

VERVE Arnold Series

5 Station Multi-gym

Owner's Manual

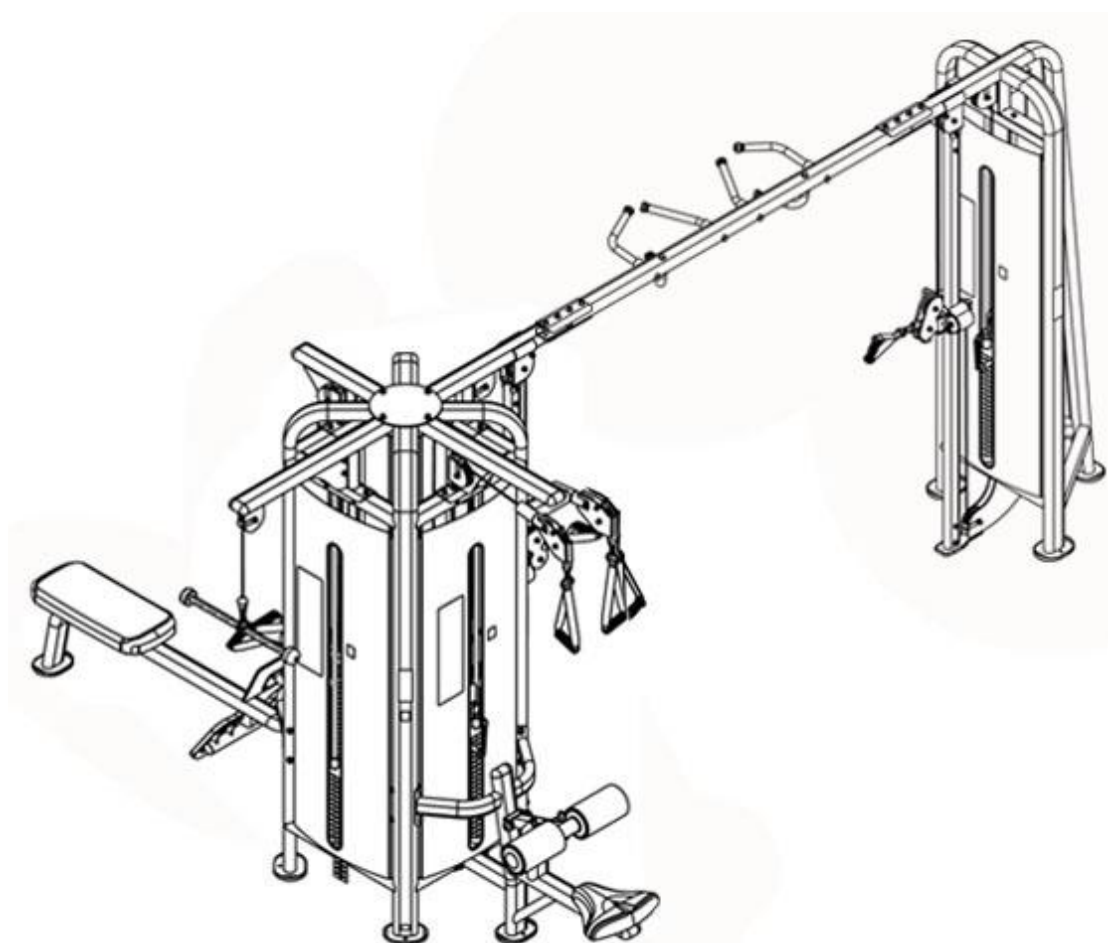


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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

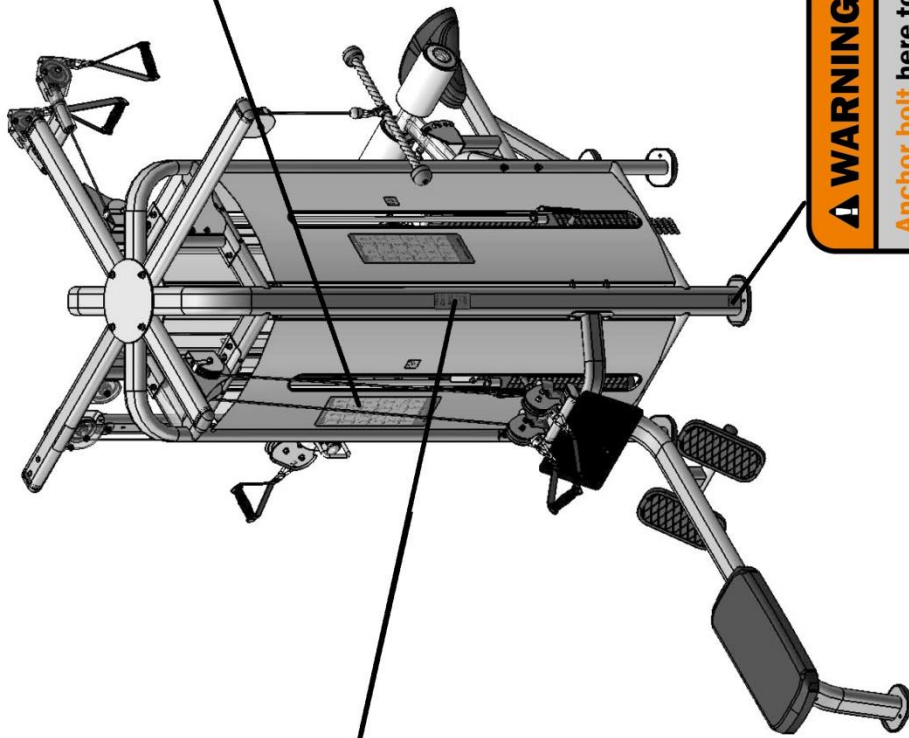
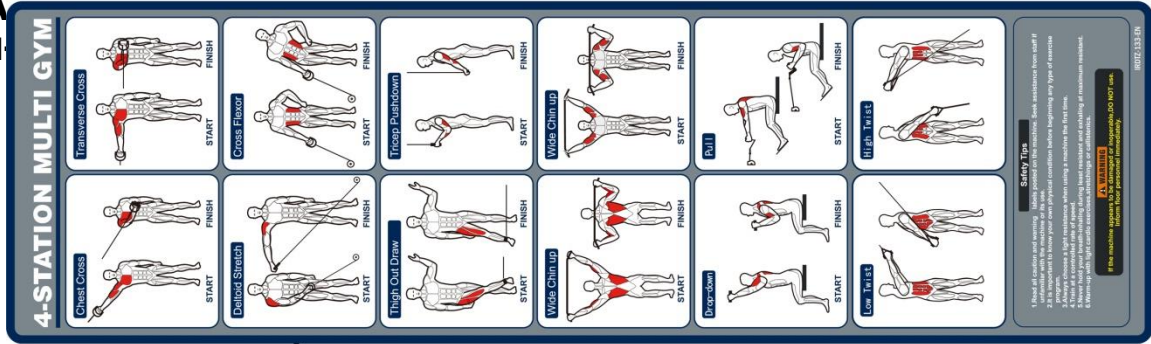
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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.

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





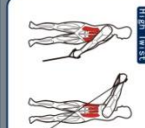
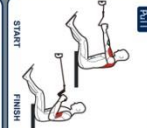
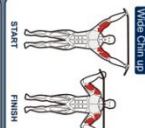
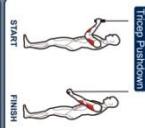
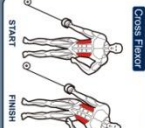
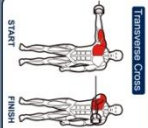
WARNING
Anchor bolt here to fasten the machine to the floor.
IRDZ-007E

WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- Read and Understand Owner's Manual and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a medical exam before beginning any exercise program.
- Stop exercising if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- Inspect equipment prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- Do not attempt to fix or free any jammed parts by yourself. Seek assistance from floor personnel.
- Use this equipment only for the intended use and for exercises(s) shown in the exercise label.
- Keep body, clothing and hair clear from all moving parts.
- Children must not be allowed near this machine. Teenager must be supervised.
- Make sure the selector pin is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- Never pin the weights in an elevated position. Do not use the machine if found in this condition. Inform floor personnel immediately.
- Do not modify selectorized weight stack with any add-on incremental weights or dumbbells, except those with standard factory installed.
- Do not remove labels affixed to the machine. Replace if damaged.

IRDZ-008E

[illegible][illegible]

⚠ WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- **Read and Understand** Owner's Manual and a DANGER, WARNING and CAUTION label posted on the equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- Consult a physician if you feel pain or dizziness.
- **Respect equipment**. Do not use for wear and tear, loose fittings, worn or frayed cables, or damaged components. Do not use if it appears damaged or inoperable.
- **Do not attempt to fix or free any jammed cable** by yourself. Call a qualified technician for assistance.
- **Use the equipment only for the intended use** and for exercises shown in the exercise book.
- **Keep floor, clothing and hair clear from the machine.**
- **Children must not be allowed near this machine.** If anyone must be supervised.
- **Make sure the selector pin is completely inserted.** Use only the manufacturer if officially licensing the pin, seek assistance from floor personnel.
- **When using the selector pin, always insert it fully.**
- **Do not use the machine if you find in this condition, inform floor personnel immediately.**
- **Do not modify associated weight stack dumbbells, accept those with standard factory install.**
- **Do not remove labels** affixed to the machine. Replace if damaged.

IRDT-008E

CAUTION

CHECK

Pull-pin is fully engaged in the hole before use.

IRD1Z-009E

IMPORTANT

For smooth performance, lubricate all gliding surfaces with silicone spray lubricant.

RD7Z-017E

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

[illegible]

⚠ 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.

IR07Z-001E

CABLE CROSSOVER

Chest Cross

START FINISH

The diagram shows a person standing at a cable machine. In the 'START' position, the right arm is extended upwards and outwards, holding the handle. In the 'FINISH' position, the right arm is bent at the elbow, and the handle is brought across the chest towards the left shoulder. Red shading highlights the pectoral muscles.

Transverse Cross

START FINISH

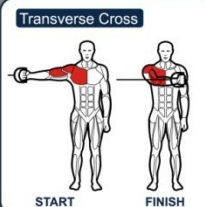
The diagram shows a person standing at a cable machine. In the 'START' position, the right arm is extended horizontally outwards, holding the handle. In the 'FINISH' position, the right arm is bent at the elbow, and the handle is brought across the chest towards the left shoulder. Red shading highlights the pectoral muscles.

Deltoïd Stretch

The diagram shows a person standing at a cable machine. The right arm is bent at the elbow, and the handle is brought across the chest towards the left shoulder. Red shading highlights the deltoid muscles.

Cross Flexor

The diagram shows a person standing at a cable machine. The right arm is bent at the elbow, and the handle is brought across the chest towards the left shoulder. Red shading highlights the cross flexor muscles.

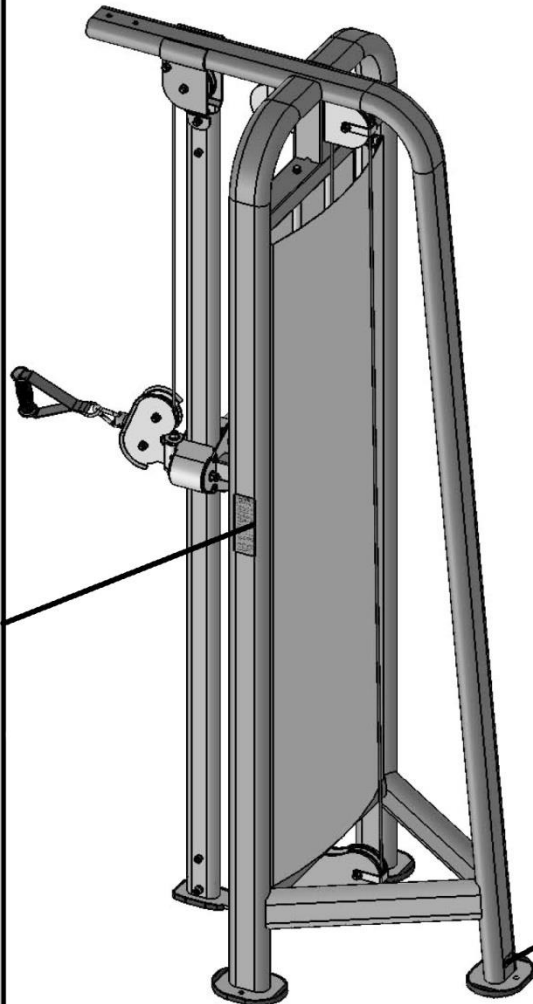


⚠ WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- **Read and Understand** Owner's Manual and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- **Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- **Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- **Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- **Use this equipment only for the intended use** and for exercises(s) shown in the exercise label.
- Keep body, clothing and hair **clear from all moving parts**.
- **Children must not be allowed** near this machine. Teenager must be supervised.
- **Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- **Never pin the weights in an elevated position**. Do not use the machine if found in this condition. Inform floor personnel immediately.
- **Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- **Do not remove labels** affixed to the machine. Replace if damaged.

IRDTZ-008E



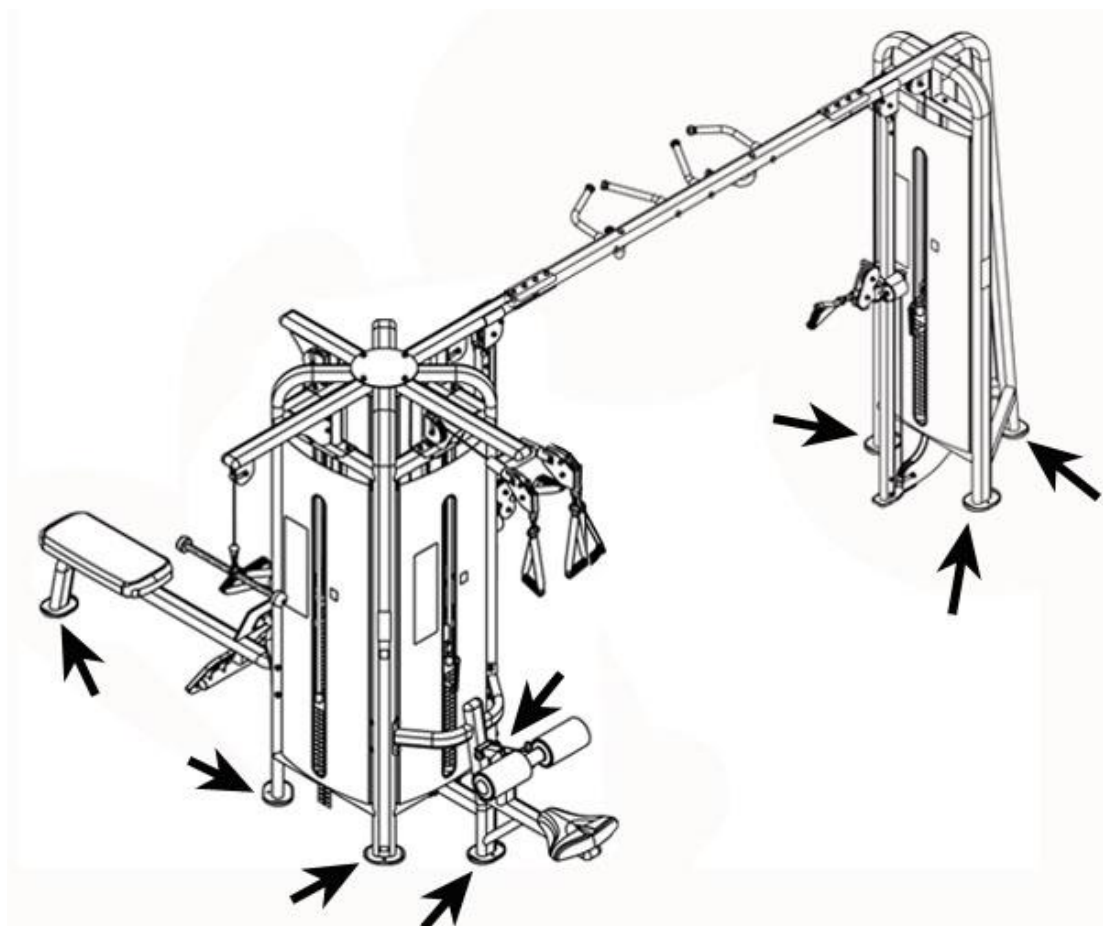
⚠ WARNING

Anchor bolt here to fasten the machine to the floor.

IRDTZ-007E

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

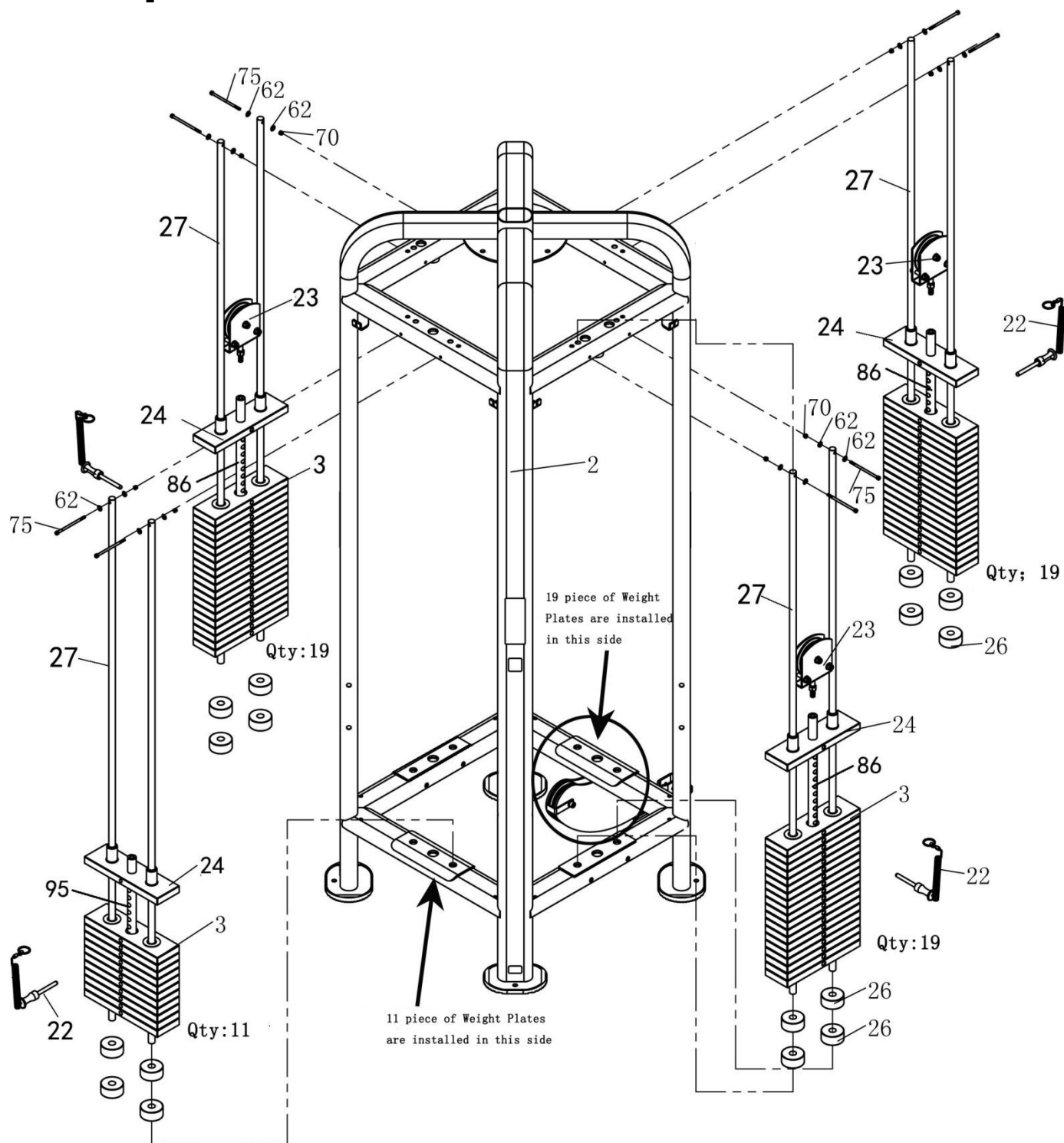


CABLE END SLIPPING OUT

Important Note:

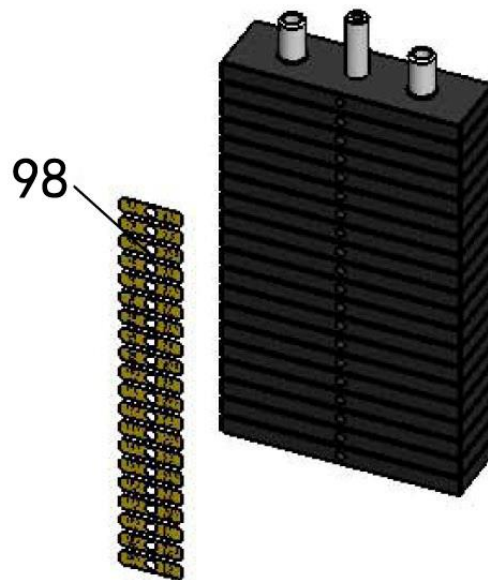
Damaged or worn cables (as shown above) may damage the pulley(s). you must inspect the pulleys at this time for wear and tear. Replace if needed.

Step 1

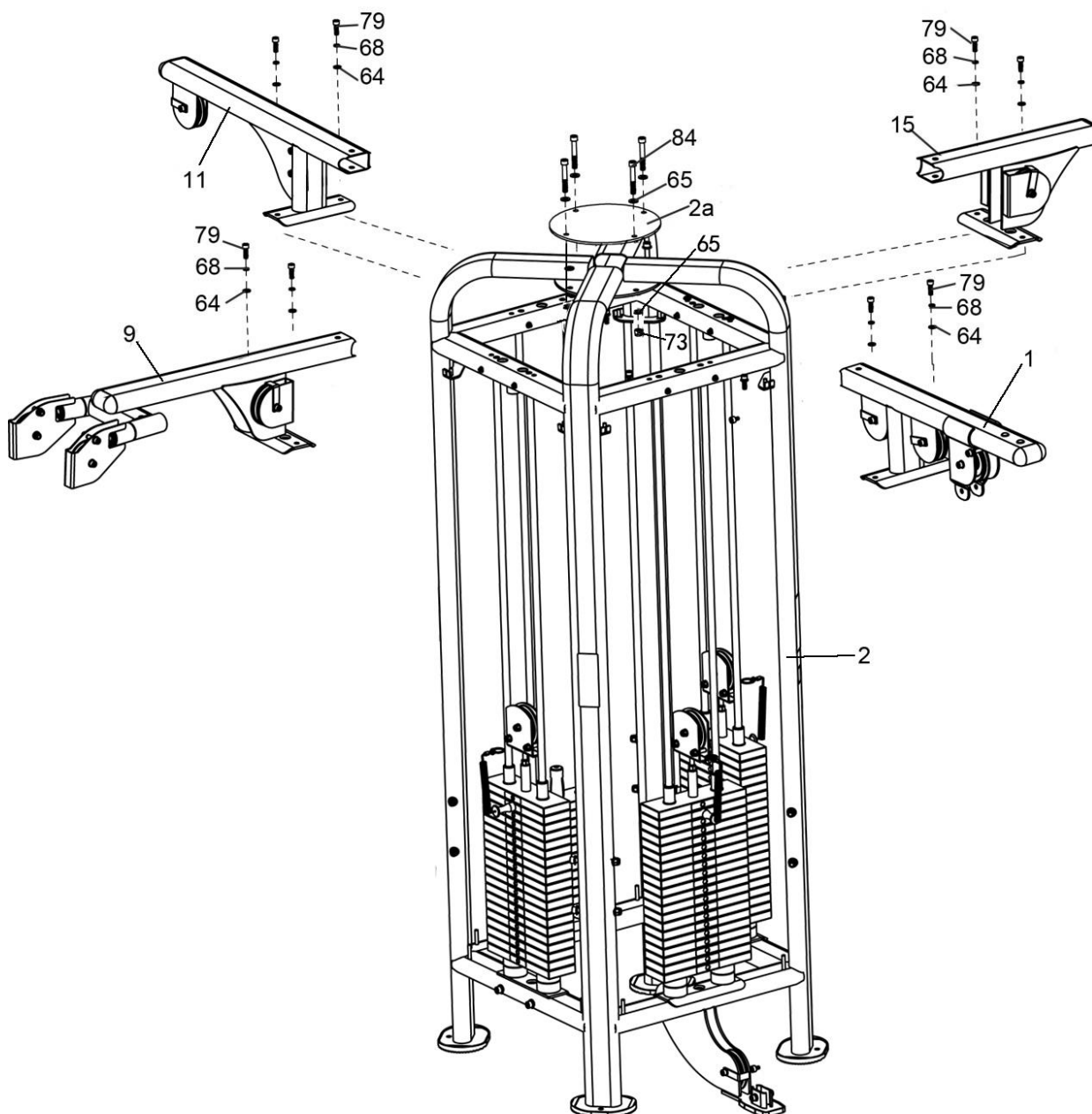


Weight stack label instructions :

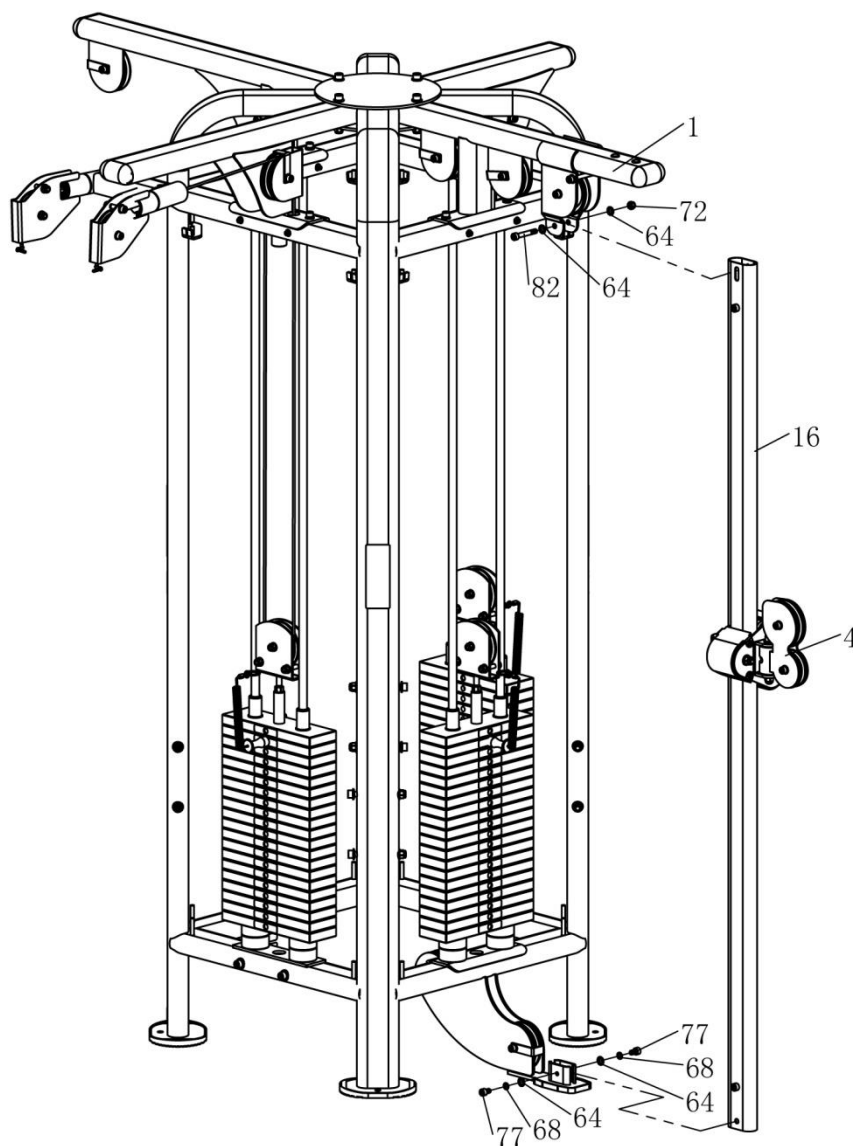
1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label (#98) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Make sure label is straight 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.



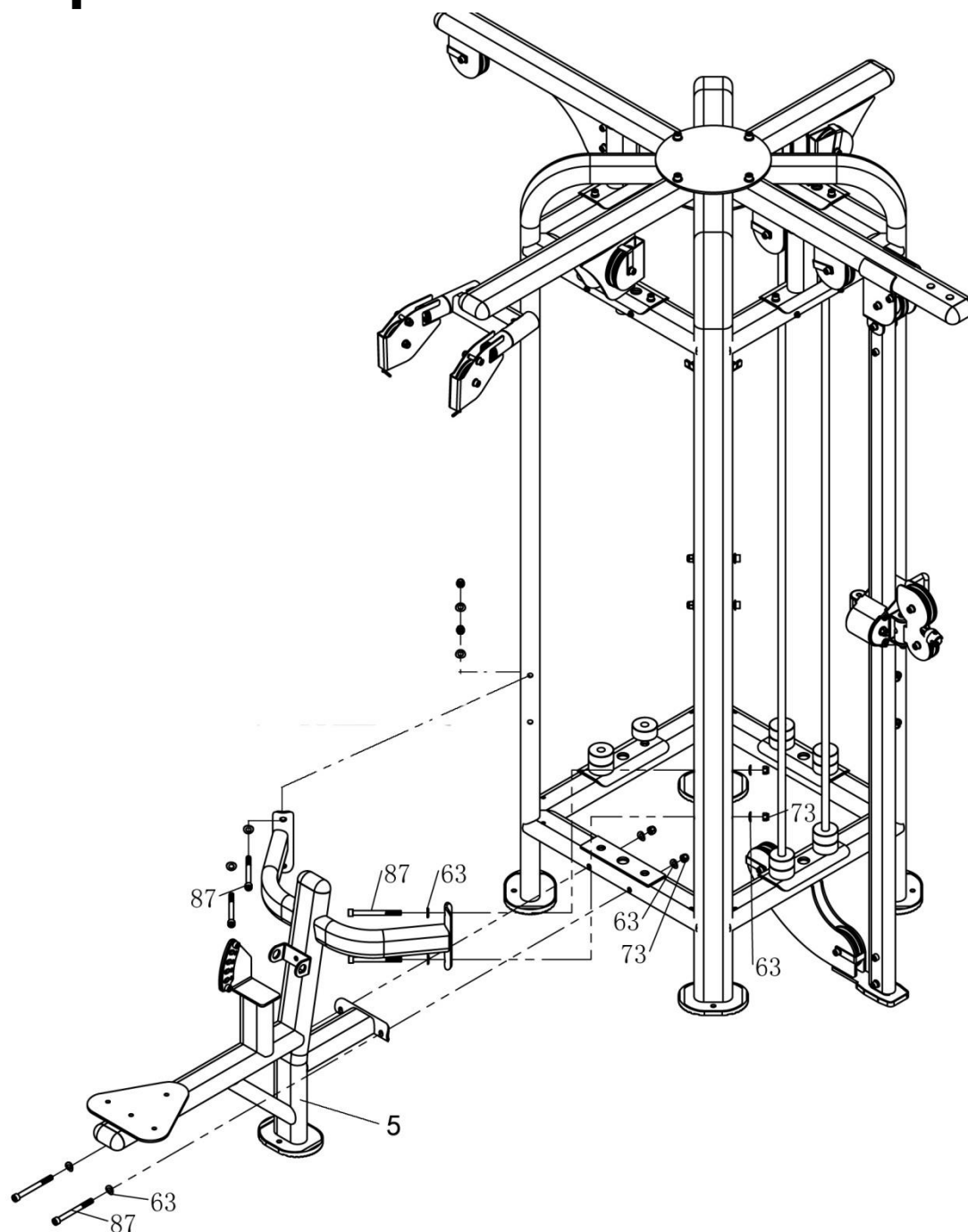
Step 2



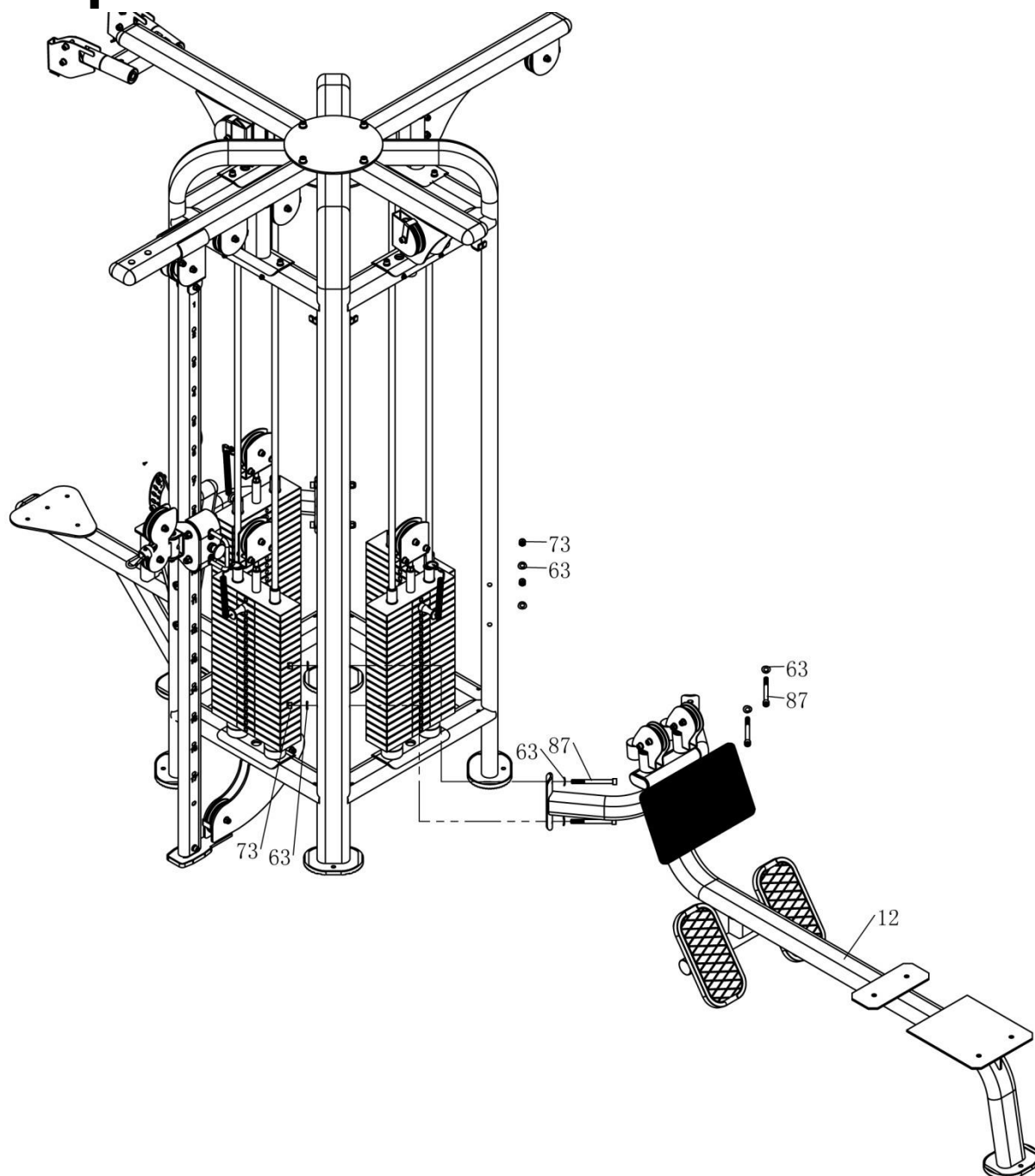
Step 3



Step 4

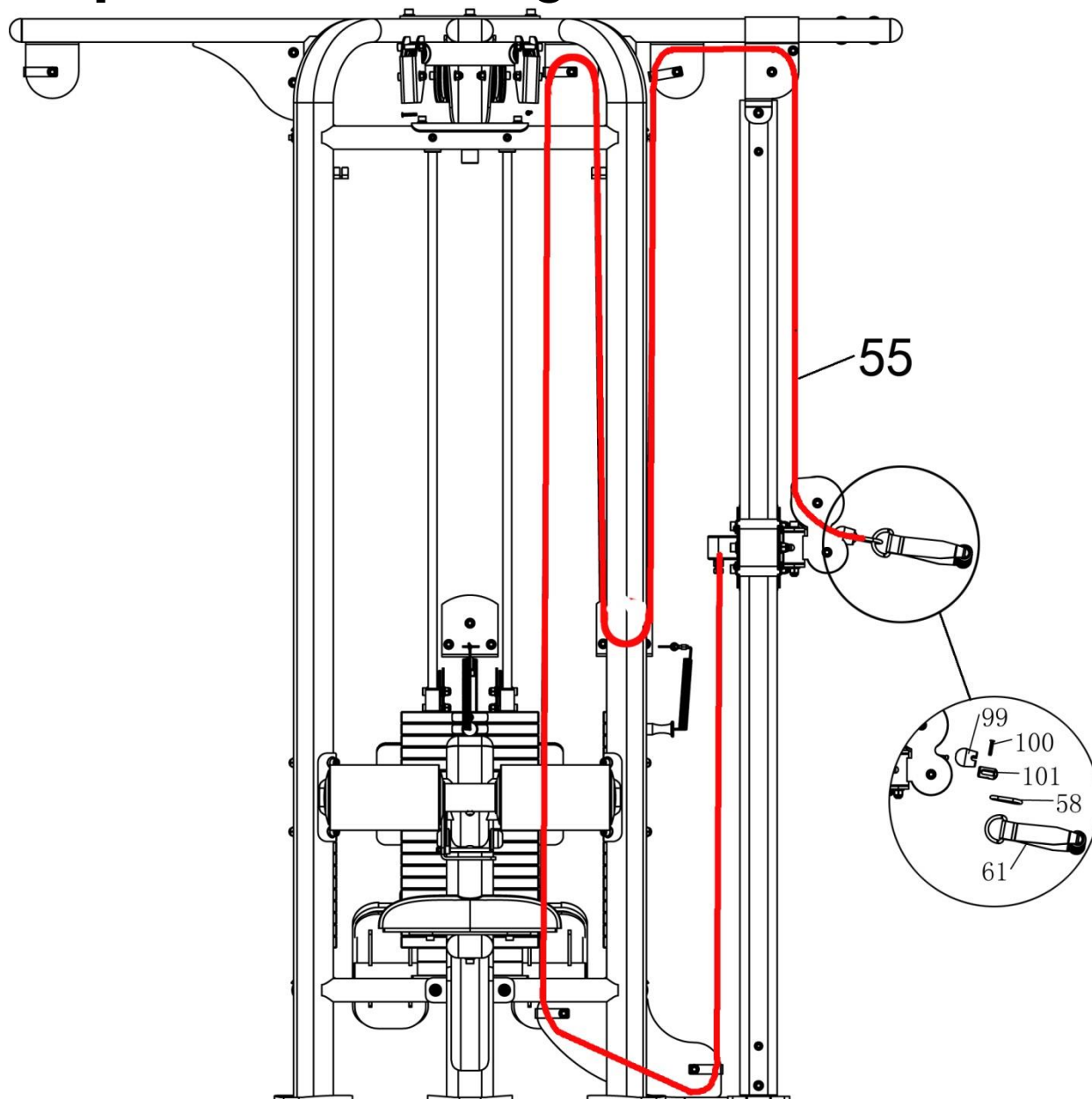


Step 5

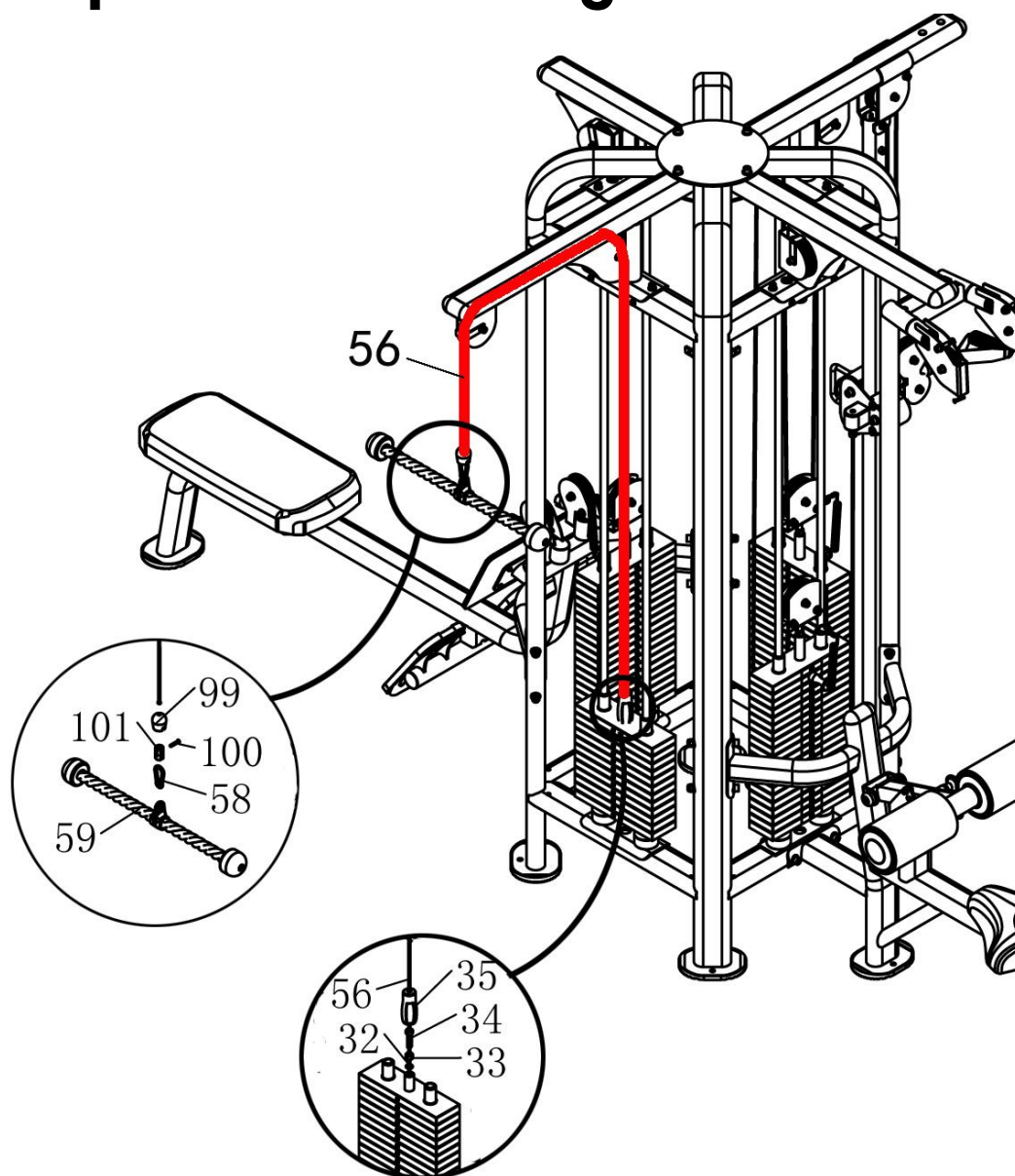


This exploded perspective view illustrates the assembly of a multi-station gym machine. The central component is a vertical frame (49) supporting two large pulley systems (50) for cable exercises. To the left, a horizontal arm (36) is shown with a seat (37) and a footplate (38). To the right, another horizontal arm (37) is shown with a footplate (38). Various adjustment components are shown in exploded positions, including a pin (8) for the pulley system, a roller (6) for the cable, and a pin (64) for the footplate. Other callouts include 68, 78, 79, and 91, which likely represent screws, bolts, or other fasteners used in the assembly.

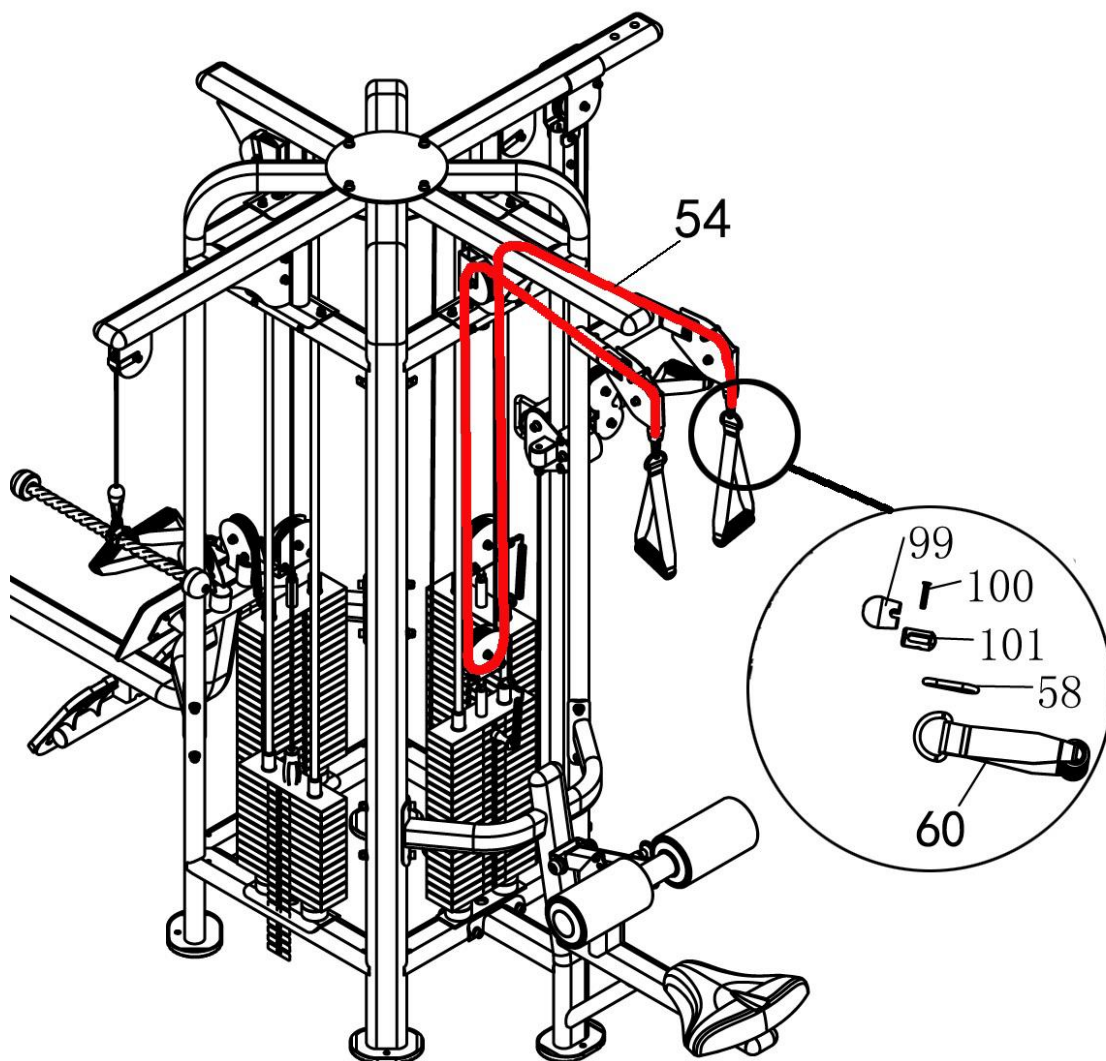
Step 7: Cable Routing



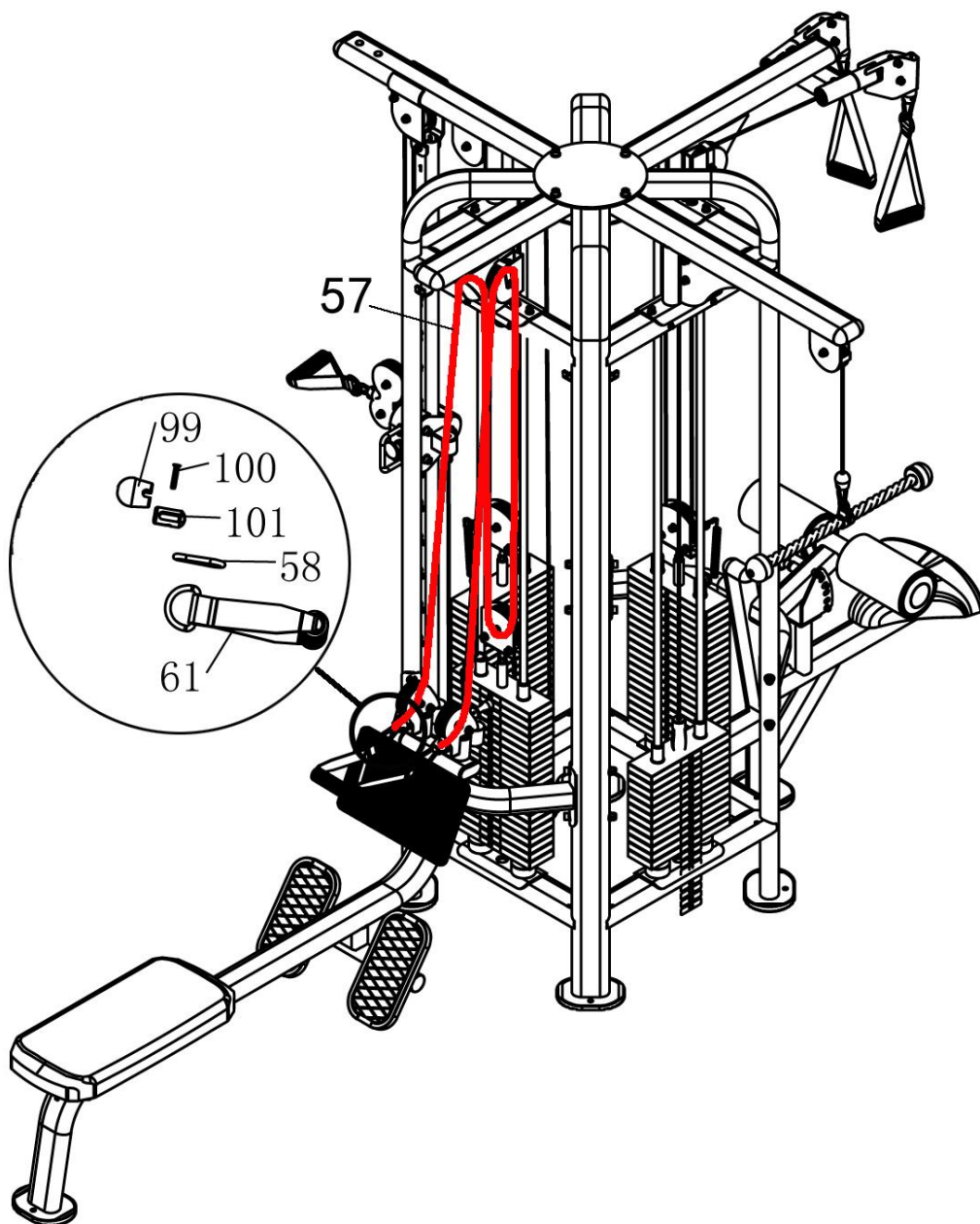
Step 8: Cable Routing



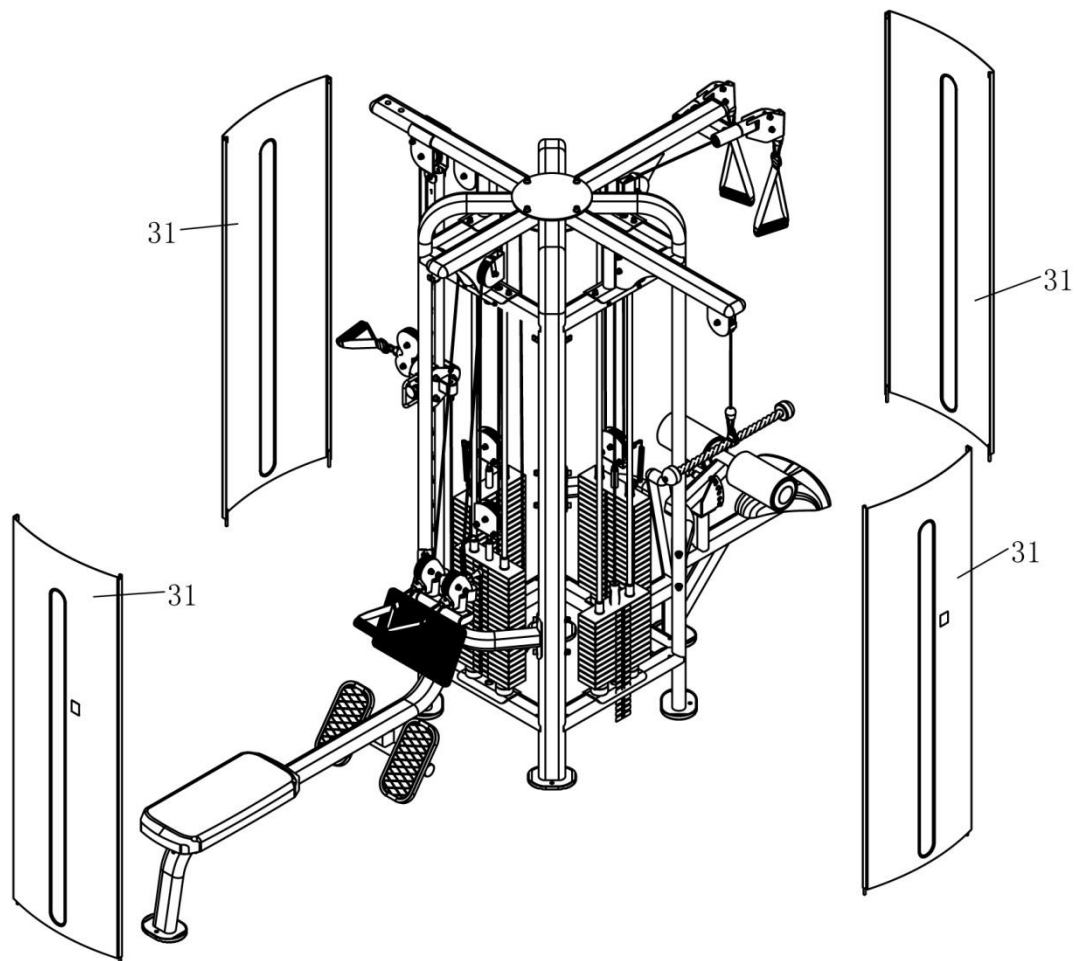
Step 9: Cable Routing



Step 10: Cable Routing



Step 11



Part List

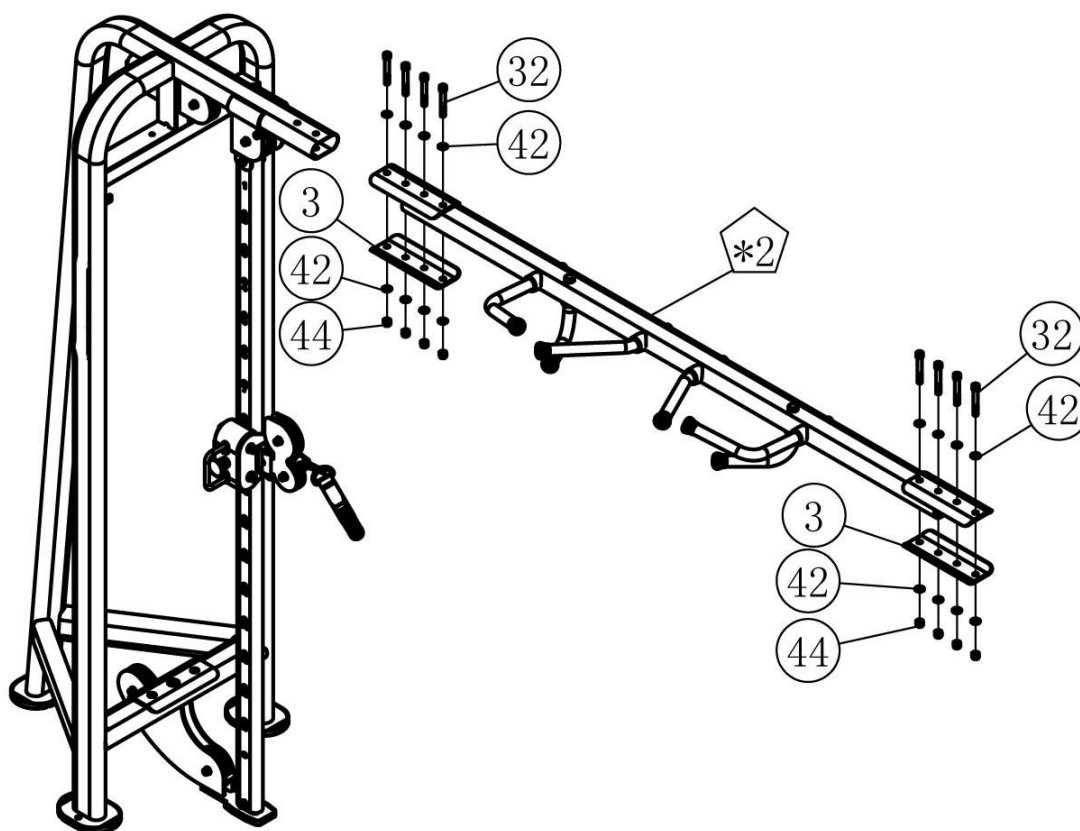
Item #	Description	Qty.	Item #	Description	Qty.
1	Main Frame	1	28	Elliptical Plug	6
2	Main Weight Frame	1	29	Hex Recessed Round Head Bolt M8*20	2
2a	Round Connecting Plate	1	30	Flat WasherΦ8	2
3	Weight Plate 4.5kg	68	31	Front Cover	4
4	Adjustable Pulley Rack	1	32	Spring WasherΦ12	2
5	Pull-down Seated Frame	1	33	Hex Nut M12	5
6	Leg bar Rack	1	34	Split Bolt M12*45	2
7	Foot Base 1	6	35	Bumper Cap	1
8	Bar	1	36	Seat Pad	1
9	Pull-down Training Rack	1	37	Triangle Seat Pad	1
10	Guide rod sleeve	10	38	Nylon Lock Nut M8	2
11	Top Pulley Frame	1	39	Hex Recessed Flat Head Bolt M10*50	1
12	Rowing Frame	1	40	Foam Tube	1
13	PulleyΦ114*δ26	16	41	Retainer Ring	2
14	Hex Recessed Round Head Bolt M10*95	2	42	Short Foam Assembly	2
15	Upper Support Tube	1	43	Circlip For Shaft 38	2
16	Slide Tube	1	44	Cap for Foam	2
17	Round CapΦ19	4	45	Flange Bearing	2
18	Foot Base 2	1	46	Hex Recessed Round Head Bolt M10*55	5
19	Cushion	2	47	Front Pulley Rack	2
21	L Plate	9	48	Plate	1
22	Pull Pin	4	49	Deep groove ball bearing 61905	8
23	Pulley Rack	3	50	Axle Cap	2
24	Top Block 4.5kg	4	51	PulleyΦ90*δ26	4
26	Rubber Cushion	16	52	Big WasherΦ10	2
27	Guide Rod	8	53	Spring WasherΦ6	4

Item #	Description	Qty.	Item #	Description	Qty.
54	1# Cable	1	81	Circlip For Shaft 25	2
55	2#Cable	1	82	Hex Recessed Round Head Bolt M10*65	1
56	3#Cable	1	83	Padded Pulley Assembly	2
57	4#Cable	1	84	Hex Recessed Round Head Bolt M12*80	4
58	Snap Link	6	85	Edge Protector Chrome	4
59	Pull Rope	1	86	Selector Bar 2	3
60	Handle 1	2	87	Hex Recessed Round Head Bolt M12*125	10
			88	Selector Pin	4
61	Handle 2	3	89	Pulley Rack Handle	1
62	Arc WasherΦ6	16	90	Wheel	3
63	Arc WasherΦ12	20	91	Hex Recessed Round Head Bolt M10*80	1
64	Flat WasherΦ10	83	92	Bearing Bushing	8
65	Flat WasherΦ12	16	93	Adjustable Rack	1
66	Hex Recessed Round Head Bolt M10*50	19	94	Pull Pin	1
67	Flat WasherΦ6	4	95	Selector Bar 1	1
68	Spring WasherΦ10	14	96	Nylon Bushing	4
69	Pedal	2	97	Hex Recessed Round Head Bolt M8*16	2
70	Nylon Lock Nut M6	8	98	Weight Plate Label	4
71	Round CapΦ50	2	99	Fixing Sleeve	6
72	Nylon Lock Nut M10	33	100	Cross Countersunk Head Screw#10-32UNF*1-1/8"	6
73	Nylon Lock Nut M12	18	101	Cable Bracket	6
74	Hex Recessed Flat Head Bolt M6*12	4	102	Double Pulley Rack	1
75	Hex Recessed Round Head Bolt M6*110	8	103	Deep groove ball bearing 16001	8
76	Flat Elliptical Plug	2	104	Cross Pan Head Screw M6*10	4
77	Hex Recessed Round Head Bolt M10*16	2	105	Hex Recessed Round Head Bolt M12*115	3
78	Hex Recessed Round Head Bolt M10*25	4	106	Hex Recessed Round Head Bolt M12*105	1
79	Hex Recessed Round Head Bolt M10*30	14	107	Hex Recessed Flat Head Bolt M8*16	2
80	Hex Recessed Round Head Bolt M10*60	6	108	Spring WasherΦ8	2

Right Assembly

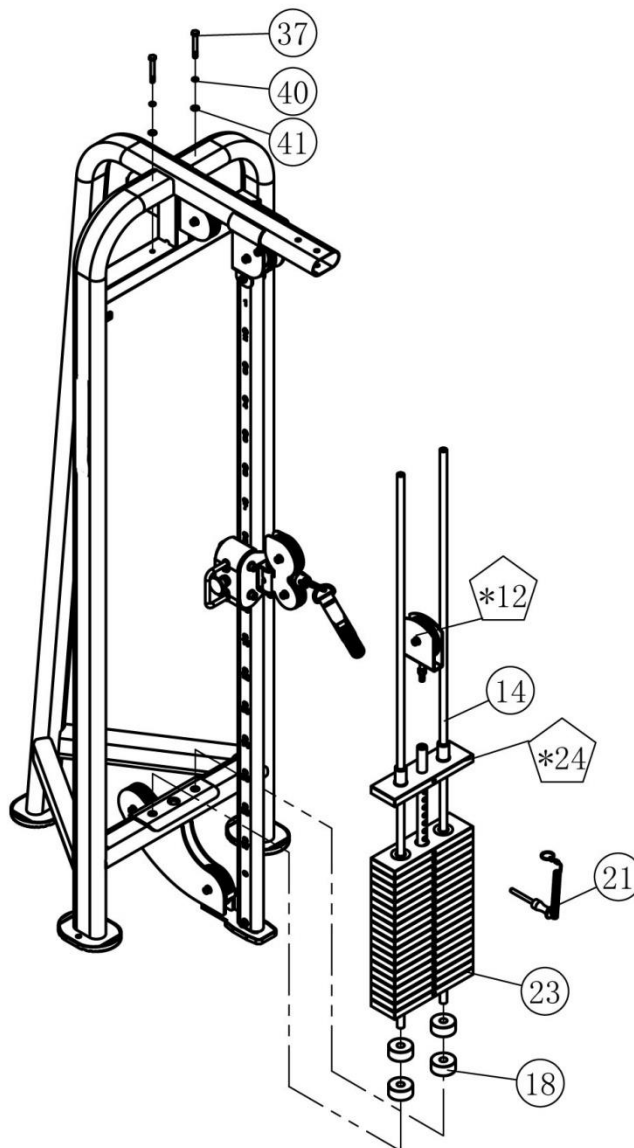
Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
	Right Weight Stack Frame Assembly	1	32	Hex Recessed Round Head Bolt M12*85	8
*2	Upper Frame Assembly	1	42	Flat Washer $\Phi 12$	16
3	Stiffening Plate	2	44	Nylon Lock Nut M12	8



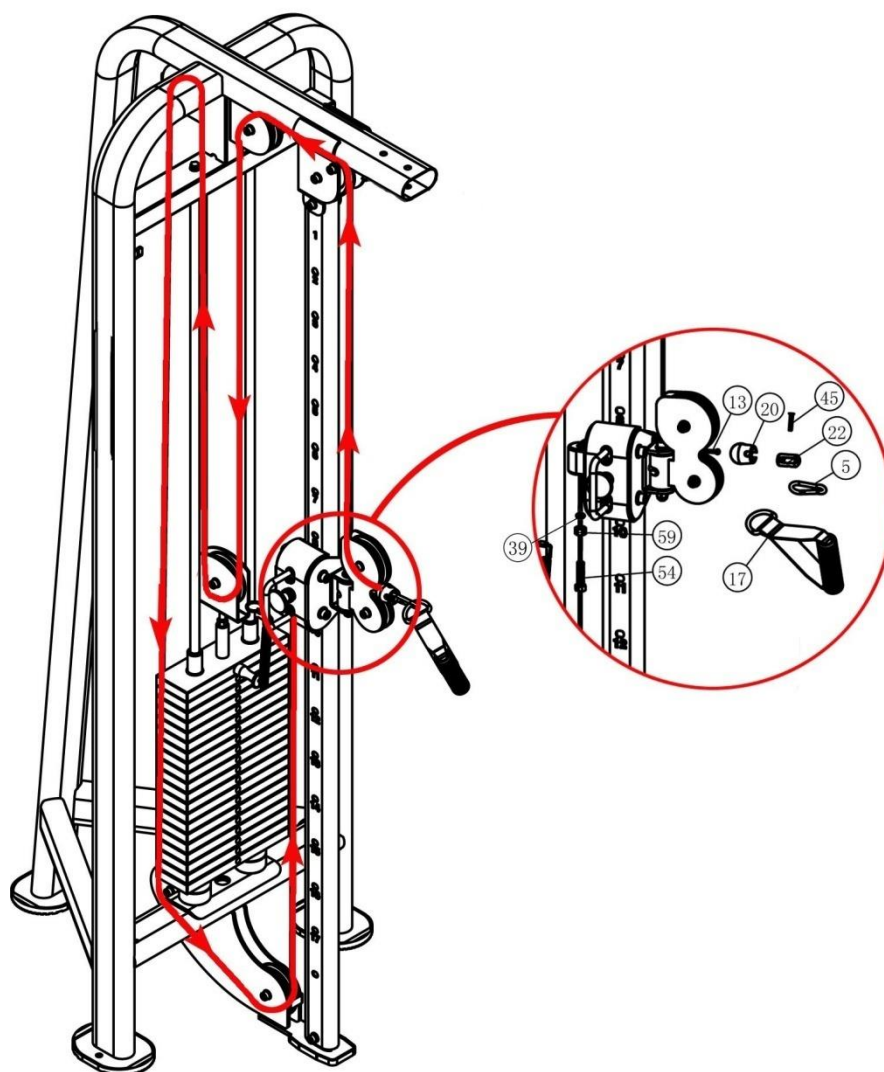
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*12	Pulley Rack Assembly	1	23	Weight Plate 4.5kg	19
*24	Top Block Assembly	1	37	Hex Bolt M10*75	2
14	Guide Rod	2	40	Spring Washer $\Phi 10$	2
18	Rubber Donut	4	41	Flat Washer $\Phi 10$	2
21	Selector Pin	1	77	Weight Plate Label	1



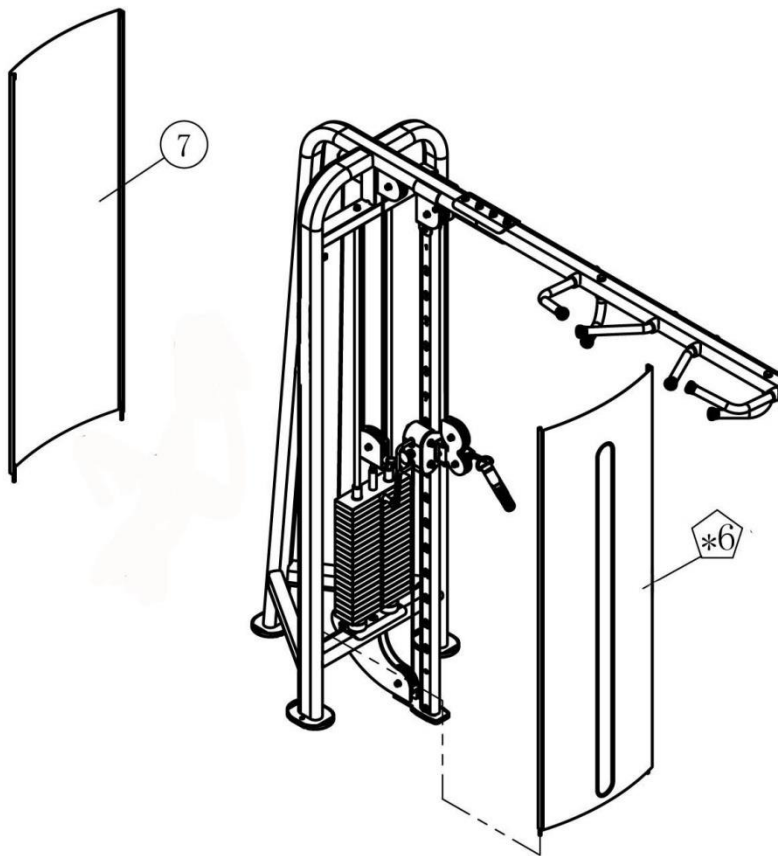
Step 3: Cable Routing

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Snap Link	1	39	Spring Washer $\Phi 12$	1
13	Cable	1	45	Cross Countersunk Head Screw#10-32UNF*1-1/8"	1
17	Handle	1	54	Split Bolt M12*45	1
20	Fixing Sleeve	1	59	Hex Nut M12	1
22	Cable Bracket	1			



Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*6	Weight Shield Front Assembly	1	7	Weight Shield Rear	1



Item #	Description	Qty.	Item #	Description	Qty.
1	Weight Stack Frame	1	36	Hex Recessed Flat Head Bolt M10*25	6
2	Upper Frame Assembly	1	37	Hex Bolt M10*75	2
5	Snap Link	1	38	Spring Washer Φ8	2
6	Weight Shield Front	1	39	Spring Washer Φ12	1
7	Weight Shield Rear	1	40	Spring Washer Φ10	4
8	Upright Tube	1	41	Flat Washer Φ10	28
10	Adjustable Rack	1	42	Flat Washer Φ112	24
12	Pulley Rack	1	43	Nylon Lock Nut M10	12
13	Cable	1	44	Nylon Lock Nut M12	12
14	Guide Rod	2	45	Cross Countersunk Head Screw#10-32UNF*1-1/8"	1
15	Rubber Shoe 1	1	46	"L "Plate	4
16	Nylon Ring	2	47	Edge Protector Chrome	1
17	Handle	1	48	Pulley Rack Handle	1
18	Rubber Donut	4	49	Wheel	3
19	Rubber Shoe 2	3	50	Bearing Bushing	8
20	Fixing Sleeve	1	51	Pulley Rack Shield	1
21	Selector Pin	1	52	Pull Pin	1
22	Cable Bracket	1	53	Double Pulley Rack	1
23	Weight Plate 4.5kg	19	54	Split Bolt M12*45	1
24	Top Block 4.5kg	1	55	Pulley Φ90**δ26	2
25	Hex Recessed Round Head Bolt M8*16	2	56	Pulley Φ114**δ26	6
26	Hex Recessed Round Head Bolt M10*16	2	57	Deep groove ball bearing 16001-2Z(C0)	8
27	Hex Recessed Round Head Bolt M10*50	5	58	Cross Pan Head Screw M6*10	4
28	Hex Recessed Round Head Bolt M10*55	2	59	Hex Nut M12	2
29	Hex Recessed Round Head Bolt M10*60	2	60	Selector Bar	1
30	Hex Recessed Round Head Bolt M10*70	1	61	Axle	1
31	Hex Recessed Round Head Bolt M10*95	2	62	Rubber Grip 1	2
32	Hex Recessed Round Head Bolt M12*85	8	63	Rubber Grip 2	4
33	Hex Recessed Round Head Bolt M12*115	3	64	Arc Rubber Grip	4
34	Hex Recessed Round Head Bolt M12*105	1	65	Flat Rubber Grip	2
35	Hex Recessed Flat Head Bolt M8*16	2	66	Aluminium Cap Φ25	6

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.