

VERVE Arnold Series Multi Gym

Owner's Manual

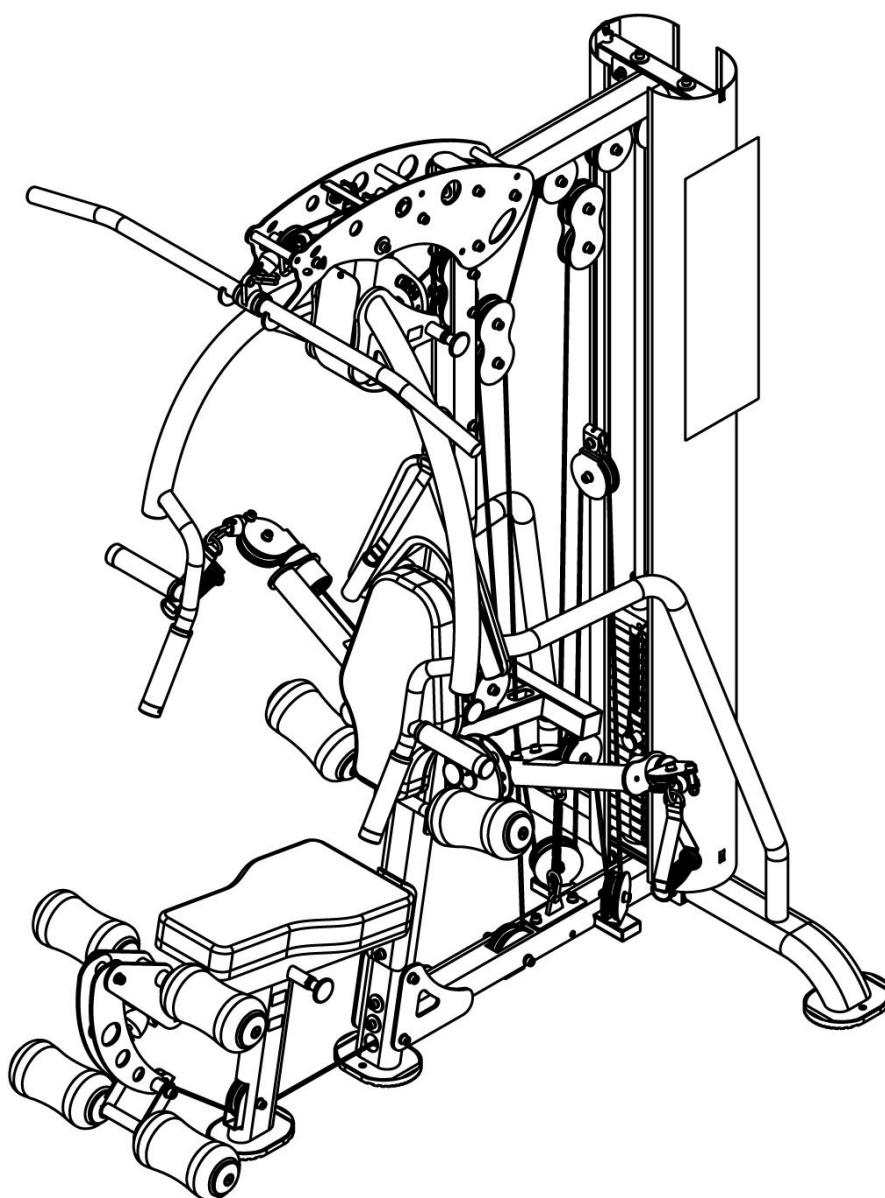


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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

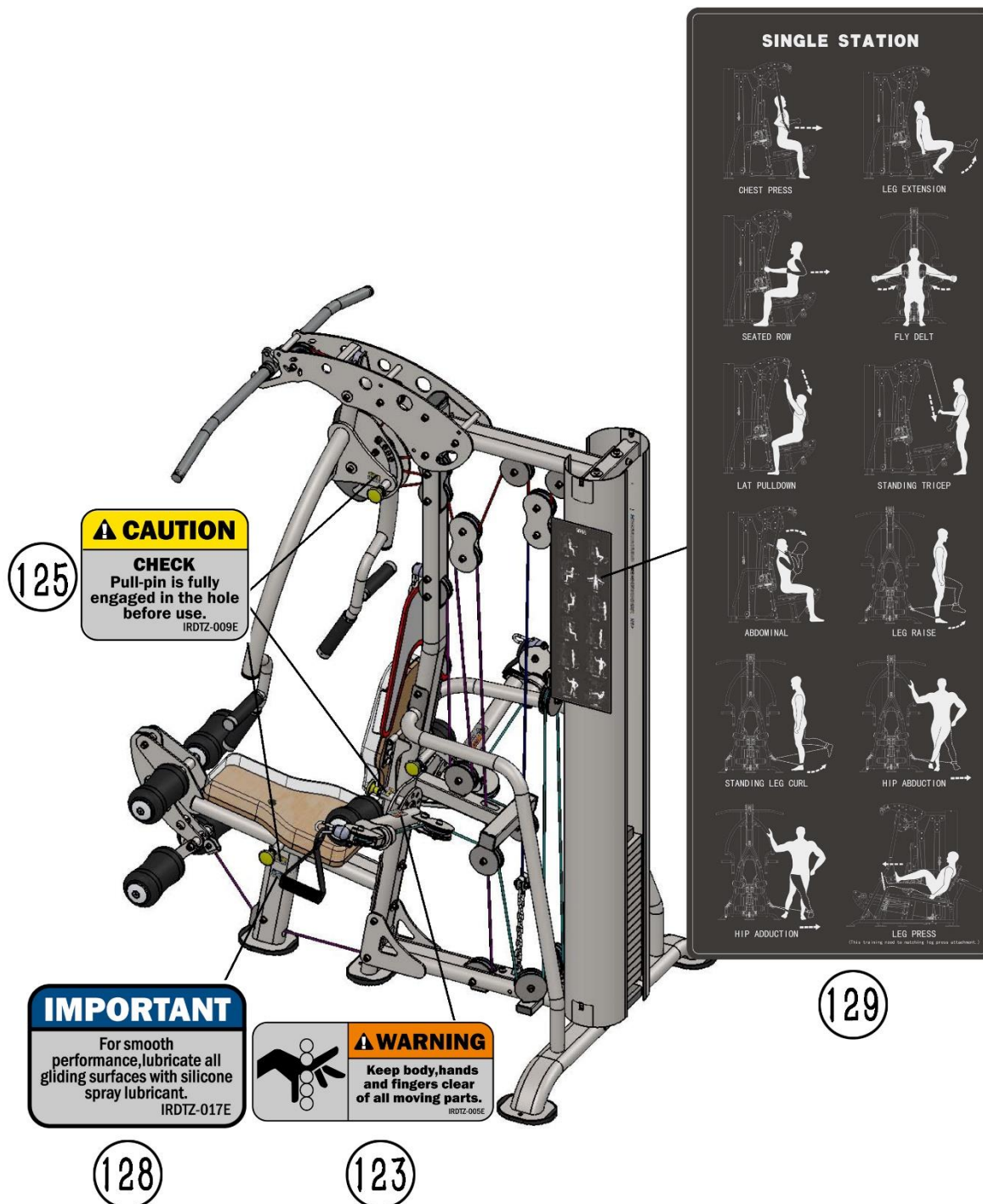
This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- **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.

Label Information:

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



INSPECTIONS				
Recommended Inspection Replace all parts at first signs of wear or damage.	DAILY	WEEKLY	MONTHLY	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-013C				

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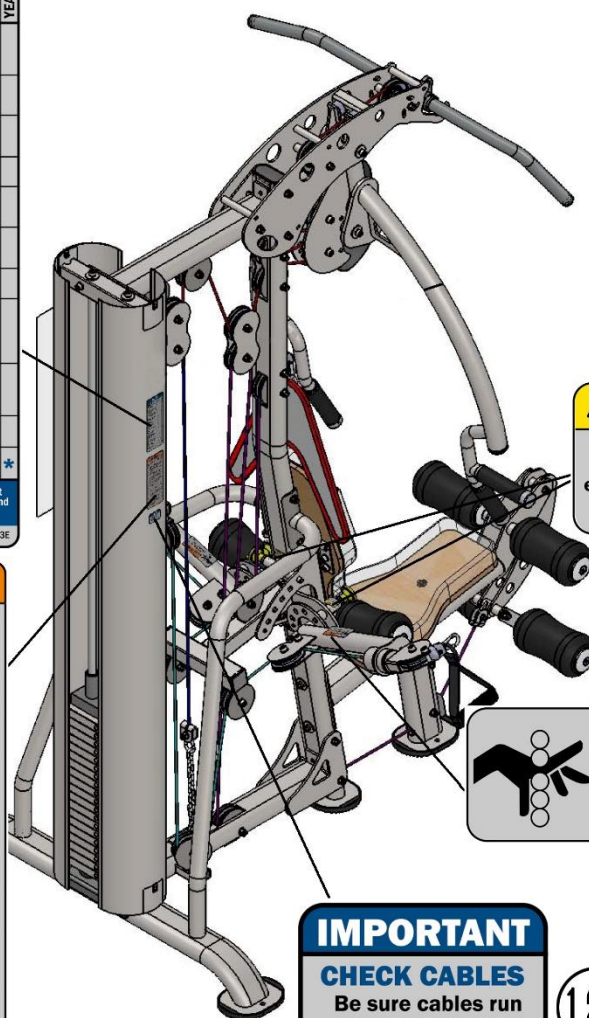
WARNING

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.
- Lower pin the weights in an elevated position.** Do not use the machine if found in this condition. Inform floor personnel immediately.
- Do not modify selector/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.

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CAUTION

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

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WARNING

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

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IMPORTANT

CHECK CABLES

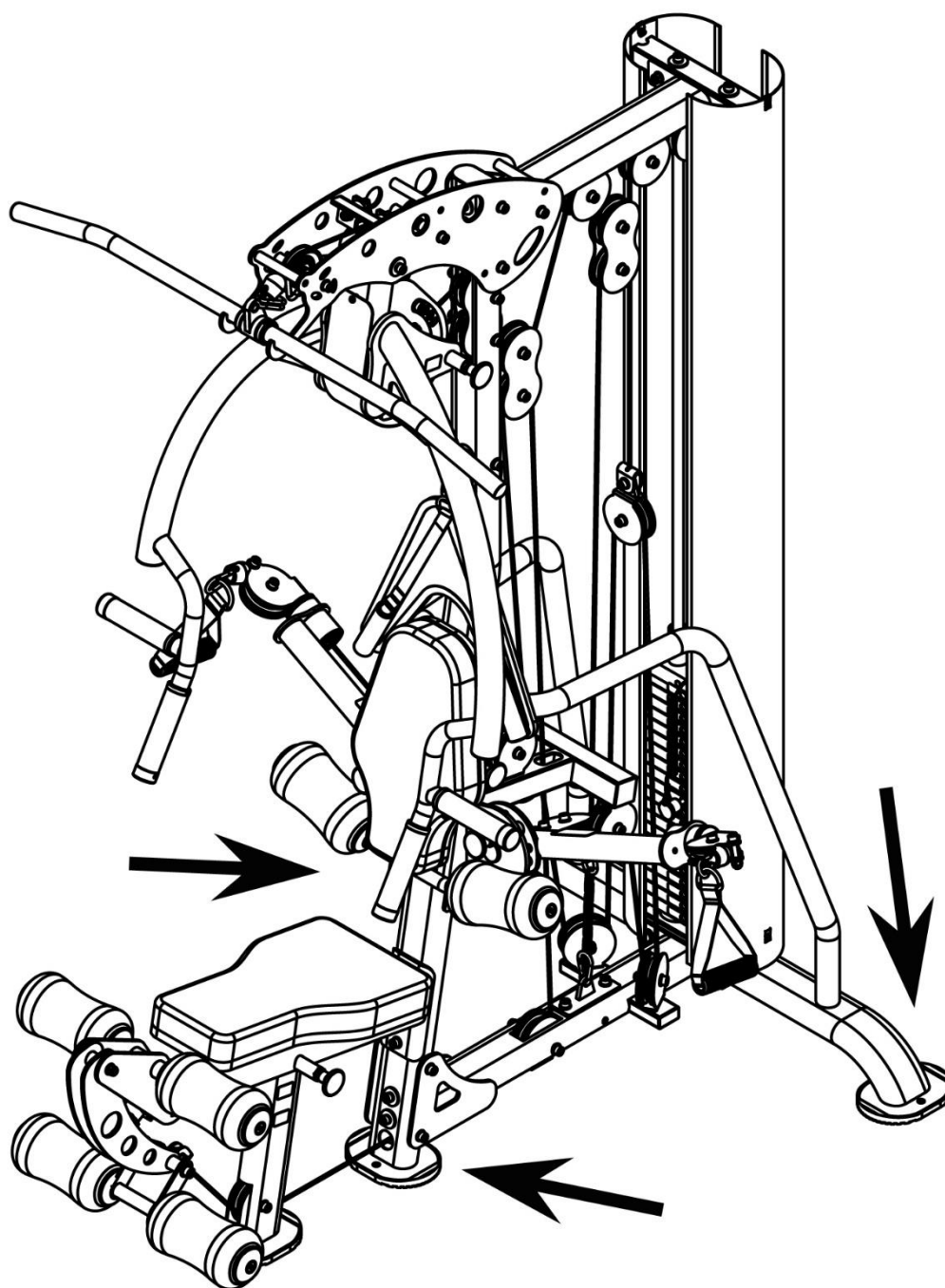
Be sure cables run between the pulleys and working properly.

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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 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.

This diagram is a detailed exploded view of a mechanical assembly, likely a firearm or a similar precision instrument. It shows the relationship between various components, which are numbered for identification. The parts include:

- Barrel/Tube (28):** The main longitudinal component.
- Receiver/Action (1):** The central body of the assembly.
- Slide/Rocking Piece (11):** A curved component that moves along the receiver.
- Trigger Mechanism (14, 15, 16, 17, 18):** Components located at the rear of the assembly.
- Magazine (30):** A cylindrical component for holding ammunition.
- Various Bolts, Screws, and Pins (e.g., 40, 49, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119):** Fasteners used to hold the assembly together.
- Other Components (e.g., 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 20, 21, 22, 23, 24, 25, 26, 27, 29, 31, 32, 33, 34, 35, 36, 37, 38, 39, 41, 42, 43, 44, 45, 46, 47, 48, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119):** Various small parts, springs, and guides.

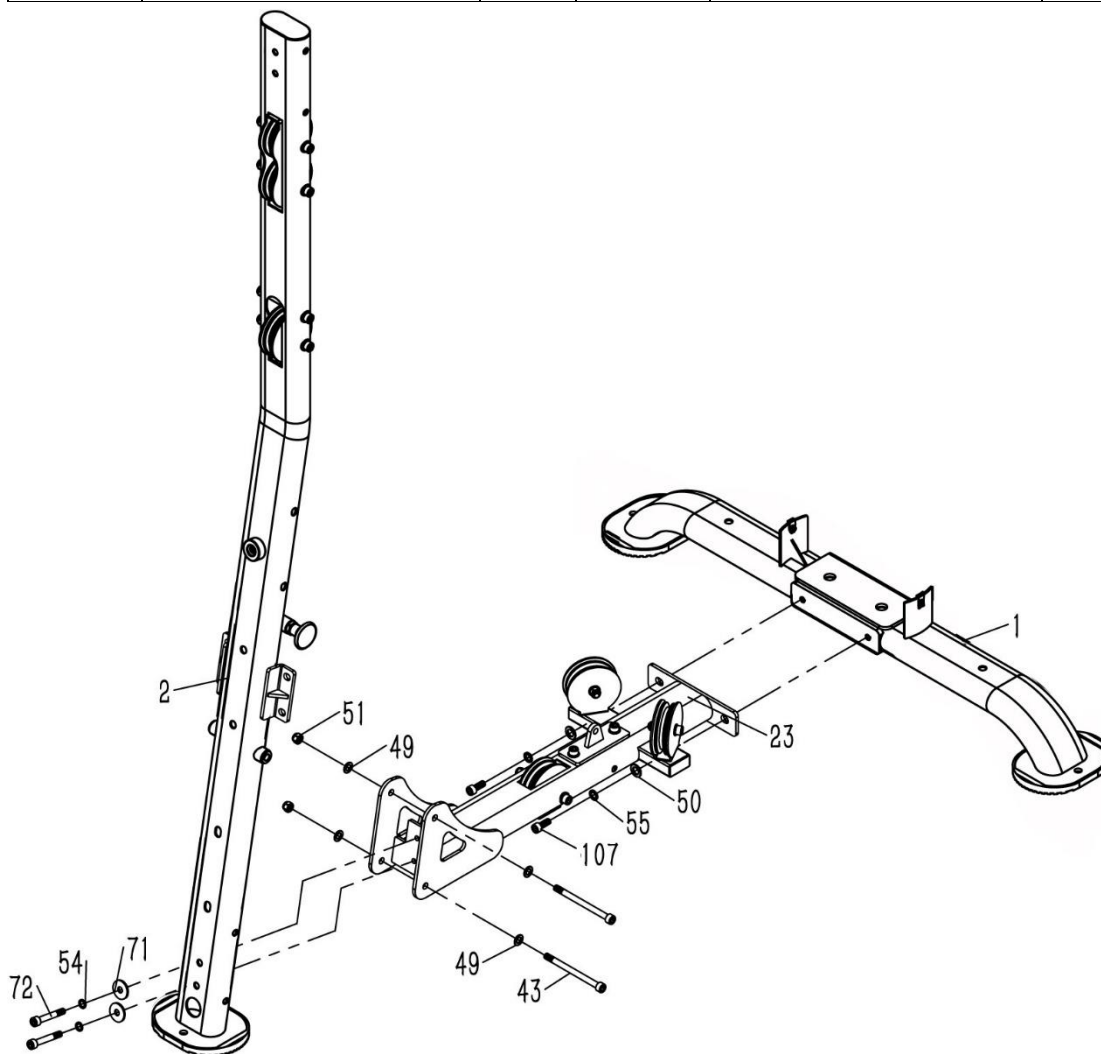
The diagram uses dashed lines to indicate the assembly path and alignment of the components.

Step 1: Preparation

- 1. A Flat area of Roughly 5 meters will be required to assemble and properly use the machine**
- 2. Please use padding to ensure that your floor or machine isn't damaged during assembly**
- 3. The fastening systems included (Nuts & Bolts) may have a grease coating to protect them from corrosion, have a rag handy**
- 4. ALL Plastic end caps should already be installed on the machine prior to shipping, they are included in the parts list and assembly diagrams to aid you if you need replacement parts**
- 5. This machine uses different lengths of bolts, be careful to use the correct length called for in each step of assembly.**

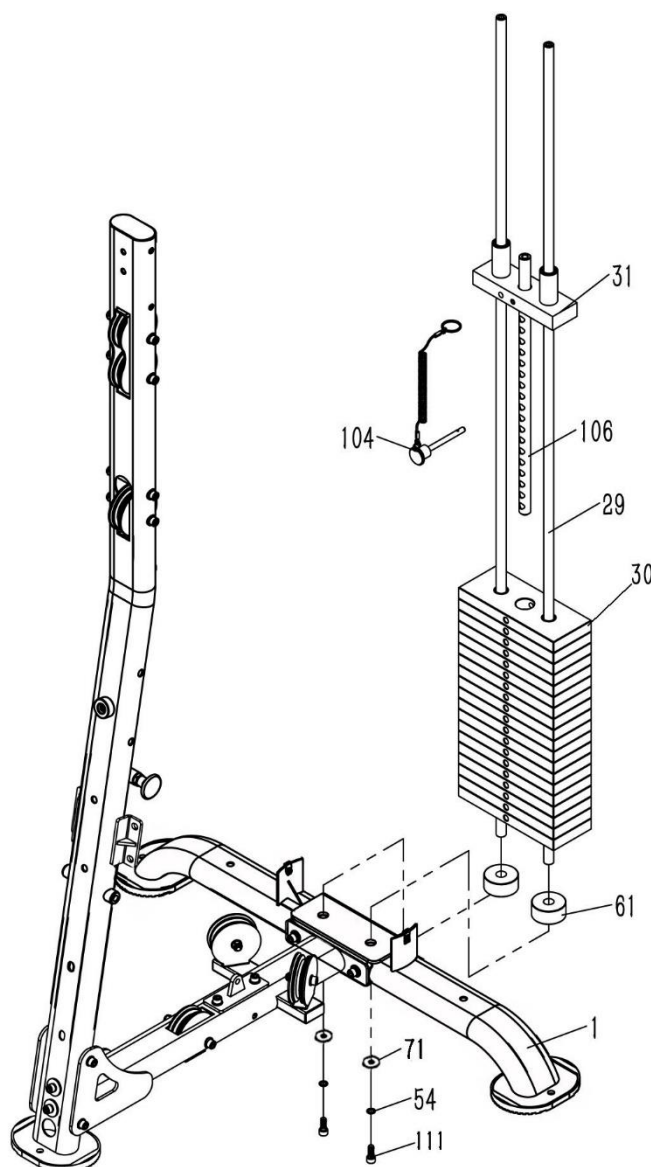
Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Rear Base	1	51	Nylon Lock Nut M10	2
2	Vertical Support	1	54	Spring Washer $\phi 10$	2
23	Bottom Connecting Rack	1	55	Spring Washer $\phi 12$	2
43	Hex Recessed Round Head Bolt M10 $\times$ 130	2	71	Big Washer $\phi 10$	2
49	Flat Washer $\phi 10$	4	72	Hex Recessed Round Head Bolt M10 $\times$ 65	2
50	Flat Washer $\phi 12$	2	107	Hex Recessed Round Head Bolt M12 $\times$ 25	2



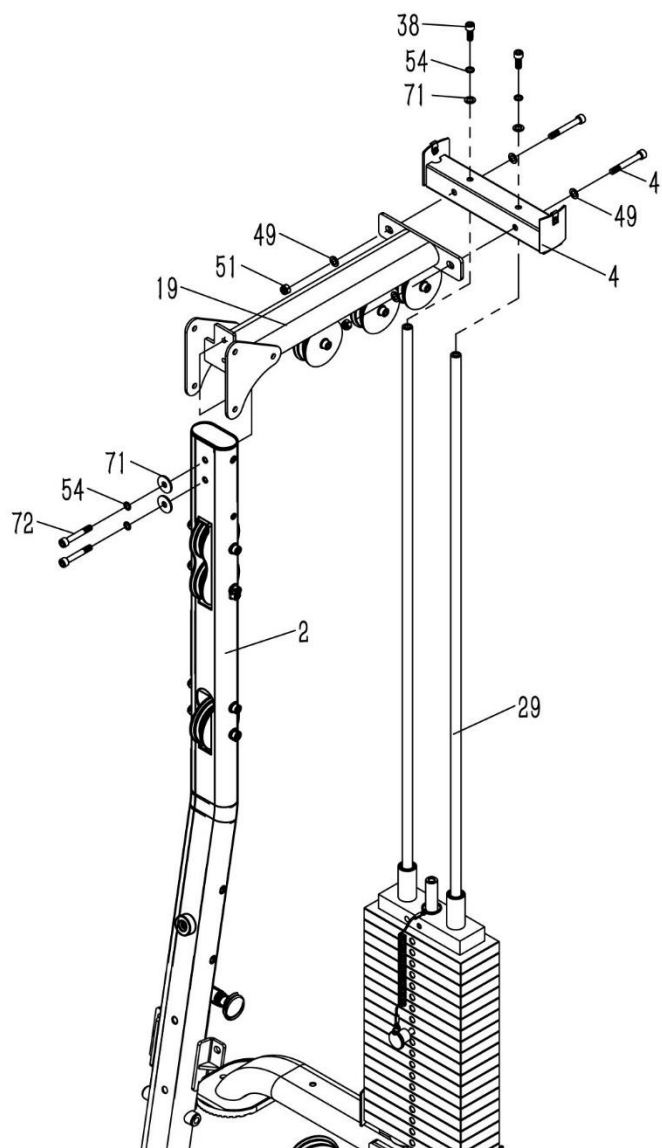
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
11	Push Handle	2	61	Rubber Bumper	2
29	Guide Rod	2	71	Big Washer $\Phi 10$	2
30	Weight Plate 4.5kg	19	104	Selector Pin	1
31	Top Block 4.5kg	1	106	Selector Bar	1
54	Spring Washer $\Phi 10$	2			



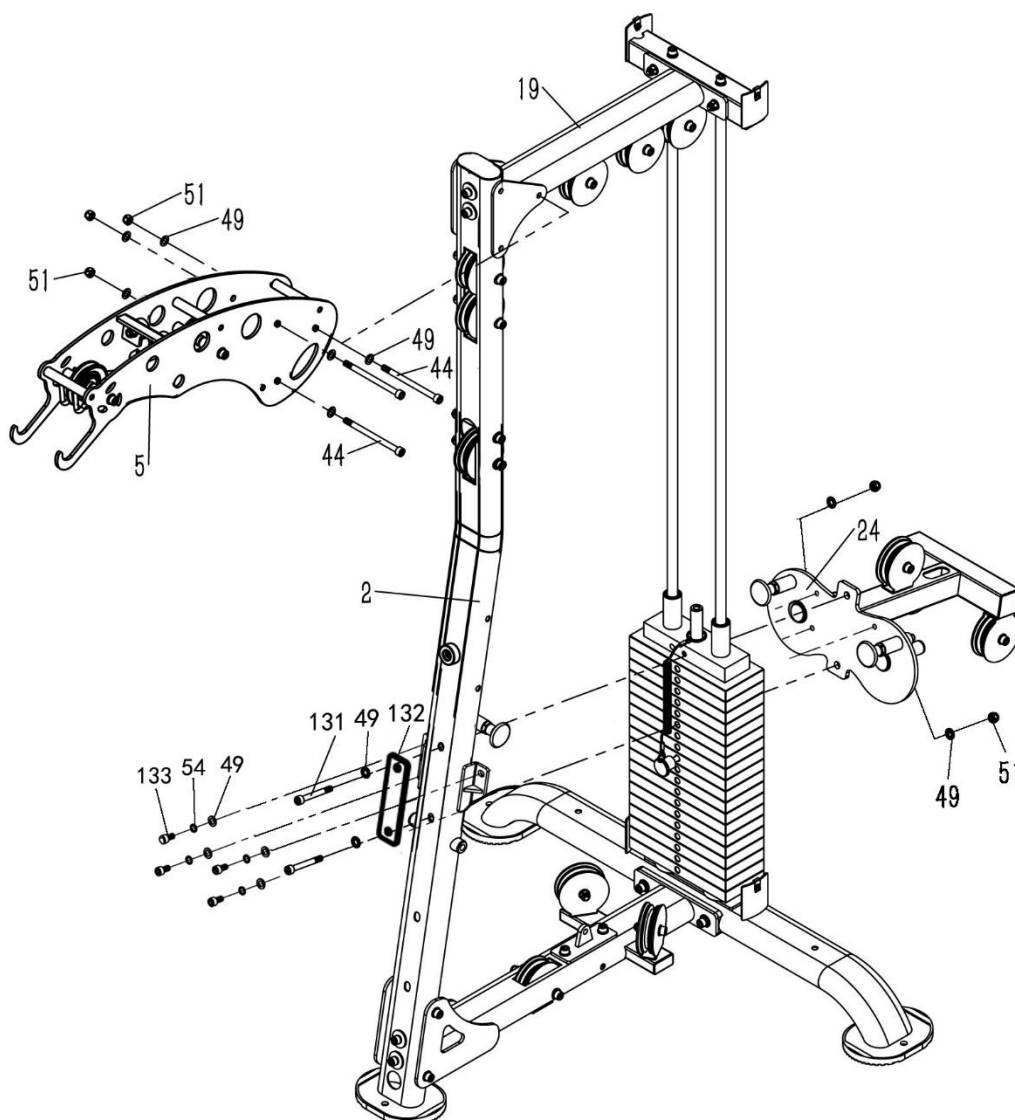
Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
2	Vertical Support	1	49	Flat Washer $\Phi 10$	4
4	Top Frame	1	51	Nylon Lock Nut M10	2
19	Top Connecting Brace	1	54	Spring Washer $\Phi 10$	4
29	Guide Rod	2	71	Big Washer $\Phi 10$	2
38	Hex Recessed Round Head Bolt M10*25	2	72	Hex Recessed Round Head Bolt M10*65	2
41	Hex Recessed Round Head Bolt M10*75	2			



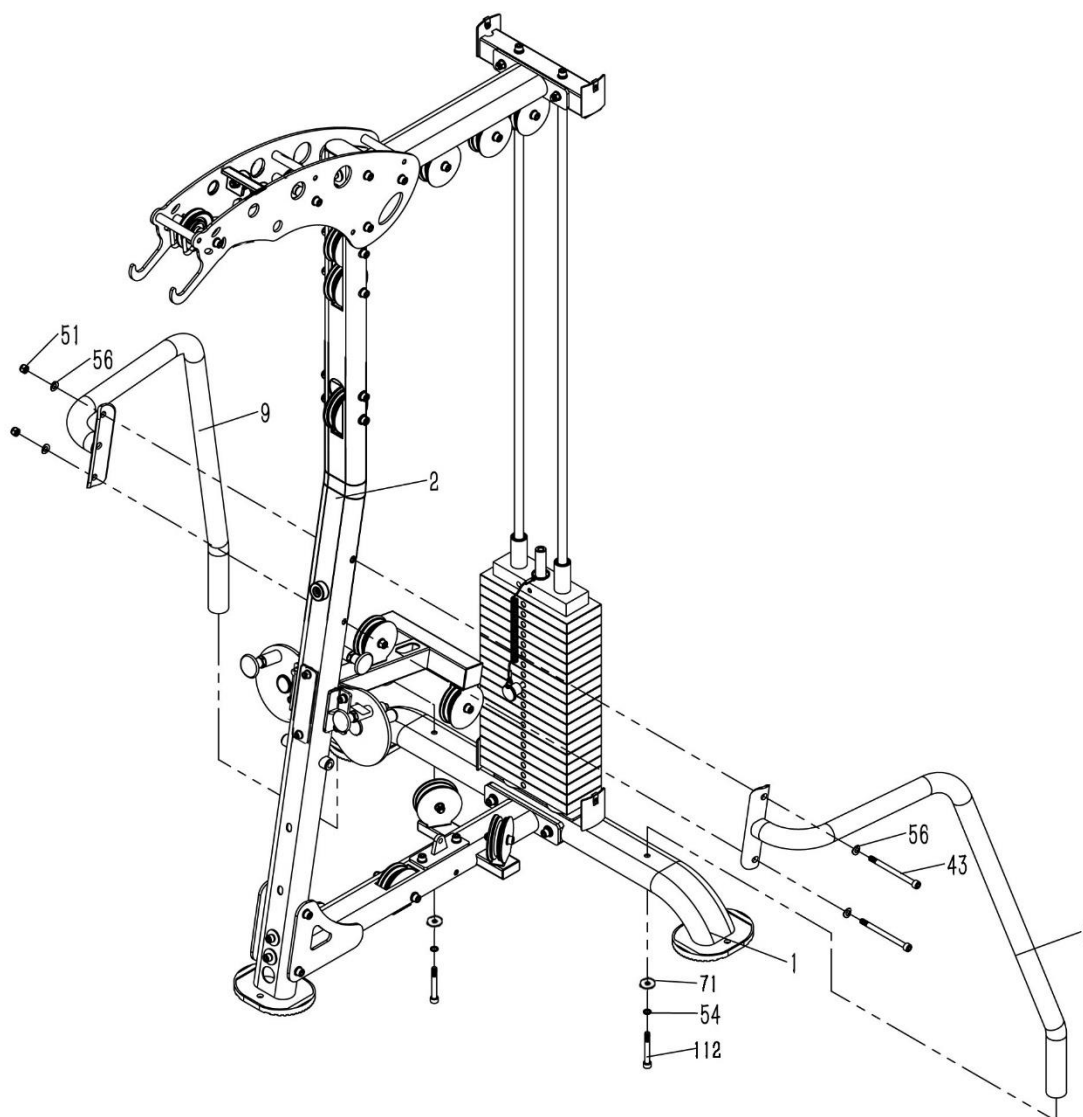
Step 5

Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Front Top Rack	1	51	Nylon Lock Nut M10	5
19	Top Connecting Brace	1	54	Spring Washer $\phi 10$	4
24	Chess Press support	1	131	Hex Recessed Round Head Bolt M10*80	2
44	Hex Recessed Round Head Bolt M10*140	3	132	Reinforce Plate	1
49	Flat Washer $\phi 10$	14	133	Hex Recessed Round Head Bolt M10*20	4



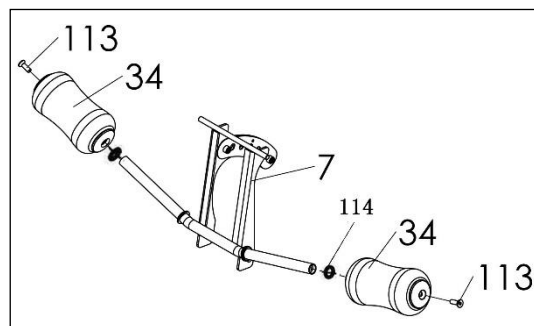
Step 6

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Right Support	1	54	Spring Washer $\Phi 10$	2
9	Left Support	1	56	Arc Washer $\Phi 10 * \Phi 21 * 1.5$	4
43	Hex Recessed Round Head Bolt M10*130	2	71	Big Washer $\Phi 10$	2
51	Nylon Lock Nut M10	2	112	Hex Bolt M10*75	2



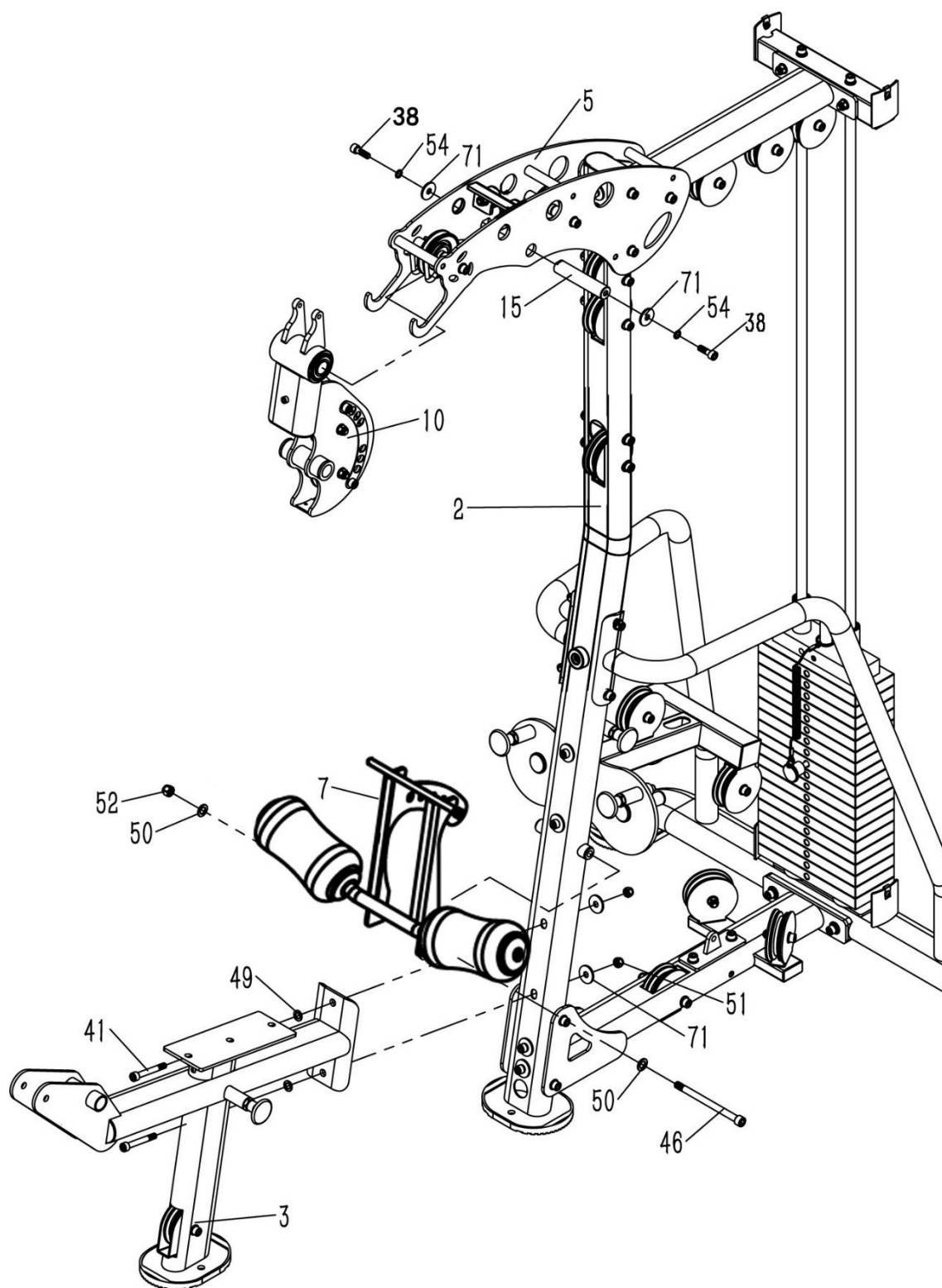
Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Backrest Adjustable Support	1	113	Hex Recessed Countersunk Head Bolt M10*30	2
34	Foam	2	114	Nylon Spacer	2



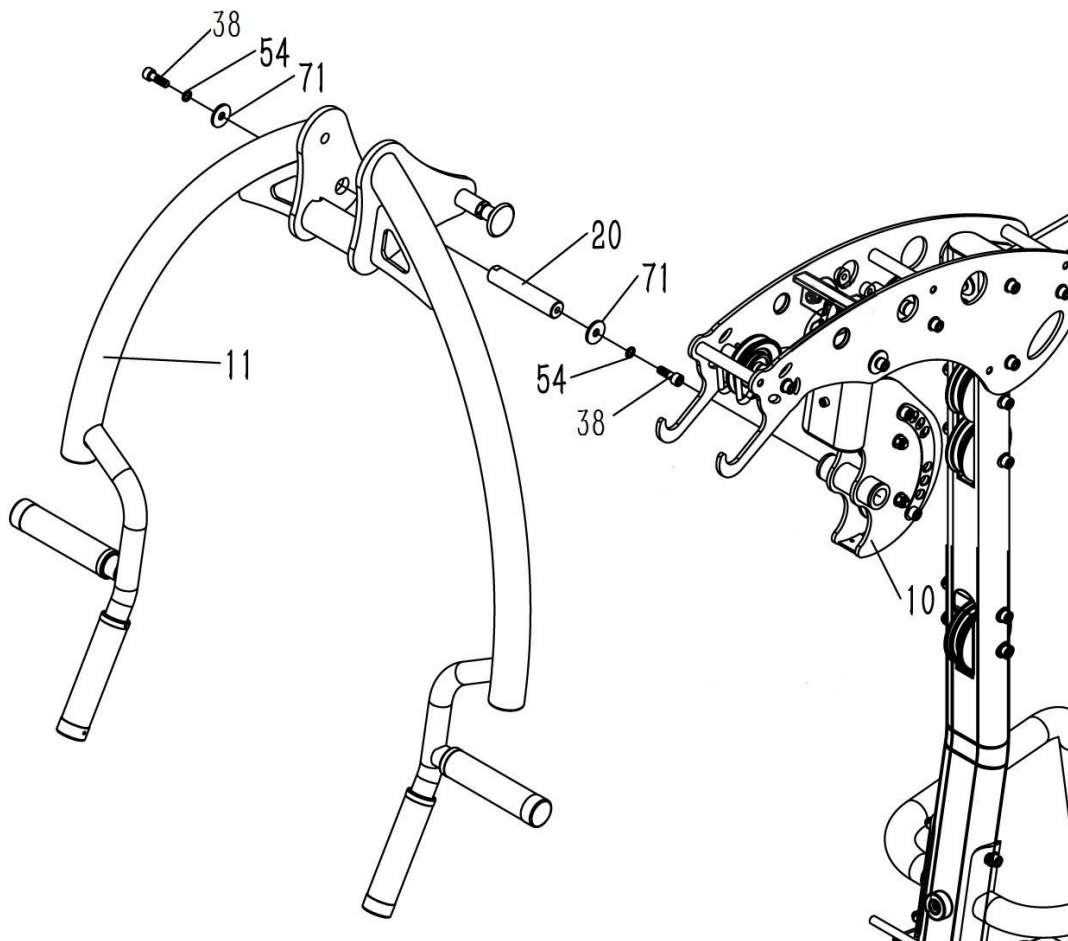
Step 8

Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Leg Extension Base	1	46	Hex Recessed Round Head Bolt M12*160	1
5	Front Top Rack	1	49	Flat WasherΦ10	2
7	Backrest Adjustable Support	1	50	Flat WasherΦ12	2
10	Tray	1	51	Nylon Lock Nut M10	2
15	Axle	1	52	Nylon Lock Nut M12	1
38	Hex Recessed Round Head Bolt M10*25	2	54	Spring Washer Φ10	2
41	Hex Recessed Round Head Bolt M10*75	2	71	Big Washer Φ10	4



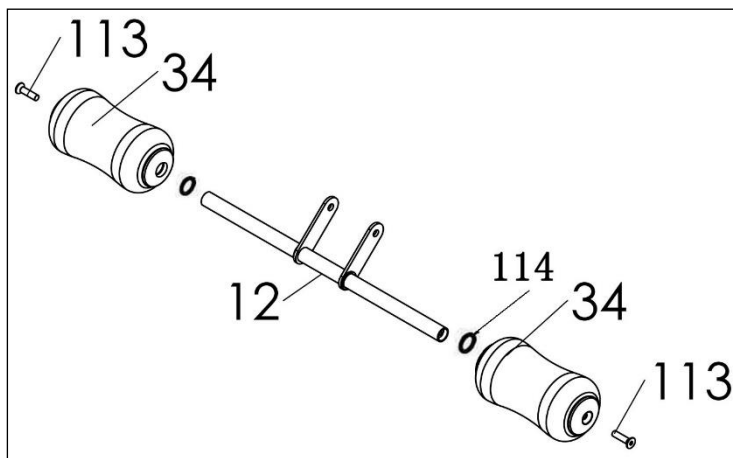
Step 9

Step 9 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Tray	1	54	Spring Washer $\Phi 10$	2
11	Push Handle	1	71	Big Washer $\Phi 10$	2
38	Hex Recessed Round Head Bolt M10*25	2			



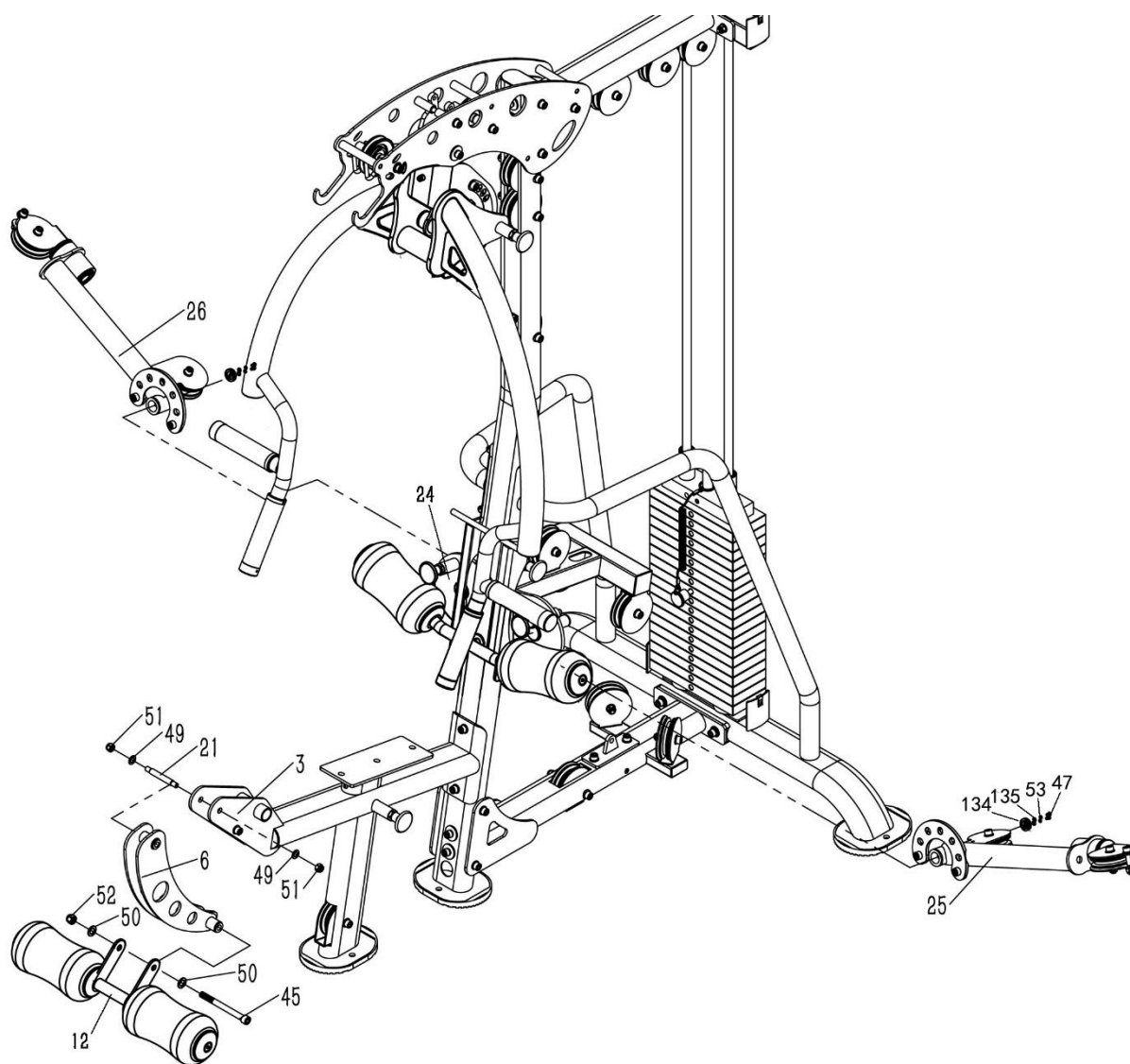
Step 10

Step 10 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
12	Foam Rack A	1	113	Hex Recessed Countersunk Head Bolt M10*30	2
34	Foam	2	114	Nylon Spacer	2



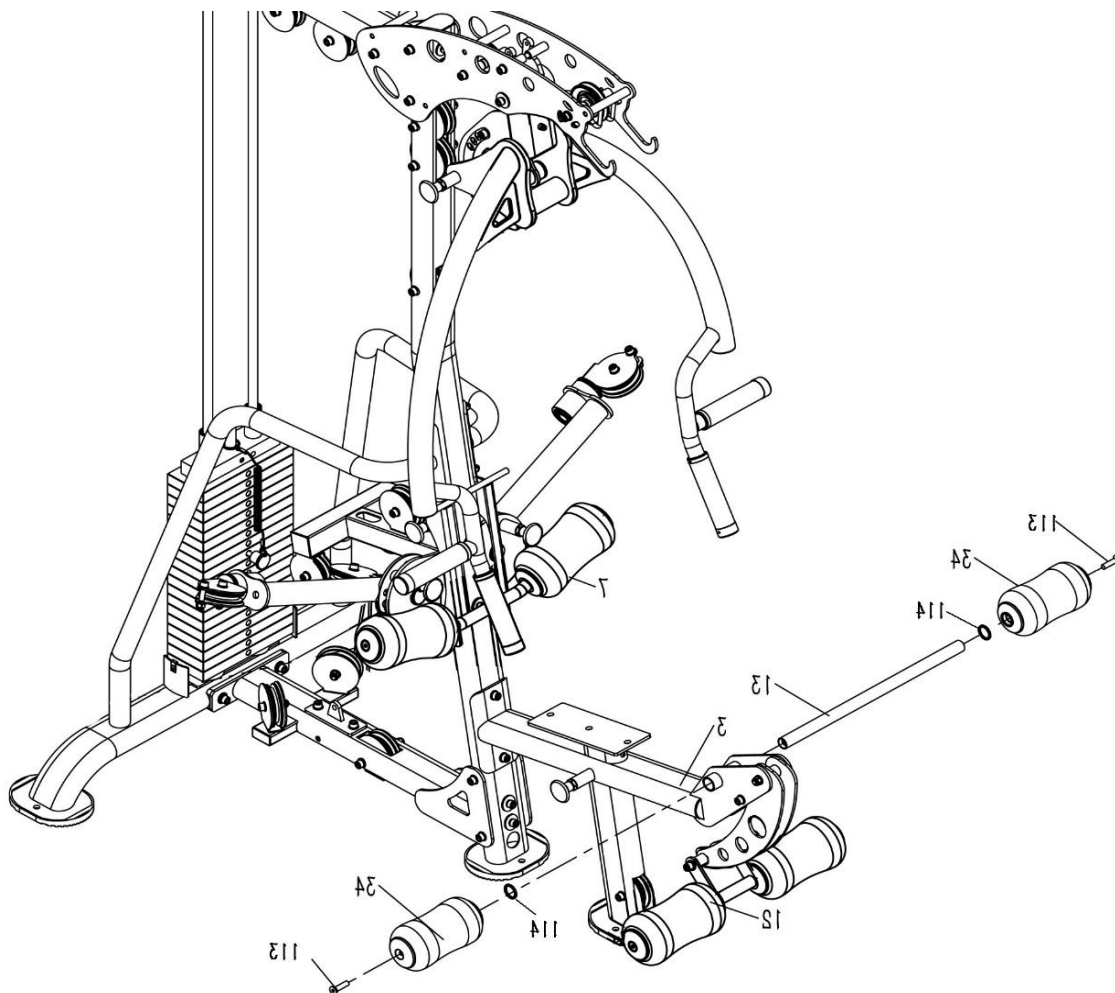
Step 11

Step 11 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Leg Extension Base	1	47	Hex Recessed Flat Head Bolt M6*12	4
6	Leg Extension Rack	1	49	Flat WasherΦ10	2
12	Foam Rack A	1	50	Flat WasherΦ12	2
21	Short Axle	1	51	Nylon Lock Nut M10	2
24	Chest Press Support	1	52	Nylon Lock Nut M12	1
25	Left Arm Rack	1	53	Spring Washer Φ6	4
26	Right Arm Rack	1	134	Aluminium Cap	2
45	Hex Recessed Round Head Bolt M12*130	1	135	Flat Washer Φ6	4



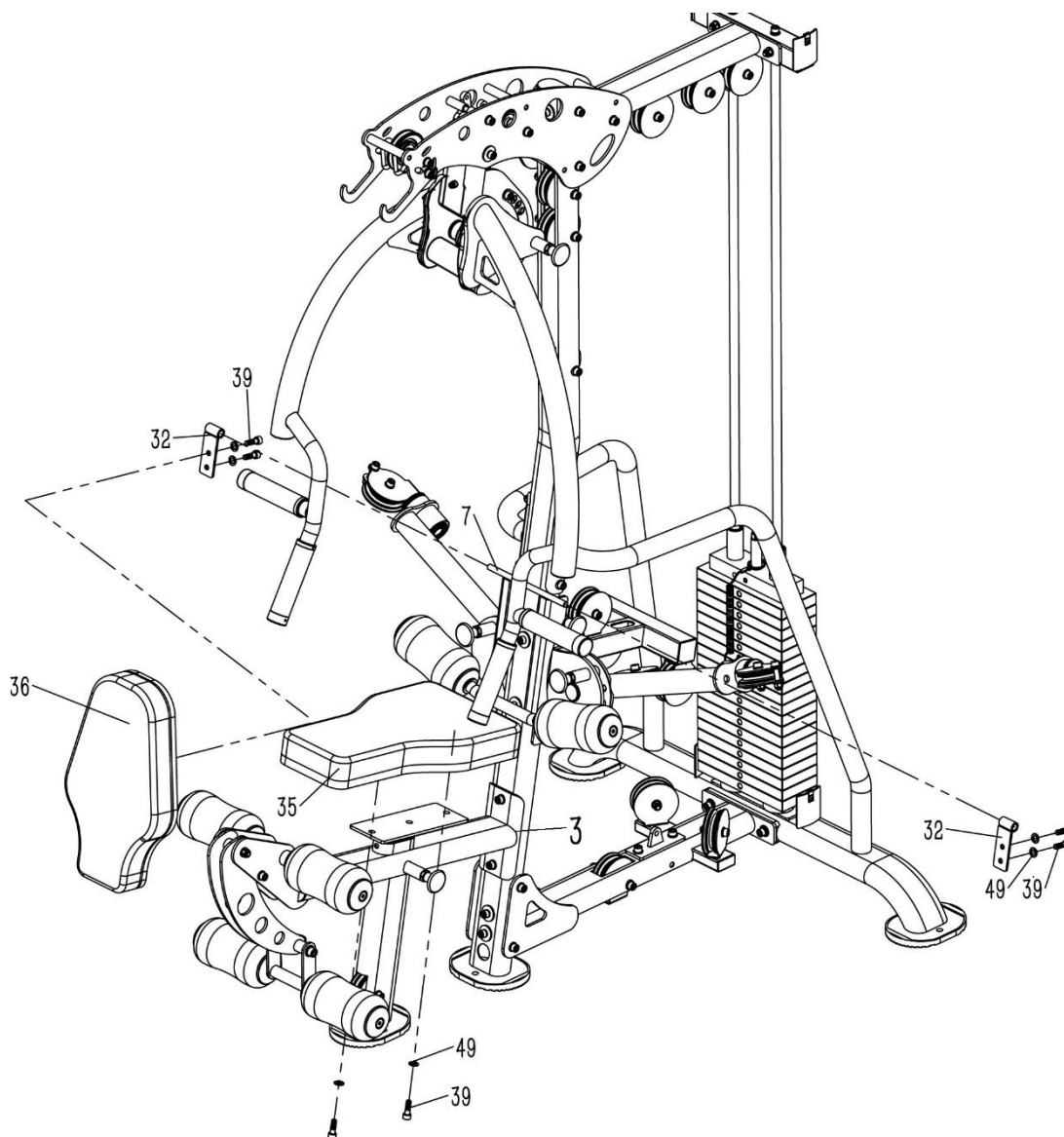
Step 12

Step 12 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Leg Extension Base	1	113	Hex Recessed Countersunk Head Bolt M10*30	2
13	Foam Rod	1	114	Nylon Spacer	2
34	Foam	2			



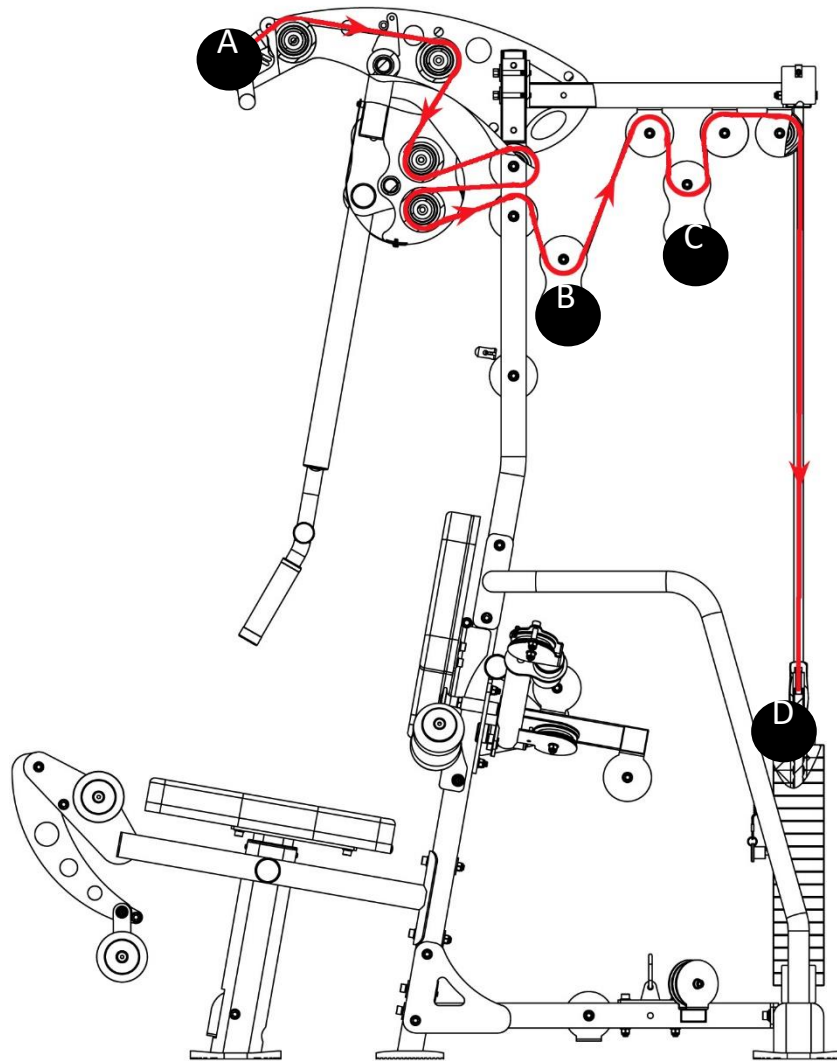
Step 13

Step 13 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Leg Extension Base	1	36	Back rest	1
7	Backrest Adjustable Support	1	39	Hex Recessed Round Head Bolt M10*30	6
32	Hinges	2	49	Flat Washer $\Phi 10$	6
35	Seat Pad	1			

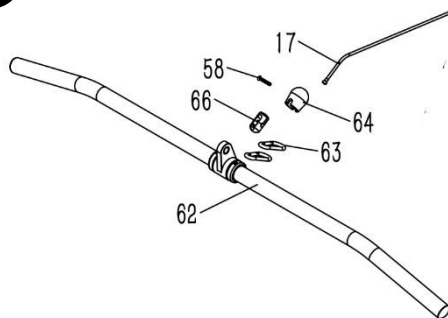


Step 14: Cable Routing

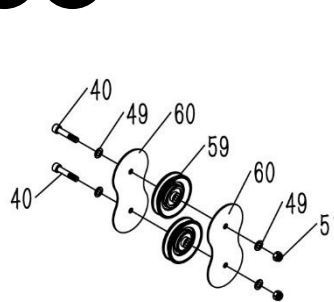
#17 Lat Pull Down Cable(1#)



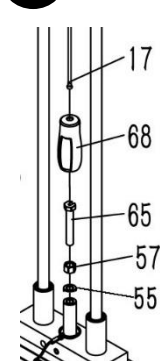
A



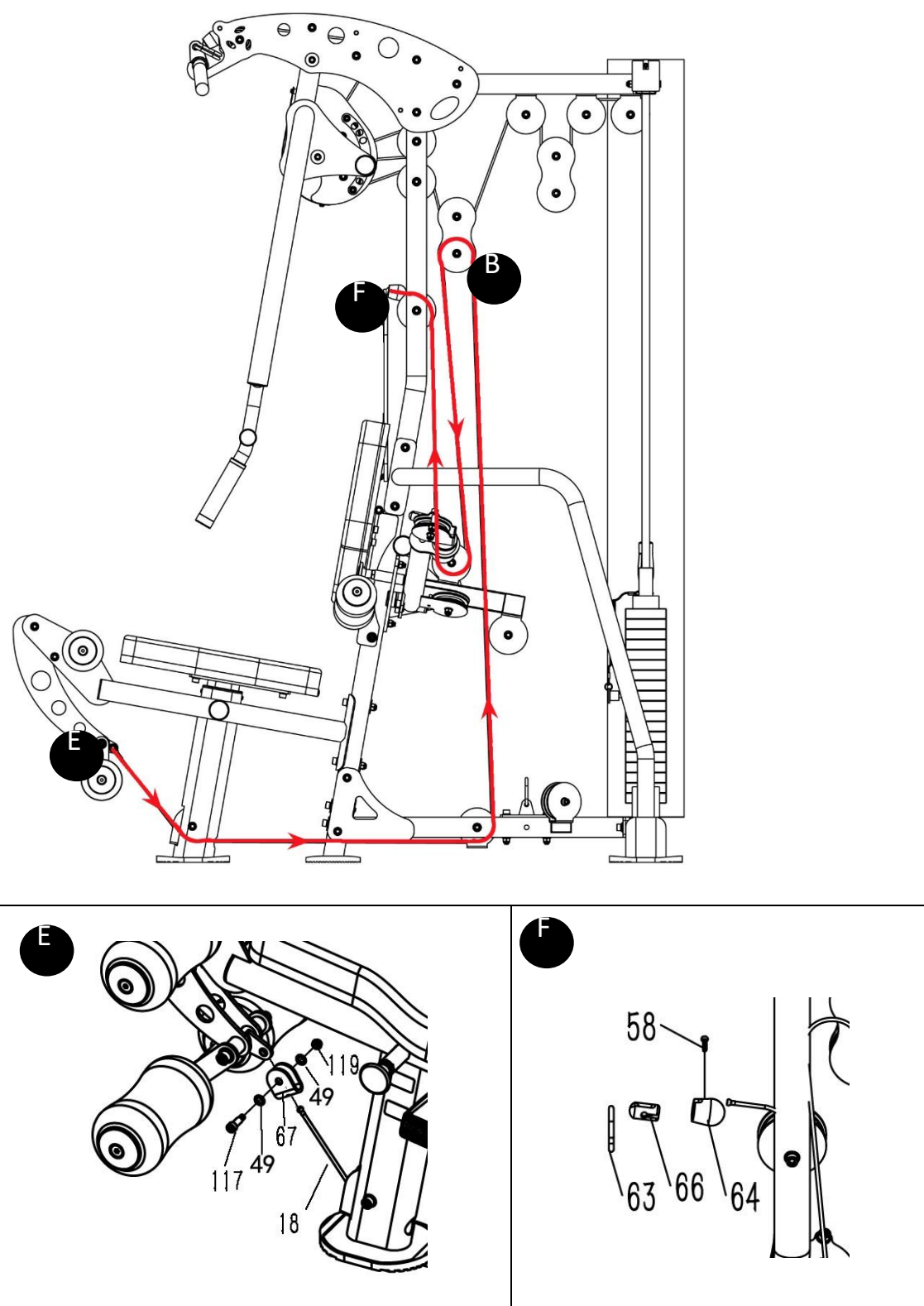
B C



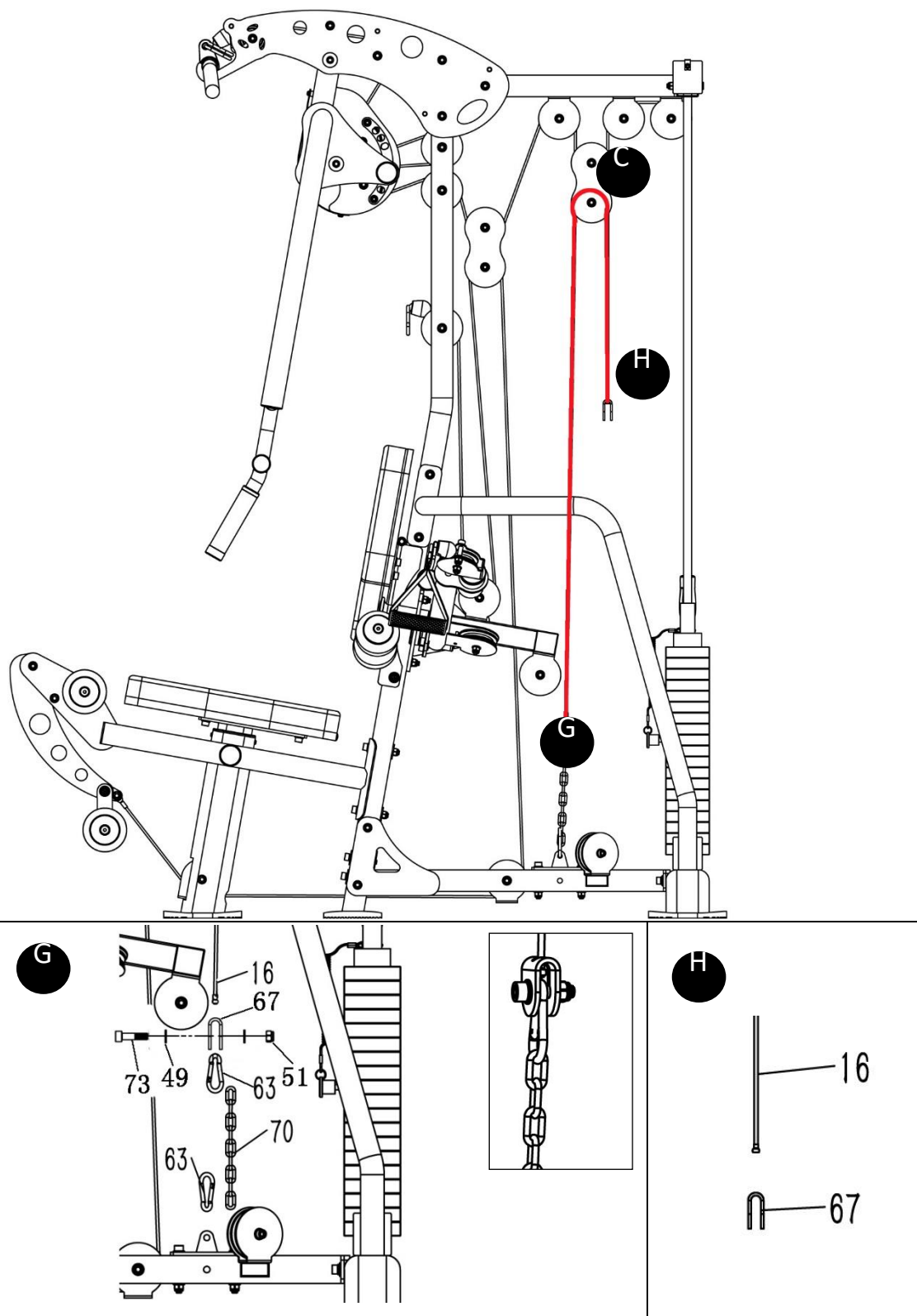
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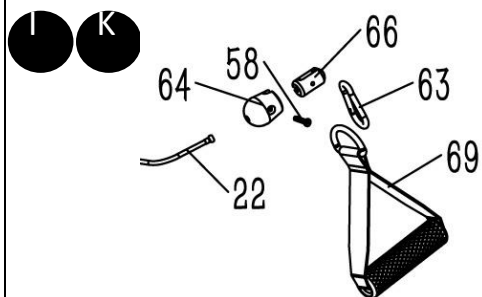
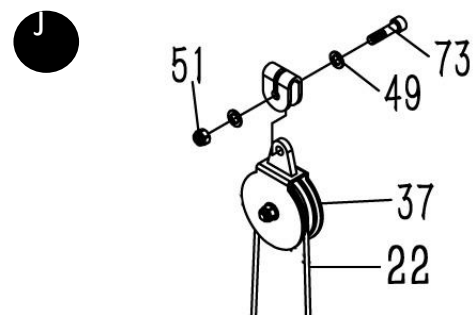
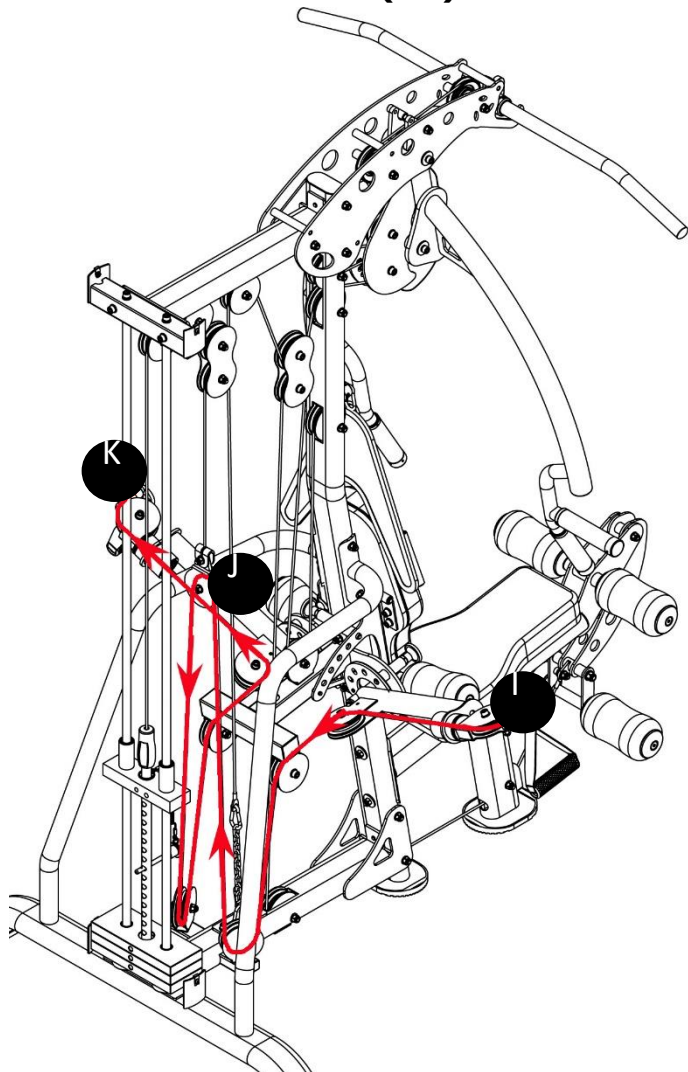
#18 Leg Extension Cable (2#)



#16 Connecting Cable (3#)

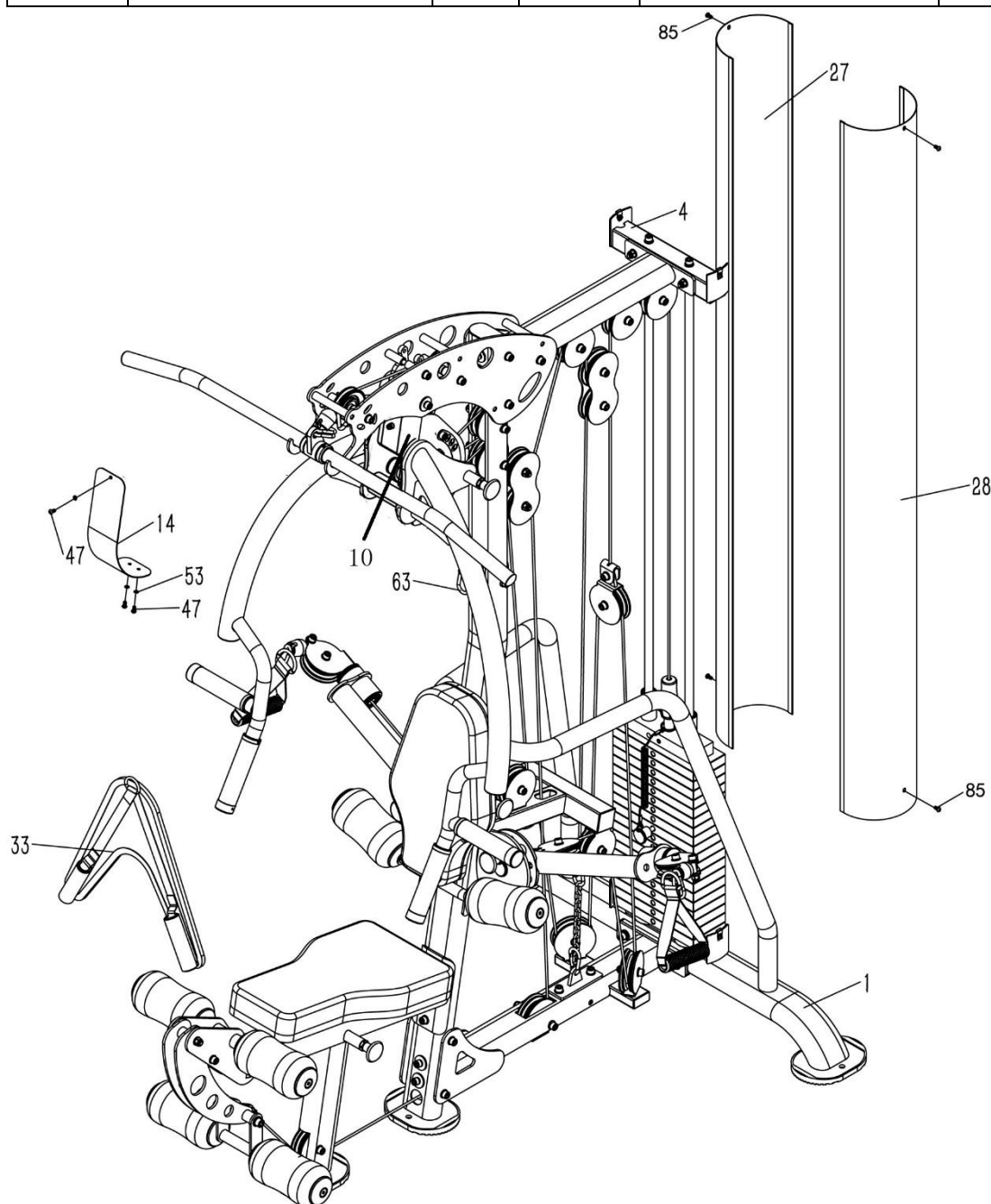


#22 Chest Press Cable(4#)



Step 15

Step 15 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
14	Shield Board	1	47	Hex Recessed Flat Head Bolt M6*12	3
27	Encloser A	1	53	Spring Washer $\phi 6$	3
28	Encloser B	1	63	Snap Link	1
33	Shoulder Strap	1	85	Hex Recessed Flat Head Bolt M6*20	4



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Rear Base	1	27	Encloser A	1
2	Vertical Support	1	28	Encloser B	1
3	Leg Extension Base	1	29	Guild Rod	2
4	Top Frame	1	30	Weight Plate 4.5kg	19
5	Front Top Rack	1	31	Top Block 4.5kg	1
6	Leg Extension Rack	1	32	Hinges	2
7	Backrest Adjustable Support	1	33	Shoulder Strap	1
8	Right Support	1	34	Foam	6
9	Left Support	1	35	Seat Pad	1
10	Tray	1	36	Backrest	1
11	Push Handle	1	37	Pulley Rack	1
12	Foam Rack A	1	38	Hex Recessed Round Head Bolt M10*25	6
13	Foam Rod	1	39	Hex Recessed Round Head Bolt M10*30	6
14	Shied Board	1	40	Hex Recessed Round Head Bolt M10*50	21
15	Axle	1	41	Hex Recessed Round Head Bolt M10*75	6
16	Connecting Cable (3#)	1	43	Hex Recessed Round Head Bolt M10*130	4
17	Lat Pull Down Cable (1#)	1	44	Hex Recessed Round Head Bolt M10*140	5
18	Leg Extension Cable (2#)	1	45	Hex Recessed Round Head Bolt M12*130	1
19	Top Connecting Brace	1	46	Hex Recessed Round Head Bolt M12*160	1
20	Long Axle	1	47	Hex Recessed Flat Head Bolt M6*12	7
21	Short Axle	1	48	Hex Recessed Countersunk Head Bolt M10*40	2
22	Chest Press Cable (4#)	1	49	Flat WasherΦ10	96
23	Bottom Connecting Rack	1	50	Flat WasherΦ12	6
24	Chest Press Support	1	51	Nylon Lock Nut M10	52
25	Left Arm Rack	1	52	Nylon Lock Nut M12	2
26	Right Arm Rack	1	53	Spring Washer Φ6	8

Item #	Description	Qty.	Item #	Description	Qty.
54	Spring Washer $\Phi 10$	18	81	Flange Bearing MFM-2532-20	6
55	Spring Washer $\Phi 12$	3	82	Seated Base	1
56	Arc Washer $\Phi 10 * \Phi 21 * 1.5$	14	83	Inner Sleeve	1
57	Hex Nut M12	1	85	Hex Recessed Flat Head Bolt M6*20	5
58	Cross Countersunk Head Screw #10-32UNF*1-1/8"	4	86	Hex Recessed Flat Head Bolt M6*8	2
59	Pulley $\Phi 90$	26	87	Hex Recessed Round Head Bolt M10*70	2
60	Single Pulley Plate	4	88	Hex Recessed Round Head Bolt M10*115	5
61	Rubber Bumper	2	89	Hex Recessed Round Head Bolt M8*12	8
62	Lat Bar	1	90	Nylon Sleeve	8
63	Snap Link	7	91	T Bearing	2
64	Fixing Sleeve	4	92	Adjustable Plate 1	1
65	Spilt Bolt	1	93	Round Plug	2
66	Cable Bracket 1	4	94	Flat Aluminium Finishing	4
67	Cable Bracket 2	3	95	Aluminium Baffle Ring	4
68	Bumper Cap	1	96	Foam	4
69	Handle	2	97	Set Screw M5*4	16
70	Chain	1	98	Rectangle Plug 50*25*3	2
71	Big Washer $\Phi 10$	16	99	Connecting Plate	1
72	Hex Recessed Round Head Bolt M10*65	5	100	Square Plug	2
73	Hex Recessed Round Head Bolt M10*40	2	101	Rotating Pulley Rack	2
74	Hex Thin Nut M10	1	102	Adjustable Plate 2	2
75	Nut	4	103	Deep groove ball bearing 6005-2Z(C0)	4
76	Rubber Shoe	4	104	Selector Pin	1
77	Pull Pin 1	1	105	Pin 10*50	1
78	Pull Pin 2	4	106	Selector Bar	1
79	Flat Elliptical Plug	1	107	Hex Recessed Round Head Bolt M12*25	2
80	Flange Bearing MFM-1216-10	6	108	Hex Recessed Flat Head Bolt M8*16	1

Item #	Description	Qty.	Item #	Description	Qty.
109	Spring Washer $\Phi 8$	1	124	Label-Warning 008	1
110	Rubber Cushion TYFB-165	2	125	Label-Pull Pin 009	5
111	Hex Bolt M10*25	2	126	Label-Check parts 013	1
112	Hex Bolt M10*75	2			
113	Hex Recessed Countersunk Head Bolt M10*30	4	127	Label-Check Cables 016	1
114	Nylon Spacer	6	128	Label-Surface 017	1
115	Hex Recessed Flat Head Bolt M6*60	2	129	Label-Instruction	1
116	Nylon Lock Nut M6	2	131	Hex Recessed Round Head Bolt M10*80	2
117	Metric Shaft Bolt	1	132	Reinforce Plate	1
119	Nylon Lock Nut M8	1	133	Hex Recessed Round Head Bolt M10*20	4
120	Hex Recessed Flat Head Bolt M10*30	2	134	Aluminium Cap	2
121	Rubber Cushion 1	1	135	Flat Washer $\Phi 6$	4
122	Rubber Cushion TYFB-132	1	136	Adjustable Plate 2	1
123	Label-Warning Handle 005	2	137	Cross Countersunk Head Screw M3*6	4

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.