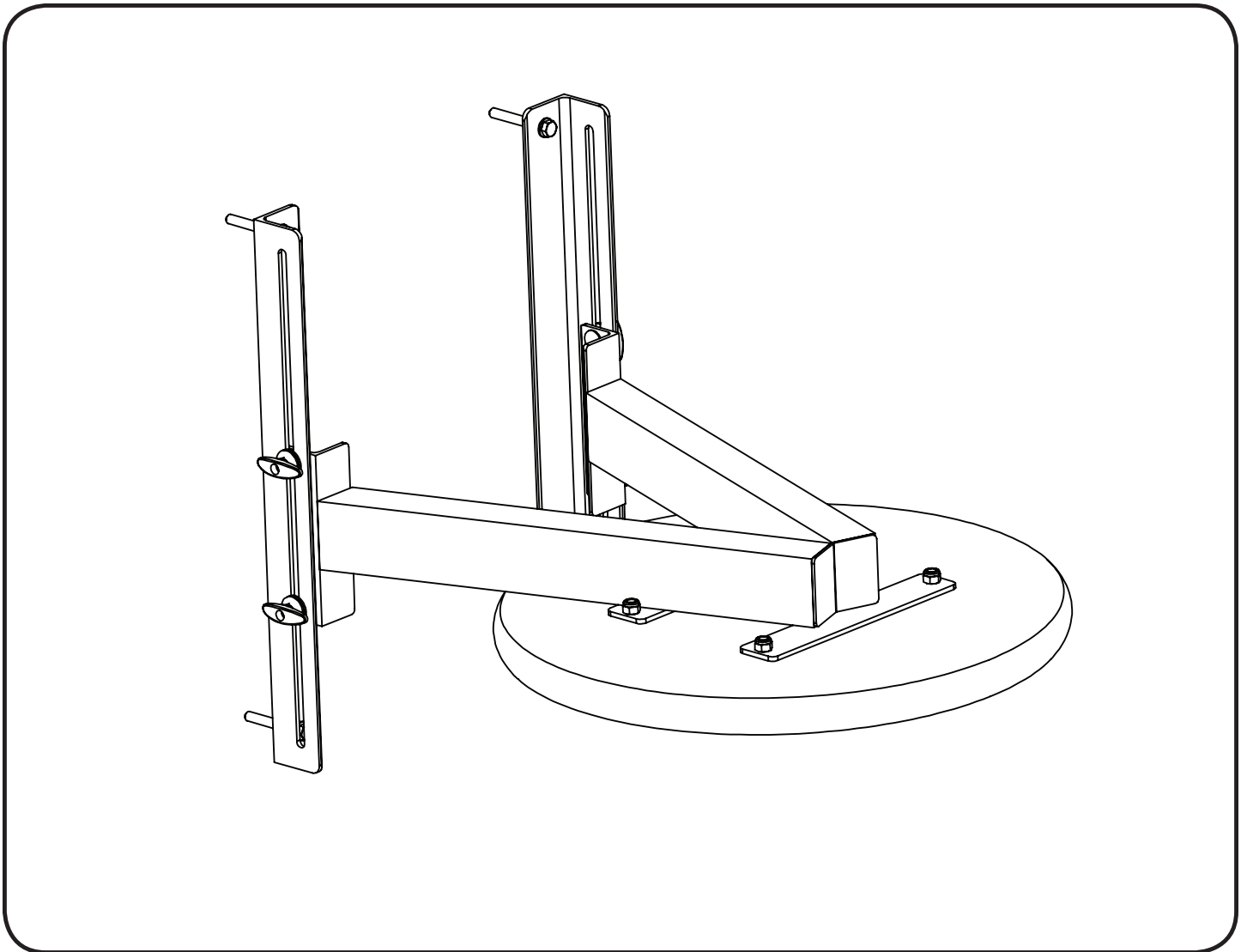




XM-4441

Adjustable Speed Bag Platform

Owner's Manual



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

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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 our Customer Service department. We have trained service technicians on site to assist you.

Visit www.xmarkfitness.com for warranty information

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.
- Always examine your unit before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the unit.

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

NOTE: The swivel has been attached using a power tool. If you wish to remove the swivel a power tool is needed. Not doing so could damage the hardware or board.

1. Attach Mounting Brackets (2) to Main Frame (1) with:

- 4 x Carriage Bolts (12)
- 4 x Plastic Washers (8),
- 4 x Big M10 Washers (5)
- 4 x Knob Nuts (6).

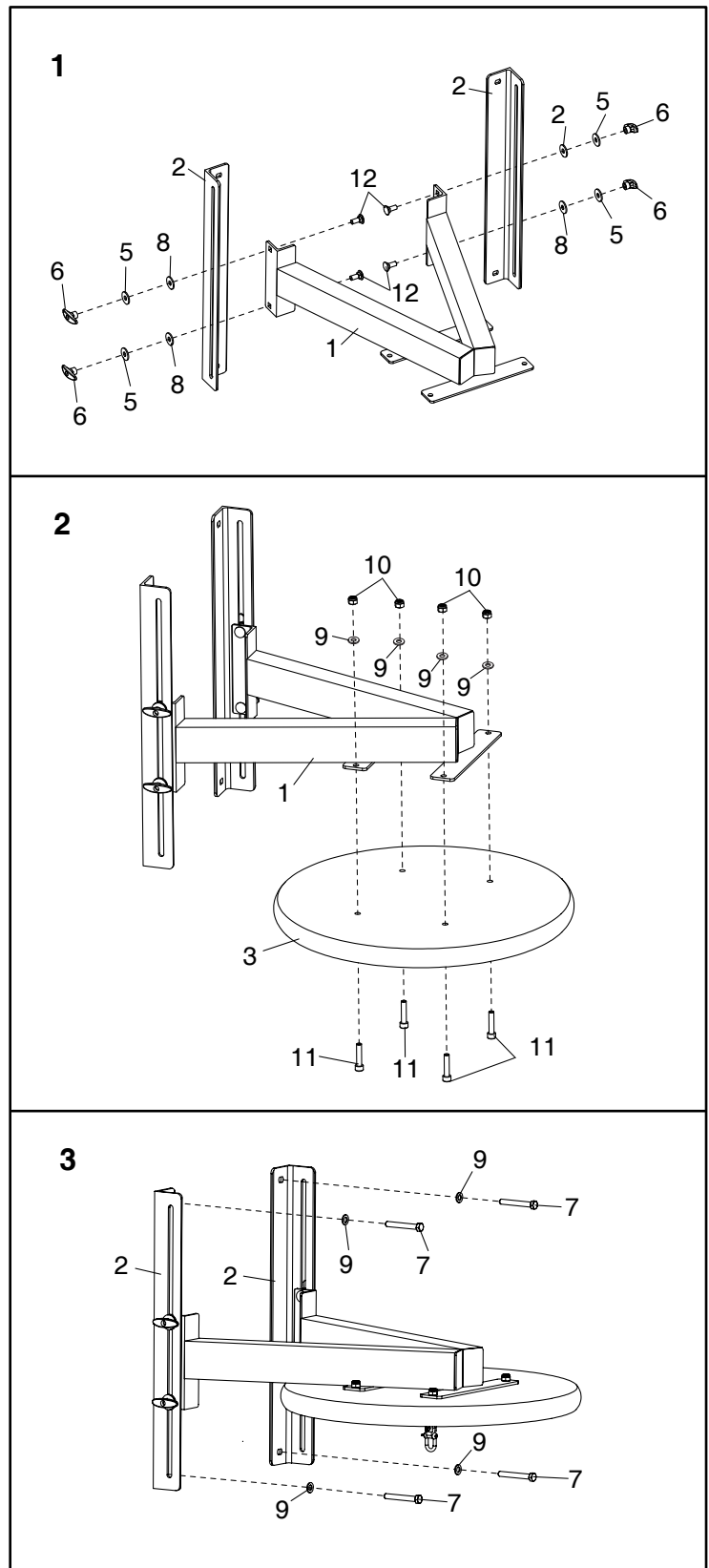
2. Attach Speed Bag Platform (3) to Main Frame (1) with:

- 4 x Socket Head Cap Screws (11)
- 4 x M10 Washers (9)
- 4 x M10 Locknuts (10)

Wooden studs are boards that function as framing elements in your home, supporting the walls. They're spaced at 16" on-center (measured from center to center) along the wall and run between the floor and ceiling. a stud finder locates studs quickly and accurately.

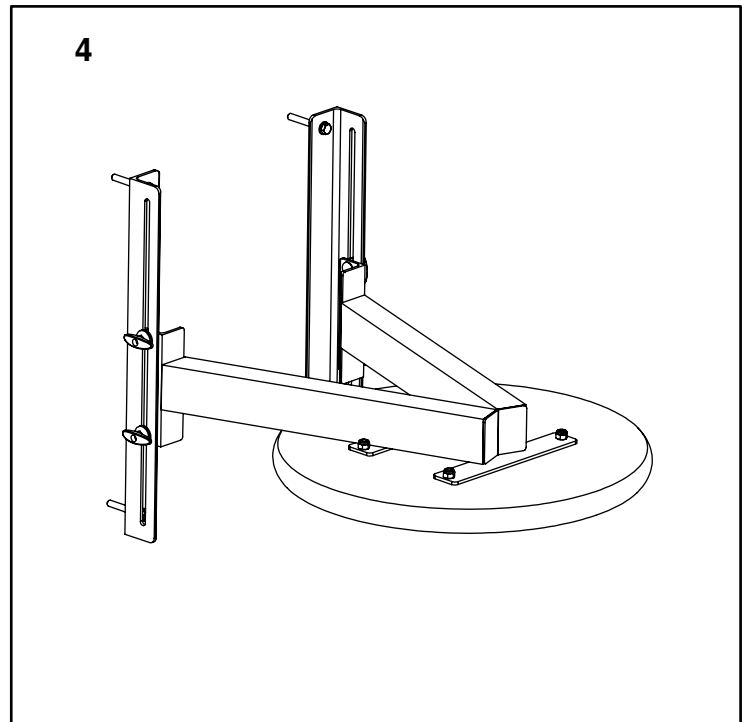
3. Attach the Mounting Brackets (2) to the Wooden Studs with:

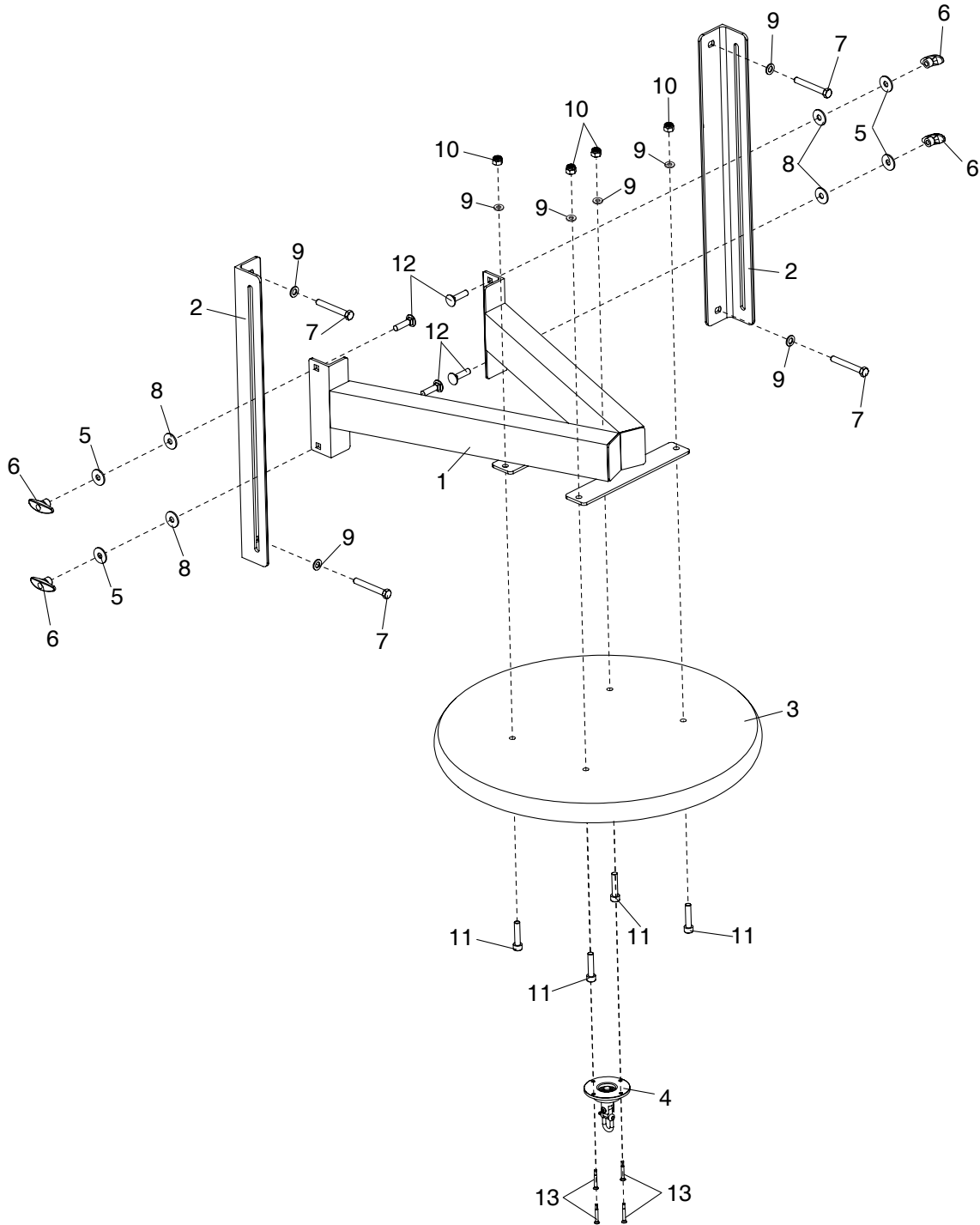
- 4 x Hex Screws (7)
- 4 x M10 Washers (9)



4. Make sure that all parts are properly tightened before you use the Adjustable Speed Bag Platform.

Congratulations!! You have completed assembly of your XM-4441!





XM-4441

Key No.	Description	Qty
1	Main Frame	1
2	Mounting Bracket	2
3	Speed Bag Platform	1
4	Flange	1
5	Big M10 Washer	4
6	Knob Nut	4
7	ST9.5 x 75mm Hex Screw	4
8	Plastic Washer	4
9	M10 Washer	8
10	M10 Locknut	4
11	Socket Head Cap Screw M10 x 45mm	4
12	Carriage Bolt M10 x 25mm	4
13	ST 4.2 x 30mm Screw	4



Customer Service: service@xmarkfitness.com