



Satori Flat Bench

ASSEMBLY INSTRUCTIONS

VER-SFB-001



EST. TIME 15–20 min	PEOPLE 1 person	DIFFICULTY Easy
--	--	--

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

Before You Begin.

The Satori Flat Bench is a **freestanding bench** — it stands on its own and does not attach to a rack or other equipment. It has a fixed height with no incline or recline adjustment. 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 / spanner** — 17mm for all M10 bolts used in this bench
- **Second spanner** — to hold the M10 nuts steady while tightening the leg-frame bolts

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 product must be assembled by adults only.

ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once each step is complete.

The notation 'M10×80' means a metric bolt: 10mm diameter, 80mm length. This bench uses two different bolt lengths — check the length before inserting.

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

This diagram does not print part numbers, so this manual refers to hardware by its bolt size (for example, 'M10×80') instead.

This bench is lightweight and can be stood on its end for compact storage once assembled.

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

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 — Join the leg frames to the centre rail.

☐	M10×80	Hex bolts	×4	2 per side — through each leg frame into the centre rail
☐	Φ10	Flat washers	×8	2 per bolt — one under the head, one under the nut
☐	M10	Hex nuts	×4	One per bolt

Step 2 — Fit the bench pad.

☐	M10×30	Hex bolts	×8	Thread up into the pad from underneath the frame
☐	Φ10	Flat washers	×8	One under each M10×30 bolt head

TWO DIFFERENT M10 BOLTS

The M10×80 bolts in Step 1 and the M10×30 bolts in Step 2 are both 10mm diameter but very different lengths — keep the two bags separate as you unpack.

STEP 1 OF 2

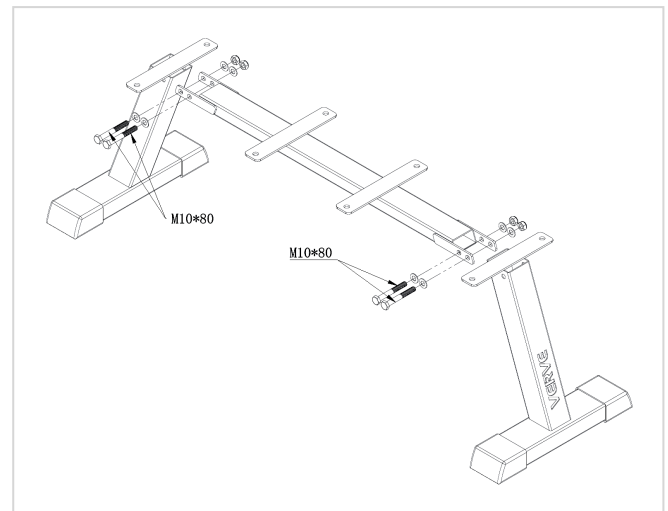
Join the leg frames to the centre rail.

Hardware: 4× M10×80 bolts, 8× Φ10 washers, 4× M10 nuts

Lay the **centre rail** (the long bar that spans between the two ends) flat on the floor, and bring one **leg frame** (the A-shaped end with the floor foot) up to each end.

At each end, line up the two bolt holes and fit two **M10×80 bolts**, each with a **Φ10 washer** under the head. Push through and fit a second **Φ10 washer** and an **M10 nut** on the other side.

Tip: leave all four bolts finger-tight until both leg frames sit square to the rail, then fully tighten with a 17mm socket while holding each nut with a spanner.



STEP 2 OF 2

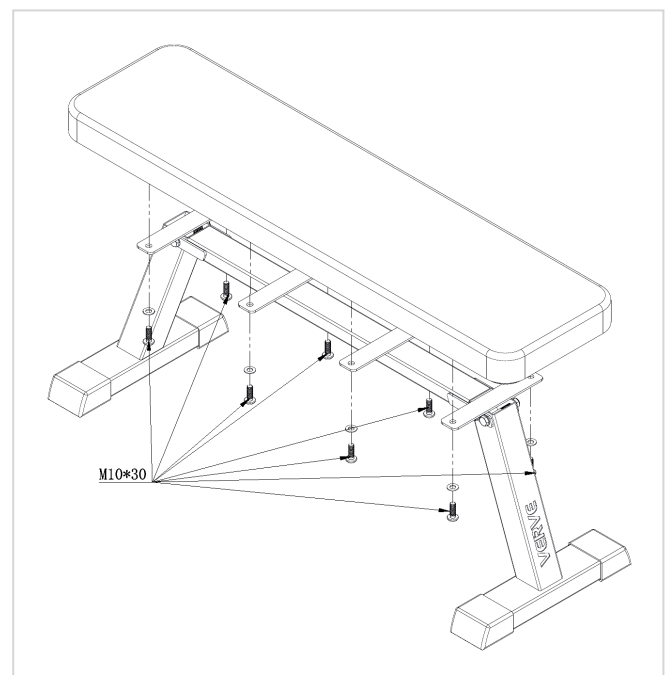
Fit the bench pad.

Hardware: 8× M10×30 bolts, 8× Φ10 washers

Stand the assembled frame upright and place the **bench pad** on top, lining up its eight bolt holes with the mounting plates on the frame.

Fit the eight **M10×30 bolts**, each with a **Φ10 washer**, up through the frame plates into the pad, and tighten with a 17mm socket or spanner.

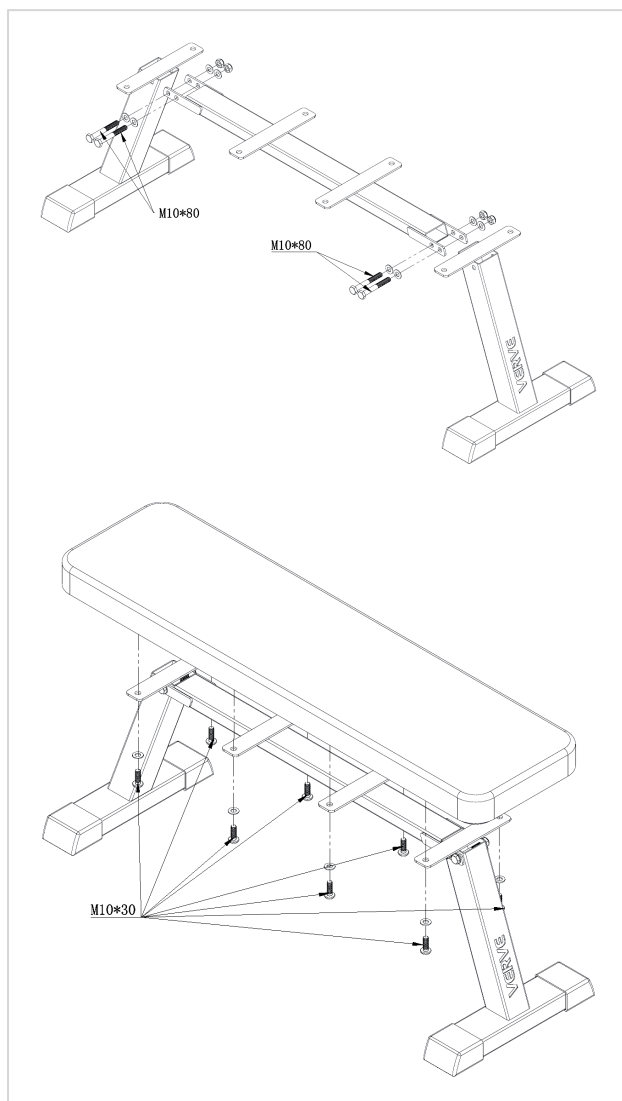
Tip: start all eight bolts by hand before tightening any of them fully — this lets the pad centre itself on the frame.



ASSEMBLY COMPLETE

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

Parts Diagram.



CODE	PART	QTY
M10x80	Hex bolt	4
M10x30	Hex bolt	8
M10	Hex nut	4
Φ10	Flat washer	16

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.
- ☐ Both leg frames are square to the centre rail and the nuts are firm.
- ☐ The bench pad is secure with no movement when pressed at either end.
- ☐ 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