

VERVE Arnold Series

Kneeling Leg Curl Machine

Owner's Manual

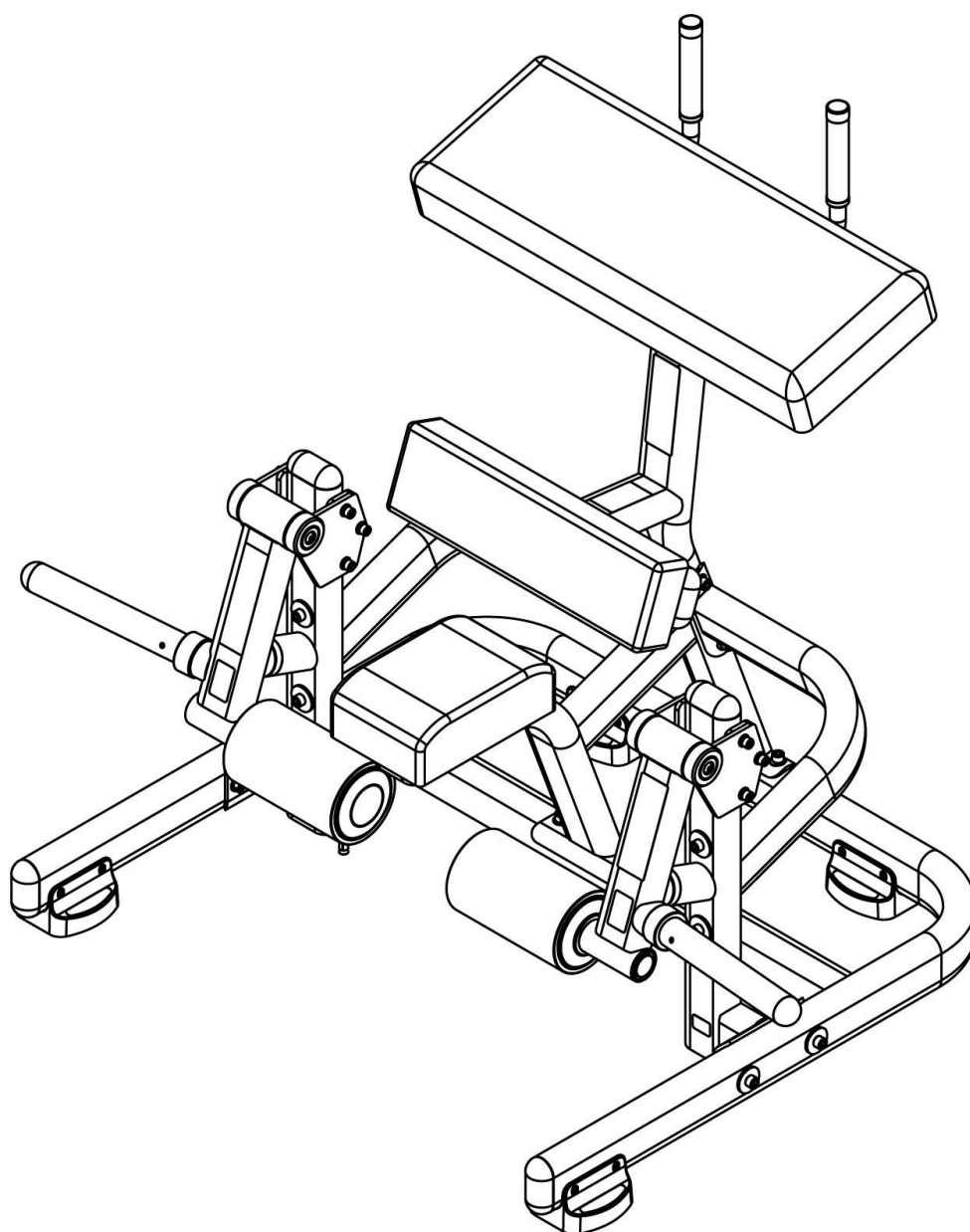


Table Of CONTENTS

Safety Notice	Page 2
Exploded View Diagram	Page 3
Assembly instructions	Page 4 – 11
Part List	Page 12
Maintenance	Page 13

IMPORTANT SAFETY NOTICE

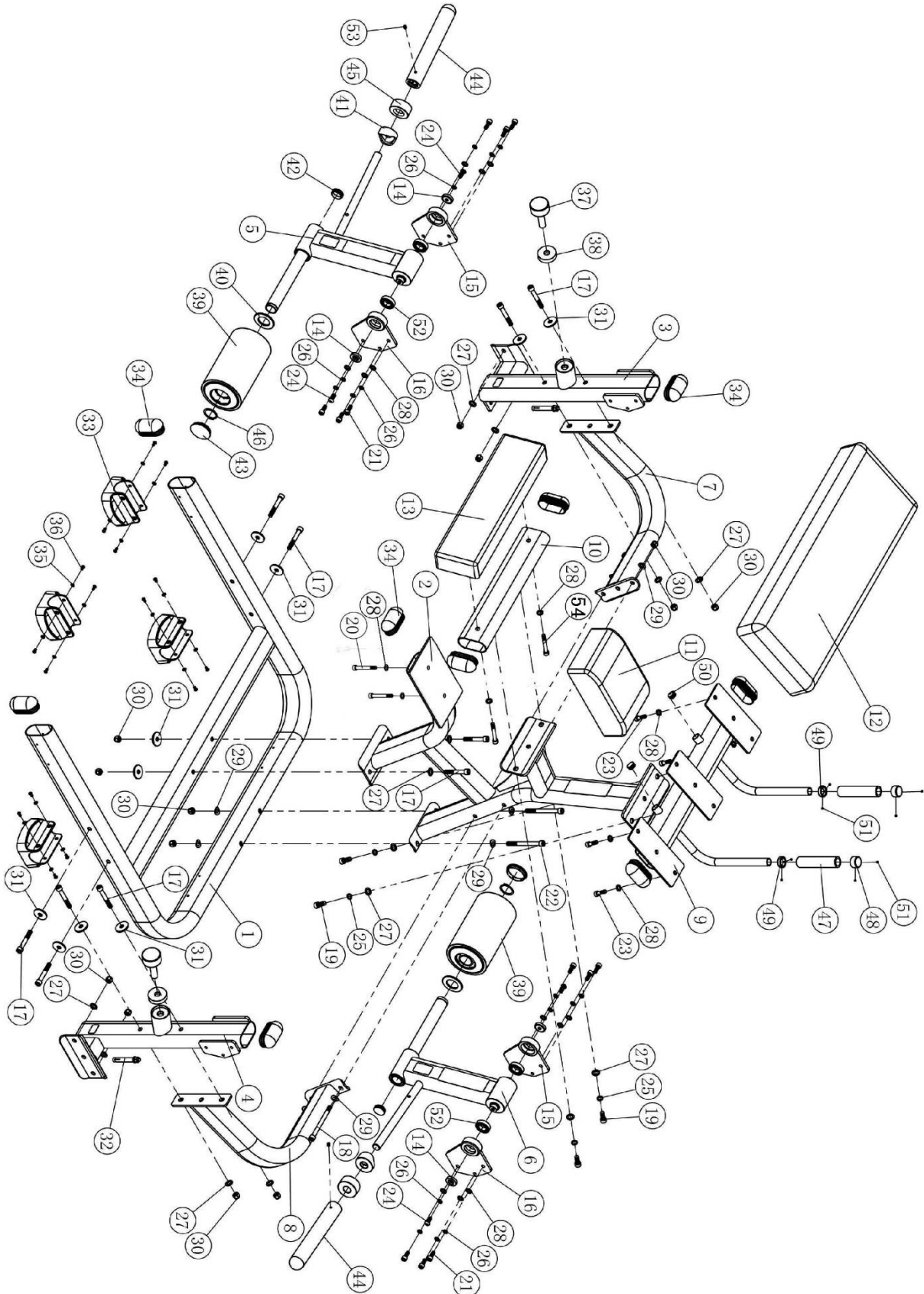
PRECAUTIONS:

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

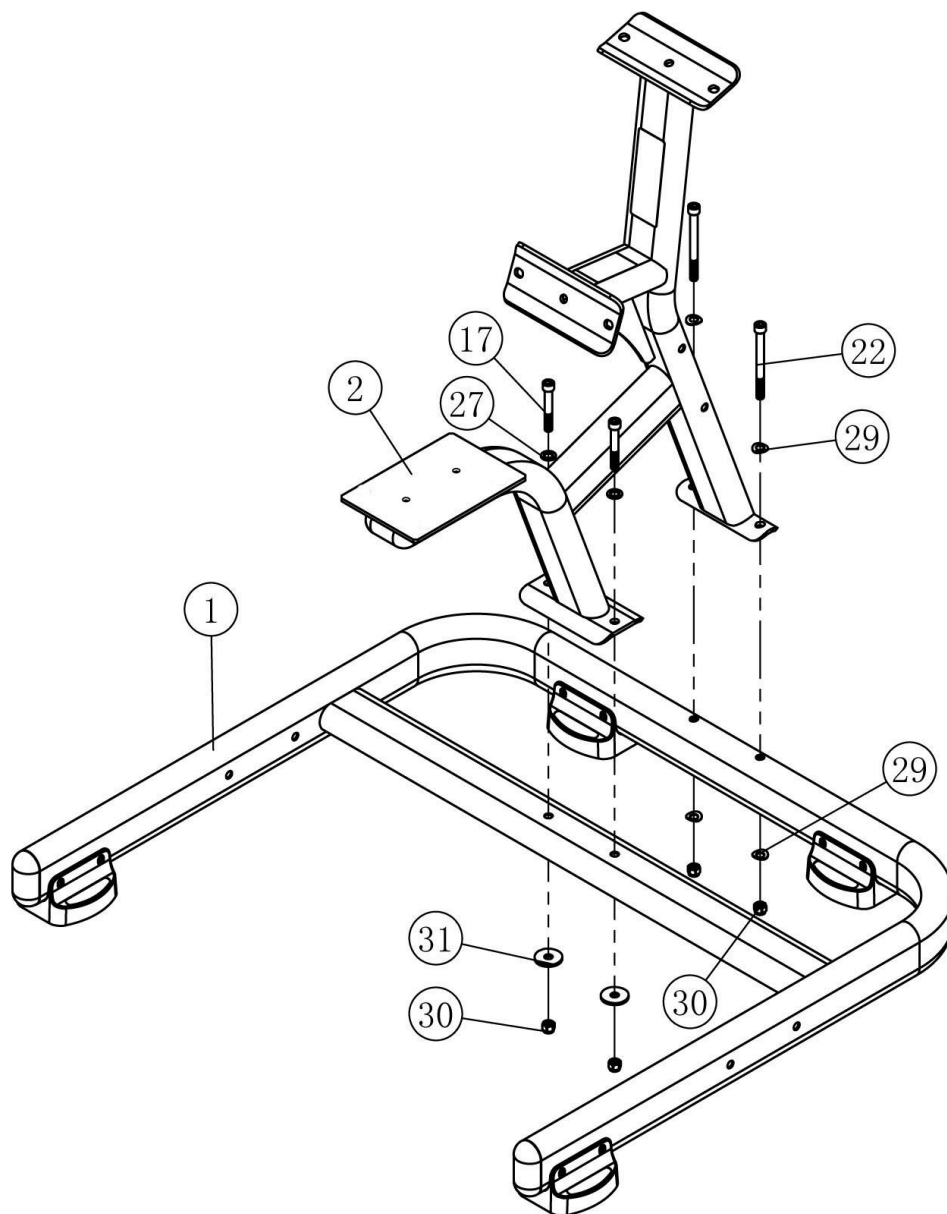


Step 1: Preparation

- 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.**

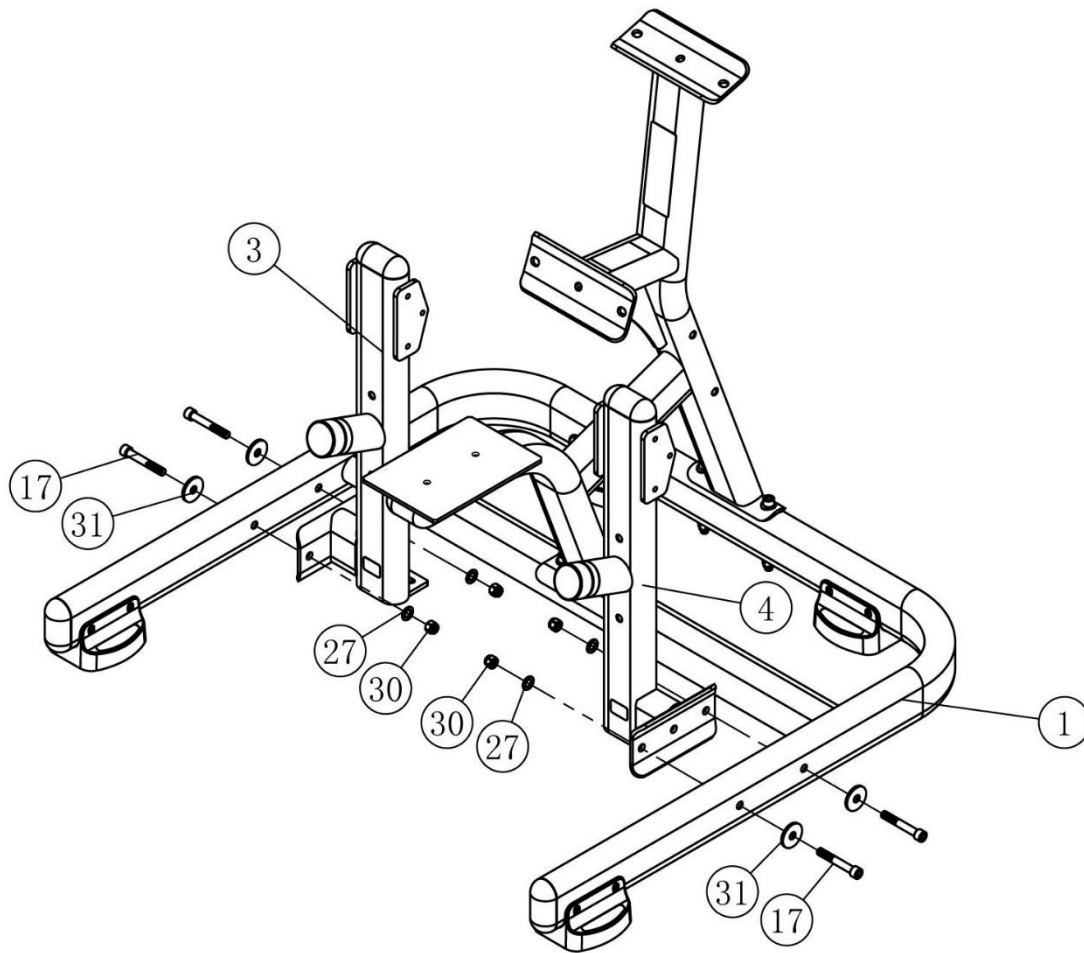
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Bottom Base	1	27	Flat Washer Φ 12	2
2	Main Support Frame	1	29	Arc Washer Φ 12	4
17	Hex Recessed Round Head Bolt M12*80	2	30	Nylon Lock Nut M12	4
22	Hex Recessed Round Head Bolt M12*130	2	31	Big Washer Φ 12	2



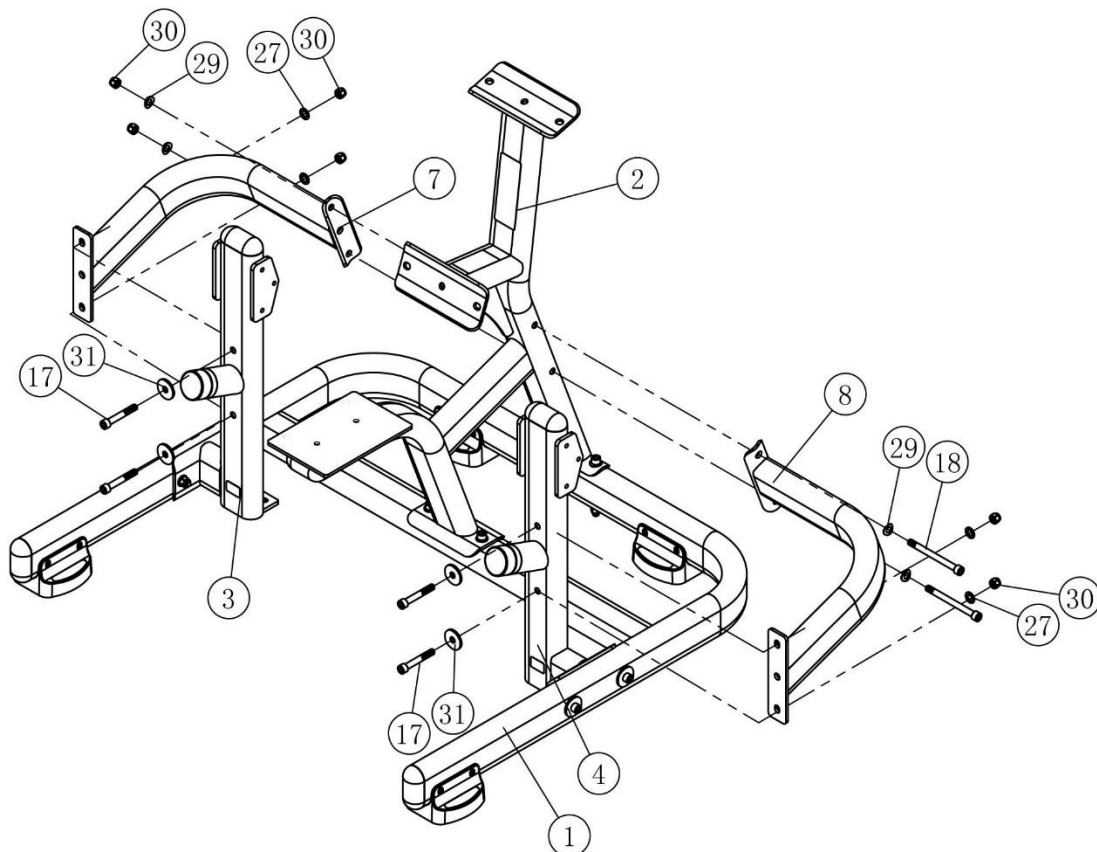
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
3	Left Support Frame	1	30	Nylon Lock Nut M12	4
17	Hex Recessed Round Head Bolt M12*80	4	31	Big WasherΦ12	4
27	Flat WasherΦ12	4			



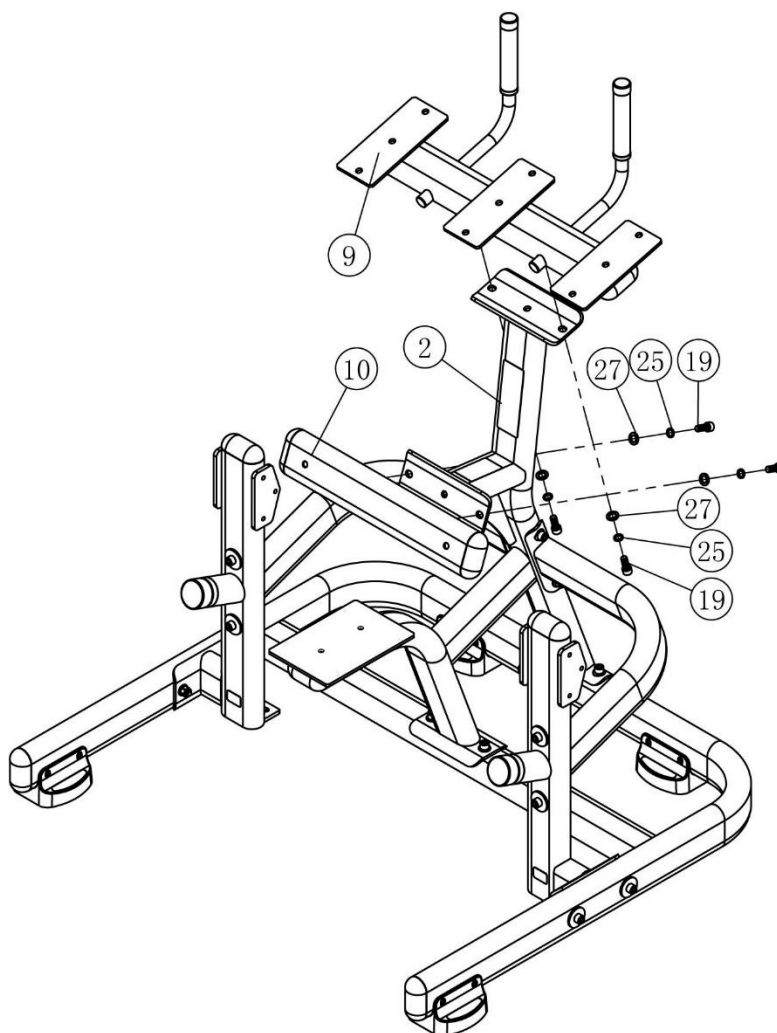
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
7	Left Connecting Frame	1	27	Flat Washer $\Phi 12$	4
8	Right Connecting Frame	1	29	Arc Washer $\Phi 12$	4
17	Hex Recessed Round Head Bolt M12*80	4	30	Nylon Lock Nut M12	6
18	Hex Recessed Round Head Bolt M12*135	2	31	Big Washer $\Phi 12$	4



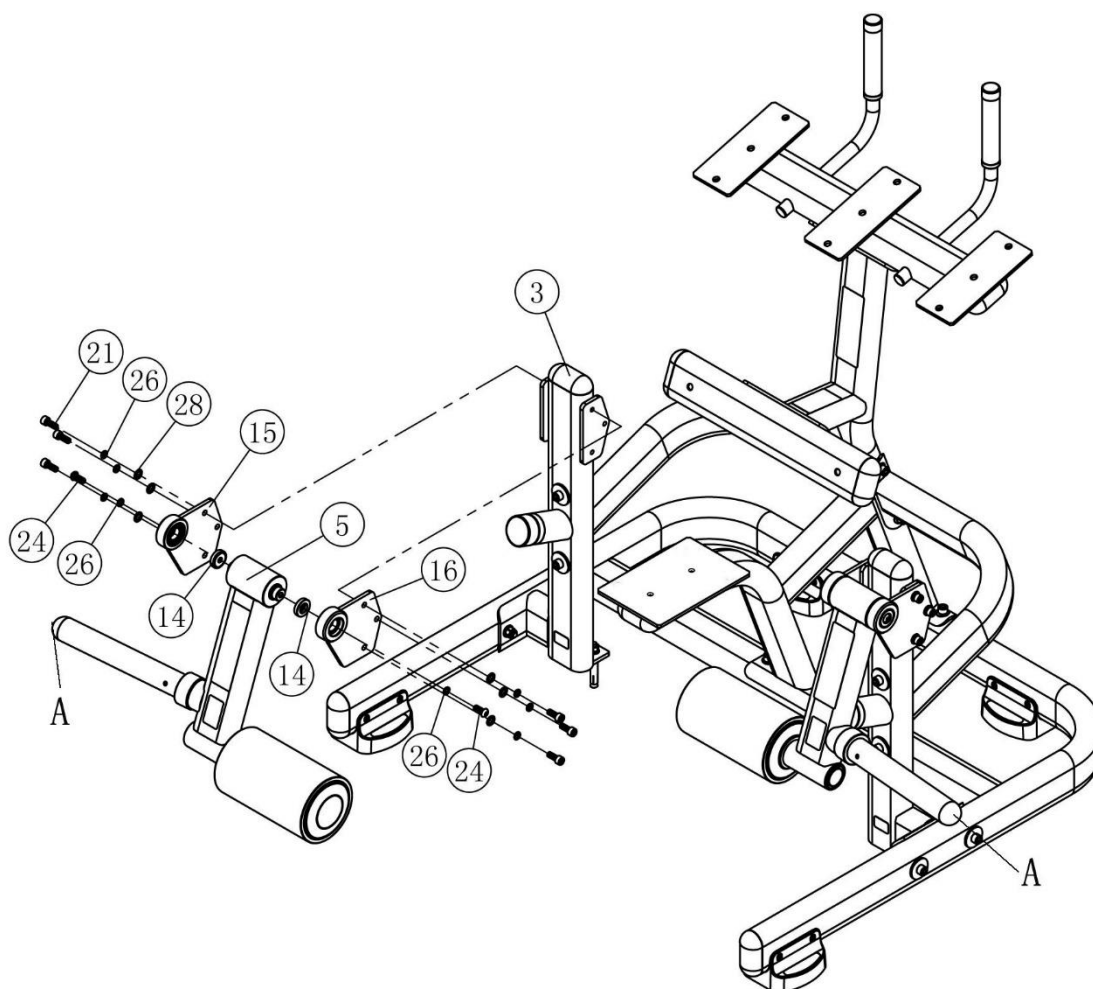
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
9	Arm Pad Support	1	25	Spring Washer $\Phi 12$	4
10	Leg Pad Support	1	27	Flat Washer $\Phi 12$	4
19	Hex Recessed Round Head Bolt M12*30	4			



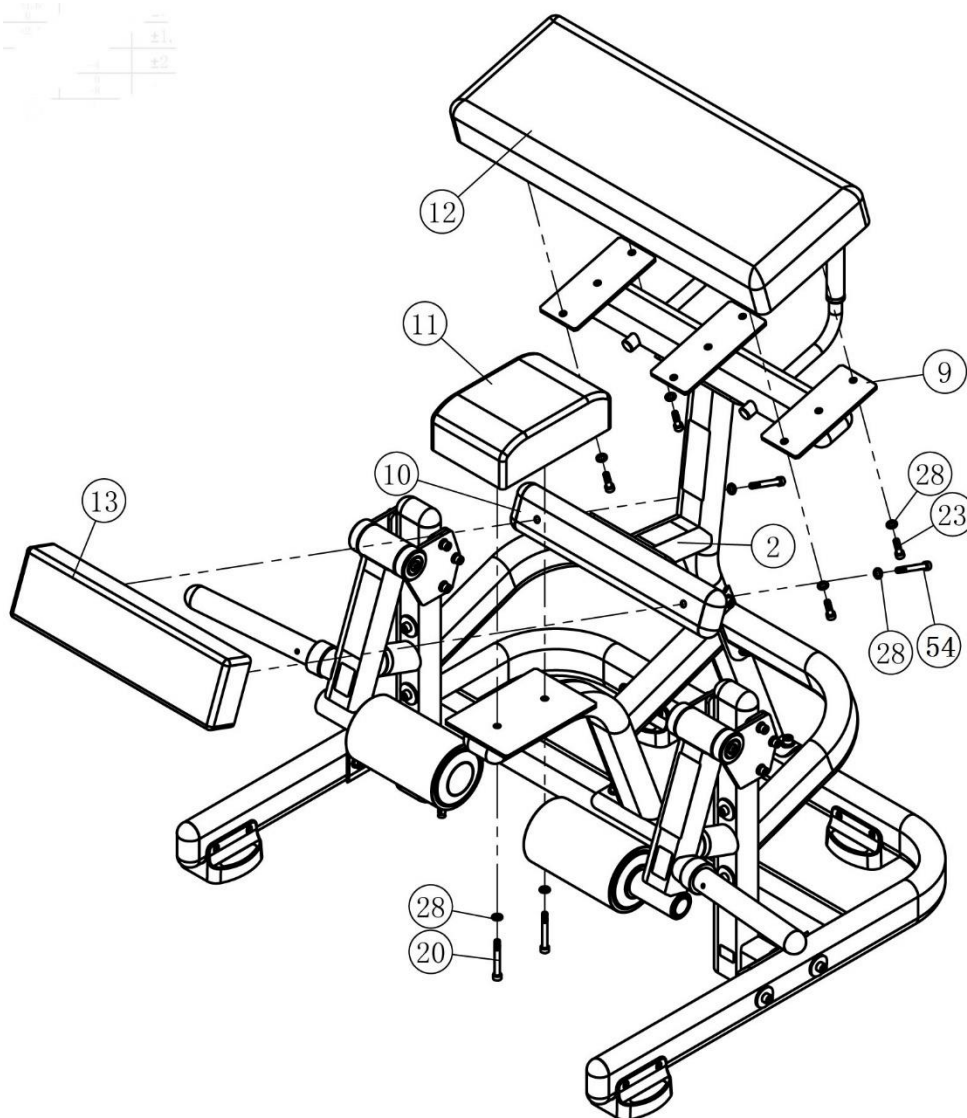
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
5	Left Pivot Arm	1	21	Hex Recessed Round Head Bolt M10*25	6
14	Bearing Shim	2	24	Hex Recessed Flat Head Screw M10*25	2
15	Bearing Base1	1	26	Spring Washer Φ10	8
16	Bearing Base2	1	28	Flat Washer Φ10	6



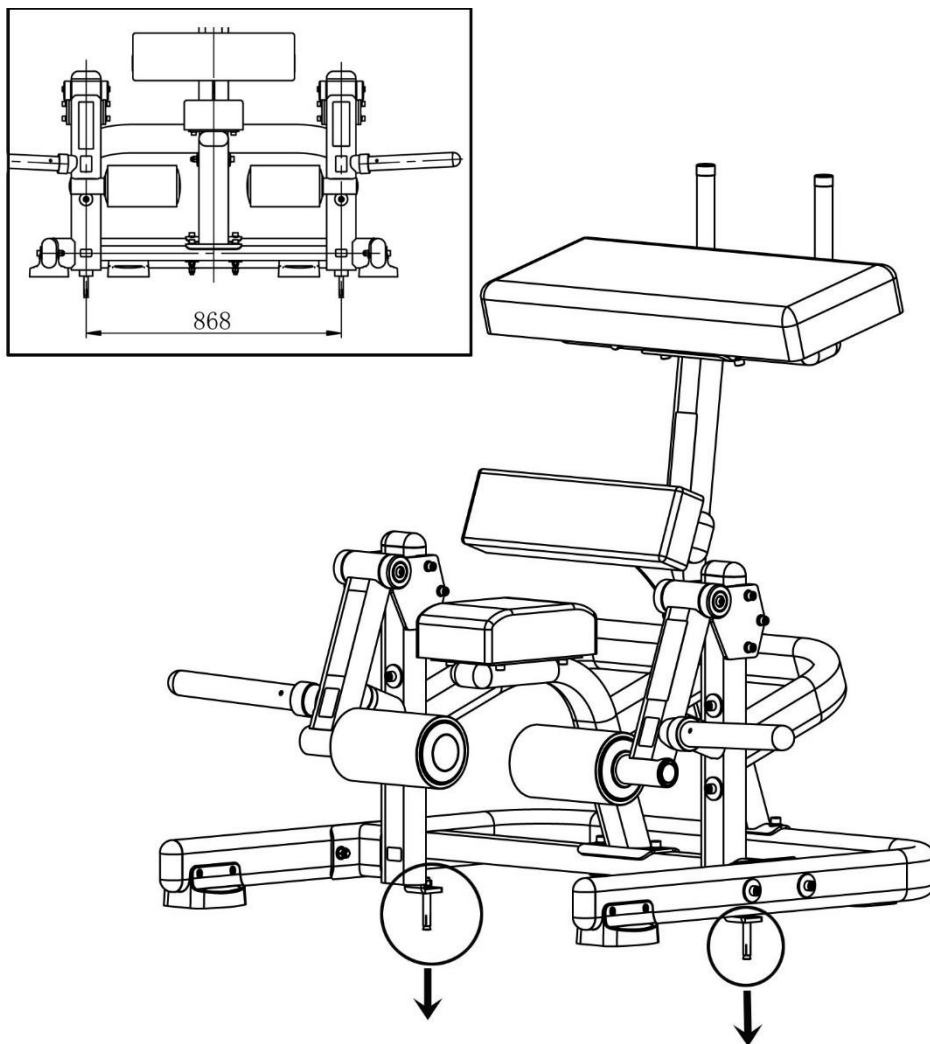
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
11	Leg Pad	1	23	Hex Recessed Round Head Bolt M10*35	4
12	Arm Pad	1	28	Flat Washer $\phi 10$	8
13	Long Leg Pad	1	54	Hex Recessed Round Head Bolt M10*75	2
20	Hex Recessed Round Head Bolt M10*80	2			



Step 8: Anchoring

Make sure your Machine is Fixed to the ground using Expansion Bolts



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Bottom Base	1	28	Flat WasherΦ10	20
2	Main Support Frame	1	29	Arc WasherΦ12	8
3	Left Support Frame	1	30	Nylon Lock Nut M12	14
4	Right Support Frame	1	31	Big WasherΦ12	10
5	Left Pivot Arm	1	32	Expansion Bolt M10*100	2
6	Right Pivot Arm	1	33	Foot Base	4
7	Left Connecting Frame	1	34	Elliptical Plug PT100X50Xδ2.5	9
8	Right Connecting Frame	1	35	Flat WasherΦ6	16
9	Arm Pad Support	1	36	Hex Recessed Flat Head Screw M6*12	16
10	Leg Pad Support	1	37	Adjustable Cushion	2
11	Leg Pad	1	38	Lock Plate	2
12	Arm Pad	1	39	Foam Assembly	2
13	Long Leg Pad	1	40	Spacer	2
14	Bearing Shim	4	41	Arc Cushion	2
15	Bearing Base1	2	42	Round PlugΦ38*δ3	2
16	Bearing Base2	2	43	End Cap	2
17	Hex Recessed Round Head Bolt M12*80	10	44	OP sleeve	2
18	Hex Recessed Round Head Bolt M12*135	2	45	Rubber Cushion	2
19	Hex Recessed Round Head Bolt M12*30	4	46	Shaft Circlip38	2
20	Hex Recessed Round Head Bolt M10*80	2	47	Armrest Foam	2
21	Hex Recessed Round Head Bolt M10*25	12	48	Aluminum End Plate	2
22	Hex Recessed Round Head Bolt M12*130	2	49	Aluminum Baffle Ring	2
23	Hex Recessed Round Head Bolt M10*35	4	50	Round PlugΦ25	2
24	Hex Recessed Flat Head Screw M10*25	4	51	Set Screw M5*4	8
25	Spring Washer Φ12	4	52	Deep Groove Ball Bearing 6005-2Z(C0)	4
26	Spring Washer Φ10	16	53	Set Screw M8*10	2
27	Flat WasherΦ12	14	54	Hex Recessed Round Head Bolt M10*75	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.