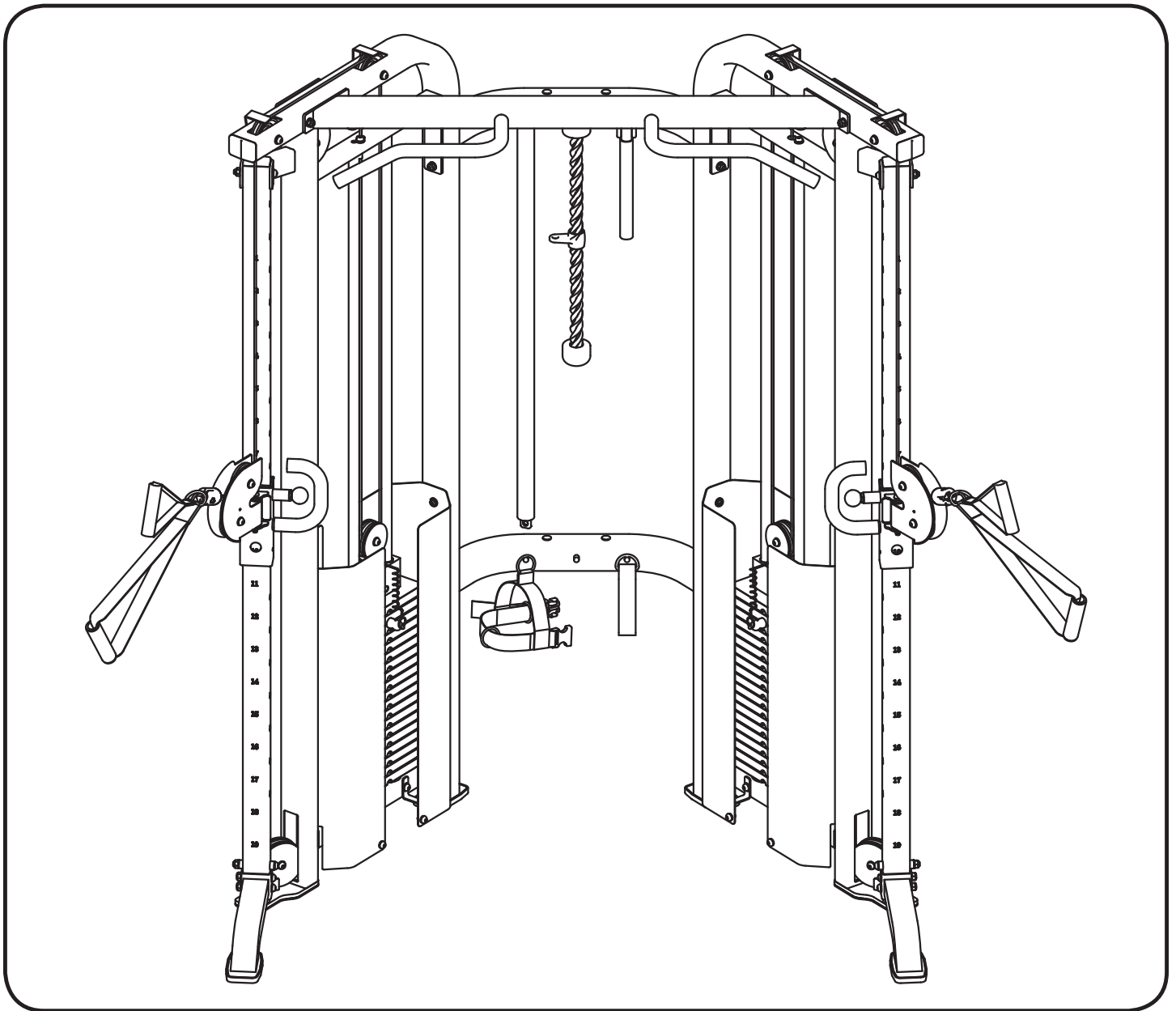




XM-7626.1

FUNCTIONAL TRAINER

Owner's Manual



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Assembly	5-16
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Important Safety Information

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



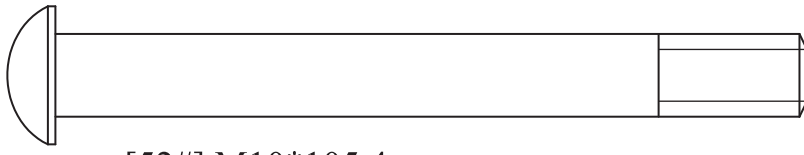
THANK YOU for making this unit a part of your exercise program. XMark assures the very best in value, appearance, durability and biomechanics.

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 service@xmarkfitness.com. We have trained service technicians on site to take care of you, our valued customer.

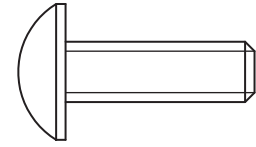


**HOLD YOUR
PHONE'S
CAMERA
OVER CODE
TO VIEW
ASSEMBLY
VIDEO**

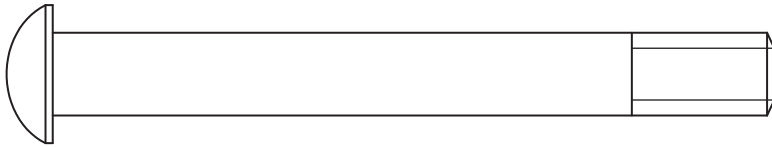
**QUESTIONS?
EMAIL: SERVICE@XMARKFITNESS.COM**



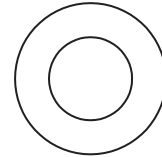
[52#] M10*105 4pcs



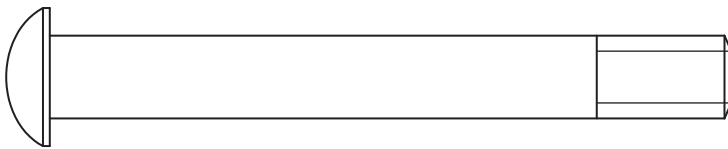
[58#] M8*15 12pcs



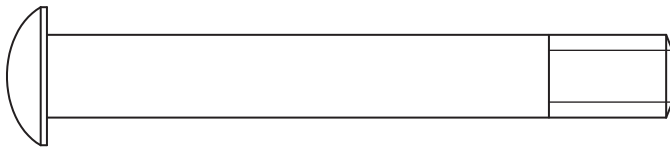
[53#] M10*100 10pcs



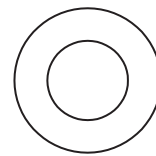
[60#] $\phi 11 * \phi 20 * 2$ 84pcs



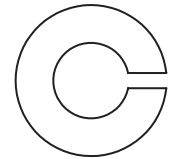
[54#] M10*95 2pcs



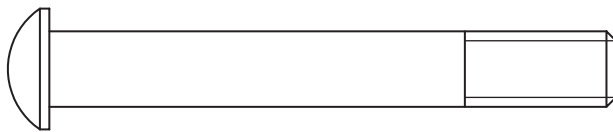
[55#] M10*80 4pcs



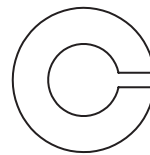
[62#] $\phi 9 * \phi 16 * 1.6$ 16pcs



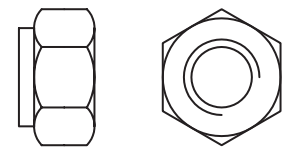
[61#] $\phi 10$ 4pcs



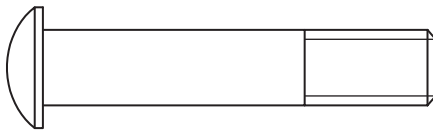
[56#] M10*75 4pcs



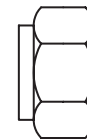
[63#] $\phi 8$ 12pcs



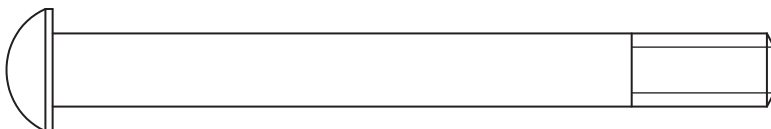
[64#] M10 40pcs



[57#] M10*50 16pcs



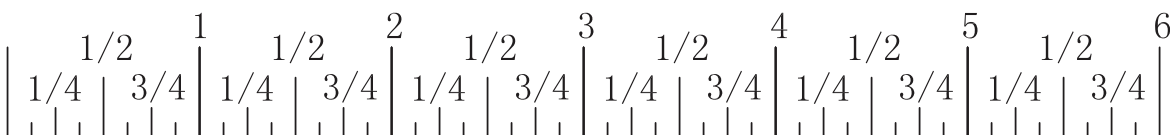
[65#] M8 2pcs



[59#] M8*100 2pcs



Millimeters



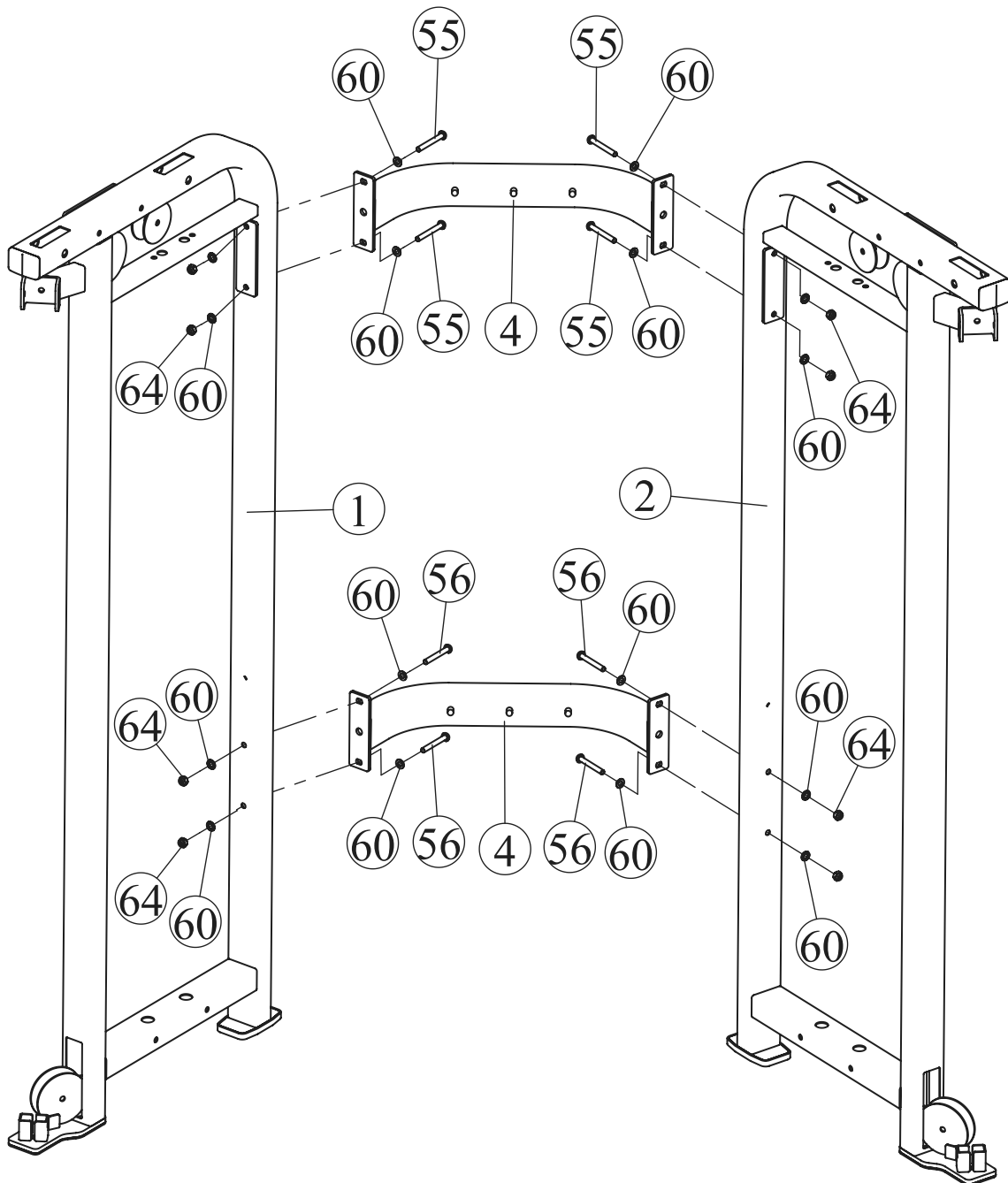
Inches

2 or more people are required. This makes the process of assembly faster and safer.

STEP 1: Connect **Left Frame (#1)** and the **Right Frame (#2)** with two **Rear beam (#4)** using:

- 2 x Button Head Cap Screw (#55)
- 4 x Button Head Cap Screw (#56)
- 16 x Flat washer (#60)
- 8 x Nylon lock nut (#64)

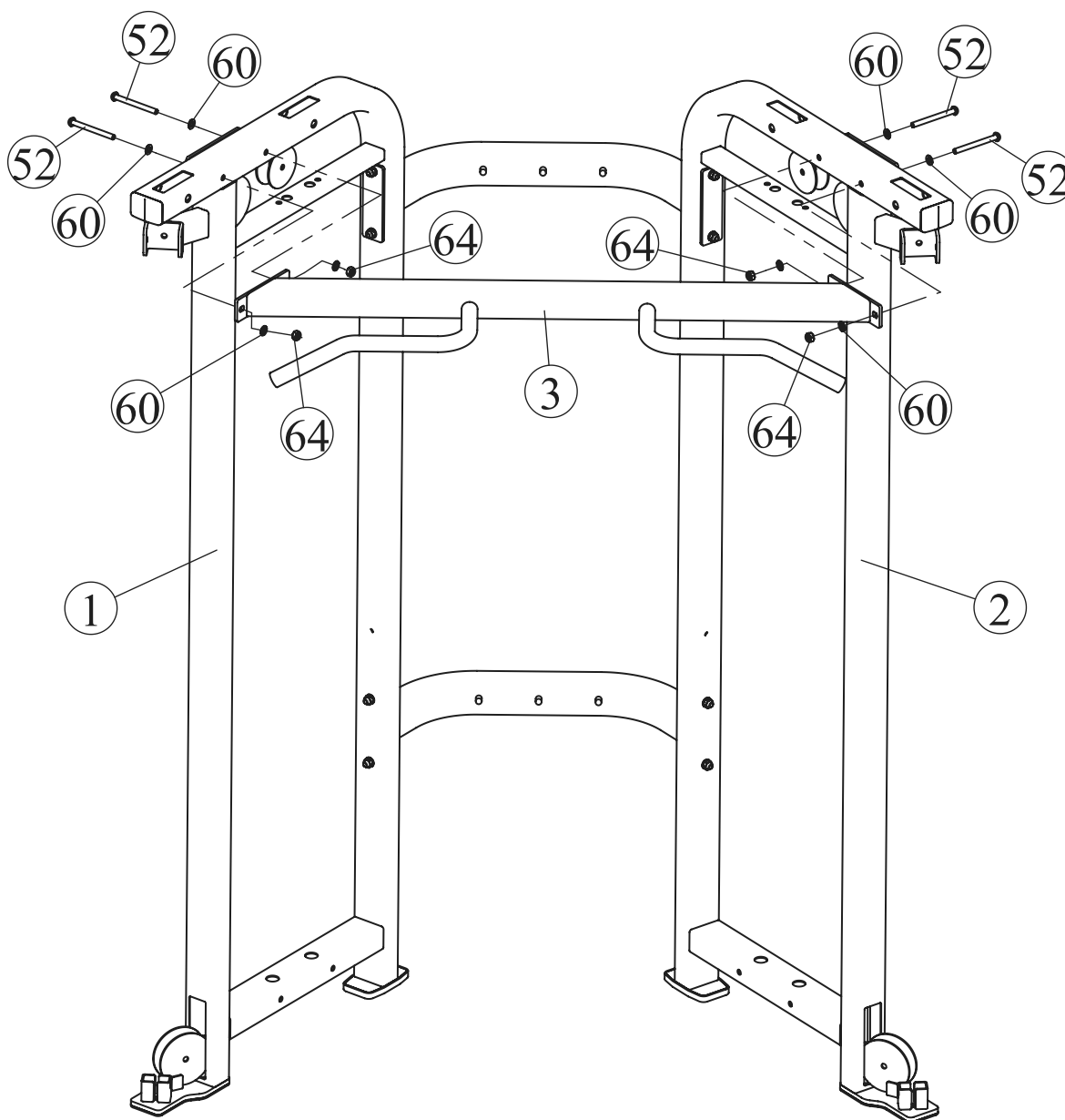
Wrench Tighten the bolts before moving to the next step



STEP 2: Connect **Main Top Beam (#3)** and the **Left Frame (#1)** and **Right Frame (#2)** using:

- 4 x Button Head Cap Screw (#52)
- 8 x Flat washer (#60)
- 4 x Nylon lock nut (#64)

Wrench Tighten the bolts before moving to the next step



STEP 3: Slide **Weight Bumpers (#37)** onto **Guide Rods (#19)** and place into **Left Frame (#1)**

Threaded end of Guide Rods should be on top.

Slide 19 **Weight Plates (#40)** onto **Guide Rods (#19)** with pin slot facing inward.

Slide **Top Plate (#34)** onto **Guide Rods (#19)** with pin slot facing inward.

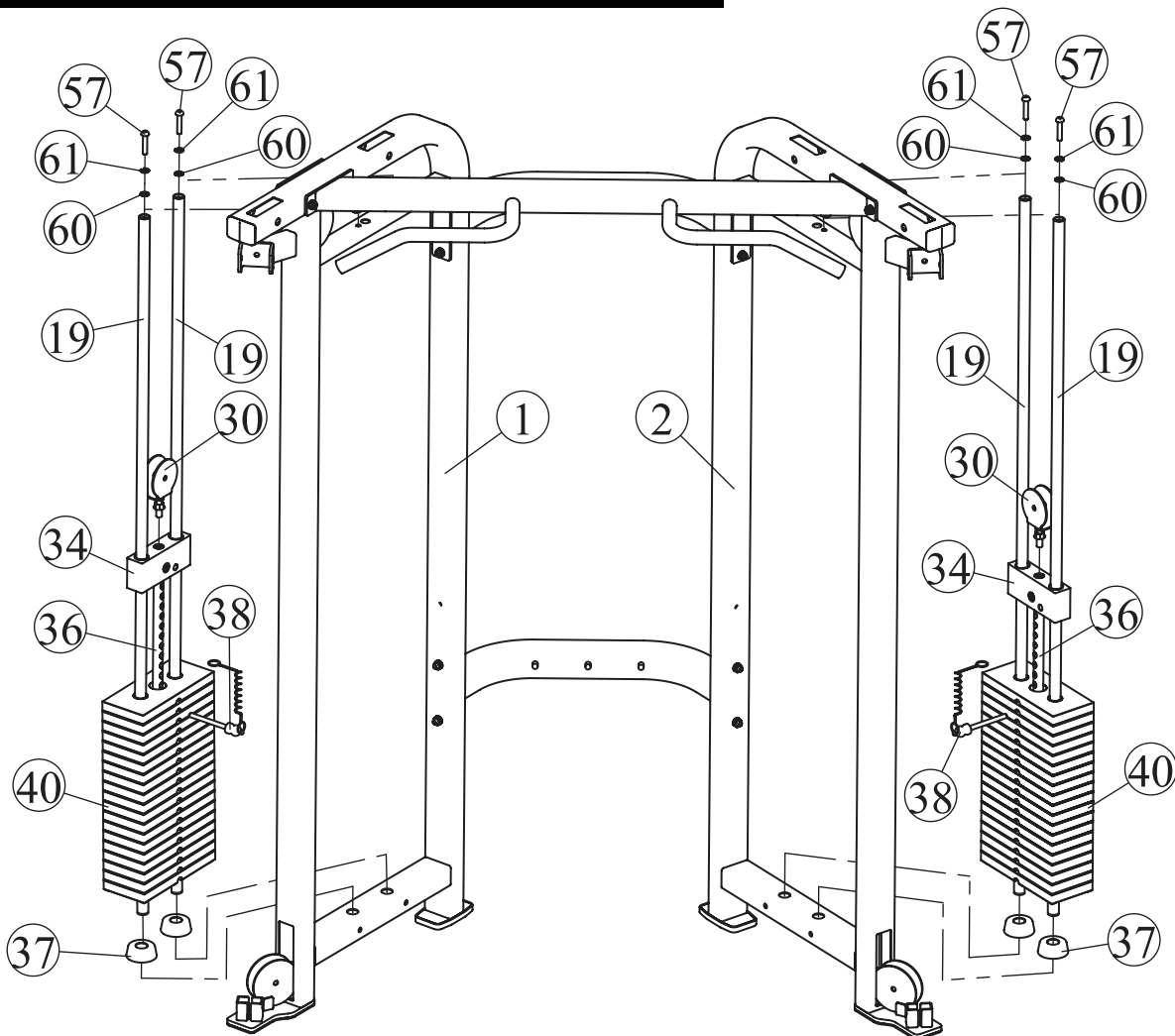
Attach **Pulley Bracket (#30)** and **Weight Pin (#38)** to the **Top Plate (#34)**

Secure **Guide Rods (#19)** to the **Left frame (#1)** using:

- 2 x Button Head Cap Screw (#57)
- 2 x Spring Washer (#61)
- 2 x Flat Washer (#60)

Repeat this step to complete the right side.

Hand tighten hardware for the rest of the assembly



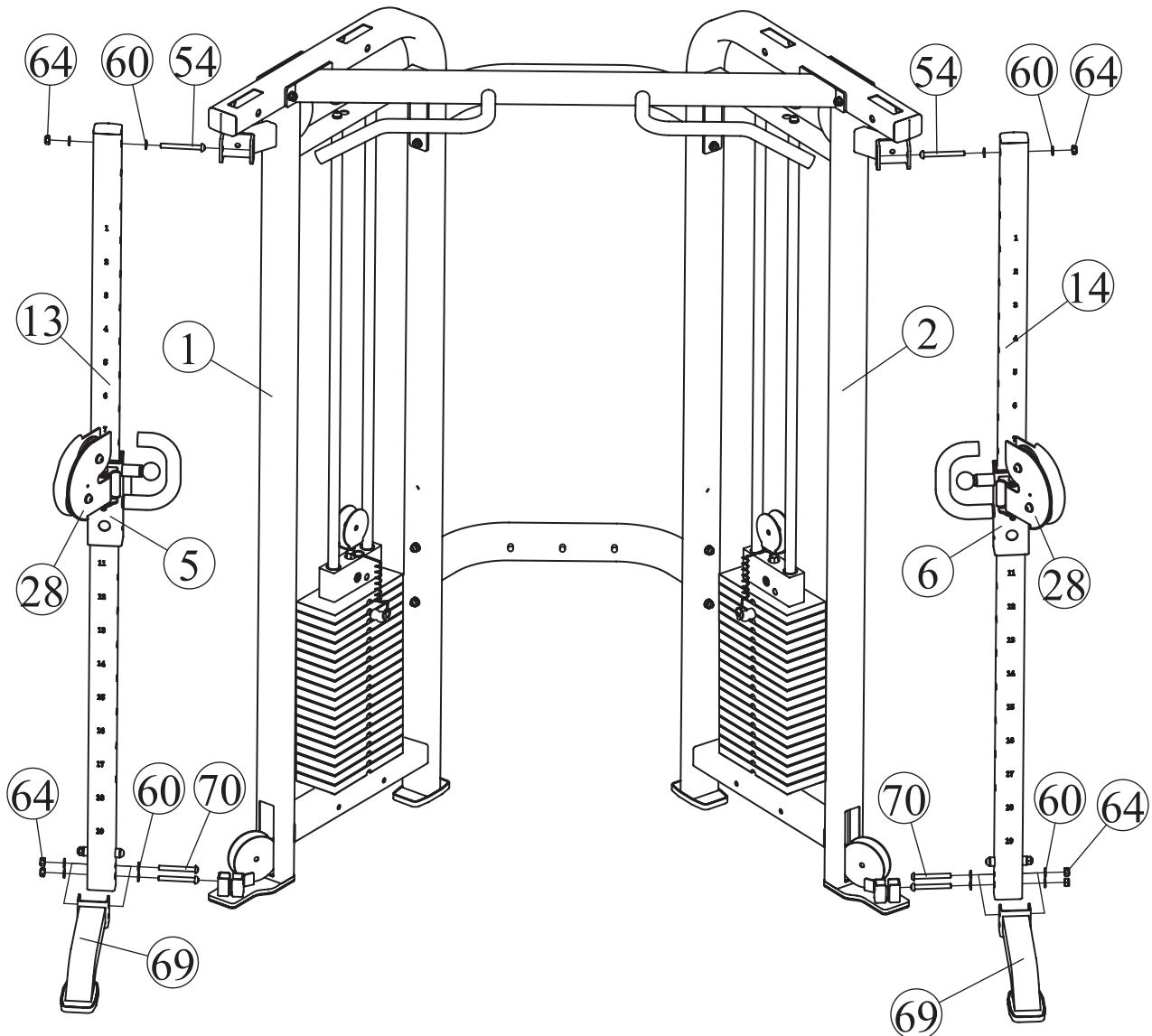
STEP 4: Attach **Left Slip Frame (#5)** onto the **Left Slip Tube (#13)**

- The holes on the Slip tubes will be facing the inside of the unit.

Attach the **Left Slip Tube (#13)** and the **Front Support Frame (#69)** to the **Left frame (#1)** using:

- 2 x Button Head Cap Screw (#70)
- 1 x Button Head Cap Screw (#54)
- 6 x Flat Washer (#60)
- 3 x Nylon Lock Nut (#64)

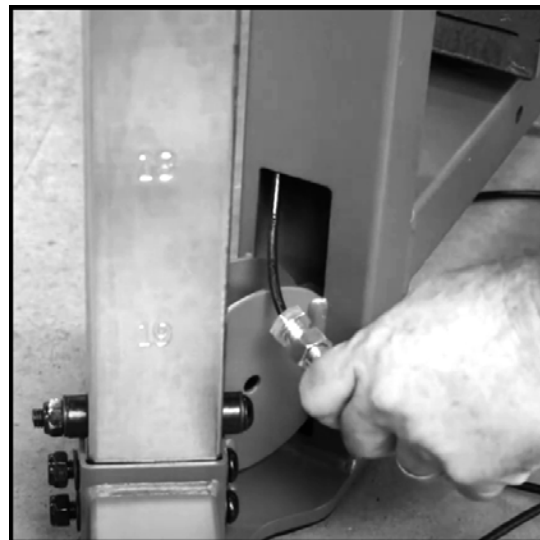
Repeat this step to complete the right side.



STEP 5: Lower the threaded end of one **Pulley Cable (#8)** down the **Left Frame (#1)**



Retrieve the threaded end of the **Pulley Cable (#8)** from the bottom of the **Left Frame (#1)**



Attach the threaded end of the **Pulley Cable (#8)** to the **Left Slip Frame (#5)**



STEP 6: Attach two 4.5" **Pulleys (#33)** to the **Left Frame (#1)** using:

- 2 x Button Head Cap Screw (#57)
- 4 x Flat Washer (#60)
- 2 x Nylon Lock Nut (#64)

These pulleys go where the cable was routed in the STEP 5. The cable will route beneath the bottom 4.5" pulley and above the upper 4.5" pulley. The upper pulley will slide through the smaller bracket next to it to fit into place.

STEP 7: Attach three **Small Pulleys (#32)** to the **Left Frame (#1)** using:

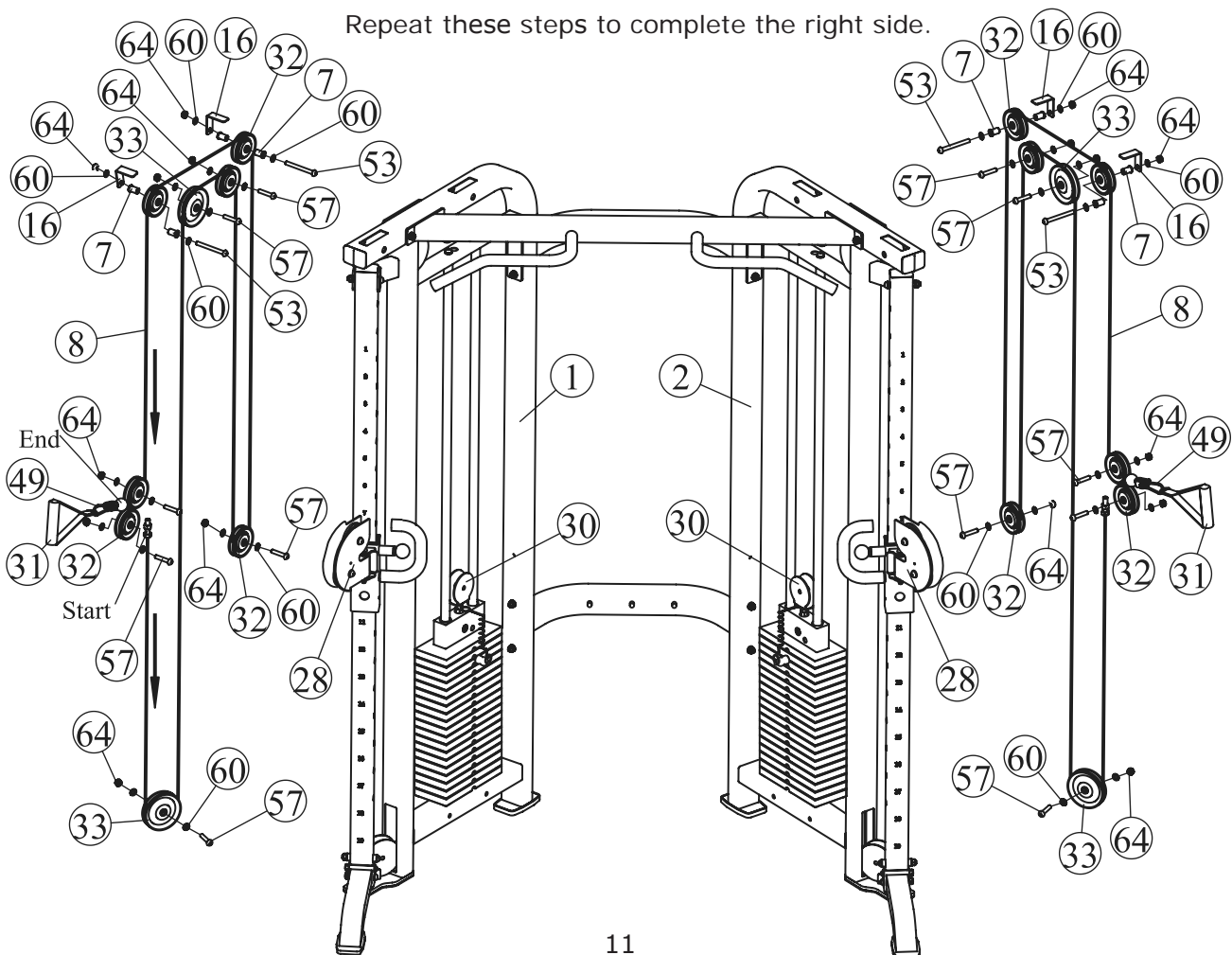
- 1 x Button Head Cap Screw (#57)
- 4 x Longer Pulley Spacer (#7)
- 2 x Button Head Cap Screw (#53)
- 2 x Cable Retainer Bracket (#16)
- 6 x Flat Washer (#60)
- 3 x Nylon Lock Nut (#64)

STEP 8: Attach one **Small Pulley (#32)** to the **Pulley Bracket (#30)** using:

- 1 x Button Head Cap Screw (#57)
- 1 x Nylon lock nut (#64)
- 2 x Flat washer (#60)

STEP 9: Attach two **Small Pulleys (#32)** to the **Double Pulley Bracket (#28)** using:

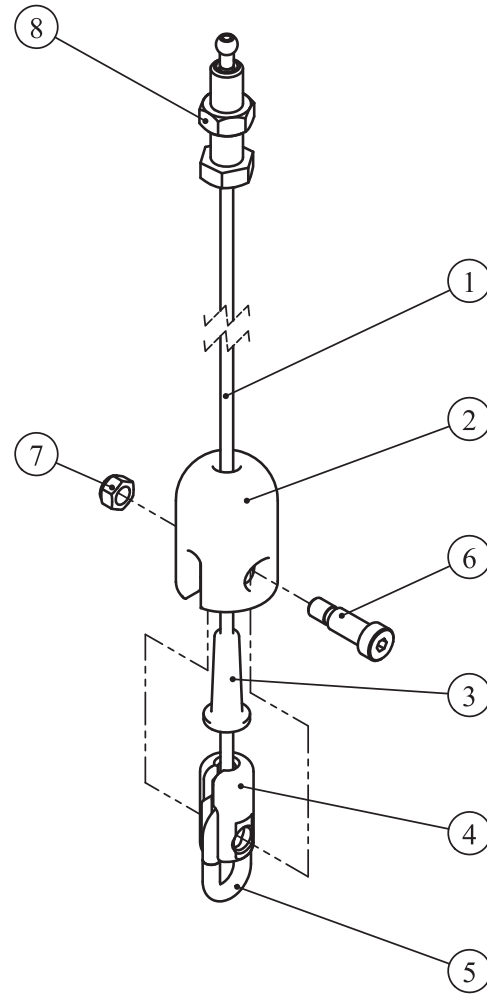
- 2 x Button Head Cap Screw (#57)
- 4 x Flat washer (#60)
- 2 x Nylon lock nut (#64)



Cable Assembly Exploded View

Cable Routing: Before the cable can be routed, the cable assembly will need to be temporarily disassembled.

1. Unscrew the Axle Bolt
2. Detach the Cable Adapter
3. Slide off the Cushion Cover
4. Remove the Protect Jacket

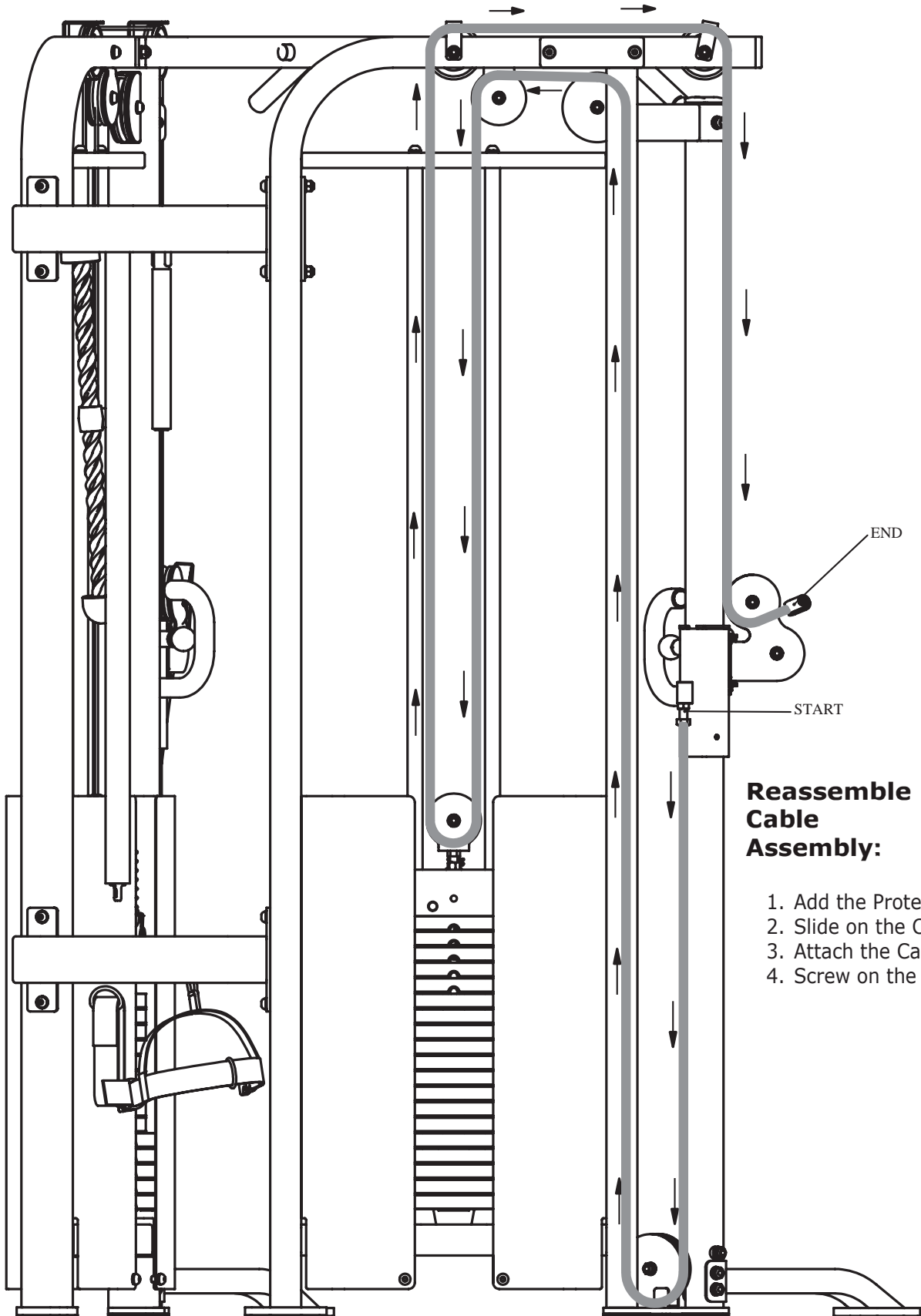


Cable Assembly Parts List

Ref #	Description
1	Cable
2	Protect Jacket
3	Cushion Cover
4	Cable Adapter
5	Chain
6	Axle Bolt
7	Nylon Lock Nut
8	Hex Nut

Complete cable routing as shown below

Cable routes above the Frame. Not doing so can damage the cable.



Reassemble Cable Assembly:

1. Add the Protect Jacket
2. Slide on the Cushion Cover
3. Attach the Cable Adapter
4. Screw on the Axel Bolt

STEP 10: Attach four **Shroud Brackets (#12)** to the **Left Frame (#1)** using:

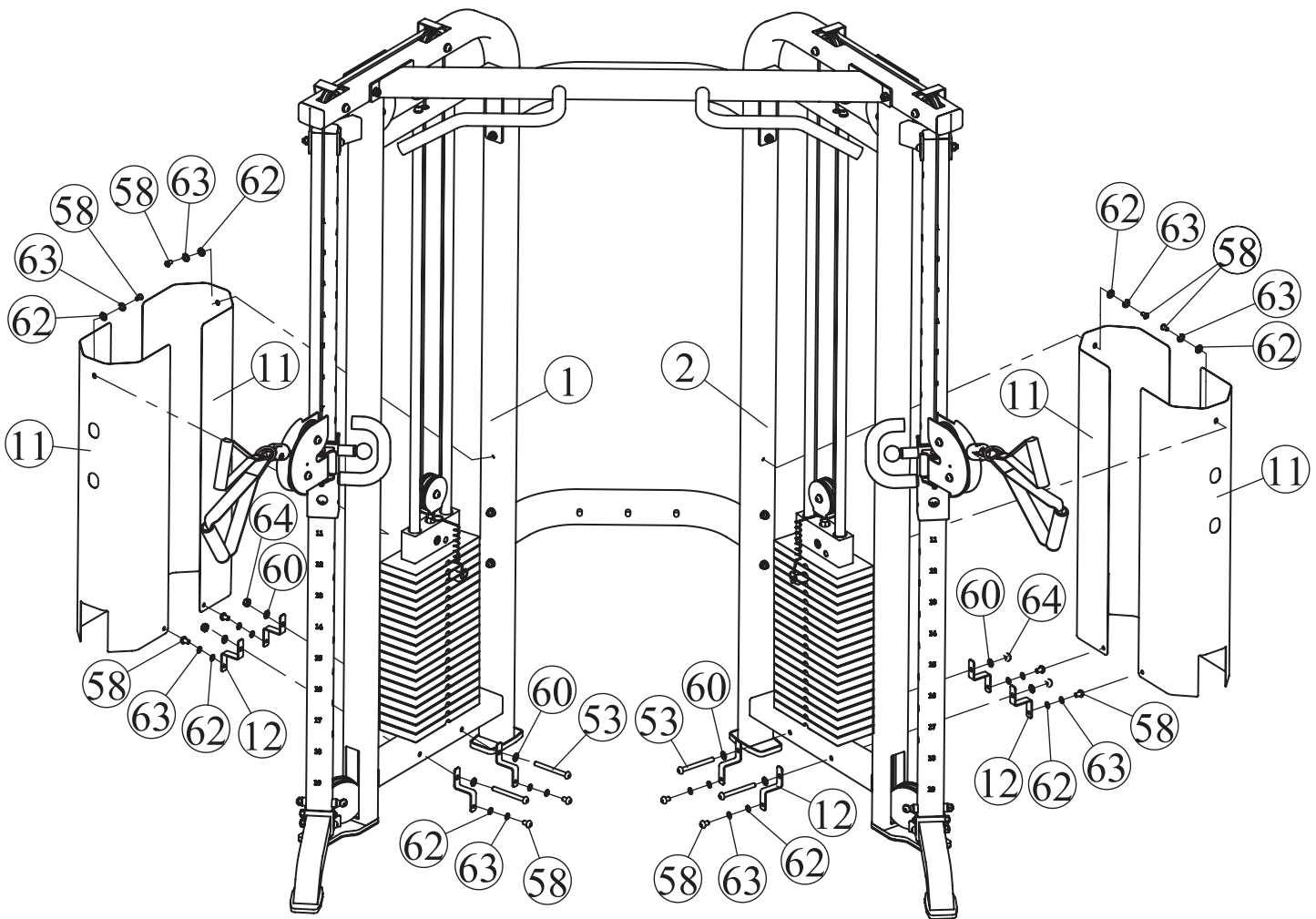
- 2 x Button Head Cap Screw (#53)
- 4 x Flat Washer (#60)
- 2 x Nylon Lock Nut (#64)

Attach two **Weight Shroud (#11)** to the **Left Frame (#1)** using:

- 6 x Button Head Cap Screw (#58)
- 6 x Flat Washer (#62)
- 6 x Spring Washer (#63)

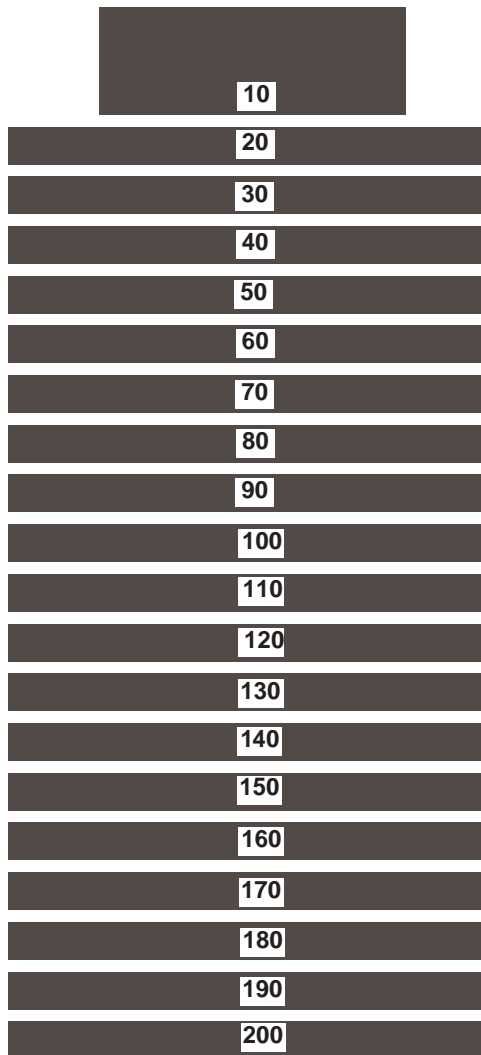
Repeat this step to complete the right side.

STEP 11: Snap eight **Hole Plugs (#72)** to the two **Rear Beams (#4)**



The weight stack image below illustrates how the weight stack decals should be applied to the weight stack. Please note these decals should not be put on until the entire unit has been assembled and all bolts and nuts have been tightened.

200 LB Stack



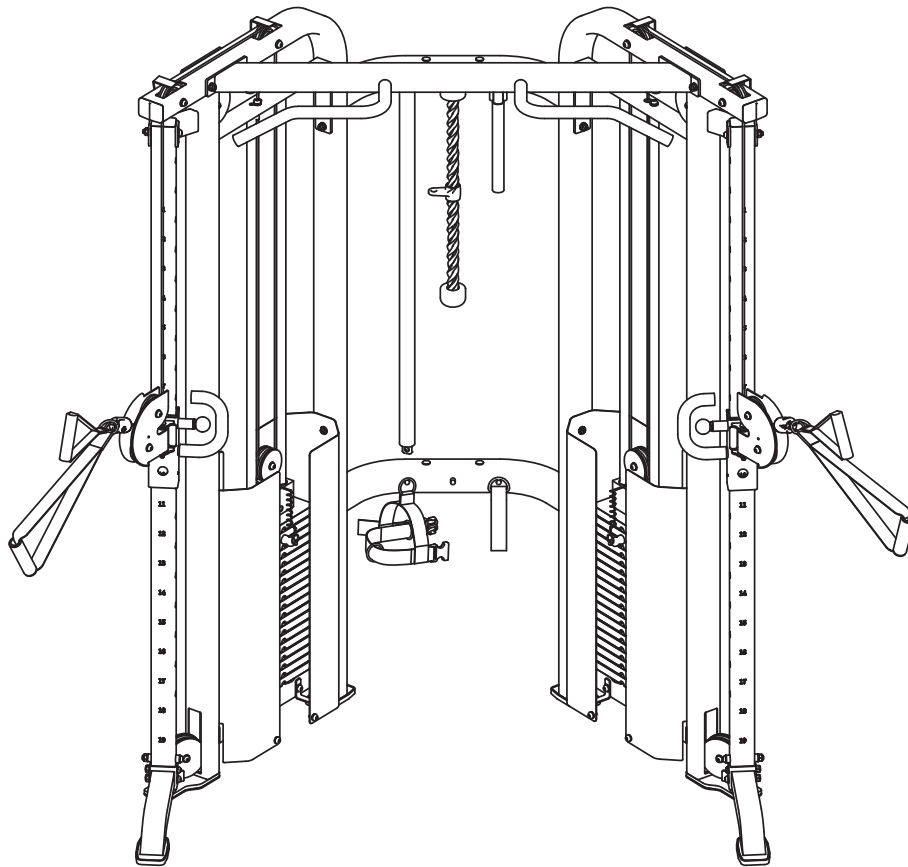
You may need to adjust the cable tension by loosening or tightening the Jam Nuts. These are located at **Slip Frames (#5,#6)** and the **Pulley Bracket (#30)**

Tighten all hardware securely.

If the **Top Plate (#34)** doesn't sit flush, you may need to adjust the cable tension by loosening or tightening the Jam Nuts. These are located at **Slip Frames (#5,#6)** and the **Pulley Bracket (#30)**

Lubricant: Apply to guide rods if friction occurs. Never put lubricant on the cables.

Touch Up Paint: A small bottle of gray touch up paint is provided if you ever scratch your machine.

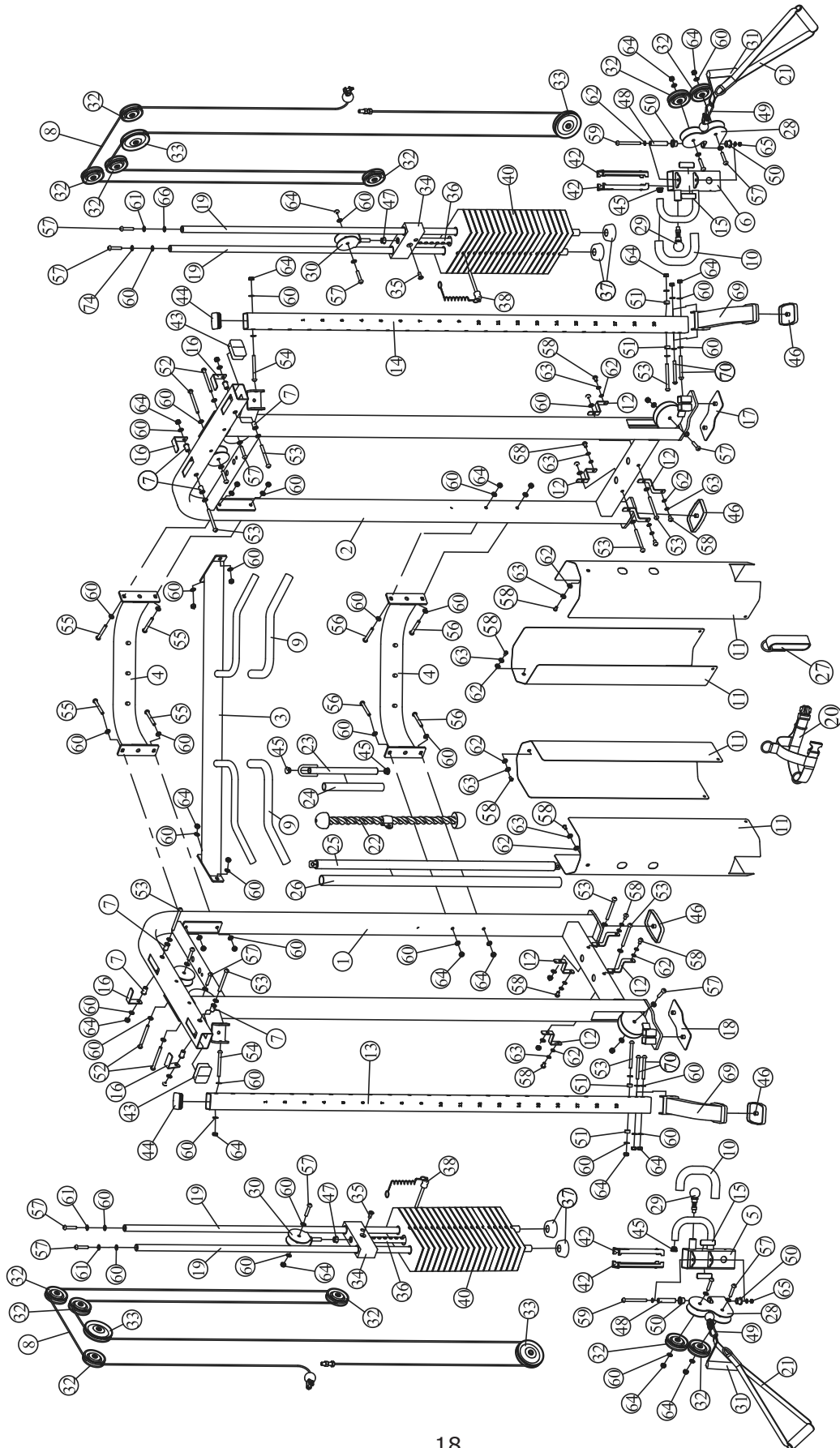


Congratulations!

You have completed the assembly of your new XM-7626.1.

XM-7626 Parts List

Ref #	Part #	Description	Qty
1	P00251	Frame, Left XM-7626	1
2	P00252	Frame, Right XM-7626	1
3	P00253	Beam, Main Top XM-7626	1
4	P00254	Beam, Rear XM-7626	2
5	P00255	Frame, Slip Left XM-7626	1
6	P00256	Frame, Slip Right XM-7626	1
7	P00257	Spacer, Pulley Longer XM-7626	8
8	P00258	Cable, Pulley XM-7626	2
9	P00259	Handle Grip Top XM-7626	2
10	P00260	Grip Handle Slip XM-7626	2
11	P00261	Shroud, Weight XM-7626	4
12	P00262	Bracket, Shroud	8
13	P00660	Tube Slip Left XM-7626	1
14	P00661	Tube Slip Right XM-7626	1
15	P00263	Stopper, Rubber XM-7626	4
16	P00264	Bracket, Cable Retainer XM-7626	4
17	P00265	Pad, Big Base Right XM-7626	1
18	P00266	Pad, Big Base Left XM-7627	1
19	P00267	Guide Rod, XM-7626	4
20	P00268	Strap, Leg Extension/Curl	1
21	P00098	Handle, Long Strap XM-7626	2
22	P00269	Rope, Tricep	1
23	P00270	Bar, Sport XM-7626	1
24	P00271	Grip, Sport Bar XM-7626	1
25	P00652	Bar, Long XM-7626	1
27	P00112	Ankle Strap	1
28	P00162	Bracket, Double Pulley XM-7626	2
29	P00203	Pop Pin XM Series	2
30	P00164	Pulley Bracket w/ Shaft XM-7626	2
31	P00106	Hand Strap	2
32	P00533	Small Pulley	12
33	P00654	Big Pulley 4.5"	4
34	P00640	Top Plate	2
35	P00125	Screw M12*35	2
36	P00641	Selector Rod	2
37	P00585	Weight Bumper	4
38	P00326	Weight Pin	2
40	P00324	Weight Plate 10LB	38
42	P00138	Glide Sleeve	4
43	P00249	Plug 50.8*76.2	2
44	P00202	Plug 38*63.5	2
45	P00541	Round Plug 25	4
46	P00184	Base Pad	4
47	P00429	Jam Nut 1/2"-12	2
48	P00163	Shaft, Pulley Bracket XM-7626	2
49	P00149	Gear Hook	3
50	P00542	Bronze Bushing, ID16	4
51	P00565	Spacer Nylon	4
52	P00590	Button Head Cap Screw M10*105	4
53	P00589	Button Head Cap Screw M10*100	10
54	P00616	Button Head Cap Screw M10*95	2
55	P00613	Button Head Cap Screw M10*80	4
56	P00612	Button Head Cap Screw M10*75	4
57	P00605	Button Head Cap Screw M10*50	16
58	P00635	Button Head Cap Screw M8*15	12
59	P00633	Button Head Cap Screw M8*100	2
60	P00134	Flat Washer $\Phi 11 * \Phi 20 * 2$	84
61	P00130	Spring Washer 10	4
62	P00136	Flat Washer, $\Phi 9 * \Phi 16 * 1.6$	16
63	P00133	Spring Washer 8	12
64	P00561	Nylon Lock Nut M10	40
65	P00564	Nylon Lock Nut M8	2
66	P00560	Hex Key 6	1
67	P00022	Wrench 17-19	1
68	P00679	Lubricant	1
69	P00662	Front Support Frame	2
70	P00614	Button Head Cap Screw M10*85	4
71	M00004	Owner's Manual XM-7626	1
72	H00023-1	Bolt Pack 1, XM-7626	1
73	H00023-2	Bolt Pack 2, XM-7626	1





Customer Service: 1-800-719-4605