

VERVE Arnold Series Calf Press Machine

Owner's Manual

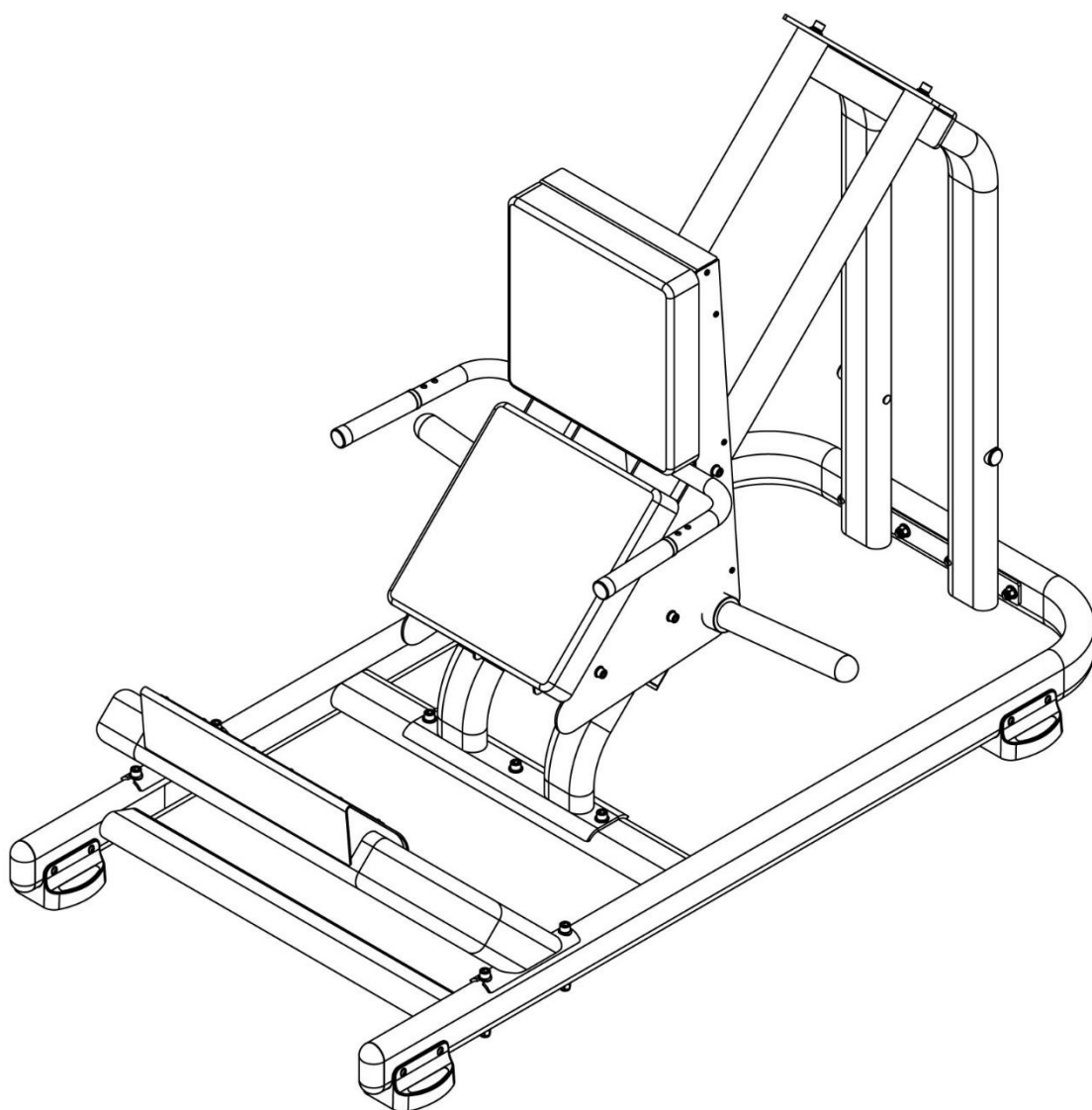


Table Of CONTENTS

Safety Notice	Page 2
Exploded View Diagram	Page 3
Label Information	Page 4
Assembly instructions	Page 5 – 12
Part List	Page 13
Maintenance	Page 14

IMPORTANT SAFETY NOTICE

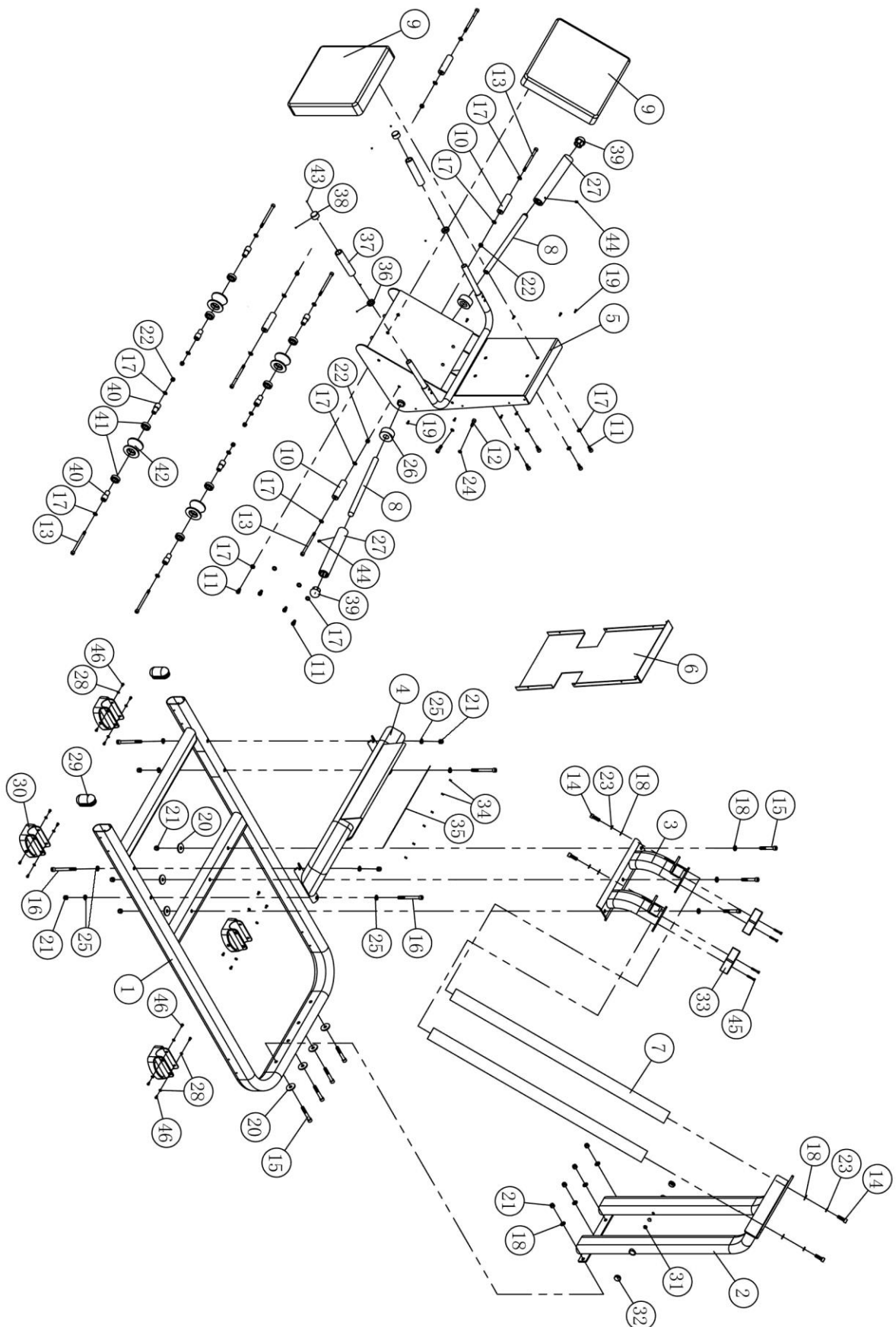
PRECAUTIONS:

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

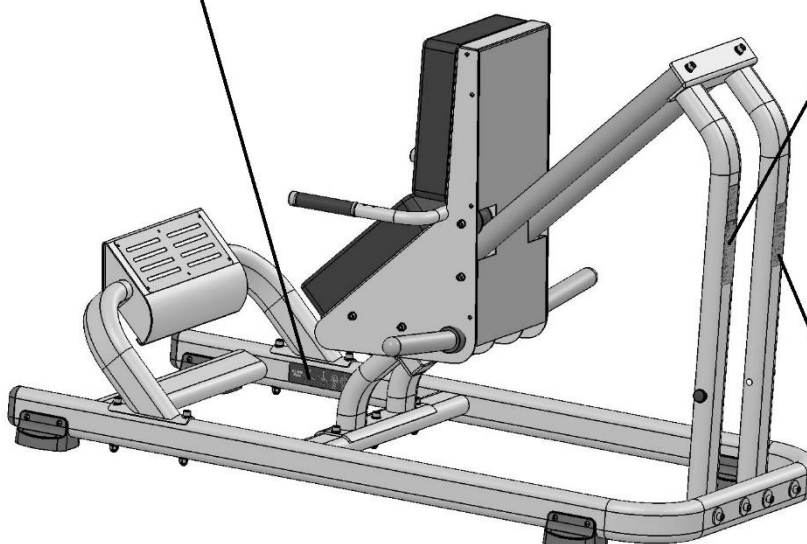


VERVE Arnold Series Calf Press Machine

VER-ARN-Z06

VERVE

CALF PRESS



INSPECTIONS				
Recommended Inspection				
Replace all parts at first signs of wear or damage.				
DAILY	WEEKLY	MONTHLY	QUARTERLY	YEARLY
INSPECT: Links, pull pins, snap hooks, swivels, connectors, selector pin, and welded joints.				
★				
CLEAN: Disinfect with Isopropyl-based cleaner. Do not use Windex.				
★				
INSPECT: Cables, bolts 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-slip surfaces.				
	★			
CLEAN & LUBRICATE: Clean guide rails with Super Lube spray lubricant and lubricate with Super Lube (PTFE) grease.				
	★			
LUBRICATE: Start cleaners, post-pin sliding mechanisms, bushings and floor bearings.				
		★		
CLEAN & WAX: All powder-coat finishes.				
			★	
REPLACE: Cables & connecting parts.				
				★

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 exercise(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 selected 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.

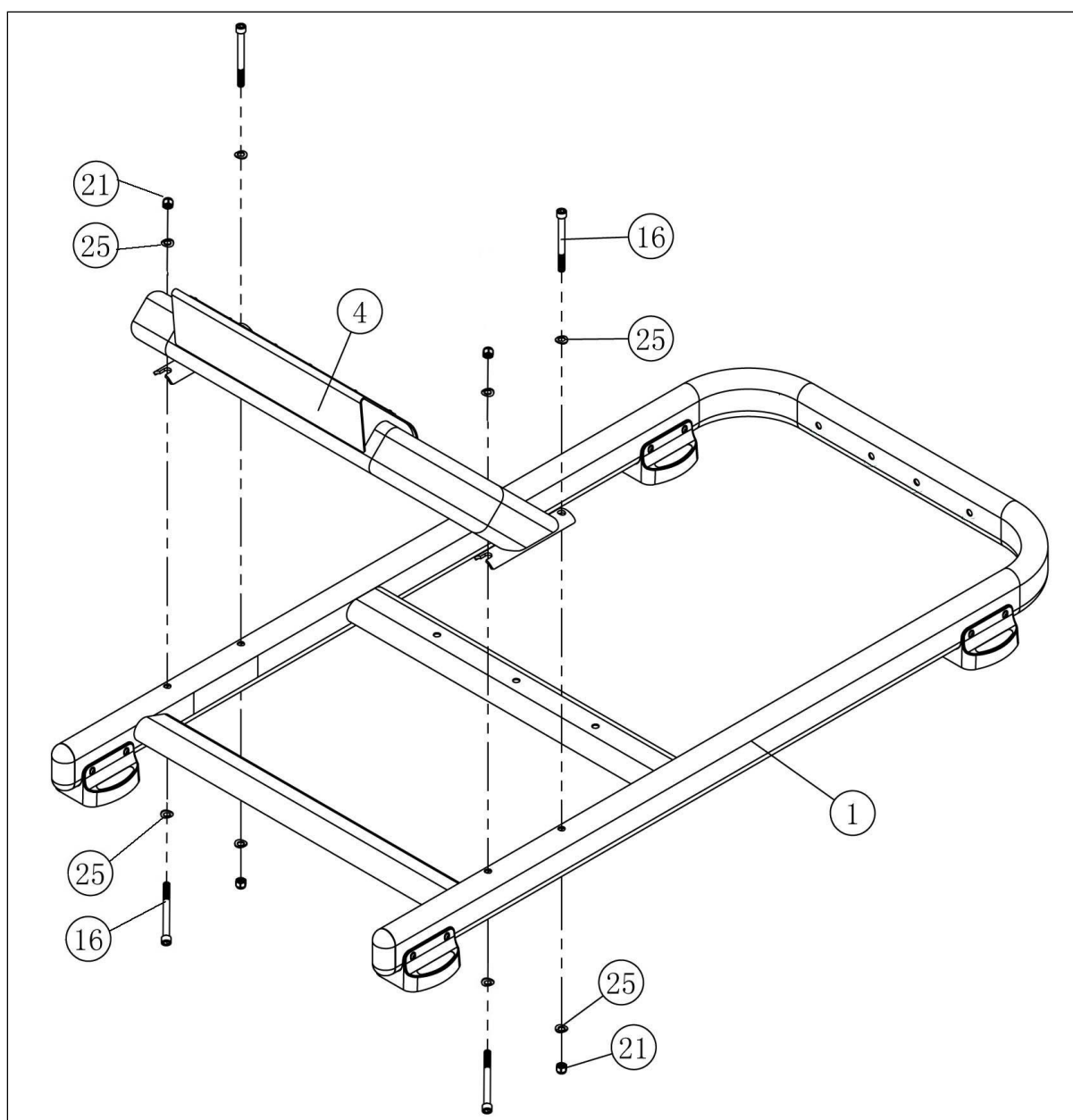
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Step 1: Preparation

- 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.**

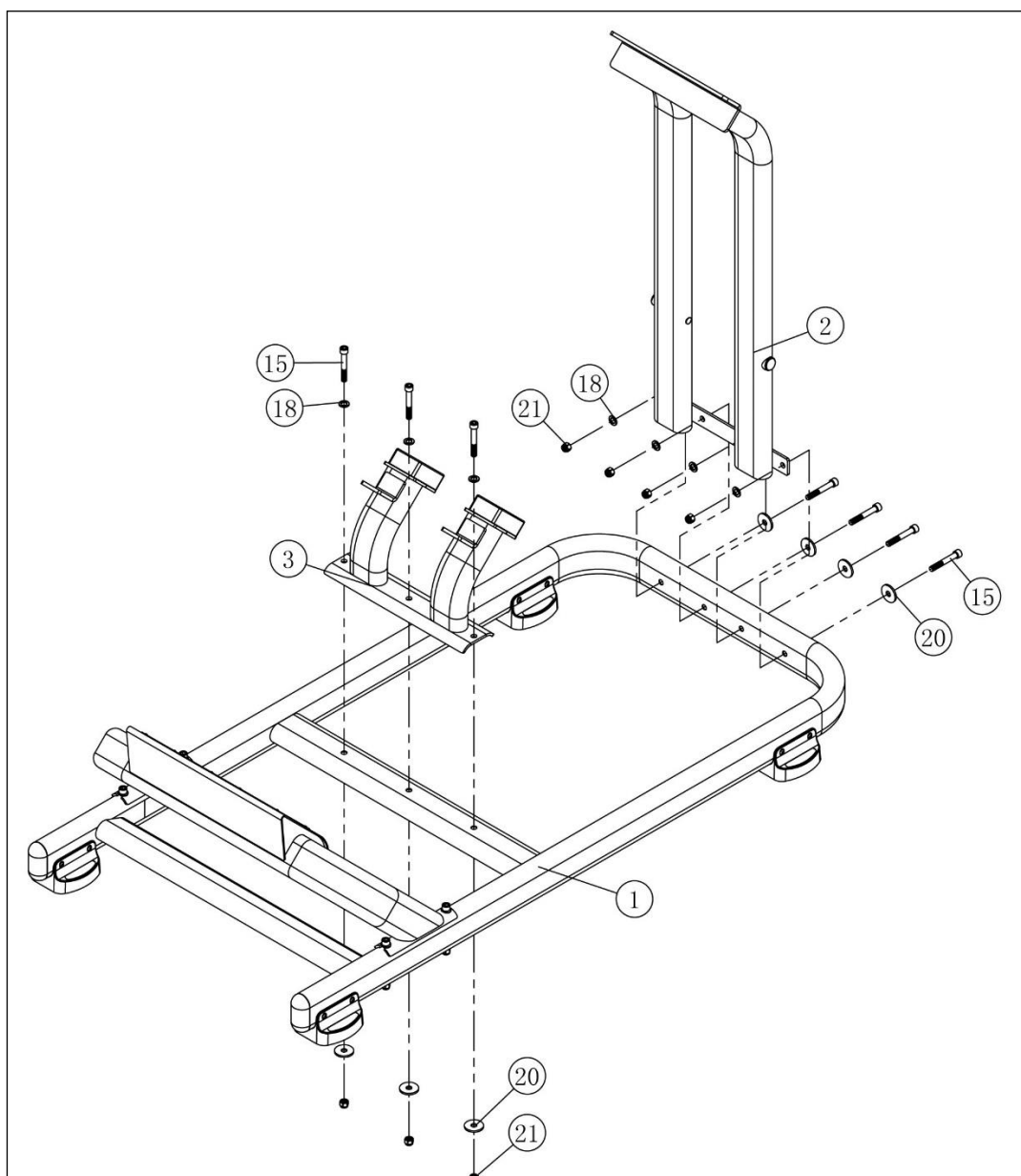
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Bottom Base	1	21	Nylon Lock Nut M12	4
4	Pedal Rack	1	25	Arc Washer $\Phi 12$	8
16	Hex Recessed Round Head Bolt M12*125	4			



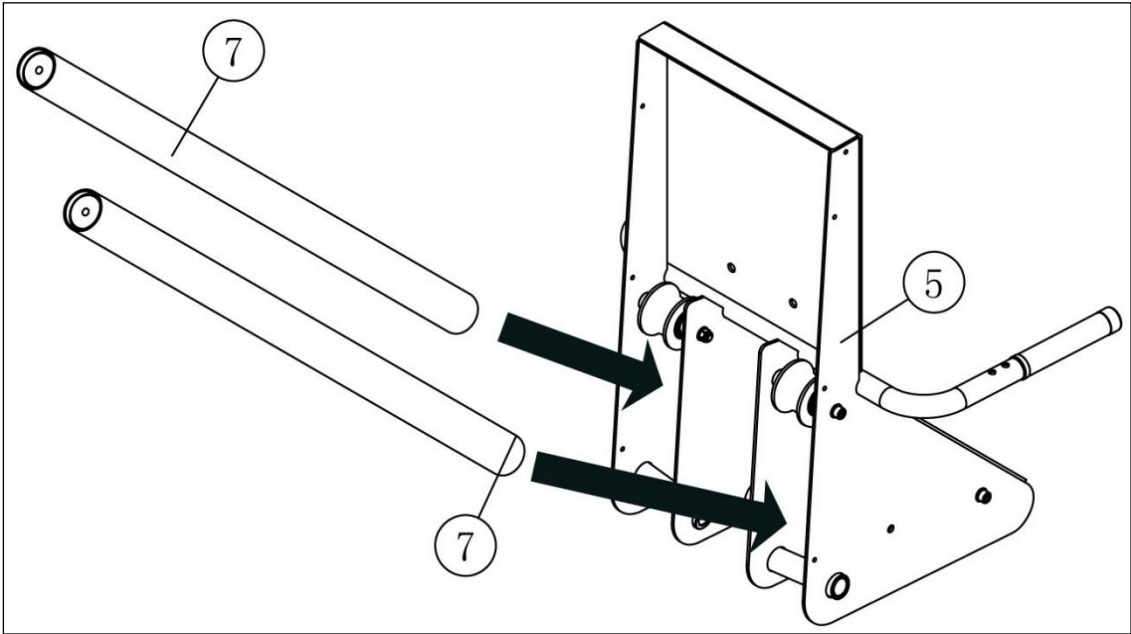
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
2	Back Support Frame	1	18	Washer $\Phi 12$	7
3	Front Support Frame	1	20	Big Washer $\Phi 12$	7
15	Hex Recessed Round Head Bolt M12*80	7	21	Nylon Lock Nut M12	7



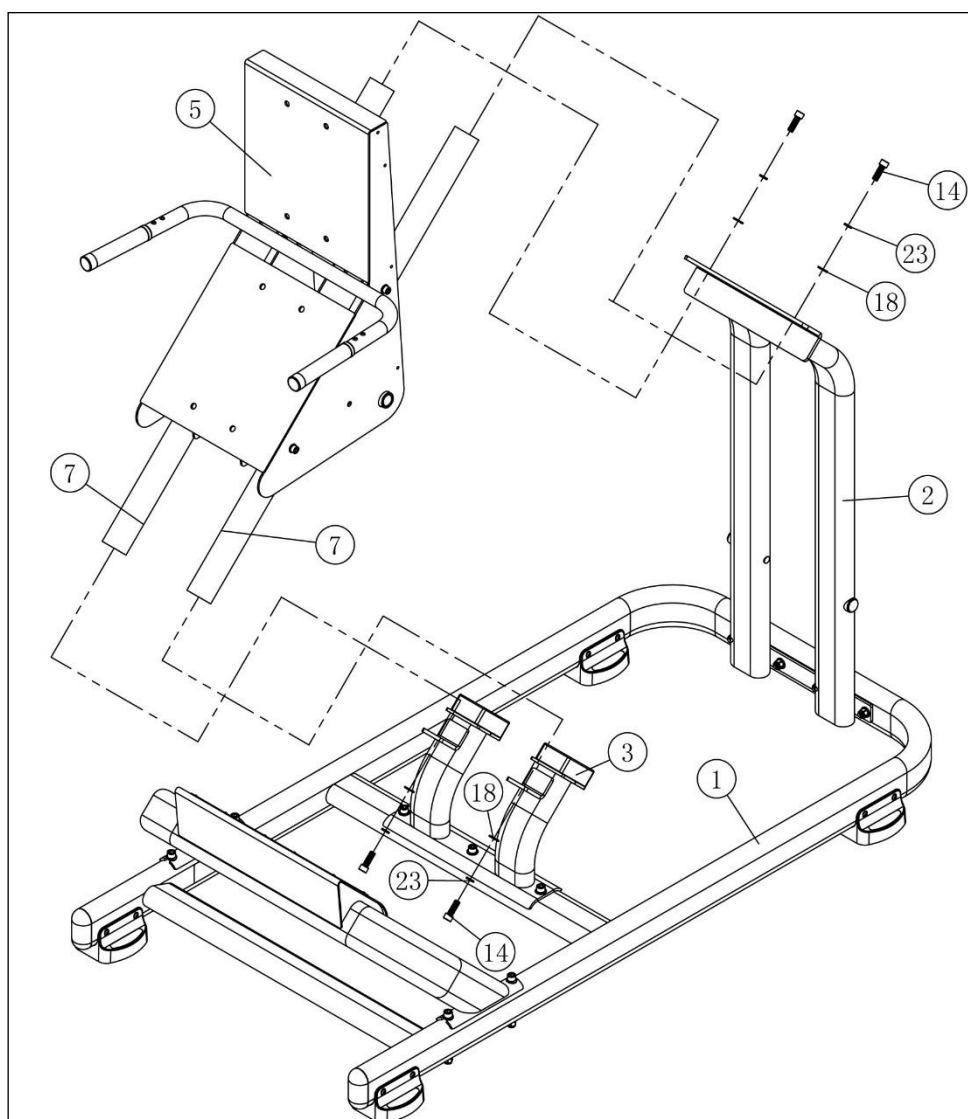
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Seat Support	1	7	Linear Shaft	2



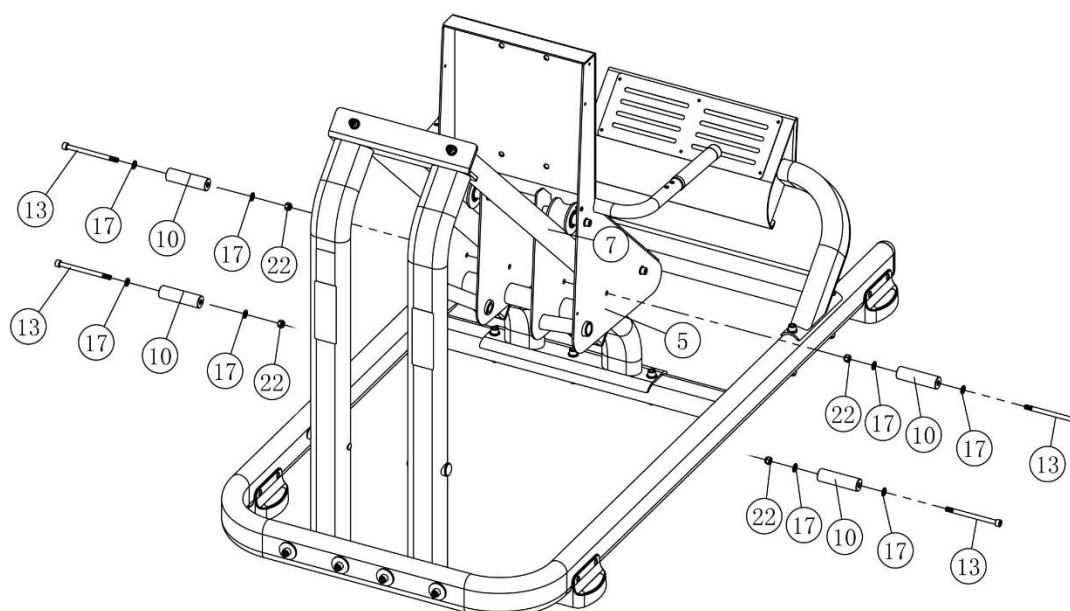
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
14	Hex Recessed Round Head Bolt M12*35	4	23	Spring Washer $\Phi 12$	4
18	Washer $\Phi 12$	4			



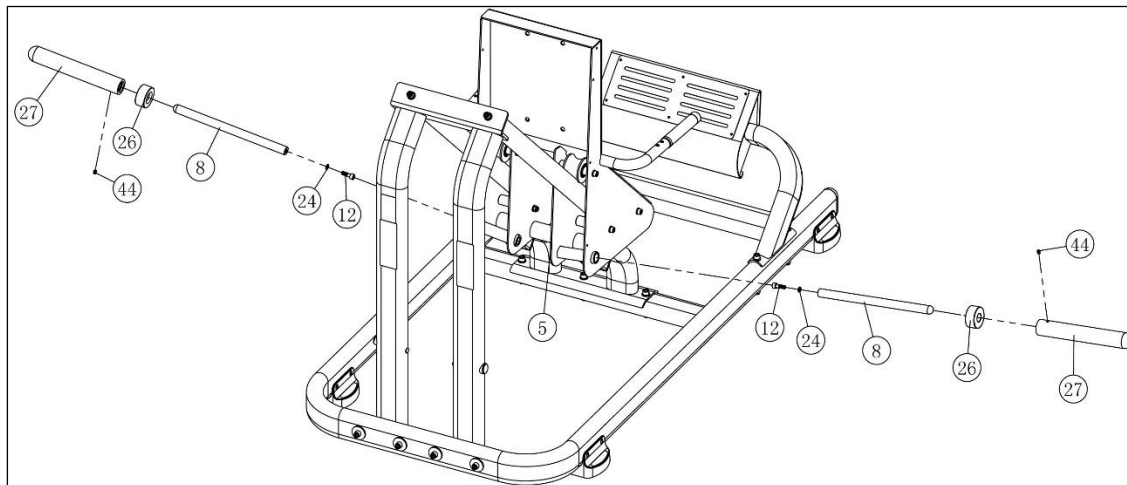
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Seat Support	1	13	Hex Recessed Round Head Bolt M10*135	4
6	Back Shield	1	17	Washer ϕ 10	8
10	Wheel	4	22	Nylon Lock Nut M10	4



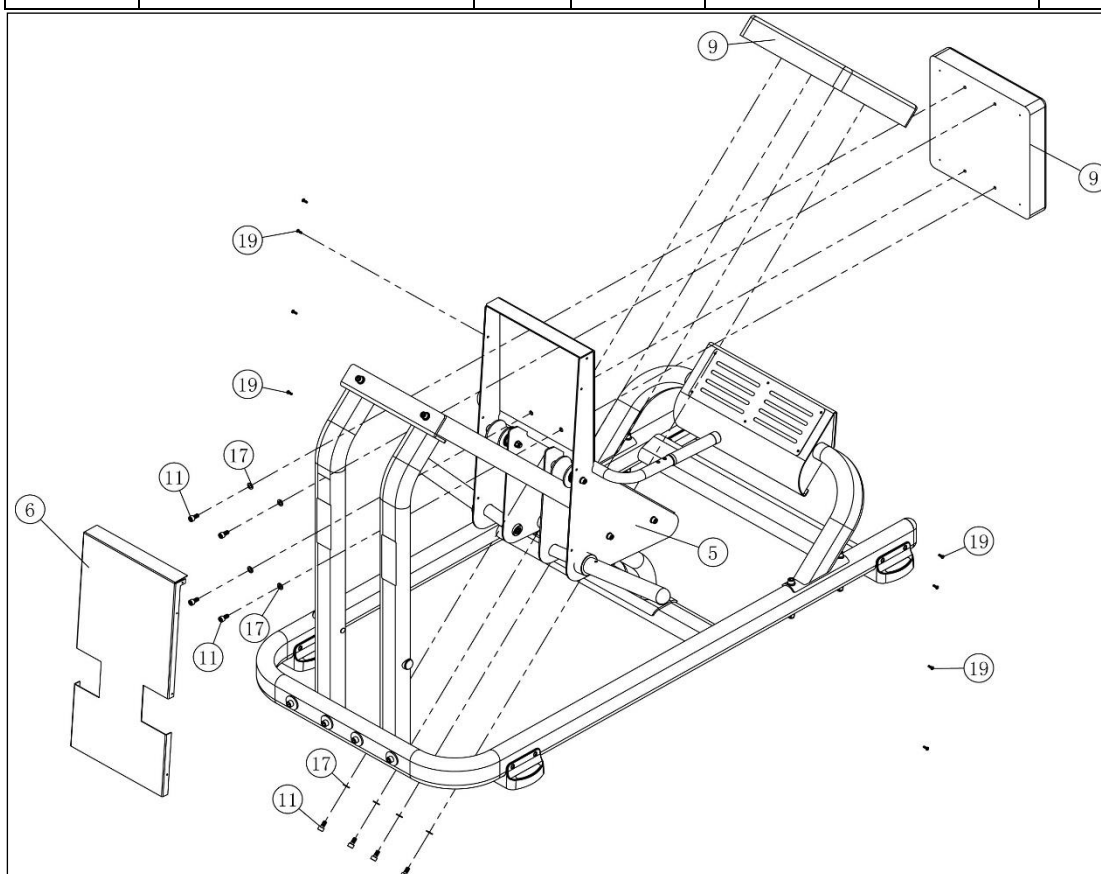
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Long Weight Plate Pole	2	26	Rubber Washer	2
12	Hex Recessed Round Head Bolt M10*30	2	27	OP Sleeve	2
24	Spring Washer $\Phi 10$	2	44	Set Screw M8X10	2

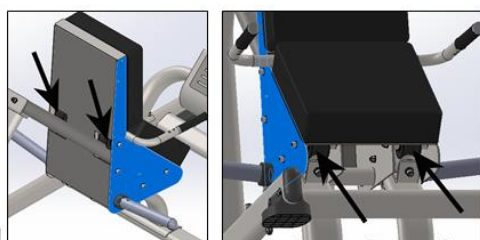


Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Back Shield	1	17	Washer $\Phi 10$	8
9	Seat Pad	2	19	Cross Big Pan Head Screw M5*14	8
11	Hex Recessed Round Head Bolt M10*20	8			



Before use, please add silicone oil to the rail wheel (#42)



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Bottom Base	1	24	Spring Washer $\Phi 10$	2
2	Back Support Frame	1	25	Arc Washer $\Phi 12$	8
3	Front Support Frame	1	26	Rubber Washer	2
4	Pedal Rack	1	27	OP Sleeve	2
5	Seat Support	1	28	Washer $\Phi 6$	16
6	Back Shield	1	29	Elliptical Plug	2
7	Linear Shaft	2	30	Foot Base	4
8	Long Weight Plate Pole	2	31	Hole Plug	2
9	Seat Pad	2	32	Round Plug $\Phi 30 \times \delta 1.5$	2
10	Wheel	4	33	Cushion Rubber	2
11	Hex Recessed Round Head Bolt M10*20	8	34	Rivet $\Phi 4 \times 14$	6
12	Hex Recessed Round Head Bolt M10*30	2	35	Foot Plate	1
13	Hex Recessed Round Head Bolt M10*135	8	36	Aluminum Baffle Ring	2
14	Hex Recessed Round Head Bolt M12*35	4	37	Armrest Foam	2
15	Hex Recessed Round Head Bolt M12*80	7	38	Aluminum End Plate	2
16	Hex Recessed Round Head Bolt M12*125	4	39	OP Sleeve Plug	2
17	Washer $\Phi 10$	24	40	Iron Based Bearing	8
18	Washer $\Phi 12$	11	41	Deep Groove Ball Bearing 6004-2Z(C0)	8
19	Cross Big Pan Head Screw M5*14	8	42	Rail Wheel $\Phi 78 \times 54$	4
20	Big Washer $\Phi 12$	7	43	Hex Recessed Cone Head Screw M5*5	8
21	Nylon Lock Nut M12	11	44	Set Screw M8X10	2
22	Nylon Lock Nut M10	8	45	Hex Recessed Round Head Bolt M6*35	4
23	Spring Washer $\Phi 12$	4	46	Hex Recessed Flat Head Screw M6*12	16

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.