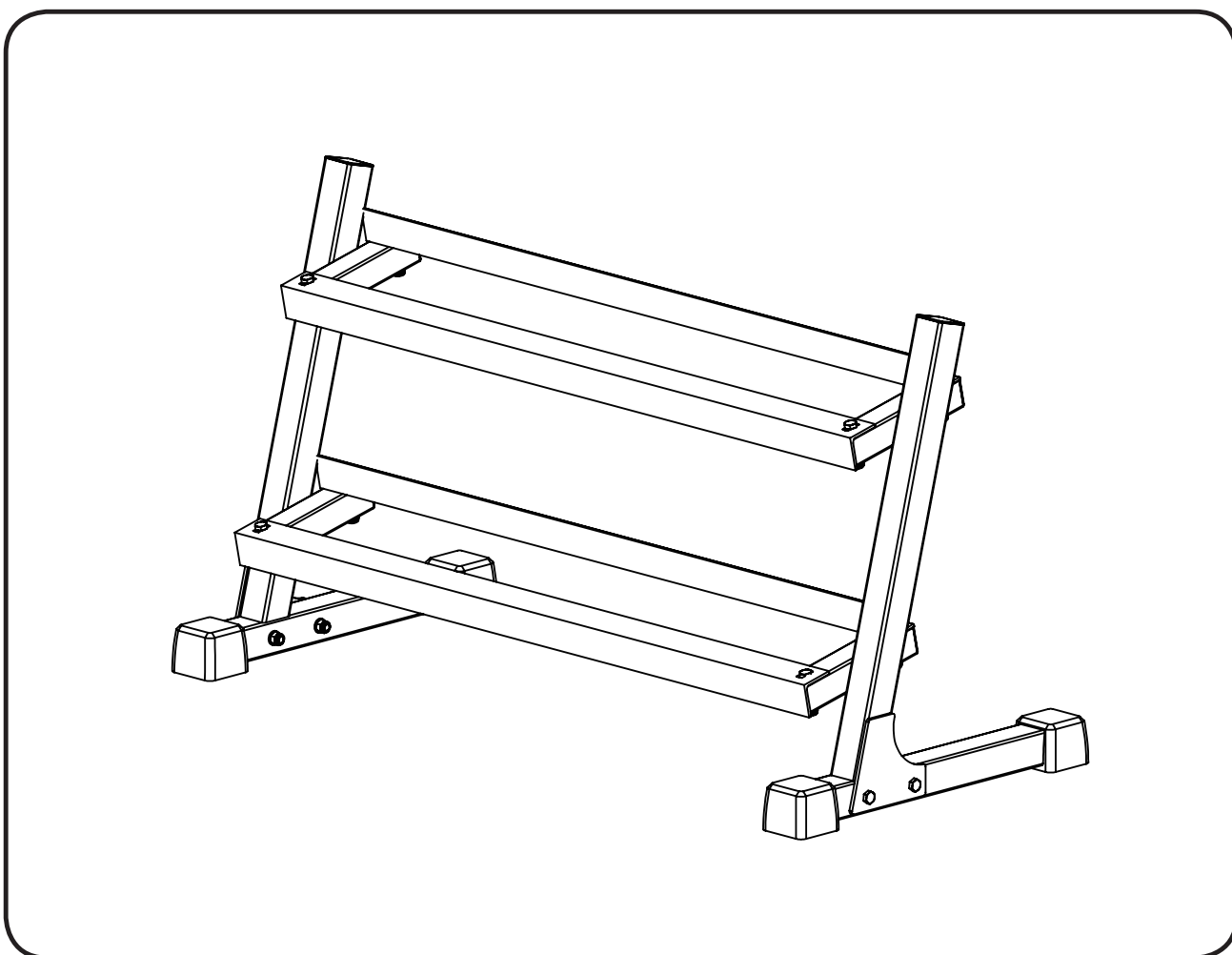


XMARK

XM-4455

2 tier Dumbbell Rack

Owner's Manual



! CAUTION

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

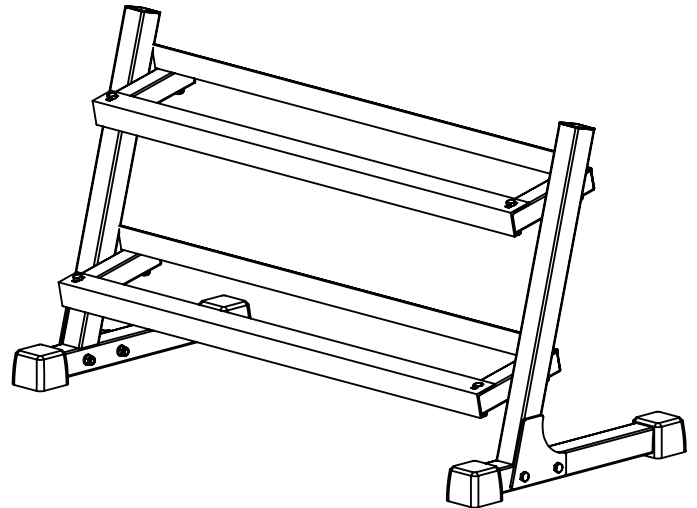
Before You Begin	3
Important Safety Information	4
Assembly	5
Exploded View/Parts List	6



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, please contact our Customer Service department. We have trained service technicians on site to assist you.

Visit 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-4455

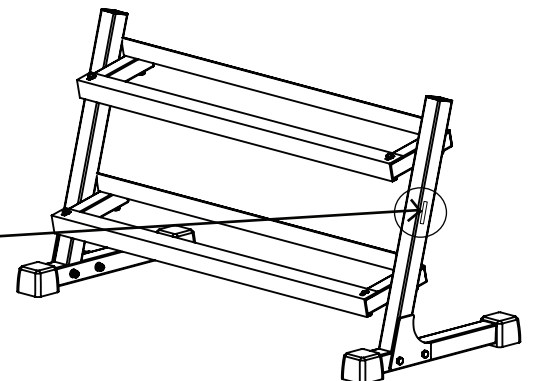
When calling please have the following product information available:

Model Name : XM-4455

Date Mfg.:

Serial #

Model Name Decal Location



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!

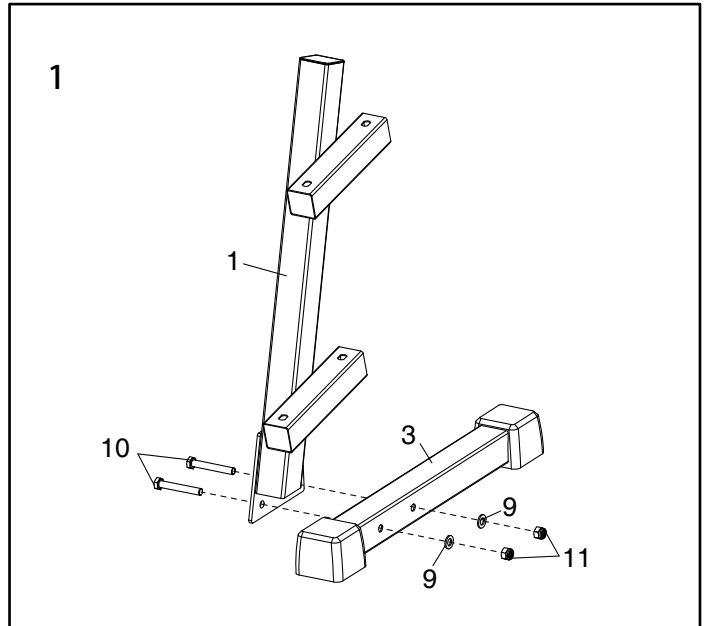
Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. XMARK Fitness assumes no responsibility for personal injury or property damage sustained by or through the use 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.

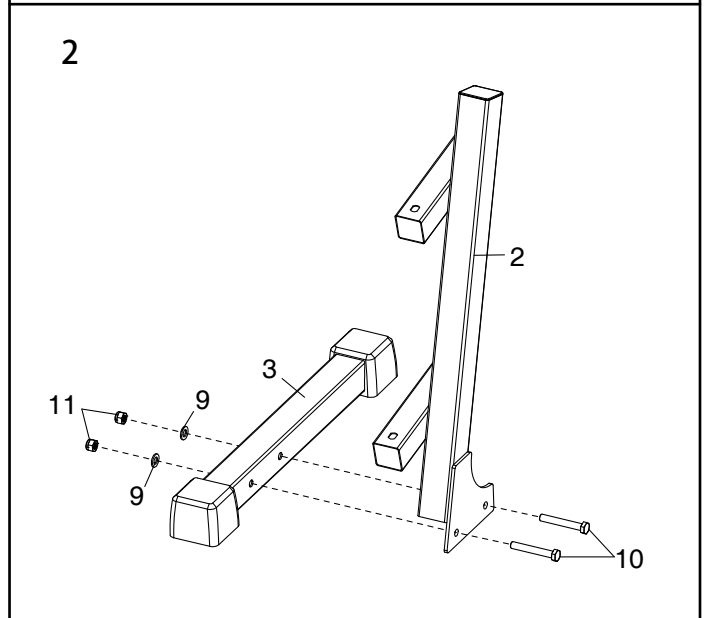
SAFETY PRECAUTIONS

- 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.

1. Attach the Right Upright (1) to the Base (3) with two M10 x 70mm Bolts (10), two M10 Washers (9) and two M10 Locknuts (11). **Do not tighten the Bolts yet.**



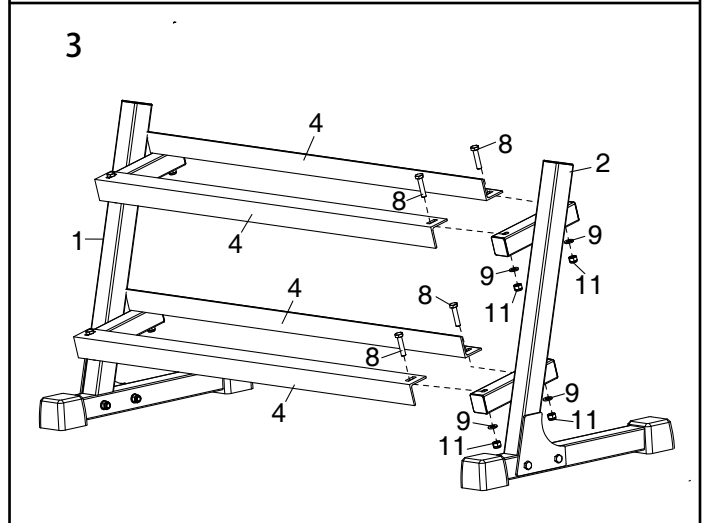
2. Attach the Left Upright (2) to the Base (3) with two M10 x 70mm Bolts (10), two M10 Washers (9) and two M10 Locknuts (11). **Do not tighten the Bolts yet.**



3. Attach four the Rack Supports (4) to the Left Upright (2) with four M10 x 63mm Bolts (8), four M10 Washers (9) and four M10 Locknuts (11). **Do not tighten the Bolts yet.**

4. Attach the Rack Supports (4) to the Right Upright (1) in the same way .

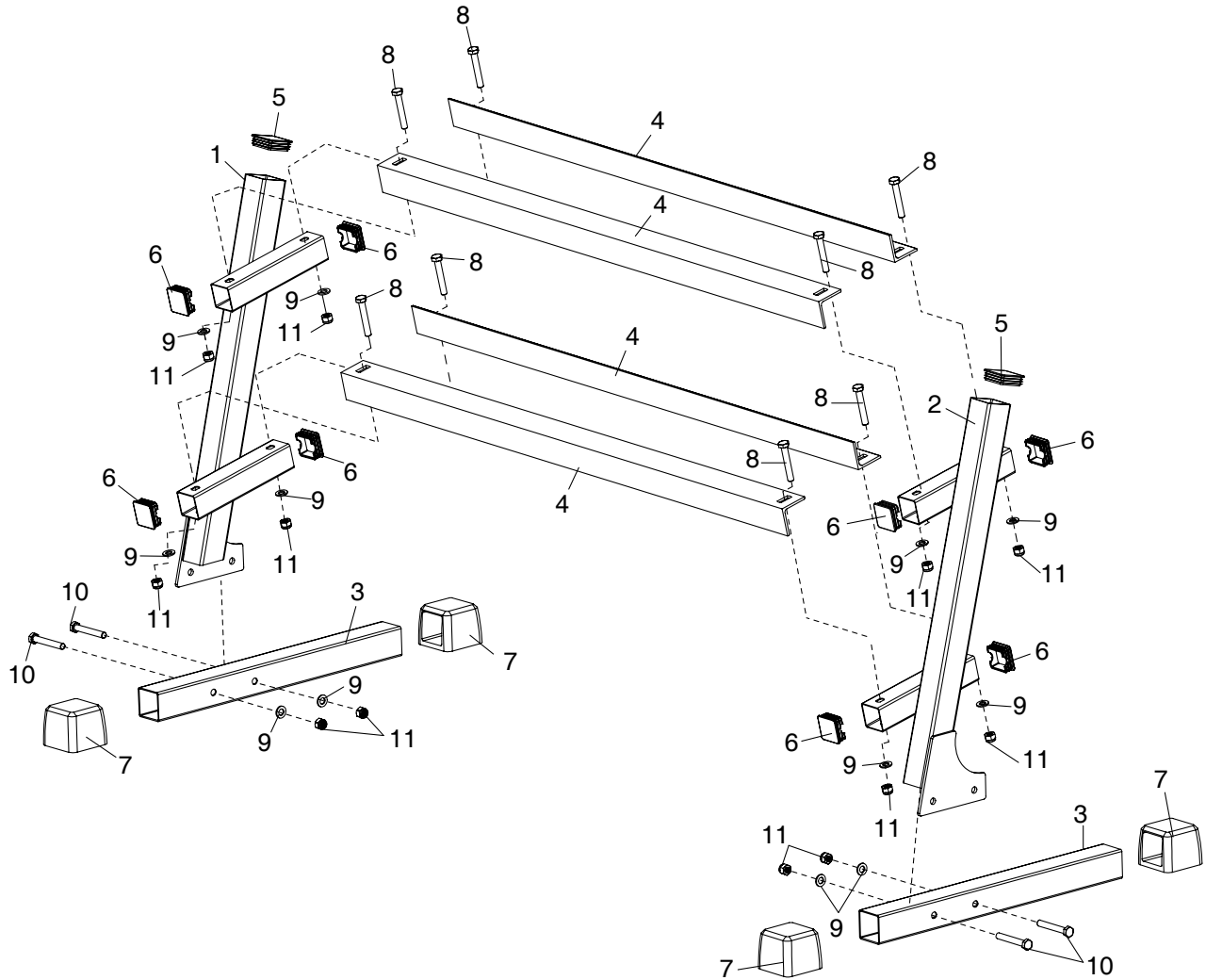
5. Tighten all bolts properly before using the equipment.



Part List/Exploded View



Key No.	Description	Qty.	Key No.	Description	Qty.
1	Right Upright	1	7	Square End Cap	4
2	Left Upright	1	8	M10 x 63mm Bolt	8
3	Base	2	9	M10 Washer	12
4	Rack Support	4	10	M10 x 70mm Bolt	4
5	50mm Inner Cap	2	11	M10 Locknut	12
6	44mm Inner Cap	8			





Customer Service: 1-800-719-4605