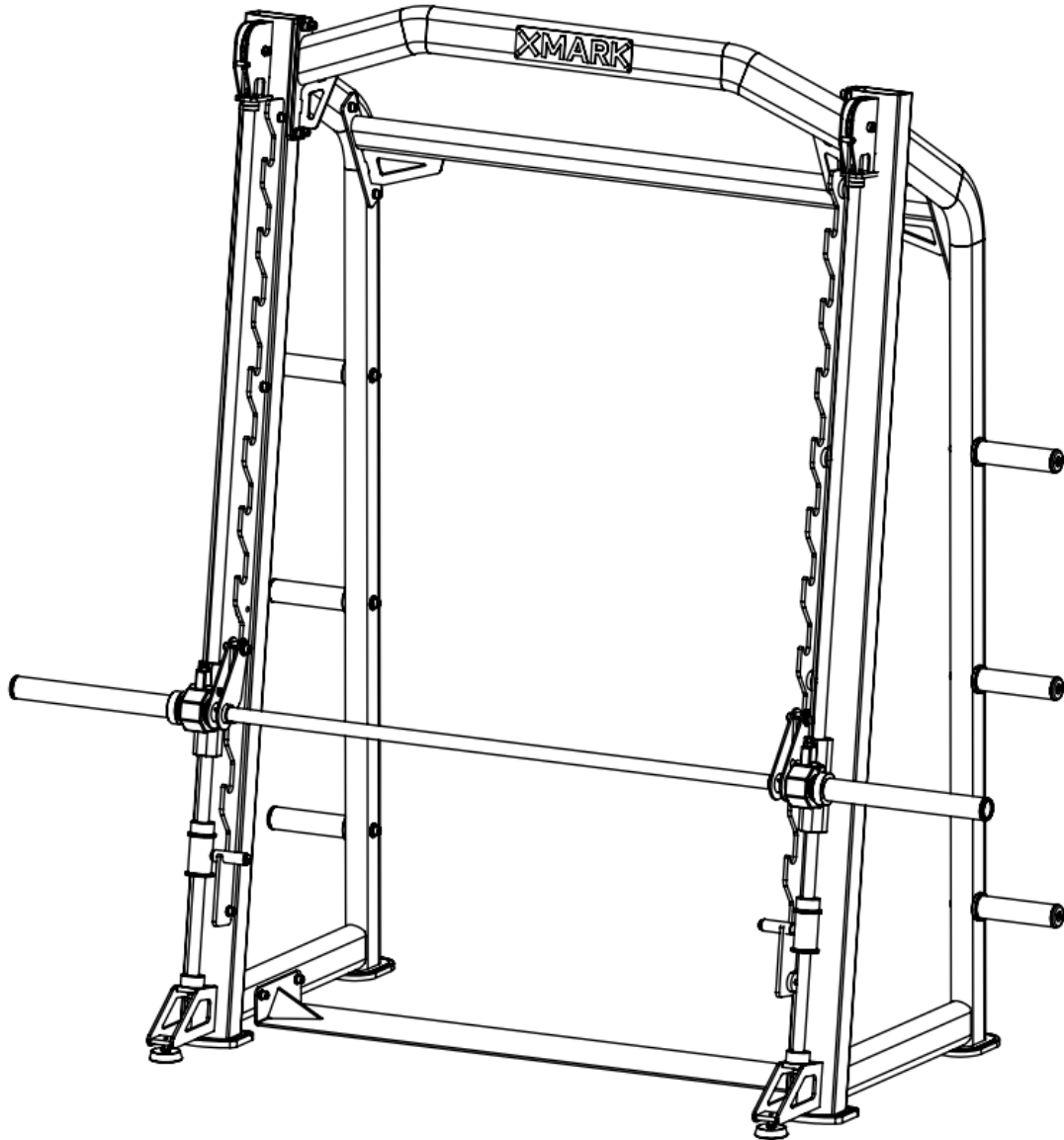


XMARK

ASSEMBLY INSTRUCTIONS



FT-9042



We at XMARK truly appreciate your business and are grateful for the trust you've placed in us. We sincerely hope you are satisfied with your purchase.

Don't forget to register your product. We've made registration fast and easy by using the QR code below or by simply visiting xmarkfitness.com/register. By doing so, you will have the opportunity to receive our product promotions, newsletters and more.



If we can be of assistance with your product assembly or any other concern, please reach out to us at service@xmarkfitness.com. Our staff is trained and ready to assist you.

IMPORTANT SAFETY INFORMATION

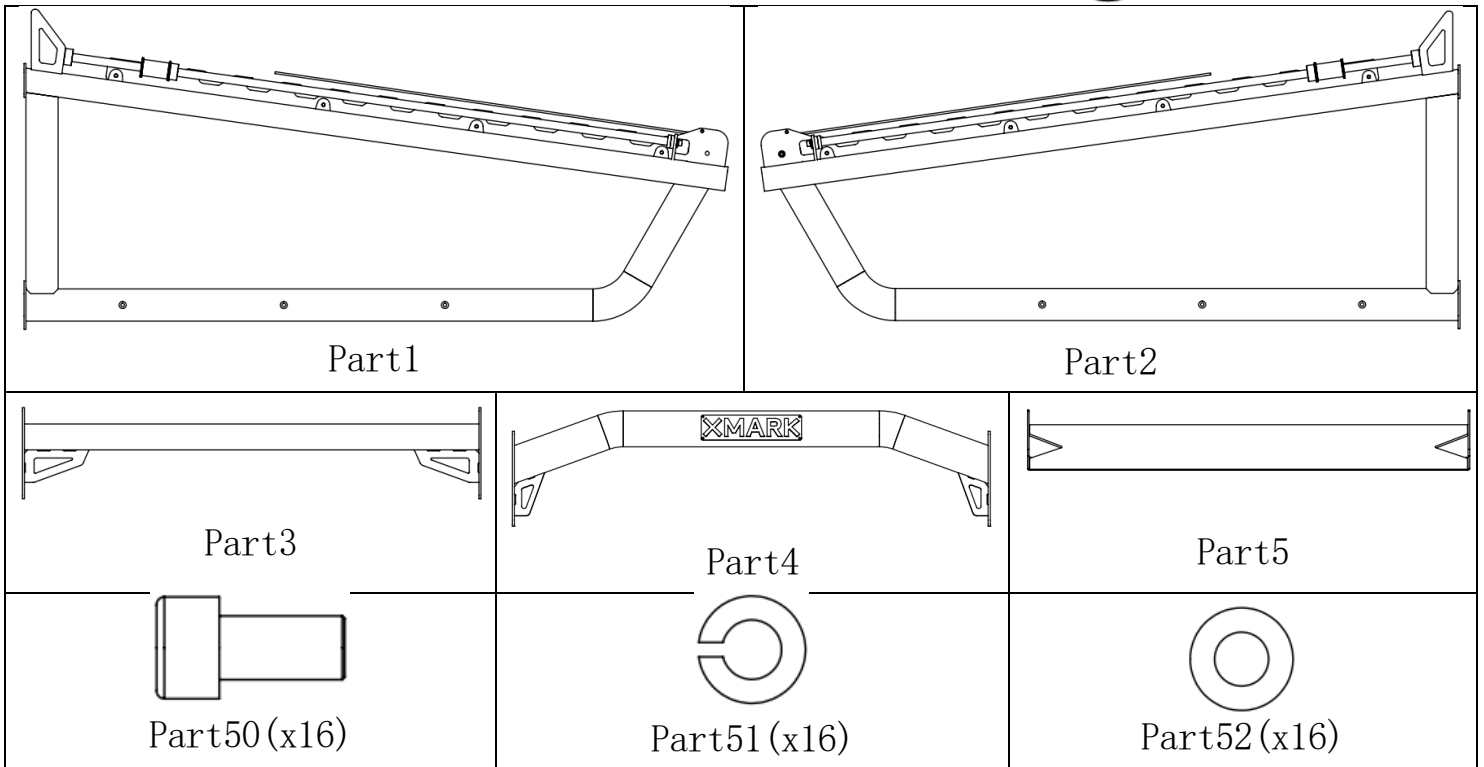
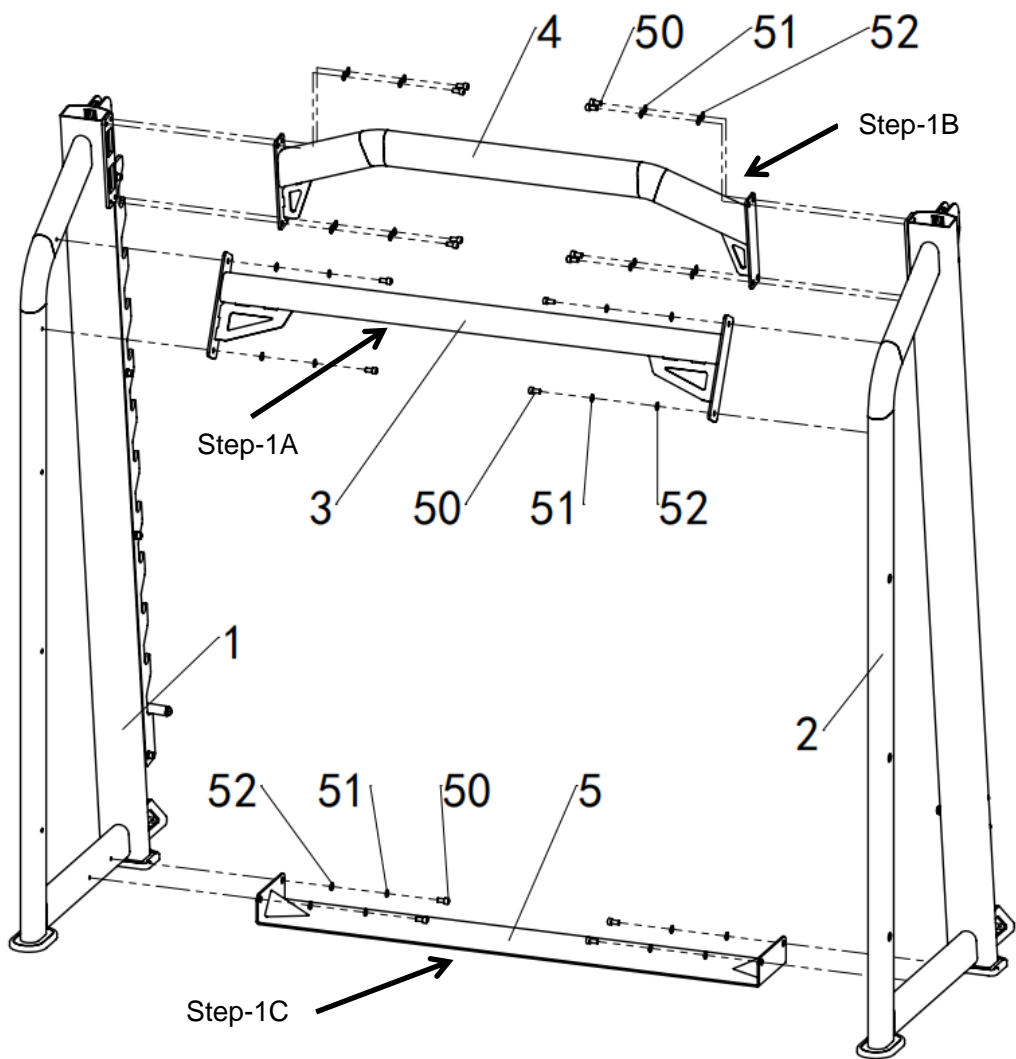
Before using this unit or starting any exercise program, consult your physician. This is especially important for people over the age of 35 and/or people with pre-existing health problems. XMARK assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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

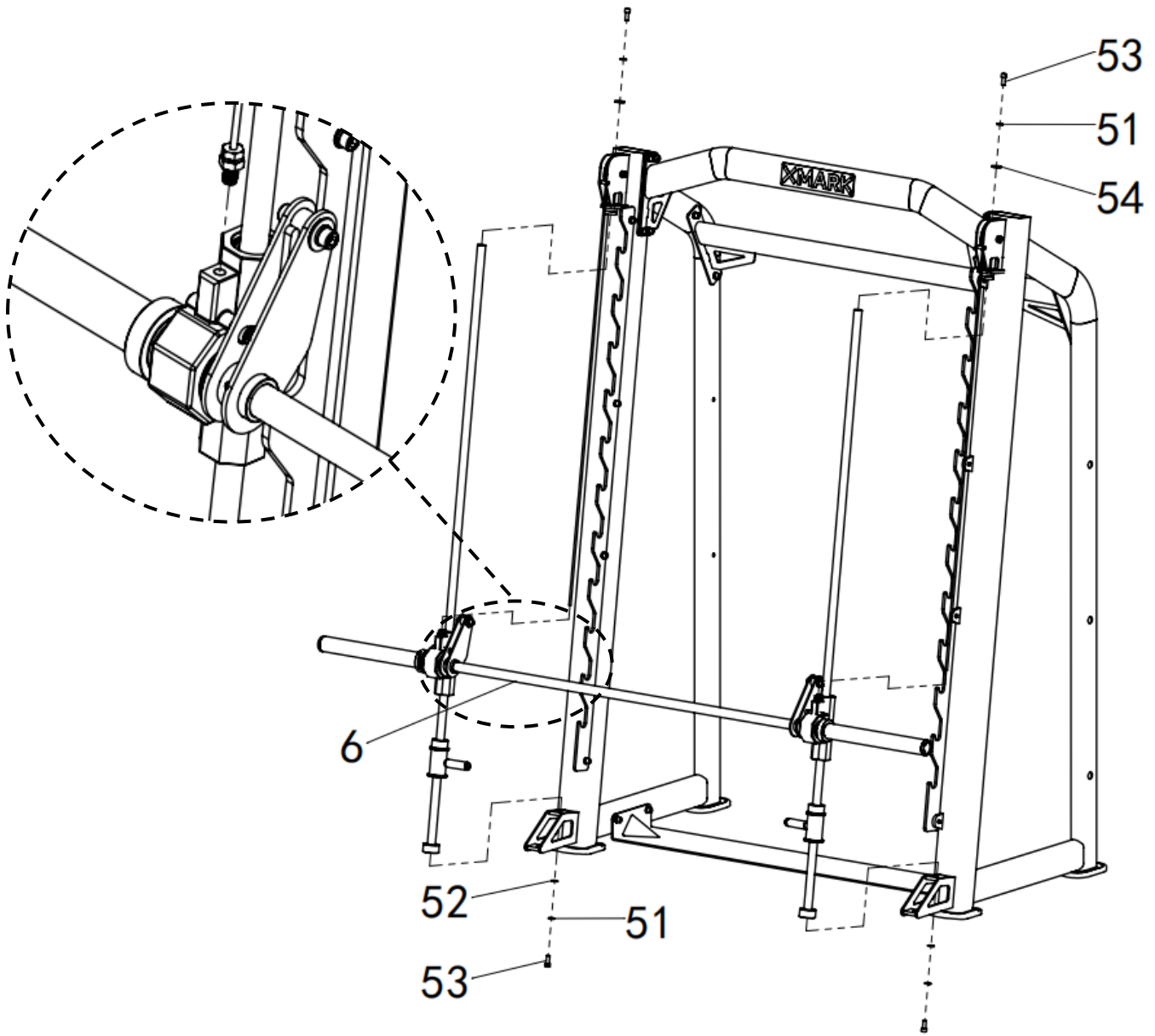
- This unit should only be used on a level surface and is intended for indoor use only. XMARK recommends an equipment mat be placed under the unit to protect the floor or carpet.
- Walking or running shoes and the appropriate clothing should be worn when using this unit
- Always examine your unit before 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 technician. Failure to follow these instructions will void the warranty.

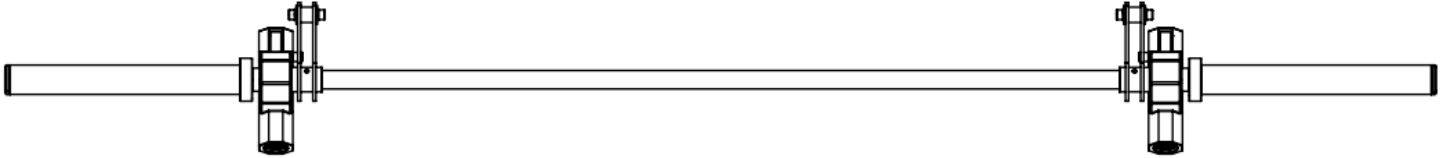


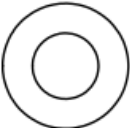
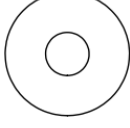
STEP 1



TIGHTEN ANY BOLTS OR SCREWS

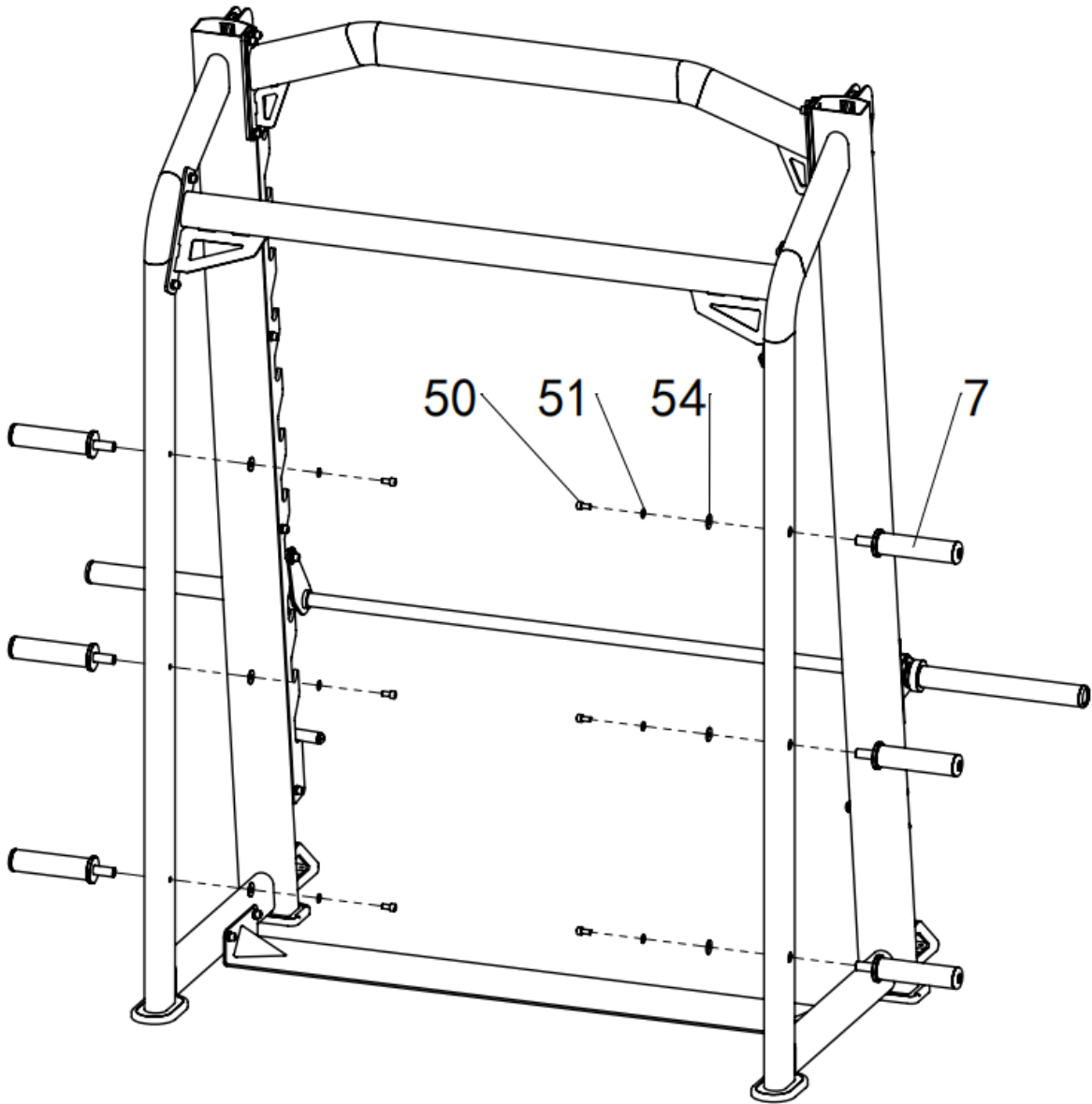
STEP 2



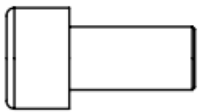
	
Part 6	
 Part 53 (x4)	 Part 51 (x4)
 Part 52 (x2)	 Part 54 (x2)

TIGHTEN ANY BOLTS OR SCREWS

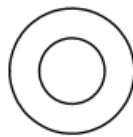
STEP 3



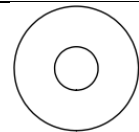
Part7 (X6)



Part50 (x6)



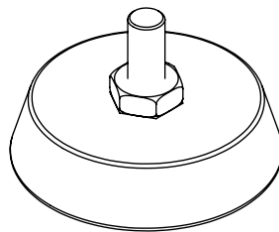
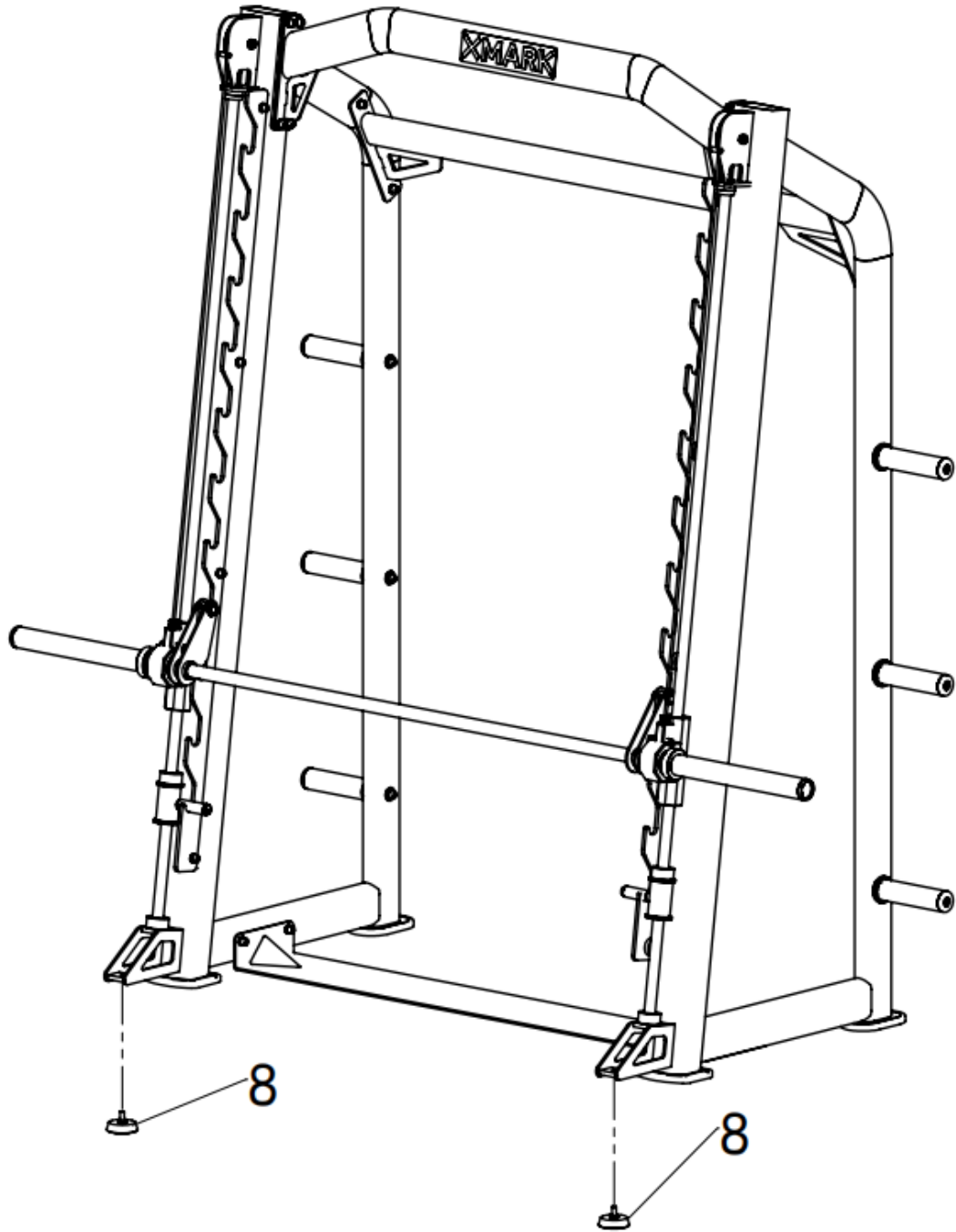
Part52 (x6)



Part54 (x6)

TIGHTEN ANY BOLTS OR SCREWS

STEP 4



Part8 (x2)

TIGHTEN ANY BOLTS OR SCREWS. ASSEMBLY IS COMPLETE.

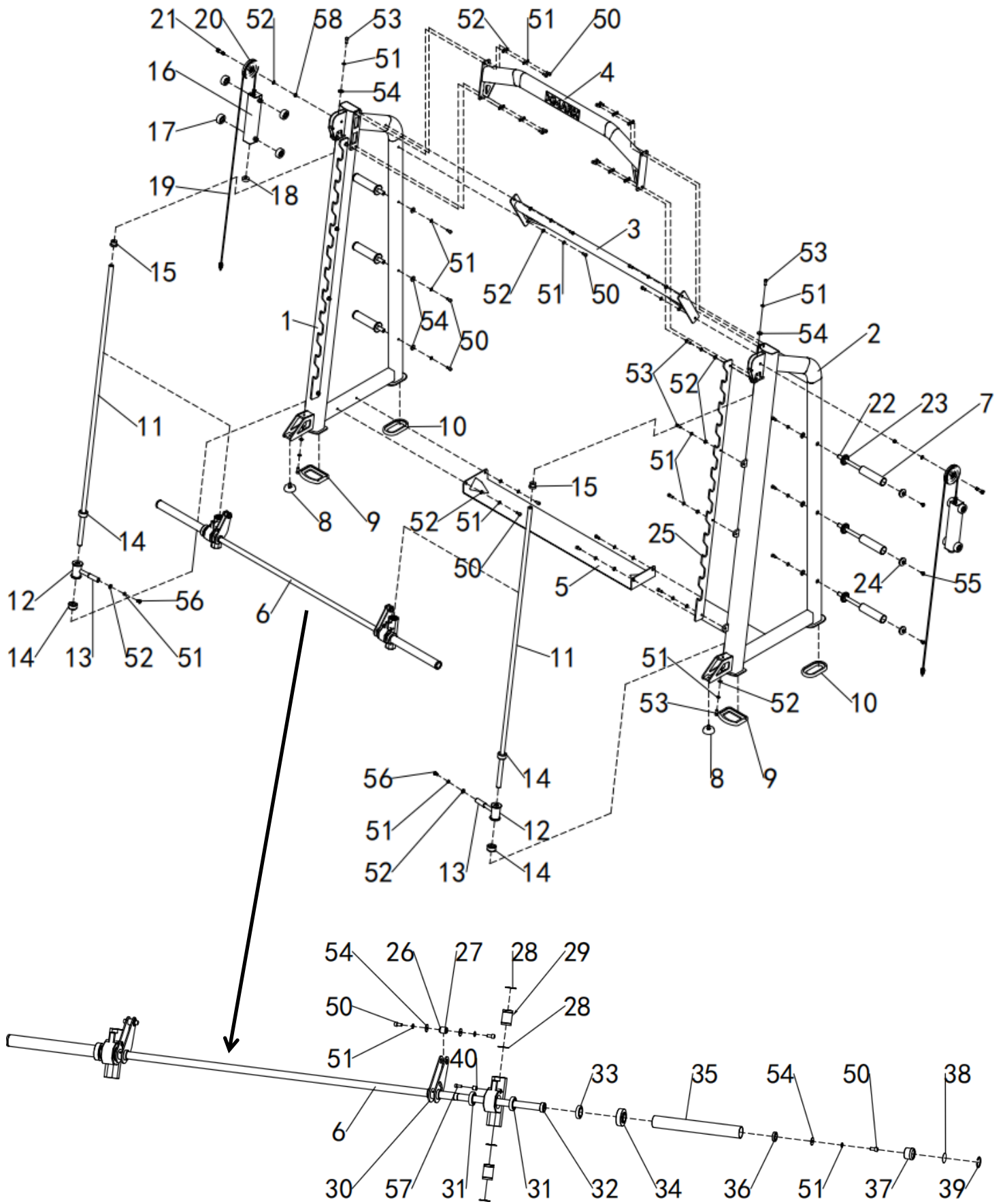
COMPLETE PARTS LIST

COMPLETE PARTS LIST

No.	Name	Qty
1	Smith left frame	1
2	Smith right frame	1
3	Smith upper connector	1
4	Smith connecting beam	1
5	Smith lower connecting frame	1
6	Smith barbell shaft	1
7	Universal ferrule	6
8	Movable foot pads	2
9	Weighted foot pads	2
10	Flat oval foot pad	2
11	Smith Slide Rod	2
12	Smith safety lock	2
13	Safety hook bushing	2
14	Slide rod rubber pad	4
15	Slide rod end sleeve	2
16	Balance weight iron	2
17	Smith balance weight roller	8
18	Semi-circular ball stop pad	2
19	Cable set	2
20	Reel-120	2
21	Reel axle-32	2
22	Universal sleeve shaft	6
23	Universal sleeve end cap B	6
24	Universal sleeve end cap A	6
25	Smith hook plate	2

No.	Name	Qty
26	Hook shaft	2
27	Hook bushing	2
28	Retaining ring for hole-φ40	8
29	Linear Bearings-25UU	2
30	Safety hook	2
31	Deep groove ball bearing-6006	4
32	Spacer	2
33	Deep groove ball bearing-6028	2
34	Smith sleeve end cap B2	2
35	Smith sleeve tube	2
36	Deep groove ball bearing-61904	2
37	Smith sleeve end cap A2	2
38	Sleeve plug	2
39	Retaining ring for hole-φ55	2
40	Universal stop sleeve (M8)	2
50	Hexagon socket head screws M10*20	28
51	Spring washer M10	42
52	Flat Washers M10-D20	30
53	Hexagon socket head screw M10*25	12
54	Flat washer M10-D30	14
55	Hexagon socket countersunk head screw M10*20	6
56	Hexagon socket head screw M10*20	2
57	Hexagon socket head screw M8*20	2
58	Hexagonal self-locking nut M10	2

EXPLODED VIEW



THANK YOU FOR CHOOSING XMARK!

Let others know how much you love your XMARK equipment by leaving us a review at xmarkfitness.com. If you've had less than a positive experience, email us at service@xmarkfitness.com or call us at 1-800-719-4605. We're committed to delivering excellence and your feedback helps us to keep improving our products.



M A K E Y O U R M A R K

We'd love to see you working out on our equipment or see pictures of your home gym! Visit our website to submit photos or share on our social media channels.

#XMARKFITNESS

