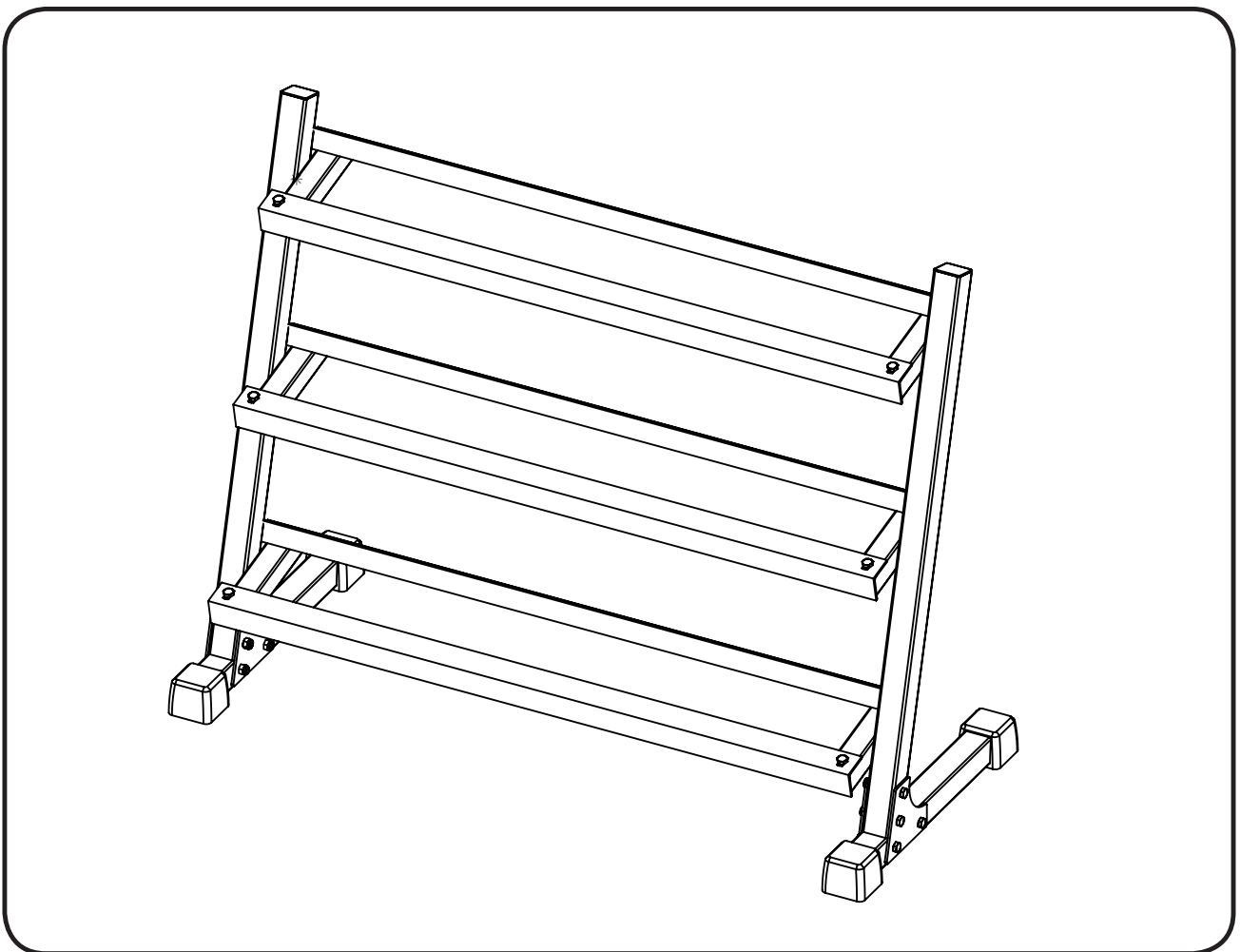




## 3 tier Dumbbell Rack

### Owner's Manual



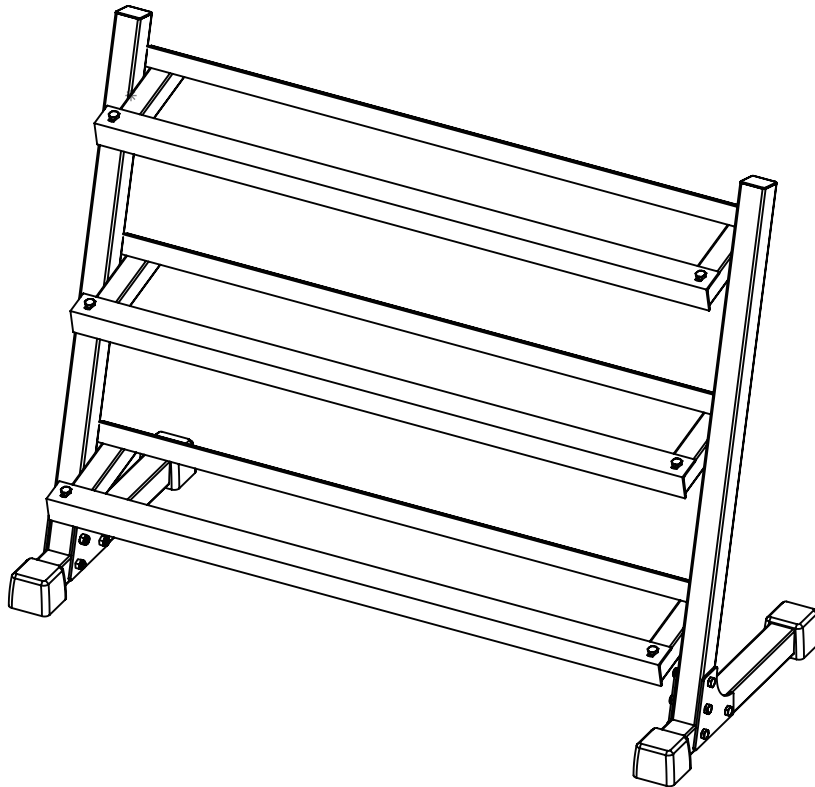
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Before You Start	3
Important Safety Information	4
Assembly	5
Parts List/Exploded View	6



**THANK YOU** for making this unit a part of your exercise program. XMark 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 us at [service@xmarkfitness.com](mailto:service@xmarkfitness.com). We have trained service technicians on site to take care of you, our valued customer.



**QUESTIONS?**  
**EMAIL: [SERVICE@XMARKFITNESS.COM](mailto:SERVICE@XMARKFITNESS.COM)**

### **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 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**

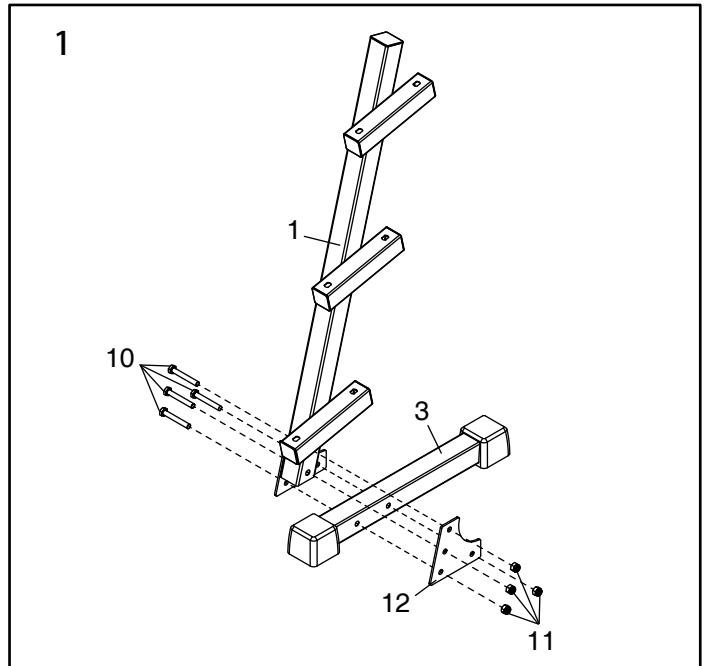
- This unit should only be used on a level surface and is intended for indoor use only. XMark recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Do not leave children unsupervised near or on the unit.
- Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by a XMark technician. Failure to follow these instructions will void the warranty.

Prior to assembly remove components from the box and verify that all the listed parts were supplied.

1. Attach the **Right Upright (#1)** to the **Base (#3)** using:

- 4 x M10 x 70mm Bolts (#10)
- 1 x Plate (#12)
- 4 x M10 Locknuts (#11)

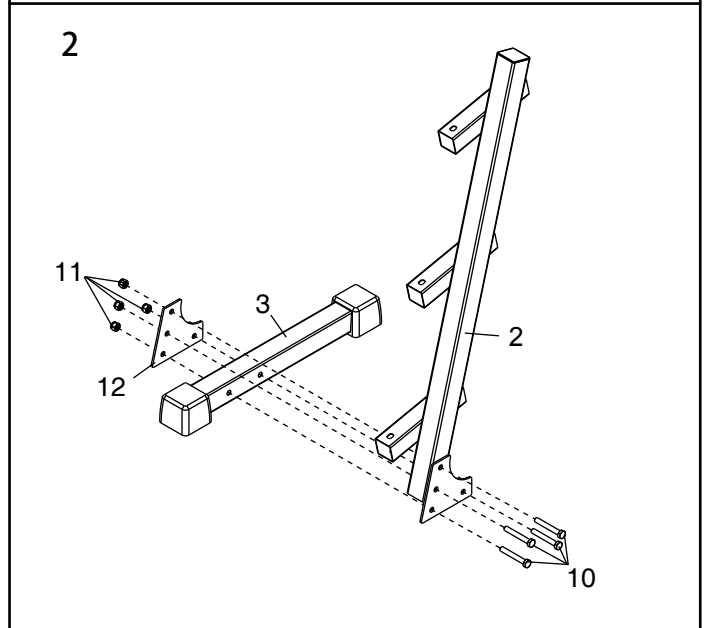
**Hand tighten bolts until assembly is complete.**



2. Attach the **Left Upright (#2)** to the **Base (#3)** using:

- 4 x M10 x 70mm Bolts (#10)
- 1 x Plate (#12)
- 4 x M10 Locknuts (#11)

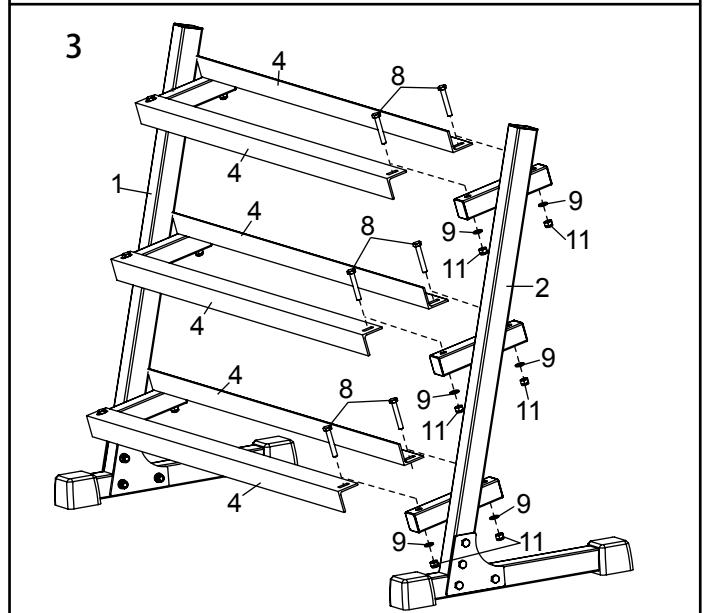
**Hand tighten bolts until assembly is complete.**



3. Attach the **Rack Supports (#4)** to the **Left and Right Uprights** using:

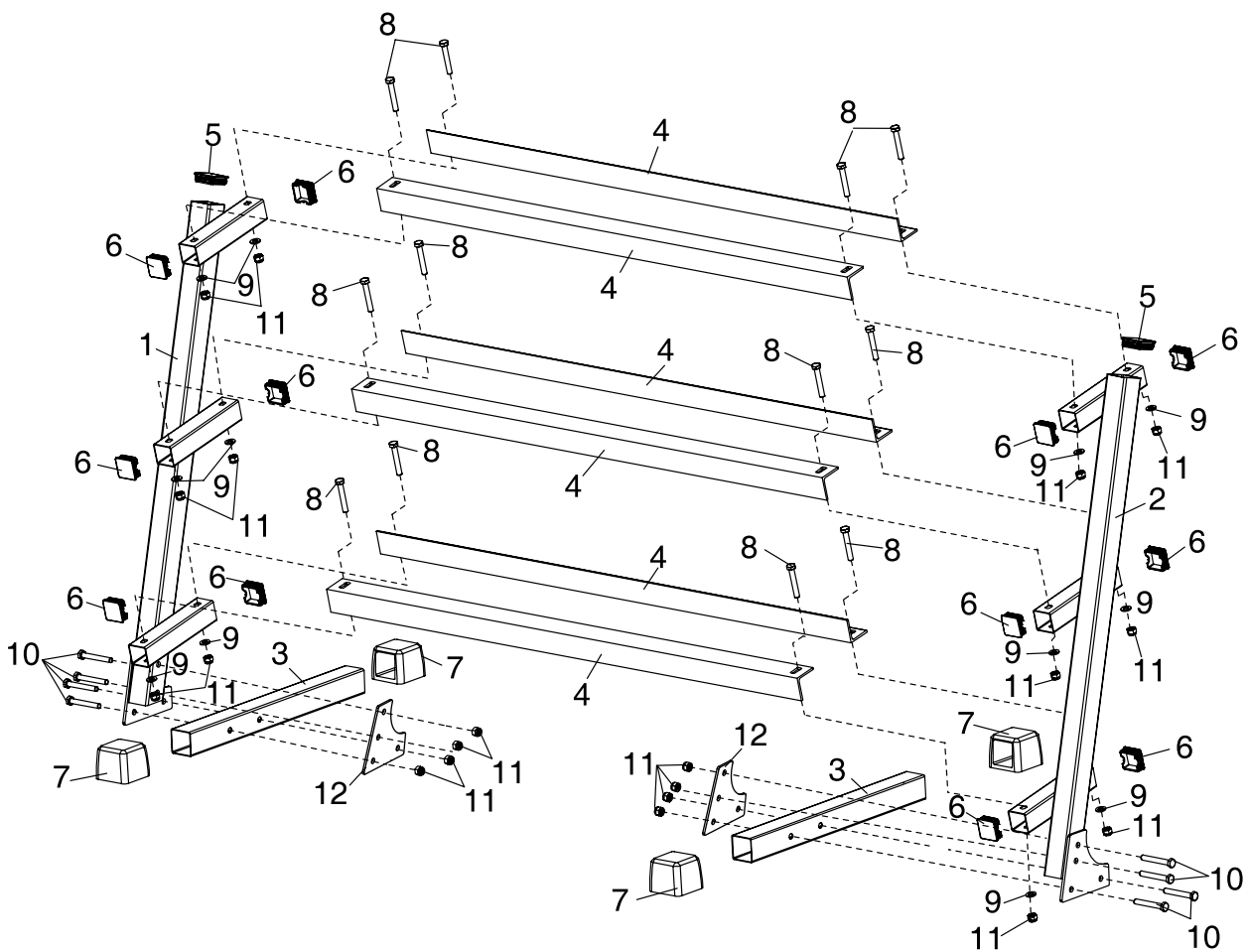
- 12 x M10 x 63mm Bolts (#8)
- 12 x M10 Washers (#9)
- 12 x M10 Locknuts (#11)

4. Tighten all bolts properly before using the equipment.



# Part Lists/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	12
3	Base	2	9	M10 Washer	12
4	Rack Support	6	10	M10 x 70mm Bolt	8
5	50mm Inner Cap	2	11	M10 Locknut	20
6	44mm Inner Cap	12	12	Plate	2





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