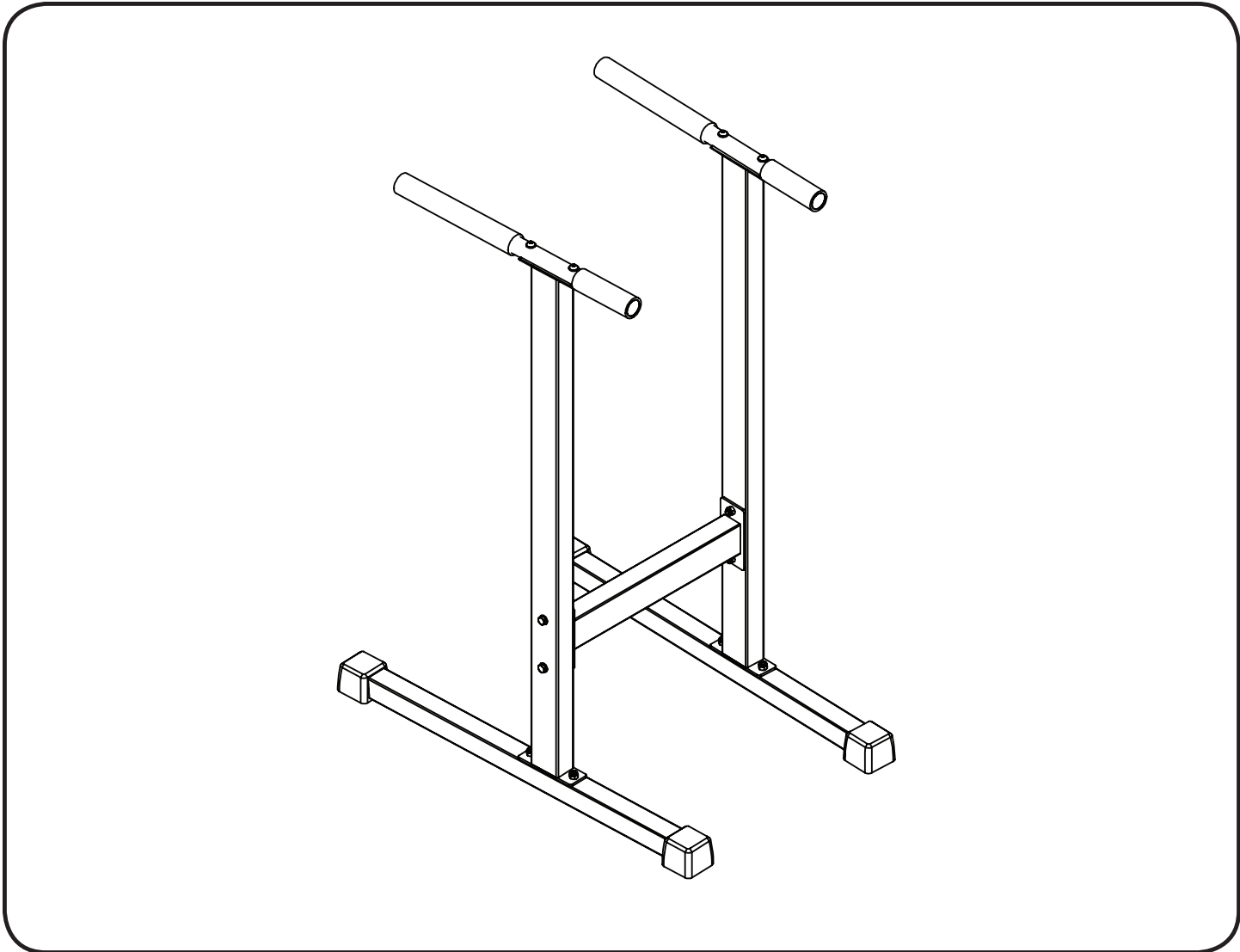




XM-4443

Dip Stand

Owner's Manual



! CAUTION

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

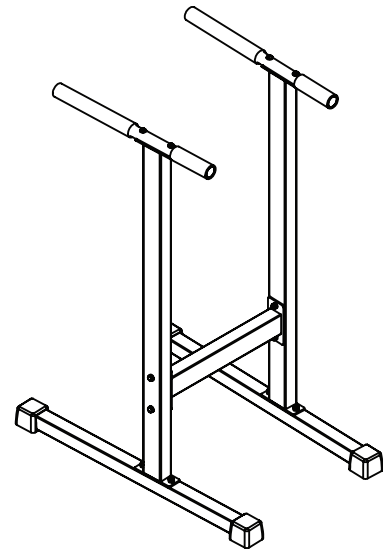
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Before You Start



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.



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

**Monday-Friday
8:30 a.m.-5:00 p.m.**
(Central Standard Time)

**XMARK FITNESS SERIES
MODEL: XM-4443**

Visit www.xmarkfitness.com for warranty information

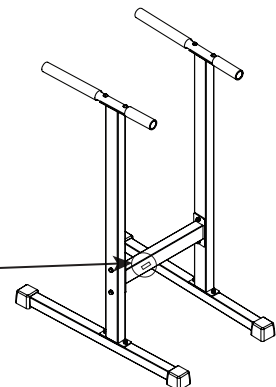
When calling please have the following product information available:

Model Name : XM-4443

Date Mfg.:

Serial #

Model Name Decal Location



NOTE: Hand tighten bolts and locknuts until machine is fully assembled. Lock nuts may require additional force to tighten completely.

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.

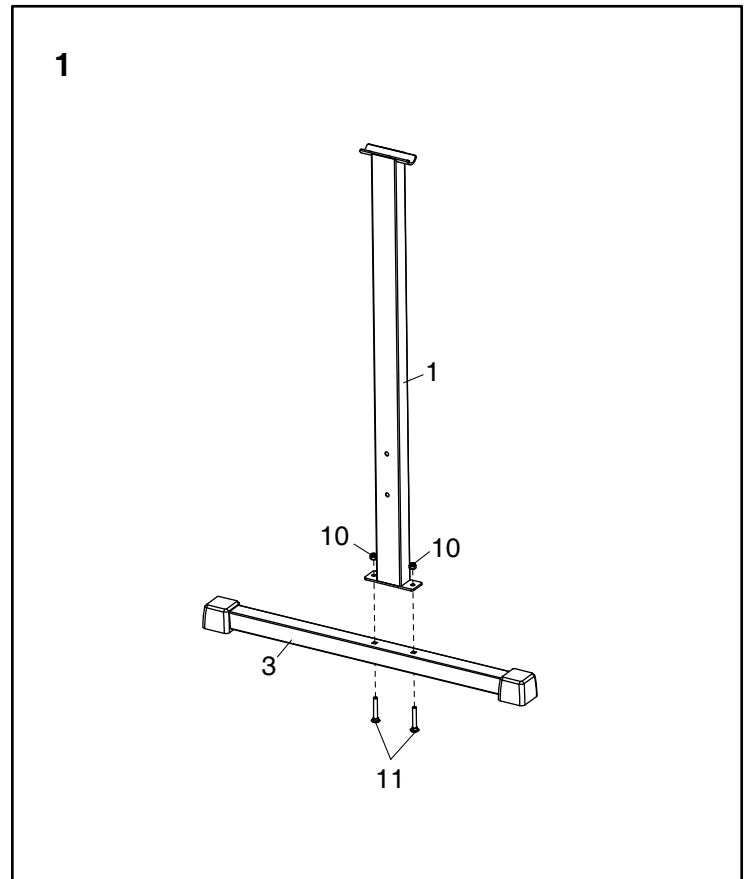
Visit www.xmarkfitness.com for warranty information

SAFETY PRECAUTIONS

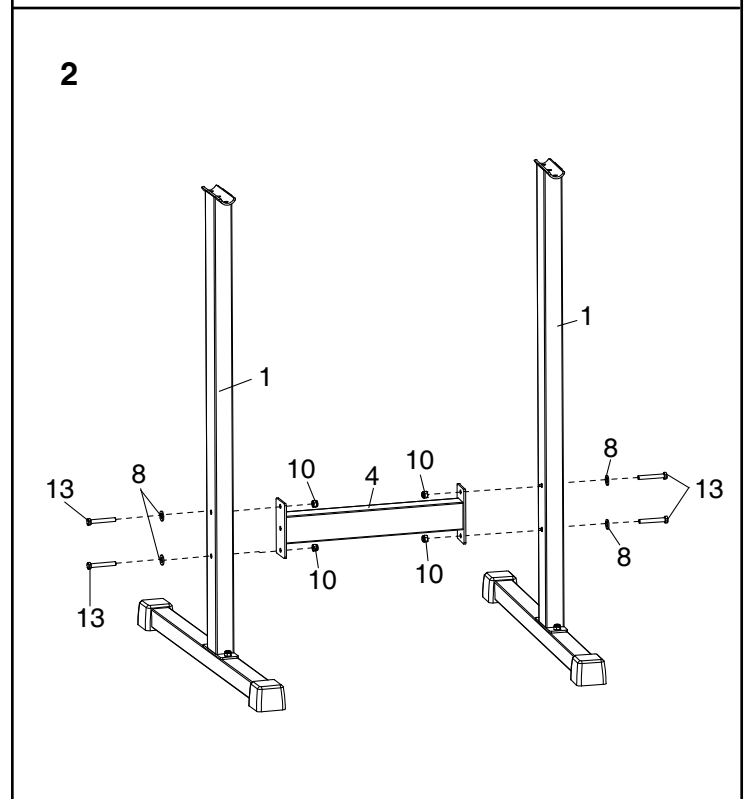
- This unit should only be used on a level surface and is intended for indoor use only. XMARK Fitness recommends an equipment mat be placed under the unit to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not 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.

1. Attach the Upright (1) to the Base (3) with two M10 x 65mm Carriage Bolts (11) and two M10 Locknuts (10) ; **do not tighten the Bolts yet.**

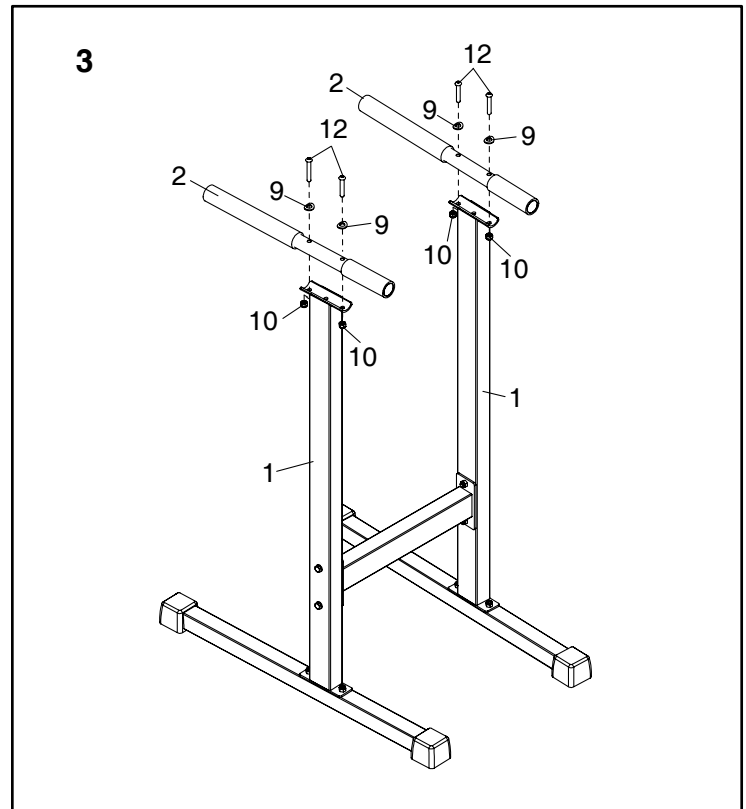
Repeat to complete the assembly for the other side.



2. Attach the Crossbar (4) to the two Uprights (1) with four M10 x 70mm Bolts (13), four M10 Washers (8) and four M10 Locknuts (10) ; **do not tighten the Bolts yet.**

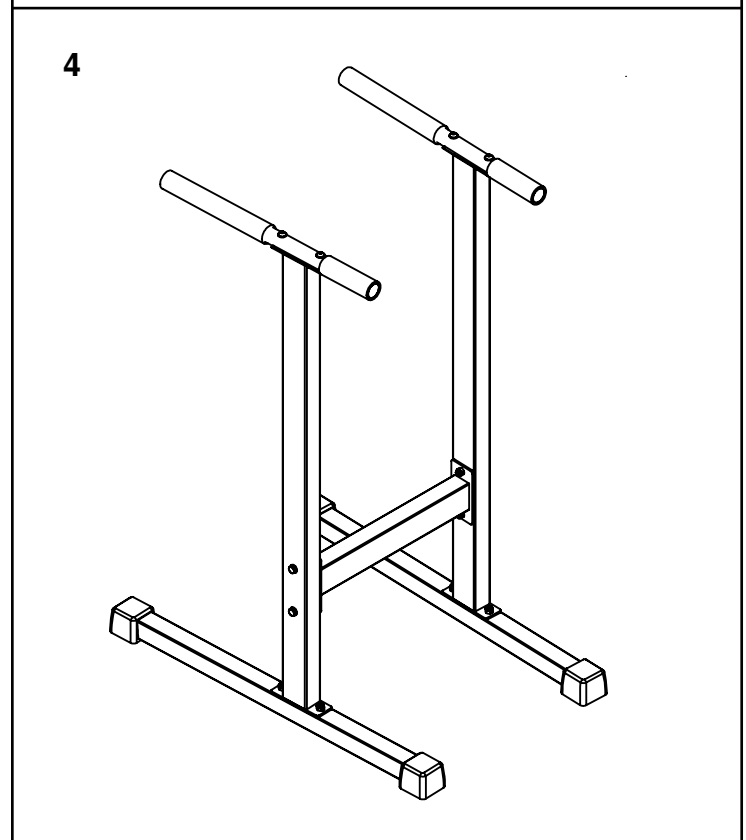


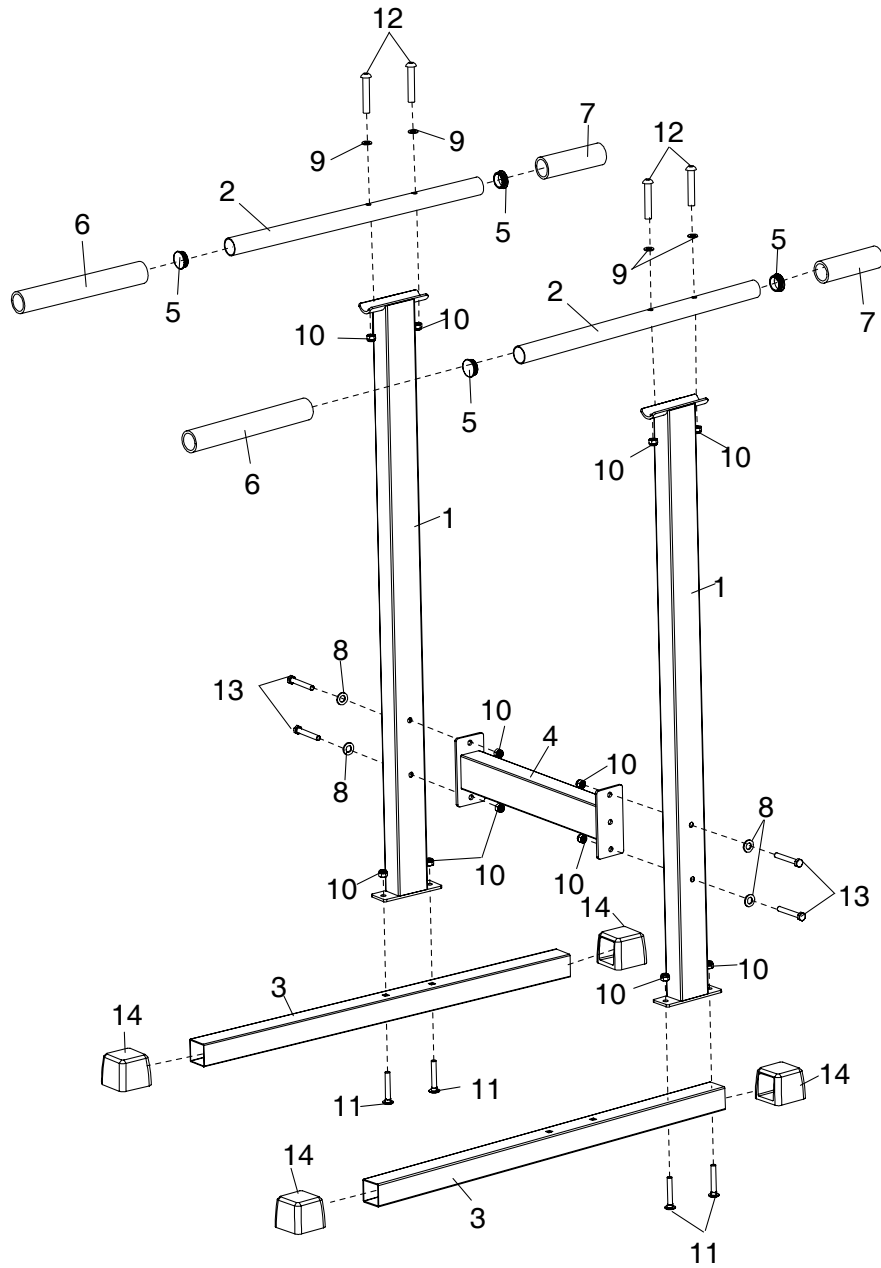
- 3.** Attach the two Dip Handles (2) to the two Uprights (1) with four M10 x 57mm Button Bolts (12), four M10 Curved Washers (9) and four M10 Locknuts (10).



- 4.** Make sure that all parts are properly tightened before you use the Sit Stand!

Congratulations!! You have completed assembly of your XM-4443!





XM-4443

Key No.	Description	Qty
1	Upright	2
2	Dip Handle	2
3	Base	2
4	Crossbar	1
5	Inner Cap	4
6	Long Foam Grip	2
7	Short Foam Grip	2
8	M10 Washer	4
9	M10 Curved Washer	4
10	M10 Locknut	12
11	M10 x 65mm Carriage Bolt	4
12	M10 x 57mm Button Bolt	4
13	M10 x 70mm Bolt	4
14	End Cap	4



XMark Fitness, LLC

Customer Service: 1-800-719-4605