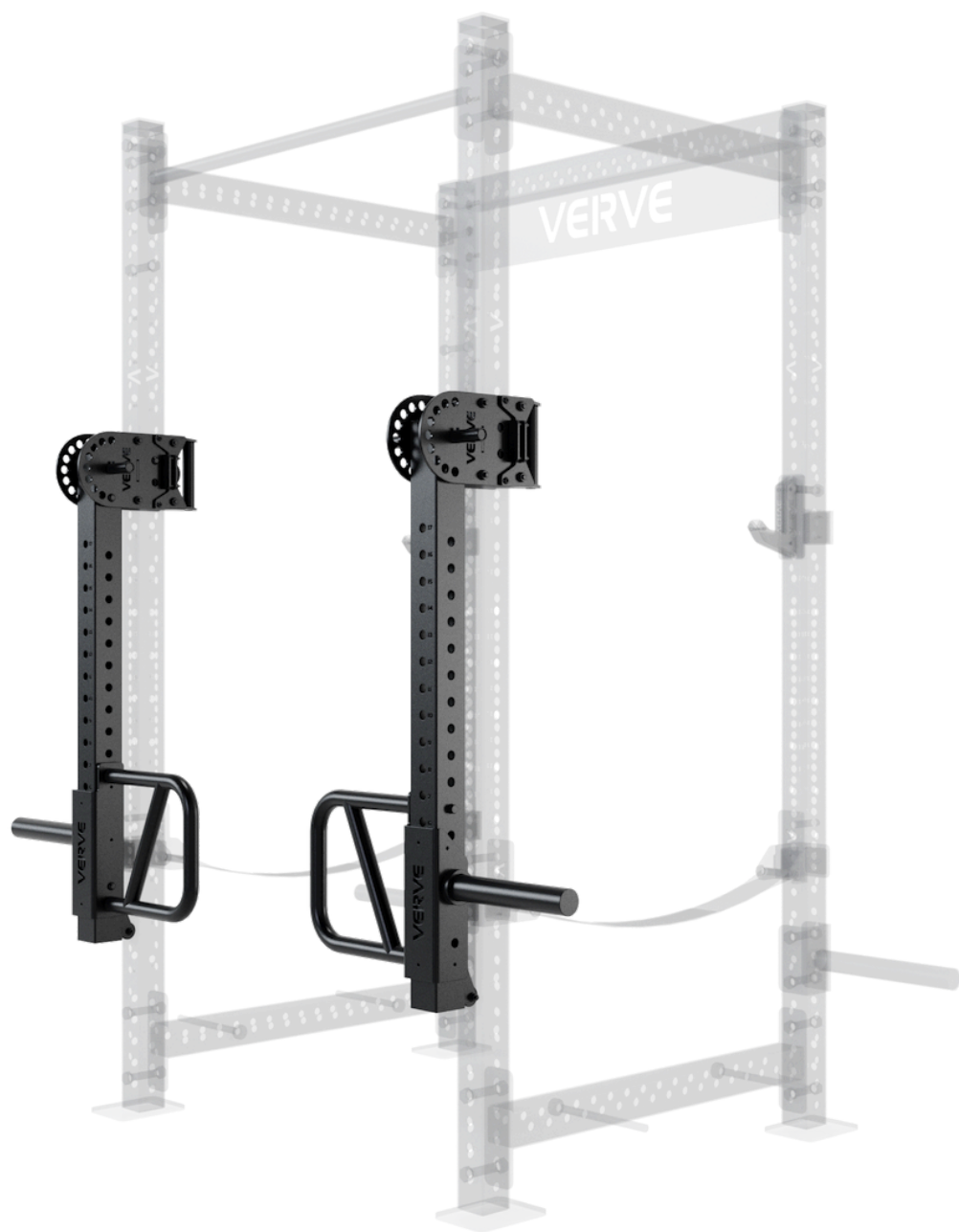




Power Arms V2

ASSEMBLY INSTRUCTIONS

VER-PWA-002 — Rack Attachment



EST. TIME	PEOPLE	DIFFICULTY
10–15 min	1–2 people	Easy

Before You Begin.

The Power Arms V2 is a rack **attachment** — it mounts to the front of a VERVE Rack, VERVE Rig, or compatible upright and is not designed to stand on its own. Each arm and its pull-up handle arrive largely pre-built; the only job here is fitting the handle to the base of each arm, then mounting the pair onto your rack. Read this guide fully before starting, and confirm you have both arms and both handles before you begin.

Tools required.

- **Hex key** — sized to fit the pivot bolt supplied (size isn't marked on the original diagram — match the key to the bolt before starting)
- **A second person** — to help hold each arm against the upright while you set it at the height you want

SAFETY INFORMATION

Mount both arms on the same rack hole, at the same height — an uneven pair puts the load through one side.

Fully tighten the pivot bolt on each handle before hanging any load on it.

Keep hands and fingers clear of the pivot joint while an arm is loaded or swinging through its arc.

Check the pivot bolt and mounting pins on both arms regularly — they can work loose with repeated swinging and heavy use.

This product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten each pivot bolt first, then fully tighten once the handle sits flush against the arm.

The original VERVE diagram for this product prints no parts table and no bolt size — confirm the pivot bolt against the physical part, and check you have 2 in the box (one per arm) before starting. See the flag on page 6.

Both arms are mirror images of each other — the handle fits the same way on each, just facing the opposite direction.

Use the numbers printed next to the holes on each arm's rail to help you match both arms to the same height on your rack.

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

Hardware Inventory.

Check the item below before assembly. The original VERVE diagram for this product prints no parts table — the Pivot Bolt is the only piece of loose hardware shown on it. If your box contains other fasteners not listed here, set them aside and contact VERVE support to confirm before you start.

Attach the handle to each arm.

☐	Pivot Bolt	x2	One per arm — secures the handle bracket’s pivot pin into the base of the arm
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SOURCE DIAGRAM GAP

The OEM instruction sheet for this product shows two assembly diagrams and one loose bolt, but no parts table and no printed thread size or dimension for that bolt.

Confirm the bolt’s exact size and thread against the physical part before assembling, and before ordering any replacement.

STEP 1 OF 2

Attach the handle — first arm.

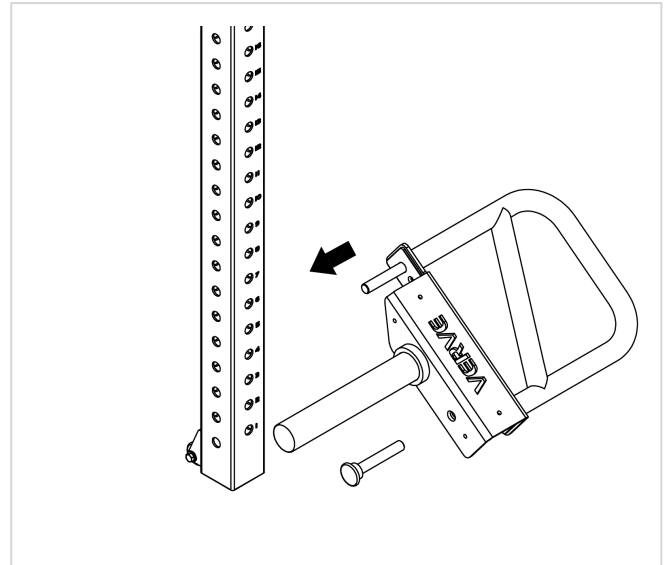
Hardware: 1× Pivot Bolt

Each arm arrives with its vertical shaft and top mounting bracket already built — the swing handle at the bottom is the only part you fit yourself.

Locate the **pivot pin** on the back of the handle bracket (the VERVE-branded plate with the grip bar and D-shaped pull-up handle already fitted) and line it up with the hole at the base of the arm's shaft.

Push the bracket firmly onto the pin, then insert the **Pivot Bolt** through the aligned hole and tighten it by hand.

Tip: leave the bolt finger-tight until the handle bracket sits flush against the base of the shaft, then fully tighten with a hex key.



STEP 2 OF 2

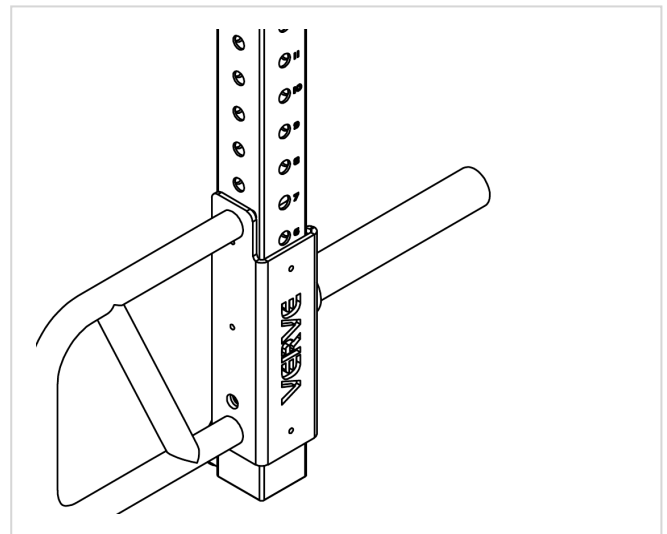
Attach the handle — second arm.

Hardware: 1× Pivot Bolt

Repeat the same fitting on the second arm. It's a mirror image of the first, so the handle bracket and grip bar face the opposite way — everything else is identical.

Once both bolts are fully tightened, each handle should sit flush against the base of its shaft, exactly as shown, with no play at the pivot.

Tip: swing both handles through their full arc by hand before mounting the arms — they should move smoothly with no side-play at the joint.



Mounting To Your Rack.

With both handles fitted, the arms are ready to mount. The Power Arms V2 is built to fit a VERVE Zen Power Rack, VERVE Commercial Power Rack, VERVE Commercial Half Rack, VERVE Satori Power Rack, VERVE Rig upright, or any other 75–76mm upright with 5/8" holes. To fit a Tori Functional Trainer Rack or an Ozeki Rack, you'll need the Zen Power Rack Extension Kit fitted to the back of the rack first.

Setting the height.

With a helper holding the arm against the face of your upright at the height you want, push the arm's built-in mounting pin through into the rack. Repeat on the second arm at the **same numbered position** on the opposite upright — the numbers printed on each arm's rail make it easy to match the two sides.

Setting the swing arc.

Each arm swings through a wide arc from its top pivot. Use the built-in detent pins to set an upper and/or lower stop, locking the arm at the starting position you want for your lift.

Storing the arms.

Swing an arm up against the upright to store it out of the way — both arms fold flat without needing to be removed, so you can leave them in place between sessions.

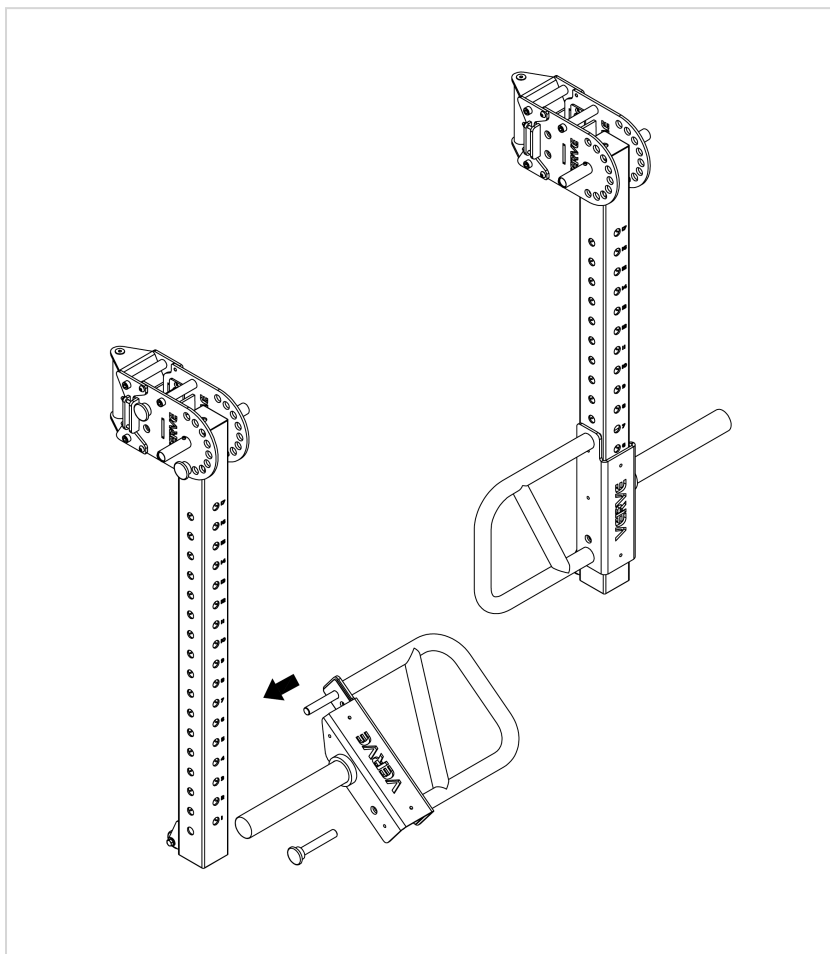


SOURCE DIAGRAM GAP

The OEM diagram for this product doesn't show the rack, the mounting pins, or any dimensions — the detail above is drawn from the VERVE product listing, not the assembly drawing.

Confirm the mounting pin operation and hole spacing against the physical unit before relying on this page.

Parts Diagram.



CODE	PART	QTY
—*	Pivot Bolt	2

*Thread size not marked on the OEM diagram — confirm against the physical bolt before ordering replacements.

Final checks.

- ☐ Both pivot bolts are fully tightened and each handle sits flush with no play at the joint.
- ☐ Both handles swing freely through their full arc, with hands kept clear of the pivot.
- ☐ Both arms are mounted at the same numbered height and sit level with each other.
- ☐ Height and arc-stop pins are fully seated on both arms before loading either one.
- ☐ Re-check both pivot bolts and all pins after your first 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