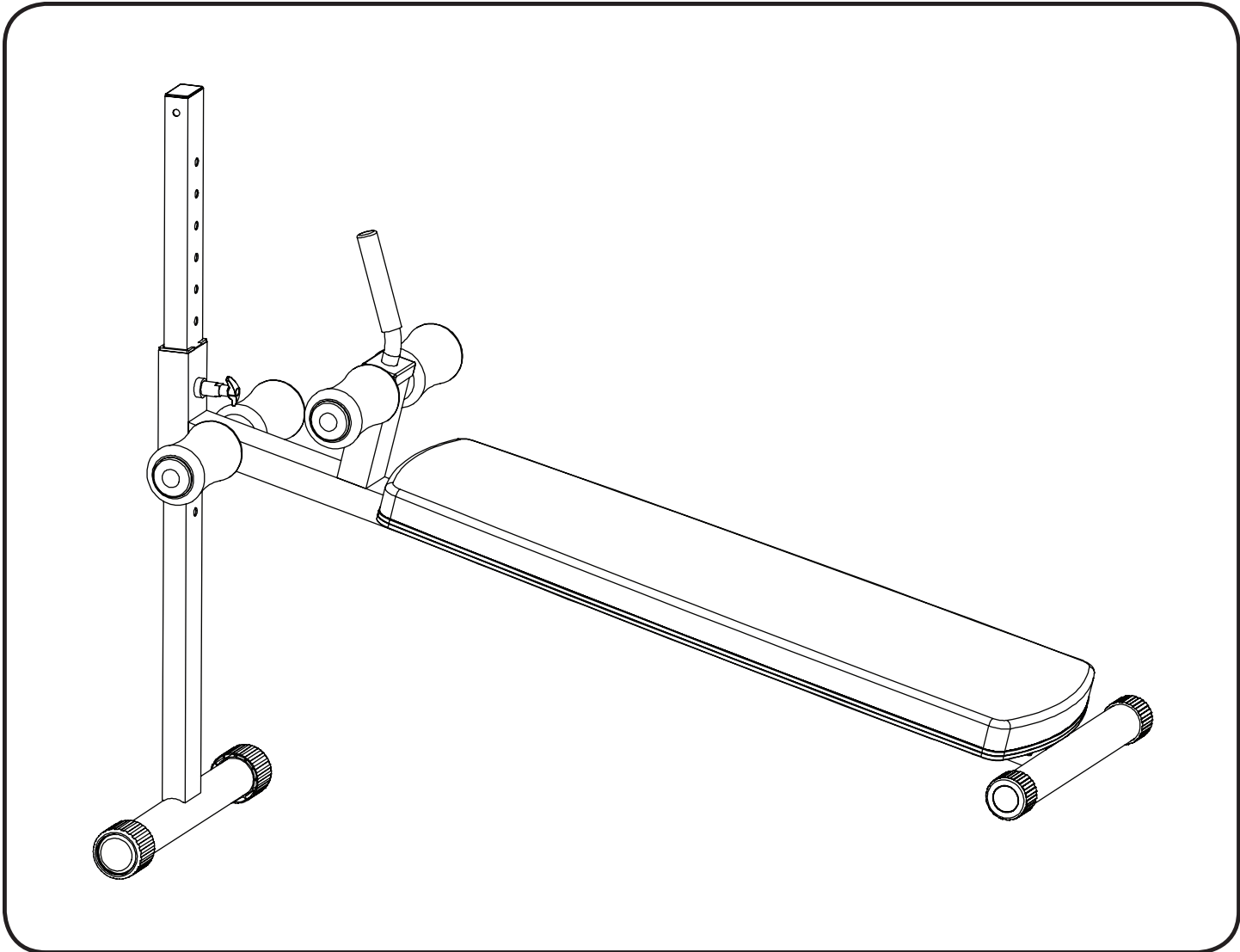




# *XM-4416*

## ADJUSTABLE AB BENCH

### Owner's Manual



### **! CAUTION**

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

Before You Begin	3
Assembly	4
Parts List	6
Exploded View	6
Warranty Information	7

## **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.**

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



**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.

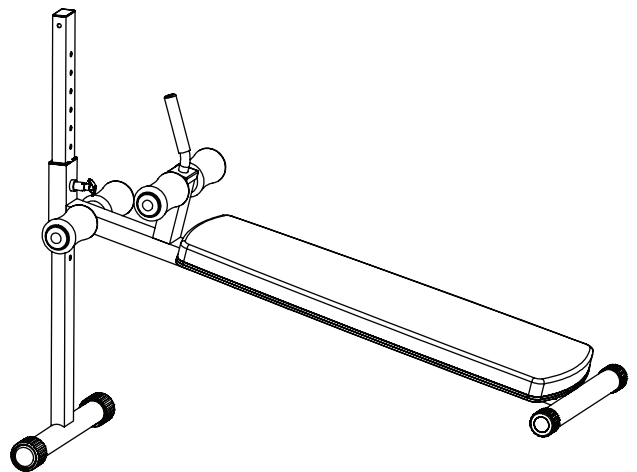
## REGISTRATION CARD

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-4416**

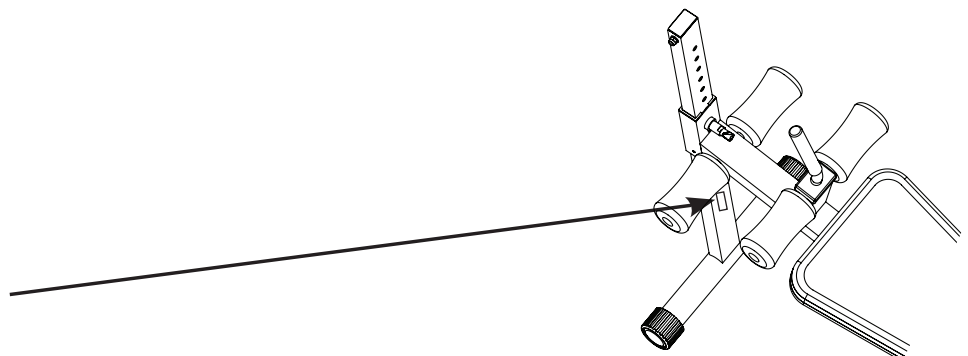
***When calling please have the following product information available:***

**Model Name : XM-4416**

**Date Mfg.:**

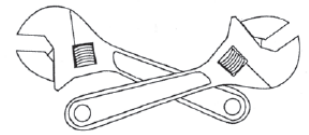
**Serial #**

**Model Name Decal Location**



## Tools Required:

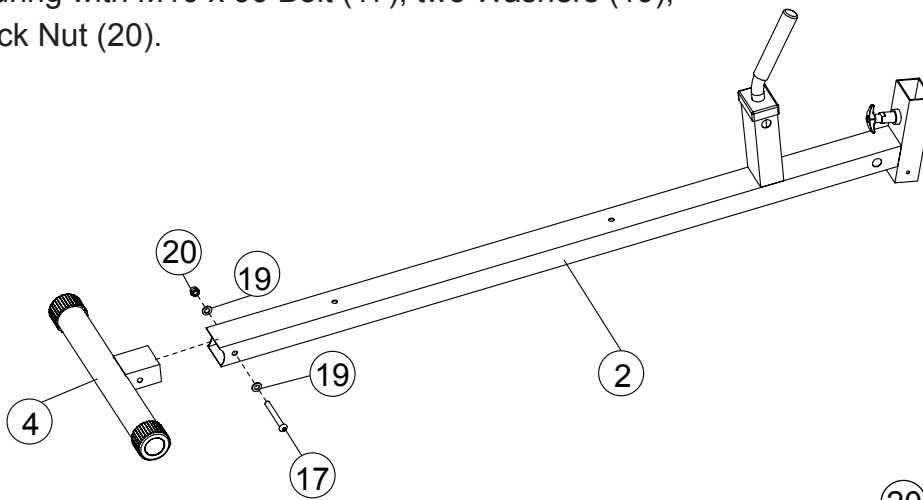
You will need two adjustable wrenches and a rubber hammer for assembly.



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

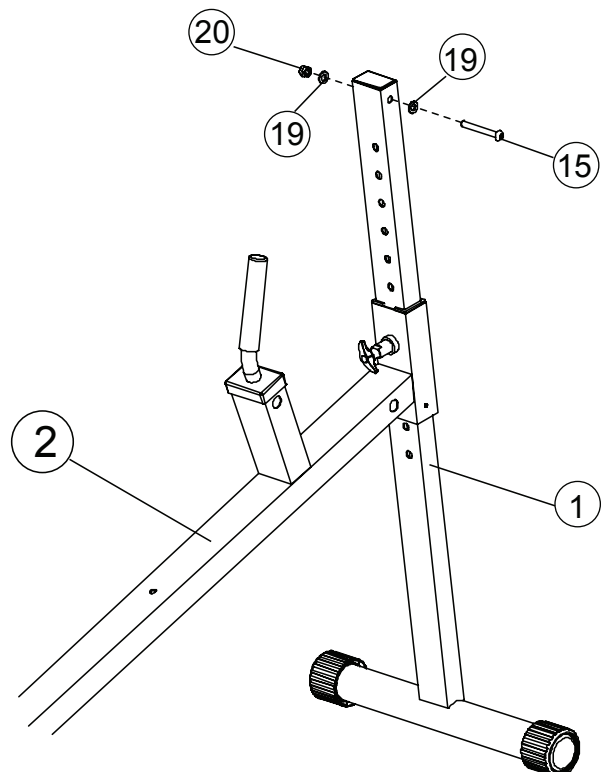
## STEP 1

Connect Main Frame (2) to Front Base (4) by securing with M10 x 90 Bolt (17), two Washers (19), and Lock Nut (20).



## STEP 2

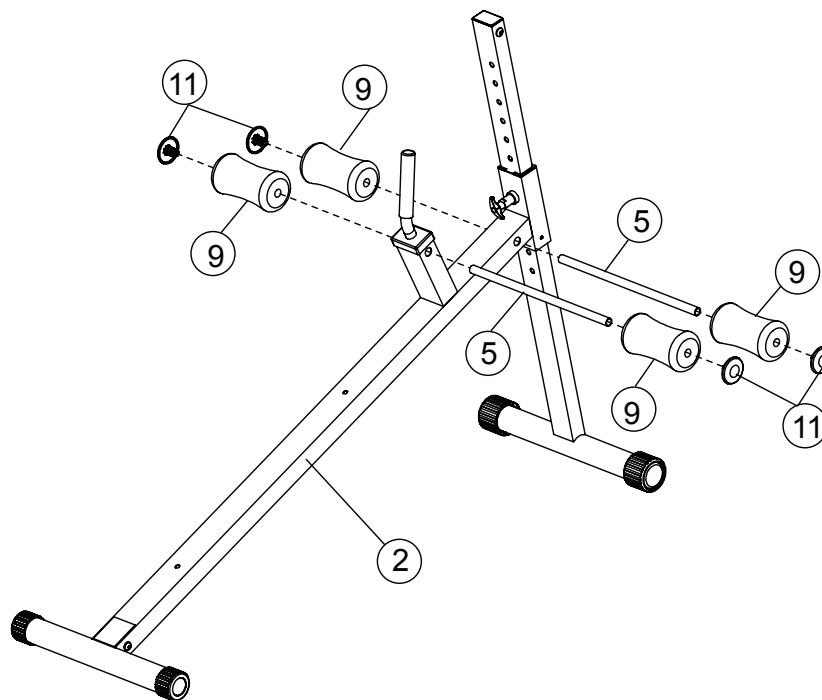
Slide Upright Frame (1) into Main Frame (2). Make sure the adjustment holes in the Upright Frame are facing the Main Frame Assembly (2). Slide Bolt M10X80 (15) into Upright Frame (1) and secure with two Washers (19) and Lock Nut (20).



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

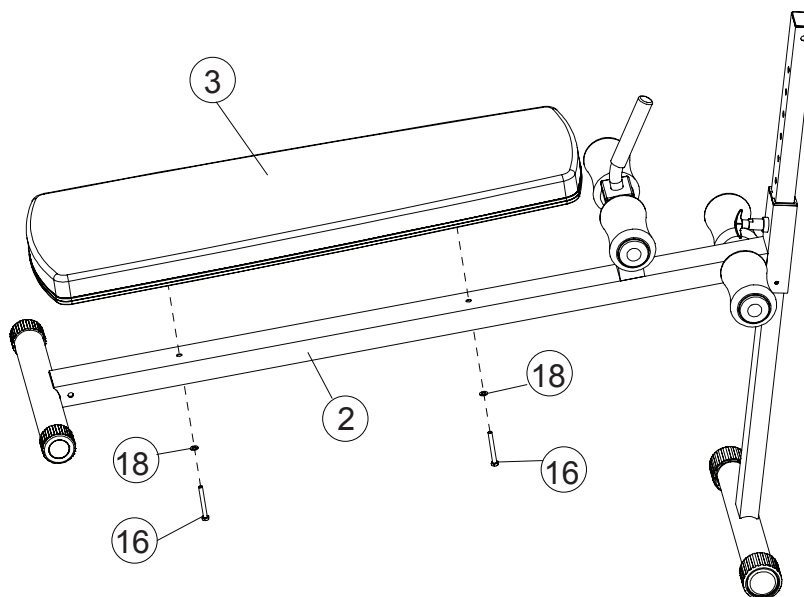
## STEP 3

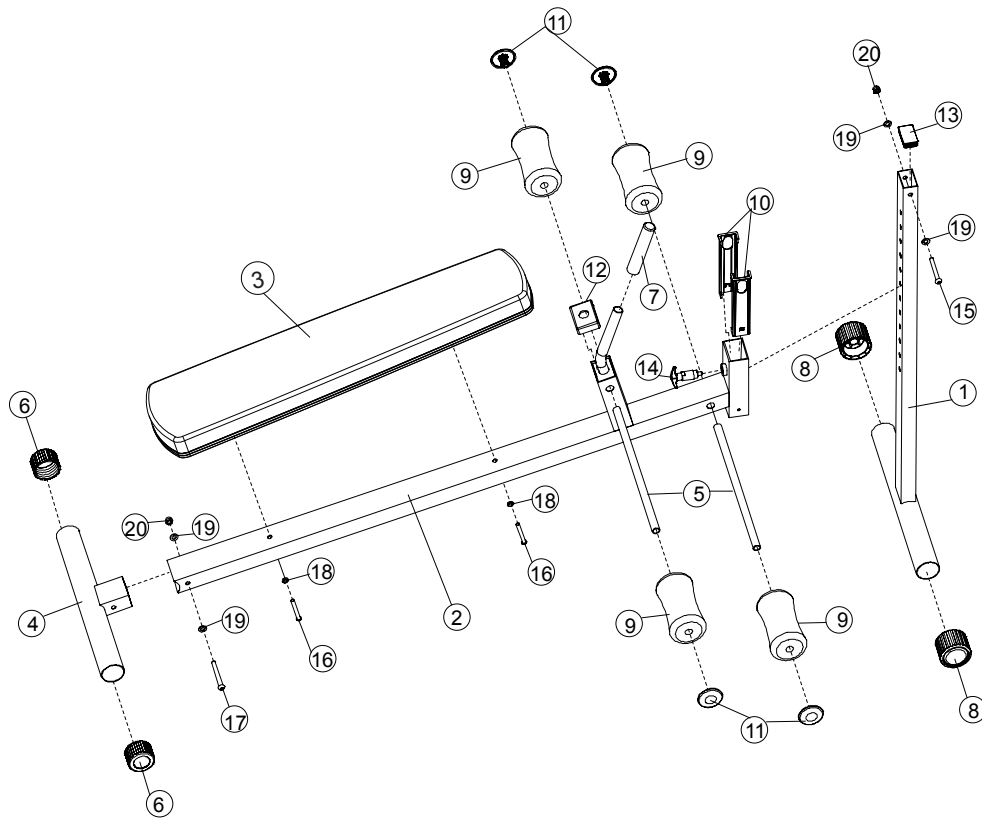
Slide Foam Roller Tubes (5) into holes in Main Frame (2). Slide Foam Rollers (9) onto Foam Roller Tubes (5) and secure using Roller Tube Caps (11).



## STEP 4

Connect Seat Pad (3) to Main Frame (2) with Bolts (16) and Washers (18).





## XM-4416 Parts List

Key NO.	Part No.	Description	Qty
1	204053802503	UPRIGHT FRAME	1
2	204053803503	MAIN FRAME	1
3	307040000565	BACK PAD	1
4	204053801503	FRONT BASE	1
5	204053804503	FOAM ROLLER TUBE	2
6	307010000021	END CAP, CIRCULAR 60	2
7	307010000956	HANDLE GRIP	1
8	307010000028	TRANSPORT WHEEL, ROUND 60	2
9	307010001917	FOAM ROLLER	4
10	307010000790	GLIDE PLASTIC SLEEVE	2
11	307010000404	FOAM ROLLER CAP	4
12	307010000742	COVER, RECTANGULAR 50X75X25	1
13	307010000274	PLUG, INNER RECTANGULAR 38X63.5	1
14	802900300002	LOCKING POP PIN T-SHAPPED	1
15	306010020730	ALLEN BOLT, M10X80mm	1
16	306010020715	ALLEN BOLT, M8X70mm	2
17	306010020732	ALLEN BOLT, M10X90mm	1
18	306010023107	WASHER, M8	2
19	306010023108	WASHER, M10	4
20	306010022504	LOCK NUT, M10	2
21	306990000144	WRENCH, ALLEN S=6	1
22	299053804500	BOLT PACK	1
23	308030000280	MANUAL XM-4416	1

## **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**

**7501 Trammel Drive**

**Shreveport, LA 71108**

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