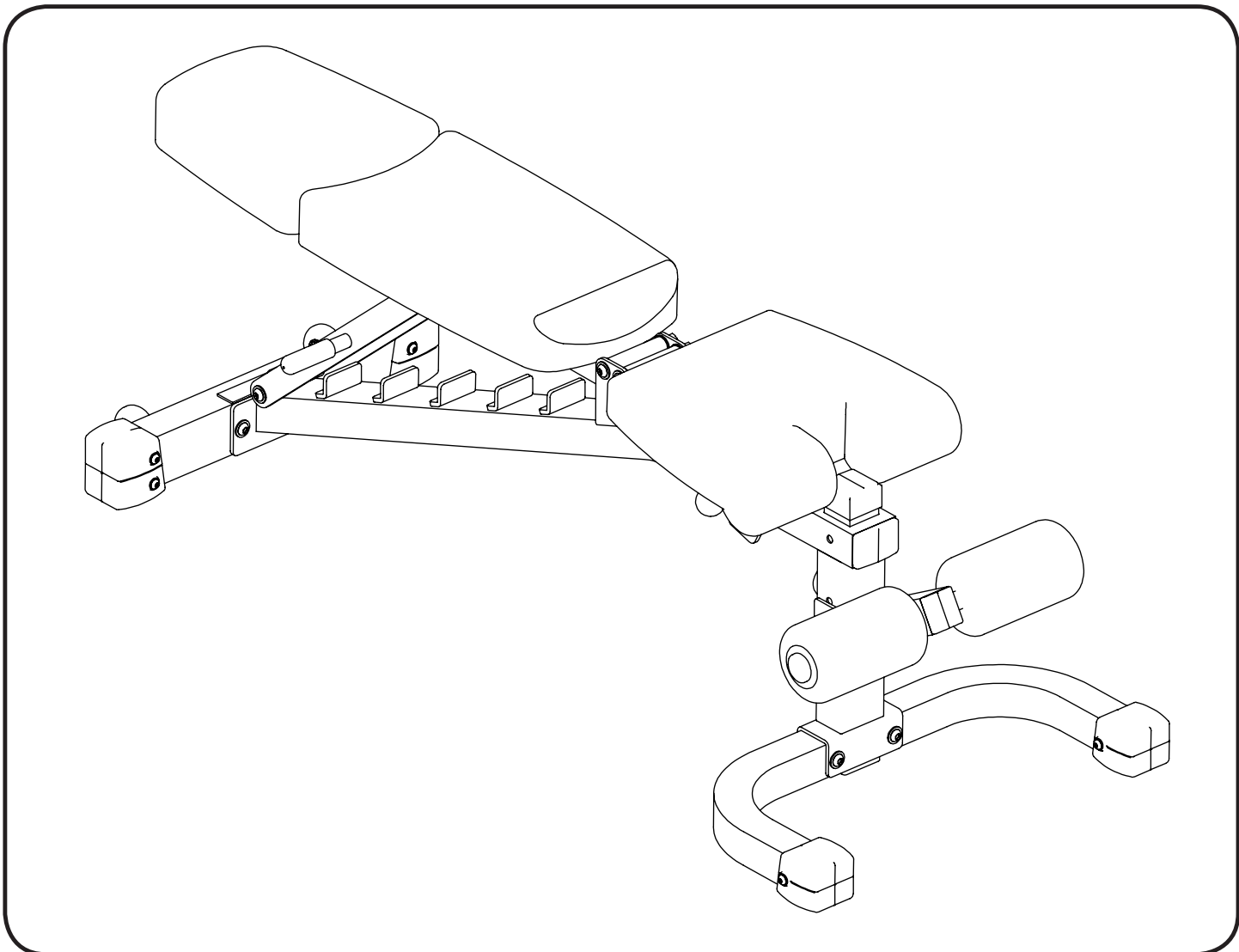




XM-7604

FID 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.

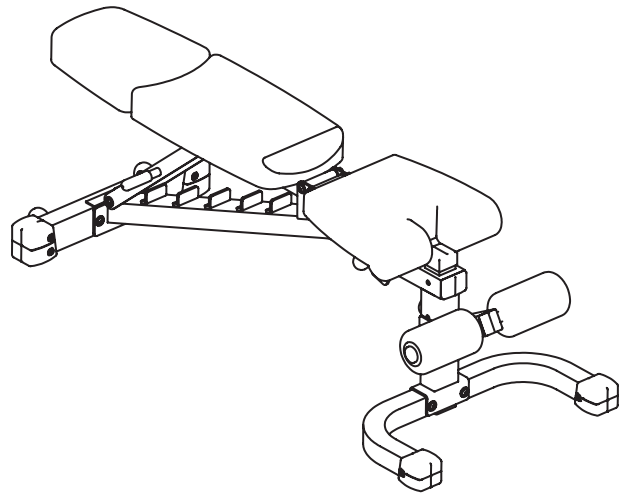
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

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



XMARK FITNESS SERIES
MODEL: XM-7604

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

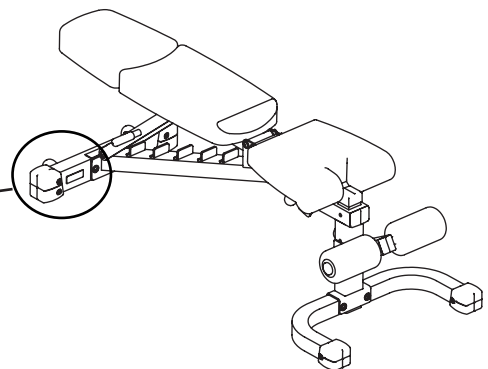
When calling please have the following product information available:

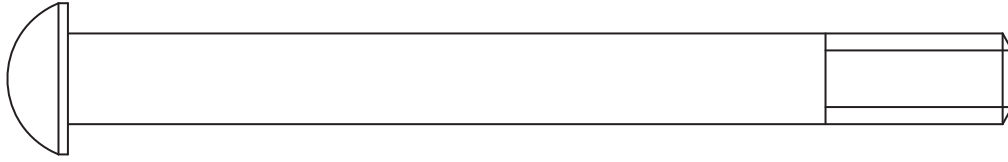
Model Name :

Date Mfg.:

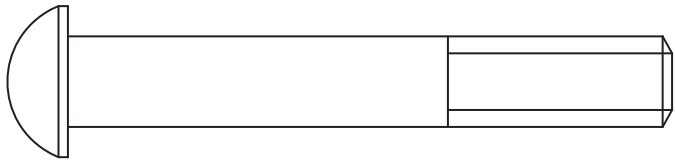
Serial #

Model Name Decal Location

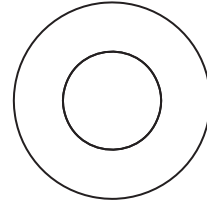




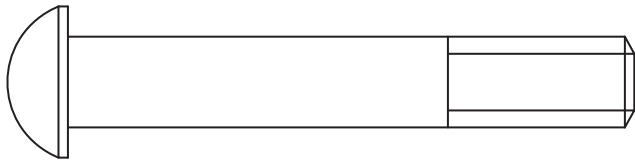
[12#] M12*125 4pcs



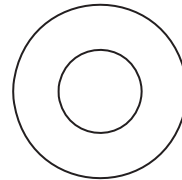
[19#] M12*80 2pcs



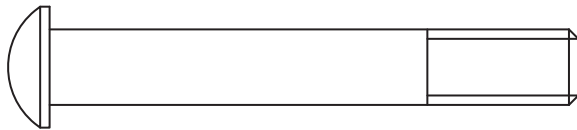
[13#] $\phi 13 * \phi 26 * 2$ 17pcs



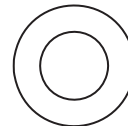
[15#] M12*75 2pcs



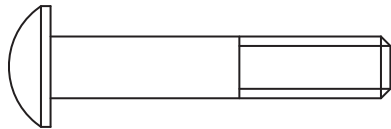
[18#] $\phi 11 * \phi 23 * 2$ 6pcs



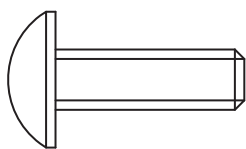
[17#] M10*70 6pcs



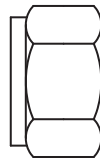
[43#] $\phi 9 * \phi 16 * 1.6$ 16pcs



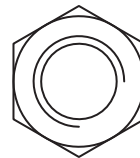
[38#] M8*45 2pcs



[42#] M8*25 12pcs



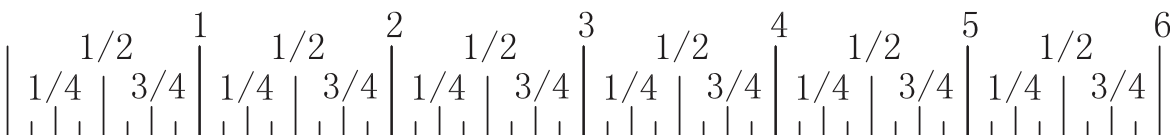
[14#] M12 9pcs



[37#] M8 2pcs



Millimeters



Inches

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

Step 1

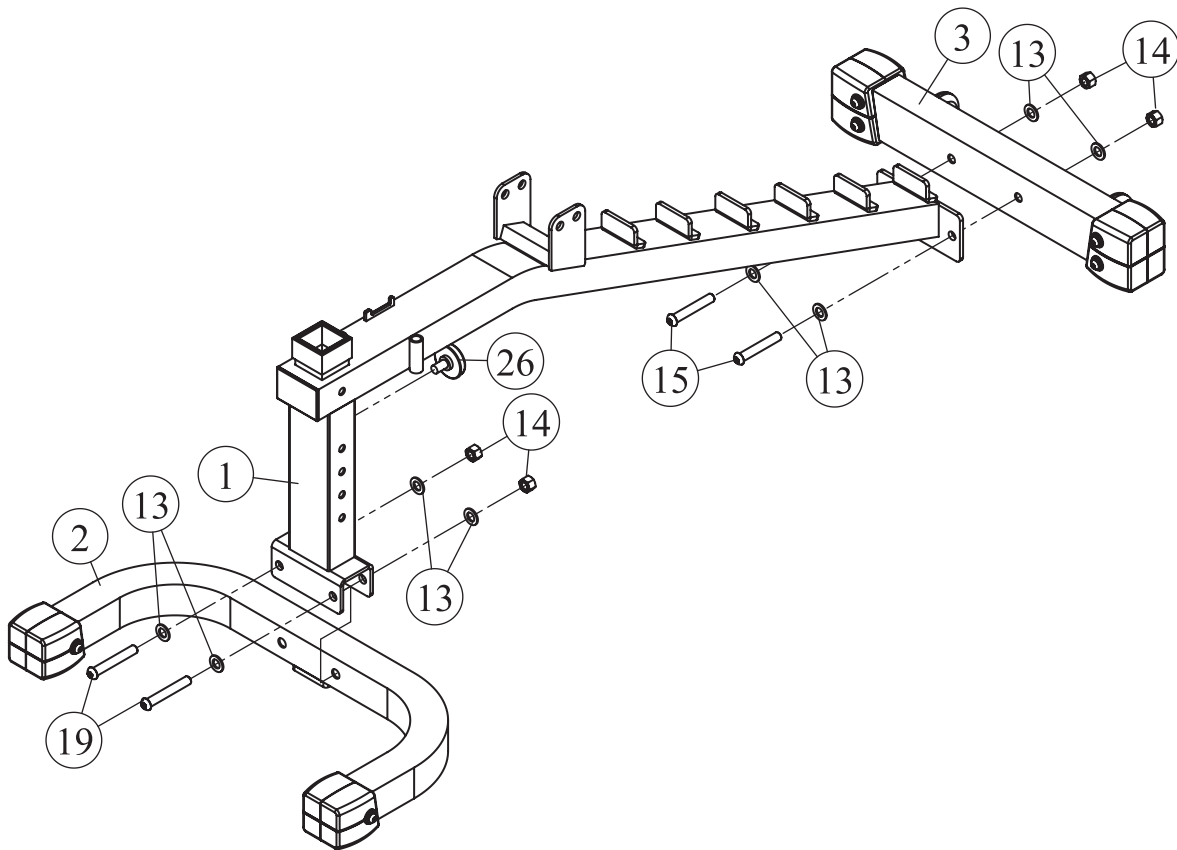
Attach the U-Shaped Base (#2) to Main Frame (#1) using:

- two M12*80 Button Head Cap Screw (#19)
- four $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- two M12 Nylon Lock Nut (#14)

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

- two M12*75 Button Head Cap Screw (#15)
- four $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- two M12 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-7604 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 M10*70 Button Head Cap Screw (#17)
- two $\Phi 11*\Phi 23*2$ Flat Washer (#18)

Step 3

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

- one $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

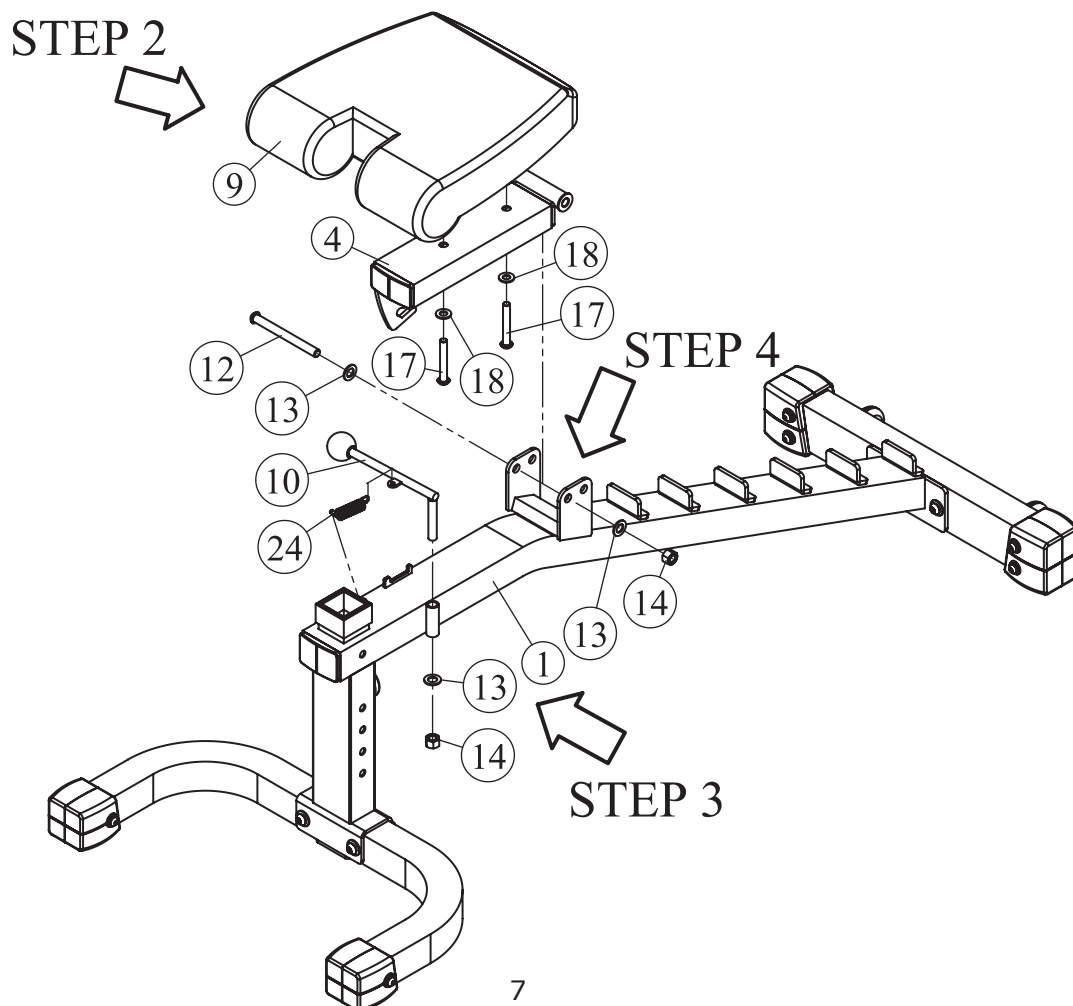
And Connect Spring (#24) between Main Frame (#1) and Pin (#10).

Step 4

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

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 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 M10*70 Button Head Cap Screw (#17)
- four $\Phi 11*\Phi 23*2$ Flat Washer (#18)

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

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

Step 6

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

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 Nylon Lock Nut (#14)

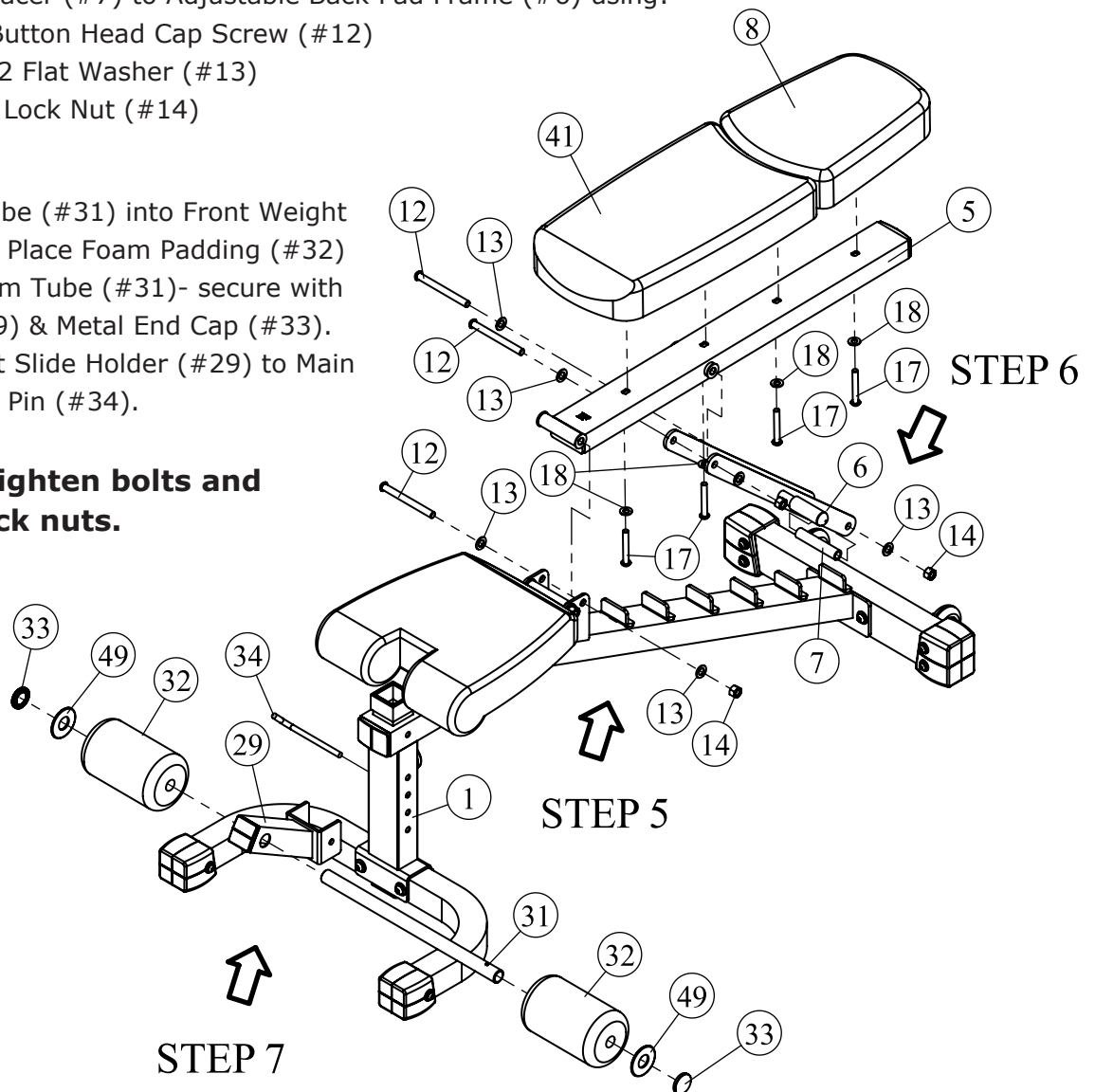
Attach the Nylon Spacer (#7) to Adjustable Back Pad Frame (#6) using:

- one M12*125 Button Head Cap Screw (#12)
- two $\Phi 13*\Phi 26*2$ Flat Washer (#13)
- one M12 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 Plastic Washer (#49) & Metal End Cap (#33). Attach Front Weight Slide Holder (#29) to Main Frame (#1) using L Pin (#34).

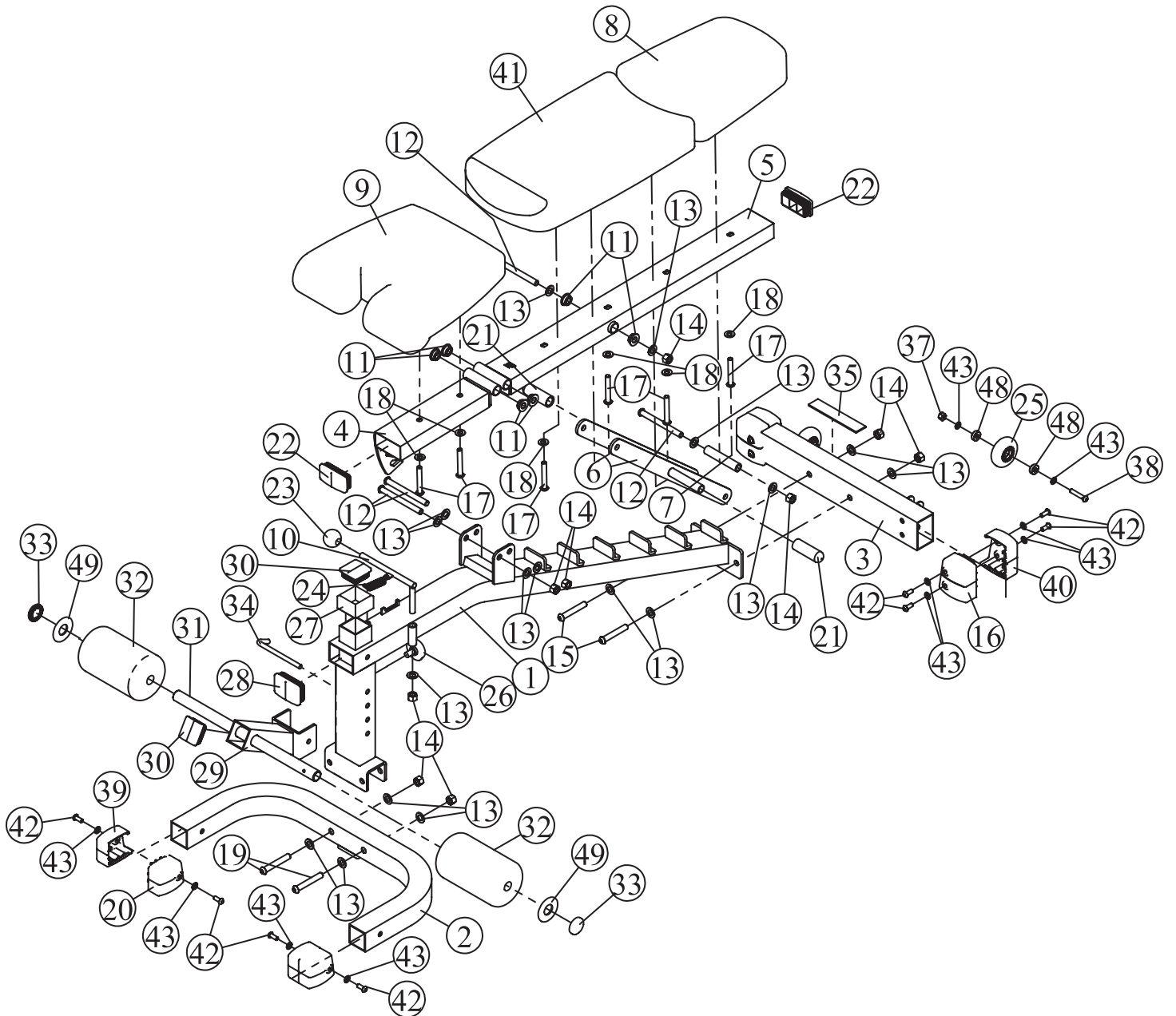
Note: Wrench tighten bolts and Nylon Lock nuts.



XM-7604 Parts List

| Ref # | Part # | Description | Qty |
|-------|--------|---|-----|
| 1 | P00244 | Main Frame, XM-7604 | 1 |
| 2 | P00245 | U-Shaped Base | 1 |
| 3 | P00247 | Rear Base, XM-7604 | 1 |
| 4 | P00412 | Frame, Seat Pad Support XM-7604 | 1 |
| 5 | P00047 | Frame, Back Pad Support XM-7604 | 1 |
| 6 | P00645 | Frame, Adjustable Back Pad XM-7604 | 1 |
| 7 | P00413 | Nylon Spacer | 1 |
| 8 | P00048 | Upper Back Pad XM Series | 1 |
| 9 | P00049 | Seat Pad, XM-7604 | 1 |
| 10 | P00414 | Pin | 1 |
| 11 | P00573 | Iron Bushing $\Phi 21.8 \times \Phi 12.2 \times 8$ | 6 |
| 12 | P00621 | Button Head Cap Screw M12*125 | 4 |
| 13 | P00035 | Flat Washer $\Phi 13 \times \Phi 26 \times 2$ | 17 |
| 14 | P00562 | Nylon Lock Nut M12 | 9 |
| 15 | P00624 | Button Head Cap Screw M12*75 | 2 |
| 16 | P00152 | Foot Cap 2, Right 50.8*76.2, XM Series | 2 |
| 17 | P00610 | Button Head Cap Screw M10*70 | 6 |
| 18 | P00032 | Flat Washer $\Phi 11 \times \Phi 23 \times 2$ | 6 |
| 19 | P00626 | Button Head Cap Screw M12*80 | 2 |
| 20 | P00153 | Foot Cap, Right 50.8 XM Series | 2 |
| 21 | P00584 | Small Grips | 2 |
| 22 | P00248 | Plug 40*80 | 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 50.8*44.5 | 1 |
| 28 | P00249 | Plug 50.8*76.2 | 1 |
| 29 | P00250 | Front Weight Slide Holder, XM-7620 | 1 |
| 30 | P00183 | Plug 50.8 | 2 |
| 31 | P00050 | Foam Tube, XM SERIES | 1 |
| 32 | P00061 | Foam Padding $\Phi 110 \times \Phi 22 \times 180$ XM SERIES | 2 |
| 33 | P00062 | Metal End Cap | 2 |
| 34 | P00011 | L Pin | 1 |
| 35 | P00586 | Rubber Pad | 1 |
| 37 | P00564 | Nylon Lock Nut M8 | 2 |
| 38 | P00639 | Button Head Cap Screw M8*45 | 2 |
| 39 | P00154 | Foot Cap, Left 50.8 XM Series | 2 |
| 40 | P00155 | Foot Cap, Left 50.8*76.2 XM Series | 2 |
| 41 | P00051 | Lower Back Pad XM Series | 1 |
| 42 | P00636 | Button Head Cap Screw M8*25 | 12 |
| 43 | P00136 | Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$ | 16 |
| 44 | P00022 | Wrench 17-19 | 1 |
| 45 | P00560 | Hex Key S6 | 1 |
| 48 | P00004 | Spacer | 4 |
| 49 | P00140 | Plastic Washer | 2 |
| 50 | H00031 | Bolt Pack, XM-7604 | 1 |
| 51 | M00015 | Owner's Manual XM-7604 | 1 |

Exploded View





XMARK Fitness

7501 Trammel Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605