

VERVE Arnold Series

Hip Abduction / Adduction

Owner's Manual

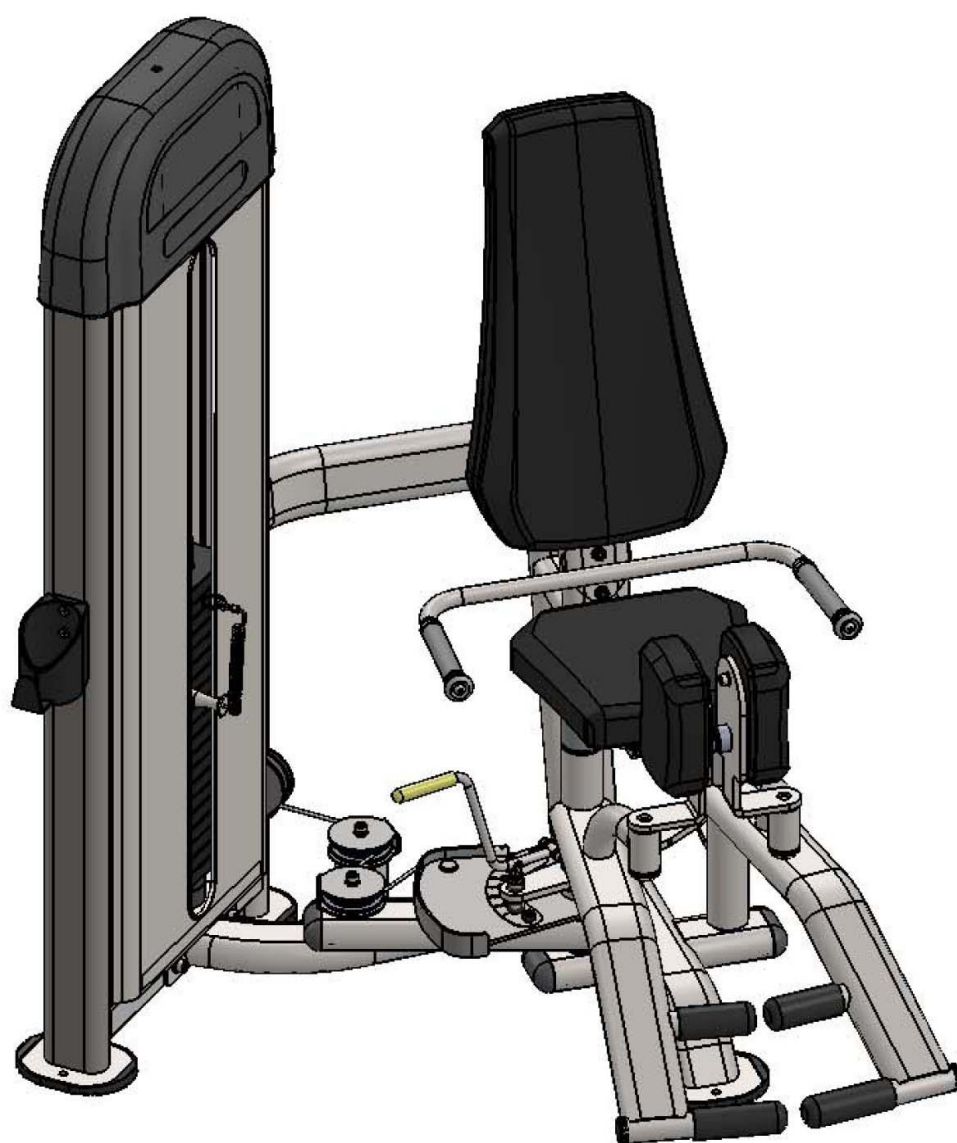


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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

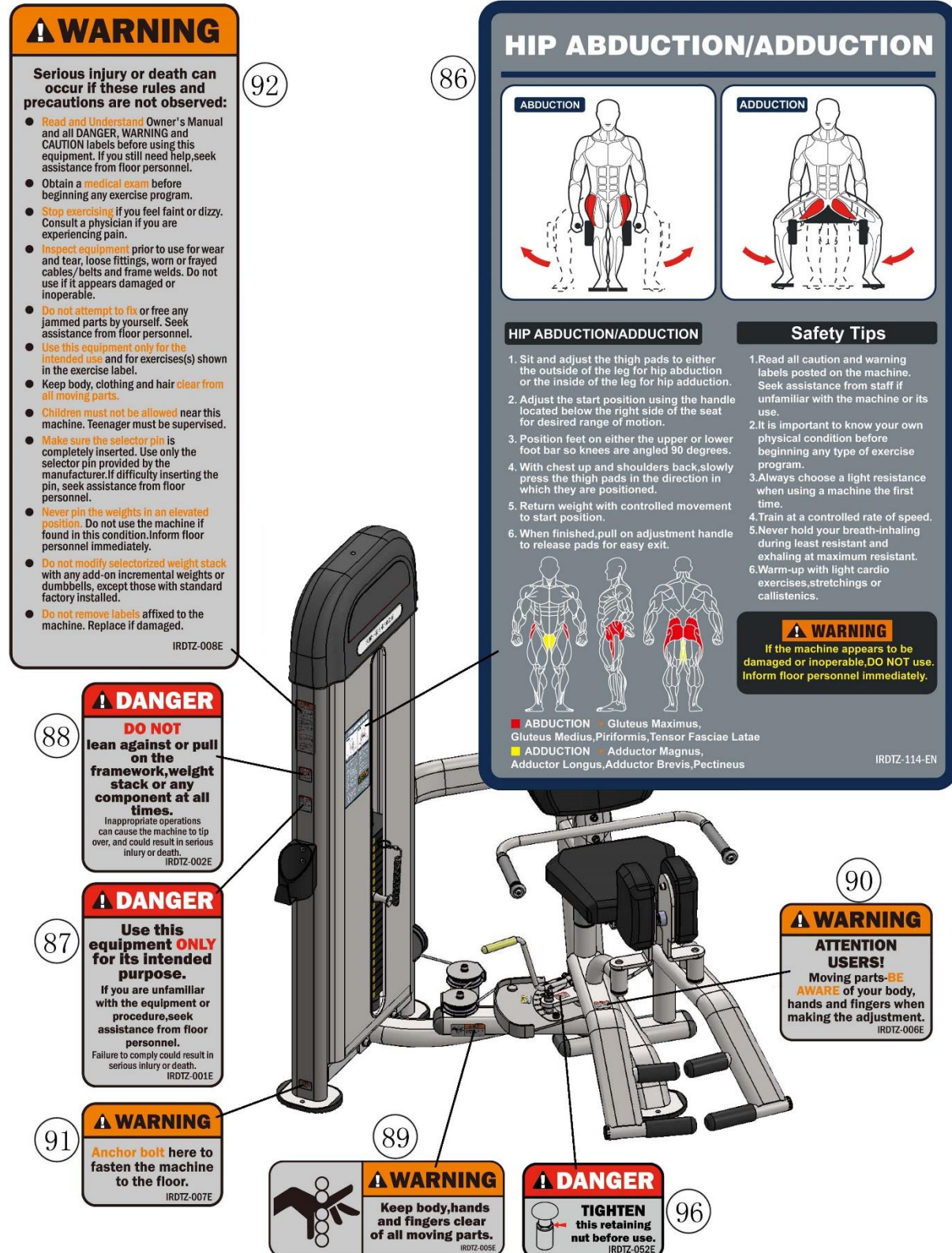
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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





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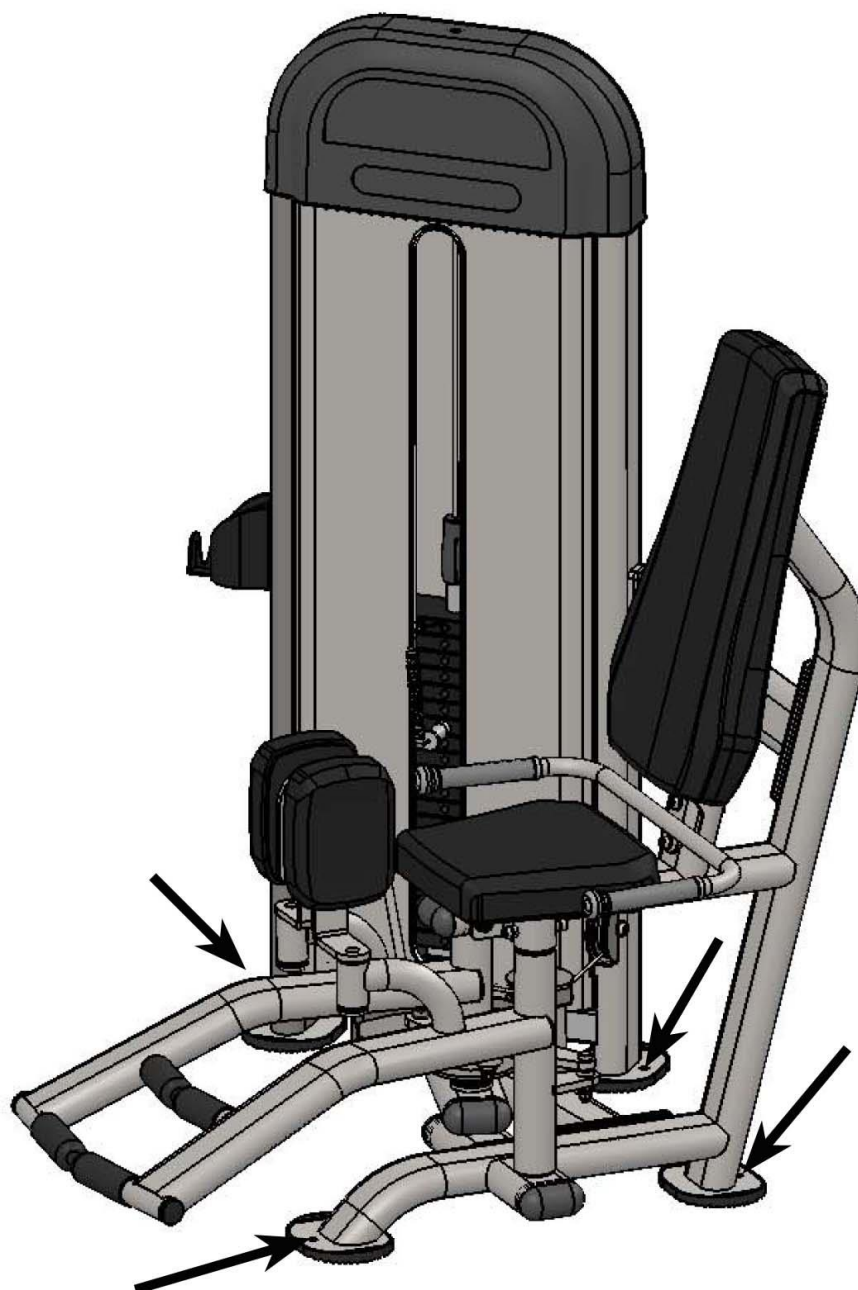
INSPECTIONS				
Recommended Inspection	DAILY	WEEKLY	MONTHLY	YEARLY
Replace all parts at first signs of wear or damage.				
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*			
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*			
INSPECT: Cables, 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

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



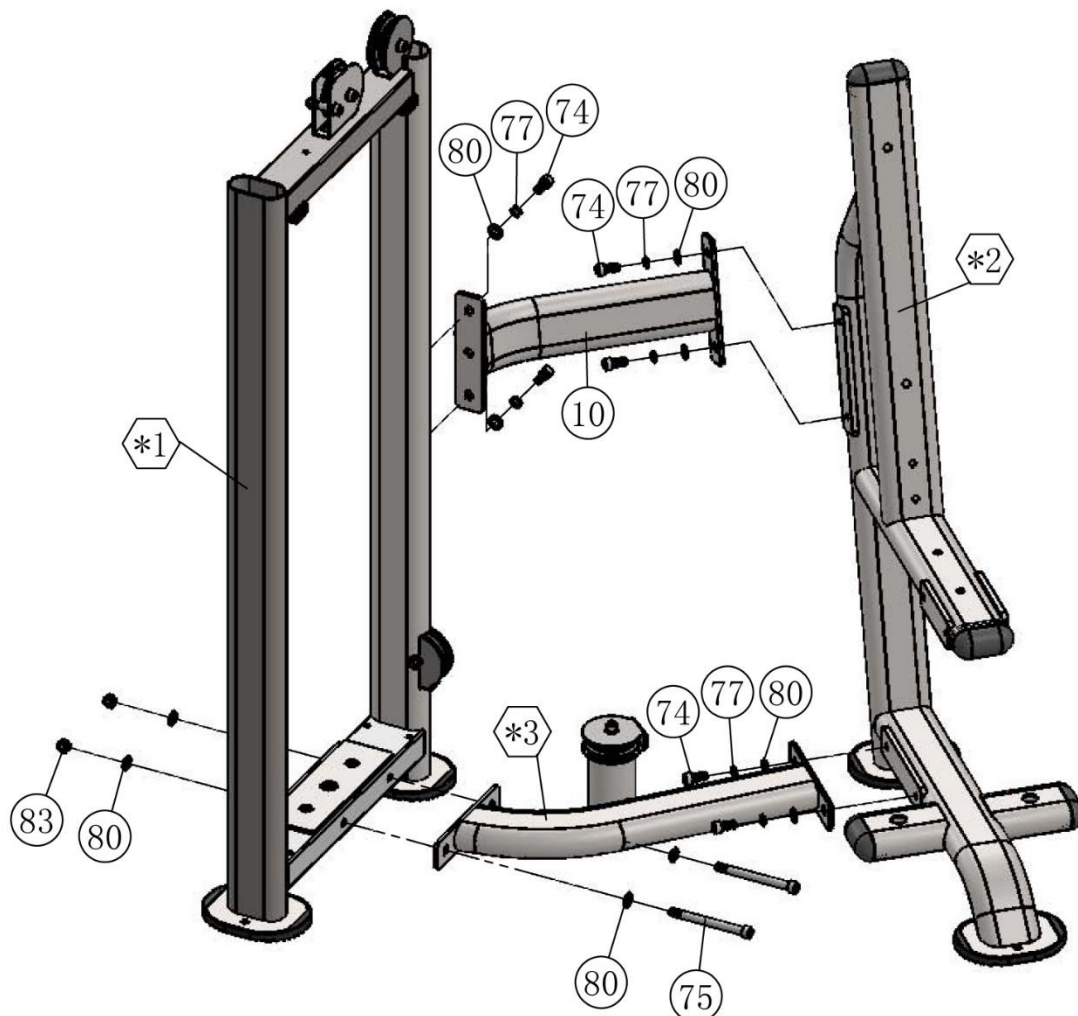
CABLE END SLIPPING OUT

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	75	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	77	Spring Washer $\phi 12$	6
*3	Bottom Cross Bracket	1	80	Flat Washer $\phi 12$	10
10	Top Cross Bracket	1	83	Nylon Lock Nut M12	2
74	Hex Recessed Round Head Screw M12*25	6			

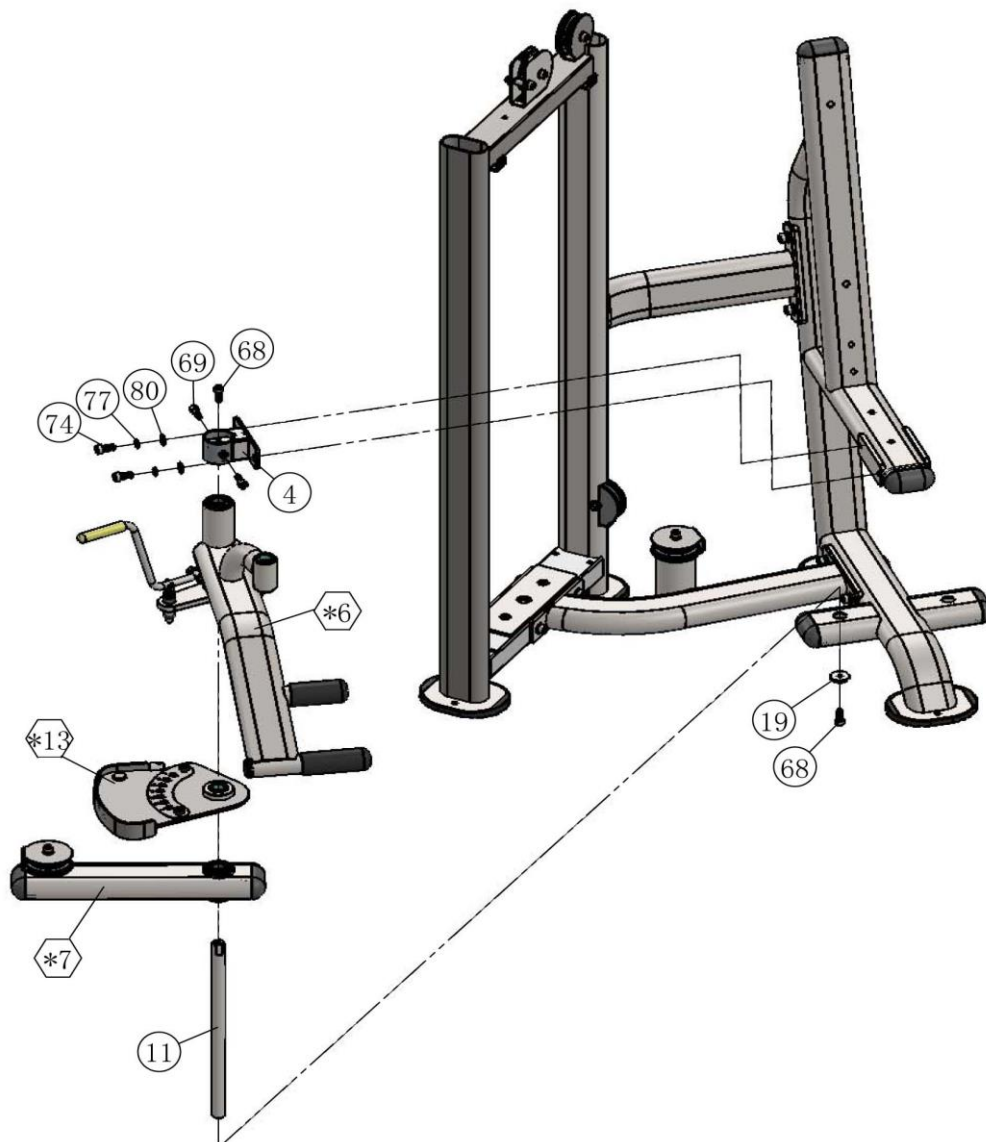


NOTE:

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

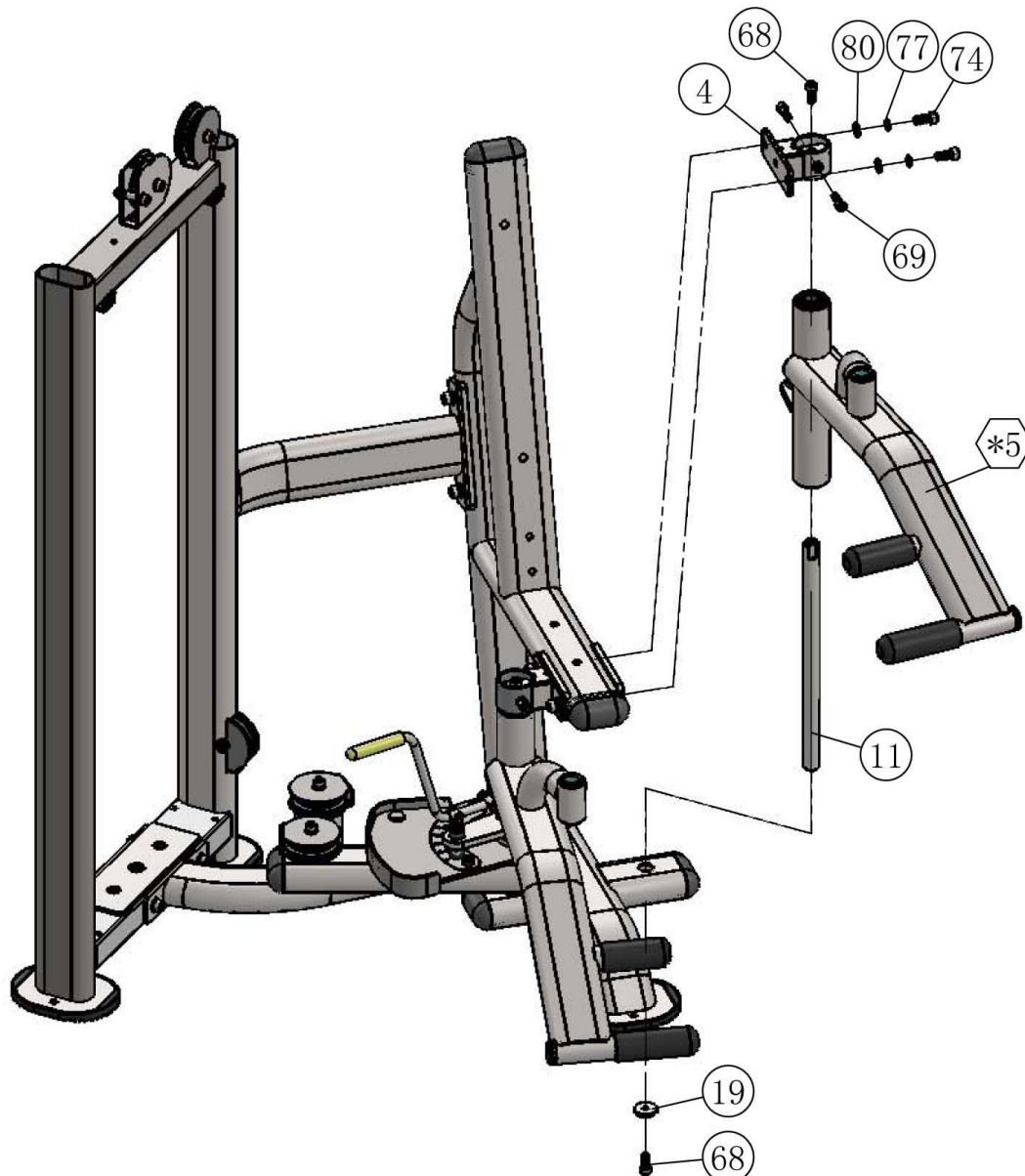
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*6	Right Leg Frame	1	68	Hex Recessed Round Head Screw M10*25	2
*7	Swing Frame	1	69	Hex Recessed Round Head Screw M10*30	2
*13	Cam	1	74	Hex Recessed Round Head Screw M12*25	2
4	Connector 1	1	77	Spring Washer $\Phi 12$	2
11	Axle	1	80	Flat Washer $\Phi 12$	2
19	Big Washer	1			



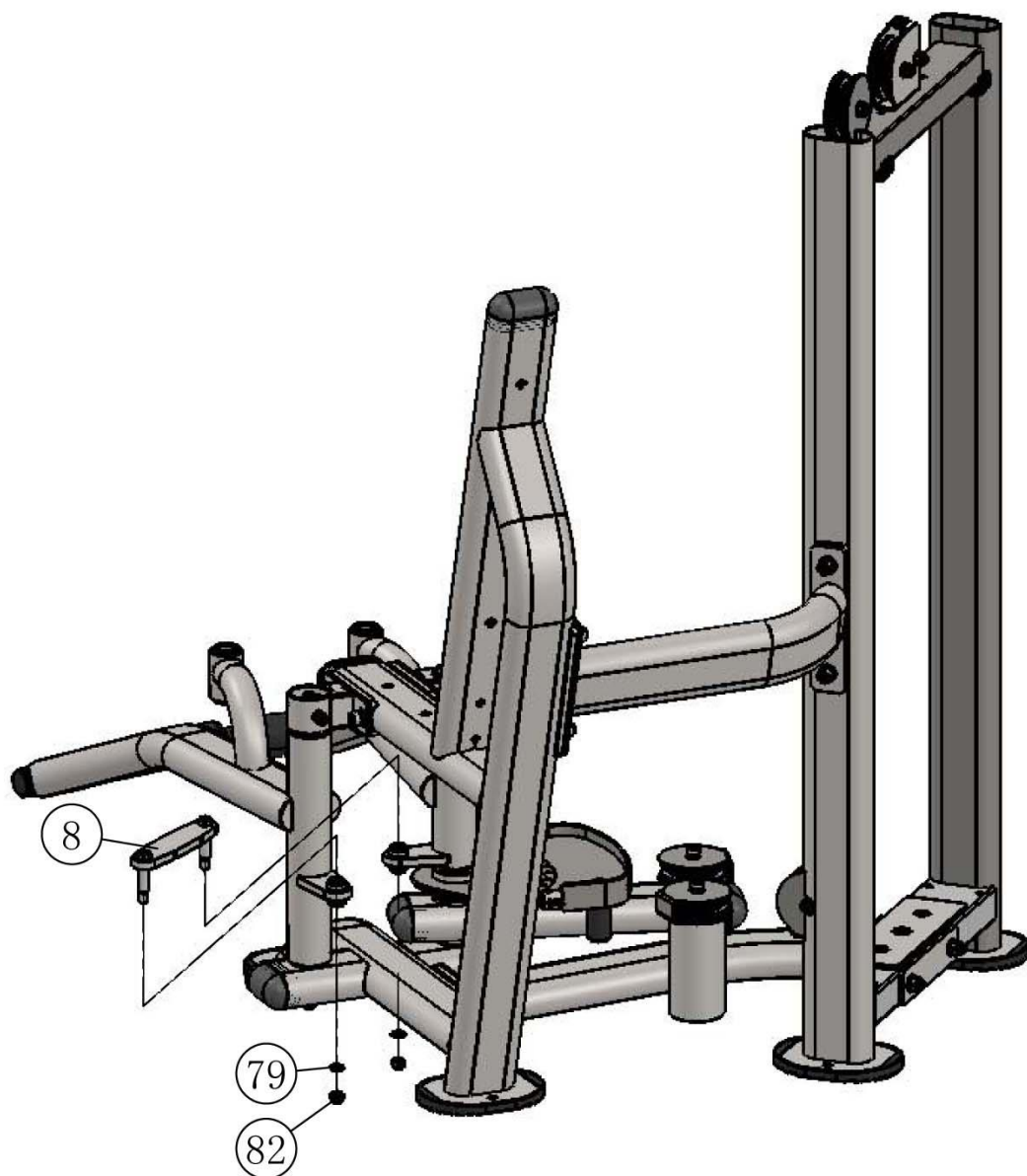
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Left Leg Frame	1	69	Hex Recessed Round Head Screw M10*30	2
4	Connector 1	1	74	Hex Recessed Round Head Screw M12*25	2
11	Axle	1	77	Spring Washer $\Phi 12$	2
19	Big Washer	1	80	Flat Washer $\Phi 12$	2
68	Hex Recessed Round Head Screw M10*25	2			



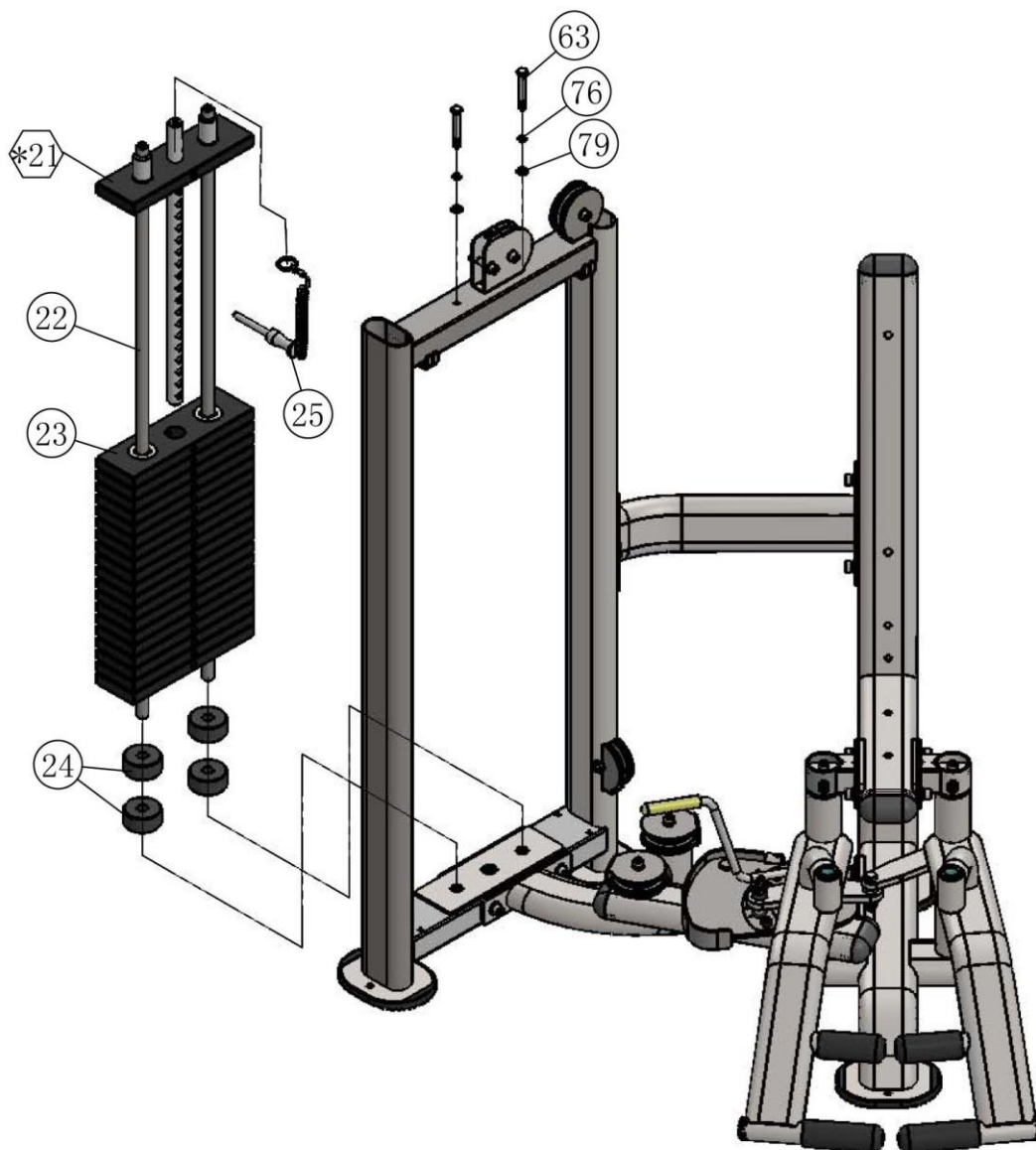
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Connector 2	1	82	Nylon Lock Nut M10	2
79	Flat Washer $\Phi 10$	2			



Step 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*21	Top Block	1	63	Hex Bolt M10*75	2
22	Guide Rod	2	76	Spring Washer $\phi 10$	2
23	4.5kg Weight Plate	19	79	Flat Washer $\phi 10$	2
24	Rubber Donut	4	84	Weight Plate Label	1
25	Selector Pin	1			

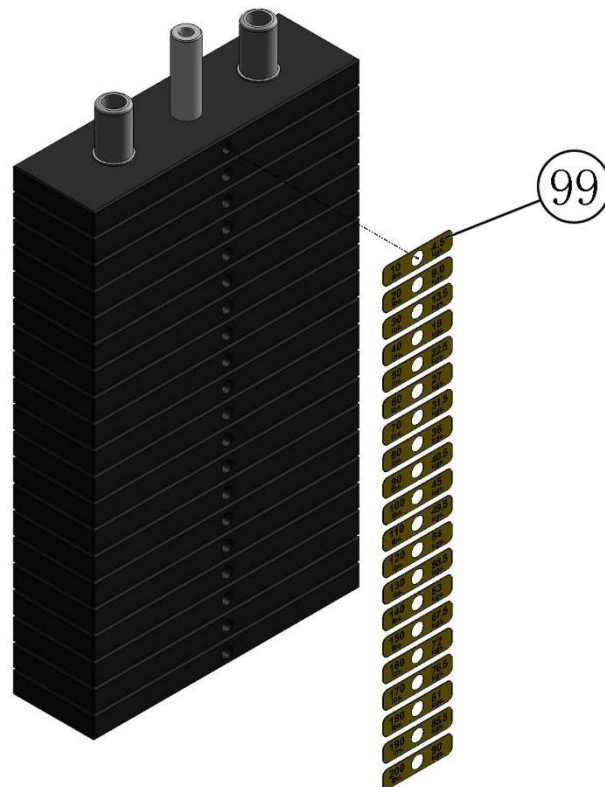


NOTE:

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 (#63x2pcs).

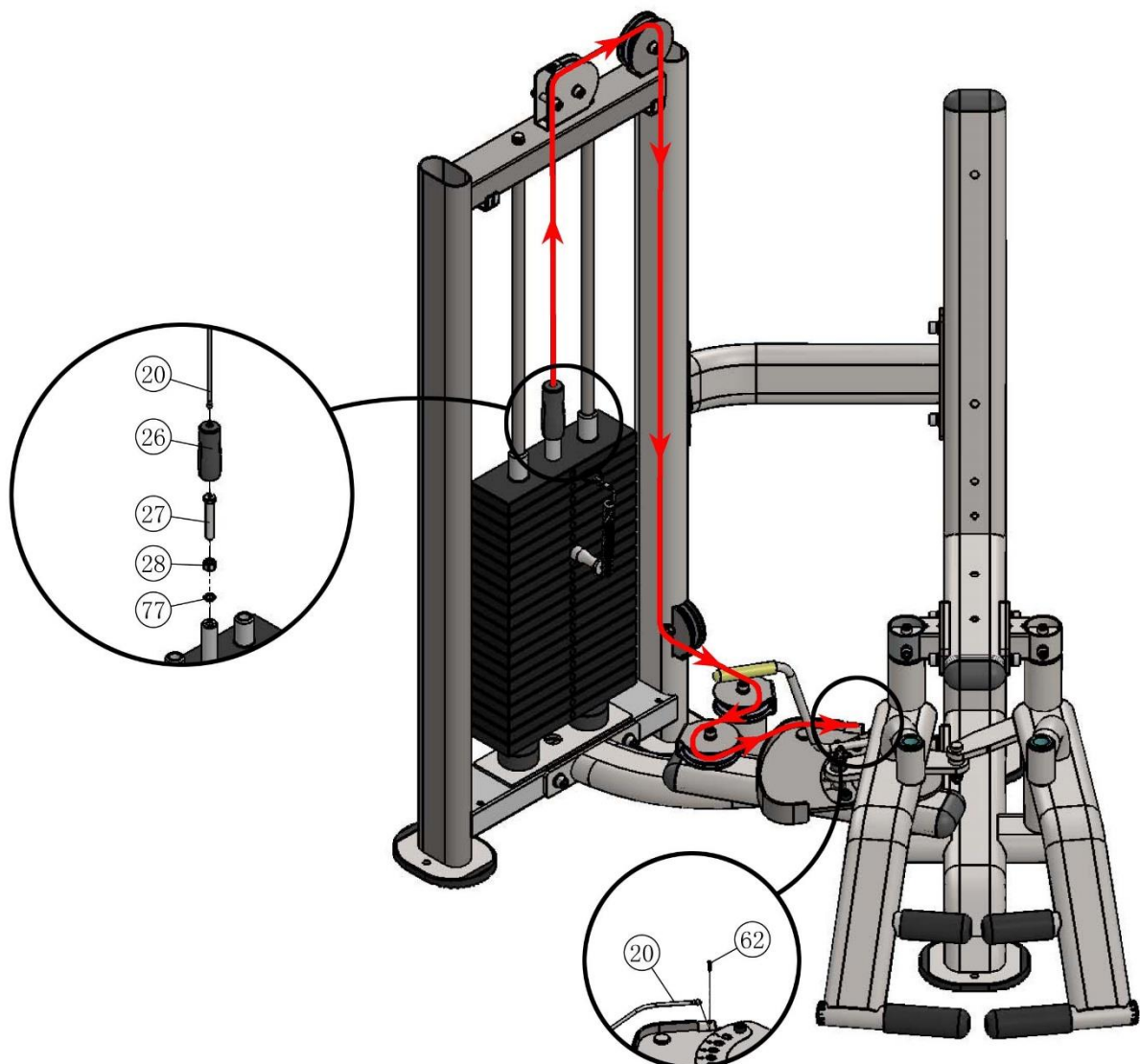
Weight stack label instructions :

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 6: Cable Routing

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
20	Cable	1	28	Hex Nut M12	1
26	Bumper Cap	1	62	Cross Countersunk Head Screw M3*15	1
27	Hex Split Bolt	1	77	Spring Washer Φ12	1

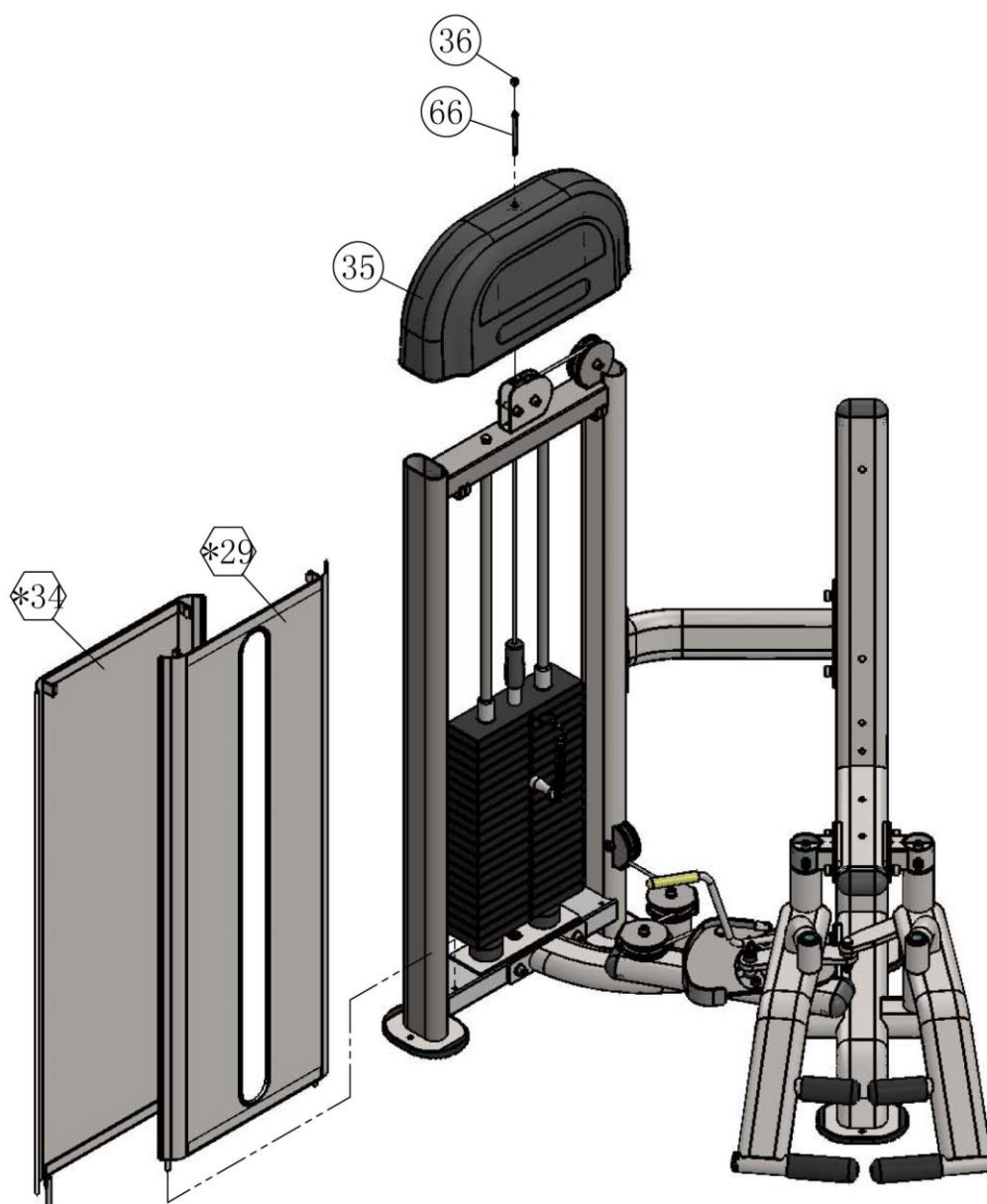


SPECIAL NOTE:

1. 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.
2. Please loosen the Screw (#62) first, then put the cable into the cam, and finally tighten the Screw (#62).

Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*29	Weight Shield Front	1	36	Hole Plug	1
*34	Weight Shield Rear	1	66	Hex Recessed Round Head Screw M6*95	1
35	Weight Shield Top	1			

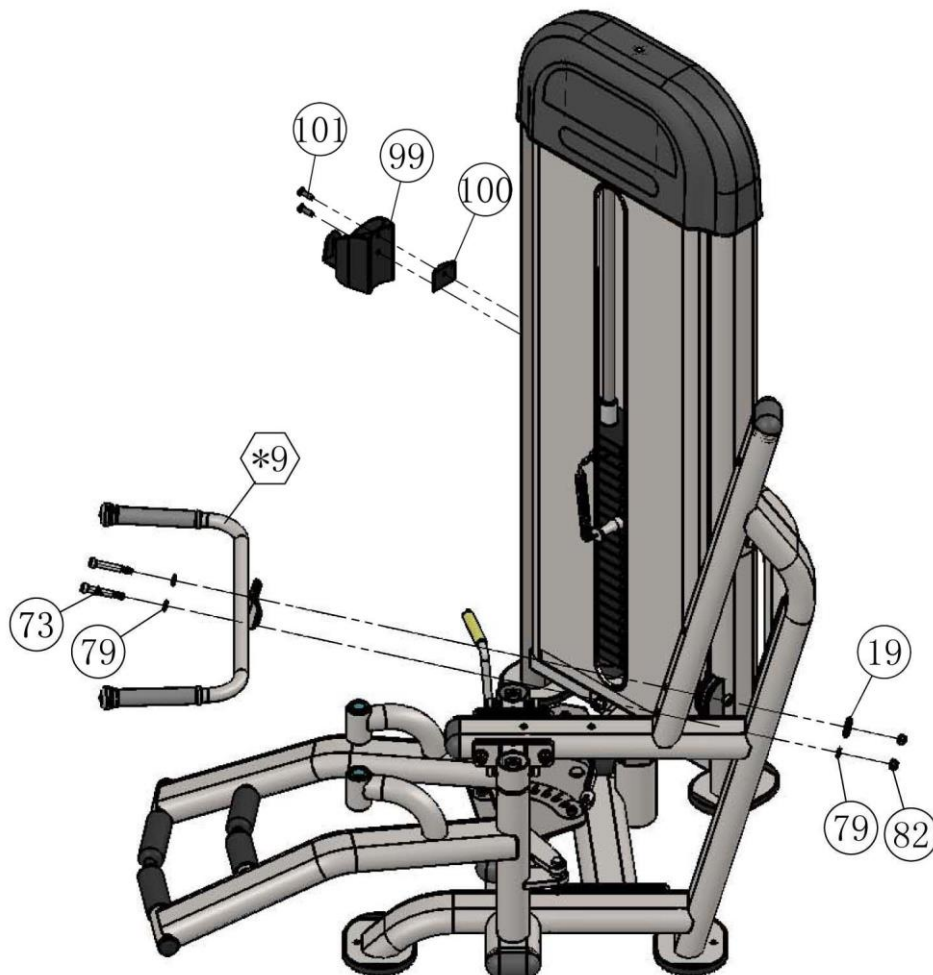


NOTE:

Please assemble Weight Shield Front & Rear (*29 & *34) first, then assemble Weight Shield Top (#35).

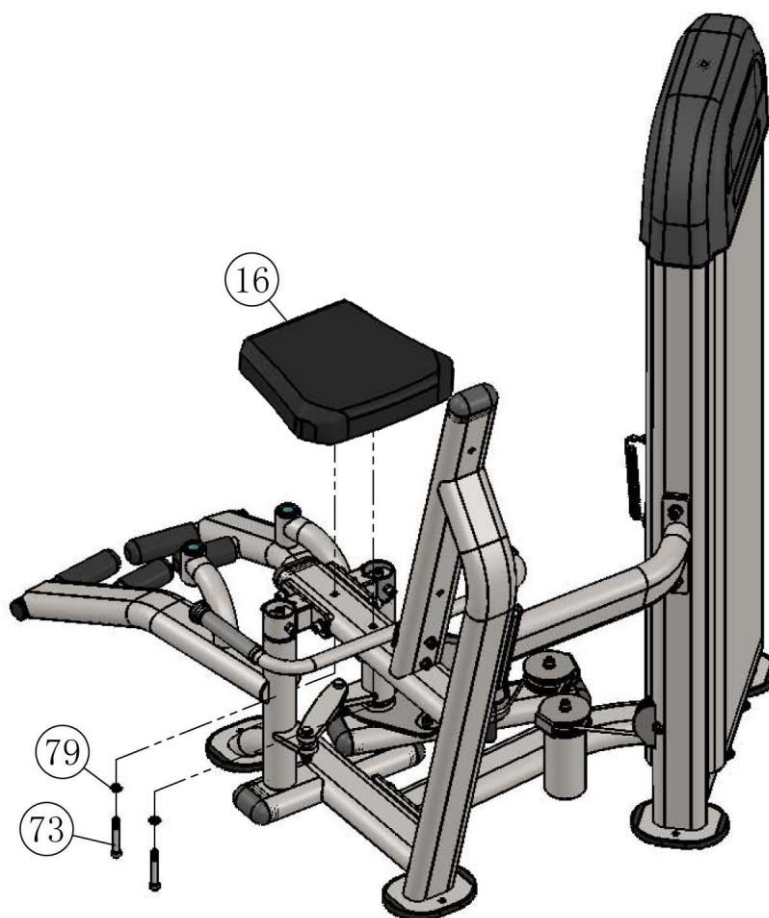
Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*9	Armrest	1	82	Nylon Lock Nut M10	2
19	Big Washer	1	99	Bottle Cage	1
73	Hex Recessed Round Head Screw M10*75	2	100	Spacer Block	1
79	Flat Washer $\Phi 10$	3	101	Hex Recessed Countersunk Head Screw M8*30	2



Step 9

Step 9 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
16	Seat Pad	1	79	Flat Washer $\Phi 10$	2
73	Hex Recessed Round Head Screw M10*75	2			



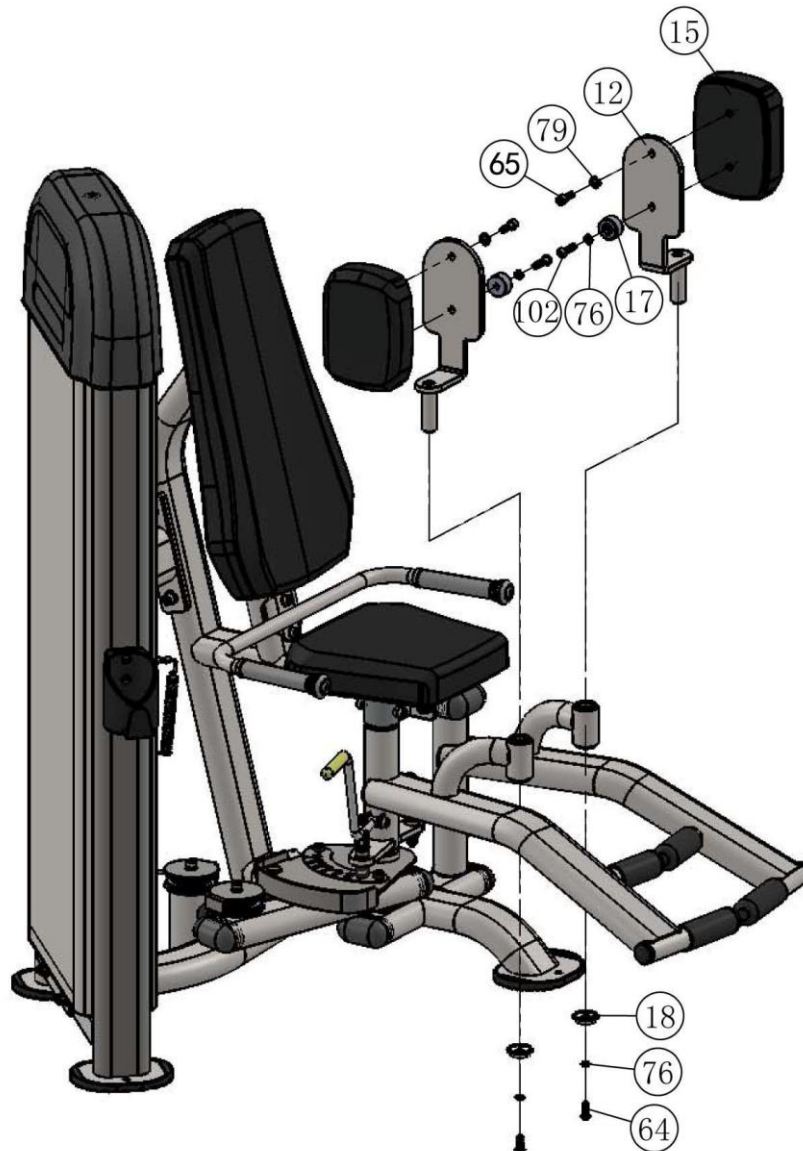
Step 10

Step 10 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
14	Back Pad	1	79	Flat Washer $\Phi 10$	2
73	Hex Recessed Round Head Screw M10*75	2			



Step 11

Step 11 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
12	Leg Pad Frame	2	65	Hex Recessed Round Head Screw M10*40	2
15	Leg Pad	2	76	Spring Washer $\Phi 10$	4
17	Cushion 1	2	79	Flat Washer $\Phi 10$	2
18	Aluminium End Cap (Thin)	2	102	Hex Recessed Flat Head Screw M10*50	2
64	Hex Recessed Flat Head Screw M10*25	2			



Parts List

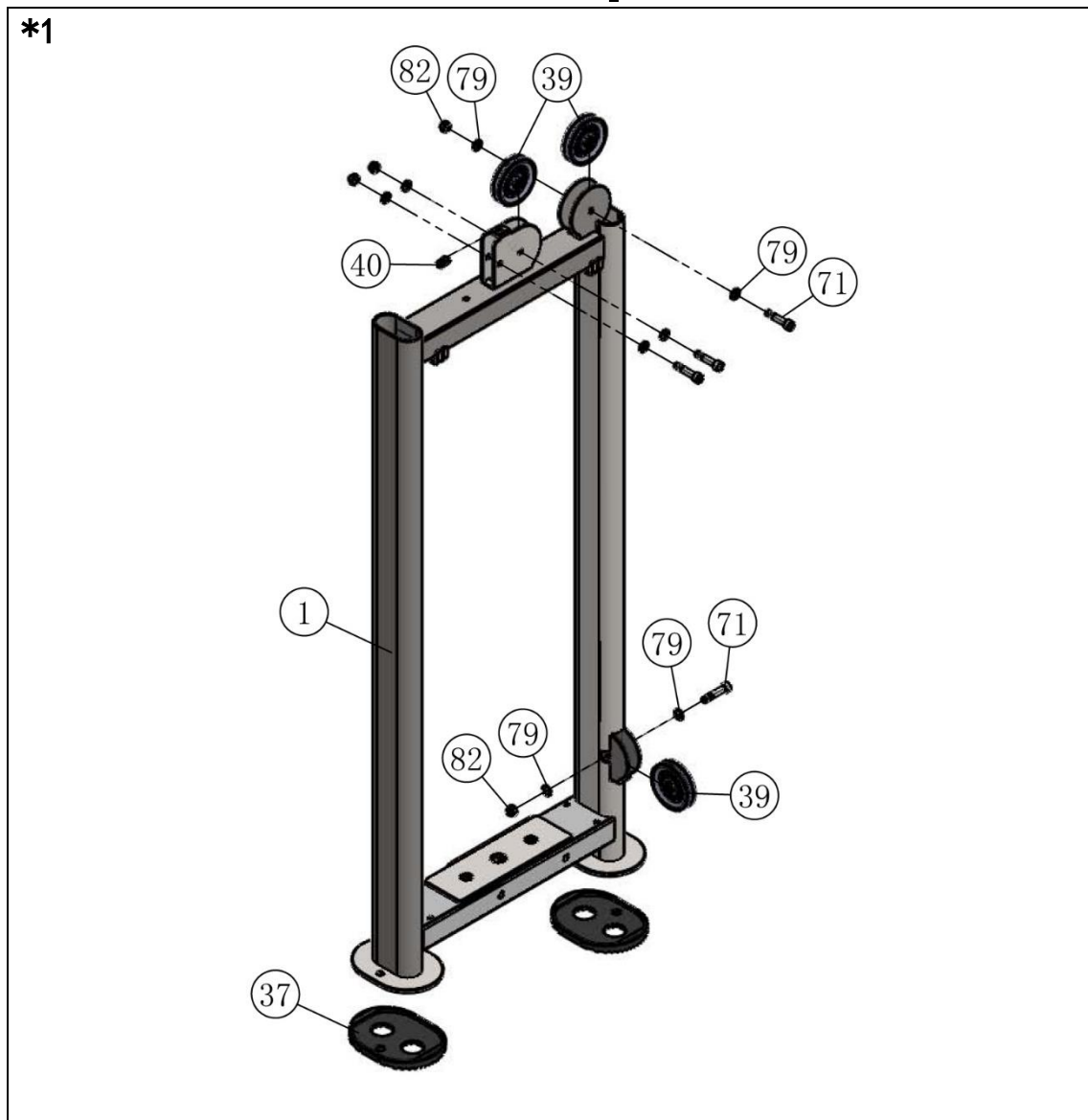
Item #	Description	Qty	Item #	Description	Qty
1	Weight Stack Frame	1	28	Hex Nut M12	1
2	Main Frame	1	29	Weight Shield Front	1
3	Bottom Cross Bracket	1	30	Edge Protector Chrome 1	1
4	Connector 1	2	31	Edge Protector Chrome 2	1
5	Left Leg Frame	1	32	Edge Protector Chrome 3	1
6	Right Leg Frame	1	33	Edge Protector Chrome 4	3
7	Swing Frame	1	34	Weight Shield Rear	1
8	Connector 2	1	35	Weight Shield Top	1
9	Armrest	1	36	Hole Plug	1
10	Top Cross Bracket	1	37	Elliptical Rubber Shoe	4
11	Axle	2	38	Elliptical Plug	6
12	Leg Pad Frame	2	39	Pulley $\Phi 90 \times \delta 26$	5
13	Cam	1	40	Cage Nut	1
14	Back Pad	1	41	Foam	2
15	Leg Pad	2	42	Aluminium Cap $\Phi 25$	2
16	Seat Pad	1	43	Short Tube Sleeve	2
17	Cushion 1	2	44	T Bearing	6
18	Aluminium End Cap (Thin)	2	45	Tube Sleeve $\Phi 38$	2
19	Big Washer	3	46	Oil Bearing $\Phi 12.7 \times \Phi 16 \times \Phi 22$	4
20	Cable	1	47	Oil Bearing $\Phi 25.4 \times \Phi 32 \times \Phi 38$	6
21	Top Block 4.5kg	1	48	Round Plug $\Phi 38 \times \delta 3$	6
22	Guide Rod	2	49	Perforated Pull Pin	1
23	4.5kg Weight Plate	19	50	Handle Sleeve	1
24	Rubber Donut	4	51	Perforated Bolt	1
25	Selector Pin	1	52	Pull Pin Stiff Spring $\Phi 1.2 \times \Phi 11.7 \times 38$	1
26	Bumper Cap	1	53	Connecting Chain Link	1
27	Hex Split Bolt	1	54	Handle	1

Item #	Description	Qty	Item #	Description	Qty
55	Cushion 2	1	79	Flat Washer Φ10	25
56	Hex Thin Nut M10	1	80	Flat Washer Φ12	14
57	Selector Lever	1	81	Nylon Lock Nut M8	2
58	Elastic Cylindrical Pin Φ10*65	1	82	Nylon Lock Nut M10	9
59	Stainless Steel Panel	1	83	Nylon Lock Nut M12	2
60	Cushion Collar Φ25*68	1	84	Weight Plate Label	1
61	Nylon Collar	2	85	LABEL-ABDUCTION/ADDUCTION HIP	2
62	Cross Countersunk Head Screw M3*15	1	86	LABEL-EXERCISE CHART	1
63	Hex Bolt M10*75	2	87	LABEL-DANGER(IRDTZ-001E)	2
64	Hex Recessed Flat Head Screw M10*25	4	88	LABEL-DANGER(IRDTZ-002E)	1
65	Hex Recessed Round Head Screw M10*40	2	89	LABEL-WARNING(IRDTZ-005E)	1
66	Hex Recessed Round Head Screw M6*95	1	90	LABEL-WARNING(IRDTZ-006E)	1
67	Hex Recessed Round Head Screw M8*20	2	91	LABEL-WARNING(IRDTZ-007E)	1
68	Hex Recessed Round Head Screw M10*25	4	92	LABEL-WARNING(IRDTZ-008E)	1
69	Hex Recessed Round Head Screw M10*30	4	93	LABEL-CAUTION(IRDTZ-009E)	1
70	Hex Recessed Round Head Screw M10*45	1	94	LABEL-INSPECTIONS	1
71	Hex Recessed Round Head Screw M10*50	6	95	LABEL-CHECK CABLES	1
73	Hex Recessed Round Head Screw M10*75	6	96	LABEL-DANGER(IRDTZ-052E)	1
74	Hex Recessed Round Head Screw M12*25	10	99	Bottle Cage	1
75	Hex Recessed Round Head Screw M12*135	2	100	Spacer Block	1
76	Spring Washer Φ10	10	101	Hex Recessed Countersunk Head Screw M8*30	2
77	Spring Washer Φ12	11	102	Hex Recessed Flat Head Screw M10*50	2
78	Flat Washer Φ8	2			

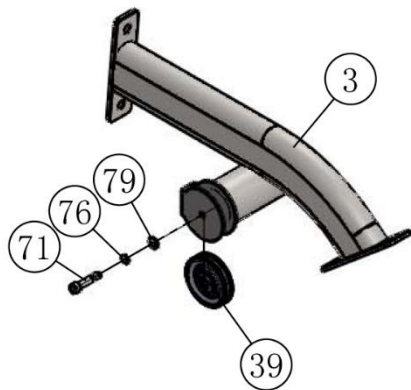
Pre-Assemble Components Parts List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*9	Armrest	1
*2	Main Frame	1	*13	Cam	1
*3	Bottom Cross Bracket	1	*21	Top Block	1
*5	Left Leg Frame	1	*29	Weight Shield Front	1
*6	Right Leg Frame	1	*34	Weight Shield Rear	1
*7	Swing Frame	1			

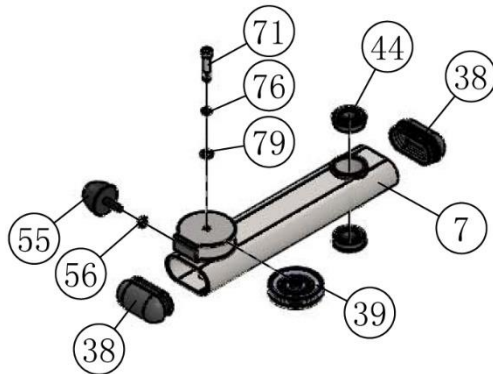
Pre-assembled Components



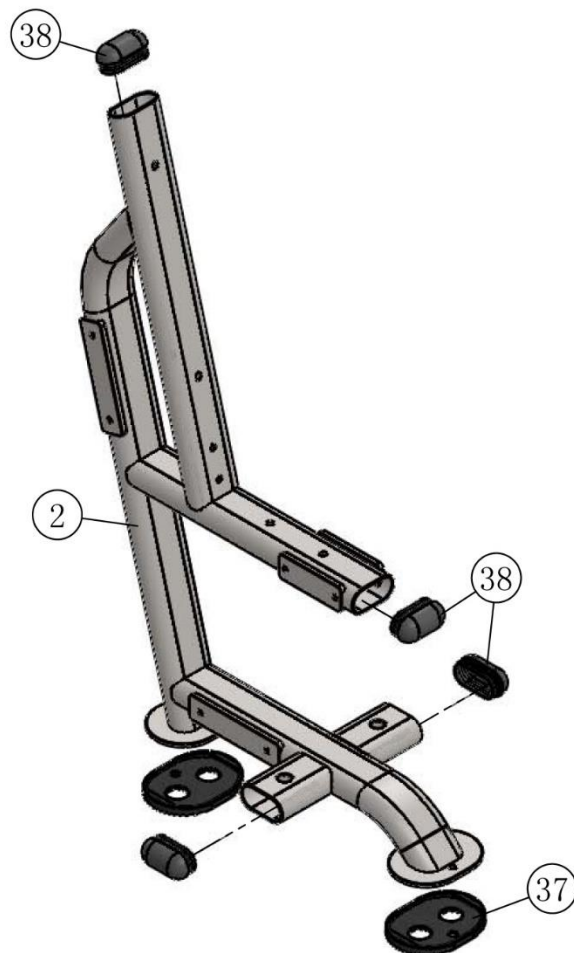
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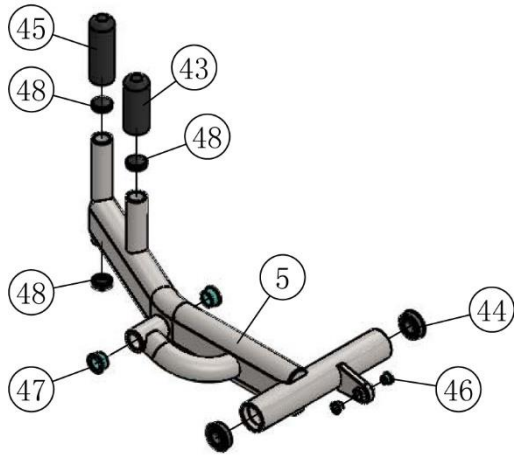
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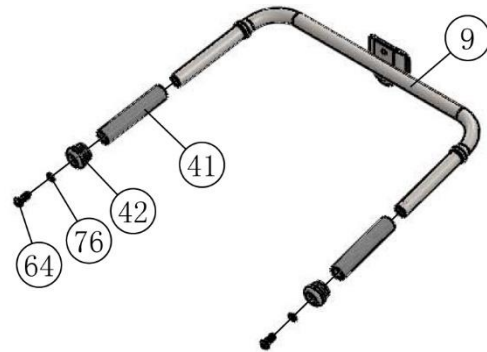
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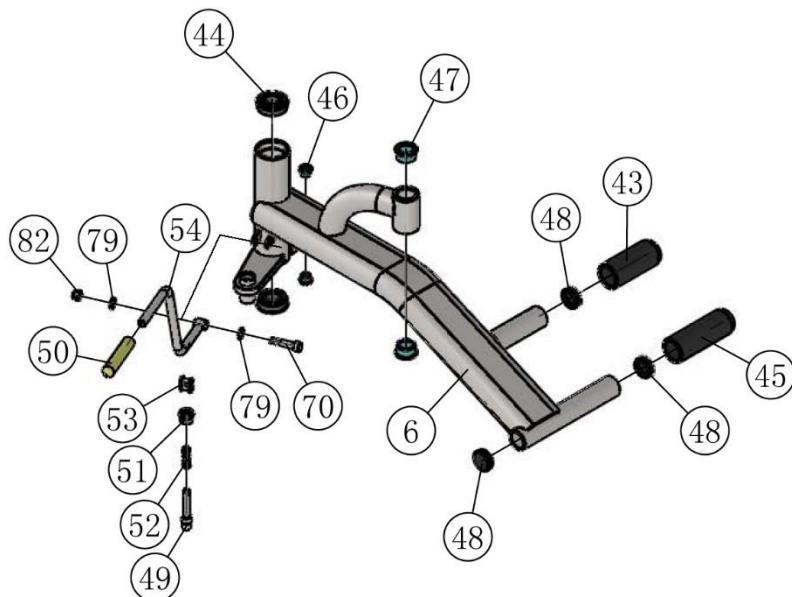
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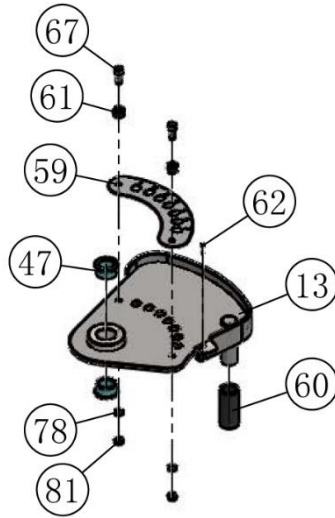
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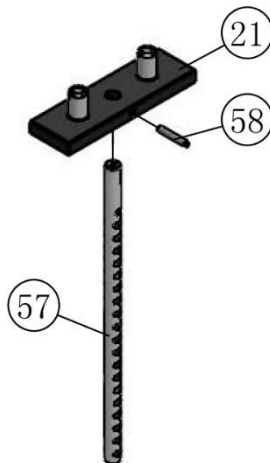
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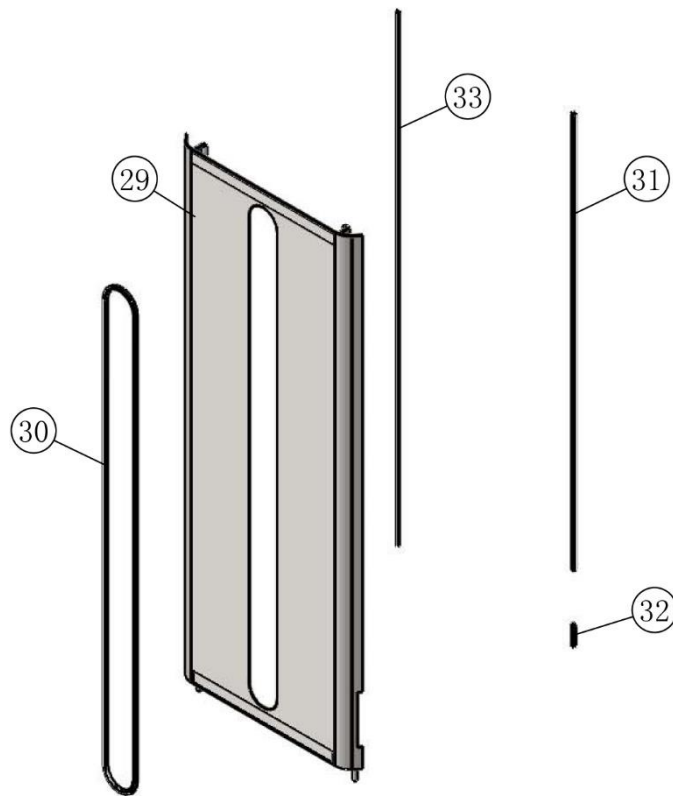
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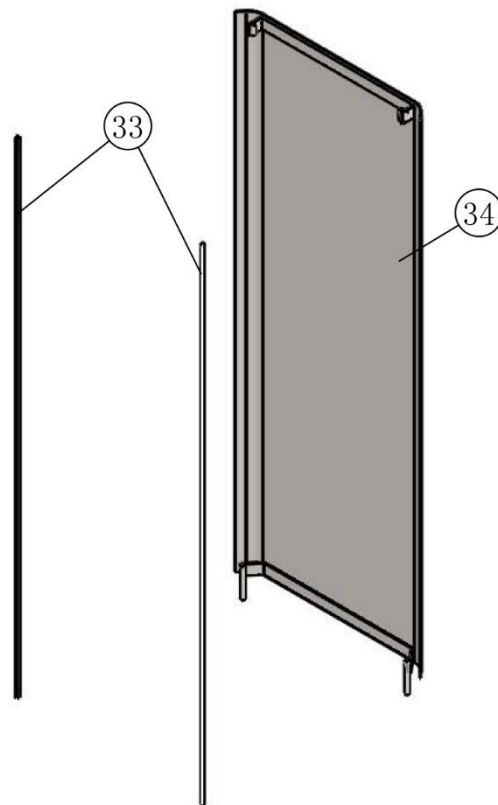
***21**



***29**



***34**



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.