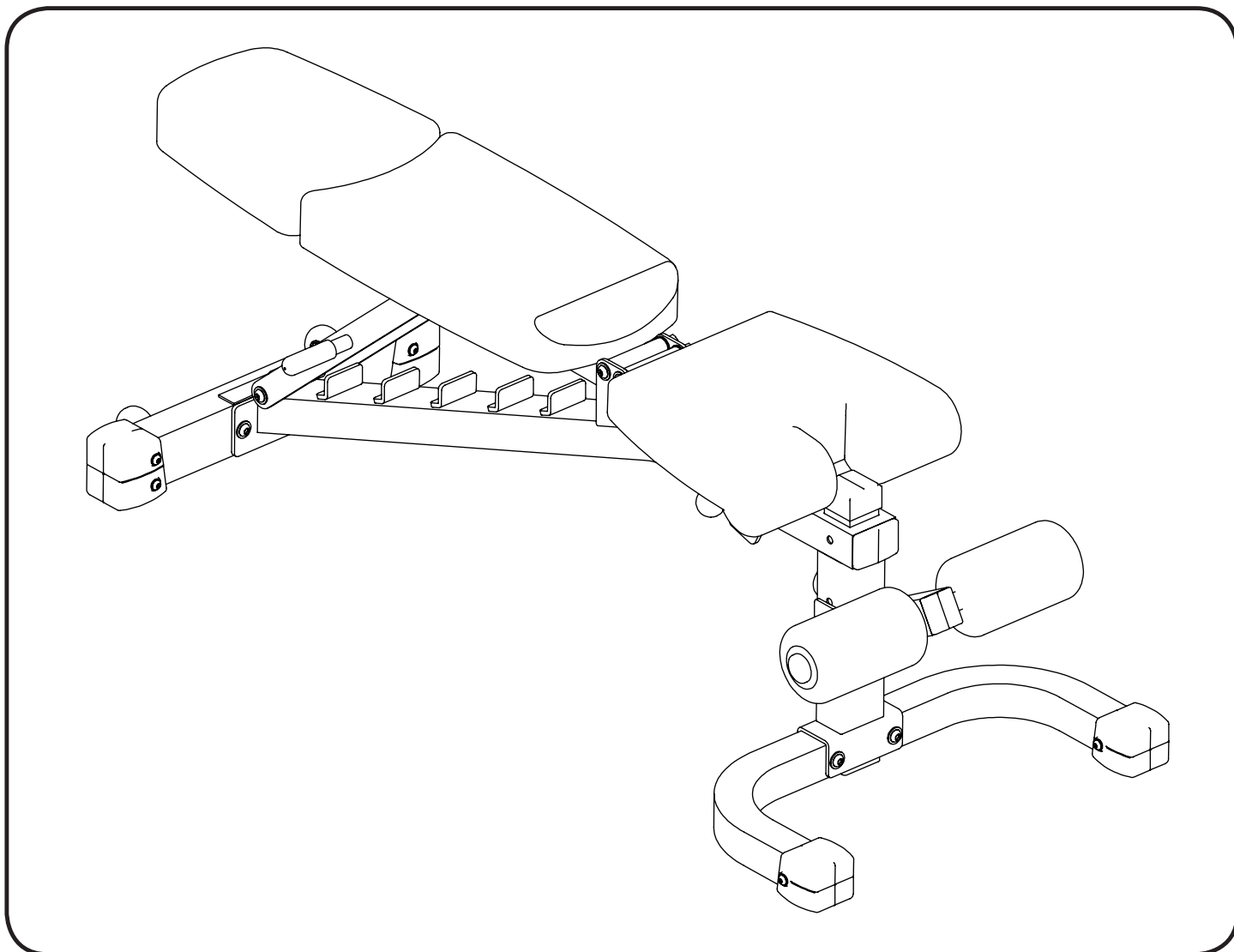




XM-7604

FID 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.

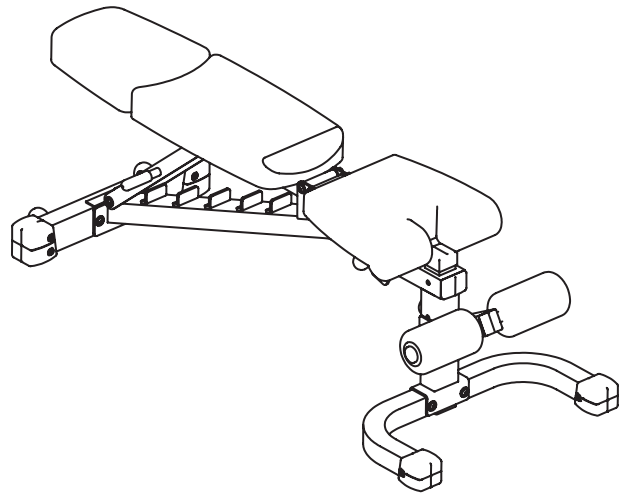
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

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 within 10 days of purchase.

MAILING ADDRESS

XMARK Fitness
7501 Trammel Drive
Shreveport, LA 71108



XMARK FITNESS SERIES
MODEL: XM-7604

QUESTIONS?
CALL 1-800-719-4605

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

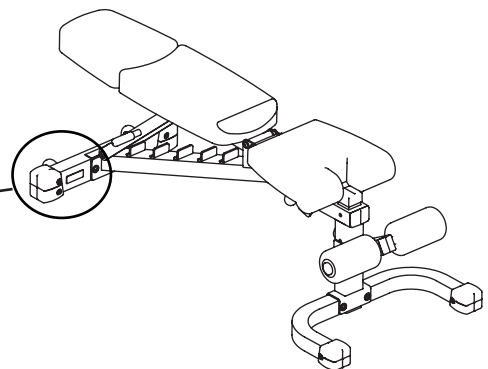
When calling please have the following product information available:

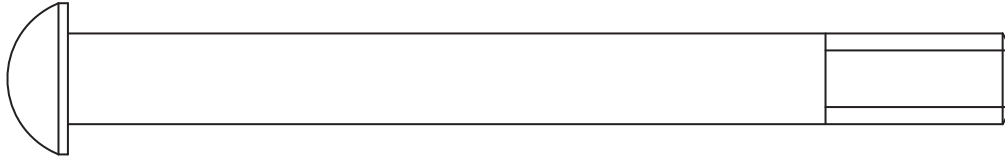
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Date Mfg.:

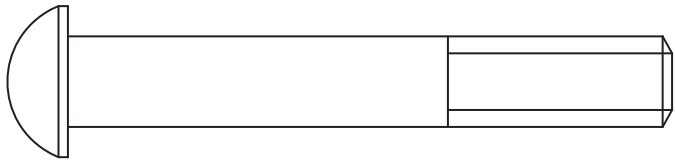
Serial #

Model Name Decal Location

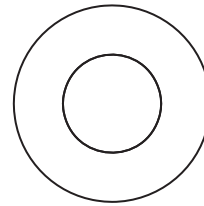




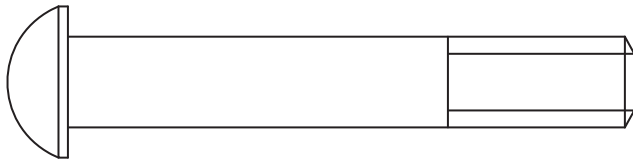
[12#] M12*125 4pcs



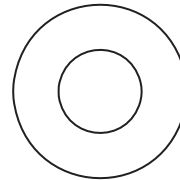
[19#] M12*80 2pcs



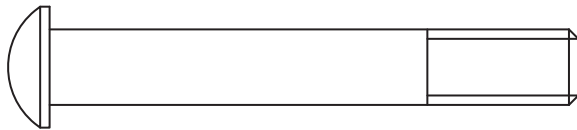
[13#] $\phi 13 * \phi 26 * 2$ 17pcs



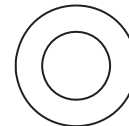
[15#] M12*75 2pcs



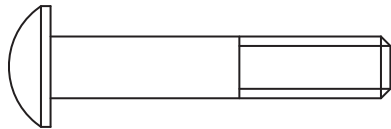
[18#] $\phi 11 * \phi 23 * 2$ 6pcs



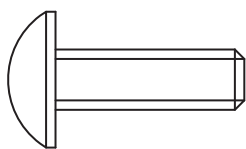
[17#] M10*70 6pcs



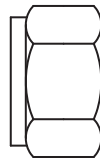
[43#] $\phi 9 * \phi 16 * 1.6$ 16pcs



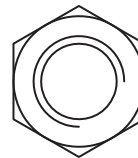
[38#] M8*45 2pcs



[42#] M8*25 12pcs



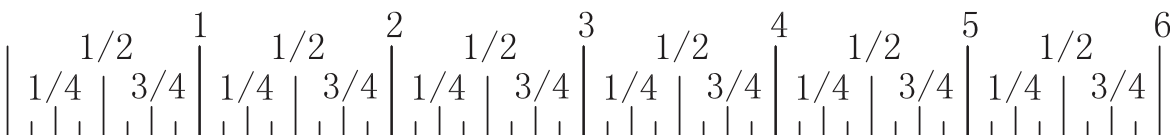
[14#] M12 9pcs



[37#] M8 2pcs



Millimeters



Inches

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

Step 1

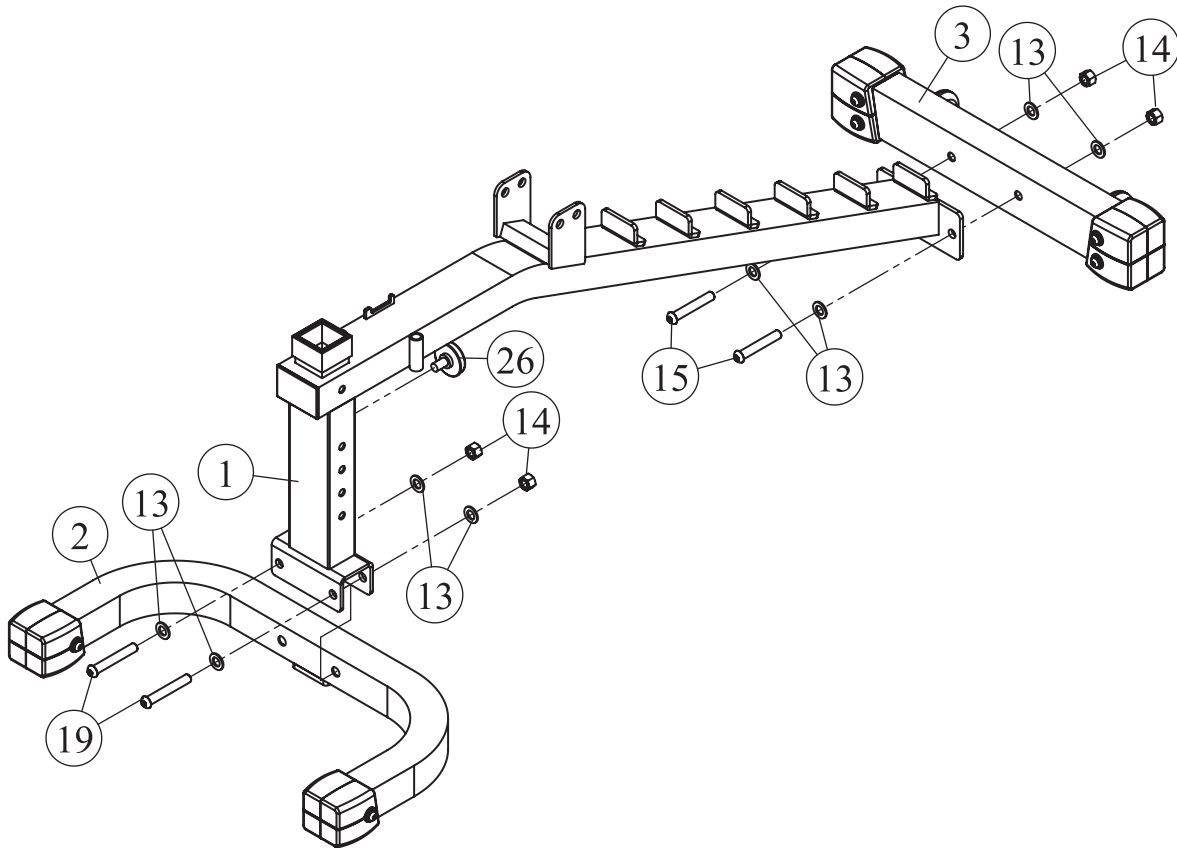
Attach the U-Shaped Base (#2) to Main Frame (#1) using:

- two M12*80 Button Head Cap Screw (#19)
- four $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- two M12 Nylon Lock Nut (#14)

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

- two M12*75 Button Head Cap Screw (#15)
- four $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- two M12 Nylon Lock Nut (#14)

Attach the Knob Bolt (#26) into Main Frame (#1). This Knob is used to tighten down any attachment used in your XM-7604 Bench.



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

Step 2

Attach the Seat Pad (#9) to the Seat Pad Support Frame (#4) using:

- two M10*70 Button Head Cap Screw (#17)
- two $\Phi 11*\Phi 23*2$ Flat Washer (#18)

Step 3

Attach the Pin (#10) to Main Frame (#1) using:

- one $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

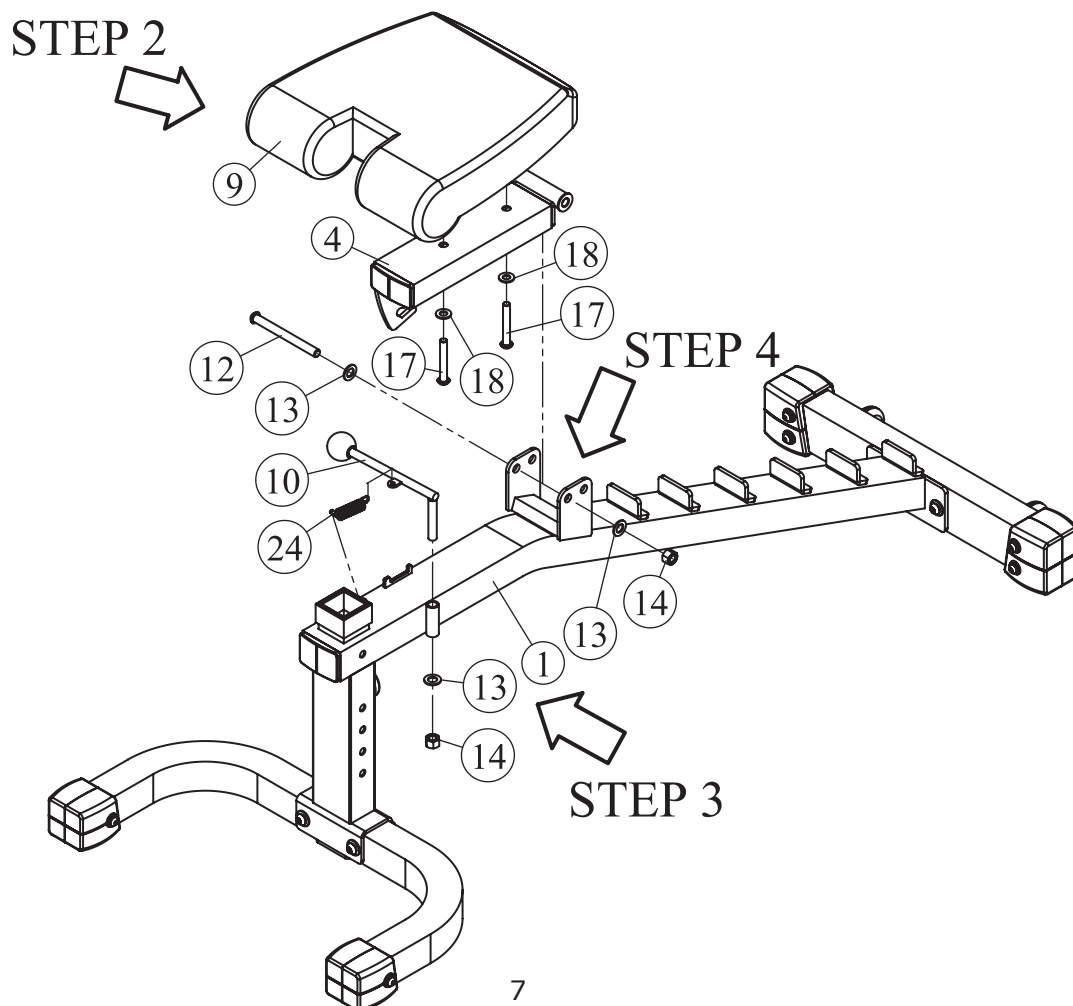
And Connect Spring (#24) between Main Frame (#1) and Pin (#10).

Step 4

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

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

Seat can then be adjusted by pulling Pin (#10) toward rear of unit.



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

Step 5

Attach the Upper Back Pad (#8) & Lower Back Pad (#41) to Back Pad Support Frame (#5) using:

- four M10*70 Button Head Cap Screw (#17)
- four $\Phi 11*\Phi 23*2$ Flat Washer (#18)

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

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

Step 6

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

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

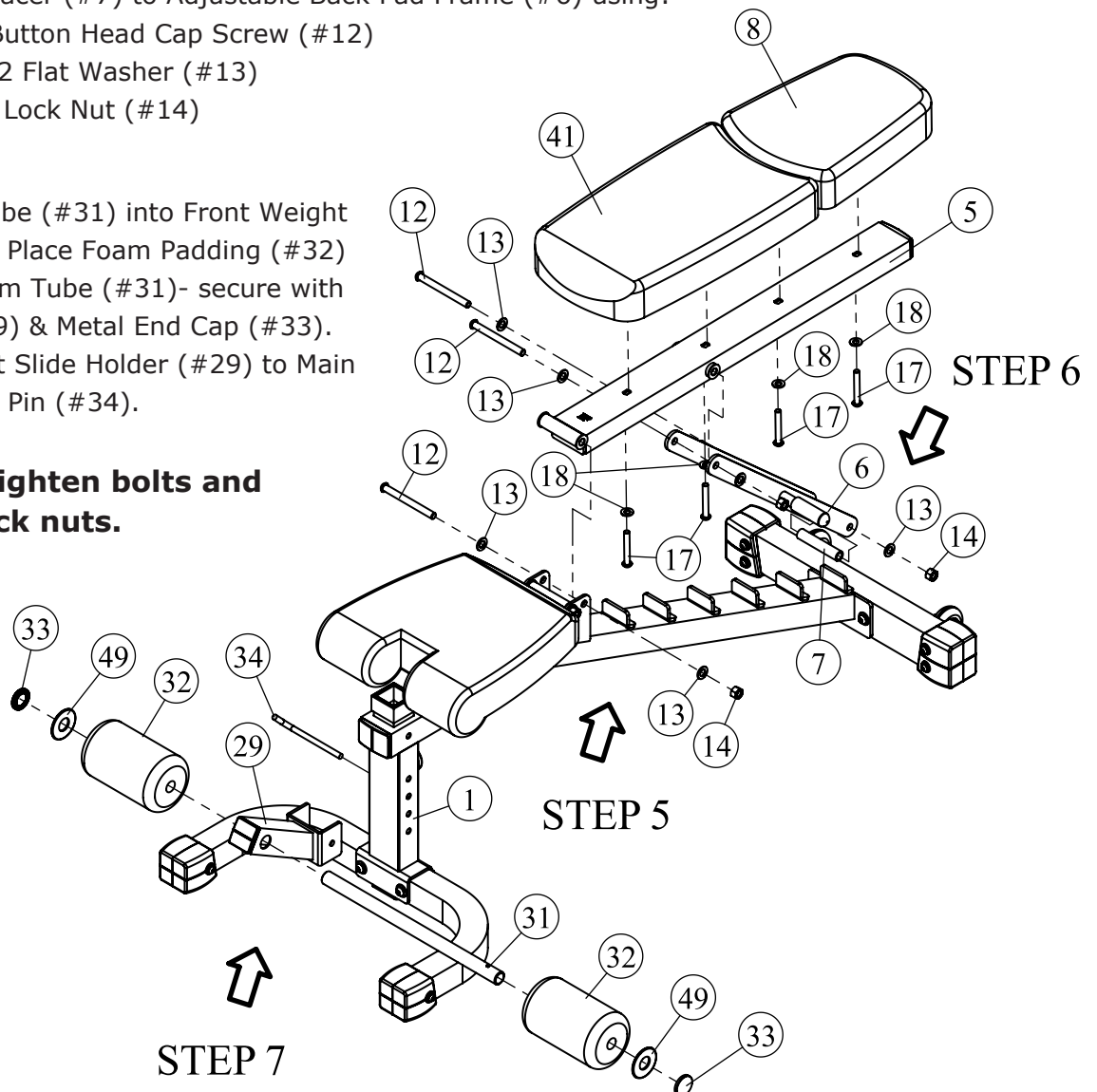
Attach the Nylon Spacer (#7) to Adjustable Back Pad Frame (#6) using:

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

Step 7

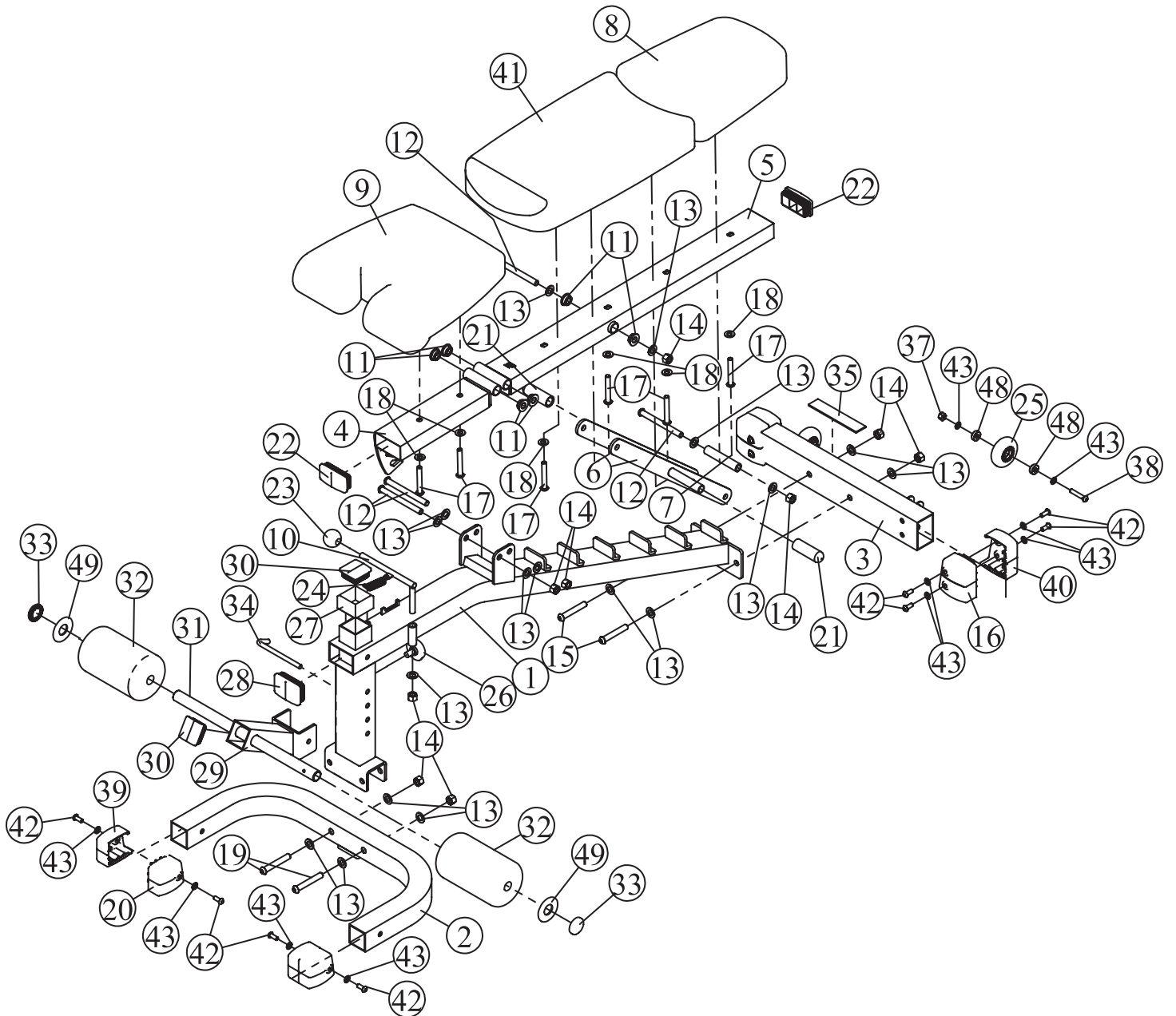
Attach the Foam Tube (#31) into Front Weight Slide Holder (#29). Place Foam Padding (#32) on each side of Foam Tube (#31)- secure with Plastic Washer (#49) & Metal End Cap (#33). Attach Front Weight Slide Holder (#29) to Main Frame (#1) using L Pin (#34).

Note: Wrench tighten bolts and Nylon Lock nuts.



XM-7604 Parts List

Ref #	Part #	Description	Qty
1	P00244	Main Frame, XM-7604	1
2	P00245	U-Shaped Base	1
3	P00247	Rear Base, XM-7604	1
4	P00412	Frame, Seat Pad Support XM-7604	1
5	P00047	Frame, Back Pad Support XM-7604	1
6	P00645	Frame, Adjustable Back Pad XM-7604	1
7	P00413	Nylon Spacer	1
8	P00048	Upper Back Pad XM Series	1
9	P00049	Seat Pad, XM-7604	1
10	P00414	Pin	1
11	P00573	Iron Bushing $\Phi 21.8 \times \Phi 12.2 \times 8$	6
12	P00621	Button Head Cap Screw M12*125	4
13	P00035	Flat Washer $\Phi 13 \times \Phi 26 \times 2$	17
14	P00562	Nylon Lock Nut M12	9
15	P00624	Button Head Cap Screw M12*75	2
16	P00152	Foot Cap 2, Right 50.8*76.2, XM Series	2
17	P00610	Button Head Cap Screw M10*70	6
18	P00032	Flat Washer $\Phi 11 \times \Phi 23 \times 2$	6
19	P00626	Button Head Cap Screw M12*80	2
20	P00153	Foot Cap, Right 50.8 XM Series	2
21	P00584	Small Grips	2
22	P00248	Plug 40*80	2
23	P00023	Ball Head XM Series	1
24	P00415	Spring	1
25	P00030	Wheel	2
26	P00571	Knob Bolt	1
27	P00416	Plastic Sleeve 50.8*44.5	1
28	P00249	Plug 50.8*76.2	1
29	P00250	Front Weight Slide Holder, XM-7620	1
30	P00183	Plug 50.8	2
31	P00050	Foam Tube, XM SERIES	1
32	P00061	Foam Padding $\Phi 110 \times \Phi 22 \times 180$ XM SERIES	2
33	P00062	Metal End Cap	2
34	P00011	L Pin	1
35	P00586	Rubber Pad	1
37	P00564	Nylon Lock Nut M8	2
38	P00639	Button Head Cap Screw M8*45	2
39	P00154	Foot Cap, Left 50.8 XM Series	2
40	P00155	Foot Cap, Left 50.8*76.2 XM Series	2
41	P00051	Lower Back Pad XM Series	1
42	P00636	Button Head Cap Screw M8*25	12
43	P00136	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	16
44	P00022	Wrench 17-19	1
45	P00560	Hex Key S6	1
48	P00004	Spacer	4
49	P00140	Plastic Washer	2
50	H00031	Bolt Pack, XM-7604	1
51	M00015	Owner's Manual XM-7604	1



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.
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- 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.
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XMARK Fitness

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Shreveport, LA 71108

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