

VERVE Arnold Series Leg Extension Machine

Owner's Manual

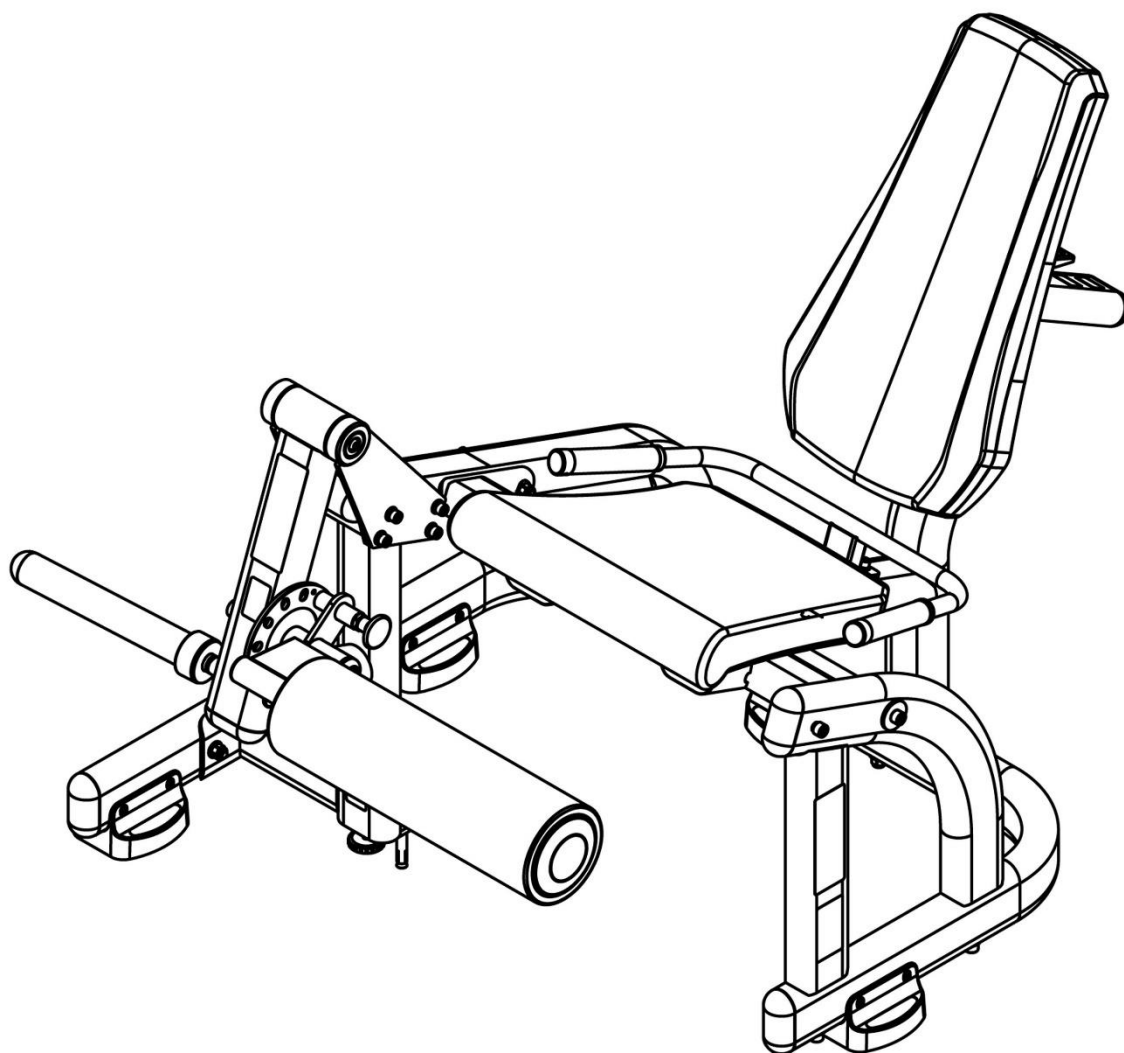


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IMPORTANT SAFETY NOTICE

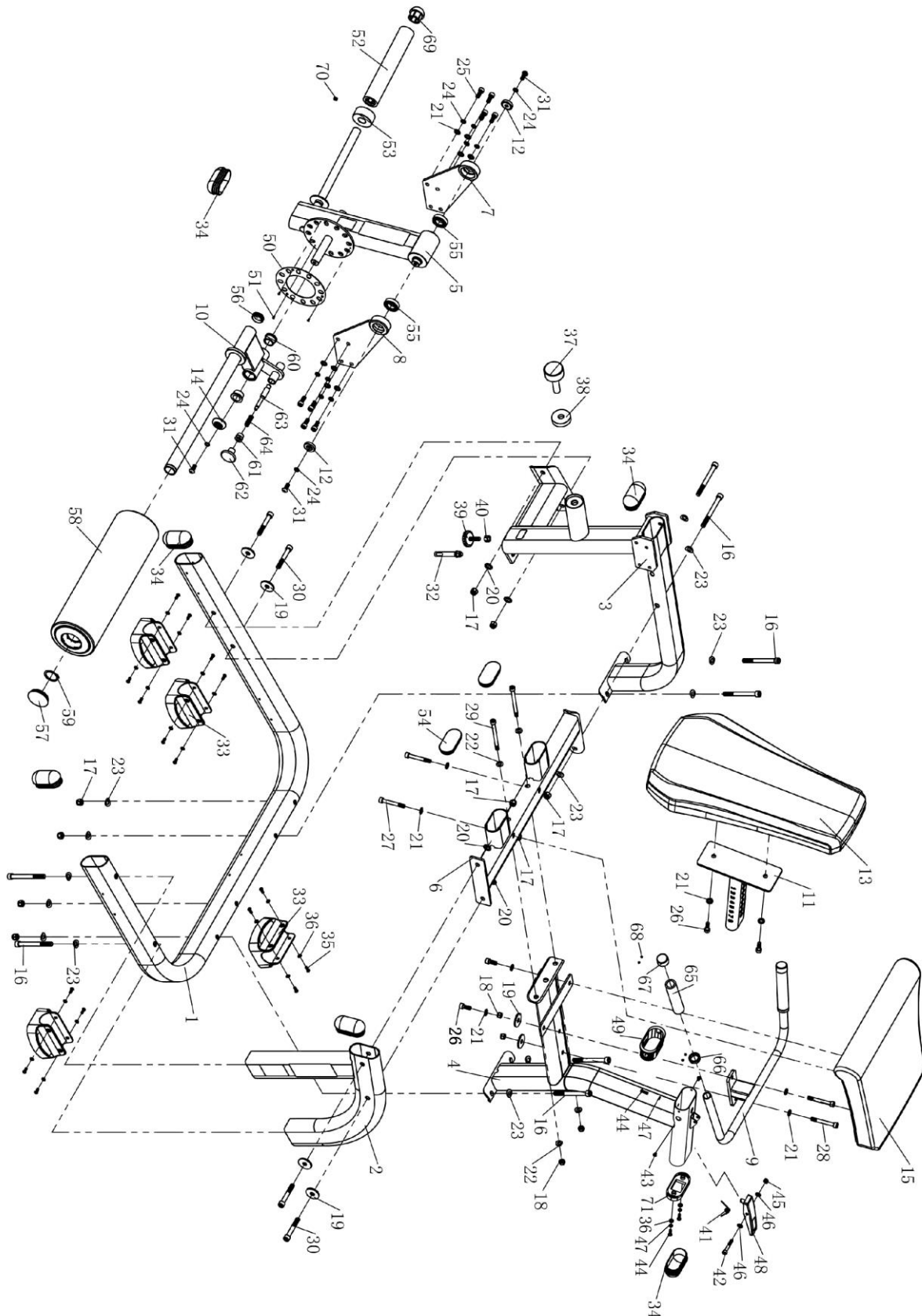
PRECAUTIONS:

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

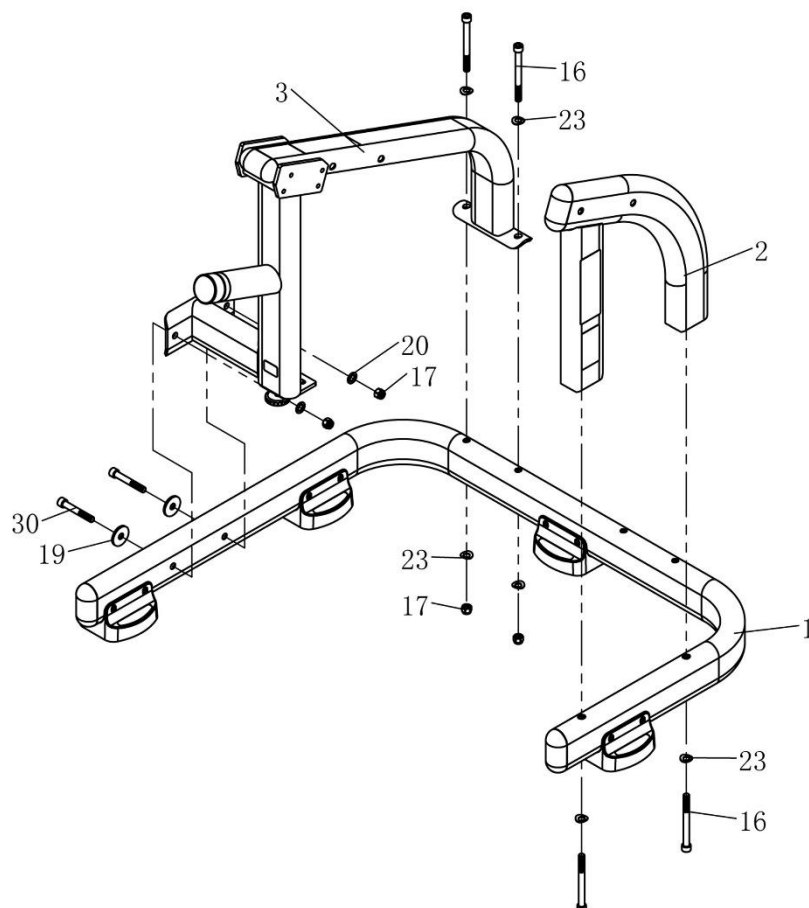


Step 1: Preparation

- 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.**

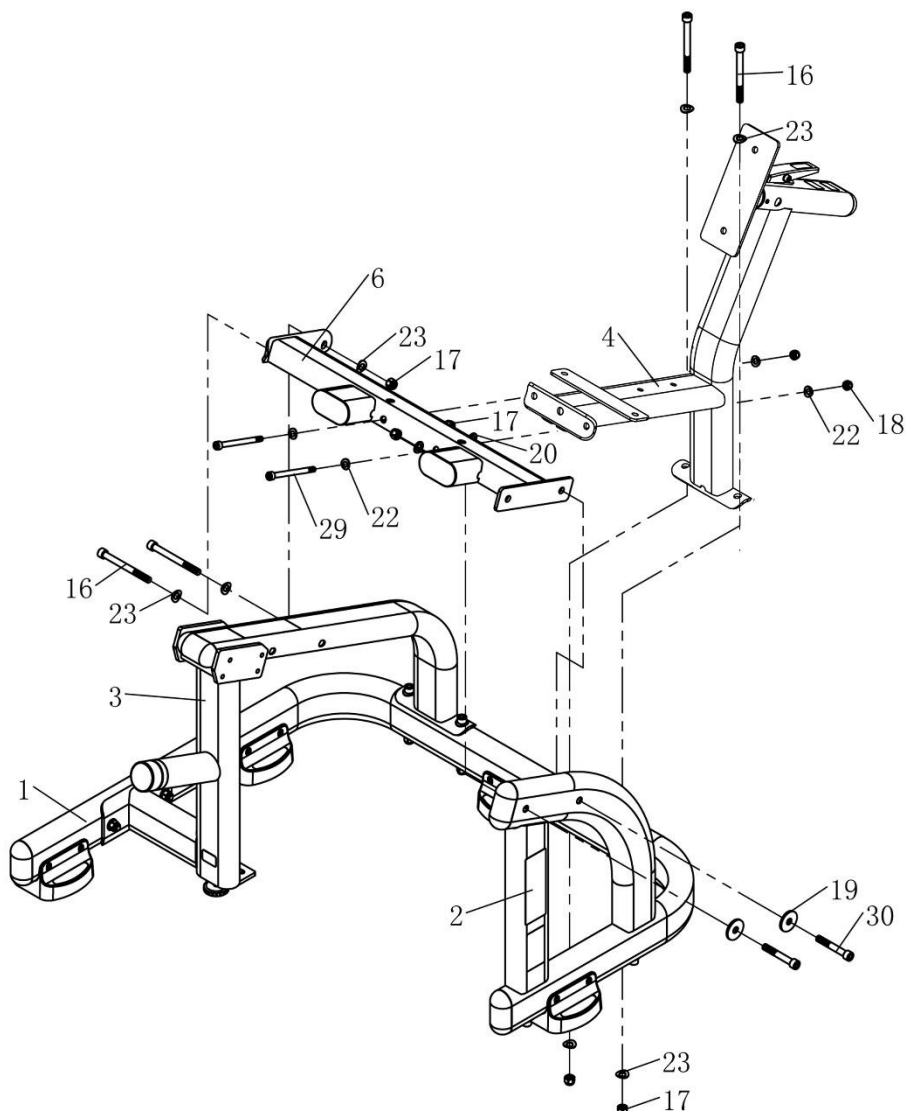
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Bottom Base	1	19	Big Washer $\Phi 12$	2
2	Left Support Frame	1	20	Spring Washer $\Phi 12$	2
3	Right Support Frame	1	23	Arc Washer $\Phi 12$	6
16	Hex Recessed Round Head Bolt M12*125	4	30	Hex Recessed Round Head Bolt M12*80	2
17	Nylon Lock Nut M12	4			



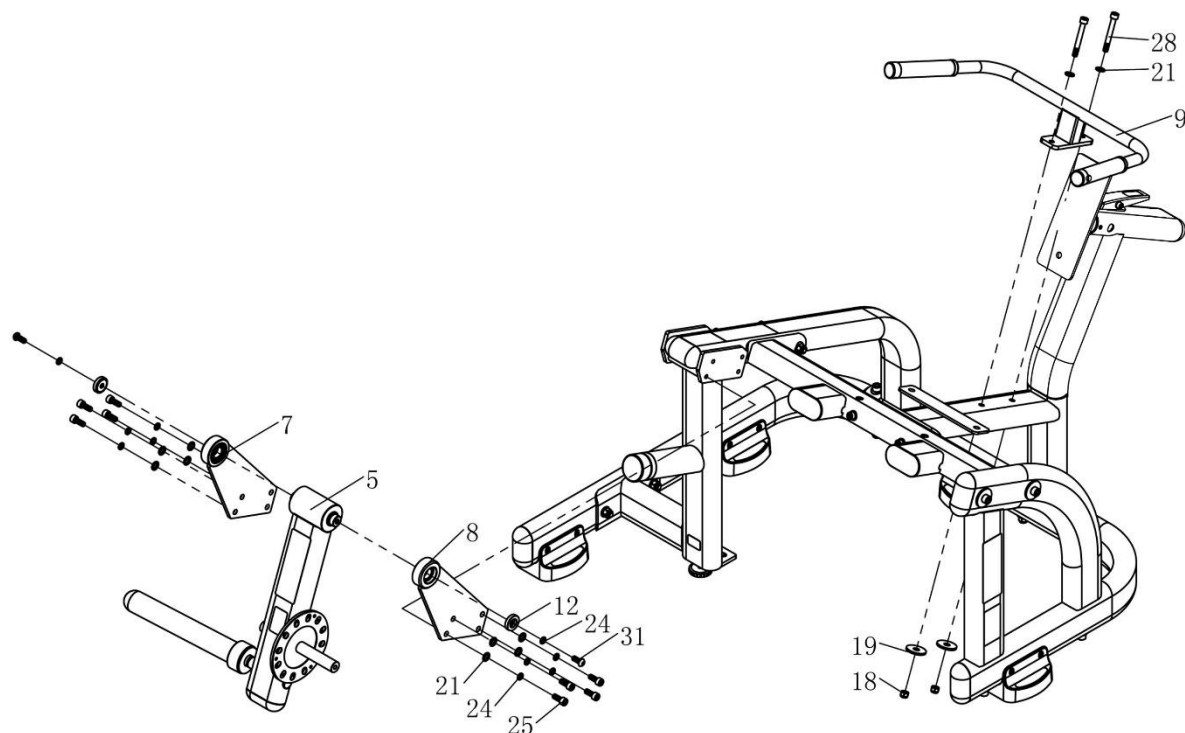
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4	Main Support Frame	1	20	Spring WasherΦ12	2
6	Cross Brace	1	22	Arc WasherΦ10	4
16	Hex Recessed Round Head Bolt M12*125	4	23	Arc WasherΦ12	7
17	Nylon Lock Nut M12	5	29	Hex Recessed Round Head Bolt M10*125	2
18	Nylon Lock Nut M10	2	30	Hex Recessed Round Head Bolt M12*80	2
19	Big WasherΦ12	2			



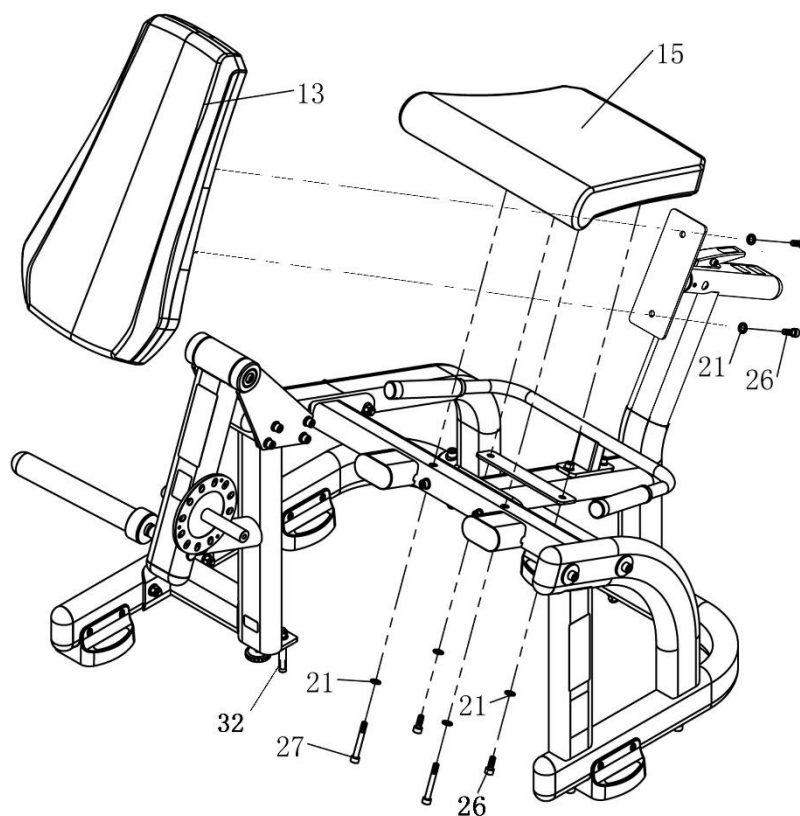
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Weight Holder	1	19	Big Washer $\Phi 12$	2
7	Bearing Base 1	1	21	Flat Washer $\Phi 10$	10
8	Bearing Base 2	1	24	Spring Washer $\Phi 10$	10
9	Handle	1	25	Hex Recessed Round Head Bolt M10*25	8
12	Bearing Shim	2	28	Hex Recessed Round Head Bolt M10*80	2
18	Nylon Lock Nut M10	2	31	Hex Recessed Flat Head Screw M10*25	2



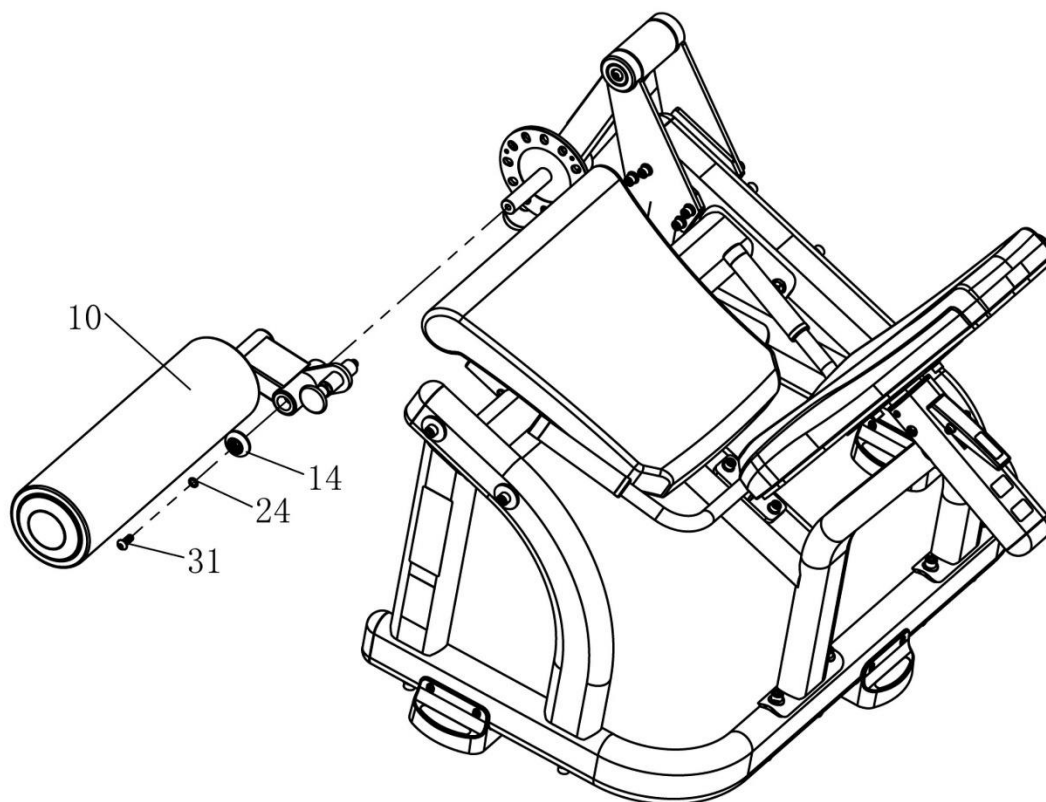
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Backrest	1	26	Hex Recessed Round Head Bolt M10*35	4
15	Seat Pad	1	27	Hex Recessed Round Head Bolt M10*75	2
21	Flat WasherΦ10	6	32	Expansion Bolt M10*100	1



Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Foam Rack	1	24	Spring Washer $\Phi 10$	1
14	Aluminum Cap	1	31	Hex Recessed Flat Head Screw M10*25	1



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Bottom Base	1	27	Hex Recessed Round Head Bolt M10*75	2
2	Left Support Frame	1	28	Hex Recessed Round Head Bolt M10*80	2
3	Right Support Frame	1	29	Hex Recessed Round Head Bolt M10*125	2
4	Main Support Frame	1	30	Hex Recessed Round Head Bolt M12*80	4
5	Weight Holder	1	31	Hex Recessed Flat Head Screw M10*25	3
6	Cross Brace	1	32	Expansion Bolt M10*100	1
7	Bearing Base 1	1	33	Foot Base	4
8	Bearing Base 2	1	34	Elliptical Plug PT100*50*δ2.5	6
9	Handle	1	35	Hex Recessed Flat Head Screw M6*16	16
10	Foam Rack	1	36	Flat WasherΦ6	18
11	Adjustable Tube	1	37	Adjustable Cushion	1
12	Bearing Shim	2	38	Lock Plate	1
13	Backrest	1	39	Leveler	1
14	Aluminum Cap	1	40	Hex Nut M10	1
15	Seat Pad	1	41	α Spring	1
16	Hex Recessed Round Head Bolt M12*125	8	42	Hex Recessed Round Head Bolt M8*50	1
17	Nylon Lock Nut M12	9	43	Cross Pan Head Screw M4*8	2
18	Nylon Lock Nut M10	4	44	Hex Recessed Flat Head Screw M6*20	3
19	Big WasherΦ12	6	45	Nylon Lock Nut M8	1
20	Flat WasherΦ12	4	46	Flat WasherΦ8	2
21	Flat WasherΦ10	16	47	Spring WasherΦ6	3
22	Arc WasherΦ10	4	48	Aluminum Wrench	1
23	Arc WasherΦ12	13	49	Inner	1
24	Spring WasherΦ10	11	50	Round Plate	1
25	Hex Recessed Round Head Bolt M10*25	8	51	Cross Countersunk Screw M3*6	3
26	Hex Recessed Round Head Bolt M10*35	4	52	Weight Plate Pole Sleeve	1

Item #	Description	Qty.	Item #	Description	Qty.
53	Rubber Cushion	1	63	Pull pin rod	1
54	Flat Elliptical Plug PT50*100*δ2.5	2	64	Compress Spring	1
55	Deep Groove Ball Bearing6005-2Z(C0)	2	65	Rubber Grip	2
56	Round Plugφ38*δ1.5	1	66	Aluminum Baffle Ring	2
57	Cap for Foam	1	67	Insert Cap	2
58	Foam Assembly	1	68	Hex Recessed Cone Head Screw M5*5	8
59	Shaft Circlip 38	1	69	Weight Plate Pole Sleeve Cap	1
60	Flange Bearing MFM- 2532-20	2	70	Set Screw M8*10	1
61	Bolt M20*1.5*φ28*φ14	1	71	Sliding Sleeve Inner Core	1
62	Pull Pin	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.