

VERVE Arnold Series Pull Down Machine Owner's Manual

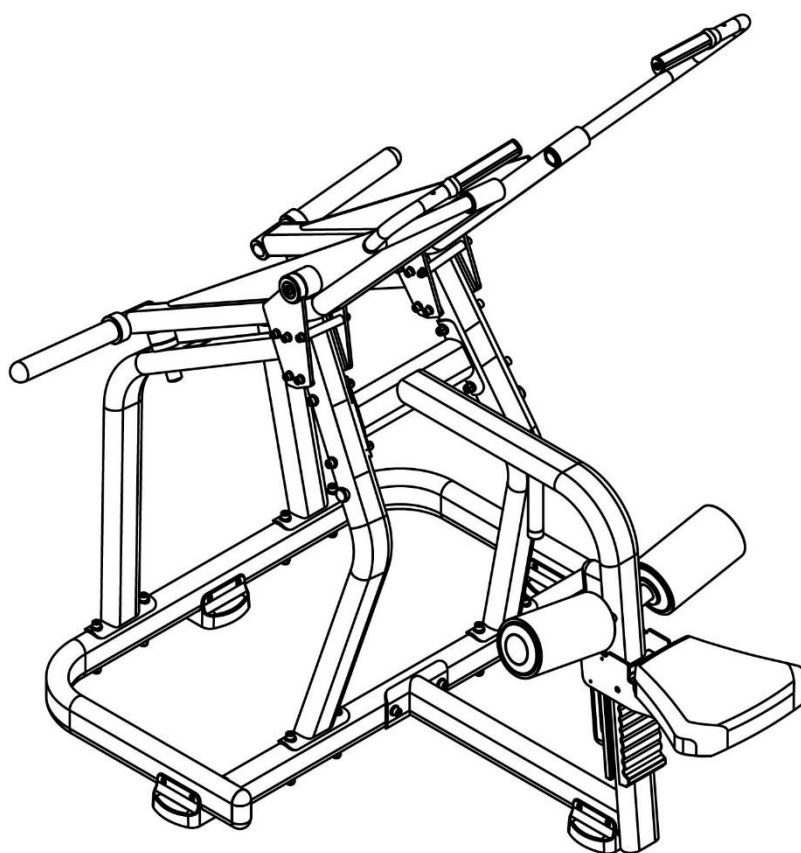


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IMPORTANT SAFETY NOTICE

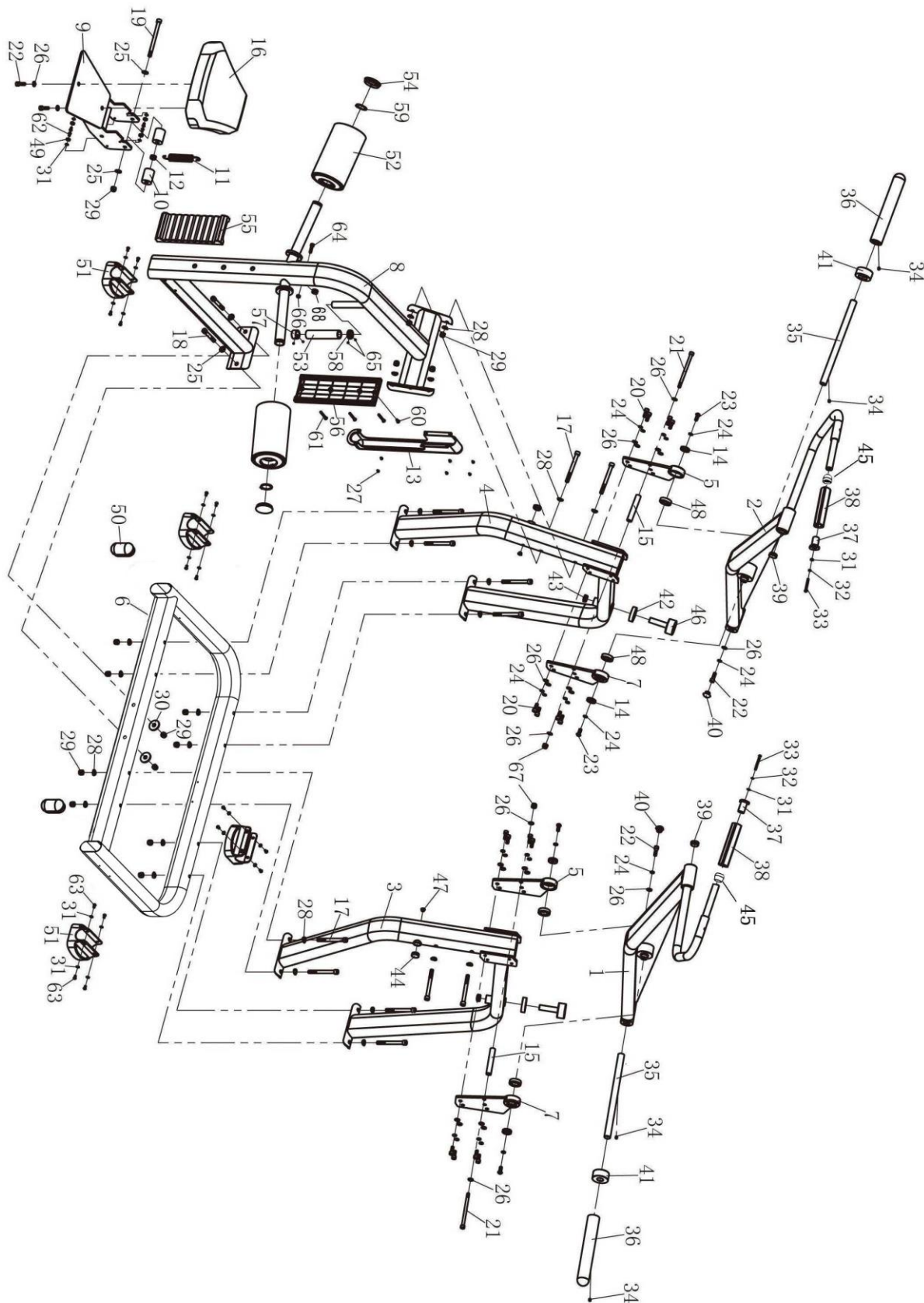
PRECAUTIONS:

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:

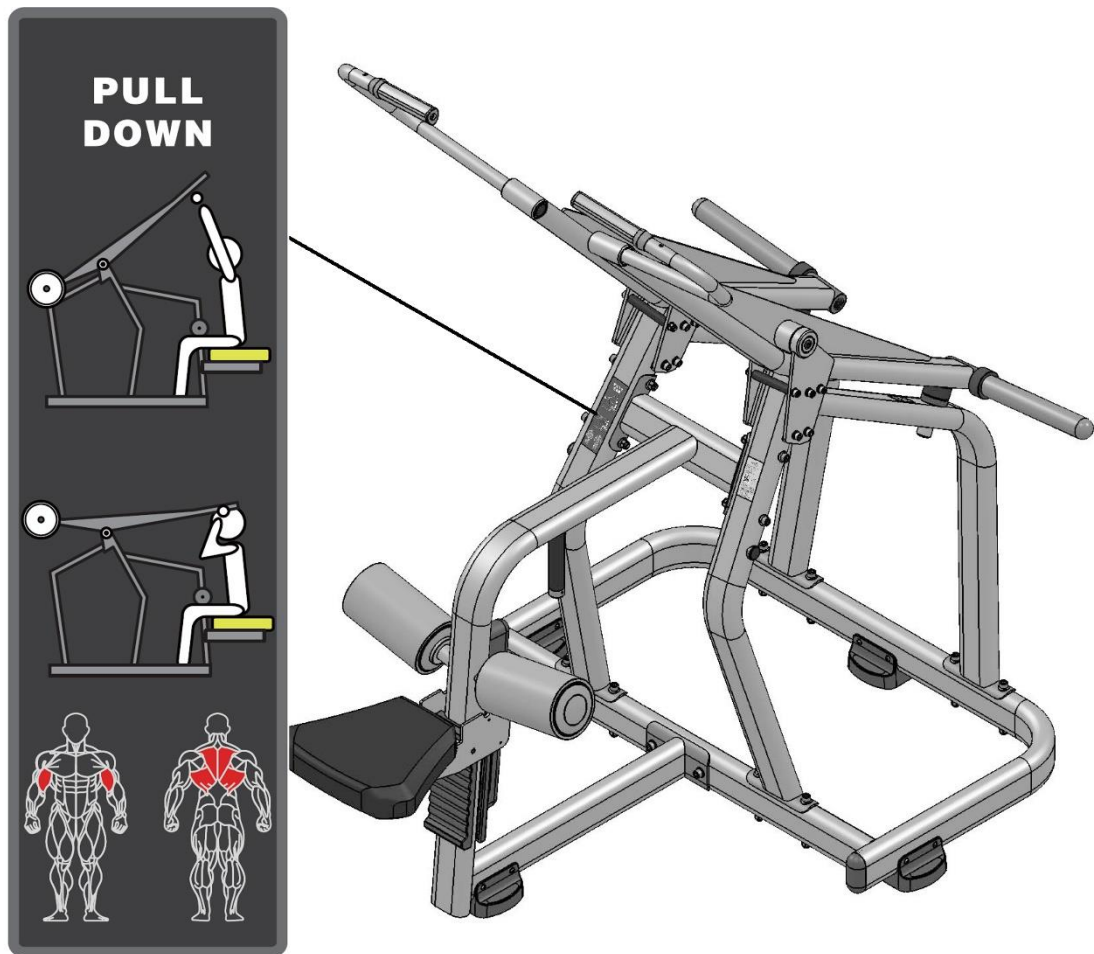
- **Maximum user weight: 150kg.**
- Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- Only one person at a time should use the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms,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

Exploded View Diagram



Label Information

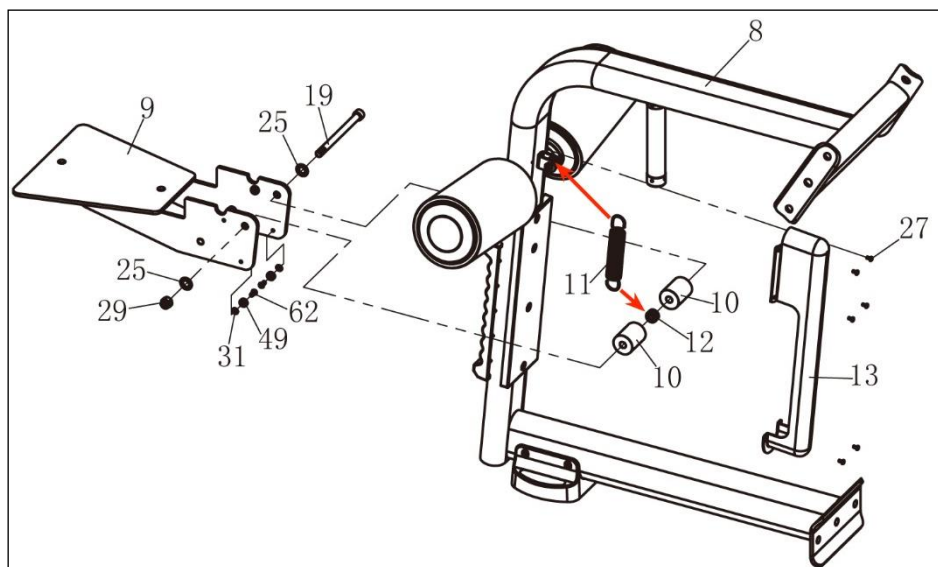


Step 1: Preparation

- 1. A Flat area of Roughly 2 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.**

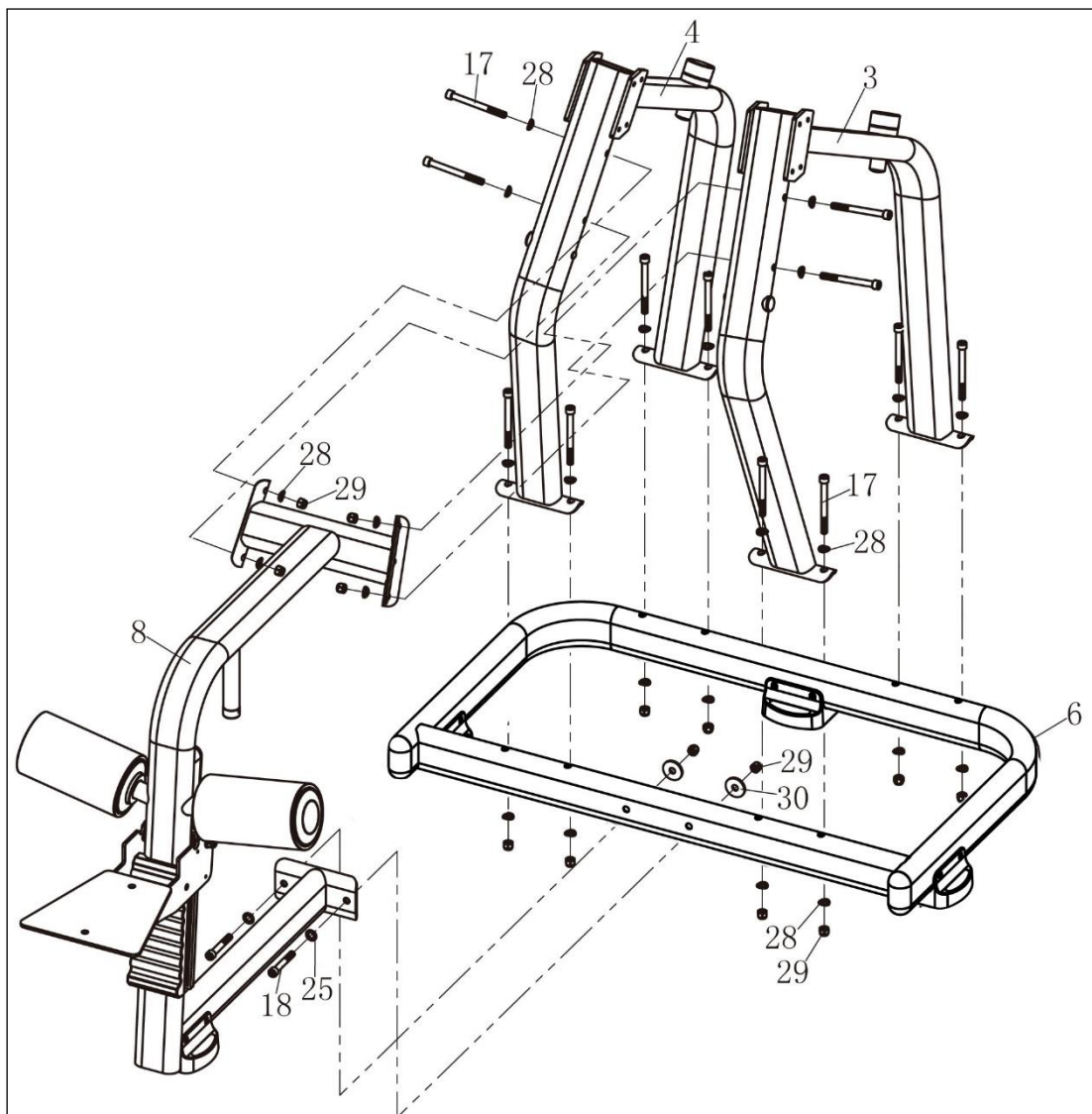
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Front Support Frame	1	25	Washer $\Phi 12$	2
9	Seat Pad Support	1	27	Cross Pan Head Screw M4*8	6
10	Wheel	3	29	Nylon Lock Nut M12	1
11	Tension Spring	1	31	Washer $\Phi 6$	2
12	Lower Spring Base	2	49	Deep Groove Ball Bearing with Dust Cover 619-6-2Z	2
13	Spring Shield	1	62	Hex Recessed Flat Head Screw M6*12 (resistance to fall)	2
19	Hex Recessed Round Head Screw M12*155	1			



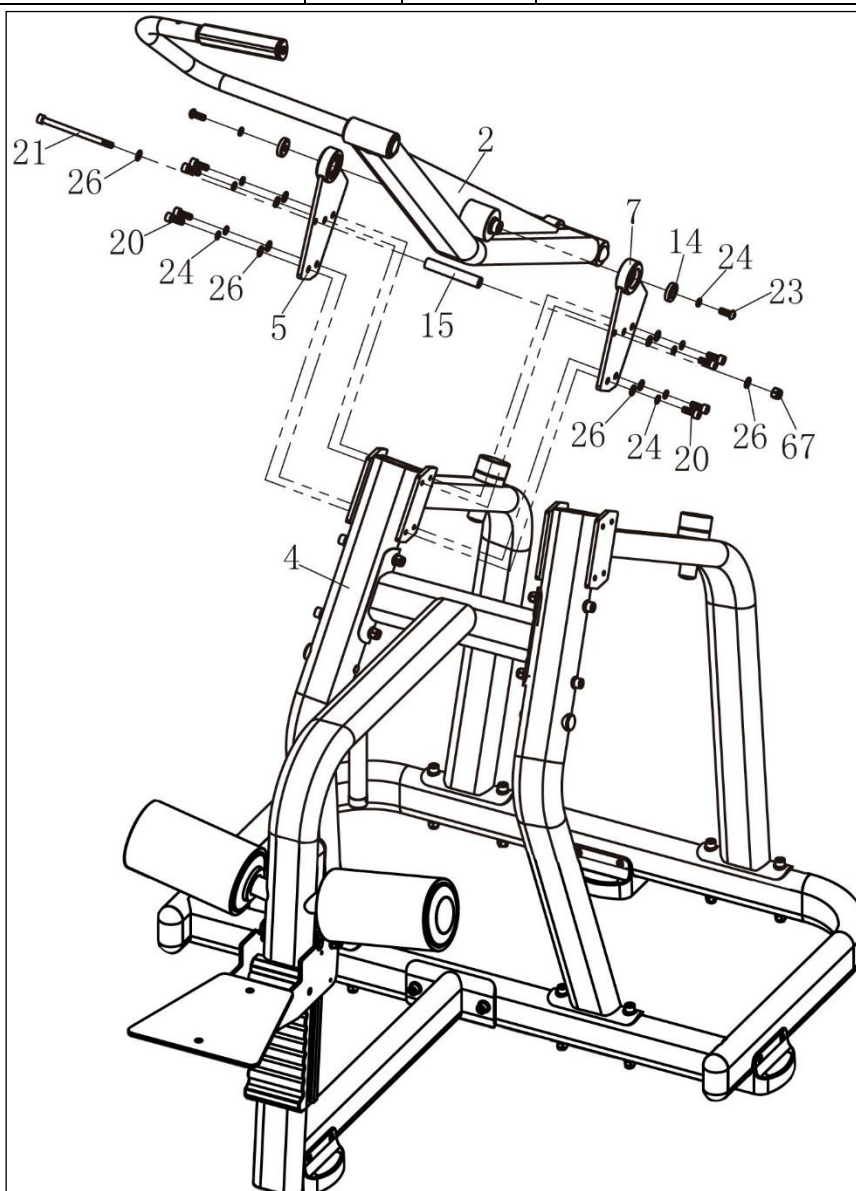
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Right Support Frame	1	25	Washer $\Phi 12$	2
4	Left Support Frame	1	28	Arc Washer $\Phi 12$	24
6	Bottom Base	1	29	Nylon Lock Nut M12	14
17	Hex Recessed Round Head Screw M12*125	12	30	Extra Large Washer $\Phi 12$	2
18	Hex Recessed Round Head Screw M12*80	2			



Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
2	Left Pull Arm	1	21	Hex Recessed Round Head Screw M10*150	1
5	Bearing Base 1	1	23	Hex Recessed Flat Head Screw M10*25	2
7	Bearing Base 2	2	24	Spring Washer $\Phi 10$	10
14	Bearing Shim	2	26	Washer $\Phi 10$	10
15	Nylon Sleeve	1	67	Nylon Lock Nut M10	1
20	Hex Recessed Round Head Screw M10*25	8			



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Right Pull Arm	1	27	Cross Pan Head Screw M4*8	6
2	Left Pull Arm	1	28	Arc Washer Φ12	24
3	Right Support Frame	1	29	Nylon Lock Nut M12	15
4	Left Support Frame	1	30	Extra Large Washer Φ12	2
5	Bearing Base 1	2	31	Washer Φ6	22
6	Bottom Base	1	32	Spring Washer Φ6	2
7	Bearing Base 2	2	33	Hex Recessed Flat Head Screw M6*55	2
8	Front Support Frame	1	34	Hex Socket Set Screw with Cup Point M8*10	4
9	Seat Pad Support	1	35	Weight Plate Pole	2
10	Wheel	2	36	Weight Plate Pole Sleeve	2
11	Tension Spring	1	37	Handle End Cover	2
12	Lower Spring Base	1	38	Aluminum Handle	2
13	Spring Shield	1	39	Round Plug Φ32*δ2	2
14	Bearing Shim	4	40	Big Ball Head Round Plug Φ22*δ1.5*Φ30	2
15	Nylon Sleeve	2	41	Rubber Cushion	2
16	Seat Pad	1	42	Lock Plate	2
17	Hex Recessed Round Head Screw M12*125	12	43	Round Plug Φ28*δ1.5	2
18	Hex Recessed Round Head Screw M12*80	2	44	Round Plug Φ30*δ1.5	2
19	Hex Recessed Round Head Screw M12*155	1	45	Sleeve Connector	2
20	Hex Recessed Round Head Screw M10*25	16	46	Adjustable Cushion	2
21	Hex Recessed Round Head Screw M10*150	2	47	Hole Plug	2
22	Hex Recessed Round Head Screw M10*30	4	48	Deep Groove Ball Bearing with Dust Cover 6005-2Z	4
23	Hex Recessed Flat Head Screw M10*25	4	49	Deep Groove Ball Bearing with Dust Cover 619-6-2Z	4
24	Spring Washer Φ10	22	50	Elliptical Plug PT100*50*δ2.5	2
25	Washer Φ12	4	51	Big Foot Pad	4
26	Washer Φ10	24	52	Foam	2

Item #	Description	Qty.	Item #	Description	Qty.
53	Armrest Foam Φ24*δ5*150	1	61	Hex Socket Countersunk Head Screw M6*55	3
54	Foam Small End Cover	2	62	Hex Recessed Flat Head Screw M6*12	4
55	Front Support Board	1	63	Hex Recessed Flat Head Screw M6*12	16
56	Rear Support Board	1	64	Hex Recessed Round Head Screw M8*30	1
57	Flat Aluminum End Cap	1	65	Hex Socket Set Screw with Cone Point M5*5	4
58	Aluminum Baffle Ring	1	66	Nylon Lock Nut M8	1
59	External Circlip Φ38	2	67	Nylon Lock Nut M10	2
60	Hex Socket Countersunk Head Screw M6*16	1	68	Upper Spring Base	1

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.