

VERVE Arnold Series

Triceps Extension

Owner's Manual

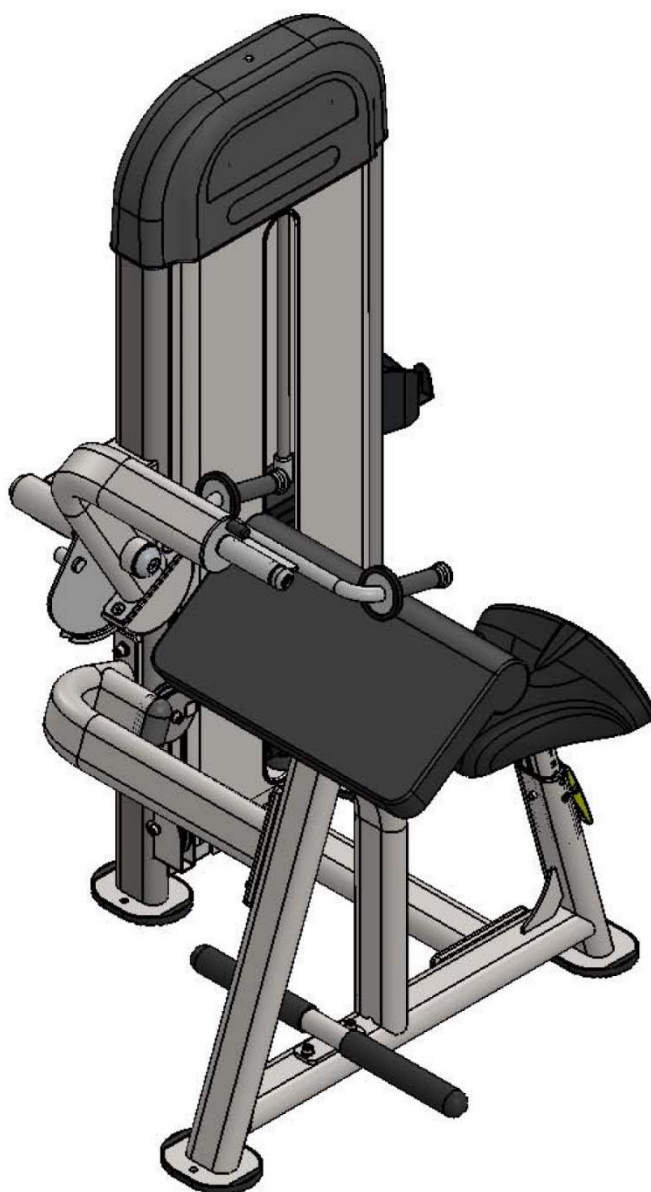


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IMPORTANT SAFETY NOTICE

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. 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	DAYLY	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.				
IRDTZ-013E				

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TRICEPS EXTENSION

START



FINISH

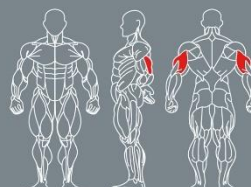


TRICEPS EXTENSION

1. Select appropriate weight resistance for your present fitness level.
2. Adjust seat height so you are able to comfortably grip handles.
3. Rotate both handles back and grip firmly. Make sure the elbow joints are in line with the pivot point.
4. Keeping elbows close to side of body, extend elbows slowly while keeping upper arms parallel and on pad.
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.



■ TRICEPS EXTENSION
● Triceps Brachii

IRDTZ-108-EN

⚠ 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.

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⚠ WARNING

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

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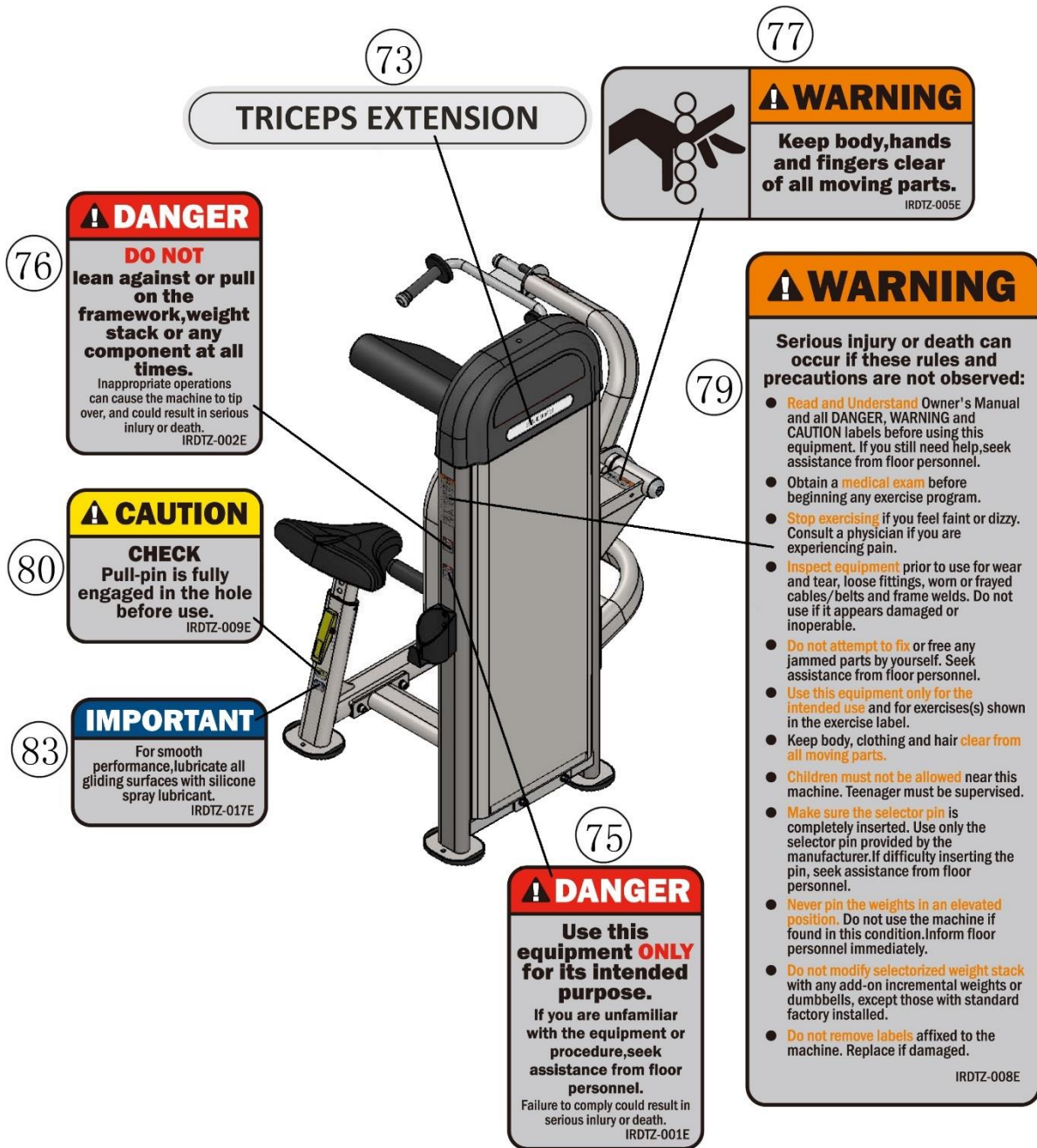
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⚠ WARNING

Anchor bolt here to fasten the machine to the floor.

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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



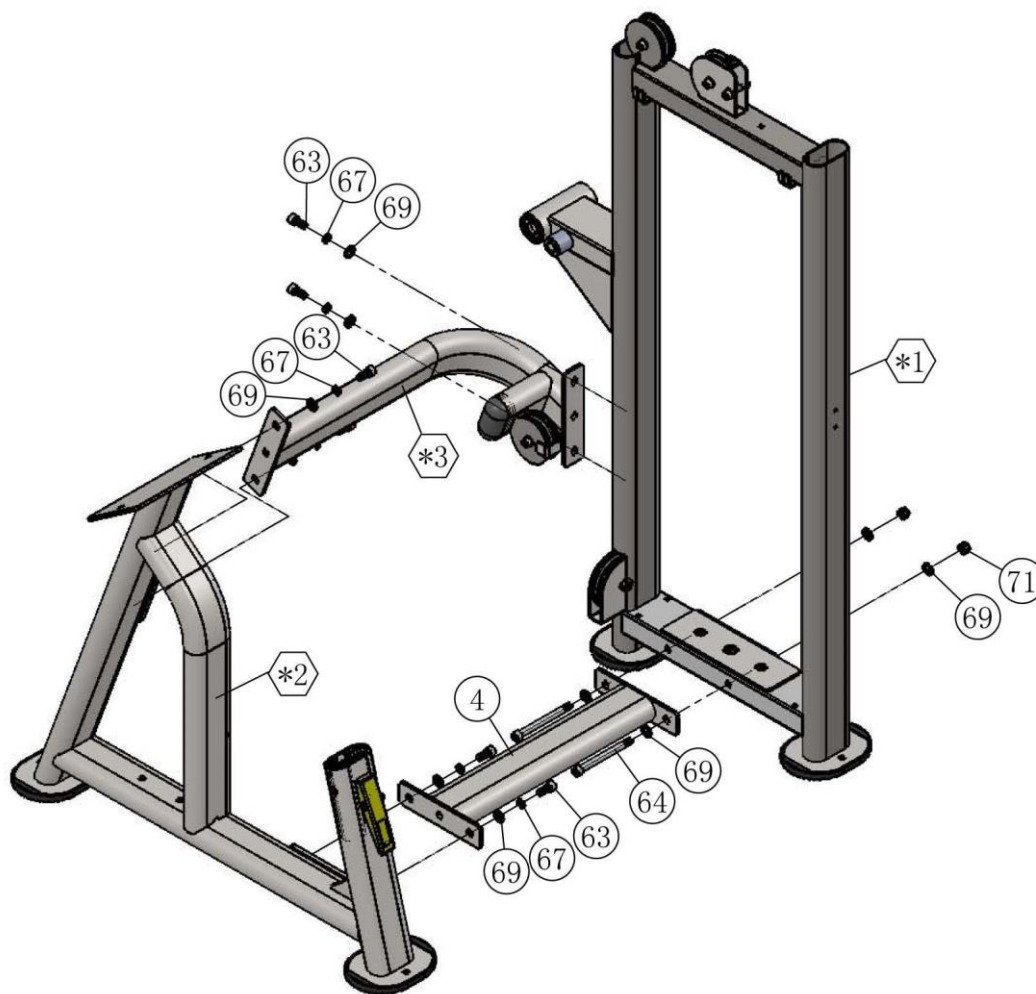
CABLE END SLIPPING OUT

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.

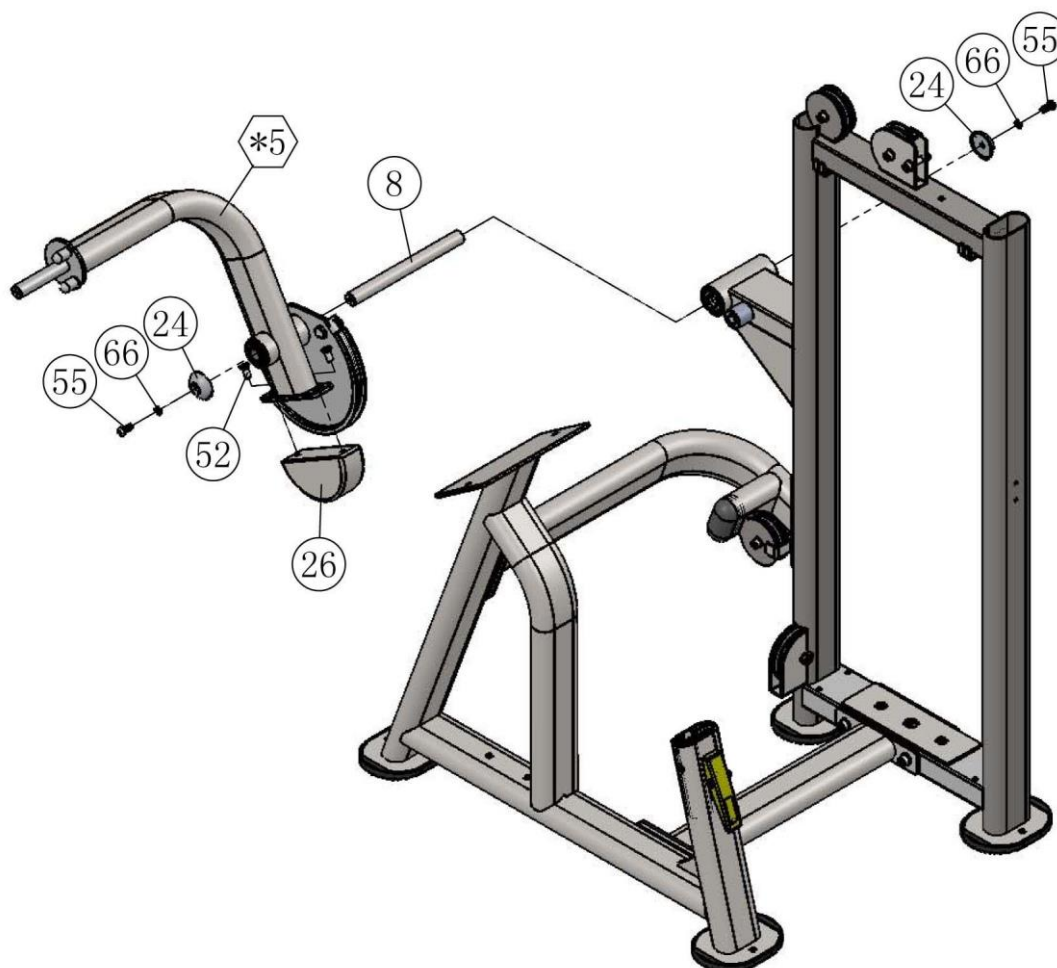
Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	64	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	67	Spring Washer $\Phi 12$	6
*3	Top Brace	1	69	Flat Washer $\Phi 12$	10
4	Bottom Cross Brace	1	71	Nylon Lock Nut M12	2
63	Hex Recessed Round Head Screw M12*25	6			



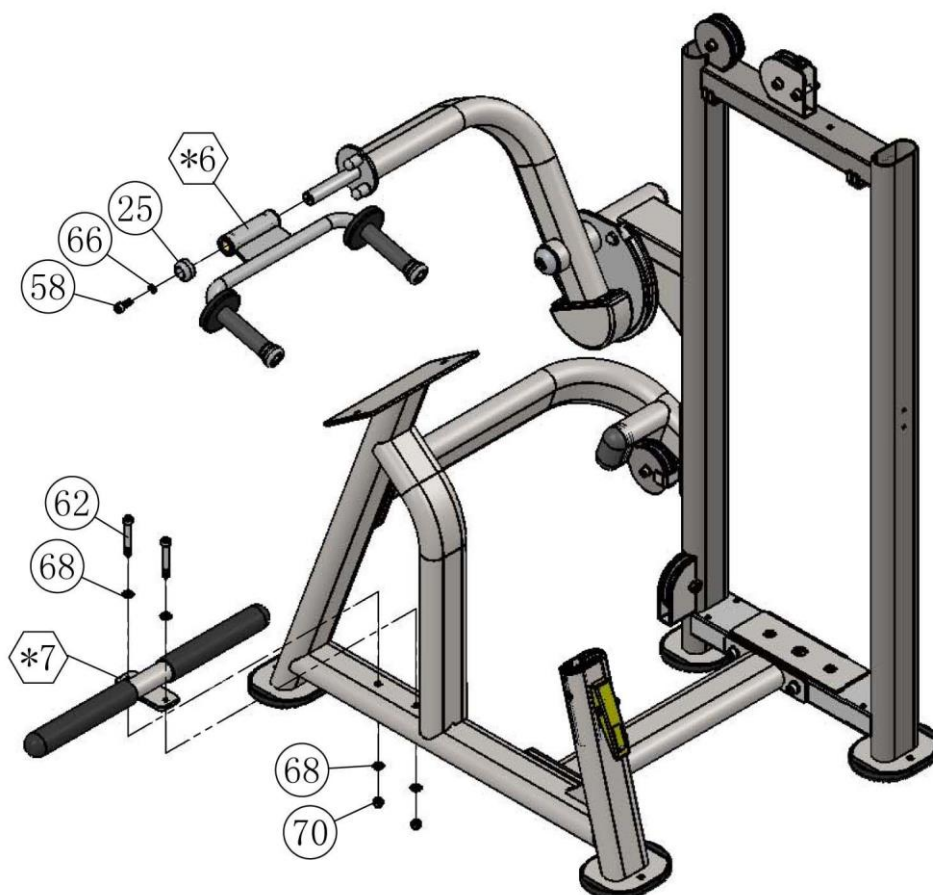
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Push Arm	1	52	Hex Recessed Countersunk Head Screw M10*25	2
8	Axle	1	55	Hex Recessed Flat Head Screw M10*25	2
24	Axle End Cap1	2	66	Spring Washer $\Phi 10$	2
26	Counterbalance R90	1			



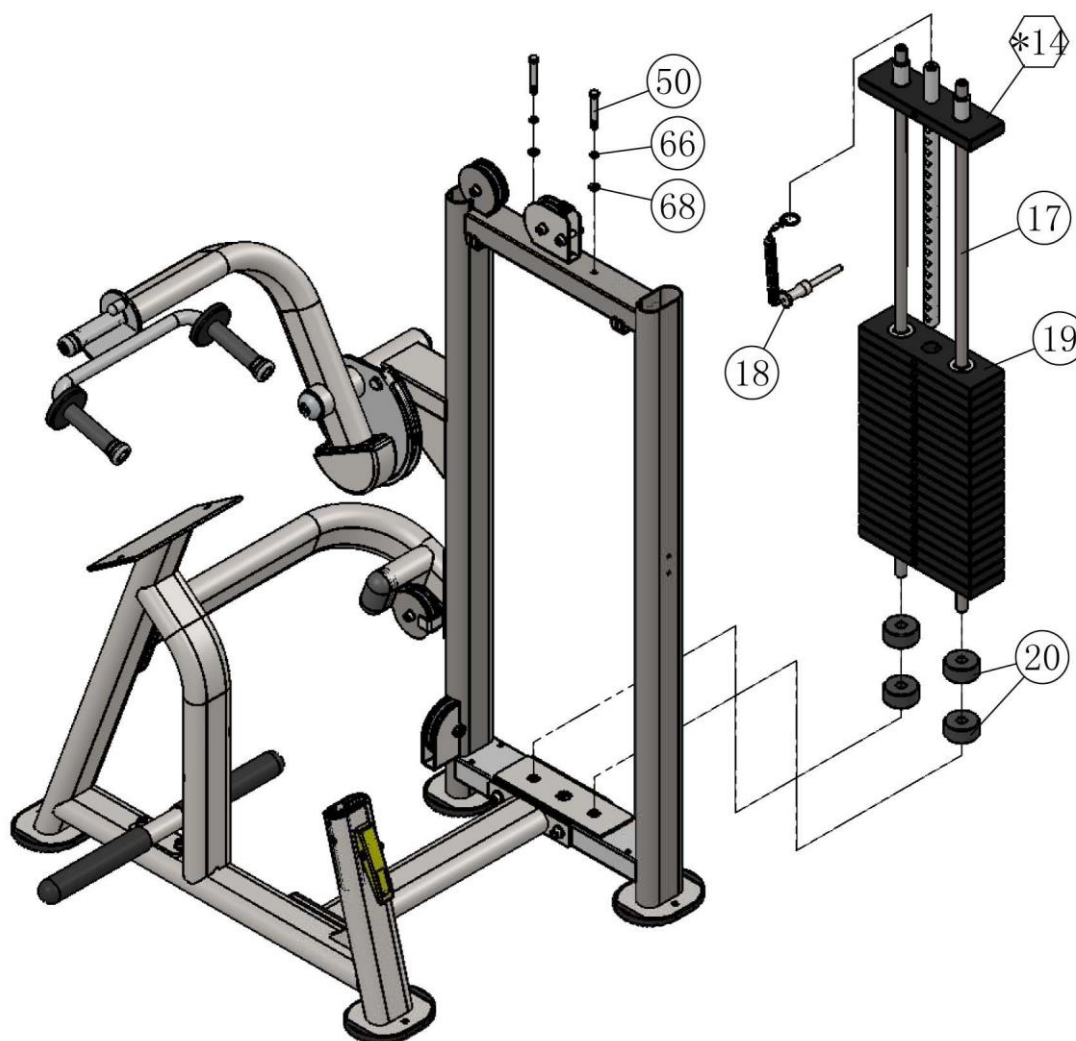
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*6	Handle	1	62	Hex Recessed Round Head Screw M10*75	2
*7	Foot Holder	1	66	Spring Washer Φ10	1
25	Axle End Cap2	1	68	Flat Washer Φ10	4
58	Hex Recessed Round Head Screw M10*25	1	70	Nylon Lock Nut M10	2



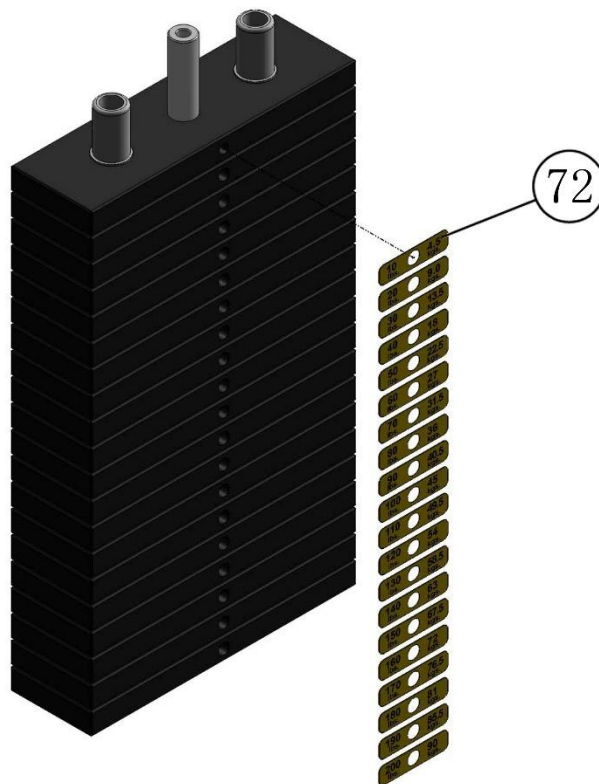
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*14	Top Block	1	50	Hex Bolt M10*75	2
17	Guide Rod	2	66	Spring Washer $\phi 10$	2
18	Selector Pin	1	68	Flat Washer $\phi 10$	2
19	4.5kg Weight Plate	19	72	Weight Plate Label	1
20	Rubber Donut	4			



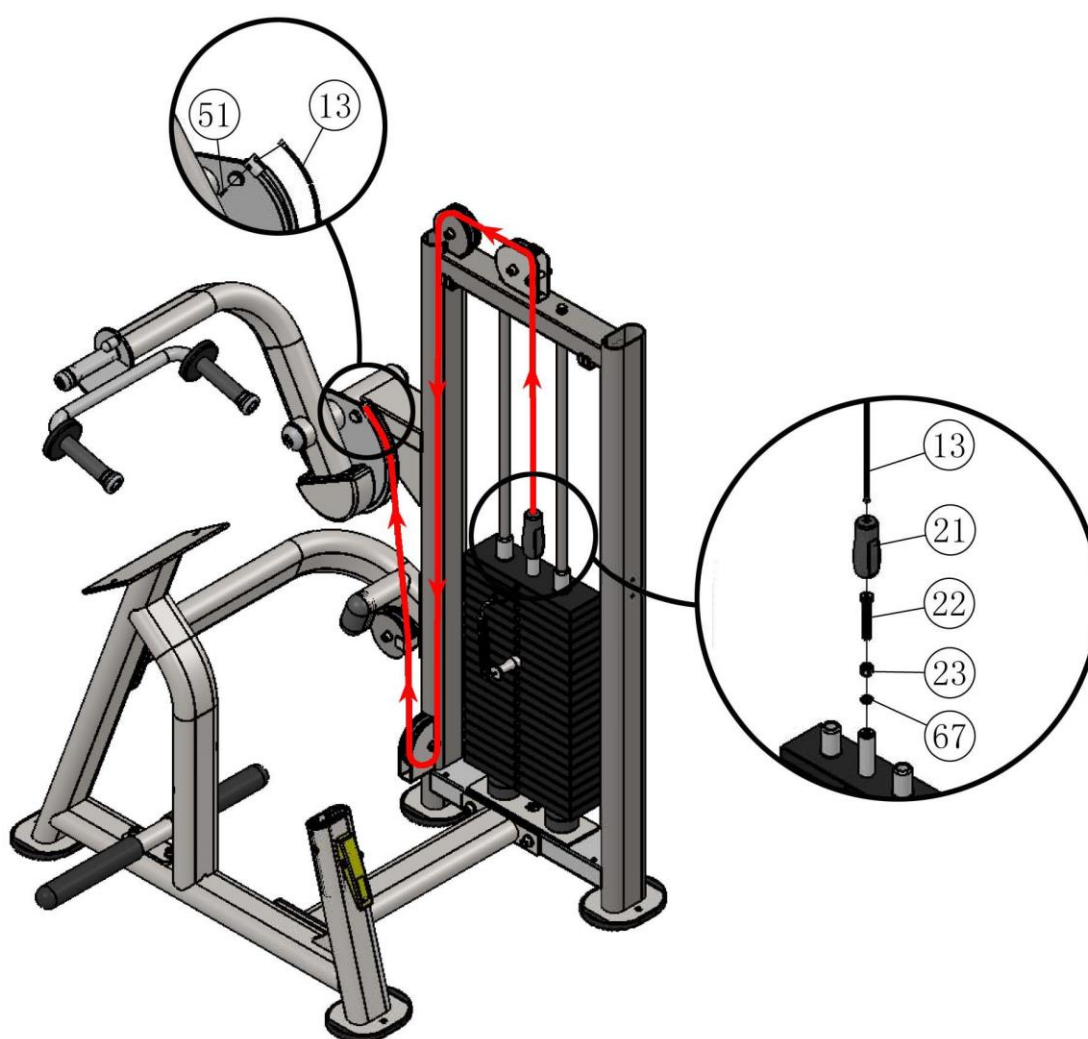
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label (#72) 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.



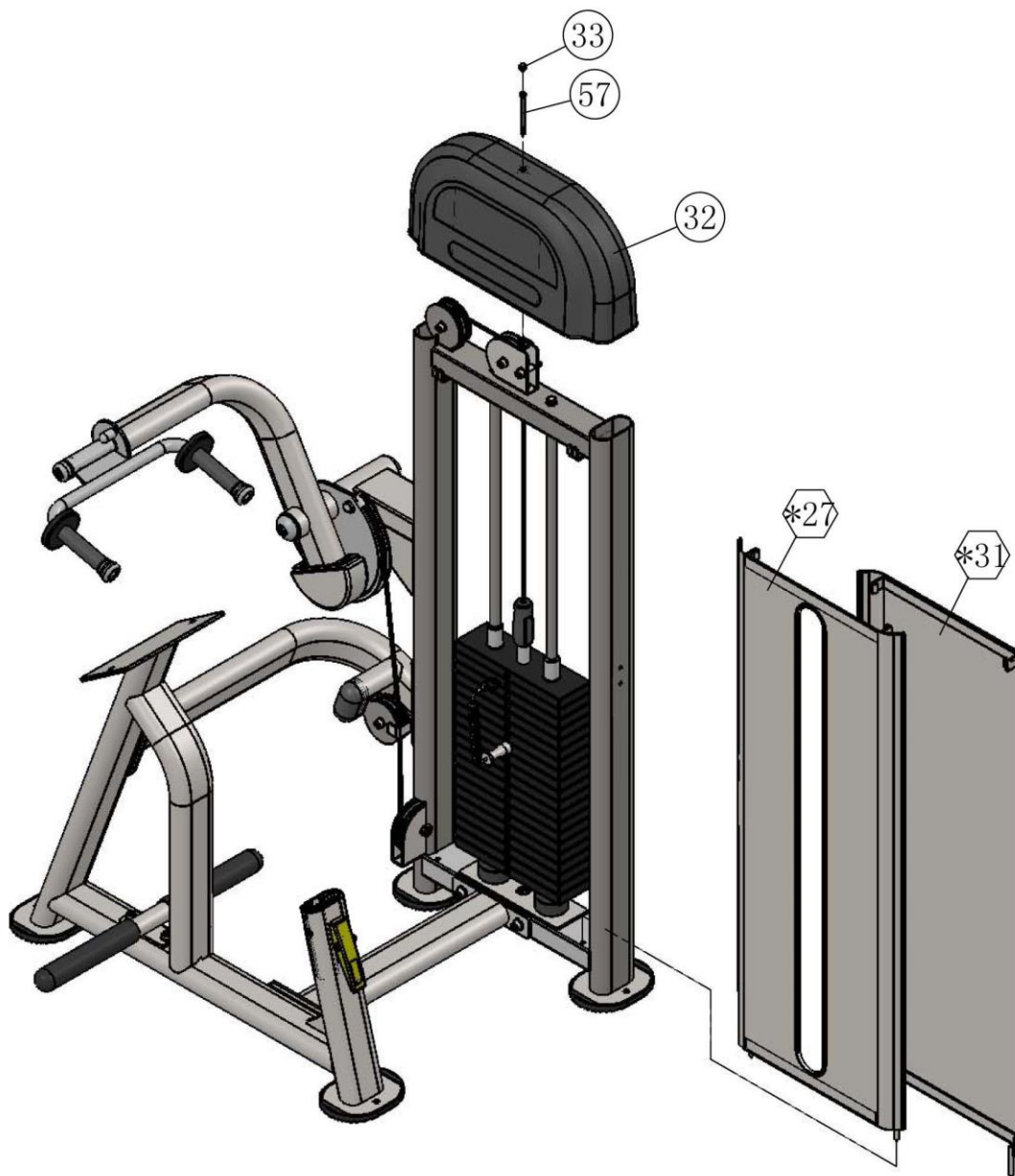
Step 5: Cable Routing

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Cable	1	23	Hex Nut M12	1
21	Bumper Cap	1	51	Cross Countersunk Head Screw M3*15	1
22	Hex Split Bolt	1	67	Spring Washer $\Phi 12$	1



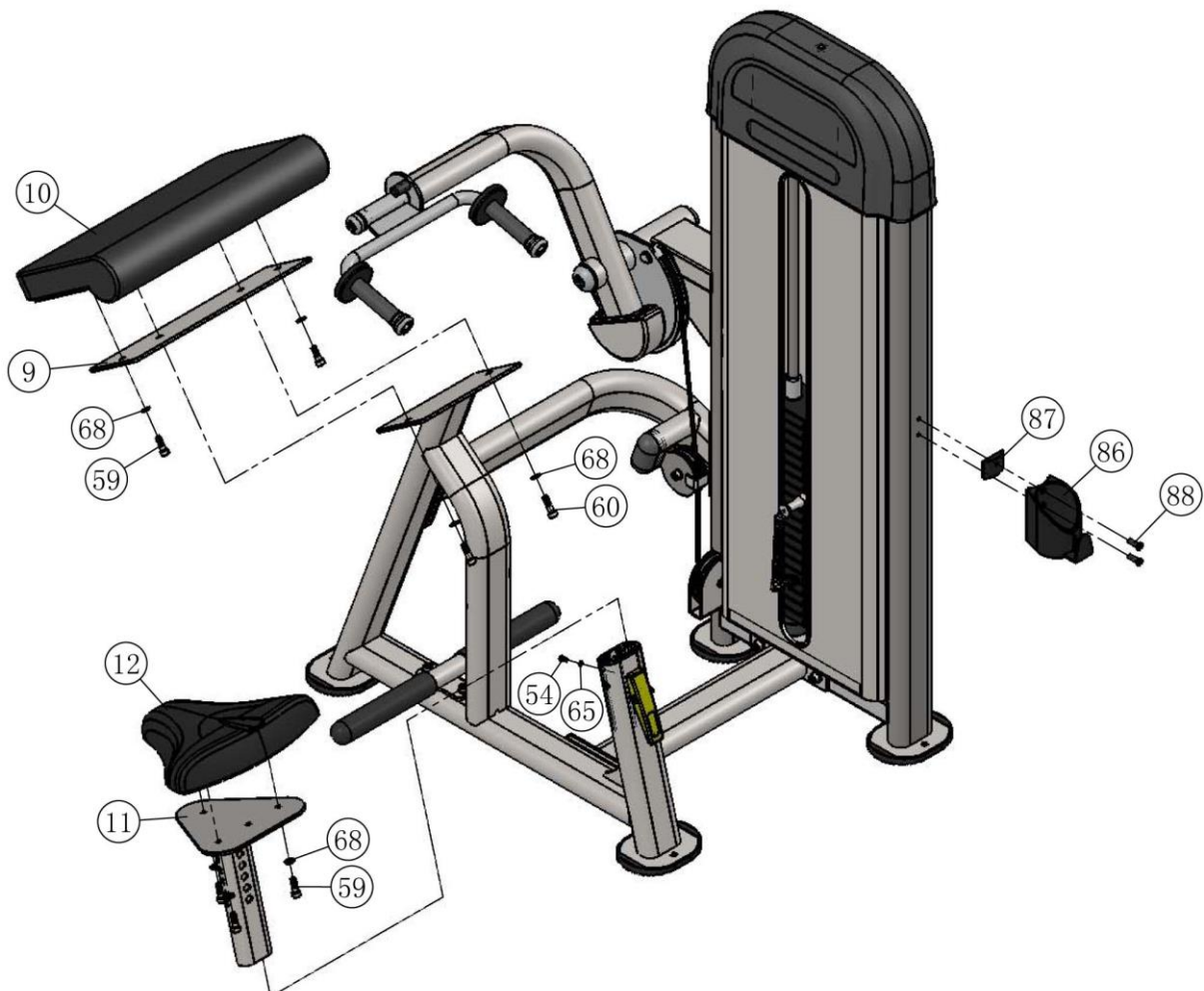
Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*27	Weight Shield Front	1	33	Hole Plug	1
*31	Weight Shield Rear	1	57	Hex Recessed Round Head Screw M6*95	1
32	Weight Shield Top	1			



Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Arm Pad Plate	1	60	Hex Recessed Round Head Screw M10*35	2
10	Arm Pad	1	65	Spring Washer $\phi 6$	1
11	Adjustable Seat Pad Tube	1	68	Flat Washer $\phi 10$	7
12	Seat Pad	1	86	Bottle Cage	1
54	Hex Recessed Flat Head Screw M6*16	1	87	Spacer Block	1
59	Hex Recessed Round Head Screw M10*30	5	88	Hex Recessed Countersunk Head Screw M8*30	2



Part List

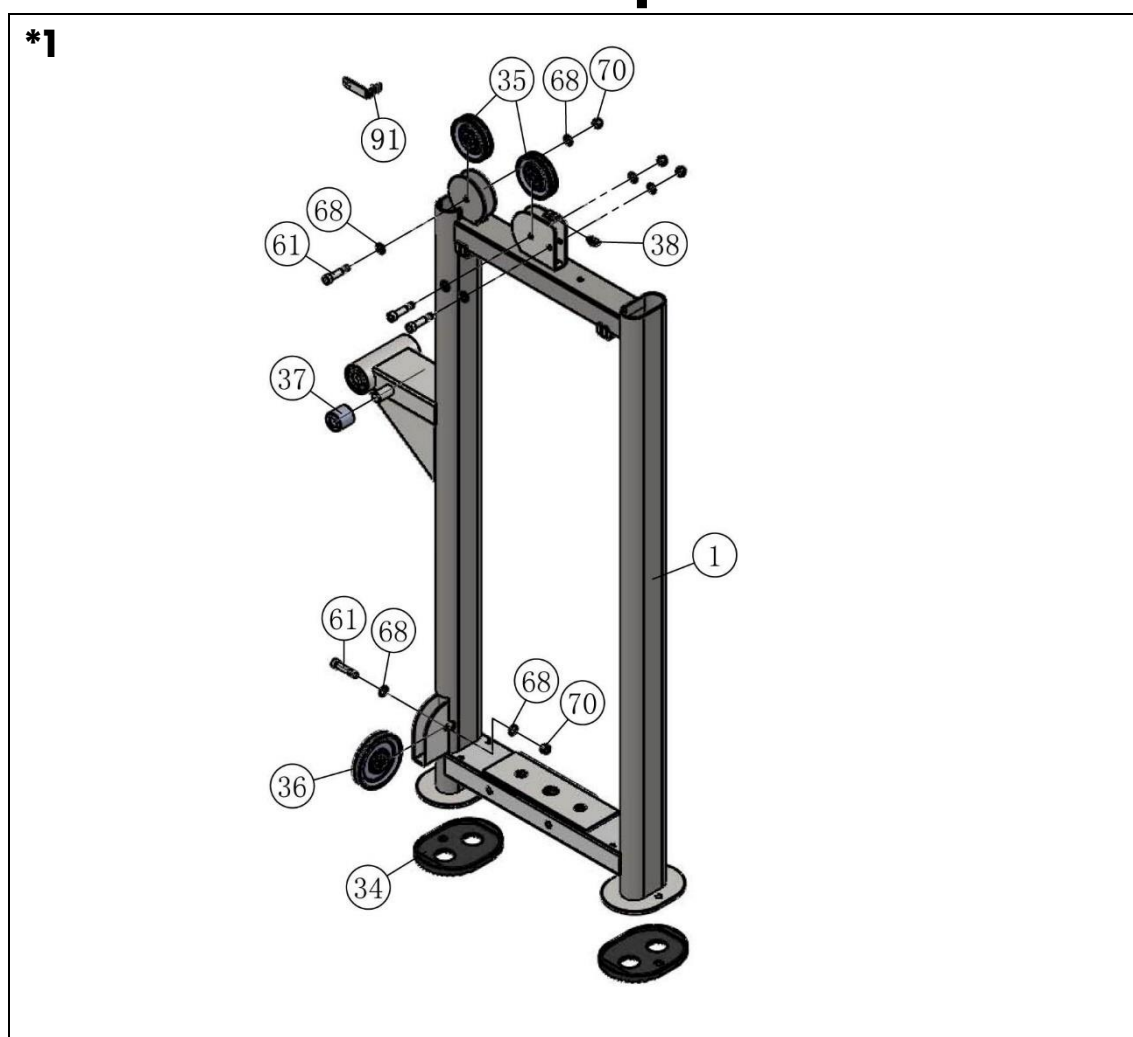
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	27	Weight Shield Front	1
2	Main Frame	1	28	Edge Protector Chrome 1	1
3	Top Brace	1	29	Edge Protector Chrome 2	1
4	Bottom Cross Brace	1	30	Edge Protector Chrome 3	3
5	Push Arm	1	31	Weight Shield Rear	1
6	Handle	1	32	Weight Shield Top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

Item #	Description	Qty.	Item #	Description	Qty.
53	Hex Recessed Flat Head Screw M6*8	2	72	Weight Plate Label	1
54	Hex Recessed Flat Head Screw M6*16	1	73	LABEL-TRICEPS EXTENSION	2
55	Hex Recessed Flat Head Screw M10*25	4	74	LABEL-EXERCISE CHART	1
56	Hex Recessed Round Head Screw M8*50	1	75	LABEL-DANGER(IRDTZ-001E)	2
57	Hex Recessed Round Head Screw M6*95	1	76	LABEL-DANGER(IRDTZ-002E)	1
58	Hex Recessed Round Head Screw M10*25	1	77	LABEL-WARNING(IRDTZ-005E)	2
59	Hex Recessed Round Head Screw M10*30	5	78	LABEL-WARNING(IRDTZ-007E)	1
60	Hex Recessed Round Head Screw M10*35	2	79	LABEL-WARNING(IRDTZ-008E)	1
61	Hex Recessed Round Head Screw M10*50	5	80	LABEL-CAUTION(IRDTZ-009E)	1
62	Hex Recessed Round Head Screw M10*75	2	81	LABEL-INSPECTIONS	1
63	Hex Recessed Round Head Screw M12*25	6	82	LABEL-CHECK CABLES	1
64	Hex Recessed Round Head Screw M12*135	2	83	LABEL-IMPORTANT(IRDTZ-017E)	1
65	Spring Washer Φ6	1	86	Bottle Cage	1
66	Spring Washer Φ10	7	87	Spacer Block	1
67	Spring Washer Φ12	7	88	Hex Recessed Countersunk Head Screw M8*30	2
68	Flat Washer Φ10	23	89	Flat Washer Φ8	2
69	Flat Washer Φ12	10	90	Nylon Lock Nut M8	1
70	Nylon Lock Nut M10	7	91	L Plate	
71	Nylon Lock Nut M12	2			

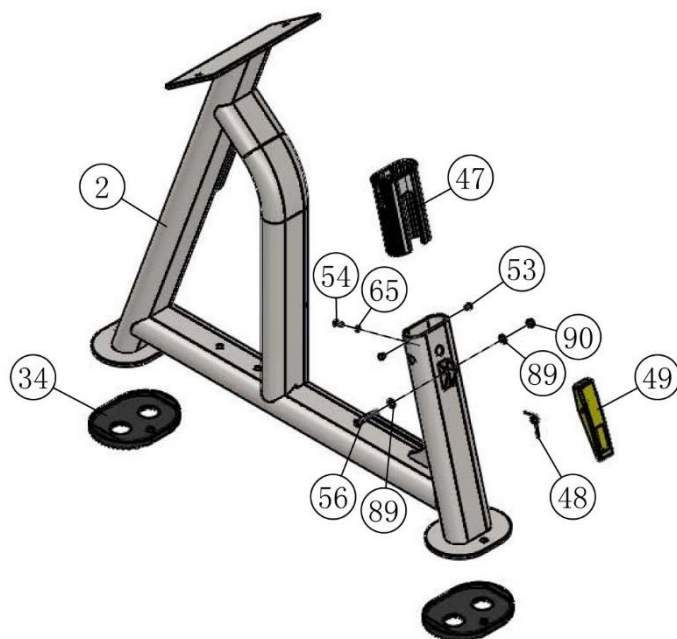
Pre-assembled Components Part List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*7	Foot Holder	1
*2	Main Frame	1	*14	Top Block	1
*3	Top Brace	1	*26	Weight Shield Front	1
*5	Push Arm	1	*30	Weight Shield Rear	1
*6	Handle	1			

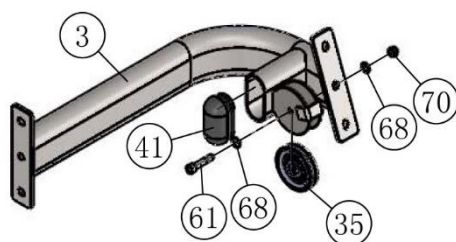
Pre-assembled Components



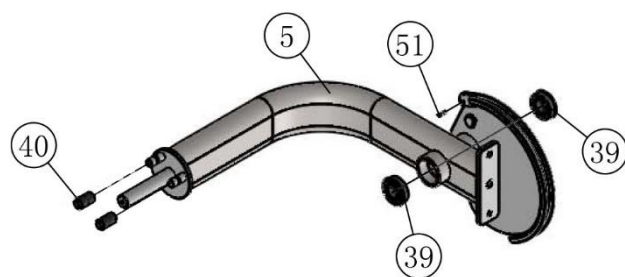
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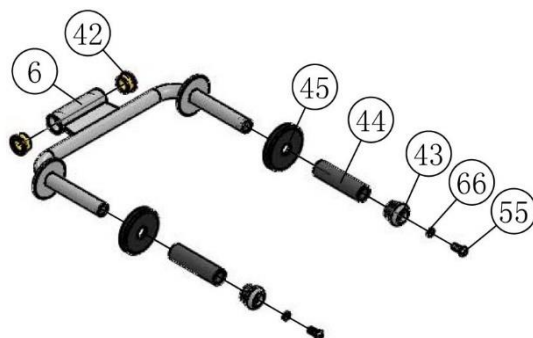
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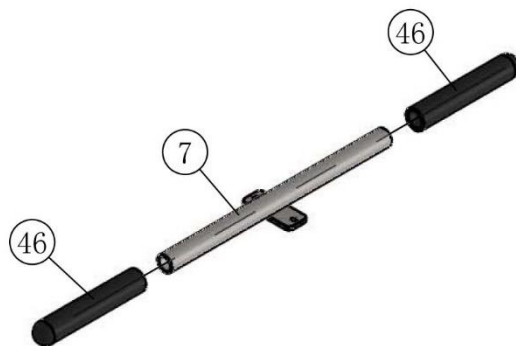
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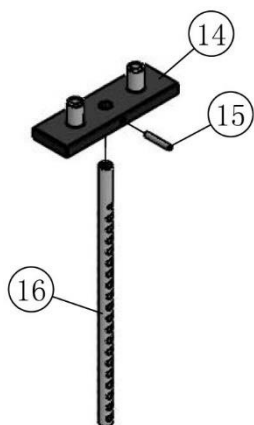
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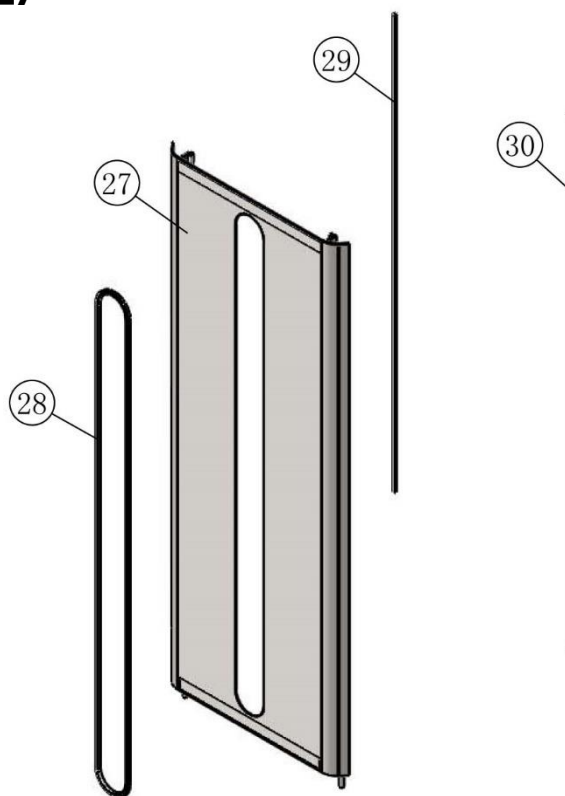
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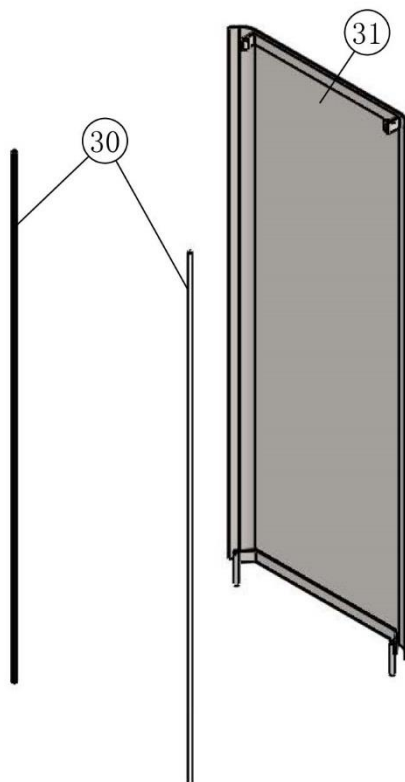
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***27**



***31**



MAINTENANCE

Maintenance Information

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.