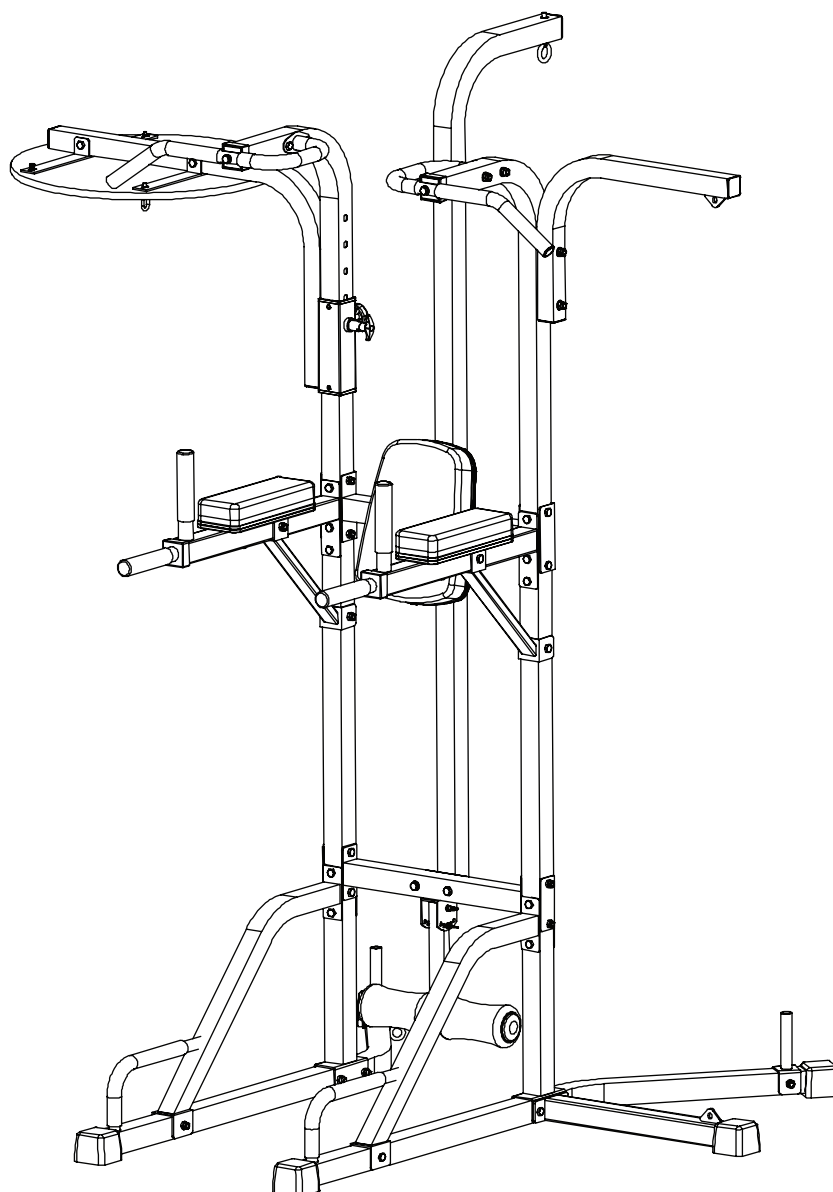




XM-2843

POWER SYSTEM BAG STAND VKR COMBO

Owner's Manual



!CAUTION

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

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Before You Begin



THANK YOU for making this unit a part of your exercise program. Xmark Fitness assures the very best in value, appearance, durability and biomechanics.

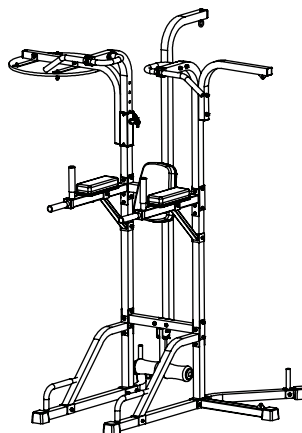
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our Xmark Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

REGISTRATION CARD

To avoid unnecessary delays in warranty parts and to insure that a permanent record of your purchase is on file with our company, be sure to send in the warranty registration card or register online at www.xmarkfitness.com within 10 days of purchase.

MAILING ADDRESS

Xmark Fitness
7501 Trammel Drive
Shreveport, LA 71108



QUESTIONS?
CALL 1-800-719-4605

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

XMARK FITNESS SERIES
MODEL: XM-2843

When calling please have the following product information available:

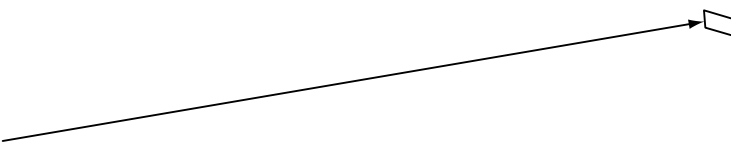
Model Name: XM-2843

Date Mfg.:

PO #:

Serial #:

Model Name Decal Location



Read this section first.

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

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.

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.

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

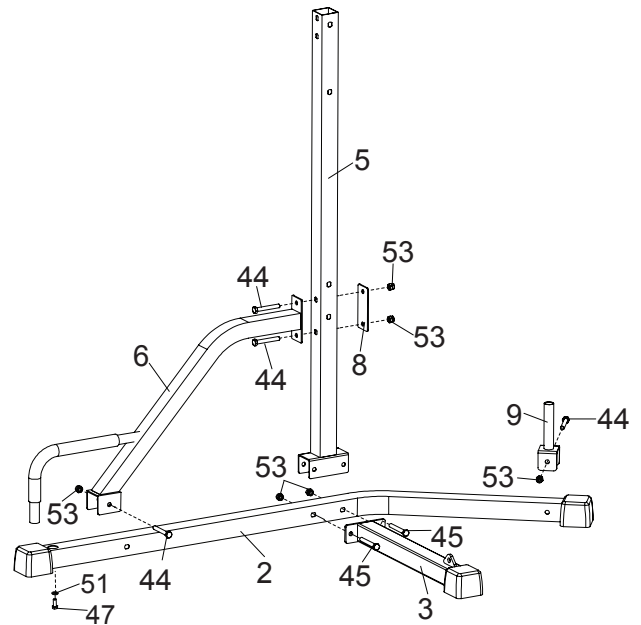
STEP 1

Insert the bar on the Lower Support (6) into the Left Base (2) and secure using M8 x 20 Bolt (47), M8 Washer (51), M10 x 70 Bolt (44), M10 Lock Nut (53).

Connect Lower Upright (5) and Side Base (3) to Left Base (2), securing with two M10 x75 Bolts (45) and two M10 Lock Nuts (53).

Connect the Lower Support (6) and the Lower Upright (5) with Bracket (8), two M10x70 Bolts (44) and two M10 Lock Nuts (53).

Connect the Weight Post (9) onto the Left Base (2) securing with one M10X70 Bolt (44) and one M10 Lock Nut (53).



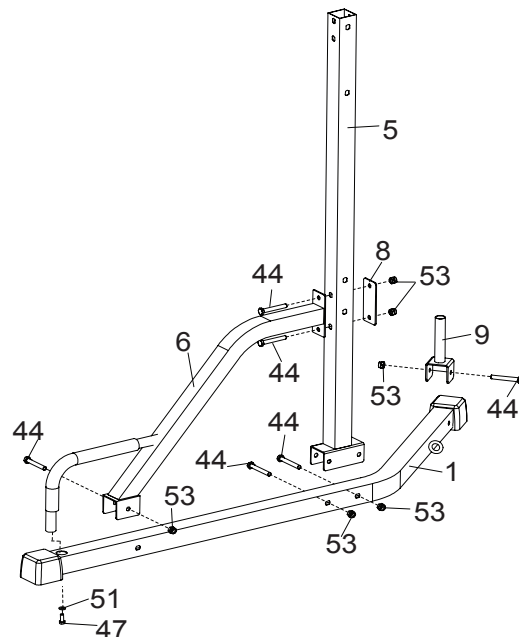
STEP 2

Insert the bar on the Lower Support (6) into the Right Base (1) and secure using M8 x 20 Bolt (47), M8 Washer (51), M10 x 70 Bolt (44) and M10 Lock Nut (53).

Connect Lower Upright (5) to Right Base (1) , securing with two M10 x70 Bolts (44) and two M10 Lock Nuts (53).

Connect the Lower Support (6) and the Lower Upright (5) with Bracket (8), two M10x70 Bolts (44) and two M10 Lock Nuts (53).

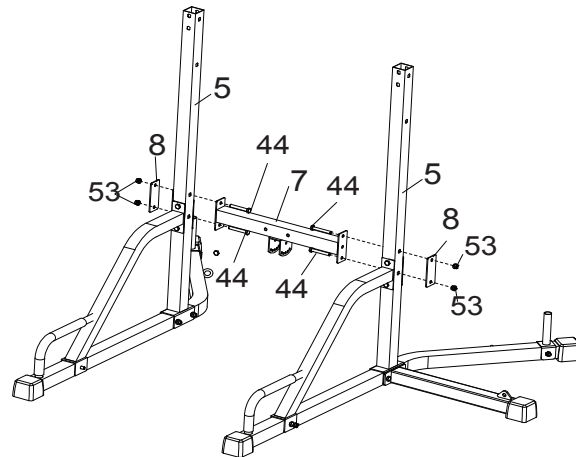
Connect the Weight Post (9) onto the Right Base (1) securing with one M10X70 Bolt (44) and one M10 Lock Nut (53).



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

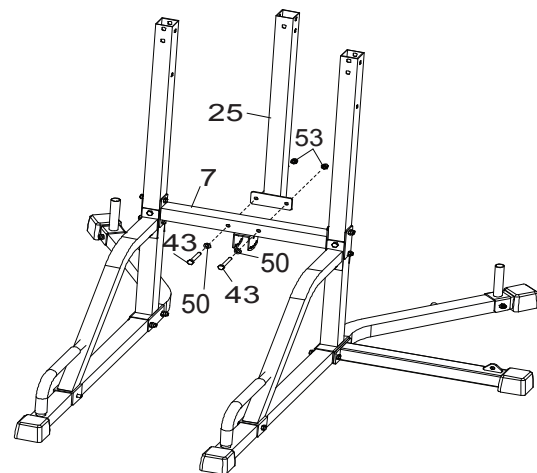
STEP 3

Connect the Lower Uprights (5) to the Lower Cross Brace (7) with two Brackets (8), four M10 x 70 Bolts (44) and four M10 Lock Nuts (53).



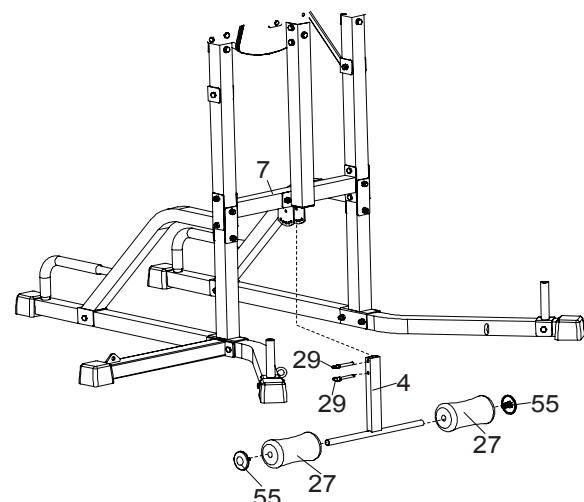
STEP 4

Connect Lower Cross Brace (7) to Lower Heavy Bag Hanger Bar (25) securing with two M10X65 Bolts (43), two M10 Washers (50) and two M10 Lock Nuts (53).



STEP 5

Install the Sit-up Bar (4) into the bracket on the Lower Cross Brace (7), securing with two Ring Head Lock Pins (29). Slide the Foam Rollers (27) onto each end of the Sit-up Bar (4), secure with Foam Roller Caps (55).



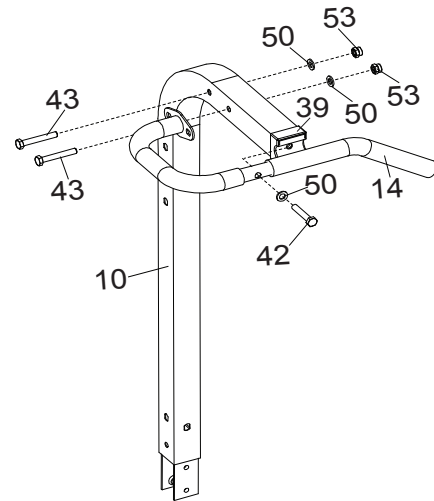
NOTE: Hand tighten bolts and lock nuts until machine is fully assembled.

STEP 6

Push Left Pull-up Bar (14) into the Connective Head (39) on Left Upper Upright (10), secure with one M10 x55 Bolt (42) and one M10 Washer (50).

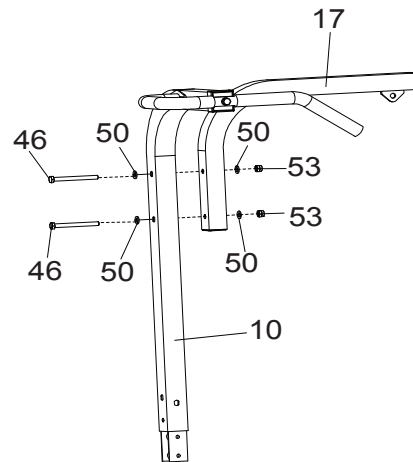
Then attach the Left Pull-up Bar (14) to the Left Upper Upright (10), securing with two M10X65 Bolts (43), two M10 Washers (50) and two M10 Lock Nuts (53).

Repeat to complete the assembly for the right Pull-up Bar (15) and Right Upper Upright (11) (not shown).



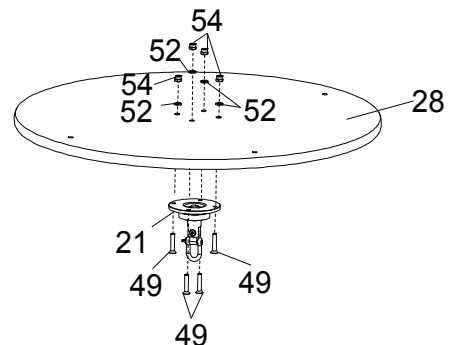
STEP 7

Attach the Double-end Bag Support Frame (17) to the Left Upper Upright Tube (10) and secure with two M10X110 Bolts (46), four M10 Washers (50) and two M10 Lock Nuts (53).



STEP 8

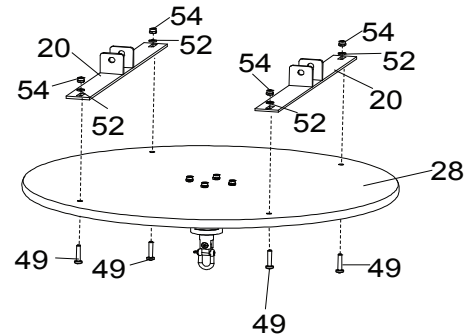
Attach Speed Bag Swivel (21) to the Speed Bag Platform (28) and secure with four M6X30 Screws (49), four M6 Washers (52) and four M6 Lock Nuts (54).



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

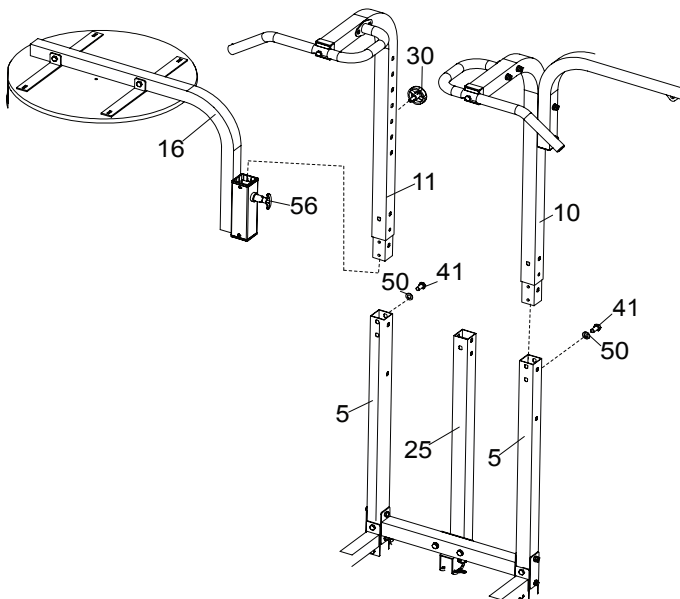
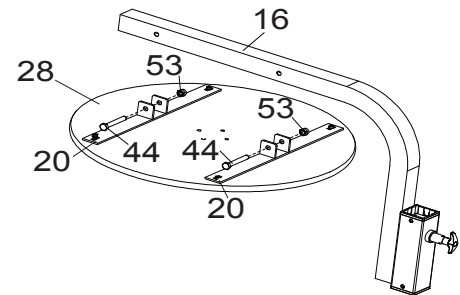
STEP 9

Attach Support Plates (20) to the Speed Bag Platform (28) and secure with four M6x30 Screws (49), four M6 Washers (52) and four M6 Lock Nuts (54).



STEP 10

Connect Support Plates (20) to Speed Bag Support Frame (16) with two M10x70 Bolts (44) and two M10 Lock Nuts (53).



STEP 11

Pull the Pop Pin (56) out as far as it will go and slide the Right Upper Upright (11) into Speed Bag Support (16).

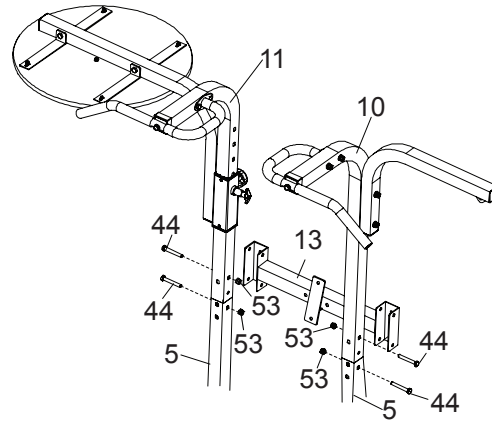
Beware of the direction and secure with both the Pop Pin (56) and Knob (30).

Insert the Left Upper Upright (10) and the Right Upper Upright (11) into the Lower Upright (5). Secure with two M10x20 Bolts (41) and two M10 Washers (50).

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

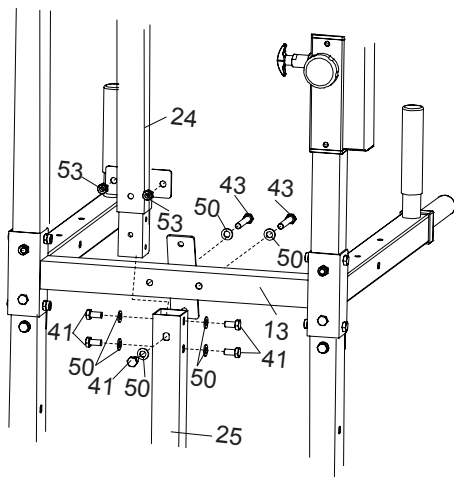
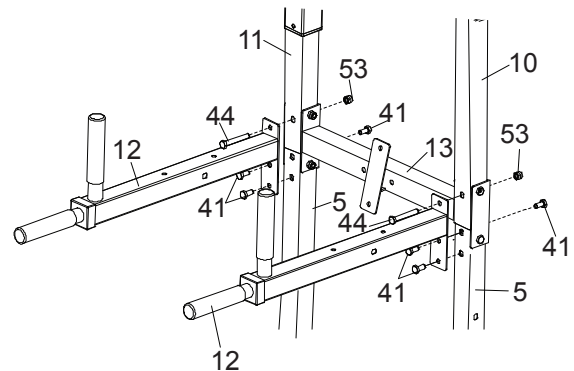
STEP 12

Connect the Upper Cross Brace (13) to the joint of the Upper and Lower Uprights (10, 11 & 5). Secure it through the side holds with four M10x70 Bolts (44) and four M10 Lock Nuts (53).



STEP 13

Attach the two Extend Arms (12) to the joint of Upper and Lower Uprights (10, 11 & 5). Secure with two M10x70 Bolts (44), two M10 Lock Nuts (53) for the upper holes and four M10x20 Bolts (41) for the lower holes.



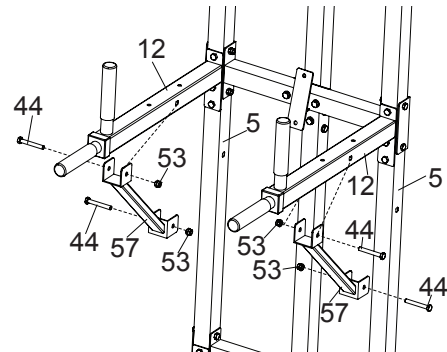
STEP 14

Insert the Upper Heavy Bag Hanger Bar (24) into the Lower Heavy Bag Hanger Bar (25) and secure with five M10x20 Bolts (41) and five M10 Washers (50). Then secure the Upper Heavy Bag Hanger Bar (24) to Upper Cross Brace (13) with two M10x65 Bolts (43), two M10 Washers (50) and two M10 Lock Nuts (53).

NOTE: Hand tighten bolts and locknuts until machine is fully assembled.

STEP 15

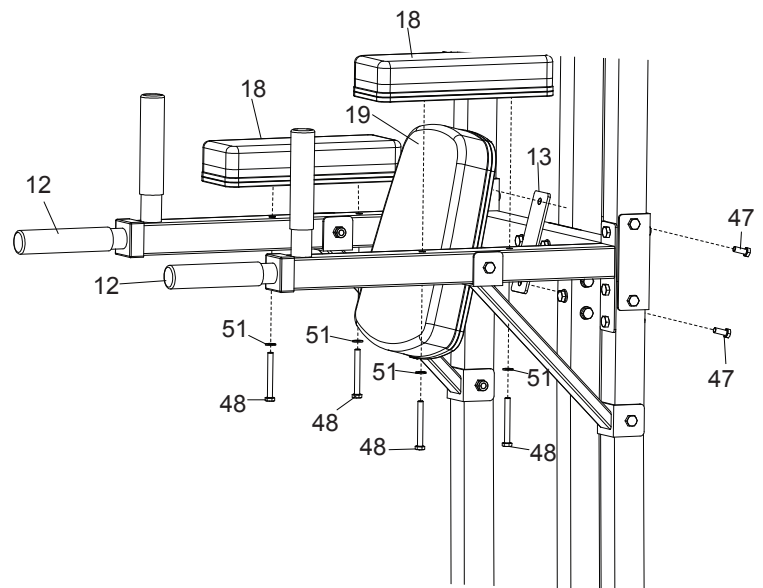
Attach the Upper Support Bars (57) to the Extended Arms (12) and the Lower Upright Tubes (5). Secure with four M10 x 70 Bolts (44), and four M10 Locknuts (53).



STEP 16

Attach Arm Pads (18) to Extended Arms (12) and secure with four M8 x70 Bolts (48) and four M8 Washers (51).

Attach the Back Pad (19) to Upper Cross Brace (13) and secure with two M8x20 Bolts (47) .

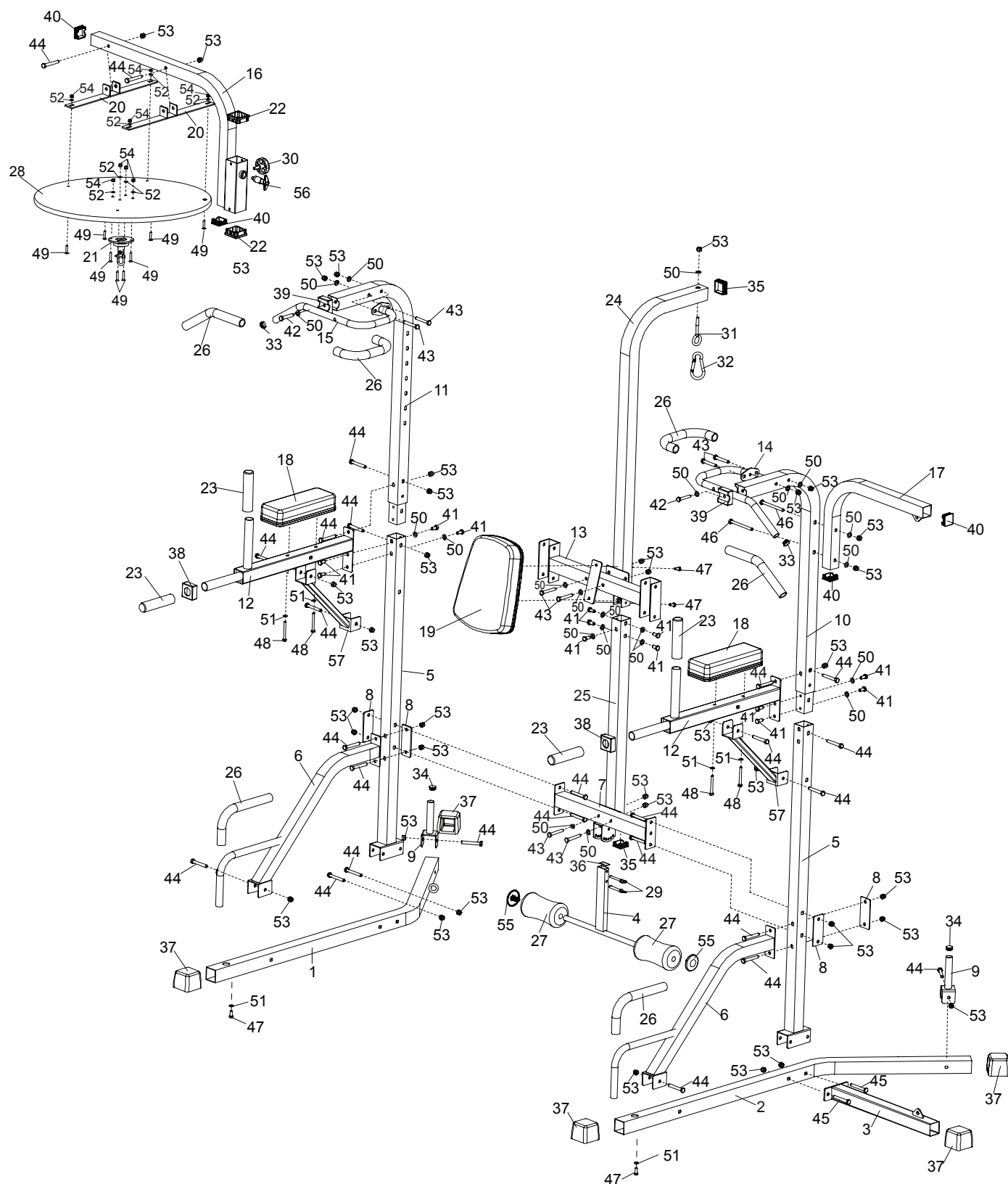


Congratulations! You have completed assembly of your XM-2843.

XM-2843 Parts List Rev A

Key NO.	Part No.	Description	QTY
1	204057099503	Right Base	1
2	204057001503	Left Base	1
3	204039117503	Side Base	1
4	204056903503	Sit-up Bar	1
5	204057002503	Lower Upright	2
6	204039123503	Lower Support	2
7	204039112503	Lower Cross Brace	1
8	204039103503	Square Bracket	4
9	204057007503	Weight Post	2
10	204039113503	Left Upper Upright	1
11	204039114503	Right Upper Upright	1
12	204057003503	Extended Arm	2
13	204039120503	Upper Cross Brace	1
14	204039122503	Left Pull-up Bar	1
15	204039198503	Right Pull-up Bar	1
16	204057008503	Speed Bag Support Frame	1
17	204039118503	Double-end Bag Support Frame	1
18	307040000208	Arm Pad	2
19	307040000207	Back Pad	1
20	204039124503	Support Plate	2
21	306990000015	Speed Bag swivel	1
22	307010000747	Speed Ball Support Beam Sleeve	2
23	307010000957	Plastic Handle Grip	4
24	204057004503	Upper heavy Bag Hanger Bar	1
25	204039115503	Lower heavy Bag Hanger Bar	1
26	307010002316	MID Foam Grip	6
27	307010001917	Foam Roller	2
28	204057009273	Speed Bag Platform	1
29	204029104002	Ring Head Lock Pins	2
30	307010001337	Knok Bolt	1
31	306990000169	Large Clip	1
32	306990010004	Ring Head Bolt Unite	1
33	307010000411	Round Plug 25x2	2
34	307010000410	Round Plug 25x1.5	2
35	307010000270	Square Plug 50	2
36	307010000206	Inner Plug F20X40	1
37	307010000007	Square End Foot 50	5
38	307010000747	2" Square Sleeve	2
39	307010000797	Connective Head	2
40	307010000262	Square Plug 44	4
41	306010020036	Bolt M10X20	13
42	306010020043	Bolt M10X55	2
43	306010020045	Bolt M10X65	8
44	306010020047	Bolt M10X70	26
45	306010020048	Bolt M10X75	2
46	306010020056	Bolt M10X110	2
47	306010020017	Bolt M8X20	4
48	306010020028	Bolt M8X70	4
49	306010021307	Screw M6X30	8
50	306010023108	M10 Washer	21
51	306010023107	M8 Washer	6
52	306010023106	M6 Washer	8
53	306010022504	Locknut M10	38
54	306010022502	Locknut M6	8
55	307010000404	Foam Roller Cap	2
56	802900300002	Locking Pop Pin	1
57	204025214503	Upper Support	2
58	299057004500	BOLT PACK	1
59	308030000347	MANUAL XM-2843	1

Exploded View





Xmark Fitness

7501 Trammel Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605