



# Weight Lifting Platform

## ASSEMBLY INSTRUCTIONS

VER-WLP-001



|                                           |                                       |                                       |
|-------------------------------------------|---------------------------------------|---------------------------------------|
| <div>EST. TIME</div> <div>30–40 min</div> | <div>PEOPLE</div> <div>2 people</div> | <div>DIFFICULTY</div> <div>Easy</div> |
|-------------------------------------------|---------------------------------------|---------------------------------------|

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## Before You Begin.

Read these instructions fully before starting assembly. This platform is 2.42m long and 1.9m wide, so clear a space at least that size in a flat, level part of the room. Two people make the frame and panels much easier to handle.

### Tools required.

- **Socket wrench set** — 19mm socket for all M12 bolts
- **Open-end spanner** — 19mm — to hold the nuts while tightening
- **Drill and masonry or timber bit** — sized to the expansion screws, to anchor the platform to your floor
- **Tape measure** — to check the frame is square before anchoring

### SAFETY INFORMATION

Position the platform on a flat, level floor before anchoring it down.

Two people are recommended when lifting and positioning the rails and deck panels.

Anchor all 4 corners to the floor before loading the platform with weight.

Keep the lifting area clear of people and equipment during use.

This product must be assembled by adults only.

### ASSEMBLY TIPS

Finger-tighten all bolts first, then fully tighten once the frame sits square.

Always place a washer under the bolt head AND under the nut.

The parts diagram on page 6 numbers only the two hardware items — the frame pieces themselves aren't individually numbered. Use every bolt set (1) across the frame's joints, and one expansion screw (2) at each corner.

Check the frame is square by measuring both corner-to-corner diagonals — they should match — before you drill and anchor it.

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# Hardware Inventory.

Check both items before assembly. If anything is missing, contact VERVE support before you start.

## For Step 1 — assembling the frame.

|                          |   |                                           |            |                                                              |
|--------------------------|---|-------------------------------------------|------------|--------------------------------------------------------------|
| <input type="checkbox"/> | 1 | <b>M12×80 bolt, nut &amp; washer sets</b> | <b>×20</b> | Used at every corner and rail bracket joint around the frame |
|--------------------------|---|-------------------------------------------|------------|--------------------------------------------------------------|

## For Step 3 — anchoring to the floor.

|                          |   |                               |           |                                                       |
|--------------------------|---|-------------------------------|-----------|-------------------------------------------------------|
| <input type="checkbox"/> | 2 | <b>M8×80 expansion screws</b> | <b>×4</b> | One per corner, through the foot plate into the floor |
|--------------------------|---|-------------------------------|-----------|-------------------------------------------------------|

### A NOTE ON THIS PARTS LIST

This platform’s source diagram numbers the two hardware items above but doesn’t give separate part numbers to the frame rails, corner brackets or bamboo/rubber panels — they aren’t bolt-together sub-assemblies you need to identify individually. Step 1 uses all 20 bolt sets somewhere on the frame; Step 3 uses one expansion screw at each of the 4 corners.

### STEP 1 OF 3

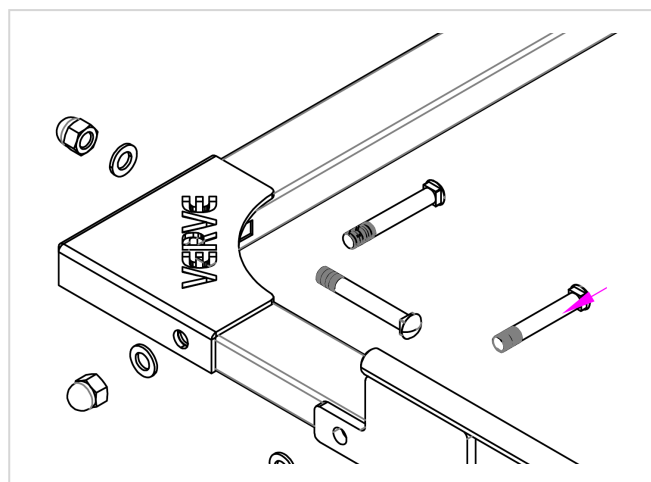
## Assemble the perimeter frame.

**Hardware:** 20× M12×80 bolt, nut & washer sets (1)

Lay out the two long rails and two short rails to form the 2.42m × 1.9m rectangle, with a VERVE-branded corner bracket at each corner.

Bolt each rail into its corner bracket with a **M12×80 bolt, washer and nut (1)** — a washer under the bolt head and another under the nut — and do the same at the bracket points along each long rail. Use every set of hardware (1) supplied.

**Tip:** leave every bolt finger-tight until the frame sits square, then fully tighten with a 19mm socket while holding the nut with a spanner.



### STEP 2 OF 3

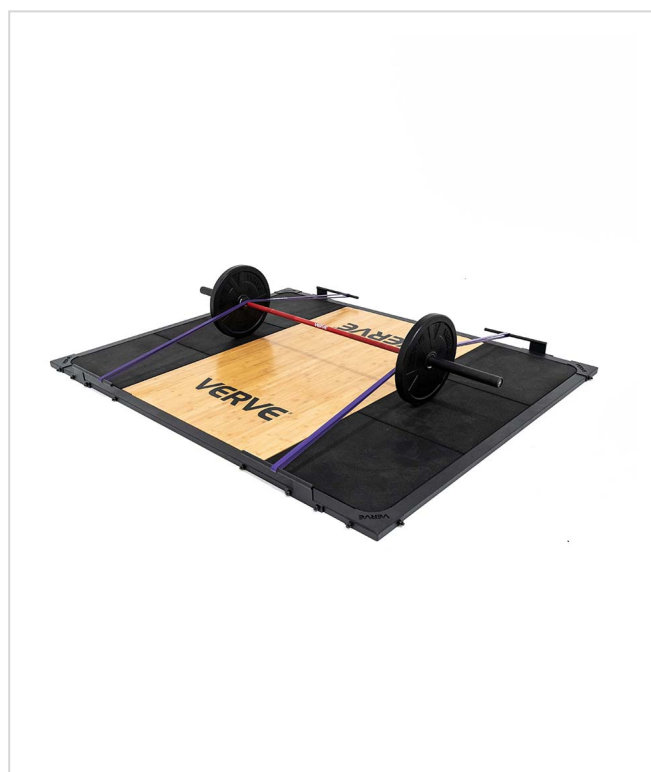
## Fit the bamboo panel and rubber landing pads.

**Hardware:** none — the panels sit in place

Lower the single bamboo centre panel into the middle of the frame — it spans the full width between the two long rails.

Fit the rubber landing pads into the bays on either side of the bamboo panel (3 sections each side, 6 in total). Each panel is cut to sit flush inside the frame — no fasteners are needed.

**Tip:** the bamboo panel has a VERVE logo facing each end, so it reads the right way up from either side of the platform.



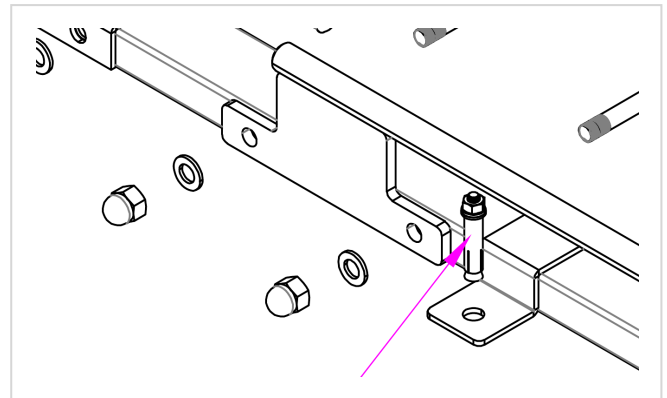
**STEP 3 OF 3****Anchor the platform to the floor.**

**Hardware:** 4× M8×80 expansion screws (2)

At each of the 4 corners, drill through the mounting hole in the corner bracket's foot plate into the floor below.

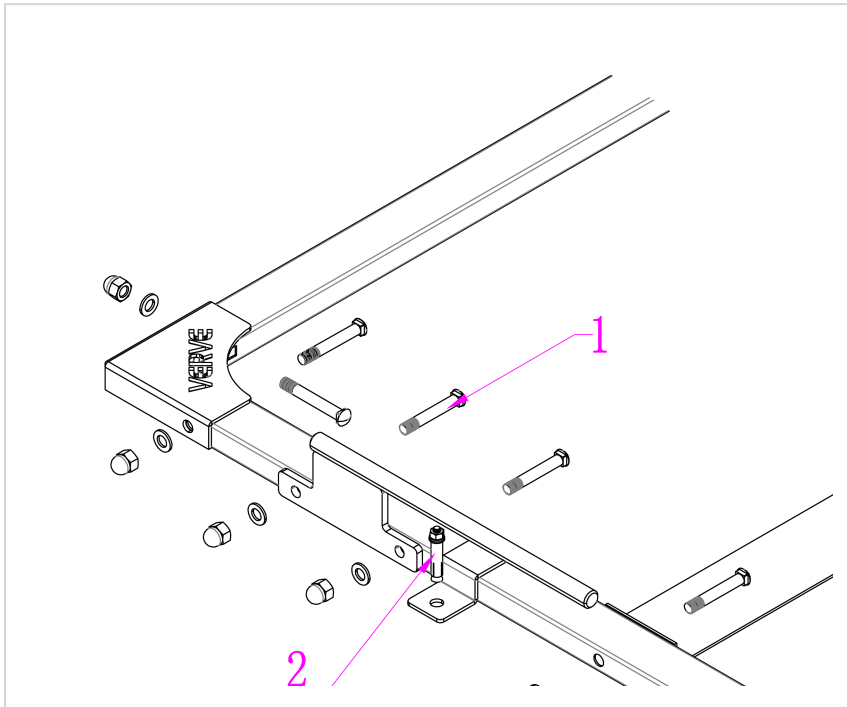
Fit an **M8×80 expansion screw (2)** through the foot plate at each corner and into the floor.

**Tip:** only anchor once the frame is square and the panels are seated — moving the platform afterwards means drilling new holes.

**ASSEMBLY COMPLETE**

That's it — your platform is built. Run through the final checks on page 6 before loading it up.

## Parts Diagram.



| NO. | PART                          | QTY |
|-----|-------------------------------|-----|
| 1   | M12×80 bolt, nut & washer set | 20  |
| 2   | M8×80 expansion screw         | 4   |

The frame rails, corner brackets, bamboo centre panel and rubber landing pads aren't individually numbered on the source diagram — only the fasteners above are.

### Final checks.

- ☐ All 20 M12 bolts are fully tightened and the frame sits flat with no rocking at any corner.
- ☐ The bamboo centre panel and all 6 rubber landing pads sit flush, with no gaps or overlap.
- ☐ All 4 corners are anchored to the floor with an expansion screw.
- ☐ The platform doesn't shift or rock when you step onto it.
- ☐ Re-check every bolt after the first loaded session.

#### NEED HELP?

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

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