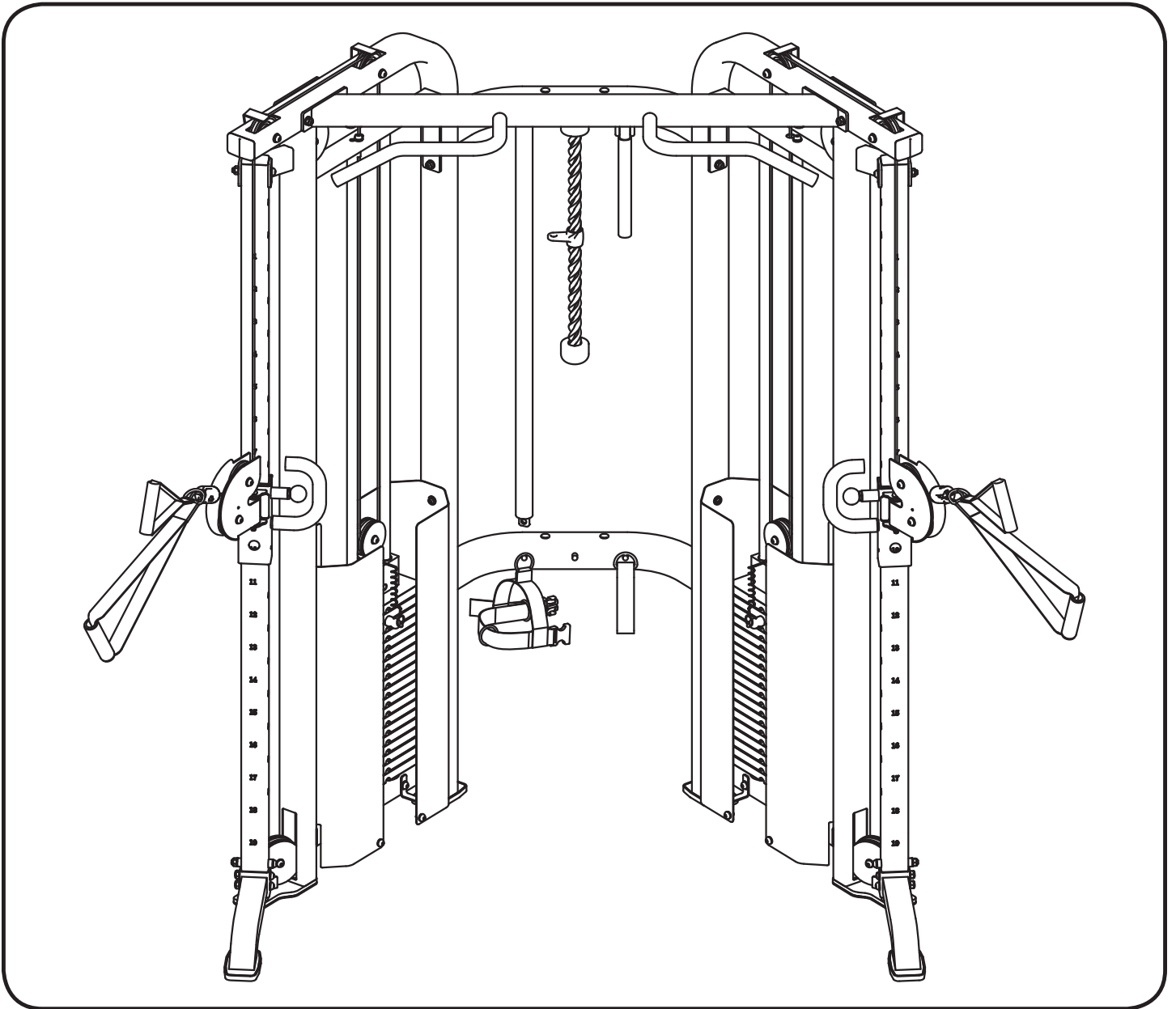


**XMARK**

*XM-7626.1*

**FUNCTIONAL TRAINER**

**Owner's Manual**



**XMARK**

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**Please visit [www.xmarkfitness.com](http://www.xmarkfitness.com) for warranty 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.

**Visit [www.xmarkfitness.com](http://www.xmarkfitness.com) for warranty information**

## **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.

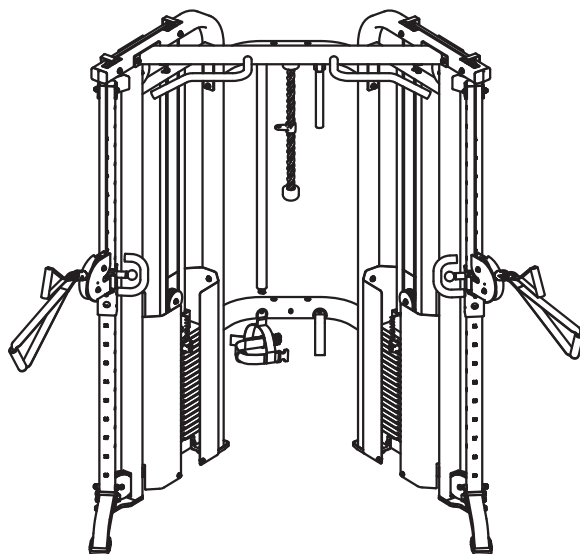


**THANK YOU** for making this unit a part of your exercise program. XMARK Fitness assures the very best in value, appearance, durability and biomechanics.

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](http://www.xmarkfitness.com) for warranty information*

**QUESTIONS?**  
**CALL 1-800-719-4605**  
Monday-Friday  
8:30 a.m.-5:00 p.m.  
(Central Standard Time)



**XMARK FITNESS SERIES**  
**MODEL: XM-7626.1**

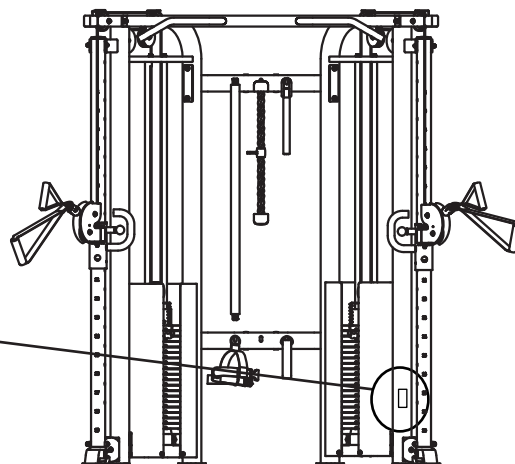
*When calling please have the following product information available:*

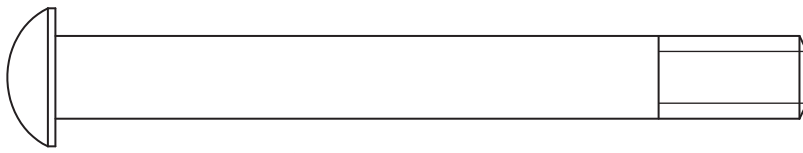
**Model Name :**

**Date Mfg.:**

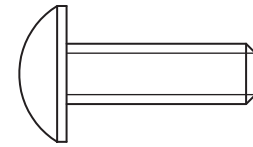
**Serial #**

*Model Name Decal Location*

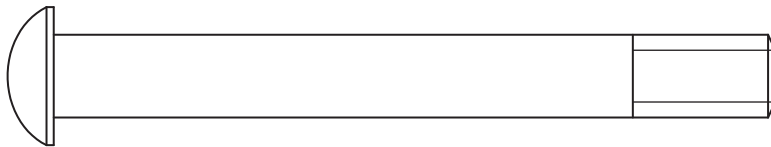




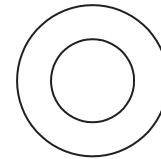
[52#] M10\*105 4pcs



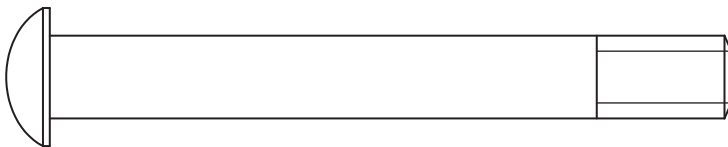
[58#] M8\*15 12pcs



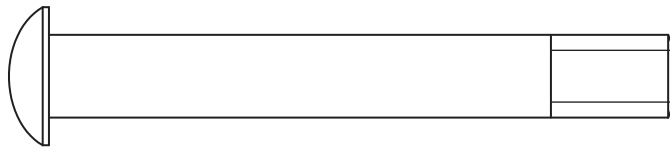
[53#] M10\*100 10pcs



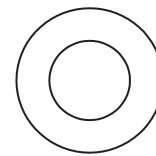
[60#]  $\phi 11 * \phi 20 * 2$  84pcs



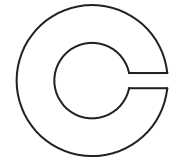
[54#] M10\*95 2pcs



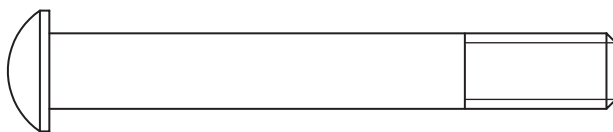
[55#] M10\*80 4pcs



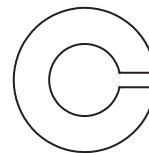
[62#]  $\phi 9 * \phi 16 * 1.6$  16pcs



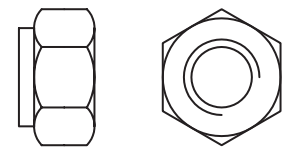
[61#]  $\phi 10$  4pcs



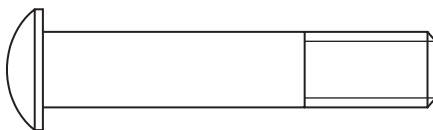
[56#] M10\*75 4pcs



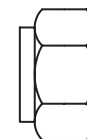
[63#]  $\phi 8$  12pcs



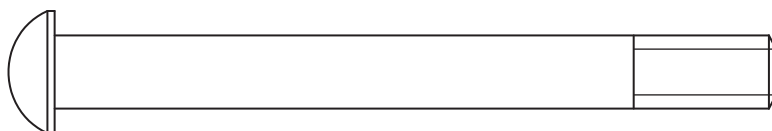
[64#] M10 40pcs



[57#] M10\*50 16pcs



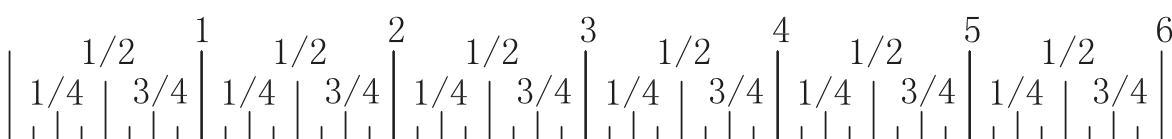
[65#] M8 2pcs



[59#] M8\*100 2pcs



Millimeters



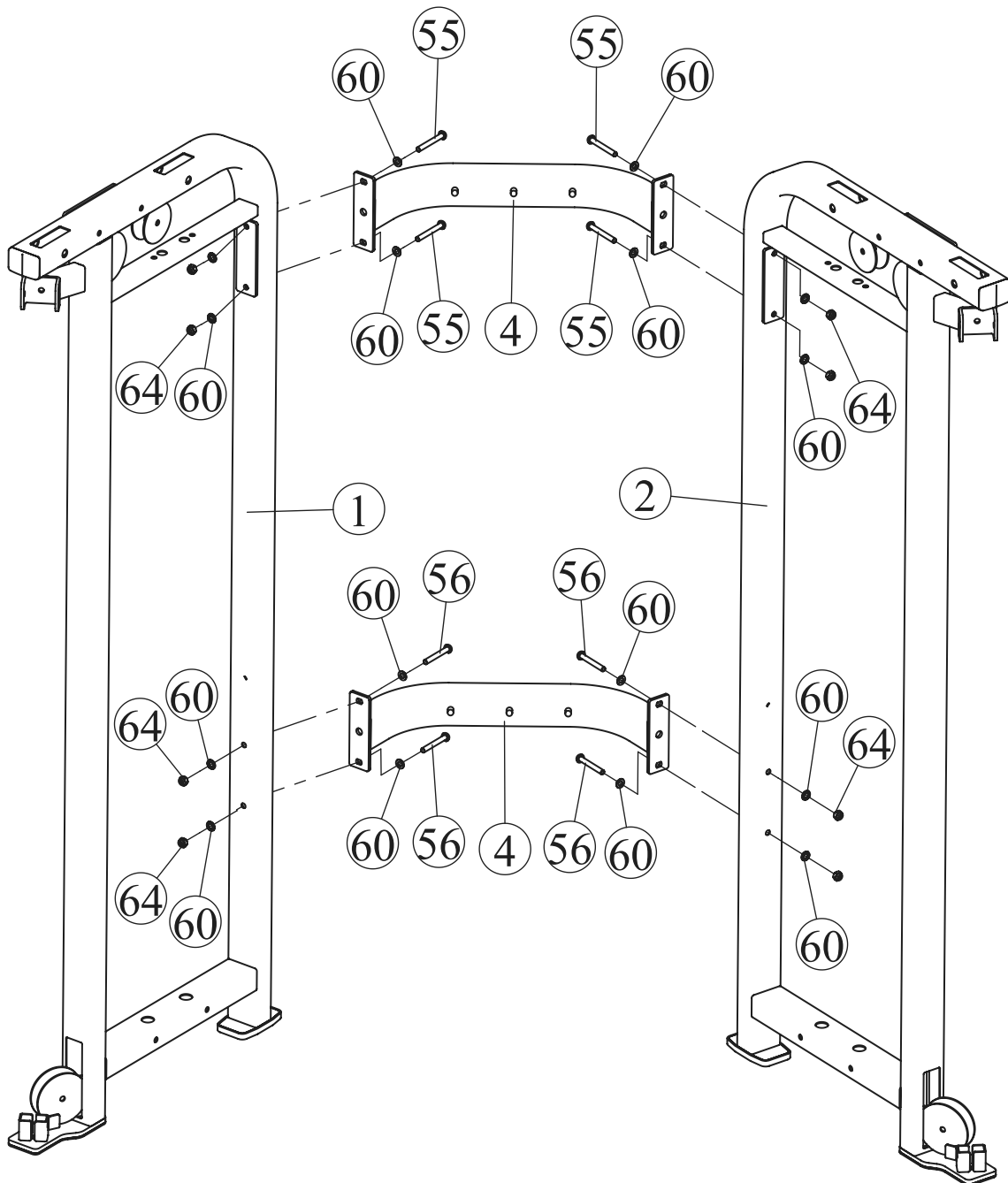
Inches

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

## Step 1

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

- four M10\*80 Button Head Cap Screw (#55)
- four M10\*75 Button Head Cap Screw (#56)
- sixteen  $\Phi 11*\Phi 20*2$  Flat washer (#60)
- eight M10 Nylon lock nut (#64)

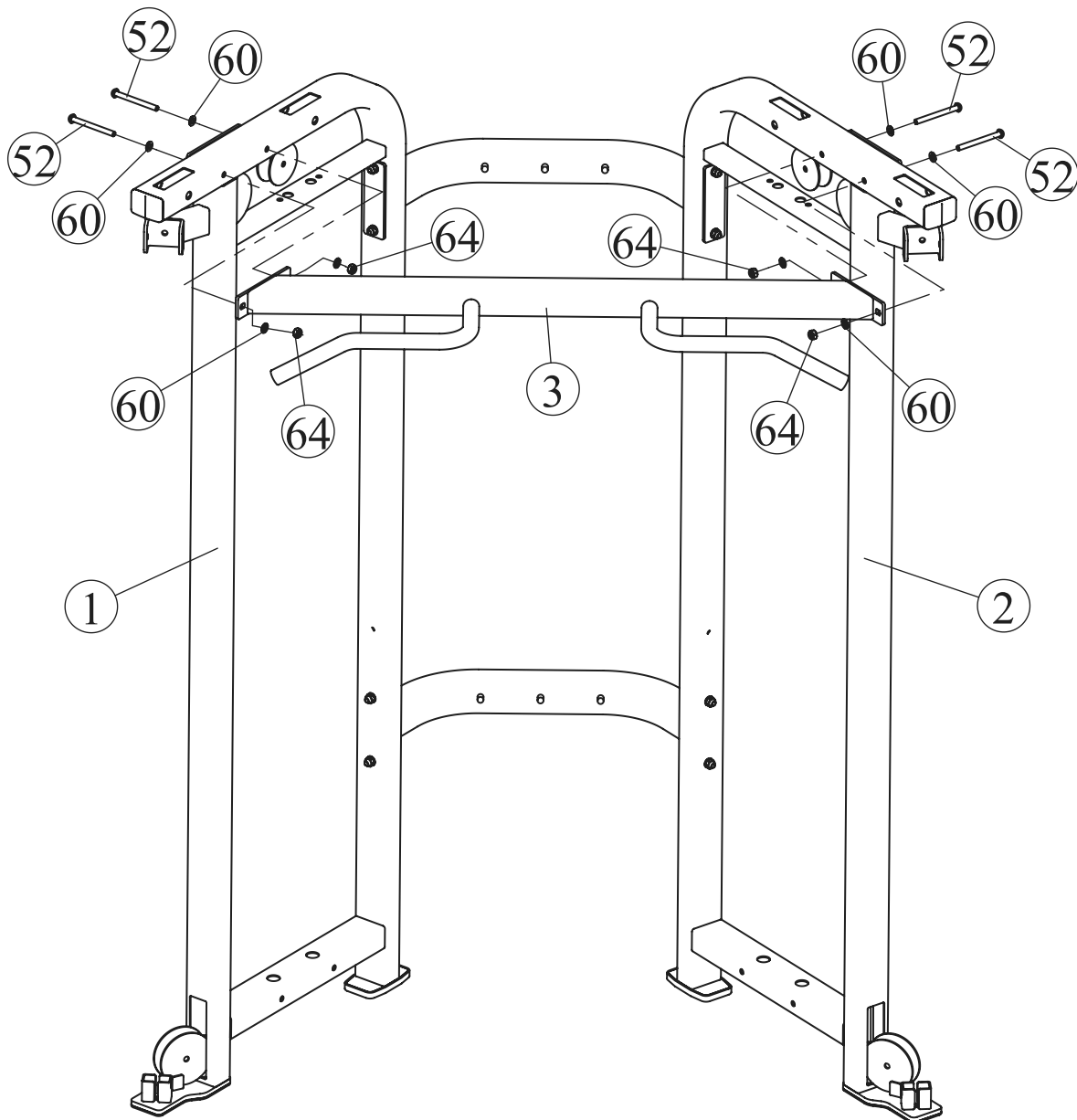


**NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.**

## Step 2

Attach the Main top beam (#3) to the Left frame (#1) and the Right frame (#2) using:

- four M10\*105 Button Head Cap Screw (#52)
- eight  $\Phi 11*\Phi 20*2$  Flat washer (#60)
- four M10 Nylon lock nut (#64)



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

## Step 3

Attach:

- two Guide Rod (#19)
- two  $\Phi 62 \times \Phi 58 \times \Phi 25.2 \times 25$  Weight bumper (#37)
- nineteen Weight plate 10LB (#40)
- one Top plate (#34)

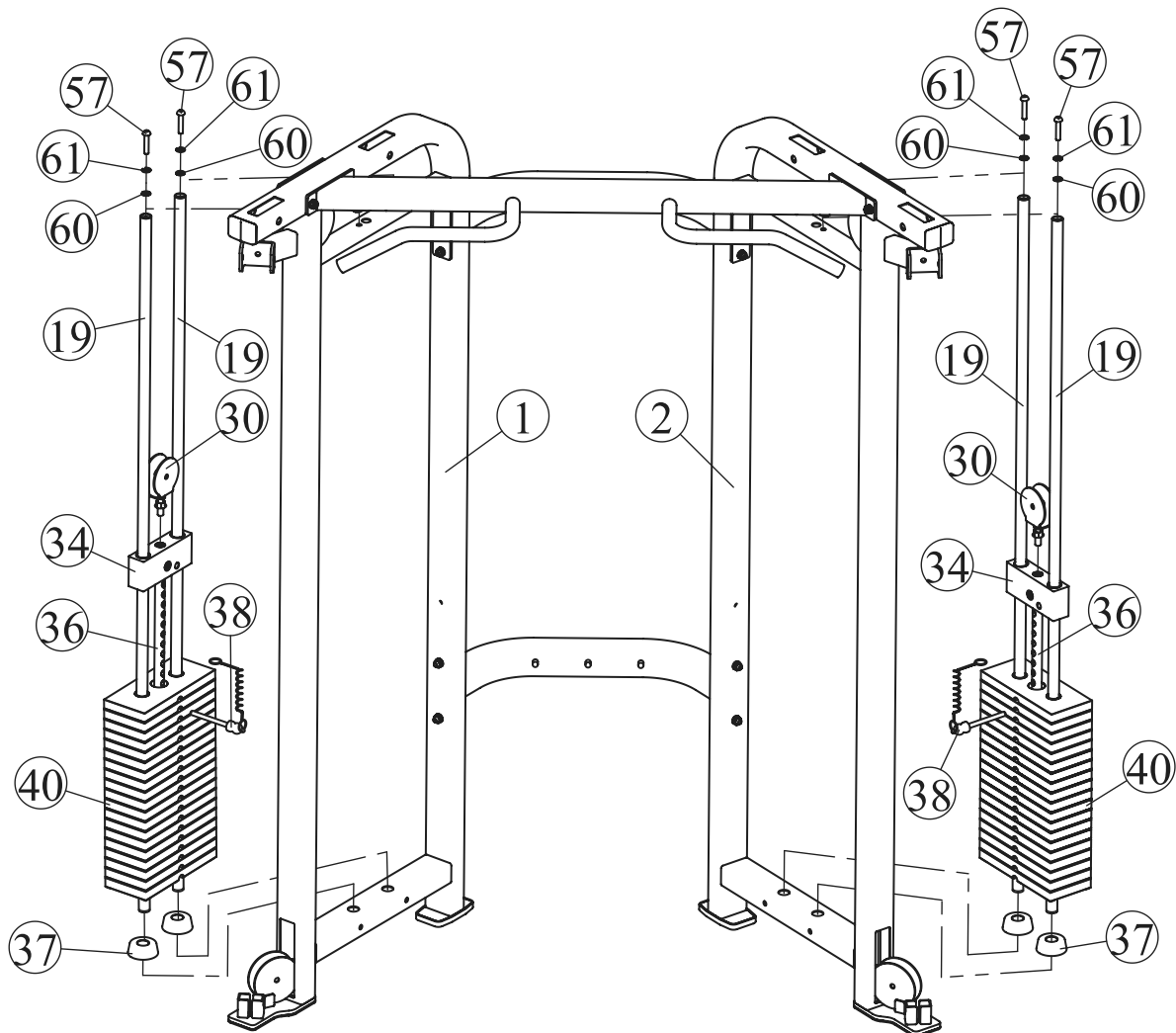
to the Left frame (#1) using:

- two M10\*50 Button Head Cap Screw (#57)
- two  $\Phi 10$  Spring washer (#61)
- two  $\Phi 11 \times \Phi 20 \times 2$  Flat washer (#60)

Attach the Weight Pin (#38) to the Top plate (#34).

Attach the Pulley bracket (#30) to the Top plate(#34).

Repeat this step to complete the right side.





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

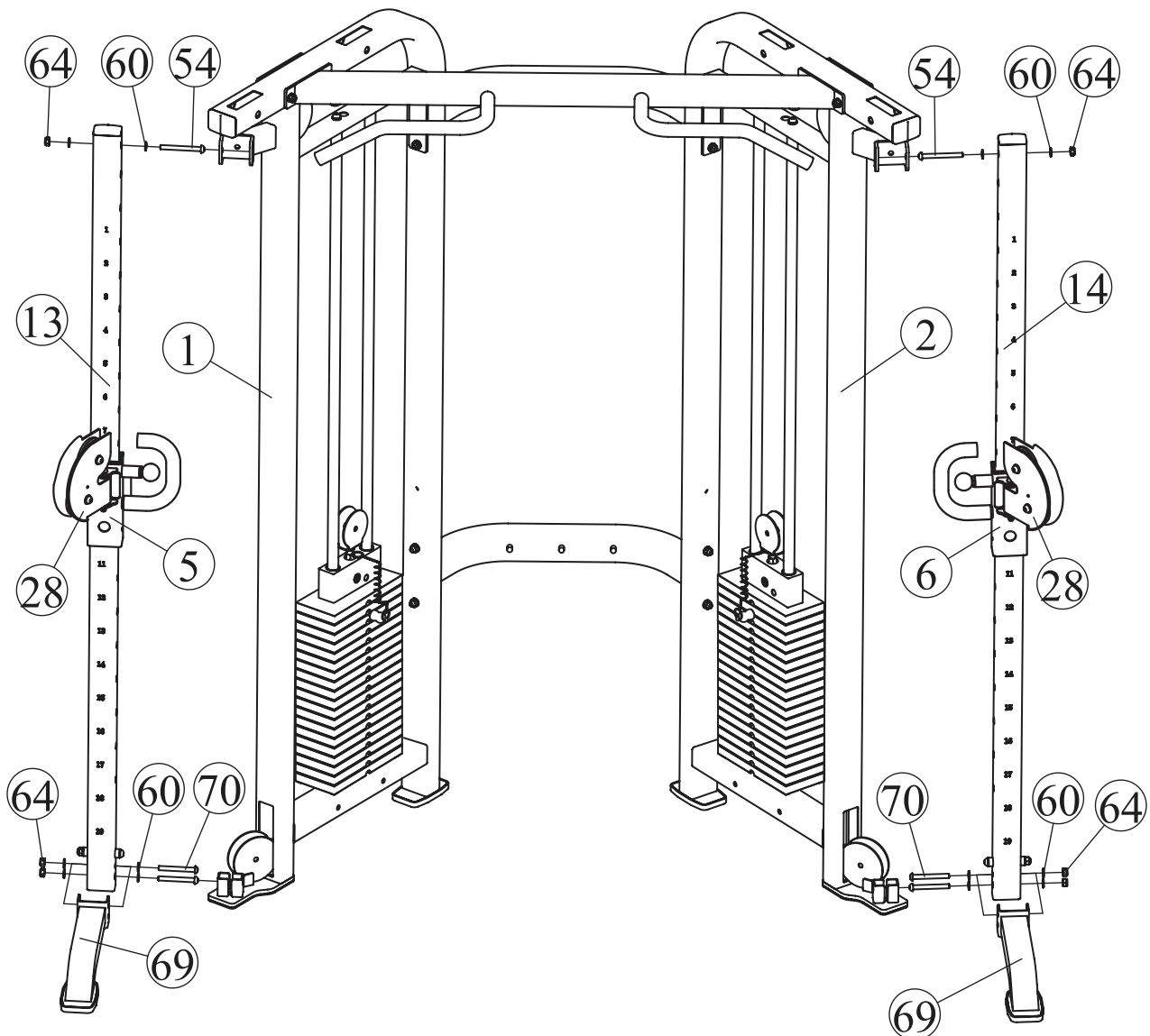
## Step 4

Attach the Left slip frame (#5) to the Left slip tube (#13).

Attach the Left slip tube (#13) and the Front support frame (#69) to the Left frame (#1) using:

- two M10\*85 Button Head Cap Screw (#70)
- one M10\*95 Button Head Cap Screw (#54)
- six  $\Phi 11*\Phi 20*2$  Flat washer (#60)
- three M10 Nylon lock nut (#64)

Repeat this step to complete the right side.



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

## Step 5

Attach one Pulley Cable (#8) to the Left Frame (#1).

Attach two 4.5" Pulley (#33) to the Left Frame (#1) using:

- two M10\*50 Button Head Cap Screw (#57)
- two M10 Nylon lock nut (#64)
- four  $\Phi 11*\Phi 20*2$  Flat washer (#60)

Attach three Small Pulley (#32) to the the Left frame (#1) using:

- one M10\*50 Button Head Cap Screw (#57)
- six  $\Phi 11*\Phi 20*2$  Flat washer (#60)
- four  $\Phi 20*\Phi 16*\Phi 10.5*27$  Longer pulley spacer (#7)
- two Cable retainer bracket (#16)
- two M10\*100 Button Head Cap Screw (#53)
- three M10 Nylon lock nut (#64)

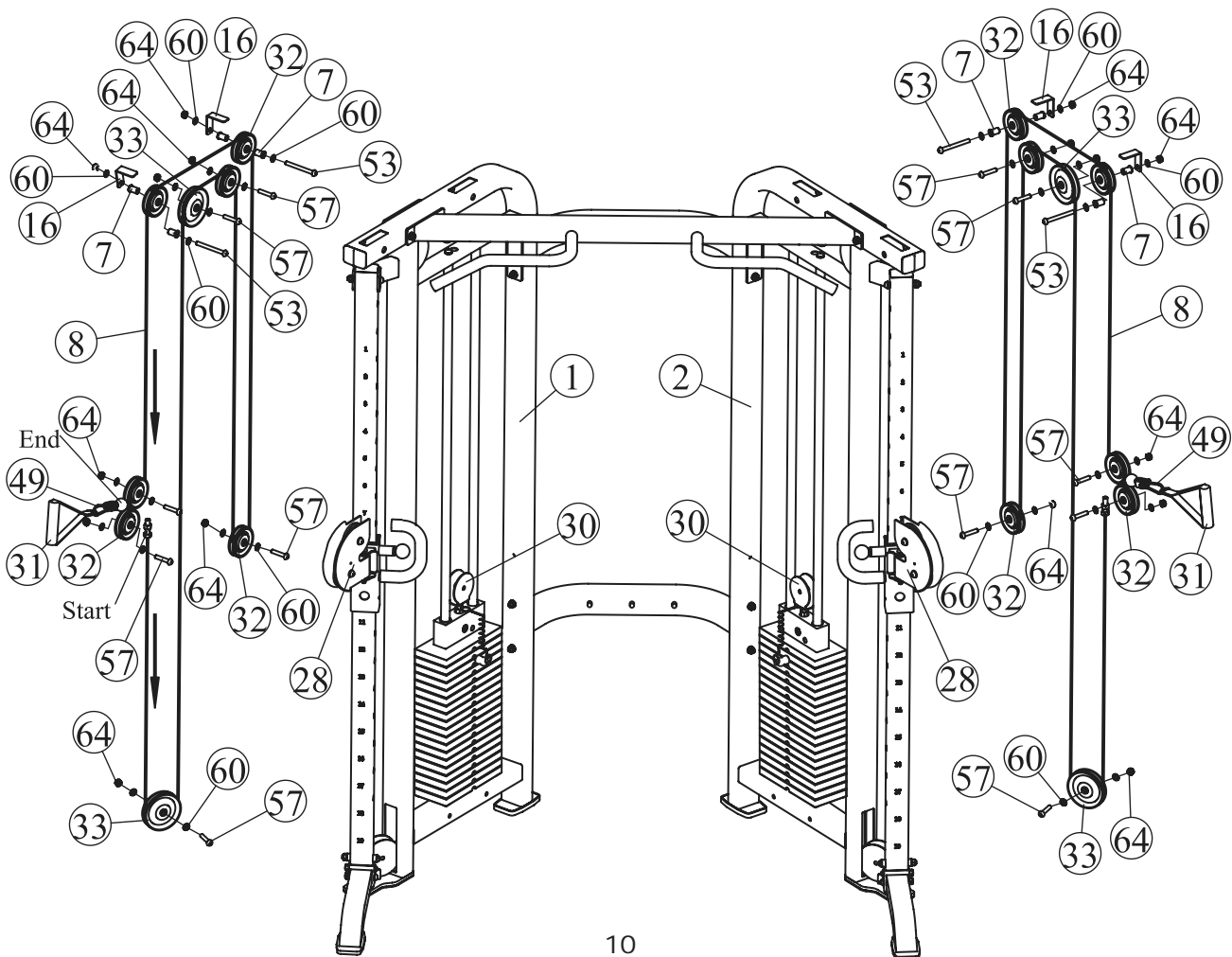
Attach one Small Pulley (#32) to the Pulley Bracket (#30) using:

- one M10\*50 Button Head Cap Screw (#57)
- one M10 Nylon lock nut (#64)
- two  $\Phi 11*\Phi 20*2$  Flat washer (#60)

Attach two Small Pulley (#32) to the Double pulley Bracket (#28) using:

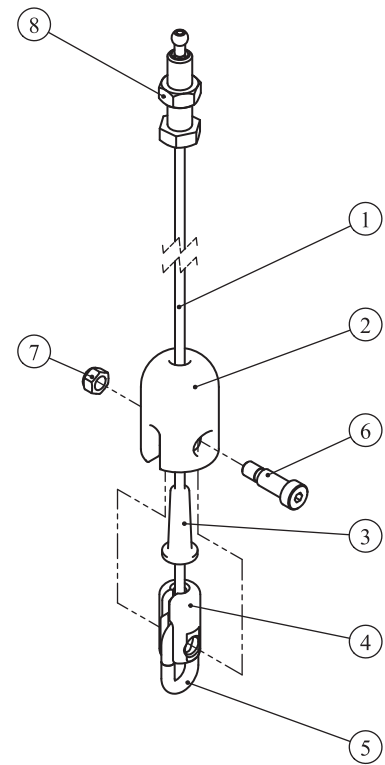
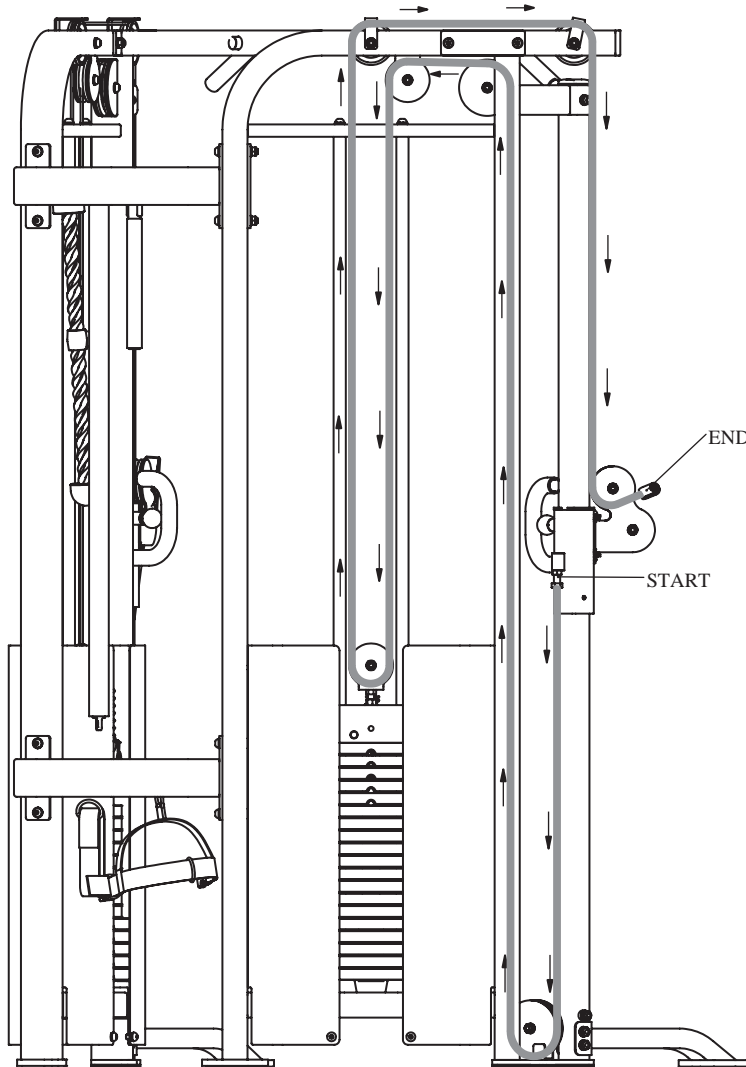
- two M10\*50 Button Head Cap Screw (#57)
- two M10 Nylon lock nut (#64)
- four  $\Phi 11*\Phi 20*2$  Flat washer (#60)

Repeat this step to complete the right side.



## Cable Routing

## Cable Assembly Exploded View



### Cable Assembly Parts List

Ref #	Grade No.	Part #	Description	Qty
1	8.1	IFFTB0801	Cable	1
2	8.2	IT90302303	Protect Jacket	1
3	8.3	RS1102A6504	Cushion Cover	1
4	8.4	IN-D20020802V1	Cable Adapter	1
5	8.5	LHφ6.8*1DS2	Chain	1
6	8.6	BNH0718	Axle Bolt	1
7	8.7	YNM0.313*18*8DHS2	Nylon Lock Nut 5/16"-18UNC*8	1
8	8.8	YLM0.5*12*9DS2	Hex Nut 1/2"-12UNC*9	1

**NOTE: Wrench tighten bolts and Nylon Lock nuts.**

## Step 6

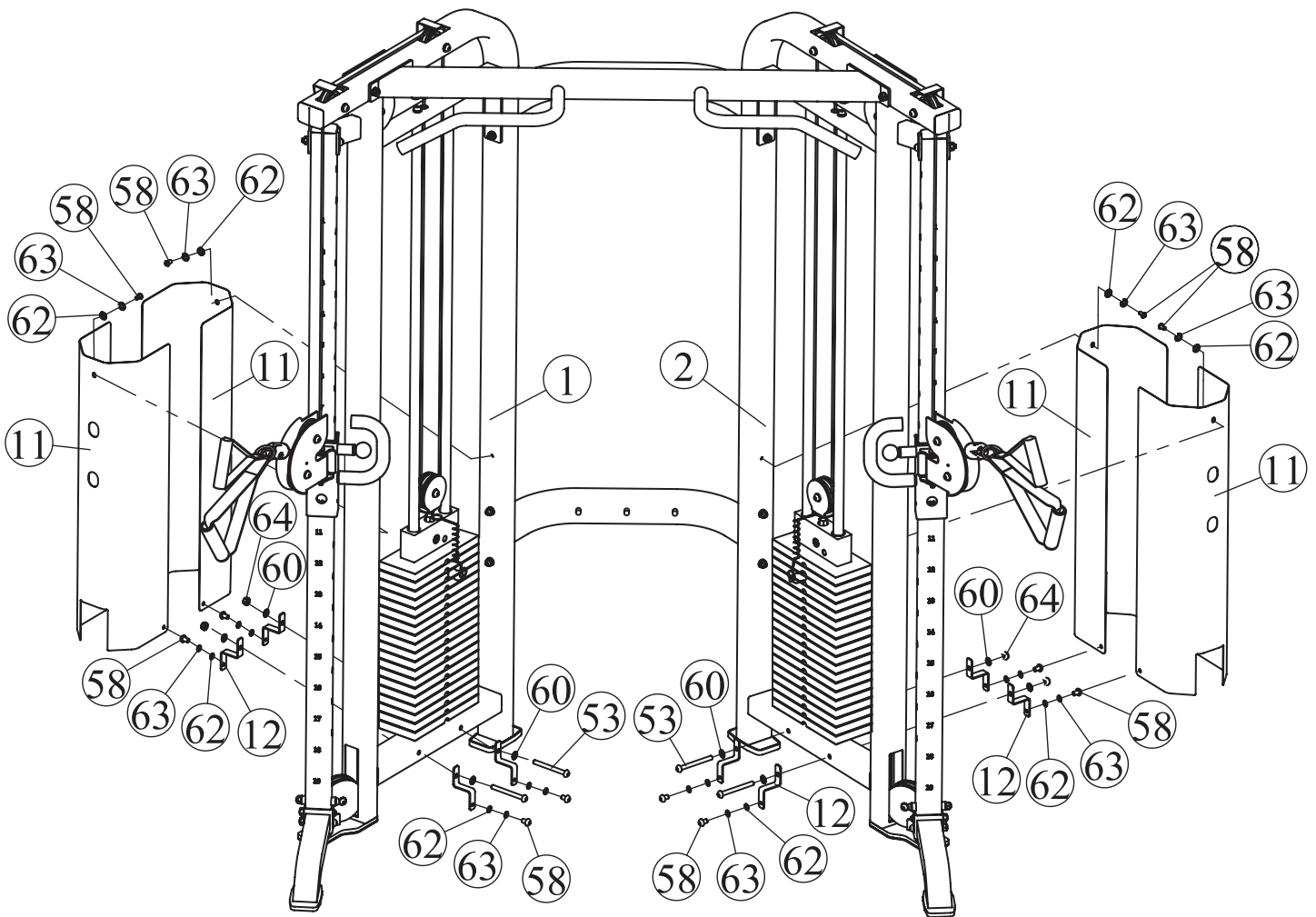
Attach four Shroud bracket (#12) to the Left frame (#1) using:

- two M10\*100 Button Head Cap Screw (#53)
- four  $\Phi 11*\Phi 20*2$  Flat washer (#60)
- two M10 Nylon lock nut (#64)

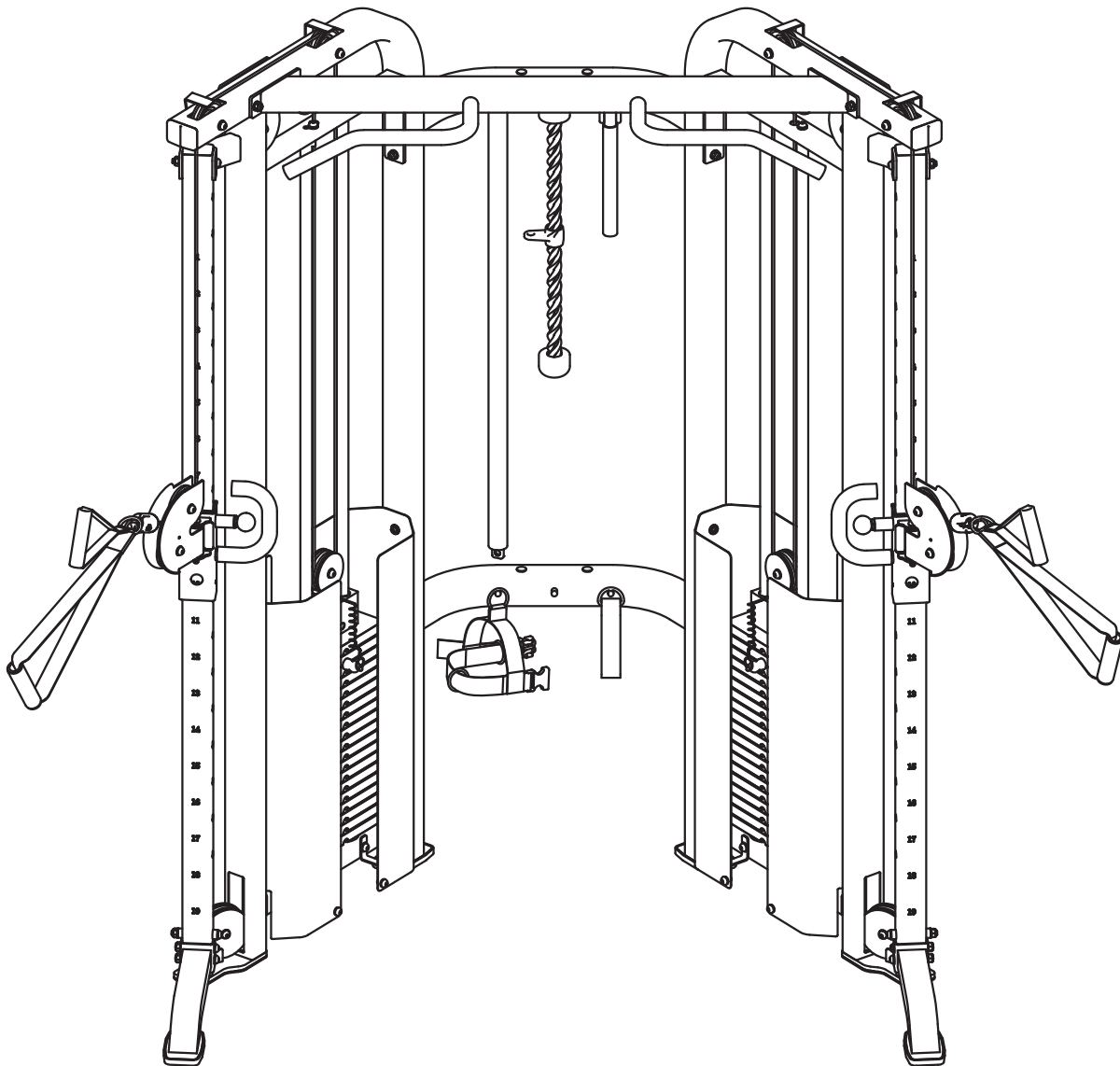
Attach two Weight shroud (#11) to the Left frame (#1) using:

- six M8\*15 Button Head Cap Screw (#58)
- six  $\Phi 9*\Phi 16*1.6$  Flat washer (#62)
- six  $\Phi 8$  Spring washer (#63)

Repeat this step to complete the right side.



Tighten all hardware securely.

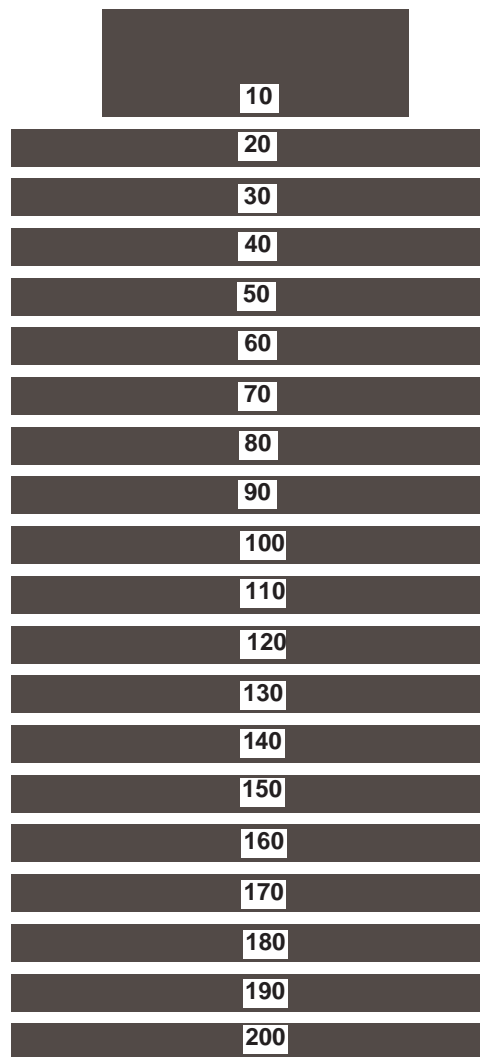


**Congratulations!**

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

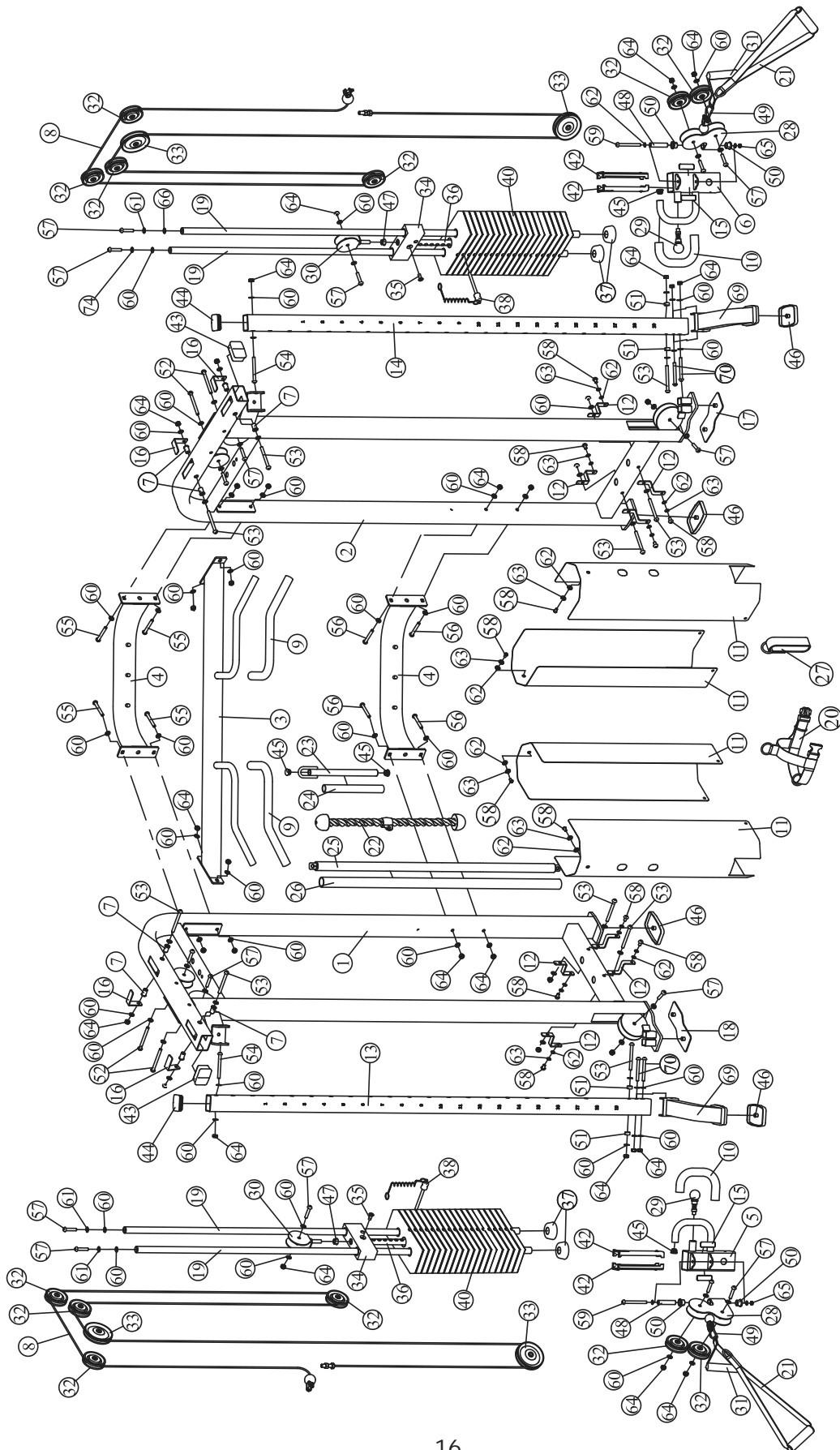
The weight stack image below illustrates how the weight stack decals should be applied to the weight stack. Please note these decals should not be put on until the entire unit has been assembled and all bolts and nuts have been tightened.

## 200 LB Stack



## 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 $\Phi 11 \times \Phi 20 \times 2$	84
61	P00130	Spring Washer 10	4
62	P00136	Flat Washer, $\Phi 9 \times \Phi 16 \times 1.6$	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