

VERVE Arnold Series

Gluteus Trainer

Owner's Manual

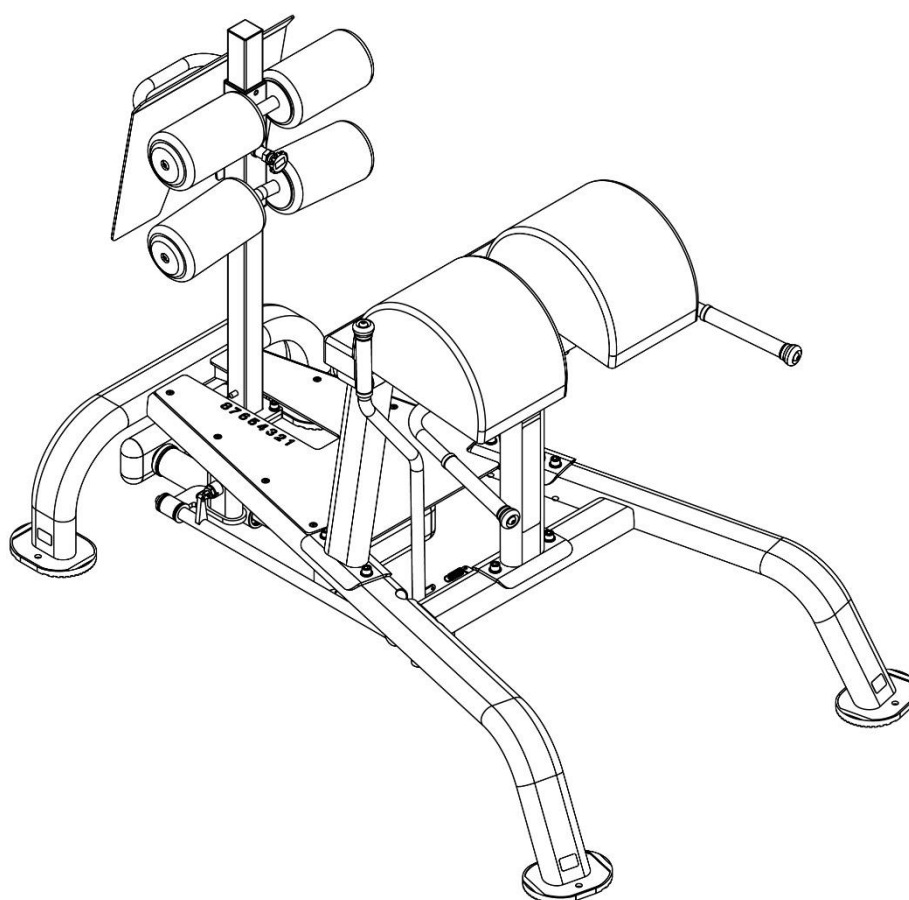


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IMPORTANT SAFETY NOTICE

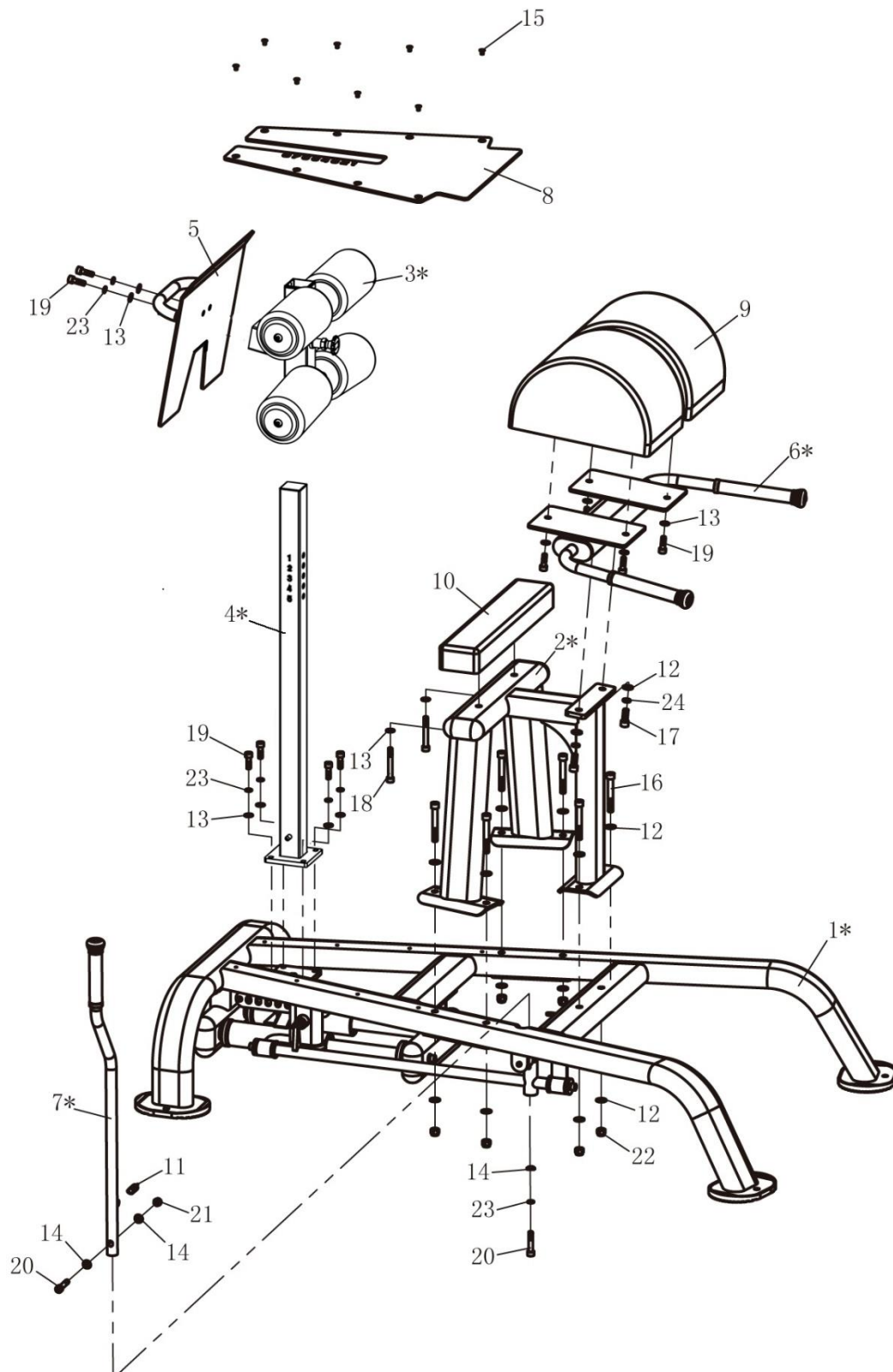
PRECAUTIONS:

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

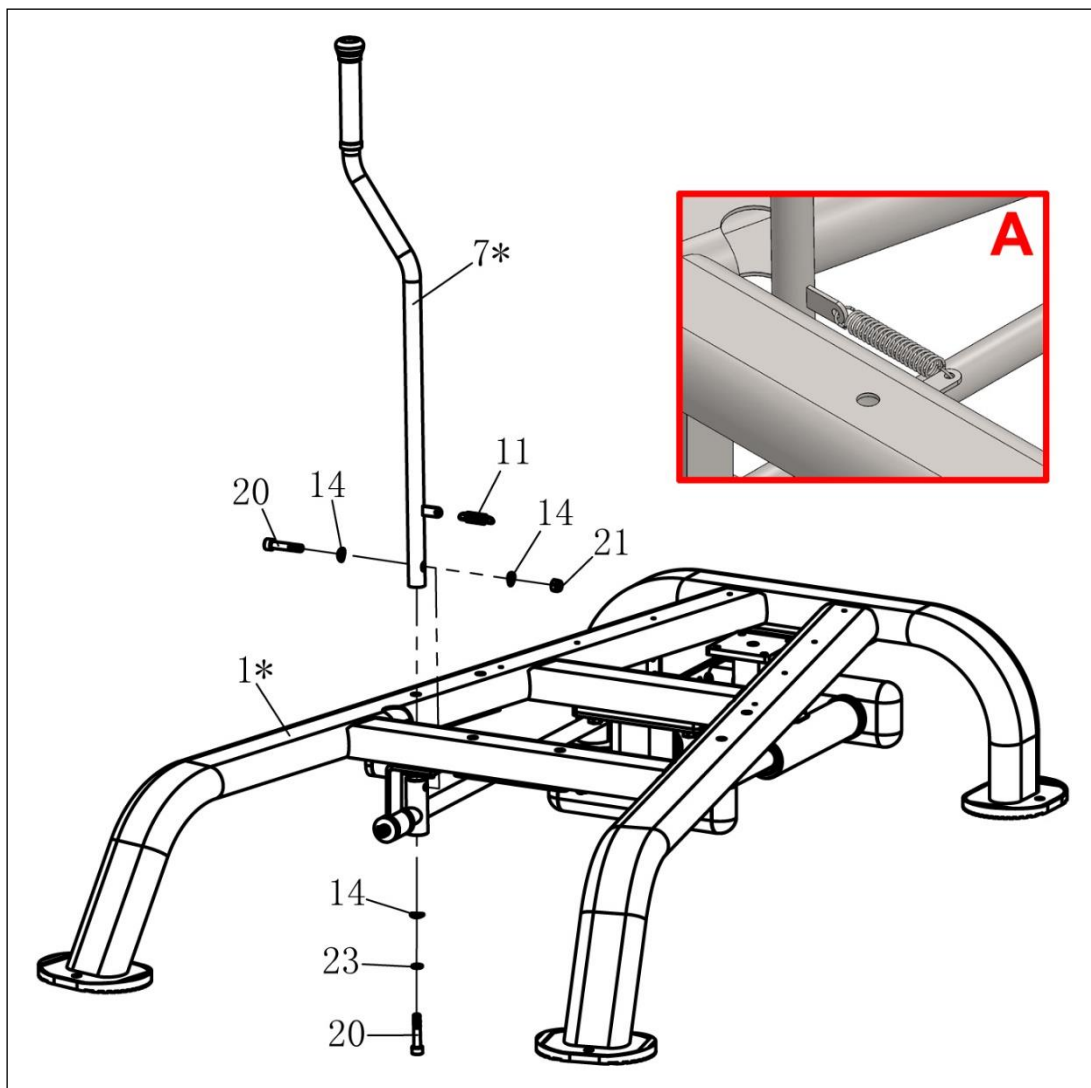


Step 1: Preparation

- 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.**

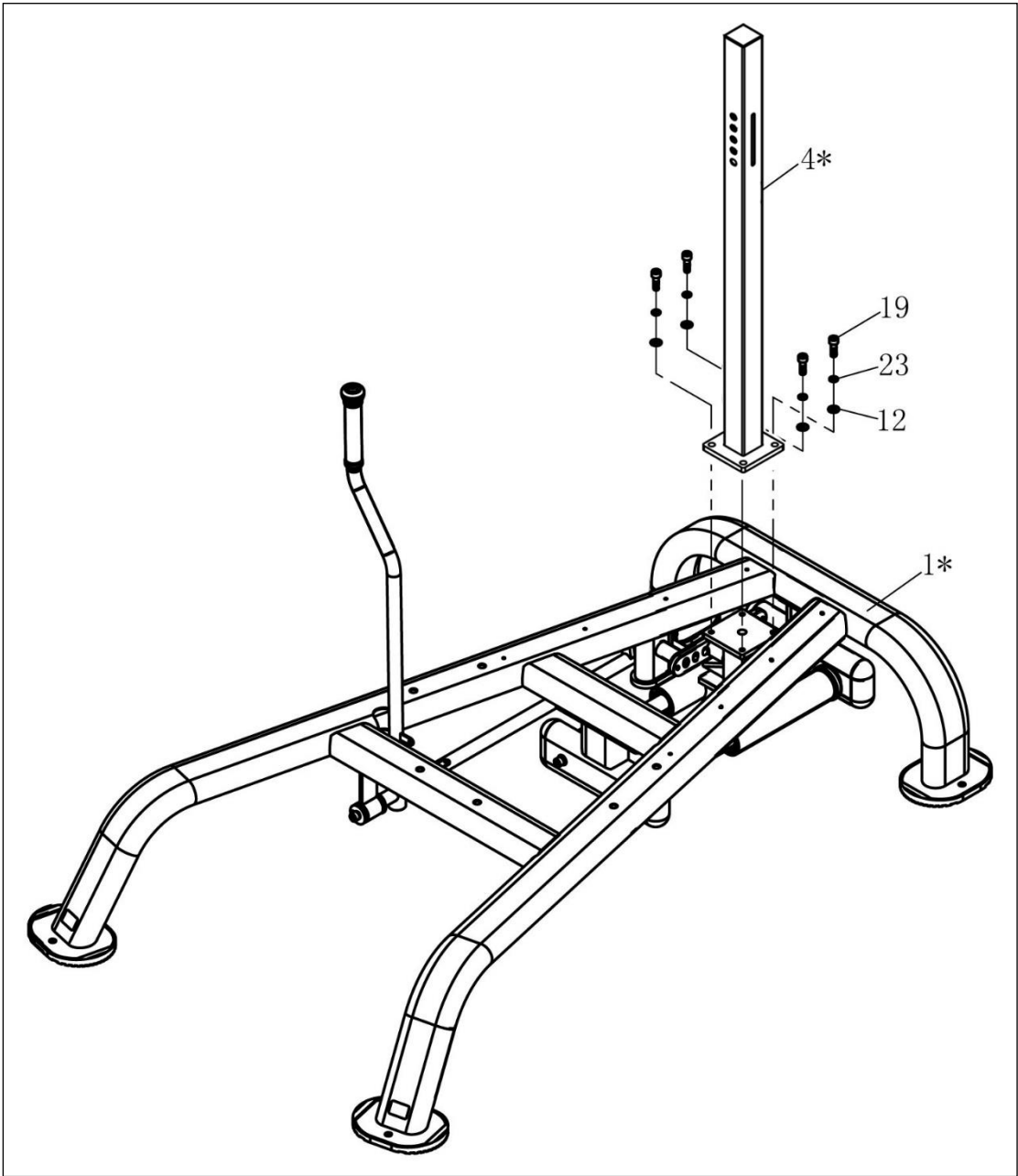
Step 2

Step 2 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
1	Main Frame	1	20	Hex Recessed Round Head Bolt M10*50	2
7	Adjustable Brace	1	21	Nylon Lock Nut M10	1
11	Extension Spring	1	23	Spring Washer $\Phi 10$	1
14	Arc Washer $\Phi 10$	3			



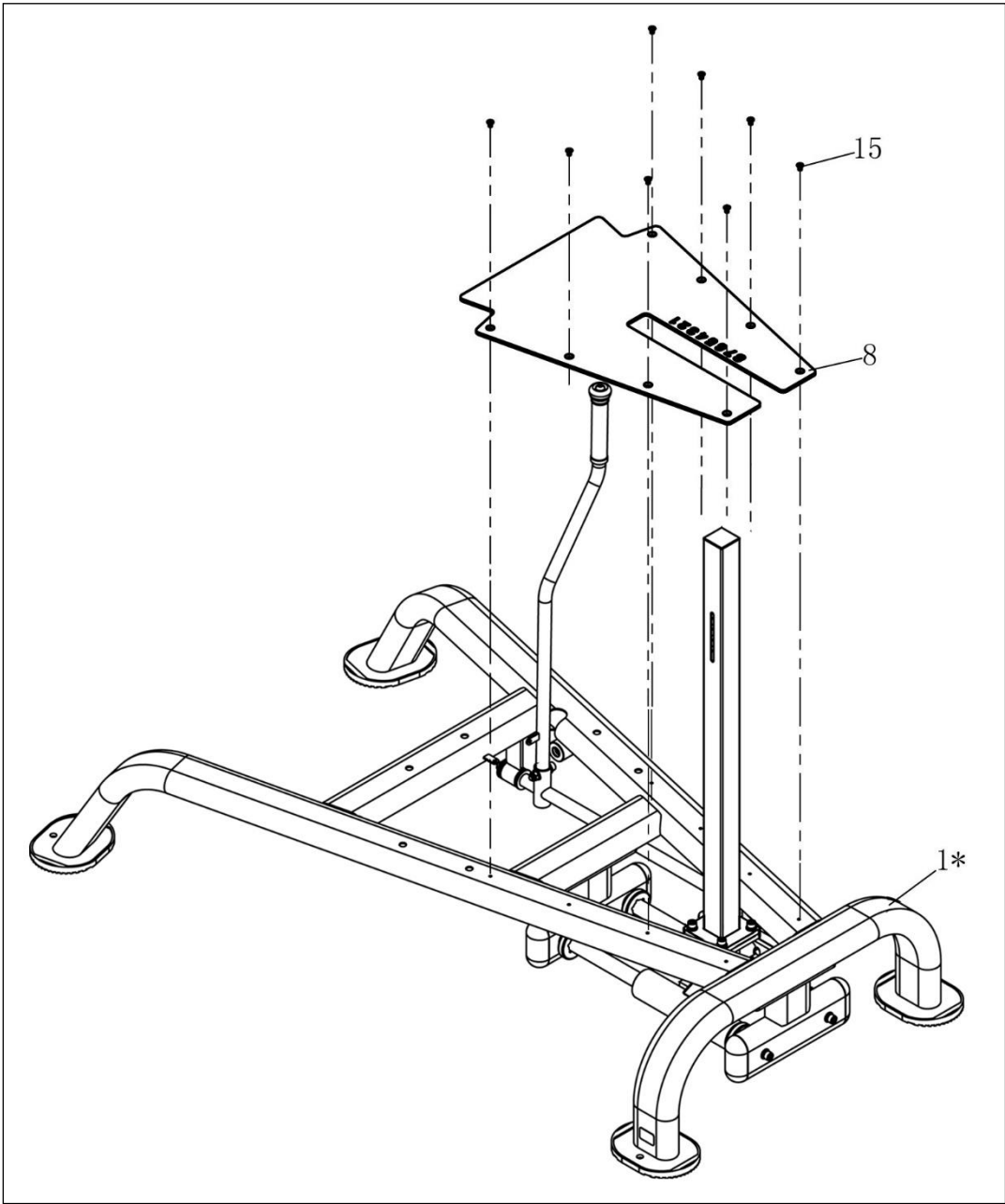
Step 3

Step 3 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
4	Sliding Rack	1	19	Hex Recessed Round Head Bolt M10*30	4
12	Washer $\Phi 10$	4	23	Spring Washer $\Phi 10$	4



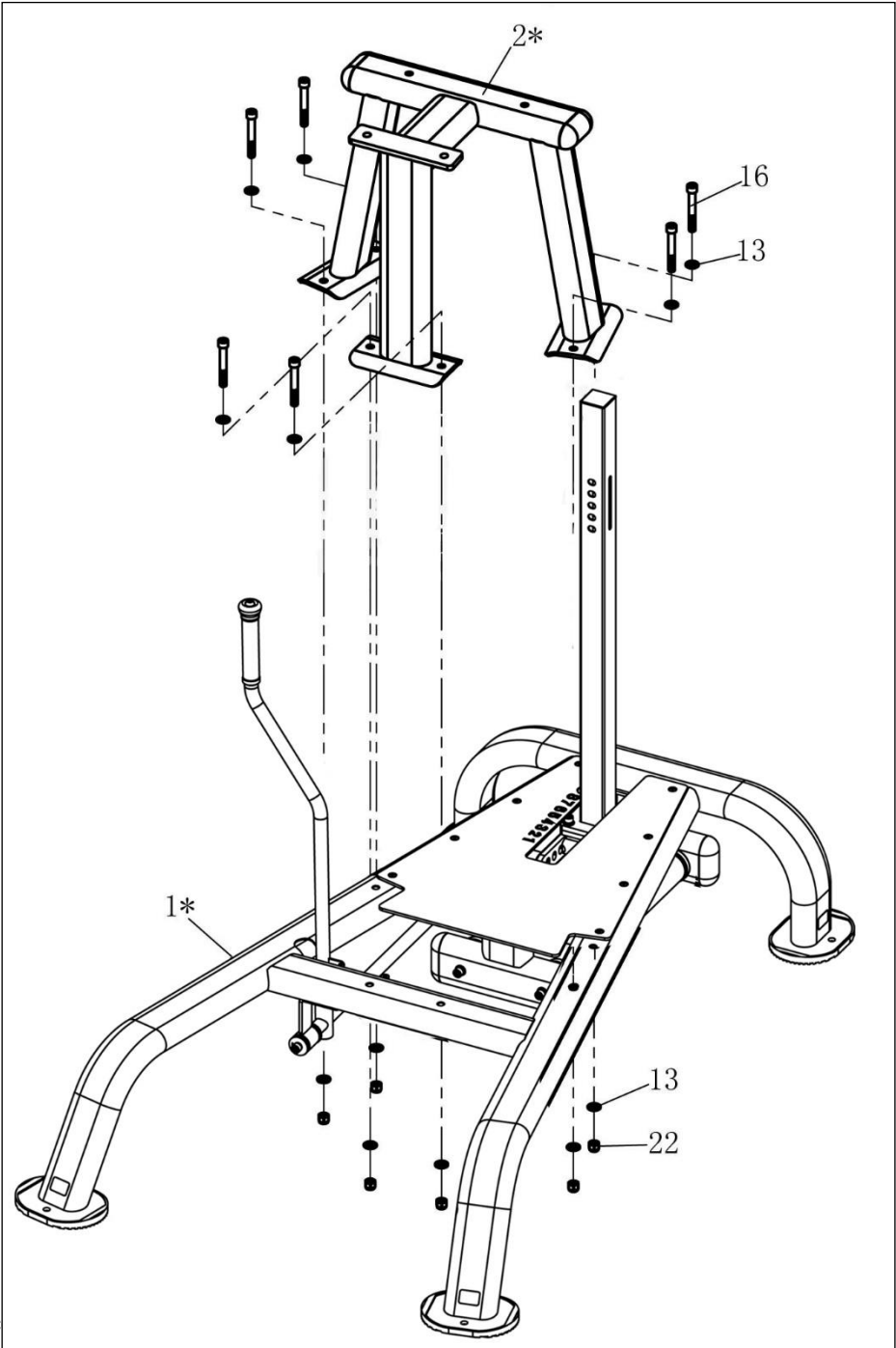
Step 4

Step 4 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
8	Footboard	1	15	Hex Recessed Countersunk Head Screw M6*10	8



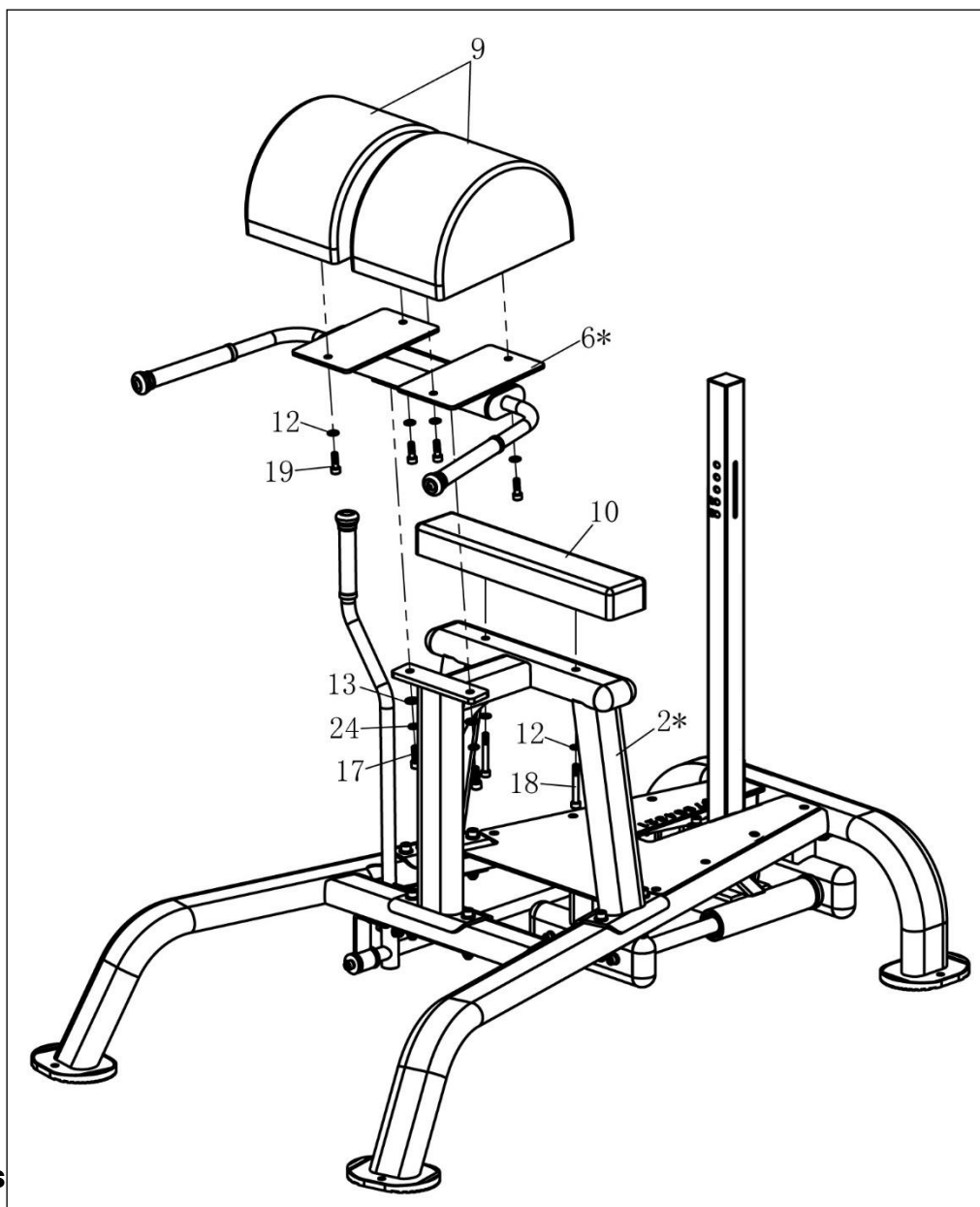
Step 5

Step 5 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
2	Front Upright	1	16	Hex Recessed Round Head Bolt M12*85	6
13	Washer $\phi 12$	12	22	Nylon Lock Nut M12	6



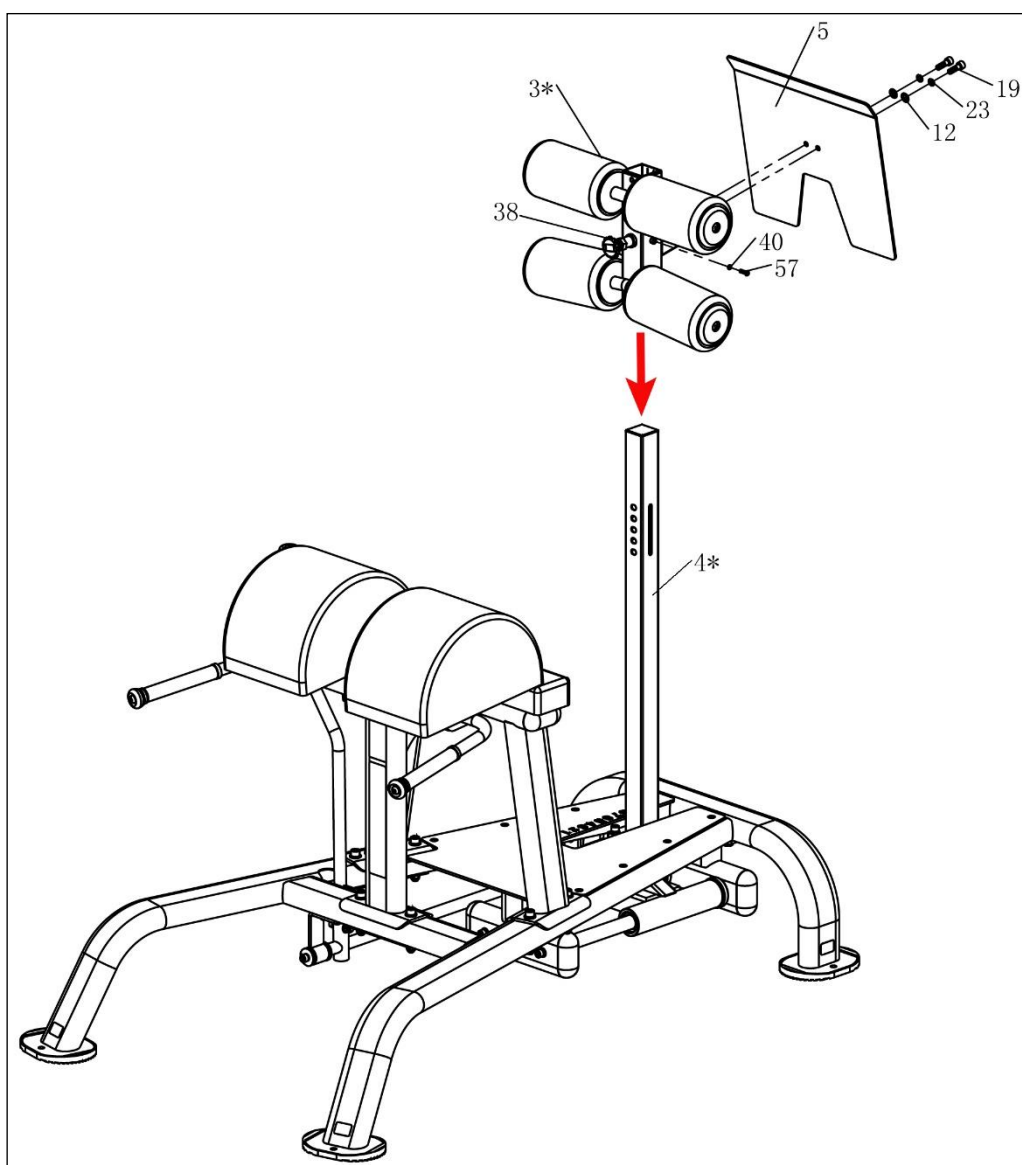
Step 6

Step 6 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
6	Handle	1	17	Hex Recessed Round Head Bolt M12*30	2
9	Arc Pad	2	18	Hex Recessed Round Head Bolt M10*75	2
10	Hassock	1	19	Hex Recessed Round Head Bolt M10*30	4
12	Washer $\Phi 10$	6	24	Spring Washer $\Phi 12$	2
13	Washer $\Phi 12$	2			



Step 7

Step 7 Part List					
Item#	Description	Qty.	Item#	Description	Qty.
12	Washer $\Phi 10$	2	38	Pull Pin	1
19	Hex Recessed Round Head Bolt M10*30	2	57	Hex Recessed Flat Head Bolt M6*20	1
23	Spring Washer $\Phi 10$	2			



Parts List

Item #	Description	Qty.	Item #	Description	Qty.
1	Main Frame	1	24	Spring Washer $\phi 12$	6
2	Front Upright	1	25	Hanging Bracket	2
3	Foot Support	1	26	Rotating Frame	1
4	Sliding Rack	1	27	Connecting Rack	1
5	Feet Rack	1	28	Trolley Frame	1
6	Handle	1	29	Pull Pin	1
7	Adjustable Brace	1	30	Oil Bearing $\phi 25.6 * \phi 32 * \phi 38$	4
8	Footboard	1	31	Guide Rod	2
9	Arc Pad	2	32	Baffle	2
10	Hassock	1	33	Rubber Cushion $\phi 65 * \phi 31.5 * 13$	4
11	Extension Spring	1	34	Bumper Block $\phi 40 * \delta 30$	1
12	Washer $\phi 10$	16	35	Elliptical Rubber Shoe	4
13	Washer $\phi 12$	18	36	Perforated Bolt	1
14	Arc Washer $\phi 10$	3	37	Connecting Chain Link	1
15	Hex Recessed Countersunk Head Screw M6*10	8	38	Pull Pin	1
16	Hex Recessed Round Head Bolt M12*85	6	39	Washer $\phi 6$	4
17	Hex Recessed Round Head Bolt M12*30	2	40	Spring Washer $\phi 6$	5
18	Hex Recessed Round Head Bolt M10*75	2	41	Hex Recessed Round Head Bolt M6*20	2
19	Hex Recessed Round Head Bolt M10*30	11	42	Hex Bolt M12*25	4
20	Hex Recessed Round Head Bolt M10*50	2	43	Set Screw M5*4	1
21	Nylon Lock Nut M10	1	44	Hex Recessed Round Head Bolt M10*25	6
22	Nylon Lock Nut M12	6	45	Elliptical Plug PT100*50* $\delta 2.5$	6

23	Spring Washer Φ10	17	46	Adjusting Plate	1
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Item #	Description	Qty.	Item #	Description	Qty.
47	Linear Motion Ball Bearing Φ30*Φ45*64	4	56	Hex Recessed Flat Head Bolt M10*30	4
48	Hex Recessed Flat Head Bolt M6*16	2	57	Hex Recessed Flat Head Bolt M6*20	1
49	Circlip For Hole Φ45	4	59	Square Plug 50*50*δ2.5	1
50	Compression Spring	1	60	Long Handlebar Grip L=184	2
52	Foam Outside Wrapping	4	61	Aluminum Cap Φ25	3
53	PU Foam Φ23*Φ120*210	4	62	Hex Recessed Flat Head Bolt M10*25	3
54	Foam End Cap	4	63	Short Handlebar Grip L=132	1
55	Sliding Sleeve	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.