

VERVE Arnold Series Seated Dip Machine

Owner's Manual

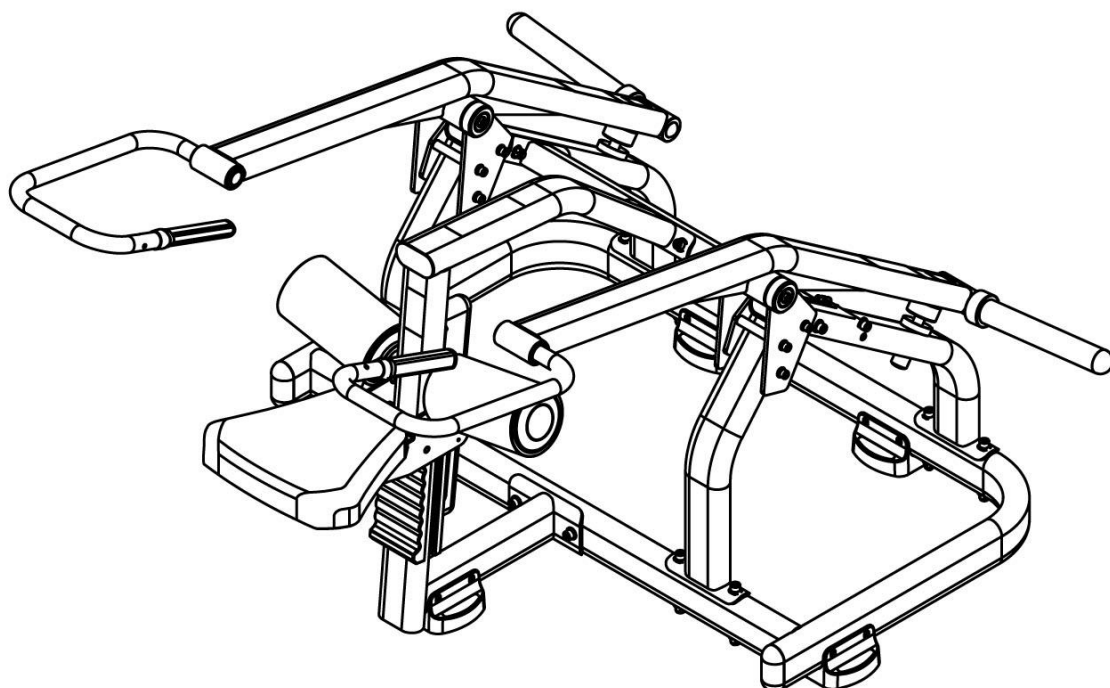


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IMPORTANT SAFETY NOTICE

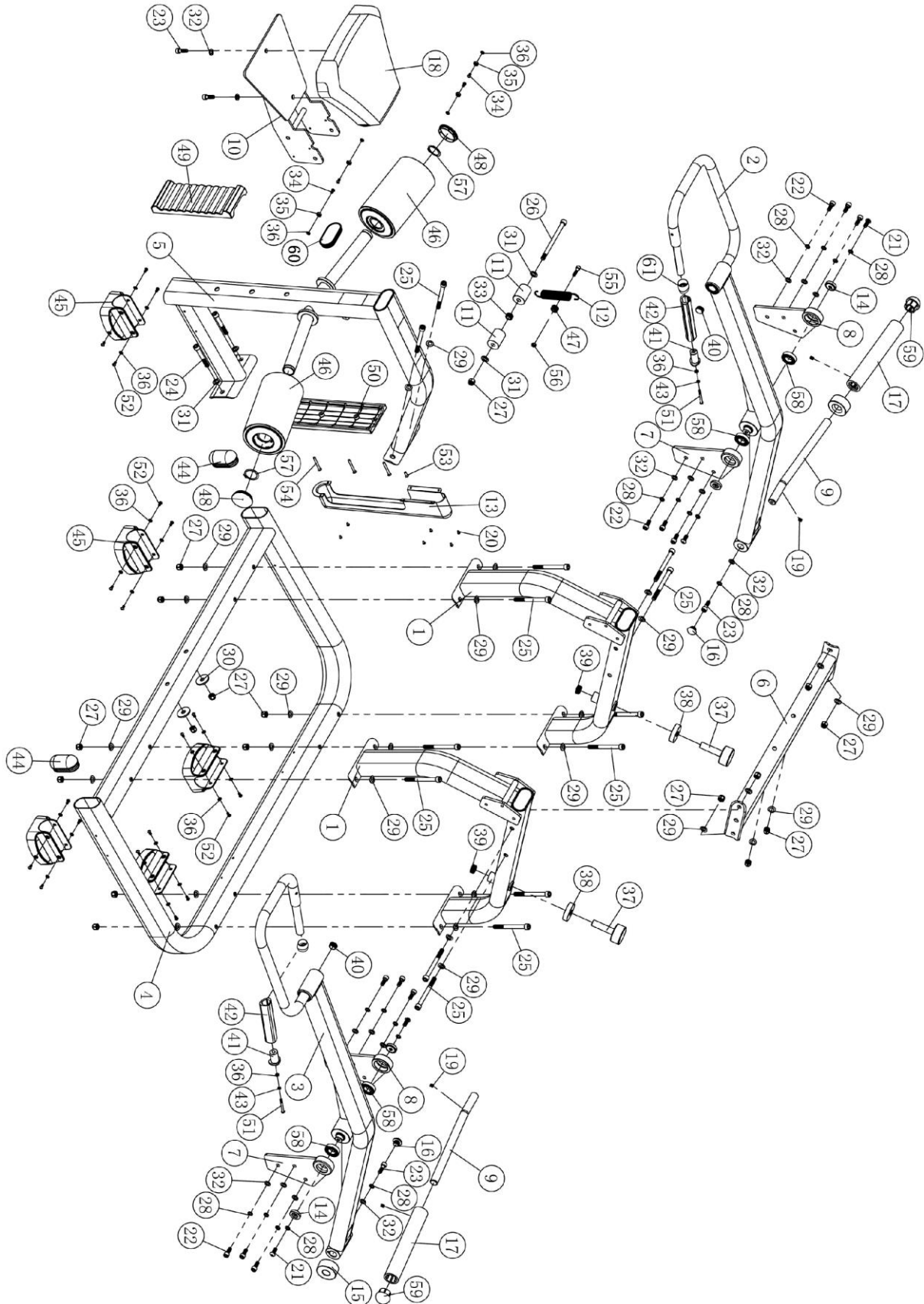
PRECAUTIONS:

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

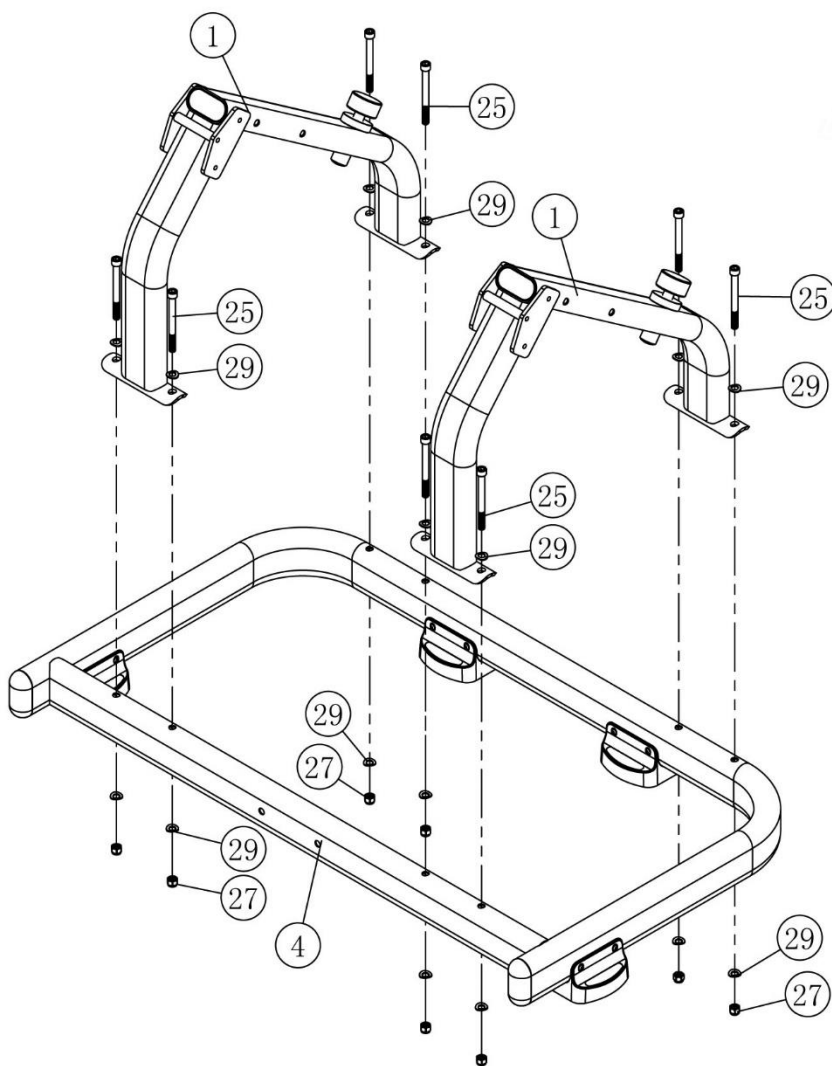


Step 1: Preparation

- 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.**

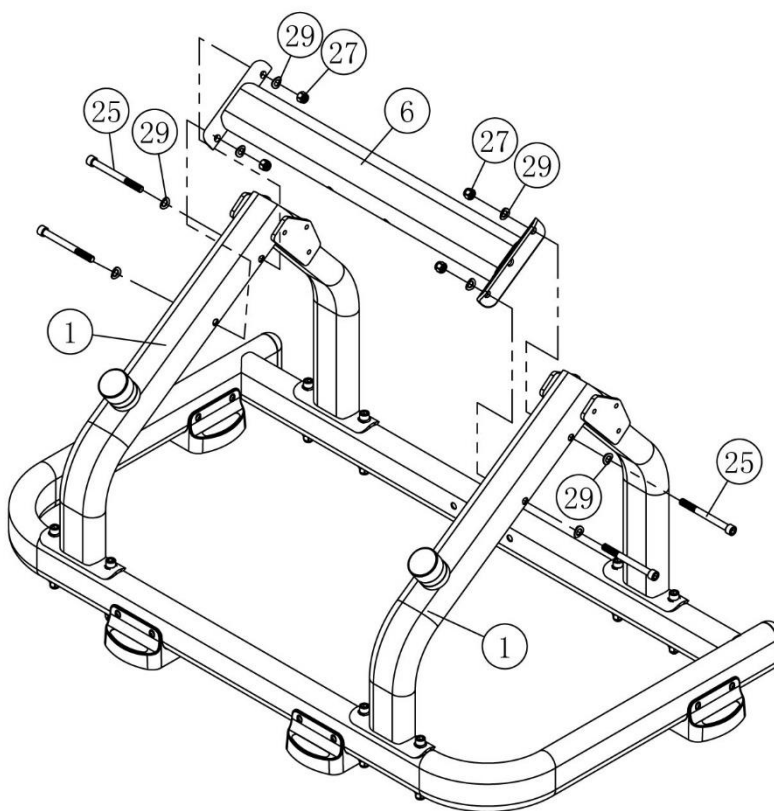
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Main Support Frame	1	25	Hex Recessed Round Head Bolt M12*125	8
2	Right Support Frame	1	27	Nylon Lock Nut M12	8
4	Bottom Base	1	29	Arc Washer $\Phi 12$	16



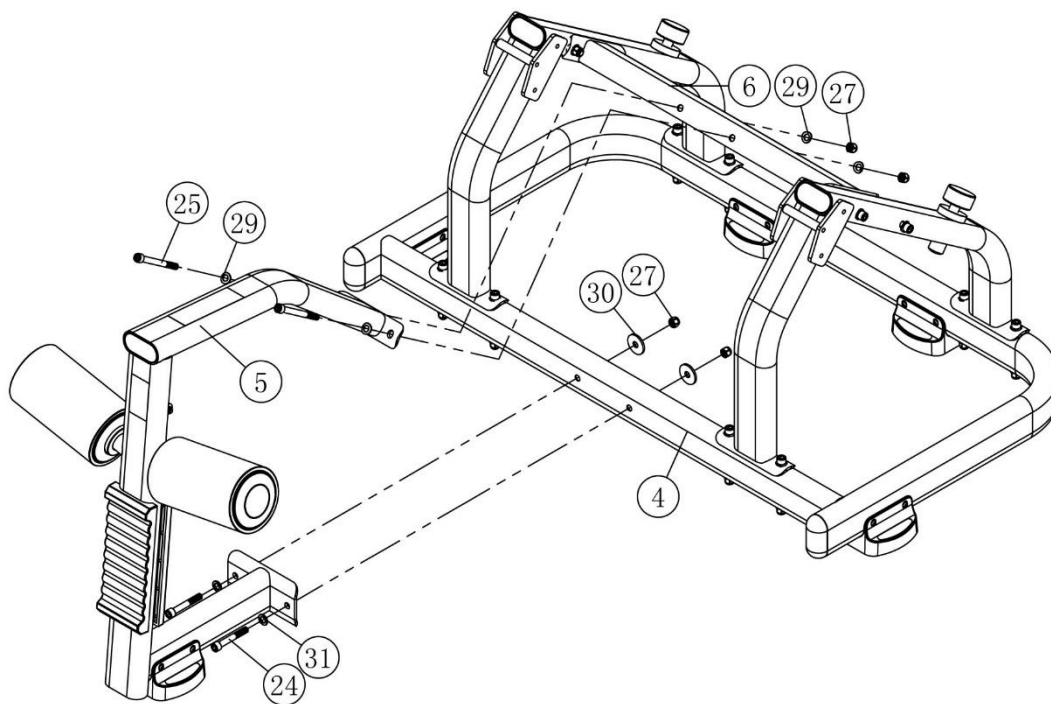
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Horizontal Rack	1	27	Nylon Lock Nut M12	4
25	Hex Recessed Round Head Bolt M12*125	4	29	Spring Washer $\Phi 10$	8



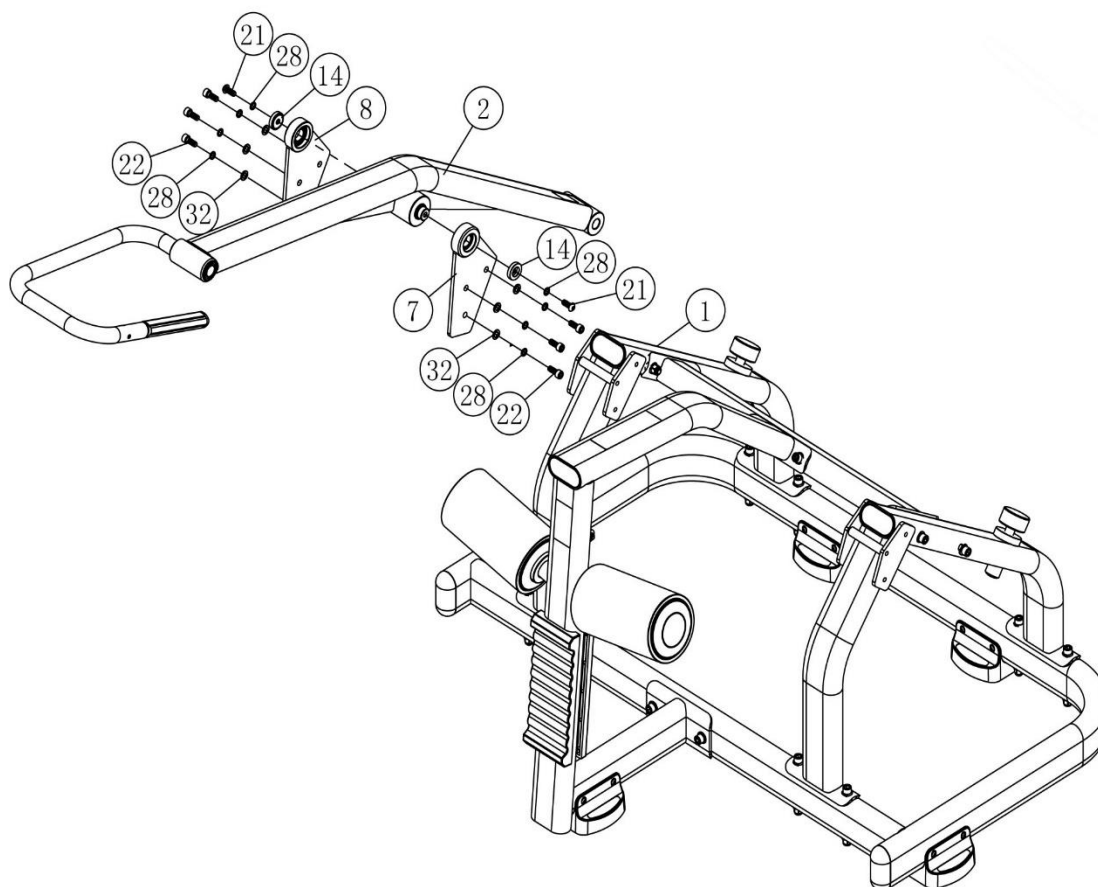
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4	Bottom Base	1	27	Nylon Lock Nut M12	4
5	Backrest Rack	1	29	Arc WasherΦ12	4
6	Horizontal Rack	1	30	Big WasherΦ12	2
24	Hex Recessed Round Head Bolt M12*80	2	31	Flat WasherΦ12	2
25	Hex Recessed Round Head Bolt M12*125	2			



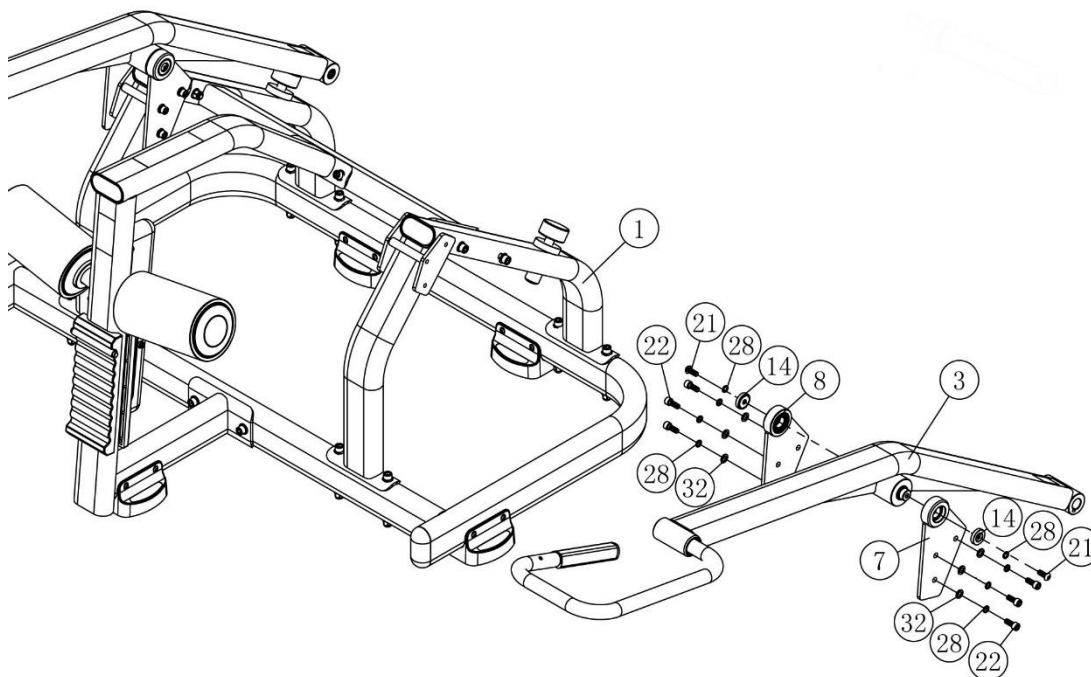
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Bearing Base1	1	22	Hex Recessed Round Head Bolt M10*25	6
8	Bearing Base2	1	28	Spring Washer Φ10	8
14	Bearing Shim	2	32	Flat Washer Φ10	6
21	Hex Recessed Flat Head Screw M10*25	2			



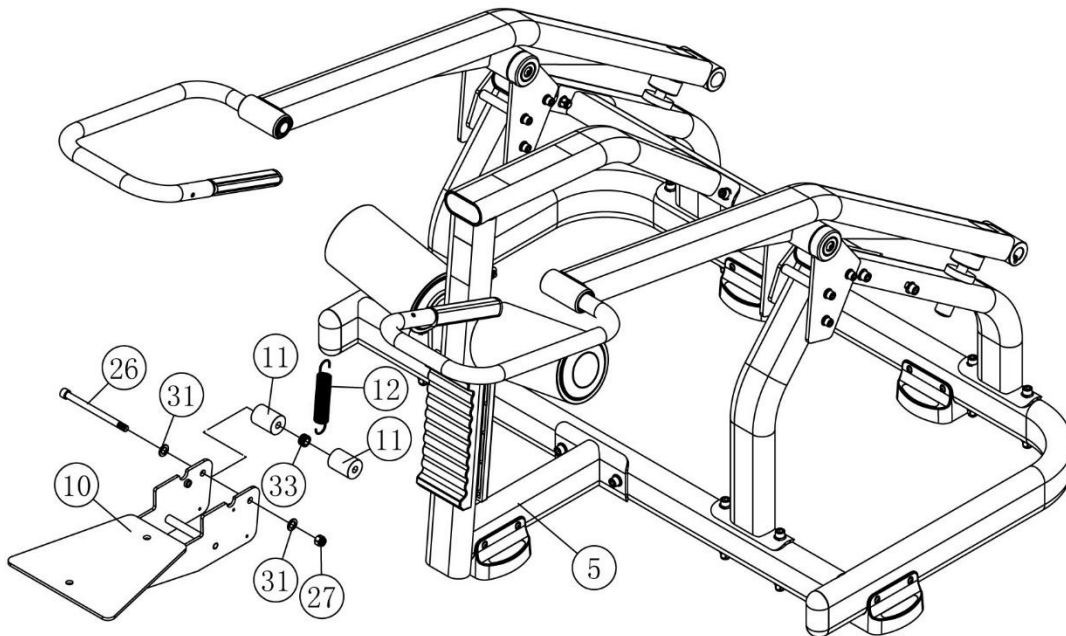
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Left Support Frame	1	22	Hex Recessed Round Head Bolt M10*25	6
14	Bearing Shim	2	28	Spring Washer $\Phi 10$	8
21	Hex Recessed Flat Head Screw M10*25	2	32	Flat Washer $\Phi 10$	6



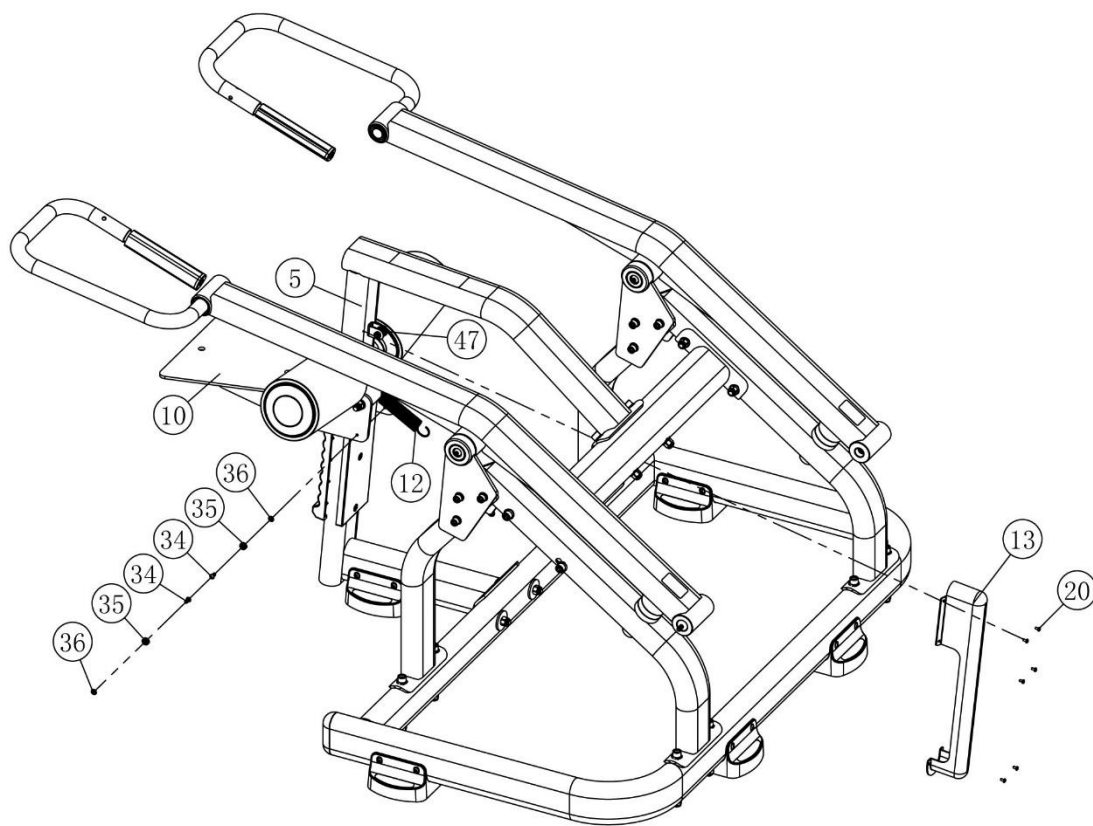
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Backrest Rack	1	27	Nylon Lock Nut M12	1
10	Seat Support	1	31	Flat Washer $\phi 12$	2
11	Wheel	2	33	Lower Spring Base	1
26	Hex Recessed Round Head Bolt M12*160	1			



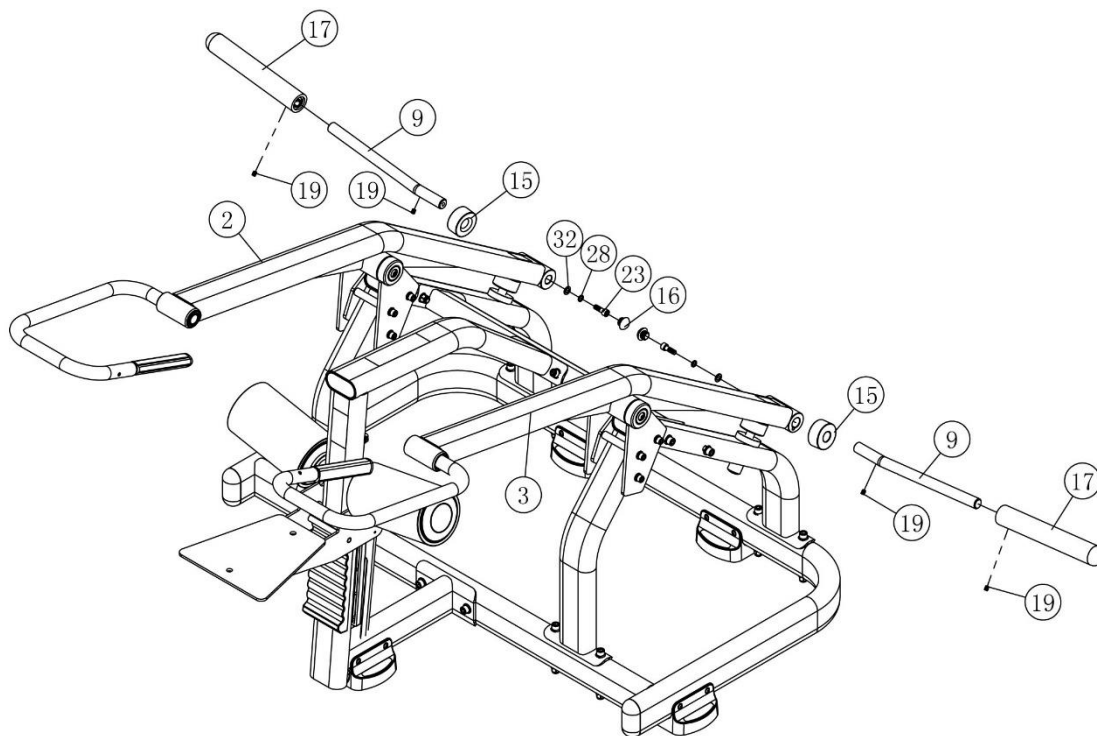
Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Spring Shield	1	34	Hex Recessed Flat Head Screw M6*12	2
20	Cross Big Pan Head Screw M4*8	6	36	Flat Washer $\Phi 6$	2
25	Hex Recessed Round Head Bolt M12*125	2			



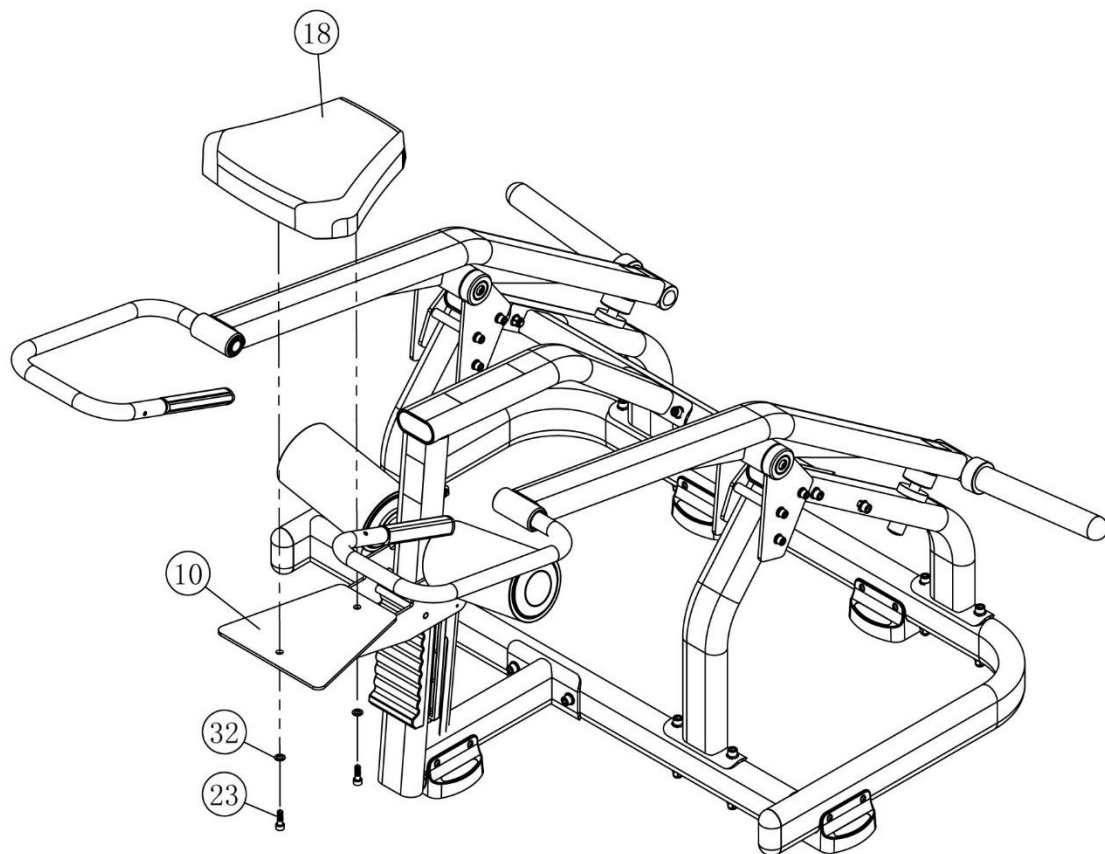
Step 9

Step 9 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Long Weight Plate Pole	2	19	Set Screw M8*10	4
15	Rubber Cushion	2	23	Hex Recessed Round Head Bolt M10*30	2
16	Round Plug	2	28	Spring Washer $\Phi 10$	2
17	Weight Plate Pole Sleeve	2	32	Flat Washer $\Phi 10$	2



Step 9

Step 9 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
18	Seat Pad	1	32	Flat Washer $\Phi 10$	2
23	Hex Recessed Round Head Bolt M10*30	2			



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Main Support Frame	2	25	Hex Recessed Round Head Bolt M12*125	14
2	Right Support Frame	1	26	Hex Recessed Round Head Bolt M12*160	1
3	Left Support Frame	1	27	Nylon Lock Nut M12	17
4	Bottom Base	1	28	Spring Washer Φ 10	18
5	Backrest Rack	1	29	Arc Washer Φ 12	28
6	Horizontal Rack	1	30	Big Washer Φ 12	2
7	Bearing Base1	2	31	Flat Washer Φ 12	4
8	Bearing Base2	2	32	Flat Washer Φ 10	16
9	Long Weight Plate Pole	2	33	Lower Spring Base	1
10	Seat Support	1	34	Hex Recessed Flat Head Screw M6*12	4
11	Wheel	2	35	Deep Groove Ball Bearing619-6-2Z(C0)	4
12	Spring	1	36	Flat Washer Φ 6	26
13	Spring Shield	1	37	Adjustable Cushion	2
14	Bearing Shim	4	38	Locked Plate	2
15	Rubber Cushion	2	39	Round Plug Φ 28*1.5	2
16	Round Plug	2	40	Round Plug Φ 25*3	2
17	Weight Plate Pole Sleeve	2	41	End Cover	2
18	Seat Pad	1	42	Aluminum Handle Sleeve	2
19	Set Screw M8*10	4	43	Spring Washer Φ 6	2
20	Cross Big Pan Head Screw M4*8	6	44	Elliptical Plug	2
21	Hex Recessed Flat Head Screw M10*25	4	45	Foot Base	5
22	Hex Recessed Round Head Bolt M10*25	12	46	Foam Assembly	2
23	Hex Recessed Round Head Bolt M10*30	4	47	Upper Spring Base	1
24	Hex Recessed Round Head Bolt M12*80	2	48	Foam End Plate	2

Item #	Description	Qty.	Item #	Description	Qty.
49	Front Support Board	1	56	Nylon Lock Nut M8	1
50	Rear Support Board	1	57	Shaft Circlip38	2
51	Hex Recessed Flat Head Screw M6*60	2	58	Deep Groove Ball Bearing6005-2Z(C0)	4
52	Hex Recessed Flat Head Screw M6*12	20	59	Weight Plate Pole plug	2
53	Hex Recessed Cone Head Screw M6*16	1	60	Flat Elliptical Plug	1
54	Hex Recessed Cone Head Screw M6*55	3	61	Connecting Sleeve	2
55	Hex Recessed Round Head Bolt M8*30	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.