



Power Flat Bench

ASSEMBLY INSTRUCTIONS

IPF Specification · 12" Wide Pad · VER-PFB-012



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. One person can assemble this bench comfortably in 15–20 minutes.

Tools required.

- **Socket wrench set** — 17mm, 19mm sockets
- **Open-end spanner** — 19mm — to hold the M12 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.

This bench is rated to a tested load of 453kg — do not exceed this combined weight of bench, lifter and load.

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 'M12×100' means a metric bolt: 12mm diameter, 100mm length.

Always fit a washer under the bolt head, and under the nut where a nut is used.

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

The original diagram for this bench has no printed part numbers, so this manual identifies hardware by its size — match the code stamped on the bolt (e.g. M12×100) to the codes used here and in the parts key 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 — Attach the head-end post.

☐	M12×100	Hex bolt	x2	Through the bracket and frame rail into the head-end post
☐	Φ12	Flat washer	x2	One per bolt
☐	M12	Nylock nut	x2	One per bolt

Step 2 — Attach the two foot-end posts.

☐	M12×100	Hex bolt	x4	2 per post — rear post to frame rail, wheeled post bracket to base rail
☐	Φ12	Flat washer	x4	One per bolt
☐	M12	Nylock nut	x4	One per bolt

Step 3 — Fit the bench pad.

☐	M10×30	Hex bolt	x4	2 per post bracket, up into the pad's captive fixings — no nut required
☐	Φ10	Flat washer	x4	One per bolt

Total: 6× M12×100 bolts, 6× Φ12 washers, 6× M12 nylock nuts, 4× M10×30 bolts, 4× Φ10 washers — matches the OEM parts sheet exactly.

STEP 1 OF 3

Attach the head-end post.

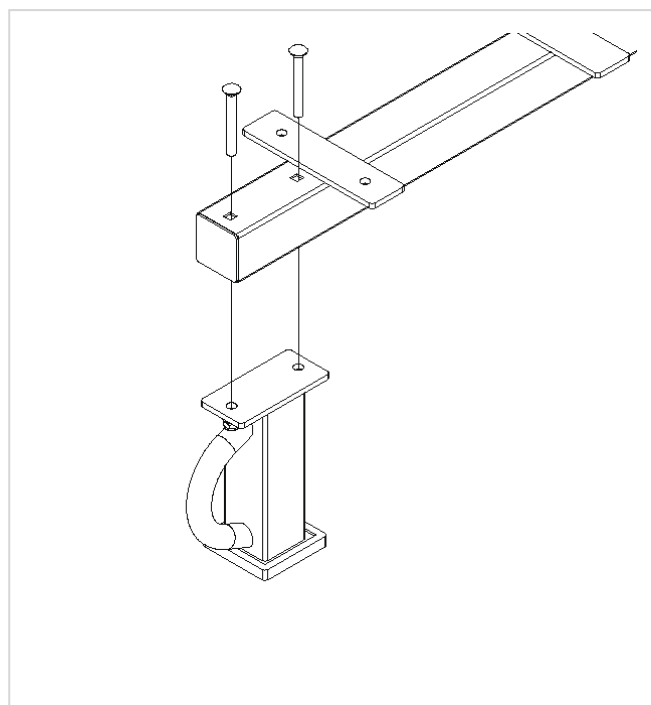
Hardware: 2× M12×100 bolts, 2× Φ 12 washers, 2× M12 nylock nuts

Lay the **frame rail** on the floor and identify the head end — the end where the post carries the round transport handle.

Fit the mounting bracket over the rail at the head end and bring the **head-end post** up underneath it, lining up the two bolt holes.

Insert the two **M12×100 bolts** down through the bracket and rail, fit a **Φ 12 washer** and **M12 nylock nut** on the underside, and finger-tighten.

Tip: leave both bolts finger-tight until the post sits square to the rail, then fully tighten with a 19mm socket while holding the nut with a spanner.



STEP 2 OF 3

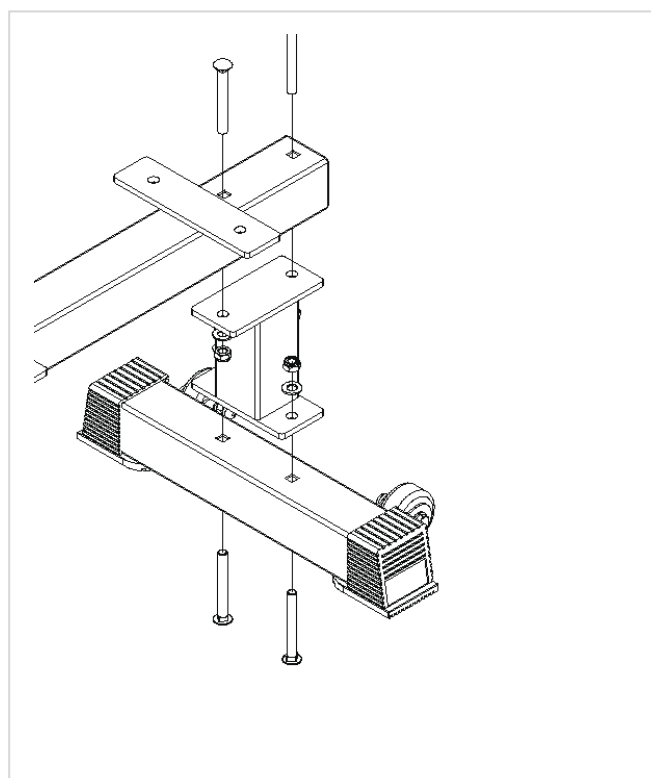
Attach the two foot-end posts.

Hardware: 4× M12×100 bolts, 4× Φ 12 washers, 4× M12 nylock nuts

At the foot end of the rail, fit the **rear post** the same way as Step 1: mounting bracket over the rail, two **M12×100 bolts** down through into the post, secured underneath with a **Φ 12 washer** and **M12 nylock nut** each.

Then fit the **wheeled post** alongside it — the post with the transport wheel and rubber grip foot. Insert its two **M12×100 bolts** up through the base of the rail into the wheel bracket, and secure with a **Φ 12 washer** and **M12 nylock nut** on top of each.

Tip: the bench now stands on its own three posts — check it sits flat with no rocking before fully tightening.



STEP 3 OF 3**Fit the bench pad.**

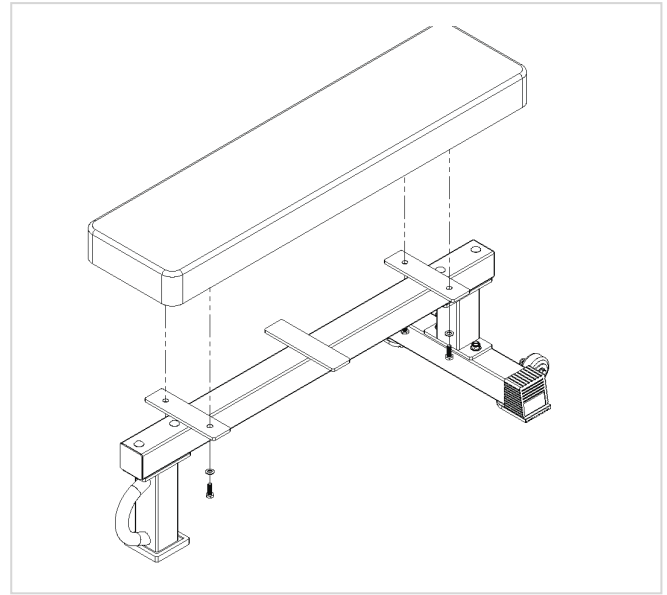
Hardware: 4× M10×30 bolts, 4× Φ10 washers

Turn the upholstered **bench pad** upside down, or lift the assembled frame onto it, so the two mounting brackets line up with the fixings on the underside of the pad.

At each bracket, insert two **M10×30 bolts** with a **Φ10 washer** under each head, and thread them up into the pad's captive fixings. No nut is used on this joint.

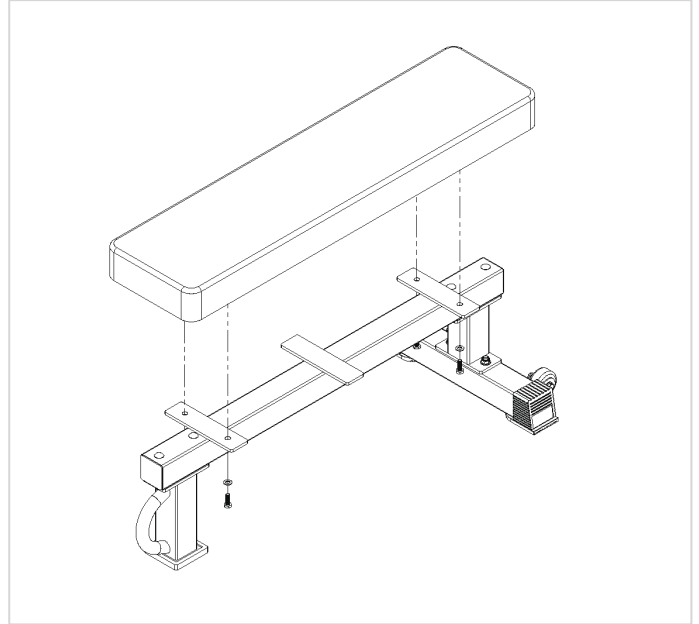
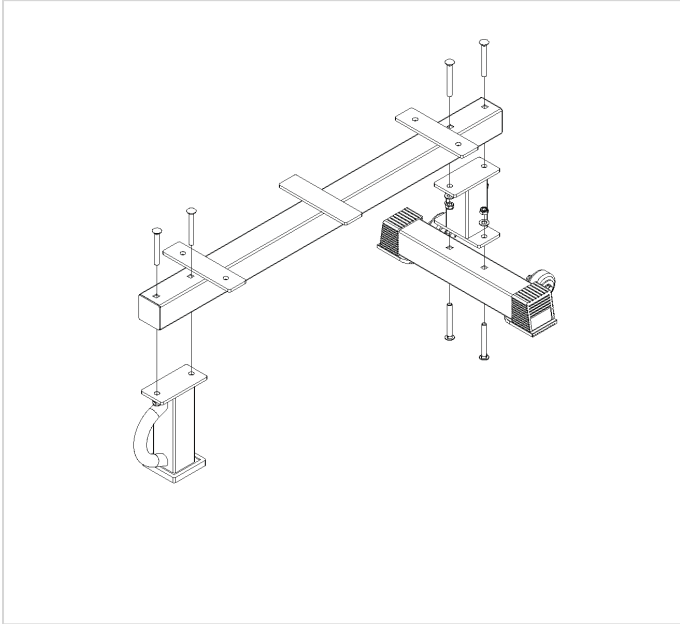
Turn the bench over onto its posts once all four bolts are started, then fully tighten with a 17mm socket.

Tip: start all four bolts by hand before tightening any of them — this keeps the pad square on the frame.

**ASSEMBLY COMPLETE**

That's it — your bench is built. Before your first session, run through the final checks on page 6.

Parts Diagram.



CODE	PART	QTY
M12×100	Hex bolt	6
Φ12	Flat washer	6
M12	Nylock nut	6
M10×30	Hex bolt	4
Φ10	Flat washer	4

Final checks.

- ☐ All bolts are fully tightened and the bench sits flat on its three posts with no rocking.
- ☐ The bench pad is square on the frame and does not shift under load.
- ☐ Tip the bench onto its transport wheel using the handle at the head end — 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