



Dumbbell Tower Rack

ASSEMBLY INSTRUCTIONS

VER-DBT-020



EST. TIME 10–15 min	PEOPLE 2 people	DIFFICULTY Easy
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Before You Begin.

Read these instructions fully before starting assembly. Unpack the Main Frame and both Foot Racks in a clear space and use the inventory on the next page to confirm nothing is missing. This tower stands 1.3m tall and is narrow at the base until both Foot Racks are fitted, so build it standing upright in the spot where it will permanently live — don't assemble it lying down and stand it up afterwards. Two people make this much easier: one to hold the frame steady, one to fit the feet.

Tools required.

- **Socket wrench** — 17mm socket, for the M10 bolts
- **Open-end spanner** — 17mm — to hold the nylock nuts while tightening

SAFETY INFORMATION

Assemble this tower in the exact spot where it will stand permanently — not somewhere else, then moved into place once loaded.

Stand the tower on flat, level ground and fit both Foot Racks before loading any dumbbells onto it.

Always load the heaviest dumbbells onto the lowest hooks and the lightest onto the top hooks — this keeps the tower's weight low and reduces the risk of it tipping.

Load both sides of the tower evenly as you fill it. Never leave one side loaded and the other side empty — an uneven load can tip the tower over.

Check all bolts monthly and retighten if loose.

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once both Foot Racks are fitted.

The notation 'M10×20' means a metric bolt: 10mm diameter, 20mm length.

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 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	Main Frame	x1	The upright post, with hooks for 20 hex dumbbells — check for shipping damage before you start
☐	2	Foot Rack	x2	Bolts to the base of the Main Frame to widen its stance — one per side

Step 1 — Attach the first Foot Rack.

☐	3	M10×20 hex bolts	x2	Secure the first Foot Rack to the base of the Main Frame
☐	4	M10 flat washers	x4	2 per bolt — one under the head, one under the nut
☐	5	M10 nylock nuts	x2	One per bolt

Step 2 — Attach the second Foot Rack.

☐	3	M10×20 hex bolts	x2	Secure the second Foot Rack to the base of the Main Frame
☐	4	M10 flat washers	x4	2 per bolt — one under the head, one under the nut
☐	5	M10 nylock nuts	x2	One per bolt

STEP 1 OF 2

Attach the first Foot Rack.

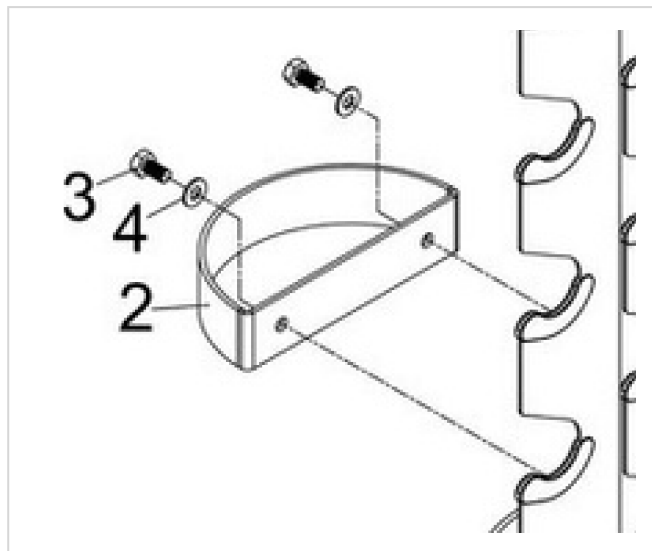
Hardware: 2× M10×20 bolts (3), 4× M10 washers (4), 2× M10 nylock nuts (5)

Stand the **Main Frame (1)** upright in the spot where the tower will permanently live.

Fit the first **Foot Rack (2)** against the base of the frame, lining up its two mounting holes with the holes in the frame.

Insert the two **M10×20 bolts (3)** through the Foot Rack, with a **washer (4)** under each head, then fit a **washer (4)** and **nylock nut (5)** on the inside of each.

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



STEP 2 OF 2

Attach the second Foot Rack.

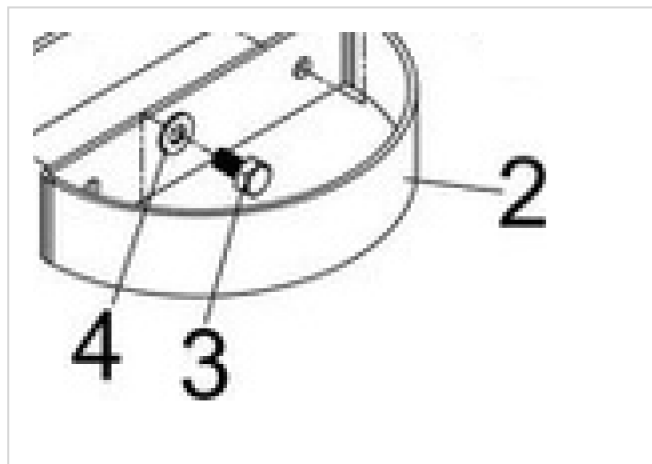
Hardware: 2× M10×20 bolts (3), 4× M10 washers (4), 2× M10 nylock nuts (5)

Fit the second **Foot Rack (2)** to the opposite side of the frame's base, in the same way as the first.

Insert the remaining two **M10×20 bolts (3)**, each with a **washer (4)** under the head, then secure with a **washer (4)** and **nylock nut (5)** on the inside.

Fully tighten both bolts once the Foot Rack sits flush and square with the first.

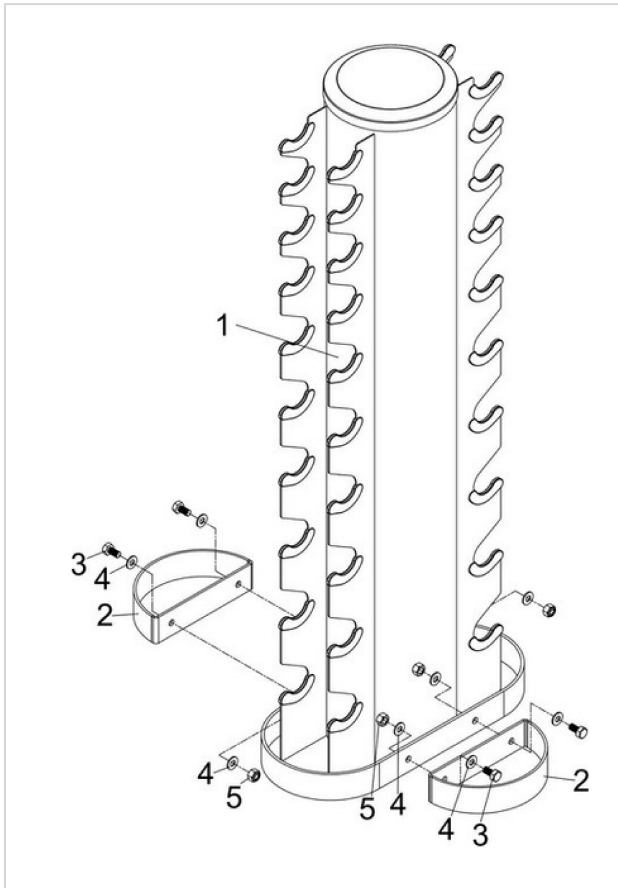
Tip: check the tower stands level on both feet before you tighten fully — a gap under one Foot Rack means it isn't seated flush yet.



ASSEMBLY COMPLETE

That's it — the tower is built. Before loading any dumbbells, run through the final checks on page 5, and always load the heaviest dumbbells onto the bottom hooks first.

Parts Diagram.



NO.	PART	QTY
1	Main Frame	1
2	Foot Rack	2
3	M10×20 hex bolt	4
4	M10 flat washer	8
5	M10 nylock nut	4

Final checks.

- ☐ Both Foot Racks are bolted flush to the base of the frame and all 4 bolts are fully tightened.
- ☐ The tower stands level on its two Foot Racks and doesn't rock.
- ☐ Before loading dumbbells, plan to load the heaviest pairs onto the lowest hooks and the lightest onto the top hooks.
- ☐ Load both sides of the tower evenly as you fill it — never leave one side loaded and the other empty.
- ☐ Re-check every bolt after the first week of use.

NEED HELP?

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

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