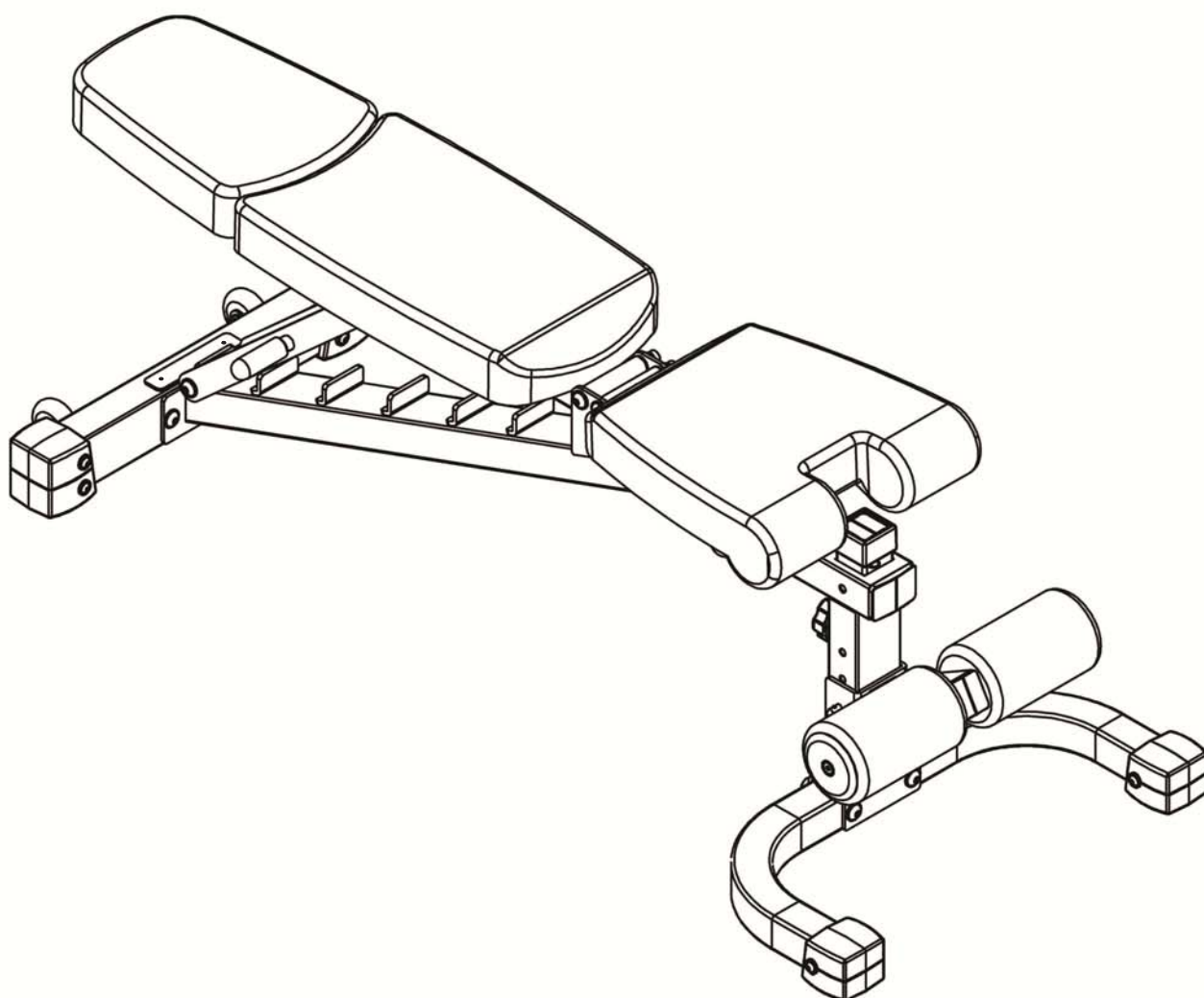


◆XMARK

XM-9024

FID BENCH

Owner's Manual



◆XMARK

Important Safety Information	3
Before You Start	4
Assembly	5-8
Parts List	9
Exploded View	10

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.

Visit www.xmarkfitness.com for warranty information

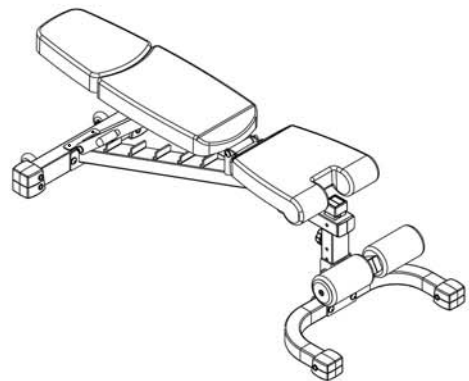
QUESTIONS?

CALL 1-800-719-4605

Monday-Friday

8:30 a.m.-5:00 p.m.

(Central Standard Time)



XMARK FITNESS SERIES
MODEL: XM-9024

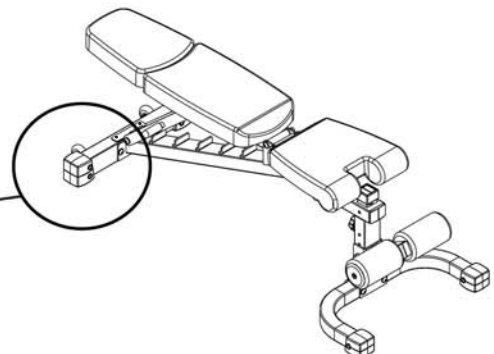
When calling please have the following product information available:

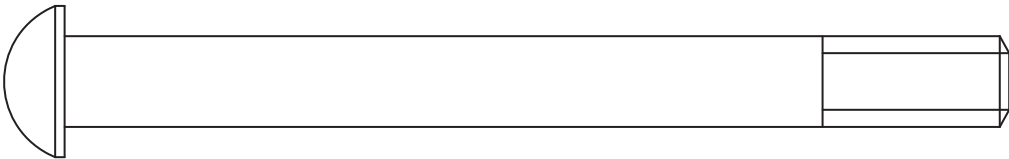
Model Name :

Date Mfg.:

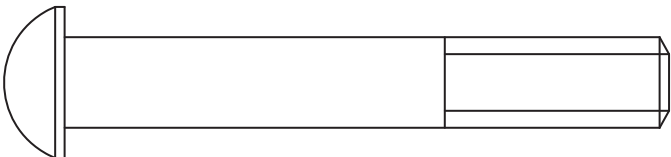
Serial #

Model Name Decal Location

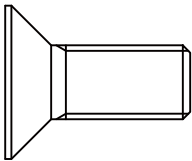




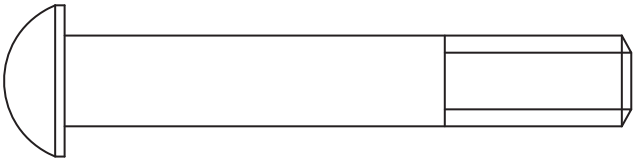
[12#] 4pcs



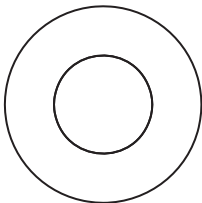
[19#] 2pcs



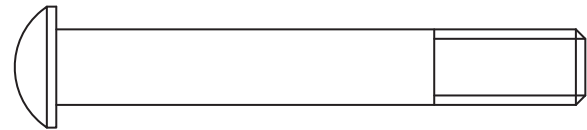
[33#] 2pcs



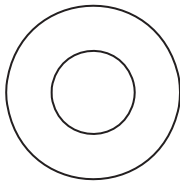
[15#] 2pcs



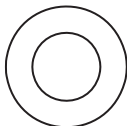
[13#] 17pcs



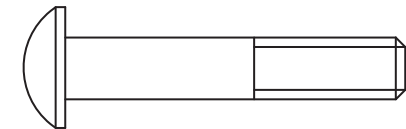
[17#] 6pcs



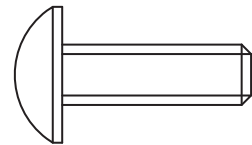
[18#] 6pcs



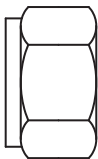
[43#] 4pcs



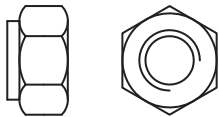
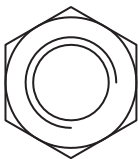
[38#] 2pcs



[42#] 12pcs



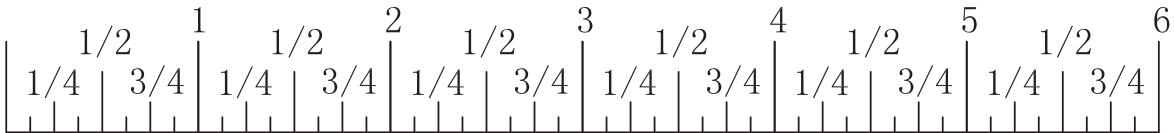
[14#] 9pcs



[37#] 2pcs



Millimeters



Inches

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

Step 1

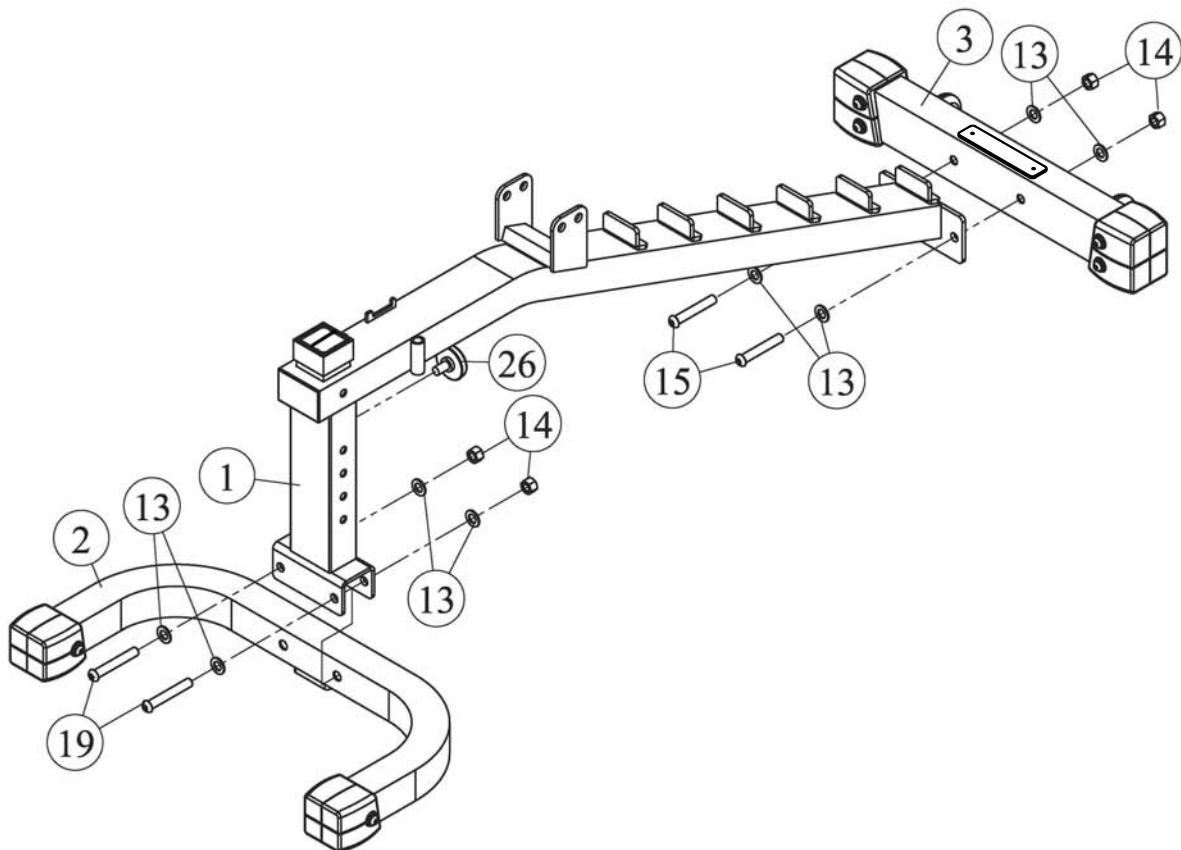
Attach the U-Shaped Base (#2) to Main Frame (#1) using:

- two Button Head Cap Screw (#19)
- four Flat Washer (#13)
- two Nylon Lock Nut (#14)

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

- two Button Head Cap Screw (#15)
- four Flat Washer (#13)
- two 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-9024 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 Button Head Cap Screw (#17)
- two Flat Washer (#18)

Step 3

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

- one Flat Washer (#13)
- one Nylon Lock Nut (#14)

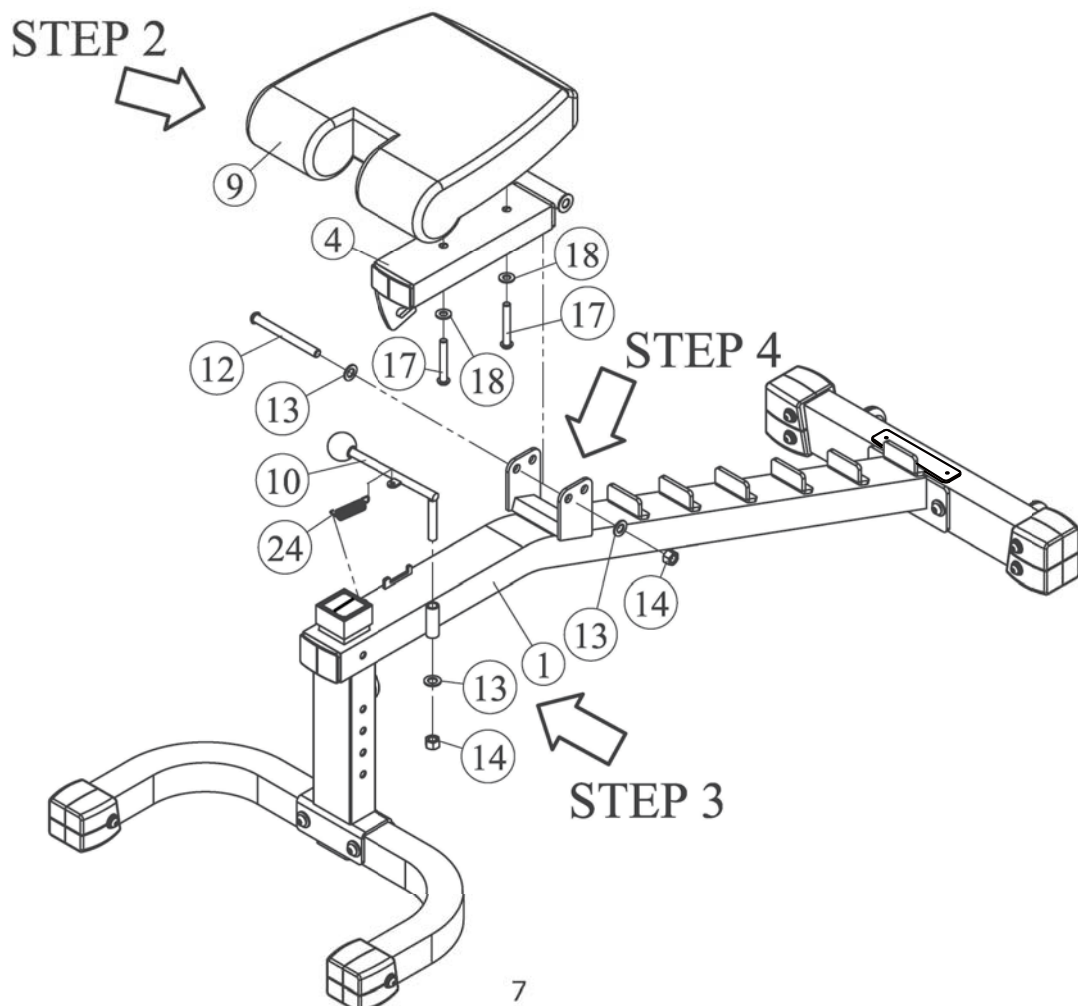
And Connect Spring (#24) between Main Frame (#1) and Pin (#10).

Step 4

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

- one Button Head Cap Screw (#12)
- two Flat Washer (#13)
- one 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 Button Head Cap Screw (#17)
- four Flat Washer (#18)

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

- one Button Head Cap Screw (#12)
- two Flat Washer (#13)
- one Nylon Lock Nut (#14)

Step 6

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

- one Button Head Cap Screw (#12)
- two Flat Washer (#13)
- one Nylon Lock Nut (#14)

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

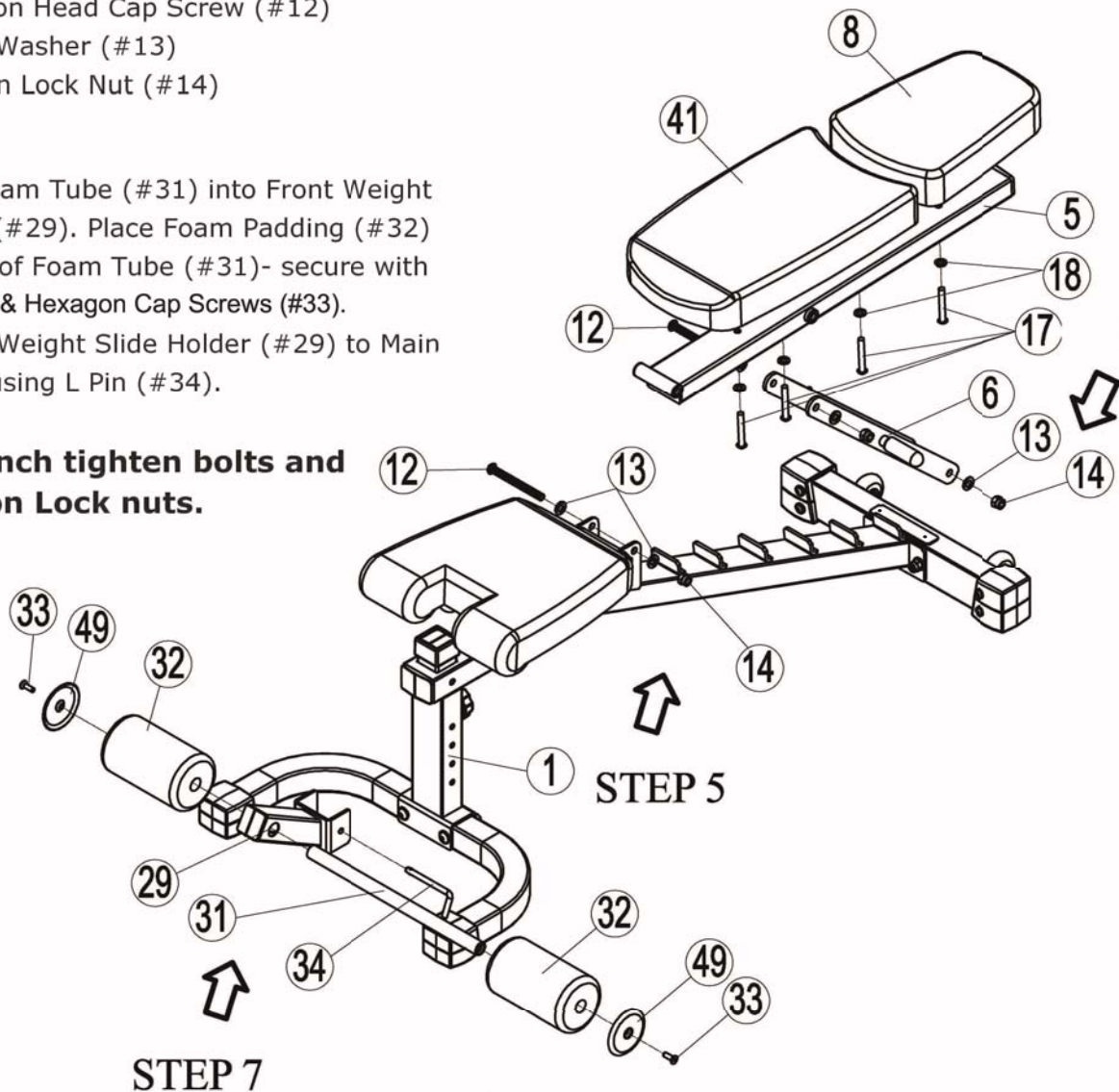
- one Button Head Cap Screw (#12)
- two Flat Washer (#13)
- one Nylon Lock Nut (#14)

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 End Cap (#49) & Hexagon Cap Screws (#33).

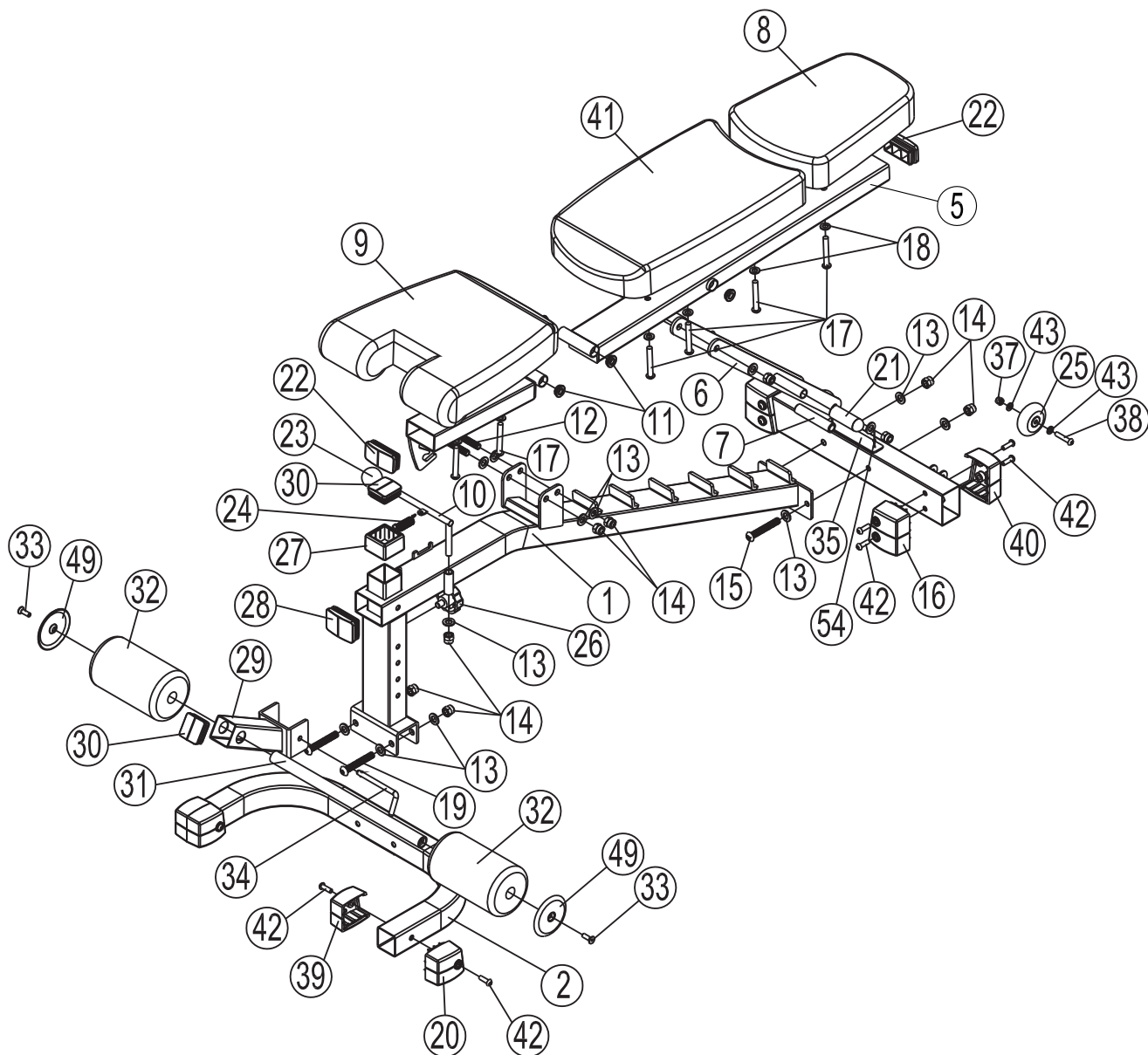
Attach Front Weight Slide Holder (#29) to Main Frame (#1) using L Pin (#34).

Note: Wrench tighten bolts and Nylon Lock nuts.



XM- 9024 Parts List

Ref #	Part #	Description	Qty
1	P00244	Main Frame, XM-9024	1
2	P00245	U-Shaped Base	1
3	P00247	Rear Base, XM-9024	1
4	P00412	Frame, Seat Pad Support XM-9024	1
5	P00047	Frame, Back Pad Support XM-9024	1
6	P00645	Frame, Adjustable Back Pad XM-9024	1
7	P00413	Nylon Spacer	1
8	P00048	Upper Back Pad XM Series	1
9	P00049	Seat Pad, XM-9024	1
10	P00414	Pin	1
11	P00573	Iron Bushing	6
12	P00621	Button Head Cap Screw	4
13	P00035	Flat Washer	17
14	P00562	Nylon Lock Nut	9
15	P00624	Button Head Cap Screw	2
16	P00152	Foot Cap 2, Right 50.8*76.2, XM Series	2
17	P00610	Button Head Cap Screw	6
18	P00032	Flat Washer	6
19	P00626	Button Head Cap Screw	2
20	P00153	Foot Cap, Right 50.8 XM Series	2
21	P00584	Small Grips	2
22	P00248	Plug	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	1
28	P00249	Plug	1
29	P00250	Front Weight Slide Holder, XM- 9024	1
30	P00183	Plug	2
31	P00050	Foam Tube, XM SERIES	1
32	P00061	Foam Padding	2
33	P00062	Hexagon Head Screws	2
34	P00011	L Pin	1
35	P00586	Plastic Buffer Plate	1
37	P00564	Nylon Lock Nut M8	2
38	P00639	Button Head Cap Screw	2
39	P00154	Foot Cap, Left XM Series	2
40	P00155	Foot Cap, Left	2
41	P00051	XM Series Lower Back Pad XM Series	1
42	P00636	Button Head Cap Screw	12
43	P00136	Flat Washer	4
44	P00022	Wrench	1
45	P00560	Hex Key S=6	1
48	P00004	Spacer	4
49	P00140	End Cap	2
50	H00031	Bolt Pack, XM-9024	1
51	M00015	Owner's Manual XM-9024	1
52		Hex Key S=8	1
53		Hex Key S=5	1
54		Self-Plugging Rivet	2





Customer Service: 1-800-719-4605