

VERVE Arnold Series

Leg Extension

Owner's Manual



Table Of CONTENTS

Safety Notice	Page 2
Label Information	Page 3
Anchoring Unit	Page 5
Cable Inspection	Page 6
Assembly instructions	Page 7 – 15
Part List	Page 16 – 17
Pre-Assembled Components	Page 18 – 21
Instructions For use	Page 22
Maintenance	Page 23

IMPORTANT SAFETY NOTICE

PRECAUTIONS:

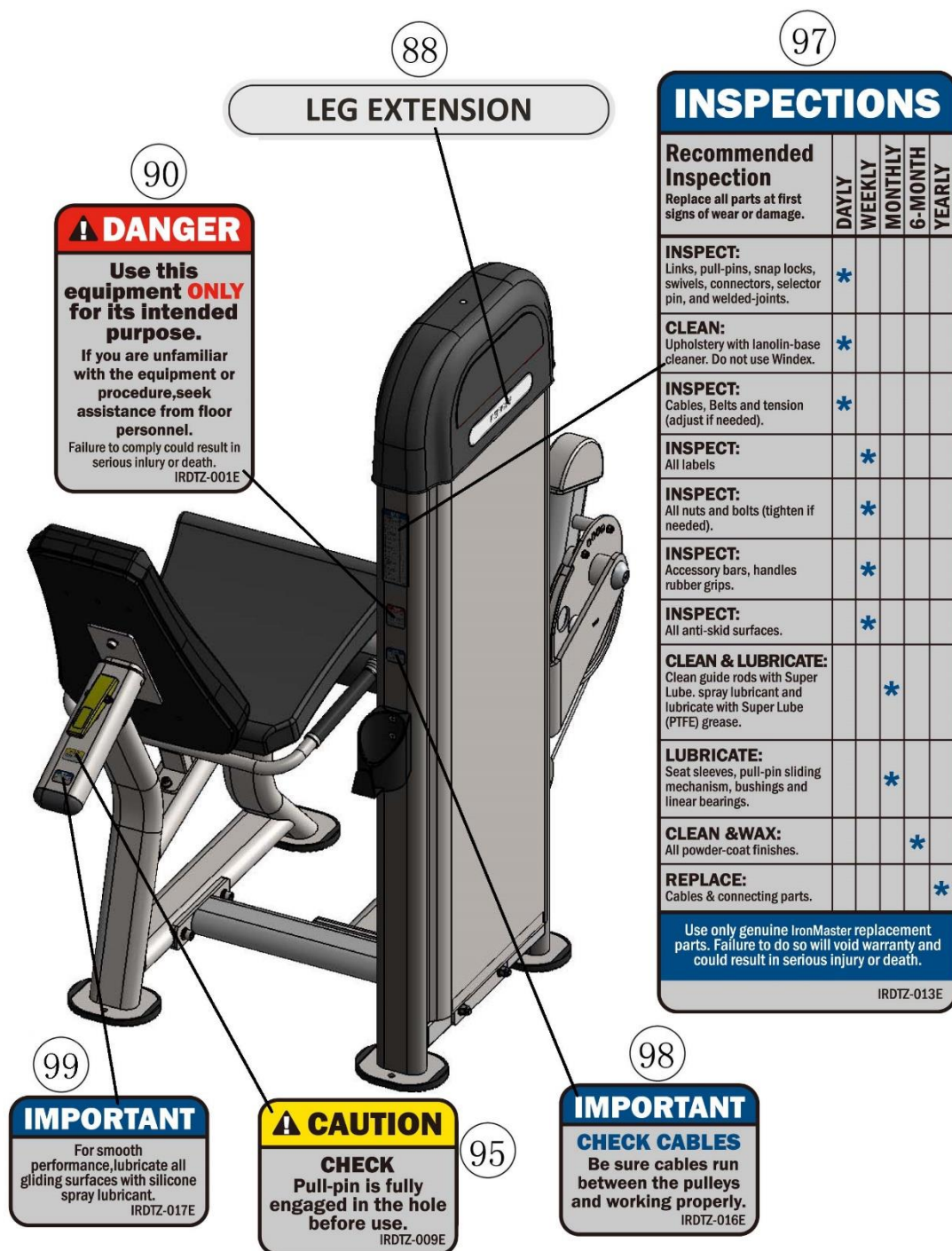
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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





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



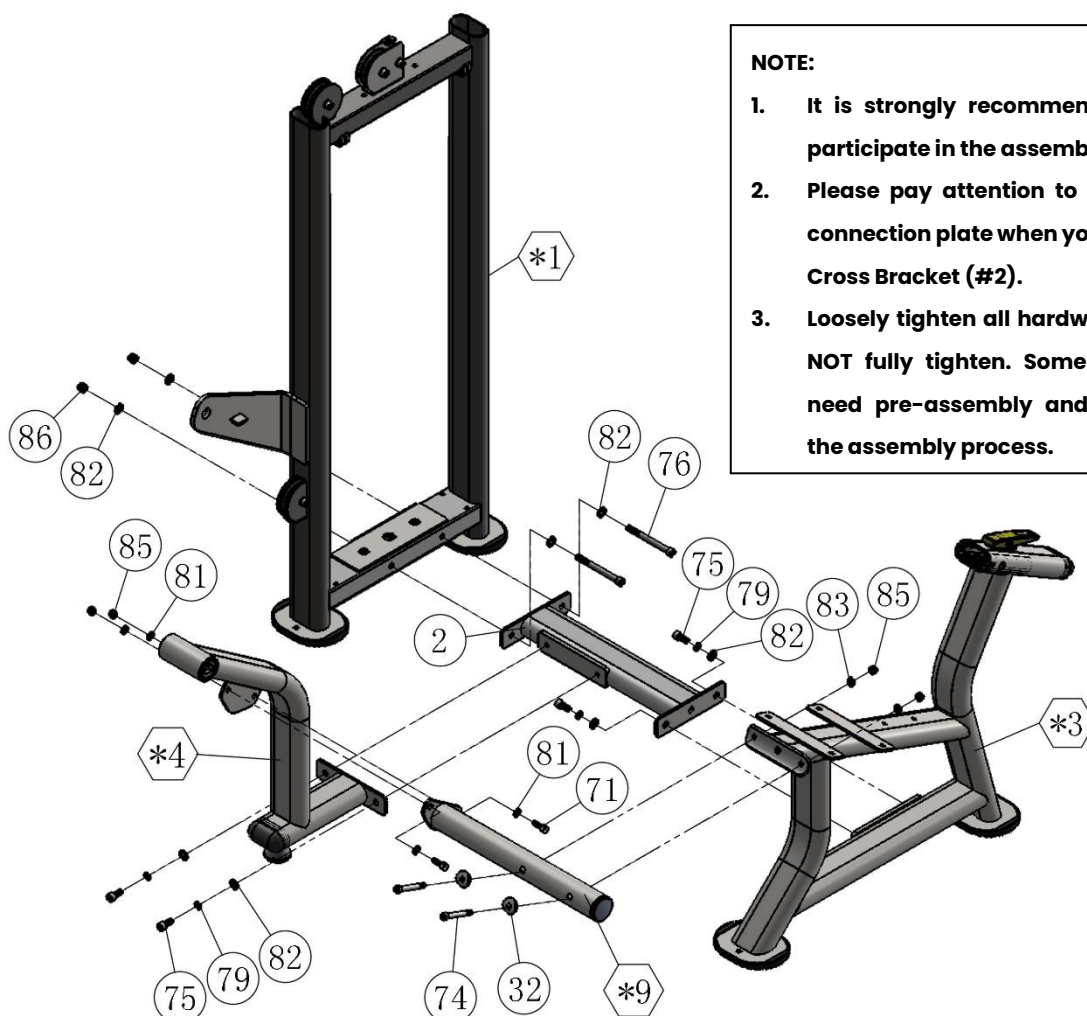
CABLE END SLIPPING OUT

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*25	4
*3	Seat Frame	1	76	Hex Recessed Round Head Screw M12*135	2
*4	Support Frame	1	79	Spring Washer Φ12	4
*9	Top Brace	1	81	Flat Washer Φ10	4
2	Bottom Cross Bracket	1	82	Flat Washer Φ12	8
32	Big Arc Washer Φ10	2	83	Arc Washer Φ10	2
71	Hex Recessed Round Head Screw M10*30	2	85	Nylon Lock Nut M10	4
74	Hex Recessed Round Head Screw M10*85	2	86	Nylon Lock Nut M12	2

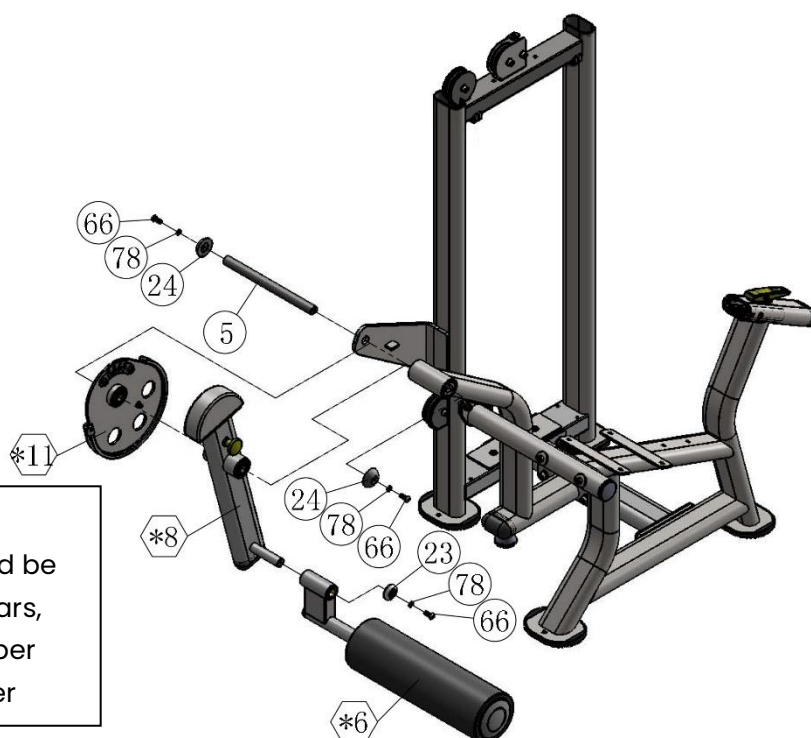
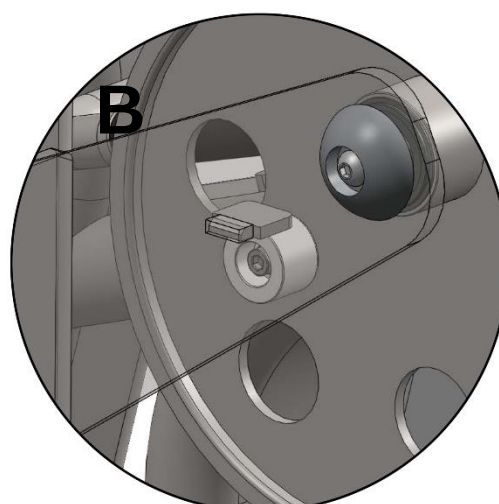
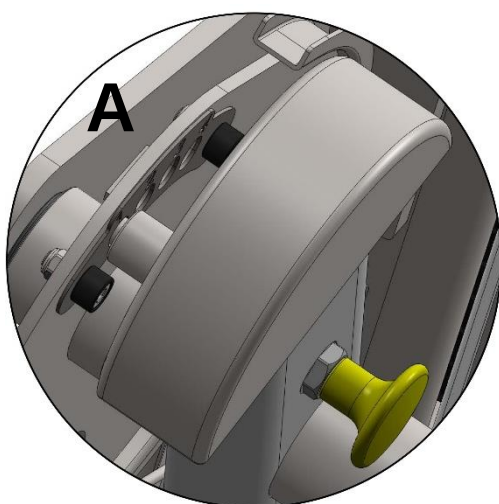


NOTE:

1. It is strongly recommended that 2 people participate in the assembly of this unit.
2. Please pay attention to the position of the connection plate when you assemble Bottom Cross Bracket (#2).
3. Loosely tighten all hardware in this step. DO NOT fully tighten. Some components may need pre-assembly and alignment during the assembly process.

Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*8	Pivot Arm	1	23	Aluminium End Cap (Thin)	1
*6	Swivel Foam Roll Tube	1	24	Axle End Cap	2
*11	Cam	1	66	Hex Recessed Flat Head Screw M10*25	3
5	Pivot Axle (Long)	1	78	Spring Washer $\Phi 10$	3

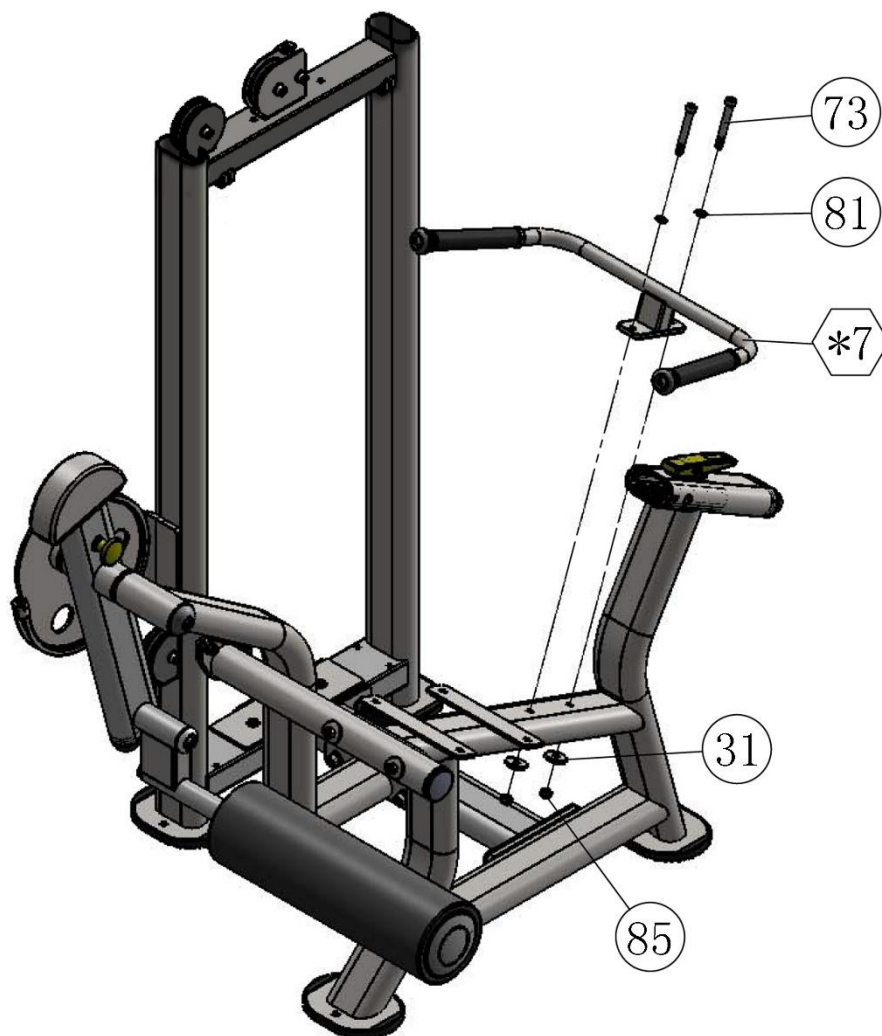


NOTE :

In this step, the pull pin head should be placed between the two nylon collars, as shown in figure A; And the bumper should be placed under the stopper

Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*7	Handles	1	73	Hex Recessed Round Head Screw M10*80	2
31	Big Washer $\Phi 10$	2	85	Nylon Lock Nut M10	2
81	Flat Washer $\Phi 10$	2			

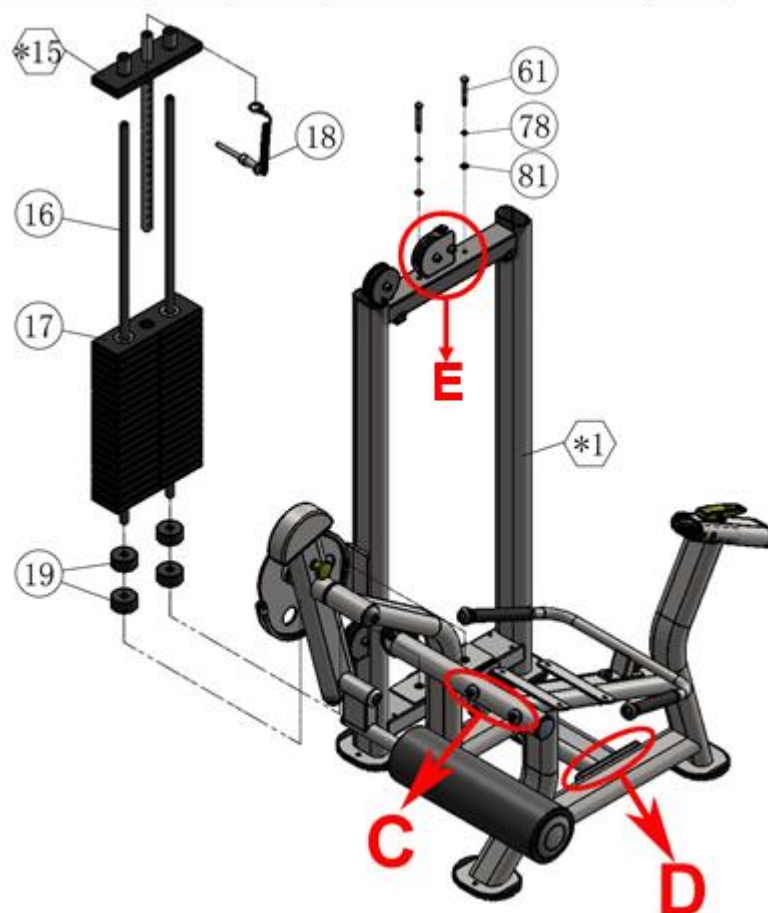


Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	19	Rubber Donut	4
*15	Top Block	1	61	Hex Bolt M10*75	2
16	Guide Rod	2	78	Spring Washer $\Phi 10$	2
17	4.5kg Weight Plate	19	81	Flat Washer $\Phi 10$	2
18	Selector Pin	1	87	Weight Plate Label	1

NOTE:

Please place the side with the plastic part face up when you assemble the weight plate.



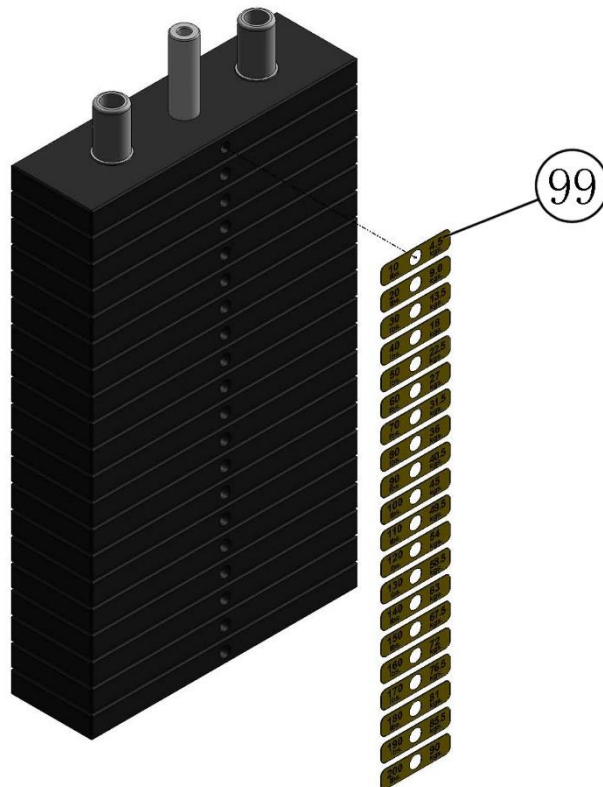
Tighten all hardware in this step. When tightening, you need to press firmly on the Weight Stack Frame (# *1) to make the foot contact with the ground; Or tighten all hardware after assembling the weight plates, but you need to make sure that the bolt connection is reliable, and the machine will not dump.

SPECIAL NOTICE:

1. tighten the other bolts and nuts first, and then tighten the bolts and nuts as shown in figure C, D.
2. You can remove the pulley in position E first, then assemble Hex Bolt M10*75 (#61-2).

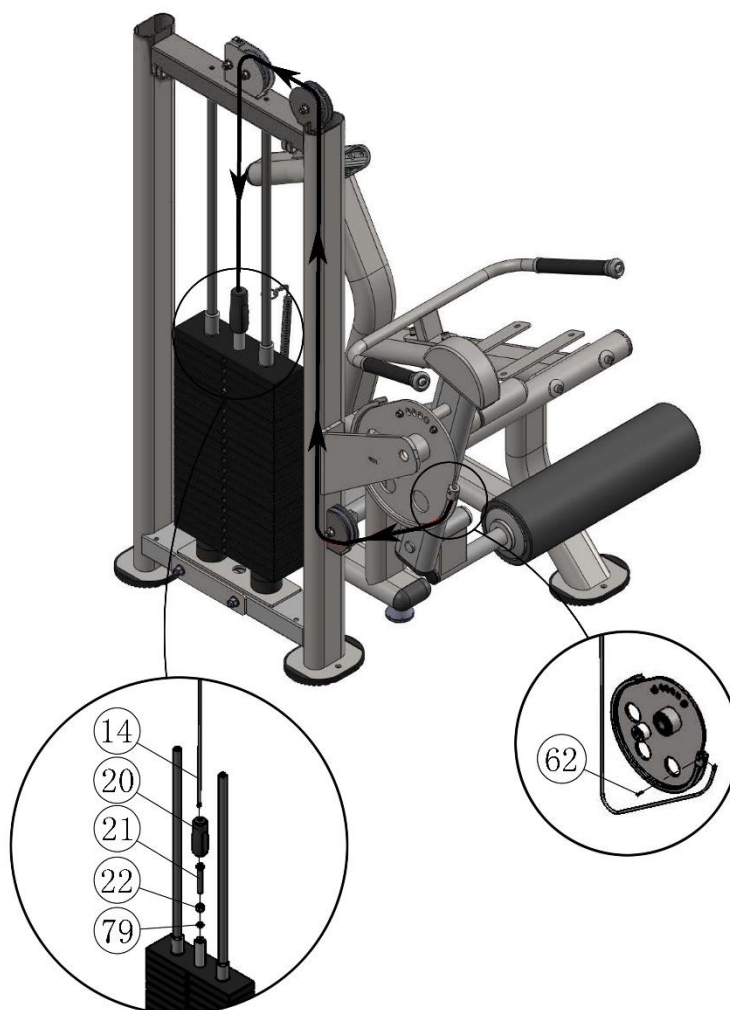
Weight stack label instructions :

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 5: Cable Routing

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
14	Cable	1	22	Hex Nut M12	1
20	Bumper Cap	1	62	Cross Countersunk Head Screw M3*15	1
21	Split Bolt	1	79	Spring Washer $\Phi 12$	1

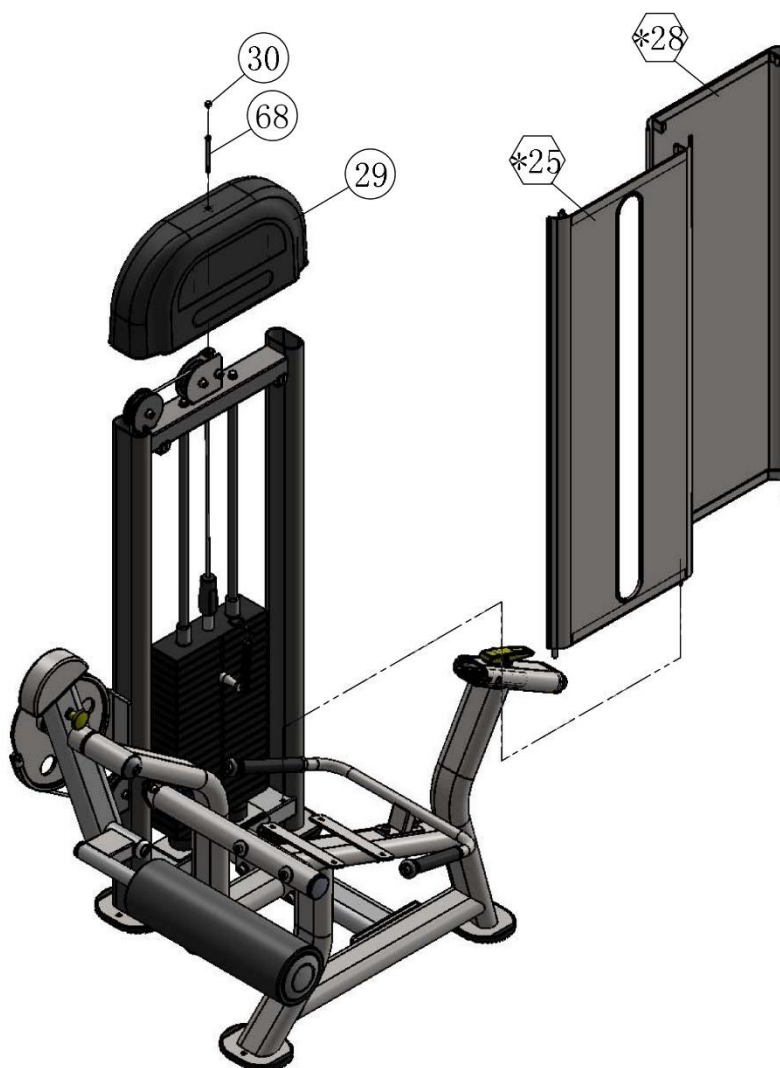


SPECIAL NOTE:

1. Please loosen the Screw (#62) first, then put the cable into the cam, and finally tighten the Screw (#62).
2. 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.
*25	Weight Shield Front	1	30	Hole Plug	1
*28	Weight Shield Rear	1	68	Hex Recessed Round Head Screw M6*95	1
29	Weight Shield Top	1			

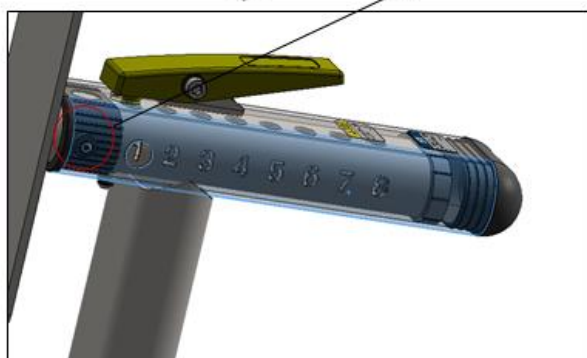
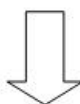
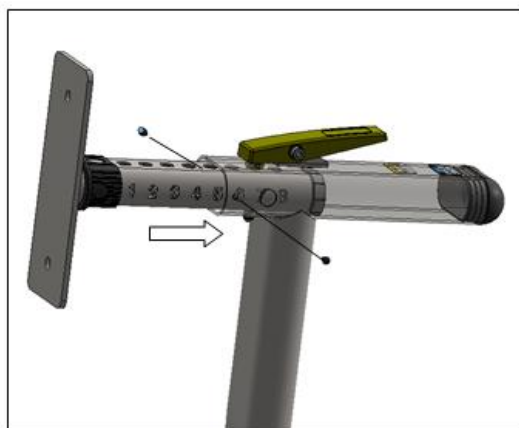


NOTE:

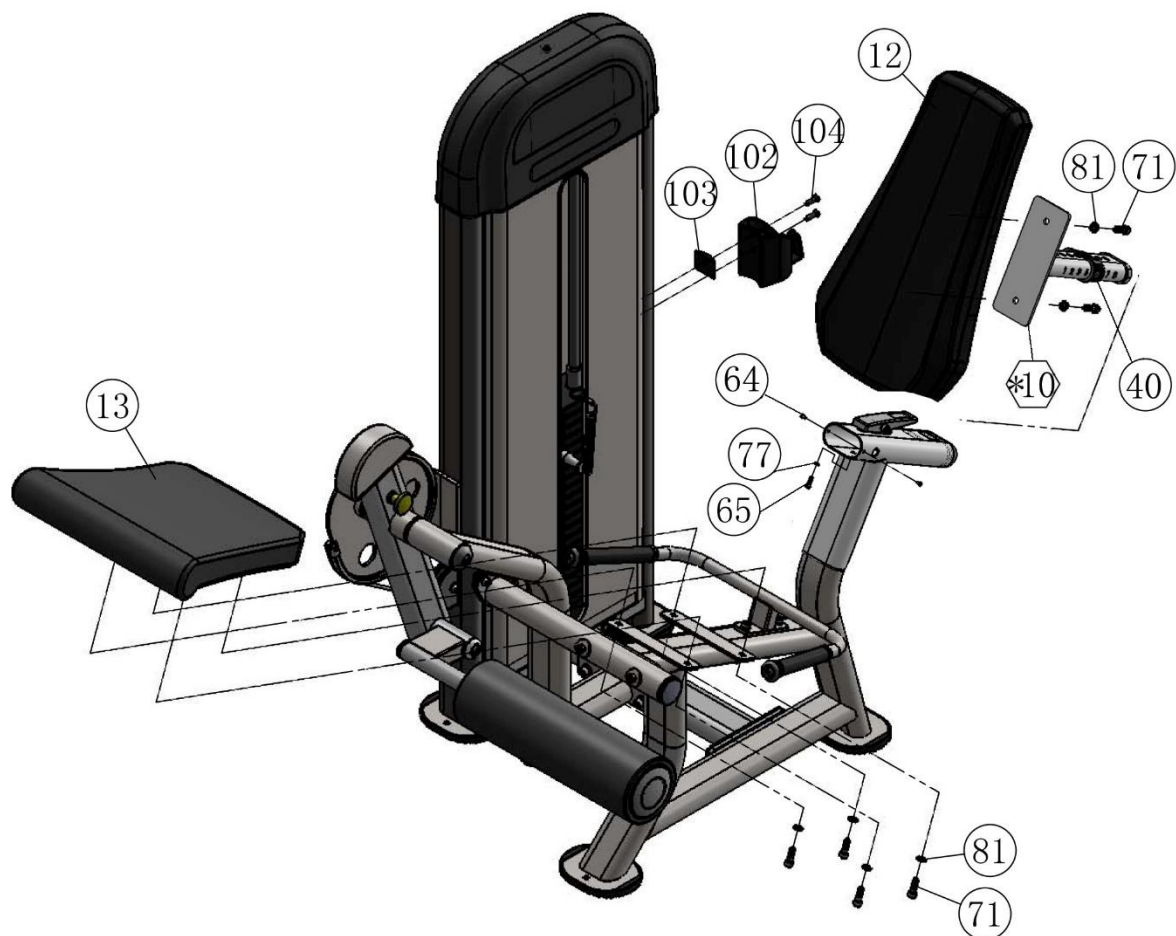
Please assemble Weight Shield Front & Rear (#*25 & #*28) first, then assemble Weight Shield Top (#29).

Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*10	Adjustable Back Pad Tube	1	77	Spring Washer $\Phi 6$	1
12	Back Pad	1	81	Flat Washer $\Phi 10$	6
13	Seat Pad	1	102	Bottle Cage	1
64	Cross Pan Head Screw M4*8	2	103	Spacer Block	1
65	Hex Recessed Flat Head Screw M6*20	1	104	Hex Recessed Countersunk Head Screw M8*30	2
1	Hex Recessed Round Head Screw M10*30	6	40	Oval Tube Plastic Glide Insert	1



Insert the Adjustable Back Pad Tube (#10) into the Seat Frame, then compress the Oval Tube Plastic Glide Insert (#40). Align the holes in the Seat Pad Tube and Oval Tube Plastic Glide Insert and secure the parts by using Cross Pan Head Screw M4*8 (#64-2pcs).



SPECIAL NOTE:

Please loosen the Screw (#65) first, then put the Adjustable Seat Pad Tube (#*10) into the Main Frame, and finally tighten the Screw (#65, #64).

Part List

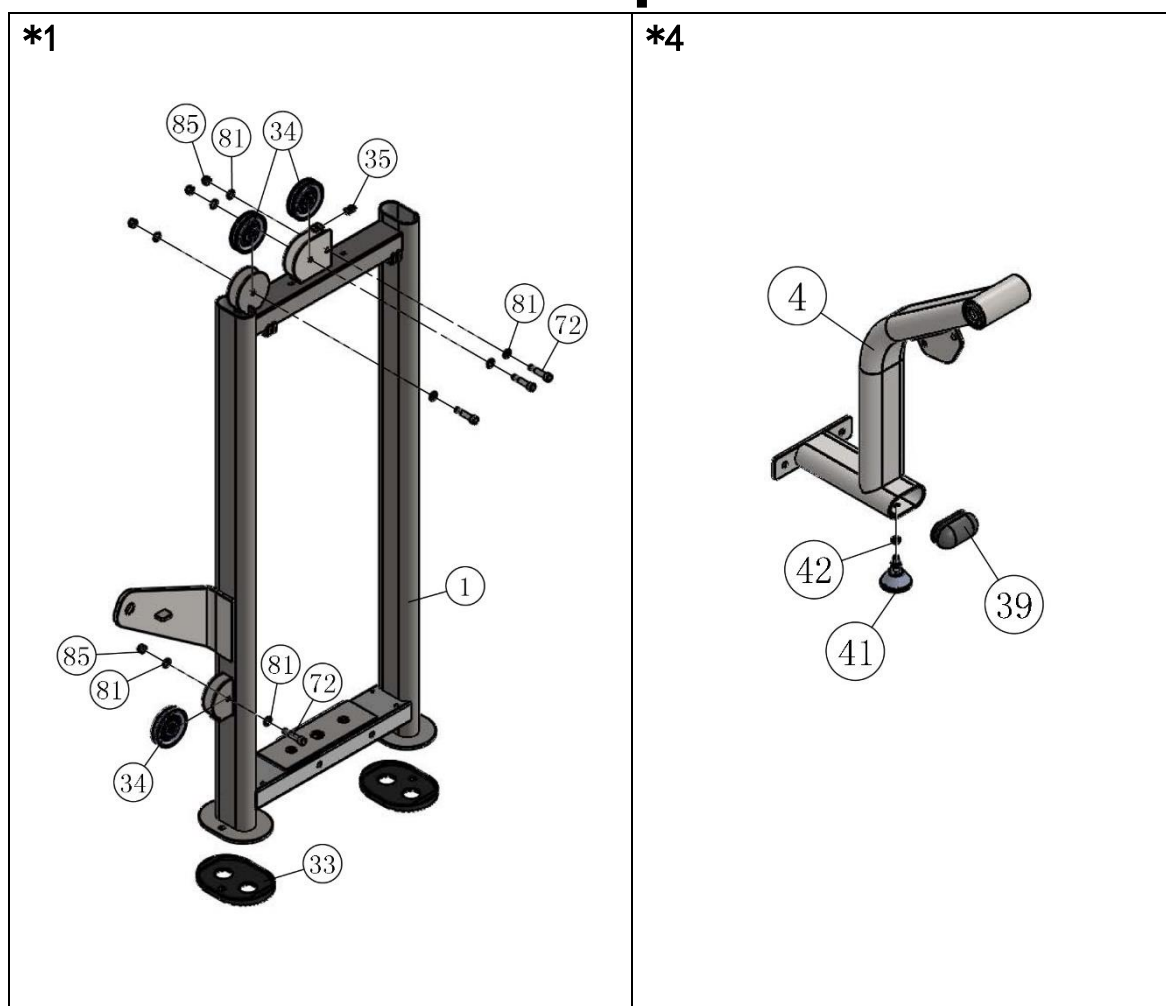
Item#	Description	Qty.	Item#	Description	Qty.
1	Weight Stack Frame	1	29	Weight Shield Top	1
2	Bottom Cross Bracket	1	30	Hole Plug	1
3	Seat Frame	1	31	Big Washer $\Phi 10$	2
4	Support Frame	1	32	Big Arc Washer $\Phi 10$	2
5	Pivot Axle (Long)	1	33	Elliptical Rubber Shoe	4
6	Swivel Foam Roll Tube	1	34	Pulley $\Phi 90 \times \delta 26$	3
7	Handles	1	35	Cage Nut	1
8	Pivot Arm	8	36	Adjustable Release Handle	1
9	Top Brace	1	37	α Spring	1
10	Adjustable Back Pad Tube	1	38	Pull Pin Stiff Spring $\Phi 1.2 \times \Phi 11.7 \times 38$	1
11	Cam	1	39	Elliptical Plug $100 \times 50 \times \delta 2.5$	3
12	Back Pad	1	40	Oval Tube Plastic Glide Insert	1
13	Seat Pad	1	41	Leveller	1
14	Cable	1	42	Hex Thin Nut M10	1
15	Top Block 4.5kg	1	43	Foam	1
16	Guide Rod	2	44	Round Plug $\Phi 38 \times \delta 1.5$	1
17	4.5kg Weight Plate	19	45	Oil Bearing	2
18	Selector Pin	1	46	Foam End Cap	1
19	Rubber Donut	4	47	Circlips for Shaft $\Phi 38$	1
20	Bumper Cap	1	48	Grip L=184	2
21	Split Bolt	1	49	Aluminium Cap $\Phi 25$	2
22	Hex Nut M12	1	50	Pull Pin Lever	1
23	Aluminium End Cap (Thin)	1	51	Pull Pin Handle	1
24	Axle End Cap	2	52	Counterbalance R90	1
25	Weight Shield Front	1	53	T Bearing	4
26	Edge Protector Chrome 1	1	54	Perforation Bolt	1
27	Edge Protector Chrome 2	4	55	Round Plug $\Phi 60 \times \delta 2.5$	1
28	Weight Shield Rear	1	56	Cam Backplate	1

Item#	Description	Qty.	Item#	Description	Qty.
57	Nylon Collar	2	81	Flat Washer Φ 10	22
58	Bumper	1	82	Flat Washer Φ 12	8
59	Selector Lever	1	83	Arc Washer Φ 10	2
60	Elastic Cylindrical Pin Φ 10*65	1	84	Nylon Lock Nut M8	4
61	Hex Bolt M10*75	2	85	Nylon Lock Nut M10	10
62	Cross Countersunk Head Screw M3*15	1	86	Nylon Lock Nut M12	2
63	Hex Countersunk Head Screw M10*25	2	87	Weight Plate Label	1
64	Cross Pan Head ScrewM4*8	2	88	LABEL-LEG EXTENSION	2
65	Hex Recessed Flat Head Screw M6*20	3	89	LABEL-EXERCISE CHART	1
66	Hex Recessed Flat Head Screw M10*25	5	90	LABEL-DANGER(IRDTZ-001E)	2
67	Hex Recessed Round Head Screw M8*50	1	91	LABEL-DANGER(IRDTZ-002E)	1
68	Hex Recessed Round Head Screw M6*95	1	92	LABEL-WARNING(IRDTZ-004E)	1
69	Hex Recessed Round Head Screw M8*20	2	93	LABEL-WARNING(IRDTZ-007E)	1
70	Hex Recessed Round Head Screw M8*30	1	94	LABEL-WARNING(IRDTZ-008E)	1
71	Hex Recessed Round Head Screw M10*30	8	95	LABEL-CAUTION(IRDTZ-009E)	1
72	Hex Recessed Round Head Screw M10*50	4	96	LABEL-CAUTION(IRDTZ-010E)	1
73	Hex Recessed Round Head Screw M10*80	2	97	LABEL-INSPECTIONS	1
74	Hex Recessed Round Head Screw M10*85	2	98	LABEL-CHECK CABLES	1
75	Hex Recessed Round Head Screw M12*25	4	99	LABEL-IMPORTANT(IRDTZ-017E)	1
76	Hex Recessed Round Head Screw M12*135	2	102	Bottle Cage	1
77	Spring Washer Φ 6	3	103	Spacer Block	1
78	Spring Washer Φ 10	7	104	Hex Recessed Countersunk Head Screw M8*30	2
79	Spring Washer Φ 12	5	105	Flat Washer ϕ 6	2
80	Flat Washer Φ 8	6	106	Inner	1

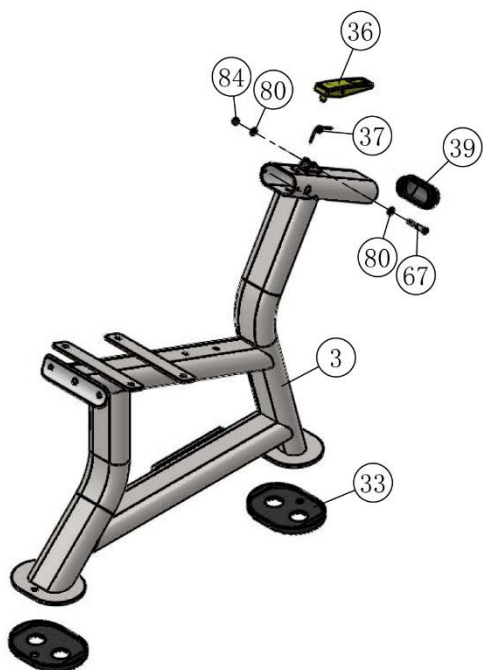
Pre-Assemble Components Parts List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*9	Top Brace	1
*3	Seat Frame	1	*11	Cam	1
*4	Support Frame	1	*15	Top Block	1
*6	Swivel Foam Roll Tube	1	*25	Weight Shield Front	1
*7	Handles	1	*28	Weight Shield Rear	1
*8	Pivot Arm	1	*10	Adjustable Back Pad Tube	1

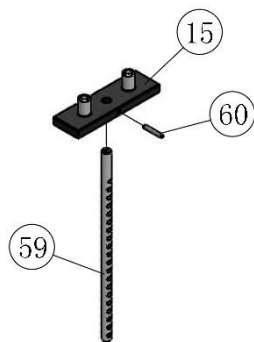
Pre-assembled Components



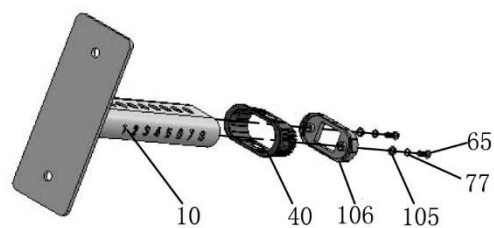
***3**



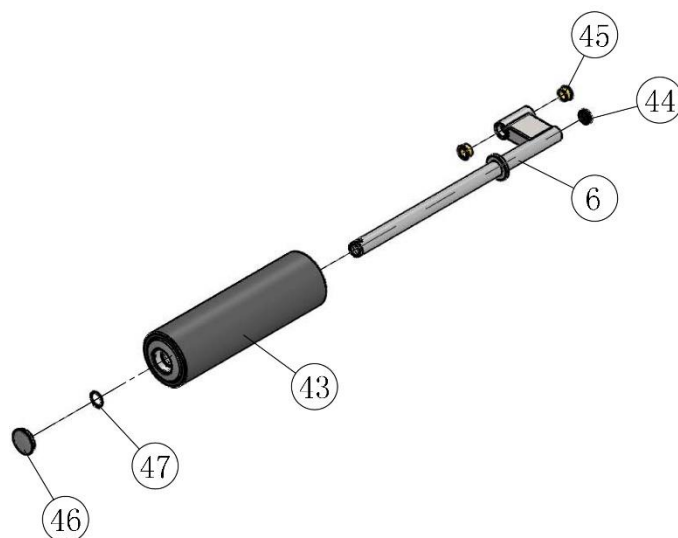
***15**



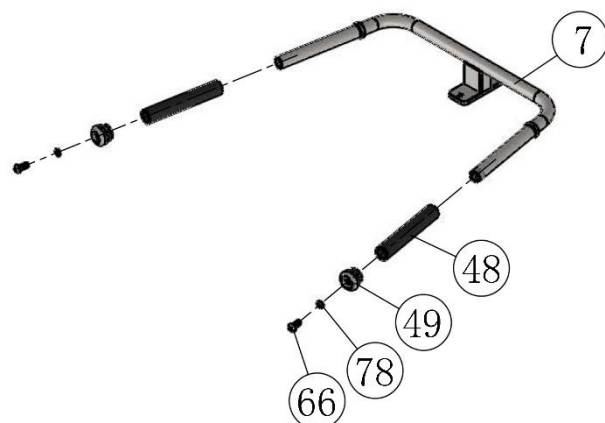
***10**



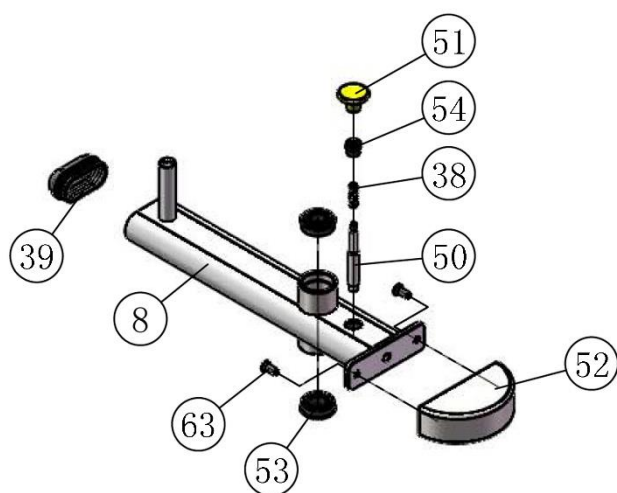
***6**



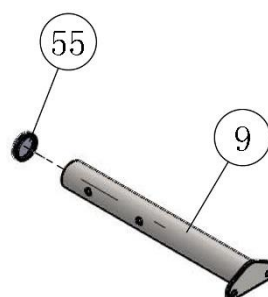
***7**



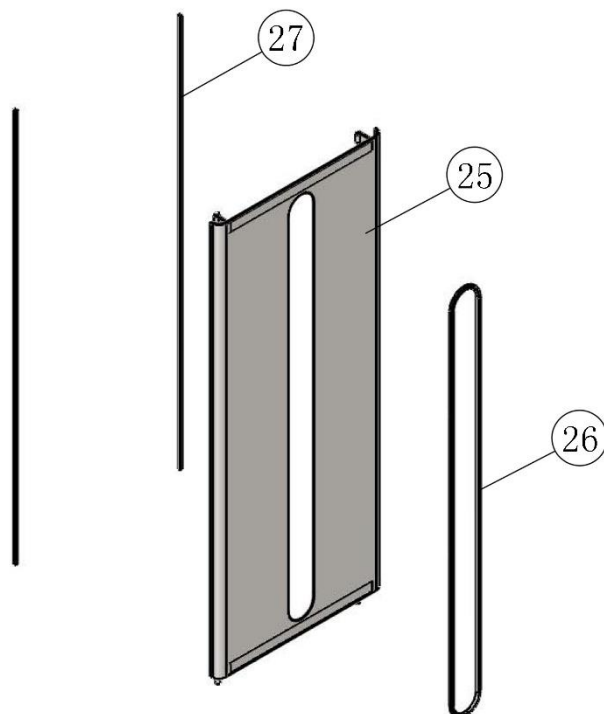
***8**



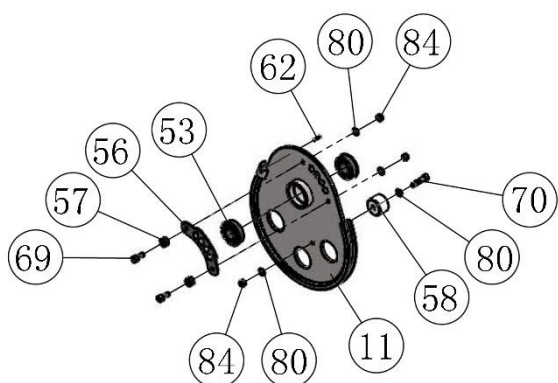
***9**



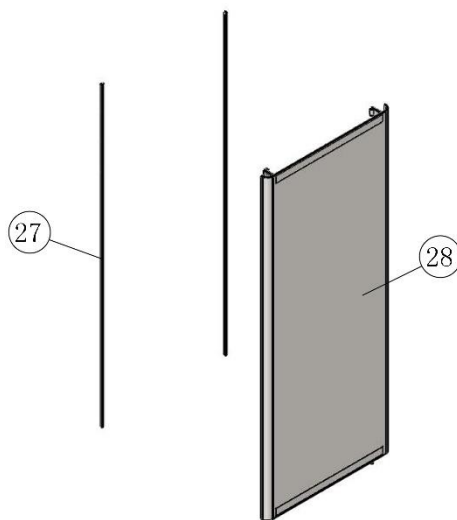
***25**



***11**

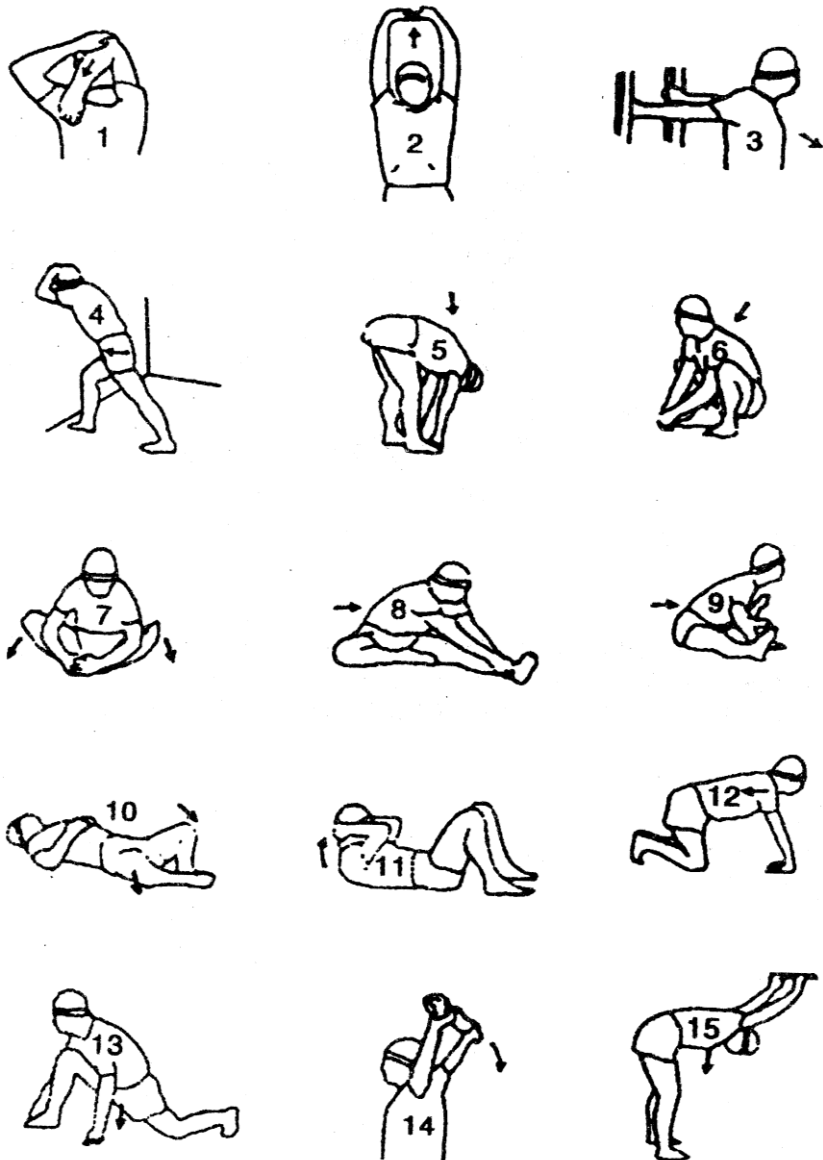


***28**



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.