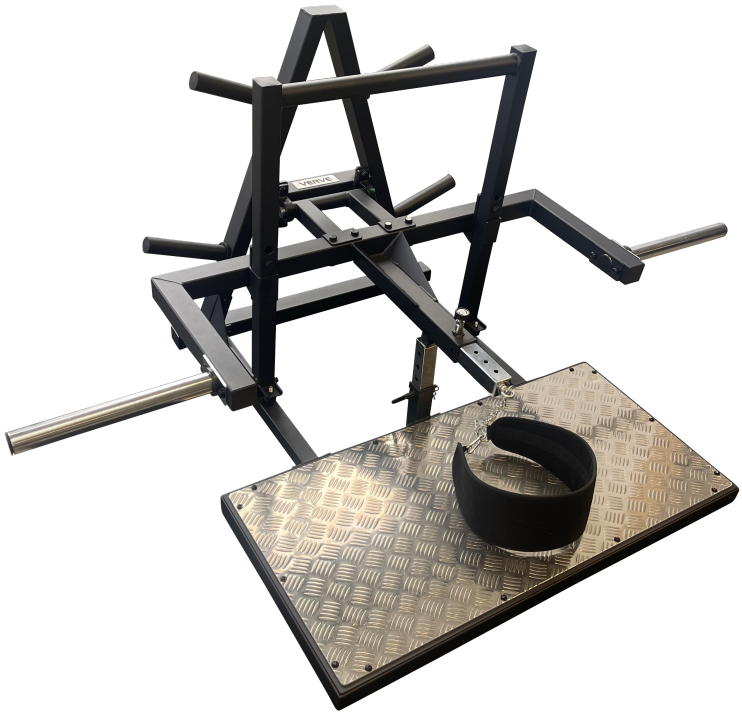
Hip Belt Squat Machine

ASSEMBLY INSTRUCTIONS

VER-BSM-001



EST. TIME	PEOPLE	DIFFICULTY
60–75 min	**2 people**	**Moderate**

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Before You Begin.

Read these instructions fully before starting assembly. Unpack all components and hardware in a clear workspace and use the inventory on the next page to confirm nothing is missing. This machine ships as a heavy steel platform, an A-frame tower, a rear handle frame and a pivoting handrail arm — two people are recommended throughout, and definitely for lifting the platform (A) and A-frame tower (D) into position.

Tools required.

- **Socket wrench set** — 17mm sockets (M10 bolts), 19mm sockets (M12 bolts)
- **Open-end spanners** — 17mm, 19mm — to hold the nylock nuts while tightening
- **Rubber mallet** — helpful for aligning bolt holes (optional)

SAFETY INFORMATION

Assemble and use the machine on flat, level ground.

The platform and A-frame tower are heavy — use two people to lift and position them.

Tighten all bolts to firm hand-tight, then check every bolt again after your first use and monthly thereafter.

Keep fingers clear of the bearing pivot and pull-pin holes when adjusting the handrail arm or the height post.

Do not exceed the machine's stated capacity of 450kg (per the VERVE product listing).

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once each step is complete.

The notation 'M12×90' means a metric bolt: 12mm diameter, 90mm length. Bolt lengths differ between steps — check before inserting.

Always place a washer under the bolt head AND under the nut, unless the step says otherwise.

Nylock nuts have a plastic locking ring — they are firm to turn by design.

Several joints (the base tubes in Step 1, and the height-adjustable post in Step 3) fasten onto threaded studs that are already welded to the platform — you only fit a washer and nut there, not a full bolt. This is called out in each step.

Letters (A–T) label the major frame components; numbers (1–12) label the nuts, bolts and small hardware. Both match the parts diagram on page 7.

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Hardware Inventory.

Check all items before assembly. If anything is missing, contact VERVE support before you start. Small hardware (right) is grouped by the step it is used in.

FRAME COMPONENTS

☐	A	Base Frame (platform)	×1
☐	B	Base Tube (L)	×1
☐	C	Base Tube (R)	×1
☐	D	A-Frame Tower (weight pegs)	×1
☐	E	Handle Frame (rear frame)	×1
☐	F	Connecting Bracket (pivot shaft)	×1
☐	G	Main Frame (handrail arm)	×2
☐	H	Upright Tube (fixed post)	×1
☐	I	Adjustable Tube A (post insert)	×1
☐	J	Lat Tube (cross brace)	×2
☐	K	Adjustable Tube B (arm insert)	×1
☐	L	J-Hook (L)	×1
☐	M	J-Hook (R)	×1
☐	N	Strengthen Plate (brace clamp)	×2
☐	O	Bumper (foot/end cap)	×3
☐	P	Rubber Ring (tube end cap)	×2
☐	Q	Pin (pull pin, ring handle)	×1
☐	R	Hook (belt clip)	×2
☐	S	Iron Chain	×1
☐	T	Belt (waist belt)	×1

CHECK— *parts list states 2× Main Frame (G) but the source diagram only shows one arm being fitted (Step 4). Confirm whether a second arm/support fits on the opposite side before assembly.*

HARDWARE — BY STEP

Step 1

☐	6	M12 flat washers	×4	Onto the platform's welded studs
☐	8	M12 nylock nuts	×4	One per stud

Step 2

☐	4	M12×90 hex bolts	×8	Base plate + support rail to platform
☐	6	M12 flat washers	×16	2 per bolt (head + nut)
☐	8	M12 nylock nuts	×8	One per bolt

Step 3

☐	6	M12 flat washers	×2	Onto the platform's welded studs
☐	8	M12 nylock nuts	×2	One per stud

Step 4

☐	1	M10×40 hex bolts	×4	Bearing housings to the tower
☐	5	M10 flat washers	×8	2 per bolt
☐	7	M10 nylock nuts	×4	One per bolt
☐	3	M12×85 hex bolts	×4	Clamps bracket (F) to the shaft
☐	6	M12 flat washers	×8	2 per bolt
☐	8	M12 nylock nuts	×4	One per bolt
☐	10	Bearing units	×2	Pillow-block arm-pivot bearings
☐	9	Eyebolt M10×20	×1	End of the arm extension tube
☐	12	Pull Pin	×1	Locks arm extension, push-fit

Step 5

☐	2	M12×80 hex bolts	×2	Handle frame feet to platform
☐	6	M12 flat washers	×4	2 per bolt
☐	8	M12 nylock nuts	×2	One per bolt
☐	11	Iron bushings	×4	Into handle frame foot brackets

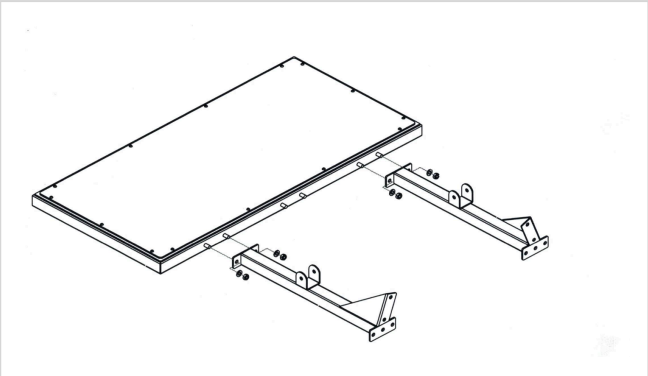
Step 6

☐	3	M12×85 hex bolts	×4	Clamps the cross braces (J)
☐	6	M12 flat washers	×8	2 per bolt
☐	8	M12 nylock nuts	×4	One per bolt

STEP 1 OF 6

Attach the base tubes to the platform.

Hardware: 4× M12 washers (6), 4× M12 nylock nuts (8)



Lay the **Base Frame** (A) — the flat steel platform — on the floor, checkerplate face up.

Four threaded studs are already welded to the underside edge of the platform, two per side. Slide the bracket end of **Base Tube (B)** onto the studs on one side, then fit a **washer (6)** and **nylock nut (8)** onto each stud.

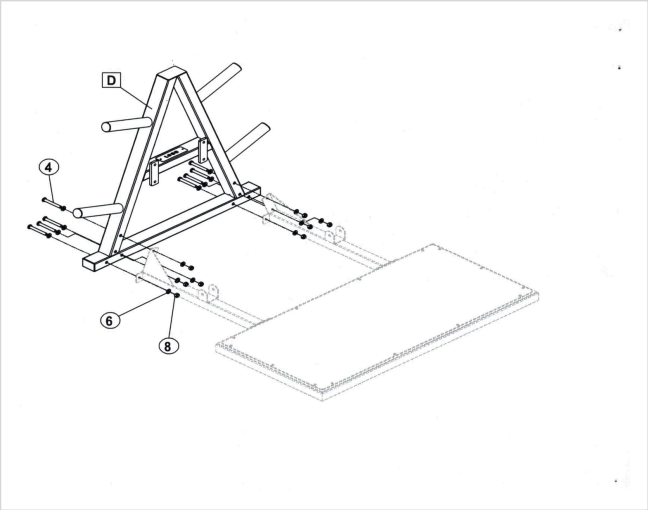
Repeat on the other side with **Base Tube (C)**. Each tube's angled foot bracket should point outward, away from the platform.

Tip: leave both sides finger-tight until you can see the tubes sit square and flat, then fully tighten with a 19mm socket.

STEP 2 OF 6

Attach the A-frame tower.

Hardware: 8× M12×90 bolts (4), 16× M12 washers (6), 8× M12 nylock nuts (8)



Stand the **A-Frame Tower** (D) — the tall triangular tower carrying the four round weight-storage pegs — up over the base assembly from Step 1, so its base plate and lower support rail line up with the matching holes.

Fit all 8 **M12×90 bolts (4)** through the aligned holes, with a **washer (6)** under the head and another under the nut on each bolt, then secure with **M12 nylock nuts (8)**.

Tip: get a second person to hold the tower upright and square while you start the first two bolts by hand, then work around the remaining holes. Tighten fully with a 19mm socket once every bolt is started.

STEP 3 OF 6

Fit the height-adjustable centre post.

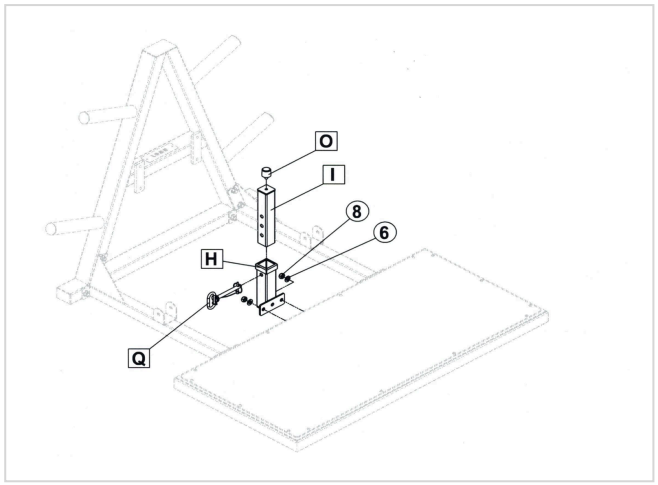
Hardware: 2× M12 washers (6), 2× M12 nylock nuts (8)

Slide **Adjustable Tube A** (I) down into the top of **Upright Tube** (H), then push the **Bumper** (O) cap onto the top end of I.

Fit the base bracket of Upright Tube (H) onto the studs welded to the platform (near the centre of the base), and secure with a **washer (6)** and **nylock nut (8)** on each stud.

Fit the **Pin** (Q) — the ring-handled pull pin — through the side of the bracket. This locks the height of I inside H at one of its pre-drilled holes.

Tip: this post sets the starting height for the belt/chain hookup used with the machine — leave it at a comfortable mid-height until you've used the machine once.



STEP 4 OF 6

Fit the pivoting handrail arm.

Hardware: 4× M10×40 bolts (1), 8× M10 washers (5), 4× M10 nylock nuts (7), 4× M12×85 bolts (3), 8× M12 washers (6), 4× M12 nylock nuts (8), 2× bearing units (10), 1× eyebolt (9), 1× pull pin (12)

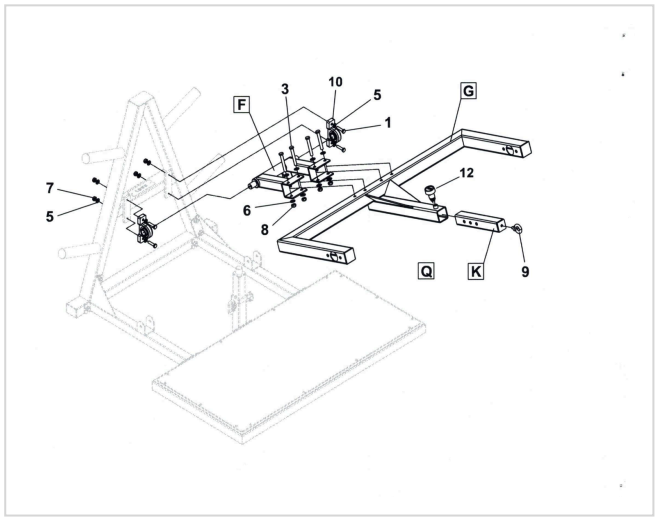
Bolt the two **Bearing units** (10) to the A-frame tower using **M10×40 bolts (1)**, a **washer (5)** under each head and nut, and **M10 nylock nuts (7)**.

Clamp the **Connecting Bracket** (F) — the pivot shaft — between the two bearings using **M12×85 bolts (3)**, a **washer (6)** under each head and nut, and **M12 nylock nuts (8)**. This shaft is what the handrail arm pivots on.

Fit the **Main Frame** (G) arm onto the pivot shaft. Slide **Adjustable Tube B** (K) into the socket at the arm's outer end and lock it with the **Pull Pin** (12) through the matching hole. Fit the **Eyebolt** (9) with its washer into the far end of K.

Tip: the arm should pivot smoothly once fitted — do not over-tighten the M12×85 clamp bolts (3), or the pivot will bind.

CHECK— *the source diagram labels the pull-pin socket "Q" a second time here, even though Part Q (Pin) was already fitted in Step 3 and only 1 is listed. This is most likely a duplicated label in the OEM drawing — the pin you fit at this joint is Part 12 (Pull Pin), not a second Part Q.*



STEP 5 OF 6

Attach the rear handle frame.

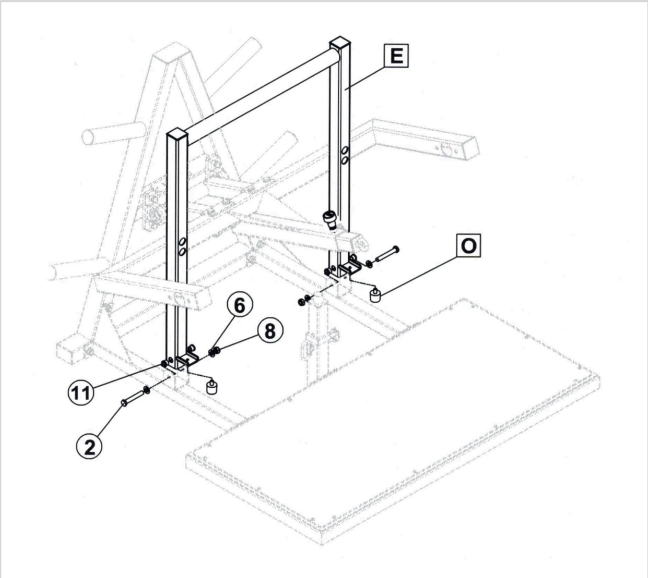
Hardware: 2× M12×80 bolts (2), 4× M12 washers (6), 2× M12 nylock nuts (8), 4× iron bushings (11)

Fit an **Iron Bushing** (11) into each foot bracket of the **Handle Frame** (E) — the tall rear frame with two upright posts.

Stand E on the platform behind the centre post from Step 3 and bolt each foot down with an **M12×80 bolt (2)**, a **washer (6)** under the head and nut, and a **nylock nut (8)**.

Push a **Bumper** (O) foot cap under each of the two base brackets.

Tip: check both posts of E are vertical and square to the platform before fully tightening — the cross braces in Step 6 will not sit right if this frame leans.



STEP 6 OF 6

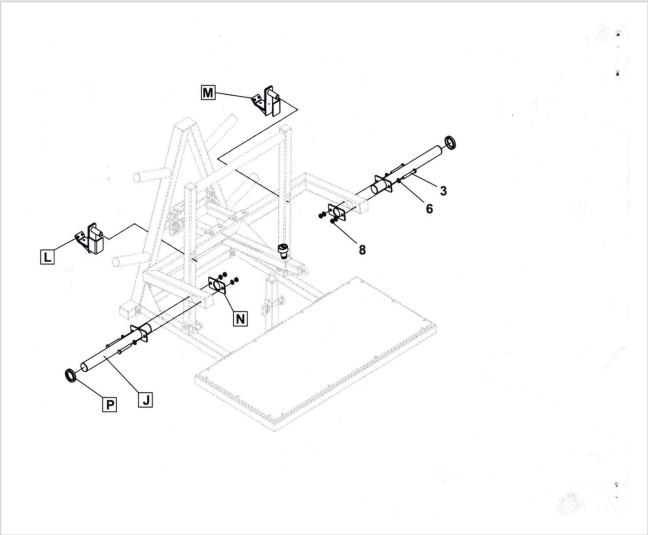
Fit the cross braces.

Hardware: 4× M12×85 bolts (3), 8× M12 washers (6), 4× M12 nylock nuts (8)

The two **Lat Tubes** (J) brace the A-frame tower (D) to the handle frame (E). Fit the **J-Hook (L)** and **J-Hook (R)** (M) brackets onto the top corners of the A-frame tower, then push a **Rubber Ring** (P) cap onto the free outer end of each tube.

Rest the inner end of each tube on the top rail of the handle frame (E) and clamp it with a **Strengthen Plate** (N), using 2× **M12×85 bolts (3)** per plate, a **washer (6)** under each head and nut, and **M12 nylock nuts (8)**.

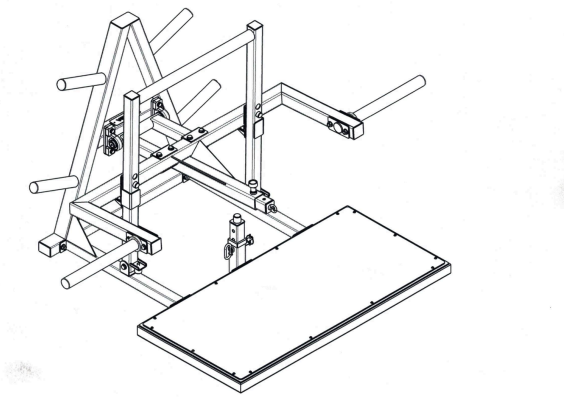
Tip: fit both braces loosely first, then square the whole frame up before fully tightening either one.



ASSEMBLY COMPLETE

That's it for the frame. Before your first session, run through the final checks on page 7 and read the note below about the belt, chain and clips.

Parts Diagram.



Assembled reference — see Steps 1–6 (pages 4–6) for the diagram matching each letter/number.

NO.	PART	QTY
1	M10×40 hex bolt	4
2	M12×80 hex bolt	2
3	M12×85 hex bolt	8
4	M12×90 hex bolt	8
5	M10 flat washer	8
6	M12 flat washer	42
7	M10 nylock nut	4
8	M12 nylock nut	24
9	Eyebolt M10×20	1
10	Unit bearing assembly	2
11	Iron bushing	4
12	Pull pin	1

LETTER	PART	QTY
A	Base Frame (platform)	1
B	Base Tube (L)	1
C	Base Tube (R)	1
D	A-Frame Tower	1
E	Handle Frame	1
F	Connecting Bracket	1
G	Main Frame (handrail arm)	2*
H	Upright Tube	1
I	Adjustable Tube A	1
J	Lat Tube	2

LETTER	PART	QTY
K	Adjustable Tube B	1
L	J-Hook (L)	1
M	J-Hook (R)	1
N	Strengthen Plate	2
O	Bumper	3
P	Rubber Ring	2
Q	Pin (pull pin)	1
R	Hook (belt clip)	2
S	Iron Chain	1
T	Belt	1

*Parts list states qty 2 for the Main Frame (G); only one is shown fitted in the source diagram — see the flag on page 3.

BELT, CHAIN & CLIPS — NOT SHOWN IN SOURCE

The Belt (T), Iron Chain (S) and Hooks (R) are confirmed as included accessories (per the VERVE product listing) but this OEM manual does not include an assembly step showing how they connect to the machine.

They do not need tools to fit — but confirm the correct hook-up point with VERVE support before handing the machine over to a customer, rather than guessing.

Final checks.

- [ ] All bolts are fully tightened; the platform sits flat on the floor with no rocking.
- [ ] The A-frame tower and handle frame are both vertical and square to the platform.
- [ ] The handrail arm pivots smoothly on its bearings without binding.
- [ ] The pull pins (Q and 12) engage fully and lock their tubes in place.
- [ ] Confirm the belt/chain/clip hook-up point with VERVE support (see above) before first use.
- [ ] Re-check every bolt after your first training session, then monthly.

NEED HELP?

Missing parts, damaged components or assembly questions — we'll sort it fast.

Contact **support@vervefitness.com** or visit **vervefitness.com/support**