



XM-7608

ADJUSTABLE AB BENCH

Owner's Manual

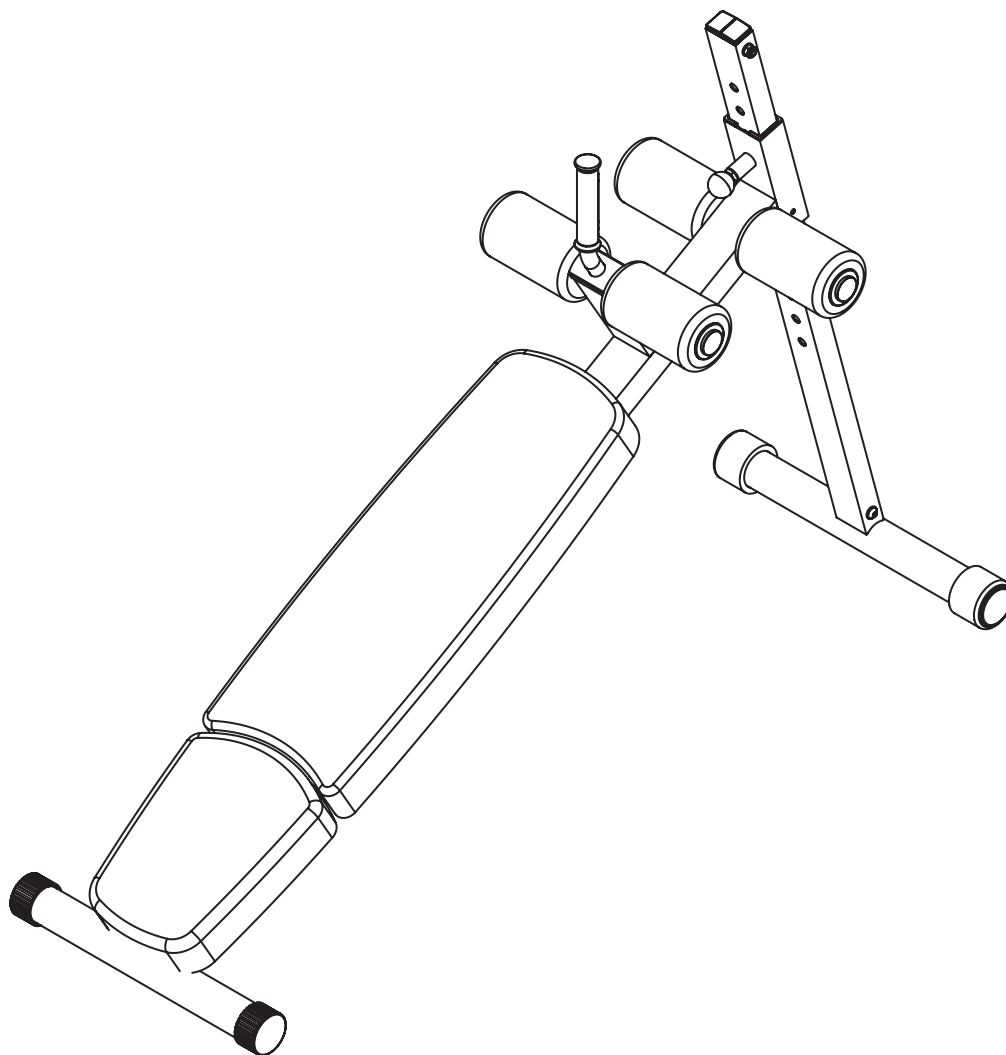


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NOTE: Hand tighten bolts and nylon nuts until machine is fully assembled.

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.

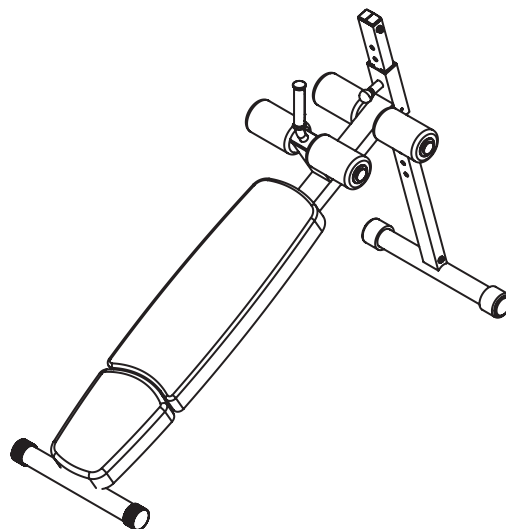
REGISTRATION CARD

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

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



XMARK FITNESS SERIES
MODEL: XM-7608

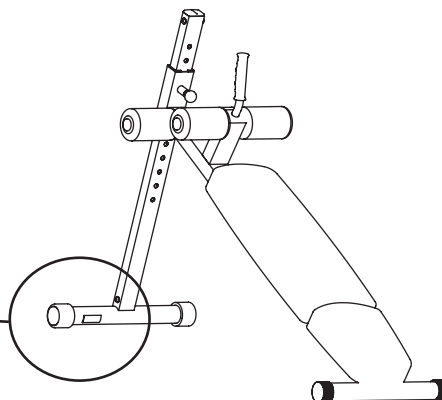
When calling please have the following product information available:

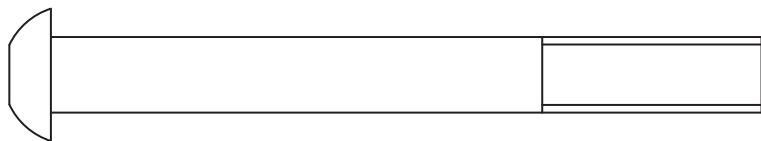
Model Name :

Date Mfg.:

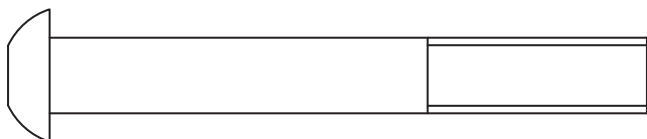
Serial #

Model Name Decal Location

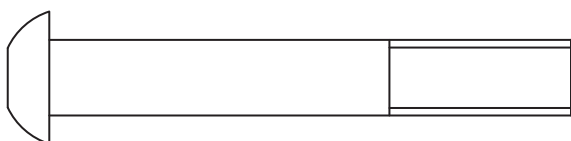




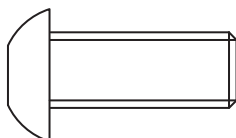
[17#] M10*95 1pc



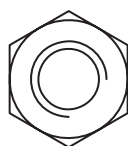
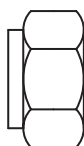
[15#] M10*80 1pc



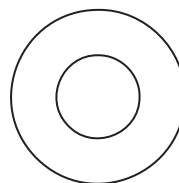
[16#] M10*70 4pcs



[26#] M10*20 2pcs



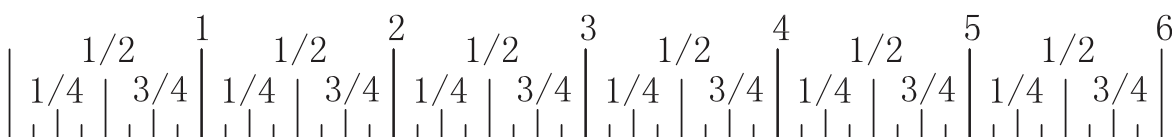
[19#] M10 2pcs



[18#] $\varnothing 23 * \varnothing 11 * 2$ 10pcs



Millimeters



Inches

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

Step 1

Attach the Front Base (#4) to the Main Frame (#2), Using:

- one M10*95 Button Head Cap Screw (#17)
- two $\Phi 11*\Phi 23*2$ Flat Washers (#18)
- one M10 Nylon Lock Nut (#19)

Attach two Glide Sleeve (#10) to the Main Frame (#2).

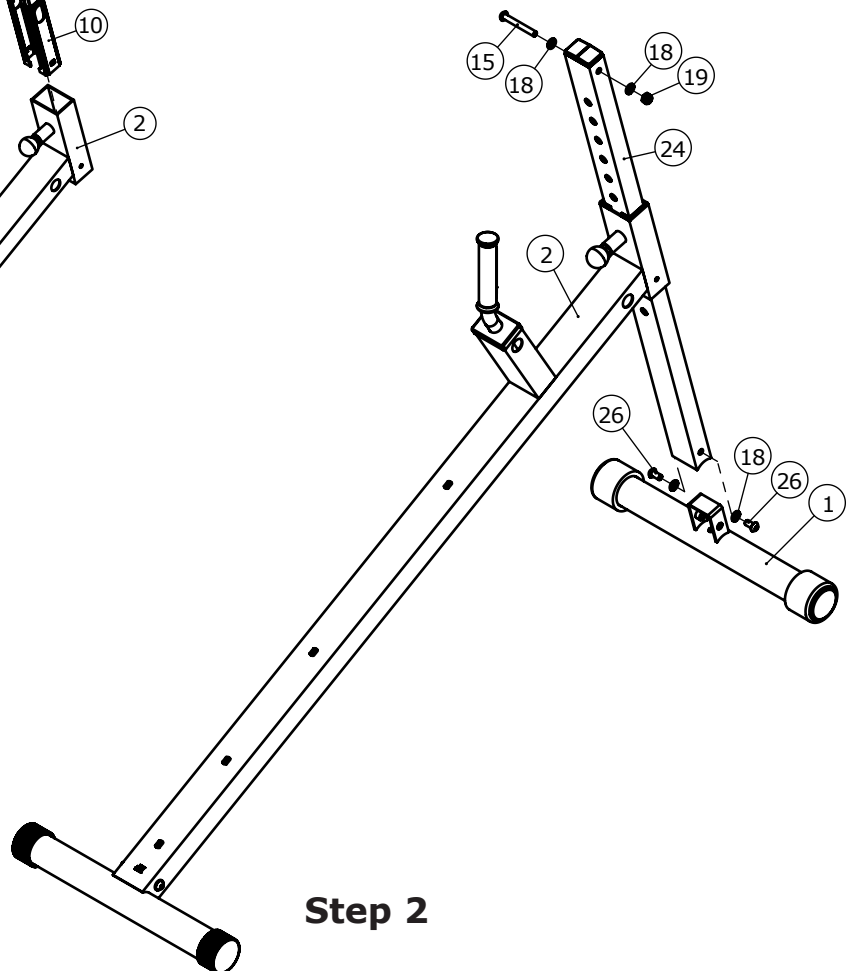
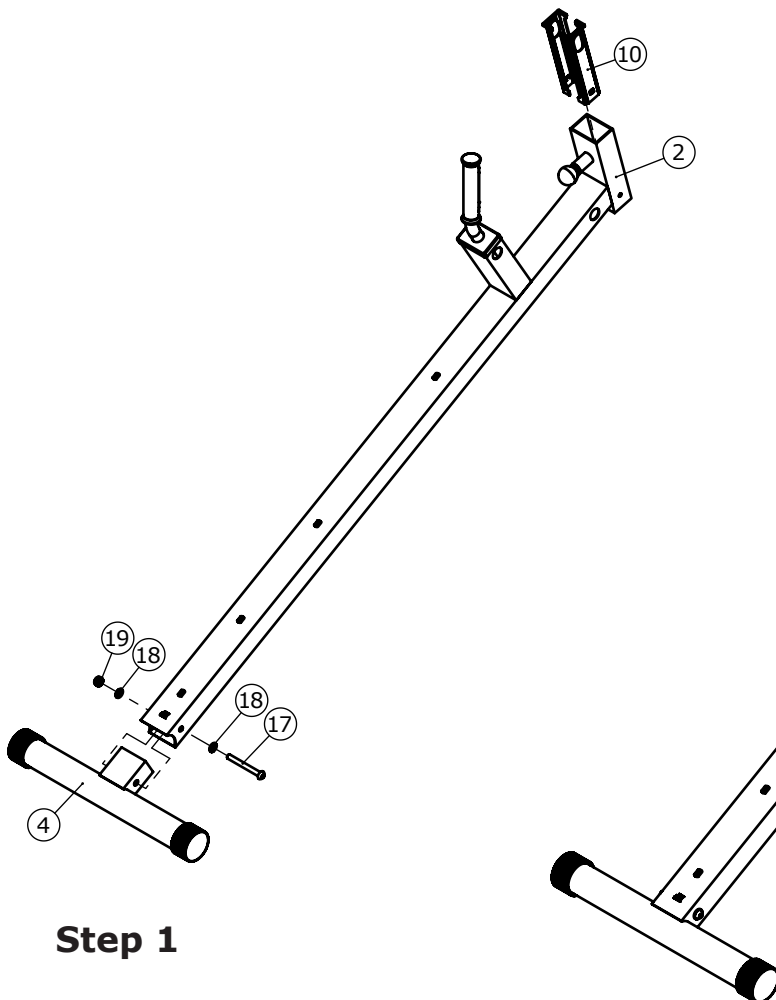
Step 2

Attach the Front Upright Tube (#24) to The Main Frame (#2), using:

- one M10*80 Button Head Cap Screw (#15)
- two $\Phi 11*\Phi 23*2$ Flat Washers (#18)
- one M10 Nylon Lock Nut (#19)

Attach the Upright Frame (#1) to the Front Upright Tube (#24), Using:

- two M10*20 Button Head Cap Screw (#26)
- two $\Phi 11*\Phi 23*2$ Flat Washers (#18)



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

Step 3

Attach two Roller Pad Tube (#5) into holes in the Main Frame (#2), and then attach four Foam Padding $\Phi 110 \times \Phi 22 \times 180$ (#9) to Roller Pad Tube (#5), Using:

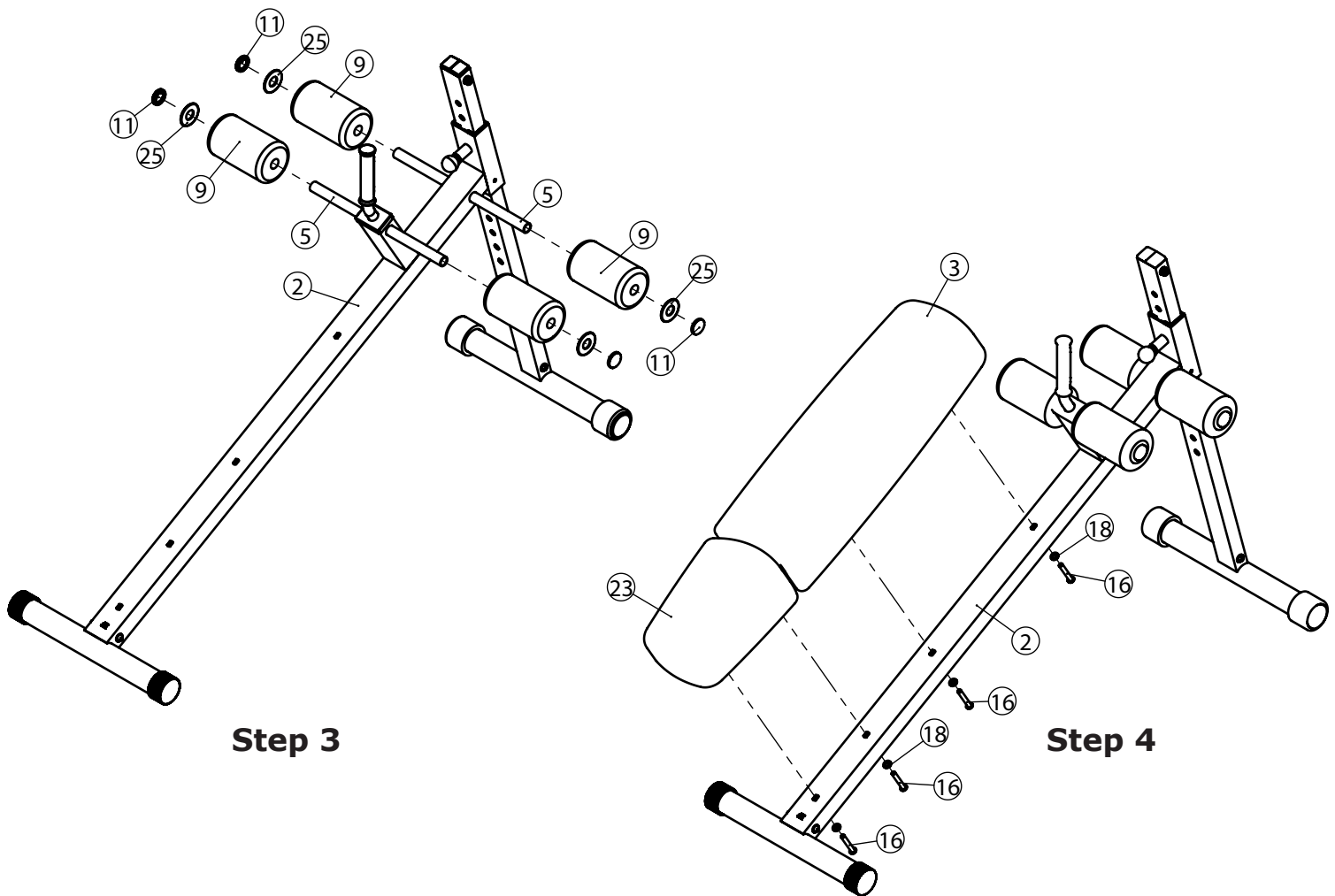
- four $\Phi 60 \times \Phi 25.7 \times 3$ Plastic Washers (#25)
- four Metal End Cap (#11)

Step 4

Attach the Long Seat Pad (#3) and the Upper Back Pad (#23) to the Main Frame (#2), Using:

- four M10*70 Button Head Cap Screw (#16)
- four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#18)

NOTE: Wrench tighten bolts and Nylon Lock nuts.

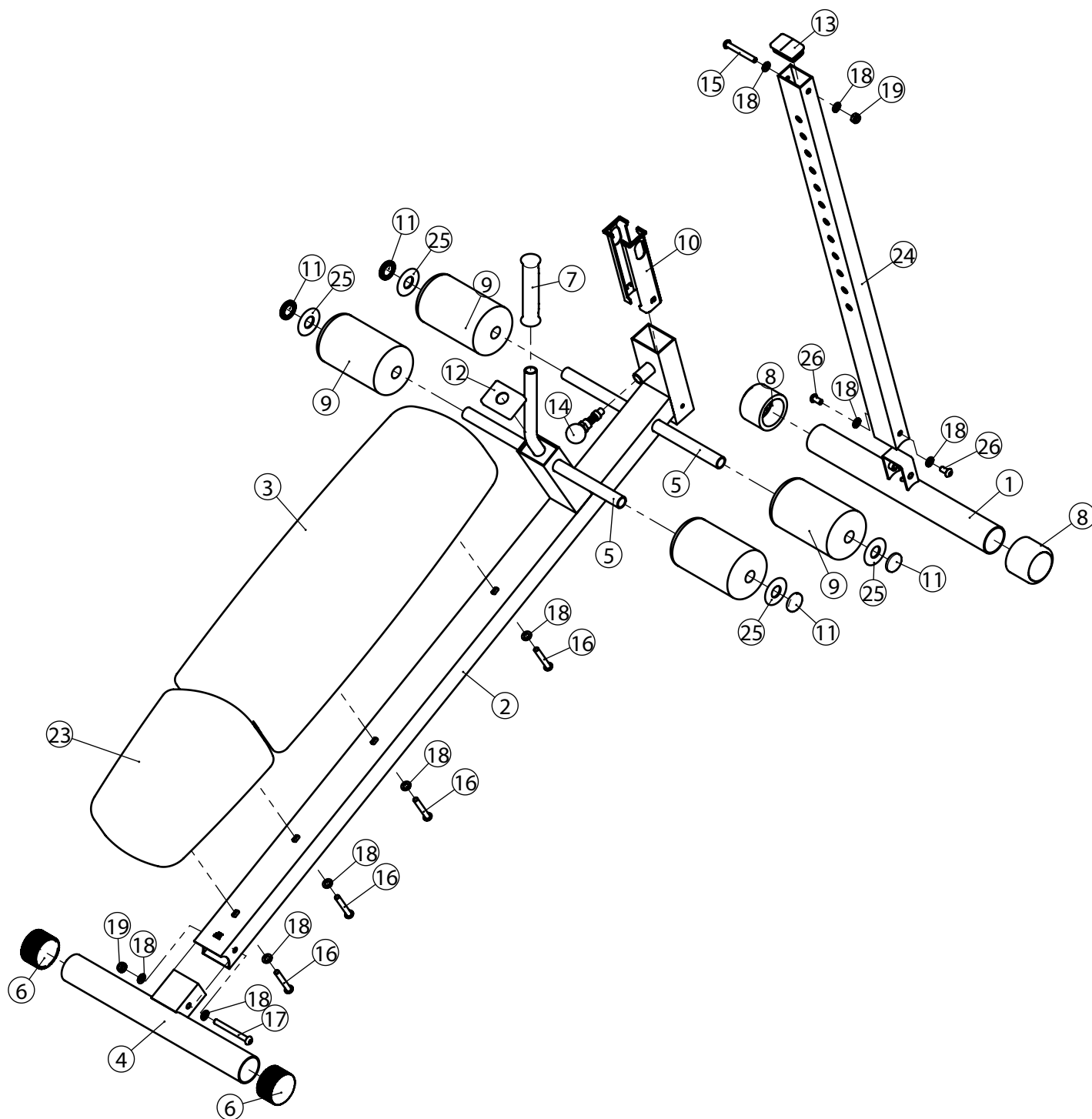


XM-7608 Parts List

Ref #	Part #	Description	Qty
1	P00057	Frame, Upright XM-7608	1
2	P00058	Main Frame, XM-7608	1
3	P00059	Long Seat Pad, XM-7608	1
4	P00382	Front Base, XM-7608	1
5	P00039	Roller Pad Tube	2
6	P00582	End Cap 60, XM-7608	2
7	P00201	Hand Grip	1
8	P00383	End Cap w/ Wheel 60	2
9	P00061	Foam Padding $\Phi 110 \times \Phi 22 \times 180$ XM SERIES	4
10	P00138	Glide Sleeve	2
11	P00062	Metal End Cap	4
12	P00384	Plastic Sleeve 76.2*50.8*26, XM-7608	1
13	P00202	Plug 38*63.5	1
14	P00203	Pop Pin XM Series	1
15	P00613	Button Head Cap Screw M10*80	1
16	P00610	Button Head Cap Screw M10*70	4
17	P00616	Button Head Cap Screw M10*95	1
18	P00032	Flat Washer $\Phi 11 \times \Phi 23 \times 2$	10
19	P00561	Nylon Lock Nut M10	2
20	P00560	Hex Key S=6	1
21	P00022	Wrench 17-19	1
23	P00048	Upper Back Pad XM Series	1
24	P00060	Front Upright Tube	1
25	P00140	Plastic Washer	4
26	P00596	Button Head Cap Screw M10*20	2
27	H00003	Bolt Pack, XM-7608	1
28	M00019	Owner's Manual XM-7608	1

Exploded View

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XMARK Fitness

7501 Trammel Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605