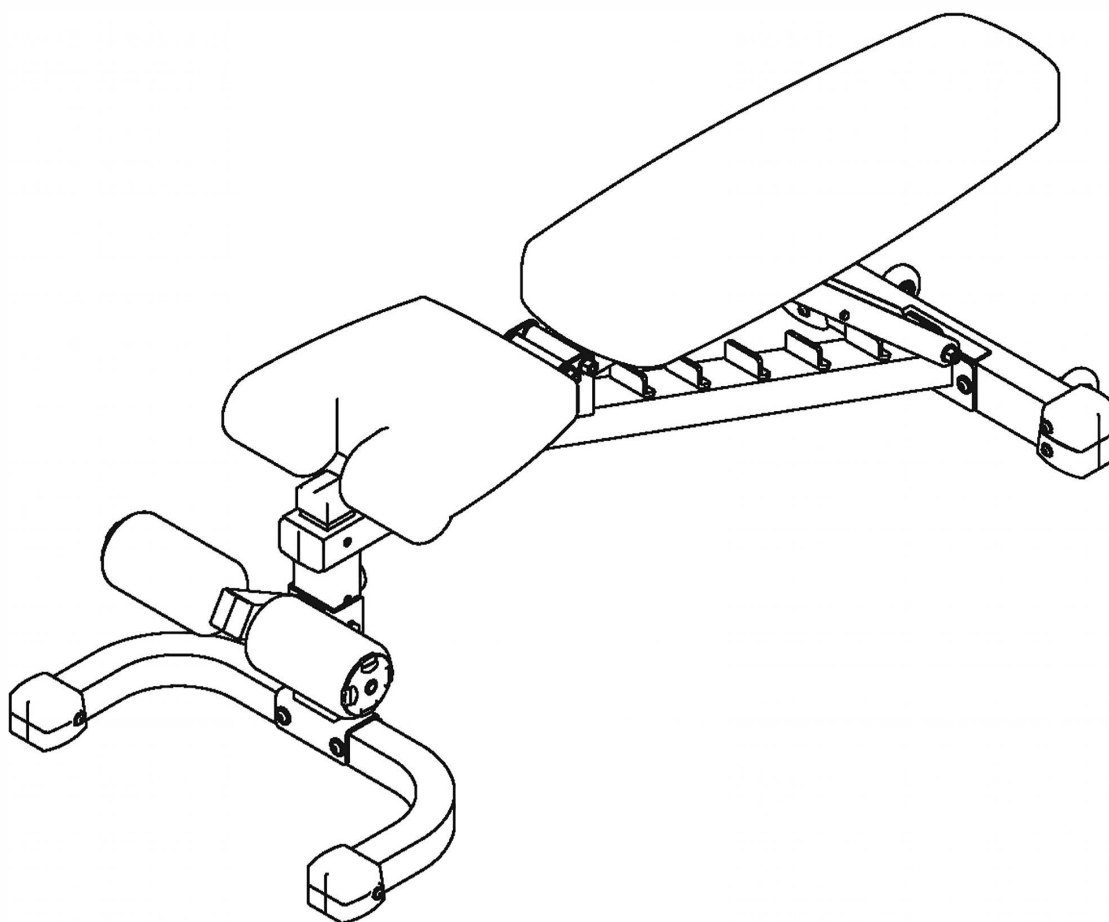




XM-7472

**(FID) Flat Incline
Decline Bench**

Owner's Manual



CAUTION!

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

Table Of Contents

Important Safety Instructions-----	3
Instructions-----	4
Parts List-----	5
Exploded View -----	6
Measurement Guide-----	7
Assembly Instructions-----	8
Assembly-----	9

visit www.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----no loose clothing.
- * Be careful when getting on or off the equipment.
- * 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 dropped or damaged.
- * Never drop or insert anything into any opening in the equipment.
- * Always check the unit and its cables before each use. Make sure that all fasteners and cables are secure and in good working condition.
- * Frayed or worn cables can be dangerous and may cause injury. Periodically check these cables for any indication of wear.
- * Keep hands, limbs, loose clothing and long hair well out of the way of moving parts.
- * Do not attempt to lift more weight than you can control safely.
- * Do not use the equipment outdoors.

Personal Safety During Assembly

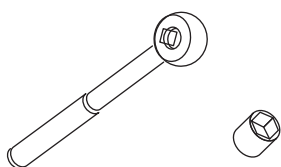
- * Read each step in the assembly instructions and follow the steps in sequence. Do not skip ahead. If you skip ahead, you may learn later that you have to disassemble components and that you may have damaged the equipment.
- * Assemble and operate the equipment on a solid, level surface. Locate the unit a few feet from walls or furniture to provide easy access. 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

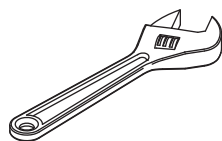
Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only our replacement part when servicing. Failure 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 your authorized dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

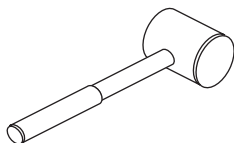
Tools Required



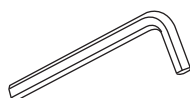
Ratchet Wrench and Socket



Adjustable Wrench



Rubber Mallet



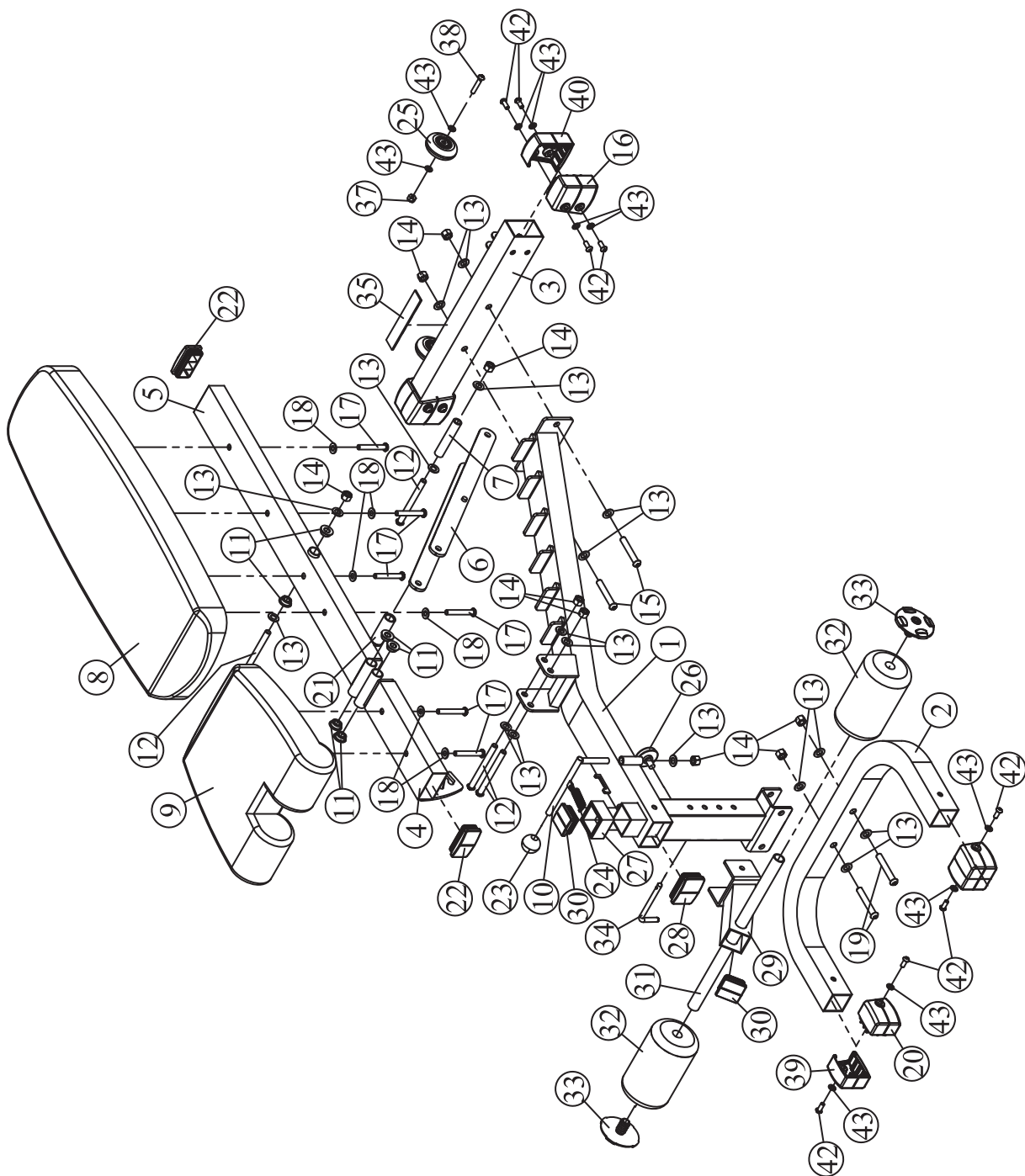
Hex Key Wrench Set

Parts List

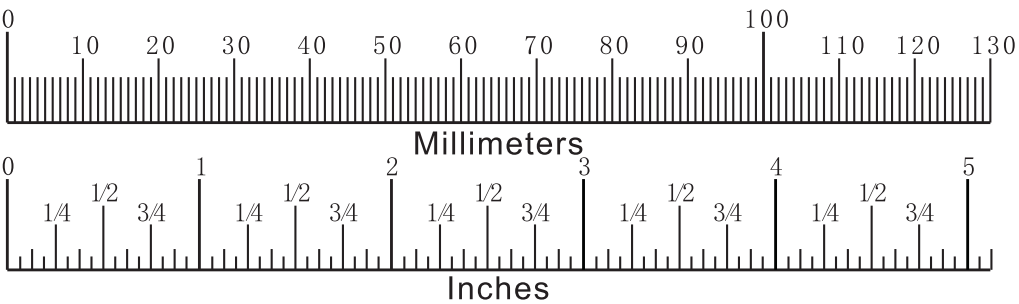
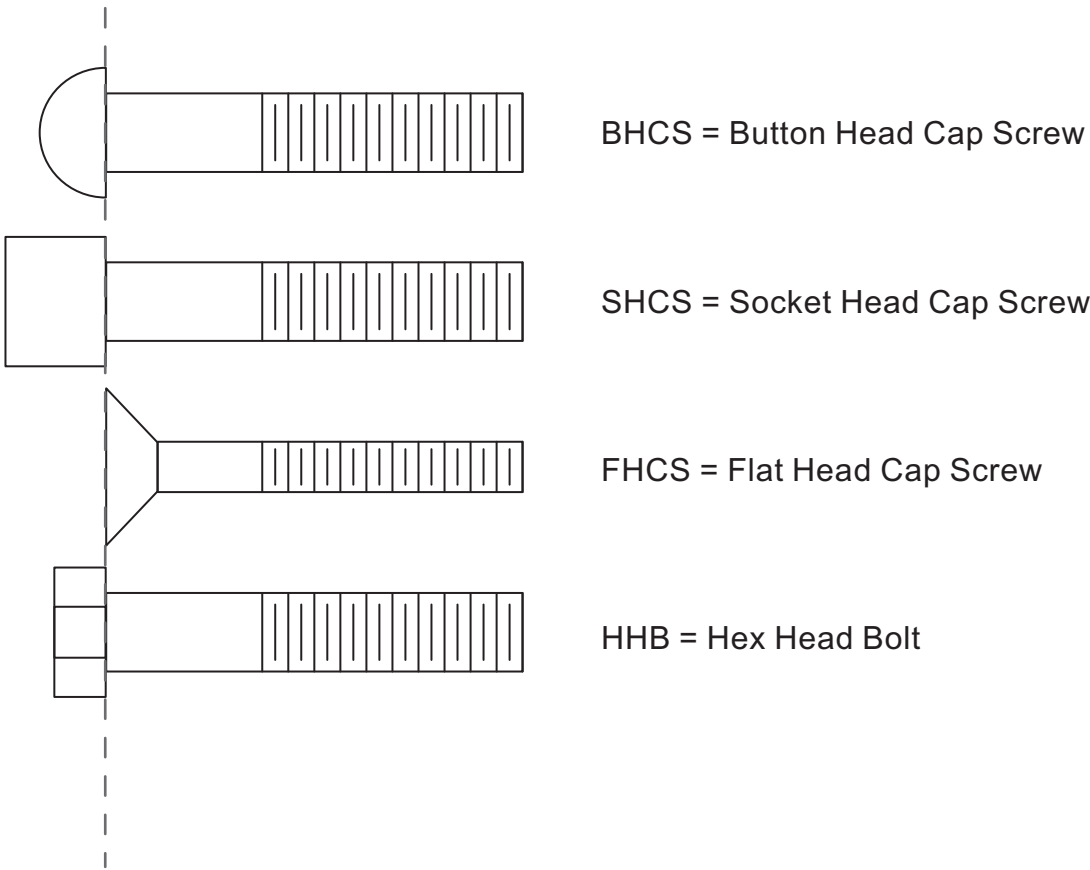
NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	22	Plug □40*80	2
2	U Front Base	1	23	Ball Head for Pin	1
3	Rear Base	1	24	Spring	1
4	Seat Pad Support Frame	1	25	Wheel	2
5	Back Pad Support Frame	1	26	Knob	1
6	Adjustable Back Pad Frame	1	27	Plastic Sleeve 50.8*44.5	1
7	Plastic Sleeve	1	28	Plug □50.8*76.2	1
8	Back Pad	1	29	Leg Support	1
9	Seat Pad	1	30	Plug □50.8	2
10	Pin	1	31	Roller Pad Tube	1
11	Iron Bushing	6	32	Upholstered Roller Pad	2
12	Button Head Cap Screw M12*125	4	33	Big Plug	2
13	Flat Washer Φ13*Φ26*2	17	34	L Pin	1
14	Nylon Lock Nut M12	9	35	Rubber Dumper	1
15	Button Head Cap Screw M12*75	2	37	Nylon Lock Nut M8	2
16	Foot Cap 1 □50.8*76.2	2	38	Button Head Cap Screw M8*45	2
17	Button Head Cap Screw M10*70	6	39	Foot Cap 2 □50.8	2
18	Flat WasherΦ23*Φ11*2	6	40	Foot Cap 2 □50.8*76.2	2
19	Button Head Cap Screw M12*80	2	42	Button Head Cap Screw M8*25	12
20	Foot Cap 1 □50.8	2	43	Flat Washer Φ9*Φ16*1.6	16
21	Grip	1			

Exploded View



Measurement Guide



Assembly Instructions

Assembly of the equipment takes professional installers about 2 hours. If this is the first time you have assembled this type of equipment, plan to spend more time. It is strongly recommended to assemble the equipment by professional installers. 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.



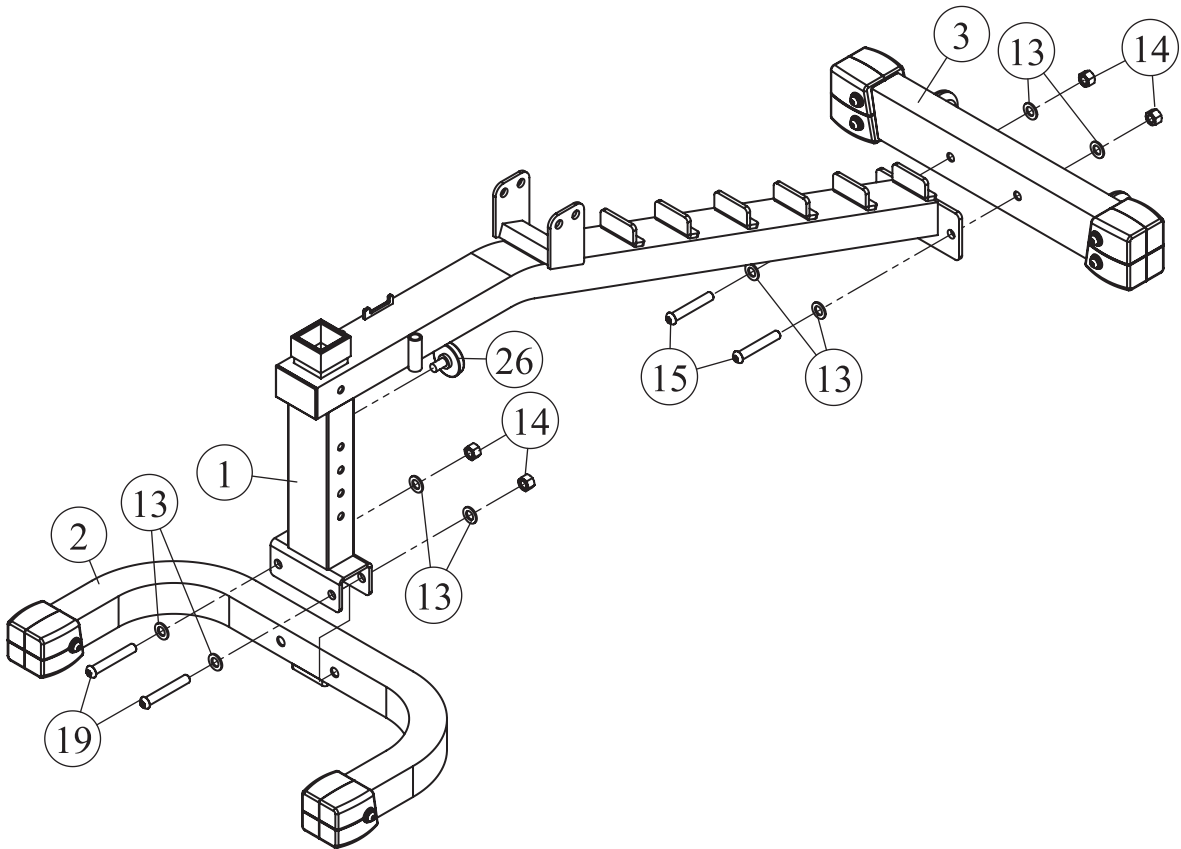
Note

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.

Assembly

Step 1

1. Attach the U Front Base (2#) to Main Frame (1#) using:
two M12*80 BHCS (19#)
two M12 Nylon lock Nut (14#)
four Ø13*Ø26*2 Flat Washer (13#)
 2. Attach the Rear Base (3#) to Main Frame (1#) using:
two M12*75 BHCS (15#)
two M12 Nylon lock Nut (14#)
four Ø13*Ø26*2 Flat Washer (13#)
 3. Attach the Screw Knob (26#) into Main Frame (1#). This Knob is used to tighten down any attachment used in your IFFID Bench.
- Note:** Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.



Assembly

Step 2

Attach the Seat Pad (9#) to the Seat Support Frame (4#) using:

two M10*70 BHCS (17#)

two $\Phi 23*\Phi 11*2$ Flat Washer (18#)

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

Step 3

Attach the Pin (10#) to Main Frame (1#) using:

one $\Phi 13*\Phi 26*2$ Flat Washer (13#)

one M12 Nylon lock Nut (14#)

And Connect Spring (24#) between Main Frame (1#) and Pin (10#).

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

Step 4

Attach the Seat Support Frame (4#) to Main Frame (1#) using:

one M12*125 BHCS (12#)

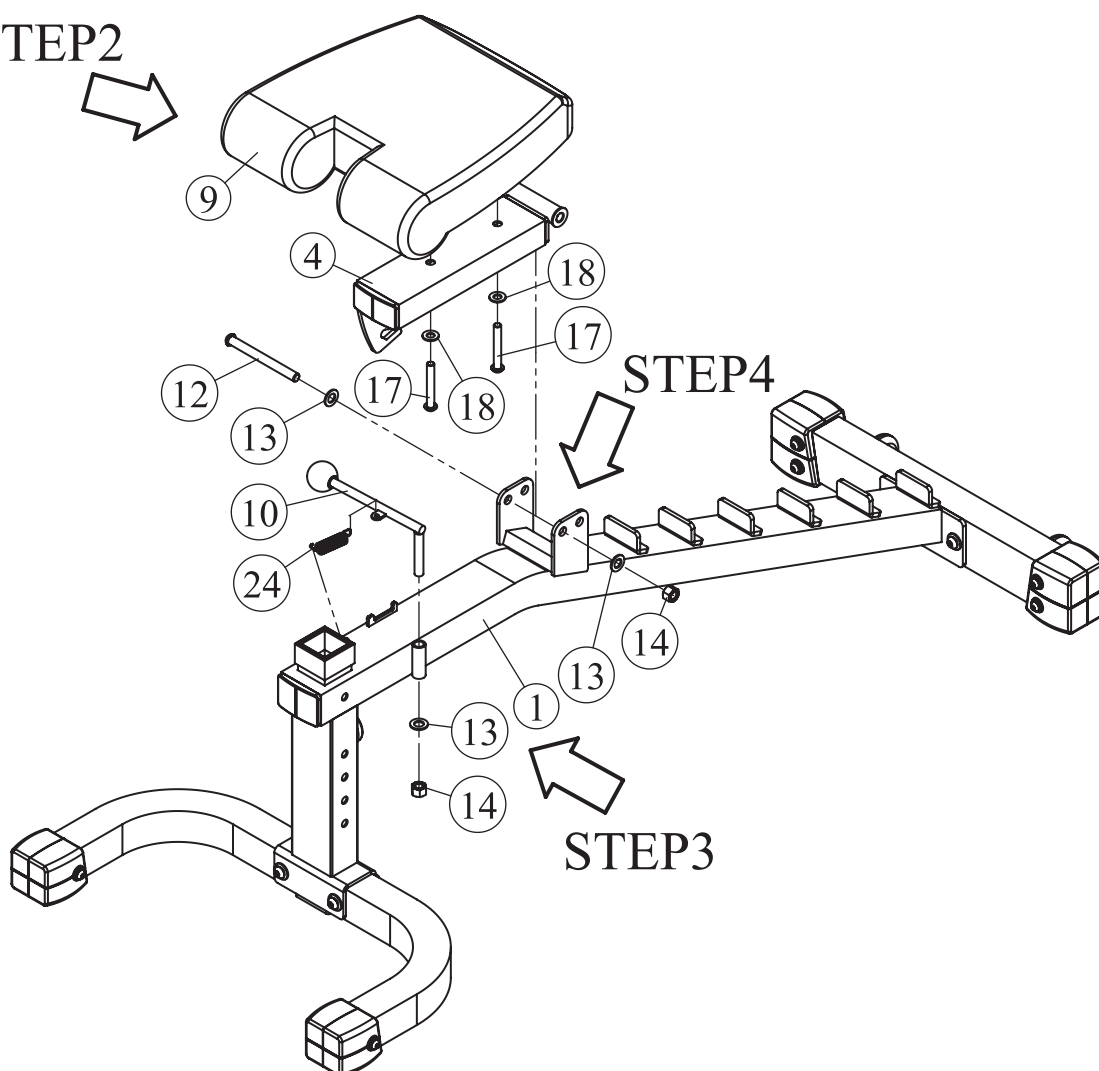
two $\Phi 13*\Phi 26*2$ Flat Washer (13#)

one M12 Nylon lock Nut (14#)

Seat can then be adjusted by pulling Pin (10#) toward rear of unit.

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

STEP2



Assembly

Step 5

1. Attach the Back Pad (8#) to Back Pad Support Frame (5#) using:
four M10*70 BHCS (17#) four Φ23*Φ11*2 Flat Washer (18#)
2. Attach the Back Pad Support Frame (5#) to Main Frame (1#) using:
one M12*125 BHCS (12#) two Φ13*Φ26*2 Flat Washer (13#)
one M12 Nylon lock Nut (14#)

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

Step 6

1. Attach the Adjustable Back Pad Frame (6#) to Back Pad Support Frame (5#) using:
 - one M12*125 BHCS (12#)
 - one M12 Nylon lock Nut (14#)
 - two $\Phi 13*\Phi 26*2$ Flat Washer (13#)
2. Attach the Plastic Sleeve (7#) to Adjustable Back Pad Frame (6#) using:
 - one M12*125 BHCS (12#)
 - one M12 Nylon lock Nut (14#)
 - two $\Phi 13*\Phi 26*2$ Flat Washer (13#)

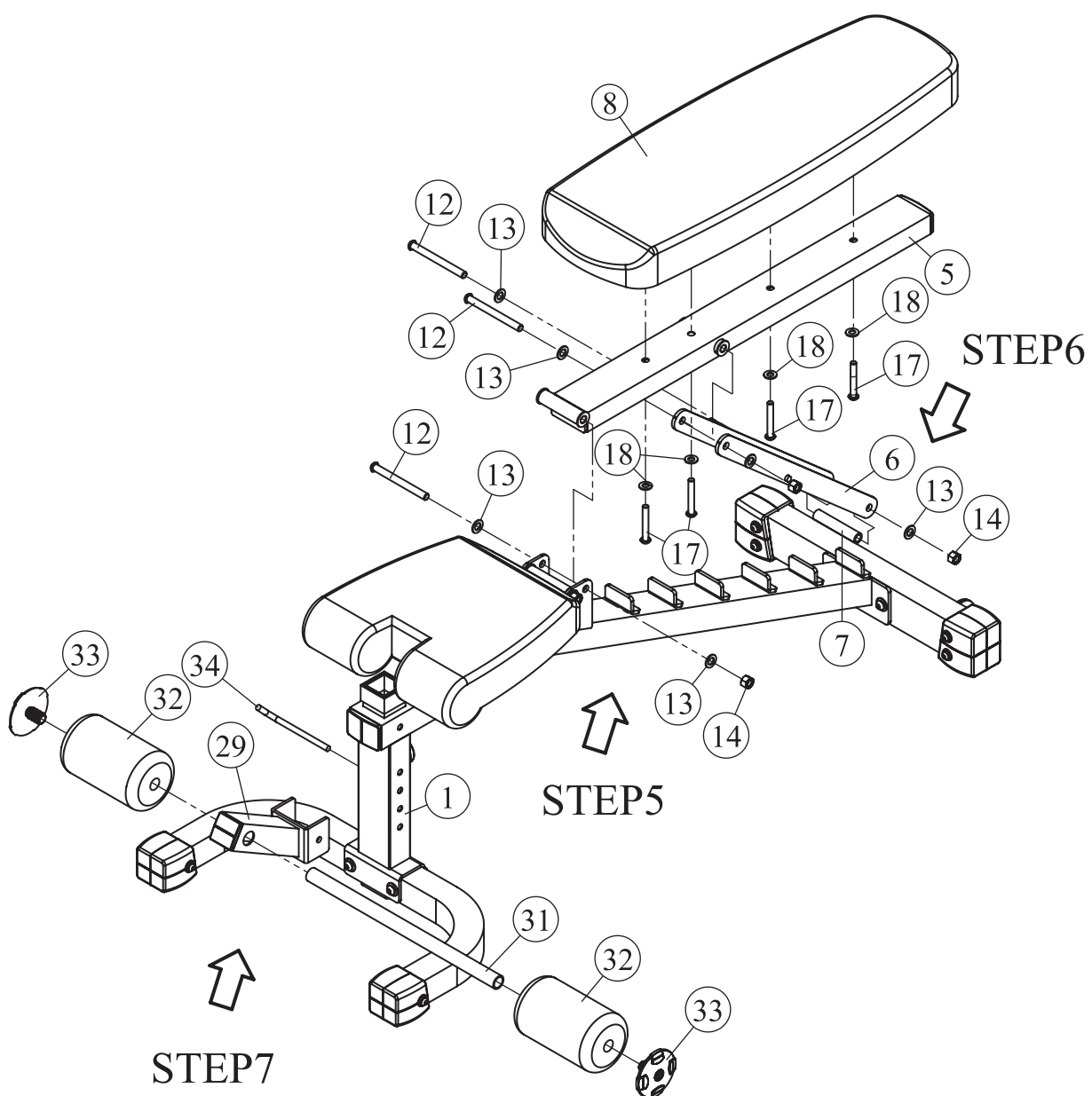
Note: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 7

1. Attach the Roller Pad Tube (31#) into Leg Support (29#).
Place Upholstered Roller Pad (32#) on each side of Roller Pad Tube (31#)
secure with Big Plugs (33#).
2. Attach Leg Support (29#) to Main Frame (1#) using L Pin (34#).

Note: Wrench Tighten bolts and Nylon Lock nuts.

Assembly





Customer Service: 1-800-719-4605