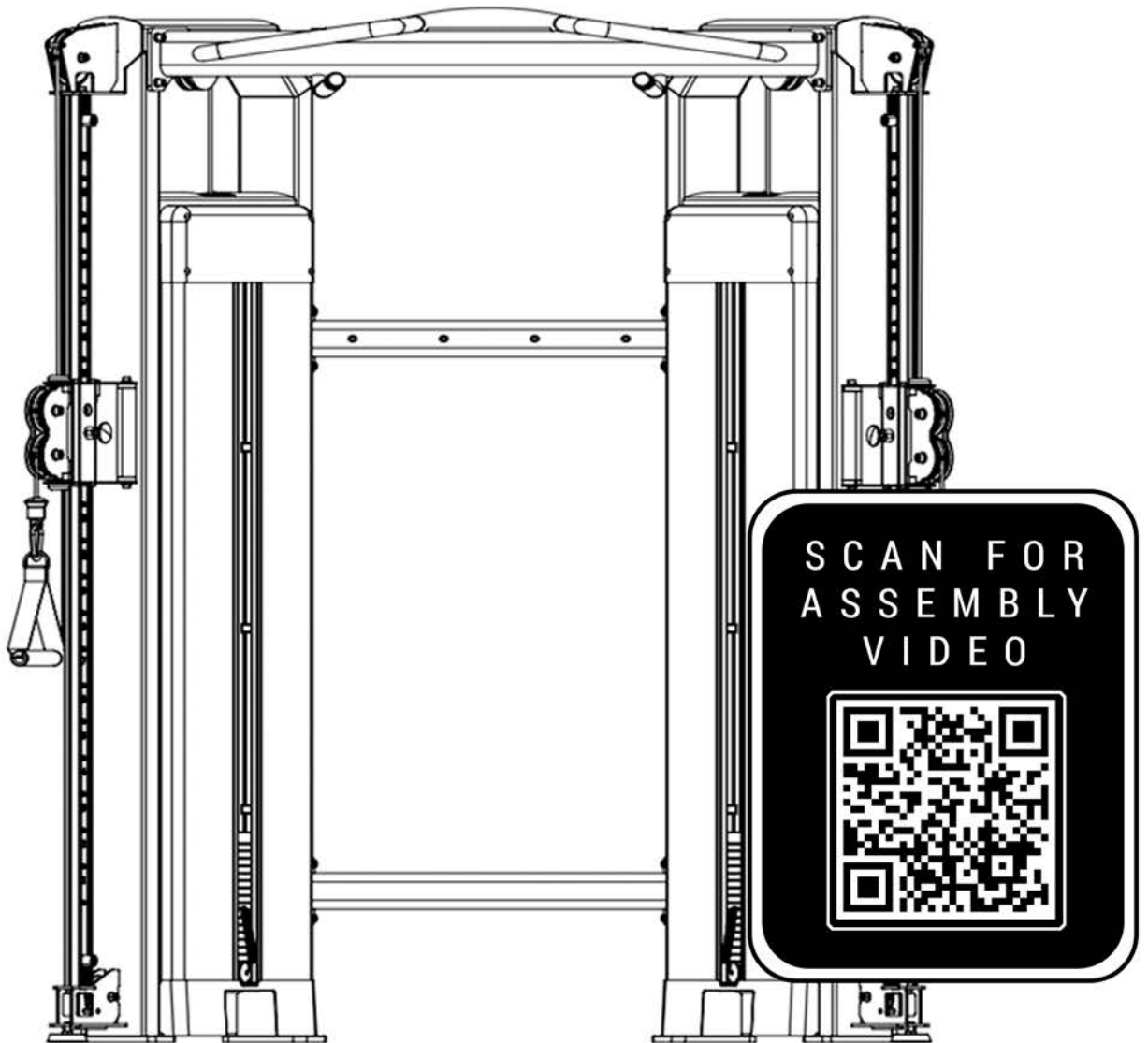


# XMARK

## ASSEMBLY INSTRUCTIONS



# FT-9040

XMARKFITNESS.COM



We at XMARK truly appreciate your business and are grateful for the trust you've placed in us. We sincerely hope you are satisfied with your purchase.

Don't forget to register your product. We've made registration fast and easy by using the QR code below or by simply visiting [xmarkfitness.com/register](http://xmarkfitness.com/register). By doing so, you will have the opportunity to receive our product promotions, newsletters and more.



If we can be of assistance with your product assembly or any other concern, please reach out to us at [service@xmarkfitness.com](mailto:service@xmarkfitness.com). Our staff is trained and ready to assist you.

## IMPORTANT SAFETY INFORMATION

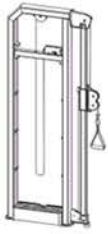
Before using this unit or starting any exercise program, consult your physician. This is especially important for people over the age of 35 and/or people with pre-existing health problems. XMARK assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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.
- Walking or running shoes and the appropriate clothing should be worn when using this unit
- 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 technician. Failure to follow these instructions will void the warranty.

# PARTS



#1 LEFT FRAME



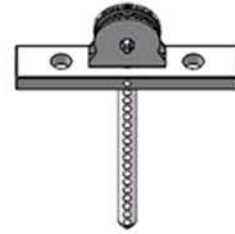
#2 RIGHT FRAME



#13 CONNECTING FRAME



#12 CONNECTING FRAME



#27 TOP PLATE



#10 TOP BEAM



#25 GUIDE ROD



#28 GUIDE ROD PLATE



#26 WEIGHTS



#29 PIN



#39 UPPER GUARD



#21 LOWER GUARD



#23 WEIGHT BASE



#24 RUBBER PAD



#20 HEX SCREW (M8\*20)



#22 HEX SCREW (M5\*15)



#40 BAFFLE PLATE



#38 DECO PLATE



#11 HEX SCREW (M10\*25)



#32 SPOOL SHAFT



#36 BAFFLE



#37 DECO STRIP



#7 SPRING WASHER



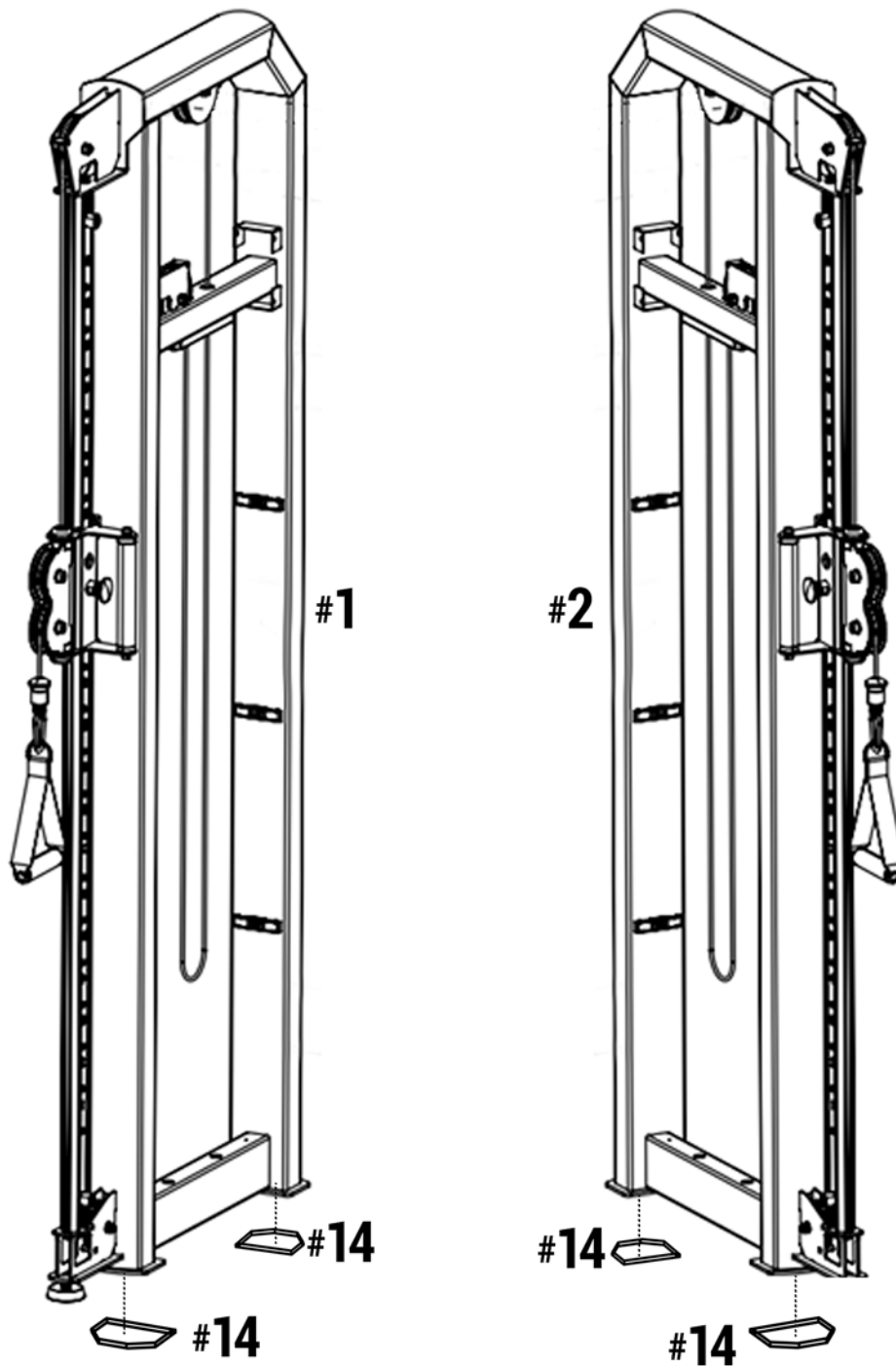
#8 FLAT WASHER



#33 LOCK NUTS

# STEP 1

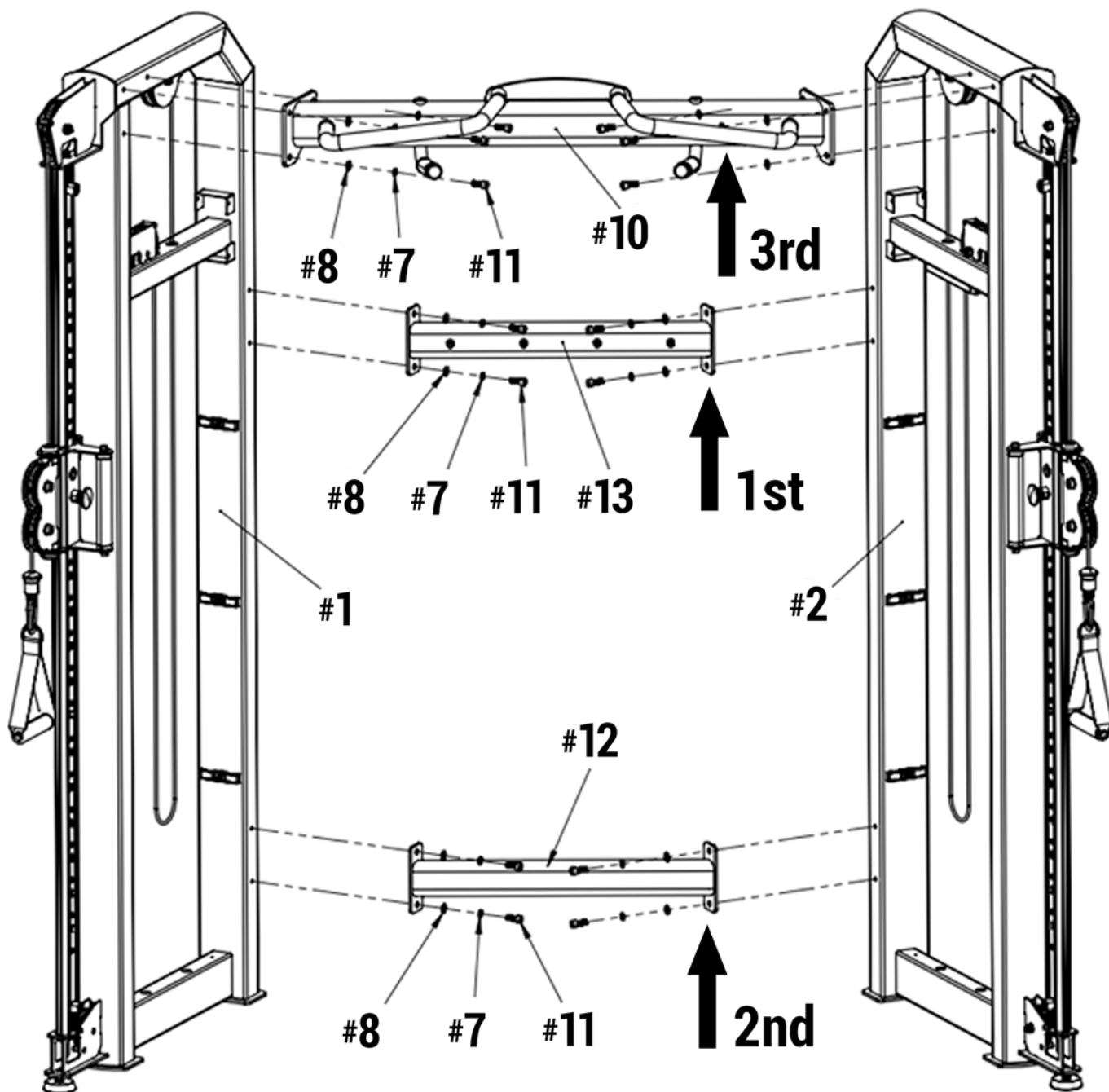
TWO PEOPLE ARE REQUIRED FOR ASSEMBLY



ENSURE RUBBER FEET ARE INSTALLED

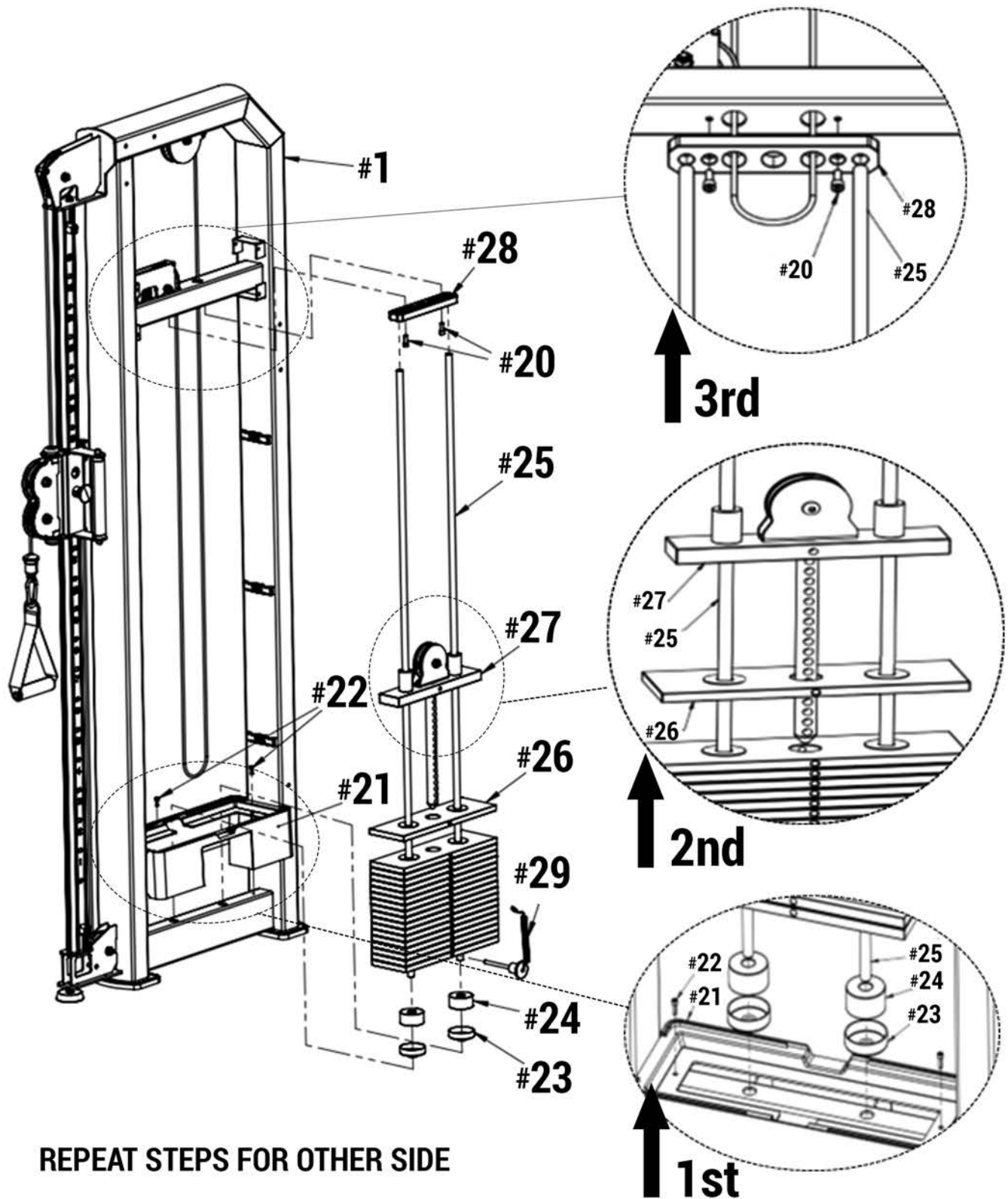
# STEP 2

TWO PEOPLE ARE REQUIRED FOR ASSEMBLY



WRENCH TIGHTEN THE BOLTS BEFORE MOVING TO THE NEXT STEP

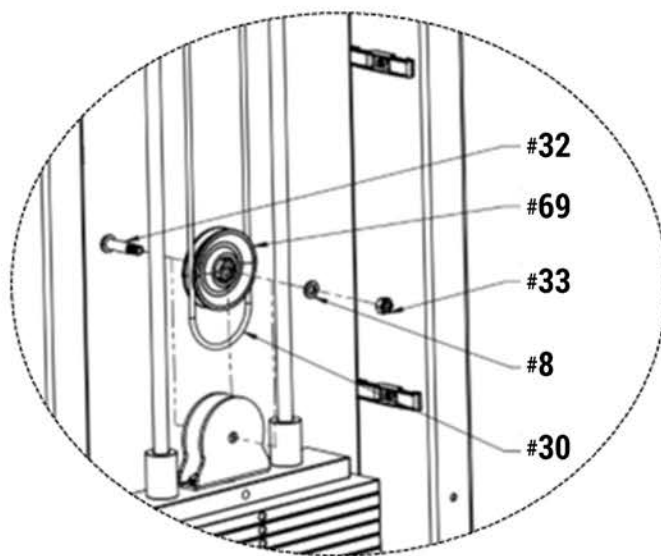
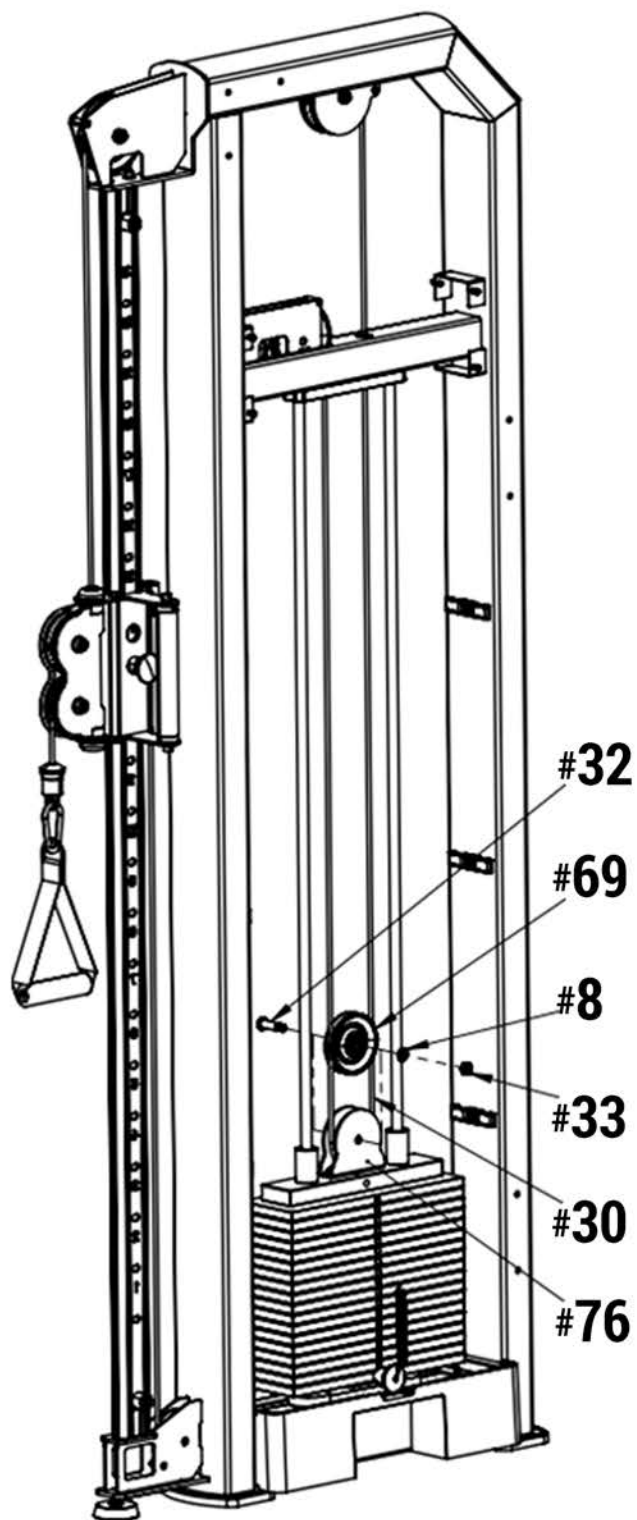
# STEP 3



REPEAT STEPS FOR OTHER SIDE

WRENCH TIGHTEN THE BOLTS BEFORE MOVING TO THE NEXT STEP

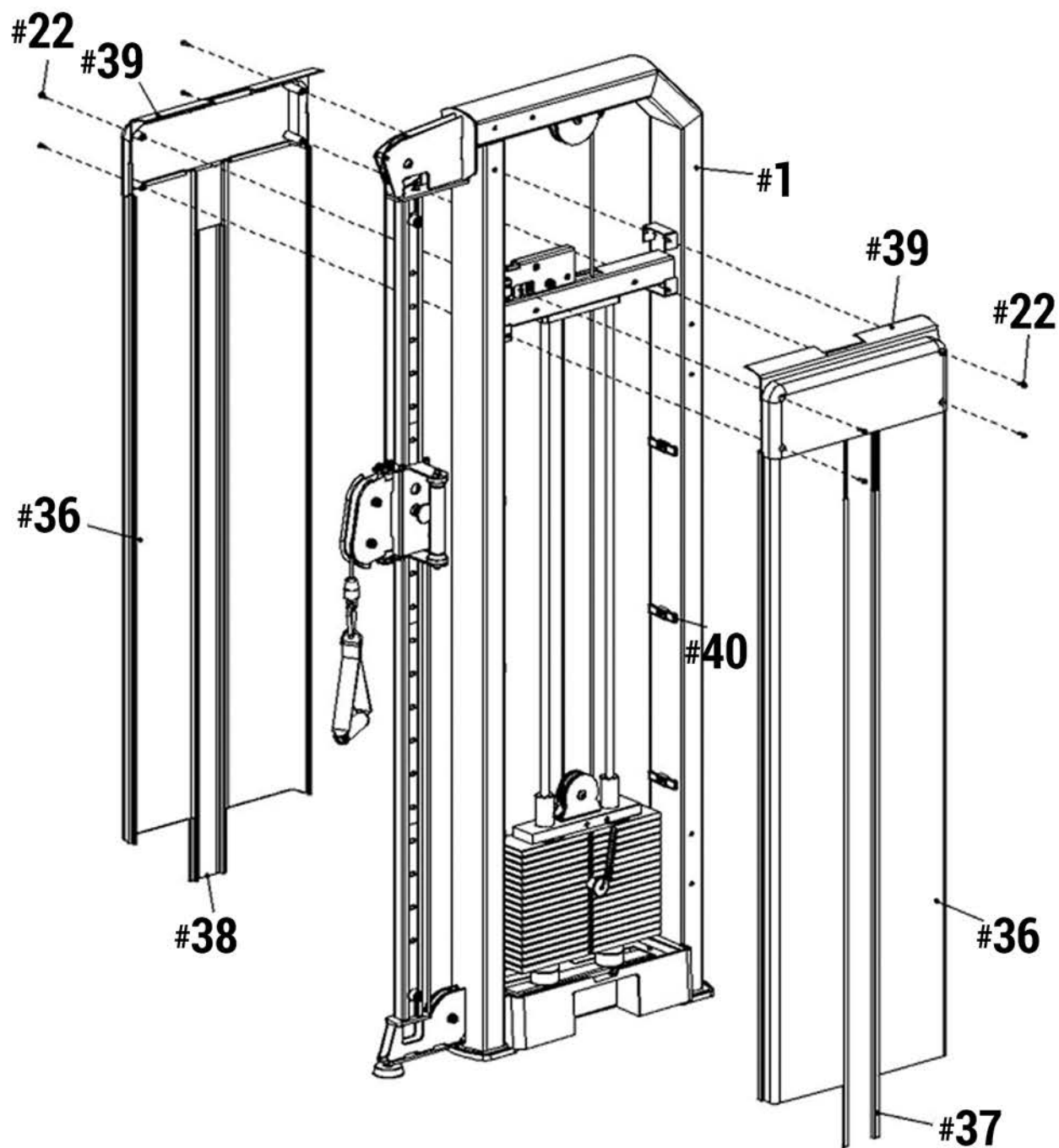
# STEP 4



**REPEAT STEPS FOR OTHER SIDE**

**WRENCH TIGHTEN THE BOLTS BEFORE MOVING TO THE NEXT STEP**

# STEP 5



**REPEAT STEPS FOR OTHER SIDE**

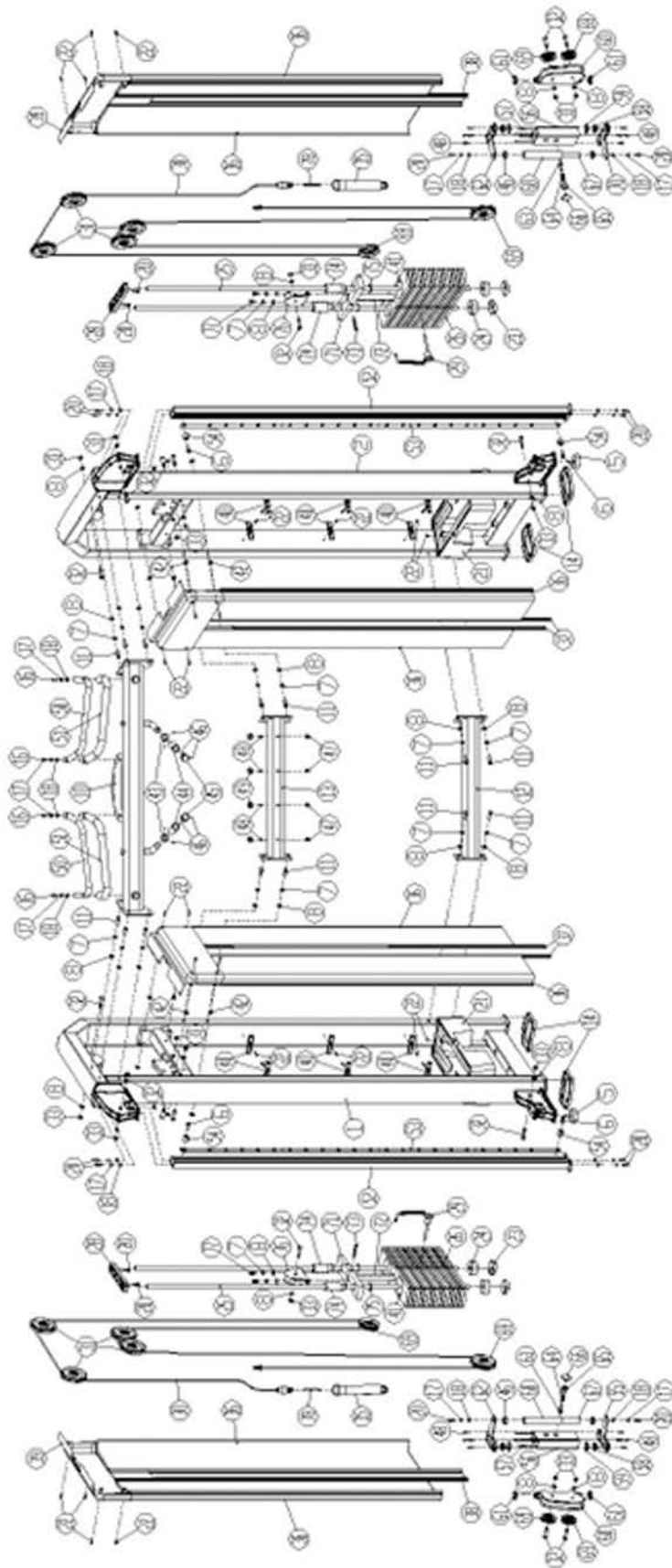
**WRENCH TIGHTEN THE BOLTS**



# COMPLETE PARTS LIST

PART#	DESCRIPTION	QTY	PART#	DESCRIPTION	QTY
1	LEFT FRAME	1	43	HANDLE LIMIT RING	6
2	RIGHT FRAME	1	44	UNIVERSAL GRIP-100	2
5	ADJUSTABLE FOOT PAD	2	45	HANDLE END CAP	2
6	HEXAGON SOCKET HEAD SCREW (M10*20)	8	46	CONE HEAD THREAD (M5*4)	8
7	SPRING WASHER (10)	20	47	HOOK SHAFT	4
8	FLAT WASHER (10)	36	48	HEXAGON SOCKET HEAD SCREW (M6*16)	20
10	TOP BEAM	1	49	20 HOLE PLUG	4
11	HEXAGON SOCKET HEAD SCREW (M10*25)	14	50	CROSSBEAM HANDRAIL TUBE	2
12	CONNECTING FRAME	1	51	CROSSBEAM ARMREST GRIP	2
13	CONNECTING FRAME	1	52	SMITH SLIDE ROD	2
14	WEIGHTED FOOT PAD	4	53	SLIDE BAR ADJUSTING PLATE	2
16	HEXAGON SOCKET HEAD SCREW (M8*30)	4	54	UNIVERSAL STOP SLEEVE	4
17	SPRING WASHER (8)	16	55	LEFT SLIDE	1
18	FLAT WASHER (8)	16	56	SLIDING SLEEVE	2
20	HEXAGON SOCKET HEAD SCREW (M8*20)	16	57	SLIDER	8
21	LOWER COUNTERWEIGHT GUARD	2	58	DEEP GROOVE BALL BEARING (61805)	4
22	HEXAGON SOCKET HEAD SCREW (M5*15)	32	59	OUTER COLLAR (Φ37)	4
23	WEIGHT BASE	4	60	CHUTE REEL BOX	2
24	RUBBER PAD	4	61	REEL BOX FIXING NUT	4
25	GUIDE ROD	4	62	SLIDING SLEEVE FIXING PLATE	2
26	WEIGHTS	36	63	SLIDING SLEEVE PULL PIN	2
27	TOP PLATE	2	64	PULL PIN SPRING	2
28	GUIDE ROD PLATE	2	65	SLIDING SLEEVE HANDLE TUBE (LEFT)	2
29	PIN	2	66	HANDLE	2
30	CABLE	2	67	SLIDING SLEEVE HANDLE TUBE (RIGHT)	2
31	120 REELS	10	68	SLIDING HANDLE GLOVE	2
32	SPOOL SHAFT-32	16	69	95 CABLE REEL	4
33	HEXAGON SELF-LOCKING NUTS (M10)	16	70	RIGHT SLIDE	1
35	SMITH HANDLE	2	71	GUIDE BLOCK	2
36	BAFFLE	8	72	CENTER ROD 18 HOLES	2
37	DECORATIVE STRIP	4	73	GUIDE BLOCK ELASTIC CYLINDRICAL PIN	2
38	DECORATIVE PLATE	2	74	UNIVERSAL GUIDE SLEEVE	4
39	UPPER COUNTERWEIGHT GUARD	4	75	OUTER COLLAR (Φ30)	4
40	BAFFLE PLATE	12	76	95 CABLE BOX	2
41	COUNTERWEIGHT SPACER	72	77	HEXAGON SOCKET HEAD SCREWS (M10*20)	4
42	FAST WIRE COLLAR (M5)	16	78	COLLAR	2

# EXPLODED VIEW





Sharing your thoughts will not only brighten our day but also guide fellow customers towards a great experience. We're committed to delivering excellence, and your review fuels our motivation to continue doing so.

Thank you for choosing us. We can't wait to hear about your positive encounter!



---

## M A K E Y O U R M A R K

Thanks again for choosing XMARK We can't wait to see the magic you've captured! Share with us on our social channels

**#XMARKFITNESS**



---

If we can be of assistance with your product assembly or any other concern, please reach out to us at [service@xmarkfitness.com](mailto:service@xmarkfitness.com) or call us at 1-800-719-4605. Our staff is trained and ready to assist you.

X M A R K F I T N E S S . C O M