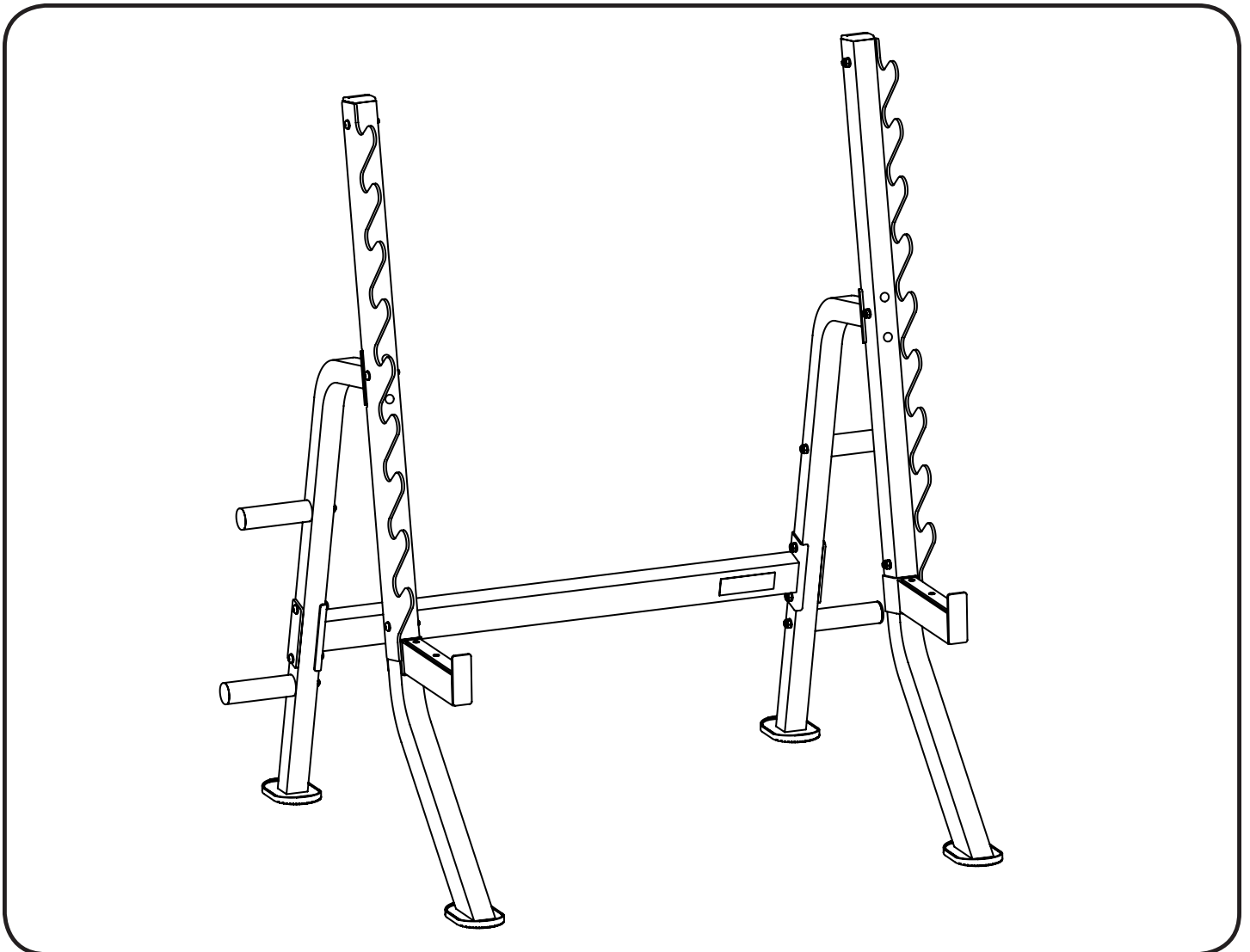




*XM-7619*

**SQUAT RACK**

## 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.

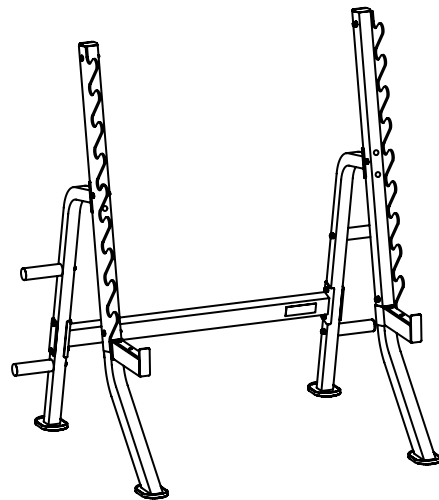
## REGISTRATION CARD

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](http://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-7619**

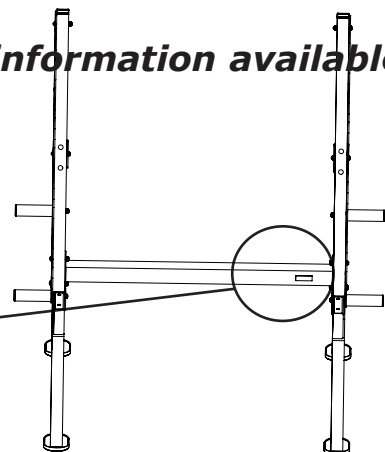
***When calling please have the following product information available:***

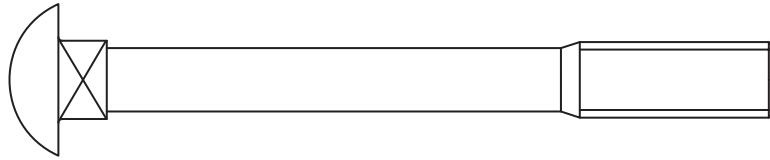
**Model Name :**

**Date Mfg.:**

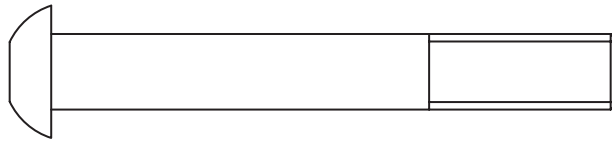
**Serial #**

*Model Name Decal Location*

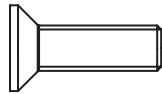




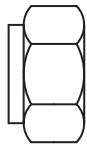
[13#] Carriage Bolt M10\*95 4pcs



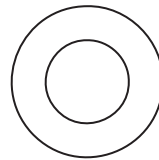
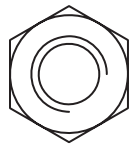
[14#] M10\*75 10pcs



[16#] M6\*20 6pcs



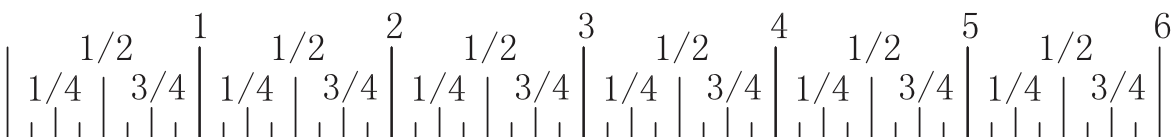
[15#] M10 18pcs



[12#]  $\varnothing 20 * \varnothing 11 * 1.5$  28pcs



Millimeters



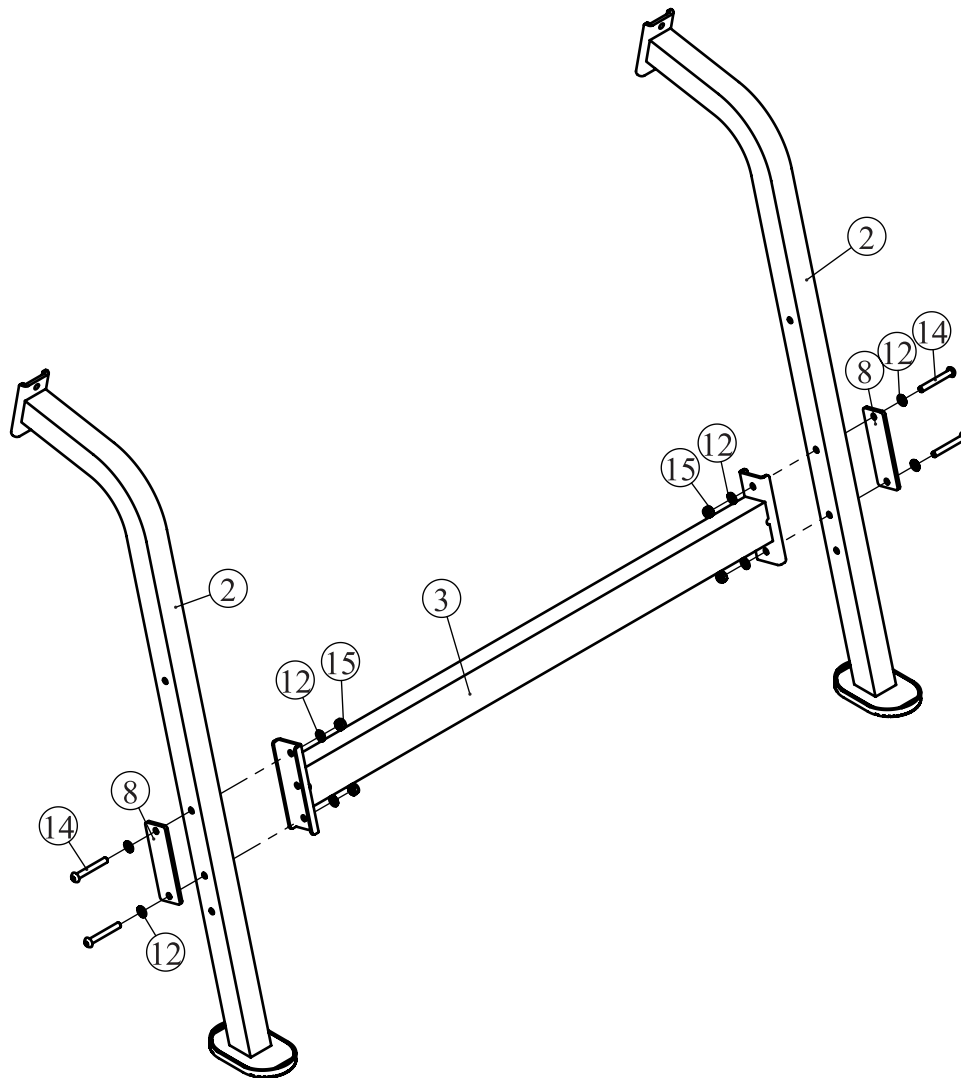
Inches

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

## Step 1

Attach two Rear Support Frame (#2) to The Cross Frame (#3), using:

- four M10\*75 Button Head Cap Screws (#14)
- eight  $\Phi 11*\Phi 20*1.5$  Flat Washers (#12)
- four M10 Nylon Lock Nuts (#15)
- two 152\*50.8\*6 Plates (#8)



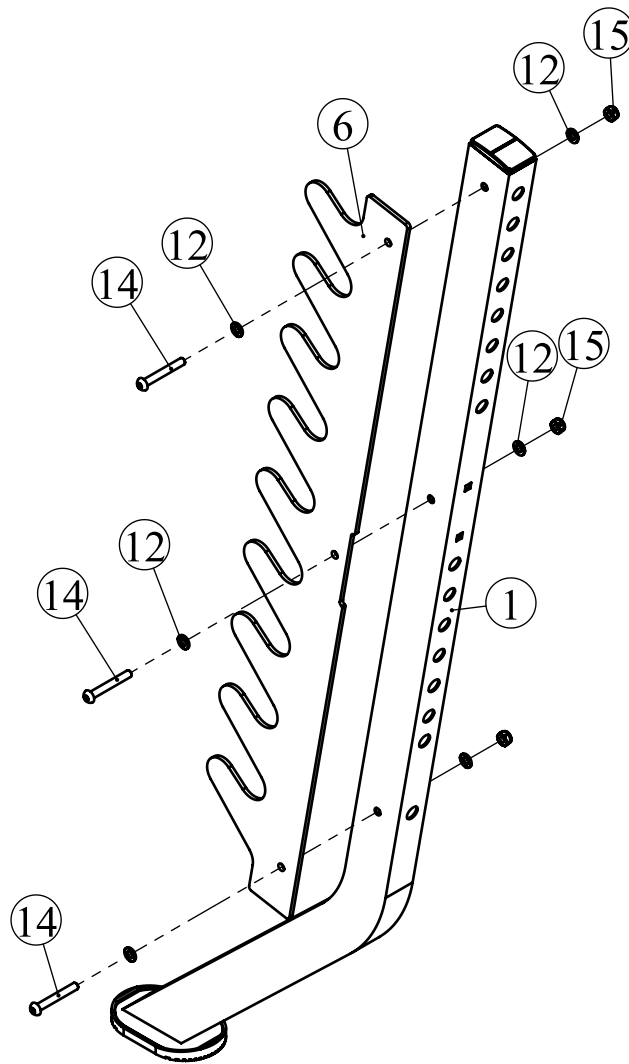
**NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.**

## Step 2

Attach one Bar Rack (#6) to one Upright Frame (#1), Using:

- three M10\*75 Button Head Cap Screws (#14)
- six  $\Phi 11 \times \Phi 20 \times 1.5$  Flat Washer (#12)
- three M10 Nylon Lock Nuts (#15)

Repeat this step to complete another one.

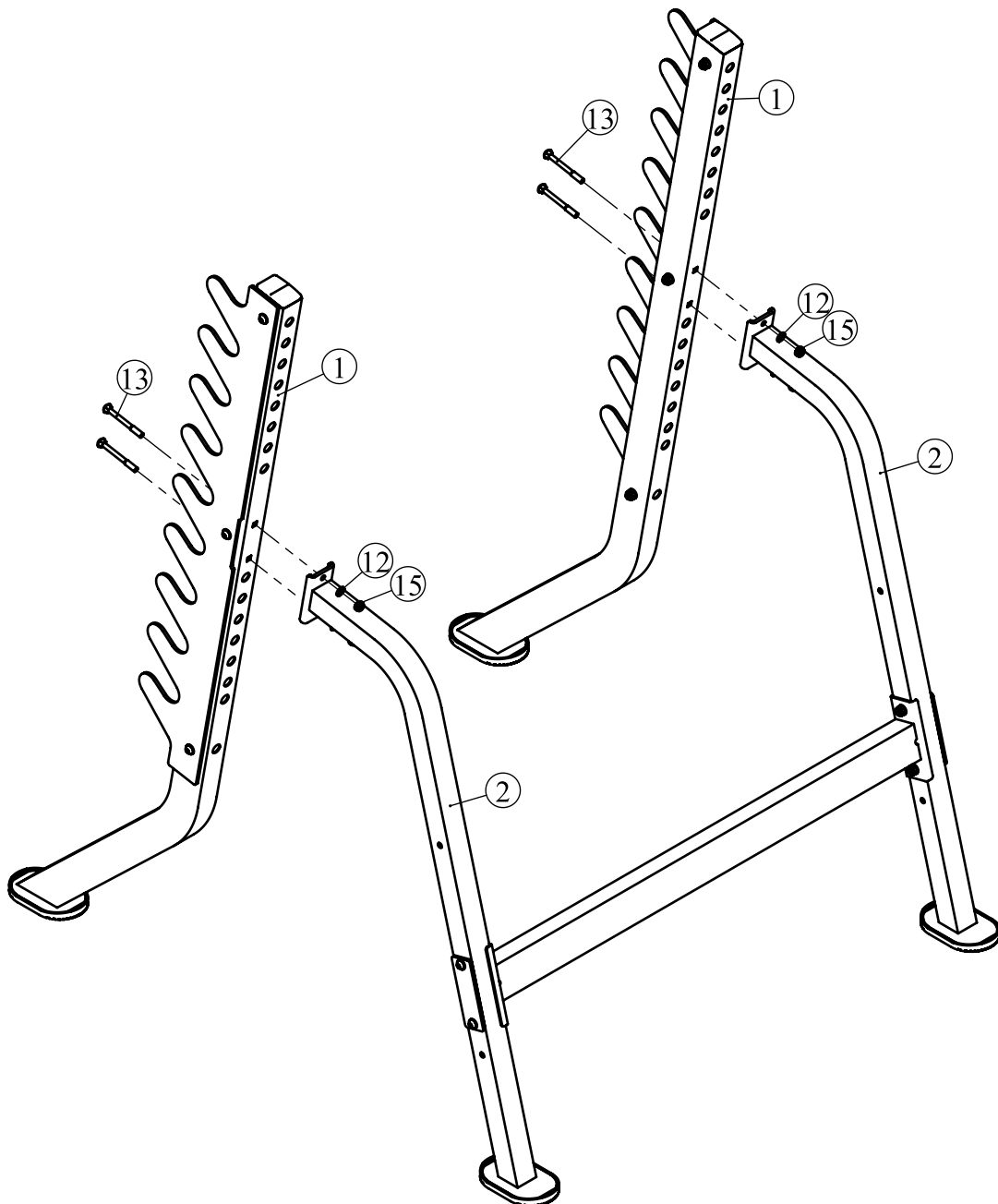


**NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.**

## Step 3

Attach two Upright Frames (#1) to two Rear Support Frames (#2), Using:

- four M10\*95 Carriage Bolts (#13)
- four  $\Phi 11*\Phi 20*1.5$  Flat Washers (#12)
- four M10 Nylon Lock Nuts (#15)





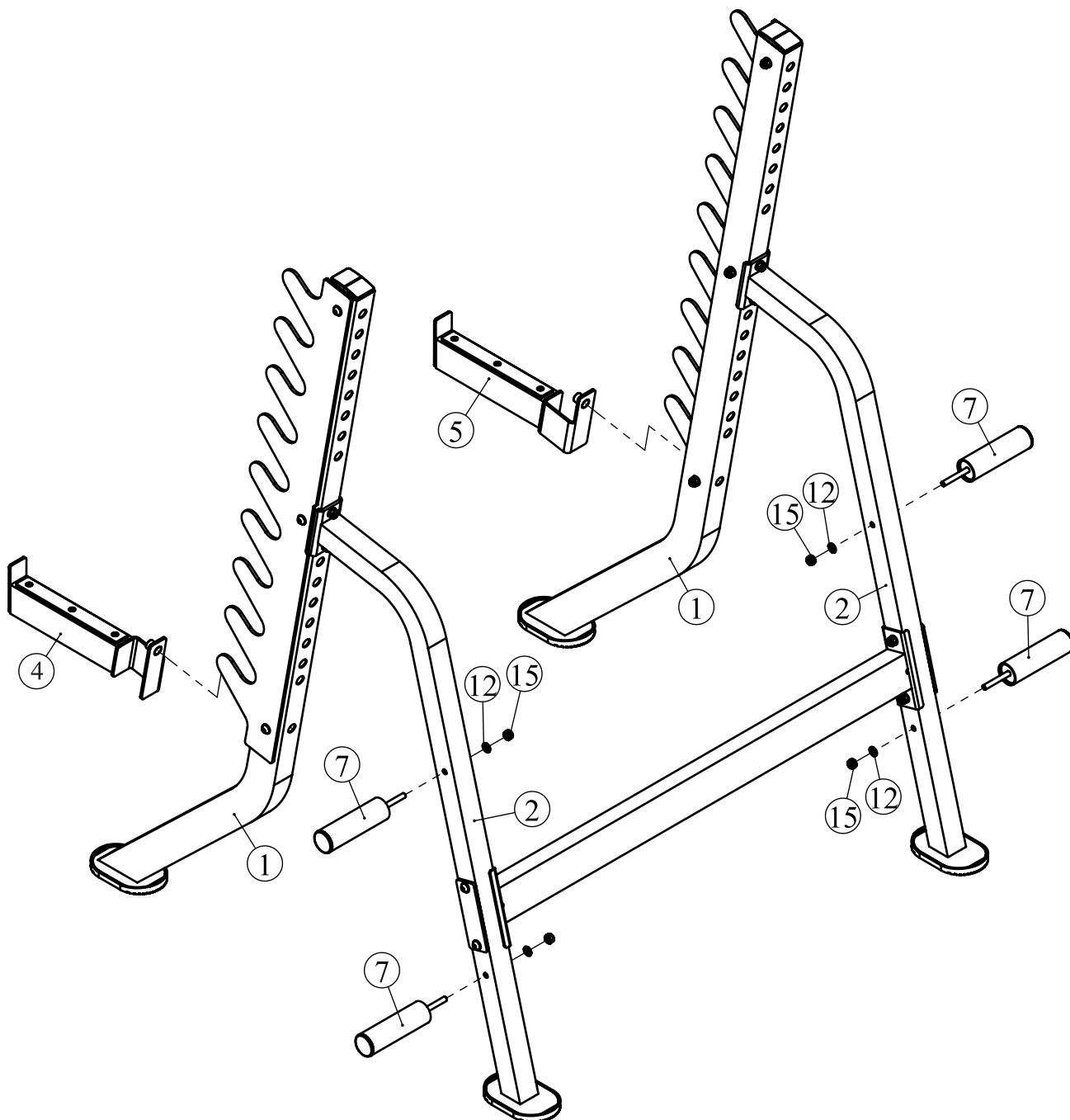
**NOTE: Wrench tighten bolts and Nylon Lock nuts.**

## Step 4

Attach the Right Safety Bar (#4) and the Left Safety Bar (#5) to two Upright Frame (#1).

Attach four Weight Storage Post (#7) to two Rear Support Frames (#2), using:

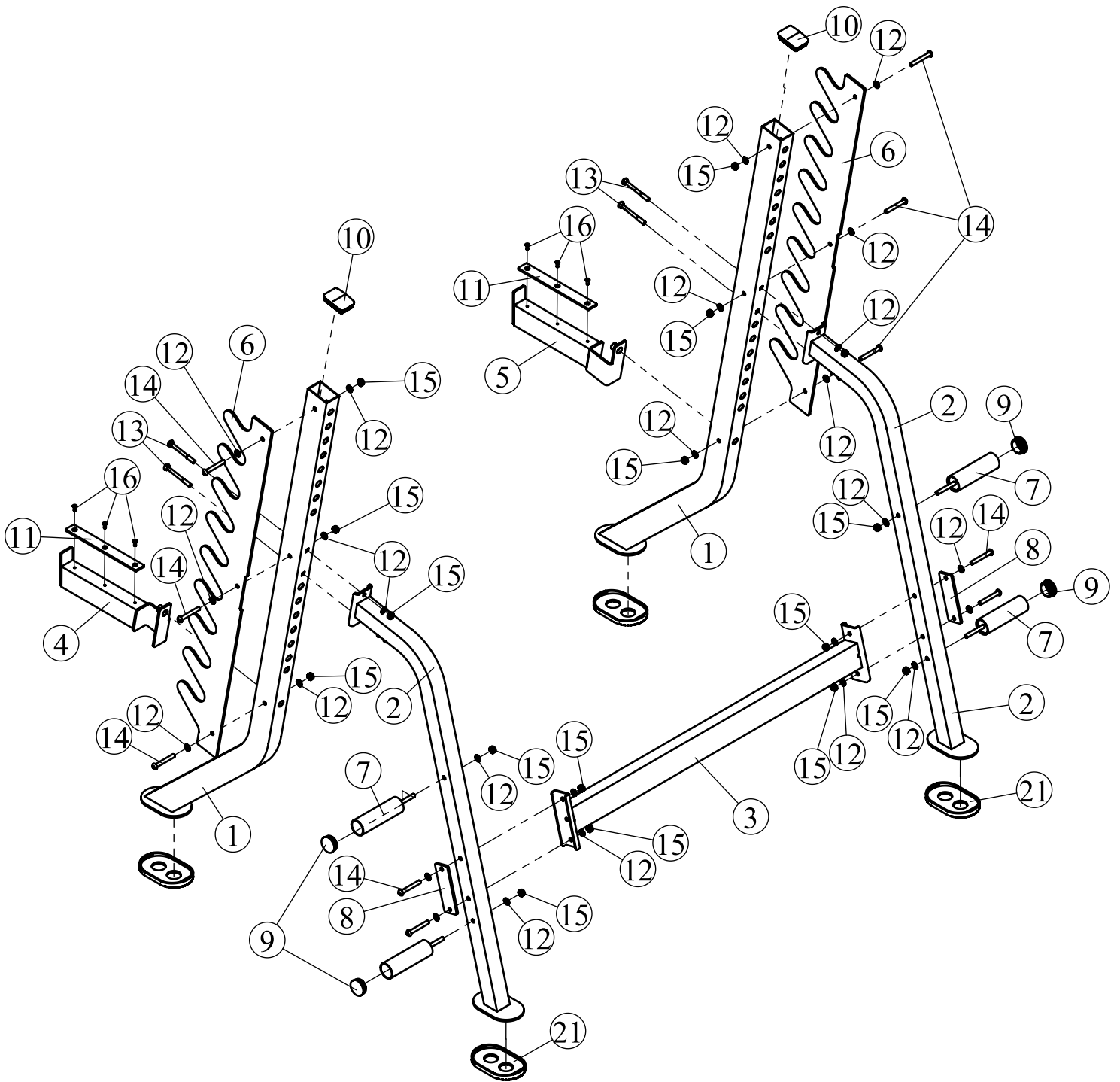
- four M10 Nylon Lock Nuts (#15)
- four  $\Phi 11 \times \Phi 20 \times 1.5$  Flat Washers (#12)



## XM-7619 Parts List

Ref #	Part #	Description	Qty
1	P00086	Upright Frame, XM-7619	2
2	P00087	Rear Support Frame, XM-7619	2
3	P00520	Cross Frame, XM-7619	1
4	P00320	Right Safety Bar, XM-7619	1
5	P00321	Left Safety Bar, XM-7619	1
6	P00521	Bar Rack, XM-7619	2
7	P00522	Weight Storage Post, XM-7619	4
8	P00674	Plate	2
9	P00555	Round Plug 48	4
10	P00249	Plug 50.8*76.2	2
11	P00322	Nylon Plate	2
12	P00031	Flat Washer $\Phi 11 * \Phi 20 * 1.5$	28
13	P00115	Carriage Bolt M10*95	4
14	P00612	Button Head Cap Screw M10*75	10
15	P00561	Nylon Lock Nut M10	18
16	P00026	Screw M6*20	6
17	P00560	Hex Key s=6	1
18	P00559	Hex Key s=4	1
19	P00022	Wrench 17-19	1
21	P00166	Rubber Foot	4
22	H00005	Bolt Pack, XM-7619	1
23	M00027	Owner's Manual XM-7619	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.

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**

**7501 Trammel Drive**

**Shreveport, LA 71108**

**Customer Service: 1-800-719-4605**