

VERVE Arnold Series Fly / Rear Delt Machine

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 – 16
Part List	Page 17 – 18
Pre-Assembled Components	Page 19 – 22
Instructions For use	Page 23
Maintenance	Page 24

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

98

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

90
FLY/REAR DELT

100
IMPORTANT
 For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.
 IRDTZ-017E

92
! 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

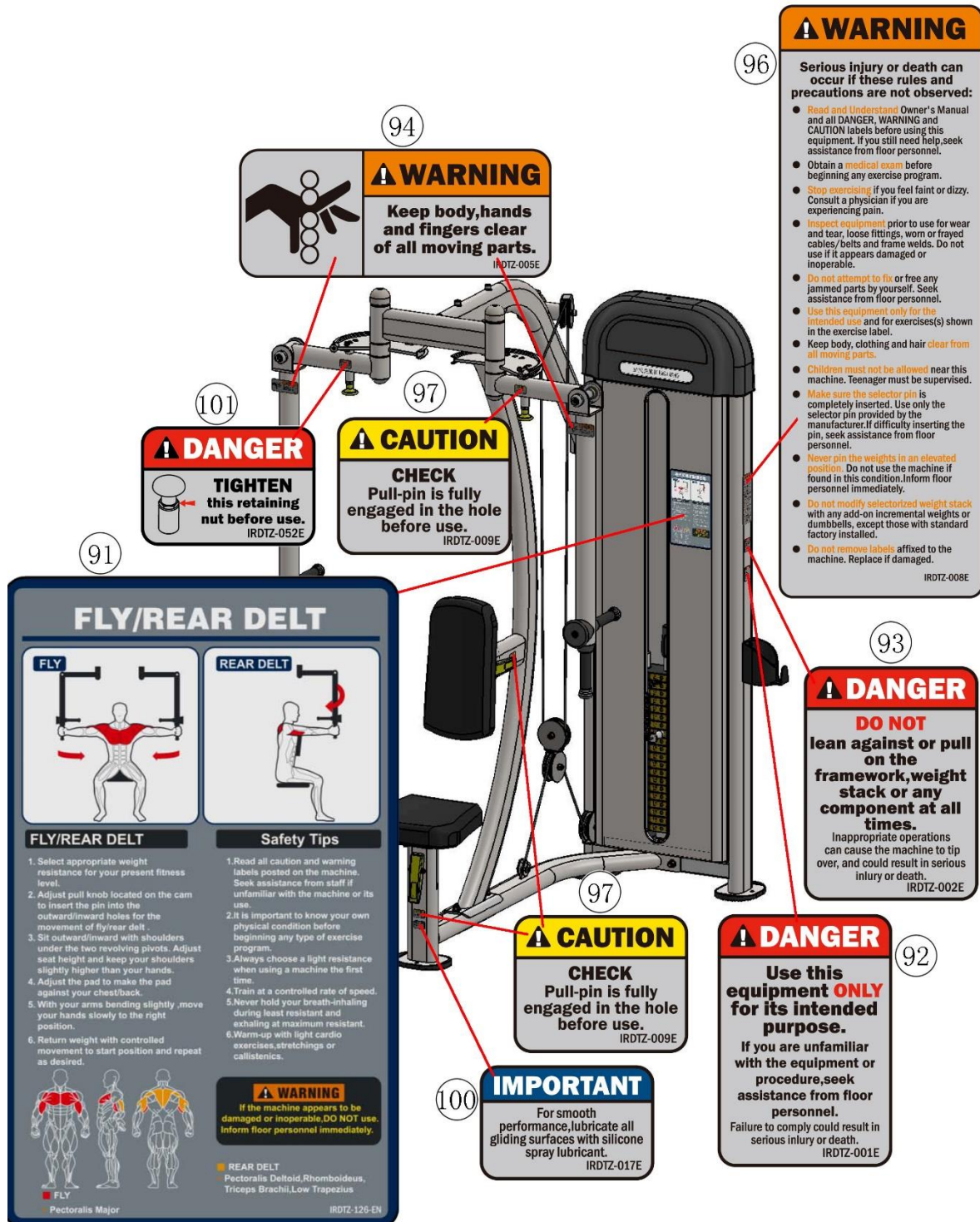
99
IMPORTANT
CHECK CABLES
 Be sure cables run between the pulleys and working properly.
 IRDTZ-016E

95
! WARNING
Anchor bolt here to fasten the machine to the floor.
 IRDTZ-007E

VERVE Arnold Series Fly / Rear Delt Machine

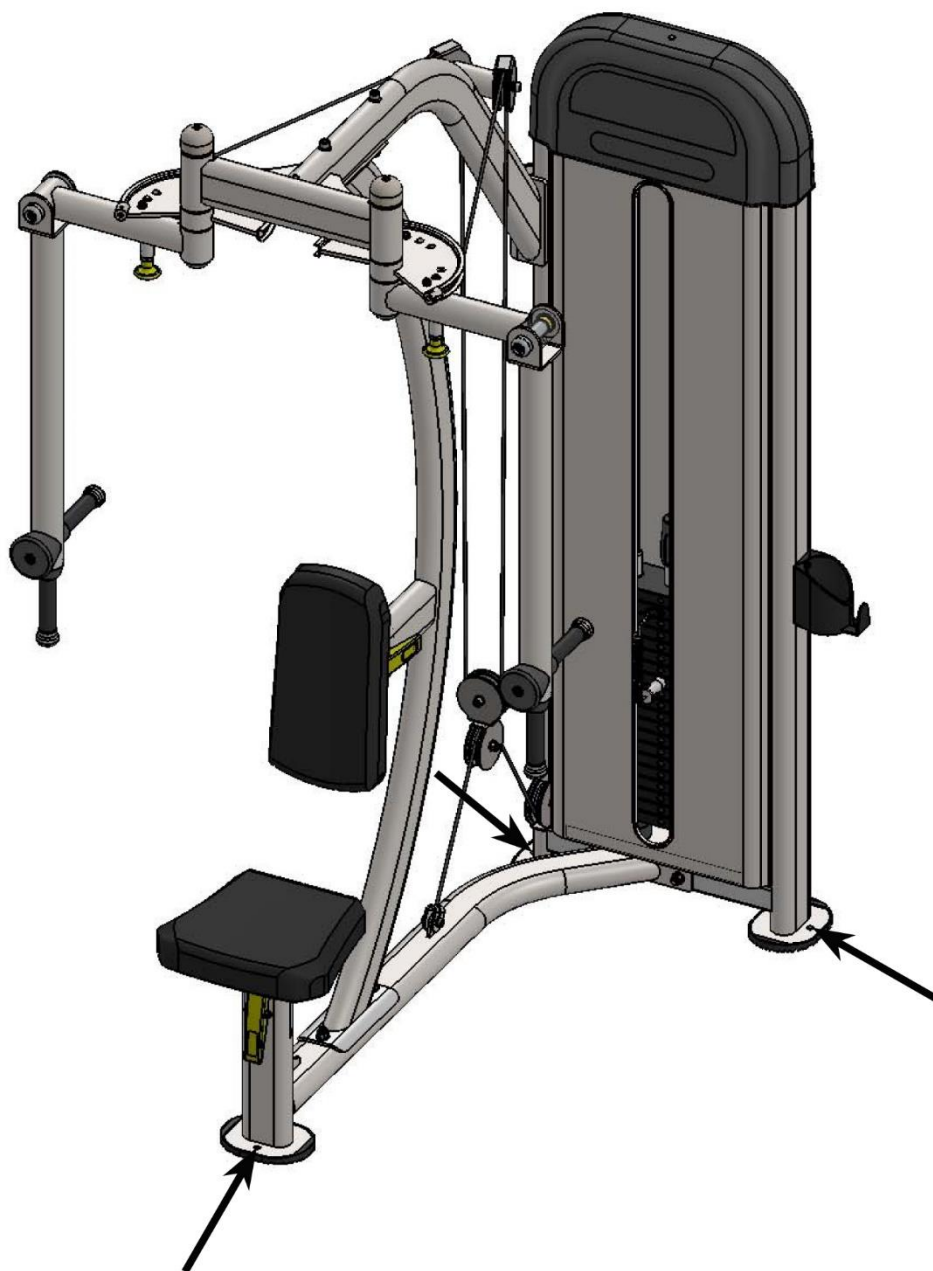
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VERVE



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



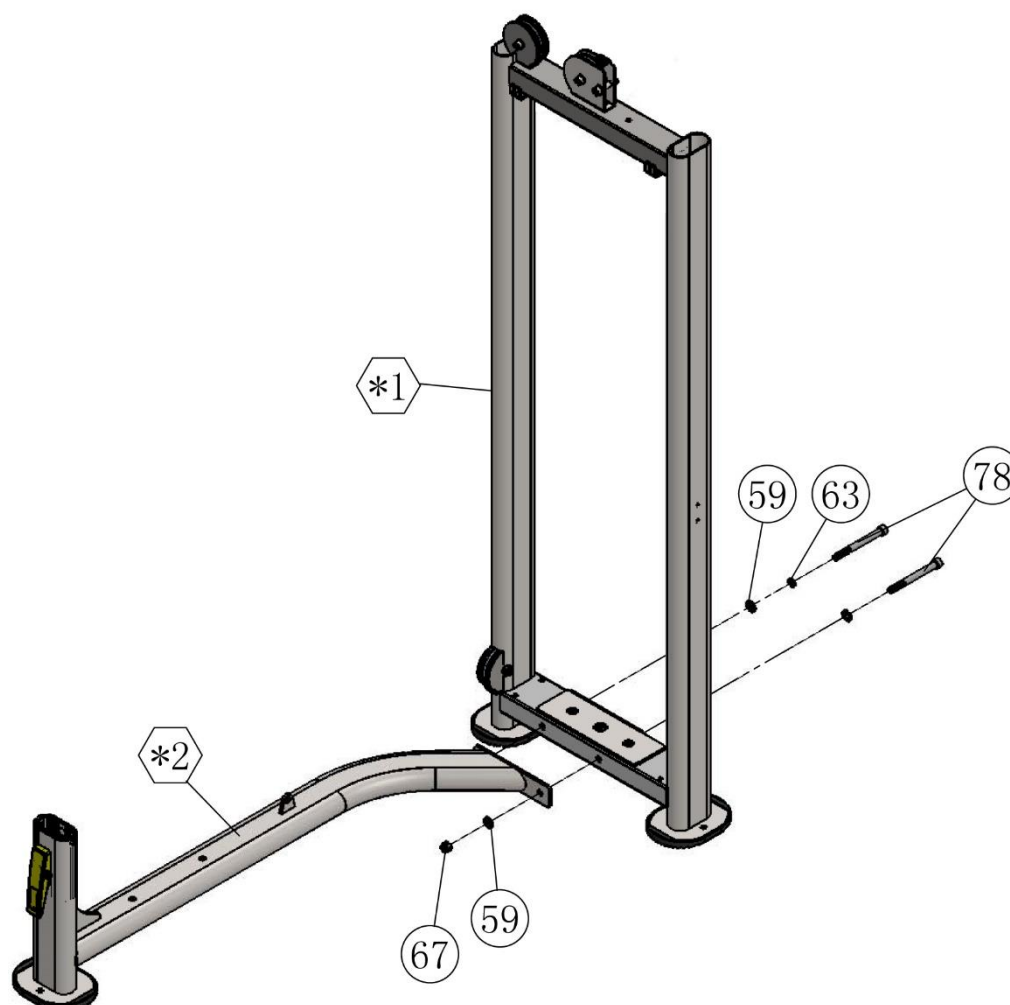
CABLE END SLIPPING OUT

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

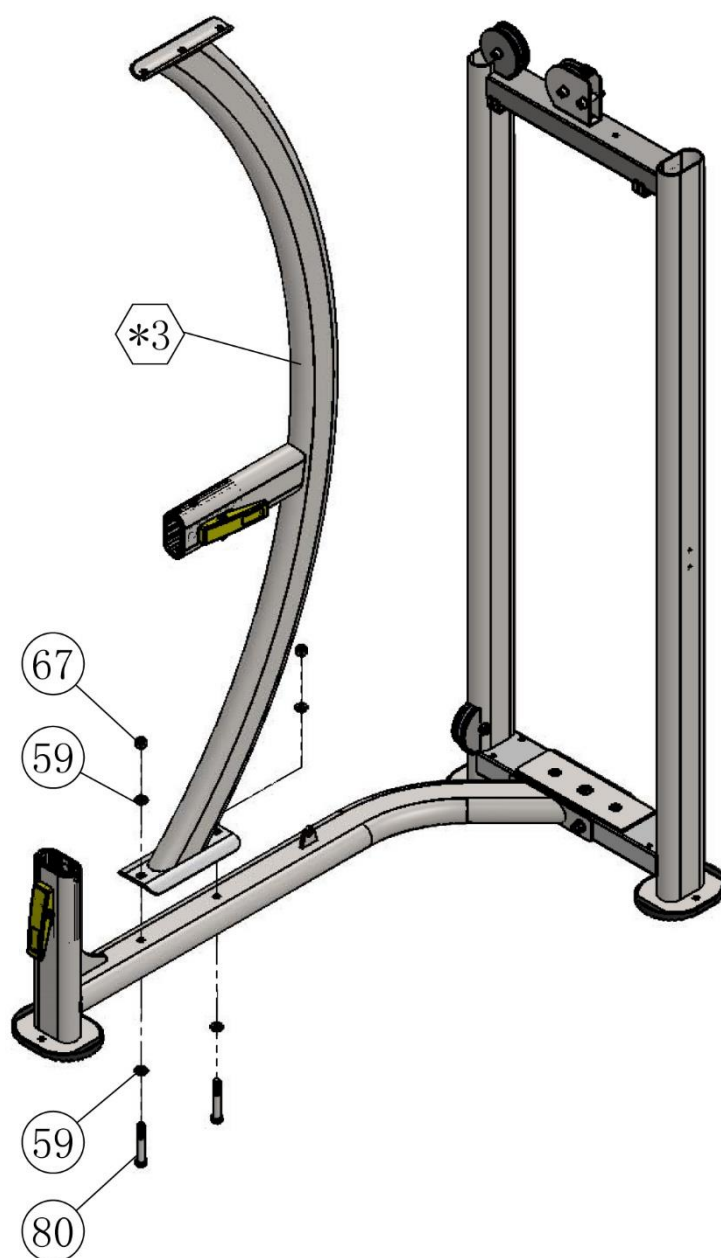
Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	63	Spring Washer $\Phi 12$	1
*2	Main Frame	1	67	Nylon Lock Nut M12	1
59	Flat Washer $\Phi 12$	3	78	Hex Recessed Round Head Screw M12*135	2



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

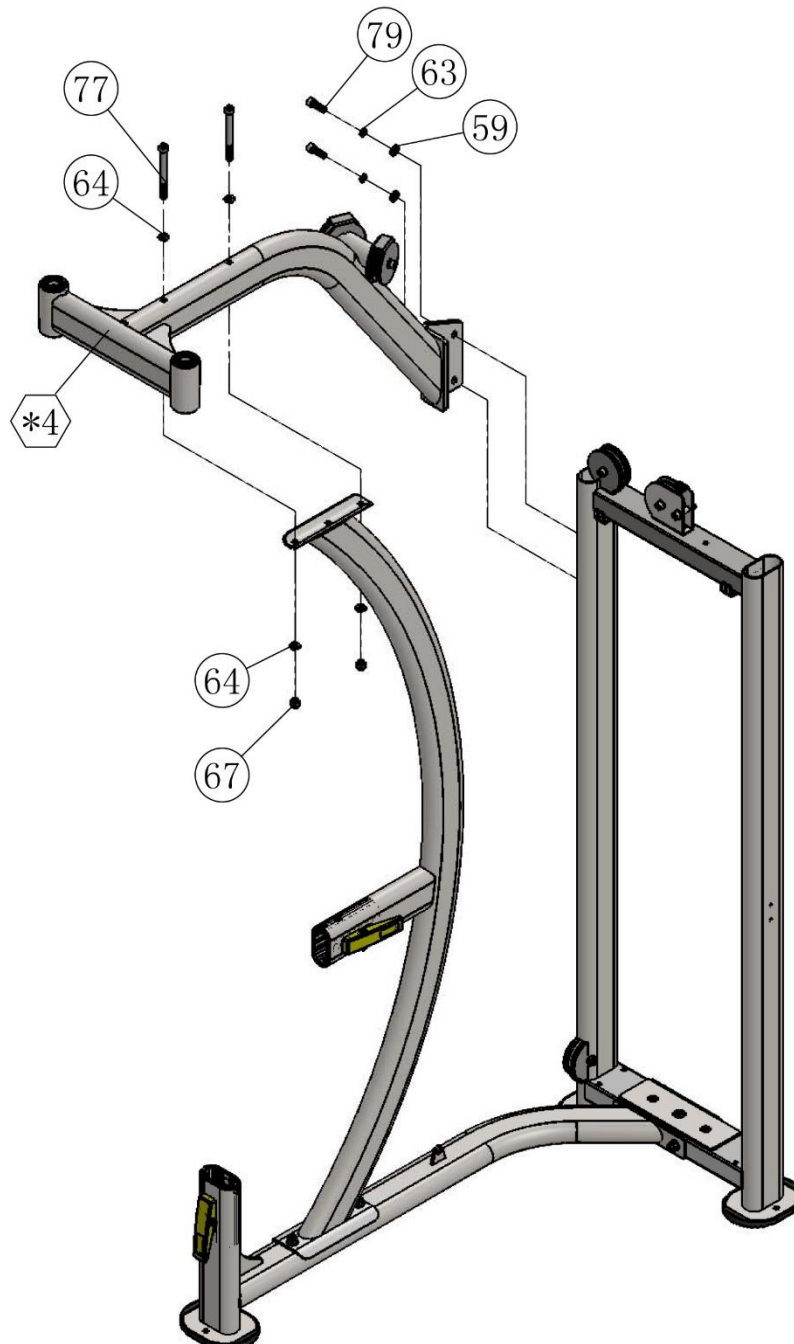
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*3	Support Frame	1	67	Nylon Lock Nut M12	2
59	Flat Washer $\Phi 12$	4	80	Hex Bolt M12*85	2



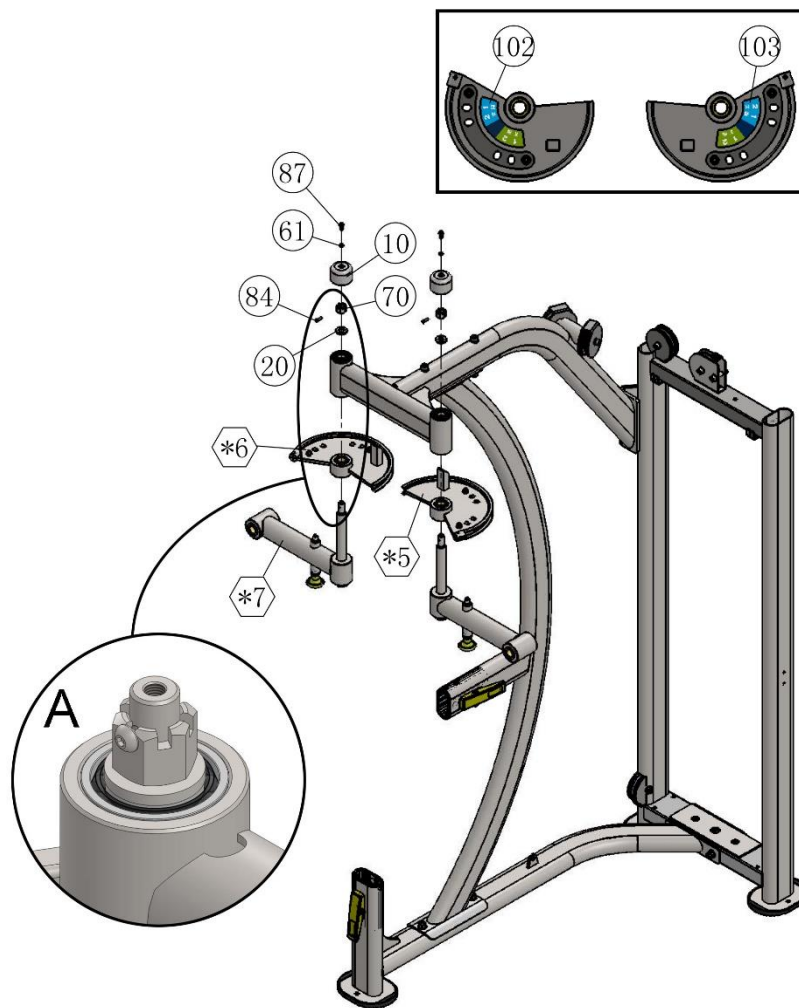
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*4	Top Frame	1	67	Nylon Lock Nut M12	2
59	Flat Washer $\Phi 12$	2	77	Hex Recessed Round Head Screw M12*125	2
63	Spring Washer $\Phi 12$	2	79	Hex Recessed Round Head Screw M12*35	2
64	Arc Washer $\Phi 12$	4			



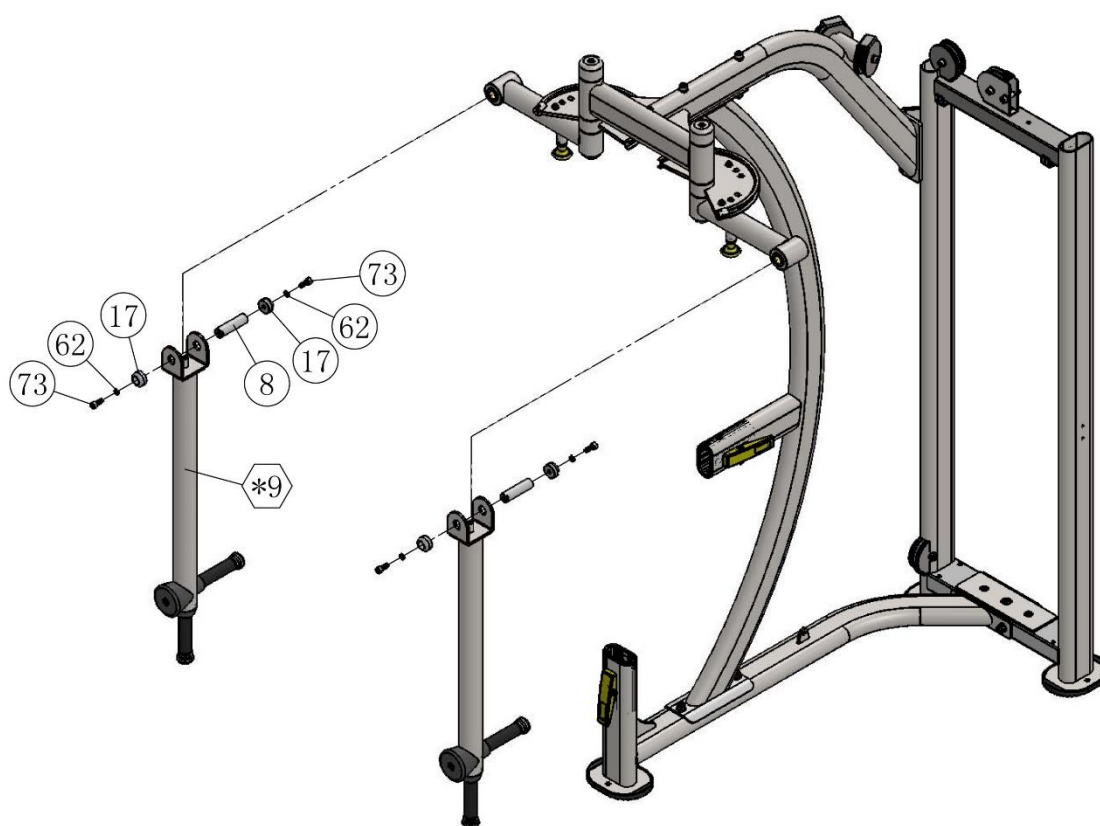
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Left Adjustment Plate	1	70	Hex Slotted Nut M16	2
*6	Right Adjustment Plate	1	84	Cross Pan Head Screw M4*20	2
*7	Rotating Frame	2	87	Hex Recessed Flat Head Screw M8*16	2
10	Nut Cap	2	102	Gears Label R	1
20	Big Washer	2	102	Gears Label L	1
61	Spring Washer $\Phi 8$	2			



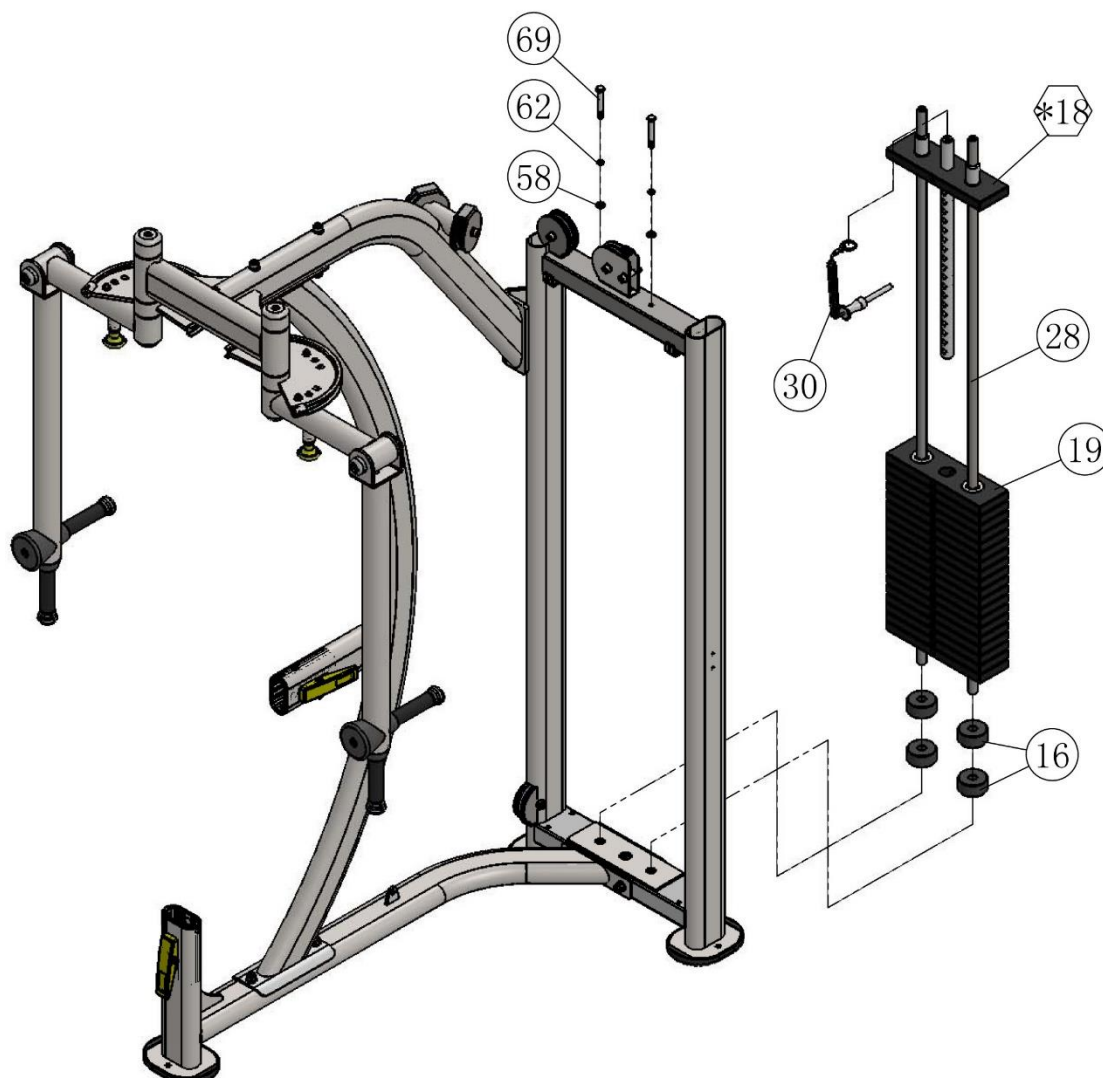
Step 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*9	Pushing Arm	2	62	Spring Washer $\Phi 10$	4
8	Axle	2	73	Hex Recessed Round Head Screw M10*25	4
17	Axle End Cap	4			



Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*18	Top Block	1	58	Flat Washer $\Phi 10$	2
16	Rubber Donut	4	62	Spring Washer $\Phi 10$	2
19	4.5kg Weight Plate	19	69	Hex Bolt M10*75	2
28	Guide Rod	2	88	Weight Plate Label	1
30	Selector Pin	1			

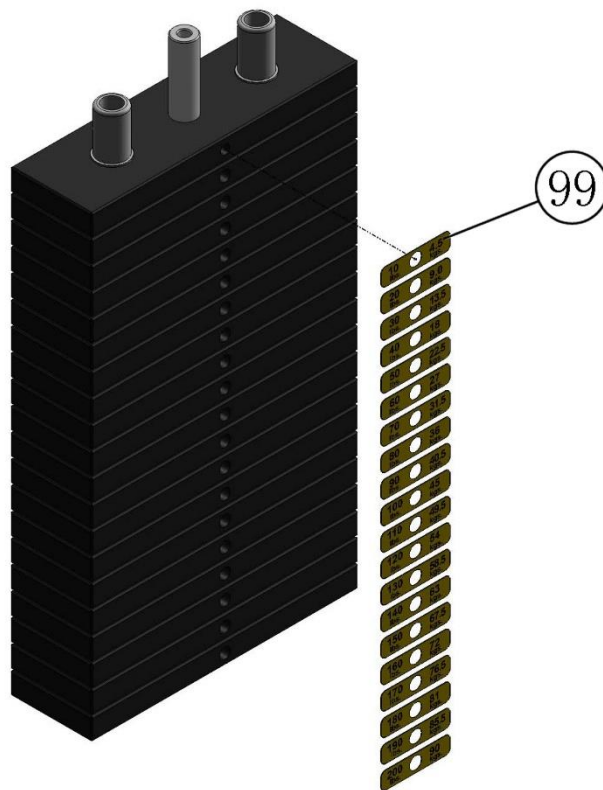


NOTE:

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 B first, then assemble Hex Bolt M10*75 (#69-2).

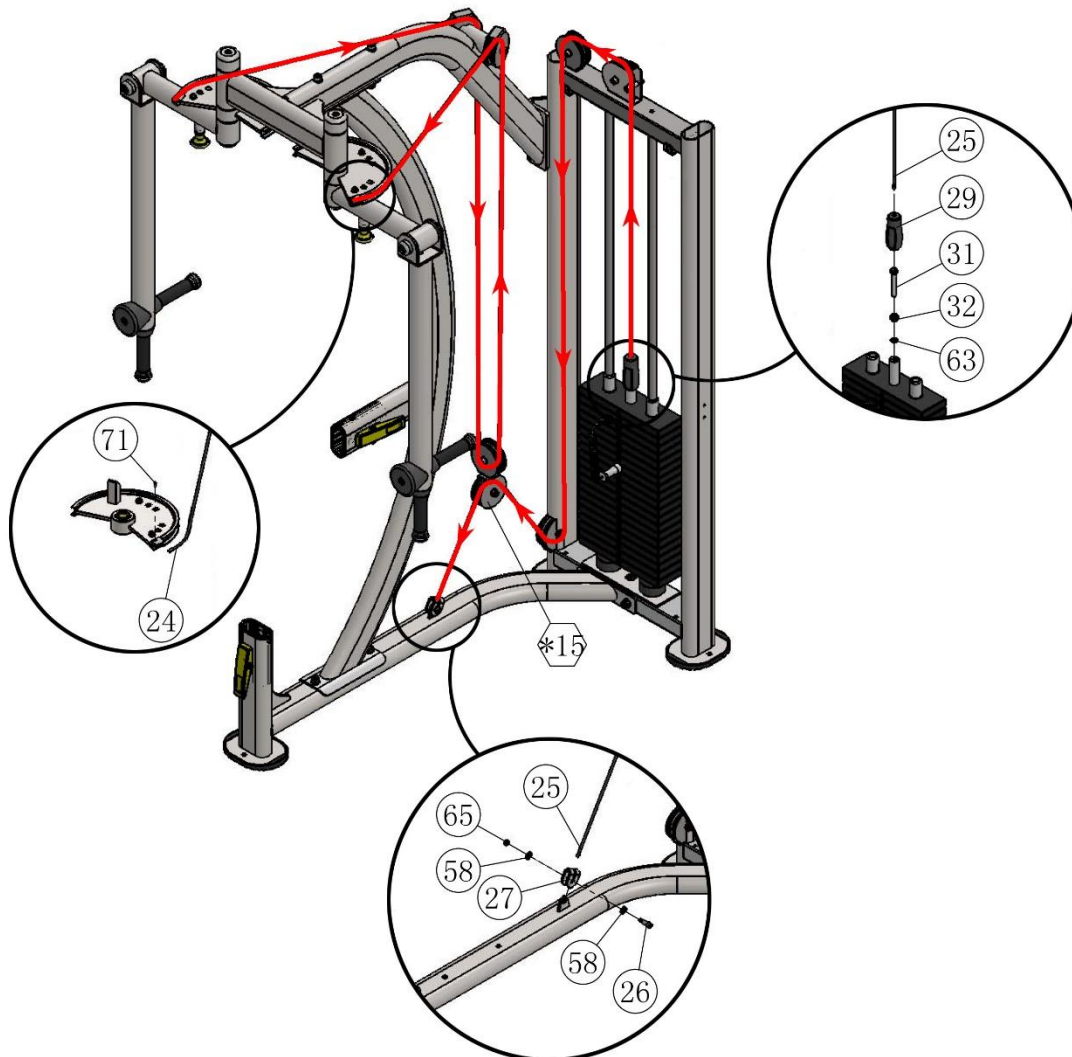
Weight stack label instructions :

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 7: Cable Routing

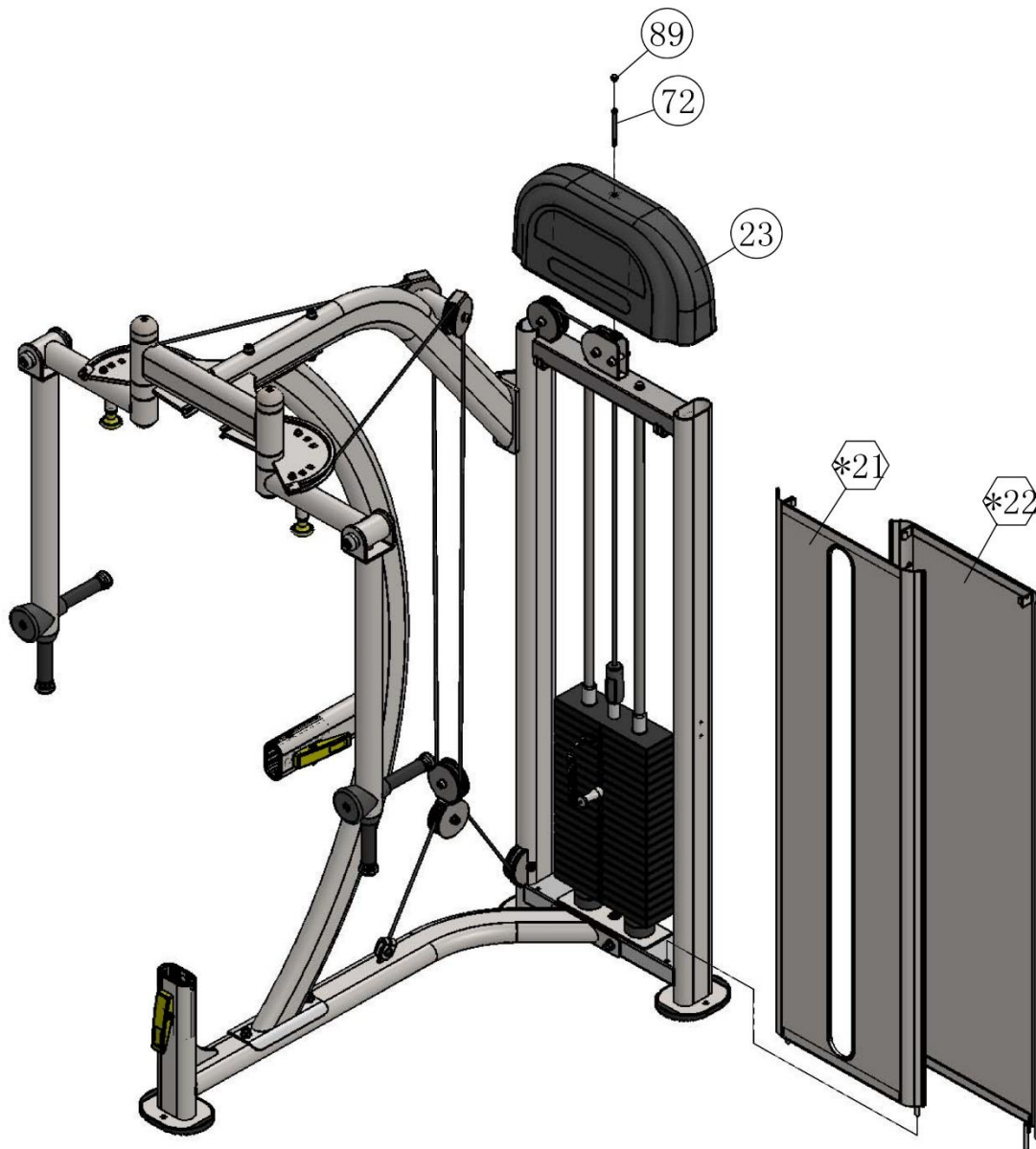
Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*15	Cross Pulley Rack	1	31	Hex Split Bolt	1
24	Cable1	1	32	Hex Nut M12	1
25	Cable2	1	58	Flat Washer $\phi 10$	2
26	Metric Shaft Bolt	1	63	Spring Washer $\phi 12$	1
27	Cable Bracket	1	65	Nylon Lock Nut M8	1
29	Bumper Cap	1	71	Cross Countersunk Head Screw M3*15	2



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 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*21	Weight Shield Rear	1	72	Hex Recessed Round Head Screw M6*95	1
*22	Weight Shield Front	1	89	Hole Plug	1
23	Weight Shield Top	1			

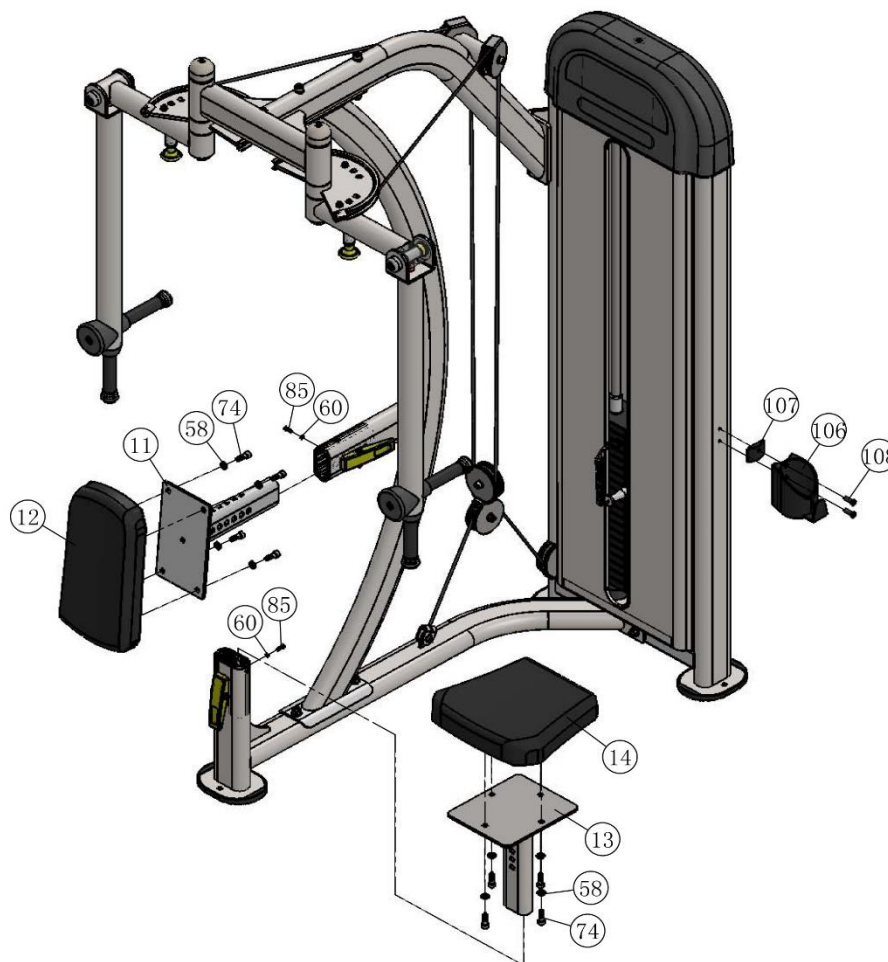


NOTE:

Please assemble Weight Shield Front & Rear (#*21 & #*22) first, then assemble Weight Shield Top (#23).

Step 9

Step 9 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
11	Adjustable Back Pad Tube	1	74	Hex Recessed Round Head Screw M10*30	8
12	Back Pad	1	85	Hex Recessed Flat Head Screw M6*20	2
13	Adjustable Seat Pad Tube	1	106	Bottle Cage	1
14	Seat Pad	1	107	Spacer Block	1
58	Flat Washer $\Phi 10$	8	108	Hex Recessed Countersunk Head Screw M8*30	2
60	Spring Washer $\Phi 6$	2			



SPECIAL NOTE:

Please loosen the Screw (#85-2) first, then assemble Adjustable Back Pad Tube (#11) and Adjustable Seat Pad Tube (#13), and finally tighten the Screw (#85-2).

Part List

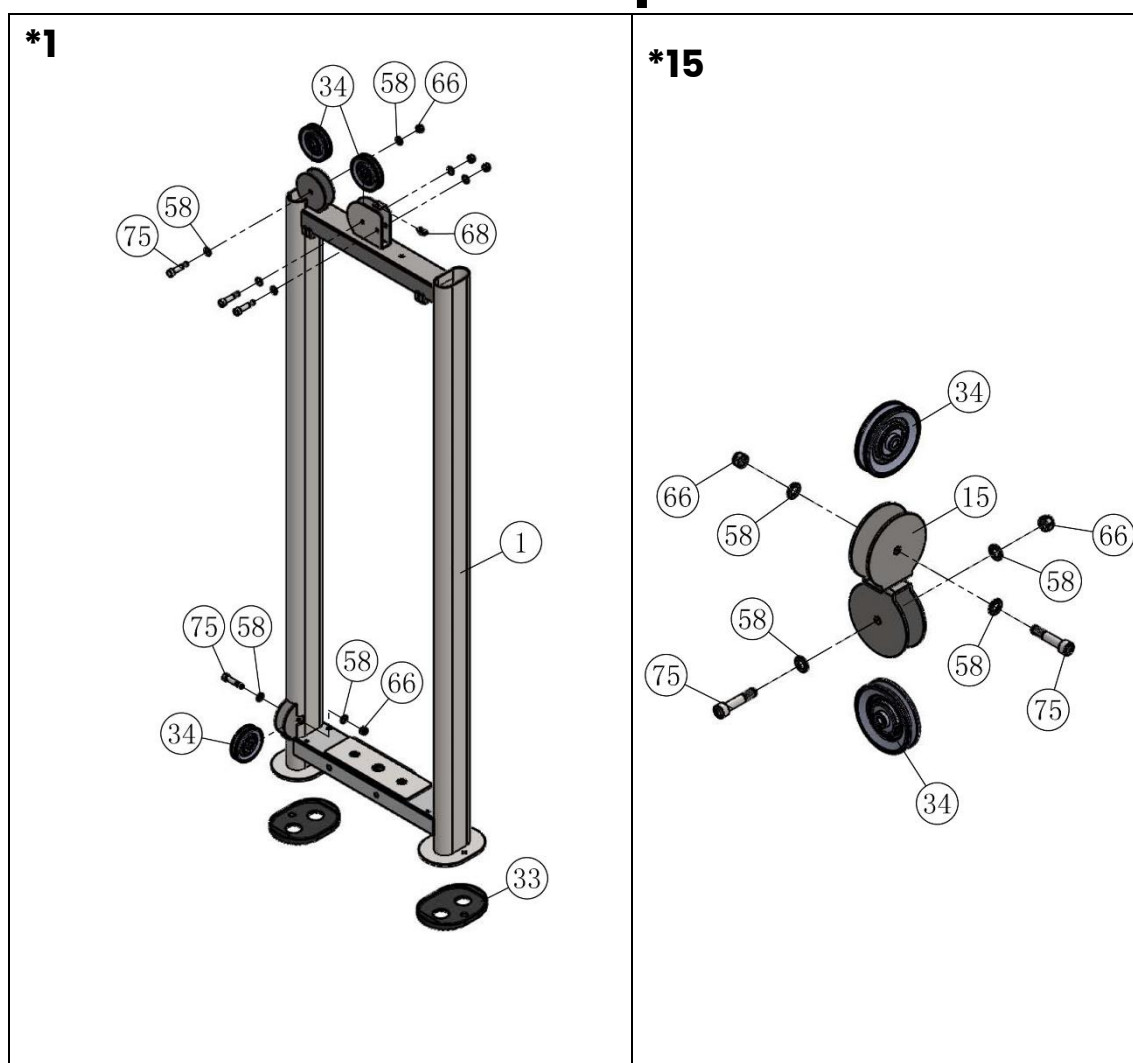
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	29	Bumper Cap	1
2	Main Frame	1	30	Selector Pin	1
3	Support Frame	1	31	Split Bolt	1
4	Top Frame	1	32	Hex Nut M12	1
5	Left Adjustment Plate	1	33	Elliptical Rubber Shoe	3
6	Right Adjustment Plate	1	34	Pulley	7
7	Rotating Frame	2	35	Adjustable Release Handle	2
8	Axle	2	36	Copper Bush	1
9	Pushing Arm	2	37	Oval Tube Plastic Glide Insert	2
10	Nut Cap	2	38	α Spring	2
11	Adjustable Back Pad Tube	1	39	Bumper Block	2
12	Back Pad	1	40	Deep Groove Ball Bearing with Dust Cover 6005	4
13	Adjustable Seat Pad Tube	1	41	Internal Retaining Ring	4
14	Seat Pad	1	42	Adjustment Sheet	2
15	Cross Pulley Rack	1	43	Nylon Collar	4
16	Rubber Donut	4	44	Oil Bearing1	2
17	Axle End Cap	4	45	Oil Bearing2	6
18	Top Block 4.5kg	1	46	Pull Pin	2
19	4.5kg Weight Plate	19	47	Pipe Sleeve	2
20	Big Washer	2	48	Foam	4
21	Weight Shield Front	1	49	Cushion	2
22	Weight Shield Rear	1	50	Arc Joint Sleeve	2
23	Weight Shield Top	1	51	Aluminium Cap Φ25	4
24	Cable1	1	52	Selector Lever	1
25	Cable2	1	53	Elastic Cylindrical Pin Φ10*65	1
26	Metric Shaft Bolt	1	54	Edge Protector Chrome 1	1
27	Cable Bracket	1	55	Edge Protector Chrome 2	1
28	Guide Rod	2	56	Edge Protector Chrome 3	3

Item #	Description	Qty.	Item #	Description	Qty.
57	Flat Washer $\Phi 8$	8	82	Hex Recessed Flat Head Screw M10*25	6
58	Flat Washer $\Phi 10$	28	83	Hex Recessed Flat Head Screw M8*50	2
59	Flat Washer $\Phi 12$	9	84	Cross Pan Head Screw M4*20	2
60	Spring Washer $\Phi 6$	2	85	Hex Recessed Flat Head Screw M6*20	2
61	Spring Washer $\Phi 8$	2	86	Hex Recessed Flat Head Screw M6*8	4
62	Spring Washer $\Phi 10$	16	87	Hex Recessed Flat Head Screw M8*16	2
63	Spring Washer $\Phi 12$	4	88	Weight Plate Label	1
64	Arc Washer $\Phi 12$	4	89	Hole Plug	1
65	Nylon Lock Nut M8	7	90	LABEL-FLY/REAR DELT	2
66	Nylon Lock Nut M10	6	91	LABEL-EXERCISE CHART	1
67	Nylon Lock Nut M12	5	92	LABEL-DANGER(IRDTZ-001E)	2
68	Cage Nut	1	93	LABEL-DANGER(IRDTZ-002E)	1
69	Hex Bolt M10*75	2	94	LABEL-WARNING(IRDTZ-005E)	2
70	Hex Slotted Nut M16	2	95	LABEL-WARNING(IRDTZ-007E)	1
71	Cross Countersunk Head Screw M3*15	2	96	LABEL-WARNING(IRDTZ-008E)	1
72	Hex Recessed Round Head Screw M6*95	1	97	LABEL-CAUTION(IRDTZ-009E)	3
73	Hex Recessed Round Head Screw M10*25	4	98	LABEL-INSPECTIONS	1
74	Hex Recessed Round Head Screw M10*30	10	99	LABEL-CHECK CABLES	1
75	Hex Recessed Round Head Screw M10*50	8	100	LABEL-IMPORTANT(IRDTZ-017E)	2
76	Hex Recessed Round Head Screw M10*55	2	101	LABEL-DANGER(IRDTZ-052E)	1
77	Hex Recessed Round Head Screw M12*125	2	102	Gears Label R	1
78	Hex Recessed Round Head Screw M12*135	2	103	Gears Label L	1
79	Hex Recessed Round Head Screw M12*35	2	106	Bottle Cage	1
80	Hex Bolt M12*85	2	107	Spacer Block	1
81	Hex Recessed Round Head Screw M8*20	4	108	Hex Recessed Countersunk Head Screw M8*30	2

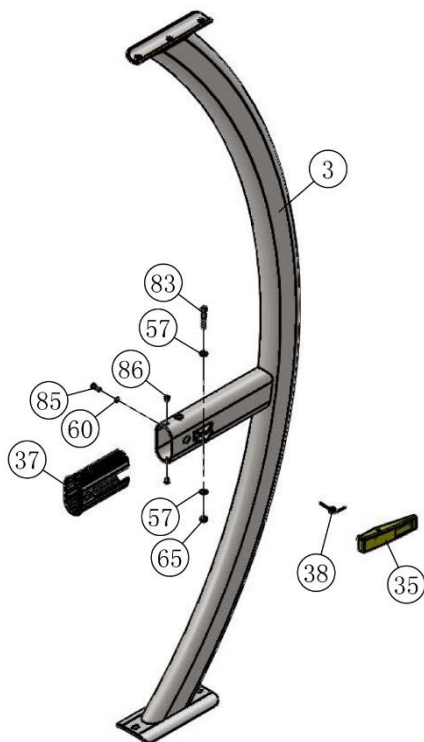
Pre-assembled Components Part List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*7	Rotating Frame	2
*2	Main Frame	1	*9	Pushing Arm	2
*3	Support Frame	1	*15	Cross Pulley Rack	1
*4	Top Frame	1	*18	Top Block	1
*5	Left Adjustment Plate	1	*21	Weight Shield Rear	1
*6	Right Adjustment Plate	1	*22	Weight Shield Front	1

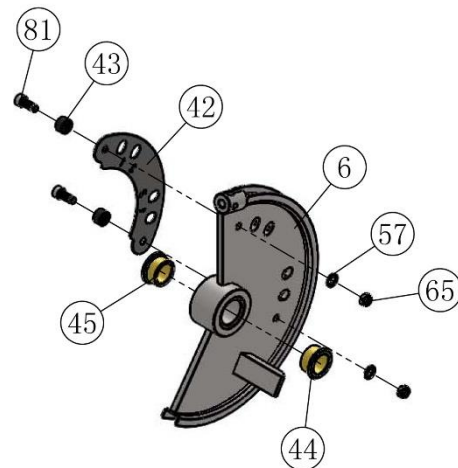
Pre-assembled Components



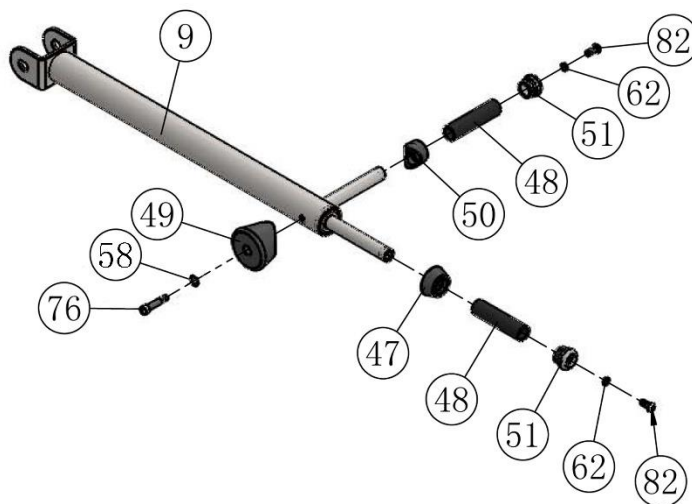
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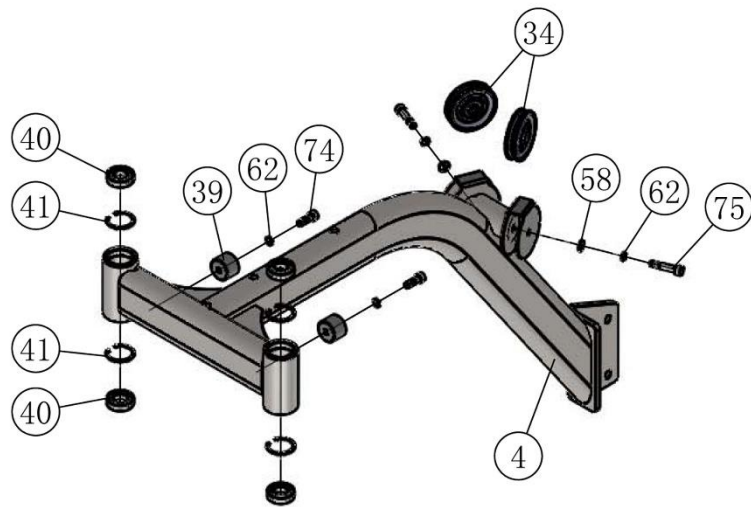
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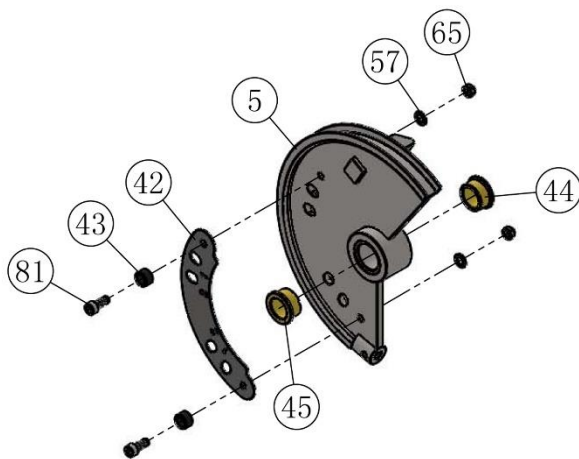
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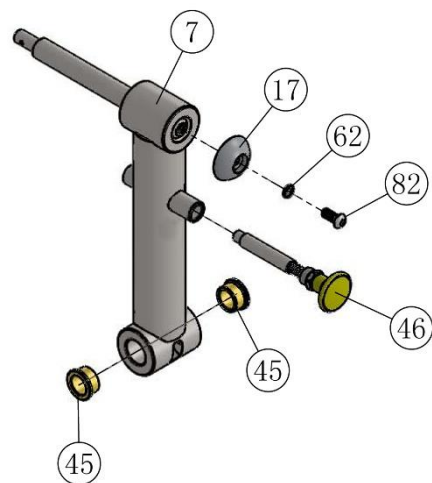
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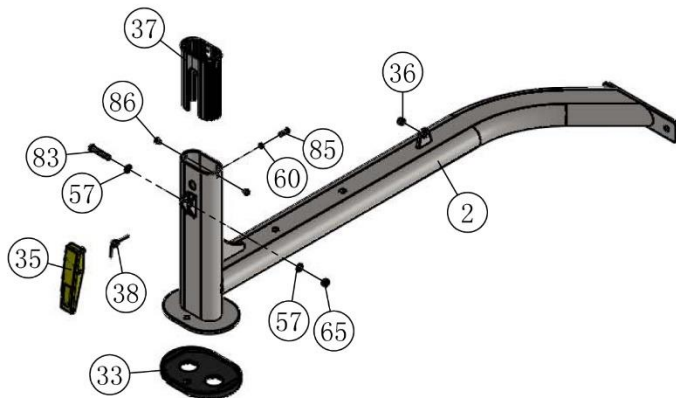
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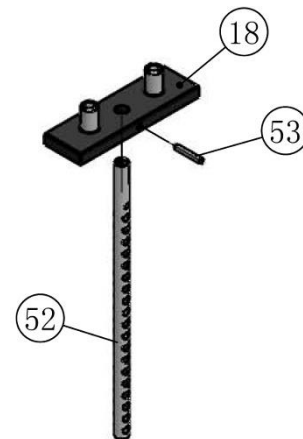
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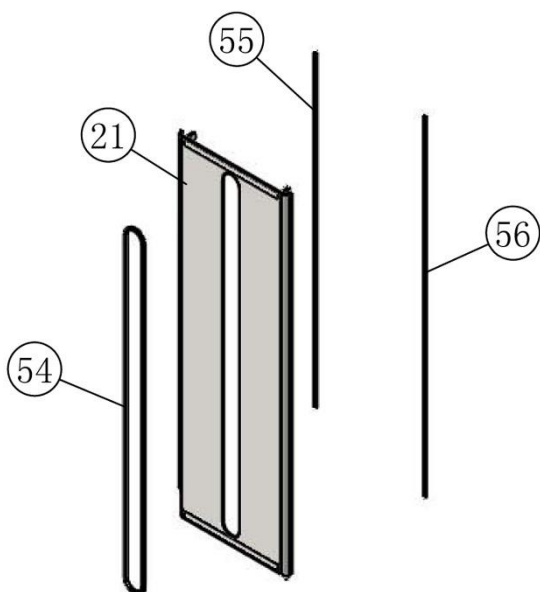
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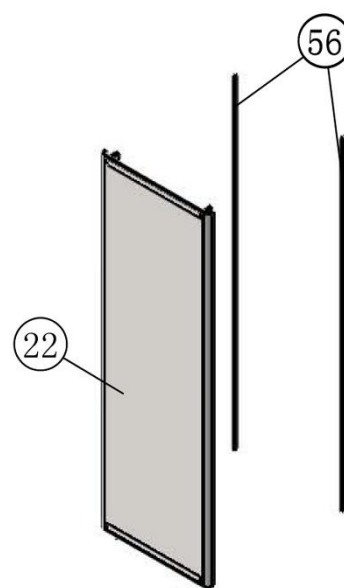
***18**



***21**



***22**



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.