

VERVE Arnold Series

Seated Low Row

Owner's Manual

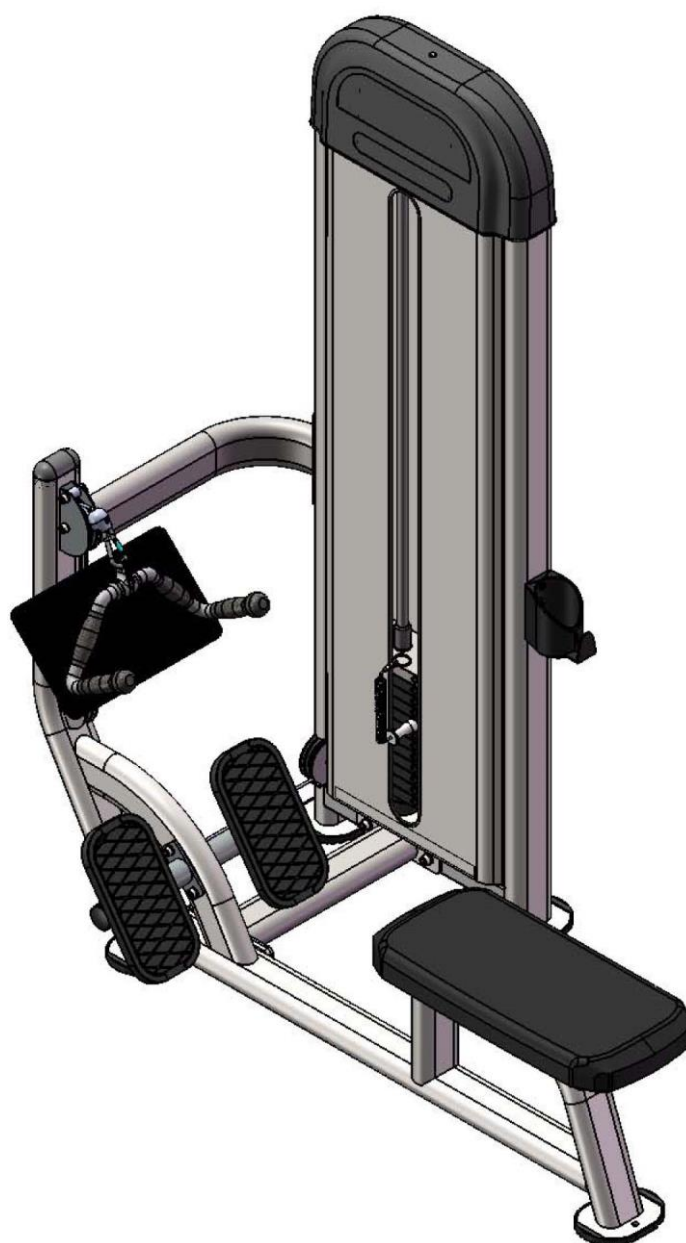


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IMPORTANT SAFETY NOTICE

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.

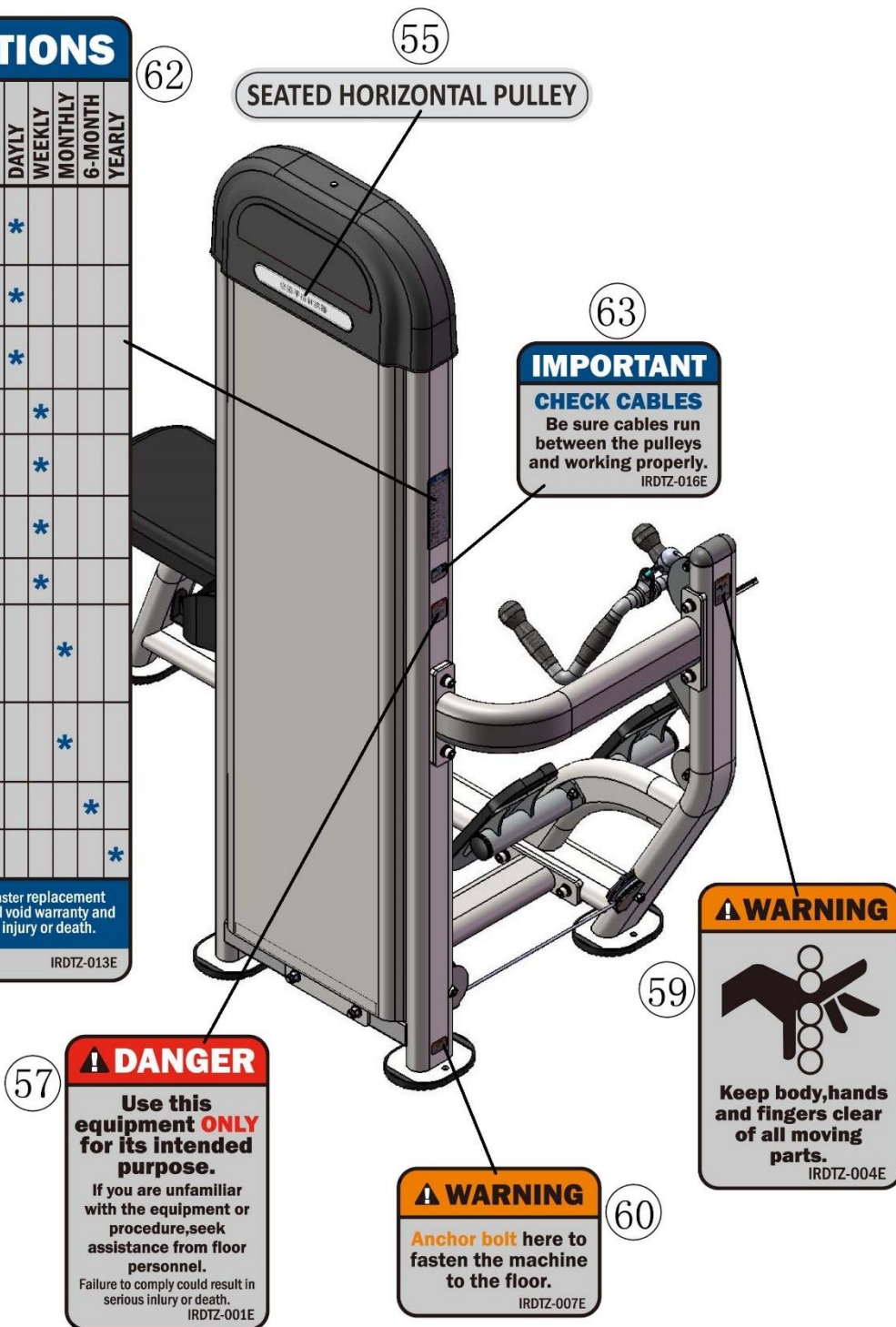
WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Label Information:

Carefully read ALL Danger, Warning & Caution labels posted on the machine

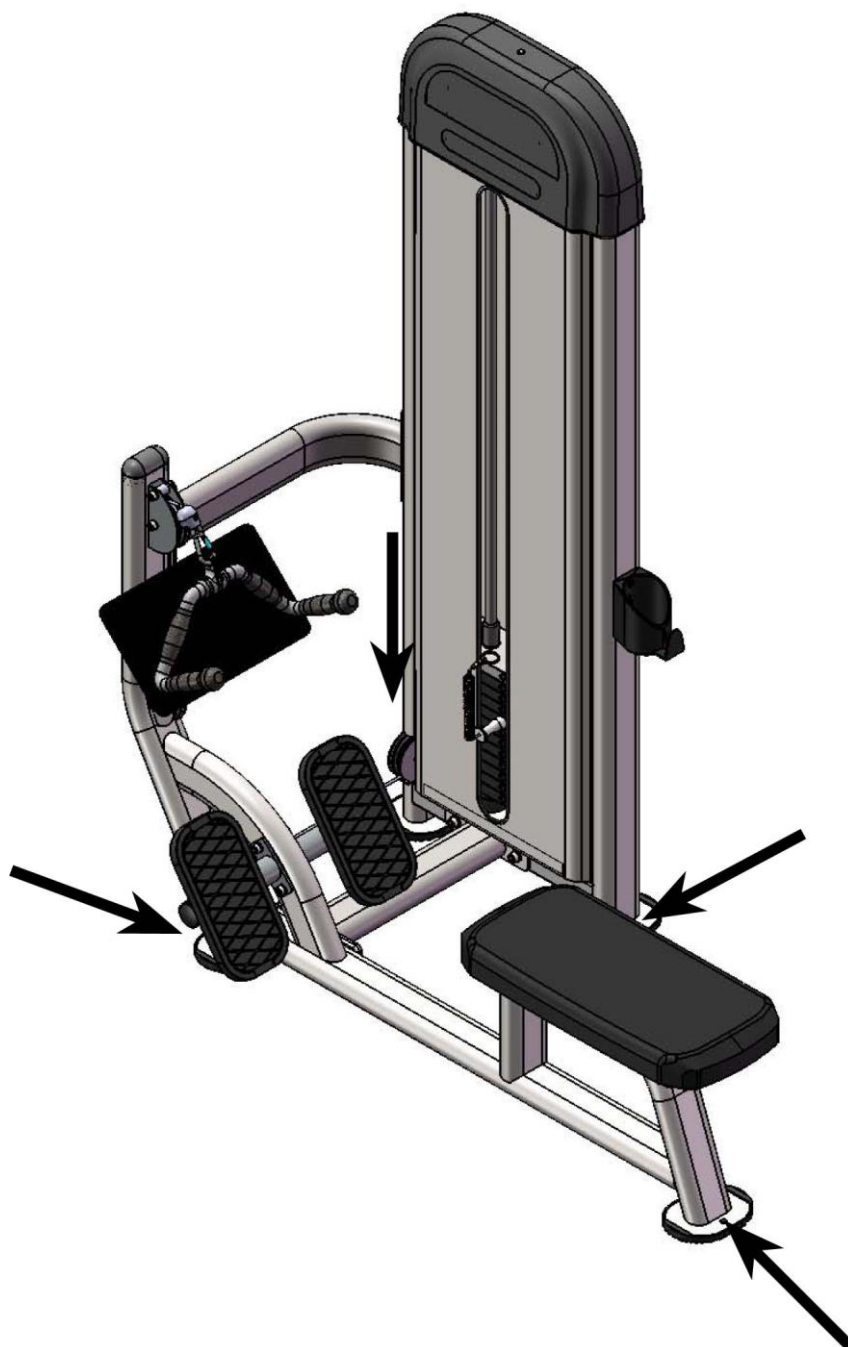


INSPECTIONS					
Recommended Inspection Replace all parts at first signs of wear or damage.	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: 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					



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



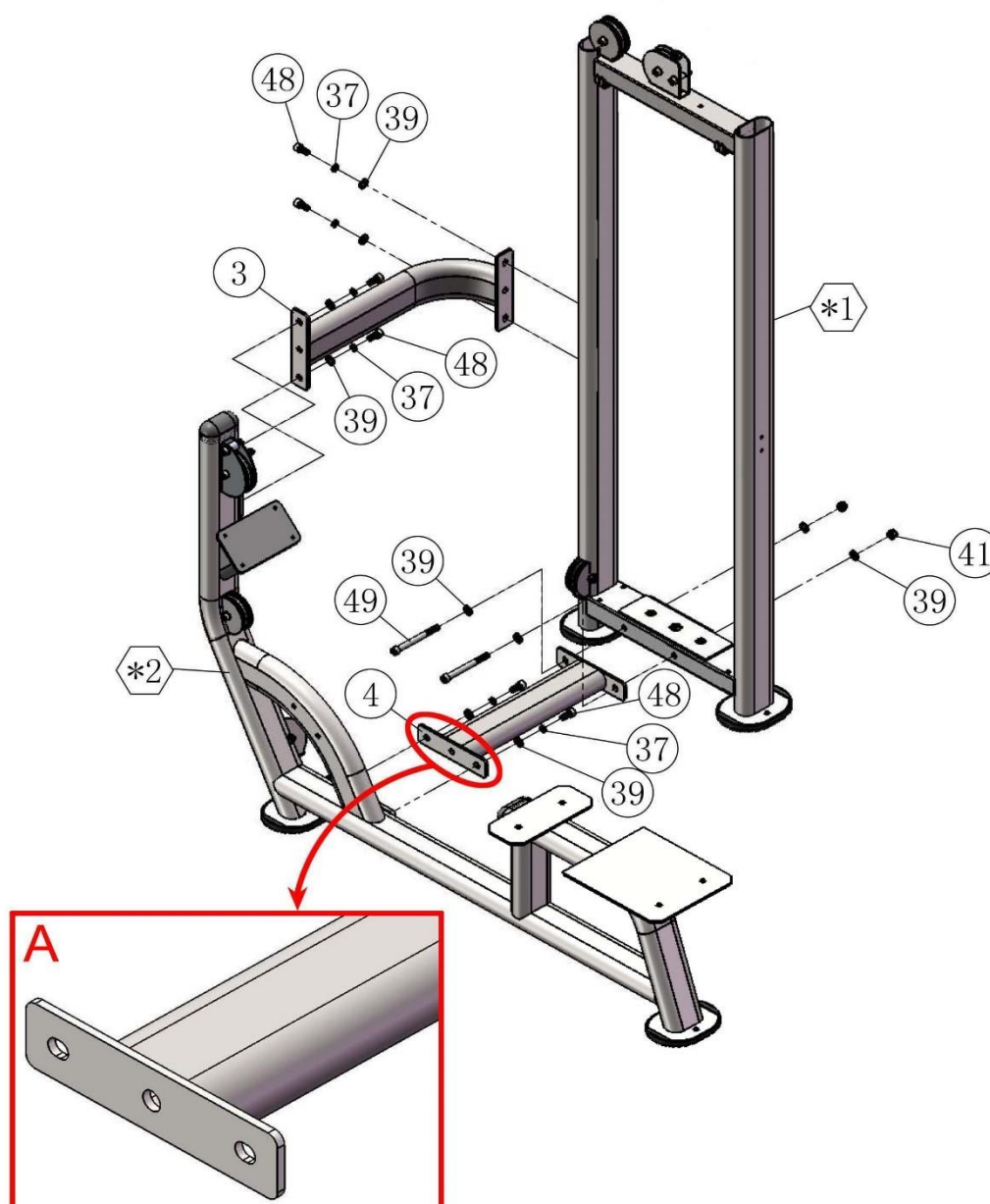
CABLE END SLIPPING OUT

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.

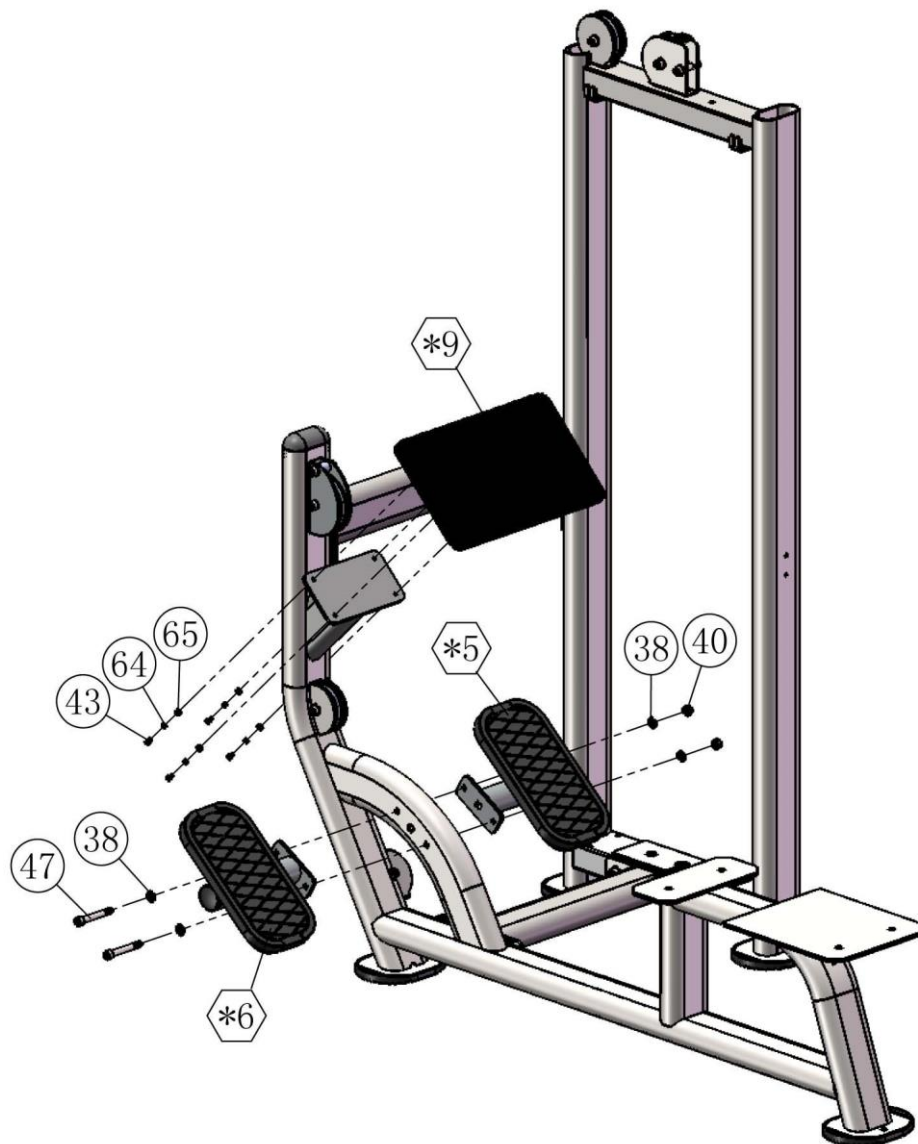
Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	39	Flat Washer $\Phi 12$	10
*2	Main Frame	1	41	Nylon Lock Nut M12	2
3	Top Connecting Rack	1	48	Hex Recessed Round Head Screw M12*25	6
4	Bottom Cross Bracket	1	49	Hex Recessed Round Head Screw M12*135	2
37	Spring Washer $\Phi 12$	6			



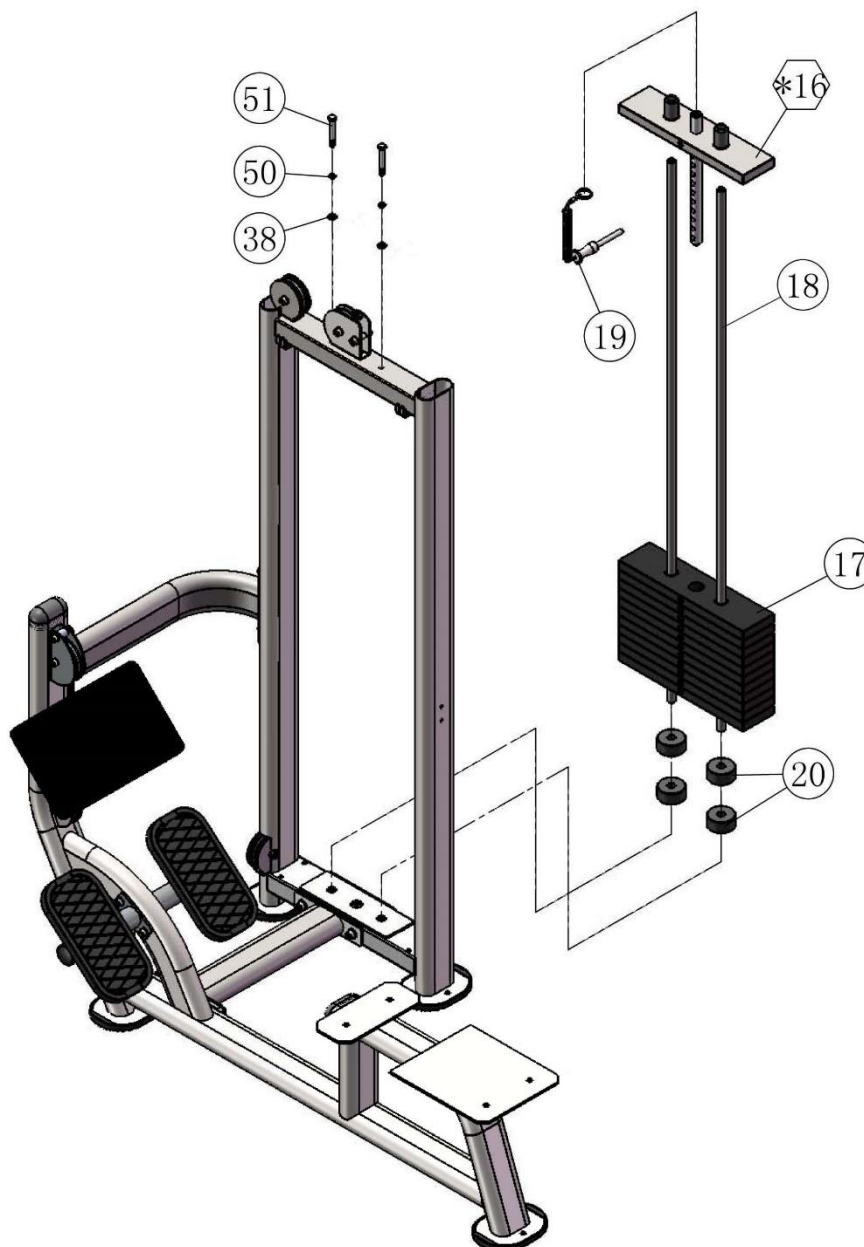
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Right Pedal Frame	1	43	Hex Recessed Flat Head Screw M6*12	4
*6	Left Pedal Frame	1	47	Hex Recessed Round Head Screw M10*80	2
*9	Handlebar Board	1	64	Spring Washer Φ6	4
38	Flat Washer Φ10	4	65	Flat Washer Φ6	4
40	Nylon Lock Nut M10	2			



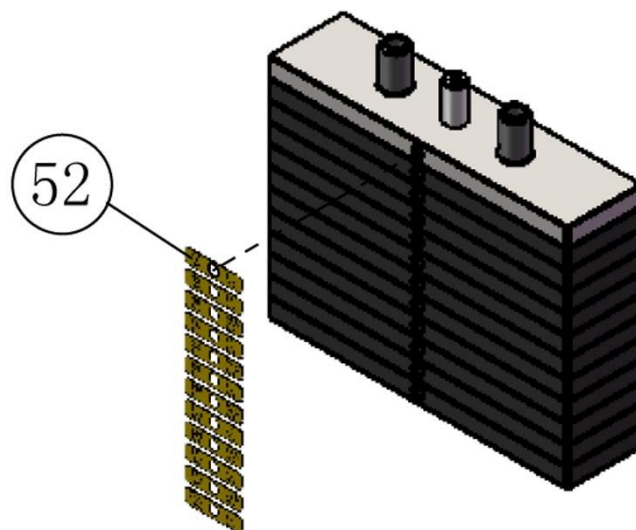
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*16	Top Block	1	38	Flat Washer $\Phi 10$	2
17	7.5kg Weight Plate	11	50	Spring Washer $\Phi 10$	2
18	Guide Rod	2	51	Hex Bolt M10*75	2
19	Selector Pin	1	52	Weight Plate Label	1
20	Rubber Donut	4			



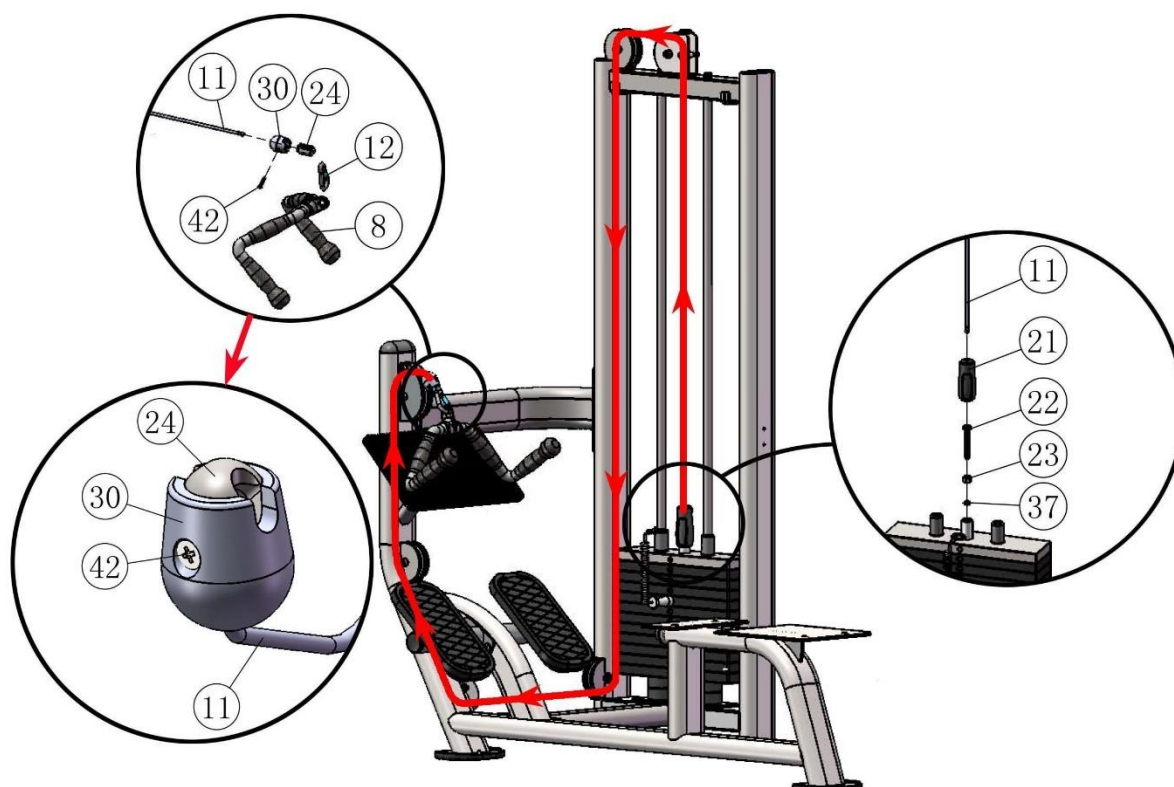
Weight stack label instructions :

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#52) 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.

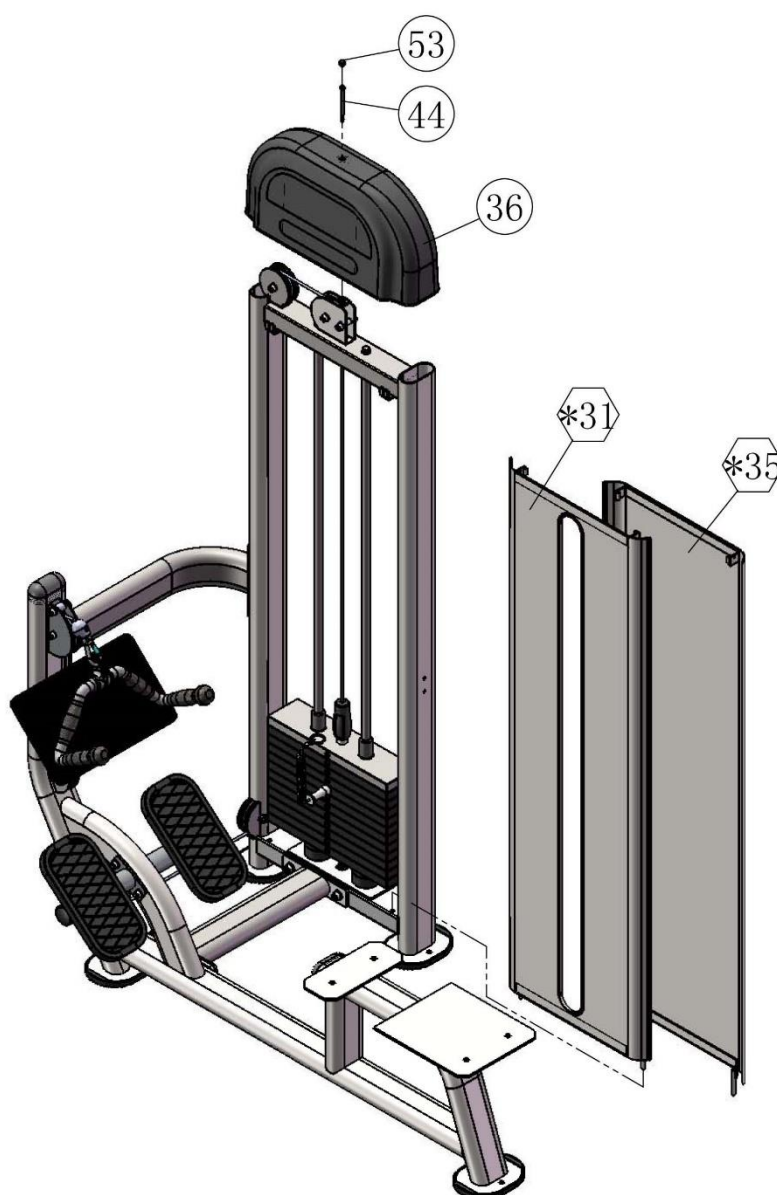


Step 4: Cable Routing

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Handlebar	1	23	Hex Nut M12	1
11	Cable		24	Cable Bracket	1
12	Snap Link	1	30	Fixing Sleeve	1
21	Bumper Cap	1	37	Spring Washer $\phi 12$	1
22	Split Bolt	1	42	Cross Countersunk Head Screw #10-32UNF*1-1/8"	1

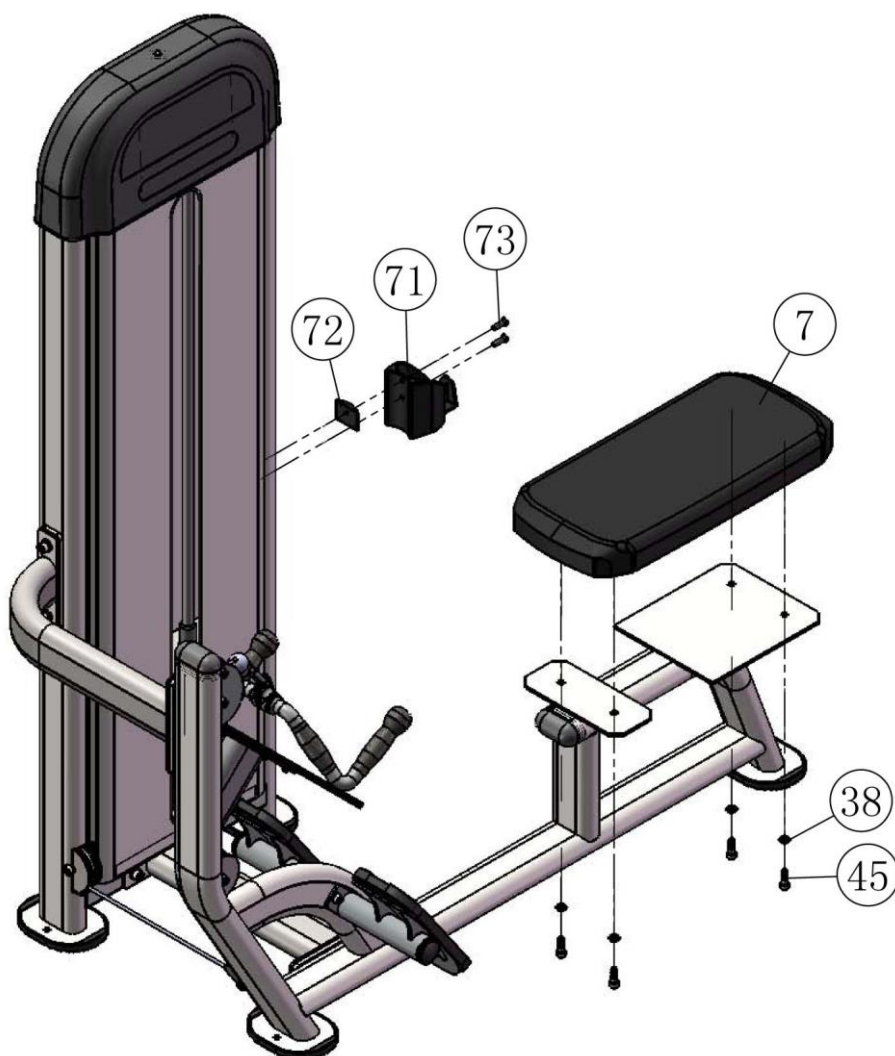


Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*31	Weight Shield Front	1	44	Hex Recessed Round Head Screw M6*95	1
*35	Weight Shield Rear	1	53	Hole Plug	1
36	Weight Shield Top	1			



Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Seat Pad	1	71	Bottle Cage	1
38	Flat Washer $\Phi 10$	4	72	Spacer Block	1
45	Hex Recessed Round Head Screw M10*30	4	73	Hex Recessed Countersunk Head Screw M8*30	2



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	27	Elastic Cylindrical Pin $\Phi 10 \times 65$	1
2	Main Frame	1	28	Round Plug $\Phi 50$	2
3	Top Connecting Rack	1	29	Pedal	2
4	Bottom Cross Bracket	1	30	Fixing Sleeve	1
5	Right Pedal Frame	1	31	Weight Shield Front	1
6	Left Pedal Frame	1	32	Edge Protector Chrome 1	1
7	Seat Pad	1	33	Edge Protector Chrome 2	1
8	Handlebar	1	34	Edge Protector Chrome 3	3
9	Handlebar Board	1	35	Weight Shield Rear	1
10	Non-Slip Mat	1	36	Weight Shield Top	1
11	Cable	1	37	Spring Washer $\Phi 12$	7
12	Snap Link	1	38	Flat Washer $\Phi 10$	26
13	Elliptical Plug	2	39	Flat Washer $\Phi 12$	10
14	Elliptical Rubber Shoe	4	40	Nylon Lock Nut M10	10
15	Stop Collar	1	41	Nylon Lock Nut M12	2
16	Top Block	1	42	Cross Countersunk Head Screw #10-32UNF*1-1/8"	2
17	7.5kg Weight Plate	11	43	Hex Recessed Flat Head Screw M6*12	4
18	Guide Rod	2	44	Hex Recessed Round Head Screw M6*95	1
19	Selector Pin	1	45	Hex Recessed Round Head Screw M10*30	4
20	Rubber Donut	4	46	Hex Recessed Round Head Screw M10*50	8
21	Bumper Cap	1	47	Hex Recessed Round Head Screw M10*80	2
22	Split Bolt	1	48	Hex Recessed Round Head Screw M12*25	6
23	Hex Nut M12	1	49	Hex Recessed Round Head Screw M12*135	2
24	Cable Bracket	1	50	Spring Washer $\Phi 10$	2
25	Pulley $\Phi 90 \times \delta 26$	5	51	Hex Bolt M10*75	2
26	Selector Lever	1	52	Weight Plate Label	1

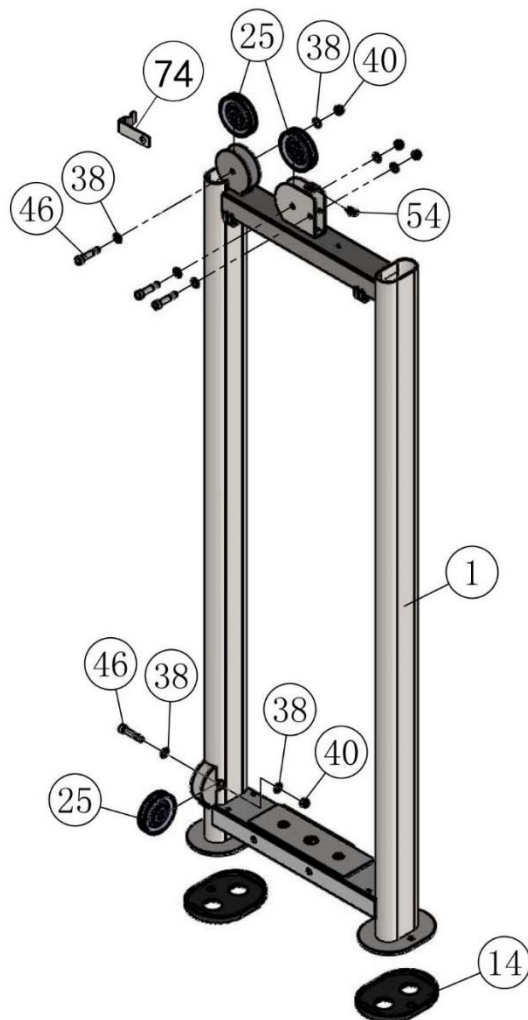
Item #	Description	Qty.	Item #	Description	Qty.
53	Hole Plug	1	63	LABEL-CHECK CABLES	1
54	Cage Nut	1	64	Spring Washer $\Phi 6$	4
55	LABEL-SEATED HORIZONTAL PULLEY	2	65	Flat Washer $\Phi 6$	4
56	LABEL-EXERCISE CHART	1	66	Pulley $\Phi 114 \times \delta 26$	1
57	LABEL-DANGER(IRDTZ-001E)	2	67	LABEL- L	2
58	LABEL-DANGER(IRDTZ-002E)	1	68	LABEL- R	2
59	LABEL-WARNING(IRDTZ-004E)	1	71	Bottle Cage	1
60	LABEL-WARNING(IRDTZ-007E)	1	72	Spacer Block	1
61	LABEL-WARNING(IRDTZ-008E)	1	73	Hex Recessed Countersunk Head Screw M8*30	2
62	LABEL-INSPECTIONS	1	74	"L" Plate	1

Pre-Assemble Components Parts List

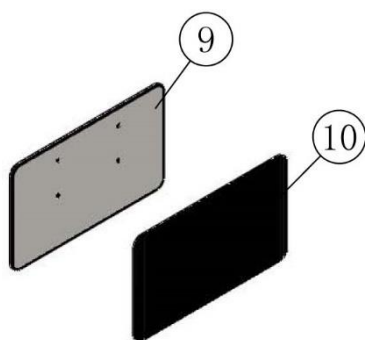
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*9	Handlebar Board	1
*2	Main Frame	1	*16	Top Block	1
*5	Right Pedal Frame	1	*31	Weight Shield Front	1
*6	Left Pedal Frame	1	*35	Weight Shield Rear	1

Pre-assembled Components

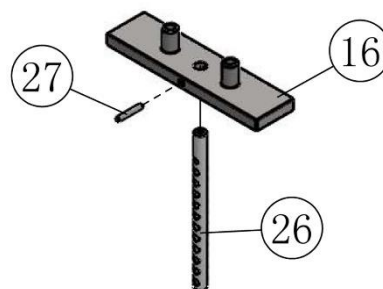
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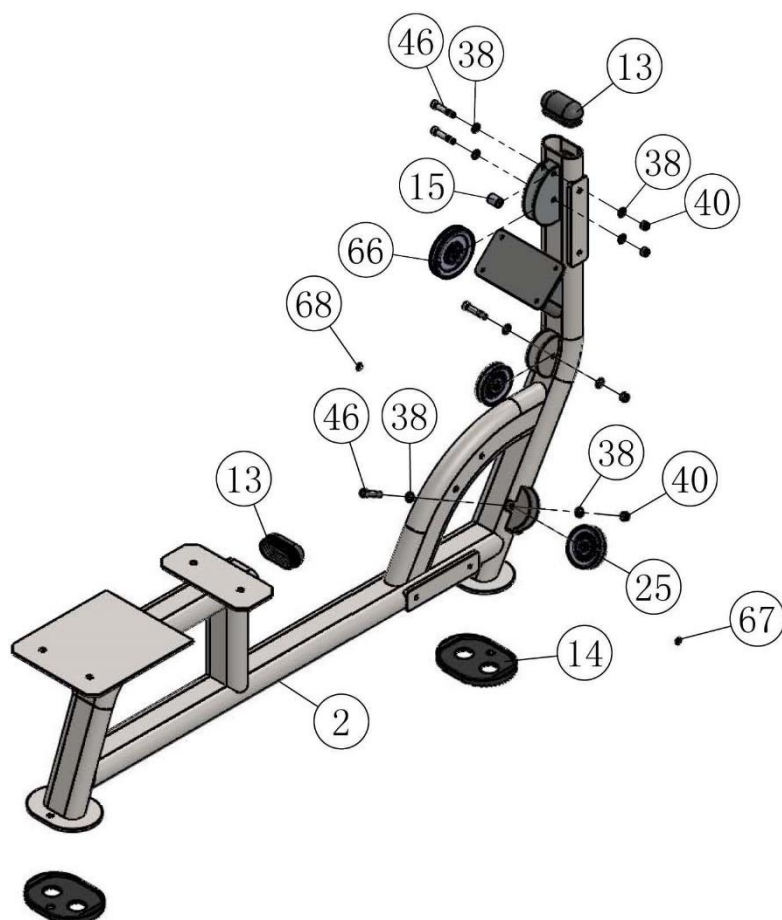
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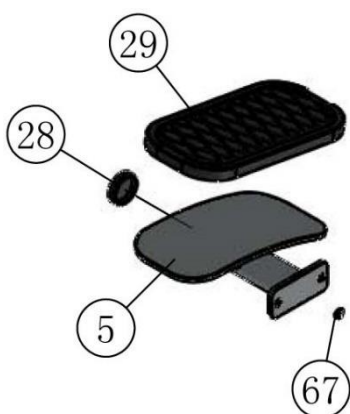
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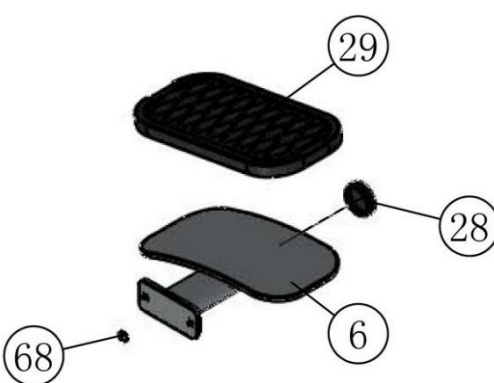
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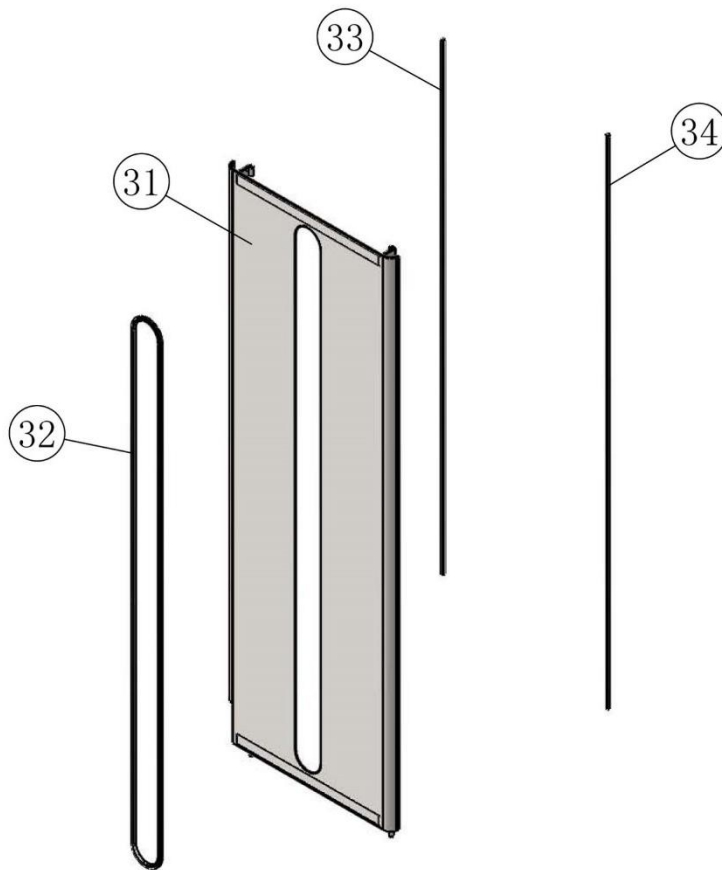
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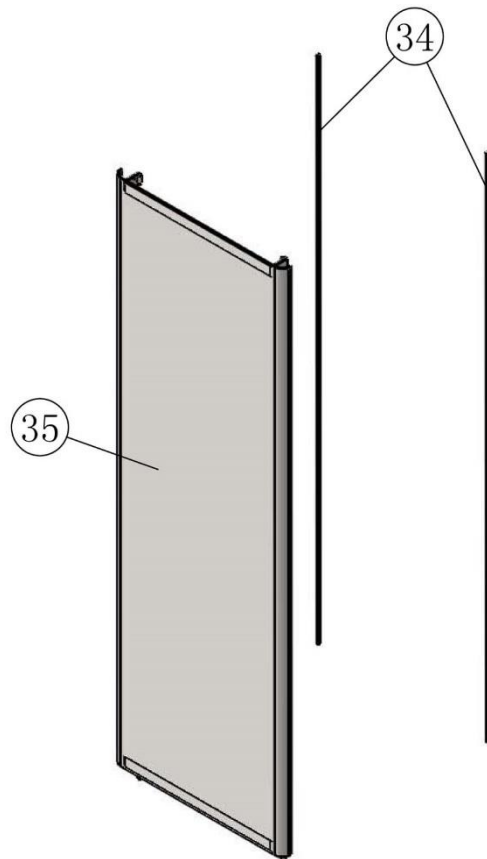
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***32**



***35**



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.