

VERVE Arnold Series

Wide Chest Press Machine

Owner's Manual

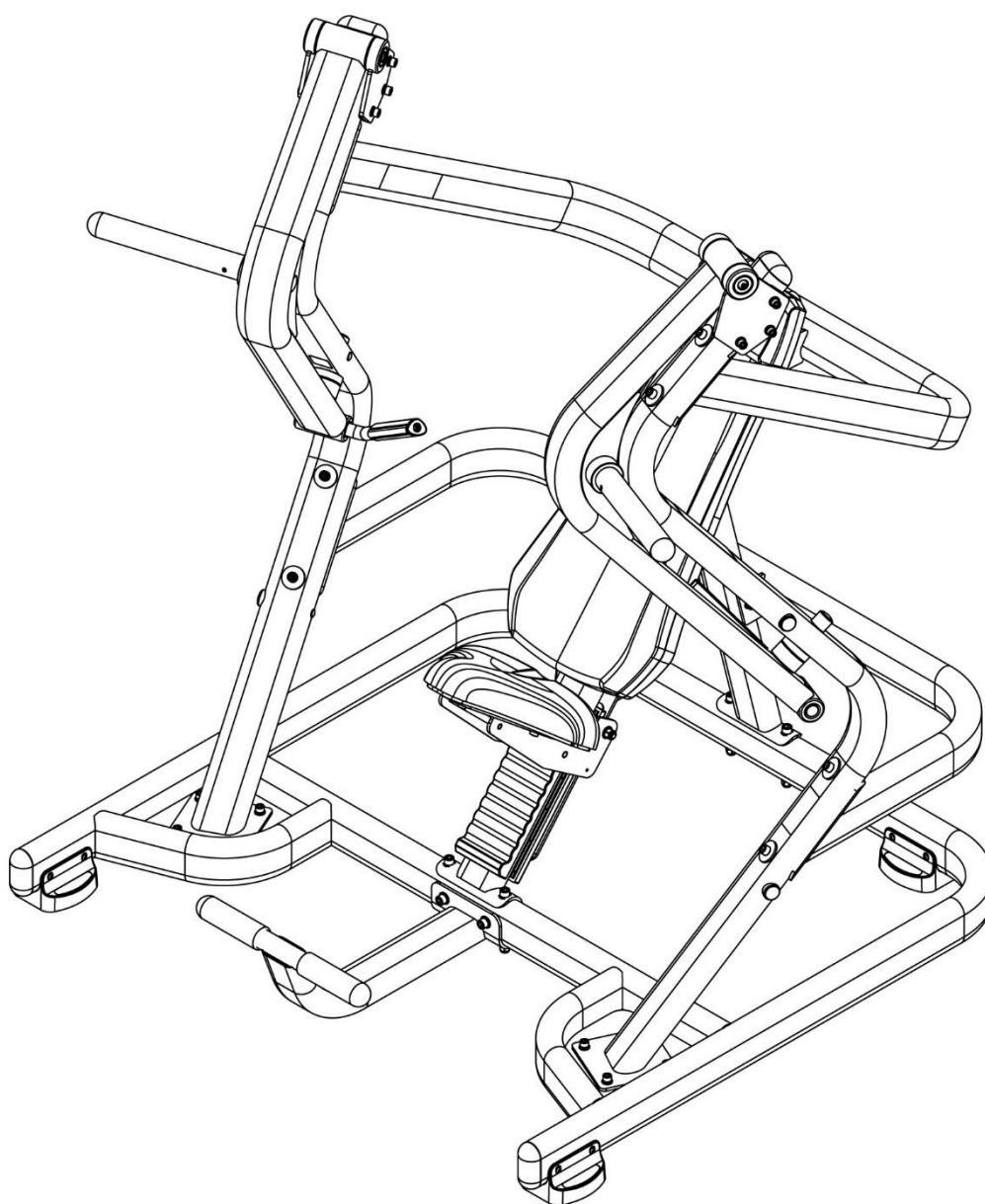


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IMPORTANT SAFETY NOTICE

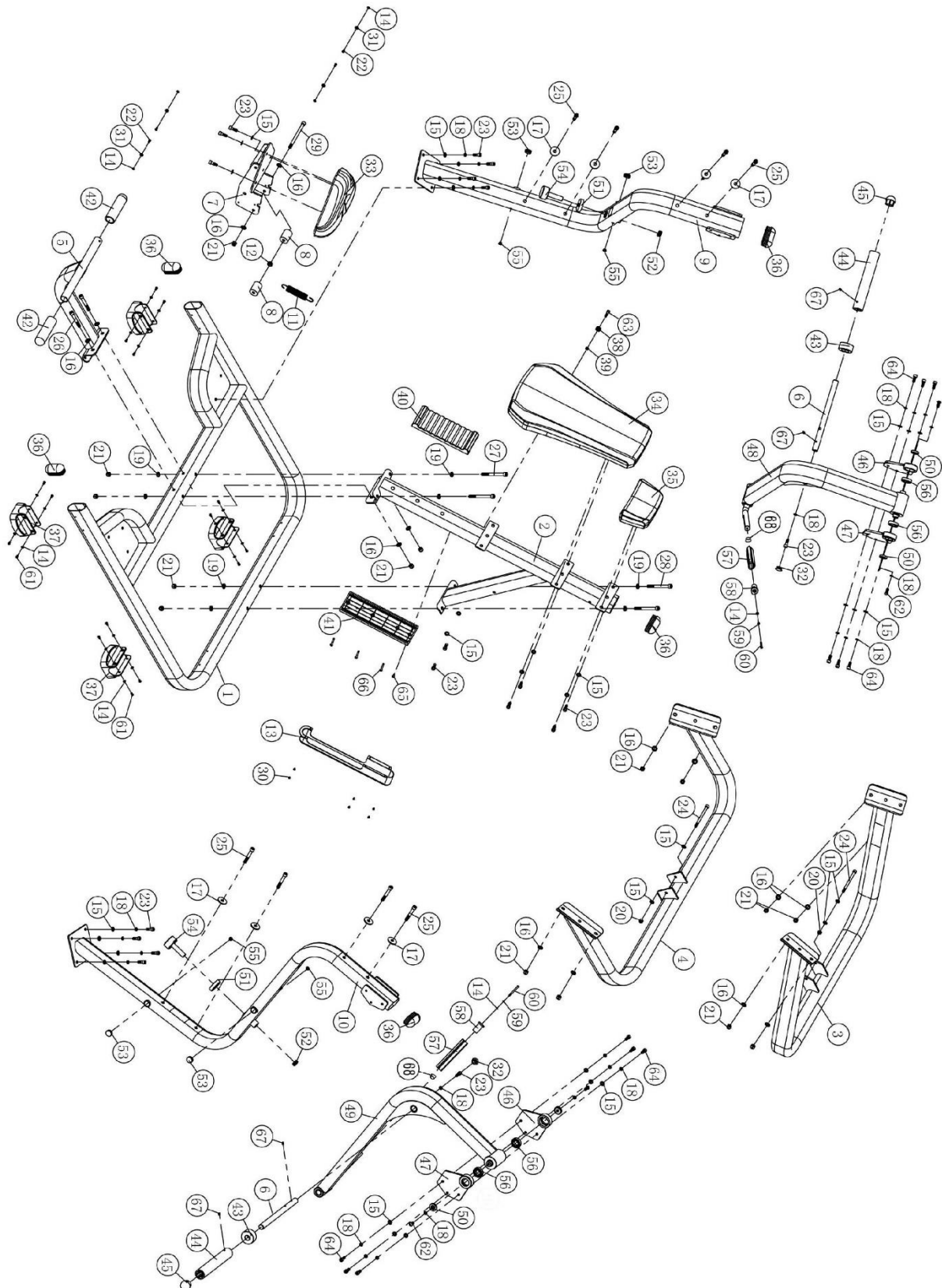
PRECAUTIONS:

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

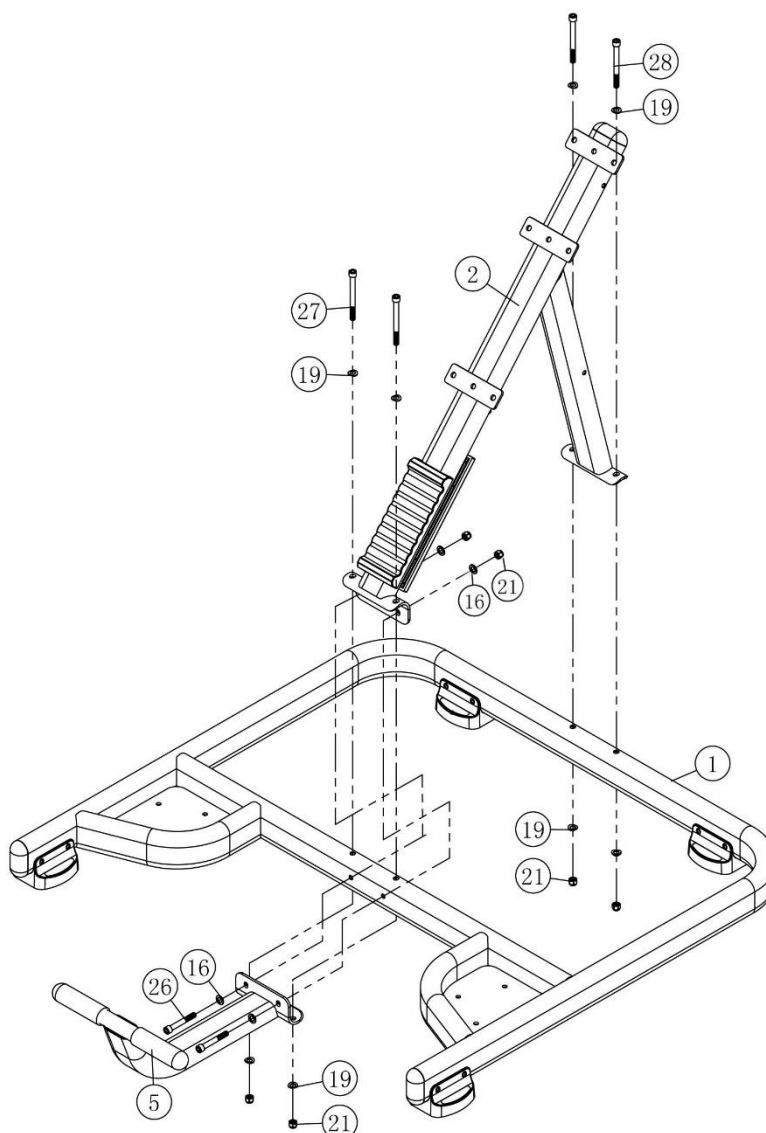


Step 1: Preparation

- 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.**

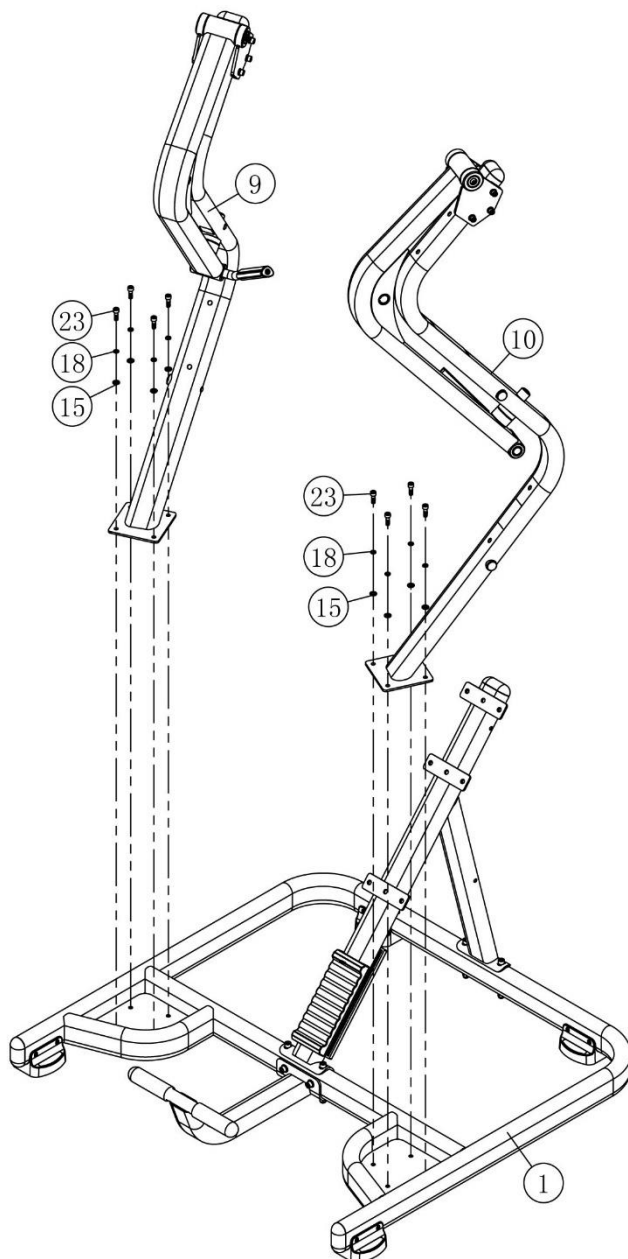
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Bottom Base	1	21	Nylon Lock Nut M12	6
2	Backrest Rack	1	26	Hex Recessed Round Head Bolt M12*85	2
5	Pedal Rack	1	27	Hex Recessed Round Head Bolt M12*130	2
16	WasherΦ12	4	28	Hex Recessed Round Head Bolt M12*125	2
19	Arc WasherΦ12	8			



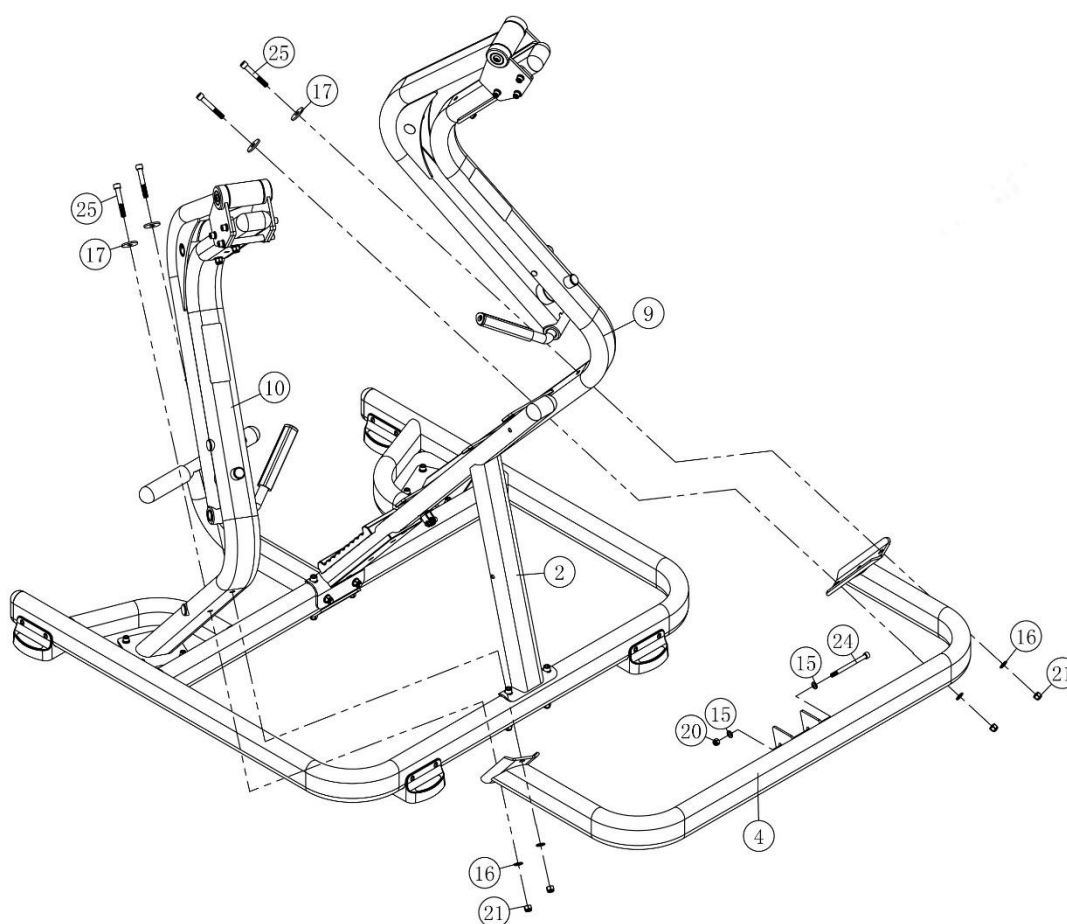
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Right Support Frame	1	18	Spring WasherΦ10	8
10	Left Support Frame	1	23	Hex Recessed Round Head Bolt M10*30	8
15	WasherΦ10	8			



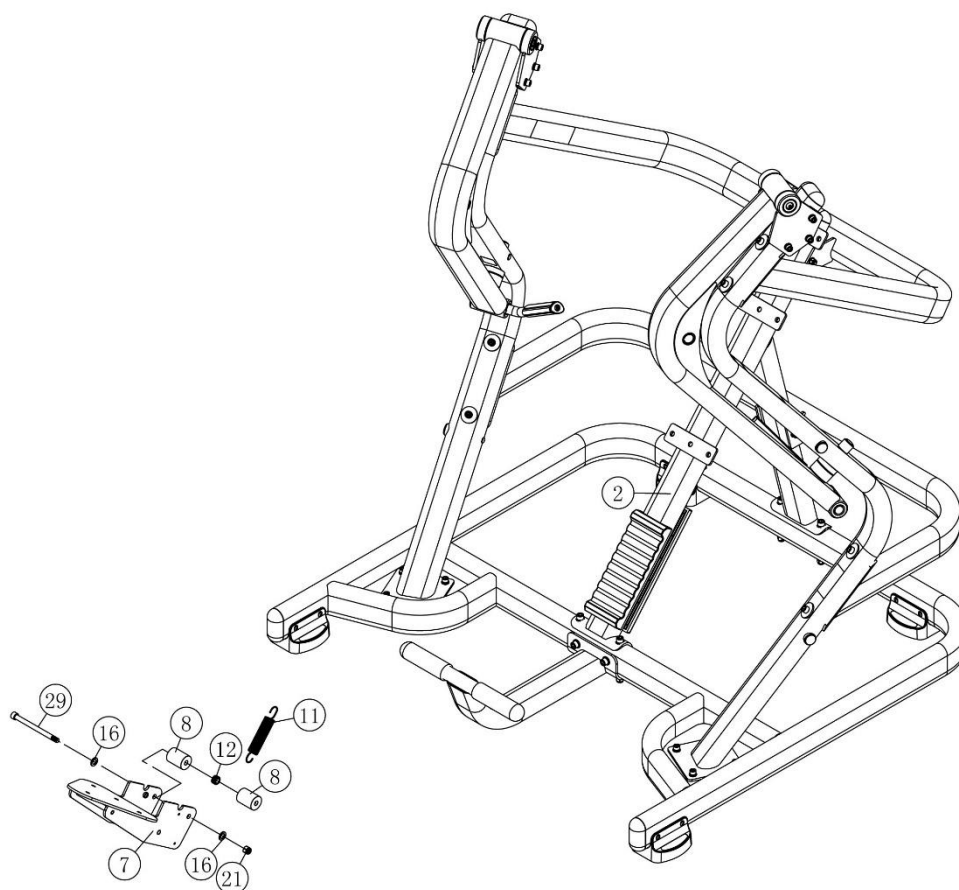
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4	Lower Support Frame	1	20	Nylon Lock Nut M10	1
15	WasherΦ10	2	21	Nylon Lock Nut M12	4
16	WasherΦ12	4	24	Hex Recessed Round Head Bolt M10*130	1
17	Big WasherΦ12	4	25	Hex Recessed Round Head Bolt M12*80	4



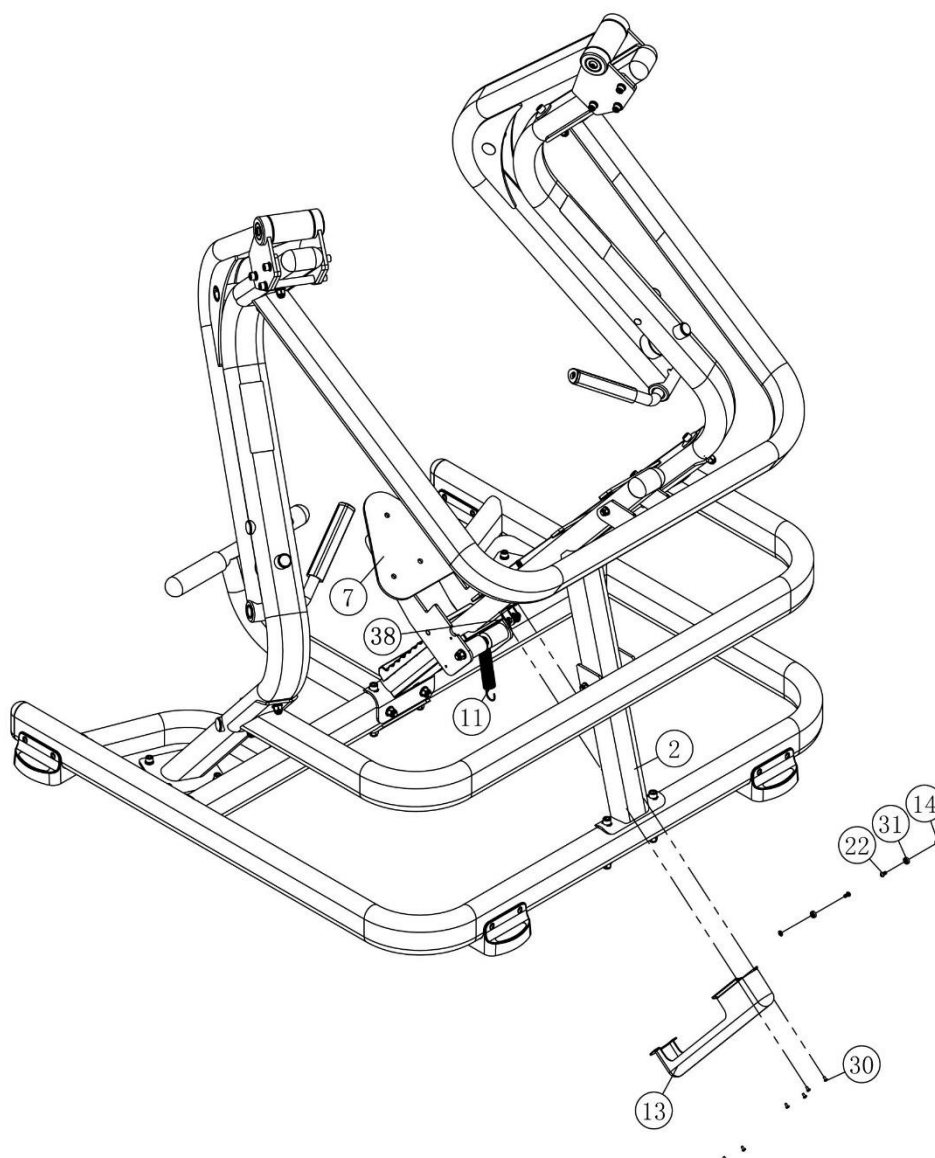
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Seat Support	1	21	Nylon Lock Nut M12	1
8	Wheel	2	29	Hex Recessed Round Head Bolt M12*155	1
12	Lower Spring Base	1	38	Upper Spring Base	1
16	WasherΦ12	2			



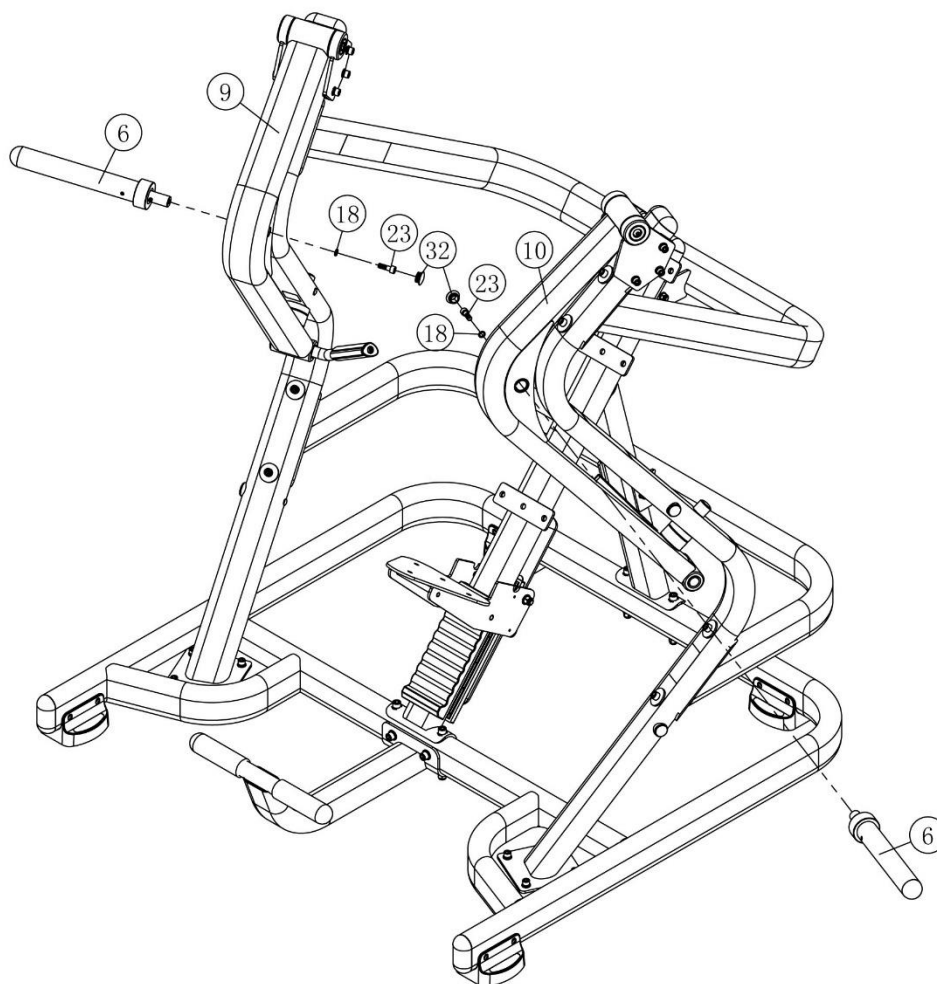
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Spring Shield	1	30	Cross Big Pan Head Screw M4X8	6
14	WasherΦ6	2	31	Deep Groove Ball Bearing619-6-2Z(c0)	2
22	Hex Recessed Flat Head Screw M6*12	2			



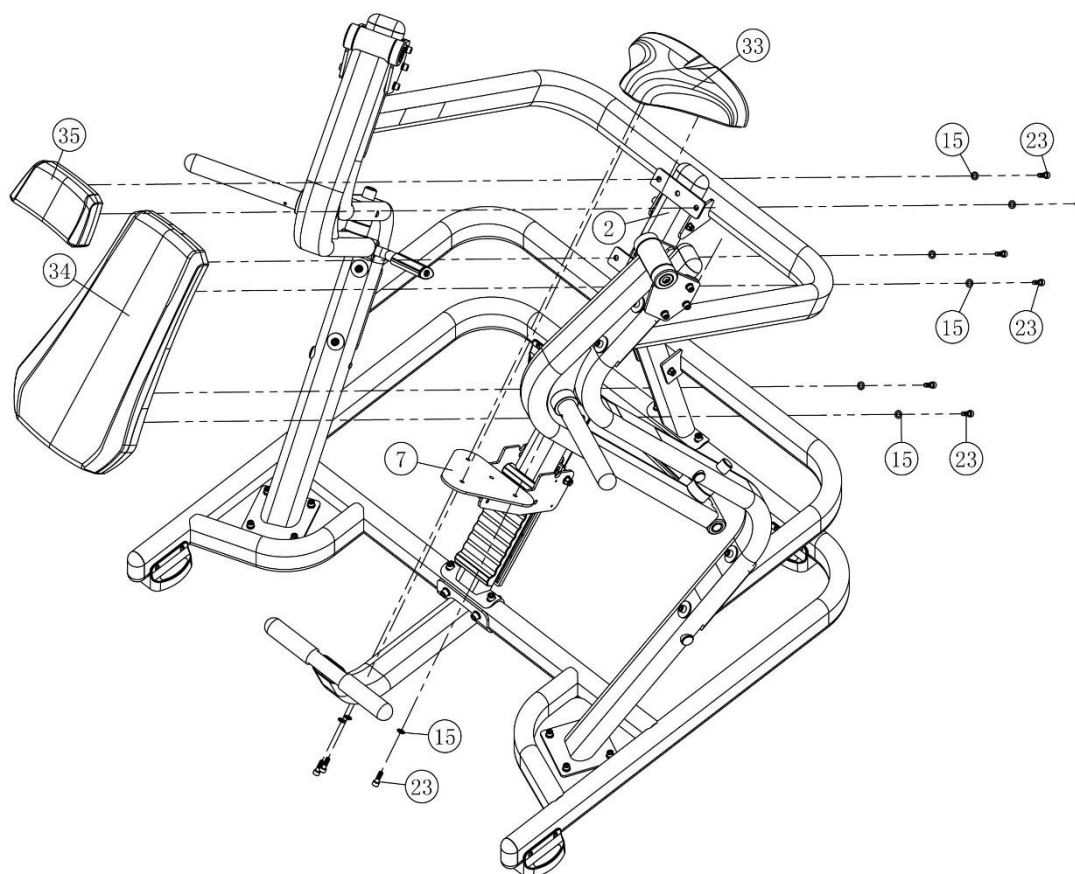
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Long Weight Plate Pole	2	23	Hex Recessed Round Head Bolt M10*30	2
10	Left Support Frame	1	32	Round Plug	2
18	Spring WasherΦ10	2			



Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
15	Washer $\Phi 10$	9	34	Backrest	1
23	Hex Recessed Round Head Bolt M10*30	9	35	Headrest	1
33	Seat Pad	1			



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Bottom Base	1	25	Hex Recessed Round Head Bolt M12*80	8
2	Backrest Rack	1	26	Hex Recessed Round Head Bolt M12*85	2
3	Upper Support Frame	1	27	Hex Recessed Round Head Bolt M12*130	2
4	Lower Support Frame	1	28	Hex Recessed Round Head Bolt M12*125	2
5	Pedal Rack	1	29	Hex Recessed Round Head Bolt M12*155	1
6	Long Weight Plate Pole	2	30	Cross Big Pan Head Screw M4X8	6
7	Seat Support	1	31	Deep Groove Ball Bearing619-6-2Z(C0)	4
8	Wheel	2	32	Round Plug	2
9	Right Support Frame	1	33	Seat Pad	1
10	Left Support Frame	1	34	Backrest	1
11	Tension Spring	1	35	Headrest	1
12	Lower Spring Base	1	36	Elliptical Plug	5
13	Spring Shield	1	37	Foot Base	4
14	WasherΦ6	22	38	Upper Spring Base	1
15	WasherΦ10	33	39	Nylon Lock Nut M8	1
16	WasherΦ12	14	40	Front Support Board	1
17	Big WasherΦ12	8	41	Rear Support Board	1
18	Spring WasherΦ10	26	42	Pedal Sleeve	2
19	Arc WasherΦ12	8	43	Rubber Washer	2
20	Nylon Lock Nut M10	2	44	Weight Plate Pole Sleeve	2
21	Nylon Lock Nut M12	15	45	Nylon Round Plug	2
22	Hex Recessed Flat Head Screw M6*12	4	46	Bearing Base1	2
23	Hex Recessed Round Head Bolt M10*30	19	47	Bearing Base2	2
24	Hex Recessed Round Head Bolt M10*130	2	48	Right Press Arm	1

Item #	Description	Qty.	Item #	Description	Qty.
49	Left Press Arm	1	59	Spring WasherΦ6	2
50	Bearing Shim	4	60	Hex Recessed Flat Head Screw M6*60	2
51	Lock Plate	2	61	Hex Recessed Flat Head Screw M6*12	16
52	Round PlugΦ28	2	62	Hex Recessed Flat Head Screw M10*25	4
53	Round PlugΦ30	4	63	Hex Recessed Round Head Bolt M8*30	1
54	Adjustable Cushion	2	64	Hex Recessed Round Head Bolt M10*25	12
55	Hole Plug	4	65	Hex Recessed Countersunk Head Bolt M6*16	1
56	Deep Groove Ball Bearing6005-2Z(C0)	4	66	Hex Recessed Countersunk Head Bolt M6*55	3
57	Aluminum Sleeve	2	67	Set Screw M8*10	4
58	Aluminum End Cover	2	68	Bushing	2

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.