

VERVE Arnold Series Bicep Curl Machine Owner's Manual

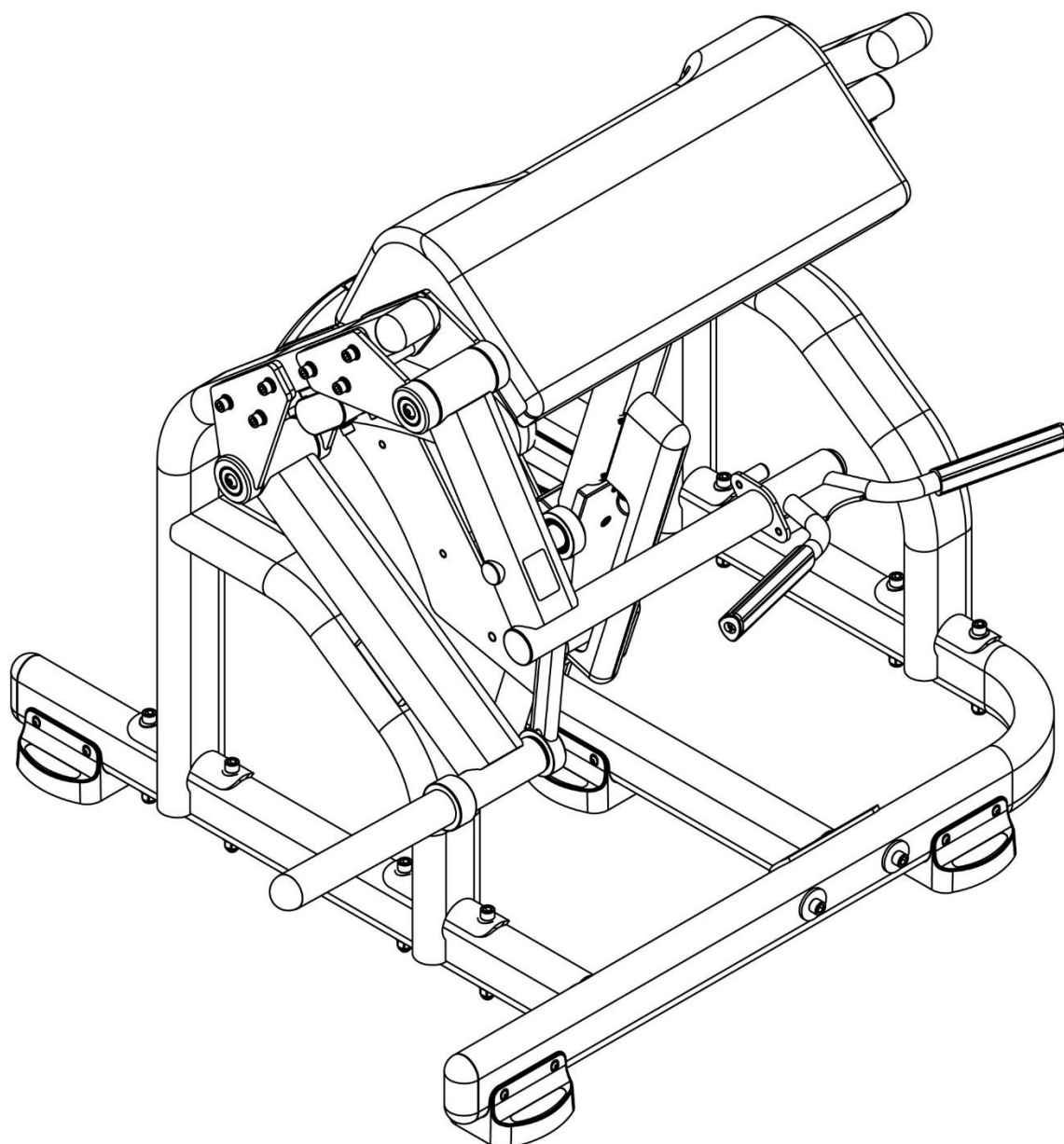


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IMPORTANT SAFETY NOTICE

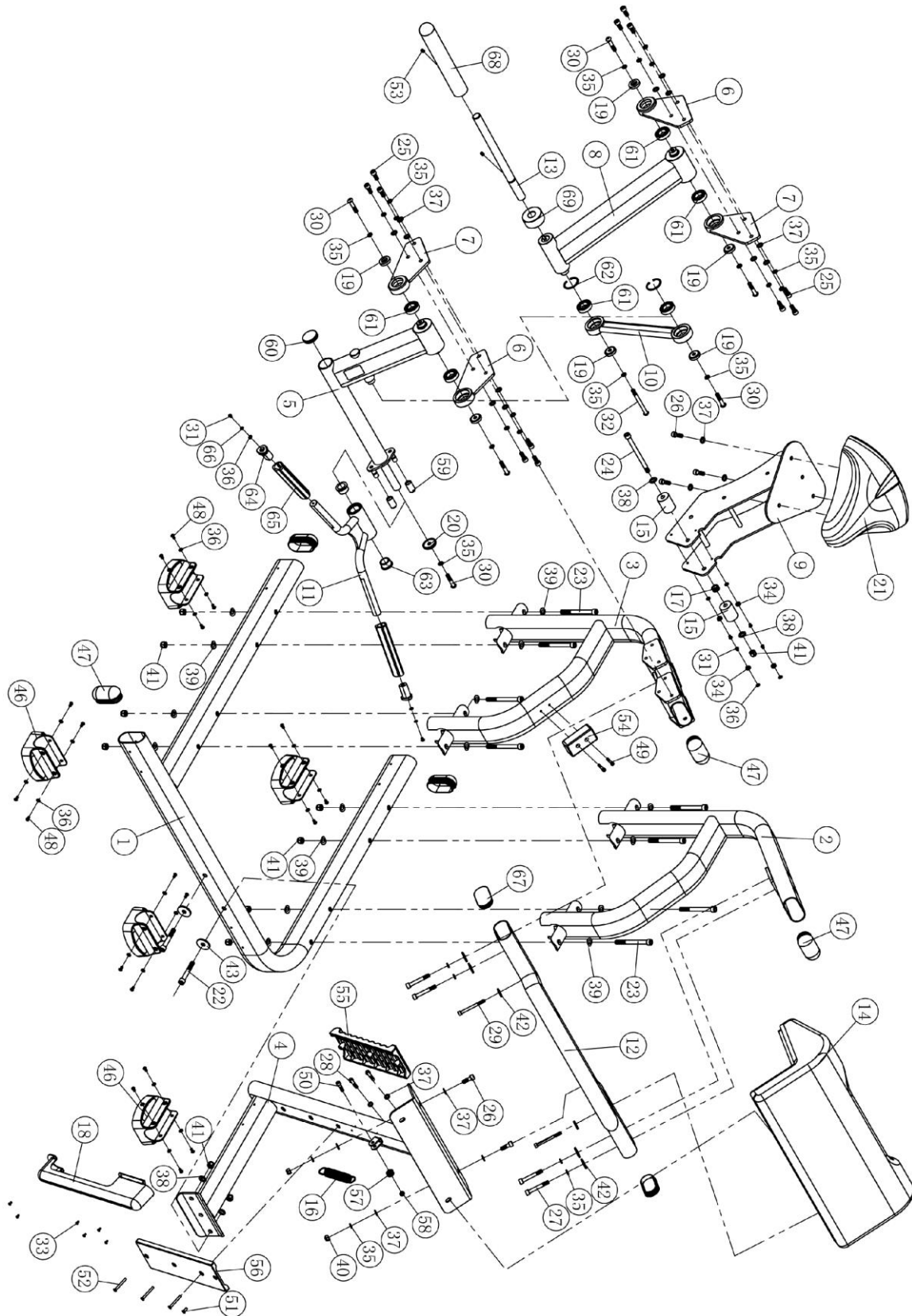
PRECAUTIONS:

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

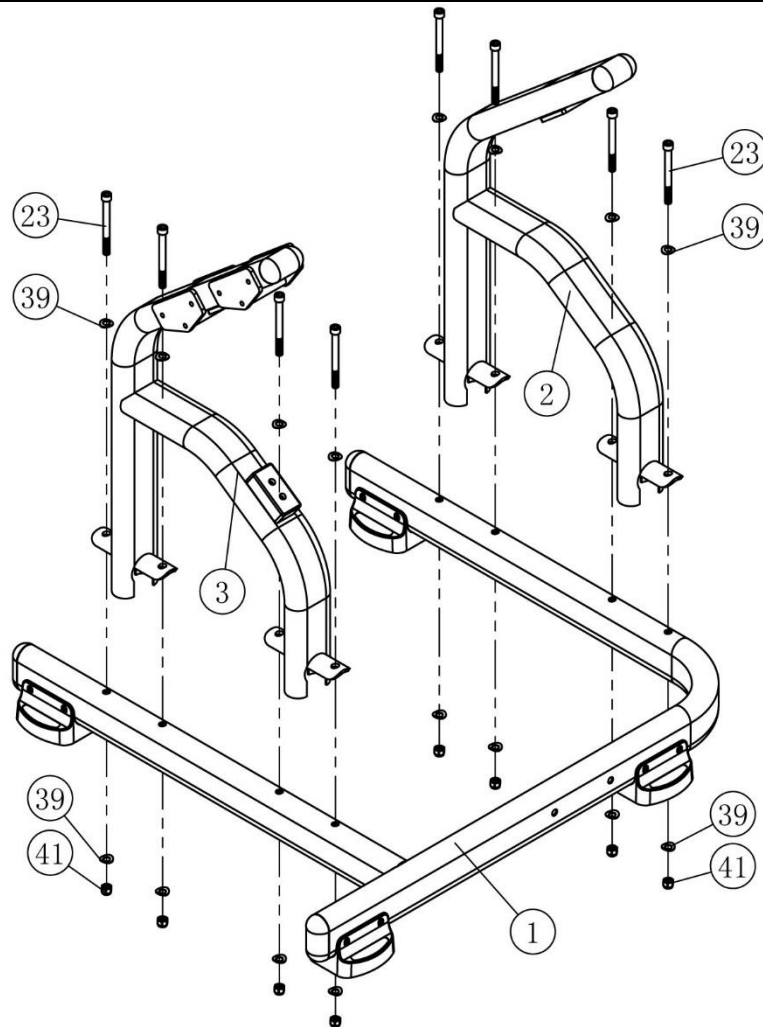


Step 1: Preparation

- 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.**

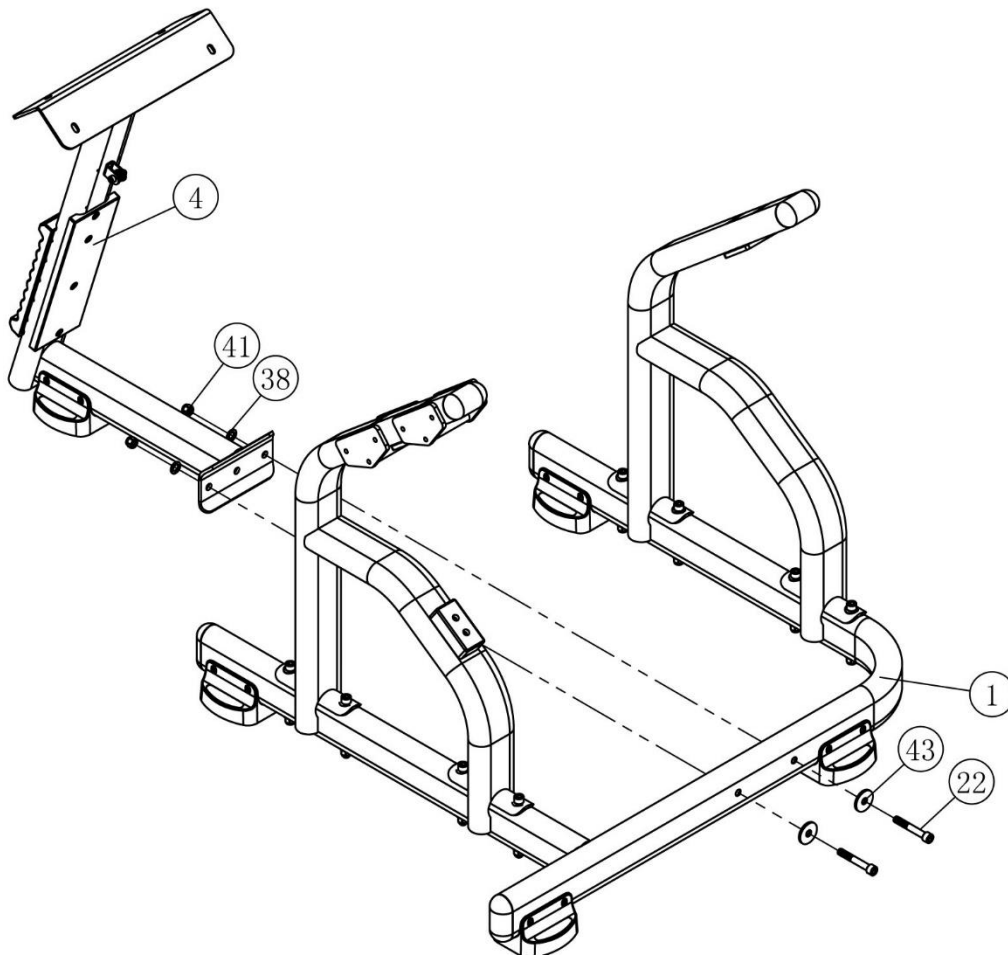
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Bottom Base	1	23	Hex Recessed Round Head Bolt M12*125	8
2	Left Support Frame	1	39	Arc Washer $\Phi 12$	16
3	Right Support Frame	1	41	Nylon Lock Nut M12	8



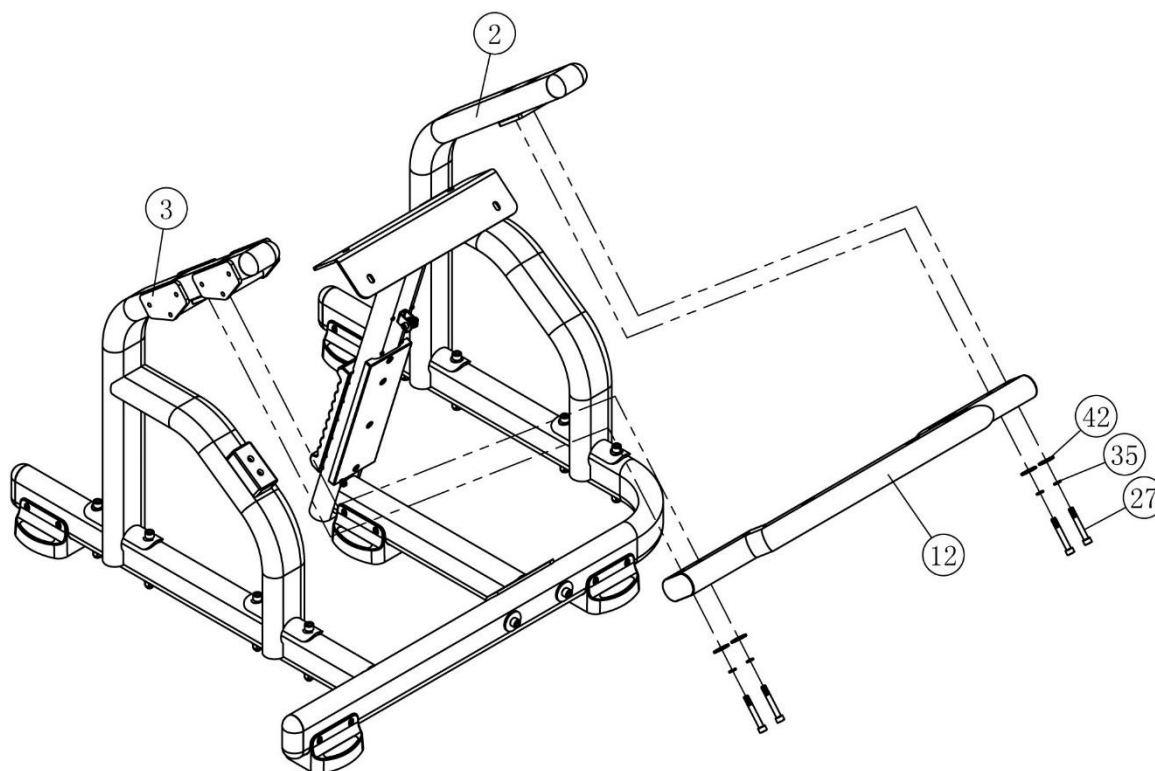
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4	Main Support	1	41	Nylon Lock Nut M12	2
22	Hex Recessed Round Head Bolt M12*80	2	43	Big washerΦ12	2
38	Flat WasherΦ12	2			



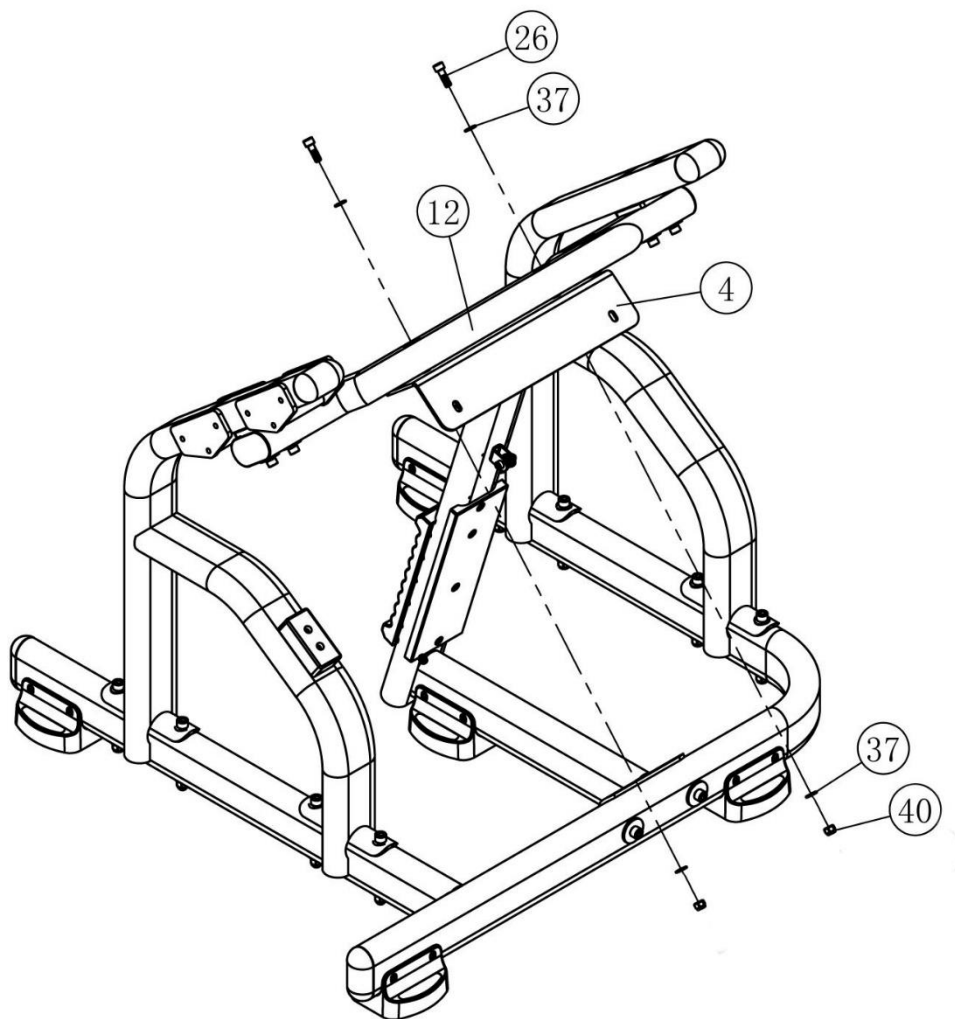
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
12	Arm Pad Rack	1	35	Spring Washer $\Phi 10$	4
27	Hex Recessed Round Head Bolt M10*70	4	42	Big washer $\Phi 10$	4



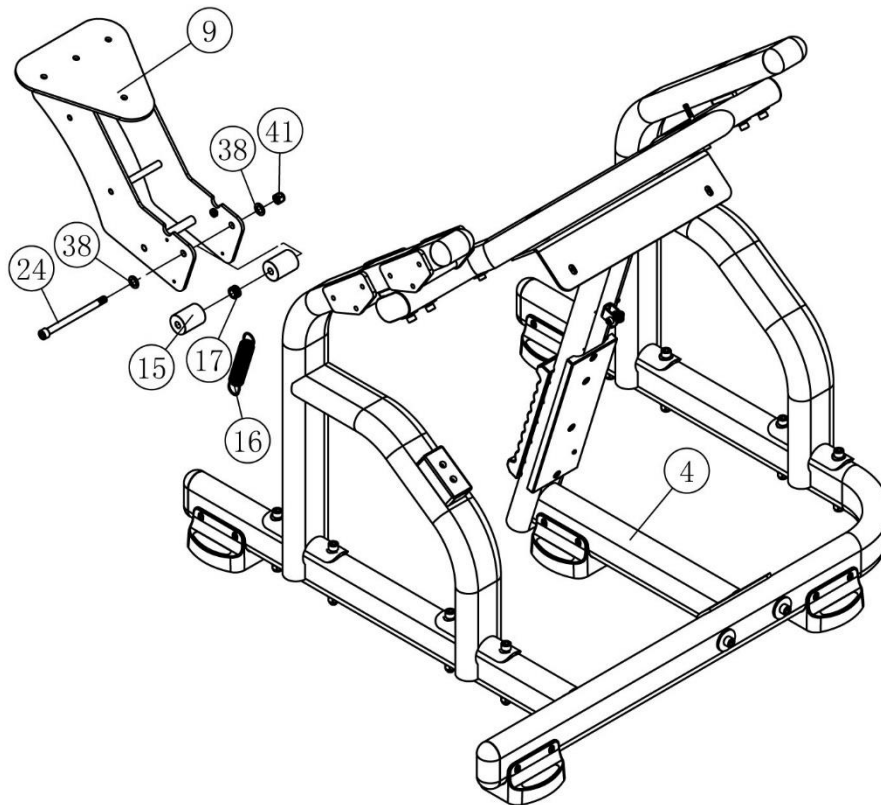
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
12	Arm Pad Rack	1	37	Flat Washer $\Phi 10$	4
26	Hex Recessed Round Head Bolt M10*30	2	40	Nylon Lock Nut M10	2



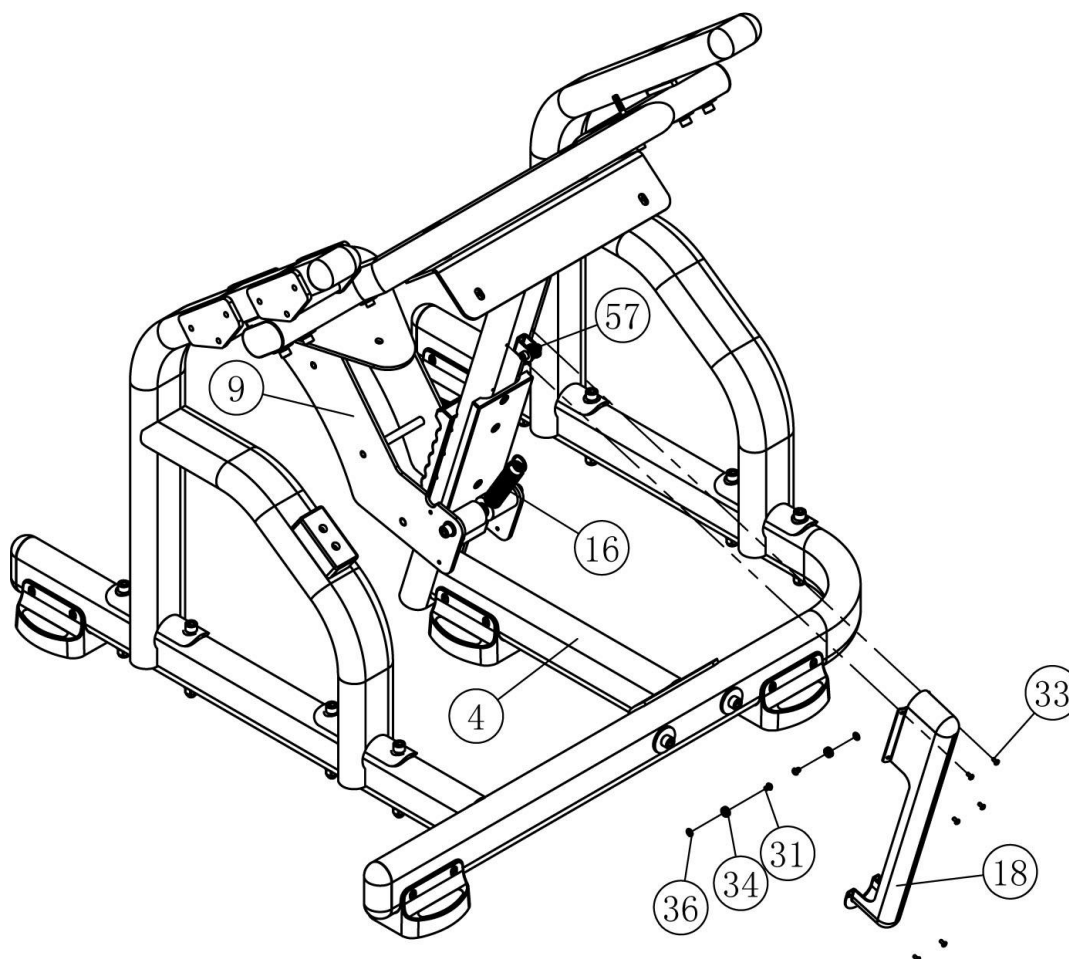
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Seat Support	1	24	Hex Recessed Round Head Bolt M12*155	1
15	Wheel	2	38	Flat WasherΦ12	2
17	Lower Spring Base	1	41	Nylon Lock Nut M12	1



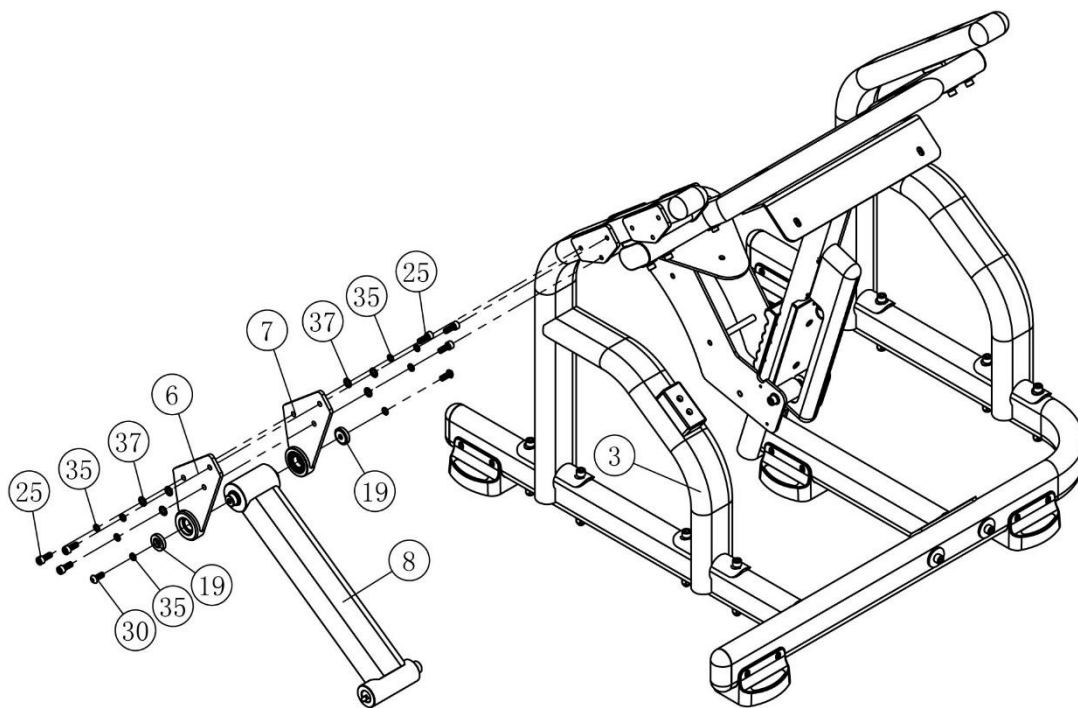
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
16	Tension Spring	1	34	Deep Groove Ball Bearing 619-6-2Z(C0)	2
18	Spring Shield	1	36	Flat Washer $\Phi 6$	2
31	Hex Recessed Flat Head Screw M6*12	2	57	Upper Spring Base	1
33	Cross Big Pan Head Screw M4X8	6			



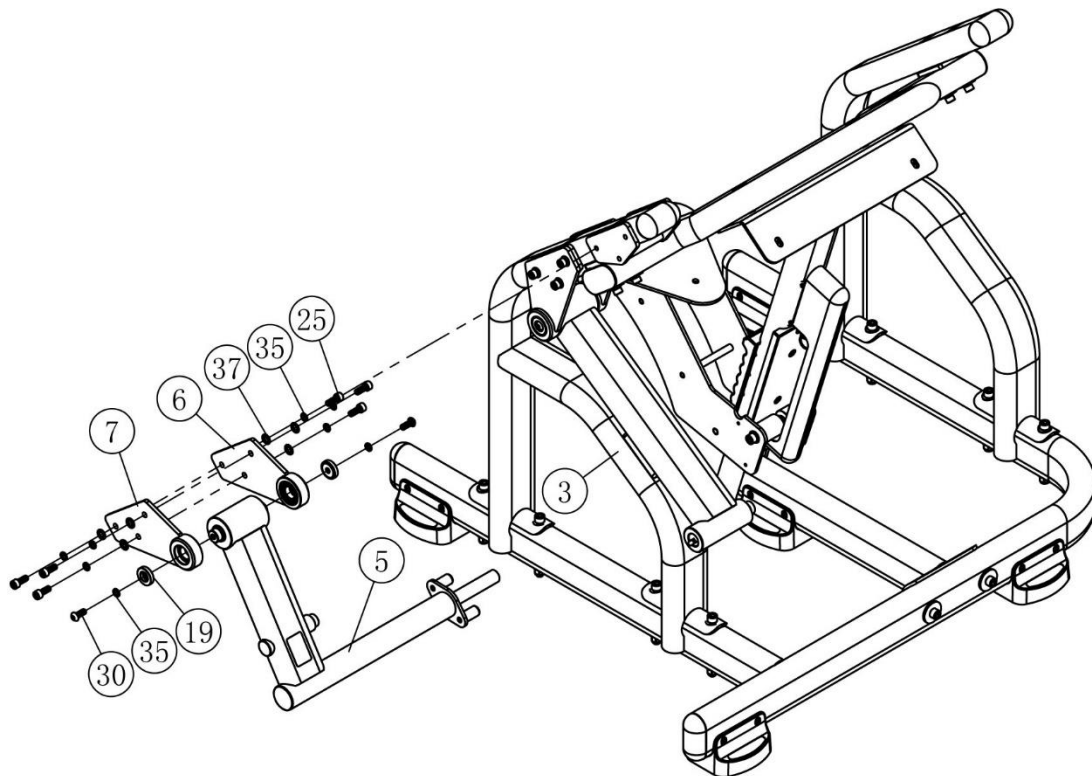
Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Bearing Base1	1	25	Hex Recessed Round Head Bolt M10*25	6
7	Bearing Base2	1	30	Hex Recessed Flat Head Screw M10*25	2
8	Weight Rack	1	35	Spring Washer $\Phi 10$	8
19	Bearing Shim	2	37	Flat Washer $\Phi 10$	6



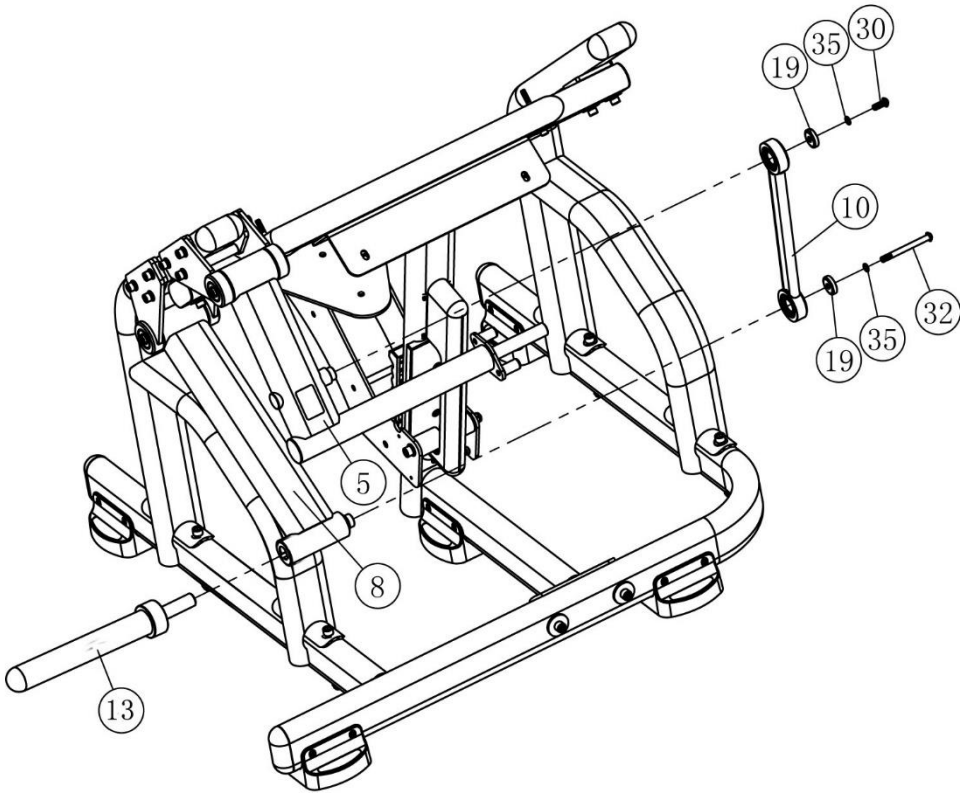
Step 9

Step 9 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
19	Bearing Shim	2	25	Hex Recessed Round Head Bolt M10*25	8
25	Hex Recessed Round Head Bolt M10*25	6	37	Flat Washer $\phi 10$	6
30	Hex Recessed Flat Head Screw M10*25	2			



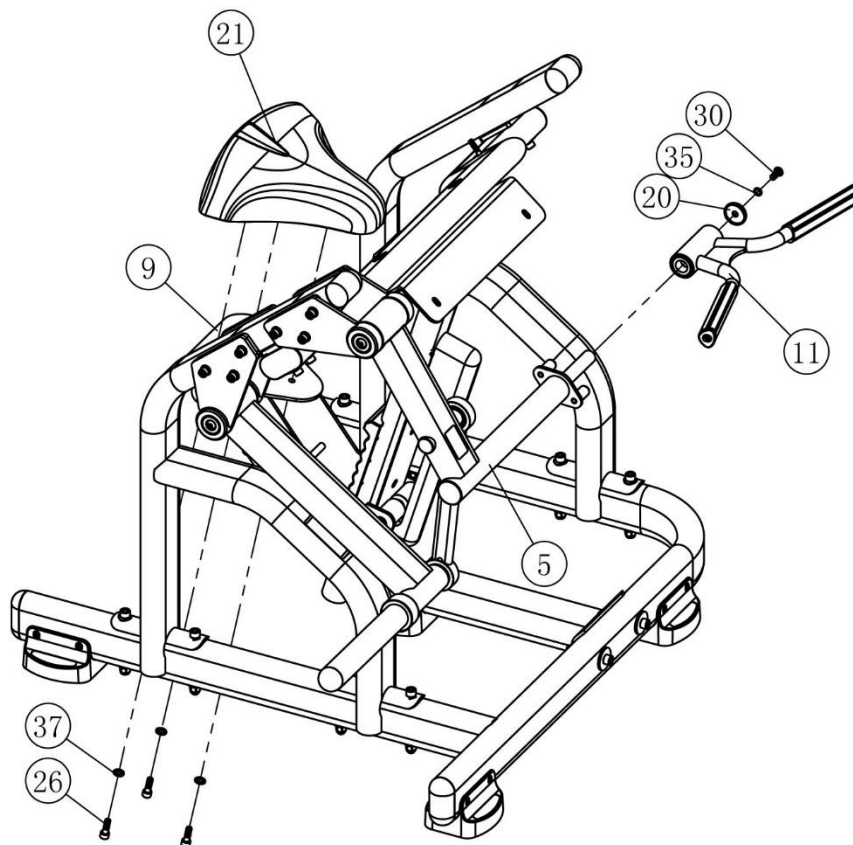
Step 10

Step 10 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
13	Long Weight Plate Pole	1	32	Hex Recessed Flat Head Screw M10*105	1
19	Bearing Shim	2	35	Spring Washer Φ10	2
30	Hex Recessed Flat Head Screw M10*25	1			



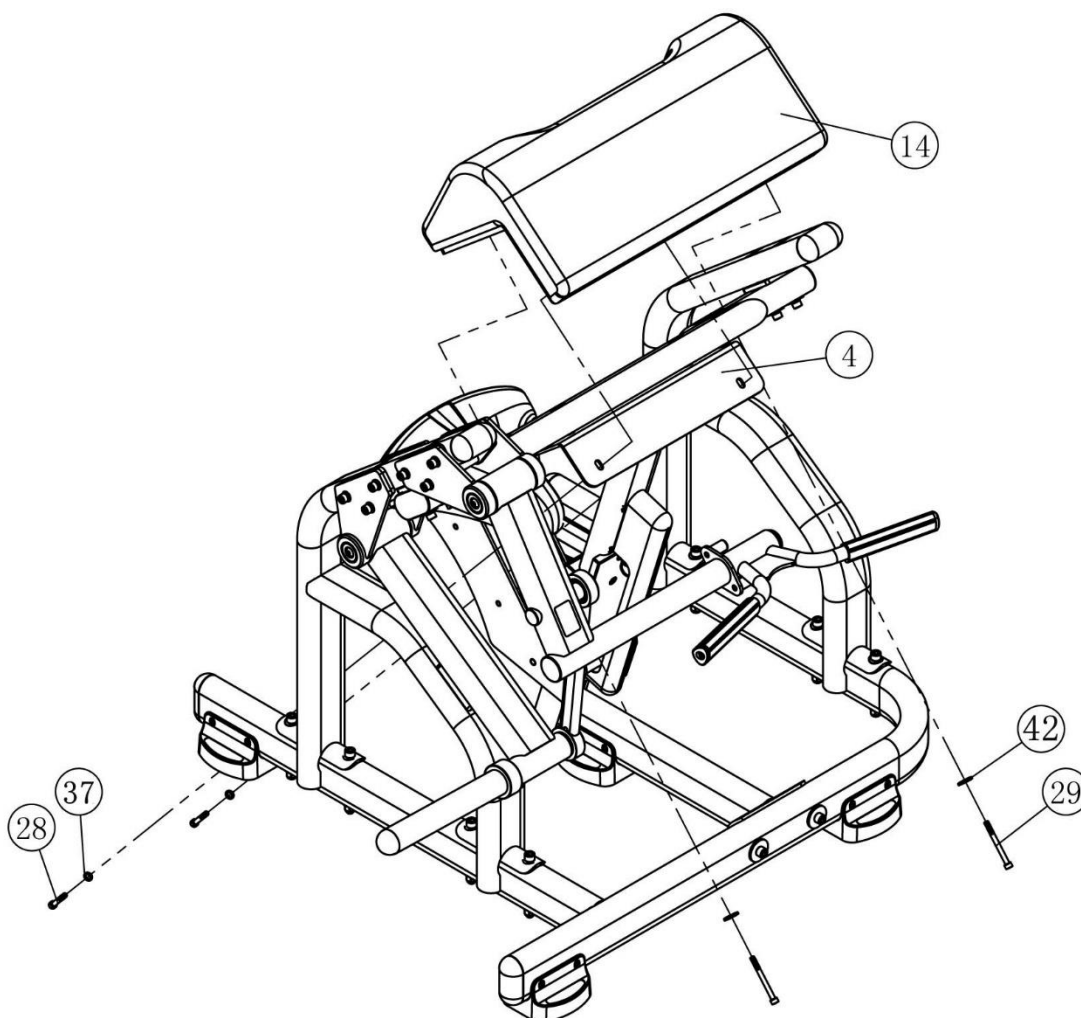
Step 11

Step 11 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
11	Handlebar	1	30	Hex Recessed Flat Head Screw M10*25	1
20	Aluminum End Cap	1	35	Spring Washer $\Phi 10$	1
21	Triangle Seat Pad	1	37	Flat Washer $\Phi 10$	3
26	Hex Recessed Round Head Bolt M10*30	3			



Step 12

Step 12 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
14	Arm Pad	1	37	Flat WasherΦ10	2
28	Hex Recessed Round Head Bolt M10*45	2	42	Big washerΦ10	2
29	Hex Recessed Round Head Bolt M10*85	2			



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Bottom Base	1	24	Hex Recessed Round Head Bolt M12*155	1
2	Left Support Frame	1	25	Hex Recessed Round Head Bolt M10*25	12
3	Right Support Frame	1	26	Hex Recessed Round Head Bolt M10*30	5
4	Main Support	1	27	Hex Recessed Round Head Bolt M10*70	4
5	Push Arm Rack	1	28	Hex Recessed Round Head Bolt M10*45	2
6	Bearing Base1	2	29	Hex Recessed Round Head Bolt M10*85	2
7	Bearing Base2	2	30	Hex Recessed Flat Head Screw M10*25	6
8	Weight Rack	1	31	Hex Recessed Flat Head Screw M6*12	6
9	Seat Support	1	32	Hex Recessed Flat Head Screw M10*105	1
10	Connecting Rod	1	33	Cross Big Pan Head Screw M4X8	6
11	Handlebar	1	34	Deep Groove Ball Bearing619-6-2Z(C0)	4
12	Arm Pad Rack	1	35	Spring Washer Φ10	23
13	Long Weight Plate Pole	1	36	Flat WasherΦ6	26
14	Arm Pad	1	37	Flat WasherΦ10	21
15	Wheel	2	38	Flat WasherΦ12	4
16	Tension Spring	1	39	Arc WasherΦ12	16
17	Lower Spring Base	1	40	Nylon Lock Nut M10	2
18	Spring Shield	1	41	Nylon Lock Nut M12	11
19	Bearing Shim	6	42	Big washerΦ10	6
20	Aluminum End Cap	1	43	Big washerΦ12	2
21	Triangle Seat Pad	1	46	Foot Base	5
22	Hex Recessed Round Head Bolt M12*80	2	47	Elliptical Plug PT100*50*δ2.5	5
23	Hex Recessed Round Head Bolt M12*125	8	48	Hex Recessed Flat Head Screw M6*12	20

Item #	Description	Qty.	Item #	Description	Qty.
49	Hex Recessed Round Head Bolt M6*35	2	60	Round PlugΦ50	1
50	Hex Recessed Round Head Bolt M8*30	1	61	Deep Groove Ball Bearing6005-2Z(C0)	6
51	Hex Recessed Countersunk Head Bolt M6*16	1	62	Circlip For Hole 47	2
52	Hex Recessed Countersunk Head Bolt M6*55	3	63	Bearing (F) MFM-2532-20	2
53	Set Screw M8*10	2	64	Aluminum Sleeve	2
54	Cushion Rubber	1	65	End Cover	2
55	Front Support Board	1	66	Spring Washer Φ6	2
56	Rear Support Board	1	67	Flat Elliptical Plug PT50*100*δ2.5	2
57	Upper Spring Base	1	68	OP Sleeve	1
58	Nylon Lock Nut M8	1	69	Rubber Washer	1
59	Cushion Sleeveφ14*δ3*33	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.