

VERVE®

Pin Loaded Seated Leg Press

Makoto Series

ASSEMBLY INSTRUCTIONS

VER-MAK-207



EST. TIME
~2 hours

PEOPLE
2 people

DIFFICULTY
Advanced

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Before You Begin.

This is a commercial selectorised leg press with a loaded weight stack — professional installation is strongly recommended, and you should assemble with a second person at minimum, as several components are large, heavy or awkward to handle alone. Check every part in the Hardware Inventory (page 3) against your carton before starting. Read every step before you start, and follow the sequence exactly — skipping ahead can mean disassembling completed work later. After assembly, check every function operates correctly before use.

Tools required.

- **Wrench set** — sizes per bolt, see Hardware Inventory
- **Rubber mallet** — for aligning bolt holes
- **Hex key set** — sizes per bolt, see Hardware Inventory
- **Punch wrench** — for pin and shaft alignment

Note: the source manual does not specify socket or spanner sizes for its tool list — match your wrench and hex key to each bolt's diameter as you go (e.g. a M12 bolt takes a 19mm spanner, M10 takes 17mm, M8 takes 13mm).

SAFETY INFORMATION

- Obtain a complete physical examination from your physician before beginning any fitness program.
- Do not allow children on or near the equipment.
- Use the equipment only for its intended purpose — unapproved attachments can cause injury.
- Wear proper exercise clothing and shoes; no loose clothing.
- Be careful when getting on or off the equipment.
- Do not overexert yourself or work to exhaustion.
- Stop immediately and consult your physician if you feel pain or abnormal symptoms.
- Never operate the unit if it has been dropped or damaged.
- Never drop or insert anything into any opening in the equipment.
- Check the unit and its cable before every use — all fasteners and the cable must be secure.
- Frayed or worn cables are dangerous — check regularly and replace at the first sign of wear.
- Keep hands, limbs, loose clothing and long hair well clear of moving parts.
- Do not attempt to lift more weight than you can control safely.
- Do not use the equipment outdoors.
- Assemble and operate on a solid, level surface, clear of walls and furniture.

ASSEMBLY TIPS

Finger-tighten every bolt first, then fully tighten once each step is complete — the source manual asks you to leave room for adjustment and not fully tighten until instructed.

Bolt notation such as 'M12×35' means a metric bolt: 12mm diameter, 35mm length. Match the length exactly — several similar-looking bolts are used throughout.

The source manual calls nylock nuts "nylon hat" and "nylon cap" — wherever you see either in these instructions, it means a standard **nylon-insert lock nut**. It also names part #4 three different ways ("pedal stand", "pedal bracket", "foot bracket") and part #5 two ways ("pedal frame", "foot stand") — all refer to the same single part.

Part codes in these instructions match the numbers on the Hardware Inventory (page 3) and the Parts Diagram (page 9).

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Hardware Inventory.

Check every part against this list before assembly. Codes match the numbers used throughout these instructions and on the Parts Diagram (page 9). Some parts may arrive pre-installed on their sub-assembly. Items marked † have a source-text note — see Hardware Reconciliation below.

NO.	PART	SPEC	QTY	NO.	PART	SPEC	QTY
1	Door frame assembly	—	1	36	Counterweight cushion	—	2
2	Left stand assembly	—	1	37	Pipe plug	Φ32mm	2
3	Right stand assembly	—	1	38	Accessory tray (cup / phone holder)	—	1
4	Pedal stand assembly	—	1	39	Seat cushion	—	1
5	Pedal frame assembly	—	1	40	Head cushion	—	1
6	Sliding frame assembly	—	1	41	Back cushion (two-hole)	—	1
7	Back cushion frame assembly	—	1	42	Cushion bushing	—	6
8	Outer casing assembly	—	1	43	Pulley cover	—	3
9	Adjusting frame assembly	—	1	44	Pulley block	Φ89mm	3
10	Left handle assembly	—	1	45	Pulley block	Φ114mm	3
11	Right handle assembly	—	1	46	Steel cable	Φ5×4885mm	1
12	Pedal board weldment	—	1	47	Machined hex bolt	Φ7.5×M10×35mm	2
13	Telescopic frame weldment	—	1	48	Cross-recessed flat screw	M4×10mm	4
14	Side joint pipe weldment	—	1	49	Socket set screw (flat end)	M6×4mm	2
15	Bottom joint pipe weldment	—	1	50	Socket countersunk screw	M8×16mm	4
16	Upper joint pipe weldment	—	1	51†	Socket countersunk screw	M8×20mm	6
17	Rear joint pipe weldment	—	1	52	Socket countersunk screw	M10×25mm	2
18	Pad pipe weldment	—	2	53	Socket head bolt	M5×10mm	2
19	Top plate assembly	15-position selector	1	54	Socket umbrella-head bolt	M6×20mm	10
20	Left front cover assembly	—	1	55	Socket hex bolt	M8×16mm	4
21	Right front cover assembly	—	1	56	Socket head bolt	M10×20mm	2
22	Bottom cover	—	1	57	Socket umbrella-head bolt	M10×30mm	4
23	Rear cover	—	1	58†	Socket umbrella-head bolt	M10×45mm	5
24	Top cover	—	2	59	Socket head bolt	M10×60mm	1
25	Magnetic latch assembly	—	1	60	Socket head bolt	M10×75mm	4
26	Sliding guide rod	—	2	61	Hex bolt	M12×25mm	2
27	Shaft	Φ25×138mm	1	62	Hex bolt	M12×35mm	40
28	Shaft	Φ19×136mm	2	63	Hex bolt	M12×85mm	4
29	Decorative end cap	Φ32mm	4	64	Flat washer	Φ4.3×Φ12×1mm	4
30	Decorative end cap	Φ42×Φ11mm	2	65	Flat washer	Φ5.5×Φ15×1mm	2
31	Decorative end cap	Φ50mm	2	66	Flat washer	Φ8.5×Φ16×1.5mm	4
32	Guide bar	—	2	67†	Flat washer	Φ11×Φ20×2mm	20
33	Guide rod fixing sleeve	—	2	68	Flat washer	Φ13×Φ24×2mm	50
34	Nylon limit sleeve	—	2	69	Nylon cap	M10	4
35	Counterweight support rubber pad	—	2	70	Nylon lock nut	M12	4

Hardware Reconciliation — verify before assembly. Every quantity above was checked against the step-by-step usage that follows, and all 70 parts reconcile exactly. The source manual's own printed text runs several counts together without spacing (an OCR/typesetting fault, not a design change): #51 prints as "64M8x20" — read as 6x; #58's usage line adds an unexplained "wire length 15" note we cannot verify — confirm bolt shank length on site; #67 prints as "24011xP20x2" in Step 2 and "110pcs" in Step 3 — read as 2x and 10x respectively, which is the only reading that reconciles to the 20 on this list (2 + 10 + 8 in Step 4 = 20). The source also prints its entire Step 3 text block twice, verbatim, on the same page, with the Step 3 diagram alone on the following page — consolidated into one clean Step 3 here.

STEP 1 OF 5

Build the base frame.

[a] Connect the risers and pedal bracket.

Hardware: 20× M12×35 hex bolts (62), 20× washers (68)

Connect and assemble the **left stand assembly (2)**, **right stand assembly (3)** and **pedal stand assembly (4)** using connecting pipe weldments **(16)** and **(17)**.

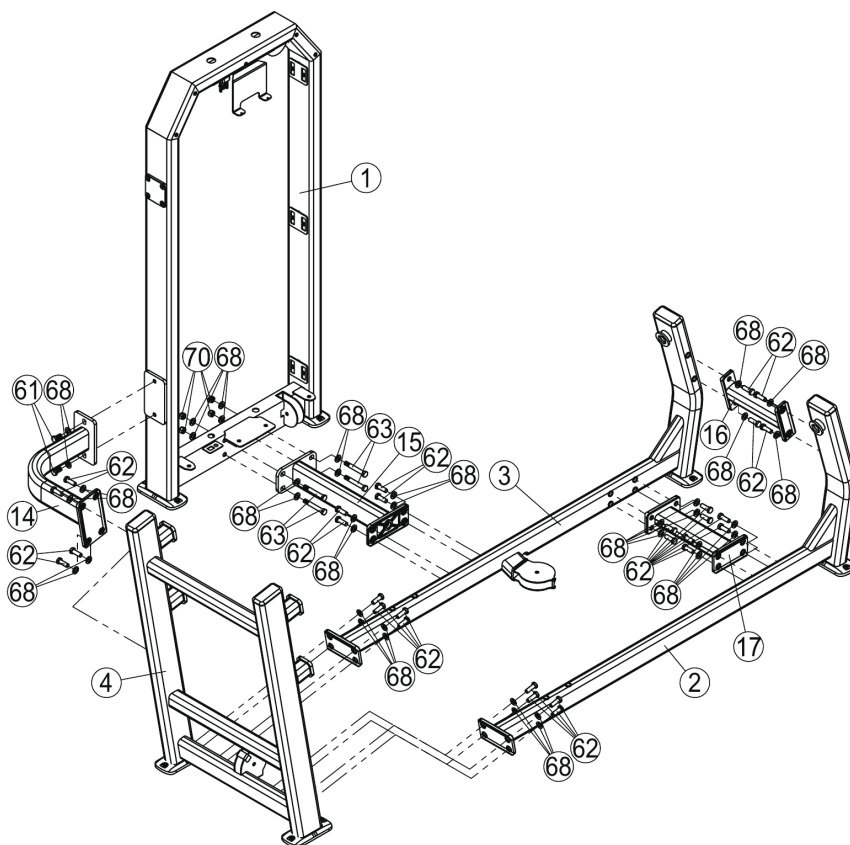
[b] Connect the door frame.

Hardware: 2× M12×25 hex bolts (61), 8× M12×35 hex bolts (62), 4× M12×85 hex bolts (63), 18× washers (68), 4× M12 nylon lock nuts (70)

Connect and assemble the **door frame assembly (1)**, side joint pipe weldment **(14)** and bottom joint pipe weldment **(15)** to the right stand assembly (3) and pedal stand assembly (4).

Tip: leave every bolt finger-tight until the frame is square, then fully tighten.

Note: bolts and nuts should be tightened to meet the requirements of installation — per the source manual, do not fully tighten until told to.



BASE FRAME — PARTS 1-4, 14-17, 61-63, 68, 70

STEP 2 OF 5

Fit the pedal stand and sliding frame.

[a] Install the pedal frame.

Hardware: 8× M12×35 hex bolts (62), 8× washers (68)

Install the **pedal frame assembly (5)** onto the left stand (2) and right stand (3) / pedal stand (4).

[b] Fit the sliding frame onto the guide rods.

Parts: 2× decorative end covers (30) · **Hardware:** 2× M10×25 countersunk screws (52), 2× M10×20 socket head bolts (56), 4× washers (67) — see Hardware Reconciliation, page 3

Insert the **sliding frame assembly (6)** onto the sliding guide rods (26), then fit 2× pad pipe weldments (18) and 6× cushion bushings (42) onto both ends of the guide rods in turn. Install the whole assembly onto the left stand (2), right stand (3) and pedal frame (5).

[c] Fit the telescopic frame.

Install the **telescopic frame weldment (13)** onto the sliding frame assembly (6).

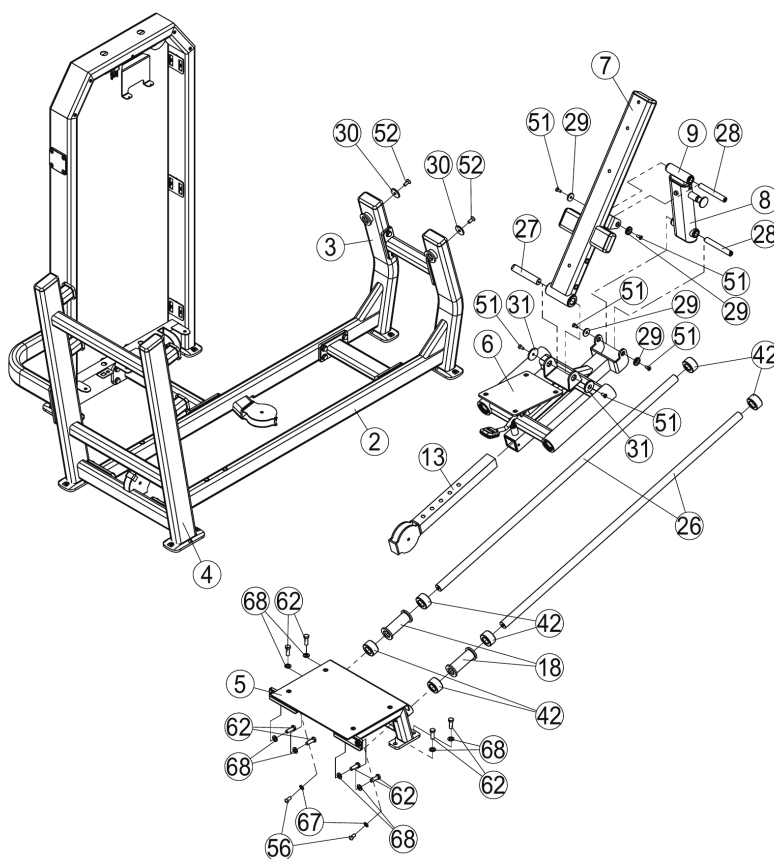
[d] Assemble the back cushion frame.

Parts: shaft $\Phi 25 \times 138\text{mm}$ (27), 2× shafts $\Phi 19 \times 136\text{mm}$ (28), 4× decorative end covers (29), 2× decorative end covers (31) ·

Hardware: 6× M8×20 countersunk screws (51) — see Hardware Reconciliation, page 3

Assemble the **back cushion frame assembly (7)**, **outer casing assembly (8)** and **adjusting frame assembly (9)** onto the sliding frame assembly (6).

Note: bolts and caps should be tightened to meet the requirements of installation.



PEDAL STAND & SLIDING FRAME — PARTS 2-9, 13, 18, 26-31, 42, 51-52, 56, 62, 67-68

STEP 3 OF 5

Install the weight stack and cable.

Weight stacks on this model range from 66–141kg depending on configuration — see the Indicator Chart supplied with your unit for the exact plate values.

[a] Fit the guide rods and weight stack.

Parts: 2× guide rod fixing sleeves (33), 2× nylon limit sleeves (34), 2× guide bars (32), top plate assembly (19), weight stack, 2× counterweight cushions (36), 2× counterweight support rubber pads (35) · **Hardware:** 2× machined hex bolts (47), 2× socket set screws (49)

Fit onto the **door frame assembly (1)**.

[b] Fit the pipe plugs.

Install 2× **pipe plugs (37)** onto the door frame assembly (1).

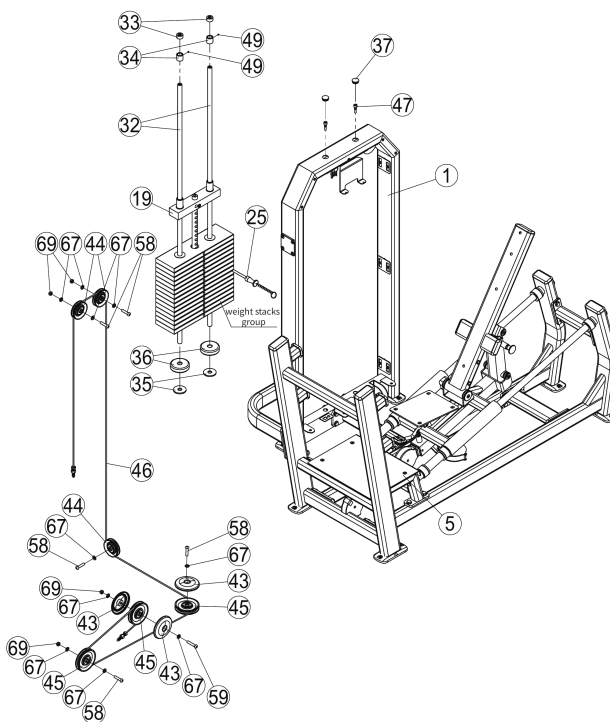
[c] Fit the magnetic latch.

Install the **magnetic latch assembly (25)** onto the weight stack, and secure the fixing ring to the top of the selector shaft when installing the cable.

[d] Route the steel cable.

Parts: steel cable (46), 3× Φ89 pulley blocks (44), 3× Φ114 pulley blocks (45), 3× pulley covers (43) · **Hardware:** 5× M10×45 bolts (58), 1× M10×60 bolt (59), 10× washers (67) — see Hardware Reconciliation, page 3, 4× nylon caps (69)

Pass the steel cable through the pulley blocks as shown, fixing both ends to the top plate (19) and pedal frame assembly (5). Fit the pulley blocks into their seats and install the pulley covers.



WEIGHT STACK & CABLE — PARTS 1, 19, 25, 32-37, 43-49, 58-59, 67, 69

STEP 4 OF 5

Fit the pedal board, handles and cushions.

[a] Install the pedal board.

Hardware: 4× M8×16 countersunk screws (50)

Install the **pedal board weldment (12)** onto the pedal stand assembly (4).

[b] Install the handles.

Hardware: 4× M12×35 hex bolts (62), 4× washers (68)

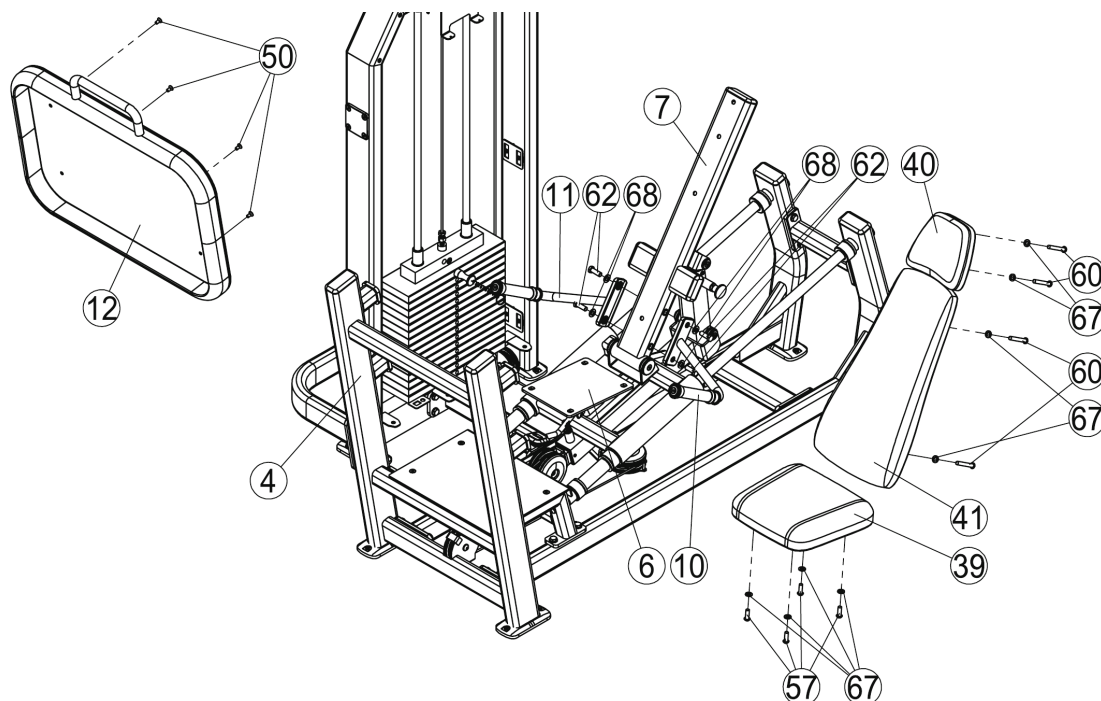
Install the **left handle assembly (10)** and **right handle assembly (11)** onto the back cushion frame assembly (7).

[c] Install the cushions.

Hardware: 4× M10×30 umbrella-head bolts (57), 4× M10×75 socket head bolts (60), 8× washers (67)

Install the **seat cushion (39)**, **back cushion (41)** and **head cushion (40)** onto the sliding frame assembly (6) and back cushion frame assembly (7) respectively.

Note: bolts and nylon caps should be tightened to meet installation requirements.



PEDAL BOARD, HANDLES & CUSHIONS — PARTS 4, 7, 10-12, 39-41, 50, 57, 60, 62, 67-68

STEP 5 OF 5

Fit the covers and finish.

[a] Install the bottom cover.

Hardware: 4× M8×16 socket hex bolts (55), 4× washers (66)

Fit the **bottom cover (22)** onto the door frame assembly (1).

[b] Install the accessory tray.

Hardware: 4× M4×10 cross-recessed screws (48), 4× washers (64)

Fit the **accessory tray (38)** onto the right front cover assembly (21).

[c] Install the front and rear covers.

Hardware: 2× M5×10 socket hex bolts (53), 2× washers (65)

Fit the **left front cover assembly (20)**, **right front cover assembly (21)** and **rear cover (23)** onto the door frame assembly (1).

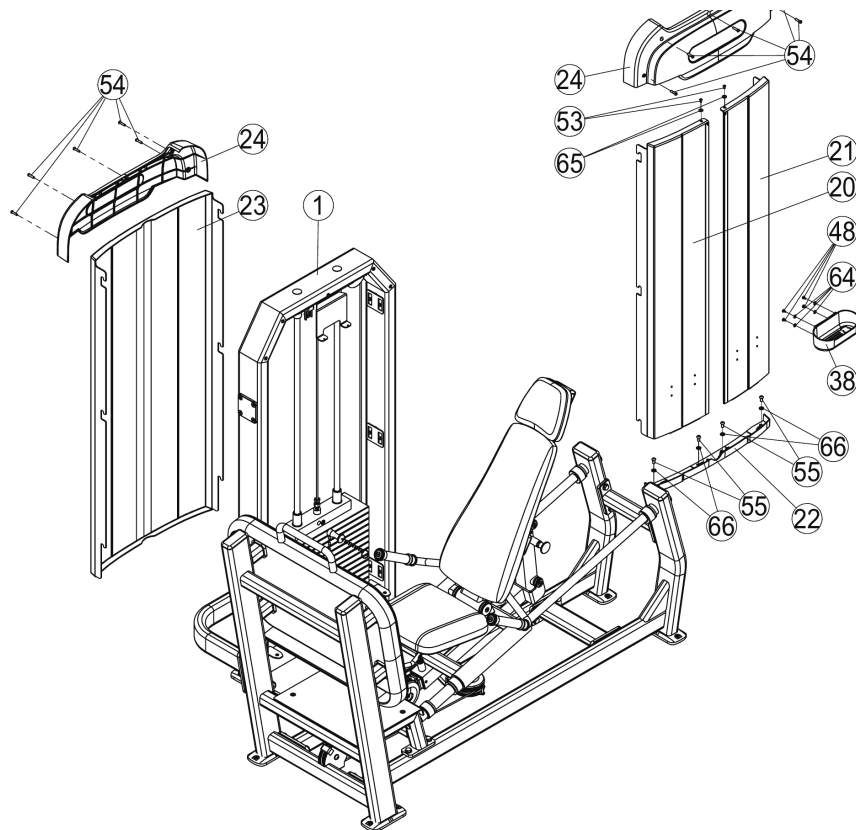
[d] Install the top covers.

Hardware: 10× M6×20 umbrella-head bolts (54)

Fit the two **top covers (24)** onto the door frame assembly (1).

ASSEMBLY COMPLETE

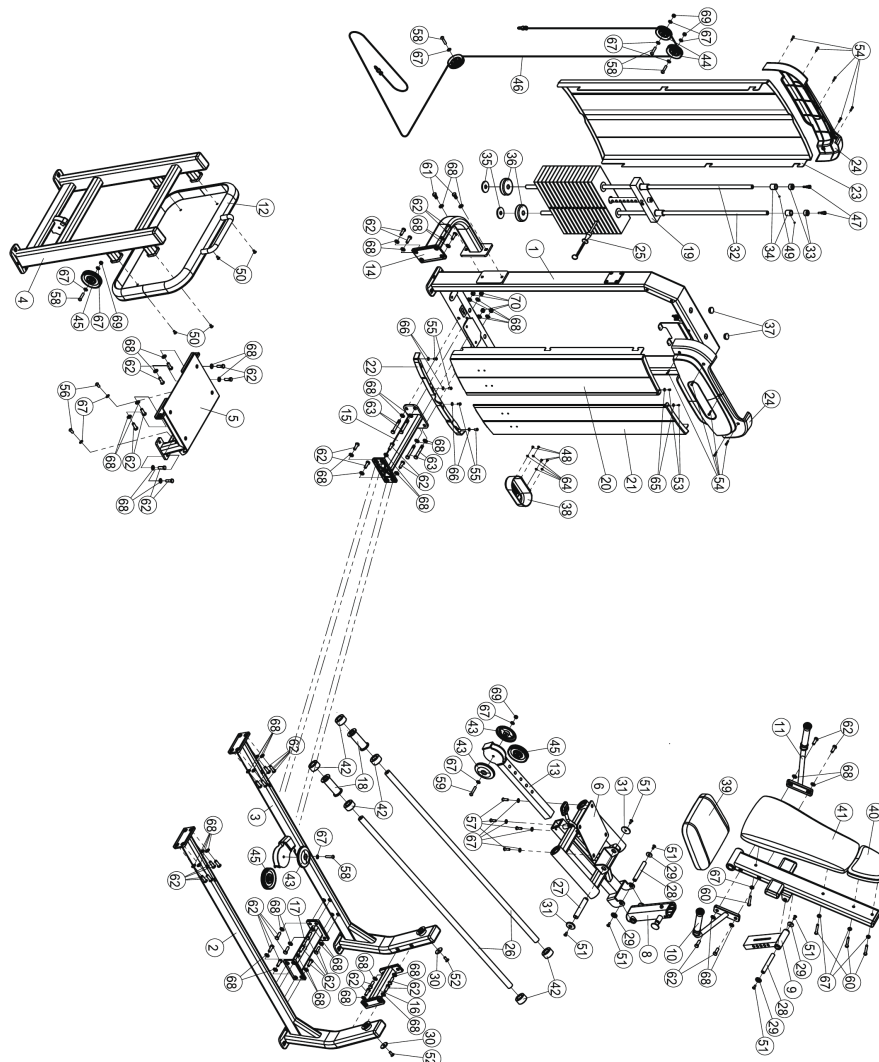
Your machine is built. Run through the final checks on page 9, fit the weight-stack indicator sticker for your configuration, and re-check every bolt after the first training session.



COVERS & FINISH — PARTS 1, 20-24, 38, 48, 53-55, 64-66

Parts Diagram.

Full exploded view of the machine. Part codes match the Hardware Inventory on page 3.



Final checks.

- ☐ All bolts and nuts are fully tightened and the frame sits flat with no rocking.
- ☐ The weight-stack pin moves freely through the full stack and locks positively at every position.
- ☐ The steel cable runs true over every pulley with no fraying, kinks or rubbing.
- ☐ The seat, back pad and handles adjust smoothly and lock securely.
- ☐ Every cover is seated flush with no exposed fasteners.
- ☐ Re-check every bolt after the first training session, 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

Maintenance & Specifications.

ROUTINE	COMMERCIAL USE	HOME USE
Inspect links, pull-pins, snap hooks, swivels and weight-stack pins	Daily	Weekly
Clean upholstery	Daily	Weekly
Inspect the cable and its tension	Daily	Weekly
Inspect accessory bars and handles	Weekly	3 months
Inspect all decals	Weekly	3 months
Inspect and tighten all nuts and bolts	Weekly	3 months
Inspect anti-skid surfaces	Weekly	3 months
Clean & lubricate guide rods (PTFE-based lubricant)	Monthly	3 months
Lubricate seat sleeves, bushings and linear bearing	Monthly	3 months
Clean and wax all glossy finishes	6 months	Yearly
Repack linear bearings with grease	6 months	Yearly
Replace the cable and connecting parts	Yearly	3 years

General maintenance.

- Wipe upholstery down with a damp cloth after every workout; use only mild soap or an approved vinyl cleaner, never an abrasive one. Replace ripped or worn upholstery immediately, and keep sharp objects away from it.
- Visually inspect the cable for fraying, cracking or discolouration; run a finger along it while idle to feel for thinning or bulging. Replace immediately at the first sign of damage — do not use the machine until it's replaced.
- Inspect all nuts and bolts for loosening and tighten as needed; go through a full re-tightening pass periodically, not just spot checks.
- Inspect and familiarise yourself with the safety warnings and other information on every decal.
- Replace anti-skid surfaces once they appear worn or become slippery.
- Check cable tension and bolt attachments periodically; re-adjust cable tension if slack develops.
- Wipe adjusting tubes with a dust-free rag before lubricating; use a silicone or Teflon-based spray on seat sleeves and guide rods.
- When servicing linear bearings, pack grease (lithium or similar) into the ball tracks by hand, then wipe off excess after reassembly.

Specifications.

Assembled dimensions	1700 × 1180 × 1600mm (L×W×H)
Net weight	203kg

Weight stack	Configuration-dependent — 66–141kg per the indicator sticker on your unit
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Dimensions and net weight above are confirmed against the current [vervefitness.com.au](https://www.vervefitness.com.au) listing for VER-MAK-207 — no conflict found. The AU listing's standard configuration ships with a 123kg stack, one of the six weight-stack options shown on the source manual's own indicator chart (66 / 84 / 96 / 114 / 123 / 141kg); confirm the sticker on your specific unit.