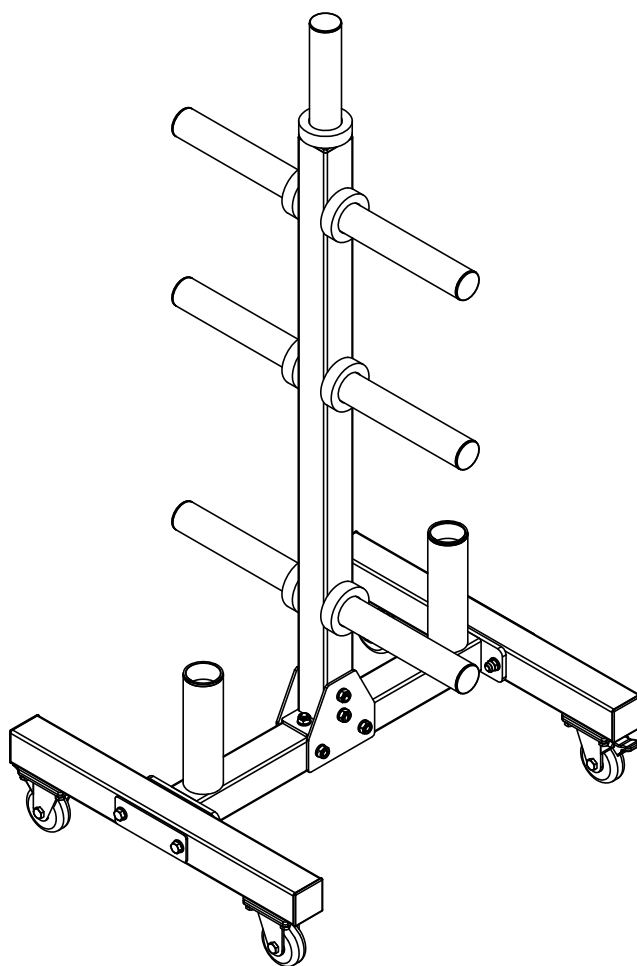


◆XMARK

XM-9055

Olympic Plate Tree

Owner's Manual



◆XMARK

CAUTION!

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

Table Of Contents

Important Safety Instructions.....	3
Instructions.....	4
Parts List.....	5
Exploded View	6
Measurement Guide	7
Assembly Instructions	8
Assembly	9

Please visit xmarkfitness.com for warranty information.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout.
- * Be careful when getting on or off the equipment.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been damaged.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

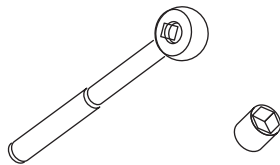
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

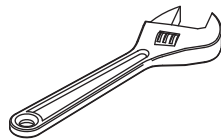
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call 1-800-719-4605. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

Tools Required



Ratchet Wrench and Socket



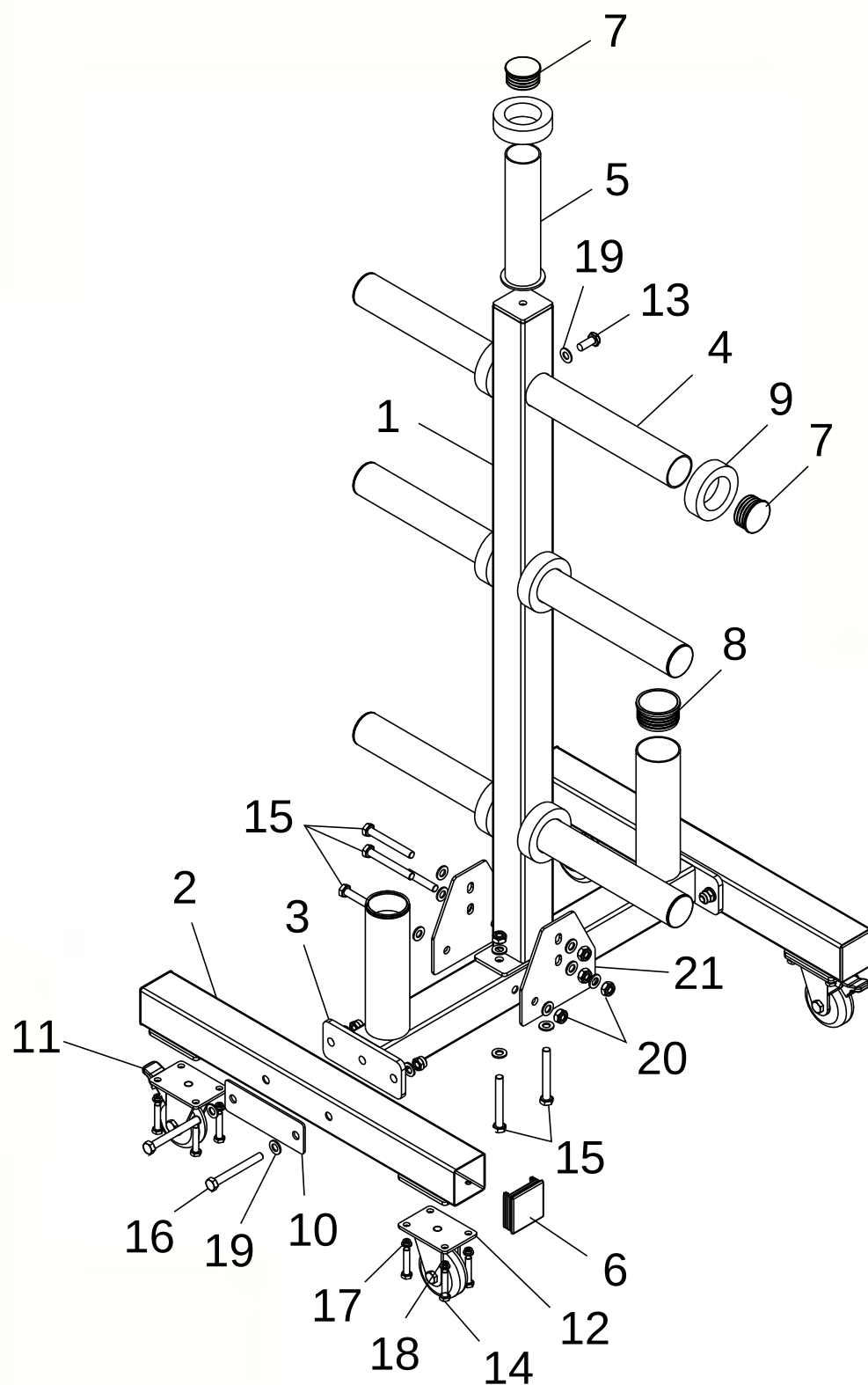
Adjustable Wrench

Parts List

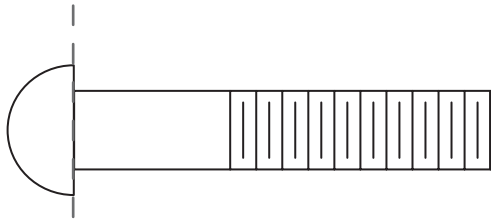
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

NUMBER	DESCRIPTION	QUANTITY
1	Beam	1
2	Side Base	2
3	Connect Frame	1
4	Bell Rod	3
5	Short Bell Rod	1
6	Square Plug	4
7	Round Plug	7
8	Hollow Sleeve	2
9	Rubber Buffer	7
10	Splint	2
11	Wheel with Lock	2
12	Wheel	2
13	Bolt M10*30	3
14	Bolt M8*16	16
15	Bolt M10*80	6
16	Bolt M10*85	4
17	Spring Washer 8	16
18	Washer 8	16
19	Washer 10	43
20	Lock Nut M 10	10
21	Plate	2

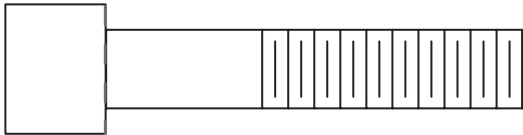
Exploded View



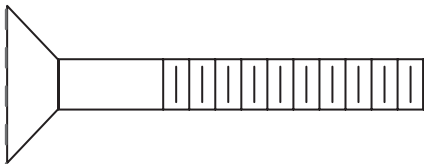
Measurement Guide



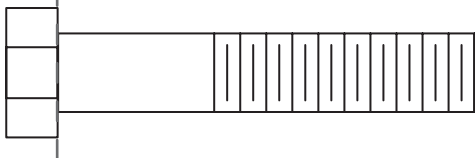
BHCS = Button Head Cap Screw



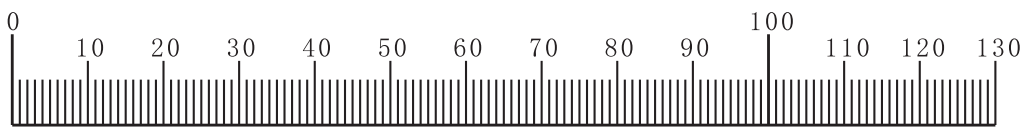
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

Assembly Instructions

Assembly of the equipment takes professional installers about 1 hour. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will reduce the possibility of injury during assembly.



Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

Attach wheels with locks (11#) and wheel (12#) to side bases (2#) using:

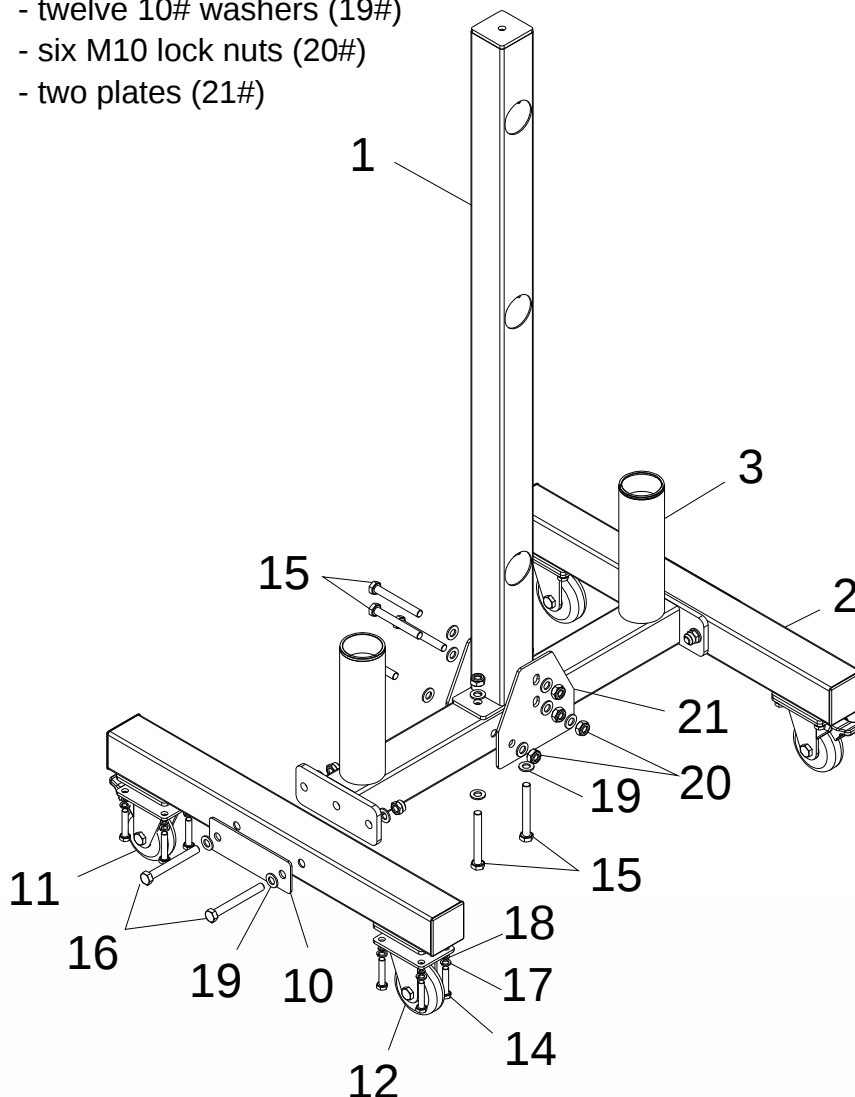
- sixteen M8*16 HHB (14#)
- sixteen 8# spring washers (17#)
- sixteen 8# washers (18#)

Attach connect frame (3#) to side bases (2#) using:

- four M10*85 HHB (16#)
- eight 10# washers (19#)
- four M10 lock nuts (20#)
- two splints (10#)

Attach beam (1#) to connect frame (3#) using:

- six M10*80 HHB (15#)
- twelve 10# washers (19#)
- six M10 lock nuts (20#)
- two plates (21#)

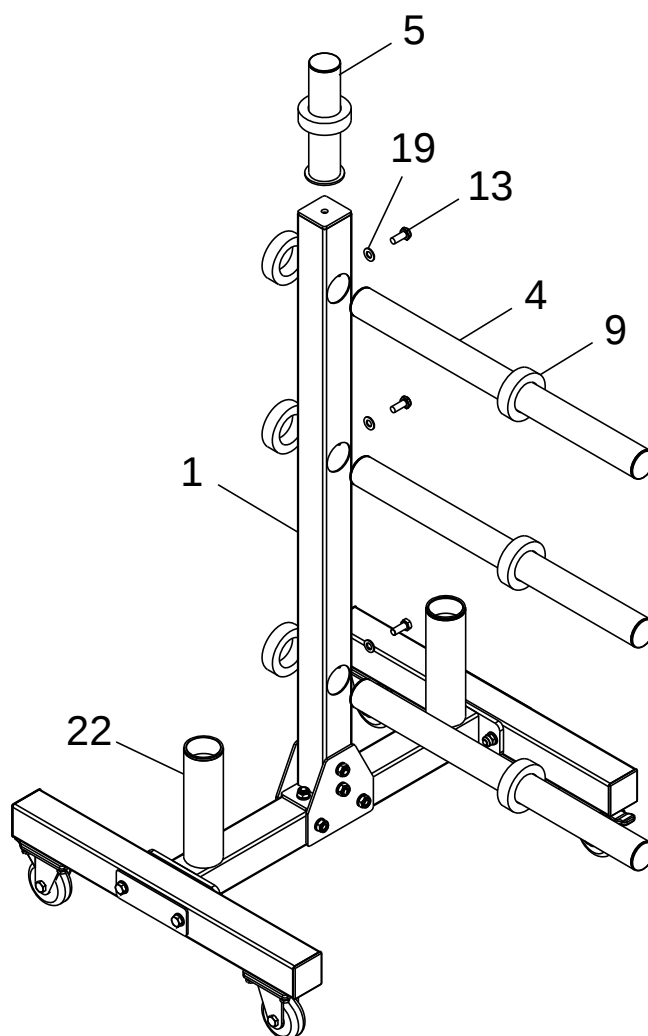


Assembly

Step 2

Attach tree bell rods (4#) and six rubber buffers (9#) to beam (1#) using:

- tree M10*30 HHB (13#)
- tree 10# washers (19#)





Customer Service: 1-800-719-4605