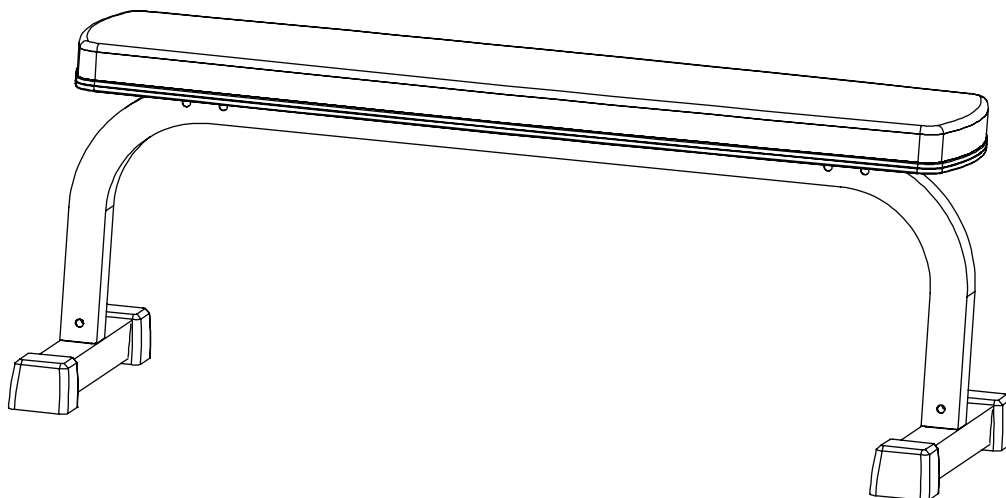




XM-4413

FLAT BENCH

Owner's Manual



! CAUTION

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

Before You Begin	3
Assembly	4
Parts Identifier	5
Parts List	6
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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 nylon nuts until machine is fully assembled.

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

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.

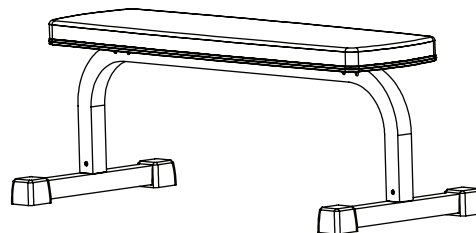
This manual will guide you through the assembly process. If at any time you are having trouble with the assembly or use of this product, then please contact us at our XMARK Fitness help line. We have trained service technicians on site to take care of you, our valued customer.

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-4413

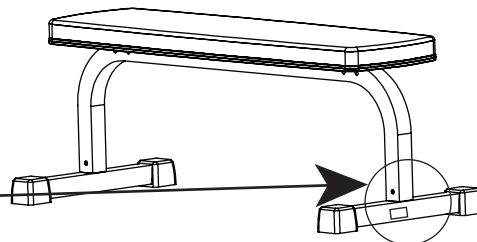
When calling please have the following product information available:

Model Name : XM-4413

Date Mfg.:

Serial #

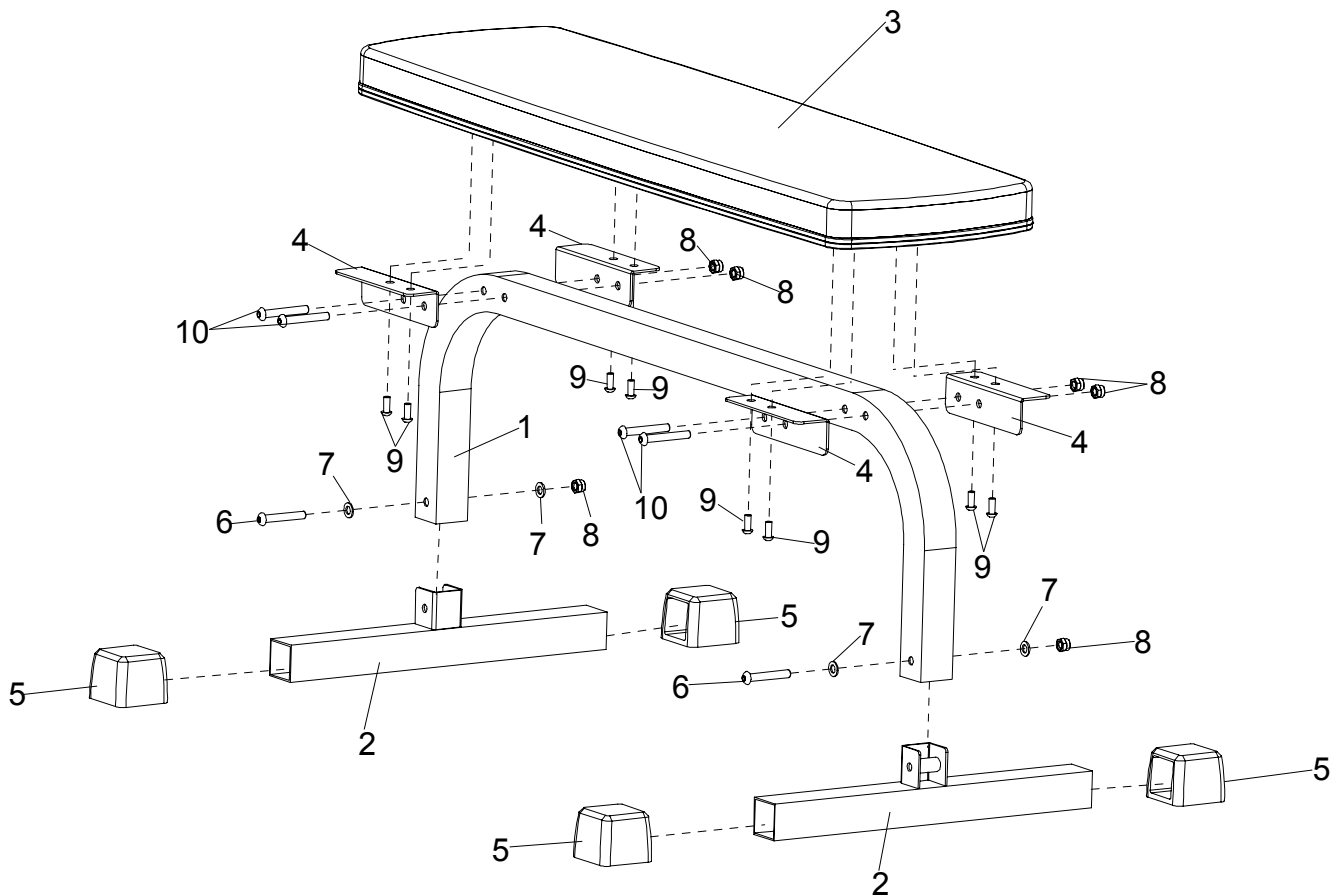
Model Name Decal Location



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

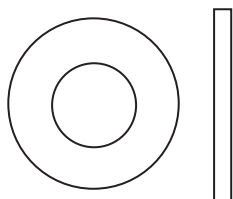
Unpack all parts and place them in a clear area. Be sure to remove all packing material.

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



See the drawings below to identify the hardware used in the assembly. The number in parentheses is the reference number of the part.

Note: Some hardware may be pre-installed in some parts.



M10 Washer (7)



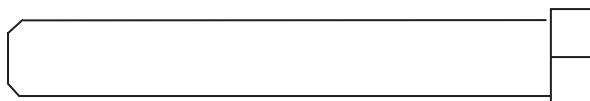
M10 Locknut (8)



M8 x 20mm Bolt(9)



M10 x 65mm Bolt (6)



M10 x 70mm Bolt (10)

XM-4413 Parts List

Key NO.	Part No.	Description	Qty
1	204052902503	MAIN FRAME, XM-4413	1
2	204052901503	LEG BASE, XM-4413	2
3	307040000624	PAD, XM-4413	1
4	204052903503	SEAT SUPORT	4
5	307010000042	SQUARE END FOOT 50	4
6	306010020727	BOLT, M10X65MM	2
7	306010023108	WASHER M10	4
8	306010022504	LOCK NUT, M10	6
9	306010020705	BOLT, M8X20MM	8
10	306010020728	BOLT, M10X70MM	4
11	306990000144	WRENCH, ALLEN S=6	1
12	299052904500	BOLT PACK, XM-4413	1
13	308030000275	MANUAL XM-4413	1



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Shreveport, LA 71108
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