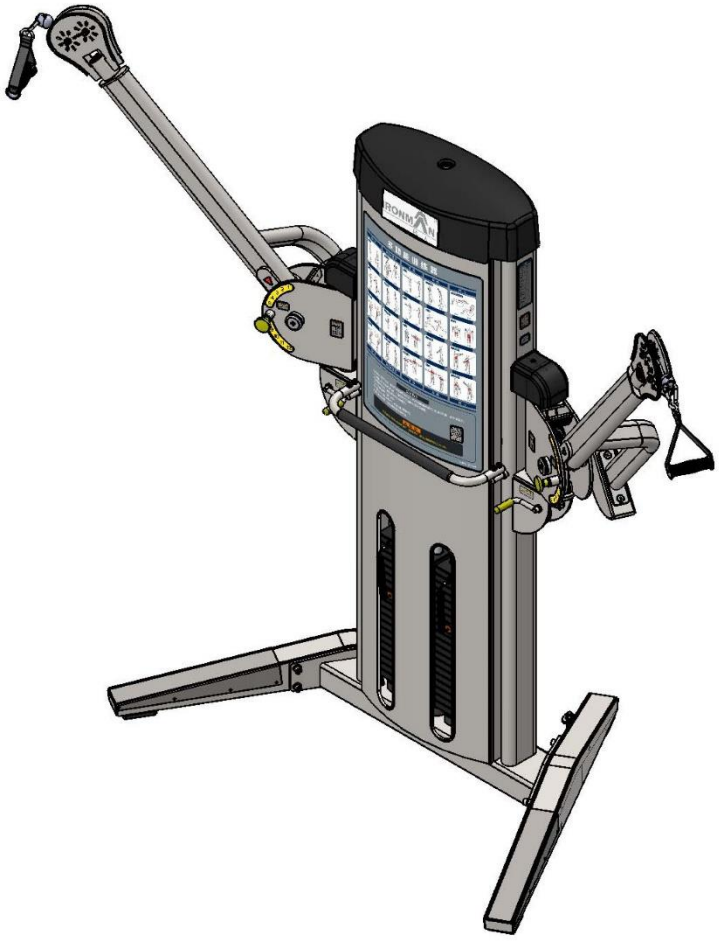
VERVE Arnold Series Multi-functional Trainer

Owner's Manual



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IMPORTANT SAFETY NOTICE

PRECAUTIONS :

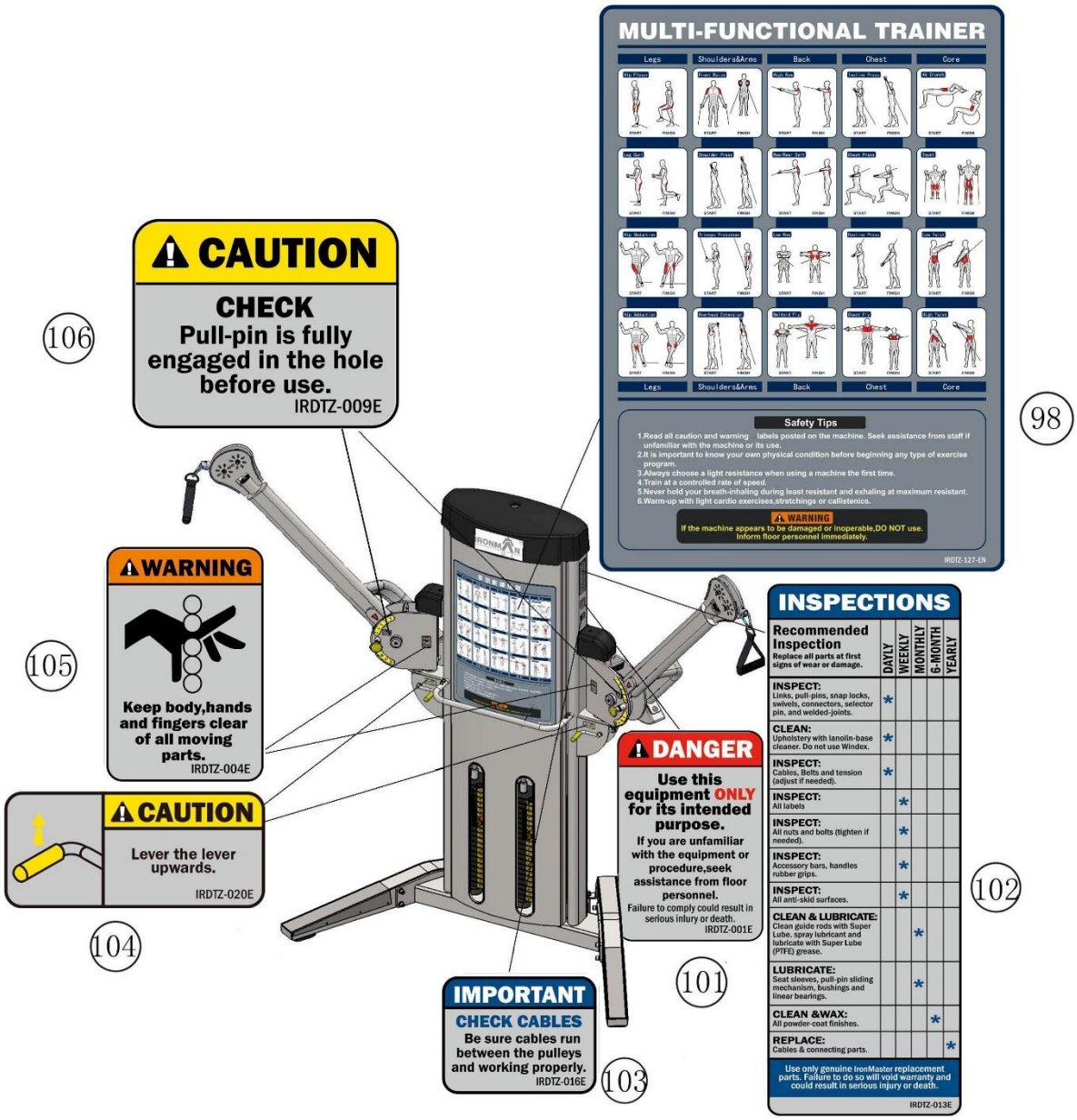
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

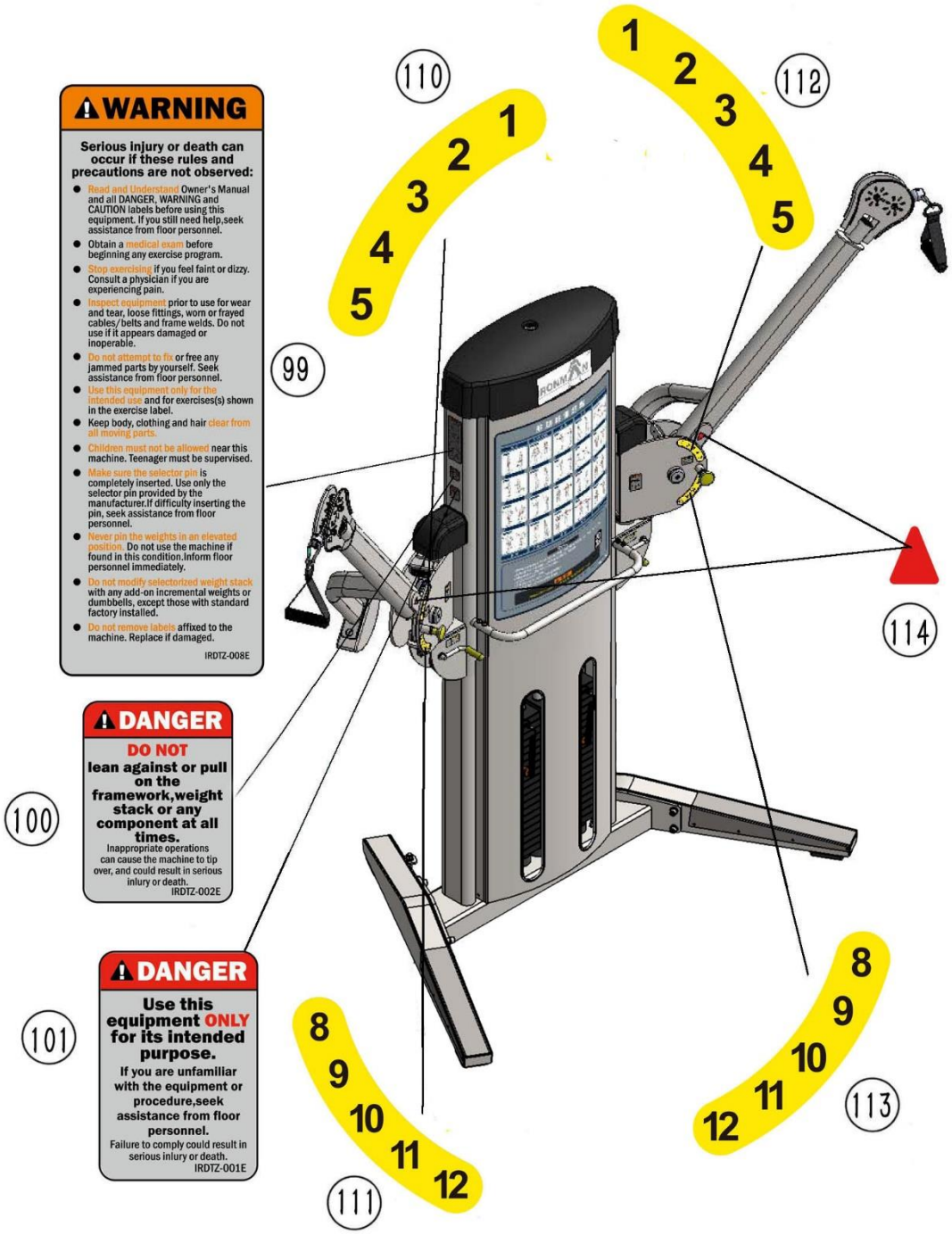
- **Maximum user weight: 150kg.**
- Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, 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




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
DANGER
DO NOT lean against or pull on the framework,weight stack or any component at all times.
Inappropriate operations can cause the machine to tip over, and could result in serious inlury or death.
IRDTZ-002E
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 inlury or death.
IRDTZ-001E
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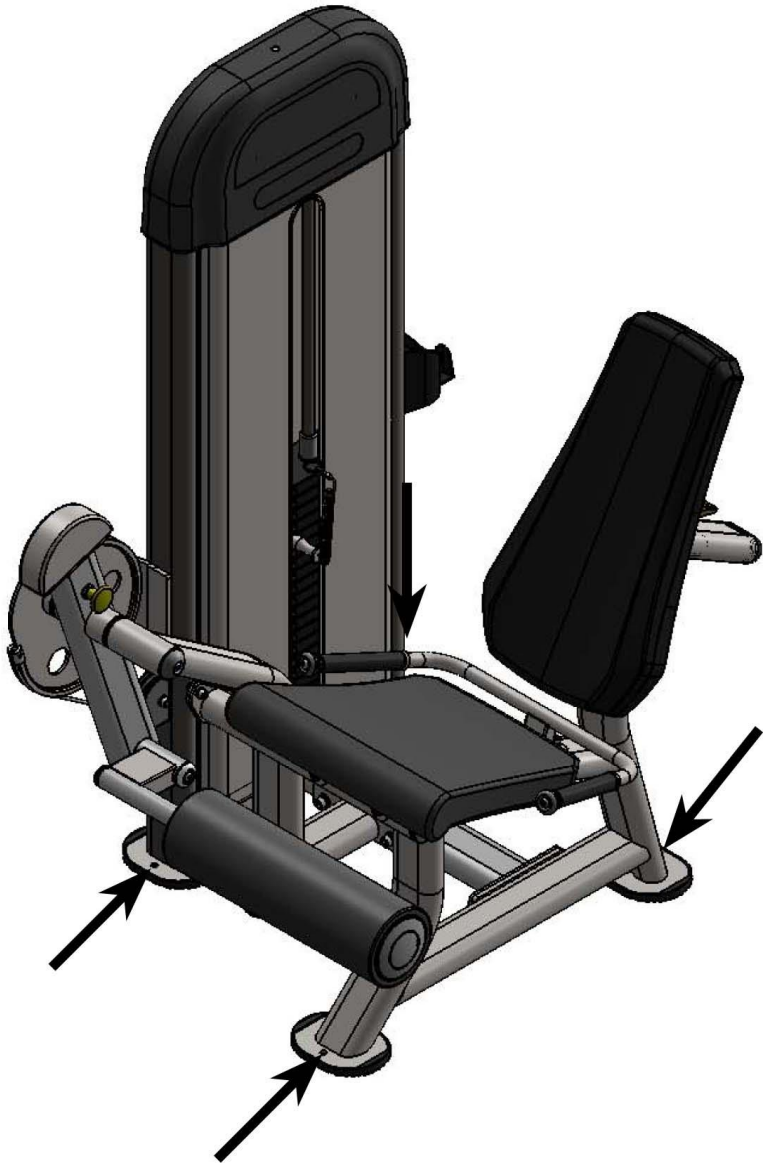
Anchoring Unit

Holes on the frame are provided for anchoring the unit to the floor. See anchoring hole locations Below



Cable Inspection

WARNING:

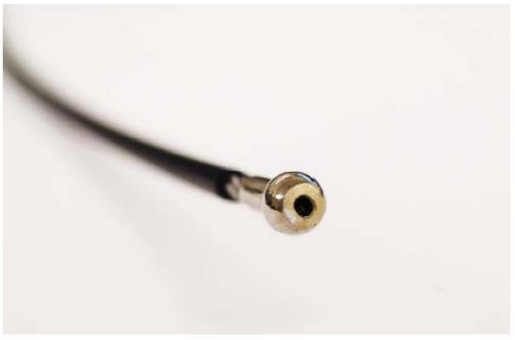
THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY

"NECKING", STRETCHED CABLE COVERING

A CRACK IN THE CABLE COVER

A TEAR IN THE CABLE COVER

A BREAK ON THE CABLE

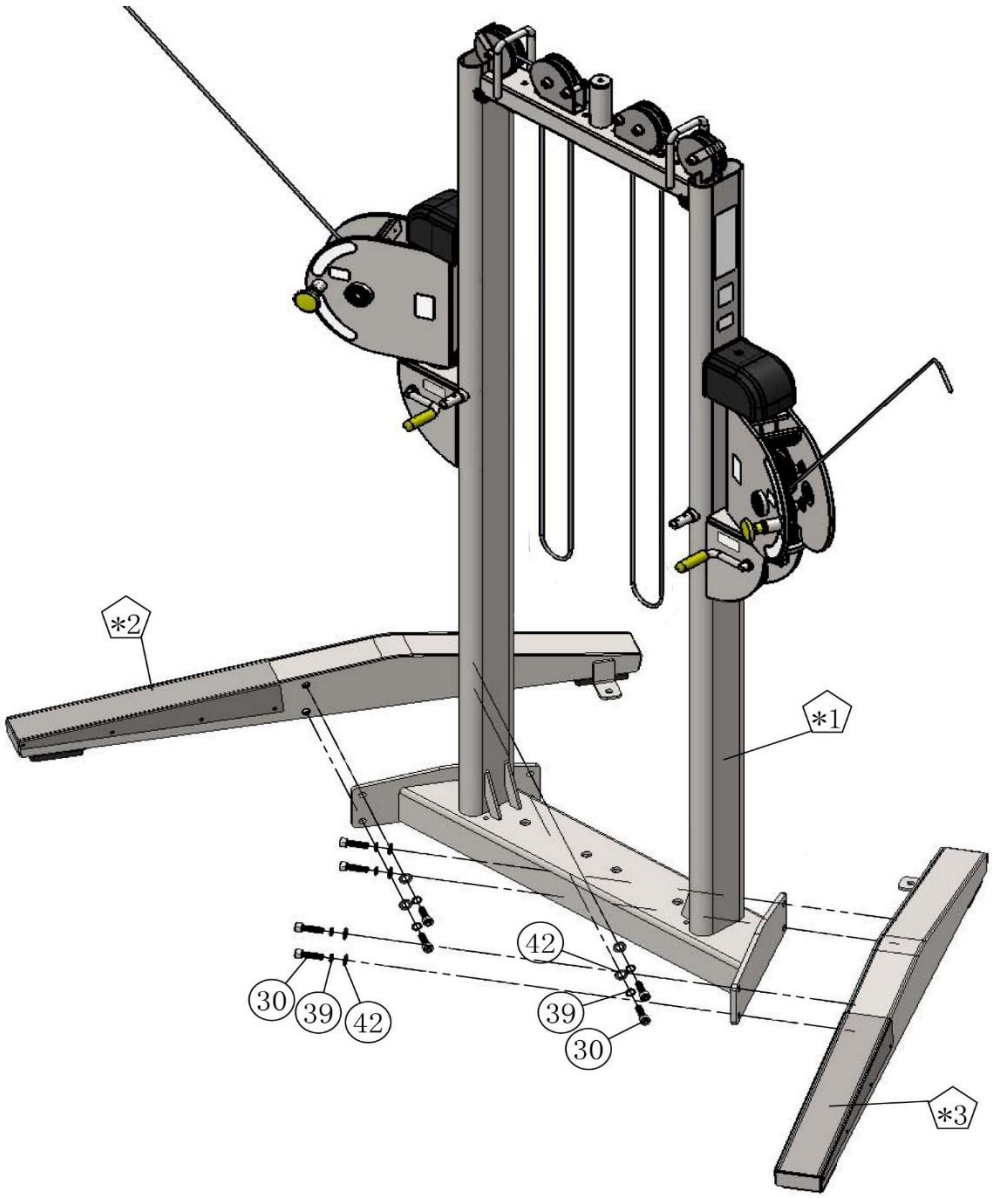


CABLE END SLIPPING OUT

Important Note:
Damaged or warn 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	Main Frame Assembly	1	30	Hex Recessed Round Head Screw M12*40	8
*2	Left Base Assembly	1	39	Spring Washer Φ12	8
*3	Right Base Assembly	1	42	Washer Φ12	8

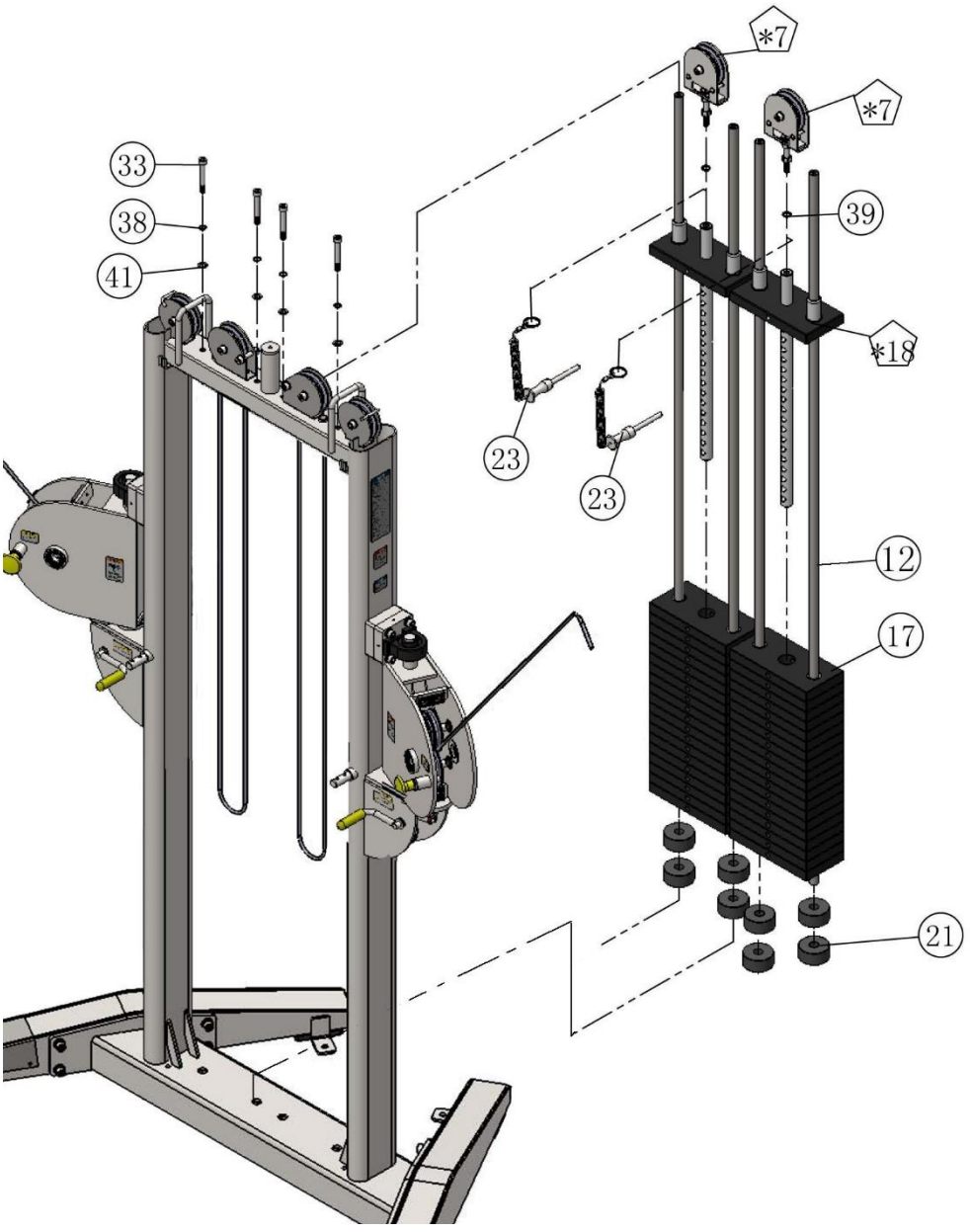


NOTE:

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

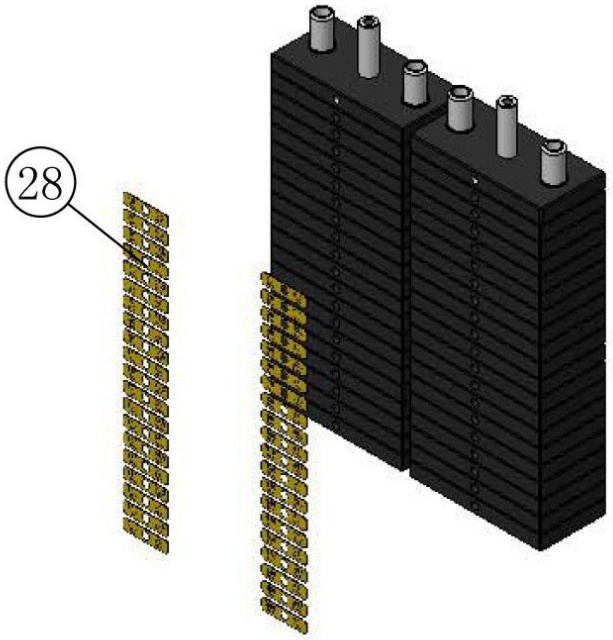
Step 2

Step 2 Assembly List					
Item#	**Description**	**Qty.**	**Item#**	**Description**	**Qty.**
*7	Pulley Rack Assembly	2	28	Weight Plate Label	2
*18	Top Block	2	33	Hex Recessed Round Head Screw M10*75	4
12	Guide Rod	4	38	Spring Washer Φ10	4
17	4.5kg Weight Plate	38	39	Spring Washer Φ12	2
21	Rubber Donut	8	41	Washer Φ10	4
23	Selector Pin	2			



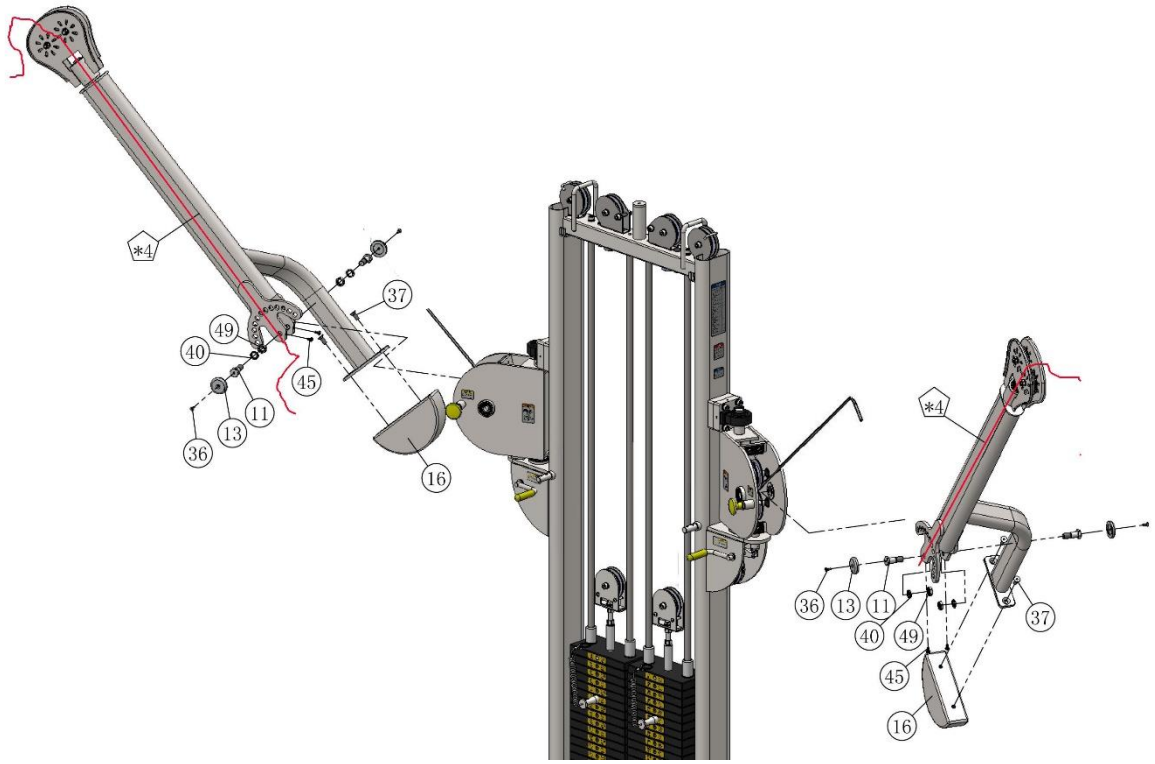
Weight stack label instructions：

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#28) 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 3

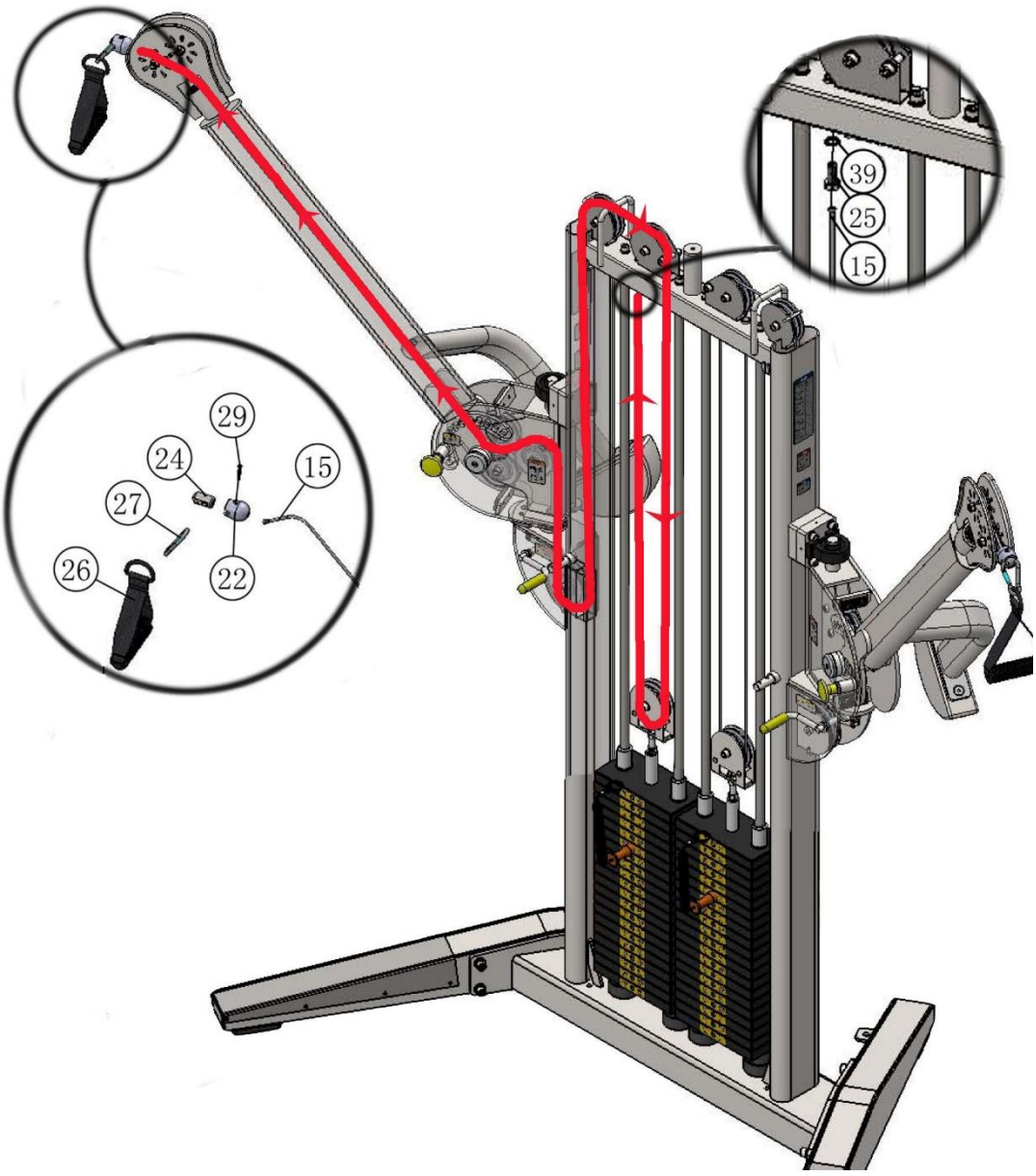
Step 3 Assembly List					
Item#	**Description**	**Qty.**	**Item#**	**Description**	**Qty.**
*4	Twirl Arm Assembly	2	37	Hex Recessed Countersunk Head Screw M10*25	4
11	Step Bolt	4	40	Spring Washer Φ16	4
13	End Cover	4	45	Cross Pan Head Screw M6*12	4
16	Balance Weight Block	2	49	Hex Nut M16	4
36	Hex Recessed Countersunk Head Screw M6*16	4			



WARNING:

Auxiliary Wire will be used to guide the cable on step 4. Do not remove.

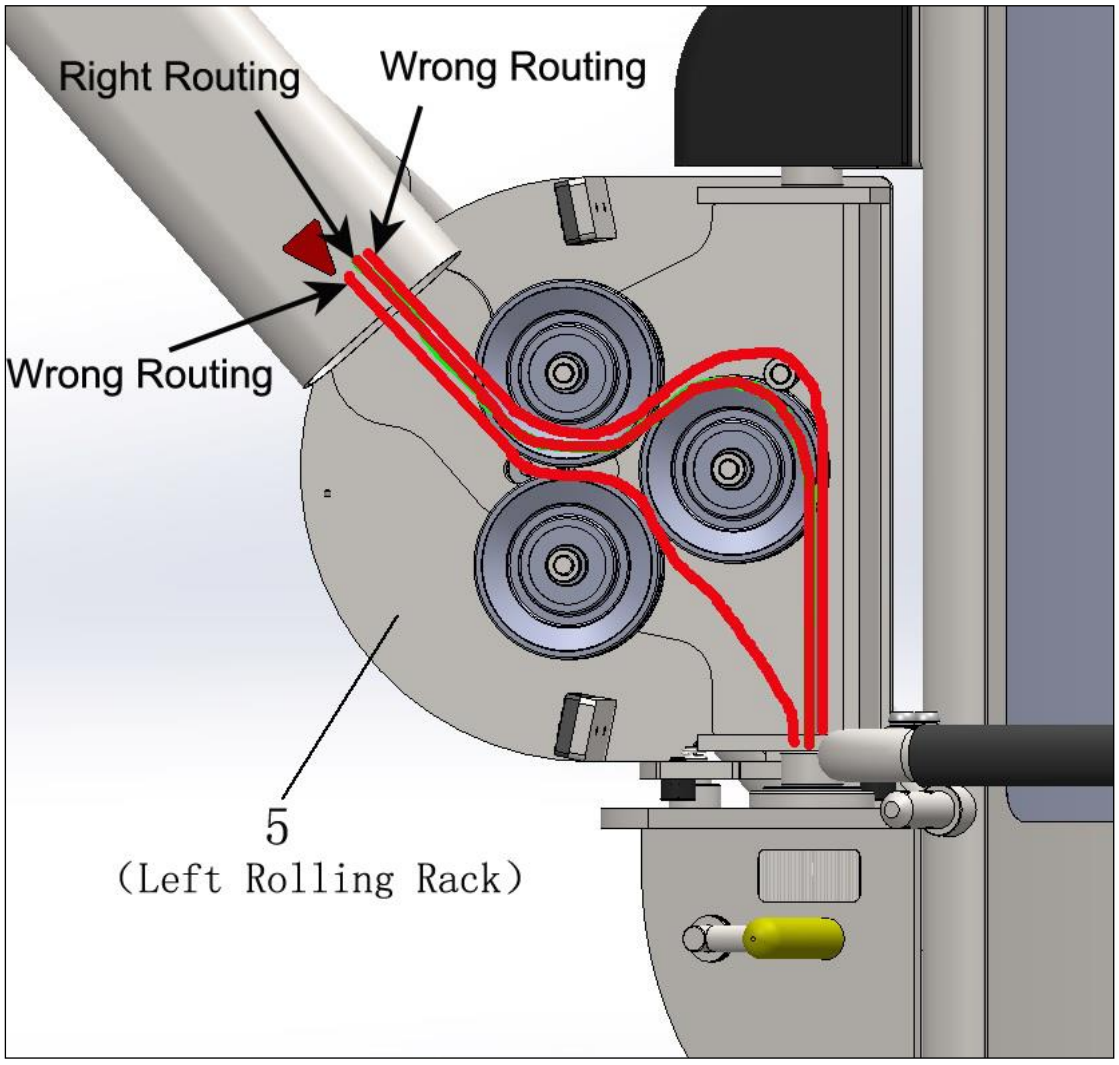
Step 4: Cable Routing



Inspection:

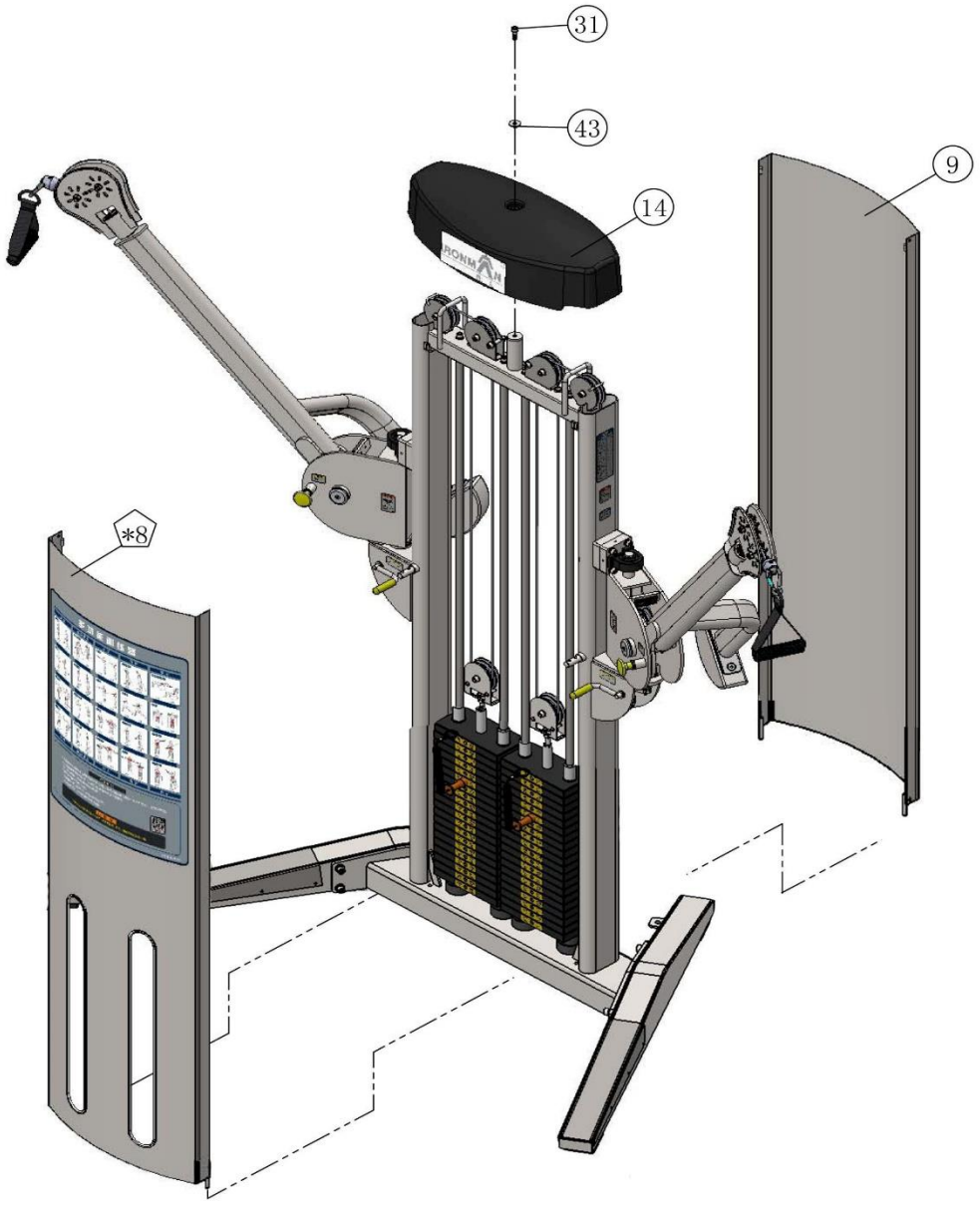
1.After the cables are installed, Check the Left, Right Rolling Rack (#5、#6)'s cable direction is right (as shown below), or the cable will be damaged during the use.

2. Check that the cables are traveling correctly in the groove of each Pulley**.**



Step 5

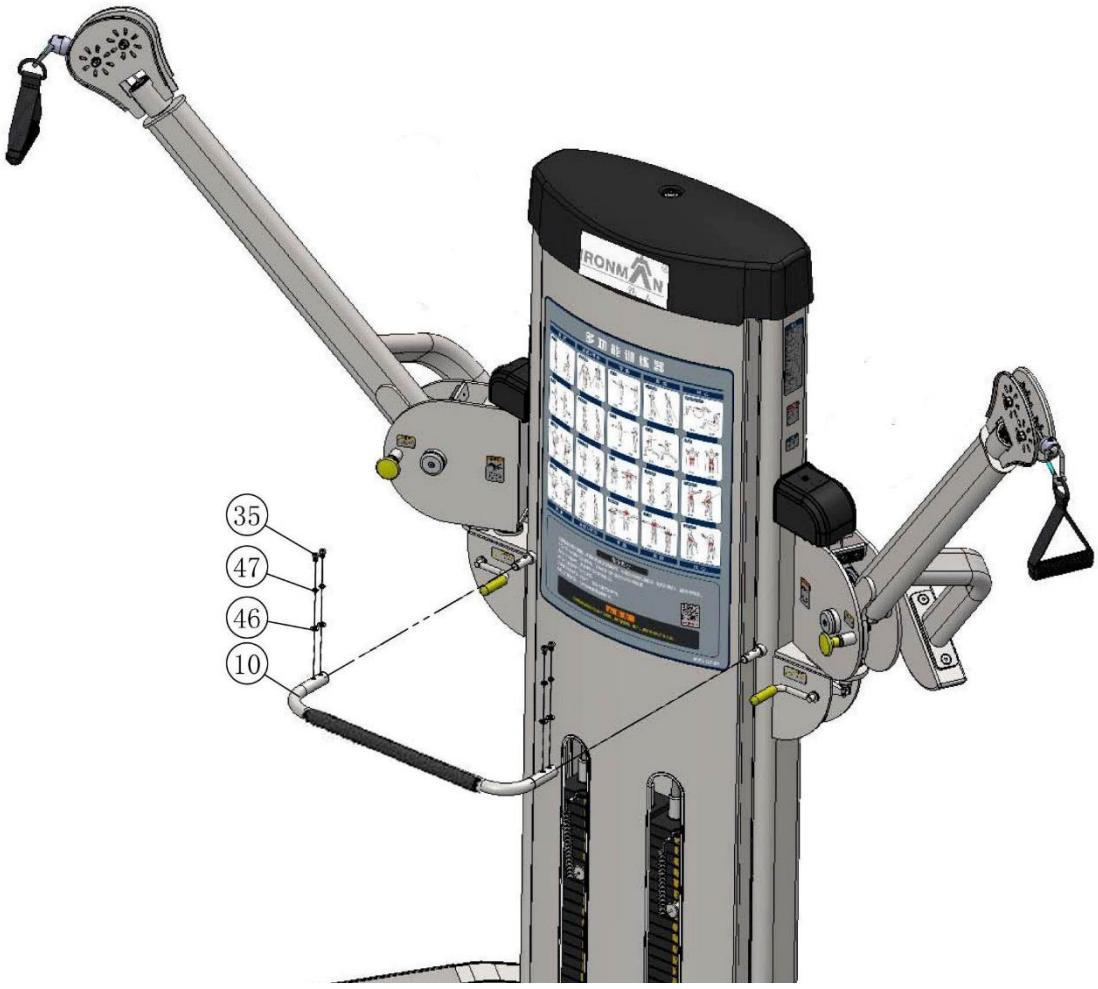
Step 5 Assembly List					
Item#	**Description**	**Qty.**	**Item#**	**Description**	**Qty.**
*8	Weight Shield Front	1	31	Hex Recessed Round Head Screw M10*30	1
9	Weight Shield Rear	1	43	Big Washer Φ10	1
14	Weight Shield Top	1			



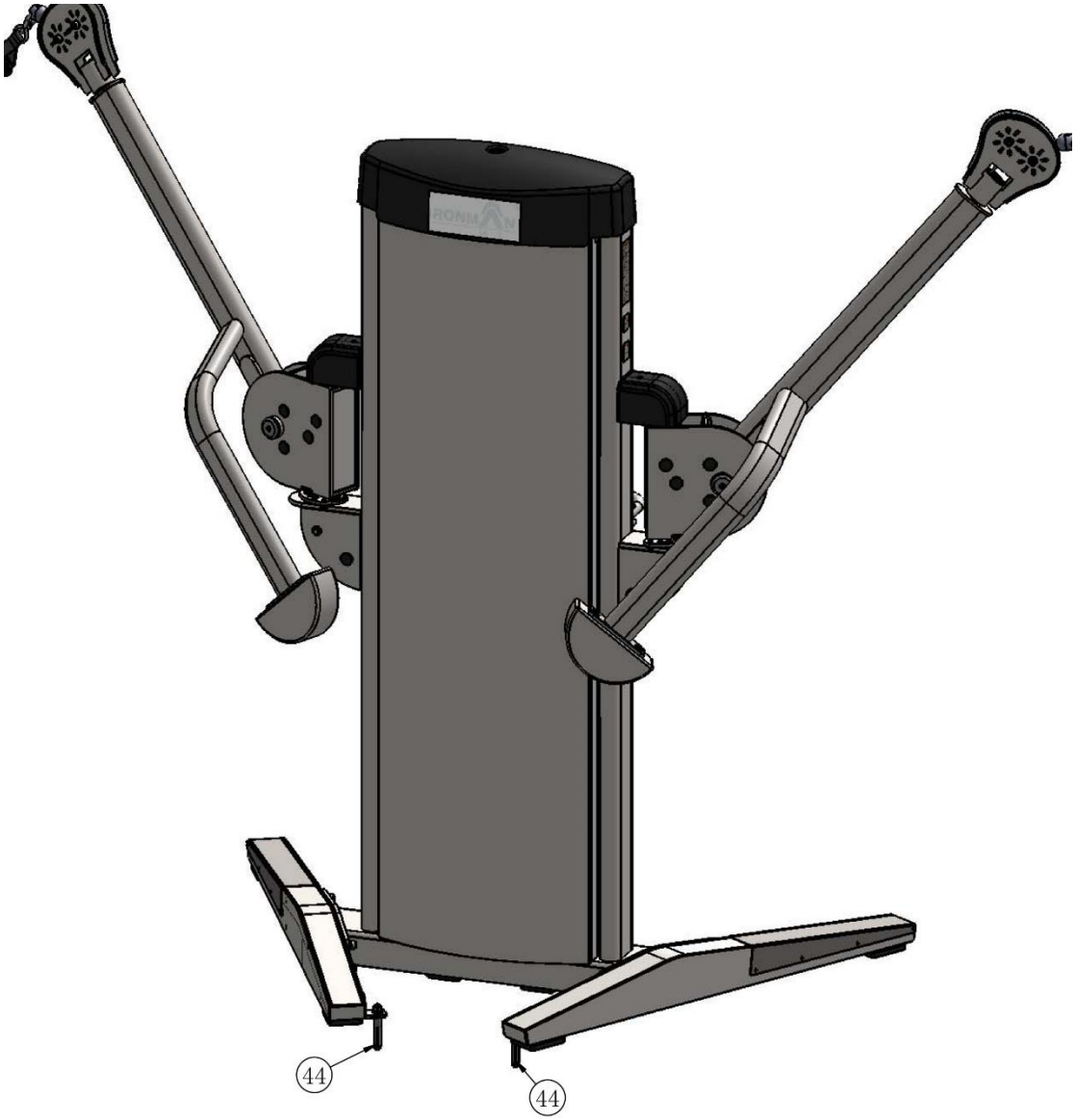
NOTE: Please assemble Weight Shield Front & Rear (#*8 & #9) first, then assemble Weight Shield Top (#14).

Step 6

Step 6 Assembly List					
Item#	**Description**	**Qty.**	**Item#**	**Description**	**Qty.**
10	Handrail	1	46	Arc Washer Φ8	4
35	Hex Recessed Flat Head Screw M8*12	4	47	Spring Washer Φ8	4



Step 7



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Main Frame Assembly	1	27	Steel Carabineer	2
2	Left Base Assembly	1	28	Weight Plate Label	2
3	Right Base Assembly	1	29	Cross Recessed Countersunk Head Screw #10-32UNF*1-1/8″	2
4	Twirl Arm Assembly	2	30	Hex Recessed Round Head Screw M12*40	8
5	Left Rolling Rack Assembly	1	31	Hex Recessed Round Head Screw M10*30	1
6	Right Rolling Rack Assembly	1	32	Hex Recessed Round Head Screw M10*45	18
7	Pulley Rack Assembly	2	33	Hex Recessed Round Head Screw M10*75	4
8	Weight Shield Front	1	35	Hex Recessed Flat Head Screw M8*12	4
9	Weight Shield Rear	1	36	Hex Recessed Countersunk Head Screw M6*16	6
10	Handrail	1	37	Hex Recessed Countersunk Head Screw M10*25	4
11	Step Bolt	4	38	Spring Washer Φ10	22
12	Guide Rod	4	39	Spring Washer Φ12	14
13	End Cover	4	40	Spring Washer Φ16	4
14	Weight Shield Top	1	41	Washer Φ10	46
15	Cable	2	42	Washer Φ12	10
16	Balance Weight Block	2	43	Big Washer Φ10	1
17	4.5kg Weight Plate	38	44	Expansion Bolt M12*110	2
18	Top Block 4.5kg	2	45	Cross Pan Head Screw M6*12	4
19	Connecting Base Assembly	2	46	Arc Washer Φ8	4
20	Plastic Cover	2	47	Spring Washer Φ8	6
21	Rubber Donut	8	49	Hex Nut M16	1
22	Fixing Sleeve	2	50	Double Strand Connecting Link	2
23	Selector Pin	2	51	Handle	2
24	Rope Bracket	2	52	Axle Φ16	2
25	Hex Split Bolt	2	54	Compression Spring	2
26	Cable Handle	2	55	Perforated bolt	2

Item #	Description	Qty.	Item #	Description	Qty.
56	Rubber Washer	2	81	Spherical ball bearing with narrow vertical pedestal UCPA205	2
57	Round Plug	10	82	Hex Bolt M12*90	2
58	Pulley AssemblyΦ90*δ26	12	83	Cross Recessed Countersunk Head Screw M10*35	4
59	Pulley AssemblyΦ114*δ26	2	84	Hex Recessed Round Head Screw M8*12	4
60	Cu based oil-retaining bearing	4	85	Hex Recessed Flat Head Screw M6*45	4
61	Shaft Circlip13	2	86	Hex Recessed Flat Head Screw M6*12	24
62	Deep groove ball bearing6005	6	87	Flat Set Screw M3*3	4
63	Single direction thrust ball bearing	2	88	Hex Recessed Round Head Screw M10*50	12
64	Circlip For Hole 47	2	89	Hex Recessed Flat Head Screw M8*25	2
65	Shaft Circlip25	2	90	Hex Recessed Flat Head Screw M6*20	2
66	Chain Link	2	91	Recessed Set Screw M6*8	4
67	Handle Sleeve	2	92	Spring WasherΦ6	2
68	RivetΦ4*14	16	93	Nylon Lock Nut M6	4
69	Foot Base	6	94	Arc WasherΦ6	2
70	Plate	2	95	Nylon Lock Nut M10	12
71	Double Pulley Rack	2	96	Hex Nut M12	4
72	Aluminium Pulley	4	98	Instruction Label (127)	1
73	Cushion	4	99	LABEL-WARNING (008)	1
74	Nylon Baffle Ring	4	100	LABEL-DANGER (002)	1
75	Washer Φ6	8	101	LABEL-DANGER (001)	2
76	Circlip For Hole 40	4	102	LABEL-CHECK PARTS (013)	1
77	Pull Pin	2	103	LABEL-CHECK CABLES（016）	1
78	Edge Protector Chrome	2	104	LABEL-HANDLE (020)	2
79	AxleΦ10*65	2	105	LABEL-WATCH YOUR HAND (004)	2
80	Selector Bar	2	106	LABEL-BROACHING (009)	2

Item #	Description	Qty.	Item #	Description	Qty.
107	Deep groove ball bearing6203	4	112	Scale label 3	1
108	Hex Recessed Flat Head Screw M5*10	8	113	Scale label 4	1
109	Washer Φ5	8	114	Triangle label	2
110	Scale label 1	1	115	L Plate	2
111	Scale label 2	1	116	Armrest foam	1

Pre-assembled Components Part List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*24	Cam	1
*2	Seat Frame	1	*25	Handles	1
*4	Support Frame	1	*32	Top Block	1
*15	Adjustable Leg Holder	1	*45	Weight Shield Rear	1
*21	Swivel Foam Roll Tube	1	*46	Weight Shield Front	1
*23	Pivot Arm	1	*67	Top Brace	1
*57	Adjustable Back Pad Tube Assembly	1			

Pre-assembled Components

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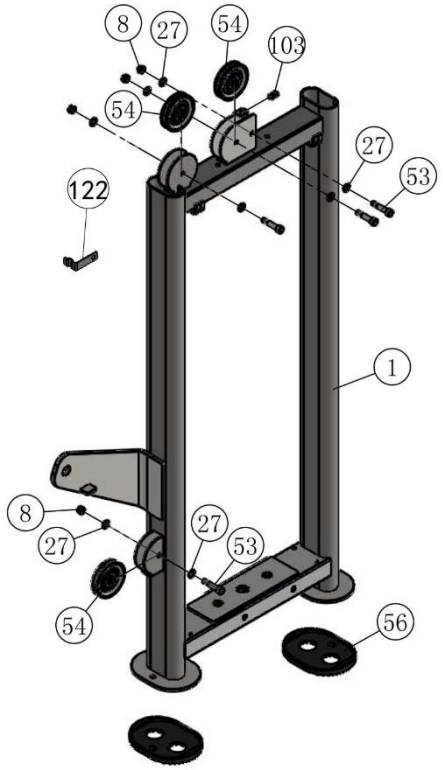

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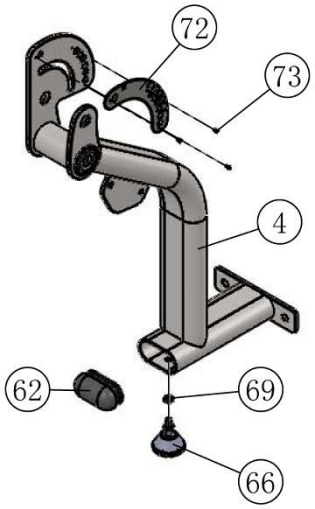

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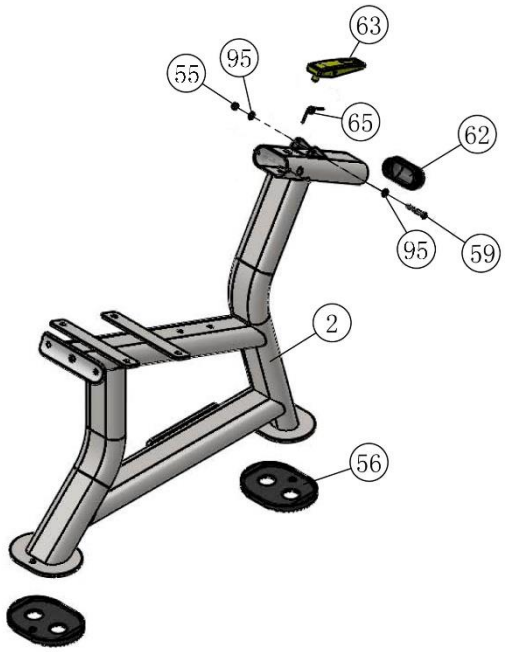

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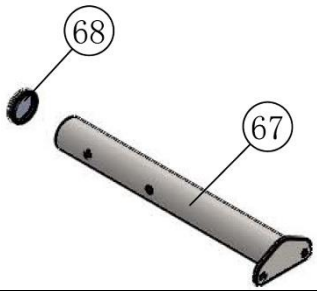

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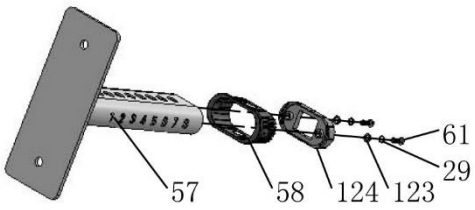

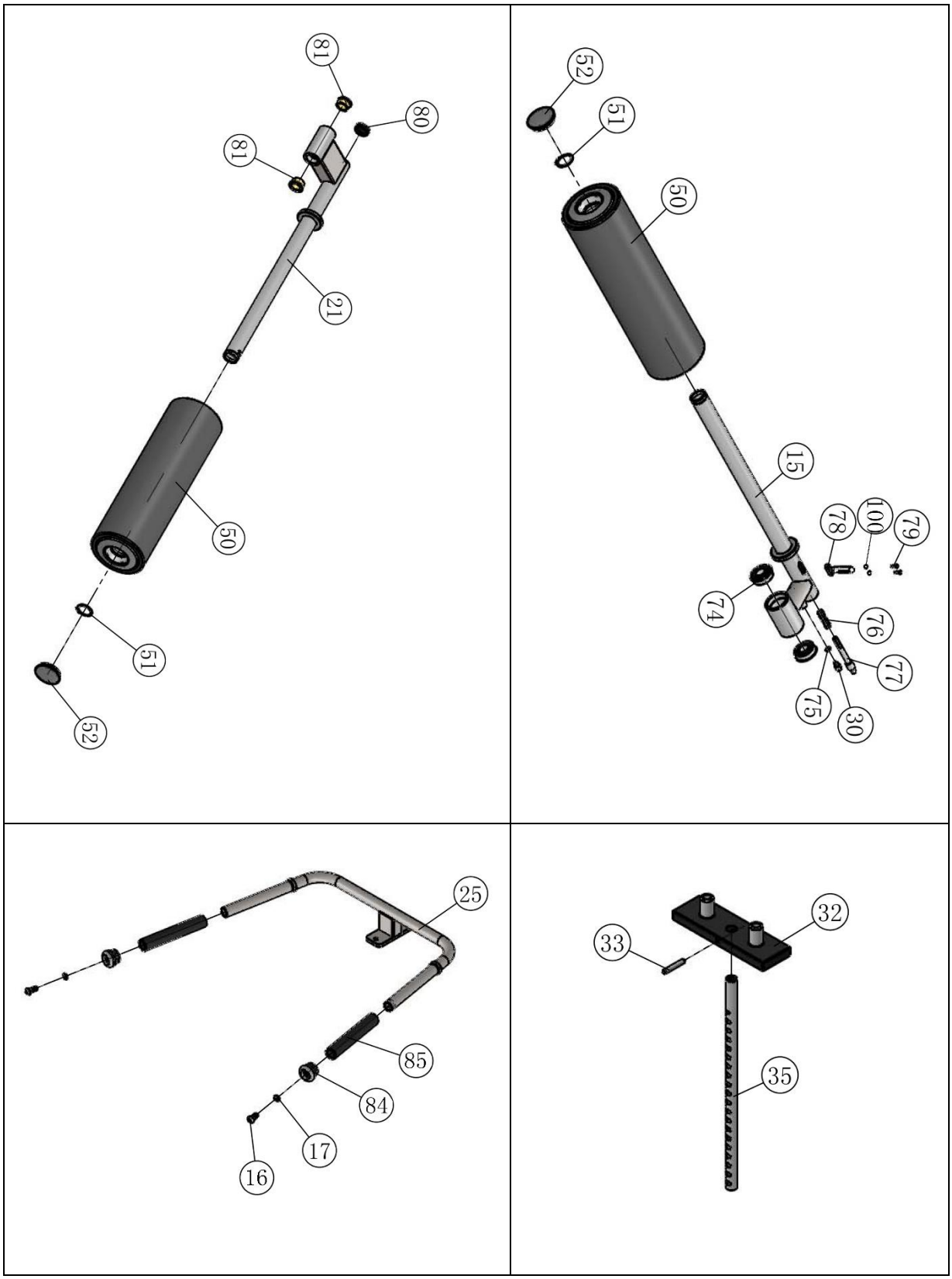
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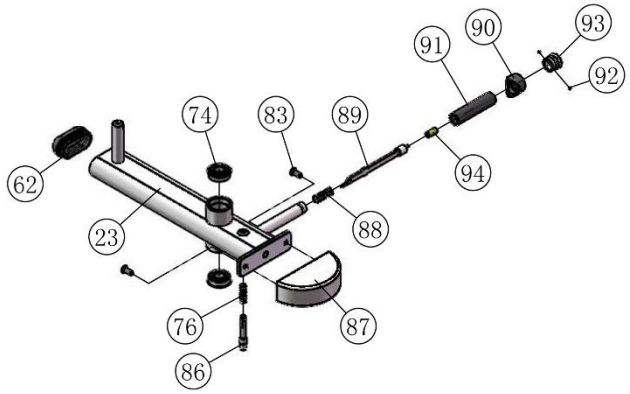
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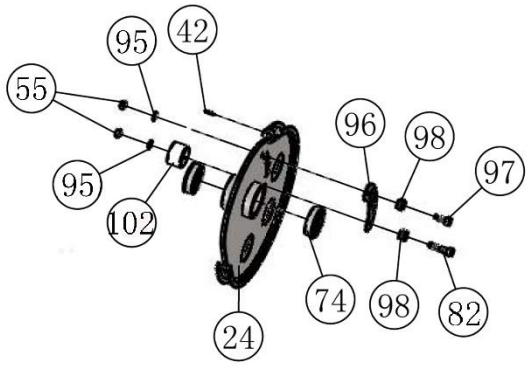
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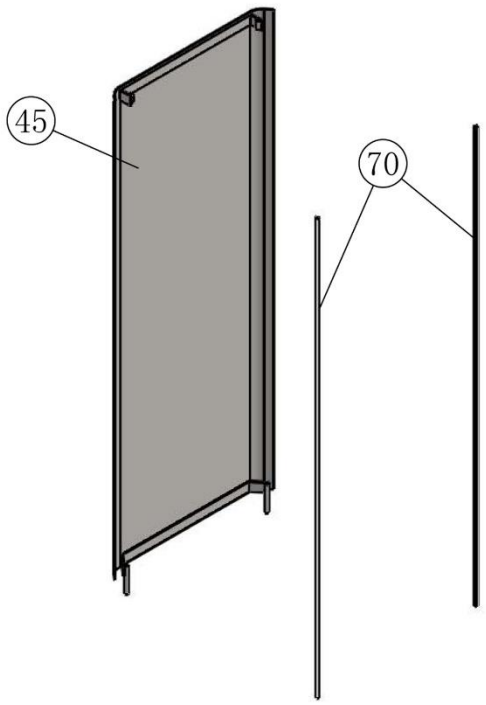

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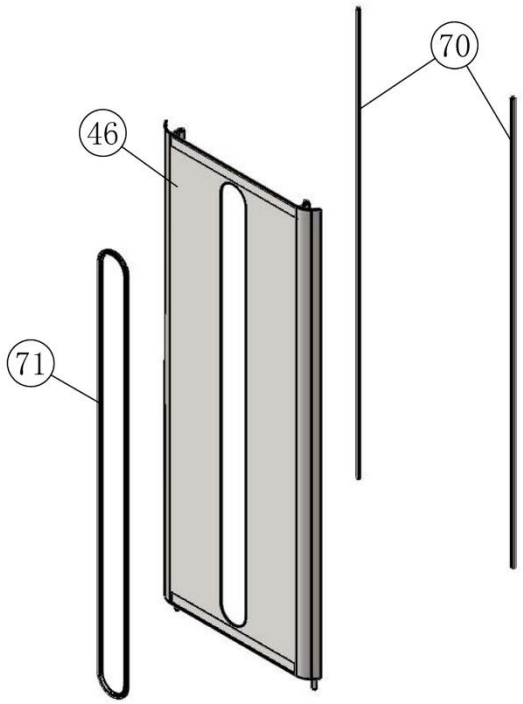
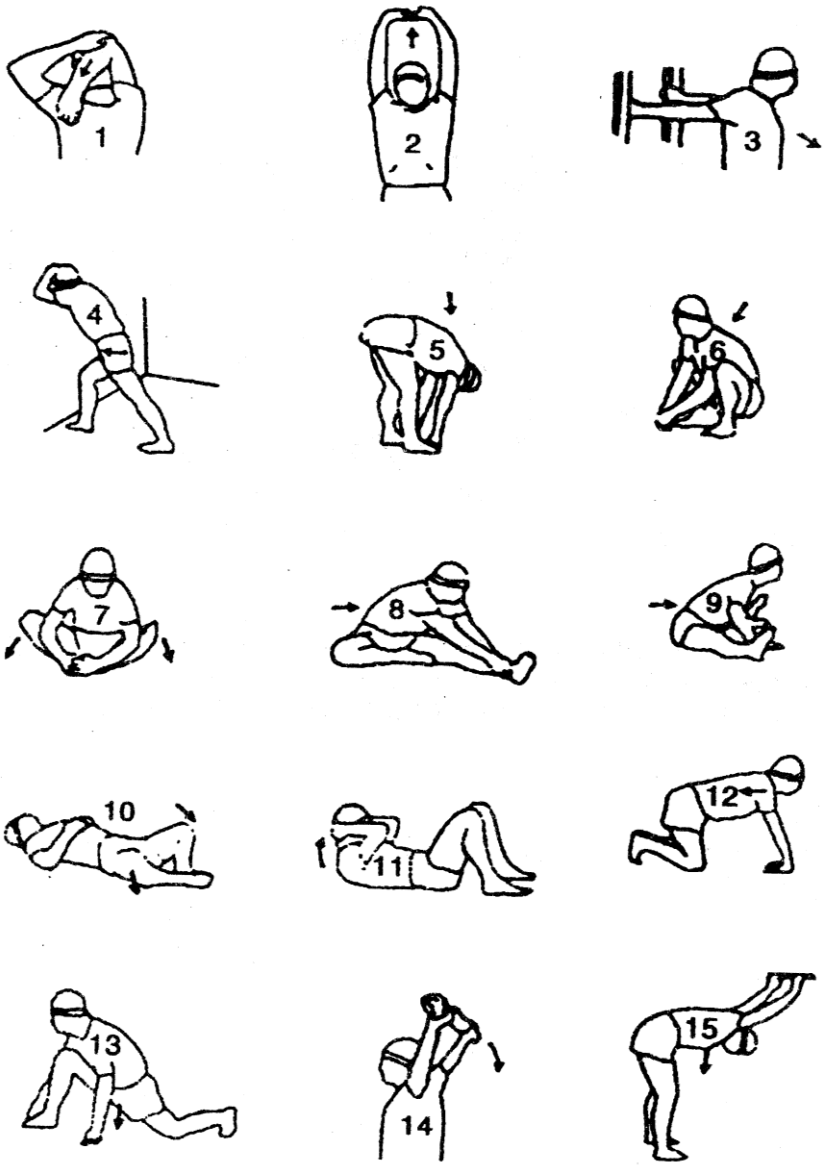


INSTRUCTIONS FOR USE

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.