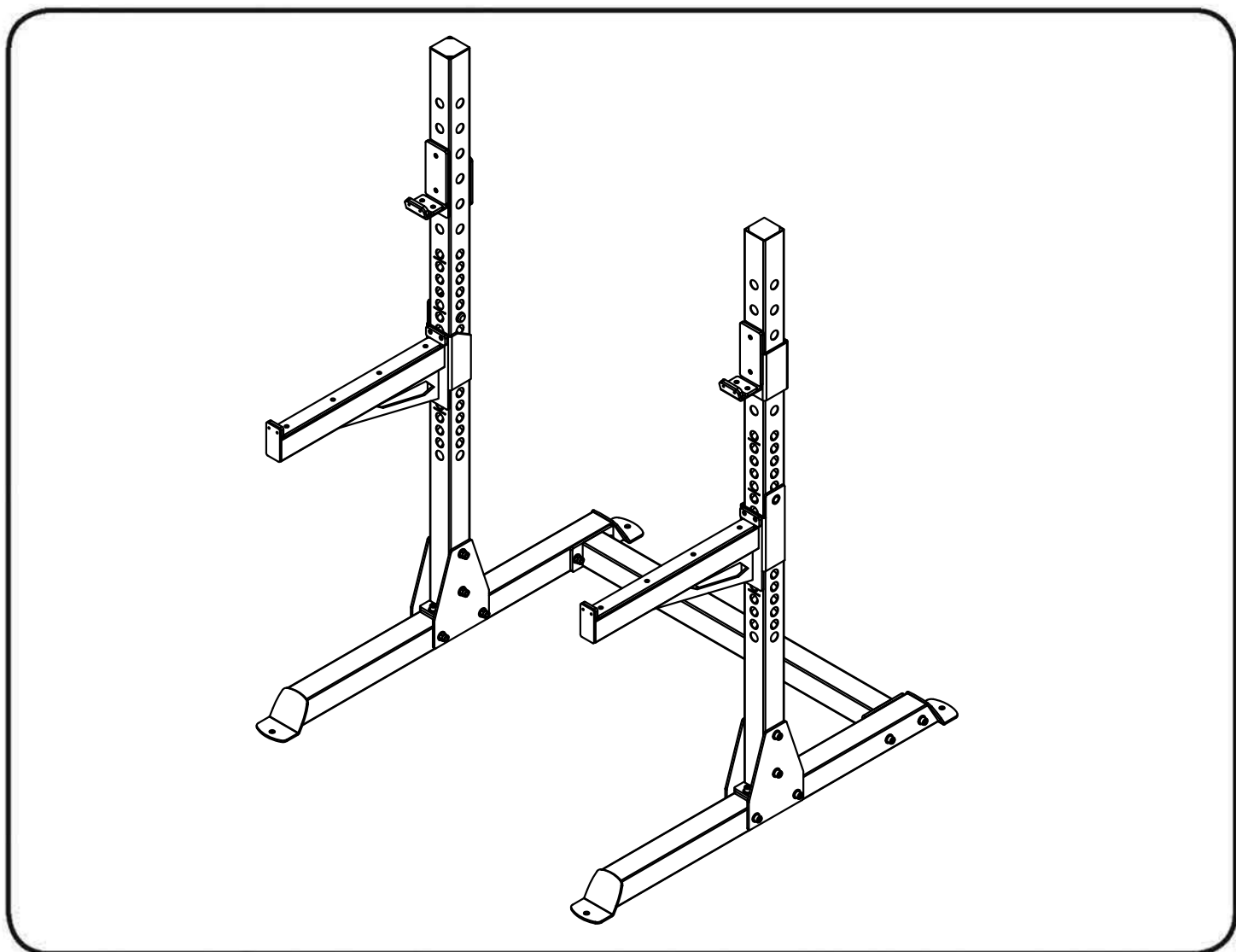


◆ XMARK

XM-9050

**Commercial Multi Press
Squat Rack**

Owner's Manual



CAUTION!

Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

Important Safety Instructions-----	3
Instructions-----	4
Parts List-----	5
Exploded View -----	6
Measurement Guide-----	7
Assembly Instructions-----	8
Assembly-----	9

Please visit xmarkfitness.com for warranty information.

Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- * Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- * Do not allow children on or near the equipment.
- * Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- * Wear proper exercise clothing and shoes for your workout----no loose clothing.
- * Do not overexert yourself or work to exhaustion.
- * If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- * Never operate the unit when it has been damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

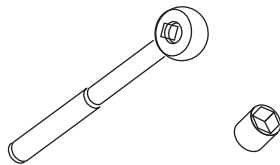
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

Instructions

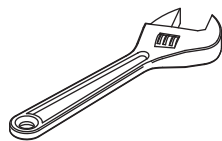
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

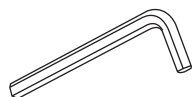
Tools Required



Ratchet Wrench and Socket



Adjustable Wrench



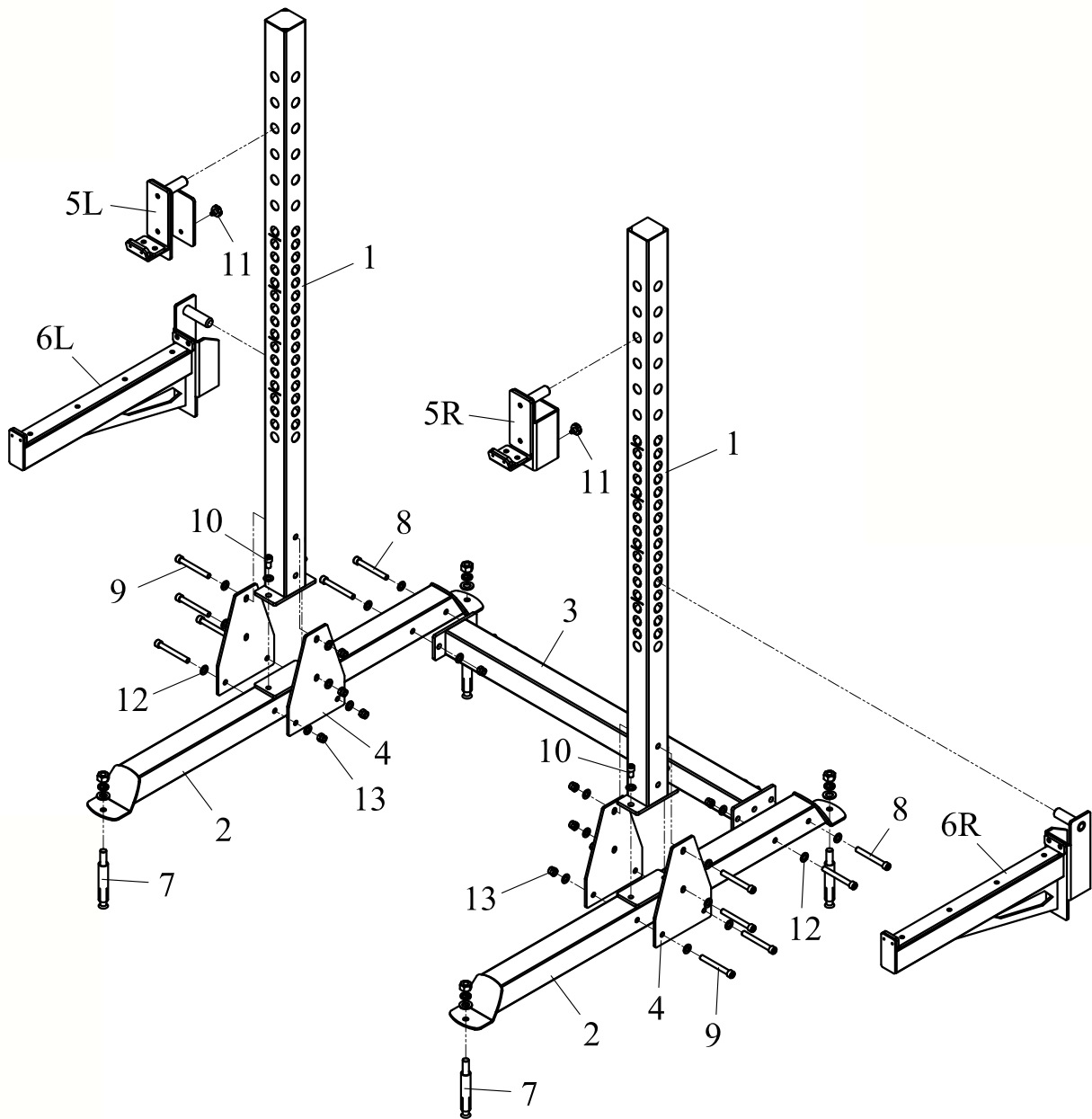
Hex Key Wrench Set

Parts List

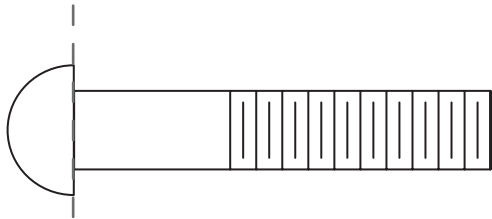
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty
1	Upright Tube-1767	2
2	Base Frame-1350	2
3	Cross Bar-1080	1
4	Upright Support	4
5L	Left J Hook	1
5R	Right J Hook	1
6L	Left Safety Spotter	1
6R	Right Safety Spotter	1
7	Expansion Screw	4
8	Socket Head Cap Screw M12*100	4
9	Socket Head Cap Screw M12*105	8
10	Socket Head Cap Screw M12*20	4
11	Plum Shaped Screw	2
12	Flat Washer ϕ 12	28
13	Nylon Lock Nut M12	12

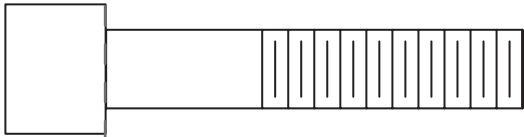
Exploded View



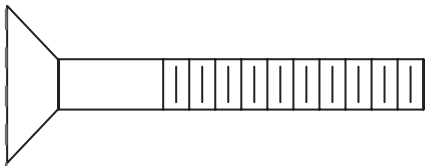
Measurement Guide



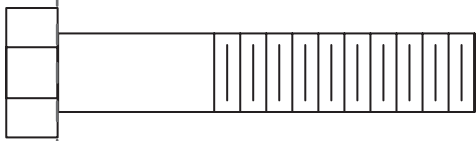
BHCS = Button Head Cap Screw



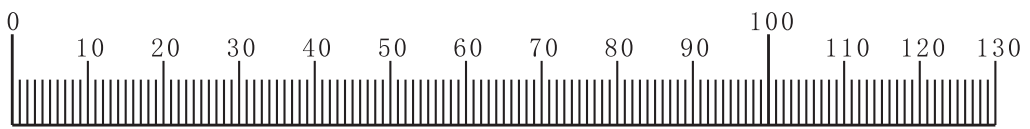
SHCS = Socket Head Cap Screw



FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

Assembly Instructions

Assembly of the equipment takes professional installers about 1 hour. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



Note

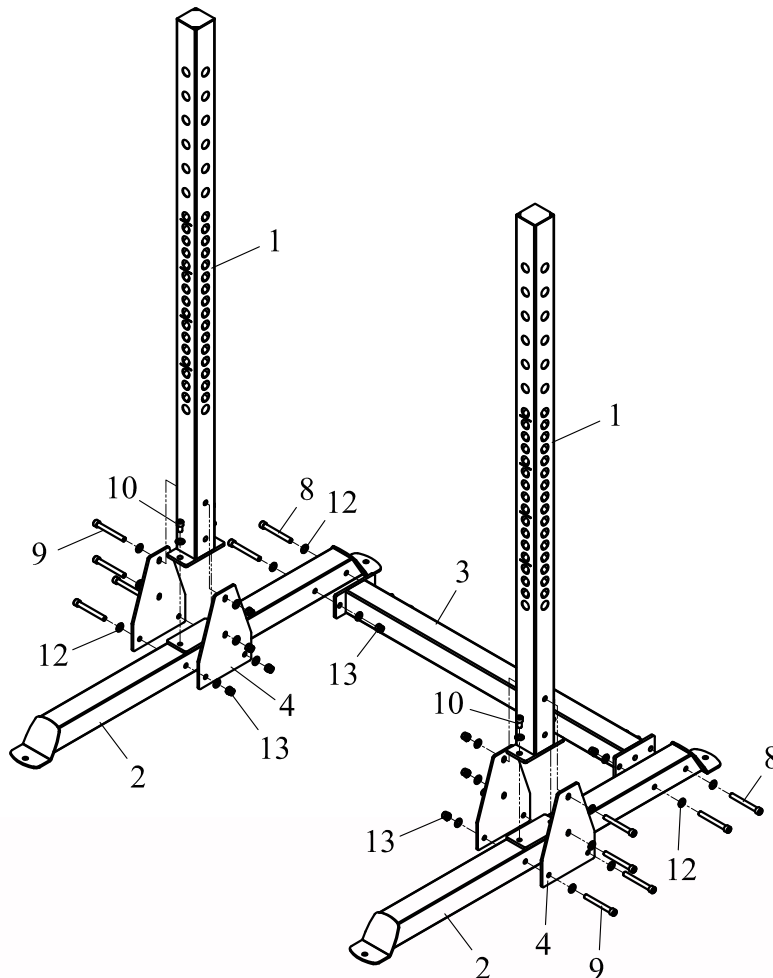
As with any assembled part, proper alignment and adjustment is critical. While tightening the bolts, be sure to leave room for adjustments. Do not fully tighten the bolts until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.

Assembly

Step 1

1. Attach the Base Frames (2#) to the Cross Bar (3#) using: four M12*100 SHCS (8#)
eight ϕ 12 Flat Washer (12#)
four M12 Nylon Lock Nut (13#)
2. Attach the Upright Tubes (1#) to the Base Frames (2#) using:
two M12 *20 SHCS (10#)
two ϕ 12 Flat Washer (12#)
3. Attach the Upright Supports (4#) to the Base Frames (2#) and the Upright Tubes (1#) using:
eight M12*105 SHCS (9#)
sixteen ϕ 12 Flat Washer (12#)
eight M12 Nylon Lock Nut (13#)

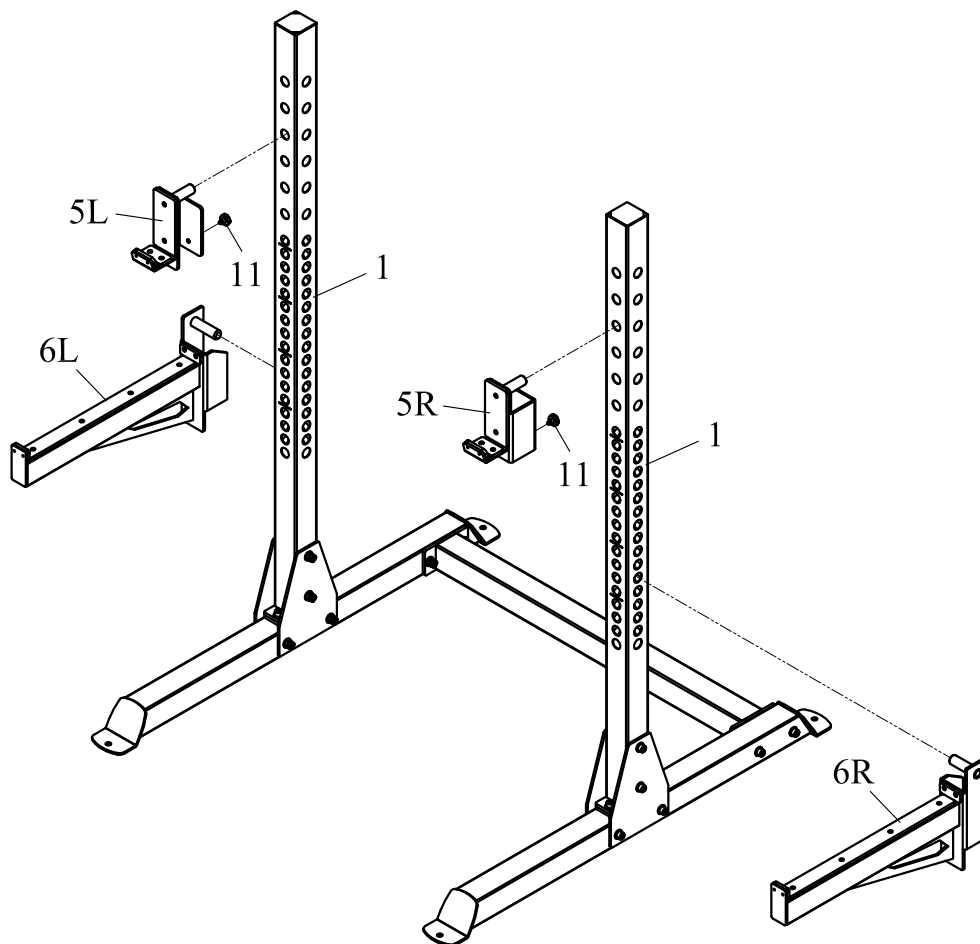
Note: Wrench Tighten Bolts and Nylon Lock Nuts.



Assembly

Step 2

1. Attach the J Hooks (5L# & 5R) to the Main Frames (1#) using:
two Plum Shaped Screws (11#)
2. Attach the Safety Spotters (6L# & 6R) to the Main Frames (1#)





Customer Service: 1-800-719-4605