

VERVE Arnold Series

Prone Leg Curl / Extension Machine

Owner's Manual

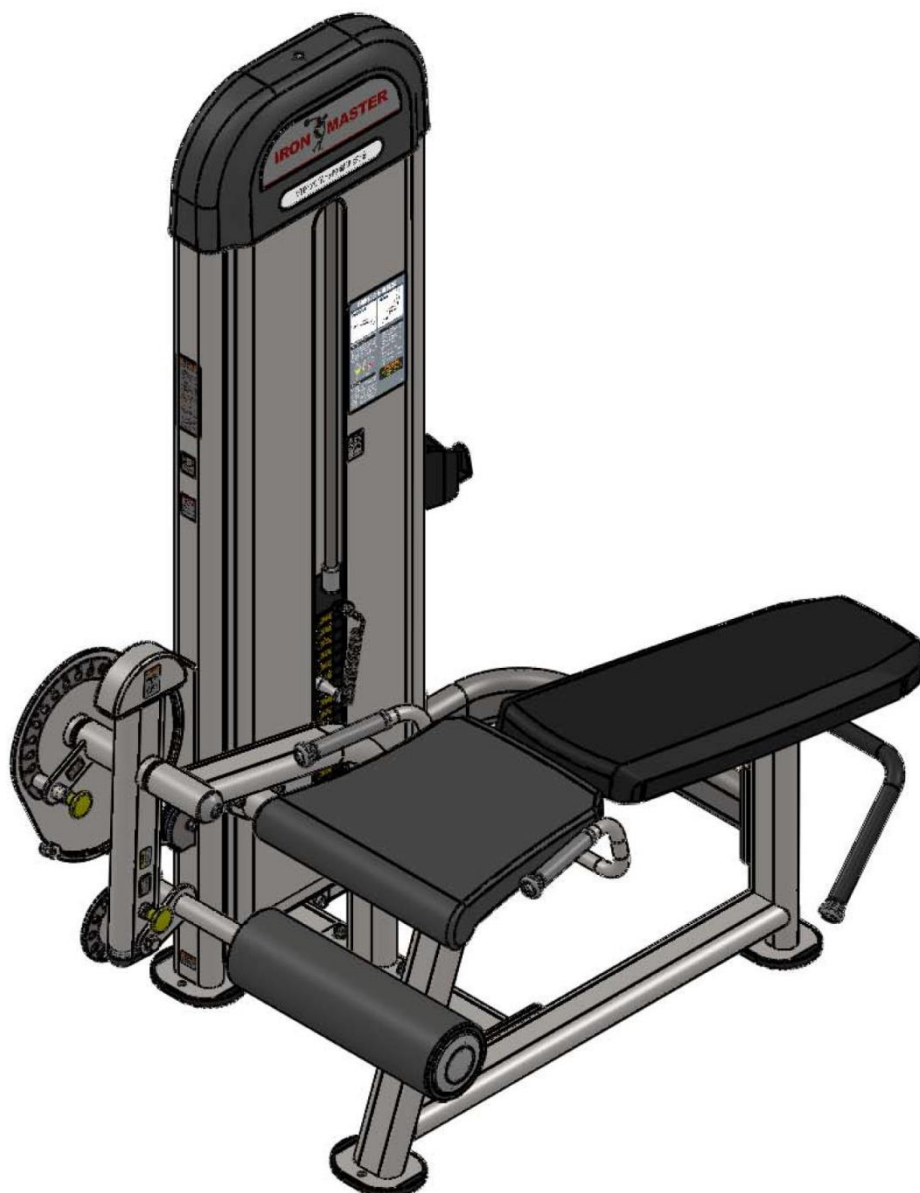


Table Of CONTENTS

Safety Notice	Page 2
Label Information	Page 3
Anchoring Unit	Page 5
Cable Inspection	Page 6
Assembly instructions	Page 7 – 15
Part List	Page 16 – 17
Pre-Assembled Components	Page 18 – 23
Instructions For use	Page 24
Maintenance	Page 25

IMPORTANT SAFETY NOTICE

PRECAUTIONS:

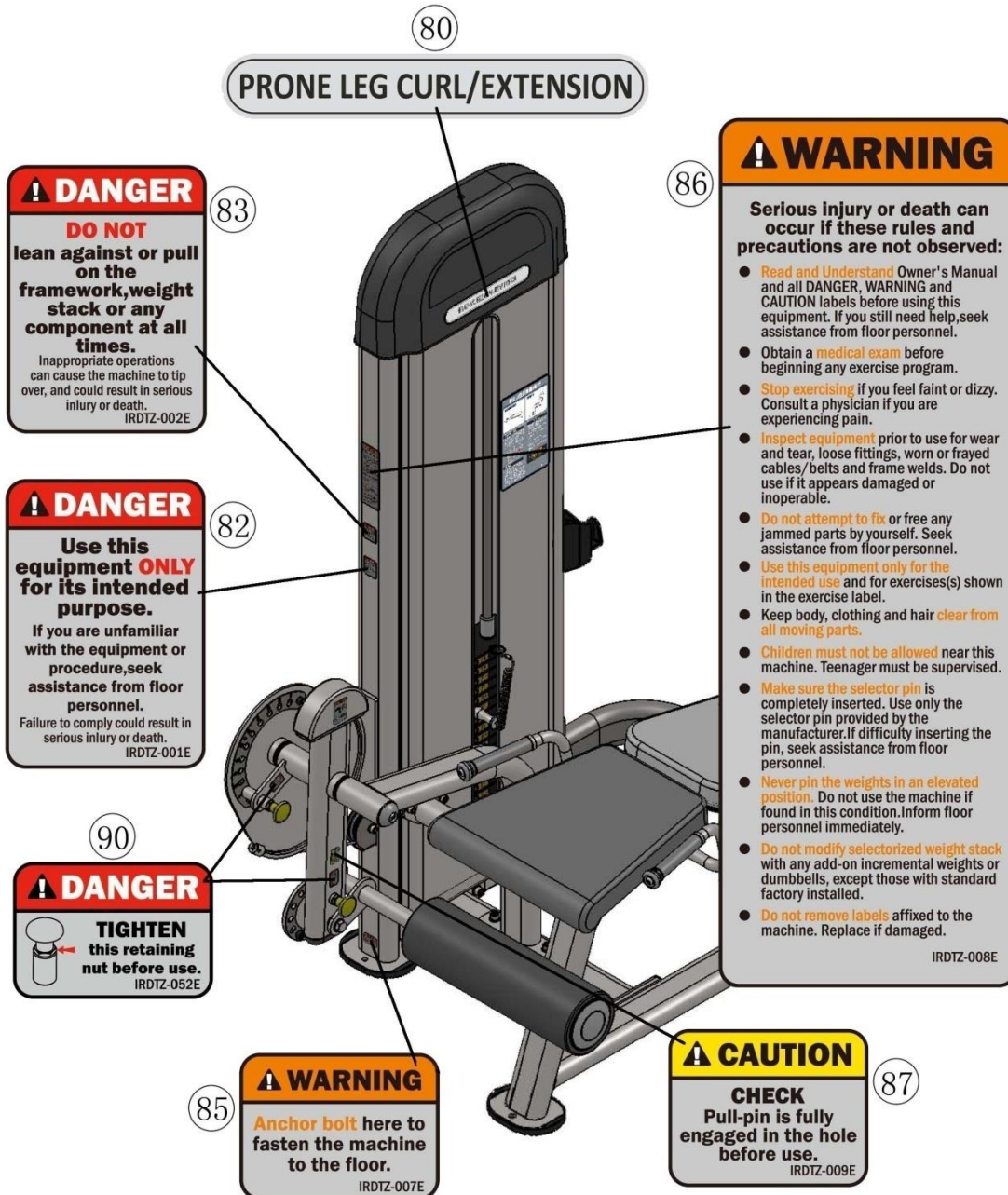
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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



PRONE LEG CURL/EXTENSION

PRONE LEG CURL



1. Select appropriate weight resistance for your present fitness level.
2. Adjust leg pad for a comfortable placement behind ankles. Align knee with machine's axis of rotation.
3. Lie on your stomach against the body pad and grip the handles.
4. Pull up against leg pad.



PRONE LEG CURL Hamstrings
LEG EXTENSION Quadriceps Femoris

LEG EXTENSION



1. Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
2. It is important to know your own physical condition before beginning any type of exercise program.
3. Always choose a light resistance when using a machine the first time.
4. Train at a controlled rate of speed.
5. Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.
6. Warm-up with light cardio exercises, stretchings or callisthenics.

SAFETY TIPS

1. Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.

2. It is important to know your own physical condition before beginning any type of exercise program.

3. Always choose a light resistance when using a machine the first time.

4. Train at a controlled rate of speed.

5. Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.

6. Warm-up with light cardio exercises, stretchings or callisthenics.

WARNING

If the machine appears to be damaged or inoperable, DO NOT use. Inform floor personnel immediately.

IRDZ-128-EN

INSPECTIONS

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.					*

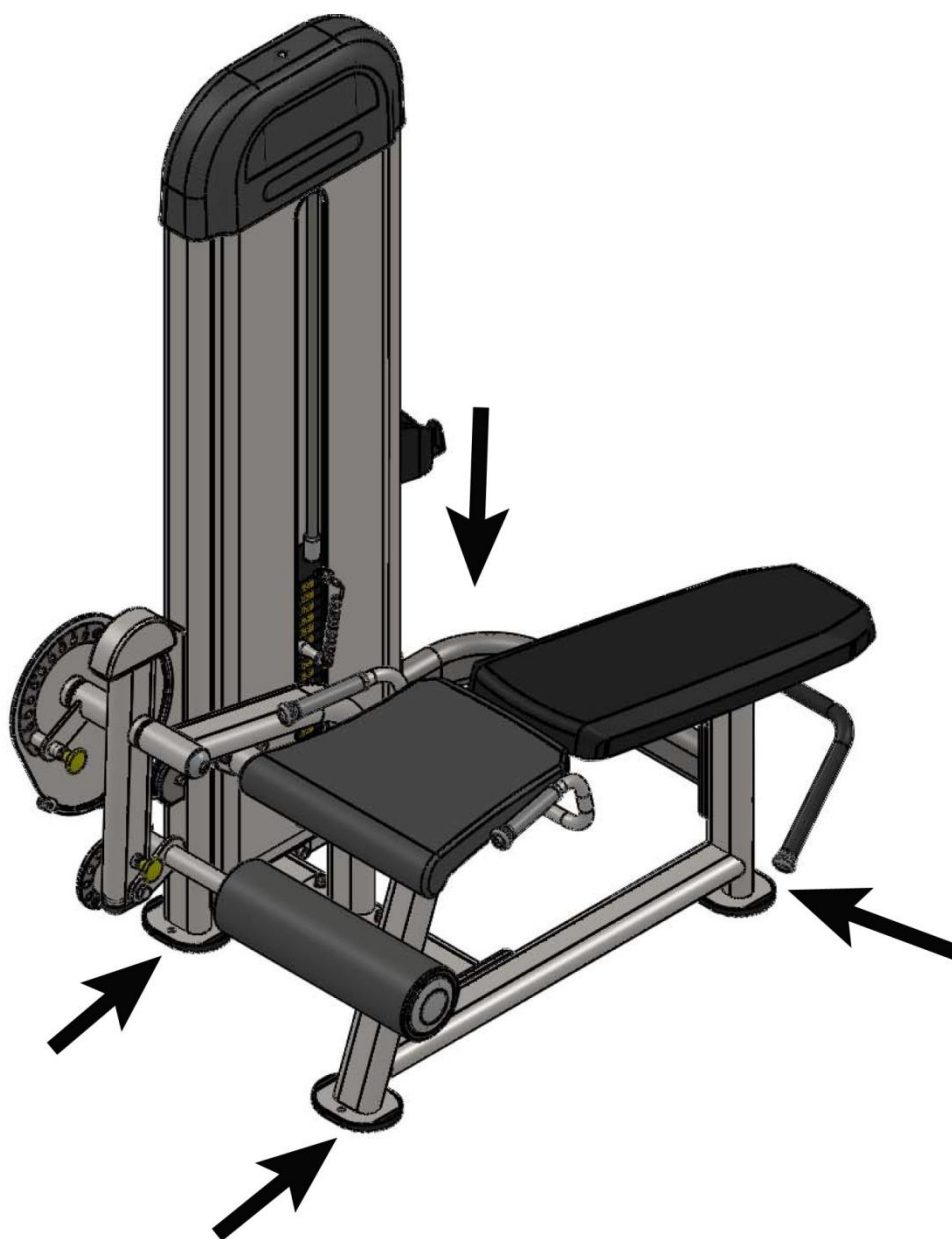
Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.

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



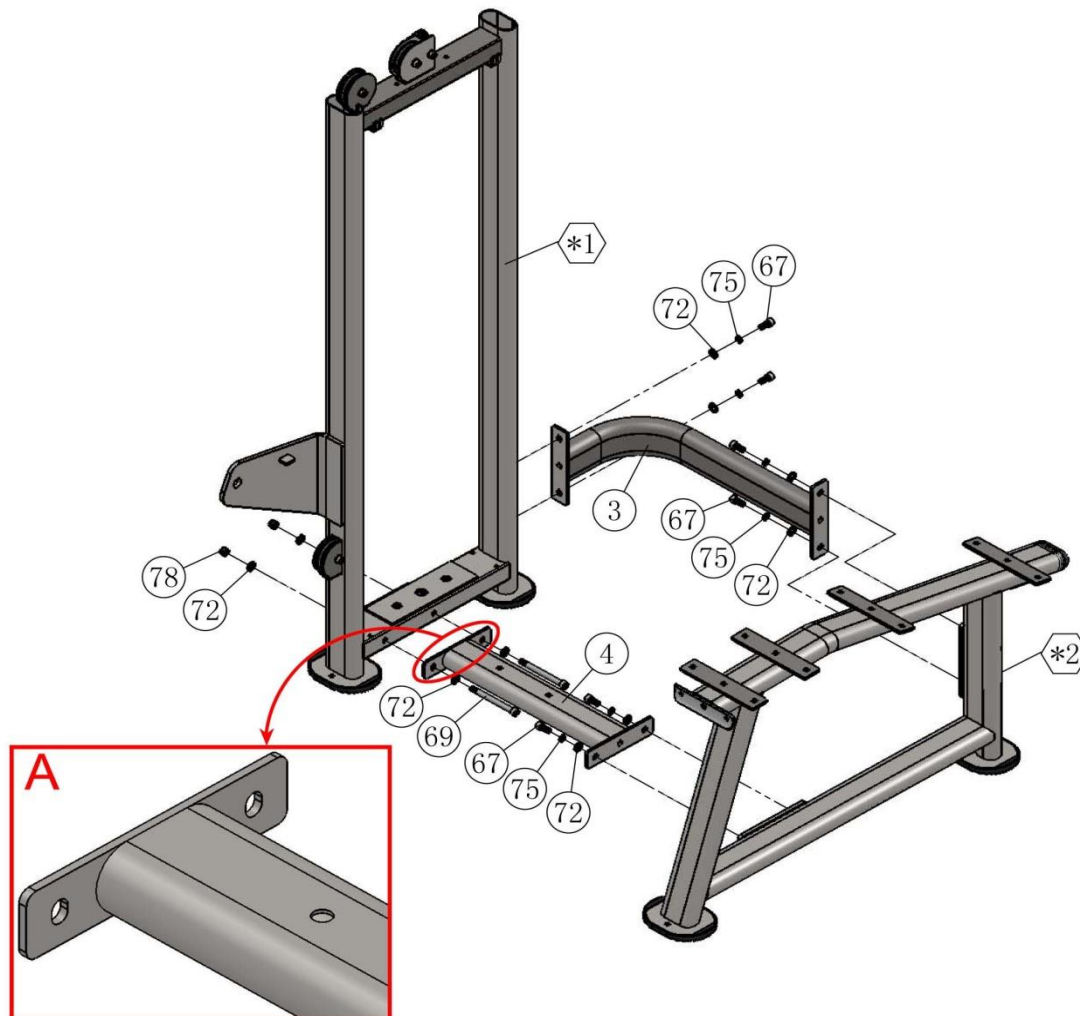
CABLE END SLIPPING OUT

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	69	Hex Recessed Round Head Screw M12*135	2
*2	Main Frame	1	72	Flat Washer $\phi 12$	10
3	Front Connecting Tube	1	75	Spring Washer $\phi 12$	6
4	Bottom Cross Bracket	1	78	Nylon Lock Nut M12	2
67	Hex Recessed Round Head Screw M12*25	6			4

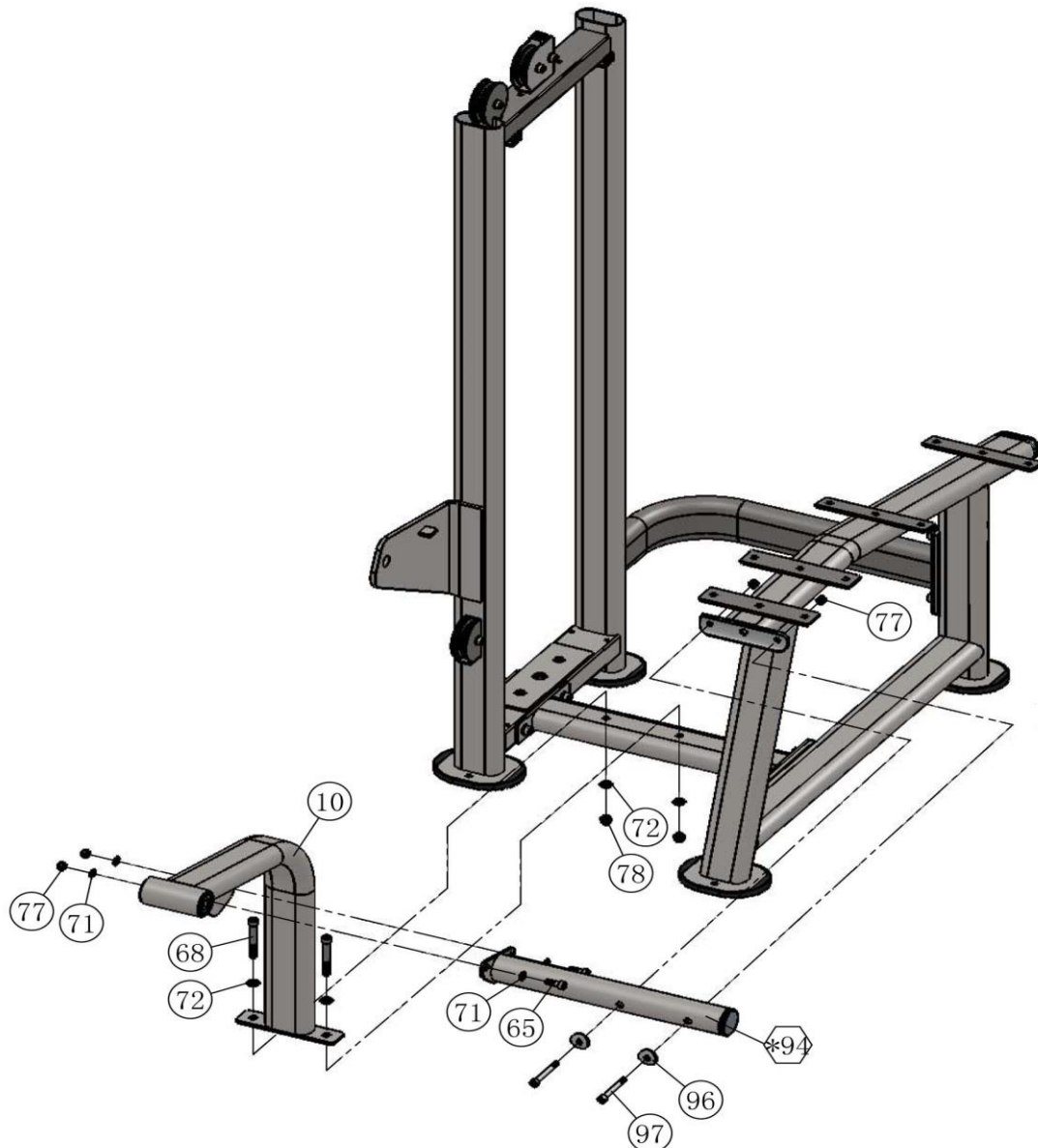


NOTE:

1. It is strongly recommended that 2 people participate in the assembly of this unit.
2. The placement of Bottom Cross Bracket (#4) as shown in figure A.

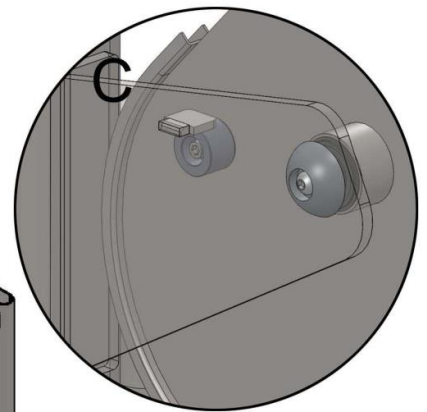
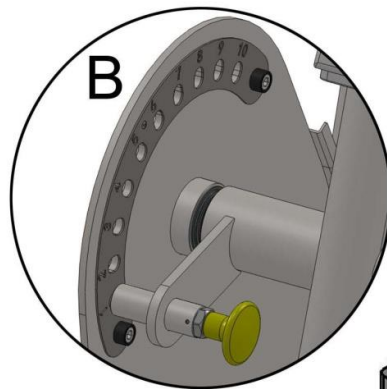
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*94	Top Brace	1	72	Flat Washer $\Phi 12$	4
10	Support Frame	1	77	Nylon Lock Nut M10	4
65	Hex Recessed Round Head Screw M10*30	2	78	Nylon Lock Nut M12	2
68	Hex Recessed Round Head Screw M12*85	2	96	Big Arc Washer	2
71	Flat Washer $\Phi 10$	4	97	Hex Recessed Round Head Screw M10*85	2

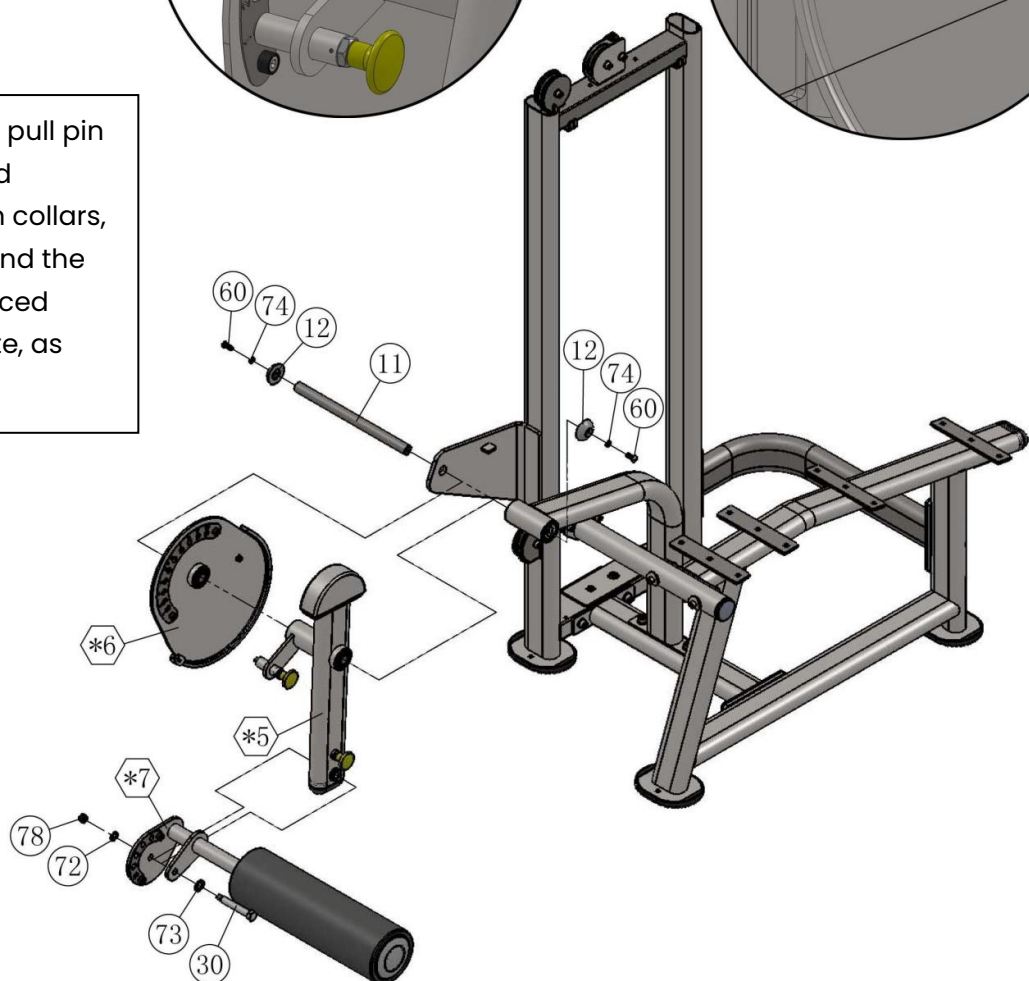


Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Pivot Arm	1	60	Hex Recessed Flat Head Screw M10*25	2
*6	Cam	1	72	Flat Washer $\phi 12$	1
*7	Swivel Foam Roll Tube	1	73	Flat Washer $\phi 16$	1
11	Pivot Axle	1	74	Spring Washer $\phi 10$	2
12	Axle End Cap	2	78	Nylon Lock Nut M12	1
30	Axle Bolt	1			

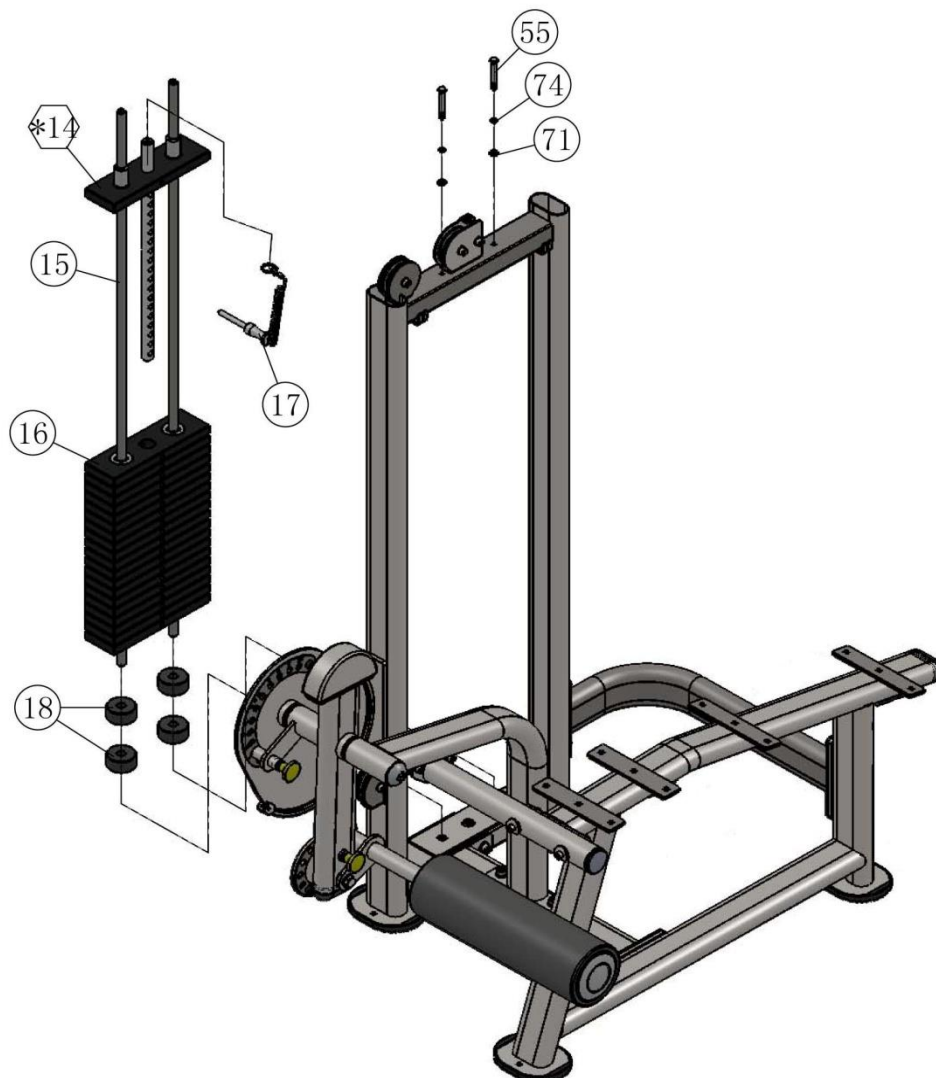


NOTE : In this step, the pull pin head should be placed between the two nylon collars, as shown in figure B; And the bumper should be placed under the stopper plate, as shown in figure C.



Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*14	Top Block	1	55	Hex Bolt M10*75	2
15	Guide Rod	2	71	Flat Washer $\phi 10$	2
16	4.5kg Weight Plate	19	74	Spring Washer $\phi 10$	2
17	Selector Pin	1	79	Weight Plate Label	1
18	Rubber Donut	4			

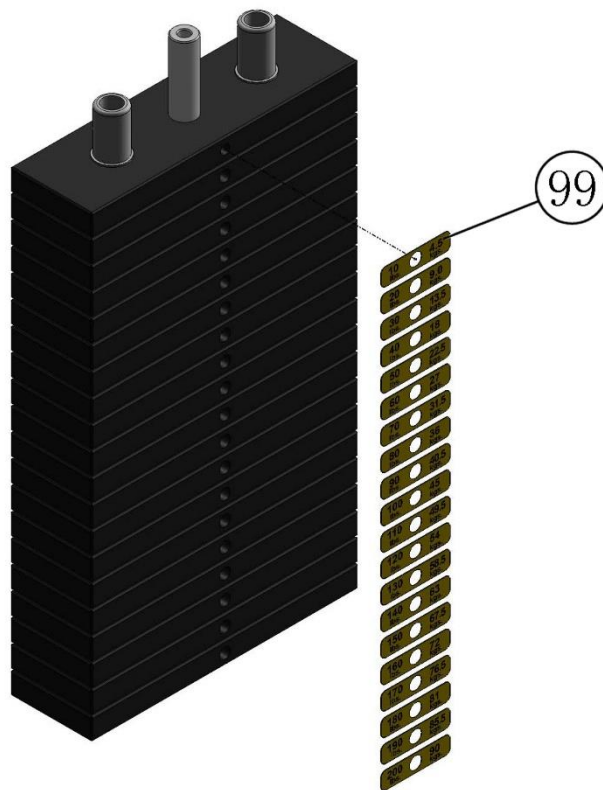


SPECIAL NOTICE:

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 D first, then assemble Hex Bolt M10*75 (#55x2pcs).

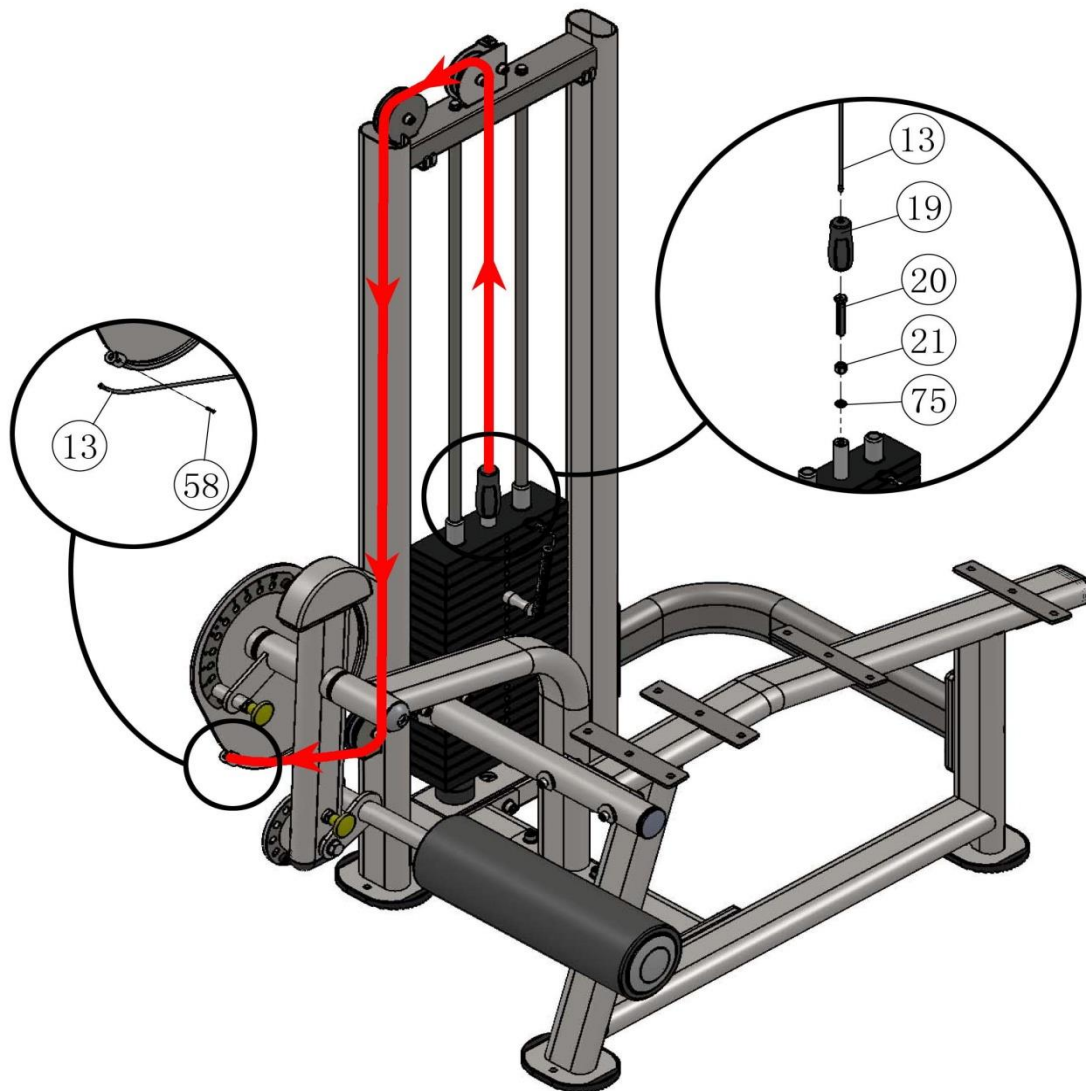
Weight stack label instructions :

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.
13	Cable	1	21	Hex Nut M12	1
19	Bumper Cap	1	58	Cross Countersunk Head Screw M3*15	1
20	Split Bolt	1	75	Spring Washer Φ12	1

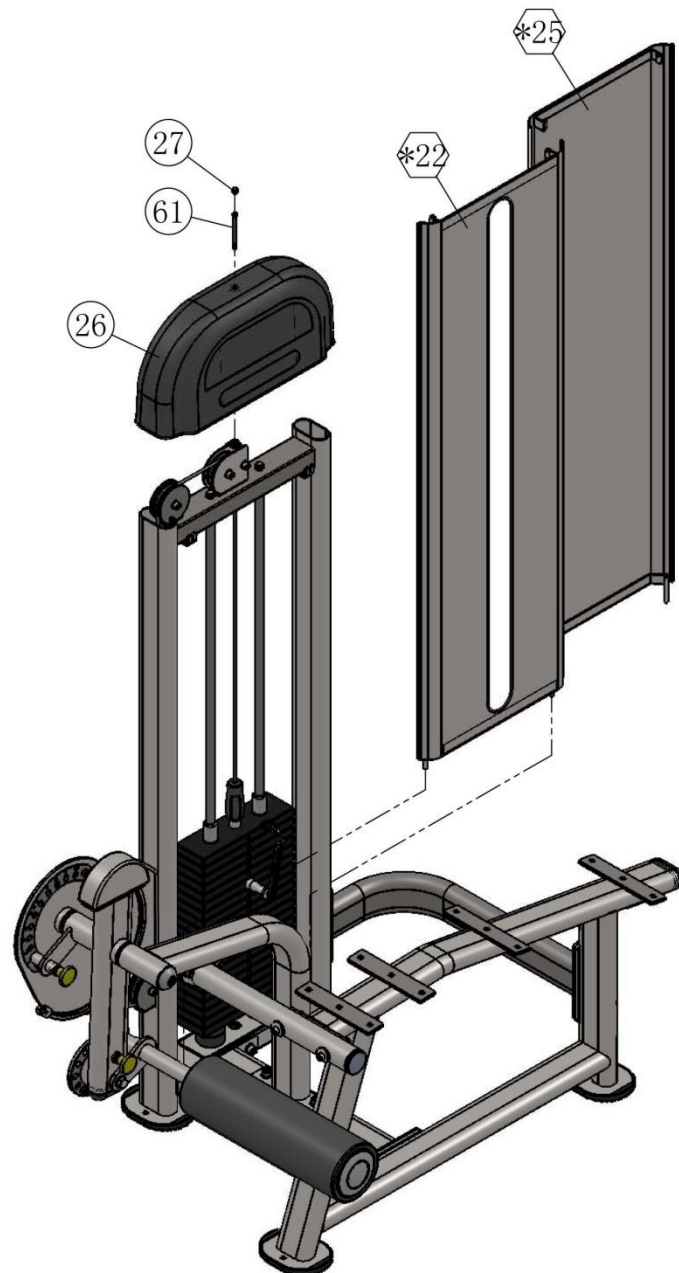


SPECIAL NOTE:

1. Please loosen the Screw (#58) first, then put the cable into the cam, and finally tighten the Screw (#58).
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.
*22	Weight Shield Front	1	27	Hole Plug	1
*25	Weight Shield Rear	1	61	Hex Recessed Round Head Screw M6*95	1
26	Weight Shield Top	1			

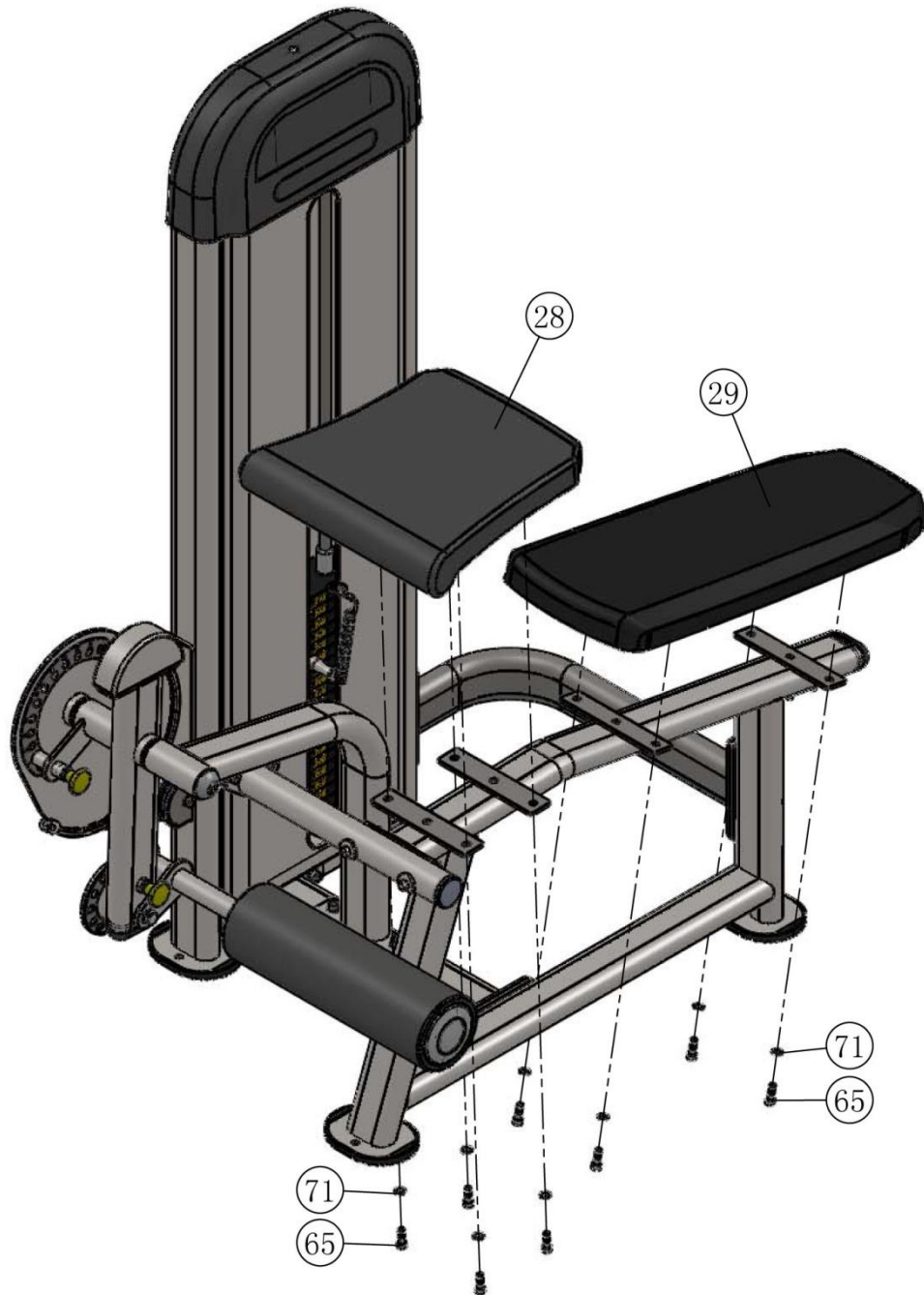


NOTE:

Please assemble Weight Shield Front & Rear (#*22 & #*25) first, then assemble Weight Shield Top (#26).

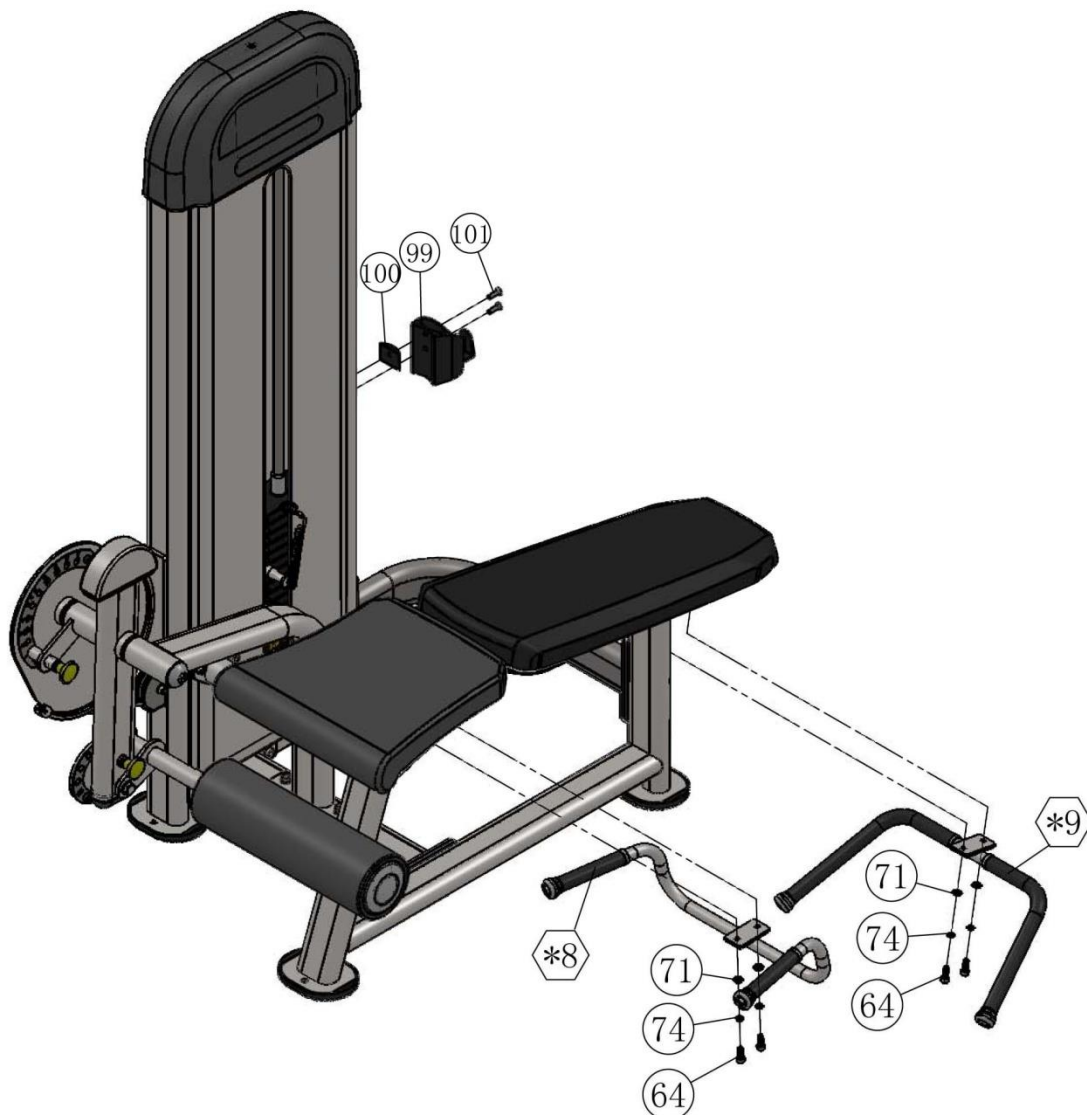
Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
28	Seat Pad	1	65	Hex Recessed Round Head Screw M10*30	8
29	Back Pad	1	71	Flat Washer $\phi 10$	8



Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*8	Handles 1	1	74	Spring Washer $\Phi 10$	4
*9	Handles 2	1	99	Bottle Cage	1
64	Hex Recessed Round Head Screw M10*25	4	100	Spacer Block	1
71	Flat Washer $\Phi 10$	4	101	Hex Countersunk Socket Head Screw M8*30	2



Parts List

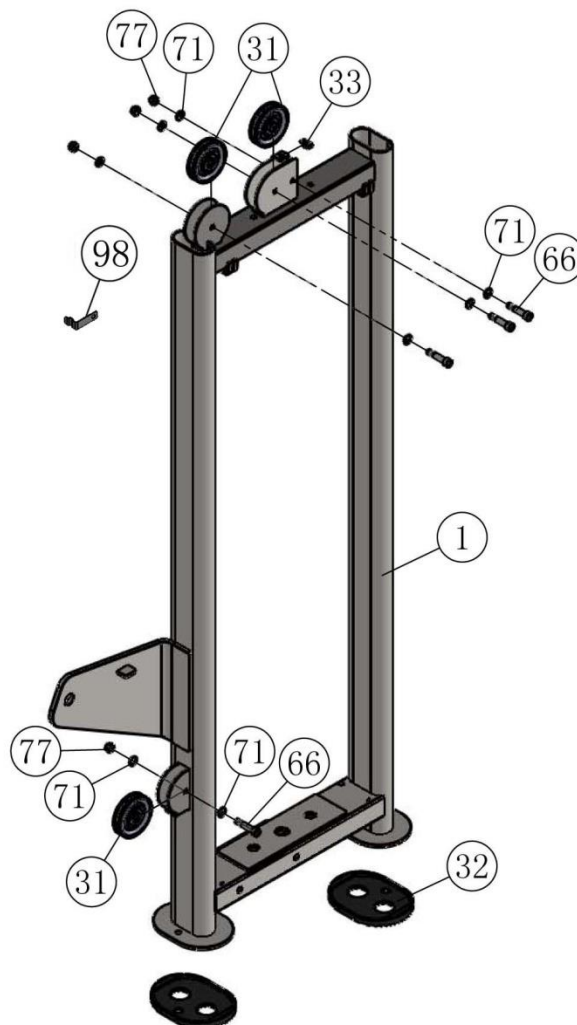
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	29	Back Pad	1
2	Main Frame	1	30	Axle Bolt	1
3	Front Connecting Tube	1	31	Pulley $\Phi 90 \times 826$	3
4	Bottom Cross Bracket	1	32	Elliptical Rubber Shoe	4
5	Pivot Arm	1	33	Cage Nut	1
6	Cam	1	34	Elliptical Plug	1
7	Swivel Foam Roll Tube	1	35	T Bearing	4
8	Handles 1	1	36	Counterbalance	1
9	Handles 2	1	37	Pull Pin Lever	2
10	Support Frame	1	38	Pull Pin Handle	2
11	Pivot Axle	1	39	Pull Pin Stiff Spring $\Phi 1 \times \Phi 11.5 \times 36$	2
12	Axle End Cap	2	40	Perforation Bolt	2
13	Cable	1	41	Elliptical Plug (with gap)	1
14	Top Block 4.5kg	1	42	Flange Bearing	2
15	Guide Rod	2	43	Cam Backplate	1
16	4.5kg Weight Plate	19	44	Bumper	1
17	Selector Pin	1	45	Nylon Collar	4
18	Rubber Donut	4	46	Small Backplate	1
19	Bumper Cap	1	47	Foam	1
20	Split Bolt	1	48	External Circlip $\Phi 38$	1
21	Hex Nut M12	1	49	Foam Small End Cap	1
22	Weight Shield Front	1	50	Grip L=447	2
23	Edge Protector Chrome 1	1	51	Grip L=151	2
24	Edge Protector Chrome 2	4	52	Aluminium Cap $\Phi 25$	2
25	Weight Shield Rear	1	53	Selector Lever	1
26	Weight Shield Top	1	54	Elastic Cylindrical Pin $\Phi 10 \times 65$	1
27	Hole Plug	1	55	Hex Bolt M10*75	2
28	Seat Pad	1	57	Cross Countersunk Head Screw M3*6	1

Item #	Description	Qty.	Item #	Description	Qty.
58	Cross Countersunk Head Screw M3*15	1	79	Weight Plate Label	1
59	Hex Socket Countersunk Head Screw M10*25	2	80	LABEL- PRONE LEG CURL	2
60	Hex Recessed Flat Head Screw M10*25	6	81	LABEL-EXERCISE CHART	1
61	Hex Recessed Round Head Screw M6*95	1	82	LABEL-DANGER(IRDTZ-001E)	2
62	Hex Recessed Round Head Screw M8*20	2	83	LABEL-DANGER(IRDTZ-002E)	1
63	Hex Recessed Round Head Screw M8*30	1	84	LABEL-WARNING(IRDTZ-004E)	1
64	Hex Recessed Round Head Screw M10*25	4	85	LABEL-WARNING(IRDTZ-007E)	1
65	Hex Recessed Round Head Screw M10*30	10	86	LABEL-WARNING(IRDTZ-008E)	1
66	Hex Recessed Round Head Screw M10*50	4	87	LABEL-CAUTION(IRDTZ-009E)	2
67	Hex Recessed Round Head Screw M12*25	6	88	LABEL-INSPECTIONS	1
68	Hex Recessed Round Head Screw M12*85	2	89	LABEL-CHECK CABLES	1
69	Hex Recessed Round Head Screw M12*135	2	90	LABEL-DANGER(IRDTZ-052E)	2
70	Flat Washer Φ 8	6	93	Hex Recessed Round Head Screw M8*25	2
71	Flat Washer Φ 10	26	94	Top Brace	1
72	Flat Washer Φ 12	15	95	Round Plug Φ 60	1
73	Flat Washer Φ 16	1	96	Big Arc Washer	2
74	Spring Washer Φ 10	12	97	Hex Recessed Round Head Screw M10*85	2
75	Spring Washer Φ 12	7	98	"L-plate	1
76	Nylon Lock Nut M8	5	99	Bottle Cage	1
77	Nylon Lock Nut M10	8	100	Spacer Block	1
78	Nylon Lock Nut M12	5	101	Hex Socket Countersunk Head Screw M8*30	2

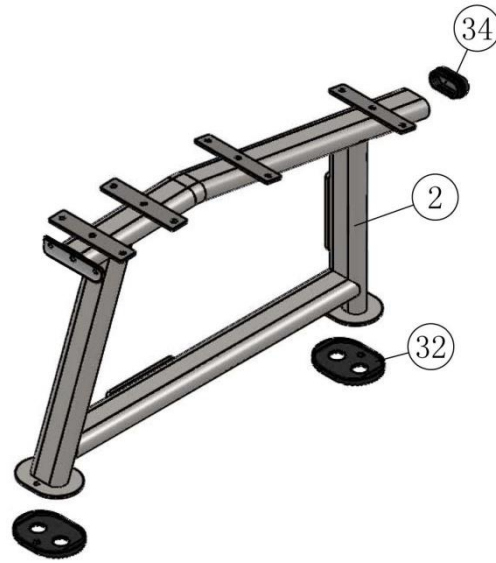
Pre-assembled Components Parts List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*9	Handles 2	1
*2	Main Frame	1	*14	Top Block	1
*5	Pivot Arm	1	*22	Weight Shield Front	1
*6	Cam	1	*25	Weight Shield Rear	1
*7	Swivel Foam Roll Tube	1	*94	Top Brace	1
*8	Handles 1	1			

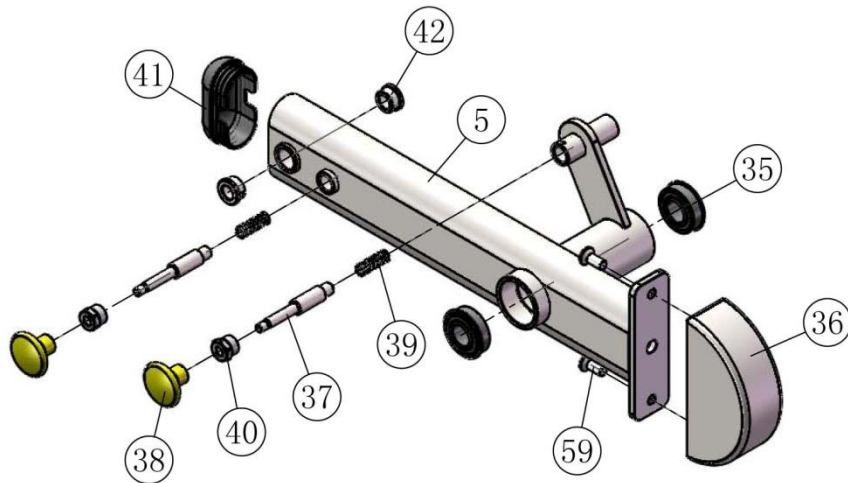
***1**



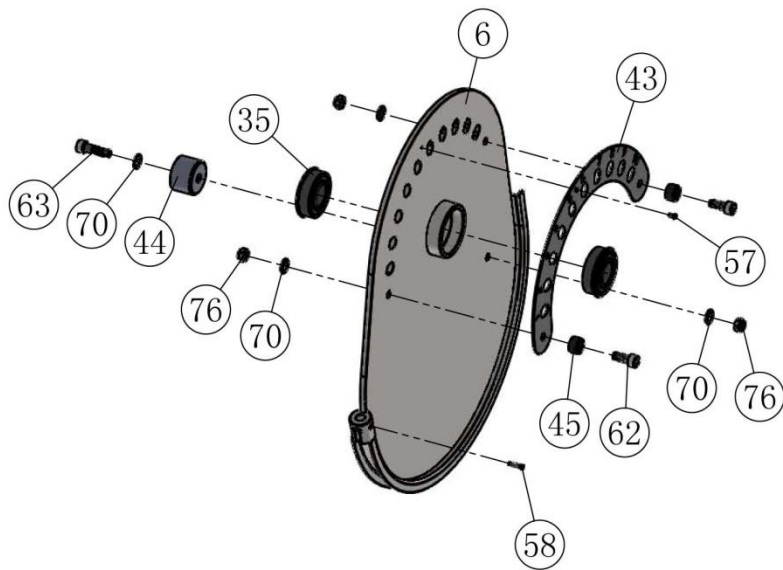
***2**



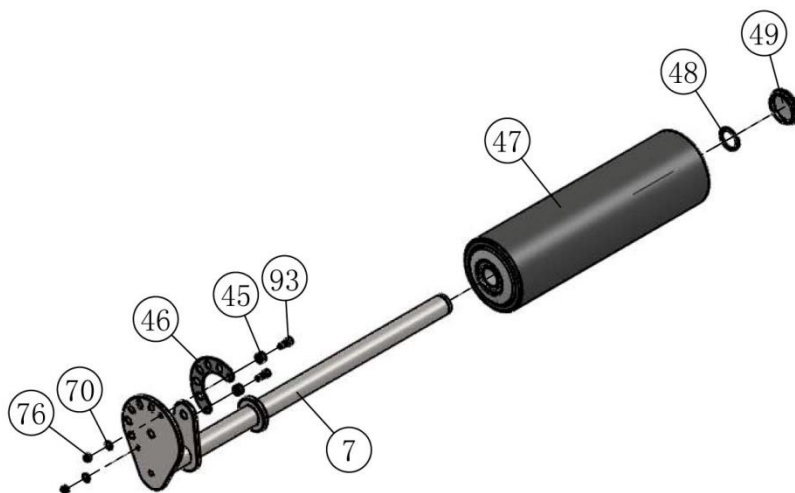
***5**



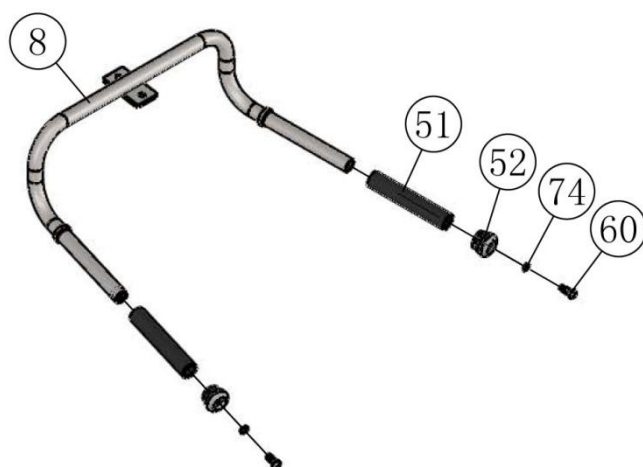
***6**



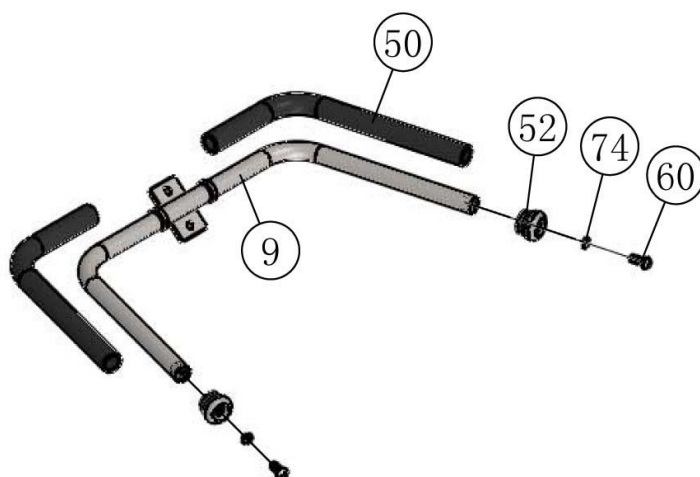
***7**



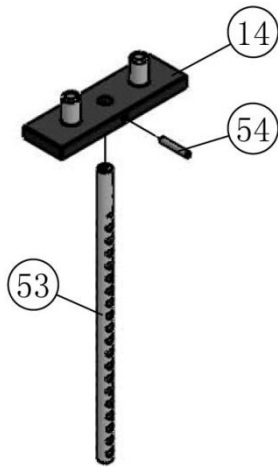
***8**



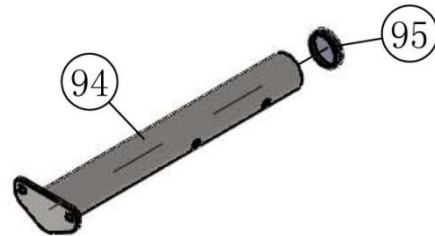
***9**



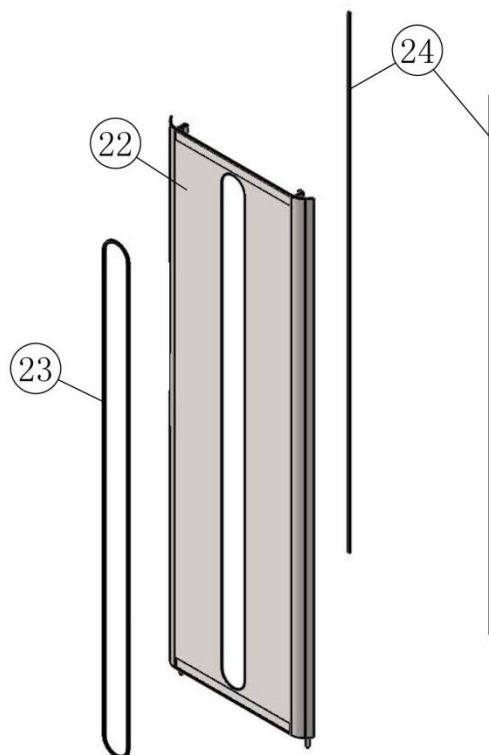
***14**



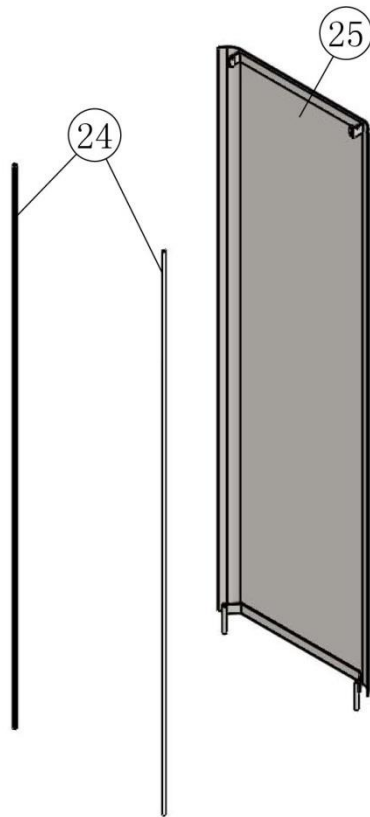
***94**



***22**

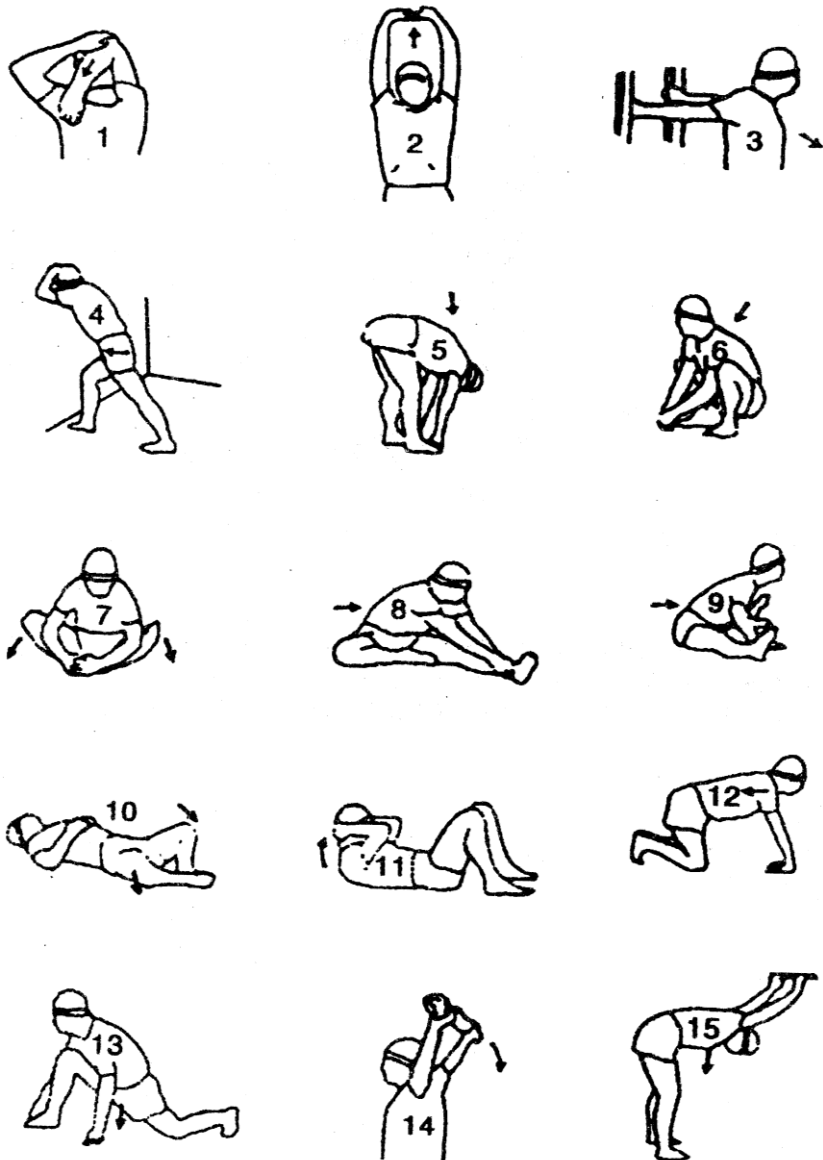


***25**



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.