

XMARK

XM-7615.1

ROTARY LEG MACHINE

Owner's Manual

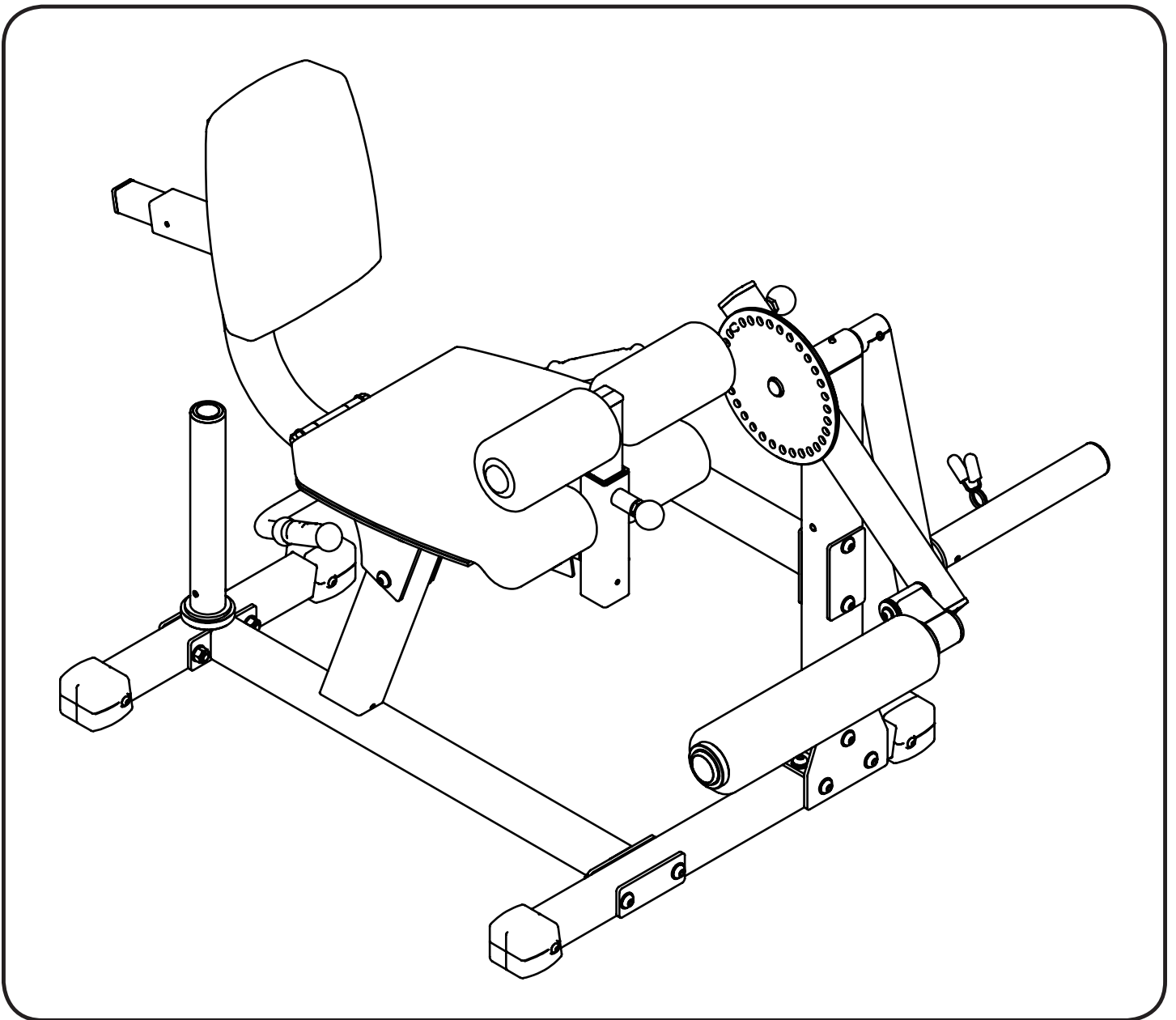


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IMPORTANT SAFETY INFORMATION

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 preexisting health problems.

The unit is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use unit by someone responsible for their safety.

This unit should only be placed on a level surface and is intended for indoor use only. To protect the floor or carpet, place a mat under the unit.

Inspect and properly tighten all parts each time the unit is used. Replace any worn parts immediately.

Children under age 16 and pets should be kept away from this unit at all times.

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.

XMark assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

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

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

Please read this manual completely before beginning the assembly process. Our XMark staff is here to assist you. Any questions you may have regarding the assembly should be directed to **service@xmarkfitness.com**.

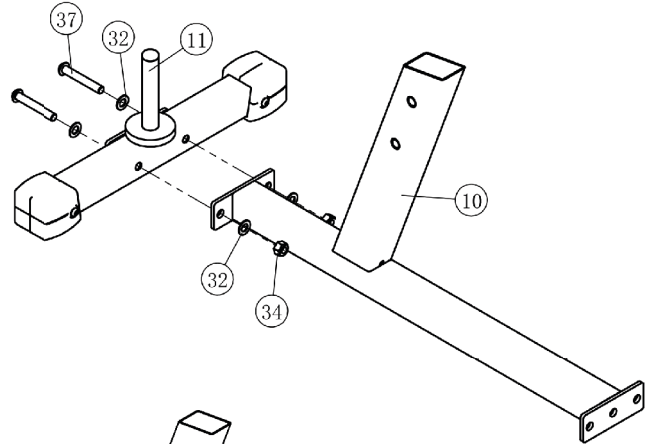
IMPORTANT: Hand tighten bolts and Nylon Lock nuts until machine have completed the assembly.

ASSEMBLY INSTRUCTIONS

IMPORTANT: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

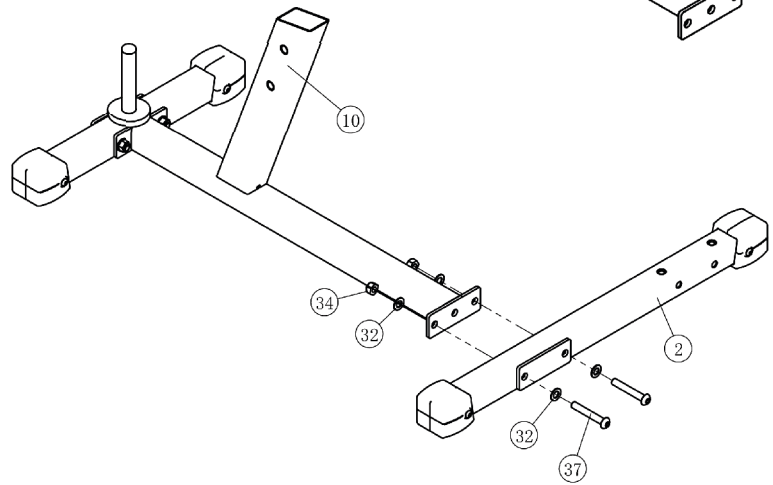
STEP 1: Attach the **Rear Base Assy (#11)** to the **Main Frame (#10)** using:

- Two Button Head Cap Screws (#37)
- Four Flat Washers (#32)
- Two Nylon lock Nuts (#34)



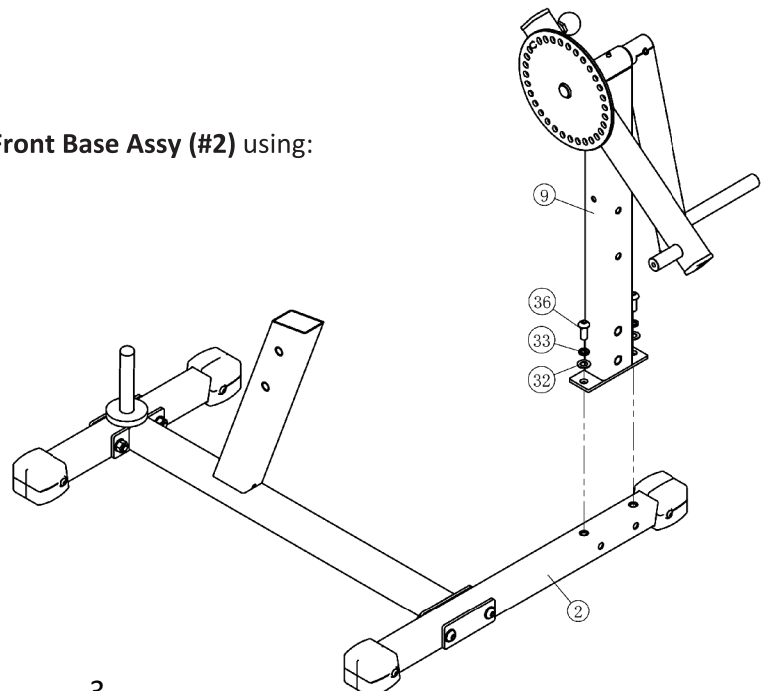
STEP 2: Attach the **Front Base Assy (#2)** to the **Main Frame (#10)** using:

- Two Button Head Cap Screws (#37)
- Four Flat Washers (#32)
- Two Nylon lock Nuts (#34)



STEP 3: Attach the **Front Frame Assy (#9)** to the **Front Base Assy (#2)** using:

- Two Button Head Cap Screws (#36)
- Two Split Washer (#33)
- Two Flat Washers (#32)

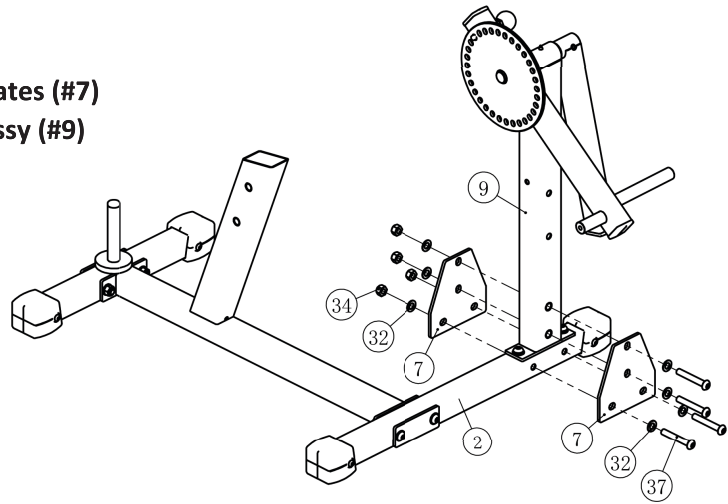


ASSEMBLY INSTRUCTIONS

IMPORTANT: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

STEP 4: Attach the two **Front Frame Connecting Plates (#7)** to the **Front Base Assy (#2)** and the **Front Frame Assy (#9)** using:

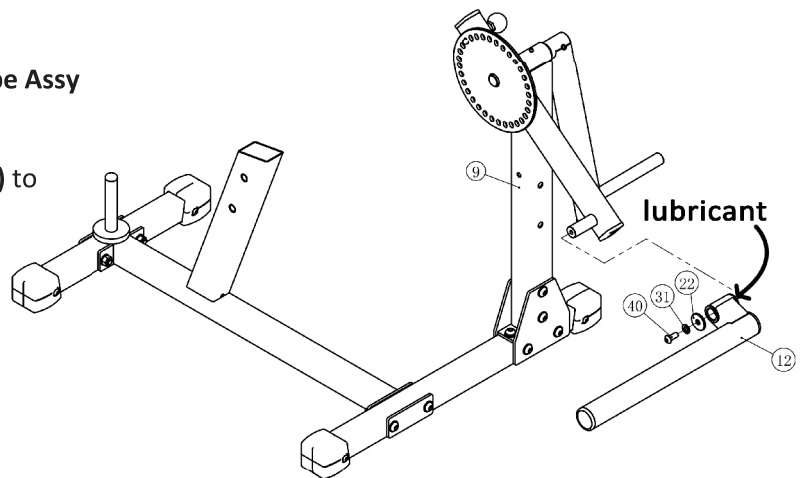
- Four Button Head Cap Screws (#37)
- Eight Flat Washers (#32)
- Four Nylon lock Nuts (#34)



STEP 5: Apply **Lubricant (#46)** inside the **Swing Tube Assy (#12)**.

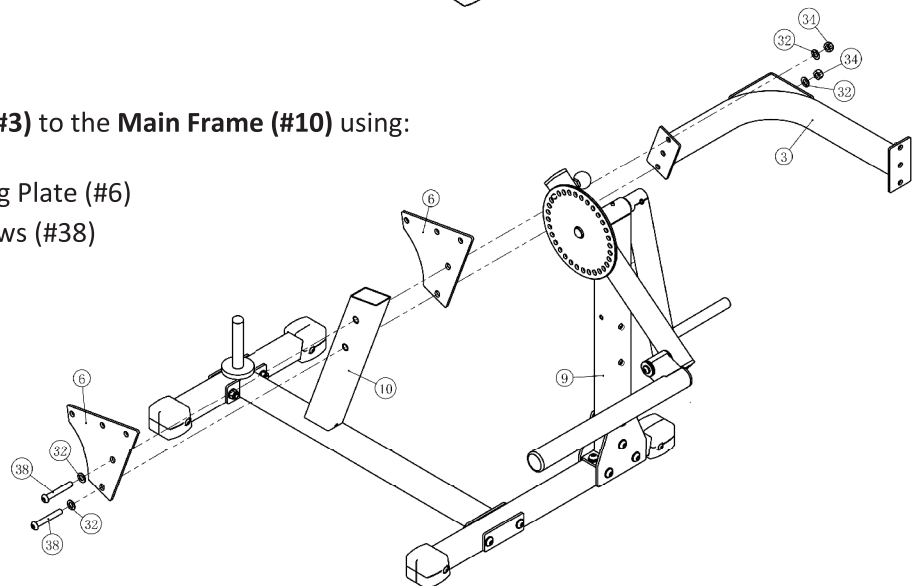
After lubricating, attach the **Swing Tube Assy (#12)** to the **Front Frame Assy (#9)** using:

- One Button Head Cap Screw (#40)
- One Flat Washer (#31)
- One Washer (#22)



STEP 6: Attach the **Side Angle Frame (#3)** to the **Main Frame (#10)** using:

- Two Seat Frame Connecting Plate (#6)
- Two Button Head Cap Screws (#38)
- Four Flat Washers (#32)
- Two Nylon lock Nuts (#34)

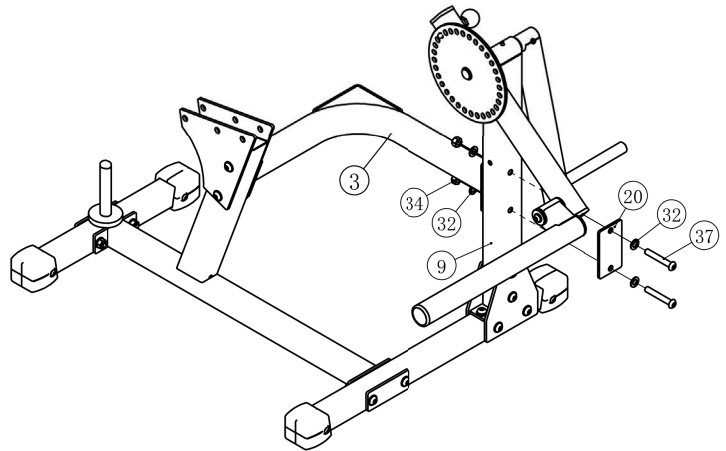


ASSEMBLY INSTRUCTIONS

IMPORTANT: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

STEP 7: Attach the **Side Angle Frame (#3)** to the **Front Frame Assy (#9)** using:

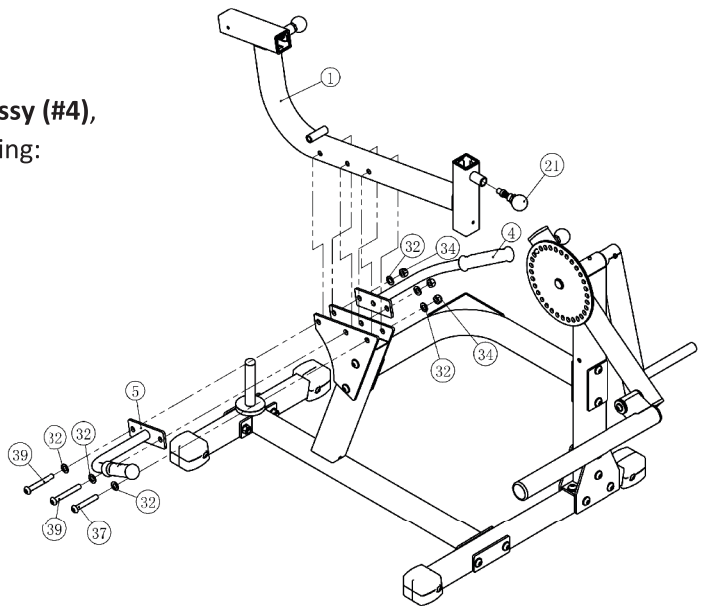
- Two Button Head Cap Screws (#37)
- Four Flat Washers (#32)
- One plate (#20)
- Two Nylon lock Nuts (#34)



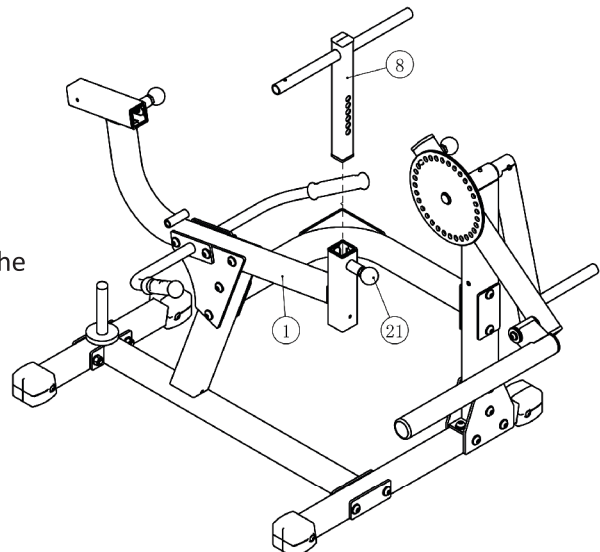
STEP 8: Attach the **Seat Frame Assy (#1)**, **Left Handle Assy (#4)**, and **Right Handle Assy (#5)** to the **Main Frame (#10)** using:

- Two Button Head Cap Screws (#39)
- One Button Head Cap Screws (#37)
- Six Flat Washers (#32)
- Three Nylon lock Nuts (#34)

Once complete, attached the **Pop Pin (#21)** to the **Seat Frame Assy (#1)**.



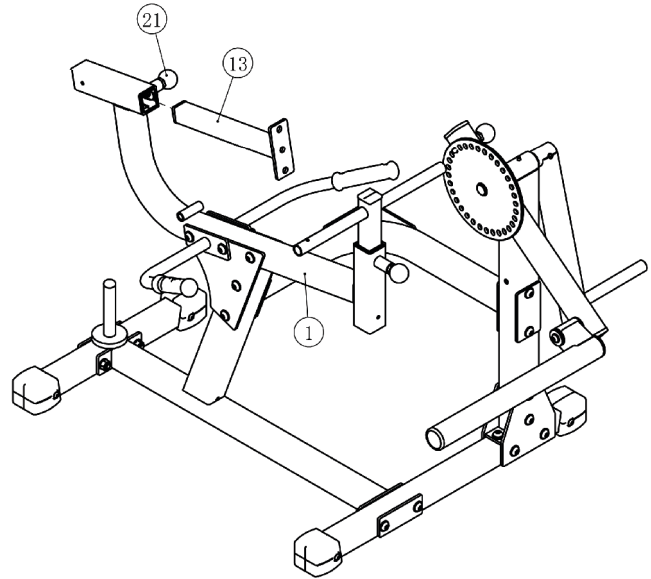
STEP 9: Pulling outward on the **Pop Pin (#21)** at the front of the **Seat Frame Assy (#1)**, slide the **Adjustable Roller Pad Frame Assy (#8)** into the front receiver, then release the **Pop Pin (#21)**



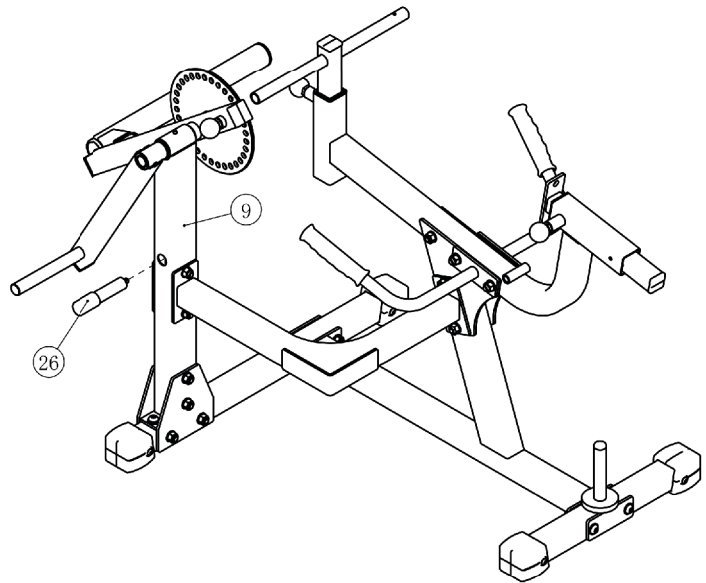
ASSEMBLY INSTRUCTIONS

IMPORTANT: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

STEP 10: Pulling outward on the **Pop Pin (#21)** towards the back of the **Seat Frame Assy (#1)**, slid the **Back Adjustable Bar Assy (#13)** into the back receiver, then release the **Pop Pin (#21)**.

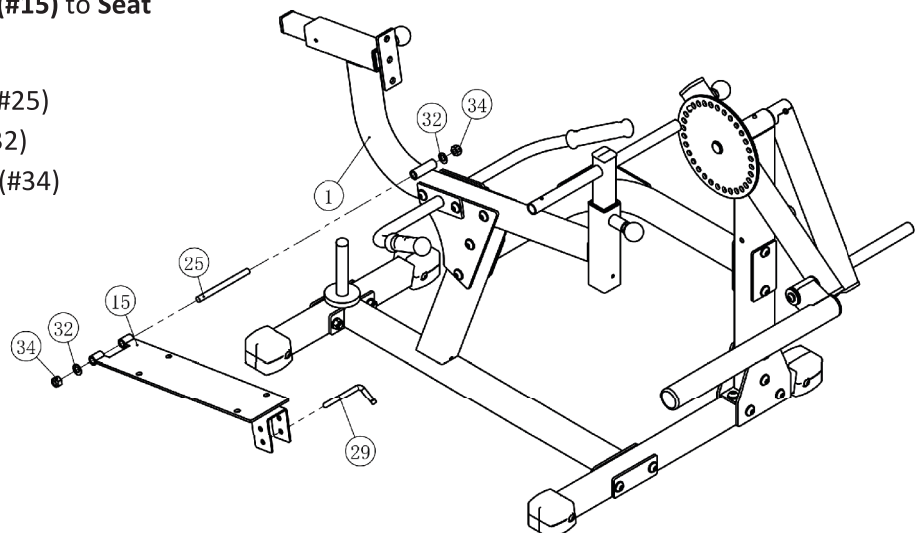


STEP 11: Insert the **Stopper Prong (#26)** to the **Front Frame Assy (#9)**.



STEP 12: Attach the **Seat Bracket (#15)** to **Seat Frame Assy (#1)** using:

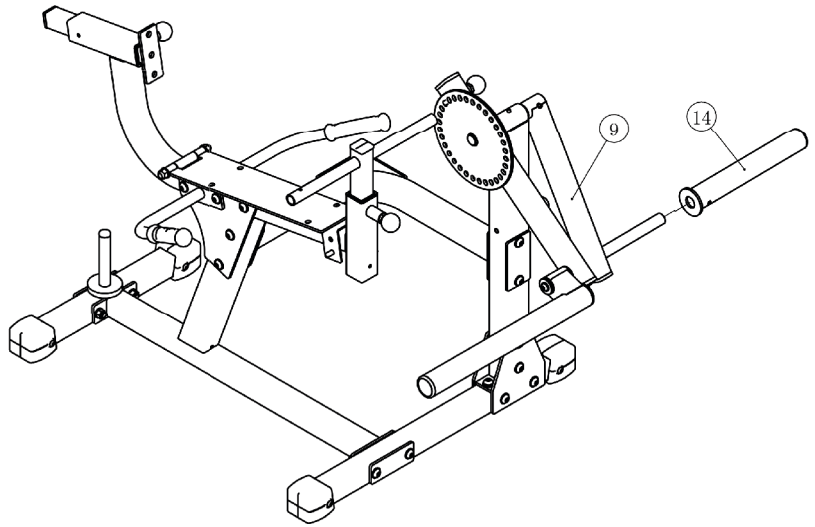
- One Shaft W/Screw (#25)
- Two Flat Washers (#32)
- Two Nylon lock Nuts (#34)
- One L Pin (#29)



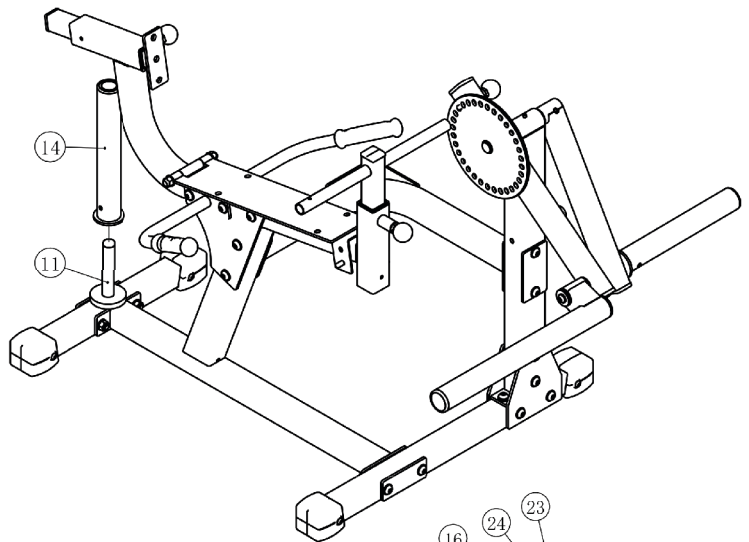
ASSEMBLY INSTRUCTIONS

IMPORTANT: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

STEP 13: Attach one **Adapter Assy (#14)** to **Front Frame Assy (#9)** with the pre-installed screw.



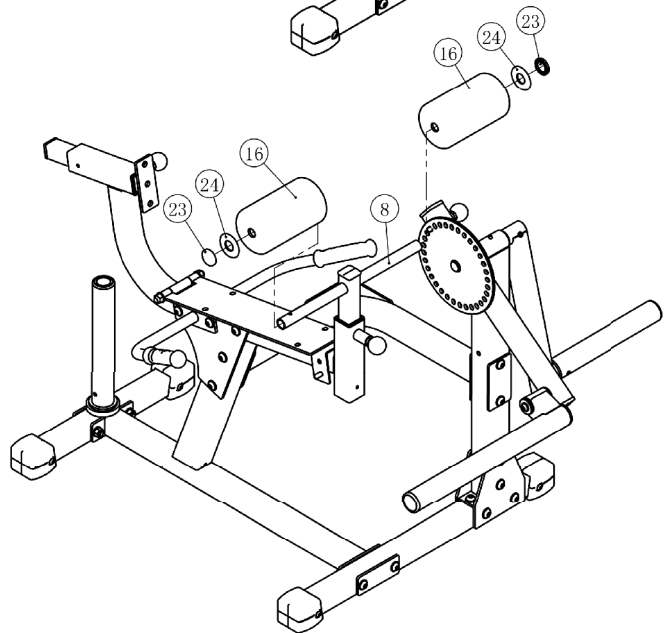
STEP 14: Attach the second **Adapter Assy (#14)** to **The Rear Base Assy (#11)** with the pre-installed screw.



STEP 15: Attach one **Foam Padding (#16)** to the **Adjustable Roller Pad Frame Assy (#8)** using:

- One Plastic Washer (#24)
- One Metal End Cap (#23).

Repeat, adding the second **Foam Padding (#16)** to the other side of the **Adjustable Roller Pad Assy (#8)**.

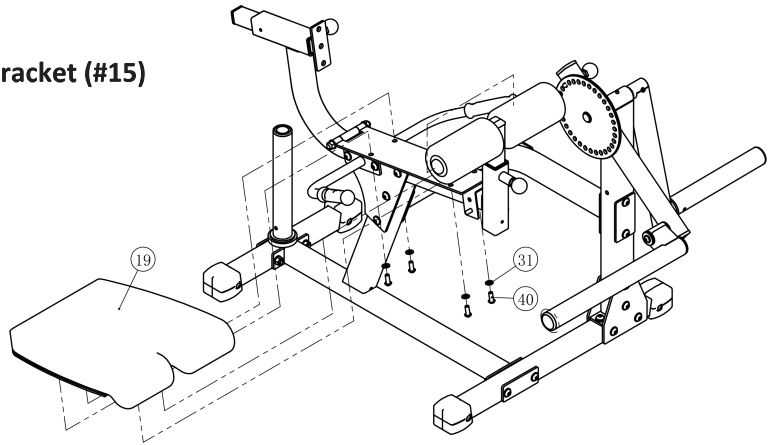


ASSEMBLY INSTRUCTIONS

IMPORTANT: Hand tighten bolts and nylon lock nuts until machine is fully assembled.

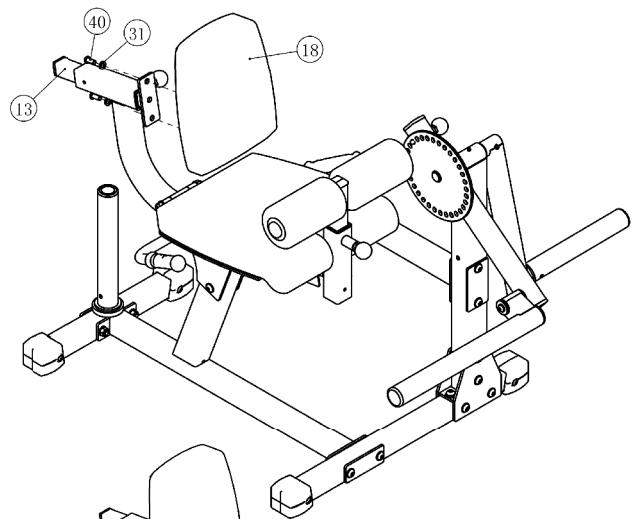
STEP 16: Attach the **Seat Pad (#19)** to the **Seat Bracket (#15)** using:

- Four Flat Washers (#31)
- Four Button Head Cap Screws (#40)



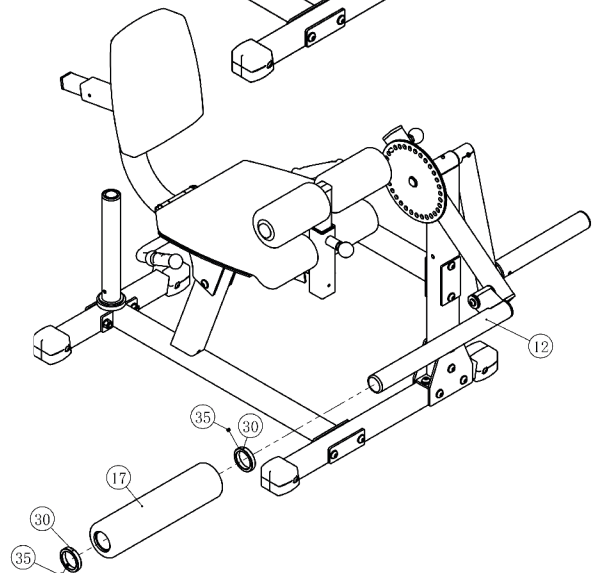
STEP 17: Attach the **Back Pad (#18)** to the **Back Adjustable Bar Assy (#13)** using:

- Two Flat Washers (#31)
- Two Button Head Cap Screws (#40)



STEP 18: Attach the **Big Roller Pad (#17)** to the **Swing Tube Assy (#12)** using:

- Two Collars (#30) with the two pre-installed screws (#35)



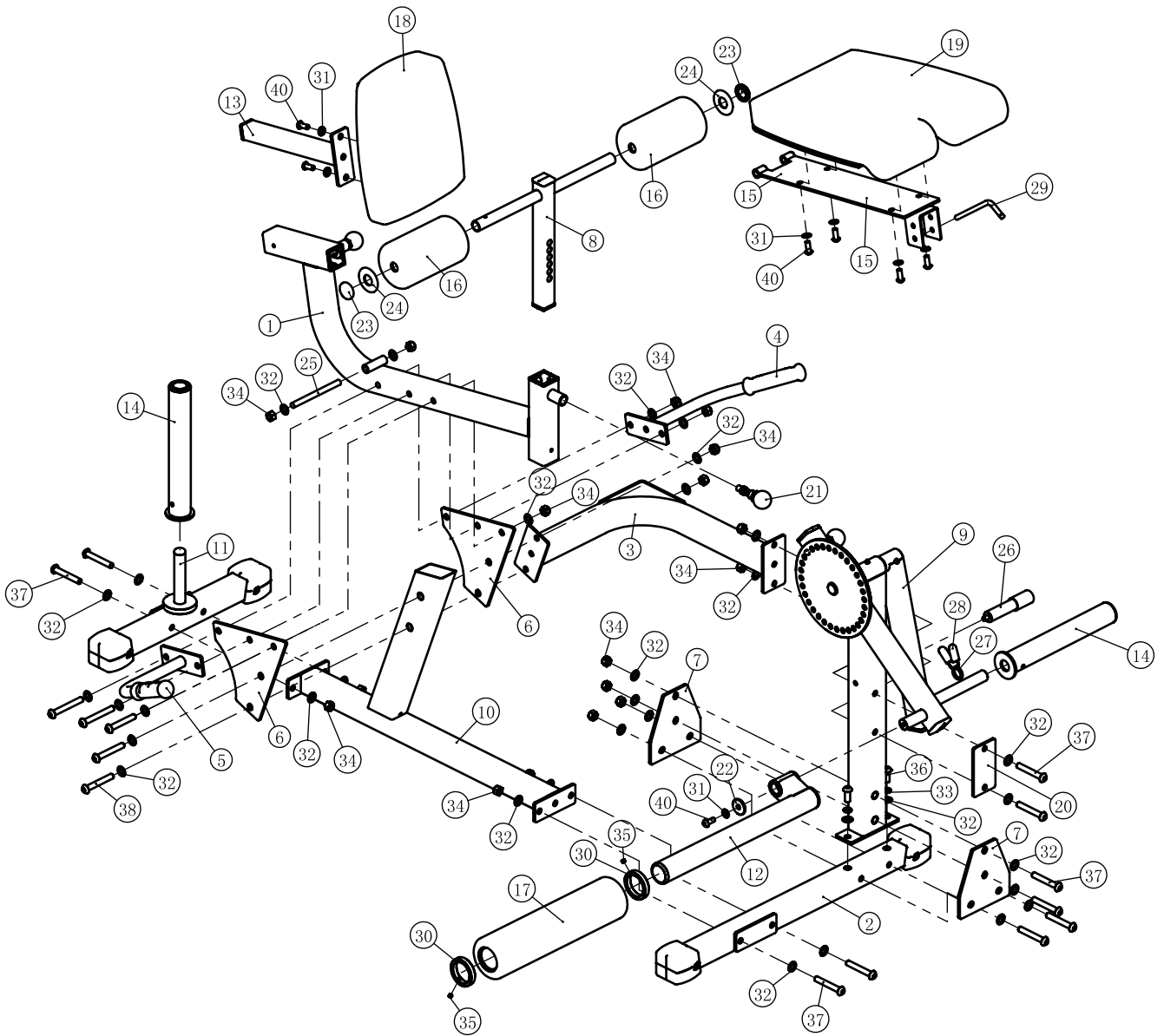
STEP 19: Lastly, tighten all bolts and nylon lock nuts.

Congratulations! You've completed the assembly of your XMark Rotary Leg Extension and Curl Machine.

Parts List

Item No.	Part No.	Description	QTY
1	EF7615B02ASSY	Seat Frame Assy	1
2	EF7615B03ASSY	Front Base Assy	1
3	EF7615B0500	Side Angle Frame	1
4	PSLEGD12ASSY	Left Handle Assy	1
5	PSLEGD45ASSY	Right Handle Assy	1
6	EF7615B0600	Seat Frame Connecting Plate	2
7	EF7615B0700	Front Frame Connecting Plate	2
8	EF761510ASSY	Adjustable Roller Pad Frame Assy	1
9	EF7615B04ASSY	Front Frame Assy	1
10	EF7615B0100	Main Frame	1
11	KFLEGM02ASSY	Rear Base Assy	1
12	TLE-28245ASSY	Swing Tube Assy	1
13	KFLEGM04ASSY	Back Adjustable Bar Assy	1
14	PSCONV0100V1ASSY	Adapter Assy	2
15	KFLEGM0600	Seat Bracket	1
16	EF76090900	Foam Padding $\Phi 22 * \Phi 110 * 180$	2
17	EF76153900	Big Roller Pad	1
18	EF76151600	Back Pad	1
19	EF76151500	Seat Pad	1
20	PSLEGD4900	Plate	1
21	KFAAB1500P1805C	Pop Pin	1
22	TLE-2824600V1	Washer 38*10.5*4	1
23	EF76091100	Metal End Cap	2
24	HF1652100	Plastic Washer	2
25	B1001-21200DHS	Shaft w/ Screw	1
26	KPSABM15ASSY	Stopper Prong	1
27	PBC60003	Spring Collar	1
28	RM59550020	Spring Clip Collar	2
29	M01401800	L Pin	1
30	KPSLEGM3700	Collar	2
31	GB9510DHS2	Flat Washer $\Phi 11 * \Phi 20 * 2$	7
32	DQ12DHS2A	Flat Washer $\Phi 13 * \Phi 24 * 1.5$	34
33	GB9312DHS12	Split Washer $\Phi 12$	2
34	NM12DHS2	Nylon Lock Nut M12	17
35	GB77M8*6DHS2	Screw M8*6	2
36	PNLM12*30DHS2	Button Head Cap Screw M12*30	2
37	PNLM12*80DHS2	Button Head Cap Screw M12*80	11
38	PNLM12*85DHS2	Button Head Cap Screw M12*85	2
39	PNLM12*95DHS2	Button Head Cap Screw M12*95	2
40	PNLM10*25DHS2	Button Head Cap Screw M10*25	7
41	BS17-19	Wrench 17-19	1
42	NBS4DHS	Hex Key S4	1
43	NBS6DHS	Hex Key S6	1
44	NBS8DHS	Hex Key S8	1
45	PZYQ-EF	Touchup Paint	1
46	YHYB	Lubricant	1
47	EF7615BSMS01	Owner's Manual XM-7615	1

Exploded View



Visit xmarkfitness.com for warranty information

Customer Service:

service@xmarkfitness.com

1-800-719-4605

Hours: 7:30 AM to 3:00 PM CST

Monday – Friday