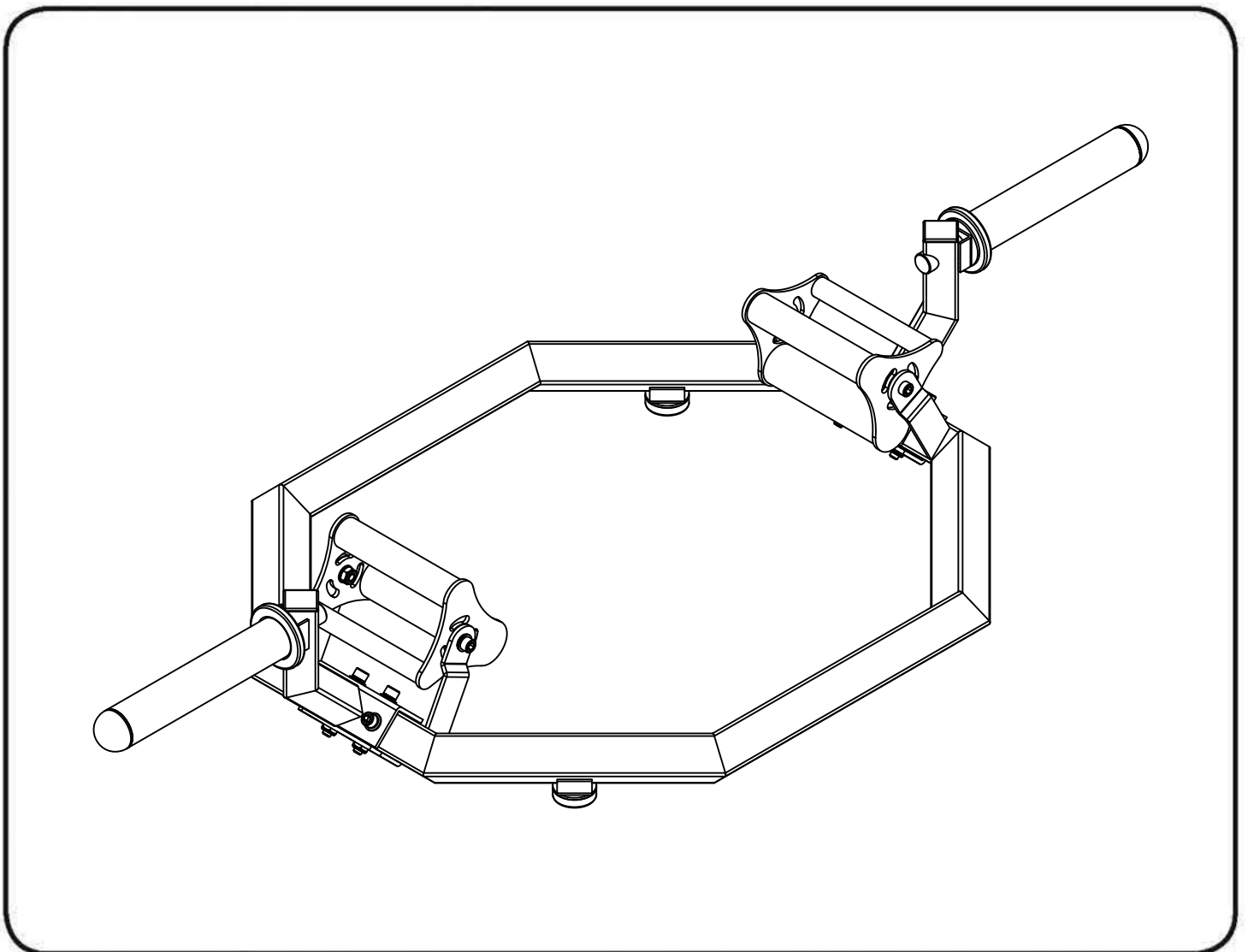


**◆ XMARK**

**XM-9065**

**Revolving Tri-Grip  
Olympic Trap Bar**

**Owner's Manual**



**CAUTION!**

**Please read all precautions and instructions before use.**

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

## Important Safety Instructions

Before beginning any fitness program, you should obtain a complete physical examination from your physician. When using exercise equipment, basic precautions should always be taken, including the following:

- \* Read all instructions before using the equipment. These instructions are written to ensure your safety and to protect the unit.
- \* Do not allow children on or near the equipment.
- \* Use the equipment only for its intended purpose as described in this guide. Do not use accessory attachments that are not recommended by the manufacturer: such attachments might cause injuries.
- \* Wear proper exercise clothing and shoes for your workout.
- \* Do not overexert yourself or work to exhaustion.
- \* If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- \* Never operate the unit when it has been damaged.
- \* Always check the unit before each use.
- \* Do not attempt to lift more weight than you can control safely.
- \* Do not use the equipment outdoors.

### **Personal Safety During Assembly**

- \* Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- \* Assemble and operate the equipment on a solid, level surface.

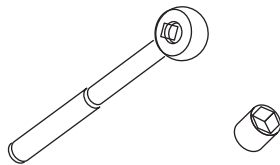
The equipment is designed for your enjoyment. By following these precautions and using common sense, you will have many safe and pleasurable hours of healthful exercise with the equipment.

## Instructions

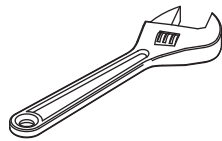
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure to do so will void your warranty and could result in personal injury.

The equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call 800-719-4605. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

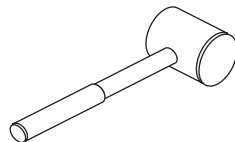
## Tools Required



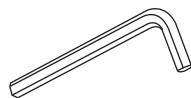
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



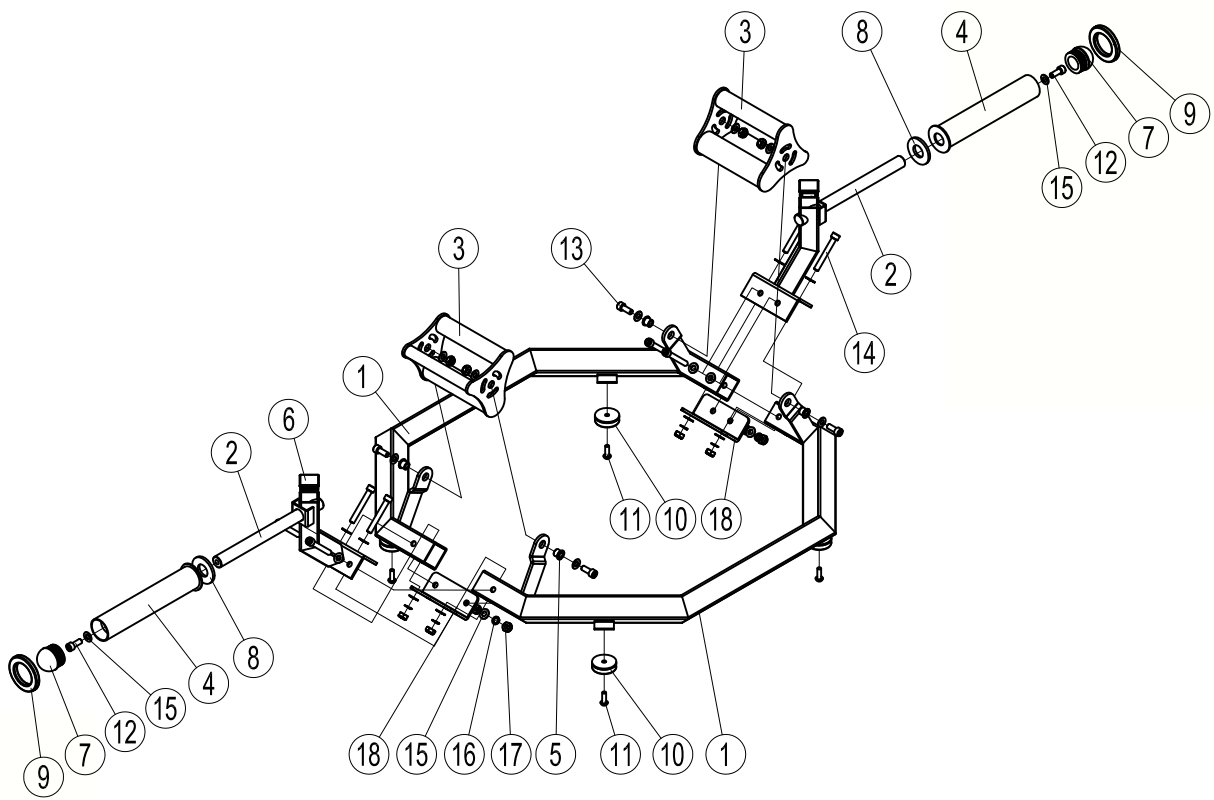
Hex Key Wrench Set

## Parts List

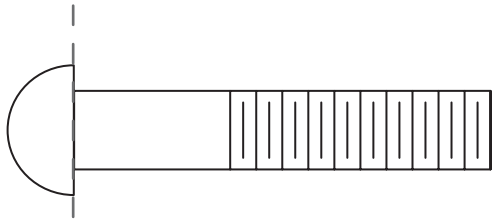
**NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED**

Item No.	Description	Qty
1	Main Frame	2
2	Weight Post	2
3	Handle	2
4	Plate Adapter	2
5	Bushing	4
6	Square Plug	2
7	Round Plug	2
8	φ 25 Rubber Plate	2
9	φ 50 Rubber Plate	2
10	Stopper	4
11	Button Head Cap Screw M8*16	4
12	Socket Head Cap Screw M10*25	2
13	Socket Head Cap Screw M10*30	4
14	Socket Head Cap Screw M10*80	8
15	Flat Washer φ 10	26
16	Spring Washer φ 10	8
17	Nylon Lock Nut M10	12
18	Connect Board	2

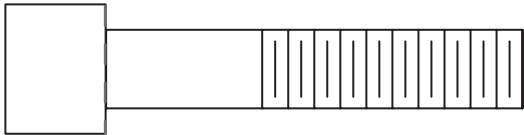
# Exploded View



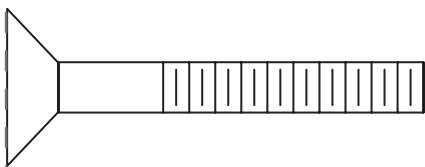
# Measurement Guide



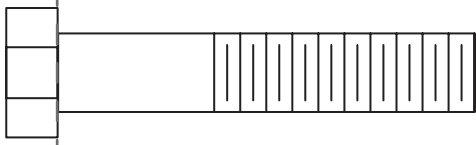
BHCS = Button Head Cap Screw



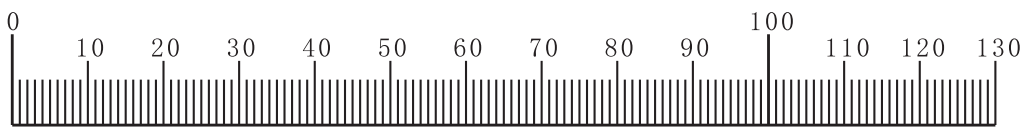
SHCS = Socket Head Cap Screw



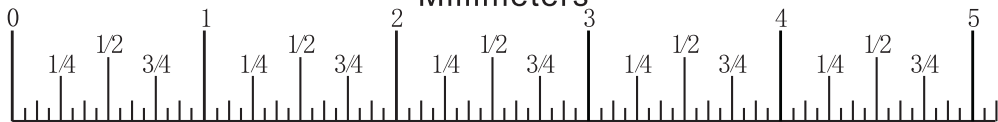
FHCS = Flat Head Cap Screw



HHB = Hex Head Bolt



Millimeters



Inches

## Assembly Instructions

You may find it quicker, safer, easier to assemble this equipment with the help of a friend, as some of components may be large, heavy or awkward to handle alone. It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and reduce the possibility of injury during assembly.



### Note

As with any assembled part, proper alignment and adjustment is critical. While tightening the fasteners, be sure to leave room for adjustments. Do not fully tighten the fasteners until instructed to do so. Be careful to assemble the components in the sequence presented in this guide.



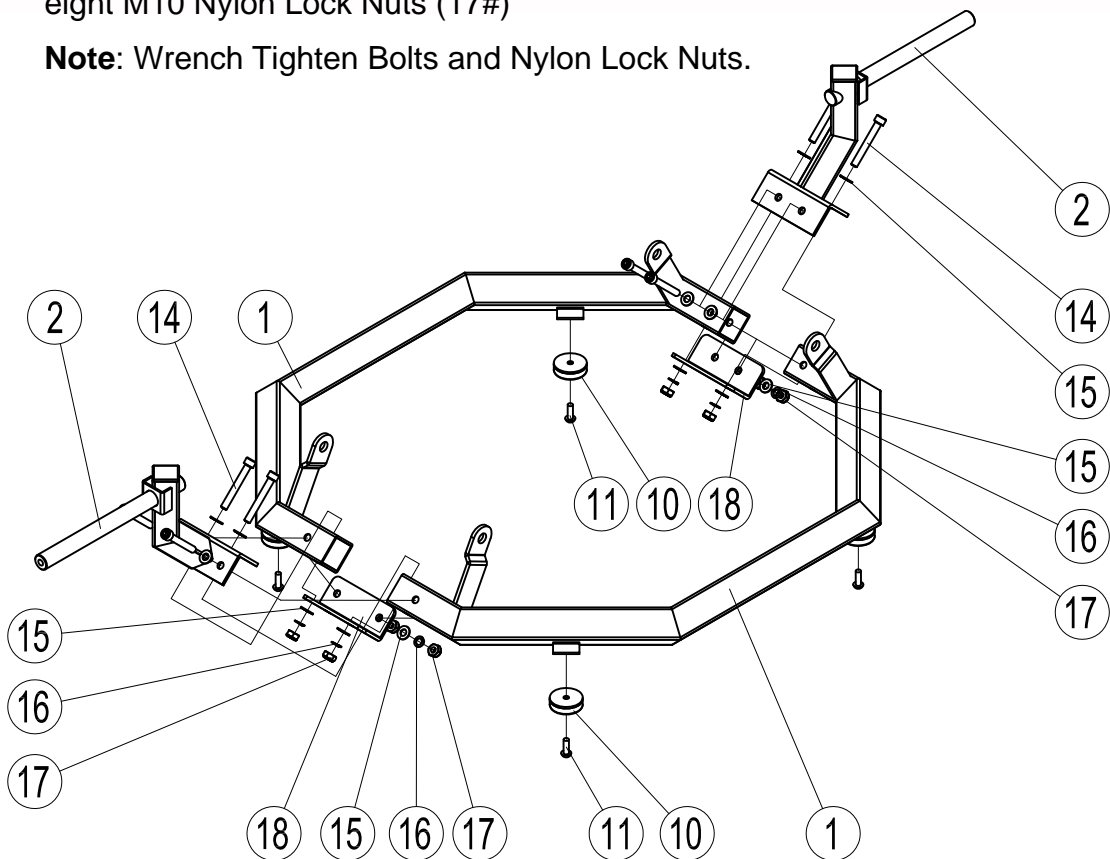
**For a step by step assembly video please visit:  
<https://www.youtube.com/watch?v=3Qyulk14ctE>**

## Assembly

### Step 1

1. Attach the stoppers (10#) to Main Frame (1#) using: four M8\*16 BHCS (11#)
2. Attach the Weight Post (2#) to Main Frame (1#) using:  
two Connect Board (18#)  
eight M10\*80 SHCS (14#)  
sixteen  $\phi$  10 Flat Washers (15#)  
eight  $\phi$  10 Spring Washers (16#)  
eight M10 Nylon Lock Nuts (17#)

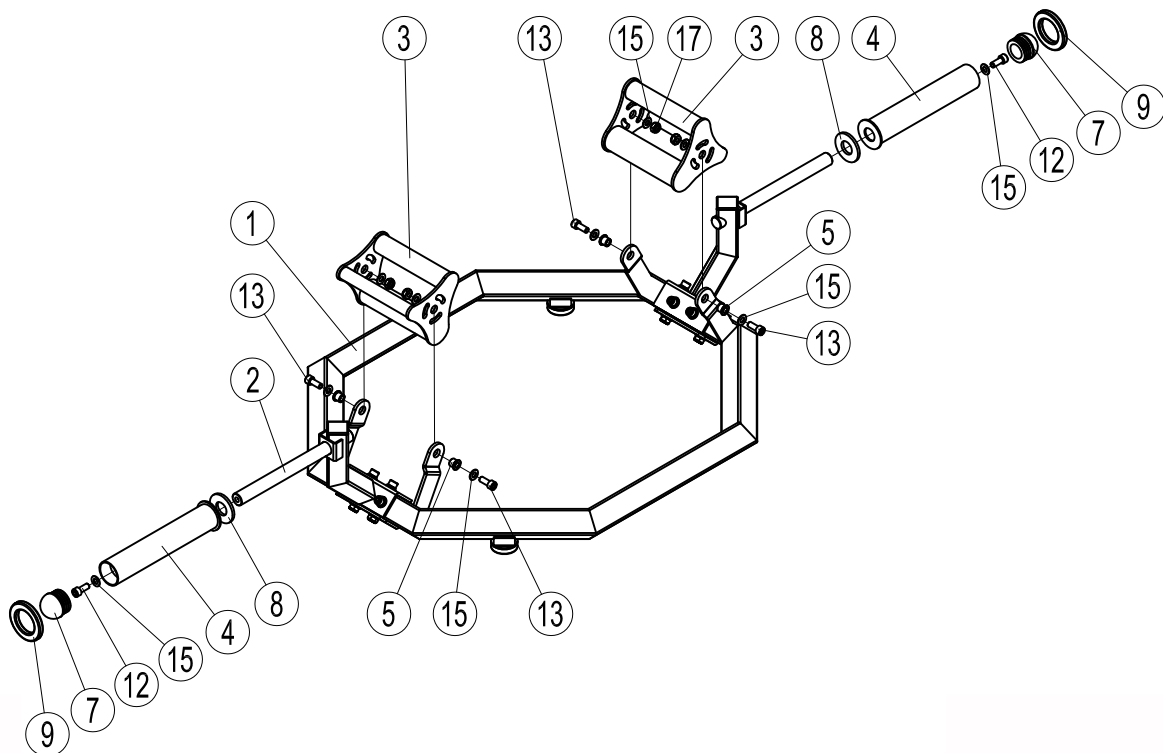
**Note:** Wrench Tighten Bolts and Nylon Lock Nuts.



## Assembly

### Step 2

1. Attach Handles (3#) to Main Frame (1#) using:  
four M10\*30 SHCS (13#)  
eight  $\phi$  10 Flat Washers (15#)  
four Bushings (5#)  
four M10 Nylon Lock Nuts (17#)
2. Attach  $\phi$  25 Rubber Plate (8#) to Weight Post (2#).
3. Attach Plate Adapter (4#) to Weight Post (2#) using:  
two M10\*25 SHCS (12#)  
two  $\phi$  10 Washers (15#)
- Note:** Wrench Tighten Bolts.
4. Attach Round Plug (7#) and  $\phi$  50 Rubber Plate (9#) to Plate Adapter (4#).





Customer Service: 1-800-719-4605