



Commercial Adjustable Bench

ASSEMBLY INSTRUCTIONS

VER-CAB-002



EST. TIME 20–30 min	PEOPLE 1 person	DIFFICULTY Easy
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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. One person can assemble this bench comfortably in 20–30 minutes — no lifting step requires a second person.

Tools required.

- **Socket wrench set** — 13mm, 17mm, 19mm sockets
- **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 bench on flat, level ground.

Tighten all bolts to firm hand-tight, then check each one again after your first use.

Check all bolts monthly and before heavy pressing sessions.

Keep fingers clear of the adjustment ladder and pivots when changing positions.

This product must be assembled by adults only.

ASSEMBLY TIPS

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

The notation 'M10×90' means a metric bolt: 10mm diameter, 90mm length. Bolt lengths differ — check before inserting.

Always place a washer under the bolt head AND under the nut.

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

Part numbers in these instructions match the numbers on the parts diagram on page 6.

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Hardware Inventory.

Check all items before assembly. Quantities below are grouped by the step they are used in. If anything is missing, contact VERVE support before you start.

Step 1 — Join the seat frame to the rear base.

☐	1	M10×90 hex bolts	×2	Long bolts — through the rear base into the seat frame
☐	9	M10 flat washers	×4	2 per bolt — one under the head, one under the nut
☐	6	M10 nylock nuts	×2	One per bolt

Step 2 — Attach the front leg.

☐	2	M12×150 hex bolt	×1	Longest, thickest bolt — top pivot of the front leg
☐	8	M12 flat washers	×2	The larger washers — one each side
☐	7	M12 nylock nut	×1	The larger nut
☐	4	M10×130 hex bolt	×1	Lower brace of the front leg
☐	9	M10 flat washers	×2	One under the head, one under the nut
☐	6	M10 nylock nut	×1	One for the brace bolt

Step 3 — Attach the back rest support.

☐	5	M10×145 hex bolt	×1	Pivot bolt for the back rest support strut
☐	9	M10 flat washers	×2	One under the head, one under the nut
☐	6	M10 nylock nut	×1	One for the pivot bolt

Step 4 — Fit the seat and back pads.

☐	3	M8×20 hex bolts	×8	Short screws — 4 for the seat pad, 4 for the back pad
☐	10	M8 flat washers	×8	The smallest washers — one per screw

STEP 1 OF 4

Join the seat frame to the rear base.

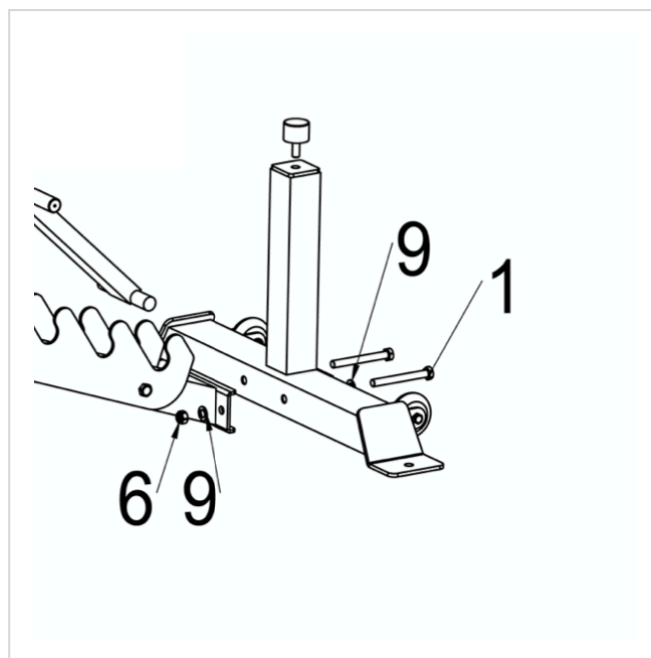
Hardware: 2× M10×90 bolts (1), 4× M10 washers (9), 2× M10 nylock nuts (6)

Lay the **rear base** (the section with the transport wheels and upright post) on the floor.

Slide the end of the **seat frame** (the long section with the silver adjustment ladder) into the bracket on the rear base and line up the two bolt holes.

Insert the two **M10×90 bolts (1)** with a **washer (9)** under each head, then fit a **washer (9)** and **nylock nut (6)** on each from the other side.

Tip: leave both bolts finger-tight until the frame sits square, then fully tighten with a 17mm socket while holding the nut with a spanner.



STEP 2 OF 4

Attach the front leg.

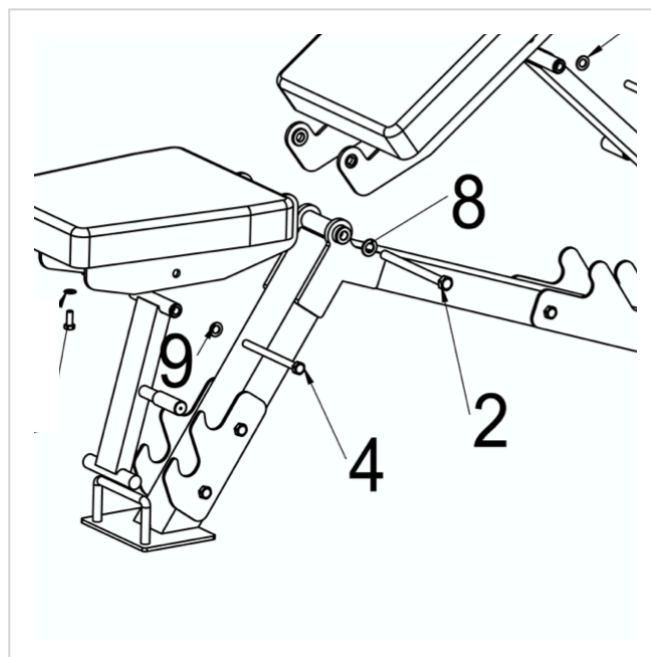
Hardware: 1× M12×150 bolt (2), 2× M12 washers (8), 1× M12 nylock nut (7), 1× M10×130 bolt (4), 2× M10 washers (9), 1× M10 nylock nut (6)

Stand the **front leg** (the section with the band pegs and foot plate) upright and bring the raised end of the seat frame onto it.

Fit the top pivot first: push the **M12×150 bolt (2)** with a **washer (8)** through the pivot at the top of the leg, then secure with the second **washer (8)** and the **M12 nylock nut (7)**.

Then fit the lower brace: insert the **M10×130 bolt (4)** with **washers (9)** each side and secure with an **M10 nylock nut (6)**.

Tip: the bench can now stand on its own. Tighten the M12 with a 19mm socket — firm, but the seat frame must still pivot freely for seat adjustment.



STEP 3 OF 4

Attach the back rest support.

Hardware: 1× M10×145 bolt (5), 2× M10 washers (9), 1× M10 nylock nut (6)

Rest the **back rest frame** on the seat frame so its support strut reaches the silver adjustment ladder.

Line up the hole at the base of the **support strut** with the pivot hole, then push the **M10×145 bolt (5)** through with a **washer (9)** under the head.

Secure with a **washer (9)** and **nylock nut (6)** on the far side.

Tip: tighten until snug, then back off a fraction — the strut must swing freely so the back rest can move between its 6 positions.



STEP 4 OF 4

Fit the seat and back pads.

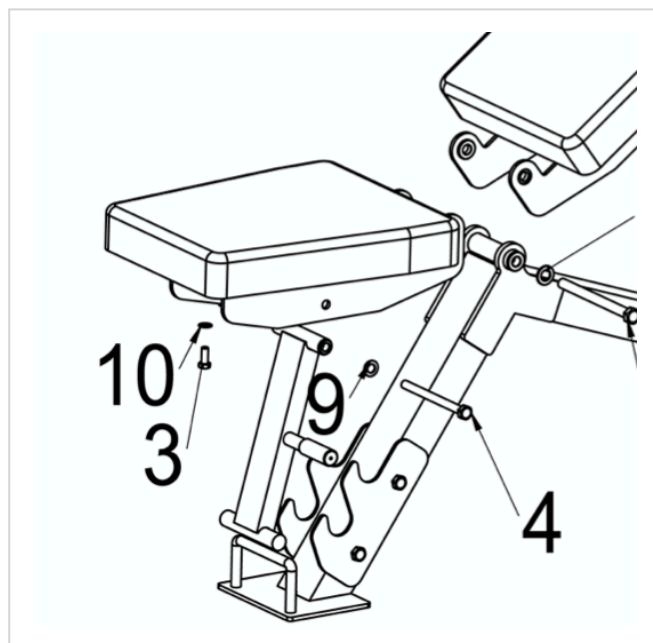
Hardware: 8× M8×20 bolts (3), 8× M8 washers (10)

Place the **seat pad** on the seat bracket and line up the four holes underneath.

Fix it from below with four **M8×20 bolts (3)**, each with an **M8 washer (10)**, using a 13mm socket.

Repeat for the **back pad** with the remaining four bolts and washers.

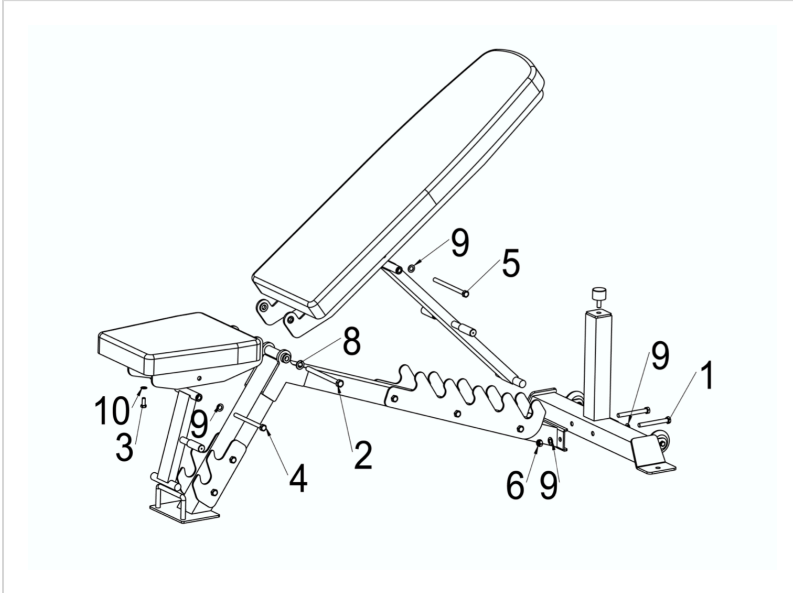
Tip: start all four bolts by hand before tightening any of them — this lets the pad centre itself on the bracket.



ASSEMBLY COMPLETE

That's it — your bench is built. Before your first session, run through the final checks on page 6 and get familiar with the back rest and seat adjustments.

Parts Diagram.



NO.	PART	QTY
1	M10×90 hex bolt	2
2	M12×150 hex bolt	1
3	M8×20 hex bolt	8
4	M10×130 hex bolt	1
5	M10×145 hex bolt	1
6	M10 nylock nut	4
7	M12 nylock nut	1
8	M12 flat washer	2
9	M10 flat washer	8
10	M8 flat washer	8

Final checks.

- ☐ All bolts are fully tightened and the bench sits flat with no rocking.
- ☐ The back rest moves smoothly through all 6 positions and seats securely in the ladder.
- ☐ The seat pad adjusts through its 3 positions and locks in place.
- ☐ Tip the bench onto its transport wheels using the handle — it should roll and set back down cleanly.
- ☐ Re-check every bolt after your first training session.

NEED HELP?

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

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