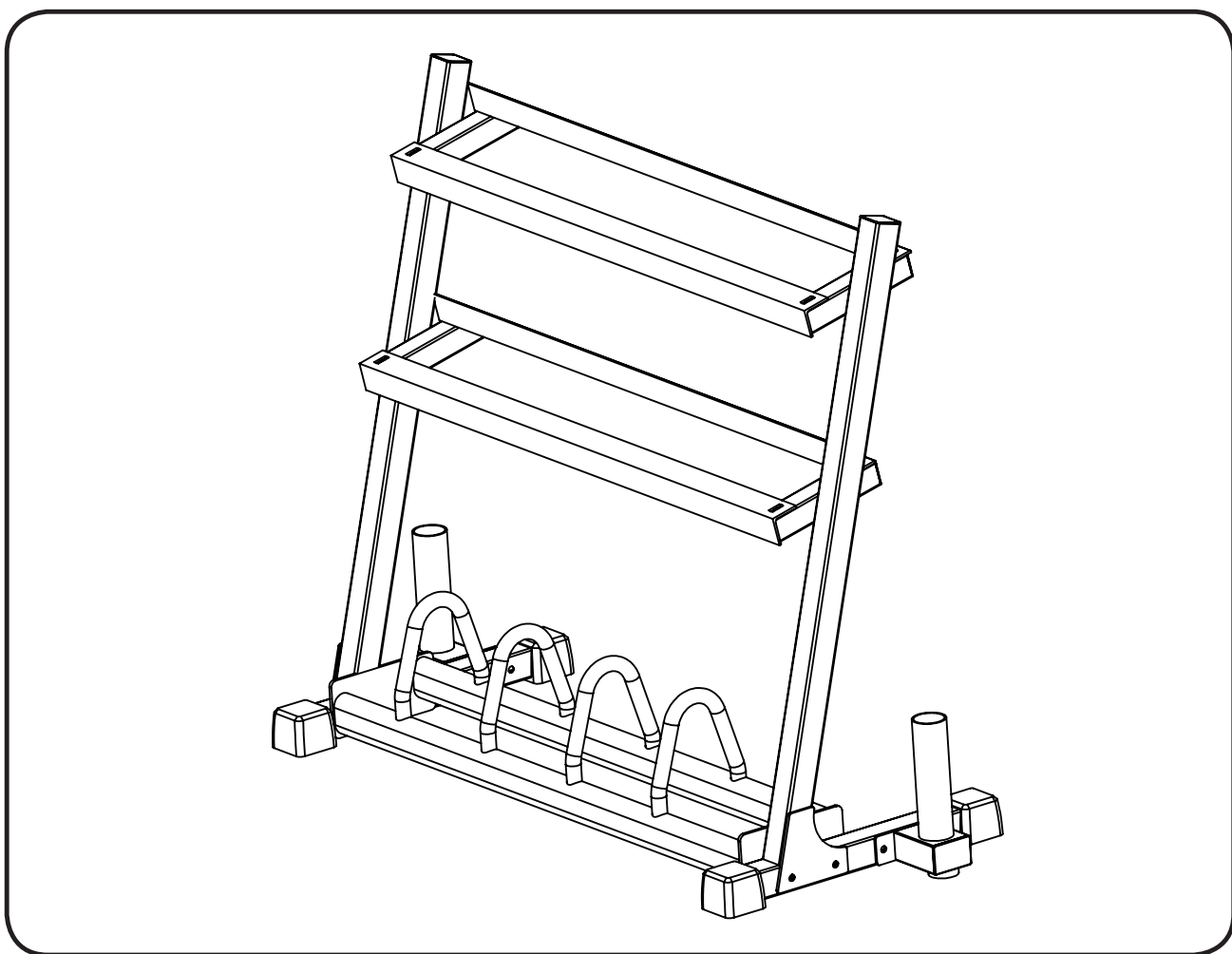




XM-4467.1

**Dumbbell and Plate
Rack with Bar Storage**

Owner's Manual



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

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THANK YOU for making this unit a part of your exercise program. XMark 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 our Customer Service department. We have trained service technicians on site to assist you.

Visit www.xmarkfitness.com for warranty information

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 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 recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.

STEP 1: Attach the **Plate Dividers (#9)** to the **Crossbar (#8)** using:

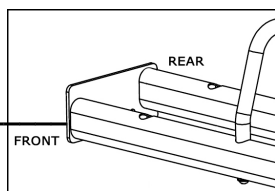
- 8 x Bolts (#14)
- 8 x Washers (#12)

Tighten all bolts firmly.

During STEP 2-6 be sure to only hand tighten nuts and bolts until unit is completely assembled. If bolts are too tight after this step it will cause alignment issues later during the installation.

STEP 2: Attach the **Left Upright (#2)** and **Base (#3)** to the **Crossbar (#8)** using:

- 2 x Bolts (#10)
- 2 x Locknuts (#11)



Lower rail goes in the front.

STEP 3: Attach the **Right Upright (#1)** and **Base (#3)** to the **Crossbar (#8)** using:

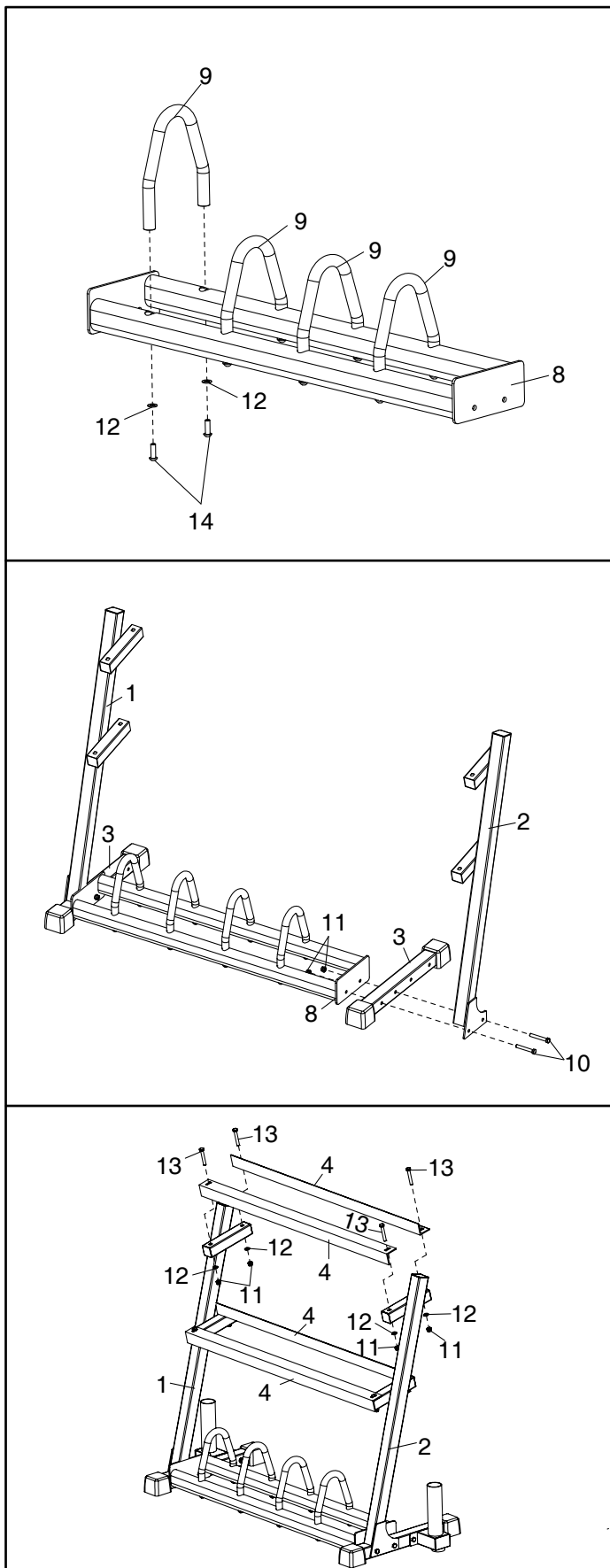
- 2 x Bolts (#10)
- 2 x Locknuts (#11)

STEP 4: Build the middle shelf by attaching the **Angle Iron Shelving (#4)** to the middle brace of the **Left Upright (#2)** and **Right Upright (#1)** using:

- 4 x Bolts (#13)
- 4 x Washers (#12)
- 4 x Locknuts (#11)

STEP 5: Build the top shelf by attaching the **Angle Iron Shelving (#4)** to the top brace of the **Left Upright (#2)** and **Right Upright (#1)** using:

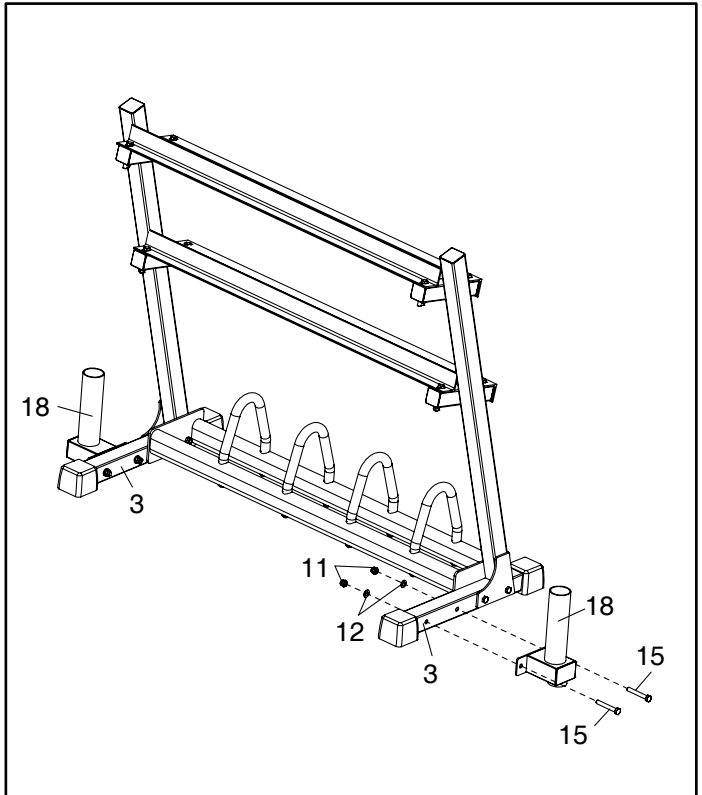
- 4 x Bolts (#13)
- 4 x Washers (#12)
- 4 x Locknuts (#11)



STEP 6: Attach the **Bar Holders (#18)** to the **Bases (#3)** using:

- 4 x Bolts (#15)
- 4 x Washers (#12)
- 4 x Locknuts (#11)

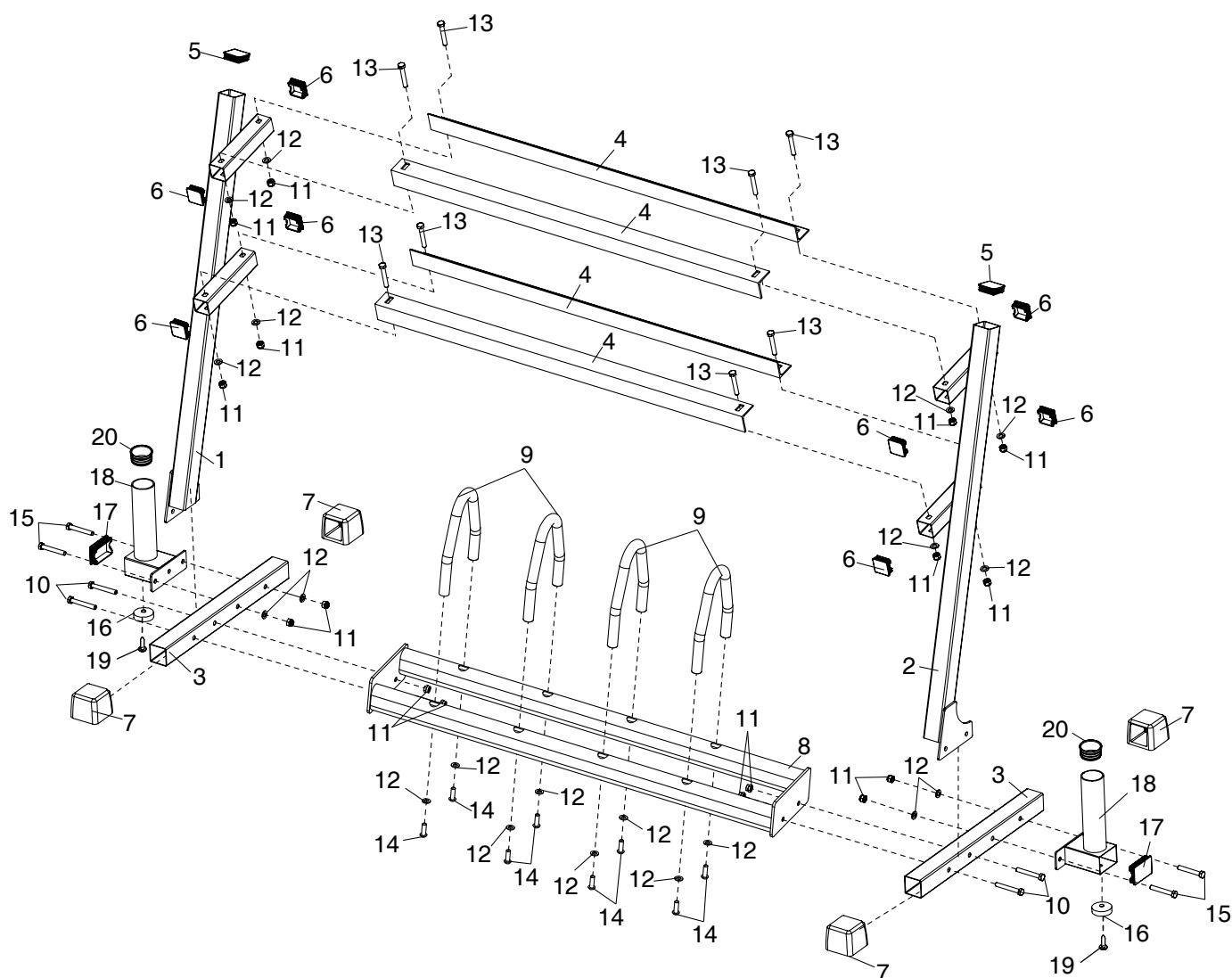
STEP 7: Wrench tighten all nuts and bolts



Exploded View/Part List



Key No.	Description	Qty.	Key No.	Description	Qty.
1	Right Upright	1	11	M10 Locknut	16
2	Left Upright	1	12	M10 Washer	20
3	Base	2	13	M10 x 63mm Bolt	8
4	Angle Iron Shelf	4	14	M10 x 30mm Bolt	8
5	50mm Inner Cap	2	15	M10 x 68mm Bolt	4
6	44mm Inner Cap	8	16	Foot	2
7	Square End Cap	4	17	Base Inner Cap	2
8	Crossbar	1	18	Bar Holder	2
9	Plate Divider	4	19	M4 x 19mm Screw	2
10	M10 x 73mm Bolt	4	20	Bushing	2





Customer Service Email: service@xmarkfitness.com