



GHD Glute Ham Developer

ASSEMBLY INSTRUCTIONS

VER-GHD-004



EST. TIME 45–60 min	PEOPLE 2 people	DIFFICULTY 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 is a heavier commercial frame — build it with two people and allow 45–60 minutes.

Tools required.

- **Socket wrench set** — 19mm socket for all M12 bolts
- **Open-end spanner** — 19mm — to hold the nylock nuts while tightening
- **Allen key** — 6mm — for the M8 roller axle bolts
- **Phillips screwdriver** — for the M10 roller end cap screws
- **Rubber mallet** — helpful for aligning bolt holes (optional)

SAFETY INFORMATION

Assemble and use the GHD on flat, level ground with all four wheels/feet sitting square and no rock in the frame.

This machine holds the user's full bodyweight in an inverted position — fully tighten every bolt before first use, and check them again after the first session and monthly after that.

Set and fully pin the footplate and knee pad plate to the correct position for the user before every session. Never adjust either one while someone is on the machine.

Before each use, confirm the footplate adjustment pin is dropped fully home in its hole and both roller axles are secure.

This product must be assembled and adjusted by adults only.

ASSEMBLY TIPS

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

The notation 'M12×75' means a metric bolt: 12mm diameter, 75mm length. Bolt lengths differ between steps — check before inserting.

Always place a washer under the bolt head AND under the nut, except where the hardware inventory says otherwise.

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

Bolt sizes in these instructions match the sizes printed 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 — Build the base frame.

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|--------------------------|---------------|--|-----------|---|
| ☐ | M12×75 | Hex bolt, washer & nylock nut | ×8 | Joins the two base rails to the front and rear cross-braces |
|--------------------------|---------------|--|-----------|---|

Step 2 — Attach the uprights and rear post.

- | | | | | |
|--------------------------|----------------|--|------------|--|
| ☐ | M12×100 | Hex bolt, washer & nylock nut | ×10 | Main structural bolts — joins the uprights, rear post and braces to the base |
|--------------------------|----------------|--|------------|--|

Step 3 — Fit the pad arms, footplate bracket and knee pad.

- | | | | | |
|--------------------------|----------------|--|-----------|---|
| ☐ | M12×100 | Hex bolt, washer & nylock nut | ×4 | Fixes the thigh pad arm and hip pad arm to the top of the uprights |
| ☐ | M12×85 | Hex bolt, washer & nylock nut | ×4 | Secures the footplate adjustment bracket to the frame |
| ☐ | M12×25 | Hex bolt, washer & nylock nut | ×2 | Short bolts — fixes the knee pad mounting plate to the adjustable upright |

Step 4 — Fit the leg rollers and end caps.

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|--------------------------|---------------|--------------------------------------|-----------|---|
| ☐ | M8×30 | Socket-head bolt & washer | ×8 | Axle bolt for each roller — 2 per roller, 4 rollers |
| ☐ | M10×25 | Phillips-head bolt | ×4 | Secures the plastic end cap on each roller — no washer or nut |

STEP 1 OF 4

Build the base frame.

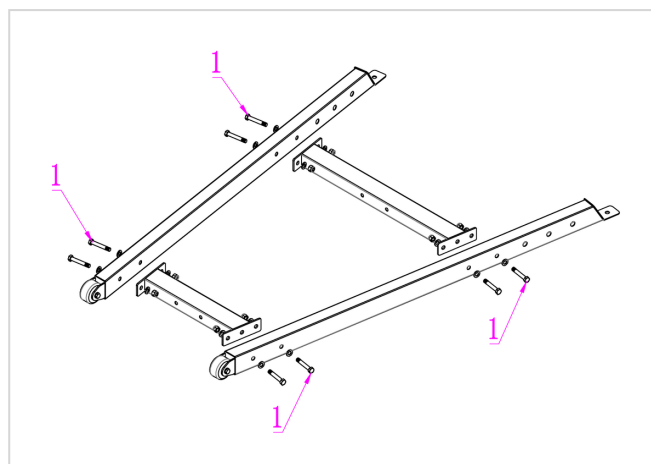
Hardware: 8× M12×75 bolts, washers & nylock nuts

Lay the two long **base rails** (the sections carrying the transport wheels) on the floor with the wheels facing the same direction.

Fit the shorter cross-braces between the rails near the front and rear, lining up the bolt holes in each mounting plate.

Insert an **M12×75 bolt** through each joint with a washer under the head, then fit a washer and nylock nut on the other side.

Tip: leave all 8 bolts finger-tight until the frame sits flat and square on the floor, then fully tighten with a 19mm socket while holding the nut with a spanner.



STEP 2 OF 4

Attach the uprights and rear post.

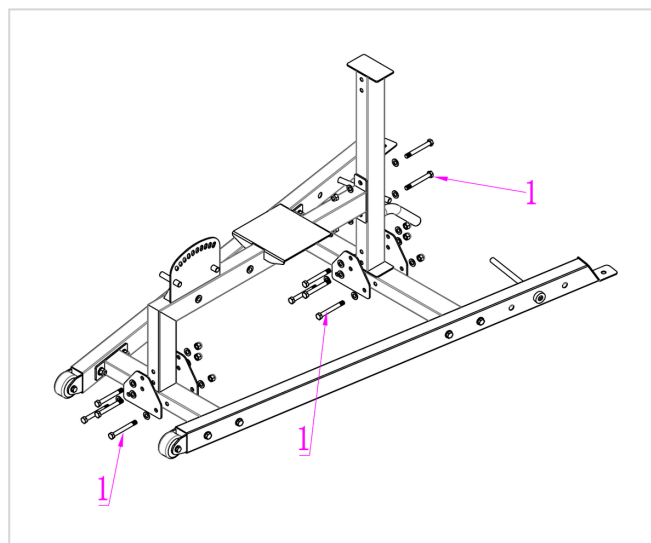
Hardware: 10× M12×100 bolts, washers & nylock nuts

Stand the **upright frame** (the twin vertical posts with the diagonal braces) onto the base frame, lining up the mounting plates at each joint.

Fit the rear support post into its bracket at the back of the base frame.

Insert the **M12×100 bolts** through the five brace and post joints, with a washer under the head and under the nut at each.

Tip: start every bolt in this step by hand before fully tightening any one of them — this keeps the frame square. The GHD will not be stable until all 10 are fully tightened, so don't lean on it yet.



STEP 3 OF 4

Fit the pad arms, footplate bracket and knee pad.

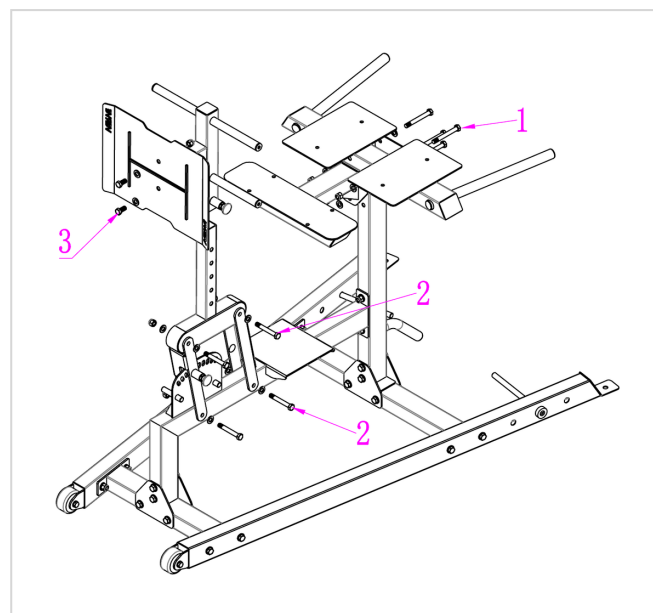
Hardware: 4× M12×100 bolts (pad arms), 4× M12×85 bolts (footplate bracket), 2× M12×25 bolts (knee pad plate) — all with washers & nylock nuts

Fit the **thigh pad arm** and the **hip pad arm** to the top of the uprights and secure each with **M12×100 bolts**, washers and nylock nuts.

Attach the **footplate adjustment bracket** (the hinged assembly with the spring-loaded pin) to the base of the frame using the **M12×85 bolts**, washers and nylock nuts.

Fit the **knee pad mounting plate** (the plate carrying the VERVE logo) to the adjustable upright with the **M12×25 bolts**, washers and nylock nuts.

Tip: leave the knee pad plate bolts finger-tight for now — you'll set its height for the user once the machine is built, then fully tighten and pin it before use.



STEP 4 OF 4

Fit the leg rollers and end caps.

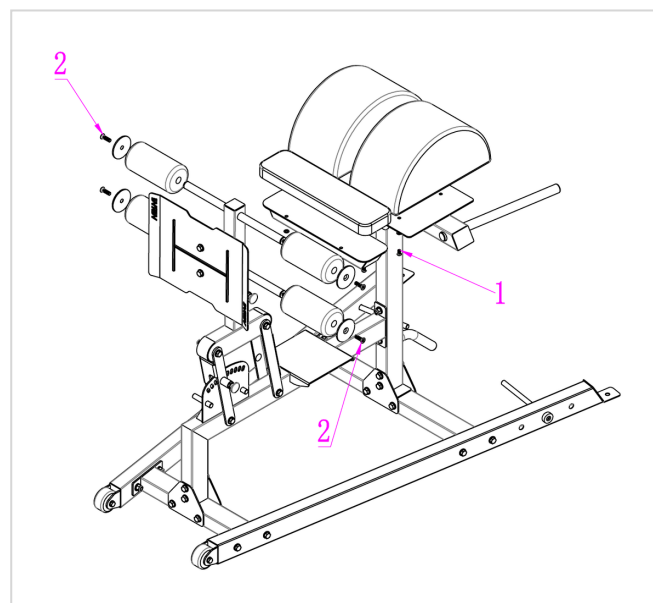
Hardware: 8× M8×30 bolts & washers, 4× M10×25 bolts

Slide each of the four **leg rollers** onto its axle at the base of the pad arms.

Secure each roller with an **M8×30 bolt** and washer through the axle end, using a 6mm Allen key.

Fit the plastic end cap to the outer end of each roller and secure with an **M10×25 Phillips screw**.

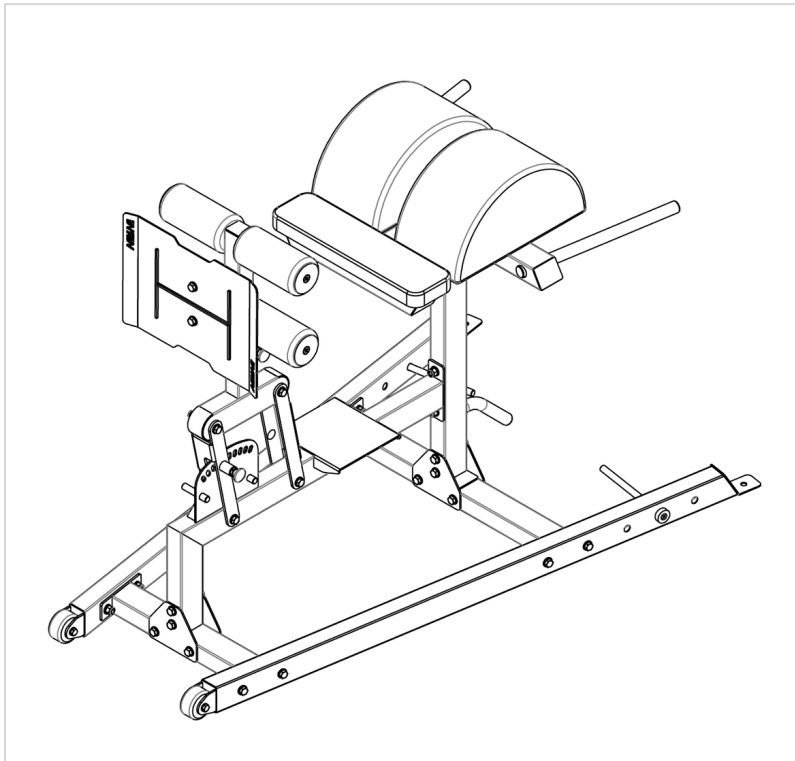
Tip: the rollers should spin freely once fitted. If one feels tight, back the M8 axle bolt off a fraction rather than forcing it.



ASSEMBLY COMPLETE

That's it — your GHD is built. Before your first session, run through the final checks on page 6 and set the footplate and knee pad plate for the user.

Parts Diagram.



CODE	PART	QTY
M12×75	Hex bolt, washer & nylock nut set	8
M12×100	Hex bolt, washer & nylock nut set	14
M12×85	Hex bolt, washer & nylock nut set	4
M12×25	Hex bolt, washer & nylock nut set	2
M8×30	Socket-head bolt & washer set	8
M10×25	Phillips-head bolt	4

Codes are the bolt sizes printed on the original hardware sheets for each step — they are not position numbers on this diagram.

Final checks.

- ☐ Every bolt from Steps 1 and 2 is fully tightened — these carry the user's full bodyweight and the frame should not flex or rock.
- ☐ The footplate adjusts smoothly through its 10 horizontal and 6 vertical notches, and the adjustment pin drops fully home in each position.
- ☐ The knee pad plate is set for the user's height and its bolts are fully tightened, not just finger-tight.
- ☐ All four leg rollers spin freely and their end caps are secure.
- ☐ The unit sits flat and level with no rock, and the wheels face forward.
- ☐ Re-check every bolt after the 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