

# VERVE®

## Olympic Weight Holder with Dual Barbell Storage

### ASSEMBLY INSTRUCTIONS

VER-OPT-002



EST. TIME

**15–20 min**

PEOPLE

**1 person**

DIFFICULTY

**Easy**

**Need help?** Contact [support@vervefitness.com](mailto:support@vervefitness.com) or visit [vervefitness.com/support](https://vervefitness.com/support)  
[vervefitness.com](https://vervefitness.com)

## 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. One person can assemble this weight holder comfortably in 15–20 minutes.

### Tools required.

- **Socket wrench** — 17mm socket (all bolts in this kit are M10)
- **Open-end spanner** — 17mm — to hold the nyloc nut while tightening
- **Rubber mallet** — helpful for aligning the base legs (optional)

### SAFETY INFORMATION

Assemble and use this weight holder on flat, level ground only.

Loaded with weight plates, this tree is top-heavy. Load plates evenly across both sides — never load one side only — and keep the heaviest plates on the lowest peg to keep the centre of gravity low.

Do not climb on, hang from, or attempt to move this product while it is loaded with plates or barbells.

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

Check all bolts monthly and before loading a full set of plates.

This product must be assembled by adults only.

### ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once both base legs sit flat and square.

The notation 'M10×65' means a metric bolt: 10mm diameter, 65mm length. The two bolt lengths in this kit are different — check before inserting.

Always fit a washer under the bolt head AND under the nut.

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

Part numbers in these instructions match the numbers on the parts diagram on page 5.

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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 base legs.

|                          |   |                                                |           |                                                                                                         |
|--------------------------|---|------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 1 | <b>M10×65 Bolt, Washer &amp; Nyloc Nut Set</b> | <b>×4</b> | Shorter bolt set — each set is 1 bolt, 2 washers, 1 nyloc nut. Secures each base leg tube to the frame. |
|--------------------------|---|------------------------------------------------|-----------|---------------------------------------------------------------------------------------------------------|

## Step 2 — Brace the frame & fit the feet.

|                          |   |                                                |           |                                                                                                             |
|--------------------------|---|------------------------------------------------|-----------|-------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | 2 | <b>M10×85 Bolt, Washer &amp; Nyloc Nut Set</b> | <b>×4</b> | Longer bolt set — each set is 1 bolt, 2 washers, 1 nyloc nut. Secures the two support gussets to the frame. |
| <input type="checkbox"/> | 3 | <b>Foot Cover</b>                              | <b>×4</b> | Push-fit plastic cap — protects the floor and caps each leg tube end.                                       |

## STEP 1 OF 2

### Fit the base legs.

**Hardware:** 4× M10×65 Bolt, Washer & Nut Sets (1)

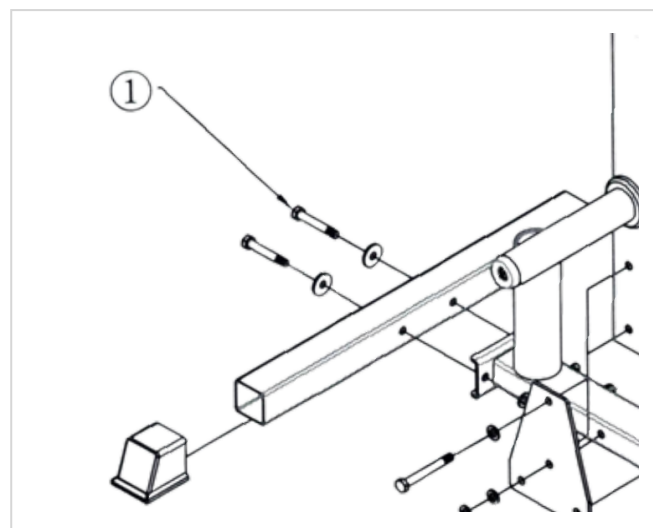
Stand the main frame upright, with the vertical post and the weight pegs facing up.

Slide the first **base leg tube** into the mounting bracket on the underside of the frame — it passes right through, so it sits flush and central.

Line up the bolt holes and fit an ① **M10×65 bolt** through each side, with a **washer** under the bolt head and under the nyloc nut.

Repeat with the second base leg tube and the remaining two ① bolts, fitted at right angles to the first — together the two legs form a stable, cross-shaped base.

**Tip:** leave both legs finger-tight until they sit flat and square on the floor, then fully tighten with a 17mm socket while holding the nut with a spanner.



## STEP 2 OF 2

### Brace the frame & fit the feet.

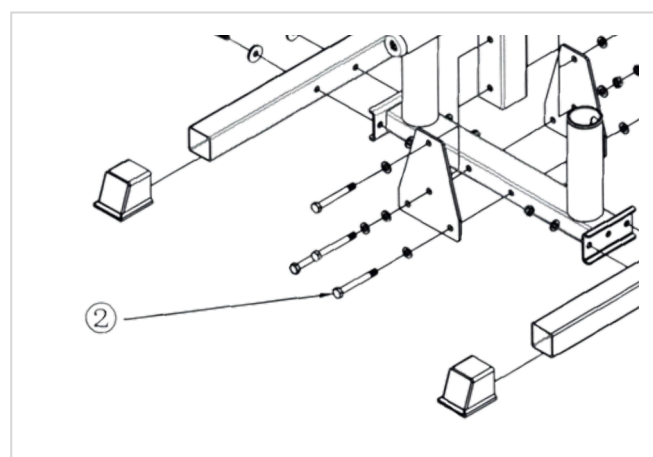
**Hardware:** 4× M10×85 Bolt, Washer & Nut Sets (2), 4× Foot Covers (3)

Position the two **support gussets** against the base of the upright post, one on each side, lining up the holes with the base leg tubes.

Secure each gusset with two ② **M10×85 bolts**, a **washer** under the head and under the nyloc nut.

Push a ③ **foot cover** onto each of the four exposed ends of the base legs.

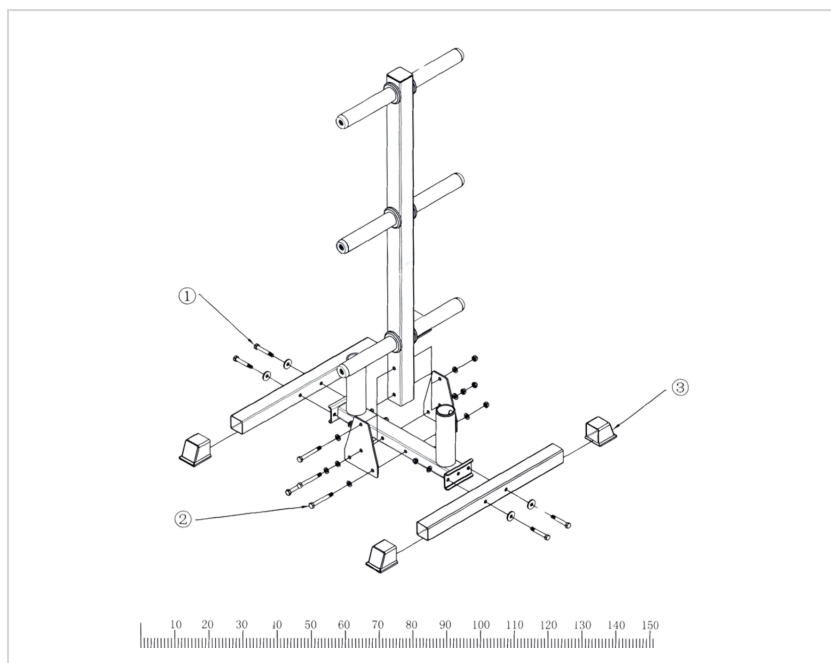
**Tip:** the gussets brace the post against the legs — fully tighten both before loading any plates.



## ASSEMBLY COMPLETE

That's it — your weight holder is built. Run through the final checks on page 5, then load plates evenly on both sides on level ground.

## Parts Diagram.



| NO. | PART                                | QTY |
|-----|-------------------------------------|-----|
| 1   | M10×65 Bolt, Washer & Nyloc Nut Set | 4   |
| 2   | M10×85 Bolt, Washer & Nyloc Nut Set | 4   |
| 3   | Foot Cover                          | 4   |

### Final checks.

- ☐ All bolts are fully tightened and the frame sits flat on the floor with no rocking.
- ☐ Both base legs are square to each other and both support gussets are tight.
- ☐ All 4 foot covers are pushed fully onto the leg ends.
- ☐ Weight plates are loaded evenly across both sides — never load one side only.
- ☐ Re-check every bolt after your first loaded session.

#### NEED HELP?

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

Contact [support@vervefitness.com](mailto:support@vervefitness.com) or visit [vervefitness.com/support](https://vervefitness.com/support)