



Low Row Foot Plate Attachment

FITTING INSTRUCTIONS

VER-LRA-FPA



WEIGHT	CONSTRUCTION	FITS
7 kg	Heavy Gauge Steel	Racks, Rigs, Tori Cable

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Before You Begin.

The Low Row Foot Plate Attachment ships as a single pre-assembled unit — the crossbar, foot plates and mounting bracket are welded and finished as one piece. There is no hardware to bolt together. This guide covers fitting it to your VERVE rack, rig or Tori Cable Attachment, and using it safely once fitted.

Tools required.

None. The attachment fits and releases using its built-in spring pull pin — no spanners, sockets or fasteners are needed.

SAFETY INFORMATION

Confirm the pull pin is fully through the upright and the hook is seated flush before putting any weight through the foot plates.

Fit and use the attachment on a rack, rig or Tori Cable Attachment on flat, stable ground only.

Inspect the foot plates, crossbar, hook and pin for damage or wear before every session.

Keep fingers clear of the pin mechanism while fitting or removing the attachment.

This attachment must be fitted by adults only.

FITTING TIPS

The mounting bracket is designed for VERVE racks, rigs and the Tori Cable Attachment. If you are fitting it to other equipment, check the upright hole spacing and diameter against the bracket before use.

Choose an upright position low enough that you can sit on the floor facing the cable point comfortably.

The hook engages first, then the pin locks the bracket in place — fit them in that order.

No fixing bolts or spacers are supplied with this attachment — the hook and pull pin are the only fitting hardware.

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What's in the Box.

Check the item below before fitting. If anything is missing or damaged, contact VERVE support before you start.

- **1× Low Row Foot Plate Attachment** — crossbar, two angled diamond-plate foot plates and mounting bracket, welded and finished as one pre-assembled unit
- **Built-in mounting hardware** — a fixed hook and a spring-loaded pull pin, both part of the mounting bracket itself

NOTE

No separate bolts, spacers or brackets are supplied — this attachment does not need any. The hook and pull pin built into the mounting bracket are the complete fitting system.

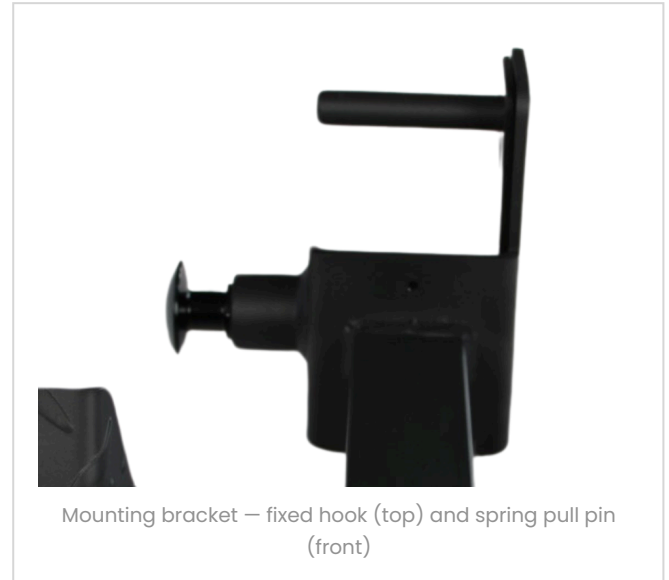
The source documentation for this attachment does not specify upright hole spacing, pin diameter or load capacity. Confirm fit and suitability for your equipment before installing if you have any doubts.

Fitting & Use.

The mounting bracket sits behind the crossbar. It combines a fixed hook profile with a spring-loaded pull pin — shown here on your Tori Cable Attachment or rig upright.

To fit it:

- Choose an upright position low enough to sit on the floor facing the cable point.
- Hook the top of the bracket over the upright so it sits flush against the front face.
- Pull the pin handle, swing the bracket into place, and line the pin up with the nearest hole.
- Release the pin so it passes fully through the hole and locks the bracket in position.
- Pull down on the crossbar to confirm the hook and pin are both engaged before loading it.



To use it:

Sit on the floor facing the cable point with the attachment fitted at a low-row height. Brace both feet flat against the diamond-plate foot plates and perform your low row pull as normal. To remove the attachment, pull the pin handle clear and lift the bracket off the upright.

Final Checks.

- ☐ The pull pin is fully through the upright hole and the hook is seated flush before loading the attachment.
- ☐ Both foot plates sit level and do not move independently of the crossbar.
- ☐ The attachment does not lift or twist off the upright when pulled downward or sideways.
- ☐ The VERVE branding on the crossbar sits centred and upright, facing forward.
- ☐ Re-check the hook and pin engagement before every session.



NEED HELP?

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

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