



No Gap Bench

ASSEMBLY INSTRUCTIONS

VER-NGB-001



EST. TIME	PEOPLE	DIFFICULTY
15–20 min	1 person	Easy

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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. The main frame, seat pivot arm and backrest arrive largely pre-assembled — one person can complete the remaining assembly comfortably in 15–20 minutes.

Tools required.

- **Socket wrench set** — 17mm, 19mm sockets
- **Open-end spanner** — 19mm — to hold the nylock nuts while tightening
- **Rubber mallet** — helpful for aligning bolt holes (optional)

SAFETY INFORMATION

Assemble and use the bench on flat, level ground.

Tighten all bolts to firm hand-tight, then check each one again after your first use.

Check all bolts monthly and before heavy pressing sessions.

Keep fingers clear of the quadrant adjuster and pivot points when changing the backrest angle.

This product must be assembled 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 — check before inserting.

Always place a washer under the bolt head.

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

Part codes in these instructions (① and ②) match the callouts 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 — Fit the seat and backrest pads.

☐	②	M10×30 bolt, washer	x6	Secures the seat and backrest pad brackets to the pivot frame
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Step 2 — Attach the No Gap adjustment quadrant.

☐	②	M10×30 bolt, washer	x2	Fixes the degree-marked quadrant plate to the pivot arm
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Step 3 — Attach the front stabiliser base.

☐	①	M12×75 bolt, washer, nut	x2	Joins the pivot arm bracket to the T-base tube
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Step 4 — Attach the rear leg.

☐	①	M12×75 bolt, washer, nut	x2	Joins the mounting plate to the rear leg tube
☐	②	M10×30 bolt, washer	x2	Secures the two mounting tabs to the frame rail

TOTALS

- ① M12×75 bolt, washer, nut — x4 total
- ② M10×30 bolt, washer — x10 total

STEP 1 OF 4

Fit the seat and backrest pads.

Hardware: 6× M10×30 bolt, washer (②)

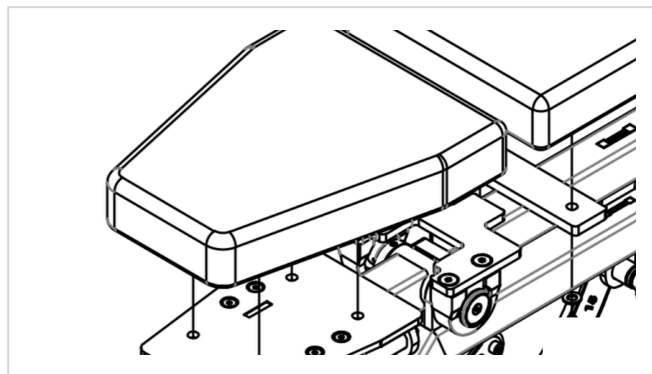
The seat pad and backrest pad ship separately from the frame to protect them in transit. Each pad has its own mounting plate already fitted to the pivot arm.

Lift the **seat pad** onto its mounting plate at the front of the frame and line up the bolt holes.

Fit the **M10×30 bolts** (②) with a washer under each head and tighten into the plate.

Repeat for the **backrest pad** on the long mounting plate further along the frame.

Tip: start every bolt by hand before tightening any of them fully — this lets each pad centre itself on its plate.



STEP 2 OF 4

Attach the No Gap adjustment quadrant.

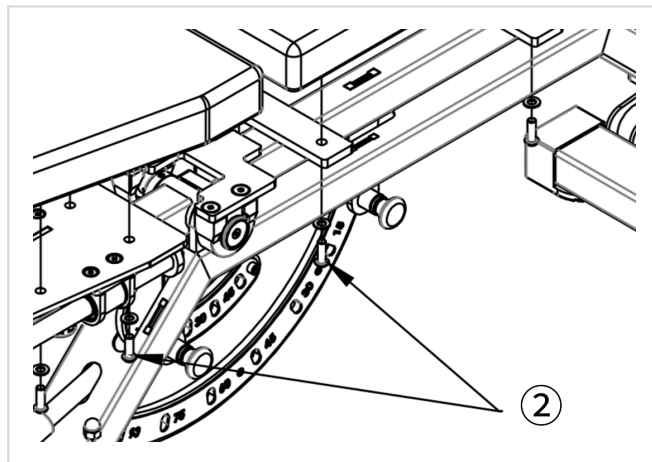
Hardware: 2× M10×30 bolt, washer (②)

The **quadrant plate** — the curved bracket marked with the 0–90° adjustment holes — ships detached from the pivot arm.

Line up the two holes in the quadrant plate with the pivot arm and fit the **M10×30 bolts** (②), each with a washer under the head.

Tighten fully — this plate carries the load every time the backrest is repositioned.

Tip: check the locking pin drops cleanly into each hole (0, 15, 30, 45, 60, 75, 90°) before moving on.



STEP 3 OF 4

Attach the front stabiliser base.

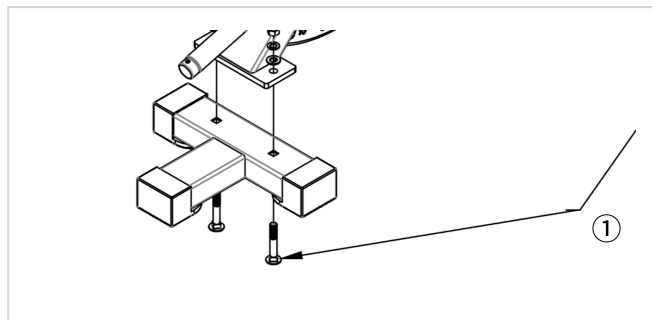
Hardware: 2× M12×75 bolt, washer, nut (①)

Stand the **T-base** (the three-footed stabiliser) under the pivot arm bracket at the front of the bench.

Line up the two holes in the bracket with the base tube and push an **M12×75 bolt (①)** with a washer through each.

Fit a washer and **nylock nut** underneath each bolt and tighten with a 19mm socket while holding the nut with a spanner.

Tip: the bench should now stand on its own — check it sits flat before moving on.



STEP 4 OF 4

Attach the rear leg.

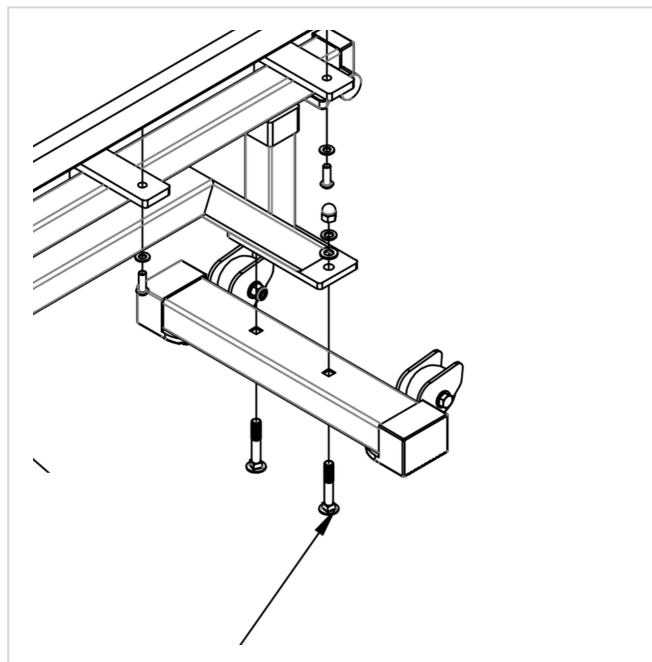
Hardware: 2× M12×75 bolt, washer, nut (①), 2× M10×30 bolt, washer (②)

Bring the **rear leg** — the tube with the transport wheels at one end and the levelling foot at the other — under the back of the frame rail.

Secure the two mounting tabs to the underside of the frame rail with the **M10×30 bolts and washers (②)**.

Push an **M12×75 bolt (①)** with a washer through the mounting plate into the leg tube on each side, then fit a washer and nylock nut underneath and tighten.

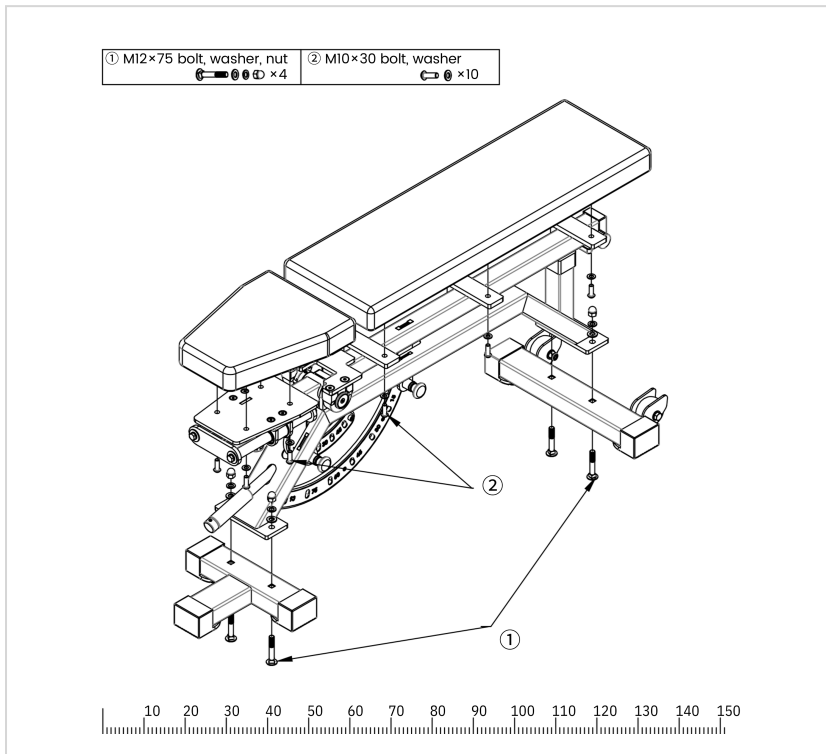
Tip: tip the bench onto its transport wheels to check it rolls freely before loading any weight onto it.



ASSEMBLY COMPLETE

That's it — your bench is built. Before your first session, run through the final checks on page 6 and get familiar with the backrest adjustment.

Parts Diagram.



NO.	PART	QTY
①	M12x75 bolt, washer, nylock nut	4
②	M10x30 bolt, washer	10

Final checks.

- ☐ All bolts are fully tightened and the bench sits flat with no rocking.
- ☐ The backrest quadrant pin drops fully into each of the 7 adjustment holes (0–90°).
- ☐ The seat pad slides back flush against the backrest pad, with no gap, at every angle.
- ☐ Tip the bench onto its transport wheels — it should roll and set back down cleanly.
- ☐ Re-check every bolt after your 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