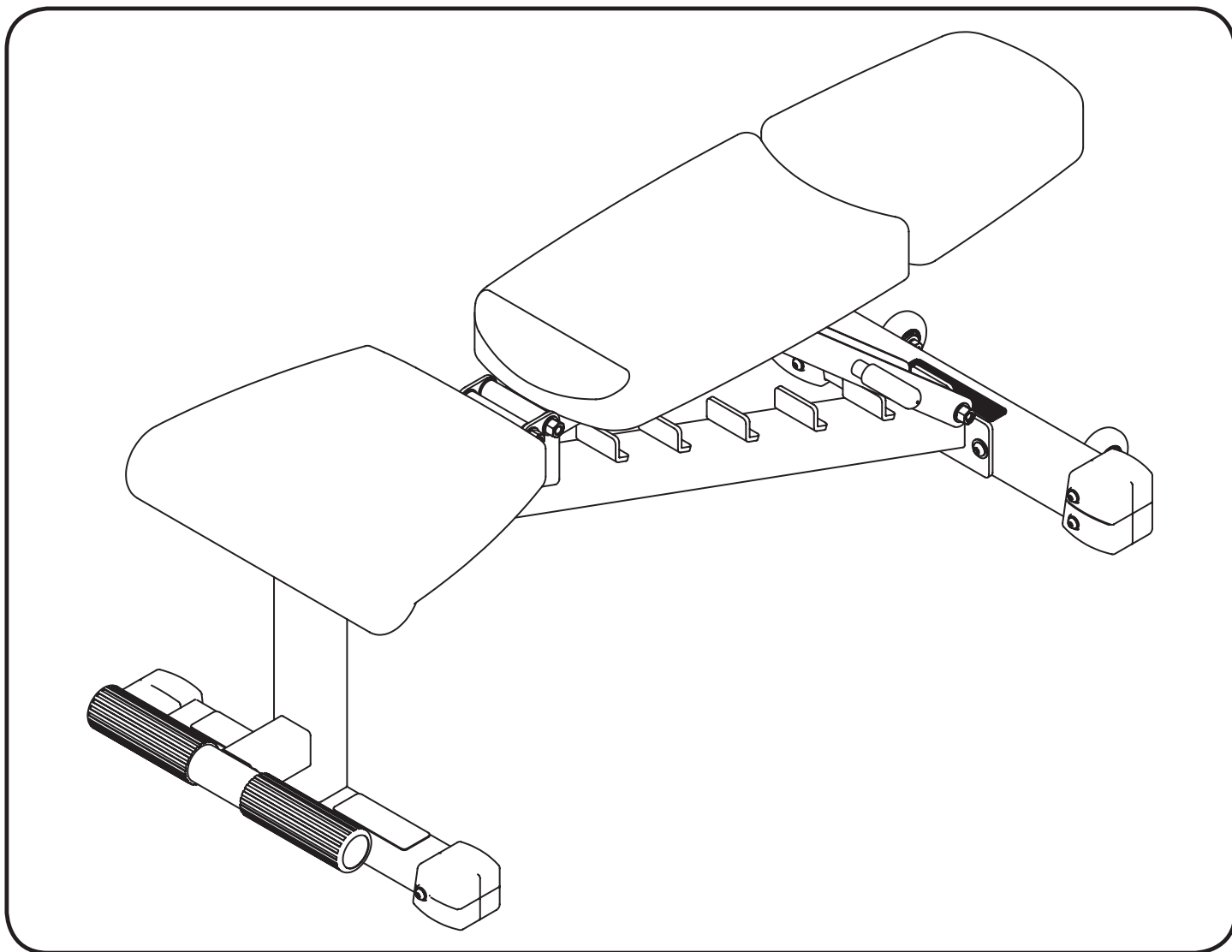




***XM-7630***

**ADJUSTABLE  
DUMBBELL 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.

# 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.

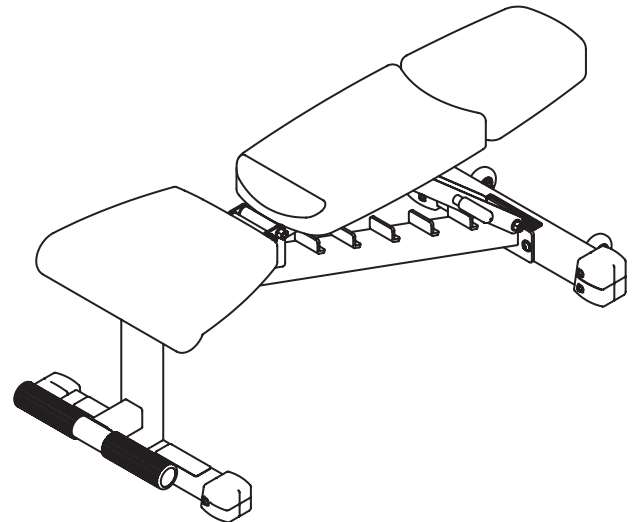
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

## 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



**XMARK FITNESS SERIES  
MODEL: XM-7630**

**QUESTIONS?  
CALL 1-800-719-4605**

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

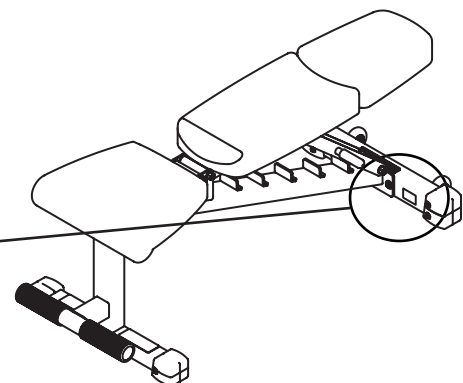
***When calling please have the following product information available:***

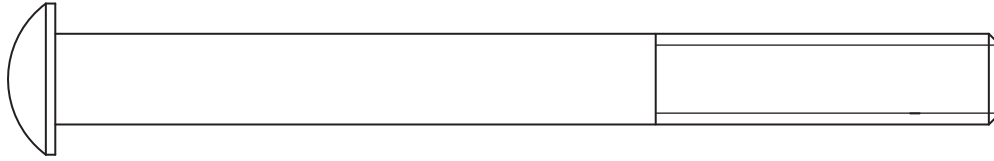
**Model Name :**

**Date Mfg.:**

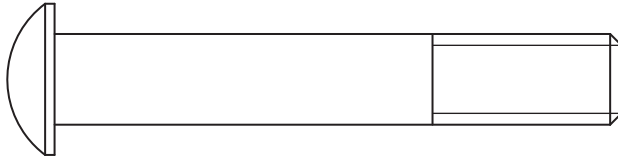
**Serial #**

*Model Name Decal Location*

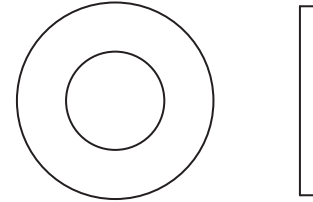




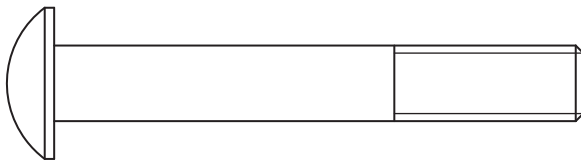
[26#] M12\*125 4pcs



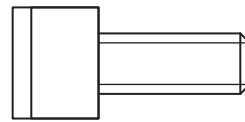
[27#] M12\*75 2pcs



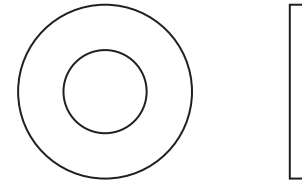
[33#] Ø13\* Ø26\*2 12pcs



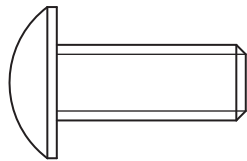
[28#] M10\*70 6pcs



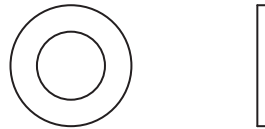
[32#] M8\*20 1pc



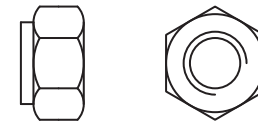
[34#] Ø11\* Ø23\*2 10pcs



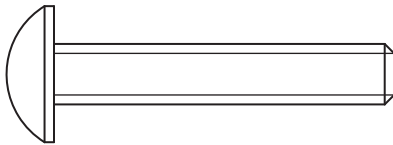
[29#] M10\*25 2pcs



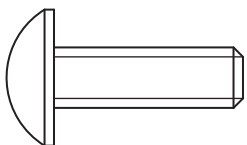
[35#] Ø9\* Ø16\*1.6 18pcs



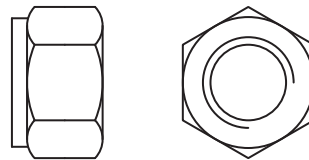
[38#] M8 3pcs



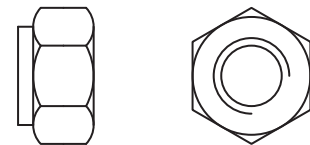
[30#] M8\*45 2pcs



[31#] M8\*25 12pcs



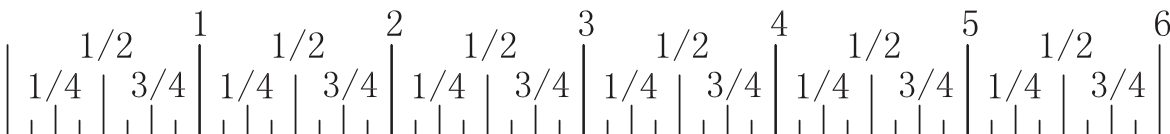
[36#] M12 6pcs



[37#] M10 2pcs



Millimeters



Inches

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

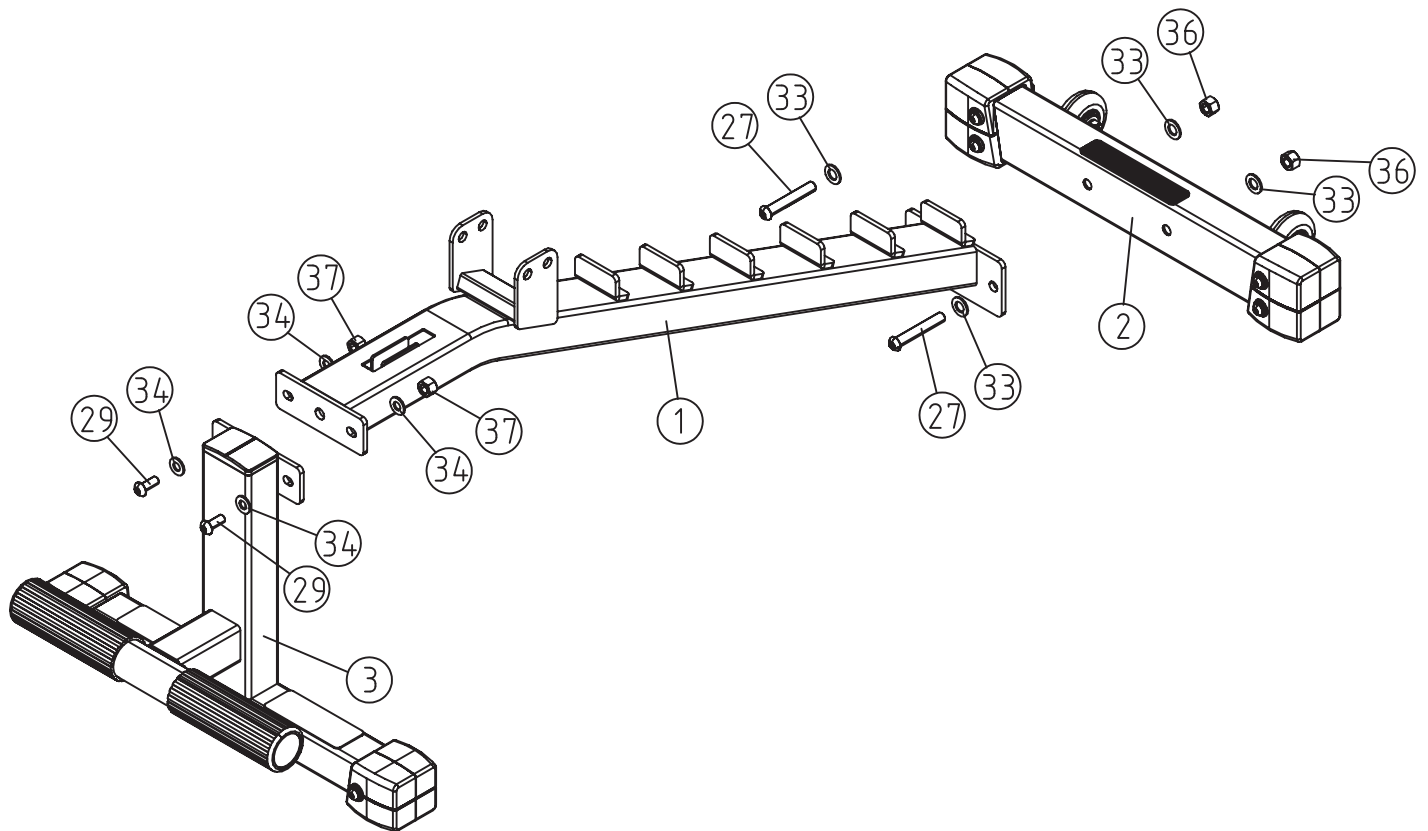
## Step 1

Attach Main Frame (#1) to Shaped Base (#3) using:

- two M10\*25 Button Head Cap Screws (#29)
- two M12 Nylon lock Nuts (#37)
- four  $\Phi 11*\Phi 23*2$  Flat Washers (#34)

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

- two M12\*75 Button Head Cap Screws (#27)
- two M12 Nylon Lock Nuts (#36)
- four  $\Phi 13*\Phi 26*2$  Flat Washers (#33)

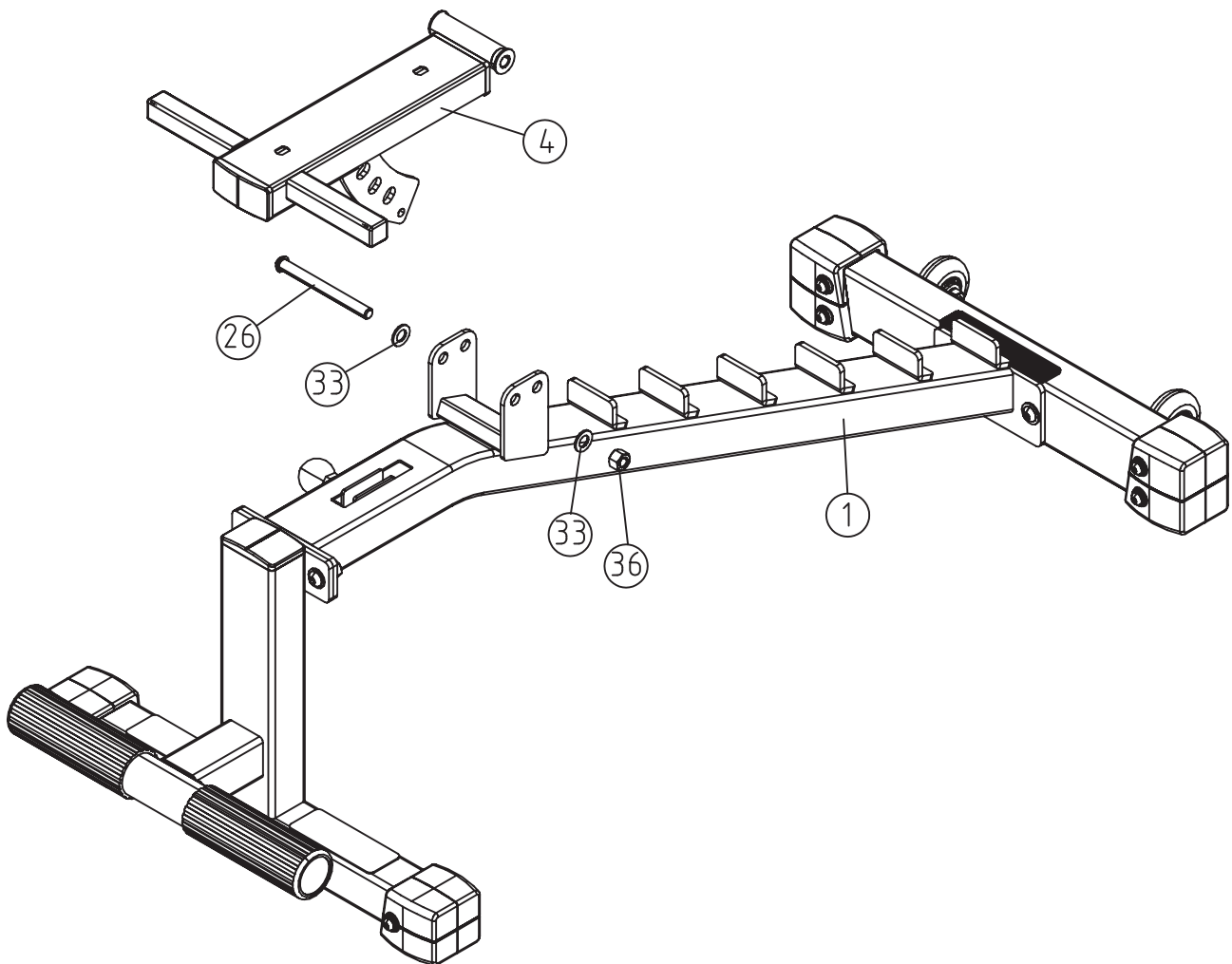


**NOTE: Wrench tighten bolts and nylon lock nuts.**

## Step 2

Attach Frame Seat Pad Support (#4) to Main Frame (#1) using:

- one M12\*125 Button Head Cap Screw (#26)
- one M12 Nylon lock Nut (#36)
- two  $\Phi 13*\Phi 26*2$  Flat Washers (#33)



**NOTE: Wrench tighten bolts and nylon lock nuts.**

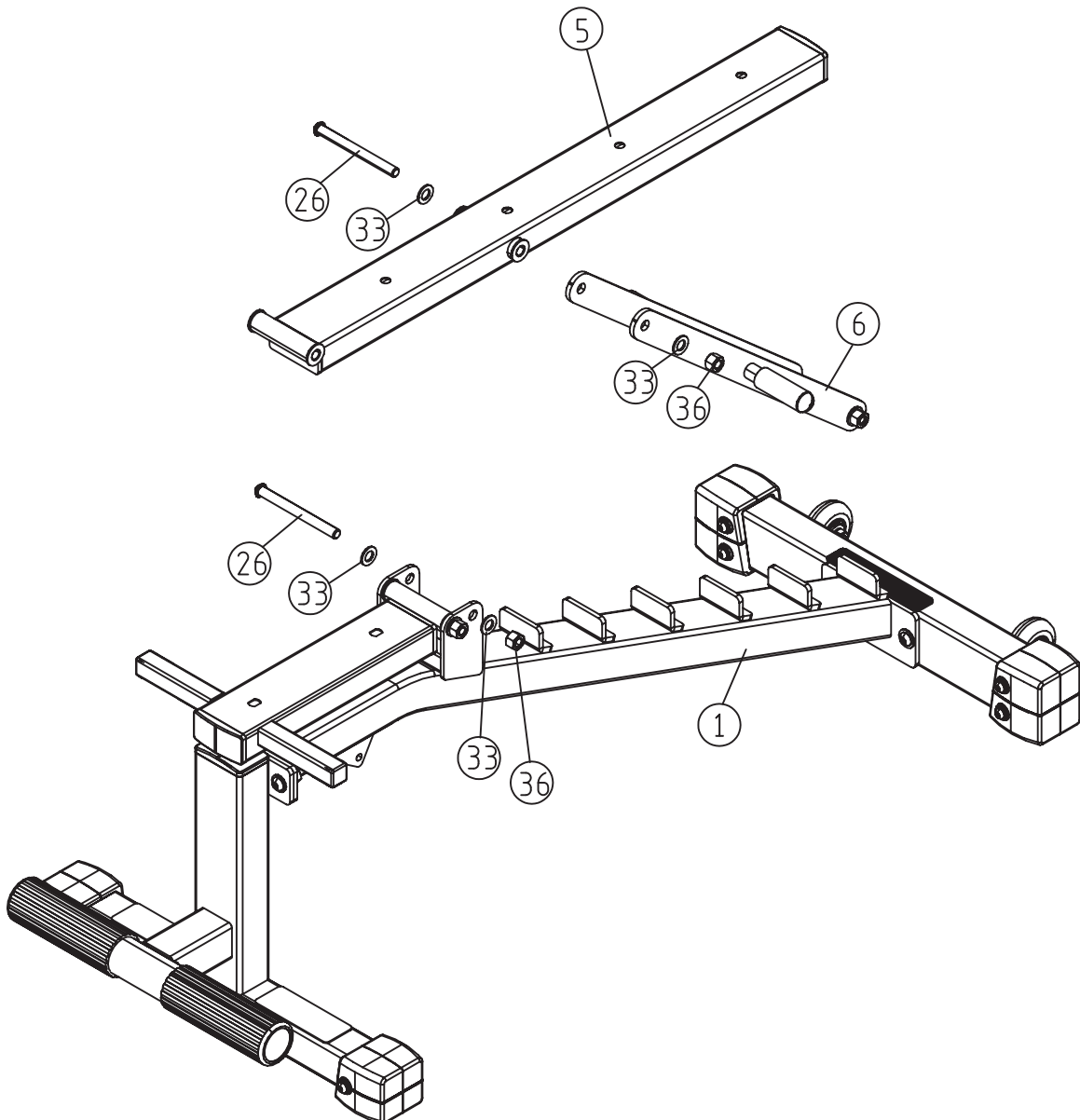
## Step 3

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

- one M12\*125 Button Head Cap Screw (#26)
- one M12 Nylon Lock Nut (#36)
- two  $\Phi 13*\Phi 26*2$  Flat Washers (#33)

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

- one M12\*125 Button Head Cap Screw (#26)
- one M12 Nylon Lock Nut (#36)
- two  $\Phi 13*\Phi 26*2$  Flat Washers (#33)





**NOTE: Wrench tighten bolts and nylon lock nuts.**

## Step 4

Attach Upper Back Pad (#8) and Lower Back Pad (#9) to Frame Back Pad Support (#5) using:

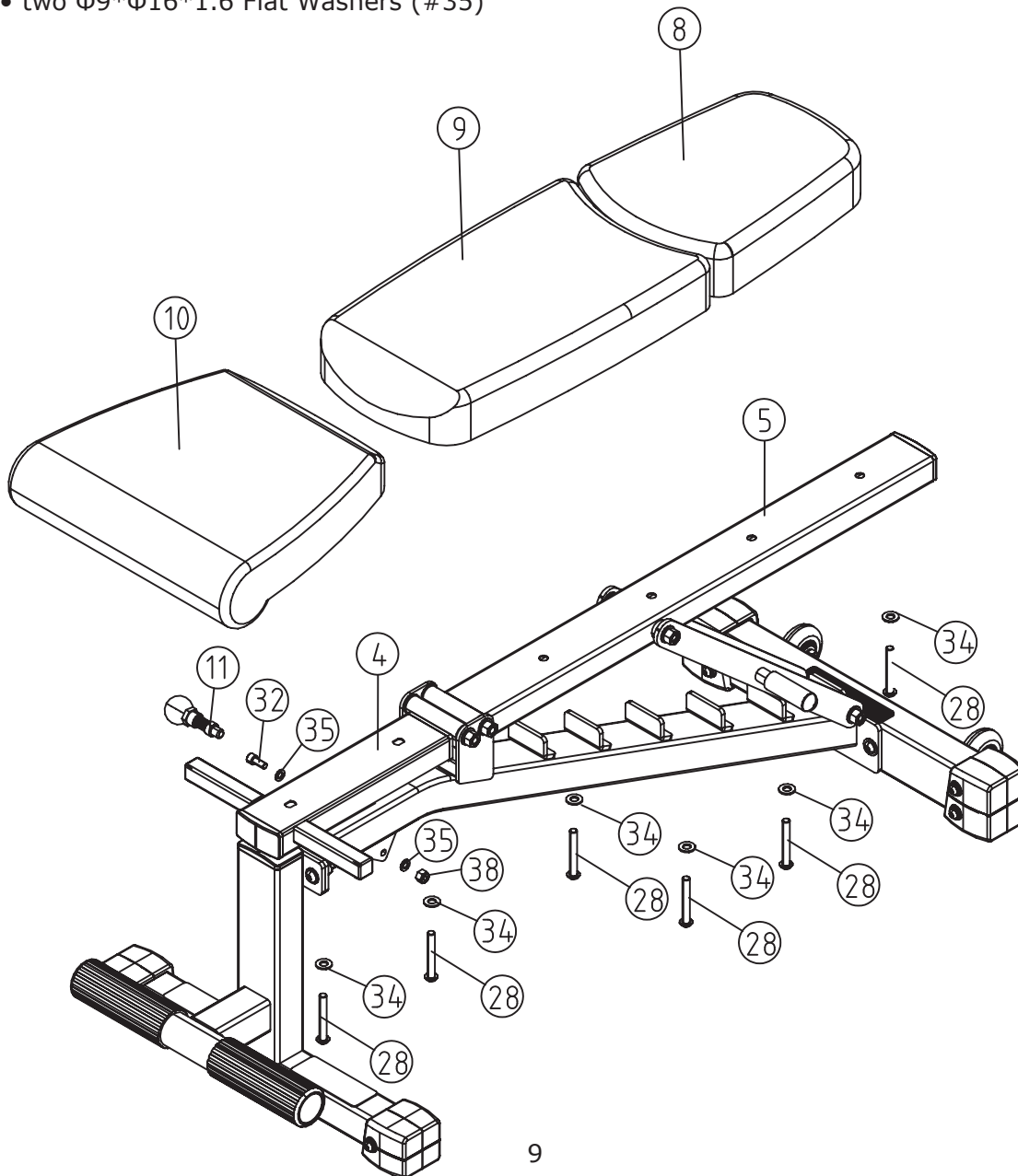
- four M10\*70 Button Head Cap Screws (#28)
- four  $\Phi 11*\Phi 23*2$  Flat Washers (#34)

Attach Seat Pad (#10) to Frame Seat Pad Support (#4) using:

- two M10\*70 Button Head Cap Screws (#28)
- two  $\Phi 11*\Phi 23*2$  Flat Washers (#34)

Attach Frame Seat Pad Support (#4) to Main Frame (#1) using:

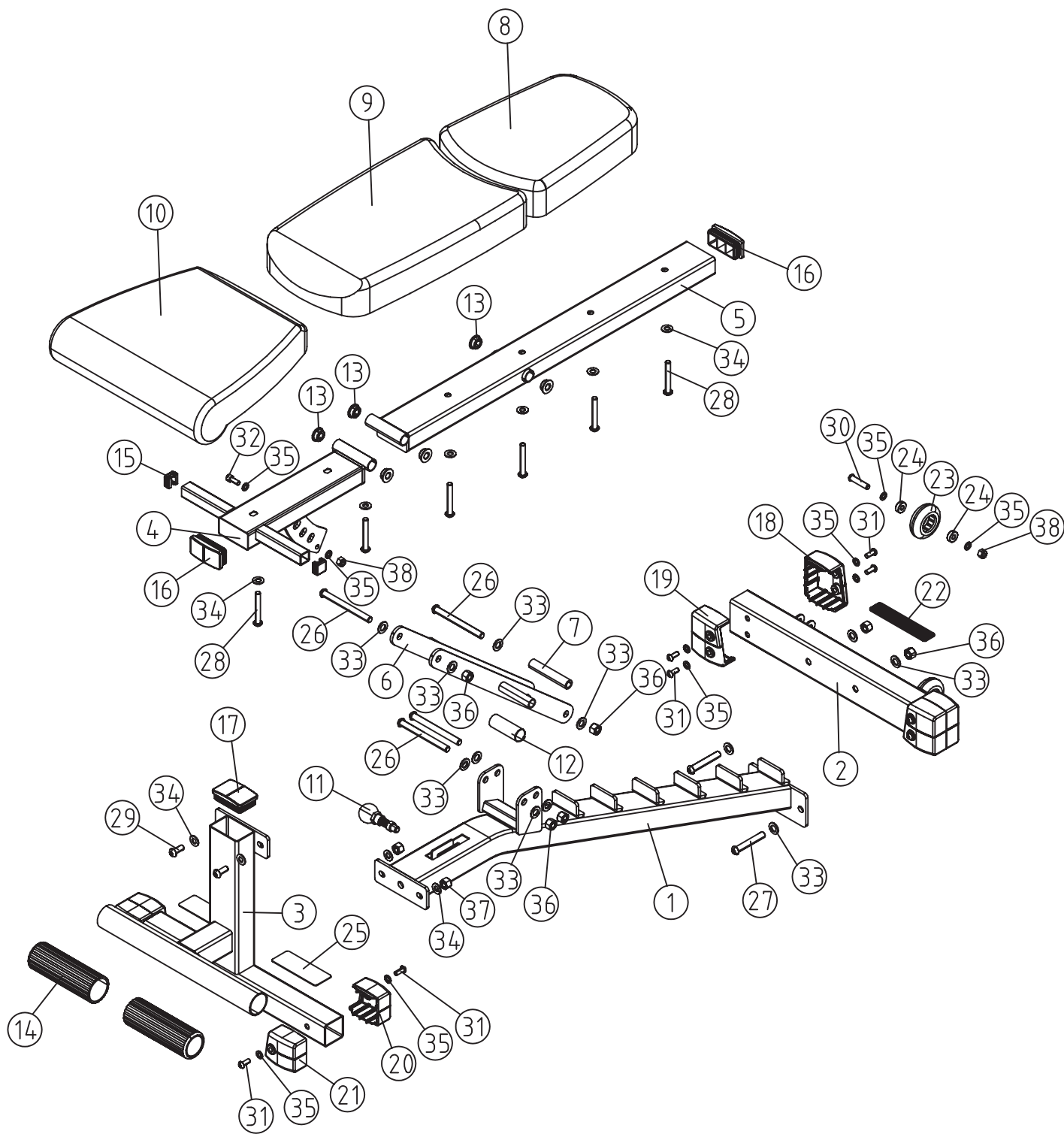
- one Pop Pin (#11)
- one M8\*20 Socket Head Cap Screw (#32)
- one M8 Nylon Lock Nut (#38)
- two  $\Phi 9*\Phi 16*1.6$  Flat Washers (#35)



## XM-7630 Parts List

Ref #	Part #	Description	Qty
1	P00701	Main Frame	1
2	P00247	Rear Base	1
3	P00702	Shaped Base	1
4	P00703	Frame Seat Pad Support	1
5	P00047	Frame Back Pad Support	1
6	P00645	Frame Adjustable Back Pad	1
7	P00413	Nylon Spacer	1
8	P00048	Upper Back Pad	1
9	P00051	Lower Back Pad	1
10	P00704	Seat Pad	1
11	P00203	Pop Pin	1
12	P00584	Small Grips	2
13	P00573	Iron Bushing, 25*12.2*8	6
14	P00705	Foot Sleeve	2
15	P00706	Plug	2
16	P00248	Plug 40*80	2
17	P00249	Plug, 50.8*76.2	1
18	P00152	Foot Cap 2, Right 50.8*76.2, XM Series	2
19	P00155	Foot Cap, Left 50.8*76.2 XM Series	2
20	P00153	Foot Cap, Right 50.8 XM Series	2
21	P00154	Foot Cap, Left 50.8 XM Series	2
22	P00586	Rubber Pad	1
23	P00030	Wheel	2
24	P00004	Spacer	4
25	P00707	Non Skid Pid	2
26	P00621	Button Head Cap Screw M12*125	4
27	P00624	Button Head Cap Screw M12*75	2
28	P00610	Button Head Cap Screw M10*70	6
29	P00597	Button Head Cap Screw M10*25	2
30	P00639	Button Head Cap Screw M8*45	2
31	P00636	Button Head Cap Screw M8*25	12
32	P00708	Socket Head Cap Screw M8*20	1
33	P00035	Flat Washer $\Phi$ 13* $\Phi$ 26*2	12
34	P00032	Flat Washer $\Phi$ 11* $\Phi$ 23*2	10
35	P00136	Flat Washer $\Phi$ 9* $\Phi$ 16*1.6	18
36	P00562	Nylon Lock Nut M12	6
37	P00561	Nylon Lock Nut M10	2
38	P00564	Nylon Lock Nut M8	3
39	P00560	Hex Key S6	1
40	H00041	Hardware	1
41	M00041	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.

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**