



XM-7610

ROMAN CHAIR

Owner's Manual

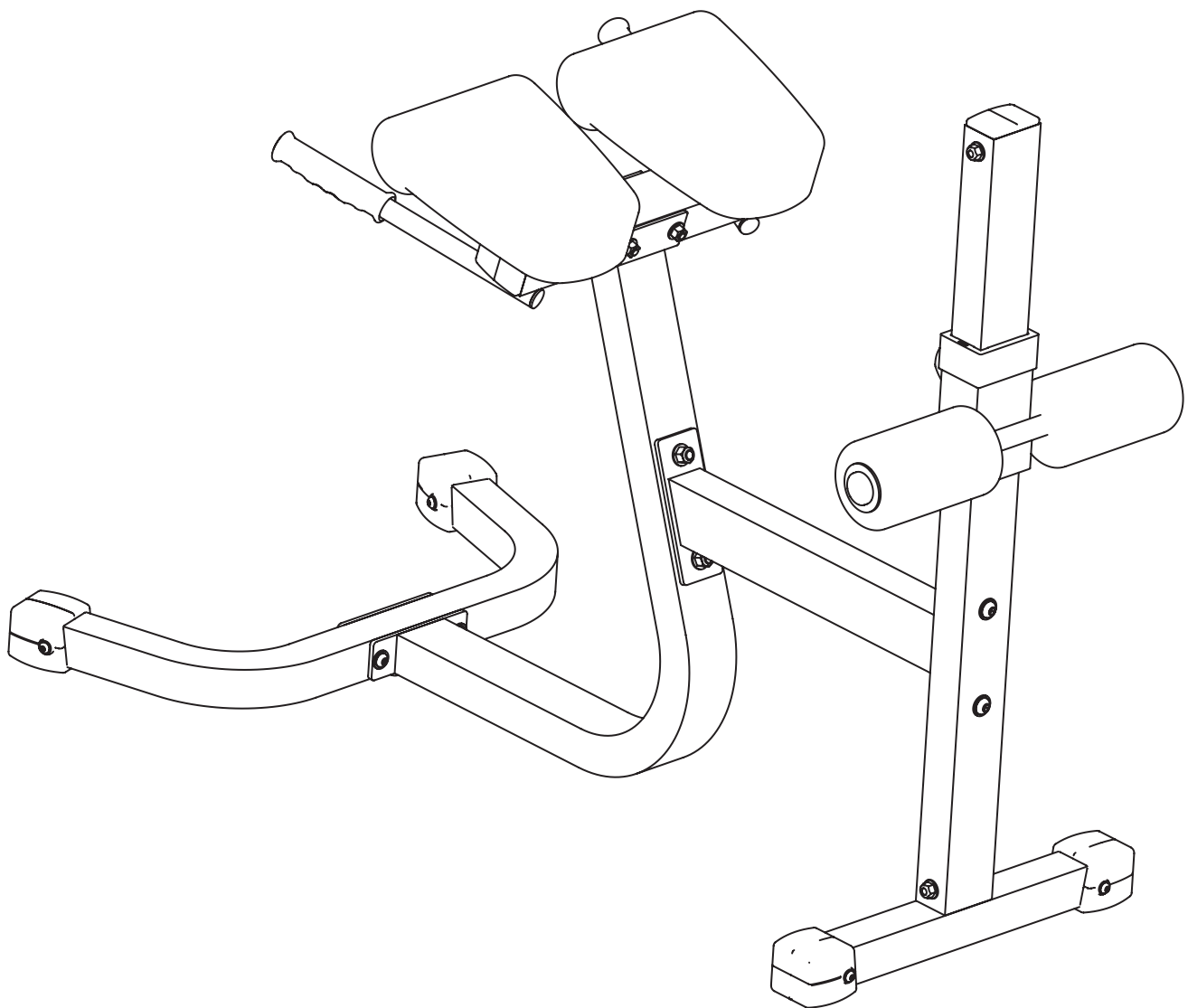


Table of Contents

MARK

Important Safety Information	3
Before You Start	4
Assembly	5-9
Parts List	10
Exploded View	11
Warranty Information	12

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.

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.

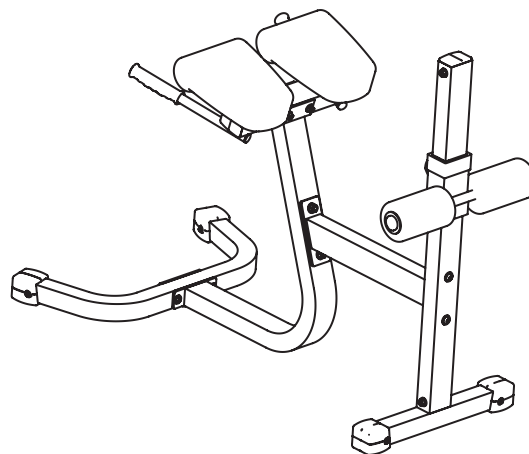
REGISTRATION CARD

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-7610

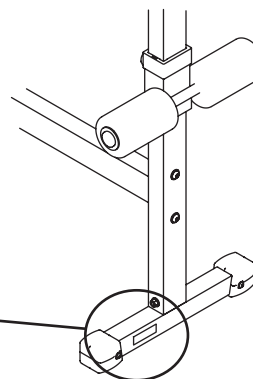
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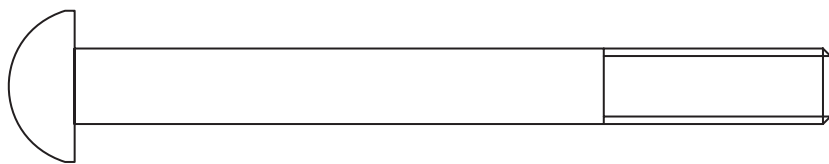
Model Name :

Date Mfg.:

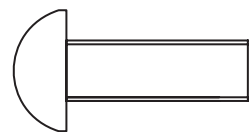
Serial #

Model Name Decal Location

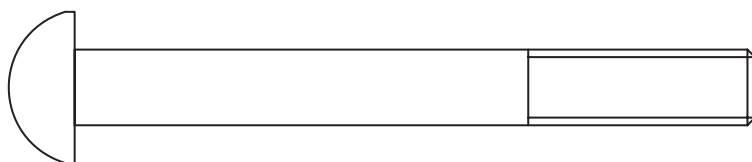




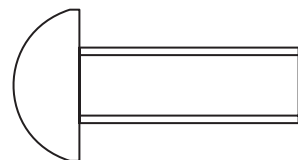
[20#] M10*100 2pcs



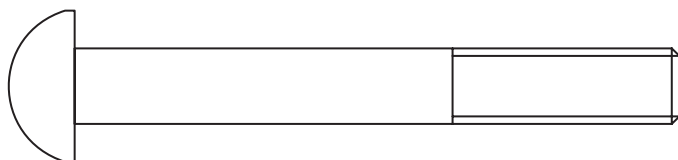
[24#] M8*25 8pcs



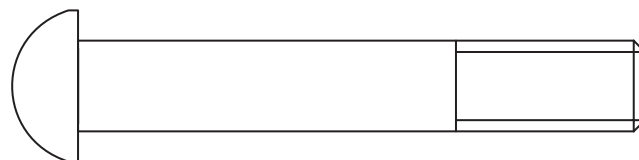
[21#] M10*90 2pcs



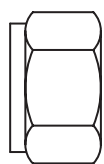
[23#] M10*30 4pcs



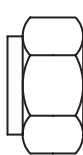
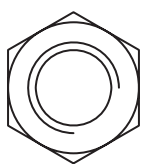
[22#] M10*80 2pcs



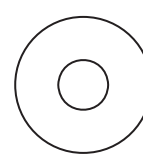
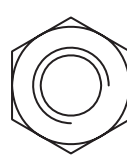
[19#] M12*75 4pcs



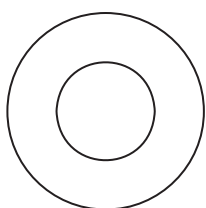
[25#] M12 4pcs



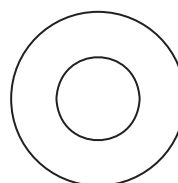
[26#] M10 6pcs



[29#] $\varnothing 9 * \varnothing 16 * 1.6$ 8pcs



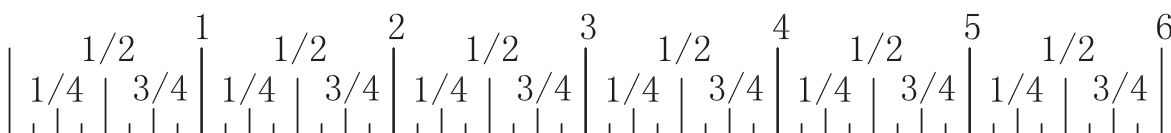
[27#] $\varnothing 13 * \varnothing 26 * 2$ 8pcs



[28#] $\varnothing 11 * \varnothing 23 * 2$ 16pcs



Millimeters



Inches

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

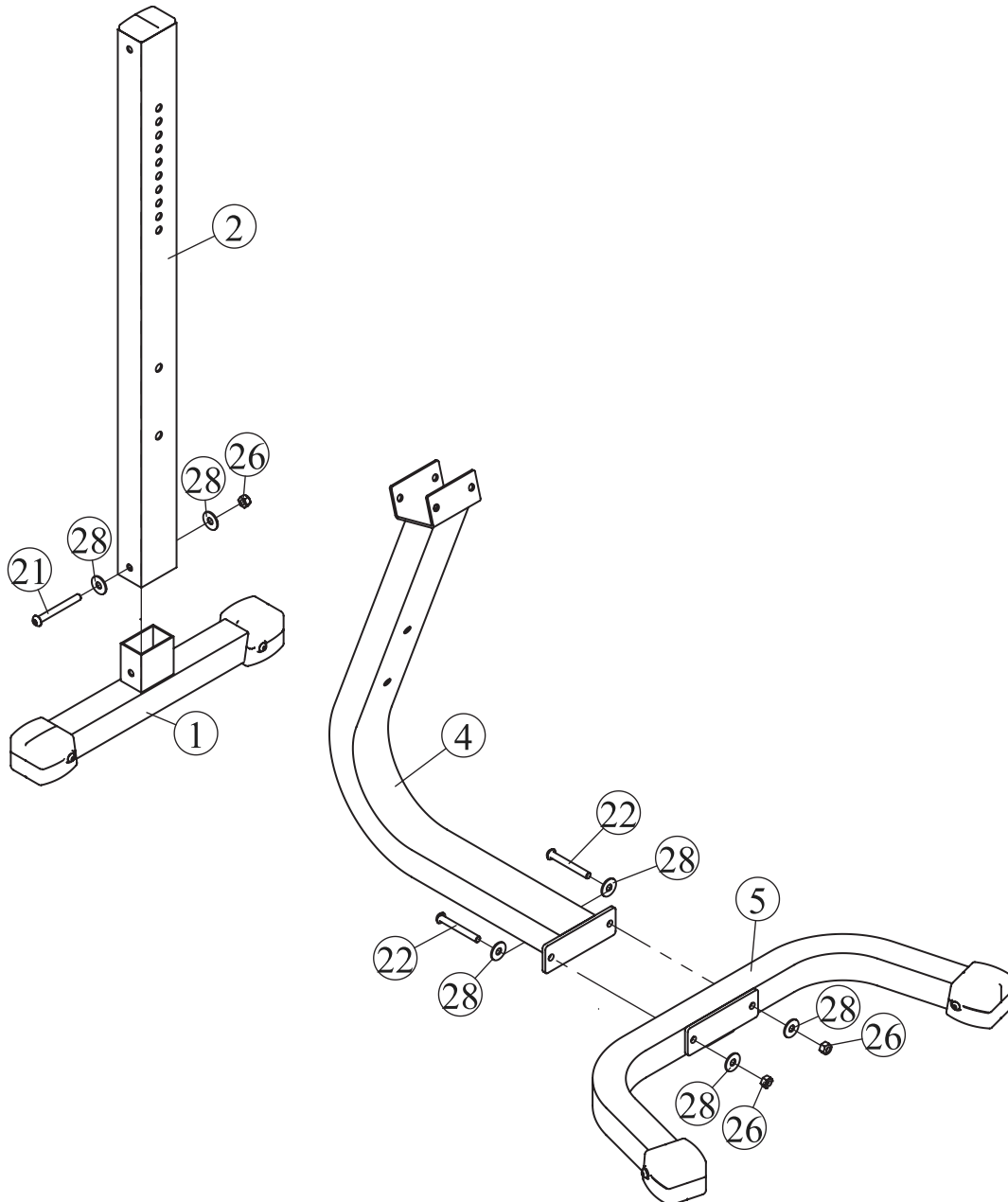
Step 1

Attach the Upright, Rear XM-7610 (#2) to the Frame, Rear Base XM-7610 (#1) using:

- one M10*90 Button Head Cap Screw (#21)
- two $\Phi 11*\Phi 23*2$ Flat Washers (#28)
- one M10 Nylon Lock Nut (#26)

Attach the Front Upright, XM-7610 (#4) to the Tube, U Base XM-7610 (#5) using:

- two M10*80 Button Head Cap Screw (#22)
- four $\Phi 11*\Phi 23*2$ Flat Washers (#28)
- two M10 Nylon Lock Nuts (#26)

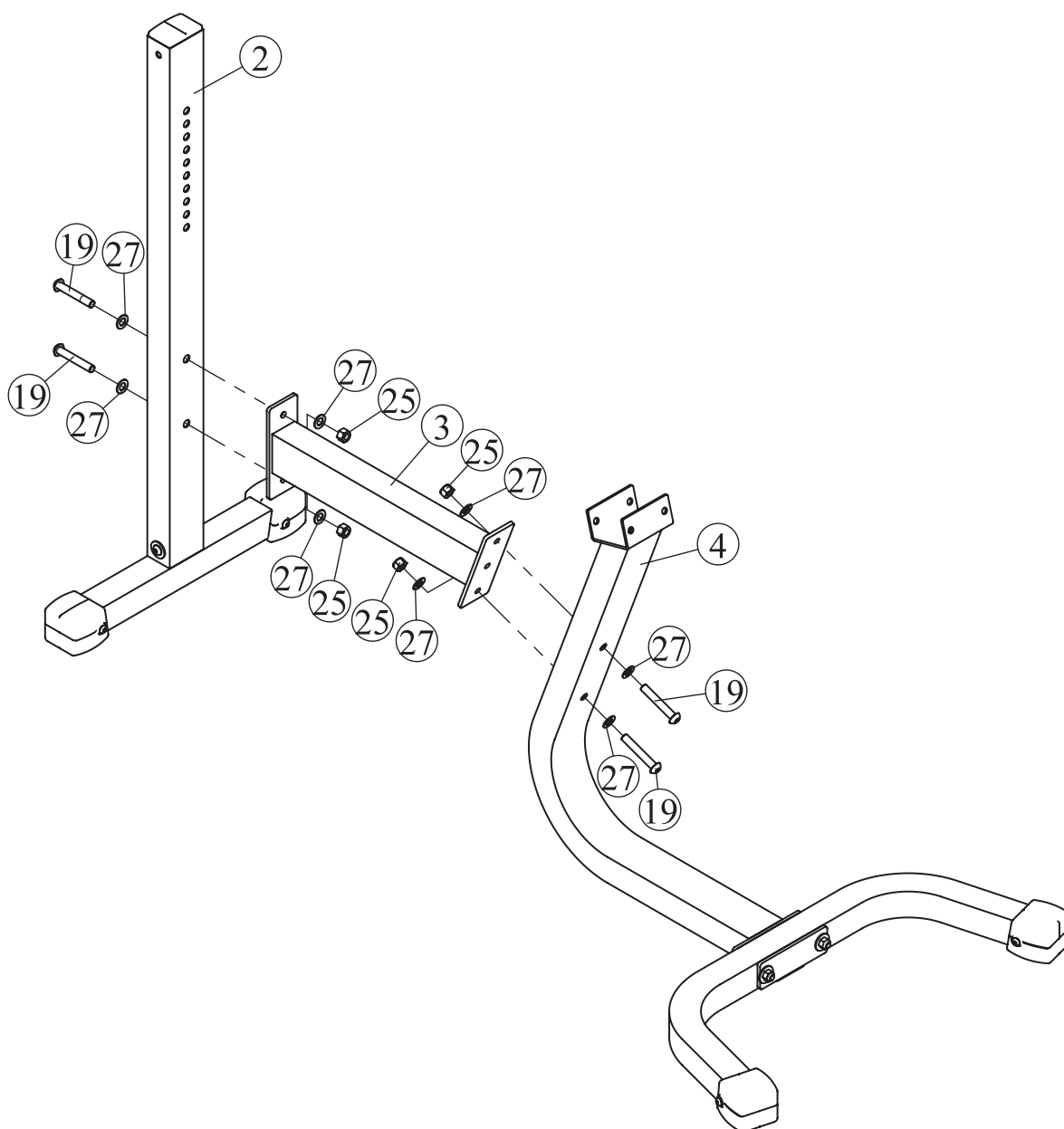


NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 2

Connect the Upright, Rear XM-7610 (#2) to the Front Upright, XM-7610 (#4) using the Frame, Cross XM-7610 (#3) using:

- four M12*75 Button Head Cap Screw (#19)
- eight $\Phi 13*\Phi 26*2$ Flat Washers (#27)
- four M12 Nylon lock Nuts (#25)

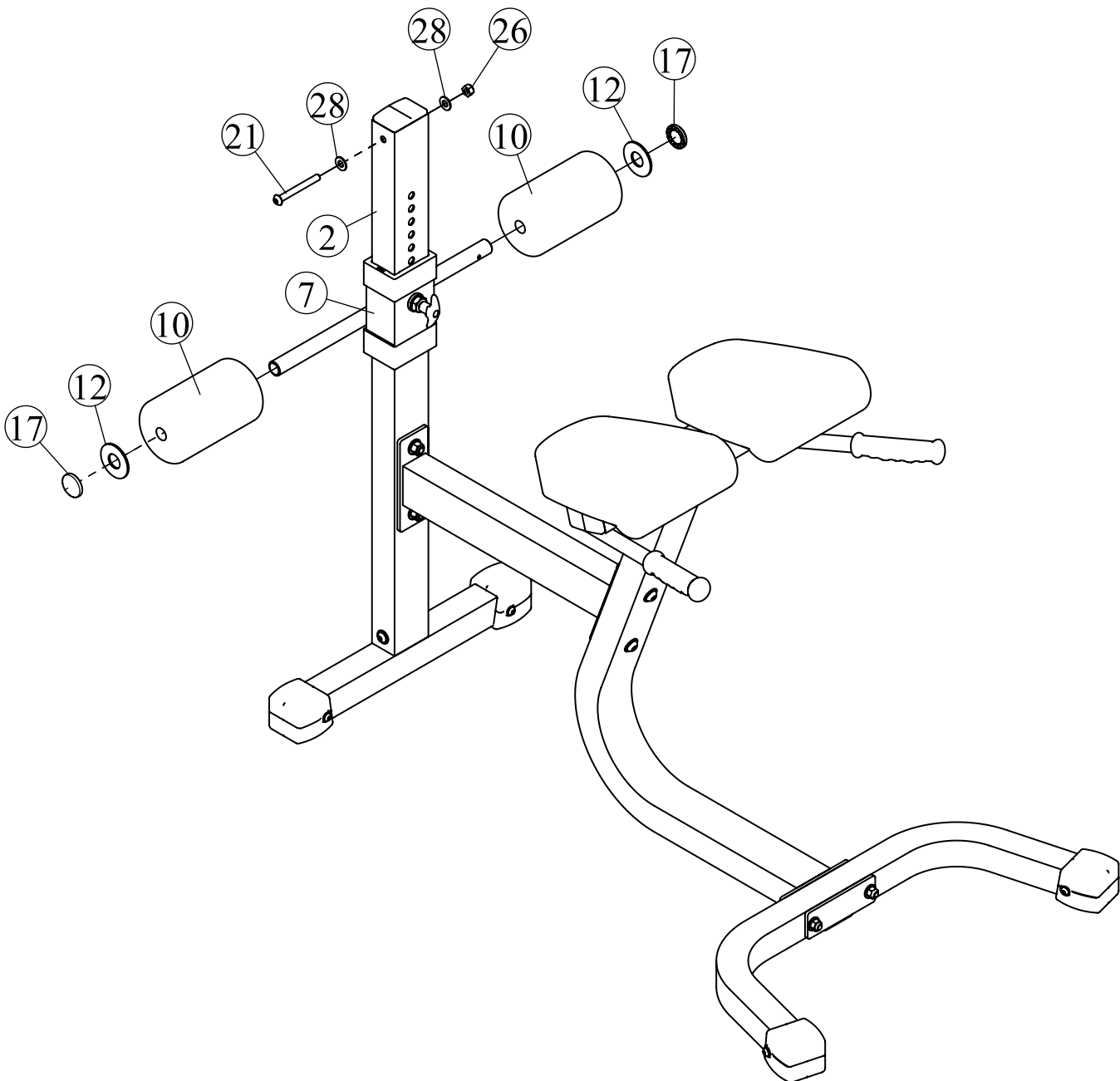


NOTE: Hand tighten bolts and Nylon Lock nuts until machine is fully assembled.

Step 3

Attach the Sliding Carriage, XM-7610 (#7) to the Upright, Rear XM-7610 (#2);
Attach two Foam Padding $\Phi 110 \times \Phi 22 \times 180$ XM Series (#10), two Plastic Washer (#12) and two Metal End Cap (17#) to the Sliding Carriage, XM-7610 (#7), install stop bolt using:

- one M10*90 Button Head Cap Screw (#21)
- two $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#28)
- one M10 Nylon Lock Nut (#26)



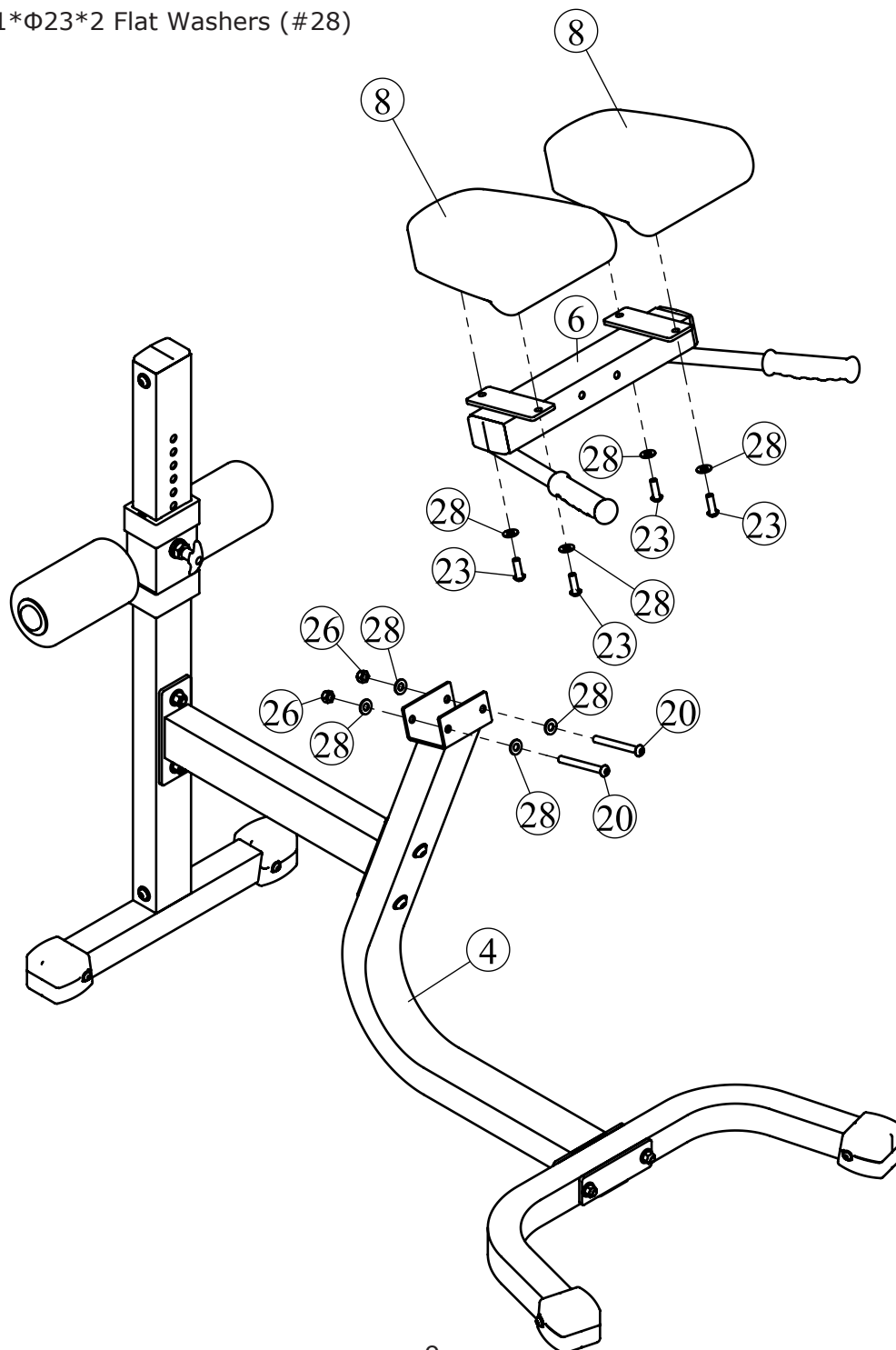
Step 4

Attach the Pad Support, XM-7610 (#6) to the Front Upright, XM-7610 (#4) using:

- two M10*100 Button Head Cap Screw (#20)
- four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#28)
- two M10 Nylon lock Nuts (#26)

Attach two Chest Pad (#8) to the Pad Support, XM-7610 (#6) using:

- four M10*30 Button Head Cap Screw (#23)
- four $\Phi 11 \times \Phi 23 \times 2$ Flat Washers (#28)

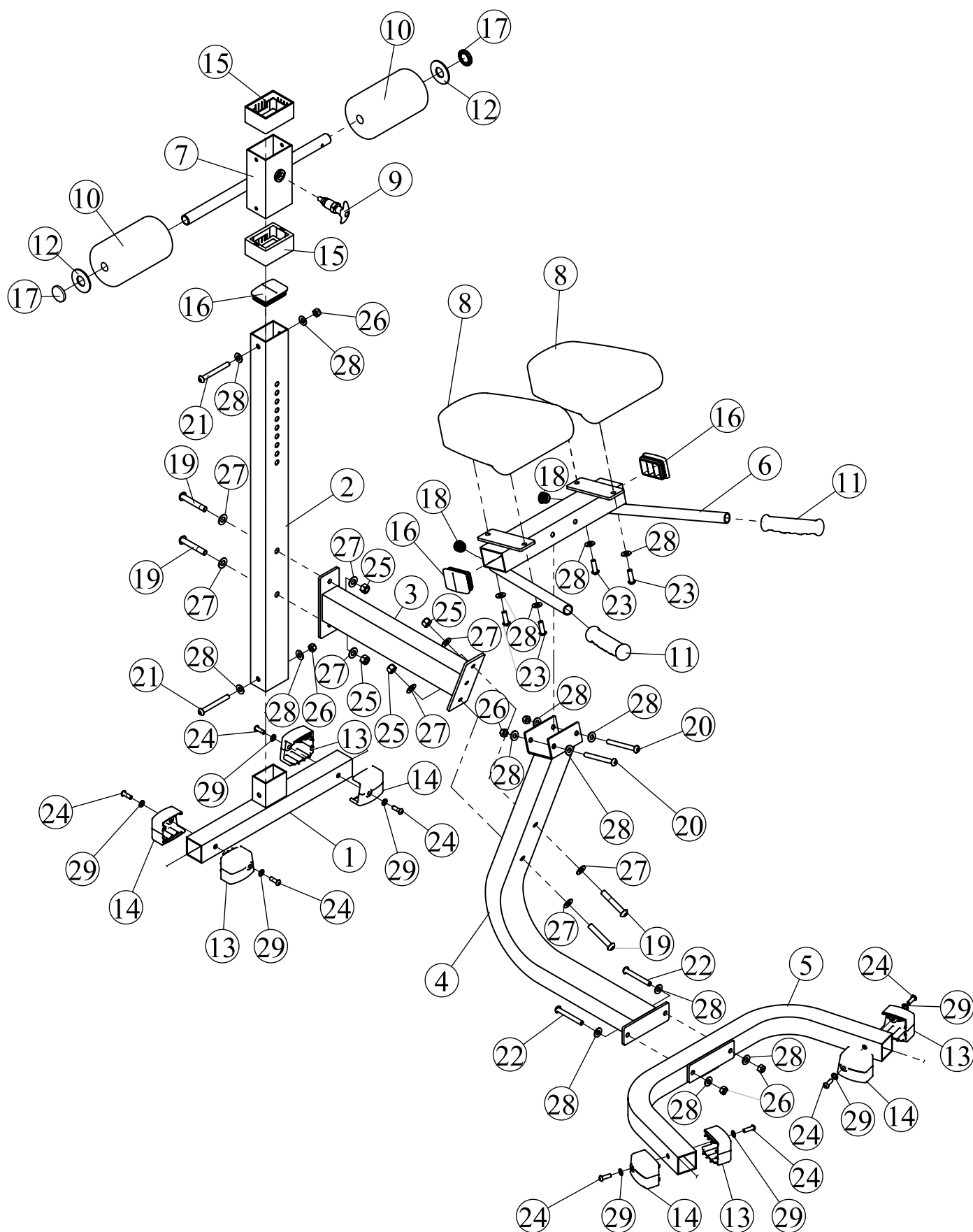


XM-7610 Parts List

Ref #	Part #	Description	Qty
1	P00314	Frame, Rear Base XM-7610	1
2	P00514	Upright, Rear XM-7610	1
3	P00515	Frame, Cross XM-7610	1
4	P00516	Front Upright, XM-7610	1
5	P00315	Tube, U Base XM-7610	1
6	P00517	Pad Support, XM-7610	1
7	P00064	Sliding Carriage, XM-7610	1
8	P00063	Chest Pad	2
9	P00663	Long Pop Pin XM Series	1
10	P00061	Foam Padding $\Phi 110 \times \Phi 22 \times 180$ XM Series	2
11	P00201	Hand Grip	2
12	P00140	Plastic Washer	2
13	P00153	Foot Cap, Right 50.8 XM Series	4
14	P00154	Foot Cap, Left 50.8 XM Series	4
15	P00144	Plastic Sleeve, 63.5 * 88.9 - 50.8 * 76.2	2
16	P00249	Plug, 50.8*76.2	3
17	P00062	Metal End Cap	2
18	P00541	Round Plug 25	2
19	P00624	Button Head Cap Screw M12*75	4
20	P00589	Button Head Cap Screw M10*100	2
21	P00615	Button Head Cap Screw M10*90	2
22	P00613	Button Head Cap Screw M10*80	2
23	P00598	Button Head Cap Screw M10*30	4
24	P00636	Button Head Cap Screw M8*25	8
25	P00562	Nylon Lock Nut M12	4
26	P00561	Nylon lock Nut M10	6
27	P00035	Flat Washer $\Phi 13 \times \Phi 26 \times 2$	8
28	P00032	Flat Washer $\Phi 11 \times \Phi 23 \times 2$	16
29	P00136	Flat Washer $\Phi 9 \times \Phi 16 \times 1.6$	8
30	P00560	Hex Key S6	1
31	P00022	Wrench 17-19	1
32	H00001	Bolt Pack, XM-7610	1
33	M00020	Owner's manual XM-7610	1

Exploded View

MARK





XMARK Fitness

7501 Trammel Drive

Shreveport, LA 71108

Customer Service: 1-800-719-4605