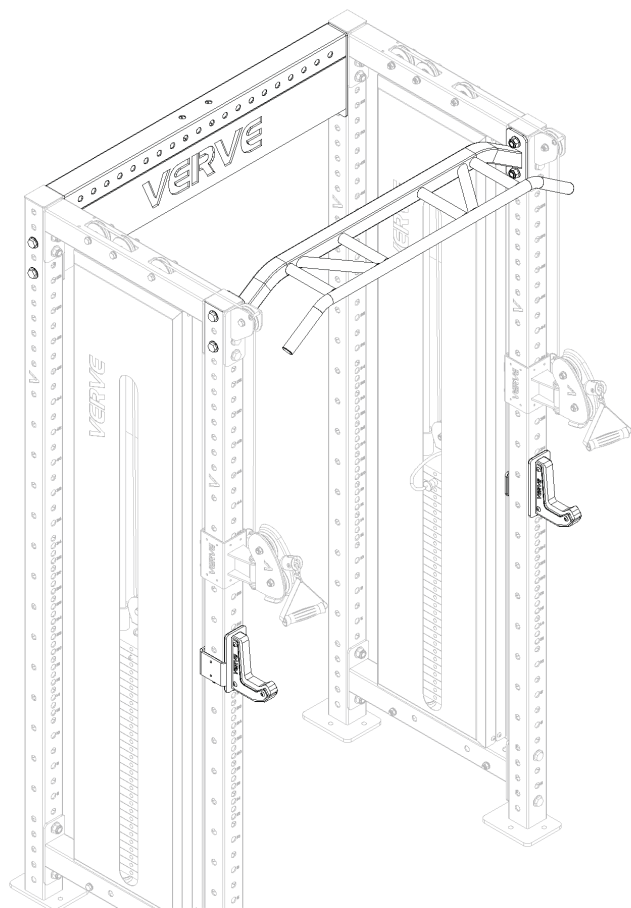




Pull-Up Bar & Logo Cross Beam

ASSEMBLY INSTRUCTIONS

VER-PUB-LBM — for VERVE TFT racks, with Sandwich J-hooks



EST. TIME	PEOPLE	DIFFICULTY
15–20 min	2 people	Easy

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

Before You Begin.

This kit adds a **Pull-Up Bar**, a **Logo Cross Beam** and a pair of **Sandwich J-hooks** to your existing VERVE TFT rack — it is an attachment, not a standalone frame. Before you start, confirm your TFT uprights are already assembled, levelled and fixed to the floor.

Read these instructions fully and lay out all hardware using the inventory on page 3. Get a second person on hand for Steps 1 and 2 — the cross beam and pull-up bar are both lifted above head height onto the rack, and are awkward for one person to hold in place and bolt at the same time.

Tools required.

- **Socket wrench** — 24mm socket, for every M16 bolt and nut in this kit
- **Open-end spanner** — 24mm — to hold the nylock nut while the bolt is tightened
- **Step platform** — the top bolts sit above head height on a full-size TFT rack

SAFETY INFORMATION

Use a second person to lift and hold the cross beam and pull-up bar in place — both mount above head height and can tip or drop if one person tries to hold and bolt them alone.

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

Check all bolts monthly and before heavy pull-up sessions.

Keep hands clear of the rack's existing cable arms and J-hooks while working around them.

This product must be assembled by adults only.

ASSEMBLY TIPS

The notation 'M16×100' means a metric bolt: 16mm diameter, 100mm long.

Always fit a washer under the bolt head AND under the nut — two washers per bolt.

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

Hardware call-outs in these instructions match the diagram on page 5.

The Sandwich J-hooks in Step 3 need no tools — they simply pin into any hole pair on the front uprights.

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

Hardware Inventory.

Check all items before assembly: **8× M16×100 bolts, 16× Φ16 washers, 8× M16 nylock nuts** in total, grouped below by the step they are used in. If anything is missing, contact VERVE support before you start.

Step 1 — Attach the Logo Cross Beam.

☐	M16×100	Hex bolt	×4	Through the beam’s two end brackets into the uprights — 2 per side
☐	Φ16	Flat washer	×8	2 per bolt — one under the head, one under the nut
☐	M16	Nylock nut	×4	One per bolt, on the inside of the upright

Step 2 — Attach the Pull-up Bar.

☐	M16×100	Hex bolt	×4	Through the bar’s two end brackets into the uprights — 2 per side
☐	Φ16	Flat washer	×8	2 per bolt — one under the head, one under the nut
☐	M16	Nylock nut	×4	One per bolt, on the inside of the upright

Step 3 — Fit the Sandwich J-hooks.

☐	—	No hardware required	×2	Sandwich J-hooks pin straight into the rack’s existing hole pattern
--------------------------	---	----------------------	----	---

RECONCILIATION

4 bolts (Step 1) + 4 bolts (Step 2) = **8 bolts total**. Each bolt takes 2 washers and 1 nut, so 8 bolts = **16 washers** and **8 nuts** — matching every item in the box.

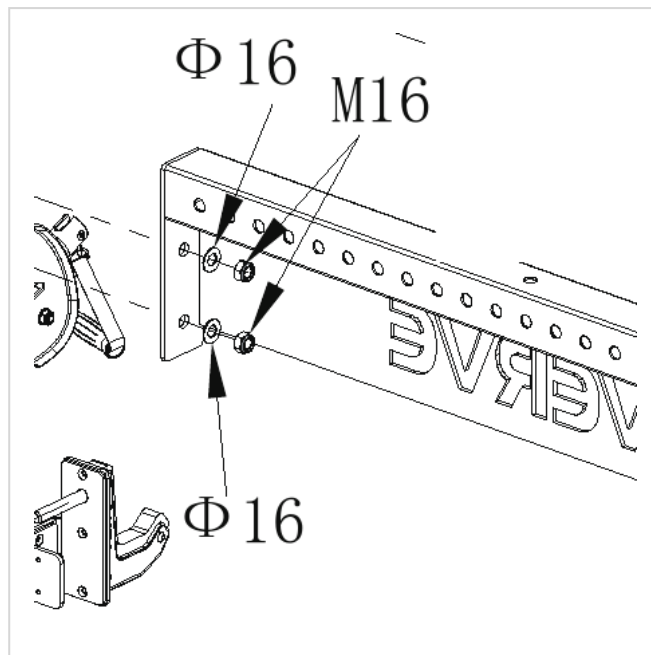
STEP 1 OF 3**Attach the Logo Cross Beam.**

Hardware: 4× M16×100, 8× Φ 16 washer, 4× M16 nut

With a second person, lift the **Logo Cross Beam** (the straight beam with the cut-out VERVE logo) between the two TFT uprights, logo facing forward, and rest each flat end bracket against the front face of an upright.

At each bracket: **M16×100 bolt** and **Φ 16 washer** under the head through the top hole, second **Φ 16 washer** and **M16 nylock nut** on the inside. Repeat for the bottom hole — 2 bolts per side, 4 in total.

Tip: leave all four finger-tight until level, then tighten fully with a 24mm socket while holding each nut with a spanner.

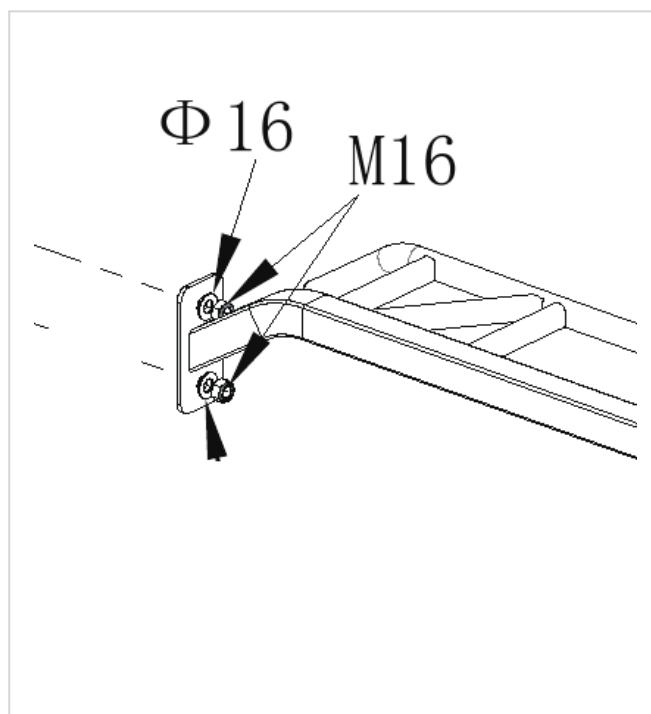
**STEP 2 OF 3****Attach the Pull-up Bar.**

Hardware: 4× M16×100, 8× Φ 16 washer, 4× M16 nut

Lift the **Pull-up Bar** (the curved multi-grip bar with the diagonal support gusset) above the cross beam and offer its end brackets to the top of the same two uprights.

Bolt each bracket exactly as in Step 1 — 2 bolts per side, 4 in total.

Tip: check the bar sits level and square with the cross beam, then tighten evenly, working diagonally between the four bolts.

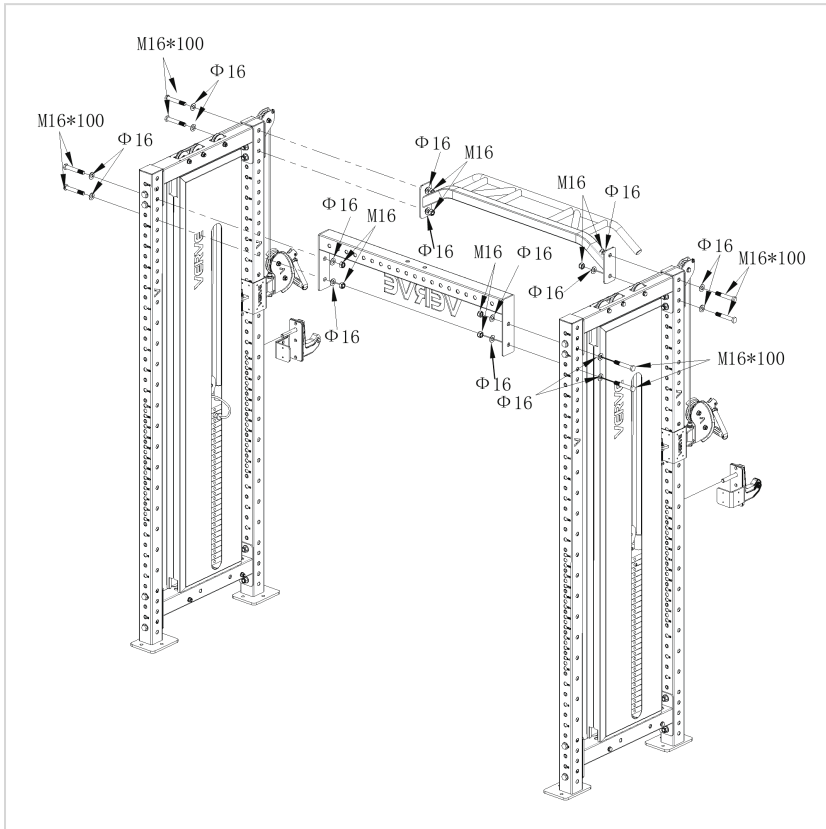
**STEP 3 OF 3****Fit the Sandwich J-hooks.**

The two **Sandwich J-hooks** need no tools — pick a matching pair of holes at your preferred height on the front uprights, push each hook's mounting pins straight in, and set both hooks at the same height.

ASSEMBLY COMPLETE

Your pull-up bar, logo cross beam and J-hooks are fitted — run through the final checks on page 5 before first use.

Parts Diagram.



PART	DESCRIPTION	QTY
M16×100	M16 × 100mm hex bolt	8
Φ16	Φ16 flat washer	16
M16	M16 nylock nut	8

Part labels match the bolt sizes stamped on the original hardware — there is no separate numbered parts list, as the Logo Cross Beam and Pull-up Bar are each a single welded assembly.

Final checks.

- ☐ All eight M16×100 bolts are tight, each with a washer under the head and under the nut.
- ☐ The Logo Cross Beam sits level and square between the uprights.
- ☐ The Pull-up Bar sits level and square, and doesn't flex when you pull down on it.
- ☐ Both Sandwich J-hooks are seated at the same height and don't lift out when loaded.
- ☐ Re-check every bolt after your first session.

NEED HELP?

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

Contact support@vervefitness.com or visit vervefitness.com/support