

VERVE Arnold Series

Dip / Chin up Assist Machine

Owner's Manual

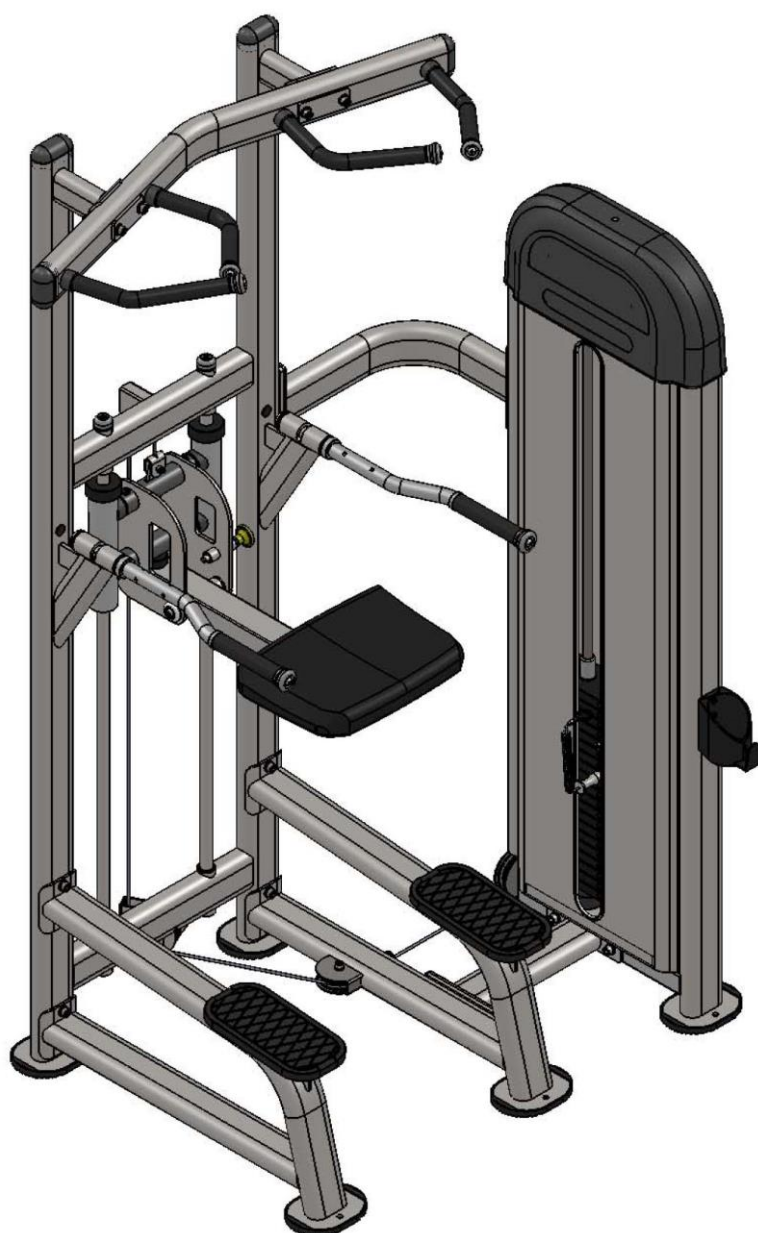


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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

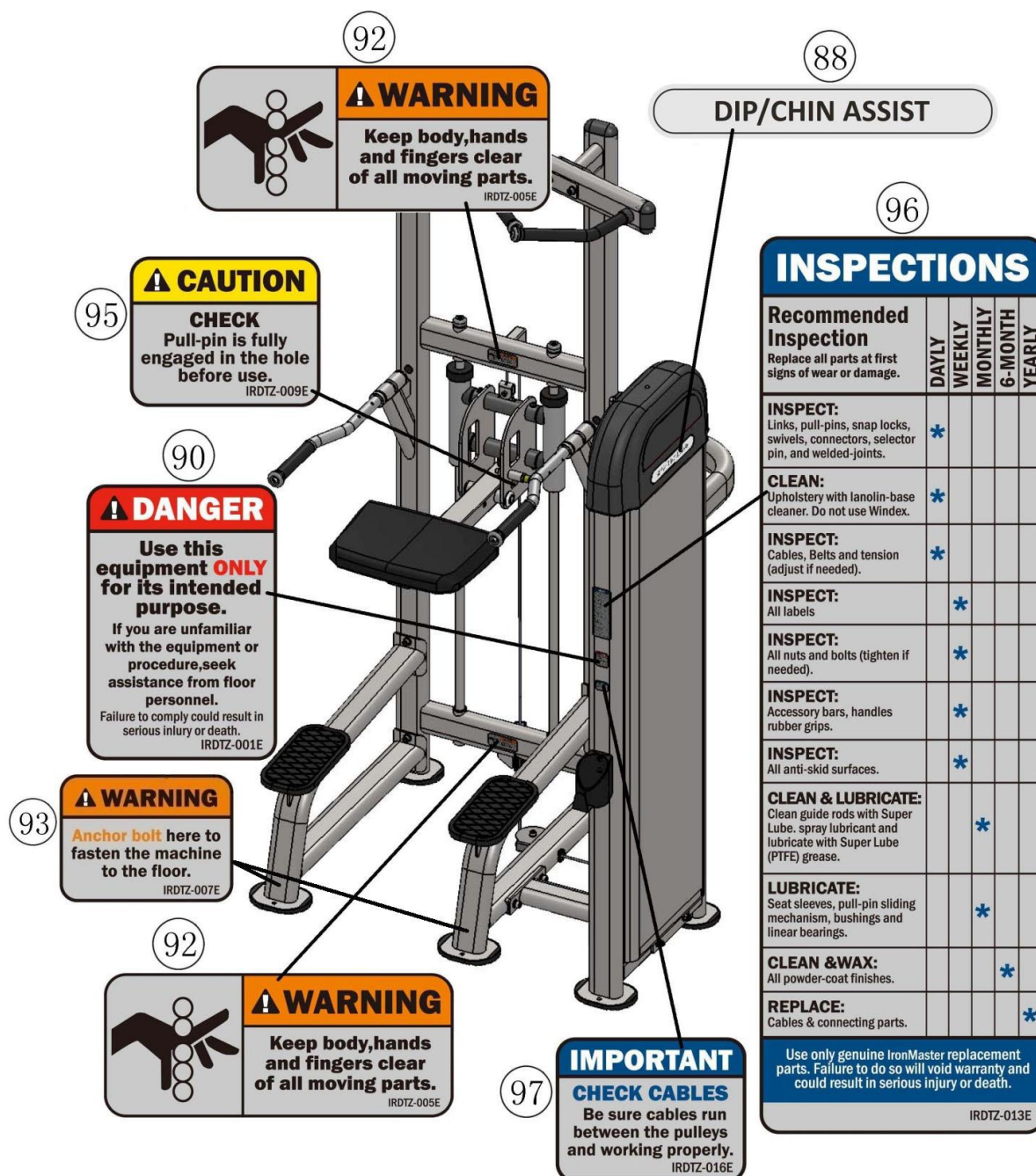
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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



⚠ 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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DIP/CHIN ASSIST

DIP

CHIN

DIP/CHIN ASSIST

1. Step up and grip either the lower handles for the Dip exercise or the upper handles for the Chin exercise.
2. Carefully position body on kneeling pad, making sure to support yourself with the desired handles.
3. Lift your body with controlled movements. Do not exceed your comfortable range of motion.
4. When finished, bring kneeling pad back to the start position and carefully step backwards onto the step and walk off machine.
5. Rotate the kneeling pad to vertical position, step up and grab the upper handles to chin up directly.

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.

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

■ DIP Shoulder Flexion, Elbow Extension;
 ■ CHIN Shoulder Extension, Elbow Flexion;

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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.

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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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⚠ WARNING

Anchor bolt here to fasten the machine to the floor.

IRDTZ-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



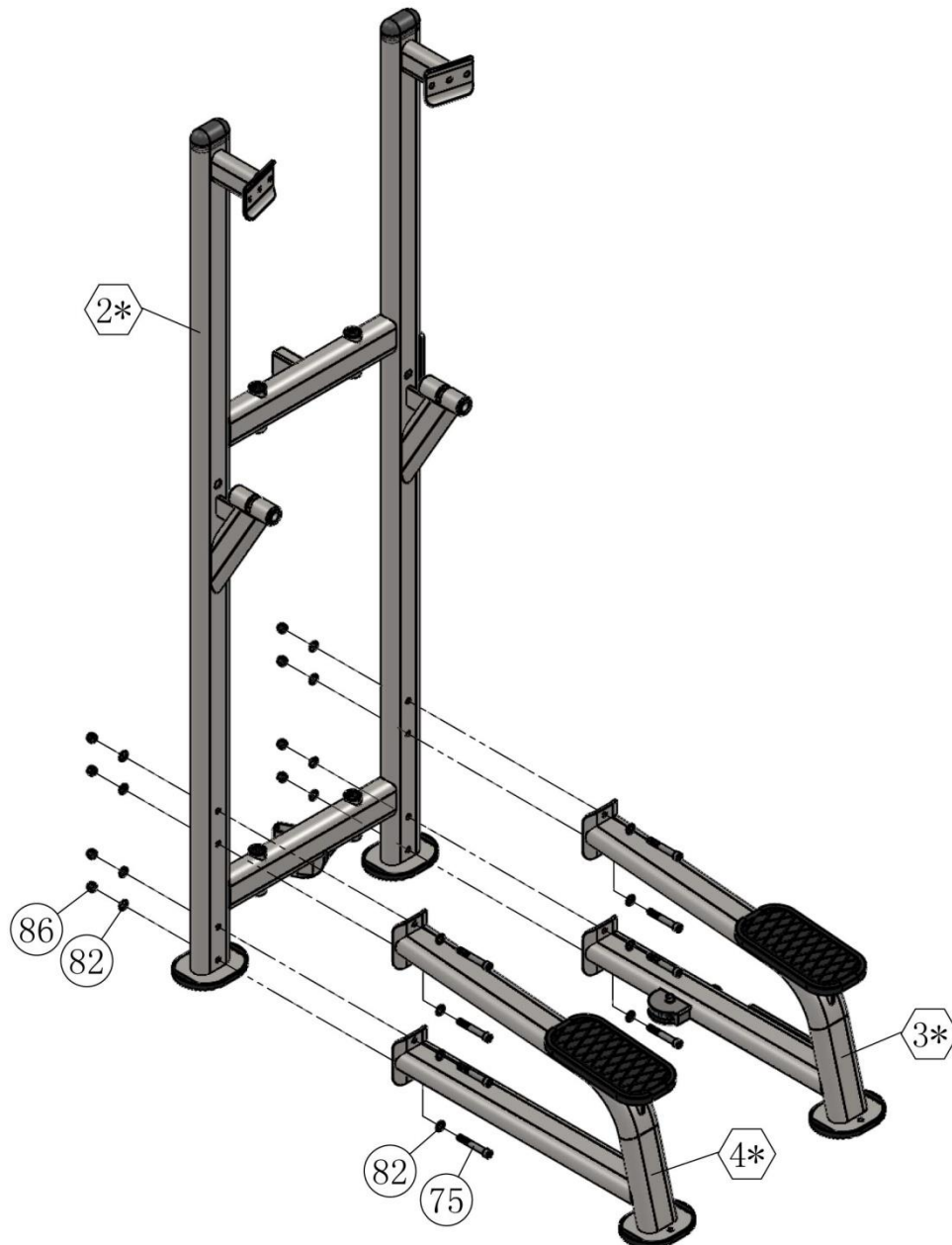
CABLE END SLIPPING OUT

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.
2*	Main Frame	1	75	Hex Recessed Round Head Screw M12*85	8
3*	Right Support Frame	1	82	Flat Washer $\phi 12$	16
4*	Left Support Frame	1	86	Nylon Lock Nut M12	8

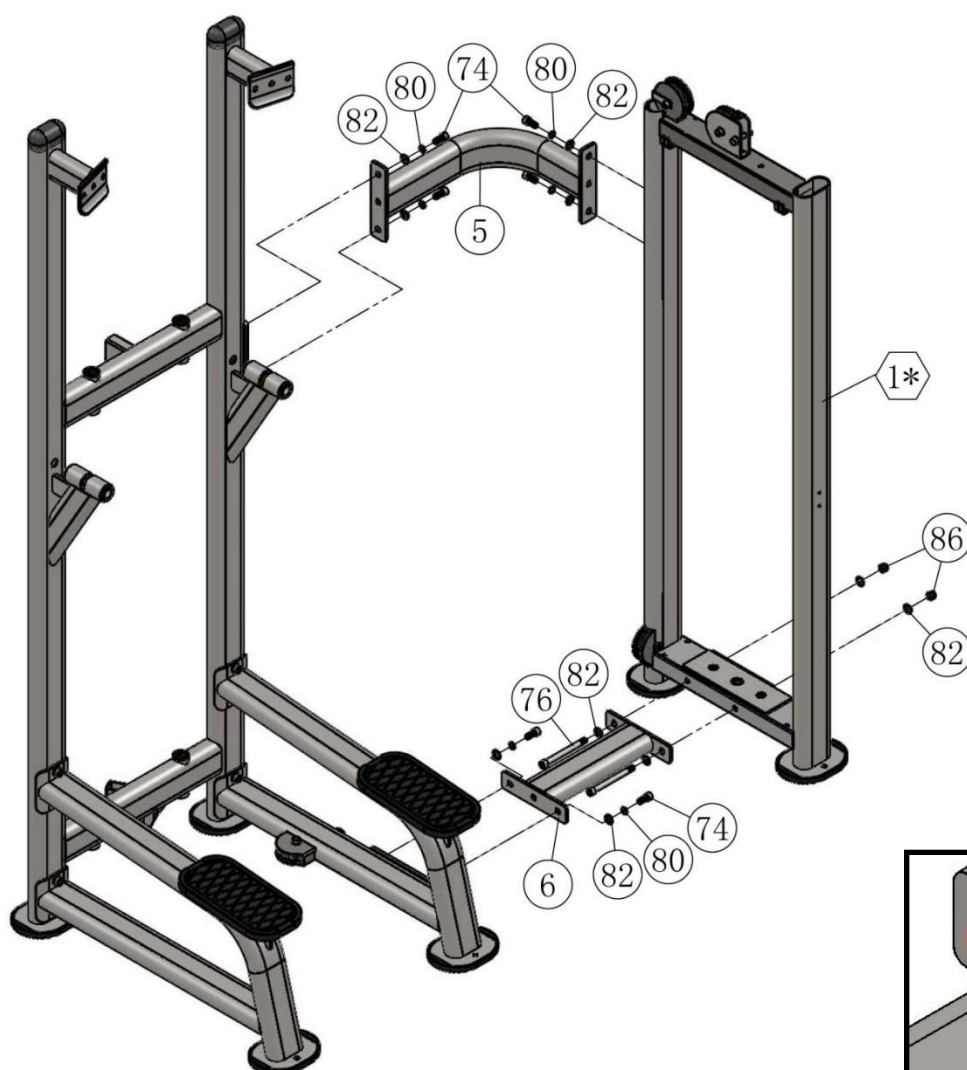


NOTE:

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

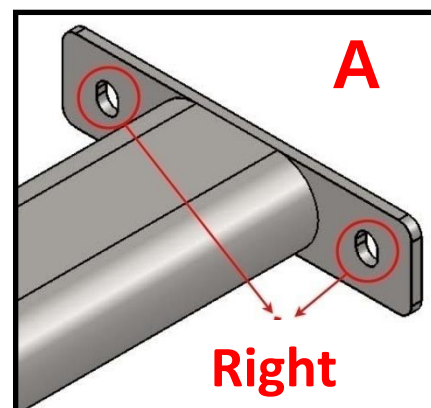
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
1*	Weight Stack Frame	1	76	Hex Recessed Round Head Screw M12*135	2
5	Top Brace	1	80	Spring Washer $\Phi 12$	6
6	Bottom Cross Bracket	1	82	Flat Washer $\Phi 12$	10
74	Hex Recessed Round Head Screw M12*25	6	86	Nylon Lock Nut M12	2



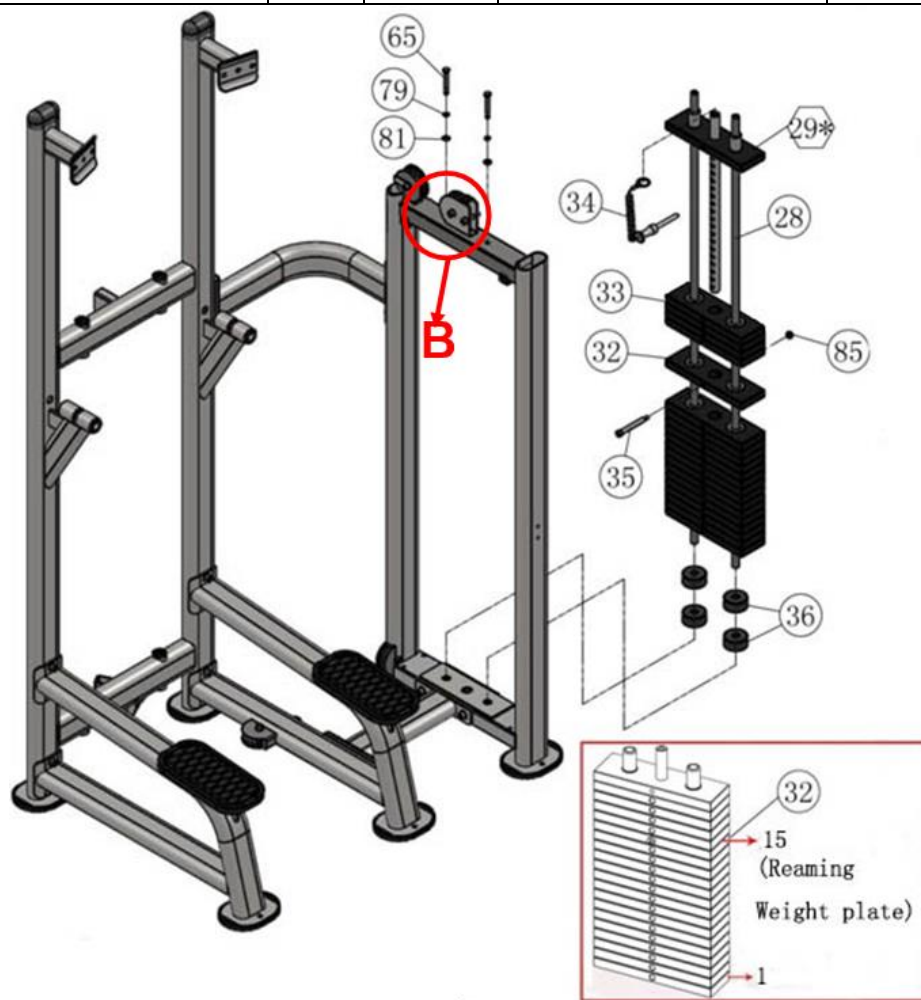
SPECIAL NOTE:

The placement of Bottom Cross Brack (#6) as shown in figure A.



Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
29*	Top Block	1	36	Rubber Donut	4
28	Φ19 Guide Rod	2	65	Hex Bolt M10*75	2
32	4.5kg Weight Plate (reaming)	1	79	Spring Washer Φ10	2
33	4.5kg Weight Plate	18	81	Flat Washer Φ10	2
34	Selector Pin	1	85	Nylon Lock Nut M10	1
35	Axle Bolt M10*90	1	87	Weight Plate Label	1

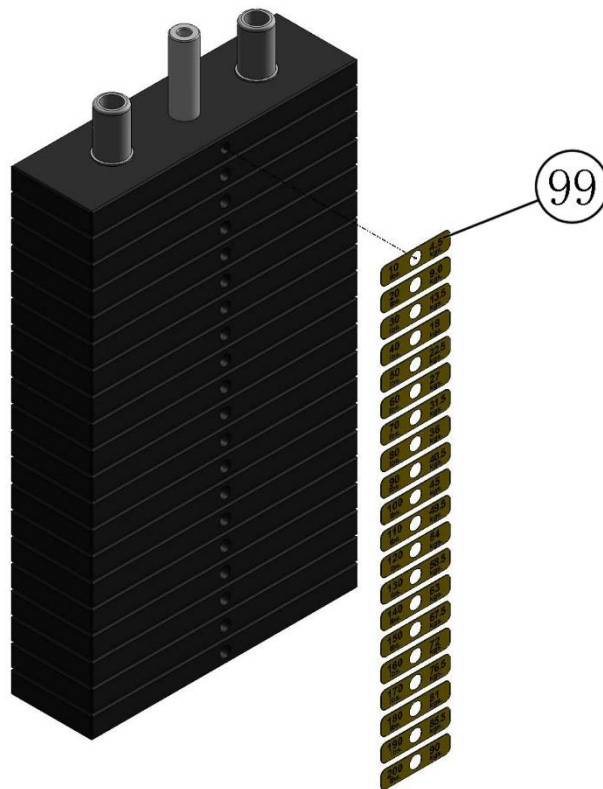


NOTE:

1. Please place the side with the plastic part face up when you assemble the weight plate.
2. This Weight Plate (#32) in big package, the other in the cartons of weight plates.
3. To complete the Label (#87) before installing Bolt (#35) and Nut (#85).
4. You can remove the pulley in position B first, then assemble Hex Bolt M10*75 (#65x2pcs).

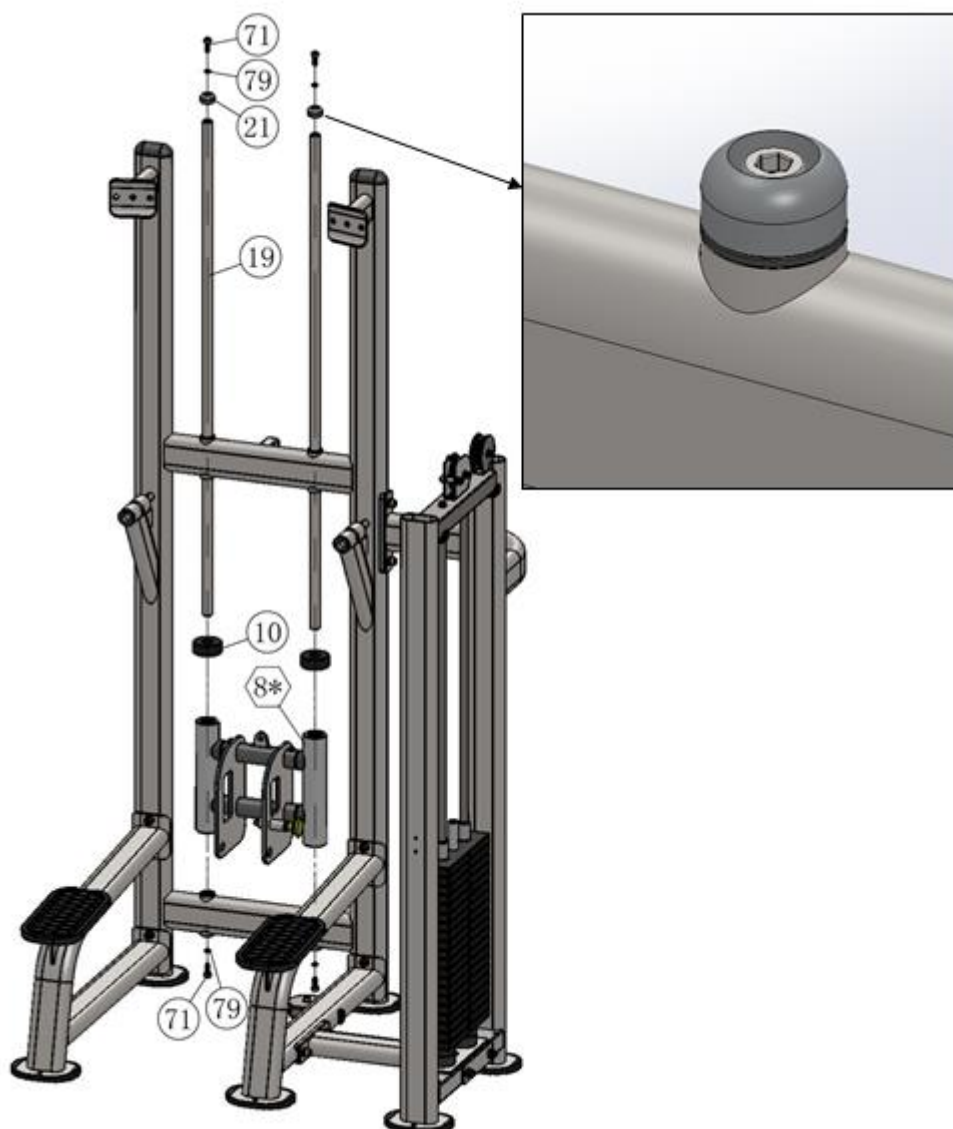
Weight stack label instructions :

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.



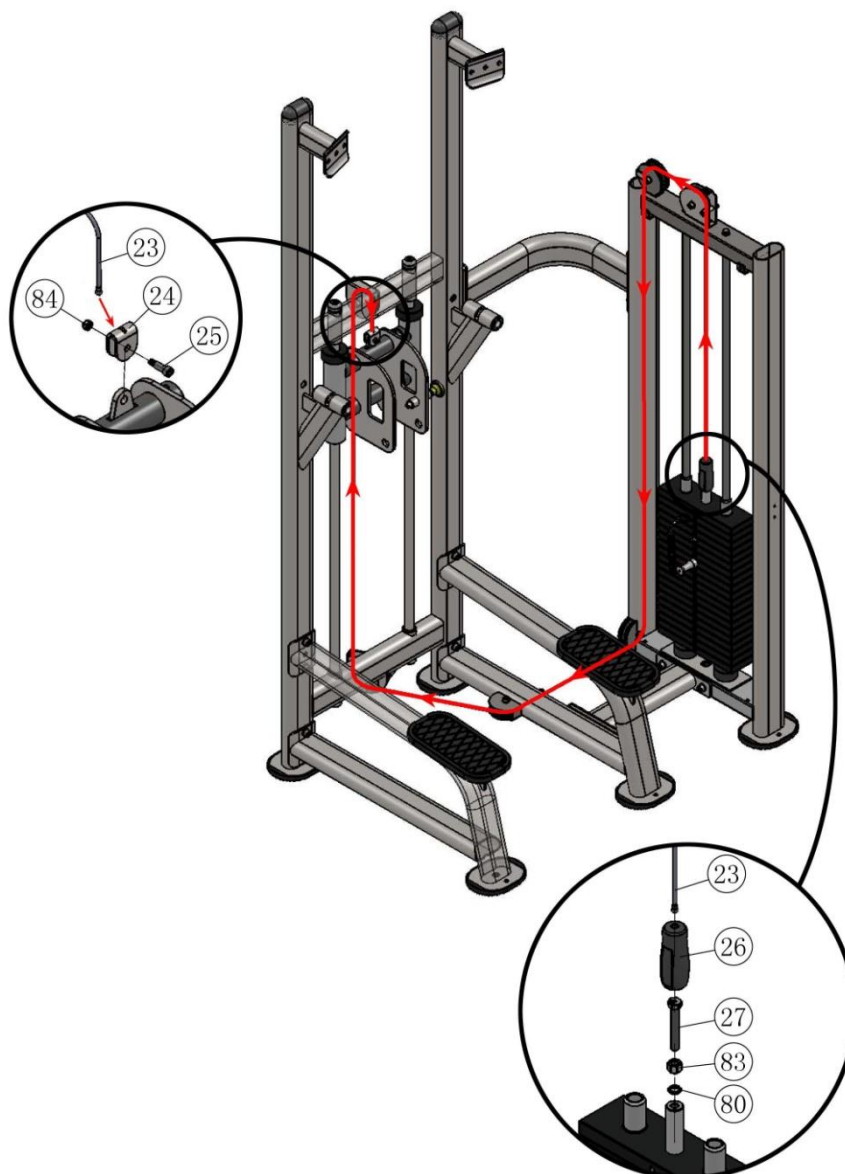
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
8*	Support Frame	1	21	Axle End Cap (Thick)	2
10	Cushion	2	71	Hex Recessed Round Head Screw M10*25	4
19	Guide Rail	2	79	Spring Washer $\Phi 10$	4



Step 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
23	Cable	1	27	Hex Split Bolt	1
24	Cable Bracket	1	80	Spring Washer $\Phi 12$	1
25	Metric Shaft Bolt	1	83	Hex Nut M12	1
26	Bumper Cap	1	84	Nylon Lock Nut M8	1

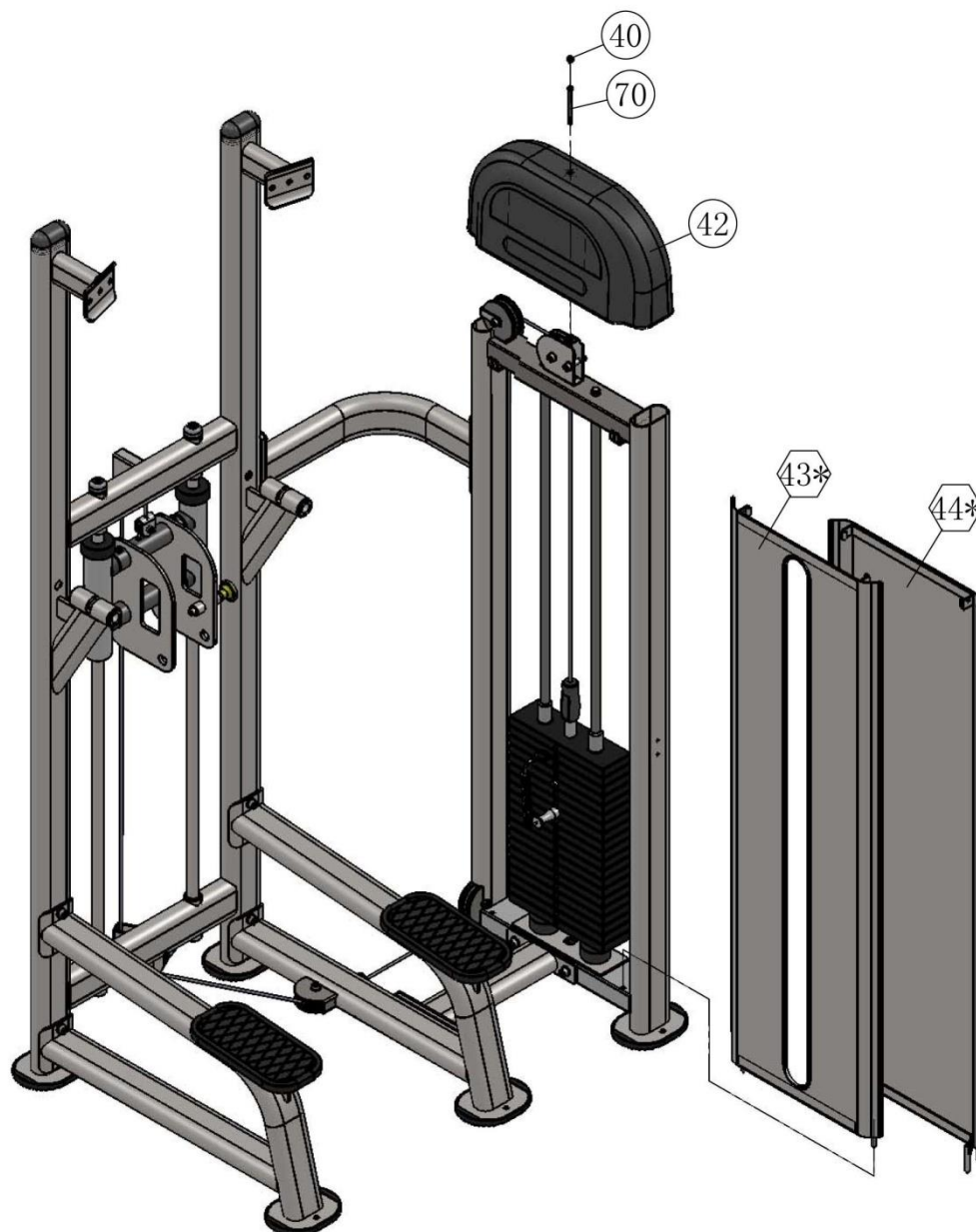


SPECIAL NOTE:

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.
42	Weight Shield Top	1	40	Hole Plug	1
43*	Weight Shield Front	1	70	Hex Recessed Round Head Screw M6*95	1
44*	Weight Shield Rear	1			

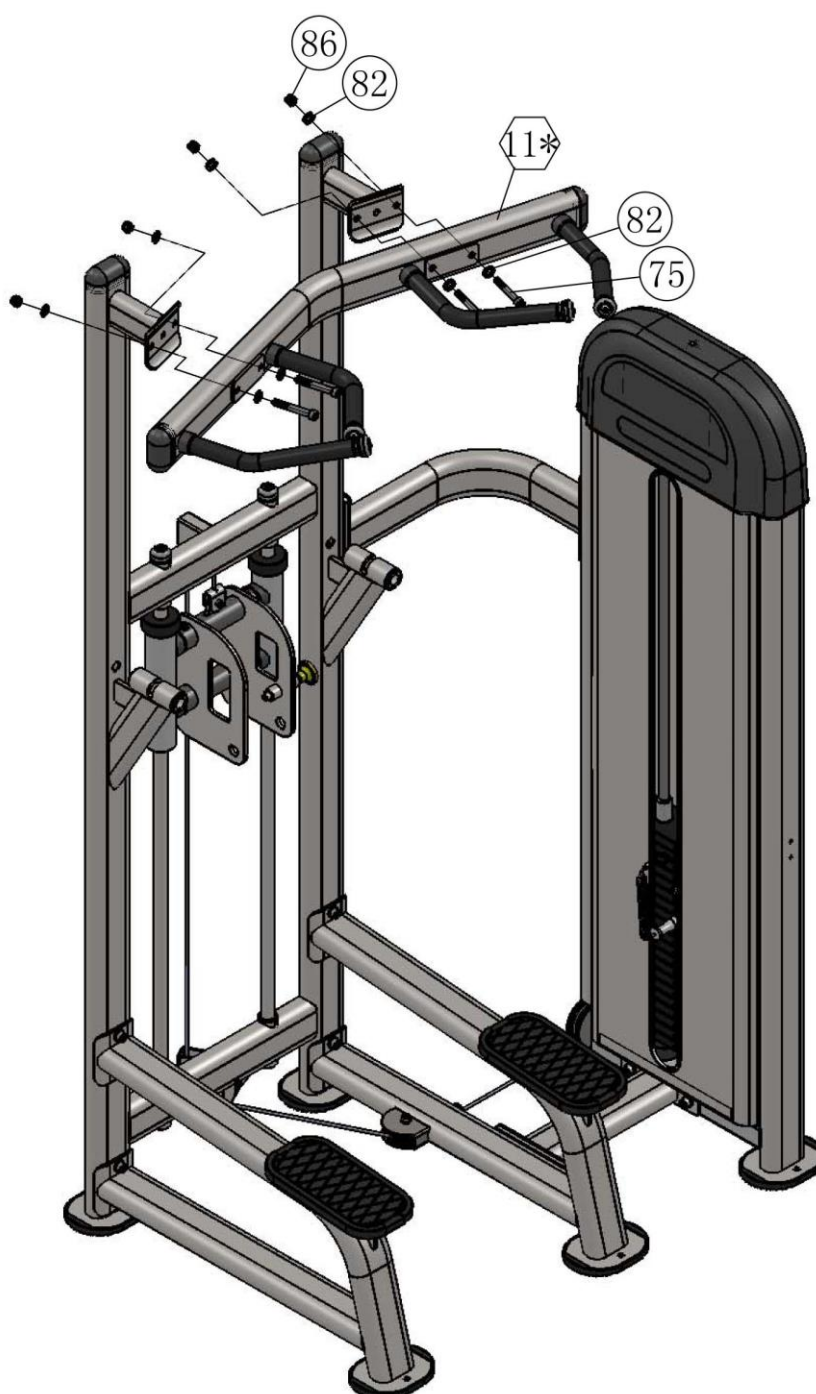


NOTE:

Please assemble Weight Shield Front & Rear (#43* & #44*) first, then assemble Weight Shield Top (#42).

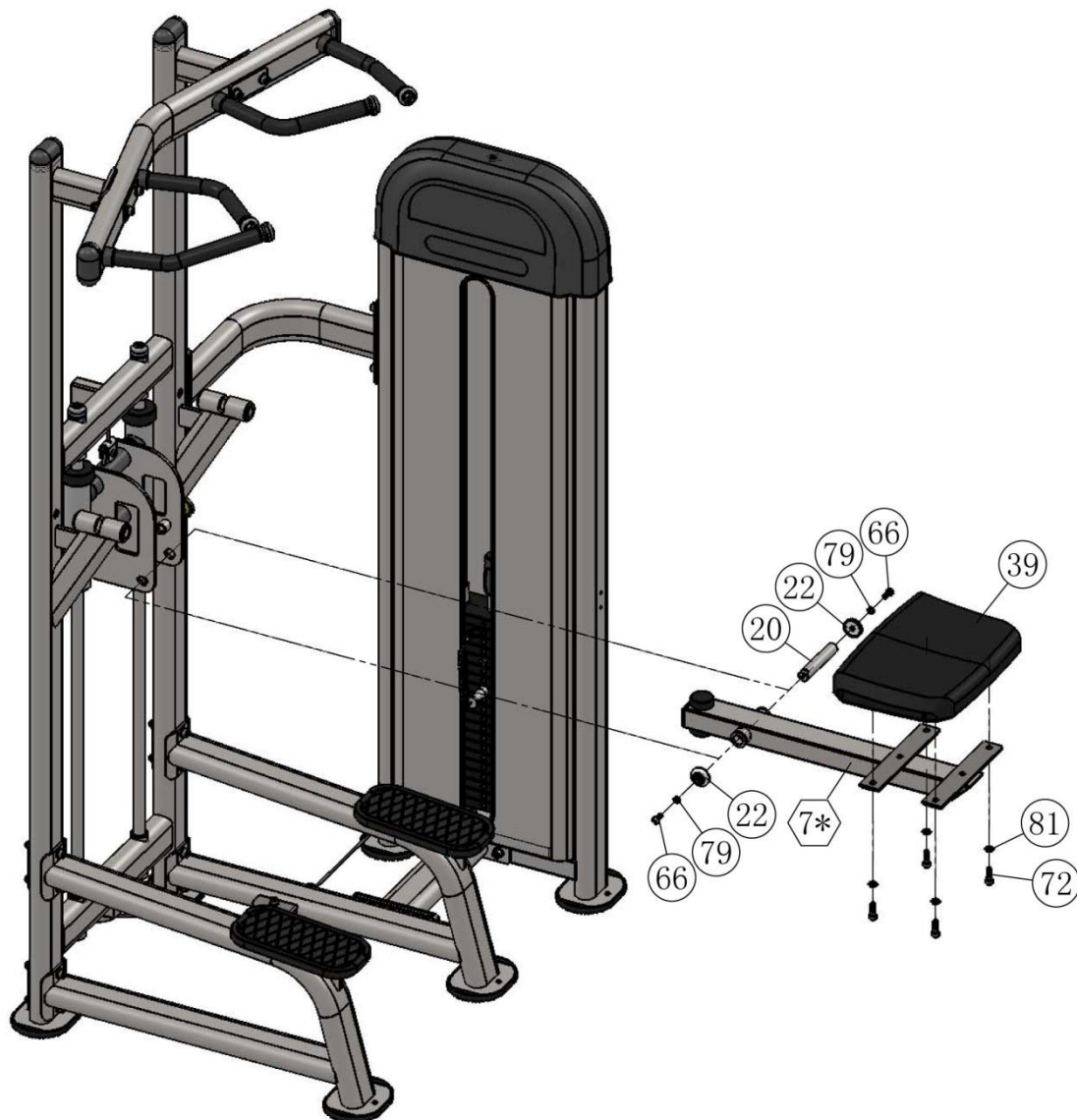
Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
11*	Top Rail	1	82	Flat Washer $\Phi 12$	8
75	Hex Recessed Round Head Screw M12*85	4	86	Nylon Lock Nut M12	4



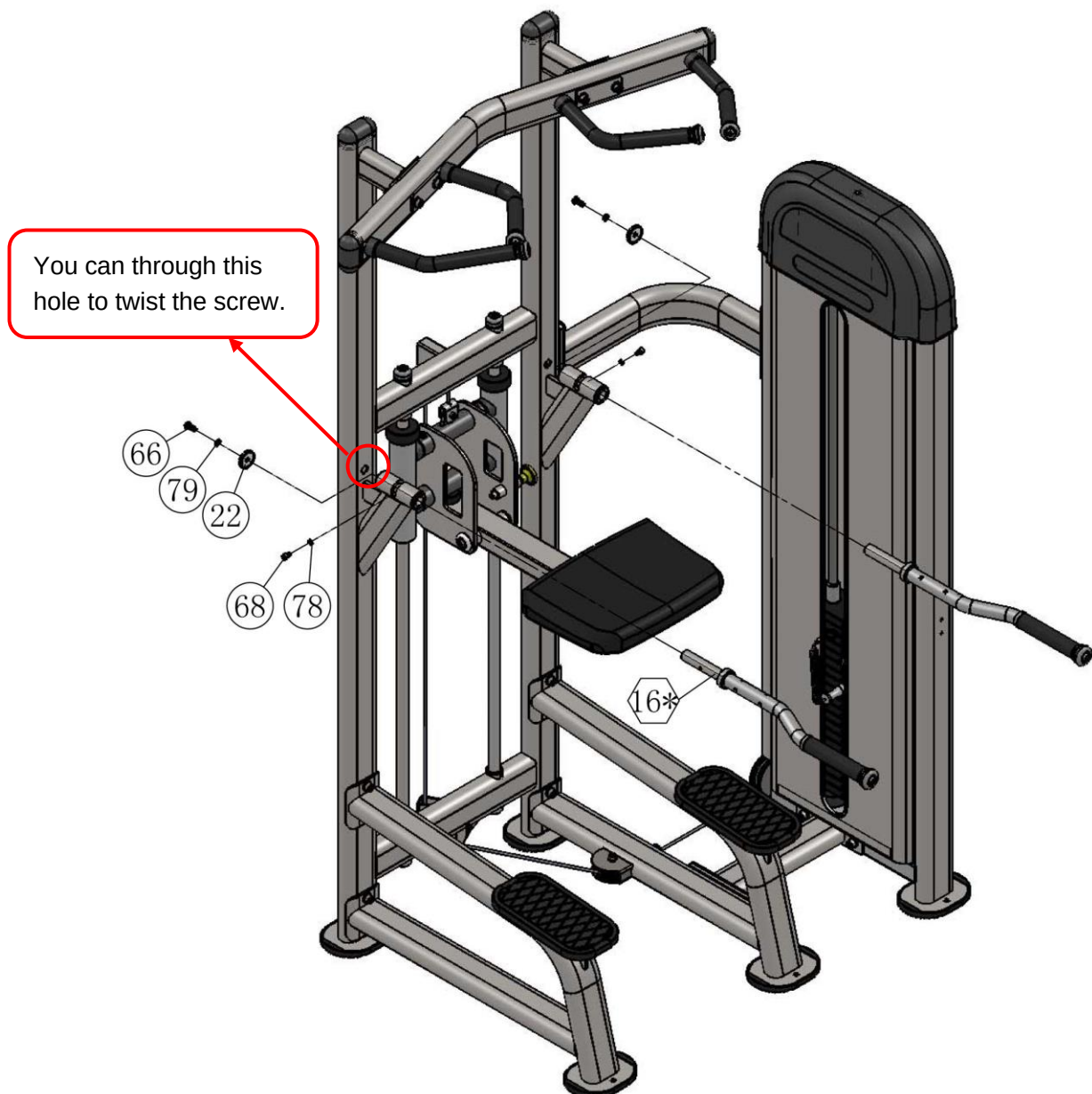
Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
7*	Pivot Rack	1	66	Hex Recessed Flat Head Screw M10*25	2
20	Pivot Axle	1	72	Hex Recessed Round Head Screw M10*30	4
22	Aluminium End Cap (Thin)	2	79	Spring Washer $\phi 10$	2
39	Knee Pad	1	81	Flat Washer $\phi 10$	4



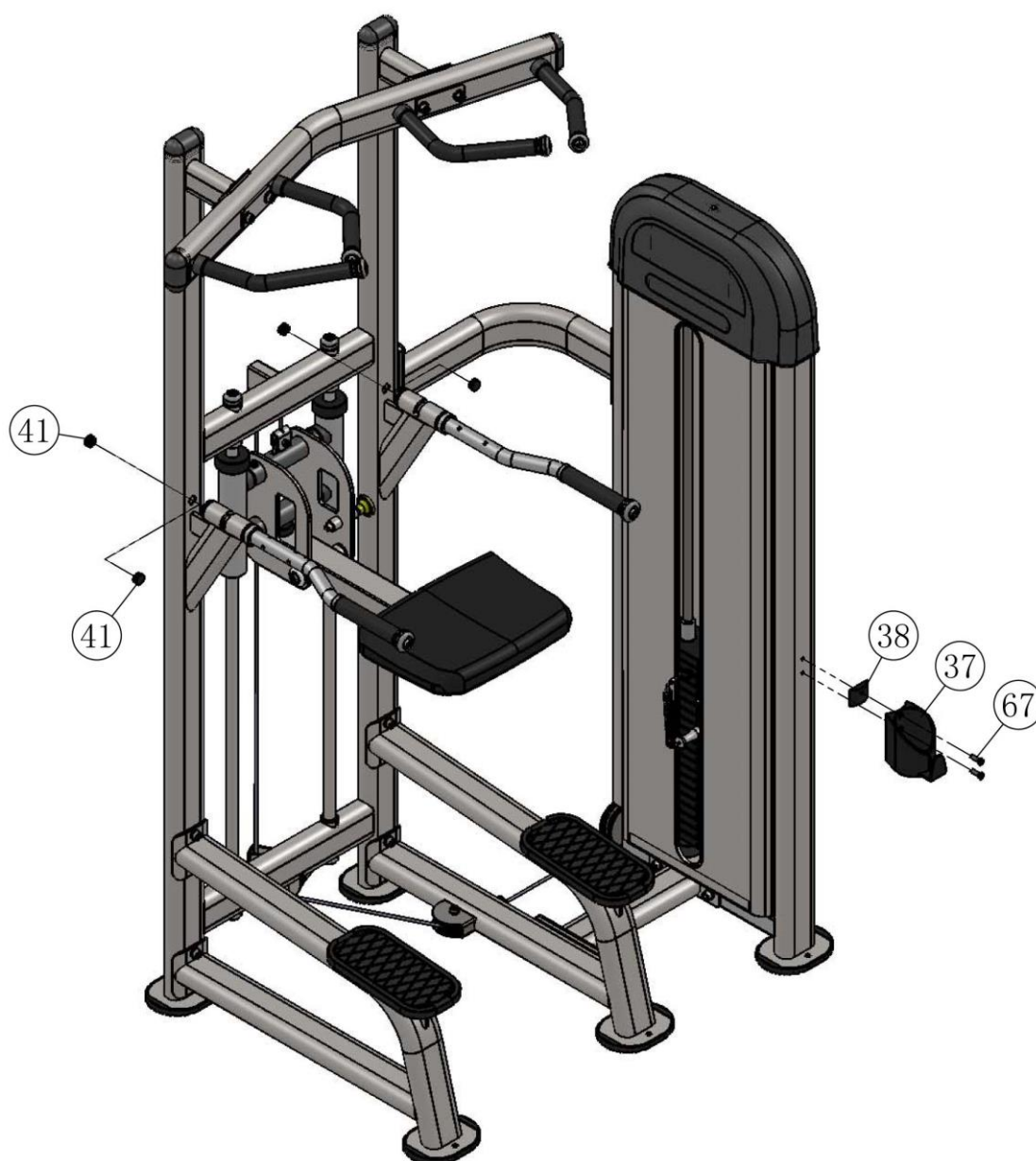
Step 9

Step 9 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
16*	Armrest	2	68	Hex Recessed Round Head Screw M8*12	2
22	Aluminium End Cap (Thin)	2	78	Spring Washer $\Phi 8$	2
66	Hex Recessed Flat Head Screw M10*25	2	79	Spring Washer $\Phi 10$	2



Step 10

Step 10 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
37	Bottle Cage	1	41	Round Plug $\phi 25$	4
38	Spacer Block	1	67	Hex Recessed Countersunk Head Screw M8*30	2



Parts List

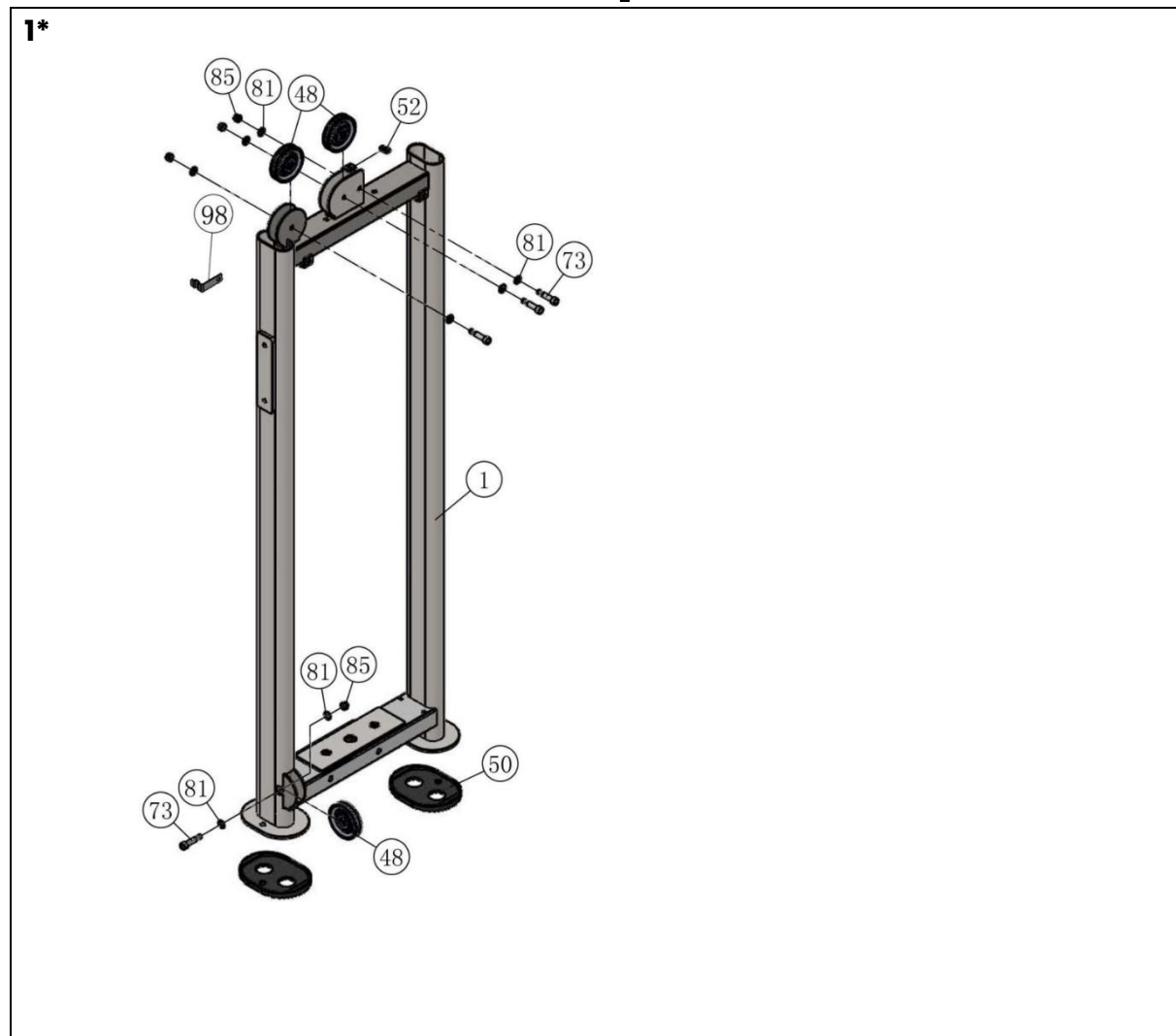
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	28	Φ19 Guide Rod	2
2	Main Frame	1	29	Top Block	1
3	Right Support Frame	1	30	Selector Lever	1
4	Left Support Frame	1	31	Elastic Cylindrical Pin Φ10*65	1
5	Top Brace	1	32	4.5kg Weight Plate (reaming)	1
6	Bottom Cross Bracket	1	33	4.5kg Weight Plate	18
7	Pivot Rack	1	34	Selector Pin	1
8	Support Frame	1	35	Axle Bolt M10*90	1
9	Bearing Housing	2	36	Rubber Donut	4
10	Cushion	2	37	Bottle Cage	1
11	Top Rail	1	38	Spacer Block	1
12	Armrest Foam 1 L=380	2	39	Knee Pad	1
13	Armrest Foam 2 L=360	2	40	Hole Plug	1
14	Joint Sleeve Φ25	4	41	Round Plug Φ25	4
15	Aluminium Cap Φ25	4	42	Weight Shield Top	1
16	Armrest	2	43	Weight Shield Front	1
17	Grip L=184	2	44	Weight Shield Rear	1
18	Aluminium Cap Φ32	2	45	Edge Protector Chrome 1	1
19	Guide Rail	2	46	Edge Protector Chrome 2	1
20	Pivot Axle	1	47	Edge Protector Chrome 3	3
21	Axle End Cap (Thick)	2	48	Pulley Φ90*δ26	5
22	Aluminium End Cap (Thin)	4	49	Pulley Φ114*δ26	1
23	Cable	1	50	Elliptical Rubber Shoe	6
24	Cable Bracket	1	51	Pedal	2
25	Metric Shaft Bolt	1	52	Cage Nut	1
26	Bumper Cap	1	53	Nylon Bearing Φ25*Φ32*Φ38*δ3	4
27	Hex Split Bolt	1	54	Flange Bearing	6

Item #	Description	Qty.	Item #	Description	Qty.
55	Elliptical Plug	4	77	Arc Washer $\Phi 8$	8
56	Adjustable Cushion	2	78	Spring Washer $\Phi 8$	10
57	Rectangle Plug 70*50*1.5	1	79	Spring Washer $\Phi 10$	17
58	Pull Pin Handle	1	80	Spring Washer $\Phi 12$	7
59	Perforated Bolt	1	81	Flat Washer $\Phi 10$	19
60	Pull Pin Lever	1	82	Flat Washer $\Phi 12$	34
61	Pull Pin Stiff Spring	1	83	Hex Nut M12	1
62	Linear Motion Ball Bearing $\Phi 25*\Phi 40*58$	4	84	Nylon Lock Nut M8	1
63	Internal Circlip $\Phi 40$	4	85	Nylon Lock Nut M10	7
64	Protective Sleeve	1	86	Nylon Lock Nut M12	14
65	Hex Bolt M10*75	2	87	Weight Plate Label	1
66	Hex Recessed Flat Head Screw M10*25	10	88	LABEL-DIP/CHIN ASSIST	2
67	Hex Recessed Countersunk Head Screw M8*30	2	89	LABEL-EXERCISE CHART	1
68	Hex Recessed Round Head Screw M8*12	2	90	LABEL-DANGER(IRDTZ-001E)	2
69	Hex Recessed Flat Head Screw M8*20	8	91	LABEL-DANGER(IRDTZ-002E)	1
70	Hex Recessed Round Head Screw M6*95	1	92	LABEL-WARNING(IRDTZ-005E)	2
71	Hex Recessed Round Head Screw M10*25	4	93	LABEL-WARNING(IRDTZ-007E)	3
72	Hex Recessed Round Head Screw M10*30	4	94	LABEL-WARNING(IRDTZ-008E)	1
73	Hex Recessed Round Head Screw M10*50	7	95	LABEL-CAUTION(IRDTZ-009E)	1
74	Hex Recessed Round Head Screw M12*25	6	96	LABEL-INSPECTIONS	1
75	Hex Recessed Round Head Screw M12*85	12	97	LABEL-CHECK CABLES	1
76	Hex Recessed Round Head Screw M12*135	2	98	"L"Plate	1

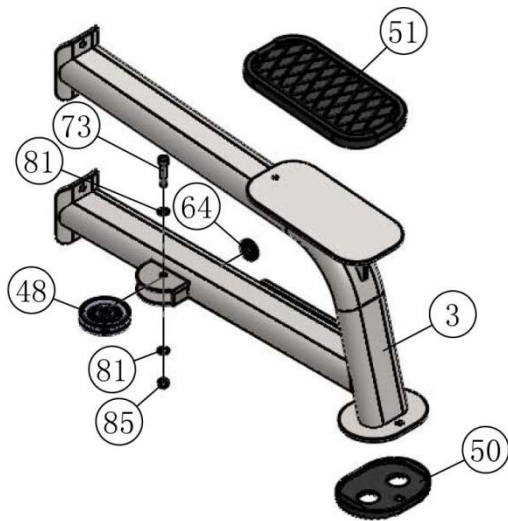
Pre-assembled Components Part List

Item #	Description	Qty.	Item #	Description	Qty.
1*	Weight Stack Frame	1	11*	Top Rail	1
2*	Main Frame	1	16*	Armrest	2
3*	Right Support Frame	1	29*	Top Block	1
4*	Left Support Frame	1	43*	Weight Shield Front	1
7*	Pivot Rack	1	44*	Weight Shield Rear	1
8*	Support Frame	1			

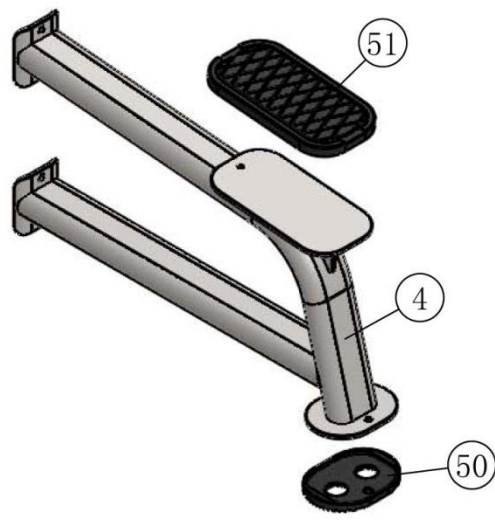
Pre-assembled Components



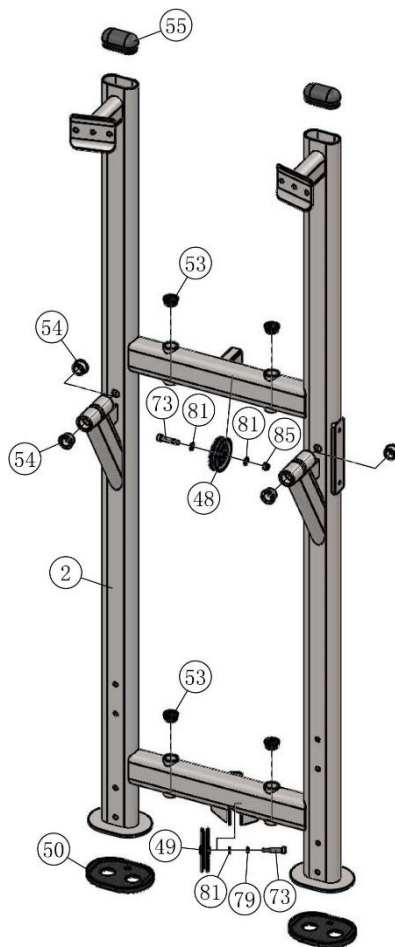
3*



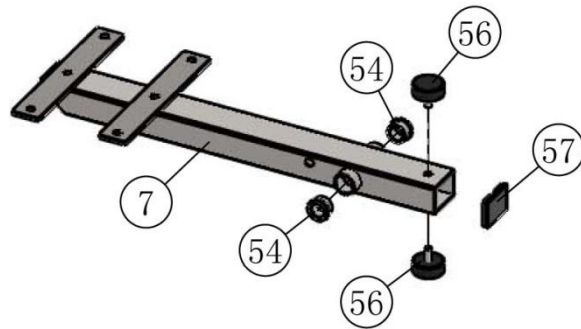
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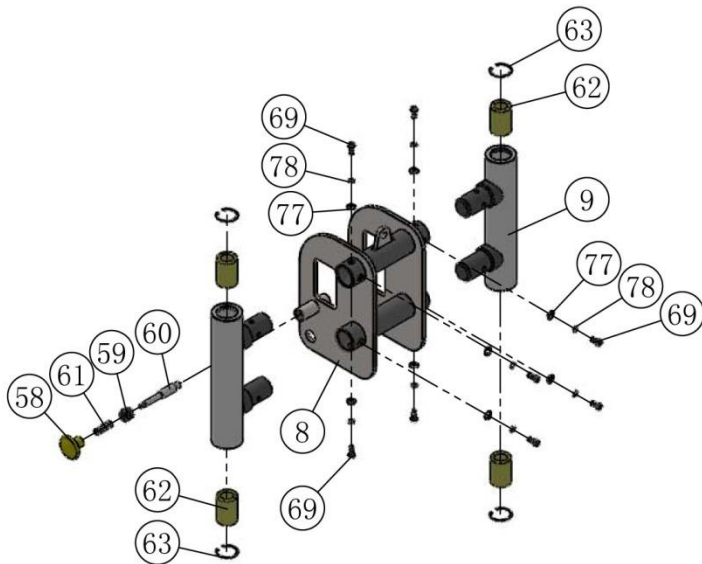
2*



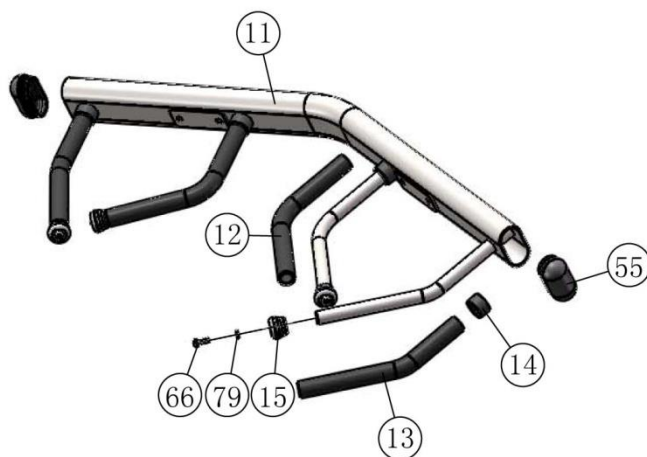
7*



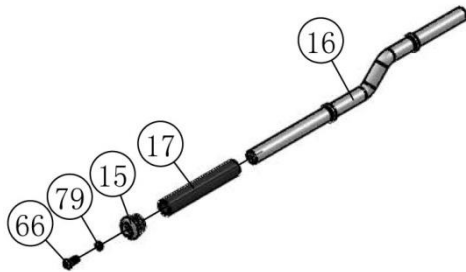
8*



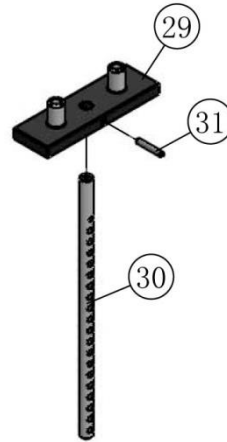
11*



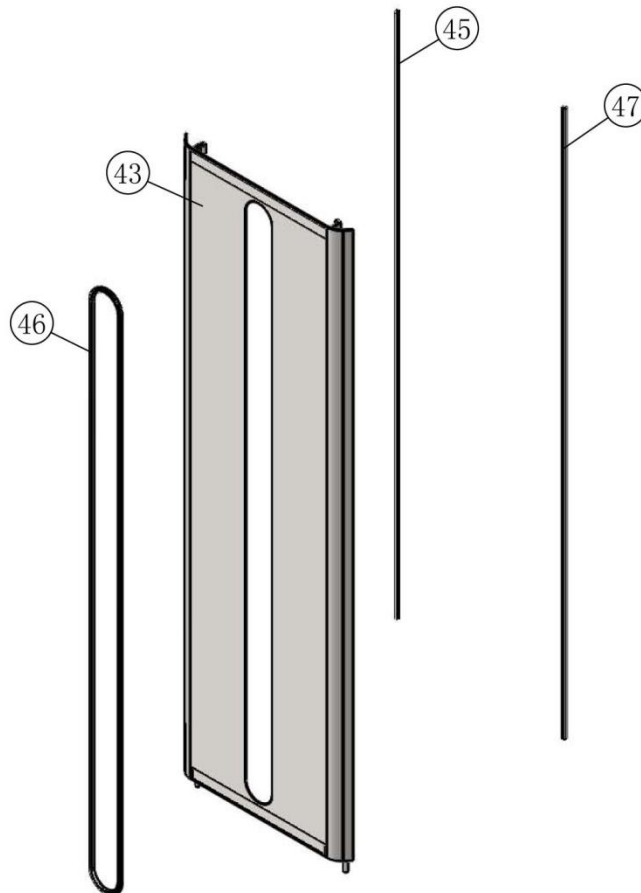
16*



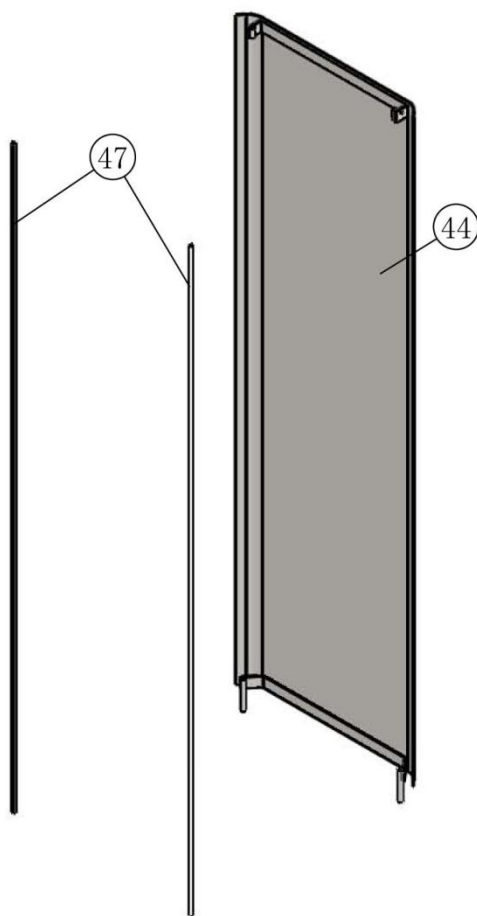
29*



43*



44*



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.