

VERVE Arnold Series

Incline Leg Press

Owner's Manual

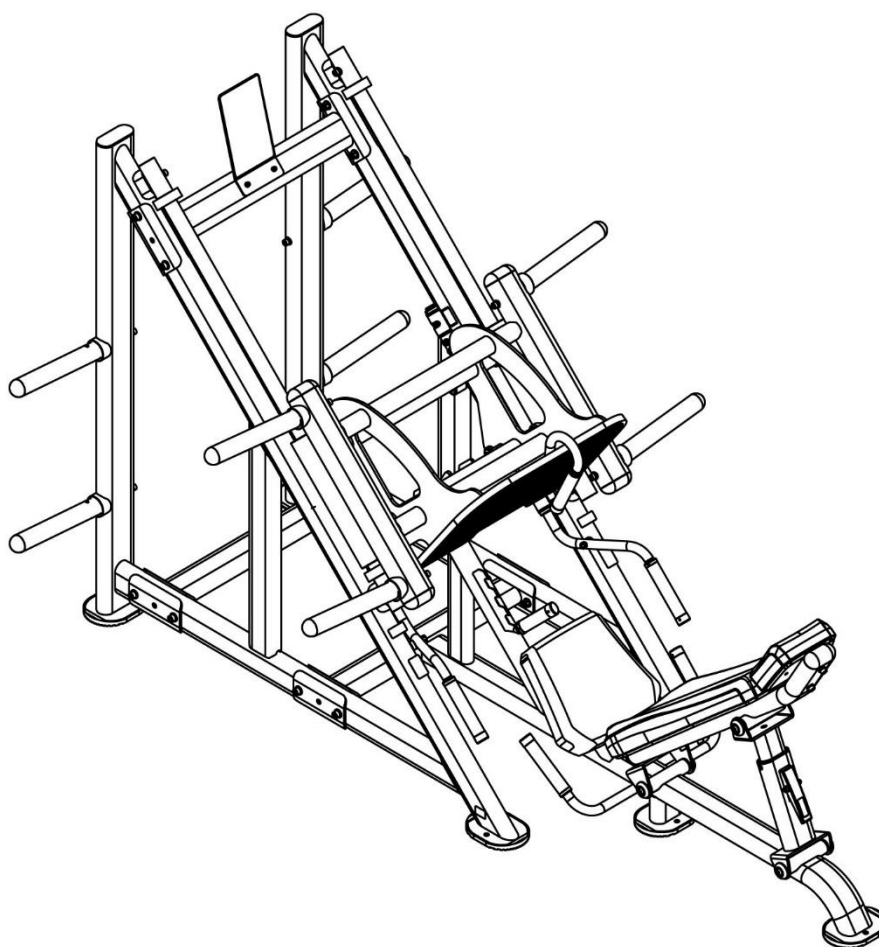


Table Of CONTENTS

Safety Notice	Page 2
Label Information	Page 3 – 4
Assembly instructions	Page 5 – 12
Part List	Page 13 – 14
Pre-Assembled Components	Page 14 – 19
Maintenance	Page 20

IMPORTANT SAFETY NOTICE

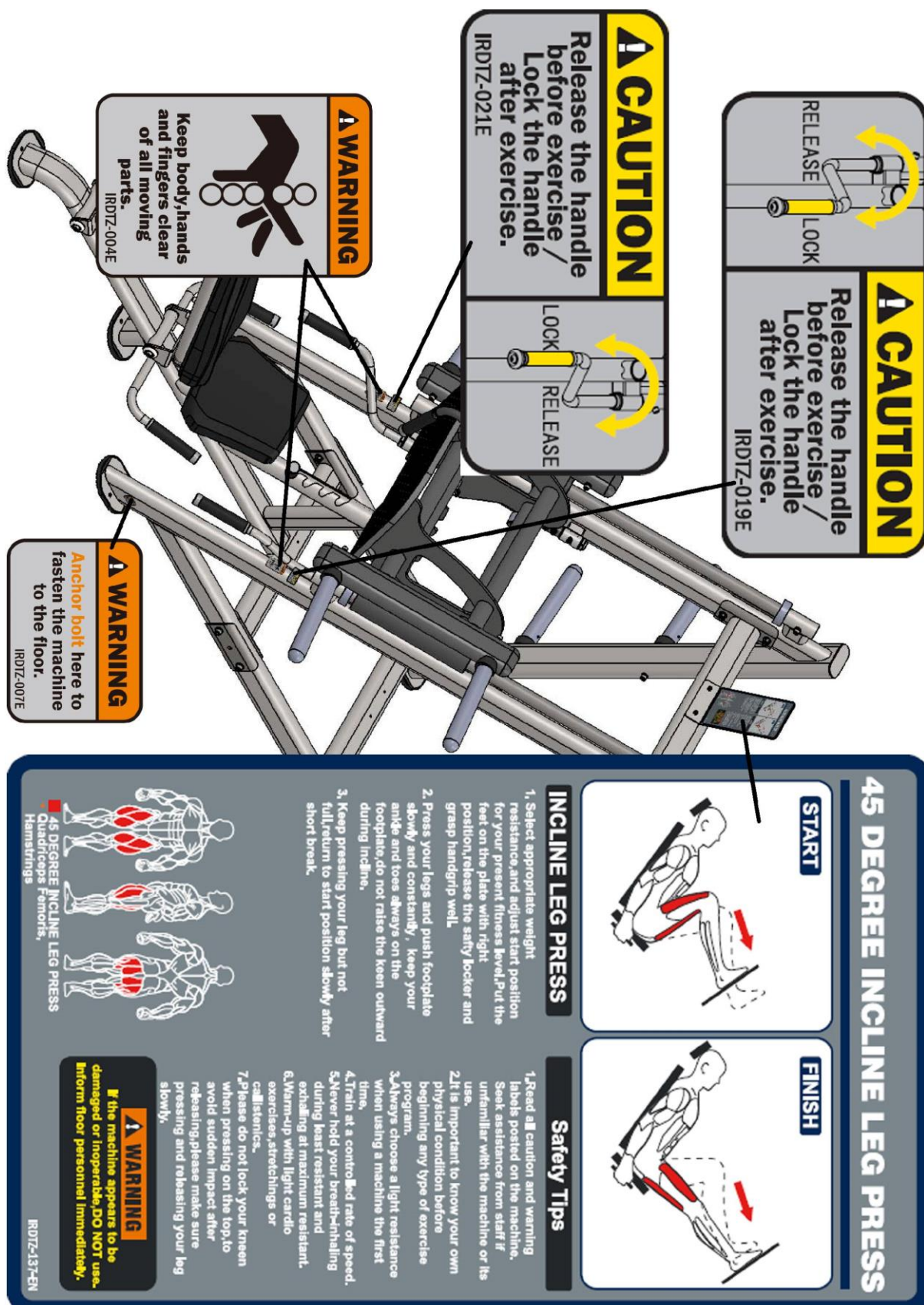
PRECAUTIONS:

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.

Label Information



⚠ WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- **Read and Understand** Owner's Manual and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- **Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- **Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- **Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- **Use this equipment only for the intended use** and for exercises(s) shown in the exercise label.
- Keep body, clothing and hair **clear from all moving parts**.
- **Children must not be allowed** near this machine. Teenager must be supervised.
- **Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- **Never pin the weights in an elevated position**. Do not use the machine if found in this condition. Inform floor personnel immediately.
- **Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- **Do not remove labels** affixed to the machine. Replace if damaged.

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INSPECTIONS

Recommended Inspection

Replace all parts at first signs of wear or damage.

	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: Cables, Belts and tension (adjust if needed).	*				
INSPECT: All labels		*			
INSPECT: All nuts and bolts (tighten if needed).		*			
INSPECT: Accessory bars, handles rubber grips.		*			
INSPECT: All anti-skid surfaces.		*			
CLEAN & LUBRICATE: Clean guide rods with Super Lube. spray lubricant and lubricate with Super Lube (PTFE) grease.			*		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			*		
CLEAN & WAX: All powder-coat finishes.				*	
REPLACE: Cables & connecting parts.					*

Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.

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⚠ WARNING

Anchor bolt here to fasten the machine to the floor.

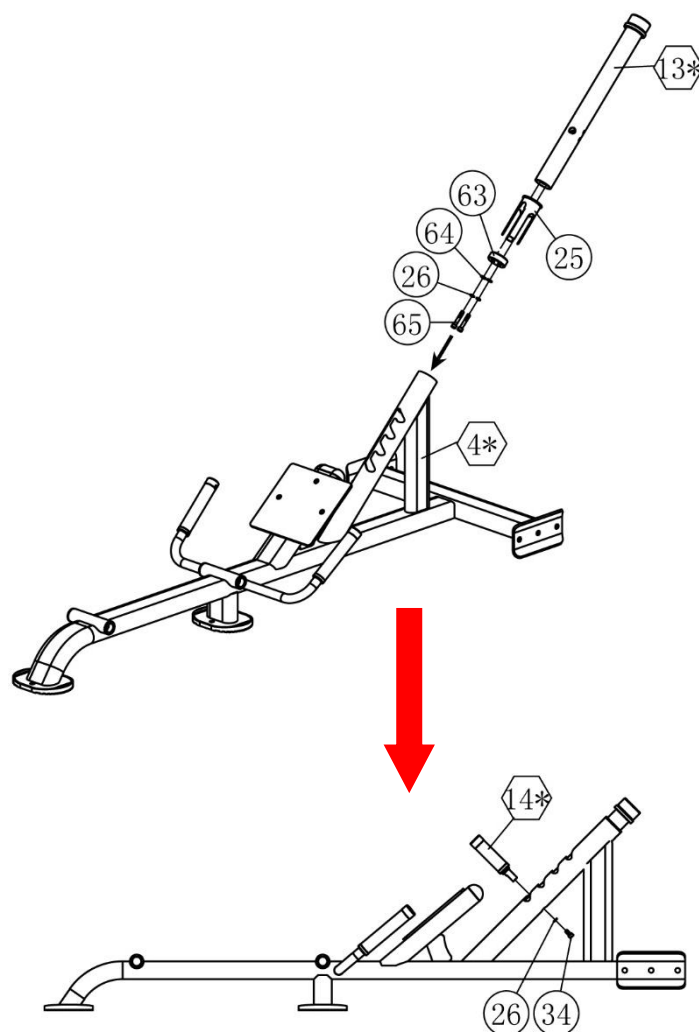
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Step 1: Preparation

- 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.**

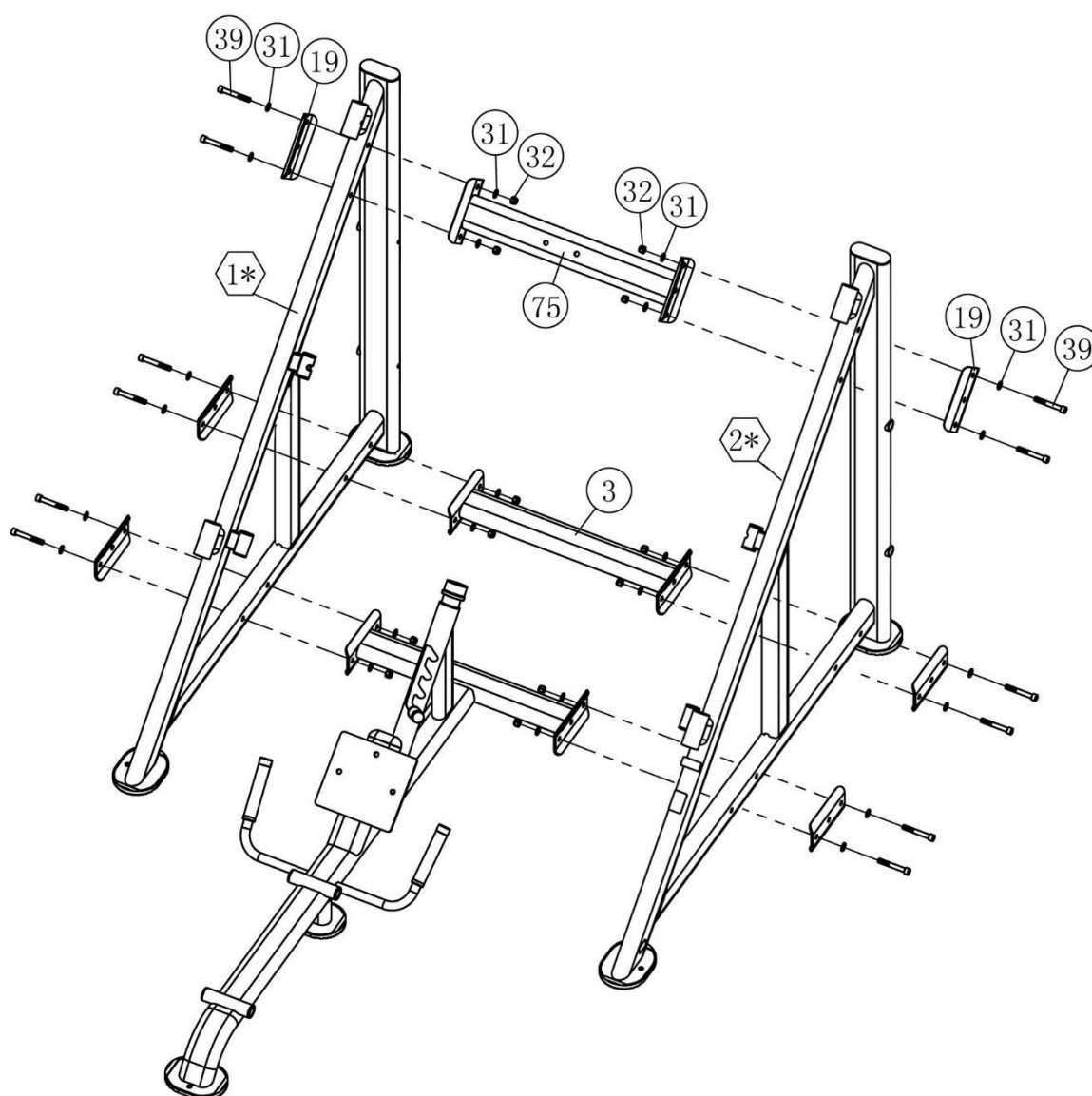
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4*	Seat Pad Support	1	34	Hex Recessed Round Head Screw M8*16	1
13*	Supporting Tube	1	63	Inner Slip Ring	1
14*	Adjusting Handle	1	64	Flat Washer $\Phi 8$	2
25	Glide Insert	1	65	Hex Recessed Round Head Screw M8*45	2
26	Spring Washer $\Phi 8$	3			



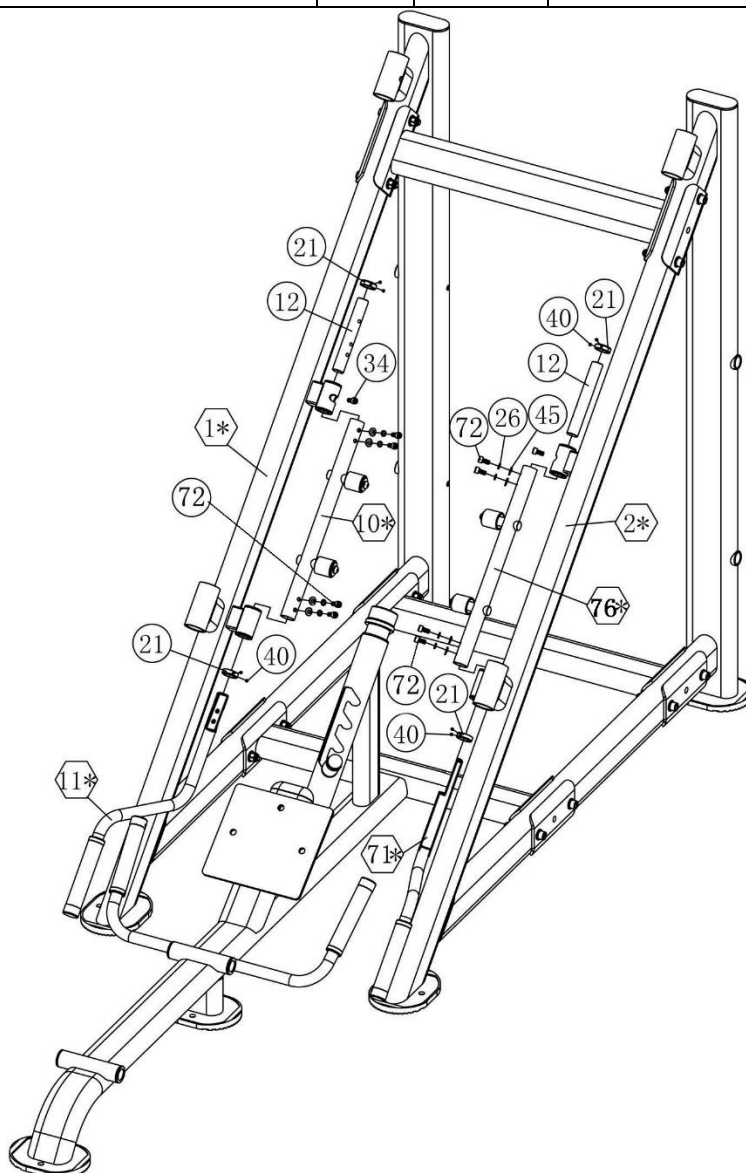
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1*	Left Support Frame	1	31	Flat Washer $\Phi 12$	24
2*	Right Support Frame	1	32	Nylon Lock Nut M12	12
3	Cross Brace	1	39	Hex Recessed Round Head Screw M12*85	12
19	Connecting Plate	6	75	Cross Brace A	1



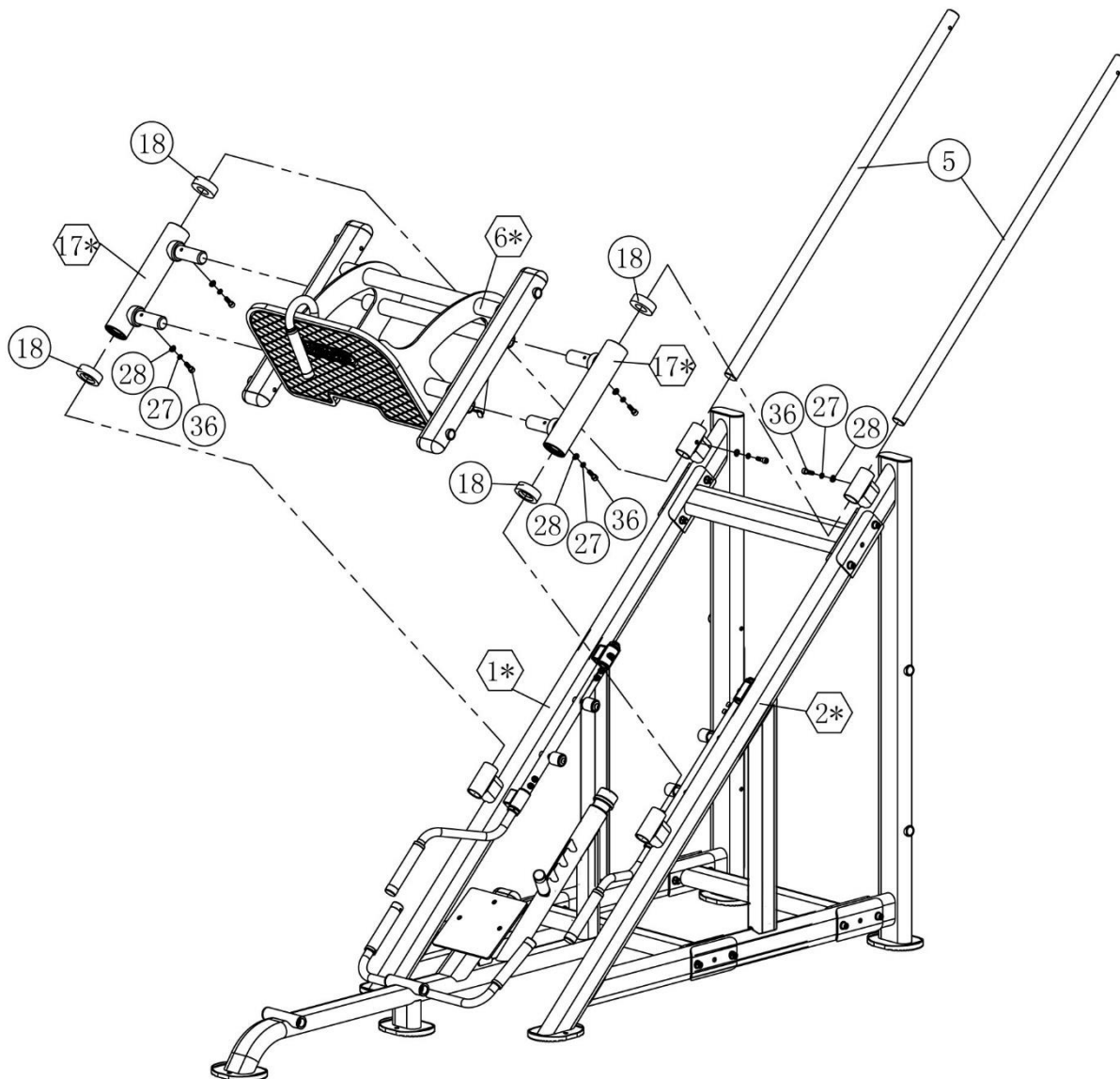
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
10*	Left Limited Tube	1	26	Spring Washer $\Phi 8$	8
11*	Left Handle	1	34	Hex Recessed Round Head Screw M8*16	2
71*	Right Handle	1	40	Hex Socket Set Screw with Cone Point M5*5	8
76*	Right Limited Tube	1	45	Arc Washer $\Phi 8$	8
12	Shaft Lever	2	72	Hex Recessed Round Head Screw M8*25	8
21	Aluminium Stop Collar	4			



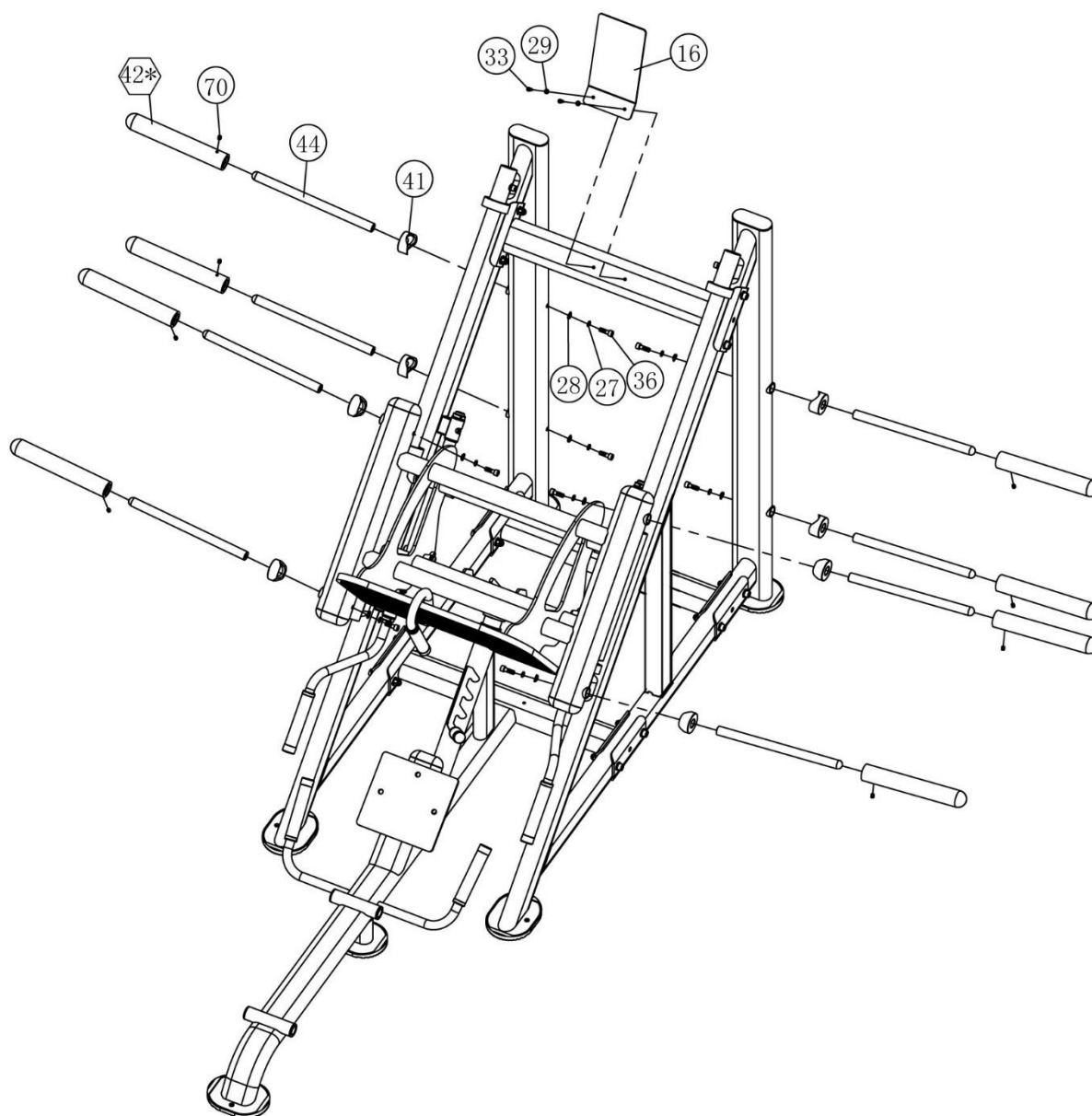
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6*	Leg Press Rack	1	27	Spring Washer $\Phi 10$	6
17*	Bearing Bushing	2	28	Arc Washer $\Phi 10$	6
5	Linear Shaft	2	36	Hex Recessed Round Head Screw M10*30	6
18	Cushion $\Phi 76*\Phi 38.3*\delta 25$	4			



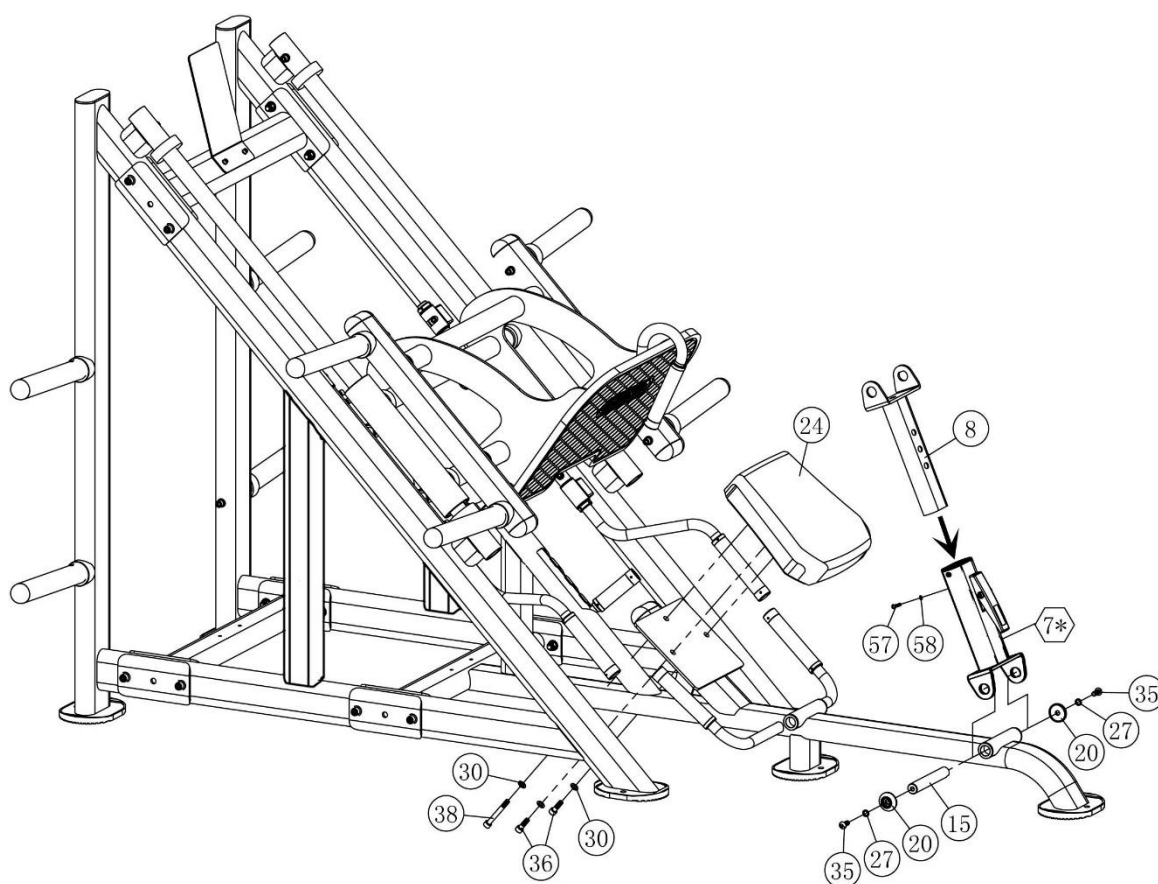
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
42*	Nylon Sleeve	8	33	Hex Recessed Round Head Screw M6*20	2
16	Label Plate	1	36	Hex Recessed Round Head Screw M10*30	8
27	Spring Washer $\Phi 10$	8	41	Arc Cushion	8
28	Arc Washer $\Phi 10$	8	44	Weight Plate Pole 2	8
29	Flat Washer $\Phi 6$	2	70	Hex Socket Set Screw with Cup Point M8*10	8



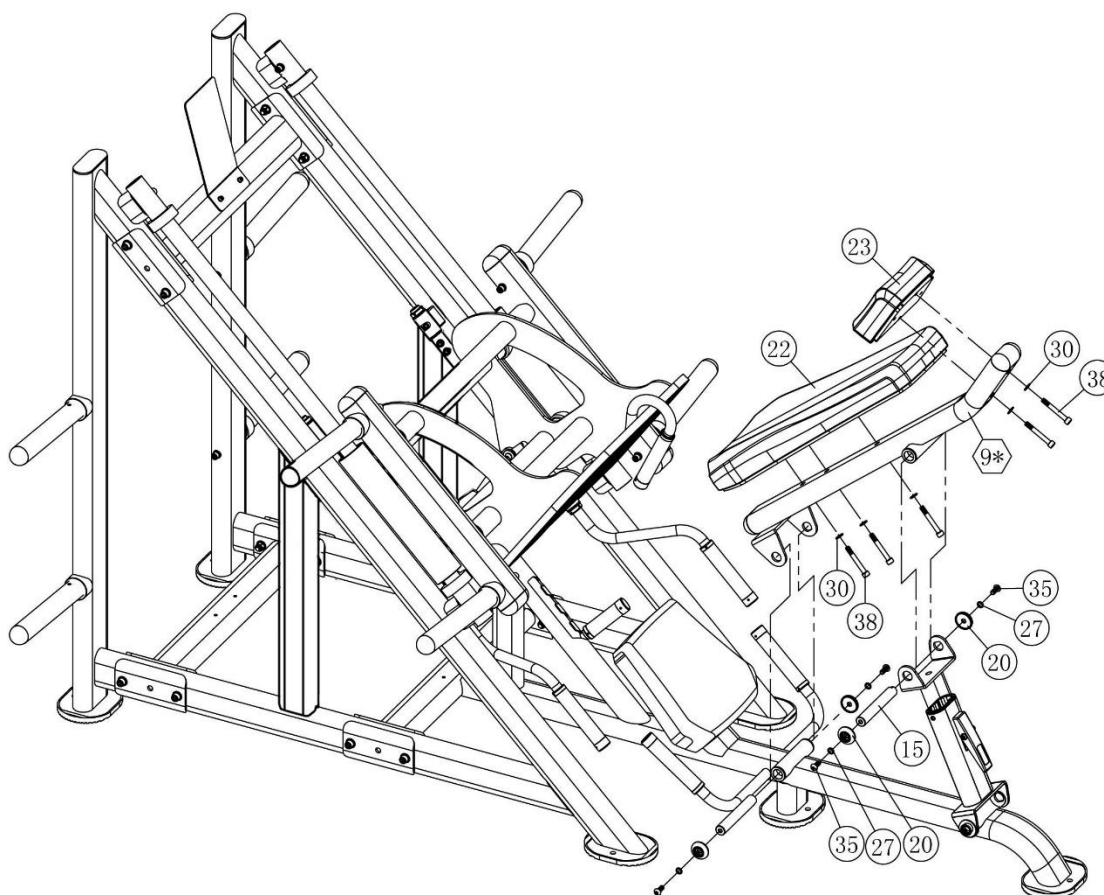
Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
7*	Outer Slip Tube	1	30	Flat Washer $\Phi 10$	3
8	Inner Slip Tube	1	35	Hex Recessed Flat Head Screw M10*25	2
15	Axle	1	36	Hex Recessed Round Head Screw M10*30	2
20	Aluminium End Cap	2	38	Hex Recessed Round Head Screw M10*80	1
24	Seat Pad	1	57	Hex Recessed Flat Head Screw M6*20	1
27	Spring Washer $\Phi 10$	2	58	Spring Washer $\Phi 6$	1



Step 8

Step 8 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
9*	Back Pad Support	1	27	Spring Washer $\phi 10$	4
15	Axle	2	30	Flat Washer $\phi 10$	5
20	Aluminium End Cap	4	35	Hex Recessed Flat Head Screw M10*25	4
22	Back Pad	1	38	Hex Recessed Round Head Screw M10*80	5
23	Head Pad	1			
9*	Back Pad Support	1	27	Spring Washer $\phi 10$	4



Parts List

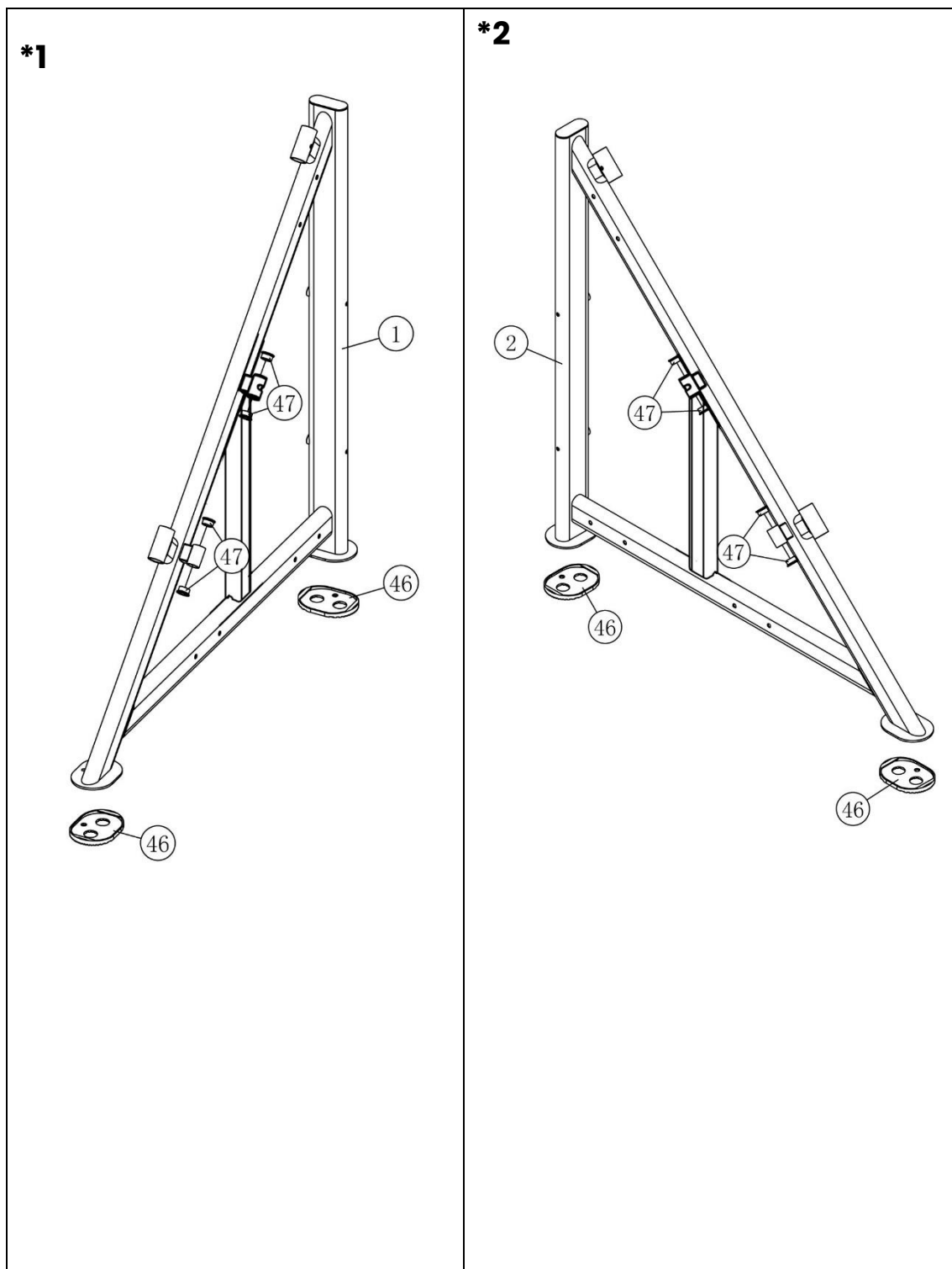
Item #	Description	Qty.	Item #	Description	Qty.
1	Left Support Frame	1	24	Seat Pad	1
2	Right Support Frame	1	25	Glide Insert	1
3	Cross Brace	1	26	Spring Washer $\phi 8$	11
4	Seat Pad Support	1	27	Spring Washer $\phi 10$	24
5	Linear Shaft	2	28	Arc Washer $\phi 10$	14
6	Leg Press Rack	1	29	Flat Washer $\phi 6$	2
7	Outer Slip Tube	1	30	Flat Washer $\phi 10$	8
8	Inner Slip Tube	1	31	Flat Washer $\phi 12$	24
9	Back Pad Support	1	32	Nylon Lock Nut M12	12
10	Left Limited Tube	1	33	Hex Recessed Round Head Screw M6*20	2
11	Left Handle	1	34	Hex Recessed Round Head Screw M8*16	3
12	Shaft Lever	2	35	Hex Recessed Flat Head Screw M10*25	6
13	Supporting Tube	1	36	Hex Recessed Round Head Screw M10*30	16
14	Adjusting Handle	1	37	Adjustable Cushion	2
15	Axle	3	38	Hex Recessed Round Head Screw M10*80	6
16	Label Plate	1	39	Hex Recessed Round Head Screw M12*85	12
17	Bearing Bushing	2	40	Hex Socket Set Screw with Cone Point M5*5	32
18	Cushion $\phi 76 * \phi 38.3 * \delta 25$	4	41	Arc Cushion	8
19	Connecting Plate	6	42	Nylon Sleeve	8
20	Aluminium End Cap (Thin)	6	43	Nylon Plug	8
21	Aluminium Stop Collar	10	44	Weight Plate Pole 2	8
22	Back Pad	1	45	Arc Washer $\phi 8$	8
23	Head Pad	1	46	Elliptical Rubber Shoe	6

Item #	Description	Qty.	Item #	Description	Qty.
47	Oil Bearing Φ25*Φ32*Φ38*18	14	62	Hex Recessed Flat Head Screw M10*20	4
48	Elliptical Plug	7	63	Inner Slip Ring	1
49	Foam Φ24*δ5*150	5	64	Flat Washer Φ8	4
50	Flat Aluminium End Cap	6	65	Hex Recessed Round Head Screw M8*45	2
51	Leather Cushion	1	66	Adjustable Cushion	1
52	Adjustable Release Handle	1	67	Foam Φ24*δ5*90	1
53	Glide Insert PT100*50*δ2.5/PT80*40	1	68	Circlip for Hole Φ62	4
54	Hex Recessed Round Head Screw M8*50	1	69	Linear Motion Ball Bearing Φ40*Φ62*80	4
55	Nylon Lock Nut M8	1	70	Hex Socket Set Screw with Cup Point M8*10	8
56	αSpring	1	71	Right Handle	1
57	Hex Recessed Flat Head Screw M6*20	1	72	Hex Recessed Round Head Screw M8*25	8
58	Spring Washer Φ6	1	73	Hex nut M10	2
59	Hex Recessed Flat Head Screw M6*8	2			
60	Cushion	4	75	Cross Brace A	1
61	Big Washer Φ10	4	76	Right Limited Tube	1

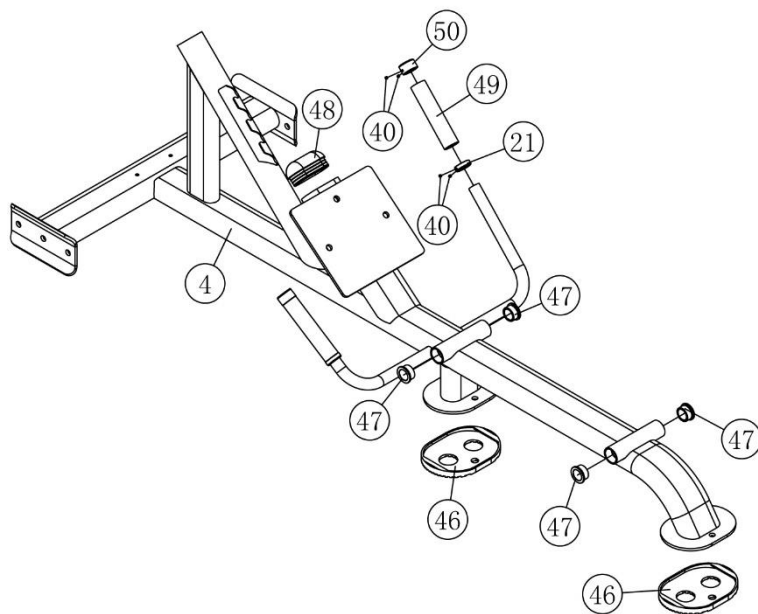
Pre-assembled Components Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1*	Left Support Frame	1	11*	Left Handle	1
2*	Right Support Frame	1	13*	Supporting Tube	1
4*	Seat Pad Support	1	14*	Adjusting Handle	1
6*	Leg Press Rack	1	17*	Bearing Bushing	2
7*	Outer Slip Tube	1	42*	Nylon Sleeve	8
9*	Back Pad Support	1	71*	Right Handle	1
10*	Left Limited Tube	1	76*	Right Limited Tube	1

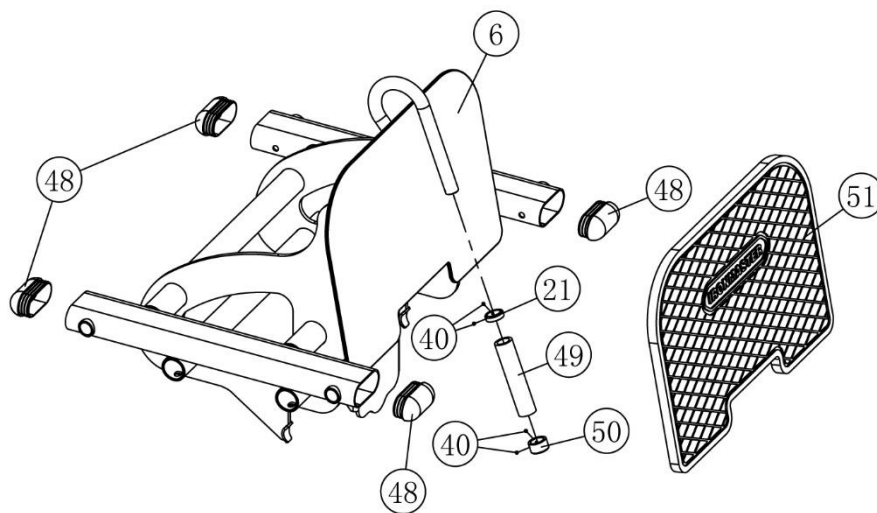
PRE-ASSEMBLED COMPONENTS



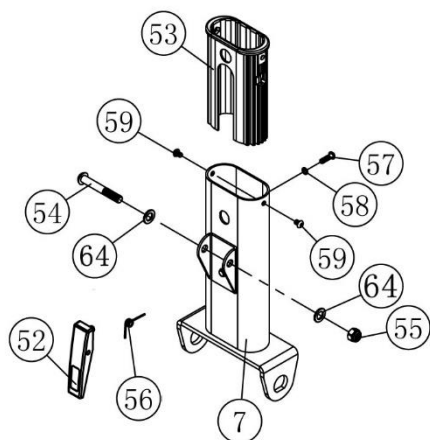
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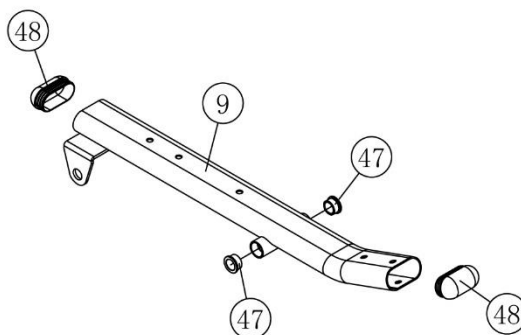
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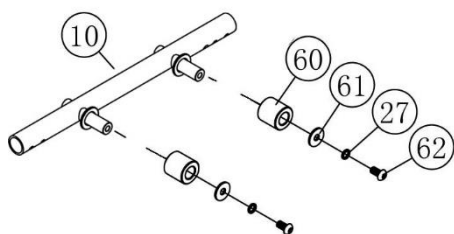
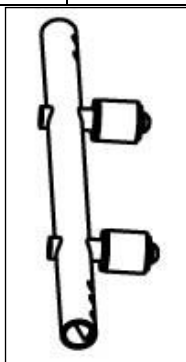
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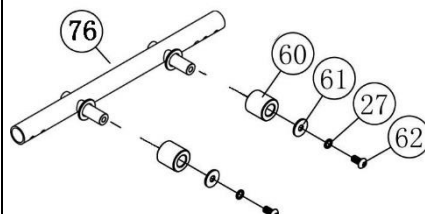
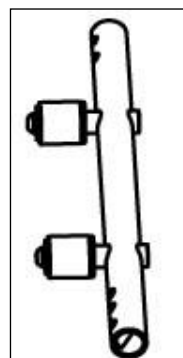
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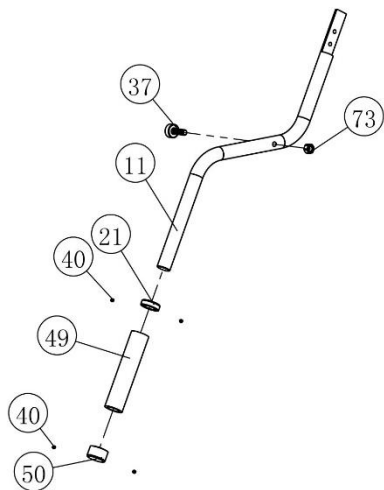
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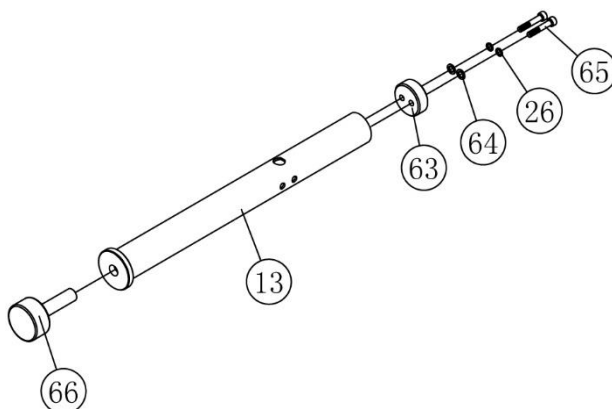
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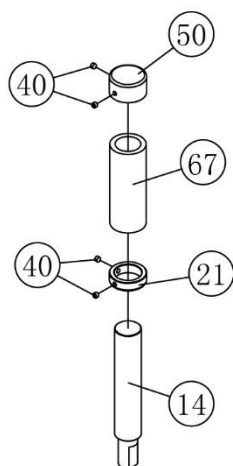
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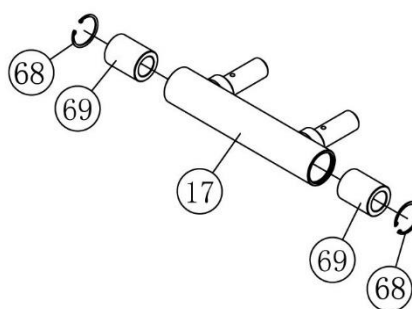
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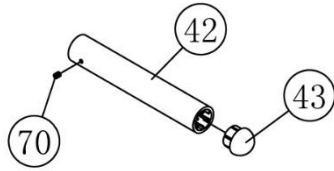
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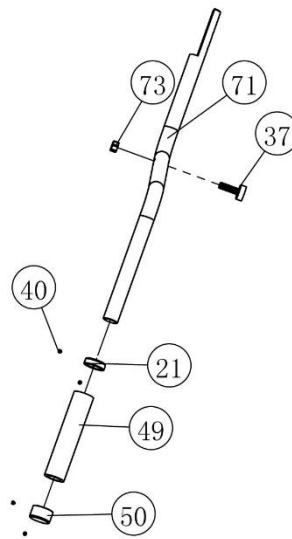
***17**



***42**



***71**



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.