

◆ XMARK

XM-7630

**ADJUSTABLE
DUMBBELL BENCH**

Owner's Manual

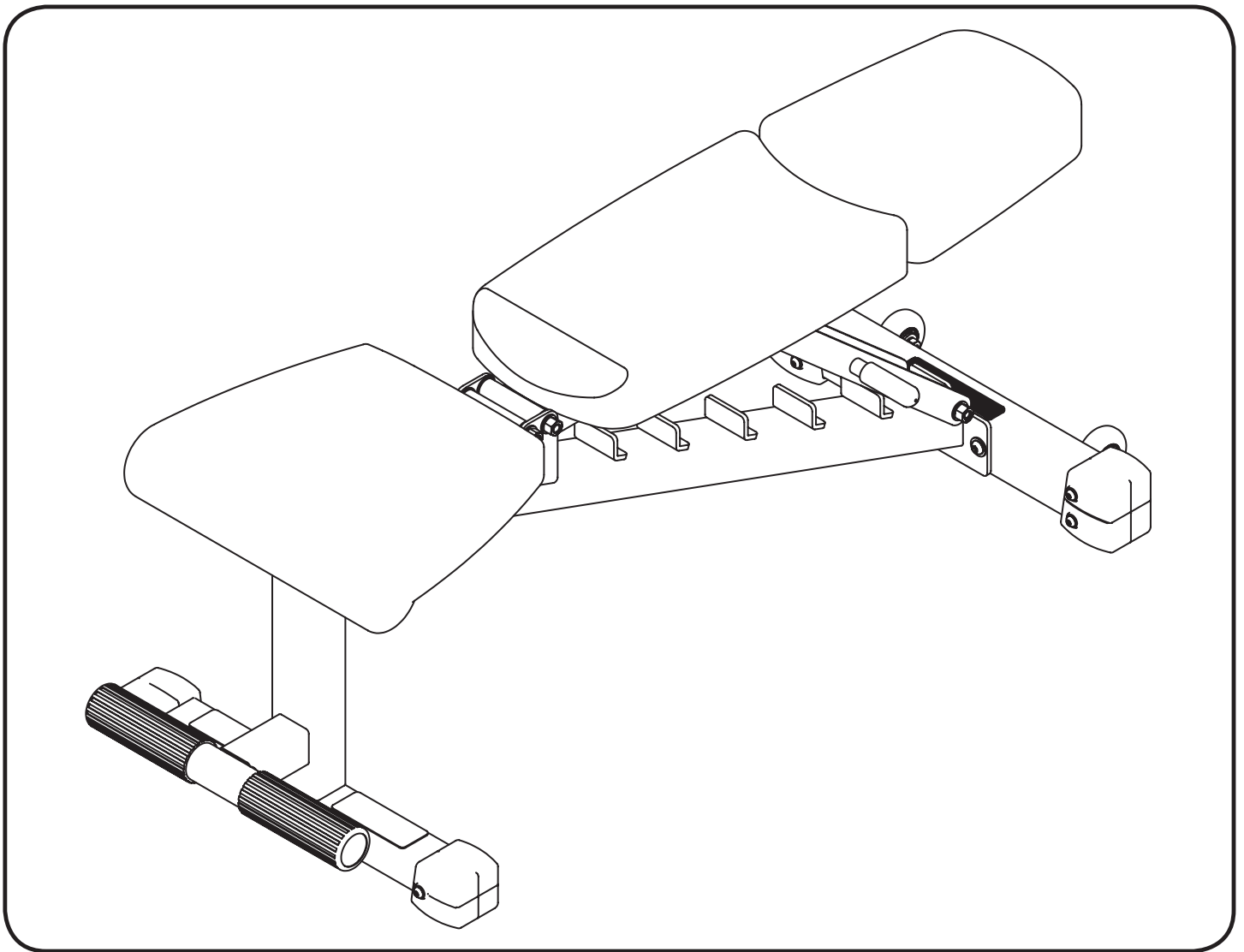


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Important Safety Information

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

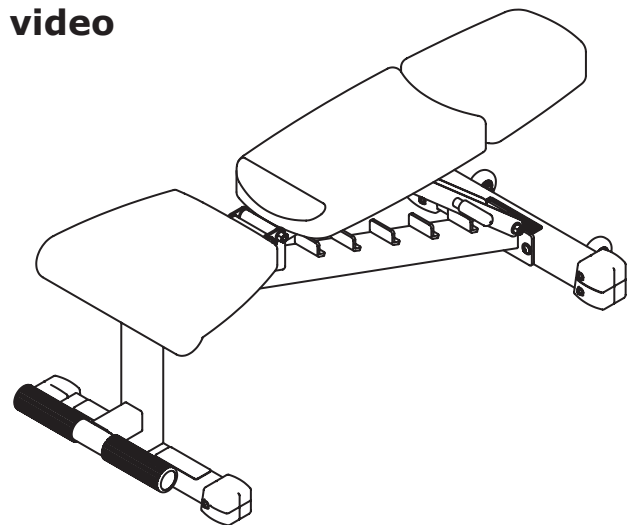
◆ XMARK **THANK YOU** for making this unit a part of your exercise program. XMark Fitness assures the very best in value, appearance, durability and biomechanics.

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.

visit www.xmarkfitness.com for warranty information



Scan code for a XM-7630 instructional assembly video



**XMARK FITNESS SERIES
MODEL: XM-7630**

**QUESTIONS?
CALL 1-800-719-4605**

**Monday-Friday
8:30 a.m.-5:00 p.m.
(Central Standard Time)**

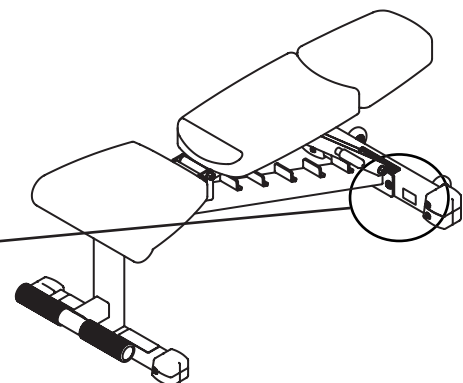
When calling please have the following product information available:

Model Name :

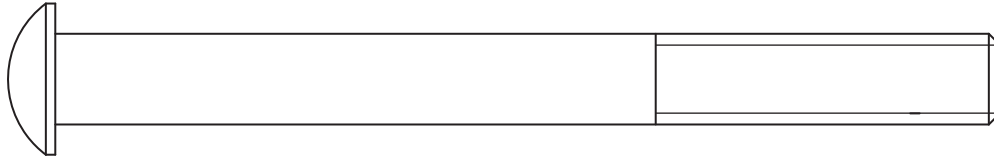
Date Mfg.:

Serial #

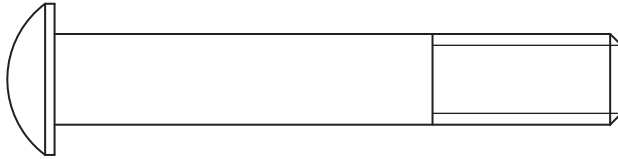
Model Name Decal Location



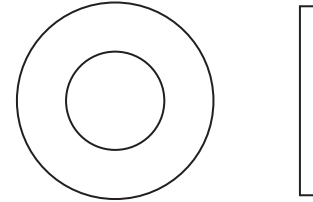
Assembly



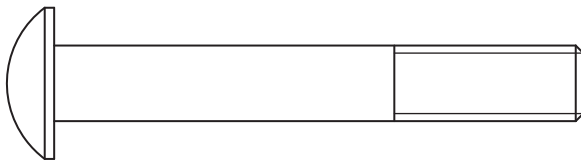
[26#] M12*125 4pcs



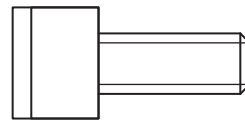
[27#] M12*75 2pcs



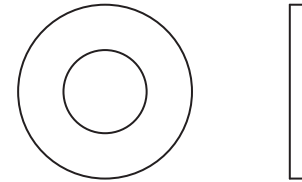
[33#] Ø13* Ø26*2 12pcs



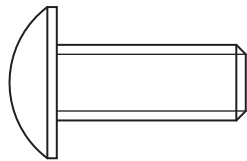
[28#] M10*70 6pcs



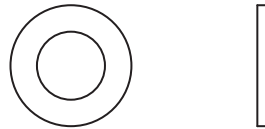
[32#] M8*20 1pc



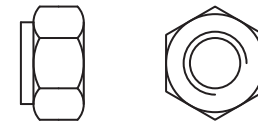
[34#] Ø11* Ø23*2 10pcs



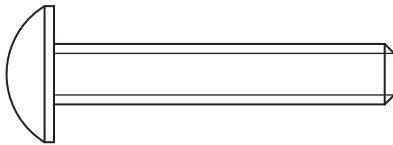
[29#] M10*25 2pcs



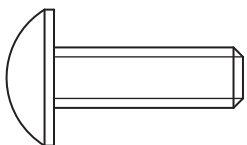
[35#] Ø9* Ø16*1.6 18pcs



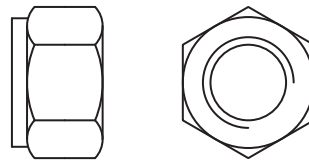
[38#] M8 3pcs



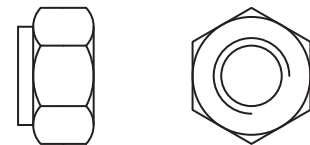
[30#] M8*45 2pcs



[31#] M8*25 12pcs



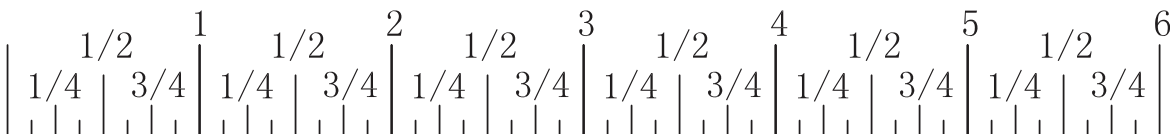
[36#] M12 6pcs



[37#] M10 2pcs



Millimeters



Inches

Assembly

NOTE: Hand tighten bolts and nylon lock nuts until machine is fully assembled.

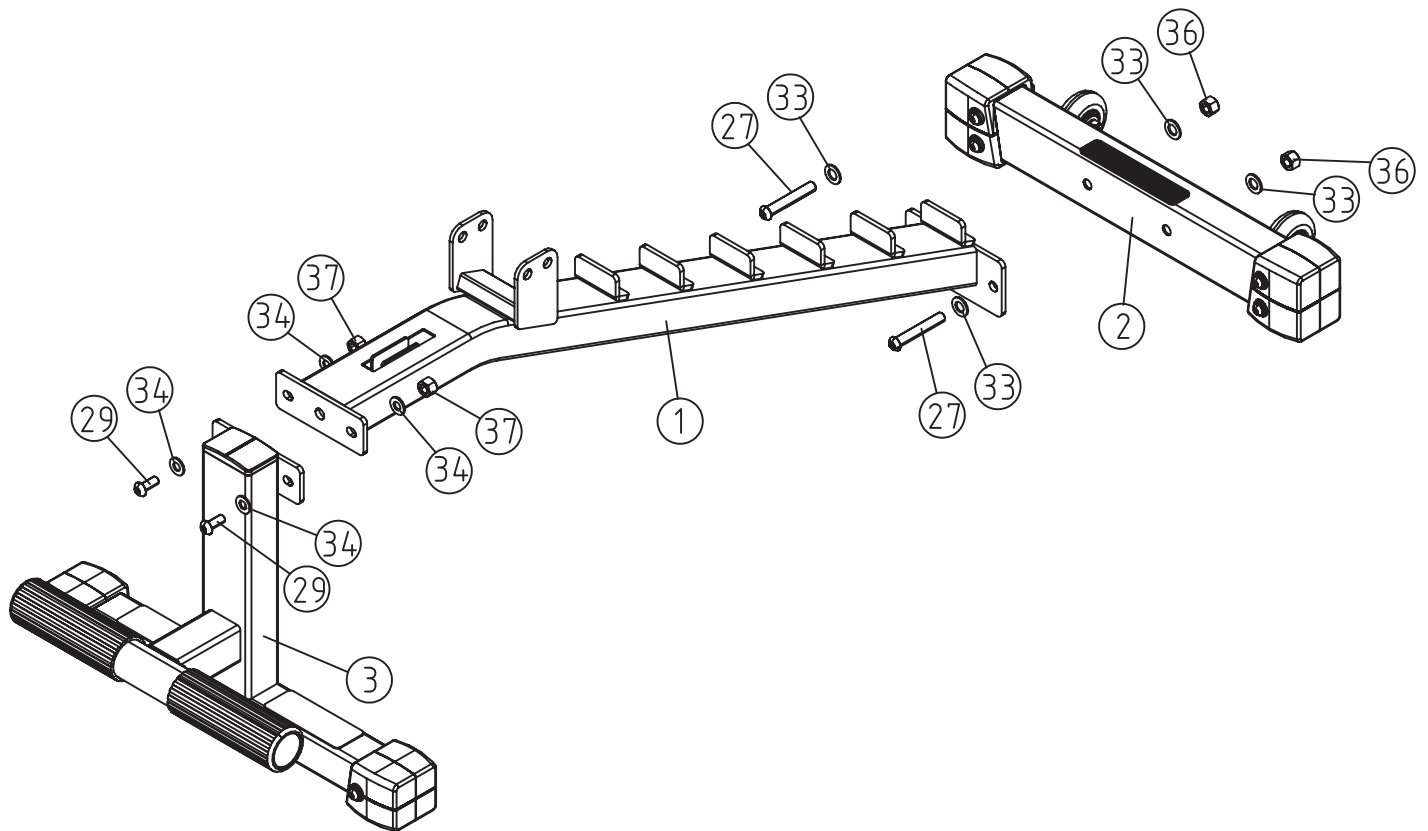
Step 1

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

- two M10*25 Button Head Cap Screws (#29)
- two M12 Nylon lock Nuts (#37)
- four $\Phi 11*\Phi 23*2$ Flat Washers (#34)

Attach Rear Base (#2) to Main Frame (#1) using:

- two M12*75 Button Head Cap Screws (#27)
- two M12 Nylon Lock Nuts (#36)
- four $\Phi 13*\Phi 26*2$ Flat Washers (#33)



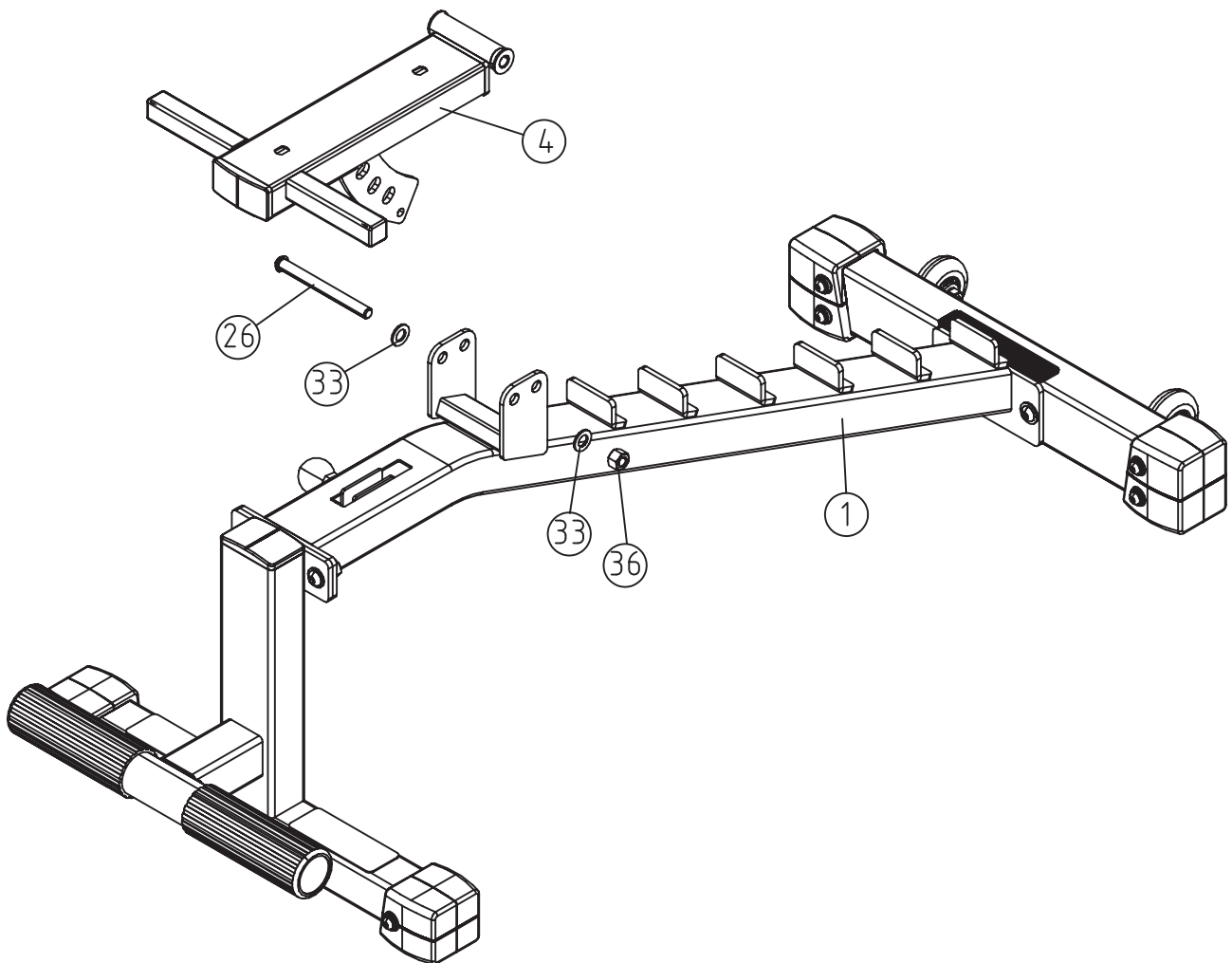
Assembly

NOTE: Wrench tighten bolts and nylon lock nuts.

Step 2

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

- one M12*125 Button Head Cap Screw (#26)
- one M12 Nylon lock Nut (#36)
- two $\Phi 13*\Phi 26*2$ Flat Washers (#33)



Assembly

NOTE: Wrench tighten bolts and nylon lock nuts.

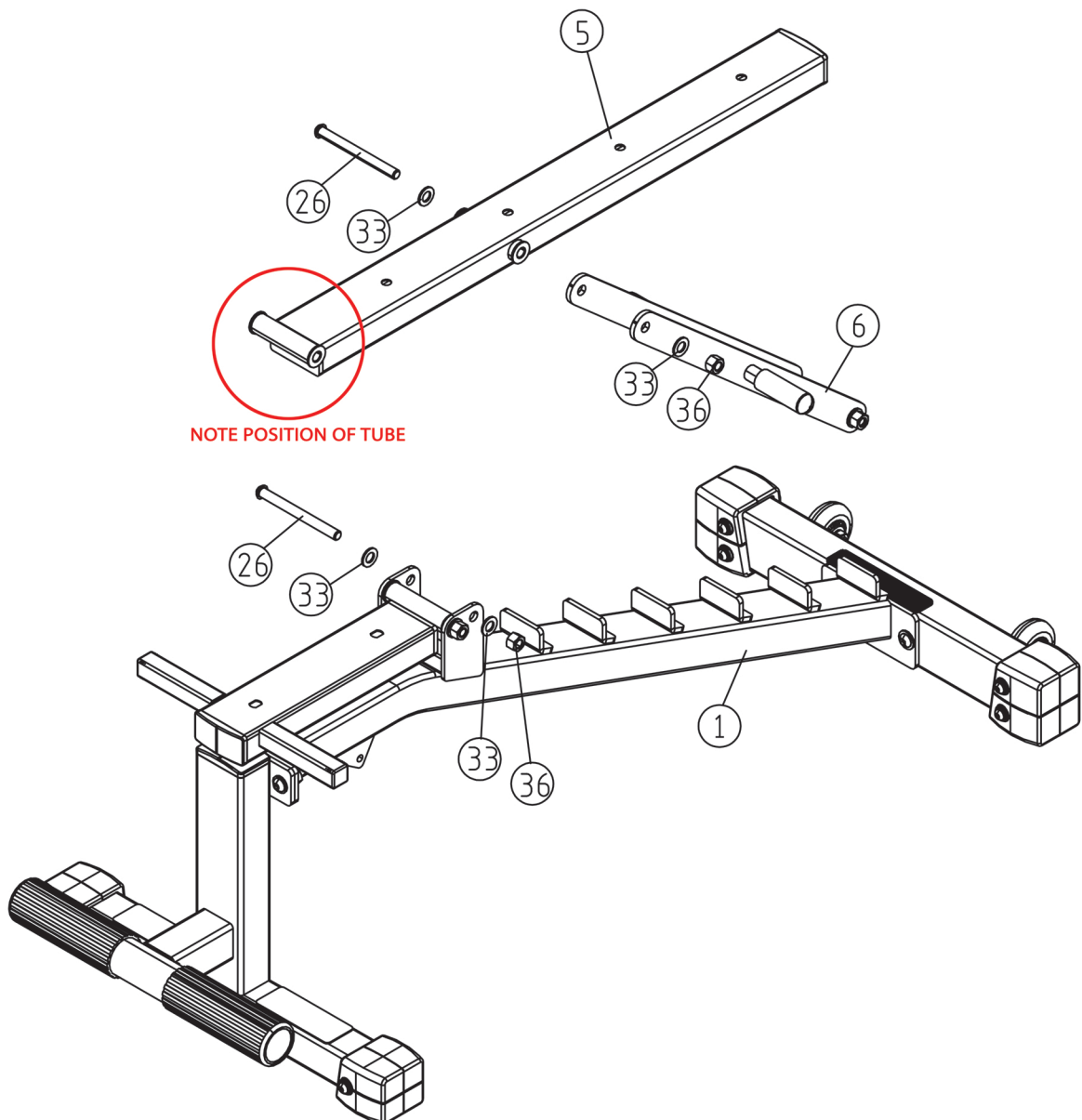
Step 3

Attach Frame Back Pad Support (#5) to Main Frame (#1) using: (*Pivot tube faces upward*)

- one M12*125 Button Head Cap Screw (#26)
- one M12 Nylon Lock Nut (#36)
- two $\Phi 13*\Phi 26*2$ Flat Washers (#33)

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

- one M12*125 Button Head Cap Screw (#26)
- one M12 Nylon Lock Nut (#36)
- two $\Phi 13*\Phi 26*2$ Flat Washers (#33)



Assembly

NOTE: Wrench tighten bolts and nylon lock nuts.

Step 4

Attach Upper Back Pad (#8) and Lower Back Pad (#9) to Frame Back Pad Support (#5) using:

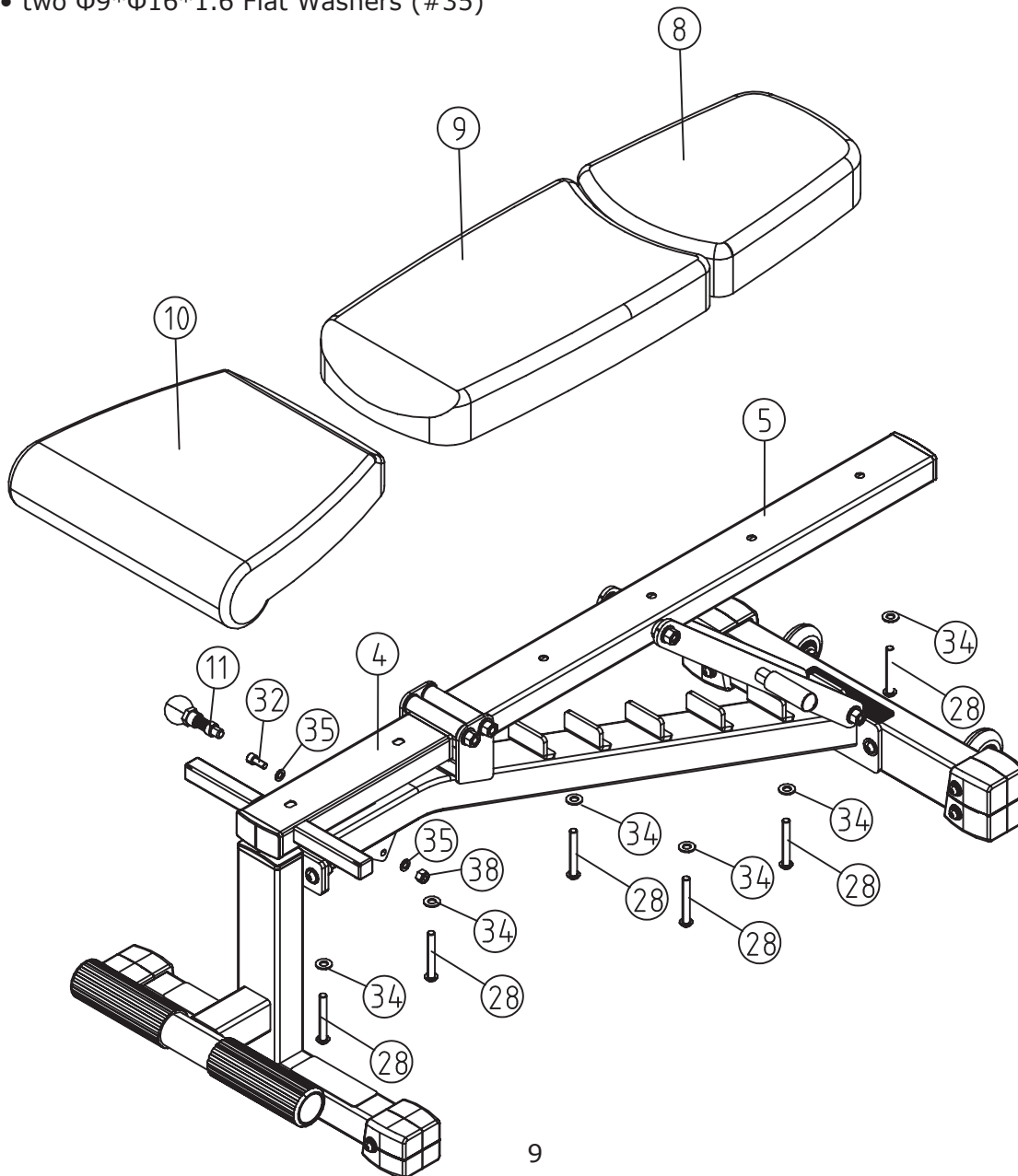
- four M10*70 Button Head Cap Screws (#28)
- four $\Phi 11*\Phi 23*2$ Flat Washers (#34)

Attach Seat Pad (#10) to Frame Seat Pad Support (#4) using:

- two M10*70 Button Head Cap Screws (#28)
- two $\Phi 11*\Phi 23*2$ Flat Washers (#34)

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

- one Pop Pin (#11)
- one M8*20 Socket Head Cap Screw (#32)
- one M8 Nylon Lock Nut (#38)
- two $\Phi 9*\Phi 16*1.6$ Flat Washers (#35)

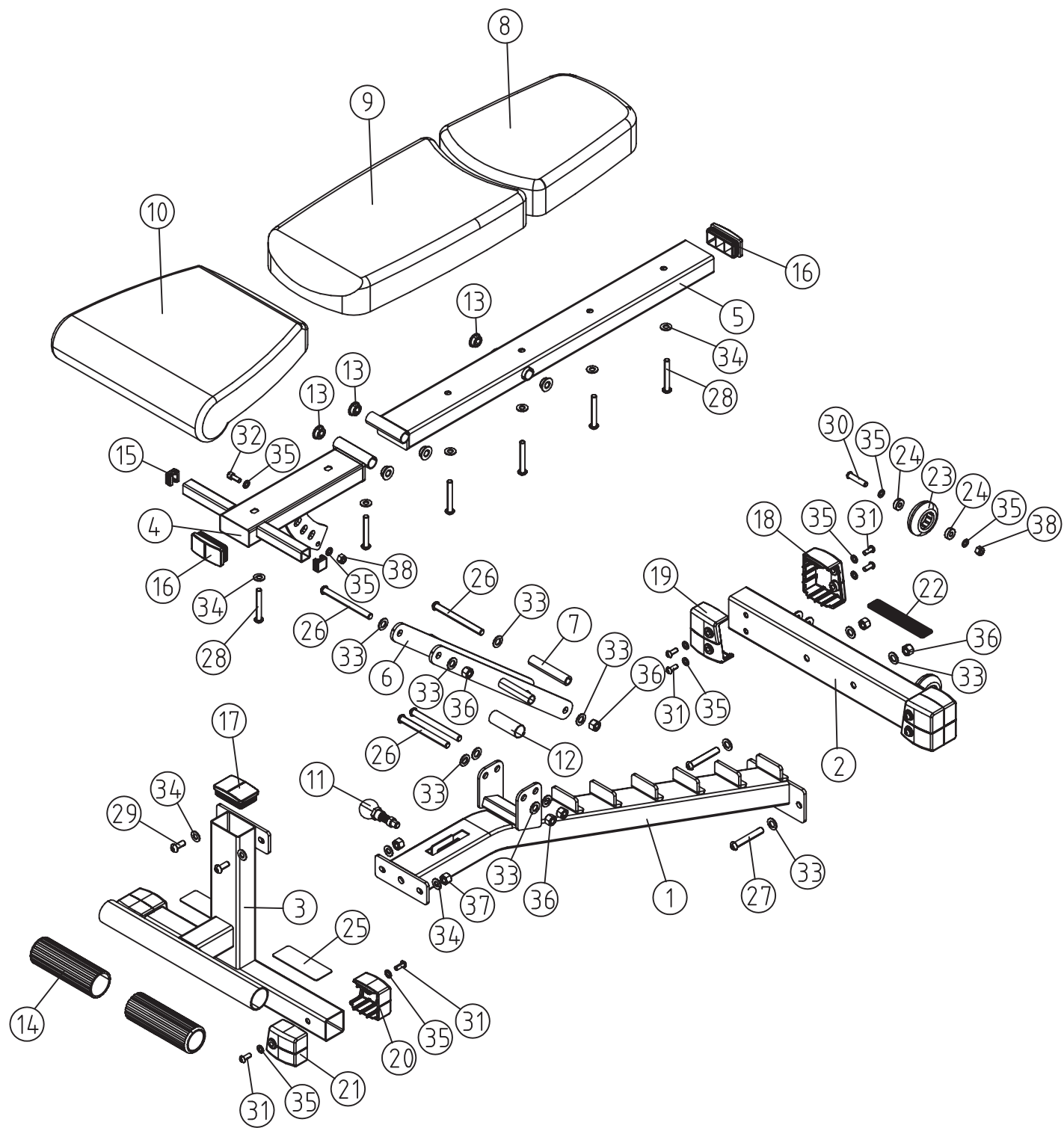


Parts List

XM-7630 Parts List

Ref #	Part #	Description	Qty
1	P00701	Main Frame	1
2	P00247	Rear Base	1
3	P00702	Shaped Base	1
4	P00703	Frame Seat Pad Support	1
5	P00047	Frame Back Pad Support	1
6	P00645	Frame Adjustable Back Pad	1
7	P00413	Nylon Spacer	1
8	P00048	Upper Back Pad	1
9	P00051	Lower Back Pad	1
10	P00704	Seat Pad	1
11	P00203	Pop Pin	1
12	P00584	Small Grips	2
13	P00573	Iron Bushing, 25*12.2*8	6
14	P00705	Foot Sleeve	2
15	P00706	Plug	2
16	P00248	Plug 40*80	2
17	P00249	Plug, 50.8*76.2	1
18	P00152	Foot Cap 2, Right 50.8*76.2, XM Series	2
19	P00155	Foot Cap, Left 50.8*76.2 XM Series	2
20	P00153	Foot Cap, Right 50.8 XM Series	2
21	P00154	Foot Cap, Left 50.8 XM Series	2
22	P00586	Rubber Pad	1
23	P00030	Wheel	2
24	P00004	Spacer	4
25	P00707	Non Skid Pad	2
26	P00621	Button Head Cap Screw M12*125	4
27	P00624	Button Head Cap Screw M12*75	2
28	P00610	Button Head Cap Screw M10*70	6
29	P00597	Button Head Cap Screw M10*25	2
30	P00639	Button Head Cap Screw M8*45	2
31	P00636	Button Head Cap Screw M8*25	12
32	P00708	Socket Head Cap Screw M8*20	1
33	P00035	Flat Washer Φ 13* Φ 26*2	12
34	P00032	Flat Washer Φ 11* Φ 23*2	10
35	P00136	Flat Washer Φ 9* Φ 16*1.6	18
36	P00562	Nylon Lock Nut M12	6
37	P00561	Nylon Lock Nut M10	2
38	P00564	Nylon Lock Nut M8	3
39	P00560	Hex Key S6	1
40	H00041	Hardware	1
41	M00041	Owner's Manual	1

Exploded View





Customer Service: 1-800-719-4605