

VERVE®

Satori Adjustable Bench

ASSEMBLY INSTRUCTIONS

VER-SAB-001



EST. TIME

10–15 min

PEOPLE

1 person

DIFFICULTY

Easy

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

The Satori Adjustable Bench is a **freestanding bench** — it stands on its own and does not attach to a rack or other equipment. 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, backrest and adjustment ladder arrive pre-assembled — you are only fitting the transport wheel base and the two pads. One person can do this comfortably in 10–15 minutes.

Tools required.

- **Socket wrench / spanner** — 17mm for the M10×20 bolts, 13mm for the M8×25 bolts
- **Allen key set** — if your bolt heads are socket-head rather than hex (check what's in your hardware bag)

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.

The transport wheels are for tipping and rolling the bench when empty — never move the bench while it is loaded with weight.

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 'M10×20' means a metric bolt: 10mm diameter, 20mm length. The two bolt sizes in this bench look similar — check the length before inserting.

Always place a washer under the bolt head.

This diagram does not print part numbers, so this manual refers to hardware by its bolt size (for example, 'M10×20') instead.

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Hardware Inventory.

Check all items before assembly. Quantities below are grouped by the step they are used in. There are no printed part numbers on the parts diagram for this product, so each item is identified by its bolt size. If anything is missing, contact VERVE support before you start.

Step 1 — Fit the transport wheel base.

☐	M10×20	Hex bolts	x3	Thread into the base of the main upright — secure the wheel base plate
☐	Φ10	Flat washers	x3	One under each M10×20 bolt head

Step 2 — Fit the seat pad and bench pad.

☐	M8×25	Hex bolts	x5	1 for the seat pad, 4 for the long bench pad — thread up into each pad from below
☐	Φ8	Flat washers	x5	One under each M8×25 bolt head

NO NUTS IN THIS BUILD

Both bolt sizes thread directly into captive fittings welded into the frame and pads — there are no separate nuts to fit on this bench.

STEP 1 OF 2

Fit the transport wheel base.

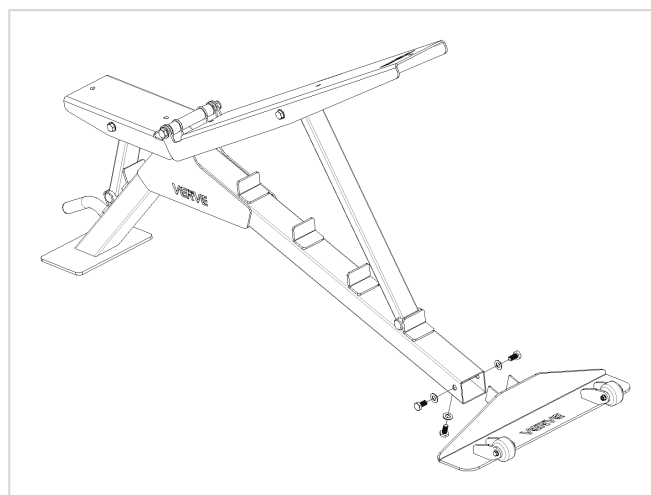
Hardware: 3× M10×20 bolts, 3× Φ10 washers

Stand the bench upright on its rear foot (the end with the rubber floor cap) and locate the square tube at the bottom of the main upright.

Bring the **wheel base plate** (the flat "VERVE"-branded bar with two transport wheels) up to the open end of that tube and line up the three bolt holes.

Fit the three **M10×20 bolts**, each with a **Φ10 washer** under the head, and tighten with a 17mm socket or spanner.

Tip: start all three bolts by hand before tightening any of them fully — this keeps the plate square to the tube.



STEP 2 OF 2

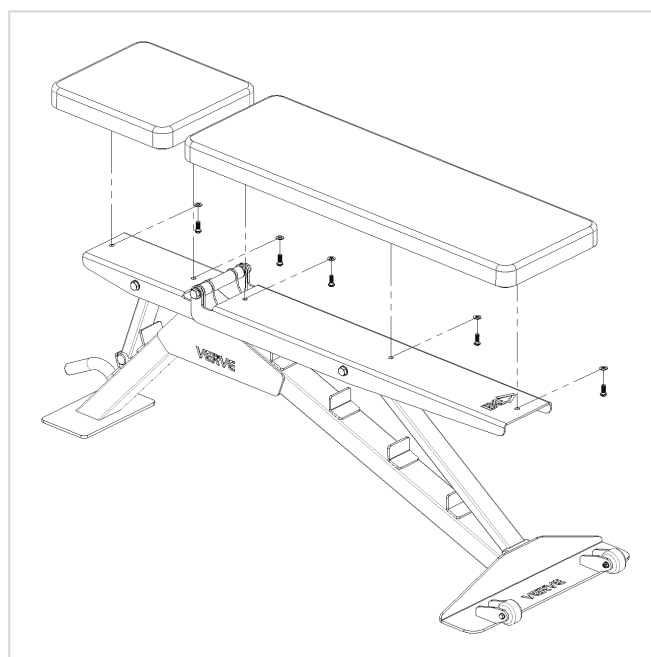
Fit the seat pad and bench pad.

Hardware: 5× M8×25 bolts, 5× Φ8 washers

Place the small **seat pad** on its bracket at the head end of the frame and line up its single bolt hole. Secure it with one **M8×25 bolt** and **Φ8 washer**, fed up from underneath.

Place the long **bench pad** on the main frame rail and line up its four bolt holes. Secure with the remaining four **M8×25 bolts** and **Φ8 washers**, also fed up from underneath, using a 13mm socket or spanner.

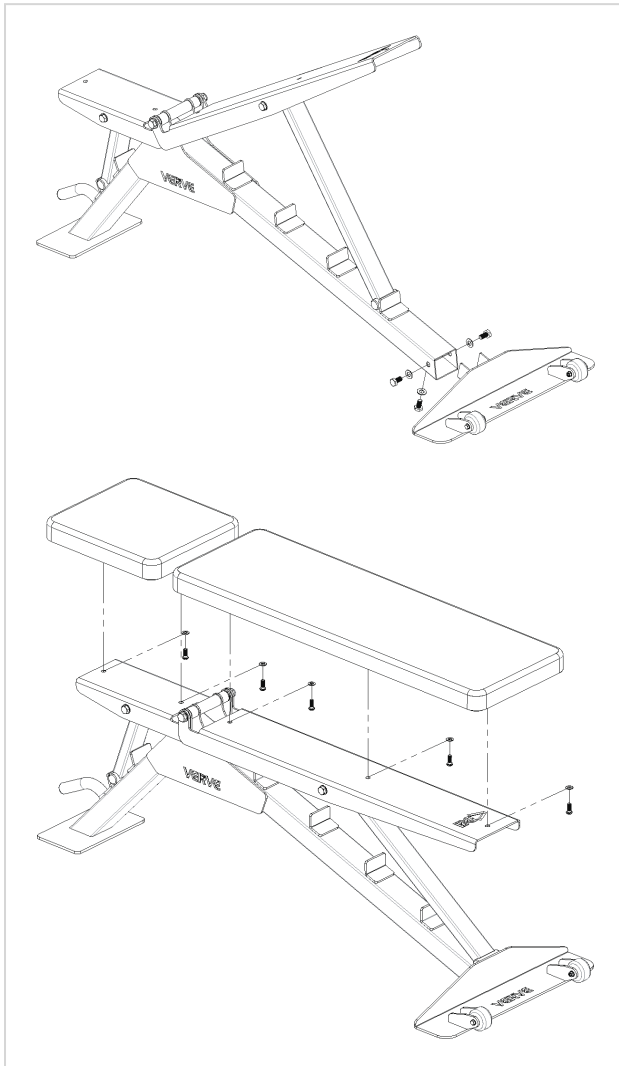
Tip: start all bolts under a pad by hand before tightening any of them — this lets the pad centre itself on the rail.



ASSEMBLY COMPLETE

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

Parts Diagram.



CODE	PART	QTY
M10×20	Hex bolt	3
Φ10	Flat washer	3
M8×25	Hex bolt	5
Φ8	Flat washer	5

Codes match the bolt sizes used in this manual — the OEM diagram does not print its own part numbers.

Final checks.

- ☐ All bolts are fully tightened and the bench sits flat with no rocking.
- ☐ The backrest adjusts smoothly through its incline positions and locks in place on the ladder.
- ☐ The wheel base is firmly bolted — tip the bench back onto the wheels and check it rolls 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