

VERVE®



**VERVE V SQUAT / HACK SQUAT PLATE
LOADED MACHINE**

OWNER'S MANUAL

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SAFE USE NOTICES



Before using the machine, please carefully read this manual and get acquainted with operation process.

Keep this in mind: Please have an adequate warm-up prior to any workout in case of injuries. The manufacture and dealer assume no liability for any human injury or property damage caused by any disease or improper operation during usage.

If you take medicine when you are about to use the machine or start your workout, please consult your physician about whether it will affect your heart rate during workout. If you are suffering from cardiac disease or over 35, you cannot use this machine unless consulting a physician and getting his permission.

Important Notices

Thank you for purchasing our product! It is the responsibility of the owner of the machine to ensure that all users have read this manual and gotten acquainted with warnings and safety precautions before using it.

1. This manual must be carefully read before usage of the machine. The machine can only be used strictly as described in this manual. It must be retained during the whole service life of the machine. (CAUTION)

2. The owner of the machine must ensure that all the users get acquainted with all the use notices.

3. Keep air fresh and ventilation good during usage of the machine. Also an adequate activity space must be ensured.

4. This machine is only intended for use in organizations with training areas, sport associations, clubs and educational establishments.

5. The maximum user weight is 150kg (330 pounds). (CAUTION)

6. It must be used under the supervision of a coach in case of any safety accident or damage to the machine. (WARNING)

7. Children under 14 must avoid using the machine in case of severe injuries or even physical disability while cardiac patients are prohibited from using the machine. (DANGER)

8. If at any time during exercise you feel dizziness, nausea or any other discomfort, stop immediately and consult your physician. (WARNING)

9. It must be located stably on an even floor in case of slips during the usage. Enough clearance must be kept for safe operation. Generally, a distance of 4 feet (1.2m) should be kept between the user and the centre of the surrounding space.

10. Select appropriate weight resistance and adjust position prior to exercise.

11. Check if all set screws are tightened and whether handgrips are well fastened prior to use. Otherwise, using it is prohibited in case of any accident. (WARNING)

12. Adjust steel cable to proper length, make sure it's solidly, securely connected and moves smoothly without any twist. Regular inspection must be implemented to avoid any error. If any problem, it must be solved by professionals instantly. For any fault with weight plate, guide rod or any other part, please contact professional to fix it immediately in case of accident as weight plates may fall off suddenly. (WARNING)

13. During exercise, please wear suitable sport dress and sport shoes, without dress or ornament and with hair tied up, in case of any interference to workout. (CAUTION)

14. 5-10 minutes of warm-up exercise must be taken prior to exercising on the machine.

15. Injury to health may result from incorrect or excessive training, so please have workout in correct way, select appropriate weight resistance and exercise duration. Consult a coach if necessary. (CAUTION)

16. No touching steel cable or any moving parts during exercise in case of injury to fingers. (DANGER)

17. Do not return to the starting position too quickly in case of any damage to the weight plates, instead, you must slow down when it gets closed to the weight plate below. (WARNING)

18. The machine must be used in dry room in case of any damage.

19. Do not have movements beyond the machine's functions. (WARNING)

20. No adjustment to the machine which may interfere with users' exercises is allowed to be made. (DANGER)

21. Please exercise on the machine in correct way; incorrect method or exercise beyond the machine's function may bring damage to your health. (WARNING)

22. It's recommended that the machine is used in an supervised area.

23. Product Standards: EN ISO 20957-1 & EN 957-4

Warning: Violation of the safety rules above will result in personal injury and equipment damage.



Warning

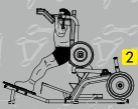
In order to reduce the risk of burn, fire, electric shock and injury to other people, please obey the following regulations:

- It must be ensured that the SELECTOR PIN works normally prior to using the machine.
- If you feel chest pain, nausea, dizziness or tachypnea during workout, stop immediately and consult the professional.
- Do not wear clothing that can be easily caught in the machine.
- Wear suitable sportswear and sport shoes during exercise.
- Touching steel cable or machine parts in operation is prohibited.
- Movements beyond the machine's function are prohibited.
- Do not make any adjustment to any device which may interfere with user's exercises.
- Do not throw or tuck any foreign object into gaps.
- The machine is for one person at a time; never allow more than one person to use it at the same time.

HACK SQUAT



1



2

REVERSE HACK SQUAT



1

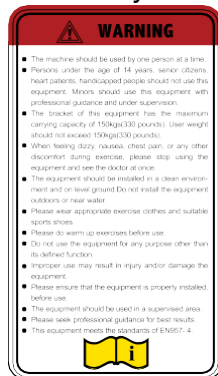


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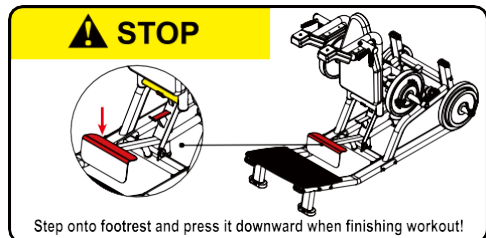


Attention! Please warm up and carefully read usage instructions prior to using the machine. If you feel uncomfortable, stop exercising immediately.

This machine is equipped with exercise placard and safety warnings. The exercise placard helps users to complete the operation process and workouts on it in a better way to achieve better exercise effect.



This machine is equipped with safety warnings. Attention must be paid to them prior to workout. No training can be had on this machine if the requirements are not met.



Step onto footrest and press it downward when finishing workout!

be pressed down when workout is completed. User can machine only when loading bracket is fully engaged.

DESIGN ILLUSTRATION



PRODUCT DESCRIPTION

Target muscles: Muscle groups in hips and thighs.

The unit has a scientific, reasonable structure, and simplified, elegant look. Due to the movement trajectory that complies with the principle of human engineering, the exercise is safe and comfortable.

Cushion: Cushion made of PU with one-step forming technology wrapped in leather has a moderate softness and is soft, comfortable.

Safety Device: Stationary safety device is safe and reliable..

Grip: Knurled stainless steel grip is reasonably designed with a high degree of comfort and makes it easier for users to exert themselves and brings smoother movements.

Frame: Frame made of solidly welded quality flat oval tubes (50*120*2.5T) never deforms.

Barbell Plate (optional): Metal barbell plate is coated with rubber which does not only prevent rustiness but also effectively protects the equipment and floor.

Weight Horns: Plastic weight horns are durable, safe and reliable.

Footrest Plate: Professional-grade PVC footrest plate is safe and reliable.

SPECIFICATIONS

Unit Dimensions	3500mm(L)*3100mm(W)*2600mm(H)
Recommended Live Area	4m ²
Load Capacity	10-200kg
Unit Weight	327kg
Working Temperature	0-40°C
Maximum User Weight	≤ 150kg

ASSEMBLY TOOLS

NO.	ITEM	SPECIFICATION	QUANTITY
1	Screwdriver	Phillips	1
2	Open-ended Spanner	17-19	2
3	Open-ended Spanner	13-16	1
4	Allen Wrench	8mm	1
5	Allen Wrench	6mm	1
6	Allen Wrench	5mm	1
7	Allen Wrench	4mm	1
8	Allen Wrench	3mm	1

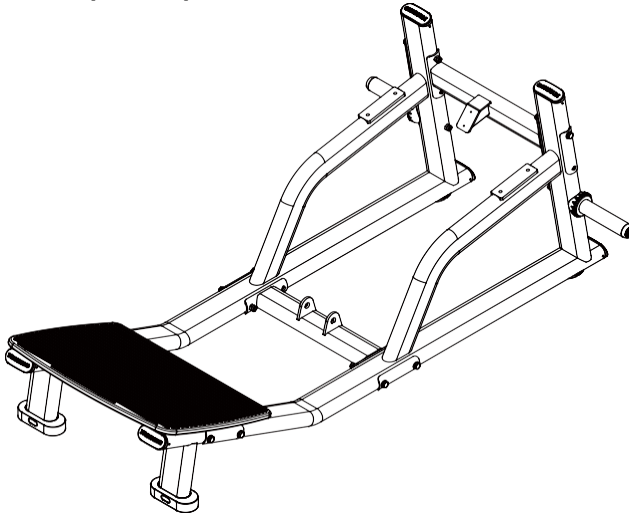
ASSEMBLY INSTRUCTIONS

- 1.As the unit has a large size, please assemble it in a space which is big enough.
- 2.Open the packing box, take out the parts and remove packing materials. Classify all parts and tidily put them on vacant floor.
- 3.Ensure that it's correctly assembled and the parts are complete according to assembly steps.
- 4.It requires at least three people.

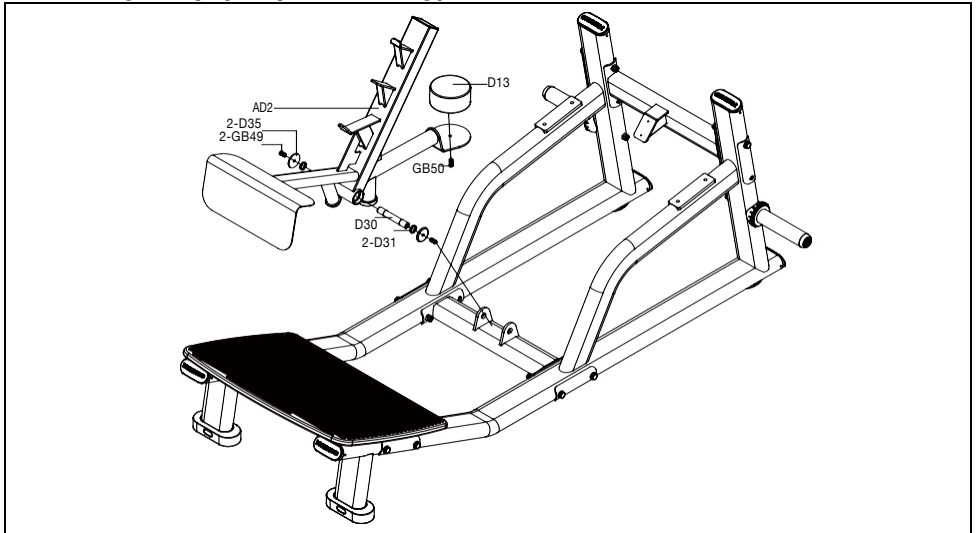
Assembly Step (Frame)

REF#	DESCRIPTION	SPEC.	QTY.
AC1	Frame (L)		1
AC2	Frame (R)		1
AE1	Connecting&Supporting Assembly		1
AE2	Connecting&Supporting Assembly (lower)		4
AE3	Footrest Assembly		4
E05	Covering Plate, Arcuate	180*558.5*T3.0	6
R01	Weight Horn	Φ20*360	2
M773	Footrest Plate	757*566*21	1
GB586	Hexagonal Socket Head Cap Screw	M10*145	12
GB90	Flat Washer	M10	24
GB83	Hexagonal Check Nut	M10	12
GB75	Hexagonal Socket Countersunk Head Screw	M8*20	6

Assembled View (Frame)

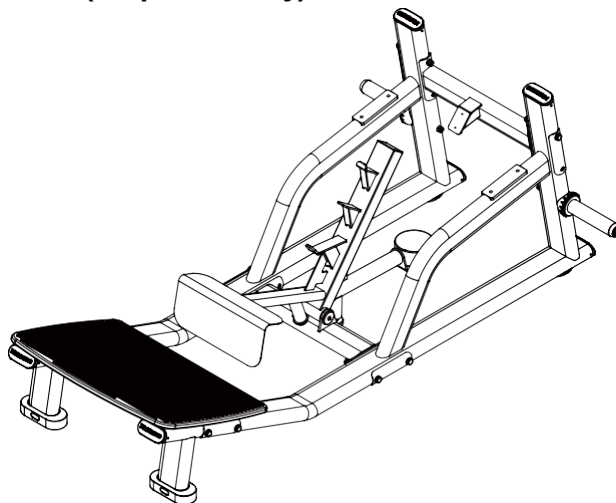


Assembly Step (Stop Assembly)

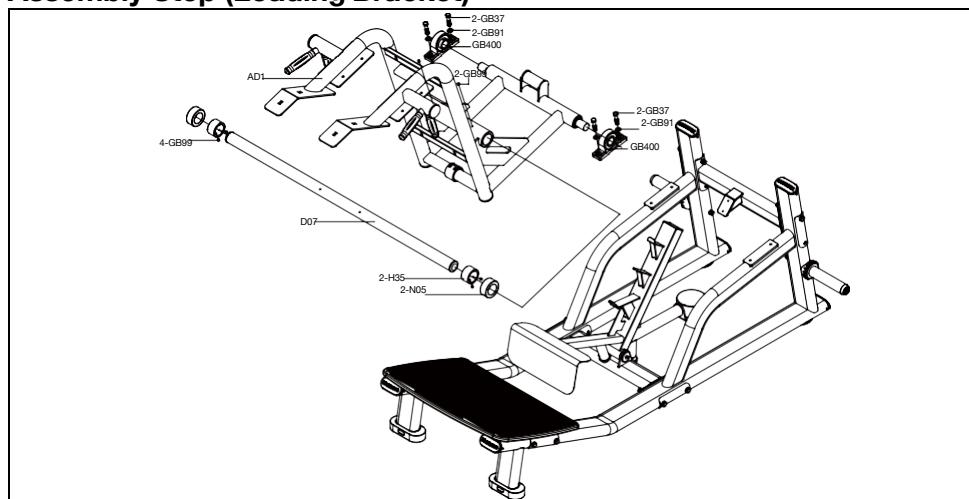


ITEM#	DESCRIPTION	SPEC.	QTY.
AD2	Stop Assembly		1
D13	Counter Weight	Φ130*60	1
D30	Axle, Stop	Φ20*126	1
D31	Spacing Ring	Φ26*4.5	2
D35	Stationary Cover, Axle	Φ49*5.0	1
GB49	Hexagon Socket Button Head Screw	M8*20	2
GB50	Hexagon Socket Button Head Screw	M8*25	1

Assembled View (Stop Assembly)

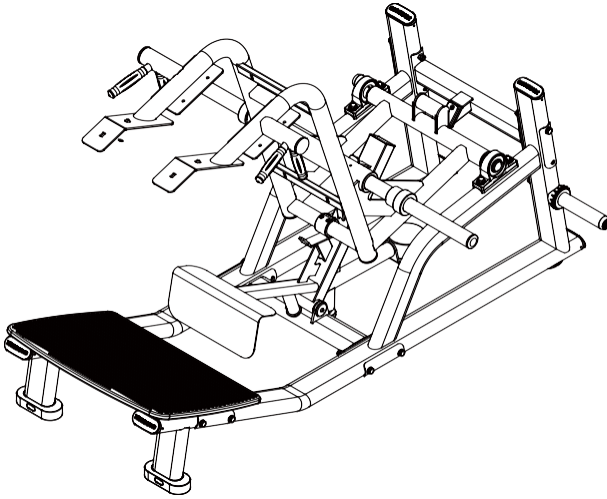


Assembly Step (Loading Bracket)

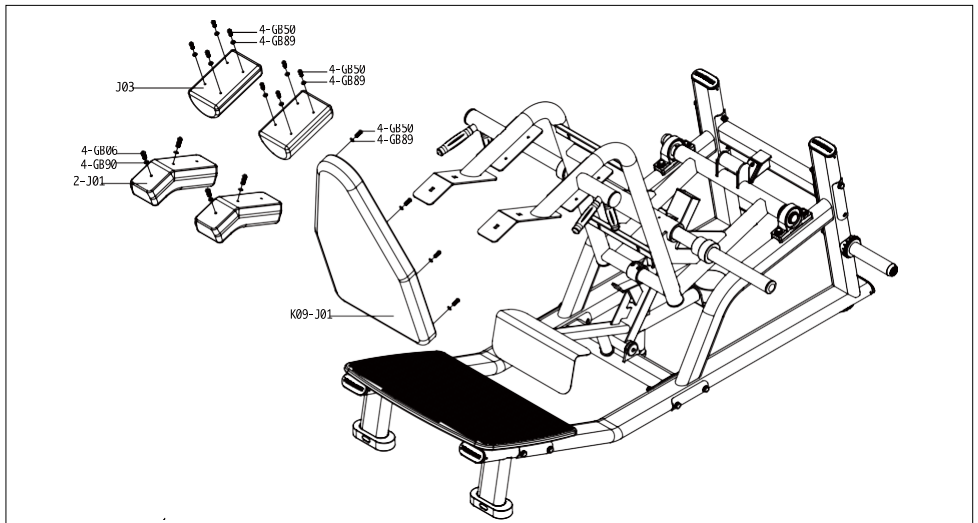


ITEM#	DESCRIPTION	SPEC.	QTY.
AD1	Loading Bracket		1
D07	Barbell Bar	Φ49*3.0*1350	1
H35	Limit Sleeve	Φ68*40	2
N05	Shock Absorber Pad	Φ80*Φ50*T35	2
GB400	Insert Bearing with Housing	UCP207	2
GB37	Hexagonal Socket Head Cap Screw	M12*50	4
GB91	Flat Washer	M12	4
GB99	Hexagon Socket Set Screw with Flat Point	M8*10	6

Assembled View (Loading Bracket)



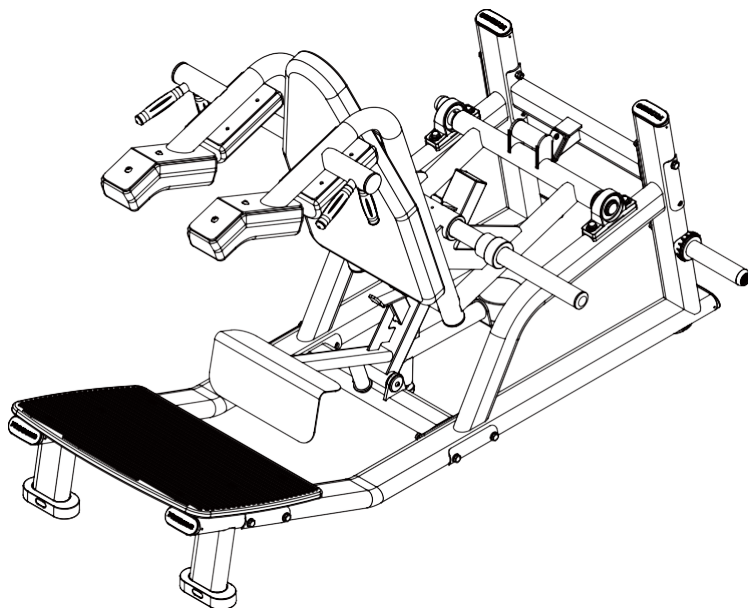
Assembly Step (Back Cushion; Seat Cushion)



REF#	DESCRIPTION	SPEC.	QTY.
K09-J01	Back Cushion		1
J01	Shoulder Pad		2
J03	D1 Cushion		2
GB50	Hexagon Socket Button Head Screw	M8*25	12
GB06	Hexagon Socket Button Head Screw	M10*30	4
GB89	Flat Washer	M8	12

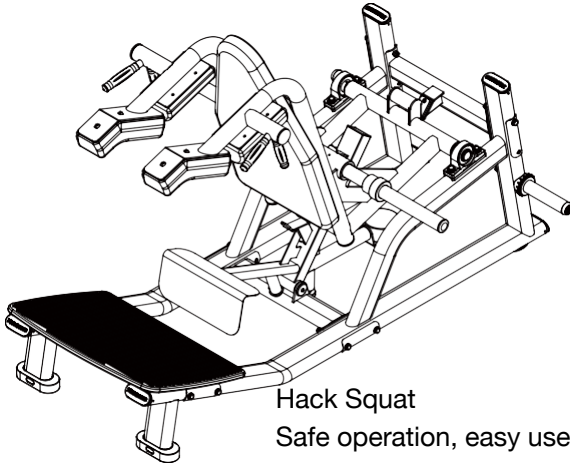
GB90	Flat Washer	M10	4
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Assembled View (Back Cushion; Seat Cushion)



Reinspect all connecting parts, tighten all screws in case of slack. Finally, prior to use, a trial workout must be taken by professional to ensure it's correctly assembled.

USAGE GUIDANCE

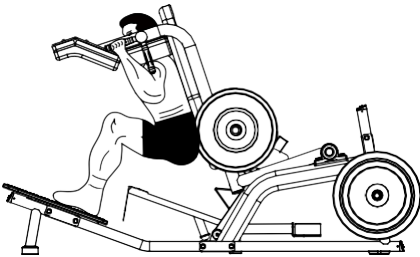


Hack Squat

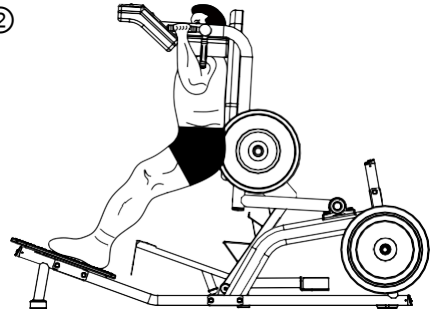
Safe operation, easy use. Primary target muscles: muscle groups in hips and thighs.

Hack Squat

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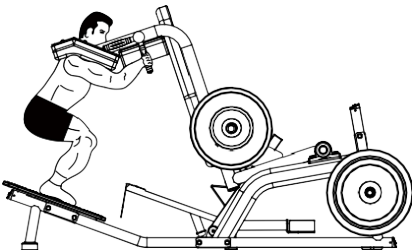


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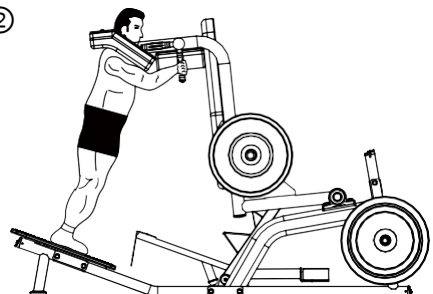


Reverse Hack Squat

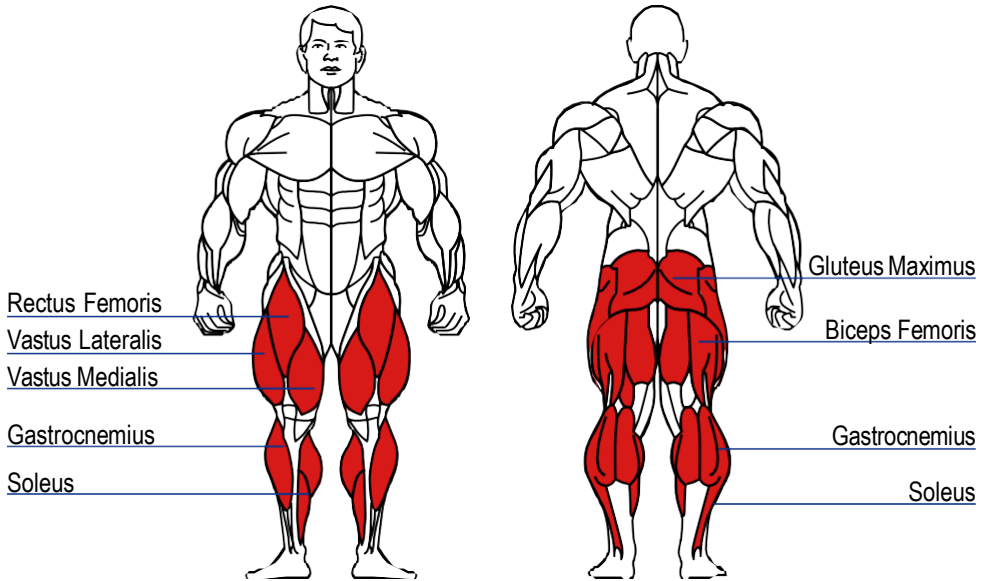
①



②



Target Muscles Diagram



Hack Squat

Exercise Movement

Grip crossbar with both hands, bend both legs slightly while standing on the footrest with both feet, sit with back firmly against back cushion, press both shoulders against shoulder pads (Diagram 1), exert forces with leg muscles until both legs are straightened, keep upper body perpendicular to the floor, stand still for 1 second and get leg muscles fully contracted (Diagram 2), then get them relaxed and bend both legs gradually until your body can't bend downward further. Repeat the movements (You must step onto the Stop when finishing workout and not get off the machine till loading bracket is successfully engaged.). Please consult a coach if you experience any pain when you stop suddenly.

Reverse Hack Squat

Exercise Movement

Grip crossbar with both hands, bend both legs slightly while standing on the footrest with both feet, press both shoulders against shoulder pads (Diagram 1), exert forces with leg muscles until both legs are straightened, stand still for 1 second and get leg muscles fully contracted (Diagram 2), then get them relaxed and bend both legs gradually until your body can't bend downward further. Repeat the movements (You must step onto the Stop when finishing workout and not get off the machine till loading bracket is successfully engaged.). Please consult a coach if you experience any pain when you stop suddenly.

EXERCISE NOTICES

1. 5~10 minutes of warm-up must be taken prior to having exercise on this machine. Record the time while having free exercise which aims to activate the joints in case of injury to them during training.
2. Inspection must be carried out prior to using the machine. For any potential problem, please contact after-sales personnel immediately. Do not use it before it's ensured that it can operate correctly.
3. Please take much food that contains protein, vegetables and fruits. Have a meal 40 min prior to the exercise and another meal no sooner than 30 min after it. A small amount of water can be taken during exercise.
4. Inhale when you exert yourself; exhale when you relax. Adjust breath according to movements.
5. The next workout for same muscle must be taken no sooner than 48 hours of rest.
6. Exercise load should be selected according to personal condition. Excessive load must not be taken in case of injury to muscles. The training must be proceeded in an orderly way and step by step. It is normal to feel slight pain in the muscles during the first workout.

MAINTENANCE AND TROUBLESHOOTING

1. Inspect bolts at all mechanical parts frequently for tightness; rotating parts should rotate smoothly without producing any abnormal sound.
2. The machine should be kept clean but not wiped with strong cleaning solvents.
3. Pins at all the adjustment parts should be tightened after adjustment in case of slack.
4. If any loading part, e.g., seat cushion, transport wheel, stop plate, is abraded or damaged, it must be replaced immediately; the machine can only be

Basic Troubleshooting

put into use after repair.

Fault	Reason	Solution	Remarks
Unstable Frame	A. Uneven floor or foreign object B. Unadjusted levelling feet after assembling frame	Remove foreign object Loose main frame bolts, adjust levelling feet, tighten the bolts	Owner
Abnormal sound at other rotating part	A. Loose bolt B. Bent supporting rod for loading weight C. Incompletely engaged pin	Tighten bolt Replace supporting rod for loading weight Get pin fully engaged	Owner After-sales Service Owner
Abnormal sound at rotating part of pulley	A. Abraded or damaged bearing B. Loose bolt	Replace bearing Tighten bolt	After-sales Service Owner

If the machine malfunction is not referred in the text above, please contact the customer service centre or call us, you'll receive satisfactory service.

PREVENTIVE MAINTENANCE

1. Daily Inspection

Clean and inspect machine frame; clean all the upholsteries.

Clean upholsteries and machine frame with neutral soapy water, remove dirt, oil stain and perspiration on the surfaces and air dry them completely. Inspect the frame for rupture, rustiness and other damage. Make sure that soldering points and fastening parts are correctly fixed.

Fastening parts may get loose during normal use; therefore, please inspect all the nuts, bolts, screws and other fastening parts, make sure they are well tightened and correctly assembled. The machine can only be put into use when no problem is found.

2. Weekly Inspection

Clean upholsteries; inspect, lubricate bearings and bushings.

(1) Clean upholsteries with special detergent. Note: It must be neutral detergent. Never use detergent which contains solvent, ethanol, ammonia or petroleum.

(2) Inspect bearings and lubricate shaft bushing: it's recommended that a small amount of silicone oil should be used for lubricating shaft bushing which is used for supporting shaft. Spray the oil onto shaft and twist the shaft several laps inside shaft bushing; meanwhile, check whether the bushing is excessively abraded or damaged.

Reminder: Do not use petroleum-based lubricant; it will lead to rapid accumulations of dirt and hair on the machine and may damage bearings.

3. Monthly Inspection

(1) Inspect main frame and press arms; inspect all fastening parts.

(2) Inspect main frame and press arms: check if they are complete and work normally; check if there's cracking, peeling paint or rustiness. Repair or replace the parts according to actual condition.

(3) Check if main frame is cracked. Pay special attention to solder joints. If any crack, suspend the machine immediately and contact maintenance staff to repair it.

(4) Check if there's rust or peeling paint on frame; if yes, wipe it gently with wet/ dry fine thread emery cloth, or steel wire (fine thread) ball and then repair.

WARRANTY

1.Scope of Warranty: Non-artificial damage during normal usage of product maintained properly is in the scope of warranty. The warranty card only belongs to the original purchaser and is non-transferable.

2.The warranty period is one year from the date of purchase.

3.Damages below are beyond the scope of warranty:

(1) Damages which result from abuse, negligence, accident or unauthorized modification.

(2) Damages which result from incorrect adjustment of the machine. (3) Damages which result from improper maintenance.

(4) Damages which result from other operations against regulations.

For more information of us,

Please call +86-(10)-84933568, or email to body@mbhfit.com,

Or check our website: <http://www.mbhfit.com>.

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