

VERVE Arnold Series

Glute Builder

Owner's Manual

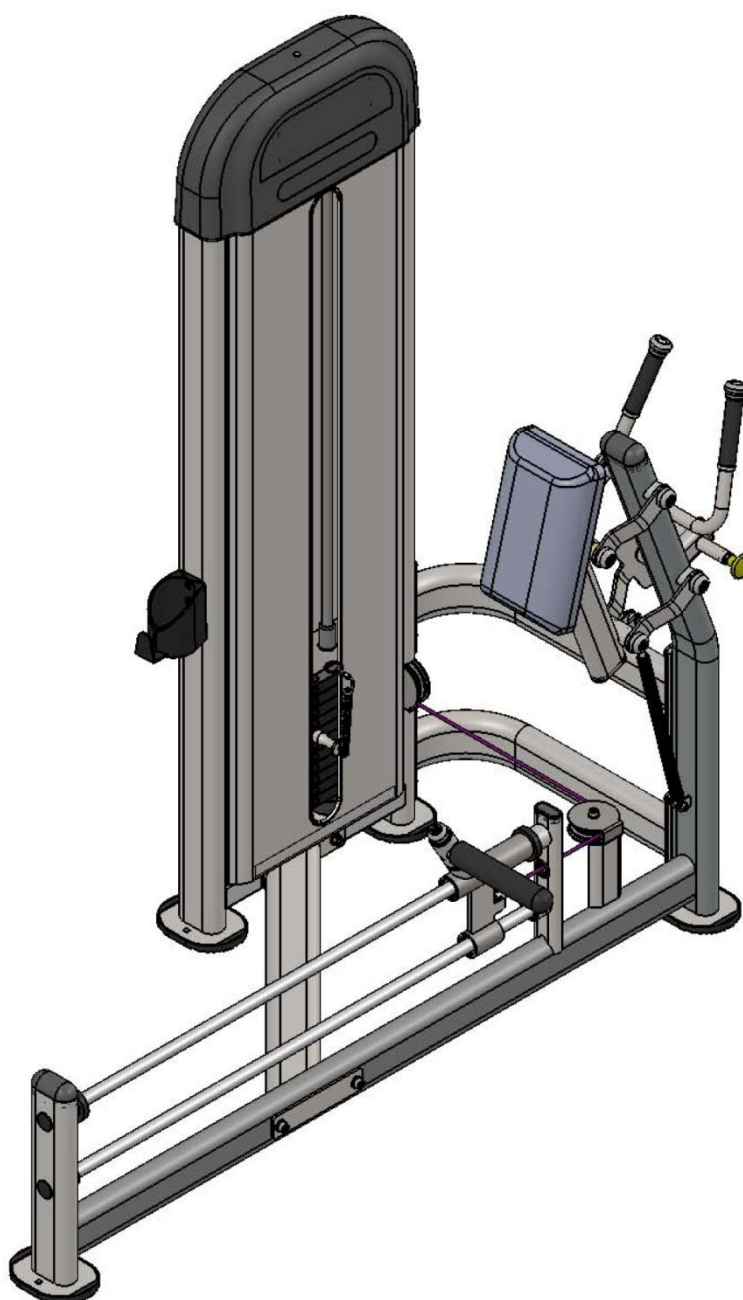


Table Of CONTENTS

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:

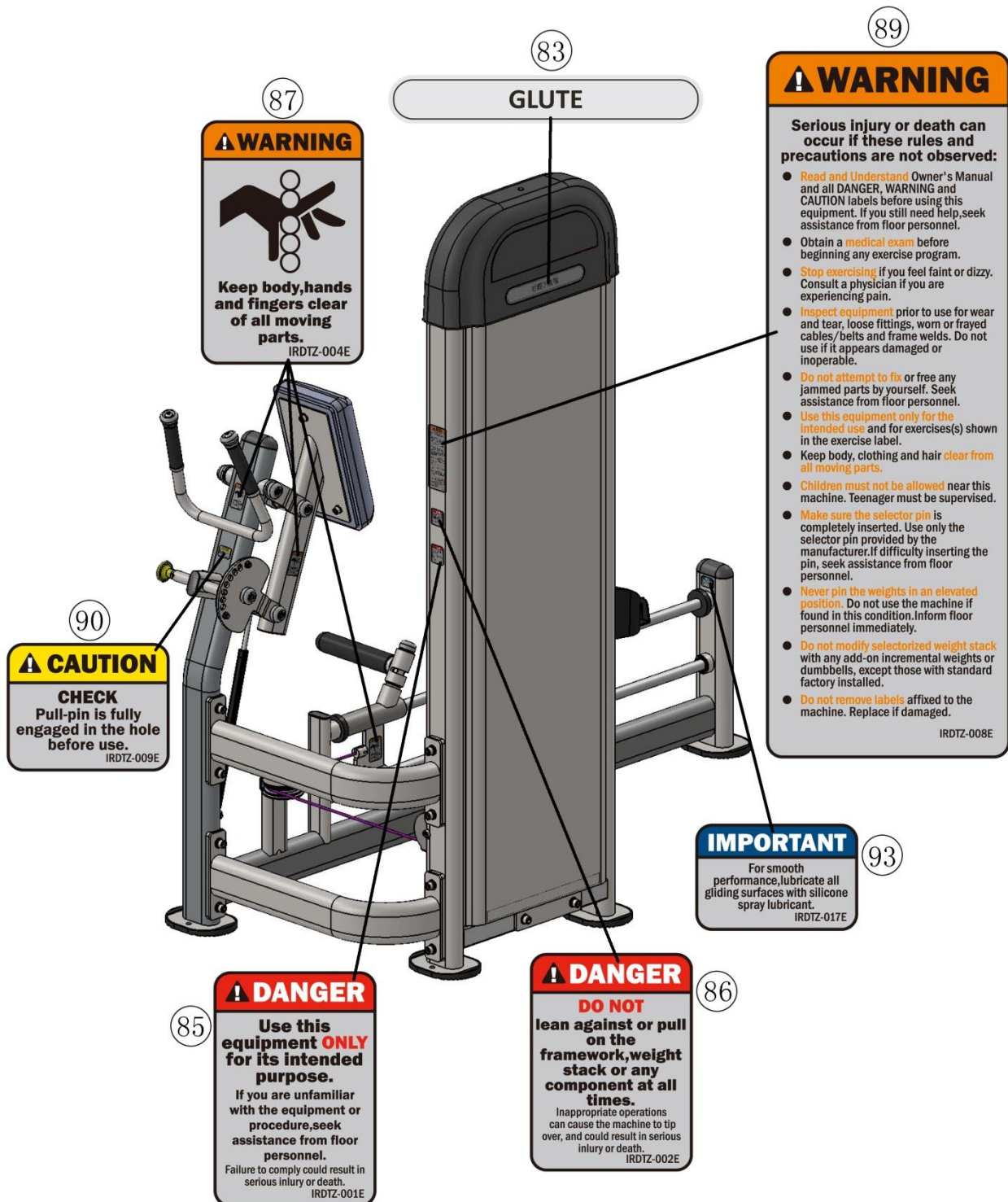
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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



INSPECTIONS					
Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
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					

91

84

GLUTE

START

FINISH

GLUTE

1. Select appropriate weight resistance for your present fitness level.
2. Adjust pull knob in order to make chest pad as high as your chest.
3. According to your left or right leg training need, adjust the foot bracket.
4. Keep stable: hold the handles, make chest against the chest pad, stand with one leg.
5. With the other leg knee bending, put your foot on the foot bracket. Move slowly to the right position.
6. Return weight with controlled movement to start position and repeat as desired.

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-129-EN

⚠ 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

IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.

IRDZ-016E

⚠ WARNING

Anchor bolt here to fasten the machine to the floor.

IRDZ-007E

IMPORTANT

CHECK CABLES

Be sure cables run between the pulleys and working properly.

IRDZ-016E

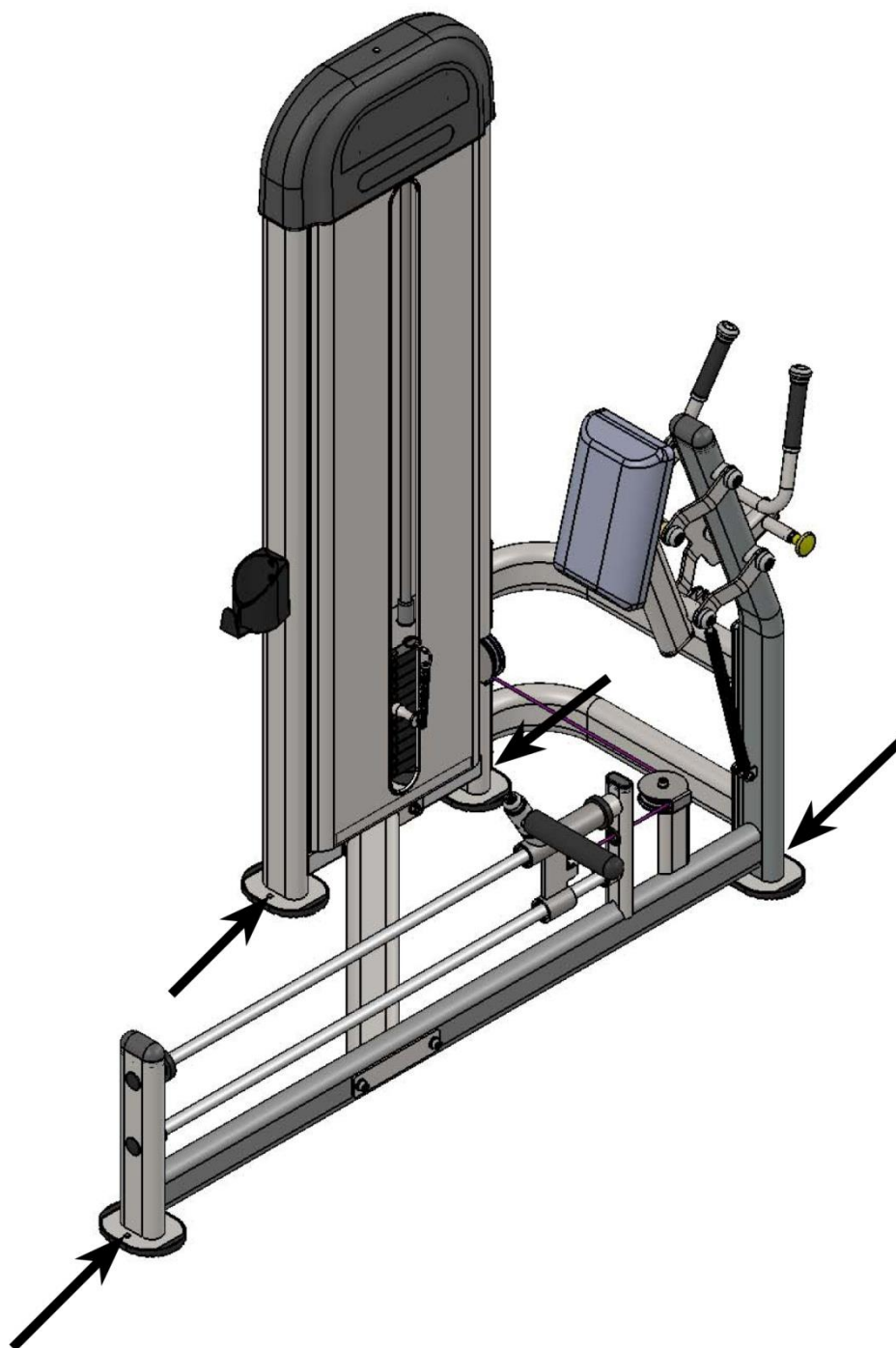
⚠ WARNING

Keep body, hands and fingers clear of all moving parts.

IRDZ-004E

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



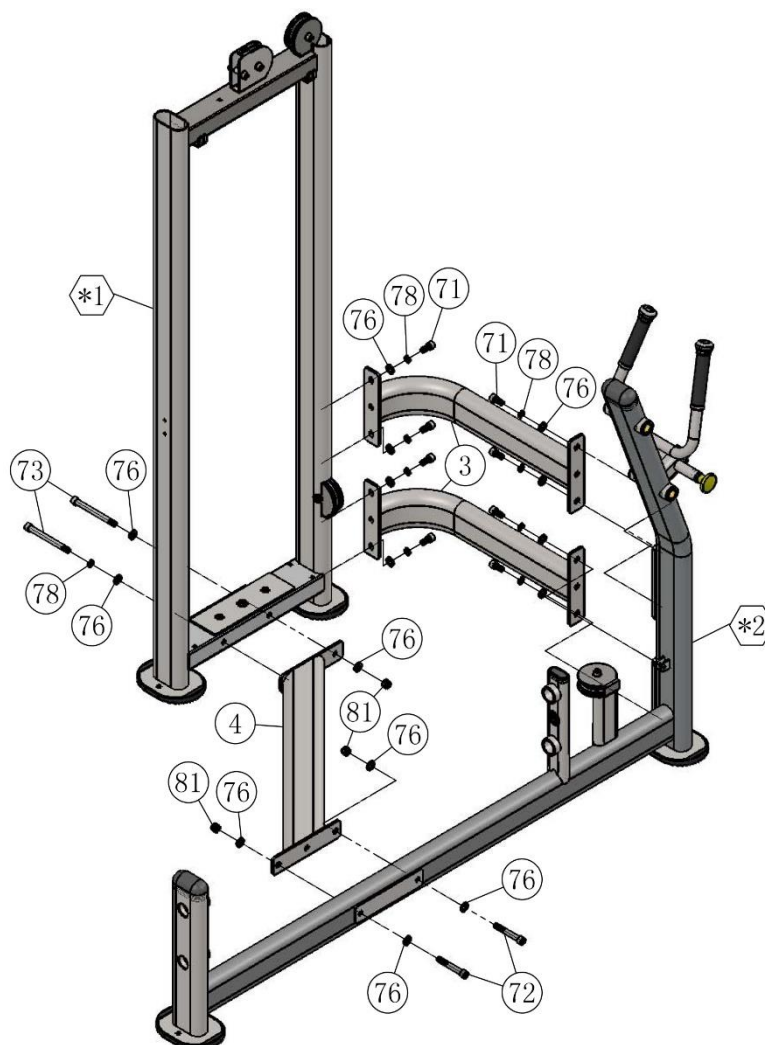
CABLE END SLIPPING OUT

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	72	Hex Recessed Round Head Screw M12*85	2
*2	Main Frame	1	73	Hex Recessed Round Head Screw M12*135	2
3	Side Rack	2	76	Flat Washer $\Phi 12$	15
4	Bottom Cross Bracket	1	78	Spring Washer $\Phi 12$	9
71	Hex Recessed Round Head Screw M12*25	8	81	Nylon Lock Nut M12	3

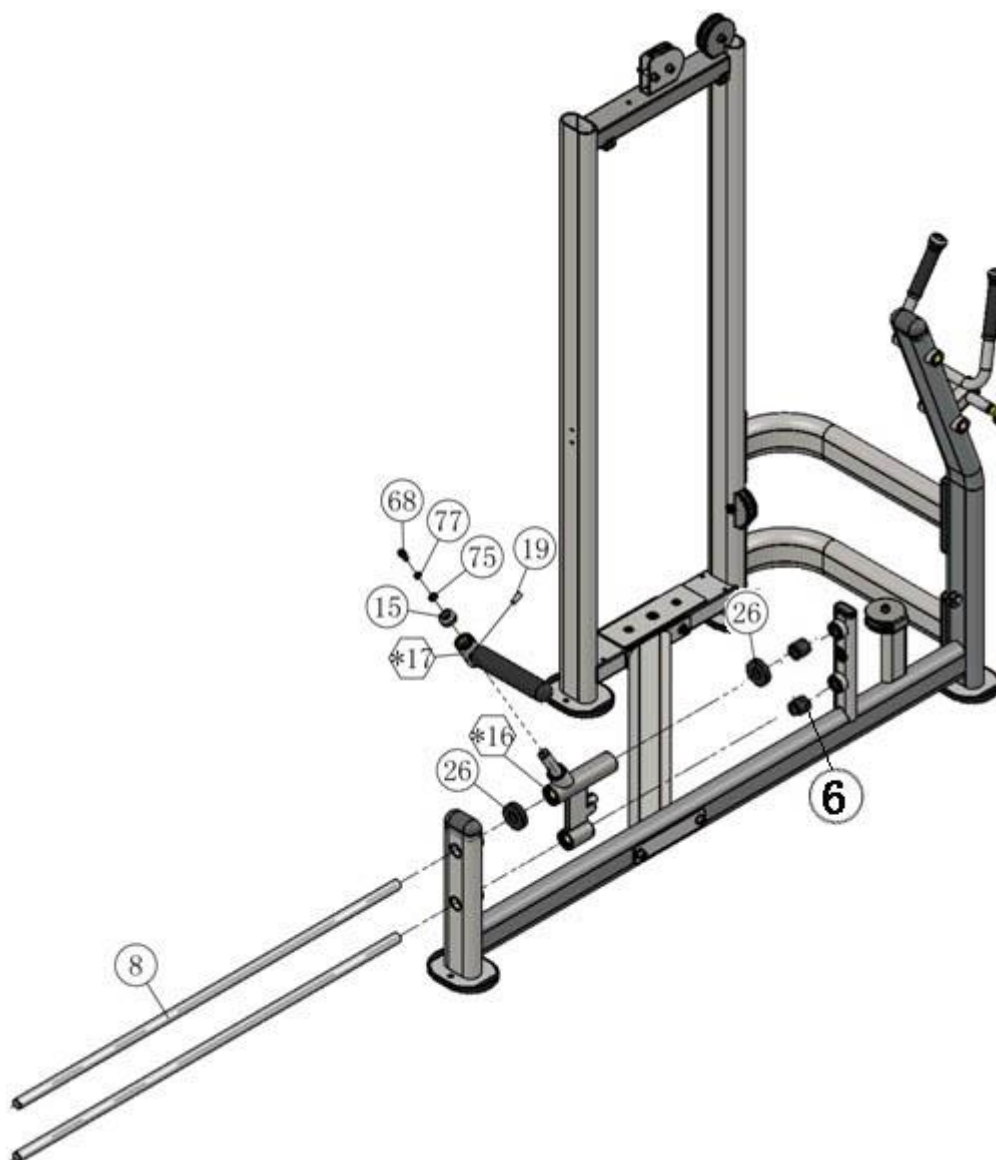


SPECIAL NOTE:

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

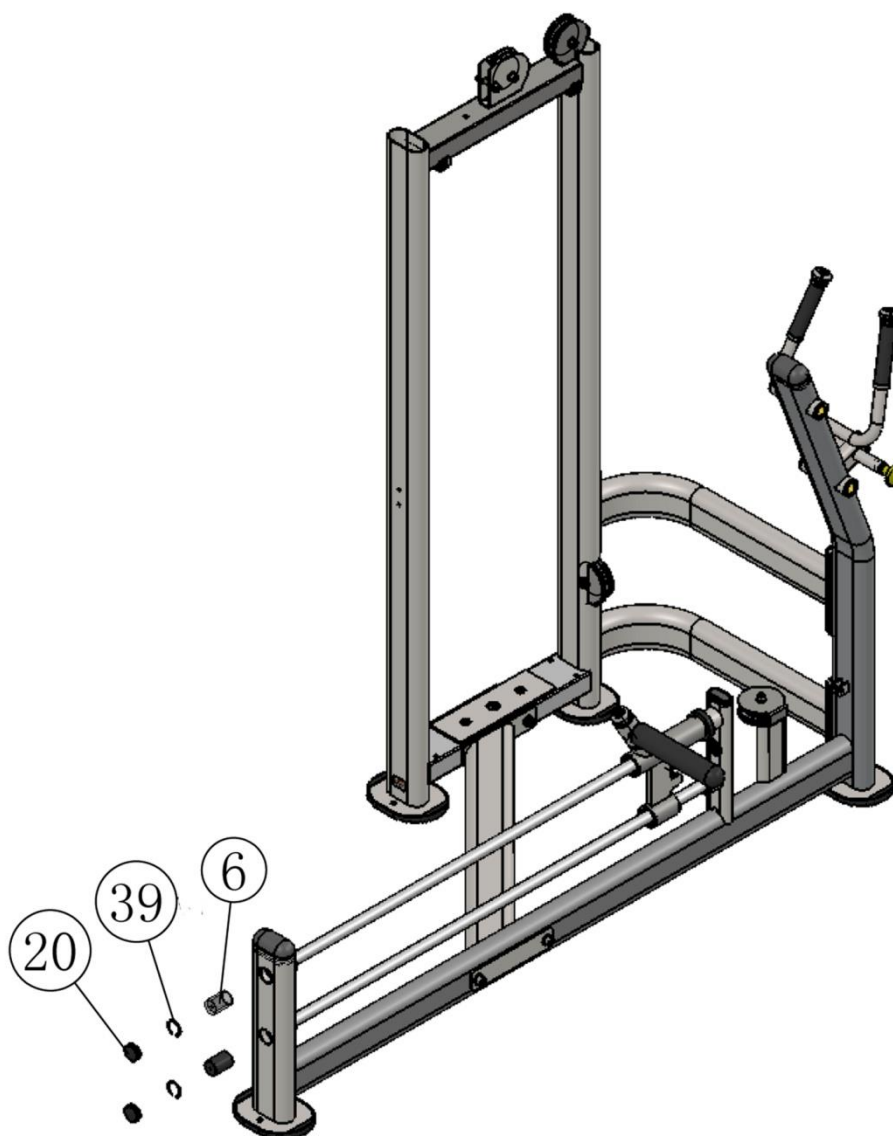
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*16	Carriage	1	19	Taper Pin 10*30	1
*17	Supporting Frame Foot	1	26	Cushion $\Phi 65 * \Phi 25 * \delta 13$	2
6	Rubber Sleeve (L=50mm)	2	68	Hex Recessed Round Head Screw M10*25	1
8	Linear Shaft	2	75	Flat Washer $\Phi 10$	1
15	Axle End Cap	1	77	Spring Washer $\Phi 10$	1



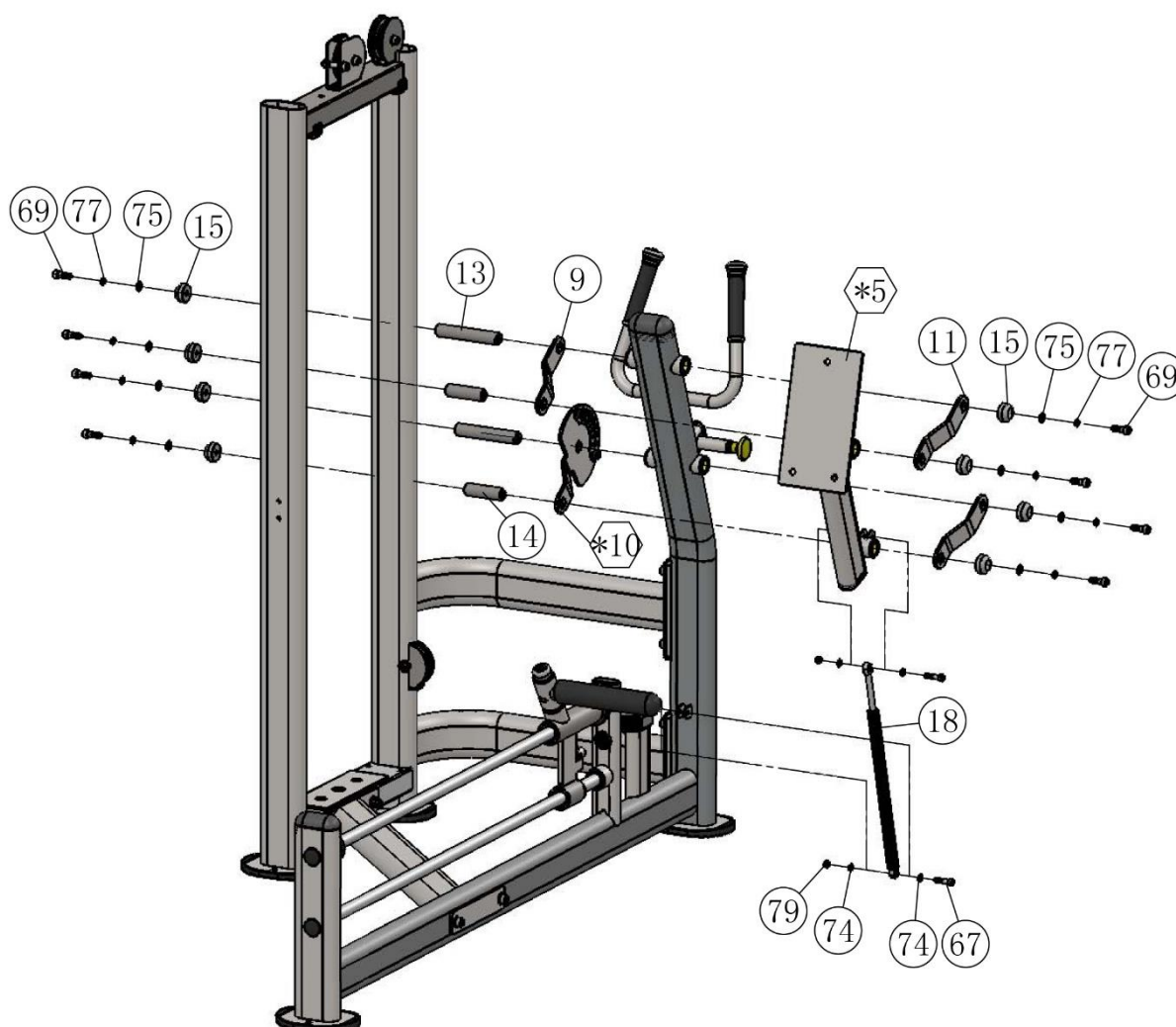
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Rubber Sleeve1 (L=50mm)	2	39	Circlip for Hole Φ35	2
20	Round Plug Φ38*δ1.5	2			



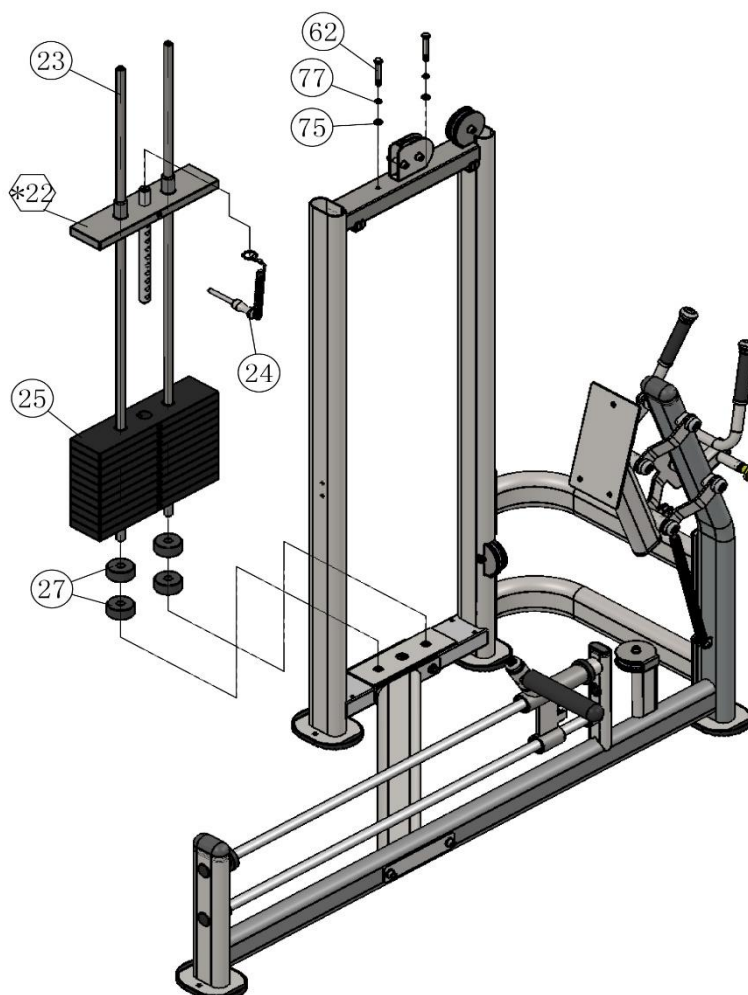
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*5	Chest Pad Frame	1	18	Gas Spring	1
*10	Cam	1	67	Hex Recessed Round Head Screw M8*35	2
9	Connect Plate 1	1	69	Hex Recessed Round Head Screw M10*30	8
11	Connect Plate 2	2	74	Flat Washer $\Phi 8$	4
13	Axle 1(L=148mm)	2	75	Flat Washer $\Phi 10$	8
14	Axle 2(L=88mm)	2	77	Spring Washer $\Phi 10$	8
15	Axle End Cap	8	79	Nylon Lock Nut M8	2



Step 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*22	Top Block	1	62	Hex Bolt M10*75	2
23	Guide Rod	2	75	Spring Washer $\Phi 10$	2
24	Selector Pin	1	77	Flat Washer $\Phi 10$	2
25	7.5kg Weight Plate	11	82	Weight Plate Label	1
27	Rubber Donut	4			

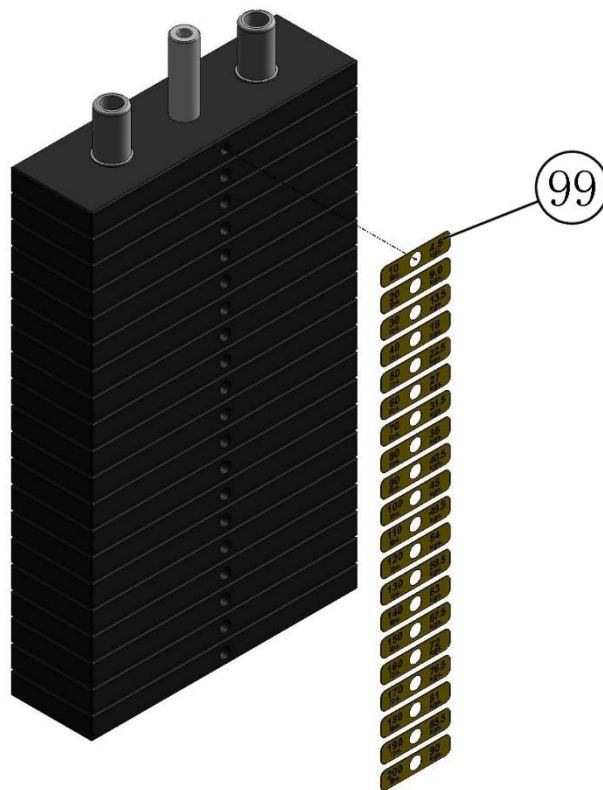


NOTE:

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 A first, then assemble Hex Bolt M10*75 (#62x2pcs).

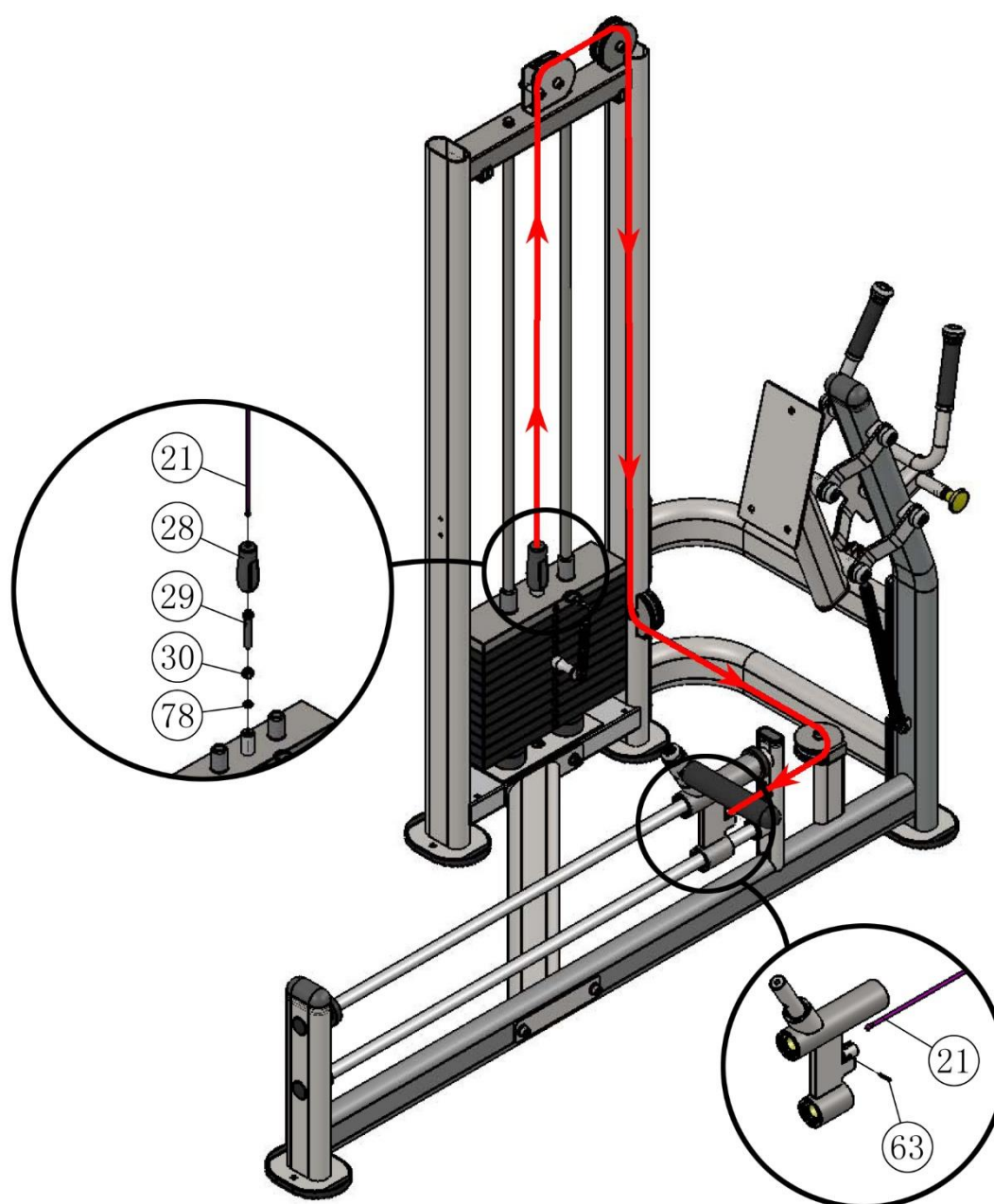
Weight stack label instructions :

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.



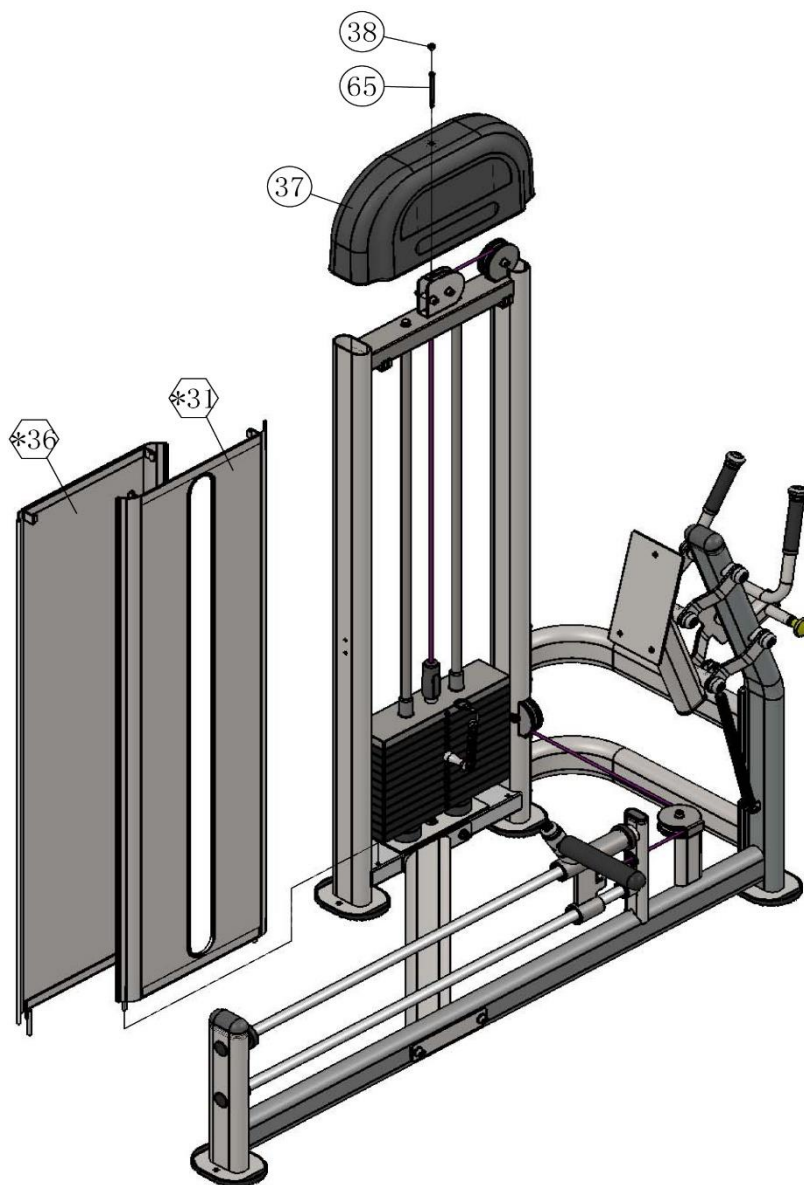
Step 6: Cable Routing

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
21	Cable	1	30	Hex Nut M12	1
28	Bumper Cap	1	63	Cross Countersunk Head Screw M3*20	1
29	Hex Split Bolt	1	78	Spring Washer Φ12	1



Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*31	Weight Shield Front	1	38	Hole Plug	1
*36	Weight Shield Rear	1	65	Hex Recessed Round Head Screw M6*95	1
37	Weight Shield Top	1			

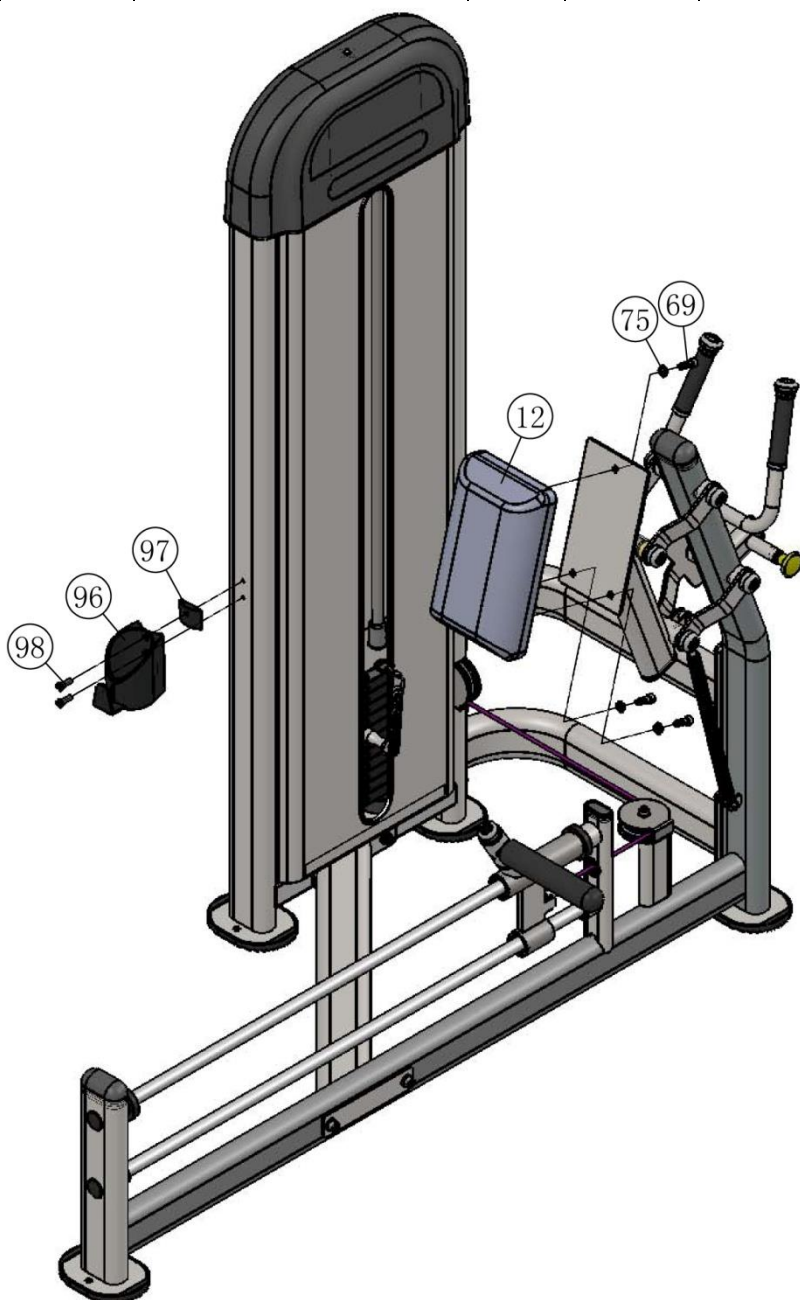


NOTE:

Please assemble Weight Shield Front & Rear (*31 & *36) first, then assemble Weight Shield Top (#37).

Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
12	Chest Pad	1	96	Bottle Cage	1
69	Hex Recessed Round Head Screw M10*30	3	97	Spacer Block	1
75	Flat Washer $\Phi 10$	3	98	Hex Recessed Countersunk Head Screw M8*30	2



Part List

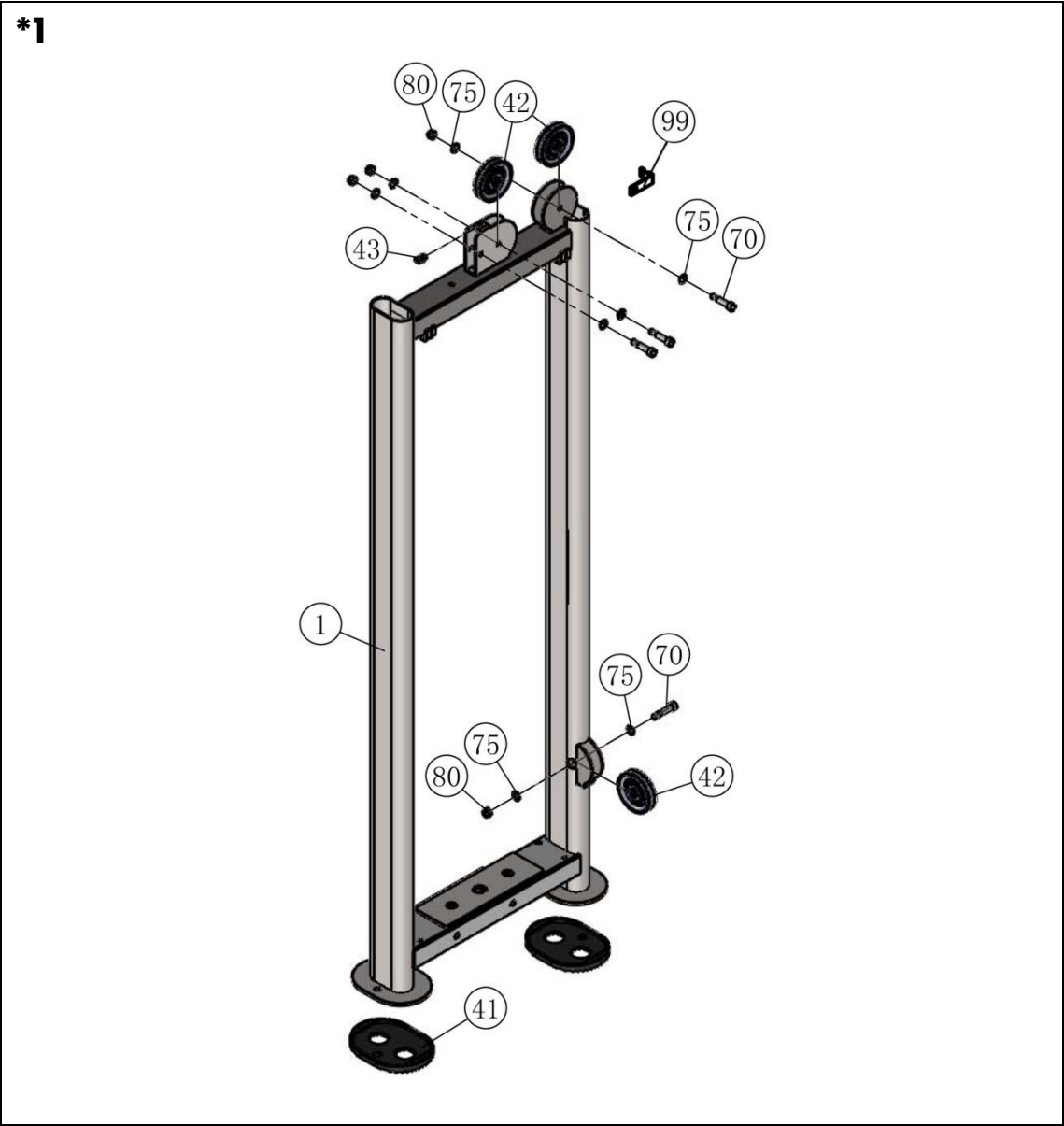
Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	28	Bumper Cap	1
2	Main Frame	1	29	Hex Split Bolt	1
3	Side Rack	2	30	Hex Nut M12	1
4	Bottom Cross Bracket	1	31	Weight Shield Front	1
5	Chest Pad Frame	1	32	Edge Protector Chrome 1	1
6	Rubber Sleeve1 (L=50mm)	4	33	Edge Protector Chrome 2	1
8	Linear Shaft	2	34	Edge Protector Chrome 3	1
9	Connect Plate 1	1	35	Edge Protector Chrome 4	3
10	Cam	1	36	Weight Shield Rear	1
11	Connect Plate 2	2	37	Weight Shield Top	1
12	Chest Pad	1	38	Hole Plug	1
13	Axle 1(L=148mm)	2	39	Circlip for Hole $\Phi 35$	2
14	Axle 2(L=88mm)	2	40	Circlip for Hole $\Phi 40$	4
15	Axle End Cap	9	41	Elliptical Rubber Shoe	4
16	Carriage	1	42	Pulley $\Phi 90 \times \delta 26$	4
17	Supporting Foot Frame	1	43	Cage Nut	1
18	Gas Spring	1	44	Pull Pin Handle	1
19	Taper Pin 10*30	1	45	Pull Pin Stiff Spring $\Phi 1.2 \times \Phi 11.7 \times 38$	1
20	Round Plug $\Phi 38 \times \delta 1.5$	2	46	Perforated Bolt	1
21	Cable	1	47	Pull Pin Lever	1
22	Top Block 7.5kg	1	48	Grip L=132	2
23	$\Phi 19$ Guide Rod	2	49	Oil Bearing $\Phi 25 \times \Phi 32 \times \Phi 38 \times 18$	10
24	Selector Pin	1	50	Protective Sleeve	2
25	7.5kg Weight Plate	11	51	Aluminium Cap $\Phi 25$	2
26	Cushion $\Phi 65 \times \Phi 25 \times \delta 13$	2	52	Elliptical Plug	2
27	Rubber Donut	4	53	Flat Elliptical Plug PT60*30* $\delta 1.5$	2

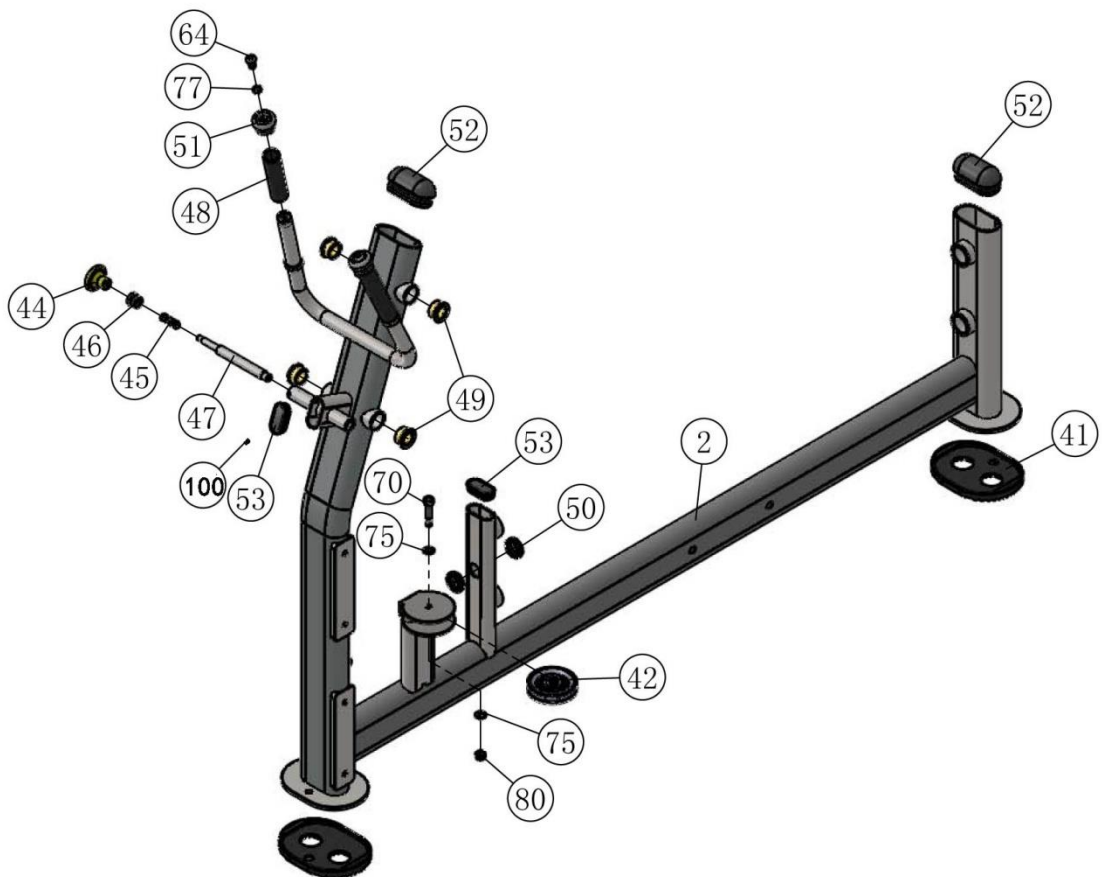
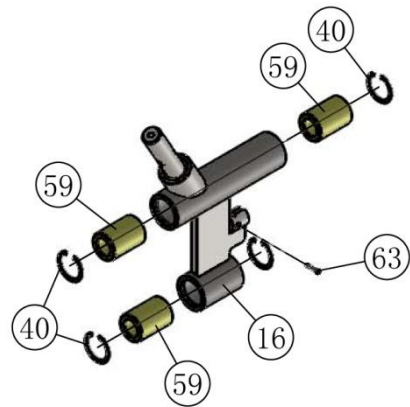
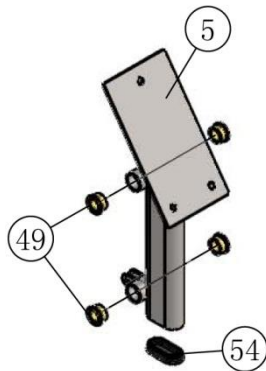
Item #	Description	Qty.	Item #	Description	Qty.
54	Flat Elliptical Plug PT80*40*δ1.5	1	77	Spring Washer Φ10	13
55	Cam Backplate	1	78	Spring Washer Φ12	10
56	Nylon Collar	2	79	Nylon Lock Nut M8	4
57	Φ38 Tube Sleeve	1	80	Nylon Lock Nut M10	5
59	Linear Motion Ball Bearing	3	81	Nylon Lock Nut M12	3
60	Selector Lever	1	82	Weight Plate Label	1
61	Elastic Cylindrical Pin Φ10*65	1	83	LABEL-GLUTE	2
62	Hex Bolt M10*75	2	84	LABEL-EXERCISE CHART	1
63	Cross Countersunk Head Screw M3*20	1	85	LABEL-DANGER(IRDTZ- 001E)	2
64	Hex Recessed Flat Head Screw M10*25	2	86	LABEL-DANGER(IRDTZ- 002E)	1
65	Hex Recessed Round Head Screw M6*95	1	87	LABEL-WARNING(IRDTZ- 004E)	5
66	Hex Recessed Round Head Screw M8*20	2	88	LABEL-WARNING(IRDTZ- 007E)	3
67	Hex Recessed Round Head Screw M8*35	2	89	LABEL-WARNING(IRDTZ- 008E)	1
68	Hex Recessed Round Head Screw M10*25	1	90	LABEL-CAUTION(IRDTZ- 009E)	1
69	Hex Recessed Round Head Screw M10*30	11	91	LABEL-INSPECTIONS	1
70	Hex Recessed Round Head Screw M10*50	5	92	LABEL-CHECK CABLES	2
71	Hex Recessed Round Head Screw M12*25	8	93	LABEL-IMPORTANT(IRDTZ- 017E)	1
72	Hex Recessed Round Head Screw M12*85	2	96	Bottle Cage	1
73	Hex Recessed Round Head Screw M12*135	2	97	Spacer Block	1
74	Flat Washer Φ8	6	98	Hex Recessed Countersunk Head Screw M8*30	2
75	Flat Washer Φ10	24	99	"L" Plate	1
76	Flat Washer Φ12	15	100	Set Screw M3*3	1

Pre-assembled Components Part List

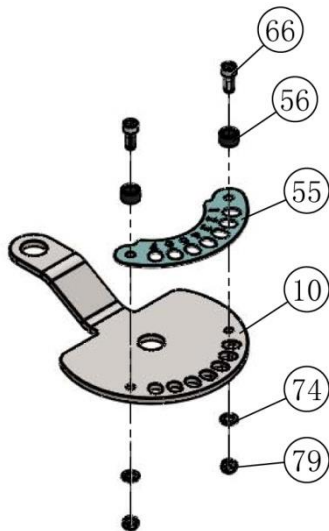
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*17	Supporting Foot Frame	1
*2	Main Frame	1	*22	Top Block	1
*5	Chest Pad Frame	1	*31	Weight Shield Front	1
*10	Cam	1	*36	Weight Shield Rear	1
*16	Carriage	1			

Pre-assembled Components

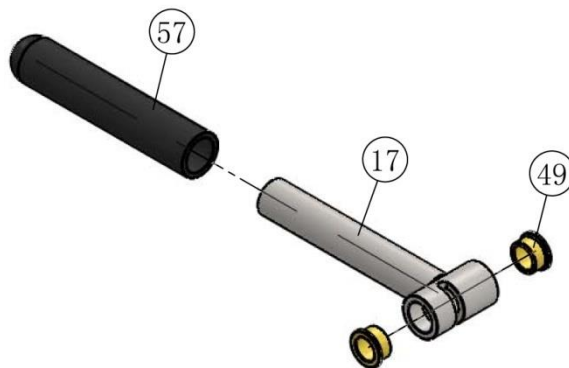




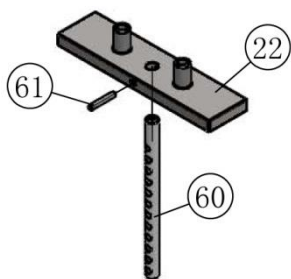
***10**



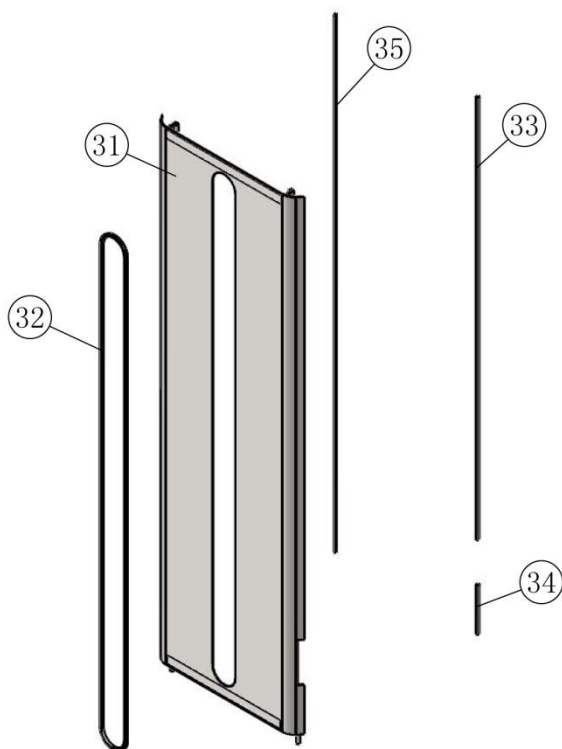
***17**



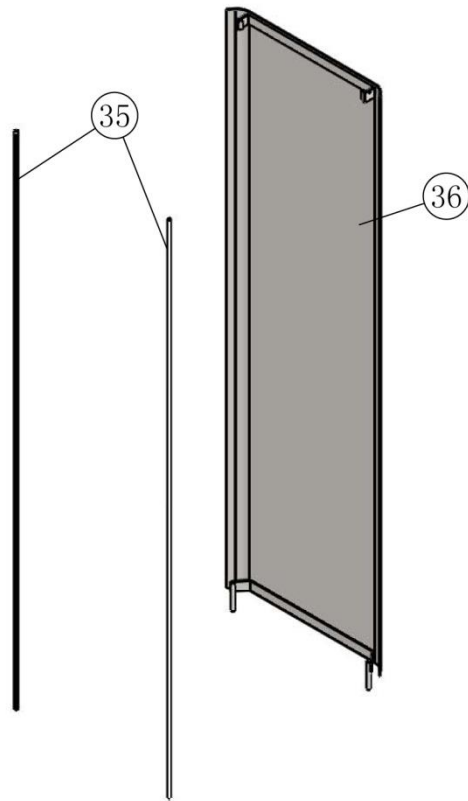
***22**



***31**

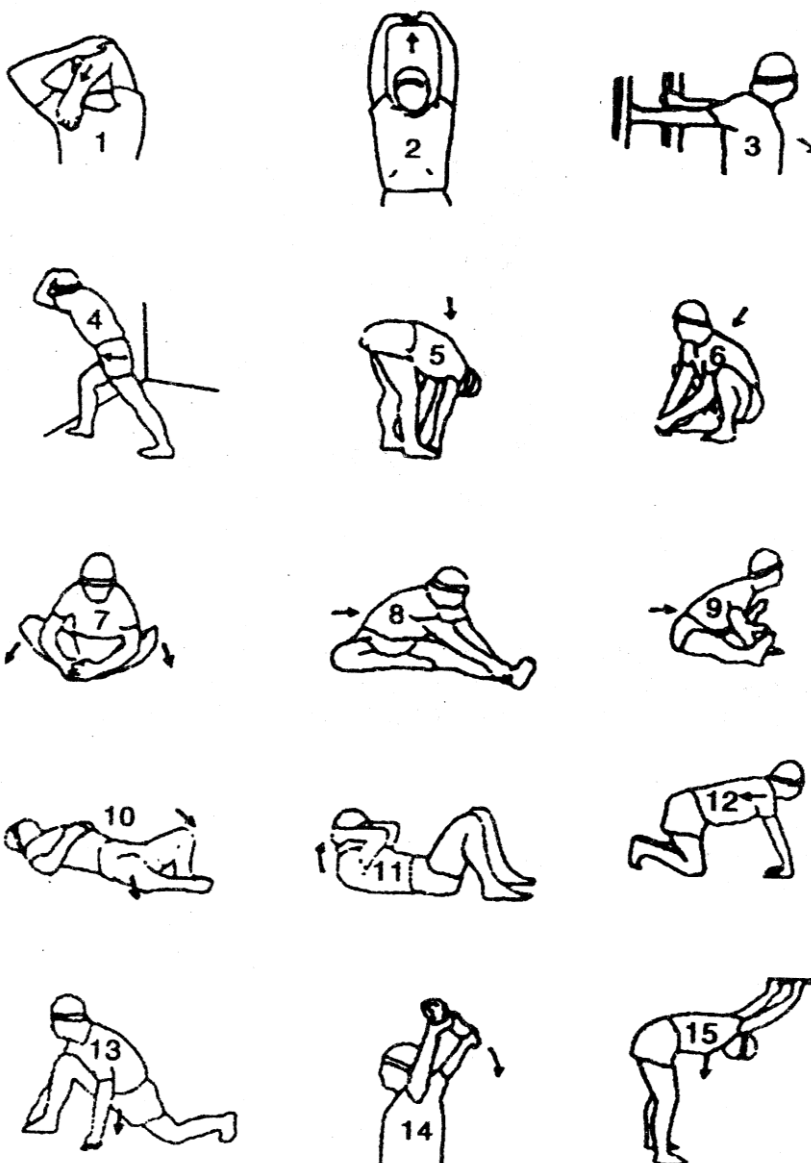


***36**



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.