

VERVE[®]

Seated Leg Curl



OWNER'S MANUAL

CONTENT

CONTENT.....	P1
IMPORTANT SAFETY NOTICE.....	P2
LABELS INFORMATION.....	P3
ANCHORING UNIT.....	P5
CABLE INSPECTION.....	P6
ASSEMBLY INSTRUCTION.....	P7-P15
PART LIST.....	P17-P18
PRE-ASSEMBLED COMPONENTS.....	P19-P21
INSTRUCTIONS FOR USE.....	P22
MAINTENANCE.....	P23

IMPORTANT SAFETY NOTICE

PRECAUTIONS :

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

- a. **Maximum user weight : 150kg.**
- b. Keep children and pets away from the machine at all times. DO NOT leave unattended children in the same room with the machine.
- c. Only one person at a time should use the machine.
- d. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- e. Position the machine on a clear, level surface. DO NOT use near water or outdoors.
- f. Keep hands away from all moving parts.
- g. Always wear appropriate workout clothing when exercising. Do not wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required.
- h. Use the machine only for its intended use as described in this manual. DO NOT use any other accessories not recommended by the manufacturer.
- i. DO NOT place any sharp objects around the machine.
- j. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- k. Before exercising, always do stretching first.
- l. Never operate the machine if it is not functioning properly.
- m. Please read the instructions carefully before assembling the MACHINE.

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

Labels Information

Carefully read ALL Danger, Warning & Caution labels posted on the machine.

SEATED LEG CURL

START

FINISH

LEG CURL

- Select appropriate weight resistance for your present fitness level.
- Adjust back pad to align pivot at knees.
- Adjust start position using pull knob located on cam for desired range of motion.
- Adjust thigh hold down pad to secure legs in position.
- With thighs parallel and feet relaxed, slowly curl legs to full flexion.
- Return weight under control to starting position and repeat as desired.
- Raise thigh hold down pad for easy exit.

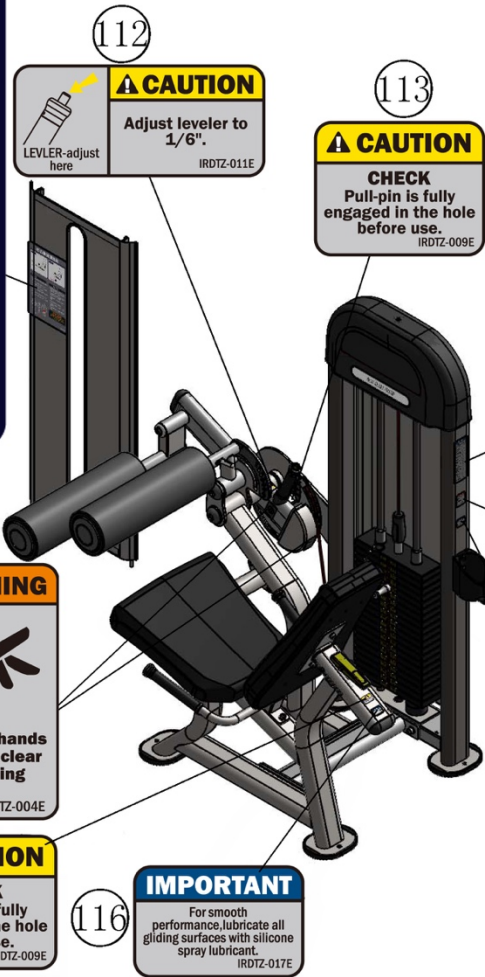
■ Leg curl ■ Hamstrings

Safety Tips

- Read all caution and warning labels posted on the machine. Seek assistance from staff if unfamiliar with the machine or its use.
- It is important to know your own physical condition before beginning any type of exercise program.
- Always choose a light resistance when using a machine the first time.
- Train at a controlled rate of speed.
- Never hold your breath-inhaling during least resistant and exhaling at maximum resistant.
- Warm-up with light cardio exercises, stretchings or callistenics.

IRDZT-101-EN

105



INSPECTIONS					
Recommended Inspection	DAILY	WEEKLY	MONTHLY	6-MONTH	YEARLY
INSPECT: Replace all parts at first signs of wear or damage. Links, pull-pins, snap locks, swivels, connectors, selector pin, and welded-joints.	*				
CLEAN: Upholstery with lanolin-base cleaner. Do not use Windex.	*				
INSPECT: Cables, Belts and tension (adjust if needed).	*				
INSPECT: All labels		*			
INSPECT: All nuts and bolts (tighten if needed).		*			
INSPECT: Accessory bars, handles rubber grips.		*			
INSPECT: All anti-skid surfaces.		*			
CLEAN & LUBRICATE: Clean guide rods with Super Lube, spray lubricant and lubricate with Super Lube (PTFE) grease.			*		
LUBRICATE: Seat sleeves, pull-pin sliding mechanism, bushings and linear bearings.			*		
CLEAN & WAX: All powder-coat finishes.				*	
REPLACE: Cables & connecting parts.					*

Use only genuine IronMaster replacement parts. Failure to do so will void warranty and could result in serious injury or death.
IRDZT-013E

WARNING
If the machine appears to be damaged or inoperable, DO NOT use. Inform floor personnel immediately.

WARNING
Keep body, hands and fingers clear of all moving parts.
IRDZT-004E

CAUTION
Pull-pin is fully engaged in the hole before use.
IRDZT-009E

IMPORTANT
For smooth performance lubricate all gliding surfaces with silicone spray lubricant.
IRDZT-017E

CAUTION
CHECK Pull-pin is fully engaged in the hole before use.
IRDZT-009E

CAUTION
Adjust leveler to 1/6".
IRDZT-011E

DANGER
Use this equipment ONLY for its intended purpose. If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel. Failure to comply could result in serious injury or death.
IRDZT-001E

IMPORTANT
CHECK CABLES Be sure cables run between the pulleys and working properly.
IRDZT-016E

⚠ WARNING

Serious injury or death can occur if these rules and precautions are not observed:

- **Read and Understand** Owner's Manual and all DANGER, WARNING and CAUTION labels before using this equipment. If you still need help, seek assistance from floor personnel.
- Obtain a **medical exam** before beginning any exercise program.
- **Stop exercising** if you feel faint or dizzy. Consult a physician if you are experiencing pain.
- **Inspect equipment** prior to use for wear and tear, loose fittings, worn or frayed cables/belts and frame welds. Do not use if it appears damaged or inoperable.
- **Do not attempt to fix** or free any jammed parts by yourself. Seek assistance from floor personnel.
- **Use this equipment only for the intended use** and for exercises(s) shown in the exercise label.
- Keep body, clothing and hair **clear from all moving parts**.
- **Children must not be allowed** near this machine. Teenager must be supervised.
- **Make sure the selector pin** is completely inserted. Use only the selector pin provided by the manufacturer. If difficulty inserting the pin, seek assistance from floor personnel.
- **Never pin the weights in an elevated position**. Do not use the machine if found in this condition. Inform floor personnel immediately.
- **Do not modify selectorized weight stack** with any add-on incremental weights or dumbbells, except those with standard factory installed.
- **Do not remove labels** affixed to the machine. Replace if damaged.

IRDZ-008E

104 SEATED LEG CURL

⚠ DANGER

DO NOT lean against or pull on the framework, weight stack or any component at all times.

Inappropriate operations can cause the machine to tip over, and could result in serious injury or death.

IRDZ-002E

⚠ DANGER

Use this equipment ONLY for its intended purpose.

If you are unfamiliar with the equipment or procedure, seek assistance from floor personnel.

Failure to comply could result in serious injury or death.

IRDZ-001E

⚠ WARNING

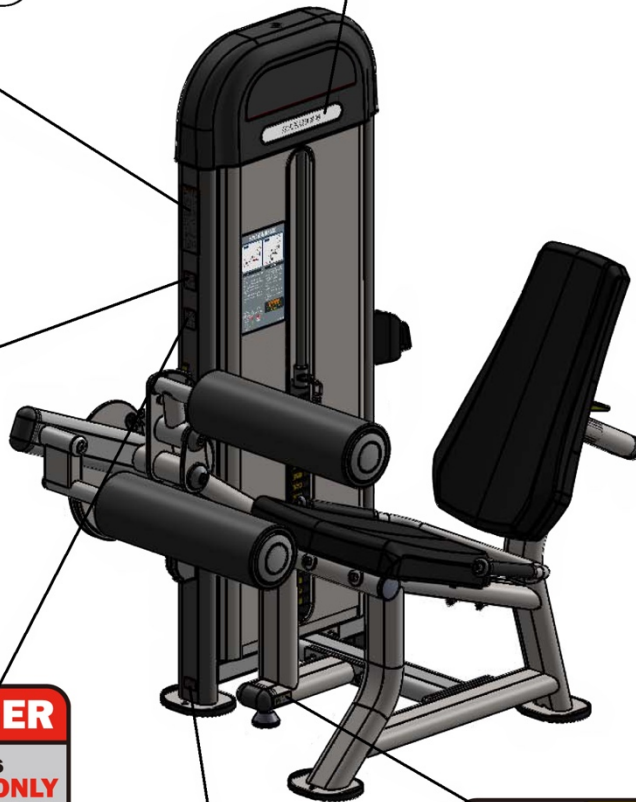
Anchor bolt here to fasten the machine to the floor.

IRDZ-007E

⚠ CAUTION

Adjust leveler to 1/16" above the floor surface.

IRDZ-010E



Anchoring Unit

Holes on frame are provided for anchoring the unit to the floor. See anchoring hole location below.



Cable Inspection

WARNING :

THE FOLLOWING CONDITIONS MAY INDICATE A WORN CABLE. REPLACE IMMEDIATELY.



"NECKING", STRETCHED CABLE COVERING



A CRACK IN THE CABLE COVER



A TEAR IN THE CABLE COVER



A BREAK ON THE CABLE



CABLE END SLIPPING OUT

IMPORTANT NOTE:

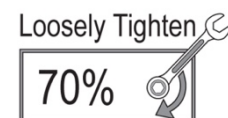
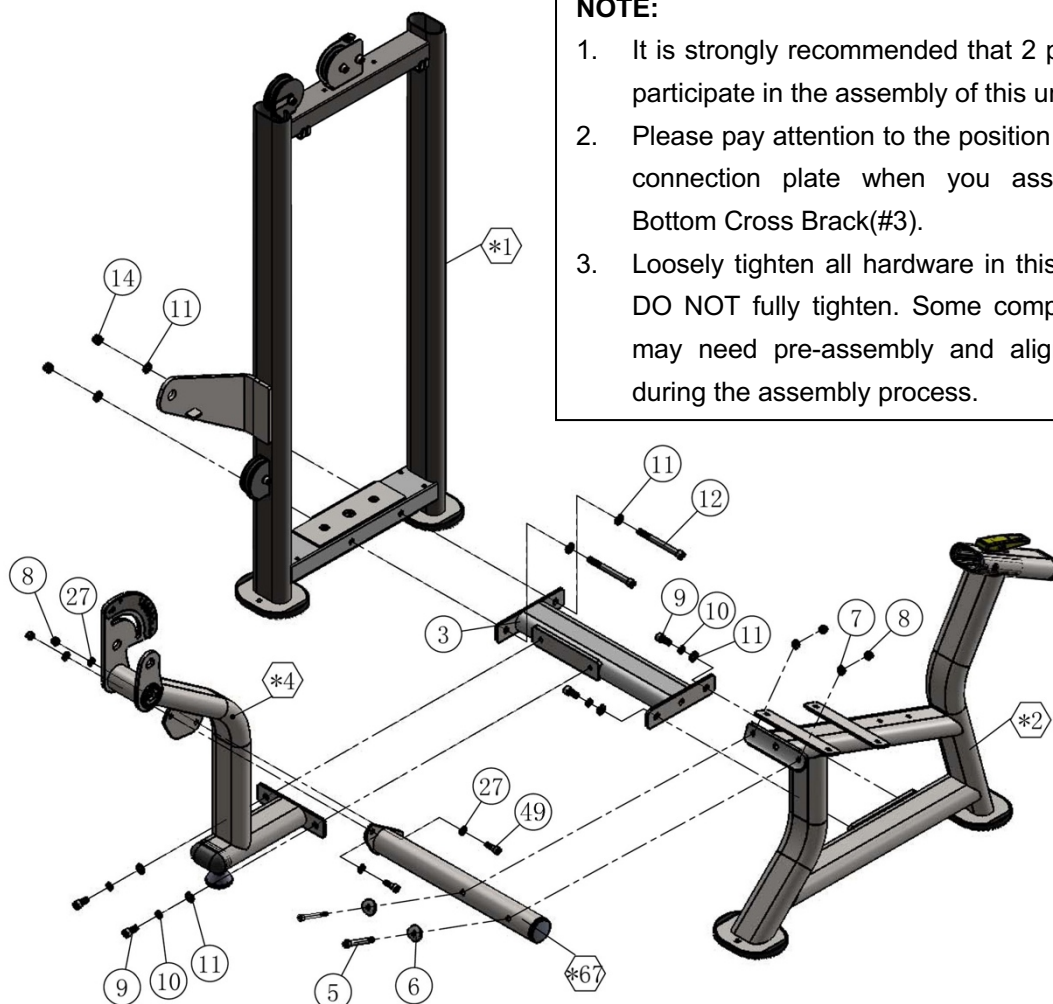
DAMAGED OR WORN CABLE (AS SHOWN ABOVE) MAY DAMAGE THE PULLEY(S). YOU MUST INSPECT THE PULLEYS AT THIS TIME FOR WEAR AND TEAR. REPLACE IF NEEDED.

Step 1

Step 1 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	8	Nylon Lock Nut M10	4
*2	Seat Frame	1	9	Hex Recessed Round Head Screw M12*25	4
*4	Support Frame	1	10	Spring Washer Φ 12	4
*67	Top Brace	1	11	Flat Washer Φ 12	8
3	Bottom Cross Brace	1	12	Hex Recessed Round Head Screw M12*135	2
5	Hex Recessed Round Head Screw M10*85	2	14	Nylon Lock Nut M12	2
6	Big Arc Washer Φ 10	2	27	Flat Washer Φ 10	4
7	Arc Washer Φ 10	2	49	Hex Recessed Round Head Screw M10*30	2

NOTE:

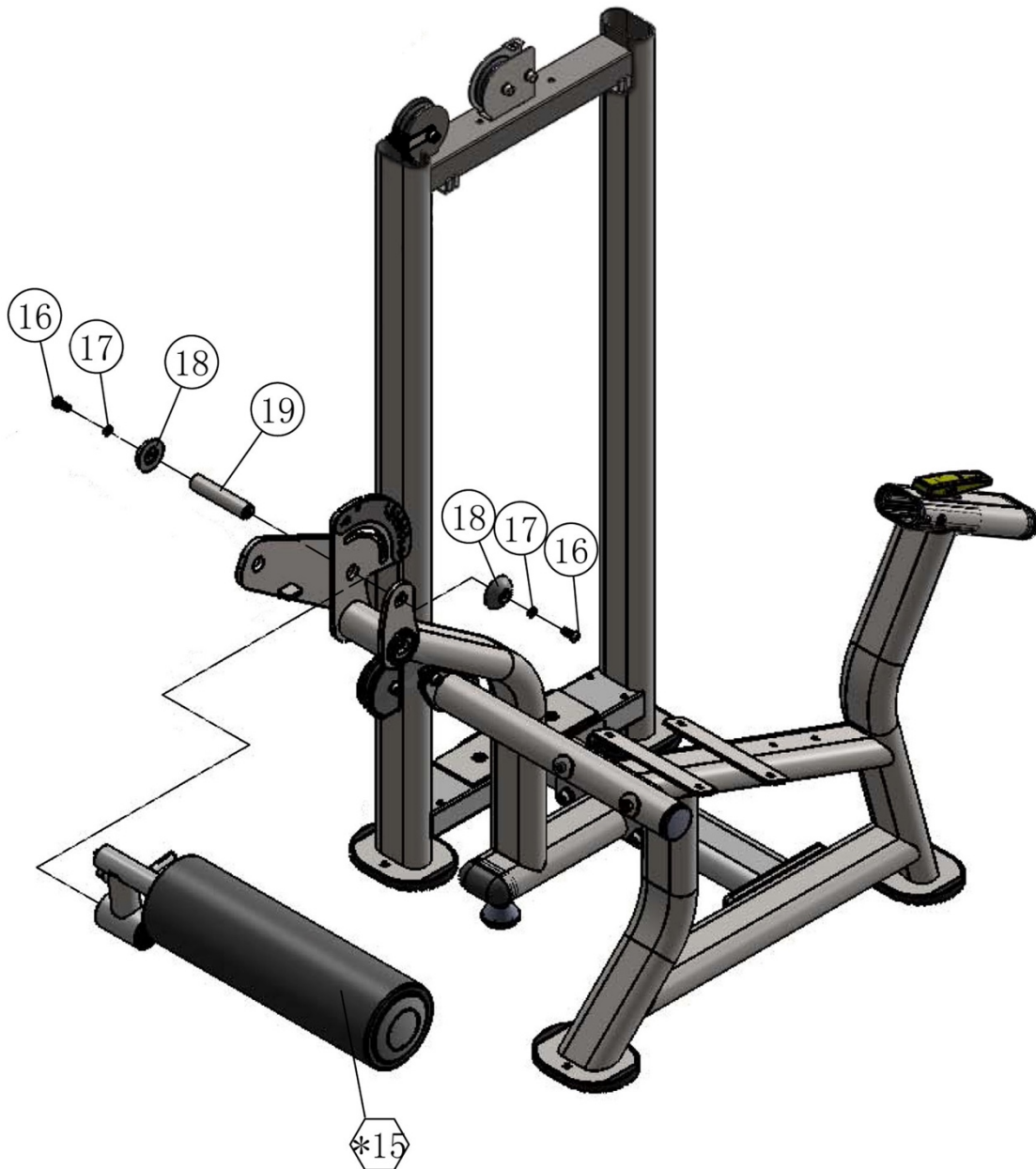
1. It is strongly recommended that 2 people participate in the assembly of this unit.
2. Please pay attention to the position of the connection plate when you assemble Bottom Cross Brack(#3).
3. Loosely tighten all hardware in this step. DO NOT fully tighten. Some component may need pre-assembly and alignment during the assembly process.



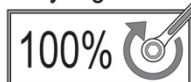
Loosely Tighten
Loosely tighten all hardware in this step.

Step 2

Step 2 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*15	Adjustable Leg Holder	1	18	Axle End Cap	2
16	Hex Recessed Flat Head Screw M10*25	2	19	Pivot Axle 2(Short)	1
17	Spring Washer Φ 10	2			



Fully Tighten 

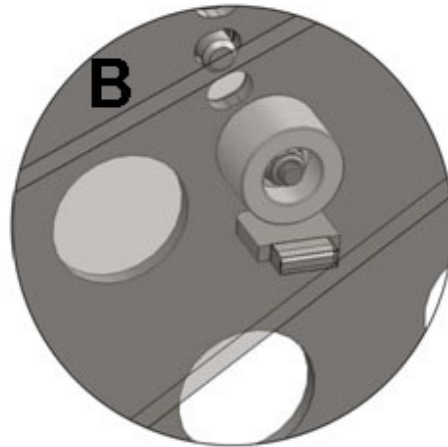
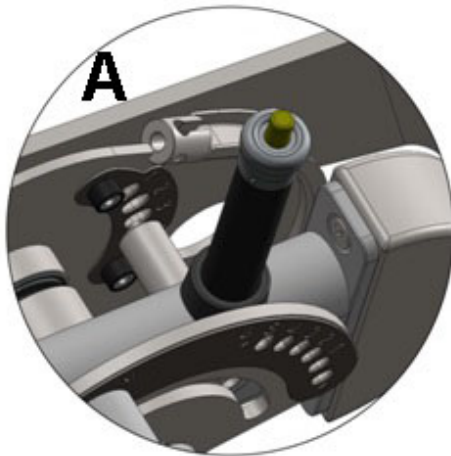


Fully Tighten

Wrench tighten all hardware in this step.

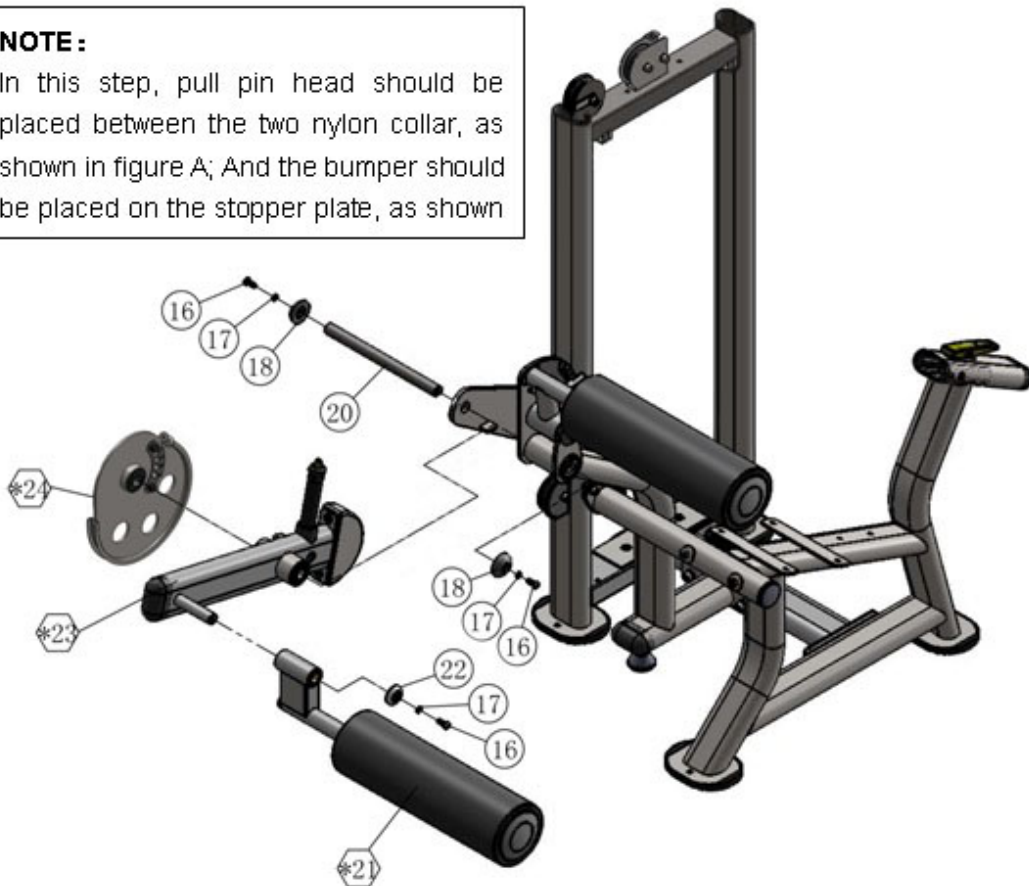
Step 3

Step 3 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*21	Swivel Foam Roll Tube	1	17	Spring Washer $\Phi 10$	3
*23	Pivot Arm	1	18	Axle End Cap	2
*24	Cam	1	20	Pivot Axle(Long)	1
16	Hex Recessed Flat Head Screw M10*25	3	22	Aluminum End Cap(Thin)	1



NOTE:

In this step, pull pin head should be placed between the two nylon collar, as shown in figure A; And the bumper should be placed on the stopper plate, as shown



Fully Tighten

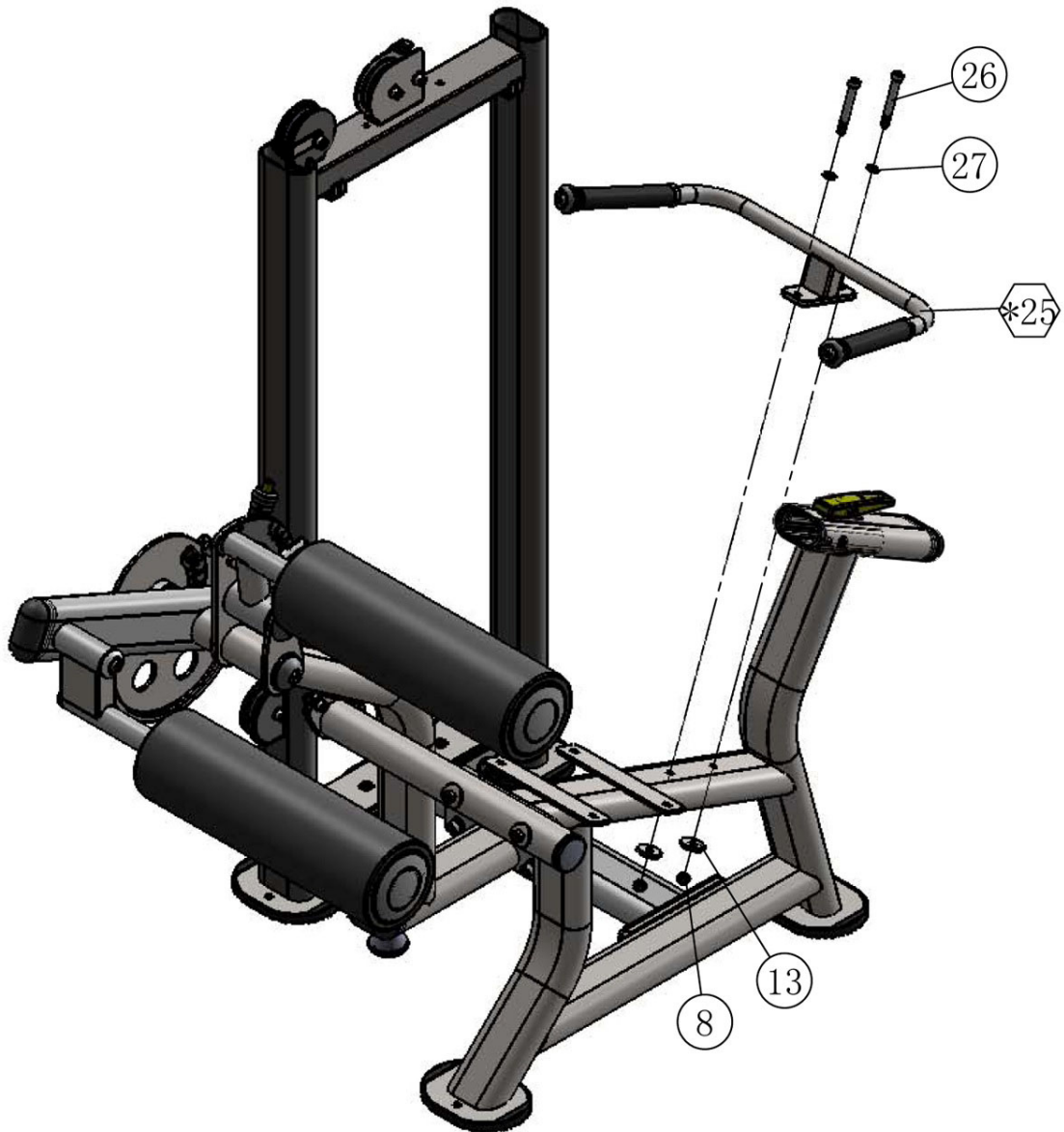


Fully Tighten

Wrench tighten all hardware in this step.

Step 4

Step 4 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*25	Handles	1	26	Hex Recessed Round Head Screw M10*80	2
8	Nylon Lock Nut M10	2	27	Flat Washer Φ 10	2
13	Big Washer Φ 10	2			



Fully Tighten

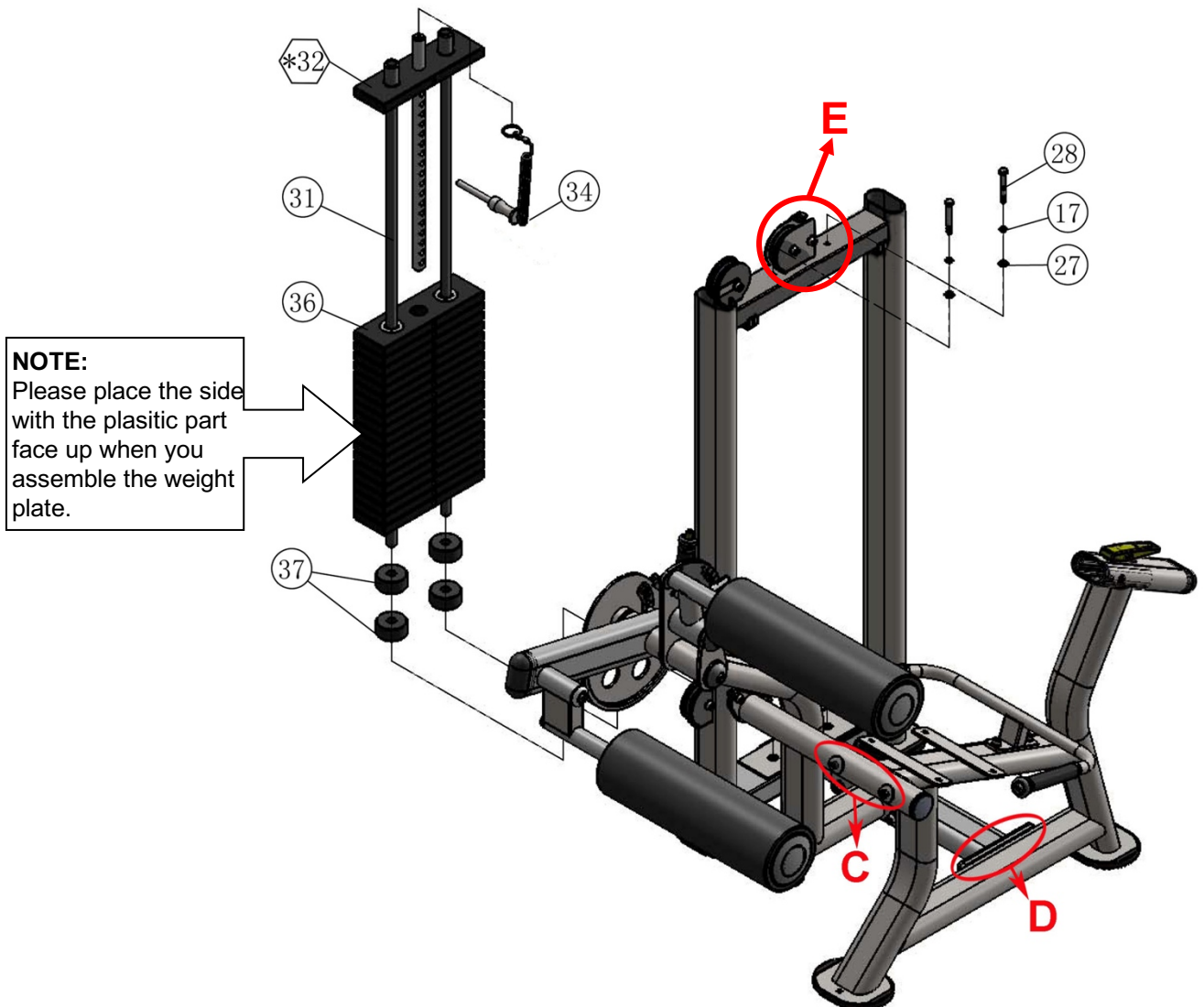


Fully Tighten

Wrench tighten all hardware in this step.

Step 5

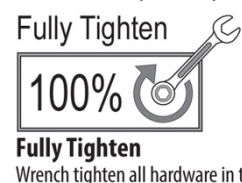
Step 5 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*32	Top Block	1	34	Selector Pin	1
17	Spring Washer Φ10	2	36	4.5Kg Weight Plate	19
27	Flat Washer Φ10	2	37	Rubber Donut	4
28	Hex Bolt M10*75	2	99	Weight Plate Label	1
31	Guide Rod	2			

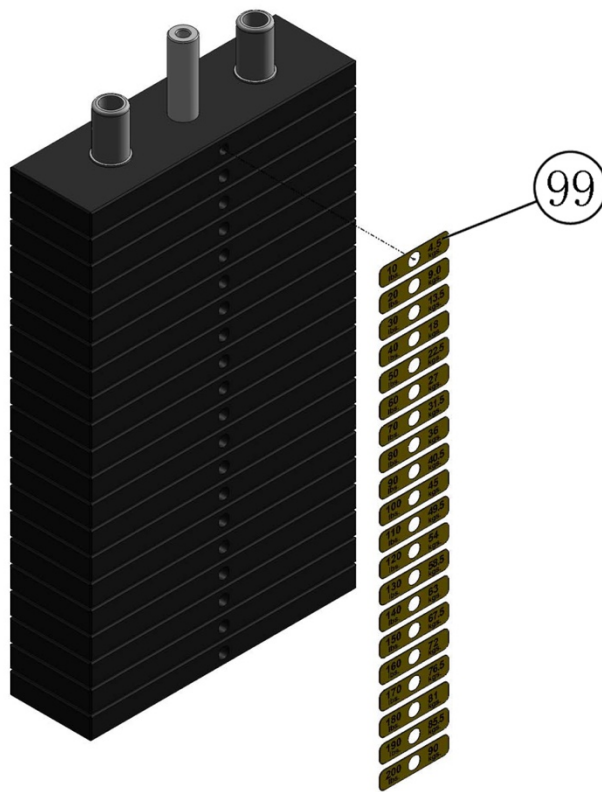


Tighten all hardware in this step. When tightening, you need to press firmly on the Weight Stack Frame (# *1) to make the foot contact with the ground; Or tighten all hardware after assembling the weight plates, but you need to make sure that the bolt connection is reliable and the machine will not dump.

SPECIAL NOTICE: 1. Please tighten the other bolts and nuts first, and then tighten the bolts and nuts as shown in figure C, D.

2. You can remove the pulley in position E first, then assemble Hex Bolt M10*75 (#28-2).



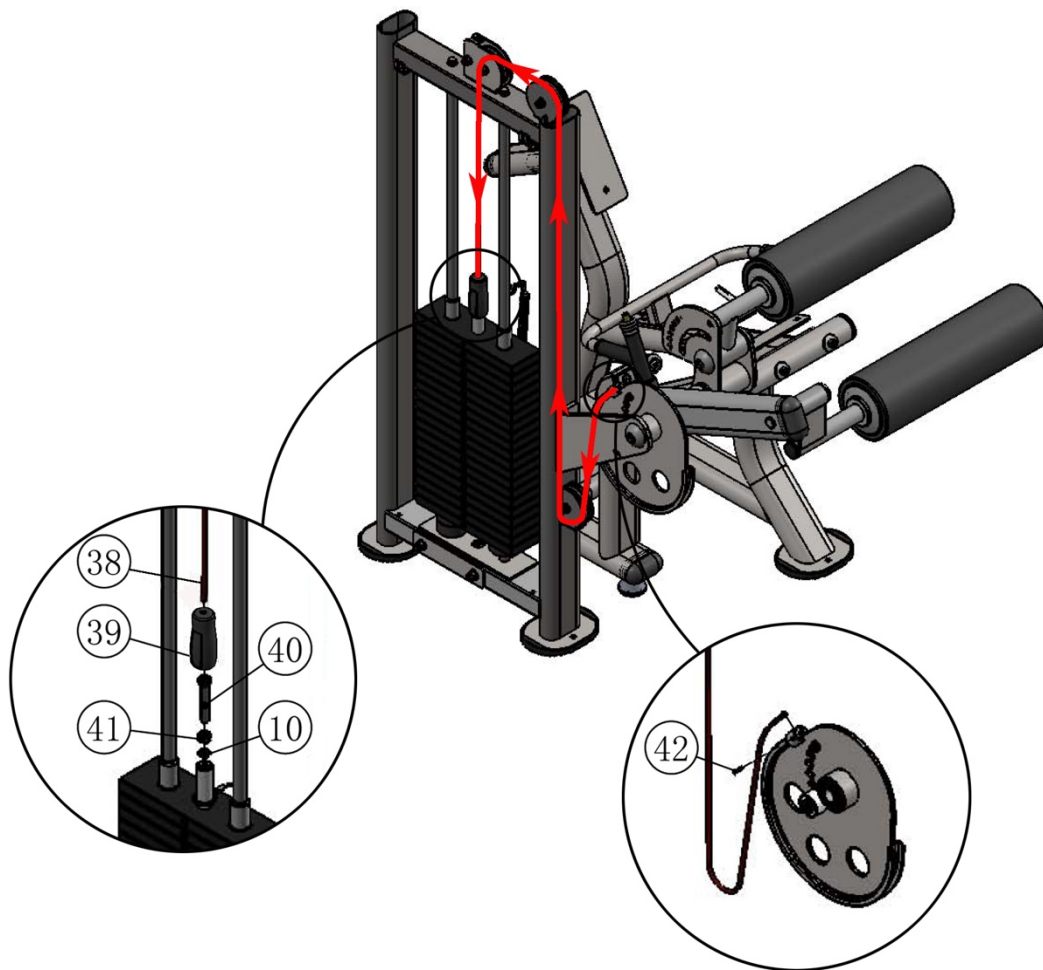


Weight stack label instructions:

1. Wipe front surface of weight stack with rubbing alcohol and wipe dry.
2. peel off back sheet (adhesive side) from label(#99) and make sure that the label remains attached to the application tape.
3. Line up left edge of label sheet with outside edge of weight holes.
4. Make sure label is straight and slowly press into place.
5. Gently remove application tape and rub each label firmly against the weight stack.
6. Allow labels to stand for 2 days to allow adhesive to cure fully.

Step 6 Cable Routing

Step 6 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
10	Spring Washer $\Phi 12$	1	40	Split Bolt M12*75	1
38	Cable	1	41	Hex Nut M12	1
39	Bumper1	1	42	Cross Countersunk Head Screw M3*15	1



SPECIAL NOTE:

1. Please loosen the Screw(#42) first, then put the cable into the cam, and finally tighten the Screw(#42).
2. Pulleys at the particular location are around the wire, you can tie the wire on one end of the cable and pull the wire to help install the cable.

Fully Tighten 

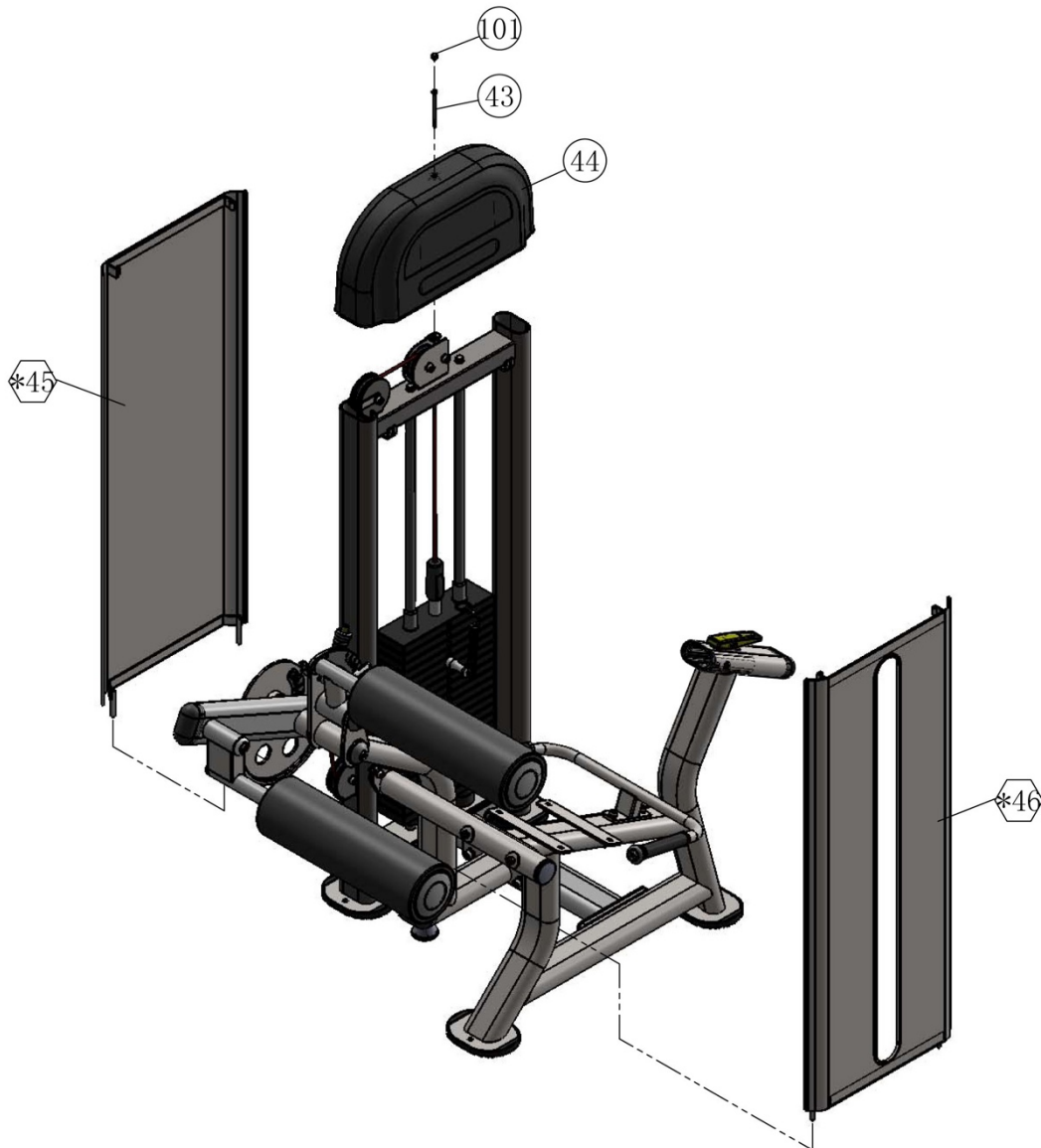


Fully Tighten

Wrench tighten all hardware in this step.

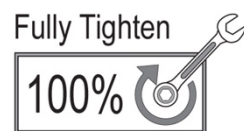
Step 7

Step 7 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
*45	Weight Shield Rear	1	44	Weight Shield Top	1
*46	Weight Shield Front	1	101	Hole Plug	1
43	Hex Recessed Round Head Screw M6*95	1			



NOTE:

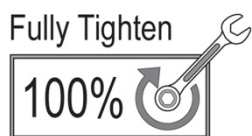
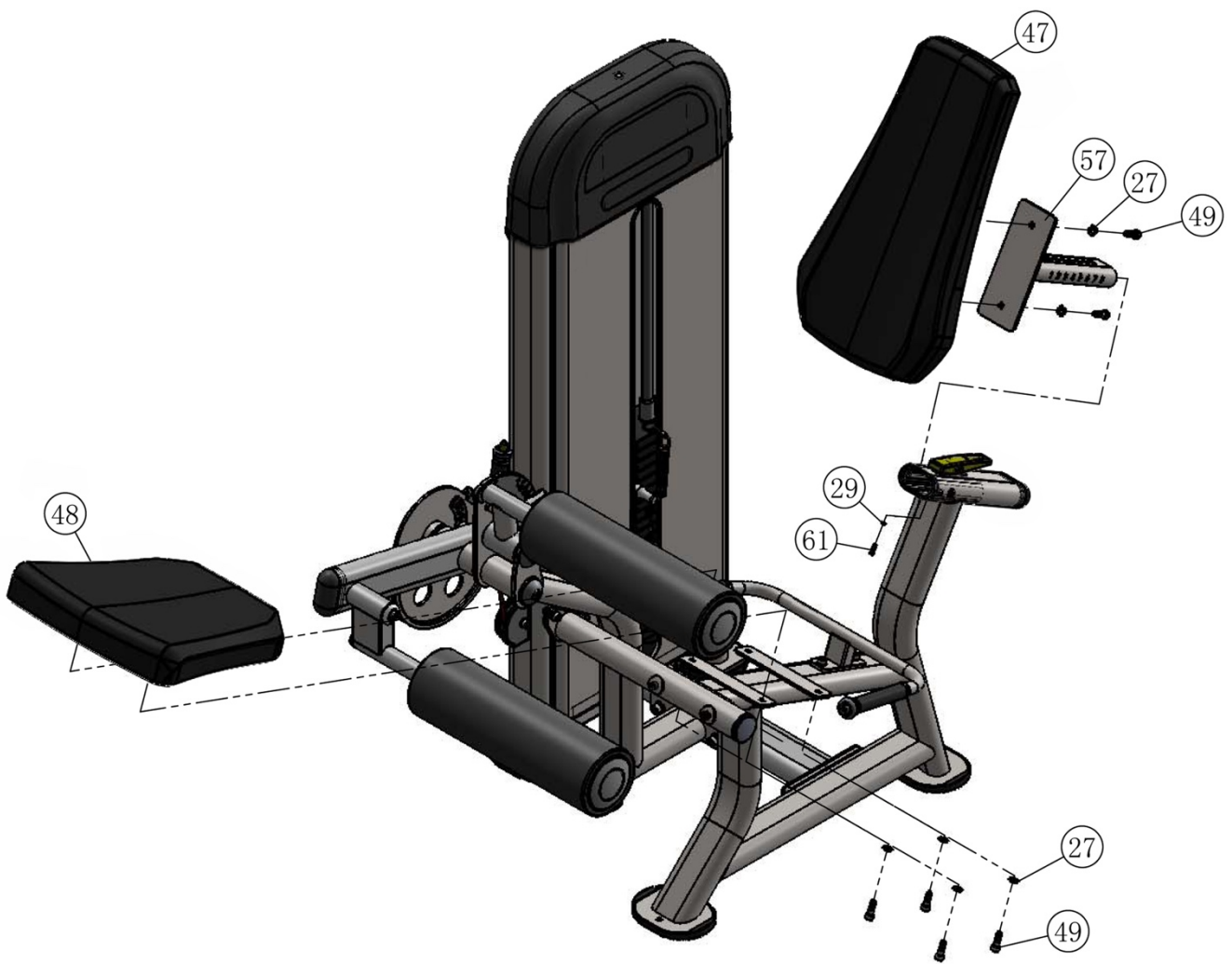
Please assemble Weight Shield Front & Rear (#*45 & #*46) first, then assemble Weight Shield Top (#44).



Fully Tighten
Wrench tighten all hardware in this step.

Step 8

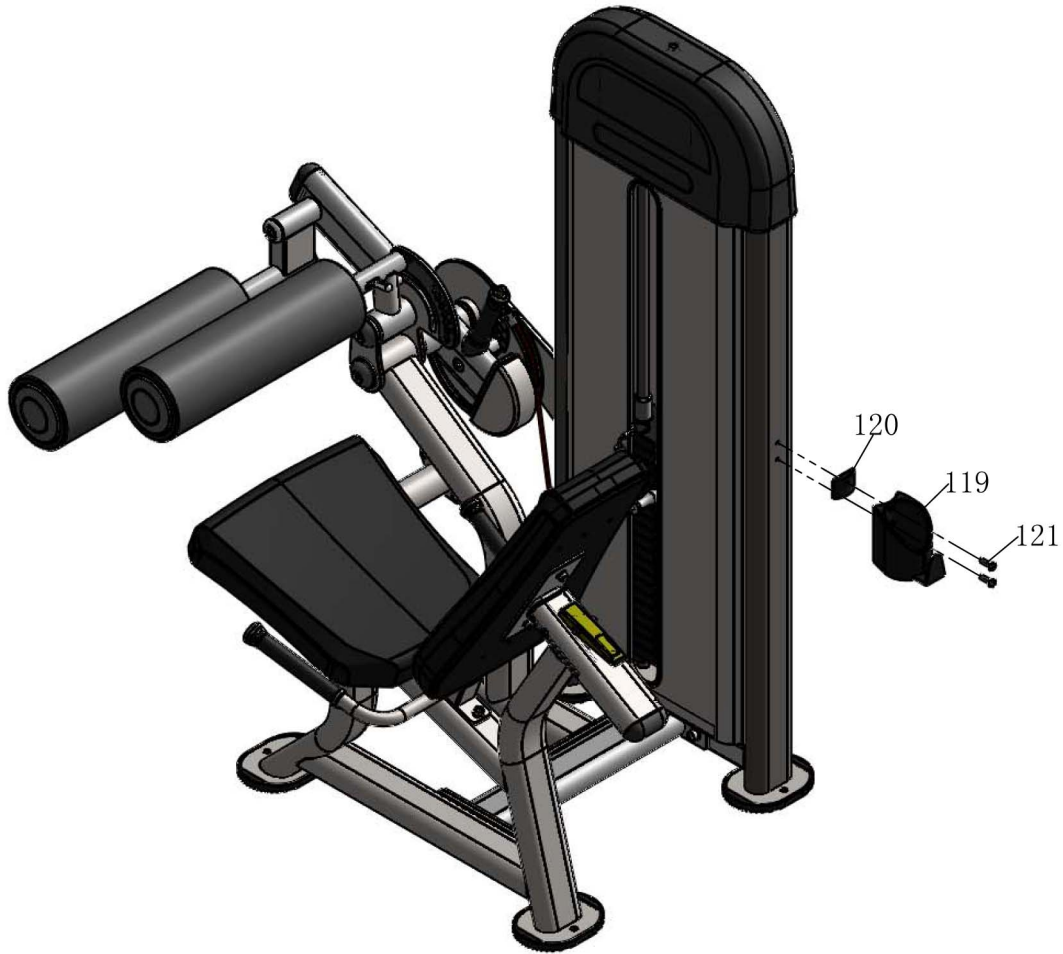
Step 8 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
27	Flat Washer $\Phi 10$	6	49	Hex Recessed Round Head Screw M10*30	6
29	Spring Washer $\Phi 6$	1	57	Adjustable Back Pad Tube	1
47	Back Pad	1	61	Hex Recessed Flat Head Screw M6*20	1
48	Seat Pad	1			



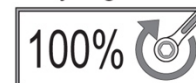
Fully Tighten
Wrench tighten all hardware in this step.

Step 9

Step 9 Assembly List					
Item#	Description	Qty.	Item#	Description	Qty.
119	Bottle Cage	1	121	Hex Socket Countersunk Head Screw M8*30	2
120	Spacer Block	1			



Fully Tighten 



Fully Tighten

Wrench tighten all hardware in this step.

Part List

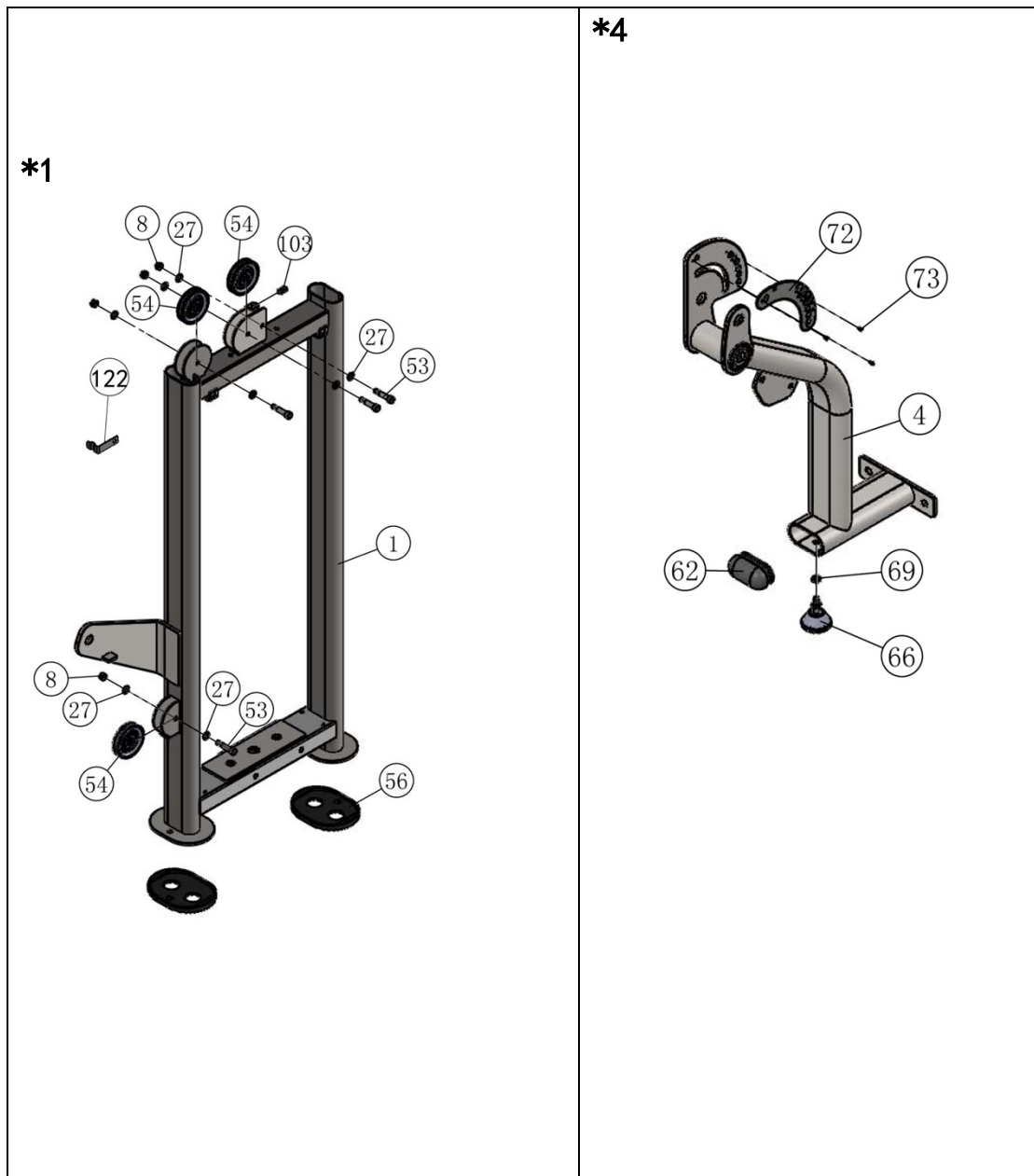
Item#	Description	Qty.	Item#	Description	Qty.
1	Weight Stack Frame	1	38	Cable	1
2	Seat Frame	1	39	Bumper 1	1
3	Bottom Cross Brace	1	40	Split Bolt M12*75	1
4	Support Frame	1	41	Hex Nut M12	1
5	Hex Recessed Round Head Screw M10*85	2	42	Cross Countersunk Head Screw M3*15	1
6	Big Arc Washer Φ 10	2	43	Hex Recessed Round Head Screw M6*95	1
7	Arc Washer Φ 10	2	44	Weight Shield Top	1
8	Nylon Lock Nut M10	10	45	Weight Shield Rear	1
9	Hex Recessed Round Head Screw M12*25	4	46	Weight Shield Front	1
10	Spring Washer Φ 12	5	47	Back Pad	1
11	Flat Washer Φ 12	8	48	Seat Pad	1
12	Hex Recessed Round Head Screw M12*135	2	49	Hex Recessed Round Head Screw M10*30	8
13	Big Washer Φ 10	2	50	Foam	2
14	Nylon Lock Nut M12	2	51	External Retaining Ring	2
15	Adjustable Leg Holder	1	52	Foam End Cap	2
16	Hex Recessed Flat Head Screw M10*25	7	53	Hex Recessed Round Head Screw M10*50	4
17	Spring Washer Φ 10	9	54	Pulley Φ 90	3
18	Axle End Cap	4	55	Nylon Lock Nut M8	3
19	Pivot Axle 2 (Short)	1	56	Elliptical Rubber Shoe	4
20	Pivot Axle (Long)	1	57	Adjustable Back Pad Tube	1
21	Swivel Foam Roll Tube	1	58	Oval Tube Plastic Glide Insert	1
22	Aluminum End Cap (Thin)	1	59	Hex Recessed Round Head Screw M8*50	1
23	Pivot Arm	1	60	Hex Recessed Flat Head Screw M6*8	2
24	Cam	1	61	Hex Recessed Flat Head Screw M6*20	1
25	Handles	1	62	Elliptical Plug 100*50* δ 2.5	3
26	Hex Recessed Round Head Screw M10*80	2	63	Adjustable Release Handle	1
27	Flat Washer Φ 10	22	65	α Spring	1
28	Hex Bolt M10*75	2	66	Leveler	1
29	Spring Washer Φ 6	1	67	Top Brace	1
30	Stopper Pin	1	68	Round Plug Φ 60*2.5	1
31	Guide Rod	2	69	Hex Thin Nut M10	1
32	4.5Kg Top Block	1	70	Edge Protector Chrome 1	4
33	Elastic Cylindrical Pin Φ 10*65	1	71	Edge Protector Chrome 2	1
34	Selector Pin	1	72	Stainless Steel Panel	1
35	Selector Lever	1	73	Cross Countersunk Head Screw M3*6	3
36	4.5Kg Weight Plate	19	74	T Bearing	6
37	Rubber Donut	4	75	Spring Washer Φ 8	1

Item#	Description	Qty.	Item#	Description	Qty.
76	Pull Pin Stiff Spring Φ1.0*Φ12.7*48	2	99	Weight Plate Label	1
77	Pull Pin Lever	1	100	Spring Washer Φ4	2
78	Pull Pin Driving Lever	1	101	Hole Plug	1
79	Cross Pan Head Screw M4*14	2	102	Bumper 2	1
80	Round Plug Φ38	1	103	Cage Nut	1
81	Oil Bearing	2	104	LABEL-SEATED LEG CURL	2
82	Hex Recessed Round Head Screw M8*35	1	105	LABEL-EXERCISE CHART	1
83	Hex Socket Countersunk Head Screw M10*25	2	106	LABEL-WARNING(IRDTZ-007E)	1
84	Aluminum Cap	2	107	LABEL-DANGER(IRDTZ-001E)	2
85	Grip L=184	2	108	LABEL-DANGER(IRDTZ-002E)	1
86	Pull Pin	1	109	LABEL-WARNING(IRDTZ-004E)	2
87	Counter Balance	1	110	LABEL-WARNING(IRDTZ-008E)	1
88	Pull Pin Stiff Spring Φ1.2*Φ16.5*50	1	111	LABEL-CAUTION(IRDTZ-010E)	1
89	Axis	1	112	LABEL-CAUTION(IRDTZ-011E)	1
90	Arc Joint Sleeve	1	113	LABEL-CAUTION(IRDTZ-009E)	2
91	Grip L=124	1	114	LABEL-INSPECTIONS	1
92	Hex Socket Set Screws with Flat Point M4*4	2	115	LABEL-CHECK CABLES	1
93	Aluminum Insert Cap	1	116	LABEL-IMPORTANT(IRDTZ- 017E)	1
94	Button Cap	1	119	Bottle Cage	1
95	Flat WasherΦ8	4	120	Spacer Block	1
96	Cam Backplate	1	121	Hex Socket Countersunk Head Screw M8*30	2
97	Hex Recessed Round Head Screw M8*20	1	122	"L" Plate	1
98	Nylon Collar	2			

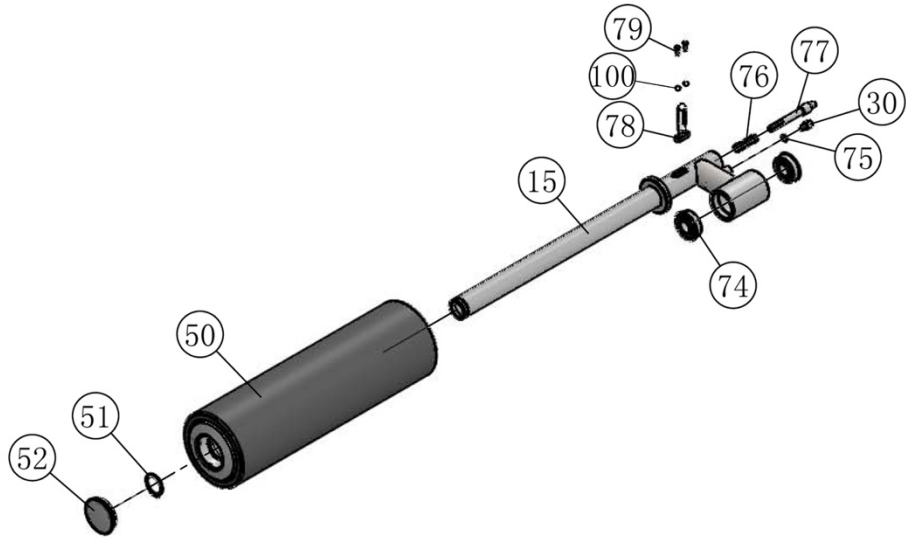
Pre Assemble Components Parts List

Item#	Description	Qty.	Item#	Description	Qty.
*1	Weight Stack Frame	1	*24	Cam	1
*2	Seat Frame	1	*25	Handles	1
*4	Support Frame	1	*32	Top Block	1
*15	Adjustable Leg Holder	1	*45	Weight Shield Rear	1
*21	Swivel Foam Roll Tube	1	*46	Weight Shield Front	1
*23	Pivot Arm	1	*67	Top Brace	1

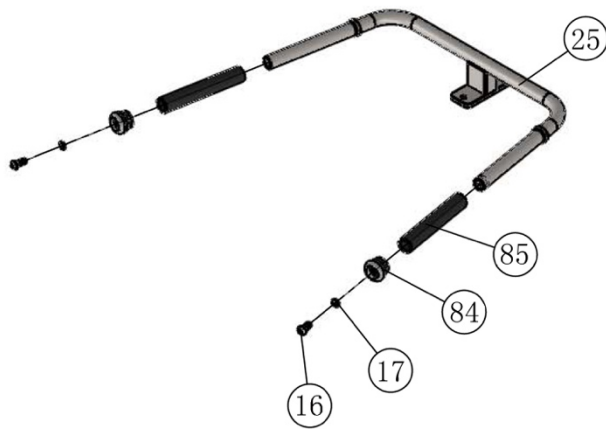
Pre-Assembled Components



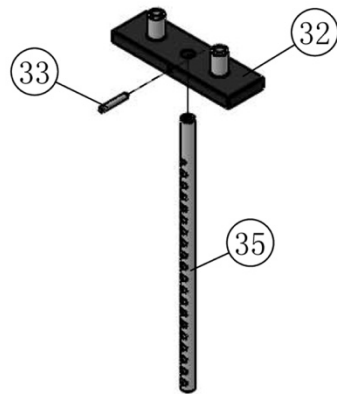
***15**



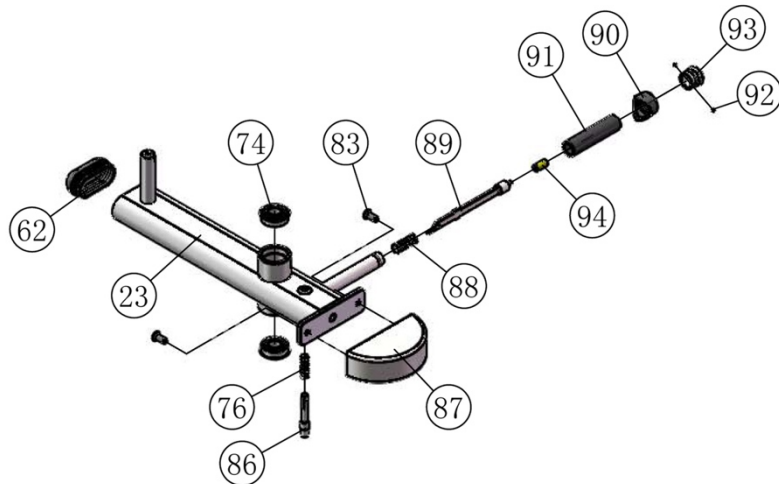
***25**



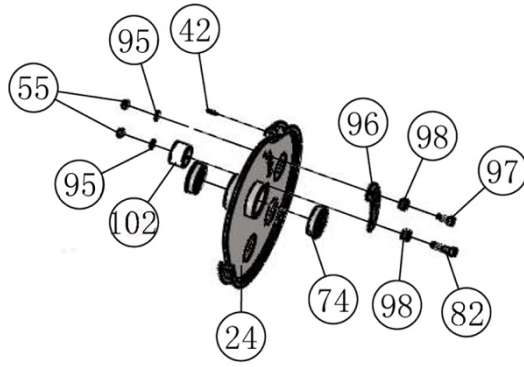
***32**



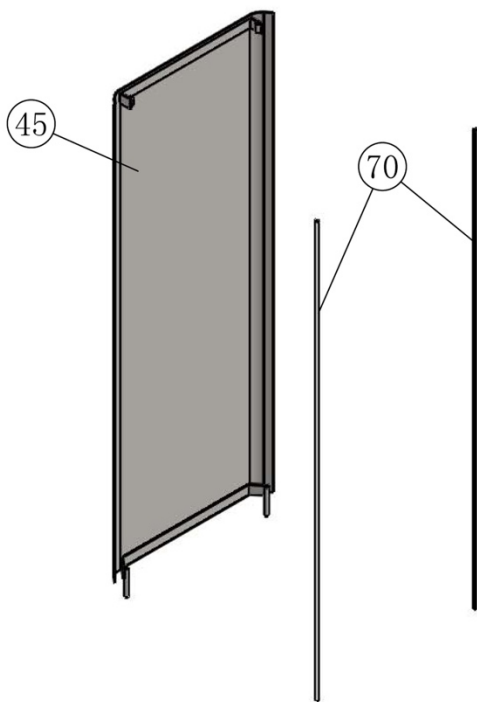
***23**



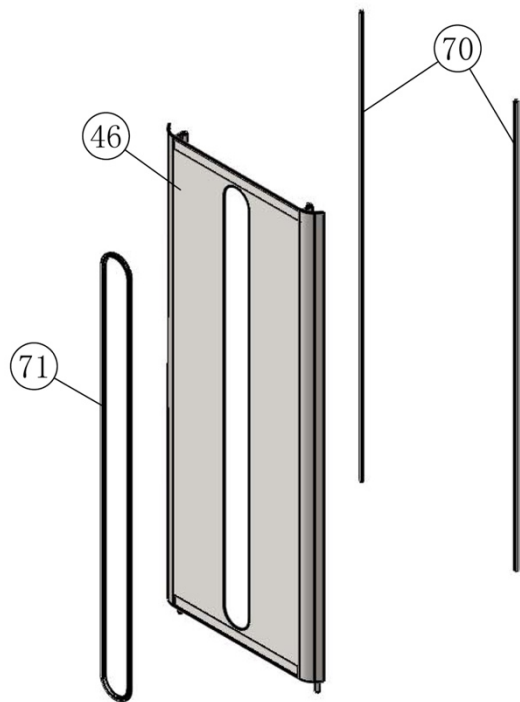
***24**



***45**



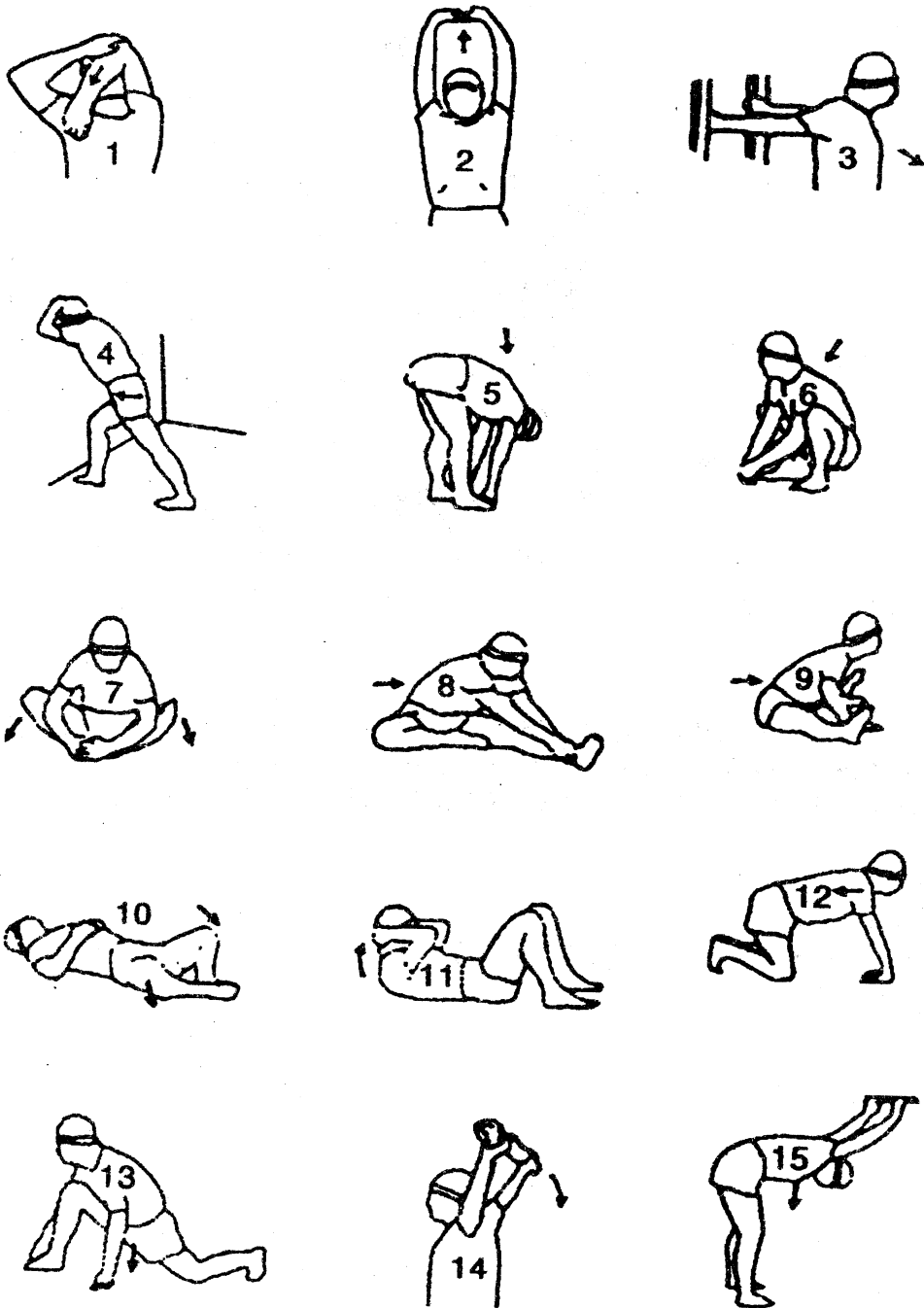
***46**



INSTRUCTIONS FOR USE

Using this Machine will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help lose your weight.

The stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch-if it hurts, **STOP**.



MAINTENANCE

Maintenance Information

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your Machine.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.

2. All bushings should be checked regularly for signs of wear.
3. Check and adjust cable tension periodically as it will maintain proper anatomical function.
4. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement part which is necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. Replace parts using only genuine parts.
5. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
6. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe machine down with a damp cloth and dry thoroughly each day. At least once a week your chrome equipment should be polished with a commercial grade or automotive type chrome polish.
7. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
8. Check welds to be free of cracks.

Failure to perform routine maintenance could result in personal injury and/or equipment damage.