

VERVE Arnold Series

Incline Leg Press Machine

Owner's Manual

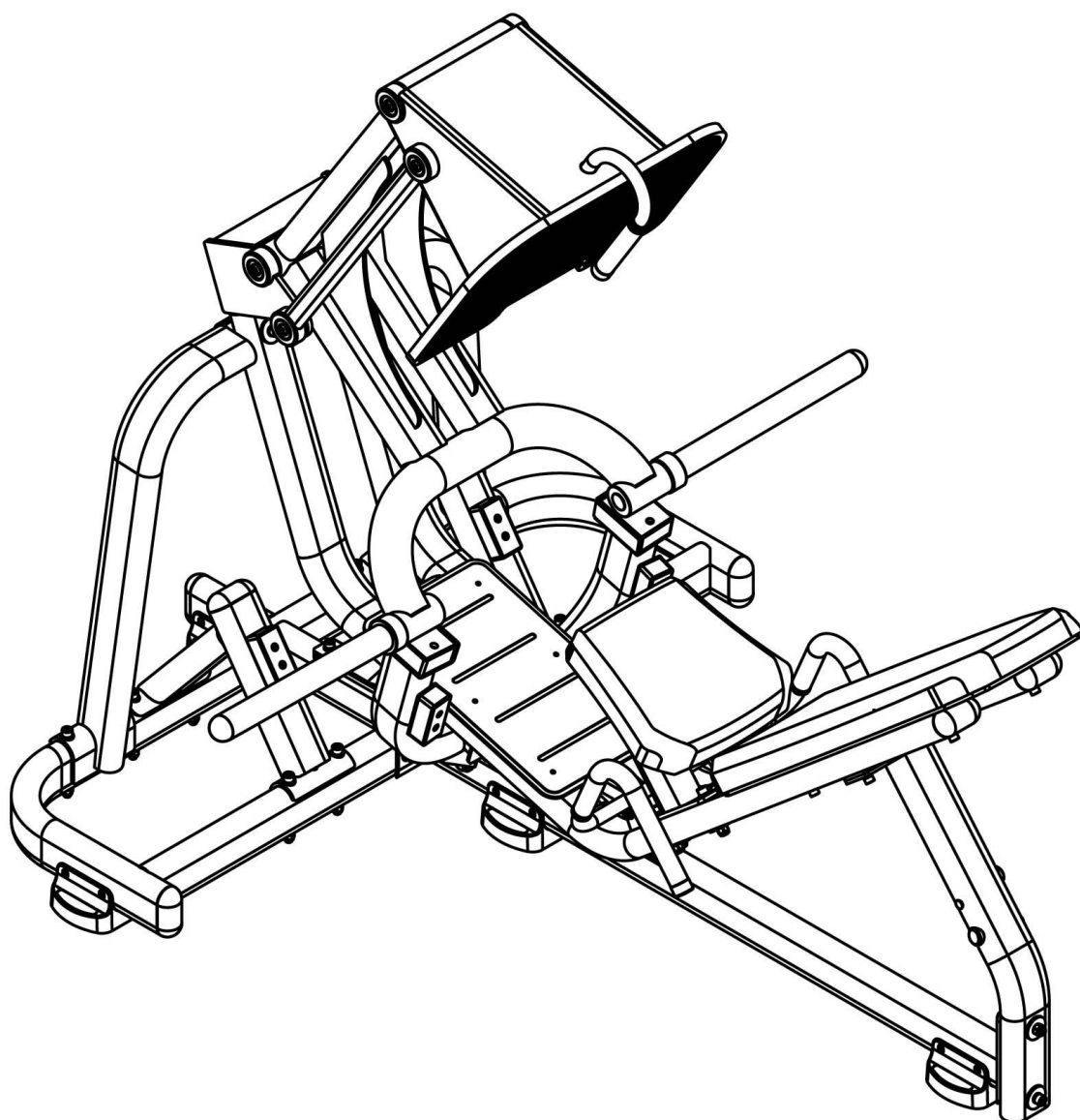


Table Of CONTENTS

Safety Notice	Page 2
Exploded View Diagram	Page 3
Assembly instructions	Page 4 – 13
Part List	Page 14 – 15
Maintenance	Page 16

IMPORTANT SAFETY NOTICE

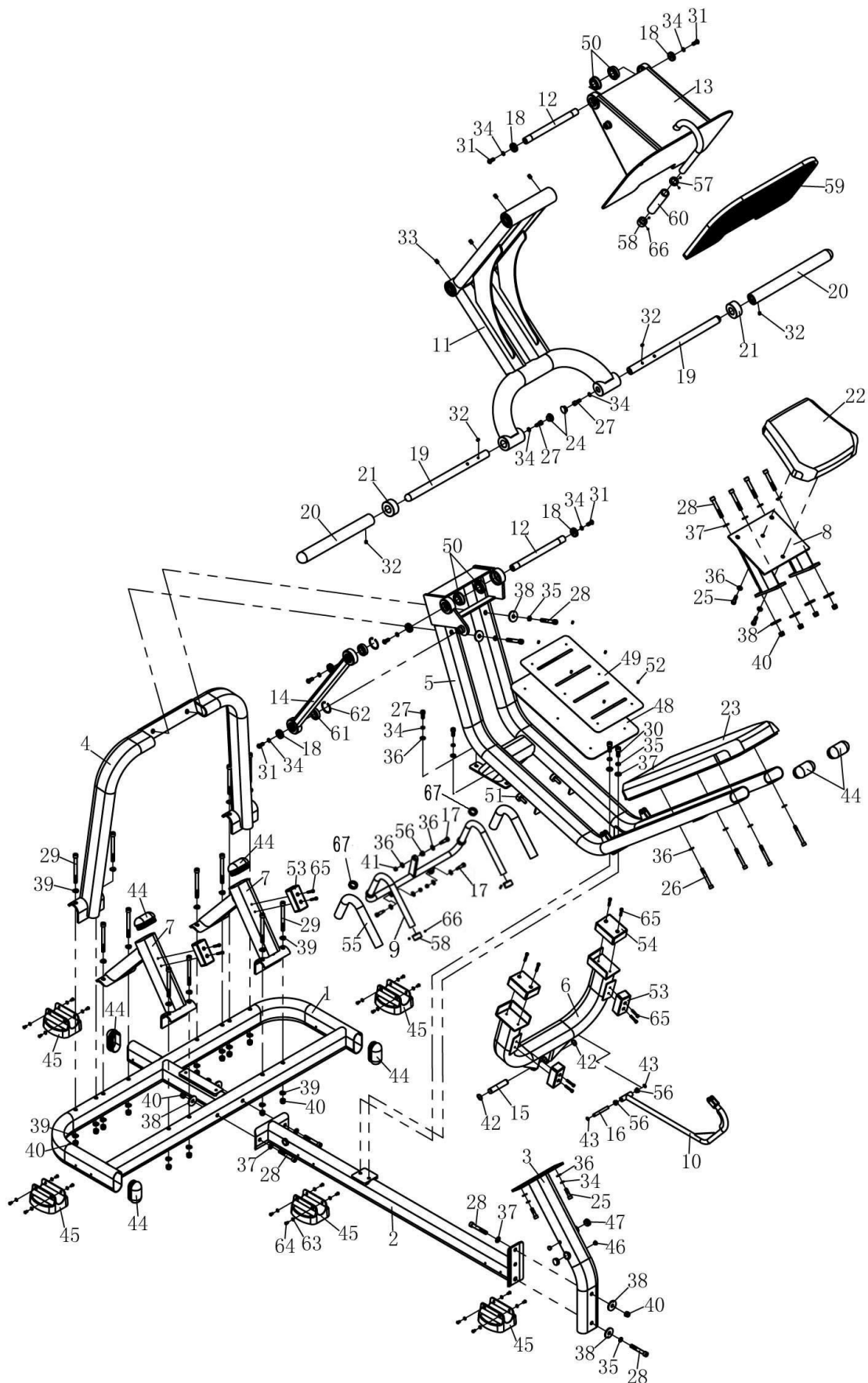
PRECAUTIONS:

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

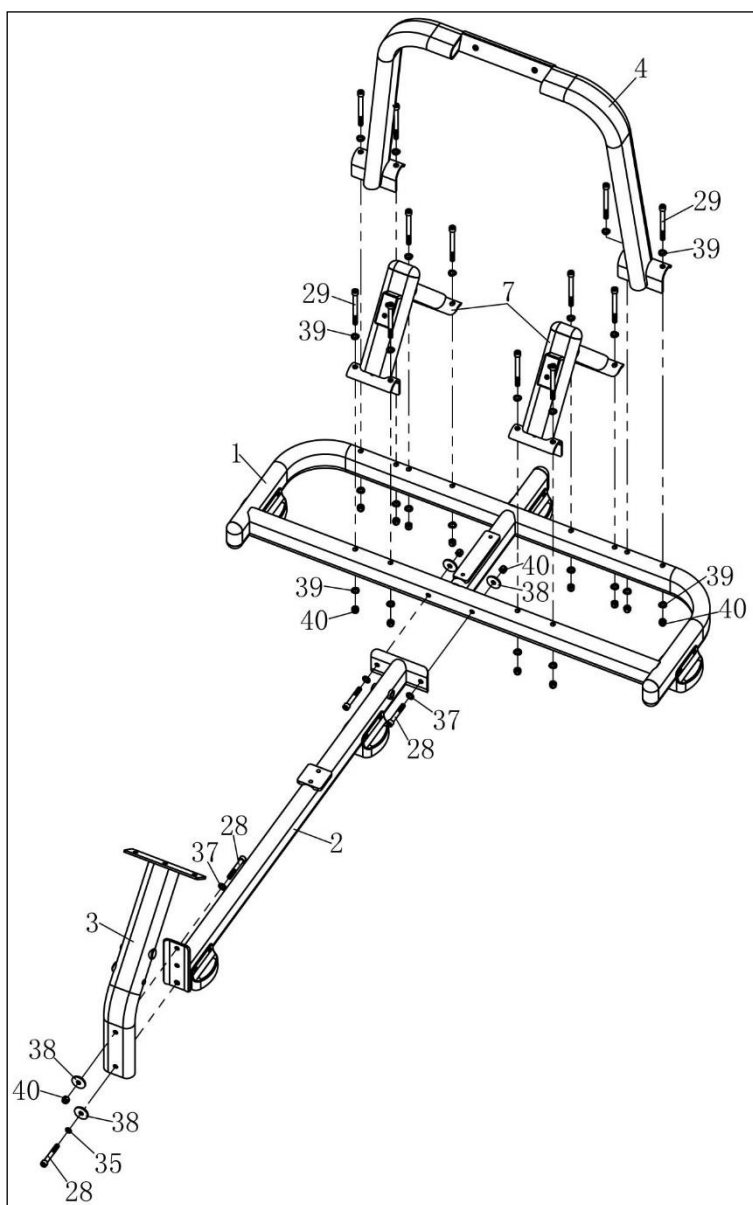


Step 1: Preparation

- 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.**

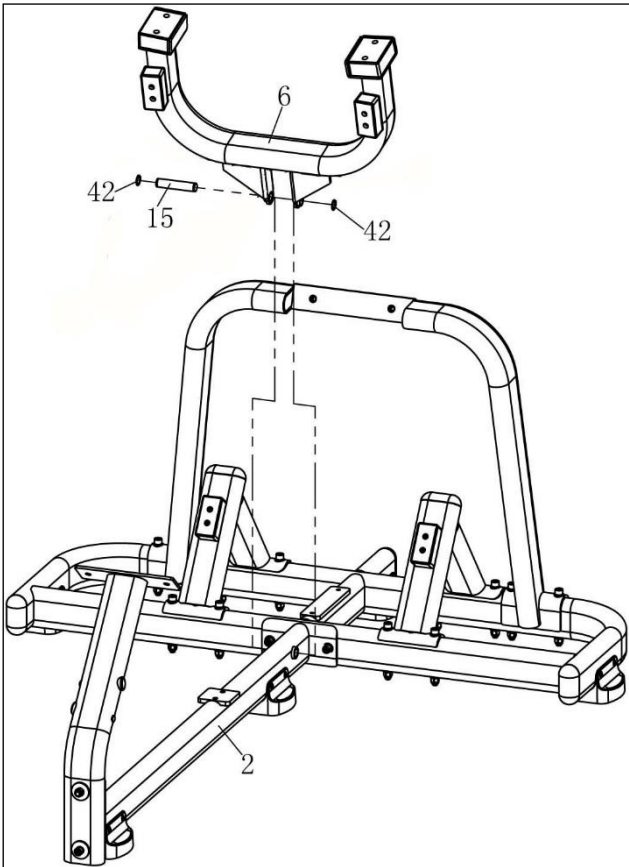
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Front Bottom Base	1	29	Hex Recessed Round Head Bolt M12*130	12
2	Rear Bottom Base	1	35	Spring Washer Φ12	1
3	Rear Support Frame	1	37	Washer Φ12	3
4	Front Support Frame	1	38	Extra Large Washer Φ12	4
7	Support Frame	2	39	Arc Washer Φ12	24
28	Hex Recessed Round Head Bolt M12*80	4	40	Nylon Lock Nut M12	15



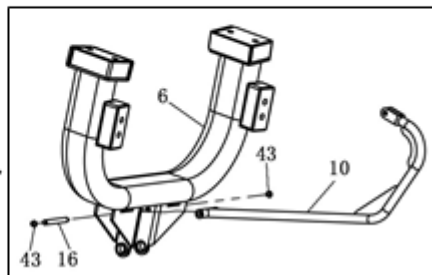
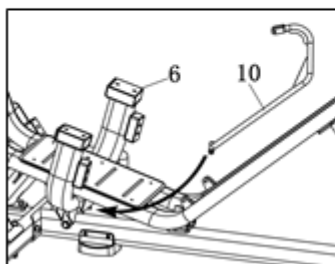
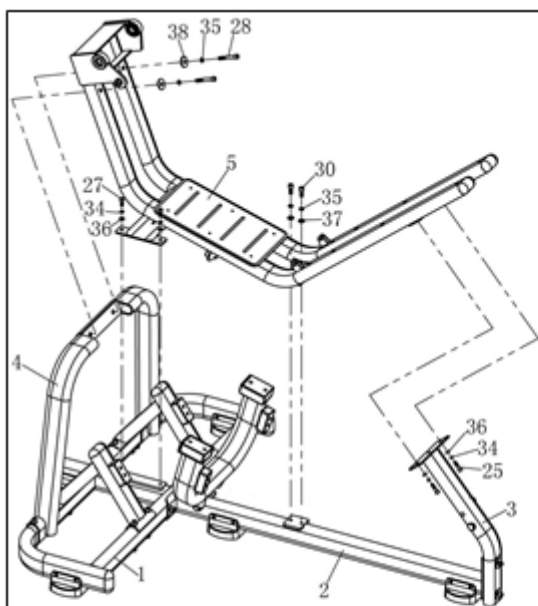
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Middle Support Frame	1	42	External Circlip $\Phi 20$	2
15	Axle	1			



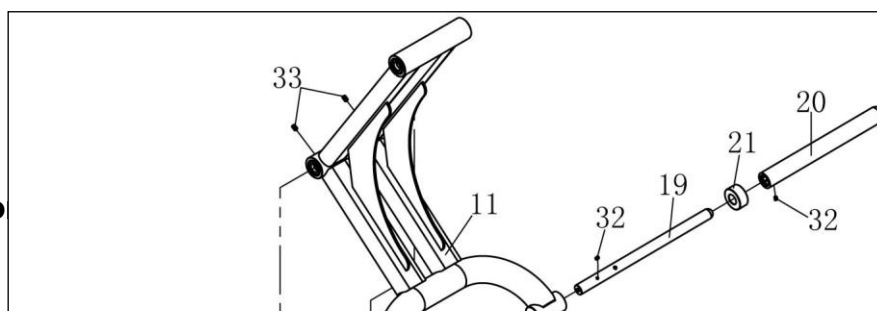
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Adjustable Frame	1	34	Spring Washer $\Phi 10$	4
16	Short Axle	1	35	Spring Washer $\Phi 12$	4
25	Hex Recessed Round Head Bolt M10*35	2	36	Washer $\Phi 10$	4
27	Hex Recessed Round Head Bolt M10*25	2	37	Washer $\Phi 12$	2
28	Hex Recessed Round Head Bolt M12*80	2	38	Extra Large Washer $\Phi 12$	2
30	Hex Recessed Round Head Bolt M12*30	2	43	External Circlip $\Phi 10$	2



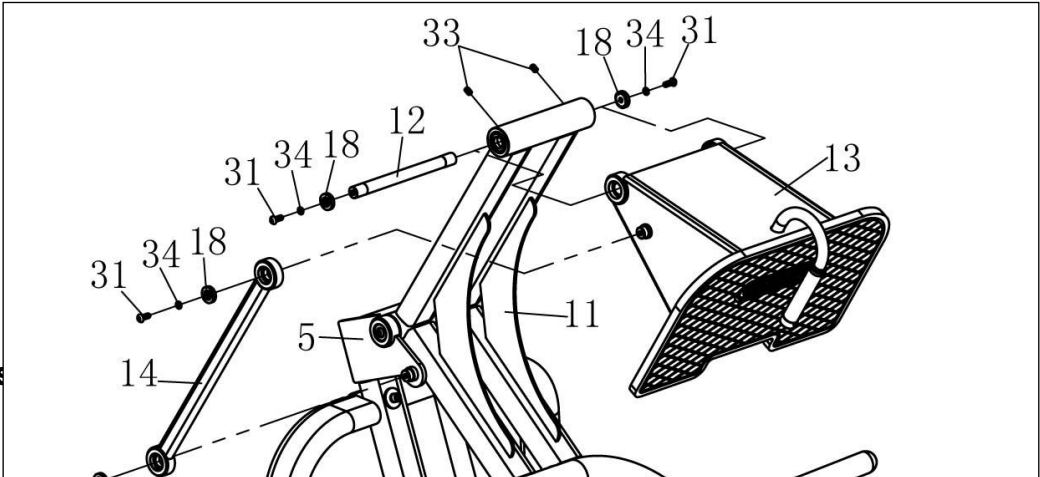
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
11	Rotating Frame	1	24	Big Ball Head Round Plug $\Phi 25 \times \delta 2 \times \Phi 32$	2
12	Long Axle	1	27	Hex Recessed Round Head Bolt M10*25	2
18	Gasket	2	31	Hex Recessed Flat Head Screw M10*25	2
19	Weight Plate Pole	2	32	Hex Socket Set Screw with Cup Point M8*10	4
20	OP Sleeve	2	33	Hex Socket Set Screw with Cup Point M10*16	2
21	Rubber Cushion	2	34	Spring Washer $\Phi 10$	4



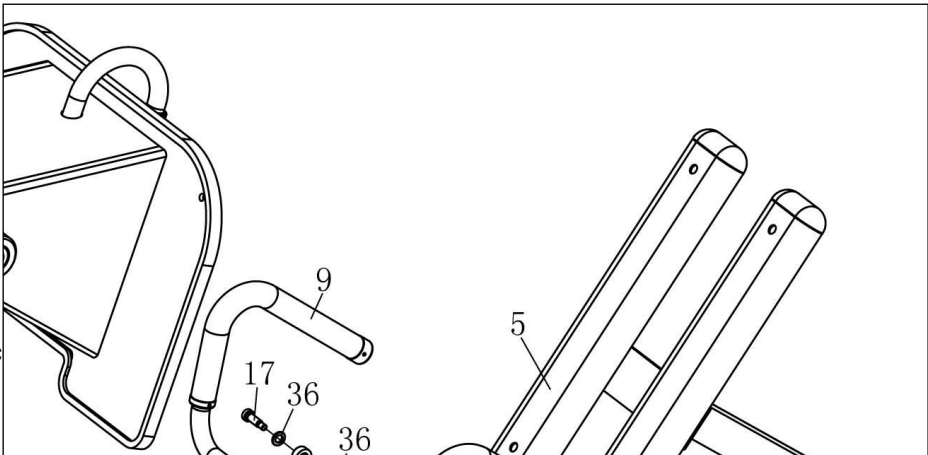
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Leg Press Rack	1	31	Hex Recessed Flat Head Screw M10*25	4
14	Connecting Rod	1	33	Hex Socket Set Screw with Cup Point M10*16	2
18	Gasket	4	34	Spring Washer Φ10	4



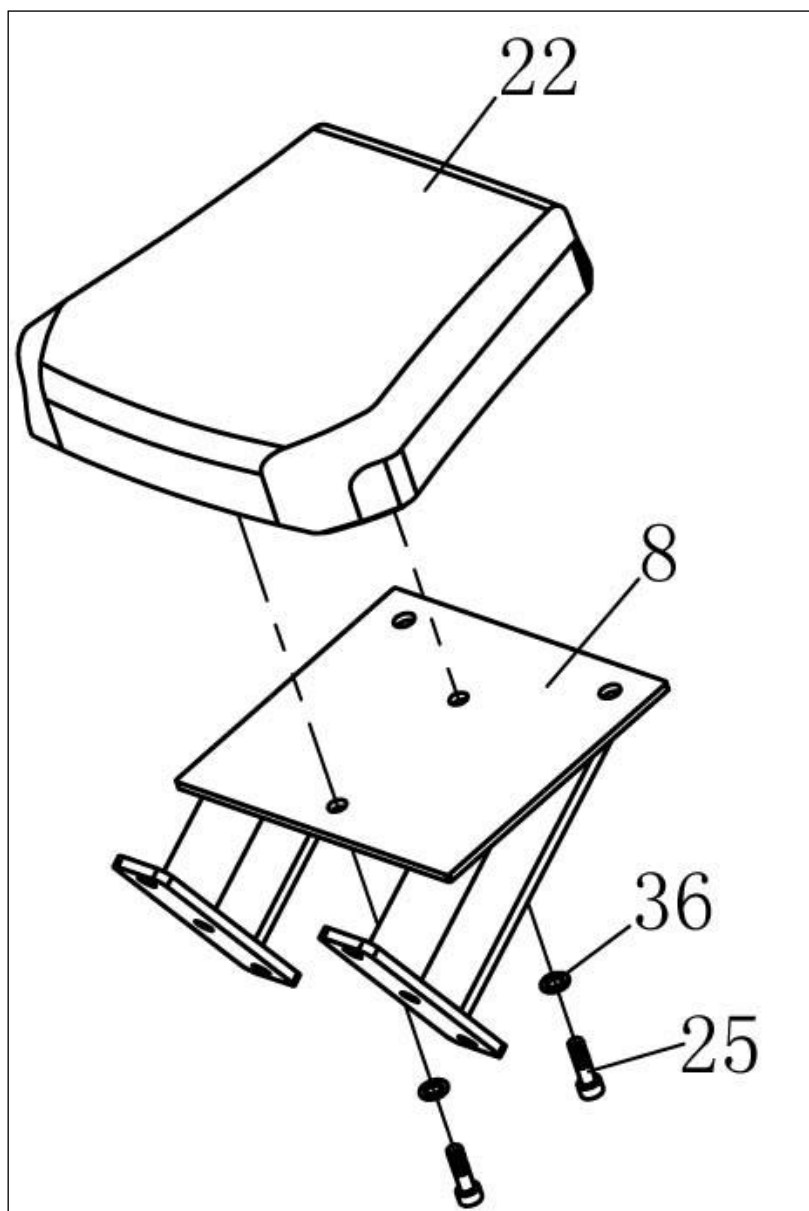
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Armrest Frame	1	36	Washer Φ10	6
10	Adjustable Frame	1	41	Nylon Lock Nut M8	3
17	Axle Bolt M8*25	3			



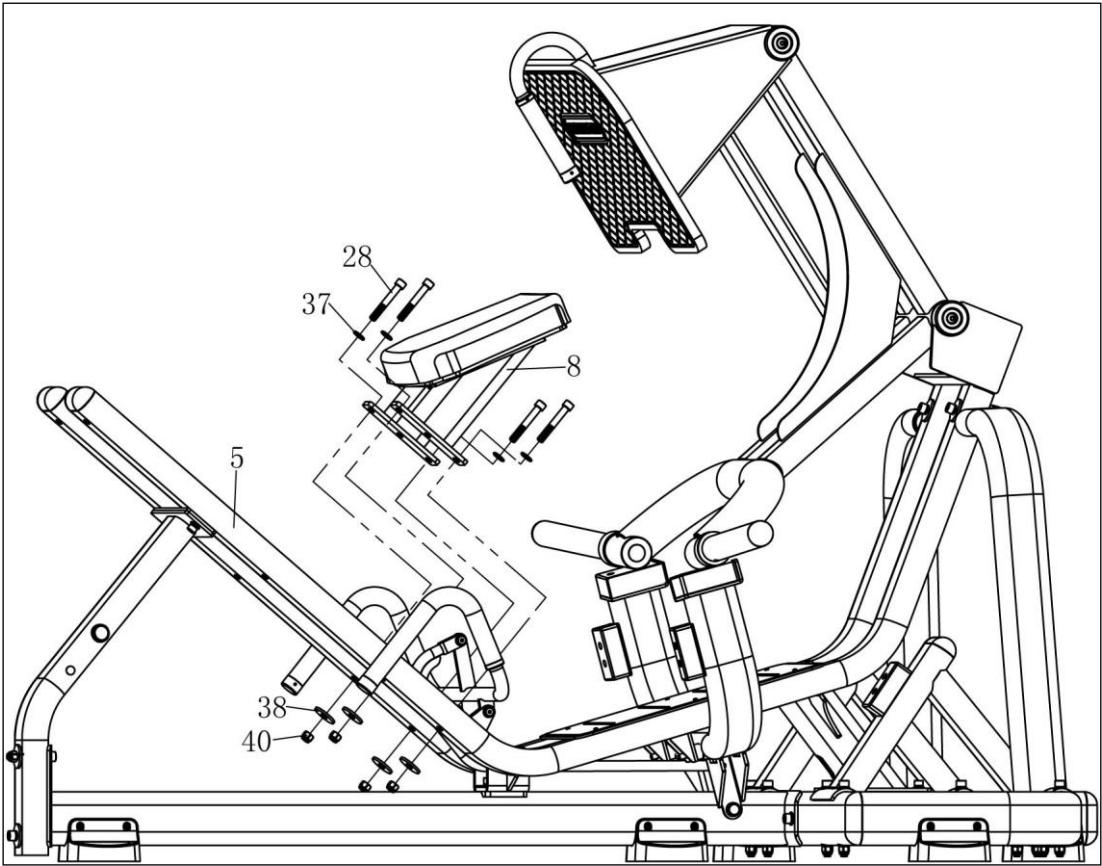
Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Seat Pad Rack	1	25	Hex Recessed Round Head Bolt M10*35	2
22	Seat Pad	1	36	Washer Φ10	2



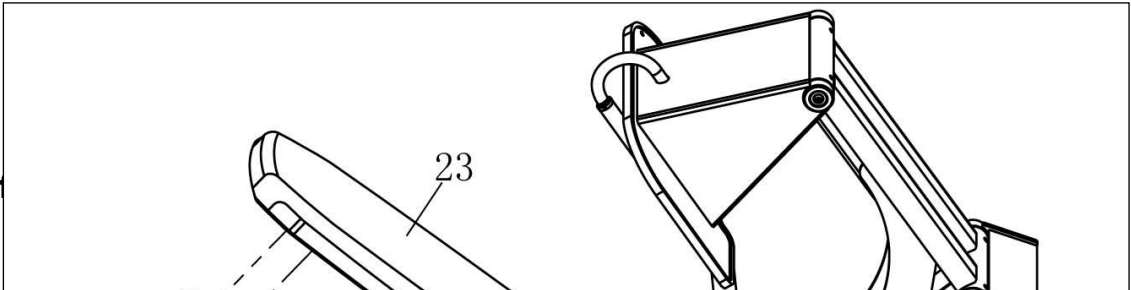
Step 9

Step 9 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Seat Pad Rack	1	38	Extra Large Washer Φ12	4
28	Hex Recessed Round Head Bolt M12*80	4	40	Nylon Lock Nut M12	4
37	Washer Φ12	4			



Step 10

Step 10 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
23	Back Pad	1	36	Washer Φ10	4
26	Hex Recessed Round Head Bolt M10*80	4			



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Front Bottom Base	1	27	Hex Recessed Round Head Bolt M10*25	4
2	Rear Bottom Base	1	28	Hex Recessed Round Head Bolt M12*80	10
3	Rear Support Frame	1	29	Hex Recessed Round Head Bolt M12*130	12
4	Front Support Frame	1	30	Hex Recessed Round Head Bolt M12*30	2

VERVE Arnold Series Incline Leg Press Machine
VER-ARN-Z05

VERVE

5	Main Frame	1	31	Hex Recessed Flat Head Screw M10*25	6
6	Middle Support Frame	1	32	Hex Socket Set Screw with Cup Point M8*10	4
7	Support Frame	2	33	Hex Socket Set Screw with Cup Point M10*16	4
8	Seat Pad Rack	1	34	Spring Washer Φ10	12
9	Armrest Frame	1	35	Spring Washer Φ12	5
10	Adjustable Frame	1	36	Washer Φ10	16
11	Rotating Frame	1	37	Washer Φ12	9
12	Long Axle	2	38	Extra Large Washer Φ12	10
13	Leg Press Rack	1	39	Arc Washer Φ12	24
14	Connecting Rod	1	40	Nylon Lock Nut M12	19
15	Axle	1	41	Nylon Lock Nut M8	3
16	Short Axle	1	42	External Circlip Φ20	2
17	Axle Bolt M8*25	3	43	External Circlip Φ10	2
18	Gasket	6	44	Elliptical Plug PT100*50*δ2.5	7
19	Weight Plate Pole	2	45	Big Foot Pad	5
20	OP Sleeve	2	46	Hole Plug	2
21	Rubber Cushion	2	47	Round Plug Φ28	2
22	Seat Pad	1	48	Footplate #1	1
23	Back Pad	1	49	Footplate #2	1
24	Big Ball Head Round Plug Φ25*δ2*Φ32	2	50	T Bearing	4
25	Hex Recessed Round Head Bolt M10*35	4	51	Round Head Cushion M10*30	2
26	Hex Recessed Round Head Bolt M10*80	4	52	Self-plugging Rivet Φ4*14	6

Item #	Description	Qty.	Item #	Description	Qty.
53	Quadrate Cushion 100*50*35	4	61	Deep Groove Ball Bearing with Dust Cover 6005-2Z(CO)	2
54	Quadrate Cushion 110*80*40	2	62	Internal Circlip Φ47	2
55	Foam L=390	2	63	Washer Φ6	20
56	Flange Bearing MFM-1014-10	5	64	Hex Recessed Flat Head Screw M6*12	20

57	Aluminum Baffle ring	1	65	Hex Recessed Round Head Bolt M6*35	12
58	Flat Aluminum End Cover	3	66	Hex Socket Set Screw with Flat Point M5*4	8
59	Pedal Pad	1	67	Baffle ring	2
60	Foam $\Phi 24*85*150$	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.