

VERVE®

Preacher Curl Scott Bench

Makoto Series

ASSEMBLY INSTRUCTIONS

VER-MAK-B09



EST. TIME

~45 min

PEOPLE

1-2 people

DIFFICULTY

Easy

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

This is a small freestanding bench — only two assembly steps — but the frame sections are still steel and awkward for one person to hold square while bolting. Work in a clean, clear area, read every step before you start, and leave every fastener finger-tight until told to fully tighten, so you still have room to align components.

Tools required.

- **Wrench set** — sizes per bolt spec below
- **Hex key set** — sizes per bolt spec below
- **Punch wrench** — for pin alignment
- **Rubber mallet** — for aligning bolt holes

SAFETY INFORMATION

- Obtain a full physical examination from your physician before starting any fitness program.
- Do not allow children on or near the equipment.
- Use the equipment only as described in this guide — unapproved attachments can cause injury.
- Wear proper exercise clothing and shoes; no loose clothing.
- Be careful 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 before every use — all fasteners must be secure.
- 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 — don't fully tighten until instructed to do so. 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. Part codes in these instructions match the numbers on the Hardware Inventory (page 3) and the Parts Diagram (page 6).

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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 6). Some parts may arrive pre-installed. Item numbers are not sequential in the source drawing — number 6 does not apply to this model. Items marked † have a note — see Hardware Reconciliation below.

NO.	PART	SPEC	QTY	NO.	PART	SPEC	QTY
1	Arm pad fixing rack frame	—	1	7†	Button head cap bolt	M10×30	3
2	Bottom frame assembly	—	1	8	Hex head bolt	M12×35	12
3†	Seat pad fixing rack frame	—	1	9	Flat washer	Φ11×Φ20×2	3
4	Connector welding	—	1	10	Flat washer	Φ13×Φ24×2	12
5	Seat pad	—	1				

Hardware Reconciliation — verify before assembly. Every bolt and washer quantity below is used exactly once across the two assembly steps — 12× #8 and 12× #10 in Step 1, 3× #7 and 3× #9 in Step 2 — nothing left over, nothing missing. **#3:** the parts list carries a “Seat Pad Fixing Rack Frame,” qty 1, but it never appears in the exploded view diagram or in either assembly step — every visible frame part maps to #1, #2 or #4. If your carton includes a separate bracket matching this description, contact support before assembling; the two steps below do not reference it. **#7:** the parts list specifies an **M10×30** bolt, but the Step 2 text calls the same reference “M12×30” — a diameter mismatch. Match the bolt to the seat pad’s actual mounting holes (M10 per the parts list) rather than the step text.

STEP 1 OF 2

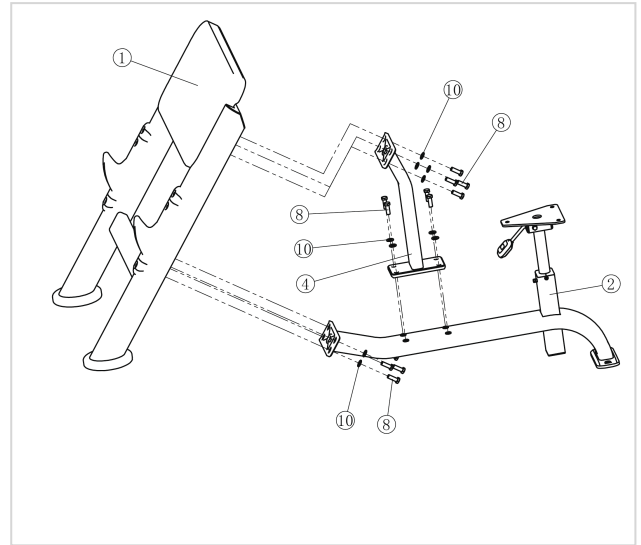
Build the frame.

Join the arm pad frame, bottom frame and connector.

Hardware: 12× M12×35 hex head bolts (8), 12× washers (10)

Attach the **arm pad fixing rack frame (1)**, **bottom frame assembly (2)** and **connector welding (4)** together.

Tip: leave every bolt finger-tight until the frame sits square on the floor with no rocking, then tighten fully.



FRAME ASSEMBLY

STEP 2 OF 2**Fit the seat pad.**

Attach the seat pad to the bottom frame.

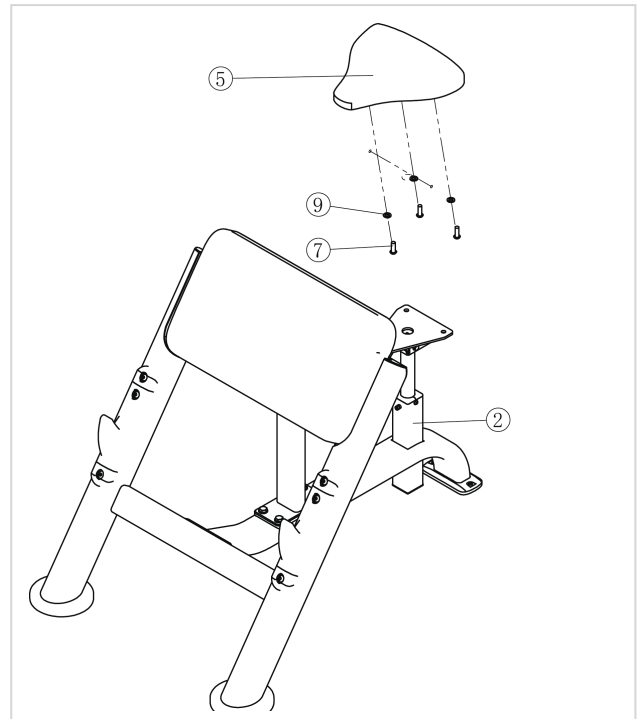
Hardware: 3× M10×30 button head cap bolts (7), 3× washers (9)

Attach the **seat pad (5)** to the bottom frame assembly (2).

Verify on site: the source manual calls this bolt “M12×30” here but the parts list specifies M10×30 for the same reference (#7) — use the bolt that actually threads into the seat pad’s mounting plate.

ASSEMBLY COMPLETE

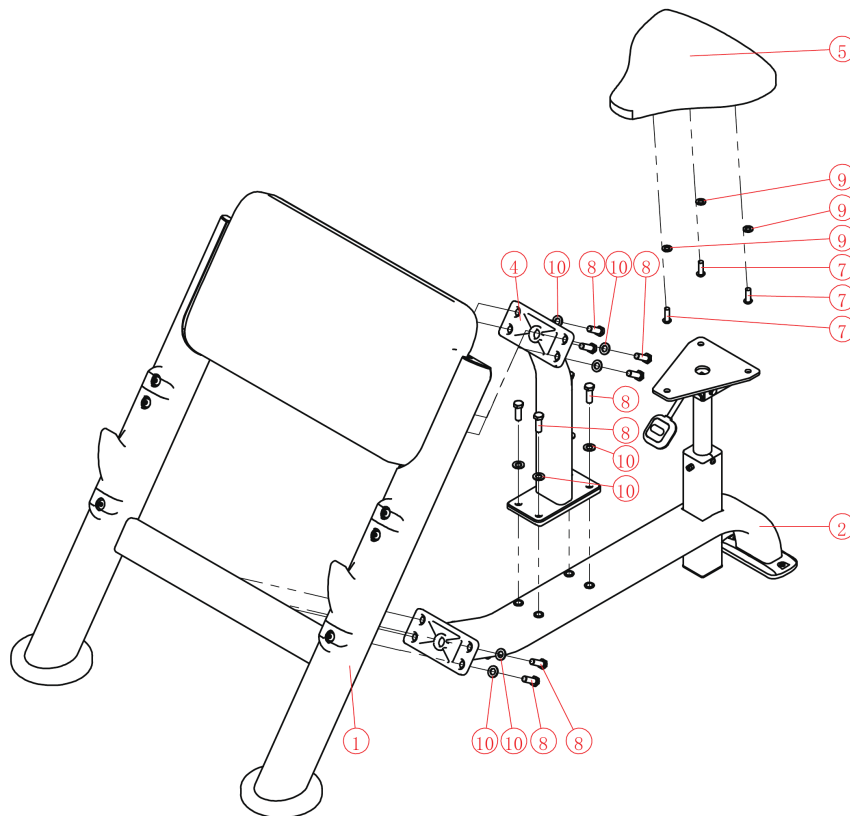
Your bench is built. Run through the final checks on page 6 and re-check every bolt after the first training session.



SEAT PAD

Parts Diagram.

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



Final checks.

- ☐ All bolts are fully tightened and the frame sits flat with no rocking.
- ☐ The seat pad and arm pad are secure with no movement.
- ☐ 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
Clean upholstery	Daily	Weekly
Inspect all decals	Weekly	3 months
Inspect and tighten all nuts and bolts	Weekly	3 months
Inspect anti-skid surfaces	Weekly	3 months
Clean and wax all glossy finishes	6 months	Yearly

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.
- Go through a full re-tightening pass on all hardware periodically, not just spot checks.
- Replace worn or slippery anti-skid surfaces.
- Inspect and familiarise yourself with any safety warnings or other user information posted on each decal.

Specifications.

Assembled dimensions	1257 × 850 × 948mm (L×W×H)
Net weight	48kg

Upholstery	Brown or Black
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Dimensions and net weight above are confirmed against both the source manual and the current vervefitness.com.au listing for VER-MAK-B09 — the two sources agree exactly.