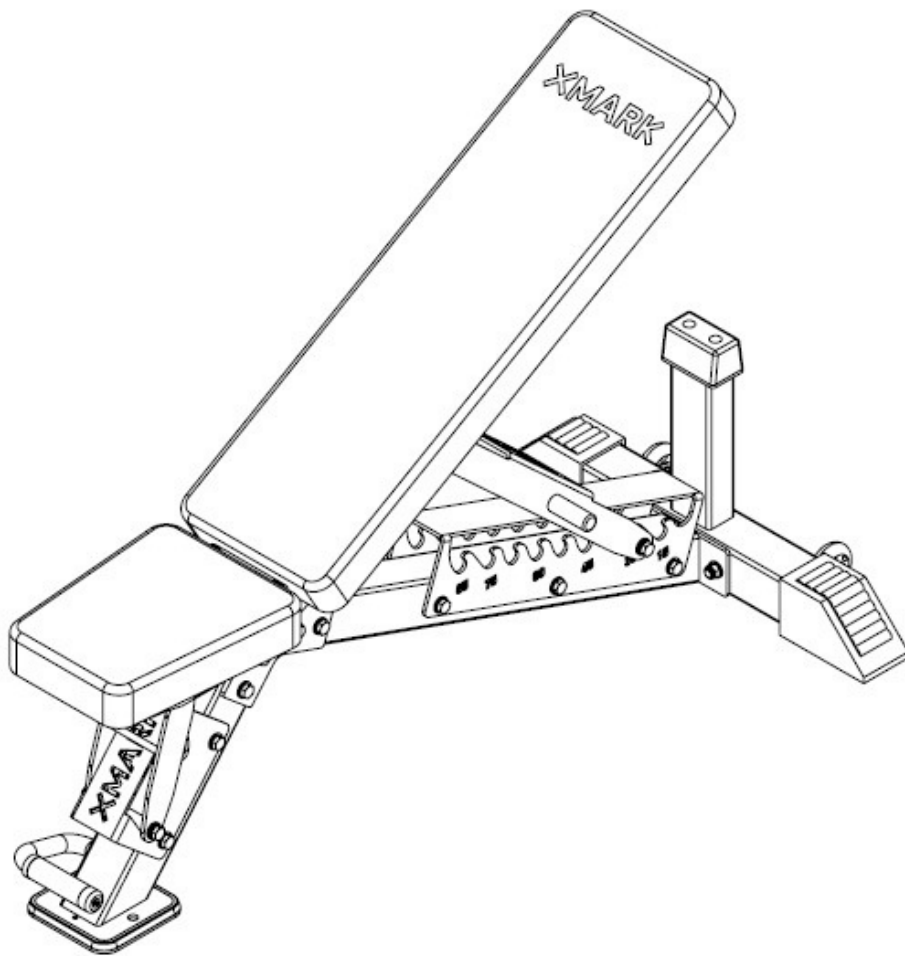


# XMARK

## ASSEMBLY INSTRUCTIONS



# XM-9027

[XMARKFITNESS.COM](http://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 this QR code to the left or by visiting [xmarkfitness.com/register](http://xmarkfitness.com/register). By doing so, you'll also have an 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 equipment 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 equipment. It is the owner's responsibility to ensure that all users of this equipment have read the Owner's Manual and are familiar with safety information and precautions.

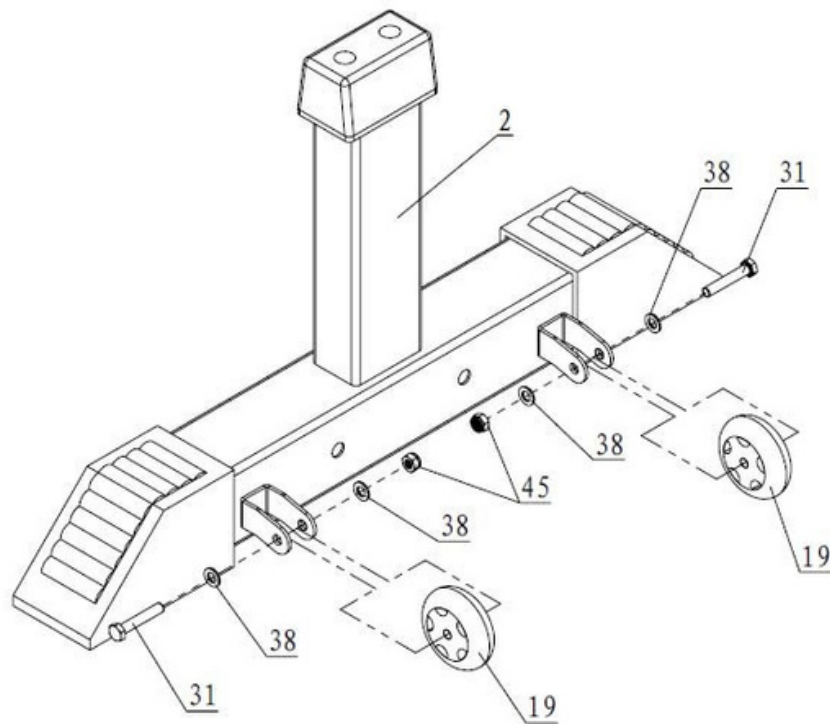
### SAFETY PRECAUTIONS

- This equipment should only be used on a level surface and is intended for indoor use only. XMARK recommends an equipment mat be placed under the equipment to protect the floor or carpet.
- Walking or running shoes and the appropriate clothing should be worn when using this equipment.
- Always examine your equipment before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the equipment.
- Service to your equipment 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.

## STEP 1

Attach both wheels (#19) to the bottom support frame (#2), using:

- Hex Head Bolt (#31) - Qty 2
- Flat Washer (#38) - Qty 4
- Nylon Lock Nut (#45) - Qty 2



**TIGHTEN ANY BOLTS OR SCREWS**

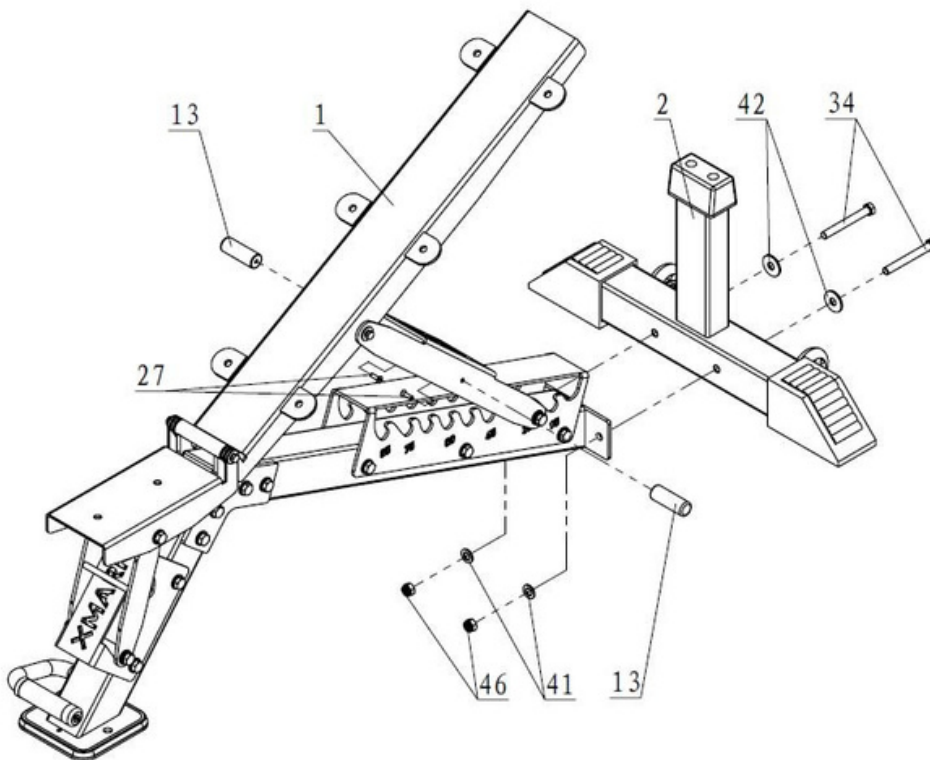
## STEP 2

Attach the bottom support frame (#2) to main frame (#1), using:

- Hex head bolt (#34) - Qty 2
- Flat washer (#41) - Qty 2
- Flat washer (#42) - Qty 2
- Nylon lock nut (#46) - Qty 2

Attach adjustment handles (#13) to the main frame (#1), using:

- Hex countersunk head screws (#27) - Qty 2



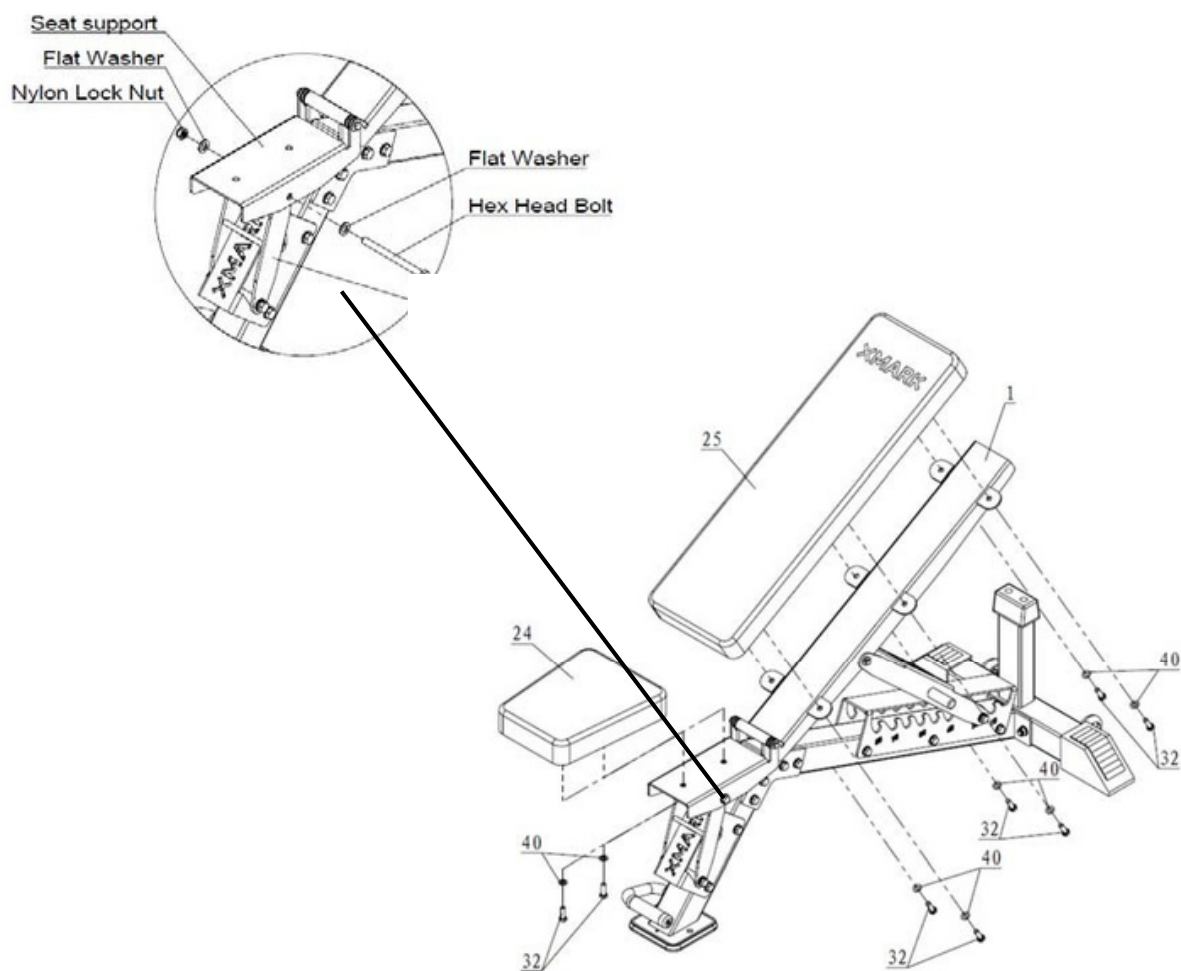
TIGHTEN ANY BOLTS OR SCREWS

## STEP 3

Temporarily remove the fasteners of the adjustment support and the seat support and re-tighten them properly after the next step is completed.

Attach back cushion (#25) and seat cushion (#24) to main frame (#1), using:

- Hex head bolt – Qty 8
- Flat washer – Qty 8



**TIGHTEN ANY BOLTS OR SCREWS. ASSEMBLY IS COMPLETE.**

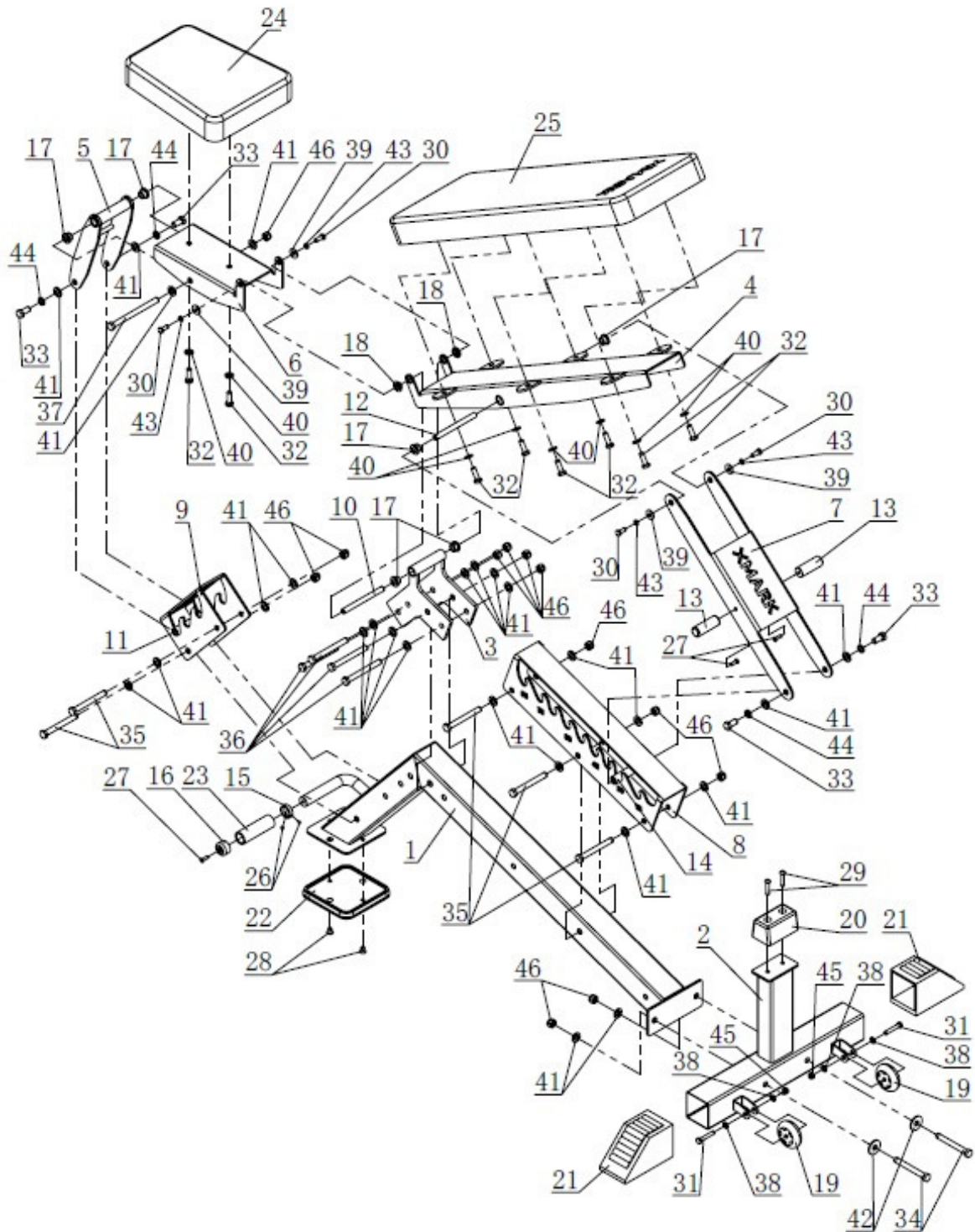
## PREASSEMBLED PARTS LIST

Part	Description	Qty
3	Fixed frame	1
4	Seat Support Frame	1
5	Front Support Frame	2
6	Seat Frame	1
7	Rear Support Frame	1
8	Rear brushed Stainless Steel rail	1
9	Front brushed Stainless Steel rail	1
10	Rotation Shaft $\Phi 12 \times 132 \times M8$	1
11	Fixed Shaft $\Phi 20 \times 102 \times M12$	1
12	Rotation Shaft $\Phi 12 \times 135 \times M8$	1
14	Long Fixed Shaft $\Phi 20 \times 126 \times M12$	1
15	Retaining Ring	1
16	Aluminum End cap	1
17	Bronze bushing $\Phi 25 \times \Phi 12.2 \times 12.9$	6
18	Bronze bushing $\Phi 25 \times \Phi 12.2 \times 6.9$	2
20	Rubber Buffer	1
21	PVC End Cap	2
22	PVC Foot	1
23	Grip Handle cover	1
26	Hexagon socket set screws with flat point M5X4	2
27	Hex Countersunk Head Screws M6X20	1
28	Hex Countersunk Head Screws M8X12	2
29	Hexagon Socket Pan Head Screw M8X35	2
30	Hex Head Bolt M8X20	4
33	Hex Head Bolt M12X25	4
35	Hex Head Bolt M12X105	5
36	Hex Head Bolt M12X110	4
37	Hex Head Bolt M12X150	1
39	Flat Washer $\Phi 9 \times \Phi 24 \times 2$	4
41	Flat Washer $\Phi 13.5 \times \Phi 24$	24
43	Spring Washer $\Phi 8$	4
44	Spring Washer $\Phi 12$	4
46	Nylon Lock Nut M12	10

## TO BE ASSEMBLED PARTS LIST

Part	Description	Qty
1	Main Frame	1
2	Bottom Support Frame	1
13	Adjustment Handle	2
19	Wheels	2
24	Seat Cushion	1
25	Back Cushion	1
27	Hex Countersunk Head Screws M6X20	2
31	Hex Head Bolt M8X45	2
32	Hex Head Bolt M10X30	8
34	Hex Head Bolt M12X100	2
38	Flat Washer $\Phi$ 9	4
40	Flat Washer $\Phi$ 11	8
41	Flat Washer $\Phi$ 13.5X $\Phi$ 24	2
42	Flat Washer $\Phi$ 13.5X $\Phi$ 37	2
45	Nylon Lock Nut M8	2
46	Nylon Lock Nut M12	2

# EXPLODED VIEW





THANK YOU FOR CHOOSING XMARK!

Let others know how much you love your XMARK equipment by leaving us a review at [xmarkfitness.com](https://xmarkfitness.com). If you've had less than a positive experience, email us at [service@xmarkfitness.com](mailto:service@xmarkfitness.com) or call us at 1-800-719-4605. We're committed to delivering excellence and your feedback helps us to keep improving our products.



---

MAKE YOUR MARK

We'd love to see you working out on our equipment or see pictures of your home gym! Visit our website to submit photos or share on our social media channels.

#XMARKFITNESS



[www.xmarkfitness.com](https://www.xmarkfitness.com)