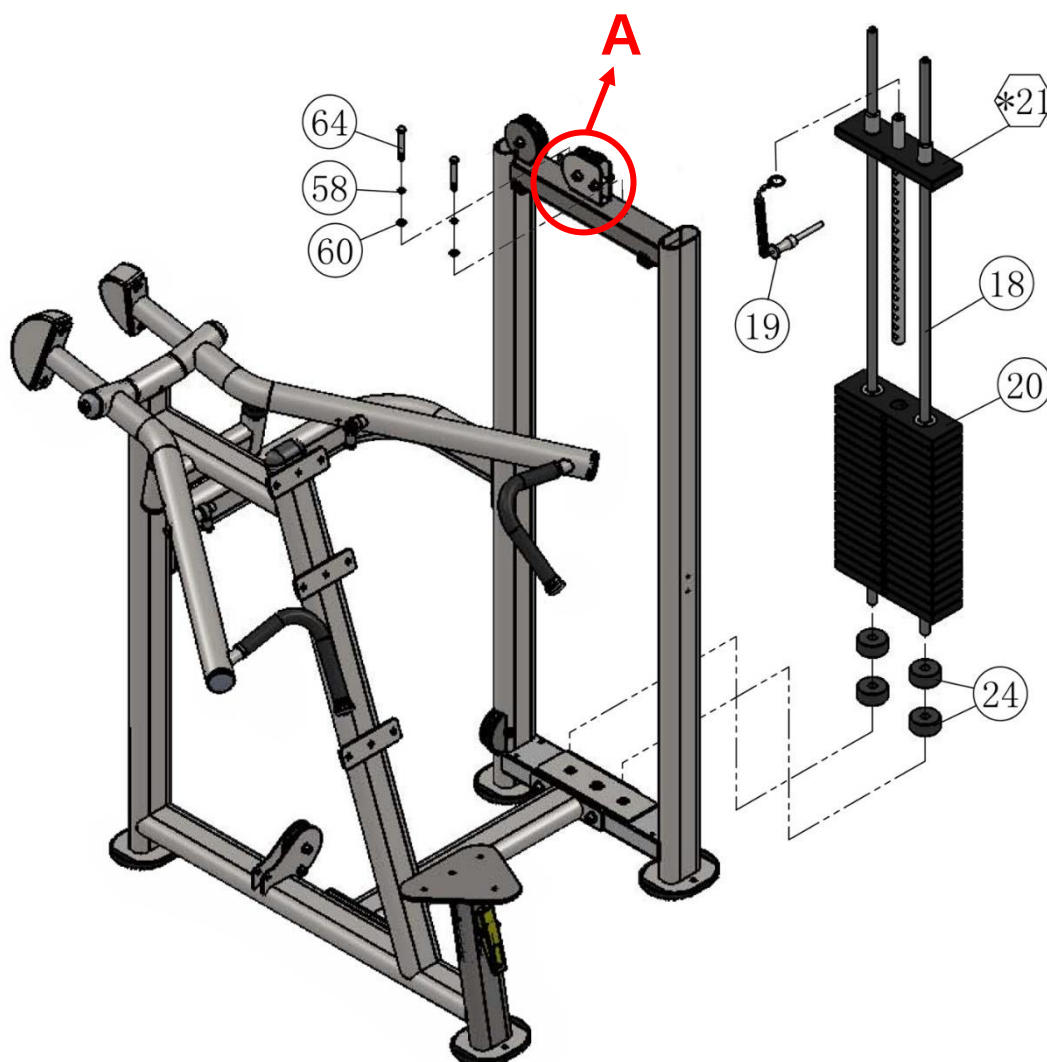
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Left Push Arm	1	49	Hex Recessed Flat Head Screw M10*25	2
*6	Right Push Arm	1	58	Spring Washer $\Phi 10$	2
33	Axle End Cap	2			



Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*21	Top Block	1	58	Spring Washer $\phi 10$	2
18	Guide Rod	2	60	Flat Washer $\phi 10$	2
19	Selector Pin	1	64	Hex Bolt M10*75	2
20	4.5kg Weight Plate	19	65	Weight Plate Label	1
24	Rubber Donut	4			

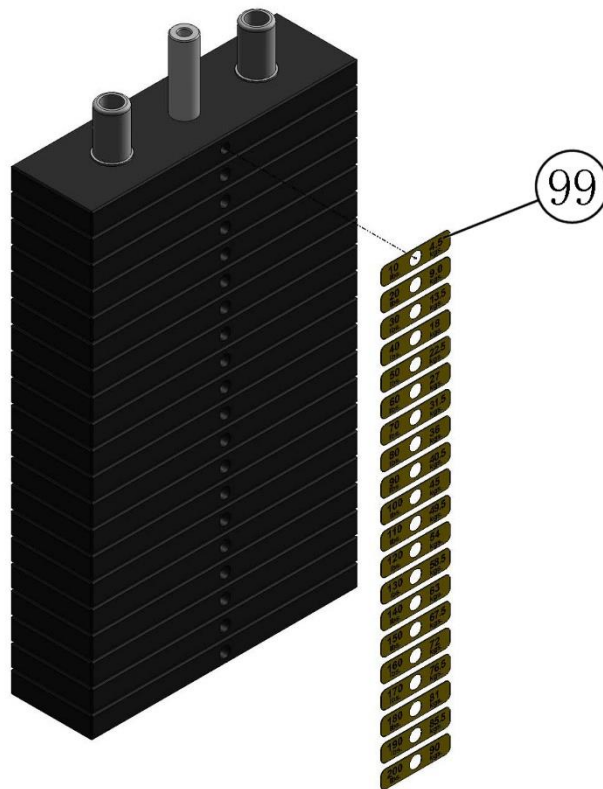


NOTE:

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(#64-2).

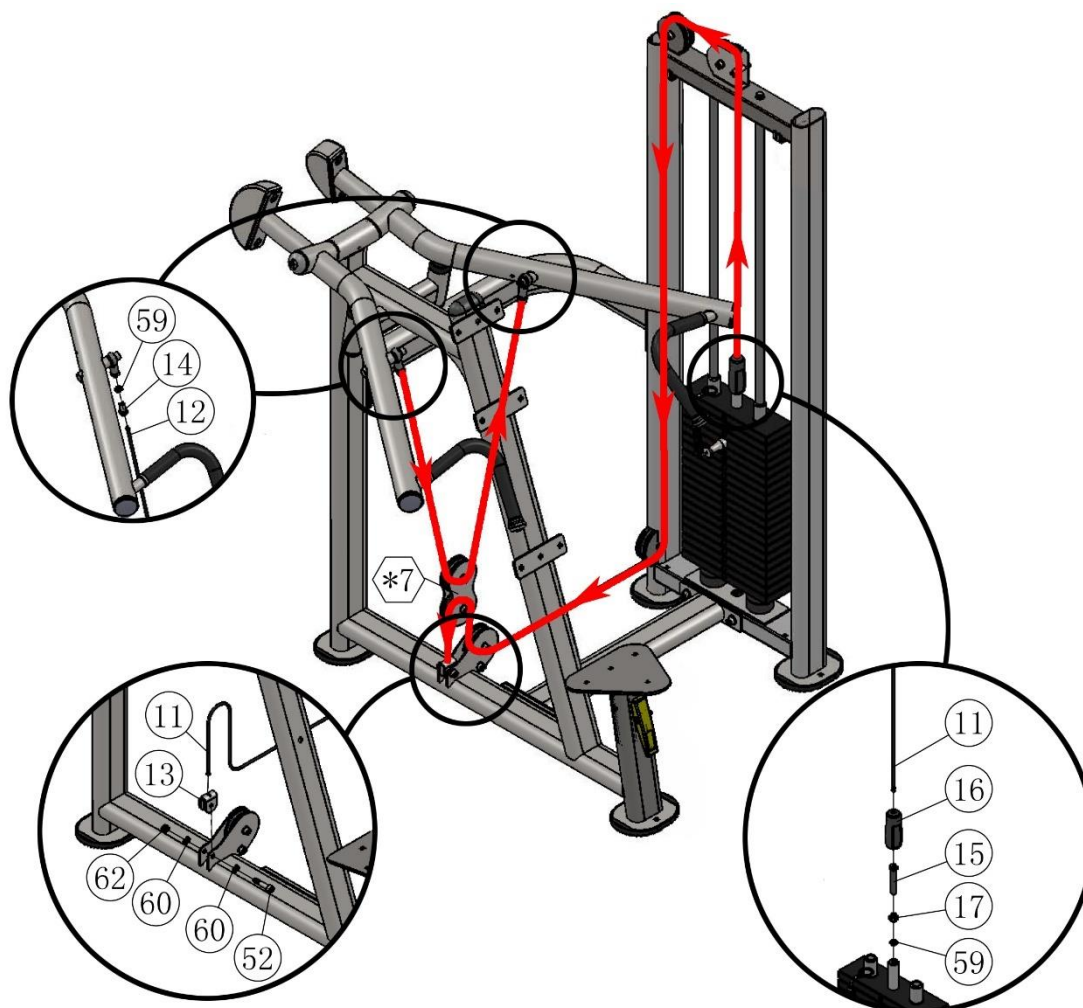
Weight stack label instructions :

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.
*7	Pulley	1	16	Bumper Cap	1
11	1# Cable	1	17	Hex Nut M12	1
12	2# Cable	1	52	Hex Recessed Round Head Screw M10*50	1
13	Cable Bracket	1	59	Spring Washer Φ12	3
14	Split Bolt M12*25	2	60	Flat Washer Φ10	2
15	Split Bolt M12*75	1	62	Nylon Lock Nut M10	1

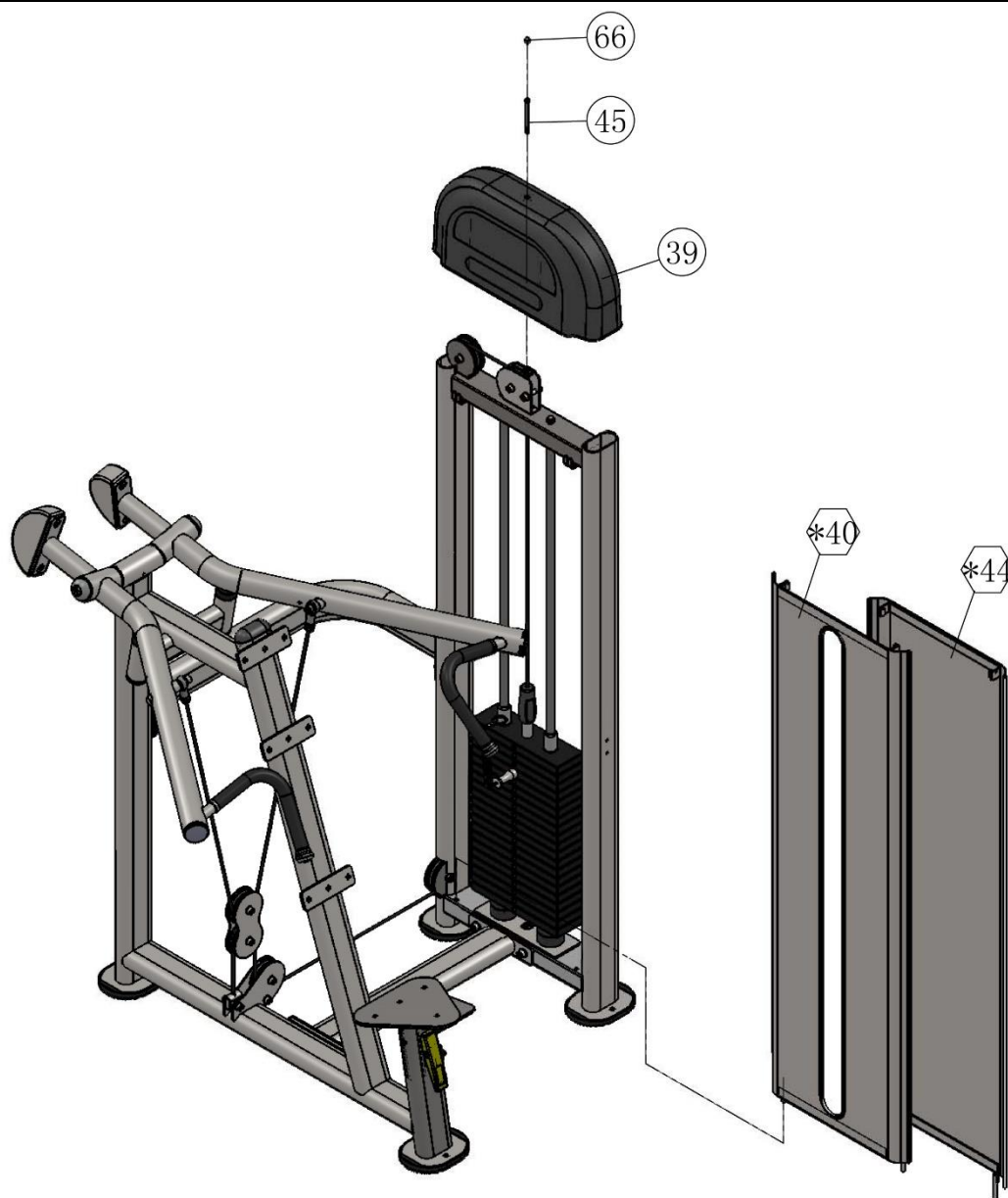


SPECIAL NOTE:

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 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*40	Weight Shield Front	1	45	Hex Recessed Round Head Screw M6*95	1
*44	Weight Shield Rear	1	66	Hole Plug	1
39	Weight Shield Top	1			

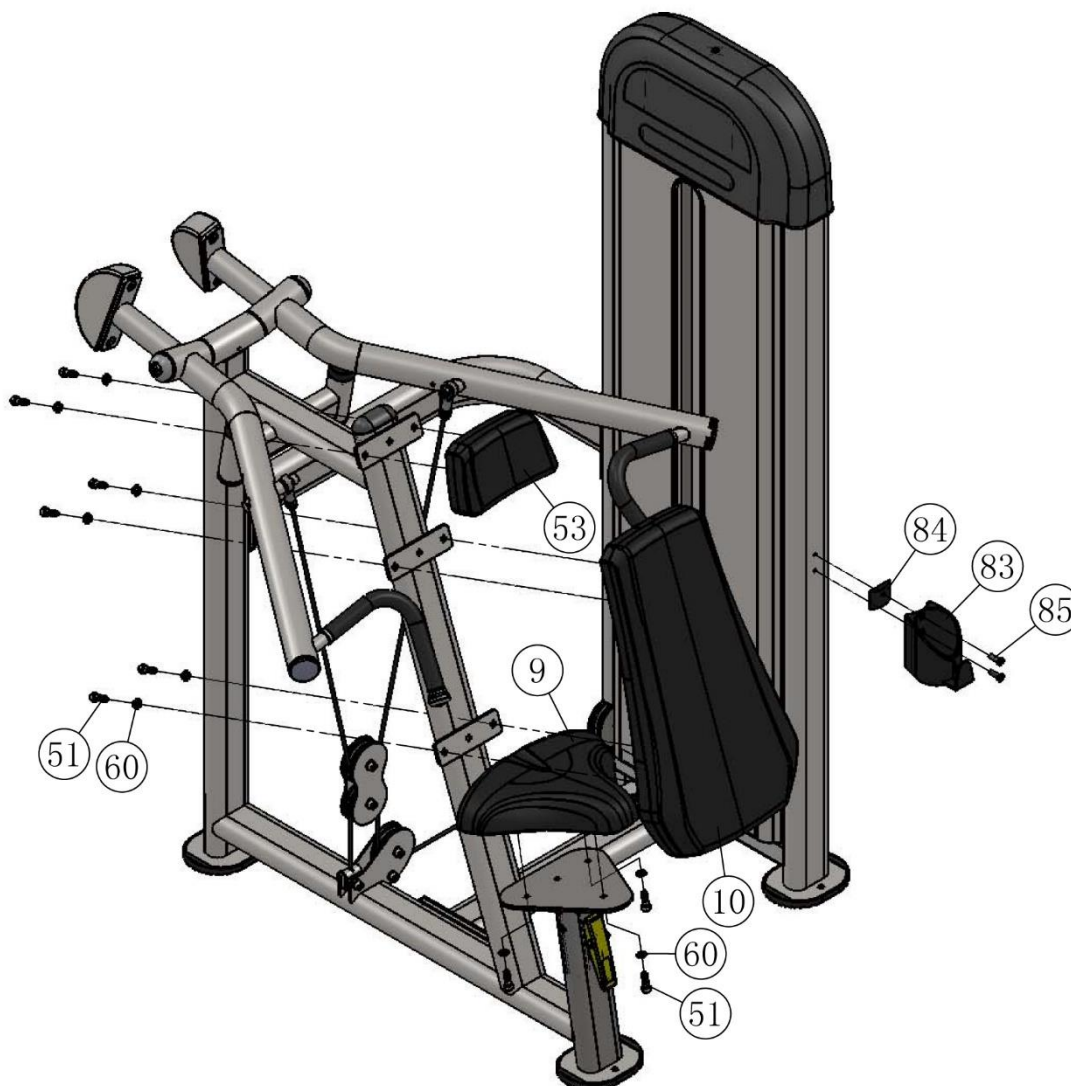


NOTE:

Please assemble Weight Shield Front & Rear (*40 & #*44) first, then assemble Weight Shield Top (#39).

Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Seat Pad	1	60	Flat Washer $\phi 10$	9
10	Back Pad	1	83	Bottle Cage	1
51	Hex Recessed Round Head Screw M10*30	9	84	Spacer Block	1
53	Head Rest	1	85	Hex Recessed Countersunk Head Screw M8*30	2



Parts List

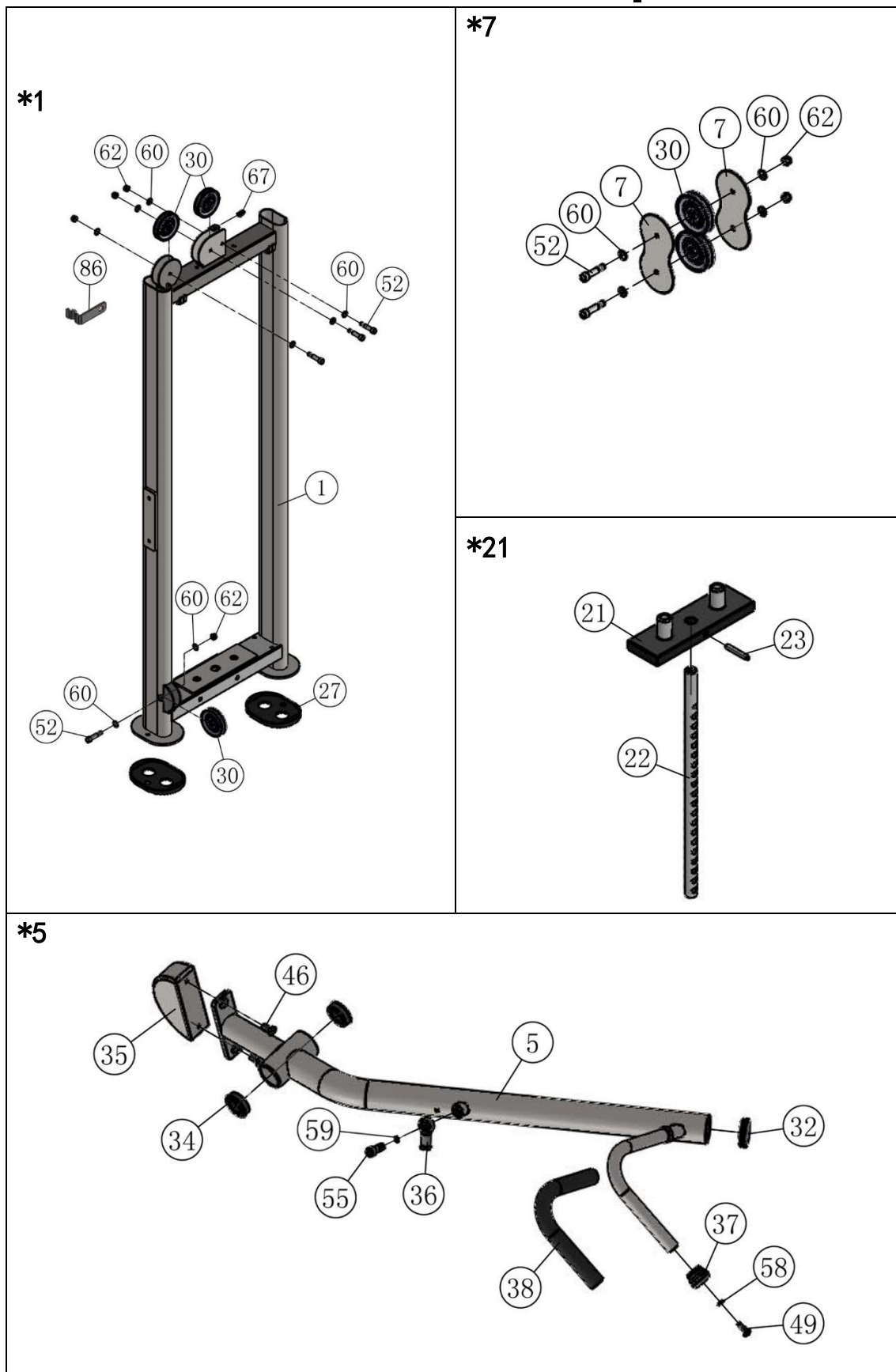
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	29	Adjustable Release Handle	1
2	Main Frame	1	30	Pulley $\Phi 90 \times \delta 26$	6
3	Top Brace	1	31	Round Plug $\Phi 50$	2
4	Bottom Cross Bracket	1	32	Round Plug $\Phi 60 \times \delta 2.5$	2
5	Left Push Arm	1	33	Axle End Cap	2
6	Right Push Arm	1	34	T Bearing	4
7	Single-piece Pulley Plate	2	35	Counterbalance R90	2
8	Adjustable Seat Pad Tube	1	36	Self-lubricated Rod End with Spherical Plain Bearing SIJK12C	2
9	Seat Pad	1	37	Aluminium Cap $\Phi 25$	2
10	Back Pad	1	38	Grip $\Phi 24 \times \delta 3$	2
11	1# Cable	1	39	Weight Shield Top	1
12	2# Cable	1	40	Weight Shield Front	1
13	Cable Bracket	1	41	Edge Protector Chrome 1	1
14	Split Bolt M12*25	2	42	Edge Protector Chrome 2	1
15	Split Bolt M12*75	1	43	Edge Protector Chrome 3	3
16	Bumper Cap	1	44	Weight Shield Rear	1
17	Hex Nut M12	1	45	Hex Recessed Round Head Screw M6*95	1
18	Guide Rod	2	46	Cross Countersunk Head Screw M10*25	4
19	Selector Pin	1	47	Hex Recessed Flat Head Screw M6*8	2
20	4.5kg Weight Plate	19	48	Hex Recessed Flat Head Screw M6*20	1
21	Top Block 4.5kg	1	49	Hex Recessed Flat Head Screw M10*25	4
22	Selector Lever	1	50	Hex Recessed Round Head Screw M8*50	1
23	Elastic Cylindrical Pin $\Phi 10 \times 65$	1	51	Hex Recessed Round Head Screw M10*30	9
24	Rubber Donut	4	52	Hex Recessed Round Head Screw M10*50	9
25	Adjustable Cushion	2	53	Head Rest	1
26	Oval Tube Plastic Glide Insert	1	54	Hex Recessed Round Head Screw M12*25	6
27	Elliptical Rubber Shoe	4	55	Hex Recessed Round Head Screw M12*35	2
28	a Spring	1	56	Hex Recessed Round Head Screw M12*135	2

Item #	Description	Qty.	Item #	Description	Qty.
57	Spring Washer $\Phi 6$	1	71	LABEL-CHECK CABLES	1
58	Spring Washer $\Phi 10$	6	72	LABEL-WARNING(IRDTZ-008E)	1
59	Spring Washer $\Phi 12$	11	73	LABEL-DANGER(IRDTZ-001E)	2
60	Flat Washer $\Phi 10$	29	74	LABEL-DANGER(IRDTZ-002E)	1
61	Flat Washer $\Phi 12$	10	75	LABEL-IMPORTANT(IRDTZ-017E)	1
62	Nylon Lock Nut M10	9	76	LABEL-CAUTION(IRDTZ-009E)	1
63	Nylon Lock Nut M12	2	77	LABEL-WARNING(IRDTZ-004E)	1
64	Hex Bolt M10*75	2	78	LABEL-WARNING(IRDTZ-007E)	1
65	Weight Plate Label	1	81	Flat Washer $\Phi 8$	2
66	Hole Plug	1	82	Nylon Lock Nut M8	1
67	Cage Nut	1	83	Bottle Cage	1
68	LABEL-SHOULDER PRESS	2	84	Spacer Block	1
69	LABEL-EXERCISE CHART	1	85	Hex Recessed Countersunk Head Screw M8*30	2
70	LABEL-INSPECTIONS	1	86	"L" Plate	1

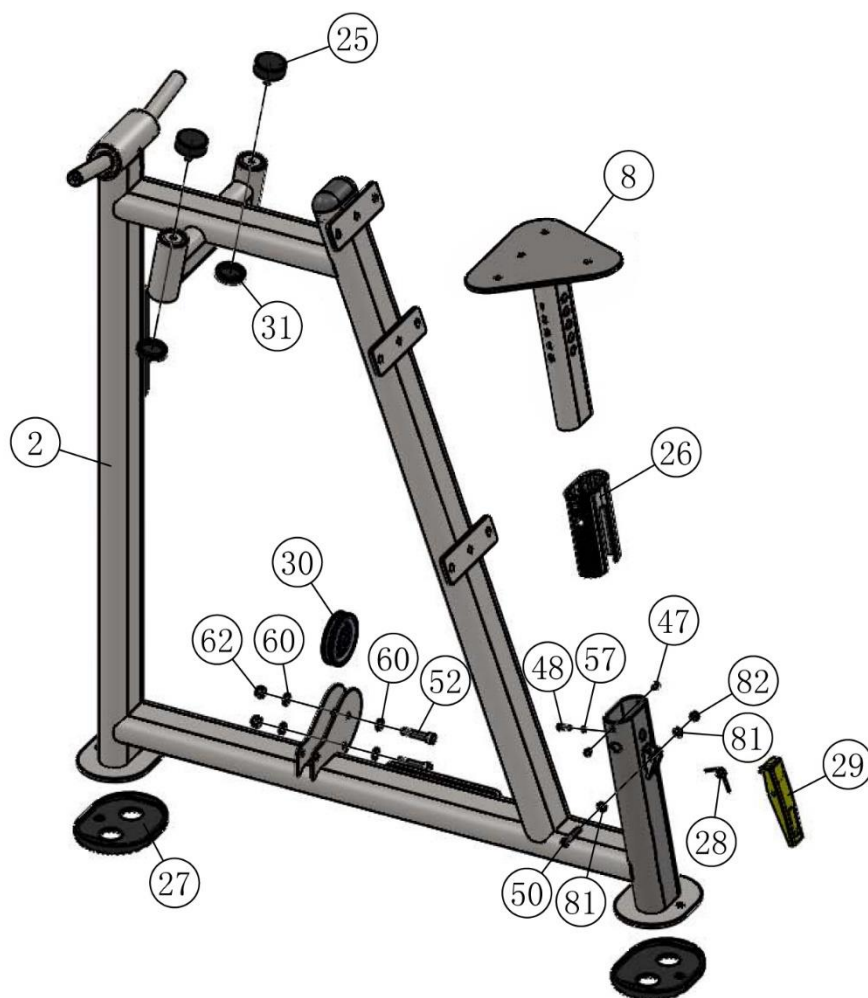
Pre-Assemble Components Parts List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*7	Pulley	1
*2	Main Frame	1	*21	Top Block	1
*5	Left Push Arm	1	*40	Weight Shield Front	1
*6	Right Push Arm	1	*44	Weight Shield Rear	1

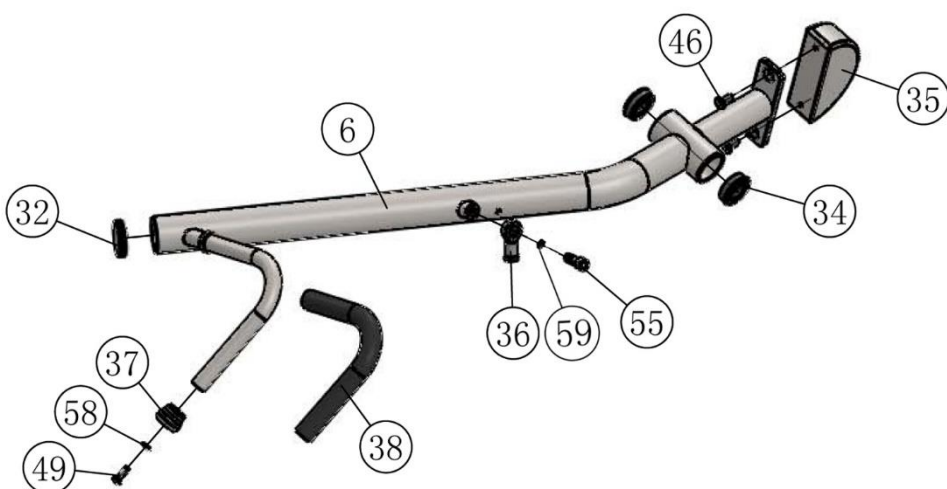
Pre-assembled Components



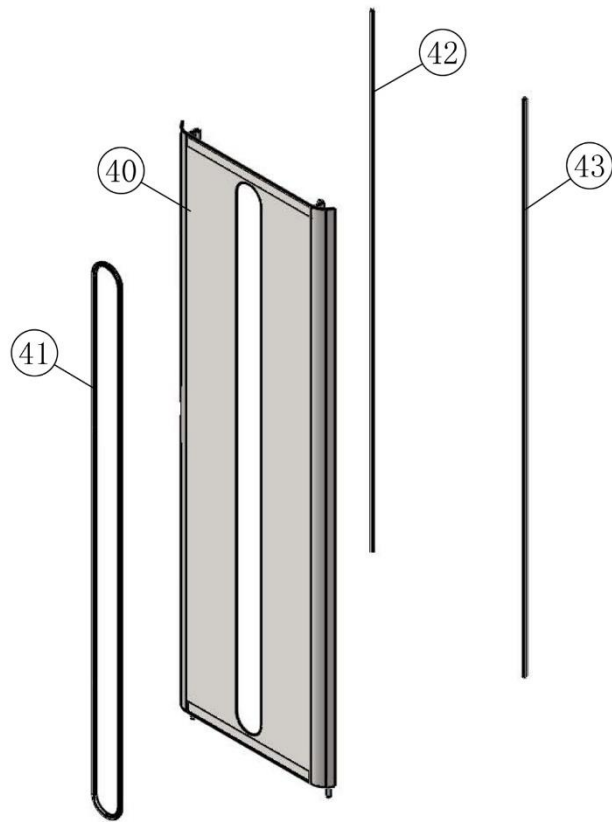
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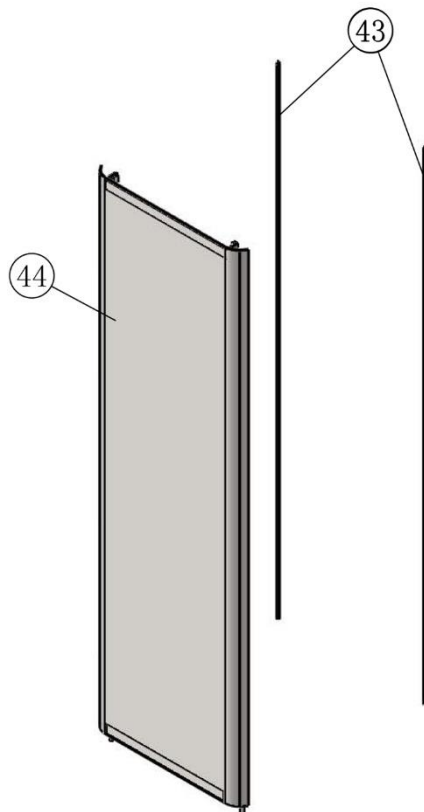
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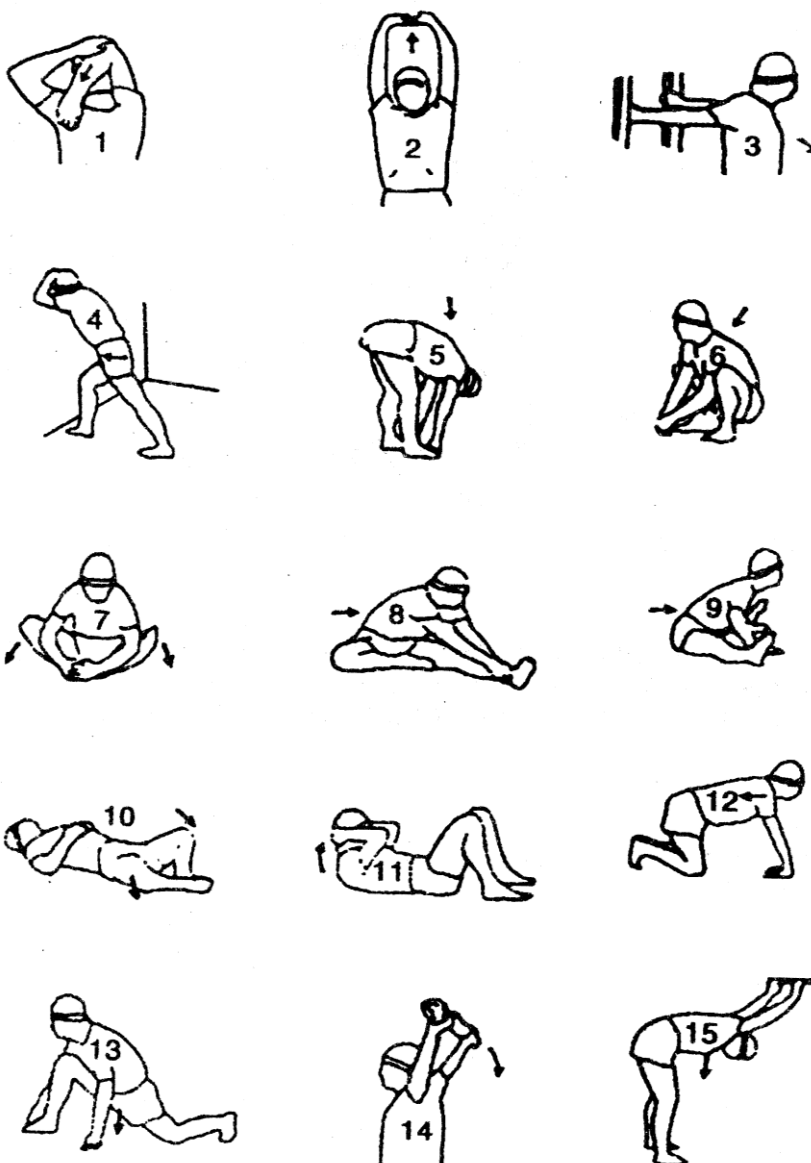


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INSTRUCTIONS FOR USE

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.