

VERVE®

Hyperextension

Makoto Series

ASSEMBLY INSTRUCTIONS

VER-MAK-B07 · Black (-BK) and Brown (-BR) upholstery



EST. TIME

45–60 min

PEOPLE

2 people

DIFFICULTY

Moderate

Need help? Contact support@vervefitness.com or visit vervefitness.com/support
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Before You Begin.

For the easiest possible assembly of your VERVE Hyperextension, Makoto Series, read these instructions fully before starting. Professional installation typically takes around two hours for a first-time build; an experienced installer working from this guide will be quicker. Unpack all components and hardware in a clean, clear area so you can move freely around the machine while fitting parts, and use the Hardware Inventory on the next page to confirm nothing is missing before you start.

Tools required.

- **Socket wrench set** — 13mm (M8), 17mm (M10), 19mm (M12)
- **Hex key (Allen key) set** — for the hexagon socket head screws and bolts
- **Rubber mallet** — for aligning bolt holes and pivot shafts
- **Adjustable wrench / spanner** — to hold nuts while tightening

SAFETY INFORMATION

Obtain a medical check from your physician before beginning any fitness program.

Keep children away from the equipment at all times.

Use the machine only as described in this guide. Do not fit accessory attachments not recommended by VERVE — they can cause injury.

Wear proper training shoes and fitted clothing; keep hands, feet, loose clothing and long hair clear of moving parts.

Check the frame and fasteners before every use. Stop immediately if anything feels loose or damaged, and do not use the machine until it is repaired.

Never operate the machine if it has been dropped or damaged.

Assemble and use the machine on a solid, level floor with at least 1 metre of clearance on each side.

Stop your workout and consult a physician if you feel pain or any abnormal symptoms.

ASSEMBLY TIPS

Leave every bolt finger-tight until the instructions say to fully tighten it — this keeps room to align the next part.

Follow the steps in the exact sequence given. Skipping ahead can mean taking completed sections back apart.

A second installer makes lifting and aligning the frame sections considerably safer and easier.

Part numbers in these instructions match the numbers on the parts diagram on page 6.

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Hardware Inventory.

Check all items before assembly. Quantities are grouped by the step they are used in and part numbers match the exploded diagram on page 6. If anything is missing, contact VERVE support before you start. Large welded frame sections and pads are not listed here — you will only receive one of each, and they are identified by name in the steps.

Step 1 — Join the base rack, rear rack, handrail frame and adjusting bracket.

☐	22	Hex bolt M12×35	×4	Joins the rear rack to the ground rack
☐	16	Flat washer Φ13×Φ24×2	×4	One per M12×35 bolt above
☐	12	Pivot shaft Φ25×138	×3	One per pivot joint — handrail frame, adjusting bracket, short adjustment frame
☐	14	Decorative end cap Φ50	×6	2 per pivot joint, 3 joints
☐	18	Hex socket countersunk head screw M8×25	×6	2 per pivot joint, 3 joints

Step 2 — Fit the foot rack, handle assembly and chest pad supports.

☐	22	Hex bolt M12×35	×4	Joins the foot rack to the armrest fixing frame
☐	16	Flat washer Φ13×Φ24×2	×4	One per M12×35 bolt above
☐	18	Hex socket countersunk head screw M8×25	×2	Fits the chest pad support frames and end covers to the handle assembly
☐	19	Hex socket bolt, cylindrical head, M10×20	×2	Fits the chest pad support frames to the handle assembly

Step 3 — Fit the leg pads and chest pad support frame.

☐	25	Foam inner end cover Φ80×Φ26×11.2	×2	One per leg pad
☐	26	Foam outer end cover Φ80×Φ9×12	×2	One per leg pad
☐	27	Hex socket countersunk head screw M8×25	×2	One per leg pad end cover
☐	20	Hex socket umbrella head bolt M10×30	×4	Fits the leg pads to the chest pad support frame
☐	15	Flat washer Φ11×Φ20×2	×4	One per M10×30 bolt above

PLEASE VERIFY

Every quantity above reconciles exactly against the manufacturer's parts list (page 7) — this hardware count is clean.

One exception: the Step 1 diagram marks a small fastener at each pivot point as **item 17**, absent from the parts list and written steps — likely leftover from a shared master diagram, but worth a check against the hardware bag.

STEP 1 OF 3

Join the base rack, rear rack, handrail frame and adjusting bracket.

Hardware: 4× M12×35 bolts (22), 4× washers (16), 3× pivot shafts (12), 6× end caps (14), 6× M8×25 screws (18)

Connect the **rear rack assembly (2)** to the **ground rack assembly (1)** using 4× **M12×35 hex bolts (22)** and 4× **flat washers (16)**.

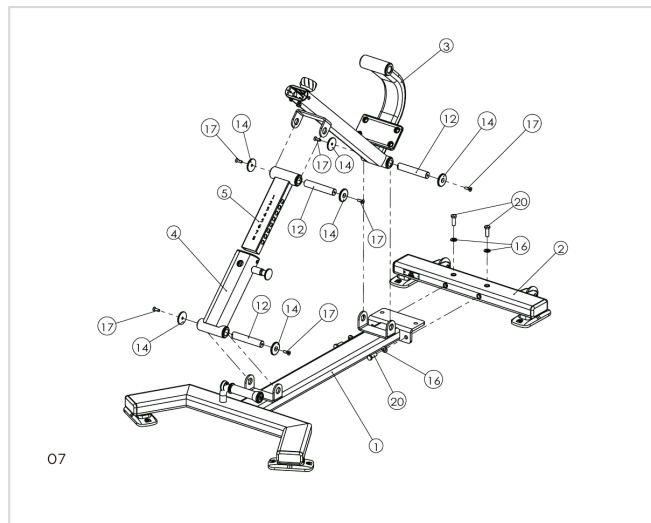
Slide the **short adjustment frame assembly (5)** into the **adjusting bracket assembly (4)** — this is a telescoping slide fit and needs no fasteners at this stage.

Connect the **handrail fixing frame assembly (3)** to the **ground rack assembly (1)** using 1× **pivot shaft (12)**, 2× **Φ50 end caps (14)** and 2× **M8×25 screws (18)**.

Connect the **adjusting bracket assembly (4)** to the ground rack assembly (1) the same way — 1× **pivot shaft (12)**, 2× **end caps (14)** and 2× **screws (18)**.

Connect the **short adjustment frame assembly (5)** to the **handrail fixing frame assembly (3)** the same way again — 1× **pivot shaft (12)**, 2× **end caps (14)** and 2× **screws (18)**.

Tip: the adjustment frame slides inside the bracket to set the chest pad height — don't force it, and don't add fasteners to that joint.



STEP 2 OF 3

Fit the foot rack, handle assembly and chest pad supports.

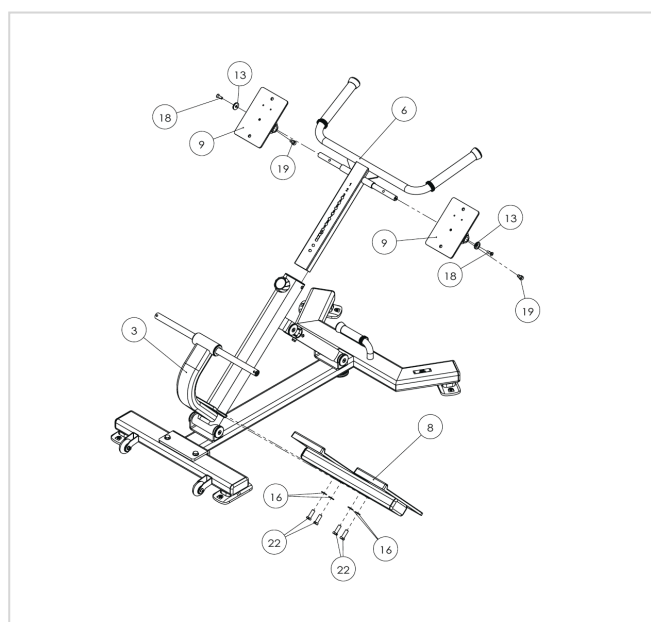
Hardware: 4× M12×35 bolts (22), 4× washers (16), 2× M8×25 screws (18), 2× M10×20 bolts (19)

Connect the **foot rack assembly (8)** to the **handrail fixing frame assembly (3)** using 4× **M12×35 hex bolts (22)** and 4× **flat washers (16)**.

Connect the **handle assembly (6)** to the handrail fixing frame assembly (3) — this joint is a slide fit and needs no fasteners.

Fit the two **chest pad support frames (9)** and two **Φ30 decorative end covers (13)** to the handle assembly (6), using 2× **M8×25 screws (18)** and 2× **M10×20 cylindrical head bolts (19)** — one set per side.

Tip: the chest pad support frames pivot — leave the M10×20 bolts snug rather than fully tight so the chest pad angle can still be set.



STEP 3 OF 3

Fit the leg pads and chest pad support frame.

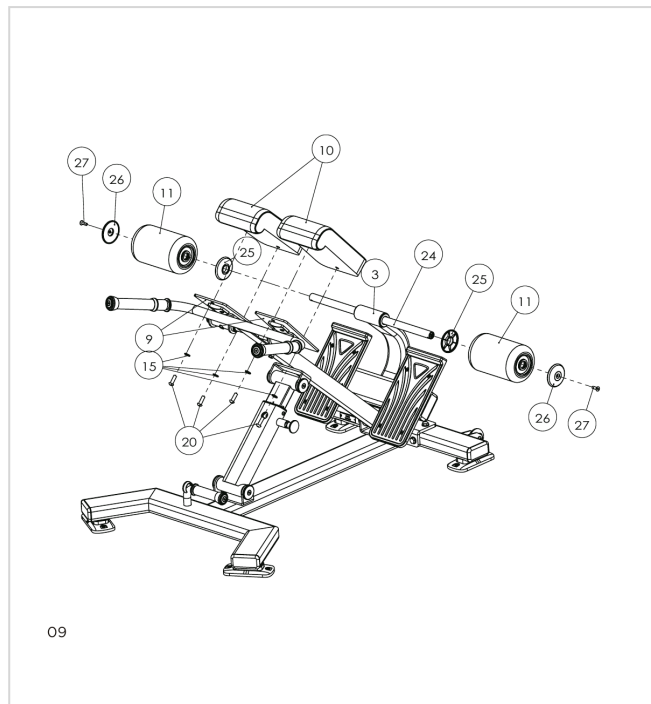
Hardware: 2× end covers (25), 2× end covers (26), 2× M8×25 bolts (27), 4× M10×30 bolts (20), 4× washers (15)

Connect the **FOM pipe welding piece (24)** to the **handrail fixing frame assembly (3)** — this is a slide fit and needs no fasteners.

Fit the two **leg press foam pads (11)** to the leg pad assembly (24), using 2× **foam inner end covers (25)**, 2× **foam outer end covers (26)** and 2× **M8×25 hex countersunk bolts (27)**.

Fit the two **leg pads (10)** to the **chest pad support frame assembly (9)** using 4× **M10×30 hex head bolts (20)** and 4× **flat washers (15)**.

Tip: check both leg pads sit at the same height before fully tightening — uneven pads make the machine awkward to use.



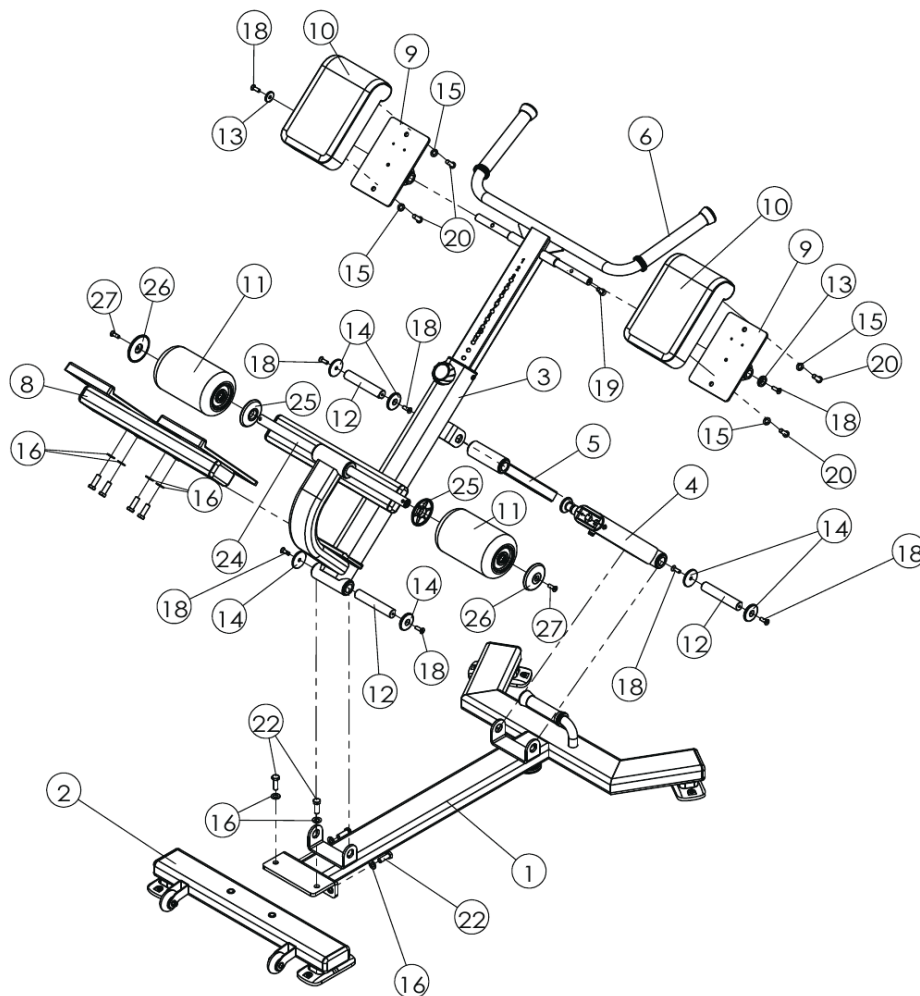
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ASSEMBLY COMPLETE

That's it — your Hyperextension is built. Before your first session, run through the final checks on page 8 and read the Weight Training Tips and Maintenance Schedule at the back of this guide.

Exploded View.

Every part number in these instructions matches the callouts on this diagram. Use it alongside the Parts Key on page 7 to identify any component.



Parts Key.

Note: some of these parts may come pre-installed. Quantities are as printed on the manufacturer's parts list. Item numbers 7, 17, 21 and 23 do not appear on the manufacturer's diagram or parts list for this product — that is expected, not a gap on our part; see page 3 for the one exception worth checking.

NO.	PART	QTY
1	Ground rack assembly	1
2	Back-to-the-floor (rear) rack assembly	1
3	Handrail fixed frame assembly	1
4	Adjusting bracket assembly	1
5	Short adjustment frame assembly	1
6	Handle assembly	1
8	Foot rack assembly	1
9	Chest pad support frame, assembled	2
10	Leg pad, 285×190×95	2
11	Leg press foam, Φ130×Φ26×210	2
12	Pivot shaft, Φ25×138	3
13	Decorative end cap Φ30, Φ9×Φ30×6	2
14	Decorative end cap Φ50, Φ9×Φ50×6.3	6
15	Flat washer, Φ11×Φ20×2	4
16	Flat washer, Φ13×Φ24×2	8
18	Hex socket countersunk head screw, M8×25	8
19	Hex socket bolt, cylindrical head, M10×20	2
20	Hex socket umbrella head bolt, M10×30	4
22	Hexagon bolt, M12×35	8
24	FOM pipe, welded	1
25	Foam inner end cover, Φ80×Φ26×11.2	2
26	Foam outer end cover, Φ80×Φ9×12	2
27	Hex socket countersunk head screw, M8×25	2

Measurement guide — fastener types used.

Hex socket countersunk / cylindrical head screw — Allen-key drive, used at the frame pivots and pad fittings (items 18, 19, 27)

Hex bolt / hex socket umbrella head bolt — spanner or socket drive, used for the main frame joints and leg pads (items 20, 22)

Final Checks.

- ☐ All bolts are fully tightened and the machine sits flat with no rocking.
- ☐ The chest pad height adjusts smoothly on the short adjustment frame and locks in position.
- ☐ The chest pad support frames pivot freely and both sit at the same angle.
- ☐ Both leg pads are level and at the same height.
- ☐ 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

Maintenance.

General maintenance information.

Links, pull-pins, snap hooks, swivels, weight stack pins: check all pieces for visible wear or damage, and check springs for proper tension and alignment. Replace immediately if a spring sticks or has lost its rigidity.

Upholstery: wipe all pads with a damp cloth after every workout. Periodically clean with a mild soap or approved vinyl upholstery cleaner — avoid abrasive cleaners. Replace ripped or worn upholstery immediately and keep sharp objects clear of it.

Belts and cables: visually inspect for fraying, cracking, peeling or discolouration, and run a finger along them to feel for thinning or bulging. Replace immediately at the first sign of wear and do not use the equipment until replaced.

Nuts and bolts: inspect for loosening and re-tighten periodically.

Decals and anti-skid surfaces: familiarise yourself with all safety warning decals, and replace anti-skid surfaces once they appear worn or slippery.

Maintenance schedule.

TASK	COMMERCIAL	HOME
Inspect links, pull pins, snap locks, swivels, weight stack pins	Daily	Weekly
Clean upholstery	Daily	Weekly
Inspect cables/belts and their tension	Daily	Weekly
Inspect accessory bars and handles	Weekly	3 months
Inspect all decals	Weekly	3 months
Inspect all nuts and bolts, tighten if needed	Weekly	3 months
Inspect anti-skid surfaces	Weekly	3 months
Clean and lubricate guide rods with a PTFE-based lubricant	Monthly	3 months
Lubricate seat sleeves, bushings, linear bearings	Monthly	3 months
Clean and wax all glossy finishes	6 months	Yearly
Repack linear bearings with grease	6 months	Yearly
Replace cables, belts and connecting parts	Yearly	3 years

Weight Training Tips.

Consult a fitness professional to develop your complete exercise program, and always consult your physician before starting. Warm up properly — stretching, light cardio or calisthenics prepare your body for the heavier workload of lifting weights.

Learn correct form before using heavy weight, know your limitations if you are new to training or returning after a long layoff, and pay attention to your breathing — exhale on exertion, never hold your breath.

First determine a set of realistic goals for yourself, and decide on an exercise plan that is right for you before starting — this contributes significantly to long-term success.

Specifications.

SPEC	VALUE
Assembled dimensions (L×W×H)	138 × 75.5 × 88.5 cm
Net weight	60 kg
Upholstery	Black (VER-MAK-B07-BK) or Brown (VER-MAK-B07-BR)

Dimensions, net weight and upholstery options confirmed against the VERVE Fitness product listing.

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