

VERVE Arnold Series

Row Machine

Owner's Manual

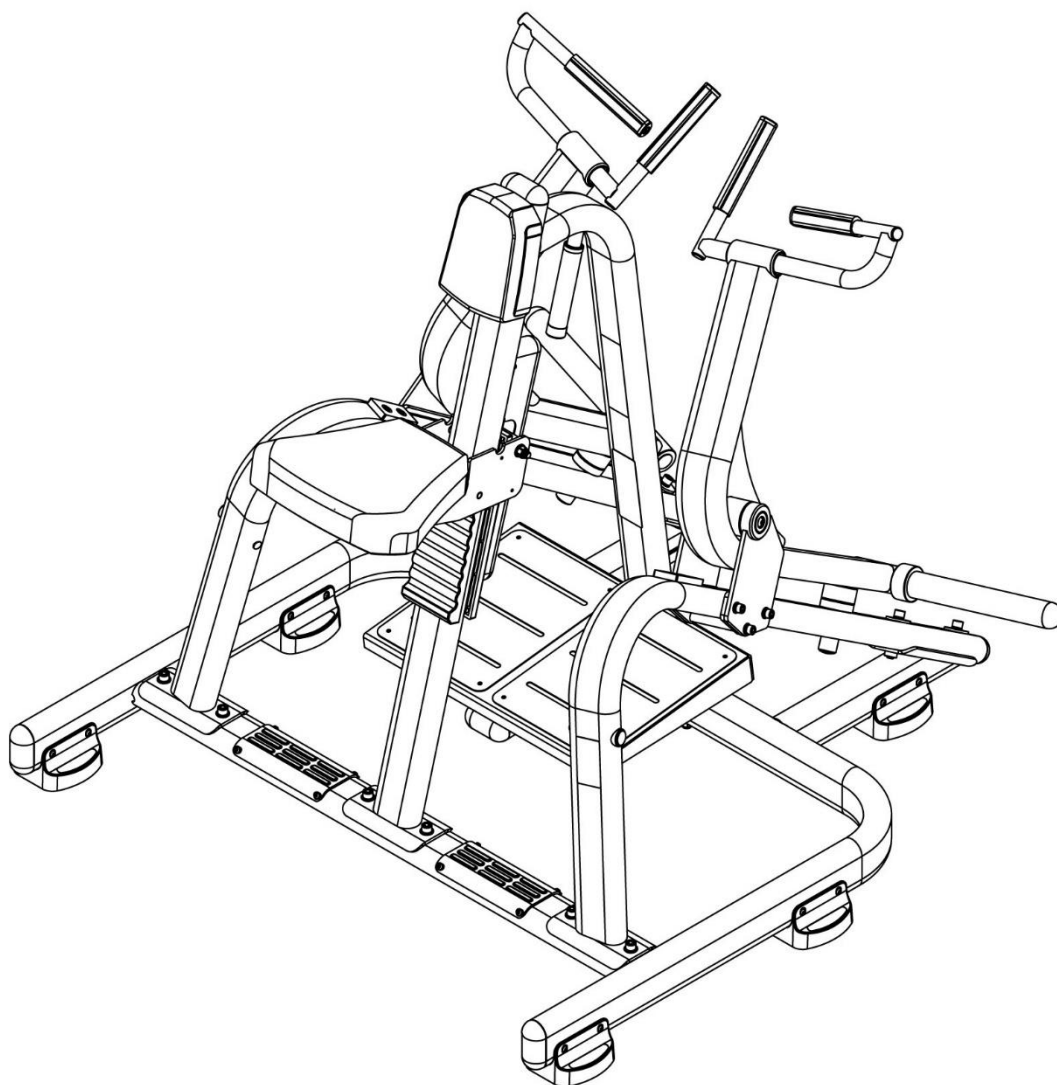


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IMPORTANT SAFETY NOTICE

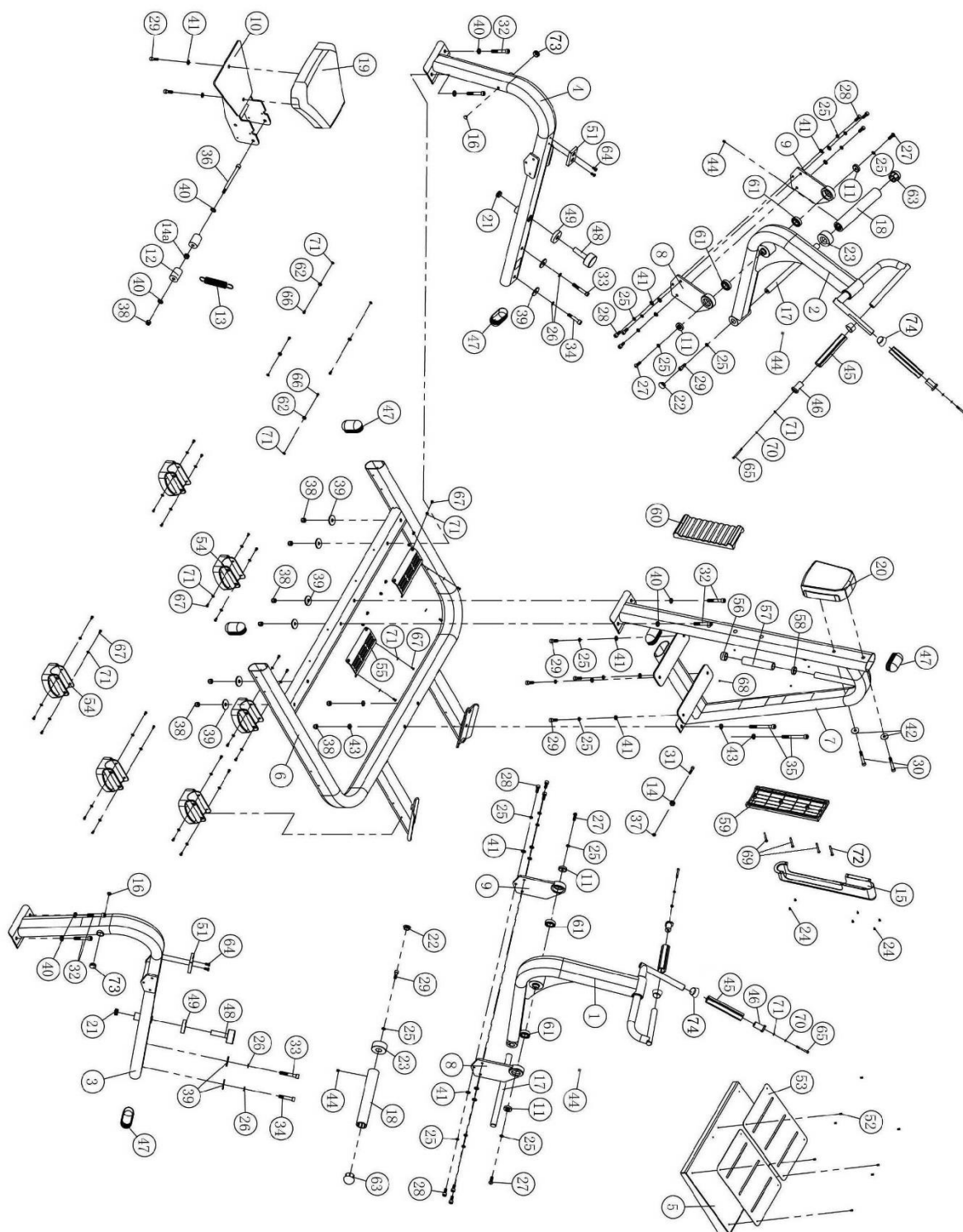
PRECAUTIONS:

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

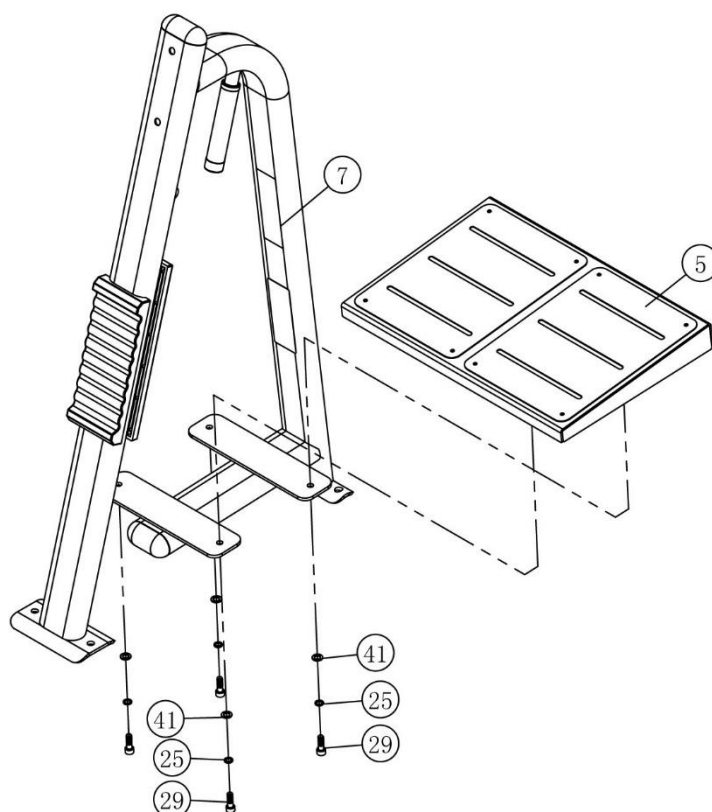


Step 1: Preparation

- 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.**

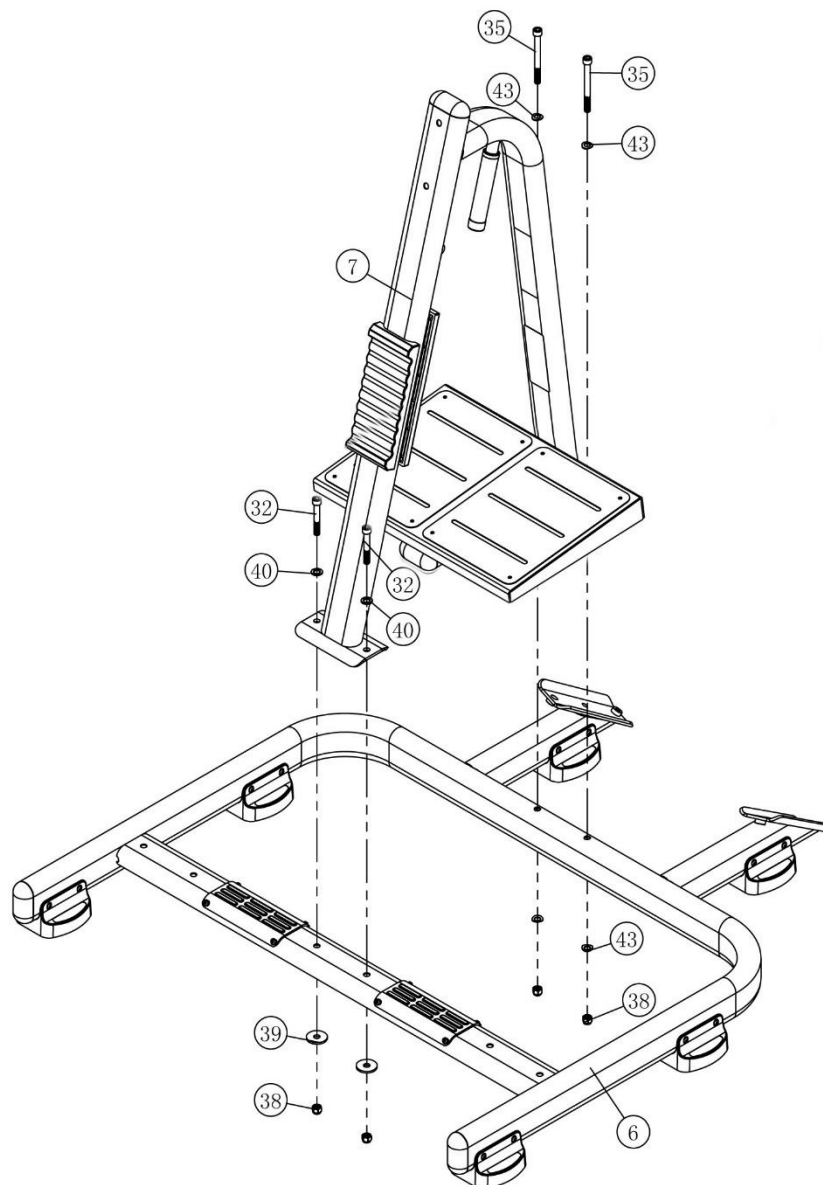
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4	Left Support Frame	1	29	Hex Recessed Round Head Bolt M10*30	4
7	Main Support Frame	1	41	WasherΦ10	4
25	Spring WasherΦ10	4			



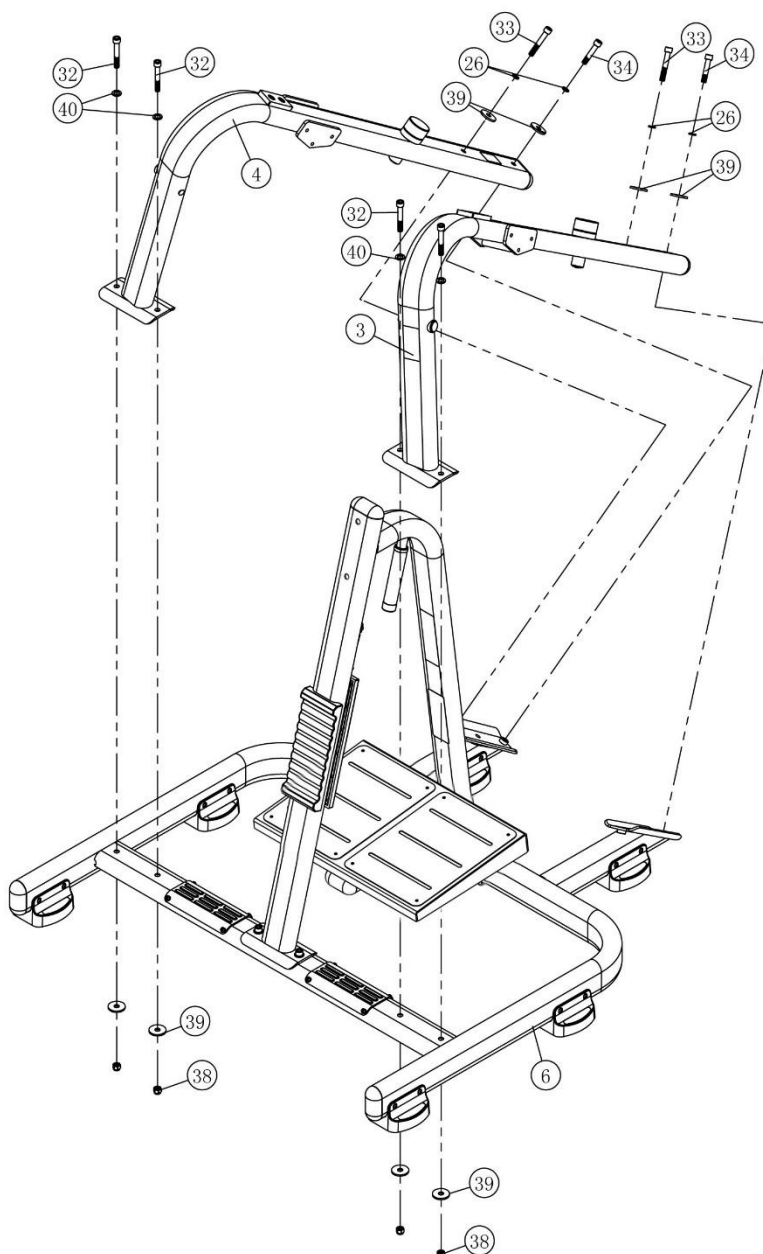
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Bottom Base	1	39	Big Washer Φ 12	2
35	Hex Recessed Round Head Bolt M12*125	2	40	Washer Φ 12	2
38	Nylon Lock Nut M12	4			



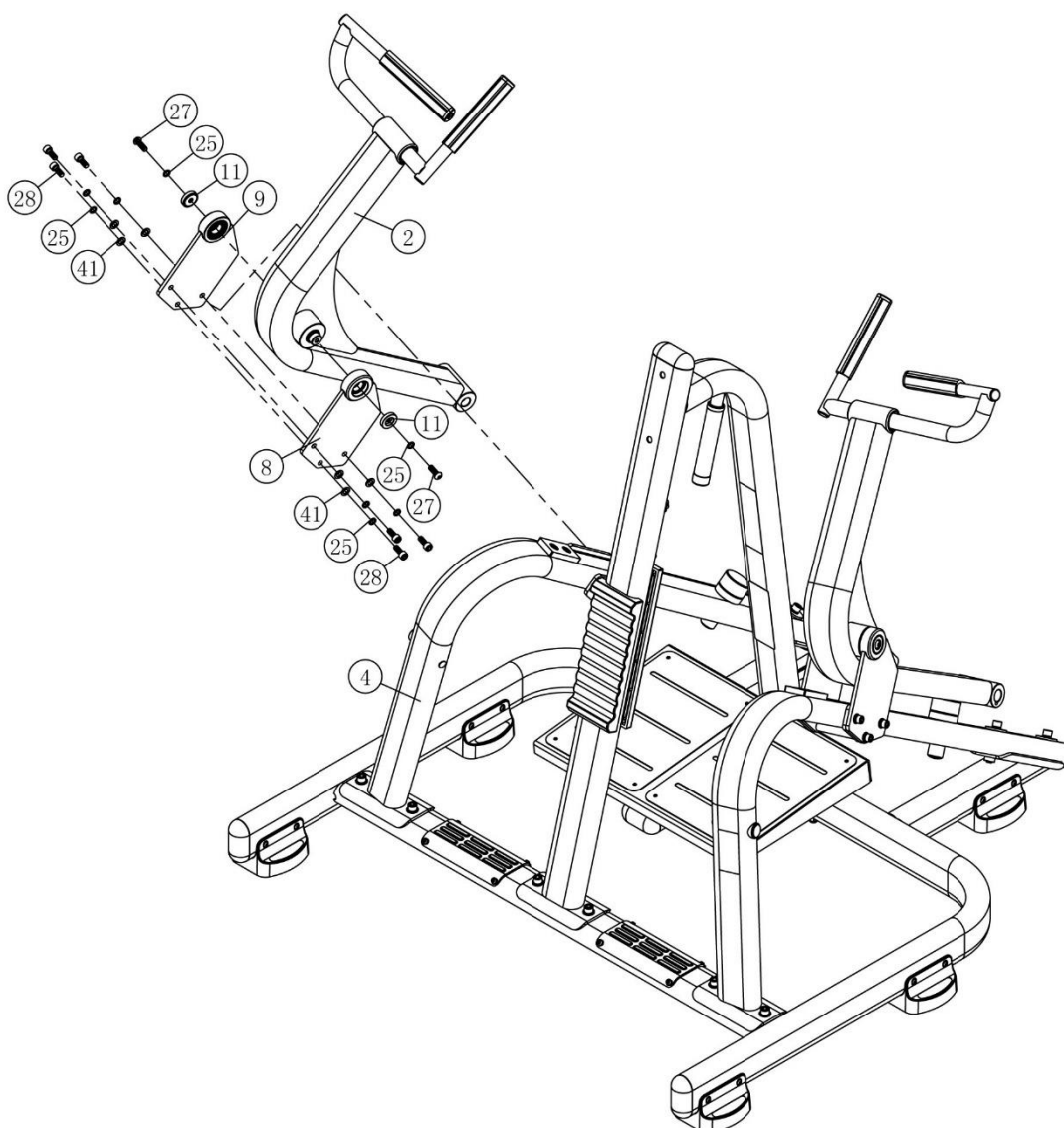
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Right Support Frame	1	34	Hex Recessed Round Head Bolt M12*60	2
4	Left Support Frame	1	38	Nylon Lock Nut M12	4
26	Spring WasherΦ12	4	39	Big WasherΦ12	8
32	Hex Recessed Round Head Bolt M12*80	4	40	WasherΦ12	4
33	Hex Recessed Round Head Bolt M12*75	2			



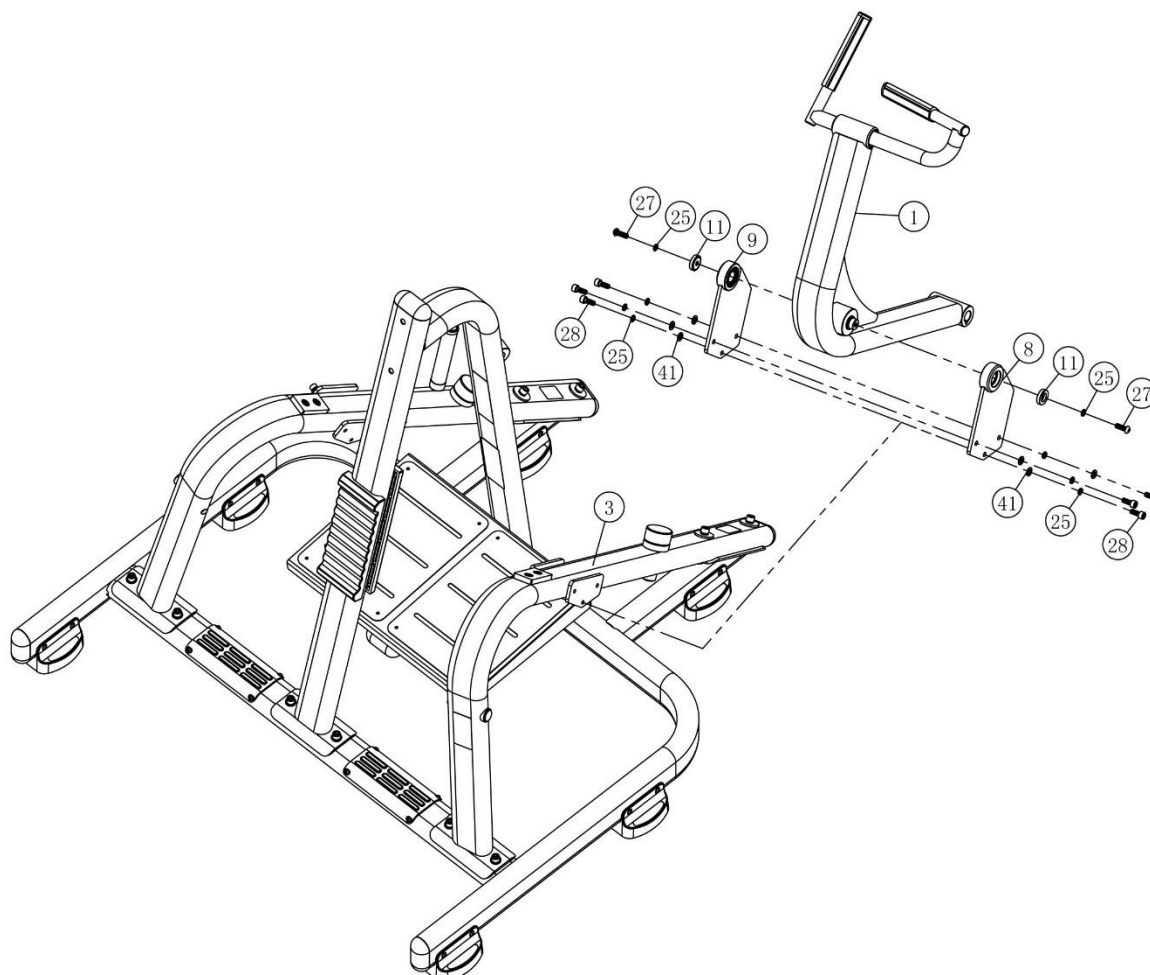
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Right Press Arm	1	25	Spring WasherΦ10	8
8	Bearing Base1	1	27	Hex Recessed Flat Head Screw M10*30	2
9	Bearing Base2	1	28	Hex Recessed Round Head Bolt M10*25	6
11	Bearing Shim	2	41	WasherΦ10	6



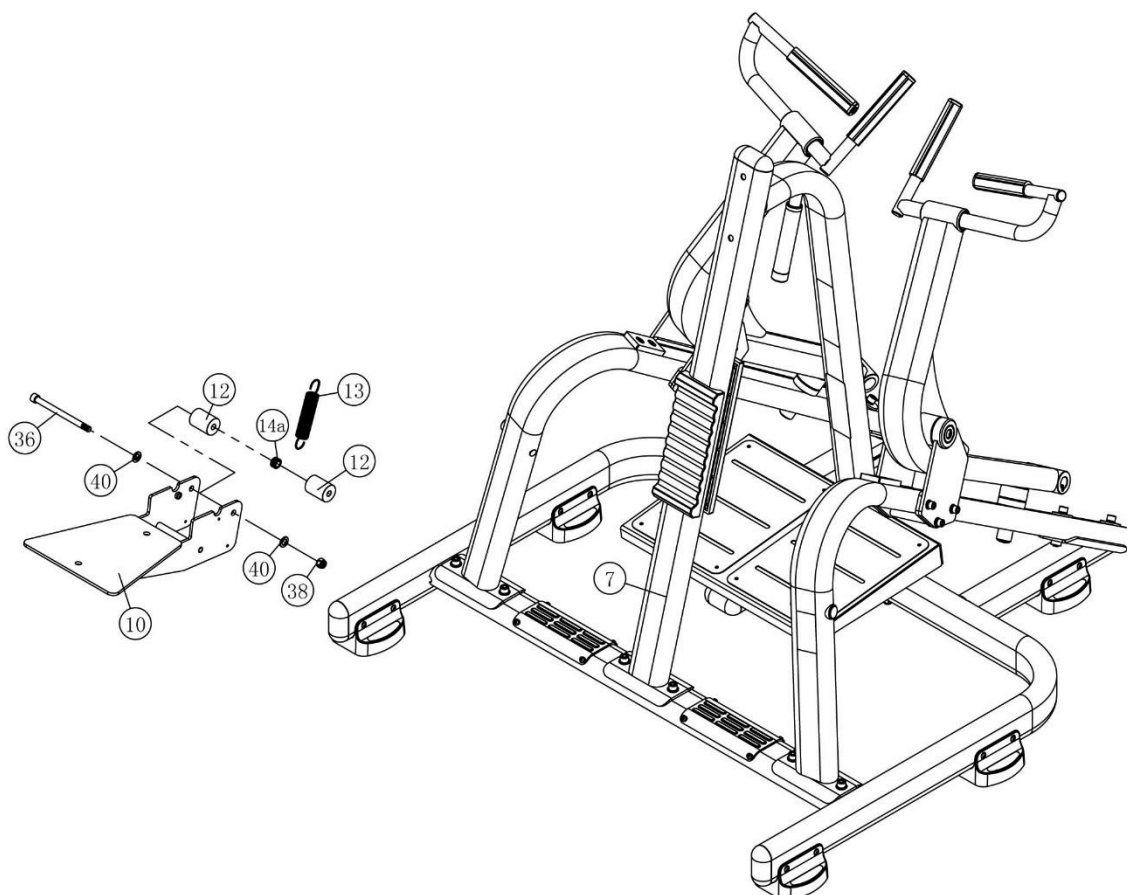
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Pedal Support		27	Hex Recessed Flat Head Screw M10*30	
11	Bearing Shim		28	Hex Recessed Round Head Bolt M10*25	
25	Spring WasherΦ10		41	WasherΦ10	



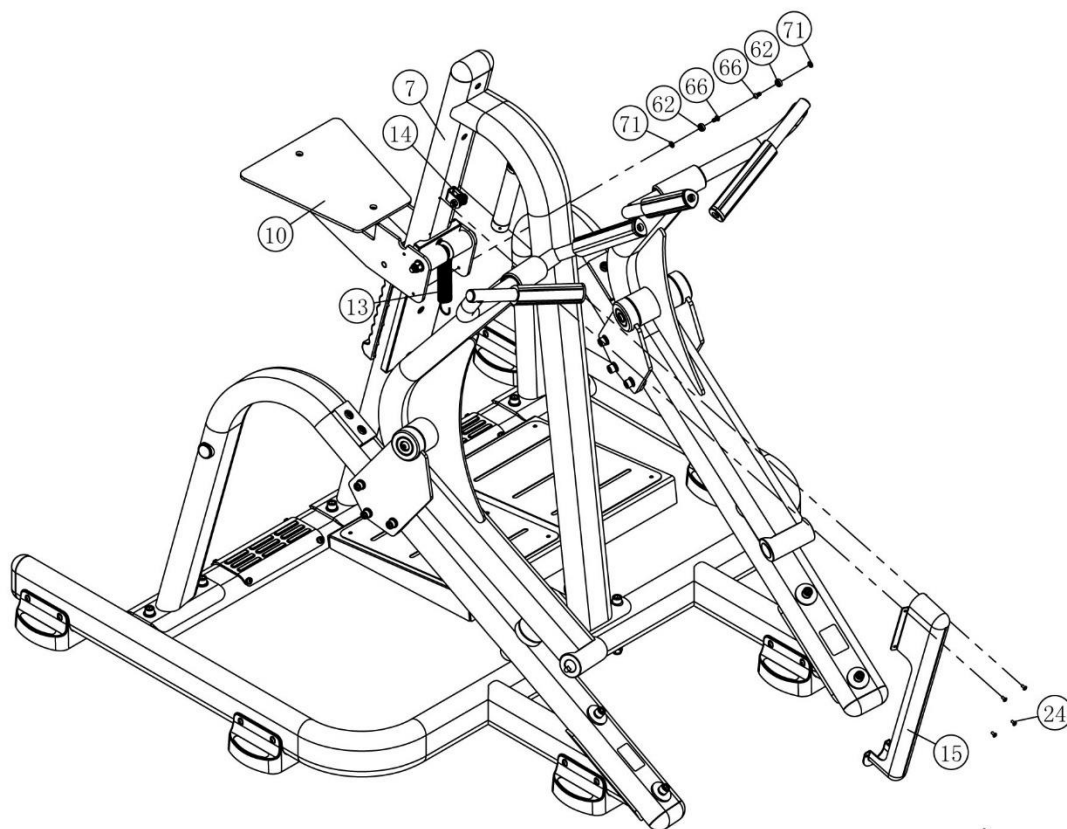
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Seat Support	1	36	Hex Recessed Round Head Bolt M12*160	1
12	Wheel	2	38	Nylon Lock Nut M12	1
14a	Lower Spring Base	1	40	WasherΦ12	2



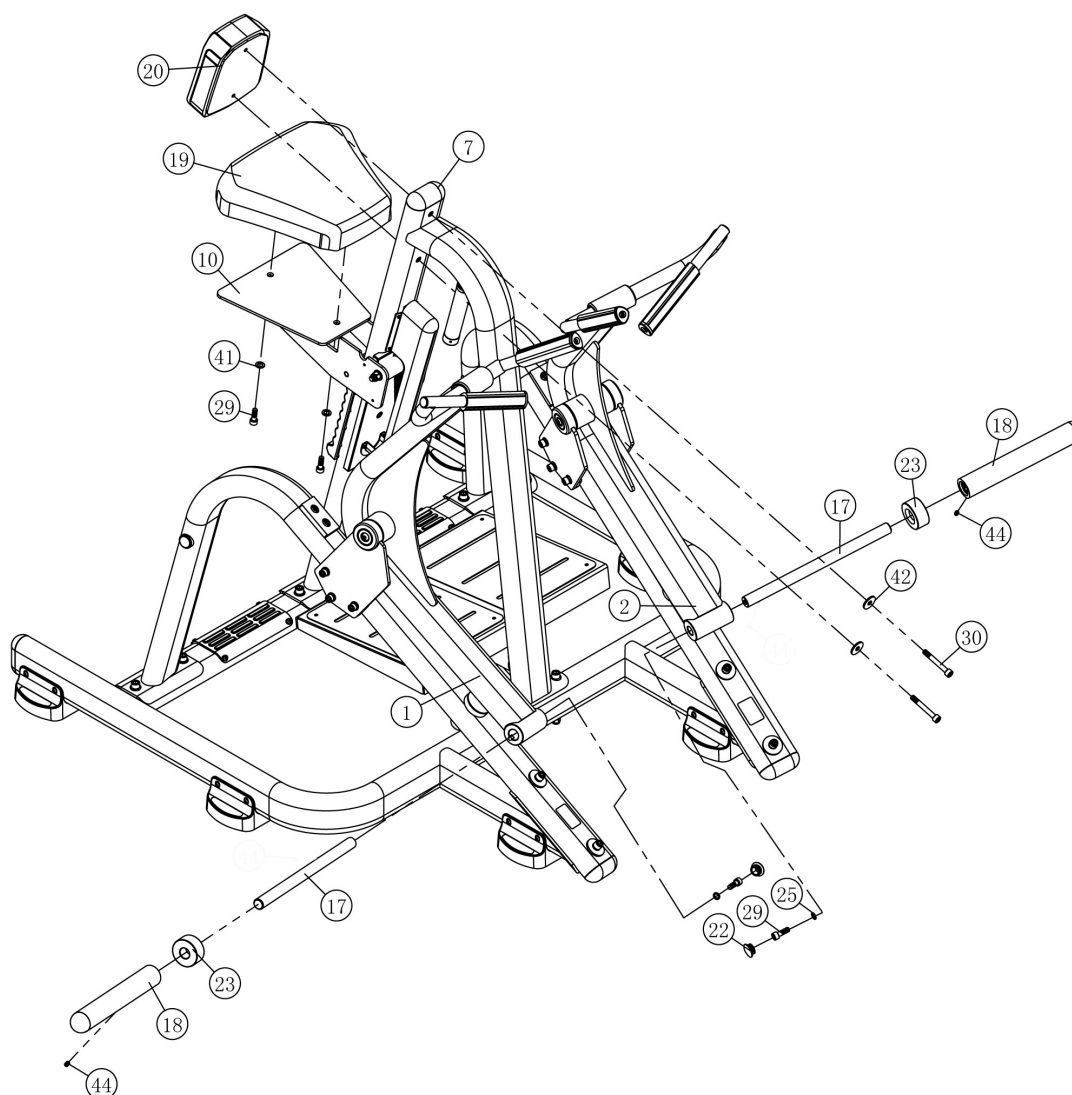
Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Seat Support	1	66	Hex Recessed Flat Head Screw M6*12	2
24	Cross Big Pan Head Screw M4X8	6	71	WasherΦ6	2
62	Deep Groove Ball Bearing619-6-2Z(C0)	2			



Step 9

Step 9 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
17	Long Weight Plate Pole	2	25	Spring Washer $\Phi 10$	2
18	Weight Plate Pole Sleeve	2	29	Hex Recessed Round Head Bolt M10*30	4
19	Seat Pad	1	30	Hex Recessed Round Head Bolt M10*75	2
20	Chest Pad	1	41	Washer $\Phi 10$	2
22	Big Round Plug $\Phi 25 * \delta 2 * \Phi 32$	2	42	Big Washer $\Phi 10$	2
23	Rubber Washer	2	44	Set Screw M8X10	2



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Right Press Arm	1	25	Spring WasherΦ10	22
2	Left Press Arm	1	26	Spring WasherΦ12	4
3	Right Support Frame	1	27	Hex Recessed Flat Head Screw M10*30	4
4	Left Support Frame	1	28	Hex Recessed Round Head Bolt M10*25	12
5	Pedal Support	1	29	Hex Recessed Round Head Bolt M10*30	8
6	Bottom Base	1	30	Hex Recessed Round Head Bolt M10*75	2
7	Main Support Frame	1	31	Hex Recessed Round Head Bolt M8*30	1
8	Bearing Base1	2	32	Hex Recessed Round Head Bolt M12*80	6
9	Bearing Base2	2	33	Hex Recessed Round Head Bolt M12*75	2
10	Seat Support	1	34	Hex Recessed Round Head Bolt M12*60	2
11	Bearing Shim	4	35	Hex Recessed Round Head Bolt M12*125	2
12	Wheel	2	36	Hex Recessed Round Head Bolt M12*160	1
13	Tension Spring	1	37	Nylon Lock Nut M8	1
14	Upper Spring Base	1	38	Nylon Lock Nut M12	9
14a	Lower Spring Base	1	39	Big WasherΦ12	10
15	Spring Shield	1	40	WasherΦ12	8
16	Hole Plug	2	41	WasherΦ10	18
17	Long Weight Plate Pole	2	42	Big WasherΦ10	2
18	Weight Plate Pole Sleeve	2	43	Arc WasherΦ12	4
19	Seat Pad	1	44	Set Screw M8X10	4
20	Chest Pad	1	45	Aluminum Handle Sleeve	4
21	Round PlugΦ28*1.5	2	46	End Cover	4
22	Big Round Plug Φ25*δ2*Φ32	2	47	Elliptical Plug	6
23	Rubber Washer	2	48	Adjustable Cushion	2

24	Cross Big Pan Head Screw M4X8	6	49	Lock Plate	2
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Item #	Description	Qty.	Item #	Description	Qty.
51	Rubber Cushion	2	63	Round Plug	2
52	RivetΦ4*14	8	64	Hex Recessed Flat Head Screw M8*16	4
53	Foot Plate	2	65	Hex Recessed Flat Head Screw M6*60	4
54	Foot Base	6	66	Hex Recessed Flat Head Screw M6*12	4
55	Pedal	2	67	Hex Recessed Flat Head Screw M6*12	32
56	Aluminum Finishing	1	68	Hex Recessed Cone Head Set Screw M5*5	4
57	Armrest Foam	1	69	Hex Recessed Countersunk Head Bolt M6*55	3
58	Aluminum Baffle Ring	1	70	Spring WasherΦ6	4
59	Rear Support Plate	1	71	WasherΦ6	40
60	Front Support Plate	1	72	Hex Recessed Countersunk Head Bolt M6*16	1
61	Deep Groove Ball Bearing 6005-2Z(C0)	4	73	Round PlugΦ30*1.5	2
62	Deep Groove Ball Bearing619-6-2Z(C0)	4	74	Sleeve Connector	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.

