

VERVE Arnold Series Lateral Raise Machine

Owner's Manual

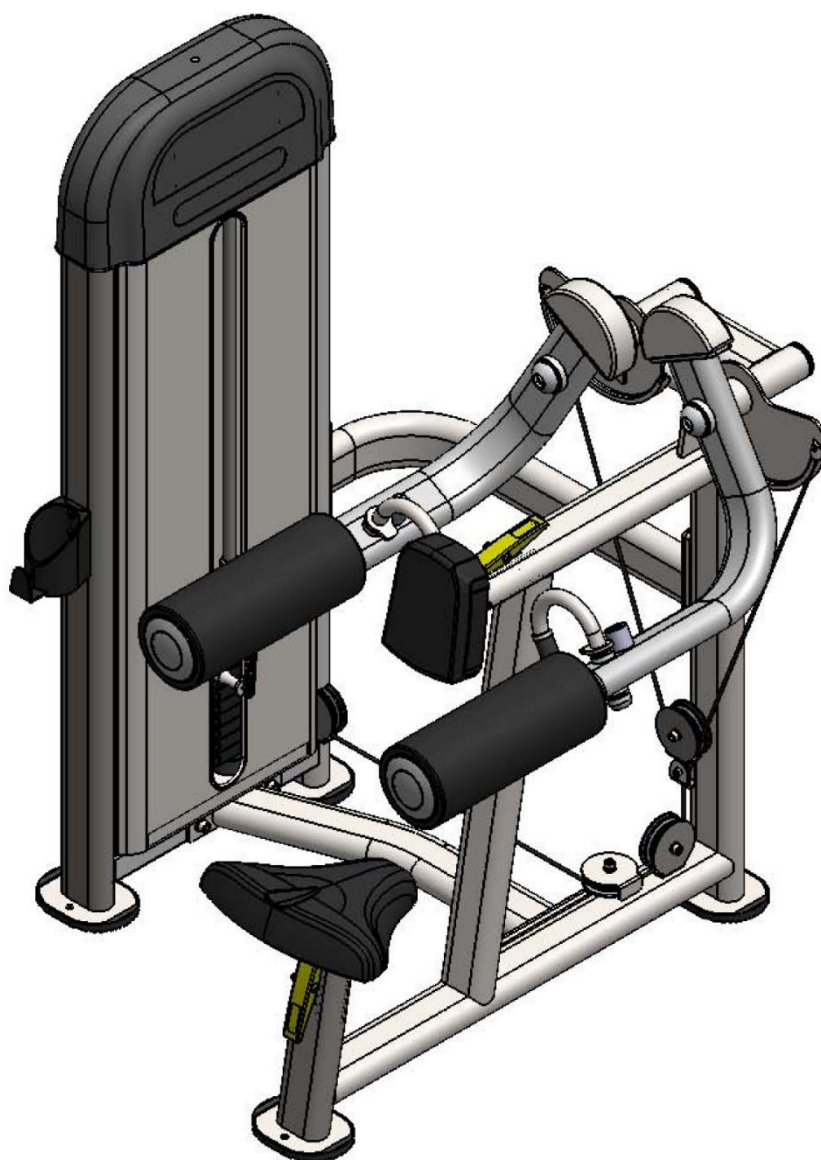


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IMPORTANT SAFETY NOTICE

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

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⚠ WARNING



Keep body, hands and fingers clear of all moving parts.
IRDZ-004E

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LATERAL RAISE

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INSPECTIONS

Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: 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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IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.
IRDZ-016E

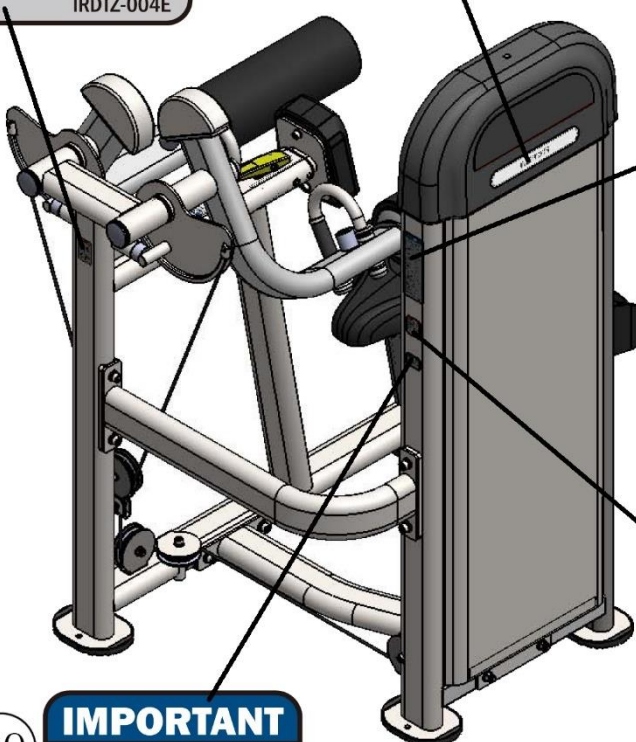
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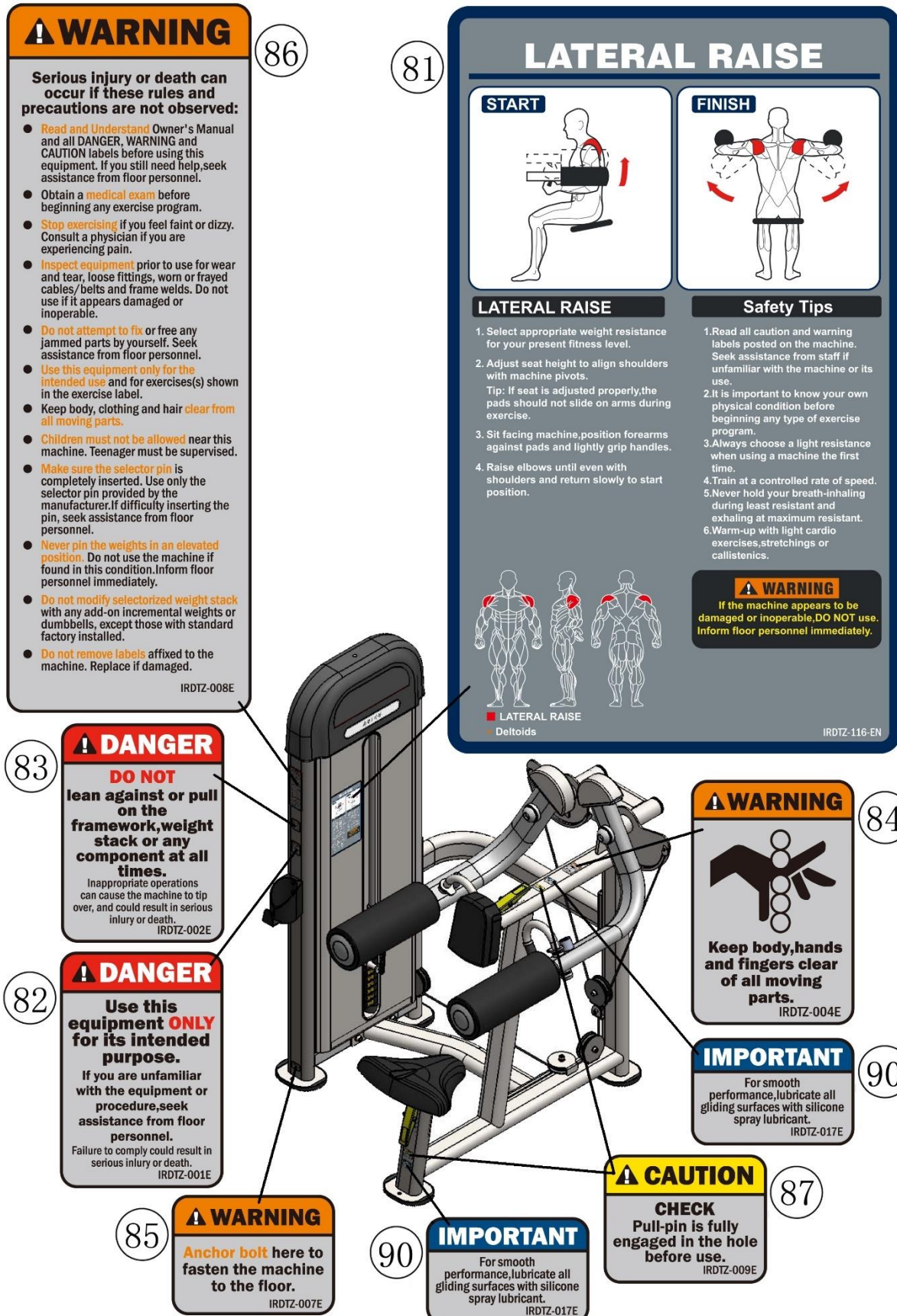
⚠ DANGER

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.

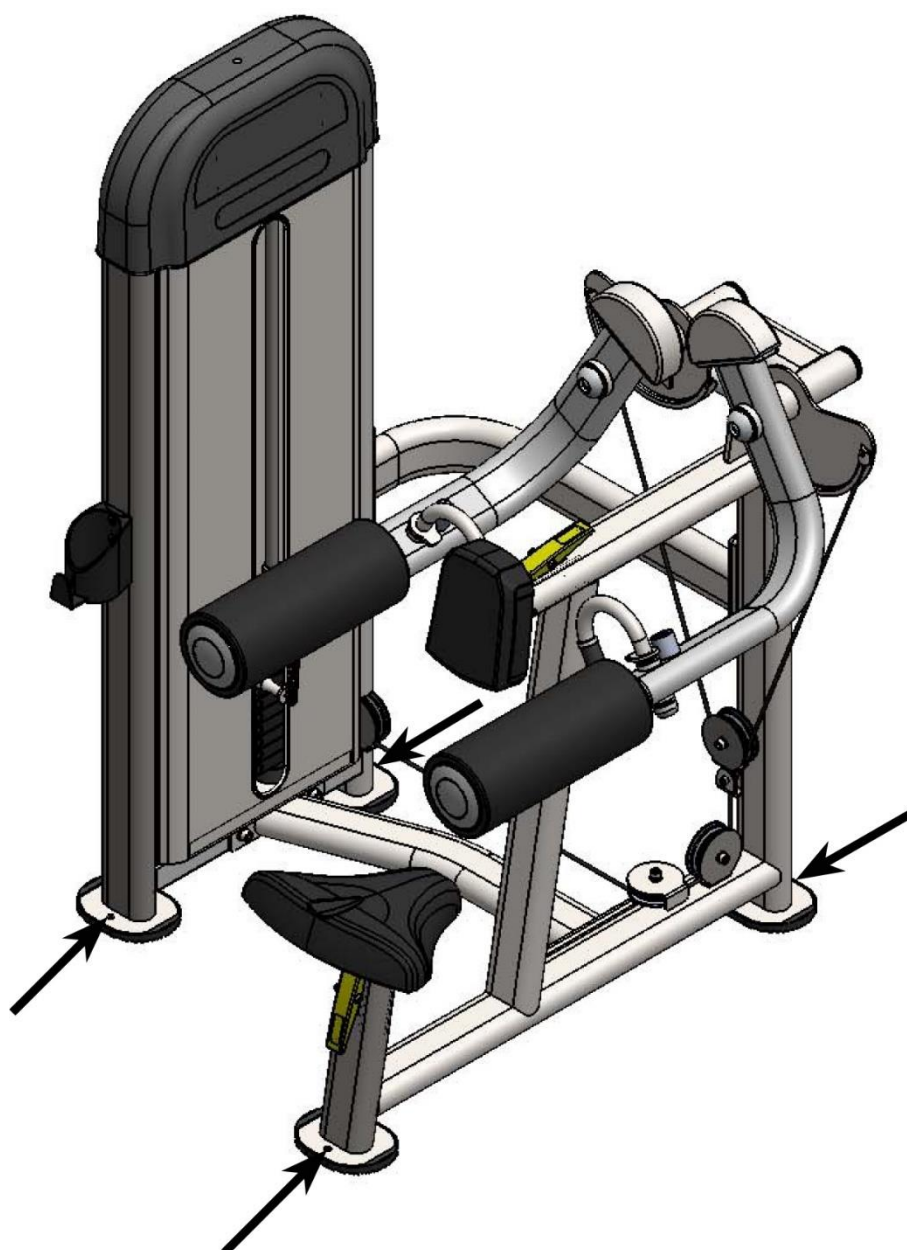
Failure to comply could result in serious injury or death.
IRDZ-001E





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



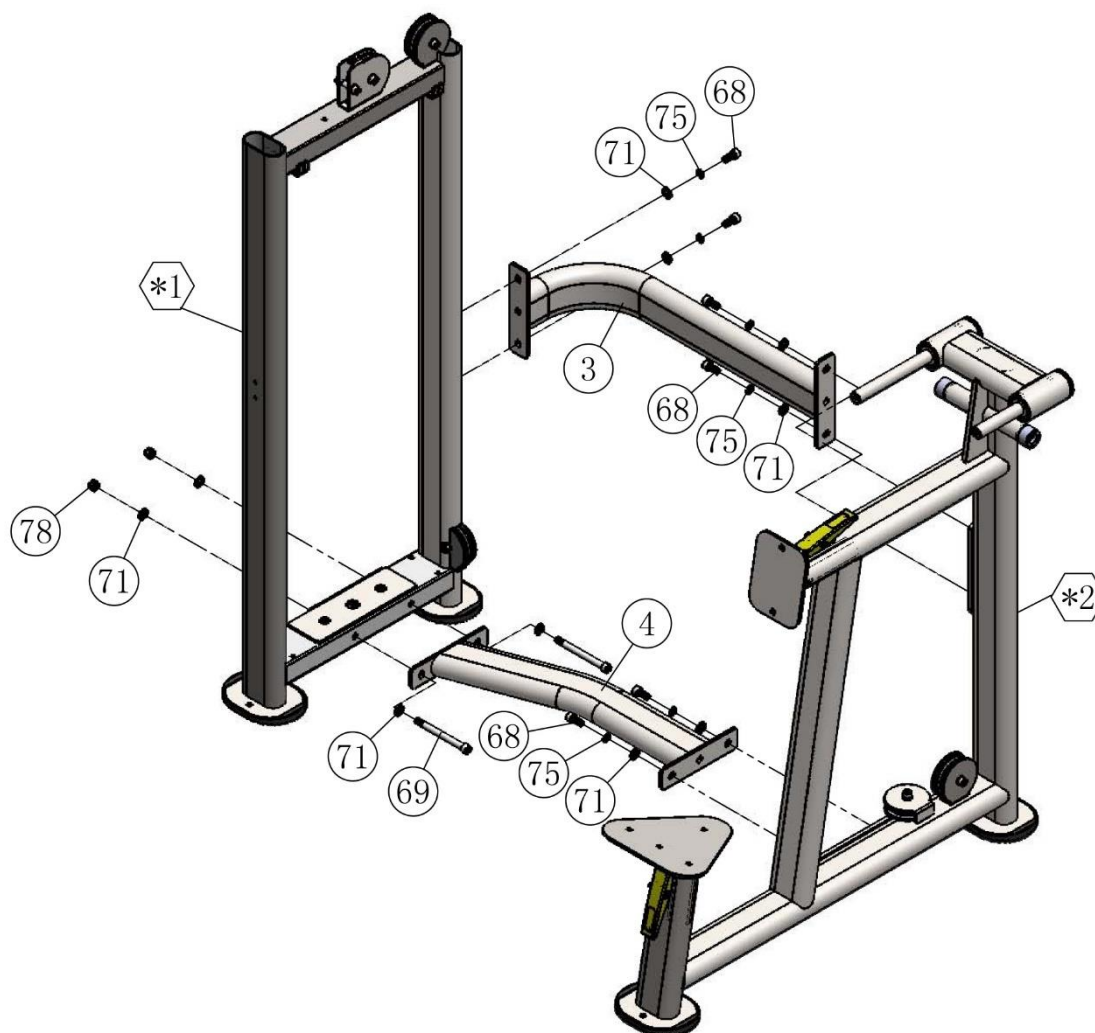
CABLE END SLIPPING OUT

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.

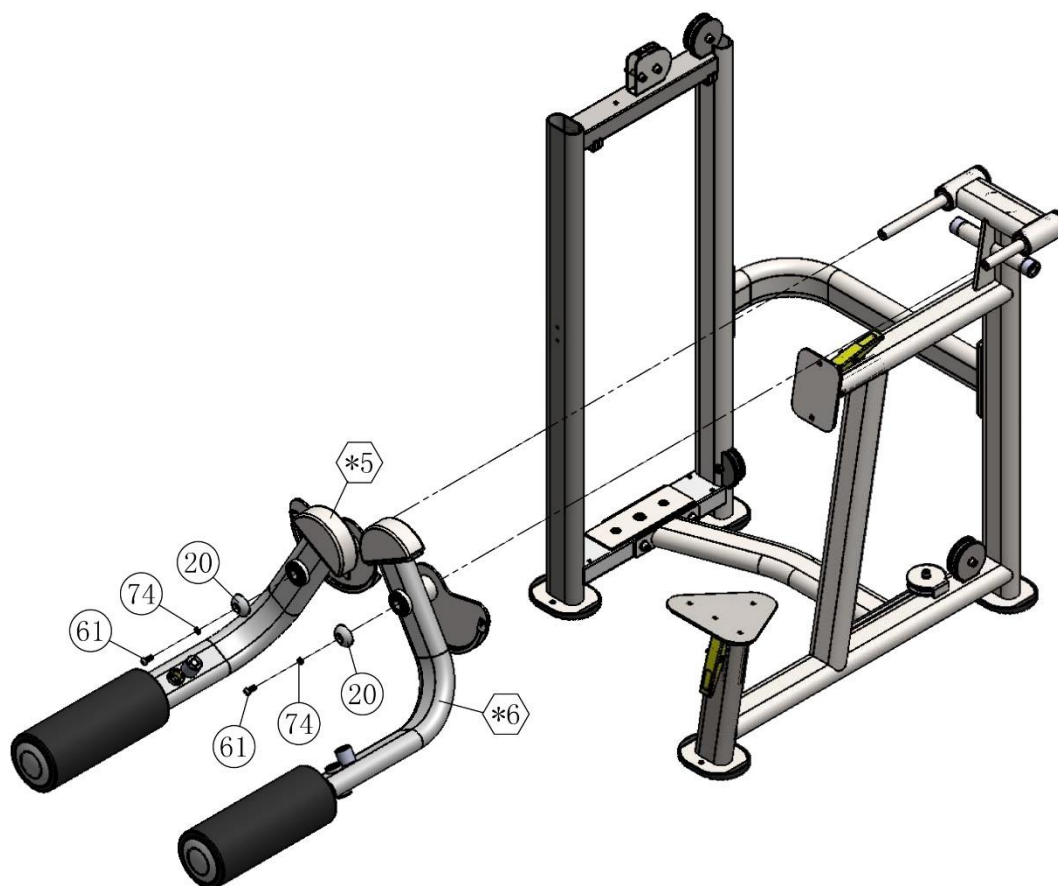
Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	69	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	71	Flat Washer $\phi 12$	10
3	Top Brace	1	75	Spring Washer $\phi 12$	6
4	Bottom Cross Bracket	1	78	Nylon Lock Nut M12	2
68	Hex Recessed Round Head Screw M12*25	6			



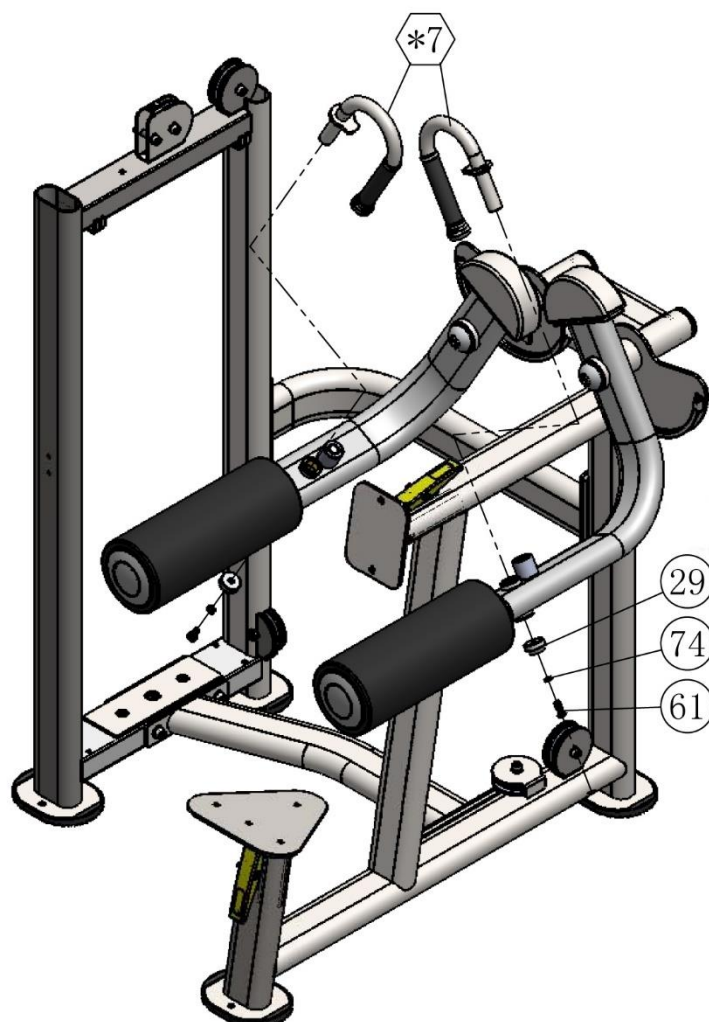
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Left Pivot Arm	1	61	Hex Recessed Flat Head Screw M10*25	2
*6	Right Pivot Arm	1	74	Spring Washer $\Phi 10$	2
20	Axle End Cap1	2			



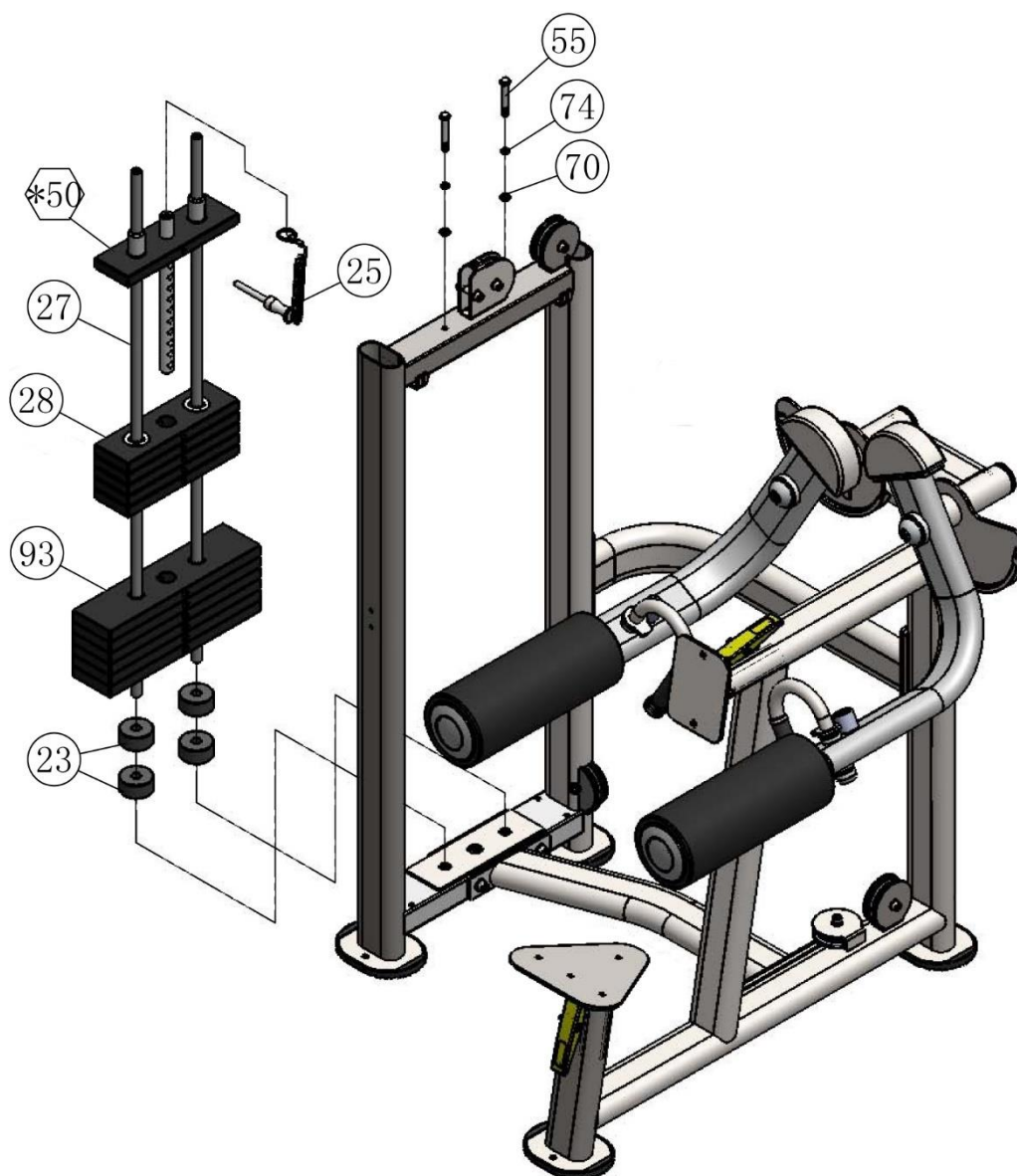
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*7	Handle	2	61	Hex Recessed Flat Head Screw M10*25	2
29	Axle End Cap2	2	74	Spring Washer $\Phi 10$	2



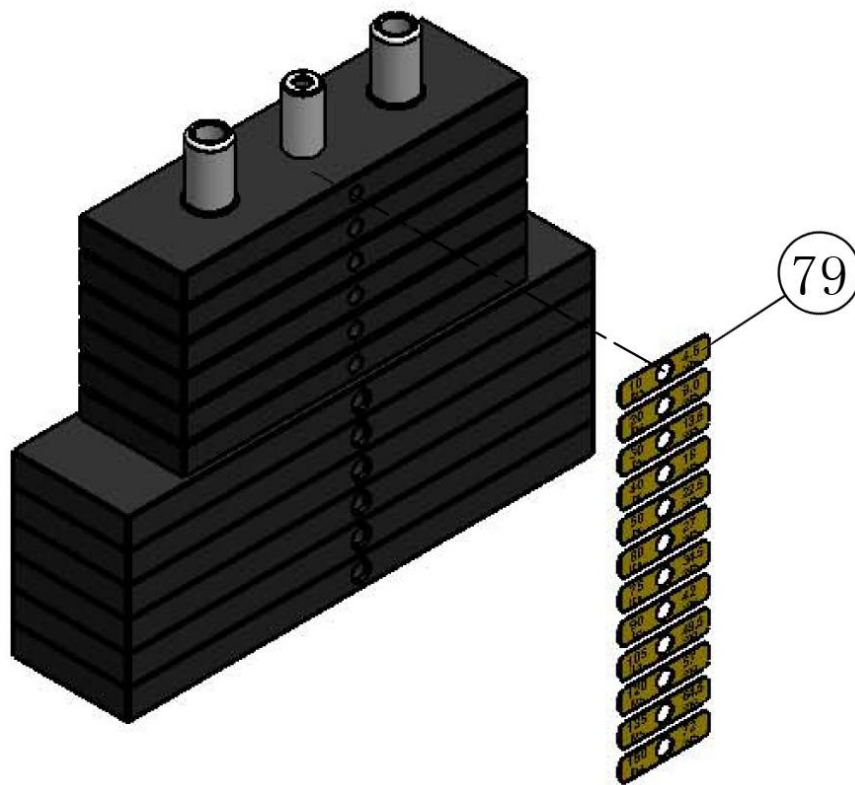
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*50	Top Block	1	55	Hex Bolt M10*75	2
23	Rubber Donut	4	70	Flat Washer $\phi 10$	2
25	Selector Pin	1	74	Spring Washer $\phi 10$	2
27	Guide Rod	2	79	Weight Plate Label	1
28	4.5kg Weight Plate	5	93	7.5kg Weight Plate	6



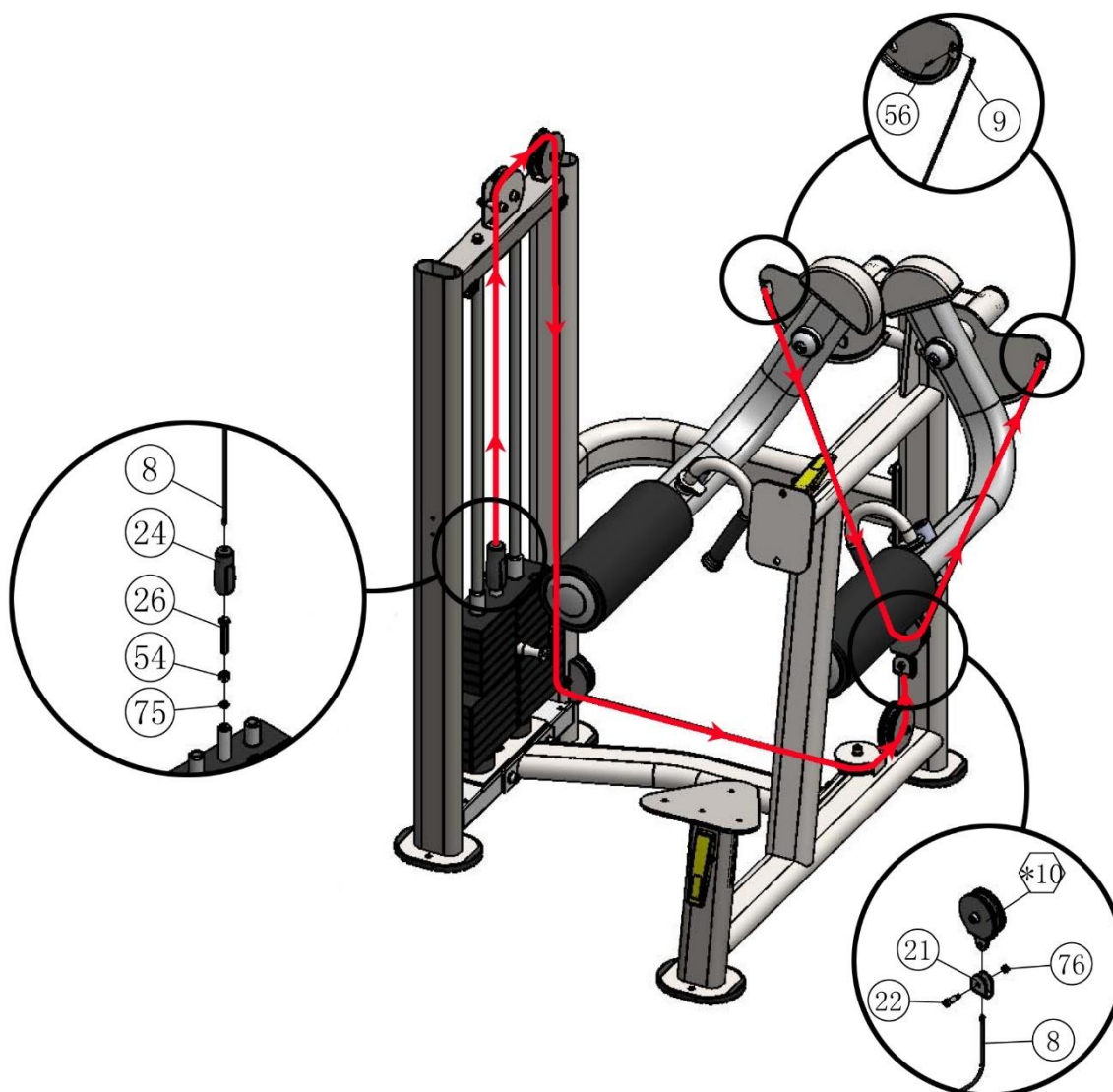
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label (#79) 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.



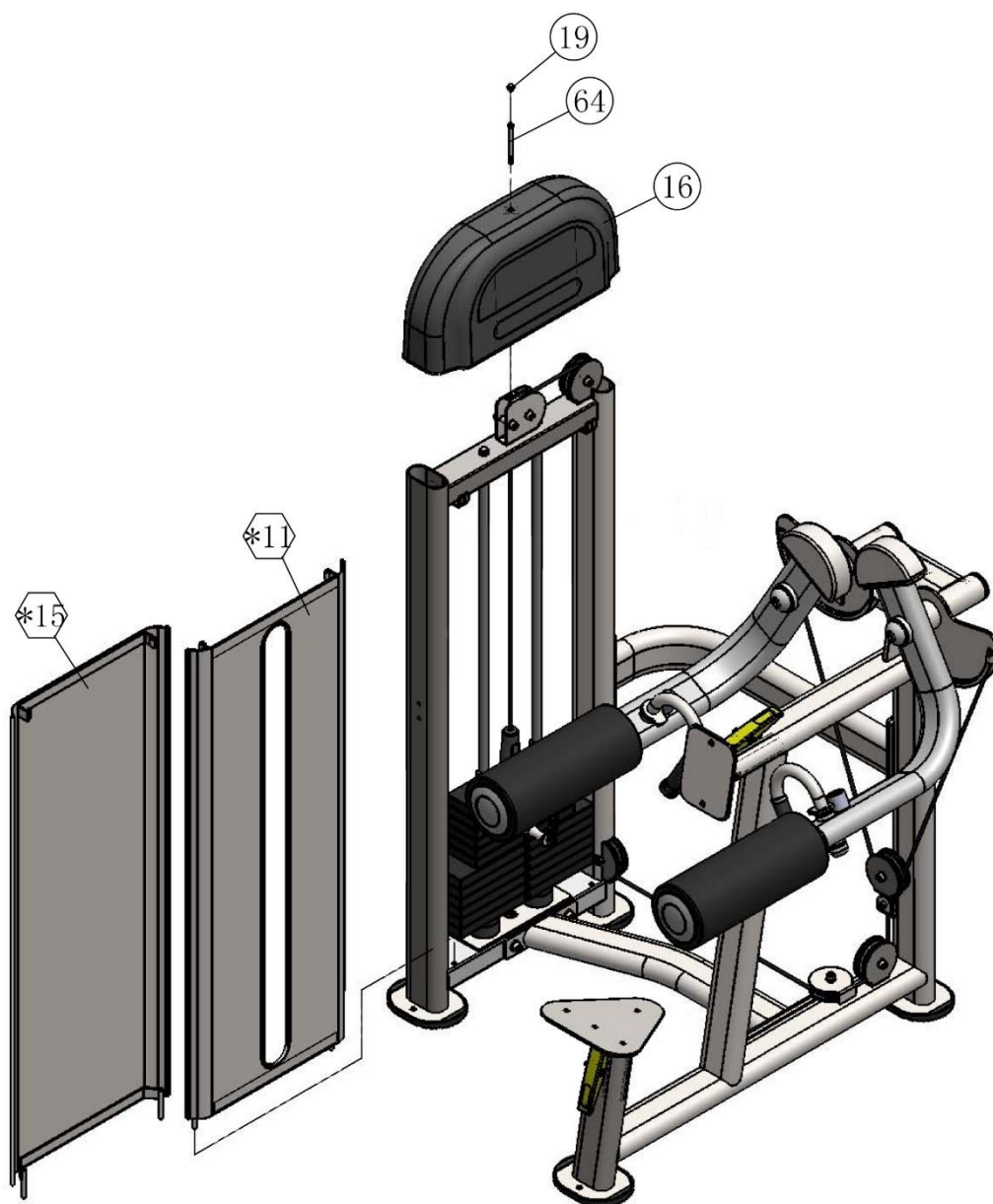
Step 5: Cable Routing

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*10	Single Pulley Rack	1	26	Hex Split Bolt	1
8	1#Cable	1	54	Hex Nut M12	1
9	2#Cable	1	56	Cross Countersunk Head Screw M3*15	2
21	Cable Bracket	1	75	Spring Washer $\phi 12$	1
22	Metric Shaft Bolt	1	76	Nylon Lock Nut M8	1
24	Bumper Cap	1			



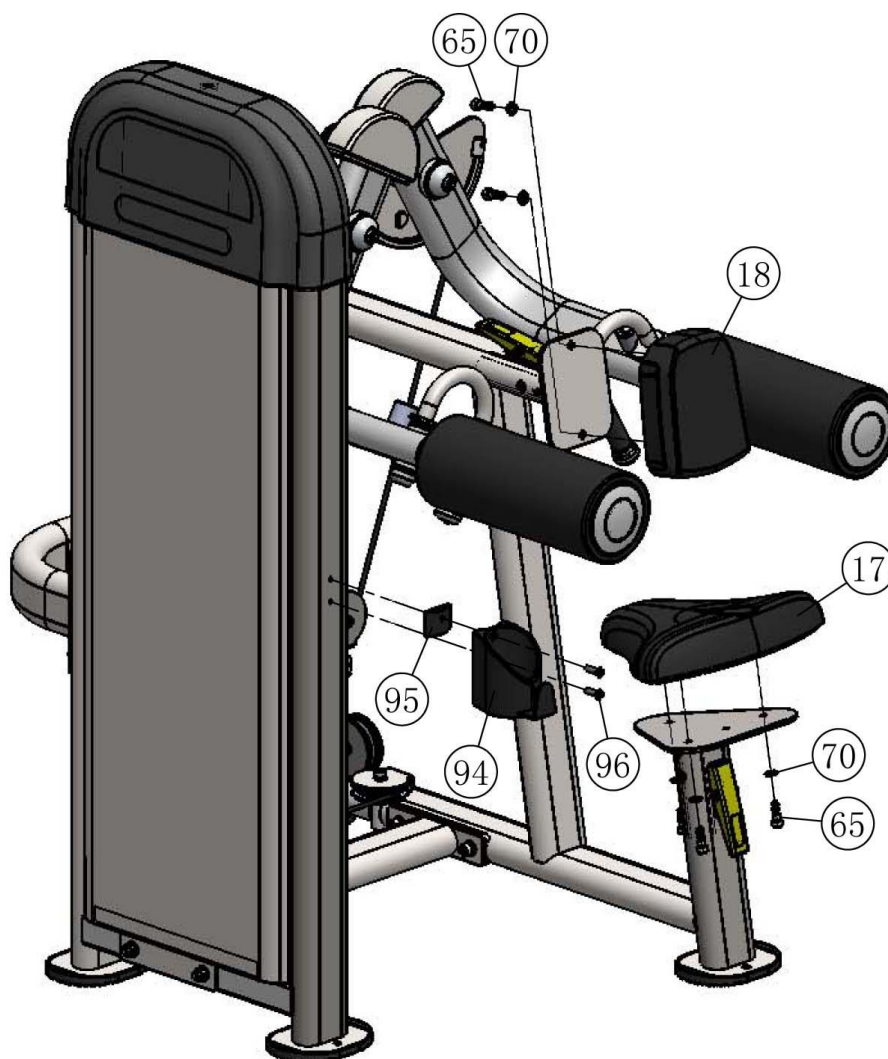
Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*11	Weight Shield Front	1	19	Hole Plug	1
*15	Weight Shield Rear	1	64	Hex Recessed Round Head Screw M6*95	1
16	Weight Shield Top	1			



Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
17	Seat Pad	1	94	Bottle Cage	1
18	Chest Pad	1	95	Spacer Block	1
65	Hex Recessed Round Head Screw M10*30	5	96	Hex Recessed Countersunk Head Screw M8*30	2
70	Flat Washer $\Phi 10$	5			



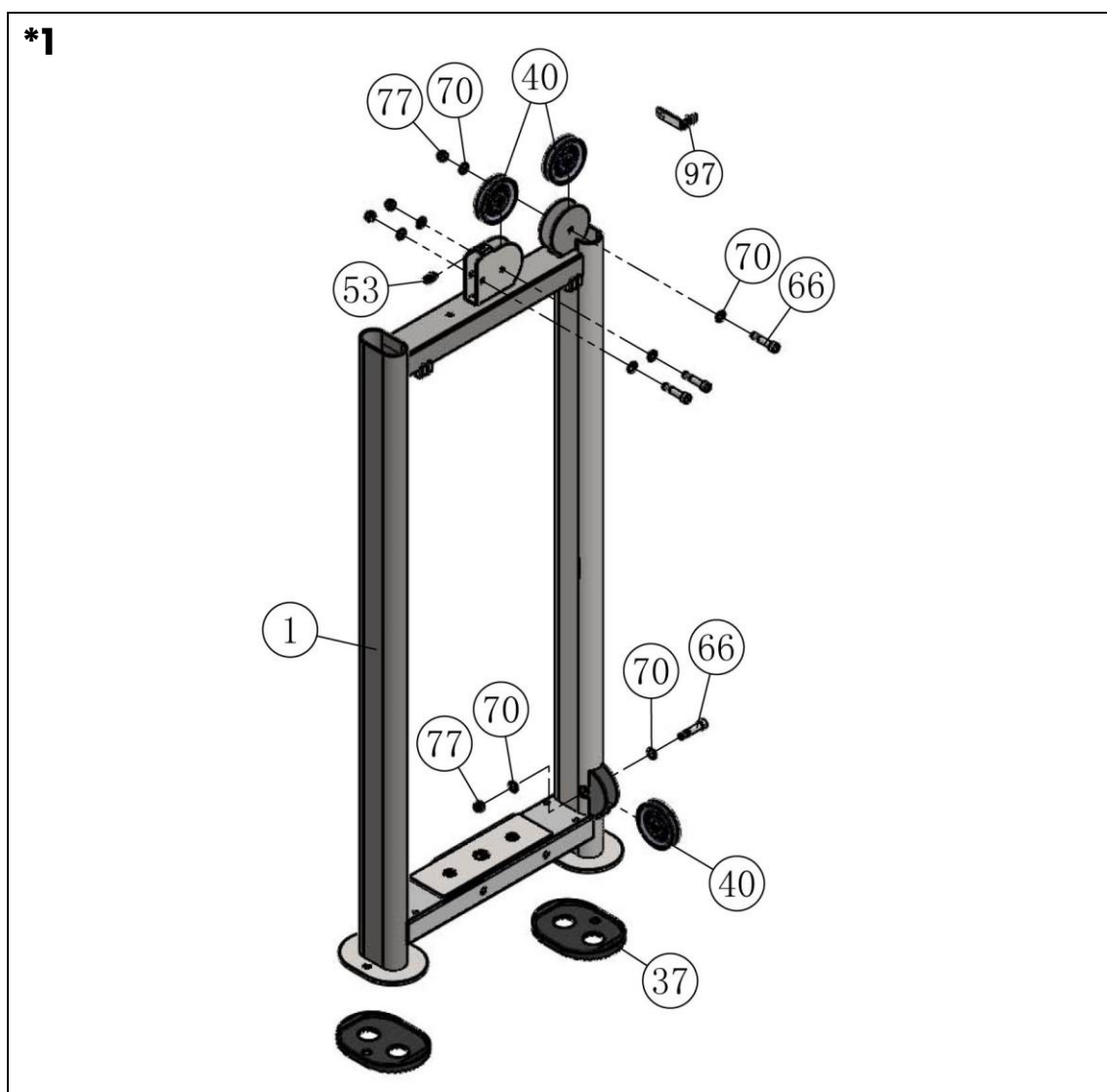
Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	27	Guide Rod	2
2	Main Frame	1	28	4.5kg Weight Plate	5
3	Top Brace	1	29	Axle End Cap2	2
4	Bottom Cross Bracket	1	30	Adjustable Chest Pad Tube	1
5	Left Pivot Arm	1	31	Adjustable Seat Pad Tube	1
6	Right Pivot Arm	1	32	Single-piece Pulley Rack	1
7	Handle	2	33	α Spring	2
8	1#Cable	1	34	Adjustable Release Handle	2
9	2#Cable	1	35	Flat Washer Φ8	4
10	Single Pulley Rack	1	36	Oval Tube Plastic Glide Insert	2
11	Weight Shield Front	1	37	Elliptical Rubber Shoe	4
12	Edge Protector Chrome 1	1	38	Anticollision Cover	2
13	Edge Protector Chrome 2	1	39	Round Plug Φ60*δ2.5	2
14	Edge Protector Chrome 3	3	40	Pulley Φ90*δ26	6
15	Weight Shield Rear	1	41	Foam	2
16	Weight Shield Top	1	42	Flange Bearing	4
17	Seat Pad	1	43	Foam Small End Cap	2
18	Chest Pad	1	44	Cushion	2
19	Hole Plug	1	45	T Bearing	4
20	Axle End Cap1	2	46	Counterbalance R90	2
21	Cable Bracket	1	47	External Circlip Φ38	2
22	Metric Shaft Bolt	1	48	Short Handle Sleeve L=132	2
23	Rubber Donut	4	49	Aluminium Cap Φ25	2
24	Bumper Cap	1	50	Top Block	1
25	Selector Pin	1	51	Selector Lever	1
26	Hex Split Bolt	1	52	Elastic Cylindrical Pin Φ10*65	1

Item #	Description	Qty.	Item #	Description	Qty.
53	Cage Nut	1	75	Spring Washer Φ 12	7
54	Hex Nut M12	1	76	Nylon Lock Nut M8	3
55	Hex Bolt M10*75	2	77	Nylon Lock Nut M10	6
56	Cross Countersunk Head Screw M3*15	2	78	Nylon Lock Nut M12	2
57	Hex Recessed Countersunk Head Screw M10*25	4	79	Weight Plate Label	1
58	Hex Recessed Flat Head Screw M6*8	4	80	LABEL-LATERAL RAISE	2
59	Hex Recessed Flat Head Screw M6*20	2	81	LABEL-EXERCISE CHART	1
60	Hex Recessed Flat Head Screw M8*25	2	82	LABEL-DANGER(IRDTZ-001E)	2
61	Hex Recessed Flat Head Screw M10*25	4	83	LABEL-DANGER(IRDTZ-002E)	1
62	Hex Recessed Flat Head Screw M10*30	2	84	LABEL-WARNING(IRDTZ-004E)	2
63	Hex Recessed Round Head Screw M8*50	2	85	LABEL-WARNING(IRDTZ-007E)	1
64	Hex Recessed Round Head Screw M6*95	1	86	LABEL-WARNING(IRDTZ-008E)	1
65	Hex Recessed Round Head Screw M10*30	5	87	LABEL-CAUTION(IRDTZ-009E)	2
66	Hex Recessed Round Head Screw M10*50	6	88	LABEL-INSPECTIONS	1
67	Hex Recessed Round Head Screw M10*55	1	89	LABEL-CHECK CABLES	1
68	Hex Recessed Round Head Screw M12*25	6	90	LABEL-IMPORTANT(IRDTZ-017E)	2
69	Hex Recessed Round Head Screw M12*135	2	93	7.5kg Weight Plate	6
70	Flat Washer Φ 10	20	94	Bottle Cage	1
71	Flat Washer Φ 12	10	95	Spacer Block	1
72	Spring Washer Φ 6	2	96	Hex Recessed Countersunk Head Screw M8*30	2
73	Spring Washer Φ 8	2	97	L Plate	1
74	Spring Washer Φ 10	9			

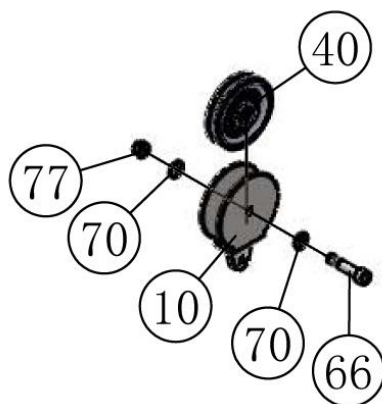
Pre-Assemble Components Parts List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*10	Single Pulley Rack	1
*2	Main Frame	1	*11	Weight Shield Front	1
*5	Left Pivot Arm	1	*15	Weight Shield Rear	1
*6	Right Pivot Arm	1	*50	Top Block	1
*7	Handle	2			

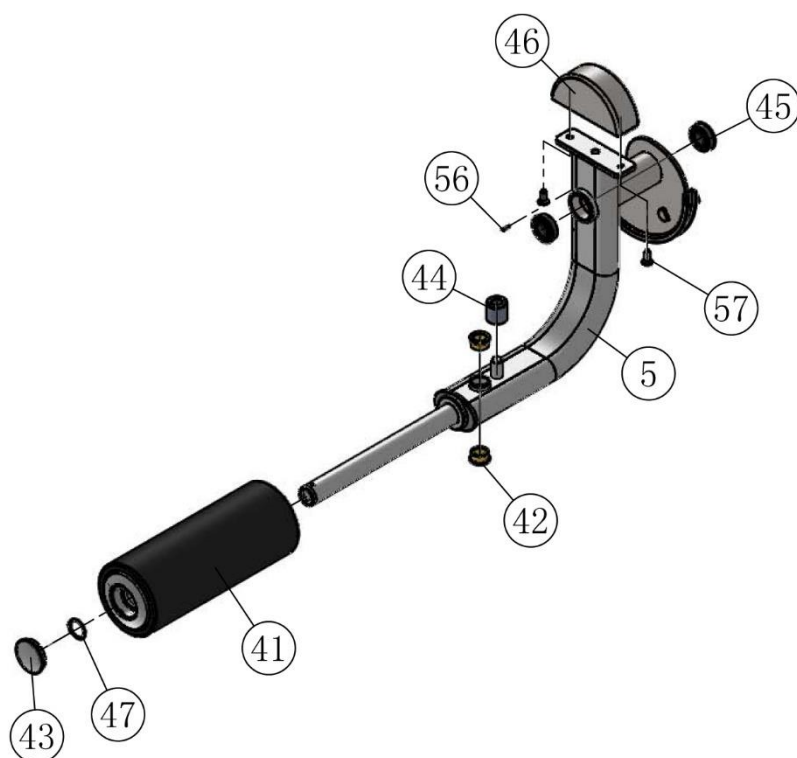


This diagram shows an exploded view of a mechanical assembly, likely a piece of exercise equipment. The main frame is labeled 2. Key components and their assembly points are indicated by numbered callouts: 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 58, 59, 60, 63, 66, 67, 70, 72, 73, 74, 76, and 77. The diagram illustrates the relationship between these parts, showing how they fit together to form the complete unit.

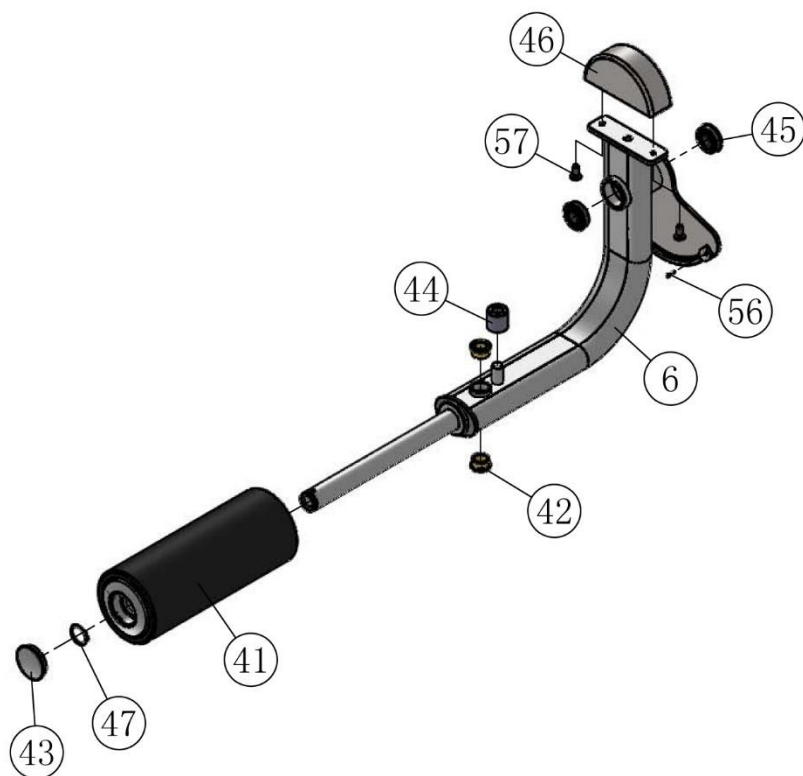
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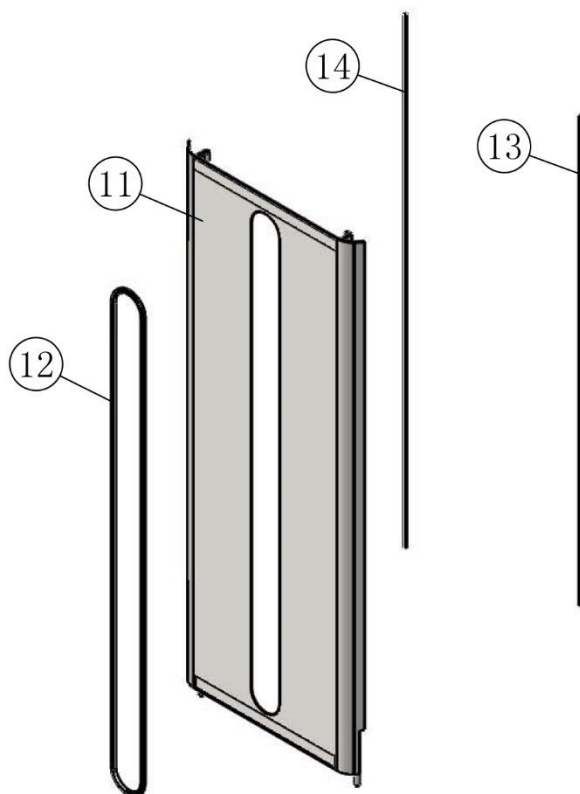
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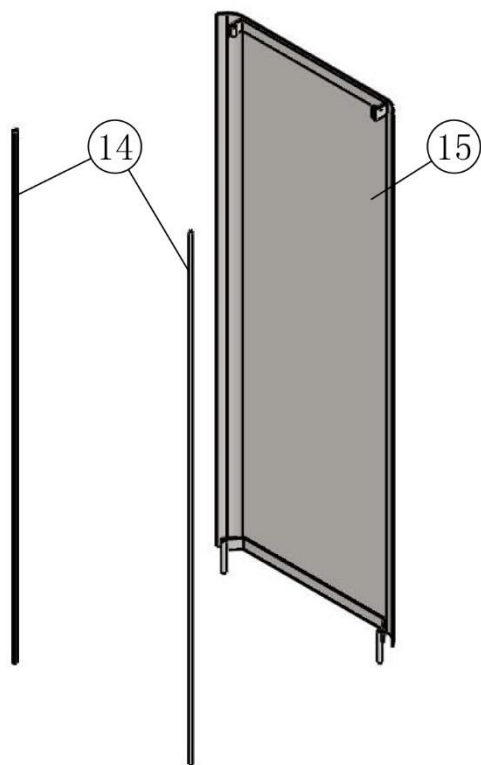
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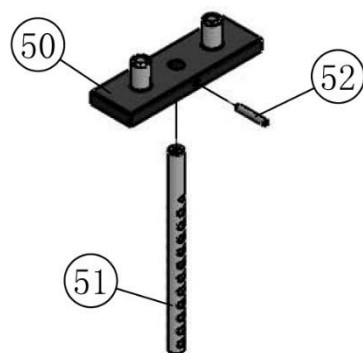
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MAINTENANCE

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.