

XMARK

XM-7618

LAT MACHINE

Owner's Manual

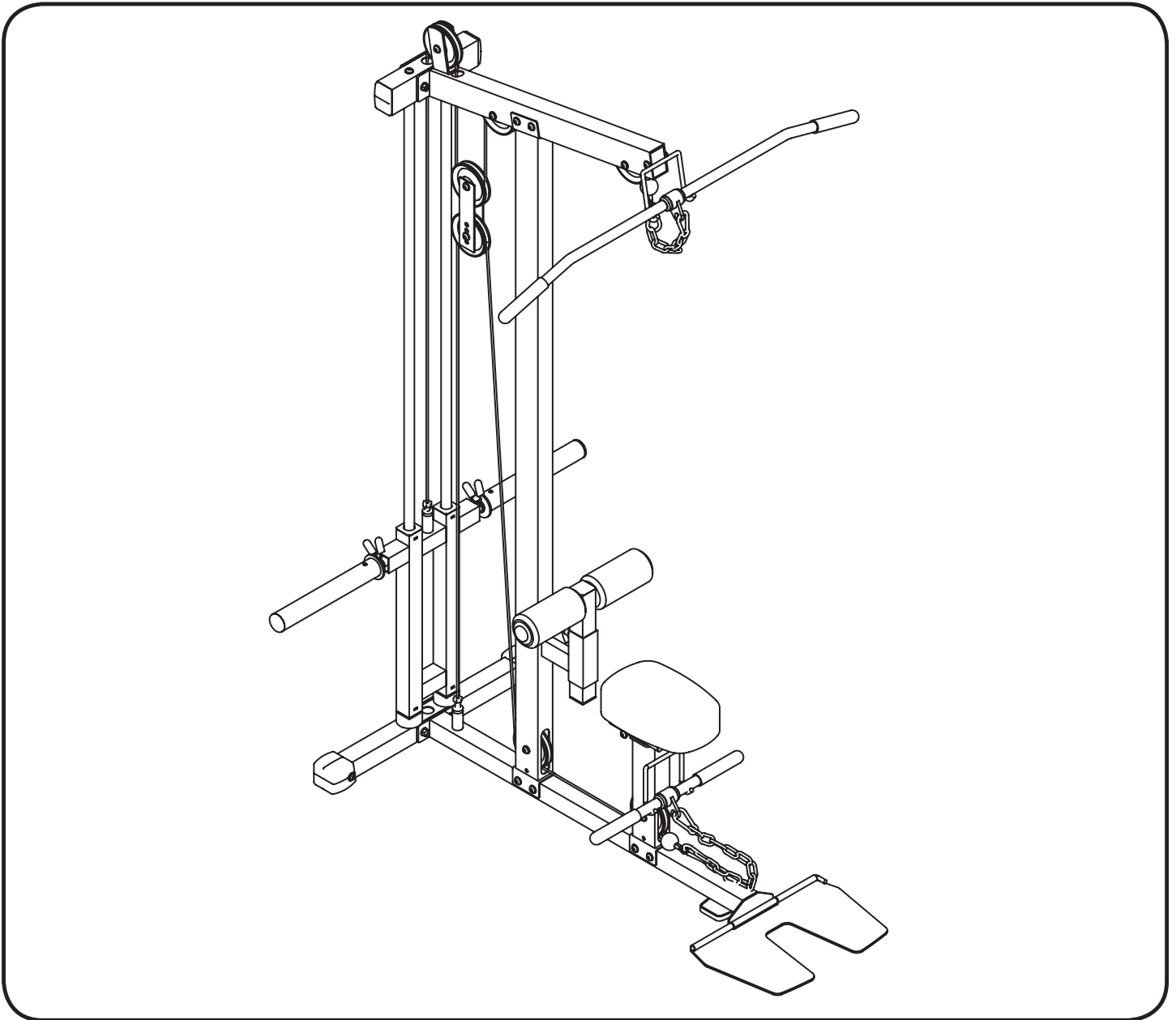


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Important Safety Information

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

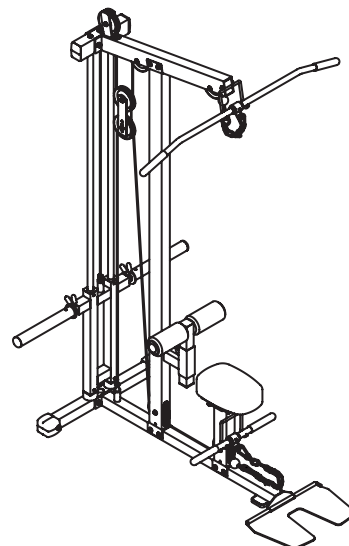


THANK YOU for making this unit a part of your exercise program. XMARK Fitness assures the very best in value, appearance, durability and biomechanics.

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.

Please visit www.xmarkfitness.com for warranty information

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



**XMARK FITNESS SERIES
MODEL: XM-7618**

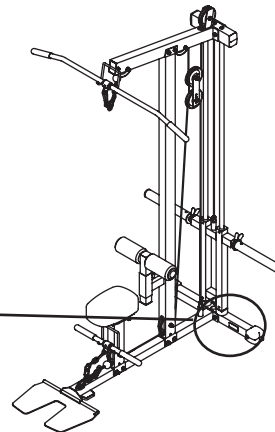
When calling please have the following product information available:

Model Name :

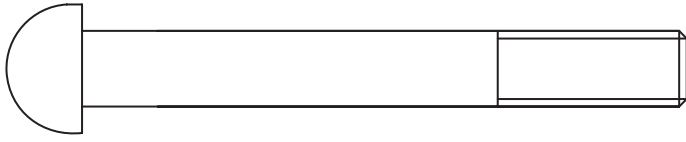
Date Mfg.:

Serial #

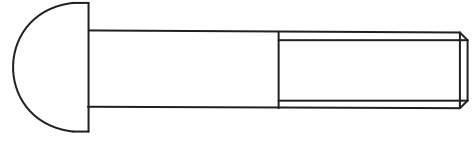
Model Name Decal Location _____



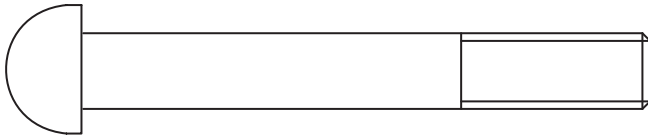
Assembly



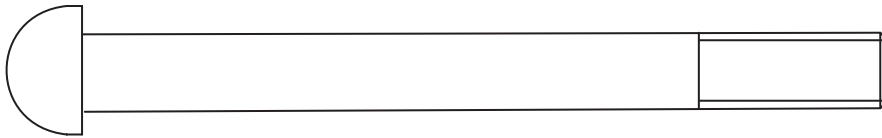
[34#] M10*80 4pcs



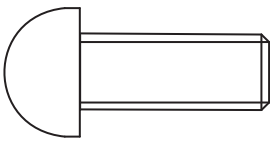
[38#] M10*50 3pcs



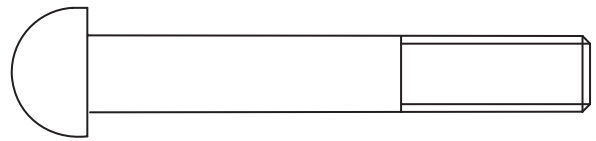
[33#] M10*75 14pcs



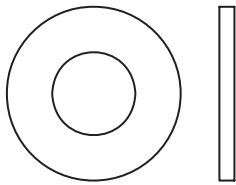
[35#] M10*115 1pc



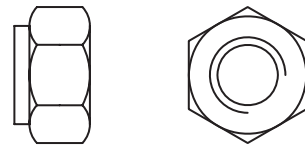
[36#] M10*25 4pcs



[32#] M10*65 1pc



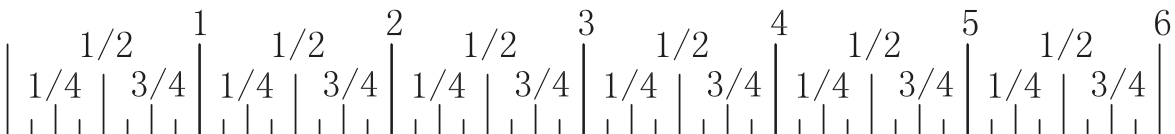
[31#] Ø11*Ø20*2 46pcs



[37#] M10 19pcs



Millimeters



Inches

Assembly

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

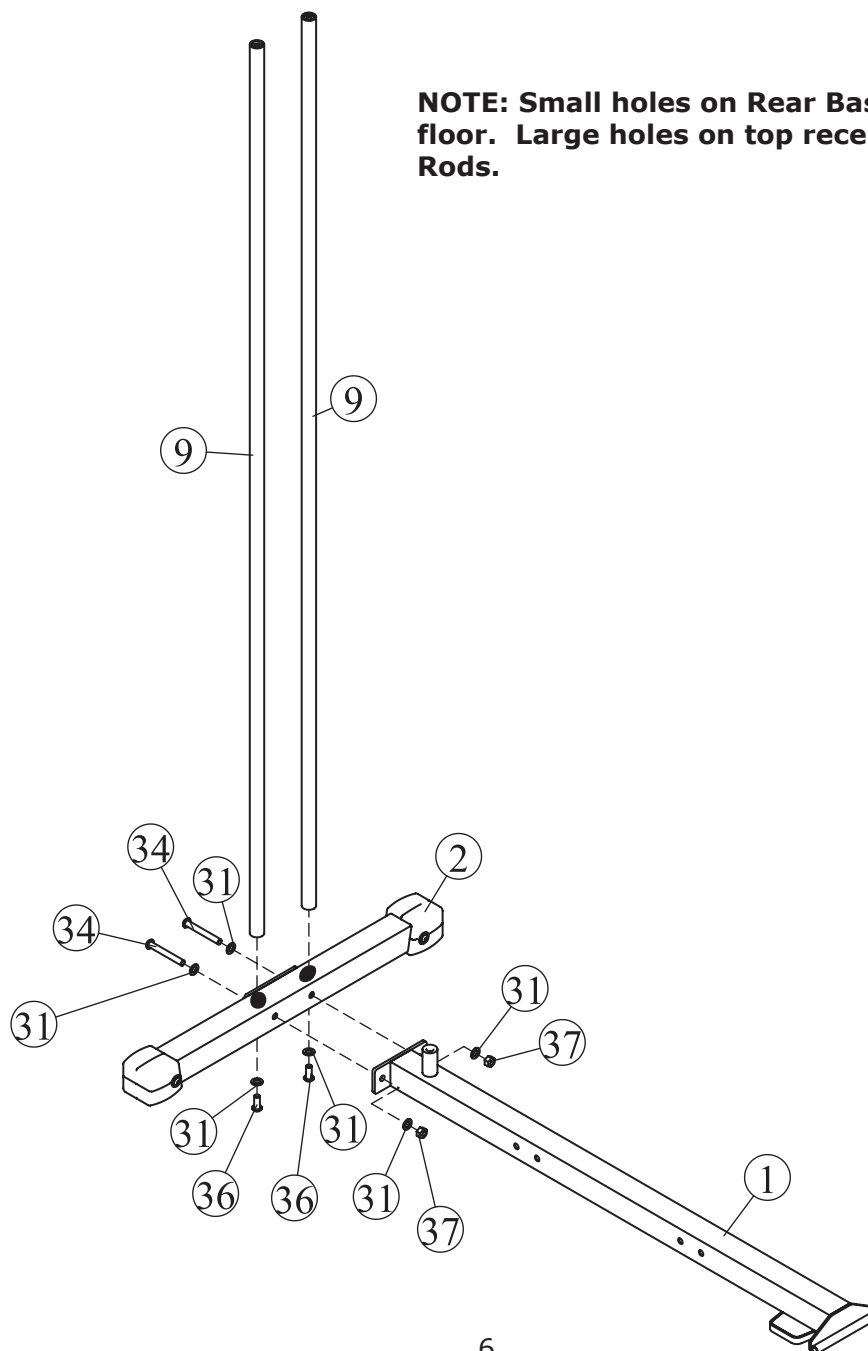
Step 1

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

- two M10*80 Button Head Cap Screw (#34)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- two M10 Nylon Locknut (#37)

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

- two M10*25 Button Head Cap Screw (#36)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#31)



Assembly

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

Step 2

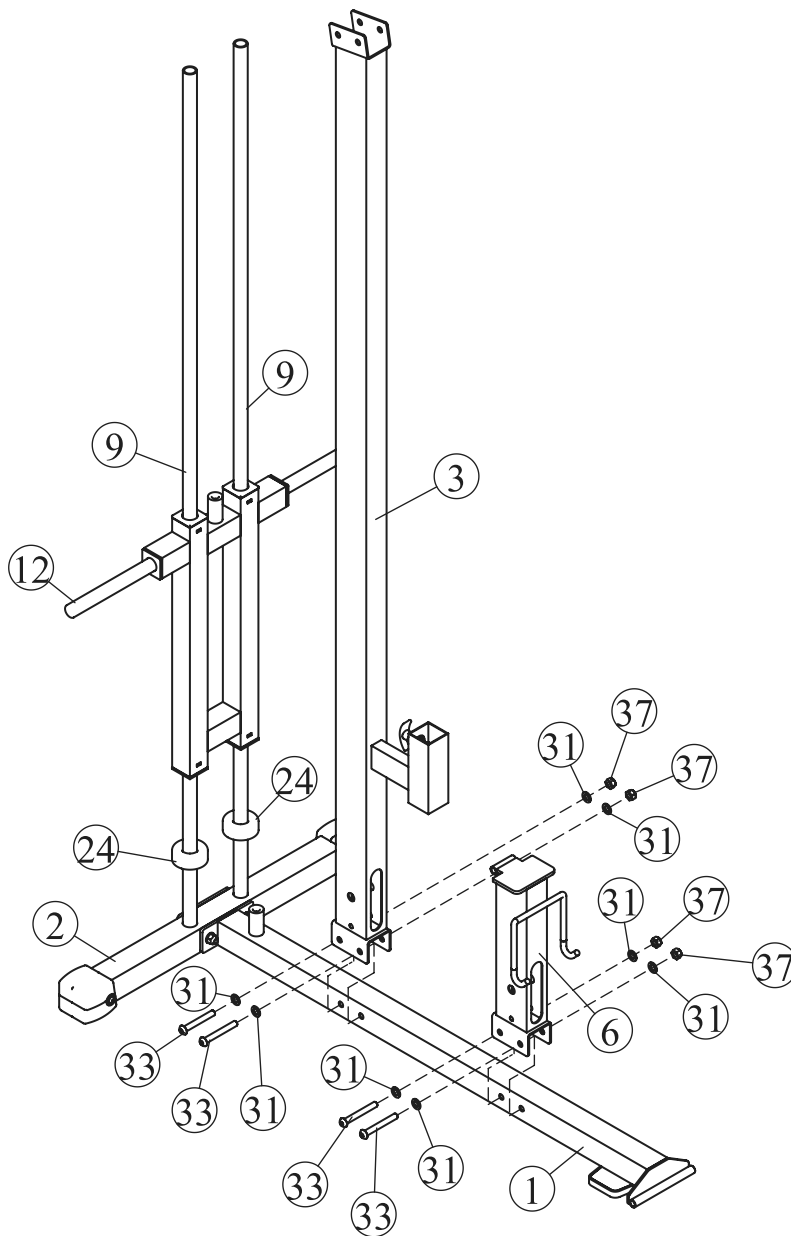
Slide Weight Bumpers (#24) and Slide Weight Support (#12) onto guide rods (#9) as shown.

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

- two M10*75 Button Head Cap Screw (#33)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- two M10 Nylon Locknut (#37)

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

- two M10*75 Button Head Cap Screw (#33)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- two M10 Nylon Locknut (#37)



Assembly

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

Step 3

Slide Top Cross Frame (#5) on top of Guide Rod (#9) and secure using:

- two M10*25 Button Head Cap Screw (#36)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#31)

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

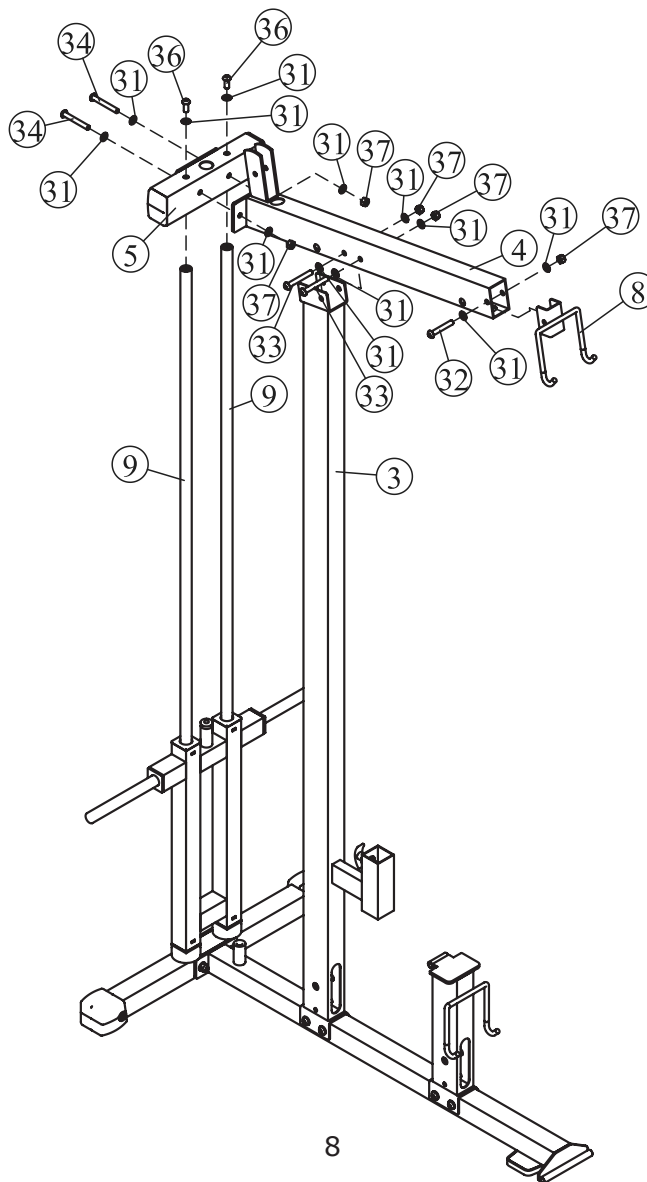
- two M10*75 Button Head Cap Screw (#33)
- two M10 Nylon Locknut (#37)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)

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

- two M10*80 Button Head Cap Screw (#34)
- two M10 Nylon Locknut (#37)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)

Attach Lat Bar Hook GYM (#8) to Top Frame (#4) using:

- one M10*65 Button Head Cap Screw (#32)
- one M10 Nylon Locknut (#37)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#31)



Assembly

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

Step 4

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

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

Attach one Big Pulley (#21) to the Top Frame (#4) using:

- one M10*50 Button Head Cap Screw (#38)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- one M10 Nylon Locknut (#37)

Attach one Big Pulley (#21) to Pulley Plates (#28) using:

- one M10*50 Button Head Cap Screw (#38)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- one M10 Nylon Locknut (#37)

Attach two Big Pulley (#21) to the Top Frame (#4) using:

- two M10*75 Button Head Cap Screw (#33)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- two M10 Nylon Locknut (#37)
- four $\Phi 11*\Phi 16*15$ Pulley Spacer (#29)

Start by attaching Low Pully Cable (#17) to Main Base (#1) using:

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

Attach one Big Pulley (#21) to Pulley Plates (#28) using:

- one M10*50 Button Head Cap Screw (#38)
- two $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- one M10 Nylon Locknut (#37)

Attach two Big Pulley (#21) to Upright (#3) & Seat Support (#6) using:

- two M10*75 Button Head Cap Screw (#33)
- four $\Phi 11*\Phi 20*2$ Flat Washer (#31)
- two M10 Nylon Locknut (#37)
- four $\Phi 11*\Phi 16*15$ Pulley Spacer (#29)

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

- two Gear Hook (#40)
- one Long Chain 12 (#18)

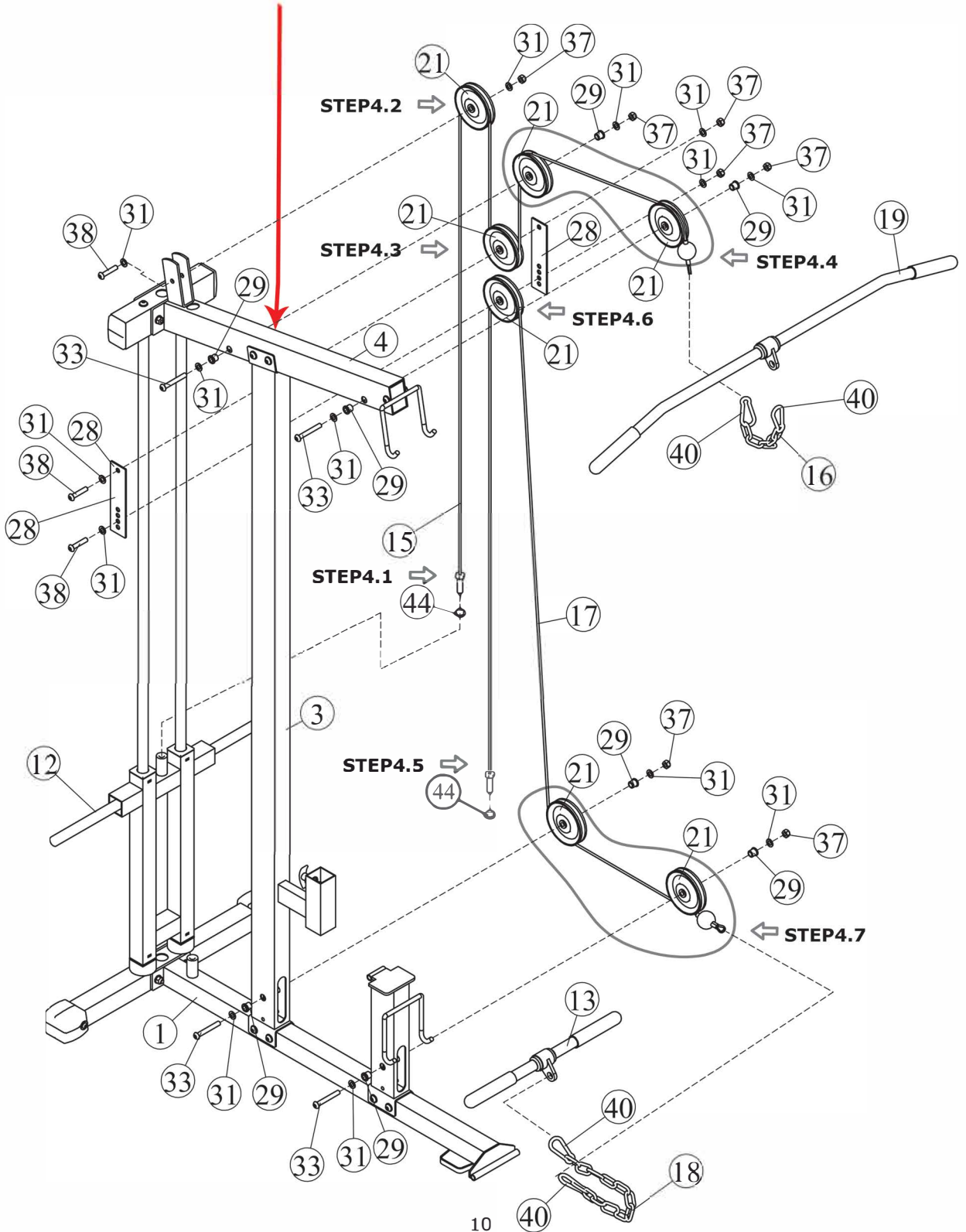
Attach the Long Bar (#19) to the High Pully Cable (#15) using:

- two Gear Hook (#40)
- one Short Chain 4 (#16)

Assembly

Step 4

MAKE SURE CABLE IS ROUTED OVER BOLTS (two M10*75 Button Head Cap Screw (#33))



Assembly

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

Step 5

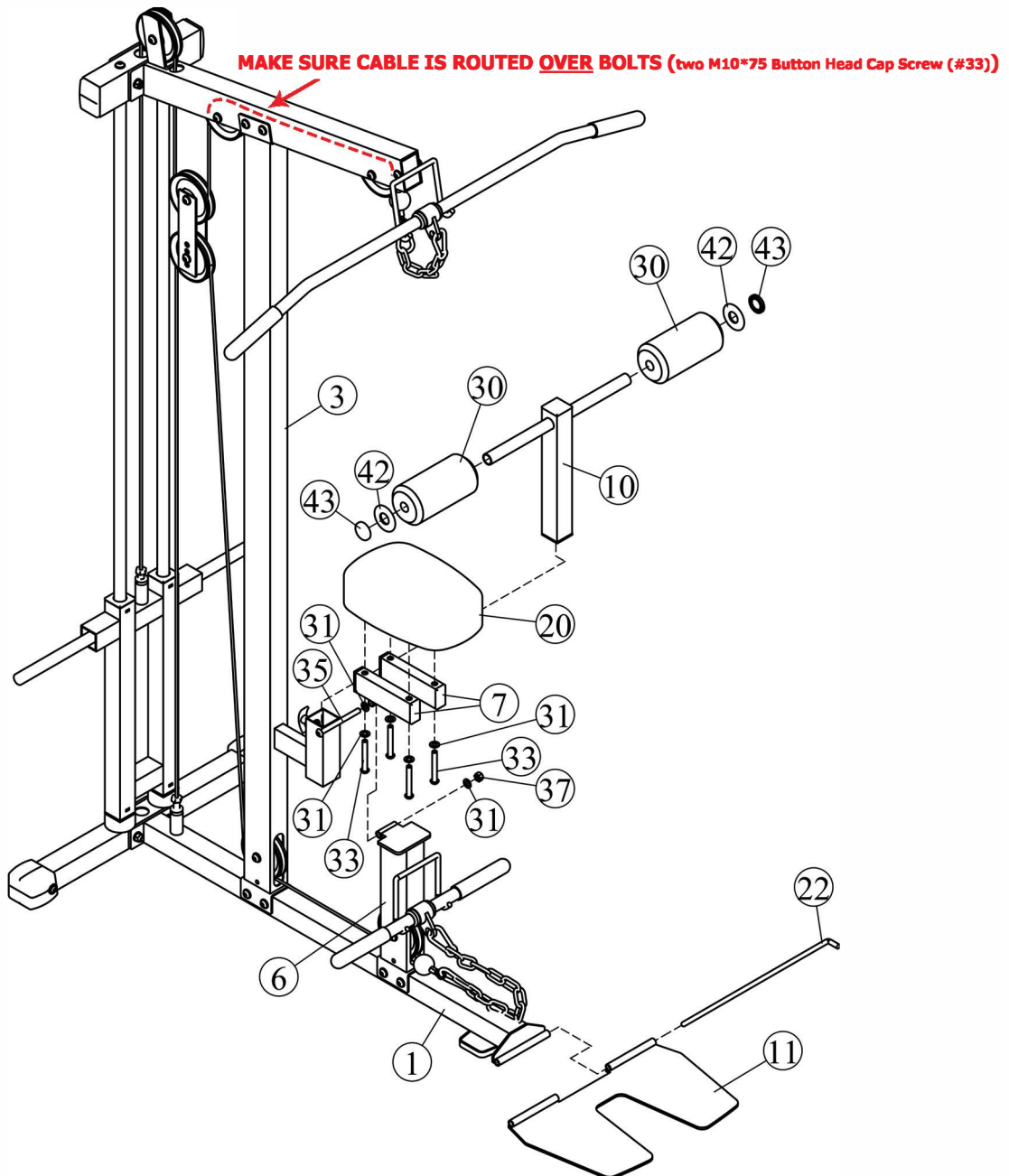
Complete leg hold down assembly using:

- one Roller Pad Frame (#10)
- two Plastic Washer (#42)
- two Foam Padding (#30)
- two Metal End Cap (#43)

Complete Seat Pad (#20) assembly using:

- two Seat Pad Tube (#7)
- four M10*75 Button Head Cap Screw (#33)
- one M10 Nylon Locknut (#37)
- one M10*115 Button Head Cap Screw (#35)
- six $\Phi 11 \times \Phi 20 \times 2$ Flat Washer (#31)

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



Assembly

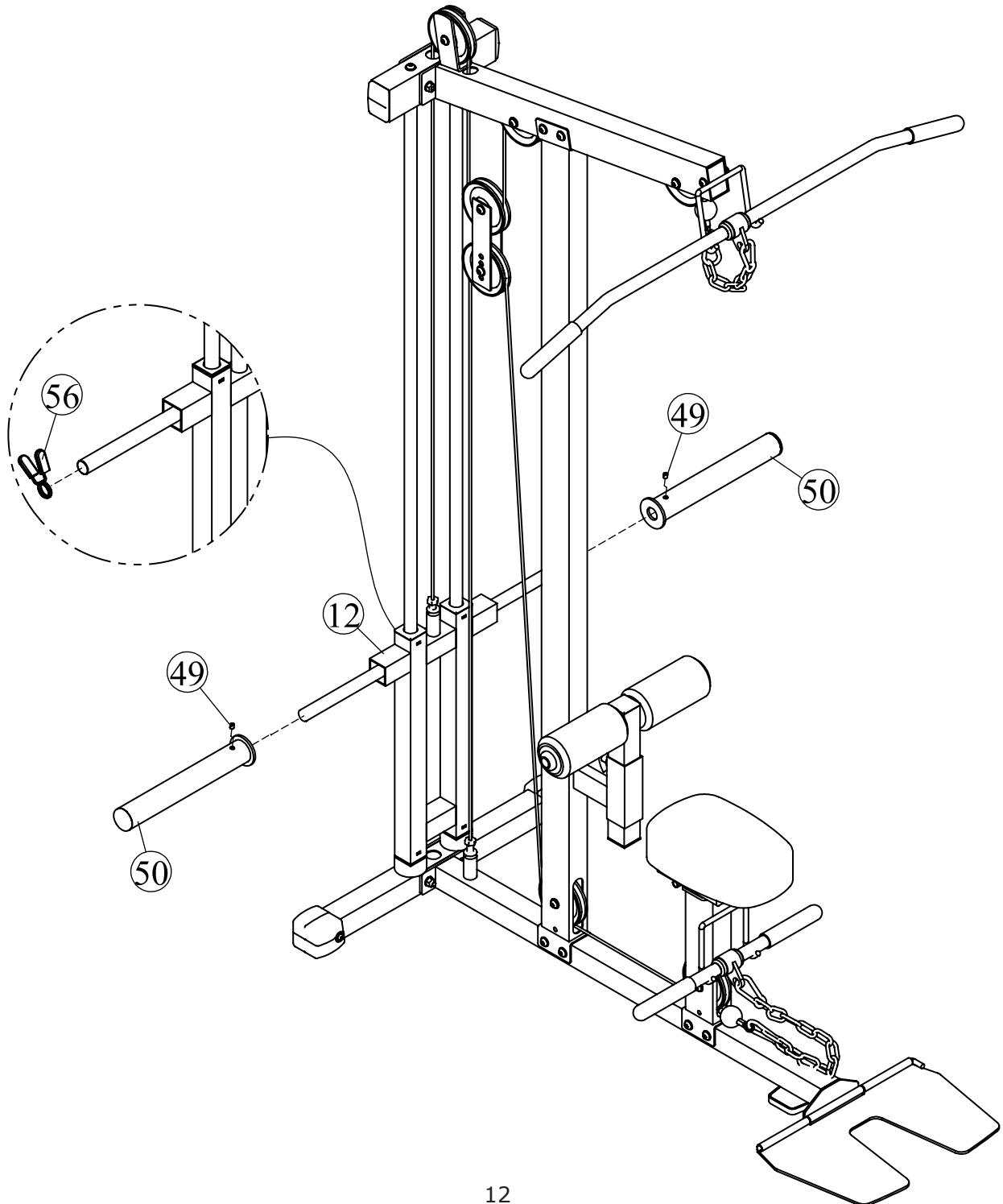
NOTE: Wrench Tighten above all bolts and Nylon Locknuts.

Step 6

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

- two M8*6 Screw (#49)

For standard plate do not slide the Adapters (#50) on, just using two Spring Clip (#56) hold the plate off from the Slide Weight Support (#12).

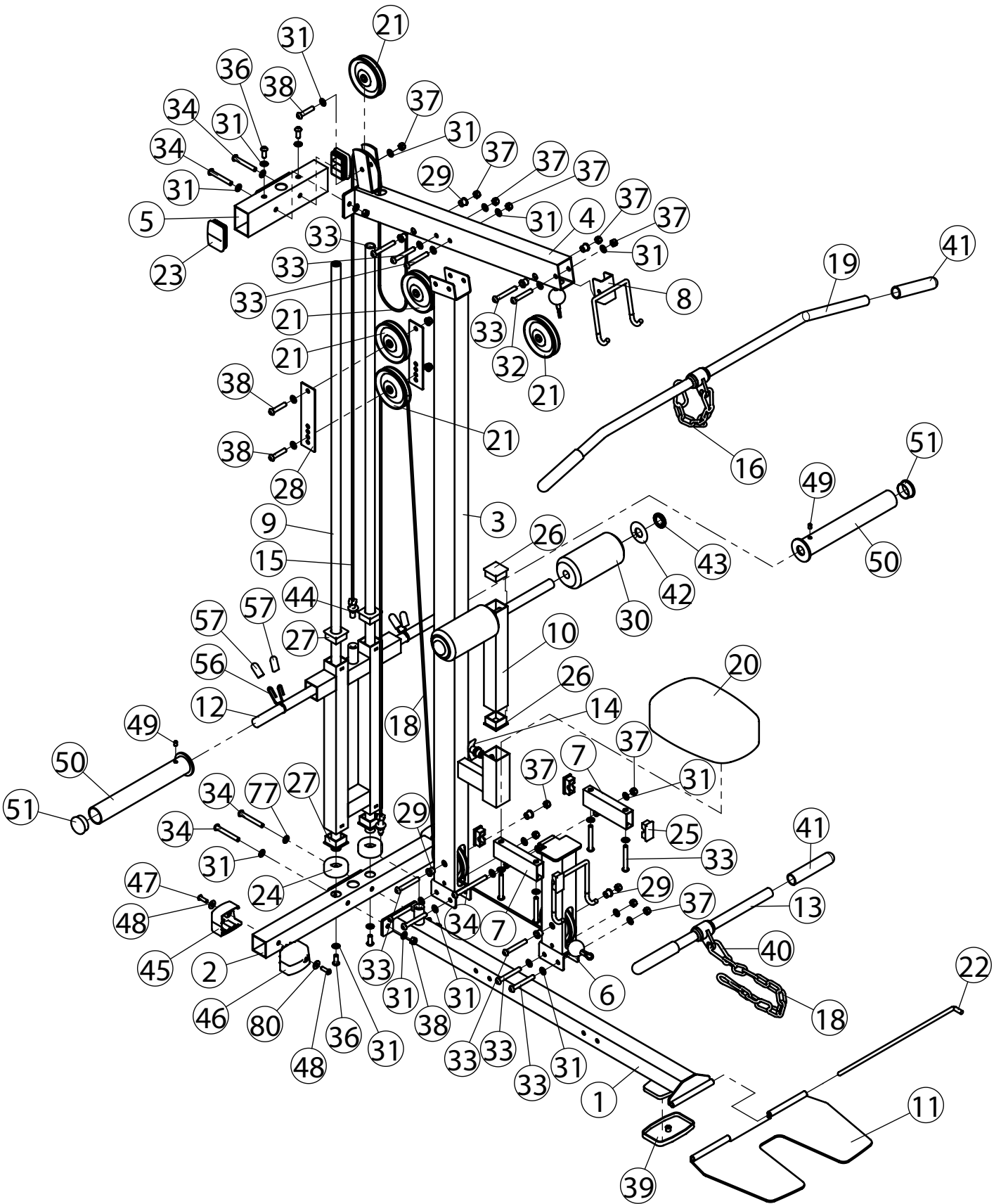


Parts List

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	Slide 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	Big 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