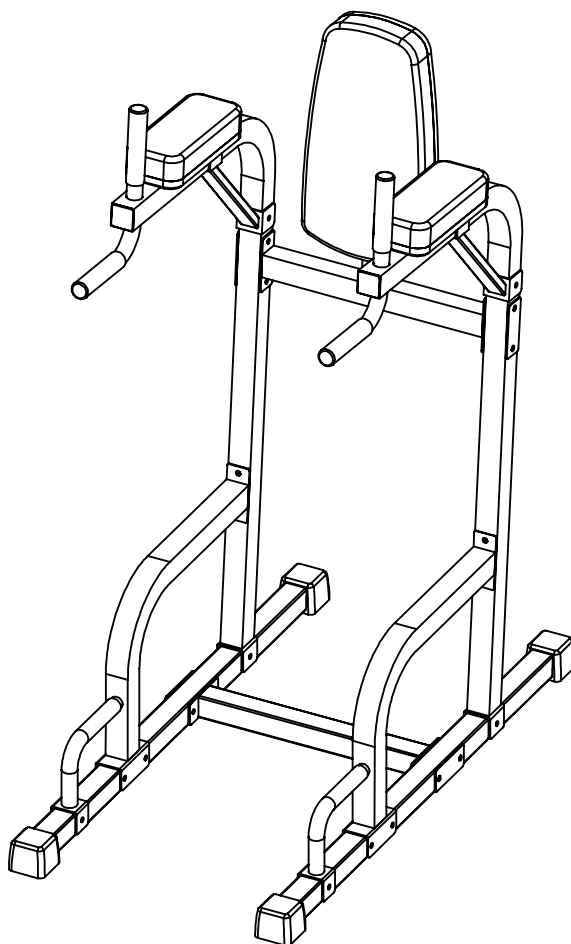


◆XMARK

XM-4437.2

Vertical Knee Raise Dip Station

Owner's Manual



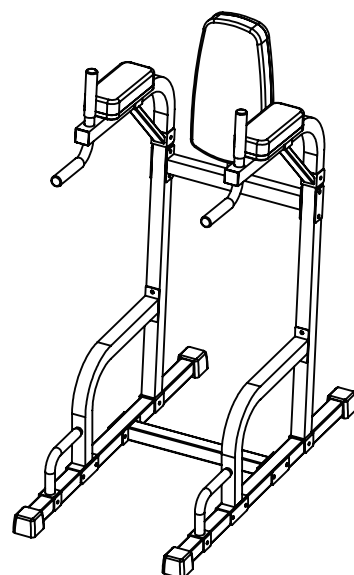
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Before You Begin



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, please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.



QUESTIONS?
CALL 1-800-719-4605

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

XMARK FITNESS SERIES
MODEL: XM-4437.2

Visit www.xmarkfitness.com for warranty information

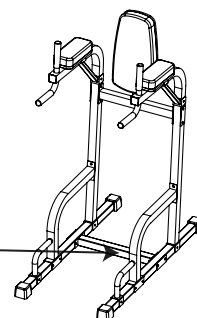
When calling please have the following product information available:

Model Name : XM-4437.2

Date Mfg.:

Serial #

Model Name Decal Location



NOTE: Hand tighten bolts and locknuts until machine is fully assembled. Lock nuts may require additional force to tighten completely.

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.

**NOTE: Hand tighten bolts and locknuts until machine is fully assembled.
Lock nuts may require additional force to tighten completely.**

1. Attach the Upright (1) to the Base (13) with an M10 x 70mm Bolt (21) and an M10 Locknut (22).

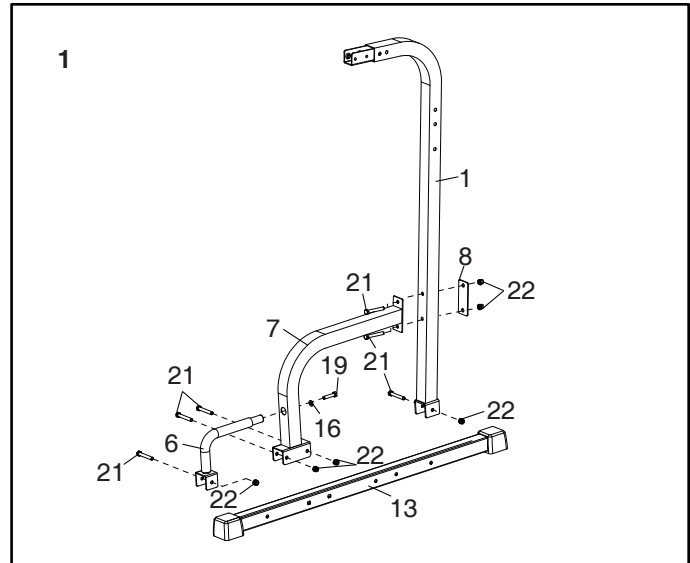
Attach the Lower Support (7) to the Upright (1) with one Plate (8), two M10 x 70mm Bolts (21) and two M10 Locknuts (22).

Attach the Lower Support (7) to the Base (13) with two M10 x 70mm Bolts (21) and two M10 Locknuts (22).

Attach the Handle Tube (6) to the Lower Support (7) with one M10 Washer (16) and one M10 x 20mm Bolt (19).

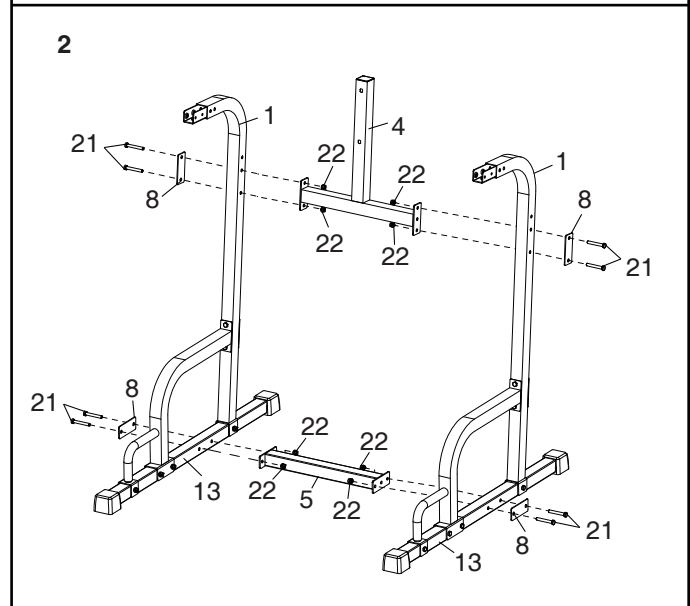
Attach the Handle Tube (6) to the Base (13) with one M10 x 70mm Bolt (21) and one M10 Locknut (22).

Repeat to complete the assembly of another side.



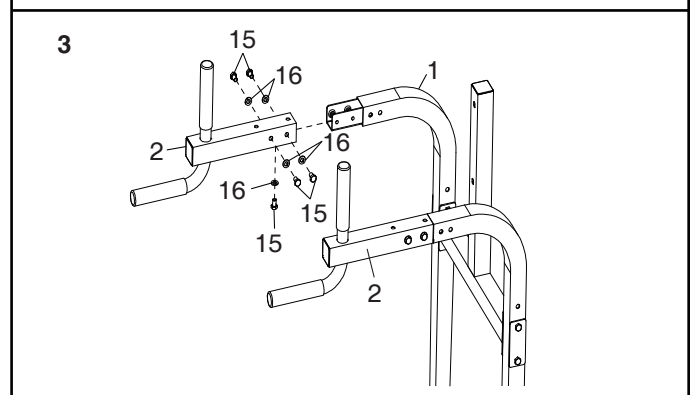
2. Attach the Crossbar (5) to the Uprights (1) with four M10 x 70mm Bolts (21), two the Plates (8) and four M10 Locknuts (22).

Attach the Upper Upright Brace (4) to the Uprights (1) with four M10 x 70mm Bolts (21), two the plates (8) and four M10 Locknuts (22).



3. Attach the Extend Arm (2) to the Upright (1) with five M10 x 15mm Bolts (15) and five M10 Washers (16).

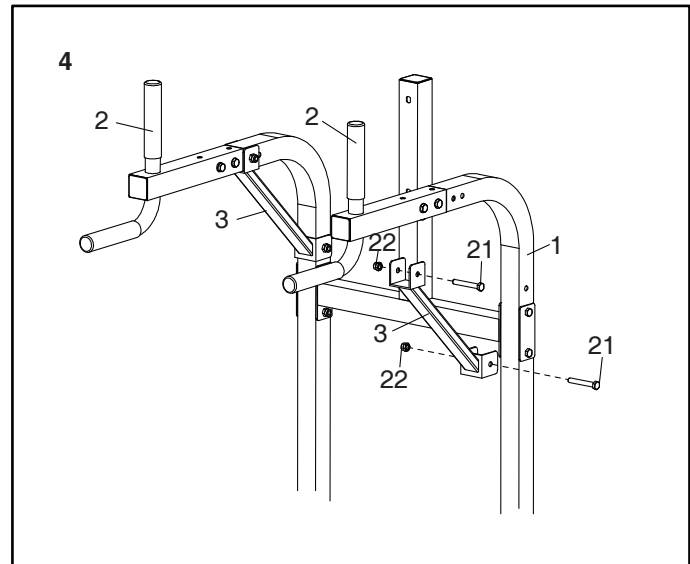
Repeat to complete the assembly of another side.



**NOTE: Hand tighten bolts and locknuts until machine is fully assembled.
Lock nuts may require additional force to tighten completely.**

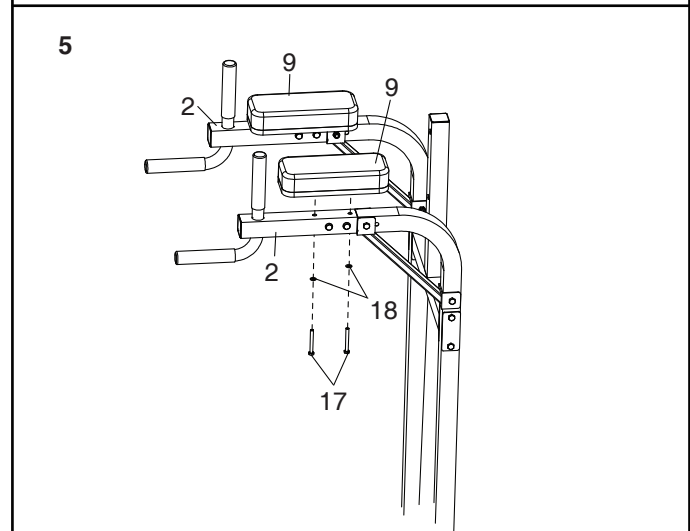
4. Attach the Upper Support Bar (3) to the Upright (1) and Extend Arm (2) with two M10 x 70mm Bolts (21) and two M10 Locknuts (22).

Repeat to complete the assembly of another side.



5. Attach the Arm Pad (9) to the Extend Arm (2) with two M8 Washers (18) and two M8 x 70mm Bolts (17).

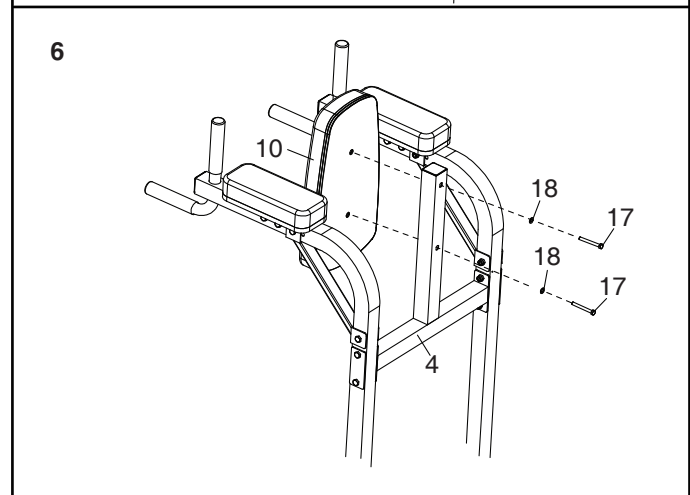
Repeat to complete the assembly of another side.

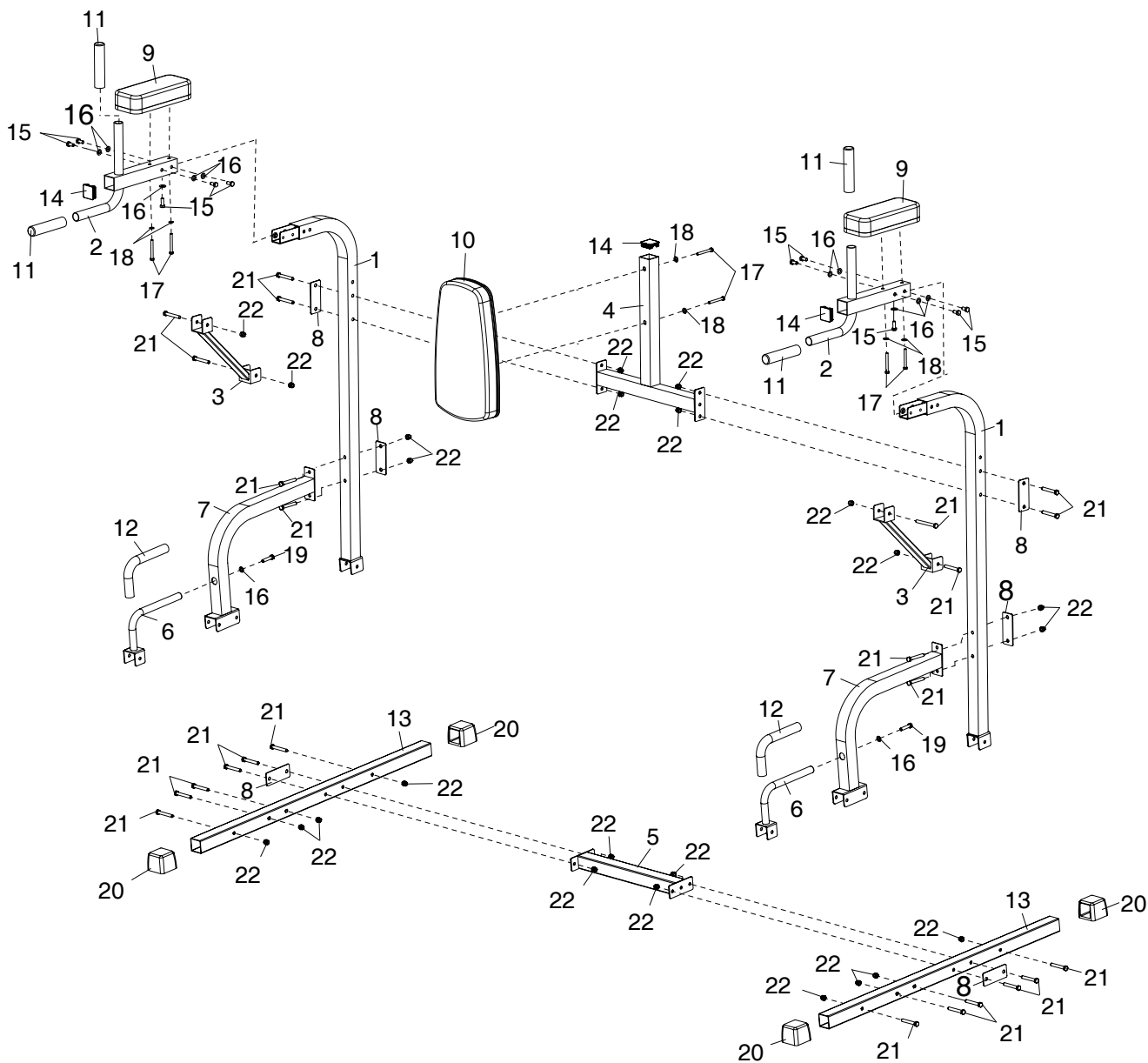


6. Attach the Backrest (10) to the Upper Upright Base (4) with two M8 Washers (18) and two M8 x 70mm Bolts (17).

7. **Make sure that all parts are properly tightened before you use the Vertical Knee Raise Dip Station !**

Congratulations! You have completed assembly of your XM-4437.2!





Parts List

Key No.	Description	Qty.
1	Upright	2
2	Extend Arm	2
3	Upper Support Bar	2
4	Upper Upright Brace	1
5	Crossbar	1
6	Handle Tube	2
7	Lower Support	2
8	Plate	6
9	Arm Pad	2
10	Backrest	1
11	Plastic Handle Grip	4
12	Foam Grip	2
13	Base	2
14	Inner Cap	3
15	M10 x 15mm Bolt	10
16	M10 Washer	12
17	M8 x 70mm Bolt	6
18	M8 Washer	6
19	M10 x 20mm Bolt	2
20	End Cap	4
21	M10 x 70mm Bolt	24
22	M10 Locknut	24



Customer Service: 1-800-719-4605