



Large Dumbbell Rack 20 Dumbbells

ASSEMBLY INSTRUCTIONS

VER-DBR-020



EST. TIME 30–40 min	PEOPLE 2 people	DIFFICULTY Moderate
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Before You Begin.

Read these instructions fully before starting assembly. Unpack the Left, Middle and Right Support Racks and all four shelf rails in a clear space and use the inventory on the next page to confirm nothing is missing. This is a large, heavy two-shelf rack — assemble it directly in the position where it will permanently stand, on flat, level ground. Two people make this much easier: one to hold each Support Rack steady while the shelf rails are bolted between them.

Tools required.

- **Socket wrench** — 17mm socket, for every M10 bolt on this rack
- **Open-end spanner** — 17mm — to hold the nylock nuts steady while you tighten the bolts
- **Rubber mallet** — helpful for aligning bolt holes (optional)

SAFETY INFORMATION

Assemble this rack in the exact spot where it will permanently stand. Do not build it lying down and stand it upright afterwards — the Support Racks are heavy welded steel and can tip while being lifted into position. Stand all three Support Racks on flat, level ground before fitting any shelf rails between them.

Once assembled and in use, always load your heaviest dumbbells onto the FRONT (lower) shelf and lighter dumbbells onto the BACK (upper) shelf — this keeps the rack's weight low and reduces the risk of tipping.

Load weight evenly along each shelf and evenly across the Left, Middle and Right supports. Never load one end of the rack while leaving the other empty.

Check every bolt after the first week of use, then monthly.

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then go back and fully tighten once all three Support Racks are standing square and flat.

Every bolt uses a washer under the bolt head AND under the nut.

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

Only one bolt size is used on this entire rack: **M10×25** — a metric bolt, 10mm diameter, 25mm length.

Part numbers in these instructions match the numbers printed on the parts diagram on page 5.

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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.

Components.

☐	1	Left Support Rack	x1	End frame — check for shipping damage before you start
☐	2	Middle Support Rack	x1	Centre frame — supports both shelf rails where they meet
☐	3	Right Support Rack	x1	End frame — mirrors the Left Support Rack
☐	7	Weight Support Rack	x4	Shelf rail sections — 2 form the front shelf, 2 form the back shelf

Step 1 — Position the supports and fit the front shelf.

☐	4	M10×25 hex bolts	x8	2 at the Left Support, 4 at the Middle Support, 2 at the Right Support
☐	5	M10 flat washers	x16	2 per bolt — one under the head, one under the nut
☐	6	M10 nylock nuts	x8	One per bolt

Step 2 — Fit the back shelf.

☐	4	M10×25 hex bolts	x8	2 at the Left Support, 4 at the Middle Support, 2 at the Right Support
☐	5	M10 flat washers	x16	2 per bolt — one under the head, one under the nut
☐	6	M10 nylock nuts	x8	One per bolt

STEP 1 OF 2

Position the supports and fit the front shelf.

Hardware: 8× M10×25 bolts (4), 16× M10 washers (5), 8× M10 nylock nuts (6)

Stand the **Left Support Rack (1)**, **Middle Support Rack (2)** and **Right Support Rack (3)** upright on flat, level ground, in the exact spot where the rack will permanently stand.

Lift the first **Weight Support Rack (7)** shelf rail onto the lower mounting bracket of the Left Support and the Middle Support. Line up the bracket holes at each end and fit an **M10×25 bolt (4)** through each, with a **washer (5)** under the bolt head and a **washer (5)** and **nylock nut (6)** on the inside — 2 bolts into the Left Support, 2 bolts into the Middle Support.

Repeat with the second front-shelf **Weight Support Rack (7)** between the Middle Support and the Right Support, using 2 more bolts into the Middle Support bracket and 2 bolts into the Right Support.

Tip: leave every bolt finger-tight until all three supports stand square and flat on the ground, then fully tighten with a 17mm socket while holding the nut with a spanner.



STEP 2 OF 2

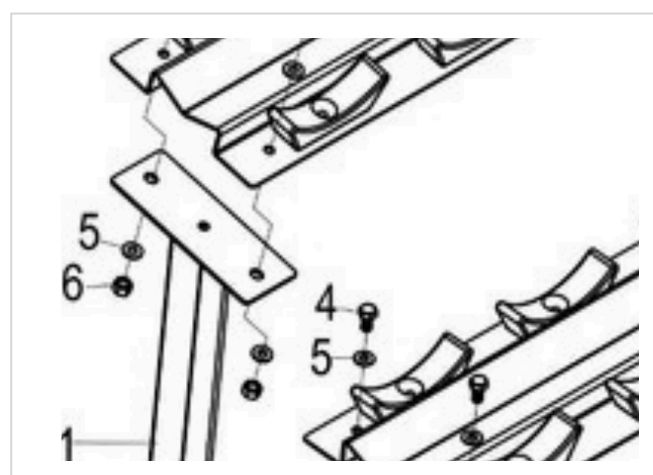
Fit the back shelf.

Hardware: 8× M10×25 bolts (4), 16× M10 washers (5), 8× M10 nylock nuts (6)

With the front shelf holding all three supports square, lift the third **Weight Support Rack (7)** onto the upper mounting bracket of the Left Support and the Middle Support — the same bracket pattern as Step 1, higher up the frame.

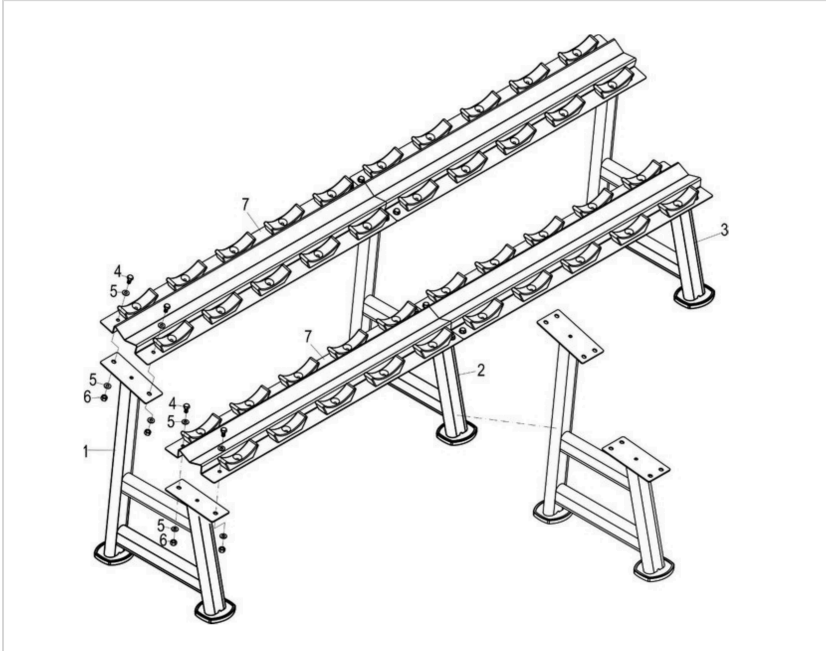
Secure each end with **M10×25 bolts (4)**, **washers (5)** and **nylock nuts (6)**: 2 bolts into the Left Support, 2 bolts into the Middle Support.

Fit the fourth **Weight Support Rack (7)** between the Middle Support and the Right Support the same way, using the remaining 2 bolts at the Middle Support and 2 bolts at the Right Support.



Tip: once both shelves are in place, go back over every bolt on the rack and fully tighten it — 17mm socket on the bolt head, 17mm spanner holding the nut

Parts Diagram.



NO.	PART	QTY
1	Left Support Rack	1
2	Middle Support Rack	1
3	Right Support Rack	1
4	M10×25 hex bolt	16
5	M10 flat washer	32
6	M10 nylock nut	16
7	Weight Support Rack	4

Final checks.

- ☐ All 16 bolts are fully tightened — front and back shelves, at all three supports.
- ☐ The rack stands flat on all six feet with no rocking.
- ☐ Both shelf rails sit level and the joint at the Middle Support is flush and tight.
- ☐ Before loading dumbbells, plan to load the heaviest dumbbells onto the front (lower) shelf and the lightest onto the back (upper) shelf.
- ☐ Load both shelves evenly across all three supports — never leave one end loaded and the other empty.
- ☐ Re-check every bolt after the first week of use, 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