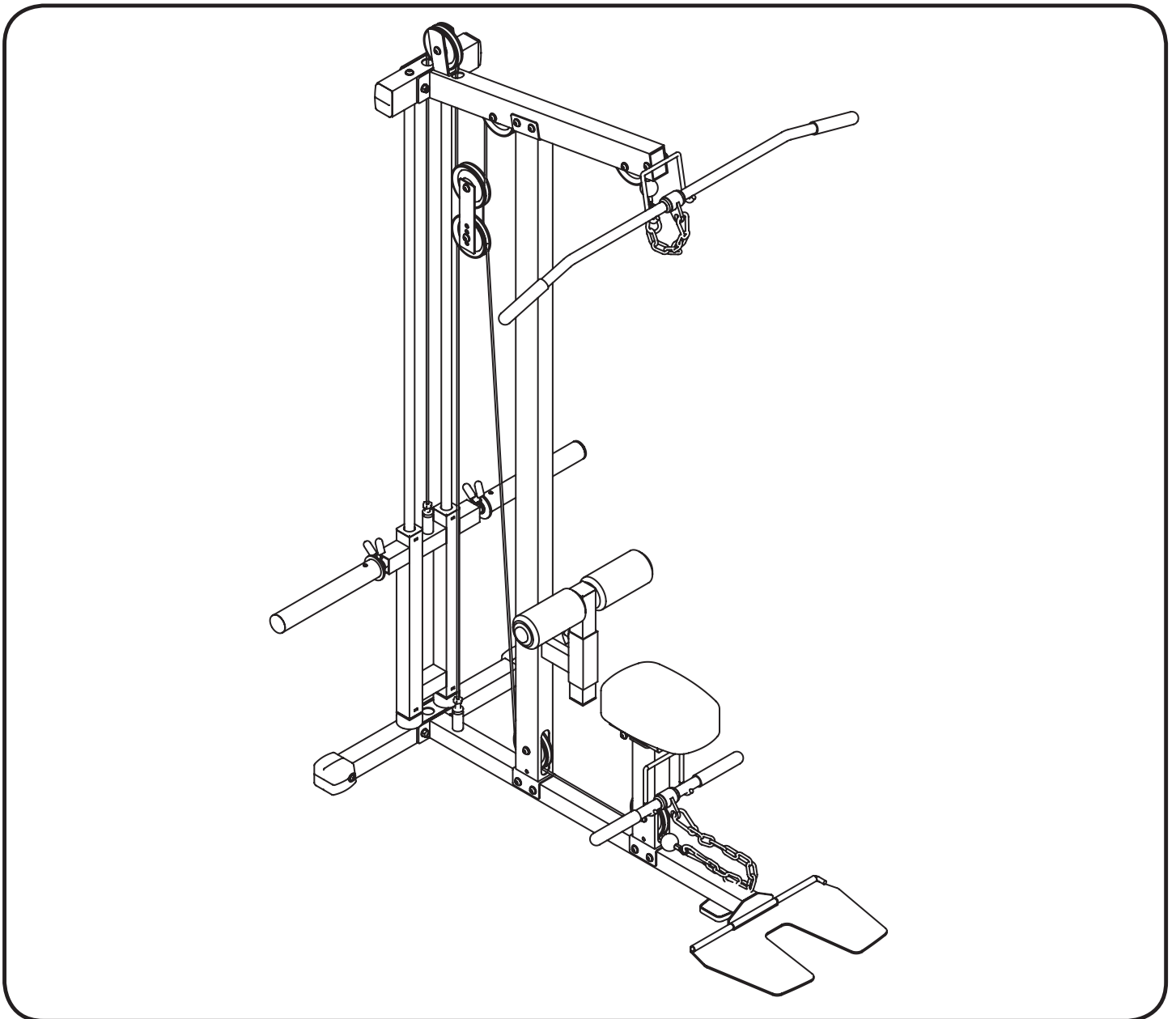


**XMARK**

***XM-7618***

**LAT MACHINE**

**Owner's Manual**



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# Important Safety Information

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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 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 and for easier cleaning.
- 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.

## Before You Start

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**THANK YOU** for making this unit a part of your exercise program. XMark assures the very best in value, appearance, durability and biomechanics.

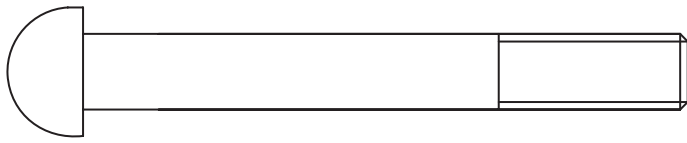
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMark help line. We have trained service technicians on site to take care of you, our valued customer.

**Please visit [www.xmarkfitness.com](http://www.xmarkfitness.com) for warranty information**

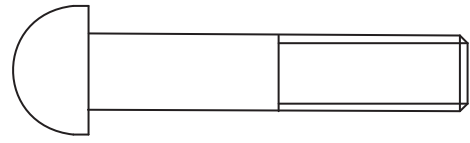


**HOLD YOUR  
PHONE'S  
CAMERA  
OVER CODE  
TO VIEW  
ASSEMBLY  
VIDEO**

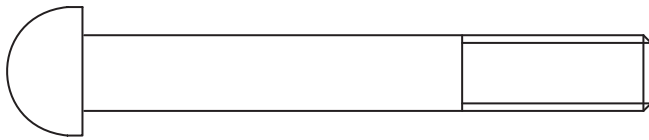
**QUESTIONS?  
EMAIL: [SERVICE@XMARKFITNESS.COM](mailto:SERVICE@XMARKFITNESS.COM)**



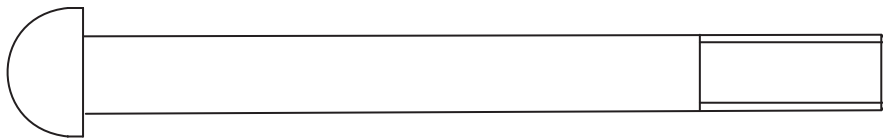
[34#] M10\*80 4pcs



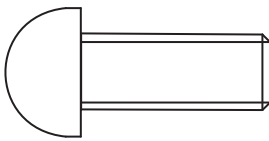
[38#] M10\*50 3pcs



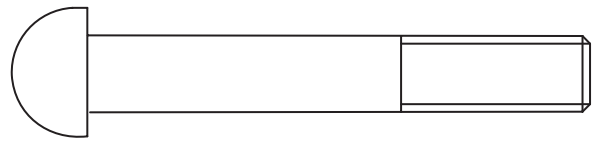
[33#] M10\*75 14pcs



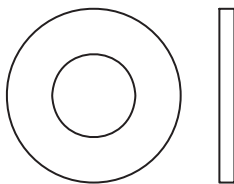
[35#] M10\*115 1pc



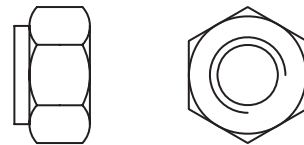
[36#] M10\*25 4pcs



[32#] M10\*65 1pc



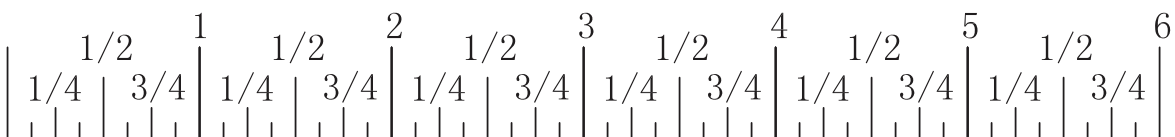
[31#] Ø11\*Ø20\*2 46pcs



[37#] M10 19pcs



Millimeters



Inches

# Assembly

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

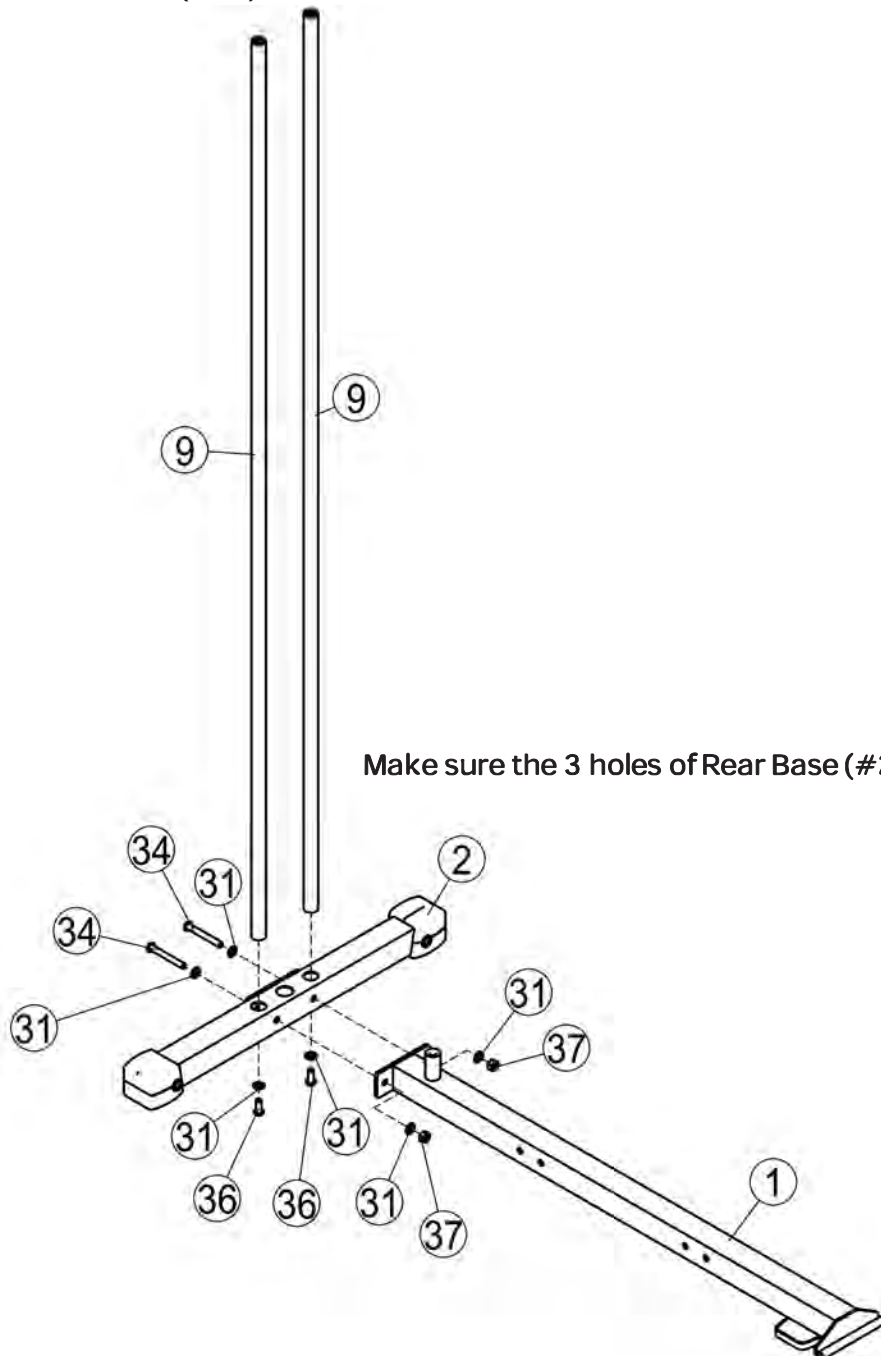
**STEP 1:** Connect **Main Base (#1)** to the **Rear Base (#2)** using:

- 2 x Button Head Cap Screws (#34)
- 4 x Flat Washers (#31)
- 2 x Nylon Locknuts (#37)

**-Make sure the 3 holes of Rear Base (#2) are on the top!**

**STEP 2:** Attach two **Guide Rods (#9)** to the **Rear Base (#2)** using:

- 2 x Button Head Cap Screws (#36)
- 2 x Flat Washers (#31)



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

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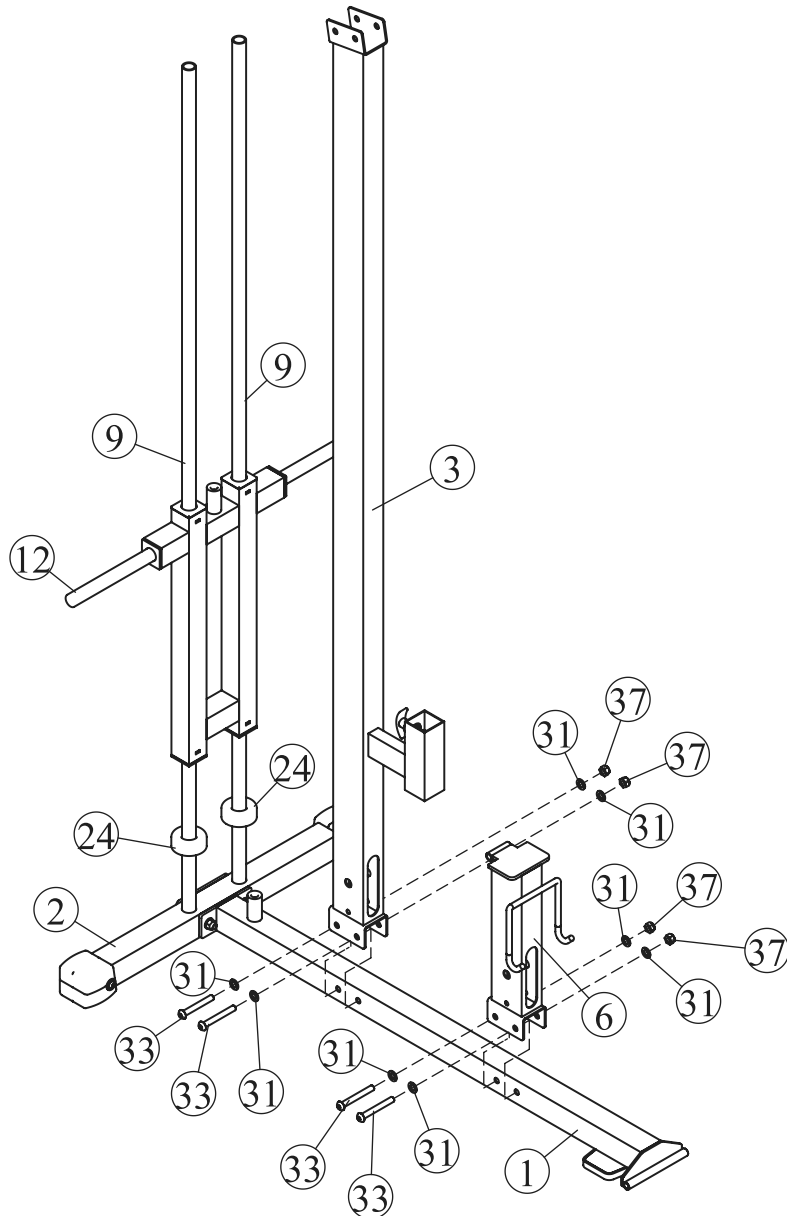
**STEP 3:** Slide **Weight Bumpers (#24)** and **Weight Support (#12)** onto **Guide Rods (#9)** as shown.

**STEP 4:** Connect **Upright (#3)** to the **Main Base (#1)** using:

- 2 x Button Head Cap Screws (#33)
- 4 x Flat Washers (#31)
- 2 x Nylon Locknuts (#37)

**STEP 5:** Attach **Seat Support (#6)** to **Main Base (#1)** using:

- 2 x Button Head Cap Screws (#33)
- 4 x Flat Washers (#31)
- 2 x Nylon Locknuts (#37)



# Assembly

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

**STEP 6:** Slide **Top Cross Frame (#5)** on top of **Guide Rods (#9)** and secure using:

- 2 x Button Head Cap Screws (#36)
- 2 x Flat Washers (#31)

**STEP 7:** Attach **Top Frame (#4)** to the **Upright (#3)** using:

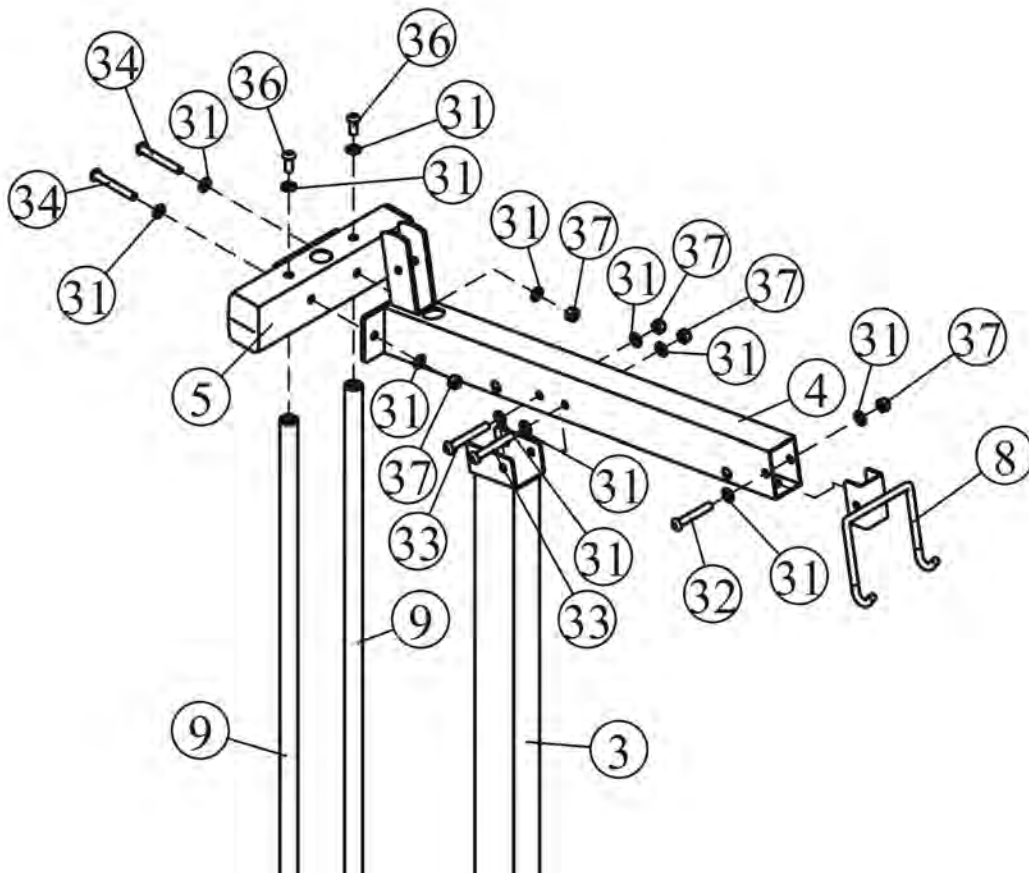
- 2 x Button Head Cap Screws (#33)
- 2 x Nylon Locknuts (#37)
- 4 x Flat Washers (#31)

**STEP 8:** Attach **Top Frame (#4)** to the **Top Cross Frame (#5)** using:

- 2 x Button Head Cap Screws (#34)
- 2 x Nylon Locknuts (#37)
- 4 x Flat Washers (#31)

**STEP 9:** Attach **Lat Bar Hook (#8)** to **Top Frame (#4)** using:

- 1 x Button Head Cap Screw (#32)
- 1 x Nylon Locknut (#37)
- 2 x Flat Washers (#31)





# Assembly

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

**STEP 10:** Start by attaching the **High Pully Cable (#15)** to **Slide Weight Support (#12)** using:

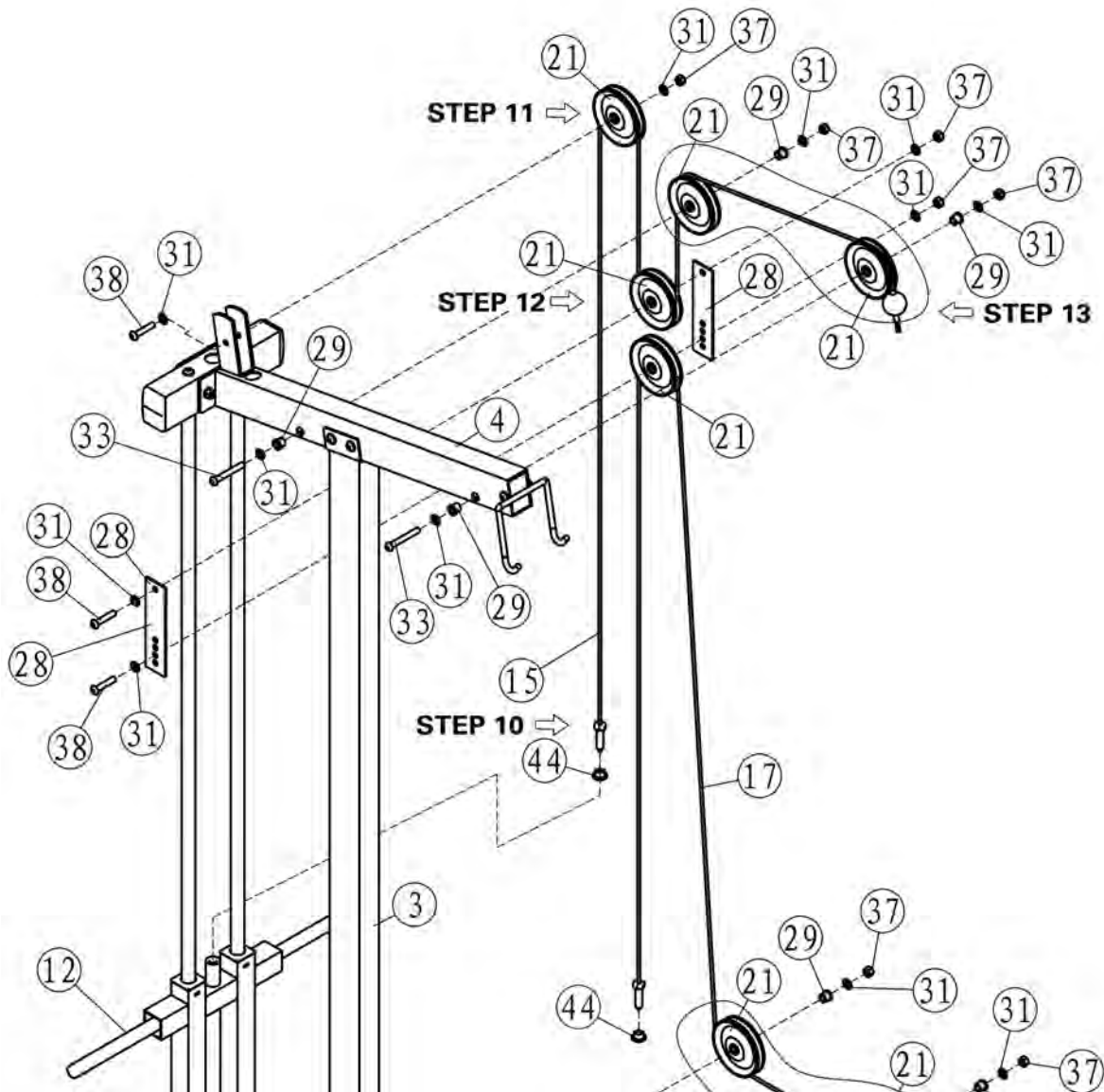
- 1 x 1/2"-12 Jam Nut (#44)

**STEP 11:** Attach a **Pulley (#21)** to the **Top Frame (#4)** using:

- 1 x Button Head Cap Screw (#38)
- 1 x Nylon Locknut (#37)
- 2 x Flat Washers (#31)

**STEP 12:** Attach two **Pulleys (#21)** to the **Pulley Plates (#28)** using:

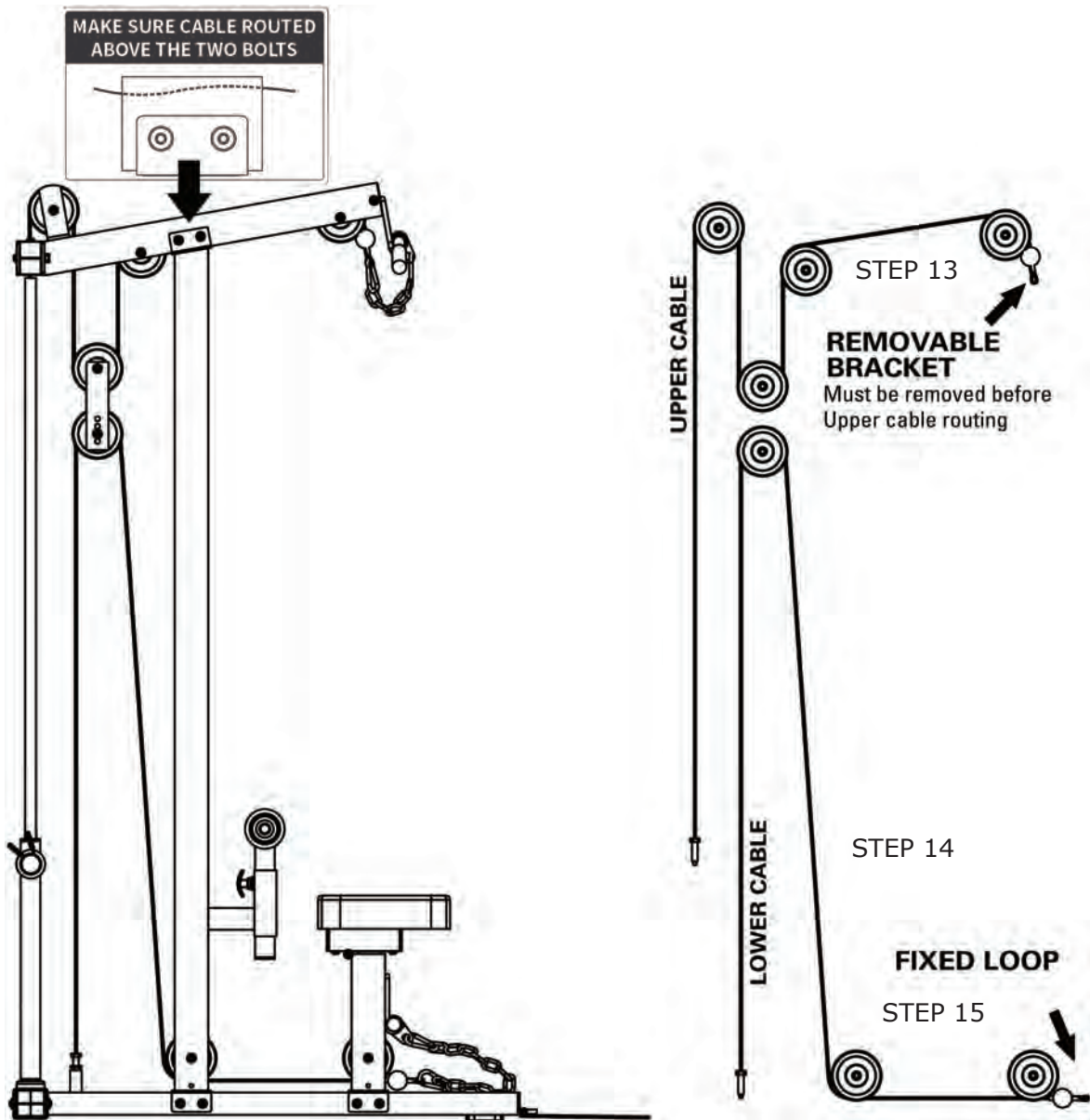
- 1 x Button Head Cap Screw (#38)
- 1 x Nylon Locknut (#37)
- 2 x Flat Washer (#31)



# Assembly

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

Before STEP 13 route the UPPER CABLE as shown making sure the cable is routed over the 2 Button Head Cap Screws (#38). **Not doing so will damage the cable!**



**STEP 13:** Attach two **Pulleys (#21)** to the **Top Frame (#4)** using:

- 2 x Button Head Cap Screw (#33)
- 2 x Nylon Locknut (#37)
- 4 x Flat Washer (#31)
- 4 x Pulley Spacer (#29)

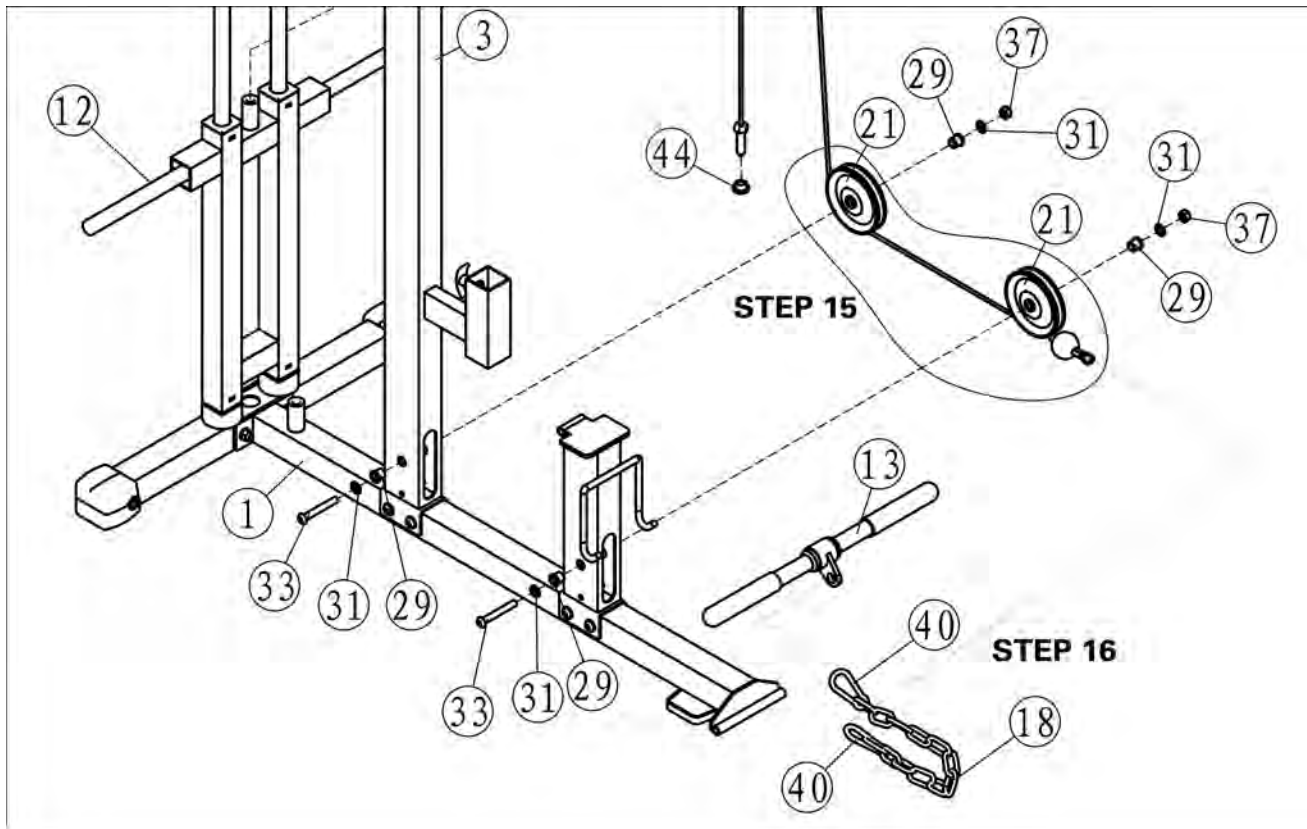
**STEP 14:** Route the Low Pulley Cable by feeding the cable through the seat post, upright Frames the up and over the lower pulley on the pulley plates. Finish by screwing the jam nut into the main base.

# Assembly

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

**STEP 15:** Attach two **Pulleys (#21)** to **Upright (#3)** & **Seat Support (#6)** using:

- 2 x Button Head Cap Screw (#33)
- 2 x Nylon Locknut (#37)
- 4 x Flat Washer (#31)
- 4 x Pulley Spacer (#29)

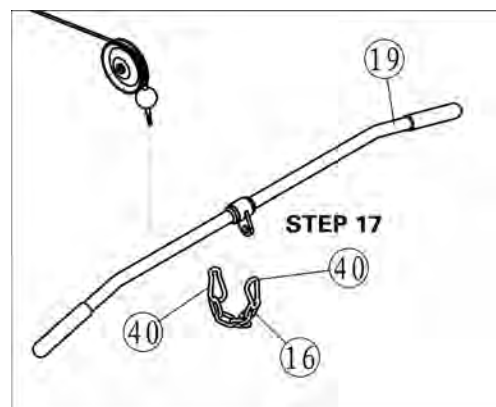


**STEP 16:** Attach the **Short Bar (#13)** to the **Low Pully Cable (#17)** using:

- 2 x Gear Hook (#40)
- 1 x Long Chain 12 (#18)

**STEP 17:** Attach the **Long Bar (#19)** to the **High Pully Cable (#15)** using:

- 2 x Gear Hook (#40)
- 1 x Short Chain 4 (#16)



# Assembly

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

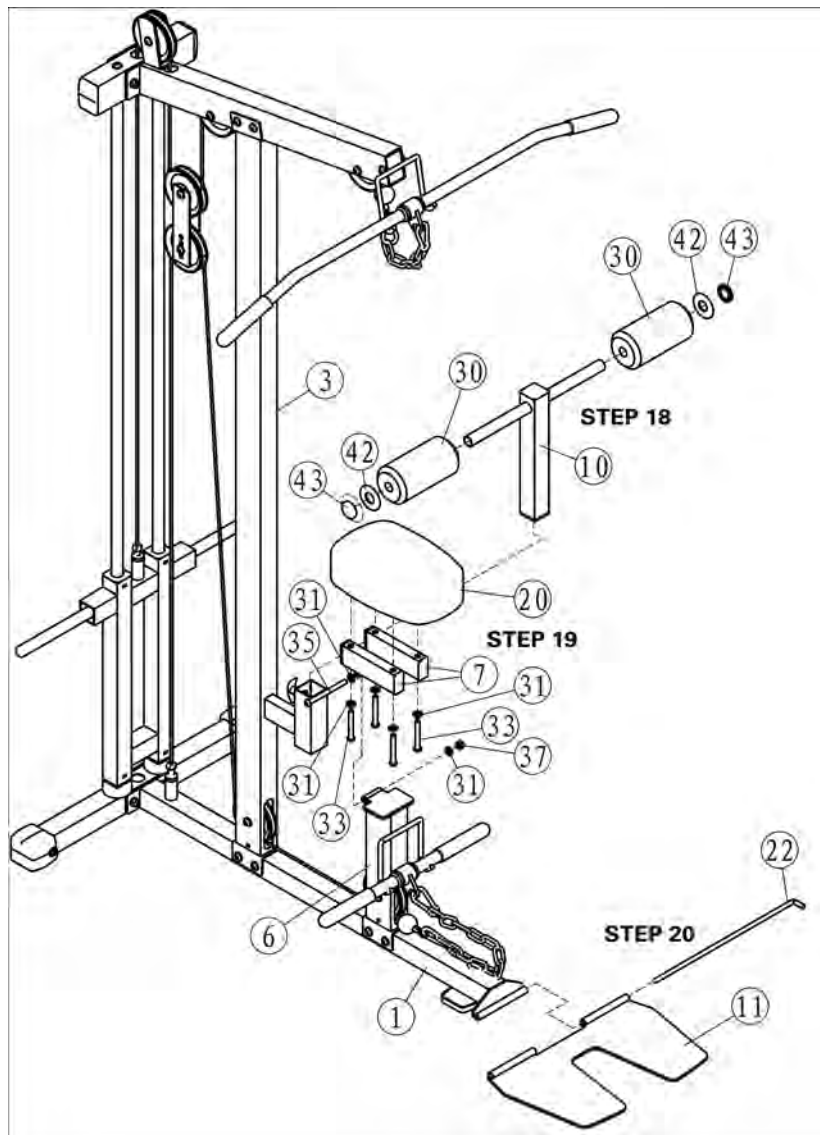
**STEP 18:** Complete leg hold down assembly using:

- 1 x Roller Pad Frame (#10)
- 2 x Plastic Washers (#42)
- 2 x Foam Paddings (#30)
- 2 x Metal End Caps (#43)

**STEP 19:** Complete Seat Pad (#20) assembly using:

- 2 x Seat Pad Tubes (#7)
- 4 x Button Head Cap Screws (#33)
- 1 x Nylon Locknut (#37)
- 1 x Button Head Cap Screw (#35)
- 6 x Flat Washers (#31)

**STEP 20:** Slide "L" Pin (#22) through holes in Foot Plate (#11) and Main Base (#1).



# Assembly **NOTE: Wrench Tighten above all bolts and Nylon Locknuts.**

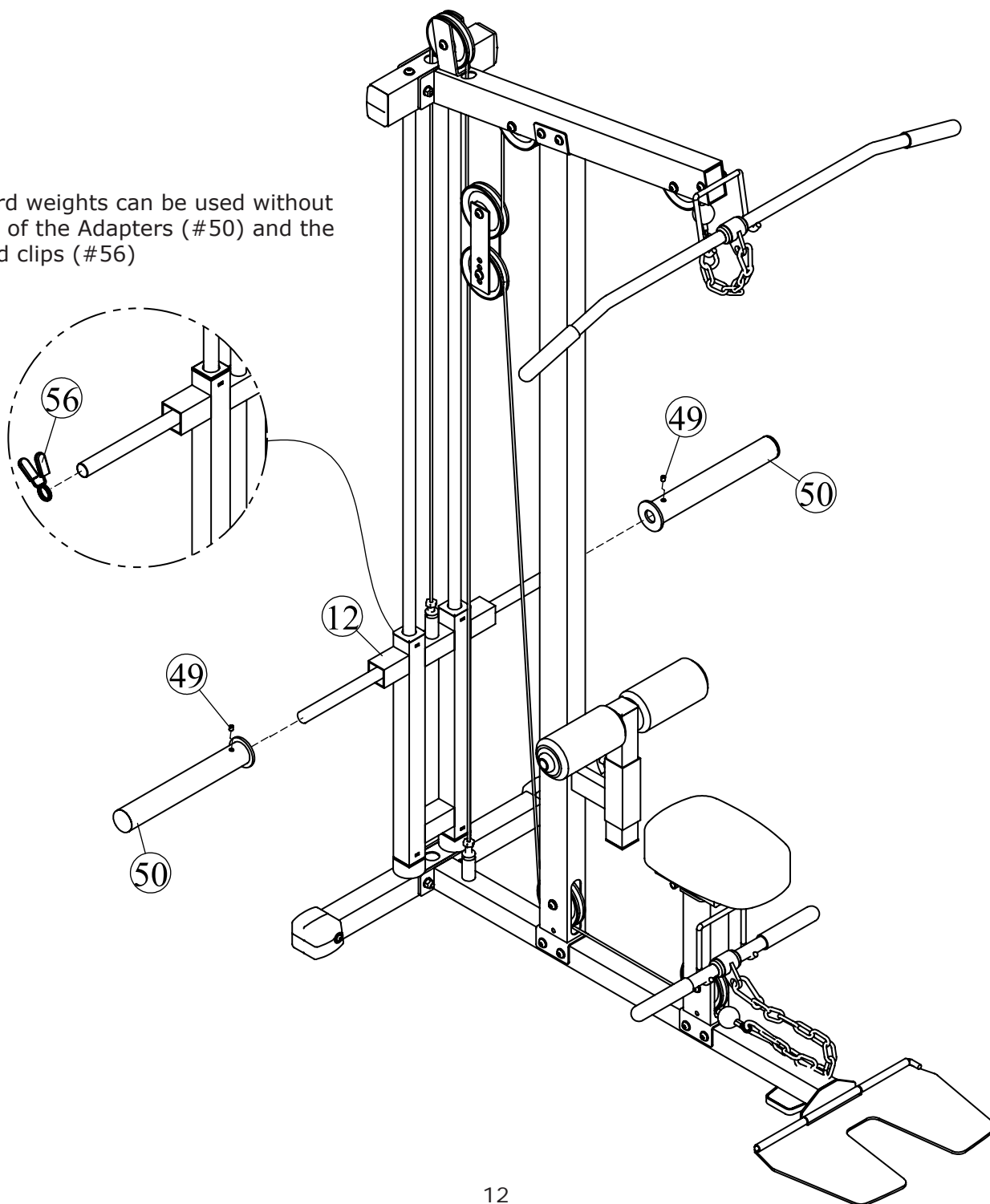
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**STEP 21:** Slide two **Adapters (#50)** to the **Weight Support (#12)** and secure using:

- 2 x **Screws (#49)** (preinstalled)

Apply Lubricant to Guide Rods as rubbing occurs

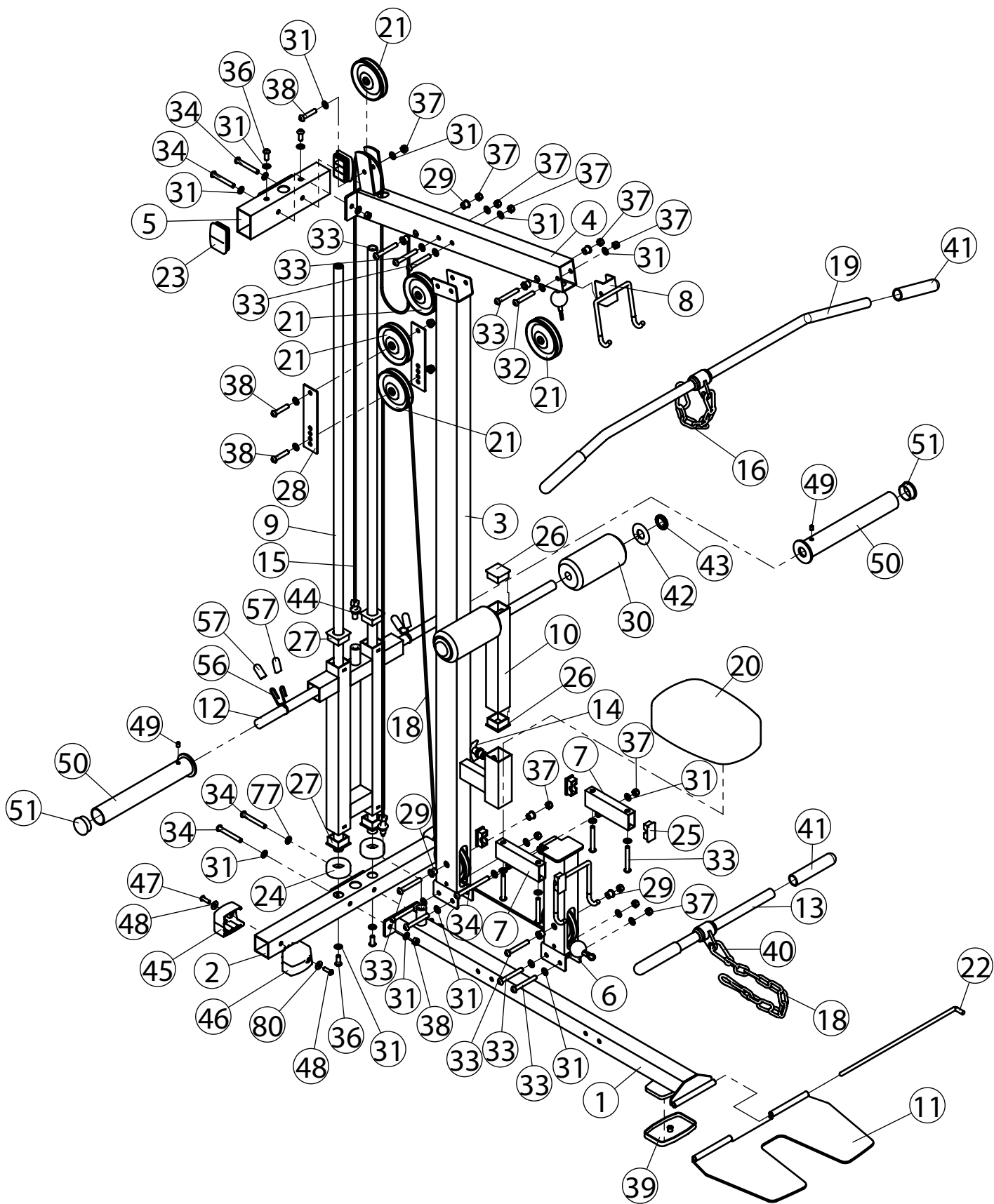
Standard weights can be used without the use of the **Adapters (#50)** and the included clips (**#56**)



## XM-7618 Parts List

Ref #	Part #	Description	Qty
1	P00279	Main Base	1
2	P00280	Rear Base	1
3	P00449	Upright	1
4	P00450	Top Frame	1
5	P00451	Top Cross Frame	1
6	P00452	Seat Support	1
7	P00453	Seat Pad Tube	2
8	P00676	Lat Bar Hook GYM	1
9	P00454	Guide Rod	2
10	P00455	Roller Pad Frame	1
11	P00281	Foot Plate	1
12	P00005	Weight Support	1
13	P00655	Short Bar	1
14	P00664	Pop Pin XM Series	1
15	P00456	High Pully Cable	1
16	P00151	Short Chain 4	1
17	P00457	Low Pully Cable	1
18	P00526	Long Chain 12	1
19	P00686	Long Bar	1
20	P00085	Seat Pad	1
21	P00654	Pulley 4.5"	7
22	P00150	"L" Pin	1
23	P00249	Plug 50.8*76.2	2
24	P00585	Weight Bumper	2
25	P00578	Plug 25*50	4
26	P00182	Plug 44.5	2
27	P00567	Plastic Sleeve 44.5*25	4
28	P00675	Pulley Plate	2
29	P00646	Pulley Spacer $\Phi 11 * \Phi 16 * 15$	8
30	P00061	Foam Padding $\Phi 110 * \Phi 22 * 180$ XM SERIES	2
31	P00134	Flat Washer $\Phi 11 * \Phi 20 * 2$	46
32	P00608	Button Head Cap Screw M10*65	1
33	P00612	Button Head Cap Screw M10*75	14
34	P00613	Button Head Cap Screw M10*80	4
35	P00592	Button Head Cap Screw M10*115	1
36	P00597	Button Head Cap Screw M10*25	4
37	P00561	Nylon Locknut M10	19
38	P00604	Button Head Cap Screw M10*50	3
39	P00184	Base Pad	1
40	P00149	Gear Hook	4
41	P00014	Grip $\Phi 24 * 154$	4
42	P00140	Plastic Washer	2
43	P00062	Metal End Cap	2
44	P00429	Jam Nut 1/2"-12	2
45	P00153	Foot Cap, Right 50.8 XM Series	2
46	P00154	Foot Cap, Left 50.8 XM Series	2
47	P00636	Button Head Cap Screw M8*25	4
48	P00037	Flat Washer $\Phi 9 * \Phi 22 * 2$	4
49	P00121	Screw M8*12	2
50	P00644	Adapter	2
51	P00566	Plug 48	2
52	P00559	Hex Key S=4	1
53	P00560	Hex Key S=6	1
54	P00022	Wrench 17-19	1
55	P00679	Lubricant	1
56	P00570	Spring Clip	2
57	P00653	Spring Collar Plastic Grip	4
58	H00021	Bolt Pack, XM-7618	1
59	M00026	Owner's Manual XM-7618	1

# Exploded View





**7144 West Park Drive**  
**Shreveport, LA 71129**  
**Customer Service: 1-800-719-4605**