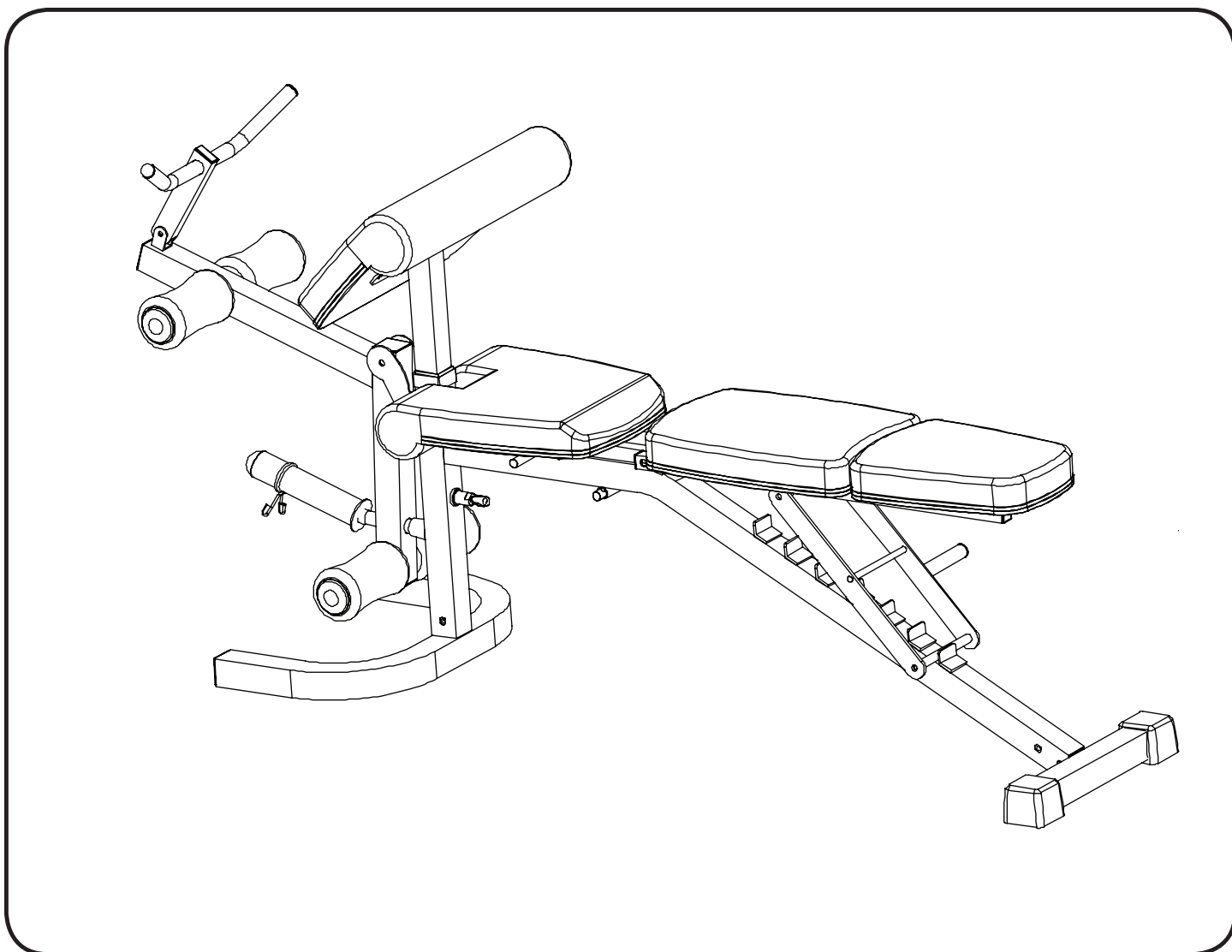




XM-4418

**FID BENCH with
ARM CURL & LEG**

Owner's Manual



! CAUTION

Read all precautions and instructions in this manual before using this equipment.

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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.

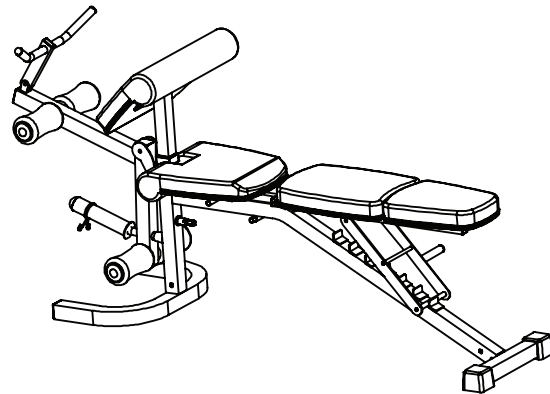
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

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



XMARK FITNESS SERIES
MODEL: XM-4418

QUESTIONS?
CALL 1-800-719-4605

Monday-Friday
8:30 a.m.-5:00 p.m.
(Central Standard Time)

When calling please have the following product information available:

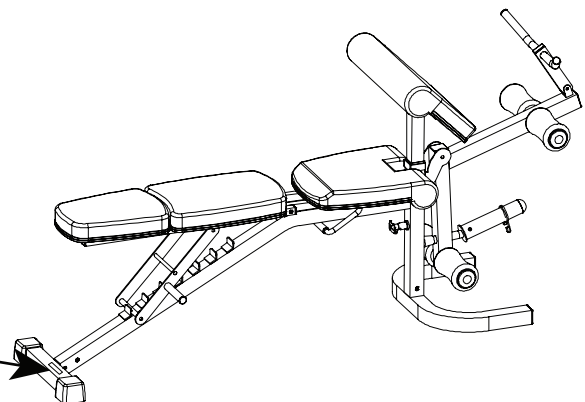
Model Name : XM-4418

Date Mfg.:

Serial #

Model Name Decal Location

3



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.

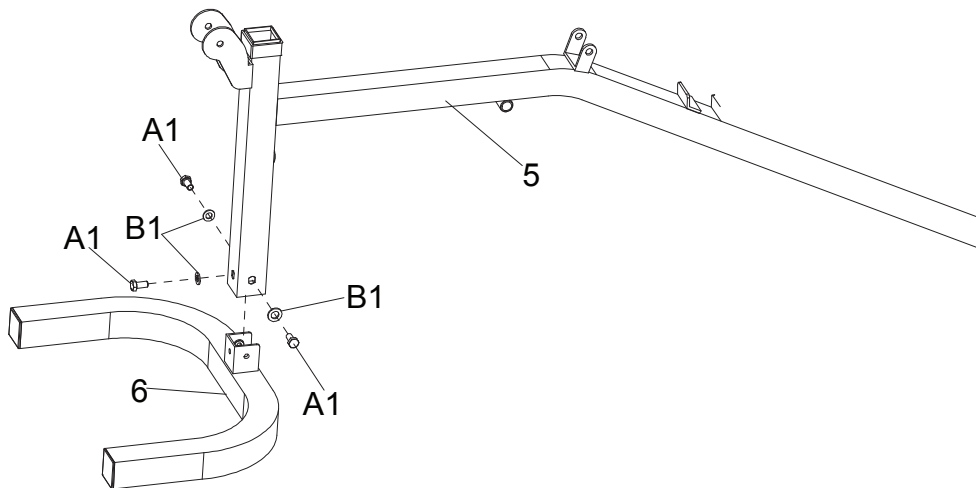
SAFETY PRECAUTIONS

- 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.

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

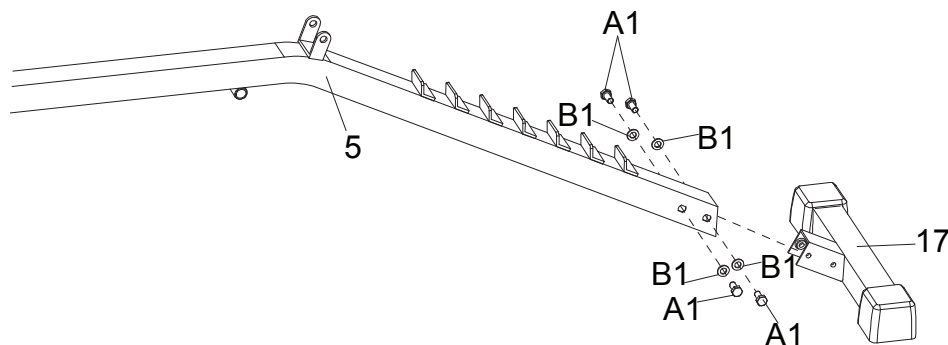
STEP 1

Attach U Base Frame (6) to Main Frame (5) using three Bolts M10 x 20 (A1), three Washers M10 (B1).



STEP 2

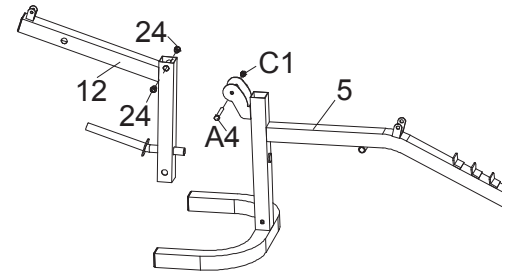
Insert the Rear Base (17) into Main Frame (5) securing with four Bolts M10X20 (A1) and four M10 Washers (B1).



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

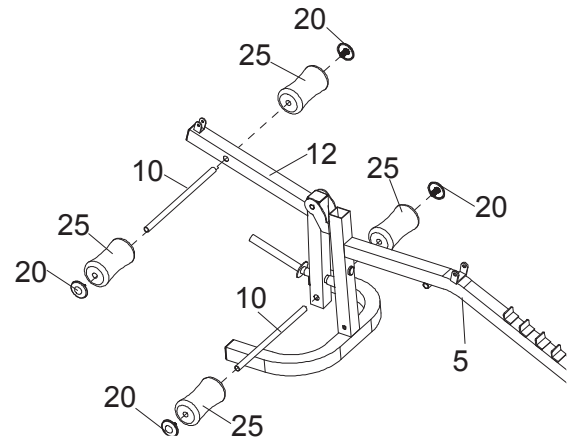
STEP 3

Push two Spacers (24) into Leg Lift Bar (12).
Attach the Leg Lift Bar (12) onto the Main Frame (5)
with one Bolt M10X75 (A4) and one Lock Nut M10 (C1).



STEP 4

Insert the Foam Roller Tubes(10) into the Leg Lift Bar (12). Slide Foam Rollers(25) onto each end of Foam Roller Tubes (10) and secure in place using Foam Roller Caps (20).

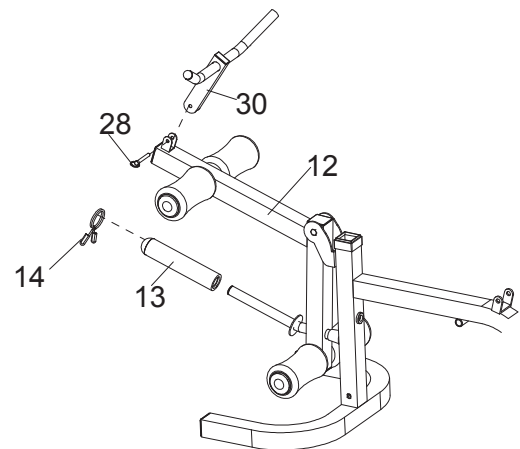


STEP 5

Attach Arm Curl Handle (30) to Leg Lift Bar (12)
with a Ring Head Lock Pin (28).

To use olympic weights, secure the Olympic Sleeve (13) to the weight tube on the Leg Lift Bar (12) using the set screw (pre-assembled).

Make sure the set screw is on the bottom of the sleeve.
Secure the weight plates (not included) with the 2" Spring Clip (14).

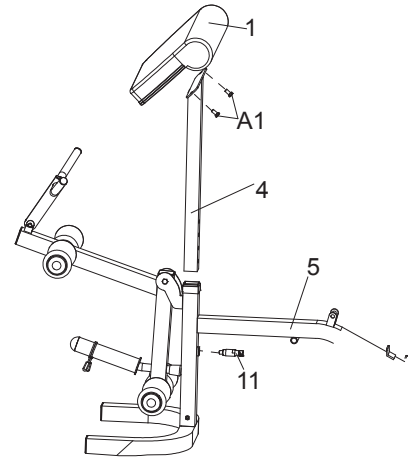


NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.

STEP 7

Attach the Curl Pad (1) to the Arm Curl Stand (4) using two M10X20 Bolts (A1).

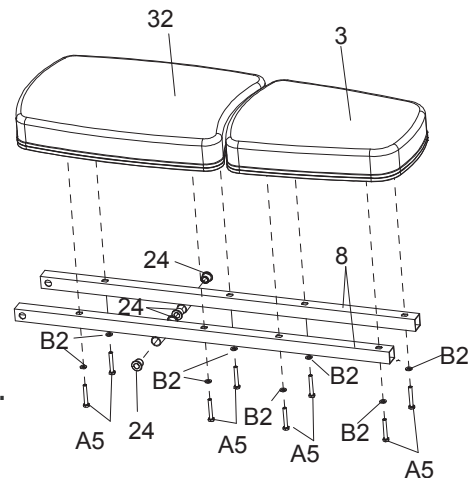
Insert Arm Curl Stand (4) into the top of the Main Frame (5), and secure in place using the Locking Pop Pin (11).



STEP 8

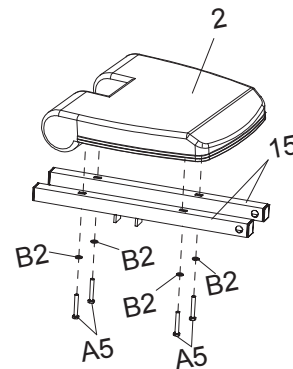
Attach the Upper Back Pad (3) and Lower Back Pad (32) to the Backrest Supports (8) using eight M6 Washers (B2) and eight M6X40 Bolts (A5).

Push two Spacers (24) into the Backrest Supports (8).



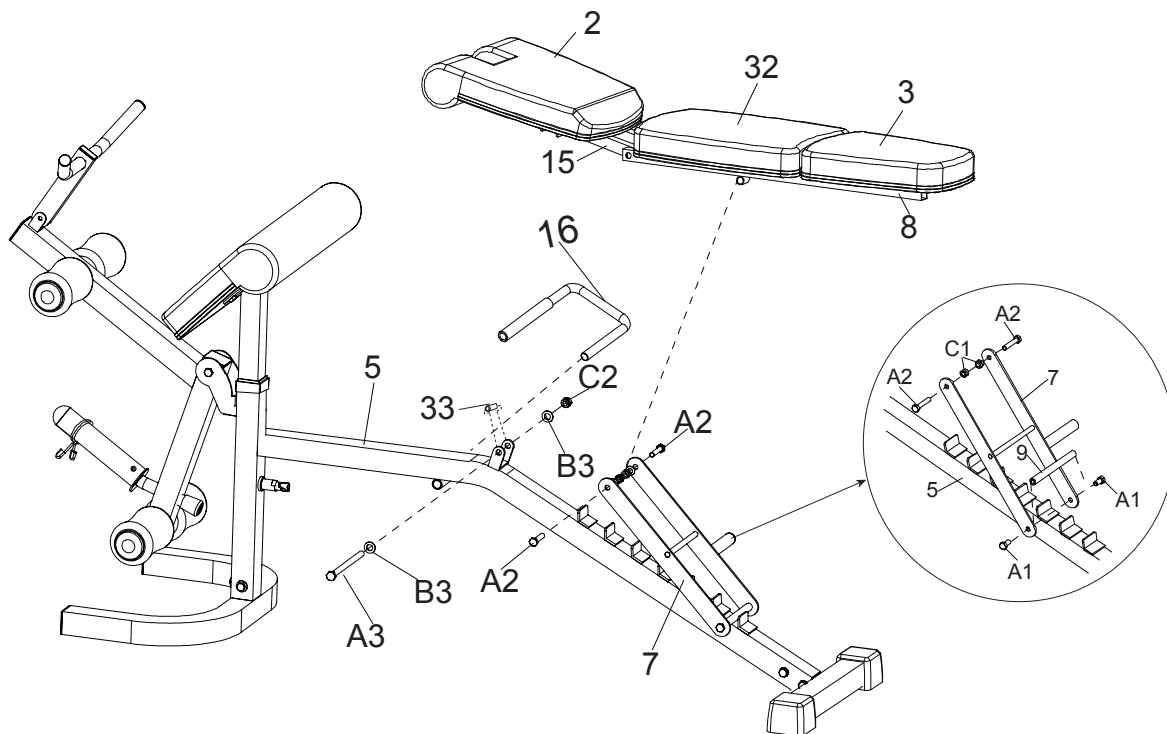
STEP 9

Attach the Seat Pad (2) to the Seat Supports (15) using four M6 Washers (B2) and four Bolts M6X40 (A5).



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

STEP 10



Insert the short end of the Seat Adjustment Bar (16) into Main Frame (5) as shown.

Attach Seat Supports (15) and Backrest Supports (8) to Main Frame (5), securing with one M12X180 Bolt (A3), two M12 Washers (B3), one Plastic Sleeve (33) and one M12 Lock Nut (C2).

Insert Axle (9) to Backrest Adjustment Bar (7) with two M10x20 Bolts (A1).

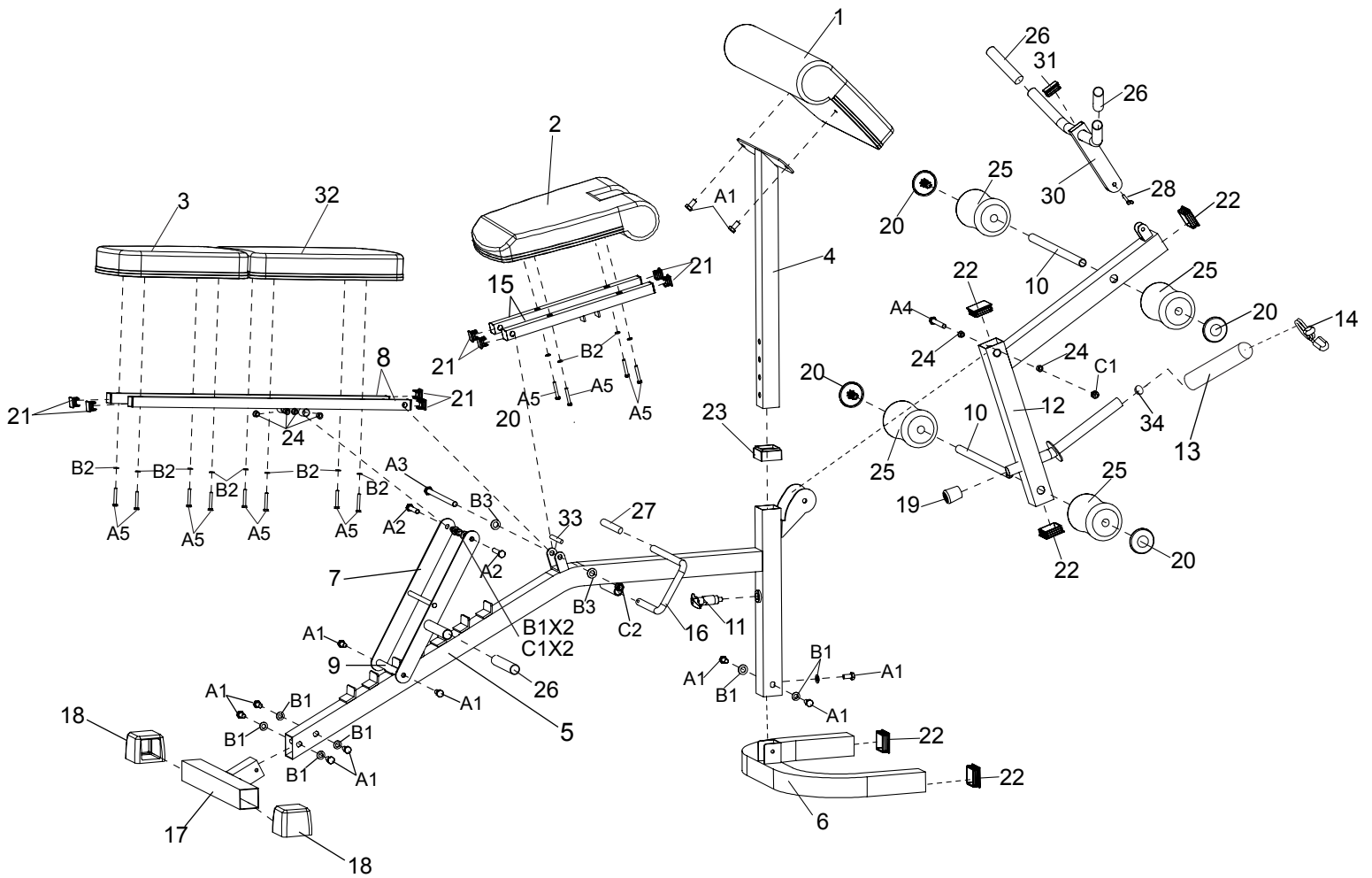
Insert Backrest Adjustment Bar (7) to the Backrest Supports (8) with two M10 x 50 Bolts (A2) and two M10 Lock Nuts (C1).

Congratulations!! You have completed assembly of your XM-4418.

XM-4418 Parts List

Key NO.	Part No.	DESCRIPTION	Qty
1	307040000704	CURL PAD, XM - 4418	1
2	307040000756	SEATPAD, XM - 4418	1
3	307040000757	UPPER BACK PAD	1
4	204042713503	ARM CURL STAND, XM - 4418	1
5	204056102503	MAIN FRAME, XM - 4418	1
6	204022810503	U SHAPED BASE, XM - 4418	1
7	204042704503	BACKREST AJUSTMENT BAR, XM - 4418	1
8	204056103503	BACKREST SUPPORT, XM - 4418	2
9	204042706503	AXLE, XM - 4418	1
10	204055603503	FOAM ROLLER TUBE	2
11	802900300002	LOCKING POP PIN	1
12	204056101503	LEG LIFT BAR, XM - 4418	1
13	307010000759	OLYMPIC SLEEVE	1
14	306990000080	SPRING CLIP 2"	1
15	204042702503	SEAT SUPPORT, XM - 4418	2
16	204022807002	SEAT ADJUDTMENT BAR	1
17	204042715503	REAR BASE, XM - 4418	1
18	307010000042	SQUARE END FOOT 50	2
19	202032220206	BUMPER 25	1
20	307010000404	FOAM ROLLER CAP	4
21	307010000210	SQUARE PLUG 25	8
22	307010000270	SQUARE PLUG 50	5
23	307010000713	SQUARE SLEEVE 50	1
24	306990020001	SPACER	6
25	307010001917	FOAM ROLLER	4
26	307010000956	PLASTIC HANDLE GRIP	3
27	307010002107	PROTECTIVE FOAM	1
28	204029104002	RING HEAD LOCK PIN XM - 4422/XM- 4418	1
29	299056104500	BOLT PACK	1
30	204042714503	ARM CURL HANDLE, XM - 4418	1
31	307010000206	SQUARE END CAP, 20X40	1
32	307040000758	LOWER BACK PAD	1
33	307990000005	PLASTIC SLEEVE	1
34	307010000410	ROUND PLUG 25	1
35	308030000326	OWNER'S MANUAL, XM-4418	1
A1	306010020036	BOLT, M10X20	11
A2	306010020042	BOLT, M10X50	2
A3	306010020089	BOLT, M12X180	1
A4	306010020048	BOLT, M10X75	1
A5	306010020010	BOLT, M6X40	12
B1	306010023108	WASHER, M10	9
B2	306010023106	WASHER, M6	12
B3	306010023105	WASHER, M12	2
C1	306010022504	LOCKNUT, M10	3
C2	306010022505	LOCKNUT, M12	1

Exploded View



XMARK FITNESS LIMITED LIFETIME WARRANTY

THIS PRODUCT IS INTENDED FOR RESIDENTIAL USE ONLY

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 residential 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.

- 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.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, XMARK FITNESS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. XMARK FITNESS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED/LIFETIME WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS WARRANTY. NEITHER XMARK FITNESS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU.

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

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Shreveport, LA 71108

Customer Service: 1-800-719-4605