



**Commercial
Flat Bench**
(IPF Specification)

ASSEMBLY INSTRUCTIONS

VER-CFB-001



EST. TIME 10–15 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. This bench arrives mostly pre-welded — there are only two steps, and one person can assemble it comfortably in 10–15 minutes.

Tools required.

- **Socket wrench set** — 13mm (for the pad bolts), 19mm (for the leg bolts and nuts)
- **Open-end spanner** — 19mm — to hold the bolt head steady if it spins while you tighten the nut

SAFETY INFORMATION

Assemble and use the bench on flat, level ground.

The bench must sit flat on its front foot and rear foot glide during use — only tip it onto its transport wheels to move it.

Tighten all bolts firmly, then check each one again after your first use.

Check all bolts monthly and before heavy pressing sessions.

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 'M12×95' means a metric bolt: 12mm diameter, 95mm length. The two bolt sizes in this kit are easy to tell apart by length and thickness.

This diagram has no printed part numbers — the codes in these instructions (M12×95, Φ12, M8×25, Φ8) are the sizes marked on the hardware itself, so you can match them directly.

Fit washers in the order shown: flat washer against the metal first, then the spring washer, then the nut.

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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 — Attach the rear leg and wheel assembly.

☐	M12×95	Hex bolt	x2	Long bolts — through the rear bracket into the wheel leg assembly
☐	Φ12	Flat washer	x2	Fits against the bracket, before the spring washer
☐	Φ12	Spring washer	x2	Fits between the flat washer and the nut — locks the joint
☐	M12	Dome nut	x2	Threads onto each bolt to finish the joint

Step 2 — Fit the bench pad.

☐	M8×25	Hex bolt	x6	Screws up through the frame brackets into the underside of the pad
☐	Φ8	Flat washer	x6	One per bolt — sits under the bolt head against the bracket

NOTE

The Step 2 bolts thread directly into pre-installed inserts in the underside of the pad — there is no separate nut for these six bolts. This matches the parts supplied; it is not a missing part.

STEP 1 OF 2

Attach the rear leg and wheel assembly.

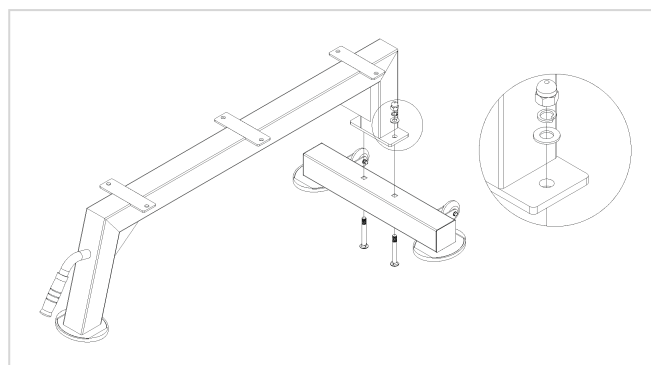
Hardware: 2× M12×95 bolts, 2× Φ12 flat washers, 2× Φ12 spring washers, 2× M12 dome nuts

Stand the **main frame** (the section with the front leg, transport handle and long frame rail) so the rear mounting bracket is accessible, as shown.

Bring the **rear leg and wheel assembly** (the short section with the transport wheel and second foot glide) up under the bracket and line up its two holes with the bracket's holes.

From below, push an **M12×95 bolt** up through both holes. Fit a **flat washer**, then a **spring washer**, then thread on an **M12 dome nut**. Repeat for the second bolt.

Tip: tighten both nuts firmly with a 19mm socket, holding the bolt head steady with a 19mm spanner if it spins.



STEP 2 OF 2

Fit the bench pad.

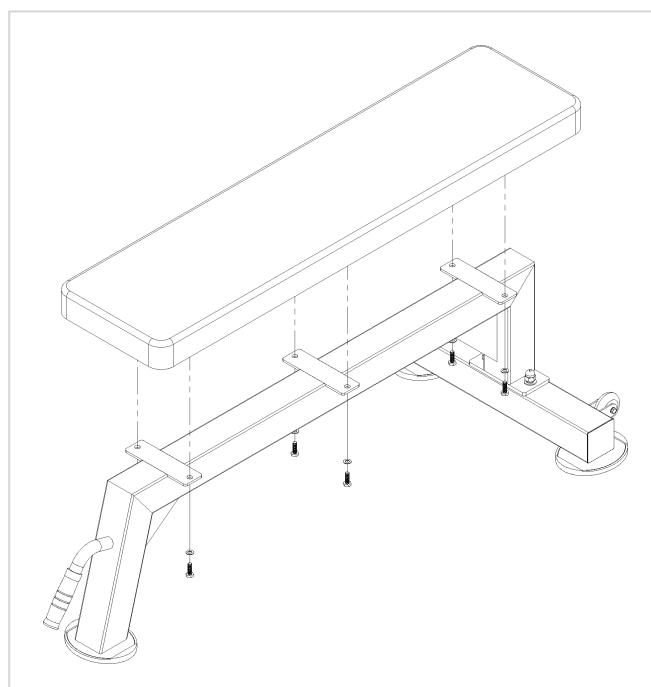
Hardware: 6× M8×25 bolts, 6× Φ8 flat washers

Turn the **pad** upside down on a soft surface or towel to protect the vinyl.

Lower the assembled frame onto the underside of the pad, lining up its three mounting brackets (six holes in total) with the pre-installed inserts in the pad.

Fit a **Φ8 washer** to each **M8×25 bolt** and start all six by hand up through the brackets into the pad before tightening any of them.

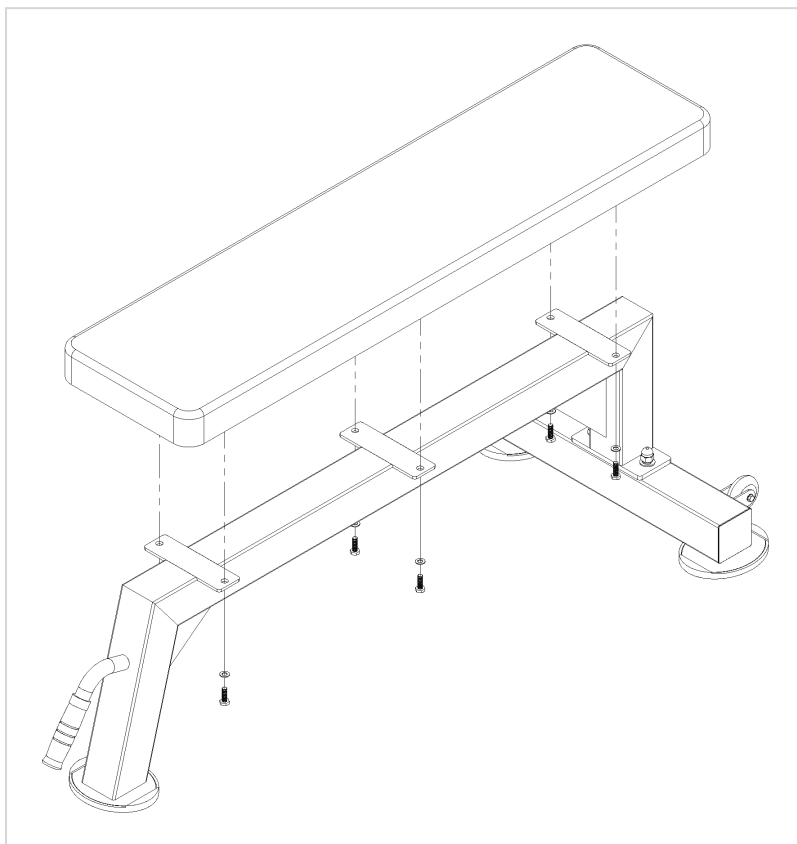
Tip: starting every bolt loosely first lets the frame centre itself on the pad; then tighten each fully with a 13mm socket.



ASSEMBLY COMPLETE

That's it — your bench is built. Turn it upright, run through the final checks on page 5, and it's ready to use.

Parts Diagram.



CODE	PART	QTY
M12×95	Hex bolt	2
Φ12	Flat washer	2
Φ12	Spring washer	2
M12	Dome nut	2
M8×25	Hex bolt	6
Φ8	Flat washer	6

Final checks.

- ☐ Both M12 dome nuts are fully tightened and the rear leg & wheel assembly does not rock.
- ☐ All six M8 bolts under the pad are tight and the pad sits flush against the frame with no gaps.
- ☐ The bench sits flat and stable on its front foot and rear foot glide, with no wobble.
- ☐ Tip the bench onto its rear wheels using the front handle — it should roll smoothly and set back down flat.
- ☐ 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