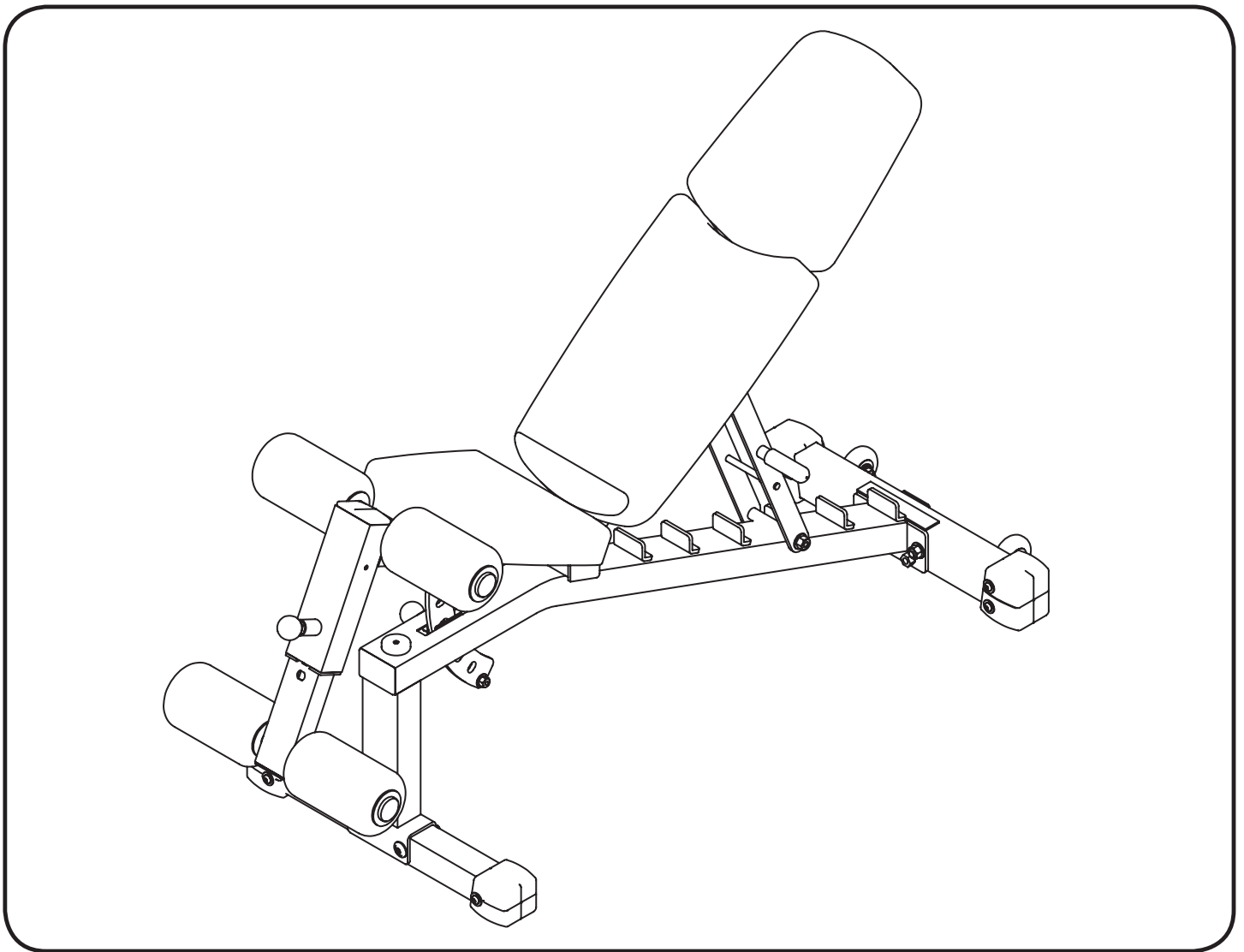




XM-7629

FID / AAB VERSA BENCH

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.



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

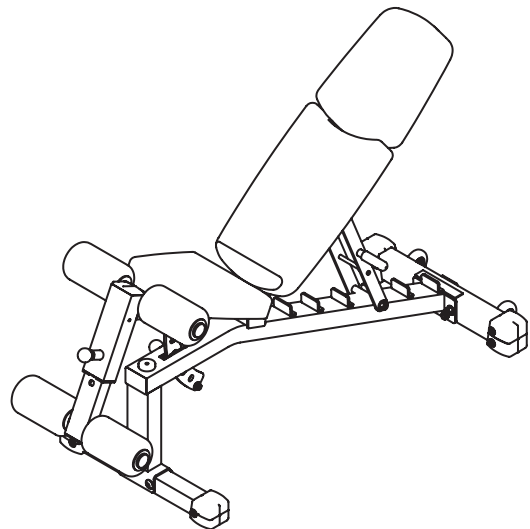
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

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-7629**

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

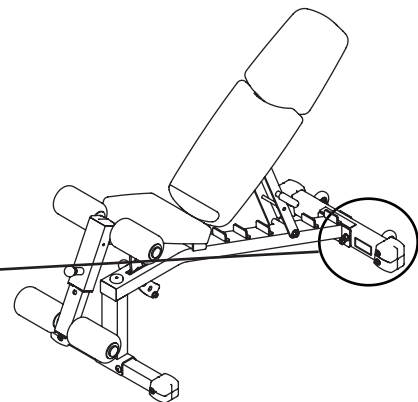
When calling please have the following product information available:

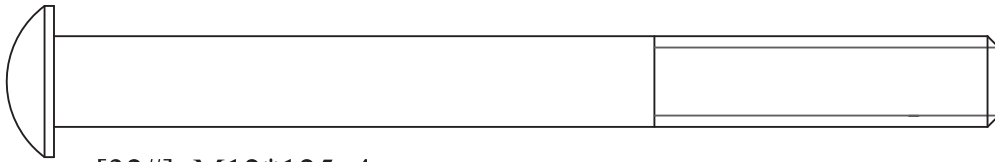
Model Name :

Date Mfg.:

Serial #

Model Name Decal Location

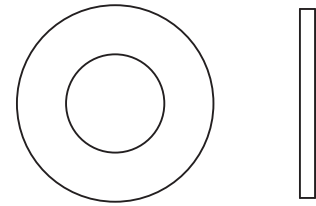




[32#] M12*125 4pcs



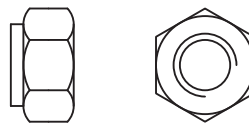
[33#] M12*80 2pcs



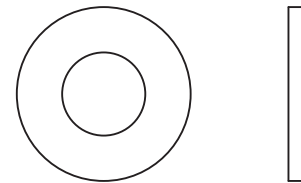
[40#] Ø13* Ø26*2 16pcs



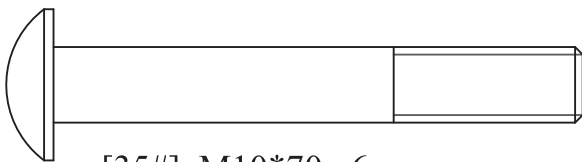
[34#] M12*75 2pcs



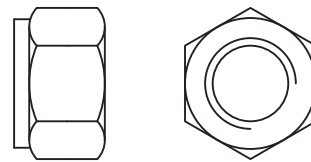
[44#] M8 3pcs



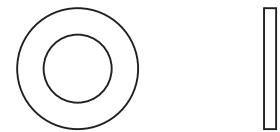
[41#] Ø11* Ø23*2 6pcs



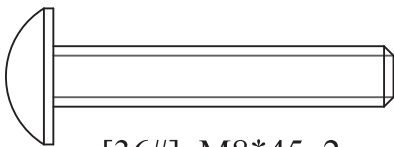
[35#] M10*70 6pcs



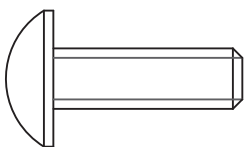
[43#] M12 8pcs



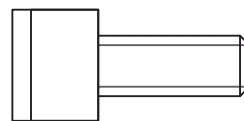
[42#] Ø9* Ø16*1.6 17pcs



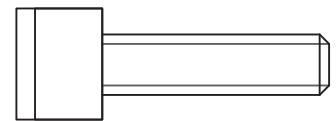
[36#] M8*45 2pcs



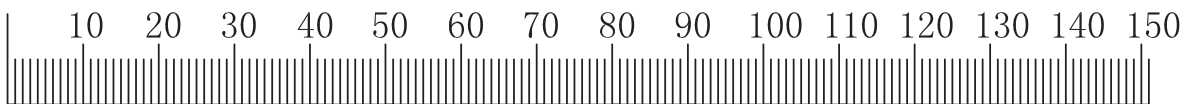
[37#] M8*25 12pcs



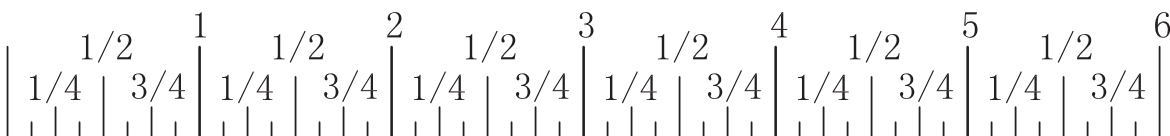
[38#] M8*20 1pc



[39#] M8*30 1pc



Millimeters



Inches

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

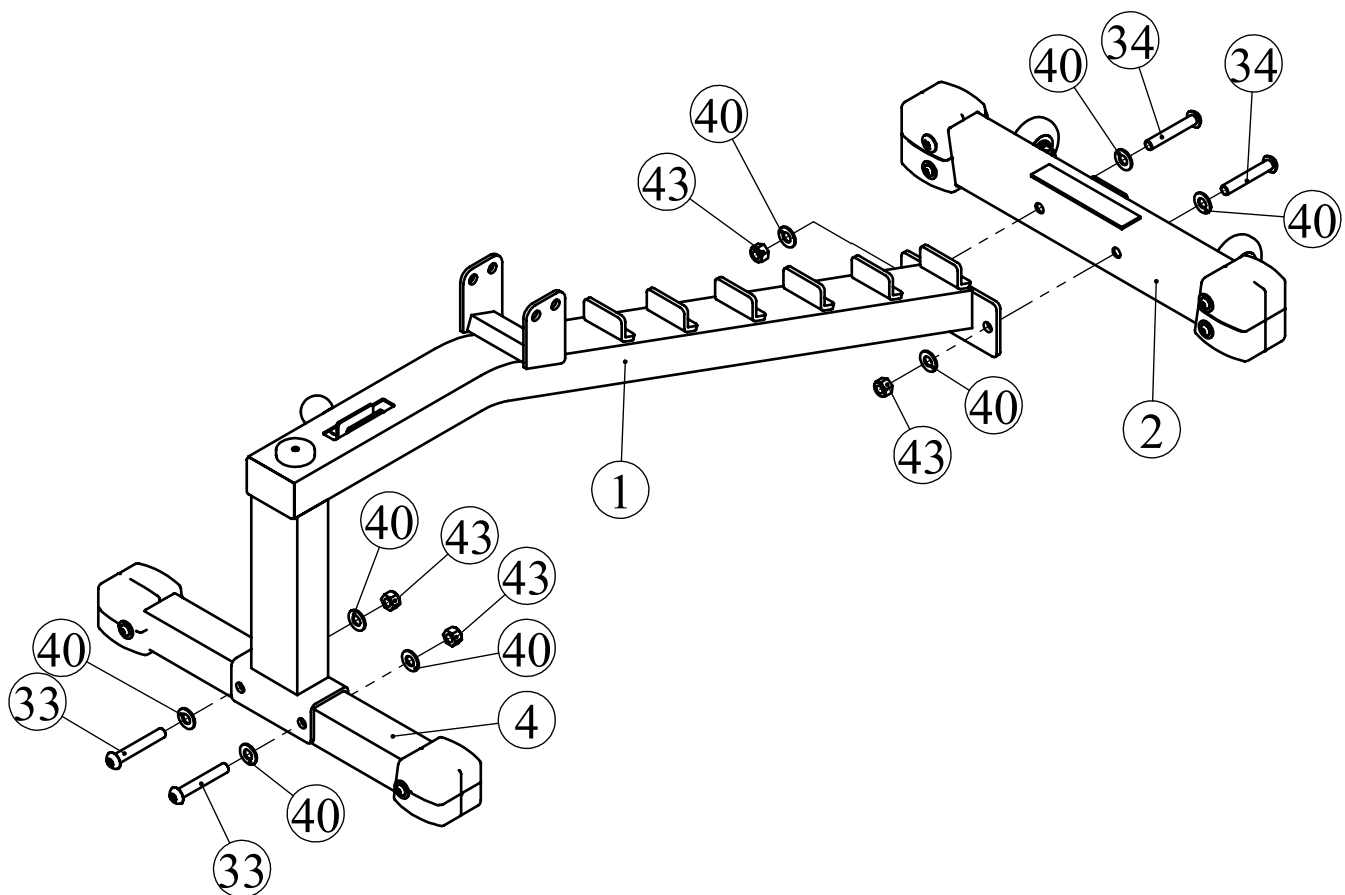
Step 1

Attach Main Frame (#1) to Front Base (#4) using:

- two M12*80 Button Head Cap Screws (#33)
- two M12 Nylon Lock Nuts (#43)
- four $\Phi 13*\Phi 26*2$ Flat Washers (#40)

Attach Rear Base (#2) to Main Frame (#1) using:

- two M12*75 Button Head Cap Screws (#34)
- two M12 Nylon Lock Nuts (#43)
- four $\Phi 13*\Phi 26*2$ Flat Washers (#40)



NOTE: Wrench tighten bolts and nylon lock nuts.

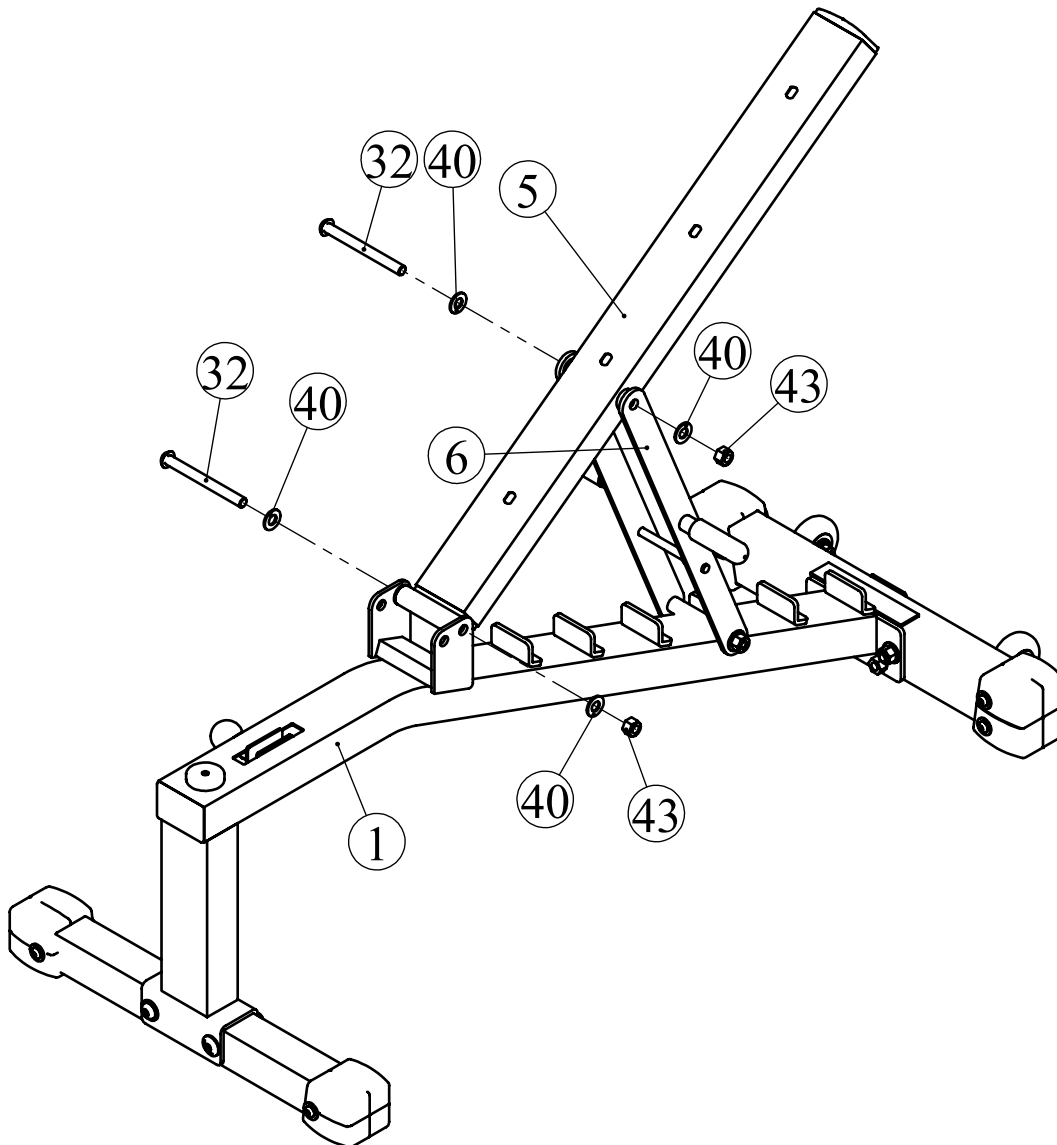
Step 2

Attach Frame Seat Pad Support (#5) to Main Frame (#1) using:

- one M12*125 Button Head Cap Screw (#32)
- one M12 Nylon Lock Nut (#43)
- two $\Phi 13*\Phi 26*2$ Flat Washers (#40)

Attach Frame, Adjustable Back Pad (#6) to Frame Back Pad Support (#5) using:

- one M12*125 Button Head Cap Screw (#32)
- one M12 Nylon Lock Nut (#43)
- two $\Phi 13*\Phi 26*2$ Flat Washers (#40)



NOTE: Wrench tighten bolts and nylon lock nuts.

Step 3

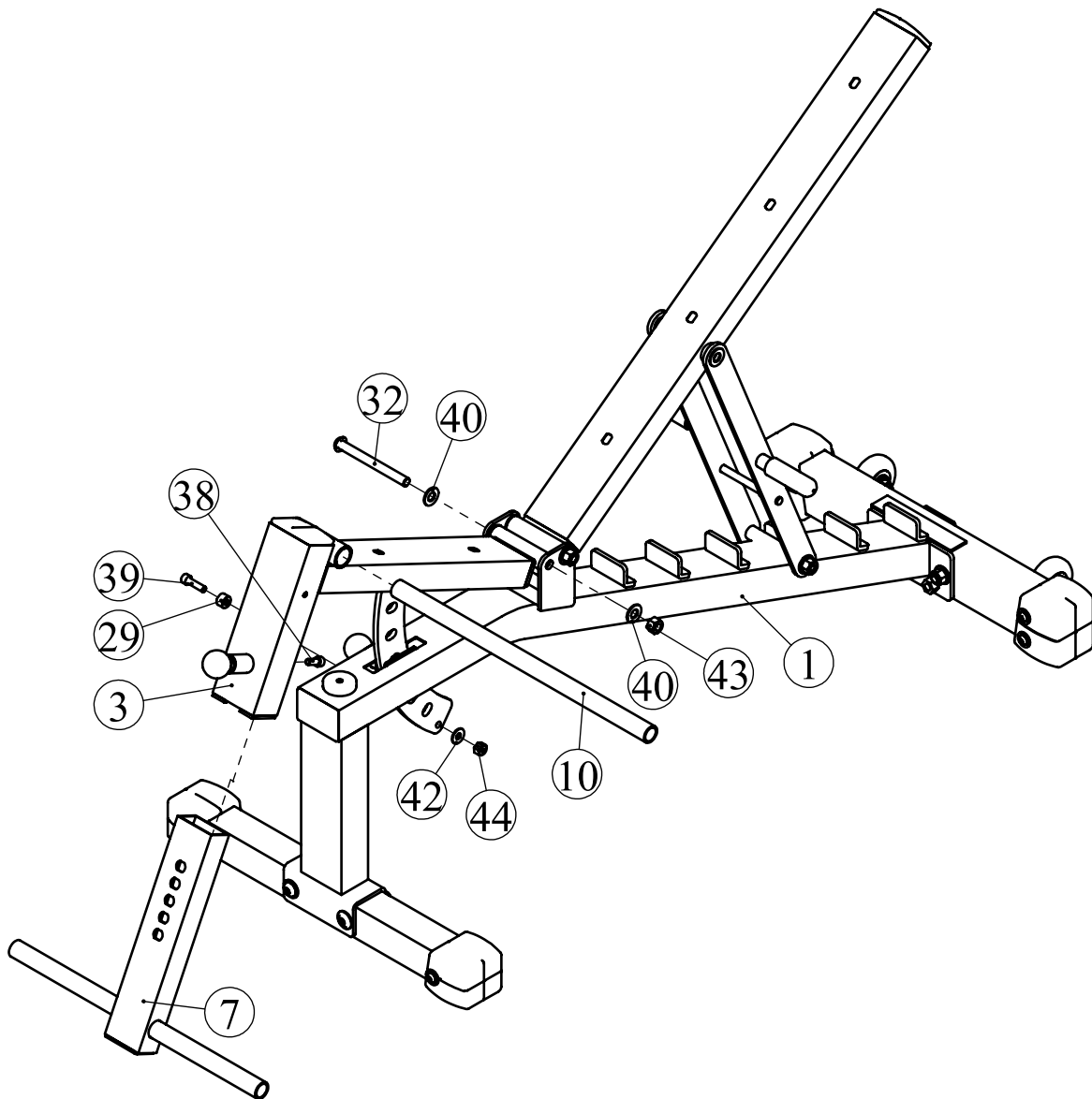
Attach Frame Seat Pad Support (#3) to Main Frame (#1) using:

- one M12*125 Button Head Cap Screw (#32)
- one M12 Nylon lock Nut (#43)
- two $\Phi 13*\Phi 26*2$ Flat Washers (#40)
- one Plastic Sleeve (#29)
- one Socket Head Cap Screw M8*30 (#39)
- one Flat Washer $\Phi 9*\Phi 16*1.6$ (#42)
- one Nylon Lock Nut M8 (#44)

Attach Foam Frame (#7) to Frame Seat Pad Support (#3) using:

- one Socket Head Cap Screw M8*20 (#38)

Attach Foam Tube (#10) to Frame Seat Pad Support (#3).



NOTE: Wrench tighten bolts and nylon lock nuts.

Step 4

Attach Upper Back Pad (#12) and Lower Back Pad (#13) to Frame Back Pad Support (#5) using:

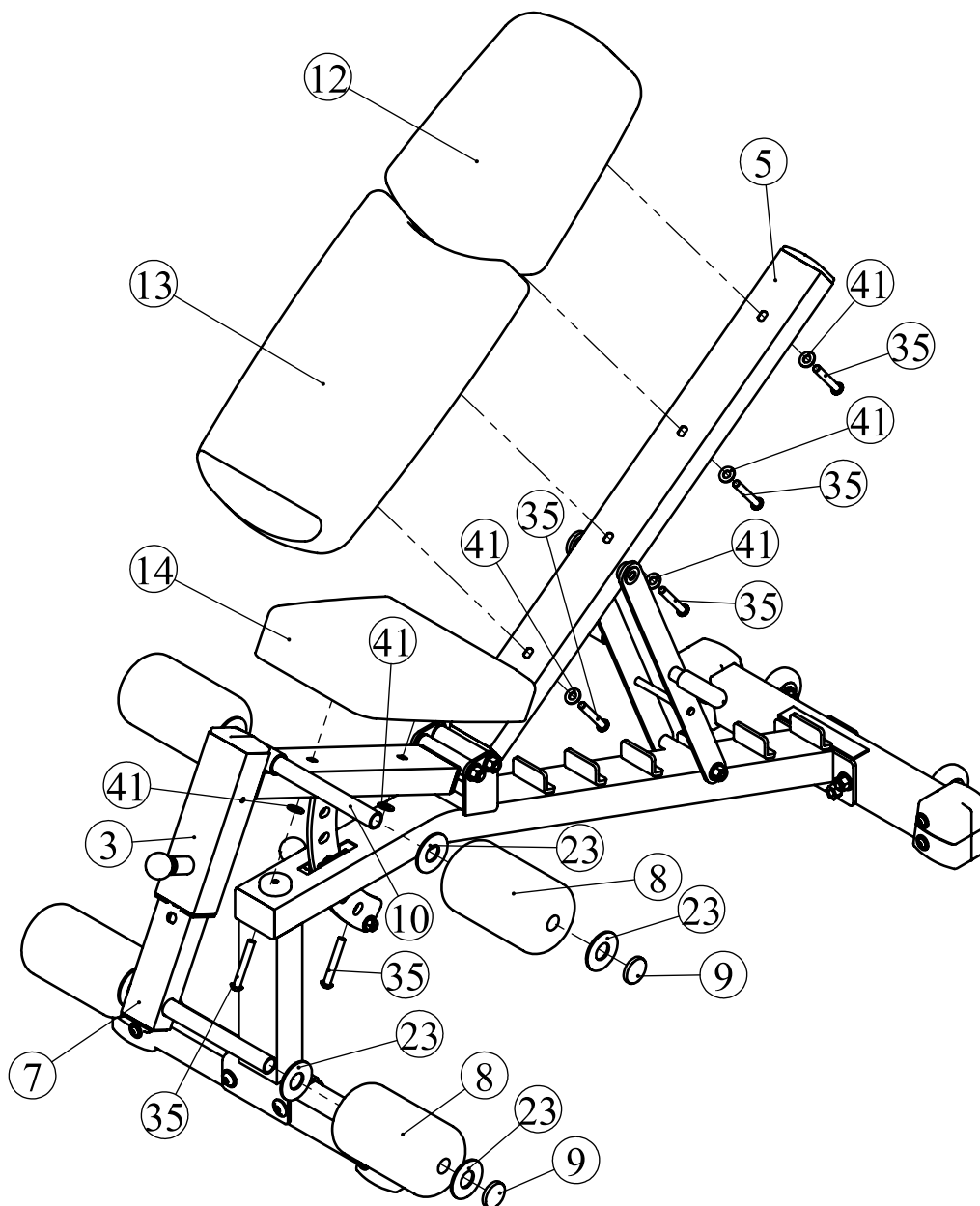
- four M10*70 Button Head Cap Screws (#35)
- four $\Phi 11*\Phi 23*2$ Flat Washers (#41)

Attach Seat Pad (#14) to Frame Seat Pad Support (#3) using:

- two M10*70 Button Head Cap Screws (#35)
- two $\Phi 11*\Phi 23*2$ Flat Washers (#41)

Attach four Foam Paddings $\Phi 110*\Phi 22*180$ (#8) to Foam Tube (#10), Foam Frame (#7) using:

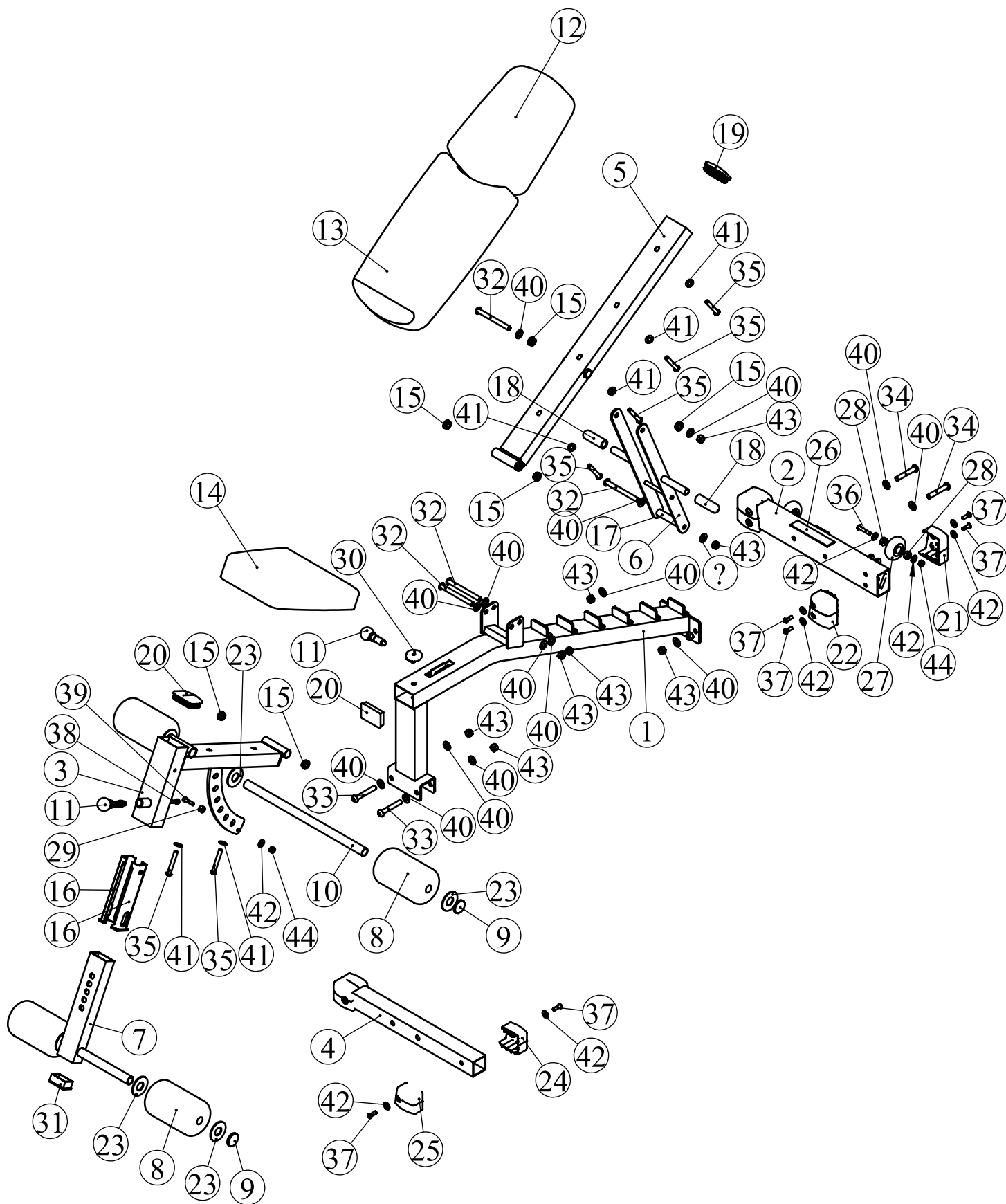
- eight Pop Pins (#23)
- four Metal End Caps (#9)



XM-7629 Parts List

Ref #	Part #	Description	Qty
1	P00718	Main Frame	1
2	P00247	Rear Base	1
3	P00719	Frame Seat Pad Support	1
4	P00720	Front Base	1
5	P00047	Frame Back Pad Support	1
6	P00645	Frame Adjustable Back Pad	1
7	P00721	Foam Frame	1
8	P00061	Foam Padding Φ 110* Φ 22*180 XM SERIES	4
9	P00062	Metal End Cap	4
10	P00109	Foam Tube	1
11	P00203	Pop Pin XM Series	2
12	P00048	Upper Back Pad XM Series	1
13	P00051	Lower Back Pad XM Series	1
14	P00722	Seat Pad	1
15	P00573	Iron Bushing, 25*12.2*8	6
16	P00138	Glide Sleeve	2
17	P00413	Nylon Spacer	1
18	P00584	Small Grips	2
19	P00248	Plug 40*80	1
20	P00249	Plug, 50.8*76.2	2
21	P00152	Foot Cap 2, Right 50.8*76.2, XM Series	2
22	P00155	Foot Cap, Left 50.8*76.2 XM Series	2
23	P00140	Plastic Washer	8
24	P00153	Foot Cap, Right 50.8 XM Series	2
25	P00154	Foot Cap, Left 50.8 XM Series	2
26	P00586	Rubber Pad	1
27	P00030	Wheel	2
28	P00004	Spacer	4
29	P00723	Plastic Sleeve	1
30	P00670	Bumper	1
31	P00202	Plug 38*63.5	1
32	P00621	Button Head Cap Screw M12*125	4
33	P00626	Button Head Cap Screw M12*80	2
34	P00624	Button Head Cap Screw M12*75	2
35	P00610	Button Head Cap Screw M10*70	6
36	P00639	Button Head Cap Screw M8*45	2
37	P00636	Button Head Cap Screw M8*25	12
38	P00708	Socket Head Cap Screw M8*20	1
39	P00724	Socket Head Cap Screw M8*30	1
40	P00035	Flat Washer Φ 13* Φ 26*2	16
41	P00032	Flat Washer Φ 11* Φ 23*2	6
42	P00136	Flat Washer Φ 9* Φ 16*1.6	17
43	P00562	Nylon Lock Nut M12	8
44	P00564	Nylon Lock Nut M8	3
45	P00560	Hex Key S6	1
46	P00022	Wrench 17-19	1
47	H00044	Hardware	1
48	M00044	Owner's Manual	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