



XM-7621

**POWER CAGE
LAT ATTACHMENT**

Owner's Manual

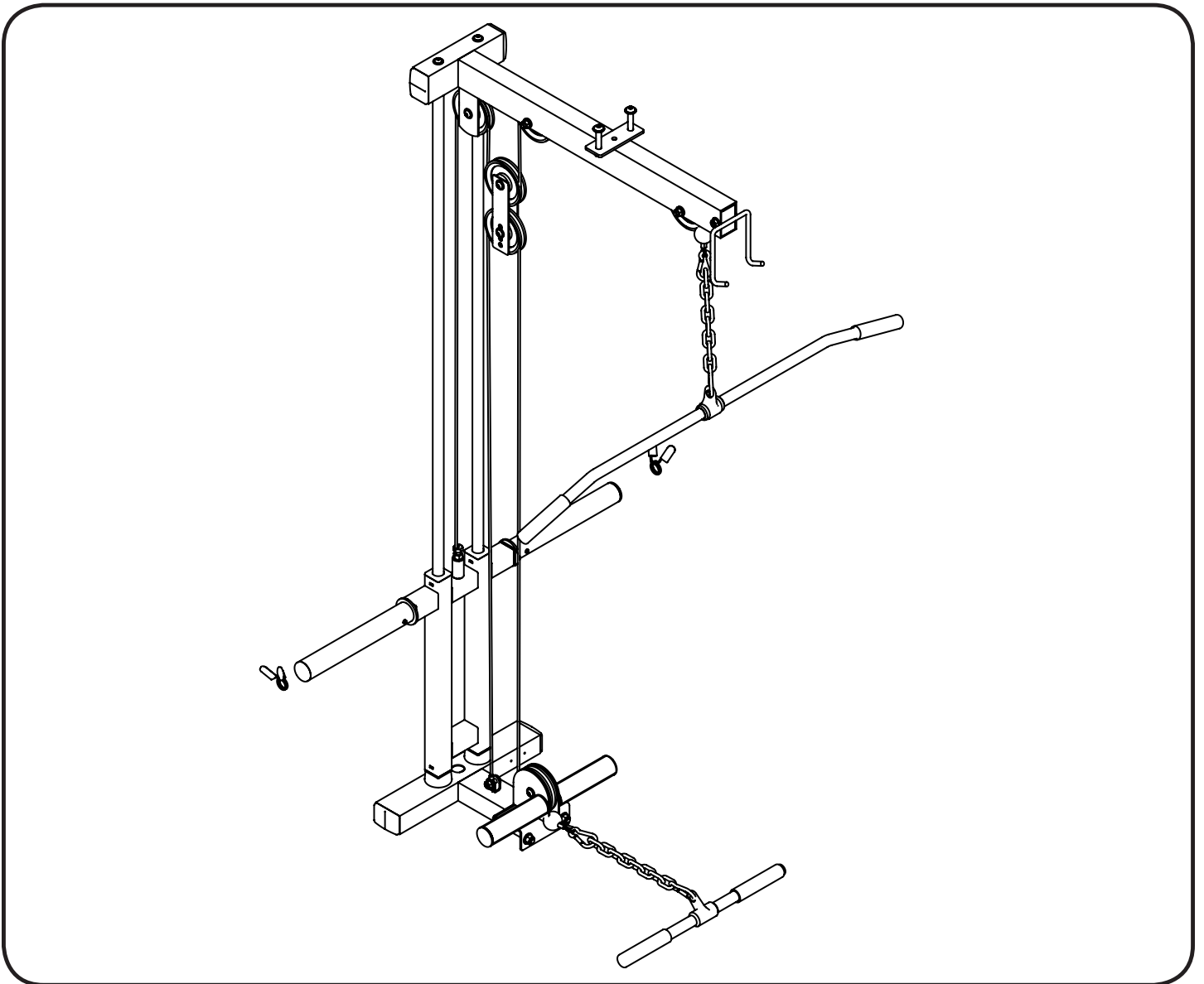


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NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

Prior to assembly, remove components from the box and verify that all the listed parts were supplied.

SAFETY INFORMATION WARNING!

Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. XMARK Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with safety information and precautions.

SAFETY PRECAUTIONS

- This unit should only be used on a level surface and is intended for indoor use only. XMARK Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this unit with bare feet, sandals, socks or stockings!
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by a XMARK Fitness technician. Failure to follow these instructions will void the warranty.

Before You Start



THANK YOU for making this unit a part of your exercise program. XMARK Fitness assures the very best in value, appearance, durability and biomechanics.

This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

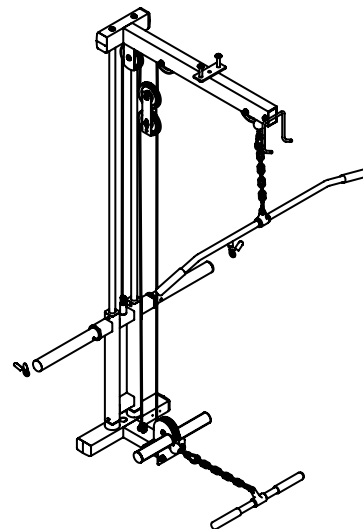
REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register online at www.xmarkfitness.com within 10 days of purchase.

MAILING ADDRESS

XMARK Fitness
7501 Trammel Drive
Shreveport, LA 71108

QUESTIONS?
CALL 1-800-719-4605
Monday-Friday
8:30 a.m.-5:00 p.m.
(Central Standard Time)



XMARK FITNESS SERIES
MODEL: XM-7621

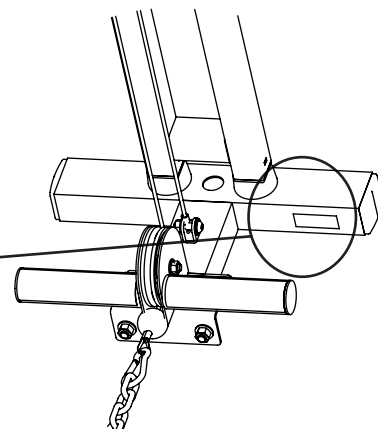
When calling please have the following product information available:

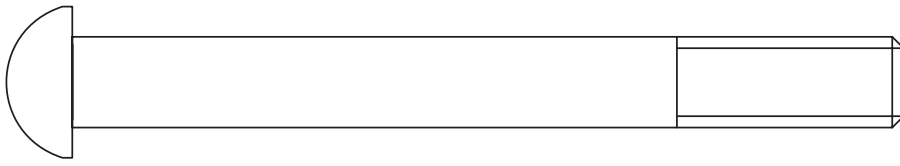
Model Name :

Date Mfg.:

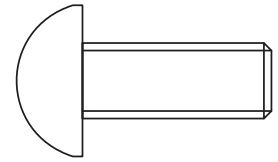
Serial #

Model Name Decal Location

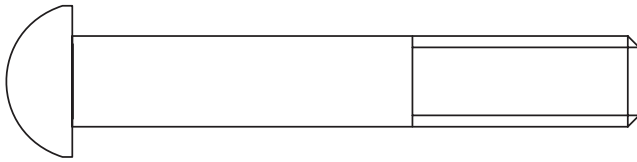




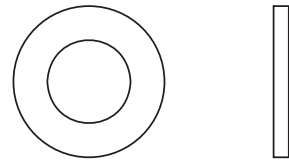
[32#] M12*110 2pcs



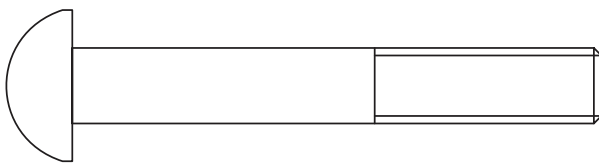
[27#] M10*25 4pcs



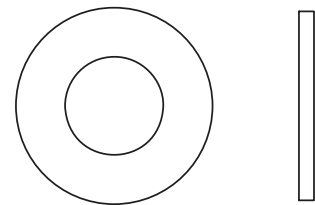
[33#] M12*75 2pcs



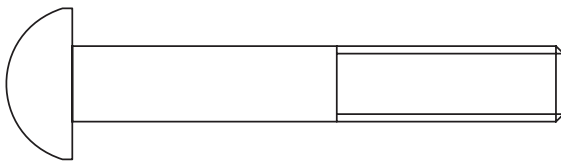
[35#] $\phi 11 * \phi 20 * 2$ 20pcs



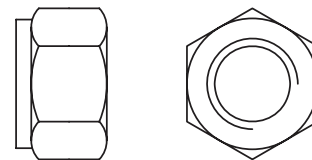
[31#] M10*70 2pcs



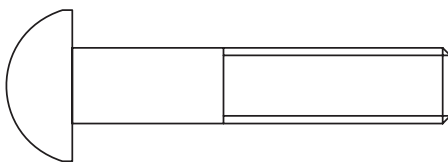
[34#] $\phi 13 * \phi 26 * 2$ 8pcs



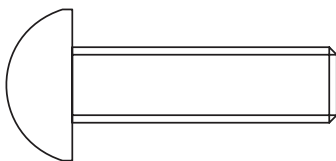
[30#] M10*65 1pc



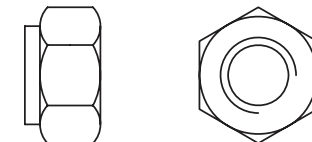
[37#] M12 4pcs



[29#] M10*50 4pcs



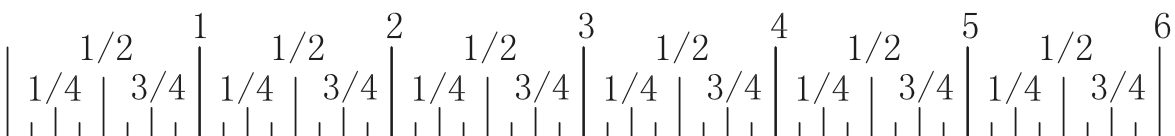
[28#] M10*35 1pc



[36#] M10 8pcs



Millimeters



Inches

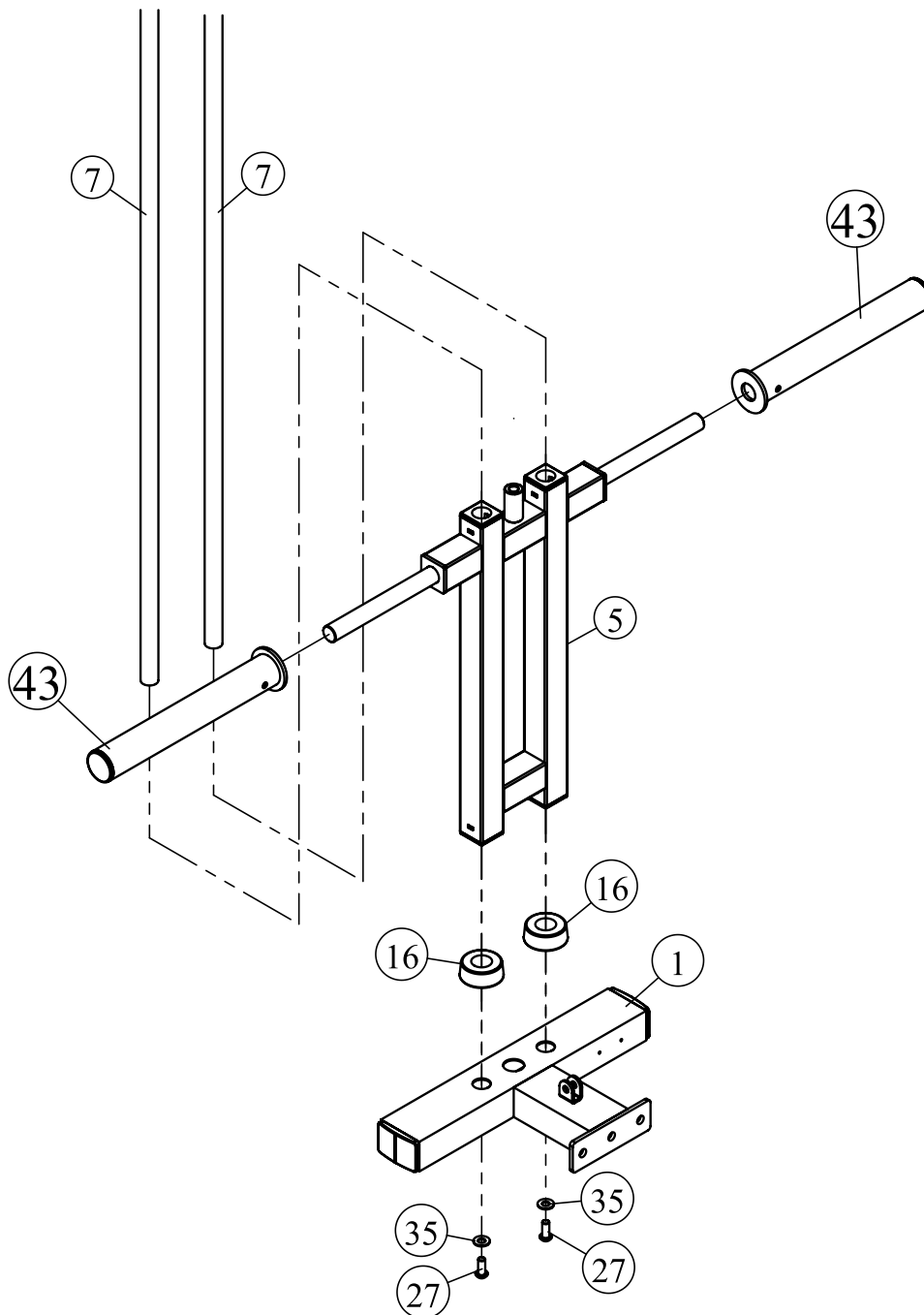
NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 1

Attach two Adapter (#43) to the Slide Weight Support (#5).

Attach the Guide Rod (#7), Slide Weight Support (#5) and two Weight Bumper (#16) to the Rear Base Frame (#1) using:

- two M10*25 Button Head Cap Screw (#27)
- two $\Phi 11*\Phi 20*2$ Flat Washers (#35)

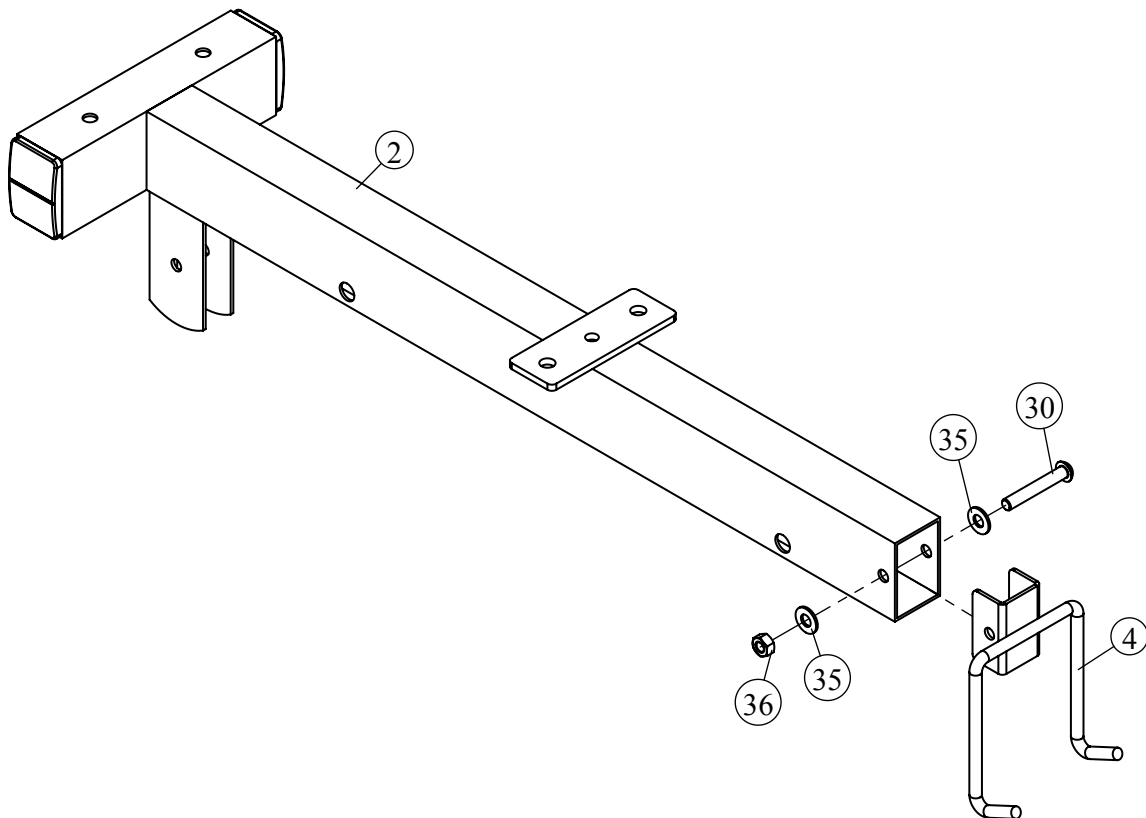


NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 2

Attach the Lat Bar Hook (#4) to the Top Frame (#2) using:

- one M10*65 Button Head Cap Screw (#30)
- two $\Phi 11*\Phi 20*2$ Flat Washers (#35)
- one M10 Nylon lock Nut (#36)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

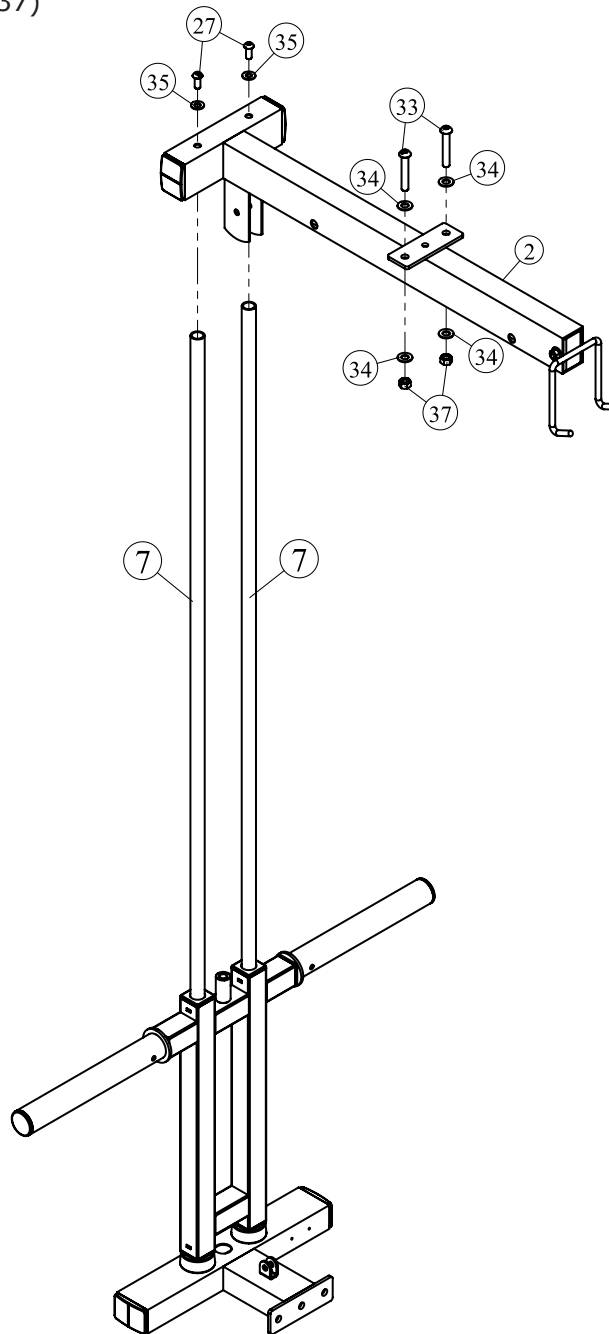
Step 3

Attach the Top Frame (#2) to Guide Rod (#7) using:

- two M10*25 Button Head Cap Screw (#27)
- two $\Phi 11*\Phi 20*2$ Flat Washers (#35)

Attach the Top Frame (#2) to the Power Cage (XM-7620) using:

- two M12*75 Button Head Cap Screw (#33)
- four $\Phi 13*\Phi 26*2$ Flat Washers (#34)
- two M12 Nylon Lock Nuts (#37)

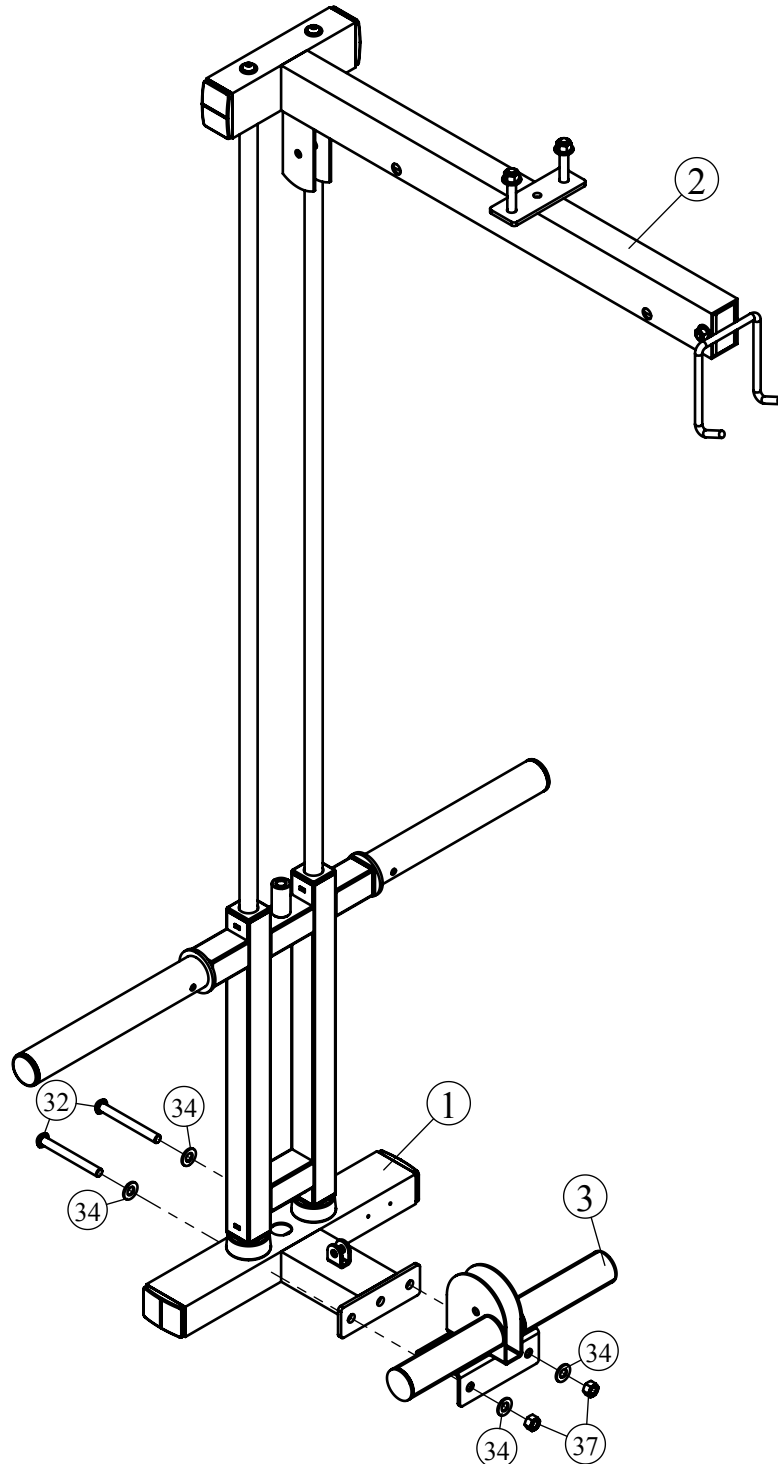


NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 4

Attach the Rear Base Frame (#1) to the Foot Brace (#3) using:

- two M12*110 Button Head Cap Screw (#32)
- four $\Phi 13*\Phi 26*2$ Flat Washers (#34)
- two M12 Nylon Lock Nuts (#37)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

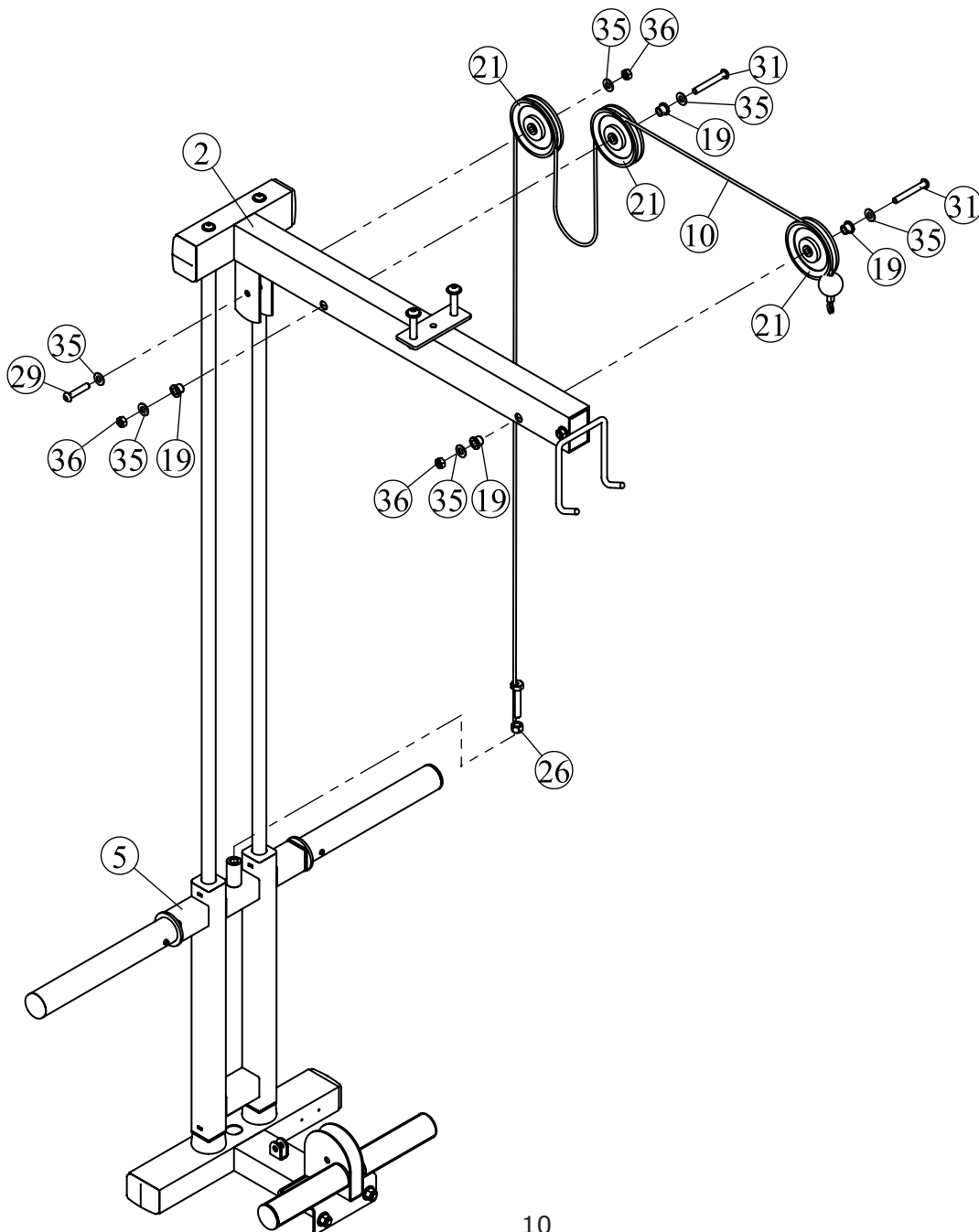
Step 5

Attach three Big Pulley 4.5" (#21) and High Pulley Cable (#10) to the Top Frame (#2) using:

- one M10*50 Button Head Cap Screw (#29)
- two M10*70 Button Head Cap Screw (#31)
- six $\Phi 11*\Phi 20*2$ Flat Washers (#35)
- three M10 Nylon lock Nuts (#36)

Attach High Pulley Cable XM-7621 P10 (#10) to Slide Weight Support (#5) using:

- one Jam Nut 1/2"-12 (#26)



NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 6

Attach Lower Pulley Cable (#11) to Rear Base Frame (#1) using:

- one M10*35 Button Head Cap Screw (#28)
- one M10 Nylon lock Nut (#36)
- two $\Phi 11*\Phi 20*2$ Flat Washers (#35)

Attach one Big Pulley 4.5" (#21) and Lower Pulley Cable (#11) to the Foot Brace (#3) using:

- one M10*50 Button Head Cap Screw (#29)
- one M10 Nylon lock Nut (#36)
- two $\Phi 11*\Phi 20*2$ Flat Washers (#35)

Attach two Big Pulley 4.5" (#21) to High Pulley Cable (#10) and Lower Pulley Cable (#11) using:

- two M10*50 Button Head Cap Screw (#29)
- two M10 Nylon lock Nuts (#36)
- four $\Phi 11*\Phi 20*2$ Flat Washers (#35)
- two Pulley Plate (#6)

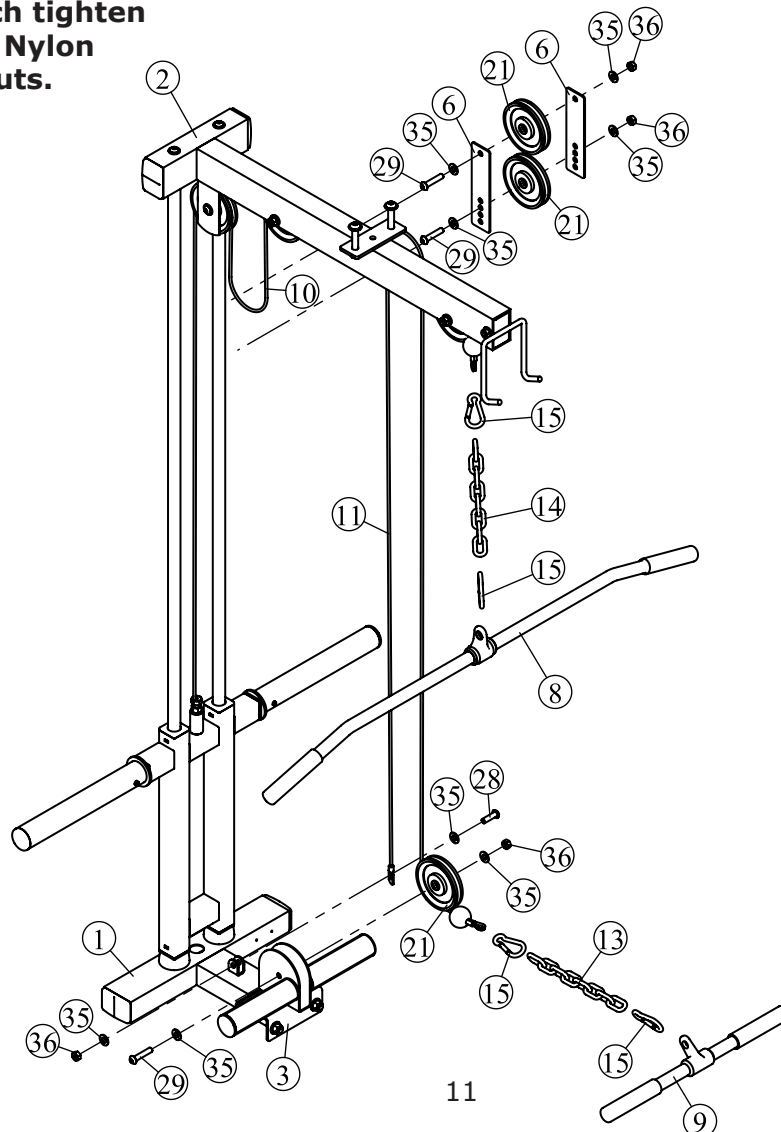
Attach Lat Bar (#8) to High Pulley Cable (#10) using:

- one Short Chain (#14)
- two Gear Hook (#15)

Attach Short Bar (#9) to Lower Pulley Cable (#11) using:

- one Long Chain (#13)
- two Gear Hook (#15)

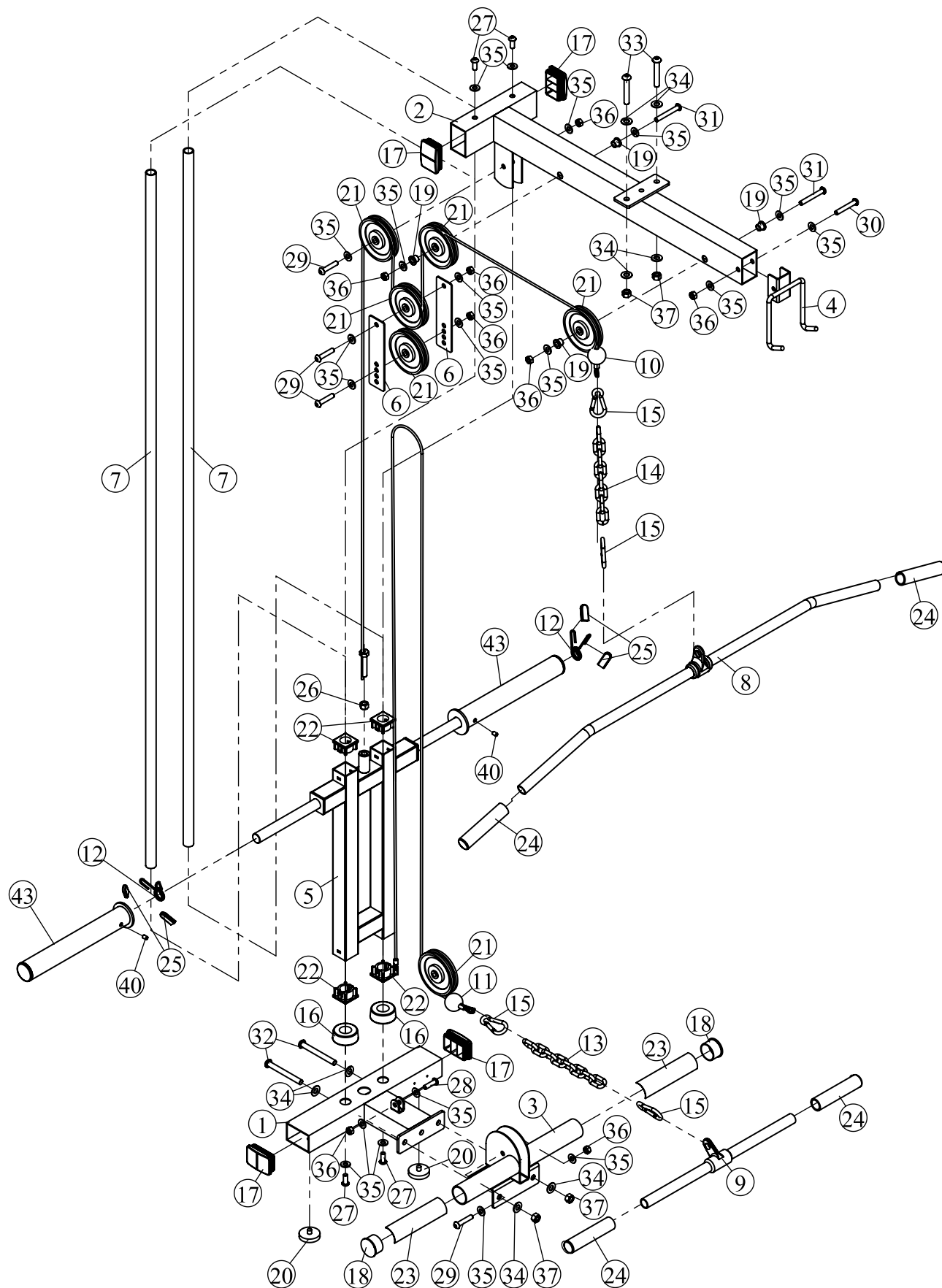
NOTE: Wrench tighten Bolts and Nylon Lock Nuts.



XM-7621 Parts List

Ref #	Part #	Description	Qty
1	P00495	Rear Base Frame	1
2	P00496	Top Frame	1
3	P00497	Foot Brace	1
4	P00676	Lat Bar Hook	1
5	P00005	Slide Weight Support	1
6	P00534	Pulley Plate	2
7	P00498	Guide Rod	2
8	P00686	Long Bar	1
9	P00655	Short Bar	1
10	P00499	High Pulley Cable	1
11	P00500	Lower Pulley Cable	1
12	P00570	Spring Clip	2
13	P00527	Long Chain	1
14	P00530	Short Chain	1
15	P00149	Gear Hook	4
16	P00585	Weight Bumper	2
17	P00249	Plug, 50.8*76.2	4
18	P00566	Plug 48	4
19	P00549	Long Pulley Spacer	4
20	P00536	Round Bumper	2
21	P00654	Big Pulley 4.5"	6
22	P00567	Plastic Sleeve, 44.5*25	4
23	P00501	Non Slip Paper	2
24	P00014	Grip	4
25	P00653	Spring Collar Plastic Grips	4
26	P00429	Jam Nut 1/2"-12	1
27	P00597	Button Head Cap Screw M10*25	4
28	P00600	Button Head Cap Screw M10*35	1
29	P00605	Button Head Cap Screw M10*50	4
30	P00608	Button Head Cap Screw M10*65	1
31	P00610	Button Head Cap Screw M10*70	2
32	P00619	Button Head Cap Screw M12*110	2
33	P00624	Button Head Cap Screw M12*75	2
34	P00035	Flat Washer $\Phi 13 \times \Phi 26 \times 2$	8
35	P00134	Flat Washer $\Phi 11 \times \Phi 20 \times 2$	20
36	P00561	Nylon lock Nut M10	8
37	P00562	Nylon Lock Nut M12	4
38	P00560	Hex Key S6	1
39	P00559	Hex Key S4	1
40	P00121	Screw M8*12	2
41	P00022	Wrench 17-19	1
43	P00644	Adapter	2
44	H00002	Bolt Pack, XM-7621	1
45	M00029	Owner's Manual XM-7621	1

Exploded View



XMARK FITNESS LIMITED LIFETIME WARRANTY

This Warranty applies only in the United States and Canada to products manufactured or distributed by XMARK Fitness under the XMARK Fitness brand name. This product is backed by a lifetime warranty, excluding only expendable parts such as paint, finish and vinyl. This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases the product from you.



XMARK Fitness warrants that the product you have purchased for non-commercial, personal, family, or household use from XMARK Fitness is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase. This warranty becomes VALID ONLY if the product is assembled / installed according to the instructions / directions included with the product.

- In a light institutional setting, XMARK Fitness will extend a one year limited parts warranty and a lifetime frame warranty to the original purchaser.
- During the warranty period XMARK Fitness will repair or replace (at XMARK Fitness' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Warranty under normal use. In repairing the product, XMARK Fitness may replace defective parts with new, or at the option of XMARK Fitness, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of XMARK Fitness. XMARK Fitness reserves the right to change manufacturers of any part to cover any existing warranty.
- This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. To obtain warranty service, you must contact an XMARK Fitness customer service representative at our phone number located in this manual. Any parts determined to be defective must be returned to XMARK Fitness to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or product. In addition, you are responsible for insuring any parts or product shipped or returned. You assume the risk of loss during shipment. You must present XMARK Fitness with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasure, or forgery of proof-of-purchase documents will be cause to void this warranty.
- This warranty does not extend to any product not purchased from XMARK Fitness. This Limited / Lifetime Warranty does not extend to any product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by XMARK Fitness; or (c) by modification of the product. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon XMARK Fitness' receipt of payment or acceptable arrangements for payment.

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This Limited / Lifetime Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to XMARK Fitness branded products. XMARK Fitness neither assumes nor authorizes anyone to assume for it any other express warranty.



XMARK Fitness

7501 Trammel Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605