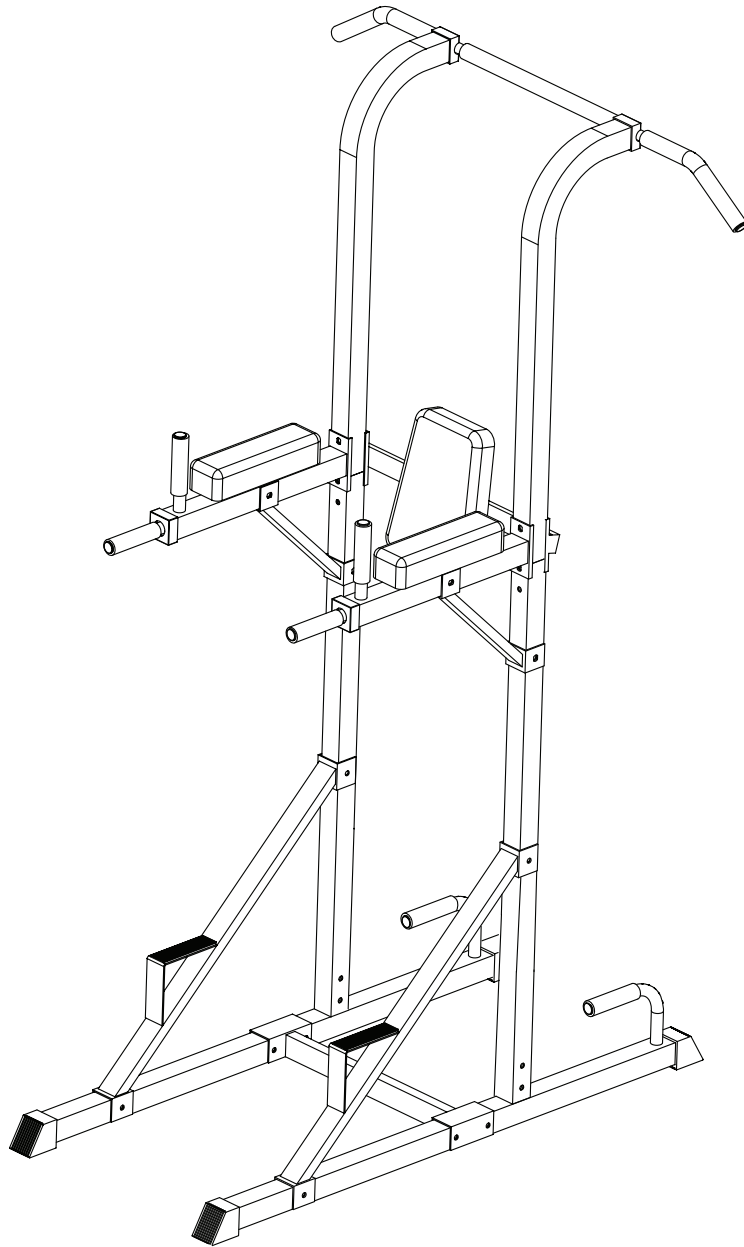




# XM-4434

## POWER TOWER

### Owner's Manual



#### **!CAUTION**

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

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# **Important Safety Information**

**Please read all instructions carefully before using this product.**

## **SAFETY TIPS**

Consult with your physician before engaging in any vigorous exercise. Know your heart rate and/or pulse as well as your physician-recommended heart rate training zone. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are 35 years of age or older or suffer from heart respiratory problems.

- Warm-up before any exercise program with 8 minutes of aerobic-like activity followed by stretching from head to toe.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting.
- Wear comfortable shoes made with good support and non-slip soles.
- Breathe naturally, never holding your breath during an exercise.
- Perform exercises consistently with proper technique and pass through a full range of motion.
- Increase resistance by adding heavier weights. Decrease resistance by using lighter weights.
- Always use a spotter for safety.
- Avoid over-training. You should be able to carry on a conversation while exercising.
- After an exercise session. Cool down with slow stretching, cycling or walking.

## **EXERCISE DEFINITIONS:**

**Sets:** A set is one complete routine of exercises. Complete 1-3 sets for each exercise.

**Repetitions:** (referred to as reps) Is the number of times you perform an exercise in a row. We recommend beginning with 6 reps and increasing up to 12 reps as indicated below.

**Novice:** Start with one set of 8-12 reps. Once you can complete the entire set of 12 reps consecutively, progress to the intermediate level.

**Intermediate:** Complete 2 sets of 8-12 reps once you can complete two sets of 12 reps consecutively, progress to the advanced level.

**Advanced:** Complete 3 sets of 12 reps

## **DISCLAIMER:**

XMark Fitness is not responsible for the misuse of any of its products or for any injury sustained while using any XMark Fitness product. The consumer uses any or all of XMark Fitness Products at their own risk.

## **BEFORE YOU BEGIN:**

Before you begin assembly of your XMark Fitness product, please take a moment to review the hardware and parts list on the following pages. Each part has been illustrated and numbered for easy identification.

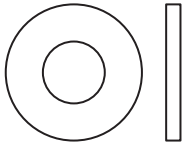
Check this list against the contents of your package to make sure you have all required parts. If any parts are missing, please do not return this product to the store. Contact our service department immediately at **1.800.719.4605** and we will rush you any parts you may require.

# Assembly

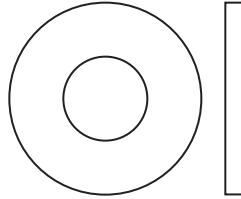
## Hardware Identifier

See the drawings below to identify the hardware used in the assembly. The number in parentheses is the reference number of the part.

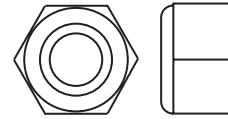
**Note:** Some hardware may be pre-installed in some parts.



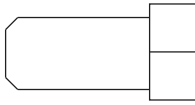
M8 Washer (B2)



M10 Washer (B1)



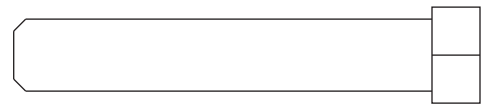
M10 Nylon Locknut (C1)



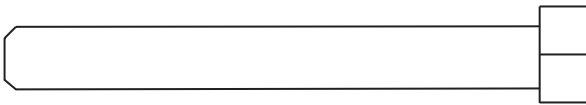
M10 x 20mm Bolt (A1)



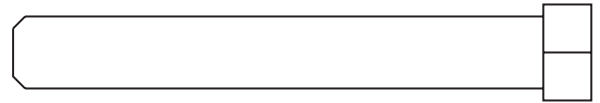
M8 x 40mm Bolt (A5)



M10 x 55mm Bolt (A3)

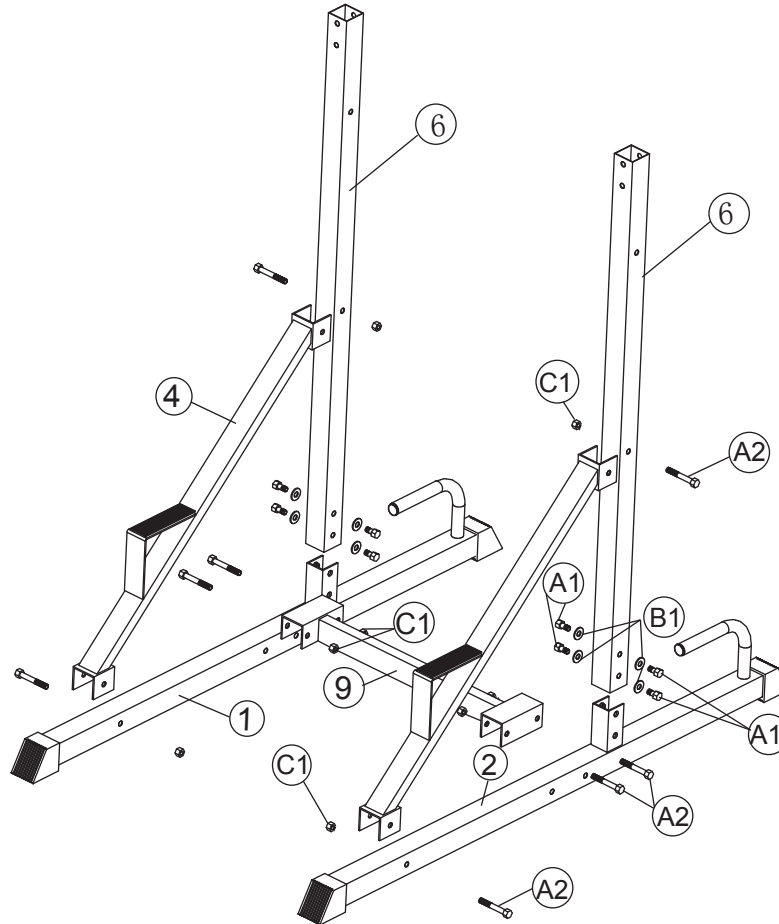


M8 x 70mm Bolt (A4)



M10 x 70mm Bolt (A2)

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



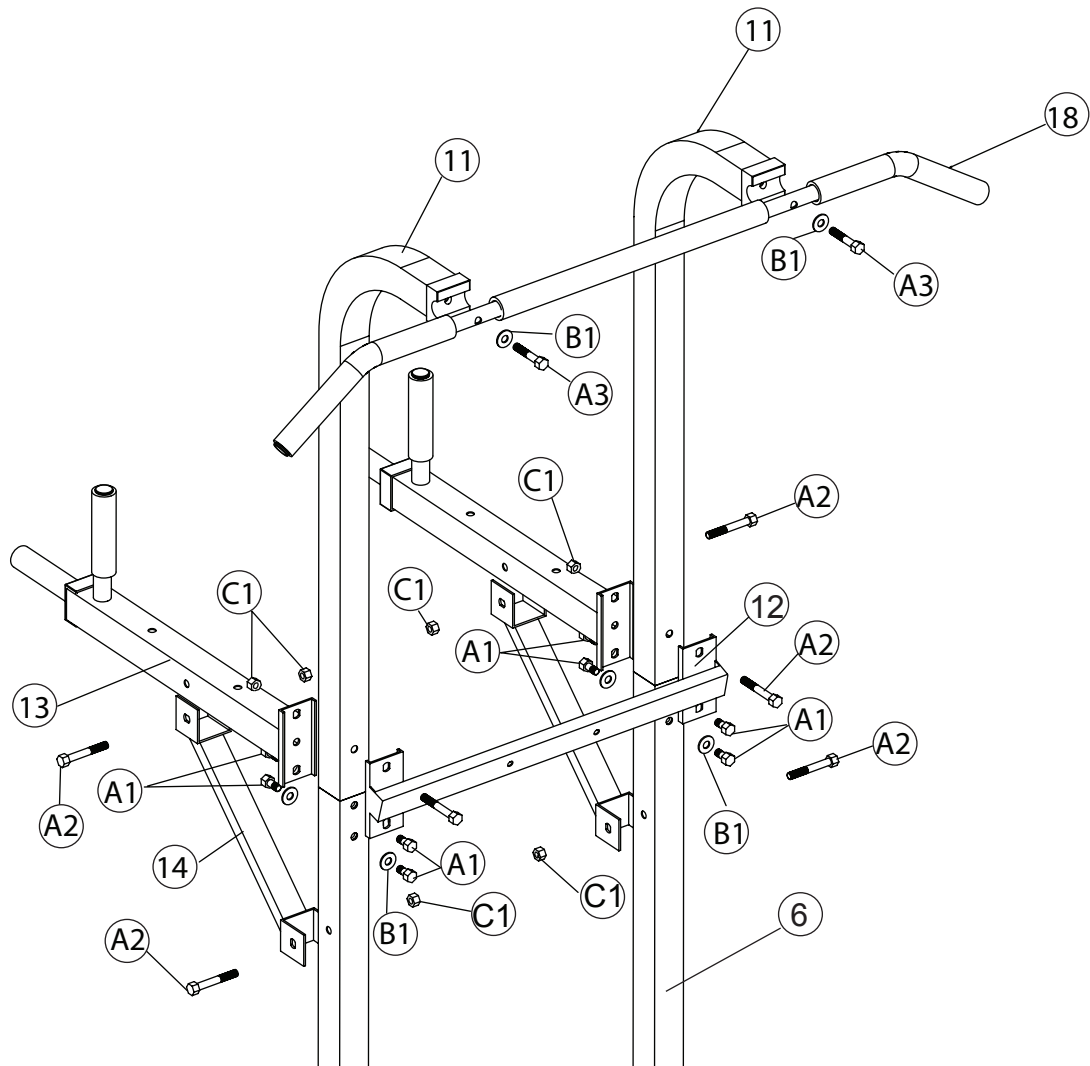
## STEP 1

Place the Left and Right Base (1 & 2) parallel to each other. Connect the Bottom Brace (9) to the Left and Right Base (1 & 2). Secure them with four M10x70 Bolts (A2), and four M10 Nylon Locknuts (C1).

Insert the two Lower Upright Tubes (6) into the Left and Right Base (1 & 2). Secure them using eight M10 x 20 Bolts (A1) and eight Washers D10 (B1).

Insert the Lower Support Bars (4) between the Base (1 & 2) and the Lower Upright Tubes (6). Secure them with four M10 x 70 Bolts (A2) and four M10 Nylon Locknuts (C1).

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



## STEP 2

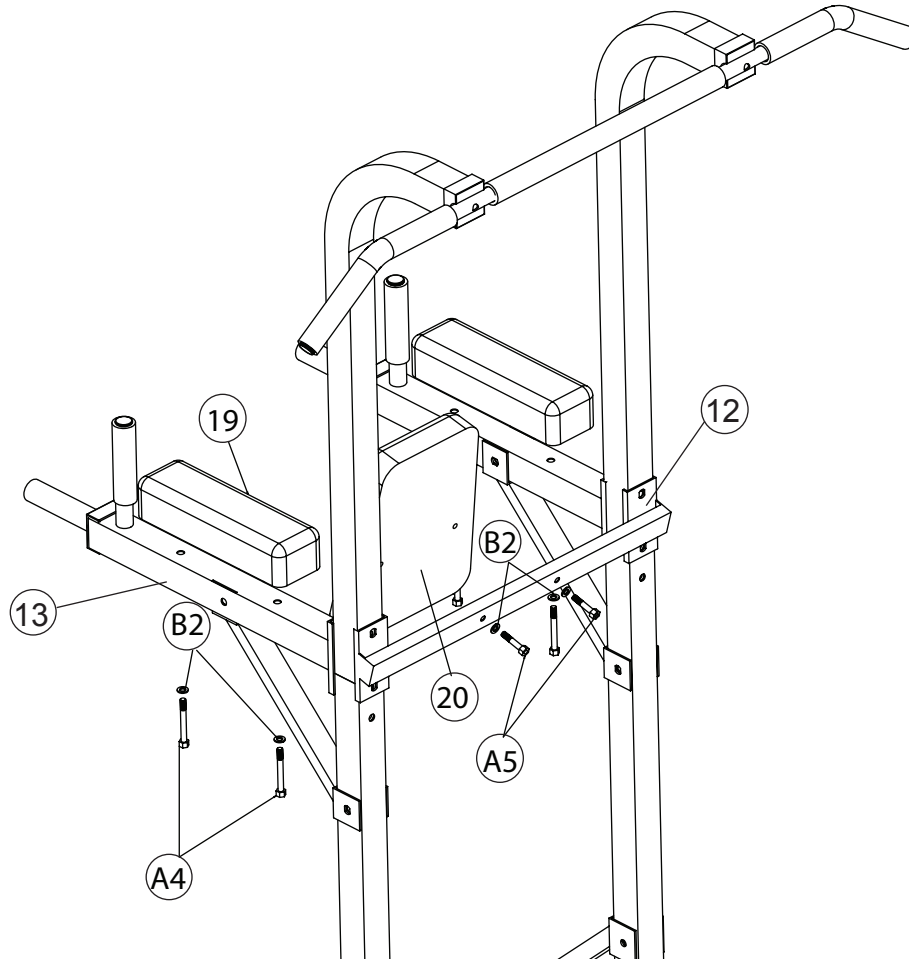
Connect the Pull-up Bar (18) to the both of the Upper Upright Tubes (11) and secure them with two M10 x 55 Bolts (A3) and two Washers D10 (B1).

Connect two Upper Upright Tubes (11) to the Lower Upright Tubes (6) and secure them using four M10 x 20 Bolts (A1) and four Washers D10 (B1).

Attach the two Extend Arms (13) through the joints of the Upper and Lower Upright Tubes (11 & 6) to the Upper Cross Brace (12). Secure them with four M10 x20 Bolts (A1), two M10x70 Bolts (A2),and two M10 Nylon Locknuts (C1).

Connect the two Upper Support Bars (14) to both the Extend Arms (13) and the Lower Upright Tubes (6). Secure them using four M10 x 70 Bolts (A2), and four M10 Nylon Locknuts (C1).

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



## STEP 3

Attach the two Armrests (19) to each of the Extend Arms (13) and secure them with four M8x70 Bolts (A4) and four Washers D8 (B2).

Attach the Backrest Board (20) to the Upper Cross Brace (12) and secure it with two M8x40 Bolts (A5) and two Washers D8 (B2).

## XM-4434 Parts List Rev A

REF #	PART #	DESCRIPTION	QTY
1	223-00313	LEFT/RIGHT BASE	1
2	223-00313	LEFT/RIGHT BASE	1
3	206-00227	SHORT FOAM GRIP	6
4	223-00317	LOWER SUPPORT BAR	2
5	206-00071	2" SQUARE SLEEVE	2
6	223-00314	LOWER UPRIGHT	2
7	206-00229	PROTECTIVE COVER	2
8	206-00228	ROUND PLUG, 25X1.5	2
9	223-00311	BOTTOM CROSS BRACE	1
10	206-00161	ROUND INNER PLUG, 25x2	6
11	223-00309	UPPER UPRIGHT TUBE	2
12	223-00316	UPPER CROSS BRACE	1
13	223-00312	EXTENDED ARM	2
14	219-00225	UPPER SUPPORT BAR	2
15	206-00226	MID FOAM GRIP,	2
16	206-00113	LONG FOAM GRIP	1
17	206-00116	CONNECTIVE HEAD	2
18	223-00310	PULL UP BAR	1
19	228-00251	PAD, ARM	2
20	225-00252	PAD, BACK	1
21	206-00072	END CAP	4
A1	202-00296	HEX BOLT, M10X20	16
A2	202-00294	HEX BOLT, M10X70	14
A3	202-00436	BOLT M10X55	2
A4	202-00290	BOLT, M8X70	4
A5	202-00291	BOLT, M8X40	2
B1	202-00420	WASHER 10	14
B2	202-00421	WASHER 8	6
C1	202-00168	M10 Nylon Locknut	14
#	202-00195	BOLT PACK	1







## ***4400 Nitro Series***

intended for residential use only

## ***7600 Carbon Series***

intended for light institutional and/or residential use

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